The HOWL









MOJAVE HIGH SCHOOL
JANUARY-FEBRUARY
2026

COYOTE STUDENT SPOTLIGHT

HERE ARE A FEW STANDOUT STUDENTS WHO HAVE BEEN RECOGNIZED BY MHS STAFF FOR THEIR EFFORT AND ACHIEVEMENTS!



Ashley Gonzalez

Ashley was nominated by Ms. Gollmyer because she's a great facilitator and she brings out the best in others. She's genuinely a kind and supportive person.

What message would you want to share with the staff member who nominated you?
I am very grateful for you nominating me. Thank you, nominating me shows your support and wants me to keep doing my best here at Mojave. I hope I can get more teachers and staff to have a good enough bond with me.

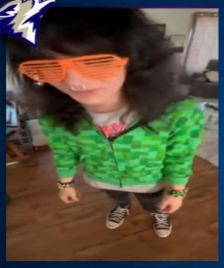
What's one lesson you learned that has shaped you to the person you are today
One lesson I've learned is to just be yourself, speak honestly, pursue what excites you and feel comfortable in your own body. If you act like something you're not then no one will really know you and they will know a fake person.

What was your best school year? Why?
I'd say my best school year would probably be this school year because I got to come to this school and meet new people. I made a bunch of new friends and now I'm doing better so I can go back to my original school if I wanted to.

Did you ever struggle while doing any of the work here at Mojave?
No. I don't ever struggle while doing work at Mojave. The work is very easy and the teachers are nice so they will give you more help if you need it without being mean like teachers at other schools.

What teacher made an impact in you ? why?
All of my teachers have made an impact on me but the teacher if say that made the most impact would be Ms. Gollmyer. She's very understanding and a persson I can go to when I need to talk about anything and she always there for me.

What are you most passionate about? Why?
I'm most passionate about history. I love learning about how things happened and what the world was like before I was born. I really enjoy learning about others and what they have been through.



Brandon Floyd

He was nominated by Ms.Karen & Mrs. Maria because he has made a huge improvement in maintaining his grades. Great work Brandon!

What message would you want to share with the staff member who nominated you?
Thank you! I really appreciate it. It means a lot.

What's one lesson you learned that has shaped you to the person you are today?
Patience and venture are essential, as taking the time to move thoughtfully while still being willing to explore new opportunities leads to meaningful progress.

What was your best school year? Why?
I would say freshman year because it was fun and filled with a lot of new experiences that made it really memorable.

Did you struggle while doing any of the work here at Mojave?
Yes, I fully agree with that, and I believe it is the best way to put it.

What are you most passionate about and why?
I would say Mr. Escamilla because he would always give me coffee, and that small gesture made his class feel more welcoming and enjoyable.



Jhakaelynn Orona

Jhakaelynn was nominated by Mr Hoover because he's an exceptional student and is excelling in academics.

What message would you want to shave with the staff member who nominated you?
I like the way he teaches. He teaches really well because he uses different methods to get an understanding with the students. He puts it on a level they can understand.

What's one lesson you learned that has shaped you to the person you are today?
Just try your best. As long as you try your best, you can always succeed somewhere.

What was your best school year? Why?
It'd probably be the term I'm in right now, because, I wasn't really there during Freshman year back at my other school, so coming here, I was able to connect with a lot more of the staff and teachers and it just made school easy going and more simple to understand.

Did you struggle while doing any of the work here at Mojave? Most of the work is hard to understand at first, but when teachers use different methods that you know, you can learn to solve those problems. I wouldn't say anything here is hard. It just takes a certain level of trying and you'll get there.

What teacher made an impact in you? Why? Mr. Escamilla. He's pretty good with understanding the students. He gives personal experiences, and he tries to connect and compare with the same experience as other kids have, so he can get their level of understanding. He's really a motivational person.



Jordan McFarland

He was nominated by Ms.Padilla because he is a very kind, respectful hardworking student. He gives 100% effort in all of his assignments. He is a model student and deserves to be recognized for his dedication and attitude.

What message would you like to share with the staff member who nominated you?

I would like to thank Ms. Padilla for nominating me. I appreciate you and all the nice words she had for me.

What's one lesson you learned that has shaped you to the person you are today?

One lesson that I have learned is that everything happens for a reason, so I take it for what it is.

What teacher made an impact on you? Why?

I want to say that Ms.Moore was a really big impact on me. She believed that I can do big things and accomplish more than I thought. She taught me not to give up.

What was your best school year? Why?

I would say my junior and senior year were my best years. My junior was the first year that I had straight As and went and multiple field trips. My senior I continued with straight As and went on more school events.



Israel Lopez

Israel was nominated by Ms. Rizo because he is doing really well in class. He works hard and is always great with asking questions when needed. Overall, he's an outstanding student and person.

What's one lesson you learned that has shaped you to the person you are today?

One lesson that has shaped me into the person I am today is not trusting in people that aren't close to you.

What was your best school year? Why?

I think this school year because everything is much calmer compared to other years.

Did you struggle while doing any of the work here at Mojave?

I didn't struggle while doing any of the work here everything was pretty easy for me.

What teacher made an impact in you? Why?

The teacher that made an impact on me was Mr. Davis because he always gave me a chance.

What are you most passionate about? Why?

What I'm most passionate about is guitar. The reason I'm most passionate about guitar is because I love music.



Kevin Castaneda

He was nominated by Mr. Jesfen because he's been showing growth and has been focused on his work this year. He has been participating in class discussions and activities while also being a leader and peer example to others.

What message would you want to share with the staff member who nominated you?

I want to express my deepest gratitude to the staff member who nominated me. Thank you for noticing me and believing in me, even when I didn't always believe in myself. You didn't just recognize my efforts you saw my potential and the hard work I put in every day. Your support and encouragement pushed me to keep going, especially during times when I felt like giving up. Knowing that you never gave up on me gave me the strength to keep striving for better. I truly appreciate everything you've done and the positive impact you've had on my journey.

What are you most passionate about? Why?

I am most passionate about building my brand and creating something successful because I want to make something I can truly be proud of. I want my work to reflect who I am, my values, and my creativity. More importantly, I hope that by pursuing my goals and staying dedicated, I can inspire others to chase their own dreams and believe that success is possible through hard work and passion.

What teacher made an impact in you? Why?

The teacher who made the biggest impact on me was Ms. Padilla. She taught me the importance of focus, determination, and believing in myself. Ms. Padilla showed me how to truly lock in on my work and stay committed, even when things got challenging. She always pushed me to do my best and reminded me that hard work pays off. Because of her guidance and support, I've grown not only as a student but also as a person. I'll always be grateful for the lessons she taught me and the confidence she helped me build.

COYOTE STUDENT SPOTLIGHT



Rosa Jara Rodriguez

The counseling department nominated Rosa because she's such a reliable student, super helpful at all times, and punctual (emails any time she's out with reason) and her follow through is impeccable!

I'd like to say thank you for believing in me and recognize my effort. Your support motivate me to keep doing my best and reminds me that what I do matters.

I've learned that consistency is more powerful than perfection. Even small daily efforts can lead to big growth if you don't give up.

My best school year is my senior year because I became more confident, mad strong friendships, and started realizing what I'm capable of achieving.

At times I struggled with balancing schoolwork and other responsibilities, but those challenges thought me time management and perseverance.

Ms. Moore really made an impact on me because she pushed me to do my best to do my best and showed genuine care for my success, both in and out of the classroom.



Derik Zamora

Kirby- "Derik Zamora has shown improvement, He is working hard towards graduation"

What message would you want to share with the staff member who nominated you?

"I appreciate it, thank you for noticing my hard work that I have put in and being supportive."

What's one lesson you learned that has shaped you into the person you are today?

"Don't slack off just because you want to spend time with your friends."

What was your best school year and why?

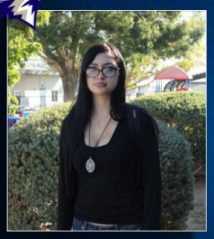
"My senior year was my favorite school year because my grades improved and were really good compared to before and I worked on myself mentally and proved that I can be better."

Did you struggle while doing any of the work at Mojave?

"At first I did, mentally I wasn't prepared and slacked off for a while but I overcame that and got myself together because I wanted to become the best version of myself that I can be."

What teacher made an impact on you and why?

"Ms. Estrada made the biggest impact on me because she always boosted my confidence and made sure I stayed on task and did all my work."



Isabel Velasco Banuelos

Isabel was nominated by Ms. Aleman because she's a positive role model in class and helpful to others.

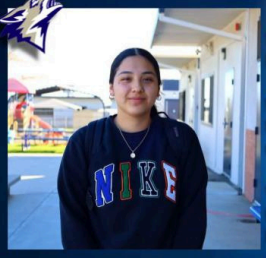
What message would you want to share with the staff member who nominated you?
I would like to thank Ms. Aleman for nominating me and noticing my effort. It really means a lot to me. I appreciate her believing in me. It reminds me to keep doing what I'm doing.

What's one lesson you learned that has shaped you to the person you are today?
one lesson I learned was to not get distracted. I learned to be more focused on my work and my grades.
staying focused helps me. Because of that I've been doing better in school.

What was your best school year? Why?
I would say this year has been my best school year. I have good grades and been staying on top of my work. I been putting a lot more effort into school. It just feels like a better year overall

Did you struggle while doing any of the work here at mojave? Not really. The work is manageable for me. It gets confusing sometimes but i got it figured out. I just try my best to stay on track.

What teacher made an impact on you? Why? Ms. Aleman made an impact on me. She helps you understand the work better. She doesn't leave people hanging and always makes sure we get it. She's patient with everyone.



Priscilla Huerta

Priscilla Huerta was nominated by Mrs. Rizo because she works hard and shows great creativity in class. Can always count on her to help me when needed

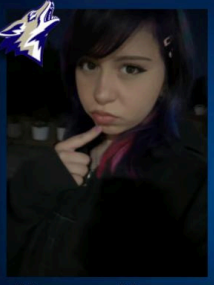
What's your favorite class at Mojave?
Mrs Rizo class, it's fun and creative.

What's your motivation?
My parents they keep me going, they motivate me a lot.

What's something from Mojave you would want to change?
Keep it the same. I enjoy it.

What's your favorite animal?
A ferret. I always wanted one but it's illegal in California.

What's something you always wanted?
A trillion dollars, a ferret, and to meet Youngboy face to face.



Vanessa Vargas Hidalgo

Vanessa was nominated by Mrs.Padilla for her great work ethic and the consideration she puts into her work. Her kindness to her classmates and teacher make her a pleasure to have in class.

What's your favorite animal? What makes it your favorite?
She likes polar bears because they're cute and they remind her of ice bear from we bare bears.

What's your dream job? Why?
To be paid to travel different places because it would be nice to experience different countries and new cultures.

Where would you go for vacation? What would you do first?
She would go to Japan because they're really clean and they have interesting history, like their temples.

What's your ultimate goal? How do you plan to get there?
To be rich by investing her money in smart ways.



Evelyn Rojas

She's a new student here at Mojave nominated by Ms. Moore and has shown excellent behavior inside and outside of the classroom. She
is an active participant all the way around.

What are some strict boundaries you have with yourself? How do they help?
"I have the strict boundary of always being disciplined with myself. It helps me improve all around."

Do you study? Why or why not?
"No, but I go through my notes for reassurance in answering questions."

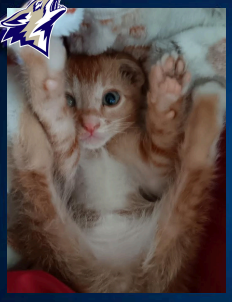
What's your favorite thing to do to pass time?
"I like to box to pass time."

What's your favorite day of the week? Why?
"Wednesday, because that's collaboration day and we get out early then."

What's your favorite show? Why?
"It would be His and Hers and it's great because it shows how much a mom can love her child."

KEEP UP THE GOOD WORK COYOTES!

COYOTE STUDENT SPOTLIGHT



Natalie Garcia

Kirby nominated Natalie Garcia because she has been quietly improving her success in the classes this grading period.

What are your goals for this year?
Natalie's goals are to maintain her good grades, graduate early, get her food handlers card and get a job.

How do you view yourself?
Natalie views herself as independent, quiet and kind.

What's your favorite way to spend your free time?
Natalie likes to spend her free time by going to the park and the gym.

What's something your proud of accomplishing?
Natalie is proud of improving her grades and attendance.



Luis Villa

Luis has shown tremendous growth over the past few years that I've known him. He's a true testament to what it means to learn from experience and keep moving forward. We're so proud of his hard work, positive attitude, and the maturity he's shown this past year. We can't wait to see him graduate and continue on his path to success!! -Ms. Reina

What was your most difficult subject and why?
His English class at hesperia high because his teacher wasn't a great communicator.

What teacher inspire you to do better and how do they inspire you?
Mr Kirby because he shows him that life isn't at game and that you have to take everything with a grain of salt and has seen him grow the most out of everyone.

What is one of your favorite class and why?
His favorite class was his conditioning class for football at hesperia high because he liked working out with his friends.

What is your motivation?
His motivation is to have a clear conscious for his whole life.

What do you think your greatest achievement is?
He's greatest achievement is changing his life around and getting on the right path along with finding his path in his religion.



Sammy Contreras

Mr. Jesfen nominated Sammy because has been here on time and ready to work every morning first period, and he's motivated to graduate this grading period.

What do you think about this school year?
"I thought this year of school was better because it was more chill."

Is there anything you'd like to see improved?
"I would like to improve myself by focusing more on my career and less on stuff that only matters in the moment."

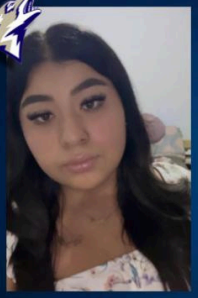
What's your favorite class or activity?
"My favorite class from school was weight lifting because I worked on my body."

How do you feel about school events?
"I feel that it can be fun because school is usually boring so it is a good idea that our school does them".

What advice would you give to other students?
"The advice I would give is to focus more ons school and don't get distracted."







Michelle Salazar

Michelle Salazar was nominated by Mr. Hoover. She has shown great improvement in my class this GP. She has worked very hard to be successful and it shows!

Where do you see yourself in 5 years?
In 5 years she sees herself finishing college and becoming a photographer.

What's your dream job?
She wants to become a photographer and have her own studio.

What do you do in your free time?
In her free time she goes to different parks to get different photos for practice.

If you could give any advice to a freshman, what would it be?
She said she would tell them make it to school and always

What got you started into photography?
My family got me started. My great grandfather on my dad's side was known as the photographer in his town Jocotepec, Mexico.



Charles Garcia

Mr. Kuhns nominated Charles because he has a great attitude in class, and he's willing to participate in the lessons and help fellow students.

Where do you see yourself in five years?
He sees himself out of college and working in software development. He wants to do it it because he likes coding.

Who is you favorite teacher and why?
My English teacher, Mr Shultz at SHS, because he is a really cool and great teacher. He helps students when they need help.

What is your dream job?
Software development because he likes to code and it pays really well.

What got you into coding?
He got into coding from elementary camp and he wanted to make his own game. The game was a running game that takes you to a different era. You'd be able to go back and forward and it would be time based. At the end the player would have to fight a god to stop the time loop.

What are some of your hobbies?
Playing video games, drawing, coding.

COYOTE STUDENT SPOTLIGHT



Izabella Zamora

Mr. Escamilla because she has great attitude in class and is friendly with all her classmates.

What's one thing that people might not know about you?
I like cats and singing. My cat, Millie, makes me the happiest and we cuddle a lot. My favorite singer Kesha and I've been singing since I was 6.

What is your favorite subject in school and why?
I like math because I used to be scared of it, and now it's something I enjoy. My math teachers are way more patient and don't make me feel dumb.

What do you like to do in your free time?
I like to sing anything really and workout. I also like hangout with friends at the park.

What is something you're proud of?
I'm proud of learning how to drive. It makes me feel free. It's become easier since I first started.

What do you want to do after high school? I am pursuing to become a nurse to help people and make them feel better.



Angel Ibarra

Maria and Karen nominated Angel because he has shown tremendous improvement and growth in academics. He's started getting comfortable in asking for help and is proud of his improving grades. His goal is to get all A's this term.

What is your favorite genre of music?
He likes hip hop because he likes old school music.

What do you do for fun during your free time?
I just chill and listen to music.

Who is someone you look up to?
He looks up to his dad. He is his role model.

What's something you are very passionate about?
Hmmm. Not really anything.

Out of all your classes what is your favorite?
I like PE because he gets extra time to just be out the class.



Vincent Vallarino

He was nominated by Ms. Gollmyer for being there for his peers and using strong communication skills and having a positive attitude with others.

What country would you like to visit?
He would like to visit scotland because he likes dark fantasy setting and cold fall weather when its green and cloudy.

What is your favorite hobby after school
His favorite hobby to do after school is hanging out with friends and play sports and play games during his free time.

What helps you go on with your day?
Getting to hangout with family and friends and spend time with is girlfriend

What are your plans after you graduate?
His after school plans are to get into a college or trade school for electrician and start his own company and be successful.

What advice can you give to new students?
To talk to people and be friendly it's easy to make friends just from one little talk.



Belinda De La Torre

Belinda got nominated by Mr. Scott for being an amazing student and person. She's a joy to have in class.

What keeps you moving forward?
Belinda said being so close to graduation motivates her to keep going and she feels motivated by her parents.

Why did you come to Mojave?
At Sultana there were too many classes and a lot of work you had to catch up on. She feels more motivated here than Sultana.

What do you like about Mojave?
The teacher and staff are great and the classes are fun. There's not a lot of homework so it takes a lot of stress off.

What's your dream career?
She doesn't have a dream job yet. She plans to go to college to have more time to figure it out.

Do you plan staying at Mojave or going back?
She plans to stay at Mojave because if she keeps it up she can graduate in February.







Behind The Whiteboard

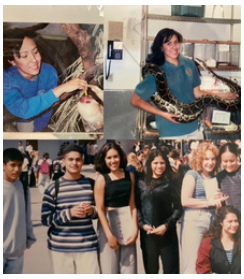
Michelle Angelyne Salazar

Have you ever wondered what your teachers were like in their past lives?

Before the whiteboard



Ms. Grace had short burnt red copper hair with bangs and nose piercings.



Ms. Padilla worked at a zoo in hs and would take her mom's car and ditch school to go to Lytle Creek and only went on test days. In college, she worked at an animal testing lab while pregnant. From this experience she learned to never buy products that are tested on animals.

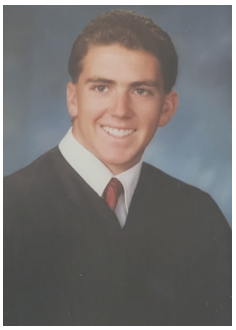




Mrs.Villa got kicked out of 3 different High schools. She hated school and would ditch often and she also got in trouble with the law. **Mrs. Villa** was inspired to change when they gave her a turn around scholarship and she became a cheerleader.



Mr.Edwin wouldn't do his school work and got sent here to Mojave High School for one semester.



Mr.Scott's rebellious phase was when he was 18-25 years old. He didn't have any direction in life and didn't know what he wanted to do. He wanted to experience love and would try to fall in love instead of just letting it happen naturally.

Meet Alex Paredes

The Heart and Soul of MHS Social Work

At MHS, the title "Social Worker" isn't just a job description—it's a bridge to a better future. Leading that charge is Alex Paredes, a proud "Coyote" whose presence on campus has become a cornerstone of student support. Known for his approachable nature and genuine interest in everyone he meets, Alex has earned a reputation as a "chill dude" who is as effective at solving home-life problems as he is at building lasting friendships.

Breaking the Stigma

For many, the term "social worker" carries a heavy, often misunderstood weight. There is a common misconception that their primary role is to separate families; However, Alex and his team work tirelessly to prove that the reality is quite the opposite.

They are a dedicated team focused on protection and empowerment. Whether a student feels trapped in an abusive situation or is navigating a hostile living environment, Alex serves as a safe harbor. His goal isn't to disrupt lives, but to stabilize them, ensuring that every minor has a voice and a path toward a healthier environment.

From El Monte to MHS: A Journey of Resilience



Alex's passion for helping others is rooted in his own history. Born in El Monte, California, he grew up in a tough neighborhood where life wasn't always easy. Those early challenges gave him a "rough from the start" perspective that allows him to relate to students facing their own uphill battles. He doesn't just sympathize; he empathizes because he's been there.

The Man Behind the Desk

When he isn't advocating for student welfare, Alex is a man of specific tastes and classic hobbies. If you see him at a local gas station, he’s likely grabbing his signature snack haul:

Drink: Arizona Strawberry Kiwi
Snacks: Beef jerky and Laffy Taffy
The Bold Choice: Ice cream topped with Hot Cheetos or Hot Doritos

For the car enthusiasts at MHS, Alex is one of your own. He has a deep appreciation for vintage muscle, specifically the 1987 Ford Mustang "Fox Body." His dream build is a Cobra featuring the Shelby tuning package, equipped with a supercharger and an SVT transmission.

Building Trust Through Connection



Alex knows that a suit and a clipboard won't win over a teenager. Instead, he builds trust on the students' terms. You’ll often find him out on the yard playing catch or engaging in activities that the students actually enjoy. This "boots on the ground" approach—paired with his signature scent, the masculine and citrusy Montblanc Legend—makes him a relatable and constant figure on campus.

"He is an amazing guy. If you don't know him, you should change that. He’s funny, he’s kind, and he’s here for you."
Alex Paredes is more than just a social worker; he is a mentor, a car buff, and a vital part of the MHS family. If you see him around, don't be a stranger—grab a ball, start a conversation, and get to know the man working to make MHS a better place for everyone.

Luis Antonio Villa and Anthony Sanchez



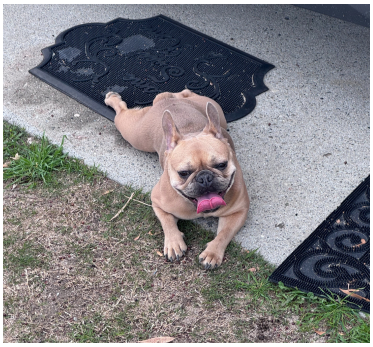


GETTING TO KNOW MR. ALEJANDRO



Who's Mr. Alejandro

Alejandro is the technology support specialist for Mojave High School. He helps staff & students when they have any technological problems with their computers. He's been working here at Mojave as an IT coordinator for two years and he worked at talon academy for a year.





What do you like to do on your freetime - some of the things Alejandro likes to do during his spare time include taking care/spending time with his dog and playing games like Yugioh and final fantasy.

What's been the most challenging part of your day/week- Is His commute to work and being unable to help or fix something because it's out of his control.

How do you like your job?

He enjoys his job. He likes educating staff and students about tech and teaching them how to use it.

Do you have a favorite quote or motto.

His favorite words he lives by are "don't forget to smile".

What's your favorite artist or genre- Nujabes, its hip hop and jazz japanese music and started with lofi godfather.

Who inspires you the most-

His mom because she had to grow up fast and couldn't finish school so she can take care of her siblings. When he thinks about It really it really puts things into perspective and it puts his butt into gear.

TODAY'S NEWS!

All About Today's World!



Donald J. Trump, our current president, has bombed Venezuela and taken it's leader, and the leader's wife. He's also taking their oil. After their leader was taken, Venezuela freed political prisoners and vowed to 'rescue' Maduro. On top of taking Venezuela, he said,"US Will take Greenland the hard way if it can't do it the easy way." The world is falling apart before our own eyes.



After **Renee Nicole Good** was **murdered** by federal agents, the mayor of Minneapolis ordered for ice to, quote, "Get the f*** out of Minneapolis." Vice President **JD Vance** gave the murderer immunity afterwards.

Renee Nicole Good was a mother of 3. A poet, and a newcomer to Minneapolis. Now, she is a memory. She will not be forgetten.



Even after the mayor's statement, the federal agents did not in fact leave. Instead, hundreds more of federal agents were deployed to Minneapolis.

Our president, **Donald J Trump** has been named in the Epstein files numerous times. In fact, our president has done much more to be impeached than any other president in the history of the USA. On top of that, he said,"If we lose the midterms, the democrats will find a reason to impeach me."

Fernanda Garcia

JANETTE ALONZO

ICE RAIDS

ICE ENFORCEMENT EXPANDS NATIONWIDE



On January 7, 2026, Renne Good, a 37 year old American citizen, was fatally shot in the face by ICE agent in Minneapolis, Minnesota. Federal law enforcement officials defend the shooting, saying the agent acted in self defense.



A Georgia woman named Tori Branum publicly claimed responsibility for a tip to a massive immigration raid at a Hyundai Electric Vehicle Battery Plant construction site.
The raid resulted in the detention of approximately 475 workers, including over 300 south Korean Nationals.



Jonathan Aguilar Garcia, U.S citizen teenager, who was working at Target, taken by ICE agents because they assumed he was an immigrant for being brown. He was dumped minutes later near a Walmart, bloody and scared.

You Have Constitutional Rights Against ICE Raids:

- TO NOT OPEN THE DOOR if an immigration agent is knocking on the door.
- TO NOT ANSWER ANY QUESTIONS from an immigration agent if they try to talk to you.
- You have the right to remain silent.
- TO NOT SIGN ANYTHING without first speaking to a lawyer. You have the right to speak with a lawyer.
- If you are outside of your home, ask the agent if you are free to leave and if they say yes, leave calmly.

Billboard's Top 10 Songs of 2025

1. "Die with a Smile" by Lady Gaga and Bruno Mars
2. "Luther" by Kendrick Lamar and Sza
3. "A Bar Song" (tipsy) by Shaboozey
4. "Lose Control' by Teddy Williams
5. "Birds of a Feather" by Billie Eilish
6. "Beautiful Things" by Benson Bone
7. "Ordinary" by Alex Warren
8. "I Had Some Help" by Post Mellon and Megan Wallen
9. "APT" Rose and Bruno Mars
10. "Pink Pony Club" by Chappell Roan

Camilla De La Rosa, Emely Martinez, Jordan Lowery said that new artists should be on top 10. Some of the artists they wanted to see are The Marias, No One Notice" Frank Ocean, Nights" and Heartfelt Ending, "If Looks Could Kill". They wish to see a variety of genres instead of only rap and indie pop. They want to see more alternative rock and indie rock.

What are your thoughts about the top 10?

Fun Facts

The Billboards started on August 4, 1958. In August 1958, Ricky Nelson was the first to top the Billboard charts with the top song called "Poor Little Fool." This would pave the way for Billboards to stand out among the different charts at the time.

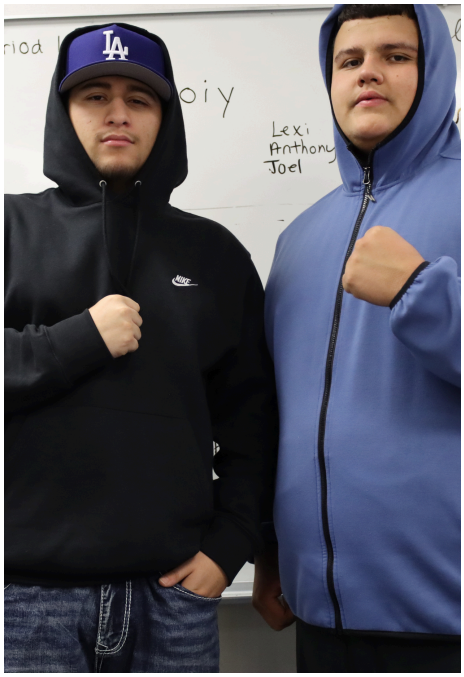
Sebastian Gutierrez

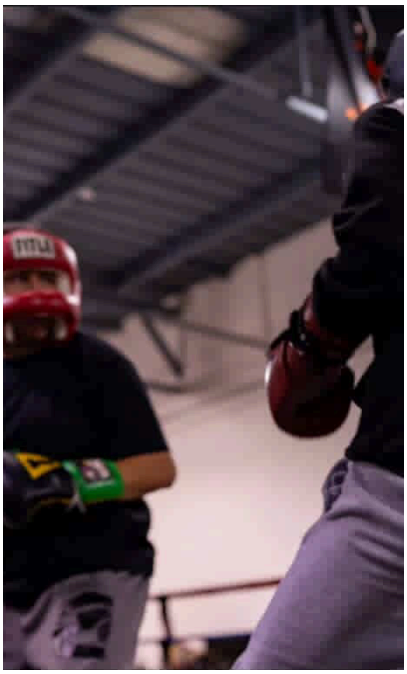












BOXING

Pedro Trejo

My topic is boxing and I will be talking about the pros and cons. The pros of boxing is you can get a whole body workout, and it helps with cardio health. It can build people to be tough and disciplined. The cons of boxing are that you can get CTE(brain damage)from concussions, and broken bones such as your jaw or muscle strain.

Before I joined boxing I would get mad and wouldn't be calm.Then my friend told me to go and try it and when I did I fell in love with one of the most violent sports.

Right now in boxing I feel calm. I feel so good when I box. My mind is clear and not thinking about other things. I would like to keep proceeding. I've been boxing for a year now and I can tell I've gotten better and I will continue to. Hopefully, this year I'll get my first amature fight.

Anthony Sanchez also has experience with boxing. He enjoys it because he got to meet a lot of cool people. He also sparred a couple times and did pretty well.
I go to the Hesperia Activity League. It Is completely free you just have to pay for your physical.

Cell Phone Ban

Joselyn Churchill



Starting July 2026, the familiar buzz of cell phones in classrooms will fall silent. Schools across the nation prepare to enforce a sweeping cell phone ban.

WHY SCHOOLS THINK BANNING CELL PHONES WILL BE EFFECTIVE?!

Federal officials, governors, and state legislatures want to ban cell phones and create stricter policies because not only do they believe it will benefit the students but will also improve students academic performances. Researchers found a significant increase in student test scores and in attendance after passing the new and stricter policies on the use of cell phones.

BACKLASH/NEGATIVES SINCE CELL PHONE BAN

Districts are starting to notice students becoming more aggressive and student suspensions have increased just within a short amount of time. Parents are concerned for their children because now they don't have an easy way of contacting their children in case of emergency during the school day. Also student's who don't abuse the power of having a cell phone in a school setting are having the privilege of using critical education tools taken away from them and it is preventing the development of crucial digital literacy skills.

From a students perspective and taking into consideration how teachers potentially feel about the cell phone ban, I do believe there are positives and benefits that can come out of it. I believe it would create a healthier learning environment and improve children's mental health. I also believe that it would create better social skills for those who are constantly 'living through a screen". Again not all students abuse the privilege and power they have of being able to use a cell phone in the classroom because they can be used as a tool.

Student feedback

JHAKAELYN ORONA- "I think it will be an issue because teachers have a policy already regarding cell phones and I feel like for safety purposes students should be able to access their phones"

ANDREA MUÑOZ- "I think the cell phone ban will be beneficial for students because it will help students focus more and "lock in". It will help decrease the amount of conflict from social media and help students actually socialize"

GABRIELA MITCHELL- " Parents have health issues and it helps being informed on the current status of family members in case of an emergency. I personally had an incident with my mom happen and it makes me feel better when I'm being told about updates."

JOSELYN CHURCHILL- " I think with the cell phone ban it will help students step out of their comfort zone and it will create a healthier and more comfortable environment for students attending school with the exception of using their cell phones for emergency and not just an excuse."



Roman Pavia

GET OFF YOUR PHONE

Did you know?

60% of US teenagers spend at least 4.8 hours a day on social media, that's more than 25 million of us, and that's over 1,752 hours per year. All the time that we spent on social media could be spent somewhere else like building skills, learning new things, and forming new relationships, but sadly that all goes down the drain and goes to our echochamber feeds. Most teenagers don't know how to properly socialize or regulate emotions in this day and age, and social media plays a huge role in this stunted development.

THIS GUY SCROLLS ALL DAY.





Sound Familiar?

Studies show a strong connection between social media and mental health conditions like depression and anxiety. Being constantly fed information at such a fast pace creates emotional dysfunction, overthinking, and a severe lack of focus. Do you pick your phone up first thing in the morning? Well stop. Everytime you feel sad or mad, don't go to Tiktok or Instagram to repost or watch more sad stuff, because it feeds negative emotions. Since phones are naturally good at keeping our attention, big platforms like Tiktok, Instagram, and Twitter (X) take advantage of this and design the apps to keep us hooked. Likes, comments, notifications, and short form content make it super compelling to pick up our phones to feel better or stay in the loop. Whether people reaalize it or not, social media does more harm than good.

PROTEIN SHAKE *recipe*

CHEVELLE BEHRENDS

Brands that generally test lower for lead and other contaminants include:

- Orgain (some varieties)
- Garden of Life Sport
- NOW Sports Whey Protein
- Optimum Nutrition Gold Standard Whey
- Vega Sport

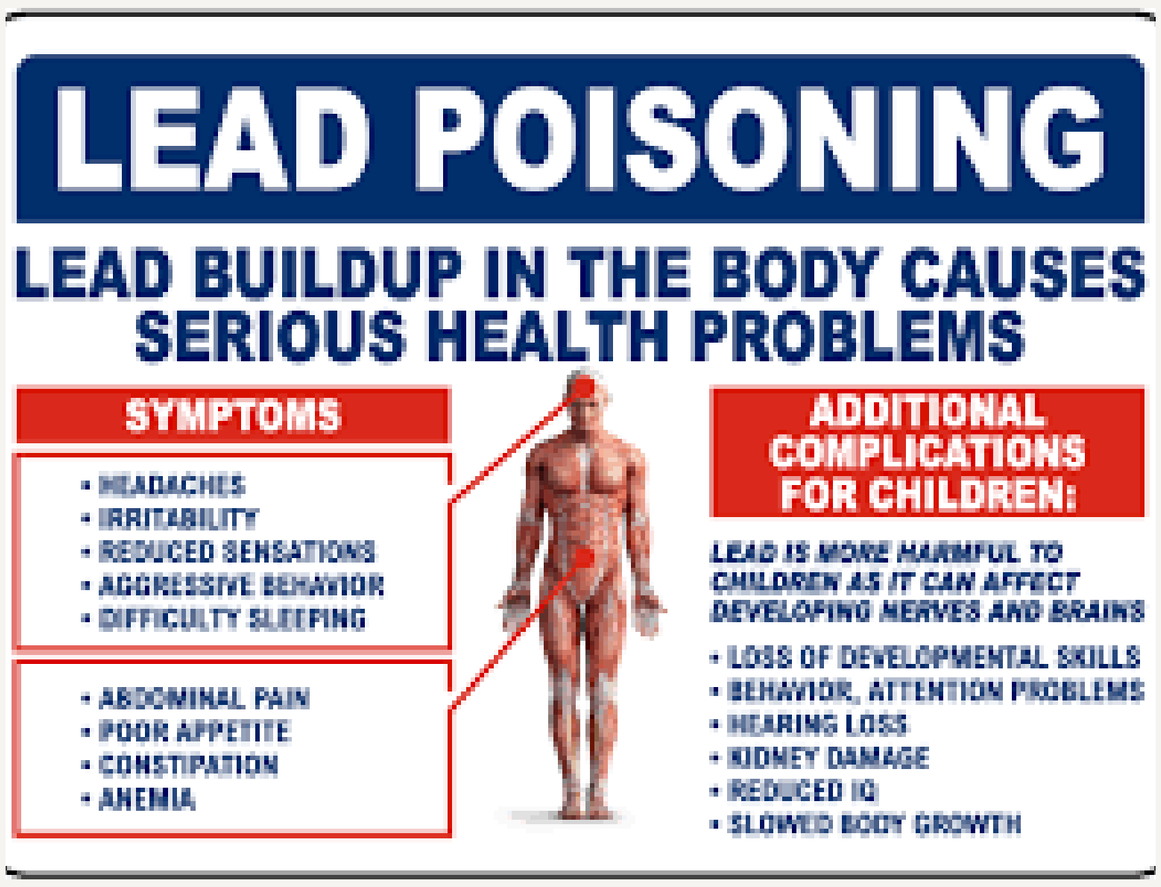
FINDINGS FROM INDEPENDENT TESTS

- Consumer Reports and Clean Label Project found that many plant-based protein powders especially those using rice protein contained measurable lead levels.
- Whey-based and egg-based protein powders typically have lower levels of heavy metals, though not always.
- The amount varies widely by brand and ingredient source.

LEAD IN PROTEIN POWDER

Some protein powders do contain traces of heavy metals, including lead,cadmium, arsenic, and mercury. These can come from the soil where ingredients like peas, rice, or hemp are grown or from contamination during making. Lead in protein powder or any food is bad because lead is a toxic heavy metal with no safe level of exposure. Even small amounts can accumulate in your body over time and cause harm especially with daily or long term use.





Lead is a toxic metal that can harm the body even in tiny amounts. Some protein powders contain lead from contaminated soil or manufacturing. When used daily, this lead can build up and damage the brain, kidneys, and heart. It can also affect growth and development in children and unborn babies.

THE GROWING POPULARITY OF MINI HIGHLAND COWS

LEXI AVALOS

Due to social media the growing popularity of mini highland cows has gone up significantly recently. Their growing popularity is because they're absolutely adorable. They play with balls and cuddle with people they are comfortable with sometimes. They have amazing personalities and are quite small compared to a regular cow. Their size is a big reason they are so loved. They are crazy personalities wrapped in adorable cuteness scaled down to pet size. They are a wonderful addition to a mini farm or to have as a part of the family.





FUN FACTS!

1. MINI HIGHLAND COWS CAN WEIGH 400 TO 700 POUNDS
2. MINI HIGHLAND COWS TYPICALLY COST $2,500 TO OVER $10,000
3. DISADVANTAGES OF HIGHLAND COWS ARE POOR HEAT TOLERANCE, SLOW GROWTH, LARGE HORNS THAT POSE SAFETY AND FENCING CHALLENGES, HIGH MAINTENANCE FOR THEIR THICK COATS (PESTS, MUD), AND LOWER MARKET WEIGHT FOR BEEF, MAKING THEM LESS COST-EFFECTIVE FOR SOME COMMERCIAL OPERATIONS DESPITE THEIR HARDINESS AND GOOD FORAGE ABILITY.

HOW TO HAVE ONE SAFELY

A lot more goes into the care and safety of mini highland cows than people notice. You need to have a significant amount of space to thrive properly. You need at least 1-2 acres of land so they can roam and graze. They take a tremendous amount of commitment to their care and it’s not always easy. They require daily attention, regular feedings and grooming along with health checks. There are some legal restrictions in some areas. Some zoning laws restrict property owners from raising livestock so you have to make sure to check before committing to owning one. They can be a wonderful addition as long as you are committed to their wellbeing When we see these animals online we don’t acknowledge how hard it is to care for them and think it would be so easy to do. Some people who think that make that commitment not understanding how to care for them properly and that can put them and the animal in danger. It’s always important to do your research to really get the full story and amount of commitment needed.

Mila De La Rosa *Jordan Lowery* *Emely Martinez*

MUSIC IN MANY FORMS

Music comes in many different styles and each genre has its own sound and audience, including pop, metal, and R&B. Even though they are different, all three genres help shape today's music



Metal

Ozzy Osbourne was a rock singer who became famous with the band Black Sabbath. The band helped start heavy metal music. Ozzy was known for being crazy on stage and living a wild life. He also made a lot of popular music on his own after leaving the band. After many years of health problems he died on July 22 at the age of 76. His last words to his wife were "Kiss me. Hug me tight.



INDIE POP

The Marías blend genres like indie pop, psychedelic soul, dream pop, and indie rock, mixing vintage sounds with modern electronic touches, incorporating Spanish and English lyrics for a unique "psychedelic-soul" or "alternative pop" vibe that draws from jazz, funk, and Latin influences



R&B

Most R&B singers have the same message when it comes to their type of music. They mainly focus on expressing their emotions and real life experiences. R&B singers sing about love, relationships, heartbreak, pain, joy, and just anything that's focused deep on human emotions and how they feel about a situation that has happened in their life.

The Final Whistle

By Jordan McFarland

Court Chronicle

With the NBA season starting back up, there's still a bunch of time for thing's to get interesting. The Dallas Mavericks fire general manager Nico Harrison for a disappointing start to the season and possible word of the Mavericks trading away Anthony Davis. The Oklahoma City Thunder are still at or near the top of many rankings. The Portland Trailblazers are struggling to gain their first win of the season. The week 4 power rankings show some shifts, teams like the Cleveland Cavaliers and New York Knicks are surging while the top 2 being the Boston Celtics and the Oklahoma City Thunder. We're only in week 4 so there's still so much to happen but, who do you think will win the NBA finals this year?



Beyond the bases

THE LA DODGERS WON THE WORLD SERIES. The Los Angeles Dodgers beat the Toronto Blue Jays in game 7 of the world series finals. There was a lot of key things during the game such as, during game 3, the 18th-inning tied the longest game in the world series by innings. The Dodgers had also came back from a deficit and won 5-4 in 11 innings. Yoshinobu Yamamoto of the Dodgers was named series MVP. The Blue Jays offense was prolific, they scored a club-postseason record number of runs yet the dodgers prevailed when it mattered most. Each team were missing a few players due to injuries or other matters. With the Dodgers going back to back for wins, do you think they'll three peat?



End Zone Energy

The New York Giants have fired head coach Brian Daboll following another collapse in a season that started poorly, leaving the franchise once again searching for stable leadership. The Cincinnati Bengals' defense is experiencing a historically bad stretch, allowing over 80 points in their last two home games and on pace to set a record for points allowed in a season. The league's global footprint continues to grow — for example, ticket demand for a regular-season game in Madrid (featuring the Miami Dolphins vs. the Washington Commanders) was massive, showing the NFL's international appeal. Injuries and roster moves remain key storylines: the Jacksonville Jaguars lost rookie standout Travis Hunter for the season after knee surgery. Analysts have released updated playoff-tier projections for all 32 teams, showing wide divergence between contenders and teams in trouble. Which team do you think will win it all?

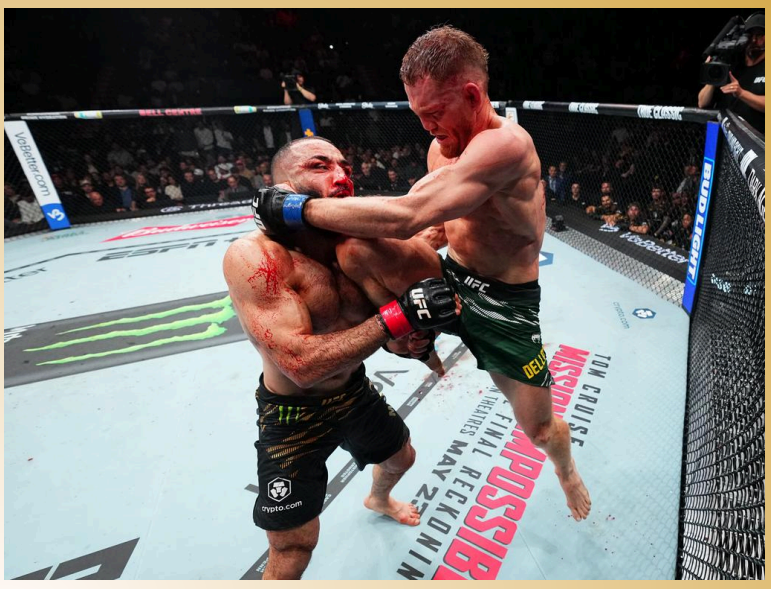
Kickoff Chronicles

In soccer news, France's national team honored the victims of the November 2015 Paris attacks with a minute of silence and a "Football for Peace" banner before their World Cup qualifier against Ukraine, marking the 10th anniversary of the tragedy. Meanwhile, in Greece, a major trial has opened against Olympiacos FC chairman Evangelos Marinakis and 142 fans accused of criminal activity and violence at sporting events. At the club level, FC Barcelona's women's team (Barça Femení) maintained a perfect start in the UEFA Women's Champions League with a 3-0 win over OH Leuven, while veteran striker Robert Lewandowski is being linked with a potential January move to Fenerbahçe or a future move to AC Milan.

WHY IS UFC'S 322 MAIN EVENT SO IMPORTANT

By Richard Manzano





Who is The Champion of The welterweight division?

The current UFC Welterweight Champion (170 lbs) is Jack Della Maddalena. He claimed the title after defeating Belal Muhammad via unanimous decision at UFC 315. That win made him the first Australian to hold the UFC welterweight belt. Della Maddalena started his MMA career in local Australian promotions before earning a contract through Dana White's Contender Series, where he showcased his striking skills. He quickly built a reputation in the UFC with first round knockouts and his impressive boxing skills, often finishing opponents with clean and accurate strikes.



Who is The Champion Set to Face Off Across The Octagon?

Islam Makhachev is a Russian mixed martial artist and one of the most dominant fighters today. He is also the former UFC Lightweight Champion (155 lbs) after he vacated his belt to move up to the Welterweight division. As of recent years, he has been recognized as one of the pound-for-pound best fighters in the world

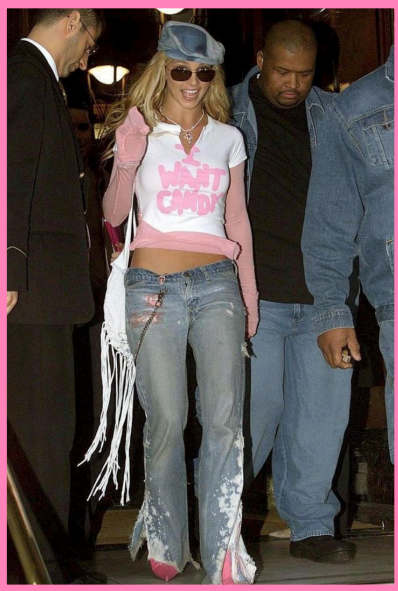
Why is This Fight Important to the MMA World?

This fight between Jack Della Maddalena and Islam Makhachev is a major event in MMA because it brings together two champions from different divisions and two very different fighting styles. Makhachev, the former Lightweight champion from Dagestan, who is known for his world class grappling and control, while Della Maddalena, the Welterweight champion from Australia, who is known for his sharp boxing and knockout power. This fight represents the classic battle of grappler versus striker a test of whether Makhachev's wrestling can neutralize Della Maddalena's striking or if Della Maddalena can keep the fight standing and finish Makhachev. Beyond fighting styles, it's also a global clash between two nations with passionate fan bases and a rare "superfight" where champions face each other to determine who is truly the best fighter in the world

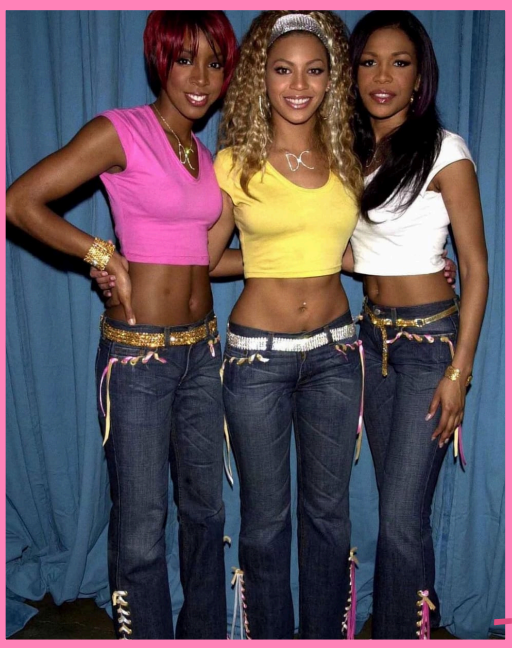
WHAT'S BRINGING Y2K BACK?

Mila De La Rosa

Y2K fashion first started around the late 1900s- early 2000s when people were excited about the future and new technology. The style came from things like pop culture, music videos, and early internet trends. People wore shiny clothes, low rise jeans and bold colors to show a futuristic look. It became popular in places like music videos and magazines.



Lately, The style has been showing up everywhere again. The clothes are fun, colorful, and different from what everyone's been wearing these past few years. The outfits weren't afraid to stand out and that's what a lot of people like now. A lot of it started on Tik Tok when people began posting outfit inspos inspired by the early 2000s and posting thrift finds. It's a way to express themselves and bring back an era.



THEN VS NOW

THEN (2000S): FLIP PHONES, BUTTERFLY CLIPS, JUICY TRACKSUITS, JUICY BAGS

NOW (2020S): IPHONES, CLAW CLIPS, VELOUR SWEATSUITS

FUN FACTS

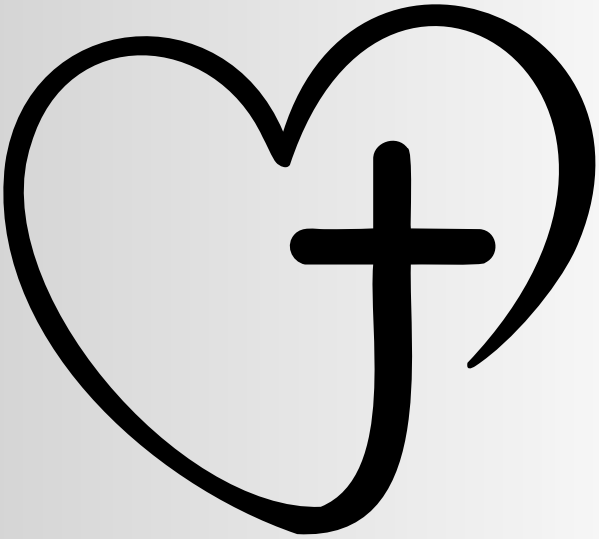
- Y2K WAS INSPIRED BY SPACE AND TECH BECAUSE PEOPLE THOUGHT THE FUTURE WOULD LOOK HIGH-TECH
- THE NAME "Y2K" ACTUALLY CAME FROM A COMPUTER BUG
- THE TINY SHOULDER BAGS WERE CALLED "BAGUETTE BAGS"

In Loving Memory of

Sergio Alamo



December 29th, 1976 - December 17th, 2025



GOD SAW YOU GETTING TIRED AND A CURE WAS NOT TO BE
SO HE PUT HIS ARMS AROUND YOU AND WHISPERED
"COME WITH ME"
WITH TEARFUL EYES WE WATCHED YOU AND SAW YOU PASS AWAY AND ALTHOUGH WE LOVE YOU DEARLY, WE COULD NOT MAKE YOU STAY
A GOLDEN HEART STOPPED BEATING, HARD-WORKING HANDS TO REST. GOD BROKE OUR HEARTS TO PROVE TO US HE ONLY TAKES THE BEST.

♠

DIOS VIO QUE TE CANSASTE Y UNA CURA NO IBA A SER
ASÍ QUE TE RODEÓ CON SUS BRAZOS Y SUSURRÓ "VEN CONMIGO"
TE VIMOS CON LOS OJOS LLOROSOS Y TE VIMOS DESVANECER
Y AUNQUE TE QUEREMOS MUCHO, NO PUDIMOS HACER QUE TE QUEDARAS. UN CORAZÓN DORADO DEJÓ DE LATIR, MANOS TRABAJADORAS DESCANSARON. DIOS NOS ROMPIÓ EL CORAZÓN PARA DEMOSTRARNOS QUE SOLO SE LLEVA LO MEJOR.





PEDRO



JOEL



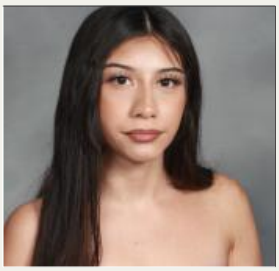
LEXI



ROMAN



JANETTE



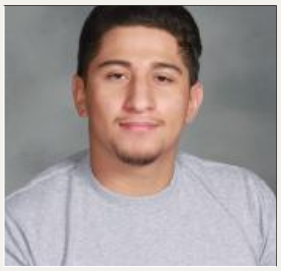
CAMILA



FERNANDA



LUIS



ANTHONY



GABBY



EMELY



SEBASTIAN



JORDAN

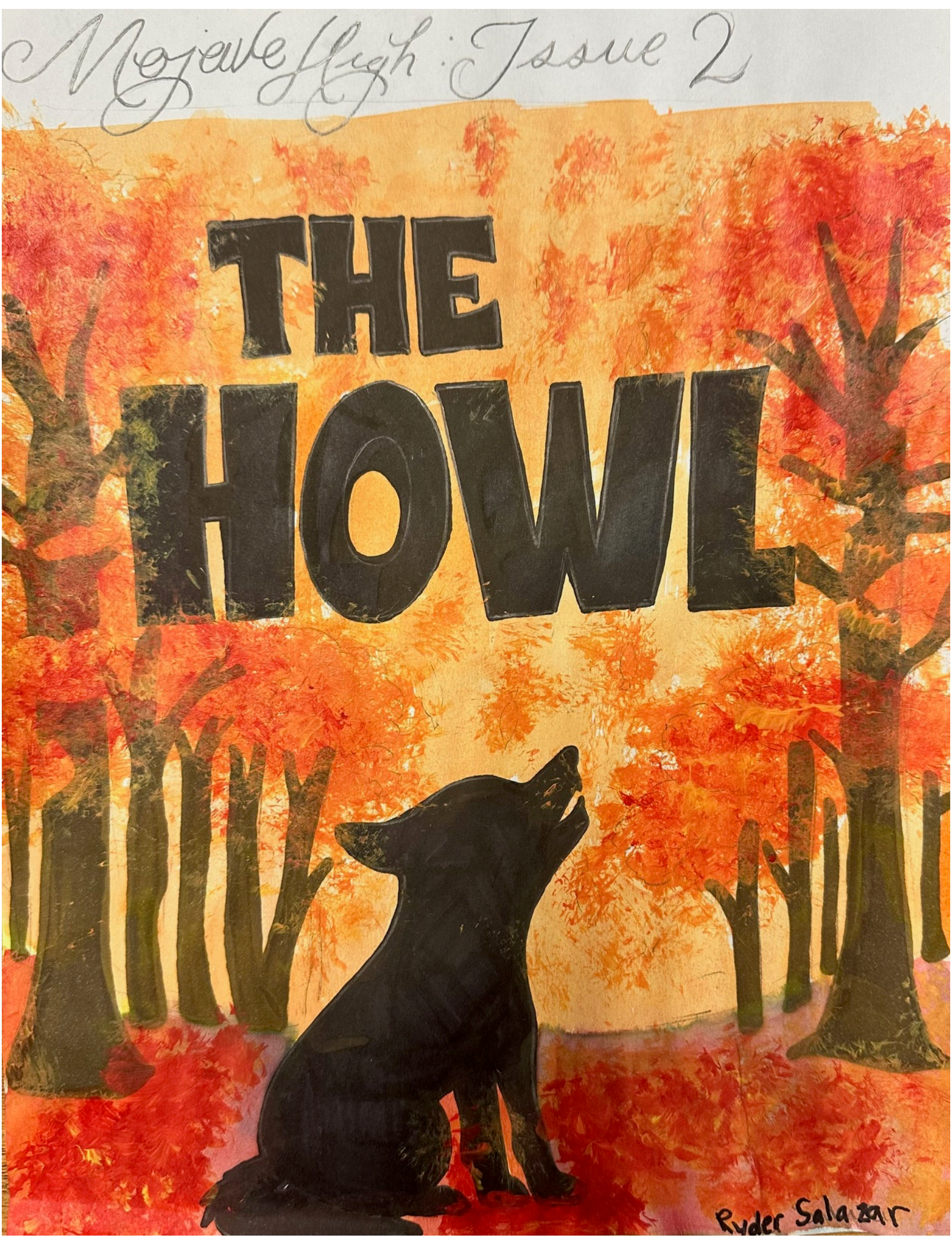


MICHELLE

THE HOWL JOURNALISTS

Mojave High: Issue 2

THE HOWL



Ryder Salazar