

The Plaid Apple ~The apple of your eye~

February 22, 2023



It's a comedy!

BY ISAAC JENSEN

Coming up soon is the next play to be performed by the HHS drama class. According to senior drama student Anahi Silva, the comedy, *Whole Latte Love*, is "a silly, magical play" that will be great fun for all who attend. The play will be performed March 6 through 8 at 7:30 p.m. in the HHS commons.

This production's cast includes sophomore Elise Klepach; juniors Calvin Abundiz, Andrew Benicio, Yahir Castro, Anahi Garcia, Enrique Hernandez, Mariah Hunot, Albert Magallon, Justyna Pasiewicz, and David Vazquez; and seniors Alexis Perez and Anahi Silva. As always, the play will be directed by drama teacher Aimee Hostetler.

Drama class is unique in that the students all work together to design every detail of their production, before taking on the attitudes and emotions of the characters they portray. Mariah Hunot puts her experience like this: "[Drama] helps me be open with my personality . . . you get to take a break from your own emotions and drama and just be happy."

HJH made for 6th grade

BY THE FEBRUARY INTERSESSION JOURNALISM CLASS

In order to provide more separation between the junior high and high school and to better match the state standards for grade level bands, the 6th grade will become part of Highland Junior High and the 3rd grade will join Tieton Intermediate in the 2023-24 school year.

The old art room/storage room at the end of the junior high hallway will be repurposed to serve as a multi-purpose/cafeteria for the new Highland Middle School. Room 155 and two of the portable classrooms will be used to house the new students.

According to Superintendent Mark Anderson, the new configuration will "support student social/emotional well-being and development by providing an environment that is developmentally age appropriate." Highland Junior High School principal Don Strother stated, "I think it will be a very positive thing for our district overall."

The \$2 million necessary for the remodel will come from the Capital Levy that was passed by Highland voters last year. Besides the remodel, the money will pay for a new HVAC system and roof. The remodel will begin this spring and continue through the summer to be completed for the new school year.

Tieton Intermediate School will become Tieton Elementary School. MWC's name will remain Marcus-Whitman Elementary School.

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For a worthy cause

BY ALONDRA BAHENA AND NAHIM SILVA

Top Scott is a fundraiser in which volunteer juniors and seniors participate in a pageant to raise money for Children's Village and the miracle family, a family in need that Top Scott chooses to raise money for.

The pageant will take place on March 23, but Top Scott has already done many things building up to this event. Both the participants and the coordinators have competed in a volleyball tournament with other schools in the Yakima Valley in order to raise money for the cause. In another fundraising event, Top Scott did "slug bugs," in which the participants played basketball with a child with a disability. It was a very heartwarming experience.

Participants include: Vanessa Contreras, Lanessa Jones, Alondra Bahena, Diana Tabares, Carol Govea, Brayon Tereza, Vanessa Ceja, and Autumn Hamett. The coordinators are April Toledo, Nahim Silva, Paola Anguiano, Geraldine Tavira, and Jessica Morfin.

Top Scott will have a restaurant takeover February 24 at Zesta Cucina, from 6:00 p.m. and ending at 8:00 p.m.

Lockdown!!!

BY ZULEMA GUERRERO

Every month the schools in Highland School District conduct safety drills to protect students in case of an emergency.

Recently, HHS has had both a lockdown drill and a secure-the-room drill. Although these drills may seem similar, there are notable differences between the two.

The rooms are made secure when the administration wants to keep the students safe without disturbing the class, and the protocol is used when there is a potential threat near the school building.

A lockdown occurs when there is a threat inside the school and it is safer to stay inside a secure room than leave the building.

The school also has two other drills in place to prepare for dangerous circumstances. Students may shelter-in-place when there is a non-human threat (which may be inside or outside of the building), such as a utility issue, and it is safer to stay indoors. An evacuation occurs when all students and staff exit the building due to an indoor threat like a bomb, fire, or suspicious package.

Going virtual

BY ALONDRA BAHENA

Highland will offer an online academic choice for students in the district for the 2023-24 school year.

Starting in May, people can begin signing up to be full-time online students. Not only will all of our core courses be offered, but also additional foreign language classes. Attending Highland online will be free, just like in-person schooling.

The enrichment classes available for online students will include AP classes and College and Career Readiness. Accommodations for EL students and students with an IEP/504 plan will be available. Classes will be taught by Washington certified teachers and will have office hours via Google Meets. Teachers will track their students' progress and performance.

The classes will be offered by Red Comet. Students who are full-time online can participate in Highland High School sports and activities.

Currently, Highland has 40 families in the district who attend online classes through Yakima or West Valley. Next year they can attend Highland's online program without paying a fee.

Read the signs

BY ZULEMA GUERRERO

There is a new sign at the front of the school, which according to Mr. Borland was installed because the administration felt the old sign was outdated and fading. "...[It was] not representative of the new logo. We hope an updated logo would make the school feel more inviting and modern."

The sign was designed by Monster Logo in Yakima with feedback from the superintendent, principal, AD, and the school board. In the end, replacing the junior high district office sign, both signs in front of the gym, and the one on the side of the building near the entrance will cost about \$35,000.

It is also worth noting that the soccer and basketball signs have been combined into one sign at the entry. This sign was recently knocked over by the wind, but is being reinforced and will be put up again soon.



New sign welcomes community!

New sign welcomes community!

High school sports?

BY ALONDRA BAHENA

When Highland became a 2B school, it allowed 8th graders to participate in high school sports.

8th grade students can play with the high school due to low numbers of enrollment in 2B schools.

This year the turnout was fewer than 25 girls in basketball. Since so few turned out, the teams were able to incorporate some 8th graders. There is no limit to how many 8th graders can play, but as seen with the girls' basketball teams many girls will not be able to play with the junior high after playing with the high school as they met their quarter limitation.

This could happen every year if numbers are low. So far, we have had 5 junior high girls in basketball and 4 junior high girls in soccer.



Can you pick out the 8th graders?

Star students

BY ZULEMA GUERRERO

Students of the Month are students that are being or have been recognized for their tremendous efforts and exemplary work.

The September Student of the Month, Natalie Sausedo, was recognized for being involved in FFA and Student Council while performing well in the rest of her classes. She is also tutoring for the 21st-century program at TIS.

Geraldine Tavira, the October Student of the Month, was recognized by her teachers as great and amazing. She is involved in many extracurriculars, including band, leadership, ASB, and the National Honor Society.

For November, Alexis Perez was chosen for his leadership, willingness to work, and positive attitude. Always seeing ways to help others, Alexis is captain of the soccer team and is a great drama student.

In January, Carol Govea was chosen for her numerous activities in the school, such as being senior class president, drum major, and NHS president. She did an amazing job organizing the school food drive, took part in freshman orientation, and is now co-hosting the Senior countdown.

They receive a parking spot near the school for a month, a certificate for their portfolios and an invitation to an evening of excellence in which they receive a plaque.

Pandemic aftereffects

BY ZULEMA GUERRERO

Some people have issues with problems that stayed with them after having Covid-19. Some problems could be loss of smell or taste, fatigue, shortness of breath, ongoing heart inflammation, kidney damage, and headaches/dizziness.

Some of these issues are curable and others are not. For example, a severe case of Covid can produce scarring in the lungs or other permanent problems. A less severe case could just end up with shortness of breath which is curable but takes months to return to pre-Covid level.

Loss of smell could be permanent or could slowly return over time. For heart inflammation, a study showed that 60% of people who recover from Covid show signs of ongoing heart inflammation in the heart muscle, which in some cases leads to shortness of breath, palpitation, and rapid heartbeat. The most common residual problems are fatigue, fever, and lung symptoms such as difficulty breathing, shortness of breath, and cough.

On the educational side of things, young children are experiencing speech delays due to the pandemic. Since the pandemic forced children to stay inside and quarantine they were not with other children or childcare environments and spent lots of time being spoken to by masked adults. Parents wearing masks prevented children from seeing mouth movements, which can cause speech delay.

Children did not speak as much as they would since they were not around other children their age.

Knowledge Bowl to state

BY ISAAC JENSEN

Due to a strong performance at Regionals on the 15th, Highland's Knowledge Bowl team will be competing at State this spring for the second year running.

Knowledge Bowl is an academic club in which students from different schools compete to answer the most trivia questions correctly. The prompts cover a wide variety of topics, including math, language, history, art, pop culture, and science, so it is not easy to find a team that excels in so many subjects.

However, this year's team done just that, consistently placing first or second in their division during meets, which is a huge accomplishment considering that the team has no seniors. In fact, Highland placed second at Regionals (behind Columbia-Burbank), eliminating White Swan, Cle Elum, and Kittitas.

This year's varsity team (coached by Chloe Way) includes Isaac Jensen (team captain), Alastor Smith (co-captain), Alexandra Vidal, Brayan Tereza, Elise Klepach, Joseph Callaghan and Haden Tillett. They will compete at State in Wenatchee on March 11.



The HHS Knowledge Bowl team at Regionals

Levy passes!

BY ALONDRA BAHENA

The Highland school district voters passed the Education, Program and Operations (EPO) Replacement Levy on February 14.

In Highland the levy had 60.42% support, much more than the surrounding school districts. The Levy did not raise tax rates and is essential to providing students with crucial learning programs.

The Levy funds: class instruction such as staff training supplies and materials including student laptop and interactive instruction boards; extracurricular activities; DECA; the National Honor Society; and many more. The Levy also helps fund the schools' maintenance and operation.

Black History Month

BY MELINA LOPEZ

February is black history month. February was chosen because important figures in African American history like Frederick Douglass and Abraham Lincoln have birthdays in February.

During the summer of 1985 a former student from the University of Chicago, Carter G. Woodson, had held an event which showed the exhibitions of events in African American history and made it a weeklong celebration called Black history week. Woodson had become a founder of ASALH (Association for African American life and History) and instead of making BHW a week they had decide to make it an entire month. Later, Congress passed down in public law that February was National Black History Month.



Scottie Life



Food for thought

BY ALONDRA BAHENA

This winter intersession offered the Meals in a Mug class with Mrs. Brooks, which involved students making a variety of meals in a mug.

This intersession offering had students make foods like eggs, pizza, and lasagna. One student, junior Brayan Tereza, couldn't have enjoyed this class more, because "this class teaches me how to make my favorite food, so when I head to college, I will be able to cook for myself."

The class itself instructs students all about the world of science through food. In a sense, the students learn about the culinary arts through experimentation, like when they saw whether the chemicals in milk rise and expand like those in eggs. The students also experiment with seasonings and find out the hard way if they add too much or too little of them.

Students in this course will receive their Food Handler's Card, opening the doors for many potential careers. Mrs. Brooke says, "I love teaching this class, I love seeing the smiles when they see their meal."



Prep station for students to cook their meals

Join together to unify HHS

BY MELINA LOPEZ

What is Unity Club? This club is a group of students who help uplift teens and find ways to manage a teen's consumption of harmful products such as cannabis, vapes and alcoholic beverages. Unity Club is what most people think of as a group of people telling other people to quit drugs.

We can help people find ways to lessen their usage of drugs, especially for teenagers whose brains are rapidly developing on a social and emotional level, and who need healthy coping skills rather than dependence on something that only offers relief for a small amount of time.

If I wasn't in the club, I would have thought that it was some sort of therapy group. I couldn't have been more wrong – the entire club have dedicated themselves to making a change in our community, and they do so with different types of people, each unique in their own way, such as Jorge Cardenas, who has made several posters displaying his art.

Jessica Padilla, who dedicated her whole sophomore year to the club, became president in her junior year with Brayan Tereza as vice president, I serve as the club's secretary. Alondra Bahena enjoyed being a part of brainstorming ideas for our club also and giving her amazing ideas. I have never been more proud to be in the Unity Club.

The group meets on Mondays during lunch in Miss Bautista's room. Interested students are encouraged to join the next meeting.



Exchanging potatoes for apples

BY ZULEMA GUERRERO

Justyna Pasiewicz is an exchange student at our school. From Poland, she decided to come here because “it was an opportunity that I wouldn't get otherwise - to travel, see the world, learn about other cultures and overall open my mind to different lifestyles.”

Justyna explained some of the differences between schools here and schools in Poland, including class types and the treatment of teachers: “...in Poland we don't get a choice in what classes we're taking. We have different classes every day of the week, but with the same group of students. Each class is 45 minutes long with 15-minute breaks in between. The teachers in high school treat us more like college students, the class is more like a lecture and all assignments and projects are homework.”

On the other hand, she tells us how classes here teach skills like research and teamwork. Some things Justyna likes about HHS are how there are events to bring students together and how students are given opportunities to plan out their lives after high school. She gives examples like YV-TECH, college classes, and scholarship applications. She enjoys how teachers here are less distanced and friendly and something she added was how there's less work in American schools and more opportunities to grow our talents individually.

“There's way less work required to do well academically in an American school, but there are more opportunities to develop students' individual talents and interests like band, drama, leadership, art classes and school sports.”

Looking toward the future

BY ELIZABETH TRAN

High school is such a short part of your life, but it is also preparing you for the real world ahead as an adult along with getting you ready for the future after you graduate. I am going to share some of the reasons why senior year is so important and what it is like going through your last year.

You never realize in the moment how fast your high school years go by; one minute you are a first-year student, and then before you know it you see yourself graduating as a senior, and then it's off to college or whatever you are planning to do in life after school. Senior year honestly does not feel real at all, it can even be nerve-racking at the same time but quite honestly compared to other grades in high school, it gives you the opportunity to be who you want to be after you graduate but also lets you get out and explore unfamiliar places/new things and experiences.

Throughout high school you get so much advice about being a senior like live every last moment that you have with your friends and just take advantage of it while you have it, but the one thing people should be getting more told is to be more involved with your school like joining clubs or sports and so many people you know might say they wished they were more involved instead of feeling afraid or embarrassed.

Some amazing school related benefits you can get from being a senior are you get to take some additional classes like college credit classes and that can look good on job resumes and college applications. Test scores can also be a good thing to have when looking at colleges because having good scores gives you more chances of getting more opportunity, which is why any regular subject test you take in classes really matter.

Other important things to know about being a senior is meeting deadlines for things which are so crucial like ordering caps and gowns for graduation or getting paperwork in that has to do with school related stuff is especially important and it also teaches you reliability and being responsible.

The most common thing that really does change in your last year is how much your friend groups change as you move through each grade, it is extremely exciting to just meet and find new friends that fit your personality and who you connect with overall better than others. As you hit the end of high school, a lot of friendships usually can drift apart because they found other people to talk to that they connect with more, it is all about the growth process of growing up.

Once you graduate you have so much freedom to be you and just go your own path in life that best leads to your individual success and goals.



Opinions



Starving students

BY AARON MULVANEY AND ELIJAH HILTON

According to healthchildren.org the average adolescent male needs 2,800 calories a day and females 2,200. The problem with meeting this is the schools.

Students spend most of their day at school and eat breakfast and lunch provided by the school and some don't eat anymore when they get back home. So, it is very important that school meals meet the needs of its students.

According to inquirer.com, the national school lunch requirements are that students should get 750 to 850 calories in their lunch. According to our own investigative research our Highland High School chicken nugget meal is only about 562 calories. That's 188 calories short of the requirement.

Now the question is how do we fix the problem? Some solutions might be to allow students to go through the line a second time. Instead of letting food go to waste, we should reinstall a share bin for unwanted food. The school district could look into increasing serving sizes.

There are infinite solutions that can be applied at any time in order to ensure all students get enough food. We can make a difference in people's lives by making sure they are well-fed. Well-fed students are better students.

For the humanities

BY ZULEMA GUERRERO

Tieton students have a fantastic opportunity to immerse themselves in art and receive homework help through Tieton Arts & Humanities. The program needs high school volunteers.

Volunteering is required for juniors on the College track. It can also be used for sophomores on their résumés for work experience and NHS members for their community service requirement.

CreARTE is a program offered Mondays-Thursdays from 2:45-5:30 p.m. at 519 Maple Street on Tieton Square. Teachers will meet kids to walk from TIS or parents could drop them off.

This program is open to all students from TIS and home-schooled kids from the Tieton area are welcome as well. This is a free program with snacks and homework help.

They have fun activities that complement what students are doing in school. There is a family-friendly workshop that provides fun activities for the whole family and is a great way to include younger siblings from Marcus Whitman.

This is every first and third Saturday morning from 10:30 am-12:30 pm. If you have any questions, call (206)-719-9426 or visit www.tietonarts.org/crearte.



Satirical Horoscopes

- Aries (March 21–April 19)** - Don't blame it on other issues - you are the issue
- Taurus (April 20–May 20)** - You dress like a cartoon character (not a compliment)
- Gemini (May 21–June 21)** - *Side eye*
- Cancer (June 22–July 22)** - You keep losing friends and you say you're not the problem
- Leo (July 23–August 22)** - Yikes! Who let you dress like that?!
- Virgo (August 23–September 22)** - Immediately no.
- Libra (September 23–October 23)** - I won't waste words on you
- Scorpio (October 24–November 21)** - You're not scary; no one likes you
- Sagittarius (November 22–December 21)** - You're not the center of world
- Capricorn (December 22–January 19)** - Money keeps leaving you, huh?
- Aquarius (January 20–February 18)** - Wow, you really thought you looked good
- Pisces (February 19–March 20)** - Your friends "forget" to invite you

Fast and easy recipes

<p>Fried Rice: Easy and Delicious Cook time: 15 minutes Ingredients:</p> <ul style="list-style-type: none"> o Day old rice o Small white onion o Veggies- peas and carrots o Eggs o Sesame oil o Soy sauce o Green onions <p>Preheat pan to medium and pour sesame oil into the pan. Then add the onion peas and carrots and fry veggies until tender. Crack eggs into a bowl and beat the eggs. Mix the eggs with the veggies. Now add the rice mix well with the ages and veggies. Add soy sauce to the top and garnish with green onions. Now remove from container and cut the seaweed/nori into a width you would like and wrap around the musubi (shiny part down). Serve a soon as done!</p>	<p>Garlic noodles: Savory and healthy Cook time: 15 minutes Ingredients:</p> <ul style="list-style-type: none"> o Spaghetti o Stir fry sauce o Garlic o Scallions <p>Boil your noodles according to the instructions on your package. Now add oil onto a large skillet add garlic and scallions until they are browned. Add the noodles to your skillet add stir fry to the pan and mix everything well together. Now your meal is ready! You can add parmesan cheese to your dish and enjoy your dish!</p>	<p>Spam Musubi Cook time: 15 minutes Ingredients:</p> <ul style="list-style-type: none"> o Spam classic o Cooked white rice seasoned with furikake o 1 whole sheet seaweed/ nori <p>Place in a large skillet and cook spam until a soft brown and crisp. Add a drizzle of grill sauce now place rice into spam container with plastic wrap and press until firm place the spam on top of the rice and press it down.</p>	<p>Pizza toast Cook time: 5 minutes Ingredients</p> <ul style="list-style-type: none"> o Bread of choice o Pizza/Tomato sauce o Mozzarella cheese o Pepperoni/salami o Oregano <p>Pop your bread in the toaster (however many desired). Place your toasted bread on a baking sheet and add sauce onto your bread, spread evenly onto the bread. Top it off with some mozzarella and add topping from your choice Add a bit of oregano Place into the oven and allow to cook until the cheese has melted</p>
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