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The sun rises on senior year

by Katie Glennon
Ledger Columnist

With the sharp sound of your alarm going off piercing through the night you question why you thought getting up at 4:00 in the morning was a good idea.

Then you remember what you're getting up for – to spend a morning with your favorite people in the class of 2015 watching the sunrise.

The event was bittersweet in a way. It was great that we have all reached this moment together, but there was this nostalgic sense to the morning. It dawns upon us that this isn't going to last forever - and we have more yesterdays than tomorrows.

On August 15th at 5:30, over 460 seniors from the class of 2015 gathered on the football field to partake in the tradition of watching the sunrise.

That is about 77% of the senior class, which is the biggest turn out in Heritage's history -



During senior sunrise, Maddy Grieb, Celina Poti, Sarah Formato, Lauren Lance, and Amy Garcia share memories of their first day of high school as a freshman. Photo by Gaby Trejo/Ledger Photographer

compared to last year's measly attendance of 300 students.

"This is the first of the last hurrahs and the last time for me and my class to be together in the morning," Maya Phillips said.

The class officers spent weeks leading up to the event planning out the details.

"I really liked it, and I thought it was so fun planning and the stress was worth it." Sarah Davies, senior class vice president, said.

This year, there was a slight change in the event because tickets to attend cost \$2 which students' opinions varied on.

"I thought it was lame at first,

paying two dollars, but it was worth it – definitely," JJ Lucido said.

This event was a time to take in all the beauty that is senior year. Soon, the class of 2015 will be graduated and gone and many students used their morning to reflect on this.

"When you got there and saw

everyone you realized this is my class and my final year together with these guys," Tyler Karg said.

Senior year is known for going by faster than anyone could prepare for. So, remember to use this last year to cherish every moment you can with your friends before it's June 6th.

Mistaken identity leads to tense moments

Lockdown ends up short-lived

by Cameron Toth
Staff writer

"Return to your classroom."
"Teacher's don't excuse students until the bell rings."
"What's going on?"

These were the words heard around the school, when it went on lockdown briefly due to a "sex offender" on August 13.

Rumors quickly spread across the school about how there was possibly a coyote, or a sex offender with a coyote as a pet, and lastly a sex offender with a weapon.

It turns out that it was a case of mistaken identity.

Our student resource officer, Mitch Brouillette was the first to respond to the police call.

"Heritage was contacted by Adams, because they got a call from a concerned parent whose neighbor is a registered sex offender," Brouillette said. "The person looked just like him. We looked him up on Meganslaw.com, which is

a site that shows registered sex offenders, and found his picture. We conducted a records check on him and confirmed it was him."

"We had to act on it, so we had seven officers around the campus," Oshodi said, "It turned out to be a case of mistaken identity."

The school found out the person identified by the community member as a sex offender was a case of mistaken identity, and the person had been at the school many times and was legitimately on campus.

The police made contact with the registered sex offender, who the community member thought they saw, and he was not on campus.

So, the campus was never in any danger at all, it was just a mistaken identification made by a concerned parent.

Later in the day, Mr. Oshodi called all the students' families to explain what happened with



Photo by Carina Renteria/Ledger Photographer
Having a resource officer on campus allowed the school to respond quickly when there was a report of a registered sex offender on campus on Aug. 13. The report turned out to be a case of mistaken identity.

the possible threat on campus and only called when he knew the whole story.

"I am proud of our students because they calmly went back to class when told," Oshodi said.

Students and staff responded quickly, everyone was able to stay and wait for further instruction.

Officer Brouillette said, "Being able to lock down a school and seeing how the

teachers reacted was nice for me."

During the event, the teachers were waiting by their computers to find out what was going on.

"I wish the procedures and communication were better," Mrs. De La Cruz said.

The school is looking into its procedures around intruders on campus. There will likely be a drill prior to the end of the semester.

Link Crew helps frosh F.I.T. in

by Maya Ellis
Staff writer

The loud noise and screaming upperclassmen shocked the freshmen as they walked in the gym on the second day of school.

They linked up with their friends and sat there for two hours just listening and waiting to see what would happen next.

The freshman found mentors and people they could go to for help. Their Link Crew leaders said whenever the freshmen were in need they could text them or call them for anything.

Freshman in Transition, a program started last school year, is designed to ease freshmen into the rigor of high school. Two days dedicated to the freshmen, filled with group activities led by Link Crew, giving them a chance to get to know their peers, as well as

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"Purpose is to replace an empty mind with an open one" - Malcolm Forbes

Beginning with a boogie Dance and rally kick off the school year

by Jaeda Smith
Staff Writer

Before most high schools had even started, the student body at Heritage enjoyed a back-to school rally and the first dance of the year.

The surprise Survivor theme of the rally entertained the curious students dressed in orange (freshmen), blue (sophomores), red (juniors), and black (seniors).

The cheerleaders and dance team both gave performances that illustrated all of their hard work in practice so far.

The classes competed against each other in a variety of games that piqued the interest of the many students who were there.

"The 'getting ready for Prom' was my favorite game," Mikayla Gibson (9) said.

The contestants for each class went through the motions of getting ready for Prom by dressing up in fancy clothes then dumping their date into a trash bin to win the game.

The games at the rally

were designed for fun and entertainment, but also to bring the whole school together.

"I was surprised by the differences between a middle school and high school rally," Gibson said. "Everyone was so excited, even the seniors. It felt like the school was united as one."

The rally excitement traveled across the room and a roar of blue sophomores wildly got into the school spirit.

"My favorite part of the rally was when the sophomores were dancing together in a big mob," Peyton Greene (10) said. "It felt like the sophomores were as united as ever."

Many students felt hopeful of all the fun yet to come in the school year.

"Well, the rally creates a different view as a senior. You get a section and you get to be by your friends and it's more special than previous years," Lorenzo Gomez (12) said.

"Last year's spirit was really good with the 6th man, but the seniors this year, we can top



Photo by Christian Tesfaye
Enjoying their senior year, Madie Blaise, Claire Ashcroft and Stephanie Recio heat up the dance floor.

The energy of the rally led right into the Back to School Dance. Over 500 students went to the dance and DJ High Top kept the crowd hyped with his mixes.

For some students, the Back to School Dance was their very first high school dance.

"It was not at all as I expected," Kayla Walker (9) said. "I had never been to a dance before, not even in middle school, but I had a lot of fun hanging out with my friends. It felt like a big party."



Photo by Christian Tesfaye/Ledger Photographer
At the first rally of the year, EJ Heidikamp demonstrates how to safely deliver his partner, Kiara Taylor, for the students in the activity.

Textbook shortage Missing books cause frustrations

by Brittany Kintscher
Staff writer

Tape slowly peeling off the spine to the point where every time it opens it only rips further off, held together only by a string and clear white tape.

The school's growth over the past ten years has come with drawbacks, one of which is a shortage on textbooks, which has left students with severely damaged or no textbooks.

"I had to give out every book that I had," Mrs. Meyer, of the textbook room, said.

The impact is focused on freshman and junior English, math, and history books.

"I only got my English and AP book," Aidan Dunn, freshman said. "I didn't get my math or science book. I can't work on some homework because I don't have the text book."

Meyer was forced to hand out damaged and unusable books to students so that they had the books they needed.

While there were less than a hundred students that didn't get books they needed, the number of students that got damaged or unusable books is almost twice that.

According to Meyer, many of the books were reaching the end of their life span.

Most of them have been here since 2005, when Heritage opened. The growing class sizes means that there just aren't enough textbooks to go around until the new books come in.

The books are expected some time in September, but no date is set yet.

However the school is receiving books from both vendors and from other schools in our district.

Students without books get first priority, and then students who have damaged books get second priority.

Traffic causes difficulty for drivers

by Ana Hurt
Staff Writer

Traffic at the start of the school year is nothing new, but this year it has been regularly backed up as far as the bypass.

Students, parents, and teachers are all taking the same route to get to Heritage or Adams, making the morning commute twenty to thirty minutes long.

"Not as many seniors graduated as freshmen came in, so the traffic is worse this year," Ben Velles (12) said.

The new freshman class is getting larger each year, which worsens the traffic situation.

While individual class sizes weren't made available, the overall school population has been increasing exponentially, and the only change that has been made in the traffic situation is the installment of one traffic light at the intersection leading into the student parking lot.

"Traffic could be better if there were multiple lanes or more than one way to get to Heritage and Adams," Mariah Cruz (12) said.

While there may only be

one way to get to both schools, drivers are finding new "shortcuts" to cut down their driving time.

Not all of these are safe. Some drivers head down the right lane on Balfour and cut into the turn lane to go onto American Avenue, but maneuvers can-and have-increased risk of major accidents.

Another reason traffic has been slowing down is the light put in to speed up traffic on American that seems to break about once a week. Each time it breaks down, traffic gets significantly worse, and drivers get more frustrated.

Changes to the roads aren't likely to be made soon, but drivers can make changes themselves to speed up the traffic and reduce safety risks.

Carpools are a quick way to save time and gas, and reduce the number of cars in the commute. The California Office of Traffic Safety advises that drivers plan ahead, drive with caution around schools, be careful at drop off zones, and avoid cell phone use.

Improv team sells out opening night

Teachers battle students

by Blake Jensen
Staff Writer

The improv team created quite the following over the years, but this year's first event was the most successful ever.

The first show featured teachers vs. students and included the likes of Mr. Bonnie, Mr. Beyer, Mr. and Mrs. Pennington, Mr. Fallows, Mrs. Pedrotti, Ms. Upton, and Mrs. Dodson in a battle to see who can win over the crowd.

The turnout was spectacular; the team performed in front of a sold-out crowd.

When the Rising Stars elected this year's council members at the end of last year, Claire Ashcroft (12) was voted Improv General.

Ashcroft said that being chosen made her feel "overwhelmed, not just overwhelmed."

Her first job at the beginning of this year was to choose the members of the team.

She held auditions on a Wednesday afternoon, and people played games to show who deserved a spot on the team. Choosing members for the team was not an easy job.

"It was one of the hardest things I've ever done," Ashcroft said.

She chose four members from previous years and filled

the other spots with impressive first-timers.

Performing on stage without a script is a new experience for some.

"It's nerve-racking considering everything is made up on the spot, but I'm proud," new member Jimmy Darling (12) said.

As the first show got closer, the team held practices to ensure their readiness.

Darling explained that to prepare for improv, "I put myself in a mindset where I'm confident with my funniness; I tell myself 'Yeah, I'm funny!'"

Others created strategies to make it go more smoothly.

"I connect with other people to make myself feel less stupid," Maya Davies (11) said.

Jake Mendoza (12), an improv veteran, explained that this year he plans to "focus on free-flowing thought and not being afraid to say anything."

There are multiple styles of comedy to be offered.

"I'm going to try to pull off more physical comedy," Min Xie (12), a veteran team member said.

The next show will be held Nov. 21, and the team will attempt to out do the prior season. The question is how?

"You'll have to come and see!" Ashcroft said.

"The important thing is to never stop questioning" - Albert Einstein

Classrooms overflow as student population rises

by Jaeda Smith
Staff Writer

As soon as the bell rings swarms of students fill the campus fighting their way to class amongst the crowded stairs, walkways and SLC's.

Some headed off to overcrowded classrooms with over 35 students and others headed to hot, stuffy, and congested portables.

As Heritage High School begins the year in celebration of its 10th anniversary some concerns have developed, including the increasing student body count on campus.

2008 was the year of the first graduating class and the population at the time was 1,964 students. The amount of students attending since then has greatly increased.

Four years later during the 2011-2012 school year the population stood at 2,188. In the 2012-2013 school year the population was 2,313 and then again it rose the next year for a population count of 2,430 in the 2013-2014 school year.

And now as the school leaps into its 10th anniversary this year's population count stands

tall at 2,514 students.

That number has issued several concerns for this school year as the over populated campus strains to make room for more.

With so many students attending Heritage and so little time to add on to the campus, students are faced with many problems not only outside the classroom but inside of it as well.

Walking into a class of over 30 students is a little troubling for freshman student Amelia Towse.

"Kids in my class don't all have desks," Towse said,

Some rooms have just enough, but are a bit crowded.

"There are just enough seats in the classroom," Hannah Vreeland (9) said.

Making room for students would be difficult. Most classrooms are already at max capacity.

"I can't learn as much because the teacher has to take a long time to control the class", Nora Whelan(9) said.

Despite the disadvantages of having many students in the classroom some students find

having large class sizes helpful.

"The seats are overflowing and it's very crowded but having more students in the classroom means more people I can ask for help", Johnathan. Karabedian (10) said.

"Having more kids in the class gives you a chance to meet new people and do more group stuff", Louis Stewart (12) said.

Teachers have analyzed the increasing number of students in a different perspective as well.

"Things haven't changed much, however due to the number of students teachers have to share classrooms," Mr. Allen, who has been at Heritage for seven years said .

"Discipline issues have gone up due to the population increase and although that is understandable, I would prefer teaching a small class because then I can deal with all of my students one-on-one", Allen said.

With the number of students attending Heritage rapidly growing, more adjustments will undoubtedly occur.

Harmonious beginning



Photo by Sarah Formato/ Legacy Photographer
Squeezing a few extra minutes of practice, Gennaveve Kinnaird (9) works on perfecting a piece for pep band.

by Zion Combs
Staff Writer

One time at Band Camp, 150 students joined together to play beautiful music.

On August 7, 8, 11, and 12 Heritage band stayed after school to work on pieces for pep band.

The first day of band camp the students participated in ice breakers to get to know each other. The band was split up by sections flutes, clarinets, trumpets, french horns, and the low brass. The seniors took control of the groups and played games with all the lower class men trying to learn their names.

On day two the band split up into five sections and got to work on the old pep band songs. They taught the freshman and any new musicians how to play songs like the fight song, Rocky, The Final Countdown, and Vehicle.

The Monday, August 11 rehearsal was not a mandatory one. It was mainly for

freshman and seniors that needed extra help. There were about 80 kids who showed up that day. A big turnout for a rehearsal that is not mandatory.

They also chose who was going to lead the pep band at all the football games.

Many tried out but the winner by class vote was D.J. Dumag (12).

"I was kind of scared, because I've never had a leadership role before" Dumag said.

The last day was the big rehearsal. All of the players of every band were there to show off their talents. It was the biggest rehearsal of the camp.

The band just keeps getting bigger and bigger each year and the players are improving as well as the size.

The amount of freshman this year are huge and

"There are a lot of star freshman this year, not naming any names, but there are great players all around the freshman band." Mr. Ernest said.

F.I.T. camp from page one...

get to know their peers, as well as their upperclassman Link Crew leaders. Having these leaders introduces both classes to each other, further mixing social groups.

The leaders are always there to guide and assist the youngest on campus.

"They contact me when there is a rally coming up or a PD Day the next day, and that is a really big help." Devin Stone (9) said.

The new kids on campus thought the boot camp was fun and a great experience.

"I thought it was really fun and it was a good way to really bond and connect with my leaders. I met new freshman and got introduced to the school in a fun and creative way!" Haley Williams (9) said.

Some freshmen thought these two days really helped them transition into a whole new environment. Some were scared and while others were excited to branch off on a new journey.

"I was okay the first week of school, I wasn't nervous at all, I just wanted to sleep

in." Brianna McCollgen (9) said.

The first rally to some was a great experience and for others it could have been better.

"It was dry!" Daveon Ellis (9) said, "The freshmen didn't do anything, they sucked we needed way more energy!"

Their mentors from FIT are trying to encourage them to participate more in school activities, because they want them to have a fun high school experience.



Photo by Antonio Juarado/Ledger Photographer
Trying to win this round, Travis Baxter (9) throws the Frisbee to his partner during the Freshman in Transition program. The freshman played games and learned about the school during the two day program.

'Almost, Maine' is almost here

by Reyna Pena
Staff Writer

The first play of the year, "Almost, Maine" by John Cariani is premiering on September 12, 13, 17, and 26 at 7pm and on September 20 and 27 at 1pm matinee. This 'almost' town almost doesn't exist, is almost not in the United States, is almost in Canada, is and will almost never be the same. With residents falling in and out of love, students will not want to miss this play.

"The whole premise of the play is about two people who almost fall in love, and the thought of that is just so exciting. I can't wait to perform this show and I think everyone is going to love it" Jenna Morford (10) said.

Auditions were held during the 2013-2014 school year, two weeks before school let out for summer.

Actors include: Jake Mendoza as Lendall, Ava Venezia as Gayle, Jaeda Smith as Glory, Blake Jensen as East, Zac Mendoza as Pete,

Jenna Morford as Ginette, Jimmy Darling as Jimmy, Hollis Rivenbark as Waitress, Madeline Bustos as Sandrine, Tyler Page as Dave, Claire Ashcroft as Rhonda, Peyton Hamblin as Hope, Carlos Escobar as Man (Story of Hope), Nick Ackley as Randy, Ryan Stubo as Chad, Celia Rivera as Marvalyn, Min Xie as Steve, Keyvon Silva as Phil, and Maya Phillips as Marci.

Rehearsals have been daily from 3pm-9pm. With the split of actors in scenes, not every group rehearses every day.

"The cast consists of everyone that's been amazing in past plays. Now, imagine them being the star. That's what this play is like. We have some new people who are amazing- it's a really amazing cast" Keyvon Silva (12) said.

Tickets are \$10 for students and children, and \$12 for adults. They can be purchased online with a website link found on the rising stars' page, or by returning a ticket form to Ms. Pedrotti in A101. Tickets will also be sold at the door.

Elvis has left the building *Coach Haagenson moves on to Laney*

by Clayton Creer
Staff Writer

Soon after the school hit its 10-year anniversary, it lost one of its founding members.

Mr. Haagenson worked the first few days of school in his PE position, but he left and went to Laney College in Oakland to chase his dream of being a JC football coach.

Haagenson, who coached football at Heritage for eight years, is going to be in charge of the offensive line at Laney and will become the offensive coordinator the year after that.

He coached the first six years of varsity football at Heritage, recording a record of 39-31.

“A school isn’t just walls and rooms, it’s the students and teachers inside of those rooms that makes schools so special,” Coach Haag said. “I am going to miss the kids and seeing them grow and especially the teachers.”

Haagenson said he had many great memories, but his favorite football one was when they beat Pitt on their home field in NCS and were able to dance in the rain and act like idiots like they did on our field.

wanted to become a coach,” Haagenson said. “My history teacher Mr. Pacheco really inspired me to teach after the way I saw his ability to teach students.”

But after he started drawing X’s and Os his senior year and was coached by legendary football coach Pete Davis in college, he knew he wanted to become a coach one day.

“Just remember that it’s student athletes and that doing multiple sports at once is a great thing because it opens you up for more opportunities to arrive,” Haagenson said. “Playing sports and having school at the same time is great for learning time management and using that to become a better student.”

Haagenson is known as a funny and loving guy, but what some didn’t know is how smart of a man he actually is.

“I remember my first years here at Heritage he was always loud but really funny, he was always cracking jokes and making people laugh”, Ethan Manza (12) said.



Ledger Archive Photo

Coach Haagenson gives his strength and fitness class the agenda for the day. After nine-plus years at Heritage, coach Haagenson is headed to Laney College.

Keeping the streak alive

by Charlie Sides
Staff Writer

With one of the best seasons in school history last year, the girls’ golf team is looking to keep the streak alive.

The team had four girls, Megan Conder, Jeren Calinisan, Jeilyse Bondoc, and Kelly Hunt (11), earn all-league honors last year.

The Patriots grabbed the first three spots in last year’s league tournament, Conder in first,

Hunt in second, and Calinisan in third.

Conder, who now plays golf at the University of Oregon, took the school’s best ever twelfth place in NCS.

With the loss of Conder, Calinisan, and Bondoc, returning players Hunt and Danielle Dickerson (12) are looking to keep the undefeated streak alive and take NCS by storm.

“It’s hard to improve on an

undefeated season and a BVAL title.” coach Mark Tinder said, “Kelly Hunt looks to be our number one. She has a big game and she is a junior, so she has 2 years with the program”.

The league title appears to be within reach according to the coach. Tinder said he is excited for the season and ready for the challenges that are up ahead.

New beginnings for girls’ water polo team



Photo Credit to Christina DeMarzo/Ledger Photographer

While aiming for the perfect spot, Jacqueline Carlisle, steadies herself to fire the ball towards the goal, during a game last season. Carlisle, Cameron Toth and Sydney Manza are captains for this year’s squad.

by Marisol Bragg
Staff Writer

After a disappointing season last year, the girls’ water polo team is looking for a fresh start with a veteran roster, and a new coach.

The season is off to a decent start, as the team took fifth place at the Newark Memorial Tournament, including a thorough beating of Freedom.

The team has morning practice from 5:45 to 7 a.m. and after school practice from 3:30 to 5:30 p.m.

“It was harder in the beginning, and now as we continue it’s getting easier,” Cameron Toth (12) said. “We are getting stronger, not only in the pool but on land as well.”

The team suffered a loss

of five seniors, including first team all-leaguer Jennifer Rose, and second teamers Abbi Murray, and Rali Ivanova, leaving big shoes to fill.

The first scrimmage game this year was held on Saturday August 23rd.

The scrimmage was JV, and Varsity together battling it out for the goal, against Alhambra HS, Clayton Valley HS, and Northridge HS.

Heritage unfortunately lost all 3 games, but went above and beyond bringing their JV team to a Varsity scrimmage for the experience.

The Varsity captains are Jackie Carlisle, Cameron Toth, and Sydney Manza.

They have Sophia Mapalo (sophomore), and Cameron Toth (senior) training to be the

goalies.

The team also has a new coach Jeff Lapum. Lapum was originally a basketball coach, but is adjusting well to the transition.

He has two alumni (co-coaches) helping him learn the sport, Emma Formato, and Caitlin Cook.

Lapum is also incorporating dry land exercises, to help build the players’ strength outside of the water.

“Our goal this year is to beat Liberty, and be number 1 in league,” Sydney Manza (12) said.

The team’s plan is to come prepared, and be better than ever this season. The team opens league play on September 17 at Deer Valley.

“You learn something new everyday, if you pay attention” - Ray LeBlond

Girls' tennis shoots for third straight title



Photo by Tristen Heredia/Legacy Photographer
As is tradition, Haley Luke (11) gets doused with water by teammates after her first varsity win as teammate Veronica Wallace (10), who was drenched moments earlier, looks on.

by Sydney Manza
Staff Writer

The girls tennis team hasn't lost a league match since 2011.

The pressure to continue their legacy and win a third-straight Bay Valley Athletic League title built as the season started and they continued their reputation of being the "team to beat".

Last season one of their stand-out players, Courtney Samuda (11) won the BVAL title for girls' singles for a second straight season.

In doubles Dani Tamura (12) and her partner Jeanette Shepherd, who graduated, placed first in doubles.

Samuda and Tamura are just some of the many promising girls this year. Others include Tori Clements (12), Samina Collins (12), Micah Balingit (12), Alina Dennis (12), and Stephanie Mitchener (12).

Co-captains Dennis and Tamura lead the team toward their goal of making it to NCS.

The team lost a lot of seniors last year, including Shepard, Esther Mou, Victoria Barce, and all but one varsity doubles player, leaving big shoes to fill.

In order to do this, they plan to train hard. Already, they've started conditioning, running up the bleachers, and doing laps on the track. Through such training, they have a chance to reach their goals.

"I think we're going to make it to NCS again, and we're gonna do amazing," Tori Clements (12) said.

There are many new faces on the team, including Sammie Young, a new student, who moved from Virginia and is looking forward to playing.

"I just really enjoy tennis, I always found it fun compared to all the other sports," Young (11) said.

With all the new players and big goals, the team hopes to make the season a memorable one.

Boys look for four-peat, while girls go for first

by Nithin Mathew
Staff Writer

The race for four begins on the streets and hills of Brentwood before school and after school.

In pursuit of a fourth straight league title for the boys and a second for the girls, the Patriots cross country team has a steep hill to climb to stay on top.

Jacob Drees is back to lead the way, but there are missing pieces from the team that took sixth at NCS. League champion Solomon Demeku-Ousman is now running at UC Riverside.

Coach Jennifer DeRego pushes the team hard and leads by example, running before and after school daily.

Drees took second to

Demeku-Ousman in league last year, making him the early favorite for this year's title.

Nathan Grovhoug, Parker Mace and J.C. Orantes all contributed to last year's success and will be called on to step up even more this year.

Ron Rubio (12) and Benry Sheehan (11) have stepped into place and joined the top five runners.

With so many returners, the team is again among the favorites to win the league.

The girls team hopes to return back to the top, despite losing top runner Delaney Sparling (11),

The cupboard is far from bare with Ann Jellica Nubla (12), Bri Pecknold (10), and Skylar Duignan (10) coming off of last year's stellar track season.

Back and hungrier than ever

by Charlie Sides
Staff Writer

A one-win season can yank the life out of expectations, but it doesn't always kill a team.

Coming into his 2nd year, head football coach Don Sanders and the football team are looking for an improvement last year's 1-9 record. The team hopes to take the league by storm.

"I think we'll see an improvement over last year. Wins and losses, you can't really tell one way or another," Sanders said. "Last year we were competitive with other teams, but we didn't win very many games. But I think this year will be more positive."

The Patriots lost the season opener to Campolindo 56-31, but bounced back to beat Pacheco 26-14 in game two.

"I'm just excited to start the season. Last year left a bad flavor in my mouth, and I can't wait to get started on the new season," Sanders said. "I really like the team, they're good hard workers and have a good attitude. They're what I like to consider Heritage guys."

Returning players Sam Hinn (12), Tre Edwards (12), Jacob Martin (12), Lee-Andre White (12) and David Letuligasenoa (11) are being called on to fill the holes left by first team all-league honorees Cole Calegari and Jacob Smith.

"I think we will be competitive in league," coach Sanders said. "It's so hard to judge year to year who's going to have how many wins. We are always shooting for the championship and we will continue to work hard to get better."

This isn't just talk, coach has experience winning in the past, with these same players. He coached this 2015 class their freshman year in 2011 as they went 10-0.

They expect big things from quarterback Sohail Mohsini (12). Edwards, who had two touchdowns in the opener against Campolindo and White will lead the way at running back. Veteran receivers Jacob Martin (12) and Sam Hinn (12) will have help from some youngsters on the outside.

Defensively, Letuligasenoa (11) anchors the line, while outside linebacker Kammeron Cooper (12) and free safety Angelo Aparicio chip in.

Twin brothers Tyrese and Tyriq Mack (10) and fellow underclassman Ryan Sanchez (10) have potential to make an impact later in the season.



Photo by Christian Tesfaye/Ledger Photographer
After a tough season, the Patriots look to rebound to playoff form. Tre Edwards, No. 7, struts away after a big gain in the season-opening loss to Campolindo. Edward scored two touchdowns in the 56-31 defeat.

Girls set their sights on NCS Team looks to repeat as BVAL champs

by Mason Orloff
Staff Writer

Coming off of last year's record breaking finish, the varsity volleyball team will try to rebuild.

Last year the team won BVALS, made it to the NCS championship as well as the first round of state with a record of 30-10.

The team returns a core of talent, but is also full of fresh faces.

This year freshmen Kaelyn Saler, Mikaila Wegenke, Jenae Packard, and Grace Stahli made varsity, which also made school history. It is the first time four freshmen have started the season on varsity.

The last time a freshman started the season on varsity was the 2008-2009 season and that was Ashleigh Reed, the older sister of current team captain Heather Reed.

Megan Vernoy and Michalyn Marzocco join Reed, last year's league MVP, as team captains.

At the first tournament in



Photo by Christian Tesfaye/Ledger Photographer
After winning the league MVP and helping the team reach the NCS title game for the first time in school history, Heather Reed, seen here with a kill against Foothill in NCS, and her teammates look forward to another big season.

Clovis, the girls went 3-4 and finished 7th out of 32 teams. Vernoy had a 600 hitting percentage, while Marzocco played great defense. Reed had a 117 assists and was the leader in kills.

The team took notice of Cailey Roquemore, Lauren Saler, Caitlyn David who stepped up at the tournament, filling the big shoes left by last years seniors.

Last year's history making team featured five all-league players, including Reed and

Vernoy. Brileigh Boyce and Colleen Hannigan earned scholarships to Minot State University and Seattle Pacific University respectively, and fellow all-leaguer Teja Hanna all graduated and moved on.

The team is scheduled to play Mount Eden on 9/10 and Foothill on 9/11. Foothill has been solid competition for the team in the past.

"We have so much potential to do better than we did last year." David said.

The art of conversation; 140 characters or less



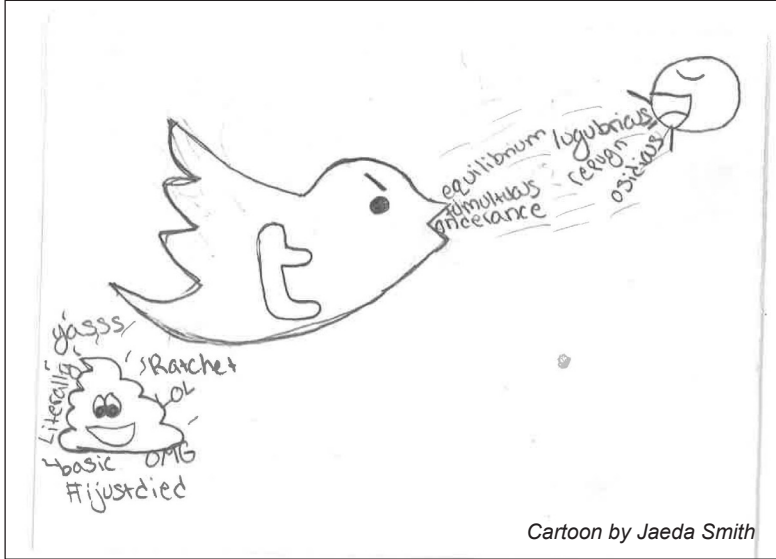
Alina Dennis
Ledger Columnist

It's a Saturday night, and you're hanging out at a party. While the room is crowded, no one is truly there. They are all staring down fixated on their phones. They could be having a real conversation with a human being right next to them, but they are looking at Twitter or Instagram instead.

Conversation in this generation is truly a dying art. Teenagers have reduced language to acronyms, text incessantly, and are completely inept when it comes to maintaining conversation.

This generation doesn't truly appreciate the value of our language.

In past literature, the beauty of language can be seen just



Cartoon by Jaeda Smith

by examining the depth that a simple phrase can hold. In Hamlet phrases like, "Brevity is the soul of wit," hold so much meaning, but now if you try to have a conversation with someone they may just respond "Same".

How can you expect anyone to want to have a conversation with you if you can't put in the minimal effort to maintain a conversation? You need to be able to use a completely formed

thought in a properly organized sentence, rather than just respond with a noncommittal one word answer.

Texting is the main source that this generation uses in order to connect with other people.

In the past to have a long drawn out conversation you would just pick up the phone and call the person, but now we just send a long text message.

One study by the Nielson Corporation found that "The

average teenager now sends 3,339 texts per month." This is exponentially more than it has ever been in the past. That would mean that a teenager sends around 100 texts per day.

Instead of just waiting to talk to someone at lunch or after school people take the easy way out and just text instead.

Some individuals are uncomfortable with talking to or engaging other human beings in person. When it comes to voicing opinions and making radical rants on social media though, people are all too ready and willing to voice their opinions which frankly, nobody really cares about.

When asked how she talks in real life versus online, Izzy Angus (11) was sarcastically honest.

"Literally, same," Angus (11) said.

Social media sites like Twitter encourage this behavior. The users are limited to only 140 characters, which lessens the range of words you can

use. Once that character limit is reached, you are forced to choose words to take out, or to make grammatical errors.

If we don't make the effort to change this, all everyone will know is how to talk to someone in 140 characters, rather than expanding their thoughts and ideas as much as possible. Fixes like these start bleeding through in everyday conversations and little phrases are implanted into everyday conversation unconsciously.

All in all people, just make an effort. It is literally not going to kill you to talk to a human being. Take the time to look a fellow person in the eye have a conversation about the weather, their dreams, their aspirations, honestly the possibilities are limitless.

In the end just remember as Regina Spektor sang in a song "People are just people, they shouldn't make you nervous".

Have a conversation and find the beauty in it, and revive the dying art of conversation.

Prejudiced censorship

Sexism needs to get the boot



Alexa Crowder
Ledger Columnist

It's no secret that the dress code is not too popular with students.

Clothes give teenagers an opportunity to express themselves, and a dress code takes that away. On the other hand, some clothing may be too inappropriate for school.

Students are all too familiar with the dress code. Students understand that it is enforced for a reason, but is it too strict? The dress code is unfair because it targets girls explicitly.

"I feel like there's a prejudice against girls because the guys wear inappropriate things, yet they rarely ever get in trouble for it," Maria Navea (12) said.

Girls are frustrated because staff members specifically look for girls when enforcing the dress code. They do a great job of enforcing the dress code on shorts and revealing clothing on girls, but what about the indecent messages about drugs, alcohol and sex on men's clothing?

"Shirts with naked women are sending the wrong messages," April Chisholm (12) said. "It's degrading to women and has no place in a school setting."

The reason girls are "dress coded" is because something they are wearing is inappropriate, so why is it okay for a boy to wear a pornographic shirt? It's not right. While girls are insulted

by the lewd messages on their male peer's shirts, the boys tend to view the shirts as harmless.

"It's not a big deal if guys wear inappropriate shirts, it's just a shirt," Austin Chandler (12) said.

Some men seem to see no issue with the messages on their clothing, but others are able to look at it from a girls perspective.

"Men should dress more respectfully, if they want to wear inappropriate shirts they can do it on their own time, but not at school," Brandon McClenathan (11) said.

Shirts with explicit messages may just be pieces of clothing, but the content of such shirts is not okay and needs to be removed from school.

Few students appreciate the dress code here on campus; however it is here for a reason.

The student handbook states: "Inappropriate lettering, printing, message patches or messages on skin, clothing, jewelry, or backpacks are prohibited. These include any references to drugs, alcohol, sex, tobacco, racial slurs, profanity, swastikas, confederate flag, or any disparaging remarks."

So don't these indecent shirts qualify as being against the dress code? One would think so.

Another section of the student handbook says in bold letters "The decision concerning appropriateness of dress remains with the administration."

Does this mean that the staff is offended by girl's shorts but not by a half naked woman on a boy's shirt? Will the faculty enforce the entire dress code or continue to victimize girls?

A whole new world

Heritage from an outside perspective



Dania Tarakji
Ledger Columnist

I'm walking through new doors for the third time in three years; the feeling is just the same as before: nervous and scared, but it all feels familiar yet new at the same time.

It's the start of the kind of morning that lasts all afternoon. The most you know about one person at a time is that they're a stranger and that seems most fitting for a description. From a transfer's perspective, everything and everyone is just a blur in the beginning; although in a few weeks things start to settle in.

A couple of things caught my attention during the three weeks I've been here; for an example, the stereotypes. To the people that have been attending Heritage for most of their high school years, they might not understand what I mean. But, from an outsider's perspective Heritage is screaming with stereotypes.

There are the jocks, the nerds, the freaks, the druggies, the Wanna Be's and so many more. For instance, the jocks are known to constantly wear their Letterman jackets; and the nerds spend most of their lunch time playing video games on their phones.

Something I was a little concerned about when I

transferred here was the rivalry between Liberty and Heritage. As a Liberty girl, I got a few side comments here and there, but there were a lot of people that didn't really mind it.

For instance, one day on a Friday, I had to go to school early to turn in work for my AP classes because I was not staying for the rest of the day; as I walked on campus, moving from one class to the other, I realized that the more I walked, the more people stared my way and kept staring.

It didn't take me long to realize that I had accidentally put on my Liberty sweatpants that morning; it also did not take me long to realize that it was a Heritage spirit day as well.

One particular person approached me and started insulting me because of what I was wearing, and although some people would have cried if she did this to them, I just laughed because the prejudice that goes between Liberty and Heritage just seemed so ridiculous to me.

In my opinion, the most upsetting difference between

Liberty and Heritage was that there are no lockers here, and so you are forced to carry everything with you at all times.

Most transfers don't seem to like Heritage at first,

"It wasn't my decision to move here," Abby Ishola (11), transfer from San Bruno Capuchino high school, said. "My first day was extremely lonely and overwhelmingly hot".

Although, others might disagree;

"When I first transferred here, I didn't know what to expect. Things could go well, but they could also go bad," Giacomo Zivieri (12) transfer from Italy, said. "But, I ended up really liking it here because it's really big and open. I like how there are a lot of different ethnicities; at my old school in Italy, we only had two people that weren't Italian."

Heritage seems like the type of high school that needs a little getting used to.

Even though I don't like it very much right now, I have hopes of liking it in the future.



"What we want to see is the child in pursuit of knowledge, and not knowledge in pursuit of the child" - George Bernard Shaw

The guiding force in life

Music's affect on society



Antonio Garro
Ledger Columnist

It's what gets people going throughout the day and alleviates the anguish from a never ending pain. For some, it's the only thing loosening the rope, which otherwise pulls them into a place far darker and far quieter than the voices they hear telling them to keep reaching for the surface.

Music will be there, grabbing their hand and pulling them out. It's a friend, it's a teacher, it's a brother, and it's a sister.

It's true, music really can change a life, to an extent where emotions and mental qualities will significantly improve.

It's difficult for music not to impact people with all the various obstacles they face. People's lives dart up and down like blips on a heart monitor, and when people change, music changes with them.

According to the UK based journal of Advanced Nursing, listening to music can reduce chronic pain (constant ache and disruption along the nervous system), including osteoarthritis, disk problems, and rheumatoid arthritis by up to 21% and depression by 25%.

Many students listen to music, and for some it is a ritual. Junior Austin Handel says he listens to music continuously every day.

The mind loves the sound of music. It's not just fact but law as well in the lives of people. It brings a feeling like no other, taking you by the hand into a new world where anything in the imagination can come to life.

Most teenagers and young adults have tendencies to project specific images and scenes into the mind just like a movie or film. Certain aspects of music whether it be by genre or sound, can be useful in pushing creative thinking and generating more vivid dreams.

Some people would struggle

if music were to fade from their lives.

"It's something that if I lost, I would miss almost instantaneously... through the course of my life, I would regret not having it," Ryan Pfeffer (11) said, "It keeps people anchored to the world... picks them up when they feel down."

Two nationally representative sources from Susan Hallam from the Institute of Education in London collected data with over 45,000 people finding links between music and achievement even when prior attainment was taken into account.

To make a long story short, music is a great persuader.

It's a crazy thing really, being able to force emotion onto someone with music.

There's always those few moments when it's raining heavily, you're in the back seat of the car laying your head on the seat belt next to the window dripping rain and soft piano keys ring through the radio, and you feel you're in a black and white music video.

If someone were to feel unmotivated, slouching on the couch and clicking the first YouTube video with a colorful thumbnail, music can be the gym coach telling them to get on their feet and start reaching for goals that matter.

It can push someone to do great things... if they let it. So, why not give music that chance to change a life?

That's what music does and what it's supposed to achieve; it changes us, makes us feel different ways about different things, imagine a certain way, dream a certain way, laugh a certain way and live a certain way.

Music is always there with open arms, to hold you tight when it seems like everything else is so distant. Through shady nights, it's brought brighter days. Where would we be without it? It would be such a colorless world, without a single drum or a single strum to paint the world.

If no one's there, a silent room, and it feels as if the walls pull themselves in, music will be here to the end, the grand advocate.

You know my name, so leave me alone



Cameron Toth
Ledger Columnist

As the bell rings for lunch every grade level sprints to the cafeteria for a table or spot in the mile long lunch line, but all of a sudden you get stopped by a campus supervisor or administrator because you forgot to put your ID card around your neck or, the usual, forgot it at home.

You plead your case to them about how you forgot to put it on or how you aren't used to it, but you still have to take the walk of shame to your SLC to find out your punishment.

First, you get a warning, then a 30-minute detention extending to an OCS. I don't see the point of having to wear our ID cards

around our neck.

I understand the function of them, but what is the difference between having it in our pocket vs. around our neck? We can still prove we go to the school by showing the card either way.

ID cards might ruin your outfit or make your neck sweat, but they are required.

The thing I don't understand is: if we have our cards, although not on and in our bag, we get sent to the office.

Some of the campus supervisors know me by name and still send me to the office.

The argument is made that the school is looking out for our safety, keeping strangers away.

"A boy came on campus, not wearing an ID card, and I asked him what SLC he belonged to, he stuttered and said, 'I think its number 2.' I told him that we didn't have numbered SLC's and I took him to the office and off campus," Thompson said.

Honestly, I think that stuff like that is a rare occurrence on

campus because the campus supervisors and administrators would be strict all year rather than just the first quarter.

They are inconsistent with the ID card rule and that's why we get caught, because we don't know what mood they could be in that day.

"I've gotten caught four times," Tyler Slous (12) said. "They have only sent me to the office once and my brother, who is a freshman, has gotten caught twice and got detention."

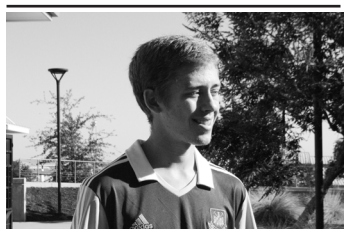
This portrays that the campus supervisors are selectively carding people, but it could just be the mood they're in. Is that fair to the underclassmen? No.

"I never wear my ID card. I just hide" Kaitlin Eggimann (9) said.

Administrators and campus supervisors need to understand that students forget. A simple warning to put it on if they have it and if they don't send them to the office. That seems more reasonable than being punished.

Swept under the rug: sexism against men

Bigger than it seems



Kyle Land
Ledger Columnist

John McGirr was riding Virgin Airlines when he was asked to change his seat because he happened to be sitting next to some unaccompanied minors.

Not only was he publicly humiliated because the airline treated him like a potential sex offender, a woman was put in his place afterwards.

This story, as reported by Yahoo Australia, is just one example of the sexism that men face. Men, like women, deal with sexism on a daily basis. However, most people are unaware that such issues exist.

This "second sexism" is a very important issue that must be dealt with if the sexes wish to be equal.

"I definitely think there is a double standard," Logan Porter (12) said, "When men do it, it's sexist. When women do it, it's not."

When men try to bring up these problems and have them resolved, many times they are called hurtful names such as "sexist", "misogynist", and supporters of rape and the "patriarchy".

Men are looking for gender equality and the elimination of sexism.

A main form of sexism against men occurs in the prisons of our country. On

average, men will receive a 63% longer sentence than women for the same crime.

Sonja Starr, a law professor at the University of Michigan, found that women are far more likely than men to avoid being convicted at all, although the courts are obligated to treat all citizens equally.

Over half of all marriages in the United States end in divorce, leading to a large number of child custody battles which end in an even fifty-fifty split only 20% of the time. Even more surprising is that, according to the US Census, only 17% of fathers receive primary custody.

Another sad thing is that men pay child support and alimony even if they make a lesser salary. If you were to take all of the child support money awarded, just from the past ten years, and add it all up, mothers have received 87% of it.

Male-on-female assaults are a very serious issue around the world. What many do not realize is that men are assaulted by both women and other men in large numbers.

In 2013, the National Crime Victimization Survey found that out close to 38% of rape victims were men. Lara Stemple of the Bureau of Justice found that when it comes to being the victim of assault and rape "men and women are roughly equal".

Even though assaults on men occur in large numbers, the majority of these cases go unreported. This is because such cases are not taken as seriously by the media or the

police. Also, many men who are assaulted are embarrassed because of it.

Remember, women can hit, kick, punch, and bite just like men can. They are equally capable of inflicting harm on others the way men can. Victims of these cases should not be afraid of ridicule.

Now let me be clear, I am NOT saying that men suffer more than women. I am also NOT saying that women suffer more than men. Both genders have suffered from sexism in this nation.

The problem is there are those who act like only one side is suffering.

"Feminism is the idea that both genders can achieve equality by solely focusing on the problems of one of them", vlogger T.J. Kirk said in a video on feminism. The genders can be equal if we take the time to resolve the issues they both face.

In case you still think men do not experience sexism, listen to this example reported by the Daily Mail. Donald Mudd of Port Charlotte, Florida began to feel a large and painful lump under his right breast. Since it was Breast Cancer Awareness Month, he tried to get a free mammogram that was being offered at a variety of clinics.

He went to six clinics, and every single time he was turned down because he was a man. He potentially had a life-threatening disease and he was denied testing because of his gender.

If that is not sexism, then I do not know what is.

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The object of education is to prepare the young to educate themselves throughout their lives” - Robert Maynard Hutchins

Get up, get out and go get it at homecoming *Calendar*

Decades of fun planned

by Kellie Chudzinski
Staff writer

Homecoming is a time to remember and it's just around the corner.

Laymon Hicks' theme of get up, get out and go get it applies to the football team, which looks to win homecoming for the first time, but also for the classes who can prove their Patriot spirit.

Homecoming week, September 15-20, begins with spirit week, concluding on Friday at the rally. All this leads up to the game Friday night against College Park and the 20's themed dance Saturday.

Float building will be after school the week of homecoming. Contact class advisors for details on where to meet and what supplies are needed.

The theme for homecoming this year is decades. The freshmen are the 90's, sophomores are the 50's, juniors have the 80's, leaving seniors with the 60's.

The spirit week will represent each decade and each class.

Monday: 90's - Grunge/Denim

Tuesday: 80's - Work Out

Wednesday: 60's - Hippie

Thursday: 50's - Pink

Ladies/Greasers

Friday: Crazy Patriot Day



Photo by Amanda Duong/ Intro to mass media
Motivational speaker, Laymon Hicks, speaks to foreign exchange student Giacomo Zavier (12) in front of the audience. Hicks connected with the audience, often directly interacting with the students.



Photo by Yvonna Elliott-Williams/Legacy photographer
Speaking to an auditorium full of students and teachers, UC Berkeley post doctorate student, Aaron Lee, goes into his presentation on Stellar Formation.

Sept. 8 - 12 - Homecoming dance tickets on sale

Sept. 12- HHS Rising Stars Almost Maine 7 p.m.

Sept. 13- Rising Stars Almost Maine 7 p.m.

Sept. 15- LUHSD College Night 6 p.m.; Float building, 3-5 p.m.

Sept. 15-25 - Mr. Patriot tickets on sale

Sept. 16-18 - Float building, 3-5 p.m.

Sept. 17- PD Day; Rising Stars, Almost Maine 7 p.m.;

Sept. 18 - Homecoming parade at the Streets

Sept. 19 - Homecoming game v. College Park, 7 p.m.

Sept. 20 - Rising Stars Almost Maine 1 p.m.
Homecoming dance

Sept. 26- Rising Stars Almost Maine 7 p.m.

Sept. 27- Rising Stars Almost Maine 1 p.m.

Clubs on campus

DIY Club

Fridays @ Lunch
M102

Music is Medicine

Thursdays After School
C114

Teens in Fellowship

Fridays @ Lunch
C108

Band Council

Mondays @ Lunch
LG114

#ICanHelp

Tuesdays @ Lunch
D102

Art Scholarship

Wednesdays After School
ET108

Mandarin Chinese Club

Tuesdays @ Lunch
C103

Chess Club

Wednesdays @ Lunch

Anime Club

Tuesdays/Thursdays @ Lunch
A103/C103

Comic Makers

Mondays/Fridays @ Lunch

Asian Music Club

Fridays @ Lunch
B111

I Come in Peace

Every Other Wednesday Lunch
C106

Book Club

Every Other Monday @ Lunch
D109

Jefferson's Awards

Every Other Monday @ Lunch
A102

Debate Club

C109

Clean Water Club

Wednesdays @ Lunch

Hip-Hop Dance Club

Tuesdays & Thursdays
Remind 101: (224)585-4658

Rising Stars

Thursdays @ Lunch
LG104

Brony Club

Mondays @ Lunch
ES102

Fashion Club

Mondays @ Lunch

League of Legends

Wednesdays @ Lunch
C102

PVAS (Pura Vida Association of Sacking; Hackey Sack Club)

Tuesdays @ Lunch
A114

French Club

Mondays/Thursdays @ Lunch
P103

BSU (Black Student Union)

Wednesdays @ Lunch
B105

Mock Trials

Days

B105

STEAM Team

Every Other Tuesday After School
ET104

Heavy Metal Club

Fridays @ Lunch
B111

Interact Club

Every Other Thursday @ Lunch
P105

Choir

LG112

GSA (Gay Straight Alliance)

Fridays @ Lunch
D105

Science Alliance

Wednesdays @ Lunch
C106

National Honor Society

1 Tuesday Per Month @ Lunch
Career Center

Video Production

Tuesdays @ Lunch
LG107

Latinos Unidos

Thursdays @ Lunch
A109

FCA (Fellowship of Christian Athletes)

Once a Month (Usually Thursdays) @ Lunch
Remind 101: (508)273-2397 @08fdl

Game Club

Fridays After School B107

Equestrian Club

TBD

Mid East Feast

TBD

Powder Puff

TBD

Robotics Club

Tuesdays @ Lunch
ET104

Odyssey of the Mind

Tuesdays @ Lunch
D113

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