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It's coming home Football team wins back trophy

by Charlie Sides
Staff writer

Heritage owns everything about the Brentwood Bowl, outscoring Liberty 247-82 in the series that began in 2007.

However, one thing was missing: the trophy.

The trophy called Heritage home for the first six years of the rivalry game, but Liberty took it away in 2013.

The Patriots brought it home with a 15-12 victory at Liberty on Oct. 10 to improve to 7-1 all-time against the Lions.

After winning Homecoming for the first time, 55-14 over College Park and beating Berkeley 28-7, the Patriots were looking for a three-game winning streak against Liberty.

Last year, Heritage took the lead in the second quarter and held it all the way into the fourth. Liberty scored with six minutes left in the game to steal the title of best team in Brentwood, 14-7.

The Patriots turned the tables this year, trailing all game, until Ezra Magalei elevated above two Liberty defenders in the corner of the end zone for the go-ahead

score with 1:37 remaining.

Heritage (4-5, 1-3) entered the game as the underdog, with the Lions touting a 5-0 record.

The Lions scored on their first drive making it 6-0 early in the first, but they failed to complete the extra point.

Those were the only points of the first half.

In the third quarter, senior running back Leandre White had an 80-yard run that came up two yards short of the touchdown. That set up a quarterback sneak into the end zone by senior Sohail Mohsini to make it 7-6 Heritage.

The Lions returned the favor in the fourth with a 15-yard scramble by the quarterback for a touchdown, failing to convert the extra point again, making it 12-7, Liberty.

With only two minutes left, the Patriots pushed down field quickly. Mohsini threw a 21-yard touchdown pass to Magalei with 1:37 left and the two-point conversion made it 15-12.

The Patriots need to beat Deer Valley to make the playoffs after three straight losses.

Photo by Greandane Abanid/Ledger Photographer

Sitting on the sideline, the Brentwood Bowl trophy reflects the skyline prior to the varsity game against Pittsburg on Oct. 17. The Patriots won the Brentwood Bowl for the seventh time in eight years.

Locker rooms full

by Clayton Creer
Staff writer

The freshman class of 2018 has 664 students, which exceeds the amount of seniors, 572.

The increase left the P.E. department without enough lockers to go around.

"I personally believe the best solution to the lack of lockers is what we're doing now," Mrs. Hannigan said, "I feel that we need to add another high school, because Heritage is not the only school experiencing this overload of students, it is affecting all the other high schools in (the district) as well."

This problem is affecting juniors and seniors who are taking P.E. classes such as team sports, strength & fit, etc.

The upperclassmen do not have assigned lockers, which leads to them having to bring their clothes to school and back home everyday they have that class.

It also can affect their grades

due to them forgetting their clothes and in return losing points for that.

Another issue has been that kids forget to bring their lock and are forced to put their clothes in a locker with no lock, leaving their things vulnerable to theft.

"I feel the upperclassmen deserve lockers over the freshmen and sophomores," Daniel Goetting (12) said, "I believe that making them take their clothes home everyday teaches them responsibility, and I also feel that it effects the upperclassmen grades due to them sometimes forgetting their clothes due to all the hectic events senior year has to offer."

If the student population continues to grow, there may be a need to add another row of lockers. If that can't happen, then bigger solutions such as adding another locker room or making a cut off attendance count will need to be considered by the district.

A true Patriot

by Cameron Toth
Staff writer

Blue and yellow tutus, super hero capes and even a nerf dunking display in front of a packed house.

When it all concluded, Allister Magalued (12) captured the second annual Mr. Patriot title on Oct. 16.

Magalued welled with happiness when his name was called for over-all winner.

"I was surprised and didn't think I would win, but I am grateful for the people who made it happen," Magalued said.

The pageant filled with laughter, talent, spirit and dancing was hosted by the performing arts commission of the leadership class.

Magalued was the overall winner, while first runner up was Chandler Hancock (11) and second runner up was Jack

Strauss (12).

Mr. Congeniality went to Jack Strauss, Mr. Fancy Pants was Parker Mace (12), Mr. Spirited was Britton Swisher (12) and Mr. Talented went to Zach Strauss (12).

"The crowd loved the show! We sold out the theater with people still waiting at the door," McKenna Taylor (12), performing arts commissioner, said. "I taught the boys the amazing group dance with the help of Caitlin Depaola."

There was a lot of hard work and effort put into the

pageant and the performing arts commission is happy about how it turned out.

"Having a packed theater was a good feeling," Taylor said.

The winners were gracious when performing and winning their titles.

"The feeling of winning the talent portion was equivalent to the feeling of being swarmed by puppies!" said Zach.

Another successful event opens the door for even more success and even bigger crowds in the future.



Photo by Carina Renteria/Ledger Photographer
Zach Strauss (12), Jack Strauss (12), Allister Magalued (12), Britton Swisher (12), and Giacomo Zivieri (12) performing during the spirit portion of the competition.

Jack o' Lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.

Students react to Patriot Plus

by Carina Renteria
Staff Writer

Change on the Heritage campus is evident as the new Patriot Plus program is in full effect.

It has become part of the weekly schedule, with thirty minutes every Monday and Thursday has been carved into student's schedules.

There were mixed reviews from students about how beneficial it was for them.

While there were differing views overall, almost all those asked admitted there are still some kinks, which will need improvement to help and benefit all the students in the best possible way.

The biggest problem that students shared was the amount of time they were given to work and makeup work in their classes.

"It's only thirty minutes and if I needed help on something or to retake a test thirty minutes

is not long enough," Kylie Guardianic said (10).

Similarly, students share that the time constraint leaves them with very little time to work

"I'm not a big fan. It's a waste of time and if students need time they can go after class and it's only thirty minutes that's not enough time," Anna Dunbar (11) said.

However some students do find the extra thirty minutes to be more helpful to them.

"It allows me to get extra help and take care of things during the school day rather than after school," Olivia Quadros (12) said.

Students have expressed that there is not enough time in the program to actually get something done. Another student had the same point of view

"I think it should be longer, because thirty minutes is too short, and what's the point if half the school is going to the gym and doing nothing," Rissa



Like many other band members, Steven Dutcher (12) uses Patriot Plus to get an extra thirty minutes of practice for different songs for class. Photo by Christian Tesfaye/Ledger Photographer

Nava (11) said.

The program benefits students that have to do things beyond class and the Patriot Plus allows those students to makeup work without being absent, or falling behind.

"I have appointments every Monday so now I don't have to miss class, and when I do, I

don't have to stay after school, it's beneficial to me," Derrian Tabillin (11) said.

Teachers are working their way through the program and see the positive and negatives.

"I can see its benefits, once the kinks and schedules are resolved," Mrs. Peddie said. "I am already seeing an increase

in grades for students I force to come."

This program is new to everyone and changes are being made as students and teachers adjust to it, with the goal remaining to help more students that do need the extra time and allow enrichment opportunities for the others.

Traffic + impatient drivers = accidents?

by Dania Tarakji
Staff Writer

A swift right turn on Balfour. No bumpers or tail lights in immediate sight. For a brief moment, it appears the usual traffic isn't there.

Less than a mile down the road, the once optimistic students are met with the same long line of cars. The decision becomes either race to find a way around it or silently choosing to wait it out.

The frustrating traffic along Balfour and American Ave could be the reason Heritage High School has approximately 18 car accidents per year, according to information from SRO Mitch Brouillette.

"Something serious is going to have to happen before people start changing their behavior," Mrs. Kingsford said.

Balfour and the intersection of American are streets where accidents are most likely to occur.

"I think the design of only having one road in and one road out of the campus was a poor decision," Officer Brouillette said. "If we had the ability to put in a secondary road, and if the Brentwood police department is actively hiring police officers once they are fully staffed, that would definitely help the problem. It's not going to get rid of the traffic, but it is concerned with preventing it".

Although most of the accidents are minor, the



Trying to merge into traffic, the truck attempts to squeeze in, while a small SUV creeps forward. Several accidents occurred this year around the American/Balfour intersection when cars cut across the road from Deer Ridge. Photo by Ian Gathu /Ledger Photographer

school tries to prevent serious accidents from happening.

Principal Oshodi suggests that people drive without distractions to prevent car accidents.

"People get frustrated and impatient. It's a 'people problem' more than anything else," Oshodi said. "If drivers drove safely and legally without the distractions of music and texting, they would be able to focus on the road."

In those situations, students are most likely going to get hurt in some way by the aftermath of the accident.

"I was getting dropped off at the intersection when someone slammed the back of my car and rear ended me," Kyle Land (12) said "I've seen this happen multiple times. About two years ago I saw a girl getting dropped off at the front of the school when a car rear ended her; her

trunk popped out and got bent a couple of times".

Unfortunately, accidents around Heritage are not just happening because it's crowded in the mornings and after school.

Mrs. Kingsford suggested the idea that parents are using inappropriate places to drop off their kids as an attempt to avoid the "one road" to Heritage.

"Parents are dropping off their kids in the "No parking zone" and the teachers' parking lot, which not only blocks the teachers from parking, but also prevents them from getting in and getting out," Kingsford said. "They would also go as far as driving in the bike lane as a north lane so they could avoid the traffic in front of the school."

Driving safely and paying attention to the road can help prevent future accidents.

Film festival aims to unite students

Films from Brentwood, Turkey and Iran will all share the same screen

by Katie Glennon
Staff Writer

A young couple arrives home on a normal evening. They find their front door open and walk in slowly.

As they step into the living room they see a man on the couch with a puppet. The puppet begins to speak.

This rest of this edge of your seat creepy horror film is just one of the entrees in the first HHS Film festival, which will be held Nov. 21 at 7 p.m. in the Heritage Theater. Tickets will be sold at the door for \$5.

Mr. Guardado and the video production club are hosting the event as a fundraiser and as a way for students to share their work.

The Heritage film festival will be like a normal film festival; a night of watching short films and having fun. The evening of November 21st will be like Heritage's own Sundance.

Guardado is looking for student made films, but this event is not just for students in Brentwood, and anyone can participate.

Students from schools in Iran, Turkey, and other countries have submitted films online through

filmfreeway.com.

"I want to give local students another creative outlet, their work doesn't get appreciated enough," Guardado said. "I want people to see these amazing things."

The event will last at least an hour and depict the talent from students at Heritage, as well as students abroad.

"It's cool, we got college and grad students to submit to the festival," Guardado said. "Hopefully this will become a good tradition - get Brentwood on the map for having an awesome film festival."

Although this event is for allowing creative students to thrive, Guardado is also attempting to raise funds for the video productions class.

Profits could go towards buying more technology needed for Mr. Guardado and his students.

"We need more equipment; I'm putting all the profits into the program," Guardado said.

In addition to the opportunity now available for students, the winner of the film festival will win a GoPro camera.

These students have worked hard to produce their art, and they now have a place to share it.

Pumpkins also come in white, blue and green. Great for unique monster carvings!

HBN, missing in action?



Photo by Christian Tesfaye/ Legacy Photographer

Reviewing their halloween video for HBN, students set up to give Heritage the latest news.

by Jeremy Granados
Staff Writer

The Heritage Broadcast News is the newest way to share the school announcements with everyone at Heritage.

When HBN has been down in the past it was done over the P.A. system, but that method proved to be obsolete.

A main concern for the video productions class, is teachers choosing to show the HBN to their classes.

The HBN is meant to be shown every other day during second period, but this isn't always the case.

Teachers seem to be split down the middle, with many choosing to show it and others choosing not to.

"It's extremely frustrating, considering the time put into it every other day, I hear the same excuses from teachers as I do from students about forgetting their homework," Mr. Guardado, the Video Productions teacher said.

If teachers continue to forget

or just avoid showing HBN it's going to stop being produced.

"I personally don't see the value of continuing HBN if no one is going to watch it," Guardado said.

The video productions class has been brainstorming way to get the HBN more attention, while also encouraging students to watch.

"We should have leadership also partner up with us" by using the new daily announcements that leadership has been doing to get HBN "out there" Vai Neville (12), a member of the Video Club, on behalf of the club said. "They could say 'don't forget to watch your HBN today' during the daily announcements."

Even if the class gets more advertising, they still need to find a way to encourage teachers who choose not to show it.

"I think it's a mix of it not working, which isn't my responsibility, and teachers that get into a certain routine and just forget," Guardado said.

Making room for the new teachers

by Nithin Mathew
Staff Writer

It's the first day at a new school with the unfamiliar surroundings around her, her legs shaking with every step. Not knowing where to go, seeing all new faces, and missing her old school. Not knowing if the school is going to accept her or not. Every face in the classroom is a new one. The bell rings and the day is officially starting.

Now imagine this situation as a teacher. Every new teacher this year has been through the terror of being the "freshmen" this year.

Each of them was nervous on the first day of school, afraid of how the students would act toward them, and how it would compare to their old school.

There are over thirteen new teachers that joined the staff as a result of the increase in student population.

Of the new teachers, spanish teacher, Mrs. Upton, moved from Iowa, to come teach at Heritage, with her husband.

"It was very scary," Upton said. "I didn't even sleep the day before school started"

She had strange thoughts of students coming in with extra arms or other strange features on the first day. She knows it was silly, but it showed her anxiety.

Like with new students, after a few days things become more familiar for new staff members as well. That was the case for

Upton too.

"I really like Heritage", Upton said.

She added that she doesn't miss her old school, and that our school has more diversity.

She is one of three new teachers who are teaching a foreign language.

Heritage embraces new students and teachers no differently. A lot of the teachers have fit in and became Patriots.

The truth is, teachers enjoy meeting new students and creating strong relationships with them throughout the year or years. The one down side with all the new teachers is that our school isn't really big enough for everyone. Teachers have to teach in the library as well as the dreaded portables that have been set up around the school. Next year could

have even more freshmen coming in than this year, which could cause even more teachers to be hired at Heritage. If more teachers do come we'll definitely accept them as one of us: as a Patriot.

New Teachers at Heritage

Jennifer Bolen (Chemistry)
Allison Cardoza (Math)
Juan Carreon (Digital Recording)
Stefani Goldamer (Chemistry)
Andrea Hill (Social Studies)
Jeff Jacobson (JROTC)
Victoria Kenny (SPED)
Marcie Mach (Art)
Jennifer Schrock (Art)
Paulette Simas (Spanish)
Cynthia Simpson (English)
Paul Tucker (French)
Jessica Upton (Spanish)



Photo by Samantha Flores/ Intro to Mass Media

Assisting her students, a new art teacher, Ms. Mach, instructs her students on the current assignment.

Seniors tackle Macbeth

by Jadeyn Madsen
Staff Writer

The seniors will be performing *Macbeth* in a one-act show that is solely put on by the seniors, and the directors of this year's show are Jaeda Smith and Maya Phillips.

This year, Liberty's Senior Show will be performing on the same nights as Heritage in the same place. On Nov. 14, Liberty will be coming to Heritage and on November 15, the shows will be held at Liberty. Each school will perform back to back.

A few changes have been made to the show this year. The most notable change, is that only seniors taking Mr. Fallows' Theatre IV and Mrs. Pedrotti's stagecraft classes are allowed to be a part of the play.

In recent years, any senior involved or not involved in theatre could be in the play; they just had to audition.

"It was Mr. Fallows' idea to do it. He did not want to add any more stress and he wanted it to be organized," Smith said.

When the senior show started, only members of the advanced theater class were permitted to try out, but not

everyone agreed with the decision to go back to that format.

"It made me sad because the senior show is usually something anyone can do and did not have to be involved in theatre to do so," McKenna Taylor (12) said.

Restriction to only the advances theater classes, was an attempt to allow for more work to be done during school.

According to Fallows, the production was supposed to include rehearsals and practices off campus in the past, but things were not getting done.

As a result, last year's senior show had to be postponed until the week before Senior Ball last year. He did not want to see that happen again.

"I feel that it is a bit restrictive on the rest of the senior class that want to have a chance at the play who did not have the opportunity to take four years of theatre arts", Steven Kroeger (12) said.

Kroeger seemed to sympathize with the rest of his senior class.

"The senior show was a show that was open to the entire senior class so that the



Photo by Keyvon Silva/ Legacy Photographer

Rehearsing for Macbeth, Nick Ackley, Jimmy Darling, Ryan Stubo, and Aaron Cornejo practice their lines for the play.

people who are not in theatre would be able to participate if they make it. I think it should now just be called 'The Theatre Arts IV Show'," Kroeger said.

Kroeger is neither in Mr. Fallow's Theatre 4 class nor Mrs. Pedrotti's stage craft classes. He is still able to be a part of the Senior Show because, according to him, he is the only senior who knows how to operate the sound

system.

Despite the concerns, Fallows is ok with the choice.

"It's nice to be able to give them input," Fallows said.

"This is a difficult show, and if I wasn't there, I don't think they would be able to pull it off."

Smith has been in every show since her freshmen year except *The Grapes of Wrath* and *Spamalot*. She was in

charge of public relations last year in the Rising Stars Theatre Club and is the vice-president this year.

Since her freshmen year, Phillips has been in *We Will Rock You*, *To Kill a Mocking-Bird*, *Spamalot*, *Legally Blonde*, and recently *Almost Maine*. She is also part of Rising Stars and has taken over Smith's role of being in charge of public relations this year.

Tootsie Rolls were the first wrapped penny candy in America.

Girls make a splash and NCS

by Zion Combs
Staff writer

The girls water polo team road the wave of ups and downs, but with seven wins during league, the girls took third place and made themselves NCS eligible.

After finishing 7-3 in league, the team (11-13-1 overall) earned the No. 14 seed in the North Coast Section playoffs. They played at No. 3 seed Las Lomas on Nov. 6.

The girls beat Deer Valley 5-2 during a pre-season tournament, and took another shot at it in the league opener.

Unfortunately, the Patriots were unable to duplicate the feat in the league opener, falling at Deer Valley.

Later in the season they got their revenge, this time came out on top 5-4.

"It felt pretty good beating Deer Valley" Sydney Manza (12) said.

The game was close the entire way. The Patriots started quick and scored three in the first quarter, with Deer Valley scoring one.



Photo by Oscar Murray/Intro to Mass Media Photographer
During the Freedom game, goalie, Megan Znerzliker, blocks the last goal leading the patriots to victory.

However, Deer Valley managed to shut the Heritage girls out until the fourth, and the Wolverines took a 4-3 lead.

The girls didn't back down, and they instead tied the game at 4-4.

It looked like the teams were destined to tie 4-4 at the end of regulation, but Emma Johnson came up big scoring with 10 seconds left to lift the Patriots to a 5-4 win.

The Patriots swept the two-game series with Antioch,

Pittsburg and Freedom for the other six league wins.

Cameron Toth and Jackie Carlisle led the offensive scoring for the team as senior leaders.

London Gutridge and Emma Johnson moved up from the junior varsity team to help out with depth.

Johnson helped on offense with a knack for scoring goals, while Gutridge did a good job of improving the defense.

Tennis dominates in league

by Ryan Perry
Staff writer

The girls tennis dominated the BVAL, going undefeated in league for the third straight season and capturing all four spots in the BVAL finals.

Courtney Samuda (11) will attempt to three-peat as league champion, when she played freshman teammate Michelle Cerda in the BVAL singles finals.

The doubles final was also a Patriot only affair with Stephanie Mitchener and Danielle Tamura going against Erika Publico and Sophie Wozniak.

The team dominated the competition, winning every match against Pittsburg, Antioch, Liberty by a 9-0 score. They only won 8-1 against Deer Valley in the league opener, but shut them out 9-0 in the second match.

This year's team is a very young team, consisting of mostly juniors and sophomores, making them optimistic for the future.

"We are hoping to continue the streak, maybe even into next

year" Erika Publico (11.) said.

There are three freshmen on the team, including Cereda who is doing well. She has a record of 5-0 at No. 2 singles and 5-2 mark as the No. 3 singles player.

Samuda, who won the league title her freshman and sophomore season as well, played strong with an overall record of 14-2, and a league record of 8-0.

She dominated in singles, continuing her domination from last year, where she had a 13-0 record.

The Patriots closed the regular season with an 8-1 victory over Freedom. The victory showed the teams growth on the season as the first match against Freedom, ended 6-3, the closest league match of the year.

The team honored its seniors, on senior night, Oct. 28. The ceremonies were right before their last game against Freedom.

Each of the seniors gave a rose to each of the Freedom seniors before they played. The courts were decorated for all the last home game.

Volleyball "kills" the competition



Photo by Gaby Trejo/Legacy Photographer
After a monstrous block by Emily Blackburn (12), Hannah Bowersmith (10), Heather Reed (12), Caitlyn David (12), and Michalyn Marzocco (12) celebrate the point. The Patriots went on to sweep rival Liberty in three games.

by Mason Orloff
Staff writer

A soft hit, bouncing off Michalyn Marzocco's arms, with a high arc, gently landing in the hands of the setter, with one push it's back in the air, the perfect set up for a kill, Caitlyn David approaches the net, slamming it down to the ground; 25-9 the game ends.

That was how the first game of the first match in league play began, but everyone since ended the same way, with a Patriot win.

The girls are yet to drop

a single game in the BVAL season as the close in on clinching at least a share of their fifth straight league title.

David, Megan Vernoy and Emly Blackburn helped the Patriots dominate at the net with the help of reigning BVAL MVP Heather Reed.

The girls beat Freedom over the second week of October break in three games 25-20, 25-21, and 25-17, which was closer than they would have liked.

"I feel like our energy level was pretty low so we

didn't really play to our full potential." Jadeyn Madsen (11) said.

The energy level rose back up as the Patriots beat Deer Valley on senior night in all three games.

On Tuesday Oct. 21, Heritage beat Liberty in 3. It was a very intense game and the 7th man was very energized.

On Oct. 29, the girls participated in an event called "Dig for a Cure." It was to support Breast Cancer awareness.

Cross country team makes historic run at Mt. SAC

by Charlie Sides
Staff writer

The boys cross country team made history Oct. 24, finishing third place overall at the prestigious Mt. SAC Invitational.

The boys went unbeaten in league for their fourth straight league title.

Meanwhile, the girls are locked in a tight battle for second in the BVAL with Deer Valley. The second place finisher will be determined at the BVAL meet Nov. 6.

The school-best finish at Mt. SAC was highlighted by three individual medals earned by Jacob Drees (9th, 16:14), Benny Sheehan (13, 16:20) and Juan Carlos Orantes (16, 16:32).

The boys are peaking heading into the post season, while the young girls team continues to grow under the leadership of seniors Ann Jellica Nubla and Reyna Pena.

Both teams kicked off league at home against hometown rival Liberty.

The boys defeated the Lions 21-41 with Jacob Drees and junior Benny Sheehan coming in first and second.

The girls fell to the Lions, but Patriot sophomore Madeline Vanderheid Nye crossed the line first.

In the second match of the season both teams won, with the boys winning 20-40 and the girls slightly winning 27-32.

The first away game for league was against the Antioch Panthers.

Both teams took the win with the boys knocking off the Panthers 15-50 and the girls 16-43.

Ron Rubio shined early in the year placing well at the Pacific Tiger Invitational, where the boys won the team title. Sophomore Brianna Pecknold finished 21st in the same event for the girls.



Photo Credit to Rena Pena/Ledger Photographer
Showing off their shiny new medals, the boys varsity cross country team poses after a third place finish at the prestigious Mt. SAC Invitational. It was the highest team finish at Mt. SAC in the school's history.

"Halloween candy sales average about 2 billion dollars annually in the United States."

Female player joins football team

by Marisol Bragg
Staff Writer

It breaks the old stereotype. Girls? Football? Two things that shouldn't be in the same sentences, or so some people in the world thought.

Esabella Llamas (9) challenged the stereotype by joining the freshman football team.

She is the second girl in school history to play on the football team. Her position was safety and kicker at the start of the year, but Llamas moved to wide receiver from kicker.

She is used to playing sports with guys.

"I feel pretty good about joining the team," Llamas said. "I grew up with all guy cousins so it's not out of my comfort zone."

Despite that experience, Llamas realized that adjusting to a predominately male sport does come with its challenges.

"At first the guys didn't talk to me," Llamas said.

Since the start of the season the guys have warmed up to the idea of a girl on their team.

"She is a great asset to the team, she doesn't ask for any special treatment, and can hold her own," Don Sanders, head coach of the varsity football team said.

"She has become apart of the team, and all the guys have warmed up to her, and respect her as our team member," Shane Johnson said.

Llamas will be an asset to the team on and off the field, because she will encourage people to come out, and watch

the freshman games.

Llamas and her teammates recorded a 6-3 record overall and 2-2 in league play. They shutout crosstown rival Liberty 15-0 taking home the Brentwood Bowl.

They fell to Freedom 12-7 and Pittsburg 21-7, before beating Antioch 28-6.

The team closes the season against Deer Valley.

Like many freshmen, Llamas said her goals are to play all four years and get a scholarship to a university for football.

Llamas definitely has made a name for herself around campus, and she continues to be a hot topic.

She is making great progress, and her fans look forward to watching her play throughout the year.



Photo by Zion Combs/Ledger Photographer
Ripping through the banner, wide receiver Esabella Llamas (No. 27) and the rest of the freshmen make their way onto the field. Llamas started the season as a kicker, but moved into the wide receiver position, where she found more playing time.

Four straight unbeaten BVAL seasons; NCS next



Photo by Matthew D'Amico/Ledger Photographer
"Walking" the ball towards the opposing goal, Kevin Kirk (11) looks for an open path in the water in the Patriots senior day victory over Liberty.

by Zion Combs
Staff Writer

After a rocky start, against a tough none-league schedule, the boys water polo team, rolled through league again.

The Patriots went undefeated in the BVAL for the fourth straight season to win the title and advance to NCS.

The first league game was a 10-3 victory over Deer Valley on Oct. 15.

Game two was the closest of the league season with Freedom keeping it close tied 1-1 in the second quarter. The Patriots scored four goals in the third, leading to an 8-4 victory.

Their biggest blowout was a 23-5 victory over Antioch, where Jack Strauss recorded eight goals, Matt Bryant chipped in with five more and Kevin Kirk added three goals.

The boys beat Liberty 14-6 for senior night on Oct. 27th.

With an 11-13 record overall, the team landed the 16th seed in NCS and played

at defending NCS champion Campolindo in the first round on Nov. 6 at 8:15 p.m.

All thirteen of the team's losses came against section playoff qualifiers.

"In polo and in life, you are only as good as your competition," coach Nick Araujo said about the schedule.

Team captain Matt Bryant played strong offensively and defensively, displaying a strong sense of leadership, according to Araujo.

The team's strength was on defense, where freshman goalie Colby Baum stepped up rapidly after being promoted into the position.

"Without him stepping up, we wouldn't have won league," Araujo said.

Co-captain Rob Hunsinger also played well.

Sophomore Devin Norris and junior John Moore also stepped up. Freshman Naji Othman was moved to varsity and made the most of his time.

Golfers win second straight title; Dickerson wins BVALs

by Alina Dennis
Staff Writer

The hot October sun beat down on the large golf course, Danielle Dickerson planted her feet into the still green grass.

One putt away from her first individual league title. With a soft nudge, the quick roll of the ball curved slightly before falling into the hole.

After winning the regular season title for the second straight season, the girls golf team got an added bonus with a fourth straight individual championship in the BVAL tournament.

Senior Danielle Dickerson came through big time with the biggest moment, winning the individual title with a solid round of 80.

"This year felt different than any of my years before," Dickerson said. "The talent was spread amongst all the girls, so everybody was able to play. Overall this year was great."

It was the last match of the regular season against Deer Valley, that decided the league champion.

In that match, Kelly Hunt shot a 37, while Dickerson came in with a 40, for the win over Deer Valley.

The team couldn't finish the perfect season at the BVAL tournament on Oct. 20. They fell 491-492 to Deer Valley, tying with Liberty for second.

To earn herself the individual title, Dickerson shot an 80.

The team's 9-1 finish in league didn't come as a surprise to the teams coach Mr. Tinder.

"We will get to NCS. It is held at Tilden Park in Berkeley. We expect to get there as league champions". Tinder said, before the season ended.

The team placed 17th of 22 in the Poppy Ridge tournament in Livermore on September 15th. On September 29th, the team headed to the Lone Tree Tournament and placed 3rd of

10. While Hunt and Dickerson did a great job filling the void left by Megan Conder, it was team depth that helped make the league title possible.

Three freshmen, Margaret Magstadt, Alexis Tongue, and Sienna Quinlivan, stepped up with sophomores Elizabeth Cook and Jennifer Plate to give the team hope for the future.

"We lost a key player last year, yet we gained so much fresh new talent that the years to come will be just as fun to witness," Dickerson said.

Juniors Ava Alvarez, Alicia Ceja, and Hunt and the four seniors, Dickerson, Montreal Gray, Kailey Land, and Maria Navea, provided the experience and leadership to guide the team to the title.

The team qualified for NCS Tournament of Champions which was held Nov. 3 at Tilden Park in Berkeley. The results were not available at press time.



Photo by Greandane Abanid/Ledger Photographer
Cheering on her way to the hole, Kelly Hunt (11), celebrates her successful putt in a practice contest with Danielle Dickerson, while preparing for NCS.

Halloween is the second most commercially successful holiday, with Christmas being the first.

Keeping the knot tied

A teenagers view on marriage

It's time to stop the destruction of marriage at the hands of social media, television desensitization and just plain laziness.

Marriage has changed dramatically in the last 50 years. Perhaps the biggest change is the climb in divorce rate. In 1960 there were 474,000 divorces in the United States; in 2011 there were 1.1 million divorces in the U.S. What has caused this increase?

Social media has played a huge role in ruining relationships.

Not so long ago, there was no Twitter, Instagram or Facebook. These sites made it easier than ever to meet new people, but for people in relationships this may not always be a good thing.

One-third of cheaters have a secret social media account, according to the New York Daily News. The creation of social media made it even easier for unfaithful partners to cheat.

A shift in morals has also contributed to the higher number of failed marriages. Relationships end when people become selfish.

Society is exposed to unsuccessful relationships everywhere, and unfortunately it has become more common for relationships to fail.

"Shows like Maury



Alexa Crowder
Ledger Columnist

desensitize people to how serious cheating is," Brian Gee (12) said.

TV shows, movies and celebrities show cheating as if it's nothing; it has become so common that people think it is typical. Cheating has always been a leading cause of divorce: 79% of marriages end in divorce after it is discovered that the spouse is cheating.

Millions of kids are affected by divorce. No matter how hard parents try to keep their kids out of it, there is no way to shield them completely and this has changed kid's views on marriage.

"Marriage is a hateful and corrupt institution that should have been made illegal years ago," Nino Lucido (11) said.

Despite the high divorce rate there is such a thing as "happily ever after".

"I think marriage is good, it's important to share your life and be able to grow with someone," Paige Bruning (12) said.

Getting married is important

because it gives you an opportunity to share your life with somebody.

Marriage can work but it takes effort from both partners. People have a perception that marriage is hard; that it involves fighting and compromise, and they're right. But marriage is also about working together and learning how to solve problems together.

Two people who want to be together can make it work no matter what. If you truly love someone you should be willing to do anything to keep that person in your life.

Marriage is about being dedicated to one person. Giving your all to your partner is a key ingredient to a healthy marriage.

We all see those cute old couples in restaurants, still devoted to their spouse after decades of marriage.

Why are they still together?

Because they began their relationship in a time when marriage was still valuable and people were willing to fix their problems rather than walk away.

Could you imagine if they had ended it all because of one minor argument?

People need to take a step back and realize the value of their relationships before it's too late.

The fantasies inside our minds

You're in a town outside with neither a breeze nor a faint whisper. The houses bend and twist off the corners of your eyes, the lights within them constantly flickering. The floor shakes, now screaming from the faces pressing against the stone, wanting to leave, to escape this place you stand in right now. There's nowhere to run, nowhere to hide for they grab your ankles pulling you into their own twisted realm. The voices screech, growing to an almost deafening tone, pounding the drums of your ears and when black fades to white, you imagine a place much safer, beautiful even, perhaps a crimson sunset, and luckily that's exactly what shines in front of you.

This phenomenon is frequently known as a lucid dream sequence, where the dreamer makes note in their conscience that they are most certainly not in the real world, becoming aware of their present dream state.

You have the ability to manipulate time and space, doing practically anything you put your mind to. Simply, you're in control, and all your senses intensify to an insanely vivid perspective.

"I had a dream where I could see myself doing things like in third person," junior Sara Hamraz said. "I remember I was running through this house and the weirdest part is that I remember scratching my elbow on the wall, and when I woke up, my elbow was actually scratched."

Cases like this correspond with the effects of dream manipulation, or lucid dreaming, where the real world can influence the world inside your mind like leaving the television on next to you while you sleep, causing the sounds and voices to influence your dream. Perhaps, it could be the other way around if you want to believe in something that supernatural. Who knows?

But how does this work exactly?

Well, it generally begins during REM sleep, the only time a part of the primary visual cortex in your brain is pretty much as active as it is awake. Rhythmic bursts of activity charge through the brain stems, most notably the lower stem which wakes up the cortex and it does a lot of well thought-

out and meaningful thinking. So, the pre frontal area of your brain (I know, more science) is presently less active during this REM state which has to do with logical judgment.

This answers why the issues in our dreams are mostly solved with creative thinking, but its logic is way farther off than in our waking state of mind.



Antonio Garro
Ledger Columnist

But the ability to have control over all this thinking is what lucid dreaming is mostly about.

A 1981 study of the phenomenon by psychologist Stephen LaBerge instructed sleeping subjects to perform certain actions in their dreams like eye movement or clenching their fists to prove control, and all five of his subjects were able to do so during their sleep, indicating the dreamer's achievement to lucidity.

Thousands of people have been recorded for lucid dream data, but some suggest it's only you dreaming of your ability to control. Accounts of people who practice lucid dreaming nightly for decades report their increasing ability to control their dreams, having even more vivid dream sequences and even waking up whenever they want during REM sleep.

Consistent lucid dreaming would be a rather coincidental pattern if the mind just so happened to let you lucid dream in the process of practice.

Lucid dreaming can, in fact, be possible and even benefit life by reducing reoccurring nightmares, improving problem solving and creative skills. It's a great place to just gather your thoughts.

There are a few ways to achieve a lucid dream by recording your dreams on notes directly after, learning to interpret your dreams, creating art inspired by previous dreams, and also daydreaming.

Trying this phenomenon won't hurt, and maybe, you'll get something out of it that others never will in their lifetime.

Don't judge a book by its artwork



Melissa Robbins
Ledger Columnist

You beg and plead, but the answer is always no.

"Of course you can't dye your hair, what will people think of you?" "No you can't get a piercing; people will think you're a punk!" "Sweetheart, tattoos are for losers who don't do anything with their lives. You don't want to look like them, do you?"

People with colored hair, tattoos and piercings are not automatically bad people and society needs to get over itself.

No matter who you are—where you live, what you wear, your family's wealth, your personality—it is almost a guarantee that if you were to change the color of your hair to a bright fuchsia or even a deep burgundy, or poke a hole in your body anywhere other than the lobes of your ears, you would be viewed as a "punk," a bad influence, a bad person.

"I feel like I shouldn't be assumed as weird or the bad kind of 'different.' ... Just because it's different from how others express themselves doesn't mean I'm a freak or a good-for-nothing. I do have a life." Maya Davies said.

The idea that tattoos/piercings/colored hair immediately equals anarchist is quite outdated. Twenty or 30 years ago you'd mostly see angry rocker kids sporting jagged hair and sleeves made of ink, while they set cars on fire in parking lots with Molotov cocktails, the "rocker" style is mainstream among today's youth, even those who don't spend their days lighting cars on fire and getting blackout drunk.

It's a groan-inducing cliché, but the saying rings true: "Don't judge a book by its cover."

"I'm always told I'm brave for having the hair that I do," senior Jacque Rarey said. "It also takes a lot of confidence to rock a style like mine and people are generally intimidated by a person's confidence."

Sure, one could argue that "most of the time" people

with that type of look truly are punky and mean and angry; but it's completely unfair to lump any group of people together with a generic stereotype. There will always be those select few who fit a stereotype perfectly; however, they don't speak for every person who chooses to make some sort of modification to their appearance.

From bikers fighting animal cruelty and providing comfort for abused children to "punk" kids winning scholarships, our world is slowly proving that looks don't always give an insight to how they act.

Rather than looking at tattoos and piercings as a sign of trouble, society should look at them instead as a form of self-expression. To many, our bodies are blank canvases, just waiting for a splash of color or a black and white sketch.

"I'm not exactly sure what really inspired me to put a piece of metal in my face, but I can say that I enjoy having and getting piercings mainly because it's different and a fun experience." Rarey said.

Changing times call for changing opinions; it's time for us all to update our views.

Black cats were once believed to be witch's familiars who protected their powers.

Almost, Maine leaves us lovestruck

Walking into the theatre to see the Heritage Rising Stars' production of *Almost, Maine*, directed by Mr. Fallows, the audience was transported into a blustery winter landscape of cold weather and warming hearts.

Not only did the set design and simplistic use of props create an appropriately whimsical atmosphere, but the acting and production were spot on and immediately engrossing.



Sydney Manza
Ledger Columnist

Almost Maine was endearing and meaningful, yet kept the atmosphere full of well-earned laughs.

The play was set in a small "almost town" in Maine, aptly named *Almost*. Through a series of small stories of love and loss, it explored heartbreak and love with humor and insight.

It has become a popular high school production, and the Heritage theatre group did not disappoint.

"It was a heart-warming show that captivated everyone in the audience," Tyler Wenzler (11) said.

The stage was decorated with trees that were backed by lights representing the changes in time. The mounds of snow and outlines of forest on the

horizon made the viewer feel as though they were actually in the town of *Almost*, amidst the hills of snow.

The projected Northern Lights almost seemed to act as a punctuation of the magic and power of love. The set design created a sense of the close community of *Almost*, and connected all of the stories to each other.

"It is interesting that all the stories go on at the same time, the story line does a good job of capturing the good and bad complexities of love." Keyvon Silva (12) said.

Silva played a frustrated husband named Phil.

Returning members Jaeda Smith (12) and Blake Jensen (12) showed us the hope in heart break, while Ryan Stubo (12) and Nick Ackley (12) gave us a peak into a budding romance between buds, and Min Xie (12) and Celia Rivera (11) commented on the fear and pain that comes with love.

Those impressive performances by veterans were matched by the newbies. The Mendoza brothers, Jake (12) and Zac (10), stepped up to the plate as Zac opened and closed the show with whimsy, and Jake proved that the love one gives cannot be measured.

The situations were often not literal, but explored the reality of love from points of view that were sometimes uniquely comical and quirky.

This rendition of *Almost, Maine* was well worth the time, leaving viewers with a light heart and a new insight on the mysteries of love.

Keep on moving on

How to forget the person you've learned to hate

Passing your ex on the way to class, you stare at them hoping laser beams will shoot profusely out of your eyes almost killing them.

You think of all the snarky, rude comments you can make about them and their new partner. You think, "How is this possible? Someone like them, who said all these things and yet moves on like I meant nothing. Arrogant, narcissistic, no-hearted fool!"

Moving on is a difficult process, maybe not for some people, but its possible for everyone as long as you realize there are greater opportunities ahead.

Moving on is a feeling of freedom, you can be selfish, and live a little without restrictions from another person.

Moving on is a weight off your shoulders, like you lost 30 pounds and you finally met your goal weight on the scale.

Moving on is like finding the last candy bar in the pantry before the rest of your family takes it.

Ladies and gentlemen, it is time to pick up the pieces your significant other threw on the ground and let's move on together.

Love is something people crave, not only for the attention but for the title of girlfriend or boyfriend. The title, for some reason, is one of the most important things when it comes to being in a relationship.

Yes, I'll admit, I love being in a relationship, but it comes with its hardships.

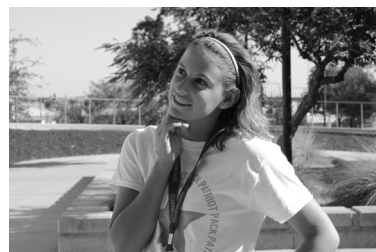
We are under attack by the love bug as teens! Cupid has

shot his arrow at all of us! Everyone, duck and cover!

Every month seems like a Valentine's day for people in relationships. You see the girls walking around flaunting their flowers or bears all day at school. People, it's a month-a-versary not a wedding proposal.

During this time, it's hard to ignore the fact that it's not happening for you anymore.

Yeah, that's harsh, but true. Be strong, keep your head up and don't be bitter.



Cameron Toth
Ledger Columnist

Don't give your ex the satisfaction of seeing you well up with tears on your anniversary. Prove to them, that you don't need them!

Take yourself on a date. Go to Starbucks and get the biggest coffee there is, get a book, go to McDonalds, or just go be with friends, watch old movies and laugh, lastly, cry as much as you want, but when you're finished make sure you never cry for the same reason again.

What do you do when your ex has already moved on the day everything happened? What do you do when they are bringing that person to homecoming and you see them dancing or perhaps kissing?

You dress up nice, you flaunt your new dress and if you ever so please walk by them to show what they lost! Have a great time with your date, your friends, or just by yourself and just dance your heart out.

There is a possibility that they can tell you that they want you back, don't believe it. Stick with your gut and don't fall for their tricks again. Being lead on by your ex is some times easy if you still have feeling for them, so anything they say or do can convince you that they want you back.

No one knows quite why people do this because there is a multitude of reasons. It could be that the new person they were talking to told them, they didn't really want them or they just want you back because they can't get anyone else. If this happens, think about it, think about all the situations that happened, good and bad, do you think you could go through it all over again? Can your heart take one more beating? It's up to you.

I know it's hard to just walk away from someone and just walk away from them completely, trust me, I know.

You need to stop making excuses on why you need to talk to that person and be friends with them, stop doubting yourself about how you'll never find a "better" person and focus on making yourself happy.

You need to start, believing in yourself, and think positive. You don't have to completely forget about the person because they taught you something; you can do better than them.

The benefits of hunting; it's not all mindless violence

A father and a son walked side-by-side after a successful turkey hunt. The little boy jumped up and down with excitement, while his father gave him a proud look. This moment brought them closer together, as it did with many other families over the years.

For generations, hunting has not only been an activity of survival, but one of tradition and camaraderie. The stories that are told, the memories that are shared, and the excitement that is felt are just a few reasons people spend their Saturday mornings on a hunt.

Hunting is a safe and fun activity that teaches very valuable life skills and it needs to be protected.

The meat from these animals is among the healthiest available.

Hunting also benefits the

ecosystems in which these animals live.

Animal rights organizations, including PETA and IDA, are among those that say that hunting causes significant pain and suffering for the animals.

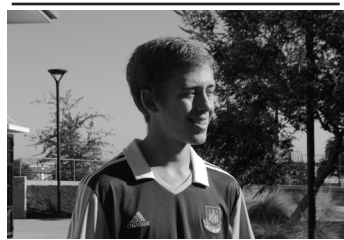
What seems to be forgotten, though, is that animals are killed in much more gruesome ways.

A deer that is shot by a rifle will not be in anymore pain than if it's mauled by a mountain lion. In fact, when an animal is killed quick and painlessly, it's usually due to a quick kill by a hunter.

"Hunters actually care more about the animals than most other people do", biology teacher Mr. Holmes said. "For example, when a deer is killed, game officials will often check the fat around the kidney."

According to Mr. Holmes,

this is called the Kidney Fat Index. If there is little to no fat around the kidney, that means the animal is not getting enough nutrients. This tells



Kyle Land
Ledger Columnist

game officials the state of the deer population.

The Department of Fish and Game also contributes to the management of wildlife. When someone buys a fishing or hunting license, that money is put towards conservation projects.

So hunters are using their own money to help sustain wildlife.

One example of the negative effect of anti-hunting laws is the California mountain lion. In 1990, Proposition 117 was passed, which banned all trophy hunting of mountain lions.

Since then, the mountain lion population has skyrocketed. Attacks on humans have also increased. It would make much more sense to simply control the amount of mountain lions that are allowed to be hunted than to ban it completely.

Another benefit of hunting is the healthy meat that comes from those animals. The meat that is sold in stores is not always processed in the best conditions. Not only have they had chemicals stuffed in their

bodies, the stress and fear they feel during the process causes chemicals, such as adrenaline, to secrete in the meat. This causes the meat of the animal to become incredibly tough.

Also, to say that it is fine to buy meat from a store but not fine to kill an animal in the wild is completely hypocritical. Either way, animals are being killed; hunters are just doing the dirty work themselves.

It is understandable why one would choose not to hunt.

However, the same understanding needs to be given to those who do choose to hunt.

It would be like trying to ban everyone from playing football, simply because you do not want to play it. It is unfair to force a certain belief onto everyone, especially something as trivial as hunting.

To be remembered for decades

by Jaeda Smith
Staff Writer

The student body went further back in history each day of the week and finally flashed back to the roaring '20s in a Gatsby themed Homecoming dance to close it out.

King and Queen Johnny Milabu and Megan Vernoy celebrated with the rest of the school, when they were crowned at halftime of the football game.

Meanwhile the class of 2015 won both the float building and SLC decorating competitions.

The school made history by selling the most tickets for a single Homecoming dance in the entire district. The 1,580 tickets sold topped last year's mark of 1,350.

This year leadership added a Pizza food truck to the event.

"The Straw Hat Company sold out all of their food," Mrs. Banchieri said.

The new aspect of having a food vendor at a dance was greatly appreciated by many.

"I really loved the pizza truck and I hope they do it again for the next dances," Lizzie Flores (9) said.

Along with the pizza truck,

the decorations of the Gatsby theme really created the ambience of a 20's party.

"All the decorations were great!" Julia Daijogo (9) said.

The photo booth at the dance was very popular as well.

"The dance was a lot of fun and I had a great time with friends at the photo booth," Flores said.

Towards the middle of the dance, as DJ High Top continued to play music that connected the student body in the numerous past and present decades, it began to rain. However, the weather did not disrupt the dance in the slightest, but rather enhanced the experience.

"I loved having the dance outside and in the open space; when it rained it was nice because it wasn't too hot," Jessica Montez (10) said.

Mrs. Banchieri was proud of the accomplishments and has ideas for the next big dance to create an equitable atmosphere.

"I hope to possibly have different vendors such as Jamba Juice and maybe even a gaming area as well so people have other things to do besides dancing," Banchieri said.



Photo by Gabby Trejo/Legacy photographer
After a day of suspense, Johnny Milabu and Megan Vernoy are crowned Homecoming King and Queen. The pair of volleyball players enjoyed the moment.

Senior activities

- Nov. 24 - Senior Trip to Six Flags
- Dec. 5 - Winter Ball
- Apr. 21- Senior Banquet
- May 19- Scholarship Night
- May 23 - Senior Ball
- Jun. 4 - Senior Sunset
- Jun. 5 - Senior Breakfast
- Graduation Practice
- Jun. 6 - Graduation

Calendar

- Nov. 1 - UC Application Opens
- Nov. 5 - NHS Induction Ceremony
- Nov. 10-11- No School
- Nov. 12 - College APP Help
- College Visit - UC Santa Cruz
- Nov. 14 - Senior Show @ HHS
- Nov. 15 - Senior Show @ LHS
- Nov. 19 - PDD
- Nov. 20 - Local Scholarship APP available
- SAC Meeting
- Nov. 21 - Improv Show
- Nov. 24 - Senior Trip to Six Flags
- Nov. 26-28 - No School

VP dances, Elsa in PE clothes, students cheer



Photo by Christian Tesfaye/Legacy photographer
After being voted to do a dance, Mr. Bursch, dances to the cabbage patch during the homecoming rally.

by Blake Jensen
Staff Writer

The Homecoming rally brought the entire school together in one big celebration at the end of Homecoming week.

Whether it was blue and gold face paint, bandanas, or leggings, everyone was dressed in their crazy school spirit attire, filling the gym to the brim with noise.

The leadership students did an impressive job setting up the entire gym to make it look like it was in a generation identity crisis, with popular icons from the 50's to the 90's covering the walls. The final decades of the last century split the gym into four competing classes.

Leadership students were nervous going into the rally.

"Last year's Nickelodeon-themed homecoming rally was cool, but this year's is a lot more ambitious, and if all goes well it will be one of the best rallies

we've ever had," Caitlyn David (12) said prior to the rally.

Probably the most nervous was the head of the rally, Meagan Yeakley (12).

"It's like you're always nervous going into it, because you're trying to make everyone in the school happy," Yeakley said.

Nevertheless, the rally got students pumped up, especially the seniors.

"It got me excited about Heritage," Keyvon Silva (12) said. "This rally in particular felt better than others because I'm a senior now."

There were many fun performances and games during the decades-themed rally. One of the highlights of this year's homecoming rally was a movie clip game that got the entire school involved.

Students texted the answer of which movie title matched

the movie clip that just played, and enough votes for the right answer would seal the ridiculous fate of some of the teachers and staff members.

"I thought the movie clip game was good, I was surprised by how many people knew and didn't know some of the movie clips," Jonathan Kardos (12) said.

Some of the crazy things that happened as a result of the voting included Mr. Mathrole "doing it for the Vine" and Elsa, the campus supervisor, having to dress code herself. Students were impressed by this particular game.

"I liked the movie clip game because people could be involved just by using their phones," Haley Roach (11) said.

Overall, this year's homecoming rally turned out to be a success, and a huge relief to all involved.

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