Winter Edition

Totan Echo

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Why Social Media Isn't So Great

By Jillian Deuel (2019) Editor-In-Chief

Our lives and culture in the 21st century have been profoundly impacted by the internet. A predominant use of the web involves making connections and interacting with almost anyone through social media. In fact, roughly 70 percent of Americans use some platform of social media; the giants are identified as Facebook, Instagram, Snapchat, Twitter, and Youtube, according to the Pew Research Center. While it's easy to find enjoyment scrolling through endless amount of entertaining content, and even sharing our own, many of us overlook the negative impact social media can have on our mental health.

The first thing that should be realized about social media is that it is addictive. Not only do users consciously crave to visit their favorite sites, but it has been observed that the brain responds biologically to stimulation caused by social media use. A study conducted by Nottingham Trent University found that the appetitive system (the part of the brain that controls the response to positive/rewarding stimuli) reacts to social media use the same way it does to other behavioral addictions. Much like other addictions, the fine line between healthy and obsessive behavior becomes blurred, unbeknownst to the participant. It's quite alarming to consider that something regarded as a light-hearted leisure activity can have that power over us.

In addition, experts report that many individuals find it triggers negative feelings such as depression and



dissatisfaction with their lives. When one of the main points of using social media is to post the "best parts" of our lives, it's nearly impossible to avoid making comparisons to others. Mark Widdowson, Senior Lecturer in Counselling and Psychotherapy at the University of Stanford, writes, "Levels of depression increased with total amount of time spent using social media and number of visits to social media sites per week." Cell phones provide the privilege of having everything in the palm of our hands, and social media is no exception. This means that checking in on sites can be done instantly, countless times a day, possibly increasing one's overall unhappiness to an even greater extent.

It isn't that social media is all bad. It's that the negative consequences of its use are widely underestimated and that is scary. The negative consequences of smoking were hidden for decades by cigarette companies. What if social media is the next deadly habit? That's scary.

Examples of how social media causes unhappiness are more simple and more common than you might think. Someone who struggles with low selfesteem can see a celebrity's bikini picture on Instagram and become very

distressed because they don't look like that. Another instance could occur if someone feels like a failure after seeing a colleague's Facebook post about how they bought a new luxury car and they can barely afford the payments on the family minivan.

Perhaps the most important idea to keep in mind when using social media is that looks can be deceiving. In an article featured in PsychologyToday.com, Dr. Cortney S. Warren, Professor of Psychology at the University of Nevada, argues that people on social media aren't very truthful about themselves. Warren cites several studies that provide statistics showing the high percentage of users who share misleading content, urging us to avoid comparing ourselves to others. Remember, people are only sharing a small part of their lives they want to be seen. Keeping this message in mind is vital for anyone who uses social media.

Overall, with so many other concerns to focus on in life, social media shouldn't be a priority or take valuable time and energy away from things of importance. Additionally, the adverse effects of social media use on mental health aren't properly addressed. Use of the sites

do not guarantee one will become severely addicted or depressed, but it is highly likely they will be affected in some manner.



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STUDENT OPINIONS

The opinions expressed here were originally submitted in Mr. John Bunce's Expository Reading and Writing Course. The course is designed to challenge 12th grade students to extract analysis from articles and literature and respond



Cyber bullying is a major issue a lot of people don't think about when someone mentions bullying. Typically people think about kids making fun of or making physical contact with others at school, but unfortunately, the problem is beginning to become more extreme. In the past five years it has become more of a common issue in our generation. Cyber bullying is climbing the charts as it is one of the main causes of teen suicide, or the attempt of it. In this generation we need to make it a priority to bring an end to cyberbullying and prevent suicide.

Many individuals believe that because this type of bullying is online it won't have as big of an impact on the victim and or that the issue is not as serious due to the fact that it is not verbal or physical abuse; they are wrong. Cyber bullying now affects children and teens in their everyday lives and does not just stay online. This issue can follow them into their school life and other social areas which can lead the child to become isolated. According to Brendesha Tynes at USC, bullies have moved to a much broader way of attacking their victims, making it almost impossible for them to escape the constant harassment.

Bullying can lead to many things. The victim often does low self-esteem and, all too often, suicide. We need to bring awareness to the situation. Students should not be going through these things alone; they need to have some sort of support system, or someone they can trust so the issue will no longer continue to increase.

Katie Atkinson, an award-winning English writer and president of the "Stop Bullying" foundation in New York, states that cyberbullying is something that is not taken into consideration until it is too late. Districts should make it mandatory for all their schools to have lessons on bullying and the effects it can have on students.

Recent FBI reports show that bullies tend to be the "cool kids" trying to gain popularity by putting others down. Nine out of ten bullies are usually going through their own matters in their lives, such as, abuse and insecurity. Michael Friedman, a behavioral psychologist claims bullying is a major public health problem and is caused by imbalanced power between the perpetrator and the victim. Bullying is always deeper than it seems.

NET NEUTALITY: Would You Like to Upgrade to Read this Article?

By Domonick Garza (2019)

Picture it. It is Dec.14, 2017, and digital America is either confused or panicking because of the vote to repeal net neutrality was passed. Those confused didn't know enough about net neutrality to understand why the other half is panicking. Jump to today, and many have almost forgotten about the repeal. While all the panic has died down, the effects of what the repeal can have are still here and it will not benefit the U.S. in the long run.

The confused probably thought "What is net neutrality?" Net neutrality is the idea that the internet is a free open source for everyone and that Internet Service Providers, like Verizon and others, can't block, throttle or prioritize a consumer's internet access. This means that the internet should be open for everyone and it shouldn't have any accessibility restrictions. Most people agree with it. Statistics from the Open Rights Group, a UK based digital campaigning organization working to protect the rights to privacy and free speech online, show that 60 percent of people are in support of net neutrality, 17 percent oppose, and 23 percent are unsure. Also, there is majority support for it in both the Democrat and Republican parties (51 percent Democrat, 49 percent Republican). Despite the majority support for net neutrality, the Federal Communications Commission (FCC) decided to repeal it. This allows Spectrum and others to have full control over a consumer's internet access.

There are three main rules mentioned earlier about net neutrality. Public Knowledge, an organization that works to shape policy on behalf of public interest, mentions that these rules prohibit Blocking, Throttling, and Paid Prioritization.

Blocking is when a person is denied or "blocked" from accessing certain online content. Throttling is when websites are purposely slowed down. Paid Prioritization allows Time-Warner and others to give special treatment to some online services over others. If these sound bad it's because they are. With the rules prohibiting these things gone, your internet provider can control exactly what consumers are allowed to view online.

To top it all off, the FCC's reasoning behind their repeal isn't great. The FCC has decided to repeal net neutrality for one reason -- money. The chairman of the FCC Ajit Pai, said at the 2015 FCC, "Following the not take the bullying well, which can result in depression, FCC's decision, network investment fell by billions of dollars...." Essentially, he believes that the repeal of net neutrality will help our economy. While it could help, it comes at the price of guaranteed internet freedom, so the benefits don't outweigh the costs.

Those who oppose net neutrality have said that ISPs haven't messed with the internet before so they wouldn't now. This statement doesn't make sense for two reasons. First, if this were true, then there wouldn't have been any reason to have net neutrality rules put in place. Secondly, the reason it may have seemed like that is because the internet was still in the beginning stages of becoming an integrated part of our lives. Considering how integrated the internet has become to everyone's lives, it would be easy for ISPs to take control of that dependability without net neutrality.

Additionally, a Smithsonian article said that before 2015, when net neutrality started, the companies Comcast, AT&T, Metro PCS, and Verizon have all engaged in acts that would have violated net neutrality rules. Now that net neutrality is gone, there will definitely be cases of them taking control of consumer internet. In fact, there already are.

In August of 2018 Santa Clara firefighters had their wireless service throttled by Verizon while they were on the job. It only took two months for an ISP to take advantage of the repeal. So, next time Google isn't working, or the next time Youtube is being slow, it might be more than just being too far away from your router.







One of the most popular and opportunistic forms of this is students selling snacks out of their gym bags. Students buy and sell energy drinks, gum, and snacks such as chips, cookies, donuts, and candy. Most of the snacks are sold for around a dollar each, so they sell fast with little selection on campus. It's good business as they are filling a demand. Economic teachers should be proud. Some students take a more unique approach. It is not unheard of for a student to purchase tamales, tortas, or even popsicles from other students. Items change with the season. Only ASB approved fundraisers are permitted on campus. Please contact Activities Director Mrs. Bautista if you have any questions. This is clandestine business, however, because selling goods that are not ASB-approved is prohibited on campus. If a student is discovered selling items on campus, their merchandise will be confiscated, their parents will be contacted, and they will be given "appropriate discipline," according to the student handbook.

Another popular student business is makeup. Usually for special dances, such as prom, students will advertise their makeup skills on social media provide contact information for anyone who wants to pay a practicing mini-professional to doll them up. Students have even started accepting forms of payment other than cash. One student, who requested anonymity, said, "I also take quarters, Cash App, and Apple Pay."

GTHS last year had four working student barbers, taking appointments and cutting hair at their homes. Not all students, however, charge for their services. Some students see Titan Town as the perfect place to hone their skills. I, for a example have an Instagram account for the sole purpose of practicing and showing my hair creations. I occasionally post hair-styles, which is somewhat ironic because I wear the hijab, so none of my styles are ever done on my own head. I usually use GTHS student, **Amy Bartels** (2020) as a model, and I don't charge one cent. My idea is less about making money and more about building courage and having motivation to get better at what I am doing. I am hoping that, through this practice, I will eventually be good enough to have a profitable business on the side. Until then, I just do it for practice.

One may ask, why not just get a job? There are a number of factors that can contribute to a student not being able to get a job, according to students interviewed. Some students prefer to work on their own schedules to balance schoolwork. The interview, application, permit, and background process is daunting for others. Others simply don't have transportation to the job site. The solution for them is capitalizing on the GT population, finding a niche and hustling.

After High School Transition: Perspectives from Across Town

By Alexander Santos, Campus Writer (2019)

LA PUENTE, CA - Leaving high school may seem like the end of the world, but it's just the beginning of a whole new chapter of your life. Two college students from La Puente, CA shared their insights on the transition from high school to college.

"I started preparing for college my sophomore year, I didn't know what I wanted to be or even do, but I made sure I was eligible for a university," said Nicole Catalina, who graduated from Nogales High School in 2017 and is now a sophomore at Mt. Sac Community College in Walnut.

Transitioning may not always be easy.

"It's kind of difficult. The transition from having a set schedule in high school to going to college and figuring everything out yourself can be hectic and confusing," Nicole added.

College is an important and challenging route to take once you graduate but it creates a better opportunity for a better life, said another college student.

"I've always known I've wanted to be a teacher, for some reason I treated it as a second option until my junior year (in high school) when I realized that it was what I wanted to do. There was no question about it," said Lani Mendoza of La Puente and a Nogales High School graduate.

"Preparation-wise, I would say the same, I just made sure I was eligible for a university and continued to do good at school. I kept myself close to books since I knew English was the route to go," she added.

The ease of transition depends on how well you are prepared, former students said.

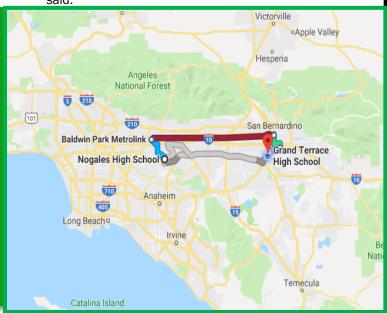
The transition from having a set schedule in high school to going to college and figuring everything out yourself can be hectic and confusing - Ni-cole Catalina

"After high school everyone goes at a different pace, the transition really is something that you don't expect but depending on the individual and how prepared you are, you're affected differently," she said.

"Personally, the transition after was easy since I had started right after high school and it wasn't until I had gotten more use to the setting and how fast paced it is to monitor yourself, financially and academically," Lani said.



Nicole Catalina (left) and Lani Mendoza Photo courtesy of La Puente.





As Fashion Trends Change, Dress Code Remains Out of Touch



Fashion at popular stores are not consistent with the dress code. For example, Forever 21 offers numerous shoulder blouses (left), crop tops (middle and right).

By Rodri Smith (2019), Executive Editor

TITAN TOWN- The dress code at Grand Terrace High School has remained the same from day one of the first year the school opened, according to a comparison of past and present student handbooks. Students continue to attempt to defy the code and develop a contempt for the code. This leads to that familiar game. Many students understand the rules of dress code and still choose not to follow it, hoping to slip by the eyes of campus authorities. Student contempt for the code is exacerbated by fashion trends that are not consistent with the code.

Rationales for the code seem reasonable. But reading them off the handbook, they seem totalitarian. According to the student hand book, on page 31, it states, 'Clothing shall be sufficient enough to conceal undergarments at all times. See-through fabrics, halter tops, tube tops, off-the-shoulder or low cut tops, bare midriffs/ midsection, and skirts, shorts, or rips jeans shorter than mid-thigh are prohibited. Sleepwear/loungewear (including but not limited to pajama bottoms and slippers) is prohibited. Excessively baggy pants/shorts, banded or tucked pant leg bottoms, and hanging belt straps are not allowed. Skin must be visible between shorts and knee high socks'.

But fashion doesn't consider the rules despite their reasonableness. A search at popular store websites like Forever 21 and Tilly's revealed that they have more than 60 fashionable tops that students would not be able to wear due to the school regulations.

"It's hard to respect and accommodate with the dress code rules since now it's hard to find something that is to what the schools standard is." This seems to be unfair towards the students since they are limited and expect to be dressed a certain way," said junior **Mia Segura**.

A senior that requested to remain anonymous added, "I think the dress code on campus is too harsh. Its annoying when the AP and security guards don't let me wear what I want. My parents see how I dress in the morning and they have no problem with it, so the school shouldn't either." Many other students agree with this and feel that this is just too much.

The administrations agrees that students should express themselves but in a modest way.

"This year we have been more observant to what the students are wearing. When students see us walking around campus, it isn't for us to get people for dress code, it for us to just make sure the school is looking good and that students are doing the right things, not doing anything that can be problematic," said Assistant Principal **Mitch Hovey**.

Girls Basketball :Plagued by Coaching Changes, Seek Stability





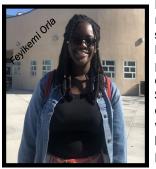
Reagan Rodas (2020), left and Captain Madeline Asherbranner (2020). Ellena Johsnon (2019) goes up for a jump shot against Bloomington

By Jaycee Valadez (2020), Sports Writer TITANTOWN- The Lady Titan basketball team is a tough group of girls that have faced many challenges. The most difficult circumstance they have



adapted to
has been the
constant
change in
coaches over
the past four
years. The
transitions
from coach to
coach make it
even more
challenging,
players said.
"I would

like to have the girls put the first Sunkist League Championship banner up for girl's basketball," said



Mr. Ed Campbell, the new coach. For the past several years, girls basketball have made the playoffs but placed second to Summit High School in Fontana, according to the MaxPreps website.

Feyikemi Oriola (2019) played basketball for

three of those years and decided her senior year to take on the role of being a manager for the girls.

"I feel a bit disappointed that the girls basketball program is so unstable, but I'm happy that Coach Campbell is our current coach. He's very dedicated to the girls and not just when it comes to basketball. He wants them to be successful in school as well," Fey said.

"I wanted to stay involved with the program to help it thrive in any way that I can," she said and does not want the girls basketball program to fall apart.

Bureaucracy may be to blame for the instability. According to CJUSD policy, if coaches are certificated they do not need to reapply or rehire every year, and they will be re-

hired automatically. If someone, however, is a classified or walk-on coach, they must reapply every year.

After Mr. Greg Grishim, a counselor, resigned it has been walk-on coaches that have taken the job.

"We would definitely love stability in our program," said Athletic Director **Tiffany Gordon**.



Photos by Jaycee Valadez

Raider Fans Still Hope-

ful After Dismal Season



By Rodri Smith, Executive Editor, 2019

TITANTOWN- The Oakland Raiders have a big fan base on campus. Despite the 2018-2019 NFL season being one of the worst for the Raiders, fans continue to represent their team and their favorite players, that is the players that are left as wide receiver Amari Cooper and linebacker Kalil Mack were traded.

Based on the reports on ESPN, the Raiders record of 3-11 was one of the worst records in the 2018-19 NFL season. Their three victories were against bad to really bad teams, the Browns, Cardinals, and Steelers. These three teams placed among the lowest in their respective divisions.

But even though the Raiders won only three games, their quarterback Derrick Carr may or may not have cried on the field, and their defense was in disarray, their fans continue to express optimism.

"Its hard to defend us because we are thrash, for the moment, said **Nicolas Gomez** (2019). "For the moment," he repeated.

It was hard to find realistic fans that will agree that the Raiders did terrible this season.

"I do think the Raiders are trying their best but at times we do come short. I hope that soon they will get their act together," said **Bryan Licon** (2020).

Bryan's comments seem accurate. In the beginning of every game, the Raiders came out strong but as soon the third quarter started, the team lost their flow and ended up losing. If a football game was only for two quarters then the Raiders would be fine and come out with a possible win, maybe make the playoffs.

It has been said that the Raiders may have been losing because of the new players and the loss of traded players. But, it could have also been the play-calling by Head Coach Jon Gruden.

"The Raiders are making up for their loses by having rookies play in veteran spots slowly but surely getting use to the game like Gareon Conley, Kolton Miller, P.J Hall, Brandon Parker, Arden Key, Nick Nelson, Maurice Hurst, Trent Sieg, Matt McCarne and Jason Cabinda. We also have the biggest cap size in money and have extra draft picks for this upcoming draft and next years," said another Raiders fan, **Matthew Prado** (2020).

With the new stadium coming together in Las Vegas (1.5 hours closer to the IE) and the extra picks the coach will have on draft day, Raider fans on campus and the Inland Empire still have a lot to look forward to.



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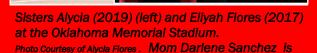
Flores Family Makes their Mark on GT and OU Softball

By Jaycee Valadez (2020), Sports Writer

TITAN TOWN - All families are special. The Flores family, though, is like no other at GT. Parents Jimmy Flores and **Darlene Sanchez**, put their free time, and money into the softball careers of their daughters **Eliyah** (2017) and **Alycia** (2019) **Flores**. It paid off because they both earned scholarships to play Sooner softball at Oklahoma University, a frequent national champion program.

Ms. Sanchez and Mr. Flores are a tag team. Ms. Sanchez, a security guard here on campus, communicates with her daughters' teachers. While Mr. Flores, their dad, has his own organization, which involves a batting cage in the family backyard, helping players improve their hitting. "Girls from all over the world come to my dad for hitting lessons," said Alycia. They have all dedicated their time and heart to this game and their futures.

A few years ago Alycia and Eliyah attended a tournament in Orange County. The tournament is known to be scouted b top colleges.



on the right. Photo by Jaycee Valadez

This is when OU approached Eliyah and told her to contact them. Eliyah was just a freshman in high school at the time. Eliyah traveled to OU there for a camp and that is when they offered her a scholarship.

It was deja vu for Alycia a couple of years later. She attended another camp in Orange County during her freshman year. She got the attention of OU scouts and they approached the family, offering her a scholarship.

The family's goal was to have both girls at the same college, Ms. Sanchez said. Come next fall, that will happen. Other campuses, such as Washington and Tennessee were considered.

"I've taught both sisters and I can tell you without hesitation that their effort in academics mirrors their effort in softball," said Mr. Victor Morales (English).

Eliyah adapted to the game quickly, Ms. Sanchez said. Alycia took some time to adapt. "Softball is a hard sport and you don't go in there thinking you're the best," said Alycia. She wanted to be the very best she can be and not be Eliyah's shadow, she said.

Eliya was named to the 2018 All-Big 12 Freshman Team, according to the OU Softball website.





By Claudia Ruvalcaba (2021), A&E Writer

TITAN TOWN – The release of the "final" chapter of the Halloween franchise has had people talking for quite a while. This is understandable since Halloween is one of the most popular classic horror-slasher films. It picks up after first movie, originally released in 1978. None of the sequels, however, are relevant to the original, prompting people speculate that it takes place in a different timeline.

Michael Myers, the main antagonist, comes back to continue his killing spree at Haddonfield, Illinois, after forty years. We see an aged Laurie Strode (played by Jamie Lee Curtis) the original protagonist, still very paranoid and living in constant fear of the possibility of the reappearance of Michael Myers. Her feelings of paranoia affect those close to her, such as her daughter and her other family members. It's the same events, but it does offer a somewhat different ending.

Though people are very appreciative of the fact that the movie used some elements from the original version, what really stood out was the music. Music is very important, especially in horror films. It makes the viewer feel either at ease or maybe at the edge of their seats, depending on the tone, pitch, and volume. The movie used sounds from the original, but in a way, they made it better. As mentioned in creator John Carpenter's, website, "The new soundtrack pays homage to the classic Halloween score that Carpenter composed and recorded in 1978...several new versions of the iconic main theme serve as the pulse in Green's film, it's familiar 5/4 refrain stabbing through the soundtrack like the Shape's knife. While the new score was made with a few more resources than Carpenter's famously shoestring original, its music spirit was preserved."

Sequels are known to not always to be better than the original, though in some cases, it doesn't apply. Some viewers of the 2018 release say that it's not that the newest Halloween was bad, most of what happened was just repeated. Despite that, this movie has to be the best sequel in the entire franchise. As cited by critic Johnny Oleksinski, "Finally, Hollywood has made a good Halloween sequel. It took them only 40 years."

Not to spoil the movie in anyway, the film just doesn't really leave questions lingering in people's heads. Well, maybe the noise after the movie's credits does. You'll just have to see. No. you'll just have hear for yourself.

Bohemian Rhapsody is Must Despite Flaws

By Claudia Ruvacalba, A&E Writer (2020)

A&E

TITANTOWN- Bohemian Rhapsody is based on the rise-to-fame history of the English Rock band Queen. Even though it's been almost 50 years since the band first formed, their music is still played and appreciated, maybe more than back in the 70's and 80's.

Queen wasn't your typical band where one or two members are the talent in the band. In Queen, all the members were extremely talented. All of the songs were written by the members of the band, not passed onto songwriters. Each of their personalities were, in a way, involved in their music. Combined with their astonishing music skills, the charisma, and energetic personality of vocalist Freddie Mercury, and you have one of the most iconic bands that existed.

Well known songs include, We are the Champions, My Best Friend, Under Pressure, and Bohemian Rhapsody, the title of this biopic.

"I loved it. I've always been a fan of Queen," said **Louie Romero**, a GTHS sophomore. "From researching then seeing them on the big screen was a dream come true. I liked the references to different songs and events that were going on in Freddie's life," Romero added.

The movie beautifully captured the beginnings of the band and their path to fame, though maybe they could have added a few more early details as it picks up when Mercury and the rest of the band find each other in a swanky English music club.

In addition, scenes with more shows that got them recognized rather than skipping a few years, would have filled in some holes.

Despite this, it is a movie worth paying for and watching, although the scriptwriters should have probably focused a bit more on all of the band members rather than the primary lens focused on Mercury. One is left wondering about how the other members of Queen reacted to everything happening in their life. Freddie Mercury was the front man of the band, yes, captivating the crowd, but the rest of the members were minimally involved in the film.





Gwilym Lee portrayed Queen guitarist Brain May and Rami Malek as Mercury in Bohemian Raposody (Top).

Queen members from top to clockwise, Brian May, John Deacon, Mercury, and Roger Taylor.

Google Images

Notable Songs by Queen

Tie Your Mother Down
Under Pressure
Bohemian Rhapsody
I Want to Break Free
We are the Champions
Crazy Little Thing Called Love
Dragon Attack
Another One Bites the Dust
You're My Best Friend
Somebody to Love
We Will Rock You
Radio Ga Ga
Killer Queen

