



The Panther Press

January 2022 Issue

Editor: Lianglong Huang

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Principal's Message

Hello Panthers! As we near the middle of our third quarter, I want to thank all of you that are displaying our Panther values. In our homeroom at the beginning of January we asked you to demonstrate responsibility by getting to school and class on time; to respect our campus and our custodial staff by picking up your trash; and to be fearless in the pursuit of your education. We have seen dramatic improvements in all of these areas. On behalf of the staff, know that we see you and applaud your efforts.

In that same homeroom, I asked you to tell us what you need from the faculty and staff at Florin to be respectful, responsible, and fearless. We received over 800 responses. Know that we take your feedback seriously. Last week, I presented your findings to our

Leadership Team and we began brainstorming ways we could immediately begin acting upon your feedback. I'll be responding to you shortly with our first steps to fulfilling your requests.

On a related note, I'm wondering how many of you would be interested in having "Donuts with the Principal"? I'd like to have more conversations with you and hear your ideas. I envision meeting in a small group with 3-5 students on Wednesday mornings and discuss topics that interest you. If you'd be interested in this please fill out this [form](#) and I'll be in touch shortly.

Lastly, Florin High School is currently in a mid-cycle WASC review. WASC is the association that reviews schools and colleges to ensure they are meeting certain standards. If they do, the school is considered "accredited" and supports the value of your diploma. As part of this process, the review team would like to meet with students and parents/guardians. If you and/or your parent/guardian would be interested in participating on the panel, please stop by or send me an email.

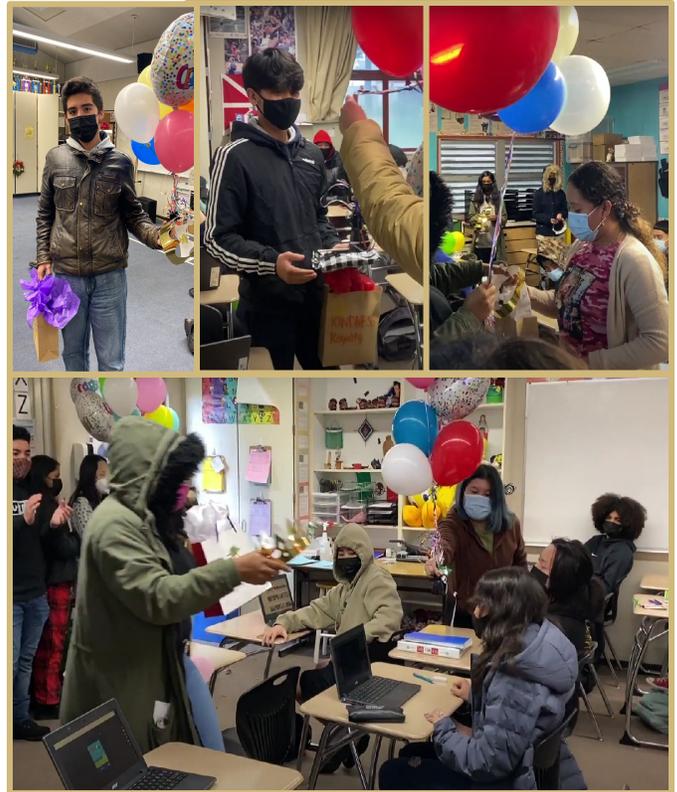
Remember that you know, and I know, that everyday is a great day to be Fearless! RAWR! - **Mr. Ortega**

Kindness Royalty

We expect all Panthers to be respectful, responsible, and fearless. Part of being respectful is being kind to one another.

Kindness has always existed within our community. It's part of the glue that keeps us together and showing a little goes a long way. That's the reason ASB's Executive Council decided to launch our inaugural Kindness Royalty program. We wanted to honor students who make an impact in their classroom communities with their kindness and empathy every day.

We began by asking every teacher to nominate one student from their 3rd-period class who is kind and consistently demonstrates our core values. Next, we announced the nominees to the entire staff and requested additional words of praise for our honorees. After gathering comments, we created certificates and goodie bags that included candy, panther goodies (t-shirt, sticker, button, & a lanyard), and a Starbucks gift card. Finally, armed with crowns, balloons, goody bags, and gratitude, we surprised each nominee to celebrate and honor their kindness. Congratulations to our inaugural Kindness Royalty Court!



Venru Besa

Shalei Biggs

Noah Deorosan

Anita Hau

Haylee Johnson

Karina M. Lopez Lopez

Kayley Meza-Rios

Cindy G. Rodriguez

Arturo Sanchez

Genesis L. Saucedo

Yatana F. Valencia

Santos Bibiano

Saul Castillo

Keyarra Finney

Brittany Izquierdo

Annalise Lee

Angelica Lyon

Julio S. Parra

Tommy Saeteurn

Cristoval C. Santoyo

Ethan Shah

Karen J. Zarate-Sierra

Sports

By **Mario Perez**, Athletic Commissioner

Friday, Dec. 17th: Men's Basketball versus Stagg High School. Men's Varsity won 57-49.



Wed-Thu, December 29-30th: Wrestling competed in the No Cuts No Glory tournament held at Natomas High School. These two days had talent from across the region come together and fight for the podium on the mats. Although few from our team placed on top, we earned the satisfaction of wrestling against top competition and made our time there worth it by the experience we gained.

Tuesday, Jan. 4th: It was the regular season opener for Men's Soccer vs. West Campus at home. Florin scored 2 goals in the first half, ending the period with a 2-1 lead. When the second half starts, Florin begins to dominate! We score 2 more goals and win the match.



Our Women's JV Basketball continued our winning streak by defeating Rio Americano. The final score was 32-29.

Thursday, Jan. 6th: Soccer competed vs. Valley High School. Men at home; women were away.

Friday, Jan. 7th: Tonight, Florin played 4 basketball games against Linden, West Campus, and Monterey Trail spread among the Mens' and Womens' JV and Varsity teams. Women's JV Varsity defeated Linden High School (24-22). Men's JV was victorious over West Campus with a final score of 54-46. Women's Varsity played West Campus and Men's Varsity played Monterey Trail.



Tuesday, Jan. 11th: Women's Soccer was at home vs. Cordova.

Wednesday, Jan. 12th: Men's Basketball played against our rivals, Valley High School, at home. Both teams delivered victories for the fans. JV played first, dominating throughout the game sending Valley home with its first loss of the night (59-33). Next up was Varsity and the had a strong command every second of the game and never faltering. The final score was 92-62!



Thursday, Jan. 13th: Men's Soccer was away at Natomas. Our Panthers brought home a victory (2-1).

Friday, Jan. 14th: Both varsity basketball teams were away at Cordova. Women's Varsity had a runaway victory (52-7). Men's Varsity also won (59-44).

Tuesday, Jan. 18th: Soccer was at home vs. Hiram Johnson. We narrowly lost (2-3).



The evening was also Florin Wrestling's first league meet of the season. We faced four rival teams, Cordova, Natomas, Hiram Johnson, and West Campus. Unfortunately we don't have the results of the match but we do have some great pictures.



Thursday, Jan 20th: Both varsity soccer teams played against West Campus. Unfortunately, our Women's team did not leave the field with the victory and our Men's match ended in a 1-1 draw.

Friday, Jan 21st: Tonight, Florin faced Hiram Johnson at home. Men's JV earned a loss; Women's Varsity won in an explosive 42-26 win; and Men's Varsity won with a final score of 71-65.



Tuesday, Jan. 25th: Women's Soccer vs. Valley High School.



Thursday, Jan. 27th: Men's Soccer won versus Cordova (3-0).

Spring Sports

The Florin High School Athletic Clearance process is now open for the Spring of 2022. All athletes must complete the athletic clearance process before participating in tryouts/practices.

When do practices begin?

Practices begin Monday, January 31st and all students must be cleared to practice online at athleticclearance.com Please contact any of the coaches below for more information about practices and athletic clearance.

<u>Men's Golf:</u>	Bob	Levin	-	rwlevin@egusd.net
<u>Baseball:</u>	Bill	Kapp	-	wkapp@egusd.net
<u>Men's Swimming & Diving:</u>	Kevin	Jacobson	-	kjacobo@egusd.net
<u>Women's Swimming & Diving:</u>	Danielle	Pedoso	-	dpedoso@egusd.net
<u>Men's & Women's Tennis:</u>	Sokthea	Chan	-	stchan@egusd.net
<u>Men's Volleyball:</u>	Shelby	Larkey	-	slarkey@egusd.net
<u>Track & Field:</u>	Saul Raygoza - saul.raygoza.jr@gmail.com			

FHS Athletic Clearance Process

1. Step 1. Students must update or create their own profile on athleticclearance.com for the 2021-2022 athletic season.
2. Step 2. Students and their parents must complete the student's profile by completing the required fields on their athletic profile which include electronic signatures.
3. Step 3. Upload an [EGUSD Athletic Physical Form](#) that has been completed and dated by a physician on/after 5/1/2021. (EGUSD physical link below)

Any students who need assistance with the athletic clearance process please feel free to email Coach Kapp at wkapp@egusd.net or you can email your coach. If you have any questions about practice times, locations or anything else about one of our sports programs, please reach out to the coaches listed above.

Reader's Corner by Moeitai Wilson

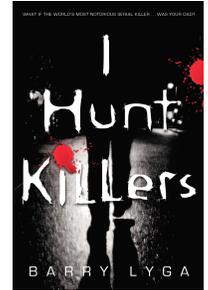
Reading is arguably one of the most important habits one can develop. Improving literacy is aligned with our values of scholarship here at school. To promote the important routine of reading, we've introduced a new series into our lineup, Reader's Corner. In this new section, we'll feature student reviews of titles available in our school library. If you find a book that piques your interest, stop by the library to check it out.

Next month we'll be launching a form to allow you to submit your reviews to be included in the Panther Press. Stay tuned for more information!

Hunt Killers by Barry Lyga. *Reviewed by Hao L.*

This story follows Jasper, whose father is a convicted serial killer. Growing up, he had a childhood much more bizarre than others and experienced events which inflicted trauma onto him. As a result of this, he learned a lot of his father's psychological understanding and manipulation abilities. After his father was caught, he was sent to live with his grandma, who's losing her sanity day by day. It isn't long before a new murderer strikes his town and he has to do what it takes to catch the killer to convince his town that he is not like his father. However, Jasper struggles with fighting himself and questions if he really can overcome himself and be a normal person.

I liked the character development of the main protagonist as well as the many plot twists throughout the book. The mystery of not knowing what was going to happen next or what was occurring in some parts was thrilling.



The Sun is also a Star by Nicola Yoon. *Reviewed by Sienna P.*

College-bound romantic Daniel Bae and Jamaica-born realist Natasha Kingsley meet -- and fall for each other -- over one magical day amidst the chaos of New York City. These two strangers, who might never have met, had fate not given them a little push felt sparks between each other almost immediately after meeting each other. Natasha is fighting against her family's deportation just as fiercely as she's fighting her growing feelings for Daniel.

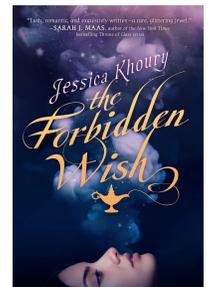
I love how this book gives a different point of view for each of the characters. It always has me on edge why the characters don't just tell the true story or how they feel in that moment instead of keeping it inside.



The Forbidden Wish by Jessica Khoury. *Reviewed by Annie C.*

Similar to the story of Aladdin, except there's a romantic twist between the wielder of the lamp and the genie. It's an adventure where romance develops throughout the journey of power struggle and choosing between freedom or love.

I love how this book dives deep into the past throughout the story, and uses many hinted details to keep the readers engaged. The characters are also very different and unique to each other.



Shine by Jessica Jung. *Reviewed by Caslubnis V.*

This book is about an international Korean American singer and what her life was like in the K-pop industry as a trainee and how she [became] a star.

I really like this book, how she speaks in honesty about what the industry is like as a trainee, interacting with other trainees, and what the rules are. I disliked the boss in this book because the boss or the people in charge were very toxic except for the one who helped the main character.



Future Focus

Here at Florin, we want to encourage students to have forethought about their futures. Future Focus is a new series where we highlight different growing professions in our economy for fellow Panthers to consider. We hope the information here informs you about possible career pathways you would like to pursue. This edition features a variety of jobs in the field of finance.

Finance: It has throughout our history played a crucial role in our lives and will continue to do so, especially in our changing technological economy. It deals with people's savings, investments, and oftentimes their livelihoods as well as those of businesses, from the smallest family shops to the largest corporations. Many are fascinated by the intricacies of the dollar and the world of success it can lead to. From accounting to financial advising to more lucrative positions such as in the investment banking world and even being an entrepreneur, this field can offer you a successful career dealing with money. The major career categories here include corporate finance, investment finance, financial advising, economic analysis, financial analysis, and banking. These certainly aren't the only ones in the world of finance, but they will familiarize you with the tasks and impact of this sector. You'll find some of these sections overlap, as many can and do transition between these subfields.

Corporate Finance: Working in corporate finance gives will let you help companies manage, use, and maximize their profits to meet company goals. Your skills will help businesses manage cash flow, optimize their costs, prepare their taxes, plan their investments, and more. Experience will allow you to move up the ladder and see greater opportunities to make money. An entry-level job could entail being a corporate accountant or a financial analyst.

Investment Banking: In investment banking, you'll oversee the capital and investments of companies. You'll be tasked with advising corporate leadership and overseeing financial acquisitions, fundraising, and more. You could help a big tech giant merge with another in the industry, or help a fast-growing enterprise go on the public stock market. Here, opportunities will depend on your connections and how well you perform. The compensation is lucrative as well.



Financial Advising and Planning: As a financial advisor, you will help clients manage their finances, create plans for their investments, saving goals, budgets, taxes, and more. You will be helping people plan for retirement, save for their child's education, start a business, or help create and manage their investment portfolio. In this profession, you will build a personal connection with your clients and the impact of your work. The expertise you provide will assist others in pursuing their dreams and goals.

Banking: Bankers play an important role in the world of financial services. They are the people who we first meet at any physical bank branch. They guide us, offer advice, and serve our requests. Their work allows more of the general public access to the products, services, and benefits of doing business with banking institutions. Going down this path will put you in the door to getting a bank management position and give you the skills necessary to excel at other establishments.

Economic Analysis: These positions deal with markets and the broader economy as a whole. Their job includes but is not limited to: making predictions about either the state of a specific sector. For example, forecasts for the future of information technology or the larger economy such as, measuring overall job growth. Positions of the latter are found usually within a government agency or academia. There are also jobs such as being a Quant, which will see you tasked with using your expertise in mathematics to create models and projections to assess your company's future outlook in their market. More academic professions such as economists can transition their skills smoothly to other corporations, universities, and government agencies.

Here are some online sources to further explore your possible future career(s):

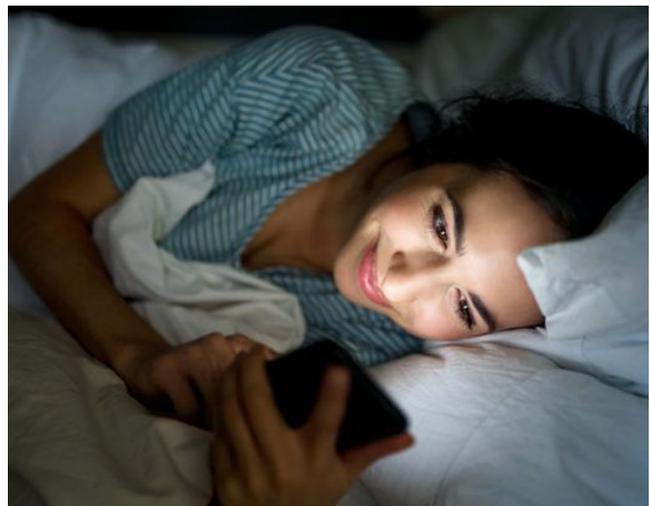
- Career Profiles - <https://www.careerprofiles.info/business-careers.html>
- University of Kansas - <https://business.ku.edu/business-career-services/career-resources/career-options-major/what-can-i-do-major-finance>
- U.S. Bureau of Labor Statistics - <https://www.bls.gov/ooh/business-and-financial/home.htm>

Advice: Breaking Bad Habits

Bad habits can haunt us. Whether you find yourself constantly scrolling through Instagram throughout your day or catch yourself slipping as you reach for that 20th Oreo you promised not to eat. Here is a great way to break those unwanted habits and replace them with better ones. The first order of business is to understand the importance of consistency. Repetition of a bad action is what makes it a bad habit (as well as the positive feeling it gives you), which means that repeatedly refraining from doing it will help you rid of it. Now, that's a lot easier said than done. First, identify this unwelcomed habit. We'll use the example above: phone/social media use. Quitting your vice cold turkey without forethought is far from optimal, and often doesn't help you stick to that change if the habit is addicting. We'll go through a more methodical approach here.

After you've selected your bad habit, find out what triggers it and remove that stimulus. Does waking up with your phone near your bed trigger your mind to crave social media? Well, there's a solution. Put your phone across the room with a book on top of it. Changing your environment helps tremendously. Next time you wake up, your brain will notice things aren't normal. You'll feel the urge to pick up the phone. But the key is to keep away from it. Go through your regular hygiene routine, brush your teeth, wash your face, do your hair, and get yourself prepared for the day. Now, pick up that book you left on top of your phone and read 5 minutes. Is that too easy? Start with 10 then, and eventually move up to 15, then 20. But start small, you don't have to come out guns blazing and read a whole book before you leave the house. Now, it's a matter of

being consistent with this new morning habit. Do it again tomorrow, then the day after that. If you lose the motivation to do it, no problem, you don't need it. Just read 1 page if you have to. Remember, consistency is key. Soon, your self-discipline will be strong enough that you won't need any motivation at all, it'll be a habit ingrained within you. When you start off, you will also find it useful to put your phone in your backpack and avoid touching it as much as you can throughout the day. It's the little things that make a difference too. Now, since you've equipped yourself with the knowledge and experience of quitting a bad habit, you can implement the same principles in other areas of your life. Walk to your kitchen, look at that pack of Oreos closely. Its days are numbered (you just throw them away and don't buy more, not too much fuss).

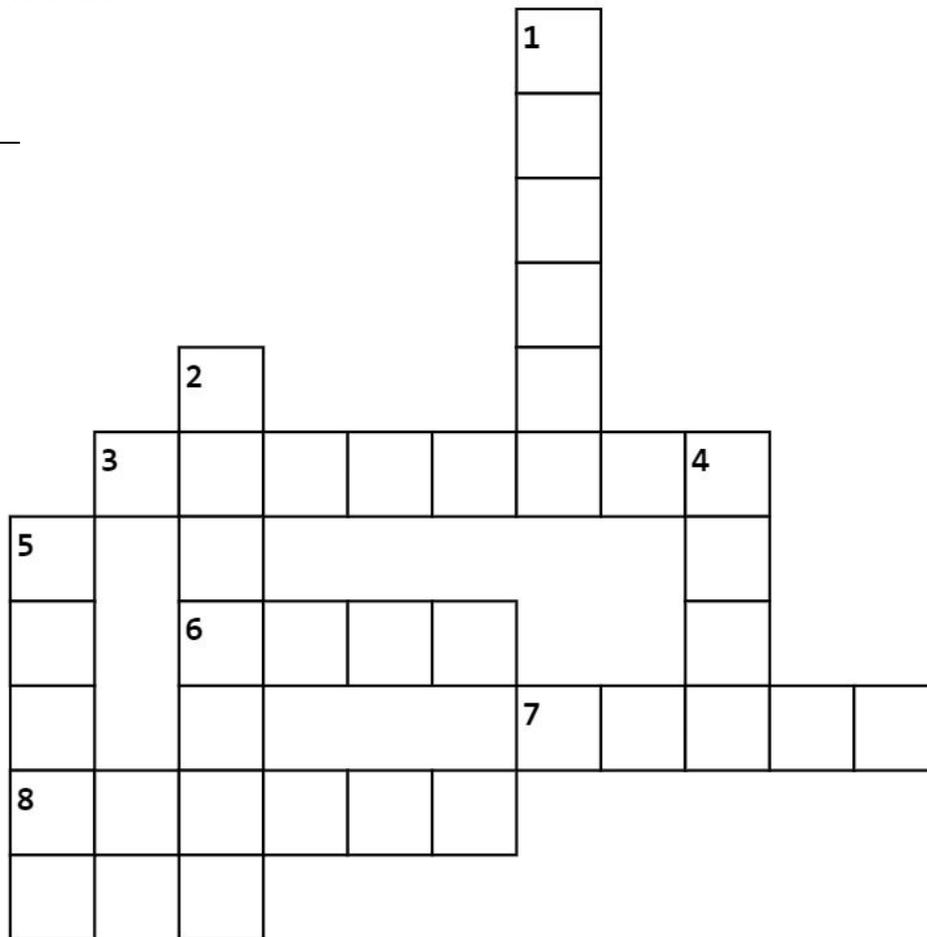


Crossword Puzzle

Below is an easy crossword puzzle with answers to Random Trivia. Find all the words and submit the odd-numbered ones (1,3,5,7) using this [link](#). If you get them all correct, you'll be the recipient of **10 Panther Points** redeemable in the Five Star Students App. Submit by February 18th.

Submit the following words

- 1 _____
- 3 _____
- 5 _____
- 7 _____



Across

- 3. The most abundant metal in Earth's crust
- 6. Largest organ on your body
- 7. Chlorophyll makes plants appear as this color
- 8. The fifth prime number counting from one

Down

- 1. The term for a dash(-) in writing
- 2. Another word for spectacles
- 4. 5,280 feet are equivalent to one _____
- 5. Dihydrogen Monoxide is also known as _____