

# TALON

Mental  
Health is  
Important

Buy Your  
Yearbook

All the steps on how to buy  
the 2022-2023 yearbook!

Get to know  
some  
Hawks!

Brooke Doherty, Adam  
Schussel, and Kenny  
Jackson

New Band  
Director

It's time to get to know him  
a little better!

YUFAN'S UNIVERSE



# Mission Oak Talon

## Staff

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Jasper Cederlof

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**Mel Gonzalez**

Greetings and salutations fellow Hawks. My name is Melissa Gonzalez, but you can call me Mel.

This year is my third year as a Talon magazine member, as well as elected Chief Editor. I hope you, the reader, take the time to appreciate the work that was put in by our student journalists. Our first magazine of the year will showcase all the school's achievements, and chisme, for this month of September. So please, sit back, relax and enjoy this month's magazine!

## Advisor

Mr. Hazelwood

@missionoakhs\_asb

Mission Oak Talon



@missionoakasb

Mission Oak High School ASB

WITH THE ONE WHO DOES IT ALL...

# BROOKE DOHERTY

# Q

# &

**1 Can you tell me some things about yourself?**

# A

"I am a super outgoing and energetic individual who loves to be involved.

I am motivated and determined to succeed in everything I do. I take a lot of pride in my academics, sports, and extracurricular activities. I enjoy spending quality time with my family and friends on my free time."

**2 Where do you see yourself in five years?**

"Five years from now, I hope to have graduated from a four-year university and begun my career in education. I would like to be teaching either high school English or middle school students. I am very excited for my future and where college takes me."

**3 What kinds of extracurricular activities and sports do you participate in?**

"I am a part of several different extracurricular activities. I am heavily involved in ASB, College Network, Class Council, and CSF. I am also a member of both the Varsity Soccer and Track teams. Outside of school, I am part of a travel soccer team and an active member of my church. What all of these activities have in common is that they allow me to build close relationships with others who have similar interests as me. In addition to that, they keep me actively participating in events that I enjoy and allow me to positively improve my character. I don't know where I would be without my extracurricular involvements."

**4 Out of all of the events planned for this year so far, which are you most excited for and why?**

"Out of all the events planned this year, I am the most excited for Homecoming! Homecoming is our first major event and it provides a true opportunity to show off the school pride Mission Oak has. A lot of time and effort goes into producing an amazing Homecoming so it's always super exciting to see the turnout every year."



**5 Who inspires you?**

"One person who inspires me is my mom. My mother, Christie Doherty, is one of the most selfless and genuinely kind individuals I know. She lives her life with positivity in the palm of her hand. I have been lucky enough to have her be both my best friend, and my mom. Not only that, she pushes me to be the best version of myself. I aspire to leave an impact on someone's life as huge as the one she has left on mine."

**6 What are some things you love about Mission Oak?**

"There are a lot of things to love about Mission Oak. One thing that stands out to me is the amazing staff. Every teacher I have had has genuinely put forth their best effort in order for their students to succeed. Not only that, they care about their well-being. A significant amount of teachers have turned into mentors and people I can trust. The teachers I have had over my past four years of attending Mission Oak are huge contributions to my success as a student and person. I am so thankful for all of the positive memories and moments I have gained over the years with the Mission Oak staff because it has truly made me enjoy my high school experience ten times more."

# YUFAN'S UNIVERSE



*When it comes to Yufan, the talent and resilience came quickly, he is also determined to make his way up the ladder and determine to go far in the season*

**Question 1:** *What do you miss most about your hometown?*

A: I miss my family and friends. There was this street where they sold food. The food there was so delicious.

**Question 2:** *What is your greatest strength as a tennis player?*

A: My greatest strength as a tennis player would be that I never give up. Although I may not hit a ball, I will still run for it.

**Question 3:** *What do you see yourself doing after high school?*

A: After high school I see myself wanting/going to go to a four-year university, but I don't know exactly what for. I believe that everyone should go to college.

**Question 4:** *What is the biggest challenge you faced coming to America at 15?*

A: I would say the biggest challenge that I faced coming to America is the language barrier.

# K. JACKSON #3

"WHAT I LIKE ABOUT MISSION OAK IS HOW I CAN GO EVERYDAY KNOWING THAT I HAVE AMAZING TEACHERS AND FREINDS TO SUPPORT ME, TO LEAD ME TO BE BETTER AND ALWAYS BE BY MY SIDE NO MATTER WHAT." (KENNY JACKSON)

JACKSON IS A CURRNET JUNIOR, VARSITY FOOTBALL PLAYER HAS SHOWN EXTRODINARY DEDICATION TO HIS TEAM AS HE PLAYS FOUR POSITIONS.

(RECEIVER, RUNNING BACK,CORNER,AND STRONG SAFTEY) HE IS A VITAL

PLAYER SO KEEP AN EYE ON HIM



# MO. FOOTBALL 2022

# SENIOR YEAR



In life, being a teenager is a very short and bittersweet experience. One moment you could be applying to your dream college, taking all the APs, honors, a-g's, and clubs you need to even be looked at by a college, and in the next, you are thrown into the world of adulthood.

For us students, senior year is seen as THAT year, the year where your whole future could be decided in a mere 9 months of school. However, no matter what your plan is for the future, almost every senior can agree that our last year in high school can be a very stressful and scary one.

Mission Oak senior Madalyn Caso can agree. Caso is a very academically decorated student and has been a part of numerous clubs and classes during her time in high school. From multiple AP classes to being a member of the marching band as well as the Science Olympiad. All of this hard work and effort, just to be able to attend only the best of colleges like San Jose University, George Mason University, and the University of Plymouth. Yet, even the stress of being a senior can also have effects on the top students in our school. "It feels like I walked through a time portal and ended up here as a senior. Blame COVID for that one. Right now, it's stressful to get everything completed while trying to have a fun last "normal" year. Being a senior right now is trying to cram classes in and finishing up personal statements while keeping a cool mind." (Madalyn Caso) Stress will and will always be part of our lives. It's what motivates us for success and it's what makes us resilient people. So to my fellow seniors remember that stress is what makes us teenagers.

# PASS, SET, HIT!!

Will they  
clench  
another  
valley  
title?



**MISSION OAK'S NEW VARSITY VOLLEYBALL COACH, SARA GAUNA, HAS HIGH HOPES FOR HER TEAM AS THEIR FIRST LEAGUE GAME APPROACHES THEM. GAUNA HOPES THAT HER TEAM IS ABLE TO BUILD A TEAM CHEMISTRY LIKE NO OTHER. SHE HOPES HER TEAM WILL BUILD STRONG, POSITIVE ATTITUDES TOGETHER. "WITHOUT THE TEAM CHEMISTRY, THERE'S A CONSTANT STRUGGLE. BUT WITH IT, VOLLEYBALL IS MORE COMPETITIVE AND FUN WHEN YOU'RE ALL PLAYING TOGETHER AS ONE." -SARA GAUNA**



"Change is good, and it's nice to get a new perspective."  
-Jimena Barajas (senior)

# OFF GUARD

*Cesar Alba*



"YOU MAKE GOOD FRIENDS IN SPORTS"

He is a football player who is also involved in ASB. He enjoys watching and playing sports very much. He likes ASB because he gets to do things for the school and gets to hang out with all his friends at the school events he attends. What he does out of school is work. Not only does he work, he enjoys playing video games and welding is one of his hobbies. What people see as Cesar Alba is hard-working, smart, creative, outgoing, and always has a good attitude, and is a really great friend.



"MY GOAL IS TO GET CLOSE TO BEATING MISSION OAK RECORD FOR DISCUS"

# Yearbook

**Make sure to buy this year's Yearbook!**



## **Editor in Chief** London Jones

**"My favorite thing about the yearbook is how it challenges you. Every year the same sports and events happen, yet you have to construct each spread in a new way, while still making sure every page goes together to create a memorable yearbook people will look back on for years to come."**

## **Mission Oak Talon**

By Heidi Gutierrez

The yearbook staff works hard every year to give Hawks an amazing yearbook. A yearbook filled with memories you'll cherish forever. Every page is the history of Mission Oak. Every page is filled with memories. When you buy a yearbook and you look back at it after many years, all the memories will come flooding back and it's definitely an amazing feeling! That is why we encourage you to buy this year's 2022-2023 yearbook!

You can visit the website:

[treering.com/validate](https://treering.com/validate)

and enter the code:

**1014537412003586**





# Dance Dynamics



Meet Tulare Joint Union High School's new dance team, Dance Dynamics. The team consists of 15 dancers from MO, TU, and TW.

These girls share a love of dance and the arts. The team is taught by Ms. Georgia Crites, who is not only a dancer herself but also an amazing choreographer.

*by: Sabrina Harlan*

# Mission Oaks

## NEW CARR

"Once my student, always my student."  
So, it's been really nice to see how so  
many of them have grown and found  
their own way! - Calvin Carr

Entering the school year Mission Oak hired our new band director! Mr. Carr became a hawk from working many years at Pixley's Middle and Elementary school, we are excited for what he has prepared for our band and are sending lots of luck hopefully placing during competition. We are happy to have Mr. Carr representing Mission Oaks band!!

Mr. Carr how I stated has worked for many years with the Pixley School District, he says

"Transitions from working at Pixley Elementary/Pixley Middle to MOHS has been a wild change! It's a totally different mindset with way more advanced goals in mind."

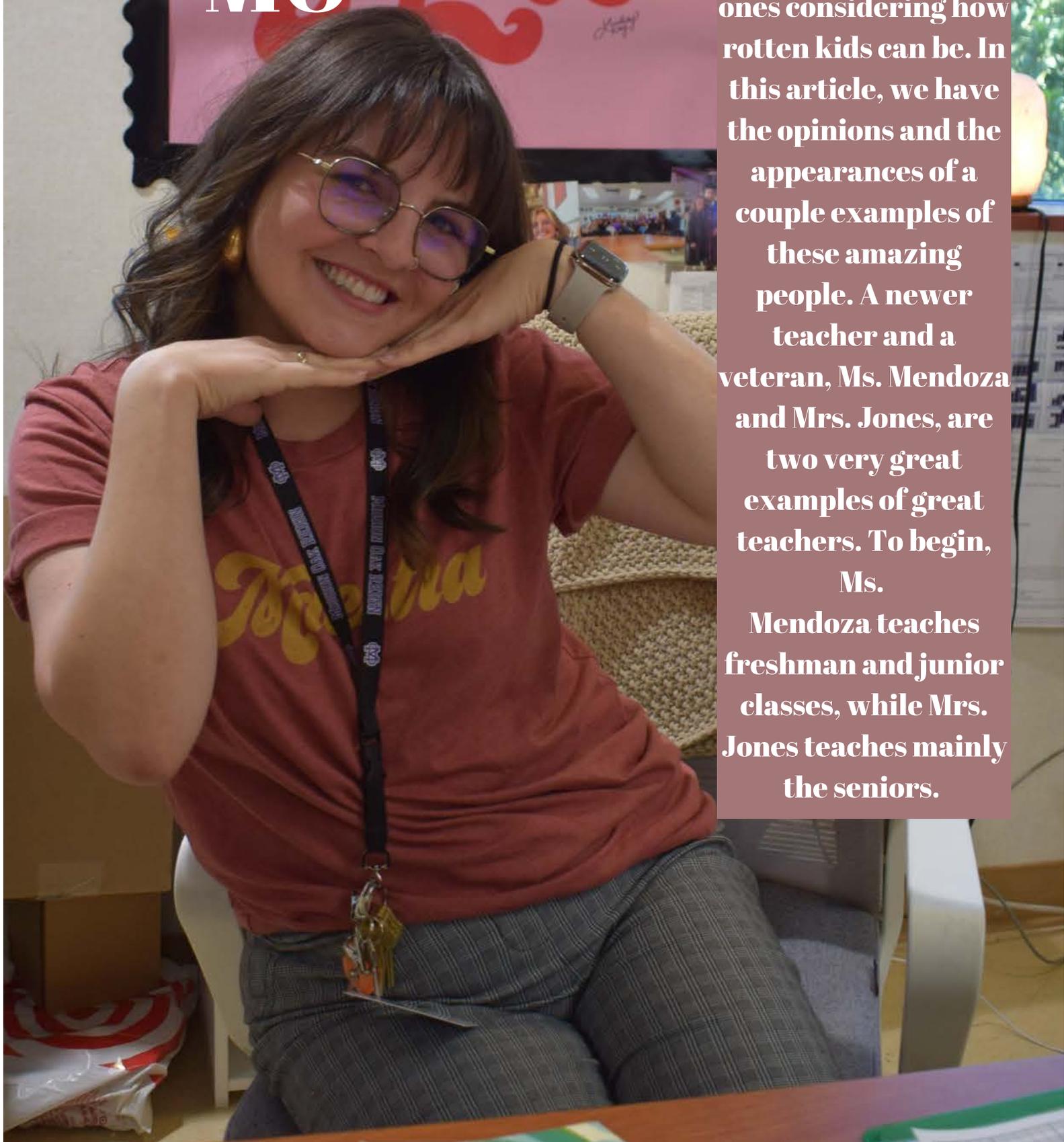
One of his goals this year is to see the band program grow; "Mr. Lambert did a phenomenal job the past six years and I want to keep that going. We want to have fun, entertain the student body, support our athletic programs, and encourage more HAWKS to join the Bands, Color Guard, DrumLine and Orchestra".

MR. CARR



# Teachers of MO

Every school needs its teachers, especially resilient ones considering how rotten kids can be. In this article, we have the opinions and the appearances of a couple examples of these amazing people. A newer teacher and a veteran, Ms. Mendoza and Mrs. Jones, are two very great examples of great teachers. To begin, Ms. Mendoza teaches freshman and junior classes, while Mrs. Jones teaches mainly the seniors.

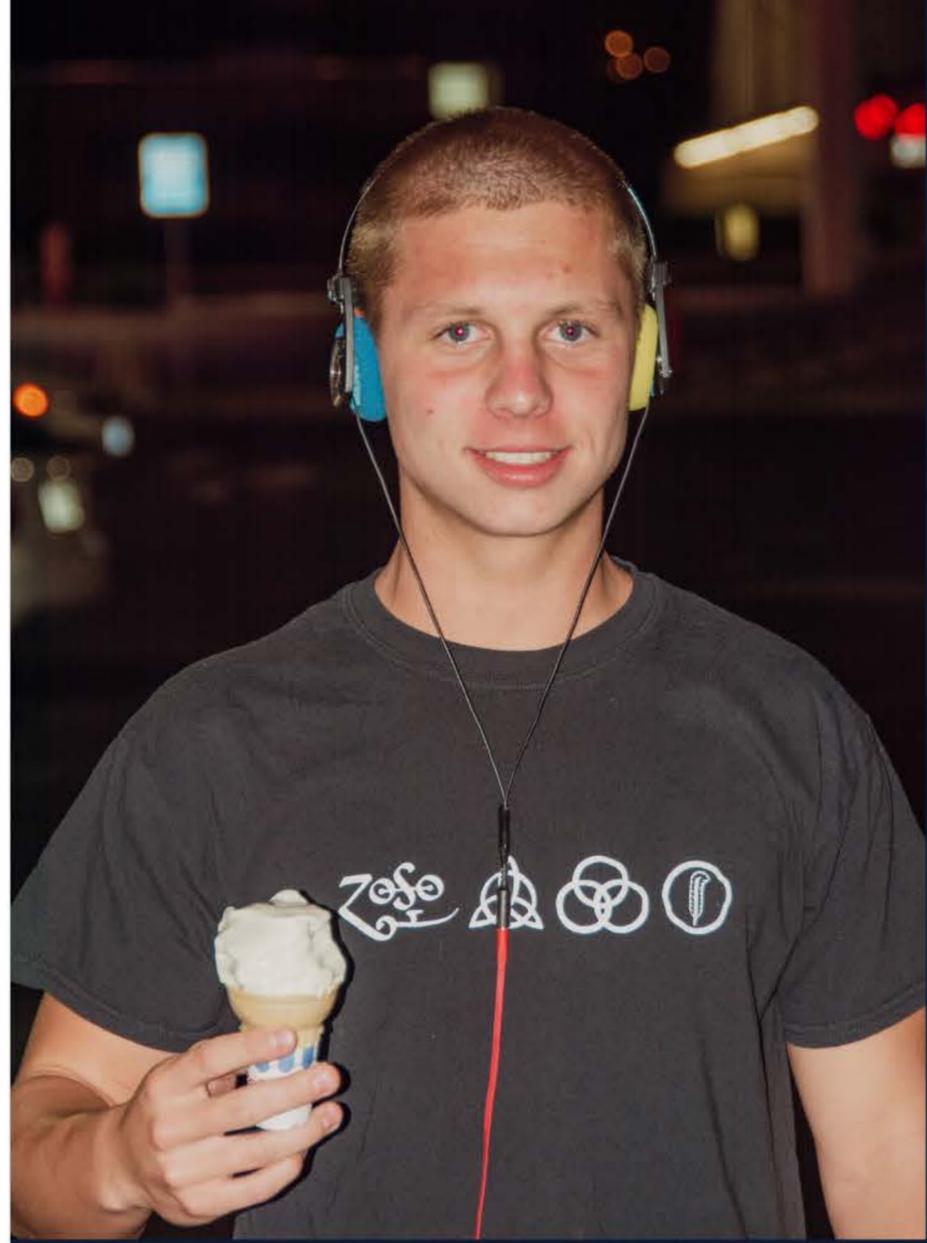


**Ms. Mendoza was not only a student at Mission Oak, but a former student of Mrs. Jones. Good teachers should be given the proper respect and consideration, as they are here to grant you the same. At this school in my later years, I have been given the fantastic honor and opportunity to be within these rare good teachers' classes.**



# MR. SCHUSS

Adam Schussel is a senior here at Mission Oak and is a noble member of our community. He is involved in Water Polo ASB, and CSF.



*~ a hawk role model ~*



Adam has volunteered for Harvesting Hope ever since he was introduced. This means he has contributed countless of his hours to fighting hunger in Tulare County. Adam excels in academics, always eager to challenge himself, but what makes him truly unique is his creative gift. He is described by his peers and the student body as helpful, intelligent, innovative and outgoing. Adam is a role model for who we should strive to be as a scholar and friend.

# TAKE TIME FOR YOURSELF

By Anaisa Otero

When was the last time you took time for yourself? Many kids nowadays are stressed with school and rarely remember to put themselves first.

It's okay to not feel your best sometimes but don't let it drag you down. If you ever feel stressed, angry, or anxious try this breathing technique shown on the left.



“Time to do what makes your soul happy”

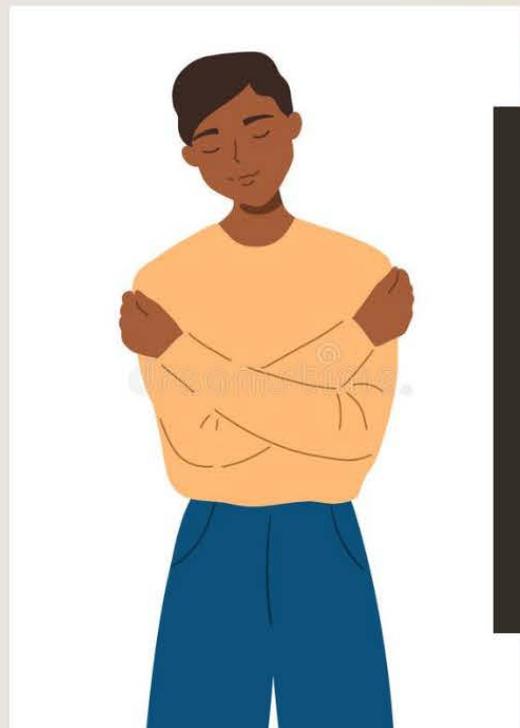
There are many different ways you can nurture yourself. You can do self-care in many different ways such as physical, emotional, spiritual, and mental care.

Physical: Eat a healthy meal, cut back on fast food and spicy chips

Emotional: Journaling, write down your emotions if you can't explain them to someone

Spiritual: Try breathing techniques and relax

Mental Care: See a therapist if needed, they are here to help you



# Mental And Emotional Well-being

With the fall season approaching, you may find it challenging to balance the days. Between athletics, grades, clubs, and extracurricular activities, it's easy to get overwhelmed. Here are some tasks for letting yourself recover from a bad day:

- Take care of your hygiene. Take a shower, brush your teeth, and change clothes.
- Clean something. This can be an area in your room, the bathroom sink, or an object, (like your Chromebook!)
- Take care of something else. Brush your pet and water your plants. You can water a fake plant, too, that never hurt anyone.
- Listen to music you like, and look out the window for a while.
- Call a friend or family member from beyond your house. It's essential to stay connected to the outside world.
- Do something to raise your heart rate. This could be jumping jacks or even laughing!
- Do something you'll thank yourself for later. Maybe this is folding your laundry or making your bed.

Remember to stay hydrated and don't be afraid to ask for help.