

The

February 2020

TALON

Mission Oak's Finest

WINTER WARRIORS!



From wrestling to indoor percussion
to academic decathlon, Hawks are
dominating the cold months

Enjoy our Feb. 2020 edition

Hey Hawks! 2020 already??? I guess time really does fly by when you're having fun. 2020 is here, and that just means we have so many stories to bring to you guys! All you Hawks have been working hard through this entire winter season, and we see it. The Talon thanks you guys for being as awesome as you are. With that being said, we hope you guys keep up the good work because you all are doing great! We worked hard ourselves to bring you this month's edition of The Talon. Hope you all enjoy it!

Love you, Hawks <3

Summer Enriquez
Editor-in-chief



TALON

is created by the students of
Mission Oak High School in Tulare, Calif.

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Find our channel and weekly videos on



"Hawk Highlights"(see Brianna below) showcase different Mission Oak superstars each week. Check 'em out on MO ASB's Facebook and Instagram profiles.



"I like how everyone can be their own person and find their own passion through sports and clubs. The staff here is also great. The memories I've made here at Mission Oak through sports will last a lifetime. I can definitely say I've found my own passions here at MO."

Brianna Alvarez, senior

2020 Mission Oak Talon

#purplereign #mohawks #findyourgreatness



Kindness week





BRAIN GAMES

By Nalani Ginn



In the next couple of the up and coming weekends, a few of our Hawks will be competing as Mission Oak's Academic Decathlon team. Since

this is a fairly little known about club, I'll go into detail on this event. Our students have been preparing to test their knowledge on a variety of materials for the past few months, and now are starting to compete. Teams are given an abundance of thick study materials for each of the subjects, and are left to decide how they want to use them.

The club is



Sarah Teixeira
"My favorite part about this event is how many different events there are and how interesting the topics it covers are."

supervised by Mrs. Anthony, who is planning on as well as running the club, adding a class to go along with it next year. This class will teach study skills as well as prepare for the event itself.

Going back to the competition, it is a series of tests as well as other academic challenges for the students.

These categories are:

- * Literature - This goes over a few short selected

works as well as the main novel, *Frankenstein*.

- * Social Science - It focuses mainly on history of medicine.
- * Science - This year's topic is cancer research.

- * Math
- * Economics
- * Art - This tests on a knowledge of art history and technique.
- * Music - The music category focuses on different pieces, as well as technical aspects.
- * Speech - This is on any topic that the

speaker feels passionate about, and ranges from argumentative to even possibly fictional

- * Interview - The student is interviewed and asked questions about themselves, and their future plans.

- * Essay
- * Super-Quiz - In teams, students answer questions.

Overall, these students have been studying hard to prepare and we wish them good luck!

11/14 - Practice testing
1/22 - Essays
1/25 - Testing on main subjects
2/1 - Speech, Interviews, and Super-Quiz



Casey Seechan
“The academic decathlon program has not only taught me to dig deeper into your learning but to also adventure out and not stay in your comfort zone.”

Winter is coming

(percussion)

By Israel ceja

Theme of this year's percussion show: So in the beginning, it's like you're introduced into this new 'thing' so like it's your 'first breath' and you're fascinated with it. And as you continue to learn more about it, you become obsessed with it. You start to think that you're the only person who can have this 'thing' and no one else can have it. So it shows how the fascination of a new concept can easily turn dark.



Rayn is a senior and the snare captain. He enjoys the environment he's in as he does winter percussion. Rayn also enjoys how everyone works together to contribute to one product which is basically the joy of winter percussion to him. To him, winter percussion is one of the most team building sports. Rayn also stated that he works really hard alongside the rest of winter percussion, practicing more than 12 hours a week and they put in practice outside of rehearsal and his favorite thing is that they hold formation and most of the music comes from all of sections.



Daisy is a freshman and plays the bass drum. She enjoys hanging out with everyone that goes to rehearsal and that she gets to learn new things about winter percussion. She and her fellow winter percussionists work hard and that they have a week of rehearsals from 9-9, then the rest is 2-3 practices a week. They also have to do reruns to be able to get things right. But in all, she enjoys winter percussion and makes the most out of it!



(both are part of ensemble)

To Joseph (senior), a vibraphone player, the enjoyment of winter percussion is how everyone connects and to him that feels really cool, alongside with the fact that he gets to do something different like in techniques and/or styles. Joseph works really hard, doing mental exercises, rhythms, chords and stretches. Not just that but they also have lots and lots of practices and his favorite thing is the people you get to meet and how connected you become to everyone.



The enjoyment for Jamie (sophomore), a marimba player, is that it's like a family. You are able to spend so much time with people that you are able to have good experiences. She stated, "winter percussion is group of people coming together to do something 2-3 times a week and work really hard, a lot harder than most think because it's mostly everyone's second instrument so more work has to be put in outside of rehearsals because it's not your main instrument." Jamie's favorite thing about the marimba is that it is mostly all interpretation and that you can make it sound awesome and to her she gets to a certain point to where it's just an extension of her arm and she just goes.

The Winter Warriors: A Look Into the World of Wrestling and What It's Like To Be Apart of MO's Division 1 Team

By Summer Enriquez

A simple overview into our school's sports teams, many times people get a little side tracked by sports like football, basketball, or even soccer. What some people don't know much about is our very own wrestling team.

Being on the mat is definitely an experience. Wrestling is really a sport that pushes you to your limit and then some. This sport is not only physical, but a mental game as well.

Our average season consist of starting out with about 70 people and end the season with about 45 to 50 kids who stuck it out all winter long. For the



most part this is a dead give away that wrestling isn't for everyone; but for those who stick it out, I can honestly say have benefited greatly.

Learning From The Best

MO Coaching staff is really an amazing group of people, but I have never seen coaches so

determined to see their team succeed as much as our wrestling coaches do. Every day except for probably Sunday you can find MO's wrestling coaches on the mat cheering on their wrestlers to keep going and to just leave it all on the mat.

Coach Zee Enriquez is MO's boys head wrestling coach and really the reason he loves coaching so much is because a coach helped him once. When asked more about it he replied, "It was a wrestling coach that helped me out. That's why I want to give back

and be a head coach of a program because of all the opportunities that were given to me to be successful." Coach Zee has been pushing the wrestling team to be the best and will continue making wrestlers reach their potential for many years to come.

For about 3 years, MO's girls wrestling team has flourished and we have no one else to thank for that then our very own Travis Carpenter. Coach Carpenter has been a coach here for quite some time and took the task of coaching girls who for the most part have never even stepped on a wrestling mat before. Now he has led the girls team to win EYL 2 years in a row. His 42 years of wrestling experience has benefitted this team greatly and to this day



he still loves being involved on the mat.

Just this year, Coach Damien Phillips has joined the hawk wrestling family. He has been in the sport since he was 5 and is very passionate about working with these kids. To him, these kids that leave it on the mat can do anything.

“You Only Get What You Earn” - Nicholas Zavala

To some, wrestling is more than just a sport. It is a way of life. Nico Zavala, Izabella Evans, Ricky Matus, Lllah and Mikey Delgadillo are prime



examples of wrestlers who have dedicated their lives to the mat. A lot of them have been wrestling since they were children and plan on continuing to wrestle in college.

Newer wrestlers each year are inspired to make their mark on this sport. From Freshman just starting out like Nathan Enriquez, to new coming Seniors like Nayeli Castillo each of them have something great to say about this sport. What every wrestler has said when asked what they love most about this sport is the bond you make with your teammates. In simplest terms, wrestling is more than just a team, it is a family.



We all know and love the wonderful Laurie Jones. If you've been living under a rock and don't know Mrs. Jones, she has been the heart and soul of Mission Oak since 2008. Want to be happy like Jones? Here are some of her words of wisdom:

JEMS

With

Mrs. Jones



“80% of success is showing up.”

“If someone is having a bad day, be the one to make it better, not worse.”

“Students don’t need to do ALL things well, just a few and dive deeply into them.”



“The biggest regret my seniors share with me is NOT getting involved sooner.”



Disney
**THE LITTLE
MERMAID**
Mission Oak Drama Dept.



Senioritis Strikes Back

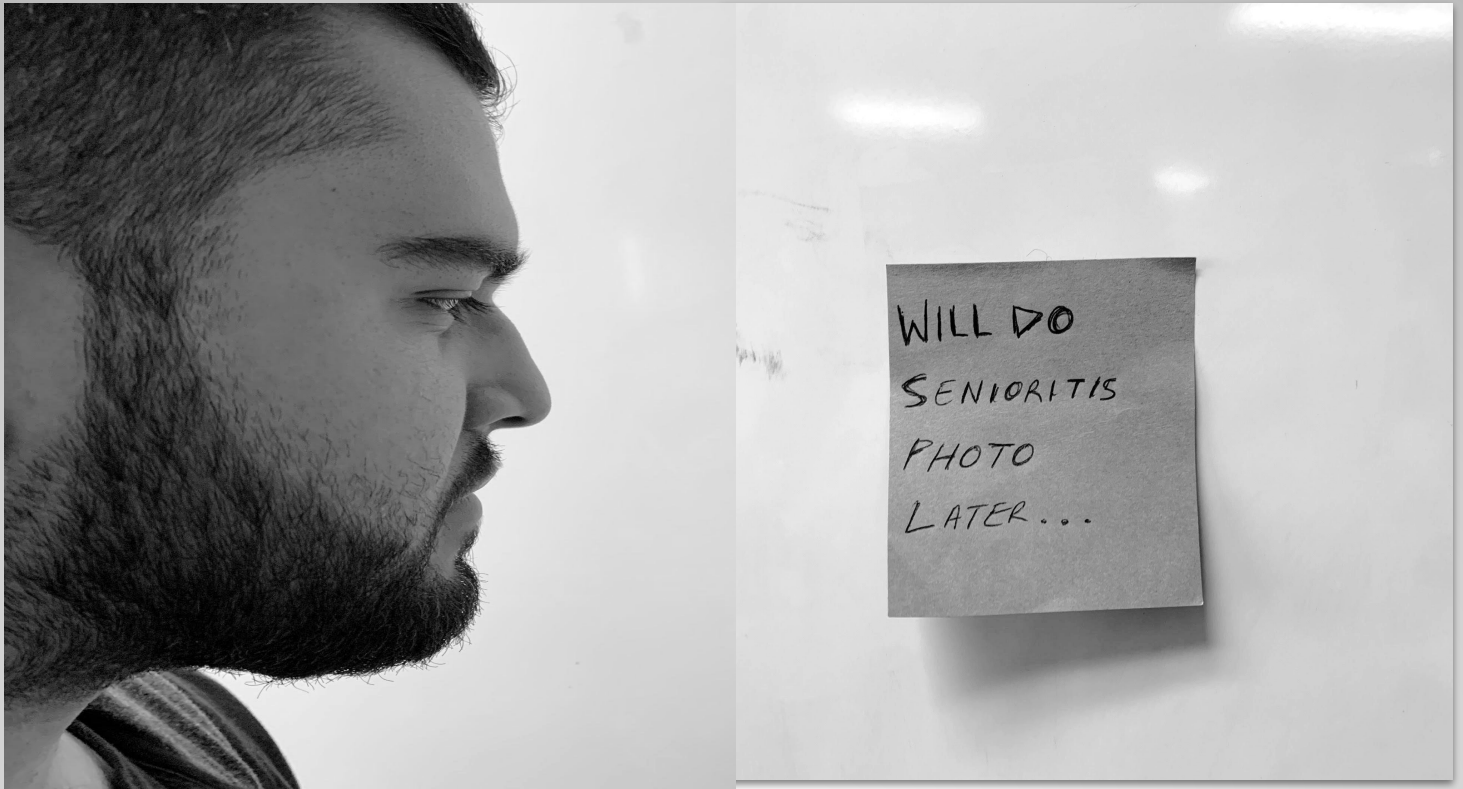
By Andrew Hernandez

Most students in their final semester of high school find the lack of motivation weighing on their backs. This phenomenon is called Senioritis.

Not to be confused with Seniorosis, Senioritis gets into the heads of those in their final stretch of high school.

The symptoms include: swollen ego, homework fatigue, short term memory loss, inflammation of the whining glands, and mild to moderate cases of staring out the window.





This question was asked to two individuals, one with senioritis and the other without. “If you haven’t gotten Senioritis, what precautions are you taking to avoid this terrible condition?” These were their responses . . .

Joseph Matthews, Band Genius pictured above, suffers from memory loss, pains in the back, and spicy glances out the window. He answers, “Um...I’m making a schedule, drinking energy drinks, and uh...hmmm...that’s about it. Neat.”

Genesis Chavez, Varsity Cheer, feels that she is not affected from the condition. She believes this semester is going okay and smooth. She responds, “I think I’m doing pretty good this semester. I am on top of things and it’s going really great.”

Aside from what others believe is the best solution. Here is what you can do. Setting attainable goals and keeping organized can help your work flow smoother. Staying focused on what you have to do now, so you can get to your next step. Finally, acknowledge your accomplishments.

HOT ROD

By Leah
Domingos


Lauren Reynoso



**“I named
my truck
Mr.
Brightside
because
everytime I
start my
truck I
smile.”**

**When it comes to Mission Oak's best
truck, many turn to Lauren.**

Coach's Corner



Are you a tennis fan? Can you understand this quote from our very own head tennis coach Mr. Jones meaning?

“Lab more.”

—author unknown

Coach Jones invites all to tennis

Mr. Jones, who is both girls and boys head tennis coach, himself has spared some of his own valuable time for him to help advise many that do have a passion or some simple curiosity with tennis and some simple advice to help prepare for the upcoming season. Any new students starting out at Mission Oak and are interested in joining for this years boys tennis team may go see Mr. Jones in Room 207. Though some pro tips given by him are to simply to learn from YouTube because you will be able to understand the very basics into the introduction of tennis. The girls'

By Kimberly Dhillon



tennis team had just closed off on an amazing season and can't wait to come back next year. If you, yourself would want

to become a part of this amazing sport, everyone is encouraged to join. There isn't anything but fair game on the court.

Fitness + weight loss tips

By Eberardo Parra

There are many ways that you can improve your fitness. One simple way to improve your fitness would be just to be consistent and motivated.



THE NEW YEAR IS ALWAYS A GOOD TIME TO START TO IMPROVE YOUR FITNESS PHASIC.THERE US PLENTY OF THINGS THAT YOU CAN DO TO LOSE WEIGHT.HERE ARE SOME FEW TIPS.

1.TRY TO CUT BACK ON SUGAR. FOR EXAMPLE, ELIMINATE SODA.

2.TRY TO EAT PROTEIN FOODS AND VEGETABLES. MCDONALDS IS NOT A GOOD OPTION.

3.TRY TO LIFT WEIGHTS AT LEAST 3 TIMES A WEEK. CARDIO IS A GOOD ALTERNATIVE ALSO

4.GET A GOOD NIGHT'S SLEEP. LACK OF SLEEP CAN OFTEN PROMPT PEOPLE TO OVER-EAT OR EAT TOO MUCH JUNK FOOD.

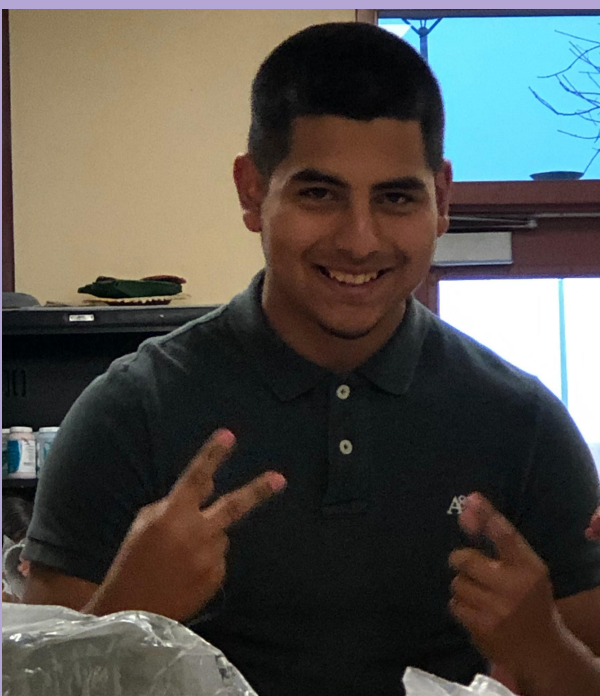


5. REMEMBER THE REASON WHY YOU STARTED TO WORK OUT FOR. MAKE IT EMOTIONAL!

6. MUSIC HELPS A LOT TO GET MOTIVATED TO EXERCISE AND BE ACTIVE.

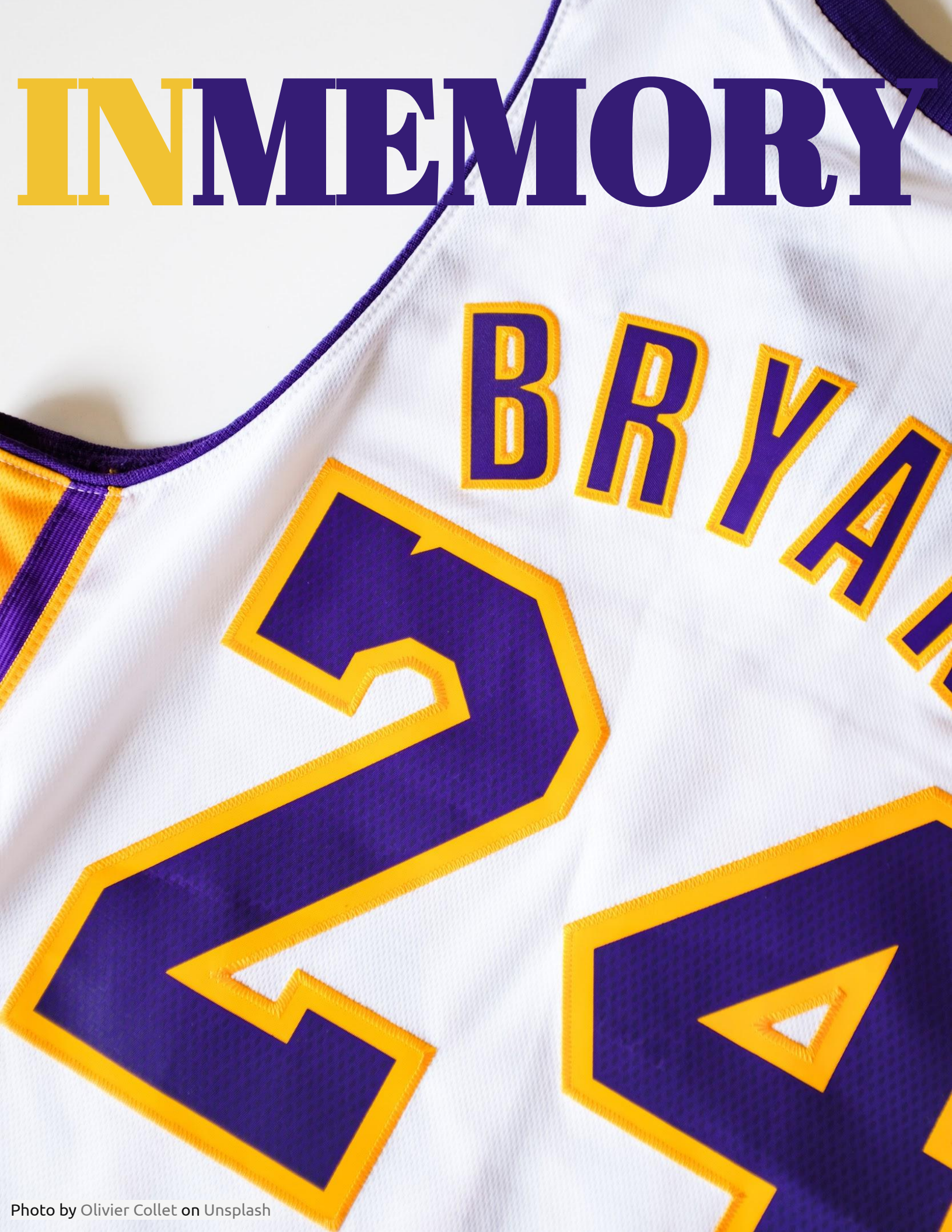
7. TURN EVERYDAY ACTIVITIES TO WORK OUTS. FOR EXAMPLE CLEANING YOUR ROOM OR YOUR ENTIRE HOME.

8. THE MOST IMPORTANT REASON IS YOUR HEALTH: LIVING LONGER, HEALTHIER, AND HAPPIER.



“Hard work will
always pay off.
Just give it time.”

– Fidel Galvan Rodriguez



IN MEMORY

BRYAN

2

4

NBA legend Kobe Bryant, his daughter Gianna, and 7 others were tragically killed in a helicopter crash. Here are some ways to adopt his famous, successful **#mambamentality** at school in his honor.

Be extra, win extra
Kobe would famously work extra hard to create the winning results he wanted. For example, before team practices, he would often arrive at 5 a.m., practice alone, and then take a nap in his car before the rest of the team arrived. How can you over prepare?

Focus on all the details
Kobe would constantly break down and practice fundamentals in anticipation of using them in a real game. Think of that when you're studying for your hardest tests and projects.

Grow from failure
Early in his career, Kobe famously shot air balls during a tough playoff game. He used those memories as inspiration to become one of the all-time legends in NBA playoff history — and a 5-time champion.

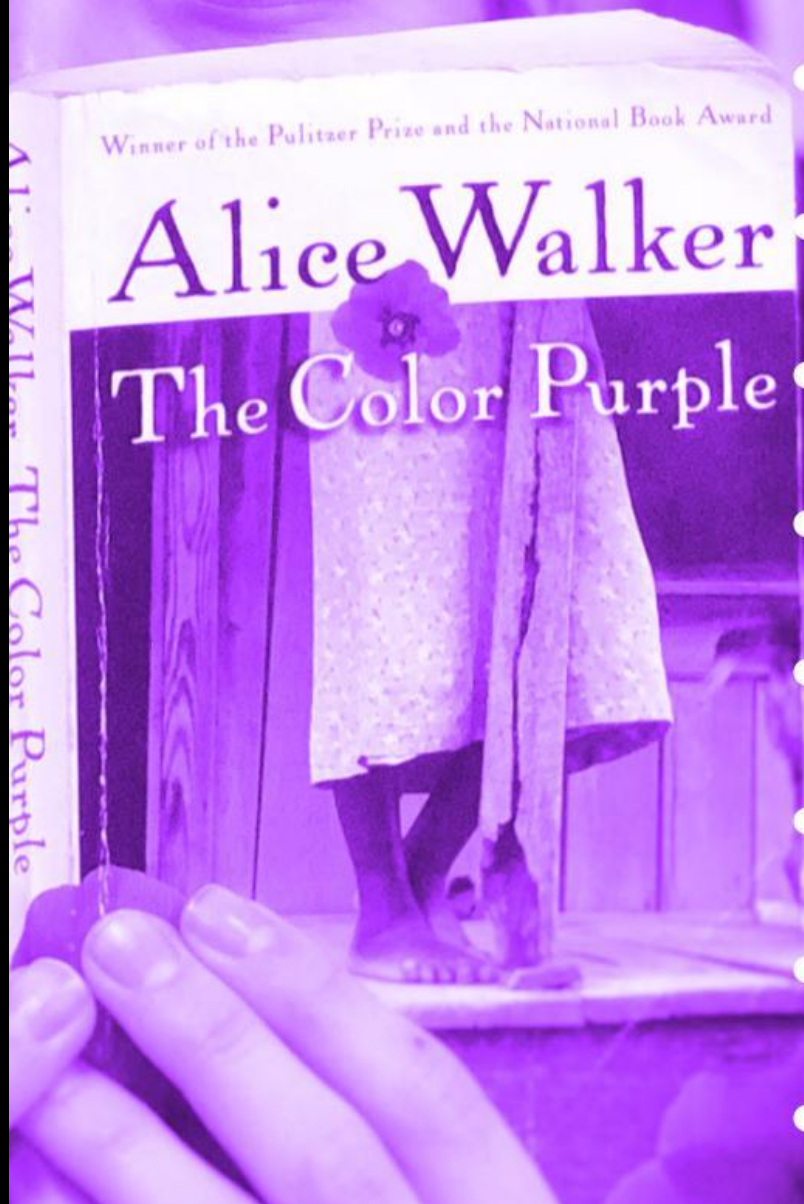
Be a true teammate
Kobe once said that it's important for your teammates have to know you're pulling for them and you really want them to be successful. It's not just about talent; spirit matters just as much, if not more.

‘Everything negative — pressure, challenges — is all an opportunity to rise.’

Mission Oak's brightest minds realize

READING

IS GOOD FOR YOU!



- Keep your mind young and healthy
- Relax and de-stress your daily life
- Gain and retain new knowledge
- Expand your daily and scholarly vocab
- Strengthen your memory bank
- Grow critical-thinking and analytical skills
- Improve your focus and concentration
- Expand and grow your writing abilities
- Increase inner peace