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# THE MIRADA

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Rio Americano High School, Sacramento, California

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## New census count causes states to take actions

Annalee Gorman  
Mirada Staff

With billions of dollars in federal spending and a congressional seat at stake, the 2020 U.S. census is causing California to count some of its residents twice.

California has set aside \$187 million—the most money of any state—to ensure high participation rates in the census.

Dr. Kristina Victor, a political science professor and California politics expert, said that participation rates for the census are changing.

“The number of people (nationwide) who have said they are going to fill out the census is lower than past census years,” said Victor.

Part of the state spending is going toward a mini-census known as California Neighborhoods Count. Canvassers will go door-to-door at about 20,000 homes in areas with low census participation.

That’s just a sliver of the state’s 13 million households, but the effort to seek out hidden homes and residents who are leery of providing personal information to federal officials is part of a larger campaign to ensure that nobody is missed.

Census Day is officially April 1, but the census officials will follow up with households who do not respond. With a large population of immigrants and other hard to count groups, officials are concerned about a population undercount—and

SEE CENSUS PAGE 2



## Increase in fragility on college campuses

Annalee Gorman  
Katie Newton  
Mirada Staff

As a Generation Z begins to enroll in college and Millennials leave to enter the workforce, psychologists, civil rights activists and other professionals observed a disturbing trend in universities: a rise in fragility and safetyism on campus.

First Amendment expert Greg Lukianoff and social psychologist Jonathan Haidt brought attention toward the issue in 2018, when they wrote their book *The Coddling of the American Mind*.

Haidt and Lukianoff define safetyism as a culture or belief in which emotional safety has become a sacred value, making those who believe in it increasingly sensitive.

Most recently, a debate at the University of Wisconsin prompted Assembly Bill 444. The Wisconsin State Assembly took executive action on Jan. 23 on AB 444, though it is unclear at this point what their executive action entailed.

The bill aims to make the University of Wisconsin System adopt a policy that would protect expressive rights on campus. AB 444 would force UW campuses, and possibly some technical colleges in Wisconsin, to discipline students who impede other student’s or speaker’s free speech.

As Gen Z arrives at universities, however, experts have seen a significant increase in such cases. When Gen Z began to dominate universities in the 2017-2018 school year, there were over 11 instances when speakers were shut down by students of opposing views.

In September of 2017, in a notable uprising, students at UC Berkeley caused the administration to cancel Milo Yiannopoulos’ speech due to violent protests.

While Yiannopoulos shares controversial and often provocative ideals, the protests caused \$100,000 worth of damage and injured a minimum of six individuals.

The Free Speech Movement originated at Berkeley, leading many experts to question why students at what was once fighting for free speech would impede on a speaker’s ability to voice his or her opinions.

Well-intentioned overprotection from some parents has increased over the years and as a result, sensitivity

SEE COLLEGE PAGE 2

## Rio creates new phone app for students

Emily Borg  
Allison Meier  
Mirada Staff

In Dec. 2019, Rio released a new app that can be downloaded on all Apple and Android devices. With the click of a button in the App Store, it can be added to your phone.

The Rio Americano High School app enables parents, students, teachers and administrators to access important information, to keep up with the latest news and announcements and obtain key resources.

“I didn’t know about it but it seems like it would be very helpful for the future if it reminded you of stuff,” said senior Seth Hargett.

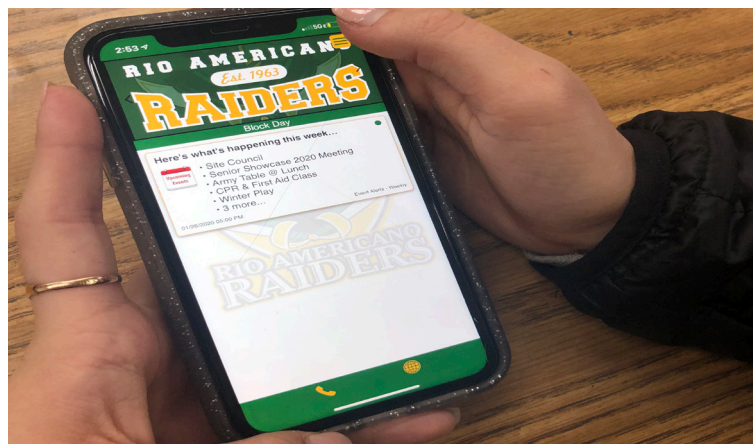
The app includes many different

resources such as events, schedules, calendars, maps, staff pages and more.

“It is a great idea to keep students organized and now I know what is going on,” said senior Amanda McGoldrick.

If users enable their notifications, they will be informed each morning on what events will be happening on campus that day with the location and time of each event.

The app also allows for quick access to the school’s website along with the school phone number. In the section labeled “Quick Links”, you can find athletic schedules, class of 2020 updates, news, meal menus, ParentConnection, Schoology, Student Connection, student portal and the weekly bulletin.



Senior Alana Newman opens the Rio app and views her upcoming events. Photo provided by Alana Newman.

The app is an easy way to find important information from the school and keep up with schoolwork and grades.

“It is smart to have it as an app compared to having it on the website because it is more accessible,” said sophomore Franchesca Cu-Pyun.



# Australia bush fires plague wildlife

Allison Meier  
Mirada Staff

In Sept. 2019, Australia began battling against 200 different bushfires. Australia is currently experiencing one of the worst droughts and record high temperatures across the country.

In 2013, the temperature had reached 104.5 degrees Fahrenheit setting the record and held it for many years. In 2019, the temperature had reached 114-120 degrees Fahrenheit which surpassed all the previous scorching heat waves.

The high summer temperatures and fires can be related back to climate change which lead to more extensive harm on the land due to the increase of warmer weather.

"I feel horrible," said senior McKenna Schinderle. "It is unacceptable that people still don't believe in climate change."

With the fires spreading and expanding, the wildlife populations are declining even more than they were before the fires, from habitat destruction, invasive species and climate change. Australia contains some of the most biodiverse territories which are being destroyed every second the fires continue to burn.

As of Jan 27., over one billion mammals, birds, plants, reptiles and more have been killed and 18 million acres of land have burned. In addition to the deaths of the animals, 32 people have died in the bush fires



The fires destroy trees and wildlife and pollute the air with clouds of smoke. While sometimes fires are needed to reset environmental cycles and replenish the soil, fires of this degree pose a dangerous threat. The Australia fires are one of many fires that have captured the attention of international headlines in the past year.

and over 3000 homes have been destroyed.

With the threat of fires, animals are becoming endangered and facing extinction. Many people in Australia are working together to save species such as the koalas to protect against the burning flames.

"The fires in Australia really broke my heart," said senior Sierra Madsen. "The mass destruction it has caused to ecosystems and homes alike is very alarming."

Conditions were intensified by the extreme heat, drought and wind, so firefighters are struggling to contain the fires fully. The start of fires is still

being investigated but the authorities have found some evidence that in the state of New South Wales, 24 people were accused of arson and intentionally starting some of the bushfires.

Together, nationwide, communities have started fundraising through social media platforms and selling jewelry or clothing items to raise money to donate towards resources and families who were affected. Celebrities such as Selena Gomez donated five million dollars, along with Chris Hemsworth and Elton John who both donated one million dollars, are all contributing to the

cause.

Many students are also coming up with ideas to help raise money to send to Australia to help with the devastating catastrophes.

"I decided to sell the earrings I make on Instagram, and I sold one pair for \$5 and two for \$8," said Madsen. "There were way more people buying earrings than I expected and I was able to raise about \$200."

People continue to repost and send donations to organizations on different platforms. "Personally I think it's devastating what's happening and that everyone should donate at least one dollar," said

senior Kaiya Thompson. "I think if everyone came together and helped donate and spread awareness then there would be more resources to stop the fire and help the animals."

However, many people think that money cannot solve all problems to help Australia. "It is devastating all these species are dying and mass extinction is upon us due to human activity," said senior Leah Winter. "People need to create change, especially in our daily lives, but people try to hide behind money to settle all problems."

On Jan. 22, firefighters were elated that there was rain on the forecasts to help defeat the fires. However, even with some of the relief, many of the problems were intensified.

Due to the fires, the land of brush and plant growth was wiped out and lead the water to fall down a slippery slope, causing flash floods. Just as the people started to recover from both the fires and flooding, another weather catastrophe decided to whip back in.

On the same day there was an intense dust storm that shook New South Wales and Melbourne experienced hail storms.

The smoke in Australia is expected to make at least one full circuit around the globe. The fires have sent smoke fly up into the stratosphere which also affects the atmospheric conditions worldwide. The smoke exposure could also lead to long term effects in health of people and even the animals.

## College

CONTINUED FROM PAGE 1

on college campuses have risen.

Rio alumni Lauren Calcagno experienced protests at Berkeley during the past fall semester.

"One time there was a very conservative speaker that came to talk at campus and there were these massive protests against her coming to speak," Calcagno said. "It goes to show a lot of times the liberal views are pressed upon you, especially at Berkeley."

University culture is shifting as more students and professors tend to lean left. Disconfirmation bias, or believing something false because it aligns with one's views has increased in popularity over the decade.

A Cato Institute survey of 3,000 American college students revealed that 40 percent would ban a speaker for saying men are better than women, 51 percent would ban a speaker for saying all white people are racist and 41 percent of people would ban a speaker who said that illegal immigrants should be deported.

Although these opinions are controversial, students miss hearing both sides of the argument and learning how to accept others' views.

"Although it might not be your political view, you should still learn about the different viewpoints because it's informative," said senior Mia Davis.

One study conducted by the Knight Foundation in 2019

revealed that most students supported the free speech aspect of the first amendment, but were unsure of where to draw the line on what constitutes as offensive.

"Even if the liberals disagreed with that speaker, I believe their violent protest was a little bit too extreme and they overreacted in a sense," Calcagno said. "That conservative speaker has just as much the right to voice her opinions as liberals do to voice theirs. People in Berkeley need to remember that both sides have the right to speak their minds."

In the name of emotional well-being, college students cause teachers to issue trigger warnings in classes and plead that some sensitive material not be taught.

In Dec. of 2019, a Harvard student asked that rape law not be taught as it was too sensitive of a subject.

"Discomfort is a vital part of opening one's perspective," said Leaderman. "It's important that students are able to acknowledge contrasting opinions without letting it affect their education."

These microaggressions are becoming increasingly frequent on college campuses and are causing universities to change their teaching styles.

Through a combination of political polarization and the way new generations are being taught and raised, fragility on college campuses appears to be a prominent issue for the next decade.

## Flu more worrisome than Coronavirus

Taylor White  
Mirada Staff

As the new year begins, the flu season continues and is causing serious harm. This flu season has presented new complications.

The Influenza virus, commonly known as the flu is spread during the fall and winter months.

Although the Coronavirus is rapidly spreading, the flu has proven over past years that it is far more deadly. According to the Mayo Clinic, there are reportedly 3 million cases per year of influenza while only 9,709 cases have been reported in China.

Influenza activity often begins to increase in October and November. This current season started in early November instead of mid December. According to the Mayo Clinic, the flu commonly targets the nose, throat and lungs.

The flu causes thousands per year to miss school or work and is very contagious. Spread through contact or in the air, just in this flu season (Oct. 2019 to now) is one of the worst.

According to a CDC report on Feb. 1 2020, over 19 million cases have been reported and experts say that this isn't the peak. In this flu season so far, over 10,000 people have died including 68 children.

Some people experience the flu throughout their whole body with flushing, loss of appetite, fever, chills, or sweating. These symptoms are also similar to those of the Coronavirus. The Coronavirus is another popular virus that recently started to spread in early January.

### Outsmart flu season with these tips:

- 1) Get a flu shot
- 2) Wash your hands regularly
- 3) Sanitize your phone
- 4) Avoid sharing food or drinks
- 5) Try for eight hours of sleep

### Flu symptoms:

- 1) Coughing / sore throat
- 2) Chills / fever
- 3) Headaches / body aches
- 4) Runny nose / sneezing
- 5) Fatigue

The virus first broke out in Wuhan, China from a Seafood and live animal market.

The breakout was from camels, cattle, cats, and rats. The Coronavirus has already taken the life of a total of 426 people mainly from China and has spread to 18 other countries. The virus has been declared as a public health emergency because of how quickly it spread. This emergency was declared by the United States Department of Health and Human Services.

The people at a higher risk of contracting the flu are pregnant women, older adults, young children and people with chronic

disease or weak immune systems. The CDC reports that so far this season there have been at least 6.4 million influenza illnesses, 55,000 hospitalizations and 2,900 deaths from flu.

There are ways to prevent getting the flu this season. The most popular way to not get influenza is to get a flu shot, an annual vaccine given through a hypodermic needle in the arm. Seasonal Influenza shots protect against three to four flu viruses that research predicts will be most common during the upcoming season.

Another way to prevent not receiving the flu is to always wash your hands. Washing your hands is best after using or touching a communal surface. Most surfaces are hosts to bacteria and diseases. Therefore it is best if you wash your hands after using any communal surfaces.

Sophomore Alex Troutt said that he thinks there are benefits to getting an annual flu shot.

"I think that they're good for people, mostly children since the flu kills so many in the world," said Troutt. "Also, I just had the flu and it was awful, it was most likely because I missed my flu shot this year."

With the evidence of death is becoming more of a reality due to the early beginning of the Influenza seasons and the popular break out of the Coronavirus be sure to stay safe, remain healthy, possibly get a flu vaccine and to check to see if you have symptoms of these viruses.



NEWS

Census

CONTINUED FROM PAGE 1

the significant consequences that it will have.

“It takes a lot of staffing to be able to reach hard to reach populations, if the census is not well funded,” said Victor. “Without an accurate count some areas will be overrepresented and some will be underrepresented.”

WHAT'S AT STAKE

Federal funds make up more than a third of government spending in the state, and about 80 percent of those funds are tied to the census, according to the Public Policy Institute of California. The federal government provides a budget for the state based off of its population. With a population of approximately 40 million people, California receives one of the largest amounts of federal funding. The more than \$100 billion in federal money the state receives goes for services like public safety, housing, health and human services, education, transportation and environmental protection.

Wesley Hussey, a professor of politics at Sacramento State, said that an accurate count is vital to California.

“Much of our federal funding is calculated by population formulas,” said Hussey. “The more people counted in California, the more federal funding state and local governments will receive.”

For each person not counted in the census, California will lose an estimated \$1,000 multiplied by a 10-year period.

In addition to federal funding, with an inaccurate count of residents, California could lose a member of the House of Representatives for the first time. Currently, California has 53 House seats which is said to drop to 52 if the population size drops.

“California’s population growth has slowed and we are right on the edge of losing a House seat since other states are growing quicker,” said Hussey.

Losing a House seat will also impact the Electoral College and the swing of Democratic and Republican states.

“California’s population growth has slowed and we are right on the edge of losing a House seat.”

-Sacramento State Political Science Professor Wesley Hussey

QUESTION CONTROVERSY

The U.S. Constitution mandates that every decade a new census is carried out in part to ensure that each state receives its fair share of U.S. Representative.

But immigrant advocates say that a question about citizenship status that the Trump administration tried to add to the form might have resulted in missing millions of households. Undercounting areas that traditionally lean Democratic would potentially result in a swing to a Republican-dominated map.

The question was withdrawn from the census following a Supreme

Court decision last summer, but many advocates still worry that fears about confidentiality could reduce participation in the census.

“California has a large number of non-citizens, many of them unauthorized to be here,” said Hussey. “[They] might be nervous talking with government officials, even if they are not asked a question about citizenship.”

Even without the question, a study from the Urban Institute revealed that over four million people (primarily minorities) risk not being counted in the upcoming census. Pew Research Center estimated over 2.2 million undocumented immigrants live in California alone. In a state where the budget is over \$18 billion, the stakes are high.

California faces a significant challenge because 75 percent of residents are considered “hard to count,” which means that historically they have been undercounted in the census. People of color, immigrants, children and rural residents are part of the hard to count demographic.

Last census, over one million children five and under were left uncounted in the last census according to a 2019 study by the Urban Institute. This could lead to a potentially inaccurate measurement of how to spend federal funds for education, Medicaid, and the Children’s Health Insurance Program for the next 10 years.

NOT JUST POLITICS

A detailed measure will let the nation see its demographic changes and composition as well as how to spend government money.

Census enumerator Kenny Bender is in charge of a quality-control operation to ensure that there is no undercount in the census. He says that understanding the nation’s demographics are important for funding in the community.

“It’s important to know how many people of certain ages there are,” said census counter Kenny Bender. “It’s important to know how many children are living in an area for school district funding, for example.

In March 2020, every household will receive a census questionnaire through the mail. Other ways to respond include through filling out an online questionnaire, through a phone call by calling the Census Bureau, or a local census taker will help those who don’t respond.

The census will include questions about a household, their age, their sex and their race. However, the census will not ask for a Social Security number or one’s political preference.

All responses must be submitted by April 2020 according to the U.S. Census Bureau.

Some are worried about the upcoming questions on the census.

“As of now, there is no citizenship question on the official 2020 census, but that doesn’t mean that people know or trust the government with their information,” said Victor.

The responses cannot be used by immigration or federal authorities.

The responses are protected by law and are used for statistics on the population. All census workers are sworn under oath to protect personal information and risk \$25,000 in fines and four years in prison if they fail to do so.

UCs become more selective

Aaron Ichel  
Mirada Staff

For college admissions across the world, times have changed. Schools now are harder to get into than ever before and students are left wondering why.

The University of California system, reputed for its quality education, has seen its acceptance rate drop each year. In 2009, UC campuses accepted roughly 78 percent of applicants, whereas in 2018, they admitted just 59 percent.

For students living in California this drop was even steeper, as it fell from 85 percent to 59 percent.

Nina Seibel, who attended UC Davis in 1989, recalled how the UC system was much more lenient then compared to now.

“I wrote my UC essays by hand,” said Seibel. “If I had to apply now, I would not get in.”

Many parents who also attended UC schools hold the same views.

With the competition increasing each year, the UC campuses are becoming more and more selective. Admission statistics show that UCLA accepted 18 percent of its applicants in the 2016-2017 academic year, but only accepted 14 percent of applicants in the 2018-2019 academic year.

In fact, the competition is increasing at such a fast rate that those who attended UC schools in the past few years have advantages when putting their college on their résumé. Such advantages include appearing highly qualified, among others.

“When job employers see that a candidate attended a UC school, they will think very highly of them,” said Nahal Hekmat, who received her math degree at UC Davis. “What they don’t realize is that there is a good chance the job candidate who attended a UC in 2014 may not get into a UC school today.”

As times have changed in terms of admission to UC schools, so has the student diversity. UC schools are becoming much more popular now for out-of-state students, including those from abroad, because they pay a pricey out-of-state tuition.

Over the past decade, UC’s have significantly increased the number of out-of-state applicants who are granted admission --- from under



Senior Samantha Klein poses at UCSC during a college visit over summer. Photo provided by Samantha Klein.



Senior Samantha Klein poses at University of California, Santa Cruz during a college visit over summer. Photo provided by Samantha Klein.

1,800 in 2009 to nearly 10,000 in 2018.

The same thing goes with students from abroad: five percent of international students were admitted to UC’s in 2009, whereas 21 percent were admitted in 2018. Facing backlash from residents, California placed an 18 percent cap on non-resident enrollment at each UC campus in 2017.

Students are doing nearly everything possible to increase the chances of getting into a UC school. For some, this might entail over 100 hours of preparation for standardized tests such as the SAT and ACT.

However, test prep can be costly, especially if students take the exam multiple times. Because of this, UC

schools are considering becoming test optional, meaning students aren’t required to submit test scores in order to get in.

Many other prestigious colleges across the United States have become test optional or are partially test optional, meaning they will accept a variety of other qualifications besides a good SAT or ACT score.

With the competition only increasing, colleges will continue to get more and more difficult to get into. It’s up to the students to make themselves stand out from the hundreds of other applicants with the same academic qualifications.

UCs vote to keep standardized tests

Annalee Gorman  
Mirada Staff

After a year-long debate, the University of California has decided to continue to require standardized test scores from its applicants despite the rising “test optional” trend.

Universities across the nation started allowing the student to make an independent decision to submit their standardized test scores to the school they’re applying to.

Many argue that test optional admissions benefit students due to the flexibility it allows in the admissions process. For example, students who aren’t strong test-takers can present colleges with other aspects of their academic profile and strong test-takers have the opportunity to demonstrate their academic strengths through submitting their scores.

Toward the end of 2019, UC schools discussed the possibility of shifting to a test optional policy.

Now, they have decided to require all students to submit test scores.

“I think it’s fair considering that UC schools require a higher level of education,” said junior Matthew

“I think it’s fair considering that UC schools require a higher level of education.”

-Junior Matthew Taylor

Taylor.

The test optional trend started off of a study that showed that test scores correlate with socioeconomic disparities. A lawsuit was fired in

December by the Compton Unified School District that claimed the University of California broke the equal protection clause and unfairly discriminated against primarily hispanic and black students.

However, the UC task force believed that their use of test scores did not increase these gaps.

After a yearlong review, the UC system created a pros and cons list with test scores and believed that they could maintain its diversity while keeping the scores.

“I think test scores will admit students more fairly because it’s based off of merit,” said junior Emma Chally.

Instead, the UC system found that test scores are an accurate predictor of a student’s success in college and can even predict graduation and retention rates.

“I think that it is good to have a test to have everyone on an equal playing field because grades differ from each school,” said Chally.



# MIRADA BLAST FROM THE PAST

## Fight for gay rights

October 2001

Aaron Denison remembers an incident that occurred at his old school: a group of guys maliciously attacked him.

"You f\*\*\*\*t!" the boys screamed, as they beat Denison.

Like Denison, many sexual minorities have experienced discrimination and physical harm because of their same-sex sexual orientation. "Homophobia is so strong, I don't ever feel too safe," said Denison.

But there is help.

The district White House Counseling Center -a program providing help for troubled teens -offers comfort to students who may feel anxiety because of their sexual orientation. The White House Counseling Center is holding an adolescent support group for gays, bisexual and lesbian students in the San Juan Unified School District. Denison is starting a Gay-Straight Alliance here on campus.

"Teenagers struggle to be accepted while facing cultural, ethnic and sexual mores," said Jay K. Pierce, the group facilitator.

# The Sacramento Bee stops Saturday paper

Joseph Bender  
Mirada Staff

Beginning on February 22, the Sacramento Bee will no longer produce a print edition on Saturdays. The move comes as newspapers and journalists around the world seek to adapt to a changing media market that has brought tough times for traditional media outlets.

According to a Nov. 19 Bee article by Gary Wortel, president and publisher of the Bee, the Saturday paper will be replaced with an expanded "Weekend Edition" on Fridays and Sundays. Due to this, subscribers will pay the same rate for the six-day-a-week paper.

The Bee is not the first newspaper owned by its parent company, McClatchy, to drop its Saturday print edition. In 2019, the Fresno Bee and the Modesto Bee both switched to online-only coverage on Saturday, as did a number of smaller papers, though a McClatchy spokesperson told the Sacramento Business Journal at the time that there were no plans in place to do the same with the Sacramento Bee.

Erik Olson, an English and journalism teacher at Laguna Creek High School in Elk Grove and a former Bee and McClatchy employee, said the move was likely the best option left for the Bee.

"It has cut its staff and newshole (space for news) down significantly since its heyday," he said. "Saturday readership is traditionally lower, and I've seen other newspapers make the same move."

Olson said that he would still recommend a journalism career to his students interested in the area.

"There will always be a need for people who are trained to pursue stories in an honest, ethical and thorough way," he said. "It's a rough time for journalists, but we're still seeing journalists making their way and giving us important stories."

He also said that journalistic skills can be applied to many other fields, including government and public relations.

"The main advice I would give is to be prepared to diversify," he said. "Know something about podcasting, video story-telling and blogging in addition to traditional storytelling to be best prepared for an ever-changing career landscape."

The size and editorial quality of the Bee has decreased significantly in the past years, with the departure of longtime reporters and increasing numbers of errors appearing in the pages.

Due to this, English teacher Matthew Valencich subscribes to the New York Times rather than to the Bee. "I just find that over the years the overall quality of journalism has



Kenny Gorman reads the Sacramento Bee in the morning. Photo provided by Annalee Gorman.

degraded," he said.

The Bee also blames a new law, Assembly Bill 5, for its financial necessity to reduce print service. Under the law, employees such as newspaper deliverers and rideshare drivers must be classified and treated as employees rather than independent contractors as under former law. According to the Bee, this would significantly increase delivery costs for the printed paper.

Valencich said he was less concerned by the fate of print newspapers specifically than with the media market in general.

"I am hoping that our free press will stay vibrant because I'm worried about all this public discourse on

fake news because I think there's actually some excellent news out there," he said.

Olson said he is concerned that a decline in print journalism would degrade the quality of information available.

"Most of the significant news is generated from newspapers, and we need to keep that in mind when we look at the future of newspapers," he said.

"It is getting increasingly difficult to filter through the noise to find and identify what is true and what is not. I fear that young people will just simply give up trying to find out the truth because it is too exhausting."

# Calendar

2/6 Rio & Beyond: FAFSA Workshop Hands on Library 6-8 pm

2/7 G. Basketball vs. Yuba City Large Gym

2/7 Blood Drive Small Gym 3-8

2/7 Traditional Jazz Festival PAC, M1, M2 7-9:30

2/10 G. Basketball vs. El Camino Large Gym

2/11 Winter Concert (Concert Band) PAC, M1, M2 7-9

2/12 G. Basketball vs. Capital Christian Large Gym

2/17-2/21 Presidents' Week Break - No School

2/18 Deadline to register for mock ACT/SAT

2/27 Junior Parent Information Night PAC 6-8

2/29 Mock SAT/ACT Exam at Rio 8-12:30

3/2 GALA spirit week begins

3/7 GALA dance

# Student speak out on the news

## LOCAL

### Sac Board of Supervisors end no-fault evictions

Several residents of an apartment building received "no-fault evictions," meaning that they were being evicted for doing nothing wrong. The Sacramento Board of Supervisors had the opportunity to stop the evictions, but ultimately failed at passing a ban on them. It is assumed that landlords did this to rush people out before a new rent law in California went into effect, which would increase rent by five percent and place restrictions on when landlords can evict residents. Many evicted residents had no place to live after the evictions and were left without any help from anyone. future incidents until they have a good reason to do so.



"I didn't know that no-fault evictions were a thing but they seem wildly unfair. I don't understand why you can kick someone out

of their home just because. And the fact that this happened right before the new year seems really low and kind of twisted."

-Trevor Sanger (10)



"Not only do I feel really bad for the families that this is impacting, I just don't see why this had to happen. It's upsetting

that a landlord can just do this to whoever they want."

-Evie Hofioni (10)

## STATE

### New Assembly Bill 420 takes place in CA

On Wednesday Jan. 8, assembly bill 420 was filed in the House. If this bill is passed, it would essentially be like the alcohol act, but for marijuana, and it would no longer be a federally controlled substance. Named after the commonly celebrated day that is April 20, the bill has gained support from many people. The bill is a settlement between what law enforcement feels are necessary conditions for marijuana and what common users think are necessary conditions for this. The bill would require a new system to identify who receives I.D cards for medical reasons.



"I don't think that this would necessarily impact us right now because most of us are minors. I don't know

that much about it, so I could be wrong, but I don't think that this is something that needs to be monitored closely."

-Ryan Wilson (11)



"Alcohol is a more aggressive substance than marijuana, so it seems only right that they're treated similarly. I don't

fully understand what this bill is passing."

-Kara Haligan (10)

## NATIONAL

### Iran launches missile attack on U.S

Recently, Iran and the U.S have been fighting with each other in the form of military attacks. It started when Iran launched an attack on two American military bases in their country. Trump then responded by fighting back, which resulted in the death of the top Iranian general, Qassim Soleimani. The two countries have been going back and forth about revenge, leaving people wondering if World War III is about to take place. It has spread all over the internet, in the form of both news and memes, and neither country looks as if they want to back down.



"It's kind of scary that this is going on but I don't really think that a war is going to break out. I mean at least I hope. I don't think that this

is going to turn into something huge, and I just hope it stays in between the two countries and no one else gets involved."

-Greta Gantenbein (10)



"It's frightening that this is happening. I'm decently confident that the U.S could hold their ground. I hope it doesn't get to

that, but I'm not that worried if it were to happen."

-Milo Neeley (10)

## WORLD

### Australian bush fire devastates

The fires in Australia began on Nov. 11 with a fire outbreaking in an area called Ravensbourne. Since then, about 12.35 million acres of land has burned, at least 34 people have died, and an estimated billion animals have also died. In areas of potential risk, residents are on alert and many have already packed up and abandoned their home. It is estimated that fires are still burning. Many people are donating via social media to help stop the fires or trying to raise awareness about what is going on. Several celebrities have also donated large amounts of money to help combat the fires.



"It's so heartbreaking to see all of this going down without a way to fully contain it. I feel horrible for every animal and

person currently in Australia and I hope that they can return to their normal lives as soon as possible."

-Lydia Ellis (10)



"I hate that these fires are so common and I see stories about them on the news or all over my Instagram. I feel terrible

for everyone having to go through this."

-Camille Davis (10)

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# Senior Ava Harrison supports sustainability

**Annalee Gorman**  
Mirada Staff

Standing at the farm stand, senior Ava Harrison spends her weekends and summers working on her family farm in Rancho Cordova: Soil Born Farms. Harrison works hard to promote sustainability throughout her community and aims to provide healthy, affordable food options to the Sacramento area.

Soil Born is known for its pop-up farm stands, cooking classes, and educational programs aimed to foster a connection between food, health, and the environment.

Since she was little, Harrison has been apart of the Soil Born team and a contributor to many of their sustainability projects.

"I was integrated into the team of Soil Born and always part of a bigger project," said Harrison.

In sixth grade, Harrison started working five days a week as a camp counselor for the farm's local initiative to teach younger children healthier eating habits and to lead a girls empowerment camp.

"It's all about getting kids outside and inspiring their love for the environment," said Harrison.

Soil Born's unique programs draw people from all over the city, even the Sacramento Kings.

"After the King's new arena was built, they came to Soil Born to look for healthy, local food choices for the stadium," said Harrison. "Sometimes they come back to the farm for promotions or for volunteer projects."

Not only has Soil Born caught attention throughout the city, but also nationwide. In the summer of 2019, the farm won a competition from the National Civic League to win the All America-City award. Cities from all over the United States applied to be recognized for their social responsibilities and leadership in their hometown.

The city manager and the mayor of Rancho Cordova commended the influence Soil Born Farms imprinted on the community. As a result, Harrison and her family earned a trip to Denver for spreading love, health, and happiness to others.

Soil Born Farms partners with programs like "MACH" (Mentors



Ava at Soil Born's outdoor classroom (left) and Harrison poses on her farm (right). Photos provided by Ava Harrison.



A child enjoys a day on the farm. Photo provided by Soil Born Farms

At Cordova High), a program at Rancho Cordova High School to provide opportunities and classes to high school students.

"We incorporate students who have a hard time at school or at home and provide them with a unique experience to learn about sustainability and local farming," said Harrison.

In addition to MACH, Soil Born partners with military veteran

programs to provide them with apprenticeship opportunities and give a chance for retired combat troops to contribute to a team.

Having several different jobs on the farm, Harrison learned how to work with a diverse group of people. Her experiences helped her out of her comfort zone and exposed her to many new perspectives.

"It pushed me to meet new people and hear ideas I've never heard

anywhere else," said Harrison

"The farm was the first time for me I saw people prioritize the environment and I have never had a conversation about staying true to my roots except for the farm."

Soil Born has given Harrison a sense of pride in her work, family, and community.

"What sets Soil Born Farms apart from the others is that we are not just a farm," said Harrison.

# Doctors implement AI into the operating room

**Emma Hutchinson**  
Mirada Staff

Removing a brain tumor through a surgical process is not only risky and technical, but it also takes a long time, some brain surgeries can last upwards of eight hours depending on the location and size of the tumor. New technology may help doctors and patients cut down on the time spent in the operating room.

While pre-operative MRIs can help doctors understand what is happening with a tumor in an individual's brain, they can't tell a doctor everything about what the contents of the tumor are exactly, or how everything is connected. For this reason, it is common for doctors to extract parts of the tumor and send them to testing to help determine the course for the rest of the surgery, as well as future treatment for that patient.

"The technology around AI is super amazing, and it's also incredible that it's now be used during surgery," said junior Ryan Cervinka.

Traditionally, when a sample of brain tissue is removed, it is then sent to a lab, stained, frozen, and then examined under a microscope. The process takes 20-30 minutes, or even longer in some cases, all happening while the patient is still on the operating table and under anesthesia.

A new process involves using a combination of artificial intelligence robots and laser imaging to produce an image of the tissue for examination. In contrast, this process only takes two and a half minutes.

"I think this is definitely helpful and more efficient and it's great that we can create new technology that can help us discover new small details that we wouldn't be able to find before," said senior Tatum White.

Not only is the new method faster, but the advanced process used by the lasers creates a clearer image that can pick up on more specific details that the normal process wouldn't, such as the spread of a tumor along a nerve fiber.

Neurologist John Schafer says that the technology of these robots

is actually relatively simple in concept.

**"Improving efficiency and accuracy during surgery is very promising with this technology."**

**-Neurologist John Schafer**

"The main point is pattern recognition. If an expert can look at an MRI scan or brain biopsy and draw conclusions, shouldn't a computer be trained to be as good or better at recognizing those patterns?" said Schafer.

As for the accuracy of artificial

intelligence in identifying neurological problems, an analysis of 278 brain tissue samples during surgery by both human neuropathologists and artificial intelligence robots showed similarities in accuracy, humans had an accuracy of 93.9 percent correct, artificial intelligence had 94.6 percent accuracy.

"Improving efficiency and accuracy during surgery is very promising with this technology," says Schafer.

The less time patients spend under anesthesia is linked to fewer complications after surgery and faster recovery.

This suggests that the combination of technological algorithms with trained human eyes could produce greater levels of accuracy than ever before, therefore helping patients make more informed decisions, and possibly saving lives.

Some limitations to the technology come into play with extremely rare tumors, where the database isn't large enough for artificial intelligence to recognize the tissues, in which case, a traditional sampling technique would still be used.



**Emily Borg**  
Editor-in-Chief

## 5-4 Supreme Court decision challenges immigrants

On Monday, Jan. 27, The Supreme Court in a five to four vote allowed the Trump administration to make it harder for low-income immigrants to stay in the United States legally and make it harder for those trying to come into the US.

This mainly impacts people that rely on public aid (food stamps, Medicaid and housing vouchers).

In August, it was announced that this was called the public charge rule, which allows officials to deny green cards and visas that rely on government assistance.

Many people and states opposed this rule as soon as it was introduced. People claimed that this was a disadvantage for the immigrants who rely on government aid.

Many of the Trump administration's policies on immigration have faced legal challenges. In numerous cases, courts will block the law so it would not go into effect throughout the country. This happened to the public charge rule.

Due to last Monday's ruling, the rule can be put into effect, pending appeal. However, there is an exception. In Illinois, this rule will not go into effect because the law is under another injunction.

The rule will mainly affect those who want to get legal permanent status or a green card.

The U.S Supreme Court has dealt with national injunctions by judges who enforce their personal ideas versus informing what the policies and laws say for some time, according to the Homeland Security deputy secretary.

A judge in New York issued an injunction, blocking the rule in the fall. Solicitor General Noel Francisco appealed the ruling. Francisco asked that the rule goes into effect once the appeal process is over.

Both he and Attorney General William Barr voiced their concerns about the government filing injunctions, blocking their policies before the court can fully process the needed information.

Barr said, "nationwide injunctions" have "frustrated presidential policy for most of the President's term with no clear end in sight," during a speech to the American Law Institute.

The "public charge" dates to the Immigration Act of 1882. Lawmakers wanted to make sure that immigrants had the needed supplies to care for themselves.

As of now, people are primarily dependent on government assistance, meaning that the government supplies more than half of their income.

Where it stands, it only counts for cash benefits (Temporary Assistance for Needy Families or Supplemental Security Income from Social Security).

The new version of this rule will allow for a greater diversity of people, along with including more benefits for them.

Susan Welber, a staff attorney at the Legal Aid Society who is against the rule said that the government was excluding "anyone who is predicted to receive even a small amount of food, health or housing assistance at any point."

As this act gets carried out many are anxious to see the change this will create.



# Opinion

## THE MIRADA

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The *Mirada* welcomes story ideas, comics, letters to the editor and opinion pieces from all members of the school community. Submit articles to the box in A3 or the main office.

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Drawn by David Morse

## OUR VOICE

# UC's unacceptable admissions

Choosing the right college can be one of the hardest decisions you will ever have to make. However, as a California resident there is a lower chance of getting into a UC (University of California) than students from out of state.

One would think that students from California would have a higher acceptance rate, however that is not the case. The acceptance rate of Californians getting into UC's dropped from 85 percent to 59 percent.

The problem with the percent dropping is that parents still think that UC's are a reasonable goal when the trends suggest otherwise. This also affects juniors. It may be more concerning for them because the percent may continue to fall each year.

Going to college is expensive, so some students decide to enroll in a community college to reduce the cost. Another alternative is to stay in state to avoid out of state tuition. However that may be an issue

when tuition for in state students at schools like UC Davis is \$14,490 and UC Berkeley is \$14,254, which does not include any living costs or meal plans.

For the majority of students attending colleges out of state, with the exception of WUE (Western Undergrad Exchange) schools which students can receive to decrease the tuition price, can still face a much higher price. The WUE program is more reasonable because schools like Portland State University have tuition rates costing \$12,117 per year. However, a non WUE school like University of Washington is \$53,018 only for tuition.

Californians should have a higher acceptance rate because they fund the schools through federal funding. According to the legislative analyst's office the state's current shares (parts of a company's capital is divided, entitling the holder to a proportion of the profits) of core UC funds in 2018-19 were 60 percent.

To get into UC Irvine students, on average, have a GPA of 3.8 unweighted and an SAT score of 1312, these are high expectations but the acceptance rate is 40.6 percent. This criteria is challenging but it's harder than a state school. In comparison to California State University Chico, admission standards for the average student is a 3.41 GPA and an SAT score of 1100.

Not only is it important to have a high GPA but also to have numerous extra curricular activities.

Students from different states have a larger tuition rate compared to students within the specific state, therefore UCs are more likely to focus on students who have to pay the higher tuition rate.

This trend of UC's accepting less Californians is frustrating and makes students question whether it's worth applying due to high standards and low acceptance rates.

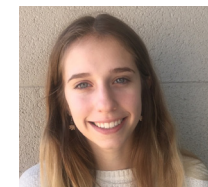
## YOUR VOICE



"I feel like I don't have a good chance to get into these schools in comparison to out of state. I am competing

against so many more people it shouldn't be that hard.

-Olivia Seargeant (12)



"I think it's a little more intimidating when you are applying for it. Now people are probably thinking that chosen so why

they aren't gonna be are they even gonna apply."

-Dasha Kovalenko (12)



"I was unaware of this being a thing, and honestly it kind of scared me. I almost wish I didn't know about it."

-Evan McClellan (12)

## 250 WORDS

# Markle makes a lasting mark on the royal family

**Jada Bailey**  
Mirada Staff

On Jan. 15 Meghan Markle and Prince Harry parted ways from the royal family. They decided to move to Canada while continuing to work part time for the palace.

I don't think it was just Meghan that wanted to step down from their senior royal duties, Prince Harry had something to do with it too.

Any woman should be able to have the opportunity to be independent or have their family to be independent and Meghan Markle decided to do that with her family.

But, I do think that she came into the family knowing what she was getting into and broke the family tradition.

The palace pays 95 percent of their monthly income but the couple says they can be financially stable on their own without the palaces help.

In my opinion the royal family knows that Meghan makes her own money, it's not like she came there to marry Prince Harry and take the royal families money.

The couple claims they will pay back the taxpayers the three million dollars that was used to refurbish their residence at Windsor Castle.

They want to make their own decisions for their family and want to raise their children how they see best.

Meghan feels micromanaged by

the royal family and doesn't want her life dictated by anyone but herself.

I commend her for that because I wouldn't want my husband's family to control me about what I can wear or what I can do.

Harry recently sat in an interview and explained their reasoning for wanting to leave stating that the royal family won't destroy Markle like they did with his mother, that is not going to happen.



## Opinion

## Addressing antisemitism

Aaron Ichel  
Mirada Staff

Even with education, today's world is filled with so much hatred. Unfortunately, for some groups, the hatred seems never-ending.

It seems almost regular now to see reports of antisemitic acts taking place daily all over the world. A recent string of hate crimes that occurred over the Jewish holiday of Hanukkah has left Jewish communities across the country in fear.

Hanukkah, which is the festival of lights, was filled with more darkness this year than light. Over the holiday, which began on Dec. 22 and ended on Dec. 30, a reported nine acts of anti-semitism took place.

On the second night of Hanukkah, a man in New York was charged with a hate crime for shouting antisemitic slurs at a Jew who was wearing a yarmulke, a customary brimless cap worn by observant Jews. Then, on the same night, another man in New York was charged with a hate crime for striking two young Jewish boys in the back of the head.

On the third night, a group yelled antisemitic slurs at a 25-year-old man and threw a drink at him. The list keeps going. By far, the worst of all these acts took place on the seventh night of Hanukkah, where a man wielding a machete interrupted a celebration by barging into the home of Rabbi Chaim Rottenberg in Monsey, New York and stabbed five people. The attacker, identified as 37-year-old Grafton Thomas, has been indicted on six attempted murder charges.

Now, people are left wondering why are we witnessing such hate? This year alone, there has been a reported 150 antisemitic attacks in New York, a 63 percent increase from the previous year.

Something needs to be done about this. How can one sit idly by as people are being stabbed during a time of celebration for their religious beliefs? How can people be okay with such acts of hatred and evil?

Jews across the country are left wondering how to respond to this antisemitism. Synagogues have found themselves hiring private security to ensure safety during times of prayer. Some Jews are refusing to go out in public for fear of being harmed.

Despite this, the truth is that these acts of hatred will not be stopped until everybody recognizes the problem and takes action. New York City Mayor Bill de Blasio said it himself: "It's not enough to condemn anti-Semitism — we have to confront it."

How do we confront it? Start by speaking out against hate. Hatred is designed to separate and create chaos. By speaking out and informing people that such hate should not be tolerated, there will be no room left for it to spread.

For all Jews feeling vulnerable, we must continue to stay strong through these times and prioritize our safety.

## Why does Lincoln still matter?

Vivian Lowe | Guest writer

Being born into wealth seems like an obvious head start, making the journey for many people with promising intellect much easier. Leading the country should be within any of our reaches, with the nonstop debate over every issue, big or small that has turned many of our heads.

Nearly 160 years ago, Abe Lincoln worked his way up from a one-room cabin to become a lawyer, legislator, and congressman, eventually becoming president of the United States. The way in which he depended upon himself to better the nation epitomizes the American dream: the opportunity to overcome and the ability to achieve one's greatest aspirations. With this promise of opportunity increasing American diversity, however, we need to draw from Lincoln's message to fight for freedom and representation.

Born into a strained family situation, Lincoln strived to outdo his father in terms of ambition and intellect. In this way he let what tied him down motivate him. Building credibility as a self made man, he worked odd jobs to land himself a voice in his government, working two years in the Indiana State Legislature.

Further driven to make a difference, he challenged Stephen Douglas for president, and although he failed, his face was in the political scene.

Winning the presidency in 1861 led to him being known as a hero of the Union, fighting for his morals and emancipating slaves across a divided nation.

We ask: why is Abe Lincoln still relevant today? Considering the racial statistics of Lincoln's time compared to now, problems with the primaries become more apparent.

Looking at our 2020 presidential candidates, we called it an improvement, because politicians other than old white men were nominated. We call this diversity, progress towards a more represented nation. Are we truly justified in saying this, though?

Recently, controversy has arisen concerning the lack

of diversity in Iowa, where a caucus to determine the future of a presidential race resides. When a state that doesn't fully represent the cultural and ethnic diversity of America is given disproportionate influence in the presidential election, candidates that may have garnered more support from minority populations looking for representation in states such as Texas won't have their support reflected in a state like the less-diverse Iowa. Coming in around 90 percent white, when America is 73 percent white today, one can see why some citizens don't feel represented.

When Abe Lincoln was elected, he was part of the white majority when considering the racial demographics. With roughly 83 percent of the American population being white and 13 percent black, the nation was made up of mostly people of these two races (and still is today).

However, if we are looking to call our nation progressive, then changes must be made to ensure that all voices are being heard: the most important part of democracy. What we look like shouldn't matter, but the privilege one was born into is what separates many of us from who will be representing you and me for the next four to eight years.

Unfortunately, not all of us founded multiple publicly traded companies like John Delaney, or are CEO's worth over \$60 billion like Mike Bloomberg. What is important is how we work our way to the top, struggling and fighting for what we believe in: the American dream. The idea that America should provide an opportunity to everyone, with every goal achievable with hard work, was what drew so many immigrants here.

Representing everyone becomes especially important in the political scene in calling our nation progressive. As we approach the 260-year anniversary of Abe Lincoln's election as president, the lessons he taught shows us that anyone can be a leader in 2020, not defined by our beginning but remembered for our end.



“Whatever you are, be a good one.”

- Abraham Lincoln



# American River

“The Jewel of

What some consider ‘The greatest natural civic amenity’ in the country sits right in Rio Americano’s backyard

**Katie Newton**  
Mirada Staff

One of the gems of Sacramento sits right in Rio Americano’s backyard: the American River Parkway. The 32 mile trail stretches from Beals Point on Folsom Lake to Discovery Park in downtown Sacramento, with 15 parks along its path.

The parkway, also known as the Jedediah Smith Memorial Trail, was recognized as a national trail in 1974 and is known around the world among the biking and running communities.

The trail provides an ideal environment for exercise, from morning strollers to professional

athletes.

Along the parkway are many river access points and dirt trails that welcome horses and mountain bikers.

The American River is also a crucial ecosystem in the Sacramento Valley. The Parkway is home to over 140 species of birds, 230 plants and several other animals.

The American River Parkway Foundation (ARPF) plays a vital role in maintaining and restoring the 4800 acres of nature that make up the Lower American River.

With lots of foot and bike traffic, this is no easy task. The Parkway receives more than eight million visits each year.

Currently the parkway is working



on new projects including putting up new signage along the trail. These new signs are intended to be easier to interpret and more insightful about where on the trail one is and the surrounding nature.

The President of the ARPF

Executive Board Mike Rizzo explains how the parkway is not only important to the community directly around it but to the region as a whole.

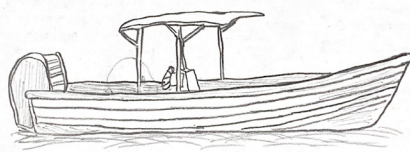
“It’s the only place in the country where you can ride a bike, run or

anything for an extended period of time without encountering a stop sign,” Rizzo said.

Some people even chose to live in Sacramento for this amenity. From Paradise Beach to William B. Pond, the parkway offers numerous places

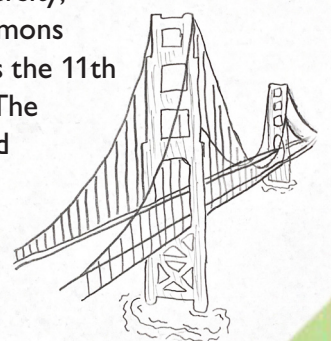
## Discovery Park

This over 300 acre park has baseball fields, picnic tables, boat launch sites, fishing areas and open park space. Discovery Park hosts events including races, such as triathalons, and events including the three day rock music fesital Aftershock.



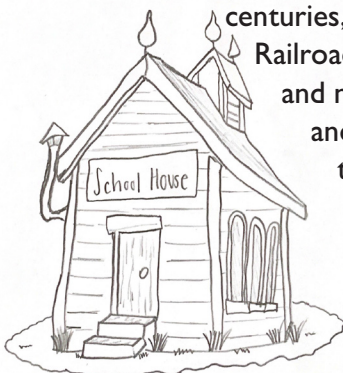
## Sacramento State

The pedestrian and cyclist Guy West Bridge connects the California State University, Sacramento and the Campus Commons neighborhood. Sacramento State is the 11th oldest California State University. The campus has many walking paths and hosts various events like speakers and concerts throughout the year.



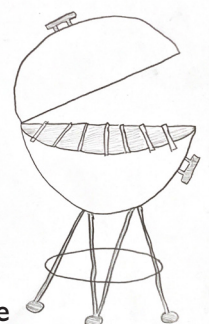
## Old Sacramento

This historic area of downtown Sacramento has many places to learn about life in previous centuries, including the old School House, Railroad Museum, Underground Tours and more. There’s also plenty of shops and restaurants on the waterfront to satisfy visitors.



## William B. Pond

Centered around mile 13 of the Jedediah Smith Memorial Trail, William B. Pond is an ideal place to take advantage of all the American River Parkway has to offer. With river access points, reservable picnic spaces and a bridge with several lookout spots, people can enjoy the nature them with friends and family.





# American River Parkway

## “Sacramento”

for picnics and other fun activities in addition to the endless trails.

The ARPF’s staff aims to preserve the river, surrounding habitats and trails by educating the community about the environment and providing numerous volunteer opportunities. The ARPF organizes river clean-ups, the Invasive Plant Management Program, trail maintenance and the River Bend Outdoor Educational Site.

In the River Bend program, thousands of kids from underprivileged areas in the Sacramento region are brought to the parkway to learn about the different animals, uses and wildlife of the American River.

Though the parkway has many positive projects, it also faces some challenges.

Illegal camping is the number one challenge the parkway faces, a problem prominent throughout the entire country of Sacramento.

As a nonprofit organization, the ARPF cannot directly enforce laws to diminish the issue, however they can urge the Sacramento County law enforcement as well as parks and recreation department.

“We would like to be a voice of the parkway to help ensure the decision makers understand the economic, environmental and quality of life

Want to volunteer at the parkway?

You can find more information from the American River Parkway Foundation at <https://arpf.org/volunteer-2/>, or call (916) 486-2773. The ARPF office is open Monday through Friday from 8:30 a.m. to 4:30 p.m. on 5700 Arden Way Carmichael, CA 95608.

issues that illegal camping presents,” Rizzo said. “Personally I do not allow that problem to hinder my use of the parkway.”

While homeless populations rise in the area, the fish population in the American River have declined since the early 2000s.

In 2003 over 160,000 chinook salmon made their fall run down the American River but by 2013 there was less than 60,000 and in 2018 there was just over 21,000.

Despite the homeless population around the river and the nearby parks, the parkway foundation and the city of Sacramento

hope to use the parkway more as a venue.

“I don’t think we’ve ever utilized the parkway to the fullest,” said Rizzo.

Rizzo expressed a desire to use Discovery Park for more events. Currently the park hosts a three day rock festival Aftershock in addition to other local events.

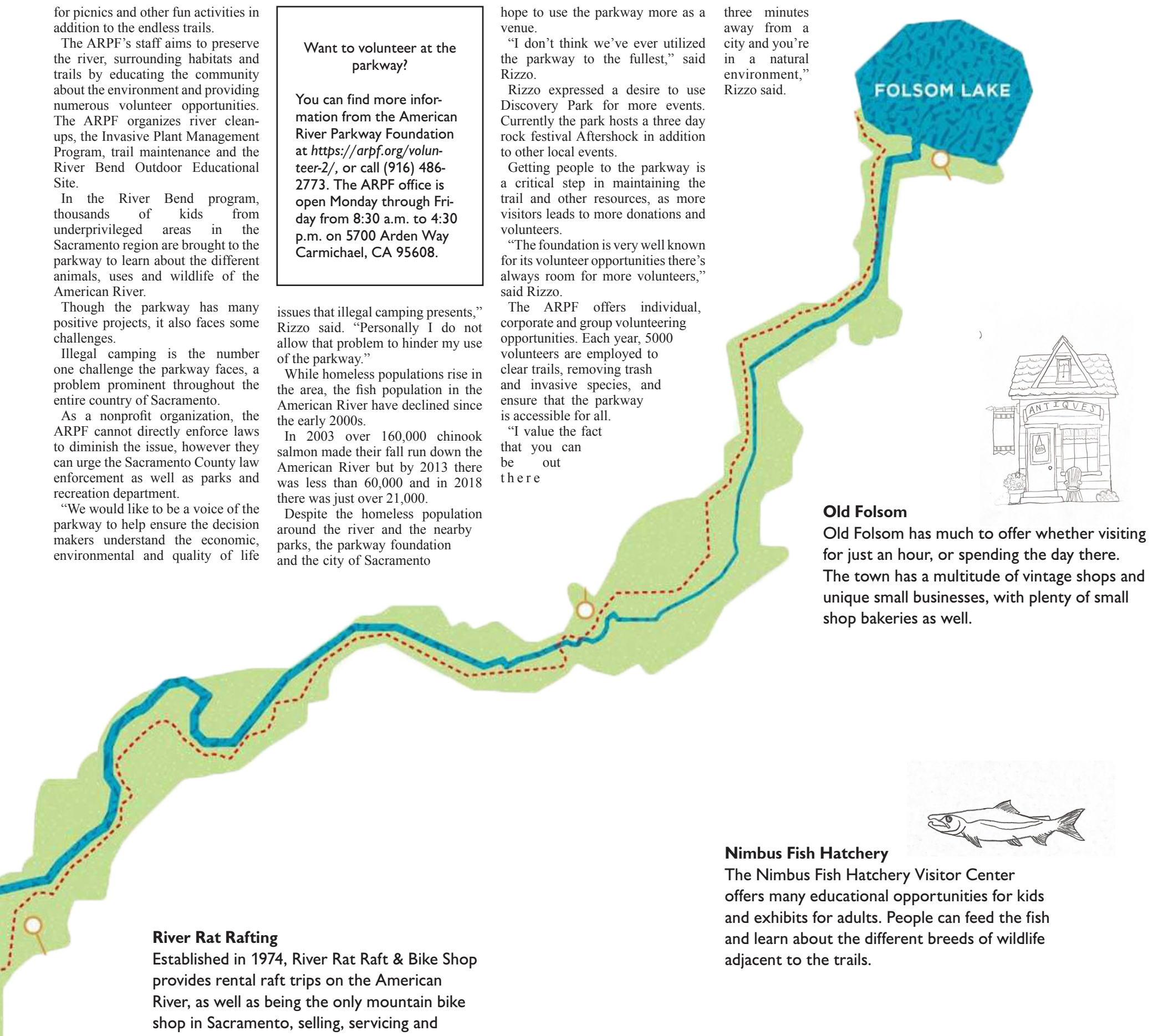
Getting people to the parkway is a critical step in maintaining the trail and other resources, as more visitors leads to more donations and volunteers.

“The foundation is very well known for its volunteer opportunities there’s always room for more volunteers,” said Rizzo.

The ARPF offers individual, corporate and group volunteering opportunities. Each year, 5000 volunteers are employed to clear trails, removing trash and invasive species, and ensure that the parkway is accessible for all.

“I value the fact that you can be out there

three minutes away from a city and you’re in a natural environment,” Rizzo said.

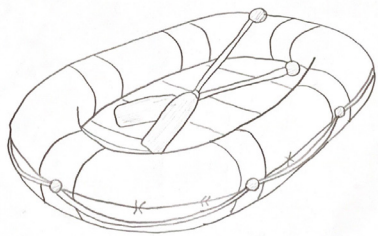


### Old Folsom

Old Folsom has much to offer whether visiting for just an hour, or spending the day there. The town has a multitude of vintage shops and unique small businesses, with plenty of small shop bakeries as well.

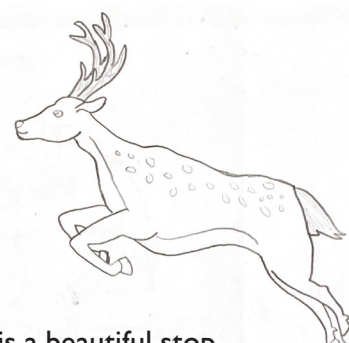
### River Rat Rafting

Established in 1974, River Rat Raft & Bike Shop provides rental raft trips on the American River, as well as being the only mountain bike shop in Sacramento, selling, servicing and renting bikes.



### Nimbus Fish Hatchery

The Nimbus Fish Hatchery Visitor Center offers many educational opportunities for kids and exhibits for adults. People can feed the fish and learn about the different breeds of wildlife adjacent to the trails.



### Effie Yeaw Nature Center

The effie yeaw nature center is a beautiful stop along the american river. Inside, you can find many historical artifacts that are unique to the indigenous people that once lived there along with natural trails, wildlife, and educational exhibits.





Photo by Ed Mahone

# PREDICTING LIFE IN A DECADE

## We will need technology — even to brush our teeth

New innovations in technology such as cell phones and AI have caused us to become more and more dependent on technology.

Most teenagers spend up to four hours of their day staring at their phone screens, and rely on their phones for navigation, social interaction, and information. People have virtual assistants in their homes that can play music, set alarms, set reminders, and other daily tasks just by speaking to it. There are even machines that vacuum our floors for us. At this point in time, most people under 50 would be incapable of functioning without their technological devices for even one day.

In another 10 years, people will rely on technology for all of their daily functions. We will have machines brush our teeth, prepare our food, fold our clothes, serve us at restaurants, and all other things imaginable. Self-driving cars are already in existence, but in 10 years, they will dominate the auto-industry; driving yourself to work will be seen as something upper-class citizens do for pleasure.

If technology continues to progress at this rate, a simple power outage could cause entire cities to shut down.

-Zoe Harrison (12)

## Plastic debris and people threaten society

The 2000s left its legacy of trends, innovations and destruction of the Earth. What will life be like in the next decade? Plastic. Our Earth has become cold, hard and plastic from people on social media, to people littering plastic. My prediction by the end of the decade is that our Earth, and its people, will be destroyed by plastic.

It turns out that *Mean Girls* is right about people's fake attitudes and relationships with others; today it all stems from social media. Social media influencers are already flaunting their most surreal life, while excluding their flaws. Instagram influencers are using their platform as a competition, increasing mental health issues in teenagers. By the end of the decade, there will be more self-harm and mental health diagnoses because of this competition. Alongside plastic on social media, by 2030 our Earth will be scorching partly because of plastic manufacturing and litter being scattered into the land and oceans. Droughts will appear worldwide and sea levels and temperatures will rise, harming sea-life and people.

To ensure my predictions will be wrong, society must come together and eliminate physical plastic, and plastic personas. Reducing the amount of litter in our lands and oceans can help the global environment, and ending the plastic personas on social media will increase mental health stability. Prove that my predictions are wrong by diminishing all the plastic.

-Maddie Harris (12)

## Social reform will lead to free education and health care

The 2010s pushed us toward social progress. The Black Lives Matter and #MeToo movement, the legalization of gay marriage, and protests for justice gave a voice to the people that echoed throughout the nation. As a whole, the country became more accepting of lifestyles and stood up for their beliefs.

With a growing trend for acceptance, I predict that 2030 will be a decade of social reform. Generation Z is challenging its parents' social and political views and becomes more liberal with each year. As more people lean to the left, the support for socialism and equality will rise. More people will advocate for free education, free healthcare and social programs, and the call for social justice will be more widespread.

The idea of the redistribution of wealth and equal opportunity will proliferate in 2030 and continue to challenge the nation's social ideas.

-Annalee Gorman (12)

As we enter the 2020s, the Mirada asked readers to predict life in 2030. Read more responses at [riomirada.com](http://riomirada.com)

## Cars will be self-driving— and biodegradable?

This new decade has just started, however, there are two things that I am pretty certain will catch on even more during this new decade.

Self driving cars, with the rise of technology and the brief discussions of it coming to fruition in the previous decade, the prospects of self driving vehicles being put on the market will probably happen sometime between now and 2030.

With the ever growing development of AI and computer intelligence, a self conscience and self aware car will be something that will become the latest and greatest piece of tech that people will get whether they want it or not. Concerns of reliability may come into the forefront with ideas of hacking the car's computer system and such coming into play. This could deter people from getting one of these computers on wheels.

Something that is not as scary that most people enjoy the prospect of is electric cars. With the fear of global warming and environmental problems growing people have been gradually moving towards using environmentally safe vehicles. This movement has only been evolving with the introduction of the Tesla line of cars and the Tesla Truck in the works.

Perhaps during this decade or the next we can develop cars that use biodegradable materials to power them, like the DeLorean from *Back to the Future*.

-Tanner Colbert (12)

## Female athletes will get the pay they deserve

Women in sports face an extensive task at the beginning of this new decade: fighting for equal pay compared to their male counterparts.

The highest paid NBA player, Stephen Curry, is set to make just over forty million dollars this season, while the highest paid WNBA player makes a measly one-hundred twenty seven thousand five hundred dollars in comparison.

But, all hope is not lost.

Women are starting to speak out against the stark gap in pay. The United States Women's Soccer Team, who made more in revenue the past three years than the Men's Team, have brought attention to the pay gap and have started a wave of change. The voice of all women across all sports is starting to be heard, apparent with the new WNBA contract that would allow women to make substantially more money than they make now. While there are some women that get paid the same as men in sports such as tennis, these major discrepancies between pay will exist well past the 2030s.

The simple reason is that men's sports have always brought in more views because of the physical differences between men and women.

But, I see the treatment of women athletes by leagues and teams will be better, and that they get the correct share of the revenue.

-Jarrod Florentino (12)



# The world is the best classroom

**Katie Newton**  
Mirada Staff

Walking out of Reagan National Airport, we were greeted by the fresh, cold air of the East Coast and loud, bustling metro system. I approached the payment station, bought my first metro card and headed down the escalator to decipher the map of colored train lines and find our hotel.

A week later, as I boarded the plane home from D.C., I passed the same metro station and realized how much I learned in one short week. One short week away from the classroom.

In November of 2019, I traveled with eight other students to the nation's capital for a journalism convention. I remember being stressed about missing school before finals, but I knew the experience would justify my absence.

Though I cherish my education, and understand many teenagers are not privileged to have the public education I have, I feel that sometimes I learn much more outside of the classroom than I ever could learn in it.

During my time in D.C. (which was my first time to the east coast), I learned practical skills, as our chaperones urged us to figure out life in the city without their help, as well as historical and political information that textbooks fail to reinforce.

The trip was almost entirely student planned, with the editors-in-chief of The Mirada signing us up for the convention and dealing with district paperwork.

Once in D.C. we were tasked with planning our meals, making reservations for tours and navigating the city with public transportation.. For someone growing up in a city, these might be childish tasks, but as a Sacramento native I was proud to leave D.C. feeling confident in my ability to navigate the metro in any city.

We learned throughout the trip, forgetting a meal one day and trying to coordinate eight different teenager's opinions, but I would not trade those experiences for any lecture, as they taught me to plan ahead and communicate in real life circumstances.

Aside from practical tasks, being in a politically active and historically rich city prompted educational experiences, too. We toured the United States Capital and Supreme Court buildings, as well as visiting many monuments.



The back of the White House with an American flag flying high is beautifully illuminated at night. The view is clearer from the back due to construction being done on the fence in the front. Photo by Katie Newton.



A bronze statue of Alexander Hamilton, one of the Founding Fathers, stands outside the Department of the Treasury on the south patio. Photo by Emma Hutchinson.



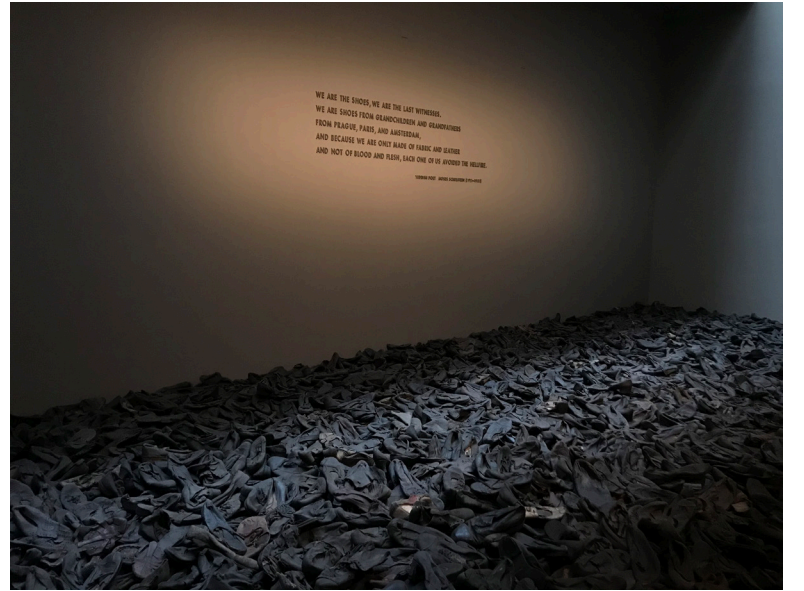
An abstract art statue stands outside of the National Museum of American History with the Washington Monument in the background. Photo by Emma Hutchinson.

Walking down the Vietnam Memorial in silence, reading the name of each fallen soldier, made me more aware of the cost of war than any statistic in a textbook could. The United States Holocaust Memorial Museum and Arlington Cemetery evoked similar respect for lives lost and proved to teach me more about tragic events in history than school had.

Though such opportunities to travel or learn outside of a classroom are a privilege that I have been fortunate to have, I would argue that learning experiences out of the classroom are a critical supplement to traditional school.

Throughout elementary and middle school, I went on numerous trips to outdoor camps, where we learned about the environment, basic survival skills and how to collaborate with others.

Even trips outside of school have proved to be valuable learning experiences for me.



Inside the Holocaust Memorial Museum, there is a collection of shoes displayed that were retrieved from death camps such as Auschwitz. There are 4000 shoes on display from various locations. Photo by Katie Newton.

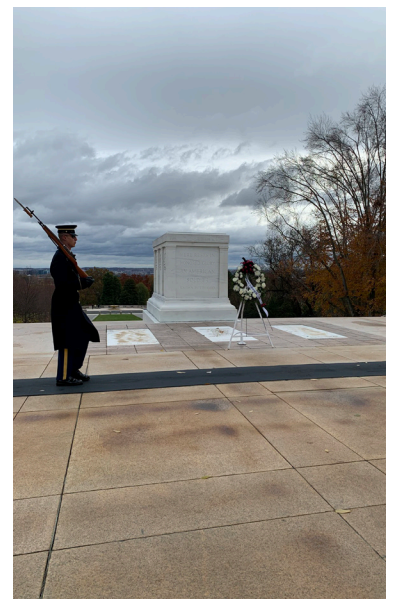


One of the melted antennas from the World Trade Center hit on 9/11 is on display in the Newseum, which closed Dec. 31 of last year. Photo by Emma Hutchinson.

My mom's work took her to Asia when I was in fifth grade, and she wanted me to fly out with my grandmother to Thailand for a vacation. Since an early age I loved school, however, and never wanted to miss it.

At first, I rejected the offer to travel to Thailand because I was worried about missing school for an entire week. My mom persuaded me to go, and I am grateful that she did.

From the busy markets and The Grand Palace in Bangkok to the rural villages and temples in Chiang Rai, I was immersed in the Thai culture.



In Arlington National Cemetery stands the Tomb of the Unknown Soldier, which is guarded 24 hours a day by a specially trained Tomb Guard. Photo by Emma Hutchinson.,

Walking down the Hall of Opium in the Golden Triangle Park, the horrors of the opium crisis and history of Southeast Asia were brought to my attention. I learned about the Buddhist religion, visiting the Temple of the Emerald Buddha and speaking with mahouts, or caretakers of the elephants in northern Thailand.

This trip gave my awareness of all the other cultures the world has to offer, something the average fifth grade curriculum fails to do.

## QSA a safe haven for queer students

**Joseph Bender**  
Mirada Staff

On Wednesdays at lunch, the library hosts the Queer-Straight Alliance, the club for LGBTQ people and those who support them. While many may recognize it as the reason the library is otherwise closed once a week, QSA is so much more.

"The thing about QSA is that everyone's just very accepting and that it's a place where people can just go to hang out and be themselves," said club president Jenna Shepherd (11). "There really aren't any other spaces on campus where queer people can just go to just hang out and chat with their friends and talk about stuff that

affects them."

QSA was founded about five years ago by student Alexia Roditis. Shepherd is the successor of Dale McMorris, who led the club from Roditis's departure until he graduated last year.

At meetings, whose attendance often exceeds 20 members, topics range from discussions of sexual orientations and genders to queer people in popular culture and beyond. Last year, the club finished out the year by watching Love, Simon, a movie about a gay teenager who strikes up an anonymous online relationship and is blackmailed.

Studies have shown that students at schools with QSAs do better and experience less bullying than those

at other schools, and Rio is no exception. "Rio is one of the most welcoming schools in the district," Shepherd said. "Many other schools do not have the resources and safety that Rio does. We're very privileged in that regard."

QSA covers a range of activities as wide as the scope of the queer community itself.

"We don't really do enough activism and I'd like to get more into that," said Shepherd. "For the most part it's education and I'm fine with that."

Currently any funds that the club spends come from the pockets of the president and other officers. QSA is planning a fundraiser to remedy that situation. "We are going to do

a fundraiser for Valentine's Day," Shepherd said. "We will be selling candy grams before school and during lunch. These candy grams will have some chocolate, a little lollipop and a heart, and you can send a candy gram to anyone you want in the school."

The sale will run from February 3 to February 12 before school and at lunch.

Overall, QSA serves as a welcoming place for queer people and straight allies on campus. "If you want to come, you should. We do a lot of fun things and if you're questioning or if you're straight and you just want to know more, you should come here to know more about it," Shepherd said.



There is a display with information about QSA in the library. Photo by Joseph Bender



# Oscars: Best of the Best

**Luke Richards**  
Mirada Staff

Every year when the Oscar nominations come out, I always promise myself I'll watch all the Best Picture nominees. Every year, I've failed. Then this year, the nomination list came out and all the movies on the list were among my personal favorites from the year. Among the new Tarantino film (which I saw on opening day) and the new DC film Joker, there were some indie films that I had also seen. In fact, Parasite was one of my favorite movies that didn't come from a large studio.

## JOKER



I had been waiting for this movie for a year and a half, and it definitely didn't disappoint. I really enjoyed the time period this was set in, and exploring the DCEU from a villain's perspective made this movie a new endeavor for the DC studio. The movie was told entirely from the eyes of Arthur Fleck, a comedian with a history of mental illness that slowly consumes him and transforms him into the Joker. The writing in this film was top notch, and I found myself engaged in the story no matter what was happening on screen. The action, too, was few and far between and

only really used to advance the plot. This was definitely a good choice, as most superhero movies have mindless action scenes usually inserted only to keep the audience awake. This movie, however, starts with a complex plot and interesting writing and hardly even uses the comic book tie-ins for the story. This movie was a masterpiece and my personal favorite comic book movie.

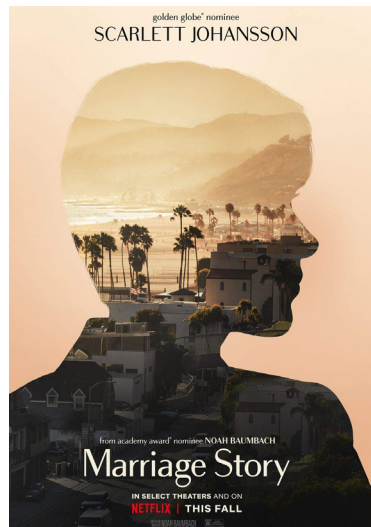
## THE IRISHMAN

The Irishman, directed by Martin Scorsese, is three and a half hours long. It's the longest movie I've ever seen. That being said, the expert acting and stellar script kept me engaged all the way through. Adapted from the book I Heard You Paint Houses, the film follows a young man as he works his way through the Mob. The three lead actors (Robert DeNiro, Al Pacino, and Joe Pesci), are all fantastic. DeNiro, Pacino, and Pesci are the three quintessential mob actors. Their acting was some of the best I've seen in years. This movie is without a doubt going to become a classic mob movie, along with the likes of The Godfather or Goodfellas.

## ONCE UPON A TIME IN HOLLYWOOD

This movie is my personal favorite out of the bunch. Quentin Tarantino is one of my favorite directors of all time (followed closely by Martin Scorsese), so this movie had been on my radar for a while. When it finally came out, it took my expectations and blew them out of the water. The directing, like all of Tarantino's work, was superb. I particularly liked the scene where the main character, Rick Dalton, is filming a pilot for a TV show. Tarantino's expert dialogue is shown off in this scene as well, and the script throughout the movie is very well written with many scenes that just feature characters talking for several minutes. The ending is action packed, and as per Tarantino's standard, ridiculously violent. It's very chaotic and it was the only scene that really required me to stretch my suspension of disbelief. Overall, this is a fantastic film that perfectly captures the essence of 60s Hollywood.

## MARRIAGE STORY



This movie didn't come out in theaters. Like The Irishman, it was released and went straight to Netflix. That gave me a chance to see the movie right when it came out. I wasn't that excited when it came out, but as soon as I started watching it I fell in love with the film. The acting is superb, and easily the best of Adam Driver's career. His chemistry with Scarlett Johansson is executed perfectly and it made the movie all the more heartbreaking by the end. I didn't have to suspend my disbelief even for a second when watching this movie. The script, the acting, and the directing are all fantastic. For a movie that didn't even get a theatrical release, it's a great breakup movie that perfectly shows the cracks and holes in a failing marriage.

*The Oscars is on Sunday Feb. 9 at 5 pm at the Dolby Theatre in Los Angeles, CA. It will be televised on ABC Entertainment Network, and for the second year, the Oscars will not have a host, following the huge success of last year's format after Kevin Hart had to step down prior to the ceremony.*



The second season of "You" came out on Netflix in Dec 2019.

## 'You' need to watch it

**Allison Meier**  
Mirada Staff

*You*, a thriller television show that focuses on a dark, mysterious love story, was released on Netflix in 2018. However, this show topped the popularity charts among teenagers and even adults as of last year.

Currently, two seasons have been created and can be viewed on Netflix, and they plan to film and release a third season in April of next year. Both seasons were written based off of Caroline Kepnes' books *You* and *Hidden Bodies*.

While watching the show, the audience gets to wrap their heads around Joe Goldberg, the main character and his mastermind plans and psychopathic, stalker-like behaviors. Joe is a person who will do anything it takes to achieve love and the girl of his dreams.

He is seen most often in a small, quiet bookstore in New York City, working as the manager. On a normal day of his life in the bookstore, he encounters and locks eyes with a woman named Guinevere Beck, or Beck.

With the help of the internet and social media, Joe has found everything he ever wanted to know about her and finds that she is an aspiring writer who loves to read books, just like him. He puts this information to use and he starts a conversation with her. This is where his obsession began.

As days go by, he watches her go from place to place and he will push through any obstacles that stop him from becoming the only important person in her life.

After an unexpected turn of events in the end of season one, the start of season two begins with Joe Goldberg moving out of New York City and going to Los Angeles to start his life over as Will Bettelheim.

While looking for a new job at the local grocery store, a woman named Love Quinn catches his attention.

After being in denial of his love interest in her, their relationship begins to take off. Whether Joe was eliminating anyone who got in the way or finding more love connections, he was always determined to do what he thinks is best.

With lots of intense and ominous scenes, the show throws in many different shocking surprises. It keeps the audience on their toes, wondering what Joe's next step of action is.

It also displays his thoughts in narrative forms which makes you feel like a part of his thinking process of why he does what he does.

On the last episodes of season one and two, the show leaves you on a cliff hanger and keeps you guessing and wanting more. After season two, the audience now has to wait a year to find out where the rest of Joe's life will go.

# Mesa Mercado brings Oaxaca to Sacramento

**Synia Thrower**  
Mirada Staff

Mexican restaurant Mesa Mercado provides for an authentic experience of traditional Oaxacan cuisine with an urban taste.

The establishment is situated in the heart of the Milagro Center in Carmichael, CA. The meeting place is a hotspot with multiple restaurants ranging from Mexican to Japanese to American. Mesa Mercado was also the first establishment to open in the Milagro Center during its opening in fall 2015.

The restaurant provides an assortment of different menus for brunch, starters, lunch specials, and even plant-based eaters.

When walking in, customers will see an array of colors on the walls along with intricate Aztec designs. The colors invite customers in and make for an interesting environment with each cultural painting and Mesa Mercado's slogan "A Religious Food Experience".

The seating was also pleasant with spacious table options or by the bar.

The establishment also supplies customers and bystanders with a range of latin music that can easily be heard by simply walking past.

While the music was a nice touch, it was also a bit too loud for comfort and made it relatively difficult to



The interior decorations in Mesa Mercado showcase traditional Mexican styles, colors and designs, matching the lively atmosphere of the restaurant. Photo by Katie Newton



The cauliflower tacos are a delicious twist on a basic taco and are also friendly for plant-based eaters. Photo by Emma Hutchinson

talk with people sitting right across from you.

When it came to the cuisine, Mesa Mercado did not disappoint. They offer a complimentary snack of diced mangoes in Tajin seasoning which differs from the typical chips and salsa served at most Mexican/Latin food establishments.

To our grave dismay though, the chips and salsa were a part of the appetizer menu that had to be paid for, but the selection of three different salsas made up for the price.

The customer service was very friendly and the waiter gave our party ample time to choose what we wanted to eat. Once it was time to order, half of us chose from the lunch menu which offers an entire meal for about 10 dollars. The rest chose meals from the full price menu.

We ordered chicken enchiladas with an assortment of green, red and mole sauce as well as chicken tacos. They also offered vegetarian options like cauliflower tacos which we ordered.

I personally had the lunch special of one enchilada with red sauce that came with a side of rice and beans. All of the food was well prepared and plated really well making it appetizing to look at.

Mesa Mercado lived up to almost all of our expectations with its delicious cuisine, and everyone should give it a try.



# Distractions

## COUPLE OF THE ISSUE



Madi Miller (10) and Aiden Fonseca (10)

**Q. How long have you been dating?**

A. 6 months.

**Q. How did you meet?**

A. We met at Taco Bell last summer and he asked me out at the price window.

**Q. What's your favorite thing you've done together?**

A. Just hanging out is pretty fun in general.

**Q. What is something that makes you laugh about the other person?**

A. He calls me funny nicknames.

**Q. How long have you been dating?**

A. Around 6 months.

**Q. How did you meet?**

A. I was working at Taco Bell over the summer and I opened the window to tell the person the price and I saw this random girl talking to a turkey next to the car. I thought it was cute.

**Q. What's your favorite memory together?**

A. We went to a friend's house and she ended up falling in a pool.

**Q. What is something that makes you laugh about the other person?**

A. Her funny laugh and facial expressions.

## PET OF THE ISSUE

Senior Emily Courtade talks about her turtle.

**Q. What is your turtle's name and what kind of turtle is he?**

A. My turtle's name is Bob Jr. and he is a tortoise.

**Q. How did you get him?**

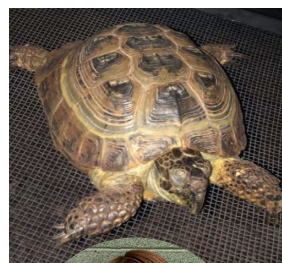
A. I got him as a present for my birthday.

**Q. How old is he and how long have you had him?**

A. I've had him for five years and he's six years old.

**Q. What is the cutest thing your turtle does?**

A. Sometimes he likes to sit on top of his log and sunbathe.



**Q. What is his most annoying habit?**

A. When he moves all his bark to the other side of his terrarium.

## BACHELOR



John Branson (10)

**Q: What is your dream girl?**

A: My dream girl is someone who is shorter than me.

**Q: What is your biggest turn on?**

A: My biggest turn on is a good smile because it's the first thing you notice about someone.

**Q: What is your biggest turn off?**

A: Someone who is prejudice because I don't like closed minded people.

**Q: Describe your perfect date.**

A: My perfect date is just hanging out and watching movies.

## BACHELORETTE



Sam Baccelli (10)

**Q: What is your dream boy?**

A: My dream person is someone who works at In-N-Out.

**Q: What is your biggest turn on?**

A: I like people who are genuine and funny because it's easy to have a conversation with them.

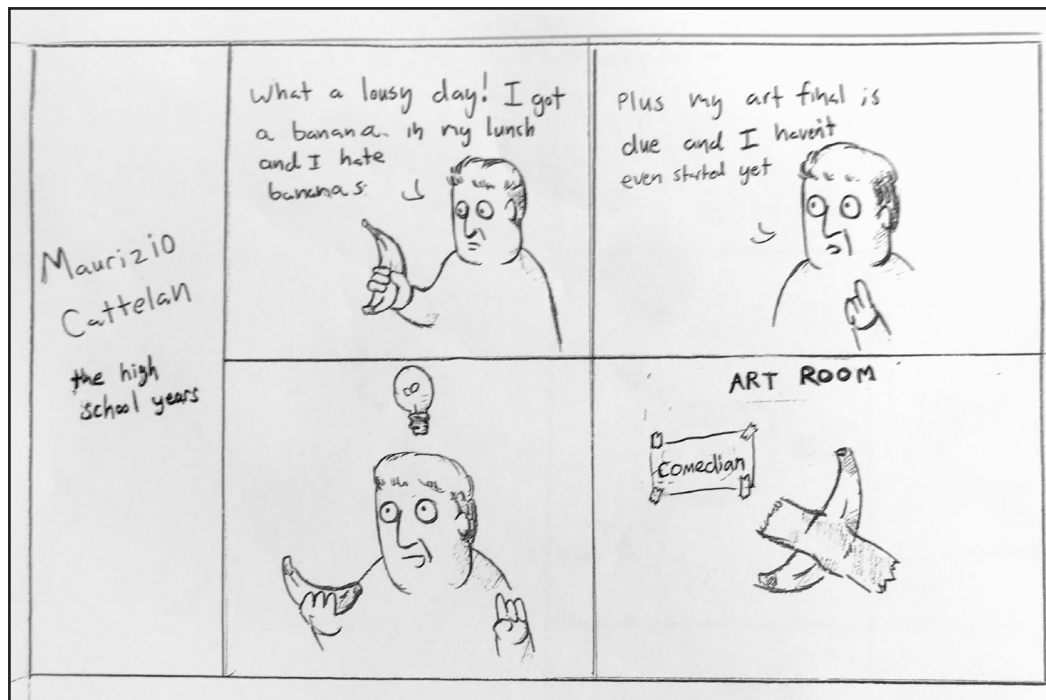
**Q: What is your biggest turn off?**

A: My biggest turn off is someone who is mean.

**Q: Describe your perfect date.**

A: My perfect date is a trip to flavor town.

## CARTOON OF THE ISSUE



## Did you know? Baby elephants suck their trunks for comfort!



Photo copyright Alistair Montgomery

## RAIDER WORDSEARCH

Q T F R E N C H Z H U A W A R V I W Z Q  
 V Q J S O F I S E T F P H J B O N D Z P  
 L T B U W Q D R C N N X Q T S S C T S X  
 R V P S P I S Z C I G E W O O D S H O P  
 R G L T V J O W T K E L F T N A S D J I  
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 O O B T Q C J P I O N F C S Y F Q F I T  
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 B K C F B H F H R L A P R H M V A O N A  
 B V C D Q X H O Y A N A R Q S E Y V K G  
 T E Y P F T X Z D O I R F L T V D S Y U  
 B M F B J O F G U B S V T V U P M G B F  
 P V L O B D R W F Y H K N D B S U G A O  
 D E Q F Q G M M Q X O F R J X R E T X U

### ANSWERS

HISTORY STATISTICS  
 SCIENCE WOODSHOP  
 ENGLISH SPANISH  
 MATH FRENCH  
 PE ENGINEERING

Do you want to see your work in the Mirada?

We want to see it too! Submit your comics, poems, jokes, riddles, puzzles and other entertaining tidbits to [riodistractions@gmail.com](mailto:riodistractions@gmail.com) and you just might see them in the next issue!

## TRIVIA

1. What was Twitter originally called?  
 A. Twttr  
 B. Trttw  
 C. Twitter  
 D. Twr
2. What country first made tea?  
 A. England  
 B. India  
 C. Roman Empire  
 D. China
3. In what year were the first modern Olympics held?  
 A. 1896  
 B. 1919  
 C. 1955  
 D. 1848
4. Which American state is the largest (by area)?  
 A. Texas  
 B. California  
 C. Alaska  
 D. Nevada



# SPORTS

## NOTABLE UPCOMING GAMES

**Feb. 6:** Girls varsity soccer travels to Del Campo at 3:30

**Feb. 11:** Boys varsity basketball takes on rival El Camino



Senior Carly Kissinger earned her way into UC Merced thanks to a great 2019 season. Photo by Emma Hutchinson.

## Seniors sign with colleges

**Mickey Doolittle**  
Mirada Staff

As sports seasons come to an end and the offseasons arrive, many have begun to make difficult decisions. Seven Rio athletes will be signing their letter of intent today at 12:30 in the Performing Arts Center.

Carley Kissinger has been a dominant presence on the Rio soccer team for four years.

Her defensive play drew the attention of scouts from numerous colleges, but today she will officially commit to UC Merced.

"By junior year, we were communicating and I went on some visits,"

said Kissinger. "Merced is one of the newer UCs and obviously the technology is there. I love the coach there and I feel really close to her already."

Joining her at the ceremony will be senior Mitchell Dixon. Both a football and basketball player, he will choose to specialize on the gridiron at UC Davis.

Dixon entered this season as a top quarterback prospect in the area. His gunslinger play style helped him amass more than 1,800 yards and 18 touchdowns his senior season in addition to getting on the All-Capital Athletic League Team. His season was capped off by a game-winning

hail-mary in the final seconds against rivals El Camino.

In addition, star water polo player Peter Poirier will be attending the University of the Pacific. He is excited about the opportunity to play for a rising team in the NCAA.

"The way college water polo works is there are four schools that always win the championship and get the top level of recruits every year," Poirier said. "(University of the Pacific) is the only school outside of that four that always puts together a championship run that has ever progressed and moved forward as a team."

**Here is the complete list of Rio's 2020 National Signing Day participants:**

Sophia Karperos - Yale (Cross Country and Track)  
Mitchell Dixon - UC Davis (Football)  
Olivia Seargeant - UC San Diego (Waterpolo)  
Peter Poirier - University of the Pacific (Waterpolo)  
Andrew Nelson - UC Riverside (Soccer)  
Carley Kissinger - UC Merced (Soccer)  
Alyssa Escay - Unannounced (Cross Country and Track)

## Buzzer beater downs Eagles in triple OT

**Josh Zezzo**  
Mirada Staff

Hundreds of home-team fans rushed the floor to celebrate Rio's 83-82 triple overtime win over El Camino Jan. 17.

In the first of two matchups between Raiders and Eagles, both teams started the game ice cold offensively and struggling to hit open shots and convert in close range.

The Raiders came out with an early edge on the glass, taking a 9-7 lead after the first quarter.

El Camino went on a six minute run, holding Rio to just 10 points in the second quarter, while they notched 14.

The Eagles ended the half with a slim 21-19 lead, but Rio had an answer in the second half.

El Camino came out of the gates fast and started to go on a run, but a big three-pointer by senior Jarred Florentino kept Rio within range.

The Rio defense stepped up, and Rio started to build a run of their own. Two fast breaks cut the Eagles lead to one with under two minutes to go in the third. A Rio run made the lead 42-36 in favor of Rio.

An El Camino free throw gave

Watch video of Denzel Harris's game-winning shot and the crowd reaction on [riomirada.com](http://riomirada.com)

them their first points in over seven minutes.

Both teams went the final five minutes exchanging baskets to keep it a one possession game.

The Raiders had a three point lead with three seconds remaining but El Camino had possession.

A dramatic side step three from freshman Kiku Parker who was guarded by Florentino tied the game sending it to overtime.

The Raiders had answers for all of El Camino's shots, and Rio found themselves with another three point lead with five seconds left, and the Eagles had the ball.

Freshman Ivan Soto from El Camino found a hole and had just enough time to hit yet another game tying three pointer to put this game into another overtime.

With the second overtime following almost the same script, still nobody could find the upper hand, sending the game to a third OT.

Rio got off to a slow start in the third overtime, and the Raiders

crowd started to lose hope as they were down five with just one minute left

Rio came back, and trailed by one point.

Forced to foul, Rio sent the Eagles to the free throw line where they missed the first free throw, but hit the second one, giving Rio a chance to tie or win.

With just seven seconds remaining, Rio needed a miracle.

Senior Alex Vryonis had failed to convert on three inbound. On the last inbound of the game he took the ball up the court past the nervous Rio student section.

The Eagles defense committed to Alex and left senior Denzel Harris wide open in the corner. Vryonis found Harris, who hit the game winner at the buzzer and left El Camino stunned.

**Senior Denzel Harris dribbles down the court. He would eventually hit the game winner in the third overtime.** Photo by Josh Zezzo



## NFL overtime rule



**Josh Zezzo**  
Commentary

The former Los Angeles Lakers superstar Kobe Bryant, his 13 year old daughter Gianna and seven others were flying Bryant's private helicopter Sunday morning when the unthinkable happened.

They took off from John Wayne Airport in Orange County at 9:06 a.m. heading to Mamba Sports Academy in Thousand Oaks, CA. At 9:47 a.m. the helicopter came crashing down into a hillside in Calabasas, CA.

The tragic death of this NBA star was first reported by TMZ sports at 11:36 a.m. The News swept through the internet leaving many people in shock of such tragic news.

People gathered around the Staples Center with flowers and candles to mourn the loss of Kobe, inside the arena crews worked in the rafters to move Bryant's number eight and 24 jerseys side by side. The rest of the retired numbers were covered with a curtain leaving just the eight and 24 to be all alone and illuminated with light in the rafters.

Bryant was regarded as an idol for many athletes and young kids throughout the sports world.

Kobe was a father of four daughters Gianna Maria-Onroe Bryant, Natalia Diamante Bryant, Bianca Bella Bryant and Capri Kobe Bryant. Gianna was 13 years old, Natalia is 17 years old, Bianca is three years old and Capri is seven months old.

He was married to Vanessa Laine Bryant, Vanessa is 37 years old and married Kobe in 2001 at the age of 18.

Bryant was drafted right out of high school, he attended Lower Merion High School in Pennsylvania. And was taken with the 13th pick of the 1996 draft. He was drafted to the Charlotte Hornets but was traded to the Los Angeles Lakers within a week.

Kobe made his NBA debut on Nov. 3, 1996 against the Minnesota Timberwolves. Kobe and the Lakers finished his rookie season 56-26.

He became one of the few players to win five NBA championships, and win Finals MVP twice. Bryant won his five championships in 2000, 2001, 2002, 2009 and 2010. He won Finals MVP in 2009 and 2010.

Bryant made 18 NBA All-Star Games, he made the first one in 1998 and his last in 2016. He won four All-Star Game MVP's, he won in 2002, 2007, 2009 and 2011. The NBA legend also won a league MVP in 2008.

Bryant was selected for the All-NBA first team 11 times throughout the course of his career, while also being selected for the second and third teams a total of four times.

The NBA superstar retired after the 2016 season, and scored 60 points in the final game of his career against the Utah Jazz. Kobe became one of six players to score 60 plus points on more than one occasion. He scored 60 plus a total of six times throughout his career.



Sports

# Shriver continues lifting dominance

**Mickey Doolittle**  
Mirada Staff

While football stars, soccer legends and standouts from other popular sports receive all the praise and recognition, one student is quietly one of the best worldwide athletes in his sport.

Senior Ryland Shriver discovered weightlifting through his crossfit gym. When the owner saw him squat 385 pounds in 2016, he asked Shriver if he had ever lifted and was met with an indifferent response.

"I did crossfit for three years," Shriver said. "It took me a long time to get that into my head, like 'I actually want to be a weight lifter' and eventually I tried it and absolutely fell in love."

Weightlifting is a competition based on the two movements, snatch and clean and jerk. The more basic of the two, snatching, is one fluid motion from the floor to above the athlete's head.

Clean and jerk comprises of two movements, with the weight beginning on the floor. The lifter begins by bringing the bar to their chest, pausing, then lifting it above their head.

Shriver discovered weightlifting in his early teen years. Growing up, he swam for a half decade and played soccer for ten years, however quit both to focus on CrossFit which led to lifting.

"I wanted to compete internationally," Shriver said. "I saw that doing that in crossfit would be a lot more difficult. I was beating myself up a lot and kept getting injured."

Shriver trains six days a week, waking up at 5:30 AM to perform his



**(Left) Shriver completes a successful clean and jerk. (Right) Shriver rests on one of his massive weights in his Midtown Strength and Conditioning Gym. Photos provided by Ryland Shriver**

daily morning workout in his zero period PE class. He does so separate from the rest of the class.

"After that, I get home, I eat, I train for two hours, I do homework, go to sleep and repeat," Shriver said.

The two training hours after school are courtesy of CrossFit Sacramento, who sponsors him in competitions and was the place where he first discovered weightlifting. Further proving his dedication, he built his own gym in the sunroom of the family's home.

He lives with his mother, father and younger sister.

"They are supportive, I train a lot and I'm sure it is annoying to hear the house shake for hours a day," Shriver said with a laugh. "They also help pay for me to get to my meets. This Sunday, they are helping me get to the National Championship meet."

The origin of this passion came from watching other lifters on YouTube.

"Watching international lifters

just blew my mind that people could throw around almost 600 pounds like that," Shriver said. "I said 'One day, (I) want to put 500 pounds over my head.'"

In Dec., Shriver traveled to Buenos Aires, Argentina CSLP Youth Championships. Despite winning the entire meet, he was disappointed with his performance.

"It was a good meet, I snatched well, the most I have ever done in competition," Shriver said. "But with clean and jerks, I pulled something on my second attempt. I scratched the lift because I thought something was going to tear."

Despite this, he has recovered and now eyes the competition in his new age group, juniors. Shriver will be going up against 17 to 21 year olds and while his rivals will be closer his strength then ever, he is still projected to win.

"It is scary," Shriver said. "It is going to take me a little bit to get used to it but if I do good at this next meet then I should be fine."

That meet will be February 6-9 in Pleasanton where the best lifters in the nation will converge on the Bay Area.

Beyond that, he will attend Northern Michigan University in August to continue his career and study to be a pediatric nurse. Furthermore, Shriver has his sights on one of the biggest stages in sports.

"Depending on if things fall my way, I would like to go to the Olympics, possibly in 2024 or 2028," Shriver said. "I would also like to go to the World Championships soon and the Pan American Games."



Prep of the Issue



## Amadi Okugo continues success

**How long have you been playing the sport?**

I have been playing soccer since I was like 3 but I started playing on my first organized team when I was about 6.

**What's your favorite memory from any game?**

I have a lot but in highschool probably when I scored the first goal against Jesuit when I was a sophomore.

**What's the biggest setback you've experienced?**

Luckily I haven't had any serious injuries but this year I stubbed my toe pretty bad and I missed like 3 games.

**Do you see yourself contuniung this in the future?**

Yeah hopefully I can play college soccer and if I'm good enough playing professionally would be really cool.

**What are your goals for this season?** Right now our team is focused on winning league and putting ourselves in the best position to have a chance of winning our section.

# Exposing cheating protects baseball

**MLB benefitted from player who revealed sign-stealing by Astros**

**Malek Safi**  
Mirada Staff

On Nov. 12 2019, The Athletic released a statement by former Astros and current A's starting pitcher, Mike Fiers. He stated that the Houston Astros cheated in 2017 using a sign-stealing method with the outfield electronic camera.

It started with the opposing team giving a sign where the camera in center field relayed the signs to a monitor in the Astros' dugout.

From there, players would signal an off-speed pitch by hitting their bats on a trash can. This prepared the batter to plan how to hit the ball according to the pitch signaled.

Since the beginning of baseball, teams have been stealing the signs used to anticipate the next play.

This is legal except when it comes to using technology. As time moves on with the help of computers, the baseball community has found ways to cheat more mischievously and frequently.

Ironically, an Astros fan sparked the trend of watching for sign stealing patterns and noticed the pitcher signaling, the bat clanging, and the batter hitting the ball out of the park (coincidentally) during Astros games.

Many managers blame the officials for lacking awareness on the field and believe with more observant



**Astros trot off the field to the dugout. Photo provided by Keith Allison.**

officials, this scandal could've been prevented.

The Astros have been long aware of the cheating, including former assistant general manager, Brandon Taubman. He was aware of the cheating and even attending practices with the sign-stealing.

But after he was fired, it was unclear whether Houston developed a modern form of sign-stealing or if they continued to cheat.

At the time "The Athletic" website released their report, the Astros were in deep denial about using technology to cheat, but admitted to stealing signs.

After the lies unraveled and the truth surfaced, former and current Astros associates who were directly involved with the scandal began

confessing.

As the scandal drew attention, most expected players and staff members to conduct interviews with the press to reveal the truth and shut down the rumor.

Now more evidence has arisen, but the MLB feels as though enough adequate information has surfaced to place Houston in the wrong.

This scandal took aback the baseball community as they were in shock that the winning Houston Astros cheated their way through the baseball season. A new era of baseball and technology revealed itself and forever changed the franchise.



# Washington D C

*There is much to learn in the nation's capital,  
especially with the upcoming election*



The Lincoln Memorial, which draws millions of tourists every year looks out over the Washington Monument reflection pool. Photo taken by Emma Hutchinson.



As the sun sets over DC the Washington Monument is seen in a special light. Photo taken by Emma Hutchinson.



The Capitol of the United States looms over the National Mall. Photo taken by Emma Hutchinson.



A statue of Ulysses S. Grant stands guard over the nation's capital. Photo taken by Emma Hutchinson.



At dusk, the Department of Treasury lights begin to become visible from the street. Photo taken by Emma Hutchinson.



This historic building currently holds the Trump Hotel and is moments away from the National Mall. Photo taken by Emma Hutchinson.