



### STUDENT OF THE MONTH AVA REYES

By Jalyssa Alcasas

Congratulations to our student of the month, Ava Reyes!

Student Body President Reyes explained, "When I am older I want to be able to give back to those who have given to me. The more others succeed, the more I feel like I can do it, too. Others picking you up makes you feel better about yourself. This is why I like to be involved in a lot of activities."

Reyes, who also serves as the Dance Team Captain this year, stated, "When I am older I want to be a lawyer. I never really thought about it, but the more I learned, the more interesting it became." She pointed out that "lots of people say they see me as one. I would like to become a lawyer to help people do what's right."

Reyes quoted Philosopher René Descartes, "I think, therefore I am. It has stuck with me because the more I thought I could do something, the more I would succeed."

A very positive and outgoing person, Reyes is always willing to help out others when they need it. She is always looking for new friends, so don't be afraid to talk to her.

### SEAL OF BILITERACY

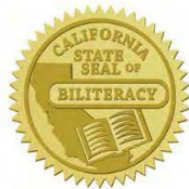
By Brianna Valles

Hey, Bilingual Panthers! Have you ever heard of the "Seal of Biliteracy"? This is a program for students who have mastered a high level of speaking, reading, and writing in one or more languages other than English.

This seal is given by the State Superintendent of Public Instruction. The program is offered because it shows positive reactions towards multilingualism and the use of multiple languages. This strengthens bonds with your community and encourages the learning of another language in high school and above.

People who speak more than one language are more likely to get better jobs once they graduate high school or after they go to college. Learning languages helps students have greater college and career readiness and opportunities.

If you can meet the requirements, you will receive a Gold Seal on your 8th grade promotion certificate. If you would like more information, please talk to Assistant Principal Ms. Scott. Information was also posted to Schoolloop in August.



### ANOTHER COVID HALLOWEEN



By Jalyssa Alcasas

It's October, Panthers, that means it's Halloween! Let's go through some ways you can stay safe and still have fun. If you're going Trick-or-Treating, go out with people you trust. Remember to wear a mask, a safety mask, to limit exposure to Covid-19. Any candy you have, make sure to check it before eating. Make sure you don't touch your face, and sanitize your hands often.

If you and your family are giving out candy, make sure to clean your hands and the candy. You can even set up a station with individually wrapped treats for families to take.

Some families have a tradition of throwing Halloween parties. This year instead of throwing a party, have a get together with a few close friends. If you really want to have a party, make sure it is outdoors, and everyone stays 6 feet apart at all times.



### REMEMBERING JOHN...

September 6, 2018, a Thursday morning, before school started, a beloved brother, son, student, and friend, John Macias, sadly passed away.

People still remember John for making their day as he walked down the halls saying "hello" to everyone and smiling.

John's cousin was in class that morning with Ms. Whitton, a special needs teacher in room 14, she said, "It was very hard to keep going that day because we knew the family."

Ms. Whitton said that she remembers John's cousin always saying, "That's my cousin!" every time John would pass him."

Every month for the past three years, Ms. Whitton's class has gone up to his memorial near San Bernardino Road north of the school to clean up the area. They also go change the flowers and decorations for each season of the year and many holidays.

By  
Alexis  
Rubio



## STRIVING FOR SUCCESS



Performance is  
Our Passion

Positive  
Behavior  
Intervention &  
Support







## PANTHER FOOTBALL IS ON FIRE

By Zyla Delgado



This year's flag football team is on fire with so many wins! Vernon won the Montclair Bowl Trophy against our cross town rivals -Serrano Middle School-with a 21-13 victory.

"Congratulations to our Panther Football Team! We are so proud of our Panthers and all their hard work!" said Ms. Tovar who presented the cross-town trophy to the Panther Football Team after the game.

We appreciate our coaches, Mr. Perry and Mr.O'Neil, for all their hard work and patience with the team.

Mr. O'Neil said, "I truly enjoy coaching this team; they are working very hard, learning their skills, and seeing the rewards of their hard work with all these victories!"

Coach Perry shared, "Carolina Panther Quarterback, Cam Newton, said 'You cannot make progress with excuses,' so we have been teaching the players to just show up, work hard, and give it all you've got."

Apparently, these strategies are working because our team is one of the best in the Ontario-Montclair School District. At Press Deadline, the Panthers had only lost one game.



## DISTRICT CHAMPIONS!!!

By Alexa Torres

Panther Pride is on the rise as our Volleyball Team has won games against Central Language Academy, Oaks, De Anza, Vina Danks, and Edison Schools. As this issue goes to press, the Panther Volleyball Team had just won the OMSD Championship, after playing a challenging game against Wiltsey Middle School, who had just beaten Oaks Middle School in the Semi-Finals.

"Our volleyball team practices very hard and works well with their teammates-communication is key. We thank Coach Rasmussen for all her hard work during this season," said Ms. Tover.

Miss Rasmussen stated, "Students must maintain a 2.0 GPA or higher to play on the volleyball team." She also said, "The team is doing great so far this year! They all take direction very well and are always ready to learn."

"Our team goal at this point of the year is to make it to finals." Miss Rasmussen shared her favorite quote, "John Wooden said, 'It's not how big you are but how big you play.' He meant that players have to have heart and purpose."

Make it to the finals they did with a 6-0 win record for the season. Our Panthers beat the Wiltsey Wildcats in the Finals.



By Marissa  
Muñoz

Vernon Panthers, After School Clubs are set to begin the week of October 13th, right after school. Snacks will be provided. Get a Permission Slip, have your parents sign it, then turn it into your teacher or the office. Be sure to Listen to the morning announcements for any other updates.

**Manga Mondays**  
Mon. 2:30- 3:00

**Strength Club**  
Mon. & Wed.  
2:30-3:30

**Anime Club**  
Wed. 2:25- 3:30

**Cooking Club**  
Wed.  
2:30-4:00

**After-School Orchestra**  
Wed. 2:30- 3:30

**Theater**  
Thurs. 2:30- 3:30

**After School Band & Percussion**  
Thurs. 2:30- 3:30

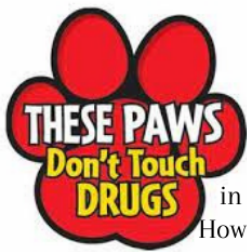
**Speech & Debate Club**  
Thurs. 2:30- 3:30

**After School Chorus**  
Fri. 2:30- 3:30

**Just for Fun Club Arts & Crafts**  
3rd Thur. only 2:30 -3:15

**Basketball Clinic**  
M, W, TH, & F 2:45-4:45





## WHY REMEMBER RED RIBBON WEEK?

By Desire Acosta

Red Ribbon Week, we've all celebrated it in school, or at least heard about it.

However, I bet only a few students actually know its history. How did *Red Ribbon Week* start? Who made it a national holiday? I'm going to answer these questions, and others you may have.

*Red Ribbon Week* is the nation's largest and oldest drug awareness and prevention program that lasts from October 23 to the 31st. It started as a tribute to Enrique "Kiki" Camarena who was a Special Agent from the DEA (Drug Enforcement Administration). He was abducted and killed by a drug cartel that he had been investigating.

After Enrique's death, his friends and family started to wear red ribbons in his honor. Congressman Duncan Hunter and David Dhillon, who was a high school teacher, started "Camarena Clubs" to bring attention to Enrique's death and warn teens about the effects of drugs.



Calexico Union High School, the same one that Enrique graduated from, was the first to participate on April 20, 1985. Only 2 months and 11 days after Enrique's death. Then in 1988, *Red Ribbon Week* officially started as a tribute to Enrique's sacrifice.



Now, *Red Ribbon Week* is used to spread awareness about drug, alcohol, and tobacco abuse and how it affects not only the users, but the people around them too. These habits can change your life and the lives of those you love forever.

### ASB Activities for Red Ribbon Week, October 25-Oct. 29, 2021

- Mon: **Kick-off Red Ribbon Week!** Wear a red shirt.  
Tues: **My future looks bright!** Wear a neon shirt.  
Wed: **I'm too smart for drugs.** Wear a college shirts  
Thur: **Spread peace, kindness, and be bully free.** Wear tie-dye shirts or peace symbols.  
Fri: **Say 'Boo' to Drugs!** Wear black, orange or a cute Halloween shirt.  
Wear your themed shirts. Look for Mrs. Purcell before school in the quad for giveaways for participating Panthers until giveaways run out.

Order your yearbook from Mrs. Gomez before school in front of the flagpole, **\$25 cash only.** Prices go up Oct. 31st.



Your parents also can go online and buy yours with a credit card before the price goes up, Oct. 31st. [mypaymentsplus.com](http://mypaymentsplus.com)

The yearbook will have a hard cover and will include all students (who had their school pictures taken), and it will include all Panther activities.

All Sports Teams VAPA AVID  
School Classes School Clubs Student Activities  
Memories for a lifetime



## REDUCE REUSE RECYCLE



## IT'S ALL ABOUT RECYCLING!

By Brianna Valles

Do you ever feel guilty for throwing your plastic water bottle or plastic utensils in the wrong trash bin? Here are some reasons as to why you should check twice before you throw something away.

When we examine global plastic waste between 2010 and 2019, the world generated nearly 442 million metric tons of waste. According to Global Citizen, "Americans produce three times as much garbage as the Global average."

Recycling is important in today's world if we want to leave this planet for future generations. Recycling begins at home, once someone develops these habits they will likely use them for the rest of their lives. The more waste created, the more amount of space is required to dump old unwanted items.

Now as humans, we must remember that the space available on earth is very limited, and it is obviously up to us to use it efficiently. If all this space were to be taken up by dumpsters and landfills, the survival of humankind on this planet would be far more limited than today.

To make a difference and change the increasing trends and piles of trash, we must "Reduce. Reuse. Recycle." We can reduce the number of things we buy and use items longer. Additionally, if we are not throwing away any of our old products, but we reuse them for something new, then we are actually decreasing our waste. Another way to help our planet is to recycle old items and resources properly. Reducing, reusing, and recycling helps solve some of our waste problems because when someone uses the planet's 3-Rs, a lesser amount of waste is dumped and space can be saved.

Here at Vernon, the ASB team has put together the "Green Team". Every Thursday morning they go around collecting plastic bottles from all the recycling bins. This is just part of what we can do to help the problem, be a part of it!



Mr. Perry and Ms. Seebert show off their winnings during our recent schoolwide Recycling competition.

Way to go everyone!



ASB helps us all to recycle.

*Panthers: Participate and have fun in your after school clubs.*





10/4 Parent Conferences: Pre-arranged by appt. only

10/5 Parent Conferences from 1:00-3:00 p.m.

10/5 Moana, Jr. Dance Auditions

10/6 Parent Conferences from 4:00-6:00 p.m.

10/7 Parent Conferences from 1:00-3:00 p.m.

10/8 Spirit Day: Blue Day

Wear a Blue shirt or/or socks!



10/8 Parent Conferences: Pre-arranged by appt. only

10/12 SEL Period 4 Rotation

10/12 Moana, Jr. Speaking Auditions

10/13 Student Clubs Begin after school



10/19 Moana, Jr. Callbacks

10/20 Moana, Jr. Final Callbacks

10/22 Spirit Day: Pink Day Find the Cure



Wear a pink shirt and/or Socks

10/23 to 10/31 **RED RIBBON WEEK** See p.3 for details



10/29 SPIRIT DAY: JUST BE SPOOKTACULAR

WEAR BLACK, ORANGE OR A CUTE HALLOWEEN SHIRT.

10/31 Halloween



Soccer @ Vernon against Central

11/1 & 11/2 De Los Muertos



11/3 Soccer @ Vernon against Edison

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

HocusPocus

Spooky

Orange

Goblin

HauntedHouse

October

Black

Scarecrow

TrickorTreat

Autumn

Candy

Harvest

RedRibbonWeek

Halloween

Ghost

Pumpkin

## PANTHER PRESS STAFF

Editor-In-Chief Desire Acosta

Assistant Editors

Brianna Valles & Zyla Delgado

Staff Editors & Photographers

Desire Acosta

Jalyssa Alcasas

Zyla Delgado

Marissa Muñoz

Miley Posadas-Padron Alexis Rubio

Alexa Torres

Brianna Valles

Advisor: Ms. Westbrook

Copy Editor: Ms. Scheid

Principal: Ms. Tovar

Assistant Principal: Miss Scott



## BE AWARE, CARE, HELP PREVENT SUICIDE

By Miley Posada-Padron

On a average, about 44,193 people die from suicide every year; and world wide, the suicide rate has gone up by 60 percent in the last 50 years. Suicide is the 10th major cause of death in the U.S. The most common reason of why people of all ages commit suicide is from depression, getting bullied, fear, and regrets.

Some behaviors that may indicate that a person is at immediate risk for suicide include:

- talking about wanting to kill themselves
- looking for ways to kill themselves, such as searching online
- feeling hopeless or like they have no reason to live
- feeling trapped or in unbearable pain

The lifeline is a 24-hour, free phone line for people who think that they want to hurt themselves or they are feeling suicidal. HOTLINE: 800-273-8255 or talk to an adult.

Always remember that you're enough. You matter. No one can change that, because you're worth it.

