

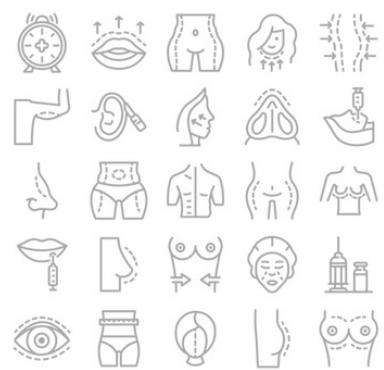
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# The Negative Connotations of Plastic Surgery

Noelle Weeger  
EDITOR-IN-CHIEF

Plastic surgery has been around since the 1800s. At first it was a simple technique used for burn victims, such as skin grafting. Over time it has arguably become something that is a cosmetic luxury rather than a medical procedure. Although this may be the case, is it so terrible to alter your appearance if you feel better? Why do so many people, especially men, look down upon women who alter themselves? Personally, I feel it's not the woman's fault that she, from a young age, feels pressured to abide by these societal beauty standards. Although she may be beautiful and the plastic surgery makes her feel better, ultimately, women should just learn that all beauty is beautiful, and we can't continue to give in to these twisted standards constructed by society surrounding a person, specifically woman, appearance.

continuation on pg. 8



## Bringing Spirit Back

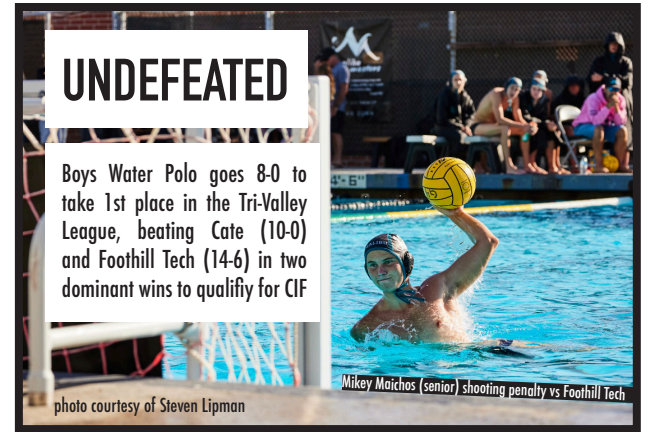
## The MHS Drum Line

Julien Lescure  
EDITOR-IN-CHIEF

Spirit is essential to a successful high school setting. It boosts student support, encourages social interaction and promotes a sense of community. A spirited atmosphere on campus also introduces a new attitude towards school that helps students perform academically. It's a characteristic that gives high schools life, unity, and functionality. Following the COVID-19 pandemic, Malibu High lost much of its spirit. Attendance at sports games declined, students lost interest in school, and there wasn't a buzz around the student run classes (ASB, Shark TV, and Journalism). This year we are starting to see a change. The school has made an emphasis on spirit through the work of various people. Today we are going to dive into the MHS drumline, and see how they are contributing to the shift in spirit at Malibu High. Previously the drumline was run by Eddie Marz, a music teacher here at Malibu High, but after his departure from the school the drumline gradually fell apart. The pandemic didn't help either, ending it entirely.

After a year under Mr. Meadem the drumline was reintroduced and Mr. Kibler, our current band teacher, fully reinstated it, opening the 2023 school year with a showing at the pep rally and homecoming game. Kibler says he was a fan of the "whole movement of bringing spirit back and getting the band performing and playing for people." Giving students access to something like this is extremely beneficial for both the students and the school as a whole. The drumline meets every Friday after school for practice. Right now, there are about 6 regular members and 3 or 4 that are on and off. Kibler says that the goal is to reach 12 members who consistently attend meetings. Anyone can join the drumline. No prior experience is needed and if you're interested "just show up Friday after school". Although high school drumlines often compete in large scale competitions, Kibler says Malibu doesn't plan on participating in them. Competitive drum lines are typically based on a military rhythm, and demand more commitment and discipline. He says "Malibu is a little more chill than that", and hopes to main-

tain a welcoming atmosphere for any potential members. We spoke to Asher Lemley (sophomore), one of the main members of the drumline, on how he's liking it. Asher is one of Kibler's band students and was asked to join. He says "it's fun teaching" and enjoys the drumline but would like to improve consistency across the board. The drumline has made two more appearances this month. One on October 5th, and the other on the 20th. Kibler says "it seems like it's going better than ever" and this means good things for the school as a whole. At our homecoming game, attendance was through the roof. The track and bleachers were filled with friends, family and students. ASB says that class spirit has seen a huge increase as well and spirit week points have been much higher than the previous year. The energetic atmosphere created by the drumline has been needed for years now. Students are excited to come to school and look forward to assemblies and sporting events more than they have in a while. Hopefully, the drumline is here to stay.



# Hot Days at Malibu High

Kate Mulder  
EDITOR

As school returns the dreaded hot season in Malibu approaches leaving students melting in classrooms. As other states are getting ready to cool down and enter the festive time of the year with rain and cold temperatures Malibu is just entering the hottest time of the year. What this means for Malibu High School students is sitting eating lunch with the beating sun radiating from the blacktop as the palm trees sway in the hot Santa Ana breeze. Fall sports is another thing that becomes much harder in these months because the heat becomes unbearable. Tennis, having to play up in the beating sun, football running on the field as the hot wind blows constantly, and volleyball playing in the gym that seems to hold heat like a sauna while other sports are finally getting a break from the hot summer sun. Malibu High School seems as though it is never prepared for the heat even though the hot season comes around like clockwork. The old classrooms have no form of AC and only a few measly fans that although on full blast never seem to reach the students. Teachers losing their minds as students drone off in the afternoon classes losing focus because the only thing that they are able to focus on is the clock and how much longer they have to stay in the boiling hot room. Fall in Malibu consists of Santa Ana winds, dry air, long sports day, and wishing that our Autumn was cold and festive like the rest of the country. Overall the hot days at Malibu High always seem to catch us by surprise and drone on forever and ever.

Felix De Raspede Ross  
STAFF WRITER

On October 5th 2023, the Girls Vball team faced Hueneme for their last home game of the season. Students and parents showed up to support Malibu's finest Volleyball players in what turned out to be a bloody and highly controversial evening. "It all started out so well" said Junior and avid Vball fanatic Tara Deluca. Junior Varsity occupied the court first and completely deconstructed Hueneme's playbook. With every play Malibu executed, Hueneme's confidence shrunk. "It got so bad that I started to cry," said Senior Class President Micah Fong. I also cried. It was so wonderful seeing the Malibu Girls Volleyball team sweep Hueneme 2-0.

The main attraction of the evening, the Girls Varsity Vball team, appeared before the student section at 5:35pm exactly. As the team stood side by side, fellow Vball players gave speeches for the Seniors. Each speech was as heartfelt as the other, and the student section was washed by a wave of bitter-sweet sadness. But it was a very fleeting sadness because as soon as the first set started, the fans were ready for war. Malibu started strong and won the first set. Then, tragically, we lost the second. But that's okay because we won the third! And then a mysterious occurrence occurred: a Hueneme player's mom entered the gym in full military attire. A

player ran into her arms and they hugged as everyone applauded. Insider sources say that the mom had been off at war or something and this was the first time in a while that they'd been reunited. The reason this was mysterious is because it seemingly gave Hueneme the courage to win the game which is awesome if you're a Hueneme fan but not so cool if you're an awesome Malibu Sharks fan. Either way, the fans left the gym super proud of the Vball team for having played a tough match. I think everyone can agree that it is a daunting task to beat our troops so it's understandable that we didn't.

# Impacts of EMF exposure on the human body

## and what can be done about it

**Marvin Schmolka**  
STAFF WRITER

**E**MFs, or electromagnetic fields, is a harmful form of radiation emitted by all electronic devices and appliances. There are many types of EMF radiation that can come from many different sources, but generally they are categorized into three categories. High-frequency radiation, mid-frequency radiation, and low-frequency radiation. In the high-frequency radiation category there are the most harmful forms of EMF radiation, which include X-rays, gamma rays, and high energy UV rays. These high-energy forms of radiation are what is referred to as 'ionizing' radiation, which works by removing an electron from an atom. Short term exposure to this kind of radiation can already begin to cause damage to cells in the body. Long term exposure to ionizing EMFs have a high chance of damaging the body's DNA, and cells, which can cause or accelerate progression of cancer as well as create genetic mutations.

Low to mid-frequency EMFs are emitted by appliances and devices used on a daily basis such as, computers, phones, televisions, WiFi routers, bluetooth, as well as cellular service. These are considered 'non-ionizing' forms of EMF and are thought to be harmless to people, however this couldn't be further from the truth. As humans living in the modern era, EMF emitting devices and appliances are every-

where we go. This poses quite the health hazard because EMFs have been proven to disturb and interrupt important REM (rapid eye movement) sleep cycles needed for humans to function optimally, stay healthy, and maintain proper energy levels. This works by weakening the pineal gland's ability to produce melatonin, which in turn can also cause cancer, as the body is robbed of its ability to regenerate and heal. Furthermore, this can impair cognitive function, increase production of cortisol (stress hormone), which can cause or add to existing mental conditions and illnesses, creating an increased stress on the mind and body. This can also pave the way to countless more mental and physical ailments, as it targets and attacks an essential function of the human body; sleep, which the brain and body cannot function without. As for what can be done to reduce EMF exposure and minimize health risk, only take X-rays when truly necessary; use ethernet instead of WiFi while using the computer, do not move to a home that is near a 5g tower, radio station, or electric power plant, and most importantly, keep all electronic devices out of your bedroom at night while you sleep. Another quick way to reduce EMF exposure is to turn off WiFi, cellular service, and turn the device to airplane mode when not in use. Additionally,

always keep all devices while in use at least 12 inches away from your face and body, and when not in use keep devices at least 5 feet away from your body. Furthermore, never put your phone or device up to or near your head and don't use or limit use of bluetooth headphones. All bluetooth headphones or earpods work by sending the bluetooth signal (EMFs) from the phone to one earphone to the other, which means the signal passes between the head through the brain. In conclusion, be careful with how much and how you use electronic devices, and be mindful about the amount of EMFs you are exposing yourself to. EMFs, or electromagnetic fields, is a harmful form of radiation emitted by all electronic devices and appliances. There are many types of EMF radiation that can come from many different sources, but generally they are categorized into three categories. High-frequency radiation, mid-frequency radiation, and low-frequency radiation. In the high-frequency radiation category there are the most harmful forms of EMF radiation, which include X-rays, gamma rays, and high energy UV rays. These high-energy forms of radiation are what is referred to as 'ionizing' radiation, which works by removing an electron from an atom. Short term exposure to this kind of radiation can already begin to cause damage to cells in the body. Long

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# Indiana Jones and the Dial of Destiny

Avery Mathews  
STAFF WRITER

Choosing what to watch on movie night can be a difficult decision. While scrolling through available movies to rent, you may be enticed by a recent installment in the dormant Indiana Jones franchise. Everybody is familiar with Dr. Jones and it may seem like a no brainer to watch Indiana Jones and the Dial of Destiny. However, is the movie really worth your time or is it something you should avoid? Indiana Jones and Dial of Destiny is the fifth movie starring everyone's favorite archeologist, and part time professor. Coming out over 15 years since the last Indy film. The new movie had a big question to answer, was it worth the wait or should the Indy movies have stayed dead?

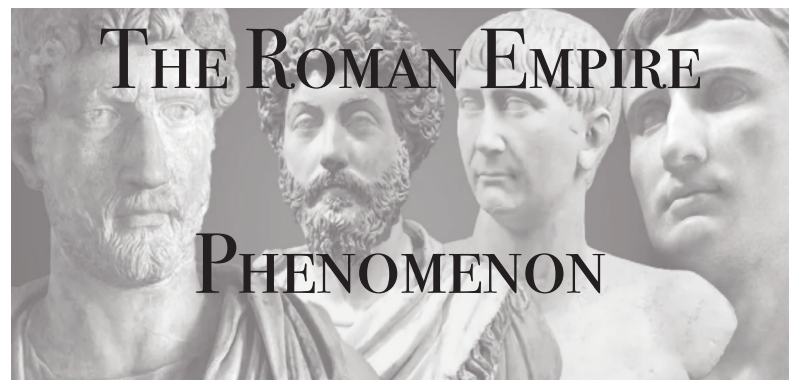
Indiana Jones and Dial of Destiny released in June of this year to a 69% critic score on Rotten Tomatoes, and a 4/10 from IGN. But are these negative ratings valid? Well, yes. The movie has numerous flaws, the biggest of which is the writing. The movie seems like it has a well written screenplay in theory, but it fails to deliver in anything that would make it a compelling and cathartic film. The story that the movie was seemingly going for was one about being stuck in the past and moving on, being in the present and looking forward. There are seeds of this theme strewn in throughout the movie but they never come together in a well constructed way. The way scenes and plots are supposed to be constructed is with a motivation and a conflict. A character has to want something and has to do something meaningful to get that thing. The Dial of Destiny is lacking in basically every single part of this. Nothing that happens ends up having any meaning, and the character motivations are very weak. There are conflicts presented, but they are almost immediately shrugged off. The main point of contention in the

movie is the antikythera, the Dial of Destiny. Every Indy film has to have a macguffin it is centered around, from the lost ark to an alien skull. The antikythera sounds like it would be a good macguffin in theory, but in practice, it is not. Compared to the other great and memorable macguffins, such as the ark of the covenant, the dial is confusing and unmemorable. When the main macguffin of an Indiana Jones movie is a failure, suddenly there is a glaring flaw that persists in its entirety.

You might be saying, ok so the writing isn't great but surely those are the only flaws? You'd be wrong. There is a lot more wrong, for instance the characters are written horribly. Indiana Jones, the title character, has no meaningful growth in the movie. Granted the setup is there, but setup is worthless without payoff. In the beginning Indiana is a sad lonely old man, walking around in his underwear, complaining about his neighbors making too much noise. The movie clearly sets up the main character being at his lowest point to in the end rise up and be on top again. Nevertheless, Indy is never back on top. Throughout the movie Indiana Jones is constantly being beat up and bested by others, but he never has a moment of true triumph. He waltzes through the plot, letting others beat up the enemies, and is extremely lucky that he doesn't die. Indy does get his happy ending, but does nothing to deserve it. In order to have character development, the character must overcome or fail to overcome the conflict, and through their action or inaction the character is developed. Unfortunately Indiana is not correctly developed at all through the entire two and a half hour runtime. He starts out as a sad old man, and ends basically the same, the little changes that suddenly occur in the ending are not earned. There-

fore, resulting in the wrecking of the beloved and idolized title hero.

The writing presents major flaws in the plot and characters, however a poorly written film can still be enjoyable, but the movie continues to have more flaws that make it mostly unenjoyable, and those flaws lie in the directing. Let's get one thing straight, the first four Indiana Jones films were directed by the amazing Steven Spielberg. Unfortunately, he stepped down from directing, which had a sizable impact on the movie altogether. Indiana Jones and the Dial of Destiny is directed by James Mangold. A talented director in his own right, but unfortunately the lack of Steven Spielberg makes itself very obvious in the recent movie with the boring and very repetitive action. However that isn't to say there is nothing redeemable about this movie, there are a few small moments that have some entertaining action. The opening 20 minutes are the best in the movie, and come the closest to feeling like a classic Indiana Jones film, with this being said it still falls short, and every single action scene in this movie manages to feel unbelievable in a franchise that was great at suspending your disbelief. It is also nice just to see beloved characters back on the big screen even if the movie isn't great. Overall, Indiana Jones and the Dial of the Destiny is a bad Indiana Jones movie. The plot is lacking, the characters are terribly written, and the action is boring and fails to capture the greatness of the original Indy films. So is it worth your time or money? No, it isn't, however, Dial of Destiny is rumored to be appearing on Disney+ soon. If you already have a subscription, and an open afternoon, it might be worth watching, although there is little entertainment. But for now, Indiana Jones and the Dial of Destiny is an unnecessary watch.



Emily Pablo Saavedra  
STAFF WRITER

How often do you think about the Roman Empire? If you haven't already been bombarded with this question, you are probably wondering how this question came to be in the first place.

More specifically, how did this captivating trend manage to plant a rift between how men and women view the Roman Empire? In simple terms, what men and women categorize as important everyday lingering thoughts ultimately reflect the long standing societal values we have been so heavily raised upon and the detrimental long term consequences of the patriarchy.

A man by the name Gaius Flavius who is notoriously known for his Roman re-enactments on Instagram posted a video with the words "How often do you think about Ancient Rome?". Thus, setting the internet ablaze, more specifically TikTok, under the hashtag #RomanEmpire that has garnered over 839 million views over the course of one month in which women film themselves asking the men in their lives how often they think about the Roman Empire.

However, some of the videos regarding this seemingly uncontroversial topic have sparked debates about the legitimacy of some of the answers received. Especially ones in which those being asked declare that they think of the fallen Empire at least three times a month, if not everyday. According to an article published by Today, when men answer this daunting question "They're really thinking about it in terms of love, war, strategy, betrayal, life, themes like that, that could be present in

our day-to-day lives,". In other words, parallels between the once mighty Empire and its fall from grace remain prevalent in the face of our swiftly changing society.

In the midst of the Empire frenzy, a new version of the trend arose across TikTok under the hashtag #MyRomanEmpire which is the "female version" of the Roman Empire trend characterized by random things that women specifically think about on a daily basis. Most of the videos under the hashtag have a more comical aspect to them in which women post clips of infamous pop culture moments such the Daisy Edgar Jones, Phoebe Bridgers and Paul Mescal Met Gala photo. To moments in cinema like Lauries sentimental love confession to Jo in Little Women. While others have a darker, more realistic take to the prompt that goes into detail about the everyday fears women must take into account for simply existing in today's world. Being followed home by a stranger, getting their achilles tendon split open while attempting to get into their cars, or being conscious of how they way they dress could be perceived in a dark alluring manner.

In a world where men have the fortune to think about the powerful, almighty Roman Empire more than once a day in comparison to the problematic and detrimental notions women experience on a daily basis illustrates everything that is wrong with the fundamental values and laws of society men and women have been taught to abide by since birth.

## Why Boys Don't Dress Up For Halloween

Jude Alexander  
STAFF WRITER

Halloween is a holiday where people dress up in costumes. Originally it was started in association with the beginning of shorter days and longer nights which connects with evil and death. In American culture many people dress up as something scary, possibly to scare away the dark that is coming, however there are also costumes of what people wish they could be and of whatever is trendy or popular at the time.

For many, Halloween is a favored holiday. Little kids get to dress up as their favorite superhero or idol and go around and collect candy way past their bedtime. By middle school, kids no longer want to trick or treat and especially don't want to be with their parents. The goal is to meet up and run around with your friends. For the girls, it is often dressing up as a group with your friends. In middle school, the goal is not necessarily to get candy but to hang out

with friends. Middle school boys are harassing people with scary masks or don't dress up at all.

Starting in high school, the costume culture changes from dressing up as a childhood hero to either wearing a sexualized costume if you are a girl or a minimal costume for guys. High school and college girls spend weeks planning costumes. Halloween still remains a favored holiday among high school and college students, regardless of what someone's

costume is, but the focus generally becomes about the party.

Halloween doesn't end in college though, parents of young children are either coordinating a family themed costume or frantically putting together costumes for their young kids to be their favorite superheroes. At the end of the day everyone enjoys a good Halloween night.

**Dominique Elwes**  
STAFF WRITER

School can be overwhelming. The endless assignments, exams, academic standards, and extracurricular activities can sometimes make us feel drained and in need of a break. Leaving school and going home can be tempting but we are pressured to stay and keep our perfect attendance. Why do we feel the need to push through even when our mental health could be at risk?

One reason for this pressure comes from societal expectations. When we are young, we are taught that attending school every day is needed for success in life. Our parents, teachers, and friends constantly remind us of how important it is to not miss a single day of school. Perfect attendance supposedly makes you a responsible, dedicated, and motivated student. Also, schools themselves are a main reason for keeping this pressure by rewarding students for maintaining

perfect attendance. The rewards are usually certificates and recognition in front of classmates. Students feel the need to prioritize their attendance instead of their own mental health as they keep trying to meet those expectations. Fear of falling behind in class is another reason for why we keep attending school even though we are in overwhelming situations. Missing even a single day can lead to missed lessons or important information that can possibly affect grades or our reputation to teachers. It's a very competitive school system that increases anxiety because of absences.

Although this pressure is intense, it is important to remember that perfect attendance should not negatively interfere with our mental health. Maintaining a balance between responsibilities and taking care of ourselves should be prioritized for success and personal growth in the future.

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9	10	11	12	13
Martin Luther King Day	<b>Perfect Attendance: The Pressure To Stay</b>			20
				27
30	31			

**Kane Rocca**  
STAFF WRITER

As a child, you grow up learning how you feel towards different responsibilities based mainly on observation and people that you look up to. From an early age, we are bombarded with messages that influence our perception of work and success in school and jobs that we get when we are older, and the question arises: What if we grew up being taught that school is the fun thing, not video games and procrastination? Would we be more inclined to embrace work, avoid procrastination, and find success as adults? As children, we are like sponges, absorbing knowledge and values from our surroundings. Parents, siblings, the internet, and even television play a vital

role in shaping our beliefs and behaviors. If we grow up witnessing a family that values learning, emphasizes the importance of school, and treats it as an exciting adventure, we are more likely to carry that attitude forward into adulthood. Children also often look up to older siblings and parents as role models. If these figures in our lives express disdain for school or work, it sends a powerful message. If they exhibit a strong work eth-

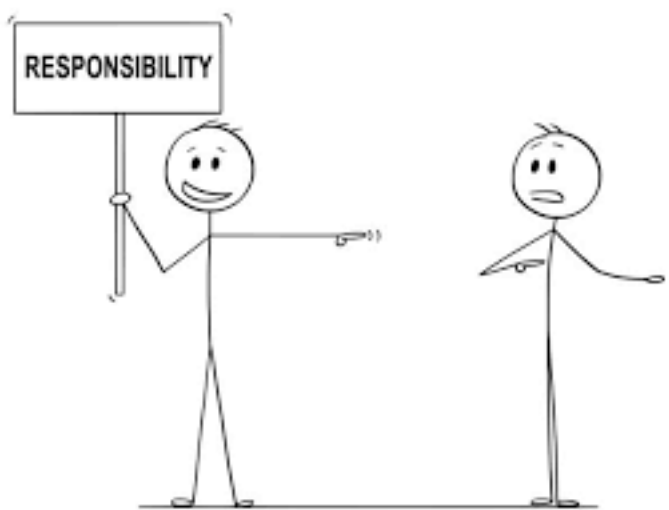
ic and they show satisfaction from their pursuits, it can instill in us a sense of purpose and the motivation to follow that certain thing. The power of media and peers also plays a vital role in how we do in school and in our different jobs. In the digital age, the internet and media are very pervasive. Personally, I see many different videos saying that "school doesn't matter," "how you will never need school," and "How I got C's and D's in school

### How Your Childhood and Upbringing Can Majorly Affect Your Difference in Responsibilities

but now I am a 7 figure entrepreneur." In this day of age, children are getting onto the internet basically the day they are born, and if they grow up watching these videos they will start to not care about school because they think that they can be like one of these rich influencers, but in reality, they cannot, and many of these people online are not even telling the truth about how their lives are, how much money they really make, or if in re-

ality, they didn't have to get good grades because their parents might have paid for everything. What if, instead, we were taught from an early age that the "grind" of school and work is where true fulfillment lies? What if our parents and mentors stressed the importance of dedication, discipline, and delayed gratification? The results could be transformative. A childhood and upbringing centered on focusing on education and hard work can lead to a brighter future and life as an adult. When we submit to the idea that procrastination and laziness are counterproductive, we are more likely to tackle challenges head-on, set ambitious goals, and persist in the face of adversity. In summary, the lessons we learn as

children about the value of education and work can shape our entire lives. If we are raised with the belief that school is a place of excitement and that hard work is a path to success and happiness, we are more likely to embrace the grind, avoid procrastination, and achieve our dreams. In a world where there are so many distractions, being raised to avoid procrastination and laziness lead you to a path of a more fulfilling and successful life.



### Clean Bathrooms Are A "Human Right"

**Devyn Levy**  
STAFF WRITER

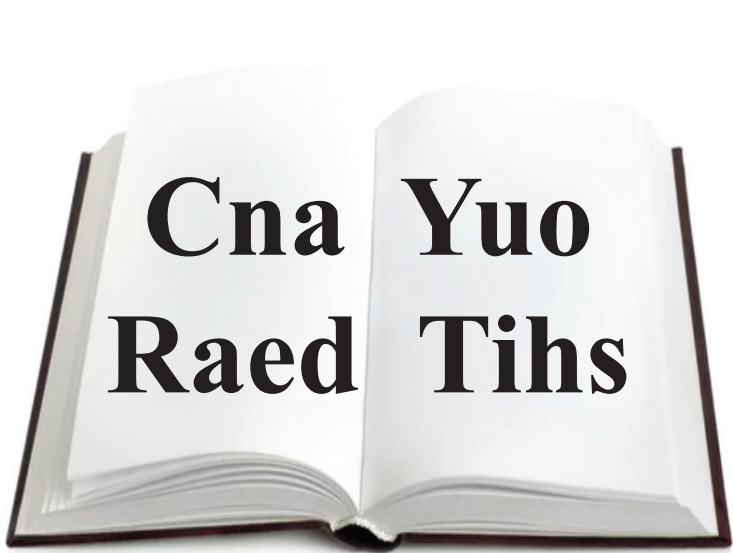
Clean bathrooms are dead, and the Middle Schoolers killed them. What first comes to mind when you think of the bathrooms at our school? Do you think of a clean, well maintained and respected place? The answer to that is no. Because specifically at our school, no one has ever looked at our bathrooms and thought anything more positive about them than "this is adequate for the moment, I can't wait to get out of here".

Why is it like this? Why are our bathrooms constantly in a state of squalor that by anyone's definition could at best only be called horrendous? The easy answer would be to blame the school administration for only hiring one custodian. AJ has had to clean more filth than any person should ever have to in a lifetime, but that's really not why. As much as I hate to say it, it really is the collective fault of the students, Middle and High School. To what degree each school is re-

sponsible is debatable. but nonetheless, it is still a collective fault.

To be fair, things have leveled off a bit since Covid, though it's not uncommon to walk into the bathrooms only to be presented with pools surrounding the urinals and a stench so foul it'll burn the hairs in your nose right off. But that's not all! In the process of researching for this article, I was inclined to believe this problem was more or less limited to the male restrooms, but I was wrong. I've been provided a photo by a brave, anonymous source showing a used female hygiene product flung against a bathroom wall. We. Are. Animals. But does it have to be like this? Are we really cursed to have a campus with terrible bathrooms for the end of time? No! We're not! If we can communally come together as students, as a school, this could end tomorrow. If we can all just agree to leave our poor bathrooms alone, we could make a difference.





By Willem Kline  
STAFF WRITER

If yuo cna raed tihs taht maens yuo aer expirenecing Typoglycemia, also known as the transposed letter effect a cognitive process that occurs when reading text.

The human brain can understand this because it does not read each letter in the word, but the word as a whole. Instead of seeing the sentence as gibberish your brain fills in the missing pieces and forms the sentence.

This Information was first spread to the public by researchers at Cambridge University when they released the following text “Aoccdmrig to a rscheearch at Cmabrigde Uinervtisy, it deosn’t mtttaer in waht oredr the ltteers in a wrod are, the olny ipmoentn tihng is taht the frist and lsat ltteer be at the rghit pclae”.

The article was then reposted and turned into a popular internet meme. While everyone’s brain is capable of this, some people have trouble reading the text. And some just simply can’t understand it. This is due to the different reading patterns people use and whether or not that person is dyslexic. It Shows how while everyone’s brain may be similar, They work and function completely differently in day to day life. When something isn’t there or doesn’t quite make sense your brain tries to make sense of it by filling in the blanks, or altering what it is you’re looking at.

It helps to understand how reading may be difficult for those with learning disabilities like dyslexia.

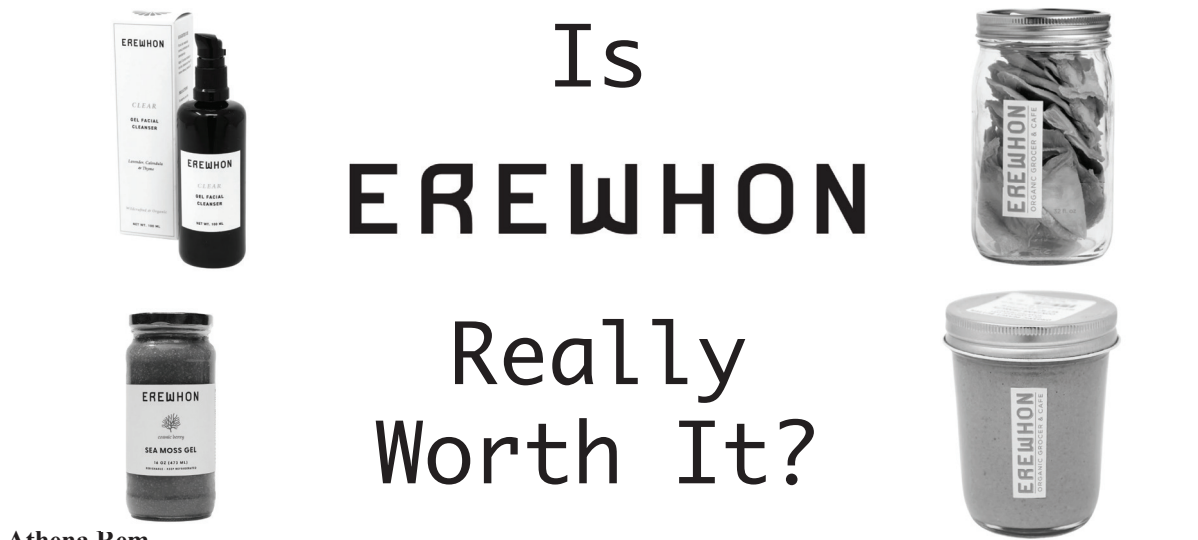
# Is The Ocean Beneficial?

Cauch Carter  
STAFFWRITER

Feeling overwhelmed, stressed, or anxious? Jump in the ocean and go for a swim! Did you know about 50% of adolescence suffers from mental health? Teens have so many responsibilities and are going through Physical, emotional and social changes, including exposure to poverty, abuse, and violence. But what a lot of us don’t realize is that we have the world’s largest pool across the street from our school! Not only does the ocean connect us to nature, but it connects us socially to each other.

It is actually scientifically proven that the salt water and sea breeze of the ocean boosts your levels of serotonin, key hormones, and your ability to consume oxygen. The high magnesium levels in the salt water are extremely beneficial to both mental health and physical health. When an individual is by the ocean, they are naturally drawn to the water, which triggers the brain to calm down and connect with nature. Teens get sucked into their social media, drugs, schoolwork, and overall drama and for-

get about their own well-being. As I walk around campus at Malibu High, I ask students what their opinions are about the ocean and how they feel after surfing, swimming, or just chilling on the beach. The first students I talked to were Cody and Paquette and Willem Kline. Right as I asked the question they started hitting me with positive words like “Calm, Regenerated, relaxed, happy, and stoked”. Another student I talked to was Dylan Mendez who explained a different perspective. “Whenever I am swimming in the crystal clear water, time stops. When I run my hands over the glassy water, I can feel the ocean in my veins, and it’s at that moment I feel most in touch with nature, but most importantly myself” says Dylan. These interviews helped me realize how much happier the surfers at our school seemed compared to the students who don’t spend time at the beach. If you are someone who feels like they need to connect with themselves or nature, please don’t hesitate to walk down to the beach and feel the presence of nature!



# Is Erewhon Really Worth It?

Athena Rem  
EDITOR

Since 1966, Erewhon has been a market across the Los Angeles area. With locations in the Pacific Palisades, Calabasas, Venice, Santa Monica, and more, Erewhon has grown in popularity rapidly over time, and especially over the past few years. As things like the ‘Hailey Bieber’ smoothie and buffalo cauliflower gain traction on social media, Erewhon has gotten more attention as a destination for healthy, hand-crafted food, providing an alternative for stores like Bristol Farms and Whole Foods.

As people increasingly try the grocery store and experiment with the sushi, hot bar, and cafe it has, some issues have arisen. First is the price. A bottle of water is selling at Erewhon for \$26. Instead of having minerals, flavoring, or carbonation that may start to justify such an egregious price, the main selling point is the water’s “oxygenation.” I was under the impression that water (H2O) already had oxygen in it, and it is not completely clear to me why this price is fair.

Most smoothies cost over \$15, and other items are similarly marked up. Some of the items, like \$10 sushi rolls, are closer to the prices of other stores, but shopping at Erewhon is still extremely expensive. People are most likely willing to pay such high prices because of branding. Erewhon partners with celebrities like Hailey Bieber and is a favorite for the Kardashians. The store’s image of healthy, organic, farm-to-table foods, combined with an upscale interior, gives it an exclusive feel. Erewhon is more about a lifestyle than food for a lot of their shoppers. With rarer or more exotic items like camel milk, Erewhon is not the average grocery store. This may be something that influencers, celebrities, and others draw on when they choose to regularly shop there.

When I first moved to Malibu one year ago, I came across Erewhon on a trip to the Palisades. I had never heard of the brand before, but my friends recommended that I try it since it’s an LA staple. I was,

like a lot of people, confused by the prices. However, it was clear that the food I got was high quality and carefully crafted. My friend, on the other hand, thought the \$25 she spent on some coconut water and an avocado roll was wasted. For a store that charges such high prices, it is surprising that not all of their products are of similarly high quality. Knowing which items to buy and which to avoid can end up saving a lot of money for shoppers. While I may visit Erewhon whenever I am in the area anyway, I don’t recommend making a special trip unless there is something specific that you have already tried, especially all the way from Malibu.

While I don’t think anything at Erewhon warrants a \$20 price tag, the store is a good option for a nice lunch out once in a while. However, for everyday groceries and common purchases, alternatives like Ralphs, Vons, and Trader Joe’s present equally good options at much lower prices.



# The Stress of College Applications

Talluah Quartararo  
EDITOR

As many seniors know, this month and the next few are all about college. College essays, college applications, college tours, research on what college is “just right for you”. The process is long, hard, and stressful. Not only is the application process strenuous

in general, but that little textbox that tells you to choose your major is daunting for a lot of seniors. This is a really stressful time for college-goers, but a lot of them seem to be doing pretty well. Emilia Quinonez, Kate Baker, Sophie Regan, Thomas Drum-

mond, Frankie Little, and Lauren Lapajne all want to go to college. They were asked a series of questions about their future, and they responded with helpful things to look for in a college and what their plans are for the future.

## Do you know what you want to major in?

**Emilia:** “I’m not sure, I love journalism but maybe urban planning or architecture? I’m still figuring it out.”

**Kate:** “Chemistry, French, and premed.”

**Sophie:** “I want to major in theater, or a bachelor’s in fine arts of musical theater.”

**Thomas:** “Biomedical engineering”  
**Frankie:** “Probably psychology with a minor in writing or English”

**Lauren:** “Applied math”

## Do you have a dream college?

**Kate:** “Right now it’s Boston University”

**Sophie:** “It’s between NYU and USC”

**Thomas:** “UCDavis”

**Frankie:** “Boston University”

**Lauren:** “Cal-Poly or UCSB”

## Do you want to be in or out of state?

**Emilia:** “I have no preference”

**Kate:** “Out of state”

**Frankie:** “Out of state for sure”

**Thomas:** “Definitely in the state”

**Lauren:** “In”

## How far are you in your college application process?

**Emilia:** “I just finished my UC and Cal State applications but I still have a long way to go.”

**Kate:** “I’m working on supplementals and after that, I’ll be done”

**Frankie:** “Not far, I’ve barely started”

**Thomas:** I’ve done a little bit of the common applications and a small amount of the UC applications”

**Lauren:** “I started both UC and Cal State applications, which are the only ones I need.”

## Finally, do you have anything you look for in a college?

**Emilia:** “Campus life definitely, we have a unique school setting in California and I want to be able to integrate easily. I also look for internship and job opportunities”

**Kate:** “A good academic standing, a school that’s able to support me and my goals.”

**Sophie:** “I’m looking for a place where I can pursue all my passions with good professors, a good party life, and a strong community”

**Thomas:** “A good community, good education, and a decent student-to-professor ratio”

**Frankie:** “A nice campus, surrounded by a nice city or town, that has a significant amount of people”

**Lauren:** I’m not a really big test person, so I look for a hands-on, learn-by-doing kind of education”

# Seniors Next Four?

Murial Buran  
EDITOR

Cole: Santa Barbara City College  
Tristan: Santa Barbara City College  
Luke: University of Southern California  
KoaAyla: Boston University  
Elliot: Santa Barbara City College  
Cecellia: University of California Santa Cruz  
Olivia: Cal Poly San Luis Obispo  
Valeria: Northridge University  
Athena: Columbia University  
Harlow: New York University  
Josh: Santa Monica City College  
Henley: Pepperdine University  
Travis: Santa Monica City College  
Mica: New York University  
Layla: Lafayette University  
Grace: University of California Santa Barbara  
Murial: University of California Los Angeles  
Haze: University of Southern California  
Joy: Boston University  
Sofia: University of California Los Angeles  
Coco: University of California San Diego  
Milan: University of California Santa Barbara  
Tati: Chapman University  
Charlie: University of Oregon  
Windy: New York University  
Mandy: Moorpark College  
Emily: University of Southern California  
Sage: Santa Monica City College  
Azalea: Santa Monica City College  
Sharlene: Cal Lutheran  
Sarah: American University of Paris  
Marta: Loyola Marymount University  
Micah: University of California Davis  
Rey: University of California Santa Barbara  
Josh: University of California San Diego  
Kian: University of California Santa Barbara  
Brenden: Humboldt University  
Roman: Syracuse University  
Sebastian: Cal Poly San Luis Obispo  
Cody: University of California Santa Cruz  
Tyler: University of California Santa Barbara  
Filip: University of California San Diego  
Amar: University of Southern California  
Thomas: University of California Davis  
Nico: Tufts University  
Axel: University of California Los Angeles  
Steven: Cal Poly San Luis Obispo  
Stevie: Yale!  
Kristy: University of California Santa Barbara  
Lauren: Cal Poly San Luis Obispo  
Michael: Duke University  
Solel: University of California San Diego  
Travis: Stanford University  
Samantha: Boulder  
Kate: University of California Santa Barbara  
Noelle: University of Wisconsin Madison  
Julian: Vanderbilt University  
Koa: Santa Monica City College  
Kate: Boston University  
Shannan: Bard University  
Talluah: Princeton University  
Felix: Wesleyan  
Sophie: New York University  
Hannah: Rice University  
Dylan: University of California Santa Barbara  
Anika: University of Arizona  
Nyah: University of Montana  
Dylan: Miami University  
Austen: University of California Santa Barbara



## Fall Setlist

Frankie Little  
STAFF WRITER



<b>Linger</b> The Cranberries	<b>Lazy Calm</b> The Cocteau Twins
<b>Spooky</b> Dusty Springfield	<b>When the Sun Hits</b> Slowdive
<b>Harvest Moon</b> Neil Young	<b>Somebody That I Used To Know</b> Elliott Smith
<b>Time of the Season</b> The Zombies	<b>Smoke Signals</b> Phoebe Bridgers
<b>Paper Bag</b> Fiona Apple	<b>Season of the Witch</b> Donovan
<b>Scott Street</b> Phoebe Bridgers	<b>These Days</b> Nico
<b>we fell in love in october</b> girl in red	<b>It Ain't Me Babe</b> Joan Baez
<b>Mayonaise</b> The Smashing Pumpkins	<b>Anyone Else But You</b> The Moldy Peaches
<b>We're Going to Be Friends</b> The White Stripes	<b>Kinky Love</b> Pale Saints
<b>Like Real People Do</b> Hozier	<b>Lover, You Should've Come Over</b> Jeff Buckley
<b>anything</b> Adrienne Lenker	<b>I Melt With You</b> Modern English

## Your Guide To Fall Treats

Joshua Spiess, Nick Davis & Romy Lescure

STAFF WRITER

As the fall season approaches, the days start to get shorter and the weather starts to get a little cooler. It's the season of cozy sweaters and hoodies and pumpkin spice everything. It's a great time to create more memories and experiences with your friends and family and to take advantage of the wonderful food and activities fall has to offer!

A very popular activity to do in the fall and one everyone should experience, is pumpkin carving. Pumpkin carving is the perfect activity to do with friends and family when halloween is right around the corner. It is super fun and a great way to get creative. A very common design people carve is the jack-o-lantern face but everyone can add their own artistic taste to it and do all sorts of designs..

Another exciting activity to consider is visiting a haunted house near you. Haunted houses provide an enjoyable opportunity to venture out with friends and embrace the eerie atmosphere of Halloween. These spooky attractions are typically decorated with spooky objects and contain surprising scares that and feature actors donning creepy costumes. The experience of walking through a dark room while being caught off guard by unexpected surprises can be both exhilarating and thrilling. It is truly an activity that can create cherished memories and contribute to the overall excitement of the Halloween festivities.

Another great fall activity is vis-

iting a haunted house with a group of friends to get into the Halloween spirit! The creepy halloween decorations and jumpscare gives you great adrenaline and thrill. A perfect place to experience this with a group of friends this season is Halloween Horror Nights at Universal Studios Hollywood! Every year from the start of September until Halloween Night, Universal Studios transforms the infamous park into haunted mazes with themes from horror movies and tv shows. It is such a fun and unforgettable experience every year, a place where every horror and halloween fan must go.

Another During the fall season one exciting activity to consider is visiting a haunted house near you. Haunted houses provide an enjoyable opportunity to venture out with friends and embrace the eerie atmosphere of Halloween. These spooky attractions are typically decorated with spooky objects and contain surprising scares that feature actors donning creepy costumes. The experience of walking through a dark room while being caught off guard by unexpected surprises can be both exhilarating and memorable. Creating cherished memories can contribute to the overall excitement of the Halloween festivities.

Another fun way to get into the fall spirit is simply having a bonfire with your friends and roasting some marshmallows. This is a great cozy and fun activity because

you can hang out with friends and family around the bonfire, roast marshmallows to a perfect golden brown, and enjoy them with graham crackers and chocolate. Feeling the warmth of the fire when it's a cold autumn night while listening to each other's stories and making memories makes the perfect fall activity. Plus, it's a delicious fall treat!

A classic, fun, outing to pursue in fall is going to a pumpkin patch! It brings joy to all ages and creates some of the best memories.. While it is a great place to pick out pumpkins because of the variety of shapes, sizes, and colors, for halloween decoration. It also consists of other fun activities such as hayrides or riding around in a wagon filled with hay through the pumpkin patch while sipping on warm apple cider or hot chocolate. Pumpkin patches can be a fun experience for everyone!

Fall is known for some of its seasonal delicacies, especially as the weather becomes colder and the desire for a nice warm drink becomes popular. Luckily, Starbucks has their annual fall drink selection that contains their signature pumpkin spice lattes and iced brew coffee. Another fall drink you may want to try is hot apple cider. These drinks are a fun way to get into the fall spirit and they also taste amazing!

Getting into the pumpkin spirit we all love a nice pumpkin pie. Here's a recipe we all made and loved.

## Pumpkin Pie Recipe

### Ingredients:

#### For the Pie Crust:

1 1/4 cups all-purpose flour  
1/2 teaspoon salt  
1/2 cup unsalted butter, cold and cubed  
3 to 4 tablespoons ice water  
For the Pumpkin Filling:  
1 15-ounce can of pure pumpkin puree

2/3 cup granulated sugar  
1 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/4 teaspoon ground cloves  
1/2 teaspoon salt  
2 large eggs  
1 1/4 cups evaporated milk  
Whipped cream (for serving, optional)

### Instructions:

#### For the Pie Crust:

In a large mixing bowl, combine the flour and salt.

Add the cold, cubed butter to the flour mixture.

Using a pastry cutter or your fingertips, work the butter into the flour until the mixture resembles coarse crumbs.

Gradually add ice water, one tablespoon at a time, and mix until the dough comes together.

Shape the dough into a disk, wrap it in plastic wrap, and refrigerate for at least 30 minutes.

#### For the Pumpkin Filling:

Preheat your oven to 425°F (220°C).

Roll out the chilled pie crust on a floured surface to fit a 9-inch pie dish.

Carefully transfer the pie crust to the dish, trim any excess, and crimp the edges decoratively.

In a mixing bowl, whisk together the pumpkin puree, sugar, cinnamon, ginger, cloves, and salt until well combined.

Add the eggs one at a time, mixing well after each addition.

Gradually stir in the evaporated milk until the filling is smooth.

Pour the pumpkin filling into the prepared pie crust.

#### Baking:

Place the pie on a baking sheet to catch any potential spills.

Bake in the preheated oven at 425°F (220°C) for 15 minutes.

Reduce the oven temperature to 350°F (175°C) and continue baking for an additional 40-50 minutes, or until a knife inserted into the center comes out clean.

Allow the pie to cool completely on a wire rack.

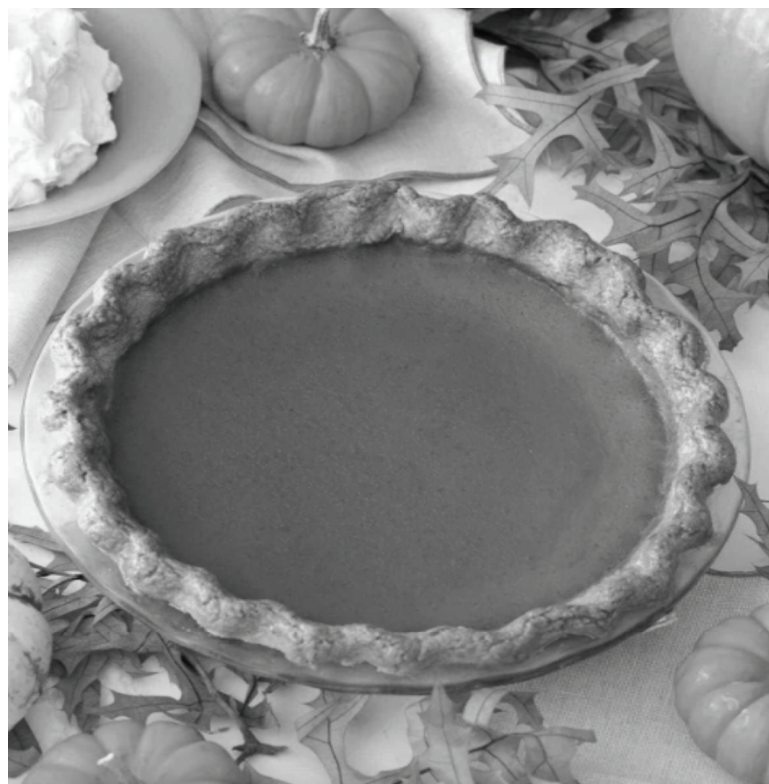
Refrigerate for a few hours or overnight to allow the flavors to meld.

#### Serving:

Serve chilled or at room temperature, optionally with a dollop of whipped cream.

Enjoy your homemade pumpkin pie, savoring the delicious taste of fall!

We hope you try and enjoy this awesome fall recipe.



## The Negative Connotations of Plastic Surgery

continuation from page 1

Around 13.6 million women receive cosmetic procedures in the United States, both invasive and non-invasive procedures. The number one recorded reason these women are subjecting themselves to these altercations is due to self confidence. Society has constructed such intensified beauty standards that women form insecurities, and yet when they receive plastic surgery they are frowned upon for being “fake” and spreading false beauty standards further. So how can we win and obstruct these

negative connotations on beauty and plastic surgery?

To say getting plastic surgery is a bad thing is a hypocritical statement. If these people who are receiving these procedures feel happier and better about themselves, why is it a bad thing? The goal is not to shun those who get plastic surgery, but bring transparency to the root of why these people are seeking out these altercations in the first place. If society as a whole focused less on tearing others down on their appearance and more accepting everyone's

nice natural beauty, the occurrence of plastic surgery would be less already. Rather than focusing on which celebrity got a rhinoplasty or breast augmentation, and negatively perceiving their personal choice, why don't we begin supporting a person's right to their personal preference and appearance. Plastic surgery doesn't need to be a bad thing, however there needs to be transparency to why it is so common and the benefits it brings to the individual receiving these altercations.



Lukas Weiss  
STAFF WRITER

## The Thin Line Between War & Fate

Autumn in the good of U.S.A, that time of year when Starbucks lovers swoon over pumpkin spice heat while the leaves cool to warm shades of crimson red and cinnamon orange. The leaves aren't the only thing which turn back to their authentic form, something in the crisp apple air brings out the true colors in everyone. Confident 8th graders transform into nervous high school freshmen, sophomores are...in a sort of slump to say the least while juniors push themselves more than ever before. As for the seniors who hold the kingdom together? Their thrones wane as they look over the beaches and mountains of Malibu to foreign destinations far far away. Columbia or Cornell? I'd like to head to an Ivy League, but for safety I'll apply to Community College if my risks don't become reality. While I'm shooting

for the stars, kids in The Middle East prepare to shoot for scars.

Move over Disney. Rather than frats and football games, camo and ammunition has become all the rage. From ages 18 to 21, Both men and women in Israel must rush for the military. Recruits meet citizens they would never normally come across, are exposed to different parts of the country they may never otherwise have seen and eventually emerge with a knack in leadership, planning and teamwork. The majority of Israeli citizens who fulfill their military duties are required to participate in yearly reserve duty until they turn 40. In times of war such as now, a portion of reserves are brought back in to defend their territory. “Thousands and thousands of soldiers, everyone just making their way onto base. A lot of anger, a lot of frustration, a lot of shock,”

confesses combat medic David Citron to The Washington Post. More than thousands, as of today the state has summoned roughly 360,000 reservists to fight against Hamas. Among those deployed are actors, journalists, and people from all walks of life.

Back in 2016, I had the opportunity to walk and breathe throughout both territories which make up “The Holy Land” Jerusalem to Bethlehem was a 30 minute bus ride and there were no stops along “the border” or passport checks. Israeli Shekels were used while English was widely expressed, though it was clearly “someplace different”. The population of The West Bank and Gaza Strip combined lies just shy of 5 million and though they have yet to agree on what an independent state will bring, an overwhelming majority agrees on sovereignty. The re-

cent events of terror and tragedy committed by both sides of the wing saddens me, but it doesn't reflect my outlook on either ensemble as a whole. Perhaps I'm “blindsided” or on the contrary it completely garners one's respect. I think it signifies my privilege, in the sense that I can form an opinion without having to consider loved ones who have perished or the damage the conflict has brought to my day-to-day reality. That's a luxury. But it's also just an opinion. For what it's worth I believe in peace and that means both nationalities having a land. Though there is no plan, at least from me. Even if someone with more towers than Trump and bucks than Bloomberg had a plan, myself along with the world stage would lay hesitant if it were to go into play. Hesitant but very hopeful. At this moment all we can do is pray in our respective ways

for those suffering every day.

Buddha once said “It's better to conquer yourself than to win a thousand battles.” But it's the true warrior who knows that wars don't end. They simply change in the direction of other ways. But the path not taken can become a road trip. Being grounded can lead to something groundbreaking. No matter the outcome, we can't help but feel as if the fruits of other choices are lost, longing to be mourned. What was left to gain takes too much time to be put into play. Through the endless wait, we must have faith. Faith in the person we want to be, which to me is somebody who chants words which will never fade and strives to achieve things they can later parade alongside an array of friends, fortune and fame.

## Dopamine Vs. Serotonin

Harlow Rocca  
STAFF WRITER

Our bodies crave both dopamine and serotonin for a sense of pleasure and happiness. Those with low dopamine or serotonin levels generally suffer from mental health diseases such as anxiety or depression. When these molecules send signals throughout our body, they mirror hormones that help our bodies sleep, perform daily activities, and grow. But what is the difference between dopamine and serotonin?

Dopamine is a sense of temporary pleasure that we experience from doing something that makes us feel good, like eating a nice meal, drinking water after dehydration, or intimacy with a significant other. However, according to “Yale Medicine,” the neurochemical reaction that humans experience from doing drugs mimics the dopamine levels in a person's brain after they do something healthy for

them. Dopamine is a temporary rush that keeps humans wanting more, which is why drugs can become so addicting. Drug addiction, along with impulse control, binge eating, and aggressive behavior can present themselves as some of the downsides of too much dopamine. Although it is healthy and mandatory for humans to receive temporary pleasure, too much of this pleasure can evoke senses of withdrawal, creating an unhealthy addiction to dopamine enhancers.

Serotonin, on the other hand, is similar to dopamine in that it evokes happiness, but instead a longer-lasting happiness. According to “Nationwide Children's,” Serotonin controls our bodies' sleep, body temperature, hunger, memory, and most importantly, happiness. Humans can induce their serotonin naturally, by going on walks in nature, getting natural vitamin-d, talking to

people we love, and eating foods that are proven to increase serotonin. However, having excess serotonin in the body can be a negative thing, evoking anxiety and agitation. Either way, serotonin is healthier for the body to receive large amounts of, because it is more natural, and self-developed than dopamine is.

Even though dopamine and serotonin are vital for humans to thrive, there are downsides to the “happiness and pleasure” molecules in our bodies. However, the two work simultaneously in our bodies to help us function, with serotonin stopping our bodies from too much pleasure, and dopamine introducing our bodies to the pleasure. In a way, serotonin keeps dopamine in check, so our bodies receive just the right amount of both, attempting to avoid problems such as addiction or anxiety.





# Falling Literacy Rates



Emilia Quinonez  
EDITOR

Across the nation, there are parents sitting at the dinner table reading a book with their children. Many of those kids can't read at grade level, and family members are horrified. Young kids are reading at a level as much as three grades below where they are in school.

However, some thought this was more of a localized problem or that those children were just not paying attention in class. But it's become clear that across the nation childhood literacy rates have declined for years. When we think about literacy the most common definition is the ability to read and write but in reality, it is so much more than that. Literacy is not only the ability to read and write but it also gives a

person the confidence to engage in communication and make sense of the world around them.

Illiteracy makes it harder to engage in our society, which is why it is so important for children to have a good sense of personal literacy.

A study by New Brunswick Child and Youth advocate Kelly Lamrock in 2022 shows that childhood literacy has dropped by 29% over the last 10 years across the nation. In order to truly understand these declining literacy rates we must understand the factors that cause

these rates to decline. Some of these include socioeconomic disadvantages, immigration status, family history of illiteracy, and COVID-19 to name a few. Children living in poverty are much more likely to be illiterate as they

do not have access to books or resources that could help them.

About 35% of low-literacy adults are non-US-born citizens, according to a study by the NCES. If a child or their family

have immigrated from a non-English speaking country they have much more trouble adapting to the English language. Because much of a child's reading comprehension is reinforced at home, they will have an even harder time if those helping them are not able to speak English.

Now that COVID has ended we are beginning to see the true ramifications it has made in terms of literacy rates. The National Assessment of Educational Progress (NAEP) reported that scores have declined steadily since 2017 and regressed

back to levels last seen in 2005. With children learning crucial skills over a small screen during the pandemic it only makes sense that they are so far behind.

How can we truly expect children to maintain their typical scores if they are learning foundational material over a screen? In order to truly support children at this time it is important that we reinforce foundational material at home. We should take advantage of resources that our school supplies and take at least half an hour of our day dedicated to reading or hearing our children read.

## Childhood literacy has dropped by 29% over the last 10 years

# School Day Length

Cade Harper  
STAFF WRITER

When it comes down to school, I'm most certain almost every student would wish school would start later in the day.

An ordinary day of school is about seven hours.

These seven hours practically take up the whole day.

School starting later would bring many more benefits, such as improved sleep, mental health, focus, and sports performance, helping kids who play sports at school.

I believe that seven hours of education can possibly be damaging and excessive. However, there is one con; in the state of California public schools are required to have a certain amount of hours taught at school.

The current amount of hours determined by the State Legislature for grades 9-12 is 1,080 for the whole year. If there is any possible way to change this we should.

Sleep is very important in daily life. It powers the human body to be successful.

Shortening school wouldn't help as much as making school

start later because students are still going to go to bed lat-

er. Teenagers average around 6-7 hours of sleep, which is ok,

but not good enough. To be at their full potential, students need around 9 hours of sleep.

hours later, students would have time to sleep more, and overall become better and more focused. Mental health is really important for every single person, and one of the main factors that schools want to enforce is for students to have good mental health. Seven hours of school can be very draining and tiring and can lead adolescents and young adults to develop depression and anxiety.

Not only would shortening the duration of school have an impact on mental health and sleep; it would also help physical education.

By getting more sleep, students would have more energy to perform better in their sports.

In addition, this would help teachers by reducing stress for them.

Teachers would have more time to prepare how they teach their students for school.

They almost never have this time in the current school schedule.

The only negative factor for teachers would be a decrease in salary caused by working less hours. But the school would be saving a pretty good chunk of money.

All in all, school should start later which will shorten the amount of hours which will be better for the sake of students and teachers.



er. Teenagers average around 6-7 hours of sleep, which is ok,

need around 9 hours of sleep. If we made school start 1-2

become better and more focused. Mental health is really important

# Felix Is School Spirit

**Siena Smith**  
STAFF WRITER

Many may ask, what brings school spirit? How does one cheer up a whole school and bring union amongst students? School spirit lures people to school and makes students feel more included. Eventful sporting events and dress up week is what usual highschools look forward too. Unfortunately, at Malibu High School it seems like the spirit is missing most of the time. However, this 2023-2024 school year has taken a turn. If people want to see change and improvement in something, they can't just sit back and wait for it to happen. A strong-minded senior saw an issue and wanted to fix it. Felix Kane de Raspide Ross took Initiative by making a mark on Malibu High School. Starting off as student board representative for ASB, Felix found a passion for leadership and helping his school community. Soon after, Felix ran for Junior class president and won. Felix says, "I wanted to make my grade more

unified and everything because I generally thought there is no point in being so cliquy. I hated that and I wanted to have a good time with my high school colleagues, you know, before I leave them forever." Felix really enjoyed his reign as Junior Class President and found excitement in unifying his grade. However, towards the end of his presidency, Felix mentions his passion burned out because he wasn't getting as much effort as he was putting in. Felix mentions, "In terms of unifying my grade I was doing everything I could and it just wasn't working out the way I wanted it to." Although he didn't feel he was getting much back, he proceeded to push through and keep focusing on different parts of his job. He continued to focus on Masque and prom. He says, "11,000 dollars were raised for prom, nearly sold out Saturday night, causal flex as Ms. Stowells agrees with me and is right there nodding her head." After a

year of being class president, he decided it was time to try something new. His passion for class president slowly started to die out, but once he found his new passion for ASB, his leadership traits kicked back in. Felix explains his beginning journey of ASB, "I knew that the ASB class of last year wasn't what ASB should be, so I had big ambitions for it. You get out what you put into it, so I decided to put my all into it." Shortly after making the change from class president to ASB, Felix won as ASB president. He wanted to make Malibu High School more enjoyable for students and hated when kids would mention how they didn't enjoy MHS. Felix says, "I hated when people would say it has no school spirit and how our classes sucked, but man those stereotypical highschool experiences that people romanticize in movies is literally what we have here. It's just because we are so accustomed to it we stop seeing the good things in it and start iden-

tifying the flaws." Instead of being negative about how the MHS sports and events are, we should look at the good in things, which will cause us to enjoy our school more. So far, I can gladly say that I've seen a big change in school spirit and sports at Malibu. ASB has really put more effort and time into encouraging people to dress up and go to the dances. Felix says, "I knew that with the help of my fellow ASB partners who helped tremendously, and of course Miss Martinez, we could turn around the school spirit and make things better. The school dance really proved this to me when finding out the last time there was an in-school dance only three people showed up, which was like 16 years ago." Overall, I would say Felix Kane de Raspide Ross has made a big impact at Malibu High School and has definitely made school spirit events much more enjoyable.

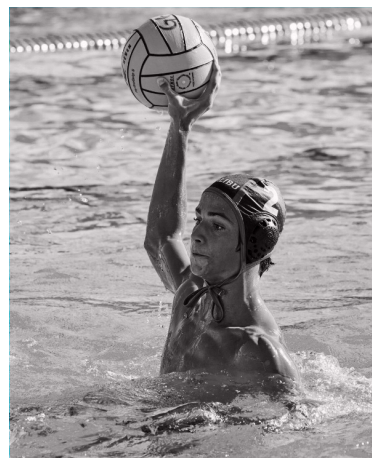
## Athlete Spotlight: Pacome Brunel

**Hank Norby**  
STAFF WRITER

This month's spotlight athlete is Pacome Brunel, a junior on the Shark's water polo team. Pacome plays set defense and is a huge part of the team's success. The Shark's are currently 3-0 and in 1st place in the Tri-Valley league. They are coming off a huge win against their league rival Foothill Tech, beating them 11-8. Pacome accounted for almost half the team's points scoring 6 goals in the teams dominant win. Pacome had this to say about the win: "It was a good win and ev-

eryone played great". Teammates of Pacome had nice things to say about his play, but also his attitude. Julien Lescure, a junior on the team, said "Pacome makes sure we are all staying focused during practice and pushes us to play our best during the game". Julien also said that "no team has been able to shut him down". Others on the team say that Pacome plays selflessly and will put the team before himself. When asked about how Pacome contributes to the team, Pacome said "It depends on the game,

but really I just do whatever will help us get the W". Pacome says that he found his love for water polo from his brother, Eros Brunel. "I started wanting to play as soon as my brother started playing," Pacome also said "I wanted to be just like him". Last year, Eros was a senior and captain of the water polo team. Now Eros is continuing his water polo career here in California at Cal Poly SLO. Pacome hopes to follow in his brother's footsteps and become the captain of the team next year. Pacome also says that Cal Poly is on his college radar and he would be very excited if he got the opportunity to play there like his brother. The team will need Pacome in order to finish the season strong with hopes of winning the Tri-Valley league. This would ensure them a spot in the CIF playoffs which is one of their main goals for the



season. Pacome said, "the goal is to win the league and go to CIF". Pacome feels their playoff run was cut short last year and he hopes to go further this year. All Malibu students and families are encouraged to come support the sharks water polo team. This extra support may be what sends the sharks to the playoffs. When the playoffs do come around, everyone should be there as well.

## A Brief Huddle With The Football Team

**Brody Graham**  
STAFF WRITER

The Malibu Sharks football team has continued their successful season led by captains Nico Miller, Graydon Phelps, Tyler Celikel and Hank Norby! They are coming off a huge win against Calvary Baptist on homecoming. The offense was led by Nico Miller (QB), he threw for 3 touchdowns in the game while the defense kept Calvary Baptist to a very low total yardage of 47 yards. This win

advanced the Sharks record to 3-1 and they are on their way to make it 4-1 on Friday the 29th. The Sharks will travel to Lucerne Valley for their 5th game of the season then return home the following Friday for a huge rivalry game against entrepreneur. I interviewed star LB/Captain, Hank Norby about his teammates and his season. He mentioned that he is looking forward to the new season, and his team

is starting to reach their full potential under a new coaching staff. Hank said that "The team's really High powered offense and hard hitting defense along with a dominant D line allow us to be successful on the field". On the 29th the sharks defeated Lucerne Valley with an astonishing 36-12 win. The Sharks defense continued to lock them up allowing them only two touchdowns while the offense had a great game led

by Nico Miller. Miller threw for 4 touchdowns and a rushing 2 pt conversion. Tanner Kies had 2 receiving touchdowns, Travis Kies had 1 receiving touchdown and Graydon Phelps had 1 receiving touchdown. Hank Norby converted 1 2pt conversion and Brody Graham Converted two 2pt conversions. Sharks come back to the Shark Tank on the 5th against Hillcrest Christian.

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# The Dark History of Halloween

Ava Niccol  
STAFF WRITER

Halloween, often thought of as a night for costumes and candy, holds within its traditions a rich and mysterious history that stretches back to the ancient customs of the Celts.

In times long past, the Celts observed a festival known as Samhain. This marked the point when the boundary between the living and that of the deceased grew thin, allowing spirits to realm between worlds. To keep safe from the wandering spirits, the Celts lit bonfires and wore costumes crafted from animal heads and hides. One of the most iconic symbols of Halloween, the Jack-o'-Lantern,

has its origins in Irish folklore. The legend says a man named Jack, a trickster, managed to outsmart the devil himself by luring the devil up an apple tree and then carving a cross into the tree's trunk, trapping the devil among the branches. To make sure he got released he bargained with the devil to never claim his soul. When Jack eventually passed away, he found himself unwelcome in both Heaven and Hell. His spirit wandered in the darkness with only burning coal placed inside a turnip. In Irish lore he became known as a "Jack-o'-Lantern."

As Irish immigrants

settled in America, they discovered pumpkins, which were more available and easier to carve than turnips and made the perfect substitute for their Halloween lanterns. This led to the modern Jack-o'-Lantern that we carve today.

Halloween, now a mixture wof ancient traditions and modern celebrations is a reminder of our connection to the mystical realms of life and death. As you carve your Jack-o'-Lantern this Halloween, take a moment to reflect upon the cool history of this holiday.



Helena Joujon-Roche and Tyler Claire  
EDITORS

## 1. Mrs. Smith from Mr. & Mrs. Smith

Mrs. Smith was one of the most popular costumes last year and we're predicting it will be just as popular this year. This costume requires a pleather black dress with bows and black boots. It is simple and can be done alone or with a partner.



## 5. Magic Mike

Magic Mike is another popular costume seeing as it's funny and an easy costume to recreate with a group of your friends. This costume can be recreated using big baggy blue jeans, a white tank top, and a backwards hat. It is more original than most other popular halloween costumes. You could do it with a group or solo.



## 2. Stereotypical Barbie

We predict that the stereotypical Barbie is going to be a very popular costume considering the new Barbie movie just recently came out and was an internet sensation. By dressing as Barbie it is an example of what the Barbie movie was made for. In the Barbie movie Margot Robbie's Barbie would walk around saying "Hi Barbie!". All you need for this costume would be something pink like a pink mini dress or a pink set.



## 6. Rihanna Super Bowl outfit

Following Rihanna's historical superbowl halftime performance, there is a very high chance many people will be dressing up as her and her backup dancers this Halloween. All you need to wear is a monochromatic red or white outfit from head to toe.



## 3. Cher from Clueless

All you would need is a yellow checkered clothing set or a matching checkered skirt and tank top that you can pair with almost any shoe.



## 7. Ariel from The Little Mermaid

Following the release of the live action The Little Mermaid, we expect that several will recreate the iconic disney princess costume. This costume requires a purple top, green skirt, and ocean-like accessories such as seashell hair clips or earrings. Additionally, you could walk around with a Flounder stuffed animal to top it all off.



## 4. Regina George

Regina George is another popular costume seeing it's a classic 2,000s movie and many people like doing this as a group costume (Regina, Gretchen and Karen). All that is needed for this costume is a white tank top, a pink skirt, and a pink cardigan.



## 8. Elvis & Priscilla

There are many different ways you could dress up as either Elvis or Priscilla this year. Jacob Elordi and Kaia Gerber did their version of Elvis and Priscilla. For the Elvis costume all you need is a blue suit, white button down, and black shoes. For Priscilla, you need a lavender long sleeve shirt and dark purple pants.



TOP

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HALLOWEEN  
HALLOWEEN  
HALLOWEEN

COSTUMES

## THE RISE AND FALL OF VICTORIA'S SECRET FASHION SHOWS

Irina Columbeanu  
EDITOR

Over the past two decades, the Victoria's Secret Fashion Show has been the pinnacle of womanhood: ravishing, fun, empowering, and sexy. It has come to be a cultural phenomenon that centers around supermodels, or "Angels", strutting down the catwalk in marvelous wings and intricately crafted lingerie. This spectacle of glamor has happened on an annual basis since 1995, and each year it was worshiped by both the fashion community and the media in general. This was due to its feature of trending artists, such as Lady Gaga, The Weeknd, Rihanna, and Ariana Grande, performing onstage as stunning models paraded the runway.

However, regardless of famous models and singers making appearances, the Fashion Show experienced a tremendous loss in viewership as each year passed. For some perspective, in 2010, the event had over 10 million viewers, a number that was reduced down to 3 million in 2018. It seems that Bella Hadid and Adriana Lima could not make up for Victoria's Secret's emerging lingerie competition and controversies regarding the CEO of the company and inclusivity on the runway. The downward trend in views was largely caused by the widespread disapproval of sex offender Jeffrey Epstein's close relationship with Les Wexner, Victoria's Secret's CEO. It is rumored that

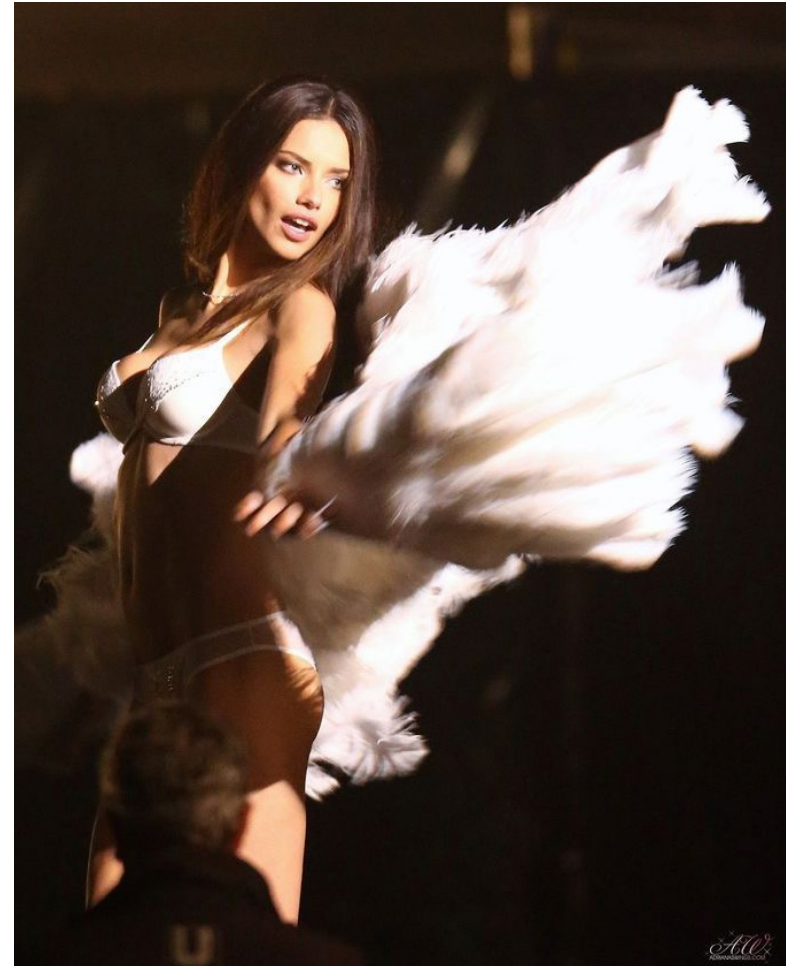
Epstein used Wexner for wealth and women by pretending to be a modeling scout and sexually assaulting several models. On top of that, many view the Fashion Show as a personified sexualization of women, regardless of the brand's claims to be a movement for female empowerment. Additionally, Victoria's Secret has come to be viewed as a fat-phobic and transphobic business guilty of cultural appropriation.

Predominantly white women were seen on the catwalk, and models began speaking up about the lengths at which they went to prepare for the show. Many reported living off of a liquid-only diet in the days leading up to the event, and some even went as far as to avoiding all liquids, too. They would share their extreme workout and diet regimens with young audiences, naturally leading to a rise in eating disorders and body dysmorphia. Victoria's Secret Angels soon became the impossible beauty standard for many, which caused rightful frustrations and disagreements, especially in a society evolving to be more accepting of all shapes and sizes. Hence, it is no surprise that the show was canceled in 2019 due to its failure to keep up with changing views regarding beauty and diversity.

Victoria's Secret lay dormant in sales for several years due to the allegations against it, but now it seems that it is trying to make a comeback. After a four-

year hiatus, the show is back, but it could not be more different. Not only is it in video format—a mutation between a documentary and fashion show—but the show itself looks nothing like the iconic version we all knew and loved. The Tour '23 has recently started streaming on Prime Video, and it has already received mixed reviews. Yes, some of our best-loved models, such as Naomi Campbell, were featured, but without their iconography: their Angel wings. This insufficient inclusion of what the brand is arguably best known for makes the show feel inauthentic, but the rebranding is not entirely disappointing. By ditching the Angels and focusing more on celebrating female diversity, it is clear that Victoria's Secret listened to the public's grievances and made a change for the better in that sector.

Both curvier and transgender models are in the documentary, but many fans have said that the diversity feels forced and phony. While it is true that the public fought for inclusivity and the brand gave them just that in the film, what they truly wanted to see was the original concept of the show with more plus size, transgender, and non-white models. The fans' craving for the glitter runway, glamor, and wings is clearly not being subdued with the feature-length documentary, which highlights five designers from different cit-



ies and the pieces they create. Individually, the scenes are visually appealing, but when merged together, they feel disjointed and entirely different from the OG fashion show. All in all, it is arguable that the demise of Victoria's Secret is still in effect, regardless of the brand's feeble attempt to bring the fashion show back in the spotlight. The diversity is worth appreciating, but

the execution behind it is tolerable at best, leaving lots of room for improvement. The new VS may be putting forth a healthier, more realistic model for female beauty, but its complete rebranding still leaves fans hungry for what the show used to be.

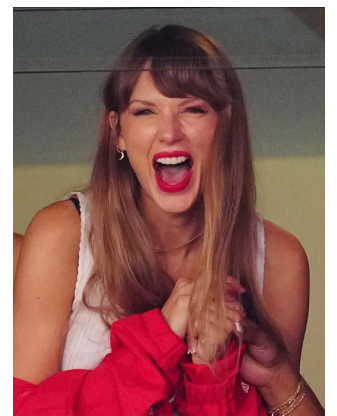
Mandy Mulligan  
STAFF WRITER

If you are a big Taylor Swift or Travis Kelce Chiefs fan, you will know of the sparks that have been flying between these two stars. The rumors hit the news when Travis Kelce was spotted at Taylor Swift's Eras Tour concert in Kansas City's Arrowhead stadium back in early July, which was the first time that the two have been linked together. Later in July on Travis Kelce's podcast, New Heights, he talked

interview with NFL and host Andrew Siciliano, Travis briefly spoke about the rumors that have arisen. Though he only confirmed his story that he talked about on his own podcast, and continued on to say that he wasn't going to talk about his personal life; but continued to tease the audience claiming that he knew what they wanted to hear and wasn't going to give them anything. Siciliano then asked if Taylor

sonville Jaguars, the announcer Ian Eagle made multiple lyric references from a few of Taylor's songs. Soon after Travis joined The Pat McAfee Show, where he had claimed that he invited Taylor to come and watch him play. He also continued to express his surprise at how much attention their potential relationship has been getting, claiming that it is much like the game telephone and that everyone is just whis-

game and even claimed that it was "pretty ballsy." Additionally he talked about how others spoke so highly of her as well, later stating that he enjoyed seeing her rejoicing over his plays, and seeing Taylor hanging out with his mom as well. He even went as far when he stated "Then we just slid off in the getaway car at the end." Referring to one of Taylor's many famous lyrics. So even though Taylor and Tra-



## Sparks Fly between Taylor Swift and Travis Kelce

about his attempt to catch Taylor's attention by giving her one of the bracelets that he had made for her, even going so far as to give her one with his number on it. But he went on to talk about how he was unsuccessful in his attempts due to the fact that she doesn't meet up before or after her shows to be able to keep her voice in order to sing all 44 songs that she performs on stage.

In early September, during an

interview with NFL and host Andrew Siciliano, Travis briefly spoke about the rumors that have arisen. Though he only confirmed his story that he talked about on his own podcast, and continued on to say that he wasn't going to talk about his personal life; but continued to tease the audience claiming that he knew what they wanted to hear and wasn't going to give them anything. Siciliano then asked if Taylor

had reached out to him at all, to which Travis responded by saying the interview was going to be wrapped up at that point. Travis's brother, Philadelphia Eagles player Jason Kelce, was also asked about the two, and all he said was that he had seen the rumors but claimed that he could not comment on them any further. A little after these interviews were made, during the game between the Chiefs and the Jack-

sonville Jaguars, the announcer Ian Eagle made multiple lyric references from a few of Taylor's songs. Soon after Travis joined The Pat McAfee Show, where he had claimed that he invited Taylor to come and watch him play. He also continued to express his surprise at how much attention their potential relationship has been getting, claiming that it is much like the game telephone and that everyone is just whis-

pering anything to each other. Following the interview Taylor shocked everyone when she was seen in Travis's suite sitting right next to his mom, Donna during the Chiefs vs. Bears game. The two of them were seen leaving the stadium together, and were spotted riding off together in Travis' convertible. Later, on Jason and Travis' podcast New Heights, Travis was speaking fondly of how Taylor was at the

vis' suspected romance hasn't been going on for very long, it has definitely caught the attention of many Swift and Kelce fans all over. Going so far as being one of the most talked about subjects on news outlets. Though they have been seen together often, there has been no clear confirmation of their relationship.

