

MHS

# the current

The O-Fish-Al Student Run Newspaper

Volume XXX



Issue 3

DECEMBER 2023

30215 Morning View Dr, Malibu, CA 90265

malibuhighharktv.com

Published Since 1995

**Sports**

From Stadium Way To The Political Stage pg. 7

**Opinion**

Why Malibu High Is A Good School? pg. 8

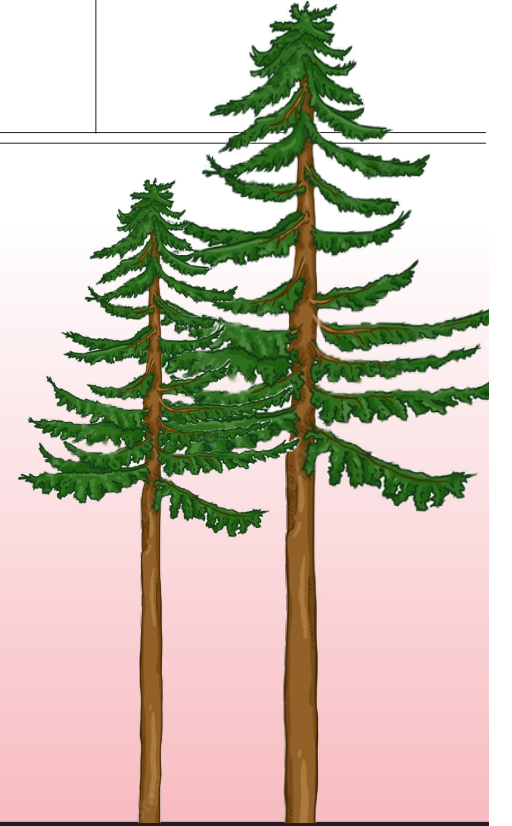
**Features**

Athlete Spotlight: Romane Foulquier pg. 9

**News**

PCH Safety pg. 6  
El Nino pg. 9

# HOLIDAY EDITION



## It's an Anxious Time of Year

Avery Mathews  
STAFF WRITER

Ah, Christmas. America's favorite holiday, and the most celebrated worldwide. Christmas is a time of year for stress, loneliness and anxiety. Wait a minute! Isn't Christmas a time for peace on earth and to spread

good cheer? Well in concept this is what you'd want to believe is the case. But in practice, Christmas rarely delivers on its promises. We've been flooded with fantasies of intimate gatherings of family and friends, drinking hot chocolate, snuggled under blankets in front of a yule log fire. Giving and receiving thoughtful gifts in a loving exchange, but this couldn't be further from reality. Parents will understand some of the stresses, trying to manage money while your kids are begging you for the most expensive things they could possibly imagine. Money management is one of the biggest sources of anxiety during the holiday season. Simply put, Christmas is expensive. Beyond not affording expensive gifts, parents strapped for cash also have to deal with the disappointment of their children. But this is only the beginning of the Christmas problems. Christmas is full of troubles,

one of the biggest troubles is the family gatherings. Many people have to deal with the extreme stress of having to spend a lot of time with their family. Especially when extended family is involved, which it usually is. Extended families are infamous for often not being accepting of everybody. It's a common story where someone's aunt or uncle doesn't recognize one's identity. It is not healthy for someone to be around people who don't respect them or their identity. For people who have it worse off, it's not only their extended family that is this way, but also their immediate family. Making individuals spend time with their family is a nightmare when it is not a welcoming atmosphere. As a result of this, family gatherings can be a major source of stress during the holiday season. Parties are also problematic. Everybody loves a good Christmas party, except not

everybody does. People who are shy or have social anxiety hate going to parties. Or more accurately hate the social interactions they bring. Unfortunately though, Christmas pressures them into going to those parties making them uncomfortable. Christmas contains a load of social interactions and work that gives many anxiety. It also makes people lonely. One of the big Christmas values is being with loved ones and friends, but what if you don't have people to fill those roles in your life? Christmas just adds on top of that already prevalent loneliness. If someone is lonely, they are extra lonely during the holiday season. Overall, Christmas brings stress, anxiety and loneliness because of the family gatherings, social interactions, and emphasis on being with others. So Christmas is very problematic, but it doesn't have to be. Trying to make a stress free Christmas, while a daunting

task, isn't completely impossible. The main thing to do is to take the problems one has and figure out ways to mitigate them. If extended family is a problem, don't invite or visit them, or set clear boundaries. If you have money troubles, discuss with those you'd love to impart gifts with, that money isn't everything, it's the thought that counts and create an expectation reasonable with your budget. If loneliness is a problem, try to seek out new friendships or rekindle old ones, which admittedly is easier said than done. If parties are a big worry, avoid them and hang out only with those closest to you. Overall, Christmas can be a very stressful time, so this Christmas season, try to take efforts to make it a more enjoyable holiday for you. After all, what is Christmas about if not happiness?

## MHS SPORTS updates



Varsity Girls won 2 of their preseason games, beating Viewpoint(5-3) and Beacon Hill(3-2). The girls lost their first league match in a overtime defeat against Carpenteria(1-0).



Varsity Boys are off to a good start, going 2-0 in pre-season, beating Buckley(4-1) and Viewpoint(4-1). The Boys tied their first league game against Carpenteria(3-3).

# NYC CHRISTMAS TO DO LIST:

Athena Rem  
EDITOR

One of my favorite things about California is the constant sun and year-long warm weather. But, as it gets closer and closer to Christmas I'm reminded of some of the things I miss most about living in New York City. So, these are my top recommendations for things to do during the holidays in NYC and what equivalents you could find in Los Angeles!

1)Rockefeller Center: During every other season, the outdoor portion of Rockefeller center is used for various restaurants and art exhibits. But, during winter it turns into an ice-skating rink and is a fun destination for people of all ages. In LA, you can go Downtown to find a similar center, although it is a little smaller.

2)5th Avenue: Home to stores like Bergdorf's, Bloomingdales, and Saks, 5th Avenue has many light displays during the holidays. Es-

pecially in the 60s and 70s, going for a walk on 5th is one of my favorite things to do after all of the lights have been put up. Beverly Hills has a lot of light shows, particularly on Rodeo, for anyone who loves Christmas decor.

3)Central Park: When it's snowing, Central Park is perfect for sledding and fun walks. Since it never snows in Malibu, for students who like to ski or snowboard going to Big Bear or Mammoth can be pretty similar.

4)Radio City: Radio City is famous around the world for their Christmas shows, which include the Rockettes. Though they do not offer shows in Los Angeles, if you love live music and dancing you can go to the Nutcracker or other classic ballets at the American Ballet Theatre.

5)Washington Square Park: Right by the campus of New York Uni-

versity and close to SoHo shopping centers, Washington Square Park has an annual tree lighting at the beginning of December under the Washington Arch. There are also tree lightings all over LA, including at malls like the Grove.

6)Ralph's Coffee: On 72nd and Madison, Ralph Lauren has a small coffee shop called Ralph's. While they're open year-round, their Christmas cups and decorations are especially enjoyable. While Starbucks locations in LA are offering holiday menus, nothing quite matches coffee from Ralph's.

Even though we are in a Mediterranean climate, there is still a lot to do for Christmas, New Years, and similar holidays. However, being on the East Coast for Gilmore Girls-esque winters will always be my favorite, and hopefully these suggestions can be helpful the next time you travel to NYC.



Helena Joujon-Roche  
EDITOR

Radiant lights, cheerful festivities, and warm gatherings emerge for the annual celebration known as Christmas! It has traversed through the corridors of history, uniting cultures, creating traditions, and morphing beliefs. The origins of Christmas can be traced back to pre-Christian festivities observed during the winter solstice. In ancient Rome, the week-long celebration of Saturnalia honored Saturn, the god of agriculture, with feasts, gift-giving, etc. Similarly, in the Northern European regions, the Germanic peoples celebrated Yule, a festival commemorating the

winter solstice and the rebirth of the sun. Yule logs were burned, symbolic of warmth and light amidst the darkness of winter. The celebration of Christmas became intertwined with Christian traditions in the early years of the faith. It wasn't until the 4th century when Pope Julius I declared December 25th as the official date of Christ's birth/christmas. Over time, various customs from different cultures merged into the celebration, creating a rich tapestry of traditions. From caroling to the nativity scene, the holiday became a focal point of community gatherings and religious observance. In the 17th century, the Puritans in England and America sought to

abolish Christmas due to its pagan roots and excessive revelry, leading to a temporary decline in its celebration. However, by the 19th century, Christmas experienced a revival, influenced by writers like Charles Dickens, whose portrayal of Christmas in "A Christmas Carol" revived interest in the holiday's spirit of charity and goodwill. As centuries passed, Christmas celebrations spread across the globe, adapting and assimilating diverse customs. Different regions infused their cultural elements into the festivities, resulting in a diverse array of traditions. In the modern era, Christmas has evolved into a secular celebration for many, characterized by gift-giving, elaborate decorations, and family gatherings. Christmas, with its rich tapestry of history, stands as a testament to the human inclination towards warmth, community, and the celebration of light amidst darkness. Its evolution across civilizations illustrates the resilience of traditions and the beauty of cultural amalgamation. As we revel in the festivities each year, it's a time to honor both the ancient customs and the enduring spirit of hope and generosity that Christmas embodies.

## THE HISTORY OF CHRISTMAS



### Your Kickoff to Gift Giving Inspiration

Romy Lescure  
STAFF WRITER

As the seasons change and we pass Halloween and Thanksgiving, it's time for the beloved and worldwide celebrated holiday, Christmas! A huge excitement about Christmas is the gift giving and receiving. Exchanging gifts on Christmas has been a tradition for centuries. It allows us to showcase our love and appreciation for others through presents. Everything about Christmas is enjoyable but it can become tough to find the right gifts for friends and family. The presents we give others should be meaningful and thoughtful but no matter how much we love and spend time with our friends and family it can always be hard finding the perfect meaningful gift for them.

The gifts you get people always change depending on who it is for, and their personality and interests. For friends and family, especially siblings, Christmas is a great time to remind them that you care about them. If they are into sports, you could get them something related to their sport. If they are artists you could buy art supplies or canvases. For musicians; vinyls, concert tickets, new headphones, or accessories for their instrument to help when they play are great ideas. For those who like cooking, a cookbook, cooking classes, or kitchen gadgets would be most helpful. If they love to read, consider buying them new books from their favorite authors, fancy bookmarks, or book subscriptions. If they love to shop, buying them clothes, makeup or gift cards to their favorite shops/restaurants are some great gift ideas. Spontaneous gifts for parents or grandparents can include personalized photo albums, letters, artwork, jewelry, or travel tickets to spend time together. Although it can be a hassle to find gifts, the rewarding reaction you receive and the wonderful feelings you experience to see your loved ones happy are unlike anything else.

The key to getting the right gift is looking for something that reflects their personality, interests, or hobbies. It can be as simple as gifting an object that brings them joy. While it gets closer to Christmas time, listen to your friends and family when they talk about their hobbies, favorite foods, and what they most enjoy. This will help give you ideas for Christmas and future gifts. It is always the thought and effort that counts with gift giving so just have fun finding presents for your loved ones!



# Serbian Christmas

Noelle Weeger  
EDITOR-IN-CHIEF

The Orthodox Church, which is the main Church in Serbia, follows the old 'Julian' Calendar. This means that Serbian Christmas Eve falls on January 6th and Christmas Day is on the 7th of January. The Serbian Advent begins November 28th, and many people follow specific diets or fast throughout this time. Many Serbians give up all animal products as well as alcohol.

Christmas Eve, also known as 'Badnji dan' during the day and

one because these customs are not followed as strictly. The Badnjak is then burnt like a Yule Log. Due to this, large bonfires are commonly held outside the churches. This occurs on Christmas Eve.

On Christmas Day the morning is greeted with church bells ringing and sometimes people firing guns into the air. The first person to enter a house on Christmas Day is called a položajnik and they are thought to bring good luck to the house and family. The

called 'cesnica' and is made in a round shape. Each member of the family gets a piece. There is a coin hidden in it and whoever gets the coin will be very lucky in the following year to come.

Under the dinner table there should be some straw as a symbol of the stable where Jesus was born. When the straw is spread out, some people make the noise of a chicken. Clucking like a chicken symbolizes that Jesus wanted people to follow him like one big flock.



'Badnje večer' after sunset, is a time where family and friends gather to eat food that comes from animals. Christmas for Serbians is a very religious holiday, and most people go to the Orthodox Church mass on the eve of Christmas.

Beyond the basic traditions, Serbian traditions are often associated with the countryside. On the morning of Christmas Eve the father of the family will go to the forest to cut a young oak called the 'badnjak' (Christmas Eve Tree), but in today's age people just buy

položajnik is often pre-arranged. But if the family doesn't have a good year, they don't ask the same person the following year.

On Christmas morning, girls traditionally collected water to bring to their family. This was called 'strong water' and was meant to have special powers. People would drink some strong water and wash their faces in it before having breakfast. The strong water was also used for a special bread.

At Christmas dinner a special kind of bread is eaten. It's

It's also common for a handful of walnuts to be spread on the straw.

Overall, Serbian Christmas has many unique traditions that overtime have been disintegrated due to technology and modern day society. With this being said, many traditions are still followed strictly by the Orthodox Church and Serbians who reside in their home countries. My family personally celebrates on those dates, attends the eve mass, and makes the cesnica every year with our distant relatives.

# The History of Santa Claus

Siena Smith  
STAFFWRITER

Have you ever wondered where the mysterious man who grants gifts to children across the world comes from? Where was he created and how did he come to be so legendary? Well, over the past 100 years Santa Claus has been a legacy children look forward to every year. December 24th marks the night of Santa Claus's arrival, and on the 25th, children are granted with tons of presents and a big feast. The idea of Santa Claus dates back to a 4th century Christian saint, named Saint Nicholas, or in Dutch, "Sinterklaas". His traditions of passing out sweets and presents to children originated from Dutch culture. The well known depiction of Mr. Claus was drawn by cartoonist Thomas Nast, starting in 1863. Nast got the idea of a plump and sweet older man who wears a red suit and soars through the night on a flying sled. This inspiration came from the Christmas classic, "Twas the Night Before Christmas." He decided to take an original European story and add more of a childish approach to it. Saint Nich-

olas as portrayed in Dutch culture has more religious aspects than the Santa we are accustomed with. He wears a large red and white crown with a long white gown and a red and gold shawl. Crosses are seen all over his attire, which provide a more religious look in comparison to Santa Claus. While both Santa Claus and Saint Nicholas vary in appearance, they have both spread joy and laughter to children all over the world. Personally, there's no better feeling than running through your house as fast as you can and waking up your siblings and parents to get downstairs. The rush and comfort you feel sitting on the floor next to the Christmas tree as everyone is excited to get their gifts; smells of dinner cooking and of pine needles flow through the room. Not only do millions of people look forward to this moment each year, but families are brought back together to make lasting memories. Santa Claus brings love and happiness to children all over the world and has created one of the most valuable traditions there is.



# KRAMPLUS

Willem Kline  
STAFFWRITER

As a child my parents would always warn me that if I was bad, I would get nothing but a lump of coal for Christmas. I always thought that was the worst punishment a kid could get but it seems the children of the Austrian Alps have things a little bit worse.

Each year the notorious anthropomorphic figure called the Krampus, visits the homes of children who have misbehaved. The half-man half-goat demon, whose legend has been around since the pagan times, is celebrated each year in one of Europe's most popular festivals.



Legend has it that on the night of December 6th Saint Christopher and the Krampus travel as a pair, Santa rewarding kids who have been good and Krampus punishing those who have been bad. Children are told that they will be flogged with birch rods, a corporal punishment where the recipient is whipped with the branch of a birch tree in their bare back or buttocks.

I don't know about the rest of you, but if my parents said a goat man would come and beat me if I was bad, I would be the most well behaved kid around.



# HOW CAPITALISM STOLE THE HOLIDAYS

Irina Columbeanu  
STAFF WRITER

Nowadays, the Holidays are all about hysterical shopping, foot-long wish lists, and disappointment over not getting the trendiest product. Naturally, it was not always like this. For thousands of years, celebrating winter holidays concentrated on meaningful rituals, prayer, and quality time spent with friends and family. However, the Industrial Revolution and the world's shift to capitalist interests spoiled the holiday spirit. Even Santa Claus, a religious symbol of gift-giving from Church history, has been turned into a marketing ploy and a secular god displayed everywhere in the US. Santa is no longer about bringing religious and holiday spirit; he is about bringing the newest Apple product or Drunk Elephant skincare. Each year, the holiday shopping season provides corporations with tremendous profits, em-

ployees with brutal workloads, and the environment with heart-breaking depletion. While it is true that gift-giving has been a tradition since the 19th century, gifts in that era were much smaller, and it was only the spike in advertising in the 20th century that companies spun the holidays into an opportunity for them to make money. The average American holiday shopper spends over \$1000 on presents, and more than 42 hours buying, wrapping, and returning gifts.

It seems that our society has come to miss the entire point for which we give presents in the first place and get too wrapped up in the pathological consumption of products nobody truly needs. Buying disposable and non-biodegradable products is not only harmful to the Earth, but it also prompts the exploitation of impoverished workers who face inhumane conditions

and low wages as they labor tirelessly. For some perspective, Americans spend \$450 billion on the holidays, but it would only take \$20 billion to provide everyone on this planet with access to clean water for a year.

Moreover, it is needless to say that equating gift-giving with showing love is toxic. Consumerism is the evil force behind the impulse to spend as much money as possible in order to prove to others that you love them. The failure to do so results in guilt, which is preposterous. Instead of wasting money, perpetuating the great schism between the upper and lower classes, and damaging the planet, perhaps we should focus more on showing genuine acts of love that do not involve such negative consequences but are nonetheless effective. Of course, mindful gift-giving should continue to be a part of the holidays, but it should not

be the focal point of a time that is meant for celebration rather than empty gifting. If we choose to give presents, it should be a deliberate choice to do so and not because of societal pressure.

Limiting the amount of presents we give can be a first step to take. By only gifting products to those that we are closest to rather than to people society or guilt tells us to, the meaning behind those gifts will be maintained. Also, there is always the option of baking goods, which is a cheap, eco-friendly, and well-loved gift. Next, hand making gifts or buying from small local businesses can reduce the impact of consumerism and even help the community rather than ruin it. It is also crucial to remember that, in the long run, people will not remember the gifts received, but rather the laughter, good times, music, and games played with loved-ones. Additionally,

the holidays should be about celebrating the year coming to an end, and finishing it with gratitude towards the love, health, and joy we've experienced while looking forward to the bright days ahead. If giving is truly something we are passionate about, we should invest the same money we would spend on useless material goods by donating to charities and leaving a positive mark on the world rather than a negative carbon footprint. All in all, not only has Santa become the god of capitalism's reign, but the holidays have come to be the primary fuel for the capitalist ever-hungry machine. It is time to start giving mindfully and re-focusing on the meaning of the holidays before it is too late.

## Holiday Breaks, Is There Enough Time Off?

Emily Pablo-Saavedra & Mandy Mulligan  
EDITOR & STAFF WRITER

I think it's safe to say, students everywhere are always looking forward to breaks or days off from school, especially when it comes to holiday breaks. Though different schools take different approaches on how long their holiday breaks should be. When it comes to Thanksgiving break, some schools give their students the whole week off, versus at Malibu High School where we are obligated to attend school on Monday and Tuesday, and then we get the rest of the week off. Though it is a highly debated topic, with most students wanting a longer break during the school year, it all has to do with putting more time into other breaks throughout the year. In regards to winter break, which is an even more controversial subject, some schools will get 3 weeks off, whilst others - including our own Malibu High - only give their students two weeks off. In comparison to other schools, this seems quite unfair, especially considering so many other students get an

extended break for their holiday adventures whilst other students are seemingly forced back into school. Although it has to do with the district mandates, students often miss the first week back from break, due to traveling, leaving a gap in the students education as well as the teachers ability to expand the curriculum. Although, schools in the SM-MUSD district get two weeks off for spring break in comparison to other schools who only have one week off. It would be more beneficial for both students and teachers if the week was implemented in the fall break. Even though fall break feels unfair, considering most other schools have longer breaks in comparison, spring break allows the school year to feel a bit easier to handle in the long run. We personally like that our breaks are distributed more evenly compared to others, because we feel that students often struggle if their schedule is off balanced so it is important that there is a solid routine of school.

Although our opinion is controversial, considering most people want to have longer breaks, there would be people who struggle with keeping a routine whilst having big breaks between holidays and breaks in the semesters. It is important to acknowledge that teachers would struggle with teaching their students all that is necessary to achieve the requirements of the given year if breaks were extended. If they were able to teach all of the material in the shortened amount of time, it would be crammed into short lectures and demonstrations; which can sometimes cause students to fall behind and struggle to keep up. Therefore, it is ultimately up to the SMMUSD district to determine the length of breaks granted every school year. It may seem unfair that our winter break is shortened in comparison to other schools but in some ways it is beneficial to our routine and overall length of school year.



# 5 Ways To Get Into The Christmas Spirit As A Busy High Schooler

Tallulah Quartararo  
EDITOR

For a lot of high school students, Christmas just isn't as magical as it used to be. The Elf-On-The-Shelf is actually not defying the normal amount of consciousness or gravity, Rudolph probably has a little trauma from being bullied by literally every reindeer at such a young age, and Santa's big secret. For high schoolers, Christmas is a break that is much needed and deserved, but there is always that apprehension for finals week guarding us from blasting Mariah Carey with any real satisfaction until school gets out. Most 12th graders spend much of their Christmas break diving into col-

lege applications instead of a box of ornaments to dress the tree. With many of us studying, shopping for Secret Santa gifts, and studying even more, there's barely any time to sit down, relax, and get excited for Christmas. Here are 5 ways to get into the Christmas Spirit if you're a busy highschool student:

1. Make your math-homework doodles a little more festive: Try drawing a snowglobe, Christmas lights, snowman, snowflake, Christmas present with a cute bow, or a cup of steaming hot cocoa. This is a great, low-effort way for those who absorb information, concentrate, or

memorize better when doodling and have little time to sit down and watch the Polar Express.

2. Set the wallpaper on your chromebook to something Christmas-y: You can turn your desktop into a glittering pine tree, a warm fireplace hung with stockings, or even just a snow-filled painting or picture you like. This is a great way to find a little Christmas joy when switching tabs!

3. Splurge on a Christmas themed candle: When out gift shopping or otherwise, buy or even just smell one or two pine, sugar cookie, gingerbread, or cinnamon scented candles! You can light it while studying or

just give yourself a moment of peace in a store by smelling some comforting holiday scents.

4. Add some Christmas music to your study playlist: You don't have to put on loud, extremely festive music like Rockin' Around The Christmas Tree, but adding some classical, instrumental-only Christmas music to your playlist, or looking up a playlist on Youtube puts you in an X-mas mood without taking a lot of time.

5. Add a pop of Christmas color to your wardrobe: You don't have to dress up as Santa, but

you could add a splash of green, red, or white to your outfit! It could be a cute necklace, bracelet, or other accessory, or just taking notice of the green, red, or white clothes you already have and making an outfit out of one of them for the day!

Getting into the holiday spirit without having to spend a lot of money or time can be not only a great way to get excited for Christmas, but also to stay focused and motivated while studying or spending time on schoolwork.

## Eight Days of Hanukkah

Joshua Spiess  
STAFF WRITER

The Jewish holiday Hanukkah is an eight day celebration of the rededication of the Second Temple in Jerusalem.

The story of Hanukkah revolves around the miracle of which the Maccabees has enough oil for a candle to burn one day yet in what is looked as a miracle the oil burned for eight days hence the eight days of Hanukkah.

Each night of Hanukkah a candle on the menorah is lit, with an additional candle being lit each night until all eight candles are lit. In comparison Christmas is a holiday that commemorates the birth of Jesus Christ. Unlike Hanukkah, which lasts for eight days, Christmas is a one day celebration observed annually on December 25th.

The significance of Christmas lies in its celebration of the birth of Jesus, who is believed by

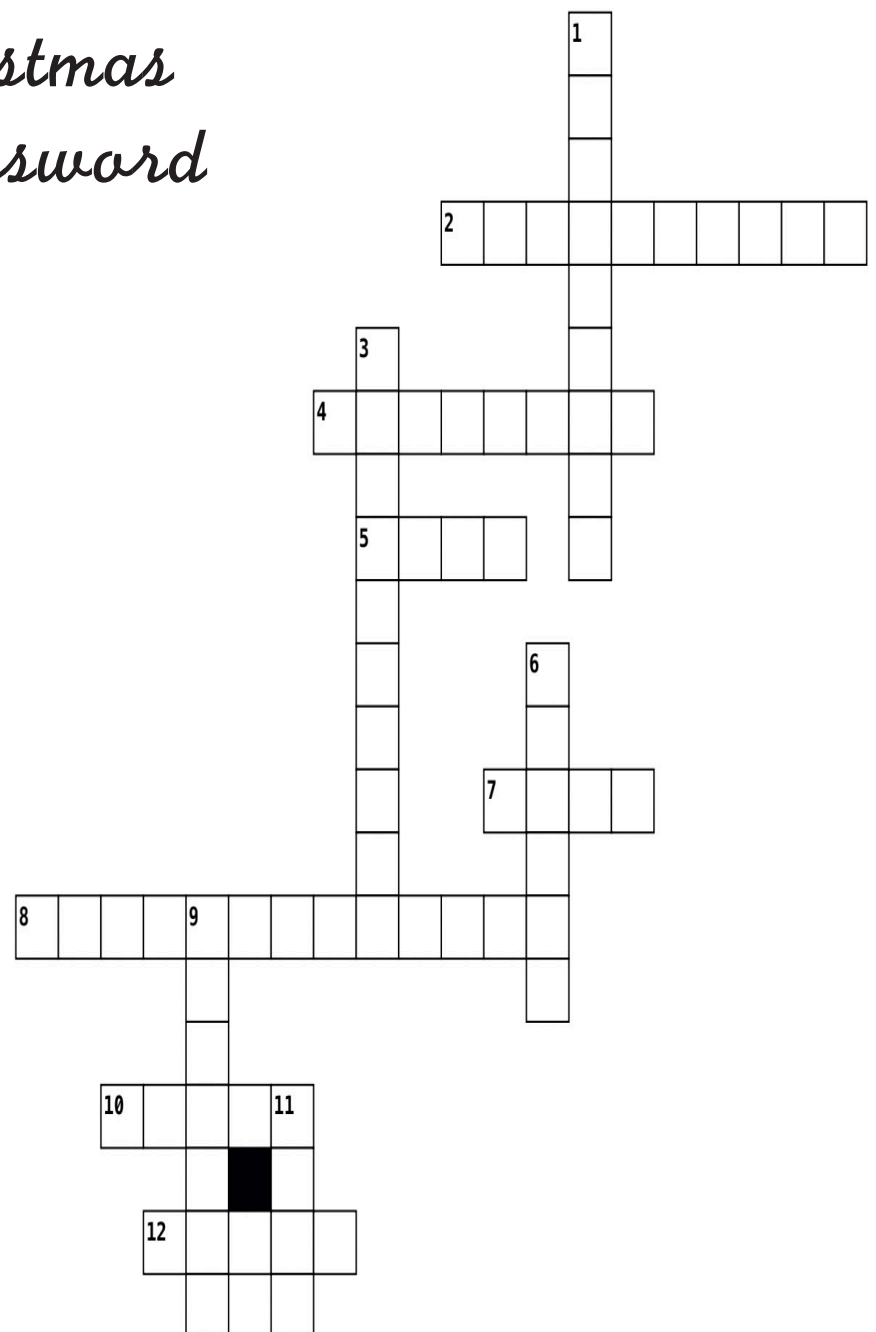
Christians to be the son of God.

This day is full of activities most well known being the exchanging of gifts, among loved ones and family members. During the holiday season it's common to see decorations filled with lights. These lights serve a purpose, similar to the Hanukkah menorah representing the victory of light over darkness and good, over evil.

Hanukkah and Christmas both have religious meanings and unique ways of celebrating. Hanukkah is a holiday that spans eight days, celebrating the power of faith.

It is symbolized by the lights of the menorah, which represent the miracles that took place. Christmas captures the joy and hope that comes with celebrating the birth of Christ.

## Christmas Crossword



Across

- 2. Who was mommy kissing?
- 4. What doesn't Mariah Carey care about?
- 5. Baby its \_\_\_ outside
- 7. \_\_\_ Christmas
- 8. What was Brenda Lee Rockin' Around?
- 10. What did George Michael give last Christmas?
- 12. Parson who?

Down

- 1. Where is Justin Bieber waiting under?
- 3. No \_\_\_ or rhinoceroses
- 6. \_\_\_ bells
- 9. Have Yourself A Merry Little Christmas singer
- 11. Where is Santa Clause coming to

## Parenting— From a Teenager's POV

Harlow Rocca  
STAFF WRITER

As teenagers, we commonly argue with our parents, because we are not perfect and neither are they. However, many parents believe they are perfect, in that they raise their children with the correct ratio of discipline to support and understanding. Our parents decide the entirety of our lives until we are out of college or financially independent in most cases. But many teenagers contemplate whether these decisions are correct or not. Whether it is limiting their child's screen time, giving them chores, or limiting the amount of time they spend with their friends, most parents have fair judgment. However, I believe the amount of exposure some parents decide to give their children in many situations is wrong.

For example, limiting your teenager's screen time throughout middle school and part of high school causes an eager re-

action to live on their electronics the second they are granted freedom. This applies to parents who monitor their teenagers' food, and specifically sugar intake as well. Once a teenager is free of their parents' demands, they are more likely to poison their bodies with a surplus of items that should have previously been allowed in moderation. Moderate exposure is healthy when it comes to what parents allow their teenagers to have or do.

Another aspect of exposure is what parents decide to tell their teenagers. It is common for parents to trauma dump on their children because we are the peo-

ple that are around them most, and in a sense, a safe place for them. However, this can form toxic relationships between parent and child, especially if one

from their children's mistakes. Although the child is not the cause of their trauma, those who trauma dump find a way to connect it. There is nothing wrong

with a parent explaining their feelings on an issue to their developed teenager, but it is a problem when they consume their teenager with their own feelings about a subject that makes them uncomfortable to work through with their parent. For example, divorce

is a common source of trauma for many parents in the United States. However, both parents are still the parents of the child, so it is extremely unnecessary

and inappropriate to expose their children/teenagers to their relationship issues with their other parent. This takes an emotional toll on the teenager, developing their own trauma, and results in a lack of understanding from the parent about why their child cannot listen to them anymore.

Many of our parents say that they were in our place once as well, but I believe we can all agree that they should reflect on this idea and treat us as they would have liked to be treated. This comes with two-way communication and understanding, which is the key to a healthy teenager-to-parent relationship. Nevertheless, an adequate amount of exposure is healthy for teenagers to experience from their parents, but too much exposure can cause disobedience, unhealthy relationships, and adolescent trauma.



Reynaldo Elias  
STAFF WRITER

Every morning Malibu high students and faculty use PCH to arrive at school. PCH has always been notorious for being both a beautiful scenic highway, but also incredibly dangerous. Malibu residents have been constantly complaining about how dangerous the road has been for years. Common complaints are about speeding, dangerous road conditions from weather, and speed races after dark.

The conditions Malibu residents have been complaining about, unfortunately manifested into the horrible accident that took the

lives of four young individuals

**In one night 33 speeding citations were given out, 1 arrest for a DUI, 2 drivers caught driving with a suspended license, and 2 reckless drivers arrested for racing.**

from Pepperdine University. The news rattled the Malibu community, reminding it of the similar but equally as horrible tragedy of Emily Shane in 2010. Emily Shane was a victim of a careless drunk driver who was also speeding and

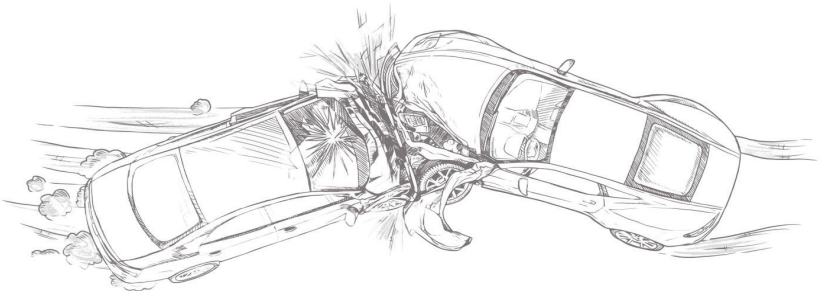
lost control of the vehicle. These events have left the community of Malibu, and Pepperdine University in a mourning state, but has also raised awareness to the deadly highway known as PCH.

Since the recent tragedy, the Malibu Patrol and Lost Hills sheriff have become a lot more strict. In one night 33 speeding citations were given out, 1 arrest for a DUI, 2 drivers caught driving with a suspended license, and 2 reckless drivers arrested for racing. The goal is not only to maintain order on the road, but to also investigate the circumstanc-

es surrounding the incident that claimed the lives of the four Pepperdine students and to prevent further loss of innocent lives.

PCH has never been more dangerous, since our route to school is taking the highway every morning, we should take more

precautions, meaning we should maintain a speed limit, and refrain from looking at our phones. Drive carefully Malibu and be cautious of other reckless drivers.



## PCH Safety

Nick Davis  
STAFF WRITER

Socialism is a political philosophy that is often unreasonably feared and hated by many Americans. It is seen as an "enemy" to our American freedoms and often confused with Communism. Another socio-political theory that has similar ideals. The terms Communism and Socialism are also frequently used interchangeably although the two theories have many great differences. One major difference being that Communism is a nearly unattainable societal structure that has never been fully achieved while Socialism is considered a step toward Communism. In a communist state, all property and assets are owned by the people while a socialist state allows individuals to own private property but the chief means of production or industrial production are owned and managed by a democratically elected government. Socialist countries and regimes have been incorrectly referred to as communist by most Americans,

although it is directly stated in all of their constitutions that their governments are socialist. Countries such as the Soviet Union, China, Cuba, and Vietnam have all been involved in conflicts with the United States and as a result severely scrutinized by Americans. For the most part, the criticism of how these socialist republics govern their people is not irrational. The eventual dissolution of the Soviet Union and the many citizens of the republic who reported immense corruption and poor quality of life under this government is an example. So, it is not surprising that the general American perspective on Socialist governments is that they clearly do not work and almost always result in widespread poverty, crime, and people who hate America because they "want our freedom". In actuality, a major reason why many people who live in socialist countries oppose the United States is that they have experienced brutal attacks

on their homes and families first hand during periods of conflict and they naturally began to build resentment toward the nation whose military attacked their country. Another significant reason is propaganda spread by their government that the United States is to blame for many of their issues and disparities. The truth is that socialist republics such as the Soviet Union, China, Cuba, and Vietnam are examples of when socialism doesn't work very well and have created a bad perception of the nature of socialist governments.

Burkina Faso, a landlocked country in West Africa is an example of when Socialism worked although frequently considered "anti-imperialist" rather than "socialist" or "communist". The country was originally a French colony known as Upper Volta, until it gained independence after the third coup d'état in its history. A Marxist Revolutionary named Thomas Sankara, served as president of the new country

from 1983 until his assassination in 1987. During a guy his presidency he made great steps in improving the quality of life in the country and toward complete independence from the foreign powers that wanted to oppress his people for financial benefit. Sankara's domestic policy strongly emphasized education for Burkinabe people. He initiated a nation-wide literacy campaign that built over 350 schools and increased the literacy rate by 60 percent: all in just four years. Sankara was also very environmentally aware, ordering the planting of over 10 million trees to allow his country to become self-sufficient in resources as the natural climate of Burkina Faso is very arid. Hundreds of wells were dug, and reservoirs were constructed to conserve the water that was very scarce in their country. Farmers were educated on combating soil erosion and fertilizing soil without chemical fertilizers. Another achievement of Sankara's presidency

that was immensely ahead of it's time was the fight for women's rights in the nation. Women were allowed to be educated, take literacy classes, there was maternity training in rural areas, a minimum age for marriage was set, divorce by mutual consent was established, widow's rights to inherit their husband's wealth was recognized, many women held high positions in government and Sankara himself had 5 women in his cabinet. Sankara was assassinated in a raid on his headquarters in 1987 and although much of the effects of his administration have been lost over time and some reversed, his message of African independence from western imperialism and solidarity between the oppressed are still felt to this day. Many still follow in Sankara's footsteps to fight for a self-sustainable Africa that is free from the corporations and countries that exploit the continent for its natural resources to this day.

## Socialism Type A Beat

# FROM STADIUM WAY TO THE POLITICAL STAGE

Lukas Wiess  
EDITOR

If I want to produce the greatest song or become the youngest president, then I'll have to change. With a burning goal in mind, could I still find time for other pursuits? Why yes, I couldn't forget them as if they were some doormat "friend". It's because of the writing skills I've been pushed to know by Ms. Stowell, the freedom that comes with being a journalist, and my persuasive nature from selling thousands of Quarter Pounders that I feel I could confidently communicate my way into Capitol Hill. Similar to me, former first baseman of the Los Angeles Dodgers, Steve Garvey, believes that "what we do today lays the groundwork for tomorrow." The 1974 National League MVP's first job was also at McDonald's; he played both football and baseball at Michigan State, and eventually found his way onto the Dodgers home plate in 1969, where he would lead his team to victory during the 1981 World Series. To this day, the 10-time all-star holds the highest consecutive streak throughout the National League, which sits at a humble count of 1,207 games. After a lengthy 19-year career, Garvey hung up his cleats and turned towards other passion projects, such as co-executive producing TV and serving for non-profit charities.

Now it's 2023, 35 years after the former athlete retired from the MLB, but he still is filled with quite the amount of endurance and energy. Just last month, Garvey announced his run to become the next senator of California. When given the opportunity to interview the acclaimed ace, he gave me an insightful, inside scoop of his plans to move from the field to the political stage. So many fans counted on you, but we all have things that don't go our way.

**How did you recover from setbacks?"**

Seize the moment. I wanted to



be up when the game was on the line. Even if I failed, I had the opportunity to be the hero, so to speak. It was a mindset; the better players are able to block out all the things that can be distracting and focus on the moment. Our lives are a journey; there's chapters to this journey. From birth to death, it's a challenge. A lot of times, we learn more from failure than success. What's important is to listen to your mind and your heart."

**Standing in front of an audience is some people's biggest fear. You're certainly no stranger to that. How did it feel when you first started out on the Dodgers? Were you nervous, scared, or excited?"**

"It was a step-by-step process. [Once] you sign professionally, you go to a minor league, and you play in front of 1,500 or 2,000 people. I played my first season for the Rookie League and my second season in Albuquerque, which was double play. That was a bigger ballpark, so now we're playing in front of 4 to 5,000 people. Then the next year, I won the third base job [for the Dodgers]. Opening night at Dodgers Stadium was attended by 52,000 people, so that was quite exciting. I never really felt

intimidated because I had already played big-time college football [in front of 70 to 100,000 people]. Being in government requires just as much teamwork as a sport.

**As someone who was a part of a World Series-winning crew, what do you think makes a successful team?"**

"When you play a team sport, it's for the success of the team. But it still takes individual contributions that lead to a team winning. When one, two, or three players start to play for themselves, it takes away the unity of a team and the chance of winning a championship. The most successful teams don't always have the most all-star players. They have good, average players who play very well together. That's the key to victory—each player knowing his position and capabilities. You have to pick each other up. The guys who say, 'I'm going to pick Garv up' I'm going to cover for Garv today' 'I'm going to win this game' That's the kind of mental strength you need to be a champion."

**When did you decide you wanted to run for senate?"**

"There's never a wrong time to do the right thing. It's something that I started thinking about around four and a half months ago. I decided that I had a voice and was recognizable enough to get the attention of the people. The right thing for me was to have a conservative voice in this race that's traditionally very liberal."

**As a conservative candidate, what do you think of the "woke culture" that's gained traction in recent years?"**

"Life is God's gift to us, and what we do with it is our gift to him. Our responsibility is to be fair and unbiased, not to judge people. It's human nature to judge people—judge how they look or the color of their skin. But if you can get yourself to listen to people's thoughts and opinions, then you'll have a pretty good idea of who they are."

**What idea do you want the people of California to see from you?"**

"The economy itself makes it very difficult for young adults now to acquire what they once did 20 years ago. In terms of buying a house, because of interest and mortgage rates, they may not be

able to do that. They may have two good jobs, but if they have children, then that income gets compounded by their necessities. Families are now getting 10 dollars worth of gas instead of 10 gallons. They're trying to save enough money for when they retire or send their kids to the school of their choice. Families are struggling; it's very important to me to represent the people of California and protect their quality of life."

**How do you plan on appealing to those younger generations?"**

"People say, 'The younger adults don't know you!' Well, for the next five months to a year for now, I plan to travel the state and get a better idea of what I stand for with the 35 and under crowd. I use all of the media sources. I still get paper from the house, listen to the radio, watch TV, and go online. I try to get as much information on issues as I possibly can in order to know what young America is thinking."

Well, Mr. Garvey, here's a triple play of what three first-time voters wish to be changed! 19-year-old Tina from Malibu says, "I want someone who spreads awareness about issues I believe in; what matters most is whoever has the best view of leading our country." From Northridge, 18-year-old Rodrigo gleefully preached, "I would want to stop hate. I like to consider myself a very happy and peaceful person, but I would like that for everyone else. Just peace. Oh, and ending those gas prices because they are way too high." To end the inning, 17-year-old Layla from Lynwood gruesomely claims, "I think the world criticizes too much; let people be who they want to be. We all end up dead anyway." As for me? Actually, I'll just leave it to Garvey. "Keep swinging!"

## COLLEGE FOOTBALL

Amar Taha  
STAFF WRITER

As the college football season is coming to a close, we must also say goodbye to the PAC-12. This comes at a time where PAC-12 teams are highly competitive (the likes of Oregon, Washington, Utah, Arizona, Colorado, Oregon State, USC, and UCLA) all of whom were ranked in the Top 25 at some point this season. Due to poor leadership, the conference was unable to renew their media rights

deal with ESPN and Fox. Once it became clear that the conference would not be able to keep up financially with the other big conferences like the Big Ten and SEC, UCLA and USC announced they would be leaving for the Big Ten at the start of the 2024-25 season.

The situation got progressively worse. Less than a year later, Oregon and Washington decided to join UCLA and USC in the Big Ten, while Arizona, Arizona State, Utah,

and Colorado left for the Big 12.

The PAC-12's dismantling negatively affects student athletes in other collegiate sports including baseball, volleyball, basketball, golf, and more. (Jibriel Taha, Malibu high alumni, and Stanford radio broadcaster voices emphasizes this point. "For the departing members of the Pac-12, it has a huge impact on other sports. While football travel is quite doable since there is only one game a week, almost every other sport will have a brutal travel schedule. The nearest BIG school to USC and UCLA is Nebraska. The closest ACC school to Stanford and Cal is SMU, then Louisville. These realignment decisions are driven by football, and all of the other sports will be forced to adjust") This move clearly shows the priority given to college

football over the other collegiate sports (Taha believes this "Results in more matchups between big time programs" However he adds that "what makes college football special is regional rivalries. Losing so many of those because of realignment is certainly not good for the sport. Additionally, having two super conferences (SEC and BIG) could mean that those programs pull away further from the rest of the country, and reduce parity"). Those students who play in other sports are forced to deal with the consequences of longer travel time and more days out of the classroom. As a result, many athletes have voiced their opposing views on this subject, with some students claiming that they chose to attend a PAC-12 school because of the short travel time. They feel as though their reasons to attend

their schools are being undermined by college football and money.

It is clear that the PAC-12's dismantling is unprecedented. But rather the question is now, how will the likes of Oregon, Washington, USC, UCLA, etc fair in their new respective conferences. This change also brings open the possibility of another conference collapsing in the near future, one that would have a similar effect as the fall of the PAC-12.



# WHAT MAKES MALIBU HIGH GREAT?

**Kane Rocca**  
STAFFWRITER

Malibu High School has a small community of approximately 400 students, often facing misconceptions due to its smaller size. Some perceive this as a disadvantage, assuming fewer opportunities for sport and club involvement. However, the reality of Malibu High reveals a list of unique strengths. In comparison to larger schools, Malibu High's size becomes an advantage, fostering an important sense of community. It's not just a place of learning; it's also an environment where everyone is familiar with each other.

The belief that a smaller school translates to fewer opportunities is definitely debunked at Malibu High. Instead of limiting experiences, the school's size reduces chaos in hallways and classrooms, creating a calm atmosphere conducive to focused study. Contrary to the thought that other larger schools offer a larger variety of activities, Malibu High provides a quieter, more concentrated space for academic and personal growth. One of the school's stand-out features is the intimate bond

forged between teachers and students. Smaller class sizes mean educators have the chance to truly know their students. They comprehend individual strengths and weaknesses, cultivating an environment where learning is personalized. Malibu High acts on the importance of teacher-student dynamics; it's a place where teachers invest in the success of their students beyond the classroom. While Malibu High may lack some of the things found in larger schools, there are also many good things to come out of Malibu High. The real treasures lie in the genuine connections formed, the concentrated focus on learning, and the formation of a strong community. Malibu High stands as a testament to the value found in strong friendships, a good learning environment, and meaningful relationships with teachers. In conclusion, even though Malibu High is perceived as a bad school, it is really a good school and has its certain advantages over the big schools that others may want to go to for the "real high school experience."



# The Ennui of the School Day

**Marvin Schmolka**  
STAFFWRITER

It is evident that the school time routine that has been forced upon kids since kindergarten is detrimental to the health and mental wellbeing of kids and teens. The 8 hour 5 day a week schedule for 12 plus long years puts tremendous stress on kids and teens, also draining them of all of their energy, which is completely counterproductive to what they should be doing at their age to maintain good health.

This greatly impairs their ability to learn and maintain good mental sanity and health, as it is putting unimaginable stress on them to make all of their deadlines and keep their grades as good as possible, all while trying to teach many different subjects in the same day, barely giving them time to absorb the information.

Furthermore, students come to school at about 8am and go home around 4 everyday, that is give or take about an 8 hour day, but when students come home from school, they also have homework, which means depending on how much homework they have that is another 1-2 hours of time students have to work.

Moreover, student's ability to enjoy their personal lives as well as the ability to work on their own hobbies, interests and skills is highly negatively impacted. This also inevitably causes them to stay up much later into the night to make up for all the time they lost, which will negatively impact the next day, as they will get little to possibly no sleep.

This will cause them to mess up their sleep schedule and get no REM (rapid eye movement) sleep, which will tremendous-

ly impact mental and physical health negatively, also reducing their ability to learn and absorb information as all of their cognitive abilities are dulled. Eventually this lack of sleep can cause serious health problems, it is no wonder that students especially are constantly getting sick and falling asleep in class.

It is quite a shame that when you look at the history of the last couple of centuries you see how technologically and otherwise many things have greatly evolved, but the education system and all of its routines and programs have not changed whatsoever, almost like the education system is greatly bottlenecking the potential of students. In the U.S, it was John D Rockefeller who massively invested in the education system, founding the General Education Board

and in turn his notions about how the school system should become the standard for American education. This is highly problematic because the education system has been and still is based on Rockefeller's words "I don't want a nation of thinkers, I want a nation of workers" and that is root of all problems in the American education system and the declining health and mental wellbeing of its students.

Other parts of the world like Finland ranked at number three for best education system in the world for example have adopted an evidently much more efficient education system that does not force its students to sit for 8 hours or more and expect them not to fall asleep or do worse in school.

Finland's school hours start from 9:45 and go on for about

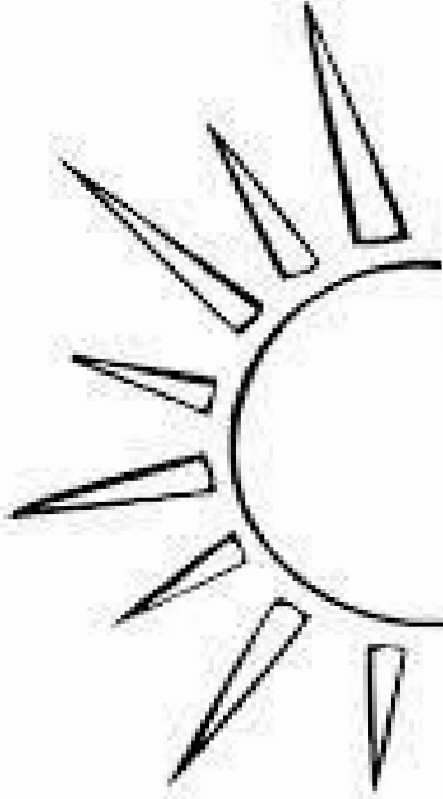
4-5 hours, also teaching better, more applicable to real world subjects and focusing on them more in depth rather than having an hour dedicated to several different subjects in a day.

The later start time in the morning gives students more time to sleep and the less overall hours in school gives them much more time to enjoy their personal lives and to focus on developing their own interests and skills, keeping students in much better mental and physical health, keeping them happier, and also causing them to much better incorporate and apply the subjects they are learning, all while also reducing the amount of stress usually placed on students by an incredible amount.



# What Is Daylight Savings and Why Is It Still A Thing?

Cade Harper  
STAFF WRITER



It's that time of year when it gets darker earlier. This is also known as daylight wasting time (DWT). Daylight wasting time is activated after the fall time change. This is when you get extra daylight in the early morning, while you are still asleep. This daylight time is being spent while you're sleeping, and as a result it becomes darker earlier when you're awake. A large number of people are unsatisfied with this because they have less time after school or work to do what they want. Some people even say that their daylight hours are being "robbed". Studies have shown that people prefer Daylight savings over Daylight wastings. Daylight savings was first implemented in the US with the Standard Time Act of 1918, which was a war time measure for seven months during World War 1, ensuring more daylight hours to conserve energy sources. People nowadays tend to say that daylight savings is for farmers, so they

can have an extra hour to farm. However, this is actually completely false. Although it does help the farmers they don't need it. Daylight savings actually has a decent amount of cons, such as increased risk of heart attacks, strokes, and mood disturbances. You wouldn't think there would be such drastic cons to something that seems so insignificant. There has been a discussion about making daylight savings permanent. On March 10, 2023 Senate Marco Rubio reintroduced legislation that would make daylight savings permanent. This would put an end to the biannual clock change that disrupts the lives of millions of Americans. After this was declared, the Sunshine Projection act passed unanimously last year in the senate. After this the bill then stalled in the house. As of right now it is unclear what will happen in the future, and whether or not Senate Rubio will continue attempting to get rid of daylight savings.



## El Nino in Malibu

Cauch Carter  
STAFF WRITER

Here comes El Niño! Embarking on the slopes during El Niño is like entering a winter wonderland. But what is El Niño and what does this mean for everyone living in California? The Pacific jet stream shifts southward and expands eastward due to El Niño. This results in unusually wet winter weather in the Southern United States and warmer, drier weather in the Northern United States. El Niño doesn't only affect the weather in the mountains, but also has a great impact on our ocean, making this weather essential to skiers and surfers. El Niño is more than just a natural occurrence for surfers and skiers. During El Niño, mountain conditions and snowfall patterns are constantly shifting. For skiers, its impact on weather patterns can present both advantages and disadvantages, making it a crucial factor for those who want to discover and enjoy the varied winter environments. Amounts of snowfall at ski resorts are typically over average in California during El Niño. Skiers and Snowboarders are usually excited for these winters

due to the vast amount of fresh snow! El Niño is a vital component of the dynamic fabric of surfing experiences because of its warm embrace of the Pacific, which alters wave patterns and produces an arrangement of swells that can turn beaches into surfer's paradise or provide difficult yet exciting conditions. Overall, El Niño is exciting in many different aspects. Many Californians will be headed for the closest mountains or beaches for the rare weather conditions in this upcoming winter. While there are many positives on El Niño, it is important to keep in mind that there's the possibility of natural disasters such as flooding, severe erosion, avalanches, and more due to these untraceable weather patterns. Understanding your surroundings is essential under El Niño circumstances; knowing about possible weather changes and local implications enables people to make decisions that are best for their safety. El Niño's influence adds an exciting dimension of uncertainty to the seasonal story as we look forward to winter.

## Athlete of the Month: Roman Foulquier

Hank Norby  
STAFF WRITER

This month's spotlight athlete is Roman Foulquier, a senior and captain on the Shark's soccer team. Roman plays forward and fullback and has been on varsity all four years of his high school career. Roman is currently the team's leading goal scorer with three goals in two games. The Sharks are currently 2-0 and are coming off a huge win against Buckley, beating them 5-1. Roman was responsible for two of the team's goals, including one off a free kick. He had this to say about the win: "We had a great performance from the keeper all the way to the forwards. Fantastic

collective play with five goals that came from team build ups. We only conceded one goal through the whole game and defended our home field with a win."

Romane says that he found his love for soccer when he was around 10 years old. "I've always watched soccer growing up but never played because I was very short compared to kids my age. I really started to play in U10 soccer through AYSO and never looked back." Romane also said he was influenced to start playing because of the players "Griezman and Paul Pogba," saying this was because "Both are fantastic players from France that helped get the world cup and I've just always admired their style of play".

The team will need Romane to continue to win this season with hopes of winning the Citrus Coast League. He said the team could do this by accomplishing their main goal of the season, "to keep the defense clean and score as many goals as possible". Romane was not happy with last year's per-



formance but has higher hopes for this season. "The team this year is looking completely different than last year, with a new set of gloves at the back and clinical finishers at the front." All Malibu students and families are encouraged to come support the Sharks soccer team whenever possible. Romane says "Fans really help us throughout the game with ongoing motivation. But most importantly, having a great fan base can sometimes intimidate the opposition, but also help us get through the whole 80 minutes".



## LANA BRINGS SPIRIT AND SOUL TO THE HOME OF ROCK AND ROLL



“This is like a manifestation of a dream completely come true”



“Walk like an angel, talk like an angel” Preached Post Malone. Along with the certified classics, don't forget to stream Elvis's jolliest of melodies! The frail soul recorded over 20 Christmas songs.



**Chino Moreno's Back With The Gang + More Tour Dates!**

If you're like me, the only thing guaranteed during the holidays are the lies your family tells under the Christmas tree. The most genuine gift comes from the heart, which means giving something through something we love. It can be writing a poem, sewing clothes, playing the piano or singing an ode. But not everyone can sing on a stage, no, no. That's left for the professionals such as Lana Del Rey, Kacy Musgraves, Post Malone and John Legend. While that group reads off more like a teens "rigged" Spotify Wrapped, it was them who showed up on a silent winter night at Elvis's Memphis Manor to put on a show. Along with the song belting guest list was Elvis's beloved granddaughter, Riley Keough. In a one on one encounter with Del Rey, Keough joyfully said "We have such wonderful people who love being here...It's awesome to have the artists who are performing have some kind of connection to my grandfather" "Good vibes all the way around" Lana added. In typical fashion, the "Cola" starlet performed a cover of The Righteous Brothers 60's blue-eyed soul song "Unchained Melody"



A cold wind blew before the brink of winter bruised, It was a perfect Saturday in San Diego to Mark The Fourth Annual "Dio De Los Deftones" From mothers who were coolest in the 90's to their offspring who have yet to learn how to read, the diverse crowd of fans bonded over their love for the bands everlasting legacy. "It was like somethin outta a movie" 16 year old Valarie Alejandra told me... something straight out of "My Little Pony" Perhaps she's right...there was harmony, singing and everything nice. Moreno performed the typical fan favorites as well as some wildcards, "Xerces" was heard "Phantom" has yet to rot and "Kimdracula" will always rock. "He was just a great performer, ya know? He made me feel really safe" Ajeandra confided. I look forward to seeing for myself next year. The "Mascara" Star will tour in 2024 for his secondary band, "Crosses". They're coming to Kansas City, Chicago, oh and of course Hollywood! It's on March 6th at the Palladium, so better get some tickets or else you'll be crying in the pickets!



Whatever you think is "in" or "out" Hello Kitty and repping our favorite teams will always reign supreme!

# Starbucks Holiday Drinks

**Dominique Elwes**  
STAFFWRITER

It's safe to say that everyone you know is looking forward to Starbucks holiday drinks as the holiday season approaches. They give our winter days a feeling of coziness and warmth, and they add many festive drinks every year that brighten up everyone around us. Let's discuss the incredible flavors that we all love. First we begin with the Oatmilk Gingerbread Chai. I'm sure most of us were very excited to try this new one. It's described as a mixture of black tea and oat milk that's been infused with warming spices like cinnamon and finished with a dash of a spice topping. The chai spice, which has a hint of gingerbread flavor, goes well with the holidays. The traditional Pumpkin Spice Latte comes next. Most of you are probably familiar with this one. It's described as a coffee beverage created with



steamed milk, espresso, and a blend of typical fall spices like cinnamon, nutmeg, and clove, often sweetened with sugar, and topped with whipped cream and pumpkin pie spice. This drink is typically served in the fall, but it's kept around until winter because it's still cozy. Last but not least, the Sugar Cookie Almondmilk Latte. Starbucks describes the beverage as a "modern twist on a holiday classic" because it is inspired by the traditional German holiday treat known as spritz cookies. Starbucks Blonde Espresso Roast, sugar cookie syrup, and almond milk with red and green sprinkles are the ingredients of the vegan Sugar Cookie Almondmilk Latte. These festive drinks are guaranteed to bring a little attraction to your winter days, whether you're a fan of the traditional Pumpkin Spice Latte or excited to try the newest item in the holiday menu.

# Holiday snacks

**Cody Paquette**  
STAFFWRITER

During the holiday season, people love to spend time indoors, away from the cold and harsh weather, while enjoying their favorite foods and beverages. Listed below are a compilation of some of the most popular holiday beverages, perfect for spending a cool December day inside the cozy home.

**Coffee** - Perfect for a cool morning to give you a boost of energy. A lovely warm or iced coffee on a cold morning is a common favorite for many. Whether going out or staying home you will have energy and warmth for a splendid morning.

**Eggnog** - A combination of eggs, milk, and other small ingredients. This famous holiday favorite is perfect for this time of year if you are a fan. Made to enjoy with others around the fire, eggnog is perfect to share with others through the cozy holiday season.

**Apple Cider** - A warm glass of apple cider will be sure to keep you warm and feeling refreshed through the holiday season. Made

with aged apples, give it a much more authentic taste. Served warm and fresh, apple cider is wonderful for any day through the holiday season for whoever craves it.

**Hot Cocoa** - A forever favorite, hot chocolate is an all time perfect drink for anyone during the holiday season. The sweet, warm, mix creates a perfect feel for anyone looking to spend a warm evening inside with a sweet delicious treat to enjoy. With marshmallows and whipped cream, this is a classic that anyone will love.

**Horchata** - Finally, a unique cold drink consisting of sweet rice milk and cinnamon, horchata originating from North Africa, is another perfect holiday sensation. This sweet drink is perfect for anytime of day, and is commonly enjoyed throughout the holiday season in Central America as well. A special, easy to make drink, horchata is a prime contender for a wonderful holiday drink for anyone through this holiday season.



**Emilia Quinonez**  
EDITOR

# Malibu Holiday Playlist

**Last Christmas** - Wham!

**Santa Claus is Coming to Town** - The Jackson 5

**Have Yourself a Merry Little Christmas** - Frank Sinatra

**All I Want For Christmas Is You** - Mariah Carey

**Blue Christmas** - Elvis Presley

**Mistletoe** - Justin Bieber

**Rockin' Around the Christmas Tree** - Brenda Lee

**Please Come Home For Christmas** - Eagles

**Come Out and Play** - Billie Eilish

**Baby it's Cold Outside** - Dean Martin

**I Want A Hippopotamus For Christmas** - Gayla Peevey

**Silver Bells** - Art Silver Trio

**I Saw Mommy Kissing Santa Claus** - The Jackson 5

**It's Beginning to Look A Lot Like Christmas** - Perry Como



# BEST PLACES TO TRAVEL FOR THE HOLIDAYS

Harper Rae  
STAFF WRITER

As the holiday season approaches, people are looking for more places to travel for winter break. Some people go somewhere tropical, while others go to the snow. Here are the best places to travel too during winter break.

Some of the best places I've ever been to for winter break

have been in the snow. For example, Mammoth Lakes, CA, is a great place to go snowboarding/skiing. It might be a little crowded at times but it can be really fun. Another great place to go is Aspen, CO. It's a great place to snowboard/ski as well. Another fun place to go is Salt Lake City, UT. The

snow up there is amazing and the people up there are great.

If you don't want to go to the snow, there are some tropical places you can visit as well. A great place to go to is Hawaii, although it might be winter time, Hawaii is still a great place to travel to. Personally, I prefer going to the snow but there are

still so many fun activities while at the beach. Instead of learning how to snowboard, you can learn how to surf. Hawaii offers you a variety of places to go to that are decorated like the holidays but still give you the warmth you like. Something like Australia might be perfect for you too. Their winter is like our

summer so if you're looking for the summer feeling, Australia is the perfect place. Although it's not as tropical as Hawaii it can still give you the feeling of coziness that you need.

So if you're a summertime person or winter, these places are the perfect places for you, still giving you the joy you deserve.



# WHICH IS BETTER: SKIING OR SNOWBOARDING?

Brody Graham  
STAFF WRITER

Skiing and snowboarding are popular winter sports enjoyed by many people around the world. Skiers go down the snowy slopes using two separate skis and poles while having precision as they carve through the snow. Snowboarders ride down the mountains on a single snowboard using surf-like movements to navigate the terrain. Both sports

provide amazing experiences in the snow. Whether it's the artistry of skiing or the expressive style of snowboarding, both activities offer unique ways to embrace your style on the mountain.

When comparing skiing and snowboarding, each sport offers unique advantages. Skiers often appreciate the sense of freedom and control provided by two separate skis and poles which

makes it easier for them to navigate around the mountain. On the other hand skiing can lead to soreness and a lactic acid build up in your legs, causing you to be tired quickly. Skiing is also more forgiving to all skill levels whether you're good or bad. Snowboard emphasizes a cool surfish style, allowing individuals to carve smooth with surf-like movements down the slopes. Snowboarding is also known for its style and expression, and many people find snowboarding to be a workout that engages the core and lower body.

Before they start people must make the choice between snowboarding and skiing. Automatically people believe whatever they chose to do is the better option, giving them a reason to think the other option is worse.. Hank Norby thinks skiing is better because "it is way easier to traverse around the mountain making it a more enjoyable experience". Jude Alexander claims that snowboarding is better because "It gives more of a similar feeling to surfing and skating which are two of the most enjoyed extreme sports." Overall both of the sports are

equally as fun, coming from someone who does both, You just have to decide which sport you enjoy the most depending on what you want to achieve.

