

**Welcome Back to...****The Rock****by Lily Imai**

Yuma Catholic's online news source, *The Rock*, is back and better than ever. We have more writers, more content, and will hopefully have more than one edition this semester. We are also looking towards suggestions for content from you, our reader, so feel free to contact any writer of *The Rock* if you do have any interesting or exciting ideas.

With the ending of the first quarter, many of us, as students, have gotten a feel for what this school year will bring. Whether you're a freshman, still curious about what YC has to offer, a senior feeling like graduation can't come soon enough, or a sophomore or junior stuck somewhere in between, I hope you all keep in mind that graduation will come. Our time in high school is restricted to four short years and though sometimes it feels like we're going to be at YC forever, we won't be. This is why it is important to make the most of the time we do have. Try out for that sport, go to the dances, and join clubs. Being involved is the easiest way to feel like your high school experience has been fulfilled. I really do believe one of the saddest and most avoidable questions in life is "What could have been?"

With a new quarter beginning, let's do our best to fulfill our potential, whether it be participating in a winter sport, bringing up a grade, or joining the school newspaper. I hope this article has found you in good health and good spirits and thank you for reading. Here's to a fantastic year for *The Rock* and for our readers.

Teacher Spotlight:**Mrs. Miller****by Bella Valencia**

One of YC's newest teachers is Mrs. Miller. She teaches Free Enterprise and is the leader of Yearbook. Jennifer Miller was born and raised in Knoxville Tennessee. Being a part of a military family she then moved around and stayed at Mohave Community College. She played city league softball as a pitcher and then continued her studies at GCU. In between these two colleges, she enlisted in the military after a few semesters, realizing that was her call. After serving in the military for several years, she became a member of the City Police in Prescott Valley, Arizona. She then became a teacher by completing her degree at GCU. She taught at Kofa High School and now teaches at Yuma Catholic.

To get to know more about her, I asked her some questions.

Q. Have you always wanted to be a teacher or was there a certain event that made you make that decision?

A. I had two teachers growing up, Father Foster and Mr. Bush, who made me feel not only like their student but like a part of their families. They really had an impact on me.

Q. Do you feel YC is special, in a family type of way, more so than any other places you have worked at?

A. Yes being from Catholic schools, I believe our faith and our shared beliefs are what make us stand out. However, Yuma Catholic is the elite.

Q. Is Yuma a lot different from your hometown? If so, how? Do you like it here?

A. It is the warmest environment I've ever lived in but I have a love for agriculture and a love for the people- it is very comfortable here. It is also neat to embrace my Mexican culture/heritage.

Q. If you could have one other career, what would you choose?

A. I would be a United Nations Ambassador to the Middle East to bridge gaps of miscommunication.

Q. Do you enjoy teaching high school?

A. I love it- wouldn't want any other career. The conversations I have with students are always so fun, so I wouldn't trade it for the world.

Q. How are your first years working at Yuma Catholic? Was it hard to get used to or did you feel comfortable right away?

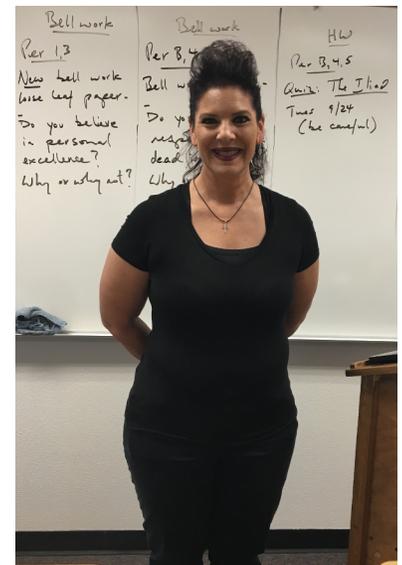
A. I was hoping to get hired at YC for five years and I loved my students where I taught before, but coming here felt like coming home. When I walked in the doors, I knew I was where I belonged and I have not looked back.

Q. After your career at YC, are you planning to leave Yuma? Where would you go?

A. I take life moment to moment. I don't want to leave- I want to retire after. I know God will guide my path.

Fast Facts

- Favorite high school subject:
 - History
- Early ambitions:
 - Dallas Cowboy Cheerleader, an actress, a lawyer, a reporter, or an archaeologist.
- Secret talent:
 - Impersonations
- Favorite food, TV show, and movie:
 - Food- Mexican
 - TV show- *Supernatural*
 - Movie- *Remember the Titans*
- Favorite thing to do when not at school:
 - Watch *Supernatural*, family time, play with my chihuahua
- Sports played in high school:
 - Softball- pitcher
- Quote or message to all students reading this:
 - "No shenanigans!"



ADVICE COLUMN

Academic Advice

by Alison Crilly

As a student, keeping your grades up can be difficult, especially if you have activities after school. School can feel overwhelming and it's easy to just give up. These are some tips that will help you throughout the year:

- **Have a Study Space**
 - Having a specific space to study helps keep you more focused. If you always study in the same place, your mind will associate the area with studying.
- **Stop Procrastinating**
 - Take time away from distractions. Find time in your day away from your phone and use that time to study. It can be tempting to procrastinate and go on your phone, but keeping your phone away from you can help keep you more focused.
- **Prioritize**
 - Start on what you have due first. If you know that you will be missing class, go to your teacher and get the work you're missing. Get your work done ahead of time.
- **Success Center**
 - Take advantage of success center. If you have trouble understanding something, your teacher is there to help you.

The Life of a Student Athlete

by Faith Sandoval

Being a student athlete is something that the majority of our student body does. How to juggle being a successful student athlete is a big challenge; it is a challenge everyone has to take time to adapt to. As for the freshmen, it is a big transition, as playing competitively to represent your school, having practice every day and traveling to games is something that you have never done before. Even for the upperclassmen, balancing your schoolwork and travel twice a week is still a struggle.

Adapting to this could be harder for some than others, so here are some tips I have learned over the years:

- 1. Make sure you know how many days of the week you will be gone.** If you know that you are going to be leaving you can do all your work before you leave. This will make it easier for when you come back.
- 2. If you have a test the next day, study on the way there.** After the games, you are usually tired and it is dark, which makes it hard to study. If you study on the way there, you have just gotten out of school and are still ready to learn. Once you have studied for a couple of hours you are completely done and can enjoy the rest of your trip.
- 3. Don't put your sports before your school work.** Although the sport you play might be your favorite thing to do, your schoolwork is what will keep you playing it. Make sure you work ahead of time rather than behind it.

Whether you play football, volleyball, or run cross country, everyone has the same struggles. However, everyone also has the same goal. As the years go by, be sure to never forget your priorities- your schoolwork should always come before any sports.

Being Grateful

by Blanca Lara

written April 2019

Many people take the things they are blessed with for granted. Don't take for granted the people who have always been there for you. Sadly, nothing and no one lasts forever. Don't take for granted your parents or guardians that give you food, shelter, and most importantly love. It's tragic to see that the more we receive, the more we take things for granted or even complain about them. Have you ever taken your friend for granted? When was the last time you've shown appreciation to your parents or your closest, most loyal friend that has always been there for you? Imagine if they were to just leave- if the person who cared for you the most, who'd give up anything for you- were to leave. How would you feel?

There's a quote that goes, "The more often we see the things around us - even the beautiful and wonderful things - the more they become invisible to us." We are blind to the sacrifices and love that people show to us because we are used to them and we know the people that love us will forgive us and treat us their best, so we treat that as something permanent and as if it'll never leave. We have so much to be thankful for, but since we don't know how to live without love, without friends, without water, electricity, food, etc., we never appreciate it. Every single day, I see the same people who open doors for us since the beginning of the school year. They are always standing there waiting for us to pass through every single day. When I pass through, there's no thank you. We just walk through because we're used to them helping us with the door, expecting nothing in return. We should be thankful and make it known that we are grateful. Ven Chavez, Marlon Olivas, Eduardo, Mr.Coiz, and Mr. Godbout have always been opening the door for us. We should thank them. Some may think this is just a small act but small or big, gratitude should be shown. Take time out of your day to say thank you and maybe offer up a quick smile. Simple things like those can really brighten a person's day.

Planning for the Future

by Frida Fragosa

As a high school student, the most common question we receive is "Do you know what you want to do in the future?" Some students know exactly what they want to do for college, most are not sure, and others have not even thought about it yet. If you are one of the ones that have an idea but haven't acted upon it or if you have yet to reflect on your plans for your future, this article may help you as a guide.

There are many possibilities as to why you haven't begun to plan your future. Whether you are too busy with school, after school activities, or even too scared to look far into the upcoming chapter in your life, the following steps can provide a guide for you:

1. Begin by Talking to an Adult

It doesn't necessarily have to be one of your parents, any successful adult could be your best resource for figuring out your life. School counselors are specifically trained in helping you out and they can be someone you just talk to in general.

2. Imagine Your Life in the Future

Think about how you want your life to look like in the future. Ask yourself questions about how you want to be living. For example, if you see yourself having ten kids in the future, my best bet is having a job that requires a lot of traveling is not the preferable fit for the lifestyle you'd be having. Also think about the kind of friends you want to have, what house you want to live in, and many other important factors that would play a role in your future.

3. Be Realistic

Balance is what you are looking for when it comes to making your plan. Think about how the world is organized and how you function in it. The world works in a balanced way and trying to go against it will not work in your favor. It's important to not get too creative without future, stay grounded and on task. 4.

4. Set Goals

Make small goals that will advance you towards the overall goal. Don't procrastinate in your goals. Putting them aside will only make the process longer and harder.

Helping our Community

by Alexia Marin

Community service is a requirement to graduate. By the end of their senior year students must have completed at least 100 community service hours. Preferably, 20 hours freshman year, 20 hours sophomore year, 30 hours junior year, and 30 hours senior year.

Don't wait until the last minute! Here are some community service opportunities for all students, especially seniors who are in urgent need of hours:

Ticket counter at the home volleyball games

Please contact Joanne (928) 388-8108 or LaVette (713) 301-0480 for more information.

Schedule:

Opponent: Odyssey

Location: YCHS

Date & Time: 10/17/19 @4:00 pm

Opponent: Paradise Honors

Location: YCHS

Date & Time: 10/22/19 @4:00 pm

Opponent: Valley Christian

Location: YCHS

Date & Time: 10/31/19 @4:00 pm

Great Beginnings Preschool

Volunteers would help clean the toys in the classroom.

Date & Time: Friday afternoons from 12:30 PM - 4:00 PM

Please contact Great Beginnings Preschool at 928-373-3948 for more information.

FIRST LEGO League Yuma Regional Tournament

Date: Saturday, December 7, 2019

Time: Volunteers arrive at 7:30 AM for breakfast and briefing of volunteer duties. Teams arrive at 8:00 A.M.

Location: Centennial Middle School - 2650 W 20th St. Yuma, AZ 85364

Requirements: Create an account to register as a volunteer.

<https://www.firstinspires.org/ways-to-help/volunteer/how-to-register>

SPORTS COLUMN

The Upcoming Boys Soccer Season

By Carlos Delgado

The Yuma Catholic Boys Soccer team is a four-time 3-A division champion. Unfortunately, last year, they were defeated in the semi-finals by our rivals, Northwest Christian. It ended their chance at a five-in-a-row championship run and left an upsetting memory on the entire team. Will this year's team -with their three all-stars- Anthony Bazua, Michael Johnson, and Edgar Gutierrez- be able to lead their team to another championship? Or will the team experience yet another heart-wrenching defeat? Only time will tell, but for the sake of maintaining the status of our boy's soccer program, let's hope for another ring.

OPINION:

Movie Review - *IT Chapter Two*

by Samantha Baumgarner

The second chapter of the remake of the popular movie adaptation of Stephen King's *IT* came out September 6th. It was the long awaited sequel that was met with many high expectations, but was it all everyone hoped for? If you've seen the original chapter two then you know it follows the beloved characters as adults as they're called back home to defeat Pennywise the Dancing Clown. The appeal of the chapter one remake was the fact that it was able to perfectly capture the essence of an 80's movie while still entertaining the new generation of moviegoers, which is not always an easy task. The point of the second chapter was clearly not to live up to the high bar set by the first. The creators realized that the expectations would not be met and used the character Bill's story line to show this. Just like in the original, Bill is a writer, except this time, no one likes his endings. Throughout the movie, he tries to understand why no one likes them and looks for a way to change them. The best reference to this is when Stephen King himself tells Bill his endings are bad. I took this as a way of the producers acknowledging that changes were made to the film, but that it wasn't supposed to be exactly the same, anyway. If this was indeed what they were trying to imply, then they were not kidding, as there were some pretty big changes from the original.

The differences mainly stemmed from the way the film was put together and what was included in the movie. The flashback style of storytelling was kept, however, which was risky, as it can be difficult to pull off without becoming confusing or boring. The creators managed to do it, but a lot of the story was cut out in the process. A lot of the information cut from the movie might leave a person with no previous experience with the franchise very confused about some of the characters and their actions. However, the use of the flashback scenes also contributed to the new quick pacing of the movie that made it easy to pay attention to. This change was very obvious when it came to the scares. If you were looking for something to genuinely scare you for a solid three hours then you should probably watch something else. It was very entertaining, but probably not in the way that was intended. It relied heavily on jump scares and most of them were more laughable than scary. Although *IT Chapter Two* failed to fulfill its purpose as a true horror film, it shone in many other ways. The acting was brilliant, the characters were perfectly cast, and the chemistry between them was amazing. They were able to pull off comical moments and emotional moments perfectly; I would watch it again just for their performances. In conclusion, it was not a great horror movie and I wouldn't recommend it if your goal is to be scared, but if you are purely looking for a good film, then *IT Chapter Two* may be for you.

Within the Blue & Gold

Shamrock Pride

By Nacho Gutierrez



I'm a pretty loud kid in general. If you're watching me on the stands, you can tell that I'm passionate about any Yuma Catholic related event. From eccentric outfits to loud noise makers, hyping up a crowd during a game is something I am really good at. However, in my last last two years here, I can assure you that raising school spirit has not been an easy task. School spirit is something that varies from school to school or even from year to year. The main change, though, is the people. It is those who come or don't come to support the school who shape how the spirit of that year is going to be. Now it would be a BIG mistake if I said that YC does not have any school spirit. There are many individuals in this school who are way crazier, more outgoing, and more open than me, which is why Enrique and I are asking our student body the following question- would a YC SPIRIT SQUAD be something of interest to you? If so, you should email us. We still don't have everything planned out, but we will keep you updated. It would be pretty sick if we had a better student section at games and more school spirit all around. For some of you guys, your fear of looking stupid is what's holding you back. However, you should take pride in being part of a community- a community of people not much different from yourself. Just remember, we might be small, but we are SHAMROCK STRONG.

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Changes in the Shamrock Cafè

by Geoffrey Ponce

Here at Yuma Catholic, we are blessed to have a strong network of families who support our school in many ways. These generous people make events such as pep rallies and football games possible by donating supplies as well as their time. They also contribute greatly by helping out in the cafeteria, which I believe to be very beneficial to the entire student body as the food we eat often has a significant effect on our overall mood. Because food is so important to our morale and morale directly affects work ethic, I decided to gauge how Yuma Catholic's students feel about the menu overall by asking them a series of hard-hitting, food-related questions.

For my test group, I only surveyed students who had attended Yuma Catholic for at least a year and who had eaten lunch from the menu. This was to ensure that I received unbiased opinions from people who had at least one whole year of cafeteria food to reference. The first question I asked in the survey pertained to the cafeteria's controversial switch to no longer carrying burritos from The Chili Pepper/ Mr. G's. and was met with exclusively negative replies. One student, who was unaware of the change, simply wondered if Chili Pepper's taste had "gone bad" and attributed the change in the flavor of the burritos to the degradation of the local business's quality. Another student, who called the switch a "bad move", even went as far as to say that, every Wednesday for the past three years, they had looked forward to their weekly Chili Pepper burrito. Their hope, for the time being, seems to be crushed by cheesy disappointment.

For my second question, I asked students whether they had noticed the removal of the lemonade dispenser from the cafeteria. This feature, which was removed from service roughly two years ago, was largely unnoticed by all but one student who also didn't find its removal to be a particularly bothersome issue. For my final question, I allowed students to list additions to the menu that they thought could be of benefit. When asked what they would like to see added to the menu, one student simply replied "good food", and followed up with a description of how the crust falls off of the fried chicken tenders served on Tuesdays. Another student said that they would like to see a greater variety in the lunches available and suggested that this could be accomplished by adding dishes from different restaurants to the menu. It was also posited that the cafeteria should rely less on frozen foods and possibly look into providing a greater variety of vegan options.

Although this survey was met with some negative responses, it is clear that the school cafeteria is getting a lot more right than it's getting wrong. For example, one thing that was met with an overwhelming amount of positive feedback was the availability of Ramen Noodles at every lunch. Students appreciate having this option as a simple lunch and even suggested that the cafeteria carry more flavors of the beloved noodle cups. This goes to show that, even though there will always be a few people who grumble, the work that the cafeteria does for the school is vital and will always be appreciated.



Beyond the Blue and Gold

9/11

by Amanda Rodgers

On September 11, 2001, the terrorist attack shook our country in the most brutal way. Almost three thousand people were killed in this tragedy. In *The Spirit of St. Paul's*, we saw the immense pain caused by the attack. My dad works in law enforcement and it was a huge pain to him knowing that he could not do anything to defend our country while living in San Diego when the terrorist attack took place in New York. When my dad and I visited New York and saw the places where the two World Trade Centers used to lie, it was surreal. Knowing how many people died there and knowing how many people were hurt and are still feeling its effects well into today was bizarre. We visited the 9/11 museum where I saw many videos, recordings, pictures, models, and accounts from and of the victims. Those people did not deserve the atrocity done unto them. They were simply going to work, they were just going to their job. My parents know exactly what they were doing when they heard about the planes crashing into our World Trade Centers, as most American adults do. It was just a routine morning: readying my 3 year old brother and my 3 month old brother (I was not alive yet.) My dad received a call from work telling him to turn on the news. When he did, his eyes were filled with astonishment as well as horror: a common experience spread all over our country. A beautiful country. This should not have happened.

I can only imagine the pain and the hurt that came to the victims that lost their lives in the buildings or on the planes. I can only imagine the pain that comes with knowing you are never going to see your loved ones again. Not being allowed to leave and knowing that in order to get any sort of goodbye, you must make a call. The phone calls to their loved ones are the things that make my heart hurt most. Having to tell your mother that it will be okay and that you love her and tell her everything you have to for her to be able to get through your absence. Telling your spouse you love them and to take care of the kids. Telling your kids, if you could, that you love them and to live life to the fullest and to know that you will always be with them at heart. The pain was felt on both sides. Both were forced to be succumbed to an unreachable distance where one will not be allowed to make it out with their life and the other will not be allowed to see their loved one a last time. Getting their proper goodbye was stripped of them. Their lives brutally stolen from them. Family members taken from those lucky enough to not have been apart of the destruction. They all deserved better. We all deserved better. America deserved better. We remember and we will never forget.