

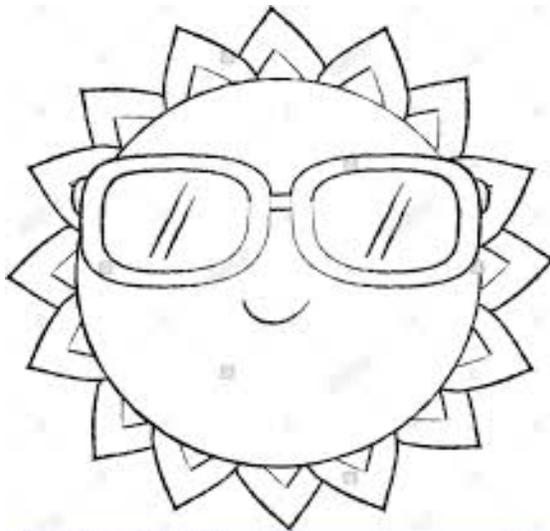
# THE SCUTTLEBUTT

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**Note from the editors:**

Hello bulldogs! We hope you've had a great school year and have an even better summer. As a new school

year approaches, we want to announce your new Scuttlebutt editors and we hope you wish us a warm welcome. We are looking forward to a new school year!

*I Scream, You Scream, We All Scream  
for Ice Cream*

*By: Juliana Sandoval*

As summer is slowly approaching, ice cream is something that we should consider in order to stay cool for the summer. "Cream Ice", as it used to be called before appeared regularly at the table of Charles I, who was King of England during the 16th century. But it wasn't until 1660 that ice cream was made available to the public, as well. Ice Cream was a dessert that was mostly enjoyed by the elite. For example, records show that George Washington spent approximately two hundred dollars on ice cream during the summer of 1790. In addition, Thomas Jefferson, was said to have a favorite 18-step ice cream recipe. However, it wasn't until the 1800's when people other than the elite started to buy ice cream. This was because insulated ice houses were beginning to be commonplace. Ice cream soon became so popular that manufacturing ice cream soon became an industry in America.

Now that we have such an advanced technological society, today's

total frozen dairy annual production in the United States is more than 1.6 billion gallons. Due to the wide availability of ice cream to the public, this led to many other inventions such as ice cream soda. If you don't know ice cream soda, it is basically ice cream with soda, it's really self-explanatory. But this new invention of the ice cream soda got a lot of religious criticism. Many religious people criticized this new invention due people eating "sinfully" rich ice cream sodas on Sundays. Due to this criticism, many ice cream merchants left out the carbonated water and just simply called it "Sunday." The name was later changed to what we know it now as, all Sundaes," because they wanted to remove any connection having to do with the Sabbath.

Some fun facts that we should all know about ice cream are that: 1.) One ice cream cone can be finished with fifty licks. 2.) The United States is the



largest product and consumer of ice cream in the world. 3.) Ninety percent of American households eat ice cream. 4.) Twelve gallons of milk can produce only one gallon of ice cream. Now that you have read this article, you can now go out and eat ice cream in the summer while knowing the history of it!

### The Future

By Diamond Hodges

Summer is coming! For many, the next school year is going to be very tough. For the class of 2020, this will be a very emotionally and physically draining year. They will start their college applications, financial aid applications, scholarship applications, and this year will mark what they will do for the rest of their lives. Seniors will get accepted, and denied, from their dream schools, others will decide not to go to college at all.

For the class of 2021, their junior year of high school will be very

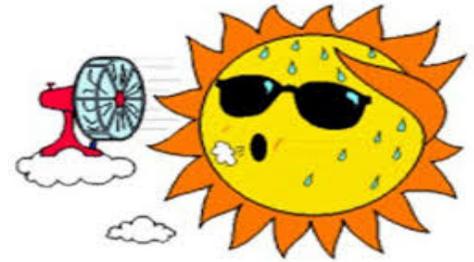
tough as well. They will have to endure SAT testing, ACT testing SBAC smarter balance testing and so much more. Juniors, please push through these tests and know that all this will be worth it. When you feel like giving up, remember that this will benefit you so much in the future. Remember, study for all your exams and pass all of your classes, study for the SATs and the ACTs.

Finally, for the class of 2022 and 2023, just remember that it's never too early to start studying and reviewing for the SATs and ACTs. Also, start looking at colleges you plan on attending, researching, and most importantly passing all your classes! Overall, it is never too early to start getting ready for the future. Have a great summer bulldogs and remember to always stay responsible and safe!



## The Dog Days Are Far from Over

By Daniela Mateos



As the school year ends, we approach the time most students spend the whole year waiting for: summer, a time spent away from school and the moment to head right into the sunshine. The perfect opportunity to be stress-free, and nine weeks to do whatever we want.

The only problem? Summer is hot. This is no news to anybody who has survived one of the scorching California summers before, but the issue is that they are becoming hotter each year. If you thought last year's 108°F was not hot enough, you will be delighted to hear that these upcoming years are expected to be worse.

Firstly, let's establish that summer in Southern California is notably hotter than other regions in the world. The Los Angeles basin, nestled in between mountain ranges and the ocean, has a dry and hot climate during the summer due to its topography. Urban areas are especially warm because of the "heat island effect," in which developments like paved roads, high-rise industrial buildings, and the lack of trees lead to higher temperatures than in the surrounding residential fringes, according to EnviroMetro. These reasons contribute to the traditionally hot summers we all know.

But summer is turning uncomfortably hot, even for those of us who lounge in the minimum amount of clothes accepted by the household. The *Los Angeles Times* reports that last year's top three-day average for high temperatures was 103.3°F, a massive jump from 2017's 96.7°F. Most would find it difficult to relax when it is too hot to even go outside. So just who is this cruel culprit responsible for ruining our summer days?

The evidence points to a bigger problem: climate change. Greenhouse gases are released when we do things like burn fossil fuels to power the machines in factories that create everything we see in a store, cut down forests, and raise livestock for our consumption later. These gases include atmospheric particles like carbon dioxide and methane, all which reduce the amount of heat and solar radiation that naturally escape into space. This heat is then absorbed by Earth's

surface, causing an increase in global temperatures. This worldwide phenomenon is largely to blame for the worsening weather conditions felt at home.

Retired NASA climate scientist James Hansen has found that summer temperatures have shifted dramatically from only a few decades ago, as now 15% of all values from 2005 and 2015 fit into a new category of “extremely hot.”

Berkeley Earth reports that the monthly maximum temperatures have increased from the 1976 to 2018, describing heat waves as “the new normal.” The unsettling reality is that temperatures are rising, and will continue to.

However, hotter summers mean more than just a day at the beach ruined. Last year’s wildfire season was the deadliest and most destructive in California’s history, with at least 85 lives lost to the Camp Fire alone according to CNN. Although some fires were started because of human activities, they reached the sheer magnitude they did because dry and hot summers created a huge supply of fuel for the fire to burn through. Given the amount of rain California has received this year, the beautiful bloom of the mountains may mean nightmares for the California Department of Forestry and Fire Protection once summer dries the greenery into flammable foliage.

Fortunately for sun-loving students, we can still partake in the wonders of summer break while combating the nemesis of vacation that is global warming. Reducing our reliance on fossil fuels can include using public transportation, buying locally, and unplugging our phones when they are done charging. We can choose to avoid consuming meat, although it is understandable that we have other plans for our 4th of July barbecue. Students all over can enjoy a well-earned summer break while making conscientious decisions about our days off.

### A Letter to the Seniors

By Isabelle Lopez

Dear Seniors,  
It went by fast, just like your parents said it would because we can sometimes be under the impression



that the four years of high school can be a never-ending adventure because that’s exactly how it feels. You were tricked into believing four years was a

long... long time. Unfortunately, it does end. But aren't you glad that you're done with high school? It's a simple yes or no answer. But is it really that simple? Because I'm pretty sure you won't miss the teacher that made your life a living hell, doing the same routine day after day, and not having to do the same busywork. But that doesn't mean you're not going to miss the good things. Such as playing with your teammates, watching the football games (especially the amazing 2018 football season), making posters at leadership, watching cheer and drill perform, going to your favorite clubs, and going to the school dances. See, I hope that you all cherished those precious moments that you all have spent together because no matter how bad you want to, you can't come back to high school. I know it has been hard to stay focused and motivated but that's what comes with being a senior. You're all so done with high school at this point that it affects your capacity of appreciating the little things, such as it being your last time sitting in a classroom and knowing everyone, the last time you and your friends will be at the same school, the last time sitting at the lunch table with the people who watched you grow. You

will miss the people that made high school bearable for you. It's the time where you are experiencing the last of high school so stop complaining and start enjoying. Because it will be the last day you walk out of those high school doors and it will be that day where you will be lined up in cap and gown with the people who watched you grow up cheering for you as they call out your name and you receive your diploma. It is that one day your eighteen years of life will be packed up in boxes and you will be hugging your parents' goodbye. Thirty years from now you are going to look back at these years you rushed through and all you'll want is high school. "You're gonna miss this, you're gonna want this back, you're gonna wish these days hadn't gone by so fast," country singer Trace Adkins once said and he couldn't be any more right. This is the time where you'll have your lasts and get ready for your first. As much as you all have looked forward to graduation day, it's an ending of a chapter by saying your goodbyes. But look at it in the way Winnie the Pooh did when he once said, "How lucky am I to have something that makes saying goodbye so hard."

## Saving Earth

By: Yahir Flores

As school comes to an end and summer is around the corner, everyone is excited to kick back and relax. There is so much someone can do during summer: go to the beach, go on vacation, travel, and so much more. However, this summer it is very important that everyone keep our environment clean of all plastic waste.

As school ends, everyone should go out and clean up plastic waste because it is important to help keep our community and city clean of plastic. This means making sure to reduce the amount of plastic we use and throw away. Plastic has become such an impactful environmental problem that has been affecting our world for an extensive amount of time.



As a society, we are getting out of control and are severely hurting our environment by disposing of plastic waste to the point where it ends up in our oceans and parks. In the end, it affects our animals and other living organisms and results in disturbing our ecosystems. In our aquatic environment more than 1 million sea turtles, whales, and seabirds die each year from ocean pollution via plastic ingestion and entanglement in marine debris. Marine debris is man-made waste that is, directly and indirectly, disposed of into our oceans, rivers, and other waterways. Most trash reaches the seas through rivers and 80% originates from landfills or other urban sources. This waste entangles sharks, is consumed by fish, and damages coral reefs. This accumulates in gyres which are areas of slow spiraling water and low winds that are along our coastlines. It is estimated that one in three marine mammals have been found caught up in numerous types of marine litter such as lost fishing gear, nets, and plastic bags. Also, over 90% of seabirds have pieces of plastic in their digestive systems from consumption. Then seabirds who feed on the ocean are likely to ingest the floating layer of plastic. One study discovered that 98% of collected samples from chicks contained a high quantity of plastic. Not only

does plastic affect our ocean ecosystems but it also affects our land ecosystems as well. For example, incorrectly disposing of plastic to where it ends up in our parks and streets makes our pets are vulnerable to consuming plastic waste and hurting them as well. We forget that we only have one earth which can only sustain so much pollution. By adding more and more plastic waste into our environment we are diminishing the number of resources the earth provides for us. This is why it is very important that we all contribute our time to help the earth's environment by picking up plastic waste from our beaches, parks, streets, and communities, and then recycle them. As an older generation of society, we should be the role models for the younger generations to go and teach them how to care for our environment. So, Bulldogs make sure you try to make time to help clean up our plastic waste to better our environment this summer.

### Summer Plans

By Britney Juarez

As the year comes to an end, many of us have already planned what we will be doing this summer. Some of us planning to go to the beach to spend time in the sun, while others of us are planning to just stay indoors to get a chance to finally get some sleep.

Nevertheless, there are many things to do this summer. However for those who still have no plans, one thing you can do this summer is go hiking. After a stressful and tiring year, being outdoors and active is the best way to spend summer. Going

hiking with family or friends in the mountains is a good way to become more energetic and healthy, not to mention it will be a good way to relax and destress.

Another activity people seem to do during their summer break is go to amusement parks. Going to amusement parks is also a great way to spend time outdoors and with your friends and family. You will have the opportunity to go on fun rides and win cool prizes.

But, if you're looking for something completely different, another summer activity you can do is to do volunteer work. There are many places to volunteer in your community such as your public libraries, community gardens, etc. Doing community service, will not only look good on your college resume, but it will give you the opportunity to help out your community.

Moreover, another thing to do this summer is go to music festivals. During the summer time, many music festivals take place and they're not necessarily expensive. In fact the sooner you buy tickets, the less

### Self-Care By Liliana Quintana

Many people nowadays never really think about self-care, and to be honest, it is an essential part of living. Self-care is a critical aspect in life to maintain good health. To start off, there are two types of self-care. Physical self-care (which entails food, exercise, sleep, and counseling which means expressing ones feelings a certain way such as keeping a journal

expensive they are. Going to music festivals is also a great way to have fun and listen to your favorite music. It will also give you the chance to spend time with your friends.

Lastly, another thing to do this summer is get a job. Getting a job is a good way to make some extra money, not to mention that it will look good to colleges since it shows you have experience working. Getting a job can also improve your skills that are needed in the future. Having a job is a good way to meet people and become more independent, without having to rely on your parent's money.

and relaxation in order to relieve any stress.) Anyone's mind is probably overwhelmed with thoughts from school and trying to do any more work at that moment would be highly unproductive. Because summer is just around the corner, it is the right time to dedicate at least some time to oneself in order to gather yourself and be more productive. Many considered this to be selfish, however, giving your spare time to your mind and physical state can be very healing, especially

from the stress school has caused. For example, the way someone can satisfy their emotional needs would be by freely being able to laugh and cry, talking with friends, having supportive discussions, or seeing a counselor. Doing any of these things would greatly heal a strained mind which allows us to easily think in our daily lives. It also allows us to focus on own emotions that we tend to neglect.

A way to heal the physical area is by having a healthier diet, exercising regularly, and getting enough sleep. Being healthy is key to bettering oneself as a person as it saves you from many sicknesses and boosts your self-esteem. This also correlates to mental self-care as you don't compare yourself to anyone else which can make you more confident.

Moreover, many would argue that school is the main reason for most of us being sleep deprived. However, summer is a great opportunity to change this because it is the time where some people don't have much to do since school is over. That is why it is okay to dedicate some time for yourself and get enough sleep along with a balanced diet, though that does not mean staying up late and waking up at a very later time because it only harms the human body. It means going to sleep at an earlier time and having your schedule planned out so that your mind is organized and ready to start the day. Starting the process of self-care this summer is a thought we should keep in mind and decide to start doing because it can alleviate future problems. By having determination and a clear understanding of one's plan it can hopefully motivate us to complete our plans and goals.