

## The Green and Orange: Mesa Verde's school newspaper

### Opening

In Boston in 1690, what was considered to be the first newspaper in the American colonies was published but the first true newspaper in English was the London Gazette of 1666. For a generation it was the only officially sanctioned newspaper, though many periodical titles were in print by the century's end. From this we can conclude that a newspaper is an important platform not only for journalists but for society as well; additionally, the creation of newspapers has been continued for nearly 400 years.

The purpose of a newspaper is to help readers become informed citizens and make better decisions by providing a plethora of facts, some newspaper articles help interpret, or explain, the meaning of news to readers. This general purpose mirrors the true intentions of Mesa Verde's newspaper staff and will continue to be throughout their exploration of the realm of journalism.

Reina Matsuo  
Reina Matsuo (Editor-In-Chief)

### Events Calendar

#### ***October***

- 3rd
  - All Girls' volleyball teams played a home game against Marysville, varsity won by a 3-1 score, the JV and freshman team weren't as lucky, losing 2-1 and 2-0.
- 4th
  - We had our first quarter finals and started the second half of this grade block!
  - The Girls' volleyball varsity team went against John Adams at home, and we were victorious at 3-0.
- 5th
  - Mesa's Girls' volleyball teams hosted a match against Natomas, varsity won 3-0, and both JV and the freshman team won 2-0!
- 6th
  - We had a school holiday to relax after midterms in a three day weekend.

- Natomas hosted football, but sadly both varsity and JV lost, 12-7 for varsity and 36-14 for JV.
- 9th
  - The Grad Fair was hosted in the Performing Arts Center for our senior class of 2018!
- 10th
  - JV and varsity volleyball hosted a game against Lindhurst, varsity and JV winning by 3 to nothing and 2 to nothing, respectively.
- 11th
  - Sophomores and Juniors took the PSAT while the Freshmen participated in a survey and Seniors had a class meeting.
  - The Girls' varsity team hosted a game against Futures and won at 3-1.
- 12th
  - Marysville High School hosted the second Cross Country meeting of the year at Collins Lake.
- 13th
  - All Girls' volleyball teams played a tough game at Encina, and varsity came out on top with a score of 3-0. JV sadly lost by a score of 2-0. The freshman team played hard but also lost in a close 2-1 match.
  - Varsity football played at the Citrus Heights Bowl at San Juan High School and won with a score of 33-12.
  
- 16th
  - The entire school learned what it meant to be a big elephant at the Breaking Down The Walls assembly. Following this, sessions were held for students that were categorized as leaders or participants.
- 17th
  - Dixon hosted an away volleyball game for all Girls' teams. Varsity came close, but sadly lost 3-2, JV had similar bad luck, losing 2-0, and freshman also lost by the same score.
- 19th
  - Girls' volleyball all had games at Capital Christian, varsity losing 3-0, and both the JV and the freshman team coming out with a 2-0 loss.
  - The Fall Variety Show went successfully through the 21st, showcasing the students' talents and creativity.
- 20th

- Marysville hosted an away game for varsity and JV football, both sadly lost 21-0 and 27-6 each.
- 24th
  - All Girls' volleyball teams played their final set of matches this month against West Campus.
  - Career Day was hosted in the Gebhardt Gym to expose students to various occupations and give them an opportunity to learn more about what they might want to pursue in their future.
  - There was a Cross Country League Meet at Granite Park.
  - Varsity and JV football went up against Marysville High School.

### ***To Look Out For In November***

- 2nd
  - It's Junior Academic Success Night! More information is to come for those interested. So keep an eye out!
- 6th
  - Boys & Girls' basketball, soccer, and wrestling practice starts.
- 9th
  - There's a teacher work day, which means no school for students!
- 10th
  - Veteran's Day is being observed to honour our veterans, meaning no school this day either.
  
- 16th
  - The Fall Dance Show will be hosted in the PAC building to showcase the Dance team and classes' talent!
- 20th- 24th
  - Thanksgiving break!!

## Tricks For Staying Calm in Stressful Situations

If you are a senior, or maybe a motivated junior, you're probably stressing over having your SAT and/or ACT exams, and rightfully so. These tests have a lot of influence over your future in regards to college, and you should pay mind to it. But, it's easy to fry your brain with all the studying and anxiety, so it's important to know how to relax after you survive your big testing day!

First, do the obvious and clear up your schedule for later that day. There's not a better recipe for despair than a multiple-hour-long test followed by work or a ton of schoolwork. Then, what you actually fill that time with depends on you! If you prefer, relax alone, find a rad movie or game you've been wanting to check out and try it out! If you're more of a social butterfly, meet up with your squad and find something chill to do, a personal recommendation would be to find a classic board game to play, or to go stir up some (legal and unobtrusive) trouble around the neighborhood! Go to the bunny park near Sylvan library and try and pet some cute rabbits! Or try and reconnect with your 6-year-old self on the swings at Rusch park!

In addition, snacks are a must, and can even be included in the de-stressing fun! Either by yourself or with friends, try a new baking recipe. Cookies, or brownies, or cupcakes (or all three) are super yummy and mega fun to make! Or, if post-exam you is too tuckered out for kitchen shenanigans, try and have some snacks prepped to gorge yourself on when you get home.

All in all, no matter how you decide to de-stress, either something from here or a plan entirely your own, be sure to let yourself *relax*, these tests are hard and you deserve a good break afterwards!

*Lucas Hernandez (12)*

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<https://fafsa.ed.gov/deadlines.htm> - FAFSA DEADLINES

<https://www2.calstate.edu/apply> - CAL STATE APPLY

## **Post-game news with Reina Matsuo (12)**

### **Football-**

The Mesa Verde varsity football team has an away league game @ Capital Christian (Sacramento, CA) on Friday, November 3 @ 7p.

Overall: junior varsity football is 1:5, varsity football is 2:6

### **Volleyball (girls)-**

The Mesa Verde (Citrus Heights, CA) JV volleyball team won Tuesday's home conference match against Lindhurst (Olivehurst, CA) by a score of 2-0.

The Mesa Verde (Citrus Heights, CA) varsity volleyball team won Tuesday's home conference match against Lindhurst (Olivehurst, CA) by a score of 3-0.

### **Boys basketball-**

Conditioning started October 16th.

### **Girls/Boys soccer-**

Conditioning for girl's started October 23rd; boy's conditioning also started.

### **Coming soon, to a field near you:**

Wrestling tryouts will be held on November 6th.

## **Closing**

As a crew of dedicated students that are merely volunteers (not obligated students), we hope to continue publishing one issue of our version of an informative newspaper on the last Friday of every month. We hope to hear constructive feedback from our audience and have student involvement.

If you, as a reader, have an idea for an addition to the Mesa Verde newspaper (features, segments or ads) or wish to be a staff member, email the editor-in-chief at [matsuor3243@student.sanjuan.edu](mailto:matsuor3243@student.sanjuan.edu) or the advisor Mr. Sanchez at [asanchez@sanjuan.edu](mailto:asanchez@sanjuan.edu).

Thank you,  
Mesa Verde Newspaper Staff