

CENTURION LEGEND



SAUGUS HIGH SCHOOL

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Principal's Message: The Importance of High School Sports



As we start a new year, I want to welcome everyone back. I'm looking ahead to many great things this year. As a matter of fact, our theme for the year is "Expect Greatness." With that in mind, I want to spend some time in each Legend issue looking at the various forms of greatness all around us at Saugus High School.

This month, I want to highlight our athletic program and what they accomplish far above wins and championships.

At Saugus High School, athletics are a significant piece of the school pride that permeates the campus. The school has collected its share of championships over the years... 8 State Cross Country titles, 20 CIF Southern Section crowns, and the next Foothill League championship will mark the 100th in school history. Additionally, Saugus has had a number of student athletes go on to lofty heights after graduation. The list includes Olympians, Major League Baseball stars, NFL standouts, professional golfers, participants in the College BCS Championship game, and hundreds who have used their talents to gain entrance to some of the best colleges and universities across America.

With that said, for the majority of high school athletes, it usually marks the last time they will participate in organized sports as a player. So it's important to recognize what being a part of a high school sports program brings. The value added components of sports include, building relationships, understanding the importance of teamwork, a greater focus on academic achievement, developing a solid work ethic, incorporating time management, and shaping a greater community with school pride.

On September 18, Saugus inducted ten former student athletes into their Hall of Fame, bringing the total to 58 since the program's inception in 1999. Each inductee was incredibly talented in their sport, but more importantly, they went on to shine in various arenas of life. Two have gone on to be superintendents of school districts and

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eighteen either have been or still are classroom teachers, continuing to send a message of the importance of education while readying a new generation to shape the world.

As the 2014-2015 school year begins, there is a lot of excitement revolving around Saugus athletics. As already mentioned, there is a great anticipation to celebrate the 100th league championship. The cross country teams look very strong with seniors Samantha Ortega and Brian Zabilski leading the charge and looking to add state titles #9 and #10. They are eager to match their skills with teams from all over California and will even travel to Minnesota for a national meet.

Watching swimmer Abbey Weitzel has become an infectious pastime for the Saugus family as well as the whole Santa Clarita Valley. Having won 6 CIF Southern Section Championships and setting 3 National records in the process is only the tip of the iceberg. Representing the United States in the Junior Olympics as a freshman and now wearing the Red, White, and Blue of USA in the Pan-Pacific Games and World Championships, the senior has taken her skills to new heights. Winning a silver medal in the process has made a strong statement, "Get ready Rio, here I come."

Of course, there are other teams looking to flex their muscle this year. The softball team returns most of the players from the league championship season of last year, most notably, junior pitcher Mariah Lopez who has already committed to the University of Oklahoma. The baseball team will be strong with a core group of returners including a deep pitching staff and key offensive talents. The football team looks forward to matching their skills with schools from a strong Foothill League. The Centurions made it to the CIF Semi-Finals last year and would love to improve on that in 2014.

In all, Saugus fields 20 outstanding athletic programs with three levels each. There are more than 800 student athletes participating and over 50 coaches who are investing in the lives of these kids. Watching their seasons unfold will provide excitement and lasting memories, but above all else... we're developing people who build better tomorrows.

~Bill Bolde--Principal

FAQs About Clearing Your Child For Athletics Participation

What is Athletic Clearance?

All athletes must be cleared through the Athletic Directors' office before they can participate in practices or games. These forms include the signature Page from the Athletics Handbook, the Athletic Clearance Form, the Medical History Form, and the Physical Evaluation Form.

Do these forms need to be completed every year? Yes, and no. The Signature Page from the Athletics hand Book only needs to be completed once during a students' high school career. It is kept on file until the student graduates. The other three forms must be renewed each new school year?

When do we get cleared?

Athletes must be cleared prior to any participation with their team. Next summer, for the first time, athlete's will not be allowed to register for summer camps until they have completed the clearance process with the Athletic director.

How do I get the clearance forms I need?

All forms are on the Athletics page of the Saugus High School web site. Once you select Athletic Forms, choose either "New

Athletes" or "Returning Athletes", which ever title applies to you. Open the forms, complete them on your computer, print, and turn them in to the Athletic Director. Mr. Hallman spends lunch in the AD Office (A-109) in order to see athletes who have paper work issues.

If I play more than one sport, do I have to get cleared for each one separately?

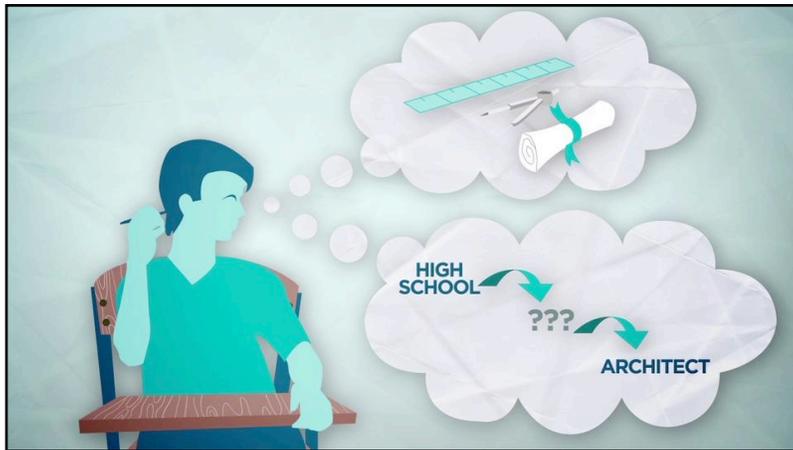
No! Once you are cleared for one sport you are cleared for ALL sports for that school year!

How will I know I am cleared?

The Cleared Athletes List is also posted on the website and updated weekly. Check the list and if you see your name, you are cleared for the entire school year, for all sports. If your name is not there you may be missing one or all of the forms, or neglected to complete the form correctly, including all signatures and insurance information. If your name does not appear on the list and you believe you turned everything in, see Mr. Hallman at lunch to rectify the issue.

We are making every effort to make this process as efficient and painless as possible. We want your involvement with Saugus Athletics to be the best experience possible. Make it a great year!

~Jeff Hallman--Athletic Director



Students: Would you like to be the recipient of a pair of Winter Formal tickets for free? If so simply check out the SHS guidance page for the NAVIANCE REWARDS PROGRAM. This program gives you, the student, an opportunity to receive a pair of tickets by completing a few tasks on Naviance. The tasks are specific to your grade level and once completed just use the contact link on the home

page of your Naviance screen to alert your counselor. If all tasks are completed, your name will be entered into the pool for the grade-level selection.

Selection of the recipient for the Winter Formal Tickets will be October 3rd.

Get started on your Naviance tasks and begin planning your future.

This program is brought to you by the SHS counseling office where academics and fun go hand in hand.

College & Career Guest Speakers and Important Dates:

- *Freshman Parent Night: October 2nd 7 PM
- *CSU Application Workshop for Seniors: October 21st 5th and 6th periods
- *UC Application Workshop for Seniors: October 28th 5th and 6th periods
- *Military Information Night for all parents and students: November 13th 7 PM
- *Financial Aid Night for Seniors and their parents: December 2nd 7 PM
- *College Planning Night for Juniors and their parents: January 29th Time TBA
- *Armed Services Vocational Aptitude Battery: February 6th 8 AM

Guest speakers in B-201 during period 5.

- *Jeremy Turkell for Cleveland Institute of Art - October 14
- *Bridget Pizzo, Academy of Art University in San Francisco - November 18

These speakers present the careers available in Art related fields, (Interactive design, Industrial Design, Film, Photography, Graphic Design, Environmental Design, Architecture and Fine Art etc.) California College of the Arts is in the top 10 schools in the nation for highest paid alumni of ALL schools not Art schools. Speakers also discuss specifically portfolio review, SAT scores, Merit and Need Scholarships available. They discuss FAFSA. and grants and scholarships available. Great information for our Saugus students.

Counselor's Corner

Dan Blanchfield
Marty Fricke
Gail Gasbarro
Sherry Kunda
Salim Raza
Dianna Rose



"Naviance Awareness Week" and spent the week advertising and extolling the virtues of the Naviance program to the student body, including wearing their Naviance tee shirts all week, courtesy of Mr. Siegel and his advanced Graphics Arts students.

Naviance Rewards Program

In order to encourage all students to log onto their Naviance account and take advantage of all the services it has to offer, the Guidance Department created the Naviance Rewards Program this fall where a student from each grade can win two free tickets to the Winter Formal. Students were asked to log onto their Naviance account and complete a series of tasks. Students who complete all the prerequisite tasks will be entered in the Naviance Rewards Program drawing to take place on October 3, 2014. Each student is expected to complete a series of tasks related to their grade level. For example, the 9th graders will complete their "Four Year a-g Plan", "Strengths Explorer Assessment" and "Career Cluster & Pathways". Our 10th graders will complete the "Career Interest Profiler", "Career Cluster Finder" and add three Career Clusters & Pathways to their "Favorite Careers & Clusters". Juniors must complete the personality assessment: "Do What You Are?", "Career Interest Profiler", add three colleges to "Colleges I am Thinking About" and "Build a Resume". Finally, seniors will complete the "Career Cluster Finder", add three Career Clusters & Pathways to the "Favorite Careers & Clusters" and move three colleges from "Colleges I'm Thinking About" to "Colleges I'm Applying To", add three scholarships they qualify for to their "Scholarship Match" and "Build a Resume".

All students from grades 9-12 are encouraged to log onto their Naviance portal and begin their Naviance tasks. The immediate benefit is that they will have a chance at winning two tickets to the Winter Formal. The long term benefits are that they will go a long way to planning for their future in high school and beyond and that is worth its weight in gold.

Fall Registration and the Fast Lane

After a busy registration process made more efficient by the use of a new innovation called the "fast lane", where students had a choice to either see any counselor for a simple schedule change or their own counselor to resolve a more involved schedule conflict, the Guidance Department was able to reduce the overall wait times to see all counselors. Thanks to this innovation, parents and students enjoyed the ease of the registration process this year more than ever. Every year the administration, counselors and support staff work together to make the entire registration process more parent/student friendly and this year was one of the best ever. Students are educated throughout the entire registration process, which begins with a meeting with their counselor in the early spring, to choose their classes for the following school carefully and thoughtfully as they will not be able to change their schedule once a semester begins unless there is an error or omission. The goal of the administration and the counselors is to have every student in their classes learning from the very first day of the semester and this year that goal was very nearly achieved this year thanks to the efforts of the administration, department chairs, counselors and, especially, Mrs. Tracy Moscoe, who built the master schedule.

Naviance

As the fall semester is upon us the Guidance Department is busy implementing exciting student-centered programs. One of the programs the Hart District is re-introducing district wide is the web-based program known as Naviance. This program is truly a "one-stop shopping" online program that allows students to plan out their next four years of high school, engage in a rigorous college search process and explore career options all in one user friendly website. The Guidance Department declared the week of September 8-12 as

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New Career Coaches from College of the Canyons

Saugus High School is grateful to our former Career Coach, Ms. Michele McGovern for her tireless efforts to help our students plan and reach their career goals over the past few years, however, she has obtained a full time position and this year we are honored to welcome two new Career Coaches from College of the Canyons who will be serving our students. They are Ms. Katie Kirst and Ms. Loida Sanchez. Ms. Kirst will be at Saugus every Tuesday from 8:30am-2:00pm while Ms. Sanchez will be with us every Thursday from 8:30am-2:00pm. Juniors and seniors are encouraged to come into the guidance office and sign up for a meeting with either coach and begin to explore the world of careers beyond high school.

~Dan Blanchfield--Counselor

Show Choir

You may have heard us screaming our chant whilst you sat in your classroom 5th period. Or maybe not, you may have heard it after a flash mob performance by yours truly, Show Choir. One hears Show Choir and the first thought brought to attention is the hit ABC Family TV show Glee. Singing and dancing aimlessly throughout campus is not what we do. I myself have been through three wonderful years of Show Choir and it has challenged me in multiple ways but I always come out stronger than I ever have. I have been so fortunate to have a friend drag me to this class regardless of my fear of performing and large crowds. It has helped bring me out of the darkness I felt trapped in, I lose myself in every movement, I become nothing but the music that is flowing through my feet and mind. I have fallen madly in love with the families formed every year, and learned to adore the blood, sweat and tears brought with the obstacles of Show Choir.



Stepping into the cool classroom, the scent of old pianos and paper overwhelm you until it becomes something of the norm. Walking in and changing into workout clothes becomes habit, dancing until

air becomes a luxury, singing till your abs scream for you to stop. What we do every day is a talent and takes skill. Early morning practices, the crisp air like knives down your throat, lack of feeling in your fingers is something we

merely care not of. The burning passion warms our fingers and feet. Our blood pumps as we belt out the songs we worked so hard to master, as we dance with our tongues and sing with our feet, we are happy.

The next time you see us, I hope you see the smiles that brightly light our faces, the hours of dedication we throw into every single footstep, the spirit and auras that change through each heart of a different song. Smile back, it is after all, only for you.

~Amanda Herzer--Choir Member

Check It Out!

Library Media Center News

<http://www.hartdistrict.org/saugus/library/>



During August and September, high school teacher librarians throughout the William S. Hart UHSD conduct a freshman orientation through the English department. The guide is designed to teach the basics of information literacy skills, such as locating and using library resources. Students also learn that the Library Media Center is a classroom, a place to read, and a one-stop information source. Since implementing the workshop, we have seen increased library book circulation and electronic database usage at Saugus High School.

We look forward to another year of teaching students information literacy skills needed to become 21st century learners!

Our Mission

As Saugus High School prepares its students for the challenges of the future, the Library Media Center staff is committed to developing students who will graduate as responsible life-long learners, who are information literate, and who recognize the importance of information access to a democratic society.

Get to Know the Library Staff

Connie Juarez, *Teacher Librarian*

x2902 cjuarez@hartdistrict.org

Pat Barrett, *Library Technician*

x2900 pbarret@hartdistrict.org

Dolores Oñate, *Textbook Technician*

x2903 donate@hartdistrict.org

Textbook Notes

If your son or daughter has dropped a class, he or she must return unneeded textbooks right away. Please contact Dolores Oñate, 297-3900 x2903, if you have any questions regarding your child's textbooks.

~Connie Juarez--Teacher Librarian

[New China Exchange Group Arrives](#)

The 3rd annual English Immersion Summer Camp was held on our campus during July.

Twenty-three students and two teachers from our sister-school in Xi'an, China, arrived at LAX on July 11 and spent the rest of the month living with Saugus families. They attended classes in English, U.S. History, American Culture, Chemistry, Drama, Art and Leadership as well as learning to bowl at Santa Clarita Lanes, and a fun afternoon at Skooter's

Jungle. They learned to play baseball and attended a JetHawks game. They experienced an American "4th of July" barbecue picnic at Hart Park and celebrated holidays such as Easter, President's Day, Thanksgiving and Halloween. The Chinese group along with many host brothers and sisters also spent one day each in a



Our newest China Exchange students

Los Angeles Tour, Universal Studios and Disneyland. When the group arrived at SHS they were met by signs from their unfamiliar host

families. After a farewell banquet where more than 120 Chinese and American Host families came together for a final meal the good-byes were hard. During those 19 days the Chinese students and their host families had grown close. Both the students and the host families had forged ties that will last a long time. Maybe you would like to host a student next year. If you have any questions

please contact Patty Stephenson, China Exchange Coordinator at pstephe7@yahoo.com.

~Patty Stephenson--China Exchange Coordinator

[China Exchange Program Thrives](#)

In the spring of 2005 Mr. Bolde and Mrs. Stephenson (then World Languages Department Chair) traveled to Xi'an, China, to establish a sister-school agreement with Gaoxin No. 1 High School. In August of that year Li Yuan, Kong Long, Zhou Meng, Liu Jia and Li Yuan (yes there were two – a boy and a girl!) arrived in Saugus as the "pioneers" of the exchange program.

They were accompanied by their teacher, Ms. Ma. They were a great group that set standards of excellence for the groups to come.

During the summer of 2006 a group of Saugus students led by Mrs. Hyke and Mrs. Stephenson lived and attended school in Xi'an. Thus began an exchange program that has changed many lives.



The 1st Saugus Group to go to China in 2006

On August 5 of 2014 the 10th delegation from Gaoxin No. 1 High School arrived on campus,

meeting their host families and settling in for the fall semester. Sherry Luo, Henry Wang, Zeta Li, Kerry Wang and Eric Jia (they have all chosen English names this year) are taking AP Physics or Chemistry, Honors 10 English, Honors Pre Calc, U.S. History and a number of other electives. They are living with host families where they are learning about U.S. culture. Their

teacher Mrs. Yao, is living with Mr. Nickels and his family.

~Patty Stephenson--China Exchange Coordinator

Mid-Autumn Festival

On September 12th, the Chinese classes at Saugus High School held a party celebrating the Mid-Autumn Festival, also known as Moon Festival. The Mid-Autumn Festival is celebrated on the 15th day of the 8th month of the Chinese lunar calendar, which this year fell on September 8th. Mid-Autumn Festival can be considered similar to Thanksgiving and is a time for families to get together to watch the full moon and celebrate the harvest.



The main event of Saugus High School's Moon Festival Party was a talent show, which featured performances by students from Ms. Fisher's Chinese classes, as well as the exchange students from Gao Xin No. 1 High School in Xi'an, China. The performances effectively showed off Saugus'

students' Chinese-speaking skills and knowledge of Chinese culture. The show also included games for audience members to participate in, such as trivia about the legends associated with Moon Festival, an archery game inspired by the legend, and a game that tested participants' skills with chopsticks.

In addition to the talent show, the Moon Festival had a lot of great food. There were various Chinese entrees and side dishes from Moon Wok Restaurant, different kinds of fruit, and beautiful chocolate dipped fortune cookies. Mooncakes, which are a traditional pastry eaten only during the Mid-Autumn Festival, were also served.

~Ying Fisher--Chinese Language Teacher



PSAT Information for Juniors and Sophomores

PSAT stands for Preliminary SAT/National Merit Scholarship Qualifying Test. It's a standardized test that provides firsthand practice for the SAT Reasoning Test. It also gives you a chance to enter National Merit Scholarship Corporation scholarship programs.

The PSAT/NMSQT measure:

- Critical reading skills
- Math problem-solving skills
- Writing skills

The most common reasons for taking the PSAT/NMSQT are:

- To receive feedback on your strengths and weaknesses on skills necessary for college study. You can then focus your preparation on those areas that could most benefit from additional study or practice.
- To see how you perform on an admissions test might compare with that of others applying to college.
- To enter the competition for scholarships from the National Merit Scholarship Corporation.
- To help prepare you for the SAT. You can become familiar with the kinds of questions and the exact directions you will see on the SAT.
- To receive information from colleges when you check "yes" to student search service.

PSAT date: Saturday, October 18th

Location: SHS classrooms

Reporting Time: 7:45 a.m.

Sign-ups are in the ASB office starting: Sept. 15th – Oct. 10th

Cost: \$20 – Please make checks out to Saugus High A.S.B.

Seating is limited to 500 students

True Story of an English Teacher's East Coast Literary Pilgrimage

I do not impress easily – it must be all of those years of judging student essays that have jaded me. But, I cried...I cried in public...when I stood in Louisa May Alcott's bedroom this past June and viewed where she penned one of my favorite texts, *Little Women*. I admit it. I touched her desk – the very desk that her education reformer and Transcendentalist father Bronson Alcott had especially built for her to encourage a young woman to further her studies and to follow her passion for written expression when popular culture dictated that she learn to sew and keep house.

My mother made the mistake of allowing me to choose the itinerary on this year's summer sojourn to Boston and surrounding cities. Sorry to those sports fanatics, ahem..fans, but I did not plan to catch a Red Sox game at the Green Monster. Oh no, we were walking the liberty trail – literally a painted red line over sidewalk and street for tourists to walk the city in the footsteps of notables like Paul Revere. Don't pity her too much; we indulged in some authentic Bostonian cuisine of chowder and crabcakes at the dockside No Name Restaurant ably not named because of the tradition of fishermen describing the place as "that place on the dock with the great seafood". We patronized THE original Regina's pizzeria in North Boston near Paul Revere's house – a truly Bostonian culinary treat. Though we had a limited time in each place metaphorically helicoptering from here to there, I feel like I know Boston and understand a bit more about their collective attitudes. And, yes, there was plenty of attitude!



Mrs. Guerrero at replica of Thoreau's cabin

However, the true pinnacle of our journey was visiting Concord, Massachusetts – home to such literary notables as Emerson, Thoreau and Alcott to name a few. I climbed stairs and oooh'd and aww'd over velvet gilded chairs while my mind wandered back in time. Was this where he sat to pen "Self-

Reliance"? Was that the trail

I see out the window that leads to Walden pond? Could I actually be standing in the spot where Thoreau lived in a tiny cabin, isolated and alone, penning his thoughts for countless high school 11th grade English students to marvel over? I was as giddy as a fangirl waiting for a glimpse of Rhianna or Justin Bieber.

I wanted to touch everything and rest on the couch and rearrange the items on the desks and feel the glossy polish of the banister he had once held to descend his steps. I was speechless over his walking stick and shapeless felt rambling hat

with which he used to explore Walden woods on his daily jaunt, often with his friend and protégée Thoreau en toe. I wanted to learn more – understand more. Suddenly, all of that scaffolding of biographic history before teaching such lofty works as *Walden* or "Self-reliance" inspiring my teacher self and, decades before, my young self to be mindful and independent. As with our students, having a chance to leave the page and really see what my favorite authors experienced -- their homes, their towns, their worlds – resonated so much more than merely reading the text alone. I can only hope to invigorate my lessons with a little bit of "extra" so they will identify with the topic so much more.

~Jodi Guerrero--English Teacher

did you hear the news about Yearbook?

As an annual tradition, advisor Christina Tolisano and the yearbook staff attended a week-long workshop at Balfour Publishing's Ignite Journalism camp at Pepperdine University. In competition against 40 other schools, the Saugus staff placed in the top category of Excellence for their layout design and theme idea, an award only given to three other schools.

Each summer, the staff enters their current yearbook into national award contests in which our book is stacked up against schools from across America. These contests provide critiques that evaluate page design, story layout, graphics, cover design, and photography.

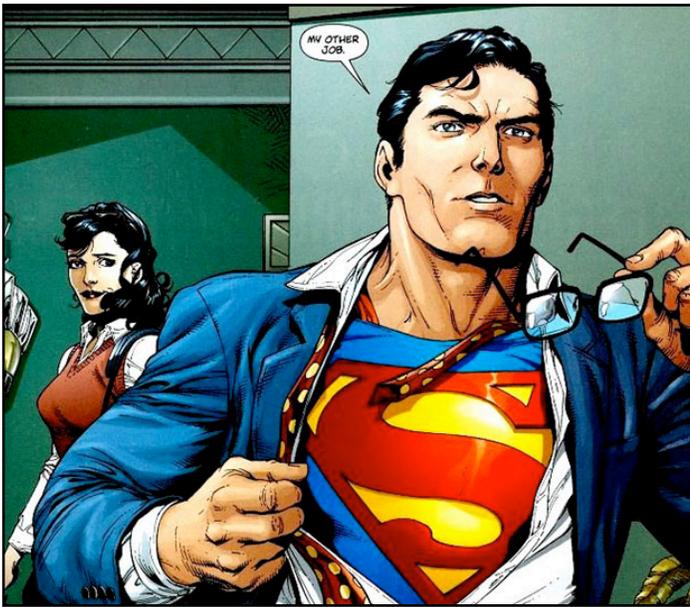


For the 2014 yearbook titled "A Side Rarely Seen" the staff received the following:

- National Scholastic Press Association (NSPA)
 - All-American with Four Marks of Distinction

This honor allows the book to compete on a national level for the distinctive Pacemaker award. We look forward to presenting the 2015 book to you in May with the intention of surpassing your expectations.

Reflections: Lois Lane and Superman



Do you ever wish that super heroes really existed? The kind like superman who could see through walls, travel faster than a speeding bullet, able to stop a moving train, the kind of super hero that prevented anyone from deadly failure, or harm.

Did you ever wonder how changing clothes and putting on a pair of glasses totally baffled ace reporter Lois Lane and photographer Jimmy? They couldn't see how much Clark Kent and Superman looked and sounded alike.

Don't we tend to forget to focus on what we should be doing and tend to pay more attention to what we want to be doing? When what we want to do turns out to be very wrong, we don't have that superhero to catch us as we fall. We are like a pebble tumbling down a long road ping-pong here and there

trying to slow our momentum and find a new path. How many times did Lois and Jimmy get into trouble trying to discover who the identity of Superman was when it was all right there before their eyes?

That seems to be a major super hero challenge, taking what is before our eyes but choosing not to see, not accepting that Clark Kent is superman, because he doesn't look like what we expected. On the other hand, we also can't see Superman as Clark Kent because he seems to have everything Clark is lacking, Clark doesn't seem capable of carrying the burden.

We tend to look at what we think a super hero should be, but they really aren't that at all. We close our eyes to the ones who are the superhero, because they do not fit into our definition of a super hero. There aren't any super heroes, none that catch you when you fall from high perches, but there are heroes. They begin with parents, and the knowledge gained from the school of hard knocks, the "been there done that; not going to do it again" principal. The number one heroes for our kids, or that should be their heroes, parents.

We begin a new school year, in this year be the hero that leads your child, keeping Lois Lane and Jimmy in mind. People can't always appreciate the obvious. Clark and Superman were always in the right place at the right time; it is just that no one noticed they were one in the same, that Clark was the same hero.

Here is to a great school year full of super powers for parents and teachers as we try to guide Saugus to another great year.

As always,

Laurie Roland

Physical Education teacher