

FEATURES WRITING

A Day of Bryant

By Caden Hiteshew
Grand Prize, Buckingham Charter Magnet High School, 11th Grade

It was always the same. Every Thanksgiving Day, my family and I would drive to my family’s house in Vallejo. Every year, we would walk in, and be greeted by the same people: my great aunt and uncle Bryant and Liz. Until recently, that is. Bryant Burleigh died earlier this year, and his funeral will be at the end of this month. He was an amazing man; a philatelist, wine connoisseur, family member, and a strong presence in the community.

During his lifetime, Bryant was active in several community governments, such as the President of the Solano Sunset Rotary Club, Solano Choral Society, served on the school board, and was good friends with several members of the community, such as the mayor. While with the Rotary, he carried out tons of projects and helped to shape modern-day Vallejo as we know it. He helped the majority of the community, and will be missed by all who received such benevolence.

As a member of the community, he excelled. As a worker,

he was incredible. It seems like a good portion of my family has done business on or with Mare Island, my grandfather worked on the air conditioning, my theater group used their location for a show, and Bryant worked on submarines. With his engineering degree, he made the submarines quieter, reducing sound and vibrations on them. He even took this degree to more local levels, building the bleachers at the little league fields. He worked with the Rotary members to fix household appliances in the elderly’s homes. A man good with both his hands and

his heart.

In his lifetime, Bryant pursued multiple interesting hobbies, loved his family, his country, and his city. He helped to shape the region as we know it today, and loved to do it. His funeral, commemorating eighty years of life and service to the community, will be held at the end of this month. If you are one of the many, many people who knew Bryant in life, and would like to contribute to his legacy, please visit Bryant E. Burleigh Obituary — Visitation & Funeral Information at passalacquafuneralchapel.com.

OPINION WRITING

Unstable Ground

By Francesca Cubol
Grand Prize, Buckingham Charter Magnet High School, 11th Grade

If I closed my eyes and tried to imagine my future, to even imagine what my life would be like only a month away from this moment, I don’t know what I would expect to see. High school has become a constant reminder that there is so much more for me to learn about, and that applies to both life and to myself.

I am all too familiar with the feeling of not having a solid grip on everything going on, especially around my peers at school. There are several times when I’ve felt like everyone running the race of life around me was way up ahead of me and I was stuck in the last place.

Sometimes it feels like everyone else has a better understanding of themselves than I do of myself, and those feelings turn into a giant wave that crashes into my fragile sense of stability. It throws off my confidence in myself because I stop believing that I can figure out the next step I’m going to take.

High school has turned out to be more challenging and consuming than I could’ve imagined in the time before entering it, and I’ve come to realize that I’m not the only one that still feels confused trying to figure life out.

Every aspect of school is a puzzle piece that creates the foundation of how we are going to see the world because high school is essentially the center of our teenage worlds, and it’s the main impression of the real world that we get before entering it.

High school is the ground we’re standing on before the big, bad world sweeps us away, but the moment we’re knocked off of our feet standing on it, we start to question how stable the next part of our lives will be when we step into it, and we’re not even there yet.

I’ve struggled but slowly made progress to accept that it’s okay to not be sure of where life is going to go from the present to the future. I may tell myself over and over again that nothing makes sense and that nothing ever will, but I have to remember that uncertainty is temporary.

Life could change at any given moment, and the spontaneous punches that it throws can knock over any stability anyone thought they had.

Now I believe more than ever that it’s OK to not have everything figured out. We will only be high schoolers for so long. Us students tell ourselves that people should stop expecting us to have everything figured out. Why, then, do we hold those expectations for ourselves?

Clarity comes on its own time, not on ours. We’d hope to have everything figured out by the time adulthood rolls around, but if we don’t, that’s okay too because there will never be a moment in time when we’ll be finished learning how to keep getting back up again.

PHOTOJOURNALISM

HEROES TAKING ACTION



PHOTO BY PATRICIA BUHAT

This photo by 8th-grader Patricia Buhat from Notre Dame School won grand prize in the photojournalism category of the 2020 Campus Star.

NEWS WRITING

Coronavirus: A worldwide pandemic

By Stella Vogel
Grand Prize, Notre Dame School, 8th Grade

The coronavirus is a worldwide pandemic. There are cases in every continent except Antarctica. There are currently around 170,000 cases of COVID-19 worldwide. About 6,500 people have died from the virus while almost 80,000 people have recovered. The virus’s epicenter is Wuhan, China, where it started. The city has over 80,000 cases.

Symptoms of the coronavirus are fever, cough, and shortness of breath, very similar to the flu. An infected person may not show symptoms for up to 14 days. Individuals with pre-existing health conditions such

as diabetes, cardiovascular and chronic respiratory disease, and hypertension are put at a much higher risk of getting the illness. The death rate is estimated to be 3.4%. The elderly and infants are especially at risk with their death rate going up nearly 15%. It is very important to prevent the spread of the virus by washing your hands for 20 seconds, coughing into your elbow, and not touching your face.

The top ten countries with the most cases outside of China are Italy with 25,000 cases, Iran with 14,00, South Korea with 8,000, Spain with 8,000, Germany with 6,000, France with 4,500, the U.S. with 3,500, Switzerland with 2,000, the U.K. with 1,500, and Norway with

1,000. This has caused many extra measures to be taken. The Louvre in Paris has been closed along with almost all French cafes and shops. In Spain and Italy, people are only allowed to leave their homes to buy food, get medicine, see a doctor, and go to work.

In the U.S., President Trump has declared a National Emergency over COVID-19. There are nearly 3,500 cases nationwide and over 60 deaths. The only state without any cases is West Virginia. Massachusetts, New York, California, and Washington have the most people infected by the coronavirus. Millions of schools have been closed across the country for the health of students and their families.

Travel has been banned from all European countries. Even important household items such as toilet paper, hand sanitizer, water, and canned foods have sold out at many stores.

Here in California there are about 300 cases of coronavirus. 5 people have died from it. Many cruise ship evacuees were taken to Travis Air Force Base for quarantine. A woman came into NorthBay VacaValley Hospital with the first of many “community spread” cases of COVID-19 in the U.S. She did not travel to China or come in contact with anyone who did. Gatherings of more than 250 people have been banned statewide and it is suggested that we shouldn’t leave our homes unless it is necessary.

Comic



BY FAITH DOUGLASS

This comic by 11th-grader Faith Douglass from Buckingham Charter Magnet High School won grand prize in the puzzles, games, comics category of the 2020 Campus Star.

NEWS WRITING

The Epidemic of Fast Fashion

By Sam Rush
First Place, Buckingham Charter Magnet High School, 12th Grade

Picture this: you are at a clothing store and see a fashionable top that catches your eye. You look at the price tag and see the cheap price, immediately capturing your interest. You purchase the top, bring it home and wear it the next day, only to find that it has already started to fall apart after just a single use. It becomes unwearable and thus, you throw it out and the cycle contin-

ues once again. This is what fast fashion is all about. Fast fashion is defined as being the expedited process from manufacturing to landfill due to the demand for cheap and trendy clothing. In order to acquire clothing, many stores exploit cheap labor from overseas. Cheap labor is often child labor or labor in unsafe conditions. This not only brings up an ethical issue, but an environmental issue. In order to sell clothing for cheap prices, many of these articles of clothing are made with harmful

chemicals and dyes. Textile dyeing is an environmentally taxing resource as it contributes to freshwater pollution globally. These dyes affect aquatic plant life as many dyes contain chemicals that reduce photosynthesis in plants. The short life span of an article of fast fashion clothing also contributes to astronomical amounts of waste that either sits in a landfill, or is burned. Many cheap clothing is produced with microfiber plastic, which is not biodegradable and ultimately ends up polluting waterways.

It is not just the fashion industry that is using this tactic, the furniture industry is also using this. Fast furniture is an increasing problem as the overproduction of cheap furniture leads to over twelve million tons of furniture being thrown out each year in the US alone with eight million tons of that being office furniture, according to the US EPA. In fact, Ikea's Billy Bookcase is so rampantly produced that it is used as an economic index. Many cheap furniture items contain a mixture of chemicals, such as harmful dyes

and lacquers. When speaking to adults and teenagers around me, I was surprised to find out that many of them did not know what the term fast fashion meant. We are in the age of environmentally consciousness and sustainability, yet people tend to focus only on single use plastics. While single use plastics are a problem, the growing trend of clothing and furniture waste is worrisome and needs just as much attention. There are many ways to reduce the waste of clothing. One option is to buy

second hand from thrift stores or online. This is not only environmentally friendly, but budget friendly as the costs are lower for gently used items than brand new items. Another option is to buy clothing that will last. Although quality clothing tends to be more expensive than cheap fast fashion articles, it will last longer and overall save you money in the long run. Although reducing clothing waste as a whole is a daunting task, it is a start to ensure that the world is a clean and safe place for generations to come.

FEATURES WRITING

Eating Disorders: Diet or Disease?

By Kourtney Yamada
First Place, Buckingham Charter Magnet High School, 12th Grade

Even to this day, our society continues to romanticize the concept of eating disorders. We pick apart the appearances of young girls and boys from the earliest they can remember and praise the ones that succeed in such an endeavor. We admire others for losing weight and eating less but shame them if they lose too much: Too thin, too fat, too this or that. My message to anyone out there struggling is that eating disorders are not diets, they are diseases. They are far from the depiction we see in the media and movies. The raw reality of eating disorders is they come in all shapes and sizes and stem from various factors.

The stigma associated with eating disorders is that they are a choice. They are simply cured by telling someone to eat more or less; however, that is far from the case. Over the past decade, the rate of children under twelve who are admitted to hospitals for eating disorders has skyrocketed. With the profound usage of social media amongst adolescents, it is even more difficult for our youth to learn and accept themselves. Additionally, eating disorders provide a sense of control for individuals that feel powerless in their daily lives. Children dealing with difficult problems at home, at school, or with themselves often turn to food to gain a sense of control and comfort.

Another risk factor for eating disorders is participation in athletics and sports. Athletes are taught from a young age to push themselves beyond their limits in order to achieve success. For example, sports such as figure skating, gymnastics, wrestling, and dancing are infamous known to be heav-

People do not realize that eating disorders are present before physical symptoms become noticeable.

ily focused on body image and weight; putting those athletes at a higher risk to develop an eating disorder. With the amount of physical excursion that sports demand, it is vital for children and adults to understand the importance of taking care of their bodies. Consequently, eating disorders express themselves in various ways: anorexia, bulimia, binge eating. However, society typically associates the entire concept of eating disorders with anorexia nervosa because it is characterized by extreme weight loss. People do not realize that eating disorders are present before physical symptoms become noticeable. To add, eating disorders have the highest mortality rate of any mental illness; often due to the medical complications associated with malnutrition that go unnoticed. Therefore, It is necessary to become aware and educated about the warning signs before it is too late. Clearly, eating disorders are serious mental illnesses that require professional attention not societal praise. Along with diet culture and an increasing pressure placed on adolescents to succeed or look a certain way, it has made the subject of eating disorders taboo. Individuals are not allowed to admit they have a problem until it becomes out of their control. It is necessary as a society to recognize the severity of disordered eating instead of merely disregarding the problem as a diet gone wrong.

Photojournalism

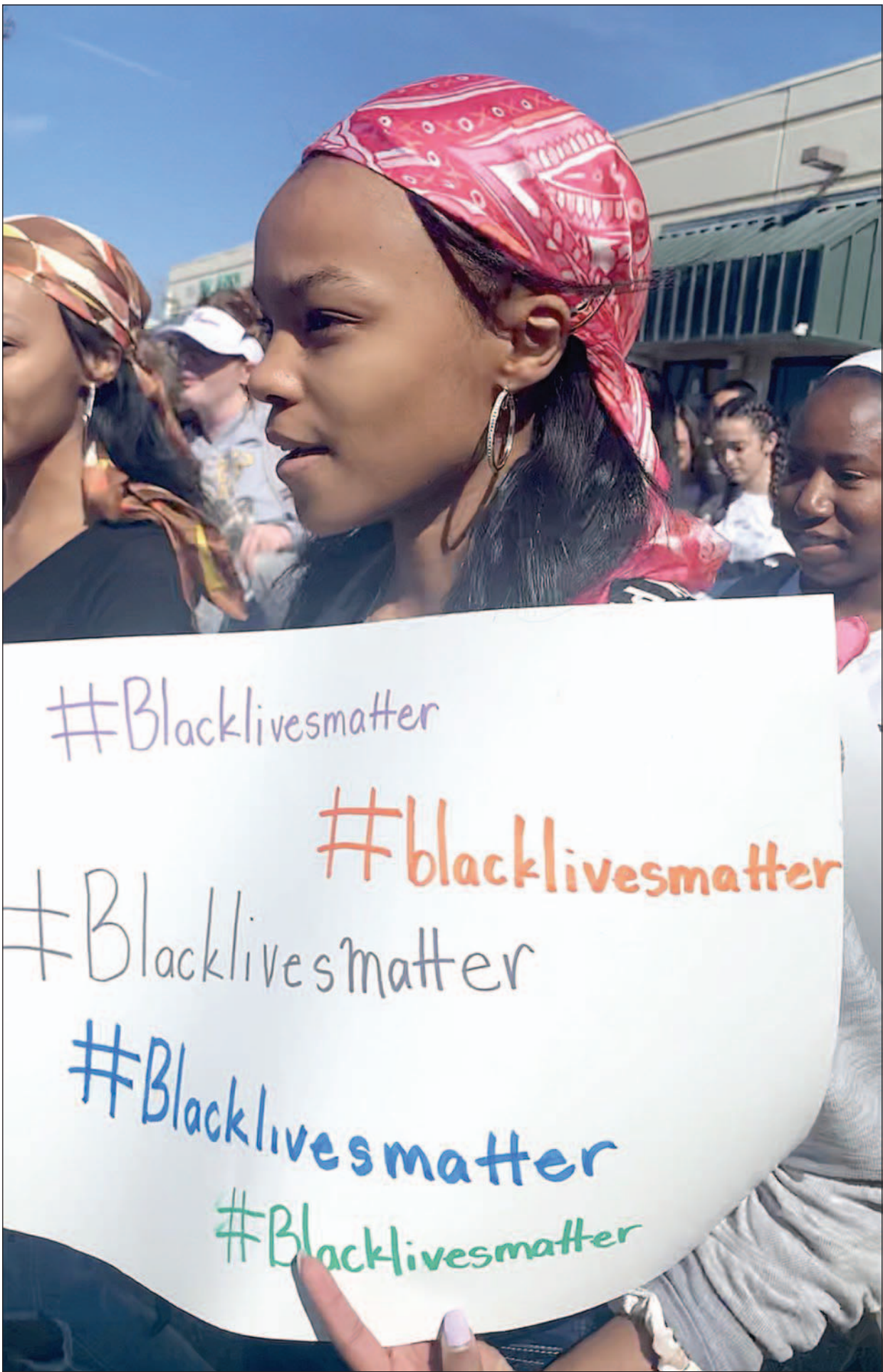
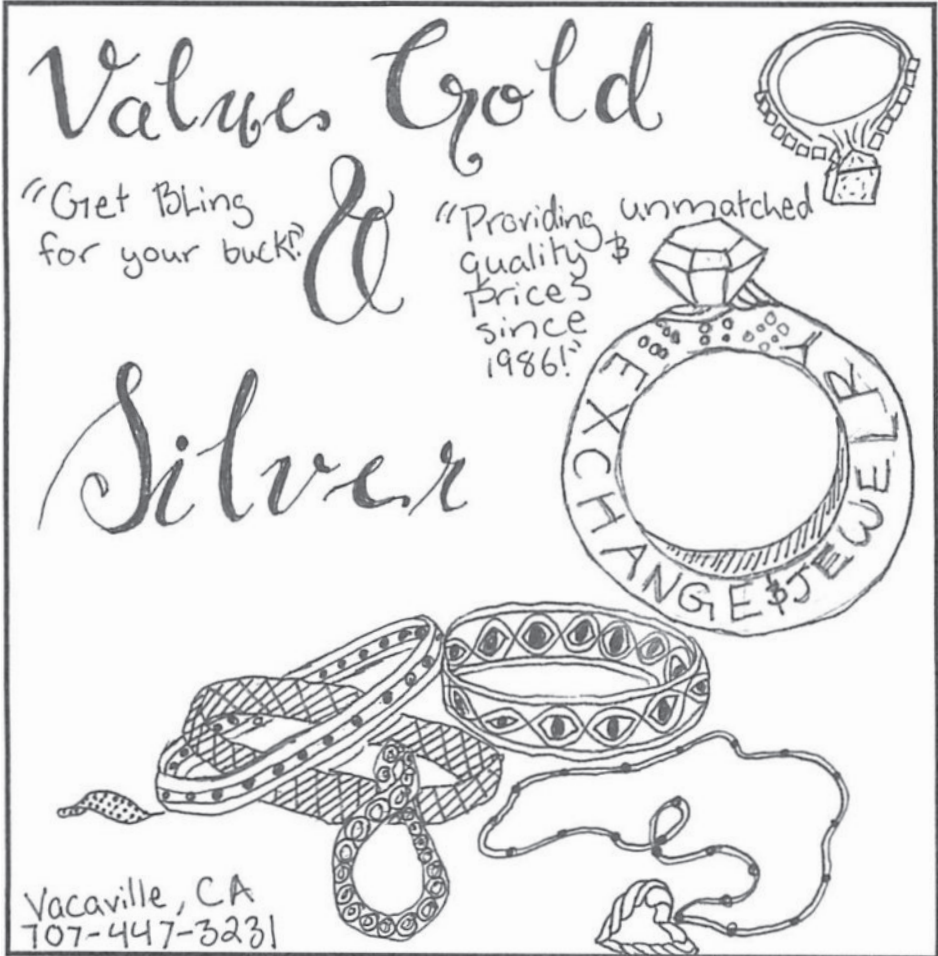
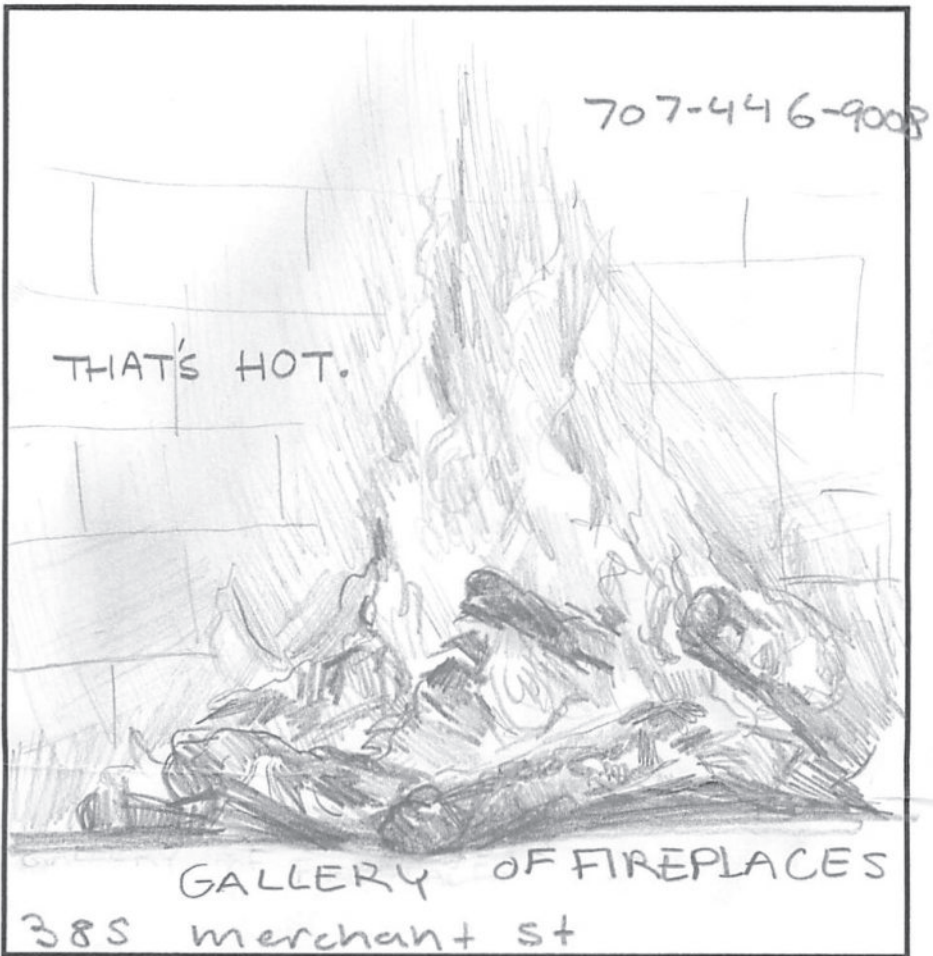


PHOTO BY SARIAH CARSON

This photo by 12th-grader Sariah Carson from Buckingham Charter Magnet High School won first place in the 9th - 12th grade division in the photojournalism category of the 2020 Campus Star.



This advertisement by 8th-grader Ruby Blair from Holy Spirit School won the grand prize in the design an ad category of the Campus Star.



This advertisement by 12th-grader Maria Cervantes from Buckingham Charter Magnet High School won second place in the 9th - 12th grade division in the design an ad category of the Campus Star.

OPINION WRITING

Why adopting an animal is better than buying

By Matthew Blencowe
First Place, Notre Dame School, 6th Grade

I believe that adopting an animal is better than buying a new one from a breeder.

I believe this because animal shelters are overflowing and running out of space to hold these animals. This is because many people are abandoning their animals. This overcrowding leads to animals needing to be put down. People think these animals are strays and aren't adopting them. These animals are just like yours and they're longing for a home. These animals need

a home. Overcrowding leads to many problems including loss of space, food running out and animals needing to be put down. These shelters are trying the best they can to save these animals and give them a new home and family to be with. These animals are just as loving as all the other animals in your home. These animal shelters are lacking exposure to the public and these animals are having to suffer because of it. The animal shelters also lack enough funding to expand to hold more animals. That also leads to overcrowding of the shelters. There are too many ani-

mals that are coming to the shelter. The animals are having high stress because they don't know where they are. The average time an animal is required to stay in a shelter is only 5-7 days that is a problem. If you buy from a breeder the animals will still have a home but if you adopt from a shelter you will be giving a home to a stressed animal. These animals aren't strays they were almost all dropped off by their owner. That's why I believe that adopting an animal is better than buying one from a breeder. There are also local shelters you can adopt from like SPCA or Solano County Animal Care.

FEATURES WRITING

Game Changer

By Mercedes Shannon
First Place, Notre Dame School, 4th Grade

Twelve -year old Christian Collins is fighting a disease called Cystic Fibrosis, but you wouldn't know it because he still plays basketball. Last year, his team beat one of the best teams and made it to the championships. Christian scored the winning shot to take them there.

Living with CF

What is Cystic Fibrosis you ask? Cystic Fibrosis is also known as CF. CF is a disease that makes a thick, sticky mucus build up in your lungs. The mucus makes it hard

to breathe and can cause infections. When exercising Christian often feels like he is breathing through a straw. Christian states, "I get tired a lot faster than everyone else;" which means he has to work harder than most people.

Battling CF

Christian takes many pills and has to use a vibrating vest that loosens his mucus. At times that he participates in sports, he also uses an inhaler. It's a spray of medicine that helps him open his lungs. Sometimes he has trouble catching his breath and although battling CF can be challenging Christian believes it has made

him stronger. "It has given me a lot of self-confidence;" he explains, "it allows me to tell everybody that nothing is impossible."

Never Give Up

Christian dreams to be the first NBA player with CF. He is taking steps toward that goal by working hard. After his big win at the game where he scored the winning shot his team went on to win the championships. Christian Collins has been named one of the top 40 players in his age group. That is a title he is especially proud of, helping Christian prove that nothing is impossible.

Photojournalism



PHOTO BY ISABELLE BINION

This photo by 6th-grader Isabelle Binion from Notre Dame School won first place in the 5th - 6th grade division of the photojournalism category in the Campus Star.

NEWS WRITING

My Dad and the War on Terror

By Abigail Kresha
First Place, Notre Dame School, 4th Grade

On September 11th, 2001, hijackers took over 4 airplanes. 2 of the planes crashed into the World Trade Center. One plane crashed into the Pentagon. The final airplane crashed into a field in Pennsylvania after the passengers fought back against the terrorists.

As a result of that attack, President George W. Bush said that the United States would target the terrorists and also any country that helped them. Osama bin Laden had planned the attack and his group, Al Qaida, were hiding in a country called Afghanistan. The United States quickly invaded Afghanistan to attack the terrorists and set up a new government.

Over the years in Afghanistan things got worse. In 2010 the United States decided to send thousands more Soldiers to Afghanistan to win the war. One of the Soldiers that was sent to Afghanistan was my dad,

Josh Kresha. My dad joined the Army in 2008. In November of 2010 he got orders to go to Afghanistan for one year. In the Army he is a military police officer. His job was to be in charge of 41 soldiers. Their mission was to teach the Afghanistan police how to do their jobs. He was also in charge of making sure the local villages were safe and to attack any terrorists that operated in the area.

There were a few times where it was scary. One day they shot at the base my dad was in. They fired rockets and several people were hurt. My dad and his soldiers immediately went out and tried to fight the terrorists. It was scary because there were lots of bullets flying around and loud explosions.

Al Qaida and the other terrorist group, Haqani, attacked US Soldiers often. Sometimes they would shoot at them or sometimes they would put bombs on the ground and wait for the US Soldiers to drive over them in their trucks.

NEWS WRITING

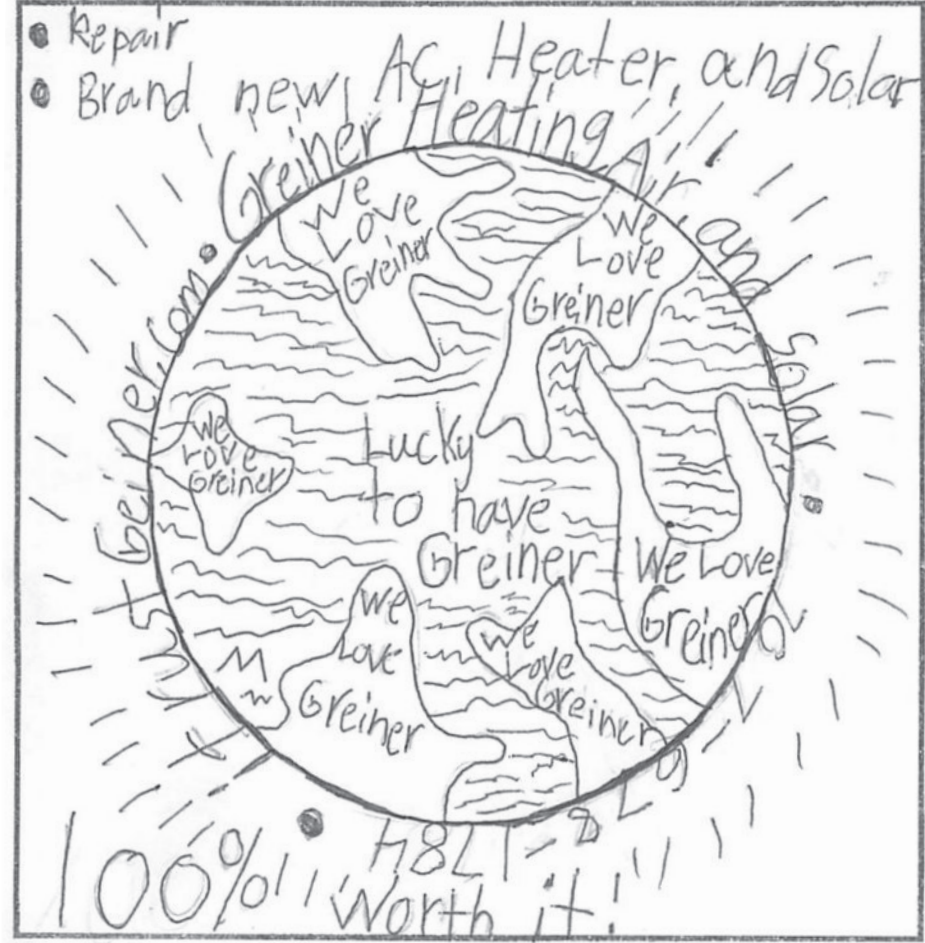
Coronavirus: A Deadly Upcoming

By Ashlei Daugherty
First Place, Notre Dame School, 7th Grade

The Coronavirus is a deadly virus that is currently spreading across the world. It has reached over 100 countries, including the United States. According to the website of CDC, it has affected more than 1,000 people in the United States, and over 100 here in California as of March 12, 2020. Many people have been recovered all over the world, almost 70,000 people to be exact.

The coronavirus origi-

nated from Wuhan China. There it was spread by person to person. It soon was getting very bad and had traveled to other places of the world. The first cases of coronavirus was on December 31, 2019. Ever since then, it has spread and spread all across the world. Many people are being quarantined to stop the spreading. But, the best we can do is wash our hands and have good hygiene. You always need to wash your hands for 20 seconds and dry them very well. Keeping healthy and safe will make sure you'll be safe from it.



This advertisement by 4th-grader Eli Sterling from Callison Elementary School won first place in the 3rd - 4th grade division of the design an ad category in the Campus Star.



This advertisement created by 4th-grader Melody Martin from Notre Dame School won second place in the 3rd - 4th grade division of the design an ad category in the Campus Star.

FEATURES WRITING

Pacific Flyway Supplies

By Ty Smith
First Place, Notre Dame School, 8th Grade

Have you gone to multiple sporting goods stores and haven't found what you are looking for? The search is over. The shop that has everything you need has finally been created. Pacific Flyway Supplies is the shop that has everything you need from duck calls to barbecue accessories. It is located at 1690 North Lincoln Street in Dixon Ca, right off Interstate 80. The shop has a 4.6 out of 5-star rating from Google reviews, which is spectacular. Pacific Flyway Supplies also offers many different brands to choose from, such as YETI, Leupold, Green Mountain Grills, Sitka, and many

more. Tim Anderson founded Pacific Flyway Supplies on June 1, 2013. He named his shop this because Pacific Flyway is a region that waterfowl migrate through here on the West coast. Pacific Flyway Supplies is not just for waterfowl hunting. The shop has grills, spices, and even pellet grills. It even sells a special grill using wood flavored pellets. The wood pellets flavor the meat to the way the consumer likes. Pacific Flyway Supplies CEO Tim Anderson says that his most popular item that he sells is a 20 ounce YETI cup. This is because of the durability, and the ability to hold hot coffee in the winter, and ice-cold water in the summer. This

shop was created because of the lack of quality products at quality retailers. His favorite small brand is J.J. LARES championship calls, and for his favorite big brand is LEUPOLD optics. Pacific Flyway Supplies also has a massive selection of spices for cooking meat just the way you like it. The shop also has a whole wall full of clothing and hunting apparel, from Tanglefree to Wicked Wing shirts, hats, and even face masks. The shop is very focused when it comes to quality in their inventory. The items that they sell are just like the Ford saying, "built tough." Don't misperceive the name of the shop for only hunting accessories, there is so much more. Tim Anderson says that

he has to change his shop for the time of year, or what hunting season it is. He just had to change his shop during duck season which is only 101 days for customers. He now has his shop set up for turkey season which is only 66 days for customers. In the summertime, Tim Anderson sells his Green Mountain Grills, and a huge selection of spices for flavoring your meat just the way you like it. Come and see Tim Anderson at Pacific Flyway Supplies in Dixon on 1690 North Lincoln Street, or look online at pacificflywaysupplies.com. Come and support a small, local business founded by a local man Tim Anderson.

Photojournalism



PHOTO BY SOPHIA SAMULDE

This photo by 7th-grader Sophia Samulde from Notre Dame School won first place in the 7th - 8th grade division in the photojournalism category of the Campus Star.

OPINION WRITING

Effects on plastic

By Zoe Inton
First Place, Notre Dame School, 8th Grade

Did you know plastic waste kills up to about a million seagulls each year? From lakes, to oceans, to beaches are affected by plastic waste which affects our environments and marine life as well. Plastic pollution has been occurring for decades around our world today with used to be clean oceans and clean environments. According to geographic studies, it has been shown that at most 800-1,200 species worldwide are affected by manufactured or processed material known as marine debris is 80% plastic waste that floats within the ocean from factories and litter. Up to about 13-15 million pounds of plastic waste enters the ocean each year from garbage trucks or litter threatening all marine life and increases the rapid growing of plastic waste. Plastic is not only a danger to marine life but to human health as well. Breathing in plastic can cause you to inhale toxic chemicals such as dioxins, phthalates, vinyl chloride, ethylene dichloride, lead, cadmium, and many other harmful dangerous substances. These toxins make up plastic and help produce that stretchy smooth like material for the plastic. We rely on plastic too much because it has that durable like material that makes it easy to use for packages, able providing protection on contaminants, and reduction on food waste. Relying too much on one single material can make our environment covered in it, if we mainly use plastic for our environments it risks our health

and our clean oceans or beaches. Too much exposure to plastic can cause links to cancers, birth defects, impaired immunity, endocrine disruption, and other effects it can have on our health. One of plastic's main elements are oil and phthalate (DEHP). About up to 12 million barrels of oil are used to create plastic each year. Breathing in too much oil mixed substances and phthalate is bad for the reproductive system. Phthalate is made up of industrial chemicals that is used to soften plastic and act as a role of a solvent. It is included in multiple products used today and is one of the main elements for plastic to allow it to be flexible but can have a possibility of causing severe damage to the liver, kidneys, lungs, and mainly your reproductive system. Another element included in plastic is ethylene dichloride which causes the plastic to be flammable. Ethylene dichloride is to primarily reproduce vinyl chloride which is within plastic too. Too much inhalation of this element can include effects on the human nervous system as well as the respiratory distress, cardiac arrhythmia, nausea, and vomiting. This element reacts with hydrogen chloride and oxychlorination which leads to other elements that are bad to inhale. We can reduce plastic by giving dumptrucks another area to dump trash in, clean up plastic covered beaches or oceans, and simply not litter to make our environment and ecosystems improve for our community. It is possible to rely less on plastic material and live in a world with better ecosystems and environments.

FEATURES WRITING

La Colorina: The Best Sweet Shop in Town

By Isacc Santos
First Place, Notre Dame School, 6th Grade

Four years ago, my mom started her own business by Will C. Wood high school in Vacaville named La Colorina. It started slowly, but the business grew as the years went on. She was inspired by her dad, my grandpa, had his own food stand. It was called La Colorina so she wanted to make her own shop red to match her father's old business. My aunt opened a shop in a shopping mall in Woodland California, and my mom worked there for a time. Eventually my mom and her older sister decided it was time to open their own place. La Colorina is a Mexican

ice cream, sweets, and technically some food shop. Her ice cream is not from anywhere, she makes it right in the store! We make ice cream using strawberries, mangos, limes, vanilla, and my favorite, berry. The sweets that we sell come from a candy store in Tijuana (TJ), Mexico. Inside the store, there is a lot of pink, which my mom got the idea from her dad's color theme. We have shave ice that has a lot of flavor and some topping on the shave ice which is good on hot days. Four years ago my mom took a big risk and opened her own business. She has taken an idea and made it into her business. I am very proud of the hard work that my mom has done to open her own business.



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NEWS WRITING

Why is the Coronavirus killing so many people?

By Salomon Urquiza
First Place, Notre Dame School, 6th grade

A newly identified virus is spreading across the globe, it is known as (COVID)-19 also known as the Coronavirus. Here is what we know about the virus and the disease it causes. The Coronavirus is a huge family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome. Several known Coronaviruses started in animals, but have not yet infected humans around the world. It has been stated that this strain of the virus jumped from animals to humans. Common signs of infection include flu like symptoms such as, fever, cough,

and breathing difficulties. In more severe cases the infection can cause pneumonia, kidney failure or even death. Most people that have the Coronavirus illness will recover on their own. The people who will be most affected are the elderly and people with respiratory problems. To avoid getting the infection, We have to wash our hands with soap and water for at least 20 seconds or more, several times a day. Also, to avoid infecting others we must cover our mouths and noses when we start coughing or sneezing. Avoid getting close to someone that is showing symptoms of respiratory illness or any sickness. People across the globe should not panic if they follow good hygiene and work together with doctors.

OPINION WRITING

Walk a mile in someone else’s shoes: What I want to say as an autistic teenager

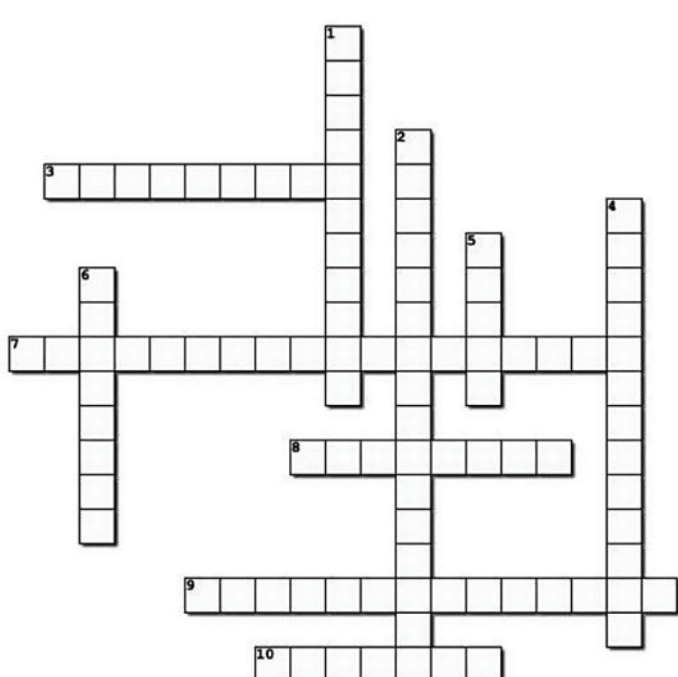
By Malia Williams
First Place, Buckingham Charter Magnet High School, 12th Grade,

People look at me and they see my intelligence. It’s what they consider, and often it feels all that I amount to in people’s eyes. Even if you are autistic, you’re smart enough you’ll find ways to get around it. Autism is a spectrum, and it’s not up to a person who has not lived that life to determine. You never know what a person is going through. At school I answer questions and debate with classmates. People see how I get high grades and do well, and there’s a whole world they don’t have to consider. I wince away from the sharp chatter of classmates, I have to push myself to make it through the simplest of interactions, and how much energy it takes to lift my head and smile is monumental. I’m constantly thinking. I don’t have a choice. I have to analyze every word, pause after every sentence to try and gauge a thousand things I am naturally blind to: rules constricting what’s appropriate, body language, facial expressions, non-literal statements that catch me off-guard. It often feels as though there’s a veil between me and the rest of the world, cutting me off from understanding. Faces are the same blur to me, impossible to decipher without painstaking concentration (if at all). I’ve memorized basic conversation the same way I memorize the rules to chess. I can rattle “friendly people talk” off, scripted the same way I deliver lines

in theater. Conversation is quite repetitive in many aspects. I draw traits I find in others around myself as a shield. From a distance, you can’t see how it leaves me drowning. One of my favorite anonymous quotes states, “You only think my autism is mild because you experience my autism mildly.” Some days speaking is like dragging shards of glass up my throat. Eye contact burns and some sounds feel as though needles are being stabbed through my ears. I’m obligated to function. That’s what it’s felt like for a long time — I’ve lasted this long. I can force myself to. After most days I want to crawl into my bed with sound-cancelling headphones and break apart for another two weeks. I don’t. The next morning, I get up and do it all again. Many nights, after school, I have to retreat to my room for hours to have a meltdown and try to decompress. It wasn’t until high school I found people who made me feel comfortable. That let me have these moments in peace. To flutter my hands excitedly and let myself react in the purest, simplest forms instead of analyzing to the point of exhaustion. A place I can openly discuss the exhaustion seeping into my bones, a haven, providing comfort in simple objects and support during bad days that made them more than bearable. I don’t need your judgments. I don’t need your “cure.” I just want your kindness and friendship and accommodations to bring safety and hope to people like me.

Puzzle

Vacaville Eats



Across

3. Quench your thirst on the corner of Elmira and Peabody
7. A nostalgic breakfast place on Orange Dr.
8. Taste traditional Mexican dishes on E Monte Vista Ave.
9. Get your gyros on at Alamo Dr.
10. Historic ice cream parlor known for its gigantic 'Adventurous Sundaes'

Down

1. Fill up on a wide selection at this buffet on Orange Dr.
2. Find some delicious Thai food at Vacaville Commons
4. This downtown breakfast place in has a table for the 'Do Nothing Club'
5. Rock the sushi boat at this Japanese restaurant on E Monte Vista Ave.
6. Try the spice of different Indian classics on Orange Dr.

PUZZLE BY PATRICIA BUHAT

This puzzle by 8th-grader Patricia Buhat from Notre Dame School won first place in the 7th - 8th grade division in the puzzles, comics, games category of the Campus Star. Answers on D8.

Puzzle

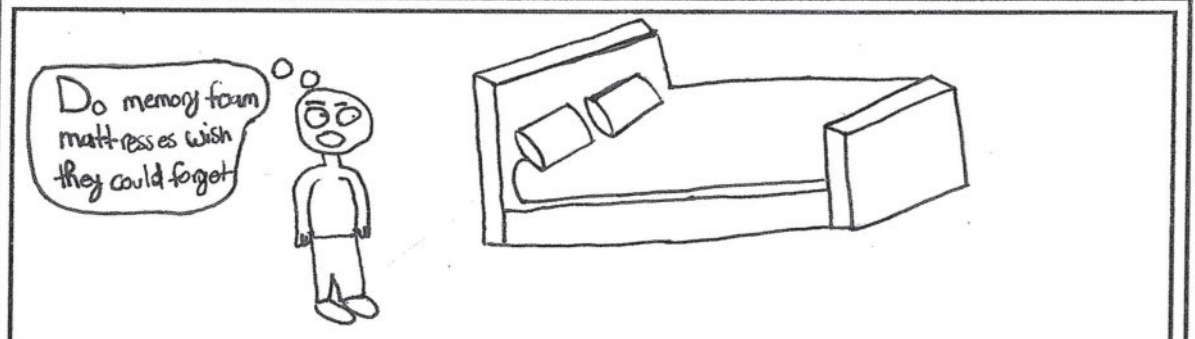
Stop The Spread

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PUZZLE BY MCKENZIE MARTIN

This puzzle by 6th-grader McKenzie Martin from Notre Dame School won first place in the 5th - 6th grade division in the puzzles, comics, games category of the Campus Star. Answers on D8.

Comic



Do memory foam mattresses wish they could forget

COMIC BY DREW BUNTING

This puzzle by 12th-grader Drew Bunting from Buckingham Charter Magnet High School won first place in the 9th - 12th grade division in the puzzles, comics, games category of the Campus Star.



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This advertisement by 7th-grader Ysabella Hill from Holy Spirit School won honorable mention in the 7th - 8th grade division of the design an ad category of the Campus Star.

This advertisement by 7th-grader Eyvonne Nguyen from Vaca Pena Middle School won first place in the 7th - 8th grade division of the design an ad category of the Campus Star.

NEWS WRITING

Coronavirus Outbreak

By Emily Robinson
Second Place, Notre Dame School, 6th Grade

Coronavirus has been attacking and killing many people. The International Health Regulations Emergency Committee of the World Health Organization declared the outbreak on January 30, 2020. Coronavirus is common in camels, cattle, cats, and bats. The virus originated from bats. The Coronavirus is spread across at least 95 countries. If you or someone else you know has a fever, cough, shortness of breath, sore throat, and headache go get tested for coronavirus.

Italy has the second most amount of deaths and cases next to China. Out of 109,400 there are 7,350 cases in Italy. In the U.S there are 539 cases in 34 out of the 50 states. On a cruise ship 21 people were tested positive for the Coronavirus and there were 3,500 people on the ship. The people that were affected were 19 crew members and 2 passengers. People who are from the U.S but traveled are going to Travis Air Force Base in Fairfield, Calif., Miramar Naval Air Station in San

Italy has the second most amount of deaths and cases next to China. Out of 109,400 there are 7,350 cases in Italy.

Diego, Joint Base San Antonio-Lackland in Texas or Dobbins Air Force Base in Marietta, Ga.

On March 11,2020 Tom Hanks posted a tweet saying "Hello folks, Rita and I are down here in Australia. We felt a bit tired, like we had colds, and some body aches. Rita had some chills that came and went. Slight fevers too. To play things right, as is needed in the world right now, we were tested for the Coronavirus, and we were found to be positive. Well now. What to do next? The Medical Officials have protocols that must be followed. We Hanks' will be tested, observed, and isolated for as long as public health and safety requires. Not much more to it than a one-day-at-a-time approach, no?"

FEATURES WRITING

An Out of this World Woman

By Scarlett Vogel
Second Place, Notre Dame School, 6th Grade

On March 14, 2019 Soyuz MS-12 blasted off with Christina Hammock Koch aboard. The engineer and astronaut would soon make history.

Christina Hammock Koch was born on January 29, 1979 in Grand Rapids, Michigan. She was born to Barbara Johnsen of Frederick, Maryland and Dr. Ronald Hammock of Jacksonville, North Carolina. Koch always wanted to be an astronaut, and her dream came true in June 2013. She was selected as one of the 8 members of the 21st NASA astronaut class.

In 2018 Koch was selected for her first space mission. It was a long duration space flight on the International Space Station. This mission could never prepare her for the feeling she was about to experience. In just 2 years time everyone in America would know the name Christina Hammock Koch as a superhero to women and girls.

As previously mentioned, the history changing spaceflight would oc-

cur on March 14, 2019. Aboard the Soyuz MS-12 were NASA astronaut Nick Hague, Russian Cosmonaut Alexey Ovchinin, and Christina Koch. According to NASA "The crew contributed to hundreds of experiments in biology, Earth science, human research, physical science and technology developments, including improvements to the Alpha Magnetic Spectrometer in an effort to extend its life and support its mission of looking for the evidence of dark matter and testing 3D biological printers to print organ-like tissues in microgravity." Christina Koch made six all-women spacewalks, three of which were the first in history. In total she spent 42 hours and 15 minutes. In total, her record breaking mission lasted 328 days which is the longest time in space for any woman. She returned to Earth on February 6, 2020.

Christina Koch will go down in history not only as a record breaking astronaut, but also as a hero. She will be known as an inspiration to women and girls around the world.

Photojournalism



PHOTO BY JADEN SANTIAGO

This photo by 6th-grader Jaden Santiago, a from Notre Dame School won second place in the 5th - 6th grade division in the photojournalism category of the 2020 Campus Star.

OPINION WRITING

How teachers could handle bullying

By Isabel Ferreira
Second Place, Notre Dame School, 6th Grade

Nowadays people feel like they can just make fun of people or bully them and put them down with words and actions. When you get older things change and people start becoming different. I started middle school last year in August. When I started I had a feeling that people may get bullied and I wished that it didn't happen now nor never.

At school people get bullied in many ways even out of school. When someone gets bullied there are different ways that different people handle it. A person could tell their parents or a trusted adult. They could keep it to themselves and could have

I believe that in schools they should have a line for students to text. This could be used for many purposes like if someone is getting bullied, made fun of, having a stressful day/week and just needs to talk (etc.).

mental breakdowns because of it, or commit suicide (If it's that bad). Most of the time people just don't want to talk about it with anyone and they act like their OK, but they're not.

I believe that in schools they should have a line for students to text. This could be used for many purposes like if someone is getting bullied, made fun of, having a stressful day/week and just needs to talk (etc.). When the text comes in the student would say who its

about like if it's a friend of the person who's getting bullied or if it's the person they would say their name. They would state the problem and maybe their worries. Once the Principal reads it (depending on how the school does it) then they can decide on how they want to help that student out. Like if they wanted to set up a meeting with a teacher that they're comfortable to talk to about what is going on.

During the meeting they would talk about

the problem and how they could fix it as well as could encourage the student to stand up for themselves. They could add more meetings if the teacher and the student has time so that they can continue to make progress if it seems like more than one day process. As maybe a few days go by or even after some talks they can decide on how they want to handle the other student and how they could help the person getting bullied to stop getting bullied.



This advertisement by 7th-grader Kailee Pinlac from Notre Dame School won honorable mention in the 7th - 8th grade division in the design an ad category of the Campus Star.



This advertisement by 3rd-grader Dominic Pinler from Notre Dame School won honorable mention in the 3rd - 4th grade division of the design an ad category of the Campus Star.

NEWS WRITING

How does the coronavirus impact pets?

By Patricia Buhat
Second Place, Notre Dame School, 8th Grade

Can the coronavirus be spread to pets? Sources say that pets can't contract the virus, but they

can test positive for low levels if their owners are infected. An infected patient's Pomeranian was diagnosed 'weak-positive' for the virus, but scientists are unsure of whether the dog is actually infected or if it was only traces of coronavirus from contaminated surfaces.

Yes, pets can get coronavirus, but not specifically COVID-19. The pet could just act as a surface to spread the virus.

But can our loving, loyal pets spread COVID-19 to humans?

Experts say that, no, they can't. However, COVID-19 can spread through touch, so if a person becomes contaminated with the virus, their pet would either be quarantined with them or taken care of by someone else.

Nevertheless, pet owners should always take safety precautions and maintain good hygiene. Generally, they should wash their hands before and after touching their pets.

If sick, avoid coming into contact with pets and look for advice from a veterinarian when there are changes in their health.

FEATURE WRITING

Amazon Go Stores

By Ryan Posadas
Second Place, Notre Dame School, 7th Grade

In Seattle, Washington, Amazon is opening the first cashier less grocery store in Seattle. The store is called "Amazon Go." Amazon Go specializes in seafood, fresh produce, meat, bread, and ready-made meals. Other existing Amazon Go stores are like convenient stores that sell snacks and ready-made sandwiches. Since 2018, Amazon Go has opened 24 locations.

Amazon Go stores are located in Seattle, New York, Chicago, San Francisco and other locations. Amazon Go is tailored in big cities and also mostly tailored to offices.

Amazon wants their stores to be around the size of normal supermarkets. The size would be around 30,000 square feet. Amazon is using the Go store in Seattle to test if the size would be compatible. Amazon's reason for making their supermarkets gigantic is because they want to have a big inventory of foods. Amazon will rival other Whole Food supermarkets.

Amazon Go uses artificial intelligence and computer vision from sensors to ensure that the customer has picked up what he/she ordered. Amazon Go is an app that helps you shop and pay for food items. Once a customer has entered the store, that customer has to scan the app, so you can pass the turnstile. The app navigates you to the items you have ordered. Once you have finished, you just walk out and go. When you walk out you have paid for the items through your phone.

Amazon Go doesn't include shopping carts or baskets. The Amazon Go store lets the customers bag their items inside of a bag because of no carts or baskets. The customers get to keep the bag and reuse it anytime, too. When a customer put a food item into their bag, it adds to the price on their accounts. Whenever the customer takes a food item out, the price decreases on their online account. The only way that amazon knows to increase the price or decrease the price when an item is added or taken out of the bag, is through camera sensors. The camera sensors are built into the walls.

FEATURE WRITING

Faking it Until You Make It

By Cecilia Ochoa
Second Place, Buckingham Charter Magnet High School, 12th Grade

Last semester I was accepted into my dream school: Georgetown University. This was the product of seven years of hoping, dreaming, and hard work. This acceptance letter, to me, proved that all those long nights of studying and hours of extracurriculars that I poured my soul into were worth it. I was ecstatic and began telling everyone I could the great news. Yet, after the initial shock and excitement had worn off, my thoughts began to spiral.

My mom, obviously, was excited and dragged me around to all our family friend's houses so we could tell them the news. They were happy for me but they all said something

What I was experiencing is known as Imposter Syndrome, a feeling of unworthiness people may experience after accomplishing a goal. people who experience Imposter Syndrome may brush off their accomplishments as a result of pure luck or as a result of someone else's actions or may downplay their success as no big deal.

along the lines of, "Of course you got in! We expected nothing less, look at you!" My first thought was that they were referring to my academics or activities, then I realized they were referring to the factors of my application I had no control over. Their comments made me wonder if I really had gotten in on my own merit or because I was a first-generation Latina pursuing a STEM major. From there the spiral grew: what if I had only gotten in for statistical reasons, or what if

it was out of some form of pity or what if I was just the token minority acceptance?

What I was experiencing is known as Imposter Syndrome, a feeling of unworthiness people may experience after accomplishing a goal. People who experience Imposter Syndrome may brush off their accomplishments as a result of pure luck or as a result of someone else's actions or may downplay their success as no big deal. These people are not trying to be hum-

ble but truly feel undeserving or like frauds that will be caught at any moment. This can lead to even more mental health issues such as anxiety and depression. Stopping Imposter Syndrome is not easy, but it can be done.

After realizing what I was experiencing, I began to talk about it and discovered that many others were also experiencing the same thing but did not know there was a word for it. The next step is to recognize that just because I may feel unworthy does

not necessarily mean that I do not deserve something and at times it may be natural to feel out of place but that it is okay. Perhaps the most important step is to be positive and acknowledge accomplishments as a product of hard work. I realized that they would not have accepted me out of pity and that other students who were also accepted were experiencing the same thing. This helped me begin the end of the spiral of negative, self-deprecating thoughts going through my head.

Imposter Syndrome can be experienced by anyone for any reason. Many people are experiencing this today, and some may never stop experiencing it. We can, however, help more people end their spiral by acknowledging Imposter Syndrome and starting a conversation about it.

Photojournalism

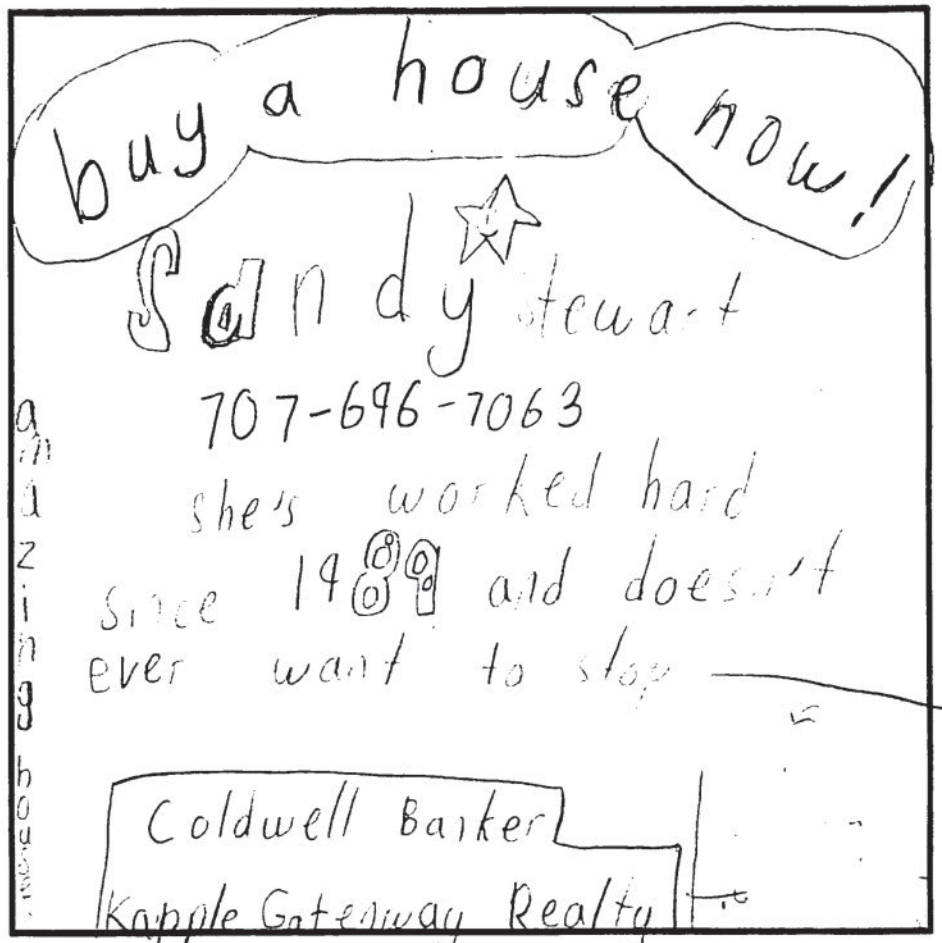


PHOTO BY MATT FAMULARCARNO

This photo by 12th-grader Matt Famularcarno from Buckingham Charter Magnet High School won second place in the 9th - 12th grade division in the photojournalism category of the 2020 Campus Star.



This advertisement by 5th-grader Peyton Phan from Notre Dame School won third place in the 5th - 6th grade division of the design an ad category of the Campus Star.



This advertisement was by 4th-grader Elijah Bates from Vacaville Christian Schools won third place in the 3rd - 4th grade division of the design an ad category of the Campus Star.

NEWS WRITING

How to stay safe from the Coronavirus!

By Sophie Marquez
Second Place, Notre Dame School, 3rd Grade

How can we protect ourselves from a virus that has no cure yet?

The Coronavirus already made people sick in The United States and some already died. A lot of people are scared and they need to know what to do so they don't get it.

The Symptoms, which may appear 2-14 days after exposure, are fever, cough and shortness of breath.

According to the Centers for Disease Control

and Prevention, The best way to avoid getting sick is to avoid close contact with people who are sick, don't touch your eyes, nose, and mouth, stay home when you are sick, cover your

cough, and wash your hand, Rebecca Kats, director of the Center for Global Health Science and Security say, "This is not the time to panic but to prepare."

People can learn more about the coronavirus and how to protect yourselves by visiting [cdc.gov](https://www.cdc.gov).

Remember, there is no cure yet so always wash your hands!

FEATURES WRITING

White Rhinos

By Avery Chizauskie
Second Place, Browns Valley Elementary, 4th Grade

White rhinos are an endangered species which I think need to be noticed more. There are only two left, which are heavily guarded at all times in Africa. They are both female. To tell you a little bit about the amazing white rhino, their weight can vary from 1.6 to 4 tons! Why are they so heavy? Why, it's all the eating they do! A typical white rhinoceros can eat up to 120 pounds of food a day. White rhinos are herbivores. This means their diet consists of mostly grasses with the occasional tree or bush. The scientific name for this animal is *ceratotherium simum*. In size, they are relative to a six foot man. Their outer horn is always bigger than the inner one, and the outer horn can grow to five feet! This precious species always avoids heat and usually is up in the early morning hours.

There is actually no difference in color between the black and white rhinoceros. They are both gray! You may ask, why? Well, the big difference is their lips. White rhinos have a square upper lip, while black rhinos have a hooked lip. Because of this, white rhinos are also sometimes called the square-lipped rhino. Even though these are big creatures, the second largest land animal to the elephant, they can run very fast, sometimes reaching speeds of 40 miles per hour. They also have sharp hearing and a

White rhinos were thought to be extinct towards the end of the 19th century, but in 1895 a small group of under 100 were found.

keen sense of smell. They do have hair, but only on the tip of their tail, eyelashes, and on their ears. Their head hangs low because of high shoulders.

The endangered white rhino species was brought back from the very brink of extinction. White rhinos were thought to be extinct towards the end of the 19th century, but in 1895 a small group of under 100 were found. These animals might have been thought to be extinct due to the extreme poaching problem. These magnificent creatures were hunted for their horns which many believed that, if crushed up and drunk, the horn would provide healing powers. Obviously, this is not true, but as many believed in it, the deed was done. These horns could sell for \$100,000 or more.

So are you looking for a way to make a difference in the world? To help save other species of rhino, along with this kind, donate toward World Wildlife Foundation's (WWF) critical conservation work in Africa. Go to [WWF.com](https://www.wwf.com) and click "Donate to WWF." There you will find what you can do, where to donate, and other helpful facts.

OPINION WRITING

The reality of love

By Olivia Hines
Second Place, Buckingham Charter Magnet High School, 11th Grade

There is no bigger believer in the reality of true love than I. However, is it possible to achieve the idealistic love that is so often illustrated in media? It seems to be that as time goes on, our expectations get higher for relationships, and when there are so many things telling us exactly what romance is, how are we supposed to experience it ourselves without constantly thinking, "this isn't like the movies." The media is constantly affecting our relationships, but are those good changes?

The ideals of romance have always been with our society. Americans are extremely enamored with the thought of the 'Perfect Romance', and it will never not be a part of our lives. However, now there are more forms of media than ever and the young generation is connected to technology in a way that previous generations weren't. This extreme connection to media creates an image of how life is supposed to be within the young that isn't realistic or healthy. One of the biggest parts of this is how the young perceive the 'Perfect Romance'. It creates a gap between the idealized situation and realistic situation.

Our generation is not the only one who is guilty of this mentality. This kind of thinking has existed for years, but older generations do not seem to be as affected by this as younger generations. It might be that

younger generations are exposed to more media at a younger age, creating a more extreme version of this kind of thinking. People are constantly being bombarded with pictures of the perfect life, and we feel incompetent when we can't achieve what is considered the height of living. We now have more resources than ever to tell us that we aren't living up to our potential, and that mindset can be dangerous.

Of course, not everyone is susceptible to this, it seems to be mostly people who are already insecure in their lives. However, most people are insecure in what they have or who they are because of the media. It creates a vicious cycle of the individual becoming insecure for not living the perfect life, and then being more susceptible in trying to live based on what they see. Living in this society makes it hard to not be insecure about yourself.

Ultimately, living in the age of mass media has made it harder for people to experience core human experiences for themselves when they constantly have to ask the question, 'is this really how it's supposed to be?' The image of human life put out has made it hard for us to truly live our lives without constantly questioning if we are doing enough with our time on Earth. The romances constructed in the media are virtually impossible to achieve, and it is detrimental to the mental state of young people. Romance today can be hurt by the idealistic image of it that we all strive to have.

OPINION WRITING

Should vaping be banned?

By Faithlyn Posadas
Second Place Notre Dame School, 7th Grade

In my opinion, I think vaping should be banned because vaping causes brain poisoning to teenagers and it causes irreversible lung cancer.

On the markets, vaping companies have said that it was "kid-friendly." The companies use bright colors, images, animations, and celebrities to attract younger users to buy their products. According to vaping companies, they said that vaping will make you "happier" and "improve social status," even though it does the opposite. Vaping can make you easily addicted to a chemical called nicotine. Nicotine is a highly addictive chemical that companies put in cigarettes, JUULing pods, and vaping pods. These various products listed here are equal to the same amount of cigarettes in one pack.

Vaping companies attract kids by selling fruit-flavored vaping products. Many adults and teens have preferred the fruit-flavored ones over tobacco flavors. Vaping has affected more than 1,400 teens and adults, and caused 33

deaths in the midsummer of 2019. During the summer of 2019, San Francisco became the first U.S. city to ban JUULing or vaping. Later in November, Massachusetts became the first U.S. state to ban vaping or tobacco flavored products.

Europe has the fewer amount of teenagers vaping than the U.S. Europe is more strict around vaping than the U.S. Over 22 countries have also joined Europe in restricting vaping. Most of the countries are part of South America,

South-East Asia, and the Middle East. Although Europe may be strict, Thailand has the strictest laws for vaping. Yet the Philippines or Vietnam have not stated or made it official to ban e-cigarettes or vaping. Other countries like Indonesia or South Korea, could promise the people who smoke to switch to vaping. If markets would stop selling vaping products, our population will not keep on decreasing and our lungs would be strong.

Photojournalism



PHOTO BY RUBY BLAIR

This photo by 8th-grader Ruby Blair from Holy Spirit School won second place in the 7th - 8th grade division in the photojournalism category of the 2020 Campus Star.

Riddle

In the year 700 B.C., a time traveler appeared in Egypt and saw a very young queen order the country to build lots of statues to honor their sun god. Then the time traveler went back to Egypt in the year 780 B.C. and saw there were no statues of their sun god in sight.

Why weren't the statues there?

RIDDLE BY ISABEL HINES

This riddle by 7th-grader Isabel Hines from Notre Dame school won second place in the 7th - 8th grade division in the puzzles, comics, games category of the Campus Star. The answer can be found on page D8.

NEWS WRITING

Plastic Pollution

By Heidi Nittinger
Third Place, Notre Dame School, 4th Grade

What is the problem? We use so much plastic that it is in the ocean. It is really sad! Every year, eight million tons of plastic goes into the sea. Ninety one percent of plastic is not being recycled. The plastic is getting into the water we drink and the food we eat because animals are eating it. Millions of animals are dying every year because of the plastic in their habitats. It takes plastic bottles 500 years to break down and plastic bags 1000 years to break down.

How can we make solve this problem and make a difference? We can help the earth by using paper bags or clean the ocean. Paper bags can help the ocean become less polluted. We can help free the animals that are being caught in the plastic. At the supermarket, we can buy less plastic and more produce. If you buy something with plastic, reuse it, maybe use it in an art project! If you have a plastic bottle, please put it in the recycling so that it does not end up in the ocean. Little by little, the ocean will become less polluted when we reduce, reuse, and recycle.

OPINION WRITING

A new perspective of failure

By Logan Arcilla
Third Place, Buckingham Charter Magnet High School, 11th Grade

Growing up I always viewed failure as humiliating or pathetic, however this one event in my life opened my eyes to a new perspective on failure. This all started when my dad, who was a hardcore wrestler, decided to put me on a wrestling team. After two years of battles both physically and mentally on the mat, I grew a passion to play and get better at this sport. As I got more experienced my dad decided to enter me for my first wrestling tournament, and this is where I see failure in a whole different perspective.

I was awoken early in the morning by my dad and greeted to a breakfast high in protein, preparing me for my match. Once we arrived, I warmed up and stopped by one of the main directors informing us on the matches. As I gather, I notice kids both smaller and bigger than me from various cities, including Benicia, who is infamous for having the best wrestlers. I check when my match is and eagerly wait for the moment to come.

When my name is called I instantly jump out of my chair and run to the mat, where I am met by my opponent. The pride in me swelled up and I had an optimistic feeling I could beat him, however little did I know that he has been wrestling at Benicia for seven

years. The match started and I instantly fought for inside control and went for a double-leg take-down, where I was surprised by my opponents strength and speed. I continued to lean towards offense the entire match, which inevitably led to me losing. My dad and my coach encouraged me and said I still had a chance given two rounds left. The inspiring words set a raging flame of confidence in my heart and I was still determined to give it my all and not give up.

The second match begun and it was the same as the first round; I was just bullied around by his fluid technique and strength. I wasn't gonna give up. The third round began and I started shedding tears because of how hard I was pushing my body to its limit, sadly, despite my last and best effort I still lost. I walked off the mat to my dad crying because of my toughest effort and because I failed my dad. I felt like a waste.

My dad pulled me aside where I expected a scolding, however I was greeted by a kind tone telling me he was proud of me for putting forward my best effort. Several coaches, including my opponent's, came up to me and said how impressed they were. I was so confused, why was I being congratulated for failing? I left that tournament defeated, but stronger and with a fighting spirit. My athleticism and skill increased greatly because I learned the value of failure.

Photojournalism



PHOTO BY SEAN CHEATHAM

This photo by 12th-grader Sean Cheatham from Buckingham Charter Magnet High School won third place in the 9th - 12th grade division in the photojournalism category of the 2020 Campus Star.

OPINION WRITING

School should start later

Rynan Monsada
Third Place, Notre Dame School, 8th Grade

Sleeping is very important, especially to students who are still learning and growing. If students are able to sleep longer, this will not only increase their attendance but it will also improve their mental health and attitude. There is a common problem that students face in school: sleep deprivation. About eighty-seven percent of American schools have students that are sleep deprived according from the National Sleep Foundation. Students are required to sleep for at least nine hours but only nine percent of them are doing so. Technology, high stress levels, and early school times are most likely the cause of sleep deprivation. Schools should start later in the day because it would help them academically and mentally.

One reason that schools should start later is because it is not healthy for students to be waking up at such an early time for school. Dr. Micheal Breus, a clinical psychologist, said that in teenage years, when students are still growing, sleep deprivation affects the brain and body development. A study has shown that students with sleep deprivation have a thirty-eight percent risk of having depression and possible suicide attempts. There is also research showing that students who sleep less than six hours have a high chance of getting obesity or type two diabetes. People who sleep less than six hours process glucose more slowly than people who sleep up to nine hours. Sleep deprivation can cause serious health problems due to students not getting enough sleep, which is why school should start later in the evening.

Sleep deprivation not only causes health problems, it can also bring a student's attitude and ability to focus down. Research has shown that sleep deprivation impacts our mood, ability to focus, and higher level cognitive functions. There are many students who choose to sleep in classrooms and are unable to focus because they could not get enough sleep. Sleeping for less than seven to eight hours increases the likelihood of students having bad grades, attendance, and a lessened ability to concentrate.

Teen drivers also have a lot of problems when it comes to vehicle accidents. There are a lot of cases of car crashes caused by teens using their phones or texting someone while driving, but sleepiness is another huge problem when it comes to teen drivers. According to the AAA,

there has been a reported 100,000 crashes per year from drowsy driving. Teens are at a very high risk of getting in an accident while driving, especially in the morning when students might not be alert enough to focus on driving due to lack of sleep. School should start later during the day, for it could be very dangerous for people who are sleep deprived to drive.

It can be difficult for students waking up at such an early time to go to school. Sleep deprivation can cause serious health and mental issues. Students will be out of focus in class and will end up with poor grades. Sleep deprivation has a significant effect on both academic performance and health. If school were to start later, this would allow students to get more sleep, improving mental and physical health, and academic performance.

Comic



COMIC BY CAROLYN WEST

This comic by 11th-grader Carolyn West from Buckingham Charter Magnet High School won second place in the 7th - 8th grade division in the puzzles, comics, games category of the Campus Star.

FEATURE WRITING

Empowerment of the ‘Me Too’ Movement

By **Miranda Rodriguez**
Third Place, Holy Spirit School, 8th Grade

It all began when activist Tarana Burke started the “Me Too” movement in 2006 in an attempt to end the abuse and sexual harassment of women. It was her attempt to unite victims of sexual harassment

and many forms of abuse. In 2017, actress Alyssa Milano tweeted for women to say “Me Too” if they had been sexually abused, harassed, assaulted, or any other horrific account. Milano wanted society to have a reality check on the number of women who have been through those situations. The phrase

“Me Too” was used by millions of women and began to change the purpose of the phrase and expanding it to diverse groups of people. Women, men, and children were encouraged to speak up about their personal experiences of abuse, harassment, bullying, and much more. The movement has increased

the amount of cases filed because the “Me Too” movement has given the courage to victims to testify against those who have hurt them. Currently, with many women uniting and speaking on their cases and about experiences, they were able to bring down a major producer, Harvey Weinstein,

who had assaulted and raped them. The arrest of Weinstein was a sign of victory, showing everyone that abuse, assault, rape can be ended. The “Me Too” movement gives the ability for millions of people to speak up to end the continuation of bullying, assault, sexual harassment, and much more.

Photojournalism



This photo by 6th-grader Sydney Brady from Notre Dame School won third place in the 5th - 6th grade division in the photojournalism category of the 2020 Campus Star.

PHOTO BY SYDNEY BRADY

FEATURE WRITING

Sharks

By **Luca Nardi**
Third Place, Notre Dame School, 6th Grade

Have you ever seen a shark in person? If not and if so, let me tell you facts you probably don't know. Did you know that sharks have no bones? Did you also know that sharks can go in a trance. When you flip a shark over it will go into a trance called tonic immobility. Sharks serve as an indicator for ocean health. They help remove the weak and sick fish. Studies show that great white sharks live long lives and could be the longest lived sharks on the planet. It is said that greenland sharks can live up to 400 years. They also grow up to twenty one feet long.

Thresher sharks have big eyes, a small mouth, large pectoral fins, first dorsal fin, and pelvic fins. They have a small second dorsal fin and anal fins. They have long whip-like tails. They use their tails to stun fish so they can eat them. Depending on the species, thresher sharks may be gray, blue, brown or purplish.

There are nine species of hammerhead sharks worldwide. The great hammerhead, the largest of hammerheads, can reach a length of twenty feet, almost the size of a Great white shark. Hammerheads are known for their schooling behavior and consume a variety of prey including rays, other sharks, fish, squid, and crustaceans.

The largest carpet shark is a whale shark which can grow to a length of 46 feet. It is the largest species of fish, but that doesn't mean they are dangerous.

OPINION WRITING

Should teachers be paid more?

By **Katrina Butcher**
Third Place, Notre Dame School, 6th Grade

To me personally, I think teachers should be paid more. According to a source it is said that in 2018, 21.4% of public school teachers are underpaid but others argue that they have a high salary for high school teachers. I think that teachers are actually getting a smaller amount of money than they should because every day they have to teach kids and keep them under control.

They sometimes have to keep a class from 18 students up to 40 students. Most students would vote that the teachers should not be paid more, but it depends on how they treat their students. They think if the teacher treats their students badly and does not teach their students that they should not get a pay raise, versus if the teacher is kind and caring and teach the students something every day.

There are approximately 3.2 million public school teachers and 0.5 million private school teachers. Private school teachers get paid less because there is a lower “demand.” The lower demand the less pay. Since there is less students and demand for private schools’ salaries. This is why I think teachers should be paid more.

Puzzle

Virtues Crossword ☺

K	C	R	T	H	O	P	E	G	K	Z	J	R
C	I	F	K	M	R	Y	L	N	F	S	K	P
E	P	N	E	T	R	U	T	H	F	U	L	J
R	I	N	D	R	G	N	U	Y	W	P	S	K
E	K	L	O	N	N	E	T	X	R	A	E	L
S	E	L	C	Q	E	Y	U	Y	T	T	N	D
P	W	V	U	V	Y	S	N	I	C	I	L	E
E	E	T	A	P	I	E	S	H	H	E	U	E
C	Y	R	T	O	L	P	E	G	A	N	F	R
T	B	W	Y	T	O	U	R	W	R	C	K	W
F	U	I	P	O	V	C	V	A	I	E	N	S
U	P	H	U	M	E	L	I	K	T	Y	A	R
L	Q	Y	T	Q	W	R	C	Y	Y	R	H	I
M	O	D	E	S	T	Y	E	I	L	Y	T	Y

Word Bank

- Brave
- Service
- Thankfulness
- Truthful
- Kindness
- Respectful
- Charity
- Modesty
- Hope
- Patience

PUZZLE BY ANGELINA PADILLA

This puzzle by 6th-grader Angelina Padilla from Notre Dame School won second place in the 5 - 6th grade division in the puzzles, comics, games category of the Campus Star. Answers on Page D8.



Photojournalism



PHOTO BY KAILEE PINLAC

This photo by 7th-grader Kailee Pinlac from Notre Dame School won third place in the 7th - 8th grade division in the photojournalism category of the 2020 Campus Star.

Puzzle

CoronaVirus Word Search

C	V	Y	E	H	I	D	O	N	T	G	O	O	U	T	A
R	O	S	F	K	C	U	Y	C	D	K	J	H	G	F	D
F	I	R	H	L	O	L	G	I	Z	X	C	V	N	B	M
V	L	E	O	D	N	O	O	Q	W	E	R	T	Y	U	I
T	Y	A	W	N	T	V	C	S	H	U	T	D	O	W	N
G	E	D	U	K	A	D	C	V	B	H	S	T	Y	R	B
B	M	I	D	O	G	V	N	V	U	U	W	R	T	Y	U
Y	O	N	G	M	I	M	I	U	O	U	H	G	J	F	K
H	H	G	I	P	O	R	U	R	R	V	F	E	A	Y	T
N	Y	T	K	E	U	O	E	Z	U	S	P	V	E	M	K
U	A	H	B	T	S	G	F	R	W	S	N	D	O	T	S
J	T	B	E	O	N	S	F	C	Y	U	I	M	O	D	A
M	S	Y	L	A	I	N	P	E	C	T	Y	S	D	L	M
I	Q	A	D	M	O	S	T	A	Y	S	A	F	E	B	E
K	A	H	E	T	T	H	I	E	D	G	J	K	L	M	C
S	T	A	Y	I	N	S	I	D	E	A	C	B	E	D	A
R	E	D	I	S	I	N	F	E	C	T	N	V	M	D	F

Words To Find In Word Search

CORONAVIRUS
DANGEROUS
AVOID
STAY SAFE

DISINFECT
FACEMASK
SHUT DOWN
STAY HOME

DONT GO OUT
STAY INSIDE
SPREADING
CONTAGIOUS

PUZZLE BY ELLA MARIE HERNANDEZ-TURNER

This puzzle by 6th-grader Ella Marie Hernandez-Turner from Notre Dame School won third place in the 5 - 6th grade division in the puzzles, comics, games category of the Campus Star. Answers on Page D8.

FEATURE WRITING

Growing Up in an ‘Average’ Family

By Rebecca Rea
Third Place, Buckingham
Charter High School,
11th Grade

Growing up in a family is different for everyone. It was even different for both my sisters who are older than me. Both of them had a really hard time, neither were related, and both parents had a child from a previous marriage. My parents each were divorced for similar reasons and my sisters are separated by two years of age. When my parents got married my sisters were eight and ten.

It was hard for my entire family. My parents wanted to try and have a child together to try and join the family together as one. After getting married, it took almost three years, along with a few miscarriages, before they were able to have a kid together. When my mom got her ultrasound it turned out there were three of us. My parents were excited, but knew how hard it would be. After being pregnant for 7 months, my sis-

ter, Julia, was deceased, and a few days later my parents and doctors determined it would be safest to have us two months early. We were born April 2002, and stayed in the NICU for premature babies for two months before being taken home.

Growing up was very hard particularly for my oldest sister from my dad's marriage, Kate. She got caught in the wrong crowd going through high school and went through that “emo” faze due to having such a hard time through the divorce. Her mother put ideas into her head, and tried to cause her to rebel. And then, her mother moved away. This caused her to plummet even more, and during school go through things she shouldn't have. She is now happy, with a husband and is a firefighter.

Although still hard, my sister from my mom's marriage, Elly, did not have as much of a hard time. She was a straight A student, and ended up going to a high school in a small Michigan school to pursue a

dream in acting and opera. Whenever she had a break, she would come home and spend as much time as she could with us. Even now, while working on her PHD in German, whenever she can she will come home to spend time with us.

All my family, including my brother and me, went through many different things growing up. Before my brother and I were born, my sisters did not really have to feel like they had to be friends. But when we were born, both my sisters loved us dearly. That meant that they had to get along with each other in order to spend time with their new siblings. Because my parents had us, my family grew together. My sisters grew to care for each other through having a little brother and sister. They may be considered my “half” sisters, but I will never think that. They are my sisters and I love them and I cannot thank them enough for everything they have done for me. Without them, I could not be who I am now.

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This advertisement by 7th-grader Hayden Hammer from Vaca Pena Middle School won second place in the 7th - 8th grade division in the design an ad category of the Campus Star.

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This advertisement by 6th-grader Isabel Ferreira from Notre Dame School won second place in the 5th - 6th grade division in the design an ad category of the Campus Star.

OPINION WRITING

Larger schools vs. smaller schools: Who wins?

By Reye H Coran
*Honorable Mention,
Buckingham Charter Magnet
High School, 11th Grade*

Diluted teaching, bullying threats, low discipline, and much more. These are many “unfortunate benefits” that come from going to larger schools like Will C. Wood and Vacaville High versus schools like Buckingham Charter.

In larger schools, nearly 400 to 500 students are within each grade level and because of this, individual classes end up having a much higher ratio of students per teacher. This results in students having less one-on-one quality time with their teachers and forces them to not get the important help that they need. Though with smaller schools like Buckingham, which only have about 100 students per grade, teachers can more easily organize coursework to better fit the classes. Teachers are able to listen to many more of students’ needs and can give each one the personal attention and feedback that helps to foster their learning. With these smaller classes, students are also able to participate in more team situations, giving students a greater opportunity to work with and learn from their fellow classmates.

Many close friends of mine who have attended larger schools have also told me how they have had to deal with many bullying problems. The National Bullying Prevention Center in their “Bullying Statistics” article estimated that nearly 24% of teenagers in schools with larger bodies of students have gotten bullied and abused; further explaining that because of this, it has led to an alarming increase in depression and anxiety amongst many teenagers.

In smaller-scaled schools like Buckingham, however, there is much less tolerance for these kinds of harmful actions. Teachers and staff members are able to better “police” and pull ill-mannered students to the side; getting the opportunities to have these students see the school counselor to further discuss their underlying anger issues. Then for students who continue to be impudent, they are kindly asked to leave the school to stop any and all types of disruptive problems from arising.

Additionally, larger schools also have less discipline for their students. Teenagers are constantly bringing prohibited drugs and alcohol onto school grounds and are rarely caught. In fact, Editor Camille Renzoni estimates in her “High School Drug Use Facts & Statistics” article that nearly 59% of seniors in immense schools have used alcohol while another 16% have used drugs. Even in my hometown, I have witnessed countless students spray painting and destroying much of school property without receiving many major punishments. Though with students who go to smaller schools, they’ve generally decided to go to these schools; having a much greater desire to honor the institution that they attend. Teenagers in these schools are not only watched over much more closely by the staff, but they are also continuously taught to be aware and respectful of the rules.

In the end, prodigious schools may be the better looking schools with much higher quality resources, but with all the negative outcomes that come from their sizes, it makes one wonder if these schools are really benefiting anyone at all.

Photojournalism



PHOTO BY SCARLETT SIENNA SCOTT

This photo by 6th-grader Scarlett Sienna Scott from Notre Dame School won honorable mention in the 5th - 6th grade division in the photojournalism category of the 2020 Campus Star.

Comic



COMIC BY REBEKAH CRUZ

This comic by Rebekah Cruz from Buckingham Charter High School won third place in the 9th - 12th grade division in the puzzles, comics, games category of the Campus Star.



This advertisement by 4th-grader Jacob Sousa from Vaca Vacaville Christian Schools won honorable mention in the 4th - 5th grade division in the design an ad category of the Campus Star.



This advertisement by 11th-grader Leanna Balinado from Buckingham Charter Magnet High School won first place in the 9th - 12th grade division in the design an ad category of the Campus Star.

Photojournalism

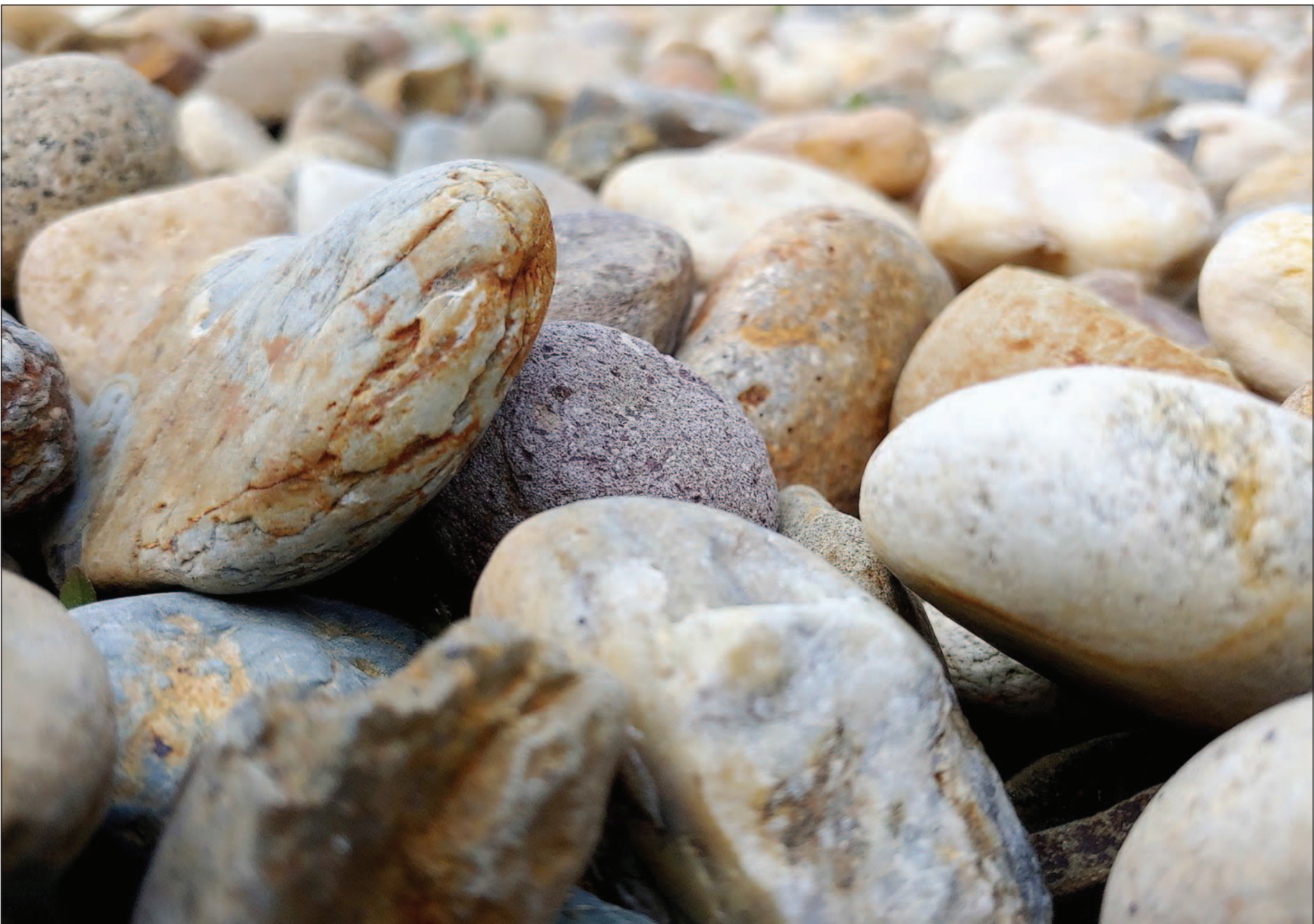


PHOTO BY GABRIELLA BOLORINO

This photo by 6th-grader Gabriella Bolorino from Notre Dame School won honorable mention in the 5th - 6th grade division in the photojournalism category of the 2020 Campus Star.

OPINION WRITING

Is theatre truly a sport?

By Xathanael Todd
Honorable Mention,
Buckingham Charter Magnet
High School, 11th Grade

When we hear the term “sports,” our minds usually jump to baseball, basketball, or football. However, I believe that theatre, and by extension, the performing arts, are also sports and should be seen as such.

Google defines a sport as “an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment,” which is exactly what theatre is. Let’s take a look at basketball as an example and compare it to theatre. In basketball, you are required to work with others as a team in order to achieve your goal: scoring points. However, you don’t just jump in and are automatically good at it. No, you must practice as practice makes perfect. A coach will normally call for practices, knowing full well that a big game is coming up and the coach needs to make sure that everyone is in shape and ready to win that game. The players practice different

ways to go about a game, learning different shots, how to play offense and defense, what formations work against the opposing team, etc. When the big game finally does roll around, people spectate and support the teams playing, which can influence how they play depending on their enjoyment of the entertainment.

Theatre is not all that different. A director will call rehearsals, understanding that the show needs to be put on, making sure that the actors are vocally and physically healthy and set to perform. The actors memorize lines, when to say them, how to say them, where to go on stage, and, in musicals at least, they sing and dance while still remembering that they are playing a character. Once the time for performances comes around, an audience fills the seats of the theatre, watching the actors perform, while they cheer, applaud, and laugh.

In both basketball and theatre, the actors and the players know that they need to do their very best and give it their

all. They work toward a singular goal as a team. No performance or game is a single person’s effort. Sure, there may be an MVP or a huge leading role that carries the show, but without the other players or the ensemble, the show is nothing. If something goes wrong, if someone forgets a line or loses the ball, the players or actors must improvise to get them back on track and continue.

Performing and playing can also get extremely tiring. Basketball players need to make sure they can move and have plenty of energy to get through these games. They work and work and they need to be ready to jump in at any time. Actors are the same. They need to keep their energy up throughout the performance, making sure that the audience is enjoying their time there. Many professional Broadway actors do the exact same show eight times a week.

Many professional sports players train playing the same game for years and years. Really, sports and theatre aren’t that different.

Puzzle

Directions: Find the words listed down below (they can be up, down diagonal and backwards)

Z	H	O	T	P	I	O	L	A	F	A	Q	X	V	N	R
A	H	J	E	L	O	V	A	L	L	E	Y	I	U	E	Q
E	I	N	U	D	Q	F	G	H	Y	T	C	K	P	W	S
K	A	W	E	O	J	R	O	P	B	O	M	O	V	U	E
T	B	H	J	W	Q	U	O	U	N	O	R	E	N	M	M
Z	A	D	W	N	S	S	N	A	Y	T	W	L	U	B	U
V	M	U	E	T	Q	P	L	E	N	R	A	H	Y	F	S
L	B	U	Q	O	M	O	A	R	G	Q	H	A	R	J	K
J	B	Y	B	W	S	U	I	P	W	K	R	V	E	M	R
E	T	M	K	N	E	G	I	S	E	A	A	M	L	A	A
E	L	U	W	Q	V	F	W	M	W	R	L	O	L	P	P
R	F	F	H	U	O	E	M	K	Q	Z	V	K	A	F	O
T	B	L	R	Y	R	U	P	O	L	D	G	D	G	R	S
T	A	L	U	D	G	N	I	P	P	O	H	S	T	S	W
U	X	W	N	B	I	S	Q	L	A	J	F	S	R	K	E
N	V	A	R	E	P	O	R	T	E	K	M	G	K	E	N

-Vacaville Word Search-

Newspaper

Reporter

Valley

Groves

Pena

Vacaville

Downtown

Parks

Solano

Andrews

Nut Tree

Shopping

Lagoon

Art Gallery

Hume

PUZZLE BY NIKOLO SERRANO

This puzzle by 7th-grader Nikolo Serrano from Notre Dame School won third place in the 7th - 8th grade division in the puzzles, comics, games category of the Campus Star.

This advertisement by 8th-grader Patricia Buhat from Notre Dame School won third place in the 7th - 8th grade division in the design an ad category of the Campus Star.

This advertisement by 5th-grader Christian Grafuls from Vacaville Christian Schools won first place in the 5th - 6th grade division in the design an ad category of the Campus Star.

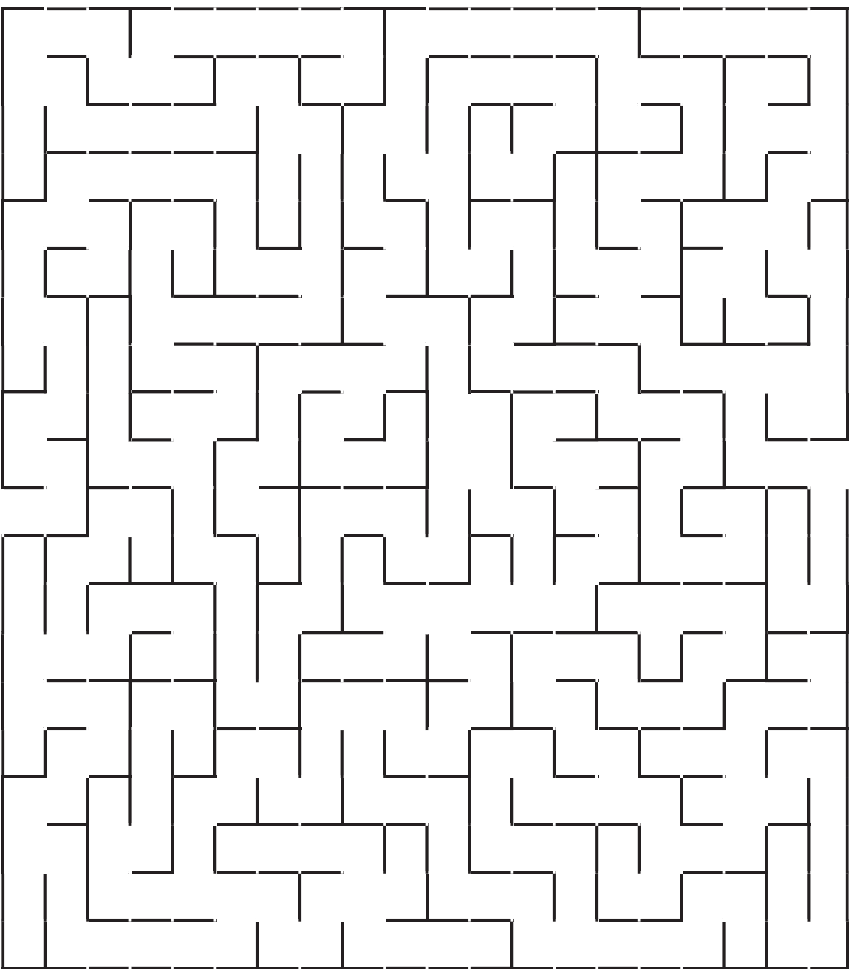
Comics



COMIC BY ODESSA FLETCHER

This comic by Odessa Fletcher from Buckingham Charter Magnet High School won honorable mention in the 9th - 12th grade division in the puzzles, comics, games category of the Campus Star.

Puzzle



PUZZLE BY NATHAN BUITRAGO

This puzzle by Nathan Buitrago from Notre Dame School won honorable mention in the puzzles, comics, games category of the Campus Star. Answers on Page D8.

Photojournalism



This photo by 6th-grader Isabel Ferreira from Notre Dame School won honorable mention in the 5th - 6th grade division in the photojournalism category of the 2020 Campus Star.

PHOTO BY ISABEL FERREIRA

OPINION WRITING

Why you should not text while driving

By Luke Felsen
Honorable Mention, Notre Dame School, 6th Grade

Why I think you should not text while driving is because you can lose control of the wheel or a car can ram into you because you didn't press the brakes. There was a sign I saw near San Francisco that was about this and it said "Better Left Unread Than Dead."

If you are texting while driving you could get seriously injured, and even get a ticket. You could forget to stop at a red light and you could get rammed into by a car.

There are some ways to keep this from happening. You could put your phone in the trunk so it wouldn't be so tempting to take it out and text someone. You should not text while driving because it is very dangerous. The National Safety Council reports that cell phone use while driving leads to 1.6 million crashes each year. Nearly 390,000 occur because the driver is texting while driving.

"The National Safety Council reports that cell phone use leads to 1.6 million crashes on a yearly basis while texting while

driving is six times more likely to cause a crash than drunk driving is."

In addition to requiring drivers to take their eyes off the road, texting causes them to remove their hands from the wheel and shift their mental focus away from driving, making texting while driving one of the most dangerous things you can do behind the wheel of a vehicle.

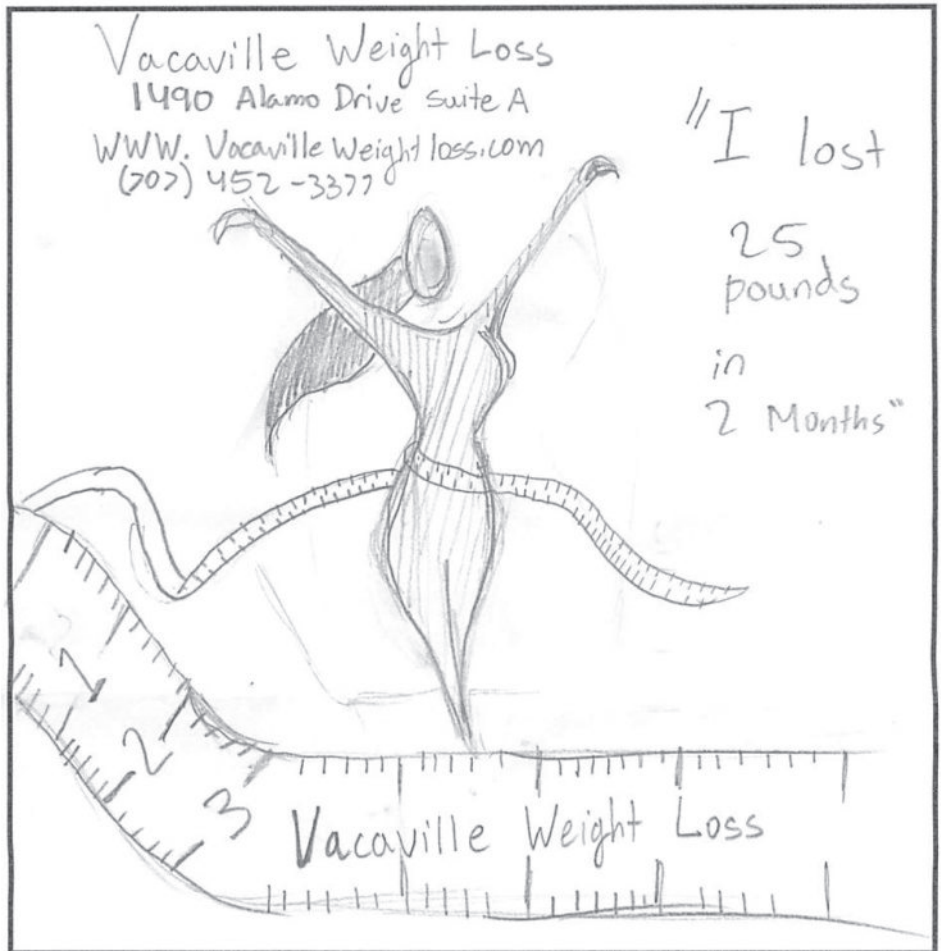
Texting and driving can result in a habit, you will keep doing it and eventually get in a crash. So you should not text and drive because it can cause serious danger.

Photojournalism

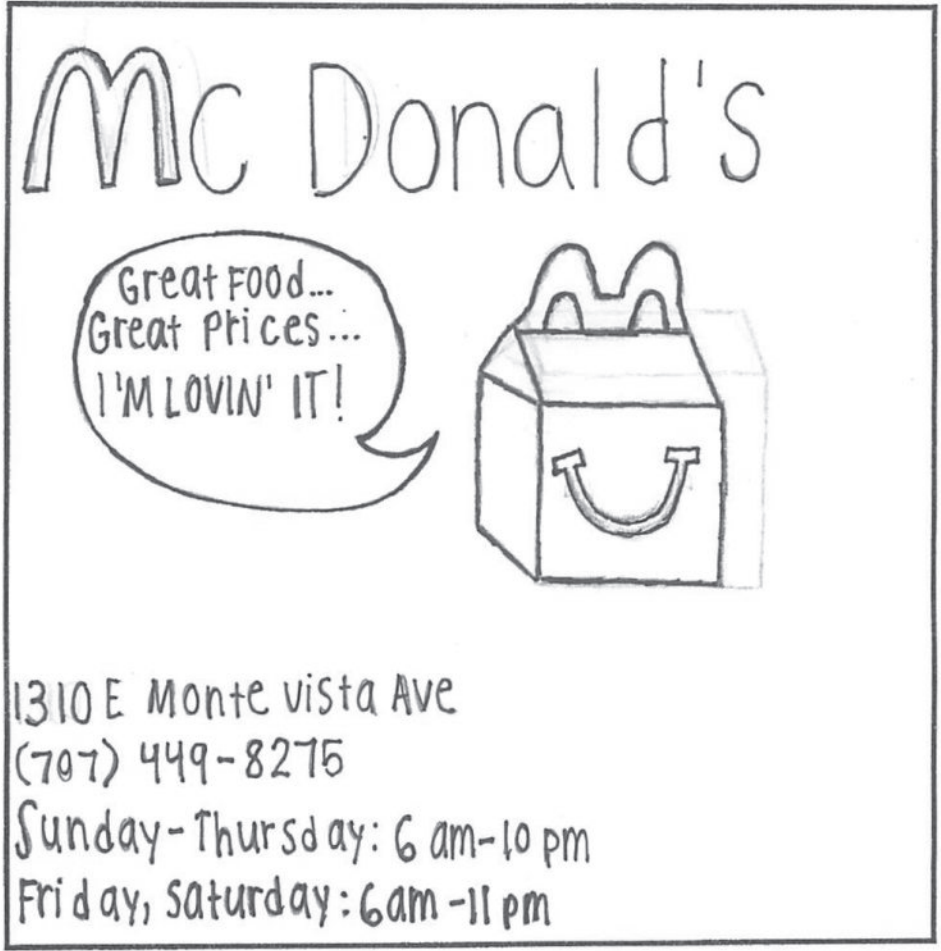


PHOTO BY GRACE CLEVELAND

This photo by 8th-grader Grace Cleveland from Holy Spirit School won honorable mention in the 7th - 8th grade division in the photojournalism category of the 2020 Campus Star.



This advertisement by 12th-grader Andrei Tan from Buckingham Charter Magnet High School won honorable mention in the 9th - 12th grade division in the design and ad category of the Campus Star.

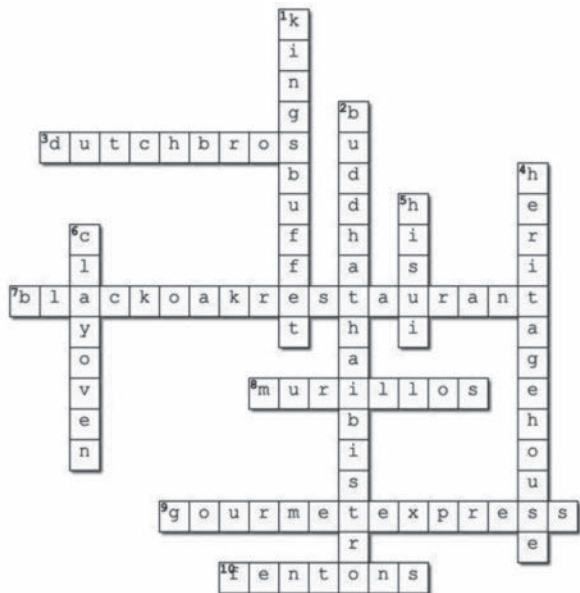


This advertisement by 10th-grader Mia Johnson from Buckingham Charter Magnet High School won honorable mention in the 9th - 12th grade division in the design and ad category of the Campus Star.

Puzzle answer Page C5

F	Q	W	B	F	R	Y	I	U	O	L	P	K	J	M	H	G	F	C	A
F	L	A	S	Q	R	N	P	M	Y	B	N	D	A	S	G	R	H	O	J
L	K	U	Z	V	X	W	A	T	E	R	M	O	F	I	E	U	C	R	W
Q	B	N	M	S	Y	O	M	X	W	N	E	I	N	B	R	V	X	O	Z
L	L	P	O	I	U	Y	T	R	A	E	M	M	Q	W	M	O	Q	N	R
H	A	N	D	S	A	N	I	T	I	Z	E	R	Y	I	S	P	W	A	T
K	J	H	G	Q	D	F	S	A	Z	V	D	X	C	B	M	N	E	V	Y
B	E	G	S	A	Y	T	L	F	X	Z	I	O	K	J	P	J	D	I	U
H	D	F	K	P	B	A	E	C	F	G	C	R	D	O	S	R	A	R	O
T	F	V	M	M	T	E	E	K	S	H	I	H	U	W	L	B	E	U	P
C	S	D	G	S	Q	Z	P	T	D	J	N	N	G	A	C	V	T	S	K
X	R	S	E	W	G	M	V	B	N	F	E	U	I	U	L	Y	C	O	L
Q	E	R	F	X	E	X	F	A	A	O	R	E	T	A	O	D	L	P	M
W	T	F	O	U	I	F	U	R	H	E	A	P	U	L	U	C	O	L	D
R	R	S	S	Q	L	Y	T	I	H	B	Y	Z	V	G	T	Q	R	L	O
N	F	S	K	U	L	I	O	E	S	W	S	H	H	E	R	P	O	O	G
S	I	F	L	Y	O	T	V	S	A	D	U	M	Q	S	Z	J	X	N	D
T	C	V	B	L	D	L	K	I	W	I	P	E	S	H	C	V	C	B	N

Puzzle answer Page C5



- Across
3. Quench your thirst on the corner of Elmira and Peabody (**dutchbros**)
7. A nostalgic breakfast place on Orange Dr. (**blackoakrestaurant**)
8. Taste traditional Mexican dishes on E Monte Vista Ave. (**murillos**)
9. Get your gyros on at Alamo Dr. (**gourmetexpress**)
10. Historic ice cream parlor known for its gigantic 'Adventurous Sundaes' (**fentons**)
- Down
1. Fill up on a wide selection at this buffet on Orange Dr. (**kingsbuffet**)
2. Find some delicious Thai food at Vacaville Commons (**buddhathaibistro**)
4. This downtown breakfast place in has a table for the 'Do Nothing Club' (**heritagehouse**)
5. Rock the sushi boat at this Japanese restaurant on E Monte Vista Ave. (**hisui**)
6. Try the spice of different Indian classics on Orange Dr. (**clayoven**)

Riddle answer Page C8

In the year 700 B.C., a time traveler appeared in Egypt and saw a very young queen order the country to build lots of statues to honor their sun god. Then the time traveler went back to Egypt in the year 780 B.C. and saw there were no statues of their sun god in sight.

Thank You!

Our deepest THANKS to the following businesses and individuals for their support of The Reporter's 2020 Campus Star competition, part of the Partners In Achieving Literacy/Newspapers In Education program. You have made a significant and positive difference in the lives of the young people in our community.

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- Vacaville Weight Loss

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Puzzle answer Page D2

K	C	R	T	H	O	P	E	G	K	Z	J	R
C	I	F	K	M	R	Y	L	N	F	S	K	P
E	P	N	E	T	R	U	T	H	F	U	L	J
R	I	N	D	R	G	N	U	Y	W	P	S	K
E	K	L	O	N	N	E	T	X	R	A	E	L
S	E	L	C	Q	E	Y	U	Y	T	T	N	D
P	W	V	U	V	Y	S	N	I	C	I	L	E
E	E	T	A	P	I	E	S	H	H	E	U	E
C	Y	R	T	O	L	P	E	G	A	N	F	R
T	B	W	Y	T	O	U	R	W	R	C	K	W
F	U	I	P	O	V	C	V	A	I	E	N	S
U	P	H	U	M	E	L	I	K	T	Y	A	R
L	Q	Y	T	Q	W	R	C	Y	Y	R	H	I
M	O	D	E	S	T	Y	E	I	L	Y	T	Y

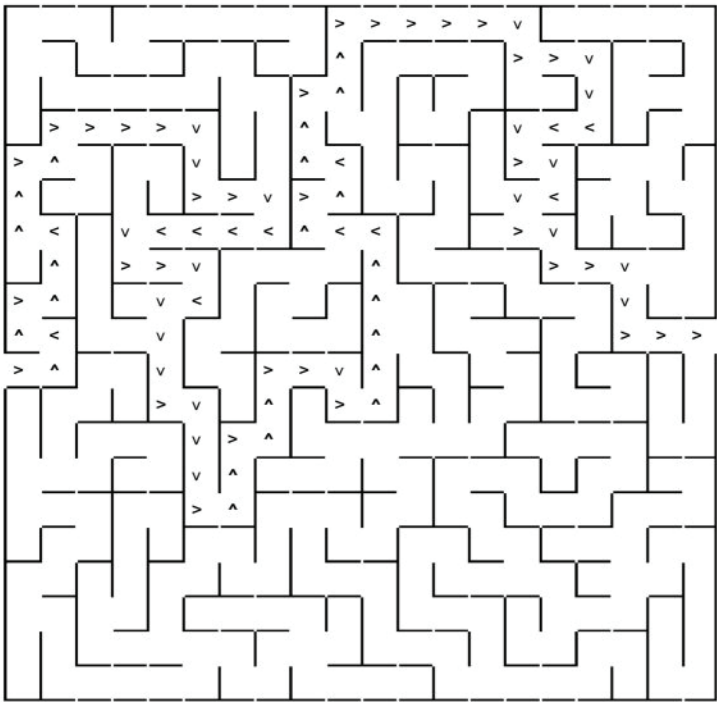
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C	V	Y	E	H	I	D	O	N	T	G	O	O	U	T	A
R	O	S	F	K	C	U	Y	C	D	K	J	H	G	F	D
F	I	R	H	L	O	L	G	I	Z	X	C	V	N	B	M
V	L	E	O	D	N	O	O	Q	W	E	R	T	Y	U	I
T	Y	A	W	N	T	V	C	S	H	U	T	D	O	W	N
G	E	D	U	K	A	D	C	V	B	H	S	T	Y	R	B
B	M	I	D	O	G	V	N	V	U	U	W	R	T	Y	U
Y	O	N	G	M	I	M	I	U	O	U	H	G	J	F	K
H	H	G	I	P	O	R	U	R	R	V	F	E	A	Y	T
N	Y	T	K	E	U	O	E	Z	U	S	P	V	E	M	K
U	A	H	B	T	S	G	F	R	W	S	N	D	O	T	S
J	T	B	E	O	N	S	F	C	Y	U	I	M	O	D	A
M	S	Y	L	A	I	N	P	E	C	T	Y	S	D	L	M
I	Q	A	D	M	O	S	T	A	Y	S	A	F	E	B	E
K	A	H	E	T	T	H	I	E	D	G	J	K	L	M	C
S	T	A	Y	I	N	S	I	D	E	A	C	B	E	D	A
R	E	D	I	S	I	N	F	E	C	T	N	V	M	D	F

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				P		L									R
			E			V	A	L	L	E	Y			E	
		N		D		G						P			
	A		E	O		O			O		O			E	
			W			O		N		R				M	
			N	S		N	A		T						
			T		P	L		E			H	Y		S	
			O		O	A	R					R		K	
			W	S			P					E		R	
E			N	E			S	E				L		A	
E			V		W					R		L		P	
R				O	E							A			
T				R								G			
T			D	G	N	I	P	P	O	H	S	T			
U			N									R			
N		A										A			

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E	E	M	I	K	A	X	N	U	T	T	R	E	E	F	M	N	Z	A	Q
W	S	Z	I	S	D	M	L	O	K	P	E	Y	U	A	B	R	T	M	F
V	J	I	Q	I	Z	R	C	A	R	W	K	L	S	E	B	O	D	A	G
W	Y	H	O	N	N	U	T	L	X	M	W	Y	D	H	N	D	H	R	A
L	D	E	Z	U	R	U	O	P	Q	W	C	V	Z	K	I	M	O	S	X
Q	O	Z	Y	E	Q	A	H	V	Y	T	B	N	D	M	A	B	L	H	G
U	B	J	K	V	X	R	H	T	J	B	O	A	D	E	M	Q	I	E	Y
P	A	R	E	D	H	R	U	B	Y	X	Q	W	Y	Y	Z	D	K	L	J
R	E	T	F	K	T	O	V	T	D	S	F	O	X	B	O	R	O	L	M
A	P	U	R	Y	Y	O	U	N	G	S	D	A	L	E	M	P	P	Z	Q