



A2: Teacher protests continue



A5: "Ashland Falls" full of twists



A8: Girl's soccer competes at state

THE GRIZZLY GROWLER

SERVING SPRING VALLEY HIGH SCHOOL

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VOLUME 7 ISSUE 2

GSA encourages all to 'come as they are'



PHOTO BY SARA MOORE

GSA President Christian Steinborn places a "safe place" sticker on the door of the classroom, a national symbol meant to represent acceptance.

By Sara Moore

Royshell Reyes was always close with her cousin, and was one of the first to notice that he was not being open about something. Not knowing exactly what was wrong, she made sure he knew that she would love him regardless. With her open and caring response, Reyes' cousin soon felt comfortable coming out as gay.

Having a family member and a close friend identify with the LGBTQ (Lesbian, Gay, Bisexual, Transgender & Queer) community, Reyes feels a strong connection with the Gay Straight Alliance (GSA) at Spring Valley High School. Reyes is a heterosexual 16-year-old junior who attends GSA meetings every Friday to support those she cares about.

Though at the beginning of the year GSA didn't seem like it would be of-

"Anything that can be done in the name of peace is worth the work required to achieve it," — GSA President Christian Steinborn

fered, the club is back and more active than ever.

Many students believed that a lack of participation in the past would lead to the club being discontinued, but with newfound student support, the school was able to bring the club back to life.

"Anything that can be done in the name of peace is worth the work required to achieve it," said GSA president Christian Steinborn of the value of GSA.

This year, the club will focus on hosting multiple events to make students feel welcome in GSA. Although they are still in the works, members said the goal of their events is to provide support and create

a feel-good feeling around campus. Members will also use meetings to bring up serious topics, such as suicide awareness, among the LGBTQ community.

When Reyes reflects on her personal experiences, she realizes that having a supportive social group makes getting through a difficult time easier, and can help people openly accept who they are if they are struggling on their own.

"My cousin was afraid of coming out for years, until myself and many of his close friends let him know in more ways than one that we were accepting to everyone, regardless

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GRADING POLICIES

Minimum F policy brings mathematical consistency

By Zach Oliver

Starting second quarter, Spring Valley High School will implement a new grading policy: the minimum F policy, or as Principle Tam Larnerd prefers to call it, mathematically consistent grading.

This new policy requires teachers to set their lowest possible F to a 50 percent for all assignments attempted. Students who do not attempt the work will receive a 40 percent.

The purpose of the change is to make grades more mathematically fair and give students more chances to boost up their grade, Larnerd said.

Traditionally, teachers have used the 100-point grading scale, in which there is a 10 percent difference between each letter grade, and 0-59 percent for an F. According to Mr.

Larnerd, using this grading system becomes a problem when the students' quarter grade comes out. Only letter grades are given out on the report card. Since there are only five letter grades, it does not correlate well with 100 point assignments.

When a teacher attempts to transfer the grades from a 100-point scale to a 5-point scale, it won't be mathematically consistent, he said. On the 100-point scale, if a student receives a zero, or a missing, it would be a zero.

Though when put into the five-point grading scale, the outcome will be equivalent to a negative six. This would be a very difficult position to get out of.

In turn, putting in a 50 percent instead of a zero will make the 100-point grading scale correlate better with the five-point scale Larnerd said. Which

MINIMUM F POLICY

- The policy requires teachers to input a 50 percent for all grades below a 50 on assignments attempted.
- Policy allows teachers to give a 40 percent for missing work.

is where the term minimum F comes from. Mr. Larnerd believes it will give hope to students who did not do well on some assignments.

"Students will need to realize that a 50 percent on a report card is still a zero," Mr. Larnerd explained since students do not get credit for an F.

"Students who do nothing, deserve nothing."

On the other hand, some

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Crossfit offered as new P.E. credit option

By Scott Diaz

For the first time, Spring Valley High School is offering a new way for students to get in shape and earn their physical education credits: Crossfit. Spring Valley was able to introduce Crossfit after receiving a grant meant to keep students active. Crossfit is a constantly-varied, high-intensity functional movement-based workout used to improve one's overall fitness level. Although Crossfit workouts are always meant to be different, a few movements make up the foundation of the workout. Air squats, medicine ball slams, and crunches are some of the motions that students try to do as many reps as possible (AMRAPs).

"Crossfit is not specific to one thing, it improves every area," said Coach Michael Oliver, the instructor of the boy's class. Crossfit takes place during third period for girls and sixth period for the boys in room 501.

Next school year, Crossfit II will be offered to students who passed the first course. The upper-level class will consist of advanced work-

outs that build upon the strength students gain in the introductory class.

Crossfit offers a lot to students who take the class, according to Coach

Oliver. It allows students to improve their fitness levels and focuses on building strength in the entire body.

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PHOTO BY SCOTT DIAZ

Student practices her form for an Olympian lift in Mrs. Minggia's third period Crossfit class.



THE GRIZZLY GROWLER

The contents of this newspaper are not meant to reflect the opinions of Spring Valley High School or its staff.

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Catch a mistake?

The Grizzly Growler fixes mistakes. If you find an error, email: tmverderosa@interact.ccsd.net

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SV teachers continue to rally for raise

By Ashlend Laparra

The chilling winter air cut through the thickest of clothes on November 10. In front of Spring Valley High School approximately a dozen educators stood strong holding signs in disagreement with Clark County School District's (CCSD) continued salary freeze and change in health care.

This summer, the district announced a pay freeze for all educators, which sparked fury among teachers, and a continuous battle between the CCEA and CCSD. A pay freeze is when someone may no longer get a raise despite previous contract agreements.

"All of us as teachers, it felt good to rally together and feel like we were one fighting for the same purpose," said Mr. Michael Bucher, a math teacher at Spring Valley High School who participated in the rally.

Before the two reached an impasse, the CCEA made a proposal which included better health benefits, salary raises, as well as bonuses based on education. The proposal would cost a total



PHOTO BY MRS TARA VERDEROSA

Teachers at Spring Valley High School protest the salary freezes and lack of contract on November 10. This is the third protest that Spring Valley teachers have held to show their disapproval of the district's treatment of them.

of \$70 million.

CCSD's counter included no contributions to health benefits as well as the continuation of pay freezes for all educators. CCSD's proposal would cost \$21 million. After much dispute between both the teachers union and the CCSD trustees the matter has now gone into arbitration which means a third party will now resolve the matter and both CCSD and the CCEA will be able to present their

cases to the third party who has not yet been decided.

The arbitration requires both groups to agree on to arbitration. Once this is done they must compile a list of neutral parties and choose one to move forward. This is followed by a preliminary hearing where parties express their side. The arbitrator will then ask for one final offer from both sides and choose the one they deem most fair.

"I fully support the teach-

er's efforts ... And I hope when arbitrators make their decision that they side with the teachers in this situation," said Spring Valley Principal Tam Larnerd.

The Clark County Education Association has not slowed their efforts to bring justice to teachers. Their efforts were a success as of recent the CCEA conducted over 80 rallies throughout the valley. Their message, "Stop the revolving door! Make having a

qualified teacher in every classroom a priority and settle a fair and equitable contract."

What will happen after arbitration is unknown as of now but the decision that will be made will affect all students, teachers and even parents in CCSD.

"I'm afraid of how it's going to affect my life, my quality life," Bucher said of the cuts. "I have children so I'm concerned about my son and future child.

WHATS NEW AROUND CAMPUS

Senior ads now open to all SV students

By Brenda Dorantes

A senior ad has always been the best way to celebrate a student's accomplishments during school. But this year at Spring Valley High School, the senior page is no longer reserved only for graduating students.

In the ad, parents are able to share their child's pictures from when they were infants up to their latest year. The ad can have up to 12 pictures and feature a note from friends or family members.

The ad is also open to friends who want to buy a page and share their friendship in the yearbook.

"We need more pages sold," said Ms. Keith. "The pages help us fund the

book. The book is expensive and it gets more and more expensive if we don't sell pages."

According to Ms. Keith there were about two pages sold in the yearbook last year and that she hopes more students would want to participate this year.

"I haven't seen any orders yet. Usually people wait until the last minute, but that's not good," said Ms. Keith.

ORDER AN AD
• The deadline to purchase the ad is December 18. To order, students can visit www.jostens.com/yearbookads, and get started with the ad.



School embraces transgender acceptance

By Nikki Malkus

On Thursday, May 28, 2015 the Clark County School District (CCSD) met with dozens of parents and students who were fighting for gender equality.

Since then, CCSD has allowed schools to individually decide their bathroom and locker room policy for transgender students. For the first time at Spring Valley High School, students have the choice to choose which bathroom and locker room they feel comfortable using, rather than the one they are assigned.

Before this policy was made, all students who identified as transgender had to use the bathroom and locker room based on their biological gender.

Although many transgendered students felt uncomfortable changing in their assigned locker room, the district only recently classified this as discrimination, and gave students the option to choose.

About 5 percent of CCSD students identify as trans-

"Transgenders are human too. They should have the choice and right not to feel like a monster, and be comfortable"

— Senior Mahsa Aghakhani

gender. Even more students are likely struggling with self identity and have yet to identify themselves.

In an effort to build a more accepting environment, at Spring Valley, Principal Tam Larnerd, the assistant principals, deans, counselors and about 30 teachers attended a training course to address the decision of transgender student's bathroom and locker room use.

Although students and schools have expressed support of this new acceptance policy, some parents have been less open to the change. Many flooded the district and board meetings unsure how to feel if their son or daughter were to use the bathroom or locker room with a student born of the

opposite gender. Although the district said they understood concerns, they were confident that making the decision school-based was a move towards acceptance, and away from discrimination.

"It's about time they did something about equality," said Senior Mahsa Aghakhani. "Transgenders are human too. They should have the choice and right not to feel like a monster and be comfortable."

Overall, denying a student to use one's chosen bathroom is discrimination, something many argue that Title IX prohibits. Title IX is a federal law that bans discrimination based on sex, race, age or disability in any government-funded education program.



Midterm success depends on consistency

By Isaac Salas

It's December, and while many people are concentrating on the holiday season, it is also important to focus what is happening at school. Mid-terms are quickly approaching and ready or not, they will make up 20 percent of student's semester grades. Here are four ways to be ready for midterms while still enjoying the holiday season:

1 Time Management- "Prioritize and have a proper school life balance," advised photography teacher Eric Stakley.

Managing time properly and planning out a schedule for school and social life is key to being successful. Its all about time. Even though it sounds crazy, studying for exams means covering material from two whole quarters. This

cannot be accomplished in 12 hours. If you truly want to be successful, use the upcoming weeks and study in stride -- not all at once. Don't forget to take breaks so you can let your brain rest and process the information.

2 Don't Cram- When studying for exams it is important not to do all your studying at once, especially in one night.

The more you cram the more likely you are to forget information. Plus if you stay up all night cramming it will affect your sleep and ability the next day. Instead of rushing yourself, try skimming through your notes. This shouldn't be a day of rereading and studying, it's a day of review.

3 Stress Relief- There will come a time, while studying, that it may all

seem like too much. You can't remember the material or you don't feel like you have enough time. This is the point to walk away. Take some time to be with the people that make you happy. Don't focus only on your studies; take breaks and do something that you enjoy to take your mind off the work.

4 Stay Healthy- While most students focus

on studying during exams its important to keep your body and health in good condition as well! Getting plenty of rest so your brain has a break to process is extremely important. Eating healthy will also give your brain the fuel it needs to think during tests.. Lastly, don't hype yourself up with caffeine. While it works for a few hours, the following days (and tests) you will be extremely exhausted.



AVID recertified as demonstration school

By Sydney Pravato

This November, Spring Valley was recertified as an AVID National Demonstration (demo) school for its first recertification since it was distinguished in 2013. AVID (Advancement Via Individual Determination) is an academic, regularly scheduled, elective class that aims to prepare students for college both academically and socially.

Out of more than 5,000 AVID schools in the nation, only about 200 are given the distinction of a demo school. A demo school serves as an example of the teaching, practices and attitudes a successful program should have. Spring Valley is also the only demonstration school in Nevada.

"The AVID program does well for the kids who need a little help on strategies, motivation, or college preparation," Principal Tam Larnerd said. "High Schools usually lets those students just barely get by, but AVID challenges those students to do their best and helps them succeed."

In order to maintain the title, AVID board members come to the school twice every three years to make sure Spring Valley is continuing to use AVID best practices. The team first visited in October for the mock visit before the official reauthorization visit in November. The team bases their decision on how well Spring Valley implements the AVID strategies in class-



PHOTO COURTESY OF MRS. ANGELICA STRONG

AVID students pose for a photograph while on a tour of Utah colleges. AVID frequently takes students to visit various colleges across the country.

rooms.

AVID, however, extends far beyond teaching methods. Making sure students are aware of their possibilities is a major factor in what it takes to be an AVID

school.

"Due to the AVID program I've been more organized and my study habits have improved," said sophomore Alexa Rojas.

Not only do students need

to be aware of their possibilities in the present, but also for the future.

"Being a demo AVID school means Spring Valley students know what's to be expected of them so they

can strive to do better," said AVID Co-Coordinator Mrs. Angelica Strong. The club is also coordinated by Co-Coordinator Mrs. Melanie Wilkerson, a math and Spanish teacher at SV.

Teachers and administrators also credit AVID for Spring Valley's continuously rising graduation rates. Graduation rates have risen nearly 12 percent in the past three years at SV.



Cross Country raises money to honor fallen soldiers

By Cheyenne Tamashiro

On September 26th, 2015, the cross-country team held an annual car wash with high spirits. Although the car wash was initially to raise money for the cross-country team, this year's was done for the Honor and Remember organization, a group that donates personalized flags of remembrance to the families of fallen soldiers. At the end of the day, the team raised \$418.46, which would all go to a sponsorship of a personalized flag for the next family waiting to receive one.

These flags are personal-

ized and hand-made for each family at the cost of \$350.00.

Coach Jean Rees, of the cross-country team, heard about the Honor and Remember organization during a marathon in Virginia this past Memorial Day, and decided it was an important cause she would like Spring Valley to support.

"The team bonding for this fund raiser was a great experience," said Coach Rees. She believed that the bonding over this organization would be a life lesson for her team by getting a feel of doing something out of the good of your heart and donating the money to

a family as an honor rather than using the money for themselves. Fund raisers are often made for the benefit of the people that sponsor it, however the \$418.36 that was raised went straight to a family that would be donated a flag in remembrance of their fallen family member.

"The team worked together well, and I think this was a time where the team could get together and bond," said William Reichel, captain of the cross country team.

Honor and Remember was founded in December 2005, after soldier named George Anthony Lutz II,

also known as Tony, was sniped dead at his station in Fallujah, Iraq. He passed away, bringing grief to his family and friends. Looking for a way to honor his son, his father, George, searched for a symbol that recognizes fallen soldiers, but was surprised when he couldn't find one. In an act to remember his son, and the countless other fallen soldiers, Lutz father created the Honor and Remembrance.

The cross-country is looking forward to having the personalized flag delivered, and an honorary plaque that will be awarded to them by the organization.



PHOTO COURTESY OF MRS. JEAN REES

Spring Valley High School's cross country team raises money for the Honor and Remembrance organization, which donates personalized flags to the families of fallen soldiers across the country.



GSA

CONTINUED FROM PAGE 1

of orientation," Reyes said. "Finally with our encouragement and time he was able to come out gay to his friends and family."

Reyes says she openly supports GSA because she believes all minorities have the right to be accepted and that no one should have to hide who they are. She is one of many, but not enough, who know that one doesn't have to identify as something to be supportive of it. GSA has become a safe haven for many students who consider themselves minorities.

Vic Salguero, a junior in GSA, has seen first-hand that having a deep understanding of something is not always needed to support someone.

"If you don't understand,

the least you can do is respect it," Salguero said of the different types of relationships and identities within the LGBTQ community. Respect for others is one of the many reasons why being a participant of GSA is important to Salguero. As a new member of GSA this year, Salguero sees the value of being open minded towards others, and how support from friends can help people feel comfortable with who they are.

Student involvement in GSA has become crucial to keeping GSA at Spring Valley. Since there are only about a dozen active members, one of the club's missions is to gather more grizzlies at Friday meetings. Without active members, it's hard to argue that students need the club, said President Steinborn.

In addition to helping the LGBTQ community, GSA

aims to support all students who do not feeling accepted. Many students assume that because the club is titled the Gay Straight Alliance, the club only supports students who are gay, lesbian, or bisexual. In contrast, GSA focuses solely equality, and dealing with the discrimination of all minorities, not only sexual orientation.

Many of the club's supporters and participants argue that equality of all minorities is the purpose of GSA. There are many students in the club that do not classify as homosexual.

GSA Co-Advisor Mr. John Wabel, has proven to be an inspiring and accepting teacher, many members said. As one of the advisors, Wabel believes that being open minded and understanding is important.

"Every single student is

different. They all come from different backgrounds..." Wabel said. "We want to focus GSA on being a total inclusion club, focusing on all minorities."

Although some students express fear of being judged or mocked for being who they are, Wabel said GSA is only there to support.

"GSA is a place where bullying will not be tolerated. It's a safe place."

Ms. Felicia Bonanno, a Geoscience and AP Environmental Science, said her time as a student made her appreciate GSA.

"It's a place where people can go to feel safe and I think that's really important," she said. As a member of GSA for a year when she attended Sierra Vista High School Ms. Bonanno said she was a first-hand witness to the benefits of GSA for all students.

With the support of those like Reyes, Spring Valley's GSA proves that the club is for more than the LG-BTQ community. Despite stereotypes, students of all backgrounds are active and supportive members.

This year, Spring Valley will begin using the "safe space" stickers, provided by GSA, to identify teachers willing to support all students who struggle with acceptance.

The stickers were created by GLSEN (Gay, Lesbian, and Straight Education Network) to be placed on classroom doors around the country. These stickers, along with the continuous commitment from GSA are meant to uplift students who struggle to show who they really are.

"If I could tell students one thing," Wabel said. "It would be [that] no matter what happens, it gets better."

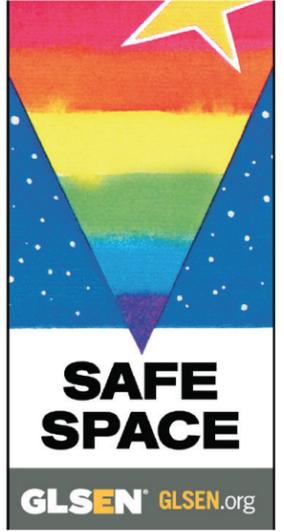


PHOTO COURTESY OF GLSEN

Teachers can put a safe space sticker on their door to show they are supportive of the LGBTQ community and are there to counsel students.

Grading

CONTINUED FROM PAGE 1

teachers believe there are problems with this new policy. English teacher Amy Devaul agrees with the reason it was implemented, but thinks that students will abuse the new system because even if students do not do an assignment, they will get partial credit for the work. Ms. Devaul believes it's fair to use the five point grading

system, she even prefers it, but she does not think it is fair for the students who don't do anything.

"It's not fair for students who at least attempt at the work to receive the same as one who does not." Ms. Devaul reasoned.

As for students, they seem to prefer this new policy.

Junior Bianca Garcia, believes that this new policy will allow her to bring her grade up a lot quicker when she forgets

to turn in an assignment. Instead of receiving the usual 0 percent on the assignment, she would get a 40 percent.

"With all of the homework I get, it can be hard to keep track at times," she said. "It will be so much easier to bring my grade back up using the minimum F policy."

Teachers began using the minimum F policy this year at Spring Valley and are expected to continue moving forward.

Crossfit

CONTINUED FROM PAGE 1

"The cool thing is from the smallest to the largest or the weakest to the strongest, Crossfit has the same benefit," said Oliver.

Sophomore Helen Paulos agrees that crossfit is an excellent workout for all students.

"Crossfit teaches people how to pace themselves while working out," she said.



PHOTO BY SCOTT DIAZ

Students in Mrs. Minggia's Crossfit class do air squats to build quad-strength and practice their form.

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'Ashland Falls' shows actors versatility to play many roles



PHOTO BY JADE BROOKS-LIZAOLA

On November 18 to 20, Spring Valley High School's theatre department performed their third production "Ashland Falls," the story of a theatre class with a suspicious director and questionable past.

By Jade Brooks-Lizaola

The theatre department's most recent production of "Ashland Falls" was one full of suspense and mystery. The play tells the story of a theatre class who gets a new teacher after their original one disappeared. The class then performs a play that the new teacher knows suspiciously too well.

The actors and actresses did an outstanding job with staying true to their characters and portraying their many different roles. At

the beginning of the play, characters, Emily, Payton, and Lydia, were portrayed as snobby girls but later transformed into sophisticated and well put together characters. It was impressive to see how these three girls transitioned from one character to the next, changing voices, personalities and all.

Costumes, created by the cast, were also beautiful and included dresses and suits that people wore in the 1800s. Actors also had mastered English accents that they maintained

throughout their characters.

The best part in the play was the beginning when Savannah and Carrie get into a fight. This scene was incredibly realistic and included convincing sound effects such as punches, kicks, and slaps that made it sound like they were actually beating each other up.

Another part I enjoyed was towards the end when they had gotten out of their characters and started yelling for Savannah to get on stage. At first I thought

they had actually messed up and had forgotten something, but I soon realized that it was part of the play. This was a funny part because it went from mysterious and suspenseful to hilarious. At that moment it was confusing but then you ended up understanding what was going on.

Anyone who attended "Ashland Falls" was sure to have enjoyed both the humor and tension created by the characters. I look forward to seeing the theatre programs next success in the Spring.

STAFF EDITORIAL

CCSD should televise flag football to meet Title IX requirements

Title IX is a comprehensive federal law that prohibits discrimination on the basis of sex in any federally funded education program or activity. This law mandates that all rights for one activity must be provided to both genders equally. Although this law has been in effect for years it is one that seems to lack enforcement.

Every year, Clark County School District football teams are given the opportunity to be televised on the LVTV station. Although this is a well deserved opportunity for football players across the district, televising only the boys football team, and not the girls flag football team, is not in accordance with Title IX.

"At the beginning of the season, they [the school

district] get together and ask if anyone would like to have a 'Thursday Night Lights' game," Spring Valley football Coach Marcus Teal said. "Then based on how many say yes, they look at the schedule and pick which game might be good matchups and then the people at the TV station come out and televise."

Despite conversations about having other teams televised, Teal said the district or station have made no move to bring other sports to broadcast.

CCSD and LVTV did not respond to multiple phone calls from The Grizzly Growler.

While it is a great opportunity for boys football to show their skills and highlight their accomplishments, girls



PHOTO COURTESY OF MRS. LISA KEITH

Joze DeCunzo runs the ball down field in a game against Legacy High School last year.

sport's deserve the right to receive the same acknowledgement. LVTV and the district should consider televising at least girl's flag football, to stay in accor-

dance with Title IX.

While the district argues that discrimination is not tolerated, girls and boys football teams are not given the same opportunities.

Words from the Writing Center

Writing is more than transferring thoughts to words on a page. Writing is the air within our lungs, an escapade, a singular enraptured breath of awe and wonderment. Writing is a journey, an expedition that can take different paths for each of us, and it is through the act of writing by which we can measure what we bring to those experiences for ourselves and for each other. For the young writers of Spring Valley, their path led them to the poetry contest hosted by the Writers' Studio.

All of the poems submitted had their own unique way of expressing the authors' passion towards writing. Due to the exceptional influx of submissions, it was difficult to decide on a single piece. We applaud all the young writers of Spring Valley and thank them for their submissions which will be published in the Grizzly Mirror, an anthology that celebrates the many talented writers within our school. Come to the Writers' Studio and let your voice be heard.

First place submission:

"I am from..."

By Sahana Bojorquez

I am from the short grass,
And the lawnmowers
I am from the white paint,
And goal posts.

I am from Gatorades
And electrolytes
I am from power bars
And large fries.

I am from closets stuffed with balls
Living rooms with dents in the walls.

I am from the sibling without blood
From the 16 other moms
And 16 other homes
I am from the weekend custody of the 16 other families

I am from the 7 p.m. practices
And the 8 a.m. games
I am from the cut up knees
Sore ankles, and broken bones.

I am from the black stripes
And loud whistles
I am from the yellow cards,
And missed calls.

I am from the love of the game,
And desire of fame
I am from the great players before me,
And amid the ones to come after me
I am from the pitch.

Second place submission:

"Somewhere"

By Jay Adams

There is beauty in the world,
somewhere.

It ages like ripend fruit,
Like crow's feet,
Like a tall, wise, ageless tree
casting a shadow beneath
That hides the grisly;
The good, the bad,
And the ugly.

A forest damned with vermon
It crawls within its own skin.
Sheltered by beauty,
Hidden as a disguise,

Those ripe fruits are rotten inside.

There's beauty out there,
somewhere.
But beauty lies,
For what lies within
Does not always match
The outside.

Students interested in having their writing published may submit their work to Ms. Whitt in room 832.



'Jessica Jones' a new take on old hero



PHOTO COURTESY OF MARVEL

"Jessica Jones," starring Krysten Ritter, was released to Netflix on November 20 and is the newest chronicling of Marvel's comic series.

By Rehza Aguilar

Superheroes are making a resurgence in popularity, but Netflix's newest spin on Marvel's "Jessica Jones," is one you have likely not seen before.

On Nov. 20, Netflix released one of the most noir Marvel series yet; "Jessica Jones."

The series, aptly named after its main character, tells the story of a private investigator who was once a superhero before a traumatic event scarred her for life. Played by Krysten Ritter, Jones is faced with her traumatizing and is forced to find a way to end it for good.

This P.I. is no ordinary P.I.; True to a typical super hero, she has super strength and can jump at extremely high lengths. While "Jessica Jones" is many wonderful things, it is certainly not one: family friendly.

Every superhero needs a villain and that's where Kilgrave (David Tennant) comes into play. Kilgrave is a creepy and obsessive villain who has the power to control minds. Even though he is manipulative, there is a sentimental side to him like all villains.

The makers of this show did a wonderful job introducing Kilgrave and developing his personality. This enigmatic character will give you chills and is arguably one of the most underrated villains there is.

When it comes to choosing a favorite character I become very fickle because sometimes it's Jessica, sometimes it's her neighbor Malcolm (played Eka Darville) or Luke Cage (Mike Colter), and sometimes it's even Kilgrave.

One thing that was different that expected was a lack of Kilgrave's physical presence. But what makes the show more compelling is that even if his face isn't showing, viewers know that he's there.

Less is more and the writers did an amazing job

showing that. Netflix exceeded with this series because when you watch each episode the tension builds up and you want to know what happens next.

If you are into superheroes or shows that is set in a darker tone then this is a great series to watch. Tennant's innocent face but terrible actions will make you conflicted with how you feel about him and Ritter's rebellious portrayal of Jessica is impeccable.

Upcoming Movie Releases

Friday, Dec. 4:

Krampus

MI-5

The World of Kanako

Christmas Eve

Friday, Dec 18:

Star Wars: The Force Awakens

Sisters

Extraction

Friday, Dec. 25:

Joy

Daddy's Home

The Hateful Eight

Friday, Jan. 8:

The Forest

The Reverant

Friday, Jan. 15:

The 5th Wave

Ride Along 2

Norm of the North

Friday, Jan. 22:

IP Man 3

13 Hours: The Secret Soldiers of Benghazi



Lovato transitions on newest album, "Confident"

By Jade Brooks-Lizaola

Demi Lovato's new album "Confident" will make quite the impression on her fans and new listeners alike. Released on October 16, her newest album has eight songs, and already, many are surprised with the new sound she unveiled.

Her song "Confident," is the most popular song with more than 35,000 listens on YouTube. Many were shocked to find out that the new song belonged to Lovato.

In her first single from the album it is clear that Lovato no longer belongs to Disney channel. In provocative clothing, Lovato sings the lines to her newest release.

While most of the songs on her album are upbeat, her song "Stone Cold" and

"For You" are a bit slower. While her old style may be missed, seems to be an improvement from the old Demi.

My personal favorites from her album are "Confident," "Waitin For You," and "Kingdom Come," for their upbeat sound. I love the way they sound and the songs are well put together.

Listeners can also appreciate the fact that her music video "Confident" stars the actress Michelle Rodriguez as at first her enemy, then her accomplice.

One line I appreciate from her song is, "Whats wrong with being confident?"

I like this line in particular because it is her saying that she's confident and doesn't know what's wrong

with that. It is a good value to be confident and I like that she encourages that.

Many people enjoy these songs for just that reason, because they're upbeat and positive for people rock out to in the car, at home, or with friends. Her songs also give girls advice to be who they want to be and to just have fun. The video also stars an actress who was in well known in movies like Resident Evil, Fast and Furious, etc.

While it is always a risk to come out with a new style and sound, it seems that this was a good choice for Lovato, as she is still making her way to the top. Not only is she still making it to the top, she's still inspiring her fans to be who they are and be happy about it.



PHOTO COURTESY OF ISLAND RECORDS

Demi Lovato released her fifth studio album in October, with "Confident" as her first single off the album. Lovato's newest release has eight tracks and signals a maturing in her sound.



Star shooting guard named SUPER7



PHOTO COURTESY OF MR. WILLIAM HEMBERGER
Students gather wearing 6th man T-shirts to support the Lady Grizzly basketball team in their regional championship game against Faith Lutheran. This year, SV is implementing

By Amai Mims

SUPER 7

•Starting shooting guard Essence Booker was named one of the 7 best female athletes in the state of Nevada by the Las Vegas Review-Journal in November.

"EB3! EB3!" the crowd chants her name and jersey number when she walks on the court. People know her as the sophomore, Miss Essence Booker, the starting shooting guard for the Spring Valley Women's varsity basketball team. This sensational player earned herself the title of "SUPER7", an award for the seven best female athletes in Nevada.

The Las Vegas Sun newspaper presented her with the award at the South Point Casino on Thursday, November 12th.

"Out of all female athletes in Nevada, I wouldn't have considered myself to be in the SUPER7! I never thought I'd make something like that," said Booker flabbergasted.

Booker explained she never considered winning the award, as a sophomore at a D1A school. She feels that this is a huge achievement for her and is proof that her hard work is finally paying off. This only encourages her more and she will keep working harder and not settle.

Booker started playing basketball when she was in the seventh grade, and has been working hard ever since to develop the skills she has now. She hopes to get a full ride scholarship to UConn to play basketball.

"She's already currently getting recruited by five division I schools," beamed Coach William Hemberger.

Coach Hemberger explains that even though Booker is an outstanding basketball player, she's an even better student. With a good head on her shoulders, he is proud to see one of his best players succeed in basketball. He explained that Booker has grown tremendously from her attitude drawbacks last year during season. He states that after the game against the Buena Bulldogs where women's varsity lost by four, he believes that she recognized that her attitude got in the way of the game and from then on has been working on fixing it.

"Of course, it finally shows what a great player she is," responded sophomore, Kayla Harris when asked about her fellow teammate.

"It's a good accomplishment for her as an individual, and it also puts Spring Valley on the map," said Senior Kalynn Lesley who is also apart of the Women's Varsity team.

Booker's family and friends were excited for her award, and can't wait to see her next accomplishment.

Upcoming Games

**Wednesday,
Dec. 16**

*Flag Football v.
Eldorado*

Varsity: 4:30 p.m.
JV: 3:30 p.m.

**Wednesday,
Jan. 6**

*Wrestling v. Faith
Lutheran*

Varsity: 5 p.m.
JV: 6 p.m.

Thursday Jan. 7

*Flag football v.
Mojave*

Varsity: 4:30 p.m.
JV: 3:30 p.m.

Friday Jan. 8

*Basketball v.
Mojave*

Varsity: 5:30 p.m.
JV: 7:00 p.m.

Tuesday Jan. 19

*Basketball v.
Pahrump*

Varsity: 4:30 p.m.
JV: 6:30 p.m.

Tuesday Jan. 19

*Flag football v. Las
Vegas*

Varsity: 4:30 p.m.
JV: 3:30 p.m.

PACK THE GYM NIGHTS

\$1 student tickets

Wednesday 1/27

*Wrestling v.
Cheyenne*

Varsity: 5 p.m.
J.V: 6 p.m.

Friday 1/29

*Basketball v. Faith
Lutheran*

Varsity: 4:30 p.m.
J.V: 6 p.m.

Tennis sends junior to state tournament

By Cheyenne
Tamashiro

In one of its most successful seasons in recent years, the Spring Valley boy's tennis team had one player qualify for the state tournament in singles and one doubles team make it to the regional quarter finals. Advised by Coach Charles Janette, the boy's team sent junior Christopher Zimmerman to the state championship to compete, and double's team Vangelis Zimmerman (freshman) and Dominic Morimando (freshman) to the quarter finals.

The girls' also competed successfully with 4 wins and 5 losses, just narrowly missing regionals by a loss to Mojave High School.

Coach Bloom expressed his joy with both teams this season and to be even more successful next year.

"We were one short set of the playoffs," said Coach Bloom. Winning a set requires a team or player to win a minimum of 6 games, with a 2 game advantage over the opponent. But even with the loss, Bloom said the girls kept their heads high and worked hard no matter the outcome. During practices, the girls have consistently worked hard in the heat and let their determination drive

them to future successes.

"The girls all work hard, and I appreciate what they do," said Coach Bloom. He has been a coach at Spring Valley for 10 years and said that this season has been the best he has seen out of the time he's been coaching. He appreciates the girls' hard work and hopes the return of the season next school year will be even better.

Co-captains Guadalupe Gomez and Jazmine Abundis, cheered on the girls for the future of the tennis team as this was their last season to play with the Spring Valley tennis team.

"It was nice being able to play with an amazing group of girls. I would like to thank the team for the effort they put in during every match, and for never giving up even when the teams we played were much better than us," said Gomez.

Abundis also expressed her joy being a co-captain with Gomez, and appreciated all the hard work that was put into the tennis team.

"I'm very proud of the girls and their hard work this year ... I hope that the team comes back next year to regain revenge against Mojave to get our

place into the playoffs. Good luck," cheered on Abundis.

As Coach Janette 's first year coaching tennis, he couldn't have asked for a better team.

"I felt I could always do better," said Zimmerman. However, he also said he worked hard along with the team and felt they, and himself, did well for having a switch of coaches in the beginning of the season. He also believed they did much better than last year.

With ambitions Zimmerman only said one thing about next year's season:

"Win state."

This achievement drove Coach Janette to think about the future of the tennis team, which included an early prep for the season. Coach Janette expressed his dislike for starting late as it left him little to no time to work on what he hoped to have done. With the season starting late spring, and becoming the new coach during that time, he lost time to work with the boys. Having the season start earlier, he can recruit more and have a more appropriate training schedule for the boys.

"I encourage anyone to try out for tennis. It's a great team sport," said Bloom.



PHOTO COURTESY OF ALEX FERNANDEZ

Junior Christopher Zimmerman volleys the tennis ball across the net in a game against Mojave. Zimmerman later went on to compete in the state championship for Spring Valley.



Women's soccer braves the snow at first state championship



By Justin McGee

When Samantha Meyers was a freshman on the Spring Valley soccer team, she walked away from her first season with only one win. Three years later, however, SV soccer has gone where it never has before, with Meyers leading the team with 37 goals this season, and ultimately ending up at the state championship.

"State was an unforgettable experience and a great way to end my senior year making Grizzly history," Meyers said.

Coach Rivera Yamilza Rivera-Negron also expressed her pride in the teams

growth since she began coaching at SV.

"Three years ago after the soccer season with a record of 1-10-1, three freshmen from that team who are all captains now would be here tonight celebrating the most successful soccer season in the history of Spring Valley," Rivera reflected at the annual Fall Sports Banquet.

This year, Spring Valley's girl's soccer team recorded their most successful yet. The girls ended the regular season 11-3-2 and made it to the Regional Championship, losing to Faith Lutheran 3-1. Despite this loss, the ladies qualified as the second seed for the state championship, and

traveled up to South Lake Tahoe where they lost 3-1.

In the final game of the season, the ladies traveled to South Lake Tahoe to play the Vikings on their home turf. With temperatures in the 20s and snow piled along the side of the field, cold was just another obstacle these ladies needed to surmount to be state champions. Although the grizzlies ended the first half tied 1-1, they gave up two goals in the second half. The South Lake Tahoe Vikings ultimately ended up losing in the state finals against Faith Lutheran.

"This was my first year playing high

school soccer and to make it to state was an incredible experience," said Goal Keeper Kelsea Claveria.

Spring Valley's team is lead by four captains who are devoted to making the team outstanding: Senior Samantha Meyers, Senior Sahana Bojordquez, Senior Whitney Robison and Junior Jozee DeCunzo. These four player were selected as captains because of their dedication, and commitment to be leaders, Rivera said.

"Making it to the state tournament was a culmination of a season of hard work and overcoming hardships on and off the field."



Fall sports achieves most successful season yet

By Donovan Souder & Garrison Gavin

As the winter season approaches, many fall sports team are wrapping up their seasons at Spring Valley High School. Nearly all the fall sports made it to the playoffs this year including boys and girl's soccer, cross-country, volleyball, and some tennis players. The girl's soccer team went the furthest by competing in the state championship.

"Many great things have come out of these teams but there is always more room for improvement," said Athletic Director Coach Billy Hemberger.

When the season started, Spring Valley's tennis team barely had enough players to build a roster. But Coach Robert Bloom and Coach

Charles Janette worked hard at promoting the team and getting players on the court.

"I think the biggest achievement we had was getting a lot more players out here to get a team to go and compete," said Sophomore Varsity tennis player Kyle Moser. "Varsity tennis player junior Christopher Zimmerman is definitely winning state this year. As a player watching him, I learned so much from him."

The tennis team made great progress from last year to this year. They achieved many goals that were set by both coaches. One of the biggest goals all the coaches told us that they accomplished was sportsmanship.

"My goal isn't only to

teach them how to play tennis, it's to change them and change them into young and mature adults," said Coach Bloom. "It's been hard to do that as a coach because the girls I get are usually already young adults. Our team plays well together when we know we have each other's back."

In addition to tennis, the volleyball team also had a great year. Spring Valley's girl's volleyball team finished with a record of 7-5 and they achieved the 3rd seed in the playoffs. Although they lost in the first round against Bonanza, they still had a stellar season.

"Every year our team gets better and better," said coach Lisa Keith. "Three years ago our team didn't make playoffs, two years

ago we were the 5th seed, last year we were the 4th seed, and now we are the 3rd seed. Before you know it we will be at the top."

"The team has worked hard and has been preparing for every game. One of the biggest problems with the volleyball team is that the tryouts are over the summer and a lot of players aren't aware, said Keith."

"To help get better for the future in this program, I plan on bringing in two new coaches," said Coach Keith.

Spring Valley's football team worked through the heat all summer but fell just short of the playoffs. Coach Marcus Teal finishing the season with an overall record of 5-4, but the end of a season does not mean it's the end of preparation.

"Many great things have come out of these teams, but there is always more room for improvement" — Athletic Director Billy Hemberger

Although Spring Valley's football team didn't crack the playoffs, the boys and girls soccer teams did. The girl's team finished with a league record of 11 wins 2 losses and 3 ties.

The boys finished 8 wins 5 losses and 1 tie. Both teams clinched playoffs and made it to the regional finals, which is one game away from state. The girls team defeated Cheyenne 3-1 and made it to the state finals in Tahoe, although they lost to Faith Lutheran 2-0. The boys lost to Clark, 5-0, in the first round of playoffs.

Spring Valley's boys cross country team made it to regionals. Coaches Mike Oliver and Jean Rees did a lot of recruiting to get these athletes out there to participate.

"The more, the merrier," said Coach Rees. Coach Oliver did a great job over at cross-fit to get students out there. I talked to a couple female basketball players and got a couple out there, it's a good thing that we only lost 1 senior so we have underclassman ready for next years season," said Coach Rees.