

The Alma Fuerte Post



Alma Fuerte School • Pasadena • Volume I • Issue I • July 18, 2024



Journalism students and Formative Youth Journalism Founder Nathan Wang take a photo with LA Times journalist Michelle Woo after an interview.

Writers to journalists

By THE EDITORS

A class of 13 students in grades sixth through eighth participated in a summer program run by the non-profit organization Formative Youth Journalism Initiative (FYJI). Students learned the principles of journalism, including article structure, interviewing basics and the process of developing a newspaper.

Students chose articles topics that were of the most interest to them and used quotes from FYJI's curriculum interviewees – two LA Times journalists – and quotes from Alma Fuerte's middle school dean. Using these quotes, they wrote their articles, accompanied by hand-drawn art.

Starting as creative writers and moving into journalism, Alma Fuerte students developed their skills as writers and thinkers. FYJI hopes to inspire more middle school students around the Los Angeles metropolitan area to engage in journalism. Students are responsible for finding their own niche using their own interests, but FYJI is a branch of opportunity for students to engage in a new study that was previously inaccessible.

FYJI Executive Director Nathan Wang founded FYJI with the exact hope that students would be able to form their own newspapers at their respective schools through the FYJI team's guided curriculum. Nathan found a starting point at Alma Fuerte.

• Continued on A3 Foreword

Journalism students interview author

By YADI SOLTERO

LA Times journalist Michelle Woo gets interviewed by Alma Fuerte School students.

Woo worked as a senior editor at Medium. She is also a West Coast experiences editor at the LA Times.

Woo answers a question about the perks of being a journalist.

"The perks of being a journalist are that you can be curious as much as you want, you can dig deep into the topic and publish your curiosity in your work," she

said. "Being a journalist means you can learn about others when you're interviewing someone. When you're getting interviewed people can learn about you."

Woo is a mother of two children – a five-year-old and an eleven-year-old.

Woo answers another question about how kids can make parenting easier.

"Children should clean up by themselves and do chores without being told," she said. "If I had a checklist of things they would have to do they,

should fill them in without being told to do so. Kids can make parenting easier by being responsible, behaving, cleaning or just listening. [Listening] is also a form of behaving."

Woo explains her job can be enjoyable but also difficult.

"I wouldn't say my job is exactly easy or hard," she said. "I'd say it's both easy and hard when it comes to editing and writing. Sometimes I like to practice writing paragraphs, or even writing for 15 minutes. Practicing makes perfect."

UPCOMING



ILLUSTRATION BY ALEX ALONZO

MENTAL WELLNESS:

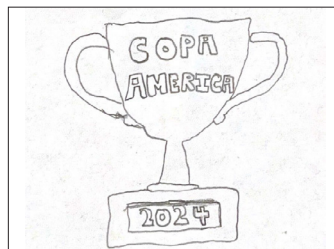
Learn about a licensed counselor's advice on student anxiety and pressure.



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GARDENING GAME:

Read about the new garden at Alma Fuerte School and the nutrition class initiative.



M BY NATHAN WANG

COPA AMERICA CLASH:

Who will win the 2024 Copa America? Two sports writers share their opinions.

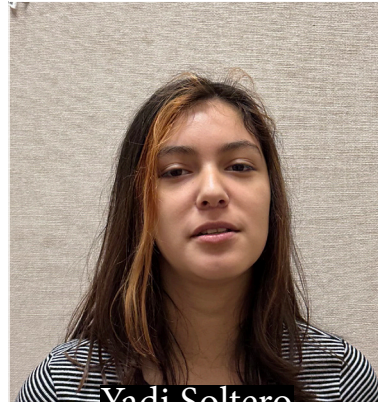
ALMA FUERTE POST STUDENT STAFF:



Kathya Nunez



Juliet Rivera



Yadi Soltero



Steven Miranda



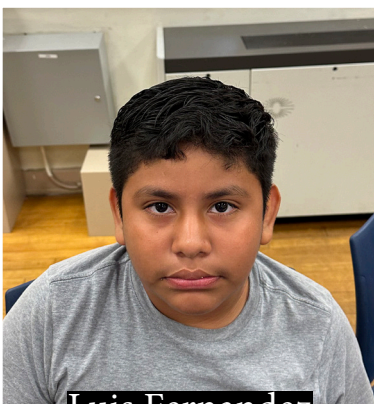
Joen Perdomo



Alyne Jaime

Sophia Cortez

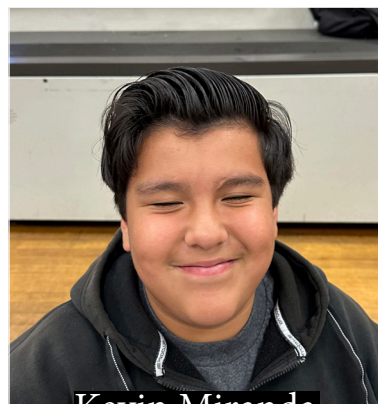
Kamila Nunez



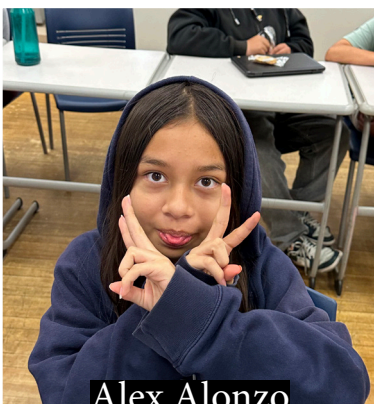
Luis Fernandez



Grace Fonseca



Kevin Miranda



Alex Alonzo



Elizabeth Pena



Josue Guillen,
Alma Fuerte
Post Faculty
Advisor

Established in the summer of 2024, the Alma Fuerte Post is the student-run newspaper of Alma Fuerte Public Charter School.

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FORMATIVE YOUTH JOURNALISM:

A Letter From the Editors



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YOUTH
JOURNALISM**

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Jiaying Hou
Director of Outreach



Emily Zhou
Director of Growth



Nathan Wang
Executive Director
Founder



Claire Xiao
Presentations
Managing Editor

The Formative Youth Journalism Initiative (FYJI) mission is to spark journalistic passion within the hearts of middle school students, ensuring that every young mind, regardless of age, has the opportunity to amplify their voice within their community. Journalism is essential to our digital world, and we are ready to share it with you.

Formative Youth Journalism Initiative (FYJI) is proud to present the student newspaper of Alma Fuerte Public Charter School – home of the Eagles. FYJI is a non-profit, student-run organization dedicated to inspiring middle school student journalists in the communicative, written, and creative fields of journalism. Founded more than a year ago, FYJI's initial mission and goal for every middle school contract was to form a student-run newspaper through a combination of tailored journalism electives, useful slideshow material, interviewing curriculum and lesson plans. In the case of Alma Fuerte, engagement with students meant a unique mix of FYJI's prepared lesson curriculum, interview activities and personal guidance in the classroom. All written material and ideas in this newspaper were created by Alma Fuerte's journalism staff. The page layouts were designed by FYJI Ex-

ecutive Director Nathan Wang, with guidance from the rest of the FYJI leadership team: Claire Xiao, Jiaying Hou, Emily Zhou and Jessica Qi.

In September, Wang and the FYJI team began a dialogue with Alma Fuerte for a journalism partnership. After many months of communication and scheduling, Alma Fuerte allowed FYJI to direct a three-week component of the Alma Fuerte Summer School Program. Leading up to the summer program, the FYJI team dedicated much time to researching various high school journalism, and learning materials to curate hundreds of slides related to the basics of journalism for students. Using our experience within our own high school papers, the leadership team created a curriculum with an emphasis on an immersive learning experience for students that gave opportunities for application beyond classrooms.

Beyond lessons and in-

class activities, the FYJI team invited guest speakers in diverse fields including writers and editors at the LA Times and a long-standing board member of the Pasadena Unified School District to speak in the program to help guide students in interviewing processes when writing their first articles and learn more about the field of journalism. The FYJI program took upon a hybrid learning experience with Wang being physically available for student aid in the classroom and Xiao, Hou, Zhou and Qi being available for virtual and slides-based teaching.

We extend our gratitude to Alma Fuerte Public Charter School for providing our organization the opportunity to inspire and guide the next generation of journalists. Engaging in the world of journalism is a formative experience for youth, as our organization's name suggests, and we are so glad to be able to have shared time with

Alma Fuerte. Needless to say, we thank the students of Alma Fuerte for their open-mindedness in approaching journalism. We are grateful to the entire Alma Fuerte faculty and staff for their support in our organization's initiative. Particular praise to Mr. Guillen – the faculty advisor for Alma Fuerte Post and the branch of communication between FYJI and Alma Fuerte.

As we conclude our Summer 2024 Journalism Program, the entire Formative Youth Journalism team is filled with immense pride and gratitude for the incredible journey we have shared with the students of Alma Fuerte. FYJI's life-long mission is to provide a platform for young students to amplify their crucial voices in their community. We hope you enjoy reading and witnessing the creativity and curiosity of Alma Fuerte's seventh and eighth graders in physical form – 'hot off the press,' as journalists say.

PROFILES

Journalist students at Alma Fuerte Middle School interviewed LA Times Journalists **Kevin Baxter** and **Michelle Woo** as part of the Formative Youth Journalism curriculum. Using their quotes, students wrote feature stories on their experiences as journalists.



Kevin Baxter is a sports writer for the LA Times. After attending college on a track and field scholarship, he settled on becoming a journalist. He particularly enjoys writing about humanitarian impacts from the perspective of sports. His curiosity has inspired his writing topics and career as a sports journalist.

By SOPHIA CORTEZ

LA Times Journalist Kevin Baxter visited Alma Fuerte School to speak with journalism students June 18.

Kevin Baxter earned a bachelor's degree from Villanova University, a master's degree in secondary education from Loyola Marymount and a doctorate in educational leadership from the University of Southern California (USC). Baxter writes about soccer and hockey for the LA Times.

Baxter said he never cheers for a certain team and that all he wishes for is an exciting game, so he has a story to write.

"I'm telling you the truth [that] I'm not cheering for the team," Baxter said. "When I go to a game, I don't hope the [LA] Galaxy wins. I don't care if they lose. I just want an exciting game and a good story."

Baxter said that journalists have to evolve and think outside the box when they analyze various stories so that they can come up with something that you can't really find on your cell phone.

"[Journalists] had to evolve, and we need to tell

you things that you need to know," Baxter said. "In the newspaper, everyone has a beat. Someone who is responsible for Facebook. Someone who's responsible for politics, [or] someone's responsible for football. I'm responsible for soccer and hockey. But I can do stories and other things too. The idea now isn't so much to tell you the score and give you the news. It's to reflect on the news and analyze what it means or to present different stories that you're not going to get off your cell phone."

Baxter said you have to have a sense of curiosity to be a good journalist.

"I think one of the most important things for journalists is you really have to have a deep sense of curiosity," Baxter said. "If you're someone who looks at a building or a park, and you just don't know that somebody put in there, and you don't really think about it, journalism may not be for you. I look at something, and I always think, 'How did that building get there?' 'Who built it?' 'Why did they put it here?' 'Why is this park in the middle of the neighborhood?'"

By KEVIN MIRANDA

Kevin Baxter came to Alma Fuerte School and taught students about journalism June 18. Baxter writes about hockey and soccer for the LA Times newspaper. Baxter has covered seven world cups and four Olympic games.

Baxter said journalists don't cheer because they have to be independent and all they want is a good game and a story.

"I'm always looking for a good story," Baxter said. "When I'm at a game, people think that, if I cover the [LA] Galaxy or Dodgers, I'm cheering for that team. That's not true at all. [Journalists] don't cheer for anything. It's interesting that in the [United States] and maybe Canada, we're the only countries in the world where journalists are like that. You don't cheer for the teams because we have to be independent. You wanna trust us if the

team does good or poorly. I'm telling you the truth. I'm not cheering for the team. When I go to a game, I don't hope the [LA] Galaxy wins. I don't care if they lose. I just want an exciting game and a good story."

Baxter said journalists make sure to keep everything fair and you can't pick sides. He said you have to be 100% fair on both sides and have to represent both sides equally.

"Another part of journalism that is really important is starting to get away [is that] you have to be fair," Baxter said. "100% absolutely fair. That means that you don't take sides. You want to vote for Biden. You want to vote for Trump. You're writing about election week. You have to be fair. When you look back from finishing your story before you've turned it in to your editor, [say], 'Am I fair? Did I present both sides?' 'Can anybody read the story and tell what I think?'"

By KATHYA NUNEZ

LA Times journalist and author Michelle Woo visited Alma Fuerte Public Charter School to speak to middle school students about journalism June 25.

Michelle Woo liked working on High School newspapers. Her first major journalism job was for ABC News in Washington DC. She was born and raised in California. She is the proud mother of two children.

Woo said to take time to think about information and absorb it.

"You should practice in your free time," Woo said. Even if it takes a little while more just keep trying. Try to make it clear to yourself."

While talking with Woo, a student asked her a question about being overwhelmed or stressed about work and what helps push her forward.

Just knowing that there's always the next story helps push me forward," Woo said. "Maybe it will be more exciting. The quotes that you get [may] just be really fun."

Woo said parenting is difficult at times.

"I have a sixth grader," Woo said. "I do wish she would help make not seeing parenting easier. [I want her] to be able to see her chores as a way to help herself. If you're able to see chores and responsibilities as ways of helping yourself and helping the family, that is what advice I could give her."



Michelle Woo is the West Coast Experiences Editor for the LA Times. In her position as an editor, she assigns articles to other journalists. She is also the author of "Horizontal Parenting" – a book about the strategic art of good parenting.

By YADI SOLTERO

LA Times journalist Michelle Woo gets interviewed by Alma Fuerte School students.

Woo worked as a senior editor at Medium. She is also a West Coast experiences editor at the Los Angeles (LA) Times.

Woo answered a question from a student about the perks of being a journalist.

"The perks of being a journalist are that you can be curious as much as you want, you can dig deep into the topic and publish your curiosity in your work," she said. "Being a journalist means you can learn about others when you're interviewing someone. When you're getting interviewed people can learn about you."

Woo is a mother of two children – a five-year-old

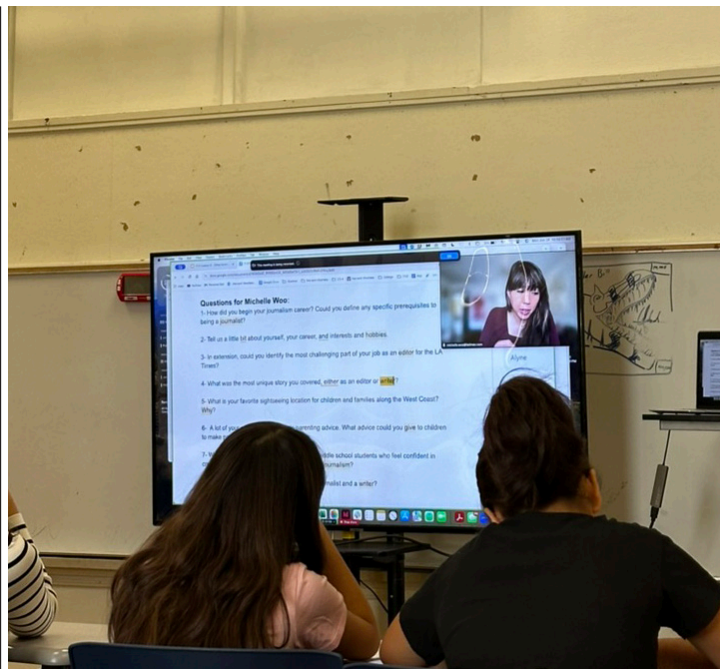
and an eleven-year-old.

Woo answers another question about how kids can make parenting easier.

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Woo explains her job as a writer can be enjoyable but also difficult.

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By JULIET RIVERA
AND ALYNE JAIME

LA Times Journalist Michelle Woo took a Zoom call interview with students from Alma Fuerte.

Before Woo joined the LA Times in 2022, she was a senior editor at Medium. She was the editor of Chief Forge, a publication about personal development.

"I started my career by being part of the high school newspaper staff," Woo said. "In college, I had newspaper internships. I went to Washington, DC to work at ABC News 2020, and that was one of my first journalism internships. I work at the LA Times as the West Coast experiences editor. We give readers fun things to do in LA like ideas for weekend escapes and trips."

Woo joined the LA Times as a West Coast Experiences editor. Woo herself even said you don't need to study journalism in college to be a journalist.

"There aren't many [prerequisites] to being a journalist," Woo said. "I was not a journalism major, so you don't have to be a journalism major to be a journalist. I was a political science

major. It's always good to take at least a few introductory classes to journalism. I would just say to follow your curiosity and major in something that you're really interested in [in college]. I think that would help you whether or not you become a journalist."

Parenting isn't as easy and can be very stressful. Woo is the author of a book about parenting, "Horizontal Parenting." In her interview with Alma Fuerte students, Woo said her work in parenting provided advice she had for kids to help parents out and make parenting easier.

"I have a sixth grader," Woo said. "I do wish she would help make parenting easier. I really want her to not see the chores as something that Mom and Dad are telling her to do, and she just has to check the box, and she's done. [I want her] to be able to see her chores as a way to help herself. She needs to clean up the kitchen area because it's going to give her a more peaceful state of mind. If you're able to see chores and responsibilities as ways of helping yourself and helping the family, that is what advice I could give her."

Kimberly Kenne is a long-standing PUSD board member. Alma Fuerte is not formally part of PUSD, but Kenne acts as a very open line of communication with the school.

By KATHYA NUNEZ

Kim Kenne spoke to Alma Fuerte students over Zoom about the role of the Pasadena Unified School District on June 26. Students asked questions related to education and funding. Although Alma Fuerte is not officially part of PUSD, Kenne spoke to students regarding middle school education and general funding.

Kim Kenne was elected to the PUSD Board of Education in 2011. She was re-elected in 2013 and 2017 to District 1.

Kenne said being a board member is a difficult job that requires bold decisions and a lot of knowledge.

"Being on the school board takes time and effort," Kenne said. "We have long meetings and often there's a lot of material that we have to read to prepare for the meeting. It really helps to have a thick skin because we have to make decisions. Even if some people are happy [with the decisions], they're going to be other people who aren't. It's certainly helpful to have an open mind and also to be willing to learn a lot about [public] education, which is pretty complex. [Board members] have to have some knowledge of how funding works, how testing and academic data results are posted and what [that] means about a whole lot of things."

Kenne said issues relat-

ed to public school funding are largely decided by a strict budget.

"I think it's really important to look at all the available information and really understand the choices when you're being asked to make a decision [about funding]," Kenne said. Then [we] consider what our staff or PUSD district staff have recommended. Typically, when there's an action item on our agenda, they will say, this is what we think the district should do. [Board members] can ask questions and amend [the agenda]. I find it also helpful to follow local state and national education news, especially around the budget. We were all waiting to see how the governor would work with the legislature to finalize the education budget because it could have a significant impact on the amount of money [schools] get."

"I think it's really important to look at all the available information and really understand the choices when you're being asked to make a decision [about funding]," Kenne said. Then [we] consider what our staff or PUSD district staff have recommended. Typically, when there's an action item on our agenda, they will say, this is what we think the district should do. [Board members] can ask questions and amend [the agenda]. It is helpful to follow local, state and

national education news around budgets.

"There's always a number of action items on our agenda that we have to vote on," Kenne said. "The only decisions of the board have to be made by at least a majority of the board. Individual board members can't go around telling people what to do or saying these are the decisions that are going to be made. Only the majority of the board can do that. We set policies, we approve our budgets, and we're responsible for monitoring student's academic outcomes, and the fiscal health of the district."

Although Alma Fuerte is not officially part of PUSD, students see how important funding from the local community is. One of the most popular fundraisers Alma Fuerte does is Chuck E. Cheese. Every year, Alma Fuerte does a fundraiser at Chuck E. Cheese. The school makes between \$50 and \$120. With that money, the school might be able to buy a better printer, better chairs, desks, better school equipment, whiteboard erasers, and more fun field trips.

A month ago, the LA Dodgers donated \$2,500 to Alma Fuerte. With that money, we could probably use that to get a better printer or even more printers. Printers are really important for students because students in Alma Fuerte do a lot of projects that require visual examples in our science fair. Our science teachers instruct us to print out our hypothesis, question, example, our

materials, data questions, our procedure, and more.

Alma Fuerte School Dean Roger Yee said the money we get from fundraisers is adequate. Fundraisers bring people together. People also get to know each other and the community so working together for a certain goal makes whatever is okay.

"Every penny counts," Yee said. "Fundraisers are wonderful. They bring out the community. They bring out more people working together. It's just a wonderful opportunity for people to get to know each other in the community as well. That way you're working for a certain goal. Making any money is helpful for our school."

Yee said that with whatever money we get the school is grateful. With the money, we can buy more technology and buses for field trips. We would also need to use that money for other expenses like paying for the place Alma Fuerte is staying, teacher salaries and janitorial salaries. In the end, everything will have to be used for other things.

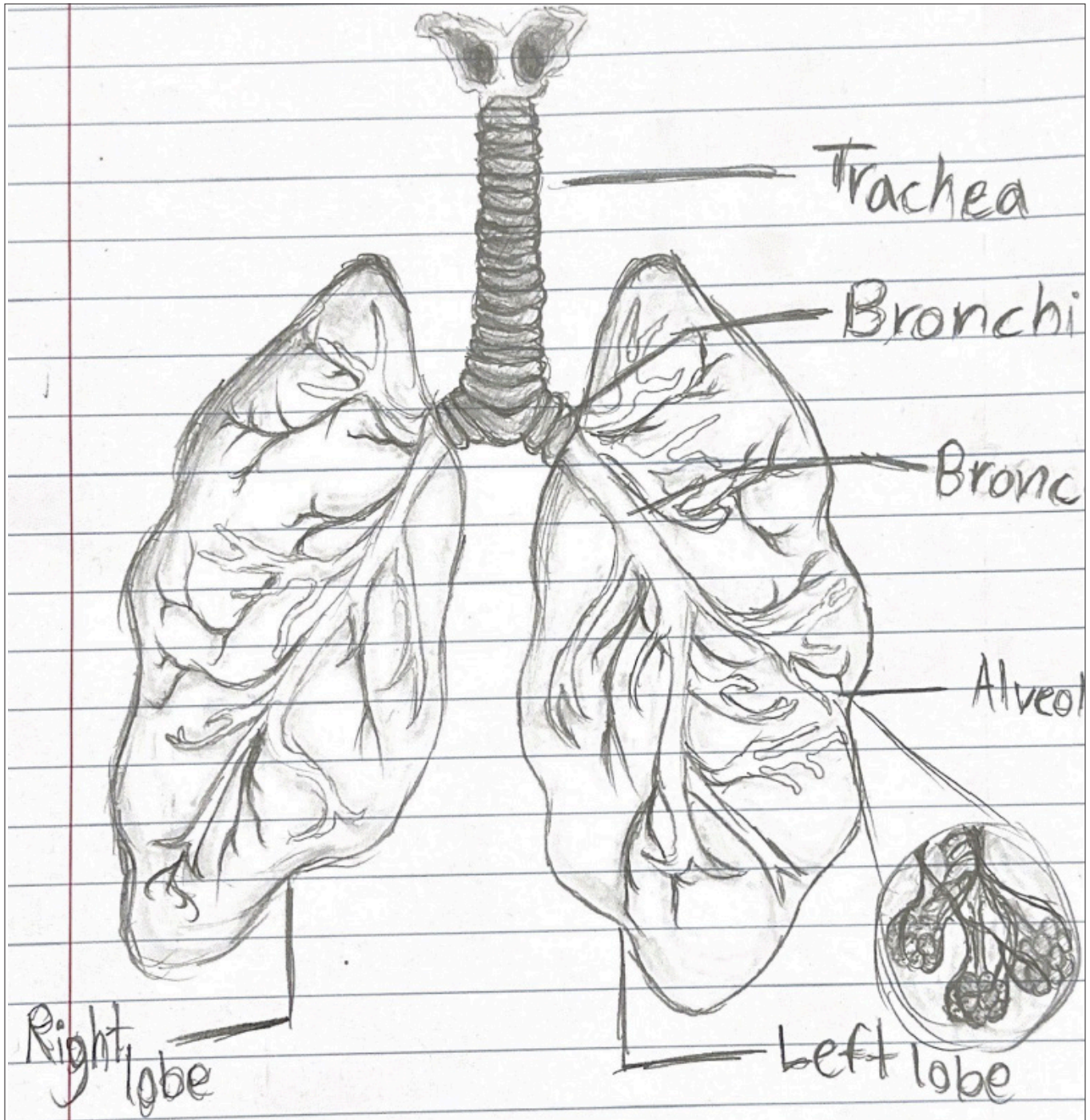
"Money will be helpful," Yee said. "We can buy a lot more technology. We can buy more buses for field trips. All those stuff are not free. Even though the state gives us [money] for each of you, we do have to pay for the electricity, water, the place we're staying at, supplies, teachers' salaries, and janitorial salaries. In the end, everything gets taken away. All [donations] can be helpful for all of us."



Kimberly
Kenne

FEATURES

Features intend to shed light on a specific concern, anomaly or perspective. In this issue, students focused on themes of mental and physical wellbeing.



Growing Health: Gardening

Students and the school nutritionist discuss the importance of the construction of Alma Fuerte's new garden initiative and the nutrition class for students.

By KAMILA NUNEZ

The Alma Fuerte garden project started in 2022 when Señora Maria had the idea of starting the garden. She made the garden for kids to learn about nutrition and have a better diet. Alma Fuerte has two gardens now – one near the girls' restroom and the other one near the football field.

Now, Alma Fuerte's Executive Chef Matthew Fast is in charge of the gardens and nutrition. Gardening is a great way to protect your memory. Gardening improves our mental health. Gardening helps mitigate global warming. Fast, who start-

ed working on the garden in August of 2023, is stepping into his second year at Alma Fuerte.

Fast said he wants kids to know about nutrition at an early age through the garden.

"My inspiration for working on the garden was to educate students on fresh produce and veggies in a more well-rounded way, so students understand the importance of nutrition and wellness at an early age," Fast said.

Fast said the garden teaches students the famous quote: 'Go fishing with someone to eat for a day or teach them to fish and eat for a lifetime.' The garden teaches this

to students who are working in the garden.

"Creating our school garden meant that it needed to be fun and educational to teach students how to dirt the table creating an Urban farm feel," Fast said. "The garden uses fresh ingredients and teaches students how to grow their own food. It's like saying go fishing with someone to eat for a day or teach them to fish and eat for a lifetime."

Fast said he wants to show kids the responsibilities of urban farming through the garden.

"I added chickens to our program to show students how fresh eggs can make a difference

and also to teach the responsibilities that come with urban farming," Fast said. "I hope that one day Alma Fuerte will have its own farmers market to help the [larger] community."

Fast said having a garden means that we have sustainable food for our school. It is making sure every student is on board to take responsibility for the garden.

"The pro of having a garden is that we have sustainable food for our school [and students,]" Fast said. "The con is making sure every student is on board to take responsibility for the garden, so it doesn't fall solely on the teachers."



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Addressing Student Anxiety

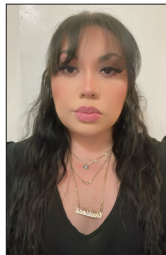
Students and counselors offer wisdom and aid in regard to the possibility of social anxiety. Rest assured, counselors at Alma Fuerte are professionally trained.

By ALYNE JAIME

Social anxiety is all over the world, many people have many different ways to cope with it.

When you have a social anxiety disorder, fear and anxiety lead to avoidance that can interfere with your life. Stress can affect your relationships, daily routines, school or other activities. Social anxiety can help you focus on yourself and gain confidence, but it also affects your interactions with others around you. Social anxiety can change over time, especially when it's the symptoms. Social anxiety, or anxiety, in general, can spark, especially when you're going through changes, the stress in your life, or even just little things like being around a group of new people.

Alma Fuerte Counsel-



Raquel Pimentel

or Raquel Pimentel said there are many different ways to help someone cope with social anxiety.

"Helping someone with social anxiety involves listening without judgment, validating their feelings, as well as exploring the reasoning behind it and when it began," Pimentel said. "Practical strategies include gradual exposure to social situations, practicing social skills, and using relaxation techniques. Support from trusted friends, family, and a therapist/counselor can be beneficial. Positive reinforcement, setting realistic goals and patience are also crucial in managing social anxiety."

Pimentel said she's experienced social anxiety herself and has learned ways to cope with it.

"I have experienced social anxiety myself, and the way that I prepare myself for social

situations is by having a conversation with myself, noting that I am safe and able to leave that setting anytime it becomes too overwhelming," Pimentel said. "I have yet to have a student who has expressed feeling anxious in social settings, however, it can be apparent when I push to the classrooms or out on the playground. I like to observe students from afar and see if they have the language and actions to assert themselves when it's called for, there have been occasions where I would ask the students how they are doing and if they want to participate in an activity with me to see if they feel comfortable enough to interact, typically it works."

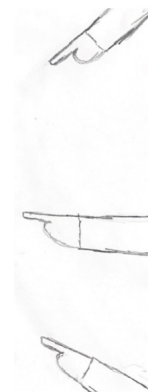
Pimentel said social anxiety is expected from a lot of middle school kids, especially after going through the pandemic. It is important to be slow with healing.

"Social anxiety is almost to be expected es-

pecially with students nowadays because most of them grew up in the pandemic," Pimentel said. "Integrating them into social settings takes time especially depending on the severity of it and their connection to their peers. We should not rush this process."

When he has a case of student stress or anxiety, Alma Fuerte Dean Roger Yee said he tries to make the kids feel as welcome as he can and tries to show them that they can trust him.

"I go and try to talk to them and make them feel comfortable first," Yee said. "I introduce them to kids and their grades and the middle school, for example. I just want to give them a warm welcome. I offer them the opportunity to come talk to me and see what's going on because I'm going to try to interview students and find out what's going on with you guys and see what I can do to help. I just make you feel like this is family."



Summer: Beating the Heat

Faculty and staff discuss the increasing summer heat and its effect on summer activities and physical education, especially with the occasional lack of AC.

By JULIET RIVERA

Alma Fuerte School is dealing with heat by moving learning and PE time.

Pasadena can get really hot, especially in the summer, and that affects Alma Fuerte students. In July, the temperature averages 89 degrees, and it stays that hot in August too. The temperature can get really hot at 1 p.m. or 2 p.m. In September, it can still be as warm as 87 degrees. This heat is caused by pressure in the atmosphere, which pushes warm air to the ground, according to NASA.

The heat can make it hard for students at Alma Fuerte to stay cool and comfortable. It's important to drink water to stay hydrated. Wearing lighter colors instead of dark ones can help keep students cooler during physical education (PE).

Athletics Director Matthew Padilla said during the summer now, drinking water is important.

"I believe hydration is key," Padilla said. "If anything, that's made them drink more water. Staying active in the heat sometimes catches up with you, and you don't know until it's too late. [The staff] is handling it. That's why we're letting everybody play out during the day instead of the afternoon."

Padilla said it is important to drink water and wear as many bright colors as you can.



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"Depending on the heat, because it is summer, [students] don't want to be stuck in the class without air conditioning," Padilla said. "Students have to do their IXL. Students really have to do that on a daily and weekly basis. So in the morning, it's good to be out here. Once it starts warming up, it's pretty smart to go inside."

Air conditioning (AC) is a big factor at Alma Fuerte because sometimes, there is no AC. Padilla said that it is better to play in the morning than in the afternoon because you'll be hotter than in the afternoon.

"Not having AC just throws everything out the window because it's all about safety," Padilla said. "You have to take care of the kids first. You can't take care of someone else if you know you're not well. So, it does take us a little time. Sometimes sitting down, breathing and doing nothing is the best

thing to do."

Middle school science teacher Israel Cuellar said that that students should take breaths and sit down because sometimes the AC doesn't work and there would be no air.

"It's very necessary for kids to hydrate because it does affect their development," Cuellar said. "One of the things that happens is that especially with young kids, they tend to sweat a lot more. So then obviously, you need to have the hydration to stay healthy, limiting injuries and long-term effects. Heat strokes are probably one of the most common results of kids being out in the sun. I wish that we had more flexibility to be able to do fun things outside where kids can get wet. Once again, kids can kind of get hurt like that. You have to be flexible, but at the same time, you also have to weigh your options of what's going to

be more dangerous."

Like Padilla stated, Cuellar said it's very important to drink water.

"As a science teacher, I think that the general rule is that you should be drinking at a gallon of water a day, especially for kids that are being super active," Cuellar said.

Head Chef Matthew Fast said that they do their best to keep the garden in the heat.

"We typically water our garden when it's cool," Fast said. "This way we don't shock our plants. Watering them early in the morning and late evening is the best. We are finding all kinds of solutions to try and keep our chickens cool over the summer. Currently, parents and school volunteers are helping us out by taking the chickens over the summer to help provide a much cooler and safer environment while we get through this heat wave."

Purifying Pupil Pressure

Students and an Alma Fuerte licensed counselor discuss the stress associated with being students and the need for students to share their emotions.

By YADI SOLTERO

Some of Alma Fuerte's students struggle with pressure and are finding ways to destress with the help of counselors.

Some scientists say that academic pressure may leave students with negative thoughts about themselves and anxiety. 50% of middle school students experienced some kind of academic stress, according to Ambitions ABA. Many students deal with anxiety and pressure. Luckily, counselors at Alma Fuerte can help the students with the pressure they feel. Counselors help by giving stress relief toys, a talk with the students and sometimes

some comfort.

Counselor Raquel Pimentel explained the types of pressure students may feel.

"Pressure can stem from a variety of things, it can also be a combination of outside and internal forces," Raquel said. "Pressure can stem from family values, personal values, societal expectations and school and education expectations."

Pimentel reasons why students should have something to de-stress.

"I do believe that students should have something to de-stress," Raquel said. "Each Pimentel student should be able to identify what helps support them and calm them down in mo-

ments of high stress; they should also be able to express that they are feeling anxious to their teacher and feel heard and seen in that moment."

Pimentel explains that every student may feel a different type of pressure but counselors are there to help.

"Pressure feels different to each individual," Pimentel said. "Some thrive off of feeling some type of pressure and some can shut down. At this age, students may not know how to express exactly [or] how it feels, but it's important that the adults in [the students'] lives provide them with the language to express themselves."

Pimentel explains that

counselors can help relieve stress by talking with the students.

"Counselors can help relieve the pressure from students by providing them a space to fully express themselves in a safe and calming environment," Pimentel said. "The different ways in which a counselor approaches their students are essential to their ability to learn and apply the knowledge and skills they gain with us. It is not the job of the counselor to solve problems for our students. It is our duty to provide them with tools that they can utilize in moments of distress and hopefully carry on with them throughout their lives."

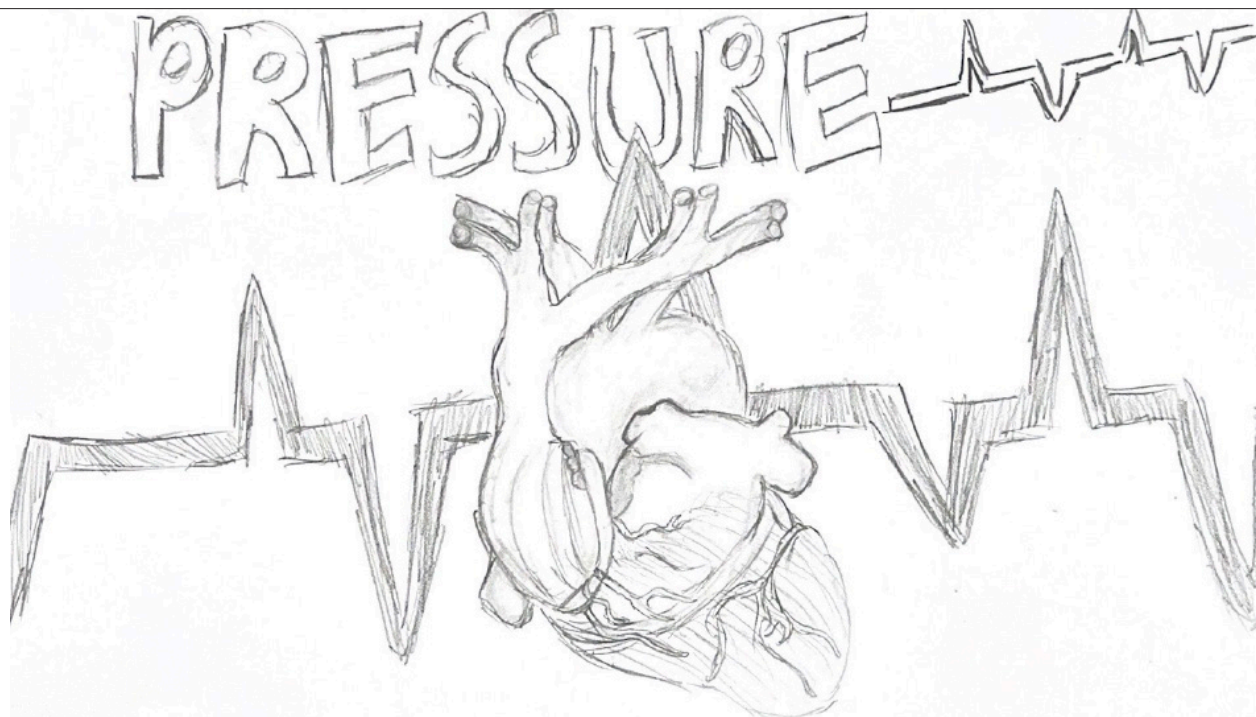
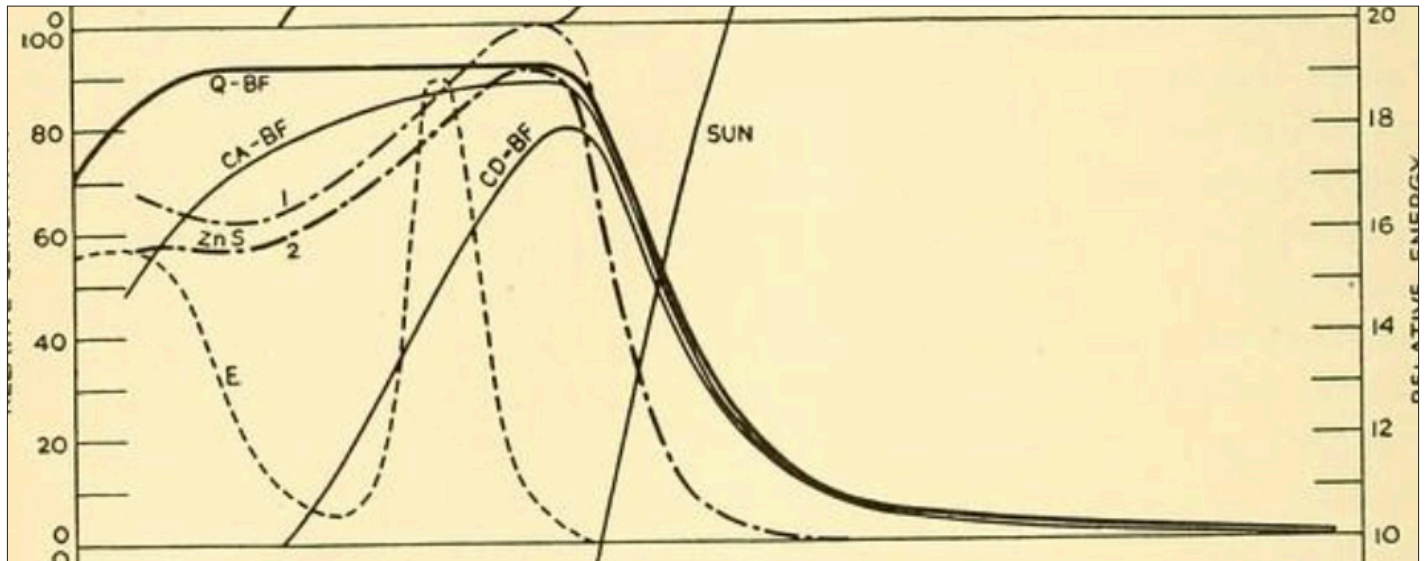


ILLUSTRATION BY YADI SOLTERO

The Harmful Effects of Radiation



By LUIS FERNANDEZ

Introduction of the effects:

Some of the effects of radiation are that it can give you cancer because radiation changes DNA or human genetics. Also by changing genetics, radiation can cause side effects such as fainting or high temperature. Never try to expose yourself to radiation because you will not have powers. You will have cancer, so it is not feasible to expose yourself to radiation.

Others effects:

The other side effect of radiation would be fatigue, and people exposed to it would have to go to radiotherapy which would be like a consultation. These would be one of the other effects of radiation, and it will take a long time for the radiation to come out or for you to be in very good health. The effects of radiation are long-lasting, so it is best to stay away from radiation in large amounts using personal

protective equipment.

Extra data:

Oppenheimer organized the first nuclear test in history on July 16, 1945. Named "Trinity," this implosion-designed atomic bomb was detonated at the Alamogordo base, 193 kilometers from Albuquerque, New Mexico, and marked the definitive success of the "Manhattan Project."

The destruction of a large part of Hiroshima and Nagasaki was immediate evidence, as

was the death of around 200,000 people from the acute effects of the explosions. The atomic bomb significantly changed the power equation globally. The United States became a military superpower along with the USSR. The rivalry between the two superpowers led to the Cold War, which in turn led to the nuclear arms race. The Cold War had its origins even before World War II, and the race for atomic arms was a big part of it.

The Case of the OJ Simpson Trial

By KAMILA NUNEZ

OJ Simpson was in a marriage with actress Nicole Brown Simpson. Nicole had a daughter with Simpson. Nicole had a friend named Ronald Goldman. The two were really good friends. They would throw parties. They would host multiple events. They were best friends, but then tragedy struck.

On June 12, 1999, Nicole Simpson and Goldman were found dead in Nicole's condo in Brentwood, Los Angeles, CA. Officers found the murderer's gloves and a footprint on the dirt. Officers arrested Simpson for the murder in 1999.

In court, he tried on the gloves. In OJ Simpson's words, "they're too small." Brian "Kato"

Kaelin testified against OJ Simpson, saying that on the night of their murder, he heard a bang, and then later Nicole Simpson was found in the backyard. Prosecutors began their opening statements.

Witness Sharyn Gilbert, a 911 operator, testified that she heard the woman yelling and being hit during an emer-

gency call from Simpson's house during the early morning hours of Jan. 1, 1989. Detective John Edwards testified that he responded to that 911 call and when he arrived, he found a messed up Nicole Simpson as well as a raging OJ Simpson.

Edwards said when he tried to arrest the former football star, he fled in his Bentley car.

SPORTS

The Alma Fuerte Post • JULY 2024

The Copa America is the premier soccer tournament for the Americas. Two students write about their opinions over who the winner of the 2024 Copa America will be. Opinions were written before the final.

By JOEN PERDOMO

Mexico lost against Ecuador. And now they are eliminated from the America's Cup. Mexico lost because of the coach's bad changes. Also, the Mexican players were very tired, and the Ecuadorian players were not so tired, which led to the Ecuadorian team having that score 0 by 0. Mexico, since the Copa América started, was doing badly, and that is also why they were eliminated this year.

Another thing I want to talk about in soccer is the team Real Madrid. In recent years, the champions that Barcelona has won have been stolen, such as paying the referee to whistle in their favor. Meanwhile, the 5 champions that Barcelona has won have not been stolen. About 10 champions that Real Madrid won have been so-called "stolen."

Number one, Mexico was playing very badly. They were playing badly because their players were doing badly. The players were sending

bad passes, they took the ball away easily and they were making a lot of fouls.

Mexico had one more opportunity before the final whistle, but in the end, they could not score because they were wasting all the opportunities they had, like the Chino Huerta: he wasted many goal plays and some free kicks. He was alone to finish off the goal with his head.

Barcelona is one of the best teams in the world but lack of money has failed from having the best players in the world to having some bad players. But this year in 2024, they are focusing again on having good players. They are going to win the championship, and the Spanish Cup will go to Barcelona.

One of the best soccer teams in the world is Real Madrid. It is the team with the most champions in the world, but Barcelona is better. Even though Real Madrid has 15 champions and Barcelona has 5, Barcelona is better than them.

By KEVIN MIRANDA

People say that Argentina is going to win and I think they are wrong because there are other countries that are way better than Argentina. Colombia has won two of their three games and they have really good players. Another good team is Venezuela. They won three out of three games. Even though Argentina has the upper hand in this game, they still need to work on the team. Uruguay has also won three out of three games, and they have amazing players like Darwin Nunez, Luis Suarez, Federico Valverde and Ronald Araujo. These players are top in the world and play for the best teams in the world.

Argentina has beat Canada, Chile and Peru. Messi has not been on his game lately. Messi has made zero goals in the Copa America and was the favorite to win it. They have won 15 Copa America trophies.

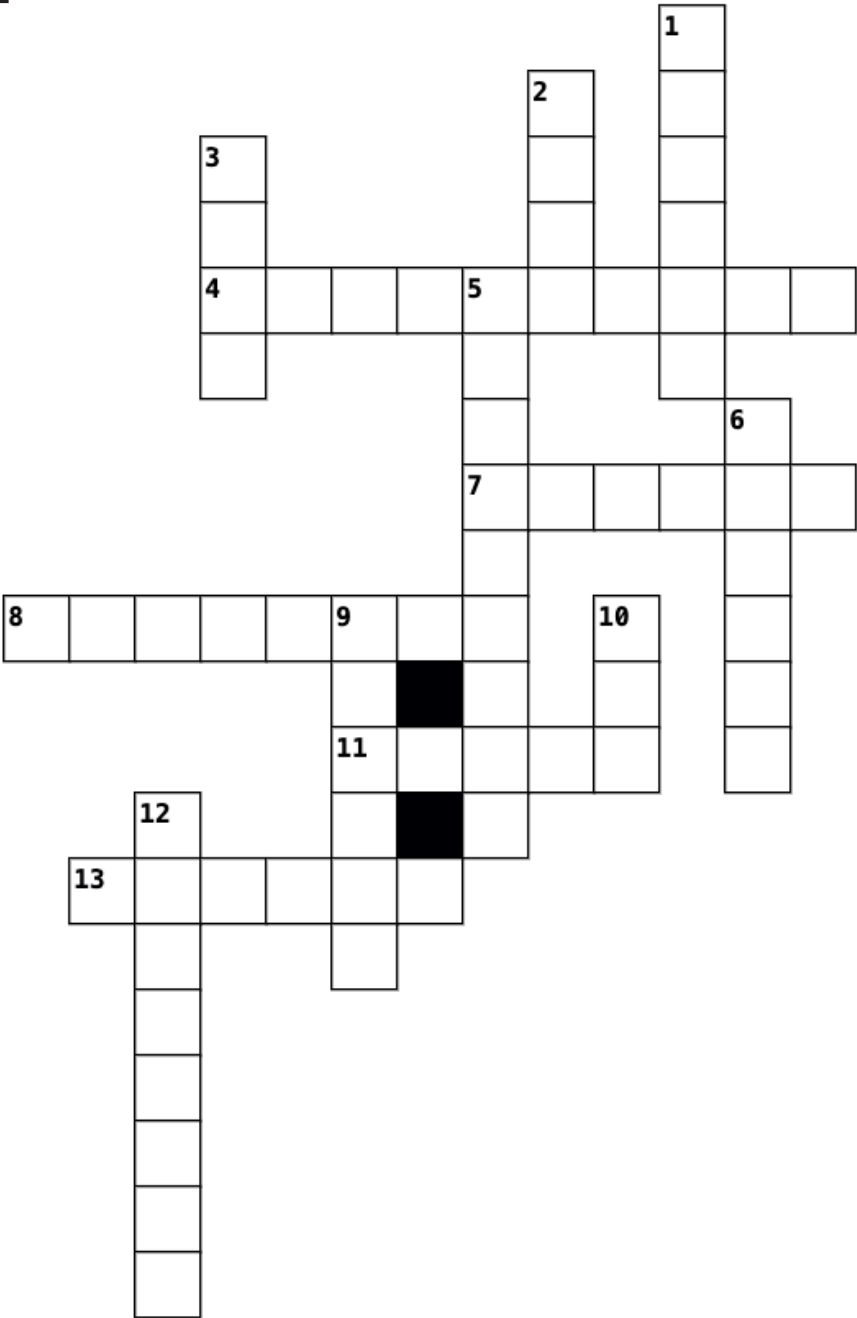
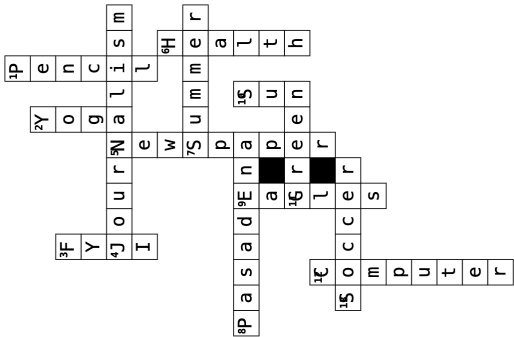


The Copa America Final occurred on July 14, 2024. Opinions were written before the Copa America Final but were published after.

CROSSWORD CHAOS:

CAN YOU DO THIS
HARD CROSSWORD?

ANSWERS:



Across

- 4. The practice of writing as a reporter or editor
- 7. Hot vacation time with no school
- 8. Location of Alma Fuerte School
- 11. The school color of Alma Fuerte
- 13. The sport of focus of the Copa América

Down

- 1. The writing utensil one uses the most often at school
- 2. Stretching Exercise
- 3. The acronym for Formative Youth Journalism Initiative
- 5. The name of the object one reads news from
- 6. Staying fit
- 9. The Alma Fuerte School Mascot
- 10. In outer space and emits a lot of heat
- 12. Typing, and Google tool

WORD SEARCH WIZARDS:

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

- Apple
Interview
Recording
- Eagles
Writing
Paper
- Soccer
Snacks
Quotes
- Muffin
Lede
Pencils
- Journalism
Creativity
Photography
- Sports

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ISSUE I