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New Executive Chef brings flavor and excitement to Eagle County Schools lunches

Quin McCarroll

Reporter

The students of EVHS know that the school lunches have been L very different this year. There are new items on the menu, the items that the school used to have are different, and there are even changes to the uniforms of the kitchen staff.

This can be mostly attributed to Christopher Delsordo, the new Director of Nutritional Services at Eagle County School District.

Delsordo has many goals for the program, but his main focus is to "keep kids excited about lunch." Delsordo explains that he "came from restaurant ownership" and "decided that he wanted to do something better for the community."

Delsordo began as a util-66

ity worker and then transitioned to We are not a become an area manager for JeffCo schools, but his passion for cooking typical lunch food was still there. He started to work in**Service**.

school-based food service in 2010.

After that, he finished his degree, and was working as a director

in South Carolina. However, he wanted to get back to the mountains, and is now working for Eagle County Schools.

Delsordo says he plans to move "more towards a restaurant feel for kids, not that sloppy oe feel."

This is why he got rid of hair nets and purchased new aprons.



Students enjoy the new school lunches Photo by Quin McCarrol '21

Furthermore, he explains that he wants to put out new-and-improved food on the menu. He brought back kids favorites like chicken nuggets and chicken sandwiches, but ensures that they are made with real ingredients and not "parts and pieces of processed food."

But most importantly, the students are loving the changes in the cafeteria.

Eagle Valley student Donovan Escobar '20 says that he "likes all of the options."

Jensen Rawlings '21 says, "the chicken wings are great. Fantastic."

Delsordo wants every student to know "that we are not typical lunch food service, we actually cook our food, we have fresh ingredients." Delsordo asks that students to "come and try it! Come see what it tastes like. It's not like it used to be."

Turning Passions into Programs:

Tobin Stone delivers Eagle Valley's New Teacher Lunch Program

Bianca Buechel & Caroline Dewell

Students purchase the school's new lunches

Photo by Quin McCarroll '21

Reporters

The classic phrase "do what you love" seems to be the an- the whole week. Here's how the schedule works. Every Monday, this aspiration fades for most as time passes. Tobin Stone '19, founder of Eagle Valley's new teacher lunch program, does not By 11:50, the food is ready and teachers are excited to get a taste fit into this majority.

Stone has added a valuable asset to EVHS this year- he

loves it.

program, calling it "bril- lors, the challenge was undertaken. younger kids" inspiring them pen, let's do it." to "become whatever they want to be."

Though the food may be rates, and cooks throughout

them of childhood. Turning a passion into a career is an the staff is sent a weekly menu after a "cost analysis" is done on inspiring possibility to countless youth. Unfortunately, all the ingredients, explains Tobin. By Thursday the orders are in and Tobin arrives at school by 7:30 to begin the day's meals. of Tobin's new creations.

How did such an idea occur? Tobin says mashed potatoes. has turned his love of cooking into a weekly teacher food service After delivering scraps of mashed potatoes to teachers, excess and the school community from Mr. Moyer's class, Moyer introduced the idea of creating a teacher catering program to Tobin. With a starting budget from Mr. Little praises the Career X and schedule rearrangement help from EVHS counse-

liant". He notes that Tobin is Foods and Nutrition teacher Mr. Moyer describes the not only a "phenomenal chef" program's creation as a true team effort. He praises the school's but serves as "a model for the support, saying the staff's attitude was "if we can make it hap-

> Best of all, this program is self-sustaining. Tobin explains that "every week is paying for itself."

Turning passions into projects may be challenging, but delivered only on Thursdays, with a team of determined individuals and enthusiasm for the Tobin organizes, collabo- craft, achieving such heights is never out of reach.

Finn Mott

of the wave bring me forward and up.

first time, in Hawaii, for my Make A Wish Trip.

As I went into remission, I had no hope. I hated my life. I was not able heavy love only. According to the gospel of Wikipedia, Valentine's is "the celebration to participate in the activities I once loved as I was too tired to get out of bed. of love and affection." Here are some things that I love and show affection to: I had no dreams, no aspirations, except to feel better. With time I became my friends, my teachers, my celebrity crushes, random dogs on the street, my stronger and healthier. As I healed, I developed a new sense of purpose. One day, I received a token in the mail that said "Wish Granted." Four bed, Subway, nice smelling candles. By definition, V-Day is just time for me to celebrate the things that I love. When it's described like that, Valentine's is months later, I was flown to Hawaii for one week. It was the best week of my life! That one week showed me that fighting cancer was worth it. It made me literally the best holiday. So, word of advice, next year don't spend the holiday moping. Instead, thankful that I am still here today. I am grateful to have gotten to go surfing and to drink a cup of coffee in the morning.

survive.

I now believe in dreams and wishes. Make A Wish gave me an opportunity to not only go to Hawaii, but to realize the power of a wish. The shear impact that a simple act of kindness can have on somebody else's life. A wish granted is a life saved, a smile evoked, an escape, a reason, a dream come true.

Knowing that Jada will be able to have that same experience is inspir-Maybe Valentine's is just an exploitative and commercialized holiday designed to get happy couples to waste money on each other. But it's also whating. Thank you to everyone who donated during Wish Week. The money that ever you make it, so don't overthink it and have fun. we made will truly change her life

DEAR READER,

Over the course of this school year, What we discovered it that it has become increasingly apparthere is a lot more going on with disent that the disciplinary procedures cipline at EVHS than what meets the here at Eagle Valley have become eye. Our administration recognizes somewhat of a "hot topic" among the current problems with the policy the student body. From the dress and is avidly working to improve it. code debacle at the beginning of There is a lot of change coming to the school year to the crackdown on Eagle Valley, and we sincerely hope unexcused tardies, there has been that this change will be beneficial to quite a lot to talk about. We as a staff decided to tack- our students.

The pages of this newspaper le this issue because we believe are full of stories about people and that there has been misinformation concepts that are making change circulating throughout the school here in our community. We encourabout the policies. It was imperative age all of you to do the same. See to us that we get to the bottom of something you don't like or think what was really happening so that could be improved? Change it. Make we could better inform all of you. a difference to those you care about. Our goal as a publication is to We are sure that most of you alcreate a community in which our

OPINION 3

The Power of a Wish

The water was warm. I could see coral and varying types of fish below me. I lay on my stom-L ach, incredibly happy. I let my hand skim the saltv water as I felt immense gratitude. I was grateful because I was alive and living my dream. I saw an incoming wave, turned my surfboard, and paddled with all of my strength. I soon felt the forceful power

I stood up on the surfboard, and for the first time, I felt free. I felt free of my past and my bald head. I felt free to be Finn Mott. I was surfing for th

On April 22nd, 2016, I was diagnosed with brain and spinal cancer. I went through chemotherapy and radiation. I lost everything: friends, soccer, cross country, school, daily life, happiness. My life consisted of trying not to throw up and making it through the next needle injection. I was lucky to have treatable tumors and to remain alive. I am now in remission.

Make A Wish Foundation gave me a better life. They gave me an escape from the horrors I was facing. They gave me a reason to get through that next needle injection. To swallow seven pills in the morning. To fight for life no matter what it takes. Without Make A Wish, I would most likely still be depressed and living without a purpose. I would still question why I fought to

Columnist

Saroja Manickam

🔿 o by the time you're reading this, Valentine's Day will have passed by Eagle Valley High School. And **V**I, being a lonely old witch, could easily write a lonely old witch response to this. I'll give you a little taste: "Valentine's is a capitalist holiday created by card companies to suck money off the bare bones of the masses!"

Yes, yes it is. But so is every holiday, and if I enjoy Halloween, then what right do I have to tear down something just because it doesn't apply to me? So instead of the same old garbage recycled, here is Saroja' spicy hot take on Valentine's Day 2019.



It obviously sucks when the whole world is celebrating romantic love and you are sad and alone and think everyone around you is disgusting. I'm projecting a little bit if you couldn't tell! However, you fellow single people are reading this situation desperately wrong. I don't know about you, but in the rulebook of Valentine's it never explicitly said that it was for celebrating hot n'

Valentine's Day: A Corporate Scam?

hang out with your friends! Do things that make you happy! Tell the people you care about that you care about them! Eat good food! The holiday gods gave you permission to enjoy yourself and appreciate the people and things that let you do it.

And for those that are lucky enough (or desperate enough) to have someone they romantically love on this day, take advantage of it. You are in high school, everything is overwhelming and stressful and whatever experiences you have are overshadowed by the fact that your life up until this point is just the demo for the rest of it.

Despite all that, you have found someone that you connect to and that is not only admirable but exciting. Don't let the grouches of the world tell you to shut up just because they're not experiencing it.

you with the information necessary ing. The world is yours. to have those conversations.

students can discuss important ready are, even though you may not problems that they recognize. The always recognize it. So, we want you way that we do this is by providing to keep working, keep revolutioniz-

HAPPY READING! -YOUR CO EDITORS-IN-CHIEF



Columnist

4 FEATURE

Is discipline fair?

Riley Dudley

Reporter

friends. They're quiet, just chilling lax policies, and they accumulated it was just one administrator and for an hour. Today though, at one many tardies and unexcused ab- the attendance secretaries that did point the teacher supervising takes sences without necessarily having all detentions. So we are just doing out coloring materials for students to serve the Saturday Schools or de- more work and follow up with more to draw. Some students work on tentions they were assigned. homework, some are coloring, and most just talk to their other friends the new school year, administration in the room. What all of them have decided it was appropriate to also have left some in the community in common is that they're bored. reinforce and strengthen some of frustrated and have raised concerns And that they're there for reasons the school's disciplinary policies to about who is getting detentions and most of them think are stupid. After address attendance and tardiness the degree to which detention is efabout an hour, the kids are released, issues as well as other behavioral fective. There is evidence to suggest many fully expecting to be back the concerns. next week.

etention. It's a big room, there were minimal consequences er, counselor, and administrator) of

In the past at Eagle Valley, ing on doing follow up (teacher lead - that they're intending to punish.

typically a science lab, full of for skipping or being late to class. which there are 4 teams," explains students gathered with their Students took advantage of these Prinicipal Mr. Greg Doan. "Last year staffing. That has resulted in more This year that's changed. With students being held accountable."

But the updates to the policy that the disciplinary policies do not "We have teams that are work- discourage the negative behaviors



Is current discipline effective?

work in some situations.

and even suspension.

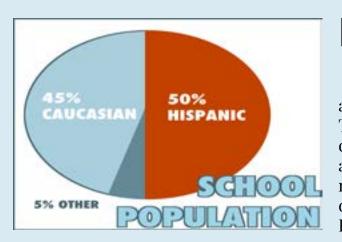
Steiner says that while some stu- munity."

66 Experts have found that many students are simply not going to change their behaviors because of afternoon detentions or suspensions.

ing."

dents benefit greatly from the forced academic work time these programs create, Hannigan's book, observes that, "a lot of while others "don't see it as punishment" times whatever the student did to earn and will continue to act in the ways that the suspension, they will go home and ended them up in detention or Saturday school in the first place.

Experts have found that many stu- pline to be effective. dents are simply not going to change their Professor of Education Jessica Hannigan considering other options is valid.



66 These patterns do not suggest that Hispanic students are being targeted or unfairly disciplined. But they do reveal that more Hispanic students are being disciplined than white students.

OF TARDIES WHERE GIVIEN TO **IISPANIC** STUDENTS

Demographic imbalances

disciplined does raise concerns over the ethnicity. appearance of fairness. A disproprionate Hispanic.

According to the data available from disciplined than white students. the 2017-2018 school year collected by the Colorado Department of Education, Eagle discrepancy. Assistant Principal Ms. Abby County School District suspended or ex- Wiens says that she has noticed it "a little pelled 240 Hispanic students compared to bit" throughout the school. 142 white students.

is 50% Hispanic and 45% white. However, detentions and Saturday schools about about 63% of students suspended or ex- the demographics of those in detentions pelled in the district in 2017-18 were His- and Saturday schools not matching up to panic. This is not reflective of the popula- the demographics of entire school itself. tion composition of the district.

dent body demographics match those of the school or teachers. It is likely is a of the school district, and the percent- result of many other factors including but age of students disciplined who are His- not limited to cultural and social expectapanic is similar to or higher than that of tions. the district. Of the Eagle Valley students ists in the students being suspended, as tem.

Students have expressed concerns nearly 60% of students with suspensions as to whether school discipline is fair. were Hispanic while 40% were given to The data about which students are being white students and students of another

These patterns do not suggest that number of the students who are assigned Hispanic students are being targeted or detentions or are being disciplined are unfairly disciplined. But they do reveal that more Hispanic students are being

Administration recognizes this

"There is no doubt about it," says The school district's student body science teacher Mr. Paul Steiner who runs

Both Wiens and Steiner emphasize Eagle Valley High School's stu- that this is not due to racism on the part

Although prejudice is not the cause who have over 15 tardies, nearly 80% are of these disciplinary imbalances, the data Hispanic while only 20% are white or of suggests there is room for improvement another ethnicity. The same pattern ex- in Eagle Valley's current disciplinary sys-

Graphics by Ella Srholez '20

Another criticism of the new disci- from Fresno State University published plinary policies is that they simply do not several books on student discipline that multiple Eagle County School admin-Molly Blevins '22 says that she will istrators have copies of. In their book, likely continue being late to class and "Don't Suspend Me: An Alternative Discithat getting a detention was "just annoy- pline Toolkit," their research reveals that traditional models of discipline, like the This is a sentiment that many stu- one in place at EVHS, "do not reduce or dents at the school have begun to share prevent misbehavior and correlates with regarding detention, Saturday school, low achievement," and "results in negative outcomes for the child and the com-

> Wiens, who has read Hannigan and continue to do whatever they were doing. There's a variety of problems, from missing instruction to oftentimes being home alone because their parents have to work. So, if they weren't making good choices before they left, they aren't likely to start to make good choices after a suspension."

Steiner agrees and suggests that it's more important to "keep engagement going, like restorative justice," for disci-

Exploring different approaches for the future

FEATURE 5

The school administration recognizes these gaps that exist in Eagle Valley's disciplinary policies. Steps are being taken to address these issues and to ensure that the disciplinary policies are effectively addressing and resolving student behavior concerns.

66 Steps are being taken to address these issues and to ensure that the disciplinary policies are effectively addressing and resolving student behavior concerns.

Wiens says that she and others in EVHS's administration are taking steps to implement "alternative discipline" and continue to shape the school's policies in order to be "more proactive than reactive."

These new policies will be informed by the Hannigans' research and what they have found to be the best ways to discipline and help students.

From instituting a program to teach students about the harmful effects of vaping to punishing students with more homework instead of suspending them from class, Wiens hopes to do "anything I can do to prevent kids from getting suspended," and "continue to refine our school's policies."

Further changes to school policy are currently being developed and will likely be implemented as soon as next fall.

One area administration is prioritizing is solving the issue of demographic imbalance of students being disciplined. In order to be equitable, the school administration is developing culturally responsive practices to be incorporated into the disciplinary process.

66 Discipline "needs to be a learning opportunity,"

Hopefully, these changes will result Since disciplinary policies like de- in a better functioning discipline system. behaviors because of afternoon deten- tention have been proven to be unsuc- As Wiens says, discipline "needs to be a tions or suspensions. John Hannigan, an cessful at correcting student behavior, learning opportunity," and traditional disaccomplished principal in California, and and may even make that behavior worse, ciplinary actions "don't allow [students] to learn."

Coffee's Presence in Today's Society

The Effects of Caffeine On Students in the Eagle Valley

Finn Mott and Andrea Ramos

Reporters

n the last few years, coffee has become increasingly popular, coffee can be quite detnot only among adults but also in youth. High school students rimental to students Lin particular have become more dependent on coffee because who are dependent on it. of rising expectations to succeed from peers, parents, and them- However, it has become selves.

Tenley Burwell '20 says that many teens "may not have energy to get everything done that we are expected to. We need coffee hard to avoid it. or caffeine to get through the day and keep up with the workload."

This is a common sentiment among many students. An- comments about how other reason that high school students have begun to drink more coffee is because it has become a way to socialize with their friends.

Kelsi Hall, a barista from the G Drinking coffee, de-Bookworm, believes coffee is "a positive thing, especially when it comes to the Bookworm, because it allows kids to come study and spend time together."

spite its bad reputation, is a major part of countless sudent's daily lives.

Though coffee can be a rallying

point for students to get through one more assignment or just a sonal finances, students remain unwilling to give up their coffee way for them to spend time with friends, it can also have a negative because of the benefits that it provides. impact on the people who drink it.

Aynsley Gehman, a junior at Battle Mountain High School, complete my school work efficiently." states that, "I do not think that a cup of coffee is that bad, but it is super easy to get addicted to caffeine and sugar, and so when you of countless student's daily lives. stop drinking it you feel groggy and anxious all the time."

According to the Washington Post, "caffeine has been shown lives." to increase heart rate, cortisol, blood pressure and anxiety, and to decrease impulse control."

The Google Suite

Eagle Valley's Secret to Success

Carter Josef and Jack Vito

 γ hen a student logs onto a computer at the high school it doesn't take long for them to notice that Eagle County Schools' email addresses are Gmail, or that the classrooms use Chromebooks. The students use Google Drive, Slides, Gmail, and many other Google apps. This is because the school district uses G-Suite for Education, which includes all of the Google apps designed specifically for education purposes.

Google provides many benefits for students and teachers in the district. For example, the "share" function allows people to work together on a document. This is crucial for getting teachers, and students, on the same page.

According to Mr. Paul Steiner, a chemistry teacher, the teachers use Google Drive to "collaborate, we put all of our best

ideas together to have one big best idea. By doing this, our depth instruction is stronger too."

Reporters

Collaboration eally important for eachers because they have to give the same level of education to separate classes on the same subject.

Hannah Medina '20 types on Google Docs Photo by Carter Josef '21

Students may switch what teacher they have at semester, making it necessary for teachers of the same subject to be communicating to make sure every student is on the same page.

drinking Thus, such an integral part of student life that it can be

Gehman also she knows that "a lot of people drink coffee just for the aesthetic of it or to stay awake, even if it's not good for their health." She adds that teens are "spending ob-

scene amounts of money a week at Starbucks just to follow the popular trends."

Despite the negative effects on their health and their per-

Lilly Reynolds '20 says that coffee "helps me to focus and

Drinking coffee, despite its bad reputation, is a major part

Burwell states that "coffee plays a big role in a lot of people's

It seems that coffee is here to stay for lots of high school students.

The teachers always have to collaborate, but Google Suites allows it to happen more quickly and easily.

Steiner claims, "It is just such a time saver. I mean, it's so much more effective. Before Google Drive, sharing a word document was very difficult. I would have to email it to you, then you'd make your change. Then you'd email it back to me. It was just a mess.'

The district decided to use Google Suites for a couple of reasons. Brian Brugger, Education Technology Manager, played a role in choosing what system to use. He explains, "we were looking for a system that integrated with other systems and that provided a variety of features."

One of the things that Google Suites integrates with nicely is the Chromebook computers that schools in this district use. Chromebooks come with Google software, which made the switch to mostly Google products much easier.

Despite all of the advantages that G-Suite has, there are also a few disadvantages that many people are aware of. Steiner states that, "I would prefer not to use Chrome." He claims that the layout is "very complicated, full of all these cosmetic irrelevant things."

Even though Google products have been quite common, both in and outside of school, many students do not understand that there are actually differences between their school and personal account. According to Brugger, "the biggest difference is that there is an agreement between Google and the district on how the data will or will not be used.'

Brugger explains the difference is that Google can have access to what people do on the computer while logged into their account, and will use that data "for advertising purposes, in addition to a whole series of other things." He emphasizes that "with district accounts there is no such agreement. They will not be using our data that way. It is more safe for our students and it is more protected."

Matthew Grewe

very year when February rolls around, it's an exciting time for the Eagle Valley wrestling team. The past few years, the Eagle Valley Wrestling team has had the privilege to compete at the Colorado State Wrestling Tournament. This year, seven individuals competed at the 2018-2019 high school state wrestling tournament at the Pepsi Center in Denver, Colorado: seniors; Luke Morrissey, Ryder Bossow, Noah Baldwin, and Davis Ward; juniors Lucas Comroe, Cody Ponce, and freshman Kodi Raper.

Luke Morrissey '19 finished his high school career taking third place in the 120 lb weight group, while Davis Ward '19 finished third place in the 182 lb weight group. Noah Baldwin '19 finished top eight in the 160 lb weight group, and was one match from placing. Ryder Bossow '19 finished his high school career at sixth place in the 138 lb weight group.

second place in the 132 lb weight group. It was another successful and exciting year of Ea-Sterling Winnegrad '19 competed in an emotionally inspirgle Valley wrestling, a season that took many twists ing exhibition match, finishing first place in his match to cap off and turns, and it's also a season to never forget.

Baseball team preparing for upcoming season

Matthew Grewe

cellence.

Coming off a 6-12 season, the baseball team has higher expectations for the 2019 season, and they have been putting in the work in the off season to make those goals a reality. The team has been working on fundamentals, form, and limiting their amount of errors in games throughout the course of the off season. The team has big goals, and are looking to make some noise in the 4A Western Slope rankings.

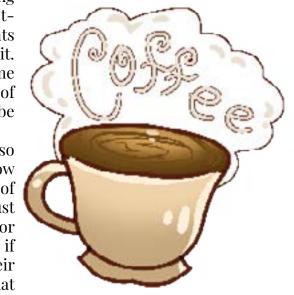
team goals along the way as well."

To achieve these goals, not only has the baseball team been working in the off season, but Coach Moyer is more confident coming into his second year as the head baseball coach due to his experience and training.

"I've been trying to go to some clinics and checking some they've developed a strong team community. things out on YouTube and looking for new drills," says Moyer. "These boys get along really well," says Coach Moyer. "Baseball can be a monotonous sport where you're doing the same "They've been playing summer ball with each other the past few drills day in and day out, which I've been trying to vary that out so years, and that bond is great. When we get a little off task somethat the boys stay interested. As for getting my points across, we times, we have those guys on the team that put us right back on have a new staff this year, which we've all been working together track which is what a family needs. We have a good balance of both." and putting things on paper. We put together a folder for everyone Players have had time to reflect on their high school baseon whether it's mental toughness, what to do in certain situations, ball careers and have taken what they've learned and translated it and more that they can study and improve on." to this season.

out the season.

Bailey Beckum '19 will be a captain this season. For him, be-Although the team is eager to get started, for seniors it will ing a captain means to "lead by example and show the underclass- be bittersweet. menwhat it's like to be a leader and a good member of Eagle Valley "It's crazy," says Lee Bullock '19, "all the seniors have been Baseball." playing baseball together for 12 years, so it's crazy that this is our Since the players and Coach Moyer have been together for last year together."





Wrestling team wraps up season finishing third place at state tournament

Sports Reporter

The Eagle Valley wrestling team showcased well as usual at the state tournament, placing third overall in 3A.

As for the underclassmen, Cody Ponce '20 finished second place in the 220 lb weight group, and Lucas Comroe '20 finished



SPORTS 7

Eagle Valley Wrestling team poses for a group photo after a successful tourna

Photo provided by Wrestling Coach Lucas Cross. his high school wrestling career.

Sports Reporter

The 2019 baseball season has begun, and the players and coaches have high expectations in a program that values ex-

"There are a lot of ways to measure success, to start with we want to improve from last season," says Head Coach Bret Moyer. "I think this season will be a failure if we don't make the playoffs. Everything beyond that is a success, in which there are also small

Being the start of a new season, players are stepping up as leaders in their roles as captains, to help guide the team through-



Gabe Foster '20 tosses gem in Eagle Valley's 5-0 shutout win over Cedaredge Photo provided by Baseball parent Dave Farris.

four years now, they have higher expectations of each other, and

"Throughout the past four years of high school baseball, I've really progressed mentally, and I'm a lot more confident in what I can do for this team," says pitcher Adam Vasquez '19.

Speak of Congratulations to Joslin Blair '20 and Samantha Blair '22 for their performance at the Texas the Devil... Relays! Both are top 100 runners of US Girls 1600 meters, and both broke their P.R.s!

COMICS AND HOROSCOPES

The Best Day Ever

8



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Scorpio Oct. 23-Nov. 21

Trust in your insight and intuition in the coming future. It is okay to open up and express what you are feeling. If you see somebody in a hard time offer your help and support.



Do not forget about the people nearest to you in your adventure to learn. You might be surprised at how many opportunities there are right around you.

Capricorn Dec. 22-Jan. 19

You may be surprised with the amount of new opportunities that may arise. Reach out to somebody that you may have lost touch of or haven't talked to in awhile. Stay dedicated to your work.



Aquarius Jan. 20-Feb. 18

Keep embracing your individuality for who you are. Open up to new people that you have never thought to be your friend type.

Pisces Feb. 19-Mar. 20

Blending in with your environment is your specialty. But know that your voice matters too and it may be time to step up to a new role.

Aries March 21-April 19

You may have an important decision or opportunity coming up. Think it through thoroughly before you make a rash decision.

Taurus April 20-June 20

A social relationship may be troubling you. Try to not lose your temper and go with the flow.

Gemini May 21-June 20

Stress from different parts of your life may be overwhelming you and making you lack motivation. Do not lose your curiosity for life and new things.

Cancer June 21-July 22

Do let your emotions vary too much and too quickly. Focus on the overall good and not the small negatives that may occur.



Leo July 23-Aug. 22

You are a confident and determined individual. Maybe try a new type of project that you have been thinking about. Perform a random act of generosity and giving.

Virgo Aug. 23-Sept. 22

Do not conform the deep aspects of your personality for anything. Continue having high but not too high of standard to what surrounds you. Do not surround yourself people who may hinder your individuality.



