

endurance IS KEY

Cross Country is more than just moving your legs, it's about believing in yourself to run faster and longer. To be in cross country you have to be mentally and physically strong. The team is small, so they support each other to help everyone get into the mental and physical state needed for this sport. This could be from running longer and faster each time to hyping each other up before a meet. To prepare for that the team has pasta nights before every meet. They load up on carbs and hype each other up for the meet. Carb loading isn't the only thing that goes into preparing for a race. Practices include running a few miles on the track for faster times as well as running obstacle courses to prepare for the next meet. Malia Warren, 12, said, "You constantly need to work on your cardio and keeping your body strong and limber due to the nature of the sport. Running cross country is very challenging because you have to stay mentally strong." The runners say they always find a reason to run, whether it is a self set goal or running for someone they love. Finding a reason and setting personal goals is how the runners stay motivated.



GOING THE DISTANCE

Hope Maldonado, 11, "Cross country is small enough of a sport to become very close and supportive of each other. I am always competing with my sister **Gina Maldonado, 9**, to run faster and we push each other to be better. Before a meet I imagine what the race will look like and keep my self relaxed and loose. After a meet I think

about what went well and what I can improve on. I have loved running since elementary school. The finish line is my motivation. I always have to finish what I started even if I am hurting or tired. What I most enjoy about being a part of Vista's cross country team is the pasta parties. We have pasta before each meet and it allows us to bond and grow as a team."



the way I
see it...

"We run a lot of hills and miles around the track. I put in all my effort in practice ad meets and I run to make my family proud."
Andrey Clark, 10

"The night before a meet we have pasta and hangout. I make sure I always have good shoes and determination to not stop."
Bryce Arnold, 9

"I always set two time goals before a meet a exaggerated and a realistic time. I have a lot of drive when I run."
Juan Lerma, 11

"I enjoy practices by running with friends. Before a meet I pick a song and play it thorough my head as I run."
Conner Nelson, 10

"I always put in one hundred percent effort in meets and practice. I am always my self when and run for my uncle."
Kevin Kurys, 9

"Before meets I make sure to ice and stretch my muscles. Having a good endurance helps me run long in meets."
Madelyne Dusbabek, 9



KEEPING THE *pace*

1. Donavin Warson, 9, is pulling ahead of the group, striding down the Monument Valley Park track with, Karsten Nordstrom, 9, following right behind him. 2. Malia Warren, 12, keeps her momentum and pace, coming down a hill as she passes other runners. 3. Kyle Woodcock, 9, uses his speed to pass the mass of runners and catch up to the next competitor. 4. The girls varsity team prepares for their race while Coach Mock gives them inspiration and motivation. 5. Gina Maldonado, 9, pushes deep as the final stretch to the finish line comes into her view. 6. Jessica Woodcock, 10, maintains her pace as she makes her way through the halfway point and continues to keep the lead.

ADVENTURING TOGETHER



You probably don't think of chasing chickens as a team bonding activity. For the Cross Country team it's a regular pre-meet event. The team gets together at different team member's houses for pasta nights. Each grade level brings a different item such as drinks, desserts, and sides. When they go to Gabe LeVake's, 10, house they chase and hold the chickens and ducks and jump on the trampolines. At Malia Warren's, 12, house the team decided to go play in the creek near her house. These behind the scenes adventures are what bring the team together.

"Self motivation is key for me before a meet. I run at my own pace to meet the finish line."
Orlando Sanchez, 9

"I am always laid back and confident for meets. I listen to music and talk with friends to prep my mind. I also always wear crazy socks."
Thomas Levake, 10

"I always run my hardest and try to motivate myself and breathe before each meet."
Sebastian Rodriguez, 9

"I practice and try hard to push myself. It is the first sport I have been a part of and it makes me feel part of something big."
Alissa Tran, 9

"I stare at myself in the mirror and hype myself up. Then, I keep that positivity all the way through meets."
Brady Vrana, 12

"Carb loading and music prepare my mind and body for the meets. I also pace myself to stay steady the whole run."
Nora Gohlke, 9

"I always eat a good breakfast and listen to music before a meet. I jump around to get my legs warm also."
Shawn Valdez, 10

the way I see it...

"Challenge Day made an impact on me because I don't instantly judge people, you don't know how you could make their day better or worse."
Jordyn Livermore, 9

"The club is a way to give back to my community."
Cora Bartlett, 12

"Challenge Day really opened my eyes. I like how a lot of people have similar problems and we can all connect."
Andrew Yoon, 10

"It's really nice get to know everyone around you and it's cool to see all the students be so vulnerable."
Hope Lancaster, 12

"Challenge Day reminded me how I'm not alone."
Anijah Voss, 11

"I want to go to the academy and I am trying to the most to make my application look the best."
Elizabeth Kunys, 11

"I struggle with social interactions and so Key Club helps me do my passion, which is helping people."
Karla Garcia, 11

"I joined Key Club because I love to see the world become a better place."
Jiliascia Toles, 11

"I enjoy volunteering because it's a great way to give back to the community and have fun at the same time."
Tyler Frederiksen, 11

"I enjoy volunteering because because it feels great and it is a lot of fun to help people."
Rachel Jacks, 11

"I believe that it is a neat organization that values community service."
Emily Miller, 12



making a CHANGE

1. Challenge Day leaders, **Rich and Yvonne Dutra-St. John** stand in front of the freshmen and sophomore group encouraging them to open up about their past experiences and show that they are not going through life alone.
2. Vista Ridge students enter the auxiliary gym to start the Challenge Day events. Students were greeted by excited staff members, volunteers, and student leaders who were ready to drop the water level together and learn to listen to one another.
3. **Jacob Myers, 9, Tyson Monck, 9, Madison Sharp, 10, and Zayla Turner, 10,** attended the school wide Challenge Day assembly. **Zayla** said, "Challenge day helped me understand my classmates more."





LENDING A helping hand

“Notice. Choose. Act.” That is the motto of Challenge Day. Every year, Vista takes a week in September to learn about and embrace this motto. Challenge Day is something that students are invited to attend so they can learn more about people they may or may not know, the goal being to understand people’s lives more than they did before. It encourages students and staff alike to put themselves in another’s shoes and reach out to one another, building a stronger community within our school. Three of the days are all day events in which students sign up

to participate in small group activities. The fourth day, the whole school participates in fun activities and an assembly, spreading the message of “being the change” they break off into smaller groups and get more personal. The fourth day, the whole school participates in fun activities and an assembly, spreading the message of “being the change” to everyone. Fifth period classes join together and go around the school writing inspiring and encouraging messages, spreading love and positivity throughout.

LEADERS GIVING BACK



Kelsey Brown, 12, states “The connection made with all the members is what keeps me coming back to Key Club. I love working with people, along with making new friends. Key Club helped me create a lot of new and strong relationships over the past four years.”



Saria Cortez, 12, says “As leaders in NHS we make it a team effort so that we can all do [NHS activities] together and help the community as one. We are just here to help the club and set up the foundation for the other members.”



Hitting the bell symbolizes the start of every meeting of the Key Club. That club joins member together to help and volunteer for the community



A few NHS members come together and walk for the alzheimer walk to bring awareness to the disease.

the way I see
powderpuff
and
peachfuzz...

"Powderpuff to me is everyone coming together and just having fun with their classmates."
Jacob Montero, 12

"I was with friends and it was so fun to be out there."
Danielle Hayes, 11

"The school spirit and having a friendly competition was the best part."
Khoa Nguyen, 9

"It was fun seeing how everyone was so involved, especially with the chants."
Kennedy Larson, 10

"Everyone was hyped and actually got into it!"
Tyler Clark, 12

"It was a good thing because it was a great way to make friends"
Makayla Bailor, 10



EXPERIENCING homecoming

2. A group of senior and junior guys gather around the flames for the annual homecoming bonfire. **Matthew Wells, 12**, said, "I liked going to the bonfire and talking to people you don't normally get a chance to talk to." 3. **Hamlet Contreras, 10**, prepares to serve the ball to assist in defeating the senior team to claim first place in Peachfuzz. "It felt really good to win, it was great to work with the sophomores and to beat the seniors for first place." 4. The seniors cheer on their Peachfuzz team. The seniors ended up getting second place in the tournament losing to the sophomores. **DeShanti McKay, 12**, said, "My favorite part was everyone in my class coming together as one." 5. **Mahogany Blythe, 12**, attempts to catch **Regan Vrana, 9**, as she runs the ball down the field in attempt to score for the freshmen team. **Mahogany** says, "I enjoyed the friendly competition between all four grades. I wanted to play because it is a chance to blur the lines of grades and just to have a good time." 6. **Jabez Hasberry, 12**, sets himself up for an ace serve during the Peachfuzz volleyball game. He said, "I have done the Peachfuzz game for the last three years. I knew it was going to be fun."



"I loved that I got to have fun and finally being able to play football. Also, making friends"
Fiana Surace, 9

"The atmosphere was a lot of fun and being able to participate in Powderpuff was a lot of fun too."
Kalyn West, 11

"It was a great time to watch my friends competitively play volleyball against the juniors"
Angel Flores, 12

"I was great seeing everyone having spirit and seeing the sophomores winning"
Ashley Gallegos, 10

"It was about bonding with your class and looking big to the seniors"
Aneica Espinoza, 11

"My favorite part was the football game because I played in it."
Ahmir Braxton, 11

"All the spirit that we had at the games, and the sophomores winning Peachfuzz as a coach that is the best feeling."
Ariana Lundmark, 10



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POWDERPUFF & peachfuzz



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Homecoming week is full of events, starting with Powderpuff and Peachfuzz, followed by the bonfire, Homecoming game, and ending with the Homecoming dance. This is spirit week. It lets everyone take their school spirit to the extreme and just have a good time. The boys come out to play volleyball for Peachfuzz, and the girls play flag football for the

Powderpuff games. 1. **Ava Carr, 10**, sprints down the field, trying to score a touch down. In the end, the Seniors won Powderpuff and the Sophomores won Peachfuzz. As the week went on, students were able gather around the bonfire and hang out with friends. A win over Rampart High School during the homecoming game and the homecoming dance finished off the festive week.

SPIRIT WEEK



Meme Day
 "I did the I don't get no sleep cause of y'all girl because I love meme day and I made people laugh"
Tatayana Adams, 12



Tacky Tourist Day
 "I like the school spirit and being extra for the one week."
Katherine Rogers, 11



Squad Day
 "It brought two groups together. When we were walking as a group everyone knew what we were."
Sylvianne Tilton, 11



Lazy Day
 "I did this spirit day because if others see you excited to do it they'll want to do it too"
Dakota Warren, 12