

The Student Union

A compilation of news by and about young people in the Ojai Valley

In cooperation with: Besant Hill School, Nordhoff High School, Oak Grove School, Ojai Valley School, The Thacher School and Villanova Preparatory School

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1,000 Cranes Lift Student's Spirit

Lily Myrick

Ojai Valley School

It was a long, hard road to recovery for Ojai Valley School (OVS) junior Winnie Chang, who was forced to miss several weeks of school after suffering a serious head injury during basketball practice late in the winter season.

But reentry to the OVS community was made easier with the help of her friends, who worked well into the morning several days in a row, to fold 1,000 colorful, paper cranes and string them together in her dorm room to welcome her back to school.

"Winnie loved it so much!"

said junior Evelyn Brokering, who led the welcome-home project, which derives from a tradition from Japan, where Chang spent most of her life. "I think we did a good job."

The original story of the origami crane comes through the sad, but inspiring, story of a young Japanese girl name Sadako Sasaki, who was born in 1943 in Hiroshima, Japan. She was 2 years old when the atom bomb was dropped on her hometown.

At age 12 she developed leukemia and was given a year to live.

While in the hospital, her roommate taught her to fold

origami cranes and the legend of how it would grant her a wish if she folded 1,000. She folded 644 before she died.

This tradition is not new to sophomore Nanako Tatewaki who learned to make origami cranes in elementary school in Japan.

"I made [origami cranes] at my old school too" she said. "We make it for people who are injured."

It wasn't just the Japanese students who joined to spread this gift of kindness and love. Students from all backgrounds worked to finish all 1,000 cranes. At one point, the girls' dorm at the Upper Campus

hosted a crane-folding party, with dozens of students joining to prepare the surprise by the time Chang returned to school in late February.

"I thought it was really interesting," said Brokering. "OVS has people from all around the world and it was so fun to learn all together. Over half the school folded at least one, and some people even showed their parents how to (fold origami)."

The kindness of the students who worked together to welcome back their friend was touching to many, including dorm parent Tami Scott.

"The heart that went into making so many cranes was such a wonderful experience



OVS students help fold 1,000 paper cranes to welcome back one of their classmates, who suffered a head injury in basketball practice, Ojai Valley School photo by Evelyn Brokering

for those making them and for Winnie," she said. "This act of

kindness showed the true spirit of our family 'on the hill!'"



Students at the Prashanti School in Puri India, show off their books that were donated last year.

Photo by Leslie Buché

Oak Grove Sends Books To Children In India

Elizabeth Spiller

Oak Grove School

One afternoon in late January 2015, five Oak Grove high school students in the school's Community Service group, with the help of Jodi Gras, organized a children's book drive for the students at the Prashanti School in Puri, India.

During Oak Grove's annual 2-week Mini Projects and with the help of Oak Grove Elementary School, they sent more than 60 books to the school.

This year, Oak Grove seniors traveled to India and when they returned, some decided to hold another book drive for rural schools in India.

It was organized this time by Oak Grove's Events Committee on the Student Council, led by senior Brody Swanner.

"After seeing some of the very rural, one-room schools in India, I realized how much we can help them, and so easily. I knew that they could always have more books and supplies. A book drive was the perfect answer," Swanner said.

From Feb. 1 to March 1, they collected high schoolers' favorite children's books. By the beginning of March, they had 150 books. The books will be sent to Books for Africa, a U.S. organization that will send the books to India. It is hoped they will help children learn to read English.

A Color Filled Night

Oak Grove Seniors Share Their Stories About India

Dolly Tong
Sean Park

Oak Grove School

When you hear the name India, the ancient name for that far-off country, what emerges in your mind? Are there colorful cars, going back and forth in the turbulent street, or spice markets with somewhat bizarre but attractive smells? Are there people everywhere, cows everywhere, and temples everywhere?

Oak Grove School held its annual Indian Night celebration Feb. 19. High school seniors and adult chaperones who participated in the one-month trip to India shared their experiences, reflections and imagery. Each traveler presented different aspects of their impressions of India to a full house.

Kicking off India Night,



Students and staff share their India-trip experiences during the school's recent India Night.

Oak Grove School photo by Andy Gilman

Joy Maguire-Parsons, one of the chaperones, introduced the route and procedures they had taken. The group visited four sister schools: Rishi Valley School,

The School in Chennai, Pathashaala School and The Valley School in Bangalore.

Li Han, a senior from China, shared her opinion of India. "Rishi Valley School impressed me the most and it served as an introduction of Indian culture. Students and staff members offered us warm hospitality, and I made a lot of friends through several group activities like treasure hunting

"I made a lot of friends through several group activities like treasure hunting and traditional folk dancing."

— Li Han, Oak Grove School, senior

a similar taste in music with students in India. "Surprisingly, I made a lot of friends in India especially at The Valley School.

and traditional folk dancing," she explained. Afraid to go to India at first because of the bad conditions there, she confessed to trying to find ways to avoid

the trip. During the trip, she said she was touched by the kindness and purity of people in India. This trip, she added, has changed her in many ways.

Another international student, Edward Sher, shared his experience of making friends and sharing

and sharing a similar taste in music with students in India. "Surprisingly, I made a lot of friends in India especially at The Valley School.

During the homestay there, my host students, Jatin and Rethish, took me to commercial areas in Bangalore for a better view of this fabulous country. I got along with them and more junior students. It was definitely the best part of the trip." He also said students in India listen to music more similar to him than do students from America.

India night has been a traditional event at Oak Grove School for the past 20 years. Attending this trip is a major graduation requirement for Oak Grove students. The students and staff who hosted this night not only made the room fancy with Indian-style food and decorations, they also provided inspiration to be remembered by all those who attended.

To learn more about India Night, visit Oak Grove School's YouTube page.

Alex Freeman Earns Naval Sea Cadet Of The Year

Rena Becker

Nordhoff High School

Nordhoff junior Alex Freeman had the opportunity to serve at the Nancy Reagan funeral at the Reagan Library March 11. He also recently earned Naval Sea Cadet of the Year for the Western Region. There was a ceremony honoring him at the Naval Base Hueneme. Here, many speeches were given to him including the Commanding Officer of the base, the mayor of

Oxnard, the mayor of Hueneme and the commissioner of the Port of Hueneme.

He is currently in the Navy Sea Cadet Corp (NSCC), which is the senior program for young people ages 13 to 17. This program shows young people what it is like to be in the navy, and gives them a variety of career opportunities.

Freeman is a part of the Ben Moreell Battalion unit. Each unit performs their own set of tasks, but Freeman's unit primarily focuses on construction work. He

attends the program every other Saturday at the Port Hueneme Seabee base.

Freeman decided he wanted to be a cadet when he learned about the program at the end of eighth grade at Matilija Junior High School. At the time, he wanted to be a Navy SEAL, so he thought NSCC would be a good way to help prepare for that. Thus, right after promoting from Matilija, he joined the program.

Freeman's position within the program was the assistant

lead Petty Officer (now he's Petty Officer 2nd Class, and expects to be promoted to Petty Officer 1st Class). However, since the lead Petty Officer hurt her back, Freeman got to help out a lot with her tasks as well.

"I think a combination of helping out with the Petty Officer's tasks and doing lots of training/community service helped me earn the honor of Naval Sea Cadet of the Year," Freeman stated.

Freeman spent nine days at Camp Pendleton leading a

company of 45 new cadets who were doing their basic training/bootcamp. Also, last summer, Freeman spent six weeks with the Navy, two weeks at the Naval Air Station Lemoore learning about flight operations support for the largest F-18 training base in the country, two weeks at Camp Pendleton in a Master of Arms training, and two weeks living on the USS Midway aircraft carrier in San Diego. Freeman has since been taking flying lessons in pursuit of getting his pilot's license.

He said he enjoys being a

part of NSCC because he likes the training he gets to do in the summer, and the variety of opportunities he gets. For example, the opportunity to serve at the Nancy Reagan funeral. There, he greeted guests as they entered the grounds.

Freeman is currently competing to attend a one-week Navy seminar this summer in Annapolis, and plans to participate in at least one other training. After high school, Freeman hopes to attend the Navy Academy and later become a naval aviator.



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Yarn Crafts Making A Close-Knit Group



Busy hands are happy hands. That's what the knitters at Ojai Valley School have discovered OVS freshman Wendy Lazo-Dowdy uses knitting to channel her creative and restless energy

Photo by Joy Campbell

Joy Campbell

Ojai Valley School

There's a soft clinking of needles, and a swish of yarn being pulled out, like leaves in a breeze. One could assume that this is Molly Weasley, on a warm autumn afternoon, knitting another sweater for the holidays.

And perhaps that assumption would be correct, but at this particular moment it is not.

This yarn crafter is significantly younger. A high school student in fact. On the Ojai Valley School hill there is a small band of merry yarn crafters who have the jumpstart on a classic of old age and all the health benefits that come with it.

Not only is yarn crafting, like knitting and crocheting, excellent for creative channeling it also comes with a project basket of benefits.

Recently, The New York Times' blog, *Well*, released an article detailing said health benefits. For example, the repetitive motions of crocheting and knitting have been observed to help

reduce stress and blood pressure, similar effects to those achieved through yoga and meditation.

Along with its meditative qualities, yarn crafting is a good way to channel creative and restless energy.

"I am able to focus on something productive while still paying attention to my teachers," said freshman Wendy Lazo-Dowdy, who can often be seen at the Upper Campus crocheting hats in fuzzy rainbow yarn. "Classes can be stifling sometimes and anxiety can be channeled through my crochet hook."

Lower Campus teacher Michele Floyd has her fifth grade students take time to yarn craft for many of the same reasons.

"It's a great way to relax, [and] build fine motor skills," Floyd said. It also helps students "learn basic patterning, patience, [and] stepping away from technology [to] return to lost arts and skills."

Along with returning to the lost arts, yarn crafting can also give one a sense of purpose.

Such was the case of a

father, featured in the New York Times blog article, whose premature newborn was in intensive care for its first five weeks. The father found purpose in knitting baby hats.

Not all crafting has such a set and determined purpose, though. To some it is also something to do just because they like it.

"It makes me feel good," said OVS sophomore Ellen Hou, who began knitting at the age of 12 and regular practices the craft as a way to create and relax.

And I am inclined to agree. I can personally attest to the agreeable and calming aspects of crafting.

It can easily be done in class to help focus a wayward daydreaming mind and it is non-disruptive. It is a good way to occupy ones hands and it makes amazing gifts. It's an incredibly rewarding to see the gift receiver's face. And I have found that handmade gifts are something people truly appreciate.

It can be learned at nearly any age and be taken to any

level of skill. Many learn it as a child as a way for them to bond with their elders, others stumble upon it in later in life.

Yarn crafting is, however, one of those things you don't see many people doing on the streets, let alone on high school campuses. But it gives people a way of weaving in their leftover ends, and knitting their loose thoughts together.

Yarn crafting often makes me think about how much focus and work life takes.

For example school has progressively gotten tougher and tougher throughout the ages, but it requires a different type of focus. Yarn crafting has really helped me pull together my unruly thoughts and daydreams, and the fact that I am allowed to do it in class is something that my stress levels and overall sanity appreciate.

"[Yarn crafting is] great fun," Floyd said. "It's the epitome of the OVS experience where you get to do something you may never have experienced elsewhere."

Nordhoff Freshmen Take Charge, Magnificent Mariela And Romi Rocks!

Emma-Rose Allen Carly Skiba

Nordhoff High School

Romi Interiano is a lively, mature, and intelligent young man, who was picked for Nordhoff High School's Freshman of the Month because of his love for the school, and the sparkling positivity he provides every day. Adding a freshman spotlight to The Ranger was Romi's own idea because he felt they weren't appreciated enough in the newspaper, and we agreed.

Interiano enjoys social-



Nordhoff High School Freshmen of the Month Romi Interiano (left) and Mariela Lara.

Nordhoff High School Photo

izing, playing water polo and teen-insight seminars, where teenagers gather to socialize with others and learn more about

themselves. He also happens to be an exceptional dancer, as seen by almost anyone who attended Morp this year.

"I like the people here. My brother went to Villanova and he said a lot of the kids were really mean... but I don't see that here at all," said Interiano. As he gets older and climbs into upperclassmanhood, he looks forward to getting to know more of the teachers here.

Interiano is a delight to have around campus; if you're not familiar with him, make an effort to say hello, and you'll instantly become friends.

Paola Avila

Nordhoff High School

Most people at Nordhoff High School don't know the freshman very well, but get to know Mariela Lara the freshman girl of the month. Lara is described as energetic, charming

and brilliant.

"Mariela is the Queen of Hip Hop!" said Emma-Rose Allen to explain Lara.

She is involved in our dance program and loves to be in the rallies. She has also taken dance classes outside of school and loves to perform. She says her passion for dance keep growing

the more she does it.

"Mariela is really funny, has the best laugh ever and is very kind," says Elizabeth Davis, a close friend of Lara.

When she is an upperclassman, Lara said she hopes to have her off-campus pass and to be in dance two of the dance program.

The Student Union

Produced by the Ojai Valley News in cooperation with: Besant Hill School, Nordhoff High School, Oak Grove School, Ojai Valley School and Villanova Preparatory School.

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Hoj Finds Joy In Being Active

Wyatt Stroud

Nordhoff High School

The Ranger's Teacher of the Month for April is Kim Hoj. Her students and colleagues at Nordhoff High School describe her as a helpful, dedicated, uplifting, an intelligent teacher and administrator.

Hoj serves as an assistant principal, teaches dance and runs the dance program.

She was born in Los Angeles on Thanksgiving day in 1969. She has a younger brother she affectionately calls "goofy."

She was also born with a heart condition called an atrial septal defect that was discovered when she was a baby.

For her first eight years, she said she lived a calm life, being told things such as, "Don't get too excited, you could have a heart attack." She was not allowed to be very active as a kid — except for dance class.

After her surgery when she was 8, she became very involved

in dancing. Music such as jazz and disco and anything by KC and the Sunshine Band were some of her favorites growing up.

After her family moved to Camarillo, she regularly attended Camarillo High School dances and was on her school's competitive dance team so she had the opportunity to travel and compete.

As a young adult, she said she was told to become a doctor, lawyer, veterinarian or to "get a real job." While she wanted to further her experience in dance, her father did not have the same point of view, although he did support her in what she truly wanted to do.

At 17, while working in a law office with her father, doing filing and such, Hoj developed a strong liking for psychology. She recalls, "I read every book you could find about human behavior."

She started college as a psychology major, later mov-

ing to a double major, and then to majoring in sociology and minoring in psychology. She felt compelled to find out: "Why is it that people in groups do what they do?"

Between 1992 and 1993, she taught at Buellton Middle School.

After this, she pursued being a marriage and family therapist for a few years. Later, she heard from her college roommate from UCSB, Ann Inman, about an opportunity working at Nordhoff, where Inman was (and still is) working. Hoj applied with her boyfriend (John Hoj, also still a NHS teacher) for jobs at Nordhoff, which they both received.

She taught American Government, Family Life, Child Development and AP psychology from 1993 to 1999.

After completing a marriage and family therapist program, she became a counselor at Nordhoff based on the thought that, "I couldn't see myself sitting in an office all day, without some

larger group or connection (like a classroom)."

In between, she was a stay-at-home mom for three years. And she started working full time again just four years ago.

"I really enjoy teaching," she said. "I love the magic of seeing how a group starts the year and getting them to recognize that they are far more capable of accomplishing things that seem intimidating. I think they can take that anywhere in life and be successful."

"I wanted to be a teacher because I like people and I like learning; but more so I have a love for the mentorship and the relationships that come from good teaching and good relationships," she added. "For me it's all about the relationships."

She and Jon have three children; a 16-year-old, Kirsten, attends Nordhoff. They also have twins attending Matilija who are 14.

When she's not teaching or dancing or following her children around, she enjoys listen-



Kim Hoj was chosen as Nordhoff's Female Teacher of the Month. Nordhoff High School photo

ing to most kinds of music and loves reading about biomechanics. She recently read the book "Move Your DNA, the Biology of Movement and its Relation to Long-Term Health." She also loves reading about anything

health, fitness, psychology or dance related.

When speaking in regards to the complexity of her career as a whole and in teaching she remarked, "I think it has kept my career interesting for me."

Student Opinion

Sex Sells: A Look At Girls and Social Media

Carly Skiba

Nordhoff High School

"Sex sells, whether you're 13 or 35," says Nancy Jo Sales in her article "How Social Media is Disrupting the Lives of American Girl," in The View.

Whether we like it or not, social media is dominating today's culture. While it is very interesting and valuable that we have ways to connect with family members and share memories, experiences, and opinions on the internet, young people are taking over social media, and people do not think this is a good thing.

When asked why women are more likely to be objectified than men on social media, and one Nordhoff female student said, "I think women are more likely to be objectified sexually on social media because they are objectified in real life. Women on social media usually post things to impress men, and I think that young girls should not exploit themselves to the dangers of social media just to please someone."

It's pretty safe to say that kids should not start using social media until a certain age. Only

when they know between right and wrong, what dangers there are, and what social media can do to one's self esteem.

"I have never posted something revealing on social media, but I have sent a sext," one NHS girl told me. "Afterwards I felt dumb and as if I shouldn't have done it. It made me afraid that the boy I sent it to was going to send it around, and I wouldn't wish that feeling on anyone."

Sales said in her article that she visited more 200 girls in 10 states. She stated that a "sexting ring" is when naked

pictures of teens are sent among large groups. These pictures are posted on a social media site, called a "slut page" and every school she visited had one.

When asked how they felt that schools had "slut pages," the typical reaction from Nordhoff girls was they thought it was "sad that so many girls are participating in such an action."

"This is happening? This is disgusting and should end," said one particularly perturbed student. "It is not only not smart for girls to send these pictures, but for people to have the nerve

to send them around? No wonder self esteem in teen girls is so low, they're being exploited by people they think they can trust!"

Not only is being exploited by everyone at school a nightmare for teen girls, but studies show these put girls at a bigger risk than just being embarrassed. These also put them at risk of being stalked by sexual predators, and talking to someone who isn't who they say they are.

According to Sales, one in three girls meet up with people they have met online, and one in

10 are subjected to some sort of sexual exploitation.

These sexual posts of teens are not always unintentional. "The app Vine banned sexually explicit material after reports that children were posting sexually charged videos of themselves on the site, including girls who looked as young as 9 or 11 years old," writes Sales.

We all know that oversexualization of women is a big issue in 2016, but 9- and 11-year-olds? Since teens have access to the internet whenever they please, they can easily access any type

of porn. But now they have begun to post them themselves.

When asked if this is because of how these kids were raised, or if it's pure influence, NHS junior and self-proclaimed feminist Jenna Schembri concluded, "No matter how the parents raise their kids, they will always be influenced by outside sources like friends, school, society and social media. There's not much you can do to keep your child from 'acting sexual' because they will always find a way."

Finding Broken Wing Helps Fix Broken Heart

Caroline Morrow
Ojai Valley School

When I was 9, my mom died. The battle with cancer was a short one, as doctors discovered the terminal illness infecting her brain when it was already too late. Stage 4 when they found that wretched disease.

At the time, I didn't know a lot about cancer. I knew it killed you and I knew my mom had it.

After moving in with my aunt and uncle, I almost forgot about the situation.

Soon after she died, all these memories of our time together started flowing in my brain like a tsunami. Times of happiness and sadness, and some still pop up when I think of her.

One example is her favorite Disney character: Tinkerbell. When I was little, my mom would drive me to Disneyland every Friday. It was our tradition. I would always talk about

how much I loved Cinderella, as she was my favorite princess, and she would tell me about Tinkerbell. How she was sassy and sometimes grumpy. "Just like me," she'd say. I would always burst out in laughter when she said that.

After she died, I didn't go to Disneyland until just a few months ago. Four years later and it virtually hasn't changed. No new rides, the same atmosphere.

It was hard going back there, especially with my friends. All

I wanted was to have fun and not miss her too much. The day went all right — I missed her and it put a damper on my mood, but I decided to honor her.

I went to the Disney store, originally to get a present for my friend, and then I saw it. A Tinkerbell key chain. Almost seconds after I saw it, I bought it.

When I got back to school, I put it on my backpack so she'd be with me all the time. Whenever I see it, I smile. It reminds me of my mom and how much

I loved her. Since that trip to Disneyland, one of the wings has broken.

But I like it. To me, it shows that my mother was flawed. She wasn't some goddess, she made mistakes and sometimes it's hard to realize that when you miss someone. You glorify the memory of them, and not see the true person.

So, as much as I miss my mom, I know she's somewhere watching over me, with a broken wing.

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Gathering Motivates Students to Meditate

Caroline Morrow

Ojai Valley School



AP Psychology teacher John Valenzuela (from left) provides a meditation session for OVS students Maeve Spanier and Cecile Wasmer.

Ojai Valley School photo by Evelyn Brokering

also puts students in a calm state of mind, perfect for a stressful school day.

Valenzuela encourages students to meditate based on the many health benefits it gives to those who do so regularly. For example, meditation can decrease stress and can make it easier to move through difficult times. Having all experienced the anxiety of the teenage years, many can agree that having a coping mechanism is vital to the growth of teenagers.

Also, many schools have implemented meditation and have seen a spike in test scores and a steady decrease in absences. However, meditation isn't for everyone. It's virtually impossible to meditate if one is unwilling.

"One has to own their readiness to have a beginner's mind," Valenzuela said.

Unlike other clubs, Meditation Club has no attendance requirement. Students can go weekly, but most drop in and out as they please.

Junior Evelyn Brokering attended her sessions because she was curious about the practice of meditation. She had never done it before, and wondered what its benefits would be.

"It's cool because you never get to settle for more than 10 minutes during the school day," Evelyn said. "It's a different world. You get the opportunity to close your eyes and be calm, and just think about what's being said. It made me really happy."

The Senior Chapel is the home base for this weekly gathering. Valenzuela chose it because of its peaceful qualities.

"It is from this vantage point that meditation is really very powerful since it reorganizes our perceptions of the world," he said.

The pleasant mountains and the lush green plants easily put those who go to this club at ease. It is the perfect habitat for meditating, as it brings an almost spiritual feeling to the gathering.

Those who go to the club agree.

"Everything seemed so much more clear and there was all this light and color around me," said freshman Lilli Trompke about opening her eyes after a meditation session. "While we were sitting there and meditating, I forgot where I was. I didn't feel like I was sitting on a bench on campus, it was more like a secret spot somewhere in my mind."



Nordhoff Environmental Field Studies students plant cucumber at Meiners Oaks' Poco Farm.

Ojai Valley News photo by Andra Belknap

Environmental Field Studies Interest Students

Students implement new farming projects

Maddie Bigger

Nordhoff High School

The students of Nordhoff's Environmental Field Studies class are taking serious steps to promote campus sustainability and efficiency.

Growing crops such as broccoli, quinoa, artichokes and snap peas, students are tackling the issue of air pollution two-fold. Limiting how much food is imported cuts down on emissions, and the crops grown photosynthesize carbon dioxide into oxygen, helping animals and the atmosphere.

Greg Lepine, the class instructor, is especially enthusiastic about this year's prospects.

"Last year, we harvested enough from four [planter] boxes to give two days of greens to the cafeterias. We have 12 boxes this year, and now we're planting at Paco Farms too," Lepine explained. "I think one, big thing they're learning from this class is how to be outside again," he added with a laugh.

When asked what he feels he's taking from the class, senior Spencer Yates replied, "I've learned a lot in different areas. How to grow stuff, how to com-

post. It's all about what you're interested in."

And is it ever. For their final projects, students are being asked to take the initiative to design and implement their own projects.

Seniors Luke Boyd, Regan Wilson, and Yates are working to create their own soil.

"We use cafeteria scraps, all the leaves we've been raking, and the landscape mixer to level out the amounts of nitrogen and carbon," said Wilson.

"We're trying to make our own soil, so that hopefully next year they don't have to rely on store-bought soils," added Boyd.

Two other seniors, Lindsay Raymond and Sierra Turk, are hoping to build a chicken coop.

"We typically go to the meadow, or Paco Farms," Raymond explained. "Not only is it fun, but we're really learning how to depend on ourselves, which is an important lesson for life in general. So we want to build a coop next."

"We could sell the eggs as a fundraiser," Turk added.

Another group of students are planning to design and make a sustainable fashion line. Junior Olivia Flemming, alongside

seniors Tana Titus, Courtney Dunn, Kaylee Brown and Melissa Dominguez are looking into the sustainability behind clothing.

"We're going to use organic cotton to create our looks to make them sustainable on every level- from sourcing to dying to packaging," Flemming said. "Everything affects everything. We want to do something with the people's welfare in mind," Titus said.

"We're trying to create a positive enforcement in a pollutive industry," Flemming added.

One student, Ulysses Lopez, elected to take the class a second time. Now, he's building a functional aquaponic.

"It uses waste, like fish waste, to grow crops [such as] vegetables," Lopez explained. "Transferring the water back and forth, the waste fertilizes the crops, which keeps the fish healthy because the waste doesn't poison them. I'm actually working with a farm in East End Ojai to improve their aquaponics system too. Sustaining the land and regeneration is really important," Lopez concluded. "This is all just part of the bigger picture."

Nordhoff Student Shows She's In It for the Long Run

Athlete-of-the-month trains for marathon

Kristin Fitz

Nordhoff High School

The Ranger off-campus athlete of the month for April is junior Caysee McCormick.

McCormick likes to run marathons, half-marathons and Spartan races for fun. She often runs with her family except for the Spartan races. She runs those with her older brother.

"I signed up for my first

[race] when I was 13 years old," McCormick explained. "When you finish a race, you get a sense of accomplishment and a feeling that if I can do this, I can do anything."

Having recovered from her second L.A. Marathon finish last month, McCormick is back on the roads, training again.

When asked how long it takes to train for an event, McCormick said, "It depends on what event I'm training for,

but I have to train at least three months in advance of the event. If I don't, then my body will hurt more than it should."

When asked if she had a certain diet while training for her events, she replied, "No, I just need to keep my body healthy."

The next race McCormick and her family are going to do is the San Diego Rock and Roll Marathon on the first Sunday in June. They are also running a triathlon in August.

EARTH DAY

Trees for our Valley

April 23, 2016 - 11:00AM - 4:00PM

11-4 @ Oak Grove School - 220 W. Lomita, Ojai

Four Ojai-based green organizations are teaming up again to host this free, once-a-year community event. Come for food, play, new ideas, music, and much more.

www.ojaiearthday.org

OJAI VALLEY SCHOOL

College Preparatory Boarding and Day School, Grades PK-12

Since 1911, Ojai Valley School has held progressive education at the center of its philosophy and practice. Educating the whole child is more than a statement of intent. Our academic, residential life, athletic, performing and fine arts, outdoor, and equestrian programs create opportunities for intellectual growth and character development at each level of student maturity.

As represented by the oak tree that graces the OVS logo, the strength of our program is rooted in integrity, compassion, fairness, responsibility, respect, and perseverance. OVS enrolls day students in grades PK-12 and resident students in grades 3-12.

Learn more at www.ovs.org.

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WELCOME TO OJAI

Be sure to pick up the official Ojai Tennis Tournament Magazine to stay on top of all the tournament excitement!

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