



iTHSMEDIA

INFORMATION ◦ INSPIRATION ◦ INNOVATION

Start The Year Off With

# KINDNESS

## Featuring

- A Different Kind of Love
- Living a Wonderful Life Not Remembered
- The Importance of Kindness
- Kindness in a Still-Moving World

## Artwork By

Golda Fulmer

Melissa Lopez

Alex Garcia

# A Different Kind of Love

LOVE. AN INTENSE FEELING OF DEEP AFFECTION. IT'S THE BUTTERFLIES FLUTTERING AT THE PIT OF YOUR BELLY WHEN YOU SEE THEM, THE ONE. BUT THOSE FEELINGS AREN'T EVERYTHING. ROMANTIC LOVE ISN'T EVERYTHING.

TODAY'S YOUTH OVER-ROMANTICIZES ROMANTIC LOVE WITH THE TYPICAL #RELATIONSHIPGOALS TAGS ON SOCIAL MEDIA. HOWEVER, WHAT WE SEEM TO FORGET, ESPECIALLY AROUND THIS TIME OF YEAR, IS THAT LOVE IS EVERYWHERE AROUND US.

LOVE IS YOUR BEST FRIEND HUGGING YOU GOODBYE AND TELLING YOU TO TEXT THEM AS SOON AS YOU GET HOME.

LOVE IS THE STUBBLY GOODNIGHT KISSES YOUR DAD USED TO GIVE YOU BEFORE TUCKING YOU INTO BED.

LOVE IS SLOPPY PUPPY KISSES AND ECHOING LAUGHTER.

LOVE IS NEATLY FOLDED IN "THANK YOU" AND "TAKE CARE."

LOVE DOESN'T HAVE TO BE HEART SHAPED NOTES SLIPPED INTO YOUR LOCKER.

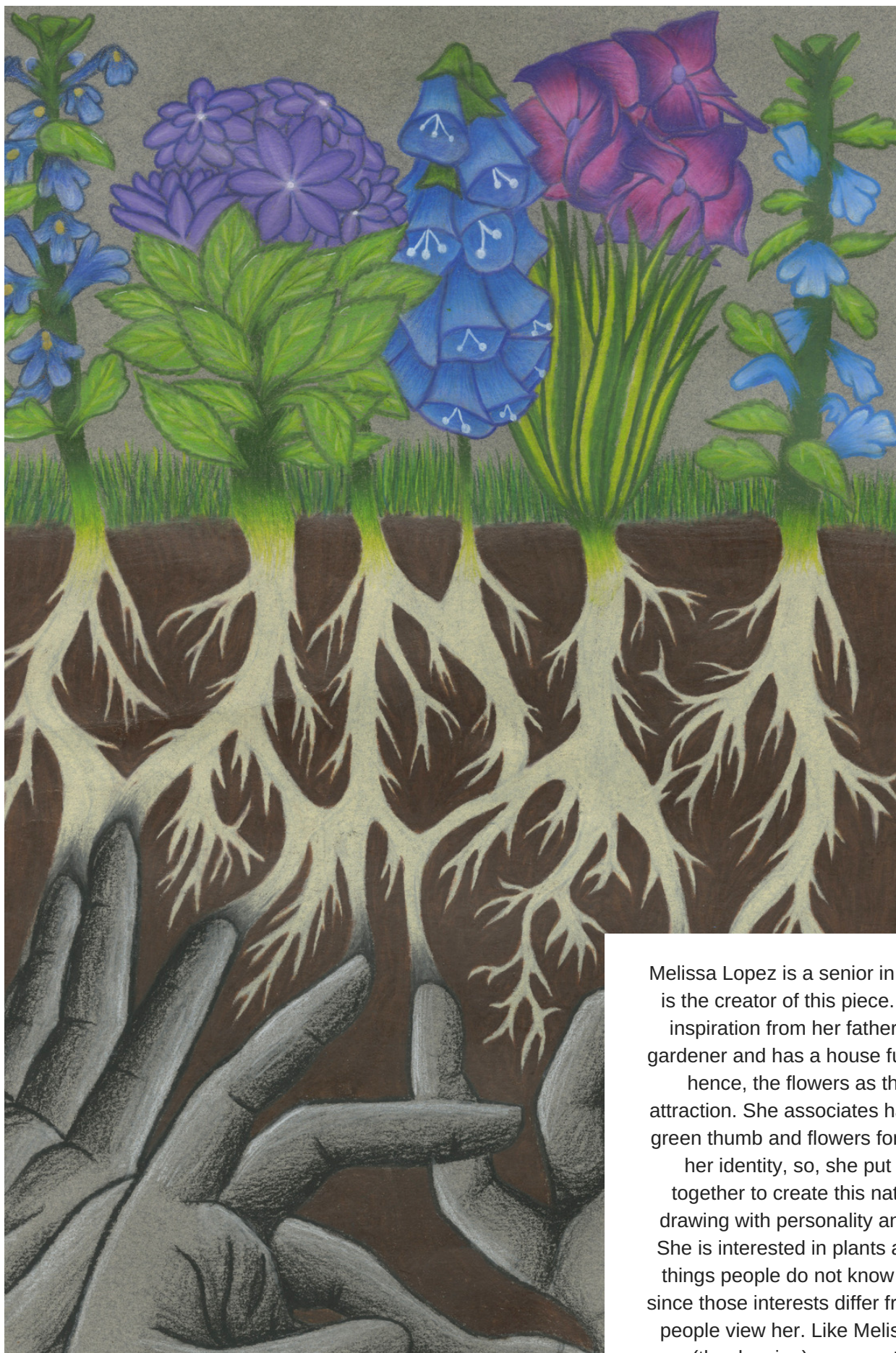
IT DOESN'T HAVE TO BE A DOZEN ROSES.

IT DOESN'T HAVE TO BE BETWEEN A BOY AND A GIRL.

LOVE IS EVERYWHERE. LOVE IS IN YOU. SOMETIMES IT'S NOT ABOUT SOMEONE ELSE LOVING YOU ROMANTICALLY. SOMETIMES IT'S JUST ABOUT ALL THE LOVE THAT YOU SPREAD AROUND. YOU GIVE LOVE, YOU GET LOVE IN RETURN, WHETHER IT BE FROM YOUR MOTHER, YOUR FATHER, OR YOUR BEST FRIEND, NOT NECESSARILY YOUR BOYFRIEND OR GIRLFRIEND. LOVE IS A CYCLE. YOUR TURN IS COMING SOON.

*By Galilea Oregon*





Melissa Lopez is a senior in AP Art and is the creator of this piece. She drew inspiration from her father who is a gardener and has a house full of plants, hence, the flowers as the main attraction. She associates hands with a green thumb and flowers form a part of her identity, so, she put the two together to create this nature filled drawing with personality and identity. She is interested in plants and space, things people do not know about her since those interests differ from the way people view her. Like Melissa said "it (the drawing) represents me".

# Living a Wonderful Life Not Remembered

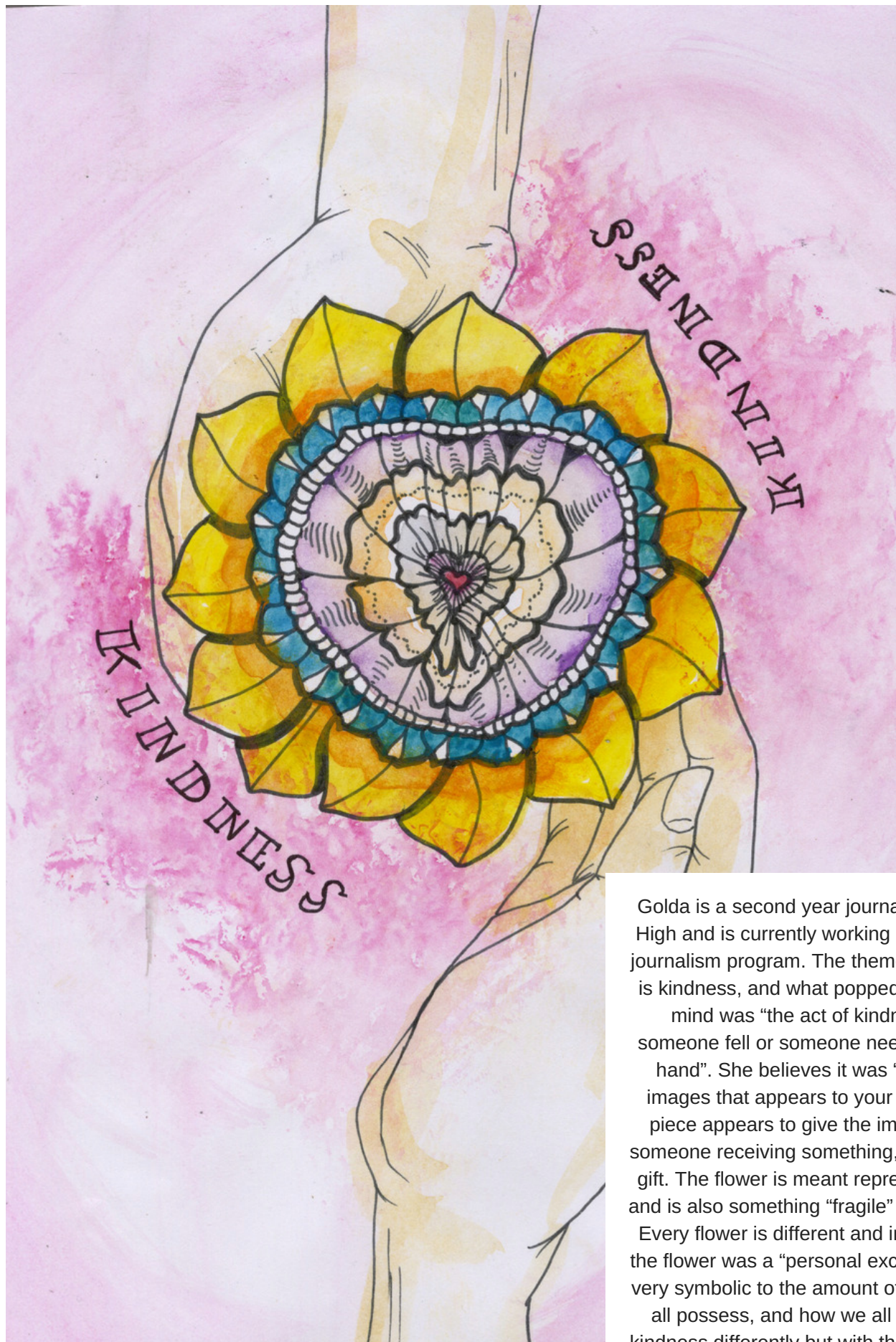
EVER SINCE HIS GRANDMA WAS DIAGNOSED WITH DEMENTIA, AUSTIN GRUSZECKI HAS MADE IT HIS SOLE OBLIGATION TO BE BY HER SIDE. EACH MORNING BEFORE AUSTIN GOES TO SCHOOL, HE ENSURES THAT HIS GRANDMA HAS TAKEN HER MEDICATION, AND WHEN HE RETURNS HOME, HE EITHER COOKS A VARIETY OF HER FAVORITE FOODS OR TAKES HER OUT TO EAT. ALTHOUGH SHE MAY ONLY HAVE A FAINT IDEA OF WHO HE IS, AUSTIN'S GRANDMA REMAINS ETERNALLY GRATEFUL TO HIM—WITH A CONSTANT LOOK OF ADMIRATION IN HER SOULFUL EYES AND A DAILY PRAYER ESSENTIAL FOR HIS WELL-BEING.

MAKING HIS GRANDMA INTEGRAL TO HIS DAILY AGENDA, AUSTIN REFLECTS THAT LIFE IS MORE FULFILLING WHEN MAKING AN IMPACT ON THE LIFE OF ANOTHER. ALTHOUGH AUSTIN WAS INSTRUCTED TO PERFORM ONE ACT OF KINDNESS FOR HIS FILM ANALYSIS PROJECT, HE EXPLAINS THAT HE IS ALWAYS ACTING OUT OF THE KINDNESS OF HIS HEART BECAUSE HE STRIVES TO BRING SELFLESSNESS IN TO A WORLD OF NARCISSISTIC VALUES.

AUSTIN'S GRANDMA HAS LIVED HER LIFE, EXUDING KINDNESS AND RADIATING LOVE. SHE IS A WOMAN WHO HAS CHERISHED EVERY HUMAN, CARING WITH AN IMMENSE AMOUNT OF PASSION. DESPITE HAVING A “WONDERFUL LIFE,” PEOPLE WHO ARE AFFLICTED WITH DEMENTIA—SUCH AS AUSTIN'S GRANDMOTHER— SADLY FORGET HOW “WONDERFUL” LIFE REALLY IS, BUT IT IS BECAUSE PEOPLE LIKE AUSTIN THAT A LIFE WITH DEMENTIA BECOMES A LIFE WORTH LIVING.

*By Karley Bailey*





Golda is a second year journalist at Tustin High and is currently working on art for the journalism program. The theme for this zine is kindness, and what popped into Golda's mind was "the act of kindness, like someone fell or someone needs a helping hand". She believes it was "one of the images that appears to your head". This piece appears to give the impression of someone receiving something, almost like a gift. The flower is meant to represent purity, and is also something "fragile" and "unique". Every flower is different and in this image, the flower was a "personal exchange", a gift very symbolic to the amount of empathy we all possess, and how we all exhibit that kindness differently but with the same effect of gratitude.

# The Importance of Kindness in a World Lacking Empathy

IN THE MODERN AGE, PEOPLE ARE FOUND TO BE SELF-CENTERED AND CONSTANTLY PLUGGED INTO THEIR PHONES, WITH NO AWARENESS OF THEIR SURROUNDINGS. BASIC INTERACTIONS ARE RARE—RANDOM ACTS OF KINDNESS ARE ALMOST NON-EXISTENT. THIS GENERATION IS SO POISONED BY TECHNOLOGY THAT IT IS NOW UNUSUAL TO RUN INTO A PERSON AND HAVE AN ACTUAL HEARTFELT, FACE-TO-FACE CONVERSATION WITH THEM.

IT WAS 7:30 AM ON A LATE START WEDNESDAY. I WALKED INTO THE LOCAL STARBUCKS—DEAD SILENT AND RICH WITH THE SCENT OF ROASTED COFFEE BEANS—AND BEGAN TO FINISH MY HOMEWORK. AROUND 7:40 AM, A LADY, WHO APPEARED TO BE IN HER MID 50'S, CLOCKED IN AND WAS ARMED TO TAKE ORDERS. WHEN I GOT TO THE REGISTER TO ORDER MY USUAL—A HOT CARAMEL MACCHIATO—I FOUND OUT THE LADY'S NAME WAS JANETTE. JANETTE WAS THE JOLLIEST, HAPPIEST, AND MOST WARM-HEARTED PERSON THAT I HAVE MET IN THAT YEAR. UPON GREETING ME, SHE TREATED ME LIKE AN OLD FRIEND; SHE ASKED ABOUT MY MORNING AND HOW SCHOOL WAS GOING. OVERALL, SHE JUST SEEMED TO GENUINELY CARE ABOUT ME. I NOTICED SHE TREATED EVERY CUSTOMER LIKED THIS, AND GOES AS FAR AS TO EXCHANGE INSIDE JOKES WITH REGULARS. AT THE END OF EVERY ORDER, JANETTE ENSURES THAT SHE GETS A CUSTOMER'S NAME RIGHT ON THE CUP (TO AVOID THE OLD SNAPCHAT CLICHE OF HORRENDOUSLY MISPELLED NAMES ON STARBUCKS CUPS).

ALL THROUGHOUT MY LIFE, I TALK TO PEOPLE AND I WORK TO AVOID UNCOMFORTABLE SILENCES AND THE FEELING OF BEING OUT OF PLACE. AFTER MY ENCOUNTER WITH JANETTE, I HAVE GROWN TO LEARN THAT TALKING TO PEOPLE HAS NOTHING TO DO WITH LOOKING FOR THE NEXT WORD TO SAY TO PERPETUATE THE CONVERSATION, IT'S ABOUT UNDERSTANDING THE OTHER PERSON'S FEELINGS AND PERSPECTIVE. SO, THIS IS MY PROPOSITION TO YOU: GO OUT INTO THE WORLD AND TRY TO TALK TO SOMEONE—A STRANGER. UNDERSTAND THEM AND MAKE AN IMPACT THEIR DAY, WEEK, OR EVEN LIFE. THINK ABOUT THIS: IF EVERY SINGLE PERSON YOU'VE MET IN YOUR LIFE HAS BEEN A STRANGER TO YOU AT ONE POINT, WHY NOT TALK TO A STRANGER EVERY NOW AND THEN?

*By Adrian Ruiz*







# Kindness in a Still-Moving World

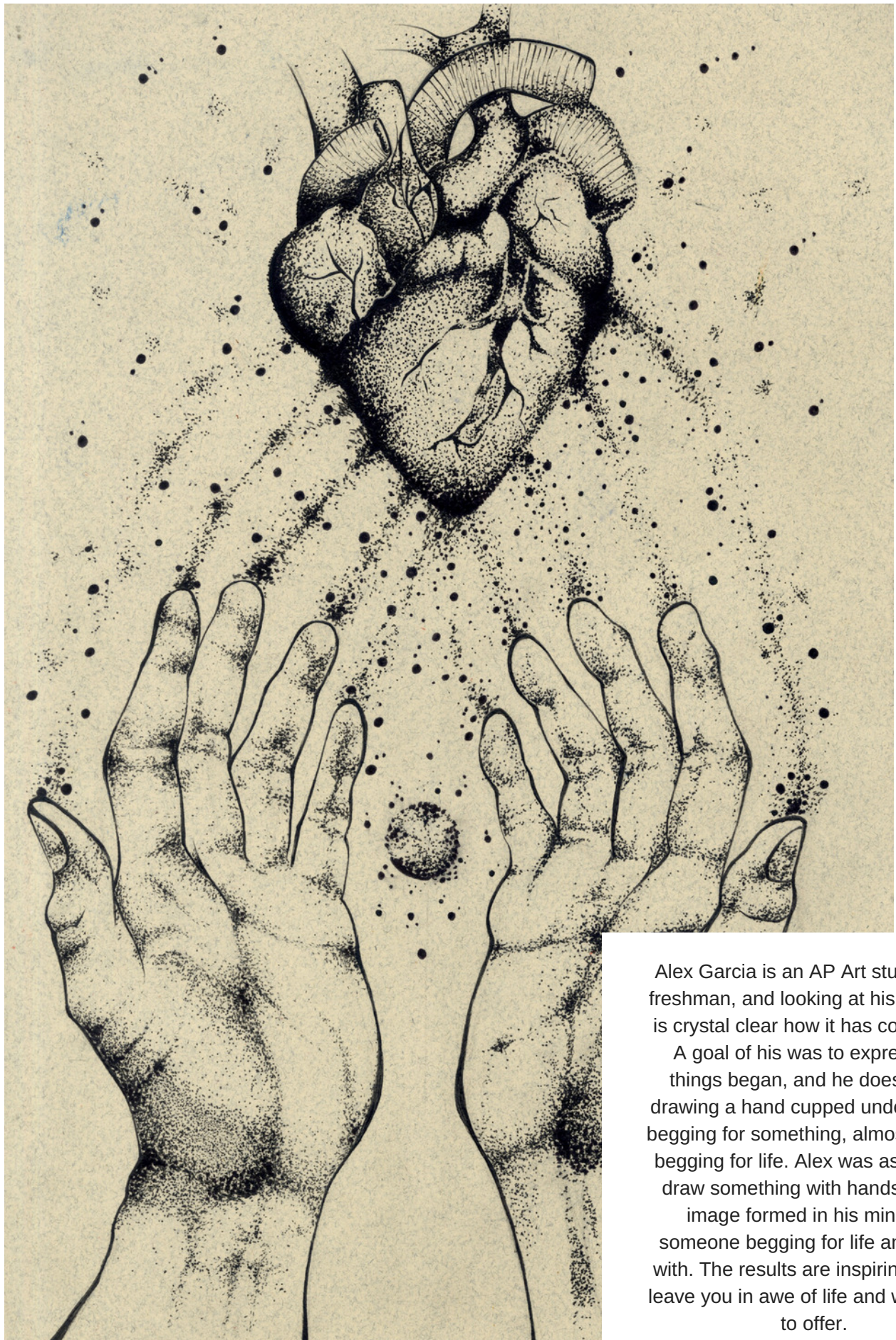
DURING HER WINTER BREAK, NANCY FERNANDEZ PERFORMED AN EXTREME ACT OF KINDNESS. SHE DECIDED TO DEVOTE HER TIME TO AN EIGHT YEAR OLD GIRL WITH SPECIAL NEEDS. NANCY WAS STUNNED AT THE SIGHT OF AN EIGHT YEAR OLD GIRL PARALYZED, INCAPABLE OF ANY COMMUNICATION—BESIDES THE MERE MOVEMENT IN HER FACIAL EXPRESSIONS. ALTHOUGH TROUBLED WITH REMORSE AND EVEN SHOCK, NANCY SPENT THREE DAYS WITH XIANA, ATTENDING TO HER MEDICAL NEEDS: STRIVING TO DO ANYTHING IN HER CAPABILITY TO SPREAD A GLOWING SMILE ACROSS XIANA'S FACE.

SINCE XIANA WAS UNABLE TO SPEAK, IT WAS DIFFICULT FOR NANCY TO ATTEND TO HER BECAUSE SHE WAS INCAPABLE OF COMPREHENDING HER DESIRES. NANCY GREW TEARS IN HER EYES AS SHE SAW XIANA SMILE AT THE MURMURS OF A HAND HELD VACUUM—ELICITING REALIZATION THAT THERE ARE PEOPLE IN THE WORLD WHO ARE PHYSICALLY INCAPABLE OF EXPRESSING THEMSELVES, YET THERE ARE THOSE WHO TAKE EVEN THE SLIGHTEST WAVE OF A HAND FOR GRANTED.

IN A GENERATION WHERE SOCIAL MEDIA AND SMARTPHONES ARE THE FOCAL CORE OF OUR SOCIETY, IT IS HARD TO IMAGINE LIFE WITHOUT COMMUNICATION. YET THERE ARE THOSE LIKE XIANA WHO ARE AFFLICTED WITH THE INABILITY TO COMMUNICATE AT ALL. NANCY'S STORY COMES TO SHOW THAT THERE IS BEAUTY IN THE SIMPLICITY OF EVEN THE SMALLEST WORDS THAT EXPRESS HOW WE FEEL. AND EVEN A SMALL DOSE OF KINDNESS SUCH AS THE WAY NANCY KEPT XIANA COMPANY, CAN PROVOKE THE ULTIMATE FEELING OF HAPPINESS.

*By Karley Bailey*





Alex Garcia is an AP Art student as a freshman, and looking at his drawing it is crystal clear how it has come to be.

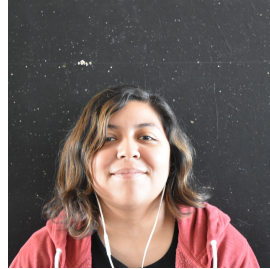
A goal of his was to express how things began, and he does this by drawing a hand cupped under a heart, begging for something, almost as if it is begging for life. Alex was assigned to draw something with hands, and an image formed in his mind with someone begging for life and he ran with it. The results are inspiring and will leave you in awe of life and what it has to offer.



# MEET THE WRITERS AND ARTISTS



**ADRIAN RUIZ**



**MELISSA LOPEZ**



**KARLEY BAILEY**



**GOLDA FULMER**



**GALILEA OREGON**



**ALEX GARCIA**



“The Pitchfork” is Tustin High School’s online magazine, and the staff here are always fresh on the scene. The editorial staff consists of seven bright, young minds:

Kristina Ching and Emily Cowl as our Editors-In-Chief, Gigi Hume, Zachary Apperson, Kyle Arbiola, Ivette Barajas, and Alena Tran as our Staff Editors, and Shanni De La Cruz as our Fiction Editor. The rest of the class is constantly busy, writing articles for your enjoyment. We update world news, delve into the heart of controversy, and spin weekly tales of fiction. Our reporters dive into current events happening here on campus, our photographers capture each memorable moment, and our editors hold the entire operation together. We are a tight-knit family of Tillers eager to bring the news to you!

Find us in classroom 702 during 2nd and 3rd, and during Tutorial!

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