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Vanguard

The everyday superhero

Aritra Ray, MULTIMEDIA EDITOR

In a world full of homework assignments, extracurricular activities, family commitments, and social events, being a superhero may seem like a far-fetched obligation to tag on. But being a hero is much simpler than the capes and costumes that come to mind; in its essence, a hero is someone who uses their unique quality to achieve a task that would not ordinarily be possible.

Superheroes come in all forms and can be found in our everyday lives. In fact, some of the most powerful superheroes are the people we encounter regularly: nurses, doctors, teachers, and volunteers are some examples. Nurses and doctors help heal and save lives, teachers inspire and educate others, and volunteers selflessly help those in need. Their compassion and dedication make them superheroes in the eyes of many. With their superpowers, they leave a lasting impact on the lives of others.

So, what can you do to be a superhero in someone's life? Think about your unique superpower. It could be as simple as offering a listening ear to a friend in need, lending a helping hand to a stranger, or using your talents to uplift others. Small acts of kindness and empathy can have a profound impact on someone's life. It doesn't take x-ray vision or superhuman strength; all it takes is a compassionate heart and willingness to make a difference.

Embrace your unique superpower, no matter how small it may seem, and use it to create a ripple effect of goodness in the world. Recognizing your superpower and using it to bring meaningful change that benefits those around you is a step in the right direction — you may not be as quick as the Flash, but the change you bring can certainly travel across the world.

Remember, superheroes are not defined by their costumes or superhuman abilities, but by their actions and impact. Excelsior!

PHS answers: If you were a superhero, what would power would you have?

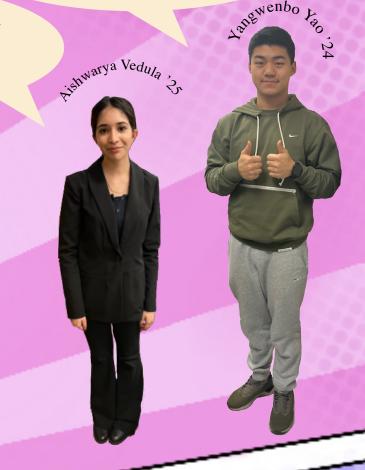
Chloe Zhao, OPINIONS CO-EPITOR

"I would pause time, because then I can wake up really late ... pause time and then ... go to school ... a minute before school starts."

"My super power would be to make things magically come out of thin air. I would make ... lots of money and food. I wouldn't make too much [money to cause inflation]."

> "My super power would be invisibility, because it's really cool to be able to go places without being seen."

"I want my mind to be able to read SD cards. So, everytime I want to learn, I just plug myself to the SD card and read all the knowledge."



Photos: Chloe Zhao

Jane Hu, Avantika Palayekar, and Yitian Xiong, CONTRIBUTING WRITERS

The heroes of PHS

Amid the rush of students in the hallways and corridors, Bill Urian stands firm as a security guard at Princeton High School. Urian works everyday from 7:00 a.m. to 12:00 p.m. asking students for their IDs before entering school. As for parents and other visitors, Urian asks them for a driver's license, runs it through the "Raptor" system, and gives them an orange hang tag that identifies them as visitors. Urian's goal is to make sure that no strangers enter the building to maintain school safety, and he encourages students to take initiative for their own safety, too.

"A lot of students are on social media ... so they can monitor that and let us know if things [seem] not right," said Urian. "Just be aware of your surroundings."

Prior to working as a security guard, Urian used to work for the town of Princeton as a firefighter, where he worked with the police department and directed traffic. He worked there for 31 years and received a service award from the fire department he's now retired and has been working part-time at PHS for four and a half years.

"A couple years ago ... one of the workers [at PHS] asked me if I would want to come in and apply [as a security guard] ... [and] give it a shot," said Urian. "I like it here a lot ... especially the students. The students are the best."

Dr. Andrea Dinan works tirelessly to support the PHS community through her leadership. As the Ideas Center director, Dinan oversees community service and tutoring programs in which over 400 students participate. A normal day for Dinan consists of working with under-resourced students who are attempting to complete their college applications using the Free Application for Federal Student Aid (FAFSA). Having been involved with AmeriCorps and helping homeless students get an opportunity for a better life, she gained a passion for service work.

"I wanted to devote my career to service, and when this ... program came up, I applied right away." Dinan said.

Through her leadership, Dinan believed she could allow students to run community service projects on their own, with little guidance from her. Dinan's system allows for students to overcome their obstacles and learn to improve their mistakes. "It helps people to follow their passions, lead projects, [and for] some of the quieter students [who] may not be ... interested in

.. [joining] student council or even running another academic club, this is a perfect opportunity to try leadership skills and have





Despite the hustle and bustle of the school day, Margarida Cruz, one of Princeton High School's three nurses, manages to remain calm and collected wherever her work takes her. From administering treatments and first aid to physicals and even monitoring and tracking disease outbreaks, Cruz has worked as a nurse for PHS for over 19 years, and every day holds its own surprises.

"Every day is always different; there is never a dull moment," said Cruz. "It is always busy and we have a vast responsibility." The central goal for the PHS nurses is to help students safely continue their education and to offer assistance in times of need. "Keeping the students in school is the priority," Cruz said.

Initially, Cruz was a hospital nurse, but made the switch to become a school nurse for the convenience of the hours and to spend more time with her children. Now at PHS, Cruz believes that it is more than just a job.

"I love it!" said Cruz. "I love talking to the students, and everyone here gets along."

Asya Morozov, SPORTS CO-EDITOR

Superhero Trivia

Steel?"

2. What color was the

Hulk originally going

- a. Superman
- b. Batman
- c. Iron Man
- d. Captain America

to be?

a. Red

b. Gray

c. Blue

d. Purple

- 4. What gives Black Panther his powers?
 - a. A magical knife

3. What was a

a. Lippi

b. Titian

c. Bernini

d. Botticelli

proposed name for one

of the Ninja Turtles?

- b. A mysterious precious metal
- c. A heart-shaped herb
- through his own effort
- d. HYDRA

a. ABYSS

b. CROWN

c. SWORD

6. What is the name of the

villainous coalition that

opposes SHIELD?

5. What is Captain

a. Strontium

d. Vibranium

b. Bronze

c. Steel

America's shield made

- d. Nothing, he earns them

Answers: 1(a) 2(b) 3(c) 4(c) 5(d) 6(d)

Graphics: Emily Kim





