



## Alta Vista Migrant Journalism

# Who do you consider your hero?

## A survey of Alta Vista elementary students

By Madysson Rodriguez, Fatima Bedolla, Ashley Zavala, Marleny Atrisco, Rafael Cisnerors, Jeremiah Flores, Elena Flores, Jonathan Tolentino, Ivan Garcia, Damian Jaimes, and Oscar Tolentino

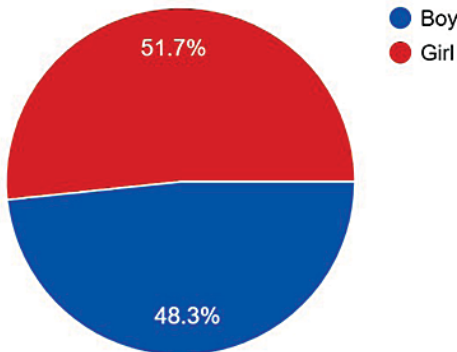
Who is your hero? Our Migrant Journalism class compiled a survey using Google Forms to determine who our students consider their real life hero. We asked that question to third- through fifth-grade students at Alta Vista Elementary School. The survey was sent to 151 students within seven homeroom classes through their respective Google Classrooms online. We found that most students considered their parents and guardians as their hero.

Coming in second place were doctors/nurses. However, students considered public figures and politicians as their least chosen hero. This means that students do not consider people such as our president, a hero. The top five most voted heroes in order were as follows:

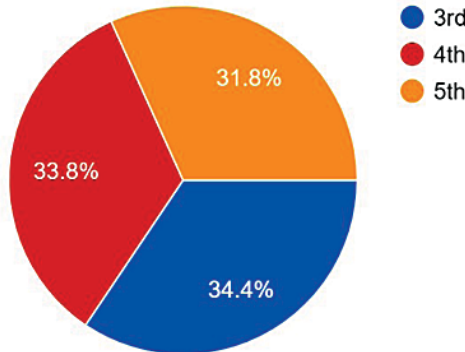
1. Parents/guardians
2. Doctors/nurses
3. Military
4. Police officers
5. Firefighters

Teachers and coaches came in a close sixth at 52.3%. Heroes come in all shapes and sizes, but what really determines who a child considers their hero is a person's actions, personality, and character.

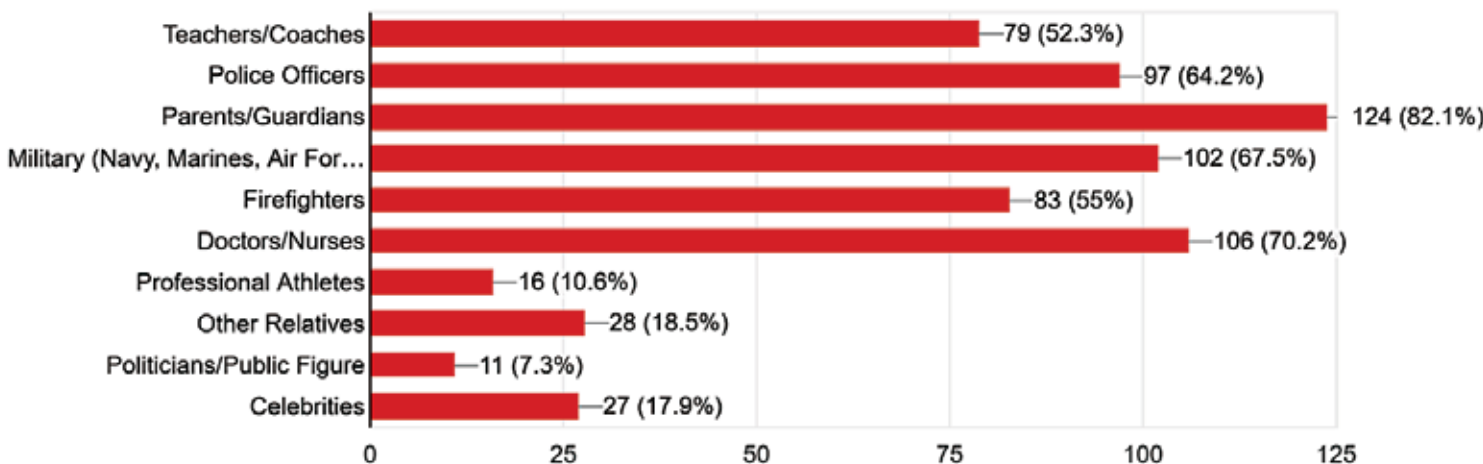
What is your gender?  
151 responses



What grade are you in?  
151 responses



Who are your heroes? (You may check up to 5 boxes)  
151 responses



## Alta Vista Migrant Journalism

# Not all heroes wear capes



Dressed in 1920s attire, Ana Borba celebrates with her family and friends after accepting her prestigious award. The event was set at the Asilomar Conference Grounds on the Monterey Peninsula.

By Valentina Apolonio, Gabriel Grimaldo, Uriel Tapia, Betzabeth Flores, Anthony Zavala, Angel Mendez, Francisco Chavez, Sebastian

Heroes don't only wear capes, they also wear scrubs and stethoscopes. During these unprecedented

times, people from around the world quickly realized that healthcare workers are our real life modern day heroes. In fact, on Saturday, February 19, Mrs. Ana Borba, FNP, RN, received a very prestigious award. She earned the California School Nurses Organization's Excellence in School Nursing Award for the entire Central Valley. Mrs. Borba is Alta Vista Elementary District's credentialed school nurse and our hero.

It's been a challenging but exciting journey for Mrs. Borba to receive this honor. At the young age of four years old, Mrs. Borba migrated to the United States from the Azores islands. She spoke only Portuguese and had to learn English. No one in her family knew English, so she learned to be bilingual in school. By the age of seven, she knew she wanted to become a nurse. However, school was difficult because of the difference in cultures and languages. But she knew she had to persevere to fulfill her dreams. Watching her family take care of a cousin who had cancer, inspired her to become a nurse. She is the oldest girl in her family and the first to get a college education. It was very difficult because her mom and dad didn't speak English, they only spoke Portuguese. It was hard to do homework because her dad couldn't read

or write, he was illiterate. Her mom loved reading, writing, and school. She helped her the best she could even though she learned differently. She knew the Metric System which is different from our U.S. customary measurements. Mrs. Borba always did her homework even if she didn't get it right. She kept working hard at it to become a better

See **WEAR CAPES** on page 2

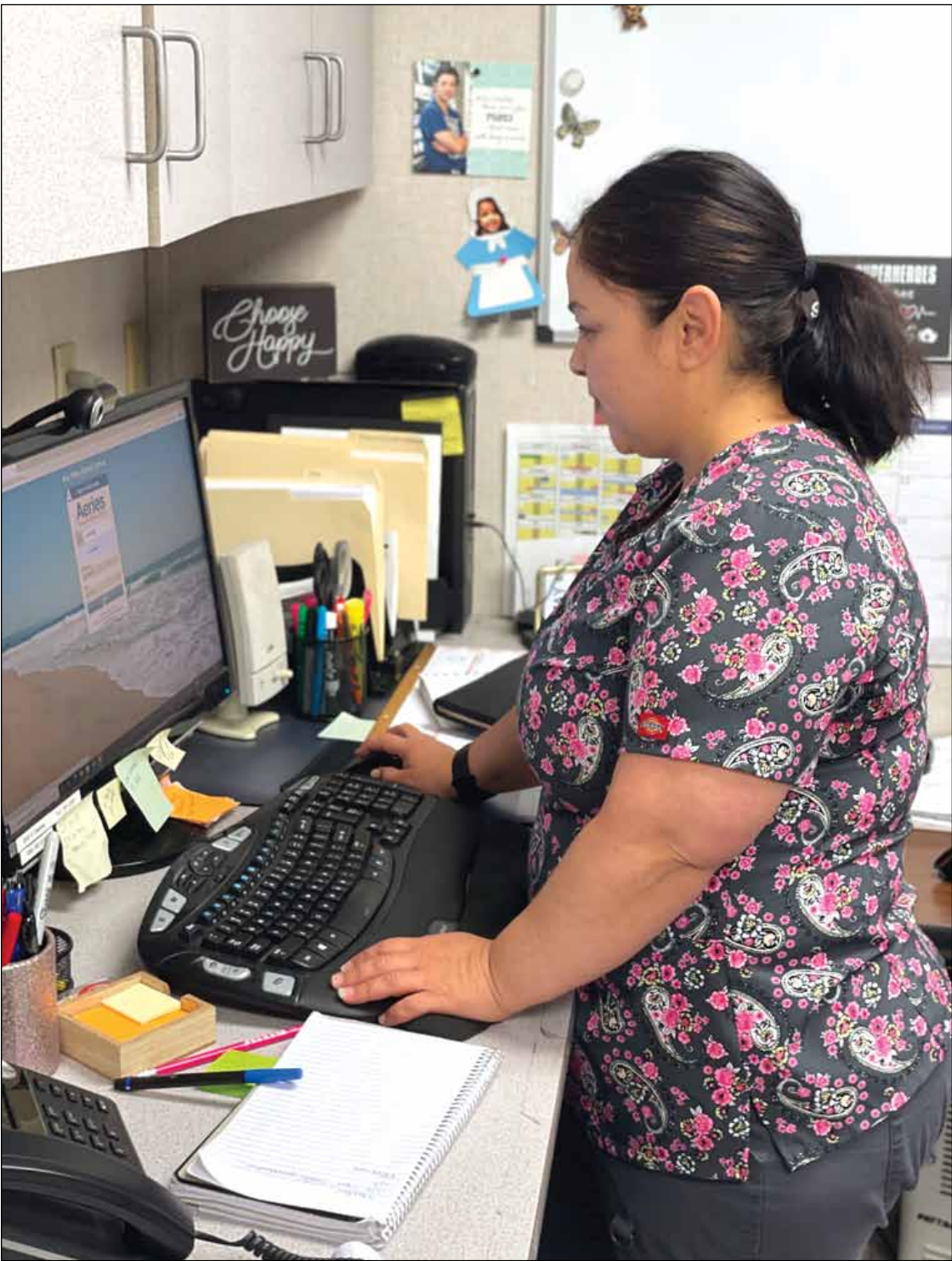


Alta Vista School certified nurse, Ana Borba, enjoyed an evening in Monterey, California where she was awarded the Excellence in School Nursing award for Central California. She was one of five honorees recognized in the state of California.



“Follow your dreams. I was born in a different country, I am an immigrant...it doesn't matter if you are not an American, because if you really work hard at it...it doesn't matter how long it takes...you will succeed...Never give up!”

-Ana Borba



Mrs. Castillo uses AERIES to document and contact parents/guardians.

**By Daihana Ramirez, Jackeline Zavala, Joselyn Valencia, Cynthia Martinez**

During the pandemic, people from all over the world shifted their mindsets about the definition of a hero. This experience introduced many to people working in careers that are not always recognized or acknowledged, much less identified as a hero. School healthcare workers, such as nurses and medical assistants, were quickly identified as heroes to parents, students, and teachers alike. We learned that being at home on Zoom was very difficult for many students and parents. Going back to in-person learning was imperative, but COVID exposures and illnesses caused so many to be absent from school. A student’s health is vital to their education. Having good health helps a student attend school regularly, allowing them to learn and grow their minds. In a classroom discussion, students identified a medical assistant whom they saw on campus daily as someone they consider their hero. That campus hero was

Alta Vista Migrant Journalism

# Health aide heroine



Mrs. Castillo gives a student ice for an injury.

Cristina Castillo and we wanted to know more about her and explore her passion for helping others.

As an Alta Vista employee of 15 years, Mrs. Castillo made relationships with many stakeholders in the Alta Vista community. She gained experiences that helped her become a passionate health aide for Alta Vista School. Through her education and training she has been certified as a medical assistant possessing certificates in CPR and first aid. Mrs. Castillo received her degree through a medical program at San Joaquin Valley College and holds an associate science degree with a clinical background. She is available every day in the Health Office where students will be greeted with a smiling face and a “how can I help you?”. She helps students with general first aid, fixing injuries, taking temperatures, administering medication, and making contact with parents and guardians. “I love everything about my job, I’m always busy.” said Mrs. Castillo.



Mrs. Borba received flowers as a token of appreciation and gratitude from the Alta Vista Teachers Association (AVTA).



School nurse, Ana Borba, at right, and health aide Cristina Castillo, are the dynamic duo who work in the Alta Vista Family Support Center serving the community.

## WEAR CAPES

continued from page 1

Mrs. Borba has many years of experience working in the healthcare field. Prior to working as a certified school nurse for the past 21 years, she was an operating room nurse for 18 years, and before that a nurse’s aide. She’s been working in the nursing field since the age of 16. “I love being a nurse. Being a nurse makes me very happy. I really love to take care of people and I like to try and figure out what someone needs and how to make people better. Being a nurse is very, very positive for me,” said Mrs. Borba.

Although nurses are exposed to illnesses, rashes, and other infectious colds and diseases, Mrs. Borba does not feel she is at risk because she has all of the right tools and is

very cautious. “I take all of the proper precautions. I make sure I wear my mask, I wear goggles, and I wash my hands. So, I try to do everything I can to protect myself and those around me when I’m dealing with situations that can put us in danger,” she said.

Nurse Borba is so much more than just a school nurse. She has watched generations of students grow up and even provided services to children of former students. She enjoys mentoring them by providing ideas on how to stay healthy and active. “The hardest thing is that I am a nurse practitioner and I know what a student may need, but as a certified school nurse, I am unable to provide the prescription or fix the issue because of the hoops (legal reasons) I must follow,” Mrs. Borba expressed.

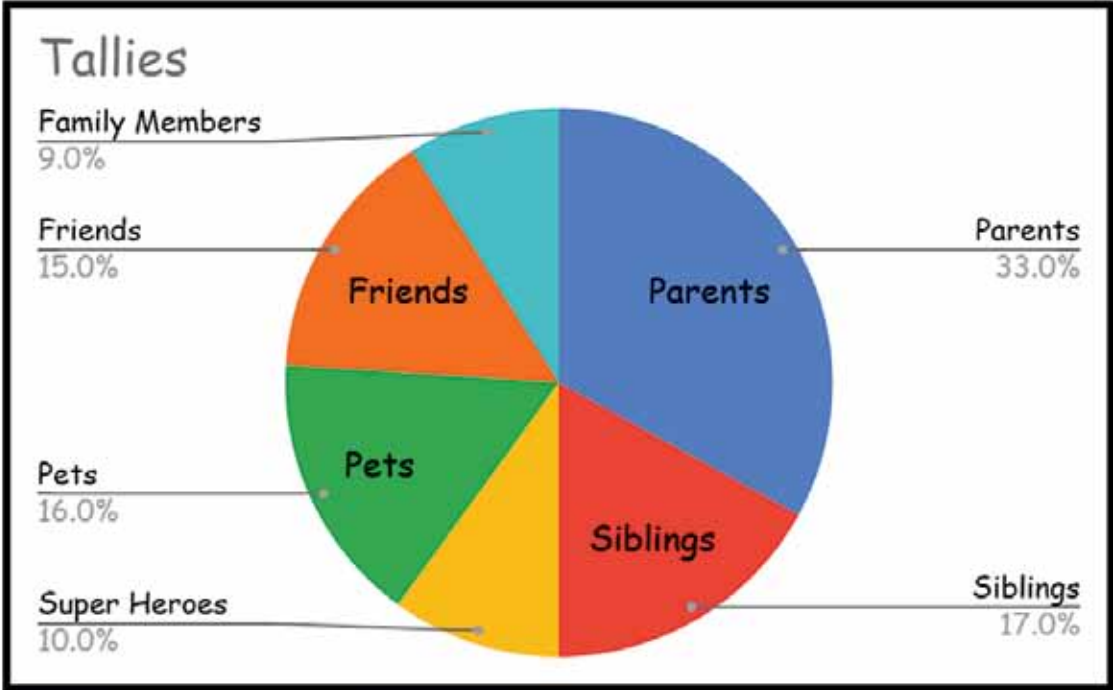
In addition, Mrs. Borba is a hero to our entire school



and the Alta Vista community. “I try really hard to help the community by giving them opportunities and resources,” she said. She goes above and beyond to help those in need in the community, as well. She continuously receives training and provides the most recent information to parents and guardians. She hosts flu and vaccine clinics, collaborates with Family HealthCare Network to provide a mobile clinic in the school parking lot, gives hearing and vision tests, and sends referrals to outside specialists. She has worked closely with the Centers for Disease Control and Prevention (CDC), Tulare County Health Department (TCHD), California Department of Public Health (CDPH), and local school districts to provide the most accurate, up-to-date information on health and safety for all stakeholders in the community. The Central Valley Nurses Organization sees her as an exemplary nurse and we see her as a hero...OUR HERO! She humbly told our class, “I feel honored that you think I am a hero...Thank you!

Woodville Migrant Journalism

# Who is your *hero*?



Based on 100 Woodville students.

By Daihana Ramirez, Jackeline Zavala, Joselyn Valencia, Cynthia Martinez

On February 1, 2022, our team of Woodville Migrant Journalism students strolled around campus to interview Woodville Elementary students. Students were asked the looming question, “Who is your hero and why?” At the beginning of the interview process, the four of us didn’t know what to expect. We assumed many would say that their hero is a fictional character. However, we were way off!

It took us close to two months to interview 100 Woodville students after school. Each day we would go on campus looking for random students to interview. We randomly selected students ranging from transitional kindergarten through eighth grade..

We were proud of our peers for being brave enough to answer this question and for showing us a glimpse of their personal lives. One student, by the name of Joselyn, shared that her hero is her dad. She said her dad was her hero because, “He saved me from a car crash while I was playing outside.” Another example of parents being heroes is when a girl said her favorite hero is her dad because he was always there for her and taking care of her. Evanece said, “He is the best dad ever.”

The results concluded that 33% of the students interviewed identified their heroes as their parents. They felt honored to have parents who are always there for them. The majority of the students picked parents because many expressed how the parents have been there for them since day one.

The group with the second highest number of responses was the siblings group. There were 17 out of 100 people who chose siblings as their heroes. I interviewed Ruvi and she



Woodville Migrant Journalism students, Cynthia Martinez and Daihana Ramirez, interview a student about their hero.

said her favorite hero is her brother because, “he saved me from falling to the floor.”

The group that had the least, with nine students voting, was family members, other than parents or siblings. In this group, we added all the aunts, cousins, grandparents, or any other family member. Xitaly mentioned that one of her family members is her hero because they saved her from almost falling from a horse. Since then she has viewed her cousin as a hero.

All four of us had a great time recording, interviewing, and listening to the perspectives and stories of 100 different students. It showed us that a hero doesn’t necessarily wear a cape or have muscles, but rather a hero is someone who is close to us, and who in one way or another, shows us that they are willing to do just about anything to keep us safe.

Woodville Migrant Journalism

# A hero in the *family*



Francisco Roque, 2021 school picture

Left: Balerio Roque with his pet.  
The hero who saved four year old,  
Francisco Roque, from drowning.

## Do you have a hero in your family?

By Francisco Roque Morales

Many of us have a hero in our family, but we may not know about it. Let me tell you about the time I encountered a hero in my family. A hero that saved my life.

My name is Francisco Roque Morales. I am currently eight years old, but in 2018, when I was four years old, my young life almost came to an end. If it was not for the fast thinking of my brother, I would have died.

Like many children on a hot summer day, we were at a pool party. Some kids were inside the pool playing. As I passed by the pool, my toy fell into the water and I decided to reach down to recover it. Apparently, I didn’t realize what happened, but I must have fallen into the pool. However, at the age of four, I was not able to swim. My brother Balerio said, “I jumped to get you out. You were not moving.”

After Balerio reached into the pool and pulled me out to safety, saving my young life, he became known as a “hero” in my family. I asked him how he felt the moment he saved me. He answered, “I was so happy and sad, because I almost lost my little brother that I love a lot.”

Balerio, like many other heroes, are so humble and modest that they don’t view themselves as heroes. He said, “No, I don’t consider myself a hero.” He feels that the actions he took that day were a normal thing that many would do if they were in the same situation. Saving someone from danger seems like a natural act. Yet, it isn’t very common. It takes someone being observant, identifying the danger, and acting instinctively and quickly to save someone else.

Despite what Balerio thinks about being a hero, my family, and especially me, see him as a hero because he was brave enough to risk his life to save mine. In my book, he is a hero!



Woodville Migrant Journalism

# Qualities of a *hero*

By Angel Torres and Joe Zavala

*How can we find out who the real heroes are?*

According to some people, we live in a world in which heroes are only seen in movies. While others dispute such an argument by stating that heroes are already among us. How can we really identify who a hero is? In a study published in 2015 by the Journal of Personality and Social Psychology, it suggested that heroes have 12 central traits which are shown in a table to the right.

My partner, Angel Torres, and I wanted to investigate if such qualities are persistent amongst our ordinary American heroes, or if only superheroes are worthy of such qualities.

On February 16, Woodville students went to Galaxy Theater to watch “Spider-man: No Way Home.” In this movie, Angel Torres and I watched to see if the 12 qualities applied to fiction heroes. The character’s name is Peter Parker. He showed the



audience many hero qualities. Yet one of the qualities that kept appearing over and over was strength. Throughout the movie, Spiderman used his physical strength and mental strength to save others, or to solve a problem. This action movie was packed with many characters expressing the above qualities. However, I realized that a hero must not only possess the 12 qualities, but these qualities have to be used for the betterment of society or for the good of others.

Now let’s see if an ordinary human being can have qualities like a fictional character in a movie. My partner, Joe Zavala, researched and found out that there are many humans among us who have these traits and are viewed as heroes of our time.

One human who demonstrated many of the above qualities is Cesar Chavez. Cesar Chavez was a person who worked in the farmlands. His mission in life was to help the farmworker communities by ensuring they had better working conditions and better wages. Although Cesar demonstrated

many of the 12 qualities of a hero, the one that stood out was bravery. He was brave because he fought against the rich companies who were taking advantage of the poor immigrant farm workers. He is a real life hero to many.

Another person who demonstrated many of the aforementioned qualities is Rosa Parks, who is best known as “the mother of the civil rights movement.” She was a hero because she stood up for the black com-

munity. One quality she demonstrated was courage. Rosa didn’t agree to give up her seat to a white person and for that she was arrested. Such courage changed the way we currently have the freedom to sit where we want to sit, regardless of race or ethnicity.

It’s pretty evident that a hero can be any ordinary person who can demonstrate any of the 12 qualities and uses them to protect and save others, or to change situations for the good of society.



Rosa Parks booking photo after her arrest in 1955. Photo Courtesy of CNN

Terra Bella Migrant Journalism

# CPR: Certified lifesavers



Students practice on CPR dummies.



Mr. Pinzon shows how to start CPR.



By Mareli Ramos Quevedo, Wendy Torres, Jesus Torres

Would you be ready for a situation that calls you to help people? Any day, at every hour a situation that calls to help someone, or even save their life, could happen. Many times in these situations young kids step up and save lives. Bridger Walter, a six-year old boy from Wyoming saved his younger sister from a vicious dog attack. When the Walker siblings had gone over to a neighbor’s house, one of the neighbor’s dogs ran towards Bridger’s younger sister. Bridger got between his sister and the dog in order to save his little sister from the dog attack. He protected her from the attack.

Another young hero would be Davyon Johnson, a sixth-grader from Muskogee, Oklahoma sixth grader, who performed the Heimlich Maneuver on one of his classmates who was choking. Later that day, he helped a disabled woman out of her house which was on fire. These two young heroes are just two examples of extraordinary young people who were heroes without capes.

## History

On December 3, 1732, in Alloa, Scotland, local surgeon William Tossach, resuscitated suffocating coal-pit miner, James Blair, by using mouth-to-mouth rescue breathing. Later, in the 1900s, Marshall Hall and Henry Silvester worked by placing victims face-up with shoulders elevated to allow one’s head to drop backwards. This was known as the Hall Method, which worked by rotating a patient back and forth from their back to their side. Approximately 60 years later, Kouwenhoven developed the closed-chest cardiac massage. This method restored circulation by pushing down rhythmically on the sternum, better

known as CPR.

## Interview with Chris Pinzon: CPR Trainer

On February 24, 2022, Chris Pinzon a 21-year old CPR instructor for Red Cross came to Carl Smith Middle School in Terra Bella, California to teach the journalism class CPR. He told the class he started his CPR journey at the young age of 11, as his grandmother’s helper for seven years. He assembled the mannequins and played the parts of a victim who was choking, or unconscious. His grandmother was a CPR instructor and was one of the few instructors in Tulare County who taught the class both in Spanish and English.

After watching his grandmother’s lessons over the years, he realized he had learned quite a bit. So, he became a teacher like his grandmother when he turned 18 years old. At that point, he took over his grandmother’s business. Chris continues to teach around the Fresno and Bakersfield areas. However, Chris has been teaching a bit less due to COVID. Although, he is still trying his best to help people learn these lifesaving skills, his goal is to expand the business even more.

He feels CPR is important to know in an emergency. He shared that nine in 10 people who have cardiac arrest outside the hospital, die. On the contrary, for those who receive CPR in the first minutes of a cardiac arrest, their chance of survival can double and sometimes triple. About 70% of the estimated 350,000 cardiac arrests that occur outside hospitals each year happen at home. But half of those patients don’t get help from bystanders before an ambulance arrives.

In the end, he recommends his classes to all people who want to learn, you never know when you will need to use it.



Christopher Pinzon, CPR Instructor.





Aruna Angsabek provides a slideshow presentation sharing facts about her country and its unique culture.



Aruna Angsabek speaks about her culture and the food they eat.



# International exchange students: *Heroes who build bridges; not walls*

By Jesus Torres, Wendy Torres, Xzavier Cervantes, Mareli Ramos Quevedo

Would you be brave enough to travel to the other side of the world as a foreign exchange student? During times of restricted travel, there were still students willing to leave all they knew behind to come to our country in hopes to learn about our culture and share theirs with us. Learning about other people may help our world become a better place because once we meet others who are not like us we can build bridges, not walls.

Porterville High School foreign exchange student, Aruna Angsabek from Kazakhstan, came to our Migrant Journalism class to share about her country. She also told us about her experiences, sharing her likes and dislikes about the United States.

Aruna Angsabek is part of the exchange program known as FLEX which stands for Foreign Leaders Exchange Program. The FLEX Program was started in 1993 by Senator Bill Bradley for students in grades 11 and 12. All students can apply, no matter if they have disabilities. The students have to be the right age, grade, and have citizenship requirements to fully enter the FLEX Program. The goal of the FLEX Program is to ensure long-lasting and mutual understanding between the U.S. and the countries of Eurasia.

The Eurasia country that Aruna is from is Kazakhstan. Kazakhstan is a transcontinental country located in central Asia and in eastern Europe. Kazakhstan has been independent since December 25, 1991. Before this date, Kazakhstan was a part of the Soviet Union from 1936 to 1991. Kazakhstan has around 18.75 million people and is the ninth-largest country in the whole world. Their capital is Nur-Sultan. Just like every country in the world, Kazakhstan has many languages, but their official languages are Kazakh and Russian. This country also has various religions, it is home to more than 100 ethnic groups and more than 40 faiths. Islam is the most commonly practiced religion in Kazakhstan. Her country has a

bit of everything, depending on where you live.

Aruna gave a presentation in which she shared some of the cultural traditions of her country. In her language, the word “Kazakh” stands for “to wander” and “stan” means “land or place of”. Kazakhstan is located in Central Asia, bordered between Russia and other countries that sound like Kazakhstan, which are Kyrgyzstan, Uzbekistan and Turkmenistan. Some of Kazakhstan cuisine consists of mutton and horse meat, as well as various types of milk.

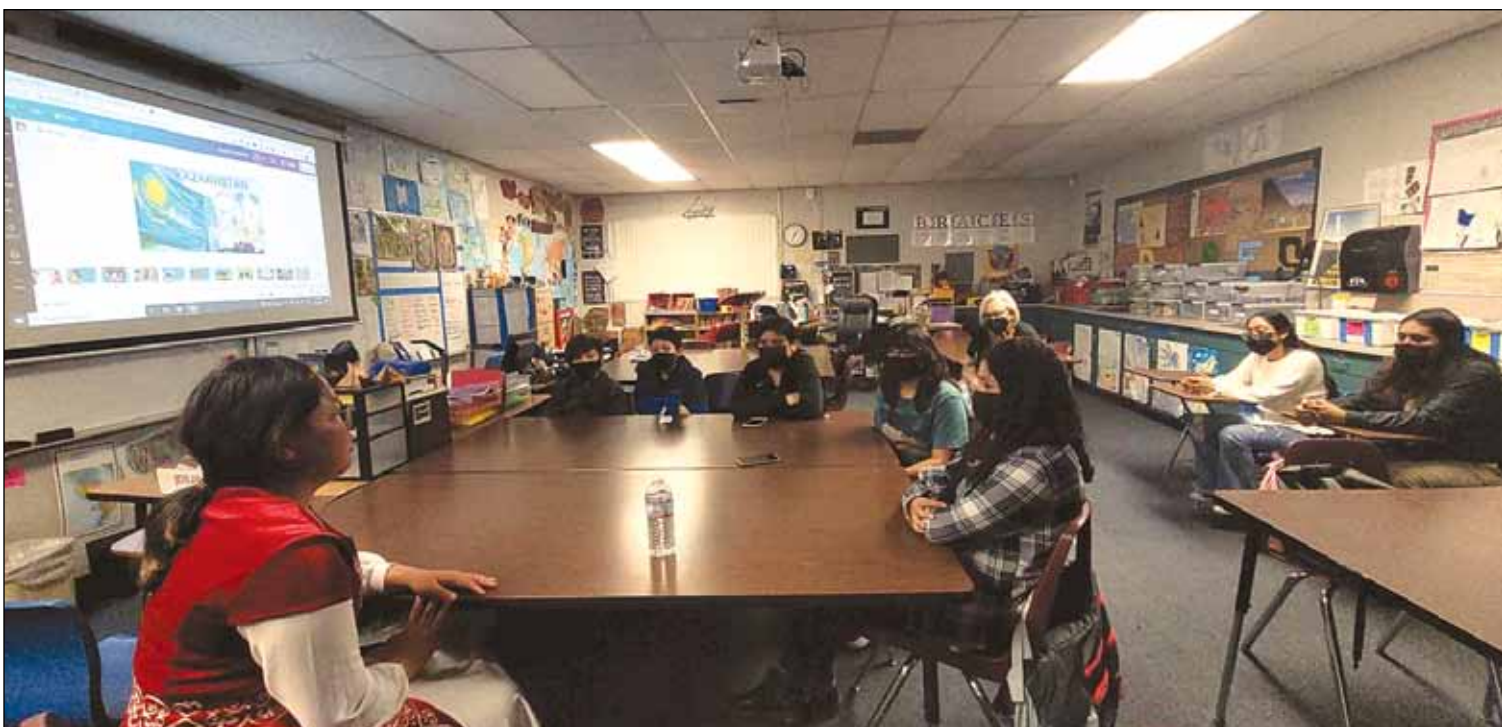
She showed us a model of a yurt. It is a house that can be transported and looks much like a fancy tent. She stated the bigger and more design on the house represents the richer the owner is. But the smaller it is shows the poorer the person is. We watched a cultural music video that used the dombra kobyz, which is an instrument that is like a guitar, but only has 2 strings. We also watched a traditional folk song and dancers. We learned the dance and some of the students got up and also did the dance to the music.

After the presentation we sat down for a one-on-one interview with Aruna. She was excited to share her feelings about being in California. She said one of the first things the students from the FLEX Program have to do as foreigners in a new country is to start planning goals of what they want to achieve and do in the new country they are visiting.

During our interview, Xzavier asked, “Is there something you want to do that you haven’t done yet?”

Aruna said, “It’s probably going to Disneyland, but I had other dreams like going to Los Angeles or walking down the Walk of Fame and seeing all of the stars.”

See **ARUNA** on page 7



# Our interview with Aruna



Aruna Angsabek takes a photo with the Terra Bella Migrant Journalism class after her presentation and interview.

## ARUNA

continued from page 6

Mareli asked, “What’s one thing you found odd about the U.S?”

Aruna responded, “The odd thing was about the food served in school because the food is not that good. In our school, everything is like totally handmade and it’s just like your mom’s food. So, it was very hard for me to adjust and like get used to the fact that the food is not that good.”

Many foreigners tend to have many expectations for the new country they will live in. Jesus asked, ‘What were your expectation coming to the U.S.?’”

Aruna laughed and said, “I haven’t seen the U.S. with my own eyes before, so all of my expectations were from the movies and TV shows. So, I had really high expectations, like I would be in one of the Disney TV shows.”

California is known for their big companies of movies and TV shows. So it is no surprise that Aruna’s expectation were the ones from movies and television shows.

She also shared, “All of the exchange students said that they are dreaming about riding a yellow school bus to the school and from the school.”

Exchange students might find it scary coming to a new country without their family or just leaving their hometown in general.



## Strathmore Migrant Journalism6

# The real heroes

By Dwaine Hernandez & Carlos Mejia Galvan

Do you think people in the police, military, and FBI are heroes? They help you when you are robbed. They fight and chase crime. They have weapons if there is a serial killer. Police officers have fast vehicles and they have smart dogs that help them when fighting crime. In the article, “What Makes a Real Hero in Law Enforcement,” it says “the fact that cops are willing to lay down their lives is a selfless condition”. This shows how police are important. The military are also heroes. They have jets, tanks, boats, and planes. I think the military is important because they fight for our lives. We believe the police, military and FBI are important heroes. We need them every day. They are our true heroes because they go out and stop the bad guys in real life.



## Strathmore Migrant Journalism

# Doctors are heroes

By Nataly Sanchez and Sherlyn Felix Ramirez

Do you think doctors are heroes? Doctors help when you are sick, when you break a bone, and when you need help. When you need medicine they are there. They save lives. People who save lives are considered heroes. If doctors did not exist at this moment of COVID, we would all get sick. They help your family when they have illnesses. Doctors don’t dress like the superheroes we see in movies, but they do have their own unique

superhero outfits. From the article, “Health Care Heroes of the COVID Pandemic,” it states, “doctors risk their own lives to save the lives of others.” This demonstrates how they are important. They don’t have superpowers like superheroes, but they save lives. Saving lives is the most important responsibility that makes doctors heroes. Doctors wear masks, gloves, and gowns to protect them. Doctors don’t dress like the average superhero, but they are still special and are true heroes.



# Meet Our Migrant Voice Journalists

## Alta Vista Elementary



Josue Aldaco  
Grade 4



Valentina Apolonio  
Grade 5



Marleny Atrisco  
Grade 4



Fatima Bedolla  
Grade 5



Francisco Chavez  
Grade 5



Rafael Cisneros  
Grade 4



Anthony Cruz  
Grade 4



Betzabeth Flores  
Grade 3



Elena Silva Flores  
Grade 3



Jeremiah Flores  
Grade 4



Luz Aurora Flores  
Grade 4



Eliasar Fuentes  
Grade 5



Ivan Garcia  
Grade 3



Sajiri Gomez  
Grade 4



Gabriel Grimaldo  
Grade 5



Damian Jaimes  
Grade 3



Angel Mendez  
Grade 3



Juan Carlos Rivera  
Grade 5



Maddyson Rodriguez  
Grade 3



Bryan Santos  
Grade 3



Sebastian Serna  
Grade 4



Uriel Tapia  
Grade 4



Jonathan Tolentino  
Grade 3



Oscar Tolentino  
Grade 3



Anthony Zavala  
Grade 4



Ashley Zavala  
Grade 3

## Strathmore Elementary



Carlos Mejia Galvan  
Grade 4



Dwaine Hernandez  
Grade 4



Sherlyn Felix Ramirez  
Grade 4



Nataly Sanchez  
Grade 4

## Terra Bella Middle School



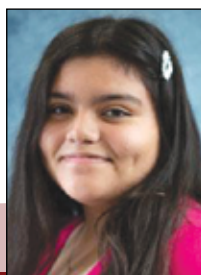
Xzavier Cervantes  
Grade 6



Jesus Torres  
Grade 6



Wendy Olivia Torres  
Grade 8



Mareli Ramos Quevedo  
Grade 8

## Woodville Elementary



Cynthia Martinez  
Grade 5



Maria Ontiveroz  
Grade 4



Daihana Ramirez  
Grade 4



Francisco Roque  
Grade 3



Joe Zavala Silva  
Grade 5



Angel Torres  
Grade 5



Joselyn Valencia  
Grade 4



Jackeline Zavala  
Grade 4