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PSAA Connection

Valentine's Edition

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Daniel Caesar once said, "We find love."

Abigail Soria Dear Hopeless Romantic

An article for the black sheep

It's Valentine's Day and love is in the air, or is it? But for me and everyone that doesn't have a partner it's just a depressing lonely holiday. But who says you can't have fun on Valentine's Day without a boyfriend? There are so many things you can do with your friends on Valentine's Day. First off, you can go get food with friends and talk about how you wished you had a boyfriend or a girlfriend. I know that Krispy kreme has Valentine's-themed donuts, and Crumbl also has Valentine-themed cookies this week. So go out with your friends and get Valentine food or even just go get food, since no one wants to date you, might as well just add some weight to that belly. This is a great time to spend with your friends, and make them gain some pounds as well. On the topic of food and friends, something else you can do with your friends on valentines is have a Galentine's party. And this doesn't have to be something that only girls do, guys can also do it as well. A party is a party. I think that having a party is such a good idea because it brings your friend group together and you still get to celebrate valentines. There are so many things that you can do at a galentines or valentines party, you can start by

making it cute, decorate it and take cute pictures, and use the opportunity to post to your instagram story, you never know when a cute guy or girl will like your story and dm you; make them drop their jaw girl! . Next, as a group you can cook, make some heart pasta or something along the lines, or you can skip that all together and bake instead. Think heart cookies or if you want to spice it up make a smash cake, or if you really want you can do both. You can also make mocktails, which would make it fancier. You can play games or watch movies, if you opt to play some games before movies, then there are many games you can play. With the spirit of the holiday, you could play never have i ever, would you rather..., or a smash or

pass?!, you could also go with the classic truth or dare, where the challenges can involve texting or calling your crush, commenting on a cute persons post, etc. Or instead of playing games you can do some sort of craft, like painting cups or glasses or making your own necklace, stuff like that. Or you can skip all that and just go straight to watching rom-coms. The possibilities are endless for movies. Theres, the notebook, 10 things i hate about, to all the boys ive loved before, nothing hill,

how to lose a guy in 10 days, shes the man, when harry met sally, clueless, and my personal favorite, pride and prejudice (2005). And these are just the tip of the iceberg for romantic movies. However if you are more of a person that enjoys your own company, you can take a personal day or a "me day", if you want to call it that. There are endless possibilities of things that you can do. For starters, you can go shopping. Buy yourself something nice, like a shirt or a sweater, it doesnt have to be expensive. While your at it get yourself a coffee or any other drink that you love. If you don't want to go shopping you can also go to your favorite coffee shop and read or sketch with a cup of coffee. Make valentines the day where you spoil yourself, do things you wouldn't normally do. Branch out and discover something new. Or if you really want to wallow and reflect on how lonely you are, you can go home get some of your favorite ice cream and sit down and watch all your favorite

romantic movies, and think about how that could be you and your crush if you made a move, but maybe next year, am i right. (lets be honest though, if its up to us next year is gonna look the same.) Dont forget though, that at the end of the day you are your own valentine and you are special.

Danil Fotin How To Properly Ask

A Tutorial: Step One

So you have been eyeing this one girl that you really like. And you really want to ask her out on a date, but don't know what to do. It can be a little nerve-racking, but it's all about being confident, respectful, and clear about your intentions. So here are 5 steps to asking someone out. The 1st step is becoming friends with them. I think the key part to a good relationship is being friends with them first. When you start talking to them more and become good friends, you find out what they like and dislike. And what if you become friends with them but then you decide that you don't see yourself with them, then you can just stay friends with them. The 2nd step is to show that you are interested. A good way of showing that you are interested is to ask how their day was. If she just says good or gives a dry response, then I'm sorry boys, but she is not interested. If she gives you a whole paragraph or a rant about her day then it's bbq chicken from there. The 3rd step is to text them on social media. This step is important because it makes things less awkward in person. If you text each other, then you will feel more comfortable around them in person.



Maria and Danil laughing at something that would probably just end up making me jealous

Step 4 is the securing step. Once you feel confident enough, ask her out on a date. This part is very important boys so pay attention. You have to buy a cute jellycat and find out which flowers are her favorite, that will show that you care enough to notice. For those who don't know, jellycats are stuffed animals that are expensive for no reason but they are super cute and every girl loves them. This step is very important, once you see her, give her the flowers and jellycat and compliment her, her outfit, hair, and eyes. Trust me this will work. I know going to a movie sounds like a good idea but it's not. You don't get to know her very well and you both are just sitting and watching a screen for 2 hours. Instead, go out to a nice dinner or her favorite food place, and ask each other questions. But be very polite and respectful. You don't want to seem weird, especially on the first date. After the dinner, go get a sweet treat and go on a little walk. Girls love dessert. It's romantic and a great way of getting to know each other. Once the date is over make sure to say goodbye by either giving them a hug or a nice handshake. When you come home, shoot her a text and say that you had a lot of fun with her. When you start to feel sure about this, and you are totally sure that she is into you, and you've been talking for a while and gone on multiple dates, it's time to ask the big question, "Do you want to be my girlfriend?" I know this can be scary, but it'll be worth it in the end. On your next big date, go do something that is sentimental to the both of you. Finish everything off by going to a spot with a beautiful view, and ask the big question. Hopefully, she says yes, and you'll have yourself a girlfriend.

Jonathon Bower The Love Hypothesis

Love and the Science of Attraction

(it's not like the movies)

So, this Valentine's Day, you will do one of three things... You will A. Go on a date. B. Complain about not having a date. Or C. Just be a chill guy about it. You have a choice, but have you ever wondered why you choose to do one of those three? What makes me think, "She's just got something about her." Or what drove Kaia to ask Grayson to the Junior-Senior Banquet? It's much more complex than simple psychology, and much more beautiful than mere chemistry.

To clarify before we dive in, I'm talking mostly about romantic love. "To All The Boys I've Loved Before," or, "Looking for Alaska." BUT, it is very important to note that love is absolutely NOTHING like the movies. Opposites don't attract, there is no love at first sight, there are no cliches, no boomboxes, and usually there isn't a high school sweetheart. In fact, statistically, you have about a 2% chance of marrying your High School sweetheart, and a 3% chance of getting into Harvard University. Which means, that at the roll of a dice, you're more likely to get into USC,

MIT, Harvard or Brown than marrying your first date. It's not a movie. (even though we wish it was) In actuality, we don't have a clear cut answer. But, we do know what happens inside of the body when someone is "in love."

According to (of course), Harvard, being "lovestruck" sets off a chemical nuke inside the brain and body. Many are chemicals that set off the reward system, like dopamine. So, if I talk to the girl that I like, as an, uh, example... My brain releases a flash flood of dopamine which makes it so that I want to talk to her more and more over time, and Oxytocin which helps form trust relations and is known informally as, "The Cuddle Hormone" Both are crucial in the formation of trust and attachment dynamics by rewarding intimate encounters with others. By intimate, I mean any relationship.

key to us. Family and friends being an example. But love is still more than that.

So if love is more than just chemicals, and the movies are wrong, what are we to think? Well, speaking of thinking... Love is a complex emotion that makes you feel like you want to disappear, explode, shout or die, all at once. In psychology, there is a theory called Sternberg's Theory, where there are three main traits and emotions of love: Passion, Intimacy, and Commitment. The types of love all have a mix of all three, but romantic love, which is not necessarily the ideal concept of love, involves a high level of intimacy and passion, with less commitment. But our ideal concept of love introduces all three. Other theories propose that we are naturally attracted to those with similar physical traits to us. This is somewhat proven with US Census data from 2010 stating that rates of interracial marriage is 26% , with the two most common pairings being Asian-Hispanic and Asian-White.

When we watch movies we often only think of romantic love, and we often are misled. We are told that love is a thing that you do to keep up a lie, or because you met some kid from Korea (bit specific), or because you're going off to college. If love was that, we wouldn't have the deep emotions that stem from intimate, genuine moments and the desire to be with someone, or that unexplained feeling. Love isn't something you do to gain something. Love is something you do to give something.

To conclude, love is an action a feeling, and a construct that even after 5000 years, we still don't understand. In Christianity, we believe that love is a commitment that two people make. They make it to cherish and support each other., and in science, it's a combination of intimacy, passion and commitment.

It's more than mere chemistry.
"Es más que mera química"

Izabelle DaSilva Maia

Wonderstruck

Trying To Make Us Jealous?

As a seventeen year old that has been single for seventeen years this article might have been inspired by jealousy, that started following me. So couples, mentioned please don't feel offended, since things I might have said were results of my fear of never experiencing such a thing in my own singleness life. Especially when you could simplify my entire love life with the song "A Dream With a Baseball Player" by Faye Webster. So take that the way you wish, but i'm just saying please don't take anything personal.

Let's begin with our school golden couple, the most aesthetic of all if you ask me, Danil & Maria or should I say Daria?!!?

"Daria is flourishing, Daria is all over the place"
-Obed Dominguez

I don't know about everyone else but for me when this couple came out of the closet, my biggest curiosity was how everything started, since it's common knowledge that Daria have known each other for a long time, they literally grew up together. Danil was the "my big brother's best friend" to Maria. So I was curious to know how this change in relationship title occurred. When doing research for this article, my "chismosa" side, as I like to call it, was very happy, with the chance of asking the couple questions that would allow me to know about the topic that I was expected by my editor to write about.

Without any further pep talk, it came to my knowledge that Daria started to like each other long before they officially announced their relationship, it all started on a day where Maria took the courage to ask Danil for a ride home, and during this ride they had their first long conversation, allowing them to notice that they had a lot of things in common, and that was just the first conversation of many that came after that. Shortly after starting to talk more, they also began to hang out more and with that Maria no longer was just "my best friend's baby sister" to Danil, and Danil wasn't just "my big brother's best friend". Now it was as simple as Maria & Danil, just a boy and a girl who had the opportunity to get to know each other better and found that they shared interests.

When it comes to what's their favorite thing to do together, they both have different responses, and that's okay! Maria enjoys just being together with him, watching movies or youtube together! "I just like being with him and laughing about whatever comes on screen" - Maria Bensta. I believe that by Maria's statement and by other statements from girls that will come in this article you will be able to notice that for us girls, its the guys presence that we like, its enough for us; having a good conversation where you don't feel judged for sharing your opinion, showing your side that not many people have seen, because your scared about what they would think, not having to doubt your value and beauty, knowing that someone cares and likes what's in the inside of you and not just the outside, that's enough for us; the feeling of safety, peace and freedom to be yourself. As for Danil, his favorite thing to do is going to Seattle and looking for sony angels together!

I asked Danil what was his favorite thing about Maria, and he said "Oh, definitely her giggle, when she giggles, it's the cutest thing ever!". Did a tear just fall from my eye? It definitely did! I personally find this to be very cute. It might be something insignificant, and you might think I'm stupid for thinking such a simple thing cute, but if you think about it, it really is!

Our generation was taught that most of the time what makes boys feel attracted to girls is their appearance and body, and if you don't look a certain way, the boys won't be attracted to you. But an answer like Danil's as simple as it can seem, it shows that there will always be an exception!

As for Maria's answer she said "he's very caring and always puts my opinions into consideration. He also never makes me feel like a burden, I have a lot of energy and I'm very loud but he always matches my energy and laughs with me about everything". And again this proves my earlier point, girls just want to be seen for who they are, they want to be listened to and it makes me really happy to know that Maria found someone, that she can trust and that brings her the feeling of safety.



double the fun

Now that's enough of Daria, let's move on to our other famous couple Grayson and Kaia, or should I say Kaayson?

Kaayson is just as recent as Daria. What makes this couple incredibly interesting is the fact that Kaia was the one who took the courage to make the first move, I mean, that girl is brave, I will die before I make a first move with a guy. But our girl Kaia is brave and she is confident to do her thing. I don't know how she does it, but when I grow up, my goal is to be like her. As you know JSB happened back in November, and Kaia asked Grayson to go to JSB with her, and it worked! Grayson agreed and since then, they are together.



PT and Michelle together at the beach just a year before getting married

As I mentioned before Kaia had the guts to ask Grayson to the banquet, and as for his side of the story, he felt very flattered and excited. As well as surprised, he definitely did not see it coming. The word he would use to describe her is amazing. He mentioned that he loves how easy it is to talk to her and how he could effortlessly talk to her for hours, and still not be bored. From my point of view that's great, because for a strong relationship good communication is essential just as much as friendship. As for Grayson's favorite thing to do with Kaia is "eating for SURE!!!!" -Grayson Cummings. I mean, can we even judge him for saying that?!!? I believe that eating is the sixth universal love language. Who doesn't like to eat some good food, right? Sharing meals together is a way of connecting, and creating new memories; I know that girls will agree with me, when I say that eating can change our mood at the speed of the light, especially when we are on those days, you know.

"We're both big backs" -Grayson Cummings

Kaia's favorite thing about him on the other hand is his heart. How romantic. She really likes and appreciates how he is kind to everyone and is always "super" as she said to meet new people, and is very good at starting conversations and connecting with people. We can all agree that Grayson does have a big heart and that his parents definitely raised him right, I mean I personally have never, and I'll say it again never, have seen him being disrespectful with anyone, with the exception of some jokes he makes with his friends, especially Danil, but we all do that with our friends. As a girl I know how important is the way a boy treats you, and I'm glad that Kaia found this, because everyone deserves to find someone that respects you and treats you with kindness; especially when we know that unfortunately there will always be exceptions when it comes to respect, even in our own school we can see an example of that, but this article is about respectful and healthy relationships so I won't make any further comments on that matter.

Reflecting on this article I would say that we can tell that some ideals of a good and healthy relationship were shared, and just a way of reviewing let's look one more time. Guys, girls simply desire to be seen for who they truly are, we want to be cared for and listened to, we want you to be our safe space. Girls, there will always be good guys out there who deserve you, so don't accept anything more than the bare minimum. Guys & girls, friendship, respect and good communication are key for a good relationship. Single people like me, the right time and person will come, we just have to be patient even when all you wished was someone you could cuddle during cold days watching a movie. One day...

On recent researches two couples seemed to be the most mentioned as potential couples that people ship together. I know you want me to give you names, and I'll do exactly that. The couples were Ary & Marc, and Lisi & Jackson. I think both would form a cute couple. I've noticed that in the basketball season that just ended, one of these ships wore matching jerseys and let me tell you, they did the same thing last year. Would that just be a big double coincidence or was it planned? I guess only time will tell us. Both ships seems to have a strong and close friendship with each other, one definitely more recent than the other, since the other seems to be going for years. Again only time will tell us if something will ever happen. Trust me I could write way more in the matter, but for the happiness of some, I'm running out of space here, so I'll have to leave you out with your own thoughts. I'll be back...

Jacob Santiago

Valentine's Ever After

The Story Behind The Story

PT and Michelle's Marriage Proposal story by PT. "I remember being super nervous the day that it happened. But before the day started, I had set the day up by telling Michelle that I had a big surprise for her. I made it clear that when I was talking about a big surprise, I made it sound like I had gotten her a bike for her birthday. And so I got her thinking that I would take her for the day to surprise her with this bike and then, you know, we would ride it around. And so the idea was to just try to throw her off the fact that it was a truly big gift that I was giving her. So we started up in her Jeep, we used her Jeep to go up into the blue mountains. Just outside of Walla Walla. I remember being, yeah, super nervous, going up, and we were about halfway up to the spot where I was going to propose. And we had to take the car, the jeep back down the hill and get some coolant because it started to overheat, and we didn't have extra coolant in the car. Which only made me more nervous. Oh my goodness, I remember that. And then went back up, the car was not overheating now, which is great. I took her to this spot, which was an important spot for us because it was where we had had our first date. So we had this date where we just hung out in well it wasn't the first date, but it was a date. Yeah, it wasn't the first date, but it was just a memorable time, early on when we were dating. We took a Sabbath afternoon and drove up to this area of the Blue Mountains. And I had in the back of the jeep, I had taken a big like dark sheet and covered it with big things in the back to make it look like, you know, a bike was back there to really kind of throw her off you know what was actually going on. And then what I had to do is I had her sit on this rock and I told her to close her eyes and I went and got my saxophone and got it all ready... And I started playing for her with her eyes closed, and she opened her eyes and she was, oh, so excited because then she thought, oh, well, this is the present, you know. He is going to play his saxophone, so she like relaxed and was like so great... And then I said, well, would you like me to play another song? And she said, oh, definitely, you know, of course. And so then I started playing, but it started squeaking, and I was, of course, intentionally making it squeak. And I was like, oh, what's this? Like what's going on? Like why is it squeaking? And I tried it again, and it was like squawking, making an awful noise. And then she got curious, and she was sitting down on one of these rocks, and she stood up to come over to me... She starts looking around my saxophone, like, oh, what's wrong? And she's like, oh, like, what's that? I'm like, what do you mean? And she's like, what's that down in the saxophone? She reached her hand down... and pulled out the box, the ring box. And she's like, what's this? And then I got down. She was kind of sitting up on this rock and then I kind of like scooted down. It was a little bit lower than her on a kind of lower rock and I just looked up to her, and then I had like a speech prepared, but I remember being super nervous and I just told her, you know, how much I loved her and I told her like a lot of specific things that I loved about her. And that I wanted to spend the rest of my life with her and all this stuff. I remember one of the funny things is that I knew she was worried about her college loans, and I was like, I'm going to be there to help you pay off your loans. And just other stuff and like she was so kind of in shock that she was like just quiet and kind of looking, and she was nervous. And I remember her telling me that she was just so shocked she did not think that maybe I was going to propose that day, but then I did throw her off with the saxophone thing. So I started talking even more. Like all these things like, you know, that I want to do with her in life and accomplish like I felt like I had to start selling it because she was just not saying anything and just like looking at me. And then, of course, with me, I start talking, talking, talking. And anyhow, eventually, she's like, yes. And I was like awesome and we, you know, I ended up playing some more on my saxophone for her, and it ended up being an awesome incredible day. And that's the story.

-----Pastor troy, and summarized by me

Go On A Date

Continued...

- Cook dinner together: Instead of going out to fancy restaurant you and your date can enjoy cooking together. Even if your not the best chef, thats the fun of it! Picka recipe and get cooking!
- Painting date: Head to your local paint the town and enjoy a relaxing date of painting and talking!

