



Political: Afghan War



Entertainment: Television



Sports: Varsity Girl's Tennis

# Segerstrom Press

December 2009

| Segerstrom High School |

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## Homecoming: Mythical Garden



Deanna  
Staff Writer

The Homecoming celebration with the theme “Mythical Garden” had events and activities fit for any Grecian God and Goddess.

Friday, November 6, the gym was transformed into a mythological haven. The perfect scene was set with the all-mighty Gods Hades and Zeus sitting on opposite ends, Greek Statues lining the perimeter of the gym, and the fall sports teams labeled with floral deco.

The assembly began with teachers dancing to “Single Ladies” by Beyonce, creating a riot of laughter among students. The Homecoming court was then announced. The winning Princes and Princesses were Bryan Nguyen and Nancy Rodriguez for the freshmen class, Joann Deng and Felipe Gomez for the sophomore class, and Atlas Smith and Angelica Bautista for the junior class.

Accordingly, the sports teams each performed an individual dance. Dressed in tu-tus, the varsity girl’s Volleyball team performed the Cha-Cha Slide. The varsity girl’s Tennis team imitated Napoleon Dynamite’s dance number from the 2004 movie. Varsity football and cheer took the crowd through different decades in their performance with the classic twist to the most recent “jerk” dance, in turn igniting student anticipation for that evenings football game.

The Jaguars school spirit didn’t dwindle on the Friday nights football game against the Westminster Lions. The game was jam packed with students, staff, and parents eager to see the trampling of Segerstrom’s nemesis, the Lions.

The proceedings consisted of the dance team’s performance pre-game. After an immense first half, band and color guard were featured during the half-time show, followed by ASB announcing the 2009 Homecoming King and Queen, Jesus “Tizzle” Bravo and Boneta Keo.

During the second half, football proved their strength with an impressive 42-28 victory, breaking the Westminster Lions’ 30-0 record.

Segerstrom ended their celebration with the much awaited Homecoming Dance on November 7 at the Rose Center in Westminster. The atmosphere gave off a feeling of euphoria as emerald, gold, and pearl balloons wafted across the dance floor.

Students enjoyed refreshments, snacks, karaoke, and boogying out with their best buds and significant others. The dance floor was illuminated by flashing lights as students danced the night away to Techno, Latin and Hip-Hop music.

The homecoming court mid-evening slow danced to The Jackson Five’s “I’ll Be There.”

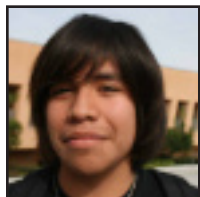
Joann Deng, (’12) said, “I was really excited winning because me and my best friend, Felipe Gomez won sophomore prince and princess,”

The end of the night slowly crept up on guests, and soon it was time to leave the fantasy and return home. Though sad to depart, many walked out with smiles on their faces and aching feet.

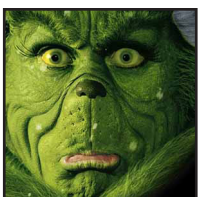
Andrew Madrigal, ’12 said, “The Homecoming dance is what I waited for all this time. It was fantastically fun and something I’m going to remember for the rest of my life and I can’t wait for the future dances to come.”

Homecoming 2009 is a night many students, like Madrigal, will never forget.

### What’s your favorite Holiday Activity?



Art Gomez (’12)  
“Putting Christmas lights on the house.”



Mr. Grinch (’57)  
“I must stop Christmas from coming... but how?”



Julie Amezcua (’10)  
“Watching holiday movies like *Home Alone* and *Eliose at the plaza* with my sister.”





The Christmas season has finally arrived meaning we can get away with various psychotic, yet traditional activities that we'd otherwise be ridiculed for.

Now that December is here, jamming to silly Christmas songs full blast, lying to our younger siblings (while teaching them the proper rhetoric of begging for gifts from a fat guy with a sweet tooth), elaborately decorating a tree that we will throw away in a matter of weeks, and singing our hearts out to complete strangers with our mouths wide open (while grossly expelling eggnog breath) are all considered in the norm.

Whether it is the chilly weather, the sharp tingly aroma of evergreens in the air, the warmth by the fireplace that weakens logic, the overconsumption of sugar cookies, being pent up in the confines of a textbook for far too long or simply just society's easy acceptance of customs that compel us to release these odd behaviors, holiday tradition proves to bring out the lamest of smiles, the subtlest of flutters in our stomachs, and the corniest happiness that may have ever existed. So heres to pigging out until our pants no longer button, cutting down trees just to get prickly pine needles stuck between our toes, and retelling stories of the north Pole to remind ourselves of what it was like to be a child, to not worry about what the rest of the world thought, to act a tad crazy because next year is a long ways off.

## Segerstrom Press Staff

|                 |                         |
|-----------------|-------------------------|
| Laura Stueland  | Content Editor-in-Chief |
| Austin Nguy     | Design Editor-in-Chief  |
| Abraham Vivanco | Photographer            |
| Ms. Sotolongo   | Adviser                 |

## Staff Writers

|                |               |
|----------------|---------------|
| Erik Bernal    | Anne Tran     |
| Carolyn Le     | Chris Sanchez |
| Andy Nguy      | Paulina Sun   |
| Jonathan Nunez |               |

# Religious tolerance in a Christian America?

*"I PLEDGE ALLEGIANCE TO THE FLAG OF THE UNITED STATES OF AMERICA AND TO THE REPUBLIC FOR WHICH IT STANDS: ONE NATION UNDER GOD, INDIVISIBLE, WITH LIBERTY AND JUSTICE FOR ALL."*

The pledge was originally written by Franis Bellamy in 1892. Since then, the pledge have been modified four times, with the first three changing minor words like "to" or "of America" for fluidity purposes. The most recent in 1954, added, "under God" which drew a large number of criticism from some Americans.



Anne Tran  
Staff Writer

The Pledge of Allegiance. It's been engraved into our minds since we hit kindergarten. We all know it by heart and we say it without thinking but what is behind the words that we say indifferently?

Recently there has been controversy over the use of the word "God" within the phrase. "...one nation under God". Some critics say that it is in violation of the separation of church and state. Priya Johnson writes that the words refer to monotheism and the belief of one God, and that because of the word, God, he is a male deity. In 2004, Michael Newdow, an atheist, sued his 9-year-old daughter's school after objecting to using the words under God. He won his case declaring that it pushed religion onto his child. I see this as taking it too far.

Yes it is true that we live in a predominantly God-believing America. It has been that way since the beginning of the nation and will most likely stay that way for a long time. But to say that the pledge of allegiance is brainwashing our children into turning into God worshipping Americans is far too radical. Yes, I admit it isn't religiously tolerant at all to be using God- but the Pledge of Allegiance wasn't created for that sole purpose. Everyday, students across the nation recite the pledge of allegiance to learn to become responsible, loyal citizens and to pledge their loyalty to the United States of America. If anything, it should be guilty for making seven year olds say a pledge that they hardly understand.

No one is making us say the Pledge of Allegiance. We are not required to do anything but to stand in respect. Those who believe that the pledge is unconstitutional don't need to say it. For those

pronouncing that the pledge is a secret plot against the non-Christians, no one is forcing you to say anything.

I can see why some would believe that it is a violation between the separation of church and state but is the US government really forcing a religion upon us? The answer is no. Whoever added the phrase (as it was not included in the original pledge) probably believed in God, as does much of America. I say that he or she was appealing to popular belief and as a democracy- we should be doing just that.

Though it may seem religiously intolerant, the Pledge of Allegiance is only there to promote nationalistic views. In other words, we should be proud to love the

nation and to trust the land in which we live. It is not in fact, intended to secretly promote Christianity in vulnerable elementary school kids.

If there should be anything done to the Pledge of Allegiance it should be having students understand what and why they are saying these 30-some words.

The Supreme Court has dealt with countless cases dealing with a religious controversy. And from the results, those judges do try to keep the nation as tolerant and fair as possible under the First Amendment. We live in a Christian America but it doesn't mean that we have to be a Christian American.



Johnathan Nunez  
Staff Writer

## PDA: Mind Your Own Business

PDA is so often being looked down upon and complained about by the student body, it seems no one has taken a moment to realize that showing affection in public is not a capital crime.

At our school PDA does occur, but it's necessary to realize that it isn't the predominant feature of our day-to-day routine. I see people french kissing and holding hands from time to time, but it's not like anything more is occurring during passing period, which is luckily due to administration constantly watching our every move and the thought of being caught by Dr. Avina. Talk about Awkward.

Nevertheless, outside of school PDA is a more vulgar story. Whether at the mall, on Fourth Street or at an amusement park, couples are engaging in more creative inappropriate displays of affection.

PDA like this though, can be easily avoided.

Whether at home or abroad, if you hear lips smacking you are obviously too close for comfort so distance yourself from the spectacle by walking away rather than staying and gawking at the couple until they put their tongues away.

If you don't isolate yourself from the couple yet continue to belly ache on how PDA should be a felony just remember that's your fault and it could have easily been prevented.

PDA reaches a level of obscenity depending on the circumstances. A French kiss in front of Camp Snoopy is letting ones desires get a tad out of hand, but this is a rarity beyond proportions.

So the next time you witness a couple exchanging "I Love You"s, hugging, holding hands or doing the tongue tango, please put your look of disdain away and remember to mind your own business.

Sleep inept?



Paulina Sun  
Staff Writer

Lack of sufficient sleep among adults is known to influence a multitude of their daily activities, however when teens are getting an inadequate number of ZZZ’s, the effects of sleep deprivation are even more dramatic-so much so that some sleep experts believe that the nation’s early high-school times are equivalent to abuse.

Adolescents are biologically driven to sleep longer and later than adults do, but human instinct isn’t the only thing that keeps students up late. Ranging from several AP courses to extracurricular activities, it is no wonder yawning often replaces a raised hand in class, lunch has become the new nap time, and pulling all nighters to complete an assignment are considered in the norm.

Vanessa Sandoval (’11) said, “I definitely feel sleep deprived! There is always a ton of homework for every AP class and my sleep cycle has drastically changed since last year.”

“I definitely feel sleep deprived!  
There is always a ton of homework for every AP class and my sleep cycle has drastically changed since last year.”  
- Vanessa Sandoval ’11, Junior

A significant variable in sleep deprivation is the pressure to get into ones dream school and to achieve this goal students have quickly learned that a combination of a high gpa, participation in extracurricular activities, and sky rocketing SAT scores must be on the ticket to be admitted into an elite school.

Cynthia Vasquez, (’11) said, “I feel sleep deprived because drama requires me to stay after school for long periods of time.”

There can be little question that sleep deprivation has negative effects on teens. According to The National Highway Safety Traffic Administration more than 100,000 accidents, 40,000 injuries, and 1,500 people are killed in the U.S. every year in crashes caused by drivers who are simply tired. Young people under the age of 25 are far more likely to be involved in drowsy driving crashes.

Inadequate rest impairs ones ability to think, handle stress maintain a healthy immune system, and moderate our emotions. In fact sleep deprivation is so important to our overall health that total sleep deprivation has proven to be fatal. According to sleepdeprivation.com, lab rats that were denied the chance to rest died within two to three weeks.

Some school shave experienced with later start times to prevent some of sleep deprivation’s effects.

A study at Oxford found “By delaying the start time of school by one hour , and by moving more demanding subjects to later in the day , absences and depression fall...”

According to a study by sleep expert Mary Carskadon, PhD, teens should receive at least eight to nine hours of rest each night.

Though achieving eight hours a night sounds impossible to many, one can strive to near this goal by managing time wisely-meaning little procrastination, avoiding heavy meals and caffeine prior to bedtime, going to bed and waking up at the same time to train your internal alarm clock, and though this may sound difficult to some: prioritizing your extracurricular activities.

### Nine Tips to Help You Sleep Better:

- 1.) Set a regular bedtime. Going to bed at the same time each night signals to your body that it’s time to sleep. Waking up at the same time every day can also help establish sleep patterns. So try to stick as closely as you can to your sleep schedule even on weekends. Don’t go to sleep more than an hour later or wake up more than 2 to 3 hours later than you do during the week.
- 2.) Exercise regularly. Try not to exercise right before bed, though, as it can rev you up and make it harder to fall asleep. Finish exercising at least three hours before bedtime. Many sleep experts believe that exercising in late afternoon may actually help a person sleep.
- 3.)Avoid stimulants. Don’t drink beverages with caffeine, such as soda and coffee, after 4 PM.
- 4.) Relax your mind. Avoid violent, scary, or action movies or television shows right before bed — anything that might set your mind and heart racing. Reading books with involved or active plots may also keep you from falling or staying asleep.
- 5.)Unwind by keeping the lights low. Light signals the brain that it’s time to wake up. Staying away from bright lights (including computer screens!), as well as meditating or listening to soothing music, can help your body relax. Try to avoid TV, computer and telephone at least one hour before you go to bed.
- 6.) Don’t nap too much. Naps of more than 30 minutes during the day may keep you from falling asleep later.
- 7.) Avoid all-nighters. Don’t wait until the night before a big test to study. Cutting back on sleep the night before a test may mean you perform worse than you would if you’d studied less but got more sleep.
- 8.)Create the right sleeping environment. Studies show that people sleep best in a dark room that is slightly on the cool side. Close your blinds or curtains (and make sure they’re heavy enough to block out light) and turn down the thermostat in your room (pile on extra blankets or wear PJs if you’re cold). Lots of noise can be a sleep turnoff, too.
- 9.) Wake up with bright light. Bright light in the morning signals to your body that it’s time to get going.

source: kidshealth.com



Anne Tran  
Staff Writer

H1N1 To Fear, or Not to Fear

“A hchoo!” goes the student sitting next to you.

“Swine flu! Swine flu!” Everyone screams!

Most of us have witnessed this scenario before. When the ‘swine flu’ began circulating during the spring of 2009, a school wide alert was enacted. A cough or sneeze and one was accused of carrying the dreaded virus. The term was joked about as well as feared. As of now it is called the H1N1 flu but what is it and should we even worry at all?

The name swine flu came about due to the fact that this certain strain of flu was of swine origin with a mix of bird and human flu which was then transferred to humans. Mid-June, the virus was declared by the WHO (World Health Organization) as a global epidemic. Uncertainty arises as the numbers range of expected death tolls as the season progresses

New studies claiming as well as adding on to the education and progression of H1N1 are released on a daily basis. Some sources say that the virus has been over hyped, while others fear of high death tolls. Science journals and reports say one thing while other sources claim another. But as the scientists work in their lab to find a cure we can take simple steps in our everyday life to prevent contracting the virus as well as spreading it to others.

Whether it is during lunch, the passing period, or even after school, swine flu is always on the loose, but with proper technique and good hygiene the flu can be prevented.

**Prevention for the H1N1:**

- Get the vaccine: Just like every flu shot in previous years, this H1N1 vaccine is usually injected in the upper arm. Another alternative is a nasal spray which also protects against the influenza.
- Carry forms of sanitation. Hand sanitizer and wipes are effective to better personal hygiene to keep the vaccine out. If you are in contact the many commonly used objects but are not near a sink, use hand sanitizer.
- Cover your mouth when coughing or sneezing.
- Limit contact with those who cough or sneeze and display signs of H1N1.
- Wash hands as regularly as possible.

Detection is the first step in prevention. **Common symptoms include:**

- Similar symptoms of a regular flu
- Fever, cough, headache
- Muscle/joint pain
- Sore throat, runny nose, and occasional vomiting and diarrhea

Whether studies say this flu is different or the same as the yearly flu- prevention is still necessary. By protecting yourself and others, you decrease the chances of contracting the still incurable disease. Though small, these efforts may seem, they are an effective way to not only prevent H1N1 but common diseases as well.



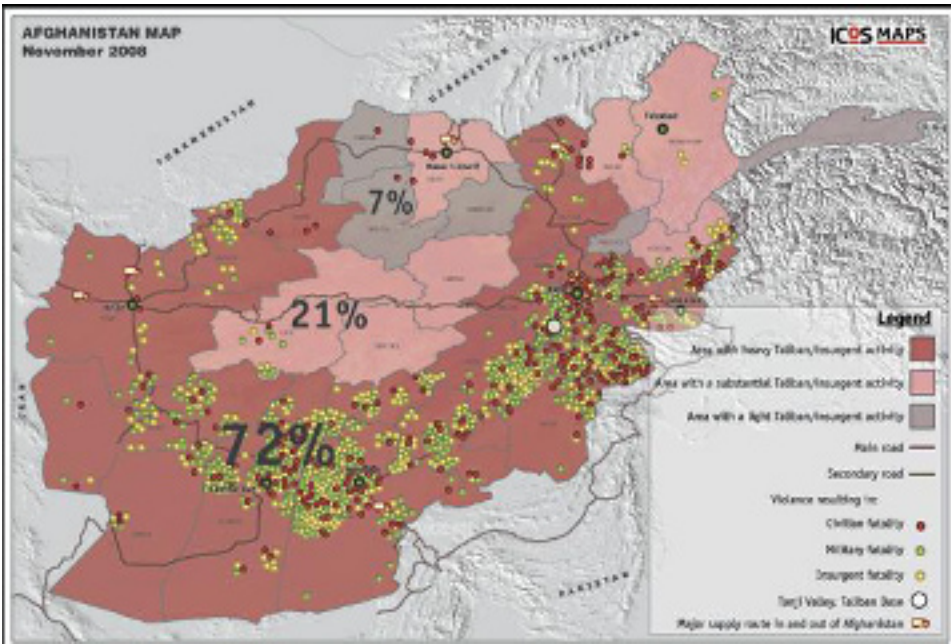
# Our US Troops (still) in Afghanistan



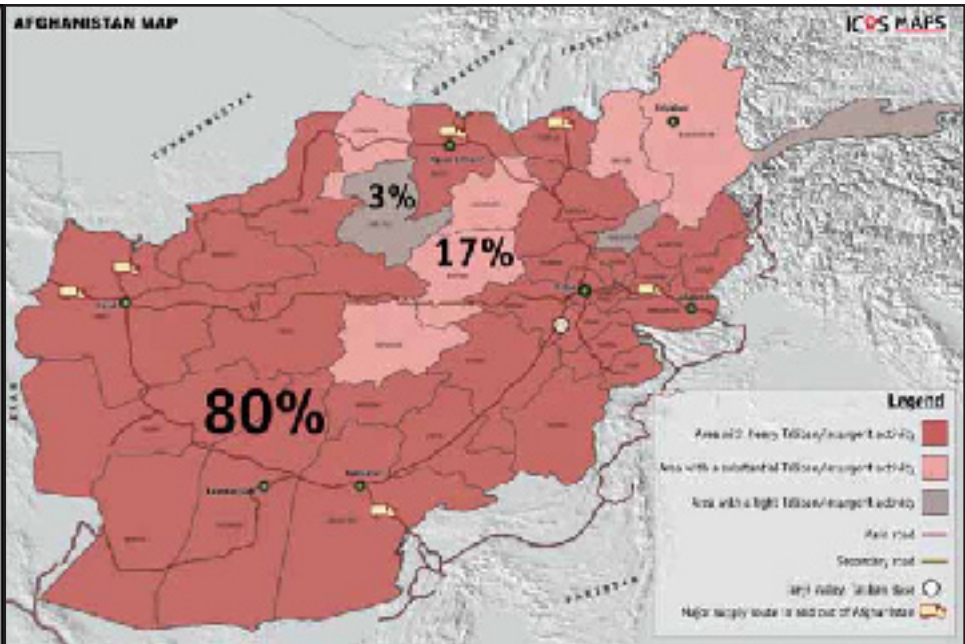
A growing number of American troops that have died in Afghanistan climbed over 850, while still growing, recent deaths have been 5folds (per month) since the beginning of the war.



November 2008



September 2009



Maps marking the Taliban Activity ranging from Red as Heavy, Pink Substantial, and Grey light. The activity of Taliban insurgents have grown over the years.

Pictures accredited to google.com, maps accredited to Kos Maps.



Austin Nguy  
Design Editor- in Chief

In its ninth year, the war with Afghanistan still lragues on due to Al Qaeda threats and Taliban insurrection, the decision of sending troops has been finalized.

The request by Army Gen. Stanley A. McChrystal for the deployment of an estimated 40,000 troops has been largely supported by military chiefs. Obama’s national security team is chiefly divided along this issue and he is seeking a compromise that would satisfy military and civilian advisors.

Viana Abundis (‘11) said, “It’s [the war] irrelevant and there’s no point to send troops to die for something going on in a long period of time.”

The dealings of Sep. 11 began in late 1999 from a cluster of Al Qaeda camps near Kandhar. Now, Al Qaeda is said to be stationed in Afghanistan where still lies the possibility that Al Qaeda could once more use it to launch terrorists attacks like that of Sep. 11. Officials say the move is highly improbable, and this opinion could be weighed on the decision of sending more troops to Afghanistan.

President Obama has stressed throughout his term that Al Qaeda needs to be dealt with, and ultimately all terrorism needs to be put to death. Obama gave his word, claiming that Al Qaeda would be handled.

The president has already decided to send 30, 000 troops to Afghanistan, for reasons of teaching the novice military of Afghanistan and to protect the government from any forms of attack.

Alex Rubio (‘11) said, “I think it’s [the war] horrible because many troops are being pulled away from their families because of the war.”

In other aspects, Taliban insurgents have characterized themselves as a local group and very different than the Al Qaeda threat. Taliban leader, Mullah Mohammed Omar urged the U.S. to not be deceived by Al Qaeda threats and to realize the war is unnecessary.

A Taliban assault resulted in the death of 5 U.N. officials in a Kabul guesthouse. The assault led the world body and humanitarian agencies to reevaluate their operations in Afghanistan, putting at risks programs seeking to help millions.

Under careful deliberation was the Afghanistan Election. What colored the election was an unreliable source of polls, where children could have even voted.

Officials say that “ghost” voting centers open and return with results that officials say they never saw take place.

Karzai won the election of August, but a U.N. based panel threw out a third of Karzai’s votes as fraudulent.

President Hamid Karzai won another presidency of 5 years because of the withdrawal of his competitor in an election runoff. Foreign Minister Abdullah Abdullah said he had not taken part in the Nov. 7 poll because the government had rejected his demands to prevent the frauds that tainted the voting in August.

In their campaigns, issues on the government structure eradicating corruption and developing a stable government are largely discussed.

The dealings of controlling the government are of concern to Obama. Many other European leaders are urging him to form alliances with those in opposition.

Former foreign minister Abdullah Abdullah rejected this idea.

Whether, Karzai cleans up the government as Obama would like to have it, Karzai’s election roused anti- war voices in Washington.

“It’ll [the war] change for the better but maybe for the worse,” said Abundis, who’s cousin was deployed to Afghanistan. Vivana acknowledges that anything could happen to him, and would feel remorse if his family lost him, and also the chance that his baby could not have a father.



## Les Misérables



*Andy Nguy  
Staff Writer*

With the first double sold out night in Segerstrom history, the Performing Arts Center on November 19th and 20th grew jam packed for the much anticipated drama installment, *Les Misérables*.

First greeted into the theatre by the choir, excitement and enthusiasm bubbled as the audience took their seats and witnessed the thick velvet curtains delicately part open.

Based on Victor Hugo's famous novel, the play was narrated by Daniel Sanchez, who fittingly took on his role. The audience follows the life of Jean Valjean, the rags-to-riches main character played by Franklin Chappell. Jean is a former convict recently freed from jail from a nineteen year sentence that was for stealing a loaf of bread

to feed his widowed sister and her family. As fate would have it, Father Myriel would change Jean Valjean's life forever when he gives him a pair of silver candleholders with the hope that Jean will pursue a better and honest life as a result. From there on out, the audience begins their journey into the highs and lows, the triumphs and mishaps of Jean Valjean, the play's protagonist.

The Thénardier couple, played by Tim Alexander and Xiomara Ossorio, due to their comical speeches and shenanigans brought some of the loudest shouts of laughter to the audience.

Romance prevailed when Jean Valjean's adopted daughter, Cosette, and her husband-to-be, Marius, ran between the aisles and passionately kissed.

There were shocks of disbelief when Sergeant Javert committed suicide by jumping off a bridge into a river. Even gasps of awe and astonishment when the violent war erupted between the civilians and the French army. Finally, there was a moment of silence

as Jean Valjean spoke his final words about the same silver candleholders that began it all, and then died in his chair.

The general buzz in school is positive being that it has received high praise and rave reviews.

Danielle Ryan ('11) said, "The play was excellent, the fight scenes were amazing, and it frankly was terrific".

The predominant reason Cohen chose *Les Misérables* is because of the extraordinary high levels of talents this year.

One of her goals is to "make all of Segerstrom a theatre going culture".

A heartfelt plot of a convict tied in with humor, romance, and war, will likely prove to be hard to beat. Yet it is certain that Mrs. Cohen has more surprises in store for us with her upcoming musical. But as of now, *Les Misérables* in Cohen's own words is "by far the best play yet".

## Club Spotlight: Independent Film Making Club



*Andy Nguy  
Staff Writer*

Independent Film club provides a creative outlet for teenagers to channel their artistic energy on the screen, in turn allowing them to step out of their rigid core classes.

The birth of this unprecedented club came about due to the club advisor, Mr. Miranda's previous student, senior Victor Granados interest in filmmaking. It was a coincidence that Mr. Miranda's twin brother, Hector is involved in the indie film industry.

The club has continued to strengthen its motion picture muscles since then, meeting every Tuesday both lunches in room C209- where they discuss their upcoming movie shorts.

To be a part of the club there is no need to fret over owning expensive camera equipment. Mr. Miranda said, "Making an independent film short is much more doable than you think."

You have all the basic necessities to shoot snippets of a movie and paste it all together

If you have: a camera or even a cell phone, editing software like movie marker on your PC, or iMovie on your Mac.

Though Robert Rodriguez's independent film *El Mariachi*, was made with a mere budget of seven thousand dollars it was later bought by Columbia and dis-

tributed mainstream- serving as proof that when it comes to film making you don't always need a wad of cash, just hard work and talent. Rodriguez demystifies the process of film making in his DVD feature, 10 Minute Film School. This was one of the important tools implemented by the club.

Also implemented by the club was a series of special guests due to Mr. Miranda's connections either through himself or his brother, including, Jose Rojas, who specializes in sound production, Curtis Anderson, who has appeared in the movie *Pearl Harbor* and the television series, *Sabrina the Teenage Witch*, and Mr. Miranda's brother who is currently working with the NFL at the moment and whose screenplay, *Captain Jack and The Peanut* is one step away from being made into a movie.

The club provides support, feedback, and updates along the lines of the movie process, but advice will be given less often being that meetings will decrease as the year progresses so members can focus more on their film short. However, meetings will be revamped towards the end of the year to fine tune and polish the film shorts on behalf of the hopeful school wide film festival.

The general agreement among club members is that "it's cool" and it allows you to "express your opinion."

Carlos Sanchez ('11) says, "It helps you become independent and tell a story."

If these reasons intrigue your visionary taste buds, you might want to consider joining this new and unique club on campus. I sure know I am.



## Falling Into Television



Andy Nguy  
Staff Writer

This fall schedule twenty-seven all new shows entered our television sets across the United States. Anticipation and intrigue of the anxious audience has been garnered by T.V. networks, but is all this hype cracked up to what it is supposed to be or is it just a sure misfire?

FOX opened up with another animated comedy created by Seth McFarlane, *The Cleveland Show*. The series follows the life of Cleveland Brown and his new family in Virginia. A spin-off of the already popular *Family Guy*, the *Cleveland Show* is three out of four cartoons on FOX's Sunday comedy lineup, "Animation Domination", created by McFarlane. Though similar to the themes in *Family Guy*, the *Cleveland Show* will have a hard time living up to the bravado of its predecessor.

A big hit by Fox was its musical comedy-drama *Glee*, a television series about a glee club in high school life. The show features covers of chart hits sung by characters. This enjoyable treat will no doubt sway audiences into bursting out in song.

Next up is FOX's returning science fiction series, *Fringe*. Co-created by J.J. Abrams, director of such films as *Cloverfield* and *Star Trek*, *Fringe* offers intense action of graphic images and violence with a crazy sci-fi twist. The plot follows a FBI division investigating and trying to prevent paranormal incidents of a pattern now spiraling into a global catastrophe.

Mr. Vu, who teaches Chemistry, said "nothing is impossible" on *Fringe*.

This proves to be true being that genetic hybrid creatures, human spontaneous combustion, teleportation, altered dimensional soldiers, and parallel universes are featured on the series.

Though ABC has been trying to pull all the stops on their Comedy Wednesday, one success was *Modern Family*, a new sitcom follows the

interworking of three unique families and how they connect as whole in a touching, yet comedic manner.

Nicholas Ruan ('11) said, "It's creatively put together. It is interesting to see the lives of three different types of families in different situations."

NBC is trying to do the same with their new sitcom, *Community*. The promising television series shows the lives of an eccentric Spanish study group who become friends at community college. With acting talents such as *The Soup*'s Joel McHale, comedic actor Chevy Chase, and the hilarious Ken Jeong from *Knocked Up* and *The Hangover*, this ensemble cast of unique characters is at the center of the show.

Jacob Farrier ('11) remarks, "It makes me laugh every time."

ABC's premiere of their science-fiction drama series, *V*, based on the 1983 miniseries, has caught the attention of a few eyes. The new series chronicles the arrival of an advanced alien race (the Visitor's) that proclaims world peace, but instead has a hidden sinister agenda.

The Visitor's spaceships and technology are amazing," claimed Henry Tay ('11). He continued to say that "The idea has promise but the pilot is too simplistic."

Adding to their criminal primetime shows, CBS welcomes their new *NCIS: Los Angeles*. Clara Velazquez ('10) said, "They're very suspenseful and they keep me off my seat." Dominating their timeslots with their *NCIS* and *CSI* franchise, nothing seems to stop this unlawful powerhouse.

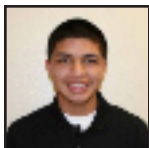
NBC tries to retaliate with a liberal approach. After his brief retirement from the *Tonight Show*, Jay Leno signed a deal to come back with his new show, *The Jay Leno Show*. Being the only talk show airing on 10pm every weekday, it is quite the risk rolled by NBC. Noticing the large number of crime shows on the 10pm timeslot, the Peacock offers that the *Jay Leno Show* is "100% more comedy and 98% less murder".

On Feb. 2nd, ABC will be airing the highly anticipated final season of *Lost*.

English teacher Mr. Castanha said he is "very sad to see the death of some of the lead characters" but he "cannot wait for Wednesday night to get frustrated for 57 minutes and get 3 minutes worth of answers!"



## Where Did The "O" Go?



Jonathan Nunez  
Staff Writer

Oprah's critically acclaimed talk show will disappear from our television screen in September of 2011 after twenty-five successful seasons.

When somebody blurts out "Oprah Winfrey," a few of the things that may come to mind are host, philanthropist, and advocate.

The journey of a poverty-stricken individual from rural Mississippi began with multiple attempts at radio-hosting and news reporting until she finally found her niche and received a big break in the hosting field.

The "Oprah Winfrey Show" is a 60-minute program currently airing at three o'clock on the ABC Network. It began airing on September 8<sup>th</sup>, 1986 with the topic of "Marrying the Right Person." Clad in a red sweater and short brown hair, Oprah captivated the hearts and intrigued the minds of people from the shores of Savannah, Georgia to the San Francisco Bay area. The show has been the highest-rated talk show for 23 consecutive seasons, according to the Oprah.com site. It is seen by an estimated 42 million viewers a week in the United States and is broadcast to 145 countries.

With 3,274 episodes aired (as of 11/21/08), this widely renowned show has allowed Oprah Winfrey to

become a historical billionaire, being that she is the first female African American to achieve such high economic standing.

Last year, she even topped the Forbes Celebrity 100 list that measures both power and money.

In addition to the 2.3 billion dollars that Oprah has netted, she has been able to help an innumerable number of people in the world by revealing her struggles with weight loss and as a survivor of childhood sexual abuse.

From the talk show, she has created the popular Oprah's Book Club; *O Magazine*; Oprah's Angel Network, a charitable foundation; and co-founded Oxygen Media, a 24-hour cable channel aimed at women.

In 2008, Winfrey announced that beginning in 2009, the Discovery Health Channel would be named OWN: The Oprah Winfrey Network. The network is "a multi-platform media company designed to entertain, inform and inspire people to live their best lives," according to Oprah.com.

Even though "The Oprah Winfrey Show" will no longer be in commission it is likely Oprah will find a way to pop up onto our television screens and continue to positively impact millions of lives. So with the ending of this cult phenomenon, Oprah will be missed, but never forgotten.



## Winter Fashion



Carolyn Le  
Staff Writer

As the leaves and the temperature begin to fall, winter trends can be seen on the horizon.

This year the predominant feature in magazines and runways are deep plums, a rich assortment of grays, and the color that never goes out of style, black.

The best adjective to describe this season's fashion is "edgy." High fashion couture designers such as Valentino, Carolina Herrera, Eileen Fisher, Zac Posen, and Heatherette have already unveiled their lines. However, high fashion attire is exceedingly pricey and for most of us fashionistas is only meant to give ideas.

Joseline Reyes ('12) said "High fashion is really expensive. I think that it would be better if designers would think of the consumers with a budget."

Varying from boho chic, to feminine and romantic, the easiest and most affective way to update your look are with accessories. Bold necklaces, small bags, high boots, thin belts, glamorous hats, and red gloves are just some of the things that can add flavor and individualism to a look.

Mariah Comer (class of '12) says, "Fashion should be about individuality. Instead of everyone wearing the same sort of thing they should look into what they like, instead of following the crowd".

For the more riskay personalities garter belts and thigh high stockings as well as the classic black dress "a la Audrey Hepburn" is definitely the pinnacle of chic this season.

Not all of us are 5'10 and can pull off a full-blown high fashion couture outfit, as well as afford it. Ways to dress up without emptying your wallet are to keep the runway inspirations in mind when shopping.

Military jackets and straight leg jeans tucked into leather boots are something that epitomizes what is wearable during winter. The sleek black leather jacket, plain tee, and dark wash jeans paired with beige riding boots are casual yet classic.

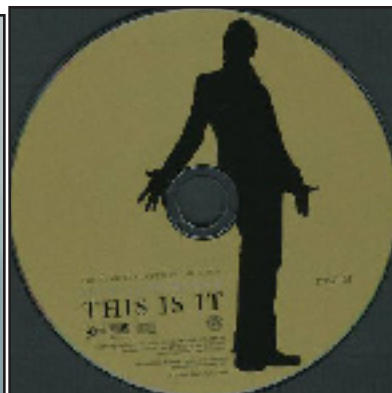
This is the season to take chances so don't limit yourself to one style of jean and though straight leg jeans are a must this season, flares should also be taken into account being that they flatter a variety of body types.

Some affordable stores are Forever 21, H&M, Zara, Express, and Nordstrom.

Amanda Harvey ('13) said, "Forever21 is one of my favorite stores; they have cute and affordable clothes there."

For those who can afford the high-end fashion, but are still on a budget should take a look at [www.shopbop.com](http://www.shopbop.com). Shopbop has tons of designer clothes with reduced prices.

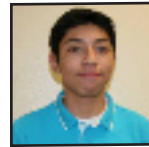
2. **This Is It Soundtrack-** Whether you missed the hit movie in theaters or were lucky enough to witness its wonders, the soundtrack to Michael Jackson's This Is It will be sure to delight music fans. The two disc set comes with famous classics like "Beat It", "Thriller", and "Smooth Criminal". The second CD comes with four never before heard early versions of songs and a spoken word poem entitled "Planet Earth", so even if you already own some of Jackson's classics these rare tracks justify the purchase. Buyers also get treated a thirty-six page booklet with pictures of Michaels last rehearsal. Remembering Michael will be as easy as pushing play with this collectable CD.



Pictures accredited  
to various sources on  
[google.com](http://google.com)

4. **Macbook Pro-** For all those college bound seniors, investing in a laptop this holiday season would be a worthwhile choice. Apple offers its popular Macbook Pro models starting at \$1119. With an aluminum body, and a new longer lasting battery, this computer will easily get you through your first couple years of college.

## Gifts Hot Enough to Melt the Snow



Chris Sanchez  
Staff Writer

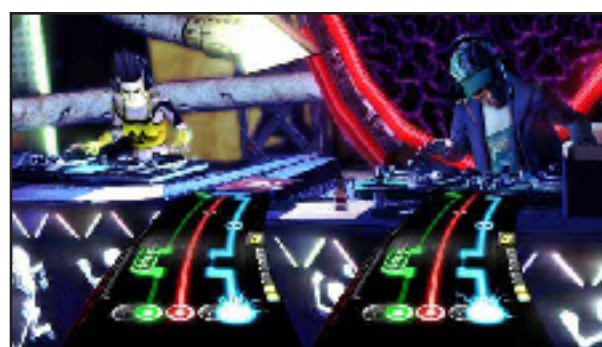
The holidays have finally arrived and with them come boat loads of presents to give and get! If you're still unsure as to what to ask Santa for this holiday season or what to purchase for your family and friends, fret not because here is a list of the hottest gifts for the chilly season.



1. **Twilight Saga Collection Box Set** – Whether you're Team Edward or Team Jacob this box set is perfect for fans of Twilight. It holds all four of the series' books including Twilight, New Moon, Eclipse and Breaking Dawn along with some collectable prints all for under forty dollars. If you know anyone that loves vampires, love stories, or just reading in general this box set is enough to keep them warm during the wintry months.



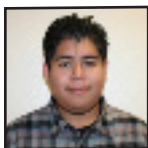
3. **Flip UltraHD Camcorder** – If your recipient is in dire need of a good camcorder and is tired of bad image quality current video camera have, the Flip UltraHD provides stunning high definition 720P video quality that will look great on any HDTV. The camcorder comes with 8GB of memory or up to 120 minutes of video, rechargeable batteries, and a simple user interface. Its small size makes it easy to capture video or pictures on the go without having to sacrifice quality. By far it is the most affordable way to shoot high quality video.



5. **DJ Hero** – In this rhythm filled video game the player assumes the role of a DJ complete with a scratchable turntable. The game is similar to Guitar Hero or Rockband, in which the player must hit the notes on time as they appear on screen. The game features artists music from various types of genres like Justice, Eminem, Grandmaster Flash, Daft Punk, No Doubt, and JAY-Z.



## 2010 FIFA World Cup: The World's Biggest Soccer Tournament



*Erik Bernal  
Staff Writer*

Taking place in a different location every four years, the 2010 FIFA World Soccer Cup will for the first time be held in South Africa.

On December 8, 2009 the final draw took place in Cape Town to determine each team's opponents. The thirty-two participating teams were placed in groups of four, totaling eight groups.

The journey was long to qualify for the World Cup, each team having to prove to be the best in their region that FIFA placed them in. The United States is part of CONCACAF region along with the rest of North America. Its three participants are the United States, Mexico and Honduras.

Many have their favorites when it comes to rooting for a particular country. Kevin Palomo '10 said "Brazil this year, because it has an easy bracket."

Brazil is not only the team with the most world cups won, but has been ranked number one in the world by FIFA, which may largely be due to

their strong consistent players that play in top teams across the world like Spain's Ricardo Kaká.

Another favorite among fans is Spain. Albert Chavez '10 said, "It (Spain) has better individual players that could be the key to winning or losing".



Spain is ranked number two by FIFA and is one of the most competitive soccer leagues being that it has many of the world's top players.

The World Cup will begin on June 11 and thirty days later the champion will be crowned. Opening with its inaugural match in Johannesburg with South Africa vs. Mexico, the cup matches will be played across eleven different locations.

The official ball made by Adidas that will be played with in the coming Cup is the Jubalaní which means "to bring joy to everyone". It also has a mascot the Zakuni, which is a leopard with green hair, the green hair symbolizing the hosting nation.

The current champion is Italy who won the 2006 match against France.

While some teams are eager to win another title, others are looking to claim their first world cup.

Despite long term anticipation for the Cup's outcomes only one team will receive the title of champion so all you soccer fanatics can do for now is anticipate and hope for the best.

*Courtesy to FIFA.com*

## Girls Varsity Tennis



### Girls that Placed

Jocelyn Tran ('10) 1st in singles and 3rd in the CIF individuals

Anne Tran ('11) 2nd in singles

Michelle Do ('12) and Caroline Nguyen ('10) 2nd in doubles

Vivian Ma ('10) and Hanavi Roman ('10) 3rd in doubles

Congratulations Varsity Girls Tennis for receiving 1st place in the Annual Santa Ana City Tournament and for making it to CIF, tying with Orange and Ocean View for 2nd place!



### Silver Medal in the Us News and World Report

Segertstrom High School ranks top 3% in the Nation.

Factors included: Economical  
Diadvantagd Student Enrollment,  
Minorities, & high State Test Scores.

**CONGRATULATIONS JAGUARS!**

### Upcoming Events

December 20- Jan 10th: Winter Break  
Jan 13th: Delayed Start  
Jan 18th: Martin Luther King- Holiday  
Jan 20th: Financial Aid Night  
Jan 27-29: Finals Week  
Feb 8: Lincoln's Birthday- Holiday  
Feb 8- 12th Black History Week  
Feb 15th: President's Day- Holiday

### In The Next Issue...

Teens and Drunk Driving  
Finals Week  
The Boiling Crab (YUM)  
Club Spotlight: Lady's Etiquette  
Behind the Marching Band  
Segerstrom Idol  
Winter's Sports Assembly  
Basketball Update