



Features: I'm Feeling Lucky



Entertainment: The '09



Sports: Off to the Gym?

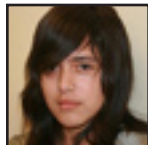
Segerstrom Press

March 2009

Volume 4, Issue 3

| Segerstrom High School |

Teachers and Staff Dazzle With Talents



*Melissa Rodriguez
Staff Writer*

The excited chattering of students could be heard as they patiently waited for the doors of the Segerstrom Theatre to open. At 6:30, the doors opened and students took their seats to watch the first annual Faculty Talent Show. Hosts Tim Alexander and Xiomara Ossorio began the show with an introduction of the participants.

The first performers of the night were vocal music director Mr. Henson and English/Drama teacher Mrs. Cohen. Working together, they played a rag type song on the piano.

Next up, was marching band director Mr. Garcia, who showed off his talent by playing a concerto on the French horn. When Mr. Garcia had finished, geography teacher and soccer coach Mr. Stevenson got on stage and did a short stand-up for which he joked about what many people must think teaching in Santa Ana is like and silly signs that people place on buildings.

Afterwards Mr. Gordon, an art teacher, took the stage to perform. He performed on his guitar two songs he had written and composed called "Stuck" and "Cards on the Table."

The show continued on with history teacher and football coach Mr. Tagaloa. He performed a rap, assisted by student Bryan Cruz. Following this duo came Ms. Beach, the traveling math teacher, she sang a song in Spanish which showed off her award-winning vocals.

"The show was really good. I didn't know they could do those things!"

- Brenda Manra ('10)

Science teacher, Mr. Stankey performed Hungarian Rhapsody No. 2 on the piano, assisted by his son Christopher.

Then, math teacher Mr. Kimmons began the last performance of the talent show. He sang a song from "Flight of the Concords" to Ms. Loera while blindfolded, and he had the audience cheering and shouting.

Finally, after all the teachers had performed, it was time to vote on the winner. Hosts Alexander and Ossorio pointed to each teacher and let the audience grade each on their performance. Eventually, Mr. Stevenson, Ms. Beach, and Mr. Kimmons were chosen as the top three finalists. Ultimately, Mr. Stevenson was selected as the runner-up and Mr. Kimmons' performance landed him as the first-place winner.

Mr. Segerstrom '09 Crowned!



Here Comes Mr. Segerstrom... All nine contestants pose at the end of the show after Mr. Segerstrom Raymond Martin was crowned, with Jonathan Felix and Dennis Tran as runner-ups.



*Joseph Anderson
Staff Writer*

The doors closed, the lights went out, and the stage was set on March 5 for the second annual Mr. Segerstrom! It was a night of videos, dancing and hilarity with hosts Mr. Decker and Mrs. Hargrave. Nine senior contestants performed in four categories to earn the title Mr. Segerstrom.

Mr. Bradshaw, one of the coordinators of the event, mentioned his pre show jitters. He said, "I was a little nervous during the rehearsals, but after seeing the final product it was an overall success with only a few minor glitches, and a very deserving winner."

The night kicked off with a cheer competition, where contestants showed off their spirit. Then a few of the contestants' videos were shown to introduce them to the audience.

The real show began with the contestants performing renditions of their favorite staff members. Everyone from Mr. Decker to Mrs. Maher and Ms. Callaway was imitated. This turned into a real crowd pleaser.

The dance category allowed the contestants to show off their moves. "This was one of my favorite parts of the show if not my favorite," said Andrea Alonso

'09. "The guys all did a really amazing job on the number."

The boys then showed off their creative talents. They performed different acts such as dancing, stand up comedy, and piano playing. The section closed out with the rest of the contestants' video introductions.

The next section required the boys to dress in formal attire as they were escorted by a lovely lady downstage. The hosts then asked each contestant two entertaining questions.

After the formal attire section, a final video was shown to allow the judges time to tally up their votes. Although there were sound issues with the video, they were promptly forgotten when the results were revealed.

Dennis Tran came in third, winning a free ticket to the Senior Sunset. Jonathan Felix came in second, receiving a free ticket to the Senior Sunset, the Senior Breakfast, and Knott's. Finally, Raymond Martin was crowned the second Mr. Segerstrom. He won free tickets to Grad Night, Prom, Knotts, Senior Sunset and Senior Breakfast, along with a free tuxedo rental from Friar's Tux Shop.

Former principal Mrs. Maher, who also attended the event, commented, "I thought they did a fabulous job. I was really proud of all of them; I think Raymond is a deserving king."

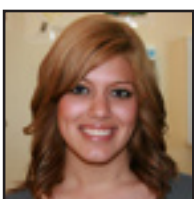
Performances & Results

- **Segerstrom Idol:** "Folsom Prison Blues" (Johnny Cash) by Marino Diaz ('09), accompanied by Christian Franco ('09) and Sergio Ramirez ('09)
- **Faculty Talent Show:** Mr. Kimmons' featuring Ms. Loera
- **So You Think You Can Dance?:** Chunstinque
- **Mr. Segerstrom:** Raymond Martin

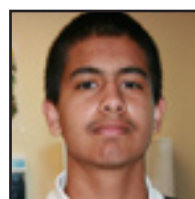
What makes a person lucky?



Mitchell Thatsanphonh ('11)
"The belief in oneself makes someone lucky."

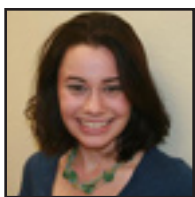


Paulina Lomeli ('09)
"A charm that people believe in and gives them hope."



Jeffrey Rizo ('10)
"When good things happen to someone and they're not responsible for it."

Editor's Corner



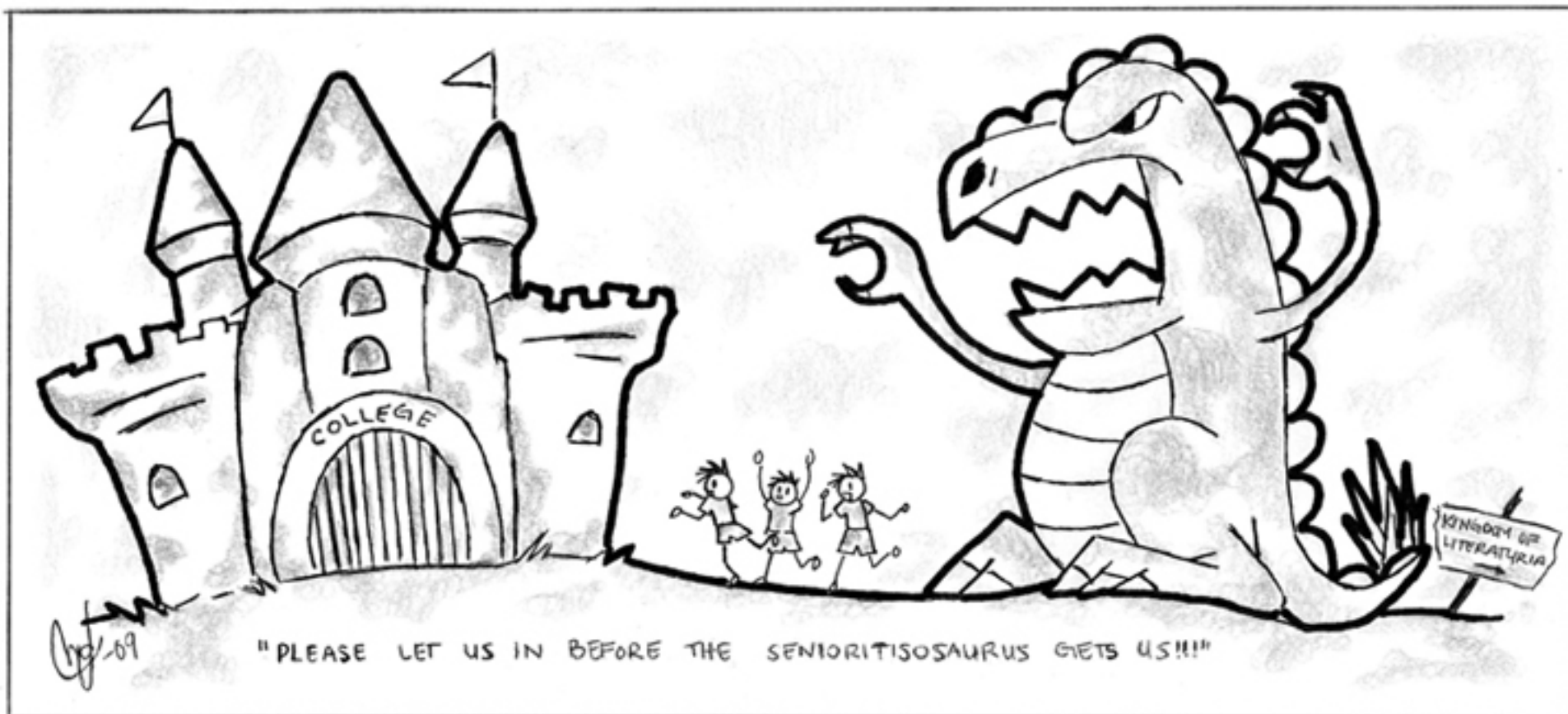
Okay guys, it's here... the dreaded, the horrible, the thing we ALL said would not happen to us senioritis. I was one of the many who pledged to the gods of AP and Honors courses that I would not succumb to this terrible disease, and yet I find my grades in need of a huge shot of anti-laziness and a dose of vitamin A. Contrary to other ailments the cure for senioritis is not sitting on the couch watching TV (despite the fact that the new American Idol season is finally starting to get good). In fact, that is the symptom. One would find it extremely difficult to encounter a single senior whose grades are where they are supposed to be, or where they want to be. I am not saying that senioritis is wholly to blame, for there are some classes out there whose material just gets harder during second semester (hello, AP Calc and AP Stats!) Nevertheless, the disease is more of a contributing factor. Life for second semester Segerstrom seniors is not as easy and definitely not what Blair from Gossip Girl describes as, "a free pass, like pregnant ladies or 14-year-old Chinese gymnasts!" Instead it is just as difficult – if not more – than any other semester. Therefore, we cannot allow senioritis to take over... we must fight... resist American Idol... and (eventually) graduate!!!

Segerstrom Press Staff

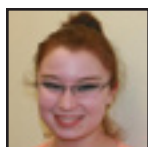
Chloe Mercado	Content Editor-in-Chief
Jennifer Lai	Design Editor-in-Chief
Grace Huynh	Associate Editor
Fabiola Vega	Associate Editor
My Nguyen Nguyen	Cartoonist/Staff Writer
Lydia Julian	Photographer
Ms. Sotolongo	Adviser

Staff Writers

Sana Ahmed	Carolyn Le
Karen Alvarez	Austin Nguy
Joseph Anderson	Melissa Rodriguez
Molly Cuenca	Laura Stueland
Damian Guerra	Abraham Vivanco



Surveillance Cameras on Campus: Are We Being Watched?



Laura Stueland
Staff Writer

Yes, we barely notice them, but the surveillance cameras at our school are existent, and despite the rumors, they are there purely for protection. They aren't meant for the petty crimes of a student throwing their gum from the staircase or even for ditching; they are simply there for student protection.

The primary reason for cameras on campus is to catch people who do not belong on campus, such as potentially dangerous adults and those from other schools. With three security officers, one police officer, and the administration, teachers, and counselors at school, all with the duty to protect students, cameras are really just acting as another layer of protection and deterrent.

"The primary tool (of safety) is people's prevention. There is no substitute for people being alert," said Dr. Avina.

With a campus of nearly 3,000 students, it is no wonder that there would be such an abundant number of cameras in such a variety of hidden places. Only two out of the several observers are in fact visible. None of the cameras are in any private confined spaces like a bathroom.

Many would anyway agree that security outweighs the importance of privacy. Ms. Mateo, who teaches AVID and World Geography, commented, "With a campus as large as 2,500 students in an enclosed area, security comes first, not privacy. I have seen too many school shootings. If security cameras were used in the Colorado shooting, much could have been prevented."

In fact, security cameras were used in the Columbine High school massacre, but they were used in an ineffective manner. A custodian removed the security camera video tape, rewound it, and placed a new video tape at the exact time the two teenage killers entered the cafeteria. The massacre led to an emphasis on security cameras as well as security in general.

Some students believe that surveillance cameras on campus are a necessity. Miguel Mejia ('12) said, "They are good for our safety. Something we least expect could happen."

On the other hand, others still find it impossible to be okay with the idea of



It's Watching You! This camera from the corner of the C building overlooks the quad area everyday. Photo credits to Diana Tran ('09)

being watched despite motives of the situation. "It is terrible! I don't want my school spying on me. I want to know where the security cameras are placed and where they (the film) are being watched from," said Jeff Allen ('10).

Unfortunately, for security reasons, the school would not tell the Segerstrom Press where on campus the cameras are located and from where the film is viewed. Some security cameras are so technologically advanced that they can make out perfect facial features even in the dark, but they can just be worthless inanimate objects if the violator wears a mask or conceals their identity in some way.

Stephanie Rodriguez ('09) said, "We should just double on security guards. The cameras aren't going to stop us from doing something bad when people use masks. It's a waste of film."

Even with flaws of not being able to catch every wrong doer, and what may be proof of security cameras on campus not saving lives, they were put in for a reason – to contribute in steering students away from harm's path. Even if you may be caught by one, just remember you may also be saved by one.

Have You Done Your FAFSA?



My Nguyen Nguyen
Staff Writer

With the start of a new semester comes a new worry for seniors: the FAFSA application that will determine a student’s financial status for federal student aid. The FAFSA, Free Application for Federal Student Aid, is used to decide who is eligible for “free” money and who must take out loans to pay high tuition fees.

The FAFSA can be accessed and completed either online or through the mail. For online access, the website is: <http://www.fafsa.ed.gov> where students must create PIN numbers for themselves and their parents to use as signatures. With online access, students can receive benefits not necessarily offered through the mail such as making corrections; the site will also notify a mistake if one occurs.

“It’s probably more efficient to complete the FAFSA online as opposed to on paper,” said Chris Hoffman (’09) when asked as to which he would prefer.

“You definitely want to make the priority deadline[s]. You can submit the FAFSA at anytime [but it is] important to meet them.”

- Ms. Huezo,
Higher Education Coordinator

The FAFSA has no official deadline, but the national priority deadline is on March 2nd. Nevertheless, some schools priority deadline specific to their school. Schools like the University of California Irvine or the University of the Pacific, had priority deadlines February 15th. These are not necessarily deadlines for the schools (unless specifically stated so). Students who miss these deadlines are generally “offered less financial aid or are offered more loans and less grant funds” (<http://www.aie.org/FAFSA/prioritydeadline.cfm>).

“You definitely want to make the priority deadline[s]. You can submit the FAFSA at anytime [but it is] important to meet them,” said Ms. Huezo. Concerning private schools, Ms. Huezo advised that by meeting deadlines, students will be offered a “very nice package” that will try to cover the student’s financial needs.

Some common errors to avoid, as stated on www.aie.org, are incomplete applications (e.g., no signature), typos (e.g., transposing numbers, decimal point errors), missed deadlines, or missing supplemental applications or documents. The site encourages students to “check and double check that they have submitted all required forms.”

So, to the seniors out there who think that they still have time, please remember that FAFSA decisions are on a “first come, first serve basis.”

Before You Get Started...

- Get organized!
- Find out your dependency status
- Fill out the FAFSA on the web Worksheet
- Search for School Codes
- Students & Parents Apply For a PIN
- Check Application deadline dates

Nothing Planned for Your Summer? Apply For a Summer Program!



Andrew Jimenez
Staff Writer

With second semester well under way, many students have begun to shift their eyes towards the upcoming summer. While some picture themselves at a theme park or sunbathing at the beach, others are busy filling out applications for competitive summer programs.

One of these programs, the California State Summer School for Mathematics and Science, or COSMOS, has become increasingly popular with students. The four week program focuses on science, technology, engineering and mathematics. Students live on one of four University of California campuses, Irvine, San Diego, Davis and Santa Cruz, where the program is offered. In addition to taking classes taught by university professors, students enjoy an engaging social atmosphere which includes games, dances and field trips. Applications for this selective program are due on March 15th, and financial aid is available for those who qualify.

“I’ve done COSMOS for the past two years at Santa Cruz and San Diego,” said Maggie Iñiguez (’09). “It’s a great program, even for those who aren’t really good at science because you learn so many interesting things. I also met amazing people and I would definitely encourage students to apply.”

Another science program is University of Southern California’s Summer Seminars. Also four weeks, this program allows students to use the same laboratories and living facilities as USC students. Students are even offered college credit for USC. Applications are due on March 31st and financial aid is available.

“I enjoyed a wonderful experience of living independently with people my own age from different parts of the world,” said Bryan Pham ‘09 who participated in the program last summer. “It helped me look forward to college.”

Meanwhile, Innerspark, the California State Summer School for the Arts, offers an opportunity for students who are drawn to the arts to explore their creative powers. For four weeks, talented students are trained by professionals in music, theatre, video, film, visual arts, dance, creative writing, and animation. The program is held at the CalArts Center in Valencia, California. While the full cost is about \$1,415, full and partial scholarships are available.

There are countless other summer opportunities for students of all interests. Many colleges offer summer programs or classes are designed especially for high school students, and most offer financial aid and scholarships. Experience Berkeley, for instance, allows high school students to experience college life by living on campus and attending essay strategy workshops with tips on the college application process. This particular program is for African Americans, Latinos and Native Americans who are juniors with a 3.5 weighted GPA.

Other programs are the Bank of America Student Leaders, an eight week paid summer internship in Washington DC and the John Hopkins Engineering Innovation Program. These are only a handful of the summer programs out there. Although some applications may be difficult, the experience is sure to be worth it. Anyone who is interested should visit the Higher Education Center for more information.

“Everyone I know who’s participated in a summer program has had an amazing experience,” Iñiguez concluded. “There is something out there for everyone.”

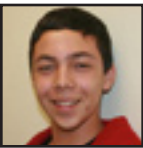
“[COSMOS] is a great program, even for those who aren’t really good at science because you learn so many interesting things. . . . I would definitely encourage students to apply.”

- Maggie Iñiguez (’09)



Interested? Here are some programs you may want to look into. From InnerSpark to COSMOS, you have many programs to choose from.

Graduating with 220 Credits?



Damian Guerra
Staff Writer

As of Tuesday, February 17, the SAUSD confirmed the reduction of the graduation requirements from 240 credits to 220 credits. This reduction is now in effect. For the many students attending high schools throughout the Santa Ana school district, this may be their one shot at making things better. This leaves room for improvement for those lacking passing scores.

Teachers here at Segerstrom have their own views on the requirement drop. AVID Coordinator Ms. Amelia Mateo commented, “The advantage of the district having lowered the requirements gives the

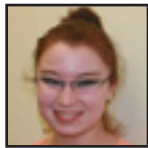
students more flexibility in their schedule and gives them the opportunity to take more electives.”

“Teacher of the Year” Mrs. Kerkhof-Martin shared what she thought the requirement drop had to offer and what it didn’t. “Having the graduation requirements lowered takes off some stress from a student’s daily schedule; it gives them the options to take more electives that they can enjoy taking,” she said.

Kerkhof-Martin continued, “The disadvantages of having Segerstrom’s requirements lowered, I feel, is that it will discourage students to try harder and won’t be putting in as much effort as they should or once did.”

Despite the many views and perspectives people may have on the issue, what is done is done. However, those that still want to reach their original goal of 240 credits or maybe even more will certainly be more desirable to universities.

Feelin' Lucky?



Laura Stueland
Staff Writer



There is no such thing as luck. Yes, there is randomness, there is probability, but there is no secret force that operates for good or ill by shaping circumstances, events, or opportunities in a person's life. You can, though, be a recipient of favorable probability.

Amanda Evans ('09) said, "I don't believe in luck, I believe in hard work. I never got good grades because of luck. I believe in occasional chance and randomness, but skill is what can be developed like my drawing which I started in elementary, I wasn't born to draw or anything."

Luck exists in people's state of mind and the way that they engage in the world. Those who consider themselves lucky are significantly more extrovert and open than those who believe they have bad luck. Psychologist Richard Wiseman, author of *The Luck Factor*, who has extensively studied the concept of luck, found that those who perceive themselves as lucky are twice as much to engage in eye contact and smile than those who perceive themselves as unlucky. This translates into maximizing the probability of positive opportunities.

Reagan Toledo ('11) said, "I've been lucky pretty much my whole life. I get lucky randomly like finding money on the ground, not studying and getting good grades. It's probably because of my state of mind of thinking positively and feeling like

nothing bad is going to happen, that everything falls into place.

However, despite the rationalist belief that luck is simply wishful thinking that results from poor reasoning, many continue to believe that luck and karma coexist- that one must come with the other.

Non-believers in luck may claim that it is not luck, but rather the decisions we make that shape our lives.

Boneta Keo ('10) said, "People cause their own problems; luck has nothing to do with it. People solve their own problems themselves."

Luck gives hope. However, it is unwise to hope for it when it does not allow you to make your own logical decisions.

Christina Sanchez ('12) said, "If there is a little luck in the world, it can't be counted on."

Even if there were four leaf clovers that weren't just a result of mutation, there still would never be enough for the whole world to pick and enjoy. Luck is merely a state of mind that can affect your life for the better or for the worse.



Following Traditions: Superstitions



Austin Nguy
Staff Writer

It seems like it's another one of those typical days- a boring and dull one. Then you notice something unusual- a sleek black cat pouncing on some rigid cracks and heading towards a ladder. Maybe it's not a normal day after all, but a catastrophic one instead! Superstitions, these strange little beliefs, have always been intact within countless cultures, passing on through generations.

The common traditions in our society were influenced by European culture. One common superstition holds that walking under a ladder is bad luck. On a practical level, a ladder may collapse and fall. However,

the ladder forms a triangle with the wall and the ground. According to some, this triangle signifies the Holy Trinity and to enter into this sacred area is a punishable offense. Furthermore, walking through this tabooed area

may weaken the gods and unleash powers of evil spirits.

Another popular superstition is that breaking a mirror incurs seven years of bad luck. This is because an individual's reflection is supposed to represent the soul. Breaking the reflection would mean harm to the soul.

Western wedding ceremonies are also ripe with superstitions. The bride's veil is use to guard her from evil spirits who were jealous of happiness. The bridesmaids are also used to distract the bad spirits. Wedding rings are usually gold and plain, symbolizing eternity. They are also worn on the left 'ring finger' due to the belief that a vein runs from that finger to the heart.

Some Asian countries have taken superstitions to the very extremes. China and Japan, for example, think that the word 'four,' which sounds uncanny like to their word 'death,' *si*, is bad luck. Thus, rooms or levels with 'four' in hospitals or hotels do not exist. Likewise, when giving gifts in sets, such as tea cups, they should be either threes or fives and never four.

The belief in superstitions has lessened as the world has become more modernized and materialistic. "I don't have a reaction [towards superstitions] because I'm not superstitious," said Jocelyn Gallegos ('12).

Lately, the common trend in school is to promote rationalism. Abdllh Assad ('10) commented towards the belief of superstitions, saying, "They're fake; I don't think they're real."

However, the impacts of superstitions are still prevalent and reflect in cultures and heritage. Superstitions, though seemingly irrational, are strong because of bonds through history and culture.



Luck: It's Not Just A Four Leaf Clover



Legends of Luck (from left to right) The Moirae (The Fates), The Shichifukujin, and Lakshmi, Goddess of Fortune are all considered a symbol of luck in their respective cultures.

All Photo Credits to various websites



*Sana Ahmed
Staff Writer*

Across the world, different cultures and religions have their own way of looking at luck.

Long ago in Ireland, when the followers of Saint Patrick had driven the “devil” from the country, they recognized the shamrock, a four-leaf clover, as a symbol of their luck and good fortune. This rare lucky charm mostly grew in Ireland.

In Eastern Europe during the middle ages, legends of vampires and the undead were blamed for the plague. Many found these happenings as bad luck and wore crosses and chains of garlic around their necks to ward off evil.

In the ancient Roman and Greek civilizations,

people believed in goddesses of luck to explain favorable occurrences or the dynamics of life and the universe. In Greek mythology, Greeks believed in the Moiras, three women who were responsible for “weaving the wire of life for all individuals” with the Wheel of Richness. Similarly, the Romans believed in Fortuna, the goddess of luck and destiny who worked with the Wheel of Fortune.

Many ancient Central and South American civilizations practiced rituals in order to bring luck about their empires. The Aztecs, Incas, and Mayas all practiced human sacrifice to please the gods and bring luck.

Halfway across the world in China, a variety of Chinese characters are said to bring fortune. A few of these luck symbols are “Fu”- blessing and good fortune, “Lu”- prosperity, “Shou”- longevity, “Xi”- Happiness, and “Ji”- luck and hope.

Jonathan Laos (’12) said, “I remember seeing

paintings of Chinese characters in my house to bring luck around the [Chinese] New Year.”

Nearby, in Japan, Buddhists and the Shinto believe in the “Shichifukujin”, a group of seven gods, to bring luck and prosperity; with each god representing something different. The god Ebisu represents honesty, Daikokuten – fortune, Benzaiten – kindness, Hotei – nobility, Fukurokuju – popularity, Jurojin – longevity, and Bishamonten – dignity. That’s why “seven” is considered a very lucky number in Asian nations.

In India, Hindus believe the goddess Lakshmi to be the Goddess of Fortune. If Lakshmi looks at you from the corner of her eye, it is meant to be good luck. Hindus also believe that the cow is a symbol of luck, and prohibit the consumption of cow meat.

Rodolfo Contreras (’11) said, “I didn’t think that the Irish were the only people who believed in [luck].”

TEEN DRIVING ACADEMY

YOU CAN START NOW! AND COMPLETE LIVE CLASSROOM EDUCATION IN:
4 SATURDAYS OR 5 EVENINGS TUESDAY - THURSDAY OR
TAKE ONE OF OUR SPECIAL SESSIONS DURING:
SPRING, SUMMER, THANKSGIVING, OR WINTER BREAK

DRIVER EDUCATION

(Classroom)

- Live Classroom Driving Instruction (Highly Recommended)
- Start at 15 yrs. 0 month.
- Complete in:
 - 4 Saturdays (Most of the year) 9am - 4pm or
 - 5 Evenings (Most of the Year) Tues - Thurs 3:30pm - 8:30pm
- Members of DSAC (Driving School Association of California)

\$10 OFF

With this coupon

Online Discount Codes:

ONLINE DRIVERS ED: OOE2HPTCA
 ONLINE DRIVERS ED & TRAINING: OOE2HPTCA
 CLASSROOM DRIVERS ED & TRAINING: OOE2HPTCA
 CLASSROOM DRIVERS ED: OOE2HPTCA
 6 Hours of Behind the Wheel Training: OOE2HPTCA

With (One per student only) TA. Not valid with any other offer.

GIFT CERTIFICATES AVAILABLE

Limited Space Reservations Required for These Sessions Only

* Class Times: 9:00 AM - 4:00 PM

DRIVER TRAINING

(Behind the Wheel)

- Complete in 3 days
- Late model/Unmarked cars
- Free pick up & Drop off.
- Appointments available 6 days a week.

HUNTINGTON BEACH

15871 GOTHARD ST.
 HUNTINGTON BEACH, CA 92647
 (Next to Golden West College)

ALL MAJOR CREDIT CARDS AND ATM CARDS ACCEPTED

2009

SPRING BREAK 2009

APRIL 2009

SPRING BREAK CLASSES

SESSION I: 4/6 - 4/9

SUMMER BREAK CLASSES

JUNE	JULY	AUG
I - 6/15-6/18	IV - 7/6 - 7/9	VIII - 8/3 - 8/6
II - 6/22-6/25	V - 7/13-7/16	IX - 8/10-8/13
III - 6/29-7/2	VI - 7/20-7/23	X - 8/17-8/20
	VII - 7/27-7/30	XI - 8/24-8/27

FOR RESERVATION & INFORMATION CALL

714-379-6711

Call for a Free Brochure

ALSO OFFERING:

Online Drivers Ed
 DMV Approved

www.abteendrivingacademy.com

TEEN DRIVING ACADEMY

YOU CAN START NOW! AND COMPLETE LIVE CLASSROOM EDUCATION IN:
4 SATURDAYS OR 5 EVENINGS TUESDAY - THURSDAY OR
TAKE ONE OF OUR SPECIAL SESSIONS DURING:
SPRING, SUMMER, THANKSGIVING, OR WINTER BREAK

DRIVER EDUCATION

(Classroom)

- Live Classroom Driving Instruction (Highly Recommended)
- Start at 15 yrs. 0 month.
- Complete in:
 - 4 Saturdays (Most of the year) 9am - 4pm or
 - 5 Evenings (Most of the Year) Tues - Thurs 3:30pm - 8:30pm
- Members of DSAC (Driving School Association of California)

\$10 OFF

With this coupon

Online Discount Codes:

ONLINE DRIVERS ED: OOE2HPTCA
 ONLINE DRIVERS ED & TRAINING: OOE2HPTCA
 CLASSROOM DRIVERS ED & TRAINING: OOE2HPTCA
 CLASSROOM DRIVERS ED: OOE2HPTCA
 6 Hours of Behind the Wheel Training: OOE2HPTCA

With (One per student only) TA. Not valid with any other offer.

GIFT CERTIFICATES AVAILABLE

Limited Space Reservations Required for These Sessions Only

* Class Times: 9:00 AM - 4:00 PM

DRIVER TRAINING

(Behind the Wheel)

- Complete in 3 days
- Late model/Unmarked cars
- Free pick up & Drop off.
- Appointments available 6 days a week.

HUNTINGTON BEACH

15871 GOTHARD ST.
 HUNTINGTON BEACH, CA 92647
 (Next to Golden West College)

ALL MAJOR CREDIT CARDS AND ATM CARDS ACCEPTED

2009

SPRING BREAK 2009

APRIL 2009

SPRING BREAK CLASSES

SESSION I: 4/6 - 4/9

SUMMER BREAK CLASSES

JUNE	JULY	AUG
I - 6/15-6/18	IV - 7/6 - 7/9	VIII - 8/3 - 8/6
II - 6/22-6/25	V - 7/13-7/16	IX - 8/10-8/13
III - 6/29-7/2	VI - 7/20-7/23	X - 8/17-8/20
	VII - 7/27-7/30	XI - 8/24-8/27

FOR RESERVATION & INFORMATION CALL

714-379-6711

Call for a Free Brochure

ALSO OFFERING:

Online Drivers Ed
 DMV Approved

www.abteendrivingacademy.com

Club Spotlight: Key Club



Service With a Smile (clockwise from top left) Key Clubbers brace the cold conditions in the Rose Float Decorating Warehouse; Peter Nguyen ('09) sells strawberry lemonade to fundraise for the club; Diane Wong ('09) flashes a smile as she hands off water to Surf City Marathon runners; Andrew Luong ('09) and Alex Dessoliers ('09) create personalized holiday cards for the Make a Child Smile Foundation.



Austin Nguy
Staff Writer

One of the most successful and popular organizations at school is Key Club, focused with visions "to develop competent, capable, and caring leaders through the vehicle of service."

Key Club is one of the largest and oldest community service program dedicated to high school students all over the nation. It is a student-run club hosted by advisors Mr. Christenson and Ms. Miller where leadership is exemplified through the act of serving others. It is in association to the Kiwanis Club through Kiwanis International.

By joining Key Club, there are various events that members attend as a division to help and support the area where they are located. There are yearly district conventions with workshops and speeches that help encourage their members for a year of dedication and optimism. Officers training conferences and regional training conference are held throughout the year. Key Club also offers scholarships awarded to dedicated members moving towards a college career.

With its motto "Care- Our way of life" engraved within Key Clubbers' minds, members become extremely involved with the community, whether individually or in a group. They are in the 'Make a Child Smile' event associated with the American Cancer Society and National Honor Society. This event is where all members make cards for ill children. Key Club was also in the 'Adopt a Family' program for the past Christmas season, where they adopted two families who were in desperate need due to the harsh times, and collected money, presents, and other necessities to welcome the families with a nice holiday. They also promoted the school-wide Blank-A-Thon and a Santa Pictures fundraiser. At the beginning of the year, the club volunteered to help decorate the floats in this year's annual Rose Parade.

"I've been in it for four years and it has really helped me grow as a person, developing me into a stronger person and cultivating in me an interest in helping the community around me. You meet a lot of cool people who want to help the community just like you do, and it's just a great experience," said Diane Wong ('09), president of Key club. And with a positive outlook for what they can do in the new year, Key Club carries on strong as a great community service organization at our school.

EZ STREET® DRIVING SCHOOL

Online
Scheduling
Available
Fast and Easy

TEEN
DMV Approved ONLINE
DRIVERS ED Course
\$65

Orange County
(714) 895-3989
14284 Beach Blvd.
Westminster, CA 92643

South Bay
(310) 534-8959
16444 W. Sepulveda Blvd.
Hawthorne, CA 90250

www.ezstreetdrivingschool.com

TEEN SPECIAL DISCOUNT \$15 OFF with Full Payment for Both ONLINE Drivers Ed & Driver Training (6hrs) \$290 (1)	TEEN 3 DAYS (6Hrs.) Driver Training Behind-the-Wheel \$240 (2)
ADULT BRUSH-UP LESSON (2Hrs.) Driver Training Behind-the-Wheel \$90 (3)	CAR Provided for DMV Test \$80 (4)

*Rates subject to change without notice.

Anticipations of 2009



Carolyn Le
Staff Writer

&



Sana Ahmed
Staff Writer

Most Anticipated Movie: *Watchmen*



Many comic book fans are eagerly and anxiously waiting for *Watchmen*, scheduled to be released on March 6. The superhero movie is based on the comic book of the same name. Fans have high expectations, especially since the comic books is considered by many to be the best ever created.

Most Anticipated Show: *J.O.N.A.S.*



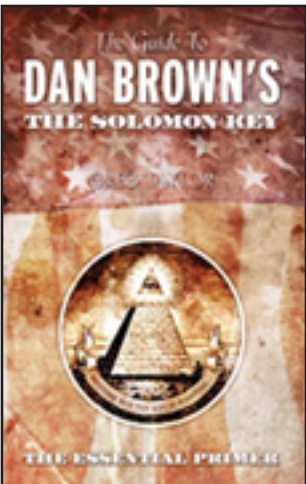
The Jonas Brothers' new series will premier on the Disney Channel in May. The show will revolve on the brothers coping with the stresses of being "rock stars" while also trying to live an ordinary life. Regina Martinez ('12), a proud Jonas Brothers fan, said, "I can't wait for the series! I love the Jonas Brothers, they're awesome."

Most Anticipated Game: *God of War III*



Obsessive video-gamers are excited for the release of *God of War III*. This game is loaded with the chaos of a typical war-filled, action-adventure game. *God of War III* can only be played on the Play Station 3 console.

Most Anticipated Book:
The Solomon Key by Dan Brown



Washington DC and revolve around the Freemasons. Greg Taylor wrote *The Guide to Dan Brown's The Solomon's Key* as a precursor to the anticipated novel.

With the excitement of *Harry Potter* and *Twilight* (hopefully) dying down, bookworms have begun shifting their attentions to Dan Brown's anticipated new novel. Although still shrouded in mystery, the book's working title is *The Solomon Key*. Rumors swirled that it was scheduled for release in 2009. The story will reportedly take place in

Most Anticipated Car: *Nissan Skyline GTR*



Car-lovers are excited for the release of the new version of the Nissan Skyline GTR. This Japanese sports car is expected to be the best performing cars of 2009. It is equipped with a handcrafted twin-turbo V6 engine, 6-speed dual clutch transmission, performance all-wheel drive, AM/F/CD audio with 6 speakers, HDD navigation and music box system, smoke gray wheel finish, Bridgestone RE070R run-flat tires, and so much more.

Most Anticipated Phone:
Prada Cell Phone by LG



When it comes down to the new toys of 2009, the people have spoken. They can expect the \$300 red Prada Cell Phone by LG. The sleek phone has a touch screen, music player, and video player. Best of all, it also has a built-in keypad for those text maniacs out there.

Most Anticipated Person:
President Barack Obama



Many Americans are eagerly looking forward to President Obama's first year in office. Although people are worried about the foreign and domestic issues, mainly the turbulent economy, many still look forward to Obama's leadership and working towards changing the state of the nation.

Most Anticipated Location: *South Coast Plaza*



Not many people know that South Coast Plaza is going to go under construction. The mall is scheduled to build an exclusive Penthouse on the fourth floor. It will include stores, like Hermes and Louis Vuitton, and restaurants to attract the attention of influential and famous people around the world.

All Photo Credits to various websites

The Music Scene
in 2009



Joseph Anderson
Staff Writer

In a year where Britney made her comeback, a song about cherry chapstick took over the radio, and politics came into the center stage of the music world, one may ask: what can 2009 do that 2008 didn't? A lot! Every genre from hip hop to metal has big name CD releases that are bound to rocket up the charts.

In the pop world, several familiar faces will make appearances. J.C. Chasez will release his new album this year and the "dirty" girl of pop, Christina Aguilera, will release her album during the summer. Other famous names releasing albums in 2009 include Aly & AJ with a *Rockier Sound*, and Kelly Clarkson whose unnamed album will be released on March 17th. Also, the Black Eyed Peas will release *The E.N.D* (The Energy Never Dies) in March.

In the Hip Hop and R&B scene, the first posthumous release by Lisa "Left Eye" Lopes went on sale January 27th after being pushed back from its original release in October. On that same date, Ciara released *Fantasy Ride* and Lil Scrappy released *Silence and Secrecy*. Meanwhile, on February 3rd Bow Wow's 6th studio album, *New Jack City Part 2* hit the stores. A week later Missy Elliot, after a four year hiatus, released *The Block Party* following her immensely popular 2005 release, *The Cookbook*.

In the world of Rap big things are going down with releases from 50 cent, Eminem, and Dr. Dre. The new album by 50 cent dubbed *Before I Self Destruct* is set to release early this year along with Eminem's *Relapse* set for release in the first quarter of year so he can help Dr. Dre on his project the long awaited *The Detox* which is expected to be on of the best albums of 2009 according to Hiphop2009.com. Lil' Jon after multiple disputes with his label is now back to work on *Crunk Rock* which is set to release in very early 2009. Jon says it [the album] will have more of a Rock sound and he has enlisted the guitarist from P.O.D to help him.

Speaking of rock, the genre also has some major releases starting with the ever popular U2. Bono and his pals are releasing *No Line on the Horizon* after a five year vacation - which only consisted of them trying to, basically, save the world - on March 3rd. A week later, one of alternative rock's most notable, Chris Cornell, will be releasing "Scream." Meanwhile, pop punk band New Found Glory will be releasing *Not without a Fight*. Then on March 24th The Decemberists will be releasing their latest piece entitled *Hazards of Love*. Blink 182 are making a much anticipated return to the studio after a long hiatus, during which drummer Travis Barker nearly died in a plane crash.

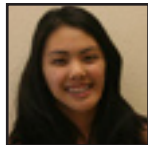
The spawn of rock and scourge of the music world, Metal, has plenty going on as well. Lacuna Coil is set to release their fifth full length album in 2009 the date and title for Lacuna Coil are TBA. Cannibal Corpse is set with *Evisceration Plague* on February 3.

Looking to June, "I'm looking forward to the new Exodus album, *The Atrocity Exhibition Exhibit B*" said David Demesa ('09).

Slayer's new album is also set to be released that same month. Closing out the year with some classic metal Deep Purple, Megadeth, and Iron Maiden all have albums set to release in December.

2009 promises to be another big year for music, which, no matter what genre, never fails to disappoint fans.

Confessions of a Gym Member



Kristen Minami
Staff Writer

For those of us who are not involved in athletics or outside sports teams, we are left to ourselves, either choosing not to be as physically active or to find some other means to exercise. Unless you are an underclassman, the rest of us usually do not take PE for the last two years. Thus, it leaves us to fend for ourselves to find new ways to stay active and remain healthy. A good option several students choose to take is to sign up for a membership at the gym. Whether students are currently athletes themselves, or they are simply trying to get up and get moving, joining a fitness club can have several benefits and downsides. As a current gym member myself, I am well aware of the pros and cons of going frequently. At the gym, there are a countless weight lifting and cardio

Ways To Get In Shape

- **Exercise Everyday:** Whether you're walking to class or carrying some textbooks, make good use of it!
- **Watch What You're Eating:** That means no more snacks and junk food!)
- **Set a Goal & Motivate Yourself:** Seniors, think Prom!
- **Don't Give Up!:** Only the weak give up!

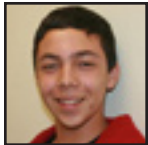


All Photo Credits to Flickr

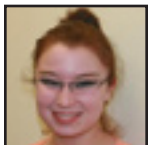
machines that can satisfy any workout schedule. If I feel like running, I can use the treadmills for about half an hour before getting off to lift a few weights before I go home. I also have the convenience of going whenever I want for how long I want – if I feel like waking up 5 A.M. in the morning to go to the gym, I can workout, take a shower, and still get to school on time. Being a gym member does have its downsides, however. Since I used to play on the basketball team, it was just a part of my schedule that I would go to practice for about two hours everyday. Now that going to the gym is simply an option, it is much easier for me to slack off and not be as motivated to going everyday. Not only that, but I will find excuses for not going – I have too much homework, or “Lost” is coming on that night and I just can’t miss it. “It’s harder for high school students to go to the gym when there is no external incentive, such as

being able to represent your school on an athletic team,” said Jessica Camacho ‘09. Since it is harder for students to stay motivated and keep to their workout schedules, it helps to use these techniques in order to stay focused on their goals. It helps when they go with their “workout buddy.” At least with someone there pushing them to go to the gym and hinting at trying a new machine, it keeps the workout fresh and they are much more willing to go rather than go by themselves and pretend to love exercising. Listening to music also helps students stay focused and more willing to push themselves to their limit – I personally have a workout play list that puts me in a good mood and keeps my energy up. Although going to the gym can have its benefits and downsides, it no doubt keeps us all healthy and in shape. Whether we are student athletes, or just regular students, going to the gym will eventually make us happier as we improve the well-being of our lives.

Wrestling: All About Gaining Superiority In a Match



Damian Guerra &
Staff Writer



Laura Stueland
Staff Writer

Being a successful wrestler comes with a heavy load which does not entirely consist of weights; it requires the use of the psyche. Rigorous training sessions start on the first day of school where wrestlers begin running, lifting weights, and learning and practicing moves. This sort of devotion has led the team to gain superiority over their opponents in terms of physical strength, endurance, speed, technique, and intensity. Short term training before a competition consists of a series of exercises called a ‘vision quest’ that get bodies and minds ready for the battlefield. The hard work has obviously paid off; the team has gone to the CIF team playoffs every year. In the tournament, the best wrestlers in the same weight class come together and compete for the top spot in the country. Wrestlers must combine skills they have been taught along with their own capabilities to succeed. Many, if not all, wrestlers have the willpower and ability of making it to CIF. Andrew Madrigal (’12) said, “All wrestlers, including me, hope to one day to make it to the CIF tournament.” There have been three medalists in the CIF championships, including two returning wrestlers, seniors Daniel Lindquest (silver) and Justin Maradiaga (bronze).

Wrestling poses a great physiological challenge. Wrestlers must be mentally prepared to put themselves in a situation where they are physically battling another person for victory. Coach Seals said, “There is nothing like being in the thick of the battle, at the ragged edge, fighting, pushing beyond limits. And I love wrestling for how strong it makes people. I am thankful the sport exists for that reason.” A wrestler, in order to keep focus and keep his mind on the mat, must learn to ignore and, most importantly, forget. Spencer Gracia `10 said, “During a wrestling match your world is a tunnel. You’re looking at now and what’s going on in your circle.” The coaching staff’s goal is to bring out the very best in wrestlers by providing a program that builds the character needed to be a champion in life, and the technical, physical training, needed to be a champion on the mat. For now, wrestlers will continue to prepare for the League, CIF and State championships. This preparation involves going to the top competitions in Southern California, including tournaments at Cerritos College and Cal State Fullerton. Seals said, “Wrestling has taught me a way of life based on hard-work, sacrifice, and discipline. It has also taught me to overcome any obstacle. And that has translated into me getting out of the place I grew up and having a job I love where I can make a difference. Thanks to wrestling. I get to spend everyday in the place I want most to be: the thick of the fight.”

My's Top Three
Pick-Up Lines of the Month

I ain't got four leaves, baby, but if you pluck me, I'll give you luck!

Why don't you come catch a leprechaun with me? Maybe we'll get lucky together!

You look magically delicious, and I just happen to be a cereal lover.

Upcoming Events

March 20: End of Fourth Six Weeks
Spring Sports Assembly
Sadie Hawkins' Dance

March 23-27: International Week

March 25: Delayed Start

March 30-April 1: WASC Visits

April 2: Open House @ 5:30 PM

April 3: Modified Day

In The Next Issue...

College Trips Over Spring Break

Spring Sports Update

Drama Production: *The Wiz*

President Obama & the Economy

Top Ten Destinations Around the World

All About Cheerleaders

Expenses of Being a Senior

Club Spotlight: MESA