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## Safine named new assistant principal

by Ketaki Shriram  
and Gautham Ganesan

Following the announcement of assistant principal Gail Wasserman's retirement, the school has named guidance counselor Brian Safine as her replacement, beginning next school year.

Safine was formerly the school's assistant principal of discipline but found he disliked some aspects of the job and instead chose to pursue a career at his current post as guidance counselor. He will now be the assistant principal for guidance.

Safine was required to go through a three-step process to apply for the job of assistant principal. After filling out online applications, Safine was interviewed by a panel of students and parents. After a positive verdict from this panel, Safine was interviewed by principal Jeff Anderson and district superintendent Cary Matsuoka.



Safine

Fellow staff members are enthusiastic about Safine's appointment.

"He is great. He is qualified. He is charismatic. He knows the job. It will be as smooth as smooth can be for transition," said assistant principal Karen Hyde.

While students are excited about Safine's new position, some students will miss Safine as their counselor.

"I'm really happy for Mr. Safine, but I'm kind of worried because he's my counselor and he knows me best. I'm sure he's going to do a great job and I'm looking forward to it," said junior Mridula Nadamuni.

Safine plans to maintain or expand many of the programs that Wasserman instituted or continued during her tenure.

"I think the first thing is maintaining the incredibly responsive service we give students here that has always been a trademark of Saratoga High School," said Safine.

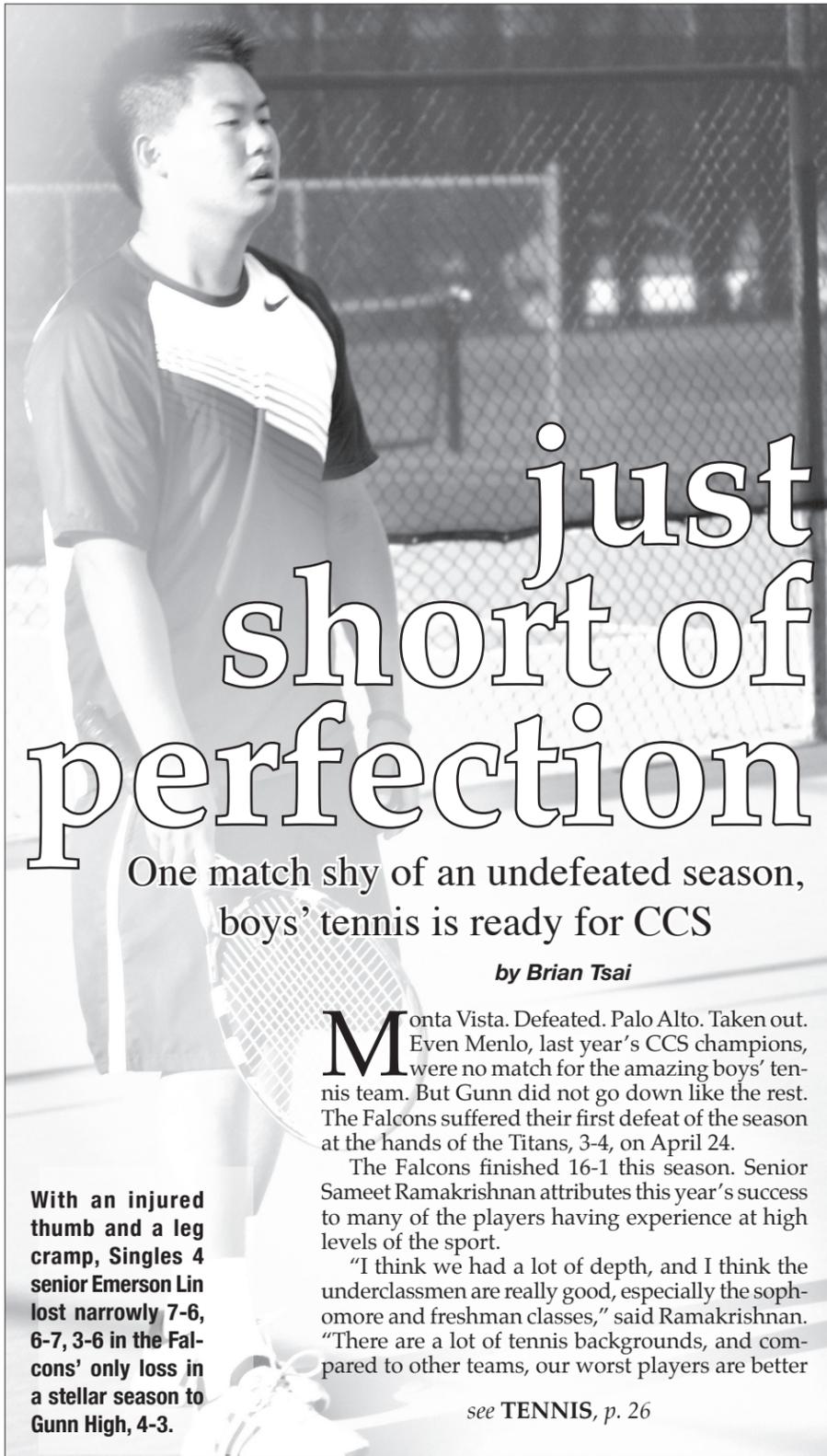
### Student-centered attitude

Along with enthusiasm and a self-described "student-centered" attitude, Safine brings considerable educational experience to his job. Beyond his eight years as a Core teacher at Redwood Middle School, Safine possesses a vast amount of other teaching experience, having had the chance to teach English in Taipei, Taiwan immediately after college.

"I think the most attractive thing [about teaching] is not only being able to understand the information but [applying] it," said Safine.

Safine especially hopes to improve student morale by providing the staff with panels of students who could suggest improvements for the school.

"Social responsibility and community-wide activities need to be a greater focus here," said Safine. "There's so much potential in the brainpower of 1,350 incredibly motivated students. We could literally change the world." ♦



With an injured thumb and a leg cramp, Singles 4 senior Emerson Lin lost narrowly 7-6, 6-7, 3-6 in the Falcons' only loss in a stellar season to Gunn High, 4-3.

One match shy of an undefeated season, boys' tennis is ready for CCS

by Brian Tsai

Monta Vista. Defeated. Palo Alto. Taken out. Even Menlo, last year's CCS champions, were no match for the amazing boys' tennis team. But Gunn did not go down like the rest. The Falcons suffered their first defeat of the season at the hands of the Titans, 3-4, on April 24.

The Falcons finished 16-1 this season. Senior Sameet Ramakrishnan attributes this year's success to many of the players having experience at high levels of the sport.

"I think we had a lot of depth, and I think the underclassmen are really good, especially the sophomore and freshman classes," said Ramakrishnan. "There are a lot of tennis backgrounds, and compared to other teams, our worst players are better

see TENNIS, p. 26

## Open access boosts AP test enrollment

by Daniel Yang

More students than ever will be taking AP tests in the next two weeks, a result of more students enrolling in AP classes because of the school's open access policy in english, social studies, and science.

"Many more people have had the opportunity to take the [AP] classes and take the AP test, but the overall statistics of pass rates has remained quite constant," said assistant principal Gail Wasserman.

The number of students is expected to rise further next year as the school offers AP European History for the first time.

As of April 25, 415 students were registered for at least one AP test, 70 students more than before open access began in 2006. These students will be taking 24 different AP tests. In addition, the STAR test which will take place May 14-15 will cause freshmen, sophomores and juniors to miss two days of classes.

Those students taking APs are trying to make final preparations, though some feel more uncertain about the tests.

"I feel slightly more uncertain [about the AP tests this year]," said senior Yang Hong. "Last year I did a lot of full on practice tests in all my classes." She said she hasn't taken as many this year.

Some instructors like English teacher Jason Friend have promised to have a full-length practice test, but for many students, this might be their only practice for the exam. The regular school coursework is already enough of a burden for them.

"I don't have much time to study because I still have all this work for my classes," said junior Joyce Wu.

The administration says open access has been a success, believing that students should have more academic freedom when it comes to taking courses.

"We want students to have a choice in the classes they take," said Wasserman. "If they want to [take more advanced classes], we're pleased that they have an opportunity to do so." ♦

## One-Act Festival makes solid debut

by James Jiang

Abraham Lincoln was elected to office in 1860; Kennedy was elected 1960. Lincoln was shot in the Ford Theater; Kennedy was shot in a car called Lincoln, made by Ford. Lincoln was shot in a theater and the assassin ran to a warehouse; Kennedy was shot from a warehouse and his assassin hid in a theater. Coincidence or conspiracy?

Senior Sean Pierce's one-act play, *The Complete History of America: Abridged*, taught these and many other interesting lessons of American history. The show premiered on the weekend of April 17-19, along with *An Actor's Nightmare* and *The Death of Trotsky*, directed by senior Nelson MacGowan and junior Eddie Zhang, respectively.

"I think it was very well received

by the audience," said Pierce. "Everyone came up to me afterwards and told me it was a great show, very funny, and very well run. I felt that overall it went very well."

The shows were part of the first annual One Act Festival, which consists of eight separate shows and one movie directed by eight seniors and one junior. Due to the length of the shows and other factors, the festival was spread across two weekends, April 17-19 and 25-27. However, because one of these weekends conflicted with the band and orchestra trip to San Diego, many music



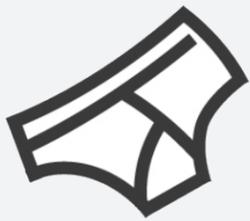
Theresa Yeh

Senior James Yuan and sophomore Hannah Brown argue in the *The Advantages of Being Shy* April 25-27.

department students were unable to attend the second weekend.

see ONE ACT, p. 2

# NEWS BRIEFS



## New ASB officers elected

After struggling for two weeks with missing votes, lack of participation and time-consuming planning and organization, the ASB elections finally are over. Junior Ketaki Shriram ran unopposed and was elected president. Junior Felix Tuan also ran unopposed and will be vice president. Juniors T.T. Tu and Corey Rateau and sophomore Maggie Lin have been elected Treasurer, board representative and secretary, respectively.

The original elections were scheduled before break but were postponed due to missing votes. As a result, the elections commission was forced to work overtime to complete voting for new officers.

"I felt that it was really unnecessary. This happens every year. There will always be a lack of participation from some teachers and some commissioners," said Tuan.

Following the choice of Head Commissioners to supervise commissions, the new ASB will decide their new commissions for the 2008-09 school year.

"In the end, commissions are a part of ASB and we want people who will work hard," said Tuan. "I'm definitely looking forward to this coming year."

## Speech and debate disappoints at States

Although the speech and debate team succeeded in sending nine people to the California High School Speech Association State Tournament (CHSSA) at Santa Clara University on April 19-20, members did not advance as far as they had hoped.

"The kids did their best, but it didn't work out," said speech and debate coordinator Erick Rector.

Senior Arjun Shenoy took fifth place in Student Congress in the state of California. He had hoped to place higher, as he had previously placed in the top ten at Nationals.

"It was the last tournament, so I wanted to do a little bit better, but it was okay," said Shenoy.

The Public Forum team of junior Paari Kandappan and freshman Harsha Murthy had one win and two losses. The Parliamentary team of juniors Aadrita Mukerji and Connie Shang also had a record of 1-2. The Speech team sent seniors Angela Chiang and Alex Liu in Dramatic Interpretation and Humorous Interpretation, respectively, but they also failed to advance.

The CHSSA concludes the speech and debate team's regular season; there are no members advancing to Nationals.

## Students qualify for difficult math contest

This year, eight students performed well enough in the American Mathematics Competition and the American Invitational Mathematics Examination to qualify for the USA Mathematics Olympiad (USAMO), giving Saratoga High the fifth highest number of students from a single high school invited to take part. The qualifiers are freshman Amol Aggarwal, Albert Gu and David Zeng, sophomore Rolland Wu, juniors Timothy Chan and Andy Tsao and seniors Peter Chien and Wendy Mu.

The USAMO is a challenging, six-question, nine-hour mathematics competition designed to test creativity and ingenuity in problem solving. It was held this past Tuesday and Wednesday.

"I think it's great that some people aren't afraid to challenge themselves mathematically," said math department head Mike Navirde.

Aggarwal, for one, is thrilled at the opportunity to spend a few hours challenging his mental capability.

"I look forward to the chance of being able to challenge myself with tough problems and feeling great satisfaction when I reach an elegant solution," said Aggarwal.

## Pancake breakfast connects community

The music department's Pancake Breakfast is a community favorite where 18 student groups perform live music.

The breakfast is an annual gathering of community members on the first Sunday morning of May from 8:30 a.m. to 12:30 p.m., where student groups from grades 5-12 perform.

"It's a community event that encompasses all levels of music in Saratoga and allows the elementary kids to see the high school kids play," said band director John Zarco. "It gets all the parents and the community to come together."

Community members pay \$10 for all-you-can-eat pancakes, served by teachers, faculty members and even the mayor.

"It's a once-in-a-lifetime chance to have your teachers serve you food," said junior violinist T.T. Tu, "and the food is actually pretty good."

—by Emily Chen, Annie Lee, Saniha Shankar, Ketaki Shriram, Andy Tsao and Theresa Yeh



Amanda Yi

Senior Niamh McGinley helps two fifth graders at Foothill Elementary with a lesson on freedom of speech last Friday as part of Mike Davey's United States Government class.

# Gov. students give Foothill a true taste of American pie

by Tim Tsai

It isn't often that students become the teachers, but the students of history teacher Mike Davey's U.S. Government classes had the chance to play the role on April 18 and 25 at Foothill Elementary.

The classes traveled to Foothill to give presentations on what it means to be an American and on the freedom of speech. Some students performed educational skits and gave PowerPoint presentations, while others split the elementary students into groups and had them argue landmark cases throughout American history.

"My class focused on the freedom of speech," said senior Aaditya Sekar. "While they had not studied court cases as in-depth as we have, they had a pretty broad understanding of what we taught them."

The idea of teaching fifth-graders at Foothill came from Davey.

"Having my daughter at Foothill, I had a better idea of the curriculum there," said Davey. "First semester, we had a project where we looked at what

it meant to be American, and Foothill had just finished a unit on the ideas of the Founding Fathers, so I called Foothill and had both classes come up with ideas of being American."

One class of U.S. Government students and elementary students looked at the freedom of speech April 25 and tackled controversial issues, such as whether Harry Potter books are allowed to be banned and whether one can burn the American flag.

Another group of students previously visited Foothill on April 18 to talk about American ideals. Today, a third group will go there to talk about freedom of religion.

At first, Davey's students had concerns about whether the elementary students would be able to understand what the high school students were teaching them.

"Many of the fifth graders can only see things in black and white," said senior Sruthi Swami. "It just takes time to explain the information to them."

Also, the students were interested in how complex issues would be perceived by the fifth graders.

## THE BIG IDEA | Gov. teaches at Foothill

**GOVERNMENT CLASS:** Mike Davey's government class traveled to Foothill to teach the fifth graders.

**LESSON:** Seniors taught fifth graders what it means to be an American.

**KEY ISSUES:** Class focuses on whether schools can ban books and whether citizens can burn the American flag.

"At a high school level, everyone has intellectual arguments, but if you go to a fifth-grade level, you are dealing with very fundamental thoughts," said Sekar. "We are looking to see how someone who has not done extensive research will react to these issues."

One of the biggest benefits of the program was the chance for students to teach material they have learned.

"There are so many positives of having a 12th grader teach a fifth grader because you learn the material better as you teach it, and it's good to see them give back to the education system," said Davey. ♦

# ONE ACTS | Plays run smoothly

continued from p. 1

The success of the One Act Festival can be attributed to the many hours of preparation that shaped the plays.

Directors often found themselves in new predicaments and had to adjust accordingly.

"It takes a lot more time and commitment than people originally think," said senior Kevin Cho, who directed *The Spot*, which played on the second weekend. "Just because you have an idea how a play wants to be,

just the logistics of props, costumes, getting rehearsal times, and keeping everyone on track—it was challenging."

For Pierce, however, the directing process was easier. His show only had three actors, all of whom were scripted to play themselves.

As such, the directing process was easier and portions of the play could be improvised.

"The script is written to allow the director and the actors to come up with a lot of their own actions, movements and charac-

ter choices so it was easy for me to tell them what to do or to have them do what they felt was fun," said Pierce.

Although the festival was the last opportunity for seniors to be involved in a high school show, many have expressed a desire to continue to pursue theater in college.

"That'd be cool if I could [direct later on]," said Cho. "I mean I'm not going to go out of my way to direct, but if I get a chance to direct, I'll definitely do it." ♦

# Inactive school clubs in danger of being cut

by Elizabeth Lee

Every year the list of clubs on campus expands, but many new clubs have not shown any signs of vitality this year. ASB is preparing to investigate this issue further and determine the future of inactive clubs.

Out of the total 76-80 clubs on campus, approximately 10-20 percent will be disbanded by the end of this school year, ASB members said. Students are being dishonest by signing up as a club but failing to perform club activities, according to assistant principal Karen Hyde.

"[Each year] there are more and more clubs," said Hyde. "Normally we should hear more announcements [from the club]."

Before invalidating clubs, the ASB will give them some time to redeem themselves.

"First we'll probably give them a warning, and if they don't step up their game then we'll have to start the formal process of cutting the club," said clubs commissioner Ted Sclavos, a senior.

During the formal process of club cutting, club officers will meet with a few ASB members in a short lunch conference to discuss the fate of the club. If the ASB decides the

club should be cut, the issue will then be brought up at the next ASB meeting.

The organizations especially at risk are the special interest clubs, such as the Italian Club and Car Club, with only one focus.

"We find that those [clubs] are the ones that aren't really producing as much," said Sclavos. "They just aren't doing their job."

To avoid being cut, the club would need to do go back and make progress on its original goals.

ASB has records of when each club has

its weekly meetings so that it can keep track of clubs that are active or stagnant.

"We're probably going to make it so that clubs have to give a report of what they are doing every so often," said Sclavos. "Maybe we'll send an ASB representative to the meeting of each club so we know that they're meeting and their meetings are productive."

To prevent the same problem from occurring next year, they will implement tighter regulations on giving school recognition to clubs.

"Cutting clubs is never really a fun thing," said head commissioner junior Ketaki Shriram. "You have to tell the [clubs], 'I'm sorry you can't meet anymore because you fail to meet our expectations.' But it's just a part of [the ASB's] job." ♦

**"Cutting clubs is never a really fun thing. You have to tell the [clubs], 'I'm sorry you can't meet anymore because you fail to meet our expectations.'"**

—head commissioner Ketaki Shriram

## buzzworthy



Kelly Lamble

Juniors Jenna Finch and Christina Robert make pancakes during their gathering.

## Students bond on Wednesday morning

by Kelly Lamble and Amanda Yi

The extent of most neighborly relationships is borrowing a cup of sugar. For juniors Jenna Finch, Christina Robert and Jason Huang, neighborly conduct extends far beyond lending a cup of sugar and into the realm of pancakes.

While most students are getting a precious extra hour of sleep on Wednesday morning, Finch is busy making pancakes in her kitchen while Huang and Roberts stand by dropping chocolate chips and blueberry into the batter as it sizzles and browns on the stove.

This year, the friends, who all live within a block of each other, started "neighbor breakfasts." Every other Wednesday morning the trio meets at a different house cook pancakes and waffles.

"Christina and I used to meet at Starbucks on Wednesday mornings," said Finch. "We thought it would be fun to make breakfast instead."

At the first breakfast, which was held at Robert's house, Huang failed to bring anything to eat at the breakfast. Feeling guilty, he instead showed up

with the children's book, "The Rainbow Fish."

"It's a little bit embarrassing to admit, but it kind of became a tradition," said Robert. "He now brings a book every time."

Finch, who tries to include everyone in the cooking process, is usually in charge of the more difficult cooking tasks such as flipping the pancakes because of an accident that happened prior to the creation of "neighbor breakfasts."

"A few years ago, when Christina and I were making muffins, there was a confusion between powdered sugar and the garlic powder," said Finch. "We ended up with blueberry-garlic muffins, and Christina now sticks to stirring."

Finch and Roberts met in the seventh grade because they both walked to Redwood and have been friends ever since. Finch later met Huang through this year's musical, West Side Story. All three agree that "neighborly bonding is, at times, as important as sleep."

"They're a really fun group. Jason and Jenna are amazing," said Robert. "It's definitely something to look forward to in the middle of the week with school and everything else." ♦

## FALCONFOCUS

# Junior tap dancer clicks his heels to success

by Maggie Lin

For junior Steven McLellan, it all started with a missed ballet class when he was 10. The nine year danseur (a male ballerina) and seven year tap dancer attended a tap dancing class for a makeup lesson and has continued it ever since.

"When [my mom and I] got in to do a makeup [class], we went to the lost and found, found tap shoes and I said, 'Wow mom, these shoes make noise!'" McLellan said.

Seven years later, McLellan performs in a ballet show and four tap shows each year as well as several community theatre productions and competitions. Three weeks ago, McLellan entered the Starbound competition, a music and dance talent competition, where he won first for both his solo and duet performances.

McLellan did not get to where he is now without serious dedication. Besides regularly attending four-hour classes, he practices outside of class or watches YouTube videos of Fred Astaire and Gene Kelly to learn their dances.

Aside from McLellan's impressive commitment to tap dancing, he's also had a lot of fun over the years. In one of



McLellan

Junior began tap dancing seven years ago and now performs multiple times each year.

his first performances, he and a friend improvised during intermission when technical difficulties dealing with the projector and the music arose.

With all the experiences he's had with tap dancing, McLellan hopes to continue his passion in the future.

**"I'd like to continue this as a career but it's not likely. I would like to own a studio and probably teach a tap class."**

—junior Steven McLellan

"I'd like to continue this as a career but it's not likely," said McLellan. "I would like to own a studio and probably teach a tap class."

McLellan's most recent performance was on April 26 in the annual showcase Best of Tap explosion at King's Academy.

The reason for his passion is easily summed up.

"You can pretty much do it to any dance and pretty much anyone can do it. I think that's really cool if you can get a whole mass of people to do tap dancing. You can make this cool sound—music with it," said McLellan. ♦

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# Exploding into spring

Spring Fling thrives despite loss of Sadie's

by Annie Lee  
and Maggie Lin

Even without a Sadie Hawkins dance, Spring Fling maintained its fun-filled reputation complete with boy cheerleaders, Powder Puff football games, a dunk tank and Battle of the Boom.

Tradition has set its path for the defending champions, class of '08, to win Powder Puff, and this year the senior girls did not disappoint.

"We did exceptionally well. Everyone worked hard through all the practices, through everything and they exceeded above my expectations and it's a really fulfilling experience," said senior Powder Puff coach Matt Keating.

Powder Puff started out with the juniors defeating the freshmen 20-0 on April 21.

"We weren't very productive during practices and didn't really know what we were doing because this was our first time," said freshman Lauren Kuan.

The next day, senior Jackie Gagnola ran a touchdown at the final seconds of the game, solidifying the seniors' 10-0 victory over the sophomores and sending them to the final game.

"Our offense couldn't get going at all, but our defense held pretty well until the last play," said sophomore coach Grant Thomas.

The finals took place Wednes-

day under the lights. The seniors started out strong with a touchdown pass to senior Leada Malek and an interception by Adriana Pak. The juniors came back with a double reverse, ending with junior Ashley Cole's touchdown. At the end of the game, senior Nicole Sabes ran a touchdown to secure a senior victory.

On Thursday, the Spring Fling lunch activities kicked off with biology teacher Lisa Cochrum, cradling an inflatable SpongeBob Squarepants at the dunk tank. However, as she was climbing out of the tank to switch with assistant principal Joe Bosco, the chair she used for support tipped. The seat was unlocked, causing it to tip and hit her in the eye. She bled profusely and ended up getting stitches.

Along with the dunk tank, teachers Matt Torrens, Jerry Sheehy and Kellyann Nicholson participated in a pie-throwing contest. Students threw pie tins filled with whipped cream at the plastic covered teachers.

Battle of the Boom took place on Friday and the highest ever participation of 10 cars sparked interest in other students to check out the cars of their peers. Seniors Trey Yung and Ricky Urritia grabbed the title.

There was no usual Spring Fling Sadie Hawkins dance due to the excessive drinking at the 2007 Holiday dance but the excitement of Spring Fling week was still present. ♦



photos by Theresa Yeh

From top left to bottom right: Senior Powder Puff coaches Gabe Essner, Andy Capek, Pete Florence and Ryan Stoffers celebrate a play; the senior Powder Puff team celebrates their victory with Capek; assistant principal Joe Bosco is repeatedly dunked into a tank at lunch; senior Nicole Sabes blazes past junior Stephanie Douglass for a touchdown, securing a 17-7 victory for the seniors.

## School plans senior festivities

by Guy Quanrud  
and Andy Tsao

With senior year drawing to a close, the school is preparing a series of special events to bid the graduating students farewell. Aside from the graduation ceremony and party, seniors also get to purchase the Senior Video and take a day off from school at the beach.

### Senior Beach Day

On June 5, seniors will slather on sunscreen as they leave school for beach day at the Santa Cruz Beach Boardwalk. From 11 a.m. to 5 p.m., seniors will be able to enjoy the famous amusement park and beach.

"At Beach Day, we will be having our own area for the Saratoga seniors," said assistant principal Karen Hyde. "We have seniors be pretty much by themselves, and we will have teachers volunteer and some parents to help take watch."

### Graduation

On June 12, seniors will spend one final evening celebrating their exit from high school and their entrance into college. Graduation proceedings start at 6 p.m.

After the graduation ceremony, Grad Night festivities go until 5 a.m. the next day.

"The Grad Night party offers seniors and their parents a time of fun, a time of closure and remembering, well wishes and good-byes," said Grad Night co-chair Maya Baba.

Parents transform the quad, cafeteria, gym and restrooms into a fun zone with entertainment, games, prizes and food. According to Baba, setup and decorations are all done in secrecy, so the graduates are pleasantly surprised when entering the quad for Grad Night. Parent volunteers will chaperone the event, giving seniors a safe and sober night.

As of now, Grad Night prices stand at \$225 per senior to cover

costs of the elaborate affair.

### Senior Video

Recently, students have been creating memorable videos for submission to the Senior Video for the Class of 2008. This video, created by seniors Chris Campbell, Colin Daniel and Paul Severeijns and junior Neil DeVera and overseen by media teacher Tony Palma, will be shown to all graduating seniors at the end of Grad Night.

"At this point we have footage we've collected throughout the year, and now we're looking at footage that people can donate," said Palma. "We'd like to encourage people to bring in any videos or photos."

According to Palma, the video would be ideal for use in a student reunion. Copies will be sold around \$20.

"The video serves as a reminder of what they were doing, what interests they had, what was popular—kind of like a time capsule," said Palma. ♦

## Spring Blood Drive deemed a success

by Gautham Ganesan  
and Maggie Lin

The blood drive, held April 15 in the Small Gym, had a large turnout of 70 generous individuals and 20 volunteers who donated blood to those in need.

"I think the Blood Drive was a major success because we put in a lot of hard work and every person that donated added to the number of people we could help out," said senior Deepti Rajendran, head of the Community Commission.

Rajendran also pointed out that each and every donor was vital to the drive's success.

"Every single person [who] donates is important since one person can save up to three lives," said Rajendran.

Despite the Blood Drive's success, it was not without hardship. Due to spring sports, the gym needed to be cleared out by 2:15

p.m., cutting short time available to accept donors.

"We had to stop taking people in at 12:35, a bit earlier than we usually do," said Rajendran. "It was tricky fitting people into the schedule and moving people up if they originally wanted to donate later in the day."

The drive's proximity to spring break also kept many potential donors from giving their blood in and made it tough to draw publicity to the event.

"Since it was right after spring break, it was hard to publicize and get the word out," said Rajendran. "A lot of people had been out of town to places like Mexico, which meant they couldn't donate."

The organizers of the event, however, were able to overcome the numerous issues to ensure maximum productivity.

"All in all, I think the blood drive was an overall success," said Rajendran. ♦

## DTF makes statements

STUDENTS HONOR BOY KILLED FOR HIS SEXUAL ORIENTATION

by Aditi Jayaraman and Vivian Liu

“Well behaved people rarely make history. Break the mold.”

These words covered junior Lisa Clark’s T-shirt, which she decorated at the Diversity Task Force’s (DTF’s) Make a Statement Day, April 14.

DTF gathered students to design and decorate T-shirts with inspirational statements about topics such as ending prejudice, avoiding stereotypes and “being yourself.” About 20 students participated and wore their T-shirts to school the next day.

“If it is a statistic that you find that is absolutely astonishing, and people have to know, put it down,” said senior DTF member Gabriela Perez.

On April 25, DTF hosted the national Day of Silence, in which students at campuses around the nation remained silent in honor of those who are harassed due to their sexual orientation. Members of the club distributed ribbons to students who wanted to recognize the inability to express themselves.

“We recognize the silence that the people who are gay, lesbian, bisexual, or transgender live in,” said Perez.

Students who wore red ribbons did not speak that day, while students who wore white ribbons spoke but showed their support.

The Day of Silence was held in memory of Lawrence King, a 15-year-old Californian who was shot by a classmate due to his sexual orientation. ♦

## Saratoga in tune with music scene

by Megan Lee and Mary Mykhaylova

Saratoga is finally staking out its place in the music scene. Hardcore band Revive the Lifeless and senior acoustic guitarist Neil Shenoj will perform tonight from 7:30 to 9 p.m. at the Saratoga Recreation Center, and senior Vivian Wang will produce another show for her company, Sideways Productions.

Revive the Lifeless members seniors Sean Pierce, Ryan Kerin, Devin Rigg and Kelvin Tow and sophomore Derek Tow, along Shenoj, will share the stage with local bands Amerson and The Ringer.

“This show will really showcase a bunch of different styles of rock,” said Pierce. “In fact, no two bands are playing the same type of music.”

Revive the Lifeless plays hardcore rock, Neil Shenoj plays acoustic, Amerson plays punk and The Ringer plays blues.

This show differs from the other ones that Revive the Lifeless has partaken in because it is smaller and at a local venue.

“I’m pretty excited because we’ll be playing in front of a home crowd with almost entirely people we know,” said Pierce.

The members of Revive the Lifeless hope the show will attract many first-time listeners, as the show is local and will not be too crowded.

“Even though this show may be a little less professional, I’m more stoked for this one since it’s local, and more of our friends will be able to make it and support us,” said the



courtesy of Sarah Raisian

Seniors Sean Pierce, Ryan Kerin and Devin Rigg and sophomore Derek Tow play at their concert on April 24, where other bands also showcased their music.

younger Tow.

The Saratoga performers are excited to showcase their new work.

“A new song will be released at the show called ‘Anthem for Eternity,’” said the elder Tow. “All in all, it’s a great time to check out never before heard stuff that we’ve worked on really hard for everyone.”

—senior Sean Pierce

Local producer grabs big band

Wang is once again producing a show with local bands, including the popular Vogue in the Movement, an electro rock band from

southern California. The show will take place tomorrow night at San Jose Skate at 6:30 p.m.

Wang’s company, Sideways Productions, was unable to completely produce the show, so she turned it over to her partners Pin Up Productions and Arsenic Productions.

“The music is going to be amazing this time,” said Wang. “With bands this big, I hope that there will be a big turnout so that people will be able to help this band [Vogue in the Movement] get the recognition that they deserve.”

Several other local bands will be playing as well, including the Pilots Wife from Gilroy, Item 96 from Prospect High School, Push Push Pull, [noROBOT] and Tracing Hearts. ♦

“This show will really showcase a bunch of different styles of rock. In fact, no two bands are playing the same type of music.”

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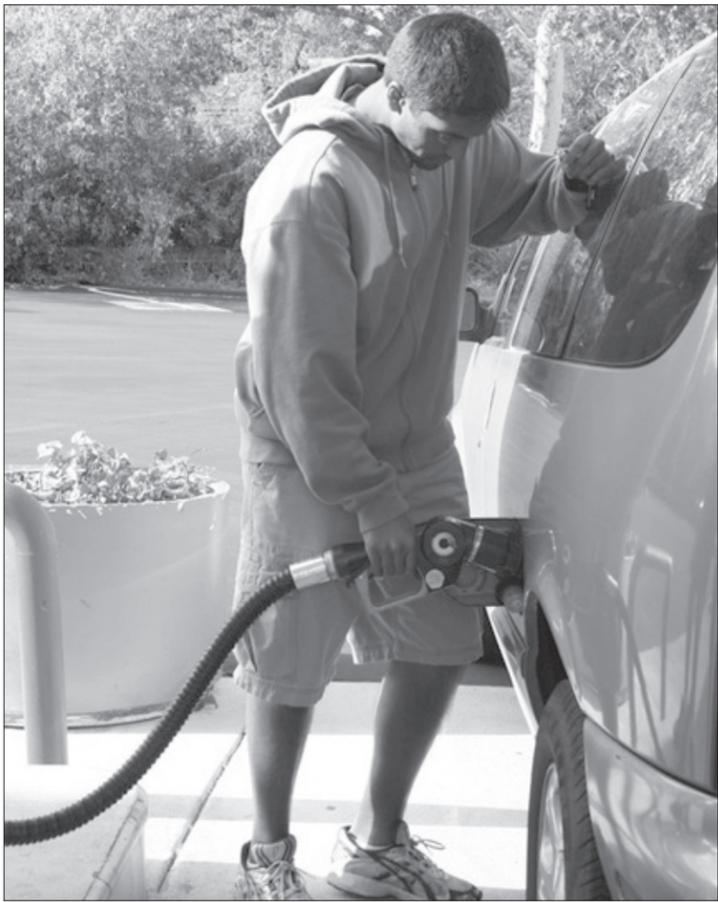
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Senior Sidhant Kanchan fills his car with premium gas at a 76 station. Due to rising gas prices, Kanchan has had to cut down on his driving.

## Gas prices empty students' wallets

Prices soar from about \$3.20 to \$3.75 within a single school year

by David Chock

Senior Andrew Chang recently found out that his bank account held a mere 22 cents. He blames raising gas prices as a significant reason for his lack of money because every fill-up is another "\$30 down the drain."

Like many students, Chang has had to change habits as prices rise to \$3.75 or higher for a gallon of unleaded gas. At the beginning of the school year, prices were averaging only around \$3.20 per gallon.

With this in mind, he is planning to resume his last job as a private swimming tutor in his backyard.

"Now I usually prefer staying on campus for lunch and eating a prepared lunch from home that is healthier," said Chang.

His family has three available cars for him to drive, and now he takes one car until the gas runs out and skips to the next car until he can pay for the gas.

In addition, he stays on campus at lunch more often and eats food from home.

"Now that I'm out of money, gas is a bigger problem than ever because that means I can't get to places that I need to be," said Chang. "Sometimes I ask my parents to drive me around, like when I was a freshman, but

**"Now that I'm out of money, gas is a bigger problem than ever because that means I can't get to places that I need to be."**

—senior Andrew Chang

they've gotten used to me driving myself and so sometimes they don't have time to drive me."

Senior Sidhant Kanchan also deals with this problem every day.

"I try to get a ride from other people as much as possible," said

Kanchan. "I live close enough to walk [to school], so I just usually walk home if I'm not able to get a ride home."

When Kanchan really needs to get somewhere, his parents usually give him a ride. Otherwise, he gets an allowance of \$25 a week for everything, which must cover off-campus lunches and gas.

"I usually make lunches at home, most times sandwiches, so I don't need to drive somewhere to pay for more expensive outside lunch," said Kanchan.

Kanchan said he never fills up his gas tank all the way, so he doesn't know how much filling up his entire tank would cost. His car can only be filled up with premium gas, however, which makes things even more expensive for him.

"I drive as little as possible during the week, and if I have extra money at the end of the week, then I go fill up gas," said Kanchan. ♦

## Mafia infiltrates students' lives

PARLOR GAME FINDS ITS WAY ONLINE, INSPIRING STUDENT-CREATED FORUM

by Emily Chen  
and Gautham Ganesan

Senior Daniel Yang rushes home after school and logs on to his computer, tentatively maneuvering his way to an online forum to discover the unthinkable: he has been killed.

No, Yang is still alive and well in a physical sense, but his online Mafia persona has been eliminated. Mafia, a popular campfire game in which players are assigned roles as either a member of the "mafia," or a "civilian," has found its way online.

Members of the mafia choose a civilian to "kill" during the night phase of the game, while civilians try to figure out who the mafia is during the day phase. The web edition of this game has become

popular among students to the extent that some created a separate forum in which to conduct the game.

"People were talking about it at school, and I heard about it and thought it sounded fun," said junior Alexei Gousev.

Students are assigned their individual roles by a moderator, who serves as the "God" in the round.

"One person will be in charge of a game, and they'll [tell] whoever wants to play [to] sign up and the person in charge will assign roles," said senior Wendy Mu.

Although there are differences between the online and real-life versions, the principle is still the same: If one is ac-

### THEBIGIDEA | Mafia

**WHAT:** Seniors play online version of parlor game.

**WHY:** To relax in the last part of their high school experience.

**HOW:** Students created an online forum to conduct the game.

cused of killing a civilian, participants must come up with a defense to maintain their innocence.

"One 'day' is like three real-life days. You have to go back to day one and look at what people said and [say], 'Oh, that sounds suspicious, defend yourself,'" said Gousev.

**"In some games, you can talk to people outside of the forum, so you can have conversations with some of the players."**

—senior Wendy Mu

forum chatrooms provided, as students have been known to converse about the games at school as well.

"I think that people analyze things a little bit more," said Mu. "In some games, you can talk to people outside of the forum, so you can have conversations with some of the players."

Though most participants are also involved in a host of other activities, they find that online Mafia allows a chance to relax and reconnect with friends.

"It's just something fun outside of homework and stuff," said Mu. "It's kind of like talking to your friends except playing a game." ♦

## Cheer and Song to merge next year

by Shannon Nguyen

The school has traditionally had both a Song team and a cheer team, but this fall the teams will merge into a single Spirit Squad. This change will result in more unity, but the team will still divide into Song and cheer groups for competitions.

"They'll all cheer at basketball and football games together and they'll perform at all the rallies together as one team," said senior Song team captain Hayley Sullivan. "On the school level, they're one team, but on a competition level, there will still be a dance team and a separate cheer team."

With this drastic change, the Song leaders will now be taught how to stunt so that they can also perform with the cheerleaders.

"This is good for cheer be-

cause next year they'll have more cheerleaders on their team who can stunt well and dance well also," said Sullivan.

Even though the two teams will be considered as one, once competition begins in Sep-

tember, the girls can choose to compete on whichever team they prefer—with the option of competing on both teams if desired.

**"The main reason [behind the change] is that both teams do everything at games together anyways, but right now they're run by two different coaches."**

—Song adviser Laressa Ridge

run by two different coaches," said Song team adviser and math teacher Laressa Ridge. "Next year, they'll work together as one team and can all have the option of stunting and dancing."

With a new Spirit Squad coach, Tiffany Borgia, already hired, there is a promising start to this new team.

Borgia will also double as the cheer competition coach, and four-year Song leader and 2004 alumnus Amanda Batanides is a prospect for the Song competition coach.

So far, all looks well for this new squad, including the attitudes of current cheer and Song leaders.

"Now, they don't have to choose just one team. I've heard that a lot of the girls are excited because now they have the option of competing in both cheer and dance," said Ridge. ♦

## Falcon Photo of the Week | by Brittany Judoprasertijo



Senior Kyle Guengerich swerved out of the way of an oncoming Sedan and into the lawn of a house on the intersection of Herriman and Beaumont on April 23 after crashing through a protective fence.



Theresa Yeh

Seniors Leada Malek and Sanaz Ghafouri, juniors Youna Cho and Kushal Shah and sophomore Varun Parmar get ready to model jerseys in the Benefit Fashion Show on April 25.

## Benefit show helps disabled athletes

by Tim Tsai

Music pulsed through the dimmed cafeteria of Argonaut Elementary School as models junior Kushal Shah and senior Sahar Padash strutted across the catwalk in Oakland A's and San Francisco Giants caps and jerseys. Their crisp poses and flirtatious skit gave the crowd a hint of the catwalks of Paris, but this was the Benefit Fashion Show, performed on April 25-26 to raise money for a chosen charity.

"I am really proud of all the models for their performance," said junior theme head Leada Malek. "Even though some themes had trouble meeting and staying on schedule, they all did a great job."

This year, the Benefit Fashion Show's proceeds went to the National Disabilities Sports Alliance, an organization that funds athletes who are physically handicapped in international competitions. Joe Wise, a sophomore at Prospect High School, at-

tended the fashion show on behalf of the National Disabilities Sports Alliance. Wise is a competitive swimmer with muscular dystrophy.

Benefit commissioners and seniors Zo Shain, Haley Sullivan and Meg Mastman began planning for the fashion show at the end of the previous school year, but after they had set the roster for the show, they faced problems with keeping the show's progress on schedule.

"Early on, we had been telling theme heads to get their clothes and their models' performance done on schedule," said Shain. "It was hard getting things done with so many people—not everything was done on time."

The Benefit Commission also had trouble getting a date for the show, as their first two dates conflicted with Junior Prom and the Sports Boosters auction.

"Despite the craziness, it all came together in the end, and we put on an amazing show for everybody," said Malek. ♦

## SHS Film Society revives 'Oscar Night' after hiatus

by Aditi Jayaraman

The return of the Saratoga Film Society will also bring the return of an Oscar Night, to be held May 23 at 6 p.m. in the Large Gym. Categories for which students will be awarded include Best Actor, Best Actress, Best Foreign Language Film, Best Cinematographer, Best Director, Best Documentary and Best Picture.

"We wanted to give students the chance to share films that they made in their classes with the public so that they can be recognized," said club president junior Alex Ren.

The Saratoga Film Society, an active club on campus until 2003, experienced a five-year hiatus until its revival by history teacher Mike Davey this year. Davey and drama teacher Chris Mahle are advisers for the club, which is headed by Ren, junior vice-president Julia Glausi and junior

treasurer Mridula Nadamuni.

Films made for school projects as well as those created particularly for Oscar Night are welcome. Ren said he and the other club members are looking forward to the event despite their late start in planning the event this year.

"This year will be a 'practice-run,'" said Ren. "I think it will be a good experience so that next year's [Oscar Night] is even better."

Aside from hosting Oscar Night, members of the club hope to improve their own film skills by watching other movies and holding discussions.

"I, along with the rest of the club, took on this challenge because we just love to make videos," said Ren.

Best Picture entries must be between eight and 23 minutes long. All video entries must be submitted to room 703 by the end of the day. ♦

## AP Music Theory class holds year-end recital

Students compose pieces for their final project

by Elizabeth Cheng

A piano soloist, a brass quartet and a jazz ensemble are just some of the performers that will be playing in a May 29 AP Music Theory class recital.

The recital will showcase three to five minute compositions that students have been working on since January.

"It's a great accumulation of all the things we have been learning from the beginning of the year," said junior Kirstie Lee. "We have to incorporate a lot of things that we've been taught in the class that we're going to have to use on the AP test."

AP Music Theory instructor Jim Yowell works with the students to help them improve their pieces.

"We [had] check points for each minute of the composition," said Yowell. "For each checkpoint, they'd bring me one minute and then we'd work on how to enhance it."

Students finished their compositions around the end of April. Rehearsals and practices with the performers will take place in May in preparation for the recital, which will be held in the band

**"It's a great accumulation of all the things we have been learning from the beginning of the year."**

—junior Kirstie Lee

room.

"It's better to hold the recital in the band room because it makes it less intimidating for us to perform," said Lee. "It's more intimate, less formal and more of a fun event."

In the future, Yowell foresees the recital being held in the McAfee Center as the number of students enrolled in the class increases.

Though the recital counts as the final project for the class, the students are not graded on

their composition.

"It's more based on if they've completed their piece," said Yowell. "To give them a grade based on their composition would be like grading someone on their appearance. A composition is like poetry. It's an expression of yourself." ♦

### THE BIG IDEA | Class recital

**WHO:** AP Music Theory class

**WHAT:** Recital showcasing 3-5 minute compositions students have been working on

**WHY:** Recital will incorporate a lot of things that students will use on the AP test

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-Pg. 384 #3-66 ALL  
- Multiple Choice Exam (MON)  
- FINAL EXAM (TUES)  
-Pg. 390 #15-90 every other odd  
-Pg. 392 #1-32 even  
-Pg. 394 #16-40 ALL  
(ENJOY THE DANCE  
THIS WEEKEND!)



## Teachers responsible for lack of school spirit

HOMEWORK, PROJECTS DURING SCHOOL EVENTS HINDER STUDENT PARTICIPATION

by Robin Liu

From dances to musicals, school events have offered many unifying experiences for students. When there is low attendance at these activities, however, students are often accused of having little school spirit.

The blame lies not only with the students, though. Many teachers give homework and projects over the weekend of important school events, indirectly hurting school spirit.

The most effective action teachers can take to increase student participation in activities is to lighten the workload on the nights of major events.

When a dance falls on the weekend before a project is due, some students are unlikely to go. For example, many juniors taking Mrs. Anzalone's AP U.S. History class were assigned a project the weekend of Junior Prom. If teachers gave less homework on the day of an event, especially one as important as Junior Prom, more students would participate.

Another problem is that many teachers are unaware of all the activities that go on at school. Although students find out about events over the announcements, teachers can still notify students of upcoming events during class and encourage students to attend events. If teachers are excited about activities, everyone may have more interest in participating.

What most teachers are not even aware of is that each second-period class is supposed to have a student representative go to ASB meetings and report back to the class on upcoming events. However, this is so weakly enforced that almost no teacher does it, and thus students lose this valuable source of information.

Another way that teachers can urge students to attend school events is by offering extra credit. Last year, for example, English 11 honors teacher Karen van Putten offered extra credit to those who went to the Jazz Cabaret since her class was studying *The Great Gatsby*, a book set in the 1920s. This causes students to consider going to events because it can help their grades. Moreover, by exposing them to such activities, they may be inclined to go in following years.

Some teachers even require students to participate in a certain number of events as an assignment. For example, World History teacher Mike Davey requires his students to attend at least three events over the semester. Some may believe making attendance mandatory may cause students to see school spirit as a burden, but on the contrary, this provides an excellent opportunity for students to have fun with an educational motive.

Creating school spirit has always been a problem, but with a little help from teachers, students can have a more rounded high school experience. ♦

# Airlines balance budgets with price hikes

## Passengers hit with steep, sometimes arbitrary fees

by Melody Zhang

As summer slowly creeps upon students, many will be working on their summer plans. What many travelers will notice, however, is the increase in miscellaneous charges by various airline companies. Although some will complain about the pinch on their wallets, this increase in fees is an inevitable part of the world economics' drop and airline customers should stop whining.

What many don't know is that jet fuel prices have surpassed even the oil price spike of automobiles. Jet fuel costs have grown 68.8 percent from last year, according to airline organization IATA, whereas oil prices have grown 53 percent since last year, according to the Energy Information Administration. Just as consumers are experiencing higher gas prices, it is also necessary for airline customers to share the new price burden for air travel.

In order to keep business running, prices have been raised to help pay for these increased jet fuel prices. Higher ticket fares are often based on the length of the flight.

United flights that are less than 500 miles will cost travelers \$4 to \$10 more round-trip while 1,500 miles or longer trips are now \$12 to \$50 more. To the individual passenger, this is only a small fee to pay.

While it is reasonable to increase ticket prices based on jet fuel expenses, some airlines are tacking on several extraneous and unreasonable fees.

One by one, airline companies have begun instituting fees for services such as extra or oversize baggage, in-flight amenities, booking over phone, paper tickets (rather than E-Tickets), flight changes, seat picking, curbside check-in, and even a few inches of extra legroom.

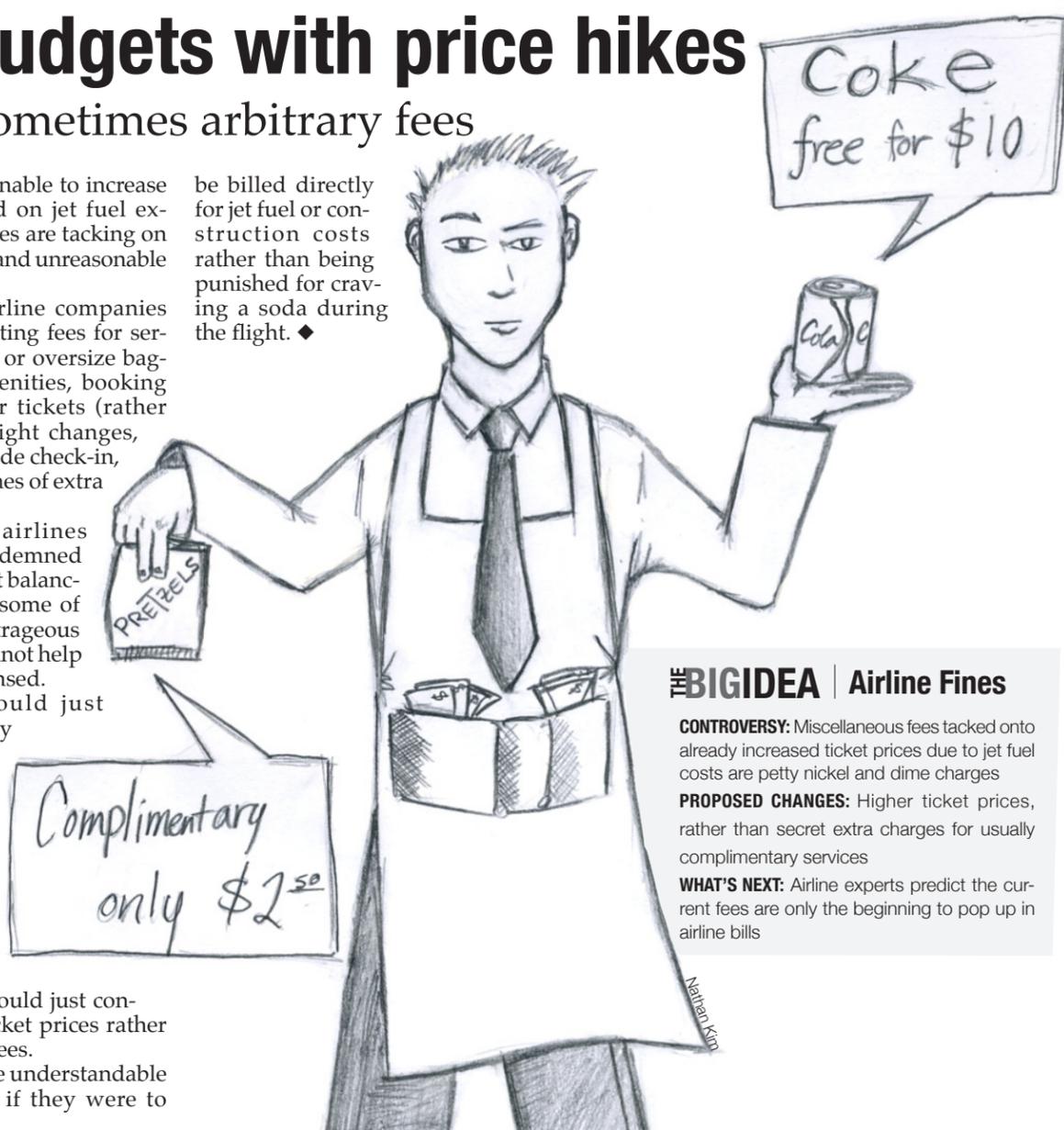
Although the airlines should not be condemned for their attempts at balancing their budgets, some of these fees are so outrageous that passengers cannot help but get a little incensed.

Customers would just feel cheated if they are forced to pay money for not being tech-savvy enough to get a ticket online or for having longer legs than other passengers.

If the airlines truly value their customers, they should just continue increasing ticket prices rather than charge petty fees.

It would be more understandable to the passengers if they were to

be billed directly for jet fuel or construction costs rather than being punished for craving a soda during the flight. ♦



### THE BIG IDEA | Airline Fines

**CONTROVERSY:** Miscellaneous fees tacked onto already increased ticket prices due to jet fuel costs are petty nickel and dime charges

**PROPOSED CHANGES:** Higher ticket prices, rather than secret extra charges for usually complimentary services

**WHAT'S NEXT:** Airline experts predict the current fees are only the beginning to pop up in airline bills

# Chaos of crowded family outweighed by daily joys



Mabel Hsu

I'm a Tree

I'm sure you've all encountered that one family at Costco with two carts filled to the top with 30 tons of food and 46 rolls of toilet paper stacked neatly underneath. You probably didn't see me behind the heaps of fruit and yogurt in the carts, but I assure you, I was there. Beside me stood two little brothers, two older sisters, one older brother, a mom and recently, two new younger sisters.

I would explain the family tree, but it's really much more of a forest that even Hansel and Gretel can't get out of. We make up half of the check-out line and are always in the way. We talk loudly, make messes and never put the shopping cart back in the right place. And, although I'm not sure, I think we are often glared at.

Although we don't live in the same house anymore due to college and divorces, the holidays and summer break are a time when the family meets again. Despite the Costco proportions of food at my house, no loaf of bread or box of cookies can last more than two or three days without being devoured by my brothers. There are fights for who gets to use the restroom, and for how long among the girls. Though many of them are half-siblings, I have grown up with them since I was born and they are just as annoying, demanding and loving as any full-blooded sibling would be.

Still, it is tiresome. There is never a blanket that goes un-hogged or enough room on the couch for the fam-

ily to watch a movie together without one or two of us younger kids sitting on the floor.

And of course, with every large crowd, there are large fights. For example, last Thanksgiving, my second oldest sister in college, Tiffany, decided to become a vegetarian. I'm cool with that. I've got nothing against vegetarians. That is, unless you're the kind of vegetarian who wants to ditch the Thanksgiving turkey and eat Tofurkey. Those are my least favorite kind.

Soon enough, there was a fight at dinner when the kids (including me) found out we were eating soyless, meatless Tofurkey. If Tofurkey is suppose to be imitation turkey made of tofu, but it's also soyless, what exactly are we eating? In the end, the only one happy at Thanksgiving was my dog, who ate a fair share of the Tofurkey.

It's especially hard to appreciate my family during finals week or whenever I need to do homework and study. There is very little quiet time at my house. My two younger teenage brothers are both musically talented, which means they are always practicing their violins. When they practice, my dog likes to howl along to every note, creating a symphony of distractions. Then there are the loud video game noises coming from my older brother's room and my mom's vacuum roaring away, attempting, never successfully, to rid the carpet of dog hair.

I suppose, however, it's better than being a lonely, only child. To go home to an empty house and have no one but your parents to talk to? I wouldn't have anyone on my side when I argue with my parents. It's hard to imagine the quiet and uneventful life I would lead.

As much as I want a place on the couch or turkey at Thanksgiving, I wouldn't give up the size of my family for a minute. Big is beautiful. ♦

# 15 Minutes event caused avoidable time conflicts

by Brittany Judoprasertijo

"Every 15 Minutes," a school-wide activity held March 24 and 25, was supposed to simulate the consequences of drinking and driving. Students observed the aftermath of a collision and felt strong emotional responses during a mock funeral.

Although this was a valuable and impacting experience, the secrecy surrounding the event created several unnecessary and unwanted problems for both students and teachers. The program was kept a secret to try to maximize the real impact of a drunk driving accident and to prevent students from cutting the assembly.

This is all well and good, but the school administered the program without the consent of parents. Because the vast majority of students were not informed about the assembly ahead of time, people were all subjected to a potentially traumatizing experience against their will.

The assembly greatly overwhelmed the community, especially those affected by an alcohol-related tragedy or death in general. These affected people should have the option of skipping the assembly.

The surprise schedule change also caused many other inconveniences. With about 134 students without classes first period, of whom seven also do not have class second period, the abrupt schedule change caused many students to arrive late to their second period classes, which in turn caused much disruption and confusion. Although teachers excused these students for being tardy, many were still unhappy with the sudden change in plans.

For planned assemblies and events, the school should give at least a day's notice about the scheduling change. The school again failed to give students a warning about schedule changes on Founder's Day, April 3. Students were only notified first period that day.

Those who did not have class first

or second period came to school late again, unaware of the change in plans. Although lunch was extended by a mere 12 minutes, many students would have appreciated knowing the bell schedule ahead of time.

In past scheduled events, the school has done a decent job of notifying students about the changes in the bell schedule.

For the Code Red drill last fall, everyone was well aware when it would take place. Therefore, everyone was prepared for the event, allowing the drill to run smoothly and on time, in contrast to the chaotic roundup of students to the gym and bleachers that delayed "Every 15 Minutes."

As much as those involved in "Every 15 Minutes" wanted the program to be a surprise, it is simply unfair to give students only a couple hours' notice. Even if everyone was notified the day before that an assembly was going to happen the next day, but did not know what the assembly was about, they could have still retained the element of surprise while avoiding several inconveniences.

Teachers did not receive as many reminders as they needed, forcing them to quickly rearrange lesson plans for the following two days when they were notified the day before the program.

Giving students and teachers such short notices creates unnecessary situations, such as class tardies and postponements of tests, like the AP Physics test planned that day that students had sacrificed many hours to study for.

It is one thing for an event to be a completely unexpected event, and another for it to be a well-planned surprise. In the case of an unexpected event, there is no way the school can give everyone a decent notification, which will result in inevitable problems.

For planned events, however, the right thing to do is give at least a couple days' notice, especially if the school knows that it will affect students. ♦

# OLYMPIC PROTESTERS USE WRONG APPROACH

BOYCOTT WOULD NOT ACHIEVE TIBETAN FREEDOM

by Tiffany Tung

Seven years ago, when the Olympic Committee chose Beijing as the location for the games, the Free Tibet campaign didn't do anything substantial to prevent China from becoming the host for the Olympics.

Free Tibet, a campaign that protests the use of Tibetans by the Chinese government, has decided to take action by boycotting the Olympic games. This act is unreasonable and only shows how desperate the Free Tibet campaign has become, relying on such an important event to make their cause come to light.

China's civil right issues have been in the spotlight since the country was chosen as the host for the summer 2008 Olympics, but the Olympic Games should not be affected by China's

political disputes.

The purpose of the Olympics is to promote harmony and peace among countries, and it is shameful for the protesters to politicize the Olympics.

On April 9, the Olympic torch was brought to San Francisco. Due to the number of activists living in the Bay Area as well as the exiled Tibetans who flew to the Bay Area to protest, the torch route had to be changed, and the closing ceremony was canceled. However, boycotting the Olympics is not the answer and will only result in failure.

The Olympics is something that is global, something that impacts the entire world, and it is unjust for one to think that the

Olympics is only about China.

In 1980, the Summer Olympics in Moscow was boycotted to protest the Soviet invasion in Afghanistan.

The boycott did not change anything. Has the world learned that there is no point to sabotage the Olympics?

**The purpose of the Olympic games is to promote harmony and peace among countries, and it is shameful for the protesters to politicize the Olympics.**

The Olympics were established for friendly competition between all countries. To boycott because of this campaign only defiles the peaceful nature of the Olympic Games.

This issue in Tibet needs to be addressed, but using China's time in the spotlight is not the right idea. Corrupting the ideals of such a significant event is no excuse, and the Free Tibet campaign needs to stop. ♦

# Carpools save time, money

by Brandon Yang

Around the time when school starts, the parking lots become monstrously crowded. With lines of honking cars stretching out of the parking lot, one can easily tell that there are too many vehicles. Although most students drive themselves to school or are dropped off by their parents, few people consider that carpooling would not only make everyone's daily commute to school or work easier but also reduce pollution.

If more people begin to carpool, there will be fewer cars on the freeway and in parking lots. In 2003, the average San Francisco resident spent 72 hours stuck in traffic and cars wasted 69 million gallons of gasoline while trapped among the mass of vehicles in traffic, according to a National Public Radio story.

Every day, cars and other forms of transportation produce large amounts of carbon monoxide, a poisonous gas, and carbon dioxide. Both gases inevitably contribute to the greenhouse effect and global warming. By carpooling, the number of vehicles that are driven daily would be reduced, effectively decreasing the amount of pollution created by these modes of transportation.

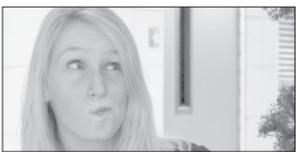
**In 2003 the average San Francisco resident spent 72 hours stuck in traffic, and cars wasted 69 million gallons of gasoline while trapped among the mass of vehicles in traffic.**

Carpooling will also help save money that people currently spend on gasoline. With the continuing increase in gas prices, lessening the amount of gas used is one of the main goals of many drivers. With carpooling, people not only need to drive their car to work or school much less often, but they would also save money as well.

Many people do not carpool due to bad experiences. Some people are always late, especially in the mornings, causing their fellow carpoolers to have to wait. It does not have to be this way. Find a few trustworthy friends who live nearby and decide who will drive on which days. Also, set a time by which everyone should be ready to avoid delays. In addition, have a backup plan in case someone cannot make it. Such precautions will undoubtedly conserve much time and prevent more avoidable problems from arising.

Although the benefits of carpooling are abundant, few people do it. Our school could encourage students to carpool, giving those who regularly carpool better parking spaces. Each student who commutes on the vehicle could each receive special permits. Such benefits would promote the carpooling among those who use the school's parking lots. ♦

# Pale is the new tan



Dorey Schranz

Hilariously Hungarian

It's that time of the year again. The weather warms up and everyone heads to the beach to lie in sun, returning a nice shade of tan. Oh, except me.

When I go to lie in the sun, I bring my Costco industrial-sized jug of 50 spf sunscreen and prepare to blend in with the white sand beaches, destined to return the same shade of fluorescent white I was when I left.

I'm not entirely sure how I ended up with a negative amount of melanin, especially since most Hungarians have a more Mediterranean look, complete with gorgeous, tan skin and dark hair. Even in my own country I look like a tourist from some light-starved region of the world.

Being pale was one of the first things I can remember ever being self-conscious about as a child. Being different is almost always an issue when kids are young, and living in sunny Orange County (which, since the invention of sunless tanner, has gotten quite a bit more orange), pale was certainly different.

I've tried to change. I used to try to get a little tanner by spending more time in the sun and wearing less sunscreen, until my dermatologist threat-

ened to make me get sun-protective clothing if I continued my harmful ways. Black lycra parka? Not the best fashion statement.

It is taking a lot of courage for me to admit this for fear of reminding anyone who knew me then... but I am also guilty of having tried sunless tanners. The girls look so natural in the advertisements. What those advertisements fail to show, however, is that the sprays only work if you are tan to begin with. If you are pale, the product turns your skin a nice shade of Oompa Loompa. The saddest part of this story is that this all happened in seventh grade and helped contribute to one of the worst awkward phases ever.

Now, though, I think I have come to terms with my skin color, or ... lack thereof. I realize there are plenty of benefits to being pale.

For example, you never need to find a Halloween costume; ghost is always a popular (and easy!) choice. Also, it takes almost no time to find yourself in

group photos. Hey, what is that bright white spot over in the right hand corner? Oh, it's me.

It has taken me a long time to get comfortable in my skin, but I'm glad I have finally gotten to a point where I can embrace the fact that I am pale instead of constantly trying to change it. It's nice to have something that sets me apart from the rest of the world. And, if I ever want to blend in, I could always just take a quick vacation—to the arctic circle. ♦

**It takes almost no time to find yourself in group photos. Hey, what is that bright white spot over in the right hand corner? Oh, it's me.**

# Tax dollars should not pay off careless loans

by Mabel Hsu

The American dream for most homeowners consists of three parts: freedom from social class, the opportunity to live without constraints caused by prejudice, and the ability to achieve success through hard work. Yet in today's society, the hard work of law abiding, honest citizens isn't always going toward building their success; it's supporting the failures and obliviousness of others.

Senator and Democratic hopeful Hillary Clinton is among those who wish to help citizens who face imminent foreclosures on their houses by reducing mortgage rates for these homeowners. Many of these homeowners, however, have had bad credit and may have lied about their income and employment. These people then continued to receive mortgage loans that they weren't sure they could ever pay off. Others did not read the loan contracts carefully enough and signed up for high interest rate loans. Lenders are also to blame, as many didn't bother to check the economic statuses of these homeowners.

For the past couple of years, house sales and prices have avalanched, meaning houses that can't be paid off must be foreclosed upon by banks. And it's taxpayers who may be paying the difference.

Now the government is stepping in to help these subprimers stay in their homes. As nice an idea as it is, the government is really helping people who either lied to receive mortgage loans or

## THE BIG IDEA | Taxes

**PROPOSAL:** Clinton and others want to help needy homeowners with federal money.

**RESPONSIBILITY:** Taxpayers should not assist those who lied or were careless when taking loans.

weren't careful enough, and lenders who lied to profit themselves. Responsible homeowners were careful but are paying for those who weren't.

Even worse is, instead of attempting to pay off these mortgages, people find skipping out on it to be the better solution. The Mortgage Debt Relief Act of 2007, which recently became a law on Dec. 20, 2007, allows for a three-year window for homeowners to refinance their mortgages and pay no taxes on any debt forgiveness that they receive. People who also are fully capable of paying their mortgages, find that they've lost value in their houses, and as a result, don't pay. There are even businesses now taking advantage of this current trend of skipping out on paying by helping people plan out how to do so.

At *YouWalkAway.com*, clients receive information on how to walk away from their mortgages without receiving pressure from their lenders to pay and have the foreclosure removed from their credit. That's responsibility at it's best.

It's starting to seem a lot like the government is rewarding responsible taxpayers by forcing them to pay for the mistakes of others. Success through hard work? Yeah, right. ♦

# Despite seeming to be a low international priority, global warming must be stopped before it's too late

by Melody Zhang

The issue of global warming has become an important one in the upcoming elections. All the candidates have accepted its existence and have promised to combat it using various methods.

On the other hand, there are many who deny that global warming is actually happening. They argue that environmentalists are merely blowing the phenomenon out of proportion.

However, they forget that today is the age of fast cars, comfortably heated homes and bright city lights. Modern life is busy and full of energy, which has created an unwanted side effect: excess carbon dioxide and methane in the Earth's atmosphere. The carbon dioxide and methane that humans are churning out will inevitably contribute to the greenhouse effect building up in the atmosphere.

Still, many continue to shrug off the increasing dangers of our wasteful lifestyles, scoffing at those who advocate slowing down to save the Earth. Skeptics are completely ignoring the already apparent consequences in name of the invalidity of global warming, making it extremely difficult to pass measures in favor of the environment.

People should realize is that even if global warming is not a major problem, something needs to be done to stem the apparent reasons for it anyway.

In 1700, before industrialization, the balance between atmospheric gases was easily kept since only about 600 million people populated the Earth. By the end

of the second industrialization in 1900, the human population had shot up to 1.5 billion. Living space and resources were in greater demand. The wilderness was also decimated as carbon dioxide and methane spewing factories took their place.

Over the past century of intense industrialization, these gases have slowly built up in the atmosphere and their byproducts are showing up. The blatant evidence of global warming cannot and should not be ignored.

Beside the obvious consequence of

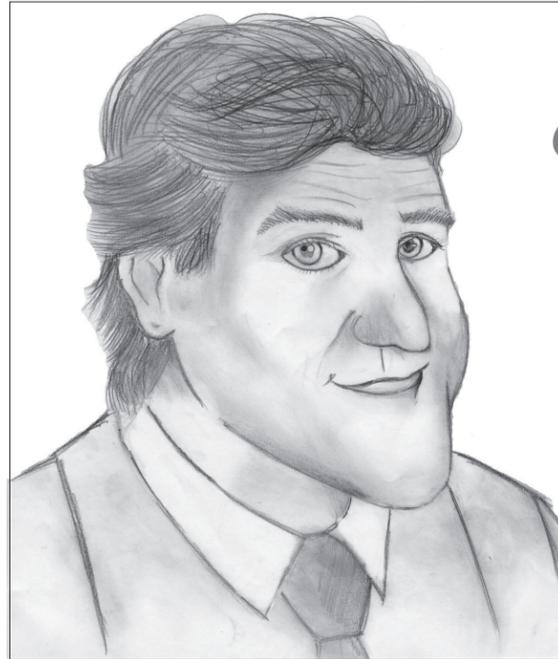
global warming, a Harvard University study has linked an increase of carbon dioxide in the atmosphere to an increase in allergies. Already very difficult to ignore, the annoyances of allergies will soon become an even more common plague. People should not sit around waiting for terrible health issues to appear before finally taking action.

Due to the higher temperatures brought about by the greenhouse effect, it is expected that the sea levels will begin rising as glaciers start to melt. Although some

global warming skeptics claim that this problem can be easily solved by moving inland, they forget that rising sea levels will destroy precious coastal areas that are home to important centers of the world such as NYC or the Bay Area, and people will end up living in less developed areas.

Those who are willing to risk such a future need to take another look at their faulty reasoning. It is time to take off the blindfold, stop arguing for the sake of arguing and clean up. ♦

## Cartoonist's Take: Tonight Show Host Jay Leno on Global Warming | by Nathan Kim



“According to a survey in this week's TIME magazine, 85 percent of Americans think global warming is happening. The other 15 percent work for the White House.”

— Jay Leno

# Germophobic student advocates hygienic practices among friends

OBSESSIVE HANDWASHING CAN PREVENT COMMON SICKNESS



**Brittany Judoprasertijo**

**Purell Princess**

It's true. I'm not afraid to admit it. I hate germs. I hate them with a burning passion.

Every time someone offers me a sip of their drink or says that I can waterfall from the bottle, I always say no.

I've seen plenty of people waterfalloing other people's drinks, and not everyone succeeds. I don't like taking that kind of risk and drinking from the same place that contains saliva other than mine.

At a New Year's Eve party I was talking with an adult when suddenly I witnessed a speck of food fly out of her mouth and land on my rice krispies snack. It took all my courage not to cringe and stop talking to her. It horrified me knowing that if I chose to continue munching on my delicious dessert, I would be consuming icky unknown germs within the saliva enclosing that tiny bit of food that was now in my bowl.

If I'm listening to music, I refuse to lend my earbuds to anyone else. I don't think I could stand the icky feeling that someone else's ear mucus and

germs are in my ear. I have lent my headphones out to some friends before. However, I always use baby wipes or some other sanitizing wipes to clean them up afterwards.

I can go on with my nice big list of peeves with unhygienic people and things, but that would take up every one of the 28 pages of the newspaper. Maybe more.

People wonder why I'm such a germophobe. The answer is simple: I just don't want to get sick or any unnecessary germs.

I know I can't always monitor how clean my things are, but I try the best as I can. I shouldn't be the only person who

**People wonder why I'm such a germophobe. The answer is simple: I just don't want to get sick or any unnecessary germs.**

chooses to be aware of his or her surroundings.

One easy way that just about anybody can follow involves pillows. On my bed, for example, I have two pillows of different shapes and covers. If I washed my hair that night, I would use one. If I felt like my hair was greasy and uncomfortable, I would use the other pillow. Why not just one pillow? Well, I don't relish the feeling using a pillow infested with random germs and whatnot when I showered that

night.

The American Society of Microbiology released a report this year saying that only 66 percent of males wash their hands after using the rest-room, while 88 percent of women do. Fifty percent of middle and high school students claim to wash their hands, but of these students, only 33 percent of females and 8 percent of males use soap. Hypothetically, out of the 1300+ students at SHS, only about 214 girls and 52 guys wash their hands with soap.

Whenever I sneeze, cough, touch garbage or finish using the rest-room, I always scrub my wet hands and wrists clean with soap for 20 seconds before washing it away with warm water. If soap and water are not available, I turn to the wonderful bottles of hand sanitizer (I recommend Purell from the journalism room).

People may not have to go as far as I do to keep clean, but too many are unaware of importance of washing hands thoroughly with soap and water. Eighty percent of all infectious diseases are passed by direct and indirect human contact, so I think spending a little time to wash my hands is worthwhile.

Spending the extra tiny moments to be hygienic is worth it. Who knows? Other people may start using baby wipes to clean their earbuds and other personal items sometime soon. Or maybe not, but I can always hope, can't I? ♦

## TOPTEN

### TASTY FOODS THAT ARE UNHEALTHY

- 10 **Pho**  
Cancer anyone?
- 9 **Anything from McDonald's**  
You've basically just signed your death certificate.
- 8 **One Chipotle chicken burrito**  
Makes you big and strong.  
(1140 calories, 95% daily value saturated fat)
- 7 **Krispy Kreme Doughnuts**  
A couple of these, and you'll be leaving footprints in concrete.  
(12 doughnuts: 1296 calories, 144 g fat)
- 6 **Taco Bell Gordita Supreme**  
The cost of a \$0.99 burrito: \$3000 liposuction.  
(289 calories, 22 g fat)
- 5 **Jamba Juice**  
Chocolate Moo'd power smoothie: 900 calories of a "healthy" alternative.  
(900 calories, 14 g fat)
- 4 **Chili's Honey Chipotle Crispers with Chipotle Sauce**  
It's like chewing on Rosie O' Donnell's thigh.  
(960 calories, 41 g fat)
- 3 **Quizno's Classic Italian**  
Just move to the Midwest. You'll fit right in.  
(1370 calories, 86 g fat)
- 2 **Cheesecake Factory's Dulce de Leche Cheesecake**  
Rich, silky, smooth, just like your double chin.  
(1010 calories, 74 g fat)
- 1 **Outback Steakhouse Aussie Cheese Fries with Ranch Dressing**  
Is your name Jamie Lynne Spears? Then why are you eating for two?  
(2900 calories, 182 g fat)

—by Sulmaan Hassan  
and Nathan Kim

## The Saratoga Falcon

### STAFF POLICY

The Saratoga Falcon is published bi-monthly by the Advanced Journalism classes of Saratoga High School, 20300 Herriman Ave., Saratoga, CA 95070.

Views expressed in *The Saratoga Falcon* are those of the writers and do not necessarily represent the opinions of the administration, faculty or school district.

### MISSION STATEMENT

The staff of *The Saratoga Falcon* is committed to objectively and accurately representing the diverse talents, cultures and viewpoints of the Saratoga High School community.

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# What about John McCain?

## VOTERS MUST SEE BEYOND UNEVEN COVERAGE OF PRESIDENTIAL CANDIDATES

by Alicia Lee  
and Maggie Lin

As the Democratic presidential candidates become increasingly popular, shirts reading "Obama for yo Mama" and "Hillary is my Homegirl" from Urban Outfitters have turned up, enhancing support for campaigns and showing off shoppers' political views. Even the online comic site Natalie Dee has created a "Thinking about Obama" shirt. The question is, however, when are the Republican shirts going to be printed?

While the 2008 election fever continues to rage, some candidates repeatedly get more press coverage and media attention than others. This biased focus affects viewpoints of the public, often changing their outlooks on specific candidates.

With the diversity among the Democrats, it is clear that each candidate will attract different followers. Whether it is because Barack Obama is African-American and appeals to a younger audience or because Hillary Clinton is a woman with experience in the White House, it seems Republicans are being overshadowed.

Of course, Republican candidates are no longer in the limelight since their candidate, John McCain, has already been chosen. Because the Democrats have controversial candidates fighting for the chance, much of the attention is directed on Clinton and Obama.

This media attention impacts voters as they see constant coverage on Clinton and Obama. Public opinion sways toward what the headlines say, creating views that

are only based upon the media rather than people's own beliefs.

As Clinton had expressed in previous months, she herself felt that compared to Obama, the press she was getting was considerably more negative, prompting her to ask the media to give them both equal coverage.

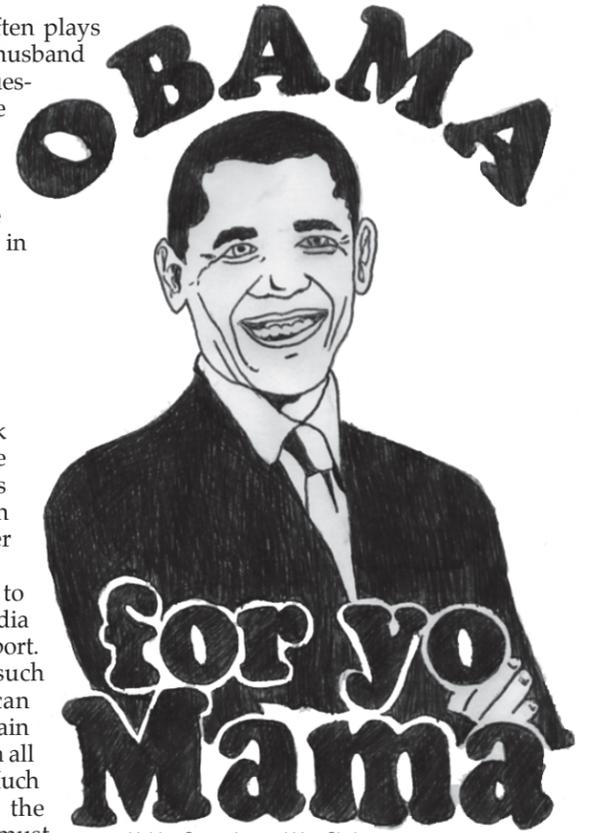
For example, the media often plays up the scandal between her husband and Monica Lewinsky and question how Clinton will cope with other past mistakes. Also, the press wonders if having another Clinton as president will merely be a repeat of the eight years Bill Clinton served in the Oval Office.

Regardless of the quality of coverage, however, Hillary Clinton's experience and Barack Obama's fresh face make both candidates interesting. Both have stood out of the pack as individuals, and it is because of their contrasting differences that make the press focus on their success and failures rather than those of McCain.

What it has all come down to is that voters can't let the media dictate which candidate to support. The media, which includes such celebrity icons like Oprah, can voice their opinions about certain candidates, but it doesn't mean all young people should follow. Much of the media has influenced the young audience, but people must

learn not to be susceptible to biased media opinions, because in reality, the final decision is up to the voter.

Before following the masses, people should think twice and research the candidates themselves instead of relying on media buzz. ♦



## Sister leaves behind overwhelming legacy



Uma Sambasivam  
Sister's pet

Sivakami Sambasivam: salutatorian of the class of '07, Speech and Debate captain, member of the PTSA Liaison, School Site Council representative, current MIT freshman ... Uma Sambasivam: co-MVP JV basketball player, co-president of science club, and reporter for the school newspaper... I think you get the point.

When I came to SHS during my freshman year, I heard about Sivakami everywhere. She was like a celebrity. During her sophomore year, she went to Nationals for speech and debate. During her junior year, she took five APs and two Honors classes. Before her senior year, she went to Cosmos, a prestigious math and science program, during the summer.

The minute my sister left SHS, many people told me, "You have a very kind and smart sister," followed by the question, "Are you going to be like her?" In my mind, I thought, "Uh, no..." but instead I replied yes, just so I wouldn't let down their hopes.

Now I feel so pressured because of everyone's high expectations. Even my family wanted me to be like her: Sivakami made sure that I had signed up for extracurricular activities, while my parents

wanted me to take on some of the same activities that my sister had done. Whenever I diverged from what my sister did during high school, people were surprised. For example, my sister used to be a captain for speech and debate. When she left, many people, including my father, asked me if I was going to do speech and debate as well. The truth is I am scared of speaking in public. I replied no, and then they would ask, "Why not? Aren't you like her?" In the end, I would usually change the topic.

Some even mistake me for my sister. I used to get these cold stares from people in her grade. Many people say we look alike, but to be honest we are not alike at all. I am tall, skinny and dark. My sister is shorter, stronger and more fair-skinned.

I know people are trying to help me become a successful person, but why should I follow in her steps? She is the smartest girl I have ever met, and there is no way I am going to be like her. I am not even half as smart as she is, and I am just an athletic girl who likes to play basketball, watch movies and hang out with her friends. We are from two completely different worlds. I have decent grades and a ton of additional activities, so I don't see the need to do the same things she did. I feel comfortable with who I am, but not with the image everybody else wants me to be.

Sivakami left her legacy here. I need to leave my own. I need to prove that I am Umadevi Sambasivam not Sivakami Sambasivam. ♦

## Teens undergo desensitization

by Brian Tsai

Sixteen-year-old Victoria Lindsay was beaten by eight teenagers on March 30 in Lakeland, Fla., for posting negative comments about the group on MySpace. The teens lured her in a house and beat her together, while one girl taped the assault and two boys kept watch outside. The attack was so severe that Lindsay begged to be hit by one person at a time instead of the entire group, but to no avail. After threatening Lindsay to hold her silence, the teenagers released the video of the beating on YouTube. In the end, Lindsay suffered loss of eyesight and hearing. The attackers are currently being held on trial.

These actions show the extent of the desensitization of teens that has taken place recently. With social networking sites such as Facebook and MySpace, reality shows and the invention of YouTube, teens and young adults are becoming known for callousness. The arrival of image-based programs filled with harsh and cruel judgments has caused teenagers and young adults to become insensitive to people's feelings. Desensitization must stop before physical and emotional damage escalates to a calamitous level.

Desensitization in the form of trash-talking is common. Harsh words about others like "She's such a whore" are obviously hurtful; however, many usually don't remember how damaging such language can be until people are the targets of hurtful comments themselves. Allowing the use of derogatory terms and other types of cold-hearted behavior to slide by only increases its popularity.

The targets of insensitive actions in turn suffer lack of self-esteem. More serious consequences are self-harming behaviors such as anorexia. In rare situations, superficiality has escalated to such an extent that cases similar to Victoria Lindsay's take place. Before desensitization diminishes, empathy must grow.

Teenagers and young adults must awaken and realize the damage that comes with desensitization. Others must take courage, overcome the fear of peer pressure and take a stand against callous actions such as using hurtful language. Then perhaps our generation can avoid getting a reputation for insensitivity. ♦

## TOGATALKS

### What are you afraid of?

Heights are such a scary thing for me. In order to get over it I'm probably going to have to go sky-diving or face it in some other way.



senior Neil Shenoi



I have this phobia of stepping on squishy plants and animals that live on the floor of the ocean.

senior Ali Samuels

Kiwi. There are seeds all over the place that you're just supposed to eat along with the goop. Nasty stuff.



senior Andrew Chang



Spiders scare me. Something about the idea of one crawling up my leg doesn't sit well with me.

junior Rishi Taggarsi

—by Sanaz Ghafouri

## Feet send junior running

by Mabel Hsu

With the weather starting to warm up and summer soon approaching, it can be expected that toes and feet will be making more of an appearance, much to junior Alyssa Hoffman's disappointment.

Hoffman has a phobia of feet, which she calls "deformed hands."

"I don't really know exactly when this phobia started. I think I just looked down at my feet one day and decided they were ugliest part of the human body," said Hoffman.

Hoffman's friends learned of her phobia soon after meeting her and like to tease her about it.

"My friends love rubbing it in my face," said Hoffman. "From taking their socks off or trying to take mine off; it's all really cruel."

Over spring break, Hoffman went to the beach to relax with

her friends to celebrate her birthday. Instead of relaxing, she found herself dealing with 11 bare-foot friends.

"She just pointed at our bare feet and freaks out," said junior Kathy Koo.

Close toed shoes all year round are a must for Hoffman, despite the warm weather.

"I deal with my own feet by always wearing socks. Flip fops are never an option, ew," said Hoffman.

Since she wears socks almost all the time, finding two matching socks has become an impossible task for Hoffman.

"I wear a pair of socks every day, but they rarely ever match. I don't really care about them matching as long as my feet are covered," said Hoffman. ♦



Hoffman

## Slimy fish send f

by Tiffany Tseng

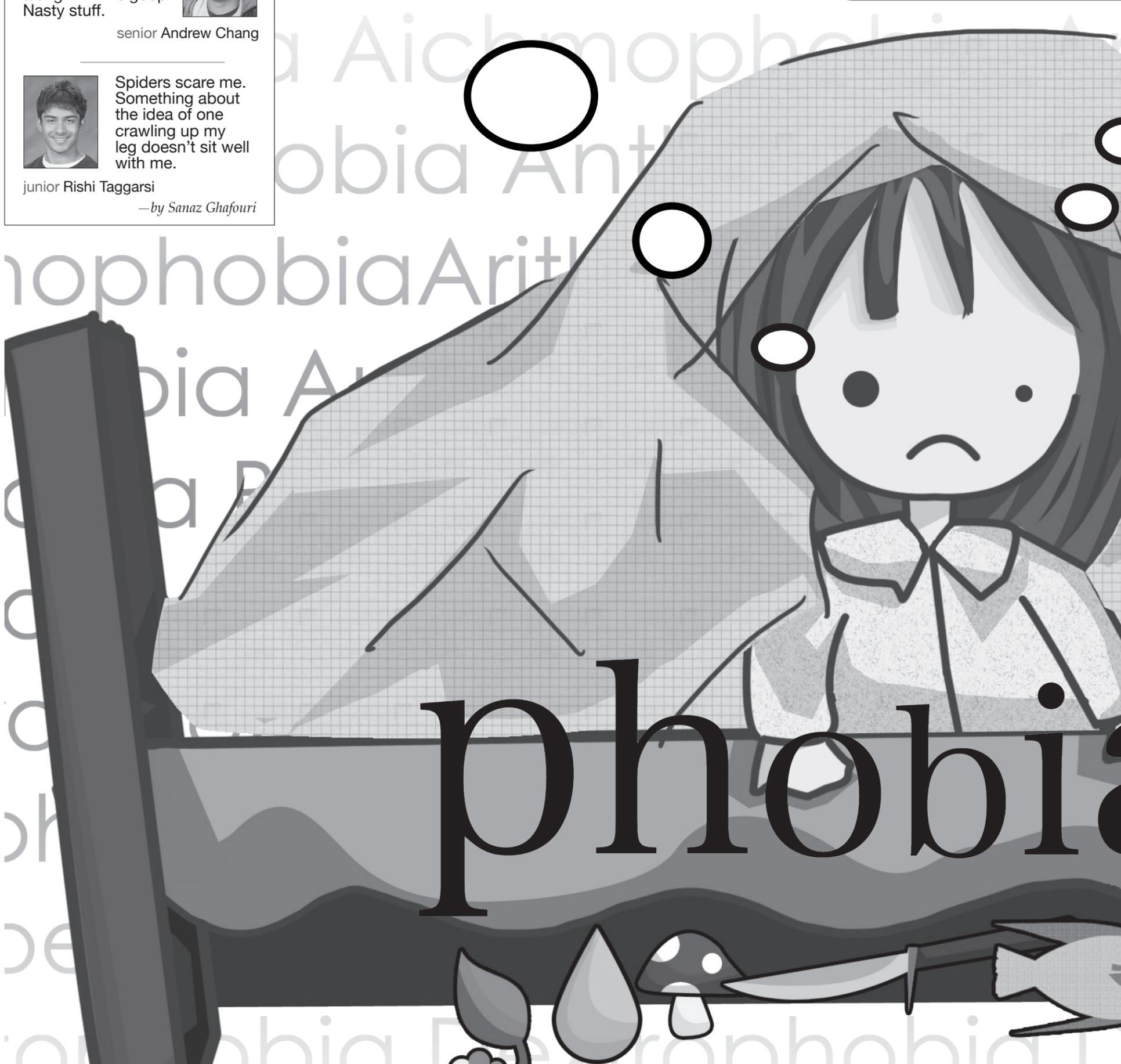
Senior Elizabeth Tolliver finds summer to be the perfect time to go to the beach and laugh alongside her friends as they swim in the ocean. However, unlike most teenagers who swim leisurely, Tolliver often thrashes her feet rapidly in order to keep moving. As always, those around her shoot her puzzled expressions, to which Tolliver bashfully admits that she is merely trying to create a safe distance between her and the fish.

"Whenever I go in a lake or the ocean, I swim really fast and move my feet because I don't want the fish to bite my toes," said Tolliver. "I know it sounds really silly, but I've just always been that way."

Tolliver has suffered from ichthyophobia, or fear of fish, for as long as she can remember. Even though the name might be long and intimidating, her fear neither bothers nor embarrasses her. In fact, she has no problems looking at pictures of fish or eating dead fish, since her fears revolve only around live fish.

"There wasn't one event that made

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## Creaky shivers

afraid of fish,"  
d Tolliver. "I've  
never liked them  
ess they're in a  
vl. It's the ones  
are in the ocean  
could fight you  
scare me."



Tolliver

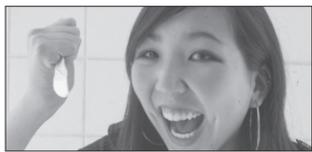
Although at first  
ple find Tolliver's  
strange and amusing, in the end,  
ers don't mind her fear any more  
n Tolliver herself does.

People usually just ask me why I'm  
mming so fast," said Tolliver. "They  
t make it a big deal, and I just try to  
think about the fish."

ince Tolliver has had to face her fear  
sh many times before, she does not  
ect it to go away anytime soon. She  
siders herself lucky that she is not  
red of something more serious or  
der to avoid.

I don't think [my fear] is that im-  
tant because it doesn't interfere with  
ch," said Tolliver. "It's just that I'd  
er not be around fish." ♦

## Get that knife away from me!



Emily Hsu

Please don't hate me!

Despite playground safety rules,  
I always hand off a pair of scissors  
with the blades pointing  
away from me, stabbing straight in  
the recipient's direction. That's right  
- I don't care about their safety at all.  
Accepting a pair of scissors from me  
could potentially be lethal.

Most would think that my uncar-  
ing, unruly behavior could not be  
justified by any means. I can only hope  
that people understand why I need to  
do this when I tell them that my brash-  
ness is due to a serious fear of blades.

I've always cringed at the sight of a  
knife, or just the idea of being cut. My  
parents had dreams of their daughter  
becoming a surgeon until they realized  
that I had a hard time even cutting  
through steak. (They also realized  
later that I completely fail at all things  
science related, but that's a different  
story.)

Just watching somebody touch  
the blade of a knife makes me wince  
and put my hands over my throat to  
protect myself. To my dismay, this is  
a reflex that my friends have always  
found it fun to abuse.

As a result of this phobia, I can  
never be a chef, a fencer or a knife  
thrower. I can't even properly break  
and enter somebody's home, because  
breaking glass into knife-like shards is

involved. Talk about a hindrance.

This has affected my life so much  
that even trips to the mall have been  
a struggle. Shopping for me always  
meant walking past the knife store.  
When King of Knives in Valley Fair  
mall closed a few years ago, I would  
bet I was the only one who noticed,  
only because the immense fear of the  
displays coming to life and slitting my  
throat were gone. Try to imagine my  
happiness and surprise when I turned  
that notorious corner of the mall to  
see that the store was replaced by a  
store that specializes in tea, a product  
that is at the total opposite end of the  
spectrum of scariness.

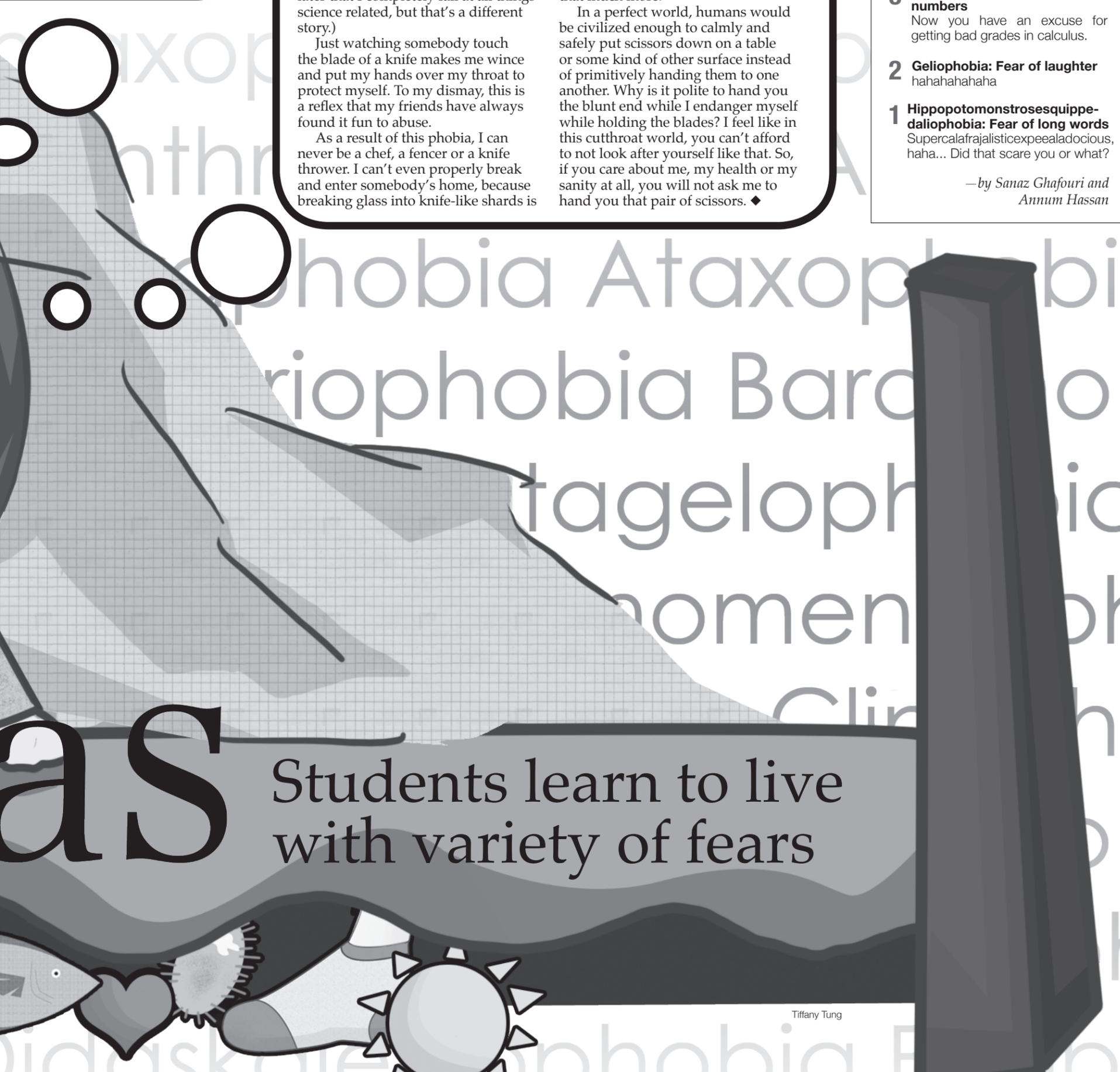
When I was diagnosed with hemo-  
philia in 2004, it was, in the most op-  
timistic way that I can think to look at  
it, the perfect disease for me. Doctors  
didn't have to worry about me having  
accidents with knives or handling  
sharp objects because I can barely  
bring myself to look at them, much  
less drop one on myself. It's funny to  
me how sometimes various plagues in  
my life can add up to compliment each  
other. It just makes me love my life  
that much more.

In a perfect world, humans would  
be civilized enough to calmly and  
safely put scissors down on a table  
or some kind of other surface instead  
of primitively handing them to one  
another. Why is it polite to hand you  
the blunt end while I endanger myself  
while holding the blades? I feel like in  
this cutthroat world, you can't afford  
to not look after yourself like that. So,  
if you care about me, my health or my  
sanity at all, you will not ask me to  
hand you that pair of scissors. ♦

## TOPTEN Weird Phobias

- 10 **Pogonophobia: Fear of beards**  
Santa Claus won't be coming to your town anytime soon.
- 9 **Genophobia: Fear of knees**  
Don't look down, you've got some on your legs.
- 8 **Cacophobia: Fear of ugliness**  
Ever look in a mirror buddy?
- 7 **Alektorophobia: Fear of chickens**  
You must really hate KFC.
- 6 **Consecotaleophobia: Fear of chopsticks**  
I really hope you're not Chinese. That would stink.
- 5 **Clinophobia: Fear of going to bed**  
Better get some coffee, you'll be up pretty dang late.
- 4 **Arachibutyrophobia: Fear of peanut butter sticking to the roof of the mouth**  
You have a problem with retainers too?
- 3 **Arithmophobia: Fear of numbers**  
Now you have an excuse for getting bad grades in calculus.
- 2 **Geliophobia: Fear of laughter**  
hahahahahaha
- 1 **Hippopotomonstrosesquipedaliophobia: Fear of long words**  
Supercalafrajalicexpeeladocious, haha... Did that scare you or what?

—by Sanaz Ghafouri and Annum Hassan



# as

## Students learn to live with variety of fears

## Body art symbolizes Chon's faith and hope

by Emily Hsu

When it came to reminding herself of her heritage, senior Grace Chon could not think of a better way to do it than to write it in her skin.

"I wanted to get a tattoo of my Korean name since I was a freshman," said Chon. "Ever since I finally got around to it, I got addicted—I just kept adding on."

Not only was the message in the tattoo itself reminiscent of her heritage, but just the fact that she got a tattoo was inspired by her roots. Following the appearance-altering trends of young people in Asia, tattoos have become omnipresent with Asian-Americans such as Chon.

"I love the way teenagers look whenever I go back to Korea," said Chon. "My Asian-inspired tattoos are a way for me to show my Korean pride in America."

It was important for Chon to have tattoos with meanings behind them.

Along with her name, Chon had a mirrored image of the words "Faith" and "Hope" added to her upper back 2 months later. Finished with a pair of wings on her shoulder blades, these tattoos reflect her Christian faith.

"I didn't just want to scratch images onto my body because they were pretty—that way, I knew I wouldn't regret getting them later," said Chon.

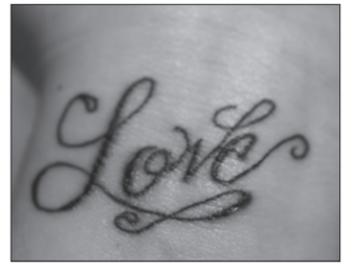
Combined, it took a total of 4 hours under the needle to perfect the two designs on her back. According to Chon, the continuous pain was almost unbearable and "almost made [her] not want to get anymore." However, Chon later stated that the pain would not stop her from going through with it again.

Because of their association with counter-culture renegades, tattoos are yet to gain the approval of the older generation.

Fear of being ridiculed for her decisions has forced Chon to leave her tattoos predominantly covered by clothing. She has yet to show her parents. ♦



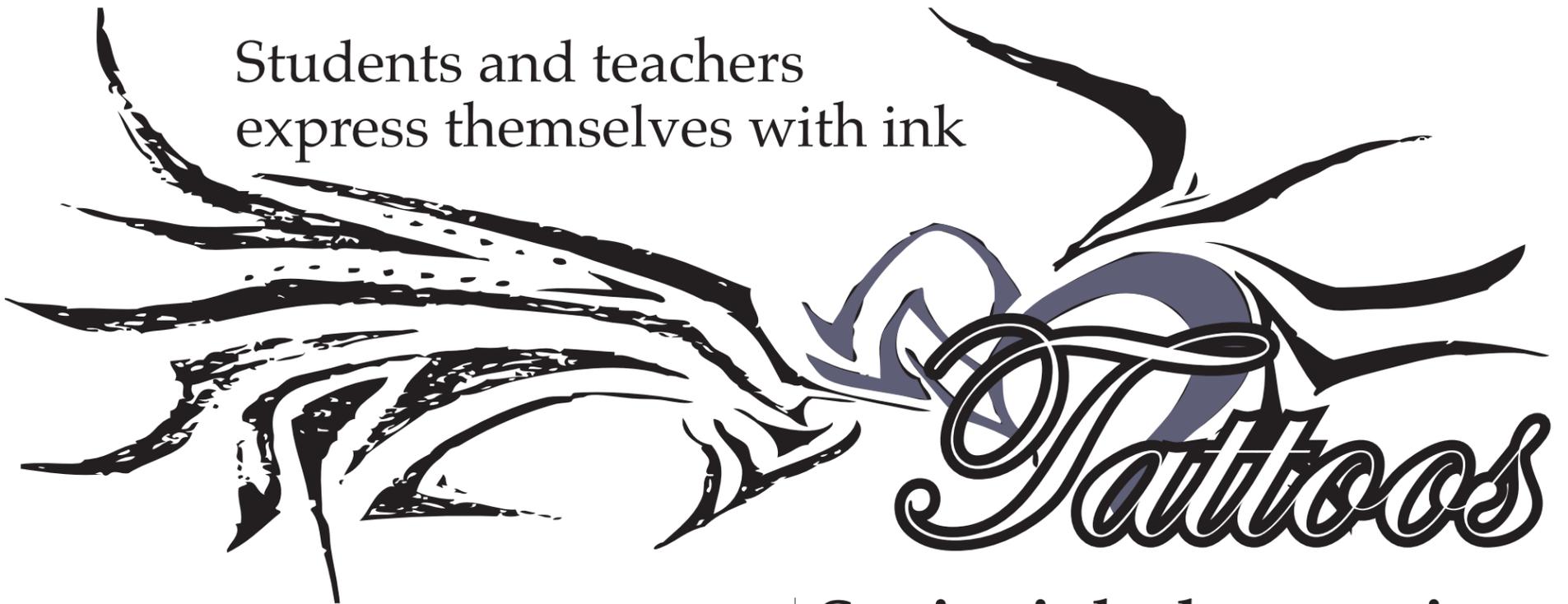
Chon



Leada Malek

Top Left: The tattoo on Grace Chon's back reads her Korean name and was inspired by her roots. Above: The word "Love" tattooed on her wrist symbolizes Korean pride. Left: The tattoo reads both faith and hope when read from different perspectives.

## Students and teachers express themselves with ink



### Tattoo keeps Voorhees anchored to sorority days

by Alex Song

Spanish teacher Sarah Voorhees has more in common with sailors than her eclectic use of language. While in the Delta Gamma sorority at Colorado College, Voorhees and her sisters decided to each get a tattoo as a way to represent the sorority.

"My tattoo is an anchor. [It's] the symbol for that sorority," said Voorhees.

The Delta Gamma sorority, one of the largest and oldest sororities in the United States, chose the anchor as a symbol of hope.

"A group of us talked about it for a while, so we decided to go," said Voorhees. "[Getting tattoos of sorority symbols] was a popular thing to do at the time."

At approximately one and a half centimeters, the tattoo on her ankle is small, but represents a strong sisterhood within the sorority.

"It makes me think of my friends and all of my fun times in Colorado," said Voorhees. "It reminds me of a time when I had a lot less to worry about."

Although she and her sorority sisters have long since dispersed from their Greek home in Colorado, they have made a point to keep in touch with each other. In some ways the anchor on her ankle

keeps Voorhees from moving too far away from her sorority days.

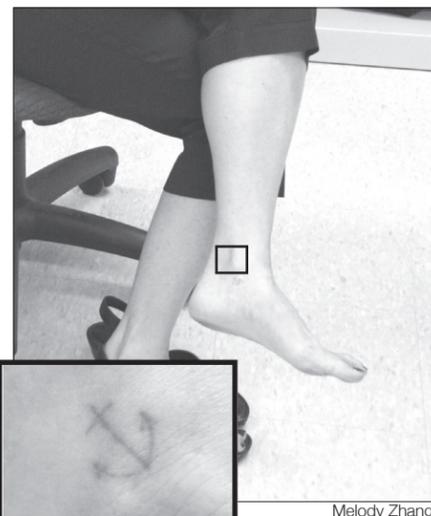
"I keep in touch with just a couple of them. We all live all around the United States," said Voorhees.

Voorhees has come a long way from her days as a sister, but she still treasures the tattoo on her ankle. In fact, she is open to possibly getting new ones in the future.

"I would get another tattoo someday, but it would have to be something very meaningful," said Voorhees. ♦



Voorhees



Melody Zhang

### Senior inks her passions

by Sanaz Ghafouri

Tattoos are meant to mark a special event in an individual's life. For senior Vivian Wang, tattoos serve to relay memories of a time she never wants to forget.

Wang got her first tattoo when she turned 16. The tattoo is in the shape of a heart, accompanied by music notes and writing in Latin that translates to "Music saves my life." She positioned it directly on her back in the middle of her body because she holds music to the very center of her being as something she is very passionate about.

"I hold it closest to my heart," said Wang. "When I was getting my tattoo, the tattoo artist was like 'are you sure you don't want one on your lower back?' and I said 'No, I don't want a tramp stamp.'"

To Wang, the tattoo is more than just a statement of her passion for music. The tattoo had more meaning because she got it two months after a major life change.

Wang got a second tattoo when she was 17. This one, however, was on her inner left arm and was a human heart. On the human heart were the aorta and pulmonary artery; the aorta said "my friends" and the pulmonary artery said "my blood."

"My second tattoo is a dedication to all my friends that had been there for me and that are still here for me to this day," said Wang. "They are the safety nets that will catch me if I fall down."

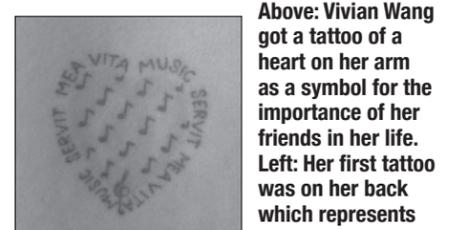
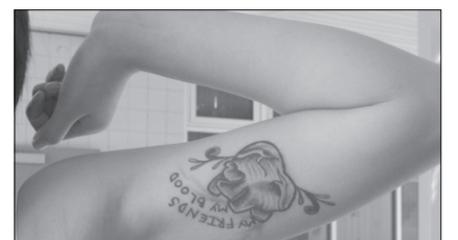
Her philosophy as to the location of this tattoo was that a person cannot live without his or her brain and heart, and a brain and heart cannot function without blood. The words, like blood, float into the aorta and pulmonary artery. If Wang lifts her arms parallel to the ground, the tattoo is aligned with her heart.

Wang claims that everyone asks her if she will ever regret getting her tattoos, being so young when she got them.

"I will never forget them because they represent a time and place in my life that I don't want to forget," said she. "They are supposed to tell a story. My tattoos represent who I am as a 17-year-old girl to this day." ♦



Wang



Brittany Judoprasetti

Above: Vivian Wang got a tattoo of a heart on her arm as a symbol for the importance of her friends in her life. Left: Her first tattoo was on her back which represents her love for music.

THECRITIC  
House of Falafel

## House of Falafel wraps up authentic flavors

by Sulmaan Hassan  
and Nathan Kim

During our search for a good restaurant on yelp.com, we both wanted something new that neither of us had tried before. Mediterranean food was alien to us, so we decided to give it a shot.

We found House of Falafel, situated on Stevens Creek not far from Saratoga High.

**Sulmaan:** It was a usual gloomy Sunday morning: me in my sweat-stained T-shirt and basketball shorts eating a tub of ice cream in front of the TV. I wanted to eat something I had never eaten before.

I looked up some food places, called my friend Nathan and took off for House of Falafel located across the street from Vallco. I had heard absolutely nothing of this restaurant, but it had good reviews. We walked into a little place with fluorescent lights and four scattered tables.

Two workers scurried about serving orders. The restaurant was packed with people so some customers resorted to eating outside. The restaurant had an unappealing interior with ugly chairs and unstable wooden tables, and the workers seemed like they didn't even care about

their customers with their glum facial expressions.

I ordered the Chicken Shawerma, which was a wrap with chicken, lettuce, tomatoes, sauce and a variety of other vegetables. I waited about five minutes, which was nice considering my butt ached from the flimsy chairs.

I took a bite into the wrap and I was taken by surprise to the authenticity and flavor of the wrap. At \$5.99, this was probably the best wrap I had ever eaten.

Overall, the atmosphere of the restaurant was uncomfortable and unwelcoming, but the taste of the food outweighs any of the negative sides to the restaurant.

**Nathan:** Being the cool and adventurous guy that I am, I decided to drag along my cool and adventurous friend Sulmaan and take a stab at some nice and fresh

Mediterranean cuisine. I'll have to say that first impressions weren't great,

with a broken cash register and flies buzzing through the open-air kitchen. However, the few workers there were friendly and the food came out promptly.

I had hardly sat down when my steaming hot Shawerma combo was served.

The dish came with a variety of juicy and spiced meats, such as lamb, beef and chicken. Beans, rice, and fresh lettuce came on the

side with a dab of hummus and a warm stack of tortilla-like bread.

It was almost like eating a fajita at Chevy's, except I would take a Shawerma over a fajita any day. The prices there were very reasonable, or at least for someone living in Saratoga. I got my combination meal for \$8.99 which wasn't so bad since it was so great.

Both: House of Falafel is a great place



Sulmaan Hassan

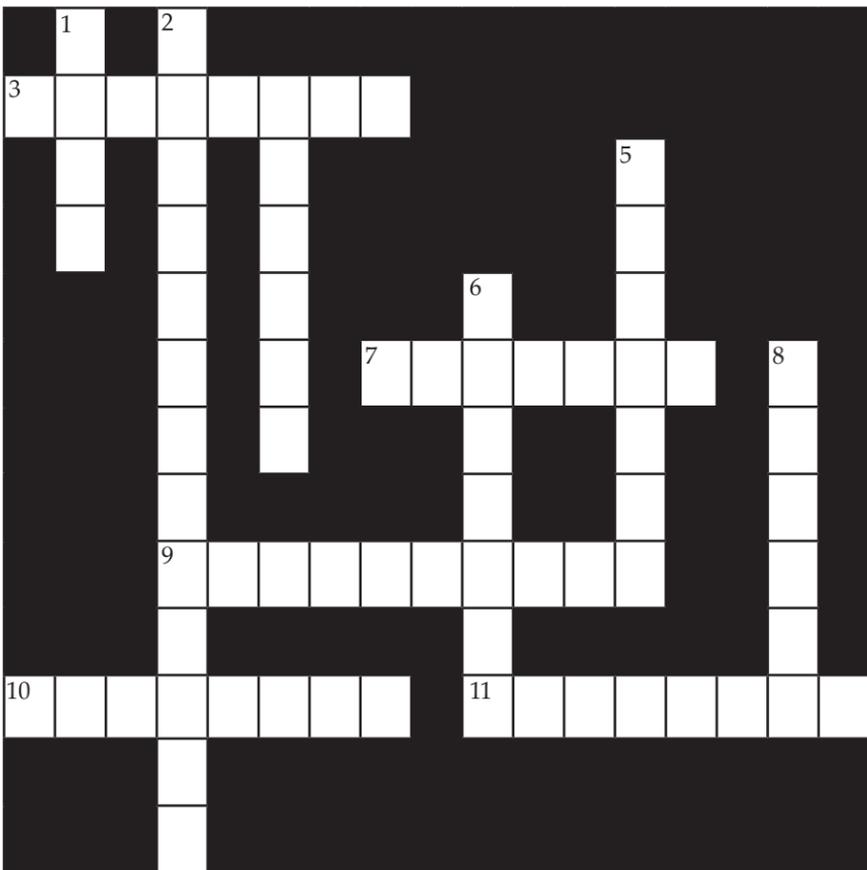
Sophomore Nathan Kim enjoys a Shawerma combo at the House of Falafel.

to go whether you are really hungry or really full.

The restaurant itself could improve in terms of atmosphere and comfort level, but when you get your delicious Mediterranean food, all those thoughts just seem to melt away.

Would we go again? Duh. ♦

### CROSSWORD | Hunt through the issue



**ACROSS**

- 3. What kind of breakfast will bring the community together with music? Hint: This is in the headline of one of the stories in the news section.
- 7. What is the name of the girl in the website who died from anorexia? This website also includes chatrooms with people dealing with this eating disorder.
- 9. What is the phobia called for fear of feet?
- 10. What is an eating disorder characterized by a markedly reduced appetite or total aversion to food?
- 11. What was the name of the event in San Francisco attended by Juliana Lustenader?

**DOWN**

- 1. Who are those people called that are concerned for public safety?
- 2. According to Robin Liu, what is it that teachers lack?

- 4. Which student will be attending Washington University this fall?
- 5. What is an eating disorder characterized by episodes of secretive excessive eating followed by inappropriate methods of weight control such as purging and heavy exercise?
- 6. According to Brandon Yang, people should do what in order to make for better traffic control?
- 8. According to Emily Hsu, \_\_\_\_\_ are the scariest things in the world.

Fill this out and be the first to turn it in to editors-in-chiefs Katrin Cooper or Angela Chiang for a \$5 prize!



Katrin Cooper | Angela Chiang

—by Sanaz Ghafouri and Emily Hsu

## STYLE FILES

Sami Lovelady, 11

Nikhil Kaul, 12

Shirt  
Ross  
\$12.

Sweatshirt  
Roots  
\$30.

Jeans  
Hollister  
\$20.

Shirt  
UC Berkeley  
\$20

Shoes  
delias.com  
\$55.

Shoes  
Nike  
\$80.

Shorts  
Ralph Lauren  
\$40.

**How would you describe your style in one word?**  
Relaxed.

**How would you describe your style in one word?**  
Beast.

**How often do you go shopping?**  
I go shopping maybe two or three times a month.

**How often do you go shopping?**  
I like to go once every three months, but I don't get a lot of stuff.

**Where do you like to shop?**  
Urban Outfitters and Zumiez, and I like going to Ross because everything is cheap.

**Where do you like to shop?**  
Amazon.com

**Where do you get your inspiration/ideas?**  
I look at what other people wear to see what works on them.

**Where do you get your inspiration/ideas?**  
My friend Nikhil Sheel.

—by Rahul Thakker

# Saratoga High After Dark

What happens after the doors are locked and the lights come on?

## Custodians clean up the campus

by Alicia Lee

After a grueling eight hours of school, students have littered the classroom floors, dirtied the bathrooms and left behind many parts of the school that call for fixing.

However, when they arrive at school in the mornings, things are always in the right place and the rooms are clean and orderly. What the students do not know is that it takes long hours for maintenance staff and custodians to beautify the campus every night.

The last bell marks the end of the day for many students and teachers. However, for maintenance and custodians, the final bell cues them to start their work on campus.

Plant Operations Supervisor Brian Moran plans and manages the work of both the maintenance and custodial staffs.

His usual working hours begin at 7:30 in the morning and end at 5 or 5:30 p.m.

The maintenance staff's responsibilities include building repair and responding to the many issues that come up during the average school day, like opening locked doors or cleaning up trash. Occasionally tasks like repairing or improving parts of the school lead into the evening.

Students and staff may be familiar with some of the maintenance crew, but not all are aware of the custodial staff that works hard in helping the school's appearance.

Late after school, custodians can be seen visiting each room on campus. With their pushcarts full of cleaning products and tools, they circulate grounds and keep things in order.

"[Custodians] also do 'set-ups' for a variety of after school activities including sports, theater performances, recreation department programs and classes, school board meetings and other school and community activities," said Moran. "In addition, they are responsible for cleaning up after the different activities, setting alarms and securing the campus."

For custodian John Sequeira, his job calls for work five days a week with shifts beginning at 3 p.m. and ending around 10:30 at night.

Sequeira is in charge of the locker rooms and gyms. His duties include keeping them looking presentable and making sure things work the way they are supposed to work.

But despite the hard tasks left for him and other custodians at the end of the day and the long hours ending in the night, Sequeira enjoys working on the Saratoga campus.

Moran agrees with Sequeira that their work is an integral part of keeping the school running, giving those involved a high level of job-satisfaction.

"I like being involved in making a safer, cleaner and more beautiful school campus," said Moran. "I believe our work adds to a more positive experience for the students, teachers, administrators and all who visit or work on our campus." ♦



## Tech crew works hours into the night

Long before a production takes the stage, the tech crew works to build sets and control lights.

by Melody Zhang

It is hours past sunset, and the school is deserted except for the faint sound of power tools. A small group of students works late into the evening, building a set for the upcoming One Acts drama productions.

Almost completely unknown, yet one of the most hard-working groups on campus, the Tech crew is the driving force behind the sets, sound and lighting of all drama productions.

The crew is led by Tech Director and Facilities Manager Adrian Stapleton and although it is open to newcomers all year, it seems to gain members only by word-of-mouth.

"A friend invited me and I went to a couple of the tech crew meetings. It was really fun so I stayed in Tech," said junior Matt Hawks.

Although it is a group that does not require constant attendance, members enjoy their work so much that their dedication is inspiring. Balancing academics, athletics and Tech is difficult, but many members continue helping out in their limited free time as much as possible.

"I play sports in the fall," said Hawks. "I'll show up to Tech when I can. Then, during the spring, it's pretty much what I do after school."

The crew's schedule depends upon whether or not any productions are coming up. Hours vary from not working at all to meeting the legal limit of four hours after school or six hours on the weekend.

During the slow days when there is no show, or when everything is still in the beginning phases, the crew meets every Tuesday and Thursday until six. However, there is always "Hell week," the week leading up to the show.

"I'm a junior, so when we get into 'Hell week,' it's incredibly hard to do [Tech] and get homework done," said Hawks.

The crew is usually the last group to leave the McAfee Center after production, and members continue working even after everyone else has left.

"In past years, we've actually stayed at school till midnight taking down the set after the show," said junior Elizabeth Shin. "But we've started putting off the work for the day after."

Tech may sound like all work and no play, but as with any other school organization, the members manage to enjoy themselves.

"What I like about Tech is [the fact that] we all get along," said Hawks. "There's a certain kind of person who is drawn to Tech and we all understand each other." ♦



Theresa Yeh

Junior Elizabeth Shin and sophomore Elizabeth Burns discuss lighting for the upcoming one act plays at a rehearsal held April 23 in the McAfee.

## Basketball players gather at open gym after school

by Rahul Thakker

For many students, Saratoga High is not just a place of learning, homework and tests. Even after spending seven hours a day, five days a week sitting in classrooms and listening to lectures, several students enjoy coming back to the campus in order to be with their friends.

Freshman Jasneil Nat often returns to Saratoga in the evenings to play basketball during open gym, which sometimes takes place until 9:30 p.m. on Wednesdays and Thursdays. During this time, all members of the community are allowed to use the courts.

"I think open gym is cool because I really like basketball and it gives me and my friends time to just hang out and play together," said Nat. "If a court is open, then we'll just start our own game, but if they're all taken we'll just join some other people who we might not even know."

History teacher and basketball coach Mike Davey, who is among the group of staff members who supervise open gym, said it gives students a chance to have a good time and relax after a hard day at school.

"Open gym is usually a fairly non-structured voluntary opportunity for students to come play

the game they love," said Davey. "It seems to me that the chance to exercise, play with friends and get better while relieving school stress is the purpose of athletics, and it's even more fun in the non-pressure environment of open gym."

The gym is open for all sports, though basketball is most popular but, according to Davey, attendance is fairly low, averaging only between 10 and 20 people per night.

Freshman Dean Stavropoulos said that one reason he plays basketball on the school grounds is that there is nowhere else he can go to practice with

his friends.

"I really love playing basketball, but there aren't many parks or stuff for us to play in, so we usually come to the school whenever we want to practice our game," said Stavropoulos.

Davey said that keeping school facilities like the gym open after school hours is helpful to students and teachers alike, no matter how often they are available.

"There must be a faculty member present to supervise the school facilities or they cannot be used, so [keeping them open] helps build scholastic relationships," said Davey. "I wish I had the time and space to do it more often, but, unfortunately, we are seldom able to get the gym to play." ♦

**"I really love playing basketball, but there aren't many parks to play in."**

—freshman Dean Stavropoulos

## Econ. extra credit attracts students

by Allen Liu

As Saratoga High's lights begin appearing at late at night, one would expect all students to be at home studying or finishing their homework, yet some weeks, the halls are alive as many economics students return to the school.

Economics teacher Todd Dwyer offers special video homework opportunities (VHOs) in the evening, in which his students can come back to the classroom to view a curriculum-related movie for extra credit. As a result, usually 75 to 85 percent of economics students are lured to the showings. Dwyer came up with the idea of offering these videos in the evening due to a lack of class time.

"Economics is a semester course, and I've always had trouble fitting in all of the material I want to get in over the semester," said Dwyer. "Occasionally, I will offer video homework opportunities."

Last semester, Dwyer showed three video homework opportunities, including the movie "Schindler's List" and other economic documentary-type videos, which vary in length but usually take up two hours. The films are meant to complement material learned dur-

ing regular class sessions.

"None of the videos presented in the evening sessions will be on the midterm. It's just a way of cementing what we've been covering in class," said Dwyer. "I just feel better getting that information to the kids."

Dwyer has been showing these videos since he arrived at Saratoga High. The videos are optional, and the simplicity of watching a video and the late timing allows students to stay relaxed.

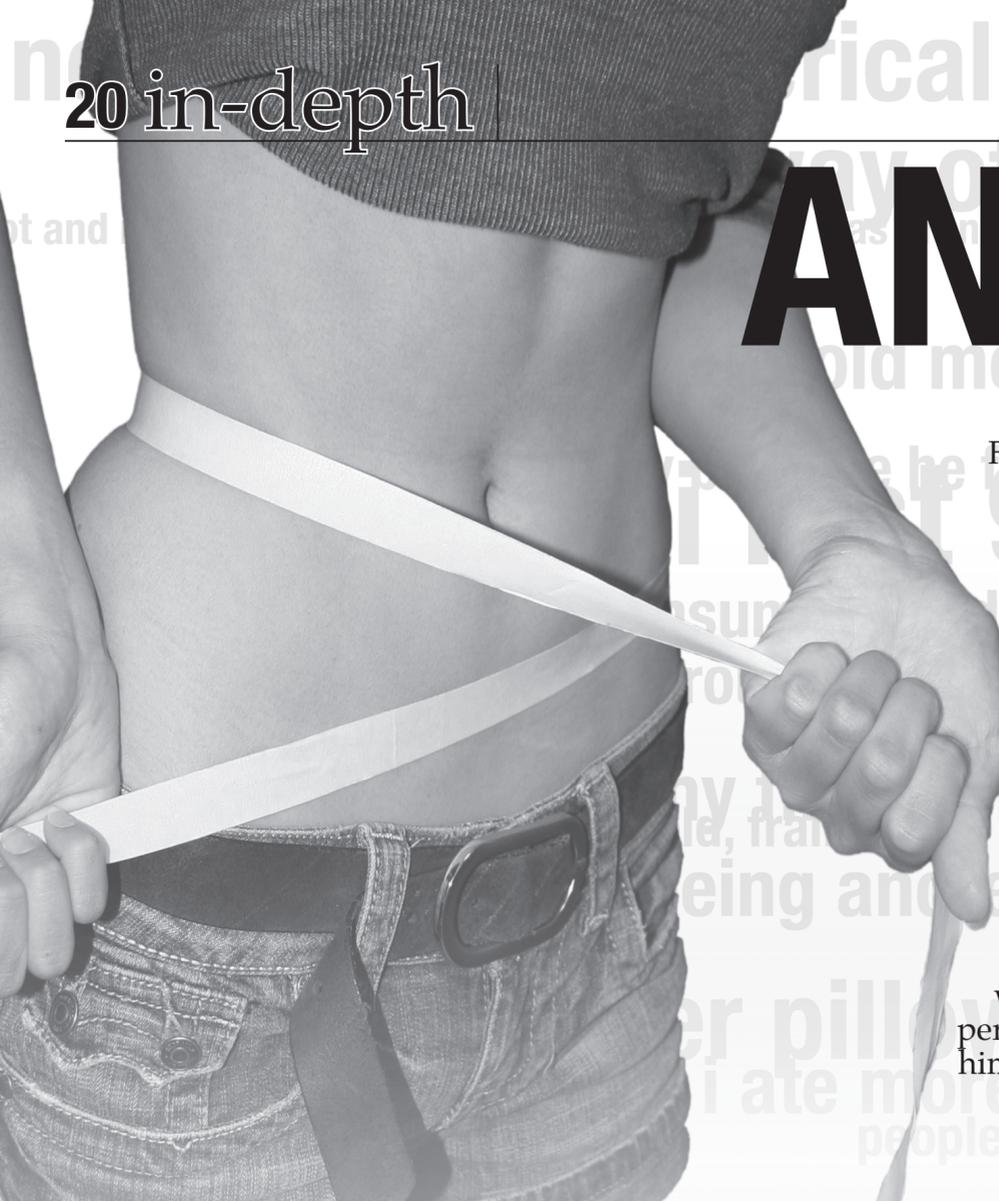
"It's pretty amazing. It's a festive kind of atmosphere. Kids tend to come in 15 to 20 minutes early, and it's quite upbeat," said Dwyer. "I've never seen any complaints about it, and in fact most students get the hang of it. They hear about them from brothers or sisters, or from fellow students."

Many students appreciate the opportunity for extra credit in classes and find the extra time needed outside of school time to be negligible.

"I didn't mind [the late hours] that much. At the beginning it was relaxed, and it was just a video anyways, so it's not hard work or anything," said senior Frank Yao. "After the video I was happy that it was over, and happy that I got extra credit." ♦

**The simplicity of watching a video and the late timing allows students to stay relaxed.**

# ANOREXIA NERVOSA



## Student recounts three-year battle with anorexia

by Ashley Chou

Her face was set straight as she explained it all—her thoughts, her memories and the dire need for control. It wasn't a past she regretted, but it wasn't one she loved. And as the last three years spilled out in a flood of grateful scorn, there was not an ounce of hesitation.

"I loved feeling empty; I loved feeling like I wasn't there," she said.

### The Reason

It started out the summer before eighth grade, as her relationship with her father deteriorated during a trip to Australia.

"I have family in Australia, so it was for visiting and surfing too. Kill two birds with one stone," she said with a laugh. "But I felt angry at my dad for getting drunk every night with my relatives and sometimes I'd just leave at like 3 a.m."

Although she didn't have the mentality of full-blown anorexics yet, it was slowly building up. She "physically didn't want to eat," and with her return to the United States, things drastically changed.

"I guess the whole thing of anorexia is control. You get control through food. The less the better—it's a way of perfecting yourself."

It may seem stereotypical to simply blame it on control, but for her, it was the truth. She talked of a father who would get drunk and beat his own wife and an emotionally unstable mother who would in turn beat her own child.

Add in the factor of coming home every day to a list of preplanned extracurriculars and constant reminders of incompetence,

all the while trying to match the "perfect family" image of Saratoga and life gets complicated. Fast.

"I had no decisions over my own life, and my parents would demand me to be someone I wasn't," she said. "I wasn't allowed to cry or have an opinion differing from that of my parents."

And as life peaked in frustration level, her need for control began to take effect.

"People introduced me to calories and now I had a numerical, physical way of keeping control. It grew worse and worse and people started noticing that I had issues with food."

"It was my way of doing something that my parents couldn't control," she said. "Food restriction and a feeling of emptiness gave me a high. My personality had been suffocated to the point where I wished to disappear."

### The Experience

The obsessive need to have a say consumed her emotions.

"I would cry when I ate more than 400 calories, and I always had to burn more than I ate. It was so time consuming and my whole life was revolved around purging through exercise."

"Basically over-eating by one calorie would make me cry like someone died—it was so ridiculous. I would hide food under pillows and stuff it. And whenever we bought new food that I thought was tempting, I would throw it away."

"It got worse when my mom forced me to eat a fried egg, waking me up at 5 a.m. every day. I hated losing control."

Eventually her doctor diagnosed her with anorexia nervosa and she was sent to

the Lucille Packard Children's Hospital.

Her first few hospital stays, however, yielded little success in improving her health. Because her body had been deprived of food for so long, she lost more weight because her body was unable to process nutrition given too rapidly after a period of malnutrition.

"My metabolism was messed up at first," she said. "I ended up losing weight when they started me on a liquid diet."

She was first kept on strict bed rest in a room full of other girls also diagnosed with anorexia, along with a very specific diet.

"It takes 3,500 calories to gain or lose a pound, and they had me on 6,000 calorie diet every day."

She ate six bagels, five apples, four pieces of fish, four cups of yogurt, four packets of oil and two cups of carrots in five one hour meals every single day. That was her diet during the entire hospital stay.

She was also allowed no movement or physical activity.

"It was annoying. I felt so much more mature than the other anorexic patients there and they were even more obsessed than me," she said with distaste. "My first visit I felt like I was fatter anorexic there—it was like a competition at being the best at starving."

### The Outcome

The consequences of being anorexic have hurt her health.

"It's a hell I don't wish on anybody. Because of my anorexia I wasn't allowed exercise and didn't get an P.E. credit."

"My heart went to a point where it beat 28 times a minute—that's once every

two seconds—my blood pressure was really low, I was really hypothermic, and I had bone loss—the beginning stages of arthritis."

Her family spent \$175,000 on hospital bills and medication. And because of her anorexia she lost about half her weight within a year.

"I was never underweight, but within one year I lost 90 pounds. My lowest ever was 92 or 91."

Not only did it take a toll on her, but it also on her parents mentally.

"Anorexia invaded my family and woke up my parents. Prior to anorexia my life was heading in a downward spiral, and something drastic had to change about home life or else something truly tragic would have happened," she said.

"After recovery—for the first time in 16 years—I know what true happiness feels like and I no longer fear my parents."

She also said that despite her father's continuing battle with alcohol, he no longer bombards her with puts-downs.

Her mother took up religion and completely changed her ways, adding to the definite increase in communication in her family.

In the end, though, the experience was life changing and for the better.

"If anyone feels like they or a friend has an eating disorder, he or she should get help. Don't wait for the eating disorder to overtake you and take away from your life," she said.

"You only have one shot at life, and why choose to fill it with a hellish cycle of restriction, punishment, self-loathing and deprivation? There are bigger, more important things to focus on." ♦

From middle school and beyond, people care about their weight. Whether a person is overweight, underweight, or just right, it still plays a significant role in life. But what happens when the need to be slim becomes over compulsive? And what motivation could a person possibly have to force himself or herself not to eat?

## PRO 'ANAMIA' WEBSITES POSE AS OUTLETS FOR EATING DISORDER VICTIMS

by Neyha Bhat and Kavya Nagarajan

A girl signs onto what seems to be a typical social networking site as she types in her username and password, but once the chat room opens, it becomes clear that this is not a normal site. She chats excitedly about how little she has eaten that day and how she plans to fast for another three days. This girl is one of hundreds of anorexics who use this "pro-ana" site to discuss their disorder and what they are doing to maintain their scarily skinny frame.

According to Webster's New World Medical Dictionary, anorexia is an eating disorder characterized by a markedly reduced appetite or total aversion to food. Anorexia is a serious psychological disorder, as is bulimia, or bulimia nervosa, which is eating disorder characterized by episodes of secretive excessive eating followed by inappropriate methods of weight control, such as self-induced vomiting, abuse of laxatives and diuretics, or excessive exercise.

Because these diseases are psychological, those suffering from them are vulnerable and can worsen their disorder by exposing themselves to these sites, which make it seem okay to be anorexic or bulimic.

A pro-ana or mia site includes blogs of girls discussing their diets, sometimes going in explicit detail of their methods of keeping their "think skinny" mind-set. Although these sites do not promote people to develop eating disorders, they do indirectly encourage this by giving members motivation to continue their many starvation diets.

"I don't understand why people would use these sites, because it's not the right way to make someone feel better about themselves," said sophomore Divya Singh.

Users often post pictures of their bodies, and because some are so skinny, the photos are considered graphic. Regulations call for users to post warning captions on these pictures, like "very skinny" or "emaciated," to describe what someone would see. These sites also contain chat rooms in which members discuss how much weight they've lost and even give out measurements.

According to the New York Times, Dr.

### THEBIGIDEA | Anamia Websites

**THE SITE:** An online forum that allows people with anorexia and bulimia to discuss their problems and support each other.

**THE ATMOSPHERE:** Discussions tend to revolve around current diets, daily calorie counts, goal weights, and other personal issues.

**THE WEBSITE:** www.proanamia.com

Ty Glover, a consultant psychiatrist on the Eating Disorders Unit at Cheadle Royal Hospital in England, said that these sites allow users to compare themselves to those who may be skinnier, only lowering their self-esteem even more. Using these sites can become an obsession because users find comfort with others who understand what they're going through, but at the same time, are unable to overcome their disease as they are being encouraged.

Whether or not pro-ana and mia sites can be considered support groups for sufferers of anorexia often comes into question. Some, however, are being asked to remove dangerous content which explicitly gives out advice on how to be anorexic or bulimic. Many chat rooms have developed rules saying users are not allowed to tell others how to diet, and may only talk about their own disorders.

Many websites explicitly state people should not join forums with the intention of developing eating disorders, because no direct statements say to become anorexic or bulimic. These sites try to differentiate themselves from other "how to" sites that give advice on how to be skinnier.

Despite such rules, these sites are still sometimes considered dangerous as users surround themselves with others who assure them it is perfectly fine to have an eating disorder.

According to the South Carolina Department of Mental Health (SCDMH), the mortality rate associated with anorexia is 12 times higher than the death rate of all causes of death for females 15 to 24 years old. These sites promoting unhealthy habits can result in severe consequences. The SCDMH also states that 20 percent of people suffering from anorexia will prematurely die from complications due to their eating disorder, including suicide and heart problems. ♦

## Eating disorder takes toll upon loved ones

by Lyka Sethi

Staring through the hallway window into a bland hospital room, a young girl watched her bored sister flip through channels on the television hanging in a corner of the room. It seemed almost surreal to see her sister, who had started out on a healthy diet to improve the state of her body and mind, confined to a hospital bed with a nurse checking her vitals daily to ensure her survival. It seemed so wrong that someone she was this close to had to be put through this simply because she couldn't see herself, as she looked into her mirror every day, the same way everyone else saw her over the course of the mental and physical change.

Anorexia nervosa often starts out harmlessly, but as the condition worsens, it takes over the patient's mind and body and can change, if not end, a person's life forever.

However, this illness, among other eating disorders, is not one that simply affects the person who is diagnosed; it puts that person's friends and family through stress and pain as well.

One junior girl whose sibling underwent treatment for anorexia agreed that the disease affects all aspects of life, and that it is as much a mental illness as a physical one. She said that watching her sister go through the hospital was a physical one. She said that watching her changes in her attitude and body gave her a sense of helplessness and frustration.

"[The disease came about] because of how [my sister] saw herself," she said. "There was never really much I could say because she was so determined. My family never expected it, and we never really accepted it either."

The patient, who seemed to be blinded by this determination, was difficult to help because of the extent of the self-esteem issues she was going through.

As she started to lose weight, friends at school unknowingly began to give her more compliments on how she looked, which greatly worsened her condition.

"She started out slightly overweight, so it was a good thing for her to be healthier," she said. "But when she started to lose 20 or 30 pounds, it became dangerous and really scared me."

As time wore on, it seemed like there was nothing the junior could do to convince her sister not to continue living with

anorexia. "There's a strong sense of denial that goes with being anorexic," she said. "There's not much you can do other than encourage [the patient], but ultimately the image the person has makes it hard unless they admit their problem."

For the junior, family life changed dramatically as the attention shifted from its regular focus.

"The change in my parents' focus was hard to go through," she said. "As my parents watched my sister recover, other things were put on the backburner."

In order to support her sister and make sure she knew that she had someone there to help her, frequent hospital visits were necessary.

The hospital had strict visiting hours, but she was usually able to spend two or three hours a day, three times a week, with her sister.

"[The visits] were depressing," she said.

"Whenever I would try to hang out with my friends to get my mind off of it, my parents would get mad because I wasn't spending enough time with my sister. With the added stress of school, it was time consuming."

Treatment was a slow process, but she complied with it and gradually overcame the disease that had put her life on hold. Her family gave its support as she worked

her way out of being bed-ridden to being able to go in a wheelchair and then stand and walk, the baby steps that led to her full recovery.

Once she was out of the hospital, she still had to occasionally visit

the hospital to have her vitals checked to ensure stability.

"There was definitely an element of fear," said the junior. "I remember my mom saying that recovery of anorexia was often unlikely, and that a return to a normal lifestyle wasn't guaranteed. But once the doctors started helping her there was a little bit of relief for us despite the tension and worry."

Being a loved one of someone who is suffering from any type of eating disorder is difficult. But as that girl stood outside of the hospital room, hesitant to go inside and keep her recovering sister company, she realized that there was nothing to be scared of. All that could be done to help was to offer her unconditional love and support. ♦

## Nutrition Facts

Serv. Size 253 students  
Servings 142 males  
111 females

\*Percents are based on a poll given to students on the week of March 31

Do you think you are overweight?	%	Do you think you need to lose weight?	%
<b>Females</b>			
Yes	46%	Yes	64.3%
No	54%	No	35.7%
<b>Males</b>			
Yes	11.3%	Yes	27.7%
No	88.7%	No	72.3%

-by Kirstie Lee

## Most Anticipated Box Office Showstoppers



tepasmas.com

### Indiana Jones and the Kingdom of the Crystal Skull

It is the much-anticipated follow-up to the last original Indy movie, *Indiana Jones and the Last Crusade*, which was released in 1989. A much older Harrison Ford returns as Indiana Jones, along with new additions Shia Labeouf and Cate Blanchett. To increase interest by shrouding it in secrecy, the plot and roles of cast members have been kept under lock and key. Hopefully, the movie will live up to its cheesy '80s title. The best parts of the original movies were its sense of adventure and lack of realism. After being in the development stage for almost 20 years, the film will finally be released on May 22.



ign.com

### Sex and the City

It's been a decade since the show's debut, but as Indiana Jones can prove, it's never too late to cash in on a goldmine. Fans had been asking for a movie since the series finale in 2004, but the show's syndication has only increased interest in the four independent single women living in New York. After many negotiations and difficulty getting the entire cast back to sign on for the movie, it's finally here. The film has gained even more hype since it was shot all throughout the streets of New York City in front of gawking crowds and the regular public. Magazines printed spoiler paparazzi pictures of surprise pregnancies or characters in wedding dresses, but rumor has it that many fake scenes were filmed outside to throw off the rabid fans. So grab your martini glass and your favorite pair of Manolo's because we'll have to wait until May 30 to see if Big finally ends up with Carrie.



reelzchannel.com

### The Pineapple Express

The latest installment from the "Apatow Crew," the team behind summer comedies *Knocked Up* and *Superbad*, once again features nearly the entire cast of the short-lived series "Freaks and Geeks." This stoner comedy stars James Franco and Seth Rogen on the run from the police after witnessing a crooked cop commit a murder. It's like an action packed Harold and Kumar but with more death defying stunts and special effects. The movie is the first to show its exclusive uncensored red-band trailers in regular theaters and will probably start a trend in the promotion of R-rated comedies. The film opens in wide release Aug. 8.



trivialbeing.org

### The Dark Knight

This sequel to 2005's *Batman Begins* is possibly the most anticipated movie of the year, not only because of its aggressive viral marketing campaign that started early last year, but also because of the tragedy surrounding the film. It was actor Heath Ledger's last completed role before he died Jan. 22. At least fans will be able to come away from the movie knowing that his portrayal of the Joker is something he was very proud of.

The movie also features one of the most intricate marketing campaigns for a movie ever. There are buses touring various big cities to promote the movie's fictional political campaign, coded websites for fans to hack, and actual physical memorabilia that is sent to fans in the mail.

The movie also stars Christian Bale returning as Batman and Aaron Eckhart as Harvey Dent. The film opens July 18.

—Shamita Jayakumar

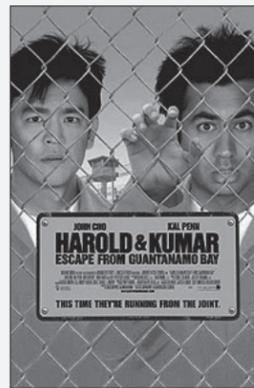


slashfilm.com

Harold and Kumar find themselves in interrogation due to an airport security breach.

## Fresh new sequel, same crude antics

HAROLD AND KUMAR 2 FAILS TO OUTSHINE THE ORIGINAL, STILL WORTH A FEW LAUGHS



### Harold and Kumar Escape from Guantanamo Bay

**Directors:** Jon Hurwitz, Hayden Schlossberg  
**Release Date:** Apr. 25, 2008  
**Starring:** John Cho, Kal Penn

by Brian Kim

**T**hey ventured to *White Castle* in 2004 in their first epic box office hit, and now Harold and Kumar strike again.

The sequel picks up where the original story left off as Harold, played by John Cho, watches the woman of his dreams depart on a modeling expedition overseas. *Harold and Kumar Escape from Guantanamo Bay* gathered up a bit more hype than the film itself actually deserves.

Although the film has its disturb-

ingly funny moments, the overall presentation of this continuation failed to outshine its predecessor. However, that doesn't mean *Escape from Guantanamo Bay* isn't worth the trip to the theater and the price of a movie ticket.

As the title suggests, Harold and Kumar find themselves in a security misunderstanding as they board their flight to Amsterdam, which lands them in Guantanamo Bay.

Despite the head-turning theatrical trailers, this sequel unfortunately gave away some of its key laugh-out-loud moments in all of its advertisements.

However, it still had enough jokes to go around. Parodying the many political issues the United States faces, the jaw-dropping surprises and knee-slapping jokes keep the audience cracking up throughout the movie.

However, the frequent tie-ins to memorable events previously shown in their first film may leave first-time viewers confused.

With the return of Neil Patrick Harris, Kumar's hilarious antics, Harold's perfectionist attitude and the many situations the duo find themselves in, the randomness and hilarity of this film keep the storyline fresh.

Like its predecessor *Harold and Kumar Go to White Castle*, the duo stick to their crude, yet humorous antics, keeping the laughs consistent. However, *Escape from Guantanamo Bay* fails to live up to recent comedy hits, *Superbad* and *Forgetting Sarah Marshall*.

The movie deserves its R-rating, giving fair warning of graphic scenes and vulgar dialogue.

*Harold and Kumar Escape from Guantanamo Bay* is a must-see motion picture for all *White Castle* fans and trigger some crude laughter, but overall, the film will only satisfy those who love political satire. ♦

## Lack of cable television calls for loss in translation



### Audrey Yang

Are you kidding me?

**I**'ll be the first to admit that my relationship with my TV has been lacking. I blame that entirely on the fact that I've been living without cable since second grade.

In the past, when my friends rattled off their favorite TV shows off the top of their heads, I would just sit there with a blank stare on my face. When the Hannah Montana sensation swept the tween

generation, I completely missed it. Hannah who?

My knowledge of television comprises of tidbits from the early '90s, back when I actually had cable. I fondly remember the *Rugrats*, *Dexter's Laboratory* and the original animated *Batman* series, but my recollection ends there.

Whenever I did reluctantly admit to my cable-less life, I received shocked gasps of "How do you live?" and "Wait, does that mean you don't have TiVo either?" followed by yet another "How do you live?"

But don't pity me. My existence without cable has been far from dissatisfactory. As a third grader, instead of being glued to the Disney channel and tuning in to Cartoon Network, I spent my afternoons reading Roald Dahl and brushing

up on my SAT skills.

And while my friends all transitioned from cartoons to primetime TV shows such as "Desperate Housewives" or "Heroes," all of which are accessible on my cable-less TV, I still remained in the dark.

As a second semester senior, I've given into a few series (all purchased on DVD), as I'm way behind on the trend. But generally, without the catalyst of cartoons, my TV addiction has ceased to exist.

In all honesty, I think my parents were subconsciously clever in neglecting to bless me with a thriving love for TV. As a result, I found other outlets to relieve my boredom: reading, writing, and, perhaps a slightly more negative side effect, shopping.

In fact, I've kind of gotten used to this

lifestyle.

Still, I can't say that I don't immediately switch to cartoons when I go over to my friends' houses. It's a part of the everyday childhood that I apparently missed out on and I try to grasp it whenever I can.

And still, I can't say I didn't jump for joy when my mom finally gave in and signed up for Direct TV.

As content as I am with my current lifestyle, I'm definitely looking forward to spending my last semester in Saratoga catching up on all that the Disney channel has to offer me.

Granted, I'll still keep up my old habits and crack open a couple of books every so often and old-fashionably read, but I think it's safe to say that I'm finally starting a new chapter of my life, pardon the pun. ♦

# Journey to the LoveFest

## Teenage raver shares experience at SF festival

by Juliana Lustenader

*Editors' Note: Junior Juliana Lustenader frequently attends raves to listen and dance to her favorite DJs. The following is her personal account of a rave she attended after the LoveFest celebration in San Francisco.*

I woke up knowing it was going to be an interesting day. Not necessarily good, but not bad either. I wouldn't know until I got there.

I got dressed into my outfit. I've had it planned for a week now, but I hadn't finished making the shirt until the night before. What was once a white tank top is now a rainbow-flame design. My matching rainbow knee high socks and grip around my individual toes. I smile as I read the word LOVE in the mirror. I go to my bucket of kandi [beaded rainbow bracelets] and placed them on my arm. Soon they reach close to my shoulder, but once my arms straighten down, the kandi falls and starts to make two layers of color beads.

During the hour-long car ride, my friend Sophia took out her camera and took pictures of our kandi and outfits. We shared music and talk about what we think we're going to see.

"I hope there aren't too many naked people," Sophia says.

"Don't worry, there will be," I joke. She pokes me in an innocent way.

We did not have much trouble finding the parade. Traffic was a little hectic, thanks to Market St. being closed off. Once we found parking, we walk to where the music is resonating from.

There were thousands of people walking, running and rolling around. There were at least 30 floats bordering the grass in the middle of the area where the food and drinks were being sold. People were chilling in the shade while others were jumping up and down near the drum and bass floats. We start our adventure clockwise to make sure we would see all the floats.

As we are walking around, I see a man in the crowd wearing Mickey Mouse hands [gloves]. I run to the guy and tell him to hold out his hand. We make the connection [to exchange bracelets], but it's difficult because the gloves are so large. Good thing this kandi was made out of really stretchy string. I finish the hand off and he seems pleased. After a short hug, the gang keeps going through the crowd.

Now we're in front of the biggest float of the parade. It's white with random holes in it. It looks like white cheese to me.



courtesy of Juliana Lustenader

Junior Juliana Lustenader dances at a rave after LoveFest in San Francisco.

I continue to make my way through the thick crowd.

We go back to Local Love after a few minutes of rest. Lunar and I rush to the front of the float and get up on the speakers. Sophia is too scared to join us for fear of falling off and landing in the mob of dancing fools. Lunar and I were dancing there for quite a bit of time while Saphyre took pictures and videos of us. It was amazing being up there, looking over the crowd's heads and being able to see all the floats from where we were. A few people come up to us while we're dancing.

We get down once it's 6 p.m. We need to find Lunar's dad and get home before Sophia's parents get mad. We walk over to City Hall to meet him there. Along the way, I pass this guy wearing all black and rainbow belt, but it wasn't like mine. It's made out of beads.

"Domino!" I jump on him and give him a huge hug. He was the first raver I met at my first rave. He also gave me my first light show. It was so surreal seeing him again. Unfortunately we had to go find my friend's dad.

"So, how was your day?" he asks. "What kind of things did you see?"

"Wow, we saw a lot of things!" we said. "Naked people, Waldo, Mickey Mouse, a pirate, Catboy..." The list just kept going.

Oh what a day it was. I love you, LoveFest! ♦

## Students rave for peace and unity

by Alex Song

Loud music, flashing lights and throngs of bodies dance to a near frenzy. Enter the world of raves, huge underground parties hosted and attended by followers of electronic dance music, identifiable by hard-hitting bass and electronically produced beats and sound effects.

To the untrained senses, this may seem like total chaos, but for many SHS students, raves have become a place of relaxation and community.

"It's really fun and there's a lot of dancing, and that's why I go [to raves]. I go to dance and to meet new people that like the same type of music as me," said junior Juliana Lustenader.

Even novice ravers find that raves are easily accessible and welcoming of first-timers.

"Basically, it's just like a school dance, but later at night, with tons of strangers that you don't know, who are really friendly," said Lustenader.

Unlike the modern clubbing culture, raving represents an escape from stereotypes and trends, rather than encouraging an elitist culture that thrives on exclusivity.

"I went with a few other friends who had never been to one before," said Lustenader. "We were all new and we had no idea what to expect and we had a blast."

Raves can take place at a variety of venues, ranging from warehouses or underground dance halls, to even open air stages in the desert. Themes and styles of music vary as well.

"Everyone dresses up in awesome costumes that match the theme, and themes can range from fairy tale to random topics that you can't really dress up as," said Lustenader.

Not only are raves a place of dance and costumes, but they also double as communal venues for people of various backgrounds and interests to interact.

"There are so many different types of people in one place. From the time you meet them to the time you leave, you're good friends with one another," said junior Nikil Balakrishnan. "The music is a catalyst; it brings everyone together."

The sense of community has been embraced by many who take part in raves, with the creation of philosophies regarding friendship and behaviors of ravers.

"Raves are about PLUR, Peace Love Unity and Respect, and it means exactly that," said Balakrishnan.

PLUR is an acronym coined by a DJ during a rave in the early '90s, which ended after a fight between two attendees. Since then, PLUR has become a mantra for the rave culture, highlighting the ideals that many ravers carry.

Even with defining ideals such as PLUR, ravers are often inaccurately portrayed as regular drug users, most notably users of ecstasy, a drug said to amplify the effects of trance-like music.

"Since raves started it has been about the music first and drugs second," said junior Wesley Kim.

However, the drugs used, such as ecstasy, marijuana, LSD and mushrooms, are all non aggressive compared to alcohol, according to student ravers.

Regardless of controversy in the media, many rave-goers define their experiences as personal ventures for their own happiness, without persecution or fear of an arbitrary standard.

"In my experience [raves are] about being able to be who you want, dress however you want to and not be criticized for it as you are in everyday life," said Kim. ♦



Balakrishnan

From kandi to hard-hitting bass, Saratoga students open their minds to raves and enter the underground culture of music and unity.

# FROM BIG DREAMS TO BIG LEAGUES

Talented seniors make their goals a reality with collegiate athletic opportunities



Kent Johnson is waiting to hear from Osaka University in Tokyo before cementing his college plans.

## Senior setter sets sights on Tokyo

Johnson considers several options for his future volleyball aspirations

by Alex Sclavos

If all goes according to plan, within five years senior Kent Johnson will be living by the beach and making a very comfortable living from his professional beach volleyball career.

Johnson hopes to join the American Volleyball Program which is the main beach volleyball circuit in the United States. It travels around North and South America and represents professional athletes such as Kerri Walsh and Misty May-Treanor.

For Johnson to achieve his goal, he and his teammate, Jake Wahl from St. Francis, will have to win elite tournaments located all over California. Of course, the odds of making the circuit can be slim.

"There are a lot more guys who play volleyball now than a few years ago. Most of them are

over 6'4", which makes making the circuit a really tough thing to do," said Johnson who stands at 6'2".

Although the circuit is Johnson's goal, he hopes to attend Osaka University, located 45 minutes outside of Tokyo, this fall and join its volleyball team.

"This is one of the best volleyball schools in the world," said Johnson. "If I could play there, I would in a heartbeat."

Since Osaka University is on a different system than schools in the United States are, Johnson

will not know whether or not he's been accepted for a few more weeks.

While waiting for the decision, Johnson was offered a scholarship to the University of Southern California, a Division I school, but turned it down because his playing time there would be slim to none. He decided he would not be happy sitting on the bench and started looking for other options.

"It is a D1 program with tons of really talented guys," said Johnson. "I would most likely never see the court and just be a practice player who picks up balls after the starters hit."

Johnson, the starting setter on the Falcon volleyball team, also does not enjoy indoor volleyball

nearly as much as beach volleyball.

"Beach volleyball is more technical and skillful," said Johnson.

"There are only two people covering a large area versus six on an indoor court."

If Osaka University falls through, Johnson will attend Sonoma State and play on its Division III club team, allowing him to focus more on beach volleyball, which will make his goal of making the professional circuit more feasible.

"I know no matter where I play, it is going to be a big commitment," said Johnson, "but, I am excited to continue to play and see where I end up." ♦

**"No matter where I play, it's going to be a big commitment, but I am excited to continue to play and see where I end up."**

—senior Kent Johnson

## Swimming passion opens doors to Yale

by Ketaki Shriram

24.62. 52.28. 1:51. The latest timings in yet another convoluted block schedule? No, these numbers represent some of the best swim times of senior Hayes Hyde.

After 12 years of competitive swimming, Hyde has chosen to take her sport to the college level. She was offered a position on the swimming team at Yale University. Like other Ivy League sports, swimming does not offer scholarships but does offer financial aid to help athletes.

Although she first began swimming competitively at 4, Hyde did not focus solely on the sport. She participated in

numerous other activities, including gymnastics, dance and baseball because she did not yet have a strong interest for swimming. This involvement ended soon after she began to focus more intensely on swimming. The time Hyde invested allowed her to consistently place in the top five at most meets.

By the time she was 15, Hyde could swim the 50-meter freestyle event in 24.62 seconds. When she turned 16, Hyde's 100-meter freestyle time was a remarkable 52.28 seconds. And when she was 17, her 200-meter freestyle time was 1:51. Her consistent performance and steady improvement attracted Yale and several other top schools.

After participating in swim meets locally for a few years, Hyde started competing at the state and national level. She received her first national ranking at age 11, and has traveled to places such as Georgia, Indiana and Southern California to compete in Junior Nationals.

"When I got to see college teams at nationals I realized this is really something I want to do," said Hyde.

After entering high school, Hyde switched from the West Valley College team to the DACA team, but continued to train under her main coach, Mark Taliaferro. Hyde credits Taliaferro with helping her to improve her swimming technique, something that has allowed her to become

faster in the water.

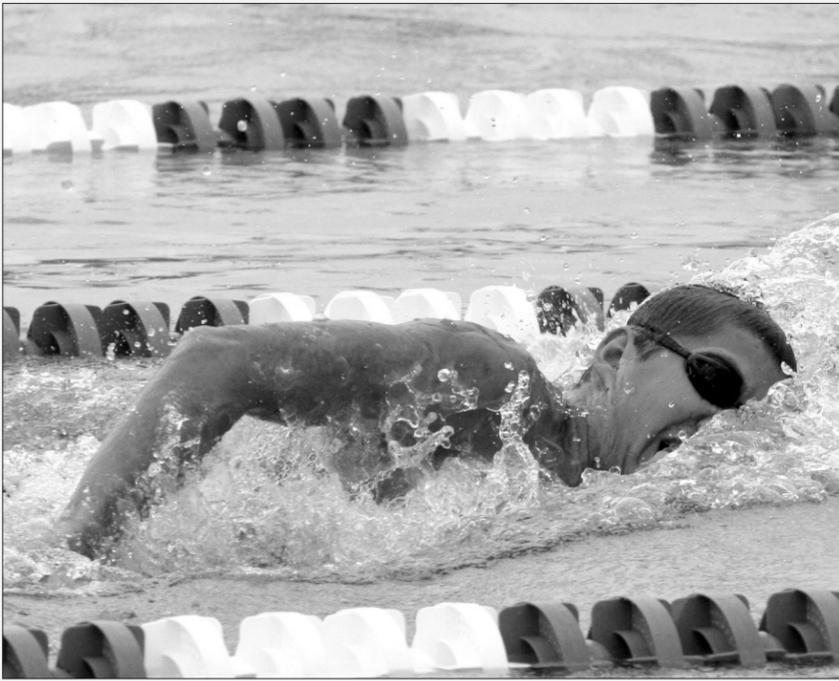
Hyde is optimistic about her choice to attend Yale. After visiting Harvard, University of Pennsylvania and Yale, Hyde found that Yale's overall atmosphere and swim team best matched her needs.

She remains unsure of what her future in swimming will be, but Hyde knows that she will never stop the sport that she has enjoyed for nearly fourteen years.

"I'm going to take it wherever it lets me go," said Hyde. ♦



Hyde



Hinshaw is eligible to receive a full ride to Indiana University for his swimming, but the scholarship depends on his performance this season.

## Hinshaw joins Indiana Hoosiers

by Sophia Cooper

Senior Ryan Hinshaw is one of the few athletes who has been on varsity teams since freshman year. He has gone above the norm, becoming one of Saratoga's top swimmers.

He is ranked 11th nationally in the 1500m freestyle swim with a time of 16:07.23, a ranking he earned at the Speedo Junior Nationals last August. As a result of his amazing skill in long distance swimming, he has signed with Indiana University for next year.

"They have a really good distance program and it drew me there," said Hinshaw. "My coach also really recommended Ray Looze, the coach at Indiana."

According to his brother, junior Ben Hinshaw, Ryan is eligible for a scholar-

ship, but the amount depends on his performance this season.

In addition to swimming for the Falcons, Hinshaw has been on club swim teams such as De Anza-Cupertino Aquatics and currently the Santa Clara Swim Club. He participates on relays but focuses mostly on distance freestyle.

Hinshaw competes in meets all over the country, from California to Indianapolis. He swam in the USA Swimming National Championships last summer in Indianapolis and more recently in the USA Swimming Short Course Nationals in Atlanta, placing well in both.

Although IU was not on Hinshaw's original list of colleges, he is excited to attend the school.

"I planned on staying in California, but then that didn't really turn out," said Hinshaw. ♦



Senior Zach Kowitz will attend University of Washington in the fall with hopes of walking on to their Division I football team.

## Kowitz to walk on at UW

by Kelly Lamble  
and Alex Sclavos

Many students were surprised when the football team advanced to the CCS semifinals this year. It has long been assumed that Saratoga's football team is, and always will be, sub-par. The boys proved their doubters wrong.

The team's success was largely due to talented seniors, including defensive end Zach Kowitz. Kowitz is now one of a few seniors looking to extend his high school career into a college one.

Kowitz will be attending the University of Washington next fall, where he hopes to walk on to the school's Division I football team.

"I'm excited about attending Washington," said Kowitz, "and of course a little nervous about [making] the team because a lot of kids from across the nation have also put in a lot of hard work, but all I can do is my best and hope it is enough to play."

To prepare for tryouts, Kowitz will continue training throughout the summer so

he is in top shape by mid-August. He will spend hours in the gym, trying to increase his strength and reach peak performance in time for the fateful tryouts.

"It will be tough to walk on, but I am confident if I can do it," said Kowitz. "I looked at the roster and I'm about the same size as all the defensive ends that are [currently] playing at Washington."

In addition, Kowitz, along with senior linebacker Gabe Essner, will play in the High School All-Star game in July. The game pits the best players from private and public schools in the North Bay and South Bay against each other.

Even if Kowitz's football plans do not work out, he plans to try out for the club lacrosse team, which he is sure he can make.

Playing on the club lacrosse team would be very different and less stressful than trying to make a D1 football team, said Kowitz.

Whether he ends up on the football or lacrosse team, Kowitz will be one of the few Saratoga alumni to participate in a sport at a university notable for its athletics. ♦

## Nicole Sabes runs to UCSB

by Sophia Cooper

Nicole Sabes has been an asset to Saratoga High athletics for the past four years, participating on the varsity softball, soccer, field hockey and track teams.

But with a looming graduation date, the superstar is getting ready to fly away from the Falcon nest and run for University of California Santa Barbara on the school's prestigious track team.

The UCSB track team participates in meets all over the West Coast, most of them in Southern California. Sabes will be running for coach Pete Dolan, currently in his 21st season at UCSB. Making the UCSB track team is an accomplishment as the distance program is ranked second in the Big West Conference.

"Last year, I e-mailed a bunch of [college] coaches my times and said I was interested

in their school," said Sabes. "I got e-mails back from coaches and they asked if I wanted to go for an official visit."

She received a \$500 book scholarship, but is very glad she "just gets to go there and run track."

Sabes will run the 400m and the 800m. She is currently ranked 11th in CCS for the 400m with a time of 59.05 and fourth in the 800m with 2:16.48.

Her training with UCSB's team will start in the summer and continue throughout the school year.

"They want me to train with the cross-country people, [even though] I will be running the 400m and the 800m," said Sabes.

Sabes is looking forward to many aspects of UCSB, but her favorite part will "probably [be] friends and free clothes."

"I went to a visit there and really liked it," said Sabes. "It's around the beach and all the people seemed really nice." ♦



Senior Nicole Sabes, who has consistently anchored both relay teams, will race for UCSB this fall.

## SCOREBOARD

### Baseball

#### 4/22 Santa Clara 4, Saratoga 1

	1	2	3	4	5	6	7
Saratoga	0	0	0	0	1	0	0
Santa Clara	0	0	2	0	1	1	0

Saratoga came up short both in base hits and runs, failing to capitalize on Santa Clara's weak offensive attack of six hits and the Falcons lost 4-1. Pitchers junior Joey Avery and senior Spencer Sutherland combined for seven strong innings and senior Blake Paisley grounded out to a fielder's choice allowing senior Matt Keating to score from third in the fifth inning for the team's lone run.

#### 4/23 Santa Clara 9, Saratoga 1

	1	2	3	4	5	6	7
Saratoga	0	0	0	0	1	0	0
Santa Clara	0	0	0	9	0	0	0

The Falcons dug themselves a hole on April 23 as repeated errors allowed Santa Clara to make nine runs in a disastrous fourth inning. During this inning, the varsity squad committed a total of seven errors ruining junior Christian Biedermen's shutout. The only run scored by Saratoga was a pass ball error in the fifth inning.

Junior Alex Wokas shined in relief with five strikeouts in the last two innings. Saratoga did threaten to score on the top of the seventh inning with base loaded, but back to back strikeouts ended any hope of a rally. The Falcon's league record to that date is three wins and eight losses in league play.

### Softball

#### 4/17 Los Gatos 4, Saratoga 0

The varsity softball team has been having a rough season with a discouraging 4-10 record. The game versus Los Gatos left the girls at no runs for the match, but the girls felt it to be a close match as Los Gatos is in the higher De Anza League, while Saratoga is in El Camino.

Junior shortstop Laura Ruddy thought the game was very fun and competitive because of the rivalry between the two teams. Most of the Saratoga players knew the Los Gatos players because of the teams outside of school that the girls have played on.

"The LG game was really cool because of the rivalry between all the girls," said Ruddy. "I think that [Los Gatos and Saratoga] are really close in skill level, even if they are in a higher division."

#### 4/24 Gunn 9, Saratoga 2

The varsity softball team has been having a rough season with a discouraging 4-10 record. As the team had played Gunn before and won, 10-9, the girls expected it to be a close game. Instead, they got blown out as Gunn stepped up their game and left Saratoga in the dust.

According to Ruddy, none of the girls were hitting well. In the first five innings, Saratoga was unable to score any runs, while Gunn dominated with seven. By the sixth inning Saratoga was finally able to pull in two runs, but it was not enough to take the team to the win.

### Golf

#### 4/22 Saratoga 218, Milpitas 268

Saratoga defeated Milpitas at their home course, the Saratoga Country Club. The victory tied the Falcons with Monta Vista at second in the El Camino division behind Los Gatos with a record of 11 wins and 3 losses for this season.

The Falcons sent the entire team to the SCVAL League Championships at San Juan Oaks. The results, however, could not be published due to publication deadlines.

#### 4/3 Saratoga 172, Lynbrook 199

The Falcons dominated Lynbrook at Deep Cliff Golf Course with flying colors as seniors Stephen Wu and Patrick Chang posted scores of 30 and 34, respectively. Juniors Stephen Hoffman and JB Lee scored 37 and 38 while freshmen Andrew Cho and Kent Paisley brought in scores of 37 and 34.

"I was surprised that the team performed so well after the shaky start the team had on the first hole," said Hoffman. "Half of the team ended up in the hazard to the right of the tight fairway."

#### 4/1 Saratoga 221, Santa Clara 249

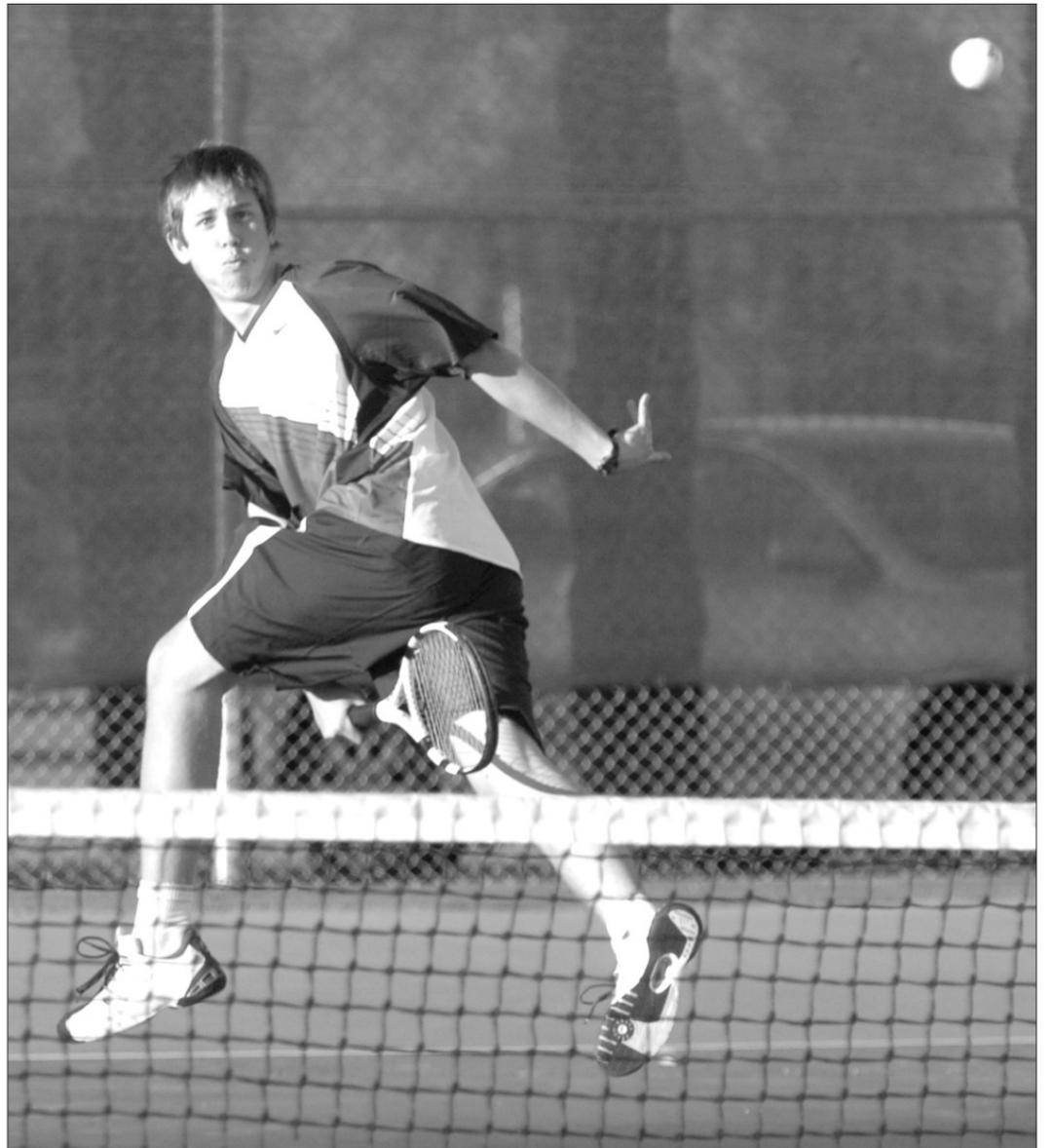
In one of its poorest matches of the year, the Falcons defeated Santa Clara at its home course of Santa Clara Golf and Tennis.

#### 3/31 Los Gatos 195, Saratoga 200, Santa Clara 268

In a three-way match against rival Los Gatos, the Falcons barely lost to the Wildcats by five strokes at Saratoga Country Club. The team had a phenomenal day and scored one of its lowest matches of this season and subsequently defeated Santa Clara by 68 strokes.

—by Patrick Chang, Megan Lee and Guy Quanrud

## BOYS' TENNIS



Pro Image Studios

Sophomore No. 4 singles Eric Gast hits a "tweener" during warm-up before the home match against Palo Alto the week of April 14. The team has a tradition of goofing off before matches as a way of relaxing.

## TENNIS | CCS run starts today

continued from p. 1

than their worst players, so the talent was spread out."

In addition to widespread talent, the team has highly skilled singles players. Freshman Nikhil Jayashankar and sophomores Eric Gast, John Lamble and Michael McGinnis are all nationally ranked in the age groups they compete in. Thus, the singles players could be expected to win most of their matches, taking pressure off the doubles players and helping their performances.

Another key factor is the strong chemistry among the players. The team's closeness was easy to see with many of the traditions they carry out, such as "going to church."

"[Church is] a cheer we do to pump ourselves up [before matches]" said senior captain Emerson Lin. "Basically, it started with Abhinav Dev, a veteran on the team who graduated last year. Sameet thought it would be cool if he continued the tradition by leading off the

sermons."

The teammates' support of each other can also be seen on and off the courts during matches.

"Tennis is an individual game, but we're always looking out at the other matches and encouraging our teammates in between our own points," said Ramakrishnan. "On some other teams, people leave [when they finish their own matches], but we stay and cheer on the teammates that are still playing."

In the match against Gunn, Gast was unable to play due to a national tournament in southern California causing the team to shuffle their singles lineup. In addition to making up for a lost player, two players, sophomore Aditya Joshi and Lin, struggled with finger and leg muscle injuries, respectively.

Lamble finished his season undefeated, sailing to another easy win 6-0, 6-1. McGinnis crushed his opponent 6-1, 6-2, while Jayashankar also came through with a win, pulling out a tough match 6-3 in the

third set.

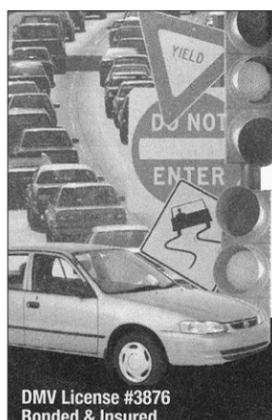
"I think we went into the match feeling a little overconfident," said No. 2 doubles player Andrew Hsieh. "But as we all saw in the Super Bowl as well as our match yesterday, even the greatest can fall sometimes."

With CCS starting today, Joshi believes that the biggest obstacle for the team is playing consistently well match after match.

"The biggest challenge going into CCS would be not choking under pressure like we did against Gunn," said Joshi. "[As for teams,] Sacred Heart, Menlo or Bellarmine would probably be the toughest to beat."

Although coach Bruce Brinkman agrees, he thinks a CCS title is within reach.

"We may end up being the two seed, because Bellarmine is currently undefeated," said Brinkman. "But we have a very strong team and I don't think that it will make a difference as long as we continue to play well." ♦



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SWIMMING



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Junior Alison Norris finishes off her last strokes in the butterfly event at the Paly meet.

# Paly meet ends in loss; league holds new hope

by Guy Quanrud

For many years, the Saratoga and Palo Alto boys' varsity swimming teams have maintained in a small but competitive rivalry. In CCS last year, the Falcons placed second to Palo Alto among public schools.

This year's dual meet showed signs that Saratoga may come out on top of Palo Alto at CCS.

"They dominated in some events like the 50- or 100-yard freestyle, but we surprisingly won many events," said senior Ryan Hinshaw. "All of our club swimmers really stepped it up and I think we really could beat them."

In a huge meet between the two varsity powerhouses on April 22, the Saratoga swimmers swam out to an early lead and battled to a close finish. The Saratoga boys lost 90-86 while the girls lost by 50 points.

In the opening 200-yard medley relay, the varsity girls placed second with senior Hayes Hyde, sophomores Lauren Opatrny, Elizabeth Murray and Megan Nolet swimming the butterfly, backstroke, breaststroke and freestyle, respectively. The boys' relay team, consisting of juniors Ben Hinshaw, Matt Murray, and seniors

Takehiro Kurosawa and R. Hinshaw, pulled away to beat Palo Alto by two seconds.

"It pumps us up when we see our swimmers winning," said sophomore Kevin Rollinson. "It gave confidence that we can beat them."

Following the relays, the boys and girls had mixed results. The Hinshaw brothers scored big in multiple events, with Ben taking first in the 200-yard individual medley IM and 100-yard breaststroke, Ryan winning the 200-yard and 500-yard freestyle events, and freshman Adam Hinshaw placing second in the 500-yard freestyle and third in the 200-yard freestyle. Nolet shined as well, finishing first in the 500-yard freestyle and 100-yard breaststroke. Junior Matt Murray also grabbed the spotlight with firsts in the 100-yard backstroke and the 100-yard butterfly.

In the final event, the 400-yard freestyle relay, both Falcon squads finished off strong with the girls finishing second and the boys taking first by a close two seconds.

"We have a very good chance in leagues," said boys' coach Christian Bonner. "We have a lot of extremely good quality swimmers." ♦

BADMINTON

# Falcons lose 3 close games

## But grab 1st victory against Lynbrook since '05

by Tiffany Tseng  
and Jocelyn Ye

Saratoga lost three consecutive games over the past two weeks against Monta Vista, Wilcox and Gunn, three of the league's strongest teams. All three games were lost by a score of 13-17.

"We were really close when we played Monta Vista and Wilcox," said senior varsity girls' doubles player Laura Lin. "If we had won one more varsity game, we would have come out on top."

Coach Peter Chen introduced a new tactic for the line-up of the players for all three games, using a new line-up for each opponent.

Against the Matadors, his strategy was to concentrate more heavily on doubles' and mixed doubles'. Although it was a good idea, the opposing team was strong, and the team fell short and lost more games than was anticipated.

"We were hoping to surprise Monta Vista, Gunn and Wilcox with our new line-up," said senior varsity boys' doubles player Andrew Shyu. "Unfortunately, a lot of their players had improved over the season, which we were not expecting."

Another disadvantage during the two most recent away games against

Monta Vista and Wilcox was that players had trouble getting accustomed to the different gyms of the two schools. The environment played a big part in the outcome of the games.

"It was hard to see the birdie at Monta Vista and the nets at Wilcox were higher than the ones we were used to practicing with," said Lin. "We lost easy points."

The match against Gunn was also a loss. The line-up was changed at the last minute as a result of injuries and absences of several key players on the varsity team.

Despite the many losses, the Falcons managed to pull through with a victory over Lynbrook on April

10, an accomplishment that has not been achieved for three years. This seemed to make up for the losses that the team had suffered previously.

"It felt great to beat Lynbrook, since they are well known for being a really good team," said Shyu. "We went into the game with a strong mindset, and that helped us pull through when the game got tough."

The Falcons played Homestead and Lynbrook this week, but because of printing deadlines, scores were not available for print this issue.

League finals and CCS Championships for badminton will be played later this month. ♦

**"We were really close when we played against Monta Vista and Wilcox], if we had just won one more varsity game we would have come out on top."**

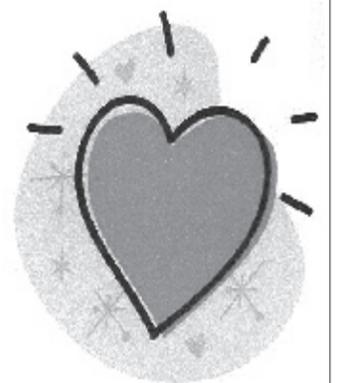
—senior Laura Lin

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## TRACK AND FIELD

## Marshall stands tall in 400m, leads team to finals

by Sophia Cooper

As eight runners approach the starting line for the 400m run, seven hunch down to get in their blocks while one stays upright.

Some may see this as a surefire way to lose, yet senior Mike Marshall is ranked third in CCS in the 400m with an amazing time of 49.48.

"I find that [using blocks] makes me tired and I like to have as much energy as possible to make sure I don't tire out," said Marshall.

According to hurdles coach Allison Burzio, blocks are useful for getting a "stronger push-off at the start," making the arms move faster and the leg turnover quicker. But usage varies upon the individual runner.

"[Blocks are] kind of a hit and miss for people," said Burzio. "It really depends on your style."

And still, not using blocks works well for Marshall. He had a strong fourth place finish at the CCS Top 8 meet at Los Gatos High on April 18 with a time of 50.45. Marshall also anchored in the 4x400m relay with sophomore Trevor Teerlink and juniors Alan Menezes and Kian Banks, which finished ninth at the meet with a time of 3:36.03.

Banks ran in the 800m in 1:58.63, finishing fourth overall. Menezes finished ninth in the 1600m run with a personal record of 4:27.44.

The girls' 4x400m relay team, consisting of seniors Rachel and Nicole Sabes and junior Katie and Claire Marshall, won their race with a time of 4:04.18. The same team ran the 4x100m relay, finishing sixth in 50.64 and running a PR.

N. Sabes also won the 800m with a PR of 2:16.48. R. Sabes finished sixth in the

400m in 1:01.25.

Junior Katie Nast doubled in the CCS Top 8, finishing 13th in the 1600m and ninth in the 3200m with a time of 11:36.26.

The varsity girls' team ran strong at their last league dual meet on April 24, beating the Lynbrook Vikings to have a record of 6-0.

"As we were hoping, and expecting, [the varsity girls] won their 10th meet in a row," said head coach Peter Jordan. "They were consistently strong."

Nast won the 1600m, followed by sophomore Jordan Leonard in third. Junior Katie Gasik finished first in the 100m hurdles and 300m hurdles. R. Sabes won the 400m, followed closely by the Marshall twins.

The varsity boys, however, were not quite as strong overall. They lost to the Vikings, who are ranked first in the league.

"Lynbrook has a really good team this season," said Jordan. "Despite that, we did well in some areas."

The 4x100 team, consisting of Teerlink, Marshall and juniors Michael Guercio and Tim Yen, won handily, starting the meet off on a good note. Their good fortune continued with Banks winning the 1600m and sophomore Nick Olsen finishing fourth.

In the 400m, Teerlink ran hard and finished second. Menezes placed second in the 800m followed by Marshall, who ran the 800m for the first time since middle school, in third.

"It's a nice way to end the season," said Jordan. "It felt good."

Many varsity, JV and frosh-soph athletes competed at League finals this past week on Monday and Wednesday, but *The Falcon* could not print results due to printing deadlines. ♦



Sophia Cooper

Senior Mike Marshall runs in the 800m at a home meet vs. Lynbrook on April 24.



Prolmage Studios



Prolmage Studios

Sophomore Baylee Yates has been a key competitor in shot put for the Falcons this season. From left, juniors Tim Yen and Michael Guercio run the 100m dash.

## BOYS' VOLLEYBALL

## Falcons aim for high seed in CCS tournament

by Ketaki Shriram  
and Elizabeth Lee

After a win over Los Gatos on April 2, the Falcons find themselves in second place in the De Anza league and in a good position for CCS, which begins May 6.

Despite several injured players, the team has come out strong in the second half of their season, with better teamwork and more wins.

Although they suffered a disappointing loss in the Charger Classic tournament in mid-April, the SHS team rallied to beat Mountain View the following week and kept their second-place ranking in the league.

Homestead High continues to hold their coveted first-place spot as league matches come to a close today with a final game against Los Gatos.

"Recently we beat Los Gatos in three games, which was really good because we hadn't beat them for a long time until last year," said senior middle hitter Andy Capek. "Last year we won, but this year we just destroyed them."

4/19 Saratoga 3,  
Mountain View 1

In their first game after one week off, the team was unable to pull out an easy win over Mountain View.

Sluggish playing in the first two games barely ensured narrow wins for the Falcons, but they lost the third game 25-19 to Mountain View.

In the final game, SHS seniors Mike Vetrone, Doug Sabella, and Capek dominated the court, making a total of 8 blocks

and 42 kills to lead the Falcons to a 25-22 win.

"We have all been playing for a year together so we know what everyone's tendencies are," said Capek. "We just want to win and go to CCS—it's good drive."

**"We have all been playing for a year together so we know what everyone's tendencies are."**

—senior Andy Capek

4/13 Charger Classic  
Tournament

On April 13, the team attended the Charger Classic tournament at Leland where they played teams from cities as close as

Los Gatos and as far as Fresno.

After wins over the teams from Prospect High School and Placer High School, the Falcons lost to Bullard High School from Fresno, a team that went to the finals of the tournament. After this first disap-

pointing loss, SHS lost 0-2 to reigning tournament champions Bellarmine.

Seniors Sabella and Capek led the team with a total of 38 kills and 6 blocks throughout the weekend tournament.

"We played Bellarmine and lost to them but we beat other teams," said Capek. "When we made it to bracket play, we played a team from Fresno, who was amazing—they won the whole game. It just sucked that we had to play them first because we could have beaten the other teams."

## 4/2 Saratoga 3, Los Gatos 0

The Falcons had their season highlight with their first shutout against Los Gatos.

The Wildcats have traditionally been a prime rival and top team, making this win an especially satisfying victory for the Falcons. ♦