

CLASS!

By, for and about Clark County
high school students



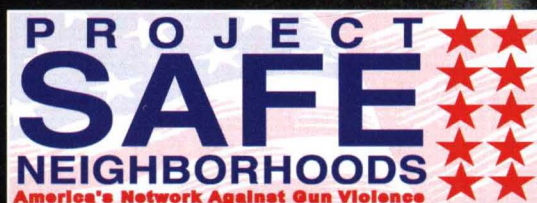
STREET SMART OR DUMB DRIVER:

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BUMPY RIDE?**

**His victims didn't get a second chance.
Why should **he**?**

Use a gun, go to jail.

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You've heard all of the lectures and advice about driving from your parents. You've heard about wearing seatbelts, you've been warned against driving fast, and maybe you've even been threatened with extreme punishment if you're ever caught drinking and driving. If you've already heard it all, then why would CLASS! bother having an issue focused on teenage drivers?

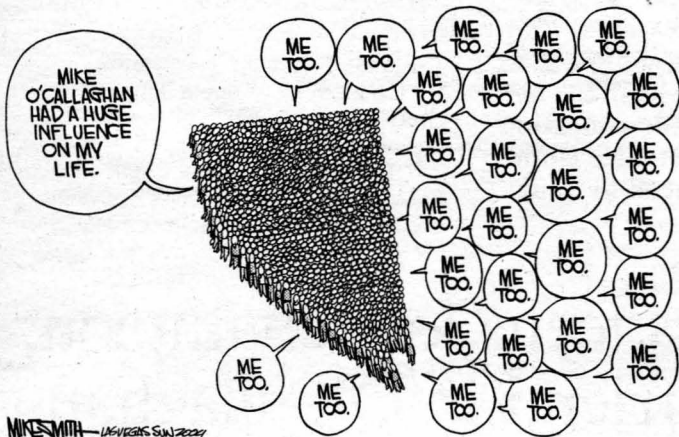
This issue came about because your friends are worried. Thousands of teens out there are worried that their next ride in a car might be their last. They're also worried about all of their peers who believe they're invincible, that a car accident could never happen to them. The writers in this issue are frustrated that after all of the lectures and warnings kids receive about driving, there are still teenagers dying in car accidents across the valley.

In this issue, Alex Boschen from Valley HS makes some excellent points in "Driver's ed class not enough training for teens" on page 9, questioning the amount of education required to receive a license. April Corbin from Las Vegas HS provides a compelling argument in "It's free, it's easy, it saves lives: Buckle up that seat belt!" on page 11. I can't imagine anyone not using his or her seat belt after reading these statistics! Kimberly Orr from Community College HS questions teens' motives for their actions in her article, "Think before you act — it's your life!" on page 13. Her story doesn't just focus on decisions made behind the wheel; it explores the thought process behind many destructive decisions teens are faced with.

So take some time to read what your fellow students are writing this month. And take it to heart. As they say, the life you save might just be your own.

Allie Smith

Allie Smith
Editor/Executive Director



Mike O'Callaghan was a supporter of CLASS! from the start, and he will be sorely missed by our staff. As shown in this editorial cartoon, drawn by Mike Smith from the Las Vegas Sun, we're not alone. (See story on page 4.)

MIKE SMITH - LAS VEGAS SUN 2004

think

TELL THE WORLD
WRITE YOUR VOICE
GET PUBLISHED

Do you have something to say about any of these articles?
Talk back to CLASS! Write a response or introduce an issue on your mind. Tell us how it is by e-mail or letter:

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Local teens had the opportunity to connect with Presidential hopeful John Kerry; plus, learn what made a Nevada's ex-governor's life so meaningful for so many. 4

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Mojave HS seniors Jorge Zozaya, left, and Daniel Vinatieri exaggerate the scenario of a distracted driver and his very worried passenger.



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Presidential candidate Kerry leads student rally at Valley HS

By Chiara Velotta,
Valley HS

Who was that guy who came to Valley High School with all those sheet metal workers? That was John Kerry, Massachusetts' senator and the (presumed) Democratic nominee in the 2004 presidential race.

On the evening of Feb. 13, the gym at Valley was packed full of John Kerry supporters and fans anxious to hear him speak, anxious to catch a glimpse of the popular politician. A mariachi band played while the crowd's anticipation grew and people, young and old, waved their signs, hungry for Kerry.

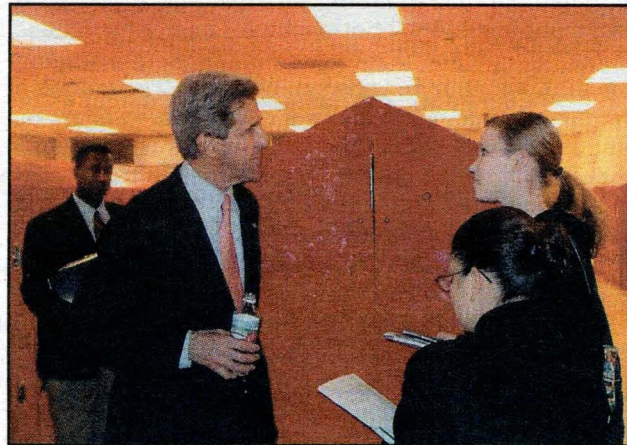
The rally began at 8 p.m. when the Valley High School Madrigal Choir sang the national anthem. Kerry emerged with Valley's High School student body president, Gabriela Baca, and three other politicians, including Nevada Congresswoman Shelley Berkley.

Berkley gave a short speech, which fueled the already fiery crowd. Berkley expressed that she wanted "ABB: Anybody But Bush" in office. Indicating that the way to achieve that is "KBB: Kerry Beats Bush."

Kerry gave such an enthusiastic speech that it spurred a group of Valley students to shout, "Send him [Bush] back to Texas!" In response to the hyped crowd and their "No more Bush" chants, Kerry said "Bring it on ... stand with me, and we will stand up to leave this Earth in better shape for our children."

After the rally, in a private interview, Kerry shared some of his opinions and promises regarding student issues.

"[A young person should vote for me] because, on a whole set of issues that matter to young people, I am in sync with their thinking and their hopes and ideas ... I think there are a host of issues where a lot of young people feel disappointed with the system. I think I've shown over 35 years that I'm willing to fight those fights in a way that gives them



Ariana Quintana, front, and Chiara Velotta talk to Kerry.

Kerry plans to fund these special needs through the National Education Trust Fund, which guarantees every school to be fully funded. The money to ensure this will come

a sense of confidence."

Kerry expressed that he feels that he can put up a good fight on important issues such as global warming, AIDS and the United States' relationship with the world.

Kerry expressed that he would be able to outplay Bush with education funding.

"He [Bush] doesn't have any money," Kerry said about the president's No Child Left Behind Act. "Mine [National Education Trust Fund] will be guaranteed money. He hasn't funded special needs education and he hasn't funded No Child Left Behind. We need to fund both of them."

from an increase in the current investment from \$23.8 billion to \$35 billion by 2008. Students with disabilities will get the best education possible, while not cutting back on other important learning activities.

Kerry is making these promises to ensure a better education for all students. He says he believes that we are the future and having the best education for all students is important.

To learn more about John Kerry, check out his Web site at www.johnkerry.com.

To learn more about President Bush, check out the president's Web site at www.georgewbush.com.

Las Vegas teens lose champion, mentor, friend in O'Callaghan

By Stephanie Espinoza,
Green Valley HS



I wish I could have had the chance to know Mike O'Callaghan.

As many important public figures are to the young, I didn't really know who he was until after he died on March 5, 2004. I started going through newspaper articles about his career and his life, taking notes for this tribute. It took hours and six pages full of notes before I was through.

His accomplishments were amazing, his life inspirational. And judging from the four-page long articles in the Las Vegas Sun and the Las Vegas Review-

Journal, and the multiple articles of homage from columnists and everyday Nevada residents following his death, this man was loved so much. If you've never heard of Governor Mike O'Callaghan, I'm here to tell a little about who he was and what he did for Nevada's young people. His legacy deserves to be learned and remembered.

Born Donal Neil O'Callaghan on Sept. 10, 1927, he took the nickname "Mike" as an amateur boxer, though that was only one of the many jobs he held over his lifetime. He came from modest beginnings, growing up in the Great Depression. At age 16, he joined the Marines. After his discharge in 1948 and graduation from high school, he joined the Air Force as an intelligence spe-

cialist. In 1952, he joined the Army, marking the third branch of the military he had served in. During the Korean War, he lost his leg after he was hit with an 82-milimeter mortar round. But even this didn't stop him from keeping constantly active, though it did prompt him to visit local hospitals for decades afterwards to encourage recent amputees.

His awarding of the Purple Heart, the Bronze Star with a V for valor, the Silver Star and U.S. Air Force Exceptional Service Award for Meritorious Service proved he was a strong and brave fighter physically. But O'Callaghan also became known as the man who fought every day for "the little guy," standing up against injustice and for what is right.

In the 1950s, he began a fight for education, first graduating from the University of Idaho in 1956 and doing postgraduate studies in economics at Georgetown University, Claremont Graduate School, Colorado State and UNLV. He then began teaching history, government and economics at Basic High School. He coached boxing at what is now the Henderson Boys and Girls Club, and served Nevada in a variety of public service positions throughout his life.

In 1971, he was elected governor of Nevada. O'Callaghan is remembered as Nevada's most popular governor, having served from 1971 to 1979. The fact that in his 1974 re-election bid he won 91 percent of the vote in the primary and 67.4 percent in the general election, as well as his impressive record of passed legislation, strongly back up this claim.

He and his administration created the Nevada Division for Aging Services, The Nevada Housing Division, the Nevada Consumer Affairs Division, the State Environmental Commission, the Children's Behavioral Services Center (now the Southern Nevada Child and Adolescence Center), and the Tahoe Regional Planning Agency.

He provided \$300,000 in state funds to support Nevada's rural libraries with three bookmobiles, one of which still runs today. He also supported the Equal Rights Amendment and an equal rights bill on housing. Some of these facts might not mean much to high school students, but it does reveal that his work was varied. He was willing to help people in any situation.



Throughout his life, Gov. Mike O'Callaghan (center) worked with young people on issues important to them.

And his work did not stop there.

O'Callaghan stood up for women and minorities, doubling the percentage of women working in state supervisory and administrative positions and making such appointments as Addeliar Guy, who became the first African-American judge appointed to the district court bench. In fact, some of his most significant work as governor included his work for the racial integration of Nevada neighborhoods. In 1971, the passage of Nevada's first open-housing law made it illegal to discriminate in selling and renting homes.

For those high school students who plan on attending the Community College of Southern Nevada, O'Callaghan is to thank for that. Both the Community College of Southern Nevada and Western Nevada Community College in Carson City were established under O'Callaghan.

For those high school students who have little brothers and sisters who play in O'Callaghan Park in Henderson or go to O'Callaghan Junior high school, Mike O'Callaghan was the name and the man behind those, too. A federal hospital at Nellis Air Force Base and even a regimental rifle range in Korea are named in his honor.

For those high school students who regularly read and write for this magazine, O'Callaghan is an important person to thank for that as well.

After his two terms as governor, O'Callaghan went to work at the Las Vegas Sun, deciding to go into journalism because he liked to write (he had experience writing for the Henderson Home

News and for the Foreign Service Courier). He handwrote his articles, writing his column "One Man's View" for the Henderson Home News for 23 years, along with a column for the Sun for 25 years, using his words to teach and to fight for those in need of help just as much as he did while in office.

In 1981, O'Callaghan bought the Henderson Home News and the Boulder City News and became their publisher. His son Tim and daughter Colleen (out of five children) now serve as publishers of the newspapers. His labors in journalism made a significant impact on the lives of his readers, and later, on CLASS! magazine itself.

"Mike was one of the first people I talked with when we decided to create CLASS! Publications in 1994," says Sari Aizley, one of the founders of CLASS!. "He had been a teacher. He was a natural leader. He could cut through chaos with just a few choice words."

His contributions were numerous and beneficial according to Aizley.

"When CLASS! had its first fundraiser, Mike agreed happily to be our Honorary Chairman. He was very influential. He connected me with people who could be helpful for our project, including some good donors. And he always had time to brainstorm future issues of the publication."

She continued that, "From day one, Mike O'Callaghan was supportive of CLASS!. He talked with me about what he thought high school kids would be interested in reading. He said that we

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Write it to read it

To the editor:

I wanted to respond to the letter "Absurd articles" published in the February issue of CLASS!. Beaugard Bahnam from Silverado writes, "I genuinely hope that the magazine [CLASS!] does not pride itself in its intellectuality or wit because it is read among those I know only for its shock factor."

As a former CLASS! intern, I know that the magazine only publishes what is submitted to it from students and student newspapers. Bahnam's insult is therefore geared at his fellow Clark County high school students rather than at CLASS!. If he would like to see more meaningful, intelligent or hard-hitting articles published, then he should write about an issue he cares about and submit it.

Marlo Starr
Community College HS

No compromise on language

To the editor:

I find your articles written in Spanish ridiculous and degrading. I believe in the equality that our nation was built on, but is compromising and bending to the language barriers of foreign nations applicable to our standards? No, not in my opinion. Anyone is welcome to join this country, but I believe in learning the official language of a country and not making the country mold to the extreme minority. If we compromised everything we stood for, we would eventually set up multiple communication barriers and would eventually not be able to coexist peacefully.

Jason Owen
Foothill HS

Got CLASS!?

To the editor:

I love CLASS! magazine! I think it's a good way for students all over the val-

O'Callaghan

Continued from page 5

could be starting something that would make kids want to read."

Aizley described him as "amazing."

O'Callaghan, an Irish Catholic, died at age 74 of an apparent heart attack while awaiting the start of mass at St. Viator Catholic Church, which he attended every day before work. At his funeral, a seven-member firing squad performed a 21-gun salute while above flew four F-16s from Nellis Air Force Base and a bugler played "Taps."

So much of what O'Callaghan

ley to get their stories read, and they are definitely read! When a new magazine comes out, I immediately pick one up and read it.

The whole sex topic in the February issue was very insightful. I truly believe that teens do not get enough information on sex, STDs or anything related to that. These articles written by teens are great and inspiring to teens around the valley. It's awesome that teens are smart enough to realize some bad points about premarital sex, write about them and hope that student are informed enough to make right decisions. Thank you for the chance to read these kids' articles.

Catie Gegen
Foothill HS

Learning from others' mistakes

To the editor:

According to the article, "Crash kills three, raises questions" [Angela Jupp, February 2004], the tragic deaths of three teens killed in a drunk-driving joyride still leave many teens unaware of what happens while driving under the influence. The "Every 15 Minutes" program could have helped the victims if the Henderson Police Department did not lack the funds to include younger drivers. Our school board should have thought to consider how many other kids do not get to see the program. In fact, schools should start showing high school kids the program as soon as possible. Kids are not learning their lessons, even if their classmates have done it and suffered the consequences.

Maria Garcia
Foothill HS

Makeup masks low self esteem

To the editor:

The article "Looking good doesn't mean looking like someone else" [February 2004] is the most sensible and realistic story I have read in a long time.

did continues to live on. It is clear how he has left his mark on so many diverse aspects of his Nevada home. He did so much for this community, giving and fighting, and just being such a good person. In the tribute articles from various newspapers, adults who knew him are quoted saying how great he was. But it is the students that will be feeling the effects of his accomplishments for years to come. All we can give back to him now is our remembrance of his legacy as we strive to follow the example he set of how one can truly achieve.

Bobby Jerbic's opinion of girls not needing to wear makeup or to diet is very strongly expressed. I love the fact that someone finally came forward and publicly expressed that opinion.

Justin Taylor
Foothill HS

Peace rally

To the editor:

In the February issue of CLASS! magazine, I was greatly touched by the article written by Marlo Starr ["Las Vegas teen visits 'the saddest place in the world'"]. Starr's story of the heart-to-heart peace rally in Jerusalem was the most compelling article I may have ever read. She opened my eyes to the sides of the Middle Eastern issues I never thought or even cared about before. I would love to see more articles with as much depth as this one, and most of all, I would love to see more articles by Marlo Starr. This article has truly changed not only my views, but also a part of my life.

Andrea Tiede
Foothill HS

Unsafe sex

To the editor:

The article "Oral sex fad endangers misinformed teens" by Lori Valiente in the February issue of CLASS! was a fabulous article. It explained the topic very well. Most students need to read this article. They don't realize that oral sex is just as bad and unsafe as regular sex. It is risky to have oral sex and many precautions need to be taken. If you are going to do adult things, you need to make adult decisions and be careful.

Jamie Hopster
Foothill HS

Teen mom-to-be

To the editor:

I agree with your article "Being a teen mom makes you grow up fast" [Tarencia Henderson, February 2004]. I think that when you're a teen mom and go to school, it's really hard. This is the way I see it since I'm pregnant. Most teenage girls think that once they get pregnant, they have to drop out of school, but they're really wrong. There are lots of ways that they can finish school, and as long as they keep in mind that they want to graduate like me, they can and they will.

Liliana Loyola
Foothill HS

Boys under pressure

To the editor:

The idea that all men want sex and not a relationship is not true ["Men don't really want 'just one thing,'" Josh Sedillo, February 2004]. Many men want to be committed and to settle down while some women in relationships aren't ready to stop playing the field. Still, it is simply considered "uncool" for teen boys to admit they are virgins. Why is it that a lot of teen boys lie about having had sex when they are virgins? Many are often peer-pressured into having sex when they had wished to wait until they had

found the right person. Although many teen girls have also been peer-pressured into having sex and many lie about their virgin status, teen boys are much quicker to deny being virgins than teen girls.

Lauren Van Der Veen
Palo Verde HS

Bad message

To the editor:

I do not appreciate the article "Casual sex complicates teen friendships" [Lori Valiente, February 2004]. It is very hard to be a virgin in today's society as it is with sex all around us on TV and in the media. We do not need a high school magazine to openly talk about this controversial subject. This country's morals are continually falling. Thank you for adding to the downfall of society.

Matt Hopster
Foothill HS

Learning the hard way

To the editor:

I agreed with some of the facts Miriam Baughman stated in the article "Beyond the birds and bees: What's wrong with talking about sex?" It is true some teenagers get advice about sex from friends because, in my opinion, the parents are probably never there for their children. Kids these days who have sex at a young age don't really believe they will become pregnant or contract an STD until either one or the other happens. I think only about half the students take seriously what they learn in sex ed class, while the other half think negatively about it. Kids just won't learn.

Angela Scotti
Foothill HS

Teens on trial

To the editor:

I strongly disagree with the article "Teens should not be tried as adults" [Heather Trujillo, February 2004]. If teens think they are responsible enough to do "adult" things, they should pay for it with adult consequences. Why, when something goes wrong and they end up killing someone, shouldn't they be tried as an adult? How is it fair that being an adult is okay when you are doing something illegal or dangerous, but it's not okay when justice needs to be served?

Jessica Wilde
Foothill HS

Just wrong

To the editor:

I agree completely with the article "Teens should not be tried as adults," [Heather Trujillo, February 2004]. The whole article is based on what no one else can say because they are afraid to. What prosecutors were trying to do to Sean Larimer was wrong. They don't understand that he made a mistake, and he will be living with it for the rest of his life. I can understand if he had killed others on purpose, but he didn't, so give him a break and focus more on the people who need to be in jail.

Cassandra Pickering
Foothill HS



Road warriors: Can teens handle driving?

Cars carry too much freedom, too much responsibility for us

By Whitney Hartley,
LV Academy

Becoming a teenager is a milestone in every person's life. Upon reaching the teenage years, there is one thing that stands out as the peak of everything that is good in this world: driving.

Becoming a teenager, turning 16, and earning your permit and driver's license are what every teen looks forward to and every parent dreads. A car means a whole new world — a world of freedom, late nights and more time with friends. For your parents, it means an insurance bill, gas money, and more worry than they can possibly handle. For us teens, all this seems good and fair, but what about the downside of teenage driving?

As one of the main culprits myself, it's not hard to see what happens to teenagers when they are left alone with a full tank of gas and a stack of CDs. The feeling of maturity can sometimes be too much. The ability to drive is a privilege that some of us often take lightly.

It is true; having a car makes life much easier on our parents and us. We no longer need rides to and from school, to after-school activities or to our friends' houses. Running errands becomes much easier, and we are able to help our parents out in many ways.

But for many of us, it's easy to stray. Being a responsible and punctual teenager becomes

waking up at the latest possible time and rushing not to be tardy. All this is followed by leaving school whenever we see fit or ditching completely. The ability to cart yourself to and from an after-school activity becomes staying out all night and pushing the curfew limit. Although it isn't this way for all students, a majority of us can identify with this scenario.

To top it all off, being able to pick and choose when we go and when we leave makes us much more lenient. More than half of us are either always late or always rushing. When we rush, it makes us prone to carelessness. When a teenager with very few years of experience under his or her belt is careless behind the wheel of a vehicle, the results are never good. It is a fact that teenagers have one of the highest crash rates out of any age group. It's not uncommon to hear someone talking about the speeding ticket he or she just received or the accident he or she just got into. When it comes down to it, teenagers are often careless, myself included.

Although the only real solution is to take away our driving privileges completely, it's not something that will happen any time soon. We could wake up a little bit earlier, drive a little bit slower, or pay a little bit more attention, but for most, it isn't likely. Those of us who are responsible enough to put care into driving will no doubt be fine, but for the rest, our parents will always be left to worry.

Teen drivers can be great drivers — with time

By Brady Johnson,
LV Academy

As teenagers, most high school students are passed off as lazy, self-centered, stupid kids who have "a lot of learning to do," according to some parents. Most people find it very easy to generalize all of us together as a generation who "has it so easy" compared to theirs.

Most teens will argue, though, that our bad reputation is undeserved, that a minority spoils it for the rest of us. I can give you one example, however, of a reputation that is more or less rightfully deserved.

Teenagers are, undoubtedly, a major fear that every valley resident copes with every time they step into their cars and head out onto the roads. Most teens will admit it: We stink at driving. As much as we hate to admit it, we don't really know everything, and we're not expert drivers after our half-year of practice.

We may get into an accident or do something really stupid during our first few months as new drivers, but all in all, our experiences as drivers are very necessary parts of our youth.

For years, a person's 16th birthday has marked a significant rite of passage on the way to adulthood. The responsibility of owning, caring for, and using a car has been, and will be for a long time to come, the one moment that a kid will look forward to from childhood.

The experience is a chance to grow. It's a responsibility that helps a person to mature. It's the mark of a new part of life.

For me, it was the mark of my "Brady the Chauffeur" part of life. Not only was I running errands in return for my use of the family car, but also I was responsible for getting my sister to and from wherever she needed to go. Not only would I be the "Designated Driver" for her and her friends to go to the

movies, bowling alleys, people's houses, and whatever other random places they needed to go on the weekends, but I also had to go through the torture of waiting for her to complete her after-school activities, whenever she might have them during the week.

For those of you who have siblings, a lot of the maturity that comes with owning a car spawns from the desire to set a good example. I always tried, although sometimes I failed miserably, to drive well in front of my sister, partially in fear for my life because I would be in the car a lot while she was learning how to drive, and partially in fear for her life because I had vivid memories of her escapades out at the go-kart track by our house.

The day that she first used my ... er ... the family car to practice parallel parking, I almost soiled myself as she peeled out of the driveway — backwards.

Now that she's driving by herself, this time legally, I finally have the car to myself, and I've opened up an entirely new world of responsibility. Now, every time I go out, I'm not trying to set a good impression for my sister, but more importantly, I'm earning my parents' trust.

I'm trusted to keep my car clean. I'm trusted to drive slowly up my street where all of the little kids play. I'm trusted to keep my curfew. I'm trusted to even go out on road trips with my friends.

Every teen will go through this exact same growing process. The experience of owning and using a car is one which will forever be a maturing event for high school students, and this rite of passage, while people might criticize us because of our lack of skill, is something that really is a pivotal life event that everyone goes through on his or her way to adulthood.

Everyone's got to learn sometime, so give us a break, okay?

car talk

DRIVER'S EDGE

GIVING TEENS THE EDGE ON SAFE DRIVING



As part of the Driver's Edge program, Green Valley HS junior Charles Trujillo attempts to walk a straight line wearing intoxication simulation glasses.



By Charles Trujillo, Green Valley HS

One of the best times I have ever had was when I went to Driver's Edge, the defensive driving program for teens, which was held on March 13 at the Las Vegas Motor Speedway.

At first I was skeptical about what we would do, expecting it to be just some boring driving situations. Surprisingly, it was one of the best times I have had when driving.

When I first arrived at Driver's Edge, we had to sign in and take a pretest to find out what we know about driving and basic knowledge of vehicles.

After everyone had finished the test, Jeff Payne, the founder of Driver's Edge, gave a speech about why he created the program. Payne is a professional racecar driver and driving instructor. He has been racing since age 17, and by the time he was 21, he was a competitive driver in Japan and Europe. He has instructed many famous people at his driving school such as Tom Cruise, Emilio Estevez and Charlie Sheen.

Payne created all the driving exercises in Driver's Edge. He told us about how teens are guilty by association of being bad drivers. He said he wants to change that and teach kids how to become better and more confident drivers, how to avoid bad driving situations and how to get out of them if we're ever in bad situations while driving.

After Payne's speech, the class participants headed outside where we were split into two groups. The two groups had different exercises. The first group had to speed up and then slam on the brakes in two different cars, one that had an anti-lock braking system and one that did not, to see the difference. Both of these cars were brand new 2004 Mazdas. The other exercise on that course was to change lanes very quickly and not hit any cones. I was not too lucky in not hitting the cones. It was very fun, and I didn't have to worry about doing any damage to the car.

Thomas Racioppo, a Green Valley High School student who also participated, says, "It was a good experience for me and other young drivers. It helped me with my driving techniques for the future."

Not only were the cars cool, but also the instructors that helped out with the exercises were very helpful on teaching what drivers need to be know, and had a sense of humor while doing it. The six instructors besides Payne included both males and females who were professional drivers, kart-racing champions, helicopter pilots, NASCAR drivers and mountain bikers.

Next was the second exercise, but before starting, I had to put on these weird glasses that make you see as if you are under the influence of alcohol with a blood-alcohol level of 0.1 percent. I found it very hard to walk in a straight line while wearing these glasses.

On the next course we had to learn how to gain control back when the car starts to slide in water. It was the best and most fun of all the exercises. We took off from the starting line, then turned the wheel about a quarter of the way and pulled the emergency brake, sending the car into a skid. It was very fun and a good experience to learn how to get out of that type of driving situation.

I have nothing but good things to say about Driver's Edge and would strongly recommend that every teen go to Drivedge.org and find out when the next class is held. It's fun and free, so who wouldn't want to go out and drive a car that's not yours and that you don't have to worry about wrecking? The worst thing that could happen is you hit a cone.

Driver's Edge helped me gain more confidence in my driving, and I had a great time doing it. Jeff Payne has really put together a terrific program and it works. I think that Driver's Edge should be a required class just like driver's ed to obtain a license.

To register for upcoming Driver's Edge classes, go to www.drivedge.org. The following weekend dates are still available, with new dates added when possible, so check back frequently: May 1 and 2; June 12 and 13; Sept. 18 and 19; Oct. 16 and 17; and Dec. 4 and 5.

Metro video 'wake-up call' for student drivers

By Lori Valiente,
Las Vegas HS



Every hour a teenage driver kills someone.

Some people blame it on age, others on inexperience, but the fact is that it happens everywhere. Teenagers see themselves as invincible because they are young. Yet, the truth lies in all the young people who had a bright future, but whose lives were cut short due to traffic fatalities.

The driving safety video "In the Blink of an Eye" is trying to give teens a wake-up call that is so desperately needed, but the message isn't getting out to those who can relate to it most — students at Las Vegas High School.

"In the Blink of an Eye" was produced by the Las Vegas Metropolitan Police Department after the May 9, 2002 car accident when five girls from Las Vegas High School were driving back to school from lunch.

Driver Ashley Troester, 16, lost control of her 1987 Ford Thunderbird and struck a light pole, sheering the car completely in half. Seventeen-year-old senior Natasha Keeter died instantly and Troester, a Las Vegas High sophomore, died a few days later.

The video includes actual 911-emergency call recordings from witnesses, scenes from the actual accident site and interviews with victims, their families, their friends and on-scene emergency personnel. The video is used as part of the MOTORS (Motor Officers Teaching Teens on Roadway Safety) educational program. Crash survivors Ashley Biersach, Kiley Quinn and Aleisa Valdez have traveled with the program to share their experiences with students.

Ironically, the survivors' classmates at Las Vegas High will not get the chance to see the poignant presentation.

The program has gone to eight other high schools in Clark County and is starting to make its second appearances at some schools. Sergeant Philip George works in the Traffic Problem-Solving Unit at the LVMPD and presents the video at local high schools. He and

other officers try to go to as many schools as possible to educate students about driving safety.

"We've had great success at the schools that we have gone to," George says.

George explains that it's critically important for teens to understand the reality and fall-out of reckless driving, and the video serves as an eye-opener for teens. He also explains that he has tried numerous times to go to Las Vegas High School, asking Principal Patrice Johnson to allow them to give the presentation. Yet the answer is always the same: The topic is too sensitive.

Dr. Johnson was advised not to show the video because of the emotional damage that it could cause students who were so close to the accident.

"I consulted with the district guidance people in charge of counselors, and I was advised at this time that because this incident was so close to our campus, that we wait three to four years before showing it," Johnson says.

Las Vegas student Crystal Jimenez, who witnessed the accident, insists that this program needs to be shown at the school. Jimenez adds that the video won't have the same impact if it isn't shown for four years because no one is going to remember who the accident victims were.

"People are just going to treat it like any other driver's ed movie, and that's not what we want," Jimenez says.

Students clearly seem to be not as close to the accident as their principal fears. Driving away from school every day, there are still kids racing down Sahara Avenue, the same street that the accident occurred on. Cars zoom past the pole where the crash occurred, as if two lives hadn't been lost by doing the same thing.

Since students are no longer getting driver's education in school and rarely get instruction from home, "In the Blink of an Eye" is desperately needed to educate students on driving safety. What students really need is a wake up call. Even Johnson described the video as moving.

"It just ripped at my heart when I watched it," she says.

The power of this video is that it happened two blocks away from the school, with people who still attend the school.

School officials need to stop sugarcoating real life. Protecting students is admirable, but when it comes to teenagers losing their lives over something that could be prevented, it's not beneficial to anyone. How many teenagers need to die before they realize how important a video like this is?

Driver's ed class not enough training for teens

By Alex Boschen,
Valley HS

It's around nine o'clock in the morning when students enter and take their seats in Driver's Education. Tired from last night's homework or late night television, students sit and listen to their teacher talk about the rules of the road. After the lecture, bookwork is assigned to sharpen the teens' knowledge of personal commute. Is this effective?

In order to really learn how to drive, experience is required. Driver's education class is just about written exams: when the chapter is read, then good grades are earned. A more effective way would be to at least block off a section of a parking lot and have mandatory driving lessons required to pass the course.

Traditionally, students just remember a few definitions and take the chapter tests, passing easily with no real, usable knowledge. Anyone can read directions on how to control a vehicle when a tire blows out, but words without action have no value.

Incompetent teenagers grasp the steering wheel eagerly with visions of freedom in their minds. So many young adults forget that driving can be a matter of life or death.

For example, in 2001, 12.2 percent of all Nevada accidents were caused by people ages 16 to 20. Ten percent of those crashes resulted in fatalities.

Besides the ineffectiveness of driver's education courses, there are other contributing factors leading to teen automo-

Students are obviously not learning driving safety at home, and if Las Vegas High School doesn't allow this presentation to be shown, the only way students will learn is through experience, and that's a scary thought.

Editor's note: To view "In the Blink of an Eye," log on to the Metro Web site at: http://www.lvmpd.com/video_audio/blink.htm.

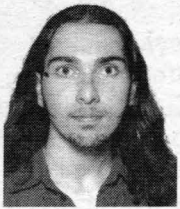
bile accidents.

DriveHomeSafe.com, a Web site dedicated to safe teen driving, lists the following facts:

- Most teens start out driving with limited on-the-road experience.
- Teenagers driving with passengers crash three times as often as teens driving with no passengers.
- Distractions in the car interrupt teen's concentration.
- Without the skill to manage unanticipated road events, teen drivers can get into situations beyond their control.
- Teen driving fatalities related to speeding exceed the fatality rate for older drivers.
- A teenager's likelihood to not wear safety belts also increases his or her risk.

A Green Valley High School sophomore crashed his vehicle recently, which killed three teens. According to the Las Vegas Review-Journal, the boy was driving at 80 mph in a 25 mph zone with a blood alcohol content of 0.19 percent, more than twice the legal limit for adults. This accident could have been prevented, and more realistic education might have helped. Instead of schools merely "teaching" about drunk driving, there are goggles that replicate the vision of drunkenness to give teens a real sense of how impaired alcohol can make a person.

If students realize the risks of dangerous driving firsthand in a closed course, many teens may think twice before drinking and driving.



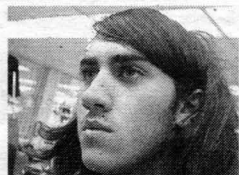
'Do you feel that it is advantageous for a high school student to own a car?'

By Michael Gobaud, LVA



Amanda Merten: "Teenagers with cars are at an advantage because they are independent of their parents."

Wadih Sader: "In Las Vegas, having a car is much easier than taking the bus. Maybe if fewer people bought cars, and started using public transportation, the buses in this city might be more efficient. By the way, America's gross consumption of gas is a main cause of international conflict around the world and a main cause of pollution."



Shannon Anderson: "Having a car enables me to maintain a job. If I didn't have a car, there's no way I'd be able to make it to work on time. However, basically all the money I earn from work gets put back into the car. It's a vicious cycle."

Nichole Ebat: "It's definitely an advantage for teens to own a car. I don't need rides to or from work or school or even to friends' houses. In a way, it's more of an advantage for parents."



Jessica Iannuzzi: "Teenagers drink, drive and kill people."

Brenda Salathe: "I think cars are an advantage to teenagers because if you play sports or are actively involved in school programs, and your parents are not able to pick you up, you have a ride. You also don't have to rely as much on your parents."



Ashley Franta: "Owning a car is an advantage for all teens because they're given adult responsibilities that help them in the real world. On the other hand, gas and insurance prices can be overwhelming."

Nick Poole: "Having a car loads more obligations onto you. You're obligated to parents for insurance costs, unless you have a swanky job. In that case, you're obligated to a bloodthirsty capitalist."



Drunk driving costs make you pay for your mistake

By Austin Wood, Coronado HS

Drunk driving cannot only ruin your life and the lives of the victim and his or her family, but it can also be a very costly mistake in both money and time.

First, there are the fees and fines, which, even if there are no fatalities or accidents, can be in the thousands of dollars. If arrested on a charge of driving under the influence of alcohol, your car might be impounded, which can cost you a hundred dollars a week or more until you retrieve it. Then there is the \$400 to \$2,000 fine for the DUI, if you're convicted. You will have to attend DUI school or substance abuse treatment, depending on the severity of the charge. Minor fees include chemical testing, victim's compensation civil penalties fees, driver's license reinstatement fees, and a new driver's license fee.

With a DUI also comes driver's license suspension or revocation and jail time, which can be anywhere from two days and

up. If you can get out of serving jail time, you will still have to perform at least 96 hours of community service. Your driver's license will be revoked for 90 days, and possibly even longer if you cannot prove you deserve to have it reinstated. Your insurance rates will rise dramatically, if the company insuring you is even still willing to keep you on. In addition, you will be required to have special liability insurance for at least three years after the conviction.

In September 2003, the blood-alcohol level at which one can still legally drive was lowered from 0.10 to 0.08 in Nevada, but this does not affect those under 21. No matter how miniscule your BAC level is, if you are under 21 and test positive for BAC, you probably will be arrested. Unlike searches, you cannot resist a test for DUI. Those who do will be arrested anyway.

So as you can see, as well as the emotional and physical pain, there is also quite a bit of money and time dumped into trying to correct a DUI, which can easily be avoided with the right mindset and decisions.

Driver's ed options fit student needs

By Jennifer Carlton, Chaparral HS



For most people the most exciting part of turning 16 is getting your license and a car! The first chance I had, I spent the six hours in line at the DMV to get my permit. As I am in the process of getting my license, I have some advice that might save you from some of the problems I have faced.

First of all, I would recommend taking driver's education classes early. Getting your driver's education class out of the way first, even before you turn 15 and a half, is beneficial not just because you're getting it out of the way, but more importantly, you're learning. When you do get your permit, you'll have the book knowledge and then get the practice, and you'll be ready.

Finding the best class to fit your needs is easy as there are so many options for driver's ed. I did it through the Clark County School District Distance Education Program. This worked well because I was able to videotape the program in the morning, and watch it as time permitted later in the day. It is also one of the cheaper options at only \$50.

Another option many people choose is online driver's education. These classes range in price from \$50 and up. The benefits are that you can learn at your own pace, and if you don't quite get the information the first time, you can read it again.

Some recreation centers also offer driver's ed programs. These usually cost \$100. With the teacher right there, any questions you have or help you may need can be addressed right away. There are even private organizations such as churches that offer these classes.

There are pros and cons to each option. You just need to decide what is best for you.

It's free, it's easy, it saves lives: Buckle up that seat belt!

By April Corbin, Las Vegas HS

Somebody cares. We've all seen the signs at the exits of parking lots telling us to "Buckle up because somebody cares." But it seems that the wrong people care because teenagers are not wearing their seat belts, and when they get into accidents, they are dying.

The National Highway Traffic Safety Administration reports that one out of every four Americans does not wear a seat belt. They also report that in fatal car accidents, half the people who died could have survived by doing one thing: wearing their seat belts. Many of these fatalities are teenagers.

In the past three years there have been at least three high profile, fatal car accidents involving teens. In May 2002, five girls from Las Vegas High School were involved in a fatal accident when returning back to school after lunch. Two of the five girls died and another had to have her leg amputated. Only one of the girls was wearing her seat belt. In September 2002, a 16-year-old Centennial High School student accidentally

ran his Jeep into a semitrailer, killing himself, injuring his sister and leaving three of his friends hospitalized. Only two of the five people in the car wore a seat belt, neither died. Then in November 2003, two sophomores from Green Valley High School and one from Coronado High School died in a late-night car accident. It was reported that most of the people in the car were not wearing seat belts.

Many times people use excuses for not wearing their seat belts. "I'm not driving that far" is a common one. What people fail to realize is that 80 percent of traffic fatalities happen within 25 miles of the victim's home.

Other excuses come from ignorant teenagers who say that they don't need to wear seat belts because they believe they are the best drivers on the road. First, it doesn't matter whether or not you are the best driver on the road because a bad driver, or a drunk driver, could come out of nowhere and hit you. Second, you're a teenager. Teenagers are statistically one of the worst driving groups on the road. Why do you think our insurance is so high? Teenagers need

to get a clue and buckle up.

We've all heard it's better to be safe than sorry. Yet, there are still many people who don't wear their seat belts. Why? Some claim that they are afraid of being trapped by their seat belts if they get into an accident involving sinking in water or a fire. However, a small percentage of accidents actually involve these aspects and the likelihood of you getting into an accident in which a seat belt could save your life is much higher.

Even for those who fail to believe or care about the statistics, there is one other definite reason why everyone should wear their seat belts: it's the law.

Shouldn't that be reason enough? The fine for not wearing your seat belt in this state while in a moving vehicle is \$25, and although it doesn't seem like a lot, it's more than people should want to pay for not doing something that could potentially save their lives or the lives of their passengers. If anything, the fine should be raised to at least \$75, as is the case in Oregon. Ignorance and stupidity need to be fined. There is simply no reason not to wear your seat belt.

According to the Nevada Office of Traffic Safety, seat belt usage among Nevada residents has risen. The last statistics, from 1999, show that 79.8 percent of people wear their seat belts and although that number may seem high to some people, you must realize that there are millions of people living in the state and 20.2 percent of those people don't wear seat belts. The statistics really are appalling.

Too often on the news we see accidents, and sometimes they hit close to home. How many more people are going to have to die or get unnecessarily hurt before people wise up and realize they need to wear their seat belts?

Don't wait until you lose someone close to you to shape up. Don't wait until you are rear-ended while waiting at a red light and thrown into your steering wheel. Start now, get smart, shape up, wear your seat belt and demand that everyone in the vehicle does also.

Somebody cares? Everyone should. Everyone should care about his or her safety and everyone should wear his or her seat belt.

On a fall evening in 1998, twenty-one-year-old Matthew Shepard was kidnapped, beaten, and left to die, tied to a fence in the middle of a prairie outside Laramie, Wyoming. He was murdered because he was gay.

This is the story about how the people of Laramie came to terms with this tragic crime...

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Top tips for getting the car of your dreams

By Barbara Kaminsky,
Coronado HS

Finally, the day has come and you are 16! In the state of Nevada, you can drive! You have been dreaming about driving for as long as you can remember, and dreaming about the kind of car you want. You have been eyeing cars since you have been taught what a car was. Of course, instead of getting your parents' run-down, old car, it would be nice if there was a brand new car with a big ribbon waiting for you outside. Can you turn the dream into a reality?

As a teenager, probably the biggest purchase you will make is your car. However, how do you know if it is the "right" car, whether it is affordable, and whether or not you would like to drive it for years? There are many factors to consider, including safety,

reliability and price. There are also other questions: Should you lease or buy? What about insurance rates?

To begin with, if you have ever been to a car dealership, you probably have encountered something like I did. While circling around the dealership trying to find a parking spot, you can see a salesperson excited to run up and greet you. Once you find a spot, you barely have time to turn off your engine as he opens your car door all bubbly to show you around. Because you're young, he anticipates that you know very little about cars and thinks that you are easy prey. What he does not know is that you have already done your homework and educated yourself about buying your first car.

To keep yourself in the driver's seat when buying a car, instead of getting taken for a ride, follow these winning steps:



Is this futuristic Mustang in your future? You may be able to turn your dream car into a reality.

1. Determine what you can financially afford. Make a list and select vehicles that fall within your budget.

Your budget can include new or used vehicles. You can decide whether to outright purchase the car, to finance it with monthly payments, or to lease the car for a certain number of years based on your budget. Included in your budget amount should be the cost of car insurance. Car insurance varies with the kind of car you drive. For example, the cost to insure a 16-year-old girl with a red convertible Mustang is much higher than the cost to insure a Pontiac Grand Am. Also, some insurance companies offer a discount for students who maintain a 3.5 G.P.A.

2. Make a list of the kinds of cars you like.

Write down the pros and cons of things that you would definitely want in your car: color, size, interior functions and options.

3. Search for vehicles through used car publications, car-trader magazines, on the Internet, classified ads, and even through word of mouth.

There is always the concern that while you can save a lot of money by buying a used car, you could also be buying someone else's lemon.

4. Spend time looking online at different Web sites to help you decide what you really want in a car.

Web sites I found helpful were: the Kelley Blue Book Web site on car values at www.kbb.com; www.woman-motorist.com, a site dedicated to educating women about cars; www.rateitall.com, a site that rates vehicle performance; the National Highway Traffic Safety Administration Web site at www.nhtsa.gov; and the Insur-

ance Institute of Highway Safety's site: at www.iihs.org. Make sure to look at safety issues, crash-test results, car-jacking records of various models, prices, options, gas mileage, and insurance. After just a few days or weeks of online research and test drives, you will know exactly what new car best suits you and whether to buy or lease.

5. You have to decide where to buy your vehicle.

Will it be a new car dealer, a used car lot, a private party or another location? You have to agree on the price. You must find out what the going price is for the car. You should have any used vehicle inspected by a qualified mechanic before buying.

6. Narrow your choice to four or five cars, and test-drive them with a parent.

You may be surprised to find that the car you have been dreaming about has blind spots that prevent you from seeing out the back window as well as other pitfalls.

7. At the dealership, when you are ready to buy that dream car, make sure you are comfortable with that salesperson.

You will be talking to him about rates, finance packages, your needs and your parents' concerns. Also important is to make sure you like the dealership. After all, this is where you will be taking your car for maintenance checks for the next few years!

Buying a car is a challenge. Car crashes are the leading cause of death among teenagers, and safety should be top priority. Although style and looks are important, do not lose sight of the practical concerns. Good luck!

Where Kids Get Help...

Fast!

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Harrassed.

Singled out.

Can't have fun.

Full of doubt.

You think there's no one left to trust.

You think there's nowhere to go?

There is.

Welcome to Safe Place.

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Ghetto car makes driving an 'adventure' for new driver

By April Corbin, Las Vegas HS



If the life of a teenager is a game of Monopoly, a driver's license is like owning Boardwalk. It's what every teen wants, needs, to make his or her life complete. The feeling of getting your first car, the knowledge that you can go places without having to rely on public transportation (or, heaven forbid, your parents) — getting your license is supposed to open new doors for people, and give them more possibilities. It is the Holy Grail of most teenagers' lives.

For me, the experience was not exactly what I had imagined it to be inside my head. After taking the oh-so-dreaded driver's license photo (in which one is required to look his or her worst), I was ready to drive all on my own and rule the road. However, I was greeted not by the brand new convertible that was the star of my math-class daydreams; instead, I was met with every teenager's worst nightmare — a ghetto car!

My parents, for a price

cheaper than most people's car stereos, naively bought my car from a family member who was smart enough to get rid of it. Even worse is the fact that they are making me pay them back for the car. I cannot wait until I get to work my butt off to pay for a car that I already hate. Now don't get me wrong or call me spoiled; I am grateful to have a license, let alone a car. I wouldn't have a problem with an ugly car, as long as it ran. The problem here is that my car doesn't really work.

While driving around in this flashy 24-hour town, it is inevitable to see a brand new, shiny, bright SUV rolling down the street with those expensive rims that keep spinning around once the car stops. "It makes it look like the car is still moving!" the owners will boast. Whenever people mention this to me, I like to gloat right back and tell them that I have them all beat — sometimes, my car doesn't like to stop!

My parents say that teenagers do not deserve flashy new cars. Dad says having a "car with character" is beneficial. It builds character: just like pulling teeth, exercising, waking up early and everything else that you don't want to do.

Some people say a car is a

reflection of the owner's personality. I really hope this is only a myth because I've always known I was a slightly squeaky and squeaky person, but my car has made me realize I could be a whole lot worse. On the other hand, it means I am older than I have been led to believe! I can now buy cigarettes and vote!

I suppose having a ghetto, run-down car does have its benefits. After all, people with cars

that always work never have their cars break down and leave them stranded in the middle of a part of the city they're not used to. To make matters worse for me, I don't even have a cell phone for when this sort of things happen. It's not an inconvenience, I tell myself; it's an adventure! One I would never have experienced if my water pump never broke or if my transmission was mounted properly.

Think before you act — it's your life

Tragic car surfing incident could have been prevented

By Kimberley Orr, Community College HS

On Monday, Feb. 6, a Shadow Ridge High School teen thought it would be fun to hop up on the roof of a girlfriend's car and "car surf" in the school's parking lot. I'm sure if she had known that, in a matter of minutes, she would be thrown from the car's hood and would die two days later from her injuries, she would have thought twice about doing it.

This girl was the best friend of a girl I have been close with for years; my friend was also the one driving. To see what she is going through now, possible manslaughter charges and mourning the loss of a friend, makes me wonder how she could have ever done anything so foolish and dangerous. The only answer I have been able to come up with is that she simply wasn't thinking, as is the case with many teens nowadays.

From what I have seen and heard, most teens act without thinking about the later consequences of their actions. Most people don't realize they've made a mistake until they feel the repercussions of what they have done, and by then, it is sometimes too late to fix the mess they've made. From drinking to sex to speeding down the freeway at 90 miles per hour, thoughtless decisions are made every day.

To say the media influence the decisions teenagers make is the easiest way to make sense of things that we do. Sure, it gives us ideas, but that's never the sole reason we do the things we do. Peer pressure and parental examples also help us make our choices. I

have seen the effects of alcohol on people, and that makes me stay away from it because I know the consequences that can come from it.

But then there are those people who see the same effects and choose to ignore them because they think it can't happen to them. Then it happens: They get into the car to drive home after a couple of beers, all the while thinking they will be fine — after all, it's only a mile away — then they ram their car into a telephone pole only 30 seconds from their house, leaving them paralyzed for life. If only they had stopped to think about all the things they have ever heard about drunk driving or everything they had seen for themselves when people drive drunk, they would have saved a lifetime of wondering why they ever did something so dumb.

I believe that we should learn from what we see and hear. I'll admit I get a little carried away on the freeway, going 85 miles per hour even though I know it's against the law and I can probably be killed at any moment doing it. But whenever I hear about someone being killed in a speeding accident, I can honestly say I am more conscious of my speed when out on the road. When I hear one of my friends has become pregnant or had a miscarriage, it definitely makes me wary of sex because I see what they have to go through, and I learn from their experiences.

I know I don't always think things through completely or to the fullest extent, but I believe that I think things through enough to know whether or not I will regret my decision in the morning.

So teens, do your family and friends, and maybe even the world, a favor, and think before you act.

Teens choosing more driver training for safety

By De'Anna Jones, Las Vegas HS

An increasing number of high school students are choosing behind-the-wheel training in order to become safer drivers.

To learn safe driving skills, teens turn to professionals like Kandice Jones, a former DMV driving examiner for seven years and a driver's education teacher for four years. She also regularly appears on the local news for driving segments.

Jones says teen drivers often pick up hazardous driving habits from their parents. Many of her students' bad habits include not stopping completely, driving with one hand and not obeying stop signs.

"The most common distractions are cell phones, radios and talking to friends," she says.

According to Jones, when you get your license, you are a rookie for the first five years. She says that her students improved in many things after training, such as making lane changes, staying alert and stopping completely at stop signs.

"Behind the wheel and driver's ed can be effective for teens because they can be taught proper driving skills since bad habits are learned from family and friends," she says.

Jones adds, "Good driving habits are learned and must be maintained throughout your driving life."

Street racing teens suffer tragedy, regret

*Broken bones, totaled
autos, even death not
worth the "thrill"*

By Amber Keene,
Desert Pines HS

Every second that goes by, the anticipation grows in your body, and adrenaline pumps through your veins. Maybe it is the natural high, the state of ecstasy that you enter, and the pleasure you get when you win. Whatever it may be, it keeps you addicted; it becomes your drug of choice. That is the drive of most street racers.

"My worst driving experience was when I was racing my friend in the desert," confesses Junior*, a Desert Pines High

*Name changed.

School student. "I was going way too fast, being [dumb], hit the curb too sharp and nearly flipped into a ditch. Then I had to call the cops to come find me!"

He finished up by adding, "That was the first time I had ever raced, and the last."

In Junior's case, having a bad first experience led him to give up racing, but for many others, their first experience is an exhilarating one that causes them to become obsessed with racing for life.

Picture revving your car's motor while waiting for the race to begin, and when the flag drops, imagine shifting into high gear and flying around corners to stay in the lead.

"Illegal racing is like Russian roulette; sooner or later someone is going to get killed," remarked a parent of a Desert Pines student.

Recently, that roulette game was played by the cousin of Desert Pines junior Hervey Erives. At the age of 21, Erives' cousin Ricardo had a fatal accident while racing on the freeway. Erives, who has been to street races, thought they were fun, but now thinks that they

are stupid. He says if he could go back in time, he would have tried to get his cousin to do something other than racing that night.

Another car filled with five teenage boys from Coronado and Green Valley High Schools was involved in a lethal car accident last November, with the driver speeding while drunk; two of the boys were fortunate enough to escape death, but the other three were not. Street racers who escape with their lives often end up with broken bones and totaled cars, while others obsessed with speed suffer the ultimate tragedy.

Although street racing seems like a pulse-pounding thrill, it is not the way to go. If you put time and money into your car through adding hydraulics and hundred-dollar rims, or spending thousands on a stereo system, or spending countless hours restoring or altering your engine, then you are risking all of that with every race. Regardless of whether or not you devote yourself to your vehicle, is the rush really worth sustaining lifelong, crippling injuries, or even losing your life?

open mic

Flutterflies

By Brittany Viesca,
Chaparral HS

In this world where self-sufficiency rules
We are still tools
To help one another get by
Goodbye
To our lives, to our life.

I want to be on the outside
Looking in through broken glass
At the distorted images
That reveal themselves in the cracks.

I am waiting for a firefly
To emerge from the grime
Of the city
To teach me to fly
Away from the lights,
Away from the lies.
Into the sunrise,
Into the sky,
Flutter, shake, break, make
Us whole and wholesome
Flutterflies
Goodbye.

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Broken promise: Why teens don't vote



By Kenneth Brown,
Rancho HS

It's a sunny day in February, and Las Vegas Democrats rally

'round their chosen leader, John Kerry. Kerry, who is the only Democratic primary candidate to campaign in Nevada, receives a warm welcome as he prepares to make his mark upon the Nevada Democratic Caucus. This signifies the beginning of another election year.

At the end of the day, I find myself thinking of the next couple of months. In between registering to vote and actually voting, we Americans have to hear the campaign promises of better drug plans, more secure medical programs, lower taxes, higher quality of education, and an all-around better America. This is a time of uncertainty and political turmoil.

In one year, the Class of 2004 is electing the student body president; the next, we're electing the U.S. president. Every four years, another generation of voters comes of age: this year it's mine. As the race for the presidency gains momentum, there are three things that people my age are asking:

1. How are we supposed to believe a word that they say?
2. Does my decision even matter anyway?
3. Why should I vote?

With the poor attempts to mobilize young voters, i.e.: "Rock The Vote" (come on) and "Smack Down Your Vote," have you ever wondered why the turnout for our voting demographic is so low?

If I hear or see another politician try to rap or "bust a move," I'm off the system for life. If candidates really want to reach the youth, they should try not to relate to issues that they don't understand and don't care about. Stick to the issues and whatever you do, don't embarrass yourself by trying to rap (Al Gore).

When talking to teens, the

key is not to talk down to us from a "hip and young" perspective, but from an actual charismatic, fact-based standpoint. We don't want to know about your drunk-driving accident 20 years ago; we just want to know why we should vote and if we do, why we should vote for you. The problem with higher politics is that even though there's more at stake than just something to put on your college transcripts or a popularity contest, the methods of campaigning for a high political office are almost identical to those in your average high school election.

When I see commercials about how George W. Bush is pulling the rug from under the elderly, it reminds me of something you might read about in Tom Perrotta's school politics masterpiece "Election." The compulsive over-achiever Tracy Flick and the good-hearted (yet simple-minded) Paul are almost direct reflections of today's modern candidates.

The smear campaigns get worse every couple of years. This year, President Bush's military service records have been called into question, and all I can say is what a low blow. It seems almost exactly like the rumor mill in your average high school. The same apathetic attitude that we have in high school elections is carried over into actual elections.

One of the definite reasons that teens who are eligible to vote choose not to is because, with all the commercials and scandals, it really is hard to trust anyone. It's not that we don't care, it's just that we just don't like the choices we get. A lot of people didn't like President Clinton, but the two things that no one could take away from him is the fact that he was charismatic and he was easy to relate to. Most of today's candidates lack that everyman quality.

People rank today's politicians second on the list of most untrustworthy professions right behind car salesmen. For some reason, when it comes time to

elect the next president, no one cares, but yet when he's already in office, that's when all the complaints start.

Okay, say that John Kerry does win the Democratic nomination, what exactly do we have ahead of us? Another fiasco in the nature of the Florida scandal that, in the end, resulted in the induction of George W. Bush as our 43rd president? Say Kerry does win; is he really going to do what he says? Popular opinion says maybe. Well, maybe just isn't good enough anymore and if you ask me, I don't think it ever was.

No wonder people don't vote. Why vote and trust a system that most red-blooded Americans no longer believe in? Why? Simple. We have to live with the decisions of others. So if you don't like the decisions of others, vote. But don't complain about what YOU allow. We may not be able to do as much as we like, but the least we can do is use the little bit of freedom that we do have.

In the long run, maybe you are just one number, but if you're not a part of the solution, then you're just a part of the problem or even worse, the landscape.

Schools set up too many obstacles to taking AP classes

By Stephanie Turnbull,
Silverado HS

The process of taking challenging courses can be a little unreasonable.

For example, having to go through testing to take an Honors or Advanced Placement class does not make a whole lot of sense. Suppose the student misses the window of opportunity to take one of these tests? They are then placed in a regular class, even if he or she has an eight or nine stanine test score. In addition, teachers must recommend students for Honors and AP classes. So wouldn't it follow that a high stanine and a teacher recommendation should be adequate for Honors and AP admission?

As the time of choosing classes approaches, "challenge" exams are given. These exams are given to those who are interested in challenging an upcoming class. Nonetheless, if the student does not pass the "challenge" exam with a certain grade, he or she does not get put into the class.

In that case, many students who do not pass the test or who miss it will challenge the courses they want to take through an alternate process. This takes them through see-

ing their counselor, getting forms signed and then receiving the acceptance from the counselor and teacher, as well as the principal.

Once the student gets into the honors program, the school has a form to be signed saying that the student will remain in the class for the whole year; if the course turns out to be too difficult, he or she cannot switch out of it. If the student accepts the "challenge," then finds it is too complex for him or her, the student still has to remain in the class and may have to take the course over again due to a failing grade.

It is understandable that the school has certain standards set for certain reasons though students might not agree with the regulations they are required to follow. Challenging to get into an honors class is a challenge in itself, not to mention participating in the class.

Maybe the process needs to be reevaluated. It seems to require a lot of unnecessary paperwork and is an excellent example of reinventing the wheel.

Students should be encouraged to take Honors and AP classes for the challenge, but the process sets so many obstacles that it has become discouraging.

A night that changed my life

Or, how attending a fancy dinner party whetted my appetite for a career in journalism

By Ryan Foster,
Centennial HS



Ever since I could remember, there were always rules to follow, and a system I could not escape. I had to go to school, I couldn't operate a vehicle without a license, and there's no way around a teacher's "no late work" policy.

Throughout my life, I've managed to abridge these and a number of other restrictions pertaining to myself, but I never thought I could break a rule that would result in long-term positive effects. I never thought I, a non-committal rebel in disguise, would learn so much and be set on what I passionately wanted to do with the rest of my life, a 180-degree turn in perspective, after one night of precocious, curiosity-driven, rule-breaking.

I had been selected, along with two other Centennial High School students from my journalism class, to attend "An Evening with CLASS!" a fundraising event for the high school publication CLASS! on Jan. 10, 2004 at the Four Seasons Hotel Ballroom. The event featured as its guest speaker broadcast journalist Linda Ellerbee, most recently known for her work on Nickelodeon's "Nick News."

We were charged with attend-

ing for purposes of enriching and otherwise entertaining our personal goals of becoming journalists. Quite honestly, I had no desire to be a journalist attending, but that all changed around six in the evening as I climbed the grand stairway inside the foyer, all decked out in a suit, heading toward the ballroom where lively chatter preceded me anxiously, my stomach growling. I had no tie, nor had I brushed nor flossed, but as I informed my mother as she drove frantically to get me there on time, "I am the tie." That confidence shone smug on my face the night through as I, who had never written for CLASS!, felt utterly lost among a multitude of determined, successful young adults, who indeed, the males among them, wore ties.

It wasn't long before I spotted someone I did know, though, the ambitious and journalistically elusive Stephanie Hartman, a Centennial sophomore. She was an intern for CLASS! who submits articles of her own impetus, that is to say, to the bane of so many of her peers, not actually as part of a journalism class. She would be delivering Linda Ellerbee's introductory speech that night, and, understandably so, couldn't wait.

We went through the generalities, sipping and meeting and talking and slurping and accordingly excusing ourselves. I entertained myself with Rachael Sanman and

Brittany Jaarsma, the she-writers earlier mentioned from journalism class. I was in the middle of entertaining them with my various anecdotes when Stephanie politely interrupted and whispered for me to "follow along."

She and other CLASS! interns were scheduled for a closed press conference with Linda, and I, excited as I was at the prospect, failed to properly excuse myself and stalked off with Stephanie to assimilate into the creamy echelon of interns who were steadily progressing toward "a private and secluded room" (quotations mine). I felt like a fox sneaking in a herd of buffalo, a very affluent herd mind, secured solely by the thought that because they were buffalo, they would be none the wiser.

So I mingled with the seven or so other students, casually avoiding the eye of Maureen McDonough, the associate editor of CLASS! Publications, who might find me out. She addressed the interns reminding them to remember what they had prepared and practiced for today, an interview with Linda Ellerbee. The truth was I knew precious little about this woman save that she was the lady with the short hairdo who did "Nick News" on Nickelodeon. What I learned from what was about to follow, among many other things, is that Linda Ellerbee is infinitely more than a hairdo, and, for me and countless others, would set spark to a flaming desire to practice the craft of journalism.

She walked in, briskly. I had imagined a slow, grandiose entry, taking in the self-emulation that the room, for her, was undoubtedly pervaded with. No, the first thing

she did was shake hands with Maureen and everyone else in the room after that. She wasn't selling a book, or a new "get thin-get happy" CD-ROM gimmick. I was confused. I snuck into a press conference, I hadn't been kicked out yet, and it all just felt so wholesome.

The questions started coming; "Did you know what you wanted to be when you grew up?" posed an intern.

"Oh hell no ..." was her reply. I kept on grinning and kept on taking notes. "I wanted to have adventures ... I was always writing things."



It was hard to believe that the woman seated 10 feet before me never worked on a school paper and had no college degree. She had spent two years taking history and English courses at Vanderbilt University.

"[Think of college as] a way to make you a more civilized being ... the purpose of education. Journalism is a narrow major ..." she related. "Take history, political science, languages, art, literature, everything you can."

Linda gave advice on how to be a good journalist saying, "... It's up to you. Don't be cool. Be hungry. Stand out. Eat it up. And do the work." Bit by bit my preconceptions of journalism were crumbling, and my ears couldn't stop drinking.

She was then asked, "Can

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kids make a difference?"

Her reply: "I know you can. I know you can. Citizenship doesn't start when you're 18 ... You can't wait for a bunch of old farts like us."

"I enjoyed the idea that you could take drawings and take words ... and say something with them." Greater and clearer my picture of journalism became.

And as she described how she "got into broadcast journalism totally by accident," I began to realize something: Linda Ellerbee was a rule-breaker too. She had gone through her "hippie" phase in the '60s, though perhaps had not fully outgrown it; had lived in a commune in Alaska in a unique expression of her opinion that the U.S. government was fit to overthrow; and she had always had a personality that poked its way through "the box."

"Girls were expected to pretend not to do well even if they did do

well," she stated. "I had a big mouth even then."

She described her struggles as a young woman who faced opposition because she did indeed talk too much to the wrong people and was very smart. "Neither were seen as attributes."

But Linda didn't dumb up and shut up, despite "the pain of wanting to be something [she] wasn't — popular."

Linda went off to college, married, had two kids, was abandoned by her husband, continued to feed two kids, and embarked on an adventure she would have never realized had she toed the thick line.

Perhaps, to the ignorant eye, Linda Ellerbee's career seemed marred by her eventual clash with breast cancer. She lost her hair and made do. She lost her breasts and kept going. She spoke so eloquently of her bout with cancer, giving no quarter for sympathy, as

none was necessary. Linda was Linda — she needed no cover.

And then it clicked. The entire world of journalism clicked on inside my chest, and I realized that sometimes I won't be meant to win, sometimes I will be expected to go where I am led, and sometimes the only way to get somewhere is to walk the other way.

After the interview I settled back into my own caste among the populous for dinner and piqued the laughter of my fellow tablemates upon noticing my glowing white socks reflecting off my highly polished black shoes. I laughed and ate and met and listened as Linda sat among the entire throng of people who had gathered to see her speak, an ocean of tables chatting (reverently), glasses clinking and knives scraping, and the entire ballroom filled with applause as Stephanie formally introduced Linda.

The night was wonderful; I

met Sharon, a Texas native business entrepreneur out of Stanford, who added, among other equally absorbing guests, to the body and flavor of the experience. And to top it all off, Nina Radetich, in all her radiant beauty, co-emceed the event. Boy, do I love journalism.

Leaving the ballroom, I was in a peculiar state. My mind was racing with long-term plans and ideas and short-term memories of all that had just happened, yet I was relaxed, composed. I strolled away from the din as it died down and the waiters were clearing the tables.

I learned that I wasn't going to get anywhere just by breaking rules. I had to have a focus and allow my energies and competencies to channel through it. Luck has nothing to do with opportunities; luck happens after you go out and take them.

One 'wardrobe malfunction,' and censorship takes over

By Perry Kahale,
Peterson Center

Backlash from the Super Bowl incident is still going strong with censorship of television and now radio. Stemming from the Feb. 1 incident on its half-time show involving Justin Timberlake, Janet Jackson and her now famous body part, officials of CBS are now cracking down on their television lineup and influencing other stations to follow. The incident even put forth a delay for the Grammy Awards, which aired on the same station.

Justin and Janet pleaded total innocence to the fiasco and deemed it a "wardrobe malfunction." Jackson apologized publicly and skipped the Grammy show in respect of the public and CBS. Just recently, Walt Disney World was in the works of erecting a Janet Jackson-inspired Mickey Mouse statue in the park. The statue was pulled, again, due to Janet's incident.

Aside from the Super Bowl incident, there have been others following, like the banishment of Howard Stern's radio show. The owner of Clear Channel, the station that puts out Stern's show, John Hogan, banished the show from six markets, calling it "vulgar, offensive and insulting." This incident is said to have

nothing to do with Stern, but everything to do with Janet Jackson's Super Bowl furor.

MTV is also jumping on the bandwagon with its curfew on music videos like Britney Spears' "Toxic" video. The video shows Britney not totally naked, but covered in diamonds, and involving herself in some provocative behavior. The video is not to be played until after 10 p.m. on video reels that usually run in that time slot.

A local radio station has also had a run-in with censorship issues involving Eamon's song "I Don't Want You Back." The song clearly tells his ex-girlfriend to do something that cannot be clearly stated here because of CCSD censorship. The owners of the local radio station, 98.5 KLUC and Infinity Broadcasting, sent a memo to the morning show warning them that if the song was played, whoever had pushed the button would be fired. Eventually throughout the show, someone did play the song, but nobody was fired in this process.

As you can see, the big nose of censorship has been sniffing out a big part of our media. Some people believe this is violating our First Amendment rights to freedom of speech. Others blame the media for the contribution of negative influences upon teens and children.

Three out of four teens polled say that the media portray it to be normal to participate in sexual activity. Young teens rank entertainment media as the top source of information about sexuality and sexual health, although only half say they have learned some things about pregnancy and birth control from TV shows and movies.

This may strike some as a

double-standard that shows sexuality in a positive light and that it is something you want to participate in; yet, they do not show the reality, which is that many unwanted things can come from sex.

Until a balance is reached, censorship will continue to take away from what some of us would like to watch and what some of us may not want to watch.

Your vote is your voice

By Ashleigh Gutierrez, Clark HS

"I plan to make this country better by ..."

We hear these words every four years when we have the presidential election. Recently, presidential candidate John Kerry made a stop in Las Vegas when we had caucuses and held a rally in the Valley High School gymnasium.

I have never seen so many people crowded into one gym like I did that night. Most of the people in attendance that night were teenagers. The gym was so packed that there was a crowd developing outside of the school, all just to hear what this candidate had to say.

It is obvious that the economy is in trouble partly due to Bush's sudden interest in "weapons of mass destruction" and declaring war on Iraq. But what do teens have to say about this? Silence — all I hear is silence. Yes, we have opinions, but no one chooses to do something about it.

Whether many believe it or not, teens do have voices and we should be heard. Teens should not take a step back because they believe their opinions do not matter. Yes, they do. We are the future, and if you want a better future, then you should do something about it.

If you are 18, or will be by the November elections, then go register to vote. Go out and vote and prove that you care. Remember: One vote can make a difference. Be that one vote.

double talk

Euthanasia: To be or not to be is still the question

Dignity to the end

By Rachael Sanman, Centennial HS



For thousands of years, euthanasia has been, and still is, a highly controversial subject. In 400 B.C., the practice of ending the life of one who is suffering was not referred to as euthanasia. Yet, through the centuries, no matter what it was called, couched in euphemisms or not, euthanasia has always frightened the public.

"Mercy killing" or "dying with dignity" has always been too harsh for society to handle. Any phrase containing the words "killing" or "dying" scared people away from legalizing euthanasia. Today, a patient and his or her family may have to make such a difficult decision, but only if they live in England, the Netherlands, Belgium, or the state of Oregon. In every other state in the United States, euthanasia is not legal. Most say that the ban on mercy killing is part of the United States' commitment to the protection and preservation of all human life. Where does protection end and free will begin?

It has been said since the founding of this country that the people of the United States will have the freedom to do many things, as long as they follow the laws set by the government. When did the government decide at what point in someone's life one is allowed to die? If living is harder than dying, and there is nothing more doctors can do to save a life, euthanasia saves people from unnecessary suffering.

Compassion has been one euphemism used to describe euthanasia, and it's true. Permitting someone who is suffering to leave this life is having compassion for his or her wishes. It is also having sympathy for the

patient's family. Most family members don't want to see a loved one endure any type of pain. Euthanasia should be an option then.

Many people seem to blur the lines between euthanasia and assisted suicide, and even go as far as to confuse what euthanasia actually is. Euthanasia is the intentional killing of a dependent human being. The person undergoing euthanasia is not competent, such as a person in his or her last stages of Alzheimer's disease or cancer. In assisted suicide, the person is terminally ill, but competent. In both cases, the patient must be terminally ill.

"Pulling the plug," or ending artificial life support, is constantly confused with euthanasia. In both cases, the patient is dependent and not competent, but the euthanasia patient can survive without life support, though is in immense pain, and requires a further step to end the suffering.

In 1999, Dr. Jack Kevorkian was sentenced to 10-25 years in prison for injecting Thomas Youk with a lethal injection. This type of euthanasia is called assisted suicide, or, in this case, physician-assisted suicide. Assisted suicide is viewed as unethical, but so is euthanasia to some. Both forms of mercy killing are ways to end suffering.

Either way, euthanasia or assisted suicide, it is kinder to allow someone to die if he or she is terminally ill, especially if the person is going to only live for a few months or even years, but in pain. It should not be the government's decision to determine when someone should die, even if it is against the American belief of protection and preservation of human life.

America is a place nearly guaranteeing free will, and if mercy killing is free will, then let the compassion begin and human suffering end.

While there's life, there's hope

By Ryan Foster, Centennial HS

Euthanasia is a Greek word translated as "easy death." According to the Merriam-Webster Dictionary, it is defined as "the act or practice of killing or permitting the death of hopelessly sick or injured individuals (as persons or domestic animals) in a relatively painless way for reasons of mercy." A lot of people feel euthanasia is "the humane" thing to do. I challenge that position, however, and will show you why after a little bit of Euthanasia History 101.

In the United States there is only one state that legally condones euthanasia: Oregon. In 1994, the Oregon Death With Dignity Act was passed. Five years later, 129 people had legally ended their lives to escape terminal illnesses. Just how did the people vote? The electorate of Oregon was 51 percent in favor and 49 percent against euthanasia. The margin was skinnier than a polecat.

Just what is euthanasia? There are different forms, and we will now discuss the method legalized in Oregon. It's called physician-assisted suicide, which "allows terminally-ill Oregon residents to obtain and use prescriptions from their physicians for self-administered, lethal medications." The Web site Euthanasia.com claims, under the act, ending one's life in accordance with the law does not constitute suicide. It is important to understand that Oregon law specifically prohibits another form called direct euthanasia. This is where a person or physician "directly administers a medication to end another's life."

There are requirements to qualify for PAS. The person must be 18 years of age, an Oregon resident and capable (able to make and communicate health care decisions). Finally,

the person must be "diagnosed with a terminal illness that will lead to death in six months."

There's also more red tape than you could imagine. The patient must make two oral requests separated by 15 days. A written request must be signed in the presence of two witnesses and given to the physician. Tests must be performed to verify terminal illness, potential and the "capability" of the patient. The patient is also informed of alternatives such as "comfort care, hospice care and pain control." Lastly, physicians must report all statistics concerning lethal prescriptions to the Department of Health Services. All right, after all this it would seem nothing should keep a person from "dying with dignity," right? If someone is old enough, mentally stable, and going to die anyway, why not? Here's why.

Many emotions are involved with euthanasia and its various forms. Some people imagine themselves being in intense suffering and are very spirited in their advocacy of self-appointed death. Others are repulsed by the blatant defiance of religious precepts self-appointed death poses. Both have ethics; both are probably decent people. When it comes down to it, whatever your beliefs, they cannot be imposed on everyone, and the Constitution of the United States is the judge and jury.

There are two major arguments for euthanasia. One, to relieve a family of financial burden or emotional strain caused by the patient's illness, not necessarily to end misery or pain. Two, unbearable pain or a terminal illness calls for it. In opposition to being "drugged most of the time, and their remaining time on earth ... a haze." It seems many young people sympathize with this.

Now, think about this constitutionally: does it say anywhere in that wonderful document about someone having the right to kill himself so his family won't have to pay bills? No. And in the whole of our national

text, does it say anywhere that someone can commit self-induced death to end horrible, unimaginable suffering or torture? Nope. Nowhere.

We can argue all millennium about what's "the right thing" to do, or what is humane. Life, liberty and the pursuit of happiness have nothing to do with death. (Note: the pursuit of happiness refers to the acquisition of wealth according to most of our respected history teachers.) Yes, there are arguments against euthanasia in any form. These might include, as stated, religion, or the fact that a cure for the illness may be found. Those are valid but irrelevant. "Just hang on and see what happens" is an ignorant thing to say to a terminally ill patient whose physical and emotional state is disregarded.

"It would depend on the condition that person was in," says Centennial High School student Brooke Robb on the matter.

One might say, "The Constitution isn't perfect," or "Many things have been changed in the Constitution." That's true, but all amendments to the Constitution share one common thread. That is, they improve or otherwise fulfill the "life, liberty and the pursuit of happiness" as stated in the "Declaration of Independence." Slavery, prohibition, voting ages and civil rights for women and minorities demonstrate this point.

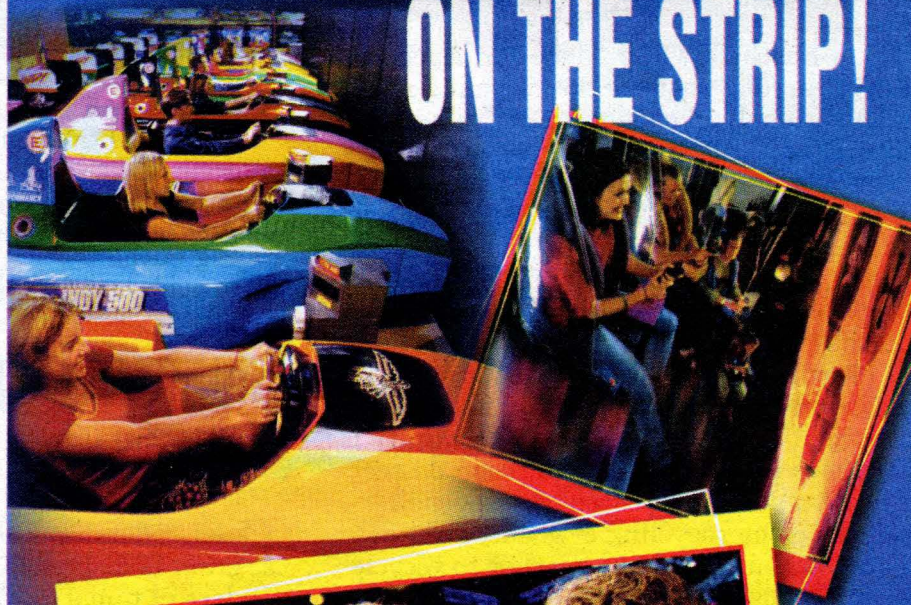
Now, we are faced with a new ideal for liberty. Does lib-

erty extend to the right to end life, the foundation of all that is revered and protected in these United States? To say yes unanimously as a nation would change the face of American democracy. States each have their reserved powers, laws not prohibited in the Constitution or in defiance of federal laws. In effect, there would potentially be 50 states with their own versions of law concerning euthanasia.

You may find yourself in disagreement with many of these laws, whatever state you might reside in. Each state, as Oregon demonstrates, has leeway with making its own laws. Do you want a legislative minority, or even a singly mayoral influence, deciding that a 15-year-old with cancer and two years to live can end her life? Maybe, maybe not. People have to choose their own beliefs and decide if and how they will adhere to them. I call those who do believe in protecting life, however complicated the situation, to do their part to protect it. Whether that is in the form of a letter to a congressman or simply by becoming informed.

We are not a race of quitters; we are not afraid to live. We must not degenerate, must not grow weak; if we are truly human, we will throw away this notion, this abomination to our children and theirs, this disease that must not, will not, penetrate the heart of our good nation, the Constitution.

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Peace Starts In Your Goldfish Bowl

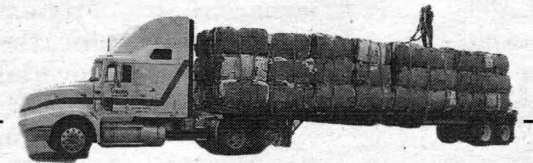
By Brittany Viesca, Chaparral HS

The screen flashes angular handwriting:
"Wouldn't life be nice if we lived in peace?"
Yes.

But the violence, anger
And hate
Are incomprehensible as well as unexplainable.
Love, respect, understanding, tolerance
Starts at home.
Next time you kill your goldfish,
Don't just pull it out of the bowl,
Flush it down the toilet,
Throw it out the window.
Show some love and some respect!
Give it a proper burial,
Give it a little tombstone.

Peace starts in your own country,
In your own state,
In your own city,
In your own house,
In your very own goldfish bowl.
And you can just let me know
When you've got that taken care of,
And then we'll work on the rest of the world.





Celebrate Earth Day, get into recycling

Trash those old attitudes! Learn how recycling makes a real difference in the community

By Katrena Velarde, Peterson Center

As Earth Day approaches on April 22, everyone should take recycling more seriously to save the Earth's natural resources.

People in some communities may not recycle because they may not have the right motivations. Some may feel that recycling is not paying off. They need reassurance that recycling is actually taking place, and they need to know that the items they are recycling are being put to good use.

One problem pertaining to lack of involvement in recycling in our community is that there is little public education on recycling. You don't see people on television promoting the recycling of goods. Families are not encouraging one another to recycle either because they are too busy, or they just don't think it is worth the hassle.

In 1991, Nevada legislators passed a law requiring Nevada counties to be recycling up to 25 percent of their residential and commercial waste by 1995. Out of the 17 counties in the state, none of them met the 1995 goal. In 2000, Nevada was ranked one of the five worst states in America for recycling.

The local government's lack of promoting recycling; and the fact that so much open land is available for use as a potential landfill, reducing the need to recycle; are partly to blame for Nevada's low rate of recycling.

The reality is that recycling is not a conversation that politicians talk about. With thousands of new residents moving to Clark County each month, environmentalists such as UNLV's Tara Pike, creator of the university's Rebel Recycling Program, would like to see recycling programs better promoted.

"People get confused about what they can and cannot recycle," Pike told the Las Vegas Sun. "All these new people who move here don't even know we have a program."

Republic Services of Southern Nevada, Clark County's major sanitation service, provides recycling programs for area residents. The company also distributes recycling information with customer's bills and even occasionally gives plant tours to educate children about recycling.

Some consider recycling just a fad. If it ends up that way, there will never be a true drive for recycling. The big impact that usually drives people to recycle is the

high disposal costs, but since we don't have that problem in Nevada, people don't think recycling is important.

Environmentalists promote recycling because they know that the world has a shrinking, perhaps irreplaceable, supply of natural resources. Like environmentalists, the average person needs to know how recycling helps the community and the Earth.

If we take the time to promote recycling and its benefits as well as the consequences of not recycling, the participation in recycling will dramatically increase in our community.

Program helps teens learn to be tomorrow's leaders

By Ariel Shalin, Silverado HS

The Leadership Las Vegas Youth program is dedicated to developing the "leaders of tomorrow" by giving 44 high school juniors the opportunity to use and strengthen their leadership skills.

LLVY strives to broaden its participants' horizons by acquainting them with processes, programs and challenges that exist within the community; developing individual and group decision-making skills; stimulating their interest in community activities; and encouraging their active participation in local affairs.

This program is not based on academic merit or athletic ability but rather on character and interest in the community, a desire to shape ideas and attitudes in other people, and an interest in improving the community through involvement.

Program components include a number of topics. The semester begins with an "Advance Session," in which leadership styles are tested and discussed with a focus on team building. There are then seven more sessions, which each take a unique approach to working in the local business community.

• "Living in Southern Nevada Day" takes a look at Las Vegas' history, how our beginnings influenced current community culture, and how our community supports culture and area recreation that affect our quality of life.

• "Economy Day" examines Las Vegas' current economy and how it compares to the national economy.

• "Government Day" exposes participants to county, state and federal government.

• "Criminal Justice Day" features key public safety figures who educate the class on the intricacies of the justice system by allowing the students to participate in mock trials or experience actual courtroom trials.

Recycling used products prevents pollution and resource waste by not requiring new resources and extra water and electricity to make brand new products without recycled content. In 2003, the UNLV Rebel Recycling Program recycled more than 300 tons of paper and cardboard. This amount results in:

- 204,680 feet of fir trees saved
- 2,107,000 gallons of water saved
- 18,060 pounds of air pollution prevented
- 903 cubic yards of landfill space not filled
- 1,234,702 kilowatt hours of energy saved

These are the results from just one college campus. Just think of the resources our community could save if more people in Clark County recycled!

• "Health and Human Resources Day" teaches participants about Southern Nevada's health and human service programs.

• "Education Day" has panelists representing institutions of education speak openly about the school system. As a bonus, the students are asked to brainstorm solutions to current issues in the educational system.

• Finally, "Preparing for Your Future Day" explores career choices and business ethics in addition to life values and goals.

Having already completed about half of these sessions, I feel LLVY has broadened my horizons. This program, having taken me into the community and shown me firsthand the foundation on which our city was built, has inspired me to become more involved in my community and has given me a desire to improve my hometown to make Las Vegas the best city it can be.

While this may sound corny, it is the truth, so I encourage everyone to apply to the program to have a similar experience. After actually being a member of such a distinct group, one can demonstrate true leadership and become an ethical leader committed to active community involvement. Where most programs usually include an adviser preaching to the crowd about the specific topic, LLVY allows the individual to be actively involved in the program by encouraging self-expression and community involvement.

Any high school students who are interested in participating in the program during his or her junior year may obtain applications from the Foundation office in the Las Vegas Chamber of Commerce or at their schools' principal's and counselors' offices. The selection process begins in October with a written application and concludes in November with a personal interview.

HOROSCOPE

APRIL FORECAST



Aries (March 21-April 19): There is a surprise in store for you this month, and it won't be any idea you have floating through your head right now. Just enjoy the ride! It feels good to have something to look forward to.



Taurus (April 20-May 20): The person that gives you a small, yet soothing gift is the one you've been searching for. Open up the possibility for this relationship in your mind. You may be shocked as to what is revealed!



Gemini (May 21-June 21): You're normally in search of all kinds of information, but you may currently be flooded with more advice than you are used to. Listen to the different opinions of the situation and make your own decision.



Cancer (June 22-July 22): Reminiscing about the past is always nice, but don't forget that there are good memories to come. Don't get too caught up in a dream.



Leo (July 23-August 22): Have you ever wondered if you may be portraying the wrong idea to an admirer? Stick to what you feel is best for you and don't worry about what your new fan thinks.



Virgo (August 23-September 22): You are so modest, but you know what you need and want in your life. Take the next step, and let that special someone get to know you. They'll never see the humane side of you if you don't let them into your life.



Libra (September 23-October 23): Now that you are out of your slump, it's time to thank all the friends that were still around when you were at your lowest. Go out to the movies or get together for a party. A festive event will put everything back into balance.



Scorpio (October 24-November 21): Don't downplay your intuition. The idea your significant other drafted up needs more planning, especially if you want your family to agree with it.



Sagittarius (November 22-December 21): A little more exercise in your daily routine would greatly aid your body in future sports activities. Take a bit more time out of your day and head to the recreational center for a workout.



Capricorn (December 22-January 19): Your realistic view on life has kept you grounded, which has given you a more clear perspective on things. Use this to your advantage and make a decision about goals you want to accomplish in the near future.



Aquarius (January 20-February 18): You are naturally creative, so why don't you join a club outside of school that shares your interests? It will be pleasing to meet people on the same page as you are.



Pisces (February 19-March 20): Lately, you've been very emotional, even at the slightest disturbance in your life. Take some time to figure out why this is so and what you can do about it.

Student's first novel hits bookstores

Sierra Vista junior Anonuevo's novel details romance, adventures of VAMPIRES

By Sommerly Simser, Sierra Vista HS

While most high school students have trouble completing essays, research papers or just figuring out where commas belong, Sierra Vista High School junior Rechelle Anonuevo has earned the distinction of being Sierra Vista's first published novelist. Her novel, "The Moonlight Serenade," hit bookstores last month.

"The Moonlight Serenade" is a romance story of how a past betrayal hinders a destined love from happening until it's too late.

Anonuevo's love of vampires is displayed in this story when the main character, Reanne, is caught in the middle of the cruel, untruthful world of vampires.

"The book is basically about Reanne falling in love with someone she never thought she would fall in love with," says

Anonuevo. "And just know that not all vampires are evil."

Anonuevo wrote her book in her spare time, which she said is a scarce thing with her busy schedule.

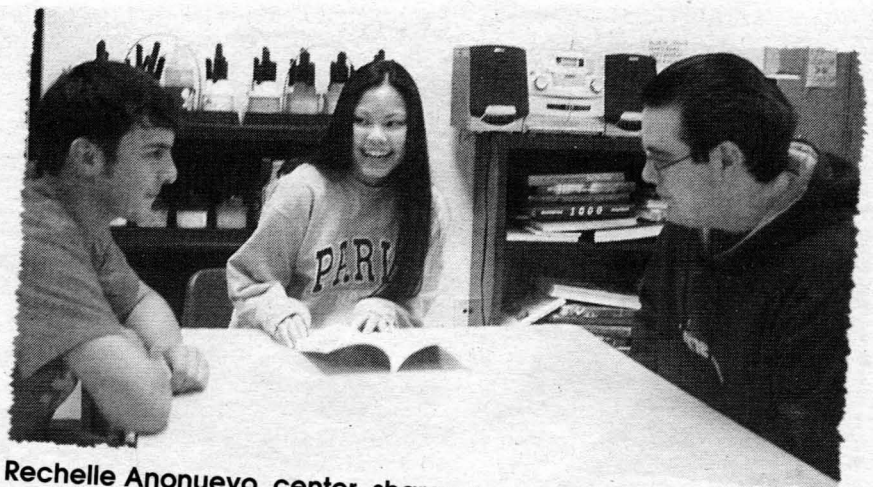
"(But) when you put your mind to something, you can achieve it," says Anonuevo.

According to Anonuevo, writing a story is a frustrating process. The writer must first have a plot in mind and then characters need to be added. When this has been accomplished, the hardest part is taking the idea and putting it into words.

"When the title came to mind, the plot unfolded from there. I pictured the story in my head, and then put it into words," says Anonuevo.

Anonuevo's cousin, who also had a book published by iUniverse, encouraged Anonuevo to publish the novel and helped her cousin with the publishing process.

Sierra Vista senior Jenna Arballo logged onto www.iuniverse.com and looked up "The Moonlight Serenade" and read the first few pages of the book preview.



Rechelle Anonuevo, center, shares a copy of her recently published novel with seniors Ceasear Flores and Matt Blunk.

"The opening of the book grabbed my attention very quickly," says Arballo. "I'm excited to get the book and finish what I've already read."

Anonuevo had kept the knowledge of her book being published to herself, not telling many people about the publication. She said she doesn't want to make a big deal out of having a book published, and she's not doing it for the money or the fame.

"I love writing," says Anonuevo. "It helps pass the time and relieve stress. Most importantly, I just want to share my stories with the world."

Anonuevo's English teacher, Robert Parker, was thrilled when he received word of the book's publication.

"It feels great to know that

she is an accomplished writer and that her writing is professional enough to be published," says Parker. "Rechelle is a model student in class and deserves the success she's achieving."

Anonuevo said she doesn't plan to be a writer full time but hopes to continue sharing her stories with others while still being able to enjoy writing. Anonuevo is currently working on her second book, which is due out next year.

If you are interested in reading "The Moonlight Serenade" by Rechelle S. Anonuevo, you can find a copy at Barnes and Nobles bookstores, or you can order it online at either www.amazon.com or www.iuniverse.com. All profits from the sale of Anonuevo's book will be put toward her college education.

Cameras in the classroom promote safety, infringe privacy

By Jesse Ranon, Las Vegas HS

School safety has become an issue as of late, and many Las Vegas High School students can't help but see any of the 42 security cameras installed on the campus. As a result of the cameras, officials have an easier time surveying the campus without having to be at more than one place at a time.

Certain schools across the U.S. have taken it a step further by installing such cameras in their classrooms. Public school students in Biloxi, Miss. started off the school year with cameras everywhere on campus, classrooms included. Although they don't record sound, the footage can be viewed on the Internet by administrators.

Although the issue is of little importance in the Clark County School District for the time being, the idea of installing security cameras in the classrooms here is getting mixed responses.

"Although they're bad for the classroom, as a parent, I would want to see how my kids are being treated," says Las Vegas High

School teacher Laura Weiss. "But as a teacher, I wouldn't want to be watched because people tend to do things differently when they know they're being watched, and I think it would take away from the learning process."

Esau Mendez, an LVHS junior, says, "I think [the cameras] would be bad because good students could get in trouble for something that someone else did. Plus, it's an invasion of privacy."

Not much is known about the security cameras already installed in the halls at LVHS. Contrary to popular belief, although they're all connected to the security room in the administrative office, there are no individual screens for each camera, but they do catch a lot of things, and they do record throughout the day. They can also zoom to the point where they can get a close-up view of objects in people's pockets.

Officer Nick Fetcho, of the Las Vegas High campus police, says that the cameras catch crimes ranging from possession of narcotics to larceny to battery.

"They even catch kids going across the street to smoke behind the church," says Fetcho. "They're our 'eye in the sky.'" He's all for cameras in the classroom, as it's for the students' safety.

Las Vegas Principal Patrice Johnson is against the idea of having the cameras in classrooms. However, if the district made the decision to put them in, she'd be inclined to support the decision. She says that security cameras are "not a single decision to be made by [a single] building administration." She also says that the cameras may be a good way to catch kids cheating, but as per the safety of the students, the one-to-35 teacher-to-student ratio should make teachers able to keep students under control.

The one thing that Fetcho and Johnson agree on is that the cost of the cameras and installation would be very high. Judging by this limitation, security cameras in the classroom seem far off, even if the school board were to consider it.

For now all we can do is wait and watch, and watch our backs.

Digamos

Tristeza en España

Por Jesús Galindo, Las Vegas HS



Debemos recordar que han ocurrido varios ataques terroristas alrededor del mundo; ataques que solamente han traído desgracias y pérdidas a muchos seres inocentes. Todos nosotros recordamos el ataque terrorista que ocurrió en este país alrededor de dos años y siete meses atrás; una fecha inolvidable que siempre estará en nuestras mentes y corazones: septiembre 11, 2001, en el cual muchas personas perdieron la vida, y también muchos familiares sufrieron esta pérdida que dejó un vacío en sus corazones. Realmente éste fue un ataque que causó tremendo caos en un país donde existe mucha seguridad.

Pues ahora bien, te comento que otro de los países que fue atacado por causa del terrorismo fue España, un país ubicado al oeste de Europa que imagino muchos de ustedes han de conocer o al menos han escuchado algo acerca de él. Este triste ataque terrorista tomó lugar el 11 de marzo del presente año en la capital española, Madrid.

Este ataque ha sido el mayor atentado que ha sufrido España en la historia. Fue un trágico ataque

que se llevó a cabo en las estaciones del tren, iniciándose a las 7:30 a.m., hora en que los jóvenes van a la escuela y el resto de la población va directo a su trabajo. Imagínate qué triste es saber que vas rumbo a la escuela y te enfrentas con algo tan trágico. Es algo realmente difícil de creer.

Se dice que diez bombas explotaron en tres diferentes estaciones. En la estación central de "Atocha" explotaron siete bombas, una bomba en la estación "Santa Eugenia" y dos bombas en la estación "Pozo del Tío Raimundo." Este atentado puso muy triste al pueblo español al saber que hubo alrededor de 190 muertes y más de 1,400 heridos. Es difícil imaginar que por culpa de estos terroristas, han muerto tantos seres inocentes que ese día, como cualquier otro, iban rumbo un destino al cual nunca llegaron. Es un horror saber que existen asesinos que quieren cobrar su resentimiento con personas inocentes. Se señala como responsables del atentado al grupo español ETA, pero también se cree que pudiera haber sido la red terrorista Al Qaeda.

Entre las 190 víctimas, hubo muertes de muchos latinoamericanos quienes residían en España. Algunos de ellos inmigrantes, cuyas familias después de haber perdido a ese ser querido y por decisión del gobierno



Uno de los trenes destruidos por la explosión de una bomba en Madrid.

español, recibieron su residencia. Muchos de ellos venían de países como México, Perú, Colombia, Ecuador y más. Los españoles hicieron varias marchas para protestar por las víctimas de los

atentados, y en contra de los responsables de las muertes ocasionadas. Lo más conmovedor de todo esto es que es la unión de este maravilloso pueblo español, no termina. Los españoles continúan haciendo ceremonias en conmemoración a todas las víctimas. Es muy triste saber que este día quedará marcado en los corazones de todos los españoles y de muchos latinoamericanos.

Ritchie Valens: un icono Latino

Por Daisy Sosa Ramírez, Horizon HS



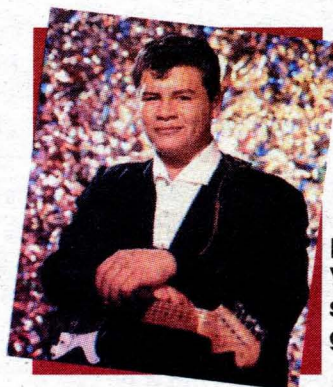
Tal vez alguna vez en tu vida has escuchado la canción "La Bamba." Esa canción fue de un joven mexicano-americano de 16 años que vivió en los años 50; su nombre era Ritchie Valens. Tal vez no puedas ver nada latino es su nombre y eso fue porque su director musical le cambió su nombre. Ritchie Valens nació Ricardo Valenzuela, el 13 de mayo de 1941 en Paicoma, cerca de Los Angeles, Calif. Desde chico le encantaba tocar la guitarra. A los 12 años, Ritchie ya había escrito muchas canciones que fueron inspiraciones de la música latina.

A sus 16 años, Bob Keane, su director, descubrió su talento como cantante y le dio un contrato con "Del-Fi Records." Su primer álbum vendió más de 750,000 copias. Con este éxito se hizo famoso y se convirtió en un líder para los

jóvenes de la nación. En 1958, la canción que le escribió a su novia, Donna Ludwig, titulada "Dona" fue todo un éxito. Pero en realidad la canción que más le dio popularidad fue "La Bamba." Antes de que se le pusiera el ritmo de rock, "La Bamba," había sido una canción muy popular con su ritmo mexicano original.

Desdichadamente, Ritchie murió a los 17 años el tres de febrero de 1959 en un accidente aéreo. Junto a él, también murieron tres personas más, incluyendo a Buddy Holly y J.P.

Vea página 27



Ritchie Valens y su guitarra.

No se olviden . . .

(aquellos que participaron y los que no participaron también)

. . . el próximo mes tendremos a:

ilos GANADORES del concurso de poesía!

Presidente Bush planea distribuir permisos temporales de trabajo

Por Yesenia Peña,
Mojave HS

El pasado miércoles, 7 de enero, el presidente Bush propuso un plan para distribuir permisos de trabajo a millones de inmigrantes ilegales que residen y trabajan en los Estados Unidos. Este plan podría aportar un punto más a su favor en las próximas elecciones, ganando más votos hispanos.

El programa estará abierto a todos los trabajadores indocumentados del país. Las personas que califiquen y puedan mostrar que tienen un trabajo, o al menos una oferta de trabajo, podrán obtener un permiso de trabajo por tres años con posibilidad de renovación por cierto período de tiempo, todavía

no especificado.

El nuevo "programa de trabajo temporal" permitirá que aproximadamente ocho millones de inmigrantes ilegales puedan aplicar. Algunos de los cambios en la política de inmigración ofrecidos por el presidente Bush son:

- Las personas que deseen aplicar deben estar viviendo en el país y deben pagar una matrícula y demostrar que están trabajando en el momento. Los que todavía estén viviendo en sus países natales no tendrán que pagar la matrícula, pero deberán tener una oferta de trabajo.

- La empresa o persona que ofrezca el trabajo debe mostrar que los ciudadanos

Es un hecho: la mayoría de empleados de cualquier construcción, son hispanos.



estadounidenses no quieren el trabajo.

- Los empleados temporales recibirán los mismos beneficios y seguros que los ciudadanos estadounidenses reciben.

- Los empleados deben de volver a sus países de origen cuando se les termine el contrato.

- Las personas que dependan del aspirante podrán permanecer en el país, si el susodicho puede probar que puede mantener a su familia.

- Los aspirantes pueden viajar libre y constantemente de los Estados Unidos a sus países de origen y viceversa.

La población hispana en el Condado de Clark fue de 302,000 según el censo del año 2000, el 22 por ciento de la población total. Pero estos números pueden ser subestimados ya que éstos no incluyen inmigrantes ilegales que viven y trabajan en el condado.

"Trabajo en la construcción y la mayoría de empleados son hispanos que trabajan por poco dinero para tratar de sostener a sus familias," dice Cesar Campos, un empleado de 25 años.

Cerca del 25 por ciento de los 7,000 empleados de la unión de carpinteros en el Sur de Nevada son hispanos.

"La verdad es que esta propuesta ayudará a mucha gente a obtener mejores trabajos," dice Campos.

Un reporte de la Universidad de Nevada, Las Vegas, encontró que los salarios e ingresos de la población hispana son generalmente menos que el promedio de los del Condado de Clark.

Los empleados hispanos

ganan un promedio anual de \$23,495 en construcción y minería, comparados con el promedio del resto de la industria que es de \$40,618. Aquellos que trabajan en hoteles obtienen un promedio de \$19,462, comparados con \$34,037.

La familia vale mucho

Respetar a nuestros padres no es cosa del pasado

Por Celeste Pérez, Las Vegas HS

Si no fuera por mis padres, hoy en día no estaría en este lugar estudiando y aprovechando las oportunidades que este país me ha brindado. Muchos jóvenes hoy en día piensan que tenerle respeto a sus padres es cosa del pasado, pero no se dan cuenta que los padres son el sostén de sus sueños y de sus metas diarias. Ellos son el reflejo de las acciones que hacemos diariamente en la vida cotidiana.

Cuando mi familia decidió venirse a los Estados Unidos, yo estaba muy contenta; sabía que acá podría progresar como mujer y como profesional. Pero cuando llegué a este país y entré a la escuela, me di cuenta que los adolescentes actuaban muy diferente a los adolescentes de mi país. Traté de buscar la manera de descubrir el por qué y lo primero que se me vino a la mente fue: la familia.

Algunos padres no toman

conciencia que así como este país te da la oportunidad de trabajar las 24 horas del día, también están los hijos y la familia de por medio, que son los que el día de mañana ocuparán su lugar. Lamentablemente cuando estos padres no prestan atención a sus hijos ni a sus acciones, es ahí cuando la comunicación se quiebra y lleva a estos adolescentes a hacer cosas que los afectan. La comunicación es la clave para una buena crianza.

Por eso, cuando vi lo que estaba sucediendo en las escuelas, me di cuenta que era inmensamente rica: no económicamente, pero sí moralmente. Estoy orgullosa de llevar mis valores bien puestos y de saber que tengo dos padres que lo sacrificaron todo para que yo no cayera en esas pequeñas trampas que la vida pone enfrente de nuestras narices, especialmente a los adolescentes.

Esta opinión no es para que los padres dejen de trabajar y se dediquen de lleno a sus hijos; simplemente es para que tomen conciencia que la familia es el valor más grande que uno puede tener. Ojalá muchos no se den cuenta del error demasiado tarde y no dejen escapar esta ventaja. Aprovechemos esta gran oportunidad y sepamos agradecerle a Dios por nuestra familia.



Richie Valens

Continuación de la página 23

"Big Bopper" Richardson, quienes también fueron grandes artistas en ese tiempo. A pesar de haber vivido 12 meses como estrella, Ritchie Valens hizo más de lo que muchos artistas modernos no han podido lograr en años. Muchos creían que Ritchie iba a llegar a ser el Elvis Presley latino.

Otra de sus famosas canciones es "Come on, Let's go." Personalmente, la música de la década de los años 50 y 60 me encanta. Aquí en Las Vegas existe una estación de radio que toca este tipo de música: la 93.1. Una amiga me introdujo a esta música y gracias a ella, empecé a escuchar la música de Ritchie Valens.

Tal vez pensarás que escuchar la música que tus abuelos algún día escucharon es demasiado vieja. Será vieja y todo lo que quieras, pero tiene tanta historia que hoy la hace muy importante. Ritchie Valens logró ubicarse en el "Salón de la Fama" del Rock 'n' Roll; fue el primer latino que logró fama en los Estados Unidos. Con ese triunfo le abrió el camino a muchos artistas latinos que hoy en día tratan de alcanzar fama en el mercado anglosajón.

La discriminación es una historia sin fin

Por Joanmair Rubio, Vo-Tech HS

El diccionario define la palabra discriminación como el acto de hacer y reconocer diferencias y distinciones entre las personas. Hay quienes tratan a alguien como un ser inferior por diferentes motivos. El prejuicio es el acto donde una persona forma una opinión sobre alguien o algo sin verdaderamente conocer a profundidad a esa persona o a esa cosa. Según los libros de historia, la discriminación ha estado presente desde los principios de la humanidad.

En este país fue alrededor de los años 60, cuando varios grupos lucharon por la igualdad de trato en aspectos como la vida diaria y la vida social. Para muchos, la discriminación es pensar y hablar del pasado. Y aunque no sea de la misma forma, la discriminación todavía existe en nuestra sociedad: en nuestro sistema educativo y en nuestra vida diaria y social.

Donde más se puede ver la discriminación es en nuestras escuelas, ante nuestros ojos. Se entiende que la administración del condado escolar tiene parámetros y reglas que seguir en relación con la raza. Es decir, el condado tiene que contratar cierta cantidad de maestros de alguna raza en particular. Para informarte un poco, nuestra escuela tiene dos maestros hispanos y un maestro de raza afro-americana y esto, es a simple vista.

Hace dos años, un periodista del periódico "Las Vegas Review Journal," escribió un artículo sobre el Distrito Escolar del Condado de Clark y la cantidad de hispanos que viven en él. Lo que escribió sobre los hispanos armó todo un escándalo. El periodista, de apellido Ward, dijo que la mayoría de los hispanos no sabían leer y que la otra parte no asistía a la escuela sin saber que en realidad la mayoría de los estudiantes que se están graduando son hispanos.

Además de nuestras escuelas, la discriminación se encuentra en nuestra vida diaria y en nuestras actividades sociales. Durante nuestra juventud, nosotros mismos escogemos a nuestros amigos y a nuestros conocidos por diferentes razones. Por ejemplo, muchos de los grupos de estudiantes que hay en nuestra escuela son basados en la raza a la que la persona pertenece o en los gustos que tienen en común una persona con la otra. Es decir, los hispanos en un grupo, los jugadores de baloncesto en otro, y así sucesivamente. En mi opinión, no debe de ser así. Aunque todos lo hacemos, incluyéndome a mí, esto no significa que sea lo correcto. Debemos escoger a nuestras amistades por los aspectos que nos caracterizan, como ser buena persona o ser respetuoso, y no por tu dinero o apariencia, y menos como va el dicho, "Dime con quién andas y te diré quién eres."

En general, la discriminación no es solo algo del pasado; es algo de ayer, de hoy y de mañana. La constitución de los Estados Unidos de América establece que no se discriminará a nada ni a nadie por razones de raza, sexo, religión o color. Sin embargo, hay personas que hacen lo contrario para luego encontrarse en serios aprietos legales. Este tema no es típico solamente en nuestras escuelas, sino también en nuestra vida diaria; al fin y al cabo todos tenemos algo que decir.

LEYENDAS DEL MES

Poetas

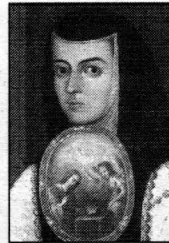
Aunque estos tres grandes de la poesía ya no están con nosotros, sus palabras hicieron historia en la literatura latinoamericana. Y, ¿es que quién no se ha enamorado con la poesía?



Borges

Jorge Luis Borges nació el 24 de agosto de 1899 en Buenos Aires, Argentina. Tenía apenas seis años cuando le dijo a su padre que quería ser escritor. Debido a problemas familiares se mudan un tiempo a Ginebra, Francia. Cuando Borges regresa a Argentina, empieza a escribir poemas sobre su país y luego lo titula "Fervor de Buenos Aires (1923)." Entre 1925 y 1955 se transforma en uno de los más brillantes y polémicos escritores de nuestra América. En 1961 es otorgado el premio "Formentor" por el Congreso Inter-nacional de Editores.

Otros de los múltiples premios que recibió durante su carrera fue el título de "Commendatore" por el gobierno italiano y el premio Cervantes por el gobierno español. Su carrera está llena de cuentos, ensayos y poesías, tales como "La Rosa Profunda," e "Historia de la Noche." A los 77 años muere en Francia, el 14 de junio.



Cruz

Sor Juana Inés de la Cruz nació en México el 12 de noviembre de 1648. Se registró en su bautismo como "hija de la Iglesia," es decir, ilegítima porque sus padres nunca se casaron. Ella se crió con su abuelo materno. A los ocho años escribió su primer loa eucarística y aprendió latín en solo veinte lecciones. Sor Juana entró el convento de San Jerónimo en 1668, donde se hizo portera segunda, secretaria y contadora. Durante los siguientes 20 años, Sor Juana pasó el tiempo escribiendo poesías, loas, ensayos, novelas y comedias.

Esta se consideró una de las mujeres más notables de su tiempo y llegó a tener una biblioteca de más de 4,000 volúmenes, la cual se consideró la biblioteca más rica de toda América Latina. Sor Juana Inés dedica el resto de su vida a cuidar a las monjas enfermas y muere en el año 1695.



Neruda

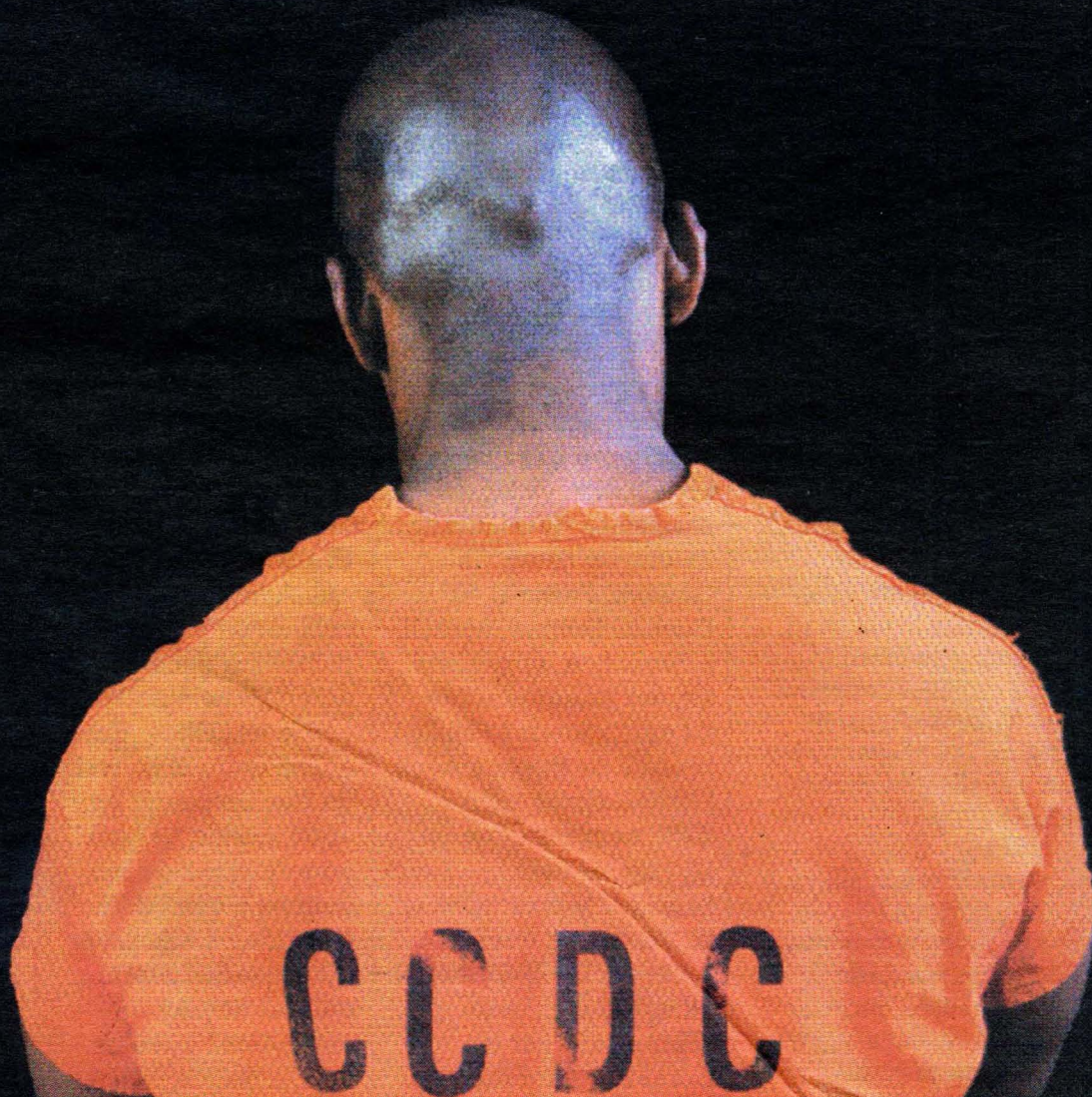
Pablo Neruda nació en Parral, Chile en el año 1904, pero su verdadero nombre era Neptalí Ricardo Reyes. En 1906 la familia se traslada a Temuco donde su padre se casa por segunda vez. Ahí, después de sus estudios elementales publica sus primeros poemas en el periódico regional "La Mañana." Se radica en Santiago de Chile en 1921 y estudia pedagogía en francés en la Universidad de Chile, donde obtiene el primer premio de la fiesta de la primavera con el poema "La Canción de Fiesta."

Al año siguiente aparece en Editorial Nacimiento sus veinte poemas de amor y una canción desesperada, en el que todavía se nota una influencia del modernismo. En octubre de 1971 recibe el Premio Nóbel de Literatura. Neruda muere en Santiago el 23 de septiembre de 1973. Se publican sus memorias en 1974, con el título "Confieso que he Vivido."

Yo tenía una vida

antes de tomar la de alguien más.

Use una pistola, ira a la carcel.



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La importancia de los exámenes de graduación

Por José Galindo, Las Vegas HS



Para que puedas llegar a graduarte y recibir un diploma de "high school," necesitas aprobar tres exámenes muy importantes. Estos son exámenes de conocimiento los cuales incluyen matemáticas, lectura y escritura. Desde que la mayoría de los estudiantes ingresan al décimo grado se les presenta la oportunidad de tomar estos exámenes por primera vez, y a partir de ahí, muchos se dan cuenta lo fácil o difícil que éstos pueden ser.

Cuando recibí la noticia de que había pasado el examen de lectura me sentí realmente muy feliz. Sin embargo, sabía que tenía la responsabilidad de prepararme para aprobar los exámenes de matemáticas y escritura, lo cual inicié ingresando a clases especialmente diseñadas para ayudar a los estudiantes que necesitan asistencia para aprobarlos.

En la clase de matemáticas me ofrecieron un libro llamado "Passing the Nevada High School Proficiency Exam." Este libro me ayudó a recordar varios y pequeños detalles enlazados con las matemáticas que había olvidado al pasar de los años. Hay que tener en cuenta que estos pequeños detalles pueden cambiar de gran manera nuestro futuro. Creo que este libro realmente te ayuda a recordar todo lo que has aprendido, pero si no lo has aprendido todavía, con este libro lo aprenderás.

La mayoría de los alumnos creen que el examen de matemáticas es el más difícil. En mi opinión, digo que con algo de esfuerzo, dedicación y tiempo al

momento de tomar el examen, lograrás tener éxito. El examen consiste en 75 preguntas y necesitas 291 puntos para aprobarlo, así que no te apresures y aprovecha tu valioso tiempo analizando cada cuestión. Muchas de estas preguntas necesitan que las leas cuidadosamente y te des cuenta que es lo que realmente te están preguntado.

Otro de los detalles importantes que influye demasiado al momento de aprobar los exámenes puede ser los maestros que proveen la ayuda necesaria. Ellos por lo general siempre nos están brindando el apoyo que tanto necesitamos, porque muchos de ellos tienen la paciencia y la dedicación para enseñarnos y así ver cada detalle

que está incluido dentro de los exámenes. Muchas veces estos detalles pueden ser tan diminutos que no tenemos la capacidad de notarlos. Es por esa razón que los maestros nos enseñan a encontrarlos. En

mi caso, fui muy afortunado al tener a Ms. Leone, una maestra de lectura de Las Vegas High School, puesto que es una persona dedicada a la enseñanza y más que nada, a analizar la lectura a fondo. Además, ella es una persona que por su experiencia nos enseña a comprender que tan valiosa y significativa puede ser la lectura en nuestra vida, no solo durante el examen.

Finalmente, te recomiendo que estés al tanto de las fechas en las que se llevarán a cabo los exámenes. El último examen fue distribuido el día 30 de marzo. Espero que tu hayas sido uno de los afortunados que aprobaron los exámenes. También, te recomiendo que visites a tu consejero escolar y le preguntes por las fechas que se acercan. Y cuando estés allí de visita, no olvides pedir información acerca de tus créditos. Tanto los créditos como los exámenes de graduación son necesarios para llegar a ese gran día, el día de tu graduación. Por último, si todavía no has pasado tus exámenes, te deseo la mejor de las suertes, ¡y sigue adelante!

"...estos detalles pueden cambiar de gran manera el futuro."

Más jóvenes envueltos en accidentes por carreras de autos



Por Amber Keene, Desert Pines HS

Cada segundo que pasa, tu cuerpo busca más emociones fuertes y la adrenalina se mete en tus venas. Esto puede que sea el estado de éxtasis en el que entras o el simple placer que se siente al ganar. Sea lo que sea, te vuelve adicto; se convierte en tu droga favorita. Eso es lo que les pasa a la mayoría de chicos que compiten en carreras de autos en las calles.

"La peor experiencia que he tenido fue cuando estaba manejando mi auto a grandes velocidades, compitiendo con un amigo en el desierto. Yo iba a mil, como un tonto, voltee en la curva demasiado rápido y fui a dar a una zanja. ¡Luego tuve que llamar a la policía para que me encontrara!" se confiesa un estudiante de la escuela Desert Pines, a quien le llamaremos Júnior.

El terminó diciendo, "Esa fue la primera vez que competí en una carrera... y la última."

En el caso de Júnior, haber tenido una mala experiencia la primera vez que lo intentó, hizo que él rechazara la idea de hacerlo de nuevo. Pero para otros, la primera experiencia es como el aperitivo que causa más ganas de comerse el plato fuerte, en este caso, los obsesiona con las carreras de autos de por vida. Y cabe aclarar que estas carreras de autos en las calles son completamente ilegales.

"Todas estas carreras [de autos] ilegales son como la ruleta rusa; tarde o temprano alguien termina muerto," opinó un familiar de un estudiante de esta escuela.

Recientemente, este juego fue protagonizado por el primo de un estudiante de Desert Pines, Júnior Hervey Erives. Cumpliendo sus 21 años, el primo de Hervey, Ricardo, tuvo un accidente fatal mientras tenía una carrera en la autopista principal. Hervey, quien ha estado presente en muchas competencias de autos entre jóvenes, pensaba que eran divertidas pero ahora piensa que son ridículas y si pudiera regresar el tiempo, hubiera tratado de impedir que su primo compitiera esa noche.

Recientemente, otro carro ocupado por cinco estudiantes de las escuelas Coronado y Green Valley, hizo parte de un trágico accidente, mientras se conducía a una velocidad alarmante y después de que él había ingerido alcohol; dos de los estudiantes tuvieron la suerte de escapar de las garras de la muerte, mientras que los otros tres no. Aquellos que no mueren, usualmente sobreviven con huesos rotos y cicatrices.

Imaginate que mientras compites con otra persona se estalla una de tus llantas. Tu carro empieza a dar vueltas sin poderlo controlar. El carro con el que compites choca contra la cola de tu carro, forzándolo a dar más volteretas mientras se estrella contra un árbol. Durante el impacto, tu cabeza golpea la ventana y quedas inconsciente. Todo por una simple "carrerita," de tu cabeza salen chorros de sangre, tu carro parece un pedazo de lámina en forma de acordeón y nadie sabe si sobrevivirás.

A pesar de que jugar a las "carreritas de autos" puede llegar a ser algo excitante, no es una buena opción. Si eres de aquellos que gastan tiempo y dinero en accesorios para tu carro, como por ejemplo adicionarle cosas como hidráulicos, rines costosos, exuberantes equipos de sonido o simplemente gastar horas y horas mejorando o cambiando el motor, entonces estás poniendo todo eso en riesgo cada vez que compites en la calle.

Sin importar que seas o no seas devoto a tu vehículo, tienes que decidir si por "esa carrera" vale la pena despertar un día con heridas y lesiones graves o hasta perder la vida y no despertar jamás.

Caught up in the smoke

Nevada teens continue to raise smoking rate with easy access

By Meghan Thomas, Desert Pines HS

The smell of tobacco swept over me with my first step into the smoke shop. I could never imagine taking this adventure every day. As I got closer to the register, I felt like my stomach was doing flips. Either I was nervous, or the smell was just nauseating.

The cashier greeted me with a grunt and something you might call a smile, with his yellow teeth and all. Trying to sound like I knew what I was talking about, I asked for "Marlboro Lights in a box, please."

As the cashier walked to retrieve my "smokes," I looked down to see the "We Card for Tobacco Products" sign. Although I am 18, I doubt a stranger can tell, and I thought he would definitely ask for my ID. The cigarettes were dropped on the counter in front of me. "\$4.36," the cashier spit out.

As I walked out, the fresh air never felt so good. "That was way too easy," I thought.

The Nevada law says anyone under the age of 18 cannot legally purchase tobacco products. However, a study done in Carson City shows that Nevada's teenagers are able to illegally buy cigarettes 35 percent of the time. As I walked into six smoke shops and gas stations, I was only asked to show my ID three times, or 50 percent of the time.

Why isn't this law taken seriously by tobacco vendors? Could the reason be that the punishment for breaking this law is a puny \$100 fine? Did the clerks I purchased my tobacco from have some sort of psychic powers and know I was 18 years old, or is the 35-percent number a little low?

All over the country, steps have been taken to stop teens

from being able to buy tobacco products. Just under 10 years ago, teens were able to buy cigarettes three out of every five tries. Currently the national average has dropped to one out of every five tries. Although the national average has dropped since stricter laws have been enforced, researchers at the University of California, San Francisco state that in some cities, teenage smoking rates have increased. Our fabulous city of Las Vegas sits on top of this list, with our teen smoking increasing by 12 percent in the past five years, according to the study.

Professor Spelding, a youth tobacco researcher at UCSF, says that because of these facts, "overnight miracles cannot be expected in a state like Nevada."

Does this offend anyone else? What is so bad about Nevada teens that they do not hold us to the same standards as the rest of the nation? The high teen smoking rates might go hand-in-hand with the fact that Nevada also has the highest adult smoking rate in the entire nation. Aren't we supposed to learn from our elders? Instead we are being deemed hopeless based on the fact that 36 percent of adults in Nevada smoke.

Our school is not an exception to the high smoking rate. One anonymous Desert Pines High School smoker says, "I have been smoking for three years. I think it relieves my stress. I don't know, it just feels good."

If a 16-year-old cannot buy cigarettes, how does Desert Pines' "smokers' corner" continue to flourish?

"My parents buy my cigarettes for me, but even if they didn't, I would just get my friends to get them. Or I know places where people younger than me just walk in and no one cards them," says the smoker. "Seriously, anyone could get cigarettes if they really wanted them."

Obviously, the Nevada teens who smoke are not going

to wake up one morning and no longer feel the urge to chop years off their lives by reaching for a cigarette. At least 25 percent of the time, teens can walk into a store and buy cigarettes as easily as if they were buying a pack of gum. Even if every cashier in America would never sell tobacco to a teen, there would still be a "smokers' corner" at schools because, as the Desert Pines' smoker says, most teens do not buy cigarettes for themselves; they find some way to get them.

The bottom line is that teens will find a way to buy cigarettes if they want to. The only way to stop teen smoking is to make teens not want cigarettes. The need for cigarettes must be diminished before our generation bumps the Nevada

adult smoking rates up even more.

Educating students on the dangers of tobacco is the most effective weapon in destroying teen smoking. No one is born addicted to tobacco, so if children are taught that smoking is a dangerous and disgusting habit, teens would not smoke. Knowledge is power and children must have knowledge. One out of every five deaths in the United States is due to tobacco-related illness, which means one out of every five deaths is caused by a choice. Education programs and campaigns are increasing, but easy availability of tobacco continues to escalate the problem.

All in all, stopping teen smoking begins with us — teens.

Smoking endangers nonsmokers

By Jessica Fryman, Liberty HS

Everyone has been told the effects of cigarette smoking countless times; it's beginning to be a broken record. But the question remains; why do people smoke, especially when the negative effects are so clear?

The negative effects from firsthand smoke are extremely high in number. Smoking causes cancer and heart diseases, which are the leading causes of death in the United States.

Secondhand smoke is also harmful, but parents and society expose children to it every day. In their own homes, more than 15 million children are exposed to secondhand smoke. Children who are regularly exposed to secondhand smoke are at much greater risks. It has been proven that children who live with smoking parents have approximately twice as many respiratory infections. Each year about 280 children die due to respiratory infections caused by secondhand smoke. The consequences of smoking affect everyone. But society seems to be blind, constantly shielding their eyes from the facts. The fact is secondhand smoke is killing us.

Liberty High School sophomore Megan Lundwall agrees: "From being exposed to secondhand smoke it makes it harder for me to breathe when playing a sport."

The age at which people start smoking is getting younger and younger. Statistics show that 4.5 million kids under the age of 18 smoke in the United States. Teens with smoking parents are more likely to begin smoking themselves. After inhaling their parent's secondhand smoke for years, kids become unknowingly addicted.

Teens, as well as anyone, need to recognize the effects that result from smoking. For every eight people who die from tobacco each year, one nonsmoker dies as well. This accumulates to about 65,000 nonsmokers' deaths every year. Smokers are not only killing themselves, but are also endangering the rest of society too. Teens need to take a stand to protect themselves from secondhand smoke, and resist endangering others by their own smoke.

Teens today are tomorrow's future. By smoking, we are harming our own future.

Iwould eat an apple and throw it up because it had too many calories. Life was nothing; food was everything.”

Jessicka*, a sophomore at Las Vegas Academy, told about her past experiences about being an anorexic. There are students with eating disorders who are going through what she has overcome within the school even though other students are oblivious to it. Some seek help while in high school, and some keep it a secret.

Jessicka, who had decided to get help, said that she could not take it anymore.

“I was wasting my life. I couldn’t feel anything, couldn’t think about anything but food,” she says. “My mind was corrupt, and I had lost myself. I had thrown away so much of my life; I couldn’t keep doing that.”

But what do anorexia and bulimia really do to a person? Sure, students hear about it all the time. Few get anything more than the “eating disorders are bad” lessons. Do they learn enough about the dangers that eating disorders pose to themselves and classmates?

In a pamphlet on eating disorders, Harold A. Frost, PhD, says that both anorexia and bulimia are a form of expression for unresolved psychological conflict:

“The psychological conflict an individual is experiencing may be a result of traumatic life experiences such as physical or sexual abuse or any other life experiences that leave the individual feeling flawed and defective.”

In seeking to fix these flaws, individuals find that weight is a solid way to “fix” who they are. A girl named “M” in the article “Pro-anorexia Web sites let girls share tips on dieting” in the Las Vegas Review-Journal says, “I feel very in control, and that’s one of the reasons I like it so much.”

But are victims of eating disorders really in control?

Jessicka explains, “First, one can’t ‘be’ anorexic. It’s not something that is premeditated or planned. The eating disorder sneaks up on you, and you are under its control, not the other way around.”

With anorexia, victims find themselves reducing food intake or even starving them-



Starving for Help

Anorexics wage lonely battle for control

By Beth Taylor, LV Academy

selves to get thin. They might also practice induced vomiting or exercising excessively.

With bulimia, victims are trapped in a cycle of binge eating and purging. This purging includes fasting, induced vomiting, excessive exercise and use of cathartics or diuretics.

“After going eight days without food, food didn’t seem real anymore. I was always sick, tired, and depressed,” says Jessicka. “Nothing made it better. I could feel myself dying. As hard as I tried to eat well, it just wouldn’t work. I went from hating my body to hating myself.”

To add to psychological injury, eating disorders have harmful physical effects such as sore throat, swelling of cheeks, tooth decay, loss of tooth enamel, and gum disease from vomiting. Heart and kidney damage, stomach ruptures, urinary infections and osteoporosis are other complications. Finally, both disorders can lead to death.

So if eating disorders are so bad, then why do victims start or continue being involved with them?

In addition to explaining that her anorexia was not in her control, Jessicka says, “Back then, there were no cons of having an eating disorder. I would be pretty, thin, and above all, empty and void of the one thing I found disgusting: food.”

To add to this state of mind,

victims do not get much motivation to stop when coming upon pro-anorexia Web sites. One site’s homepage says, “Anorexia is an art. And as artists, one requires dedication and passion.”

These sites give those with eating disorders “relief” and “reassurance” about their problem. They see that there are others who have to deal with it and are even encouraged to continue.

One site invites victims to “come here and find the support you need.”

Despite the disclaimers put on sites, these are traps for people suffering from eating disorders. Jessicka advises to “stay off the Internet. The temptation to visit pro-anorexic Web sites is just too strong.”

She also explains other temptations: “The diet ads for programs and miracle diet pills are huge triggers. Cover the mirrors in your house. Use a hand-mirror to do make-up. Throw away the scale.”

In addition to all of the things that lead victims further into their disorder, help itself is hard enough to get, especially in Nevada.

“There are few specialists who treat only eating disorders, and I don’t even think we have an inpatient facility for eating disorders in this state,” Jessicka says. “If you’re not suicidal, your problem pretty much goes ignored. It’s pathetic.”

Are all of the other effects of

eating disorders so unimportant that being suicidal is the only reason for concern? The physical, and even more, the psychological effects must be significant as well.

“There were never any ‘good’ effects, even when I was convinced being anorexic was the greatest thing in the world. The weight I lost was trivial, but I lost who I was almost completely,” says Jessicka. “I couldn’t think about anything else but food every minute of every day.”

Many anorexics do not think they need help because they are at a healthy weight.

“Just because you are at a healthy weight does not mean you don’t have an eating disorder. Eating disorders are purely psychological and merely manifest themselves through food. You don’t have to have lost 15 percent of your original weight to have a problem,” says Jessicka.

So even if victims can admit they have a problem, how can they get the help they need with all the pro-anorexic sites and lack of professional help? And even if they can find help, will it work? Some do not succeed.

“As pessimistic as it sounds, the eating disorder never permanently leaves. To recover, it takes an immense strength and courage,” says Jessicka. “Sometimes I think the recovery process is worse than the eating disorder itself. That’s why it’s so hard to recover.”

How can students prevent this whole situation? How can people steer clear from anorexic or bulimic tendencies? Education.

Students need to learn about eating disorders at a suitable age before it is too late. They need to be shown the causes, the signs and the effects of eating disorders. This way, they will either try to stay away from anorexic or bulimic tendencies or be able to recognize they have a disorder and seek help.

In addition, help needs to be available. Though students have friends, family, teachers, and counselors, they are not trained to help with a situation as serious as an eating disorder. Eating disorders require professional help, and recovery does not take a few weeks or even months; it can take a lifetime.

*Name changed.

Fight the fat in fast food

By Rannah Alcalen,
Palo Verde HS

Burger King and McDonald's, along with many other fast food chains, are a part of a typical American's everyday diet, especially for those between the ages of about 6 and 21 years old. Who could blame them? Burger King has its delectable and juicy Double Whopper with melted cheese, along with their crisp fries that melt in your mouth when you bite into them and one of their large cherry or Coke Ices. *Yum.* Some don't realize, however, how much calories, fat or sodium some of these foods contain. Still sound good?

When ordering from a fast-food restaurant, it is unusual to see the nutrition facts listed next to the appetizing images of the food they sell. Customers are kept in the dark about what they are eating—many don't even know how to read listed nutrition facts.

Here are some ways to read the nutrition facts regarding which menu choices make people put on those extra pounds. Let's

start with calories.

The bigger your body is, the more energy you will need in order to operate. Calories aid in this process, providing the body with a source of energy, but if one eats more calories than needed, he or she will put on some extra weight. A typical Double Whopper with cheese from Burger King, for example, contains about 1,060 calories, which includes the mayonnaise and ketchup added onto your bun. In-N-Out's Double-Double only contains 670 calories, almost *half* that of the Double Whopper!

Fats also supply the body with energy, but like calories, too much fat can contribute to obesity and even some types of cancer and heart disease. It is always important to limit the amount of fat in a diet and replace saturated fats (these are the fats that may give you a plump belly) with monounsaturated fats like olive, peanut and canola oil.

According to the 2002 article "Nutrition in the Fast Lane," nutritionists suggest that total fat intake should be 30 percent or less of

the total calories we eat, while saturated fat intake should make up 10 percent of the total calories.

Jack in the Box's Bacon Ultimate Cheeseburger contains about 1,120 calories and 28 grams of saturated fat (I know what you're thinking ... that used to be my favorite too).

Sodium is added to foods in the form of salt, though some foods may already contain it. Too much sodium can affect blood pressure, which is why someone with high blood pressure might need to eat less and consume more vegetables and greens. As a result, lower sodium means lower blood pressure and fewer problems, especially in the future.

McDonald's Grilled Chicken Caesar Salad without the dressing contains about 820 milligrams of sodium, while Del Taco's Deluxe Chicken Salad contains 2,610 milligrams of sodium in a single serving! That is three times more sodium than that of McDonald's salad.

If you're going to eat out, it's important to know which alternatives to order if you're watching your weight. Being aware of these facts and choosing the right foods to order may be beneficial for a per-

son over time because it can help lower cholesterol, lower blood pressure and help manage blood sugar levels.

Cutting down the fat doesn't mean one has to completely cut down on food. For example, according to McDonalds.com if you "hold the mayonnaise" on a Chicken McGrill Sandwich, you'll trim 100 calories and 11 grams of fat. BurgerKing.com also suggests that if you're cutting back on carbohydrates, you can just order your favorite version of the Whopper Sandwich without the bun. Additionally, the new Fire-grilled Chicken Baguettes each contain only about 5 grams of fat! Customers have a choice between the Santa Fe Chicken, Savory Mustard Chicken and the Smokey BBQ Chicken.

To reduce fat intake, order a side salad with your meal to replace fries and choose a low-fat salad dressing.

Avoiding sugar is also a great way to cut down calories. Drink diet soft drinks or water instead of regular sodas, and use sweetener in your coffee or tea, or drink it plain.

By following these helpful eating tips, you can savor the food from your favorite fast-food joint and still eat healthy!

NEVADA POWER COMPANY

Students of the Month



**Henry Rodriguez, Senior
Western HS**

"Overall, Henry is a well-rounded young man. He has good manners, volunteers anytime, and is a true gentleman!" says Western High School Principal Pearl Morgan. "He is a hardworking student who strives to succeed."

Henry Rodriguez is a great model of student involvement. He is the mayor's representative for the Youth Neighborhood Association Partnership Program. He is also a member of the Western Organization of Hispanics, which serves breakfast at homeless shelters as part of the organization's volunteer work. He also helps special education students get to their busses after school, and was given the senior personality award for "Most Likely to Win a Nobel Peace Prize" in his school's yearbook.

Rodriguez is also on the straight-A honor roll and currently maintains a 3.0 GPA. He is interested in animation and is planning to attend Chapman University after high school.



**Orishea Gelacio, Senior
Jeffrey Academic Center**

"I have found Orishea to be a brilliant young lady with an exceptionally kind and respectful personality," says Jeffrey Academic Center Counselor Mary Vallianos.

Orishea Gelacio likes to be part of the action, and at her school, staying involved is her top priority. As editor of her school's campus newspaper, Gelacio keeps her fellow students informed on the most important current events impacting her high school community. Her research, writing and leadership skills all combine to make her a successful leader for the newspaper staff.

As responsible and reliable as Gelacio has to be in her editor's role, her dependability is even more important in her work as childcare aide in the Jeffrey Childcare Center. Working with babies and toddlers, Gelacio is responsible for taking care of all the children's needs, allowing the teen mothers at Jeffrey to complete their high school education without having to worry about their children.

Gelacio is planning a special graduation celebration in Hawaii with her family before settling down to pursue a degree in communication and public relations at the Community College of Southern Nevada and at UNLV.

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Falling in love, wet feet, rainbows and streams



What I've learned through my experiences with love

By Allison Davies, Basic HS

I remember the first time I fell in love. Maybe I was ready, and maybe I wasn't; maybe I was too young, or maybe not. I'll never really know. But one thing I do know is I did fall in love, and my life hasn't been the same since.

You see, I never wanted to actually fall in love. People always say that every little girl dreams about someday being in love and having one of those expensive and extravagant weddings. Not me. I'd seen other people fall in love, and too many times I witnessed the heartbreaks that usually came with it. While most little girls' Barbies were off wedding Ken in the fantasy world of 5-year-olds, mine were independent and free of love.

I soon became so afraid of love that I made myself believe I could go my whole life, never fall in love, and be perfectly happy. Little did I know that I wouldn't find true happiness until I actually did fall in love.

When I was 5, I moved to a small town in Nebraska. Shortly after moving in, I met a boy. Yep, that's right, a gross, cootie-infested boy who, against my knowledge, in time, would become the best friend I would ever have. We spent every moment together, usually spending every day in the same location — the stream. Behind our houses, there was an open field of grass and, in the center, was a stream. Surrounded by rocks and filled with rushing water, it was a place of wonder and curiosity to any 5-year-old.

As time went on, we got older, and the stream began to hold a new meaning to us. It was no longer a place to goof off and splash around in. It was a second home to us. It was our escape. A place to go to get away when life got hard and a place to go when the problems in our lives, that almost continuously seemed to be growing, became too much for us to handle.

Our trips to the stream became more and more frequent as we grew up. Whenever one of us needed to talk, we would go to the stream, sit on the ledge, stick our feet in, and just talk. By the time high school rolled

around, things had changed. Somewhere along our long road of friendship, we had begun to fall for each other.

Going with the flow

Despite all my previous efforts to stay away from love, I couldn't anymore. Our friendship had grown, and over time, eventually grew into love. The one thing I had tried to escape from my entire life had finally caught up with me. I was completely and hopelessly in love.

So now the stream had added meaning. It was the foundation on which our relationship had grown. Every moment at the stream had now led to this. For the next year, our trips to the stream continued, rain or shine, and we would just sit in each other's arms, admiring its beauty.

But like all stories of love I had ever witnessed, this one, too, was forced to end in tears.

My dad was in the military for 24 years. After living in Nebraska for 11 years, he decided it was time to retire, forcing my family to move away. Our family lives in California, with the exception of my aunt, who lives here, so it was decided that at the end of my sophomore year, we would move to Las Vegas.

It was a chance for my parents to start a new life. The news was horrifying to me, but the rest of my family couldn't have been happier. All I kept thinking was "What about me! What about MY life?" I had everything I could have ever wanted and, in a matter of months, it was all going to be taken from me! But there was no escaping it. I had to leave.

Telling him wasn't easy. I remember riding in his car on our way to dinner on our one-year anniversary. My parents had just told me the news and now, I had to tell him. I looked over and started to speak. As I turned to look at him, my eyes filled with tears. In a few months, I would no longer be able to ride in a car with him. I would no longer be able to spend long nights watching movies and lying with him on the couch.

And most of all, there would be no more trips to the stream. At least for me.

I turned my head and looked out the car window hoping to hide my tears, but it was no use. I couldn't take it. I was ready to burst into tears! I just wanted to shout it out and get this dreadful moment over with! "I'm moving." There. It was out. But what now?

Changing course

The news hit him hard, so we discussed it only a little further that night. He wanted to focus on now because, really, that's all we had. Our future was no longer set in stone. Life was about to get much worse than either of us could have ever imagined.

We spent every day for the next few months together, every moment cherished, since we knew these moments would soon be taken from us. Then it came: the night before I had to move. I had said goodbye to my friends, and our house was all packed up. All there was to do was wake up in the morning, hop into the car and leave.

But there was still one last person to say goodbye to, the one person I never thought I could live without, and the one person I didn't WANT to live without. That night was filled with nothing but tears. We snuggled, talking and crying. His words were so gentle and so loving. "We'll be okay, you know. I'll come see you every few months. I love you and that won't change."

Usually, these words could stop anyone from crying, but not me. Every few months? Right now, I see him everyday!

Continued on page 32

Continued from page 31

How can I go to a few days every few months! Those words rang in my head all night. "He's right," I kept thinking. "We love each other and that's all that matter. Nothing can change that."

The next morning, I suddenly awoke with somebody next to me. He was here! But my happiness soon turned to sadness when I realized this was the last time he would be here. Before I even had the chance to wake up, he grabbed my hand and headed me outside.

It was pouring rain, but we continued our long walk right to the stream. The rain was hitting the quiet stream in ways I had never seen it. All I kept thinking was, "Why are we out here? It's pouring."

He suddenly stopped, turned around and looked me in the eye. "I'm going to kiss the rain for you." Kiss the rain? "That way, even when you are far away, you can think of me. Every time it rains, think of it as God bringing you a kiss for me."

My heart melted and I burst into tears! Why was this happening to me? Why does it have to end like this? He kissed my head; took my hand and together, we stepped into the stream one last time. He then walked me to my car, and I cried as I watched him, and my entire life, shrink into the distance as we drove off down the street.

Why have I chosen to share this story with you? Many of you may be afraid of love in one way or another. You're either afraid of getting hurt, or you already have, and you're afraid of it happening again.

Despite all the pain of leaving love behind, my experience with love has taught me more lessons than I could have ever imagined, lessons I wish to share with you. I've learned that from the beginning of a relationship, it is never promised to last.

It's just one of those situations where the stakes are high and you have to take a chance. I've learned that life doesn't stop to give your heart time to heal. You have to continue living and, in love as well as life, you must continue taking chances. The biggest risk of your life is choosing to risk nothing at all, for we can only see the sunshine if we can wait through the rain.

Teen suicide in Nevada: Is your friend next?

Is your buddy just sad or is it more? Find out how you can help

By Sarah Burgman, LV Academy

Jared sits alone on his bed in his dark room, thinking about everything that's happened in the past two years. He doesn't know how it happened or what's wrong; he just knows he didn't always feel like this. It seems like God has been out to get him, or his destiny for eternity is to be isolated in unhappiness.

Jared hasn't been getting along with his parents. They always think they know what's right. "It's for your own good" is a common statement heard around the household. Their brains are constantly on different wavelengths, and the lack of communication forces the pain even deeper. He could probably cope if this was the only problem area in his life, but it seems like everything has gone to shambles lately.

He still tries to please his parents in hope of finding some acceptance in this world by going to school and trying to keep his grades up. Motivation is hard to come by these days. Sleep is his only escape from his depression and despair.

Many times he has felt like turning to drugs or alcohol but knows things will only get worse for him if his parents ever found out, and that isn't a real solution to the way he feels.

Jared has tried to drop hints to his parents about how badly he hurts and how the pressures of life are compressing his head, but they take for granted the fact that teenagers naturally have roller-coaster emotions due to hormones. It seems like everyone mistakes his hopelessness for a rut or something he'll get through on his own.

As he pops the many different-colored pills in his mouth before placing a note under his pillow and drifting off to eternal sleep, he wishes things could have been different. No one understood him or gave him the time of day.

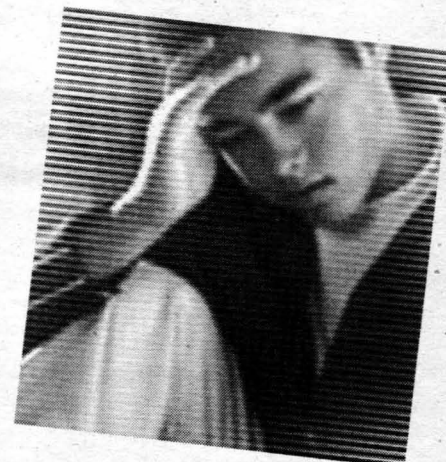
This story is fictitious, but

the reality of it is truth. Every 18 minutes someone in the United States dies by his or her own hand. Nevada had the highest suicide rate in the country for 2003. Suicide is also the second leading cause of death among Nevada's youth, ages 10-24.

The Feb. 9, 2004 edition of TIME Magazine says, "Major depression is a dangerous illness that in itself can lead to suicide."

With the pressures of modern life greater than ever before, the stresses of a teen's life are no longer merely finding a date to prom or the perfect summer job. It's not a hormonal thing or a phase of depression your friend or loved one is going through.

Depression isn't racist or sexist; it can affect anyone at



any time, especially during the teen years. Awareness is the key to prevention.

The termination of a human life is never necessary. A Nevada youth kills himself or herself every eight and a half days. Who will be next? Your best friend? Your neighbor? Suicide isn't the only way out.

SAY WHAT?

In relationships, good partners know what not to say

By Kevin Perkins, Basic HS

Relationships are not easy! They take time, money and a lot of patience. Both parties try to make the other as happy as possible, but being human, we tend to make mistakes and offend or just flat out tick the other person off. Relationships would be so much easier if everyone had the same opinions, but of course that's not possible, so we must try to compromise and learn to accept people for who they are.

The best way to stay out of trouble with your boyfriend or girlfriend is to watch what you say or, even easier, think before you speak. For those of you who have no idea what I'm talking about, I decided to ask both genders the top things they don't want to hear or to be asked by their companions. So pay attention. This could save your relationship.

What boys should not say:

- I swear I was only looking.
- I can look. I just can't touch.
- I only kissed her once.
- We're just friends.
- It's not you. It's me.
- I need time for my friends.
- It's a guy thing. You wouldn't understand.
- A man's gotta do what a man's gotta do.
- Who wouldn't want me?

What girls should not say:

- I've been thinking a lot.
- My ex kisses better.
- When can I meet your mom?
- I saw my dog and I thought of you.
- My ex just wants to hang out.
- I'm a man.
- Maybe we should just be friends.
- I need a little space.
- I'm so fat.

Abused children need help more than ever

Only one out of three who witness child abuse report it

By Farah Minwalla,
Palo Verde HS

Parents handle their frustration with their children in different ways.

Some parents will walk away and think about their emotions, and then they will return to the scene of uproar and sit down with their child and explain their thoughts and feelings toward the issue at hand.

Then there is another type of parent who would raise a hand to his or her own offspring. Parents like this have made up their minds that when their child does something wrong, the only way to make it right is through violence. This kind of parent resorts to child abuse. Child abuse is common in a world in which violence is everywhere we look, such as in video games, on television, in movies and in song lyrics, just to name a few.

Child abuse is reported every 10 seconds on the average. Studies have shown that one in four girls and one in eight boys will be sexually abused before the age of 18. Approximately 1,200 children died of abuse or

neglect in the year 2000. By 2001, an estimated 903,000 American children were reported to have been abused and neglected.

Ironically, while nine out of 10 Americans polled regarded abuse as a serious problem, only one out of three reported the abuse when confronted with an actual situation. Children 5 years old and younger are murdered most often by family members through beatings and suffocation.

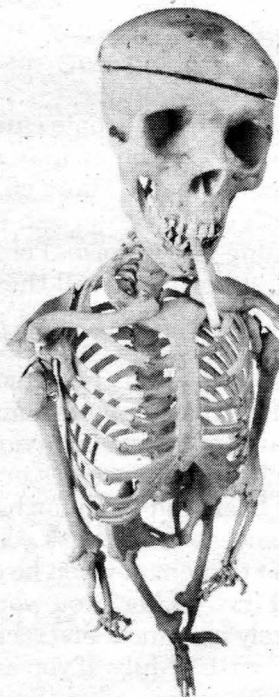
More than likely, these numbers will rise until something major about this critical issue is done.

Our society has been ineffective in preventing, identifying and responding to the abuse and neglect of children. Each person's actions can impact thousands of children, both in this generation and in generations to follow.

If you are interested in helping these unfortunate children in their time of need, please check out the Ronald McDonald House Charities Web site at www.rmhc.com, and select the link for Child Abuse Prevention programs. You can also send donations to Ronald McDonald House Charities, Attention: Development Office, One Kroc Drive, Oak Brook, IL 60523.

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Taking a closer look at autism: What is normal anyway?

By Rebecca Morejon,
Sierra Vista HS

Think back to a time when you accidentally ran into someone. You said, "Excuse me," and you were about to go back to your business when it suddenly occurred to you that this person just kept on walking, not even glancing your way. If this has ever happened to you, then you need to read this before you jump to any conclusions.

For many years, children with an unexplainable disorder were called "attic kids" because they would live up in the attic of their homes until they died. This disorder is now known as autism, and one in 150 children age 10 and younger may be suffering from autism. It is estimated that nearly 500,000 Americans may be affected by autism.

Autism is a neurological disorder that affects social and communication skills and is often sensory based. Imagine your fingers are your five senses and your elbow is your brain. Then, imagine that someone has removed your hands from your wrists. An autistic child can think and feel, but his or her brain can't find a way to send that message to his or her senses.

No one can really say what causes autism, but many believe it is a number of different things. Heredity, traumatic brain injury and environment are just a few things doctors suspect as causes.

Doctors can also say that after having a child with autism, par-

ents have a one in 20 chance of having another or having a miscarriage. This disorder is four times more widespread in boys than girls.

The symptoms to this disorder can be sensory disturbances, food allergies, gastrointestinal problems, depression, obsessive compulsiveness, epilepsy, attention deficit hyperactivity disorder and extreme anxiety.

Many autistic people cannot talk, and those who do may have language setbacks. Many children with this disorder can begin functioning like a normal child when first born, but will then regress. Some of them cannot make eye contact because they cannot listen and watch at the same time. More than half of them will do certain repetitive behaviors, such as biting themselves or rocking back and forth for hours.

If someone were to ask you what you thought of when he or she said "firecracker," you would most likely imagine a firecracker on the Fourth of July. If you ask people with autism what they imagine, they may get confused and imagine a fire and then a food cracker. If you're teaching a child with autism, you need to break everything down into simple terms. For instance, when teaching a child with this disability how to make a sandwich, you first have to tell them to walk into the kitchen, open the cupboard, take out the bread, and so on. This may sound ridiculous to some of you, but before you could run, you had to

learn how to walk, and before you could do that, you had to learn how to crawl.

Many of you may have heard of a movie called "Rainman" with Tom Cruise and Dustin Hoffman. That movie featured an autistic man with many unique talents,

Everyone has problems. Yours may not be autism, but nobody in this world is really "average" or "normal."

such as remembering dates. He was known as a "savant." More than half of the savants in the world are autistic. To clarify this, a savant may have talents that are as small as having an exceptional memory or just being really good with numbers. Some of them can remember dates from before they were born and others play the piano beautifully.

Of course, you could check out every book in the library on autism, or watch "Rainman" every day, and you still wouldn't understand the magnitude of autism unless you knew someone with this disability.

Josh is a 7-year-old boy who has endured autism since the age of 2. When he was younger, he had to have routines such as taking the same route home every day or go-

ing to bed at the same time every night. He also can't have red Kool-Aid. If he even sees red Kool-Aid, he will pull his eyebrows out.

However, after six and a half years of therapy, he is able to function semi-normally, and with the help of an aide, he will be able to get a job and live on his own ... when he gets a little bit older.

Trevor is a 15-year-old boy also suffering from autism, but he isn't as fortunate as Josh. Trevor hasn't had as many treatments as Josh has, and when he is older, he will probably have to be institutionalized.

What about the family members around them? Josh and Trevor's mom, Ginny, has had to be strong and endlessly patient to raise them, with help from her family, of course.

"Imagine having 86,000 seconds, and never having one to yourself," Ginny has said.

She is not the only parent this disorder has affected. Many parents get divorced after realizing how hard it is to raise a child with autism.

Josh and Trevor both have hobbies like every child, just on a higher intensity level. So, what is it that makes them so "weird"? Is it because they're suffering from a lifelong problem? Look around you; everyone has problems. Yours may not be autism, but nobody in this world is really "average" or "normal."

Think about that the next time you turn your nose up at someone who's different from you!

Sugar and spice, math and science

Girls struggle for fair treatment in classrooms

By Ronna Robina, Valley HS

Gender equity has been an issue for decades in schools, sports and in society. To even the score, gender equity should begin as early as possible in a child's life.

According to The Center for Gender Equity Web site, at the start of elementary school, girls outperform boys on standardized tests as well in the classroom.

By the end of high school, things have changed. Twice as many boys than girls participate in honors programs. By graduation,

boys have caught and surpassed girls on standardized tests, and they dominate in math and science.

"Studies have shown that there are gender differences in communication styles in the classroom," says leading education researcher David Sadker on the public television station WGBY Web site.

In classes, boys respond to questions with more confidence, aggressiveness and speed, whether or not they think their answers are right; they tend to speak more freely in class, formulating their answers as they speak. Girls, on the other hand, wait longer to answer questions in class, choosing their words carefully, thinking about the question and constructing an answer before they speak.

Similarly, studies have shown that girls are interrupted in discussions more frequently than boys. Because of this, girls get the message that their contributions are not as valuable as the boys'.

According to the National Council of

Teachers of Mathematics, in school, as early as second grade, boys and girls both describe math as a male domain. By third grade, girls rate their competence in math at a lower level compared to boys, regardless of grades received in the subject. By sixth grade, girls see mathematics as less important and useful to career goals than boys do.

Teachers have to take part in this gender equity issue in school as well as the students.

Here are some symptoms of gender bias you might see in your classroom:

- Use of language: "You guys" maybe a popular way of addressing a group, but it's an example of gender bias.

- Stereotyping jobs: Assigning girls to clean up and boys to carry things furthers gender bias.

- Gender grouping: Separating girls and boys from each other in class creates gender bias among students.

By keeping gender equity in mind, teachers and students can make the classroom better for everyone.



Try a picnic at a park or Lake Mead for some low-budget fun.

Dating doesn't have to break the bank

By Nicole Brown,
LV Academy

She is walking down the hallway. She stops, gives a wink and flips her hair over her shoulder. He pauses, waiting to make his move, but he stands motionless. Remembering that he only received \$5 for mowing the neighbor's grass, he loses confidence.

Taking a breath, he walks up to her coolly and says, "Are you available this Friday?"

Surprisingly, she accepts the wary invitation and turns on her heel to go to class. Relieved, he quickly walks away in hopes of being unnoticed.

Asking a person on a date in any situation can be difficult and stressful. The task of asking for a date becomes even harder when money is at a minimum. The budget he can spend on his date is only \$5. What can he do to impress his date?

Las Vegas Academy sophomore Aaron Turner says, "I would rent two movies and make food at home."

Turner knows how to make a low-budget situation a good one. Blockbuster Video rents two movies for \$2 each and Smith's supermarket has a liter of Coke for under \$1. Even though Turner and his date wouldn't be out on the town, he still knows how to make a boring idea into a sweet date.

Another possibility that could be taken into consideration would be a date at a park. A date at the park would be fresh and exciting. Not only does the park provide the

beauty of nature, but it also opens the possibility of forced communication.

Kara Easton, an LVA junior, says, "I'd have a picnic because it would be nice, and I would get to know the person."

When a couple lays down their checkered picnic cloth and begins their feast, there may be an awkward silence. This silence allows the couple to open up and learn more about the other's interests and hobbies.

A fun date that is exciting and free would be cruising the Strip. If people use their imagination, the Strip can be a lot of fun. There are many free entertainment options on the Strip, one being the "Parade in the Sky" at the Rio. A couple can always walk down to the Bellagio fountain show. The water show is relaxing and tranquil as beautiful music plays through an intercom. This would be the perfect time to cuddle or get to know each other better. The best part of this Strip-hopping date is that it gives the couple a chance to see Las Vegas at night with all the glitz and glamour.

The best dates don't cost the most money; the key to a good date is the person you are with. If a couple doesn't want to be together, then they will not have a fun time no matter how much the date costs. In contrast, if a couple loves each other and doesn't have a big budget to spend, then no matter what, they will still have fun together.

A date isn't about the budget. It's about the feelings that are shared between two people.

Teens and parents can speak the same language

By Shannon Salliotte, Cheyenne HS

Being a teenager is not the easiest thing to do. A lot of teens in the world are confused about their lives and what they want. Growing up in the today's society is not just scary, but weird as well.

Taking advice from parents or guardians is difficult because they think things are the same as when they were kids. Things were totally different when our parents were growing up. There was no such thing as Xbox or cell phones. They were lucky if they had their own telephones installed in their rooms.

Although children's parents try to help, they don't always know the situation. Parents have the tendency to look at things just from their point of view. That is not always the best thing because there is always another side to the story.

Communication is the key to any successful relationship. If people could tell others their feelings without yelling and causing a scene, the world would be a better place. If everyone could open up to their parents, they would realize mom and dad understand how hard it is to be a teenager. Parents might not understand the exact situation, but they would most definitely understand the feelings behind it. Confusion, frustration and sadness are all common feelings everyone experiences at one time or another. Talking about it with someone close to you can help you feel a lot better.

The trick to getting along with parents is all about presentation. Coming off with a positive attitude and being willing to listen gets anybody farther than having the mind set of "my parents are wrong, and I am right." The simple rule of treating others how you want to be treated applies here to both parties.

Although parents have the authority, they shouldn't yell and use that authority in a negative way. Teenagers can raise their voices as well, but they get reprimanded for it. Just keeping your mouth shut during an argument may be hard, but it can help you in the long run. Hearing them out and then, after cooling off, speaking from your heart is a good way to communicate.

It is not right for teenagers to disrespect their parents. When parents disrespect their children, do they expect the children to be silent and accept it? That's not the way it is in most cases. Teenagers can have a temper as bad as the parents. Learning the meaning of respect is not a complicated gesture. Treating others the way you want to be treated comes in handy here, too. If you don't appreciate being yelled at, then don't yell at someone else.

Even though it is hard to hold our tongues, we must learn what is appropriate to say and when. Teenagers have a harder time with saying things they don't mean. Everybody has said things that they wish they wouldn't have. The greatest thing about having family is that most of the time, they will understand and accept your apology. Family will always love you and accept you for you.

Treating others the way you want to be treated comes in handy here. If you don't appreciate being yelled at, then don't yell at someone else.

Pressure to be perfect puts athletes at risk

By Alex Belmares, Palo Verde HS

As children, almost everyone dreams of becoming a hero. Whether it is hitting the homerun in the bottom of the ninth in the World Series, or sinking the winning basket of the championship basketball game, people dream. However when faced with these difficult tasks, things are not as peachy as people expect.

Immense pressure comes with knowing that, if one should fail in key moments in a sports game, all the hard work done during the season may be seen as a waste. Athletes feel these pressures as if they are carrying their teams on their shoulders, as well as the expectations from the spectators, coaches and parents at home. Sports are meant to be relaxing and fun; however, what happens when this is no longer the case and the fun turns into a long, draining chore?

One of the most common pressures that athletes face is the coach pushing them to their maximum effort. Coaches work athletes hard, day after day, to get the expected results and to avoid letdowns in crucial moments of the game. Practice sets the tone for the game, as it simulates situations and can

aid the athlete when faced with winning the game in the last few seconds. However, at times, the coach may cross the line and lose the respect of the athletes.

Spectators can be brutal at times with their heavy reactions to athletes' performance. Fans can easily carry an athlete to glory and greatness, and just as easily damage a player's attitude to the point that he or she needs a fresh start on a new team.

Peers can also force athletes over the edge, especially in high school. An athlete's friends may often make him or her choose between working hard and being a gym rat and going out with friends and having fun. For many, going out and partying with friends seems more fun and entertaining than going out and getting muddy or sweaty with the team. At this point it comes down to priorities and what the athlete wants to achieve and how far they wish to get ahead.

Parents can be the most ruthless critics an athlete can face. At times, parents are loyal and true. However, when times go bad, an immediate change is felt as the barrage of negative comments come in. Heavy criticism can damage an athlete's psychological views on sports.



Coaches, parents and friends pressure athletes to win.

two types of perfectionism appear in athletes. Adaptive perfectionism strives for high achievement but accepts that personal and environmental limitations may exist and may hinder performance without it meaning total failure for the athlete. Maladaptive perfectionism similarly urges an athlete toward perfection, but allows no room for reasonable limitations.

It was shown in the study that adaptive athletes had high standards, but had low occurrences of parental bashing and performed better. Maladaptive athletes also had high standards, but suffered

from heavy parental tongue-lashings. These athletes expected to perform poorly and often did.

Some coaches and parents are often unrealistic in setting standards that athletes are not able to meet. Such goals may cause depression and may force the athlete to quit the sport or find ways to please parents and coaches, often by desperately resorting to unhealthy behaviors such as taking drugs.

The pressure for some athletes is harsh, while for others, it's unbearable, and yet others thrive in it as they excel under those conditions. For most athletes, having fun and doing well, not being perfect, is what it's all about.

An athlete may have done a stellar job and had the night or game of her life, but her parents can come down with comments about the athlete's lack of skill or the belief that the good performance was a fluke.

In a 2003 study conducted by the University of Arizona's Dr. John Dunn, 87 male and female athletes from different sports, with an average age of 19 years old, were studied to determine how their levels of perfectionism affected their performance. Dunn's study measured the athletes' personal standards, their feelings toward their own athletic performance, and their perception of parental acceptance and criticism.

In the end, it was found that

True winners know winning isn't everything

By Shaunte Rufo, Clark HS

Usually in sports, players have the determination to play and win as a team. It is becoming more common, however, that having to win is thought more important than actually enjoying the principles and fundamentals of a sport. The truth is that needing instead of wanting to win is not always a good thing.

Take basketball for example. Striving to win is a good way to build up self-esteem, self-control, a positive attitude, and the ability to actually understand how to play the game. However, needing to win is too much because it can fuel players being selfish and inconsiderate toward their teammates. Being a ball hog is just the beginning. When a player makes winning the most important thing, he or she can be blinded by distractions, cause miscommunication among

players, and can actually cause the team to end up losing the game.

Michael Shelton, a Clark High School varsity basketball player, says, "The word 'winning' is always on your mind because it sort of has to be. But losing control and playing like a maniac just so you hope to win is uncalled for."

When a team is trying to make it to the playoffs, it causes a lot of pressure on the players. Though there is no "I" in team, each player feels the pressure to keep focus at all costs, hoping that no one slips up and messes the game up for everyone else.

"Everyone wins and loses, and if you win, it becomes a joyful moment and everyone's happy because the hard work paid off," says Clark varsity basketball player Marcus Burns. "If you lose, which does happen, it doesn't mean the team has not played the hardest, but it is a fact in life."

Athletes eat right to fuel success

By Brittany Davis,
Faith Lutheran HS

To be in good physical condition, an athlete must eat healthy, along with exercising daily. This helps the athlete stay energized, hydrated, healthy and keeps bones and joints strong. But how many high school students actually take pride in what they eat?

"Eating healthy does benefit an athlete. Without a certain amount of strength and endurance, athletes wouldn't be able to compete at the level they do," says Amy Fisher, one of Faith Lutheran High School's health teachers.

Faith Lutheran coach Chris Pfatenhauer says that during baseball season when the team travels, the coaches give the players a selection of food to eat and only water to drink, keeping their bodies hydrated and healthy. Water is preferred over Gatorade because the sports drink contains sugar, which takes the water from the muscles to the stomach and then breaks down the sugar to weaken the muscles.

Pfatenhauer also says that he's going to try to put the baseball players on a vitamin supplement program.

"I'm sure this will make us play better if Coach thinks it will help," says varsity baseball player Erik Wood.



In wrestling, what athletes eat and drink are two very important factors in a successful season.

"I eat a big breakfast with lots of protein, a little lunch and a big dinner with lots of protein," says wrestler Darius Barnes.

Barnes also says what wrestlers eat definitely has an affect on athletic performance because what athletes eat builds muscle and, for wrestling, helps the athlete fit his weight class.

Faith Lutheran wrestler Lee Harris says that watching what he eats is very important because he has to keep his weight to 140 pounds.

"I eat no breakfast, a sandwich for lunch, a small dinner, and I have no snacks. I only drink water," Harris says.

It's not just wrestlers who watch their eating habits, but basketball players too.

"I try not to drink any soda. I try to eat salads, vegetables and fruit," says freshman basketball player Dave Anderson. "During basketball season, I try to stay healthy."

"I don't drink soda, and I stop eating candy during basketball season," says Danielle Morton, a girls' var-

sity basketball player.

Not all athletes watch what they eat, however.

John Onyema, a varsity basketball player for Faith Lutheran, says he just eats three times a day.

Still, sometimes not caring about diet can lead an athlete to become sick or unfit. What happens when a player becomes out of shape?

"When I see a runner looking out of shape, I ask them where their priorities are and [tell them] that, to be the best, they have to work hard and

stay fit," says high school track coach Mrs. Beery.

Pfatenhauer said he rarely has a baseball player out of shape because baseball is a yearround sport. The only time they have a break is in August and December.

Athletes at Faith stay pretty healthy with all the exercise and eating habits. Fisher says that when dealing with high school students, it's not so much getting enough nutrition, but getting enough food, and no athlete at Faith seems to suffer from this problem.

Quick stress-relief tips keep you at the top of your game

By Yolanda Johnson,
Valley HS

Stress is your body's response to a physical or mental challenge. There are two types of stress: distress and eustress. Distress is bad stress that occurs when you have to deal with too many negative demands. Eustress is good stress that happens when you take on the challenge of a pleasant activity.

Experiencing stress in sports can be a good learning experience, according to Dr. Donald E. Greydanus, professor of pediatrics and human development at Michigan State University. Sports participation can teach an athlete how to handle different situations such as competition, defeat, and even high-performance anxiety. For example, the stress of trying out for a team and not making it can be a positive learning experience if it is handled well.

On the other hand, stress can lead to problems that could affect athletic performance. According to Greydanus, stress can lead to problems such as chronic fatigue (athletic burn-out syndrome), muscle soreness, reduced coordination (as in playing out of control), weight loss, mood changes and even frequent illness. Depression and rapid loss of previously learned skills is also a consequence.

There are ways to prevent or reduce stress. Some tips include relaxation training, which teaches you how to relax the mind and body, meditation,

hypnosis, breath control, yoga, prayer and biofeedback.

Sports medicine clinicians or psychologists can help teach some of these methods, and help you control the stress in your life, on and off the playing field.

Chill out!

Quick stress relief tips to keep you in the game. For immediate stress relief, Kidshealth.org suggests:

✓ Deep breathing

Breathe in slowly through your nose, drawing air into your lungs. Hold your breath for about five seconds, and then release it slowly. Repeat the exercise five times, and you'll start to feel more relaxed.

✓ Muscle relaxation

Contract muscles tightly, and keep them tensed for five seconds and then release. Repeat the exercise five times, using different muscle groups, and you'll relieve the tension in your muscles caused by stress.

✓ Visualization

Close your eyes and picture a peaceful place or a happy moment from your past. Picture the stress drifting away from your body.

✓ Mindfulness

Focus on the positive. Beware of negative thoughts. Repeat to yourself: "I learn from my mistakes!" "I am in control of my feelings!" "I can do this!"

Sierra Vista martial artists win gold

By Casey Piggott, Sierra Vista HS

In the largest traditional martial arts competition in the world recently held at Caesars Palace, two Sierra Vista High School students walked away with gold medals.

Lorenzo Sandoval and Justin Taylor both received gold medals after beating out more than 5,000 competitors.

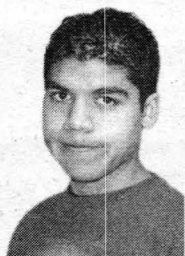
Taylor has been practicing martial arts for 10 years and Sandoval for five. Both love the sport of karate and martial arts.

"I love it because you need to study how your body moves and works," says Sandoval. "It's not just kicking and punching."

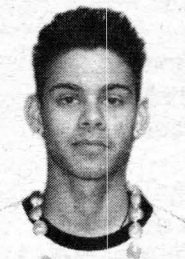
Sandoval also received a bronze medal in the Kumite division.

"I love it because of the morals, pride and tradition of the sport," says Taylor. "I love the competition."

Both Taylor and Sandoval plan on continuing their commitment to excellence in martial arts.



Sandoval, above, and Taylor beat out more than 5,000 competitors.



Meet Sugarcult's Marko 72

By Jessica Roadhouse,
Indian Springs HS

During the Feb. 20 Fuse Concert Tour stop at the House of Blues, featuring Simple Plan, MxPx, Sugarcult and Billy Talent, I had the opportunity to interview Marko 72 of Sugarcult.

JR: Tell me about the new album you have coming out.

Marko: We have a brand new record called "Palm Trees and Power Lines," and it's got lots of songs on it. They're all new songs, and they're all by a band called Sugarcult, which is me on guitar, this guy Tim who sings and plays guitar, this other guy named Airin who occasionally shows up and plays bass, and another guy named Kenny who, aside from being the most stylish member of the band, is also the youngest member and the drummer. It's a great record. We're very proud of it, and we wouldn't be releasing it to the world if we weren't proud of it. We would be putting it up for adoption and selling it to another band

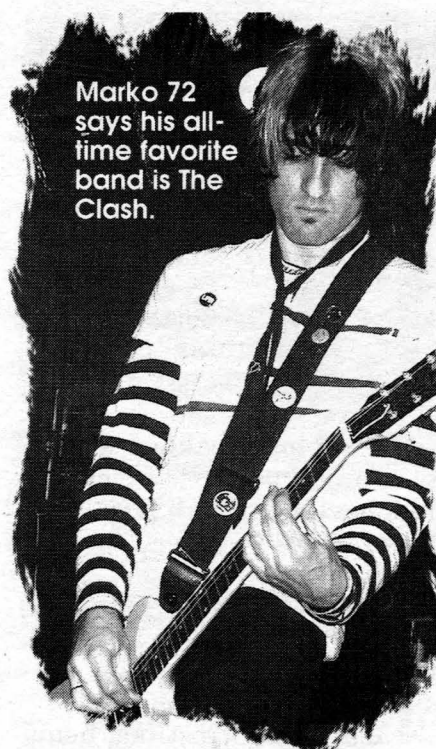
that needs songs.

JR: What were the best and worst shows you've ever played?

Marko: The best show we ever played was the show we're about to play tonight in Las Vegas because that's how I go into every show. I always try to go, "Tonight's going to be the best night ever." The worst show we ever played was quite possibly the other night in Houston, where we played this place and the echo was so bad. I ate way too much food earlier, and so I was jumping around on stage with all this, like ... I went to a Greek restaurant, and it was just not a pretty sight. I don't know. There are no bad shows. I mean bad shows become good shows because if they're so bad, it's like a bad movie. It's so bad that it starts to become kind of entertaining, you know.

JR: What or whom do you miss most when touring?

Marko: I miss my dog. I have a dog named Jackson, and I just leave, like, a whole month's worth of food out and hope that he doesn't overdo it, and then just kind of get home



Marko 72 says his all-time favorite band is The Clash.

and clean up the mess.

JR: If the band hadn't come as far as it has, what would you be doing?

Marko: Probably still playing some dive bar in Santa Barbara, and calling our friends on a Tuesday night, trying to guilt-trip them into coming to our show, even though we go on at 1 a.m. and they have to be at work in the morning.

JR: What bands or artists are you currently listening to?

Marko: That's a good question. The new record by a band called Nada Surf is really good. I've been checking that out. There's a band called Lucero

that I've been listening to that's really good. And this band called Billy Talent that's on the tour with us. They're from Canada and they're very unique. They kind of have a Fugazi element to them. They're pretty cool. I listen to all kinds of stuff, but those are some things we've been listening to lately.

JR: Who are your biggest musical influences?

Marko: I would say the bands that started out in my hometown of Santa Barbara, the bands that made me realize I could play music myself like NoFX, Lagawagon and The Ataris. Those bands kind of paved the way and made it seem possible to just start a band in a garage and get somewhere. My favorite band of all time is probably The Clash though.

JR: Do you collect any music memorabilia?

Marko: Yeah, I'm a total freak. I have so much pop-culture junk that my apartment is becoming like a landfill. I'm going to be one of those pathetic guys when all this is over, and suddenly I find out that I'm turning 40, and it's like, "Oh crap! I've got years and years of all this pop-culture refuse, and now I've got to figure out what to do with it all." I'll have to open some junk shop and sell everything just to put my kids through college, you know. I

Continued on page 39

Simple Plan takes Vegas by storm at the House of Blues

By Ali Davies, Basic HS



Simple Plan, a power-pop band from Montreal, had the audience begging for more.

Simple Plan, MxPx, Sugarcult and Billy Talent rocked the House of Blues on Friday, Feb. 20.

Walking into the concert hall, my first impression was not a good one. The main floor was already crammed with some 350 people, not even half of the total crowd yet to come. Right before the concert started, there were hundreds of people crammed into the main level, all pushing and shoving their way to the front. However, despite the harsh and uncomfortable surroundings, once the concert started, the only thing on the concertgoers' minds was the stage.

Billy Talent, a group unknown to many, was first up. Although everyone's expectations were set high due to Simple Plan, Billy Talent definitely held its own. The entire crowd got into the music and the group was a crowd-pleaser and succeeded in pumping everyone up.

Next up was Sugarcult. Although Billy Talent was great, in my opinion, Sugarcult was even better. The crowd continued to be into the music, but now even more than before. So far, it was the per-

fect lineup.

Then there was Simple Plan. Once they took the stage, any order or calmness in the audience was lost. The mosh pits and the head-banging started up! People were jumping and pushing and more into this music than any before it. With the air conditioners barely turned on, everyone was practically dripping in sweat after only five minutes! One couldn't help but get completely lost in the music. Even their remix of "Where is the Love" sounded better than the original. Simple Plan couldn't have put on a better concert or had a better lineup of songs. Every song had the audience begging for more.

Next came MxPx. Having to take the stage after Simple Plan was probably not an easy task. Their performance did not even come close to meeting that of Simple Plan, but the MxPx fans seemed more than satisfied.

A better lineup of the four groups, for example ending with Simple Plan, could have made the concert stronger, but it was an irreplaceable experience, even with all the sweating, pushing and shoving. All in all, the concert was more than expected and was well worth the money.

Continued from page 38
buy toys, any toys that are rock music-related. I have a lot of fun traveling through thrift stores and garage sales. Other people's trash is my score.

JR: What is the weirdest body part you've ever autographed?

Marko: Um ... gosh. Well, I've signed a fake ... (points to leg) what do you call it?

JR: Prosthetic leg?

Marko: Prosthetic leg. That's probably the weirdest body part I've ever signed. But I've signed just about every body part you can imagine. I think that people who ask you to sign their boobs are really lame, and to me it's not very classy.

JR: I think it's tacky.

Marko: I think it's tacky, and they need to get self-esteem and realize that there's way more efficient ways to get someone's respect than to offer them sex within five minutes of meeting you.

JR: What did you do when you got your first paycheck from "Start Static" (Sugarcult's 2001 debut album)?

Marko: What did I do? I still haven't got that paycheck. They still keep telling me it's in the mail. I'd say the first thing we did when we got a little bit of money was we went out and bought some new musical equipment. We figured this is what we're doing, the reason we're getting money is because of our music, so the least we can do is have the respect for our music and for people who care about our music to go out and buy some decent equipment to play it on, stuff that's going to be durable so that we can take it out on the road. It's

not that exciting. Nothing extravagant. No fancy cars. I still drive my sister's 1987 Toyota Corolla because she lives in New York, and she left it at my mom's house. So there haven't been any extravagant expenses except for our amps and our drums.

JR: What made you choose Trinidad as the location to shoot the video for "Pretty Girl"?

Marko: Well, you know our travel agent offered us an array of different luxury package vacation options, and we thought that Trinidad was the nicest deal. No, we were actually going down there to play a festival. There was a festival of Caribbean bands, and they wanted some Western bands to play, and they happened to ask us. They were flying us down and putting us up in a hotel, and since we didn't have a lot of money to do a video, we just decided why not just bring our friend down with a camera and shoot footage of us cruising around. So if nothing else, even if our video never gets play, at least we'll have a good souvenir from our trip to Trinidad. You don't go there every day, you know.

JR: Any closing statements?

Marko: I strongly encourage you to come see us live because we really do give our all every time we play a show. We work really hard on our records too. But if you have our records, you should come experience it live too, and if you come see us live, then you should, vice versa, experience it on our records too. Go to our Web site, www.sugarcult.com. We're re-vamping it. And we'll see you in April on our "Palm Trees and Power Lines" headlining tour.

Reviews



Celine Dion's 'New Day': a feast for the senses

By Mytae Carrasco, Bishop Gorman HS



As I walked into the \$95 million dollar Coliseum at Caesar's Palace, where Celine Dion would be performing that night, I could tell that I was not attending an ordinary show.

People going up the first set of escalators could not help but look at all the ushers that were assisting people in locating their seats. Each of the three floors in the Coliseum includes a mini-bar where adults may purchase alcoholic beverages along with chocolate-covered strawberries.

It was 7:55 p.m. when I found my seat. According to my ticket, the show was set to start at 8 p.m. Although the show started late, everyone was entertained by a gigantic video camera projecting pictures of audience members onto a huge video screen.

Finally, the lights started to dim and Celine opened the show with "Nature Boy," and right after that she sang one of her most popular songs, "The Power of Love." "I'm Alive" was one of the many songs that had the audience cheering, whistling and clapping throughout the show.

Already blown away by the first few songs, the audience seemed to be enjoying the dancers as well as the visual effects included in the show. By the time "I'm Alive" came on, I realized that the show was not solely

based on Celine's musical performance, but rather that it was the performance of the dancers that took you through every scene and added to the songs' meaning. These dancers were chosen from among 4,000 performers from around the world who auditioned to be part of the show.

Along with the outstanding performance of the dancers, the next essential element of the show was the visual effects. From the floating bride going across the stage, to the flying piano, the set design was very eye-catching and brought the audience to a whole other dimension of show experience. The 110-foot-wide LED screen, the largest in North America, was used to capture different images in the show and virtually transport the audience to a whole different country.

As indicated in the program, a blurring of "virtual" and "real" takes place at the start of the show when the screen shows a film of Celine walking down a set of stairs. As Celine nears the midpoint of the staircase, a door built into the screen opens and the real Celine emerges and continues down an actual, on-set staircase.

The scenes are mind-blowing. At times there were three things happening at once. Your eyes seem to go all over the place because you don't know if you want to look at Celine singing, the dancers dancing, or everything at once.

Although I am not a Celine Dion fanatic, I have an appreciation for her music and voice now more than ever.



DID YOU KNOW?

15,800 kids will smoke their first cigarette this year.

\$71 million are spent in advertising tobacco per year in Nevada alone.

6,900 kids become daily smokers each year.

FOX serves up another 'Tru'-ly great show

By Beau Forbes,
Durango HS



When the hit television series "Buffy, the Vampire Slayer" ended in 2003, I felt lost. Now what would I watch on a weekly basis? What would fill my television entertainment void?

Well, "Angel" ultimately failed to hold my attention and, since I missed the first and second season, "Smallville's" multiple storylines had me confused. "Joan of Arcadia" is interesting, but something I wouldn't cry over if I ever missed it, and the same goes for "Jake 2.0." "The OC" is a really good teenage drama, but what I needed was something else more in the field of supernatural drama like "Buffy" was.

Then the FOX network started advertising a new series called "Tru Calling" that was coming to its network. Now, not only was this series going to star Eliza Dushku who played the rogue vampire slayer Faith from "Buffy," but also the premise was edgy and intriguing.

The show is about a young woman named Tru Davies (Dushku) who lands a position at the city morgue. Shortly af-

ter she begins, Tru discovers she has the unique ability to go back and relive days to help prevent people from dying, all via the requests of corpses she encounters while working at the morgue.

Along for the ride are miscellaneous family and friends — some who know Tru's secret and others who she strives to hide it from.

Right off the bat, I knew I was going to tune in for the series' premiere, but I also had some doubts about the show.

Exactly how many seasons, let alone episodes, can you get out of a storyline like this? A new, unusual idea, sure, but it would be used in every episode. Girl sees dead body, dead body says "Save me," girl goes back a day to save them. Naturally it would get played out, but to my surprise it didn't.

Instead, the writers filled every show with twists and turns, each one with its own unique story and feel to it. It was kind of like watching "CSI" or "Law and Order," two great crime dramas, just with a supernatural edge. So far, every episode has held my attention for the entire hour, and the previews FOX shows for the next episode always have me tuning back in.

Another thing I really enjoy about the show is the cast, who are lively, vivid and fun to watch. Dushku, who also

starred in "Bring It On" and "Wrong Turn," is an amazing actress, who is definitely on her way up the entertainment ladder. In her role as Tru, she is down to earth and a real heroine. Tru is that character that audiences hope everything works out for in the end, even in such a fictional world as this.

Shawn Reaves does well as Harrison, Tru's gambling brother and the show's only comedic relief. Zach Galifianakis, Jessica Collins and A.J. Cook are also perfect in their roles, each giving great performances and really showing what their characters are all about.

Unfortunately, "Tru Calling" is a new and weak contestant in the big Thursday night battle. "Survivor: All-Stars," "CSI," "Friends," "ER," "The Apprentice" and "Will and Grace" are just a few of the shows that air on Thursdays and that have made it nearly impossible for "Tru Calling" to make it into the Top 25 ratings list. This, I believe, isn't due to the show's content or impact on audiences, but instead because of FOX's poor scheduling for the show. Wednesday night could've probably given the show a greater chance of getting ratings, and even better would've been Tuesday in which only three shows airing on that night regularly make it into the Top 25.

And it's this downfall that may very well be what determines if "Tru Calling" gets a second season or not. This is sad because not only will I, as well as many other fans, have to find something new to get into, but I truly think that given a better airing night and more publicity, "Tru Calling" could've done well for itself and FOX.

Honestly, when first reading about this show's poor status and very doubtful future, I felt bad that another show I enjoy was potentially going away. But upon looking further into the situation, I found out about a Web site that has been erected to help the show called supporttrucalling.com. It encourages fans to write e-mails and letters to FOX praising the show, as well as to spread the word about it to get some higher ratings. Since then, FOX has ordered seven new episodes, which will have probably aired before this review is published.

So overall, "Tru Calling" is, or was, depending on its uncertain future, a great show — fun, witty, and interesting all around. If it gets another season, be sure to tune in; if it doesn't, no need to worry since just about any television show nowadays is getting its own DVD package. Be assured, I'll be first in line to purchase it at my local Wal-Mart!

Realistic, heart-wrenching 'Passion' brings audiences to tears

By Samantha Bieber,
Rancho HS

With all the controversy that emerged about Mel Gibson's "The Passion of the Christ," I had many preconceptions of the film. I figured it would show the works of Jesus and how he died according to the Gospel, which it did to some extent. In the movie, however, there is also a poor use of the Gospel when Gibson tries to portray the presence of evil. He uses young children and beasts to portray evil to Judas, Jesus' disciple who betrays him, which eventually leads to Judas' suicide. Nowhere in the Bible is it stated that Judas sees such evil.

Despite that, I can say the film was worthy of my time and money. I had heard from many people among the Jewish community that the movie would portray a bias against Jewish people. I did not believe that was true, but I was also proven wrong in that preconception. As I sat through two

hours of the saddest, most realistic and gruesome movie I have ever seen, contempt for not only Jewish people, but also mankind in general, arose. I couldn't believe how anyone could take pleasure in seeing a man beaten and crucified just for calling himself the Messiah, even if they didn't believe he was the Son of God. I watched in tears as each scene went by of Jesus being tortured and denied by all of his followers; even worse, he was condemned by mankind, whom he professed to be saving.

As I walked out of the movie and saw the tears of everyone in the theater, I realized that most people may have heard the story of the crucifixion of Christ, but this movie puts it in a way most people cannot visualize by themselves. I think that is the reason for all the emotion in the theater.

Sitting next to me in the movie was a young woman with three young chil-

dren, and I couldn't stop thinking about why she would bring them to such a graphic film. The answer became clear as I walked out of the theater and saw the woman telling her children, "He did it for all of us, sweetie."

This movie is not just for Christian adults; it is for everyone, though it is rated R, and minors have to be escorted by an adult to watch the film.

Gibson's movie shows how Christ's crucifixion did not happen only for Christian adults; it happened for everyone. I encourage everyone to see this film, but bring a box of tissues.

Never in my life have I ever seen a grown man walk out of a theater crying, but after this film, I did. If it can have such an effect on people, I think it is worth the eight dollars it costs to get in.

MOVE OUT OF THE HOUSE, BUT STAY CLOSE TO HOME



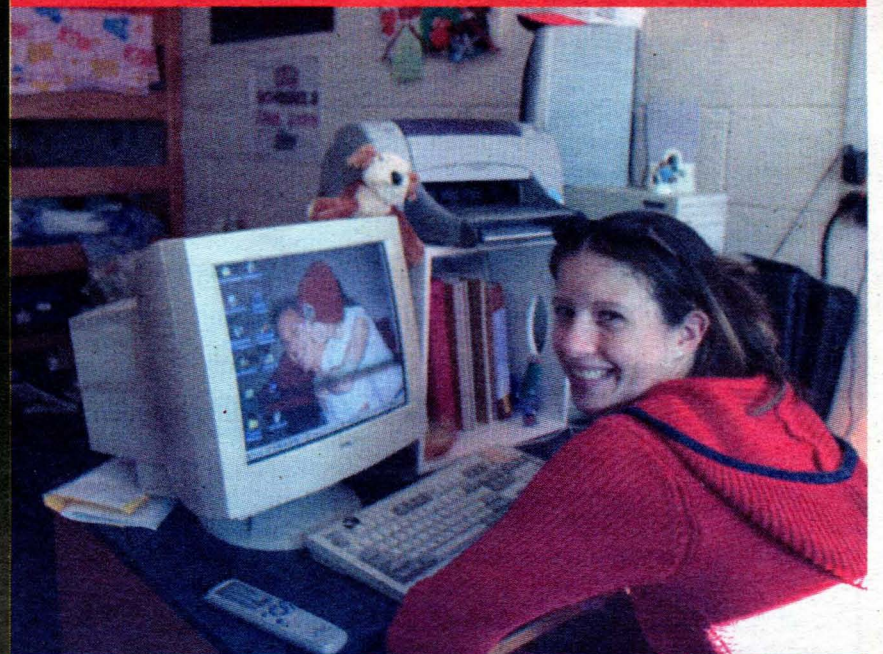
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Britney Spears' concert grows up

By Riley Marriage,
Coronado HS



Brit-NEY!
Brit-NEY!
Britney Spears has the perfect name for crowds to chant, and on March 6 at the MGM Grand Garden Arena, approximately 13,000 of Spears' fans did just that for the fourth date of her Onyx Hotel Tour.

Making her grand entrance wearing a black leather bustier and standing atop a wheeled, metal platform with an extensive display of pyrotechnics going off around her, Spears burst into her current single "Toxic," followed by "Over-protected" and "Boys."

Spears then took a break to address the crowd, or at least she tried to address the crowd as she made several pauses to prevent herself from gasping like Darth Vader into the microphone, once the lip-synched background vocals were turned down.

Spears' band then kicked into hotel-lounge mode, performing a cabaret medley of "Baby One More Time" and "Oops! ... I Did It Again." Then the show slowed

down for a few numbers as Spears played a few verses of the ballad "Everytime" barefoot on a grand piano and swung from an extended swing to sing the mid-tempo song "Shadow."

After an energetic rendition of "(You Drive Me) Crazy," Spears joked, "There's a lot of cute guys here. Who knows, maybe if you're really lucky, I might marry you."

Maybe it can be attributed to her recent risqué behavior — the wedding, the infamous Madonna make-out session at the MTV Video Music Awards, the more-now-than-ever-present provocative clothing — that very few in attendance at Saturday's show were under the age of 13. The crowd consisted mainly of high school girls, accompanying boyfriends and a handful of parents.

While most of Spears' past Vegas concerts catered to the preadolescent group, it appears that, finally, there's an answer to the question "How does a pop star, who has been marketed in the past as the epitome of virginal teenhood, become a woman without alienating her fans?"

The answer is: her fans grew up with her.

Lost Heart

By Anna Stender, Faith Lutheran HS

Fury, the part of my heart,
The part that is always a world apart.
The darkness that seeps,
Flowing down through the deeps,
Finding the fear,
And drawing it near,
Forming the fury, the horrid anger,
So long been in danger,
The craziness, insanity,
So long lost of humanity,
The screams and the cries,
Those who die before my eyes,
The fury and pain,
Forever racking my brain,
The dreams turn to nightmares,
All those haunts and scares,
Insomnia, the screaming tyrant,
Forever and constant,
Feeding the fear,
Leading me here,
Lost and once again lost,
So long have I paid the cost,
All that consumes me,
All that I see ... insanity!



open mic

Get your foot in the job door

How to answer a tough question



Sometimes an employer will ask you a tough question in an employment interview that you'll have a hard time answering. An example is a question such as, "What do you think is your biggest weakness?"

The real question here is, "Is there something about you that would keep you from doing the job?"

An answer like, "I really don't like following directions," will cost you the job. You'll want to go one of two ways here.

1. You can talk about a "weakness" that is really a strength: "I get impatient with people who waste time on the job."

2. Or, you can talk about how you improved a weakness: "On my last job, I had a hard time admitting I needed help until my supervisor told me that good employees were willing to ask for help when they needed it."

Assignment: Name three more weaknesses that are really strengths.

© Job Jargon

This month's featured positions:

Tellers

If you are a motivated person with an outgoing personality, this may be the job for you. Cash handling experience is a plus. Applicants must be at least 17 years old and have a work permit. Workdays and hours are flexible. The wage is \$9.50 per hour. Job Number: 7938

Office Helper

Assistants are needed for filing, answering phones and other office duties. Employer will train for additional tasks. Applicants must be at least 16 years old and have a work permit. The workdays and hours are flexible, totaling 25 hours per week. The wage is \$6.00 per hour. Job Number: 7937

Courtesy Clerk

Motivated and friendly attendant needed for customer service, cart retrieval, product arrangement and light cleanup. Applicants must be at least 16 years old and have a work permit. Workdays and hours are flexible. The wage is \$5.50 per hour. Job Number: 7932

Crew Member

If you are interested in cashiering, ushering, concession and customer service, then this may be the job for you. Applicants must be 16 years old and have a work permit. Workdays and hours are flexible, totaling 25 hours per week. The wage is \$5.15 per hour. Job Number: 7934

Sales, Cashier, Customer Service

Attendants needed for sales, cashiering, customer service and more. Applicants must be at least 16 years old and have a work permit. Workdays and hours are flexible, totaling 40 hours per week. Job Number: 7935

Office Assistant

Assistants are needed for filing, answering phones and general office duties. Applicants must be at least 16 years old and have a work permit. Workdays are Monday - Thursday, from 2 p.m. to 5 p.m., totaling 12 hours per week. The wage is \$6.00 per hour. Job Number: 7936

For more information about these jobs, or to view the entire list of available job opportunities, contact the work experience coordinator at your school, or call the CCSD Job Bank at 799-8461.

Incubus shows political edge on 'Crow'

By John Scafetta, Foothill HS

Incubus continues its success by releasing its latest album, "A Crow Left of the Murder."

This sixth album shows a different side of the band. Fans will notice Incubus has changed from its last album, "Morning View," which included some of lead singer Brandon Boyd's best lyrics. In this album, the band goes much harder, with a feeling of anger in some of the songs.

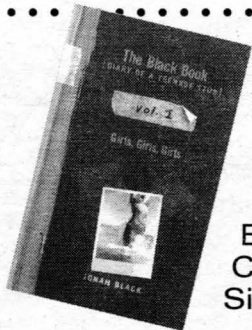
The band has had many changes in the last year. Bass player Ben Kenny, who replaced Alex Katunich, brings a hip-hop sound from his early days with the band The Roots. Also, the new album is more political and has much harder beats.

The best song on the album is "Megalomaniac." The song debuted at number three on Billboard's Top 10 Modern Tracks countdown. Along with great beats, the lyrics of this very political song are tremendous. Attacks are directly aimed at President Bush, as Boyd sings "Step down" and "If I were your appendages, I'd hold open your eyes, so you could see."

Other songs worthy of recognition are the title track, "A Crow Left of the Murder," and "Zee Deveel." "A Crow Left of the Murder" is a very upbeat song with a sort of mystical meaning. "Zee Deveel" showcases extraordinary guitar work, and draws sounds from the band's first album, "Fungus Amongus." The lyrics are largely anti-materialistic, in which Boyd sings of people flaunting their possessions.

Incubus' latest release is definitely one of their better albums, despite the fact that they have gotten harder. Incubus fans will also enjoy the DVD included with the album that shows live performances from the 2003 Lollapalooza concert, along with other clips of the band.

Overall, listeners will enjoy the CD as they will hear a new sound out of the band.



'Black Book' offers realistic view of teen life

By Brytani Caipa,
Silverado HS

Normally, series writing for teens is innocent and drained of any truth to what really goes on in teenagers' lives. Recently, series fiction has started to take itself a bit more seriously. A great example of this is "The Black Book: Diary of a Teenage Stud" by the mysterious Jonah Black.

In the first book of four, "Girls, Girls, Girls," Jonah reveals his trouble in separating his vivid imaginary life from the real world. When Jonah isn't telling about memories of Pennsylvania and his dream girl Sophie, he is revealing the cold truths of the real world. Neither the readers nor his friends know why Jonah was expelled from his boarding school, Masthead Academy, or why he was forced to leave his home in Pennsylvania with his father.

When Jonah moves to his home of Pompano Beach, Fla. to live with his younger, genius sister, Honey, and his blunt and

open mother, Jonah is looking forward to starting his senior year off with a clean slate. But it seems the bit of bad luck he experienced in Pennsylvania was just the tip of the iceberg compared to everything he is about to endure at his new school. Through his diary, Jonah reveals a glimpse of his family and school life, but most importantly he lets the readers inside his head where even the most private of thoughts are shared.

Although Jonah has a very active imagination, his reality is every bit as complicated as his fantasy world. Without warning, Jonah switches from reality to his fantasyland. Jonah's stream of consciousness may take some getting used to, but it is well worth the read.

It was refreshing to read a journal with a male's perspective. By the end of the novel, there may be some questions raised about Jonah and his friends. Don't let this disappoint you. Any riddles will be solved in the future books to come. This book is a great start to a promising series.

So Unusual

By Maria Elena Millar, Coronado HS

So unusual how things
Can seem like they're something and they're not.
So unusual how we
Can learn from our mistakes and the things we're taught.
So unusual how people
Can judge each other by how they look or what they've got.
So unusual how we
Think we've gotten away with something and sooner or later, we get caught.
So unusual how some people
Can just take their feelings and put them into words.
So unusual how people
Fall in love and turn it into a lifelong commitment of marriage.
So unusual how some people
Have ways of changing your mind.
So unusual how some people
Can be so kind.
So unusual how people
Can see and be blind.
So unusual how life
Can seem like it's going slow yet you waste so much time.
So unusual how people
Can assume things right away.
So unusual how no one
Listens to what anyone has to say.

Confession

By Jessica Pyritz, Rancho HS

Do what you must and you may.
Forget me not in all of your day.
Forevermore this love shall stay
While all else fades away.

Remember the days long gone
And persevere for these anon.
Do not falter at words said,
Be wise and use your head.

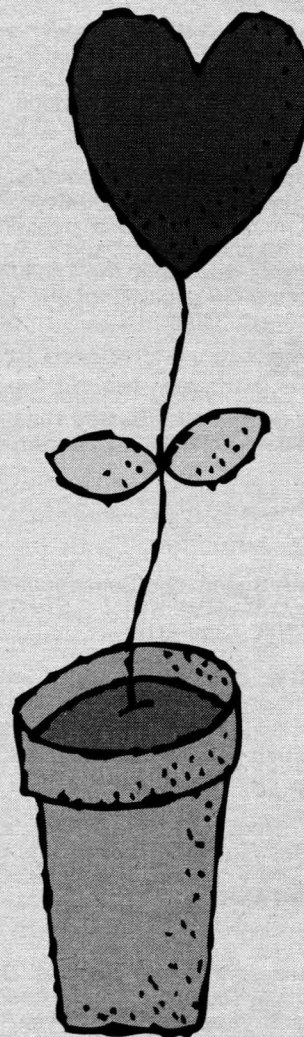
You shall not forget the first time
I scribed for you a tender rhyme,
Nothing but a beginning and end
For your cherished hand to mend.

Whilst you melt into the haze,
Subsiding as an intermittent phase?
No, you darling, will last much longer.
Every day you'll grow stronger.

I love your cheek and your brow
The only way I know how.
Will you fathom the love I hold
With relentlessness so bold?

You shall feel my love and care
When it flows soft as hair
Through the wind, beyond the moon.
This, love, you will know soon.

I do not doubt my love's sincere.
Although it's been but a year
I have come to know your heart
And it is now my life will start.



APRIL

Through April 30

In celebration of black history, Vicki Richardson has curated an exhibition of paintings by local artists. City Hall Bridge Gallery, 400 East Stewart Ave., 2nd Floor. Free admission. 229-4674.

Through May 16

Simple Lullaby. Artist K Stevenson's sculptures and prints explore moments quietly hidden in our mundane routines and at the edge of our waking consciousness. Charleston Heights Arts Center, 800 S. Brush Dr. 5:30 p.m.-7 p.m. Free admission. 229-4674.

Through May 30

Las Vegas Academy Student Art Exhibition. Art students display works in a variety of mediums. Reed Whipple Cultural Center, 821 N. Las Vegas Blvd. 5:30 p.m.-7 p.m. Free admission. 229-4674.

April 14

The W.O.W. (Women of the World) film series honors the diverse and courageous spirit of women by showing the film "Everything Relative." Clark County Library, 1401 E. Flamingo. 7 p.m. Free admission. 507-3459.

April 15-17

Phish in concert. Thomas and Mack Center, UNLV. 7:30 p.m. Tickets \$42.50. All ages. 739-FANS.

April 16

Sever in concert with Bentvalve, Pale Grey, KDT and Rich Tradition. The Huntridge, 1208 E. Charleston. Free admission. 678-6800.

David Romero and Kumpakin. Bring a sack lunch and dine to Afro-Cuban jazz. Lloyd D. George U.S. Courthouse, 333 S. Las Vegas Blvd. 12 p.m.-1 p.m. Free admission. 229-1087.

Poet's Corner. Hosted by Keith Brantley and Pendelita Toney; the series features established poets and open mic participants. West Las Vegas Arts Center, 947 W. Lake Mead Blvd. 7:30 p.m. Free admission. 229-4800.

April 17

Open auditions for males and females, age 12-adult, for roles in a production of *The Diary of Anne Frank*, opening May 28. Reed Whipple Cultural Center, 821 N. Las Vegas Blvd. 1 p.m. 229-6211.

April 19

Offspring in concert with The International Noise, Conspiracy and The Start. Cox Pavilion, UNLV. 7 p.m. Tickets \$28. 739-FANS.

April 21

JC Chasez in concert with Samantha Ronson. House of Blues, 3950 S. Las Vegas Blvd. 8 p.m. Tickets \$20-\$30. All ages. 632-7600.

April 22

Teen Poetry Café. In celebration of National Poetry Month, an open-mic poetry event for teens will take place. Clark County Library, 1401 E. Flamingo. 7 p.m. Free admission. 507-3459.

April 24

Family Health Fair. Free services provided, including immunization for children, infants to age 18, mammogram scheduling, blood pressure and HIV testing, glucose screening and more. West Las Vegas Arts Center Amphitheatre, 947 W. Lake Mead Blvd. 11 a.m.-3 p.m. Free admission. 229-4800.

Rebelpalooza featuring NOFX, Alkaline Trio, and Pharcyde. UNLV Intramural Fields. 2 p.m. Tickets \$20 advance, \$15 day of show. 739-FANS.

Arohi Ensemble. The critically acclaimed quartet uses traditional and contemporary instruments to perform world music that blends influences from India, Africa, Eastern Europe and the Middle East. Reed Whipple Cultural Center, 821 N. Las Vegas Blvd. 8 p.m. Tickets \$12 day of show, \$10 advance. 229-6211.

April 25

Arena Football. Las Vegas Gladiators vs. Detroit Fury. Thomas and Mack Center, UNLV. 12 p.m. Tickets \$9.50-\$63. 739-FANS.

April 28

From Autumn to Ashes in concert with Atreyu and Red Tape. The Huntridge, 1208 E. Charleston. Tickets \$12 advance, \$14 day of show. 678-6800.

April 29

"Once Upon a Mattress." Centennial High School Theater, 10200 Centennial Pkwy. Performances at 6:30 p.m. on April 29, 30 and May 1, 7 and 8. Tickets \$8. Students can attend the Friday performances (4/30 and 5/7) for \$5. 799-3440 ext. 3405.

April 30

Nevada Conservatory Theatre: A View from the Bridge. Judy Bayley Theatre, UNLV. 8 p.m. Tickets \$25. 739-FANS.

MAY

May 1

THQ/AMA Supercross Series Finals. Sam Boyd Stadium, UNLV. 7 p.m. Tickets \$24-\$66. 739-FANS.

May 2, 6, 8, 9

Nevada Conservatory Theatre: A View from the Bridge. Judy Bayley Theatre, UNLV. 8 p.m. Tickets \$25. 739-FANS.

May 2

Arena Football. Las Vegas Gladiators vs. Indiana Firebirds. Thomas and Mack Center, UNLV. 12 p.m. Tickets \$9.50-\$63. 739-FANS.

May 6

End-of-the-School-Year Goodies. Drop in and make yourself a special keepsake box to store your school-year memories. Rainbow Library, 3150 N. Buffalo Dr. 3 p.m. Free admission. 507-3710.



Casting call for 'The Diary of Anne Frank'

Open auditions for males and females, age 12-adult, for roles in the production of "The Diary of Anne Frank," will be held April 17 at 1 p.m. at Reed Whipple Cultural Center, 821 N. Las Vegas Blvd. The play will open May 28. Call 229-6211 for more information.

announcements

Spread the word

Smash Magazine has announced the re-launch of its Web site, which will still include all features of the magazine, plus it will serve as a public relations site for bands from all over the Southwest. For a one-time processing fee of \$50, bands from Las Vegas and other cities in the region will be able to upload pictures, biographical information and lists of upcoming shows to the site. They will also be able to sell their music or merchandise online and upload two sample music files to help the do-it-yourself band avoid the high costs and roadblocks to getting started in the music industry. To view the new Smash Magazine Web site, log onto www.smashmagazine.com.

Shop 'til you drop

Spring is here and that means it is time for another UNLV Rebel Recycling yard sale. The sale will be on April 17 and 18 from 7 a.m. until 4 p.m. Sale items include office and school supplies, clothes, shoes, linens, knickknacks and more. And what a deal ... most items are priced between 25 cents and \$1. Come spend the day bargain shopping! You never know what you'll find. The sale will be held at the UNLV Recycling Complex on the southeast corner of Flamingo and Swenson in the gray trailers with red trim, located behind the solar dishes. Call 895-3760 for details.

Fun for everyone

The 11th Annual Clark County Children's Festival takes place Saturday, April 17 from 10 a.m. to 3 p.m. The award-winning festival combines recreational and cultural activities to entertain and educate children of all ages. It will be held at the Winchester Cultural Center and Park, 3130 S. McLeod Dr. Admission to the event is free. For more information, call 455-7340.

Library fines waived

In celebration of National Library Week, The Las Vegas-Clark County Library District is having an amnesty program, April 18

Continued on page 46

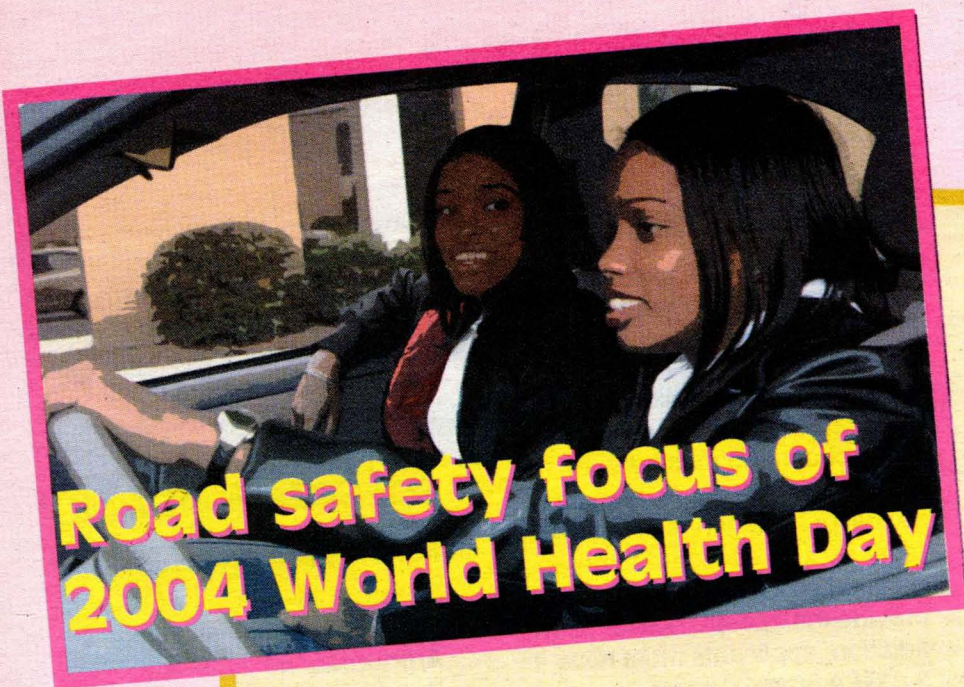
CLASS! publishes only calendar items of possible interest to teenagers.

To submit calendar items, send the details by e-mail, mail or fax.

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Mail: UNLV, Box 451025
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Fax: (702) 895-1505



Road safety focus of 2004 World Health Day

By Rachel Hommel, Green Valley HS

A CRASH. A BODY. A LOST LIFE. In less than a minute, a person's world can be turned upside down.

Road safety was the topic this year for World Health Day on April 7, and although it may have come and gone, safety is here to stay. With the deaths of so many teenagers occurring in the past year, the need for road safety is a reality for all teens who drive or even ride in cars.

World Health Day events were held worldwide to inform people about the increase in road traffic injuries and to encourage people to exercise safety on the road. Along with the World Health Organization and the Centers for Disease Control and Prevention, the main sponsors were The U.S. Department of Health and Human Services and the U.S. Department of Transportation. The theme for this year's events was "Family Road Safety: Protect the Ones You Love."

While most other safe-driving programs emphasize the dangers of unsafe driving, the focus of World Health Day was on demonstrating safe driving techniques and preventing dangerous situations from developing. Events were planned to educate drivers of all ages, but especially teens, who are most at risk. Studies show that teens 16-19 years old are four times more likely to be involved in car accidents than adults. Many crashes have been linked to alcohol, but many also have occurred simply from inexperienced drivers.

Too young to die

Compared to the Las Vegas Motor Speedway, Nevada roadways are seemingly tame. However, the Nevada Department of Transportation reported more than 60,000 car accidents in 2002. Of those accidents, nearly 14,000 involved teen drivers. Some drivers believe they are invincible, but the facts show reason for concern.

The ratio of accidents among 16-year-old drivers has doubled in the past years, and these students are at the biggest risk for injuring not only themselves, but others as well. Critics believe the main problem with teenage driving is the lack of experience and maturity. Researchers suggest that factors such as peer pressure and poor perception of risk have put teenagers in a dangerous position.

For example, studies have shown that males have a tendency to drive slower with female passengers than with male passengers. Females, on the other hand, had no increased risk with one female passenger in the car. However, with two or more passengers, the risk increased dramatically for both males and females.

"One of the things we know about beginning drivers is they're more easily distracted than the experienced driver,"



says University of North Carolina research scientist Rob Foss in an interview with the Las Vegas Review-Journal. "If you take someone who's easily distracted and put them in a very distracting environment, you're just asking for trouble."

Back to school

One critical question to many authorities is just how much time do teenagers need behind the wheel to gain the necessary experience? To provide young drivers with the opportunity to mature and gain experience, some form of graduated driver's licensing laws have been adopted in 34 states, including Nevada. According to Nevada law, young drivers must take a driver's education course, must have 50 hours of behind-the-wheel driver training, and cannot have unrelated passengers under 18 years old in the car for two months after receiving their licenses.

However, few high schools in the Clark County School District offer any kind of driver's education course. Luckily, numerous driving schools in town offer classes to high school students. In fact, one local driver's education program offers free training to teens on how to handle emergency driving situations.

"Driver's Edge" is said to have been created for the "MTV generation." Racecar driver Jeff Payne created this course to teach kids about defensive driving. Payne, a resident of Las Vegas, is famous in Hollywood for his car stunts and has even taught counter-terrorism specialists how to drive. Payne believes that many movies nowadays portray driving in a false light, and his main goal is to clear up any false notions.

"No one is taught to drive. They're taught to pass a test," Payne said in an interview with the Las Vegas Review-Journal. "No one would give their kid a loaded gun. But parents don't think twice about tossing them the keys to the car."

In another local program, the dangers of driving are brought to life for teens and their parents in the "Every 15 Minutes" program, sponsored by both the Henderson and Las Vegas Metropolitan Police Departments. A realistic accident scene is reenacted at area high schools, and teenagers must witness firsthand what an accident looks, sounds and feels like. Afterward, a funeral is conducted where parents have to write their last goodbyes to their children.

Drive to stay alive

The Insurance Institute for Highway Safety suggests not just depending on driver's education, but also thinking logically before teens get behind the wheel. They recommend that parents should know where their children are, whom they are with and whether or not they're really ready to drive. Teens need to realize that parents who take these precautions may be saving their lives.

DriveHomeSafe.com offers a Web site dedicated to helping teens stay safe on the road. Taking the approach that teens can be safe drivers given enough information and training, their top three tips listed on their site for preventing accidents are:

- Make sure you are really trained before driving. Don't risk the temptation to do it unprepared. It's not worth getting injured, having to do time in a hospital or worse, ending up paralyzed. Make sure you really do this training thing "right."

- Tell your friends to chill when you're driving them around. The rate of accidents and deaths skyrockets when teens drive with teen passengers.

- Finally, be careful driving at night and weekends; the rate of accidents and deaths increase at these times among teen drivers more than they do with drivers who are older.

Don't be a statistic. Take some good advice from this year's World Health Day events, and think before you drive.

Information on this page sponsored by the Nevada Department of Education.

announcements

Continued from page 44

through 24. Fines and charges for overdue, lost or damaged materials will be waived for all Las Vegas-Clark County Library District materials. Up to \$25 per cardholder will be waived when patrons return items to any of the Library District's 24 convenient branches. Lost library cards will also be replaced free of charge. For more information, call 734-READ or visit www.lvccld.org.

All aboard!

The new Nevada State Railroad Museum in Boulder City offers a regular schedule of public train rides. Passengers will ride the Nevada Southern Railway excursion train west along the historic Boulder Branch Line to Railroad Pass aboard newly refurbished and air-conditioned Pullman Coaches, dating back to 1911. Fares are \$5 for adults, \$4 for seniors (65 and older) and \$3 for children ages 6-11. Children under 5 ride free. Call Bob Harmon at (775) 687-8323 for more information.

Race for the Cure

The annual Susan G. Komen Breast Cancer Foundation's "Race for the Cure" will be held Saturday, May 1. To be a part of this event, log onto the race Web site at www.lvracefortheCure.com. The deadline to register is noon on April 23. If you would like to volunteer to help at the event, call 252-RACE.

Everybody's doing it

"First Friday," a monthly cultural open house and street festival held in the downtown Las Vegas Arts District, returns every first Friday of each month from 6 p.m. to 10 p.m. For more information, call 384-0092 or visit www.whirlygiglasvegas.org.

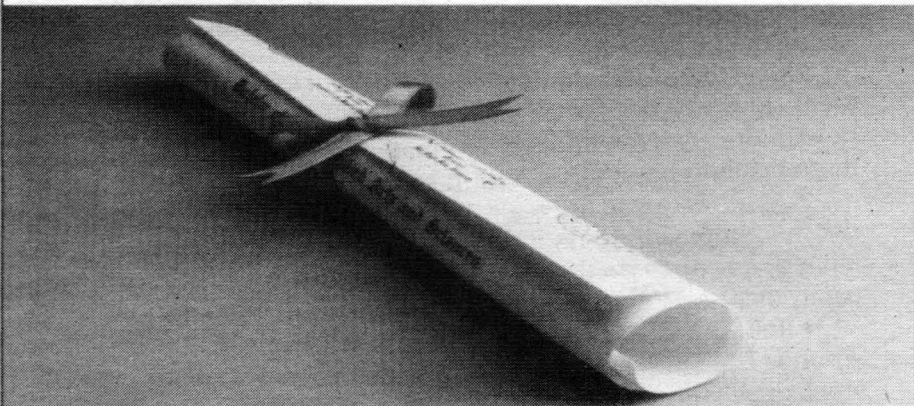
Relay for Life

The American Cancer Society's annual Relay For Life fundraiser will be featured in communities throughout the valley to raise funds to fight cancer. The events will take place at the following times and locations:

- April 24 from 4 p.m. until 9 a.m. at Green Valley High School, 460 Arroyo Grande.
- May 7 from 6 p.m. until 8 a.m. at the Cheyenne Sports Complex, 3200 E. Cheyenne Ave.
- May 14 from 6 p.m. until 8 a.m. at the Mojave High School Football Field, 5302 Goldfield St.

It's not too late to create a team. Call the American Cancer Society at 1-800-ACS-2345 for more information.

**IF YOU'RE INTO DOPE,
YOU MIGHT AS WELL SMOKE THIS.**



There's one sure way to see your future go up in smoke. Do drugs. This year, most of the *Fortune 500* will be administering drug tests. If you fail the test, you may be out of a job. The message is simple. Doing drugs could blow your whole education.

PARTNERSHIP FOR A DRUG-FREE AMERICA

Scholarships

League at AT&T Foundation

Contact: www.league-att.org/foundation/fscholarships.html

Amount: \$1,500

Deadline: April 19

Requirements: Applicants must be U.S. citizens in their senior year of high school and must identify themselves as gay, lesbian, bisexual or transgender. Applicants must also be accepted to an accredited college or university and provide the acceptance letter. In addition, applicants must have a 3.0 GPA on a 4.0 scale, two personal essays, letters of recommendation, and high school transcripts.

Paul Zindel First Novel Award

Contact:

www.hyperionbooksforchildren.com/contests.asp

Amount: \$1,500

Deadline: April 30

Requirements: This award is available to individuals 18 years or older who are legal residents of the United States. You must submit an original work of fiction that is between 100 and 240-typewritten pages and is appropriate for an audience of children ages 8 to 12. You must not have any published works in existence to be eligible for this award. The winner of this contest will win a book contract and a \$1,500 cash prize.

Holocaust Remembrance Project Writing Contest

Contact:

www.holocaust.hklaw.com

Amount: \$1,000

Deadline: April 30

Requirements: Applicants must be 19 years of age or under and currently enrolled as a high school student (grades 9-12) or enrolled in a high school equivalency program. A typewritten or word-processed, double-spaced essay of no more than 1,200 words is required.

Free Will and Personal Responsibility Essay Contest

Contact: www.intothebest.com/services/scholarships.jsp

Amount: \$500

Deadline: May 1

Requirements: Applicants must be U.S. residents and 13 years old or older as of Jan. 20, 2004. Applica-

tion requirements include submitting an essay of no more than 100 words describing how the applicant would encourage a friend to overcome low college admissions test scores to pursue his or her dreams of higher education.

Jane Austen Society of North America Essay Contest

Contact: www.jasna.org/essay_contest.html

Amount: \$750

Deadline: May 1

Requirements: Applicants must be high school students and write an essay of 1,200 to 2,000 words on the topic "The Changing World of Jane Austen."

Soy Student of the Year

Contact: www.collegebound.net/soy/soy.html

Amount: \$5,000

Deadline: May 14

Requirements: Applicants must complete a creative essay of 300-500 words on the topic of how they imagine their college years will be. Applicants can fill out and submit applications online.

Sears Craftsman Scholarship

Contact: www.nhra.com/aboutnhryouth/criteria.doc

Amount: \$1,000

Deadline: May 1

Requirements: Scholarship applicants must be seniors graduating from a public, private or parochial school or education center between Jan. 1, 2004 and June 30, 2004. Each applicant must also have a 2.5 GPA, two letters of recommendation, a personal essay and a transcript.

Society of Women Engineers National Scholarship

Contact:

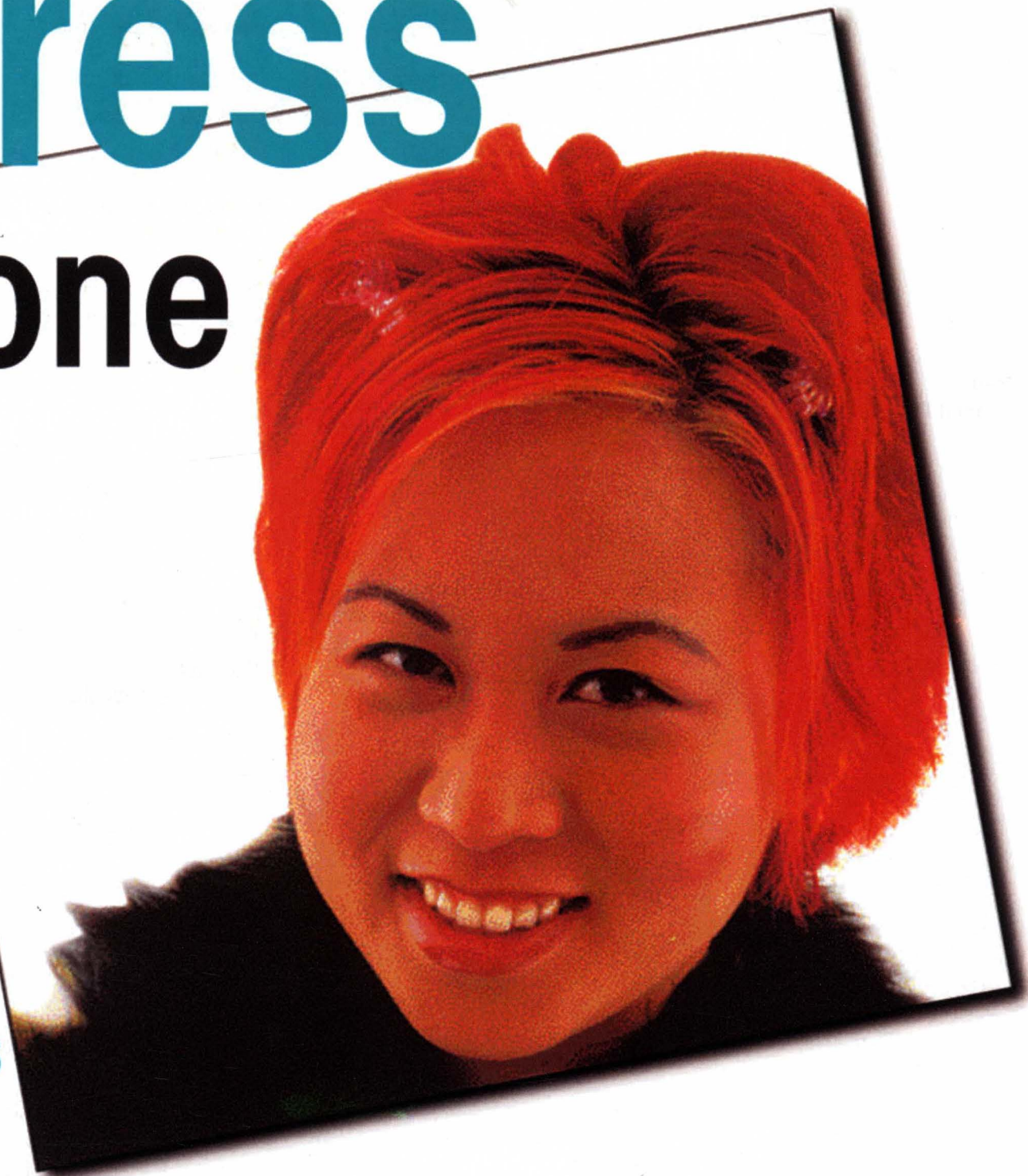
www.societyofwomenengineers.org/scholarships

Amount: \$200-\$5,000

Deadline: May 15

Requirements: Applicants must be female seniors enrolled in or accepted for enrollment in a baccalaureate, accredited engineering or computer science degree program or approved school. Applicants must also have a 3.5 GPA.

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- ▶ Passing scores on all Nevada high school proficiency exams; or
- ▶ Enough credits to be in 11th or 12th grade and an average of a 2.0 or higher; or
- ▶ Five recommendation letters from high school teachers in the content areas; or
- ▶ Minimum scores on one of the following standardized tests;
 - SAT score of 900 or higher
 - ACT score of 22 or higher

Attend one of our informational meetings:

Nevada State College Campus

1125 Nevada State Drive; Henderson
Friday April 30; 6:00 PM to 8:00 PM
Saturday May 1; 10:00 AM to 12:00 PM

Henderson Multigenerational Center

250 S. Green Valley Parkway; Henderson
Monday May 24; 6:00 PM to 8:00 PM
Tuesday May 25; 6:00 PM to 8:00 PM

Call 702-992-2017

or visit www.earlycollegeNV.com for more information.