

**DECEMBER 2004**

**By, for and about Clark County  
high school students**

**CLASS!**



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# FROM THE EDITOR

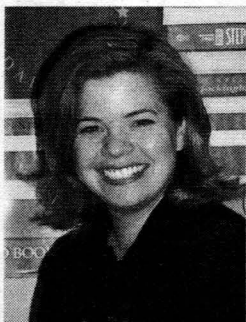
The end of the year tends to bring out a sense of reflection in many of us. This issue is no exception!

Take a look at what this month's writers came up with for the best and the worst (so far) of 2004. Even if you don't plan on buying anything, the Web sites listed in Nimmie Bhandal's article, "Most unique online stores" (page 4), are definitely entertaining to browse through! On page 5, Jessica Estepa writes about the top 10 best and worst movies of 2004 in "Top 10 movies: Big budget sci-fi films top best, worst movie lists for teens." With half of these already on DVD, and many of the others being released soon, this can be your holiday rental guide to see what the fuss is all about.

As you'll see in our "Time Out" section (pages 30-34), teens are also interested in reviewing what's happening now, not just over the past year. There's a little of everything, including an interview with a member of a popular band, a memorial to a musical legend, and reviews on a video game, a new CD, a London musical playing in Las Vegas, and a "sort of" concert. Anyone who says teens aren't involved with what's going on around them just isn't paying attention!

Of course, it wouldn't be the December issue of a newsmagazine unless there were some articles about the upcoming holidays. Be sure to check out Shannon Veasey's article on page 9, "Celebrating celebrations: A look into winter cultural holidays," to read about the traditions behind the many celebrations that are taking place this fall and winter.

We at CLASS! all hope you have a wonderful winter break from school. Maybe you'll even find some time to write an article for an upcoming issue and e-mail it to us! (Hint, hint!)



*Allie Smith*

Allie Smith  
Editor/Executive Director

**THINK.  
WRITE.  
PUBLISH.**

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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Submittals may be edited for AP style, grammar and space restrictions.

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## the top 10

This holiday season CLASS! serves up students' Top 10 picks for 2004 in music, fashion and much, much more. Whether you agree or disagree, you'll find something here to talk about! 4

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## on the cover

CLASS! cover teens from Shadow Ridge HS are, clockwise from bottom left, Donnie Lynn, senior; Shannon Veasey, junior; Aaron Porter, sophomore; Taelor Cole, sophomore; and Julie Toth, senior.

WHAT'S INSIDE

# CLASS!

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Clark County high school students

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# TOP

# 10



## Clark County teens rank their top picks for 2004

After watching an election year full of polls on what adults think, now it's your turn! Just when you thought all the polling was over, CLASS! takes one more survey of students' opinions on the year gone by. Where do you surf? What's in your CD player? What fashion trends do you hope are dead and gone? Student reporters polled other students at their schools to come up with these totally unscientific but revealing comments on teen life in 2004. How does your personal top 10 stack up against the opinions of other students?

## Most unique online stores

By Nimmie Bhandal, Coronado HS

Everyone has at least one person on his or her holiday gift list that is difficult to buy for. However, with the number of unique and creative stores online, shoppers are a click away from getting their holiday shopping done early, with time left over to do a little personal shopping as well.

Here is my list of the top ten Web sites for unique online holiday shopping:

10. [www.flowers2u.com](http://www.flowers2u.com): Voted the best flower shop in town in Las Vegas Life magazine, Flowers2u lets you get your flowers online, anytime.

9. [www.thechocolatefarm.com](http://www.thechocolatefarm.com): Whether you like to make chocolates or just eat them, this place doesn't discriminate.

8. [www.uniquelywrapped.com](http://www.uniquelywrapped.com): Create personalized candy bars for all occasions.

7. [www.uncommongoods.com](http://www.uncommongoods.com): The name says it all.

6. [www.pacsun.com](http://www.pacsun.com): A California-based clothing store, with trendy casual styles and a great gift giving guide.

5. [www.threadless.com](http://www.threadless.com): This site offers a large selection of T-shirts and sweatshirts with interesting designs and prints.

4. [www.crateandbarrel.com](http://www.crateandbarrel.com): It may seem like grandma's favorite Web site, but be sure to check out the holiday section for beautiful gifts and ideas.

3. [www.swatch.com](http://www.swatch.com): Watches galore.

2. [www.lush.com](http://www.lush.com): Fresh, handmade soaps and natural cosmetics that smell like heaven and make you feel like you are in it as well.

1. [www.redenvelope.com](http://www.redenvelope.com): All gifts arrive in a red box or red envelope (depending on the size of the gift) tied with a white satin ribbon, perfect for that special someone.

Cows on a Stick (for your hot cocoa or coffee) are available at [thechocolatefarm.com](http://thechocolatefarm.com).



The Swatch Chrono is a watch with a stopwatch function. Available at [swatch.com](http://swatch.com).



# Top 10 movies

## Big budget sci-fi films top best, worst movie lists for teens



By Jessica Estepa,  
LV Academy

Every year, a number of different movies are released in theaters. From horror to romantic comedy, they fall into different genres, and therefore, different people's interests. However, a recent poll of local teens revealed the top ten best and worst movies among teens for the year so far. How does your list compare?

Rankings for the best movies released so far this year are:

10. **The Notebook**
9. **The Village**
8. **Without a Paddle**
7. **The Grudge**
6. **Kill Bill: Volume 2**
5. **Exorcist: The Beginning**
4. **Napoleon Dynamite**
3. **Harry Potter and the Prisoner of Azkaban**
2. **Shrek 2**
1. **Spider-Man 2**

Sequels of previous blockbusters dominated the ranks this year. Spider-Man 2, the popular sequel to the hit that was released in 2002, was voted as No. 1, receiving 26 percent of the vote of students surveyed.



"Doc Ock" helped Spider-Man 2 top the list.

Danyelle Johnson, a sophomore at Las Vegas Academy, says, "Though it wasn't as great as the original, there were cool fighting sequences, and the romance between Mary Jane and Peter was okay."

Rankings for the worst movies released so far in 2004 are:

10. **Fahrenheit 9/11**
9. **Catwoman**
8. **Garfield**
7. **Open Water**
6. **Mean Girls**
5. **The Grudge**
4. **Secret Window**
3. **A Cinderella Story**
2. **Alien vs. Predator**
1. **Van Helsing**

Van Helsing was picked as the worst movie of the year by a majority of the teens polled.

LVA junior Mindy Hollinger says, "It just didn't seem to make any sense. They just seemed to try to make it cool with visual effects."

There you have it, the best and worst so far this year in movies. With the holiday movie season upon us, however, and Hollywood releasing big-budget flicks like popcorn spilling from a bucket, there's sure to be a few more instant classics and clunkers before the year is out.

# Top dead fashion trends

## Breathe a sigh of relief as 2004's dead fashion trends become so last year



By Farah Minwalla,  
Palo Verde HS

Wake up, smell the coffee and realize that we are all victims of overdone fashion trends. How about trucker hats, which only looked good on Ashton

Kutcher? Or Ugg Boots, which could solely be pulled off by fashionista Cameron Diaz? And let's not forget those low-rise jeans that, if you moved the wrong way, would reveal what color underwear you wear. Overall, 2004 has had its fair share of good and bad fashions, but this list counts down fashion trends gone wrong.

**5. Chandelier earrings.** Chandelier earrings have been so exaggerated that the once-stylish earrings are now overkill. In the beginning, even I rushed out to the mall to get a pair for myself, and then in the blink of an eye, the entire world owned the previously graceful and unique jewelry. It was at that moment that the earring went from stunning to sinful.

**4. Trucker hats.** Come on, trucker hats are just meant to be worn by truckers. Regardless, people still go to Von Dutch to buy the newest trucker hat that will complete their wardrobe. Stop lying to yourself and comprehend that the trucker hat is u-g-l-y. What does that spell? Ugly.

**3. Ugg boots.** Here is a little history lesson on the Ugg boot. The Ugg boot originates from down under, or Australia, and is generally worn as a house slipper. It was Diaz who introduced them to America, and from that moment onward, the boot was flying off the racks. Oh, and another statement to add is that the Ugg boot is not waterproof. Alexandra Jacobs from The New York Observer says, "One false move in the city slush, and you basically have a pair of bacteria-bearing bedroom slippers on your feet. It's just not respectful to your fellow citizens, not to mention yourself." Case closed.

**2. Skirt-over-jeans look.** This baffles me every single time I see a girl wearing it. If you ever cross my path wearing a skirt over jeans, I will look at you and secretly laugh to myself, and then wonder, "What in the world were you thinking this morning?" It was always apparent to me that if it is hot outside then you should wear the skirt. If it is cold outside then wear the jeans. Why on earth would you have the desire to wear both?

**1. Low-rise jeans.** Let me say that if you do not have the abs of Britney Spears, then slowly and carefully put the low-rise jeans down. Nobody wants to see a flabby stomach showing its way out of a pair of jeans. On the other hand, I am not saying wear some granny pants, but find a pair of jeans that respectfully covers up what needs not to be shown.

In the end, the year of 2004 has had its hits and misses in fashion as every year does. We can only guess what trends, for better or worse, will dominate our closets in 2005.

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# Top 10 albums

## Alternative music mix fills 2004's Top 10 album list



By Michael Gobaud,  
LV Academy

The year 2004 was a tremendous year for music.

It seems that there is a growing alternative music scene building in the sacred ruins of American pop culture. Infamously underground bands like Modest Mouse and Wilco have gained much deserved recent popularity from an American youth unsatisfied with the typical overproduction of many modern albums. The following are a group of Las Vegas Academy students' picks for best albums of 2004.

### 10. "The Cure," The Cure

The Cure is a very popular band that came from the new wave movement of the 1980s. What separated The Cure from other popular new wave bands was the emotional lyricism of front man Robert Smith. The Cure has been around for more than 25 years and has still found a way, even in their later years, to create intellectually stimulating pop hits.

### 9. "You are the Quarry," Morrissey

Morrissey is best known for his role as lead singer for the 1980s Manchester pop explosion of The Smiths. Much like Smith of The Cure, Morrissey is known for his heart-felt, raw lyrics, singing songs about everything from religion to teenage sexuality. With his new solo album, "You are the Quarry," Morrissey con-

tinues to reach out to the hearts of his devoted fans.

### 8. "A Ghost is Born," Wilco

Imagine rhythmic piano melodies transcended by experimental guitar solos and '70s-inspired pop riffs. "A Ghost is Born" is the newest project from Chicago-based college rock band Wilco. What really separates this album from previous Wilco releases is that it was co-produced by talented Sonic Youth guitarist Jim O'Rourke. Some Wilco fans may argue that the album is not as "weird" as their previous release, "Yankee Hotel Foxtrot," but Wilco is the type of band that always aspires for originality.

### 7. "On My Way," Ben

#### Kweller

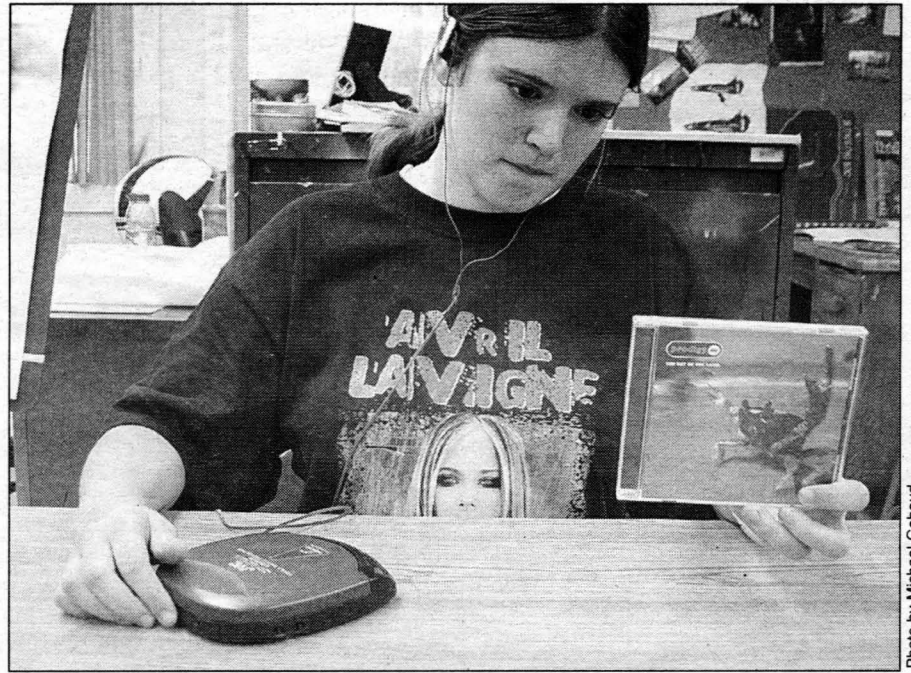
Coming from popular late-'90s-Dallas band Radish, Kweller signed a contract with Island Records as a solo artist at the age of 19. "On My Way" is the second release by this prodigy. In comparison to his first solo release, 2002's "Sha Sha," it rocks, literally. The music is far more aggressive and rock-inspired.

### 6. "The Abattoir Blues/The Lyre of Orpheus," Nick Cave and the Bad Seeds

Coming from Sydney, Australia, Nick Cave has been a powerful force in college rock and roll for more than 20 years. Most Bad Seeds' fans will tell you that Cave's music has slowed down with age. However, what rocks about "The Abattoir Blues/The Lyre of Orpheus" is its high level of intensity. Cave hired a Gospel choir to combine the power and magnitude of southern Gospel music with the low-down, dirty rock of early post-punk Bad Seeds albums. The album is a highlight of 2004.

### 5. "I," The Magnetic Fields

The Magnetic Fields is the



Rock fan Melinda Hollinger, a Las Vegas Academy junior, gives a listen to alternative band, Prodigy.

work of singer-songwriter Stephin Merritt. "I" is the first release since the 1999 musical masterpiece "69 Love Songs." After releasing "69 Love Songs," Merritt had the difficult task of creating a follow-up album of the same caliber. However, in many ways, "I" is an even more successful album. Many of the songs on "I" seem like continuations of songs on "69 Love Songs." Merritt still manages to display new and innovative ways to create excellent music.

### 4. "Uh Huh Her," P.J.

#### Harvey

Raised on a sheep farm in Yeovil, England, Polly Jean Harvey has been impressing alternative rock audiences since her 1992 debut "Dry." Harvey sings about topics ranging from murder to female sexuality, each reverberating with a feminist spin. Her new album "Uh Huh Her" rocks no less than any of her previous releases.

### 3. "Good News for People Who Love Bad News," Modest Mouse

This album, made popular by the hit single "Float On," will surely catapult veteran alternative rock band Modest Mouse out from the underground and into the mainstream. Many longtime fans ask, "Is this a good thing?" In this writer's opinion, the only unfortunate thing is that it took this long for the general public to finally notice this incredible band.

### 2. "Lost in Cities of Permanent Autumn," Wyatt McKenzie and the Invisible Orchestra

This album comes from LVA guitar major Wyatt McKenzie. He recorded this album in his house, playing every instrument by himself (besides a few guest cameos). One of the most impressive things about this local indie album is the professional recording quality.

"It's sweeter than insulin," says an LVA junior. To find out more about McKenzie, e-mail otacon45@hotmail.com.

### 1. "Songs from a Basement on a Hill," Elliott Smith

Get this album.

# Top 10 holiday meanings

## How do you holiday?



By Edna Gonzalez,  
Liberty HS

For many people, the word "holiday" can bring

back memories of past experiences or inspire hopes for future

plans. It can mean happiness to some or debt to others. The word "holiday" has even more meanings in such a diverse setting as Las Vegas. In Webster's Dictionary, "holiday" is explained as "a day set aside for special religious observance; or a day of freedom from work; vacation."

What does "holiday" mean to you? Here are the top ten re-

sponses from Clark County teens:

10. Turkey
9. Pie
8. Birthday
7. Santa!
6. Giving and kindness
5. Party
4. Sleep
3. Vacation
2. Presents
1. Christmas

Because of the diverse culture we have in Las Vegas, many different forms of celebrating the holidays exist, for example, Hanukkah, Kwanzaa, Christmas and Ramadan. Though many people have different ways of celebrating the holidays, maybe everyone should take a moment this season to consider the deeper meanings behind holiday celebrations.

# LETTERS

## Snack attack

To the editor:

I have to disagree with the article involving junk food on campus in the October issue ["Keep junk food out of schools"]. Teenagers are unhealthy because they aren't active, not because they eat Kit-Kats instead of granola.

*Sean Mazner*  
Foothill HS

To the editor:

I'm writing in regard to the [October] article "Keep junk food out of schools." I'm sure we're all mature enough to make our own decisions about what to eat and don't need anyone else to say what we can and can't eat. Let me have my heart attack!!

*Charles White*  
Cheyenne HS

To the editor:

I enjoyed reading the article "New food program leaves many students unsatisfied" by Rickey Lofton [Nov. 2004]. I used to eat at my school café until they changed the menu. Now, the food is plain and gross. They have to be losing a lot of money with all the students bringing their own lunches now.

*Casey West*  
Foothill HS

## Divided we stand

To the editor:

The October issue of CLASS! magazine was great. I liked how it had a lot to do with politics and the election. Thank you to all the writers of this issue for writing such a great magazine this month!

*Ashley Tumminello*  
Foothill HS

To the editor:

I was extremely disappointed in October's issue of CLASS! magazine. I especially did not like all of the political stories. Politics should be kept out of school, just like religion. Both candidates were lying to the American people. Our leaders should tell the people what they need to hear, and not what they want to hear.

*Name withheld*  
Foothill HS

To the editor:

The article "Death from within: How excessive liberalism may de-

stroy America" [Nov. 2004] is a bit harsh. So liberals support peace — is that a crime all of a sudden?! Being too conservative is just as bad as being too liberal. We need an even mixture of both to have a stable government and a safer world.

*Maya Scheuch*  
Foothill HS

To the editor:

I appreciated the article about liberalism in America in November's issue. It had a different approach to current politics compared to the last issue of CLASS! that seemed to bash the Bush administration. I hope future articles in CLASS! will give a view from both sides instead of mostly one side.

*Erik McKay*  
Foothill HS

## Díganos! = Tell us!

To the editor:

The First Amendment of the U.S. Constitution gives us the freedom of the press. It doesn't specify in which language. I really like the Díganos section in CLASS! because it gives Hispanic students the opportunity to enhance their abilities as journalists. Also, for students who are learning Spanish (like me), it is an educational experience. I think that the Díganos section is an excellent cultural experience and I wait to read it each month. Good job, Díganos!!

*Ian Cruz*  
Bishop Gorman HS

To the editor:

I've found myself overly frustrated when flipping past Díganos. I'm an American citizen, and although I'm not always proud of that, I pride myself in speaking English. This country was built on equality and to allow one minority the advantage over another does not work out for the best. To have a Spanish section, you should also support foreign languages. I'm sure English-speaking readers would like to hear what those in Díganos have to say.

*Name withheld*  
Foothill HS

To the editor:

I disagree with a letter in the October issue about the Díganos section of CLASS!. CLASS! is for high school students, giving us the chance to be published, to educate youth and to share problems and different things about our schools. Why should Spanish speakers not have that opportunity? English speakers already get 40 pages in English. Spanish speakers only get four or five, and the author of the letter is trying to take that away

from them. America may be one nation, but magazines like CLASS! have the power to help, educate and inform a nation with many languages.

*Whitney James*  
Liberty HS

To the editor:

I think that there is no point in having a section in CLASS! magazine that is written in Spanish. I love reading CLASS! magazine as soon as the new issue comes out, and I get so aggravated when I come to the portion that is written in Spanish. I think that if you live in the United States of America, an English-speaking country, then you should have enough respect to learn the language spoken there.

*Name Withheld*  
Foothill HS

## Talk about it

To the editor:

My heart sank deeply when I read Patricia Ross' story, "The truth about sexually abused teens" [Nov. 2004]. I had no clue that one in four girls are sexually abused. I have never been abused by family members, but I have been touched by people I didn't want to be touched by. The article really opened my eyes. I don't think people see how important this topic is, and I thank Ross for writing about it.

*Name withheld*  
Foothill HS

To the editor:

The article, "Relationship abuse attacks victim's mind and body" [Nov. 2004] speaks truth about today's teen relationships. It can also happen between friends. No matter what kind of relationship you are in, always speak out.

*Stephanie Baca*  
Foothill HS

To the editor:

I disagree with the article, "ADD and ADHD sufferers face criticism, ridicule" [Nov. 2004]. I was diagnosed with ADHD when I was 11, and I don't remember it being overly criticized. It is a good thing that people are discussing this issue. Ritalin is being handed out too easily.

*Brandy Gallock*  
Foothill HS

## School rules

To the editor:

I agree with LaShae Collins' article, "Taboo topics censored from school papers keep students in the dark" [Oct. 2004]. In school papers, students feel like the authors are

friends, so they listen. Letting school papers publish stories on these topics helps to give students the information they need to have to make the right choices.

*Opal Weeks*  
Foothill HS

To the editor:

I totally agree with Janice Ramirez's story, "School district should lighten up on school movie ratings" [Oct. 2004]. In high school, we are always told to grow up and act like adults. If that's the case, then we should be treated the way they want us to act.

*Jenny Watson*  
Foothill HS

## Be smoke free

To the editor:

I loved and really agreed with the article by Jamie De Soto from Mojave HS, "Smoking puts more than your health at risk" [Oct. 2004]. After reading this article and being around many smokers, I will never smoke because I see and hear how disgusting it is. I don't understand why someone would do that to themselves.

*Jamie Dunn*  
Foothill HS

To the editor:

I strongly agree with Natalie Minev's story, "Becoming an adult means not becoming a smoker" [Oct. 2004]. If teens need to relieve stress, they should do something creative with their time instead of hurting their bodies by smoking. If you were blessed with a healthy body and heart, don't ruin it.

*Desarie Romo*  
Foothill HS

## Giving back

To the editor:

I like how the November issue focused on teenagers who are making a difference through volunteering. I joined National Honor Society thinking it would look good for college, but it will be nice to see the looks on people's faces after helping them if they are in need this holiday season.

*Khaye Rufin*  
Foothill HS

## Hot spot

To the editor:

I especially like the article about the Huntridge Theater [Nov. 2004]. I will miss the old Huntridge, but will still enjoy the new, improved version. It was time for a makeover!

*Brooke Lanning*  
Foothill HS

Harry Potter crest paper, spiral notebooks and pens are always a safe bet for little siblings.



# Smart Santas stuff stockings while saving cash

By Nicole Brown, LV Academy



It's the holiday weekend, and you're in a jam to buy your family and friends gifts. You don't have that much money, but you don't want to look cheap and get them gifts from the local 99-cent store. Instead of being in a panic, learn how to shop smart and get awesome gifts for less.

While you are shopping for someone else, it is quite difficult not to shop for yourself at the same time. You come across a Banana Republic jacket that you could absolutely die for, but then realize that it is way out of your budget. It's a bummer, but you don't think on it because you are on a mission to buy for someone else. What if you could get an awesome jacket and afford gifts at the same time?

A pricey winter jacket is the Glen plaid, button gray blazer by Banana Republic. The price tag on the cute cover up is about \$218 not including tax. A blazer that looks equally cute and identical in some ways is the taupe velvet blazer offered by GAP stores. The velvet blazer at GAP stores is about \$78. It is still a bit pricey, but it is a better deal than the name brand Banana Republic.

After you have taken care of yourself, you move on to your little

sister. She is in the sixth grade and new to the middle school life. You want to get her something that can give her a boost in the fashion realm, but you don't want to get her something expensive in case she loses it or breaks it.

A perfect gift for a little sister is a decorative pin that will give extra pizzazz to her clothes. The pink and pearl brooch at Claire's offers fashion and flare. This pin can make a jean jacket look fashionable with the extra detail added to it. The price of the brooch is a steal at \$7.50, compared to Wet Seal's rhinestone circle pin at \$19.50.

You finally have two names checked off the list, and move on to the people who are difficult to shop for. Your little brother comes to mind. Your brother is in eighth grade and he loves Harry Potter. A great gift for him would be a journal to keep school notes or make up his own magic spells. The Harry Potter Web site offers a pack of three journals for \$33.85. However, Hot Topic offers Harry Potter journals and spiral notebooks for less than \$6 each. If you bought three journals from Hot Topic, it still wouldn't be as expensive as the three-pack at the Harry Potter site. Hot Topic is the steal, and the Web site is the splurge.

After you have accomplished getting gifts for your siblings, you focus on your crush/boyfriend. Guys are more difficult to shop for because you want to get them something that they will actually

use, and every time they use it, to think of you.

For a boyfriend or serious love interest, a movie is a safe way to go. Depending on what movie you get, the price will vary. A general place to get movies for a reasonable price is a movie rental store. You can usually get great deals on gently used copies of the hottest flicks. The movie rental place even re-wraps the movie so that it looks brand new.

If you're not into that, then Best Buy is the way to go. Their stuff will be more pricey since it's new, but generally movie titles are the same price everywhere.

What should you get for your boyfriend/crush's best friend? If you are close to him and talk to him, then a cool CD is a safe bet. Since CD's don't tend to be too pricey, a CD shows that you care and thought of the person, but it doesn't break your bank.

For your guy friend who can take a joke, boxers with candy canes or a holiday symbol on them will be fun. If your friend is a person who always gets socks for the holidays, then a six-pack of socks will be a good inside joke.

Holiday shopping is one of the most exciting parts of the holidays. Shopping doesn't have to be expensive; you just have to shop around. There is a gift for every person. Just remember: in the end, it really is the thought that counts.

# Get physical, avoid packing on holiday pounds

By Erica Zaldivar, Community College HS

We all know that with the holidays coming around, there's going to be lots of food surrounding us no matter where we go.

With family get-togethers and all of the stress of being broke from holiday shopping, it is very likely that the average person is going to gain some weight between the months of October and December.

But have no fear; there are many ways to prevent that situation.

When you find yourself craving all of the wrong things, it doesn't mean you have to feel guilty for eating them. Instead of going down to take a nap after you stuff your face, maybe grab a friend or someone in your family who's not totally crazy and go for a little walk.

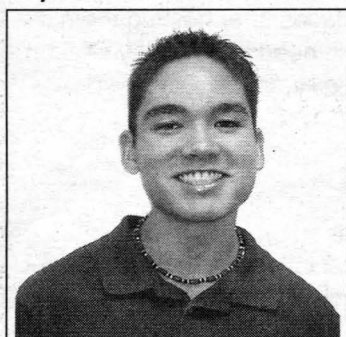
If you feel like watching TV, go for a bike ride or take out that old pair of roller blades and go around the block a few times.

If you stay consistent with any type of exercise for a short time of 30 minutes a day, you will be able to eat without feeling guilty and gaining that extra weight throughout the holiday season.

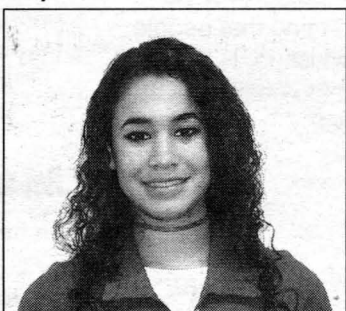
## SCHOOL SPOTLIGHT: Liberty High School

By Edna Gonzalez, Liberty HS

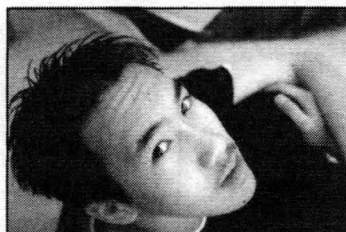
### "What do you like most about winter break?"



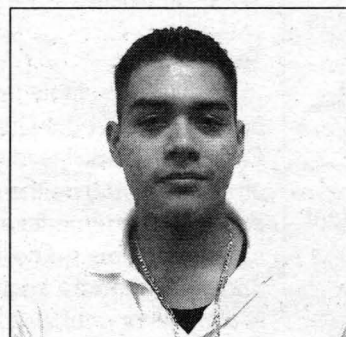
**Scott Tsukamoto, senior:** "Fun times with family and friends."



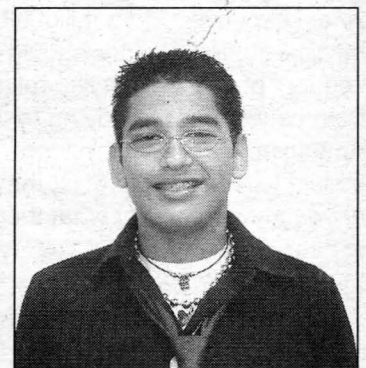
**Shelbie Kawaiaea, senior:** "Spending the holidays with my ohana (family)."



**Mike Go, junior:** "I'm looking forward to spending time with my friends and family ... and enjoying the vacation."



**Alberto Zuniga, senior:** "Not thinking about school."



**Bryan Baltazar, senior:** "Not going to school!"



# Celebrating Celebrations

## A look into winter cultural holidays

By Shannon Veasey, Shadow Ridge HS



When thinking about the winter months, many would think of the typical Christmas, with a lighted tree hovering over mounds of presents, stockings hung by the fireplace with care, Santa Claus and even the Baby Jesus with the Virgin Mary and the three wise men in the manger.

This beautiful display of festivities is shown throughout America, on television, in the movies, and in the homes of approximately 90 percent of all Americans, in some form or another. However, other Americans have their own unique perspective of the holiday season with traditions and beliefs that are just as wonderful and special as the perfect Christmas.

For those of Jewish faith, December marks the beginning of Hanukkah, otherwise known as the Festival of Lights and the festival of rededication to the Jewish faith.

For eight days, on each night of this celebration, a candle is lit on a menorah. This signifies the time right after the Jewish population was freed from oppression and reclaimed their temple and their freedom to worship their faith. Though there was only enough oil to light the temple for one night, the oil stayed miraculously lit for eight days, which was not only enough time for the oil to be replenished, but also enough time to strengthen the faith after decades of suppression. Now, each candle on the Hanukkah menorah represents one of the eight days, reminding Jewish people to rededicate themselves to the principles of their religion.

In the Islamic faith, the celebration of Ramadan often occurs during the fall and winter months, according to the Islamic calendar, and reflects the date when Muslims believe the Quran, the religious text of Is-

lam, was revealed to the Prophet Mohammed. In 2004, Ramadan began in mid-October and ran through November.

Ramadan is a holiday for inner reflection, for devotion to God and for self-control, which are principles of the Islamic faith. During Ramadan, important lessons are focusing on God, learning self-control and being thankful for all the gifts in life because there are many less fortunate. To achieve this, the sacrifice of food during hours of sunlight helps to heighten one's awareness and closeness to God. Ramadan is also the time of intensive worship, reading of the Koran, giving to charity, doing good deeds, and purifying the soul.

Unlike Hanukkah and Ramadan, many winter holiday celebrations are not strictly affiliated with religion, but are a representation of race and heritage. Kwanzaa, despite some popular belief, is not only for those of a specific faith. It is the celebration of the African-American culture, pride, heritage and family. The seven-day festival commences the day after Christmas and ends on New Year's Day, celebrating the first harvests in African lands.

Also reflecting an appreciation of nature and life, in the United States and Europe, an increasing interest in polytheistic paganism has sparked many to celebrate a religious holiday known as Yule. This holiday marks the end of autumn and the beginning of winter and is celebrated on the first day of winter, typically around traditional Christmas. The concept behind Yule celebrations is that like life itself, the seasons represent birth (spring), maturation (summer), old age (fall) and finally death (winter). Yule is the celebration of the end of one thing and beginning of another.

While Christmas is the most publicized reason to celebrate during the wintertime in America, keep in mind there are many other different ways people spend their time worshiping, gathering, and sharing time with loved ones during this joyous season.

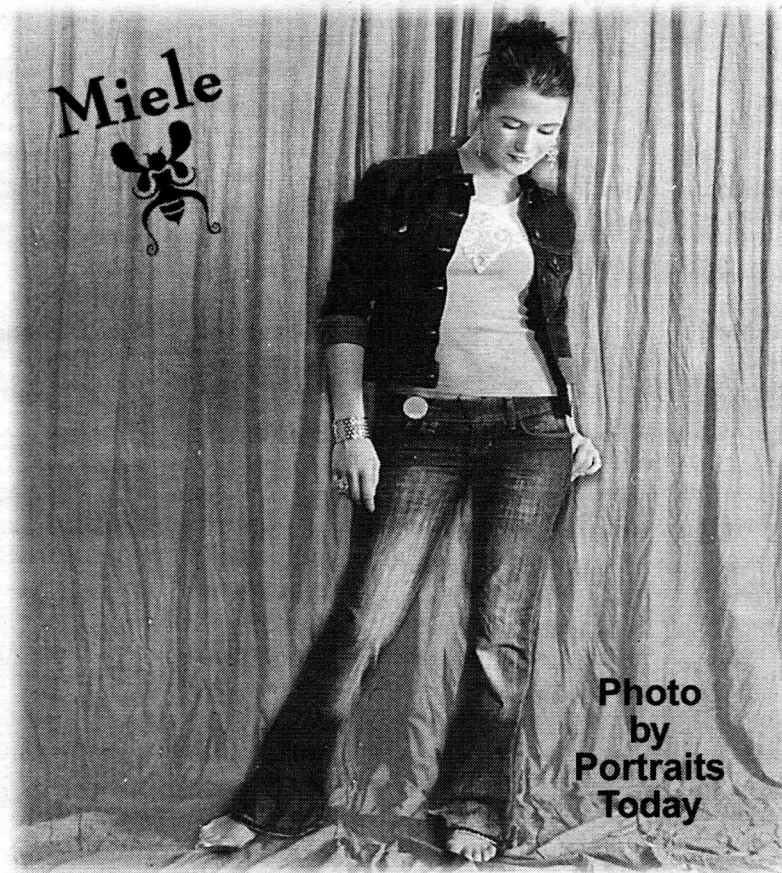


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Add some  
sweetness  
to  
your *style*

*With the Holiday Season coming there is no better time to shop for the perfect outfit!*

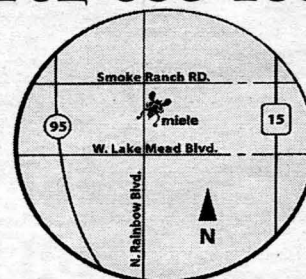


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# double talk

## Amazon, eBay and Yahoo, oh my!: Should you shop online for holiday gifts?

### Risks outweigh benefits in online shopping

By Matt Van Son,  
Coronado HS

Shopping online seems to be getting more and more popular everyday. With so many people shopping on the Internet instead of in stores, is there anything they need to be worried about? How do they

**Nah, don't do it!** know what they are purchasing is exactly what they want? Internet shoppers take some pretty big risks. There are quite a few safety problems that most people don't take into account when shopping, and maybe they should.

One major concern of Internet shoppers is identity



theft. Victims are popping up all over because it's not always safe to put your credit card information online. There is

a lot of trouble you will have to go through if you are a victim of identity theft. To go through the hassle of straightening out identity theft isn't easy or quick. When all you wanted was a shirt or CD, is it really worth the risk?

When shopping online, are you completely sure of what you purchased? You might not always be certain, especially when you are not there to make

the purchase in person. On a Web site like eBay, you might not even be getting the right item. It could be fraud, or you may just be misunderstanding the seller's information. The item may say "Signed Babe Ruth Baseball Bat," but when you receive your purchase, it may be forged or possibly not even signed. With all the time it takes to send the item back and go through getting your money back, it's a big hassle. Returning the wrong item that was shipped to you or something that was the wrong size can be another big hassle.

Fees and timing are another issue with buying online. After you go through the pages and pages of information you have

to put into the computer, you get hit with extra fees. With shipping, handling, and many other various other charges, your bill can increase significantly. Also if you're planning to get a gift for someone during the holidays, you had better order it well in advance or you run the risk of receiving the item late due to shipping. Of course, you could always decide to pay even more charges for express delivery.

These are a few good reasons to think twice when you get out your credit card to purchase something online. Do you think it is really worth it? You may be risking something bigger than you realize, so think again.

### Shop online, who knows what you'll find

By Nimmie Bhandal,  
Coronado HS

Finding that perfect gift this holiday season can be a terribly cumbersome burden. Not only do you have to walk from shop to shop fighting crowds the whole way, but also you rarely end up finding something with which you are truly satisfied.

Besides, you will probably end up getting something boring, such as a shirt. Yes, we are all familiar with "the shirt," the easiest gift around to get for a friend. Holiday gifts should stand out and be an unexpected surprise. What are the chances of your asking for a rare "Homer Simpson D'OH" framed film cell at the mall and actually getting it? Slim to none, but eBay.com can make it happen. For a simple, easy and satisfying shopping experience, nothing beats the Internet for holiday shopping.

Shopping online is like having a personal assistant, the kind who doesn't follow you around persistently asking what size you need. Type what you want in the search box and, voila, immediate results!

As much as I may sound as if I am trying to sell you something right now, I'm only selling you



the idea that shopping online is beneficial. There are numerous advantages, the best one being that you don't even

have to move from your seat. You are able to save plenty of time and gas, both of which

**Yeah, do it!** have diminished in quantity these days. Long lines, crowds and noisy malls become a thing of the past. On top of it all, you can get specific sizes and lengths without having to sift through racks and asking for assistance.

Most reputable online stores have secure Web sites that make it safe to use your credit cards online. However, shopping in an actual store always leaves you open to being robbed or having your wallet or purse stolen. That can't happen to you in the security and privacy of your own home.

The best part of online shopping is that you aren't limited to just one or two malls in your area, but you can shop all over the world and really find the perfect, most special gifts for your friends and family.

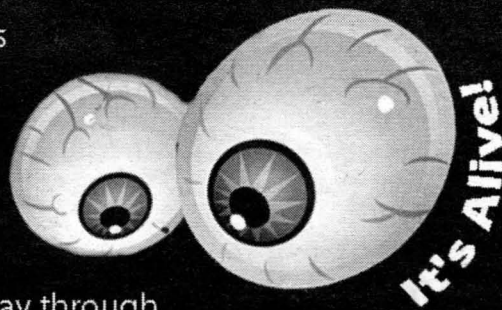
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# Trying teens as adults in Nevada still under scrutiny

By Tyler Quinn,  
Bishop Gorman HS

Over the last year, the Clark County Juvenile System has been forced to make difficult decisions concerning certification of juvenile offenders as adults. The "311 Boyz" and Shawn Larimer's drunken driving conviction are two of the cases that have made this issue so timely.

On juvenile crime, Judge William O. Voy in Family Court Department A, says, "Although we are seeing the numbers of cases going down, we are seeing the severity of the crimes increasing."

Judge Voy was elected and took office in Family Court Department A on Jan. 1, 2004. Family Court deals with juvenile offenders. He has been working incredibly hard on reforming and correcting the Clark County Juvenile Justice System since he took office. He has been very involved in a program called Juvenile Detention Alternative Initiatives. JDAI has created various programs for juvenile corrections alternatives such as the GIRLSS Program in partnership with WestCare.

The GIRLSS program is focused on the specific needs of young female offenders. According to the beliefs of this program, girls have different needs compared to boys. For instance, female offenders do not need nor respond well to military-style discipline in the way boys often do. This program helps female juvenile offenders by providing an option other than incarceration. There are limited community-based programs for girls, so this is a great step in the right direction for them.

The Day Reporting Program, in partnership with the Boys and Girls Clubs, is for the juveniles who need 24-hour surveillance, though not jail time. This program helps those parents who cannot provide constant attention for their child. The offender would report daily instead of monthly.



A man behind bars. Or is he still a boy?

"What's the alternative when society demands more?" Voy asks.

He also has another idea for a Blended Sentencing program he would like to see developed. This program would allow for a longer sentence to be possible. A juvenile would complete seven months at Spring Mountain Youth Camp, a correctional facility for boys, and then finish his sentence in the prison facility in Jean, Nevada, which the state would renovate into a long-term juvenile prison. The facility in Jean, Nevada is empty and not used now. This would provide a solution to the overcrowding at the Juvenile Detention Center now. The Juvenile Detention Center has 235 beds, but the facility constantly houses an excess of 20 to 25 kids.

Teresa Lawry is the head of the district attorney's juvenile division. The district attorney's office is one of the prosecutorial sides to our judicial system. Lawry deals with juvenile offenders, child abuse cases and other family law matters.

Lawry would like to see the juvenile justice system with a Determinate on juvenile sentencing. A Determinate is a set range of sentencing time, left to the judge, but allowing the attorneys to argue for the sentencing time they feel is right.

"This misconception that juveniles are not committing as many heinous crimes as adults is wrong," says Lawry. "I would like to be able to argue for certain amounts of time."

Lawry says that juveniles commit all the types of crimes that adults do. Her advice to parents is, "Know who your children's friends are."

The Juvenile Justice System does have programs like the Coroner's Program, the Fire Setters Program (for juveniles who have destroyed property through arson), Trial By Peers (where other teenagers hear the case), Community Service, and Choices (for drug abusers).

Susan Roske is the head of the Juvenile Division of the Public Defender's Office, Lawry's counterpart in the courtroom. The Public Defender's Office is the office of attorneys that the government provides for an offender if the offender can't provide his or her own le-

gal representative.

Roske would like to see all the cases of juvenile offenders begin in Juvenile Court, and not see some of them sent straight to the adult system immediately if a gun is used in the crime, as current Nevada law dictates.

"The only solution to the problem is not just to lock them up," says Roske. She feels we need to make more efforts through social services for the family and kids to keep them in the juvenile system.

She feels that the court needs to look at the individual, at whether he or she has been in trouble before, and if they are mature enough emotionally or physically to be in prison with adult criminals. However, that poses the problem of where to send juveniles, if not to prison.

The Juvenile Detention Center is only a temporary care facility. Yet, is seven months in the Elko or Caliente correctional facilities enough punishment for a juvenile offender, especially if someone has died?

Elko and Caliente are basically military boot camps for juvenile offenders. Roske says that the job of the court system is to educate the juvenile and teach him or her to live responsibly in our society as a model citizen.

Voy, Lawry and Roske are on the frontlines of this issue. They are all doing their best to find adequate solutions to these problems. Voy, along with others, has put together various reform actions to be decided upon in the next legislative session, which begins again in January 2005.



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# Are school buses safe?

By Jasmine Oliver,  
Western HS

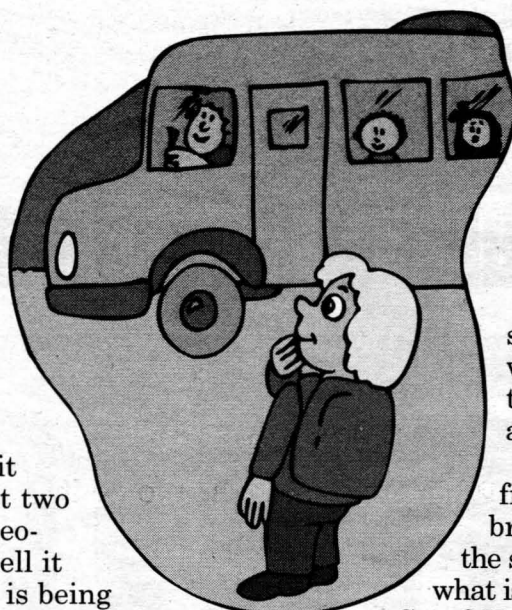
School buses have been around for many years, and everything has always been the same. Students wait at the provided bus stops; the bus picks them up to take them to school, and then after several hours of learning, it takes them back to their stops so everyone can go home. That's it, right? Lately things have changed with more kids getting into trouble and even some students having their lives threatened, all on school buses.

In response to increasing school bus violence reports, cameras were installed a few years ago on many buses around the country. As a result, several bus beating incidents have been shown on national and local news programs.

For example, in Florida a

fight broke out between two teenage boys. The fight was at the school's bus stop and later it was discovered that two fellow students videotaped the fight to sell it later. The attacker is being charged with misdemeanor battery.

On a Palm Bay High School bus, also in Florida, a student was arrested and later expelled for beating another student on the bus. Reports are that the fight started when a paper wad was thrown from the back of the bus. When a student from the back was then exiting, the attacker swung a punch at him. The victim was pummeled in the face and upper body for about 47 seconds before it stopped because the attacker grew too tired to continue. Neither the bus driver nor other



Are the happy days on the bus gone?

students were able to stop the attacker.

If fights break out on the school bus, what is next?

Guns? Knives? Or maybe ... firecrackers? Well, that's exactly what happened to 13-year-old Tyrone Banks from Staten Island, New York.

Another student lodged a lit firecracker between Banks' coat and his back while on their way home on the school bus. The bus driver stopped the bus and ripped young Tyrone's jacket off, but Tyrone suffered third-degree burns.

Incidents like these should never happen, especially on a school bus where it is hard to escape an attacker and where violence directed at one student

could easily endanger the other students on the bus as well.

"I lay out all the rules at the beginning of the school year and have the students take home a form with all the rules on it for them to read with their parents and then sign," says Ms. Childress, a Clark County School District bus driver for seven years. "If the rules are broken, their bus privileges will be taken away. Most of the time, they will think about what they do before they do it, and after awhile, they learn to respect you."

So was it that the students on the Florida buses do not respect their drivers nor care if they hurt someone?

Western High School sophomore and bus rider Neosha Smith believes it's not about the bus driver.

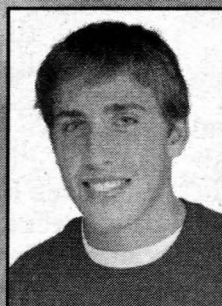
"The bus driver has nothing to do with it," she says. "It's the kids. They're just ignorant these days and just don't care."

She adds, "I wish I had a car because the buses are too crowded."

Is it okay to think that any day you could be the next victim of a bus beating? School buses provide needed transportation, but are students safe?

## NEVADA POWER

### Students of the Month



**John Taylor, Junior**  
Del Sol HS

"John has quickly stepped forward as a leader at Del Sol and is doing everything he can to involve the student body in the many aspects of our new school community," says Del Sol High School Activities Director Travis Pullins.

John Taylor is student body president and helped plan the "Inaugural Ball" at Del Sol High School. He is also on the varsity soccer team at Del Sol after playing two years at Green Valley High School as well. In addition, he has been a Boy Scout since he was 12 years old and has earned a Boy Scouts Eagle Award. He even plans on graduating early from high school after his junior year.

Taylor maintains a 3.6 GPA and, after high school, plans on attending Brigham Young University and studying law.



**Leanne Radan, Senior**  
Eldorado HS

"Leanne is a smart, responsible and hard-working student," says Eldorado High School counselor Rosanna Corsell. "She is an exceptional person who will most certainly achieve all her goals in life."

Leanne Radan is a committed student in all of her activities. She has played trumpet in the Eldorado High School Marching Band throughout high school, as well as participating in the Color Guard this year. She is the National Honor Society historian for her school, a Key Club member and an Asian Club member. She also lettered in track and field and received the Leadership of Las Vegas Youth Award.

Radan maintains 4.2 GPA, and after graduating as a Smart Grad, she wants to attend University of Nevada, Las Vegas for her prerequisite classes, and then go to the University of Nevada, Reno to study for a career as a pharmacist.

**Nevada Power**  
nevadapower.com

# Planning ahead helps calm college jitters



By Stephanie Hartman,  
Centennial HS

As the school year progresses for seniors, so does the need to stay organized when it comes to preparing for college. Keeping a level of sanity in the

sea of paperwork and deadlines can easily be maintained with planning.

Centennial High School senior Amy Devlin says, "It is difficult juggling both my present schooling and planning for the schooling in my future. The hardest thing is finding time to do everything."

Registering on the scholarship search engine Fastweb.com, picking up the school district's senior handbook and scholarship guide available in school counseling offices, and checking out the career center at school are all helpful in obtaining important information. Calling admissions boards with questions, checking your school Web site for deadlines and information, and confirming plans with a counselor are all ways to utilize resources. These resources are free assets worth taking advantage of.

Delving into the rapids of paperwork, getting on college mailing lists and narrowing down the college list are ways to begin the college entrance process. Many students invest in an organizer of some sort. The organizer tracks all deadlines and allows for advance preparation, minimizing last-minute stresses.

Devlin says, "As I get things in the mail, I decide if I have any interest in going to their school. If so, their paperwork goes into a file box. I also have a list of scholarships that I am qualified for, plus I am registered on Fastweb.com."

Kailee Albitz, also a senior at Centennial, follows a similar method with her college information, although she chooses to use shoeboxes. "One box is full of applications, another of pamphlets, while a third holds info on scholarships."

Senior year is often a time when level headedness becomes unbalanced while students try to meet requirements. Albitz experiences this tension and says, "I am under a lot of stress, but I try to remain calm because I know panicking gets you nowhere."

Don't wait until the last minute to start

applications. The earlier applications are started, the better, but have them done at least two weeks in advance.

"The motivation is knowing the rewards of a college education," Albitz says. "Giving up is too easy. By picturing my goals and reasoning through them, I prioritize and tell myself even through mistakes and stumbles, I can be successful."

## SENIOR ORGANIZER

### What to do and when to do it

#### December

- ✓ Apply for many different kinds of scholarships
- ✓ Create a list of schools you want to attend
- ✓ Update your résumé
- ✓ Register for the SAT or ACT and check college requirements for the SAT II.
- ✓ Send your SAT/ACT test scores to colleges on your list
- ✓ Plan college interviews and campus visits
- ✓ Fill out FAFSA form online and send it in as close to Jan. 1, 2005 as possible
- ✓ Continue scholarship applications
- ✓ Keep track of college applications

#### January

- ✓ Meet credit requirements for graduation
- ✓ Look into Millennium Scholarship requirements
- ✓ Send in applications to colleges before their due dates
- ✓ Do well on semester exams

#### February

- ✓ Send midyear report to colleges
- ✓ Think about applying for housing if going to an out-of-state school
- ✓ Continue with scholarships; there is plenty of money available!

#### March

- ✓ Register for AP exams
- ✓ Continue with campus visits

#### April

- ✓ Keep eyes peeled for acceptance letters in the mail
- ✓ Select which college to attend out of the schools that accept you
- ✓ Notify the colleges that you haven't selected
- ✓ Notify your counselor of the college you've chosen
- ✓ Find out when payments for tuition, dormitory and meal plans are due. Plan accordingly for these deadlines.

#### May

- ✓ Establish a budget for upcoming college years
- ✓ Send thank you notes to teachers, counselors and anyone else who helped you complete the process, as well as scholarship donors.

## Virtual high school offers flexibility, challenges

### Take a course not offered at your own school ... online

By Alexa Bella, Sierra Vista HS

Wouldn't it be nice to get an education without the hassle of waking up at the crack of dawn, rushing to get ready, and fighting morning traffic to get to school on time? With the Clark County School District's Virtual High School, you can go to class with all the comforts of home.

The Virtual High School is an extension of CCSD's Distance Education program, which was established in 1996. This is the first year that the school is accepting full-time students, but students can also enroll for just one or two courses.

Anyone can enroll, and the program is great for anyone looking for a different learning environment, or any student who wants to take a class not offered at his or her home school.

Ashley Oberling, a senior at Sierra Vista High School, is currently taking a class online. "It's a lot of work," says Oberling of her Psychology AP class. "The AP classes can have six to nine hours of work every week."

The process of taking a virtual course begins when a student enrolls either online or with forms obtained at school. The classes may be taken online or viewed on television or DVD. Students receive their books and other supplies before the class begins, and their enthusiastic teachers often get in touch with them personally. A wireless headset may be needed to participate in lectures and class discussions.

The course schedule is the same as regular classes, and the final exam is given at the same time. Progress reports are delivered periodically online. The courses cost \$95 per half credit.

Some of the classes that Virtual High School offers are Psychology AP, European History AP and Business Law.

Virtual High School can help you earn credits in an environment outside of school. To check out this interesting opportunity for the spring semester, go to Virtual High School's Web site at [www.ccsdde.net](http://www.ccsdde.net).

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# HE SAYS

# SHE SAYS

## SHOULD THE U.S. SPREAD DEMOCRACY AROUND THE WORLD?

### Forcing democracy on other nations is just not democratic

By Alex Boschen, Valley HS



Democracy by definition is a government that gives the power to the people. The citizens of a democratic nation enjoy many rights and liberties such as the right to vote and the ability to choose their own destiny. The great opportunities in America result in what we know as the American Dream, but if democracy were forced upon the people of another nation, would it become their dream?

When Saddam Hussein was captured, I remember feeling ... okay, but what now? Sure, we captured one of the world's most dangerous dictators and freed millions of oppressed people in Iraq. However, to then change Iraq's government to a democracy, when the nation itself lies in the middle of non-democratic societies, is just building tension in a war zone. How long do you think it will take for another extremist regime to gain control?

America tries to spread freedom and liberty around the world, while in the meantime we anger belligerent people. Groups have declared holy wars against the United States. Their future generations will learn from birth to hate the United States and what it stands for.

The world's nations will never hold hands and embrace diversity. America acts as though it is the world's police, but what right do we have to enforce our ideas onto a nation with its own ideas? Do we practice that right because we're America under God, which gives us a "divine" right? Does a nation that gives its citizens the freedom of religion, not give the same freedom to citizens of the world?

America should concentrate on the democracy of its own. Is it really giving the power to the people when our election process allows a minority to select for the majority, such as what happened in the 2000 presidential election?

How much power do the people have when information is hidden legally? In 1978, Congress passed the Presidential Records Act, which requires most presidential documents to be withheld from the public for 12 years after the president leaves office. Even then, the sitting president and former president must agree to release the requested records to a citizen with a "demonstrated, specific need." Does this give our executive branch of government too much power?

America should not enforce democracy around the world. If a nation calls for our help, that's fine, but for our country to barge in the door and tell another country what they're going to do isn't right, and it isn't democratic.

### Built on democracy, America should be the champion of people's rights everywhere

By Mary Ann Parsario, Valley HS



Imagine a world where justice is not served, where your voice is not heard, and where your life is dictated by someone else's standards. Imagine a place where no one is allowed to expand his or her horizons. Imagine working hard your entire life, and still not being able to get ahead because, in the eyes of those in charge, you are nothing. That is a world without democracy.

The United States is doing the right thing by spreading democracy around the world. Most countries under dictatorships, such as North Korea and Cuba, have many individuals whose basic human rights are being violated. It is our duty as a country that stands for equality to do everything in our power to help the oppressed.

The citizens of the United States, through the U.S. Constitution, have guaranteed inalienable rights to themselves and their children. Freedom of speech, religion and press are among these rights. Unfortunately, for people of many other nations, the rights we take for granted are nonexistent.

In North Korea, their "constitution" promises these rights, but the 23.6 million citizens of the country have very little freedom. The Korean Central Broadcast Committee strictly controls their radio and television broadcasts. The people are brainwashed into thinking that their emperor is "god" and are forced to wear pictures of him on their clothes. The government treats their prisoners like animals, stripping them of any human rights.

Economies in non-democratic governments are also greatly affected by who rules those nations. Cuba and North Korea are among the poorest nations in the world because of the economic decisions made by those nations' dictators. Perhaps the economies of these nations would improve if business owners, workers and consumers had some say in economic decisions, such as they would under a democratic form of government.

Safety is among the other issues that affect citizens of non-democratic governments, and it fuels the American drive to spread democracy around the world. By strengthening our ties with other democratic nations and establishing democracy in other countries, we would create the same ideal bond of keeping our countries safe and free. In addition, the improved economies resulting from self-government would better living conditions for citizens of these nations and relieve the desperation that leads to instability, unrest and terrorism.

Afghanistan is among the nations that the United States has helped to regain freedom. After successfully overthrowing the tyrant Taliban government, Afghanistan has ratified their constitution, which provides equal opportunities for both men and women. The country recently held a national presidential election that drew 10.5 million Afghan voters, 41 percent of whom were women. With America's help, the same thing can happen in Iraq.

Overall, spreading democracy around the world is more beneficial to the United States than it is negative. With the reelection of President George W. Bush, his foreign policy plans will help ensure the safety of our country and the well being of the newly freed nations.

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## Counselors should put students first

By Maria Millard,  
Chaparral HS

A counselor's job is to assist students who are assigned to them. Why, then, when students enter their counselors' offices to ask them a question or to seek help, do some counselors make the students feel like they are a burden?

Students should not feel they are bothering their counselors for any reason. In my opinion, counselors are supposed to be there to give students advice. They are supposed to help students get through high school with as few complications as possible. It should not matter what the counselors are doing when a student comes in to see them because helping students is a major part of a counselor's job.

Most counselors would disagree that students feel unwanted by them. However,

counselors have many students to tend to, considering that most Clark County high schools are overpopulated. Overcrowding of schools can put pressure on counselors, affecting their reactions and behavior toward students. In addition, counselors are given more and more administrative tasks to complete that hardly involve direct assistance to students. It's understandable that they would be busy, but it's not an excuse to ignore students who need help or who have questions.

"My counselor is not very helpful, and she makes me feel uncomfortable to a point where I can't ask questions when I need to," says a Chaparral High School junior.

Students in high school are already nervous and frustrated about graduation, grades and their futures. They do not need their counselors to act rudely or

ignore them when they need assistance. Counselors like these are making it very hard for students by acting unprofessionally and not doing their jobs.

Just like everyone else, counselors make mistakes, but continuous mistakes involving students are unacceptable. Counselors' mistakes can affect a student's attitude toward school. Feeling they are not worth a counselor's time can scare students away so they never come back when they really need help. Teens who are depressed or feeling suicidal are advised to talk to a counselor, so it's very important that they feel they are able to do that if they need to.

A good counselor should be comforting and caring toward their students, like a friend. The relationship between a student and his or her counselor in high school is very important because the student's future is affected by it, and many students feel the only person they can talk to is their counselor because of confidentiality.

Counselors should think about how students see them, and should remember to be there for the students who need them.

## Stem cell research holds hope for miracle cure

*"Ronnie's long journey has finally taken him to a place where I can no longer reach him. Science has presented us with a hope called stem cell research, which may provide our scientists with many answers that for so long have been beyond our grasp. I don't see how we can turn our back on this. We have lost so much time already and I just really can't bear to lose any more."*

— Nancy Reagan,  
Diabetic Gala, May 9, 2004,  
Beverly Hills, Calif.

By Jamie Farrar, Valley HS

To some, embryonic stem cell research means a hope for a cure to the world's most fatal and debilitating diseases. This could save thousands of lives. It could save people from diseases such as Alzheimer's, Parkinson's, diabetes and spinal cord injuries.

On the other hand, there are those who claim that using discarded human embryonic cells (cells that will be destroyed and will never be implanted into a womb and will never become a human being) is committing murder.

The controversy began in 1998 when a group of researchers from the University of Wisconsin and Johns Hopkins Medical Center found that using discarded cells showed promise in curing many diseases. President Bill Clinton supported the research and worked with his aides, top officials and scientists to find ways to help. However, there was only so much that he could do before his term ended in 2001.

When President George W. Bush took office in January 2001, supporters of embryonic research expected him to finish what Clinton had started. They wanted him to federally fund the research.

Nancy Reagan heard about the research when a long-time family friend, Doug Wick, a well-known movie producer, stopped in for a visit. Wick's daughter, Tessa, had just been diagnosed with Juvenile Diabetes. Mrs. Reagan agreed to help.

First, she began quietly lobbying for the cause and recently, she decided to make her feelings public.

It seems only fitting that Mrs. Reagan became a spokeswoman, of sorts, for this cause. After all, her husband, former U.S.

*Continued on page 16*

## Smelling the past: Memories are held in a scent

By Jonathan Mikkelsen,  
Virgin Valley HS

Have you ever been doing something, and then smelled a familiar scent that made you stop what you were doing because that particular odor brought back a certain memory? It happens all of the time, and most people know what I am talking about.

I love my nose. Being able to smell is one of the most wonderful senses that we have — well, at least most of the time. When we smell a familiar scent, something is triggered in the memory section of our brains and helps us associate that smell with something from our past.

When I walk into a grove of trees up in the mountains and smell the strong, yet peaceful smell of pine trees, it reminds me of going hunting and camping with my dad and my brothers, or of spending time at our cabin with my cousins.

The smell of freshly cut grass that has just been watered reminds me of the first day of football practice. It brings back a flood of great memories of past seasons and winning games on the gridiron with my best friends.

Smelling the salty, muggy smell of fresh sweat reminds me of the dedication and hard work in the wrestling room and the many days of grueling practices I have spent drilling technique and building endurance. The smell of Lysol and cleaning fluids remind me of freshly



mopped mats at wrestling tournaments and bring back memories of fierce battles won on the mat and victorious state championships.

When I smell chlorine, memories of summer fun in the city swimming pools enter my mind; and I can almost see my brother and me having cannon ball contests off of the diving board.

Or when I smell the refreshing odor of rain in the air, and then the clean and pure scent of the rain after it has fallen on the desert, it sweeps back times when my brothers and I were snuggled up on the living room floor in blankets drinking hot chocolate and watching movies and talking about the huge mud puddles that we had just finished stomping in.

Fresh chicken cooking on the grill and ripe cut watermelon sitting on the picnic table remind me of spending the Fourth of July with my family and lying on my back in the grass and watching fireworks go off in the summer sky.

One of the best scents is the smell of my mother baking fresh homemade bread in the oven. That reminds me of all the food that my mom ever cooks, and it gets me so hungry that I can't wait for the bread to finish baking.

And I love the smell of wood burning in the stove. The smell of the smoke stretching across the town from someone else's fireplace reminds me that Christmas time is getting near.

Where would we be without the wonderful gift of smell? Our lives would not be as good without the memories that the blessing of scent brings back to us.

# HOROSCOPE

## DECEMBER FORECAST

**Sagittarius (November 22-December 21):** Naturally, you're always seeking the truth in everyday situations. So, honestly, you may have given up on something or someone you know a little too soon. The holidays will provide clarity for the situation, and if anything, a lot of fun.

**Capricorn (December 22-January 19):** Your ambition in school is allowing others to prosper as well. It is very much appreciated and desired right now, so keep up the good work. Don't let small-minded people deter you.

**Aquarius (January 20-February 18):** Confusing personal opinions with fact is a dangerous thing. Be wary of the phrases you pass on to others, and make sure that the line between fact and opinion is clear.

**Pisces (February 19-March 20):** Your heart is so open right now, which can be a good and bad thing. Watch out for those who are waiting to hurt it.

**Aries (March 21-April 19):** Stop arguing and face facts. Your combative nature is going to irritate a few people if you do not try to find some middle ground. You don't want drama during the holidays.

**Taurus (April 20-May 20):** Open your eyes and realize that everything you've wanted this year has been given to you. You've gotten so caught up in the journey that you don't realize that you're at the destination.

**Gemini (May 21-June 21):** There is much to talk about in your hemisphere, but maybe some things should be kept quiet for now. You'll know when to let your friends in on your secret soon enough.

**Cancer (June 22-August 22):** Don't let yourself get too broken-hearted over a recent argument with an ex. All the attention you're getting only means they still care. This may be a situation you'll need to look into.

**Leo (July 23-September 22):** Now that the holiday season is in full swing, your mind will be full of creative ideas for parties and gifts. Don't let them go to waste. Make use of this extremely imaginative period and have fun.

**Virgo (August 23-September 22):** Although things may not be that great at home, your sense of duty will keep you from letting things fall apart. Your dedication is sure to patch up the drama.

**Libra (September 23-October 23):** Your closest friends have been away too long for your liking, and you feel somewhat alone. Don't get upset, they've only been giving you the space you desired. Let them know you want to hang out soon.

**Scorpio (October 24-November 21):** Stop trying to pry secrets from your friends. If and when they're ready to clue you in on it, you'll be the first to know. Otherwise, stop being so nosy.



## What you should know can save your life in a car accident

By Michelle Johnson, Eldorado HS

Twisting, screeching, crashing and screaming — even traumatic days that end with these sounds start out like usual ones. Everything about a particular day in one young woman's life had begun normally. Everything that she did was mundane. Everything seemed fine, and she had no clue that what came next in her life would change everything.

It was a normal night for her and her friends. They went to the movies, they ate pizza, and they drove around and just spent time together.

But then, it all changed.

The car she was driving was thrown into a whirling typhoon of steel as she sped through a right turn. She should have noticed the water puddle in her path. She should have been more

knowledgeable about how to control a fishtailing vehicle. She should have avoided the oncoming car.

But she didn't notice the water puddle, and she scarcely waited at the stop sign. And she didn't know how to control the 2,000-pound car as it whipped across the intersection. By then, she couldn't avoid the small white car that rapidly approached her.

The accident was all her fault. Luckily, she and her friends escaped from the smoky vehicle to find that everyone was going to be all right.

Every day teenagers get into car accidents. Most of the time, it is their fault, and most of the time, it was caused because they thought they would never get into an accident.

"I've had many close friends get into serious car accidents," says Eldorado High School student Ani Biesida. "It's a very traumatizing event in a person's life. Luckily, I haven't been in one."

Many teens have neither the common sense nor the ability to keep themselves from getting into car accidents. It seems that every day students are talking about how someone got into a car wreck the night before.

It's no wonder why. Just watch the parking lots as schools let out. Teens don't realize how dangerous automobiles are.

"Having been in an accident myself, I know how scary it can be," says Eldorado student Alicia LaPlante. "Driving is always dangerous even if you are only driving down the street. Be aware of everything around you because the little dangers on the road can determine your fate."

Recent statistics show that 14 percent of car accident deaths involve teenagers, and 53 percent of the time those deaths occurred on weekends. It is just something to think about as you shut your car door, turn on your ignition and prepare to leave your safe driveway. Everything can change in a moment, and the road is always filled with risks.

Eldorado senior Kris Buchanan has some good advice: "Be careful and be safe!"

## Stem cell research

*Continued from page 15*

President Ronald Reagan, suffered from Alzheimer's for 10 years before it took his life on June 5, 2004 at the age of 93.

Mrs. Reagan knew the pain others were experiencing and wanted to stop others from contracting the same disease that stole her "Ronnie" away from her.

Mrs. Reagan went so far as going to members of Congress and writing a letter to President Bush asking for help. According to the official White House Web site, Bush signed a bill restricting federal funding on the research and called it "immoral."

However, he agrees with adult stem cell research, which takes skin cells or dental pulp to help cure people. This has not been proven to work, and it could take years to do so. Scientists believe that embryonic stem cell research has a better chance of success.

Many others have joined Nancy Reagan in her battle in favor of the research. President Bush is still against the research. The law denies federal grants for embryonic stem cell research. If you are in favor of this issue, write to Nevada's members of Congress, and urge them to vote in favor of funding stem cell research.



# What *not* to wear in jeans, tops and shoes



Ugg...ly?

By Brooke Prendes, Faith Lutheran HS



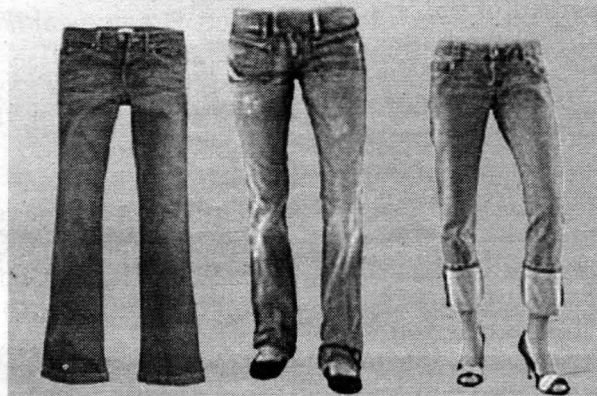
Winter may or may not be your favorite season, but dressing up for it may alter your opinion. If you've never seen the new show called "What Not to Wear," this article will give you an idea of what is definitely o-u-t in winter fasion. If you want to know how to dress to look good, and stay in dress code at the same time, here are some apparel tips.

### Jeans: Do I look fat in these?

Come on ladies, who doesn't say that? It's not that you're fat; it's probably just that you're not wearing the right jeans, the most often worn clothes for both boys and girls.

When you go shopping for jeans, you should buy the kind that you absolutely love, right? Not necessarily. When buying a pair of jeans, you should follow these extra precautions.

If you have long, thin legs, you should pick a pair of straight-legged jeans with back pockets. They will show off your beautiful long legs. If you have a long torso with short legs and curvy hips, you should look for some jeans with long front pockets and belts that help out with your curves. With that cute, short torso and long legs, you might want to get some jeans with no back pockets. If you roll up the bottoms, it throws all the attention to your gorgeous legs.



When shopping for jeans, make sure the fit is right for you.

### Tips to avoid ugly tops

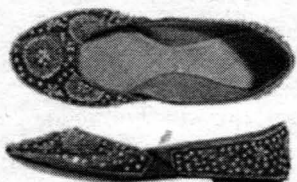
Almost every girl competes with other girls by trying to wear the cutest top. Yet, when it comes to tops, it's not all about color and style; it's about whether it fits you or not.

If you like to show midriff, then wear a jean jacket over it or an under shirt under it to stay in dress code at school. Don't get a size too small or too large. It is not attractive when you ruin your body with tight or loose clothing. Wearing your size of shirt makes the perfect top. Cover yourself up with a poncho; they are still very stylish. Mesh camisole tops in soft silks are all very trendy looks for this season.

### Uhh ... Uggs?

If you don't already know about Uggs, they are all over the place. Almost every shoe brand tries to duplicate them. Some people don't like them and some do. Hollywood despises them, maybe because Pamela Anderson started this new trend.

These types of shoes are like snow boots, so you usually only wear them when you go skiing or snowboarding, not as a common piece in your wardrobe. They are sometimes fluffy or animal-skinned, surrounded by suede. First made in Australia, many owners use them for the beach, and after they are done surfing, they just slip them right on. Though "ugh" is becoming the watchword for Ugg boots, as the winter fast approaches, there will be more of them showing up.



How about flats instead? Now that is something that is very stylish. They absolutely are a fashion must for this season — the more colorful and detailed with prints, the better.

To kickstart your fashion makeover try these stores: Abercrombie and Fitch, Urban Outfitters, American Eagle, Guess and Bebe for jeans and tops, and DSW for great shoes at a reasonable price.

## Curl Up and Dye

### Students sport new hair fashions for winter

By Laura Dembinski, Basic HS

With cooler weather coming on, everyone is sporting new hairstyles for the new season. From brunette to bleach blonde, or from brown to hot pink, hair dyeing is a growing trend all over high school campuses and can be seen in almost every classroom every hour.

Basic High School senior Jennifer Johnson, a blonde last year, can now be seen strolling the halls with black hair with red streaks. "[There are] too many blondes. I just wanted an extreme change," says Johnson.

Even if extreme changes are not the goal, highlights and lowlights are still glowing down high school hallways. These luminous locks don't come easy, though. Some are willing to lay down big bucks to get their hair done professionally.

Basic freshman Kelly Lalli only trusts the pros with her hair because "you'll get better results."

Amber Oscar, a Basic senior, paid around \$120 for her new style and, agreeing with Lalli, feels "it's worth it."

On the other hand, Basic student Christine Feaster feels she doesn't have an extra hundred bucks to fork out to get her hair done, but still achieves her blonde highlights by going to one of the beauty schools peppered around Las Vegas.

"It's a lot cheaper for the same thing," Feaster says.

Samantha Jacobson, also a student at Basic, agrees, only she doesn't stay local for her hair appointments. Jacobson makes the trek out to Utah's Evans Beauty School to save on her blonde and brown.

When even beauty schools don't fit into the budget, there is always the old do-it-yourself method. Johnson's black and red locks were done all by herself with just a \$6 box of dye.

Don't forget the boys with that hot hair, and some boys don't need any help from any female friends to dye their hair.

Basic sophomore Andrew Canale is completely capable of doing it all himself. His brand of choice? "Well, I didn't want to say L'Oreal. But uh ... I guess L'Oreal," Canale says with a chuckle.

Any way you cut it (or dye it), students will find ways to keep their hair up to the latest trends and stay within their budget.



Hot for this season are beautiful locks, your choice of color!

## Smoking ruins more than just smokers' lives

By Brandy Gallock, Foothill HS

Both of my parents passed away from smoking. My mom was 23 when she passed away, and I was only 26 months old. My dad was 32 and I was just 7 years old when he passed away. I'm not afraid to share this with the public because teenagers need to know what happens when they smoke and what the consequences are.

Why do people start? Peer pressure? There is a point in life when everyone will have to make decisions on his or her own and decide what is good for him or her and what is not. Knowing the facts will help young people make good decisions for themselves.

Do many teens know why cigarettes are so addictive? It's because the cigarettes have nicotine in them, a very addictive chemical that the human body learns to crave. Do they know about other poisonous chemicals in cigarettes?

The fact that there is arsenic in cigarettes gives me chills down my spine! With every pack of smokes that a person inhales, he or she is creating tar in his or her lungs! While the tar is in the lungs, it is feasting away like a lion devouring a fresh carcass.

After people start smoking, soon the obstacles to quitting will pound their brains. Stress is one reason people give for not quitting, but they could always eat something or exercise or do something else to distract themselves instead of puffing their lives away. Try whatever you can to quit.

To all people who smoke, especially teenagers who should have long lives ahead of them, all I have to say is STOP. All you are doing is ruining your life and the lives of those around you. Take it from me, once you start smoking, your life has been taken away from you and everyone else you know and love.

## Take control of stress so it doesn't control you

By Alexis Hansen, Bishop Gorman HS

Stress is a big part in most teenagers' lives. Obviously, it is not healthy and not something that our bodies need to go through on a daily basis. If you don't know how to control it, then you're going to be digging yourself in a serious hole. Here are some steps you can take to help tone down the stress.

To organize the hustle and bustle of your life, you need to plan things out. If you take care of everything at the last moment, then you're going to make mistakes and put yourself in a position that you don't want to be in. Rehearsing everything makes a big difference. If you know what you're going to do and you're prepared for what may come, then you won't have to be a mess and freaking out about everything.

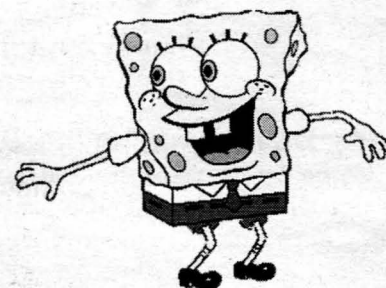
Confidence is key. If you're always worried about what people think, then you're going to be stressing out constantly. If you know what's right, just do it. Most people are really too absorbed in themselves to care about what you're doing anyway.

SpongeBob knows the key to a non-stressful life:

"Imaaaginnnaaattioon." Just think about a place that makes you feel good. Breathe calmly and relax. Tell yourself you're in complete control.

As Stuart Smally says when he looks in the mirror, "I'm good enough, I'm strong enough, and gosh darn it, people like me." But there's a difference in being totally obsessed with yourself and having confidence. So keep that in mind.

Basically, keep calm, know what you're capable of and how you can handle a situation, and most importantly, be yourself. Just remember to be easy going and confident. It will get you a long way. You've only got one life to live, right?



## Being in denial doesn't protect you from tobacco dangers

### Knowing the facts before you light up can save your life

By Jizelle Jensen, Las Vegas HS

Cigarette smoke is known to be responsible for 87 percent of lung cancer deaths worldwide, while secondhand smoke is the killer of 3,000 lung cancer patients each year, according to the National Cancer Institute. There are more than 4,000 chemical agents, some poisonous, and at least 60 known cancer-causing substances inside just one cigarette. How many teens ever think about these facts before they light up, not only poisoning themselves, but their friends too?

Research performed by the NCI in 1993 discovered that the Environmental Protection Agency classified secondhand smoke as a Category A carcinogen. The EPA reserves this category for the most dangerous cancer agents. Cigarettes also contribute to the development of cancers in areas of the body such as the larynx, oral cavity and esophagus.

According to the Centers for Disease Control, "Smoking is the single most preventable cause of death in the United States."

"This is a very sad and shocking fact," says Nick Harding, a junior at Las Vegas High School, adding that he "would have thought that about smoking."

A survey performed by the Gale Research and Data Institute found that 29 percent of

high school students smoke. It showed that 9 percent of middle school students smoke as well. With this growing epidemic, youths are growing up without thinking about the side effects of smoking.

People who smoke often claim not to be addicted to cigarettes, and yet they find themselves unable to stop.

"I am not addicted to smoking," says an anonymous LVHS sophomore. "I started in seventh grade and have been on and off since then," she adds.

The high levels of nicotine inside the cigarette cause this addiction. As a smoker inhales from the cigarette, the nicotine that is brought into the body immediately travels through the blood stream straight to the brain where a dependency on nicotine develops.

People who have smoked

since their teenage years and who quit by the age of 36 decrease their chance of cancer by almost 90 percent, according to the Gale Institute. The tobacco industry also sells a form of "low tar" tobacco, a supposedly safer brand available for twice the price of regular cigarettes. There is no evidence that shows that "low tar" cigarettes are safer than the others or that they can reduce chances of developing lung cancer.

Though the tobacco industry has made millions of dollars from increasing cigarette sales, there are also a growing number of programs to help smokers kick the habit. For more information on how to quit, or how to help a friend quit, call the Nevada Tobacco Users' Helpline at 877-0684 or check with your doctor.

# Digamos

## Un país diferente, unas fiestas diferentes

Por Lucy Muñoz,  
Western HS

Cuando muchos pensamos lo que es celebrar las fiestas navideñas en Norteamérica, muchos imaginamos los grandes árboles navideños, los regalos, los calcetines que cuelgan de la chimenea y por supuesto, "Santa Claus." Pero pasar esta época en un país como México es una experiencia completamente diferente.

Pregúntale a un mexicano cómo celebran las fiestas en su país, y te dirá cuán diferente es.

"No hablamos ni pensamos de Santa Claus, pero menciona las palabras 'Los Tres Reyes Magos' y todos sabrán de lo que hablas," dice Erica Valdivia, estudiante de

Western HS.

Los Tres Reyes Magos son los tres reyes que siguieron la estrella para llevarle regalos y llegar hasta donde el niño Jesús se encontraba.

Entonces en vez de ser Santa Claus quien les lleva los regalos a los niños, son Los Tres Reyes Magos quienes se encargan de esto.

"No tenemos personas que vienen y te cantan villancicos a tu puerta. Los niños van cargando un pesebre que representa el nacimiento de Jesús," dice Daysi Curiel.

"No encontrarás todas esas luces que adornan las



En muchos países latinoamericanos son los tres reyes magos los que se encargan de repartir regalos.

casas en este país," dice José C., "pero encontrarás pesebres en casi todos los hogares mexicanos."

Adriana también comenta, "A pesar de que existen varias diferencias entre las dos maneras de celebrar las fiestas navideñas, todos estamos celebrando un solo acontecimiento: el nacimiento de Jesús."

Los mejores 10 restaurantes del 2004



Por Shannon Duncan,  
Silverado HS

Es un hecho, a los estudiantes de nuestras escuelas les encanta comer. Recorrer restaurantes es muy divertido, especialmente cuando hay una buena combinación entre

Vea página 20



### ASÍ PIENSAN LOS ESTUDIANTES DE CLARK:

### ¿Qué le vas a pedir al Niño Dios en esta navidad?

Por José Montes, Clark HS



**Araceli Lara, 9**

"Dicha y felicidad; que todos estemos más unidos que nunca. Que éste sea el momento para que todos reflexionemos ante nuestros errores cometidos y que todo el mundo esté en paz."



**Karen Díaz, 12**

"...Que me permita viajar a diferentes partes del mundo. Me gustaría conocer nuevas culturas y nuevas personas para darle un cambio a mi rutina."



**Dora Alicia, 12**

"Salud para mi nuevo hermano que viene en camino. Mi mamá tiene tres meses de embarazo y espero que el Niño Dios nos bendiga con el bienestar de esta nueva personita."



**Clara Osorio, 9**

"Le voy a pedir que me obsequie algo que me sirva para siempre en la vida. Algo así como una buena relación con mis padres, que estemos más unidos."



**Magali Santiago, 12**

Le pediré que me dé las posibilidades para seguir estudiando. Quiero hacer una carrera con la que pueda llegar a ser estilista."

# Cartas al editor

## Excelente experiencia cultural

Al editor:

La última vez que YO verifiqué, este país está poblado no sólo por norteamericanos. No tenemos la autoridad para decirle a los demás ¡lo que deben y no deben escribir! La primera enmienda de los Estados Unidos nos da la libertad de imprenta. No especifica en qué idioma. Eso no importa.

A mí me gusta mucho la sección de "Díganos" porque les da a los estudiantes hispanos la oportunidad de ampliar sus habilidades como periodistas. Inclusive es una gran experiencia educativa para quienes están aprendiendo el español (como yo). Solo porque alguien no puede entender lo que está escrito, no significa que algunos deban escribir cartas ofensivas. Yo pienso que la sección en español es una excelente experiencia cultural y la espero con placer cada mes. ¡Buen trabajo "Díganos"!

Ian Cruz, Bishop Gorman HS

## Orgullo hispano

Al editor:

Estoy escribiendo en respuesta a una carta que escribió un estudiante anónimo de Foothill HS en la edición de noviembre. La sección en español de CLASS! no es "degradante." Este es el país de libertad y uno se puede expresar como quiera. Si algunos estudiantes no quieren aprender el español, no lo aprendan. Nadie les va a forzar que aprendan español.

El inglés no es el idioma nativo de los Estados Unidos. Las primeras personas que poblaron estas tierras fueron los indios, así que su idioma es el que se considera nativo. Yo también soy ciudadana de los Estados Unidos aunque haya nacido en México. Estoy orgullosa de ser mexicana y hablar español. La sección de "Díganos" es una maravilla, aunque a muchos no les parezca.

Susy Domínguez, Durango HS

## Los cinco mejores conciertos del año

Por Brianna Rizzo,  
Cimarron Memorial HS



Este artículo es para quienes les guste la música diferente. Las Vegas le ha dado la bienvenida a una gran variedad de artistas y músicos de toda categoría durante este 2004. Desde los más buscados como

Usher y Britney Spears, hasta los novatos Yellowcard y Keith Urban. Con tanto talento es muy difícil escoger el ganador, pero al menos tendremos los cinco mejores según los estudiantes de Cimarron Memorial HS.

Después de sacar su disco "Avenida Océano" ("Ocean Avenue"), Yellowcard, este grupo de rock al estilo punk no ha dejado de sonar en las emisoras de radio. Inclusive dieron un concierto durante un juego de fútbol americano de la Universidad de Nevada, Las Vegas.

Jessica Ariza comenta, "El clima estuvo muy agradable, y la audiencia se portó muy bien. Cantaron todas sus canciones y dieron un excelente espectáculo." Es por eso que esta banda de rock ocupa el lugar número cinco en nuestra lista.

Cuando nos imaginamos a Australia, nadie se imagina a un cantante de música country, pero las cosas en estos tiempos han cambiado. Keith Urban ha ganado su popularidad con la canción "Alguien Como Tú" ("Somebody Like You") la cual se dio a conocer en la película "Como Perder a un Hombre en 10 Días" ("How to Lose a Guy in 10 Days"). ¡Lo demás es historia! Después de haber visto este hombre en acción, sus fanáticas no paraban de

gritar por él. Por eso y por su talento, ocupa el cuarto lugar en la lista.

¡Y Las Vegas quedó enamorada de la música country! El lugar número tres lo ocupan tres famosos cantantes: Kenny Chesney, Rascal Flatts y Uncle Kracker.

"No me quise sentar ni un momento durante el concierto. ¡Fue espectacular!" opina Caitlin Córdova después de haber asistido a semejante evento. Inclusive, tuvo la oportunidad de hablar con ellos en sus camerinos.

Britney Spears viene a Las Vegas en cada tour, pero sus fanáticos dicen que éste ha sido la mejor presentación que ha hecho. Por consecuente ocupa el segundo puesto en la lista.

Sabrina Scanga añade, "Britney es genial, ¡simplemente increíble!"

Puede que Britney no pueda cantar con Mariah Carrey pero sí puede entretener fácilmente a su audiencia. Millones de dólares se gastaron entre vestuario, efectos especiales y en los bailarines. "Sus bailarines son espectaculares, fue un gran evento." De nuevo, Britney Spears nos prueba que no importa lo que haga, ella satisface de una manera increíble a sus fanáticos. Pero Britney no pudo vencer a ...

... ¡Usher! ¡Sí! ¡Sí! Admitanlo, el año 2004 fue de él. Este hombre se ganó más de 20 diferentes premios y su tour junto a Christina Milian y Kanye West ya era un éxito de taquilla antes de que diera inicio. Por eso se merece el primer puesto. Todos estaban emocionados al verlo bailando y cantando con tanto entusiasmo. Hubo de todo un poquito en su concierto: el espectacular cuerpo de Usher, su grandiosa música y sus irrepetibles movimientos en el escenario.

## Restaurantes

Continuación de la página 19

atmósfera, comida y suficiente dinero. De acuerdo con la encuesta que realicé para conocer los restaurantes favoritos de mis compañeros, muchos nombres salieron a la luz y muchos se repitieron. Estos fueron los 10 mejores restaurantes para salir a comer con tus amigos.

**10. Osaka's Japanese Bistrot:** Sí, la moda del sushi ha pegado como nunca en nuestras escuelas, y Osaka's ofrece una atmósfera pacífica y una deliciosa comida japonesa. Sus precios son un poco altos (nada fuera de lo normal) pero vale la pena. Es un buen lugar para probar sushi, si todavía no lo has probado.

**9. Bucca di Beppo:** Es un lugar fabuloso para comer una auténtica comida italiana. Las porciones son grandes así que vengan preparados en grupos grandes. Sus precios son razonables y nadie se va a quedar con hambre.

**8. P. F. Chang's China Bis-**

**tro:** Si no han ido, tienen que ir. Aquellos que han visitado este restaurante no se cansan de hablar de él y los que no, se mueren por ir. Es una combinación de una agradable atmósfera, arte asiática y una deliciosa cocina china.

**7. Claim Jumper:** Es relativamente un restaurante nuevo en la ciudad pero hay quienes no se pierden de su comida. Las porciones moderadas de comida "hecha en casa" hacen de este restaurante un buen lugar para comer en familia o con los amigos.

**6. The Cheesecake**

**Factory:** ¿Quién no conoce este lugar?

Hay tantos platos para escoger, que por sus porciones, hay quienes terminan compartiendo la comida. Por supuesto, tienen que dejar espacio para probar su riquísima y famosa tarta de queso.

**5. Outback Steakhouse:** ¿A cuántos estudiantes no les gusta un buen bistec? Esta churrasquería ha estado en pie desde hace muchos años y continúa sirviendo una gran variedad de bistecs y comida de mar.

**4. Olive Garden:** También ha

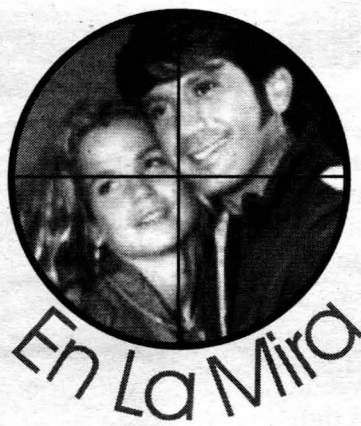
estado presente en nuestra lista de sitios favoritos hace ya bastante tiempo. Sirven una gran variedad de platos italianos al estilo casero. Nunca pararás de comer una exquisita pasta, unas ricas ensaladas y panecitos de queso calentitos. ¿Qué puede salir mal?

**3. Chili's:** El lugar es MUY divertido y su comida es muy rica. Pueden encontrar comida popular como hamburguesas y sándwich de pollo que hacen de este restaurante un sitio muy acogedor.

**2. Baja Fresh:** Bueno, en realidad no es un restaurante ... pero, ¿quién necesita meseros cuando tienes buena comida? Siempre se encuentra ocupado pero limpio. Los burritos y los nachos los hacen a tu alcance para que veas que la comida no puede ser más fresca.

**1. Applebee's:** Indudablemente ocupa el primer lugar. Honestamente, ¿quién no conoce este restaurante? Existe un gran surtido de comida entre americana, mexicana e italiana para que todos queden satisfechos. Los precios son perfectos y no te olvides de contemplar la decoración del lugar.

# La vida de una vedette nunca deja de ser pública



**Protagonistas:** Niurka Marcos y Bobby Larios

**Chisme:** Su nuevo "reality show" y el controversial calendario

**Comentario:** Sin duda alguna, la pareja escándalo

¿Les gusta el chisme? ¡Claro! La persona que no abra los ojos de forma sorpresiva cuando escucha el nombre de la famosa cubana Niurka Marcos, no vive ni en este país, ni en este planeta, ni en este universo. Es que, ¿quién no sabe todo el escándalo que esta vedette ha iniciado junto a su pareja actual Bobby Larios?

Por un momento pensé que después del bombazo que se presentó con la noticia de su divorcio y la otra noticia de su matrimonio (sin mencionar todos los comentarios que se presentaron debido a esta situación), las cosas se iban a calmar y la marea iba a regresar de nuevo a la normalidad. Pero ¡me equivoqué! ¿Cómo pude pensar que esta muchacha se iba a quedar callada? Algo tenía que pasar, ella no se podía quedar callada después de todas las cosas que se dijo de su carrera, de su vida, de la farsa que tuvo con Juan Osorio, de sus hijos, de su vocabulario, de su manera de vestir.

En fin... de ella se pueden decir muchas cosas y pues al final, también se habla de todo aquel que se le mida a su juego.

**Una historia que todos conocemos.** Todos conocemos la historia de Niurka. Hace mucho tiempo viajó desde Cuba en una gira de artistas que iba a México. Allí se quedó con la ilusión de hacer una mejor vida artística. Actualmente lleva más de 10 años viviendo en México. Con Juan Osorio, productor de novelas, se casó y procreó tres hijos. Desde entonces se decía que se había casado con él para volverse famosa. De repente la historia dio un vuelco inesperado: durante la novela 'Velo de Novia' conoció a

Bobby Larios, un actor hasta ese momento desconocido. Con él, se dio una especie de romance y cuando menos nos dimos cuenta, se separó de Osorio acusándolo de 'impotente sexual' entre otras cosas. Ese fue el bombazo: acusaciones por aquí e insultos por allá. Pero el problemón no paró ahí.

**"Lo Veremos Todo Con Niurka y Bobby".** Sí, así se llama su nuevo "reality show." Ahora resulta ser que hace ya casi un mes se inició un show donde se muestra todo lo que hace esta pareja y los hijos de Niurka. Según los protagonistas, el show es para mostrarle a muchas personas quiénes son ellos en realidad y para demostrar que los medios de

comunicación han sido muy injustos. En este programa se ve lo que todo el mundo comenta: Niurka es la que tiene los pantalones en la relación porque además de 'controlar' a su esposo, es la única que habla... bueno, es que ella no lo deja hablar. Esto levantará mucha polémica. Pero si de 'ratings' se trata, no dudo que este programita vaya a lograrlos.

**Un par de felinos en una isla mexicana.** El 16 de noviembre la pareja sacó a la venta un calendario donde aparecen completamente desnudos en una playa en la Riviera Maya, en México. El comentario o más bien la explicación que da esta pareja de artistas, es que lo hicieron para mostrar una relación transparente, romántica, dedicada y libre. Los desnudos fueron para dar un sentido de transparencia y libertad entorno a las cosas que los rodea y a todo el chisme que se crea. "Somos dos felinos en la naturaleza, libres y con ganas de amar," este fue el comentario de Niurka al respecto. Ya veremos. Este calendario, en vez de bajar la polémica, va a aumentar más el escándalo que rodea el espectáculo hace ya más de un año.

## ¿Te gusta leer? Aquí están los diez mejores libros del año 2004



Por Stephanie López, Las Vegas HS

¿Qué haces en tu tiempo libre? La mayoría de los estudiantes pasan horas y horas mirando la tele: películas, novelas, y caricaturas. Muchas veces estamos sentados jugando con el control remoto buscando algún programa para ver. Nuestros padres no se cansan de decirnos que hagamos algo diferente porque nadie gana nada con ver la televisión todo el día, excepto la compañía de luz y la compañía del cable.

Todos los latinos deberíamos de dejar de perder el tiempo y en vez de mirar la tele, deberíamos leer. Sí, leer. Me imagino que muchos ya están sacando excusas: que los libros son aburridos, que no están de moda y que no saben dónde obtener uno. Miren, olvidense de todas esas excusas y piensen bien. Saquen la tarjeta para ser miembro de las bibliotecas públicas y vayan a leer un libro de aventura, de magia, de romance o de fantasía. Hay muchísimas categorías. Por eso aquí los dejo con los 10 mejores libros del 2004.

**10. "El Loro en el Horno; Mi Vida"** ("Parrot In The Oven; Mi Vida") por Víctor Martínez.

Vives en los Estados Unidos. Vives en la tierra de las oportunidades, pero todos los días tienes problemas. Un

chico de 15 años lucha contra la presión de sus vecinos que son pandilleros mientras que en su casa las cosas están mal. Su madre está enferma y su padre es abusivo. Este es uno de los mejores libros que se han escrito.

**9. "La Piel del Cielo"** ("The Skin of The Sky") por Elena Poniatowska.

La mayoría de nosotros a lo largo de los años, hemos vivido un cambio de vida, un cambio de ciudad. De eso se trata este libro. El personaje es un joven que se muda a la ciudad de México después de una tragedia familiar.

**8. "El Alquimista"** ("The Alchemist") por Paulo Coelho.

"El alquimista" es un libro para todos los que han tenido o tienen sueños. Pero el capítulo final es inesperado. Este libro no es fácil de leer por su vocabulario, pero vale la pena. Ha sido leído por muchas estrellas de cine.

**7. "En el Tiempo de Las Mariposas"** ("In The Time of Butterflies") por Julia Álvarez.

¿Quieres leer un libro donde los principales personajes son testigos de la caída de una dictadura? Eso es lo que les pasa a los hermanos en este libro. Entérate quiénes son los sobrevivientes de esta guerra y que otras sorpresas les tiene preparado el destino.

**6. "El Beso de la Mujer Araña"** ("The Kiss of the Spider Woman") por Manuel Puig.

Este libro es considerado por muchas personas un libro tabú. Se trata de dos hombres y de sus vidas en la

cárcel, pero lo que pasa en la cárcel se queda detrás de las rejas. Aquí encontrarás crimen, amor, sueños y ¡mucho más!

**5. "La Vida Loca: El Testimonio de un Pandillero en Los Angeles"** ("Always Running") por Luis Rodríguez.

Todos miramos y escuchamos de los pandilleros que siempre terminan involucrados en asuntos criminales. Pero nunca profundizamos el tema y solo pensamos ¡qué lástima, otra vida perdida! Lee este libro y entérate de muchas otras cosas.

**4. "La Casa de Los Espíritus"** ("The House of Spirits") por Isabel Allende.

¿Qué harías si pudieras ver tu futuro pero no pudieras hacer nada por cambiarlo? ¿Qué pasa cuando tu hermana es asesinada y tú quedas muda por años y años? Tu esposo y tus hijos te llaman 'la bruja muda.' Esta es la vida de Clara, que vive cada día con el poder de ver lo que pasa en el futuro pero no puede luchar contra él.

**3. "La Casa en la Calle Mango"** ("The House on Mango Street") por Sandra Cisneros.

La casa de esta chica necesita mucho arreglo. Es una vivienda un poco fría y relativamente pobre. Pero sus padres no pueden estar más contentos porque es la primera casa que han podido comprar en los Estados Unidos. Ella, por otro lado, no está conforme y piensa que de una manera u otra va a salir de la pobreza y va a irse de la casa

de la calle Mango. Pero la pregunta es, ¿lo logrará?

**2. "Cien Años de Soledad"** ("One Hundred Years of Solitude") por Gabriel García Márquez.

Este libro se trata de la fundación de un pueblo en Las Américas conocido como Macondo. Aquí se persigue la historia de la primera familia que existió en el pueblo. De generación en generación, el libro habla de los buenos momentos y de las caídas de la familia. Este libro lo tiene todo: amor, aventura y astucia. Es por eso que García Márquez ganó el Premio Nobel de la Literatura.

**1. "Como Agua Para Chocolate"** ("Like Water For Chocolate") por Laura Esquivel.

Imagínate que vives en el año 1990. Eres una joven mujer con el nombre de Tita. Estás enamorada de un muchacho, pero cuando él le pide permiso a tu mamá para que se pueda casar contigo, tu mamá se opone porque él se debe casar con tu hermana mayor. En cambio tú, la más joven de la familia, tienes que quedarte cuidando a tu madre hasta que ésta muera. Entérate de lo que pasa con Tita y su amor prohibido leyendo este maravilloso libro. Y si quieres una imagen más viva de la historia, puedes rentar la película.

Pues aquí termina la lista. Si leen alguno de estos libros, publiquen su opinión. No pierdan el tiempo viendo novelas. ¡Lean, es bueno para la salud!

# Conmemora el Día Internacional del SIDA



Por Lina Hernández,  
editora de Díganos

**E**l día en que muchos de ustedes lean este artículo, tal vez ya haya pasado unos de las fechas

más significativas del año, ya que el primero de diciembre se conmemora el Día Internacional del SIDA.

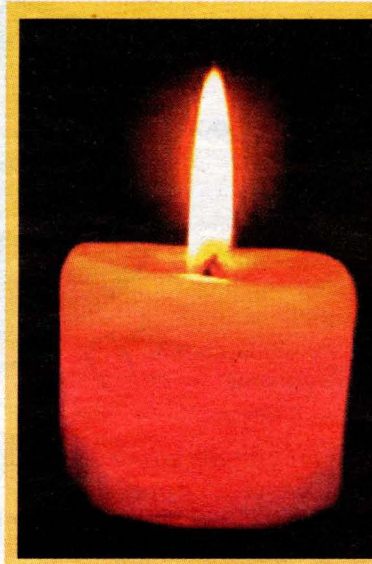
Es importante considerar que 15 millones de niños son huérfanos a causa de que esta terrible enfermedad se ha llevado a sus padres. Desde que la epidemia del SIDA comenzó hace dos décadas, más de 30 millones de personas han muerto y cerca de otros 38 millones de personas viven actualmente con SIDA. Esta es la catástrofe humana más grande de la historia, con 14,000 personas infectadas al día y 8,000 muertes diarias. En Africa, hoy existen casi 30 millones de personas infectadas, y el 55 por ciento son mujeres. Por razones fisiológicas y sociales, las mujeres y las niñas son más propensas a contagiarse de esta enfermedad.

Según algunas fuentes en Internet, un reporte de la Consejería Nacional de Inteligencia predice que la India tendrá de

20 a 25 millones de casos para el año 2010. ¿Pero qué puedes hacer para ayudar con la causa? Muchas cosas y muy simples.

Empieza por mandarle un correo electrónico al presidente y a los miembros del congreso. ¿Suena difícil, verdad? Estás equivocado. Hasta ahora, un poco más de 8,000 personas se han aliado con [worldvision.org](http://worldvision.org) para mandarle sus peticiones al gobierno para que ayude en la lucha contra el SIDA y para financiar el Fondo de Emergencia para Ayuda Contra el SIDA para el año 2005. Para eso, la mejor manera es que visites la página en Internet [www.worldvision.org](http://www.worldvision.org) y ahí no solo tendrás la oportunidad de escribirle un correo electrónico al presidente sino también informarte más sobre esta epidemia.

Además, puedes tomar un corto examen en línea y enterarte de lo mucho o poco que sabes de esta enfermedad. Los resultados te



## HAS UNA BUENA OBRA EL 5 DE DICIEMBRE

Muchos tenemos diferentes creencias y religiones. El 5 de diciembre pongamos todas nuestras divisiones a un lado y unámonos para pedir por más de 6,000 niños huérfanos que deja el SIDA diariamente.

**ENCIENDE UNA VELA EL 5 DE DICIEMBRE. ¡NO TE OLVIDES!**

podrían sorprender.

Existen muchas otras instituciones luchando contra el SIDA. Puedes navegar en Internet y buscar alguna que esté cerca de tu casa y servir algunas horas como voluntario. Uno de los lugares más fáciles de encontrar es la iglesia más cercana a tu comunidad. Seguramente allí sabrán como puedes ayudar en la causa y a los afectados. En esta época de fiestas, muchas personas estarán sufriendo mientras otros celebran. Piensa en las personas que necesitan tu ayuda.

## Hablando del Che: ¿Quién fue Ernesto 'Che' Guevara realmente?



Por Ana Rosa  
González,  
Western HS

### PRIMERA PARTE

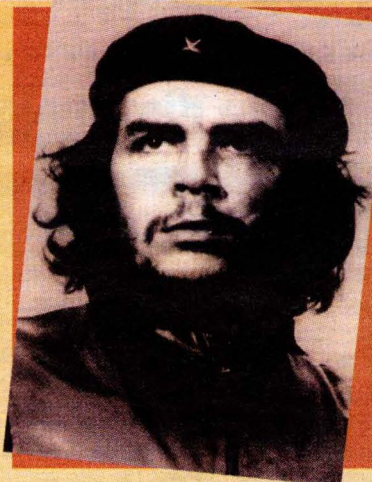
**H**oy en día apreciamos a tanto héroes, protagonistas,

ídolos o figuras que nos es un poco complicado recordarlos siempre o tener información exacta de todos ellos. Actualmente, muchos jóvenes se identifican con el personaje del "Che Guevara." Es tan simple encontrar opiniones acerca de este personaje que me fue fácil descubrir que básicamente la mayoría de ellos conocen su imagen, pero desconocen quién fue realmente el Che. ¿Qué hizo? ¿Por qué lo consideran como un buen ídolo? Curiosamente, a pesar del nivel educativo que tenemos, estamos desinformados acerca de su historia, pues la juventud es ajena a su verdadera identidad. No se trata de utilizar su imagen en todas esas camisetas, sudaderas, gorras, carteras y llaveros.

Bien, ha llegado el momento

de explorar a este interesantísimo personaje. En 1928 nace el 14 de junio, Ernesto Guevara de la Serna en la ciudad de Rosario, Argentina. Centenares de biógrafos no se cansan de pelear y decir que fue el 14 de mayo la verdadera fecha de su nacimiento. El conocido guerrillero heroico resulta ser descendiente de un virrey español de la Nueva España y sus abuelos maternos provenían de la familia de un duque; aunque durante su infancia sus padres eran personas pobres. Irónicamente, ¡el guerrillero heroico tenía sangre azul!

Ernesto cumple dos años cuando le aparecen los primeros síntomas de asma, enfermedad que padecería toda su vida. En busca de un mejor clima y una mejor atención médica, se trasladan a Buenos Aires. Continuamente su familia se mudaba de un lugar a otro. Ernesto comenzó su enseñanza elemental en una ciudad llamada Altavista en 1938, y su enseñanza secundaria en la ciudad de Córdoba. En 1946



Ernesto considera estudiar ingeniería pero un año después, estando nuevamente en la capital, decidió inscribirse en la facultad de medicina. Muchos biógrafos aseguran que fue médico graduado, sin embargo, en el testimonio de 56 personas no aparece un solo compañero que haya compartido con él sus años universitarios en la facultad.

Al comenzar su primer año de universidad, el Che tuvo que ser sometido a un examen médico requerido por el servicio militar. Ahí se dieron cuenta de que padecía de asma y fue rechazado por no tener la mínima capacidad física requerida. A sus 24 años, el Che y Alberto Granado, un buen amigo suyo, iniciaron un recorrido por América Latina

en una moto vieja modelo 1939 llamada "La Poderosa." Aunque en ese tiempo se desató la Segunda Guerra Mundial, el Che era ajeno a todo lo que ocurría.

Durante su grande aventura por América, visitaron países como Guatemala, entusiasmado por conocer la revolución de aquel tiempo; México, al cual lo consideraba su refugio político; y finalmente Cuba, otro refugio político después de las tierras mexicanas.

Bueno, como podrán saborearse esto paso a paso, Guevara tuvo una vida muy interesante. Explorando este gran personaje pude encontrar un mar de descubrimientos. Es muy agradable aprender cosas nuevas, pero es más agradable conocer verdades y descubrir personajes. Espero que deseen continuar con la historia del Che. Esta es la primer parte de la nota, así que los invito a que esperen la edición de enero, para el final de esta biografía. Conoceremos muchísimas cosas más: cuántas guerrillas encabezó, algunas cartas que dejó, una gran ironía y la forma en que murió. También platicaremos un poco de la película "Diarios de Motocicleta" y la conclusión de la historia. ¡Hasta la próxima!

*Continuará...*

# Psychology lesson fosters trust in others

By Krysten Hughes,  
Sierra Vista HS

**H**ave you ever heard the words "I promise that I will not tell anyone — you can trust me," and the next thing you know, the whole school knows all of your business? Sound familiar? Or what about this scenario: "How could you lie to me? I thought we were friends!"

If you can relate, then don't worry. You are perfectly normal. This is the reality of high school. Each day we put our trust in our friends, teachers and family members, knowing that they would never betray us.

For some, trusting people can be very easy. For others, it can be extremely difficult. Each day, your actions and the words you speak build trust and acceptance among the people around you.

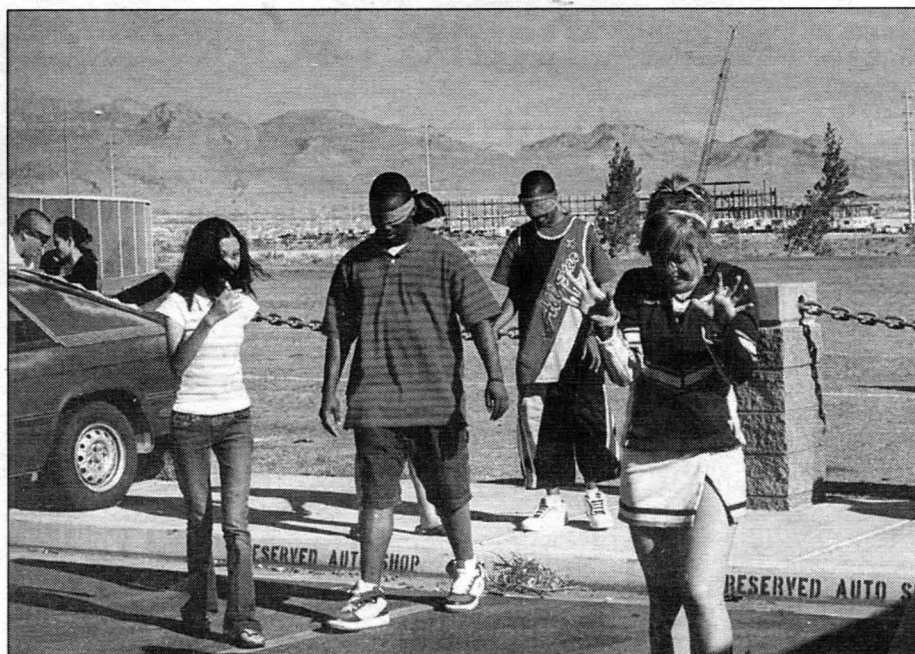
Sierra Vista High School psychology teacher Dusty Deskins understands much of this in regards to human nature and how people allow their mind to control their instinctual actions. Deskins performs

a trust and acceptance activity during his class to help students gain a certain trust for one another within the classroom.

In the trust and acceptance activity, students are blindfolded and guided throughout the school by their partners, someone that they do not know who is not allowed to physically touch them. Students crawl under fences outside and walk up steps without being able to see anything and with only their partner giving them verbal directions on where to go.

"I didn't really have a problem being blindfolded during the activity," says Sierra Vista senior Will Lightfoot. "I was having a good time, and I felt secure knowing that I would not bump into anything, and that my partner would lead me in the right direction."

How fast or slow the student completed the activity was also based on trust and acceptance. Students who took more time and who were very uncomfortable with being blindfolded admitted that they often have a hard time trusting others. Those students who were at ease and



Senior Chantel Tull and other students walk a line blindfolded in psychology class. The lesson's objective was to foster trust in students.

not at all worried about bumping into something or hurting themselves believed that they were able to trust people very easily, sometimes instilling too much trust in someone.

Voice recognition also played a key role in this activity. When only one of the five senses is able to help someone find his way around, it is harder to trust the voice that is foreign to you. The brain sends messages to the body on how to act, and it could feel like you might fall off a cliff even though you are at school.

Aside from being a fun, hands-on activity, students also participated in a group discussion about how trust and acceptance affect their lives every

day. Many students agreed that they all wanted to have people in their lives that they could trust, and in turn, they wanted to be trusted. Students also were in agreement about how often trust is broken, not only among friends, but in families as well.

"Trust is powerful, and trust is easily broken," says Deskins. "When trust is broken, people don't want to admit it, so they lie about it. They don't want to lose trust and pay the consequences."

This activity gave many students a different perspective on human nature, how the mind works, and how trust and acceptance are very important not only for oneself, but also for the people around you.

## What's Your Type?



By Spencer Hensley and  
Brett Lofgren,  
Faith Lutheran HS



**T**his is an adaptation of a personality test known as the Myers-Briggs Type Indicator, developed by Katherine Cook Briggs and her daughter Isabel Briggs Myers, and is based on the psychological theories of Carl Jung. Taking this test can give you insight into your personality and why you do what you do.

It works like this: every person is separated into four different two-part preferences. The test reveals these preferences, and understanding what these preferences mean is important. Also, remember that each person displays all of these characteristics to some extent. The test only measures preferences one way or the other.

Give it a try and see how you score. When you're done, add up the numbers using the scoring guide at the end of the test.

## Take this Myers-Briggs Personality Test and find out!

### SAMPLE PERSONALITY TEST

Please answer the following questions to the best of your ability. Write in the number that you believe fits you best.

- 1 = Completely disagree
- 2 = Partially disagree
- 3 = Can't decide
- 4 = Partially agree
- 5 = Completely agree

1. You would rather go to a party with a lot of people than a party with a few close friends.

2. You feel uncomfortable if you are alone all afternoon.

3. After a long day, you

would like to go out with friends rather than going home and relaxing.

4. When assigned to a group, you immediately feel comfortable.

5. While on a date, you talk more than listen.

6. You prefer English over math.

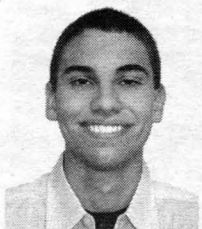
7. You see the big picture easily.

8. You think more about the future than the present.

9. You prefer unusual methods rather than the tried and true.

*Continued on page 24*

# There's nothing exciting about high school drama



By Chase Bryan,  
Eldorado HS

**R**umors, lies, fighting and backstabbing are among the

most common activities in high school. We all know someone who is willing to tell a fib or spread rumors to get attention from the "cool kids."

Do you know what that leads to? Sure you do. A hall that looks like a mosh pit, hair being pulled, shirts being ripped, and heads being slammed into walls.

Boyfriends, girlfriends, best friends and enemies are what truly make high school interest-

**Life in general is difficult to figure out, but life in high school is sometimes beyond comprehension. Yet having friends is important, even if it means having to put up with drama.**

ing. Jealous students get upset because this guy or that girl won't pay attention to them. Just about everyone has passed a rumor at least one time or another and hurt a close friend.

Physical attraction often gets the best of us. Even the strongest-willed teenagers who try to act big and bad all the time end up with leashes around their necks, completely whipped. Then they become very protective, worried about losing their newfound "soul mate."

If only high school drama stayed at high school. Sometimes people who are out of high school can't shake this obsession. In fact some of the worst drama queens are out of

school. Is it because they want to be back in high school, or are they just crazy?

"People who live for drama need to just move on with their lives," says Eldorado High School senior Anthony Griffith. "High school is supposed to be a learning experience, not a lifelong lifestyle. True friends don't need drama."

The problem with having a drama queen or king as a friend is this: rumors and lies are a way of life for them, so be careful about giving them your full trust.

"I don't like phonies who make a big scene and act like they really know you," says Eldorado sophomore Gillian Griffith. "People like that are a problem waiting to happen."

Of course, none of us can completely escape high school drama. Having an ex-boyfriend or ex-girlfriend always makes life interesting.

Ending a relationship is messy. Mutually ending a relationship is nice, but very rare. The true psychotic side of people surfaces when an unexpected breakup happens. Just about everyone experiences this sooner or later in high school.

High school is a time of making and losing friends. One year you're best friends with someone, and the next year they just disappear. Do they see something that scares them or did you do something that hurt them? Oh no, there it is again: high school drama raising its ugly head.

"Friends come and go, but you're always going to find someone there for you," says Eldorado senior Brandon Acevedo.

Life in general is difficult to figure out, but life in high school is sometimes beyond comprehension. Yet having friends is important, even if it means having to put up with drama.

Drama is everywhere and there is no escaping it. The best thing to do is blow it off and it will soon be forgotten. There are those who live for it and those who pay for it. There is nothing you can do except refuse to start it on your own.

## SAMPLE PERSONALITY TEST

Continued from page 23

10. You make decisions on a hunch rather than past experience. \_\_\_\_

11. There is one absolute Truth. \_\_\_\_

12. You think with your head rather than your heart. \_\_\_\_

13. You're the boss of a company and an employee of yours doesn't meet a deadline. You find it easy to reprimand them. \_\_\_\_

14. You do not understand why some people make decisions based on their gut feelings. \_\_\_\_

15. You think of the pros and cons of going out with someone

before you ask them. \_\_\_\_

16. If you're a Christian, you might like going to Jewish celebrations simply because you haven't experienced one before. \_\_\_\_

17. On Monday you would prefer not to make any plans for Friday night. \_\_\_\_

18. When reading a book, you like starting it more than finishing it. \_\_\_\_

19. When you have an essay due Friday, you don't start it until Thursday. \_\_\_\_

20. You would enjoy a surprise birthday party. \_\_\_\_

### SCORING GUIDE

SECTION 1 LETTER: \_\_\_\_

**Add your answers for questions 1-5.** For sums between 4 and 14, write "I" in the blank above. For sums between 16 and 25, write "E" in the blank.

SECTION 2 LETTER: \_\_\_\_

**Add your answers for questions 6-10.** For sums between 4 and 14, write "S" in the blank for this section. For sums between 16 and 25, write "N" in the blank.

SECTION 3 LETTER: \_\_\_\_

**Add your answers for questions 11-15.** For sums between 4 and 14, write "F" in the blank above. For sums between 16 and 25, write "T" in the blank.

SECTION 4 LETTER: \_\_\_\_

**Add your answers for questions 16-20.** For sums between 4 and 14, write "J" in the blank for this section. For sums between 16 and 25, write "P" in the blank.

*Got your four letters? Great. To learn what they mean, use the key below.*

### SCORING KEY:

#### Section 1: I or E?

In this section, an individual is defined as either an Introvert or an Extrovert. These terms do not mean "shy" and "outgoing." Rather, they refer to the way in which a person energizes himself or herself. An Introvert is someone who looks inward and is often tired after spending a lot of time around people. An Extrovert is an individual who receives energy from without, and if left alone, will often feel isolated and possibly even depressed. An Introvert does not necessarily dislike spending time with people nor is he or she socially inept. Rather, he or she just requires some time alone. Likewise, an Extrovert is not incapable of thinking on his or her own.

#### Section 2: S or N?

In the second section, people are sorted into either the Sensing or Intuition preference, which deals with the ways in which a person receives infor-

mation. Sensing people refer to the present in a very concrete way; it involves a strong use of each of the five senses to take in what is going on. Intuition involves using your "sixth sense," so to speak; it includes seeing things as they relate to people and ideas, and seeing the larger picture instead of details.

#### Section 3: T or F?

In section 3, individuals are classified as either Thinking or Feeling, which has to do with the way they make decisions, and the way they perceive the information that they receive. Thinking is classified as being logical and analytical, while those classified as Feeling have a tendency to consider values and implications on individuals.

#### Section 4: J or P?

In section 4, people are christened either Judging or Perceiving. People with the judging preference make decisions quickly and have closure, while Perceiving people like to continually receive information and keep their options open.

Now, it should be noted that just because you've taken the test and gotten a certain result, it does not mean this is set in stone. These tests are often affected by mood, and besides, the one you took was created by a pair of unqualified high-school students.

Also, you might want to know about some of the skeptical views of this test. Skeptics argue that the test has not been validated by a double-blind test, which means participants accepted the results as true about them even when they did not receive the results that actually belonged to them. Because of this, the test does not technically qualify as a scientific theory. They often suggest that the different types are written in such a way that anyone would accept any of the types because of their ambiguity.

For in-depth profiles of each specific letter combination, visit [www.personalitypage.com](http://www.personalitypage.com), but remember not to take it too seriously.



# Safe Nest focuses community efforts on teen dating violence

By Jamie DeSoto,  
Mojave HS

Domestic violence is something you've probably heard of before but think only happens to other people. This mindset leads many to ignore the signs of an abusive relationship, even when they are the ones suffering.

In teens especially, violent behavior is overlooked and the perpetrators are given the excuse of being too young to know better. As the second most committed crime in the United States, domestic violence most likely plays a bigger role in your life than you think.

Safe Nest, a non-profit agency that deals solely with domestic violence, is working hard to change this statistic. They offer counseling and assistance to victims, batterers and children involved in violent relationships. Safe Nest also believes that education is the best way to end the cycle of domestic violence. They can be found throughout the community in schools, hospitals and businesses teaching others about the signs of abusive relationships and the ways to help.

Every October, Safe Nest hosts the Domestic Violence Awareness Month Annual Luncheon in Las Vegas. This event honors those who have made major contributions to this cause and those who have survived abusive relationships. Approximately 200 prominent members of local society, in-



Mojave HS senior Jamie DeSoto, left, with Lori Fralick, Domestic Violence Ombudsman for the Nevada Department of Justice, and guest speaker at the Safe Nest luncheon. Fralick is also a domestic violence survivor.

cluding judges, lawyers and business representatives, attended the 21st annual hosting of this luncheon on Oct. 22. Every year a different topic is chosen for special emphasis. This year's topic was teen dating violence.

Involvement in abusive relationships often begins in teen years, making the education of this age group extremely important.

The main speaker of this event was Lori Fralick, the Domestic Violence Ombudsman from the Attorney General's Office. She spoke of the abusive relationship that she had been trapped in from high school to her early twenties. Not wanting her relationship to fail, Fralick accepted her husband's excuses for his behavior. It took a terrifying incident in which her 11-month-old child was injured for

Fralick to finally escape his abuse. She had been so scared of her husband that acting against him was unimaginable. With help from family, friends and lawyers, Fralick was finally able to start a new life.

Fralick had been a typical high school student. She received straight A's, played three sports and started dating a charming, handsome guy that everyone loved. The idea of being in an abusive relationship did not even cross her mind. She now knows the truth.

Domestic violence is not found among only one group or type of people; it reaches everyone. Fralick is currently taking huge steps toward preventing future domestic violence by heading the Teen Dating Violence Initiative, a new public outreach and education program.

"Teens frequently lack the experience and knowledge to completely judge the appropriateness of their dating relationships, frequently misinterpreting their partner's obsessive, controlling and violent behaviors as indicators of love, devotion and passion," wrote Fralick in Safe Nest's newsletter, "The Sentinel."

Also at the Oct. 22 luncheon, Lisa Thompson, a survivor of an abusive relationship, spoke for the first time about her experience.

"Domestic violence is not only done with fists ... it's manipulation," Thompson says. "Victims are not born; they are

**"Victims are not born; they are taught."**

taught."

The heartbreaking story of her life and the pain she has been through affected every person in the room, strengthening the devotion of all to this cause.

Events held to honor Domestic Violence Awareness Month all include several key elements. Survivors are always given a voice, a moment of silence is given for all that has been gained and lost, and purple ribbons are worn to symbolize the bruises of victims and the mourning for those who lost their lives.

Safe Nest's dedication has saved thousands of lives. With assistance from both individuals and businesses within the community, they have created a strong web of assistance available to anyone involved in a domestic violence situation.

The 21st Annual Domestic Violence Awareness Month Luncheon celebrated this achievement, while demanding that there is still much more to be done. However, hope for the future is bright, for as Lori Fralick says, "We are all in a position to save lives, and we do make a difference."

For more information on the signs of domestic violence or the ways you can help, go online to [www.safenest.org](http://www.safenest.org).

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## SkillsUSA urges Nevada teens to go for the gold

By Roselia Hernandez,  
Vo-Tech HS

As the Nevada SkillsUSA state secretary, one of my jobs is to let students around Nevada know about the goals of SkillsUSA. In this program, students are inspired to achieve all their personal and professional goals, desires and dreams by attaining the ideals of SkillsUSA.

SkillsUSA is a career and technical student organization that helps build skilled workers and leaders with the support of business, industry, instructors and advisers. Nevada proudly stands out in the nation for its



©2004, SkillsUSA

Left, high school students from around the country compete for medals in a variety of workforce skills. Below, in 2004 Nevada teens medaled in six events.

skilled student members, who make SkillsUSA so successful.

Many students in high school have the opportunity to compete in trade contests in industrial and technical skills, leadership development, health occupations, and other occupationally related competitions. Presenting many different types of competitions includes all students who possess a skill to let them put it to work.

This year SkillsUSA introduces our new national slogan: "SkillsUSA: Champions At Work." What does a champion mean to you? For SkillsUSA, being a champion means much more than winning a contest.



The attribute of dedication to personal and professional excellence, and to helping others achieve that goal through instruction, makes everyone in

SkillsUSA a champion.

If you are wondering if SkillsUSA would be beneficial for you, just ask someone who knows about the program's benefits, Vo-Tech student and SkillsUSA gold medallist Ty Hampton.

"SkillsUSA is giving me opportunities that I would not have had otherwise," Hampton

says. "Being a part of something so special has helped build my self confidence, work attitude and communication skills. Jobs are actually looking for me!"

SkillsUSA is truly about building champions for America's work force. Join now and prepare

yourself for a life changing experience! For more information, visit the state Web site at [www.nvskillsusa.org](http://www.nvskillsusa.org) or the national Web site [www.skillsusa.org](http://www.skillsusa.org).

## Students take a STEP toward the future

By Samantha Scholl, Valley HS

Across the United States, the demand for teachers is growing. Realizing this, the Clark County School District developed a new program called STEP: Student to Teacher Enrollment Program.

STEP is a program designed to lessen the demand for teachers here in Clark County. This new program is being offered at many local high schools, including Valley, Chaparral, Silverado, Del Sol, Eldorado, Cheyenne, Mojave, Rancho and Desert Pines High Schools. This is the first time the program is being offered anywhere in the United States, so the students enrolled are very fortunate.

STEP students are enrolled in Nevada State College while still attending high school. No money comes out of the students' pockets, since everything from books to tuition is being paid for. In other words, these students are attending college for free. They are receiving not only high school elective credits, but college credit as well.

The program brings college professors to the students, so that they do not need to

drive to Nevada State College. The courses being taught to the students in the STEP program are no different from the courses one would take at any other college or university.

Requirements to be in the program include:

- a counselor recommendation
- a good GPA
- a recommendation from two teachers
- a filled-out application, including parent signature
- an interview with Project Facilitator Sheree Jasonok.

Once a student is accepted, registration forms for Nevada State College must be completed, and then the student is enrolled in the program at both their high school and at Nevada State College.

For some students, the very thought of being in both high school and college at the same time is scary. But for the students in the STEP program, it's no big deal. It's only a matter of managing their time, just as if you were playing a sport or working a job. Some of the STEP kids even manage their time among college, high school and other after-

school activities.

"It's real easy. There's no difference. We do all the work in class," says Cinthia Gonzalez, a student in STEP at Valley High School. "I'm able to keep track of my STEP studies and regular studies and still have a life."

Unlike the majority of the classes at Valley, STEP classes are rather small, giving the professor the opportunity to know and really help an individual student. This also benefits the students, as it gives them a chance to be closer in their soon-to-be chosen profession and helps them better understand how to be successful teachers.

Teaching is not an easy profession. Doing paper work, grading, making lesson plans and teaching difficult kids are all part of it. Teachers play the part of teaching kids, but also monitoring them and being mentors. However, teachers might also be fortunate enough to change the life of a young individual growing up.

Students in STEP are learning about both the challenges and rewards of teaching and are on their way to starting their careers.

# Students help out school, community through Key Club

## Local youth debate issues at annual Teen Town Hall

By Jamie DeSoto, Mojave HS



Presidential candidates, the draft and the future of education: a list of topics that many adults believe is absent from teenage conversations.

Yet, it was exactly those issues, plus a few more, that were discussed by approximately 300 high school students on Tuesday, Oct. 26. The event was the Fourth Annual Las Vegas Teen Town Hall held in the City Hall Council Chambers. Hosted by Councilman Lawrence Weekly and KCLV City Beat host Nancy Byrne, the purpose of the event was to give local teens a chance to discuss issues that concerned them.

The main topic of the Teen Town Hall was the presidential election, but the students were given the freedom to voice their opinions on any topic they thought important. Comments on same-sex marriage, Bush versus Kerry and opinion of the draft seemed to be the favorite subjects. The fact that the event was being televised live encouraged everyone to form well thought-out statements before speaking. Most succeeded at this task. Those that didn't were either shaken by nerves or influenced by emotion.

Mayor Oscar Goodman made an appearance after the televised portion of the event was over. He stated the importance of events like Teen Town Hall, where local teens have the opportunity to discuss serious issues. Councilman Lawrence Weekly, who was wearing a "Vote or Die" t-shirt, had the same opinion.

"These youth are our future leaders," Weekly says. "It is important we give them an opportunity to express themselves."

## Making a difference can be fun

### Western Air Force junior ROTC stay in step with service

By Sara Caceres, Western HS

Community service is a great way to make a difference, and there are many opportunities if you just look around.

There are plenty of services to do for your community like picking up trash, washing cars, helping at school and church events, and working at retirement homes, libraries and hospitals, just to name a few.

One group at Western High School that performs services for the community is the Air Force Junior ROTC.

They participate in many community service functions like outreach programs, such as their recent involvement with Gibson Middle School's haunted house for the students at Gibson. They also help out at NASCAR, bike races and Cashman Center activities.

Western student Quamae Jackson says, "The NASCAR and bike races always run smoothly. It's always a blast working, and it makes me feel like I make a difference."

Don't forget that helping out around your community looks good on job and college applications too.

With community service, not only do you feel good about yourself, but also you help improve the world you live in.

By Chanelle Baisa, Western HS

The media doesn't give enough credit to teenagers and the amazing things they do.

Take high school Key Clubs for instance. Key Club is the largest international organization of high school students who want to make a positive difference in their schools and in their communities.

Just in the western region, which includes California, Nevada and Hawaii, there are 35,000 high schools that are involved in Key Club.

Mr. Lamb, the Nevada Region Advisor, explains, "Key Club is a way for teens to help out their school and community. It teaches leadership skills among high school students."

Every Key Club meeting is started by reciting the Key Club Pledge:

"I pledge on my honor to uphold the objects of Key Club International, to build my home, school and community; to serve my nation and God, and to combat all forces which tend to undermine these institutions."

"By reciting this pledge, it unites all the Key Clubs around the world. It gives us a sense of unity," says Kazuki Anjanjiki from Bonanza High School.

Key Club is a very organized club. There are officers who work hard to keep the club running. The officers consist of a president, vice president, treasurer, historian and sergeant at arms. Each officer has a job to do, and each job is extremely important.

"Being a secretary, I keep track of the meetings and take notes during meetings, keep track of the members and the number of community service hours they do. I also call members to catch them up on all the events," says Sarak Junj, secretary of Bonanza High's Key Club.

"It's kind of like a behind-

“Key Club is a great way to meet new people, hang out with friends and help out the community.”

—Christian Afante, senior at Valley HS

the-scenes kind of job," adds the secretary of Durango High's Key Club.

Although the officers are in charge of organizing the events, the members are a very important part of Key Club. Members are the students who attend the community service events.

Without the members, there wouldn't be a club!

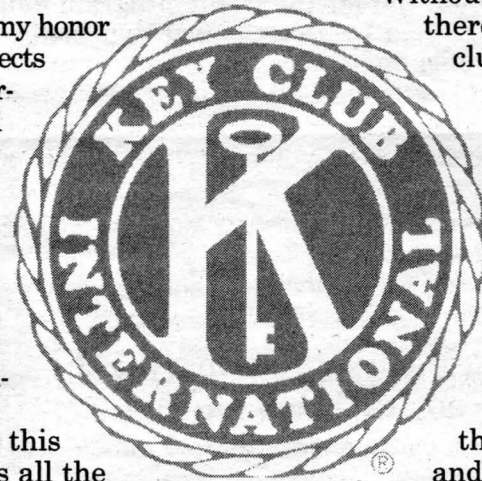
"Joining Key Club is like joining this huge international family! We're all connected," says Julianne Le, a sophomore at Durango.

Helping out the community and trying to make a positive difference in

their schools are the main goals of Key Club. One of the popular services Key Club provides is the Happy/Sad Change. This is a way to express your feelings and how your day went, while donating any extra change you have from lunch. Key Club participates in bake sales, heart walks, rummage sales, soda can pop-top drives and many other events.

"Key Club is a great way to meet new people, hang out with friends and help out the community," says Christian Afante, a senior at Valley High School.

Key Club is an international club full of amazing high school students willing to work hard for a better community and school.



# 'Venturing' not your little brother's Boy Scouts



By Patricia Ross,  
Eldorado HS

Are we ever too old for Santa Claus, the tooth fairy and Candyland?

How about the Boy Scouts? For a program that starts out so fun and so cool, teens sure ridicule it to death. So at what age does the male population cross over into the "too cool for scouts" age?

At some point, conformity overrules individuality and all anyone wants to do is fit in. The Boy Scouts is a perfect example of the case in which trying to be cool ruins lots of terrific opportunities.

Think back to elementary school. The Boy Scouts set up a booth, passed out flyers, talked to kids, and tons of young boys went running home, begging their parents to take them to the Scout meetings. They signed up in droves, and for the longest time, took great pride

in their uniforms and in perfecting every patch and pin.

Then comes the most dreaded day of the year for a high school guy in Scouts: the day he is supposed to wear his uniform to school. Suddenly, the uniform gets lost, he gets sick and can't come to school, or he suffers a temporary case of amnesia in spite of the 10 reminders from the scoutmaster and the phone call home the previous night. "Sorry, I ... I forgot."

By high school, the tons of boys who registered when they were young has dwindled down to a select few, who are either forced into the lifestyle by their parents, or who are brave and determined enough to push forward.

"I used to be in Boy Scouts," says James Hall, a junior at Eldorado High School. "It was a waste of time."

Realizing the problem, the Boy Scouts of America established a separate branch of Scouts, hoping to keep teens in the program longer. They developed Venturing, which is a co-

ed group composed of people 14-20 years old. Interested now?

The groups, called Crews, can choose from a variety of themes such as high adventure, sea scouts or youth ministries. The Crews actually get to plan what they do all year, rather than leaving it all up to a group of parents. Crews plan fundraisers, trips, community service — everything. Sounds like a good excuse to hang out with your friends while you're rock climbing at Red Rock, on a cruise to Hawaii or skiing.

So maybe the life of a Boy Scout these days isn't so bad. After all, how many teens get to take a trip with all their friends four times a year?

While the rules are stricter because of the blend of genders, Venturing can be a lot more fun. Suddenly, guys who dropped out of scouts want back in. Feminists stopped throwing hissy fits for not being allowed into the organization. Everyone's happy, and you're never too old to be happy.

## OPEN MIC

*My Favorite Place*

By Sherri Lockinger,  
Silverado HS

America is my favorite place to be.

Here, I can see kids having fun  
As they play with their friends.

People lose loved ones as the war goes on,  
And give love to others,  
Like we are all family.

I can hear wonderful people laughing,  
Wonderful debates about wonderful things,  
And beautiful love songs for lost ones.

I can feel the wonderful warmth of friendship  
And the goodness of love when I meet new people,  
When I do great things for the community.

I can see, I can hear, I can feel in my favorite place  
That I actually understand where I belong,  
In America.

## How to fill out a job application

If you follow these suggestions, you'll always be ready to fill out any job application:



✍ **Be prepared.** Always take a copy of your résumé, notes about where you've worked and what you did and a list of references. Take two blue or black ballpoint or roller ball pens and a bottle of correction fluid.

✍ **Take your time.** Employers don't care how long it takes you to fill out an application. They do care about what it looks like and what it says. If it takes an hour, it takes an hour. Just do it right.

✍ **Read the whole thing before you start.** This might take a few minutes, but so what? After you read it, follow the instructions to the letter. If it says not to leave any spaces blank, fill them in.

✍ **Finish what you start.** If a question doesn't apply to you, write "does not apply," or "NA." Never leave a blank space. It's okay to copy word for word from your résumé. It's also okay to staple a copy of your résumé to the application when you turn it in.

✍ **Never lie.** What else can be said? Tell the truth.

✍ **Proofread.** If you make a mistake, use the correction fluid and correct it neatly.

✍ **Look it over.** When you finish, read it word for word, then read it again. If you don't like the way it looks or sounds, ask for another one and start again.

**The bottom line:** Even though you complete applications by hand, they should be as perfect as you can make them. Make sure your application says, "This person would be a good employee," instead of, "This person will do sloppy work."

© Job Jargon

## This month's featured positions:

### Day Camp Counselor

If you are interested in leading children in a variety of activities, this may be the job for you. Applicants must be at least 17 years old and have a work permit. Workdays are Monday-Friday, with flexible hours, totaling 15 hours per week. The wage is \$7.00 per hour. Job Number: 8169

### Office Helper

Temporary assistants needed for filing, heavy phone answering, and other general office duties. Must be at least 17 years old, have a work permit and be bilingual. Workdays and hours are flexible, totaling 12 hours per week. The wage is \$8.00 per hour. Job Number: 8168

### Sales Associates

Motivated and friendly assistants are needed for stocking, customer service, sales and cashiering. Applicants must be at least 17 years old and have a work permit. Workdays and hours are flexible, totaling 30 hours per week. Job Number: 8166

### Sales

Assistants are needed for part-time retail. Applicants must be at least 17 years old and have a work permit. Workdays are 8:30 a.m.-4:30 p.m. or 4:30 p.m.-midnight on Saturdays and Sundays, totaling 16 hours per week. The wage is \$8.00 per hour. Job Number: 8165

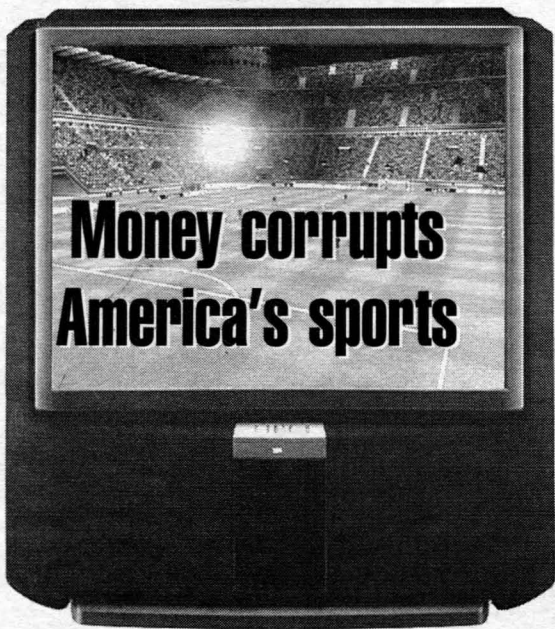
### Animal Caretaker/Dog Walker

Students are needed to help care for dogs. Applicants must be at least 16 years old. The workdays and hours are flexible, totaling 21 hours per week. The wage is \$6.00 per hour. Job Number 8162

### Crew Member

A movie theater chain is looking for assistants with food concession, cash handling, cleaning and ticket sales experience. Applicants must be at least 16 years old and have a health card and work permit. Workdays and hours are flexible, totaling 20 hours per week. Job Number: 8155

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.



**Money corrupts  
America's sports**

By Jonathan Mikkelsen,  
Virgin Valley HS

*Superstars become spoiled brats  
when lust for cash replaces  
love for the game*

**W**hat is the matter with our professional athletes today? Why have they become such babies? It is true that they are excellent athletes and that the talent they possess comes to few. But, come on, does some hot-headed basketball player really need \$21 million a year to play a game that they used to play for free and just to have a good time?

Professional athletes should be paid well and rewarded for their talents and efforts, but the amount of money that they are paid now is getting ridiculous.

Why are our professional athletes so worried about the money today? Where did their passion go? Shouldn't they still be playing for the love of the game and not for the next big paycheck? Back when professional athletics was still pure, an athlete would get injured and could not stand being pulled from the game to be benched.

Former football star Dick Butkus would get injured, and he would be on the sideline for maybe a play or two while he had the trainer stitch up a cut, wrap up a bruise, or pop back in a dislocated bone. Then he would be right back out there on the field, ready to make another bone-jarring tackle.

Though it may still be like that in college and high school sports, it is hard to find a professional athlete who will come straight back into the game, even after a minor injury. In college wrestling, when somebody's head is cut open in a match, the trainer runs out there and stitches it up, and then the bout continues.

Today, Brett Favre injures his thumb on his

left hand, and he has to sit out for three games. Do you ever see that happening in college or high school sports? The answer is no. The athletes are still hungry and determined, ready and waiting for the slightest glimpse of any opportunity to prove themselves and make it to the big time. Amateur athletes still have that "eye of the tiger."

Most people would agree that the action is much more intense in college sports. I would much rather watch a college football game than a pro football game. There are more vicious tackles, bigger runs and gutsier passes.

Just the other day, I was watching an NFL football game, and the receiver who caught the ball ran out of bounds with his closest defender at least five yards away. I was furious. He could have gained at least ten more yards and possibly even scored. Instead of buckling down, digging in and fighting for every yard possible, this receiver ran out of bounds, merely to avoid being tackled. In the days of Barry Sanders, running backs and receivers dug in and gave the extra effort for every single yard.

I understand that there are circumstances where it is wiser to sit the rest of the game out to make sure that there is no further injury, but that does not change my opinion that professional athletes need to stop crying about why they need three million more dollars a year so they can buy six new sports cars and go to Hawaii. Instead, they should be thanking God for their talents and they should be happy that for their profession, they get to *play* a game that they love.

**The All New**

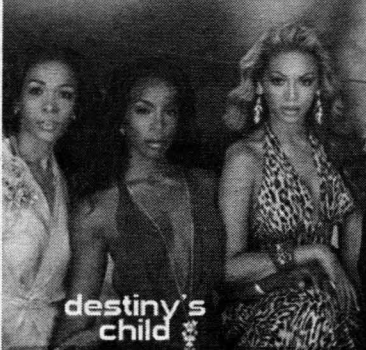
**98.5 KLUC**

**Las Vegas' #1 Hit Music Station**

*Happy Holidays*

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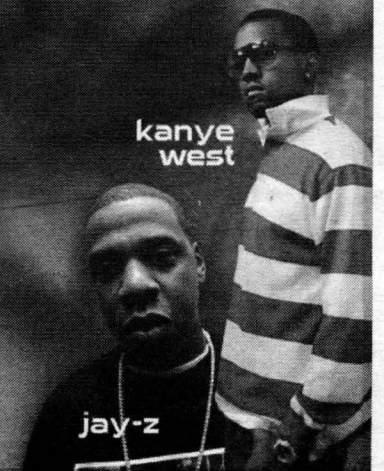
Go to [KLUC.com](http://KLUC.com) for Morning Zoo Toy Drive information



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# Fall Out Boy's bassist Pete Wentz on taking risks, winning big

By Sara Robbins, Palo Verde HS

If there was anywhere to be on Oct. 17, it was the House of Blues. The renowned, Long Island band Taking Back Sunday made its first appearance as a headlining band in Las Vegas. However, by show of devoted, T-shirt-wearing fans, the majority showed up to see Fall Out Boy, the groundbreaking band that puts an inventive face to pop-punk music. I had the pleasure of interviewing bassist Pete Wentz before the show.

**SR: Who are your musical influences?**

**PW:** Morrissey, Joy Division, Lifetime, Green Day ...

**SR: If you could change one thing about your music what would it be?**

**PW:** I would like to play more dynamics rather than always being heavy all the time. I think we push energy too much sometimes.

**SR: What drives you to keep playing?**

**PW:** If I stopped, I don't know what I'd do with my life.

**SR: Did you play shows and attend high school or college at the same time?**

**PW:** Yeah, definitely, in high school we were all just

goofing around, but when we were in college, that's when the band started to take off.

**SR: What do you have planned to do after the Taking Back Sunday tour?**

**PW:** We're going to record.

**SR: You said you liked Joy Division. Is that why you chose to cover "Love Will Tear Us Apart"?**

**PW:** This may not make sense, in my mind Joy Division is the best, worst band and Fall Out Boy is one of the best, worst bands, if you look at it as purely musical. Honestly, I think there are a lot of holes in both of our music and the feelings and ideas are like chemistry that sticks to it, but it's still emotional.

**SR: What's the greatest risk you've had to take as a band?**

**PW:** We stopped going to college to do tours and stuff, and then we got in a big van accident and headed back on tour two days later. I think it was a great risk to get back in there.

**SR: What's the story behind the song "Chicago is so Two Years Ago?"**

**PW:** It's when someone treats you to a certain level, when you feel you can't face them or look them in the eye, the first thing that comes to



Fall Out Boy is made up of Patrick Strump, vocals; Pete Wentz, bass; Joe Trohman, guitar; and Andy Hurley, drums.

your mind is you just think of the most horrible situation and you wish that person were in it, and I think that's what the song represents.

**SR: What's the best thing about Chicago?**

**PW:** My mom.

**SR: Does it make you mad when people spell Fall Out as one word?**

**PW:** Yeah, actually it does, but most of the times, it's people who don't really care about us or if we're an opening band for a major band or something. They just don't care and

we aren't their main focus, so it's okay.

**SR: How does it feel to win an MTVU Woodie Award (from the college version of MTV, recognizing top artists in the college music scene)?**

**PW:** It's cool in this weird way because the award is for the most streamed (most downloaded) music. It's like the ultimate award. The only way a lot of people know our band is if they downloaded our music and chose us over other bands. It's cool that they showed their appreciation.

# Hit the hack for fun and fitness

By Ernie Perez, Desert Pines HS

Hacky sack is a game of rules. Offensive and defensive strategies are the name of the game. You have to know when and where to hit the hack. Where is it going? How do I kick it? What is hacky sack?

Most people's first reaction when they see a hack circle is "crazy people!" Actually, plenty of different types of people enjoy the art of the hack. Those who don't take any interest in the game often think they can't do it. That's not true! It takes practice,



teamwork and commitment to become a great hacker, but anyone can have fun giving it a try.

The objective of hacky sack is never to drop the hack, a small beanbag or leather ball. You can't touch it with your hands; instead, you must try to keep the hack up using a continuous chain reaction of moves or combos, such as stalls, kicks, quick feet movement and other various tricks. Depending on how many people you're playing with, you should use teamwork and social skills to keep the hack alive.

If you're playing by yourself, remember three things. First of all, you must have

control of the hack. Second, you must stay balanced in order to keep the hack alive and to try out various moves. The third, and perhaps most important thing, is to believe in yourself.

This is the most important part for a reason. If you believe in yourself, and know that you can do it, then you will have fun and feel a sense of accomplishment in mastering the game. It's not that hard, really. It's a game in which having fun is a main priority. If you don't believe in yourself and you don't have fun, then you are not going to want to play.

Everyone should try to play, at least once. The most important points to remember are: never drop the hack and use teamwork and good social skills. Last, but not least, have fun and hang loose!

# His Infernal Majesty is not who you think

By Hector Amaral,  
Desert Pines HS

I went shopping this weekend, which, by the way, I greatly dislike. This time, however, I came home quite cheery, all because of a simple compliment given to me by a humble employee.

As I approached the counter to pay for my stuff, he said, "Whoa, nice necklace! And



that's one interesting-looking star." I thanked the man politely, which then he followed with, "Isn't that from a band?"

"Yes, it is," I responded. "What's it called?" he asked. I then proudly answered, "It's called H.I.M."

Founded in 1995, the love-metal band, H.I.M., is now one of the most successful bands ever to come out of Finland. Their unique sound has earned them a special place in the hearts of many diehard fans. The "heartagram" symbol, probably the most noticeable thing

about H.I.M., was created by the band's lead singer/lyricist Ville Valo. To him, the heartagram symbolizes the good and evil sides of love.

Valo's deep, spine-chilling voice is joined by Linde, the thin, beer-loving guitarist, Mige Amour, the rugged, yet gentle bassist, Emerson Burton, the chiseled-faced mystery man, as keyboardist, and Gas Lipstick, the oldest member (though he fails to show it), on drums.

Together, they are H.I.M., which is an acronym for "His Infernal Majesty," which brings people to the conclusion that it refers to Satan. Valo claims that this is not true. To him, the name is, rather, a tribute to the band Black Sabbath, an obvious influence on their band.

H.I.M. has released four full-length albums, all of which deepens and further details the meaning of love-metal, a style of music also created by Valo. Love-metal is actually not metal at all; it is, rather, soft, melodic ballads that hardly reach the harshness of metal. Still, it's a catchy name



Valo, center, created the symbol of love.

for this new genre.

Even though they're extremely popular in Europe, H.I.M. is only semi-popular in the United States. Lately, I've seen more and more fans displaying the heartagram on countless merchandise.

This, of course, brings tears to my eyes, and at the same time fills my heart with anguish, for I know that soon, my favorite band will be considered "mainstream," and, therefore, will change their image forever. But I'll be optimistic, and see it all as a good thing.

# Rock legend Johnny Ramone leaves behind punk legacy

By Lauren Napier,  
LV Academy

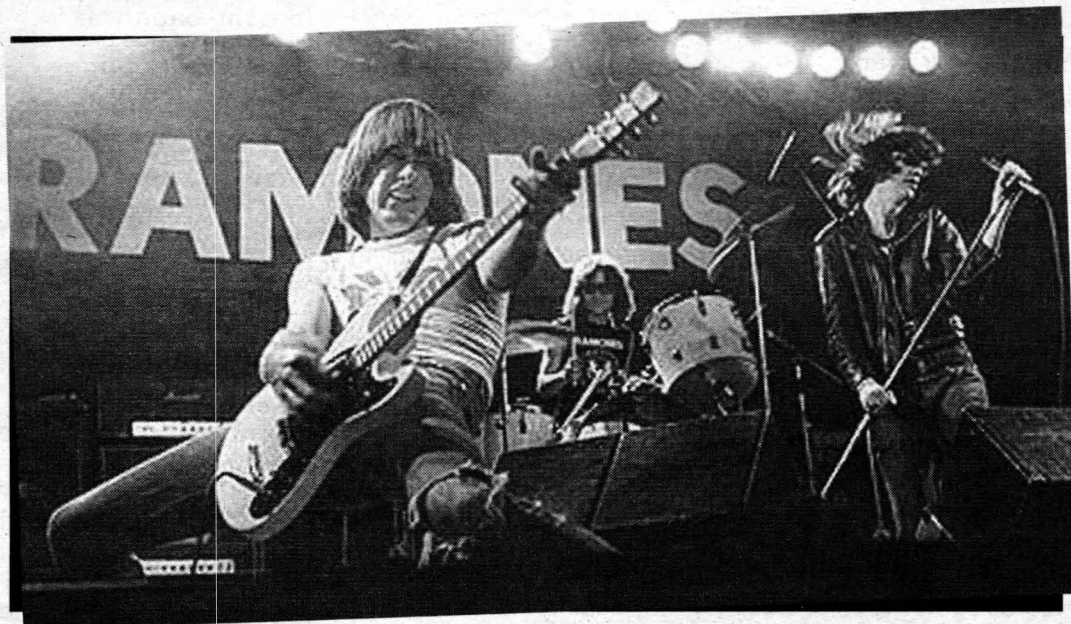


Musician Johnny Ramone tragically lost his five-year battle with prostate cancer on Sept. 15 at the age of 55. The music world will truly

miss this punk legend, who created the frenetic down-stroked guitar licks found in the music of The Ramones.

Johnny was the sense of organization in the band and was responsible for their uniform of bowl haircuts, sneakers, leather jackets and ripped jeans. He also kept the band from molding into the mainstream music flooding the radio. Prior to their popularity in America, they had long held status with cult groups in the underground music scene.

Johnny was one of a kind. In a punk culture full of liberals, Johnny announced in 2002 that he was a Republican who idolized Ronald Reagan. Yet, that same



Front and center, Johnny Ramone's punk style gave rock new life.

man wrote the book on punk-rock guitar dynamics.

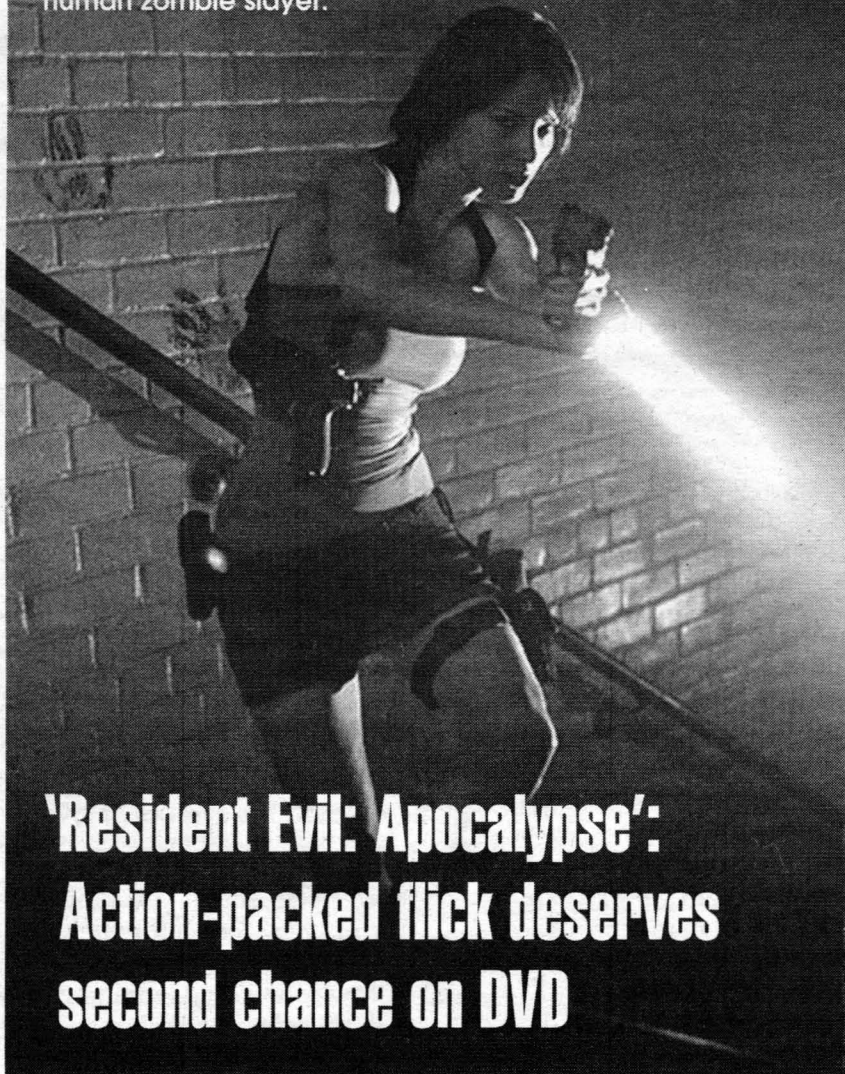
He played using only a down stroke, which differed from other guitarists of the era. He kept his own diary of the particulars of the band, from events during tours to how much equipment had cost. At the end of his career, Johnny had documented playing 2,263 shows.

The Ramones influenced the genre of punk rock and paved the way for the watered down punk musicians the underground masses listen to today such as Green Day, Blink 182 and Sum 41. They

were an antithesis to the rock of the 1970s that had become diluted with pretension rather than being rooted in a simple love for music.

Now, we are left with one living member of the Ramones, Tommy, the drummer. The photographs, the songs and the memories also remain. However, we will always be assured that, just when rock seems to be on the downside, somewhere there is a group of kids like Johnny Ramone, with a true love and understanding for punk, waiting to take the stage at CBGB's and reunite rock with its roots.

Milla Jovovich stars as the super human zombie slayer.



## 'Resident Evil: Apocalypse': Action-packed flick deserves second chance on DVD

By Amanda Hohman, Basic HS

**Run Time:** 93 Minutes

**Directed By:** Alexander Witt

**Starring:** Milla Jovovich, Sienna Guillory, Oded Fehr, Thomas Kretschmann, Jared Harris, Mike Epps, Sandrine Holt and Sophie Vavasseur.

**MPAA Rating:** R

Videogamers are thrilled when popular games are turned into action-packed feature films. "Resident Evil" proved that point, and now the sequel, "Resident Evil: Apocalypse," coming to DVD on Dec. 28, is here to pick up where the story left off.

Alice (Jovovich) awakens in a deserted laboratory to discover the T-virus has taken over Raccoon City. With her superhuman abilities, caused by her genetic alterations, she is able to take on all the zombies with a little help from Jill Valentine (Guillory), Carlos Olivera (Fehr), Teri Morales (Holt) and L.J. (Epps).

Things become more twisted when the group discovers that the man who is willing to help them will only do so if they can safely return his daughter to him. Looking for missing children and fighting hundreds of zombies, what could be worse? How about the fact that the man who created the T-virus is also the man helping them escape and he has a new monster — Nemesis.

Basic High School junior Robert Poland says, "It wasn't as good as the first because it had less gore."

So could it be that "Resident Evil: Apocalypse" just isn't as good as the original? However, maybe it's like Basic junior Sandra Martinez says, "It was awesome because the girls kick butt."

Viewers can give the movie another look on DVD in December, and decide if they like Alice and Jill as a team, or if Alice works better alone. I give it four out of five stars. ★★★★★

# Thanks, Maroon 5, for the best five minutes of my life

By Amber Oakley,  
Foothill HS

Getting in my car and driving to pick up my friends, I finally started to realize the impact of the coming night's events. With the help of the seatfillers.com audience service, I was going to a Maroon 5 concert, or at least that's what I was led to believe. As I drove to the venue, I knew that dancing to their music in my car was going to be a whole different experience after seeing them live.

Arriving at the Thomas and Mack Center around 4 p.m., I was ushered to the end of what would become a very long line. There I waited, and waited, for any news of the band's rehearsal ending. That was when I found out that it was not a concert at all; it was a taping of the World Music Awards.

Those of us in line were there to cheer while the band performed and then accepted an award. Maroon 5's segment would be taped and the footage would be edited later into the World Music Awards broadcast so it would seem like the band was really at the event.

About two and a half hours later, the line progressed into the actual building. There, we were to wait, patiently and quietly, while the band was behind closed curtains finishing its sound check.

That was when the whole fan/groupie side of me came out, and I was in total shock. I mean, if I looked through the curtains, I could see them. After being serenaded by lead singer Adam Levine's voice, the wait was over.

Finally, the line moved into the arena, and we were all seated very close to the stage. Because I was one of the first 40 people in line, I got to sit in the front row, right next to the microphone where Maroon 5

would be accepting their award for best new group. A couple of directions from the producers, and it was lights, camera, action!

All sanity left me when I saw the band members walk out on stage one by one. Five minutes later, my sanity returned when they said their goodbyes to the crowd and left.

Hmm, I thought. That was it? Five minutes and we were just supposed to leave? I just waited over three hours for what I thought was going to be an actual concert, and I have to leave empty handed?

Aw, but that was not true. Having to wait in another line after we got onto the main steps of the Thomas and Mack, all the people received a free pass to the World Music Awards as thanks for coming! That definitely made the three hours of waiting worth it, and then it truly became the best five minutes of my life (maybe, until the World Music Awards).

I was almost home after dropping my friends off when I heard "She Will Be Loved" on

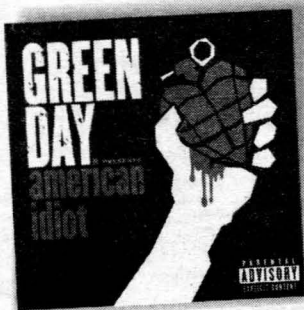


"Harder to Breathe" and "This Love" went top 10 on the singles charts and by January 2004, Maroon 5's "Songs About Jane" was certified platinum.

the radio, and I was right: Car dancing to Maroon 5 on the radio was a different experience now that I had seen them live. That doesn't mean the dancing's any better, just more memorable — to me.

To find out how you can become a Seatfiller at upcoming Las Vegas events, log onto the Web site at [www.seatfillers.com](http://www.seatfillers.com).





## Green Day's latest release proves the best is yet to come

By Alex Leiva,  
Las Vegas HS

It's been 14 years since Green Day debuted with their first CD "39 Smooth." Since then, the band has released six albums. Four years after "Warning," an album the band released in 2000, Green Day prepares to amaze the crowd once again with their new album "American Idiot."

Green Day was started by Billie Armstrong and Mike Dirnt when they were sophomores in high school. The band recruited John Kift-Meyer for the first album, but he left soon after the release. Tre Cool replaced him as the drummer, and the group has been together ever since.

The album's first single, the title track, has already caused controversy due to its name. If

you're the type of person who gets easily offended by offhand remarks, then Green Day's new album might not be for you.

While some might say that Green Day is not exactly patriotic, they're not "Bush-Bashers" either. They attempt to deliver a wake-up call to the average American, whom they believe is under the control of the media.

Their lyrics express this counter-culture viewpoint:

*"Don't want to be an American idiot, / Don't want a nation controlled by the media, / Information nation of hysteria, / It's going out to idiot America."*

The song speaks out against an American media, that, throughout the rest of the album, the band refers to as an "Alien Nation," a title that lends itself to a variety of interpretations, particularly in the political arena.

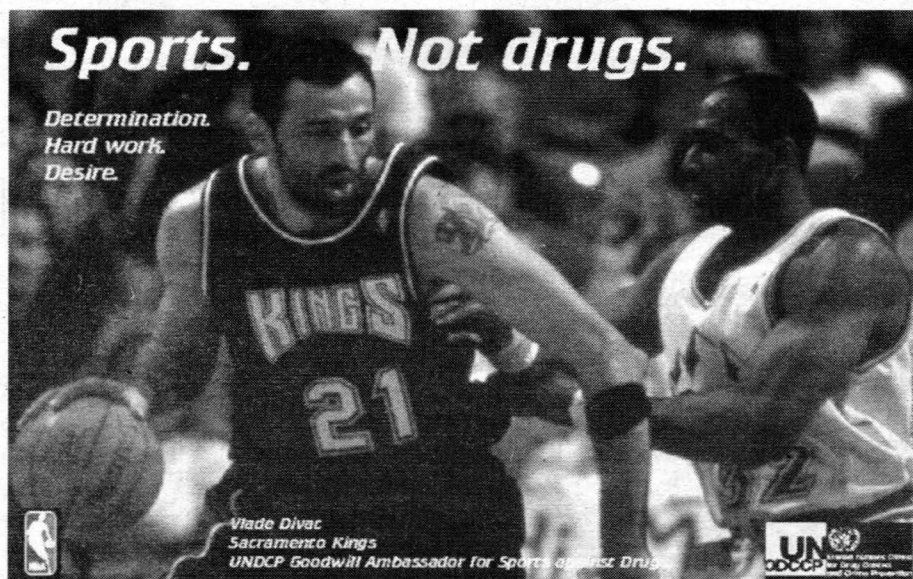
The only downside to "American Idiot" is all the obscene language, which at times overshadows the message that Green Day expresses.

The album presents a conflict to think about further. The media are the nation's primary source of information for what is happening all around the world, and for the most part, Americans believe everything the media produce.

Green Day's album forces listeners to question whether

the media only tell half the story or whether or not the media tell the truth at all. Green Day suggests that Americans are primarily told what the media want to share.

Overall, listeners of punk and other Green Day fans will fall in love with this new CD. Even though there is a lot of criticism of mainstream media, politics and the American culture, Green Day's latest CD is bound to hit the charts hard. Pick up the album to hear their message yourself.



# Within 20 minutes of quitting...

**Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.**

**20 Minutes After Quitting...**  
Your heart rate drops.

**12 Hours After Quitting...**  
Carbon monoxide level in your blood drops to normal.

**2 Weeks to 3 Months After Quitting...**  
Your heart attack risk begins to drop.  
Your lung function begins to improve.

**1 to 9 Months After Quitting...**  
Your coughing and shortness of breath decrease.

**1 Year After Quitting...**  
Your added risk of coronary heart disease is half that of a smoker's.

**5 Years After Quitting...**  
Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

**10 Years After Quitting...**  
Your lung cancer death rate is about half that of a smoker's.  
Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

**15 Years After Quitting...**  
Your risk of coronary heart disease is back to that of a nonsmoker's.



# 'We Will Rock You' takes fantasy tour through rock's history and future

By Alex Carrillo, Liberty HS



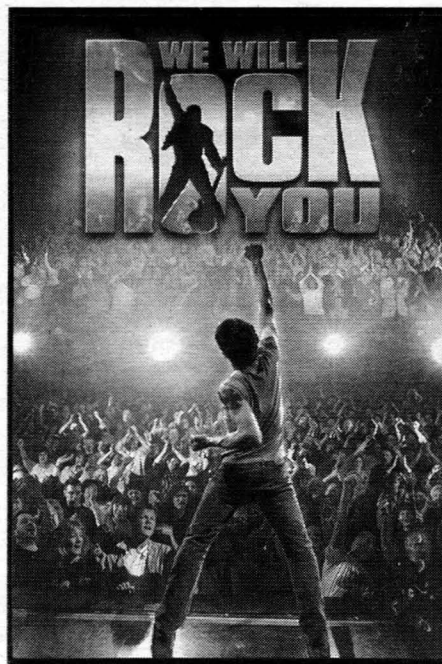
In the future, the faces of Martha Stewart, Monica Lewinsky, and Arnold Schwarzenegger will be carved into Mount Rushmore unless we can stop music from dying. At least that was one of the messages in the musical play, "We Will Rock You."

With the combination of Queen's greatest hits and reference to present day artists, the entire stage is turned into one big rock concert. Even if you weren't a fan of Queen's music or of rock 'n' roll, you'll find yourself falling in love with the characters, and you'll be singing along with the actors in "We are the Champions." This production brings back the meaning of rock 'n' roll and the importance of music not only in our time, but for the future.

Set in the future world re-named Planet Mall, the story begins with a timeline of music that includes when Aerosmith stopped drinking, and continues to the future when all instruments are banned forever.

Computers now generate the entire world's music, and it's up to a captivity escapee named Galileo and his new friend Scaramouche to find the mighty ax of Queen and bring music back to life. However, the only clues they have to find this are the dreams that Galileo has and Scaramouche's logical thinking. Along the way, they come upon the Heartbreak Hotel, where Bohemians who take the names of present day artists help them understand the importance of music and how all the "radio gaga" took over the world.

The Bohemians make reference to how music started to die and are mainly attacking "American Idol" and pop artists. In the quest to find the



mighty ax, the Killer Queen, her accomplice, Khashoggi, and her Yuppies are searching for those who escaped. They consider Galileo and Scaramouche to be a threat to the world. They soon find the Bohemians, arrest them all, brainwash them and send them to "the seven seas of Rhye."

Galileo and Scaramouche find their way to Las Vegas where they think the mighty ax is hidden and soon find out that the only one who can bring it back is the one who has a passion and love for rock music. Of course, it's the main character, Galileo. When they find nothing in Las Vegas, they travel to Graceland and the ending is spectacular.

The show is currently playing at the Paris Las Vegas and

invites anyone from ages 6 and up to see the show. Thanks to this astonishing musical by Queen and Ben Elton, Le Theatre Des Arts is transformed into the rock hall of fame. Such artists that are included in the production are Britney Spears, Aretha Franklin, Madonna and the king himself, Elvis.

Whether you know Queen's music or not, you'll enjoy the show, or you will be drawn into it by the lights and technical factors. Now that we have better technology, shows can be more entertaining, and since "We Will Rock You" is set in the future, the special effects will astonish the viewer because it's something that's not used very often in other productions.

"We Will Rock You" is a phenomenal masterpiece that originated in London and made its way to America. When you see this musical, you will be aware of some, if not all, of Queen's classics. It starts with outcast Galileo wanting to "break free" with the classic "I Want to Break Free." Other classics include "We Will Rock You" and "We are the Champions." The one that people will be looking forward to, however, is "Bohemian Rhapsody," which was as astonishing as the lyrics.

This production ensures that you will be entertained throughout the two-hour duration, and you will leave the theater satisfied and singing along to the tunes stuck in your head.



"I'm a dog, what's your excuse?"

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OPEN MIC

## Teenage Drama

By Katrina de Vera, Community College HS

Anger builds inside me now.  
I sit and think, I wonder, "How?"  
Much more I want to yell and scream,  
But only tears fall down it seems.  
These people are around me here,  
Surrounded by much pain and fear.  
Some say they aren't ever scared.  
God knows they hope their lives are shared.  
These things they seem to care about,  
With no amount to pay but doubt.  
It's all a game and nothing more,  
Just takes the things that we adore.  
We lose it all — Safety! Freedom!  
And all in life we wished to become.  
But still we sit and take this pain,  
With not much more, our minds can feign.  
So I tell you now, why let it go?  
For more in life there is to show.

HE TAKES HER OUT

HE TAKES IT OUT ON HER



THERE'S A DIFFERENCE BETWEEN A GOOD RELATIONSHIP AND A BAD ONE.

SPEAK UP AGAINST ABUSE.



# CALENDAR

## DECEMBER

### Dec. 3-5, 9-12

Rainbow Company Youth Theatre. Come enjoy "Seussical, a musical production based on the whimsical world of Dr. Seuss' books. Charleston Heights Arts Center, 800 S. Brush St. Dec. 3, 4, 9, 10, 11 at 7 p.m., Dec. 5, 11, 12 at 2 p.m. Tickets \$7 adults, \$5 teens and seniors, \$3 children 12 and under. 229-6383.

### Dec. 3

First Fridays. Experience the urban arts vibe the first Friday of every month at Las Vegas' Arts District's cultural block party and open house. Arts District, Main Street and Charleston Blvd. 6 p.m. to 10 p.m. Free admission. 384-0092.

### Dec. 5

Unwritten Law in concert with Denver Harbor. House of Blues, 3950 S. Las Vegas Blvd. 8 p.m. Tickets \$15. All ages. 632-7600.

### Dec. 6

Finch in concert with A Static Lullaby. House of Blues, 3950 S. Las Vegas Blvd. 6 p.m. Tickets \$15. All ages. 632-7600.

### Dec. 7

Green Day in concert. The Joint, 4455 Paradise Rd. 8 p.m. Tickets \$49.50 and \$82.75. 693-5066.

### Dec. 9

Book Club Meeting: The Book Pirates. Balcony Lights Music and Books, 4800 S. Maryland Pkwy., Ste. K. 7 p.m. 228-2763.

### Dec. 13

Papa Roach in concert. House of Blues, 3950 S. Las Vegas Blvd. 7:30 p.m. Tickets \$17-\$20. All ages. 632-7600.

### Dec. 17

The Poets' Corner. Keith Brantley and Pendelita Toney host a forum for established poets and open mic participants. West Las Vegas Arts Center, 947 W. Lake Mead Blvd. 7 p.m. Free admission. 229-4800.

### Dec. 21

UNLV Runnin' Rebels vs. Gardner Webb. Thomas and Mack Center, UNLV. 7:30 p.m. Tickets \$12-\$28. 739-FANS.

### Dec. 22

UNLV Runnin' Rebels vs. Florida Atlantic. Thomas and Mack Center, UNLV. 7:30 p.m. Tickets \$12-\$28. 739-FANS.

### Dec. 29

UNLV Runnin' Rebels vs. Texas Pan American. Thomas and Mack Center, UNLV. 7:30 p.m. Tickets \$12-\$28. 739-FANS.

### Dec. 30

The Killers in concert with Louis XIV. House of Blues, 3950 S. Las Vegas Blvd. 7:45 p.m. Tickets \$22. All ages. 632-7600.

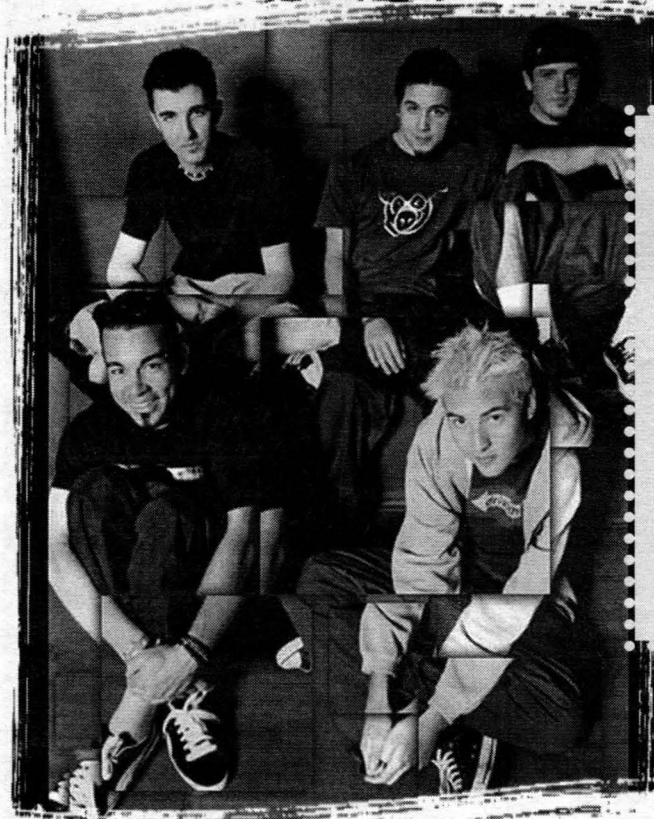
UNLV Lady Rebels vs. Central Connecticut. Cox Pavilion, UNLV. 7 p.m. Tickets \$7. 739-FANS.

### Dec. 31

Reel Big Fish in concert with Zebrahead, Voodoo Glow Skulls, The Matches, Happy Campers, Suburban Legends, Over The Line and GDB w/ DJ Homie. Jillians, 450 Fremont Street. 7 p.m. Tickets \$30 in advance, \$40 day of show. All ages. 759-0450.

### Dec. 31-Jan. 1

Moe in concert. Cox Pavilion, UNLV. 9 p.m. Dec. 31, Tickets \$45 advance, \$50 day of concert. Jan. 1, Tickets



## Energize!

Fans of Finch can hear them live on Dec. 6, when they appear in concert at the House of Blues, 3950 S. Las Vegas Blvd. The show begins at 6 p.m. with opening act A Static Lullaby. All ages are welcome. Call 632-7600 for ticket information. Tickets are \$15.

\$30 in advance, \$35 day of concert. 739-FANS.

Blvd. 8 p.m. Tickets \$27-\$42. All ages. 632-7600.

## JANUARY

### Jan. 3

Poetry Night. Balcony Lights Music and Books, 4800 S. Maryland Pkwy. Ste. K. 7 p.m. Free. 228-2763.

### Jan. 14

Come and laugh at the Lewis Black comedy show, with John Bowman. House of Blues, 3950 S. Las Vegas

### Jan. 15

The Hives in concert. The Joint, 4455 Paradise Rd. 8 p.m. Tickets \$21. 693-5066.

26th Annual Search for Talent. Young people, ages 6-18, who can perform a novelty act may audition for the opportunity to participate. Reed Whipple Cultural Center, 821 N. Las Vegas Blvd. Registration fee \$10. 2 p.m. 229-6211.

## ANNOUNCEMENTS

### Sleigh bells ring, are you listening?

A WinterFest celebration will take place from 5 p.m. to 8 p.m. daily from Dec. 4 through Dec. 17 at the Henderson Pavilion at Liberty Pointe, 200 S. Green Valley Pkwy. The celebration includes entertainment, activities, special events, meet and greets with Santa and more, all offered free to the public. For additional information, call 267-4849.

### Helping the children

The Las Vegas-Clark County Library District will host its 10th Annual Shoes for Children

benefit concerts, presenting the 1964 Broadway production "The Amen Corner," a play about faith and family. A performance at 1:30 p.m. and an evening concert performance at 6 p.m. will be presented on Friday, Dec. 10, at the West Las Vegas Library, 951 W. Lake Mead Blvd. Admission to each event is one new pair of children's athletic shoes, sized to fit preschoolers to 5th grade. Additional free performances of "The Amen Corner" will take place on Saturday, Dec. 11 at 7:30 p.m., and Sunday, Dec. 12 at 3 p.m. For more information visit [www.lvccld.org](http://www.lvccld.org), or call 507-3989.

Continued on page 38

# Don't Miss

## XPOZ

# 1st Mini Training

LEARN ABOUT THE TOBACCO INDUSTRY'S INFLUENCE ON HOLLYWOOD, PRESENTED BY THE INDUSTRY RESISTANCE UNIT. FIND OUT WHICH STARS HAVE ACCEPTED MONEY FROM THE INDUSTRY AND WHICH HAVE STOOD UP AGAINST THEM. THEN, BE IN XPOZ'S NEW WINTER COMMERCIAL!

THAT'S RIGHT, ALL OF THE MINI TRAINING PARTICIPANTS GET A SHOT AT STARRING IN THE NEW COMMERCIAL. IT WILL BE MADE USING THE YOUTH THAT COME TO THE TRAINING.

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11AM TO 3PM  
CAMBRIDGE RECREATION CENTER  
FREE FOOD AND GEAR!  
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NEAR FLAMINGO AND MARYLAND

# Bug off!

## Flu vaccine shortage poses little threat to healthy teens

### Health officials urge teens to take normal precautions



By Riley Marriage, Coronado HS

If you have had the flu before, then you know how bad it can make you feel. One moment you are burning hot, and the next you are ice cold. Your head spins, and you have zero energy to do anything else but lie in bed. Some people avoid the worst of flu season because they get a flu shot each year. However, a recent shortage of flu vaccine in the United States means not everyone who wants a shot can get one, and those typically healthy individuals, like teens, have to find alternative ways to stay healthy.

"Nevada has been impacted by the vaccine shortage as well as everyone else in the nation," says Martha Framsted, public information officer for the Nevada State Health Division. "The state immunization program has been in contact with local health agencies throughout Nevada, finding out what the needs are and trying to get vaccines to those who need them."

Flu vaccine is given to a patient through a shot or nasal mist, for those who have a fear of needles. The vaccination consists of dead flu viruses that will not cause the person to become ill, but will trigger his or her body to make antibodies to fight off infection from active flu viruses. Receiving a shot of the dead virus causes the person to become immune to the particular type of active flu virus that is in the vaccine, in case he or she happens to come into contact with it.

### Contaminated cure

In October 2004, the U.S. Health and Human Services Department announced that nearly half the supply of American flu vaccine doses for the 2004 winter flu season had to be destroyed because of contamination from bacteria. The shortage occurred when Chiron Corporation, a British-based American drug manufacturer, one of only two companies that make the flu vaccine for the United States, failed an inspection by regulators. Due to the contamination, 48 million doses of flu vaccine that were supposed to come to the United States did not make it to U.S. clinics, hospitals and doctors' offices to be administered to those in need.

While many Americans were concerned by the shortage, local and national governments responded by reallocating vaccine doses from areas with a surplus to areas in need. In addition, HHS Secretary Tommy Thompson urged Americans not to overreact by rushing to get flu shots when they were otherwise healthy.

Thompson advised that available flu shots should be reserved for at-risk individuals such as babies and seniors citizens. These populations have more severe reactions to the flu and may even die from it, while normally strong, healthy individuals can manage the flu with over-the-counter or anti-viral medications. Many states passed regulations prohibiting medical health professionals from dispensing vaccine except to those at risk.

### Who needs it?

Obviously, not everyone needs a flu shot, especially teens, who are considered least likely to suffer serious complications from having the flu because healthy teens have strong immune systems. Though teens stand the best chance this flu

### Something in the air

**Influenza viruses in the respiratory system cause the flu and spread to others through fluid droplets expelled by coughing and sneezing. The virus can spread when others breathe it in or when someone touches a surface infected with the virus, and then touches his or her nose or mouth. Infected people can infect others from a day before symptoms show up to a week after symptoms have subsided.**

**Typical flu symptoms include fever, headache, tiredness, cough, sore throat, runny nose, body aches, diarrhea and vomiting. Often, it can be difficult to diagnose flu without a medical exam because flu symptoms are similar to those of other illnesses.**

**While most normally healthy people make it through flu infections with only minor problems, severe cases can lead to bacterial pneumonia, dehydration, sinus problems and ear infections. Those with chronic medical conditions are at even greater risk.**

THIS PAGE IS SPONSORED BY THE NEVADA DEPARTMENT OF EDUCATION.



COVER MOUTH AND NOSE



CLEAN HANDS

### Cover Coughs and Sneezes. Clean Hands.

Be a germ stopper at school — and home. Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away.

#### Clean your hands a lot

- After you sneeze or cough
- After using the bathroom
- Before you eat
- Before you touch your eyes, mouth or nose

**Washing hands with soap and water is best.** Wash long enough to sing the "Happy Birthday" song twice. Or, use gels or wipes with alcohol in them. This alcohol kills germs!

**Stop germs. And stop colds and flu.**



www.cdc.gov/germstopper

season, it does not mean they are safe and that they do not have to take precautions. Schools are notorious breeding and spreading grounds for all kinds of illnesses. Crowded classrooms with individuals who don't give a second thought to their health or the health of others, and rules that encourage students not to be absent because of coughing or sneezing make schools a prime place for the flu to run rampant.

To minimize the chance of getting the flu, teens need only follow simple, common hygiene practices that moms have been nagging about for years: Use a tissue when coughing or sneezing, wash hands often and stay away from others who are sick.

Teens who may need a flu shot are those who have chronic medical conditions, those who may provide childcare services for babies under six months old or those who will be pregnant this winter.

"Teens who think they may need a flu vaccination should contact their health care providers," Framsted says. "We are doing all that we can to get more vaccine to Clark County."

In a perfect world, no one would have to go through the discomfort of what the flu brings, but the reality of this problem is that those who are in need are more entitled to the vaccine than healthier people. If you are typically a healthy person who happens to catch the flu this year, just buckle down through it with your soda crackers and daytime soaps and don't worry about not getting a flu shot.

Framsted adds, "It sounds simple, but eating right, exercising, getting enough rest and frequently washing your hands can all help teenagers and everyone else stay healthy all year round."

# Scholarships

**Here are a few reminders of things to keep up with for the month of December:**

- ✓ Plan to attend Financial Aid Night at your high school.
- ✓ Plan holiday visits to colleges and send thank you notes.
- ✓ Obtain the Free Application for Federal Student Aid form from your counselor or download it from the Internet ([www.fafsa.ed.gov](http://www.fafsa.ed.gov).) Work with your parents to complete it.
- ✓ Continue to research open application periods for apprenticeship and technical/trade schools.
- ✓ Continue to apply for scholarships. Watch deadlines.

## CareerFitter.Com Scholarship

**Contact:** [www.careerfitter.com/scholarship/index.htm](http://www.careerfitter.com/scholarship/index.htm)

**Amount:** \$500

**Deadline:** Dec. 25

**Requirements:** High school seniors planning to attend a college, university, or graduate school program during the summer or fall 2005 terms may apply. Applicants must be a U.S. citizen or permanent resident with a 2.5 GPA and submit a 250- to 300-word essay on "What is the perfect career for you and why?"

## All-Ink.Com College Scholarship Program

**Contact:** [www.all-ink.com/scholarship.html](http://www.all-ink.com/scholarship.html)

**Amount:** Varies

**Deadline:** Dec. 31

**Requirements:** High school seniors intending to enter an accredited college or university by Fall 2005 may apply for this scholarship. Applicants must submit a 50- to 200-word essay on "Who has had the greatest impact on your life?" and a 50- to 200-word essay on "What you hope to achieve in your personal and professional life after completing college?" Applicants must also have a 2.5 GPA.

## BlackStudents.Com Scholarship Essay Contest

**Contact:** <http://blackstudents.blacknews.com/scholarship.html>

**Amount:** \$500

**Deadline:** Dec. 31

**Requirements:** This scholarship is open to African-American students who plan to attend a school in the U.S. Applicants must submit a 800-word essay entitled, "Is Rap Music Responsible for the Crime, Violence, and Drugs in Black Communities?"

## Illustrators of the Future Contest

**Contact:** [www.writersofthefuture.com](http://www.writersofthefuture.com)

**Amount:** \$1,000

**Deadline:** Jan. 1

**Requirements:** Artists are encouraged to apply for this scholarship. Applicant must submit one entry, which is considered to be three black and white works illustrating a science fiction or fantasy story with no recurring theme. Entry may not have been previously published.

## Mensa Education and Research Foundation Scholarship

**Contact:** [www.merf.us.mensa.org/scholarships/](http://www.merf.us.mensa.org/scholarships/)

**Amount:** \$1,000

**Deadline:** Jan. 15

**Requirements:** U.S. high school students entering an accredited institution of higher learning in the 2004-2005 school year may apply for this scholarship. Applicants must write an essay of 550 words or less describing his or her academic or career goals.

## San Francisco Foundation James Duval/Phelan Award

**Contact:** <http://www.free-4u.com/>

[san\\_francisco\\_foundation\\_james\\_duval\\_phelan\\_award.htm](http://www.free-4u.com/san_francisco_foundation_james_duval_phelan_award.htm)

**Amount:** \$4,000

**Deadline:** Jan. 15

**Requirements:** Applicants must be residents of Nevada and majoring in drama/theatre, secondary education, English, humanities or literature. For application and more information: Awards Officer, San Francisco Foundation, Awards Office, 685 Market Street, Suite 910, San Francisco, CA 94111.

## DuPont Challenge Science Essay Awards Program

**Contact:** [www.glcomm.com/dupont](http://www.glcomm.com/dupont)

**Amount:** \$1,500

**Deadline:** Jan. 17

**Requirements:** This scholarship is available to all students. Applicants must write a 700- to 1,000-word essay discussing a scientific or technological development, event, or theory that has captured his or her interest and attention.

## National Peace Essay Contest

**Contact:** [www.usip.org/ed/npec](http://www.usip.org/ed/npec)

**Amount:** \$1,000

**Deadline:** Feb. 2

**Requirements:** Applicants in grades 9-12 must select two countries that have sought a transition to democracy. In one of the cases, a democratic regime emerged; in the other, no democratic regime was created. At least one of the cases should be post-Cold War, and write a 1,500-word essay on the topic.

## ANNOUNCEMENTS

*Continued from page 36*

### Get involved

Classes for adults and children are offered in a wide variety of arts disciplines, including painting, dance, music, theater, and more. Registration will be held Jan. 4-13 at Charleston Heights Arts Center Ballroom, 800 S. Brush St., 229-6383; East Las Vegas Community/Senior Center, 250 N. Eastern Ave., 229-1515; Reed Whipple Cultural Center, 821 N. Las Vegas Blvd., 229-6211; or the West Las Vegas Arts Center, 947 W. Lake Mead Blvd., 229-4800. Classes will begin Jan. 18 and continue through Feb. 27. To participate, contact a center close to you.

### Cash in on your words

Tired of the attitude encountered from those outside of Las Vegas, the dismissal of Las Vegas as being incapable of nurturing and sustaining any sort of cultural or artistic community? Several students in the International Masters of Fine Arts program at UNLV have or-

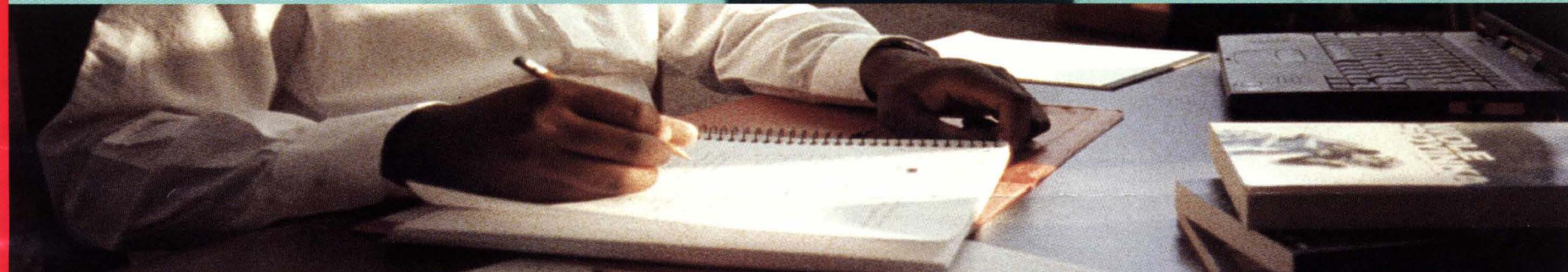
ganized a city-wide poetry contest. The Las Vegas Poets Prize is open to all residents of Las Vegas and its environs and will award \$700 in prizes for the best poetry received (\$300 1st place, \$200 2nd place, \$100 3rd place, and 5 finalists will each receive \$20). The final deadline is Jan. 15, 2005. Poets may submit up to five poems, no more than eight pages. Full contest guidelines and information are available at [www.LasVegasPoets.com](http://www.LasVegasPoets.com), or by calling 769-4865.

### Calling all performers

A Musical Extravaganza, John Rothman's Tapestry — A Musical Revue Created For The Nevada Youth Alliance, is inviting youth ages 13-18 to audition for singers, dancers and performers in this year's Las Vegas Centennial Celebration. There are over 22 shows planned throughout 2005. No prepared music is necessary. Auditions are Tuesday-Saturday, January 18-22, 6 p.m. (Saturday only 1 p.m.-4 p.m.), at the Reed Whipple Cultural Center, 821 N. Las Vegas Blvd. Call 393-6163 for more information.



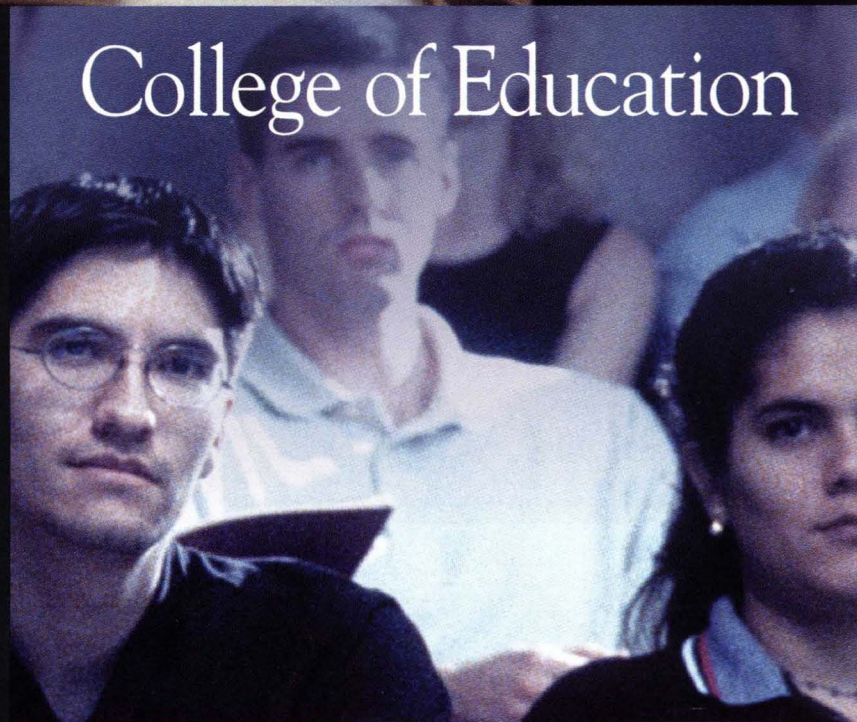
WE'RE CHANGING UNEMPLOYMENT INTO OPPORTUNITY.



Changes in the national economy have resulted in more unemployed workers in Southern Nevada. The UNLV Center for Workforce Development and Occupational Research is helping these individuals turn their plights into new career paths. Together, professors and students assist them in developing and improving skills that are critical in maintaining their current job as well as in starting new jobs, even new careers. In the process, it's helping our students begin new careers of their own.

For more information call 895-3443 or visit us on the web at [www.unlv.edu](http://www.unlv.edu).

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**UNLV**  
UNIVERSITY OF NEVADA LAS VEGAS

**After high school...it can be difficult to know what to do next.**



## HOW CAN YOU FIND OUT IF A CAREER IN HEALTHCARE MIGHT WORK FOR YOU?

### Get a FREE Medical Career Assessment from PMI!

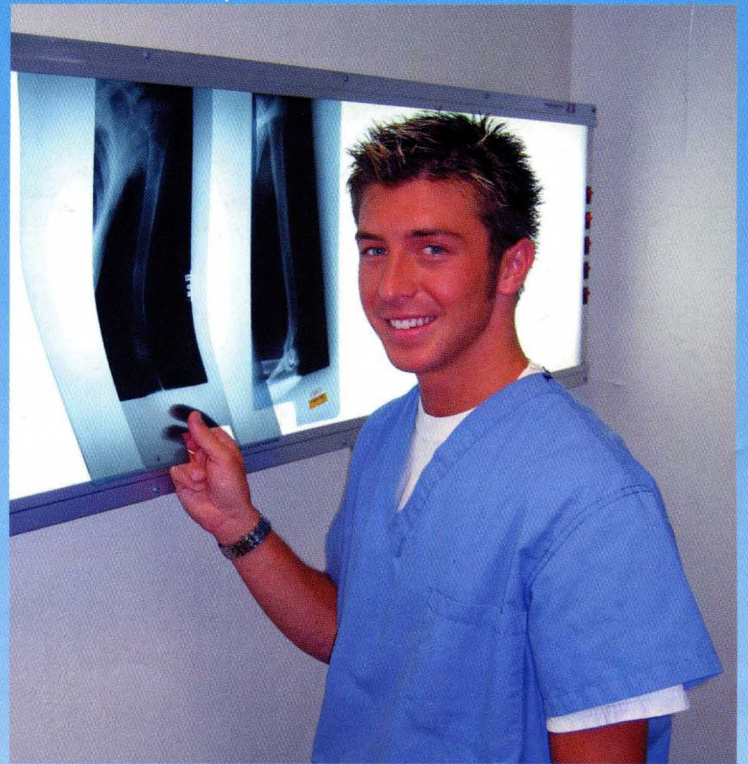
**It's easy and it's fun.** Just call 888-441-2895 and tell the person answering the phone that you're interested in the Free Assessment. PMI will take it from there.

You'll sit with a Medical Career Specialist and review your options, evaluate your level of interest and qualifications. You'll ask questions and get answers. It's really that simple.

Who knows? You might end up like one of these featured PMI graduates who are now on television commercials, telling their medical career stories! And to think it all started with a quick call to PMI.

### **Tara – Vet Assistant**

*"I graduated from PMI as a Veterinary Assistant ... The first place that I inquired about hired me on the spot. And I was like, Oh my goodness, this is easier than I thought it was going to be!"*



### **Noah – Rad Tech**

*"I love what I do. I'm working in Radiology now in level one trauma center. My friends look to me and say, 'Wow. You've done a lot so far and you're young.' And so I've actually sort of influenced them a little bit I think towards medicine."*

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**Radiography** - This career is in demand. Take x-rays and administer contrast medias for diagnostic purposes. Train in less than two years for this degree.

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**Call today** to talk to one of our Medical Career Specialists. Classes begin soon.

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