

The Clarion

May 2007

Reports Warn Of Global Warming Peril

By Lauren DeGaine
Staff Writer

Hurricanes, floods, droughts, heat waves, and wildfires in North America. A quarter of a billion people without water in Africa. Melting Himalayan glaciers flooding Asia, rock avalanches destroying villages. Savannah deserts where the eastern Amazon once stood. Millions of the world's species wiped out. According to a Los Angeles Times article about recent warming reports, this is the picture that will be painted across the earth if global warming continues its incline.

And what about current effects? Since 1994, the world has seen 9 out of the 10 warmest years ever recorded. The number of category four and five hurricanes has almost doubled in the last 30 years and they have occurred for the first time in places that were previously thought could not harbor hurricanes. The flow of melting ice from glaciers in Greenland has more than doubled over the past decade. At least 279 species of plants and animals are moving closer to the poles, trying desperately to escape the heat. More simply, winter mornings should be characterized by frost on the window and layers of sweaters and scarves, not 80° forecasts.

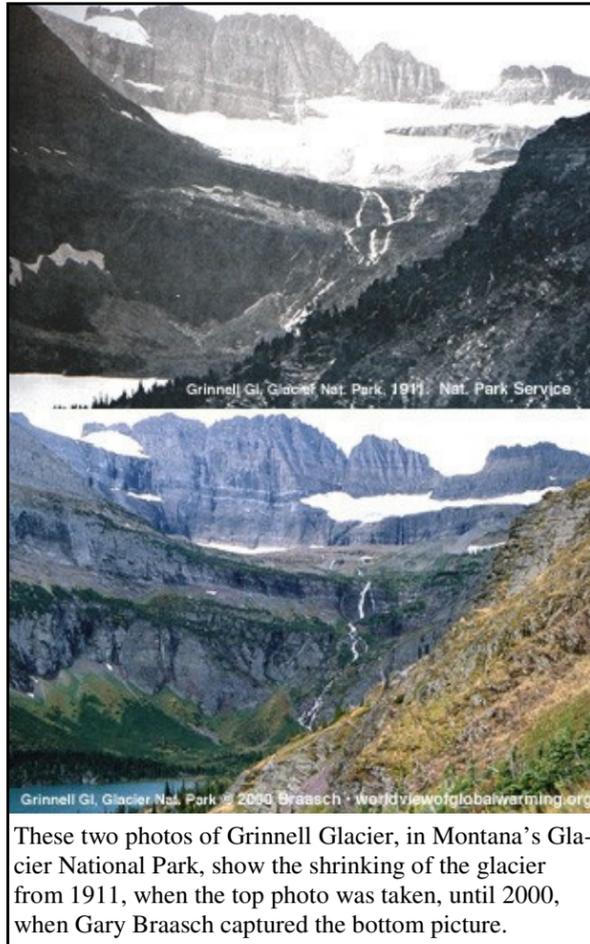
The United Nations report issued on April 6th outlines these devastating effects, leaving little room for doubt that "global warming," although the actual

term is not accepted by all scientists, is one of the biggest threats to our planet today and in its future. This U.N. report is the second of a trilogy. The first concerned human impact on global warming and the physical science of it, and the third will concern action, or reaction as it may be, toward reversing the whirlwind of global warming.

"An Inconvenient Truth," a movie featuring Al Gore's worldwide presentations on global warming, shows frightening images of countless numbers of glaciers and compares them to images taken of the same glaciers 75 years ago. The difference is breathtaking: most of the glaciers have melted almost completely. The movie also shows the facts that contribute to the near certainty of global warming. Temperatures that are way above the Earth's normal cycle of heating and cooling correspond to rising CO2 emissions. The oceans are also warming dramatically, melting huge icebergs and contributing to the melting of glaciers, which in turn raises the sea level bit by bit. By boring holes into glaciers and studying the air bubbles trapped inside, scientists can track the temperature by year. In 160 million years, it has never been as hot as the last century has been, according to the film.

In one eerie demonstration, Gore uses computer imaging to show projected coastal flooding if Greenland, Antarctica, or both melt, a process which has al

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These two photos of Grinnell Glacier, in Montana's Glacier National Park, show the shrinking of the glacier from 1911, when the top photo was taken, until 2000, when Gary Braasch captured the bottom picture.

Changing the World One Lightbulb At A Time

By Desiree Ramirez
Staff Writer

With global warming becoming such a major environmental issue, changing the type of light bulb one uses can make a difference.

Global warming is the observed increase in average temperature of the Earth's near surface air and oceans. It has become one of the most talked about issues today, so just by changing the light bulbs around

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Goodbye SSR, Hello Homeroom

By Jasmine Liu
Staff Writer

Are you keeping check on the bell schedule? Next year there will be no SSR, no registration room, and no advisory period. Also, homeroom is back in.

Although having no SSR means no reading for students, no registration room cancels the various days students have to meet for the class, and no advisory periods for ninth graders

eliminates the time for them to chit chat with their teachers about college and the future; these changes are set to occur for the 2007-2008 school year.

Silent reading has been eliminated for next year. See the story on page 2.

Before the teachers and faculty of CHS came to a decision, having nutrition and starting school at 8:00 a.m. were taken in consideration for the new bell schedule.

When asked about the new bell schedule, Joanna Le, a senior, said, "I think having a bell schedule with a homeroom would be more organized, because then people will listen to the news and the announcements."

CHS teachers voted for the new bell schedule on May 8, and they have decided on a bell schedule with an 11-minute homeroom during period 3; with school starting and ending at the same time.

When asked about homeroom Rahul Baldwin, a junior, said, "I like homeroom because you can just hang out with everyone...the diversity and everyone is different."

Valedictorians' Secret: Prioritize

By Candy Wong
Staff Writer

While scoring a 4.0 or above cumulative GPA may seem daunting for some students, over 20 seniors did just that this year—nailing top-notch grades and scaling to the top of 2007's graduating class of under 700 Chancellors.

But how did they do it? What studying tactics did they employ? And exactly what tips do these academic powerhouses have for us "mere mortals"?

Seniors Joshua Shin, Janna Bernstein, and Marc Bayan, who were ranked among the list of top ten seniors in their graduating class, had some sage study tips to offer students.

"I try to study any moment I can. I have Girl Scouts, then I do Hebrew School—so on the way, I'll start my homework in the car. I do get home pretty late sometimes," said senior Janna Bernstein, a valedictorian.

Bernstein effectively juggles extracurricular activities, as well as a heavy AP course load. She also takes zero period AP Economics, as well as a slew of other AP's.



Valedictorian Bonnie Davidson

"We had good study groups during school. We would study during lunch and other classes," said senior Joshua Shin, ranked number one among the 2007 graduating class, who received a full-ride to UC Berkeley.

"To students who want to do well, I would say: 'Study hard, do your homework—the usual advice you hear from teachers,'" said Shin.

Senior Marc Bayan, who will also be at Berkeley in the fall, agreed with Shin.

"When they [teachers] assign homework, I do it. Before a test, I'll go over things I



Valedictorian Raymond Huang

don't remember. Like, what is this? If I crammed, I wouldn't learn the material," said Bayan.

Some valedictorians, however, take a more laidback approach to academic pressure.

"I usually go for eight hours of sleep. My advice is—just relax... because when people stress out, they forget stuff," said senior Anooj Patel, a future UCLA Bruin ranked in the top 4 percent of the graduating class.

Another valedictorian, senior Raymond Huang, said, "I open iTunes. I like to listen to New Age Classical music, like Yiruma, or instrumentals. I also listen to alternative rock [while studying]."

Moustakas Sets State Record

By Desiree Ramirez
Staff Writer

Varsity baseball player Mike Moustakas made California high school history May 16 by hitting his 22nd homerun, setting the state record for a single season.

Moustakas said, "It feels great to make history and break records, but it's not all about that. It's about being a team and winning. Don't get me wrong. It feels good when all your hard work pays off, but winning another championship is what's really on my mind."

With his 22nd homerun, Moustakas increased his California career record to 50 home-runs. He has also won several awards throughout his CHS baseball career. In '05, he won the state sophomore player of the year award; in '06, he won the state junior player of the year award.

The historic homerun ball hit Cleveland's right fielder Andrew Horowitz' Toyota Corolla, breaking the windshield. In an interview with the L.A. Times, Horowitz said, "When you're in the middle of a game, you never think it's your car."

IN THIS ISSUE:

Global warming could have devastating effects, but individuals can make a difference. See pages 1 and 2.

Some say guys are clueless when it comes to picking up a girl's subtle hints. We offer some pointers on page 4.

The third time may or may not be the charm as the **not-so-jolly green ogre** and the resurrected **Captain Jack** return to theaters. See page 5.

Who's got the best beef? Our intrepid team of reporters scarfed down the **Angus** offerings from local burger joints to find out. See page 6.

Baseball zeroes in on Dodger Stadium. See page 8.

Wrecked Car Offers Sobering Message



Staff photo by Rhett Brandt

One person was killed when the driver of this car lost control while street racing on Vanowen Street and crashed into another vehicle, according to the Los Angeles Police Department. At least one other person was seriously injured. The LAPD brought the car to campus May 17, just before prom, to remind students about the consequences of unsafe driving.

Silent Reading Soon To Be Silenced

By Sally Rivas
Staff Writer

When students look around their third period class during SSR, they often notice that there's more napping, playing around, or talking than reading.

But why don't students read during sustained silent reading, when that's what they are supposed to be doing in the first place?

According to Mrs. Torres, an ICS/Biology teacher, "It's too long a time period, they don't bring books, they aren't interested in books in the library, and the books in my classroom aren't interesting."

Robert Gunther, a junior, said, "Students don't read because they would rather be listening to music or sleeping rather than sticking their nose into a book."

Well now students and teachers don't have to worry

about not reading during SSR because in the next school year, there will not be anymore of it.

"I think it's going to be bad because that's the time I get to catch up with my work that I forgot to do at home," said Justin Haupt, a sophomore.

A survey went out to teachers at CHS to see if they think SSR should stay or not, and the majority of them did not want it anymore.

SSR not being around can be bad or good depending on how you see it. "I think it's something we're going to have to see, [and] maybe take another survey [about]," said Mrs. Bushner, the assistant principal.

SSR is meant to help students catch up on reading, which is good for them, yet they are still not reading and are rather distracting other students in class that actually want to read.

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Global Warming

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ready begun. The images are more than melancholy: millions will be flooded out of their homes, becoming refugees. The majority of Asia's coast will be flooded. The place where the World Trade Center memorial is being constructed will be underwater. And that's not nearly all: if it continues, deaths from warming will double in the next 25 years, and by 2050, Arctic oceans could be void of ice in the summer and more than a million species worldwide will become extinct. Maps will have to be rewritten.

Some leaders are aiming for change: In 1997, the Kyoto Protocol was negotiated. Its goal is to reduce gas emissions to 5.2 percent less than the levels of 1990. (Compared to the estimated predictable levels without the protocol, that represents a 29% reduction.) Most of the industrialized nations have signed the Kyoto Protocol.

The United States accounts for 25 percent of the entire world's greenhouse gas emissions, yet it and Australia are the only industrialized nations that have not ratified the Protocol. Upon his withdrawal of support for it, President Bush proposed a plan for "voluntary" business reduction of greenhouse gas emissions. However, many cities are taking initiative. Hundreds have signed a pledge to reduce their emissions.

There are some critics, however. Because the term "global warming" is not universally accepted by all scientists, some believe that of all the tragedies going on in our world today, the earth's temperature is not the most important. "Our resources should go to trying to alleviate things like world hunger, in-



stead of trying to lower the temperature two degrees," said Mr. Vallejo, one of Chatsworth's own biology teachers. Some critics, including Mr. Vallejo, believe that a lot of what is contributing to the hype is the media. "It's possible that the media could be overplaying the effects of global warming and how drastic it is as a way to make the government look bad because they aren't handling it the right way," said junior Taylor Zisfain.

"My neighbor has breast cancer, and I'm more concerned with that," remarked Mr. Vallejo. "If it's too hot for you, move to Alaska." He is reflecting the opinions of the many

people who question the level of threat global warming poses.

Still, people are concerned. Even teens, which have been stereotyped as apathetic toward world concerns like warming, are becoming more aware of and concerned with the problem. Junior Yuka Kanagawa said, "I think it's very sad that the United States is a strong and powerful country that can easily make change, but still we're one of the largest contributors." And this recognition is leading to change: Kanagawa added, "We use all florescent light bulbs in my house because they're more efficient."

What You Can Do To Make A Difference

Recycle – Everyone knows about this simple contribution. Separate your trash as you throw it out, and take it to a local recycling center once a month. By recycling half of your waste, you can save 2,400 pounds of carbon dioxide annually.

Turn down the heater – while you're asleep or out of the house. By setting your thermostat 2 degrees lower in winter and 2 degrees higher in summer, you can save about 2,000 pounds of carbon dioxide annually.

Drive Smart – Less driving means fewer emissions: bicycling and walking saves gasoline and provides great exercise (especially when both the price of gas and the use of bikinis increase). Carpool as often as possible, run all your errands at the same time, go easy on the gas and brakes and avoid hard accelerations. (I find that when I use my cruise control, it keeps me from going faster than I need to, which avoids wasting gas and getting a speeding ticket.)

Turn off the lights – This ac-

Light bulbs

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your home you can make a difference in the world.

Sophomore Stacey Gaitan said, "Global warming might not seem to be an issue for us teens or we might not think we can make a difference, but by switching the light bulbs we use at home can make a huge difference." Gaitan said, "We can simply tell our parents about using fluorescent light bulbs, or when we go with them to the store pick fluorescent rather than incandescent."

Incandescent light bulbs cost about 50 cents, while fluorescent light bulbs cost about \$3 to \$5 each. Although incandescent light bulbs would seem a better buy due to its low cost, fluorescent light bulbs help our environment. Fluorescent light bulbs also outlast incandescent, from 1840 lumens to 1750 lumens, which means three fluorescent light bulbs can last as long as 24 incandescent. Fluorescents use up to 75 percent or 80 percent less electricity.

"The reason, federal officials say, is that most of the na-



tion's electricity comes from coal-burning plants, which emit carbon dioxide as a byproduct. About 20 percent of electricity used in homes goes to lighting. So a switch to compact fluorescent bulbs, which use about a quarter of the energy of incandescent bulbs to generate the same amount of light, makes a difference," according to the L. A. Daily News.

Global warming is the harsh reality, but by changing from incandescent light bulbs to fluorescent light bulbs we are taking that one step to achieving a cleaner and safer planet.

tion is so easy once it becomes habit. Turning off the lights, and all other electronic equipment not in use, is a *huge* energy saver.

Conserve water – Be efficient when showering, brushing your teeth, doing the dishes, washing your car, and anything else that involves water. Replace hot water with warm or cold when possible because less energy is needed to heat it.

Encourage and Enlighten

Others – This is probably the most important thing you can do

to help your environment. Every additional person that you inform about the dangers of global warming and how they as an individual can do their part to help the environment is another possible thousands of pounds of carbon dioxide saved. Although everyone may not be receptive, and a lot of people aren't concerned about the threat to the Earth global warming poses, chances are you can find at least one person who does care.

-Lauren DeGaine

Nuclear Nations Hypocritical Would You Like A Nose Job With That Diploma?

By Maggie Ghahri-Saremi
Staff Writer

After Hiroshima and Nagasaki, the world found that it takes just one nuclear weapon to destroy an entire city and to deform generations of people.

So why, after outcomes so horrific, has the production of nuclear weapons continued? Why are there over 30,000 of them in existence today?

Could it be because countries feel the only way to ensure the safety of their people is by being "bigger and badder" than the next guy?

There are currently 8 countries—the United States, Russia, France, China, India, Pakistan, Israel, and Britain—that legally possess nuclear weapons.

Is it wrong for the nations not listed to fight for their nuclear advancement? According to the United States government, "the problem is not with those who possess nuclear weapons, but with states, such as Iran and other nations, trying to acquire them."

Brazil's witty response to that unpleasant statement: "one cannot worship at the altar of nuclear weapons and raise heresy charges against those who

want to join the sect."

Simply put, that means don't do something and then tell others they can't do the same. If the United States—and other countries that want to prevent nuclear power from spreading—set its weapons aside and led by example, nuclear advancement would no longer be a hot topic of debate.

In an article entitled "Globalization and the End of Nuclear Weapons," Senator Douglas Roche says, "the world's nuclear arsenals have thus far cost over \$8 trillion and counting. The U.S. alone has spent \$5.5 trillion on its nuclear weapons and American taxpayers expend about \$100 million a day in order to maintain them."

Other countries feel threatened by the advanced nuclear program the United States and some other nations have. It's no wonder certain countries want to have their own nuclear programs as well.

The nuclear crisis is not simply about war; it's about power, too. Unfortunately, a nation's power seems to be based on the number of nuclear weapons it has and the strength of its nuclear program.

In case you're not sure how

strong present-day nuclear weapons are, here's a brief lesson from Senator Roche's article: "Today, eight nations possess some 32,000 nuclear bombs containing 5,000 megatons of destructive energy, which is the equivalent of 416,000 Hiroshima-size bombs. This is enough to destroy all major cities of 500,000 population or greater in the United States, Canada, Europe, Russia, Japan, China, India, Pakistan, Korea, Vietnam, Australia, South Africa, and Cuba."

The Clarion Wants To Hear From You

The Clarion accepts letters to the editor about relevant issues for publication. Letters should be e-mailed to clarion@chatsworthhs.org.

Be sure to include your name, grade level or staff position, and third-period room number (for verification purposes). Anonymous submissions will not be printed. The deadline for the June edition is June 6.

By Raeanna Shay
Staff Writer

Most expect to get a nice piece of jewelry or maybe even a car for graduating high school, but nowadays some kids are getting a new pair of breasts.

Getting breast implants or a nose job doesn't seem like the typical graduation gift, but for Courtney Powers, who graduated from a North Carolina high school last year, it didn't seem that unusual. She was interviewed for an article on www.MSNBC.com about receiving plastic surgery procedures as graduation gifts. Powers, who was always insecure of her 36AA breasts, received a pair of D-cup implants for graduation.

Commencing a graduation with a new pair of breasts or liposuction is not setting a good example. We shouldn't reward students for their academic achievements with plastic surgery, because teens that graduate high school are typically not mature enough to understand the entire situation. A poll on www.MSNBC.com asked readers to vote on whether or not plastic surgery should be given as a graduation gift. Seventy-nine percent of viewers stated that teens were typically too young because they are not emotionally equipped, while 21 percent viewed the situation as fair if they discuss it with a surgeon.

Plastic surgery is not something to be taken lightly and if you reward a student with a procedure for a graduation gift, it allows the child to think that it is okay, and generally safe, since their parents are just presenting it on a silver platter.

Teens are more aware of plastic surgery options and don't view getting a procedure done

as that big of a deal anymore. Handing a child the option of plastic surgery only opens the door to them thinking that it is just that simple to fix anything they are unhappy about. Parents should be teaching their children that it is all right to be an individual, and the flaws in all of us make us who we are—people. Giving your 17 year old daughter D-cup breast implants sends the message that it is okay to look like a plastic Barbie doll.

Television shows depicting plastic surgery as a realistic approach to insecurities are allowing young people to desire their own procedure. Teens have always been insecure, but showing them that these procedures are not as bad as expected, gives them the illusion that they can just nip and tuck anything.

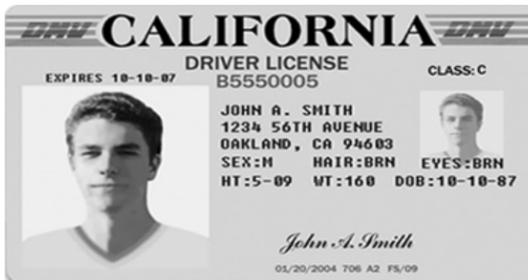
In the MSNBC article, L. Kris Gowen, an adolescent developmental psychologist, said that teens often live in the now and cannot fully make decisions that affect them in the future. And it seems that when adolescents see that Ashlee Simpson gets a nose job they seem to feel it's less risky and more trendy.

Courtney Macavinto, co-author of "Respect: A Girl's Guide to Getting Respect and Dealing When Your Line Is Crossed," stated in the same article on www.MSNBC.com, "It's not the right message to tell them that we're glad they're smart, but now do something about the nose."

When asked whether or not giving plastic surgery procedures as graduation gifts was sending a bad message to kids, senior Stephanie Huynh said, "I think it does. It's more focusing on your outer appearance rather than developing your brain for college," said Huynh.



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Clarion's Editorial Policy

The goal of The Clarion is to provide relevant and reliable news to the students and staff at Chatsworth High School. All stories are produced by students in the journalism and school newspaper classes unless otherwise stated. The paper is subject to review by school administrators before publication. The newspaper is funded by the school and private advertisers.

The opinions expressed in the editorials are those of the individual writers and do not necessarily reflect the opinions of the staff as a whole.

We hold ourselves accountable for the accuracy and fairness of our work. If factual errors are brought to our attention we will correct them in the next edition.

Bernstein Brings Children Closer To Their Heroes

By Jasmine Liu
Staff Writer

On campus, who are your heroes? For preschoolers who attend the Child Development Center, they can now see their heroes “up close and personal.” “Children meet their heroes up close and personal” was a project completed by Janna Bernstein, a senior, to receive her highest Girl Scouts’ gold award, which is equivalent to an Eagle Scout award for boys.

The four by six sheets of plywood cut and painted into Clifford the Big Red Dog, Dora the Explorer, and Thomas the Engine are mounted on the outside of the building next to the

V bungalows.

“I want to give back to the place that started my educational experiences and career,” said Bernstein, who was once a student of one of the instructors in the Child Development Center. “I hope to create a pleasing environment for preschool students that will enhance their learning and make their experiences more fulfilling,” said Bernstein.

According to Bernstein, she chose these three characters for the plywood because the children incorporate Clifford in their weekly activities, like reading the Clifford weekly reader. Dora the Explorer and Thomas the Engine were the

children’s favorite characters during their learning experiences.

Since the summer of 2006, Bernstein spent a lot of time writing reports and planning this project. Bernstein also spent hours finding places for donations to get the plywood and paint, and was able to receive donations of paint from Home Depot to further her project. “Each board that I did, I did a lot of painting for,” said Bernstein.

Clifford, Dora, and Thomas brought color to the preschool area. Therefore, the school also decided to put Plexiglas to cover the images, because they did not want the images to be ruined.



Staff photo by Jasmine Liu
Senior Janna Bernstein painted these murals for the Child Development Center as part of a Girl Scout project.

Guys: Get A Clue

By Sharon Tang
Staff Writer

When it comes to dating, some guys are just clueless. Many of them can’t figure out whether or not the girl is into them and are often left with the wrong impression.

Nowadays some girls are still old fashioned and are waiting for guys to make the first move, when in reality the guy doesn’t even know she’s interested.

Gurpreet Dhillon, a sophomore, said he knows when a girl likes him if she “laughs a lot and [if she] calls in the middle of the night.” He also said he knows by the small things she does like saying, “Hi,” whenever she sees you.

Freshman Andrea Garcia had different thoughts on how to let the guy know if she likes him. “I usually just flirt around with him, joke around and hold him occasionally,” Garcia said.

For guys who really need the help, here are some things to look for to know if she’s into you or not.

- 1) She gives you her undivided attention and always tries to hang out with you.
- 2) She is willing to blow off her friends for you.
- 3) She talks about what you two should do together
- 4) She’ll return your phone calls as soon as she receives your message.
- 5) She asks questions about your life, asking about family or hobbies, for example.
- 6) She is willing to change her plans for you.
- 7) She tends to tap you or lightly brush you on the shoulders when talking to you.
- 8) She waits for you after class no matter how slow you are.

Now these are just some basic things to look for and sophomore Marcus Hunnicutt said, “All girls are different. I think it depends on the girl’s style and attitude.”

Most Say Personality Tops Looks

By Stephanny Landaverde
Staff Writer

When you are attracted to someone else, which is more important to you: looks or personality? Out of one hundred CHS students surveyed, a mere 25 students said looks were important, whereas 75 other students said personality came first.

Junior Sergio Montaño said that “looks are deceiving” and that a girl’s personality determines whether or not she is attractive. “The pretty girls can have ugly attitudes that make them look ugly,” said Montaño.

Mikal Taylor, a junior, said that physical aspects are just as important as attitude. “Personality and cuteness are important, obviously,” he said

Sophomore Adrienne Umaguiguing said that what is on the inside is more important. “I think that what’s inside counts more than what’s on the outside, because love goes further than what’s on the outside. Otherwise, it’s nothing but lust.”

Junior Javier Bosque said,

“not everything is about looks.”

One of the students interviewed had a pretty hard time deciding which one was more important to him. Senior Jony Millan said that if he had to choose between personality and looks, he’d choose “probably both, but more personality.”

As shocking as the results may seem to you, it is 100 percent true—according to the students interviewed. However, some bias may have occurred since the results don’t exactly reflect reality.

Junior Sandra Melgar was in disbelief when she saw the results of the survey and had a strong opinion about the results.

“I did expect most people to choose personality, but honestly if that was really true, all the nerds would have a girlfriend [or boyfriend]. At the age of 15, 16, looks will obviously be more important,” she said.

As true as the results may be, junior Kevin Larios was also having difficulties believing the results of the survey.

“I expected more on looks than personality,” said Larios.

Is It The Name That Counts In College?

By Candy Wong
Staff Writer

As college application stress subsides and admission letters squeeze into eager mailboxes, college-bound seniors campus-wide rejoice and show remorse.

“YES, I can’t believe they accepted me!!!” “I’ve been rejected?!? My life is over!!!”

But why is it that we—or our pushy parents, for that matter—place so much stress on oh so esteemed name brand schools like UCLA and Berkeley, or Stanford and USC?

“Well, I bought into it because I’m the oldest kid in my family and have no clue what I’m doing. I’ve been too busy with homework, church, etc. to do adequate research on other colleges, so I just applied to places that sounded good/prestigious,” said senior Bonnie Davidson, ranked #2 in the 2007 graduating class.

As a senior juggling a hectic schedule, I agree with Davidson’s rationale. When AP homework beckons and extracurricular activities eat up your free time, it gets hard to find time in the school year to thoroughly

research different, lesser-known colleges.

Also, the parental factor can add into the messy “which-college-should-I-apply-to” equation.

“I think some students are motivated to go to a prestigious college for the name brand. Maybe it is for themselves and they want to go to their ‘dream’ school. Or maybe it is due to meeting their parents’ expectations,” said Anne Lin, another senior.

However, students should consider applying to private universities, which sometimes offers better financial aid packages than the UC’s do.

It may be hard to break away from the herd of UCLA hopefuls, but in the long run—it could be better for you.

“I’m not really sure [why students apply to prestigious colleges]. I think students should apply to more than just those ‘name brand’ colleges, since some smaller colleges might be better suited to their interests,” concluded Davidson, who also applied to lesser-known schools in addition to the ever popular UC’s.

When You Get Around To Reading This...

By Corinne Haynes
Staff Writer

Whether it be cleaning, doing a homework assignment, or finishing a big project for class, we are all guilty of delaying what needs to be done at sometime or another. Learning ways of how to avoid procrastination can be beneficial to everyone, and quite simple. With these easy steps, it’s all a matter of retraining yourself to get the job done.

Step 1-Prioritize your daily tasks. Decide what has to be done, should be done, and what you would like to do.

Step 2-Get the worst out of the way first. Do the ‘have to’

job first; get it over with and out of your hair. By accomplishing these tasks first, you’re leaving the rest of your time to do the ‘want to’s.’

Step 3-Make a list every morning of what you want to complete throughout the day. Reward yourself each time you check an item off.

Step 4-Look closely at how you procrastinate. Do you surf MySpace when you should be finishing your math assignment? Do you chat on AIM when you should be reading your book?

Once you figure out the things you do to put off what you should really be doing, it’s easy to figure out how to avoid

procrastination by eliminating these behaviors. If it’s too hard to eliminate the behavior, save it as a reward for getting the job done.

Step 5-At the end of the day, write down what you have accomplished. This can sometimes be its own reward. As you see this list grow from day to day, you will begin to look for ways to avoid procrastination yourself.

To set personal goals and stick with them is the key to avoiding procrastination altogether. Follow these steps to success as you find your way to juggle all the things that have to be done and see the rewards of getting them finished.

What's The Last Song You Loaded On Your iPod?



“‘We Taking Over’ by DJ Khalid, because it’s got a nice beat to it.” –Abby Pendleton, junior



“‘You’re in My Heart’ by Rod Stewart, because it was the first song I danced to at my wedding.” –Mrs. Bluman, Yearbook and History teacher



“‘Lady Brown’ by Nutabes because it is underground and ill.” –Pretty Bhamidi, junior



“‘Mika’ by Grace Kelly because it is a very happy song.” –Roujean Khazaie, junior



“‘The Color of Money’ by Bury Your Dead, because it has a catchy beat.” –Taylor Russel, junior

‘Shrek The Third’ A Bit Medi-Ogre

By Sharon Tang
Staff Writer

A fantastic fairy tale of friends and fiends, “Shrek the Third” made its way to theaters and snatched the number one place in the box office.

Mike Myers, Cameron Diaz, Eddie Murphy and Antonio Banderas all return to play the voices for Shrek, Fiona, Donkey and Puss-in-Boots. Shrek finds that being king isn’t for everyone, especially if you’re an angry ogre who smells like the shallow end of a swamp.

When Shrek married Fiona in the first movie, it was all fun and games until his frog-in-law, King Harold, dies. Now Shrek is being quickly put in line to be king. Now unless this ogre can find someone to replace him, he will have to rule for the rest of his days.

As if Shrek didn’t have enough to deal with, Fiona has a little surprise if her own and Shrek sets off on his quest to find the only other possible heir to the throne, Fiona’s cousin Artie. While Shrek is away, his old archenemy Prince Charming storms the lands of Far Far

Away. Even with the blabbering Donkey and the smooth Puss in Boots by their side, it’s going to take an ogre-sized effort – and a whole lot of help from Fiona and her princesses – for Shrek and Artie to save the day and live “Happily Ever After”

Several decent gags get the laughs, but overall, they failed to make a knockout comedy like the first Shrek movie did. However, it does offer something for everyone, whether you’re a 15-year-old kid or 60-year-old grandmother.



Photo: Google images

‘Pirates’ Delivers In The End

By Arun Dillon
Staff Writer

“Pirates of the Caribbean: At World’s End” is the final installment of Disney’s pirate trilogy.

With less of Captain Jack’s amusing one-liners and more of Kiera Knightly evolving from damsel in distress to a full-scale pirate, “At World’s End” is the most different and unique of the three. You will see many different things in this movie, from a sea of spirits and a 50-foot woman exploding into thou-

sands of crabs to the most chaotic wedding ceremony and one of the best action scenes ever.

The main storyline may be a little confusing because it’s a little more real and doesn’t involve cursed ships or a talking squid’s heart. After being killed in the last movie Captain Jack is back, but not in the way you’re used to. He seems to have lost his energy (still has his Captain Jack moments) and finally makes his entrance half way through the first hour. Being rescued from Davy Jones’ Locker by old friends Will

Turner, Elizabeth Swan, Mr. Gibbs, and Captain Barbosa, who is also back from the dead. Barbosa needs Jack to help stop Lord Cutler Beckett from ridding the world of pirates.

In the final hour of “POTC: At World’s End,” the movie finally delivers what fans of this popular franchise were waiting two hours to see; a mind-blowing action scene. The first two hours are filled with talking and less sword fighting, also the on again/off again relationship of Will and Elizabeth. If you

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Midnight Makes Movies More Magical

By Lauren DeGaine
Staff Writer

Delivered pizza, anticipation, and really cool costumes are what characterize a night spent waiting in line for the midnight opening of a movie. Big comic book and fantasy trilogies, like this month’s “Spider-man” and the upcoming “Harry Potter,” provide for a melting pot of avid readers, sci-fi fanatics, and just regular people who love the feeling of a theater packed with people who are as excited as they are to see a movie.

You leave straight from school to stake your claim in line: if you’re a seasoned pro you’ve got the elite first place and you’re going to be the first

to step into that theater. You wait for hours, jumping from line to line, greeting people you know, making friends with the people neighboring your little blanket and waiting in line for air hockey at the movie theater arcade. Around 8:00 the food shows up and when 10:30 finally comes you see the security guard walking over to your line to let you through the movie theater doors.

“The whole experience is just fun,” said junior Nicole Voets. “Even if you don’t read the comic books it’s fun to hang out in line for hours with your friends. You usually get to know the people in line next to you, and they’re those crazy fanatics that you always thought were really weird and never would

have talked to on your own, so that’s cool.”

All around are different levels of dedication. At the Spider-man opening a few people brought laptops to watch the prequels before going inside, but Spider-man himself, or at least a fan dressed in the spidey suit, never graced us with his presence.

Taylor Zisfain, a junior who saw the midnight showing of the final Star Wars movie said, “At [Star Wars] there were a lot of people who dressed up as Jedi knights or Queen Amidalas, it was really cool. The security guards took away their light sabers before they let us inside, though.”

One of the highlights of the

evening is the hour and a half before the movie starts where everyone is finding their seats and getting snacks. At every showing, the excitement in the theater is so apparent on every face. It’s infectious. In our theater at the 12:01 showing of Spider-man a crowd in the back corner began to sing Happy Birthday for someone in their group; pretty soon, the whole theater was singing.

The hours spent waiting in line together bring everyone just close enough together so that you feel comfortable cheering along when the movie title crosses the screen for the first time, when a villain gets defeated, and when Peter Parker finally... well, I don’t want to give away the ending.

New MTV Series ‘Scarred’ Leaves A Mark

By Stephanny Landaverde
Staff Writer

MTV’s newest series, “Scarred,” is a show that is completely unlike any other MTV show. “Scarred” is the show that is “too painful to watch,” according to the host, Jacoby Shaddix.

“Scarred” features real stories about people getting severely injured while trying to do both simple and complex stunts. The accidents caught on tape are so disgustingly disturbing that you can, without a doubt, hear

bones crush against the hard concrete.

One “Scarred” story teller, Morgan, went over with some friends to a new skate park to film him on his bike. While doing his last trick for the day, he was going about 25-30 miles an hour when he fell hard against the floor, and landed on his face.

His teeth were pushed aside, cutting straight to the tissue of his upper lip. He was left with a hole on his lip that was a big enough for a pinky finger to go through. While he was at the hospital, brief footage was

shown of his upper lip being stitched up from the inside and out.

Another “Scarred” story teller, Mitch, had a more sickening story to share. He was doing a simple stunt down the railing with his skateboard, but what he did not notice was that there was a cut at the end of the railing.

With his whole body weight, he landed on the male’s most vulnerable area right at the end of the railing. He drove himself to the emergency room but after seven stitches, he was

better and ready to go home.

“I think it’s a great show. They should have more like it and I hope I’m never on it,” said senior Courtney Williams, who never misses an episode.

Senior Tyler Behling said “It’s interesting to watch because I’ve broken many bones before in my life and it’s interesting to watch other people hurt themselves.”

You can catch “Scarred” everyday on MTV and new episodes every Tuesday, but be warned, these eye-cringing videos are very repulsive.

Which Angus Burger Is The Best Bite?

By Sally Rivas, Kishi Smith, and Desiree Ramirez
Staff Writers

Old McDonald had a farm, E-I-E-I-O, and on his farm he had an Angus burger, E-I-E-IO! While old McDonald may not have a new Angus burger on his farm, there is a new Angus burger in the restaurants that we young ladies put to the test.

Since McDonalds has come out with their new Angus burger, it is now competing against similar burgers at other restaurants. Wanting to see how good it really was, we compared its taste and presentation with that of other Angus burgers. Our mission was to sample the Angus at Carl's Jr., Burger King, and, of course, McDonalds to see which one was best.

The McDonalds deluxe Angus burger costs \$3.99 and has 760 calories, and, to two of us was the best. The Burger King Angus steak burger runs \$3.89 and packs 640 calories, making it the cheapest and least fattening, but it failed to please any of our taste buds. Carl's Jr.'s Original Six Dollar burger, is \$4.49 with 1,010 calories, making its burger the most expensive and most fattening of the three, but it ranked second in the taste test.

A burger is classified as



The Angus Third Pounder from McDonald's took the honors as the best Angus of them all.

Angus when the meat comes from breeds developed in Scotland.

McDonald's Angus Third Pounder

Presentation: It looked exactly like the photo. Pleasing to the eye and very tempting. Makes you want to gobble it up right then and there.

Taste: The meat was delicious and moist, absolutely mouth watering; better than regular hamburger meat. All the different veggies stood out while eating. There was a little bit too

much mayonnaise, but still very good. From the bun to the vegetables, it pleased my taste buds and satisfied my hunger.

Overall:

Sally: This burger is good. I really liked it but it's not like the best burger ever. **Kishi:** By far the best. Look, taste, satisfaction, everything was amazing. **Desiree:** Best of the Angus burgers. Out shined the rest in every aspect. We highly recommend it.



Burger King's Angus Steak Burger

Presentation: Looked nothing like the photo. It's boring, plain, messy, and just not satisfying. Not pleasing to the eye or tempting.

Taste: It didn't taste that good. All you can taste is the one soggy tomato and the only vegetable present. Meat didn't taste any different than regular hamburger meat. B-B-Q sauce did not mesh well with the other flavors. Not a hamburger even a fly would enjoy.

Overall:

Sally: For a person that loves burgers, this one was not pleasing at all. The worst of the bunch. **Kishi:** The worst of them all. Would never order again. Very unpleasing. **Desiree:** My taste buds were very dissatisfied. The worst of the Angus burgers. Left me very unhappy and with no temptation to order once again.



Carl's Jr. Original \$6 Burger

Presentation: Looked a lot like the picture. The buns look very nice, the angus looks yummy, it just makes you want to grab it and eat it all. Pleasing and tempting to the eye. Very Huge.

Taste: This burger was delicious and had all the right veggies in it. The sauces got everywhere, making a mess, but they helped make the burger moist and still satisfied our taste buds. The meat was juicy and very good. We really enjoyed how tasty it was.

Overall:

Sally: I love this burger. It was the best of them all. It's perfect size if you have a big appetite. **Kishi:** Followed the slogan "If it doesn't get all over the place, it doesn't belong in your face" **Desiree:** Was very satisfying and I left full and pleased. Only negative was the messiness. Other than that, "thumbs up."

UWink Brings The Digital Age To Dining At Promenade

By Randi Seidel
Staff writer

A restaurant that lets 'u' cater to your own needs, uWink in the Westfield Promenade is quite different than probably any other dining experience. Maybe that's not surprising when you consider that the guy who founded it also brought us Atari and Chuck E. Cheese.

It's got the weird name, but

is uWink truly that odd? With giant computer screens protruding out of the center of the table, it would be hard to think otherwise.

The process is simple: place your order using the handy touch screen on your computer, which provides a picture of the dish selected as well as options to add or remove something from your meal. Along with this option, enter your choice for re-

fills, extra napkins, or any sort of assistance, and runners will abruptly appear to aid you.

When boredom sets in while waiting for your food, turn to your computer screen for entertainment. It provides both free and priced videogames, and even your own horoscope.

Even though people don't go to uWink for its food, the cuisine wasn't half bad. The menu featured Italian foods, ap-

petizers, and desserts. Overall, the food was not that memorable, but still pretty tasty.

Despite its flashy appearance, uWink's faults were definitely apparent when dining there. Don't expect to be involved in any sort of intellectual or deep conversation with your companions; chances are the computer will be distracting you or someone else. The food came at completely different times,

even though we placed our orders at almost the same time. While I was ready to go, my family was still digging in to their meal.

You can find the restaurant sitting atop the second story of the Promenade. Although uWink might be pointless and annoying to some, like adults who have yet to master technology, it still is quite an interesting and futuristic way to dine.

Coke And Pepsi Introduce 'Healthier' Sodas

By Randi Seidel and Corinne Haynes
Staff Writers

Coke and Pepsi are introducing a "healthier" substitute to traditional soda.

These new drinks that attempt to end the criticism of soda will be available to the public in upcoming months. Pepsi Co.'s new drink, Tava, and Coca-Cola's Diet Coke Plus will soon be known as "sparkling beverages."

Despite the \$68 billion industry soda has created in the United States, the obsession with being slim and thin has brought the obesity causing beverage down in popularity. Peo-

ple are increasingly reaching for healthier choices such as water and juices. In fact, in 2005, the profit gained from selling soda in the United States has dropped for the first time in recent history.

The desire to renew the popularity in soft drinks is due to the fact that for both Coca-Cola and PepsiCo., these beverages are accountable for most of the company's profits throughout the world.

While Diet Coke Plus will be released this spring and Tava this winter, some people are just not that interested. Sophomore Michael Widjaja said, "Soda is still soda; it contains fructose and sugars." AP Euro teacher

Mr. Miller called it a "gimmick," and also stated "it's full of sugar."

However, the new beverage that claims to be fortified with vitamins and minerals has students counting the days until it is introduced to the public. "If there was a healthier soda with the same taste, of course I would drink the healthier one," said sophomore Niki Hight.

Tom Pirko, president of a food beverage consultant firm, said it was a "joke" to market artificially sweetened soft drinks as healthy. In the article posted on the Los Angeles Daily News website, Michael F. Jacobson, executive director of the Center



for Science in the Public Interest, labeled the new sodas as "liquid candy." He also stated that people are better off getting their nutrition from more natural, healthy foods.

Reading

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"It annoys me tremendously when other students don't read because it disrupts my focus," said Gunther.

Another reason why maybe kids don't care very much for reading is that they know they aren't getting graded, so there is no importance for reading for them.

Hannah Nelson, a sophomore, said, "Reading is boring and makes me fall asleep depending on the book, and the selection of books she [Torres] has doesn't interest me."

Assigned books by English teachers are usually the ones that are being read the most in classrooms.

"SSR is reading time, not sleeping time," added Torres.

Instead of Super-Size, Try a Smaller Size

By **Stephanny Landaverde**
Staff Writer

Everywhere we go, there always seems to be a fast food restaurant. Some just can't resist the temptation of a good burger with fries and a refreshing drink but you can eat fast food by purchasing lesser and smaller items.

According to www.netrition.com/rdi_page.html, people should consume 65 grams of fat daily "based on a 2000 calorie intake; for adults and children 4 or more years of age." Reducing portions and cutting in certain ingredients can make a difference and lower calories. Here are the foods that

most people eat at typical fast food restaurants and how many calories they're worth, what they should eat instead, and what the difference in calories is.

At Burger King, a Whopper, medium fries, and medium soda add up to 1,260 calories and 60 grams of fat. Instead, try eating a Whopper Jr. without mayonnaise, small fries and a small soda and with these items combined, you will only be eating 540 calories and 24 grams of fat.

If you are craving McDonald's six pieces of chicken McNuggets with barbeque sauce, medium fries and a medium drink, you will be con-

suming around 908 calories and 31 grams of fat. For 595 calories and 21 grams of fat, you can eat four chicken McNuggets, small fries, and a kid-sized drink.

"You can get the apples instead of fries," said Debi Levinson, the financial officer for the student store. According to www.fatcalories.com, large French Fries equal 570 calories while the Apple Dippers with low fat caramel dip is 100 calories. Levinson also said that people should try eating other items such as salad with the dressing on the side.

For all you taco lovers that enjoy eating at Taco Bell, instead of eating two beef soft tacos, cinnamon Twists, and a

medium soda, which is worth 855 calories and 25 grams of fat, order one beef soft taco, cinnamon twists, and a small drink. This will add up to 590 calories and 15 grams of fat.

At KFC, an individual size Popcorn Chicken, a serving of Mashed potatoes and gravy, and a medium soda will be a total of 750 calories and 34.5 grams of fat. A kid-size Popcorn Chicken, mashed potatoes and gravy, and a small drink are only 530 calories and 22.5 grams of fat.

Health teacher Mrs. Lapaz said that when your eating any food, including fast food, "put your fork down" after every bite you take. In other words, whatever you're eating, take a bite,

put it down, and don't hold it on your hand while your chewing. You eat less and get full in no time.

Lapaz also mentioned that "people need to buy fresh more," and to drink water instead of soda.

If you crave fast food, be sure to look at nutrition facts. Try visiting www.fatcalories.com where you can see what every food in a variety of fast food restaurants is worth in calories. You can combine all the items you want to buy and see how many calories they are worth all together. Eating fast food is still bad, but reducing portions and making better options do help.

Yo-Yo Dieting Is A No-No

By **Rhett Brandt**
Staff Writer

Dieting can be more harmful to you than helpful because more than two-thirds of people who lose weight eventually gain it back, according to a recent study.

"I've noticed that dieting is becoming a very popular trend, and I've noticed that a lot of students are starting to do it," said junior Ayah Tolentino. If this is the case, then students are certainly putting their health at risk.

A case study in the compiled research showed that most dieters often end up heavier than

their original weight, when they yo-yo back. Researcher Dr. Traci Mann said to the Daily-mail that: "You can initially lose 5 to ten percent of body weight on any number of diets."

However, after this honeymoon period, the weight comes back. A majority of people regained all their weight, plus more, according to the researchers. Sustained weight loss was found only in a small minority of participants, while complete weight regain was found in the majority.

This is often very bad for the body, since the weight is constantly changing and the body is attempting to adjust.

People who fall victim to this behavior are much more susceptible to heart attack, stroke, and diabetes, the report states.

While most students don't have to worry about heart disease or stroke at the high school age, there are other reasons for them to be concerned. The study showed that along with the aforementioned drawbacks, yo-yo weight loss could suppress one's immune system, allowing you to fall ill with greater ease.

"I think that kids should stop focusing on diet fads and more on eating well and exercise," pediatrician Kenneth Keer stated. "At the end of the day, that is what matters most."

Thin or Fat? BMI might tell you that

By **Faith Lim**
Staff Writer

How do you determine if you are fat or not? Do you compare yourself with your friends? BMI, known as Body Mass Index measurement, is one of the ways to determine if you are overweight. You are considered overweight if you score over 25, and obese if you score over 30.

Many people rely on BMI because it is easy to calculate. All you need to know is your weight and height and then calculate weight in kilograms divided by height in meters, or you can just go to www.nhlbissupport.com/bmi/ to figure out your BMI.

However, a new study published by Medicine & Science in Sports & Exercise showed that some people with a score of 28 could have really low body fat, which means that BMI isn't the best way to determine the fat in athletes. Since athletes have more muscle than fat, their BMI may be high but they do not have any fat.

"I did BMI, like, last year and it came out that I am overweight or maybe obese, but people told me that I looked average. I think it's because I play sports," said Tae Kim, a 10th grader.

There are other ways to measure body fat. One is called the skin-fold test. You use fat calipers to measure body fat in the back of the arms, thighs, and stomach.

Also, there is underwater weighing, which shows how much fat and muscle a person has.

The researchers calculated both BMI and body fat percentage for 439 college students. They used a laboratory test that is similar to underwater weighing, but used a dry chamber instead of water. The study showed that females and males (non-athletes and athletes), could have BMI indicating they are obese, but still have healthy levels of body fat.

Pirates

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find yourself wondering why anything hasn't happened in the first half, hang in there, the last half is worth the wait.

"POTC: At World's End" is the best of the trilogy. And if you're wondering if there will be a fourth installment, it seems like the Pirates franchise is done for now; but now the story is open to other possibilities.

HPV Vaccine Not Immune To Controversy

By **Raeanna Shay**
Staff Writer

Now that the vaccine against HPV, called Gardasil, is becoming more popular, the controversy over the vaccine has become intense. The vaccine has prompted concerns across America with every group taking its part. The vaccine protects you from HPV, the human papilloma virus, which can cause cervical cancer and genital warts.

The major concern for most parents is the issue of how soon to give their daughters the vaccine. The recommended age to be vaccinated is between 9 to 26 years. Since the virus can be spread by skin-to-skin contact, as well as through sex, many doctors feel this is appropriate since many tweens have become sexually active. However, parents are outraged that we should be considering vaccinating 9 and 10 year olds against a virus that mostly arises from sexual activity.

Senior Janna Bernstein and her parents did not have such a

difficulty in deciding whether or not to go through with the shots. Bernstein, who is on her last shot out of the three in the series, stated, "It wasn't a problem. We consulted our doctor to make sure it was okay and they were just fine with it."

So does Gardasil promote sexual activity? "No, I don't think it would promote anything. I mean you have to talk to them [your kids] about sex anyways," said Mrs. Krausen, our college counselor.

Of course there is concern among parents that this vaccine may not be needed for their children if they are not sexually active, but should that concern outweigh the need to keep their daughters safe? Diane Harper, M.D., and HPV expert at Dartmouth Medical School stated in L.A. Parent, "This is a virus that just about every single woman gets." There are more than 100 strains of the virus, and although most are harmless, HPV causes cervical cancer in at least 11,000 women each year, according to L.A. Parent. And in one year 3,700 women will die from this

cancer.

Gardasil is designed to protect young women from four different strains of the virus, which cause 70 percent of cervical cancer cases and 90 percent of genital warts cases. However, one controversy over this vaccine involves the fact that Gardasil was only adopted last June and is already being pushed to become mandatory. According to an article that ran in L.A. Parent, legislators in 26 states, including California, have begun to initiate bills that will require girls to be vaccinated to attend school. Parents do have the option to opt out for moral reasons. So why all the fuss?

Gardasil has not been on the market that long, but has been tested in clinical trials with almost 12,000 women, according to L.A. Parent, with no signs of that it is unsafe. However, the CDC's Vaccine Adverse Events Reporting System have received reports of some side effects that are generally common, including dizziness, nausea, and fever. JJ Levenstein, M.D., who

has been practicing 25 years, has stated in L.A. Parent, "Since cervical cancer is the number-two carcinoma in women in this country, the impact of even a 70% reduction is dramatic." It may not be 100% effective yet, requiring young girls to still have regular pelvic exams and Pap tests, but Gardasil's effectiveness is reaching 100%, says Harper.

On the other hand, the vaccine has been proven to only be protective for about five years, which some worry may not be that useful if we vaccinate girls at too young an age. Harper advises that parents need to be on the lookout for HPV boosters that will fix that problem in the future.

The issues over the vaccination have become very political. Many anti-vaccine activists do not feel it is necessary to make this vaccine mandatory, especially so soon. New vaccines are usually tested and tried for several years before they may become mandatory. Some may need more research to feel comfortable.

Music Fuels CHS Athletes

By Desiree Ramirez
Staff Writer

Certain CHS athletes have a variety of songs on their playlist which they listen to right before games. Whether on the bus ride to the game, on the field, or in the locker room, our athletes turn to their iPods. From rock to rap, different songs hype up our athletes to prepare them for their game and set the mood for a victory.

Sheila Padre, a sophomore on the volleyball team, listens to "Let's Get It Started," by the Black Eyed Peas. She said this song always manages to get her started.

Sophomore Reanna Hill, also on the volleyball team, prefers to listen to hip-hop songs such as "Show Me the Money," by Petey Pablo, because the fast pace of the music hypes her up.

Senior wrestler Jaxeal Rizzo listens to songs from In-

culus, Rage Against the Machine, and Sublime.

Rizzo said, "Their songs make me think, get me excited, and make me feel like I'm in my own little world." Rizzo said rock bands get his adrenaline pumping and songs from Sublime relax him and focus him on his wrestling match.

Senior football player James Walker listens to all kinds of music. Walker said, "Music gets me focused, whatever song is playing on my iPod right before a game pumps me up."

The girl's soccer team and boy's baseball team even have a sound system they use to play songs that will get them stoked for their game. They play all types of songs, but all have the same effect.

No matter what sport or what song, our athletes depend on their iPods to relax them and get them going for a CHS victory.

Rock Out For A Better Workout

By Faith Lim
Staff Writer

Mp3 players and TV can provide inspiration as well as a distraction for exercisers, according to msnbc.com. Researchers say that video or audio can inspire better workouts, but distractions can hurt performance.

"I listen to anything as long as it has a fast beat. If it has a higher beat per minute, then I tend to stay with that beat," said Vanni Gio, an 11th grader.

"Working out is something that I don't like to do," said Gio. "I am escaping it by listening to music and watching TV."

According to a study in 2005, British researchers placed 18 undergraduates on stationary bicycles to pedal either to silence or to popular dance music on headphones. The participants who listened to upbeat music worked about 13 percent harder compared to those who worked



Staff photo by Sally Rivas

Football player Robert Gunther listens while lifting.

out in silence. One of the researchers, suggested that music is related to how hard the exercisers are breathing, or how much their legs ache.

Also, health psychologist Dr. James Annesi found that beginners given a choice between TV or music were more likely to stick with an exercise program than those who focused on their exercise only.

However, to athletes working hard for peak performance, research suggests they are better off without headphones and should focus on their bodies to maintain the highest levels of intensity.

Professor Benjamin Ogles of Ohio University has found through the study that the more distracted the athlete, the more slower his/her times.

Baseball Aims For Dodger Stadium

By Arun Dillon
Staff Writer

Chatsworth baseball clinched their fifth consecutive West Valley League title and the top-seeded Chancellors were one victory away from another trip to the city title game at Dodger Stadium.

Chatsworth squared off against Palisades Wednesday in the semifinal round, with the winner advancing to the championship game. Results were not available at press time.

With power in the heart of the lineup, Chatsworth hasn't had many problems scoring

runs. Mike Moustakas broke the California single-season homerun record. He hit 22 homeruns this season. He has 50 in his high school career, which is also a state record. Matt Dominguez has hit 10 and has 38 homeruns in his high school career.

The pitching has been the strength for Chatsworth this season. Chatsworth pitching is led by senior right-hander Trent Jones who had a record of 12-0 this season and throws in the mid- to upper 80s. "He is definitely our ace," said Mr. Immken, athletic director.

Cleveland and Kennedy

were expected to be among the biggest contenders in the playoffs. They faced off in the semifinal round Wednesday.

"Actually, the biggest competition in the playoffs is ourselves," said outfielder Phil McManama. "If we do everything, we should do good."

The JV team also made the playoffs with a record of 18-4-1.

With a record of 26-4, Chatsworth has a good chance making it to Dodger Stadium for the fifth consecutive season to play for the city championship. Chatsworth's most recent titles were in 2003 and 2004.

Boys' Volleyball Looks To Next Year After Playoff Loss

By Lauren DeGaine
Staff Writer

The spring season was a rewarding struggle for the boys of the Chatsworth Varsity volleyball team.

Halfway through the season, they were third in the league, with a record of four and one. Not bad, some may say, but the guys have high expectations.

"You always go in with an I'm-going-to-win mentality," said starting player Andrew Ouano, junior. "So each game lost is serious."

"The Taft game," outside hitter Roney Phillip added, "was our best game. We always play them with an extra edge. It's also a more satisfying win because of the attitude they always bring to the court."

They started playoffs strong, defeating University in the first round and Grant in the quarter finals. But the semi-final game against Taft took them out of playoffs with a devastating 0-3 loss. "We didn't get as far as we thought we would," said Rodante Saballa, senior and starting setter, "but we played hard, so we're not upset. That's a tough team to beat." Coach Saltzberg said it was a "successful year."

With the '07 season over, having not brought them a win, the boys are looking toward next year with a lot of optimism. Andy Ouano explains, "We're the favorites for next season because we have five starting players returning, and that's the most in our league."

Players Protest Use Of New Field

By Kishi Smith
and Desiree Ramirez
Staff Writers

What started off as a normal, softball practice of hard work and fitness turned into a march onto the boy's baseball field recently.

When the softball team found out that their brand new field that they worked so hard to attain would be open for more non-Chatsworth sports teams to utilize, they felt the only way to be heard was to do something drastic to prove a point to the entire school. The girls said they were not taking it out on the baseball team, they were just trying to be heard.

"After months of attempting to keep other teams off our field, we came to the realization that it was not working," said junior Chloe MacGregor. Therefore the softball team took matters into their own hands and marched from their field onto

the baseball field to warm up. Many girls, when interviewed, said they were angry their fields were getting ruined after all their hard work and, they believed, the baseball field was the only field on campus that gets left alone.

"The baseball field has a lock on every gate so no one can even step foot on it without being affiliated with the baseball program. Our softball field doesn't even have a fence around it, let alone a lock," said sophomore Heather Leigh.

However, Athletic Director Immken said, "One misconception is that no one uses the baseball field, but adult leagues and local youth leagues use it over the weekends."

When asked about the issue, several baseball players said "No comment." Baseball coach Muesborn was not available for an interview.

The softball field is accessible to many teams, such as

Chatsworth football, boys and girls soccer, youth baseball, youth softball, youth soccer, youth football, Sierra Canyon High School, multiple adult soccer leagues, and Chatsworth physical education classes.

Once Principal Davis was informed of other leagues using the new softball field, he talked to the district person in charge of distributing high school fields to outside leagues. He doesn't want adult soccer leagues to use the softball field or football field until after softball season ends and graduation is over. Since the state requires high schools to let leagues use their fields, Davis stated he wants adult leagues to play in middle schools rather than high schools next year.

Davis said, "For the mean time, we are working on having a semi-permanent fence for the varsity softball team which will be put up from the moment the season starts until it ends."

Former Player Now Head Coach

By Sally Rivas
Staff Writer

Coach Hayashida, who played on the CHS city champion football team in 1980, has been named the team's new head coach.

Hayashida came to Chatsworth last year to be an assistant varsity coach and p.e teacher after spending nine years as El Camino's head football coach.

He won the city title with El Camino but now Hayashida wants to win one for Chatsworth.

"It would be nice to win a city title as head coach in the same school that I used to play," says Hayashida.

Hayashida replaces coach Corcoran. Corcoran started in September as head coach of the Chancellors, along with a whole new coaching staff, and they

had a very successful season with their players with a 7-3 record and making it to the first round of playoffs. But now Corcoran has decided to leave coaching "to spend more time with his family," according to Hayashida.

It was very tough for Hayashida to spend time with his family when he was head coach for El Camino and now that he's going to be head coach for Chatsworth, it will be hard for him once again.

All the football players have been doing so far is "little weights, little running," says Hayashida, due to the softball girls still occupying their field the footballers use to practice. "Great kids, a lot of fun to be around," is what coach Hayashida said about his football players.