



# LeSabre

Cleveland High School

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photo by Haig Nalbandian

**Taking Action:** Youth organizer Alejandra Lemus (left) and Seniors Melissa Lemus (center) and Diana Mauricio (right) discuss ideas for the campaign against truancy tickets.

## Youth stand up against truancy tickets

BY JEILA SAIDI AND NOOR TELL  
Staff Writer and Editor-in-Chief

In the first two months of the school year, the Los Angeles School Police Department (LASPD) and Los Angeles Police Department (LAPD) have ticketed 183 Cleveland High School students for being truant.

Truancy tickets are tickets given to students who are in violation of the Los Angeles Municipal Code (LAMC) 45.04 which states that students who are found outside of school from bell to bell without a valid excuse will receive a citation. Generally, students must pay \$250 to pay off the ticket in addition to court fees.

Recently, LAUSD board member Tamar Galatzan proposed a motion to expand the truancy tickets to arrest students who are outside of their classes after the bell has rung. This would entail the arrest of students who are not only outside of school, but who are not in their classes on campus too.

To combat this motion, Com-

munity Rights Campaign activists are working to suspend the truancy tickets. On September 28, they petitioned downtown in front of the LAUSD School Board and received more than 300 signatures and 500 phone calls with negative responses to the motion. As a result, Galatzan's motion was completely withdrawn.

The members of the campaign are also working towards decriminalizing truancy and to stop ticketing students who are late or truant. According to youth organizer Alejandra Lemus, tickets also makes for a hostile environment.

"We want to create a more safe, healthy supportive learning environment," Lemus said.

Tickets also put a financial strain on the families, especially eighty percent of students in the LAUSD who are Title I, meaning their families have low income and a financial disadvantage.

"A two hundred fifty dollar

ticket only further burdens the family who already have financial stresses," Lemus said.

In addition, the campaign is aimed towards fighting for a zero tolerance policy against unfairly targeting students of color.

"Racial profiling is a great part of it, and it wholly effects who they pick on," Sophomore and Taking Action member Khushboo Gulati said. Taking Action is a club that meets on campus every Friday to protest against truancy tickets and raise awareness regarding the issue.

Instead of tickets, they plan to provide students with alternatives, including offering that if a student is truant, he or she can talk to counselors and psychologists.

"We are looking for proactive measures," Lemus said. "We are looking at the roots to what causes truancy and tardies."

■ see 'truancy tickets,' page 4

## Performance-enhancing drug invades campus

BY JENNY LUONG  
Staff Writer

At Cleveland High School, the illegal use of Adderall is not a means of getting high, but has become a common study aide used by students.

Adderall and its counterpart Ritalin are brand-name prescription medications that are used to treat narcolepsy and attention deficit hyperactivity disorder (ADHD), but when abused in various ways, they can lead to serious side effects.

According to recent studies conducted by the National Center on Addiction and Substance Abuse at Columbia University, the illegal use of Adderall by students during the past decades has drastically increased.

Adderall is still first and foremost used as a study drug because it has the ability to enhance concentration and provide focus for long periods of time.

One Cleveland male who began using Adderall in tenth grade said he lied on an "ADHD test" in order to receive prescriptions for the medication. At the time of the test, he did not know anything about the various uses of Adderall.

"I used to get these lines on the inside of my cheeks," the anonymous teen said, who took it regularly. "I stopped taking it [everyday] and only take it when I have a test."

Now, he takes Adderall about once a week. "When I have a test [the next day], I can't study without Adderall. You get dependent."

"I found myself feeling smart and happy, intensely awake mentally, but physically tired," he said.

According to PDR Health, Adderall, like all amphetamines, has a high potential for abuse. If used in large doses over long periods of time, it can cause dependence and addiction.

The Food and Drug Administration places Adderall under a Schedule II pharmaceutical amphetamine, which compares it to opium and cocaine because of its dangerous and highly addictive qualities.

The anonymous male explained it has worked for him as a study drug. "Usually I can't sit for five hours studying, but on Adderall I can," he said. The teen claims he has received good grades on previous tests that he has used Adderall to study for.

"Say I am on Adderall and I'm studying—and I get off track by a little, I'll start focusing on something else for hours, like playing games or going on Facebook," he explained.

Another Adderall user at Cleveland said, "You feel like concentrating on whatever you're doing."

Yet for others, the effects of Adderall are minimal. "It helps me stay awake to study, but academically [Adderall] didn't help much," one female senior said. She said she received Adderall through her friends. She also stated about five out of ten of her friends used to regularly take Adderall for tests, while now only two or three do. "It feels terrible when you take it," she said. "I only take it when I need to: for essay exams, finals or midterms."

"I took Adderall before I took the SAT," a different Cleveland male student added. He believes Adderall works for studying and for focusing on a test as proven by his 3.3 GPA.

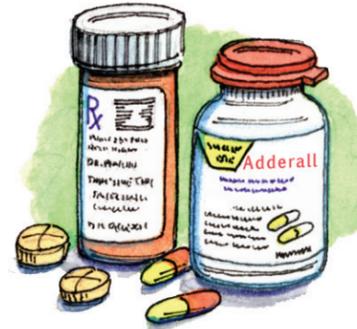


photo illustration by Holland Mervis

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# Staff Editorial

## Furious from Fall Fest

Fests to Journalism used to be the highlight of the year – we sold Jamba Juice to the masses and made a ton of profit in doing so. However, with all the fests returning this year, the sacred gorging-on-food-that-is-way-too-expensive day was completely ruined by the 30 percent the school took from our profit.

Due to some unfortunate circumstances, Journalism was unable to sell Jamba Juice at Fall Fest this year. Instead, we sold Round Table Buffalo wings. We were thrilled when we sold out of our wings ten minutes before the lunch bell even rang.

It was when we got the letter in our box that our jaws dropped. The Student Body took its 30 percent share, and then we figured out we had made \$119.70. However, subtracting the ranch, Tapatio sauce, and napkins we purchased, as well as the \$100 wings, we only made a profit of \$5.70.

Fall Fest used to be a time when the organizations and clubs

at school were able to make money to support themselves. However, with this 30 percent steal from our gross receipts, Journalism along with other clubs made a significantly smaller profit.

Furthermore, we would like to know what this 30 percent cut is being used for. Will it ever come back to the Student Body? Journalism used to receive a \$1500 deposit in order to establish a firm financial basis to pay off the printing publisher. However, this year Journalism received nothing. We wonder if the Student Body could be using the money made from fests to provide Journalism and other clubs and organizations on campus with funds for their activities, or if this money is going to a secret black hole where it will never be heard from again. With the LAUSD budget in crisis, we cannot afford to lose a cent (or at least 30 percent) that we make at fests.

Instead of the Student Body removing 30 percent off the top,

we believe that the best alternative for the Student Body and the clubs to make money is to decrease the percentage taken to 10 percent. Another option is to take 30 percent from the net profit gained after we pay back the company for the food they provided us with. For instance, instead of the Student Body taking money from the total amount of money we made from the wings, they should take their percentage from the money left after paying Round Table back.

Ultimately, Fall Fest and its corrupted spirit this year has made us question our participation in future fests. Dealing with the stress of buying food and finding the best deals is not worth the dismal amount of money we end up making. However, we are still going to be selling Jamba Juice (since we somehow got it back), since we have some faith in our school to return to its previous fair and profitable event.

## No teachers, no education

BY MERY HOUNANIAN  
Copy Editor

A twelve percent pay cut and furlough days are increasingly more and more likely for Los Angeles Unified School District (LAUSD) teachers. Ramon C. Cortines, the Superintendent of Schools recently wrote a letter to LAUSD employees that details his plans for balancing the District's three-year budget. The district is short \$1.2 billion over the next two years, so Cortines is trying to find a viable solution. Apparently, cutting the paychecks for teachers and making them work four days for free next year is a viable solution. Teachers are already underpaid and under-appreciated, and they deserve respect.

If solutions are not made by July 1, 2010, the worst-case scenario includes 5,000 employees being laid off, K-3 class sizes going up to twenty nine students for every teacher, and cutting several important programs. This is obviously not the ideal situation for educating the young minds of the future.

Cortines claims that the number one strategy is to receive

shared commitments from partners, including board members, unions, and the community, beginning with the District's commitment to look for new revenue sources and cost efficiencies. The primary way they could raise new funds would be through a voter-approved, limited parcel tax of \$100-200M where each property owner would pay \$2-4 per week to support LAUSD classrooms. This will be difficult in these trying economic times.

If this does not work, ten to twelve percent of LAUSD employees will be cut. Like last year, they will start with people furthest from the classroom, but teachers will be affected nonetheless.

Haven't teachers been abused by the district enough? It seems like the district only cares about money not about the quality of education for this generation disappears. Just think, though. Those in charge of LAUSD will be the ones stuck with the uneducated to take care of them thirty years down the line. The future of education isn't looking so bright.

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## Letter to the Editor

Re: "Don't kick the girls  
around!"

My name is Ruben Marcial and I have been coaching Baseball at Cleveland High School since the year 2000. I am an alumnus, my wife is an alumnus, my two brothers, my son, my two daughters are all alumni. I have one more daughter that will be a future Cavalier in 2011. We love Cleveland. I played baseball for one year. One of my brothers played for four years and so did my son. One of my daughters also played softball. This is who I am.

I'm not as upset about this story as my players were. If anything I am offended that you chose to bash baseball for something that football did. I am part of the baseball team, so I took it like I was being bashed also. I understand the softball field gets used more often than the other fields do, but that's out of our control. Our field does get used by football, soccer and adult baseball. I think if anything, we should be upset because

to this day the school has never done anything for the baseball field. It is a big chore to even get a sprinkler fixed. Everything that you see on the baseball field has been done by the coaches, parents and kids. On the other hand softball has been helped very generously throughout the time I've been here with all the different propositions. We fundraise our hearts out and we do our own work out there. We have a lot of pride for our baseball field and for that we should not be bashed. We also, occasionally lend our tools or whatever is needed for the softball team. When my daughter was there I also helped out with getting the field ready and even coached on occasion. We have nothing against softball or any other sport. By no means am I into putting our athletic programs down, but nobody works harder than we do, especially on our beautiful baseball field.

--Coach Ruben Marcial

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# Le Sabre

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As the staff of *Le Sabre*, we strive to objectively cover the entire Cleveland High School community, including all small learning communities and the diverse interests of the student body, faculty, and surrounding neighborhoods. We aim to engage and involve the student body by providing accurate information while upholding the highest standards of journalistic ethics.

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# 'Chris'-tening criminals at The Land

BY TARA ATRIAN  
Staff Writer

When Chris Brown recently came to The Land, he was not followed by the despicable misdeeds he had done, but was welcomed with warm cheers of fame-craving high school students. I don't want to sound like broken record but the crimes that Chris Brown committed did not deserve those acclamations of admiration that were thrown his way.

Domestic and relationship violence is such a vile crime that Chris Brown should not have even been permitted to enter campus. I personally have seen the effect of domestic and relationship abuse, and it creates a hole in a person that rarely mends on its own. His presence shows teenagers that it is okay to commit a crime and experience no consequences.

After savagely beating his girlfriend, singer Rihanna, biting her, and bashing her head against a car window, Chris Brown was greeted like a hero, instead of the vindictive and sadistic abuser that he is.

Honestly, it is partially justified that people acted this way due to the fact that Chris Brown's sentence for this felony charge was lightly enforced. All he got for this heinous deed was a slap on the wrist, some probation, and community service, a punishment that is useless because it gives no

real justice to Rihanna, but also ridiculous because a person that was not a celebrity would usually get a lengthy sentence in the slammer. This also poses a significant question: why do not only Chris Brown, but celebrities in general receive a get-out-of-jail card when they commit a crime?

We have seen circumstances like this before in which celebri-

ning director and child rapist Roman Polanski. Polanski was able to evade the law for 20 years before recently being captured and rightfully imprisoned for this unforgivable crime. It is sad that even in cases where a person is being stripped of their physical and emotional identity like in the cases of rape, the celebrities get a minimum sentence or none at all.

It is unfair that these celebrities have the advantage and the resources to evade the law and basically commit crimes without having any penance for their actions. These celebrities are able to dodge consequences for their actions due to the resources they have that most people lack.

Celebrities have enough money to hire a good lawyer and be able to sway a judge. Money is the key to everything and the most important aspect in evading the law. If you have enough money to afford a really good lawyer, chances are you will walk away from court with barely a slap on the wrist. Celebrities also have the media in their hands, an aspect that intimidates the law.

The fact that these celebrities are not properly punished and that their victims are not given the justice they deserved is absurd. This type of ideology in the media makes it seem okay to commit crimes like these and be able to circumvent the laws.

ties get better treatment under the law due to their social popularity and wealth. In 2007, Lindsay Lohan had two driving under the influence (DUI) busts, which in normal circumstances would add up to a month or more in prison. In her case she only received a total of 84 minutes in jail in exchange for working eight hours at a morgue, plus two more at the emergency room.

Another celebrity get-out-of-jail card was issued to Naomi Campbell in 2007 when she assaulted her maid. Naomi's penance was a mere five days cleaning a Manhattan Department of Sanitation facility.

A more recent defilement of law is in the case of Oscar win-

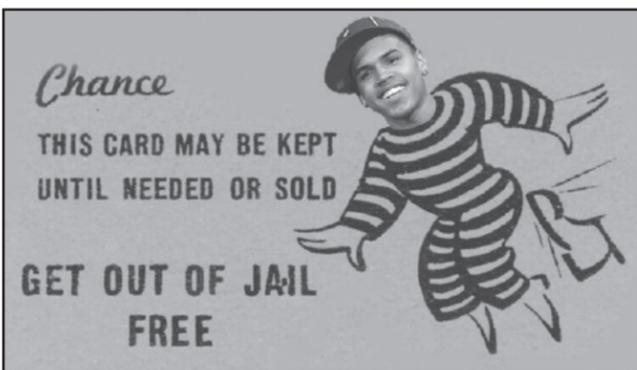


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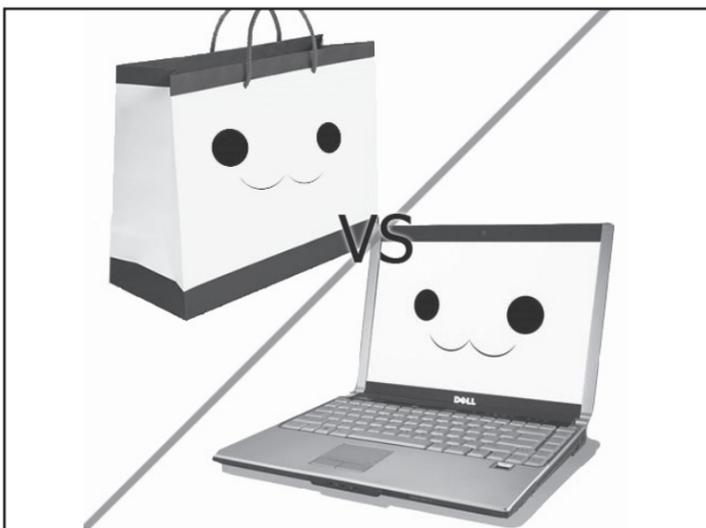


photo illustration by Eric Tran

## To click or not to click: online shopping

BY JEILA SAIDI  
Staff Writer

BY JOLENA COLLAS  
Staff Writer

Sometimes I have those anti-social, angsty, hormonal days when I just don't want to leave the house. These days are especially common around the cold winter holidays, but this does not mean that I can escape holiday shopping.

I find that online shopping can be easier than shoving through hordes of greedy and pushy people. We have all experienced competitive shopping against overzealous moms and excited teenagers, and I assume it's safe to say it's not fun.

Shopping at malls also tends to be limited, and it is likely that you will return with nothing but throbbing feet and a vicious headache. Shopping online is a more relaxed, favorable, and sometimes cost-effective way to shop.

Searching for a specific size or color in merchandise through piles of unorganized clothing is tedious and irritating. It is exasperating to be surrounded by a mob of rushed people and have to dodge their chaotic, grabby hands.

Not only do you have to deal with these monster consumers who will stop at nothing to score their merchandise, but you will be forced to tolerate impolite sales associates too. I cannot tell you how many times I have walked out of stores due to a snappy employee.

Retail online maintains variety because products come from the manufacturers themselves so there are no limits to what you can and cannot purchase. Many retail stores like Urban Outfitters and Forever 21 have items exclusive to their websites. Even their sale sections online are more open to variety because it is not specific to one store location.

Furthermore, there are many sales and promotional discounts that are specific to these website. Most of the time, shipping is even free. I cannot emphasize how stress-free online shopping is. There are no lines, no pushy people or rude sales associates, wide variety, and reasonable prices.

It is also refreshing to be able to shop at my own pace and make decisions with the easy click of a button.

Online shopping supersedes shopping in-person without a doubt. So the next time you have on of those days where you want to stay home and take it easy, pick out an outfit or a gift online.

With the new technological era, there are so many developments to our lifestyle. Everything from taking online classes to buying groceries can be done at home. Recently, our society has developed a new obsession with online shopping. Although many argue that it is more convenient, organized, and simple, I highly disagree.

Firstly, in-store shopping generally gives you better deals. Pricing of sale items vary depending on store location. Usually, the store prices are lower than the prices advertised online. Furthermore, stores sometimes have sales that are not available online. Urban Outfitters for example often has an extra 50% on sale items at certain times of the year but not online. Frys is another example of this policy.

Secondly, there is the advantage of trying on clothes and shoes when shopping in person. Online, the only way to judge the merchandise is by how it looks on the model. For most of us, our bodies are not exactly similar to those of the models. So thinking that the clothing will look just as amazing on us as it did on them, we buy it. In addition, if the product is defective, you must undergo the complicated process of online returns.

This brings us to the third disadvantage. Returning items online is a total hassle. To return purchases you have to fill out a application for a return authorization form. After receiving a return authorization form, you have to print out the document, attach it to the box of the product, and send it back to the outlet or store. Often, you have to pay for the shipping and handling charges to return the product. Furthermore, original shipping and handling prices are often not refunded. Buying products online leads into the whole process of returns and losing money.

Furthermore, it has been proven that when shopping online, we are more prone to impulse shopping. It is so much easier to simply type in your credit card number and click yes. Furthermore, because we have to wait for our purchases to be shipped when shopping online, we don't really realize how much we have actually bought.

Overall, in-store shopping is a more beneficial and much safer than online shopping.

# Holding holidays to Christmas

BY YOUNG CHA  
Staff Writer

Christmas is "the most wonderful time of the year," according to singer Andy Williams.

Homes are cheerfully decorated with bright shining lights and beautifully crafted ornaments. Presents of all shapes, sizes, and color give a warm gentle pulsating glow under the majestically erected Christmas tree.

When everything is brought together, Christmas does indeed seem as though it is the most wonderful time of the year. Unfortunately, not the same can be said for everyone. For more than we would like to admit, Christmas creates a bleak and alienating atmosphere.

As a child shopping for the holiday marvels at the festivity of the season, another child wonders why they do not celebrate Kwanzaa, or Hanukkah, or any of the other numerous important commemorations that are as abundant as the cultures that surround us.

In the midst of all the merrily and cheery celebrating we marginalize the other holidays

that hold special meaning to the people who consequently feel as though they do not belong.

Of course the issue is not in that we celebrate the holiday, the issue at hand lies in the way in which we embrace it en masse.

Every year the radio stations run songs especially dedicated to

out the cultures of other people on a nationwide scale. We are sending the message that they should change who they are and do what everyone else is doing because being different is wrong. I mean, who does not celebrate Christmas right? You must be from another planet if you celebrate other silly holidays.

Nonsense. In an age of multi-cultural communities and interactions we cannot continue to marginalize these people. We cannot emphasize one culture while putting down another. There is, without a doubt, a feeling that we must honor all these timely traditions or commemorate none all together.

The marginalizing of minorities and division of people based on their culture is a thing of the past. In order to progress into the future we have to give the due respect to everyone and in a manner equally shared amongst them all in order to create a harmonious and united community.



photo illustration by Eric Tran

Christmas. The kids line up at the malls to sit on Santa's lap while that marginalized child watches wondering why everyone wants to hop on some strange old man.

Though we may not realize it, what we are doing is washing



photo by Haig Nalbandian

**Noodles For All:** JROTC previously sold food to many Cleveland students.

## Fundraising food sales face danger of being shut down

BY CALVIN RATANA  
Staff Writer

According to LAUSD health guidelines, Cleveland's JROTC will be required to stop selling food on campus, including cookies, chips, and Cup of Noodles.

"The student body finance policy is very restrictive," Principal Herman Clay said. "The district's finance policy requires that all sales are to be done through the student store because profits made fund student activities and organizations, such as clubs and athletic teams."

Clay further explained reasons for the decision. "All sales of snack foods on campuses are prohibited. In addition, the JROTC store was in competition with the student store, which is another violation of the rules set by LAUSD's student body finance policies."

Both First Sergeant Steven L. Rudy Sullivan and Colonel Hartman said they would comply with Clay's request that JROTC stop their sale of food.

"Here in the JROTC program, we teach our students discipline. We, as their teachers, must follow that value, and not go against the principal and disobey the rules," Sullivan said. "What the principal says we have to do, we do. We don't question his authority."

Sophomore Michelle Garcia is unhappy about JROTC's store shutdown.

"They shouldn't shut it down because then there won't be any more chips, cookies, or Cup of Noodles to buy on campus," Garcia said. "They're not selling for personal gain, but for JROTC."

Senior Osama Shazad shares the same opinion as Garcia.

"I think it's wrong [to shut down the sales]; the money wasn't being pocketed by any one person, it was all for JROTC," Shazad said.

However, JROTC isn't the only school organization being targeted. All programs, organizations, and teachers in the school selling illegal food are being asked to stop.

For many years, LAUSD has

been trying to improve student health by prohibiting soda and junk food sales at schools.

"We're in high school. By now we pretty much choose what we eat," Senior Carlos Romero said. "We can't entirely blame it [health problems] on what is being sold to us. I believe the food approved to be sold by the student store is just as bad. Those Baked Hot Cheetos are still Hot Cheetos no matter what; they are just labeled 'baked' and supposedly more healthy."

"I don't think shutting down stores like JROTC's will help students improve their health," Shazad said. "Even if the food students want isn't sold at school, they can go to other vendors outside of school like the 7-11 down the street."

Principal Clay isn't asking JROTC and other teachers to stop selling food because he wants them to. "I'm not happy to ask them to stop," he said. "What they were trying to fundraise for isn't bad, it's just we, as a school, have to live by the guidelines."

## 30,000 more troops to Afghanistan

BY MERY HOUNANIAN  
Copy Editor

President Obama has decided to send 30,000 additional troops to Afghanistan between now and this summer in an effort to win the war. During the 2008 Presidential campaign, Obama promised to "listen to the generals on the ground." While many Democrats

in Capitol Hill are dismayed by this turn of events, Republicans are supportive of the Obama's decision.

Obama announced the withdrawal of soldiers will begin in July 2011. There are fears the war in Afghanistan could become a repeat of the Vietnam War.

Since Obama took office in January, 32,000 troops have been deployed to Afghanistan. The 32,000 include 21,000 deployed this spring under Obama and 11,000 who were deployed under former President Bush but who were not deployed until this year.

Obama mapped out an exit strategy so the United States and the North Atlantic Treaty Organization (NATO) can exit Afghanistan in eighteen months.

Administration officials say the timeline for beginning the withdrawal is flexible, and conditions on the ground will be considered before a significant pull-

out.

Some analysts say it is a signal to the Afghan government that the U.S. will not be in the country for decades to come. Others believe U.S. military presence will remain in Afghanistan for several years, suggesting it will take a long time to train, outfit, and mentor a significant number of Afghan forces.

Obama has recently said that if he does not become a two-term president, he would not want to leave the problem of the Afghanistan war to his successor.

Cleveland history teacher Scott Cameron believes Obama's decision to send



photo illustration by Eric Tran

more troops to Afghanistan will certainly affect the course of American history. He says it is probably the single hardest decision that Obama will make in his presidency.

Cameron said that while wars are fundamentally wrong, "Afghanistan is where we need to be. Iraq was a waste." He said it is a good thing there is a timetable for the length of time troops should be in Afghanistan and that there will be a reassessment of the progress made in eighteen months.

"The person responsible for 9/11 is still out there," Cameron said. "The increasing of the troops is necessary, and hopefully, it will work."

## Truancy tickets

continued from front page

Many students have reported that police officers have ticketed when they simply are on their way to school.

"I was a few minutes late and on the same block as school, and the police pulled us over and ticketed us," an anonymous Cavalier said.

On the Cleveland campus, there are three campus police officers and one psychologist. The LASP and LAPD are responsible for ticketing students at Cleveland High School.

Campus Officer René Avalos who advocates for truancy tickets explained that while most people obviously do not like getting tickets, he believes that, "they [truancy tickets] are a step in the right direction."

They are opening peoples' eyes to the consequences of being truant."

Avalos also believes that ticketing students who are truant will teach students a lesson to not be truant again.

"If the fine was light, people wouldn't take it [being truant] seriously," Avalos said.

When asked his opinion on Taking Action and the Campaign Against Truancy Tickets, Officer Avalos said, "I think any organization working to open peoples' eyes is respectable. I can appreciate any group that helps the youth be aware of what is going on around them."

In response to students complaints about getting tickets on their way to school, Avalos explained that he specifically tickets students who are intentionally not on their way to school. Using his discretion, Avalos does not ticket students who are on the way to school.

"Truancy [tickets] are for people who are not making the effort to get to school," Avalos said.

However, Avalos does believe that truancy tickets are an effective solution to solving tardiness.

## JROTC volunteers at Annual Veterans' Holiday Celebration

BY CHANDLER HUDSON, CALVIN RATANA, AND ARMAND SAROGLANIAN  
Staff Writers

On Sunday, Dec. 6, the 17th Annual Veterans' Holiday Celebration took place in West Los Angeles to honor the veterans of the country. The event, designed by the Veterans Administration of Greater Los Angeles Department of Voluntary Services and Men's Divisions International (MDI) and the Family of Women (FOW), helps veterans by giving them an opportunity to socialize and enjoy a good meal.

California has the second largest population of homeless veterans with New York holding the top spot on the list.

According to the head of Veteran's Holiday Celebration Inc. Bruce Knight, "It [the Veteran's Holiday Celebration] is an effort to get the community involved in caring for our homeless and disabled veterans and build

something stronger in the community."

Knight, who is also a veteran, says 40 percent of the veterans who attend the event are home-



photo illustration by Holland Mervis

less. Eleven percent of this group are women. The majority of veterans who attend are disabled, and some have even been mentally affected by their war experiences.

"We are here to just give these guys a meal, without them having to ask for anything," Knight said. "I believe this event positively affects the veterans, as it has had a positive impact on me."

Cleveland's JROTC program participated in the event, including 30 cadets and JROTC leadership.

"[The cadets] lined up to serve home-cooked style Thanksgiving food to the veterans for the first half hour and then were free to talk to the former soldiers," Cadet Major Emilio Garcia said.

While Garcia was grateful to have been able to participate in the program, "The experience made me feel kind of down," he said. "I was depressed that we don't take better care of veterans. They were very happy, though and were joking around a lot."

Veterans from WWII, the Korean War, Vietnam, and the Iraq War were present at the celebration. The event featured music from the Blues Brothers and some classic rock, contributing to the enjoyment of attendees.

The Veterans Holiday Celebration has grown to serve more than 3,000 veterans and even active duty members on average every year.

# Healthcare debate heats up

BY HAIG NALBANDIAN  
Staff Photographer

After a debate that lasted all summer of this year, the Affordable Health Care for America Act passed the House of Representatives on Saturday, November 7 with a final vote of 220 for and 215 against. Once it arrived at the US Senate, it was voted to the next stage of the legislative process on November 22 with a final vote of 60 for and 39 against. Now, the health care bill is in a stage that allows it to be amended, changed, and have smaller details voted on in order to arrive at a final bill which will either be approved or vetoed by President Obama.

Still, the argument in the Senate continues to rage stronger than ever. It seems one of the key issues has now become the inclusion of abortion in the bill. At the moment, the health care plan that would be available to all American citizens includes abortion coverage. Ensuing a vote on December 8, the Nelson amendment which would tighten regulation on insurance companies funding

abortion, was defeated with a vote of 54 against and 45 for.

"Let's be clear, the bill as it stands does continue the current law," Senator Claire McCaskill, D-MO, said. "What this amendment does, is it goes further. You can't use public money in the private market, and, frankly, I think that goes too far."

Like McCaskill, six other Democrats voted against the Nelson amendment, meaning they could possibly vote against the health care act as a whole, which would cripple any chance that it has of reaching the president.

"The reason I oppose abortion and the reason I support this historic bill are the same: I respect the sanctity of life," Majority Leader Harry Reid, D-NV, said. "This is a healthcare bill. It's not an abortion bill. We can't afford to miss the big picture."

Students on campus had strong opinions regarding the healthcare debate. When asked whether or not it is the government's responsibility to assure women the funding for an abortion, Junior Audrey Mladina re-

sponded, "I am pro-choice in the sense that I want to have the right to an abortion, but I don't think it's the government's job to fund abortions for adults."

She clarified, "It is the government's job to keep its people safe. This current healthcare system causes more deaths than it saves lives."

On the other hand, when asked about the same topic, an anonymous student said, "It gives far too much power to a government that has done nothing to earn our trust. Socialized services like the Postal Service and the DMV are so inefficient. Socialized medicine will only create more problems instead of solving the present ones."

Because of the opposition to various parts of the universal health care plan, many believe that it is impossible to pass in this country. Nonetheless, Reid has said that all Democrats have reached a "broad agreement" on the healthcare bill. New claims are arising which say the government will partner with a non-profit insurance company.



photo by Haig Nalbandian

**Working Hard:** Junior Council board members (from left to right) Audrey Kim, Precious Nicanor, Myles Nelson, and Kimberly Gregory discuss fundraising ideas for the remainder of the school year.

## Junior council faces its own recession

BY CHANDLER HUDSON  
Staff Writer

The current Cleveland High School graduating class of 2011 is facing a serious budget deficit. In order to book the venue for its prom, the Junior Class was forced to borrow money from the school due to a lack of sufficient funds.

"The school fronted the money," Junior Class Vice President Ryan Yoo said. "We have been fundraising to literally get out of debt. [However,] we made a ton of money on our See's Candy fundraiser, which should go a long way."

Yoo's statements were almost a premonition because Junior Class President Kimberly Gregory later confirmed, "We [the Junior Class] are out of debt."

Gregory was excited to be out of the red, "but we still need to have money to pay for other senior necessities." Gregory was very grateful for the support of

the whole Junior Board.

"Everyone really helped out and came up with good ideas," Gregory said.

It appears that the whole class pulled together to dig themselves out of their economic slump.

The Junior Class started the school year with \$3,500 in cash. The payment for the prom deposit was \$4,500, which forced the class to borrow money from the school. The See's Candy fundraiser made more than \$3,000, which greatly alleviated financial strain. The financial hardships were caused by a smaller council size during the class of 2011's freshman and sophomore years and a few fundraising debacles, such as council members ordering sweaters and then not paying for them.

The Junior Class has set a fundraising goal of \$10,000 for this year and has made a significant step toward that goal with profits from the See's Candy fundraiser. But that kind of ex-

pectation is justified because, "without more money, package payments dramatically increase from this year," Junior Class Treasurer Haig Nalbandian said. In response to the lack of funds, Nalbandian also said, "I don't think we would have the flexibility to throw another skate night."

Stephanie Slaughter, Assistant Advisor to the Junior Class, was also pleased to see the success of the See's Candy fundraiser.

"They're working hard," Slaughter said. "They have money, and they're working hard to raise more."

Following in that vein, the Junior Class has several fundraisers coming up in the next few months. On December 23, it will host an event at Ultra Zone and The Habit. The Junior Class is also fundraising in cooperation with Jeopardy on January 6. The Jeopardy event is free, and the episode itself features the college tournament.

## NEWSFLASH

*all the news we think you should know but didn't have room to print*

### Football Ends Season at Playoffs

The Varsity football team ended their victorious season against Arleta High School during the second round of playoffs. The final score was 23-30. The team surprised many Cavaliers this year. Congratulations for making it to playoffs!

### Boys' Water Polo Reaches City Finals

On November 13, the boys water polo team played against Birmingham High School at the University of Southern California. Though they have had a spotless record throughout their season, Cleveland was defeated at City Finals with a final score of 5-9. Congratulations over all boys!

### Feel Out of the Loop?

*Le Sabre is now online!*

Check out our online school newspaper ([www.lesabreonline.com](http://www.lesabreonline.com)). The site includes fashion blogs, music blogs, blogs written about school life, stories not found in the paper, videos of students at The Land, and more. Do not hesitate to leave a comment on any of the stories!

## UCs hike up the price of education

BY CALVIN RATANA  
Staff Writer

Just a few weeks ago, the UC Board of Regents agreed to raise the University of California (UC) tuition rate by 32 percent. A mass of students at UCLA protested the hike when the Regents were having their meeting with 14 students arrested after the protest. Tuition will be increased as a result of major cuts impacting California's public education system.

The UC suffered a loss of support from the state and has been doing all it can to recover from the cuts. The tuition hike will supposedly help fix the economic situation facing the schools.

"Because of the budget cuts, we're looking at less freshmen being accepted," College Counselor Sharon Drell said. "This is also due to having to accommodate for the incoming transfer students from community colleges, who have nowhere to go. A lot of people are going to apply to out of state to colleges or to private colleges because of the tuition hike. Private colleges can provide more financial aid because of the money they get from private contributions."

Drell also offered that to help alleviate the burden of additional cost for the students, the UCs will be looking at bigger class sizes and more online classes.

"The 32 percent hike is edging me to want to go to a private college instead, because it has more financial aid to offer and the class sizes are smaller," Senior Jeffery Sirimahachaiikul said. "I also think that it is unfair for the UCs to put so much stress on the students."

Senior Ross Zelen agreed it is unfair to put a lot of the stress

upon the student population.

"I'm afraid of what kind of statement we are making about education and the exclusiveness of college education," Zelen said. "The UCs pride themselves on being available to admit anyone cost-wise, but making the tuition cost more makes it more privileged, so that only rich people can afford college."

Zelen also offered, "I think it's really sad that education funds are being cut so rapidly, but the prison funds have not been cut as badly as education."

With the rise in UC tuition, students may be taking out more student loans.

"The cost is already about \$20,000 a year, but with the 32 percent hike, it will cost almost as much as a private. If it costs more, then I have to take out more student loans that will take me a long time to pay back," Sirimahachaiikul added.

"The rise in tuition is going to affect my education," Zelen said. "At first I thought I could afford two years without having to work part time, but now I'm in the position where I have to take out student loans, and work during my freshman year."

The situation, according to Drell, is bleak. "We're looking at more cuts and less freshmen accepted in the future," Drell said.

Both Zelen and Sirimahachaiikul agree the situation will get worse before it can get better. According to Drell, "The past administrators got us into this mess because they had spent so much money instead of saving up."



photo illustration by Eric Tran

# holiday playlist

Last Christmas- Glee Cast

Winterlove- Parachute

Holiday- Jennifer Hudson

Prosty the Snowman- Fiona Apple

Rockin' Around the Christmas Tree- Miley Cyrus

The Hanukkah Song- Adam Sandler

All I want for Christmas is you- Mariah Carey

The Christmas Song- Catherine Feeny

Sleigh Ride- KT Tunstall

Christmas- Leighton Meester



## Reseda's hidden gem

BY JOLENA COLLAS  
Staff Writer

With fast food chains like Taco Bell and El Pollo Loco right around the corner, small family run Mexican restaurants are hard to find. Few of us really know what authentic Mexican food is.

I had been hearing great reviews about Melody's Fresh Mexican Kitchen for quite a while, so I decided to give it a try. It is owned by the small family who also owns Las Fuentes. This small kitchen is truly a hole-in-the-wall restaurant. It is small and cozy, with an authentic vibe. With its bright green walls and eccentric decor, it is quite different from most restaurants.

The menu has a great range of choices, and has covered the wide variety of basic Mexican dishes. Famous for its delicious horchata, Melody's definitely lives up to its hype. The restaurant as a whole smelled amazing and the food looked quite appetizing. There is no waiter service and you seat yourself. Upon my first visit, I ordered the chicken salpicon tostada and my friend ordered a carne asada dinner combo plate with rice and refried beans.

The chicken salpicon tostada was pretty good; it was fresh and

light with a real Mexican taste. The carne asada was very flavorful and not in even slightly overcooked. Also, the perfectly smoked beans were worth the visit. However, the rice was a disappointment after the delicious beans, but was quickly overshadowed by the huge servings offered for a reasonable price. Last minute, we decided to get a basket of fresh tortilla chips and "mom's flan." The tortilla chips were amazing and not at all oily. On the other hand, the flan was small and overpriced, though I have to admit it was quite good.

Aside from the food, the service was friendly but because of how overcrowded it was, the wait was ridiculously long. Finding a table at lunch hour on a Tuesday afternoon was impossible. Although the loyal clientele prove the fantastic quality of the food, Melody's would be better as take-out if you are looking forward to a quiet meal for two.

Overall, I give the restaurant three stars. The lack of parking and seating was quite a let-down but the food made up for it. It is perfect for an afternoon pick-me-up, a lunch date with a couple of friends, or a casual date with that special someone.

## "Let It Be" the holidays

BY MERY HOUNANIAN  
Copy Editor

The Beatles had their last concert atop a New York rooftop in 1969. Forty years later, The Beatles are still dominating the world. It is safe to say that most people have at least one friend who is a Beatles fan, so why not give them the gift of all-things Beatles this holiday season?

- Beatles Rockband, for the fan who wants to be John, Paul, Ringo, or George

- The Beatles Charm Bracelet: Charms include a Yellow Submarine, Sgt. Pepper's hat, and a tambourine

- Abbey Road Canvas Satchel Bag and Wallet

- Fab Four or Yellow Submarine Old School Tin Lunchbox

- The Beatles Anthology Travel Mug and Thermos

- "Let It Be" Throw Blanket

- The Beatles Monopoly Game

- The Beatles Trivial Pursuit

# Cheap and Chic Gifts

It's easy to get swept up the holiday spirit, why not let it out by making cute gifts? Making gifts for family and friends is a simple way to show them you care. Here are a few do-it-yourself gifts that won't break the bank.

*Happy Holidays!*

### Gift Tags

Making your own gift tags will put a personal touch onto your gifts. Fun to make, these gift tags are perfect craft to do.

You will need:

- Scrapbook paper or card stock
- Scissors
- Single-hole puncher
- String or thin ribbon

Using either scrapbook paper or card stock, cut the tag into a simple shape like a square or circle. Decorate however you want. Use the single-hole puncher to make an opening at the top and attach the ribbon so that you can tie it to the gift.

### Sweet Snails

You will need:

- Spice drops
- Licorice
- Icing
- Peppermint hard candies
- Toothpicks



Cut one-fourth off the side of a spice drop. The inside of the spice drop will be sticky, kind of like a natural adhesive. Stick a peppermint candy onto the sticky side of the drop. Put two holes on the top of the drop for the snail antennae. Take a licorice and peel it apart. Cut the strands into small pieces, take two pieces and put into the holes on the drop. Put two dots of icing for eyes. Place into bags and spread the sweet spirit of the holidays!

### Button Wreath Ornaments

You will need:

- Lots of buttons
- Wire
- Wire pliers
- Ribbons
- Scissors



Thread the buttons through wire until there is enough for a wreath. Using the pliers, bend the two ends of the wire together and twist the wire together. Loop the ribbon where the wire twist is so you can no longer see the wire, tie at the top. Take another ribbon in a different color and tie a bow onto the first ribbon, right above the button wreath where the wire twist was.

### Snowman Poop

You will need:

- Mini marshmallows
- Plastic bags
- Holiday color ribbons

Snowman Poop is as creative as holiday gifts come. You will first need to print out the poem below: *Santa looked at his list, Even checked it twice. And he has seen that you have not been very nice. Since coal's so expensive, Here's the scoop, Santa's filling your stocking with SNOWMAN'S POOP!* Then fill your plastic bags with mini marshmallows and place the poem on top. Then close the bag with ribbons.

### Mixed Holiday CD

You will need:

- Blank CD
- Playlist

If you know how to burn a CD this is one of the simplest gifts you can make. Gather some of your favorite holiday songs into a playlist, insert your CD and click the 'export' option in your media player. Decorate the CD case to look fun and festive.

### Peppermint Chocolate Bath Bonbons

You will need:

- 8 tablespoon powdered milk
- 1 tablespoon cocoa butter
- 2 tablespoon powdered cocoa
- Peppermint oil
- Candy mold

Melt the cocoa butter and remove from heat. Add sifted powdered

milk and cocoa, mix the ingredients together. Then, add two to four drops of peppermint oil and mix. Pack the mixture into candy molds that are at least a tablespoon in size. Put the candy molds in the freezer and leave for at least half an hour.

### Popcorn Wreath

You will need:

- Popcorn
- Paper plates
- Ribbons
- Sewing needle
- Dental floss



Cut out the center of the paper plate, cut three feet of dental floss and tie one end to the paper plate. Take the other end and thread it into the needle. Use the needle to string the popcorn onto the dental floss. When you're done stringing the popcorn, take the floss out of the needle and tie off that end. Wrap the strand of popcorn around the paper plate, it might take more than one strand to cover a plate. Tie a ribbon through the plate and make the loop. This is a fun craft to do with friends, just make sure not to eat all the popcorn!

# December Concert Calendar

ARTIST	VENUE	DATE	PRICE
1. Local Natives	1. The Echo	1. December 22	1. \$5
2. Kid Cudi	2. Club Nokia	2. December 23	2. \$21.50
3. Tenacious D	3. Largo	3. December 23	3. \$31.50
4. Ne-Yo	4. Club Nokia	4. December 30	4. \$50
5. HARD New Year's Eve	5. Hollywood Palladium	5. December 31	4. \$46-\$76
6. Chromeo	6. Club Nokia	6. December 31	5. \$55
7. Flogging Molly	7. The Wiltern	7. December 31	6. \$41.50
8. Together As One	8. The LA Sports Arena	7. December 31	7. \$56.50
9. Sonic Youth	9. The Wiltern	8. December 31	7. \$38.50
10. Vampire Weekend	10. Henry Fonda	9. January 1	8. \$60-\$80
11. The Black Lips	11. El Rey	10. January 12	9. \$28.50
		11. January 23	10. \$28
			11. \$12

## That's a wrap!

BY MERY HOUNANIAN  
Copy Editor

2009 is coming to an end, and the new decade will be upon us soon. Here is a break-down of the most popular songs, albums, movies, and books from 2000-2009.

**Best-Selling Album of the Decade:** "No Strings Attached"- NSYNC

**Song of the Decade:** "We Belong Together"- Mariah Carey

**One-Hit Wonder of the Decade:** "Bad Day"- Daniel Powter

**Book(s) of the Decade:** The Harry Potter series by J.K. Rowling and The Da Vinci Code by Dan Brown

**Movie of the Decade:** Lord of the Rings: The Return of the King

**T.V. Show of the Decade:** "House"

**Most Used Words of the Decade:** "Global warming"

**Sensations of the Decade:** Internet, iPods



Sources: The Associated Press, Rolling Stone Magazine



photo illustration by Holland Mervis

## The stalker inside us all

BY JEILA SAIDI  
Staff Writer

With people "famous just for being famous" in today's world, obsession with celebrities has increased to a ridiculous extent. For example, young fans of the television show "Hannah Montana" have had their parents take out second mortgages on their homes just to buy a ticket to one of her overpriced concerts. In times like these, there are not many that can afford to put themselves in more financial stress.

Quite often bands or actors charge a fee for "meet and greets" that only last a few minutes. If musicians don't charge money for the "meet and greets" it is likely that the events are exclusive, available only to fan club members who pay a monthly fee.

If celebrity followers don't attend events coordinated by their public relations teams, it is likely that these fanatics will follow them to certain locations just to meet them. Fans all over the nation have resorted to following their favorite cast members on Twitter just so they know their whereabouts. With social networking sites like Twitter, stalking celebrities has gotten out of hand.

Where do people find the time to even log on to these Twitter pages

let alone go and wait around for their idols?

Some teens have become plagued by obsessions with celebrities. Education has been disregarded by students because they would rather attend concerts or movie premieres. Now, it is common to see people resort to truancy just for the chance to spend mere minutes screaming their love to their favorite actors or musicians. Forget important political figures and human rights activists, people only seem to care about celebrities.

"I would stand in the snow for eleven hours just to meet Johnny Depp," said Sophomore Brenda Lopez.

Some die-hard fans camp out on the sidewalk of venues to see their favorite bands play, while scalpers make thousands of dollars exploiting the interests of these fanatics. After the 2008 release of Twilight by Stephenie Meyer, pandomonium broke out among obsessive teens. There have even been reports of young girls being trampled by over-hyped fans during Twilight press junkets.

There has always been a desire to meet celebrities, but when so much time, money, and effort is put into meeting these people, it is obvious that the goals of teens are seriously flawed.

## Now Muggles can be wizards too!

BY MERY HOUNANIAN  
Copy Editor

Get ready Potter fans, the opening of the Happy Potter Theme Park is fast approaching.

The theme park is a part of Universal Studios' "Islands of Adventure Park" in Orlando, because nothing says Hogwarts in England like Florida. Harry Potter and the Half-Blood Prince DVD offered a sneak peak of the park's offerings. In recent weeks, Universal Orlando has been vamping up their advertisements.

The early marketing campaign, which is likely to get larger and louder after Christmas, is a testament to the importance of Wizarding World to Universal, which is banking on the \$200 million-plus project to help reverse dwindling attendance. The collection of themed rides, shops and eateries is considered by many to be the big-

gest addition to any of Orlando's theme parks since Walt Disney World opened Disney's Animal Kingdom in 1998.

Universal is hoping to offer it's muggle patrons a truly authentic feel of the wizarding world. There is a walkthrough of the Hogwarts castle, where people can live out their Harry Potter fantasies. The small village of Hogsmeade is also built to scale where patrons can enjoy a butterbeer at the Three Broomsticks and get sweets at Honeydukes Sweet Shop. J.K. Rowling, author of the series, was present at a butterbeer testing and loved the frothy, nonalcoholic drink.

Other attractions include the Flight of the Hippogriff ride, a family friendly coaster, which centers around the Care of Magi-

cal Creatures class that Hagrid teaches. Hagrid gives instructions on how to properly behave and approach a hippogriff.

Inside Hogwarts castle will be the line to the Forbidden Journey ride which will feature moving portraits and will take people through the Defense Against the Dark Arts Room, the Common Room, and the Great Hall.

The theme park is interactive and will be enjoyable for children and adults alike. The theme park is expected to bring in a large revenue from the projected millions of prospective visitors for Universal. Exciting and magical, no muggle will be able to resist Harry Potter and his world. The Wizarding World of Harry Potter is expected to start enchanting visitors in the spring of 2010.

# Sister tells of travails and triumphs of her autistic brother

BY MERY HOUNANIAN  
Copy Editor

Twelve in every 10,000 children have autism or a related condition. Senior David Borsuk is the only autistic student at Cleveland who is mainstreamed. There are, in fact, enough autistic students at school for them to have a class to themselves.

Autism is a brain development disorder, which is characterized by impaired social action and communication, as well as restricted and repetitive behavior. Signs usually begin before a child is three years old. Autism involves many parts of the brain, and it is not well understood how this occurs.

Senior Amy Borsuk, David Borsuk's sister, says that their parents learned about David's autism around the time he was three. "He wasn't talking, and his social development was a lot slower than mine," Amy shared.

Once their parents noticed this, they took David to a psychologist to be tested. David is high-functioning autistic, which means that his social skills and ability to function within "mainstream" society is considerably strong.

Researchers are not sure as to what causes autism. Several studies suggest that autism might be caused by a combination of bio-

logical or environmental factors, or both.

"My brother is very lucky to have my dad, who is able to work with him on his homework every night, for several hours at a time. Many families do not have the time to sacrifice for their child,

and so putting them in non-mainstreamed classes simplifies everyone's work load. This is very sad for me personally, because I see what my brother can do, and I know that if these other students are challenged, many of them would be able to do the same work that my brother does, and what other, non-autistic students

need daily. IEPs are developed by the parents of the student and the administrators at school. These plans are constantly revised. Students receive aides based on whether or not the parents and administrators decide (in the IEP) that the child needs an aide.

Having an aide is a huge advantage for autistic students because these aides are qualified to cater to their specific needs in the classroom.

"David is very fortunate to have Ryan Mattheson [his aide] in the classroom with him," Amy said. Unfortunately, many students do not have aides due to budget cuts at schools.

According to Amy, when she tells people that she has a twin, most tend to imagine that the pair are very close and finish each other's sentences. The Borsuk siblings have a very unique relationship. "We live parallel lives in the same house," she said.

The two play around and fight with each other like any pair of siblings.

On their relationship, "It's hard to 'bond' per se with an autistic person, because they are constantly learning how to create social relationships - it's not a skill that comes naturally... It's a relationship that I am working at

developing, and I know that when I go off to college, I'll call him from my dorm on our birthday."

A. Borsuk thinks that D. Borsuk is still getting used to the concept of being autistic. "For the majority of his life, my parents and I have always questioned whether or not he knows he's 'autistic'. I feel he's always known he's a bit different, but it hasn't stopped him from wanting friends, being able to go out on Saturdays and having birthday parties. He wants to fit in, just like any other teenager does," A. Borsuk said.

"David is very strong in math and has been a joy for his teachers," Amy said. David's algebra two teacher, Mr. Mitchell, explains that he loved working with David. David often received the highest grades on tests which motivated other students to do better.

Amy continued, "He's become his own advocate, as he's done speeches and presentations about being an autistic student in a mainstream high school. We're all very proud of him... He talks about the future a lot, and has career plans, just as I do. So if he understands what it means to be autistic, he obviously knows that being autistic means he can do anything he wants to, but he has to work extremely hard to reach his goals."



photo courtesy of Amy Borsuk

**Sibling Understanding:** Autistic David Borsuk (left) sits comfortably by his sister, Amy Borsuk (right).

and so putting them in non-mainstreamed classes simplifies everyone's work load. This is very sad for me personally, because I see what my brother can do, and I know that if these other students are challenged, many of them would be able to do the same work that my brother does, and what other, non-autistic students

all teachers are willing to do that. Autistic students often require extra services, such as Speech Therapy or an aide.

Each autistic student or any student with a learning disability has an Individualized Education Plan (IEP), which is an individualized lesson plan for students that explains what resources they

## Follow the white rabbit to a change in tune

BY DANIEL KOO  
Business Manager

"No time to say hello, goodbye! I'm late! I'm late!..." Who could forget the infamous music? In the past, Cleveland students have made the mad dash to class with the fast-paced classical music and the words of Alice's good friend, the white rabbit.

These songs have been replayed numerous times. Luckily, this school year, new and refreshing types of music have been played over the intercom at the Land.

The teacher's assistants of Assistant Principal Cindy Duong are the ones behind this transition.

"We each have a different period we're responsible for. We are pretty precise on starting the music two minutes prior to the next bell. Playing the music at the Land has been a tradition, but this year Ms. Duong requested that we expand the playlist," said Senior Amber Schwindler.

When it comes to what kinds of tunes are being played, the TA's make their selections on simple premises. "The songs should preferably be upbeat to create a sense of urgency to get to class,"

explained Schwindler.

Examples of some of the songs that have been playing during passing period are "Beat It" by Michael Jackson, "Eye of the Tiger" by Survivor, and "Let's Groove" by Earth, Wind & Fire.

Lately, the assistants have been attempting to increase the

The response of students at the Land has been considerably positive. "I'm really enjoying the new tunes- they make me want to dance all the way to class with my friends," complimented Senior Sarah Sassen.

Cleveland's oldies' fans are the main ones cheering at the moment. "I'm a huge fan of the oldies, and it's a good change from the regular 'hurry up' tunes," remarked Junior Jessica Hong.

Students who desire to hear their own favorite songs now have the opportunity to do so. All they have to do is drop off their request with the song title and artist name at the Student Activities Center in

the main hall. These songs must be free of any profanity or suggestive lyrics.

It's easy to see that the Land has become lost in a sea of music. The students are appreciating the assortment of melodies and looking forward to having their ears graced with new kinds of tunes everyday.

"Feel free to dance and sing along, but that is definitely not an excuse for being late!" warned Schwindler.



photo illustration by Holland Mervis

diversity of musical genres. Although the songs may be predominantly mainstream and oldies' ones that most students recognize, those of different cultures are also included such as merengue and Bollywood.

"We try to play each song only once since we want to make room for the most variety. Also, expect the music to follow seasonal themes such as the upcoming holidays," added Senior Stephanie Pagan.

### VOICE BOX

"WHAT IS YOUR NEW YEAR'S RESOLUTION?"



"Cut my afro off."  
-Freshman Cecilio Sapp



"Lay off the nachos."  
-Freshman Tracy Harrison



"My New Year's resolution is to get better grades, preferably straight A's."  
-Sophomore Diego Yong



"My New Year's resolution is to become an expert at Beatles Rockband."  
-Senior Rosario Campos



"New Year's resolutions are BS. People invariably give up on their resolutions. What's the point of New Years?"  
-Chemistry teacher, Carl Pecevich



"Why make New Year's resolutions on New Years, you can make them any day. They're just really lame."  
-Junior Paula Khan

# Santas across the universe

BY SANDY MAYEN  
Staff Writer

Everyone knows the story of good ol' Saint Nicholas. As many know, the big chubby man, Santa Claus, with a white beard, jolly cheeks and red clothes comes down the chimney and gives gifts to the good children and coal to the bad. He comes every year on Christmas Eve miraculously visiting homes all around the world in a single night. But has anyone one heard this story before?

Once, there was a little boy who lived by the seaside. He watched the ships go sailing by.

"What do you carry, where do you go?" he said as he saw them there. "I hope you bring many good things to girls and boys everywhere."



photo illustration by Eric Tran

Nicholas was the little boy's name. He loved surprising others with gifts and seeing their faces glow. Then he would hide and no one would know the one who loved them so dearly.

Once a father had grown so poor that he had to sell his daughters. Nicholas came with gold to keep them free.

Nicholas went to church one day and all the people stood: "You have a heart like God's," they said, "A heart that is so good. Will you be our bishop and lead us as God would?"

When Nicholas died, God welcomed him to heaven's great applause, "Well done, well done, good Nicholas, for serving well my cause." Now every Christmas, Nicholas comes with gifts for girls and boys.

Although millions of children anticipate Santa's arrival every year, Santa is not the only one expected. Winter gift givers are celebrated around the world. Several different countries have different beliefs when it comes to Saint Nicholas. Although they are not all alike, they all serve the same purpose to bear gifts to children of the land.

In Brazil, Papi Noel, created in the 1950's, visits children in a silk Christmas outfit. He delivers his presents in the same way Santa is believed to do so.

In Greece, Saint Basil takes on the Santa role. Just like his

North American counterpart, he comes down the chimney with a bag full of presents for all of the good children. The only difference is Saint Basil does not come on Christmas Eve. Instead he arrives on January 31st, the day before St. Basil's Day.

In Syria, Christmas is celebrated on January 6. All the children await for The Smallest Camel to bring them their gifts. The story originated from the three wise men. Legend has it that the smallest camel had a very hard time making the long journey, but resolved to see the journey to its fruition, in spite of his exhaustion. As a reward for his loyalty and strong desire to see the Christ Child, he was granted immortality. Now, each year on the night of January 5th, the smallest camel comes to bring gifts to God's children.

Recently, in South Korea, a Santa figure has emerged due to Western influence. Families are starting to take part in the traditions of good old Saint Nicholas. Instead of calling him Santa Claus, they know him as Santa Grandfather. Not the entire country takes part in this so Christmas is not considered a national holiday. Only 25% of the population taking part in the celebration.

In Italy, Baboia Natale (Father Christmas), goes from house to house on the day before Christmas. La Bafena (the Christmas Witch) is also believed to bring the children their gifts on January 6. In other areas, Gesu Bambino (baby Jesus) is the one held responsible for the children's gifts.

In Argentina, the children leave their shoes under the Christmas tree or besides their bed while they await the visit of The Magi (The Wise Men). The Magi arrive on the night of January 5, the eve of The Epiphany, which is when the people of Argentina celebrate the holidays. The children then leave hay and water for the horses of The Magi for their long journey.

Germans believe in Saint Nicholas, the gift giver of the good children. On December 5 he goes from house to house with his "Book of Sins". For those children who have been good throughout the year, gifts are left in a shoe or boot. For those who have not behaved, Saint Nicholas stuffs their boot full of twigs.

There are many Santa figures throughout the world but they all serve the same purpose -- to bring a smile to the children's faces. From south to west and from north to east, the emodiments of Holiday spirit live on and fulfill children's dreams.

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## Spreading the love in the winter holidays, lending a hand

BY ISABELLE BOLLA  
Staff Writer

The holidays should be a period of fun, warmth and relaxation, right? Unfortunately, this is not so for everyone.

It has been estimated that a total number of 254,000 men, women, and children face homelessness in Los Angeles county and metropolitan area alone. While the statistics for malnourished peoples in the Los Angeles area is still unclear, worldwide the numbers are increasing at an alarming and disturbing rate.

There is an approximated number of 1,020,151,648 people who are malnourished around the world and over nine million who

have died from starvation.

The holidays are a time of giving, learning, and caring. While this statement can and should be held true every single day, it is especially important to "spread the love" during the most anticipated season of the year.

Recent budget cuts have taken tolls on schools, programs, homeless centers and free clinics. The best antidote to this economic turmoil is people donating their time and help.

Volunteer centers across Los Angeles are welcoming any and all the help they can get. It is advisable for prospective volunteers

to sign up as soon as possible and deliver their fair share of gifts to the people who really need them.

"Eradicating the hunger of seniors depends on thousands of people, who believe seniors in America should not go hungry -- and who give what they can," said the Meals on Wheels Association of America.

"We provide hope, healing and change. Everything from blankets to coffee creamer is accepted," volunteer of five years, Leslie Mayo, of the Los Angeles Union Center said. Volunteer, give, learn this winter holiday. Give the gift of love and food.

### Places seeking volunteers for the holidays:

#### Los Angeles Mission:

**Food & Shelter**  
303 East 5th Street  
Los Angeles, CA 90013  
(213) 629-1227

#### Union Rescue Mission

545 S. San Pedro St.  
Los Angeles, CA 90013  
(213) 347-6300

#### Food on Foot

9663 Santa Monica Blvd.  
#743  
Beverly Hills, CA 90210  
(310)442-0088

#### Covenant House California

1325 N. Western Avenue  
Hollywood, Ca 90027  
323-461-3131

#### Human Services Division

City of Santa Monica  
City Hall  
1685 Main Street, Room  
212  
Santa Monica, CA 90401  
(310) 458-8701

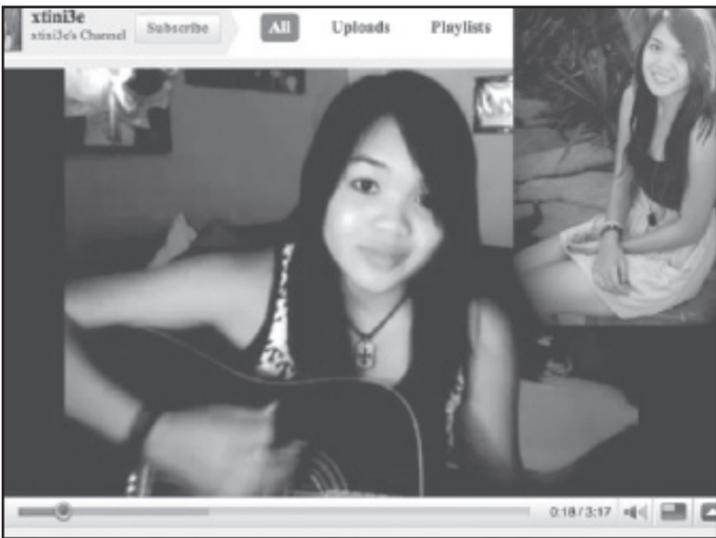


photo courtesy of Christine Orozco

## Youtube star at The Land: Christine Orozco

BY NOOR TELL  
Editor-in-Chief

Her fingers gently strum the guitar, and a smile slowly forms. The music quickly permeates her room – and the rooms of thousands of YouTube viewers. Cleveland Senior Christine Orozco has become a web sensation after posting videos of herself singing and playing music of her own music and covers of her favorite artists.

**Q:** Who or what inspired you to start playing the guitar and singing?

**A:** “My best friend Sabrina Mati. It was 7th grade and she called me one day, told me that she bought a guitar, and – you know, like every 7th grader’s dream plan – said I should get one so we could start a band. Luckily, I already had a guitar from my uncle in 3rd grade which was pretty good! And it all started just from one phone call. Also, the guitar was the only instrument my parents didn’t force me to learn to play, which was a big plus and made it even more appealing, being the rebel that I am. [smirks.]”

**Q:** When did you start learning to play the guitar and writing songs?

**A:** “I started learning how to play the guitar in 7th grade and mainly learned how to play certain songs. However, it was during 9th grade when I actually started writing my own songs and composing my own music.”

**Q:** What is your inspiration when it comes to writing music/lyrics?

**A:** “MY LIFE. Mostly all of my songs are based off of my own personal life, and some are from my friends’ experiences. Two years ago, I wrote a song about a friend’s friend who died from a jet ski accident. It’s called “Watching Over” and the whole song is through her eyes, telling everyone that she’s fine where she is now. Although I never knew her personally, by the time I finished writing this song it made me feel like I had a close connection with her.”

**Q:** Why did you create a YouTube account?

**A:** “Good question. Haha, I honestly don’t know! I think at first it was just for my random videos, but then one day my friend from NJ requested a song for me to play (Beauty in the Breakdown by The Scene Aesthetic) and I posted it up never knowing that it’d be favorited over 280 times! The funny thing is, I always post videos up whenever I have midterms to study for; it’s my favorite distraction.”

**Q:** How has YouTube affected you as a musician?

**A:** “In a way, it has given me more confidence in showcasing my talent. I used to be the type of person who was shy and timid, but as my fan base grew it made me realize that I’m not as bad as I thought I was. Musicians such as Andrew from The Scene Aesthetic and Five Times August have commented on my covers of their songs. Even Shwayze posted my medley of his songs ‘Corona and Lime’ and ‘Don’t Be Shy’ onto a bulletin on MySpace saying ‘You Go Girl!’ Biggest Achievement Ever. I’ve also gotten some comments here and there saying how I’ve inspired them to start playing guitar. Like really? I did? No way!”

**Q:** Are you going to continue to sing/perform in college and possibly continue it as a career?

**A:** “I will definitely continue writing and playing music in college. Hopefully, I will have time to perform new songs and covers, as well. As for pursuing a career in music, I don’t think it’s likely that it’ll happen.”

If you haven’t heard her yet, you can check her out on YouTube. Just search xtini3e. She also has a Facebook fan page where you can add her as well.

## Cavalier bikes the epic distance

BY TARA ATRIAN  
Staff Writer

Imagine peddling 24 miles back and forth every school day. Sophomore Alec Lynch does just this. He bikes twelve miles from his home in Studio City to school and back again in the afternoon, adding up to a grand total of 24 miles daily.

In general, it takes Lynch from about an hour and five minutes to an hour and a half to reach his destination.

When asked why he rides

his bike for such long distances instead of simply taking his regular assigned bus route, Lynch responded, “It’s something different from just taking the regular bus. It is interesting.”

He elaborated, “I started riding because the bus ride seemed dull and boring. I just wanted another way to get to school.”

He went on to say that bike riding all the way home makes him feel awake and rejuvenated.

This feeling is another type

of runner’s high, the phenomenon of well-being that one experiences when exerting large amounts of physical force for long periods of time. Lynch also said that riding the bike makes him feel healthy.

Lynch had started his intense bicycling route just a few weeks into ninth grade, and has kept with his route till now.

“It takes no more of my schedule than taking the bus. The only thing is I can’t do homework while riding my bike,” Lynch

## The Land of the living undead

BY INGRID KWON  
Entertainment Editor

As a Cavalier, it is nothing uncommon to see zombie-like, acne infested, baggy-eyed students roaming The Land. One would think Cleveland was some school in a low-budget horror flick about the undead. The perpetrator of appalling deformity is sleep deprivation.

“Pulling all night-ers” seem to be a recurrent activity among high school students. It is safe to say that most students would describe themselves as sleep deprived, managing to stay awake into the wee hours of the night, fueled by coffee, causing that slightly frenzied, crazed look in their eyes. Most do not think of the long term effects that lack of sleep might cause.

Of course, it is easy to overlook the effects of inadequate rest because students are able to fall back into their lives without much discomfort, aside from occasionally dozing off during class. However, it is important to realize that the hours spent awake rather than sleeping will add up and prove to be extremely detrimental to one’s health and even beauty.

An important part of high school, to many, is maintaining an attractive physical appearance. Sleep deprivation will not help at all. Right off it should be mentioned that lack of sleep has been proven to cause weight gain. The reason behind this is simple. During sleep, the levels of leptin and ghrelin, two hormones that affect appetite, are stabilized. In losing sleep, the levels of these hormones are thrown off balance. Sleep deprivation causes the level of leptin to fall and ghrelin to rise. Leptin is the hormone that gives the feeling of fullness after a meal and ghrelin is the hormone that stimulates appetite. Lack of sleep will increase hunger levels. Therefore, one will eat more and, consequently, gain weight. And for the average image-obsessed high school student, this is completely unappealing.

On average, teenagers, ages 13-18, are supposed to be getting anywhere from eight to ten hours of sleep. Students that are continuously staying awake to finish last-minute assignments and even those that have issues sleeping, are putting their health and physi-



photo illustration by Holland Mervis

cal well-being at risk. Lack of sleep causes people to look older due to the loss of elasticity in the skin, appearance of bags and dark circles, increased puffiness under the eyes and overall redness to the face. Now, not everyone will be faced with these changes but there are already some students that are dealing with these effects.

Moreover, not sleeping causes stupidity, seriously. Pulling an all-nighter might score major bragging rights the next day when friends are comparing how late everyone stayed up, but, not sleeping for seventeen hours or more drastically cuts down a persons’ level of productivity.

Not only does sleep deprivation effect productivity, but it also hurts memory. Got a big test coming up the next day? Stayed up all night studying for it? Contrary to common belief, staying up all night to study will have one doing worse on the test than if one had slept soundly the night before. Studies have shown that people, who have stayed awake for at least seventeen hours straight, drive worse than those with blood alcohol levels of .05.

High school has also been equated with stress. Feeling extra stressed lately? Those who do not get enough sleep have higher levels of stress, anxiety and depression. There is no need for any extra stress during school. Plus, the defense of the immune system decreases dramatically.

On top of being fat and having an awful complexion, the sleep deprived teen would now be slightly stupid, moody, on the brink of depression and sickly. This is obviously not a good combination of characteristics for any one person.

Sleep should be cherished and seen as a priority. It is important to get enough rest to revitalize and refuel the body or else there really will be no difference between one and a zombie. The goal is to be glowing and beautiful, since everyone knows that high school is supposed to hold the “best times of our lives”. So manage time wisely, cut down on television and whatever else there is to do. Instead, snuggle under the covers and catch some z’s! Counting sheep is so popular nowadays, anyways.



photo courtesy of Joseph Kukucka

Goalie: Senior Kayla Colley prevents a goal from the opposing team.

## Girls soccer 'kicks' it off for an exciting season

BY DAVID KIM  
Staff writer

With the cold winter air blowing in their faces, the girls run up and down the service road to warm up. This year the Cleveland's girls soccer team has been working hard and conditioning to improve their records and win more games.

They are hoping to have a good season just as they have had the past two years, but because they are a very young team the journey may be a little tough. Though there are only seven returning varsity players and six freshman on the varsity team, they have all the makings to ensure that this season will be an interesting—and successful—one.

Senior captains Sarah Sassen, Amber Schwindler, and Kayla Colley are making sure of this as they provide encouragement to the entire team and coach the younger and less experienced players.

"I really think that our team could go far," Sassen said. "We have a lot of talent and a lot of determination to help us to have a great season."

Another aspect of the team that Sassen mentions is the coaching staff, which has a new addition, Shannon Sarris. She plays a double role as she is Cleveland's new Assistant Principal and now

also part of the coaching staff for girls soccer. She has coached at El Camino High School and led them to six league championship rings.

"We hope that she will do the same with us," Sassen said. "She will be an enormous asset to our team."

The team's hard work is manifested in their games. They have played three pre-season games and have not yet sustained a loss. They defeated Eagle Rock on December 7 with a score of 4-1 and shut out North Hollywood on November 9 with a swift 3-0 victory. The only game in which they have not been victorious was against San Pedro on November 30, which ended in a tie, 1-1.

It was vital for the team to win these games because it will help them in the playoffs when the decision for seeds is to be made, and the team did not disappoint.

The girls soccer team also performs well off the field. The soccer Lady Cavs showed their altruistic nature as they sold pink Cleveland girls soccer shirts in order to raise awareness for breast cancer. Instead of taking the profits to help fund the team, all proceeds are being sent to finding a cure.

## Water polo continues to dominate

BY AMANDA SILVER  
Staff writer

Although they may have suffered the loss of two starters, the girls' water polo team has begun what is bound to be an amazing season.

A strong asset to the team is goalie Whitney Lam. Says Coach Gabriel Hernandez, she is the "backbone of our defense". With six field players and one goalie in the water per each team, Lam's job is important and demanding. This was echoed by senior co-captain Yesenia Solano, who asserted, "We are lucky to have her — we should have used her last year!"

This year's team is also shaping up to be one of the fastest and largest our school has seen, with

22 members, and most of them already trained (in terms of speed) from Cleveland's city champion-winning swim team.

However, speed is not the only element of water polo. The girls must practice every day, in the mornings and afternoons, making sacrifices in order to better contribute to the team. Starting Monday, December 14, Cleveland's neighboring public pool was reopened since it last closed during summer for drain repairs. This put the team at a disadvantage, as they were forced to practice at any pool that would have them. This meant driving out to Panorama High School, pushing back their practice time two

hours in order to account for both driving hours and the Panorama team's practice times.

Even with these disadvantages, the team is still managing to grow invincible.

"I think that the girls know all the hard work, sacrifices, early morning practices, and late afternoons that this sport consists of is necessary to a successful program, and the overall experience that sets them apart from any other team in league," Coach Gabriel Hernandez said.

As senior co-captain Sarah Ho put it, "Our biggest competition is Birmingham, and we definitely have what it takes to beat them and win city finals."

## Agassi impresses off the court

BY MICHELE BYK  
Guest writer

Upon discovering that Andre Agassi was writing a book, I, ever the avid tennis junkie, vowed to buy it the day it entered stores. A few days after it hit shelves, I had finished all 386 pages of his heartfelt autobiography, otherwise known as *Open*. Not only did *Open* exceed my expectations of the "typical jock story", but it also was inspiring, with occasional mixes of humor and sadness.

Agassi gives an extremely honest and insightful view about the unforgiving world of tennis. The book had so many unexpected truths; there was never a dull moment. It wasn't like any other biography I had read before. Agassi was able to dig deep enough to get to the core of why he was so powerful as a player yet so troubled as a person. In particular, I found the book to be so successful because it was relatable—not only tennis players could be influenced by Agassi's words; as I read about his ups and downs, his greatest moments of pain and most mean-

ingful experiences, I was impacted not only as an athlete, but even as a person. What with his difficult struggle with drugs and his wave of defeats, coupled with his hatred for the sport that brought him wealth and adoring fans all over the world, I empathized with his troubles, at times connecting them back to myself.

He begins as a brash punk, not caring about anything, whether related to school, friendships, or family. However, by the end of the book, we observe his maturity and his learning to become a professional who knew how to exert full control over his life. In my favorite chapter of the book, Agassi discovered that he was number one in the world. What made this accomplishment truly remarkable, though, was the fact that he did not find it to be a big deal. It was then that my admiration for him deepened; he was able to remain modest after accomplishing a feat that can only be dreamed of for the general

public.

Of course, my love of the book outweighed the minor discrepancies with what Agassi had to say, but this is not to say that they are not important. Specifically, he seemed to find all sorts of reasons that justified impolite behavior to assorted umpires, fans, and opponents that he encountered. It was often inappropriate and uncalled for. Ultimately, I felt that his judgment of correct sportsmanship was at times far too lenient.

The other day, a friend asked me if I had found *Open* to be inspiring. My answer? Very much so. Even though Agassi hated his sport with a rather unheard of passion, he learned to overcome his feelings and play well, and such drive to succeed despite any outside factors provides me with motivation to work harder in training and always do my best, whether in the worlds of athletics, school, or people in general.

## Girls basketball hopes practice will pay off

BY LUCIA HWANG  
Staff Writer

Although the girls varsity basketball team's season begins in January, the girls are already working hard to prepare. Starting in November, the team has been practicing every day during sixth period as their new season approaches.

Their main goal is to win and their desire to become the best allows them to make great improvements. This year the girls basketball team found different methods to accomplish that goal.

They began with a conditioning session where they got into shape. They would support each other. For instance, when running, they would do it together to push each other.

Studying the game diligently at home, working with determination, making plans and seeing them through are other strategies the team as been using to step up their game.

The Junior Varsity Coach Garrett Lepisto explained they have taken practice to the next level by going through game strategies and pressure situations with greater intensities.

According to Forward Sophomore Angela Yu, the team is really emphasizing working as a team by listening to each other and pumping each other up.

Lepisto said that the team was very mature because there are five seniors on the team, more than previous years. There are

also many returning JV sophomores who, "gained experience from last year".

The team's philosophy is, "hard work will outshine talent. The harder we work the better we play."

Sophomore Gabby Pollack, a shooting guard, focused on the importance of teamwork

"I feel that we have a lot of potential and talent," Pollack said. "We just need to come together more as a team and keep focus no matter what's going on."

Yet the girls varsity basketball team will not lose focus of their goal.

"We don't even have losing in our dictionary," Yu said.



photo by Katherine Zhang

Up In The Air: The girls basketball team is practicing hard.

## Cavalier overcomes muscle disorder



photo by Katherine Zhang

BY YOUNG CHA  
Staff Writer

Standing at five feet and eight inches and weighing 173 pounds, Freshman Matt Brenner is no ordinary Cavalier. His physique is likely more comparable to a senior than a freshman. But by no means is Brenner out of shape or overweight. On the contrary, his body is rather muscular and fit.

What really separates Brenner from the rest is his unusual condition, Myotonia Congenita, a muscle disorder that prevents his muscles from relaxing. In simple terms, it means that his muscles are constantly "working themselves out" while he is sleeping, sitting, or lying down.

According to Google Health,

Myotonia Congenita is, "an inherited condition that affects muscle relaxation" and is "present from birth". Though Brenner, diagnosed with this condition since birth, knew about it all throughout his life, he did not know exactly what it was until recently.

Though he and his parents were aware that he had stiffness all throughout his body, they were not able to quite figure out what it was. Despite numerous visits to multiples of doctors, no one was quite sure what Brenner had. Finally, a breakthrough came when an appointment to the doctor during last summer revealed him to have Myotonia Congenita.

Brenner explained just what this disorder means, from his perspective. He said that it has one in a hundred thousand chances to develop within an infant, and symptoms include stiffness and tensing in the skeletal muscles as the result of constant contractions.

"If I don't move, my muscles end up stiffening up," he said.

Hgsomething.com describes some of the more general symptoms and effects of the condition. According to the site, Myotonia Congenita's severity can vary from person to person. While in some people the stiffness is mild, in other cases, it may be severe enough to interfere with walking,

running, and other activities of daily life.

Fortunately for Brenner, his case is not so severe. As long as he stretches himself out and remains careful he can get through an ordinary day without pain.

This is not to say that he is free of inconveniences. He must always stretch before physical activities and after long sittings.

"Every time I need to stand up in class to pick up a fallen piece of paper or a pencil that rolls off my desk, I have to stretch," he said.

Though the disorder is not particularly well known, there are people everywhere who can provide support and advice for Myotonia Congenita. The proprietor of Myotoniacongenita.com shares similar experiences to Brenner on her site intended as a sharing and connecting medium for patients with the same disorder. Despite the her initially bad state, her blog explains how she is now able to live a normal and fulfilling life.

Currently there are no cures for Brenner's specific case, and he must live with it. However, he has long since come to terms with his condition and, "doesn't care what people think about it." Today, Brenner enjoys a healthy life and plays for the Cavaliers' Junior Varsity football team.

## Alternative sport: Snow tubing

BY ALLISON LI  
Staff Writer

Wondering how to take advantage of the approaching winter wonderland? A solution is closer than you think; it manifests itself in the unpopular but nonetheless exciting sport called snow tubing. Born from a child with a highly creative mind from the early 1900s, snow tubing is a fairly primitive sport. It is based on the primary human instinct to move at fast speeds, thus creating fun.

The object of the game is to sit on a tube while riding down the face of a snow-covered mountain. Gravity plays a big part in the game, and is ultimately what the fun of the activity depends on.

At this point, you might be thinking that snow tubing is just like sledding; however, snow tubing is an embellished, more extreme version of the childhood favorite pastime. For one thing, it definitely surpasses sledding in terms of comfort level. The tubes built for snow tubing are form fitting for the human butt to sit snugly in.

The overall roundness of the vehicle in itself is comfortable enough to ride in (sort of like sitting on a super-sized doughnut, for those of you who would like to think of it in terms of food). That is, a pleasant and speedy doughnut, as opposed to a rough

and bumpy waffle-sled. Picture that Bamboo Racing ride at Hurricane Harbor, but amplified and enhanced. Also, picture yourself riding doughnuts, instead of bamboos. What bundles of fun.

By now you surely should be convinced that you want to give snow tubing a shot. We suggest to first begin considering the "where factor" as you embark on this new adventure. Where in California can you find a snow-covered mountain that is safe enough to slide down?

There are several answers to that question: they are, but are not limited to, the Sierra-at-Tahoe Resort in Lake Tahoe, the Soda Springs Mountain Resort in Lake Tahoe, the Squaw Valley USA Resort in Lake Tahoe, and the Montecito Sequoia Lodge in Montecito. As is evident, almost any area in Lake Tahoe will be an adequate provider of a snow tubing haven.

As you "tube" down thick sheets of soft snow, your shouts of glee echoing around the snow capped mountains, try to take full advantage of the wintery bliss that surrounds you. With the new year approaching, perhaps you should resolve to expand your athletic horizons. Snow tubing is a sure way to start.

## Player Bio SOCCER



**Name:** Amber Schwindler  
**Birthday:** March 24, 1992  
**Height:** 5'4"  
**Position:** Forward, Co-captain  
**Favorite movie:** *Bend It Like Beckham*  
**Favorite TV show:** 'Grey's Anatomy'  
**Favorite color:** Blue  
**Favorite subject:** English  
**Favorite food:** Pasta  
**Favorite high school moment:** Scoring against El Camino in my freshman year  
**Dream job:** Teacher  
**Dream car:** "A cute little Jetta."  
**Celeb crush:** Taylor Lautner  
**Favorite quote:** "Our greatest fear is not that we are inadequate, but that we are powerful beyond measure."  
**Favorite pick up line:** "If you were a Dementor, I'd become a criminal just to get your kiss."

## CAVALIER CALENDAR

### Girls waterpolo

1/12 Verdugo  
1/14 Eagle Rock  
1/26 Panorama

### Boys soccer

1/13 El Camino  
1/15 Birmingham  
1/20 Granada Hills

### Girls soccer

1/13 El Camino  
1/15 Birmingham  
1/20 Granada Hills

### Girls basketball

1/13 El Camino  
1/15 Birmingham  
1/16 Taft  
1/20 Granada Hills

### Boys basketball

1/13 El Camino  
1/15 Birmingham  
1/16 Taft  
1/20 Granada Hills

### Wrestling

1/14 El Camino  
1/19 Chatsworth

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