



Our City News



OUR CITY, OUR STORIES

Issue 3, Volume 4

And the Oscar Goes To...

What is the best film of 2012? A poll among students stated that their personal favorite was Christopher Nolan's final Batman movie, The Dark Knight Rises. But, following closely behind is Quentin Tarantino's Django Unchained.

By: Tommy Rickard

Both movies are filled with high intensity action scenes that captured student's attention and were movies that do what summer blockbusters are meant to do. These movies were made to entertain and awe and that is exactly what struck a chord in River City students.

On the other hand, the Academy of Motion Picture Arts and Sciences are picking their favorites of 2012 and deciding which films will be recognized at this month's Academy Awards. And, unfortunately for River City students, The Dark Knight Rises is nowhere in sight.

The Academy Awards have been broadcasted to the public since 1929; it is a celebratory award show that celebrates the films and filmmakers of the previous year. On February 24th, the film industry will come together



once again, in the Kodak Theatre in Los Angeles, to celebrate and reward the films of 2012.

The best movies are nominated in various categories

such as: Best Picture, Best Director, Best Actor in a Leading Role and Best Actress in a Leading Role. Various movies are nominated from the year 2012, including: Argo, Django Unchained, Les Miserables, Life of Pi, Lincoln, Silver Linings Playbook, Zero Dark Thirty, Amour and Beasts of the Southern Wild.

This year at the movies, a fake FBI film was set up, the French Revolution was brought to life in a musical, a boy and a tiger traveled the sea, a famous president was brought to life and slaves fought back against their owners. It was one of the most diverse years in film, with blockbusters being nominated as well as independent films. Lincoln leads the vote with twelve nominations, with Life of Pi following with eleven nominations.

Mr. O'Connor, our school's AP US History teacher, agrees that Lincoln was a great film but said that "my favorite movie of 2012 was actually an independent French film called Monsieur Lazhar. The film is about this substitute teacher who takes over this

Continued on page 2.

The River City Blues; Lost Gold

By: Jordan Pearce

The railroad tracks separated them; the rivalry fueled their dislike of one and other, who would have ever thought that our school would be born from it all.

In 1978 to 1979 James Marshall and Washington merged together to form what we know as River City High School. In order to ease the cross town rivalry one color from each school was taken through a vote from the community; Columbia blue which came from James Marshall, and Gold which came from Washington, thus our school colors are born.

After 30 years River City moved to our current campus in January 2009, but that's not all that changed. According to an anonymous source, an unofficial meeting took place between one administrator and two staff members that changed the colors from its original Columbia Blue and Gold to Navy Blue and Yellow.

When the actual change took place is unknown because over the years the color was changed numerous times, but Navy Blue was consistently used. Sometimes Columbia Blue and Navy would be together and Gold was left out completely.

An anonymous source at
Continued on page 4.



Mr. Salcido.
Spanish teacher.

"My wife. The thing about famous people is you don't know where they've been.



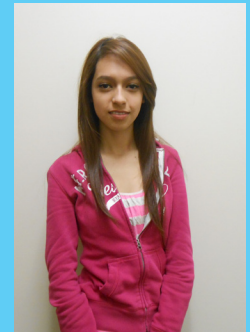
Effie Solorzano.
Senior.

Jessica Alba. She is God. She's perfect.



Ms. Smith.
English teacher.

"Billy Idol? When he was young?
"Oh yeah."



Patricia Gutierrez.
Senior.

"Robert Pattinson because he's cute."

If you could kiss anyone in the world, whenever you wanted, but only kiss, who would it be?

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And the Oscar Goes To... continued

The Oscar statuette has been in use since 1929, the first year the Academy Awards started. The statue depicts a knight holding a crusader's sword standing on a film reel with five spokes symbolizing the original branches of the Academy: Actors, Writers, Directors, Producers and Technicians.



class with problems while also dealing with problems in his life. It was a very touching and emotional film, that's why I liked it so much. But, Lincoln I loved as well. I feel that Steven Spielberg really is improving in making a film that's historically accurate while also making it entertaining".

In contrast, our school's Film and Lit teacher, Mr. Ferris

stated that "my personal favorite film of 2012 was Django. The acting in it was just fantastic; Christopher Waltz did a great job. I love how Tarantino turned this time period into a film that pays tribute to Spaghetti Westerns. I know it may have disrespected some people but, in my opinion, it was still a great film. But, I really hope Lincoln wins Best Picture because I'm a

huge Daniel-Day Lewis fan".

One thing is for sure at this year's Oscar's; River City's favorite movie, The Dark Knight Rises, has been snubbed by the Academy. But, maybe this year's awards will inform students of what other great movies have been released in the year of 2012 that deserved to be recognized by the public.

Classic films have made

history at these awards, such as: American Beauty, Schindler's List, Forrest Gump, The Godfather and Titanic. What film will join these this year at the Academy Awards?

Tune in to see the winners at the Academy Awards, which air on Sunday, February 24th at 4pm.

A Step Towards Equality

Obama's inauguration makes history

By: Sarina Phoung

Martin Luther King Jr. Day marked the second inauguration of President Barack Obama, our 45th President of the United States. A historical event occurred during President Barack Obama's inaugural speech, when he reflected upon the struggle of equality for homosexuality.

Within his speech, he made many appeals to the citizens of America; the statement that brought great attention was, "...Our journey is not complete until our gay brothers and sisters are treated like anyone else under the law – for if we are truly created equal, then surely the love we commit to one another must be equal as well..."

Throughout history there have been mentions before about the fight for gay rights by a president, but President Obama made history by being the first to use the term *gay*, in regards to gay rights, in an inaugural speech. This mark in history suggests President Obama's increase of awareness in favor of gay rights and same-sex marriage.

Being in his second



68% of River City students preferred Columbia blue and yellow...

RCHS said, "You should ask Coach King about that as he emailed the staff recently about a meeting held prior to coming over to the new RCHS site here on Raider Lane where the principal (at the time) thought we should switch to Navy Blue to signal a fresh, new start at our new facility."

The source continued, "The changes had already been gradually happening at that point though, especially when coaches ordered whatever shade of blue they wanted for their teams with no oversight by administrators at either RCHS or higher-up at the District Office level."



Photo by: CNN News

President Barack Obama delivered his second inauguration speech in Washington, during the ceremonial swearing-in on January 21st, 2012.

"...Our journey is not complete until our gay brothers and sisters are treated like anyone else under the law – for if we are truly created equal, then surely the love we commit to one another must be equal as well..."

term of presidency and having delivered this inaugural speech, President Obama has become more outspoken on the behalf of his own beliefs. The various questions in regards to what caused him to become the first president, in history, to use *gay* in an inaugural address remain unanswered, but River City's AP US History teacher, Mr. O'Connor, said, "I think what he is trying to do is appeal to the majority of people who voted for him—I think it makes sense for

him to make a liberal appeal."

President Obama approached his call for equality by mentioning a historical reference concerning the fight for gay rights—the 1969 Stonewall Riots, which was a series of violent demonstrations by a gay community against a police raid, in New York.

In the 1960's, the struggle for women's equality and African American rights took precedent over the movement for gay rights.

During this time frame, gays were unable to enter many establishments and the places that allowed them in faced a number of police raids, such as the Stonewall Inn, where gay residents and activist groups violently protested.

This occurrence gained a form of civil rights for the gay community, which included established places where they could be open about their sexual orientation without any fear or harm.

The mention of the Stonewall Riot is significant in this case because it was an important event that impacted the gay liberation movement. The relationship between the Stonewall Riots of 1969 and the gay rights movement occurring today demonstrates President Obama's strive for change and equality across the nation.

Ms. Forman, the adviser of River City's Gay/Straight Alliance Club, said, "It encourages a personal connection with the community... [It enhances the idea that,] regardless what you believe, you should always be protected under government."



...compared to the 32% of students who like the colors we have now.

The River City Blues; Lost Gold continued...



River City, James Marshall, Washington alumni shirts are available at the Student Store for \$15.

When contacted, Jamie King replied, "Thank you for considering me for the article, but I would really like to stay out the whole issue of the school colors."

The issue of the school colors came to the attention of the current administration when an email was sent asking what official

Raider logo we should use for all clubs and sports. Anthony Lein, the choir teacher at River City attended an after school meeting to discuss the unofficial color change.

Lien said, "I sent the email asking what Raider head we should use. It's interesting to feel the heat via email and in this room. It seems

that no one really cares that the gold became yellow."

Sources at RCHS have said that financial difficulties are the reason for not changing the color back immediately to Columbia Blue and Gold. An example is band uniforms which costs \$80,000 for every color change.

Dave Brooks, the tennis coach at River City said, "The school colors are Columbia Blue and Gold, end of story. That's what was voted upon at the time and decided upon when River City came into being in 1978."



Heart Strong, Hard Fought, Harbaugh Super Bowl XLVII

By: Shelby Pearce

It's the ultimate family feud but not really; this year's super bowl won't be known as Baltimore vs. San Francisco but Harbaugh vs. Harbaugh. It was the amazing coaching skills and determination of each team that brought together what is being called a "Harbowl"

The San Francisco 49ers are no newbies to the Super Bowl having played in 5 super bowl games and winning all of them will take on the Baltimore Ravens who have only been in and gained victory in one Super Bowl though they won it some wonder if the 49ers have the upper hand in the situation . Jim

is no amateur in the game he played quarterback at the University of Michigan also finishing third for the Heisman trophy after college Jim played as a quarterback in the NFL for 14 years playing on teams like the Baltimore Ravens, a Diego Chargers and Indianapolis Colts. After playing for 14 years he went on to become the assistant coach for the football program at Western Kentucky University serving under his dad.

From there Jim went on to be the head coach of the Oakland Raiders, University of San Diego, Stanford and finally settling down with 49ers.

Jim's Brother John Harbaugh current head coach of the

amateur to the game of football after graduating high school he went on to lay as a defensive back for the university of Miami.

He then went on to be the assistant coach at Western Michigan University, Morehead state University, University of Cincinnati and then Indiana University and then hired as a head coach at Western University. He was then hired into the NFL to be a variety of things like an, special teams coach and defensive end coach for the Philadelphia Eagles, before settling down as the head coach of the Baltimore Ravens.

On February 3rd, 2013 the 49ers and Ravens battled it out in the fight to be called super bowl

for the 49ers ending in a 28-6 lead for the Ravens the 49ers where fast losing momentum. After coming back from Half Time a little glitch in the game happened to be a 30min power outage the 49ers came back scoring multiple touchdowns.

After missing a touchdown pass in the end zone and losing the ball the Ravens took their opportunity when they saw it and came back to win with the score ending as 34-31 Ravens.

After a long hard fought game the 49ers left with hopes for next year and being better than ever but once a 49ers fan always a 49ers fan.

College Looms Ahead for Seniors

By: Karina Bueno

Senior portraits. Senior trip. Yearbooks. Parting with old friends. College. It's the time for bittersweet lasts and life-altering decisions to be made. The most anxiety prone decision seniors will make in their last year of high school is where to apply for college and actually go for it.

Around this time, seniors have already begun applying for financial aid and most college application deadlines have already passed. The amount of stress that seniors undergo while filling out the online paperwork is monumental. But there are a few tricks to ridding yourself of all the stress that comes with college.

First and foremost, research your colleges. This process should be started at the beginning of your junior year so there is less pressure for next year.

Know what area you want to major in and what fits in your financial range. Decide whether to live on campus or commute there.

Know whether or not you would like to attend a community college and receive your GED or go for the four year college straight after high school. These details will come in handy when preparing college.



Bianca Celiz, senior, holds up her certificates of conditional acceptance from Sac State and Azusa Pacific.

Second are the dates. November 1st, is the opening day for applications for most colleges, some may have different submission dates and deadlines. Check the school website for confirmation.

November 30th is the deadline for most college applications to be submitted.

Getting these applications completed and submitted will be a huge relief and weight lifted off your shoulders.

Make sure to have personal information including

social security, demographics, and SAT scores to help you along with your application.

Ms. Tutt, an AVID teacher here at River City, has immersed herself into the college atmosphere for years to help incoming freshmen continue their education long after they've left her class.

"Take AP and Honors classes. There's no better way to prepare yourself for the difficult curriculum like taking AP your junior year."

"I strive for my students to have the ability to confidently walk

into their future."

Bianca Celiz, senior, has applied to 5 different colleges and has been dealt with the stress first hand. "My advice would be to fill out applications firsthand and don't wait last minute to submit them. And don't be afraid to ask people for help."

She applied to Sac State, Azusa Pacific, UCLA, UC Davis, and Stanford and has already received conditional acceptances from Sac State and Azusa, which is a private school in the bay area. Her ideal plan would be attending college for a medical degree.

"My little brother was born two months premature and was diagnosed with esophageal atresia and seeing what he went through and how the medical staff treated him as a first priority. They have a positive impact on a stranger's life and I want to do the same."

Choosing between colleges is also one of the many stressing life decisions seniors must make before their freshman year of college. "Every school I applied to has a good medical program so once the acceptances come in, it's going to be difficult to choose."

"I'll probably just do eenie meenie Minnie moe."

What's Their Perspective?

By: Freshta Haidari

There are many types of guys at River City, but when it comes to Valentine's Day, they come into four types of guys; first is the guy who loves giving gifts to their girlfriend and love the celebrations.

Second is the guy who reluctantly gives gifts to his girlfriend and don't really like Valentine's Day. Then there's the guy who don't give gifts at all and couldn't care less about Valentine's Day. And last but definitely least are the forever alones.

According to thewatchdogonline, men say that Valentine's Day isn't one of their favorite holidays because of the pressure to buy the most

special, and expensive, gift for their girlfriend. And to them, it doesn't make it easier when they say they don't want anything.

Also, depending on the gift, it can make or break a relationship.

"It's just as possible for a boy to strengthen a relationship through a positive and thoughtful gift as it is to hurt it by giving a lazy 'good for one back rub' hand written coupon that was clearly scribbled out two minutes before your date," advice wisely given by Nathan Krohn from thewatchdogonline.

"If I was in love, then it would be a great day for me to drive to my girlfriend's house

with some really over priced flowers and a box of chocolates. BUT, the fact that I am not dating anyone makes it just another day," Thomas Snytkin, a sophomore here at River City states. Thomas is in the group of guys who are single, but would go the whole nine yards- if he had one.

Some guys are very romantic and would like to go out with their girlfriend and take them to a nice place while others just sit at home and watch television and try to stay isolated. It's just another day to that of the male gender.

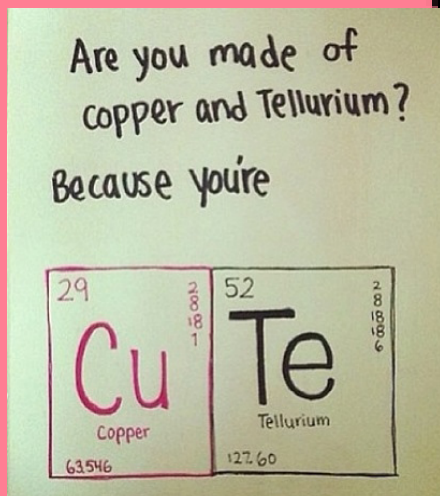


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Mrs. Smith,
Thank you for always being there to support me and push me when I didn't want to be pushed. Happy Valentine's Day! I love you.
Love, Valeria Salcedo

Eric Beall,
Hey Eric,



Love, Sarah Grace ♥



Andrew Pich,
It will be our two year anniversary in May! This man has been the best because he's been there for me through it all. I love you more than anything Andrew!
xoxo Sophie Ouk

Amanda Woods,
Happy Valentine's Day!
Love, Chaz Cooper

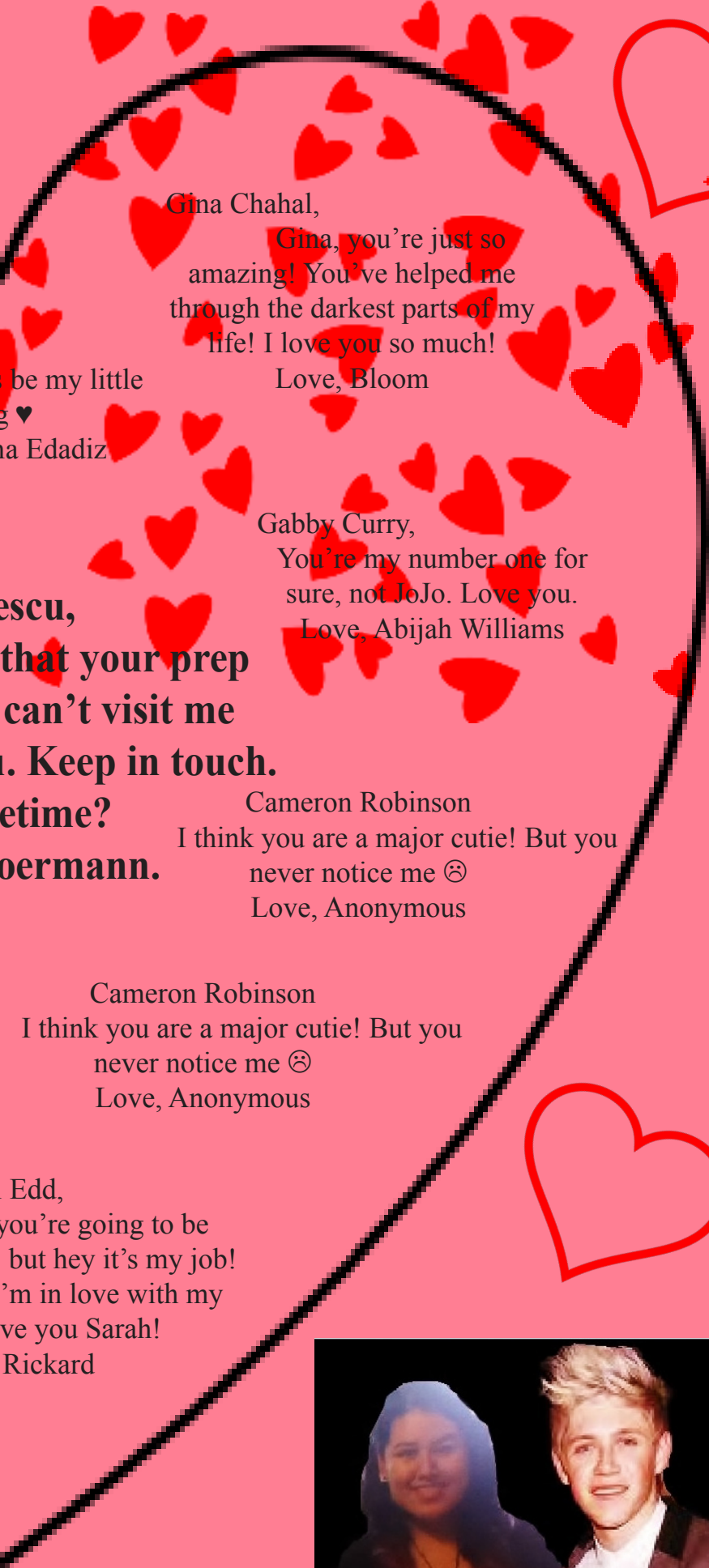
Gabby Curry
Your hella pretty and really funny I can't keep my eyes off you ;)
Love, Anonymous

Gabby Fairbanks,
#Forever Alone Ku Ku
Kachoo do whatever you want to do but I want to be with you.
Love, Anonymous.

Robert Aiello
I love you my ugly!
Love, Ana Leon

Sarah
Hey hon, I know you're embarrassed by this, Anyway I'm glad I have you as my best friend, love,
Tommy

FOR THE LOVE OF VALENTINE



Gina Chahal,

Gina, you're just so amazing! You've helped me through the darkest parts of my life! I love you so much!

Love, Bloom

be my little

g ♥

na Edadiz

Gabby Curry,

You're my number one for sure, not JoJo. Love you.

Love, Abijah Williams

escu,

that your prep can't visit me

a. Keep in touch.

etime?

oermann.

Cameron Robinson

I think you are a major cutie! But you never notice me ☺

Love, Anonymous

Cameron Robinson

I think you are a major cutie! But you never notice me ☺

Love, Anonymous

Edd,

you're going to be but hey it's my job! I'm in love with my love you Sarah!

Rickard



Allen to Ariana Grande,

Happy 5 year anniversary Ariana! Your Jenny Craig diet must be working, cause you're as slim as a twig. Happy valentines! Hope you have a grand-day. Woops, that was a little clever.



Julie Hernandez,

Happy Valentines Princess :)

All I need in this world to make me happy is YOU! cx
Love, Lito



Julie Flores

Niulie 4 lyfe. Allonsy! Expeliamus! Real or not real? Donde esta la bibloiteca. Bazinga! Liz Lemon. Bob Loblaw Law Blog! Lobby law bombs. Red vines. What the hell can't they do.
Love, Melissa, Bianca, Regina, Karina

INE

Kings May Leave their Hometown of Sacramento

By: Michael Briscoe

Last year the Sacramento Kings were on the brink of being sold and sent to Virginia Beach. Luckily, the plan fell through and they stayed another year. But in the year of 2013, the Maloofs have already agreed to a deal to sell the Kings to Chris Hansen and Steve Ballmer and move the team to Seattle. Steve Ballmer is currently the CEO of Microsoft and Chris Hansen is an American Journalist.

Even though the deal is agreed on, Mayor Kevin Johnson wants to keep the Kings in Sacramento for the fans and has recently lined up 20 minority investors that are each investing 1 million dollars to keep the Kings in Sacramento.

Also the NBA Board of Governors have to agree with the deal in order to go through and during the NBA All-Star Break, Mayor Kevin Johnson will be meeting with the NBA commissioner David



Sacramento Kings fans hold up a sign saying that "it's our town and our team"

Stern to discuss the situation and plead his case on why the Kings should stay. Commissioner Stern has guaranteed that Mayor Johnson will have the chance to address the Board of Governors in April before the deal is voted on.

River City High School booster member December Brinsfield said, "the Kings are attached to Sacramento. When they were good in the

early 2000's everybody loved them. There were a lot of good memories with the Kings and that's why nobody wants the Kings to leave Sacramento."

The Kings, when they were a championship contending team in 2001 had a record of 61-21, a tremendous record that was best in NBA history. Even though the Kings had home court advantage the Lakers beat the Sacramento



Kings in the Western Conference Finals and went on to win the NBA championship.

That year was the farthest that the Kings ever made it in the playoffs before.

"The Kings are a potential team to be good in the future. They have tons of young guys who are good and all they need is a coach that can guide the team in the right direction. It sucks now that they are leaving. It's kind of like the SuperSonics when they drafted Kevin Durant and Russell Westbrook and now they are the best team in the NBA as the Oklahoma City Thunder," said Leo Martinez.

River City is Stepping Up its Game

By: Roselynn Berry

River City's sports teams are on the verge of changing leagues.

The change was expected to become official last Friday. The realignment is expected to take effect for the 2013-2014 season.

River City will be joining Tri-County Conference. This league includes Inderkum, Natomas, Pioneer, River Valley, Woodland, and Yuba City.

River City now plays Galt, Liberty Ranch, Eldorado, Union High, and Cosumnes Oaks, and other schools.

Realignment happens every four to eight years. Mr. Stolpe, the coach of the football and wrestling teams, said the main reason River City is

switching leagues is because of the size of the schools, and the distance that has to be traveled.

What will the realignment mean for the sports teams?

According to Coach Stolpe, our competition will be "pretty similar."

However, Ms. Dornan, River City's athletic director, said "everybody will be stepping up their game." Seemingly happy with the realignment she says, "you can't be better unless you play up."

"We're going to kill them," says Gabriel Stoltz, a soccer player here at River City, confident about the realignment. He thinks that River City is in a tough league and it is hard

to win our current league for football and soccer. "With these teams, we have a good shot at winning league."

Michael Briscoe, a basketball player, claims that these new teams will be easier because they have played those teams in the past and they "weren't very good."

River City's rivalries will be changing. No longer will RC be facing Galt in soccer. Jordin Sanchez, a senior softball player, said players will miss the battles with Vista Del Lago, Union Mine, and Liberty Ranch.



Increase in Racism in Sports

By: Gabriel Stoltz

Racism in sports has been a problem in the past but it seems as if it isn't fading away.

Other than speeches and signs posted to stop racism, sports clubs, associations and video games have all been trying to advertise equality in new and better ways.

EA FIFA 11 and 12 have advertised equality in their video game without interrupting the consumers experience by posting it in every soccer game in FIFA 11 and 12 by posting it on the side lines while you play.

The FIFA Federation has discussed this problem and has ordered a rule put in place to discourage fans and players to make racist slurs or actions by banning players up to five games if a racial joke or comment and if a



fan impedes the game from playing by racist actions. The fan will be given a life time ban from the stadium where the game was played.

All though the FIFA Federation only applies to Soccer, other rules are pending in other sports associations and federations.

The love for game

and the game itself can be ruined by racism.

Racism has even been known to take part at River City sports games such as Soccer, Football and Basketball games. Some students at River City have taken racist insults first hand.

"I can remember

that there was a lot of trash talking and that racist comments were pretty common when it came to trash talking during our RCHS Soccer games" said an anonymous freshman at River City. Another freshman, Mark Michele said "I have played a lot of sports and sometimes, one of the challenges of a game is to respect your opponent even if he doesn't respect you".

Even though Racism is highly discouraged in all high schools, some students within neighboring high schools have been involved in racist actions during sports games against RCHS. Even if Racism is not happening on the field, Racism can happen off the field too with frustrated fans, upset couches and parents and drained referees.

Stretching Towards a New Season

By: Ashlynn Dodd

Softball is a sport that takes a lot of effort, patience and knowledge in order to play the game. Spring is the time when softball starts but conditioning starts earlier on January 14th.

Coach Javier expects the girls to come prepared with their running shoes and ready to get in shape before the season starts.

Conditioning was open for anyone who was willing to put in the effort and not slack off. It started off with the girls stretching and getting their bodies warmed up.

Then after the stretches they did their running drills that the coach



Girl's from River City run drills to earn a spot on the team

had prepared for them which were "Disneyland's" which is a drill the coach had come up with. It includes bleachers and running a mile.

If they talked or interrupted the coach while he was talking you had to run an extra lap around the

field. "For conditioning, I accomplished everything I wanted too. I would have liked to have more girls come out for the conditioning part but everything went well," said the varsity head coach, Javier Martinez.

Try outs were held

on February 4th, 5th and 6th. The average number of girls coming out to tryouts was 35-40 girls every day.

Coach Javier is planning on only keeping between 12-14 girls for both varsity and junior varsity. "I'm planning on cutting roughly about 15 girls," said Javier. "I think we're going to have a good, strong season, I think we have a good possibility of making playoffs."

Come support our RCHS softball team, and let them show you a heck of a season!



TEXAS in JULY Concert Life **Woe, Is Me**

By: Mason Rex

Whether you go for the music or just to have fun concerts usually are very memberable and thrilling. Kids gather at music venues to see shows and “mosh”, moshing being an activity where people get in a circle and start ramming into each other and sometimes hit each other because of the intensity of the music.

I go with a group of about ten friends and we just mosh and have a good time.” Said Darren Rapp, junior at River City.

There are two main music venues in the Sacramento area; The Ace of Spades and the Boardwalk. Most of the bigger and world-known bands play at The Ace of Spades. People can go to various stores to buy tickets such as Dimple Records and The Beat.

Most concert tickets at the Ace of Spades cost around 15-20 dollars per show, unless underground bands are showing, then at the most it’s 10.

“When you go see hardcore bands like Chelsea Grin, or Motionless in White, kids just go crazy in the mosh pit. I’ve seen a girl go home crying because she got hit in the face by someone and was bleeding,” said William Rex a senior at River City.

Shows usually start at 6:00 PM and end around 12:00 AM. Many diehard fans get

there hours early just to be the first in line to get in. “Our group usually walks downtown in the morning hang around there a bit. Then walk to the venue and get there by 3:00 assuring our spot in line,” Dakota Wayne a usual concert attendee stated.

“The craziest show I have ever been to was Chelsea Grin. I was so close to the front I could touch the security guards that were catching crowd surfers. I was moshing so hard when someone stepped on the back of my shoe it fell off. While I was trying to pick it up I got elbowed on my side, it hurt so much but I carried on through the rest of the night,” said an anonymous diehard fan.

Even local bands with members that attend River City play live shows. One local band that started here at River City goes by the name of Within These Casket Walls, often plays at the Boardwalk from time to time.

Bands are always trying to sell their merchandise at shows. There is always a booth where fans can buy their albums, and apparel.

On Monday, January 14th hundreds of kids gathered to see a very popular band perform; Of Mice & Men. “I can’t begin to explain the carnage that happened that night, kids where moshing and flailing around there fist it crazy,” said one fan that attended the show.

Some people didn’t go just to see Of Mice & Men. There were four bands that opened for them that included Woe Is Me, Texas In July, Volumes, and Capture the Crown.

Many people at the show believe Capture the Crown was lip synching and they were unhappy with their performance. “I lost any respect I had left for that band, lip synching is the worst thing you can do, and it just shows they have no talent,

”said a disappointed Guillermo Carias, freshman at River City.

At one point in Of Mice and Men’s performance front man Austin Carlile commanded everyone to form a wall of death. A wall of death is where everyone in the room gets to one side of the room and charges each other when the music starts playing.

By the end of the night everyone one was blown away with Of Mice and Men’s performance.

No More Stress for the CAHSEE Test

By: Abijah Williams

Every April, sophomores in high schools across California will be taking the CAHSEE test. The CAHSEE, California High School Exit Exam, is a test that students must take and pass to graduate from high school.

Students are first introduced to the test their sophomore year. If students fail, they have the opportunity to take the test two times in their junior year and up to five times in the senior year.

Wanting to pass the test as soon as possible causes stress upon the students.

Even with all of the chances of retaking it, students still stress knowing that their graduation depends on it.

Some students like Jordan Criswell, experience major migraines, ulcers, unnecessary pain and worry as the test date approaches.

This assignment will test students for basic subjects that are taught in order to receive a diploma. The California test was

created to show a student's academic understanding of the basics they've learned so far.

The purpose for this test to ensure students will graduate with grade level skills in reading, writing and math. If the student doesn't pass, they have to retake the test.

During the 2012-2013 school year, students in grades ten, eleven, and twelve, are eligible to take the CAHSEE.

The school doesn't wait long to receive the test results, they approximately wait seven to eight weeks. For more information about the CAHSEE test go to California department of education website.



California High School Exit Examination

Tips to reduce your stress!

STOP STRIVING FOR PERFECTION-

There is nothing wrong with wanting you to do your best, but don't force yourself to complete unreachable goals, be realistic.

Laugh more-

smiling and laughing reduces your stress

Express your feelings-

Talk to someone about how you are feeling, this will most likely make you feel better.

Eat healthier-

the food you eat affects you greater than you think what you eat can cause changes in your mood.

Don't over commit-

Don't over schedule yourself, plan out carefully.

Avoid people who stress you out-

Don't surround yourself with people who are already stressing that will make your situation worse, causing you to worry more.

Set aside relaxation time-

Give yourself a break, put some type to the side to do something you like.



David Simmons.
Senior.

"I would choose Tom Hanson from 500 Days of Summer because he doesn't give up on love."



Max Fike.
Senior.

"I'd be Scott Pilgrim cause he's just awesome."



Mark Uy
Campus Aid

"The Rock. I swear we were seperated at birth."



Joseph Stommel
Senior.

"I think C3PO because he worries about the smallest things."

If you could choose any character from any movie, who would it be?

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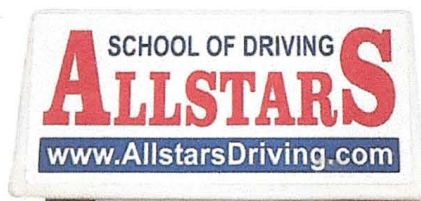
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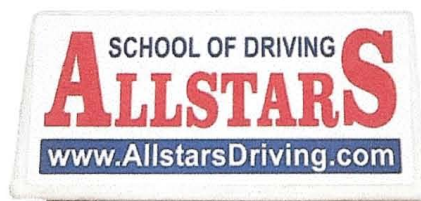
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