

Filled with fun, fashion (maybe not so much), and more fun, HMSA's Spirit Week is around the corner. To start Spring Break with a kick, Spirit Week is the last week of school before Spring Break. Monday will be College Day; Tuesday is scheduled to be Tacky Day; Wednesday will be Western Day, so pull out all of your cowboy boots and hats. A little something out of the norm, Spirit Day (when you wear your class shirt) will be on Thursday- that means NO SCHOOL FRIDAY! Now that you know the Spirit Week days, make sure to get everything you need for each day and support your class.

Spirit Week Activities:

Receive an extra ten points for your class if you participate in the activity and dress up

Spirit Week Interviews:

Q: Since you've been at HMSA, what has been your favorite Spirit Day? What Spirit Day would you like to have that we've never had?

- Davis (Anatomy/APES teacher)- A: "Jersey day because I got to wear my Davis jersey, for the Broncos, because I'm Davis. I live in Long Beach and he went to Long Beach State. Blitzen has a matching jersey and Dasher has a matching cheerleader outfit (both of her dogs are males). I would like to have a spirit day where I can bring my dogs."
- Alexis Martin (Junior)- A: "I liked hip-hop day when I was able to wear my Nicki Minaj shirt, that shirt was expensive too. I want to have like a Fresh Prince of Bel-Air Day."
- Phebe Boye (Junior)- A: "None of them, but if I had to choose one I'd say Twin Day. I want to have a day where there aren't many restrictions."
- Saira Bolanos (Junior)- A: "(I liked) band day because I'm obsessed with One Direction. I want to have Wizard of Oz Day. I would come like Dorothy with my little red shoes."
- Randy Santiago (Junior)- A: I liked Animation Day the best. I would like to have a Favorite Shirt day."
- Heidi Kaveinga (Senior)- A: "I like Hawaiian Day, but they stopped having it. (I would like) Opposite Sex Day, where girls dress like guys and guys dress like girls."
- Nicole Truong (Sophomore)- A: "My favorite day is Nation Ball Day. I would like to have Pajama Day."

SPRING BREAK BY DAX CAIPANGPANGAN

Spring break is coming soon (March 29th), and many students are looking forward to it. This doesn't mean it's time to immediately slack off, though. If one does their homework early, his or her week is completely clear to slack off and have fun. Here's a list of things to one can do after homework:

- Sleep - This is a given. Everyone complains about not sleeping because of homework, so this is a perfect time to catch up on sleep (but let's be honest. At least half of the students will sleep late anyway)
- Go to the beach - This is a stereotypical spring break choice.
- Travel - It's not a long time to do anything too extravagant, but a small trip could always be a great experience over break.
- Read - It's a perfect opportunity to catch up on reading and get AR points.
- Hang out with friends - This is self-explanatory. It's always nice to hang out with friends, period.
- Play some April Fool's Pranks - It's just one day out of the vacation, but it's a day when it's okay to do stupid stuff. Take advantage of that (but don't get too extreme).
- Stay inside all vacation - This is a choice that is increasing in popularity as people find more and more uses for the internet.

LifeSail: Because Building Robots is Too Mainstream

By Eddie Crevale

About a month ago, ten students took on the challenge to build a sailboat from (practically) scratch. They were given a room, power tools, perforated slats of wood, and a great mentor. Working Fridays from the beginning of CP until about 4:30, they are expected to finish building a boat. There were only seven people in this program last year, so building it is going to be much quicker than before.

So far, they've built and put together the shell, the rails, and the daggerboard (resists sideways movement of the wind).

Common tasks include sanding, both by hand and with machines, cutting out extra parts, and mixing resin. Furthermore, they are also refurbishing last year's boat. This is not too difficult; it's still in great shape. All they have to do essentially is sand off old paint and add on new coats of paint.

The students' mentor, Mr. Schulz, has not only taught them the parts of a boat, but also important life skills like making sure you know what your boss wants. The latter is a common issue we face, given Mr. Schulz's thick German accent. He is an excellent mentor, showing obvious care for the students and trying (successfully) to make them more confident and outspoken.

This activity requires much dedication from the members; they only work Fridays after school. As everyone else goes home, they stay at school working and sweating for a couple of extra hours after a long week of school work. Even though this is physically demanding (I, personally, usually go home just to nap after), it is worth the effort - after all, if the students don't work hard now, they're the ones who end up sinking later.



On February 15, 2013, AP Environmental Science students went on a fieldtrip to the Santa Monica Mountains National Recreational Area. It was close to an hour drive heading to the mountains. As we got closer, the changes in the environment became more noticeable. The paved roads turned into sand trails, the surrounding buildings turned into trees, and the noise of the city turned into chirping birds. When we arrived, half of the group took off jackets and rolled up their sleeves due to the increase of temperature (well over 80 degrees). The other half threw on jackets and long sleeves in fear of bug bites from the hundreds of insects roaming the area. The first portion of the trip was rotating between six different tables and identifying different species by their pictures, feces, or teeth shapes. After that, the park rangers split the joint classes into two groups: planting and hiking.

The planting group walked to a grassy hill, grabbed some gloves, took shovels and got to work. Their job was to dig a hole, take an already well-grown plant out of its pot and place it into the ground. The hiking group hiked up the nearest mountain. Before the hike, the park ranger told us to appreciate this experience because it was a break from the technological world we live in that tends to dull the senses from the beauty surrounding us. Afterwards, the planting group went hiking and the hiking group went planting. An hour later we ate lunch at the national park and then headed home. It was a great experience that the group will never forget.

TIPS TO CONSIDER BEFORE GOING TO COLLEGE BY NHI NGUYEN

- ↳ Your friends will change over the next 4 years, and so will you.
 - ↳ Take risks.
 - ↳ Welcome failure; it's the only way you'll grow.
 - ↳ Take classes that are outside your major purely for the fun of it (and if you have the money for it, of course).
- ↳ Embrace moments that change your perspective on things.
- ↳ Accept your mistakes and move on. People embarrass themselves in college all the time.
- ↳ When you're attending a college campus where there are millions of things you can do, sleeping and watching TV is pretty much a waste of your time and money. If you're going to watch TV, at least do it with your friends so you can remember it as a "memorable social experience."
- ↳ Don't be afraid to go on dates; not all dates will turn into relationships.
- ↳ Don't be afraid to fall in love; many people find their lifelong significant other in college.
- ↳ Be open-minded. You won't learn if your mind is closed off.
- ↳ Embrace the differences between you and your peers. Take it as a learning experience.
- ↳ Ask for help, regularly. It may be the only way a professor notices you.
 - ↳ Take a lot of pictures!
- ↳ Balance yourself and your commitments. Exercise.
- ↳ In the long run, it doesn't matter where exactly you go for college; it's the experience and opportunities you get from it.

Sports

The Boys'

Volleyball Team

By Enrique Ruvalcaba



The boys' volleyball team's season is already underway. They've begun their season 0-2; not an ideal start for a team that Mr. Severns, the boys' volleyball coach, expects "to make the playoffs and have a winning record." In order to have a successful year senior Julio Serafin stated, "We need to practice and push ourselves harder than last year. Especially since the base of the team is mostly made up of seniors. It's our last year." Mr. Severns agrees stating, "the most reliable [players] are [Seniors] Arman Arquisola, Daniel Dagbhas, and Emmanuel Loera."

The team looks to bounce back from their losses. Senior John Kiessya stated, "[My] motivation is to win. All I want to do is win and avoid doing coach-on-one [drills]." The team will be looking up to their leaders, "[senior] Jimm Leyreteana is the emotional leader of the team, Neil Graham is stepping it up, [and] captains Daniel Dagbhas and Arman Arquisola are stepping it up. Arman is still trying to fill in the shoes of [alumni] Danny Gonzalez so it's a little tough" Mr. Severns said.

The team is still knocking some rust off and learning to play without the class of 2012. There is vast room for improvement in all aspects of their game. There's no denying the talent and potential the team has. Kiessya said "This year's team is really good. We just need to focus and stop making little mistakes [such as] missing serves." Severns concurs saying, "We're missing our serves (and) hitting balls out. Teams aren't beating us. We're beating ourselves." After adjustments are made to their game, the team should start racking up wins and follow up last years' season with another playoff appearance.

Which of the following teams will win the 2013 NBA Title?

By TeMera Evans

1. New York Knicks
2. Miami Heat
3. Los Angeles Clippers
4. Oklahoma City Thunder
5. San Antonio Spurs

NBA Playoff Prediction

New York Knicks	2
Miami Heat	11
Los Angeles Clippers	24
Oklahoma City Thunder	10
San Antonio Spurs	3

*50 people interviewed

New York Knicks: They have great offense but will ultimately fail due to their lack of defense.

Miami Heat: Without a doubt this team will make the Finals. They have made it for the last two years and are the defending champs. They are the number one team in the East.

Oklahoma City Thunder: Durant and Westbrook...what more is there to say?

San Antonio Spurs: Currently they have the best record in the NBA.

Los Angeles Clippers: They are a breathtaking team and you never know what to expect except a lob.

Now hands down the Los Angeles Clippers will win the championship this year. They have the talent of Chris Paul, Blake Griffin, explosive Jamal Crawford, Grant Hill, experienced Chauncey Billups, aggressive Matt Barnes, and former Laker Lamar Odom. They have the leadership of Chris Paul and Blake Griffin who change the tempo and facilitate a game, and the depth of the NBA's best bench. The Clippers are the second best defensive team in the league. They have positive chemistry which allows them to play well together. They are humble and focused every night. They can also be unpredictable. It's going to happen this year so, rise and join the Clipper Nation.



By Marisela Gomez

Yasmine Lara was chosen by Mr. Dura as the Athlete of the Month because "[he admires] Yasmine's determination and the fact that she never misses a practice or game. The girl is dedicated." Since Lara joined the softball team "(she) has improved by leaps and bounds since this past fall. She takes direction very well. Yasmine is not afraid to try new things and ideas which makes her very coachable and she earned her starting spot on Varsity by bringing up her level of play so quickly." Lara is the type of teammate that helps "[bring] a sense of humor [that] can make her teammates smile or laugh out loud whne things are tense and not going to well. She also silently leads on the fieldboth offensively with her bat and defensively with her glove." The team is better with Lara's contribution "because [the team] sees her as a rookie sophomore starting on the Varsity, and doing very well because she has really brought up the level of her play. That inspires the other rookies to try that much harder because if she can do it, so can they." Mr. Dura expects "very big things (from Yasmine)! She will become a team leader as she progresses and if her level of play continues to improve, she will be in the running for an athletic scholarship to a 4-year university because she also maintains a high academic standard as well."

Pros and Cons of Adding New Sports

By Juan Dominguez

HMSA provides students with rigorous courses to prepare them for college. Students are able to choose which challenging course(s)—AP classes—they want to take; in addition, there are a variety of clubs and sports to choose from. However, HMSA doesn't offer everyone's favorite sport. HMSA athletes want basketball (among other sports) to be included in the options, but there are pros and cons with new additions.

Integrating basketball (for instance) to the school will have desirable effects on the students. In order to participate in sports, students must meet GPA and eligibility requirements. If these sports are added, students will be more motivated to do better in their classes in order to be on the team. It's important that students receive one hour of exercise every day. Basketball involves a lot of movement that will be keep students active and fit. Exercise provides the brain with a steady flow of oxygen that enhances brain activity, and allows people to perform better in school. Students will not only be actively fit, they will also have extracurricular activities to include in their college applications. Colleges are eager to pick students who are involved in many different things at school; if students are eligible to participate in sports, then it's automatically assumed they have a decent GPA.

However, adding new sports to our school isn't an easy task. The primary concern is having enough money for each sport: equipment must be bought for each student; there needs to be a source of transportation; there needs to be a designated place to hold games. Budget cuts on schools make it more difficult to integrate new sports. In addition to expenses, there is always the risk of injury. Compared to basketball players at other schools, our athletes are smaller in size. Since these sports are more aggressive than the ones we currently have, some parents won't allow their child to participate.

Nevertheless, size isn't a concern for HMSA athletes; they will play their best in every game. Adding new sports to our campus will enrich athletic diversity and encourage students to work harder.



The Razzies

Elsa Ayala

Not only was February the month to honor Hollywood's best actors, it was also the month to ridicule Hollywood's worst actors at the 33rd annual Golden Raspberry Awards, or more commonly known as **The Razzies**.

- **Worst Picture:** Breaking Dawn Part 2
- **Worst Director:** Bill Condon For Breaking Dawn Pt. 2
- **Worst Actress:** Kristen Stewart for Breaking Dawn Pt. 2
- **Worst Actor:** Adam Sandler for That's My Boy!
- **Worst Supporting Actress:** Rihanna for Battleship
- **Worst Supporting Actor:** Taylor Lautner for Breaking Dawn Pt. 2
- **Worst Screen Ensemble:** Cast of Breaking Dawn Pt. 2
- **Worst Couple:** Mackenzie Foy and Taylor Lautner for Breaking Dawn Part 2

Trapped in His Own Skin – John Howard Griffin's Black Like Me

Linda Ho

A man returns to his old haunts. He encounters previously welcoming locales— now all hostile. No one is able to see who he really is; everyone perceives him as having an identity other than his own.

No, it's not science fiction. It's nonfiction, and it's the tale of John Howard Griffin. A white man, he artificially darkens his skin and enters the Deep South in 1969, the eve of the Civil Rights Movement. Scathing racism and prejudice tower over him, closing all but a few doors. "Fact" by "fact," all his researched reasons for the social and legal subordination of African Americans fall away as he leaves his old identity. At times, he even forgets he was once white. Throughout the book he discovers that segregation and discrimination are spiritually and physically exhausting – the thirst he felt after being denied water at "whites only" soda fountains also drained away his morale. Ultimately, applying layers of skin stain forever strips away layers of Griffin's soul.

Black Like Me doesn't reflect 2013, but it certainly is a time capsule. It offers an examination of what Martin Luther King Jr., Rosa Parks, and other Civil Rights reformers were really fighting for. Its appeal lies in Griffin's tell-all approach: Black Like Me is not your second grade pamphlet. This is a social experiment at its rawest; Griffin speaks plainly and openly.

This book is recommended for anyone who likes history or enjoys straightforward writing. The fact that it's worth 11 AR points doesn't hurt either.

Pure Genius

Yasmine Gutierrez

SoundCloud is a music site where artists, signed or not, can post their original songs and get feedback from anyone who happens to be listening. In 2011, the unsigned Atlas Genius posted a single, "Trojans," and within a couple of months, they got offers from around 30 companies offering them record deals. It's the dream of every group in a recording studio and Atlas Genius is living it to the fullest. On February 19th, they released When It Was Now, and it has received nothing but acclaim from a wide variety of listeners on the musical spectrum.

When It Was Now features a sound that fuses the electrified style of Phoenix, the soul of Foster the People, and the intimacy that Atlas Genius is able to produce. It's not part of the typical rock genre or even pop, making it a dynamic, original sound in the field of indie music. In their EP Through the Glass, vocalist Keith Jeffery kept his voice soft and simple, a refreshing sound; with the drop of When It Was Now, we hear his strong vocals meshing with the vibe of each track, giving us a new but comforting shift. Broken down piece-by-piece, each track has something different to offer:

- Track 1- Electric:** Without overusing the synthesizer, the band found that it can make a great companion to the drums and guitar. Memorable lyrics: "It's so electric if we're pretending to act like we don't know what to do."
- Track 2- If So:** We get the familiarity of "Trojans" and the head-bob-inducing beat of "Back Seat." Memorable lyrics: "You're just like the next one 'cause we'll be walking lonely tonight."
- Track 3- Back Seat:** Not for the moralistic or faint of heart, "Back Seat" adds some edge and good old family fun. Memorable lyrics: "We're complicated, but we're as simple as we wanted to be."
- Track 4- Trojans:** The indescribable song that got each and every one of us addicted. Memorable lyrics: "Change the locks, change the scene; change it all but can't change what we've been."
- Track 5- Through the Glass:** A euphoric piece that makes you think and reflect on yourself. Memorable lyrics: "And we're dressed up like humans like we know who we are."
- Track 6- On A Day:** An up-tempo piece that brings in some dance-rock. Memorable lyrics: "It's a shame to lie in on a day like this."
- Track 7- Centred on You:** A track that utilizes the band's guitar and Jeffery's vocal capacity. Memorable lyrics: "We took turns as stars fell over."
- Track 8- Don't Make A Scene:** Not a typical love song, which is good enough for me. Memorable lyrics: "I don't mean it was good enough to pretend, but it worked for a time."
- Track 9- All These Girls:** A good balance to the cynically-lovesick "Don't Make a Scene." Memorable lyrics: "You sing the words and I'll play you what I got."
- Track 10- When It Was Now:** An interesting but catchy fusion of 80's synthesizers and light guitar riffs. Memorable lyrics: "Snow-capped hearts don't melt. No, don't be fooled by what we say."
- Track 11- Symptoms:** Along with "Trojans" and "Back Seat," this completes the trio of iconic songs on the album with its note-worthy chorus, infectious rhythm, and meaning. Memorable lyrics: "Now we see what we're gonna regret; how did the water get so cold?"

With this masterpiece and their current tour with Imagine Dragons paving the way, there is nowhere for Atlas Genius to go but up.

What a Waste

By Nengel Torres

Everyone knows the importance of recycling materials and reducing pollution in the environment. Recycling materials such as aluminum, glass, and paper help reduce one's carbon footprint. What's a carbon footprint? A carbon footprint is the amount of carbon dioxide that a person emits due to the direct and indirect means of supporting human activities. Unfortunately, our school's carbon footprint would be quite large because of the amount of materials that are wasted. Although HMSA does recycle, it is small compared to the amount of trash that the school produces. While sorting through papers in Environmental Club, my peers and I discovered that most of the papers that were being recycled were never used. Packets of chapters, still in their plastic wrap, stacks of white paper, event flyers, and even newspapers. The paper that was collected was from teachers who were wasting large amounts of paper every day. There are event flyers and school calendars that teachers don't pass out to their students. There was even a stack of unused printer paper that we found. Teachers aren't the only ones being wasteful. The club finds cans and bottles that aren't empty and sometimes even full. It's a shame to know that this is the reason why the rest of the world deems us as arrogant and wasteful. Students also waste paper for things such as homework and class work. The sheets of paper are sometimes used for a sentence or a small paragraph. Of course the teachers have taken an initiative by using websites such as turnitin.com instead of having students turn in assignments directly to them. Another solution would be teachers eliminating "trash" cans completely; everything used in a classroom can be recycled anyway. Can people be blamed for being so wasteful? Yes. Even though Americans live in a throw-away society, it doesn't mean that they can't take the initiative and reduce the amount of materials they use.



BACK PAGE

What's your ideal prom date and prom night?

By Abdul Zahid

Bridget Flores (senior):

Ideal Person: "Tall, dark, and handsome (Bryan Cano)."

Ideal Prom Night: "My ideal prom night is spending it w/my favorite people & having closure w/our senior class."

Maritza Martinez (senior):

Ideal Person: "My boyfriend"

Ideal Prom Night: "Like the ones I see in the movies: dancing, everyone dressed nice, a nice ballroom, nice decorations, [and] simple things that'll make good memories."

Jonathan Ortega-Flores (senior):

Ideal Person: "I don't have one"

Ideal Prom: "One where I have fun with my true friends and am worry free"



Gabriel Salazar (senior):

Ideal Person: "My girlfriend: Olivia Ramirez"

Ideal Prom: "I'm excited for prom because I had fun last year and I expect it to be just as fun." **Note: He has no clue about an ideal prom

Jamson Chuc (senior):

Ideal Person: "She has to be blonde"

Ideal Prom: "It would start off with me driving to her house to pick her up and giving her flowers. Prom should be held at a good location. Then after that were going to go eat I don't care how late it is, and just be with her as long as possible."

Lubna Malik (senior AND newspaper editor):

Ideal Person: "My ideal prom date is someone I've been close friends with in high school."

Ideal Prom: "My ideal prom night is arriving at the venue in a limo with my closest friends, dressed up, and effortlessly having one of the most memorable nights of high school."

*Malik's Note: Prom is not about the end of high school, it's not even about the beginning of a new chapter. It's about the shared moments. It's about the times spent and the memories created with the people [we] care the most about.

Zahid's Note: Well all these emotional responses are cute and all, but let's be serious about the real reason why people go to prom: you're forced to. Now, no one is held up at gunpoint to go to prom, nor are there any false dilemmas that support going to prom, so how are people forced? Custom. Growing up we've all seen the sappy, generic, brain-cell killing high school movies- calling them clichés is still too kind- which use the same plot time and again: the changes we go through, the importance of friendship *barf*, how prom is the most meaningful part of your high school career – naturally college acceptances aren't a big deal- and of course the "drama" that must afflict us daily- what did he not say "hi" to you in the log entry line? The "high-school" movie always stresses the importance of social events, and values prom akin to The Second Coming, so naturally teens who think this movie genre "speaks to them" will value prom just as highly. This copycat nature in teenagers further spreads the prom mindset, making it a trend; prom is regarded as a passage of rights signifying the transition from high school to college, making the trend into a social custom. By being a custom, teenagers are socially forced into following the rest of the herd, for fear of standing out and being picked on as "the kid who's too good for prom." The social stigmatism inherently forces teenagers to attend the event –we're all so desperate to fit in- further increasing prom's divine status in the teenage bible. Prom has become so commonplace that students ask each other what they're going to wear to prom, rather than if they're going to prom at all- it's the biggest night of our lives seniors, we have to go, just like we have to have the new iphone and how we have to have a car when the farthest we ever need to go is HMSA. Regardless of its uselessness, prom is a necessary thing because it does give seniors the chance to hang out with friends and get the closure they need before they leave for college- you can get the same closure at graduation for a quarter of the price, but of course reason flies out the window with senioritis. So to everyone going to prom, enjoy your time, get the fancy limo ride, rent the snazzy tux, buy the perfect dress, have that slow dance with that special someone, spend time with your friends who you're -apparently- never going to see again later in the year, and enjoy that last bit of youthful naiveté- you totally don't need to save that money for college, right?

A Looming Disaster

By Michael Castillo

It's blatant that political progress has always been inhibited by party conflict. Each party maintains their "holier than thou" attitude and fight to the last man on every discussion - especially recently. Each party attempts to argue that their points are far more superior to their opponents', and stubbornly refuse concession. Such a peaceful Congress is the norm. At this point, Congressional disarray has become common, and as such, people tend to not expect much; but they hope and pray that Congress does not drag the nation into a worse situation, but alas they have done so yet again. As a result of their constant strife, new federal budget cuts were signed into law that will likely cause severe damage to the nation.

The budget cuts - dubbed the Sequester cuts - are some of the harshest budget cuts that the United States has ever faced. They will take 85 billion dollars from the federal budget; particularly affecting the military, non-defense discretionary funding, and Medicare. The military will take a 43 billion-dollar cut, the non-defense discretionary will take a 26 billion-dollar cut, and Medicare will take an 11 billion-dollar cut. These cuts, as warned by President Obama, will slow economic growth and even damage lives. The Medicare cut in particular will worsen health care, leading to a growth in the death rate. If the cuts are so horrible, why then were they passed? The answer: a congressional standstill. Neither party gave leeway or made concessions to the other. They argued over every detail, and came to no conclusion. What makes the situation even more pathetic is that the budget cuts were made so that they would not be passed. They were intentionally made to be harsh and devastating so that Congress would be forced to agree on a better method of balancing the budget. The fact that they were passed is so idiotic that one can't help but laugh; but the nation will not be laughing in a couple months.

This only serves to exemplify congressional strife and foolishness. Political parties need to put less emphasis on their differences, and more emphasis on how to resolve them.

AVIATOR NEWS

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