

Lubna Malik

If you work hard, swing for the fences, anything is possible.
—Jeff Eastin

Sometimes life feels like a dead end, that there’s no way out,
that getting to the top is out of the question, but always re-
member that with a little perspiration and perseverance, any-
thing is possible.

Congratulations Class of 2012! Good luck and I wish you the
best in the future!



SHAMERA JOHNSON

Original Poem

“Me and you, love”

If you don’t stand for something,
You’ll fall for anything.
I never understood
Until I fell for love.
Love stripped me of all I was worth,
Left me with nothing.
I find it funny because I gave love everything.
Love knocked me down, but I didn’t stay there.
I got up, and look at life like it was a breath of fresh air.
After the rain,
And after all the pain
Love sent me through.

KENIA ESPINOZA

Newspaper has been the reason why I look forward to my odd periods. Thank

you Mr. Jahnke for all the
effort you have put into
this class. You made this
class fun and entertaining.
My grammar and writing
skills have improved ever
since I took this class. Your
inspiring and life-learning
lesson would always make
me laugh and I’m glad I got
the opportunity to take this
class. I can’t wait for my
senior year to have this class
again so thank you very
much for putting up with us
and I can’t wait for the approaching year with you.



Original Poem
“Junior Year”

More difficulties than ever.
Colleges and Universities are telling me to start looking.
There has never been such a stressful year.
As I sit here, writing this, I think about my future.
Many questions are asked.
Many tests are taken.
Grades are even more important than the previous year.
But,
No matter how I look at this year,
No matter how much I wish to change so many things,
I still see myself in the mirror every night,
Smiling,
Happy,
And proud.
This year has been the most successful so far.
But there are many more to go before I become successful.

Useful Tips for Incoming Seniors

- During the summer, start researching for possible colleges and majors and apply if possible.
 - Take the ACT/SAT more than once.
- Take an actual elective in the Fall (Anthropology or ACG)
 - Take AP classes
- Get GED’s done early at a local community college.
 - Join Clubs and leadership positions
- Have at least more than half of volunteer hours done before the fall of senior year.
 - Get letters of recommendation done early.

CLASS OF 2013


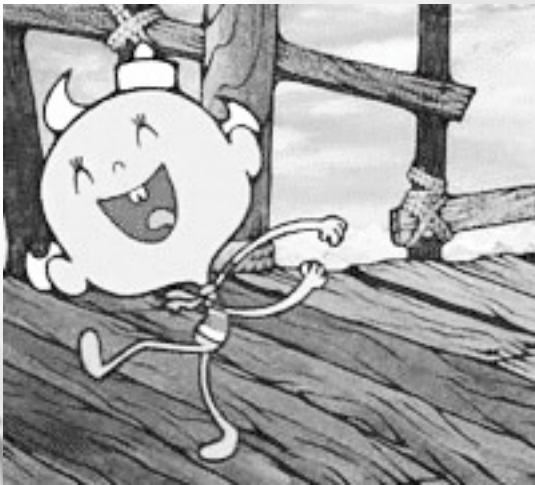
The 2011-2012 UEFA Champions League final is one that won’t be easily forgotten. England’s Chelsea faced off with Germany’s Bayern Munich (Favorites to win the final) at Bayern’s home stadium, Allianz Arena. Bayern’s poor execution and above all, midfielder Arjen Robben’s failure to convert from the penalty spot during regulation displayed this as one of the most epic chokes in all of Champions League finals. Bayern could have easily walked away with the trophy, but these offensive errors and a stellar Didier Drogba header lead the game to extra time and penalty kicks. Chelsea proved to be more clutch and managed their first ever Champions League title. Give credit where it’s due, Chelsea played their game well. Tactically they were better, as their defense was able to endure most attacks. Chelsea is rightfully the well-deserved champion



Victoria Rosito

Jasmine Umazor

Enrique Ruyalcaba

<div>Original Poem</div> <div>"Hush"</div> <div>The bushes hold the brightest reds, waiting to bleed in the form of dew on the adventurer's hand. Soil fills even the cleanliest of us with smells of childhood, spending the night with the stars that engulf the heavens and our curiosity. Silhouettes of the leafy giants, sleeping and swaying their arms without a care in sight. Silence your mind, widen your eyes- Only then will you hear the butterfly's wings beat.</div> <div></div>	<div>Rasmine Gutierrez</div>	<div>KRISTINE LOCSIN</div>	<div>REMEMBER THIS, FRESHMEN?</div> <div>We are known as "Freshmeat," not yet represented on the school hierarchy, but are the underclassmen trying to find our way through the HMSA hallways. With log-entries piling up, we all find a way to make this year memorable. Class of 2015, remember this year and the next three years to come.</div> <div>Our trip down the memory lane:</div> <div>Y.O.L.O • "Party Hardy, Marty!" • We need money! • "In that shirt!" • Remember kids, Google is your best friend • Directioners in love • No se, pero voy a estudiar • Who's Kony? • Shadow to Academy High • iknowhmsa • *tips chair over and everyone turns around* FIVE MINUTES! • Minecraft • John: Quique • the Sisterhood meetings • "During lunch, it's not fun and games. It's war for food. At the cute homies table" • Scavenger hunt list • "Seems legit" • "Rome wasn't built in one day" • Romeo and Juliet readings in class • Why aren't my plants growing? • Un aplauso • Class of 2015.</div>
<div>My Favorite Quote</div> <div>The greatest power imaginable is the power of words. Whenever you are reading a book, a poem, or any work of literature you come across words that make an impact. These words help you out through your good times and bad times, and sometimes they remind you to be careful around others. My favorite quote is "a thousand enemies outside the house are better than one within" by an Arab Proverb. This quote reminds me to make sure that the people around me are truly my friends and not my enemies. Most of us have all ready come upon our favorite quote, and if you still haven't then take some time during your summer and read a good book.</div> <div>List of Student's Favorite Quotes:</div> <div>1. Maria Gomez (senior): "All that we see or seem, is but a dream within a dream." - Edgar Allen Poe</div> <div>2. Kristine Locsin (freshman): "You and I need the strength and joy that comes from knowing that we are loved. With it we are creative. With it we march tirelessly. With it and with it alone, we are able to sacrifice for others." - Chief Dan George</div> <div>3. Tiffany Gutierrez (junior): "It was as if they were so happy they hadn't killed each other that they had fallen in love all over again." - The Glass Castle (Jeanette Walls)</div> <div>4. Elsa Ayala (junior): "From the beginning of time, in childhood, I thought that pain meant I was not loved. It meant I loved." - Louise Glück</div>	<div>Marisela Gomez</div>	<div>Juan Dominguez</div>	<div>Juan's Pupusas</div> <div>Have you ever eaten a pupusa and wondered how it was made? This easy-to-follow recipe will explain how to make pupusas without having to waste a lot of money. If you don't know what a pupusa is, it's a traditional Salvadorian dish that consists of hand-made tortillas with cheese, meat, or beans stuffed inside of it. You'll need the following ingredients to make at most 5 pupusas:</div> <div> <ul style="list-style-type: none"> 2 cups corn flour (Maseca) 1 cup water 1 cup filling (grated parmesan cheese, pork meat, or beans) </div> <div>Make sure you have a wide pan to cook the pupusas on because they expand a bit when they're cooked. Here's how to make them:</div> <div>1. In a large bowl, mix the flour and water for about 2 minutes (make sure it doesn't crack at the edges when you press down on it). Afterwards, cover the bowl and set it aside for 5 to 10 minutes.</div> <div>2. Roll the dough into a log and cut same-sized portions. Roll each portion into a ball.</div> <div>3. Make an indentation in each ball with your thumb and put a spoonful of desired filling in each indentation. Fold the dough over to completely enclose the filling. Press the ball out with your palms to form a disc (make sure the filling doesn't come out).</div> <div>4. Press the dough out with your hands until it's about 5 or 6 inches wide.</div> <div>5. Place the "disc" on the pan and cook the pupusa for about 1 to 2 minutes on each side. Once it's lightly browned and blistered, you're ready to enjoy your meal.</div> <div>got pupusas?</div>
<div>Original Poem</div> <div>"THE 4' 1 1 MONSTER"</div> <div>She's the one that helps me with everything. She knows the answers to any problem. She's mean though, especially during Spring. And she'll probably enjoy this poem.</div> <div>She's not the nicest person you will meet. She doesn't let others push her around. She doesn't like it when I take her seat. And she doesn't like to look like a clown.</div> <div>She doesn't like the candy that tastes sour. She isn't tall like a full grown giraffe. She is as beautiful as a flower. And she has a quiet-humorous laugh.</div> <div>No I would never ask for another. Because I truly love my short mother.</div>	<div>BRYAN ROJAS</div>	<div>Elizabeth Arquelles</div>	<div></div> <div>I'M FREE!</div>

NHI NGUEN	<p>“Hard work pays off in the future, laziness pays off now.” – Anonymous</p> <p>Nothing in this world comes easy, especially, success.</p> <p>The road to success requires hard work, determination, and sacrifice. We set goals and we want to achieve them, for whatever reason. How much work will it take? It depends on you and your goal and ultimately how much you’re willing to sacrifice. Things don’t happen overnight and there are definitely no short cuts. The problem with the human race is that we want things immediately – whether it is to be better at something or obtain material possessions. Everyone struggles, but you have to find your weaknesses and tackle them; my personal weakness was reading and grammar... but I still took an AP Literature course in hope to better myself. The choices you make now affect you later. So go ahead and copy your friend’s homework, go chose partying over studying... but don’t be surprised when you’re not at the level of success you wanted to be when you weren’t willing to put in the effort before.</p> <p>Hard work, complimented with struggles, is really the only way of reaching success that you have always wanted. “Good things come to those who wait.” No. Good things come to those who work every single day and never quit.</p>	<p>Clipper Nation Heat</p> <p>The Clippers have nothing to be ashamed of. They made franchise history by getting their best winning percentage (.606) and their 5th playoff appearance in last 36 seasons .They played and competed hard each and every game. I was proud to be a Clipper fan this year, and I will still wear my team’s colors with pride. Though Chris Paul, Clipper point guard, and Blake, Clipper power forward, got beat up like punching bags and Reggie Evans, Clipper center, got technical fouls like kid getting candy they made some notable accomplishments. Their most impressive accomplishment of 2012 so far was when, the Clippers came back to stun the Memphis Grizzlies in Game 1 , trailing by 27 points in the third quarter, 21 points entering the fourth, and 24 with 7:53 remaining of their first round series. It tied the largest deficit overcome entering the fourth quarter in postseason history and is believed the most unexpected comeback in the final eight minutes of a playoff game. Also, their game 7 win against the Grizzlies was the first Game 7 win in franchise history;the Clippers were one of 22 teams to win a Game 7 on the road and became the first team to advance to the second round by winning Games 1 and 7 on the road. But the season is over, and we’ve got a bright future ahead. It’s Clipper time now, so represent our nation’s colors “red, white, and blue”. Stand up Clipper Nation and unite!</p> 	Temera Evans
Jennifer Camacho	 <p><i>The Day I Met My Guardian Angel</i></p> <p>Have you ever been so desperate for help, feeling hopeless, when out of nowhere someone approaches you and “saves” you? Calling this an act of kindness is an understatement. It’s like meeting your guardian angel. I’ll never forget the day I met mine. My family and I were stranded in the desert, in the middle of nowhere, when our car stopped working. After 2 hours of hopelessness, a truck driver pulled over, and coincidently he was headed to Los Angeles just as we were. He offered us a ride, and paid us a taxi home once we were in L.A. He didn’t ask for anything in return; I never even saw him again.</p>	<p>“Today will take us away from yesterday and tonight is forever. I mean look at us we’re kids. Forget everything extra none of it matters we’re kids and we always will be. Do what you want! Every breath you take should be another reaction to a move you make towards your goal not another person’s.”</p> <p>–Machine Gun Kelly</p> <p>This quote has been echoing in my mind as of late. This year I was forced to find the balance between acting like a kid and taking myself too seriously. This quote shows that balance, the maturity of working toward a goal but still being able to be a kid and open to learn. Throughout my four years at HMSA I’ve experienced the stress of taking things too seriously and, unfortunately, being a kid and not being able to take anything seriously. Both of those extremes have taken their toll on my academic life as well as my personal life but during senior year, though it was late, I found the balance. If there’s one message I can leave the underclassmen at HMSA it is, find that balance as fast as you can. Don’t go out when you know you have a paper due and if you’re too stressed about a test try to relax a bit and then study for it. The worst thing you can do is over think something or not take something seriously enough.</p>	Matthew Dumas
Elsa Ayala	<p>♪ <i>Some of my Favorite Song Lyrics</i> ♪</p> <ol style="list-style-type: none"> 1. “Everything’s so blurry and everyone’s so fake”- “Blurry” by Puddle of Mudd 2. “When you try your best, but you don’t succeed...When you get what you want, but not what you need”- “Fix You” by Coldplay 3. “Yesterday, all my troubles seemed so far away...Now it looks as though there here to stay” – “Yesterday” by The Beatles 4. “Whatever tomorrow brings, I’ll be there ...With open arms and open eyes” – “Drive” by Incubus 5. “Everybody seems to think I’m lazy...I don’t mind, I think they’re crazy” – “I’m Only Sleeping” by The Beatles 6. “I can see what’s behind those eyes, tongue so twisted from tellin’ lies”- “Goodbye” by Save Ferris 	<p>John Green is one of the few young adult fiction authors whose books I will read. Why? “Overdramatic” and “idealized” are not words that are used to describe Green’s novels. Maybe, his writing is not completely realistic, but it is believable. There is no “happy ending” and there is no overly tragic ending; no black and white, but there is gray. Green gives us something we all want: something we can relate too. He is in tune with the youth of today. He knows his audience. He really does; he’s a vlogger on Youtube as well as an author.</p> <p>Green’s novels do have themes. His writing is very honest. Green doesn’t write to fit the theme, his writing develops the theme. Life does not have a theme, but there are lessons and beliefs that we learn develop as a result of what happens in life. Green reflects that in his work. It’s honest in that aspect, and it’s also honest in that he does not censor himself. Green does not concern himself with trying to avoid controversy. There is mild cursing and there is alcohol and possibly maybe even a porn store. And if that bothers you, then do not read it. But if you are interested, then I’d recommend Looking for Alaska, Paper Towns, and Will Grayson, Will Grayson. They’re funny. They’re sad. They’re great. DFTBA (Don’t Forget to Be Awesome).</p> 	AZUCENA CASTILLO

We know that we're completely different from any other high school students. Sometimes we do things that are really nerdy, but we don't notice it because we transfer into absolute nerds once we enter HMSA's gates. Here are some differences between us and other high school students:

Other high school students: HMSA students

- Want the sun to come out, so he or she can enjoy a nice day.
- Send text messages and play with his or her phone during school hours just to look cool.
- Don't even know that a library exists on campus.
- Read simple books but never think about them.
- If the lights go out, they just sleep or relax.
- Visit youtube to watch the latest video clips.
- Want the sun to come out so his or her solar cooker can heat up.
- Search the ACT website for scores using his or her phone.
- Go to the library to hang out after school.
- Read assigned book, and comes up with a matching friend to the character in the book.
- If the lights go out, they work under a flashlight to finish his or her homework.
- Visit youtube to access the latest Bill Nye episode or math tutorials.

NERD
PRIDE

Farewell Mrs. Carlson

As many know, this will be Mrs. Carlson's last year at HMSA, which is quite depressing. Mrs. Carlson has been teaching U.S. History for four years at HMSA and has been a pleasure to the staff and students. Her style of teaching has yielded high (humor mixed with note-taking) test scores in both her AP and regular history classes. Despite much outcry over her leaving, she sadly has no choice and thus we are forced to watch her go. Some of the best memories we've all had in her class are debates, projects, watching movies, and all the jokes we made about every subject we could've thought about. Whether she cracked jokes or taught us about the 3/5th Compromise, Mrs. Carlson always kept a smile on our faces, or at least until homework time came along. On that upbeat note, it's time to say goodbye to the school year and to a teacher that has helped us learn a little more. Adios, Mrs. Carlson.

Supernatural

Sam and Dean Winchester are two Kansas-city men who have saved the world endless times on *Supernatural*. What exactly have they saved the world from? Ghouls, shape shifters, vampires, fairies, werewolves, ghosts, and vengeful spirits. Am I missing anything? Of course I am! There's a different supernatural creature in almost every episode. Sam and Dean have been to hell, heaven, and purgatory. Not to forget they have started the apocalypse by freeing Lucifer from his cage in hell and ended it by shoving Lucifer and the archangel Michael into Lucifer's cage. They have dealt with both demons and angels and have been dragged in the middle of their ongoing war. Many of the supernatural elements in the show are true including lore and scriptures from the Bible. Most of the information on this suspenseful and thrilling series is actually true, what else could you ask for?

Underneath all the supernatural aspects there is one crucial element to the show, the relationship between Sam and Dean. They have died for one another many times but one way or another, with the help of angels primarily Castiel, they rise from the dead. Although this love can be viewed in a positive light, Dean himself has referred to their love as the family's "Achilles' heel". That is, the supernatural creatures use this love against them to make them vulnerable and defenseless. This co-dependent relationship is evidently unhealthy but it keeps the viewers on edge as to what will danger they will fall into. It has recently been announced that the show will be returning to KTLA for its eighth season. Is there any question as to why it's been on the air for so long? Go watch seasons 1-6 on Netflix and anticipate its return to KTLA every Friday at 8 p.m. (time and day maybe subject to change)!

Northern Burgin

Northern Burgin

Flirting Tips for your Summer Love!

Whether you're a guy or a girl we all had that moment when you see someone attractive and want to talk to that person but don't know what to do or say, well here are 5 tips from the Ladies Man himself:

- Practice:
You don't have to have a crush on someone in order to flirt. Practice flirting with random people you see every day - That way, you'll have some flirting experience under your "belt" when you approach the person that really matter, try practicing in front of the mirror that always works for me.
- Have an opening line:
Find a reason to talk to the person. If you're in a class with them, come up with a question about an assignment or a test, or even use a pickup line (Warning: Never use any pickup line other than a cute cheesy one, chicks fall for those ;)
- Remember E.C.S:
Eye-contact, compliment and smile, making sure you do these things can make a world of difference. One thing it does it tells the other person that you aren't afraid of them another, it also makes you much more interesting than if you don't even look at the person.
- Awkward Silences:
Everyone hates these, well because both of you are quiet and can't think up of anything to say, instead of sitting there like a seal, ask a question, about them or even your environment like for instance, "Hey, Chica I started working out, like what you see?"
- Wrap it up
If you're not interested in talking anymore or have something to do, politely find an excuse to head off into the sunset like "Oh! I think I hear my mom calling me". If you are interested, and want to talk to the other person again just tell him/her that you'll talk later and fix another meeting again.



Abdul Zahid

Chris Gomez

Pavilion for Japanese Art

Mrs. Sharpe's AP World History class and some students from the normal history class all enjoyed a trip to LACMA's Pavilion for Japanese Art. With the help of Mrs. Sharpe's Sister Margaret, Ms. Enger, Mrs. Tabrizi and Mr. Krank as chaperones for the trip. During the field trip students got to admire and learn new things about ancient Japanese artifacts and treasures. The scenery and plant life of the exhibit also made it seem as if you were in a real Japanese building. With the native plants of Japan such as bamboo, cherry blossom trees, and lotus flowers were what made the outside similar to Japan. Then after the trip through the museum, students were also allowed to go into a small workshop to practice their own versions of Japanese art work paintings of bamboo on rice paper. Overall all the students and chaperones had a very enjoyable time at the LACMA's Pavilion for Japanese Art and will always remember the fun day they had their.

Ignacio Parada

Jiffany Guiterrez

THE RISE OF THE FRANCO FILES

This mysterious actor, James Franco, always has some buzz surrounding his non-traditional lifestyle. From an admirable yet ceaseless desire to learn to his choice not to sleep, it's always left us wondering: what's this guy's deal? Here are some things that you may not have known about him: he dropped out of UCLA after his freshman year (but later returned to finish his degree in English in only 2 years at age 28). He moved to NYC after graduating from UCLA and enrolled in 3 more schools, at the same time. He is known for also being quite artistic, he has gotten arrested for graffiti. He was a vegetarian but stopped once he began working at McDonald's. He's a professional sword fighter. Franco opted to live in the street for a while to get in the homeless role for a movie part. He now has a pilot license, thanks to his role in Flyboys. He attended Yale to get his PHD in English. He voluntarily wrote an essay about himself. Franco believes sleep is a waste of time. As a child he wore braces. He has hosted SNL twice. Blink-182 singer Tom DeLonge bought some of his paintings.

