

° Tips on Acing Your Finals!

By: Nhi Nyguen

As second semester begins, perhaps you didn't do as well on your finals as you would have liked to. But you don't have to look at it that way, a little stress is good to motivate you to study and be successful this semester. These tips can provide you some relief.

- Manage your time wisely - set aside time to study for your exams and organize all the materials you need to help you study.
- Don't procrastinate - give yourself enough time, don't cram the night before.
- NO FOOD! - food distracts you from studying, try having water or coffee next to you to help keep you focused and hydrated.
- Ask for help - if you have any doubts in what you are studying, try going to your teachers for help or ask another student.
- Study methods - try different study methods to help you study like flashcards, study guides, reviewing notes, youtube lectures, etc.
- Group study - more brains more information (two heads are better than one).
- Pace yourself - divide your study time and take 5-10 min breaks between assignments
- SLEEP - sleep for at least 8 hours; if you can't function well on four hours of sleep, don't even try.
- Don't panic!

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What Don't Kill Me Can Only Make Me Stronger

By: Anonymous

*The following essay was selected by the Aviator News staff as the most powerful and moving of all the essays submitted to Ms. Enger as a part of her "This I Believe" assignment.

I believe that sooner or later you have to realize it's not your fault. That there is a way to get over the dreadful thoughts. This is my way into taking one step forward and never looking back.

It was a regular school day for me. Wake up, change, brush my teeth, and walk to school. Class was boring as usual; recess came, and then lunch. I think we learned about Abraham Lincoln that day, something about how he was the sixteenth president and really honest. I was really into the subject, mainly because I heard the teacher say he was born on February 12, same day as me. As we moved along to our next lesson the teacher got a call. "The principal wants to see you", my fourth grade teacher announced. The whole class was making noise. Why was I being called to the principal's office? I did nothing bad; maybe he wanted to congratulate me on getting my second president's award. With this in mind, I walked to the principal's office hoping to be congratulated. Instead, I walked into a room with two police officers, two big, buff, scary police officers. I was afraid; I had no idea what this was about, until I saw my cousin. She had this scared look in her eyes and it was then that I knew what we were in for. "Do you know why we're here?" one of the officers asked. I nodded; I knew exactly why they were here.

My cousin and I were sat in different rooms so we can both focus on writing down every detail that had happen the day we had been defiled and violated.

Writing into that paper made me feel disgusting. The pencil, jotting down those horrible memories. Worst of all that wasn't enough for the police officers, they needed me to demonstrate with toys they had in their office. I was embarrassed. I just wanted to go back to class, to continue learning about Lincoln and all. But there was still another thing coming. The officers open the door into another room. There, I saw my mother sitting, sobbing her beautiful eyes. I began to cry.

"Why didn't you tell me!" my mother yelled.

How was I supposed to tell her? How was I supposed to explain again the way I felt, dirty and hurt? Was I supposed to tell her that I'm sorry? That I was stupid enough to trust in someone who seemed so good? I was so young, believing the world was so innocent and sweet. But I believe now that it wasn't my fault. That I shouldn't feel worthless or ashamed. That I am something good and that no man should ever feel they are better than me, instead, that they are lucky to be with me. That I am not any of the harsh words people call me, nor am I easy. I believe I'm stronger now. I believe no victims should go about life believing it was their fault.

New Year's Resolutions

2011 Student Resolutions

By: Kenia Espinoza

What was your New Year's resolution for 2011 and did you accomplish it?

SENIORS

Josh Quezada:

- To be more social, yes I did!

Xayvier Williams:

- To lose weight, and I did accomplish it.

JUNIORS

Vanessa Silva:

- To limit myself on soda, it's my addiction and I kind of accomplished it.

Alexandra Moreno:

- To live, and yes it was accomplished.

SOPHOMORES:

Abraham Ramirez:

- To be better at soccer and it was not accomplished.

Kathy De Leon:

- To not be a procrastinator and it hasn't been accomplished.

FRESHMAN:

Jazmyne Gomez:

- To get a 4.0 but it wasn't accomplished.

George Carballo

- To learn to forget and move on and it was accomplished.

2012 STAFF RESOLUTIONS

By: Shamera Johnson

Ms. Khan:

- "My resolution is to not get any more traffic tickets this year. I plan to be more careful when I drive, and to be extra vigilant for traffic cops. My second New Year's resolution is to get to work on time so that my homeroom students are not waiting in the cold! I will set my clocks forward and wake up earlier to accomplish this." (Editor's note: those clocks may need another re-setting).

Mr. Berumen:

- "My New Year's resolution is to be nicer to Mr. Jahnke because of his haircut."

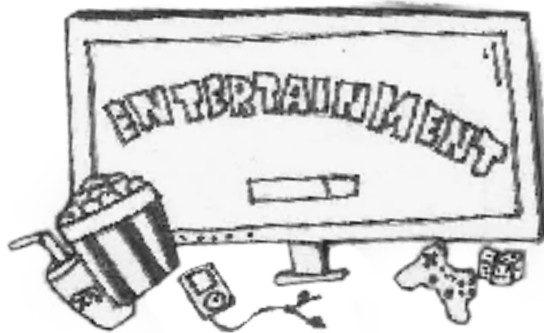
Mrs. Kang:

- "I don't have a New Year's resolution because I'm already perfect."

2012 Movies

By: Elsa Ayala

1. **The Hunger Games:** This novel by Suzanne Collins is coming to life this spring. Set in the nation of Panem the yearly Hunger Games is a competition between adolescents from different districts. Their goal is to kill one another until only one remains (supposedly...). This science fiction starring Jennifer Lawrence, Josh Hutcherson, and Woody Harrelson is in theaters March 23rd.
2. **The Dark Knight Rises:** Woohoo! Another Batman movie is exactly what this summer needs. Batman returns and is chased by the Gotham Police Dept. after he takes responsibility for Harvey Dent's crimes. At the same time he's discovering Selina Kyle and Bane's plans to take over Gotham. Starring Christian Bale, Anne Hathaway, and Tom Hardy this highly anticipated sequel hits theaters July 20th.
3. **Snow White and the Huntsman:** This fantasy adventure film is about Queen Ravenna wanting to be the fairest in the land. After her stepdaughter, Snow White runs away into the forest she sends a huntsman to bring her back so she can eat her heart and live forever. Instead the huntsman helps Snow White fight back. Starring Charlize Theron, Kristen Stewart, and Chris Hemsworth this movie opens June 1st.
4. **The Avengers:** This film by Marvel brings all the superheroes together to fight a menacing enemy. Brought together by Nick Fury, director of the agency known as S.H.I.E.L.D., these heroes must save the world from utter destruction. Starring Robert Downey Jr., Chris Evans, and Mark Ruffalo this superhero film is in theaters May 4th.
5. **The Lorax :** Who doesn't love Dr. Seuss? His imagination is revived and the story follows a young boy, Ted, that lives in an artificial community. He sets out to find a real tree for the girl of his dreams, Audrey. On his journey to find a seed he encounters the Once-ler and the Lorax. Starring the voices of Zac Efron, Taylor Swift, and Danny Devito this film hits theaters March 2nd.



ORIGINALS VS COVERS

By: YASMINE GUTIERREZ

When covering a great song, here's a little tip for all the artists out there: make sure you know what you're doing.

Take Johnny Cash's "Hurt" for example: rarely does a cover surpass the original, but the country man took the risk of covering a rock song and did it some justice. Although this was out of Cash's comfort zone, being a well-known country singer, the simple acoustics and the vulnerability of his tired voice made sure that this cover was not made in vain.

The same cannot be said for Patti Smith's "Because the Night." The 1978 hit took early rock to the next level with the snare drum and Smith's empowering voice. A few years ago, Cascada took the rock song and tried transforming it into a dance cover that wouldn't go far past a Euro-trash club.

Sure, this would be a great song- if you'd never heard the original. Needless to say, many preferred Smith's vision that still speaks volumes throughout the decades (10,000 Maniacs covered the same song more effectively).

Covering a classic song is a gamble that many artists will take: while some hit the jackpot, others are left with a huge debt to make up for. This is one topic that should be left for the masses to decide. What covers do you think are better than the originals?

Illegal File Sharing

By: Azucena Castillo

Websites like Pandora and Spotify are often accused of encouraging illegal file sharing. However, the opposite is true; these sites actually encourage the purchase of music files. They make music available, so that it may be listened to for free, not downloaded for free. It can be seen as giving people "free samples" of songs, so that people may decide if they want to buy the song. Some independent musicians have taken this approach in their attempts to prevent illegal downloading. Alex Day has been known to put his songs up on his website so that fans can listen to them for free, but also has his music available on iTunes for purchase. This has seemingly proven successful. It is websites like Box and 4shared, where media can be downloaded for free, that are responsible for the surge in illegal file sharing. Songs may be uploaded by users onto these sites and downloaded by others. Download links are often spread throughout the internet through the use of different websites. Many people upload songs onto Youtube and offer the download link in the description of the video.

Unlike Box and 4shared, Pandora and Spotify have links that lead to where songs may be purchased. This promotes obtaining music through honest means. Internet users' decisions to pay for music or download it illegally are influenced by the type of links they are exposed to.

YOUTUBE VS. TV

By: Victoria Rosito

Television and YouTube have improved in many ways, but there is still something that some wonder about: which is more popular? As of right now, it seems that YouTube is more popular. A study by the BBC shows that 43% of online viewers said that they watch less TV because of YouTube, 3% said they watch more TV than they did a year ago, and 54% said they watched the same amount as before. 28% of the people who watch videos on YouTube are 16 to 24 year-olds who watch videos at least once a week. Even with this in mind, TV is still being watched. Now, however, many TV programs are joining YouTube and are making their own channels. Not everyone goes online to see videos so they watch TV because not everything they want to see is there. Google and YouTube are working together to try and make YouTube into a form of cable TV available to anybody. YouTube has improved from being random videos to a place where almost anything can be found. TV has also improved from being big, bulky and black-and-white, to big, thin, and colored TV. Both have improved in many ways since their creation and many have used both sources to watch what they want. However, YouTube is much more popular than the TV because it has more variety and anyone can watch it whenever they want.

2012 Album Releases

By: Tiffany Gutierrez

1. **Scars and Stories** – The Fray's third album releases February 7th, the first single "Heartbeat" is already on the radio.
2. **Pink Friday: Roman Reloaded** – Nicki Minaj's second studio album releases Valentine's Day and continues the adventures of her alter ego, Roman Zolanski.
3. **Trespassing** – Adam Lambert's second studio album releases March 20th with his hit "Better Than I Know Myself."
4. **Port of Morrow** – The Shins' fourth studio album after 5 years without writing music. To be released March 26th.
5. **Believe** – Justin Bieber's fourth album releases in March.
6. ***No Doubt** will release their first new album since 2001 this year. Tracks to appear on this untitled album include "Undercover," "Settle Down," and "Easy."

NBA: WHERE AMAZING HAPPENS

By Hassan Nadeem

If you were one of the millions of fans waiting in anticipation for the NBA season to begin and stayed with the NBA for the 149-day period when the professional sport was in lockdown mode then you're in luck. The players and union signed an early morning deal in late November. The 149-day lockout cost the NBA half a billion dollars in losses, as well as the many restaurants around the sports centers across America that rely on the NBA games. The deal that broke in late November leaves the NBA with its second shortened season (the first was the 50-game 1998-99 season), with the hope of getting in 66 games instead of a full 82-game schedule. Even though the schedule is shortened many players are in fact happy that they're playing again. In fact before the deal even surfaced, many players including All-Stars Kobe Bryant, Kevin Durant and Dwayne Wade were thinking about playing overseas, and many countries are willing to pay big bucks to score an All-Star. The NBA season began on Christmas day with the Boston Celtics' Kevin Garnett, Ray Allan, and Rajon Rando facing-off against their rivals the New York Knicks. Then it continued into Miami territory with the best team out there the Miami Big Three (LeBron James, Dwayne Wade and Chris Bosh) as they took on Finals MVP Dirk Nowitzki with his Dallas Mavericks, finishing the Christmas afternoon with Kobe Bryant and the Los Angeles Lakers taking on last season's MVP Derrick Rose and the Chicago Bulls. Later on the same night the NBA season opener finished with Kevin Durant and the Oklahoma City Thunder as they went head-to-head with Dwight Howard and the Orlando Magic. This year's NBA season opener has to be one to remember, with the Knicks beating the Boston Celtics, Miami defeating the current champs Mavericks, the Thunder beating Magic, the Bulls beating the Lakers and the Clippers fending off the Golden State Warriors. All the matches showed what is in store for the NBA this season, and due to all the new trades made right after the lockout finished, many teams now surfaced as the one to beat. Amazing is sure to happen when you've got the best of the best basketball players battling it out on the court. Even if you're not a big basketball fan you have to follow this year's much anticipated basketball season!



Behind the Secrets/Thoughts of Severns on HMSA Sports

By Enrique Ruvalcaba

The first time Mr. Severns joined HMSA and their sports department he had high ambitions. He predicted "this site would be a temporary site. I envisioned that the school would have a field, a blacktop with basketball courts on it, and basically standard facilities that every school should have. Unfortunately that hasn't happened yet." Despite these shortcomings, he still remains hopeful that the school will have "a full soccer field with a track around it. That alone would be ideal."

When the Lady A's became the unofficial first team and joined CIF (California Interscholastic Federation) many other teams such as baseball and soccer followed and joined CIF. Now HMSA has several teams that include boys/girls soccer, boys/girls volleyball, cross country, baseball, and softball. When asked if any new sports teams will be formed, he answered, "Some students have inquired about starting a basketball team here at HMSA, but at this moment it's not going to happen. There's a lot of standard cost, uniforms, a gym, transportation. It's a lot harder that just have basketball on the courts. If we had the facilities then maybe the school will be willing to have a basketball team. There's also been talk about having a track and field team since there's a cross country team. The track and field season is in the spring. There was talk about maybe having a long distance track. That's really all the sports we've talked about for the future."

That's not all Mr. Severns wants, but he would like to "have as many sports teams as possible. I would like to have [everything] from a tennis team to a golf team. [Some high schools] even have surfing. I would like to get students involved more in water activities." The motivation for him to want water-related activities is because several students don't know how to swim. That's not the only change he wants to see happen but also for there to be a swimming segment for the freshman and sophomores during their P.E. Seniors have an option to take Senior P.E. where they have swimming part of their year but Mr. Severns thinks that's too late.

Another desire for him is for "students to get out there to the games [to cheer their peers on]. We've had some good attraction for the girls' volleyball games and we had a real stalker out there, so that was great. I would really like for students to come down there and cheer them on." It's difficult for students to go and cheer their peers on for transportation reasons and that's why he wants better facilities so students can watch their fellow peers' games and cheer them on. "If we had a soccer field here on campus all of you guys would go on the bleachers and watch. That would be great."

The bottom-line is that all he wants is "Better facilities, that would be huge and a successful and safe athletic program. Obviously [winning] is very important. I also want them to have safe experience, learn from this, experience the commitment, responsibilities, to become better people and being leaders."

Why do countries focus more on a certain sport?

By Juan Dominguez

Ever seen a game and wondered why that sport is mostly seen from one country? The origin of sports is what determines where and how common it is. Some sports were created thousands of years ago, while others just a few hundred years ago. Nevertheless, some countries "borrow" certain aspects of one sport and mix it with another, to create a new sport. It's original since there are new rules applied.

A common sport originated from North America is baseball. Abner Doubleday was the person who invented the sport in 1839 in Cooperstown, New York. The first team to play a game was the New York Knickerbockers, back in 1845, where the modern rulings of baseball started to develop. New York was famous for the first formally structured National League of Baseball founded in 1876. This league allowed different races to participate in games, which shows that discrimination in the mid-1850s was beginning to decrease. Baseball is now played worldwide, including in the Olympics, and is one of the most common sports to see anywhere in the world, along with soccer.

Footvolley was created in Brazil by Octavio de Moraes in 1965, and combines aspects of both volleyball and soccer. The rules are simple; the field is the same length as those in the volleyball fields, with ball-touch rules from soccer. In other words, it's like playing volleyball, but without using hands and a soccer ball replaces the volleyball. Obviously, since Brazil is home to this sport, it's where the most talented players are, like Jansen de Oliveira, Gabriel, Xeleleu. This sport is also played worldwide, but not as much as baseball.

Palio was a historical sport in Italy. No one knows the exact creator of this sport, but from evidence concerning the Middle Ages, historians have found records of games. This sport involved horsemen caring archery or a crossbow and shooting at targets. This required a lot of skill since riding on a horse and carrying a weapon at the same time was very difficult. However, this sport was also good practice for war tactics since the competitors would get experience from carrying their weapons while on the horse. This sport isn't played today, but the historical evidence is preserved to record Earth's history involving sports.

It's now evident that countries focus more on certain sports because those sports originated in its respective country. Some countries adopt qualities of other sports around the world to create a new sport. Whether it's original or not, all sports have an origin and finish a legend.

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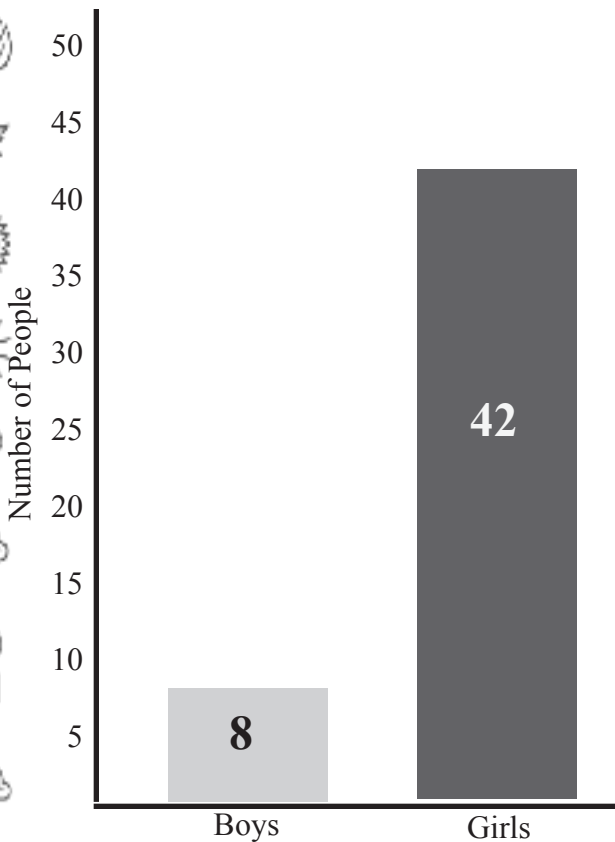
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What do YOU think?

Question: *Who do you think is more manipulative in a relationship: Guys or Girls?*



Zahid's Analysis: It seems that this question was pretty much one-sided. In truth, this question was asked to a relatively equal number of both genders, but the responses were chosen by pre-made social bias (we say what other people say). Girls do tend to be more manipulative as they have what all guys want (love & compassion of course). They also tend to find ways into manipulating men by making small comments in order to bolster the foolish male ego (not to mention the so-ever effective "head-tilt"). For guys on the other hand, being in charge is nothing more than a matter of self-ego assurance. Guys want to feel in charge of everything and for this reason they try to manipulate "their" girl. If a guy ever makes a final decision in a relationship, be sure that the first thing they'll do is brag about it with the bros. Now in order to maintain a healthy relationship, one person can't have superiority over the other; a relationship must be a democracy and NOT a dictatorship. Now if you do not want to grow up as a lonely old man/maid, treat your spouse with respect and listen to their viewpoint.



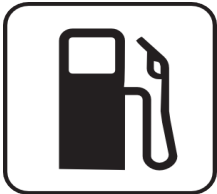
Teacher Weird Facts

Ms. DAVIS:
-Crashed motorcycle in Thailand and Vietnam (at the same time? That IS impressive.)
-Used to work a guillotine in a rat lab



Mr. ATANGA:
-Hates it if people repeat things he just said

Mr. DURA:
-An amateur inventor and is working on a product that will increase fuel efficiency and change the byproduct of the exhaust to water vapor



Mr. LANIUS:
-Played soccer in England when he was 16.
-Voted best dressed in high school

REVIEW OF THE MONTH BATMAN ARKHAM CITY

Batman Arkham City, created by rocksteady (sic) and Warner Brothers Games, is the sequel to the critically acclaimed Batman Arkham Asylum. Arkham City takes place in the sort of prison city that is Arkham City. Batman is captured and is forced to not only take down the Joker from inside of Arkham City but stay alive while trapped with murderous felons he put away. This game is nothing short of magnificent. The sequel utilizes traits from its predecessor such as gadgets like the remote control batarang, and the requirement to silently take down enemies in order to proceed in the game. Arkham City not only uses the features people loved about the first Batman game but also adds new environments, playable characters such as Catwoman, Robin, and Nightwing, and lets you take on all of the classic Batman foes such as Mr. Freeze, The Penguin, The Joker and many more. 5 out of 5 stars.



Are Men Really From Mars and Women From Venus?

By: Nardeen Gorgy

Do men and women speak the same language? Can they ever really communicate? These questions are not new, but since the early 1990s there has been a new surge of interest in them. Countless popular psychology books have been written portraying men and women as alien beings and dialogue between them just seems to be labeled as misunderstandings. Many seem to think that the idea of men and women communicating differently is nothing but a myth. Is it? If you think about it, most men like to get to the point. They have a certain goal in getting something done by starting that conversation. Women on the other hand, can talk pretty much forever. One conversation leads to another and they seem to be more verbally skilled than men. Men's way of using language is competitive, reflecting their general interest in acquiring and maintaining status and prestige; women's use of language is cooperative, reflecting their preference for equality and harmony. These differences may lead you to think that men and women do not agree on most things due to their different styles of speaking and communicating. This is completely false. Some men may talk more than women and vice versa. Communication skills don't depend on your gender, they depend on your ability to listen to the person you're talking to, comprehend what they are saying, and evaluate everything said and then reply. Gender does not determine how chatty a person is.

Most magazines and books say that women talk more than men and men don't listen. But aren't people just being told what they want to hear? Many media sources, such as Men Are from Mars by John Gray, portray the woman as the emotional sensitive being, while the man is brutal and commanding. To contradict these statements, Janet S. Hyde wrote an article in the journal American Psychologist titled The Gender Similarities Hypothesis in 2005, which pointed out all the similarities between both genders. She wrote of many subjects including the woman's as well as the man's ability to talk. According to her statistics, 34 out of 56 (60.8%) men talk more than women. The legend that women talk more than men persists because it provides a justification for an embedded social prejudice. It gives people a reason to explain why men are "better" than women. Society just builds on history but doesn't include evolution and progress that has been made. Many societies are still stuck on the idea that the patriarchal system and differences between men and women justify every societal action. But, if these societies were to ever look at the similarities, men and women would be completely equal.

Many who speak of evolution of the female gender are often faced with many who say that their arguments are based on prejudice rather than facts or logic. They complain that feminists are unwilling to even consider the idea that sex-differences might have biological rather than social causes. Instead of judging the arguments on their virtues and just use logic to realize that the world has changed, these politically-motivated critics just condemn them, and those who advance them are seen as irrational people. Consider the argument, think about the similarities and differences before coming to a conclusion that women and men are completely different and therefore cannot communicate. Do not lean on false statements but use logic and be aware of and appreciate these differences and similarities in the opposite sex.