

Northview Valhalla

Volume 41, Issue 5

Friday, January 19, 2001

Covina, CA 91722

More Than A Three-Day Weekend

By VERONICA RAMIREZ

As we recently entered a new millennium, our diversity as a nation has become even greater. People are marrying interracially, and one can be hired for any job or eat in any restaurant, regardless of his or her race. Many of our advancements in the civil rights movement have been associated with one man, Dr. Martin Luther King, Jr. Boycotts, speeches, and a three-day weekend: those are three words/phrases that people associate with the late activist and minister, Dr. Martin Luther King, Jr.

However, there is more to the man than history books reveal. King was born in Atlanta, Georgia, on January 15, 1929, into a family rich of ministers. At the tender age of 15, he attended Moorhouse College, and received his B.A in 1948. Though he was interested in both medicine and law, he entered the ministry field at his father's urging. He enjoyed it, and adopted the nonviolent philosophy of Mohandas Gandhi. This eventually would follow him throughout the civil rights movement of the 1960's.

In 1953, King married Coretta Scott. They would later have four children, and King would move up to be senior pastor of the Dexter Avenue Baptist Church in Montgomery, Alabama.

On December 1, 1955, a woman named Rosa Parks had a long day at work, and refused to give up her front bus seat to a white person, which was the common cus-



tom, and law. She was jailed, and called on King to lead a protest. He called on a number of Black Activists to form the Montgomery Improvement Association to boycott every mass transit system. This hurt the economy and transit system greatly, as many black people either walked or car-pooled. King became president of the association and gave his

first of many speeches.

Later on, he formed the Southern Christian Leadership Conference, a more structured activist organization. He was also presi-

dent, and gave more speeches. His family, though, lived in more danger, as his home and church were bombed. He was jailed once, and gave a speech from there as well. He urged people not to "give in" and become violent, in taking an "any means necessary" approach, as some would take. He was convinced that protests, boycotts, marches and speeches

would be enough, and one day, they would be.

King finally got some of his wishes granted when the Civil Rights Act was passed in 1964, followed by the Voting Rights Act which was passed in 1965. However, many challenges were put in his way when his nonviolent views were put into questions during the later years, by many blacks such as Malcolm X and others. Finally, on April 4, 1968, Dr. Martin Luther King, Jr., while standing on a balcony in Memphis, Tennessee, was killed by a sniper's bullet. James Earl Ray pleaded guilty to the crime and was sentenced to 99 years.

Today every third Monday in January is celebrated as Martin Luther King, Jr. Day. Fifteen years after King's death, President Ronald Reagan signed a bill allowing the holiday; however, many were opposed to the holiday. The day was barely passed by the House, and a senator from Georgia, who denounced King as a communist, was the deciding vote in Congress. However, the first Martin Luther King, Jr. holiday took place on January 20, 1986. Parades and festivities take place annually, honoring the great leader. In his words, he strived to make America, "free at last!"

Taking A Journey Through Time

By **LESLIE SUNDBERG**

Now that we've entered the year 2001 and the school year is coming to a rapid end, many may wonder what happened to past graduated Vikings.

Dating back to the Class of 1998, wrestler David Bonilla attended Mt. Sac for two years and then received a wrestling scholarship to Cal State Fullerton. Impressively, Bonilla was the first two-time state wrestling champ in Mt. Sac history. Some of Bonilla's personal goals are to just be successful and happy. He states, "I really want to be an actor, but if that doesn't work out, I want to get into real estate and loans." In trying to accomplish these goals, he has already had a few acting jobs. He is the assistant wrestling coach here at Northview, is a part-time personal trainer at Bally's, and



David Bonilla Class of 1998

plays the stock market.

Bonilla's big advice to students is to say no to drugs! To graduating seniors he says, "Don't let anyone stand in the way of your goals and PLEASE GRADUATE!" He

says that life is much easier in high school, since he has a lot more responsibilities now, but it is good because it was time to move on and accomplish his dreams.

Onto those who are more familiar to everyone on campus is the 2000 graduate David Frymark.



David Frymark Class of 2000

Frymark has just finished his first semester at Mt. Sac and his first season of college football as a kicker. Academically, he has taken only general education courses, but has finally decided that he wants to become a fireman.

Upon leaving Northview, he stated, "I felt relieved that that period of my life was finally over." He misses the afternoon practices that high school provided, as well as the art classes that induced his artistic ability.

Currently Frymark is working at Malibu Speedway and dealing with new responsibilities such as credit card bills and a fiance. Yes, it is true that high school sweethearts Maricela Romero and David Frymark are engaged and plan to be married on July 21, 2001.

Frymark's only advice to seniors is not to go to college the summer you graduate, but to enjoy your summer.

By **KRISTY GONZALES**

A name that is sure to ring a bell with seniors, juniors, and sophomores is Yuliya Oboznova. For you freshman, this is your chance to get a glimpse at a well missed alumni from the Class of 2000, and for the rest of us here at Northview, it's a chance to take a look at her life today.

As some of you may

remember, Yuliya came to us from Russia, her native country, and stayed in the U.S. as a foreign exchange student during her senior year. As one of the top graduating seniors from the Class of 2000, Yuliya has much to show for herself since leaving the U.S., last spring. After graduating, Yuliya took and passed the exam to enter her new school, the Moscow State Linguistics University. She explained that the university is not a campus, but a set of buildings where she attends lectures four days a week. When she's

Continued on page 11

Valhalla Staff

- Editor in Chief** Veronica Ramirez
- Assistant Editor**..... Ashley Hinz
- Cartoonists**.....Dave Valeza
- Word Processor**.....Andrew Mora
- Advisor**.....Ms. Glenda Sweger
- Reporters**.....Angelica Candido, Tasherley Clovis, Joey Delgado, Isaiah Gilliam, Kristy Gonzales, Audrey Hargaray, Ivoree Heard, Brandon Horton, Steve Horton, Ronnesha Hunter, Vanessa Jauregui, Jennifer Koppel, Helen Ly, Daniel Malignaggi, Bubba McDowell, Chantelle Menson, Mark Nevarez, Monique Paredes, Emily Rios, Marcus Robinson, Jackie Rountree, Ronnie Silas, Laura Smith, Leslie Sundberg, Shauna Sundberg, Laura Vergara

We, as members of the *Valhalla* staff, would like to encourage any forms of written expression. Although the *Valhalla* is a student body newspaper, we reserve the right to edit and/or censor any written materials which may come in conflict with the California Educational Code 48916. All letters submitted must be signed and in good taste. Issues that are discussed in the *Valhalla* do not necessarily reflect the opinion of any staff member. We assure you that anything proposed to us will be put forth for consideration by the entire *Valhalla* staff. All we ask is that you write your concerns or comments and deposit the paper in one of the *Valhalla* boxes on campus. The boxes will be placed in four different locations around campus: C-2, the attendance office, the ASB office, and the library.

Graphic Communications Staff

- Stephanie Acosta, Daniel Carrillo, Michael Cortner, Eddie De La Riva, Allen De Leon, Julissa España, Ryan Gales, Charleen Gann, Mario Garcia, Eddie Guido, Stephanie Haney, Andrew Hernandez, Emily Hue, Anthony Iglesias, Chris Leininger, Maxine Loya, Suzanne Luc, Stacy Martinez, Patrick Mower, Johnny Najera, Michael O'Hanlon, Annaliza Orellana, Tritia Palaganas, Lorraine Rubio, Arlene Rocha, David Rutherford, Dean Terrones, Jose Valencia, Joshua Walker, Rafael Yanez and Mr. Jose.

Reaching New Technological Horizons

By JOEY DELGADO

As we start off a new year, technology continues to grow and amaze us all. But this year is an especially great year for technology because this year China will host one of the biggest technology conventions ever, the International Conference on Agricultural Science and Technology (ICAST).

ICAST is a conference of global nature covering comprehensive, broad phases of agricultural science, as well as many other aspects and varieties of "technology." The conference this year will be sponsored by the Chinese government and co-sponsored by several international organizations from November 7 through November 9, 2001.

This conference will pro-

vide opportunity to sum up the achievements and experiences in the 20th century and exchange views on policy and experiences in the development of agricultural science and technology in different countries. It also will help in forecasting the development of technology in the 21st century, while promoting the improvement, innovation, and cooperation on agricul-

tural science and technology around the world. Many hope this convention will help aid agricultural, as well as technology oriented problems such as world wide population growth, threatened biodiversity, and policies that overtly discriminate against agriculture and technology innovations.

Development of innovative science and technology is essential. Similarly, environmental protection, resource conservation, etc., are very much of equal importance. The conference offers a unique opportunity to focus world wide attention on these issues and help in finding effective solutions to problems. The conference is expected to be the largest and most unprecedented international gathering hosted by the Chinese government, and will hopefully benefit the world's agricultural/technological advances for the future.

Restaurants To Suit Your Taste

By MARK NEVAREZ

In the local Los Angeles County area there are many interesting and delicious restaurants that you may not know exist. I reviewed some of these restaurants that you may want to try some time.

The Dockside Grill on Restaurant Row in West Covina is a great seafood place. Although seafood is their main dish, it's not all they have. They have tasty pizzas, grilled chicken, and salads. The lobster is served in a truly unique way. The waiter places the lobster and vegetables on waxed paper and they give you a mallet and bucket to discard shells. The atmosphere is very clean and it resembles a dockhouse by the sea. The food is served and prepared creatively and it is very pleasing to the eye. We started off with Jamaican Voodoo Chicken as an appetizer. It was grilled skewers served with mango salsa and a tangy Caribbean jerk marinade. It is served with fresh pineapple that made it taste even better. As an entree, I

had their shark that was grilled with fresh herbs. It came with juicy fresh vegetables and garlic mashed potatoes. Another member of our party had an Asian Chicken salad with a sweet orange dressing. All the vegetables were very fresh and crisp. A third diner had a shrimp pizza with plump juicy shrimp. Instead of tomato sauce it had a creamy

Continued on page 13



Hardcore Football Is Back!

By BRANDON HORTON

Are you ready for trash mouth, in your face, down and dirty hardcore football? Then you don't have to wait much longer! The XFL will be popping up on your TV screens this February on NBC! The teams have been made, the players have been chosen, and the cheerleaders will be showing up! The XFL is here and will bring you the football you want!

What is the XFL? What makes it different from the NFL? Just listen up! The XFL started with the World Wrestling Federation's (WWF) owner, Vince McMahon, introducing a multi-million dollar football franchise called the XFL. The XFL picks up where the NFL stops. Then NBC decided to buy a large majority of the XFL, and air XFL games for the next two years. But, what about the teams? The

XFL has made eight new teams to bring bone crunching action to your TV screen! There are the Las Vegas Outlaws, Memphis Maniacs, Orlando Rage, San Francisco Demons, Birmingham Bolts, NY Hitmen, Chicago Enforcers (coached by Dick Butkis), and Los Angeles's own L.A. Xtreme! These eight teams are pumped and ready to leave training camp

Continued on page 12

Critics Rave About Little Engine That Could

By AUDREY HARGARAY

Anyone who has seen the lowered dark blue 1992 Toyota pick-up probably never thought of the long hours of work that senior Jeff Putnam has poured into his truck.

Putnam bought this truck a year and a half ago after he crashed his Mustang. He actually vowed not to drive after his accident and found rides to work and school because he was too afraid to drive again. After convincing him to drive again, he decided to buy his truck. For those of you that remember, Putnam's truck was originally maroon, but after he saved up his money he decided to give his truck a little make

over (which he chose over a trip to Hawaii). Aside from painting his truck dark blue (his favorite color), he bought new tires, a stereo system, new rims, a bed-liner, new bucket seats, tinted the windows, and dropped it on spindles and blocks.

When asked if he thinks his truck is worthy of "Car of the Month," he responded with, "I don't necessarily think that it's the best truck, because there are nicer trucks, but I think that I have the only truck that started from scratch." He also feels that it was fun to fix it up little by little and he thinks of it as a challenge and an accomplishment overall, though he feels that the "little B" on his dashboard is the coolest

aspect of his truck.

So, next time you see Putnam riding around in

his awesome truck, just think of all of the hard work he put into it.



Wherever Your Heart Takes You

By ASHLEY HINZO

For all of those seniors out there, graduation is just

around the corner, so what do you do now that you've applied to all those colleges? Still torn between going away for college or staying home? Take some time comparing the advantages and disadvantages of both.

Sure there are many advantages to staying home. So what are they? For one thing, staying home for college means staying close to the ones you love. Staying close to home means you stay in an environment you're comfortable with, as well. Plus many of you have boyfriends and girlfriends and if you stay home for college then there is no worrying about how to work out the whole long distance relationship thing. Also, if you stay close to home you don't have to worry about finding a place to stay while you're

How To Hit The Books For Finals

By JACKIE ROUNTREE

Are you a student who wants F's or A's? If you're a student who wants A's, here are some tips to help you achieve your goals for finals, which will have a big impact on your grades.

The first and most important rule when studying for finals is don't cram. Studying the night before never works. If you study the night before, you'll probably forget everything. Your review should be complete well before the day of the final.

When studying for finals, or any type of test, you should

always choose a study place. Choose a place that works for you. If you study better in the quiet, then you should choose a quiet place to study. Unless you study well in noise, don't try it. For most people, studying in a noisy atmosphere won't work. Remember to choose a place that is good for you.

You should always try to know what you're studying for. Ask your teachers if there's a study guide for you to study from. Study guides are helpful because they give you some direction on what items to study.



You should always try to find out what type of final you're studying for. Is your

Continued on page 11

Continued on page 11

Sleepless In Adolescence

By CHANTELE MENSON

Are you often tired at school? Well, falling asleep in Algebra 2 is not the right way to catch up on your rest. High school students are among the most sleep-deprived groups in society because of our irregular sleep schedules. With this advice you're guaranteed to get some shut eye.

Adolescents need a great deal of sleep. Teenagers require as many as 9-12 hours of sleep a night. Many teenagers try to "catch up" on sleep during the weekend, but can you rely on the "catching up"? The answer is no. We do much better if we stick with a routine than if we try to stay up late on the weekend and then sleep in late. If you are already in this habit, try to keep weekend bedtimes and wake up times within an hour or so of weekday sleep and wake times.

Are there more serious consequences to your bad sleeping habits? The most troubling consequences of sleepiness are injuries and deaths related to lapses in attention and delayed response times at critical moments such as while driving. Drowsiness and fatigue have been identified as principle causes in at least 100,000 police reported traffic crashes each year, killing more than 1,500 people and injuring another 71,000. Young drivers age 25 or under are involved in more than one-half of fall-asleep crashes. Can this be avoided?

By following these seven sleep-smart tips, you will be on your way to sleeping like

a baby and coming to school with a bright face and a positive attitude:

1. Stay consistent: establish a regular bedtime and wake time schedule and maintain it during the weekends and school vacations. If you must break your schedule, avoid delaying your bedtime more than one hour and wake up the next day within two hours of your regular schedule.

2. Get into bright light as soon as possible in the morning, but avoid evening. The light helps to signal to the brain when it should wake up and when it should prepare to sleep.

3. After lunch (or after noon), stay away from coffee and soda with caffeine. They can delay sleep.

4. If you can't go to sleep after 30 minutes, don't stay in bed tossing and turning. Get up and involve yourself in a relaxing activity such as listening to soothing music or reading until you feel sleepy. Try to clear your mind: don't use this time to solve your daily problems.

5. Learn how much sleep you need to function at your best. You should awaken refreshed, not tired. Most teenagers need between 8 1/2 and 9 1/2 hours of sleep a night. Know when you need to get up in the morning and see when you need to go to sleep.

6. If you have trouble sleeping when you go to bed, don't nap during the day, since it affects your ability to sleep at night.

7. Exercise regularly, but do so at least three hours

before bed-time. A workout after that time may actually keep you awake because your

body has not had a chance to cool down.

Continued on page 14



Change For The New Year

By VANESSA JAUREGUI

Do you want to make a change for 2001? Well, here's a start. Start with your bedroom. Whatever your favorite color is, that is how your room will be. First let's start with a girls' room. If your favorite color is pink, this is what to do. First paint your room a pale pink. After the paint dries, if you're into princess stuff, put princess crowns as your border, and one big crown at the head of your bed. Then add pictures of your friends in pink frames on the wall. If you want lights all over your floor as a border, get Creat-a-lites for about \$20 - they're basically Christmas lights in a tube. Put the lights around the entire bed. Even a great idea for your pictures is to get the top part of old CD cases, remove the part with the pictures and

song lyrics and just slide in your favorite photos. Use hot glue to glue the sides of the CD together. Do this for your room in any color - just change the theme to whatever you want.

For a guy - if you're into black, gray, and white colors, this is what to do for your room. If you want a new bed and want to spend at least \$100, go to Ikea and get a silver metal twin bed for about \$90. Then get two pillows, two black pillowcases, a gray sheet, and a white comforter. If you want, you also can buy a black dresser or nightstand/entertainment center from any store. When setting up your bed, put the two pillows at an angle on each side. First put the sheet on the mattress, then put the comforter on about a little more the half the

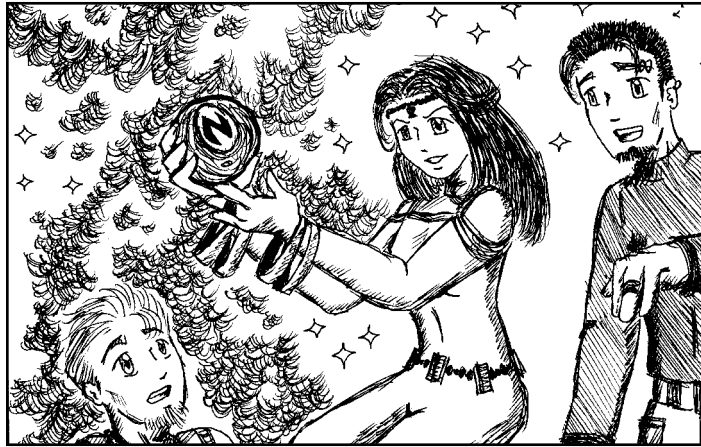
Continued on page 13

January's Stars Shine Down Brightly

By **MARCUS D. ROBINSON**

It is the month of January. A new year has come upon us, as well as new signs in the stars. Here are the settings of January's horoscopes.

ARIES: This is a time to appreciate the skills and interests that have sprung from your ancestors. You are motivated to acquire, but may meet a bit of resistance early this month. You seek excellence over security at this time. Caution is advised against unwise speculation at New Moon. Instant victory will be hard to find. Much restriction to travel. The sky is falling! Be ready.



TAURUS: The desire to be independent in your eating capacity is strong. Fall back on old advice and revamp your agreements with clients or partners. Strengthening your ties in business can

improve your value in the marketplace. This is a time to take safeguards against storms. Property near and far can take a beating. Secure valuable items and put surge control on your computer! Do a little chocolate!

GEMINI: You feel close to your siblings and good friends now. You may find yourself being more protective of them than usual. Yes

- do expect the usual discord - but the motives beneath seem born of love. Watch closely small children involved with snow boarding or rollerblading. Skinned knees and small sprains seem to need your attention. Love is so fine. Soak in a tub by candlelight!

CANCER: As usual, home and family will be on your mind. All those crisp memories of holidays past come flooding in! Travel schedules may require adjustment. Phone lines will be buzzing. If you have been pushing it to get in shape for that special dress, expect some muscle soreness! Just walking may prove to be a bit of a task if you are not prudent! Intimate conversations are revealing at New Moon.

LEO: Being king or queen is wonderful - but

Continued on page 12

Is WWF All That It Can Be?

By **STEVEN HORTON**

Andre the Giant, Hulk Hogan, the "Macho Man" Randy Savage. These are the names of past WWF superstars. These guys had charisma and made people feel good. The WWF has been around for more than 30 years. They have shocked us, surprised us, and made everyone feel good inside. This is just the way it has been for years.

The WWF (World Wrestling Federation) is scripted, just like any other show. It has heroes and villains, and has really good storylines. People say that professional wrestling is really stupid because it's fake.

But I say "why?" People watch T.V. shows and they are not real either.

The growth of wrestling's popularity is not surprising. They have always tried to appeal to fans, whether it's a rebel like Stone Cold Steve Austin or someone who can take a lot of damage like Mick Foley or even someone who's annoying all the time like Kurt Angle, the WWF has always found a way to appeal to their fans.

But the WWF is not the only pro wrestling organization. Ted Turner saw the success of the WWF and chose to make his own organization: WCW (World Championship

Continued on page 13

EAOP May Be Just What You Need

By **NESHA HUNTER**

Do you want free tutoring, access to financial aid, help with filling out applications, scholarships, and college tours?

If you answered "yes" to any of these questions, there is a program on campus called EAOP (Early Academic Outreach Program) that can help you. Here is how you can get involved.

First, go to the Career Center and ask for an application. Then you might want

to see if you are qualified: your G.P.A. has to be at least a 3.0 and you must be first generation college bound.

EAOP provides free tutoring in any subject, scholarships, help with filling out college applications, help with meeting application deadlines, and access to financial aid. You also get the opportunity to tour several college campus!

If you are interested or need more information about this program, contact Mr. Castaneda in the Career Center.

Making The World A Better Place

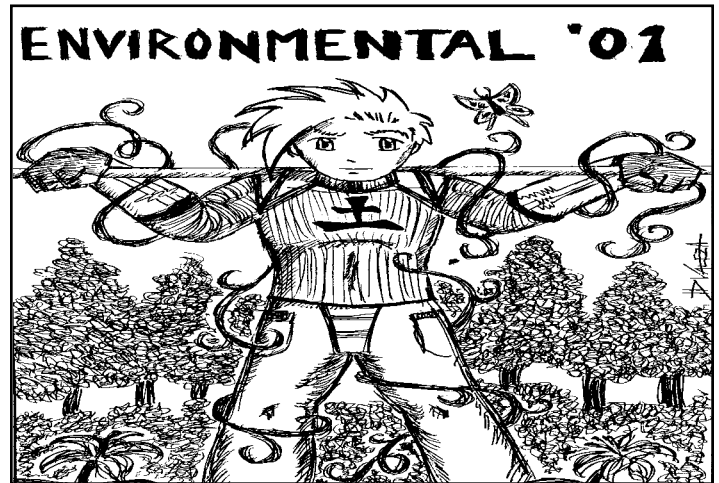
By HELEN LY

Do people realize that there is a club here at Northview that works hard to make a beneficial impact on our world? Not many people do. The Environmental Club is one of the most active, yet unknown, organizations at Northview. Therefore, the *Valhalla* is recognizing this club for its hard work and commitment. At club meeting held every Thursday, members actively participate

in discussions on upcoming events.

They have planned a beach clean-up with the environmental club at Charter Oak High School that club president Emily Hua is organizing at this moment. In addition, the club hopes to hold a reforestation fund raiser in which money will be raised to have trees planted throughout the area. The group indeed tries its best to

Continued on page 13



Dance Your Way To An Early Start

By JENNIFER KOPPEL

Brace your dancing soul and be prepared to be swept away, Winter Formal is just around the corner. Think you have plenty of time? February third is coming quicker than you think!

On February 3, 2001 the

Winter Formal will be held from 8:00 P.M.-midnight in the city of Burbank at The Castaway, a restaurant on a golf course with dazzling view of the twinkling night life of southern California. Early bird pictures will be taken at 7:00 P.M. For all of

those who have been to previous Winter Formals, I think you'd agree when it is said that the dance floors have always been too small! We have finally found a dancing haven large enough for all of us to have fun and let loose without poking out an eye or

leaving with a broken toe!

"Dancing in the Moonlight" is the romantic yet catchy theme of this year's dance, and the room will be beautifully decorated in black, silver, and light blue. Tickets will cost \$70 a couple without ASB and \$65 a couple with ASB. No tickets will be sold at the door. Your ticket fee includes a delicious and elegant dinner of chicken fettuccini, salad, and rolls. Fruit punch will be served for free, and soda will be available for purchase at the soda bar.

What else could there be? Elections! What would a formal dance be without the royal court there to enjoy the evening? Elections will be held on January 24, so have in mind those who you wish to be prince, princess, queen, and king! The Winter Formal rally will be held January 26.

You now have all you

Continued on page 13

Where's The Best Lunch Spot?

By ANGELICA CANDIDO

Northview students always expect the lunch bell to ring at 12:20. Juniors and seniors are lucky enough to have the privilege to go off campus. There are many places to choose from including In N Out, Jack in the Box, McDonald's, Alberto's, Weinerschnitzel, and Carls Jr.

Six students were asked where they enjoyed eating during lunch and each responded very differently.

"My fave place is Alberto's. It has great food and it doesn't take forever to get it," commented Serena Levanen. Whether it's the service that makes you come back for more or it's just because they have great food, you should always try different places.

If you were to ask Franky Madrid where you could find the best food in the galaxy for sure he would say, "Weinerschnitzel. My favorite place to eat is Weinerschnitzel. I wanna

work there just to eat the best food in the galaxy."

If you like Jack in the Box you might see Anabel Talamantes there. "The food is really good and their service is fast."

There's not really just one place where everyone hangs out everyday. There are so many choices and it's hard to stick to just one place. So if you find a place that meets all your requirements, be sure to stick to what you most like.

What's The Most Annoying Song You've Heard?

Daniel Saikali, 12 - "The most annoying song has to be any song by Nelly, especially that stupid song 'E.I.' That song has no point and it sounds stupid. Nelly will be forgotten by next year."

Becky Smith, 9 - "'Oops, I Did It Again,' by Britney Spears. She has got to be the most annoying person on earth."

Patricia Chavira, 9 - "Creed, 'With Arms Wide Open.'"

Christal Seto, 9 - "'Bye, Bye, Bye,' anything by *N'Sync sucks."

Jennifer Matthews, 9 - "'Who Let The Dogs Out.' That song is soooooo played out!"

Claudine Chan, 10 - "The home grocer song because it's so scary. I'm not that hungry! Why won't he leave me alone?"

Stephanie Acosta, 12 - "Anything sung by that silicone Spears girl!"

JoVon Lambright, 12 - "That song 'I Try' by Macy Gray! Ugh! She scares me!"

Dustin Keli, 11 - "I would say any Blink 182 song, they get on my nerves with their girly singer."

Stasia Nevarez, 11 - "The most annoying song has got to be that stupid song 'Who Let The Dogs Out.' I mean what does that song

mean anyway?"

Angela Jaquez, 12 - "'Mambo #5.'"

Dean J. Terrones, 11 - "The most annoying song ever is any song ever done by Celine Dion. She is the worst ever!"

Frankie Madrid, 11 - "The most annoying song I've ever heard is Rosie O'Donnell's opening song for her show."

Franjoli Rodriguez, 11 - "The most annoying song

has got to be 'Kryptonite' because it's not 'dynamite.'"

Jayne Turner, 9 - "All Britney Spears songs, so just pick one!"

Lisa Gunn, 12 - "Any Backstreet Boys, *N'Sync, or Britney Spears played on the radio."

Mr. Pashone, teacher - "Any rap."

Jackie Peters, 11 - "Anything by Britney Spears or those stupid boy 'bands.'"

Goals Still Exist

By **SHAUNA MARIE SUNDBERG**

The year 2001 is finally here. This is the time to set new goals and start fresh. Everybody has goals and would like to achieve them. At least four people at our school have great goals for the year 2001.

Patricia Chavira, 9th grader, wants to be a collegiate softball player at UCLA, make the USA Olympic team, and become an elementary teacher. Chavira states, "I love softball, but I also love teaching others and learning from them too." She plans on achieving these goals by

studying at school and practicing softball everyday.

Tenth grader Dineen McGeorge plans to raise her G.P.A. McGeorge says, "I don't get bad grades, but I would like to improve them." She chose that as one of her goals because by getting good grades in high school it will make it a lot easier in the future, like getting into a good college. "I know I can achieve my goal if I study and do all my homework and pay attention in class more," states McGeorge.

There are some people who have sports as their goal such as 11th grader Angel

Continued on page 11

Alcohol Will Kill You

By **IVOREE HEARD**

Age 21, an age where you are now free to do more. Free to gamble, go to better clubs, and yes, drink alcohol. The question is, should you? Between those things, nothing can hurt you more physically than alcohol. Alcohol is a drink that is out there to kill, steal, and destroy your life if you abuse it. A survey that was done showed the four top reasons why people started abusing alcohol. Those reasons are as follows: stress, peer pressure, curiosity, and the parent had been a drinker.

Researchers, using neuropsychological tests (a.k.a. brain tests) have identified three categories of brain disease associated with alcoholism. The three dangerous diseases are Wernicke-Korsakoff Syndrome, alcoholic dementia, and non-amnesic disorder. The

disorder known as non-amnesic has been proven to create problems with abstract thinking and problem solving. People who are under age tend to lose memory which, of course, affects their studies, school work, and most importantly tests.

There are privileges that you can lose if you decide to abuse alcohol - one of them being your ability to drive. If you are caught drinking and driving, there is an automatic mandatory loss of driving privilege for six months. The minimum fine is \$500.00. Even if you weren't drinking, but there was open liquor in the car you would be charged at least the fine. Every year innocent lives are stolen due to drinking and driving. Would you want to be the person that kills a child because of your fool-

Continued on page 12

Viking Matmen Continue Winning Streak

By **JUSTIN McDOWELL**

On Friday, December 8, the Viking wrestlers traveled to Fontana for a two day tournament. The A.B. Miller tournament is an 18 way team dual. An 18 way tournament is when you have 18 teams and you split them into two groups, ie. red and white. The undefeated team in the red group, goes against the undefeated team in the white group. In order to keep the chance at hosting the C.I.F duals again, the Vikings had to take first at this tournament, and that was just what they had on their minds.

At 3 O'clock Friday afternoon, the whistle blew and started off the 2000-2001 Viking wrestling season. The Vikings' first match was against...the Vikings? Northview's first match was against the Moreno Valley Vikings, and Northview swept the mat with them, winning 53-12. Northview's second match was against Ontario, and Northview pretty much did the same. Losing only a few matches, Northview kicked butt and won 49-18. Northview's third match was against Southwest. The Vikings did well against these guys as well, losing only one match and winning 67-3. Northview's final match on Friday night was against Colton. It was late and Northview was tired, but they wrestled hard and came out victorious winning every match and shutting out Colton 63-0.

On Saturday December 9, the Vikings returned

looking to take home gold. Their first match was against Damian. Northview, feeling refreshed, fought tough and won 75-3. Northview's final match was against Foothill High School, and the Vikes wanted to finish things off right. Northview fought hard and won 58-0. Lastly, Northview (6-0) went against the winner of the other pool, South Hills (6-0). Things started off well for the Vikings, pinning most of the earlier matches. Northview finished well with the upper weights too, and won the match 49-21. Northview had 11 of their 14 wrestlers place, while seven of the 11 wrestlers took home first place. One hundred three pound Sammy Saunders took first, while 119 pound Michael Apodoca and Stephen Wass took third. At 130 pounds, freshman Robert Dominguez took fourth, while 135 pounder Christian Sylvestre, 140 J.R. Butanda, 145 pounder Craig Wilkerson, 152 pounder Josh Simpson, 160 pounder James Clay, and 189 Chris Lopez all took first place. At the upper weights Aldo Secaida and Daniel Trejo took third at 215 pounds while, Heavyweight Bubba McDowell and Javier Gallardo took second.

On December 12, Northview started off league against Covina in the Northview gym. At 7:00 P.M., Northview started wrestling and proved to be the better team. Being

down 36-20 with four wrestlers left, Northview needed four pins to win. At 171 pounds James Clay pinned his opponent with only a few seconds left. At 189, Chris Lopez pinned his opponent with ease. Two hundred fifteen pounder Aldo Secaida had the toughest match and managed to get off a pin as well. Heavyweight Bubba McDowell had the quickest pin of the night, pinning his opponent in 16 seconds. Northview was truly the better team, winning 38-36.

On December 16, Northview hosted their

tournament and had a strong showing. Taking first place and having 11 of their wrestlers placing, Northview dominated the tournament. Placing at the tournament was 103 pounder Sammy Saunders, 140 pounder J.R. Butanda, 145 pounder Craig Wilkerson, 152 pounder James Clay, 171 pounder Chris Lopez and Heavyweight Bubba McDowell all took first. Both Christian Sylvestre and 215 pounder Aldo Secaida took second, while 119 pounder Louie Barcelo took

Continued on page 11

Soccer Hits The Road To CIF

By **EMILY RIOS**

Goal! This year's varsity boys' soccer team is off to an awesome start.

These boys have been playing strong and working hard in all of their games. On December 1, the Vikings beat the Bulldogs from West Covina 5-2, and on December 6 the boys tied Charter Oak 2-2. On December 7, Northview beat the Gladiators from Gladstone, 2-1, followed by another win over West Covina with a score of 4-2. On December 12 the Vikes came out victoriously against the Covina Colts with a score of 5-0. The streak came to an end against the Baldwin Park Braves with a score of 0-2. The Vikings

came back strong against Sierra Vista with a final score of 5-0. Bishop Amat had a hard time against Northview's guys with the ending score of 5-1 Northview. La Serna lost to Northview with a score of 2-1. The team tied Barret 2-2, and suffered a 0-3 loss against Bonita.

Captain Angel Reyes stated that some of the team's strengths are that some players are mature and have a heart to win. Other strengths are skilled players and a strong bench. When asked about some of the team's weaknesses Reyes stated, "Our defense still needs to work harder as a team. We need to finish when we create an opportunity to score."

Varsity Boys Learn The Ropes

By **DANIEL MALIGNAGGI**

Northview basketball kicked off the 2000-01 season with hopes of a successful season and a CIF bid. This young team struggled to open the season, however, as they lost their first four games. Two overtime losses at a tournament at Bonita High dampened the team's spirits as they couldn't find the mark.

It wasn't until December 6 that Northview picked up its first victory at a tournament in Alhambra. A last second tip by Martelo Nelson lifted the Vikings over San Marino, 64-62. Nelson played more outstanding ball against Santa Fe as he drained 17 points. It wasn't enough, however, as they lost 49-53, bringing their record to 1-5.

The team continued their struggle into the winter break at a tournament at Covina High. A three-pointer at the buzzer won the game for Downey 68-65, overshadowing Darrel Marasigan's 25 point effort and handing Northview a heart-breaking loss. The next game brought them against league rival South Hills. The game was close, but the Huskies pulled it out and won 59-47. Marasigan had another great performance as he put in 15 points.

The third game was also tough for the Vikings as they lost to Rancho Cucamonga,

44-56. Martelo Nelson was the offense as he poured in 23 points. In the fourth and final game of the tournament, the

Vikings showed what they could do as they beat San Marino for the second time - this time by the score of 61-

49. James Gavin scored 16, Nelson had 15 and Marasigan continued his hot hand with 13 points.

Not Much Action For Girls' Soccer

By **LAURA VERGARA**

Beginning with only one loss in the season, varsity girls' soccer faced their second loss when they faced the Covina Colts at their field. There was only one goal scored and it was made by three year player Marnae Salampessy. Eight goals were scored by the Covina Colts.

With six experienced

players, the Vikes were ready for the big tournament of the season, the Garey Tournament. At the tourney, the Vikings had a successful game where there was a lot of action taking place. Two goals were scored in the first half, one by leading scorer Marnae Salampessy and the other by Danyelle Lewison. Three more goals were

scored: one by Jessica McRae, one by Marnae Salampessy, and the last by Brenda Ayala to end the game 5-1 Northview.

The girls advanced to the next game of the tournament, but were not able to advance farther due to a disappointing loss. The Vikes had two more disappointing losses.

Lady Vikes Begin League 2-0

By **VERONICA SILAS**

This season the Lady Vikes basketball players are fired up and doing well. They finished in second place in the Azusa Tournament. This was an awesome game and tournament for the Vikings.

Varsity then went on to the Arroyo Tournament. They didn't win or place, but they still had skills and teamwork.

On Tuesday, December 19, the Vikings beat Covina, 40-38. The game was a close one, neck and neck most of the time. With 3:46 left, the Vikings were down by five points, but that didn't mean that the girls had given up. They came up and started scoring and brought home another victory!

On Thursday, December 21, they played the last game of the year 2000. The Vikes went all the way, beating Ganesha 50-39. This was an awesome game,. The girls

went out with nothing but a big bang and once again another victory. This game brought their league record to 2-0.



**Read
Tomorrow's
Bulletin on the
Viking Web Site
Every Day
After 3 pm**

[www.cvusd.k12.ca.us/
northview/nvhome.htm](http://www.cvusd.k12.ca.us/northview/nvhome.htm)

Goals

Continued from page 8

Reyes. "My goals are to be an important piece of our soccer team, to be the playmaker on our team, also to be a good captain and leader with our other captain and leader,

Kristian Portillo." He plans on achieving these goals by giving everything in practice, pushing everyone to do better and by helping the Vikings win games!

Last, but definitely not least, 12 grader Sarah Rios has two very important goals

which are making cheer at APU and making the last few months of her senior year the best ever! Rios says, "I want my senior year to be so memorable and I also want my transition from high school to college to go smoothly." Rios plans on achieving her goals

by trying out for cheer in March and "working my bottom off! I also plan on going out with my amigos all the time and not worrying about anything besides my family, friends and school work."

College

Continued from page 4

away. There's no stress about packing up all your stuff and either renting an apartment or dorm.

Just as there are advantages to staying home, there are also advantages to going away for college. Meeting new people, for example. If you go away for college you get to meet a lot of new people. You can experience new things such as living on your own and being independent. Going away for college is a whole new chapter in life. You can learn about another city or state when you go away. Going away for college also can teach you responsibility. When you're 1000 or more miles away from your parents, you won't have them to rely on as much and you learn to rely on yourself.

There are tons of good reasons to make the choice of staying close to home for college and there are many reasons to go away. Whichever one appeals to you most is the way to go. Either way college is going to be a great experience where you'll learn a lot about everything, so just enjoy it no matter what.

Study

Continued from page 4

final going to be objective, will it have an essay? All this information will be very helpful to you.

Wrestling

Continued from page 9

third, 160 pounder Josh Simpson took sixth, and 189 pounder Frank Alfaro took fifth. Northview won the tournament with 238 points to second place Dana Hills who accumulated 160.5 points.

On December 27, Northview left to go up North to LeMoore for a two day tournament. Northview wrestled hard and brought home second place. Helping Northview to this win were 103 pounder Sammy Saunders and Chris Lopez who both brought home first place. J.R. Butanda wrestled hard and brought home second. Both 152 James Clay and Heavyweight Bubba McDowell brought home fourth, while 215 pounder Aldo Secaida brought home eighth.

Journey Through Time

Continued from page 2

not busy with school, she's busy with her new job as a secretary. As a career, she would like to work with people from various countries and help to solve their problems. Wanting to work abroad, Yuliya's interested in the field of international communication.

Although she wants to stay in Russia, Yuliya hopes to visit the U.S. during the next two years. She explained that she misses all of her teachers and their desire to listen and understand their students. She also misses all of her friends and holds a special place for Northview in her heart.

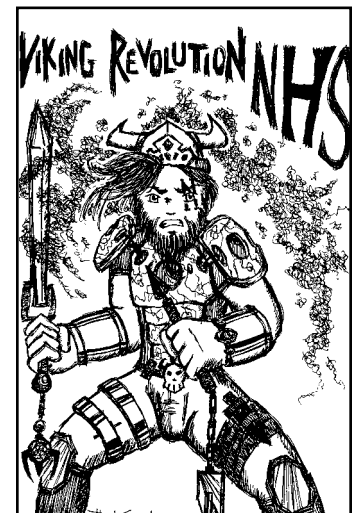
When asked if she had any advice for the seniors of today and the graduating classes to come, Yuliya responded, "Work hard. It will prepare you for the future and give you a notion of what it's like to be an adult. Participate and it will give you a sense of being part of the community called Earth. Do something for your country and don't ignore what's happening around you because everything in this world is connected!"

These three success sto-



Yuliya Oboznova Class of 2000

ries show us even more what an impact Northview can have on our lives. It also shows us that we have to take school seriously and work hard. You might be a success story someday too.



Horoscope

Continued from page 6

finding time to be alone, unadorned and relaxing can be tough. Expect to be attending more than one party and to receive unparalleled praise! Your generosity is legendary! Wedding bells may be ringing this year! Expect to attend - even if you are neither the bride nor the groom! Expect a new family member. Storks do fly in winter, after all! Cheers!

VIRGO: Your work and social life needs an even split. You may find time running out to get everything done! Do not expect everyone to be happy with your efforts or your frenetic schedule until closer to New Moon. You may execute more than one rescue of a lost pet or person. Be ready. Overindulgence in food and drink is definitely in evidence! Save the shortcuts for non-season traffic.

SCORPIO: Many stresses and worries surround family for you this year. You find yourself keeping closer touch with them. Blessings come through gatherings with cheery faces and comfortable chairs. You are bent on financial success and business may pervade too much of your conversations. The networking is great! You do storm others with useful ideas. Passions run high!

SAGITTARIUS: Happy solar returns, Sagittarius! This is your month! Expect a great party - or to be out and about in a festive crowd! Wear comfortable shoes or those puppies will be barking! Expect to be roasted! You may have many short trips

planned for month's end. They may require adjustment - even cancellation. It is better to postpone than get stranded!

CAPRICORN: Concerns may arise about co-workers or family members you feel responsible for. Extending kindness and going to Plan B may be your best bet. You feel strong in your skill level this month and next. Your reputation even within the community flourishes. Helping to send relief to those who are in need is seen. You seem to be in the center of the activity. Many hands will be helping you!

AQUARIUS: No secrets from you, Aquarius! You may be sniffing and jumping packages even early this month! Much social activity is seen for you - but stay close to home. Keep your ears out for little girls and younger sisters. One may just need a rescue. If you are up North, be thankful for 4-wheel drive! Peace falls best by a lit fire or attunes to distant holiday music. Bask in the afterglow.

PISCES: Expect to be extremely busy! Shopping, errands, creating thoughtful exchanges are all part of this season for you! Romance is sweet once the roar dies down. Resting and enjoying the smiles of those around you is seen at New Moon. The bustle of activity spawns itself into a self-satisfied repose. Hibernation is sweetest! You find yourself pampered more than ever before. The stars have shone brightly on you. Heed these words wisely, but keep faith at heart.

Alcohol Kills

Continued from page 8

ish choices? I think not.

This story is not about scaring you or making you feel like you don't care about whether or not you should drink. This is about not only saving your life, but the lives of others. As you can see, it is not worth it. Who wants to die before

they even begin to live? You can't lie to yourself saying, "I'm young, I'll stop when I'm older." It is that first drink that will lead to another and then another. People who have been alcoholics have stopped for ten or more years, and then one drink can put them back right where they were. Don't drink. You're not stupid and you know what is good for you. Save your life and don't abuse alcohol.

XFL

Continued from page 3

to hit the field and brake the rules. What are the rules? Are they the same? For the most part the rules are the same, but just leave it up to the WWF to make the game better! The XFL rules are different from the NFL's in this fashion.... *No fair catches on punts! *Punts will be live balls! *35 second play clock! *Players, coaches, locker room, and huddles will be wired with microphones! *Cameras will be placed in locker rooms, sidelines, and in helmets of selected players!

*Only one foot required in bounds on pass receptions! *10 minute halftime! *And the team gets paid \$100,000 as a bonus for winning the game!

The XFL will be arriving on your TV screens in February, so check your newspapers, radio and TV for dates and air times. Don't expect the XFL to be gone for long! The Championship game will be held on April 21! So if you're ready to get down and dirty and ready to feel the heat, then stay tuned, because the XFL is hot in winter time!



Restaurant Review

Continued from page 3

garlic sauce. To finish it off, we had a sweet raspberry cheesecake. It is served with fresh raspberries and fresh raspberry sauce. The price is moderate and won't dig into your wallet too much. For three people, it cost \$56.57. If you like variety, the Dockside Grill is for you.

If you prefer a fancy and more expensive dining experience, Giovanni's Ristorante in Downtown Covina is the place for you. It's a small restaurant, but is not inexpensive. The food is presented professionally and attractively. They use fresh herbs on the pastas, chicken, and steaks. The menu is mainly Italian dishes and

desserts, including spaghetti, ravioli, fettucine, tortellini, and lasagna.

To start off, we had complementary Italian bread and chunky tomato sauce. For an appetizer, we ate warm meat empanatas with a special beef filling. I had Tortellini Alla Givovanni's as an entree. They were filled with meat, Italian cheeses, and tomato sauce. It was topped with parmesan cheese. Another

member of our party had Chicken Oscar as an entree. It is stuffed with crab meat and goat cheese, which made it taste even better. As a dessert, we had chocolate covered pecan ice cream.

Again, this restaurant is not cheap. For two people it cost \$50.94. For a nice seafood dinner, Dockside Grill is where to go. For authentic Italian food, head to Giovanni's.

New Years

Continued from page 5

bed, fold it over about two inches, then fold it in half again. It may sound weird, but believe me, it looks fine. Then hang your posters or whatever you want on the

wall. If you want to paint your walls, paint them gray with a black border. You can do this to any color you want. I chose these colors because they are more common. If you want any other advice on how to change for the new year, just ask for me and I'll help you with whatever you need.

WWF

Continued from page 6

Wrestling). They had wrestlers that were never seen and in the beginning they weren't seen either, but in 1994, Hulk Hogan, the WWF's hero for so long went to WCW. Other big name wrestlers started to go over to WCW. In a short period of time, WCW was doing better than the WWF. Then one person changed the viewers' look to WWF and his name is Stone Cold Steve Austin. With vulgarity and an attitude of "don't trust anybody," he led the WWF back to the top spot. Other superstars started to get really popular such as The Rock, Mankind, and Triple H. The WWF had a new hero and his name was Stone Cold Steve Austin.

When Stone Cold Steve Austin got hurt, there was only one questions, "What's going to happen now? Is the WWF going to recover?" The answer to that is, of course. The Rock became the new hero and led the WWF to the most watched time in the WWF's history. In September, Stone Cold Steve Austin came back and raised a big question, who will be the hero, The Rock or Stone Cold Steve Austin, and the answer to that question is both. The Rock and Stone Cold Steve Austin are both loved.

Pro wrestling is the biggest thing today from Hulk Hogan to The Rock, the WWF has prided itself on giving the fans what they want and that's exactly what they have done.

FYI...FYI...FYI...

By TASHERLEY CLOVIS

– January 24 will be Winter Formal elections.

– January 26 is the Winter Formal rally.

– Final exams for the end of the first semester start on January 31 and last through February 2. Those days are also minimum days.

– On Saturday, February

3, Winter Formal will be held at the Castaways Hotel in Burbank from 7:00 P.M. - 12:00 A.M.

– Seniors, if you haven't mailed out your FAFSA and GPA verification forms yet, now is the time to start mailing them. All forms must be post marked by March 2.

Dance

Continued from page 7

need to know to get an early start on making a perfect

night to remember. Girls, keep your eye out for that enchanted dress; and guys, keep your eyes open for that enchanted girl!

Environmental Club

Continued from page 7

accomplish their goals; however, they also take part in fun activities as well. Last month, the Environmental Club took a trip to Laguna Beach where they explored the marine life and the surrounding habitat. The also

expect to have two hiking journeys this year where they will be able to discover the sights of nature.

"The members' dedication is the greatest factor in our success this year," says Hua about Northview's Environmental Club. If you are interested in becoming a member, plan to attend a meeting any Thursday during brunch in room C-10.

Sleep

Continued from page 5

Sleep is very important and should not be treated lightly. As teenagers move through their teen years, they need increasing amounts of sleep. Teen sleep deprivation is associated with information processing and memory deficits, increased irritability,

anxiety, depression, and decreased creativity and ability to handle complex tasks.

If you don't know if your sleep pattern is right for you, this small quiz may be helpful.

Score each situation below on a scale of 0-3.

- 0 - would never doze
- 1 - slight chance of dozing
- 2 - moderate chance of

dozing

3 - high chance of dozing

How sleepy are you?

- sitting and reading
- watching TV
- sitting inactive in a public place (theater or meeting)
- lying down to rest in the afternoon
- sitting and talking to someone

- sitting in class during a lecture
- in a car while stopped in traffic

Scoring guide:

- 0 - 6 you are probably getting plenty of sleep
- 7 - 8 you may have mild sleep deprivation
- 9+ you may have significantly sleep deprived

