

Northview Balhalla

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Covina, CA 91722

Pep's Dedication Reaps Great Rewards

By **EMILY RIOS**

Practice, practice, and more practice. That is what the lives of Northview's cheerleaders have been filled with in the past weeks. All three squads, junior varsity, varsity, and the mascots worked hard to prepare for competition. The countless hours of practice reaped great rewards when the day of competition arrived.

On Saturday, November 15 Northview's pep squad ventured to Gladstone High School to participate in a SHARP cheer and dance competition. The first Northview squad to perform was the junior varsity squad led by captains Amy Cerecedes, Krystle Garcia-Gibbons, and Audrey Fernandez. The team put forth weeks of dedication and sweat preparing for the competition, and with the help of CeCe Castro, varsity captain, Staci Rubi, and coaches Karen Carnes and Mitzi Cerecedes, the girls strengthened their routine. The J.V. girls shined during their performance and took home first place trophies in both the cheer and dance categories. "I was shocked and happy all in one. I thought we deserved the trophy because of all the hard work we put into it." That was freshman Stacy Flanagan's reaction upon

finding out that J.V. had won.

Next up from Northview were the delightful mascots, Amy Meeks and Shauna Sundberg. These two were extremely secre-

tive about their routine, not even revealing it to Coach Carnes prior to competition. Meeks and Sundberg did a superb job, earning first place in the mascot category.

"I felt very proud about what we received because we worked very hard. A lot of sweat went into our stunts and dance. I am especially proud of what a group of
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Environmental Club Sends Message

By **DANIEL J. MALIGNAGGI**

As one Northview student put it, "This place is so trashy this year, no one picks up their mess!"

Walk around Northview's campus this year, and you will notice that something plagues the ground as it swamps the

quad and terrorizes the back parking lot. This item? Garbage. Northview's upperclassmen would agree that this year the trash problem has hit a recent high. Some cite the large number of students. Either way the problem of the quad and the parking lot by

the tennis courts have been the epitome of littering lately, and this was brought to the attention of Environmental Club president Roy Molina. "Walking through the quad, it's hard to ignore all the trash on the ground. I've
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Brain Dead Woman Needs Peace

By ERANNE SAUNDERS

Some presence in life, both physically and mentally, is probably the best gift ever. On the other hand, having a loved one brain damaged, practically in a vegetative state, and keeping her alive for 12 years is what I call self-ish.

Terri Schiavo's family insists on keeping her alive by the use of a feeding tube! I don't see the point if she is never going to be able to actually live a "normal" life. She will not be able to recover her consciousness because she is

brain dead. There is a body, but no mind. Having a body without a mind is unconstitutional in my book. She is suffering even more being in the condition that she is in than her family could ever feel. For her family to want to keep her alive through a feeding tube is abuse! They think this will help, but the only thing it is helping is their hearts, not hers!

I am siding with her husband, Michael Schiavo, who wants to take her off the feeding tube. She needs to be in peace with herself and so does

her family. Twelve years is a long time, and it is almost impossible for her to come back - it is only bringing more heartache and pain. So what is Michael supposed to do? Live with the burdened that his wife is in a vegetative state, where he will never be able to hold her, or even something as simple as not being able to watch her sleep like an angel knowing that she will wake up the next day? It is the simplest things in life that can bring happiness. Knowing in your mind that Terri's death could have been

handled years ago is a lot to deal with. It is devastating for one to live with!

Terri Schiavo's family needs to realize that it may be hard, but it is time to "let go." It is brutal to and what I consider abusive to keep someone alive on life support for 12 years knowing that she never will recover.

You have to realize that it is not the quantity of life you live, it is the quality of life. If you are going to live, live a good life, knowing you will get something out of it., not

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Let Her Live

By KATIE COLEMAN

For a person to be considered unconscious, as defined by Florida law, he is to be completely unreactive. Why then is Terri Schiavo, who responds to doctors' orders to open her eyes, follows a moving balloon with her eyes, and smiles at her mother's touch, put into this category when it may mean death for her?

One doctor testified that Terri is in a vegetative state, but 11 other doctors, including Nobel Prize nominee, William Hammersfahr, have testified or given statements that Terri is not unconscious.

Nurses who cared for Terri have filed affidavits saying that she responds to them, and can speak.

To this controversy there are two sides: Terri's husband, Michael, who wants to let her be dehydrated until she dies, and Terri's family, who want to care for her for the rest of her natural life.

Let's look at some facts: after Terri's heart attack which left her in this state, Michael Schiavo filed for malpractice, won \$1.3 million, \$750,000 of which he



said he would devote to her care. Once he had the money, he began restricting treatments for her, including his "do not resuscitate order." He did not pay for proper medical treatment or therapy and then moved her to a hospice where proper care

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Alvarez Sees Her Dreams Come True

By STACI RUBI

"I was thrilled! I couldn't believe my dreams are finally coming true. I've waited so long - this is just the beginning of my career." We have seen our athletes get accepted into college on sports scholarships, and our scholars get accepted on academic scholarships, now there is something a little different - Lorena Alvarez was accepted into the Fashion Institute of Design and Merchandising (FIDM) for her talent in the art of design.

Alvarez has been designing since fourth grade. Last year she had an ROP fashion design class and her sophomore year she designed her Winter Formal dress. She also had the chance to design this year's Homecoming dress that she wore. A real designer named Angel Guerrero made Alvarez's

design come to life and gives her advice on things to remember when she becomes a designer. In February, Alvarez will help Guerrero in her fashion show by dressing the models and helping with designs.

Alvarez has wanted to go to FIDM since ninth grade. Her Focus on Success teacher, Ms. Strauss, told her about it and how it is one of the greatest fashion colleges to attend. "Ever since she told me that I knew this is where



I would go."

Alvarez's plan for the future is to become one of the top fashion designers and

have her own clothing line called "X-Quisite Rena."

To get accepted into FIDM, Alvarez had to go through two interviews. On her first interview she took her sketches and fashion design portfolio and greatly impressed her administrator. For her second interview she had to make a project of 10 perfect designs and explain them to the FIDM director. When the moment of truth came, Alvarez got scared because the director paused, then said, "Congratulations,

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Why Did The Turkey Cross The Road?

By NIKKI SALAZAR

Thanksgiving is about appreciating life and the things you have. Most people like to spend it with their families or

close friends. If you are one of those people, then be sure to share these "knee slappin'" jokes with them. For more, go to thanksgiv-

ingjokes.com.

"Can a turkey jump higher than the Empire State Building?"

Yes - a building can't jump.

"Why did the turkey cross the road?"

To show that he wasn't chicken.

"What happened to the turkey whose feathers were all pointing the wrong way?"

He was tickled to death!

"Did you hear about the X-rated turkey?"

It's served with very little dressing.

"What smells the best at Thanksgiving dinner?"

Your nose!

"What would you call a pet squash?"

Call it anything you want - it won't hear you!

"Knock, Knock!

"Who's there?"

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Give Her A Viking Welcome

By NESHA HUNTER

Very hot, crowded, nice people, and lots of junk food! This was senior Ingvild Saethre's first impression of America.

Saethre is from Norway and is here in America as an exchange student. She was brought here through the American Field Service (AFS), an organization which deals with foreign exchange students.

She will be in America for exactly one year and will graduate with the senior class

here at NHS. When asked how California is different from Norway, Saethre stated, "I came from a rural area, so there seem to be more people and a lot more to do. It's also



a lot warmer."

Saethre speaks perfect English, but in addition to English she also speaks Norwegian and a little German. She says she misses her family in Norway, but her family here is great to compensate for her real family. "I don't miss the country though." She hopes to get better in English and to develop herself while on her trip.

So if you happen to see Saethre on campus, stop and give her a warm California welcome!

King James Set To Save Cleveland

By DANIEL J. MALIGNAGGI

Imagine rolling out in your own fully customized Hummer. Imagine being world famous for not yet doing much professionally. Imagine being 18, and raking in 80 million bucks over the next six years for playing basketball, not including the other millions of dollars being received from endorsement deals. Not to mention already being called a saviour... or better yet, a king.

It sounds like a fantasy life, but for 18 year old Cleveland Cavs rookie LeBron James, it's the real deal. He's hit the big show, and so far the early signs are that "King James" is on his way to dominate the NBA, as he scored 25 points in the season opener against the Sacramento Kings. It was an impressive showing, as he opened the first 12 minutes of his career with 12 points, and his nifty passes set up teammates like Ricky Davis for big dunks. The Cavs lost, however, and have bombed at the start of the season with a winless record.

The struggles of the Cavs have not deterred anybody's views on James, however, as he has already been dubbed the messiah to save the hopeless Cleveland franchise from losing season after losing season. Cleveland, for the first time in a few years, has been on national television, and the Cavs' games are the hottest ticket in the Midwest. James, who at 6'8" is primarily playing the point guard spot, has already shown the effect he

can have on a team, as his role of scorer has been combined with playmaker. For the ten games of the season, you could count on James for 17 and 6.

For now, it will be easy for him to meet the media hype that has been set for him. The Cavs, who haven't done anything recently, aren't expected to win for awhile. The high school star, who has already been compared to Michael Jordan (who, by the way, averaged 28 points his rookie year) will have to contend more with individual records than victories, let alone NBA titles. For now, James is exceeding expectations.

His strongest pressure for now may be from the

rookie from Denver, who has already beaten him in one on one matchup. Carmelo Anthony, who was the third overall draft pick to the Denver Nuggets, has shown flashes of brilliance himself, scoring a high of 30 against the Clippers. Anthony, who came out after his freshman year in college, has already begun his resume, winning an NCAA championship with Syracuse last year. As the hype on James begins to grow, so does the hype on a new, evolving LeBron-Melo rivalry, like that of Bird-Magic two decades ago.

For now, LeBron James is king, and hope for a team that hasn't won an NBA title in its history. He is also a hope for the future of the NBA who

has recently lost its golden boy, Kobe Bryant.

Imagine being 18 and shouldering the burden of the city of Cleveland, and the entire NBA.



Brain Dead Woman Fights For Life

By EMILY RIOS

Terri Schiavo. Her story began 13 years ago in February of 1990 when she collapsed in her home from cardiac arrest. When Schiavo initially arrived at the hospital, doctors believed that it was a potassium imbalance that caused her heart to stop beating.

In 1992, Schiavo's husband Michael filed a malpractice suit against the doctors who misdiagnosed his wife. He won \$750,000 to pay for her care and an additional \$300,000.

This is where the real story begins. Michael Schiavo and Terri's parents, Bob and

Mary Schindler, had a falling out over how to use the suit money to care for Schiavo. The Schindlers wanted Schiavo removed as Terri's guardian, but their case was dismissed. In May of 1998, Michael Schiavo filed a petition to have Terri's feeding tube removed. Circuit Judge George W. Greer ruled that the feeding tube could be removed and it was removed on April 24, 2001. This begins a series of legal actions brought on by both the Schindlers and Michael Schiavo on whether or not Terri can actually survive off of life support. Hearings between the two parties

began in October of 2002. During the hearing three doctors said that Terri would not recover, while the two doctors chosen by the Schindlers say she can recover. Shortly after the April 2001 removal of the feeding tube, Schiavo was put back on life support until the legal matters were settled.

The legal battle continued with Judge Greer settling an order to remove the feeding tube until the 2nd District Court of Appeals reviews the case. The court of appeals refuses to rehear the case, so the feeding tube was removed on October 15, 2003. Five days later, the Florida House

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Monkey Virus Time Bomb Tickin’

By **KRYSTAL COLMENERO**

Hey Northview students, have you heard of the virus that could kill you? Don’t worry, it is not here in California, yet.

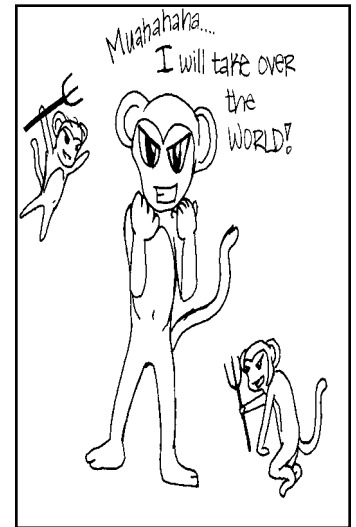
It is the world’s most horrific disease and was brought by monkeys that were imported for testing. The scientists did not know that the mon-

keys were infected. This disease has already killed hundreds of people in Africa and it has also already reached Europe where seven people have died.

Some of the symptoms of this virus include blinding headaches and blood clots. The virus then reaches the skin, making it like a liquid,

which causes the infected to bleed uncontrollably.

This virus is related to AIDS, but some people would prefer AIDS instead of this one. One bite could be deadly. This virus is a time-bomb waiting to happen. Once it has one person who is infected, then it can travel like a forest wildfire because it can travel by air. Let’s just hope that they can stop it before it kills any more people!!!



“It Was Like A Battlefield”

By **NAOMI GOMEZ**

As we all know, there recently have been disastrous wildfires in our area. People died, homes were destroyed, and lives were put in danger. Those whose homes were destroyed are presently living in shelters set up by the Red Cross. There is a shelter at the San Bernardino airport where most of the fire victims are staying. Insurance is a big deal. Those who had not purchased insurance are going to have to start all over.

There were more than 750,000 acres of land that burned and more than 3,000 homes were destroyed. When fires approached town areas, the residents did not want to leave. A sad outcome of this was that 22 people lost their lives, including one firefighter. Not only were the residents affected, but the firefighters were too. Ray Gomez, a graduate of 2000, was one of many brave firefighters trying to save homes

and lives. “It was like a battlefield. Everything was destroyed. When we saved a home it felt good, because we had a part in it.” The firefighters would go more than 36 hours straight in the field, would have about a 20 minute break, and go back out again. They ate whenever food was brought. A meal consisted of two juices, two sandwiches, a candy bar, a cookie, and gum. “It was very disorganized. Our radio frequency didn’t match up to other radios. That prolonged us from going out. We had to stay at resource and base camp another day because our radios were not compatible,” Gomez said. He also said that even though it was snowing, the fires burned for a little while. Los Angeles, Ventura, San Bernardino, and San Diego counties were all declared disaster areas.

Husband Plots Murder?

By **KRYSTLE GARCIA-GIBBONS**

Laci Peterson was reported missing about a year ago, then she was found dead. The main suspect continues to be her husband, Scott Peterson.

New details have revealed that Scott Peterson told his mistress that he was a widower and this would be his first Christmas alone. The mistress, Amber Frey, said that he told her about being a widower on December 9, which happens to be the same day that he bought his boat.

Detective Allen Brocchini testified that he found a loaded 22 caliber pis-

tol in Peterson’s truck. It is not certain that the gun was involved in the murder because the autopsy results are sealed.

Police found a strand of hair on Peterson’s pliers. The strand matches hair taken from Laci’s mother. Police think that Peterson had been planning the murder of his wife and unborn son.

At the conclusion of the preliminary hearing on November 18, probable cause was found and Peterson was bound over for trial. He will be charged with double murder and, if found guilty, could face the death penalty.

The Valhalla is published on the web.
Bookmark your browser at:
www.cvusd.k12.ca.us/northview/nvhome.htm

Show Your Thanks By Giving Back

By **TIANIE CLUE**

Thanksgiving is a great time to be thankful for what have. You do not always need to ask for more - just be happy for what you have! Believe it or not, there are people in this world who are not as fortunate as you and me, so we have to be THANKFUL! There are people out there who cannot afford to go to school and get an education, so their job, if they get one, will not be a high paying one. There are also people out there who are homeless, and cannot afford to buy food.

Here are three places where you can go to volun-

teer to help the less fortunate during Thanksgiving. They are a little far, but it is for a good cause. The first one is in Santa Monica and they provide food, showers, a place to sleep, and fun! They are looking for volunteers, so if you would like to help, contact them at this address: 168 Main Street, #212, Santa Monica, CA 90401.

The second place is in Santa Rosa. They help the needy by feeding them, providing a bed, and telling them about the Lord. Their address is 101 6th street, Santa Rosa, CA, 95401. Their number is (707) 542-4817. They would appreciate your help!

The last place is the Los Angeles Mission. They provide hope, food, and the

opportunity to get on with your life. Their address is 303 East 5th street, Los Angeles, CA 90013. Their phone number is (213) 629-1227.

If you need directions on how to get there, log onto the Internet, go to Mapquest, and type the address. Any of these three places would be very happy to hear from you.

Anglican Voters Elect Gay Bishop

By **CRYSTAL TORRES**

On Tuesday, November 11, the Anglican Church voted on whether or not Gene

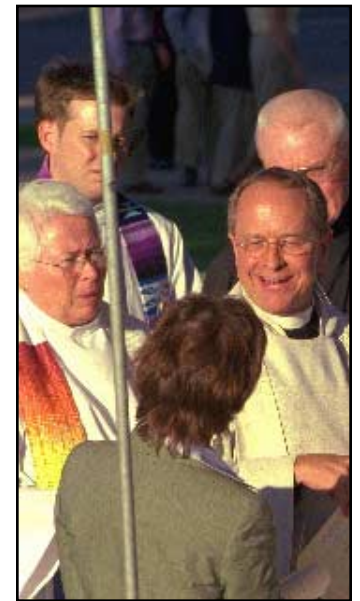
Robinson should be elected bishop, - the first openly gay bishop,

Hundreds of people in New Hampshire voted for their new bishop; however, many of the current reverends and bishops are not happy with Robinson being a new addition. Bishop Robert Duncan is one of many to oppose this idea. He stated that he is filled with sorrow and grief too deep for words.

Others, such as Daniel England, agree and are supporting Robinson 100%. England believes it is a big step for the church. He thinks that this will not affect the church negatively.

Many members of the body question Robinson's position. Is he trustworthy? He was charged with two counts in 2002. One on sexual assault and the other on a web site with graphic sexual material. Though both charges were dropped, is he still trustworthy?

Gene Robinson is now a licensed bishop, but he is not



licensed to work in the UK due to Frank Grinswold's ruling. Now that there is a gay bishop, congress is thinking that other gay bishops will come "out of the closet" about their sexuality.

The first openly gay bishop in the whole world, Gene Robinson, had only one thing to say, "It's not so much a dream as a calling from God."

Bush Signs Abortion Bill

By **KELSEY ROSE**

For hundreds of years, unexpected pregnancies have come upon women of young ages to middle ages. When they believe it is a more superior task than they can handle, they sometimes get an abortion.

A partial-birth abortion is when a physician delivers a baby to the point where only the head remains inside the womb, but then punctures the back of the skull and removes the brain before completing the delivery. Over the years many people against partial-birth abortions have tried to pass a bill. This bill outlaws procedures during the second or third trimester in which a fetus is partially

delivered before being killed. After years of fighting, President George Bush signed a bill banning controversial partial-birth abortions. Bush stated that "for years a terrible form of violence has been directed against children who are inches from birth, while the law looked the other way."

Abortion rights groups stated the law was a health risk for women seeking abortions. Partial-birth abortions happen about 2000 times a year, mostly during the 20th through the 26th week of pregnancy. Although Bush is against partial-birth abortions, he says that Americans are not ready for a complete ban on abortions.

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You Could Build Neighborhoods, Cities

By JANETTE VENEGAS

People need places in which to live, work, play, learn, worship, meet, govern, shop, and eat. These places may be private or public; indoors or out; rooms, buildings, or complexes, and together they comprise neighborhoods, towns, suburbs and cities. Architects, licensed professionals trained in the art and science of building design, transform these needs into concepts and then develop the concepts into building images and plans that can be constructed by others.

Architects provide professional services to individuals and organizations planning a construction project. They may be involved in all phases of development, from the initial discussion with the client through the entire construction process. Their duties require specific skills - designing, engineering, managing, supervising, and communicating with clients and builders.

The architect and client discuss the objectives, requirements, and budget of a project. The architect then prepares drawings and a report presenting ideas for the client to review.

After the initial proposals are discussed and accepted, architects develop final construction plans. These plans show the building's appearance and details for its construction. Accompanying these are drawings of the structural system; air-conditioning, heating, and ventilating systems; electrical systems; plumbing; and possibly site and landscape plans.

They also specify the building materials and, in some cases, the interior furnishings. In developing designs, architects follow building codes, zoning laws, fire regulations, and other ordinances, such as those requiring easy access by disabled persons. Throughout the planning stage, they make necessary changes. Although they have traditionally used pencil and paper to produce design and construction drawings, architects are increasingly turning to computer-aided design and drafting (CADD) technology for these important tasks.

Architects usually work in a comfortable environment. Most of their time is spent in offices consulting with clients, developing reports and drawings, and

working with other architects and engineers. However, they often visit construction sites to review the progress of projects.

Architects may occasionally be under stress, working nights and weekends to meet deadlines. In 2000, almost half of all architects worked more than 40 hours a week, in contrast to about one in four workers in all other occupations combined.

All states require individuals to be licensed (registered) before they may call themselves architects or contract to provide architectural services. Nevertheless, many architecture school graduates work in the field while they are in the process of becoming licensed. However, a licensed architect is required

to take legal responsibility for all work. Licensing requirements include a professional degree in architecture, a period of practical training or internship, and passage of all divisions of the ARE.

In most States, the professional degree in architecture must be from one of the 111 schools of architecture with degree programs accredited by the National Architectural Accrediting Board (NAAB).

The choice of degree type depends upon each individual's preference and educational background. Prospective architecture students should consider the available options before committing to a program. A typical program includes courses

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Poynter Spikes Down FAOM Title

By SHAUNA SUNDBERG

"Cool... it's so exciting," is what Kellie Poynter had to say when she found out she is November Female Athlete of the Month. "It's great to know that I am being recognized for excelling in sports in high school."

This talented young woman has been involved in one year of track, and volleyball and basketball all four years of high school. Not only is Poynter an athlete, but she also manages to maintain a 3.8 GPA, while conquering her AP classes.

Poynter has just finished a successful season of vol-

leyball and is now preparing for a great season of basketball.

Describing herself in three words, she would have to say, "I'm a competitive, nice, and energetic girl."

She also is a self determined girl and is looking forward to seeing her future being a success. She plans to go to a four year college and play volleyball. Mostly she plans on majoring in biochemistry and receiving her masters degree.

In making her senior year a great year so far, she would like to thank her family and friends for pushing and sup-

porting her in everything that she does.

Poynter would like to add that, "If you want to have fun in high school, stay involved and surround yourself with friends who will make memories last a lifetime."



AVID Prepares Student For College

By LINDA PLACENCIA

When you hear the word "college", what do you think of? Partying, drinking, studying, and a future for better paying jobs. But one thing it is easy to forget about is how to apply for college, being

lege student activities; Fridays- college speakers, college trips, anything college related. One of her rules is that if students do not have their questions for their tutorials, they cannot walk through the door.

visit museums, different colleges, and to keep the students feeling as though the tools used in AVID, help them succeed more. "You do work hard, but you still have fun!" There also is hope that eventually there will be six sections of AVID to increase students' consistency to work hard.



accepted, and being prepared for all that hard work. Some people do not graduate because of not being prepared for school or not even getting accepted to a college in the first place.

In the mid 1980s, Katherine Swanson decided that helping students to prepare for college can be a set confidence for college bound achievers.

AVID (Advancement Via Individual Determination) is a class that can provide guidance and support to prepare students for information with and about college.

Ms. Rita Gindi teaches AVID to help college bound students. She teaches students organization, preparation for college, motivation, and college curriculum for AVID: Mondays and Wednesdays- writing, college related reading at high levels; Tuesdays and Thursdays - tutorials, col-

The students often write essays and reading logs are due frequently. The students must read an independent book and present the book to the class as an advertisement as a college would do.

AVID went to Knott's Berry Farm on November 14 as a reward for their hard work. On that day the park was reserved for AVID classes only. They paid for their trip by selling candy on campus for a fundraiser.

AVID is recognized by Cal Poly and is now being recognized by many universities. According to Gindi, this class is absolutely recommended to students who are ready and motivated to complete three years of hard work or anyone ready to be organized and prepared for college. This is not only for smart people, that is an assumption. The grade average necessary is only from 2.0 to a 3.3. Future plans for AVID are to

Solar Flares At Their Peak

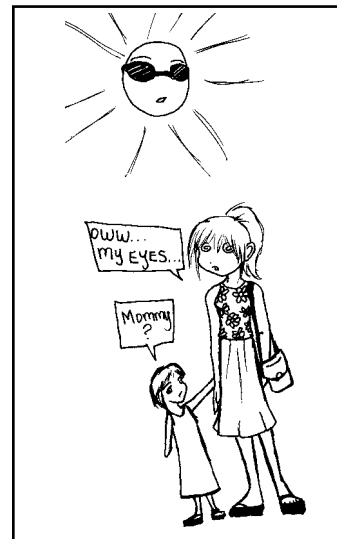
By CORINNA RAMOS

For the past several months there has been much activity on the sun's surface. The sun has been having solar flares, or sun storms. You may even have noticed red rays coming off the surface. There is a scientific

netic energy that builds up in the solar atmosphere, and when it becomes too much the sun releases it. The radiation is released through the entire electromagnetic spectrum. Now these radioactive waves travel fast and are equivalent to millions of 100 megaton hydrogen bombs exploding at the same time!

The first solar flare was sighted on September 1, 1859. The frequency of flares coincides with the sun's 11 year cycle. If you wish to view a solar flare as it happens, then you should purchase special equipment for it. **DO NOT EVER LOOK DIRECTLY AT THE SUN** during this phenomenon!! You can cause serious damage to your eyes.

Since the flares do not reach the earth's atmosphere they do not cause any potential danger; however, the radioactive rays do and can mess up communication. So next time your radio or T.V. reception goes out, remember there is more to it than bad reception.



explanation for everything.

What is a solar flare? A flare is defined as a sudden, rapid and intense variation in brightness. The cause is mag-

New CD's, Movies Hit The Market

By **AMY CERECEDAS AND MIKE TAPIA**

Everyone has his own style of music: whether it is country, R&B, rap, rock, etc. In the year 2003, many artists produced new CD's to please their fans. For the month of November, according to AOL music, the top 11 artists are:

1. 50 Cent
2. Eminem
3. Toby Keith
4. Chingy
5. Beyonce Knowles
6. Linkin Park
7. Britney Spears

8. Nelly
 9. Ludacris
 10. Hilary Duff
 11. Outkast
- The Top 11 songs are:
1. 2 Pac & Eminem, "One Day at a Time"
 2. Britney Spears, "Me Against the World"
 3. Clay Aiken, "Invisible"
 4. Cheetah Girls, "Cinderella"
 5. Chingy, "Right Thurr"
 6. 2 Pac featuring Notorious B.I.G. "Runnin"
 7. Cheetah Girls, "Cheetah Sisters"

8. 50 Cent, G- unit, "Stunt 101"

9. Sarah Mc Lachlan, "Fallen"

10. Black Eyed Peas, "Where is the Love"

11. JA Rule, "Clap Back"

New CD's have been produced by all kinds of artists. Actress Hilary Duff produced the CD titled *Metamorphosis*, featuring her hit song "So Yesterday". Her costar La Laine (who plays Miranda in the T.V. show "Lizzie McGuire") produced a CD entitled *Inside Story*. To find out more about her, vis-

it www.Lalaine.net.

For you people that are into R&B, hip hop and rap, Outkast came out with *The Love Below*. Ludacris came out with *Chicken -N-Beer* featuring the song "Stand Up."

Pink produced an album, *Try This*. Frankie J. came out with *What's A Man To Do*, featuring the song "Don't Want To Try."

Country artist Toby Keith shocks us with his new album *Shock N Ya'll*. Mark Wills came out with *And The Crowd Goes Wild*. Sheryl Crow ended making an album titled *The Very Best of Sheryl Crow*.

Store Temple Pilots thanks you for buying their new punk/rock album *Room on Fire*, which is on fire. Puddle of Mudd put their life on display with their new album *Life on Display*. Pearl Jam also comes out with a

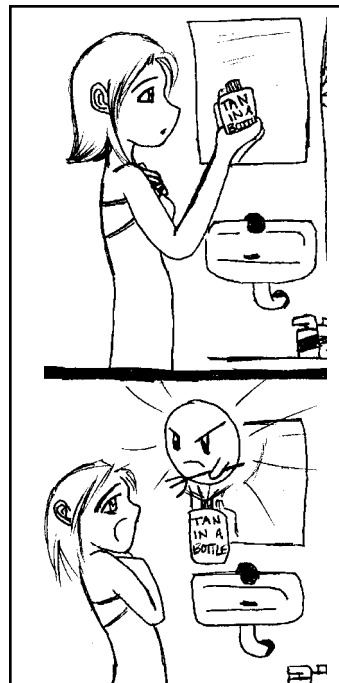
Beware: Tans Can Be Dangerous

By **CHELSEA CASS**

Summer is over and the sun is pulling the "disappearing act" on us. It is just about time to pack away the bikinis, shorts, tank tops, and bring out the turtlenecks, warm fuzzy sweaters, and long sleeved shirts instead.

What is the one thing people will miss about the summer, other than the waves, the beach, and the warm sun? The awesome tan most of us get out of it. Just because the sun is going away does not mean you still cannot get that tan all year around. You can, by a process called "artificial tanning" or "self-tanners." It is becoming more and more popular among teens.

When you go to a tanning salon, you are exposing yourself to many risks. When you go and lie on a tanning bed you might be thinking



that you are saving yourself from the harmful UVA or UVB rays; however, you still are putting yourself at risk for skin cancer. The UVA rays

are just as harmful as the UVB rays coming from the sun. Your chances of having poor eyesight is also a factor

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Pizzas That Pack A Punch

By **MARK NEVAREZ**

The much consumed food of choice for Americans these days would have to be pizza. It's basically an all-purpose edible. Almost any topping you can think of has adorned this tasty delight. However, like all good things, too much of it can get boring after awhile, especially if you insist on having Pizza Hut, Little Caesars, or Dominoes, whenever the pizza craving calls. Maybe it's time you try some different pizza combinations.

Round Table Pizza, located in many cities across the valley including Glendora and Duarte, has a very old-fashioned pizzeria type of look. The large tables, stained glass windows, and dark lighting are all included. This gives the place an old world feel, which is in contrast to the rather unique pizza combinations which include a wide range of selections for almost any taste, so finding the right pizza should not be a problem. The top-

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If you could change the main dish of Thanksgiving, what would you change it to?

"Jeff Olivas because he's mighty thick."- **Eric Padilla, 11**

"Um...maybe it would be funny to love a duck? Haha...stupid ducks."-**Marc Aristorenas, 11**

"I'd change it to a teriyaki bowl like in Japanese restaurants!"-**Alex Palagos, 10**

"I'd change it to my mom's pork chops. Those things are amazingly good!"-**Joe Martinez, 9**

"If I could change it, I would change it to something not so dry like banana pudding. You know, something you wouldn't have to do a whole pitcher of Kool Aid with just one bite."-**Rashi Doster, 10**

"I'd change the turkey to some carne asada because there's nothing better than some carne asada."-**Gabriel Pimentel, 11**

"I would change my Thanksgiving meat to a huge steak with a baked potato on the side. Forget the turkey!"-**Bryana Valle, 11**

"Hmm...buffalo wings. Mm...you can never go wrong with those and what else? Oh and a side of Charlie Copprell!"-**Cynthia Rendon, 11**

"I would change yams into smores because they're my favorite."-**Jennifer Gorospe, 11**

"I would change cranberries into chocolate covered strawberries because they're soooo good."-**Corine Ybarra, 12**

"I would change the turkey into chocolate."-**Karen Candelaria, 9**

"I would change the turkey to chicken tenders! Yeah that's right! Chicken tenders!"-**Brenda Corona, 9**

"I would change the turkey to baby back ribs

because I want my baby back baby back ribs."-**Timothy Virola, 9**

"If I could change it, I'd change it to a big pizza with crazy bread."-**Marvin Hernandez, 10**

"I wouldn't want to change a thing because Thanksgiving is the best dinner ever! Yum..."-**Sky Diaz, 11**

"The addition of more stuff."-**Manuel Vargas, 12**

"I wouldn't change anything because Thanksgiving is awesome!"-**Angela Vicario, 12**

"I would change it to steak because turkey is dry."

-**Alex Karp, 10**

"I would change apple pie to cheesecake because apple pie's crust doesn't taste good."-**Brialle Kammert, 9**

"If I could change the main dish I would change it to fish."-**Adrianna Montes, 9**

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Teen Suicide On The Rise

By **FELICIA CHAGOYA**

As young people we are often told, "Enjoy it while you can," and "Make the most of the time you've got." Why then, if these are supposed to be the best times of our lives, are so many young people willing to give up on it all and take their own lives? There is usually not one single answer for the reason why a young person is willing to end it all.

One disturbing factor that has come up has been the number of young people that have made the decision. In the mid-1980s teen suicide was one of the top reasons for the death of young people. It went back down in the mid-1990s, but now teen suicide is back on the rise. Here are some of the statistics for 2000-2003:

*Suicide is the third lead-

ing cause of death of people between the ages of 10 and 14.

*276,000 teenagers, ages 15-25, try to kill themselves every year.

*Suicide is the fourth leading cause of death of people ages 15-24.

*5,000 teenagers succeed.

*Suicide kills youth

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Congrats To Cross Country

By PRISCILLA TAN

The cross country team had not won a league title in 23 years. This year they earned it again on November 5 at Bonelli Park in San Dimas. The boys finished in first place with a score of 34 points. David Smith placed second with a time of 16:21, Hector Barajas finished in fifth with a time of 16:47, Charlie Cerda finished in eighth with a time of 17:06, Alex Munoz in ninth with a time of 17:26, and Andrew Hernandez in 10th with 17:44. With much hard work, they finished the season with an undefeated record of 15-0.

The girls' team did excellent as well. They beat San Dimas, 39-54, the best of three and came in second place. Their fastest runner, Jackie Juarez, won three races and was awarded league champion and MVP. She came in first with a time of 20:03. Alex Contreras finished in fifth with a time of 21:58, Navil Guzman in sixth with 22:00, Brenda Montoya in 13th place with a time of 22:57, and in 14th place was Jennifer Saldivar with a time of 23:02. The girls' record was 13 wins and two losses.

"This was a very successful season. Their discipline and hard work were shown with their impressive record," Coach Miguel Canales said.

On Saturday, November 15, the boys' and girls' varsity teams competed in the Cross Country CIF Prelims at

Mt. SAC. The girls ran their hearts out and finished in 13th place. Unfortunately, the girls' season ended on Saturday because they needed to place sixth or better; however, the girls have already committed to making it to the CIF Finals next year. There are five 10th graders

returning (including MVP Jackie Juarez).

The boys' team finished in 10th place... and sophomore David Smith is the only boy to advance to CIF finals for Northview. The boys ran without their fifth fastest young man, Andrew Hernandez. Hernandez got

hit by a car on November 5. Luckily he is doing better, but the Vikings' odds would have been better with him in the race.

Northview Cross Country will continue to work hard to defend their league championship.

Vikings Suffer Disappointing Loss

By DANIEL J. MALIGNAGGI

Another dominating season came to a hurdle, as Northview took on Pomona High School for the right to capture the Valle Vista League title. This time perfect football weather could not be blamed, as the Vikings lost for the second straight year to the Red Devils, and stayed in sec-

ond place, losing 20-10 at District Field.

The Vikings, who came off a surprise loss against San Dimas, still had a chance to wrap up a league championship with a win over Pomona; however, the Red Devils seemed to have the better athletes on the field, as they took control of the game

from the very start. A quick three and out forced by the defense gave Pomona the short field, and after a nifty reception and lateral, the Red Devils were already threatening. A broken play on offense led to a wide open receiver on the opposite end of the field, as the Pomona QB hit his receiver for a touchdown to move ahead 7-0. Northview came back with a nice drive led by running back Sean Houston, who provided the Vikings with its only offense. Houston, who had a nice day rushing the ball, put the Vikings into scoring position; however, Pomona's defense, that would be tough all day, forced a field goal to keep the lead at 7-3.

In the second quarter, Northview had a chance to take the lead but punted the ball instead, down to Pomona's 1 yard line. But then the game breaker came from one of Pomona's running backs, as the Red Devils got the benefit of an amazing 99 yard touchdown run to put them up, 13-3. Pomona's defense remained a wall, and in the third quarter the offense came up with another long touchdown run, this time

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League Champs Make Individuals

By MICHELLE SUYAT

On November 13, the Lady Vikes battled top teams at CIF and, unfortunately,

took home a loss. Singles Anushri Vyas had scores of 0-6, 6-2, 3-6. Jessica Valenzuela had scores of 0-6, 0-6, 3-6. Angelina Luc had scores of 3-6, 0-6, 0-6.

Doubles, on the other hand, had very close scores. Tiffany Leung- Carolina Vasconcellas had scores of 6-4, 4-6, 6-2. Lisa Nguo-Tammy Ochoa had scores of 6-2, 6-1, 6-7. Last but not least, league champs, Tiana Leung- Falon Williams had awesome scores of 6-2, 6-0, 6-0. Leung and Williams are now moving up to individuals.



You Could Build

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in architectural history and theory, building design, structures, technology, construction methods, professional practice, math, physical sciences, and liberal arts. Central to most architectural programs is the design studio, where students put into practice the skills and concepts learned in the classroom.

During the final semester of many programs, students devote their studio time to creating an architectural project from beginning to end, culminating in a 3-dimensional model of their design.

For sure, let me tell you about what we all want to know... how much can we make in this field? Median annual earnings of architects

were \$52,510 in 2000. The middle 50 percent earned between \$41,060 and \$67,720. The lowest 10 percent earned less than \$32,540 and the highest 10 percent earned more than \$85,670.

You can find more useful information from these sites: Intern Development Program, National Council of Architectural Registration Boards, Suite 1100K, 1801 K Street NW., Washington, D.C. 20006-1310.

Internet:
<http://www.ncarb.org>

Consortium for Design and Construction Careers, P.O. Box 1515, Oak Park, IL 60304-1515.

Internet:
<http://www.archcareers.net>

Pizza Packs A Punch

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ings include your basics such as pepperoni, olives, onions, or peppers, as well as less common ingredients such as fresh cloves of garlic, tomatoes, green onions and unique Italian sausages. If large amounts of pizza are not enough for you, then Round Table has a decent amount of bread sticks and buffalo wings.

My party decided to order two smaller pizzas instead one large one in order to get a better range of selection. We chose the King Arthur Supreme and the Italian Garlic Supreme. The first of two is topped with pepperoni, Italian sausage, salami, mushrooms, green peppers, yellow onions and black olives. The second pizza is topped with pepperoni, Italian sausage, tomatoes, green onions, chopped garlic, and a delicious creamy garlic sauce. The most enjoyable thing about this restaurant is that all the toppings are cut thick and chunky, as well as being completely fresh.

California Pizza Kitchen,

located in many areas, including Santa Anita Mall, also has an interesting array of pizza choices. Like any other pizza place, however, it also has your basic pizza toppings such as pepperoni, mushrooms, and ham. The reason this restaurant is different and the reason why it is well known is because of its more unusual toppings: things that you wouldn't normally think could be on a pizza. The atmosphere of the restaurant has a very California feel, if there is such a thing, right down to the palm trees.

The first member of my party had at three-cheese pizza. The cheeses of choice were mozzarella, provolone, and parmesan. Each pizza is personal sized, but you will not leave unfilled. The next member of my party had a pepperoni, mushroom and sausage pizza. Despite the lack of originality of these toppings, it did not disappoint. I decided to try something a little more daring. I looked over the menu of toppings that included potatoes, spinach, and artichokes and

decided on the barbecue chicken pizza, which was topped with chicken, barbecue sauce, mozzarella and cilantro.

Round Table's prices are similar to your local Pizza Hut's prices, depending on size. California Pizza Kitchen is more expensive, between \$30 and \$40 for three, because of the high quality toppings.

Fights for Life

Continued from page 4

of Representatives voted to allow the governor to intervene. So, on October 21, 2003, Governor Jeb Bush intervened and signed a bill to reinsert the feeding tube and doctors at Morton Plant Hospital began rehydrating Terri, six days after her feeding tube was removed. A judge later rejected a request by Michael Schiavo's attorney to restrain the governor's order.

Beware: Tans

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in tanning salons if you choose not to wear the protective eye wear that you are provided.

Now that scientists have become more aware of what is becoming popular, faster and safer artificial tanning products are being created. At about \$200-300 per airbrush kit, it is much safer, however it will put a dent in your pocket. This way you still are getting the same results, but you are saved from having to bake under those harsh lights. If you cannot afford the air-

brush kit, then maybe "tan towels" or "self-tanners" are right up your alley. Neutrogena has a self tanner that works fairly well, but if not used properly you may end up with streaks or orange coloring.

So rather than spending your money and time at a tanning salon, why not spend that \$20.00 you were going to spend on a few sessions on a less expensive safer tanning product. Save yourself some time, money, and skin cancer later in your life.

New CD's, Movies

Continued from page 9

new hit titled, "Last Dogs."

A new artist in alternative music is Clay Aikens, with his new album titled *Measure of a Man*, featuring "Invisible." Nick Lachey from 98 Degrees is back with his new album titled *Soulo*. Liz Phair came out with a new CD titled *Liz Phair*, featuring "Why Can't I?" Mandi Moore's single is just as good as her singing which she proves in her new CD *Coverage*, featuring "Have a Little Faith." Stacie Orrico, an alternative/contemporary/ gospel singer has a little bit of both

in her new CD, *There's Gotta Be More to Life*, featuring two of her hit songs. "More to Life" and "Stuck."

For new movies, *The Matrix Revolution's* Neo battles Agent Smit. The wars begin and the solution to all the matrix's is here. The movie is rated R

Brother Bear is about a boy who turns into a bear and seeks to be human again. This movie is rated G

Tupac Resurrection is about Tupac's life from when he was a little kid until the day he was taken away from his music to becoming the Elvis of rap. This movie is rated R.

The Missing is about a little girl who gets kidnapped and her mother and grandpa-

ther try to find her. This movie is rated R.

Elf is about a human that is raised at the North Pole as an elf who wants to find his real dad, so he travels to New York City. This movie is rated PG 13.

So check out your local movie theatre and your local music stores to see and hear these movies and CD's.

Brain Dead Woman

Continued from page 2

be practically brain dead, living off a feeding tube for 12 years to soothe your selfish pain. What about Terri?! She is in even more pain. So much more, that we cannot predict.

It may hurt to let go, but it is for the best.

Football

Continued from page 11

with a speedy 44 yard scoring run to put them up, 20-3. Northview scored a late touchdown in the fourth quarter on a long touchdown pass from Damien Jones to Greg Blackwell to cut it to 20-10, but time was not on Northview's side, and the Vikings lost the heartbreaker.

Bush Signs Abortion Bill

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Since 1995, 30 states have had their own versions of partial-birth abortions ban, but only 23 of the states actually passed them. The bill began in 1995 and consisted of two years spent in jail if the law was broken. Unfortunately, former President Bill Clinton vetoed

the bill once in 1995 and again in 1997. Gloria Feldt, president of the Planned Parenthood Federation of America, believes that having abortions will decline "reproductive freedom." The original suit was filed by four abortion rights doctors. The case was set back by two presidential vetoes, but Bush

promised to defend the anti-abortion leaders. The argument for partial-birth abortion is that people say that the government has no business intruding on a decision between a woman and her doctor. They also believe that the majority of women only receive partial-birth abortions because their lives could be at risk.

Teen Depression

Continued from page 10

three to six times more than homicide.

With disturbing statistics such as these, the first question that usually comes to mind is "Why?" One factor may be that growing up today is much more stressful than it used to be, for our parents or grandparents for instance.

Another may be the number of broken homes that young people grow up in now. The leading cause that is known is depression. Most people who are depressed are thinking about committing suicide and usually will not talk about how they feel because they feel they will bother people with their feelings, or

simply no one cares. The usual symptoms of an individual who is thinking of committing suicide are:

- *dramatic personality change
- *withdrawal from people they were once close to
- *change in sleeping and eating habits
- *giving away some of their prized possessions
- *writing notes or poems about death

*talks of suicide, even jokingly (threatening to kill oneself precedes four out of five suicidal deaths.)

If you suspect that someone you know might be thinking about suicide, do not remain silent. Suicide is preventable. If you or someone you know needs to talk with someone regarding suicide, please call: 1-800-SUICIDE (1-800-784-2433).

Why Did The Turkey

Continued from page 3

"Don."

"Don who?"

Don't eat all the stuffing I want some too!

"Why is there no Thanksgiving in Greece?"

Because they hate Turkey.

"Why did a pilgrim eat a

candle?"

Because he wasn't very hungry and wanted a light snack.

"Knock, Knock!"

"Who's there?"

"Waddle."

"Waddle who?"

Waddle I do if you don't open the door?

Environmental Club Sends Message

Continued from page 1

often gone to pick up someone's left behind trash, but find another and another. I want people to realize how much they really don't clean up after themselves and take action to clean up their act."

As a way to bring this problem to the attention of the students, the Environmental Club organized a three-day non-trash cleanup, which was just that. On November 18-20, the custodial staff was instructed not to clean up the quad area. The objective? To expose the amount of trash that the students not only create, but fail to clean up.

"Some people just don't seem to feel it is necessary to

pick up after themselves because they may take the popular attitude that 'the janitor will clean it up.' I would like people to take on a little responsibility, and have a little respect for our NHS campus and faculty," stated Molina

The plan worked, as within a couple of days, the quad was rather unkempt.

The Environmental Club and some others, cleaned up Northview's act on Friday; however, with hopes that Northview's students learned a message and also importantly in this time of year, remember to be thankful to the hard working people who try to keep this the best look-

ing campus in the district.

"Keeping Northview beautiful isn't solely the responsibility of the staff, but also the students as well.

If one would just hang onto their trash while walking to class they will no doubt pass by two very accessible trash cans. It isn't hard to make a big difference when we all do a small part," Molina concluded.

Alvarez Sees Her Dreams

Continued from page 3

you're accepted into FIDM!"

Alvarez's college future depended on this acceptance. She expected to get accepted because her administrator and FIDM director loved her designs. They could not believe the experience, talent and passion she has for fashion. If she did not get accepted, she does not know where else she would have gone to

college.

Alvarez's idol is Betsey Johnson. "She's one of the biggest fashion designers in the world whose style is just like mine - 80's mixed with a cute punky look." She also said that her biggest supporter is her mom. "Even though she goes through a lot, she makes sure my dreams come true. I know she's proud of me and I hope my dad is proud of me too."

If You Could Change

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"If I could change the main dish I'd change it to pizza." -Lisa **Ramirez, 9**

"I'd go to In-n-Out and get a number 1 because I know that someone special to me loves In-n-Out so I'd have to take her there." -Sean **Salinger, 12**

"I would definitely change it to a chocolate milkshake with spaghetti." - Jessica **Acevedo, 9**

"I hate turkey so the main dish would be a big rice krispy treat." -Joseph **Solis, 9**

"I would change it to some lasagna with french bread because it's good!"-

Let Her Live

Continued from page 2

would not even have been available. Now he has a fiancé with whom he had one child, and another is on the way. He cannot marry her unless his wife is dead, or divorces him. Obviously she cannot sign papers in her condition, so he wants her to die.

In the meantime, her family, who loves her and wants to get her the treatment she needs, cannot because the law has given

Michael full control over the situation.

Terri is still alive, healthy, and has the potential to learn to eat and become responsive IF she were given the proper treatment she has been denied. She does not deserve to die, especially by dehydration, an agonizing 14 day process.

Anyone who agrees can go to Terrisfight.org to show their support and learn how they too can fight for Terri.

Pep's Dedication

Continued from page 1

girls can accomplish when we all work," that was Jessica Olivas' opinion of how the varsity girls did. Varsity, like J.V. and the mascots, endured grueling practices in order to prepare for competition. Once again the practice paid off because varsity was awarded a first place trophy in the dance category.

Having watched all of the squads practice, Staci Rubi was asked how she felt when she found out all squads had received first place. Rubi stated, "I was so excited and so proud! Varsity worked hard and deserved first place and I'm proud to be one of their captains. I've never seen a squad work harder than J.V. They are a very determined group of girls and I've sort of taken

them on as my own. Both squads looked amazing and I love every girl. Mascots looked great too."

In addition to each squad receiving first place trophies, Cerecedes and Garcia-Gibbons earned third and fourth place in the jump off, and varsity took second place in the stunt off. Northview also received the coveted Spirit Award.

The squad celebrated on November 17 with a root beer float party where Coach Karen Carnes stated that first place is a big deal, but that she was extremely proud of the dedication from the girls during football seasons, sickness, and the numerous other things going on in their lives. Carnes was also proud that each squad went out there and did the best that they could.