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FOOTBALL

LG RIVALRY CONTINUES

by Karthik Annaamalai and David Eng

Twenty-nine years and no regular season wins. This is the story line as the Falcon football team heads into hostile territory for its match up against rival Los Gatos tonight at Helm Field.

Last year, the team lost 10-7 on a field goal with 23 seconds left. This year, however, the Falcons are determined to end the infamous streak and embarrass the Wildcats in their Homecoming game.

"We came really close last year. I think this is the year," said senior defensive end Adam Oreglia.

It will be hard to tell if there is any realistic hope of the upset. When Saratoga and Los Gatos collide, they will not have shared any opponents to offer a comparison.

THE BIG IDEA LG Rivalry

STREAK: Falcons try to avert 30th straight regular season loss to the Cats.

THE BATTLE: Tonight at 7:30 at Los Gatos High School

Another factor that separates last year's game from this year's is the crowd, as the Falcons must defeat Los Gatos away from Benny Pierce.

Senior running back Grant Thomas, however, does not believe the venue will play a major part in the game.

"It may affect us a little," said Grant, "but the game will come down to who executes the best."

Addressing the losing streak, senior quarterback Vincent Carstens said, "We can't worry, 'Oh it's Los Gatos' instead of any other team."

Head coach Tim Lugo offers a similar view, approaching Los Gatos like any other school. He repeated this year's overall goal of beating one of the "Big Four," which also includes Milpitas, Palo Alto and Wilcox.

The Falcons head in with a strong rushing attack, led by Thomas, that averages almost 300 yards per game. The deciding factor, however, may be Toga's defense, which will have to stop a high-flying Wildcats passing game led by senior quarterback Nick Hirschman and his unheard of 153 QB-passer rating. "All of the pressure is on Los Gatos because they have to prove that last year's game was a fluke," said Lugo. "If it's a close game, then they know we have closed the gap and they don't want that." ♦

ABOVE THE CALL OF DUTY

"I hope this flag is a symbol of pride for the school and a reminder to students that they are the future of a great nation men and women have paid the ultimate sacrifice to defend."

—alumnus Dan Morse



CLOCKWISE FROM THE LEFT: **BROTHERS-IN-ARMS:** ALUMNUS DAN MORSE DISPLAYS THE AMERICAN FLAG WITH HIS COMRADES. **BACK AT SHS:** ASSISTANT PRINCIPAL KAREN HYDE CAREFULLY FOLDS THE NEWLY DONATED FLAG FROM MORSE. **IN UNIFORM:** MORSE STANDS PROUD TO SERVE HIS COUNTRY.



2000 GRAD REMEMBERS HIS ROOTS BY GIVING A FLAG FLOWN IN AN AIR ASSAULT MISSION NAMED "OPERATION SARATOGA" IN BAGHDAD.

by Anna Shen and Karen Yang

Nine years ago, alumnus Daniel Morse graduated from Saratoga High School as an outstanding student, athlete and class contributor. During the year of the school's 50th anniversary, Morse presented SHS with a gift during an unexpected visit to assistant principal Karen Hyde on Oct. 2—an

American flag he attached to his Blackhawk helicopter and flew during an air assault mission in Baghdad, Iraq.

"When you are doing this kind of job, you start to reflect on what's important in your life," said Hyde, who has kept in touch with Morse since his graduation in 2000. "I think this place was important to him and he realized the roots go deep. That's why he came back, that's why he did what he did, and that's why

he gave it to us."

Morse attended University of California, Davis, where he worked hard to transfer to the renowned military academy West Point. He eventually ended up in combat.

Even so, Morse never forgot about SHS and all the memories he has accumulated throughout the years.

see FLAG, p. 6

Glee club to debut at Homecoming rally

by Kyumin Shim

When the hit television show "Glee" debuted on FOX last summer, senior Natalie Tkalcevic got an idea. Why not start a Glee Club here at Saratoga?

So, Tkalcevic approached the ASB with her idea of a new glee club. After planning and holding auditions, the Glee Club is ready to show the school what Glee is all about.

Saratoga's own Glee Club will debut

at the Homecoming Rally on Monday, Nov. 2, with their first performance of Journey's "Don't Stop Believing" and the National Anthem at the Homecoming Game on Friday, Nov. 6.

Tkalcevic said that she was first inspired to start a glee club in middle school to find a way to let people shine, and not the same group of people who got all of the solos in the choir or leads in the school musicals.

After watching the first episode of Glee, Tkalcevic knew that starting a

Glee Club at Saratoga High would be a "perfect way of bringing together people from all different groups" for one passion: music.

FOX's "Glee" tells the story of a high school Spanish teacher after he becomes the director of the Glee Club at the school and tries to restore it to its former glory. The students perform covers of popular songs and compete at competitions in hopes of winning a regional title.

see GLEE DEBUT, p. 3

OPINION

Beware of Scamming Phishers

pg. 7



SCHOOL SCOPE

Psycho for Babies

pg. 10-11



IN-DEPTH

Shaping Up

pg. 14-15

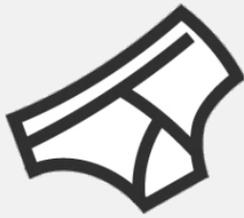


ENTERTAINMENT

Wasting Time Online

pg. 16



NEWS
BRIEFS

School's API score climbs 5 points

After going up by a remarkable 25 points last year, the school's API score for 2009 has increased by another 5 points to 933.

The most important result is not the score itself, but the meaning behind the score, principal Jeff Anderson said.

"The fact that our resources and facilities are allowing to students to continue to improve is something to be proud of," said Anderson.

API scores are calculated from the state-wide, standardized California Standardized Testing (CST) test taken by students in the spring.

Anderson said the school has made API improvements in recent years because students who were previously in the below basic category have managed to become proficient.

California wants all schools to score at 800 or above, but improvements in the upper ranges are tough.

"The closer the school gets to the 1,000-point score, it gets exponentially harder to eek out those extra points," said Anderson.

—Mac Hyde and Saniha Sankar

MAP trips teach real-world technology

Media Arts Program (MAP) students traveled to the Fort Miley Ropes Course in San Francisco on Sept. 18. The purpose of the ropes course field trip was to encourage students to work together, overcome personal challenges and achieve their goals, such as building trust and team-bonding.

The students left school before school at 7:30 a.m. and returned at 3:30 p.m. The event was hosted by the University of San Francisco's Pacific Leadership Institute. The course itself is located near Golden Gate Park.

MAP began last year and focuses on skill development in multimedia fields. The program includes five different trips to get the learning out of the classroom and into the real world, such as traveling to Los Angeles for a behind-the-scenes look at Universal Studios and FOX Studios in May.

These trips are intended to expose the students to the applications of technology as well as to give them opportunities to use the skills that they learn throughout the year.

"I felt the ropes course was enjoyable and it was good for the Media Arts Program," said junior Kent Paisley. "Besides, I love any excuse to get out of class."

—Christine Bancroft and Parul Singh

Wild Wild West trip to go to Moab, Utah

During spring break, history teacher Matt Torrens plans to lead a group of about 20 juniors and seniors on the Wild Wild West Trip, which he organizes every other year. He said that students leave with unforgettable memories and a greater knowledge of the country's history. Each trip also encounters unexpected detours and adventures.

This year, the group has planned to fly to Salt Lake City, Utah, on April 13 and return April 18. The journey mostly takes place in and around Moab, a small town known for its mountain biking and other outdoor offerings.

The group plans to visit a Japanese relocation camp, visit the site of a crashed B52 bomber that once carried nuclear weapons, analyze 1,500-year-old pictographs and petroglyphs, mountain bike 20 miles through the canyons, run down a 500-foot sand hill, hike to unmarked dinosaur tracks, ride in a boat up the Colorado River and visit two beautiful national parks. One thing that is new on the itinerary this year is a visit to a working "dude ranch" where students will learn "how a farmer today manages [cattle, horses, and livestock] while maintaining the beauty of the land."

Students who have gone say the trip is an adventure juniors and seniors won't want to miss. More information can be found at Torrens's home page on the Saratoga High website.

—Jordan Waite

CORRECTIONS

• In the School Scope section of the Sept. 25 issue, it was incorrectly reported that teacher Kathy Nakamatsu likes "white cheddar cheese," when in fact, she likes white cheddar popcorn.

• On the front page, a story wrongly said that the first class graduated in 1963, when they actually graduated in 1962.

• In the story about the band trip in Europe, it was never confirmed that Daniel Hsu had the swine flu, and no students were actually diagnosed with swine flu. Also, of the 252 students who went to the trip, 37 people were actually sick with a fever, not half, as reported in a story on page 4.



Photos by Jordan Waite

Clockwise from left: senior Pat Hawks carries junior Mikaela Burton. Senior Tommy Mednick acts appalled while junior Jay Lee comforts him. Mednick walks in on Mary Mykhaylova and junior Dylan Teter kissing.

Fall play 'On the Razzle' premieres this weekend

by Mary Mykhaylova

Grueling hours of rehearsal will finally pay off this weekend as the drama department showcases its fall play "On the Razzle" in the McAfee Center. Thursday night's opening was the first of four continuing with evening shows this Friday and Saturday at 7:30 p.m., and a Sunday matinee performance at 2 p.m.

"I love and hate the last two weeks leading up to Opening Night. Most of the time it feels like it will never work out, but things start to happen [as I] turn the show over to the cast and crew entirely," said director Chris Mahle. "Then, the hardest part of the job is just sitting back and letting the kids do their thing."

The production is a Farce in two acts and tells the story of two clerks, Christopher and

Weinberl (senior Chris Renalds and junior Jay Lee respectively), who use their boss (senior Tommy Mednick) Herr Zangler's absence as an excuse to run off and seek out adventure in Vienna. Of course, they manage to blunder into plenty of mischief along the way.

Cross-dressing, mistaken identities and impostors are the norms in this comedy.

Every role has its own idiosyncrasy, whether it is an overly redundant catchphrase, a manner of misspeaking or an obsession with a certain body part.

"Once past the stage of simply memorizing their lines, actors can make the scene funnier with their own quirks," said Mahle.

Stage-kissing is at an all-time high in "On the Razzle," with as many as three couples locking lips during the show.

This has been a novelty for all six participating ac-

tors, making the rehearsal process all the more amusing for the remaining cast members.

"It's always funny and awkward during rehearsal, with everyone watching and laughing," said junior Mikaela Burton, who plays Lisette, the French maid. "However, it does get better because you get used to it so it's not as big a deal anymore."

Mahle pushed the actors (literally, in some cases) to embrace their roles fully from the very beginning, making for a smoother transition to make the relationships seem more real.

The cast say they look forward to sharing this production with family and friends.

They hope the audience will catch all of the hidden humor.

"['On the Razzle'] has so many hilarious jokes," said Renalds. "I think it is really great that Saratoga drama has the talent to pull all of them off." ♦

School preps for flu season by implementing precautions

by Grishma Athavale and Anna Shen

In an effort to prevent an H1N1 outbreak, school officials are taking strides on campus to keep students and teachers healthy.

The main change in the safety precautions this year has been the purchase of six brand new hand sanitizer machines, paid for by the Parent Teacher Student Organization (PTSO), which have been placed in different parts of the school—the most notable ones being located in front of the library and cafeteria.

In addition to the newly installed hand sanitizer machines on campus, teachers have been instructed, through two recent faculty meetings, to strictly follow all the usual precautions: keep a box of tissues in their classrooms and send home any

students who aren't feeling well. Teachers have also agreed to give reasonable make-up tests to any students who happen to be absent on test days during the flu season.

"Our teachers are willing to cooperate and will not penalize students when they're absent. [The teachers and students] are all in agreement," said Hyde. "[Teachers] don't want to be sick anymore than [students] want to be sick."

Not only is the school gearing up for the flu season, but local pharmacies, such as CVS, are also helping in the prevention of a flu outbreak by providing flu shots for the community at a minimal cost.

Many Saratoga students, despite illness, continue to go to school in fear of missing and exam or important class material. Hyde advises all ill students to stay at home, whether the

illness be slight or severe.

Hyde feels that the main difficulty will not be making the students agree to staying home, but instead will be making parents agree to keep their ill kids home.

"The best way to prevent [an outbreak] is to send every kid who says, 'Gee, I'm not feeling well' home," said Hyde. "Parents, however, say, 'Oh, but they've got a test.' But if [their] kid comes in to take a test, 20 other students are affected. Keep your sick kid home."

Although SHS has not experienced an H1N1 outbreak, school officials feel that it is always best to prepare for the worst.

Even Hyde has become more conscience of washing and sanitizing her hands more often than before.

"Purell is my middle name," said Hyde. ♦

Youth commission explores new horizons

by Lauren Kuan

For years, many people had not even heard of the city of Saratoga's Youth Commission, but members hope to generate a lot more publicity this year.

The number of students in the commission has reached an all-time high of 18. Recreation supervisor Adam Henig said this record is a result of the wide variety of talent city council members saw during interviews.

"There were so many qualified applicants who gave fantastic interviews that the City Council had trouble saying no to them," said Henig. "Truth be told, they would have liked to expand it to 25 students if they could."

A whopping 11 Saratoga High students are included in the group along with students from Lynbrook, Castilleja, Westmont, St. Francis, Bellarmine, Redwood and Miller. Seniors Natalie Tkalevic, Tara Fatemi and Elena Rees; juniors Kevin Mu, Ramiz Sheikh, Aditya Dev and Lauren Kuan; sophomore Vishal Goel and freshman Priyanka Nookla, Kaitlin Finch and Natasha Morgan-Witts are all members.

"I'm really glad that I am part of the commission and I'm looking forward to organizing the concerts and film festivals, working on the website and rebuilding the music scene around Saratoga," said

Sheikh, a new commissioner.

This year, the Youth Commission is looking to help out more with the community not only through creating events but also through service, for instance, donating food to local shelters.

"The commission is now focusing less on event organizing and more on community service projects and issues such as possibly starting a blog and connecting with Saratoga-based organizations," said Henig.

Henig said one of the main goals the commission set during the annual training is to establish more of an identity within the community, notably among their peers. To do so, the commissioners have created a subcommittee that mainly focuses on promoting the Youth Commission through selling shirts. On Oct. 1, a commission recognition event was held where the newly instated commissioners took an oath during a city council meeting at the Civic Center.

"The commission recognition event was well planned and it was nice that the Saratoga city welcomed us into the commission," said Goel. "The oath felt very official and it was an honor to take it in front of the Saratoga City Council. Overall, I'm really pumped up to improve our community."

This year, the commission has also moved their meeting location from the



Courtesy of Ramiz Sheikh

YOUTH COMMISSION MEMBERS JUNIOR RAMIZ SHEIKH AND FRESHMAN NATASHA MORGAN-WITTS SHOWN AT LEFT WITH UNIDENTIFIED MIDDLE SCHOOL STUDENTS TAKE THE YOUTH

Warner Hutton House to the Saratoga Community Center.

"I'd like to see the Youth Commission have more of an impact among its peers and the greater community," said Henig. "The commission has the propensity to

play a pivotal role in promoting community service to the youth and teens of Saratoga. Hopefully, down the line teens will see the 'fun' and 'feel good' aspects of helping others not solely because volunteering fulfills a school requirement." ♦

CCC gains online presence

by Arnav Dugar
and David Eng

Like many other seniors, Rishabh Jethanandani has only one thing on his mind these days—what school will be the best fit for him. One school he's considering is Columbia University. To find out more about the school's general environment and academics, he attended a talk given by a Columbia admissions officer on Oct 1, taking advantage of one of the school's most informative resources: the College and Career Center (CCC), located near the main office in room X01.

The CCC is making renewed efforts this year to publicize its resources and help students take advantage of them.

This year's most significant added resource is the new web page, which can be accessed under the Academics drop-down on Saratoga High's redesigned website. The web page provides a frequently updated event calendar that has listed the scheduled college speakers with information several months in advance.

Despite its benefits, the website's presence is still relatively little known. Most students, like Jethanandani, still learn of visiting college admission officers via

morning announcement.

Although he has only visited the CCC for the Columbia talk, Jethanandani found the experience enriching. "You get to meet someone who is actually going to read over your application and maybe he'll even remember you," he said.

These benefits are made possible by more than 50 parent volunteers and the CCC coordinator Bonnie Sheikh.

The CCC also offers students many other resources, including a collection of test preparatory books and college catalogs, two computers, a crate with volunteer opportunity listings and even an inviting bowl of candy. It also processes work permits and administers several other events, such as the PSAT test, and Career Day every two years.

Just a year after taking over the CCC program, Sheikh has already made a few changes to the center, and already, there is a greater number of students attending college visits this year.

In addition, Sheikh is contemplating implementing a job-shadowing program this spring through which SHS students could immerse themselves in a work environment by visiting a particular company. ♦

Moving beyond Saratoga High

Students explore options at community colleges

by Roy Bisht

When students cannot earn credits for a class at Saratoga High, they often head to one place: community colleges.

Community colleges are a popular option for students seeking a challenge or finding a way to fit a credit into their schedule. Credits that are earned in a community college are just as good as high school class. Students, like junior Uttara Sivaram, take this as a blessing when they are unable to get into a desired class at the high school.

When Sivaram was not able to get into AP Statistics because the class was full, she headed to De Anza College to get credits for the class and so far, it has been an acceptable replacement.

Community colleges offer almost every class imaginable, from calculus to West African drumming classes, and dozens of students in the past have taken advantage of this option.

One potential challenge this year is the difficulty of getting into classes.

Budget cuts at the state level have forced community colleges to scale back on their programs, making it more difficult for students to get the classes they want. About 100 sections were cut from course offerings at De Anza College.

Because of the number of classes that have been cut at De Anza, there have been equal number of students rejected as the previous school year and twice as many students are on the waiting list as last year, De Anza president Brian Murphy told ABC News.

This causes trouble for high school students who are looking for a place to earn their credits.

Because only a limited number of students are allowed in each class, there is not much room for all of the college students, let alone high school students registering under dual enrollment. As a result, it is much more difficult for students to get in if they are not upperclassmen.

"I took a community college class a few years back and I had to petition to get into the class that I wanted to get into," said senior Ashwin Siripurapu. "It was much more difficult for me to get into West Valley because I was not yet a junior."

Those who choose to take community college classes have to pay a fee to be able to earn the credits. Costs per credit for community college classes are around \$50 or \$60 depending on which school, but the cost can add up after a few classes.

For many, however, community college classes are worth the cost as they provide just as high quality education and prepare students for a college setting. ♦

Community college classes are worth the cost as they provide just as high quality education.

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Teachers raise over \$15,000 in breast cancer walk

by Sarah Hull
and Ashley Tang

Mothers. Daughters. Sisters. Friends. Hundreds of thousands of women are diagnosed with breast cancer each year, and over 40,000 women do not survive, according to the American Cancer Society.

Science teacher Jenny Garcia and math teachers Kelly Frangieh, Kristen Hamilton, Seema Patel and Laressa Ridge walked 60 miles over the course of three days—Oct. 2, 3 and 4—to support the search for a cure for breast cancer. They walked all around San Francisco, including over the Golden Gate Bridge.

The walk was hosted by the Susan G. Komen for the Cure organization, which has already raised millions of dollars to fund the education and research of causes, treatments and possible cures for breast cancer.

Each member of the SHS team was required to raise a minimum of \$2,300 in order to participate in the walk. Through donations from family, friends, parents and students, the five teachers were able to gather over \$15,000, surpassing their goal of \$13,800 and earning enough money to partake in the three-day walk.

"We couldn't have done it without the

support of the parents and kids at school who donated money to support us," said Patel.

In recognition of their teaching positions and the help they received from SHS affiliates, the group was appropriately dubbed the "Pink Falcons."

"We wanted to represent the school and all the good it could do," said Patel.

Many of the team members personally know breast cancer survivors. Garcia's sister was diagnosed with the cancer earlier this year and guidance counselor Christy Cali is also a survivor.

"I do know people who had breast cancer who got treated and made it through," said Ridge. "Luckily, I haven't lost anyone to cancer yet."

To prepare for the exhausting trek, the five walked on trails throughout the Bay Area. They trained on weekends, waking up at six in the morning and hiking four to five hours each training day.

Even with all the training, the teachers were still anxious about the long distance.

"I don't think anything can prepare you to walk 60 miles," said Patel.

Along with the strenuous hiking, the teachers had to deal with cold temperatures and high winds while camping at Crissy Field.



Ashley Tang

The Pink Falcons—teachers Kelly Frangieh, Kristen Hamilton, Seema Patel, Jenny Garcia and Laressa Ridge—wear matching team shirts to school Oct. 1, the day before the walk.

"[The walk] was definitely hard. We spent a lot of time on our feet, got sore muscles and lots of blisters," said Ridge.

The 60-mile walk was worth it though. The teachers got to meet countless other people, many who are currently dealing with breast cancer or were survivors.

There were approximately 1,500 participants, all at least 16 years old, who flew or drove to San Francisco from all over the country.

"I loved it, I had a great time," said Ridge. "Overall, it was a phenomenal experience." ♦

ASB tightens club restrictions

by Sarah Hull
and Vivian LeTran

The interest in forming new clubs has increased dramatically since the beginning of the year. As a result, the ASB will be more critical in evaluating the qualifications each club must meet.

This year, an ASB member will personally visit each club during a meeting.

"The ASB will make sure that when they say they meet, they meet, that they have enough [members], that there's a purpose in their meeting and the purpose is legitimate," said assistant principal Karen Hyde.

Each club requires a club adviser. The adviser must supervise the club, know what is happening and be willing to travel to any activities, events or trips with the students, Hyde said.

"We need to have advisers who actually act as advisers," said Hyde. "They aren't just going to open their doors and let kids come in. They should know what is going on and support the club."

Another requirement is that each club must have at least 20 members throughout the year.

"I'm not particularly worried about the requirements," said sophomore

Akash Kar, president of the Youth Engaged in Advancing Health club. "My club already has over 25 genuine members, an adviser that is actually involved and we meet regularly."

The minimum number of members, however, may be the deciding factor for many clubs since students become busier as the year progresses, and clubs can start to lose members as a result.



Shenoy

"The only reason we cut clubs is if member interest is low or if they are downright unproductive," said head of club commissions Ameeka Shenoy.

About 10 new clubs were approved between the beginning of school and club day, bringing the total number of clubs up to 59. Despite this, there were also a couple of clubs that were not passed.

"The good news and bad news is that for the first time, I saw kids voting no on clubs at student council last Monday night," said Hyde.

Shenoy feels that those who wish to start a new club should be dedicated and ready to put effort into making their club the best that it could be.

"It's one thing to form a club because you have an interest in the cause you are working toward," said Shenoy, "but it's another thing to make your club's exist-

CLASSES START HOMECOMING PREP

by Karen Lyu

Homecoming week is just around the corner. As it gets closer, classes are planning their quad days coordinating dances and outfits.

This year's theme is "In a Land Far, Far Away." The seniors have "Up," juniors "Finding Nemo," sophomores "Ratatouille" and freshmen "Land Before Time."

Typically, working with costumes and plots for quad day isn't an easy task. With the event pushed to the first week in November, weather may also be a challenge.

Seniors have already started working on a script for quad day, with choreographers and dances already lined up. Although participation for decorations has been lacking, class officers are still confident they can pull it off.

"[The seniors] build up more and more spirit. The level of enthusiasm is just amazing," said senior president Maddy Renalds. "We have different people managing [different sections]."

Anticipation has also been building for the juniors. According to junior president Tim Rollinson, as sophomores last year, their decorations were lacking. This year, Rollinson hopes to do better.

"We're lucky to have 'Finding Nemo.' We can do a lot with it and it'll turn out really well," Rollinson said. "With all the

THE BIG IDEA

Homecoming Themes

- General Theme:** In a land far, far away...
- Freshmen:** The Land Before Time
- Sophomores:** Ratatouille
- Juniors:** Finding Nemo
- Seniors:** Up

participation [this year], we have a good chance of beating the seniors."

Sophomore president Izzy Albert said her class will do better than last year.

"I think so far we've gotten a good start," Albert said. "We have a good amount [of students] this year. Last year, it was a disaster."

Although in past years freshmen have been less involved with Homecoming, it seems as though the class of 2013 is already getting ready. They have had several meetings guided by class adviser Matt Torrens, according to freshman president Shireen Kaul.

"Our quad day is going to be really good. A lot of us want to make it work," said Kaul. "We'll do well because we have a lot of class spirit."

Homecoming week will be Nov. 2-7. The dance will be held in the gym and ASB plans to have bids start at \$13. ♦

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Band marches, wins major tournament

The SHS music department once again starts their annual cookie dough fund-raiser.

By Vivien Lu
And Ashley Tang

The marching band emerged victorious against 21 other schools at Cupertino High School during the weekend of Oct. 10.

It was the first competition for new director Duane Otani, who has taken over for John Zarko as the new marching band and symphonic band director. For the first time, the band performed the entire show rather than just a portion of it.

The band's theme this year is "Do Not Go Gentle Into That Good Night" based on a poem by Dylan Thomas and dedicated to English teacher Judith Sutton who retired last year.

The band placed first in every section except percussion, in which they placed second. They also won the showmanship sweepstakes, the overall band sweepstakes, the music sweepstakes and the field show sweepstakes.

"It was insanely awesome," said sophomore oboe player Connie Wang. "This is the first time that we've beat Homestead since forever."

Although the band has had to cope with many changes this year because of previous band director John Zarko's departure to pursue an advanced degree, Otani has seen a great effort put forth as a group.

"They've been working really hard and have learned a lot of drills and formations. [The band] is doing really well so far," said Otani.

Otani emphasized the experience was worth more than the title.

THE BIG IDEA

Upcoming Events

ORCHESTRA: Oct. 31 at 2 p.m.
Halloween exchange concert with Lynbrook

MARCHING BAND: Oct. 24
competition in Clovis

CHOIR: Nov. 4 Fall concert at the McAfee at 7:30 p.m.
Nov. 9 women's exchange concert at the McAfee at 7:30 p.m.

"I don't really place an emphasis on winning," said Otani. "I think the more important thing is walking off the field knowing you've tried your best. That's really the bigger satisfaction of being in marching band—knowing you've worked hard to accomplish a goal, and then achieving it."

Got Dough?

This year, the Saratoga Music Boosters organization is continuing its 13th annual cookie dough sale in which participating music students are able to use the money to fund tours or trips throughout the year.

Once students sell more than \$25 worth of products, they will receive 25 percent profit from their sales.

Each student also receives a Planet Juice or Starbucks card plus entrance into a raffle for cash prizes ranging from \$5 to \$110.

With 10 flavors of cookie dough, five



Jordan Waite

Seniors Steven Lee and Guillaume Bellagarda play their saxophones during the impressive halftime show at the 50th anniversary football game on Oct. 9.

flavors of cheesecake, pumpkin pie, cinnamon rolls and other baked goods, teachers, parents and friends have purchased several boxes in support of the music program.

"The macadamia vanilla chip cookies looked really good, but I never got to taste any because my daughter hogged them all," said parent Judy An.

Many students see this fundraiser as an opportunity to financially help their parents pay for some of the more costly

trips. Sophomore Sarika Srivastava has taken advantage of the opportunity by going door-to-door in her neighborhood for more potential buyers.

Junior David Mandell, who plans to sell 200-300 boxes, has already asked his father to bring the order form to work so he can get as many customers as possible.

"I can't take no for an answer," said Mandell. "I tell them that they can never have enough cookie dough." ♦

Math club reaches out to Redwood Middle School

YIM HELPS OLDER WHIZZES TRAIN NEXT GENERATION

by Albert Gu

The math club has created an outreach program into Redwood Middle School this year, removing the need for Redwood to hire extracurricular math coaches. Students from the high school now run the entire middle school extracurricular math program, with the help of parent volunteers.

"This is a good chance to train the middle school students a bit so that they will be more prepared when they come to the high school," said club adviser and math teacher PJ Yim, who first came up with the idea for the outreach program. "It's also a chance to let the student coaches work on their ability to express their ideas clearly

and work on their social skills."

Ten coaches go to Redwood every Tuesday after school to teach four classes of middle schoolers. The program started on Sept. 15 and runs for 25 weeks, ending in March.

Previously, different Redwood math extracurricular activities, were divided into different programs, but this year all of the over 100 middle school students are being bundled into one year long program, which is led by Yim and the student coaches. Besides the teaching, the student coaches are also in charge of many logistics such as creating lesson plans, tests and problem sets for homework.

"Although it takes a lot of work, I think teaching the middle schoolers is really rewarding," said senior Angeline Lee. "I'm kind of wistful that I'm a senior and can't

continue next year. I would definitely do it again."

Besides helping Redwood, the club has also made several changes that they hope will help prepare them for the team competitions.

The biggest changes this year have been the addition of regular meetings and practice sessions. In previous years, the club rarely held organized meetings and practices, instead only showing up whenever there was a contest. This year, Yim has helped drive changes, which include weekly meetings during lunch on Mondays and practices on Fridays after school. The practices are largely led by the more experienced members and are aimed at helping interested students improve their skills for math contests.

"Although it takes a lot of work, teaching the middle schoolers is really rewarding"

—senior Angeline Lee

GLEE | New club includes broader range of students

continued from pg.1

In the show, the club also succeeds in bringing together all different types of students.

"I knew there were so many others out there that could perform just as well," said Tkalcevic. "Yet they were sometimes forgotten or not given a chance because they were either shy or afraid."

On Oct. 1, the Glee Club conducted auditions after school to choose its members. Each student had to prepare a segment of a favorite song and perform it in front of a panel of club co-presidents. The leaders

sought students with stage presence and the ability to carry a tune. Tkalcevic, along with the three co-presidents seniors Chris Renalds, Maddy Renalds and Elizabeth Bellissimo,

recalled the tough audition process to narrow the number down from several dozen to 33.

"We really didn't want to cut people," said Tkalcevic, "but we knew that it would be harder for the group to focus with a

huge group of people."

The Glee Club meets every other Friday in choir director Jim Yowell's classroom to practice. The club plans to meet more often as they get closer to each performance.

"We split off into sections—sopranos, altos, tenor, basses and organize ourselves when we practice," Tkalcevic said.

"We're going to work really hard and focus on getting new songs together." The club, however, will not be participat-

ing in competitions this year.

"Since we are just getting started this year, we are sticking to holding one concert at the end of the year to raise money for charity!" said Tkalcevic.

She will be working with the three co-presidents in a cooperative setting to make sure to ultimately give everyone a chance in the club to shine.

"We have an amazing group put together and I feel like we have a pretty good representation of diverse groups in our school," she said. "And I know my fellow Glee members and myself are pumped to be performing this year." ♦

"We're going to work really hard and focus on getting new songs together."

—senior Natalie Tkalcevic

NEW TEACHERS EMBRACE SHS CULTURE

Students' eagerness surprises new teacher

by Karen Yang

As English teacher Valerie Arbizu stepped into her English 9 classroom on the first day of school, she was surprised at what she saw. Instead of having to quiet down the class, the students were not only quiet but ready and alert to learn.

"For me, coming into a classroom and having students ready to learn is a new thing," said Arbizu.

Coming to Saratoga High after teaching for seven years at Evergreen Valley High School, Arbizu found a big change in the academic environment.

"Where I came from, the kids were coming to learn, but they weren't as ready as my students are here," said Arbizu.

Arbizu decided to apply for a job at Saratoga to have a different experience.

After finishing her master's degree in educational administration this summer, she wanted to work at a smaller and "higher functioning school."

While her previous school had 2,700 students, the Eastside district had severe financial problems. Many students from Evergreen Valley did not have support at home or from previous teachers.

At her prior job, the focus of the students was primarily on social aspects. As a result, the academic focus of many students here is "a new thing" for Arbizu, who is also teaching English 12.

"It's kind of a shock to the system," said Arbizu, "in a good way." ♦



Arbizu

ACCOMPLISHED MUSICIAN REPLACES ZARCO

by Karthik Annaamalai

Band students were sad to say good-bye to beloved former band teacher John Zarco when he announced his departure to pursue his Ph.D. last year; however, new music teacher Duane Otani hopes to find a place in their hearts.

"Teaching at Saratoga seemed like a good opportunity for me," said Otani. "I love working here. The students are great and I know we can have a successful year."

Growing up on a farm in Kula, Hawaii, Otani participated in 4-H, an organization dedicated to rodeo competitions and raising animals.

"I grew up on a farm, so I'm a country kid," said Otani. "I started doing rodeos since sixth grade because most of my friends were doing it too, and I found

that it was really fun."

In addition to spending time with his animals, Otani led his high school as the drum major for three years. After finishing high school in Maui, he earned his bachelor's and master's degrees in music at Fresno State. Otani was a band instructor for eight years, mainly at Clovis High School and Aliso Niguel High School.

Music department head Michael Boitz picked Otani out of 40 applicants because of Otani's ability to improve music programs and strong resumé.

"Mr. Otani got the Music Student of the Year Award at Fresno State, which is very impressive because it is very tough to get," said Boitz. "He also rebuilt a music program that was on the fringe of



Otani

ENGLISH TEACHER ENJOYS MOTIVATED STUDENTS, INTELLECTUALLY STIMULATING ENVIRONMENT

by Karthik Sreedhara

New English teacher Suzanne Herzman has been enjoying the "intellectually stimulating" environment in her classes during her first few weeks.

Herzman, currently teaching English 9 and 11H, has taught for the past 10 years at Albany High School, Scotts Valley High School and Branham High School.

She was part of the International Baccalaureate program at Scotts Valley and enjoyed teaching there tremendously because of its emphasis on "critical

thinking and making connections in the world beyond the text."

"[My] former colleague [at Scotts Valley] Ms. Ritchie kept bragging about her job here, so I came to SHS to visit," said Herzman. "I sat in on some classes and saw how engaged and excited students and teachers were about what they were doing."

Herzman has enjoyed her classes so far.

"My juniors get me to see things in 'Othello' that I hadn't seen before," said Herzman. "My freshmen are making

amazing connections in the literature they are reading. I love that my students are so willing to 'nerd out.'"

She is excited at the fact that her students are not afraid to discover the deeper meaning of text and relate it to the real world.

Herzman, originally from New York state, went to New York University to obtain her bachelor's degree. She then moved to California where she went to Stanford University for her master's degree in education and her teaching credential.



Herzman

So far, Herzman is extremely happy about her decision to work here.

"I feel really motivated because my students and colleagues are so motivated," said Herzman. "Also, compared to other schools where I've taught, SHS has so much: an amazing library and research center, spectacular sports complex, clean and bright facilities, ample supplies . . . the list goes on."

Before starting her job, Herzman thought she might find "a sense of entitlement" among students but actually found the opposite in her classes.

"I have students thank me when I pass out a quiz!" said Herzman. ♦

Alumni return for celebrations

by Sophia Cooper
and Mac Hyde

Saratoga High continued to celebrate its 50th anniversary with a busy weekend of events Oct. 9-10, including a panel discussion and alumni reception.

The weekend started off with Friday, Oct. 9, being proclaimed as "Saratoga High Day" by the city of Saratoga. The Falcons got into the spirit with a 50th Anniversary rally, complete with a mini-production of the musical "Grease" featuring senior Pat Hawks as Sandra Dee. The festivities continued into lunch when the leadership class sponsored free root beer floats for all students.

The evening provided approximately 75 alumni of the classes of 1962 through 2008 with a reception to honor eight original faculty members from the first year the school opened its doors. Memorabilia from throughout the 50 years of SHS were also displayed as alumni greeted long-lost friends and thanked teachers for their services during high school. Honorees included football coach Benny Pierce and social studies teacher Hugh Roberts, who also spoke Saturday night at the panel discussion.

"[Talking with alumni gave] me an appreciation on how the school has changed over the past 50 years," said events commissioner junior Kent Paisley.

The Events Commission, a group of eight sophomores, juniors and seniors, had been planning the event-packed weekend since last spring. Saturday's event presented the community with tours

THE BIG IDEA

Anniversary events

A CITYWIDE HOLIDAY: The city of Saratoga proclaimed Oct. 9 as "Saratoga High Day".

RALLY: The rally on Oct. 9 featured a mini-production of "Grease", and continued with root beer floats at lunch.

PANEL DISCUSSION: The discussion on Oct. 10 was led by principal Jeff Anderson and focused on SHS's history.

ALUMNI: 75 alumni and eight original faculty members joined in the celebrations.

of the high school, led by events commissioners and a panel discussion in the evening. The discussion, which focused on where SHS's past, present, and future, was

led by principal Jeff Anderson, district superintendent Cary Matsuoka, Roberts and Pierce.

"[At the panel discussion], I found out many alumni views on the school's change in academic pressure," said Paisley, "and that they largely agreed with the students that the academic pressure

has become overwhelming."

Participants said the 50th anniversary was fun for all and highlighted the good things SHS has brought to the community and to its students, current and former.

"For such a diverse group of people, young and old, the feeling about the past, present and future is the same," said junior David Anderson. "We're going places." ♦



Second in an occasional series

FLAG | Grad honors SHS

continued from pg. 1

During his 15-month deployment in Iraq, Morse bought this American flag—with the intention of giving it to SHS—attached it to his Blackhawk and flew his helicopter in an air assault mission he named Operation Saratoga in honor of the high school.

"My experience at SHS is one that I will always remember," said Morse. "The relationships I developed in the classroom, as well as on the athletic fields, have resulted in friendships that will last a lifetime."

While a student at SHS, Morse was not only an outstanding football player, but was also an active participant in spirit days and Homecoming.

"[Morse] was one of those role models that every school should have," said Hyde. "He was an amazing kid in many ways—extraordinarily positive, football player but involved in many things, spirit-orientated, getting kids involved, working on Homecoming. Dan did it all."

Morse's flag will be flown at all Saratoga Falcon home football games from now on and will remain in the office at all other times.

"Dan was so touched that we were going to fly it over the football field," said Hyde. "[The flag] will probably look like a postage stamp because it's small, but who cares. It means more than anything we've ever done. It doesn't matter what side you're on; Dan has done something remarkable."

The flag was first presented to the Saratoga community during the home football game against Milpitas High

School Oct. 9. Many Saratoga alumni were present at that game where the school's 50th year anniversary was celebrated. One alumnus was so touched by Morse's gift that she called the school saying how grateful she was for this remarkable present given during the school's 50th year.

"I think there's more than the roots," said Hyde, "There's a heart in this place that goes beyond anything that happens in a classroom."

To health teacher Amy Obenour, who had maintained a friendship with Morse, Morse's flag represents survival,

the pride for his career and the love he for the school.

"The flag is very nostalgic for me, because we have a lot of kids who have

gone over to Iraq to serve our country through the conflict," said Obenour. "I'm proud of them for serving, thankful to them for providing defense and happy that they all have come home. The flag, to me, means pride and that Dan just really cared about our school and thought about our school."

Since his graduation, Morse has kept in touch with Hyde and Obenour by visiting them every time he is in Saratoga, whether he is in town for only a few days or even just a couple of hours.

"[Dan] kept in contact when he was in West Point; he came back during all of his vacations to check in," said Hyde. "[Saratoga] was an important place to him; it held many positive memories."

Morse hopes that this flag will be a symbol of "pride for the school and a reminder to students that they are the future of a great nation in which men and women have paid the ultimate sacrifice to defend." ♦

"[The flag] means more than anything we've ever done. It doesn't matter what side you're on; Dan has done something remarkable."

—assistant principal Karen Hyde

The Saratoga Falcon

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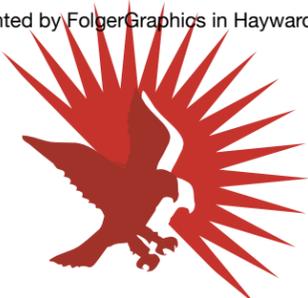
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Phishing for information

SCAMMERS UPGRADE THEIR BAITING TACTICS TO SNAG UNASSUMING VICTIMS

by Maggie Lin
and Kevin Mu

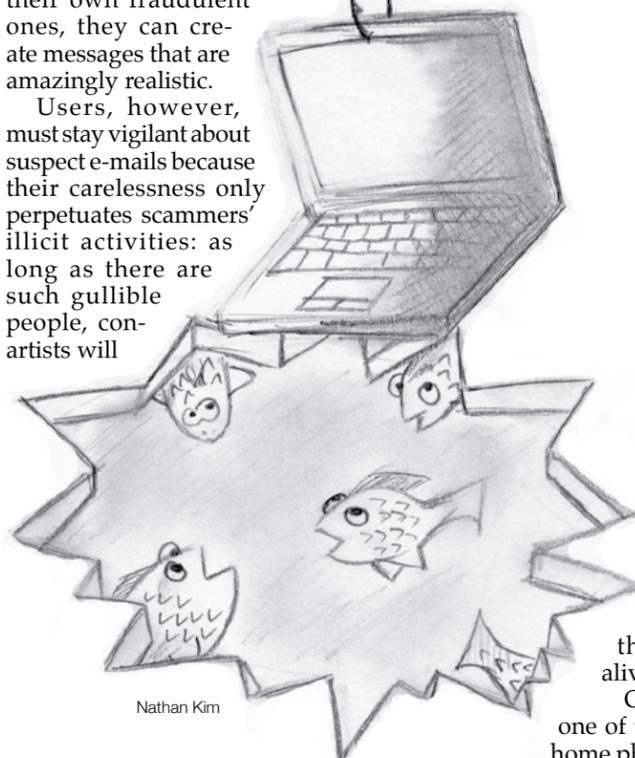
Who knew that scammers could be such good phishermen? Recently, 30,000 Microsoft, Yahoo, GMail and Hotmail e-mail addresses and passwords were stolen and posted online in a highly publicized Internet phishing scheme. The real responsibility for these lost passwords lies within the e-mail users themselves.

Phishing is a tactic in which scammers, through e-mail or telephone, pretend to be reputable organizations like banks in order to solicit information from unsuspecting customers. When people reveal their personal information, hackers can use, sell or post it online.

Scammers are constantly finding ways to make their e-mails more believable. By taking images from reputable websites and by cleverly disguising their own fraudulent ones, they can create messages that are amazingly realistic.

Users, however, must stay vigilant about suspect e-mails because their carelessness only perpetuates scammers' illicit activities: as long as there are such gullible people, con-artists will

Watch out for deals that sound too good to be true, because frankly, they usually are.



Nathan Kim

continue to send out millions of e-mails in hopes of reeling in a couple more suckers. These victims are the helpless prey who keep the scamming business alive and vigorous.

On a more personal note, one of us received a call on our home phone by a Chinese-speak-

ing woman who wanted to give a Chinese Moon Festival present to one of our siblings. Asked for her name, she didn't respond and kept talking. Told that the sibling wasn't home, she wouldn't take no for an answer. Eventually the only solution was to simply hang up on the scammer.

Unlike that of telemarketers, the goal of phishers is to get personal information, and instead of trying the next caller, they continue to push your buttons in the hopes that you will finally give in.

But here's a cogent piece of advice: don't. By being aware of scams, you not only protect your own personal data, but also help fight against hackers, who can only survive if people fall for their traps.

People must always become skeptics when dealing with strangers. Ignorance and naivete are no excuses to get

scammed.

It is tough to stop the spam that's quickly turning e-mail inboxes into verbal junkyards or the constant, belligerent phone calls that seem to always arrive at the most inconvenient times, but a person's best defense is simply to be skeptical and stay aware: Watch out for phone calls or e-mails that look suspicious or deals that sound too good to be true, because frankly, they usually are. ♦

Flu realities call for new makeup policies

With the H1N1 flu scare, the school is taking extra precautions to keep sicknesses in check. Hand sanitizer machines will be installed around the school next month, but they would not be as necessary if students would just stay home when they are ill.

Too many students go to school when they are sick in fear that they will miss an important lecture or test. This puts students at danger of getting worse, and puts others at risk of catching the cold. Teachers often have strict makeup policies, which force students to ignore the option of being absent.

One of the biggest troubles for students is making up tests. Even with three tutorials during the week, teachers are often specific on the number of days a student has to make up the test. When both students and teachers have tight schedules, it can be difficult to get any work done.

Rather than worrying about recovering from an illness, students feel they have little choice but to attend school and risk the health of other students. Policies range from dropping the missed test entirely and counting the next test double to creating an original, more difficult test

for absent students to take. Both policies aim to discourage fraudulent absences but also succeed in creating an academic stigma for missing tests.

In addition to a supercharged academic atmosphere, SHS's block schedule creates difficulties with students missing class. Although each day only has three

work they missed, students sometimes sit and twiddle their thumbs for 35 minutes. Even worse, when all teachers require make-up work, all due within the number of days missed, it becomes overwhelming to try to get it all done.

Returning to school after sickness is always a stressful time for students. The chokehold of each teacher who believes that his or her class is the uttermost priority is far from the ideal atmosphere for someone trying to regain their energy and focus.

Certain teachers have begun to make an effort to be more lenient regarding these matters. For example, by dropping simple homework assignments and quizzes, teachers have greatly eased the stress from makeup work. Some teachers even excuse the student from some tests or give an extended time for makeups, trusting that the student will learn the material on his or her own time.

Being able to make up work at a slower pace can really help students in catching up with their peers. By using flexible makeup policies, teachers can make missing class easier on students and easier on themselves. ♦



or four classes, each class contains twice the subject material of one regular period. That makes it twice as hard to make up the lectures, homeworks, movies, and classwork. How can students relax and get better with all the stress of making up classwork? Some teachers require students to come in during tutorials to "make up" missed days. Instead of getting help on

School menus need revamping

by Karen Lyu

In schools all over the nation, lunches are overcoming a reputation for dishing out mystery meats and greasy pizzas by teaming up with companies and programs that provide students healthier alternatives at lower costs. Saratoga might consider moving in this direction and take advantage of the many programs and what they have to offer.

Students enjoy the choice of being able to pick out fruit and veggie smoothies and fresh salads here. Still, foods that seem healthy could be a lot healthier. For instance, the sugary Fizzed drinks are considered healthy yet contain more grams of sugar than a soda. This is the sort of food choice schools should move away from.

According to expert nutritionist Kathy Webster, who revamped the entire menu at La Honda-Pescadero Unified School District with no cost to the school's original food budget, processed foods cost more in the long run. Cooking fresh food on campus, surprisingly, can cost

less. Webster researched lists of federally reimbursed food ingredients included in the free lunch program provided by the government and chose wholesome foods like brown rice and whole wheat pasta. She also looked to local organic farms for fresh produce at a discounted price.

Simple steps the school could take to improve its menu at breaks and lunches would include reaching out to programs such as "Farm to School" that provide organic options.

Cooking fresh food on campus, surprisingly, can cost less.

Revolution Foods is one of these companies, selling high-end snacks for lower prices, made possible by a partnership with Whole Foods. The school district in

Santa Cruz has already assessed this option, even with the financial difficulties the schools are already having.

They are hoping to make a complete transition from providing processed foods to serving freshly prepared meals, with the help of Revolution Foods, and later on, serving such nutritious meals independently.

Although hiring a professional organization to come to the school or hiring

THE BIG IDEA

Revolution Foods

GOAL: Provide nutritious, affordable, fresh food

IT'S BEEN DONE: Despite financial difficulties, other schools have made the transition.

INCENTIVE: Studies show that students with healthier lifestyles to better in school.

more employees to cook fresh food can be costly, it would be more beneficial to the students, both academically and physically. Studies have shown that students who live healthier lifestyles are more likely to do well in school and lead healthy lives later on.

Token efforts to improve nutrition in schools aren't enough. There is more that can be done, starting with school lunches. Schools need to set a high example, and by doing so, they will help students become more health conscious and adopt fitter lifestyles than posters on walls ever will. ♦

Murder at Yale leads to distress

“Just a suggestion: buy some pepper spray at the local CVS pharmacy.”



Maggie Lin

With college application deadlines just around the corner, I've done more than my share of research in narrowing down the colleges I want to apply to. There are three main variables which I took into consideration: academics, dining and diversity.

Academics: Of course, being a proud member of the Saratoga High student body, I would take into account college rankings.

Dining: A lover of food, my college experience wouldn't be complete with a good hearty meal three times a day.

Diversity: Not that it's a bad thing, but our school seems to be lacking in the diversity area. For college, I'm looking for a melting pot, but I'll settle for a tossed salad.

So far, this system has worked flawlessly for me, but after the recent Yale murder and other recent college killings, I've had to reevaluate the criteria I was using. I have now added safety as a new factor into consideration.

Reading the recent article on the recent Yale murder of Annie Le prompted me to include safety as part of my screening process.

In a nutshell, Le was a 24-year-old pharmacology doctoral student at Yale who was found dead in a utility compartment behind a wall in the basement of a research building. This was a real wake-up call for me; I realized that just because a school is top-notch and elite, it doesn't guarantee that it's safe.

Although Le was considerably older than I am, this tragedy occurred on the Yale campus, so it was really disturbing to me.

I did some research on Yale security, discovering that, in fact, they actually have their own police force separate from the New Haven police department, as well as police escorts for those late night walks back to the dorm.

Though the security seems pretty tight, I suppose the same can't be said for the surrounding neighborhood.

I naturally am an easily frightened person, but the Yale security seemed safe enough for me. I have lain awake countless nights fearing the time when I will venture out into the dark, all on my own. It's my one major fear about going to college. You would think this fear would have spurred me to originally consider safety as a factor, but it hasn't until now.

Unfortunately, only after a few murder cases did I fully realize that safety is an important aspect of choosing colleges.

I have resolved to go back through my list and check for safety, since juxtaposed with my original factors, I now see that it is the most important one.

After mulling over this topic, I have come to a conclusion. A school may be safe, but sometimes things are just out of your hands. Annie Le was in the wrong place at the wrong time. Although sometimes you can't control what happens, come next May, I will try my best to choose the college that I feel the most comfortable in.

Oh, and just a suggestion: go to the local CVS pharmacy and get some pepper spray. You can thank me later. ♦

TOGATALKS

How could SHS improve school lunches?

We should keep cookies, but I think we should also get some new healthy and affordable meal options.



senior Krishna Nayak

A lot of the food here is low quality. It would be great to have fresh food for sale on campus.



sophomore Adrian Bedard

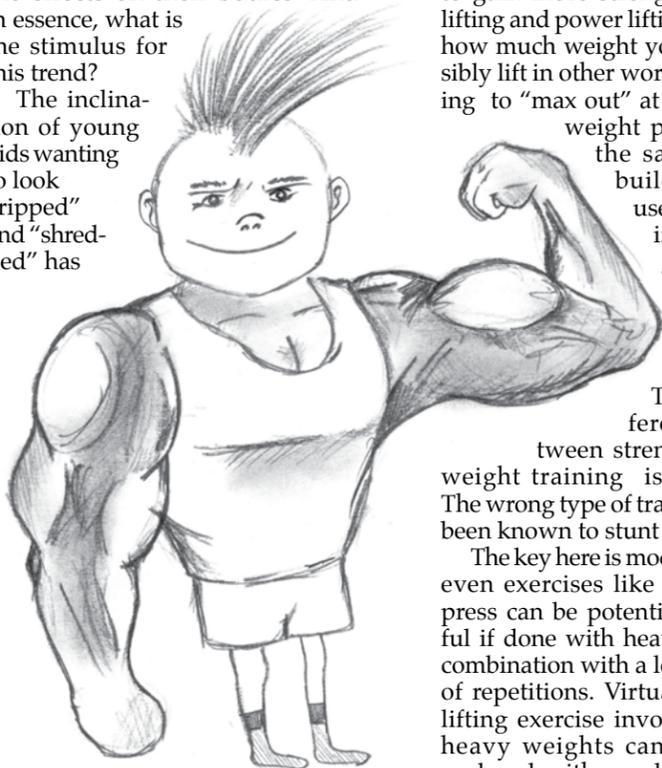
Little kids lifting: weighing the options

by Cullan McChesney

Imagine a girl who is walking by the weight room and just happens to stick her head in. From across the room she sees the steady rise and fall of two 45-pound weights stacked on either side of a bar, under which, she imagines, is some kind of buff, 6-foot hulk, bench pressing the weights as though they were kiddies toys.

As soon as the girl sees who is lifting those weights she walks off, suddenly having lost interest. Why the change of heart? That 6-foot hulk is really a freshman. Surprising? Not quite, since lately, students have been lifting heavier and heavier weights at younger and younger ages in order to get fit. The flip side of the coin, however, is what are the effects on their bodies? And in essence, what is the stimulus for this trend?

The inclination of young kids wanting to look "ripped" and "shredded" has

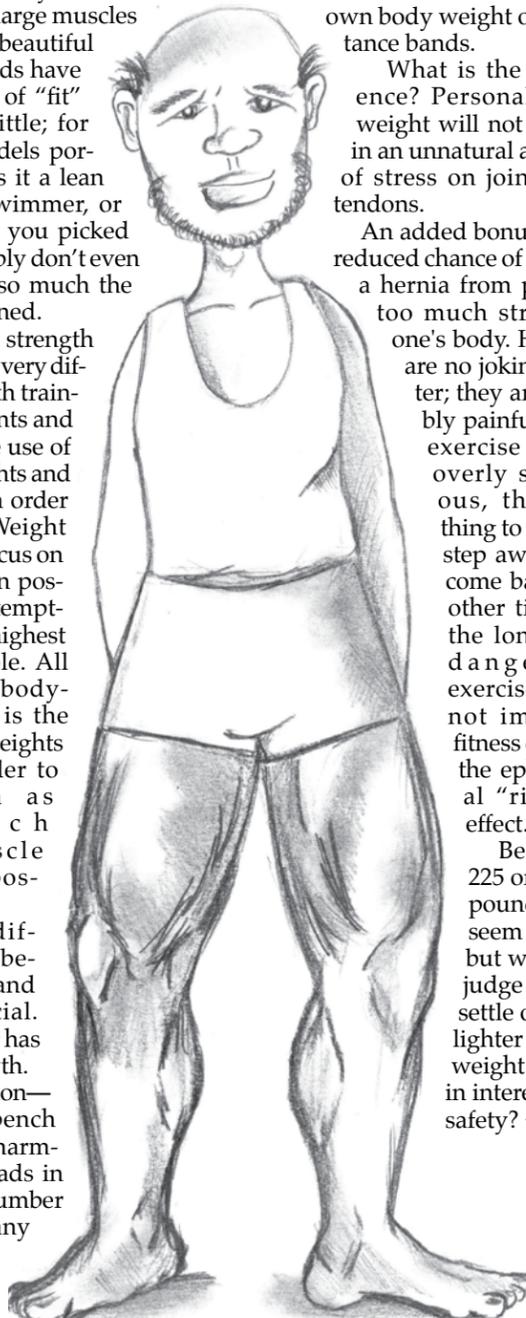


been brought about in part by a media that portrays people with large muscles and golden tans as being beautiful and the picture of "fit." Kids have been subjected to images of "fit" people since they were little; for instance, think of the models portrayed in Gatorade ads. Is it a lean and healthy runner or swimmer, or some 'roided up freak? If you picked the former, then you probably don't even know what Comcast is—so much the better, as far as I'm concerned.

It should be noted that strength and weight training are two very different things. What strength training constitutes (for all intents and purposes of this piece) the use of resistance bands, free weights and one's own body weight in order to gain more strength. Weight lifting and power lifting focus on how much weight you can possibly lift in other words attempting to "max out" at the highest weight possible. All the same, bodybuilding is the use of weights in order to gain as much muscle as possible.

The difference between strength and weight training is crucial. The wrong type of training has been known to stunt growth.

The key here is moderation—even exercises like the bench press can be potentially harmful if done with heavy loads in combination with a low number of repetitions. Virtually any lifting exercise involving heavy weights can be replaced with an alter-



native that uses the athlete's own body weight or resistance bands.

What is the difference? Personal body weight will not equate in an unnatural amount of stress on joints and tendons.

An added bonus is the reduced chance of getting a hernia from putting too much stress on one's body. Hernias are no joking matter; they are terribly painful. If an exercise seems overly strenuous, the safe thing to do is to step away and come back another time. In the long run, dangerous exercises will not improve fitness despite the ephemeral "ripped" effect.

Benching 225 or 325 pounds may seem cool, but who will judge if you settle on a lighter weight in interest of safety? ♦

Nathan Kim

Climate change conference may get political

by Arnav Dugar

As the December Copenhagen climate change conference draws near, expectations of change are gaining impetus. However, since countries are looking out for their own economies before the environment, the meeting may fail to change the environment.

To curb greenhouse gas (GHG) emissions, the Framework Convention on Climate Change (UNFCCC) adopted the Kyoto pact in 1997 under the auspices of the United Nations. This year the meeting aims to reach a new agreement to overcome the shortcomings of the original pact. Given the conflicting interests of different countries, the decisions about policies on GHG emissions are likely to get political. Even a tinge of disagreement among the international community could lead to a cascade of finger-pointing hindering progress in limiting GHG emissions.

The U.S. is showing internal signs of disapproval, paralleling the events leading to the country's rejection of the Kyoto pact. The Waxman-Markey bill, aiming to cap carbon dioxide emissions, passed the House of Representatives and received approval by President Barack Obama. However, the Senate is trying to thwart its legislation because of its potential negative impact on the economy.

In Kyoto, former vice president Al Gore had agreed to the pact on behalf of

the U.S. However, because developing countries such as India, China and Brazil were exempt from meeting any specific targets, the U.S. government considered the concord flawed, too costly to introduce and therefore harmful to the economy. The Senate seems likely to make a similar decision.

As it did with the Kyoto pact, the U.S.'s indecision may force the international community to take years to come to another agreement, becoming a political quarrel over vested interests rather than a genuine attempt to improve the climate.

The U.S., contributing over 20 percent

of global GHG emissions, never ratified the pact since both President Clinton and President Bush, Jr. refused to approve it. Similar opposition by other countries delayed the pact until Russia finally ratified it in 2005, achieving the 55 percent limit with 126 countries even though the world's top three polluters—the US, China, and the EU—contribute over 55 of GHG emissions.

One major purpose of the discussions in Copenhagen is to find a solution to the Kyoto pact's deficiencies, but the solutions proposed are still inadequate. UNFCCC plans to overcome the Kyoto pact's lack

of enforcement imposing sanctions on countries that disregard their agreements. Canada, for example, exceeded its Kyoto target by 29 percent but has not been punished to date.

However, sanctions on any of the major polluters would hurt the already weak global economy and are impractical, uprooting the premise of its enforcement. These nations are not fooled by the empty threat. The pact may be a mere window dressing with no real substance.

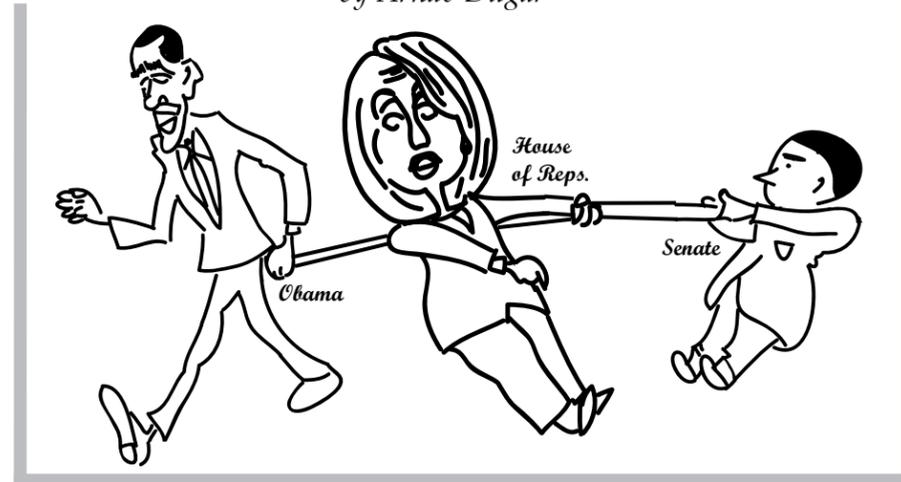
Since the politics and economics of climate change are so deeply intertwined, it is unlikely that the countries will come to a decision soon. As with the Kyoto pact, it may take years to come to another agreement and may become a political quarrel over vested interests rather than a genuine attempt to improve the climate.

The U.S., China and the EU have to start working together to reduce GHG emissions before involving the rest of the world. At least the U.S. needs to come to national agreement before expecting much from the rest of the world. If the Senate is not going to ratify it, the meeting will be another fruitless waste of time.

There is hope the U.S. will have some real participation since, unlike past presidents, Obama is willing to push toward an international agreement. Nonetheless, if the U.S. itself cannot pass the Waxman-Markey bill or come to any consensus about climate change, how can an international forum be expected to succeed? ♦

CANDID CARICATURES

by Arnav Dugar



All clubs are created equal

by Emily Williams

With an apparently staggering number of clubs on campus, the ASB has sought means to tighten the reins on club procedures. The excess number of student organizations is being combated by reinstating regulations, such as a minimum number of members.

The intention is to slow down the formation of new clubs, and check-in on existing clubs to make sure that clubs are actually meeting the standards.

The guidelines have always been there but have been strictly enforced recently, much to the dismay of members of smaller clubs. School policy requires each club to not only

have a teacher to act as an adviser, but also a minimum of 20 members. Though the teacher rule may be justifiable, it is ridiculous to require 20 members. How is

this fair when universities that have tens of thousands of students accept the creation of any club of three or more people? In contrast, our comparatively small high school will obviously not always muster an entire 20 students to care enough about the same matter.

The justification of these rules all depends on the definition of a club. If the school's definition is a group who share a common interest and benefit themselves or the school in some way, then the rule about 20 people is unfair to small yet equally important clubs. These clubs hold meetings and care about the topic they are commonly united by even if the subject might not be a very common one.

By contrast, some big clubs that attract members might not be as valuable to the school. Big clubs tend to have people join them just because their friends do. This

makes it harder to get things done and the club becomes more of a social gathering than a group that benefits the school. In addition to the big group gatherings, people tend to create clubs to make their resumé look better. The school seems to assume that all small clubs are made purely for the purpose of resumé building, but there are small clubs that are made because people have a passion for what they do, not just to look better in the eyes of colleges

The real issue lies not in the quantity but in the quality of clubs. There seems to be an overabundance of clubs geared toward college and future careers. As they say, we are only young once. Students should

Students should take some time just to live in the moment and do something they find enjoyable.

take some time just to live in the moment and do something because they find it enjoyable, not just to prepare themselves

PRO CON

for the future.

It shouldn't be necessary for every club to have a distinct purpose every step of the way; sometimes, the greatest benefits are invisible until after the fact. Clubs are simply groups of people united by a common interest and by the unique experience of belonging to the same cause. They are a great form of interaction for students who would otherwise never even speak to each other, branching out across grade and social barriers. In a way, any club is ultimately a social experience, no matter what type of club it is.

The new policies may, in the end, do more harm than good, so cracking down on rules at this point has little purpose. Small new clubs cause little strain on the school budget or safety, so there is absolutely no reason to deny students this important outlet. ♦

Clubs don't always impress

by Aanchal Mohan

True or false: Being in charge of a club will increase your chances on getting into a top college? To the people's dismay, the answer is false.

This misconception has instigated many students to create new clubs on campus, forcing the ASB to go as far as placing restrictions, such as the requirement of 20 members for a club to officially exist. As a result, numerous previously existing clubs are under the risk of being cut, resulting in complaints from their respective leaders.

But why are they complaining? Does having their club name on the official school profile of clubs really make a difference? It shouldn't, as there are few academic benefits in having your name on the official club roster.

According to assistant principal Karen Hyde, none of the three students accepted at Stanford last year were in charge of clubs. Out of all the requirements needed to get into college, being in charge of one club, especially one small in size, is not going to sway admissions officers at elite schools.

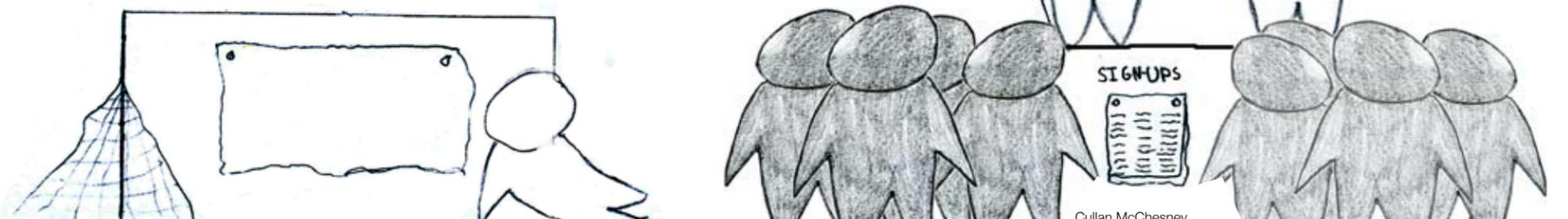
But just because the ASB has decided that a club is not "popular" enough to be official doesn't mean that the goals and processes of the organization must come to a screeching halt. If anything, the lack of school approval would make a club easier to run.

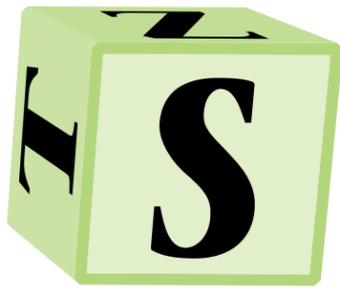
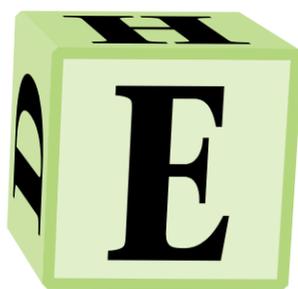
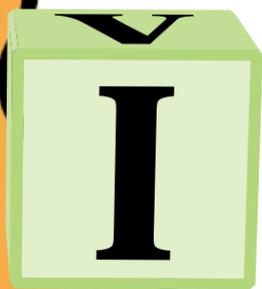
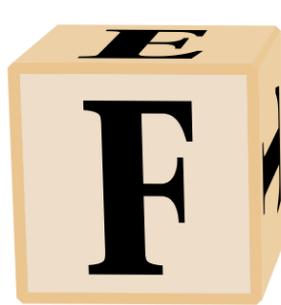
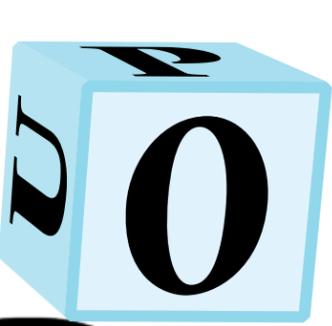
By being unofficial, a club does not require an adviser, thus saving both members and teachers time and stress. There is no need to nitpick the level of productivity at every weekly meeting. The club can meet whenever everyone is free and wherever they want.

The sudden influx of new clubs is also causing a lot of stress around campus. Since there are numerous club meetings daily, schedules inevitably clash, making it difficult for students wanting to belong to more than one club to make it to all the meetings. The school does not need more small clubs but instead clubs that engage a significant portion of the student body. By having so many clubs, the school puts students in the place of joining clubs that they think will look better to colleges, rather than based on what interests them.

The purpose of a club is not to serve as a filler extracurricular activity, but to serve as a place where students are able to express their opinions and to make a difference for those who are in need.

Just because the ASB is cutting recognized clubs doesn't mean that the club can't survive. Instead, all activities can continue without official recognition, and who knows, perhaps come next year, enough interest will accumulate to make the organization official. ♦





Arnav Dugar

AN KIM REWRAPS THE BLANKET OF HIS AWKWARDLY HOLDS HER SON DANTE; SHAYLOVA PLAY WITH THEIR DAUGHTER USE THEIR DAUGHTER; LU HOLDS DANTE SOPHIA COOPER FEEDS HER DAUGHTER



THE CHALLENGE

Five *Falcons* staff members volunteered to each take care of a “robo-baby” from the psychology class for four straight days. Psychology students are required to take care of this “robo-baby” as part of the course. The difficulty of the task did not dawn on these volunteers until they had experienced parenthood first hand.

Two heads better than one?

by Maggie Lin
and Mary Mykhaylova

A baby is a people magnet, whether it be alive and breathing or just a noisy little robot. Everyone wanted to help out, so we found ourselves repeating, “Support the head!” incessantly.

But who can blame them? Shaniqua was an adorable African American baby, and in hindsight, taking care of her was really amusing. At some moments, chucking her against the wall seemed like a satisfying solution, but when she was calm, she was an angel.

It was definitely a love/hate relationship. Sleep=love; cry=hate. Very simple, really.

By working as partners to take care of Shaniqua, we saw the clear differences between single parenting and couple parenting. Surprisingly, even though we had more downtime between cares, our scores

did not reflect what we thought was our advantage. Perhaps this is because while the others had a full four days to adjust and perfect their parenting skills, we both only had roughly two each, thus staying less experienced.

All our little tricks were matchless against the ruthlessness of the cute little demon baby. The worst part, of course, was nighttime. These weren't the fun sleepovers where you paint each other's nails and play truth or dare.

Typical scenario: 3 a.m., calculus book in one hand, keeping the head up with the opposite knee and feeding her, all at once. It seemed like once she stopped crying, moments later she would start all over again. Scrambling in the dark with a flashlight was far from the most enjoyable thing in the world.

At the end of the four days, we were sad to shut her off. Maybe that's what motherhood is about: being driven crazy

BABY MONITOR

PARENTS: MAGGIE AND MARY

BABY NAME: SHANIQUA

GENDER: FEMALE

RANKING: 3RD

GRADE: B- : AVERAGE

CARE LEVEL: MEDIUM

REQUESTS MADE: 87

PROPER CARES: 66

PERCENTAGE CARES: 76%

MISSED CARES: 21

TIME CRYING: 133 MINUTES

by a baby, but at the same time also loving her to death. As much as we love Shaniqua, though, we learned we are definitely not ready to be moms. ♦

Demon baby scares young mother

by Vivien Lu

The fat plastic cheeks and minuscule booties. The baby looked adorable and appealing until I experienced living with him for myself. After four gruesome days of caring for my baby Dante, I earned a newfound appreciation for my family, each hour I spent sleeping and the cooing sound from my baby.

I did not hear, however, that tiny laughter from the baby often, since my frustration and natural laziness caused me to ignore the piercing scream coming from his chest, more than once. Throughout the night I was able to muffle the obnoxious sounds by keeping him away from my room.

Things were different at school, though. When Dante would bawl in class, which he decided to do often, I had to face the embarrassment of having every student's

eyes turned on me, expecting me to do something outstanding like a supermom. The teacher paused in mid-lecture and waited for me to step outside. I felt the eyes staring into my back as the baby's howling only became louder with each step I took.

Dante took away all simplicity in my life and made my life awful for four days.

Whenever he was not crying, I still wasn't content. His subtle breathing and bulging Mona Lisa eyes freaked me out. He looked like he would cry any second.

The only good part about the experience was that, at first, none of my friends knew about the disturbing side effects.

Dante attracted any sentimental persons until they yearned to care for him.

This eased my life so much since it gave me time to do simple tasks I did not have the time to do with Dante such as using the restroom, sleeping, eating or learning

BABY MONITOR

PARENT: VIVIEN

BABY NAME: DANTE

GENDER: MALE

RANKING: 4TH

GRADE: C+ : SUB PAR

CARE LEVEL: MEDIUM

REQUESTS MADE: 93

PROPER CARES: 67

PERCENTAGE CARES: 72%

MISSED CARES: 26

TIME CRYING: 119 MINUTES

MISHANDLES: 15

in class.

Dante took away all simplicity in my life and made my life awful for four very long days. Still, in the end, when I returned Dante, I knew I would miss him, even after all the pain he had caused. ♦



...TRICK-OR-TREAT A MONTH EARLY?

by Ren Norris

Everybody enjoys the timeless tradition of trick-or-treating. Who wouldn't want to go door-to-door, receiving loads of candy from neighbors that you scarcely ever talk to? Halloween, however, is just one night. It was my mission to find out if trick-or-treating was possible at any time of the year—perhaps even Sept. 26.

I persuaded some of my friends to dress up in Halloween costumes and walk door-to-door down the street, which is

quite embarrassing to do in September. Motivated with the goal of possibly scoring free candy, we persistently went to each house and rang the doorbell dressed as a jester, Easter bunny, wizard and bumblebee.

Most people didn't answer their door, probably alarmed at the mob of teenagers standing on their doorstep. On the other hand, we were also greeted with confused looks as we let out a "trick-or-treat" chorus and held out our empty candy bags.

"Did you get your calendar mixed up?" one man said to us.

"No," I replied, "we just wanted to see if it would work to trick-or-treat a month early."

"Well, good luck with that, bye now," the man quickly said, shutting the door as fast as possible.

This pattern continued with most of the other houses: the surprised

looks, the questioning of our purpose and the hasty response—sending us off with no candy.

One woman even told us it was a "nice try," but she had nothing to give us so "come back in a month."

Every person was generally nice, but I could tell they were slightly irritated that we were wasting their precious Saturday night begging for scraps from their last pinata.

As it turns out, people just don't give out candy to any group of spirited kids on their front porch.

Apparently, people need warning time to buy jumbo packs of candy for the expected visitors.

My advice is to save the trick-or-treating for Halloween night, to refrain from being an annoyance to the people with the sudden request for sugar thrust upon them.

I discovered that you can trick-or-treat a month early, but tricking others into thinking Halloween has come early won't always give you a treat. ♦



CHRIS CHUNG REN NORRIS KARTHIK ANNAAMALAI



Top 10 easy costumes

SIMPLE DIY IDEAS SURE TO BE A HIT WITH FRIENDS

by Tiffany Tung

There's only a week left until Halloween, and if you don't have a costume yet, don't be worried.

Here at The Falcon, we took the privilege of thinking up some last-minute costume ideas so you don't have to resort to the pitiful "sheet ghost" tactic, that almost always fails.

1. A Greek philosopher: You can finally put your knowledge of Greek philosophy you learned from history and government simulations to good use. Pretend you're one of the more well-known Greeks, like Aristotle, Socrates, and Plato. Materials needed are just a plain white sheet and maybe laurels. If you don't have laurels, pull leaves off the nearest bush and you're good to go.

2. A Lumberjack: An idea that came from the previously unsuccessful Lumberjack Club. Eat a stack of pancakes for breakfast, and wear your plaid flannel shirt. To be truly authentic, don a beard for that "rugged" look. An ax would be a nice touch as well, but you might want to go for a plastic version.

3. Michael Jackson: As a tribute to the late King of Pop, wear a black fedora, sunglasses, a sequin covered shirt (or just one that's really flashy) that your mom bought in the '70s, and a pair of tight pants.

4. Go incognito: Wear a paper bag over your head and you're set. No one will know who you are until attendance is taken. Eyeholes are not necessary.

5. Pink Slip: Wear pink and stick a post-it note (preferably pink too) on your forehead. (This might not be wise to wear

around recently laid off people.)

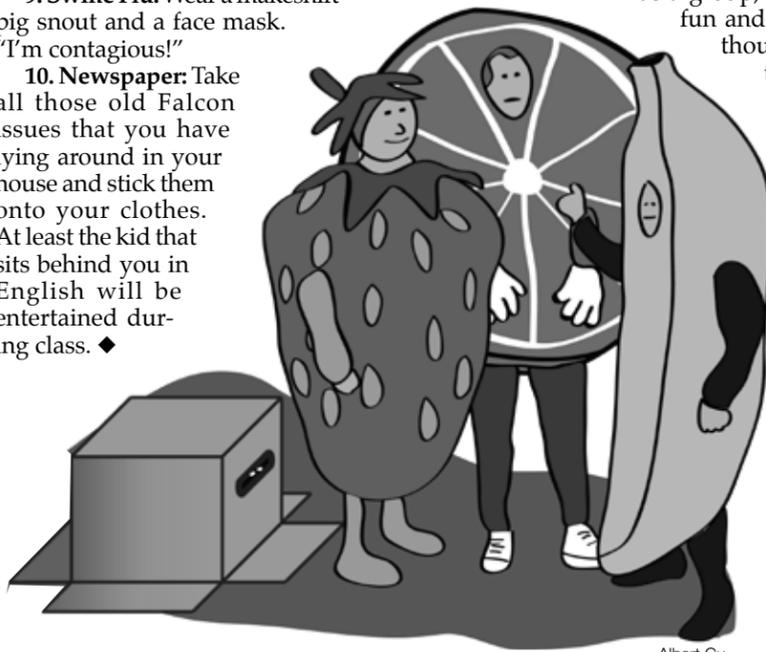
6. College student: Wear a sweatshirt from the college of your choice (or the one that an older sibling goes to), and say that you're a college student. Freshmen, you may have trouble pulling this off.

7. If you're East Asian, pretend you are of an ethnicity that you really aren't. It's quite simple, actually. "Annyeong-haseyo!" (Korean for "hello").

8. Be inconspicuous: Find a large box, one that could fit a reasonably sized TV or refrigerator, and hide under it. This might be a bit uncomfortable to wear during class.

9. Swine Flu: Wear a makeshift pig snout and a face mask. "I'm contagious!"

10. Newspaper: Take all those old Falcon issues that you have lying around in your house and stick them onto your clothes. At least the kid that sits behind you in English will be entertained during class. ♦



Albert Gu

Dressing up together

Students team up to share fun Halloween experience

by Vivian LeTran and Ashley Tang

Some parts of the human brain don't age with time, like the part that longs for free candy. No matter how old you get, nothing can compare to the thrill of running up to your neighbors at night dressed in a silly outfit yelling, "Trick or treat!" and being generously rewarded. Doing this with friends makes it even more enjoyable.

Perhaps this year, more people should consider dressing up with friends using a theme. When making costumes as a group, it is much more fun and worthwhile, although a bit harder to organize.

"Dressing up as a group is much more exciting. A lot more preparation goes into the costumes, but they end up looking amazing," said senior Ron Wong.

Some great costume ideas to dress up as with your friends include Tetris, foods, crayons, Poké-

mon, ninjas, Powerpuff girls and the list goes on and on.

Sophomores Justine Huang, Anna Zhang, Michelle Cummins and Vivian Liao, have already chosen their theme for the year. They will be dressing up as the Teen Titans, a TV show about five teenage super heroes.

"We wanted to do Teen Titans because we've never done anything like this and the number of Teen Titans fits our group," said Huang. "In 8th grade, nobody had any ideas to dress up as. It was much easier to come up with an idea for our whole group and now it's become a tradition."

In previous years, Huang and her friends have dressed up as various types of fruit and the different seasons.

On the other hand, many high schoolers are very last minute about their costumes and still have not decided what to do for Halloween.

"So far this year, nothing has come to mind yet, so we haven't really thought about it," said freshman Kelly Liu.

Last year, a group of students, now seniors, dressed up as Pac Man and the ghosts. They chased each other around the school and later at Valley Fair.

"A security guard got mad and told us to stop running, probably because we could have tackled people in our bulky costumes," said senior Terran Chao. "Later, the guard told us, 'I like the spirit, but you guys are breaking too many rules, so I guess you'll have to go.'"

In the end, the only thing sweeter than a pillowcase full of Halloween candy is the fun you have making costumes and dressing up as a group with your friends. ♦

HEROES

THE FALCON HIGHLIGHTS STUDENTS AND TEACHERS WHO HAVE OVERCOME OBSTACLES OR MADE CHARITY A PRIORITY. THESE PEOPLE CONTINUE TO INSPIRE.

(AT RIGHT: ANGELINE LEE, LEAH AGUAYO,
AND RAISA RAHIM)



SAVE YOUR HAIR, SAVE THE WORLD

by Maggie Lin
and Rebecca Nguyen

For ceramics teacher Leah Aguayo and senior Angeline Lee, their hair is a gift.

Through the non-profit organization Locks of Love, Aguayo and Lee have been donating hairpieces to children under 18 who suffer from hair loss from any diagnosis.

The organization is able to create prostheses wigs for children in need to boost their self-esteem and help them feel normal.

The minimum contribution is 10 inches of hair donated as a ponytail or braid.

For the past six years, Lee has grown out her hair and donated it every two years.

"I heard about it from [senior] Erica Chan in middle school," said Lee. "The place she went to gave you a free haircut if you donated, so the first time I donated was a little self-centered."

Since her first donation, Lee has donated two more times and opted to cut her hair herself.

"I feel like it's a worthwhile cause especially since it's not a lot of hassle on my part," said Lee. "Even if it is a little bit of a hassle, say postage, it's still less of a hassle than what chemotherapy children have to deal with."

Aguayo started donating her hair after learning about the story of a

teenager on the "Today Show."

"The thing that touched my heart was when they were interviewing a teenage girl," said Aguayo.

"She just said, 'You don't understand what it's like to be a teenage girl in high school, with all this image pressure to be beautiful and peer pressure, to not have hair.'"

Since Aguayo is around teens so much, this story especially hit home. Having had long hair since 1973, Aguayo finally found a great use for it.



"I feel like it's a worthwhile cause especially since it's not a lot of hassle on my part."

—senior Angeline Lee

"My first cut was 18 inches and I've already done it three times. Now, I grow my hair for Locks of Love and I'm just about ready to do it again," said Aguayo.

Both Aguayo

and Lee hope to continue to inspire others.

"One or two people have asked me about [Locks for Love]. They say, 'Oh, my hair is getting long, how long does it have to be for me to donate?'" said Lee.

Aguayo said, "I welcome anybody to do it. I have a salon that will cut your hair and style it for free." ♦

Returning to a regular life

After a stroke, junior Raisa Rahim now back at school

by Rebecca Nguyen
and Ren Norris

Before Dec. 31, 2008, junior Raisa Rahim was the same as any other healthy teenager, enjoying the day shopping at Valley Fair with her friends. But after starting to have a bad headache, she decided to end her shopping plans early and went home.

Rahim thought it was just a routine headache, not knowing it was the beginning of something much more severe. In just a few hours, she lay completely unconscious, and her family rushed her to the hospital.

She arrived just in time. Doctors were able to save her life.

They later informed Rahim's family that she had suffered from bleeding in her brain that resulted in a stroke—an almost fatal condition.

"You can't imagine we almost lost her. She almost died," said Selina Rahim, Rahim's mother. "We were very lucky that it was caught on time almost on time and the doctors could bring her back. It was devastating for all of us."

The stroke affected Rahim in terms of function and mobility, restricting her to a wheelchair, which she continues to use during her recovery.

She returned to school this school year after spending much of the remainder of her sophomore year recuperating at Stanford Hospital and then at Santa Clara Valley Medical Center for rehabilitation. As the months have gone by, she has begun to talk more fluently and still goes to physical, occupational and speech

therapy each week.

Rahim remains hopeful for the future. "It's definitely annoying to be set back like this, but I can tell that I'm getting better," said Rahim, "I'm just waiting."

Rahim has had to lean heavily on family and friends during her recovery.

"My big brother and I have always been really close, so I usually turn to him for support," said Rahim.

Rahim has long-anticipated her return to school despite the stress and homework load that comes with it. Since the incident last December, she has progressively gained more mobility and is slowly but surely working her way back.

"My life is basically the same, especially as I get more function," said Rahim, "but it's different because every single thing I do takes more energy now."

With the progress that she is making every day, Rahim has her goal set to make a full recovery.

"[My goal] is to get 100 percent better and I don't think that's too far," said Rahim. "Hopefully, soon I'll be walking and talking like nothing happened . . . if school doesn't kill me first."

Rahim has conquered a lot in the past 10 months and has overcome many obstacles, such as going to school without being able to fully talk or walk.

Junior Parisa Mirzadegan said she didn't know what was going on with her friend at first but has watched in admiration lately. "She was totally paralyzed, recovered, came back and caught up on her work," said Mirzadegan. "She's really strong. She's a hero." ♦



RAHIM

She has been recovering for 10 months.

Sophomore aspires to help others after brain tumor

by Emily Williams

Most people grow up slowly, experiencing life in small doses: making mistakes and then making them again, until they finally learn. Sophomore Katya Simpson didn't get that luxury.

It happened quickly. One week last fall Simpson was a regular student. The next she underwent a surgery to remove a life-threatening brain tumor that changed her life forever.

"I used to think I was more of a dreamer, but I'm slightly more realistic now because reality checks like that aren't meant for 9th graders," said Simpson. "It was really scary. But I think I've grown up a lot. I don't know if that's a good thing or a bad thing but it's what happened."

Simpson started to notice symptoms towards the end of 8th grade when she began experiencing bad headaches and nausea. She threw up intermittently and school drained her of any energy she had left.

"I knew something was wrong, but I figured life would have to go on no matter what it was," said Simpson.

Life did go on. She wasn't diagnosed until the beginning of freshman year with a life threatening condition called hydrocephalus, which is pressure inside the brain resulting from a tumor. This condition causes body functions to slowly shut down. In late September, her doctors at Lucile Packard Children's Hospital scheduled an emergency procedure to remove the tumor. The brain surgery happened a day after her diagnosis.

"I don't really remember what happened, it's all blurred right now," said Simpson. "According to my dad, I just laughed and said, let's get this over with."

Everything went as planned, and the tumor was successfully removed, but

that was just the beginning of Simpson's long road to recovery.

"When I was in the hospital, I remember being in a lot of pain. I was coming in and out of consciousness," she said. "It was really scary because I would wake up and have no idea where I was."

In the hard months of recovery that followed, Simpson was practically immobile, sitting in the same place for hours on end. Simpson wasn't alone, though; her family and friends rallied behind her, making her 1000 paper cranes, cards and providing support.

"It would have been really hard to come back to school not knowing that there were people there for me," she said.

Three months after the surgery, Simpson returned to school. She was just another freshman seemingly like the rest.

"It was really scary because I would wake up and have no idea where I was."

—sophomore Katya Simpson

Inside, Simpson was still trying to make sense of what had happened to her.

"The first couple months after I came back to school, I wasn't able to look people in the eye because I wasn't able to understand why I had been chosen out of the lottery to get my life messed up like this," said Simpson. "Then one day I realized that this was my life now and it isn't fair. I hate how unfair it is but I can't change it."

Even though Simpson can't change the events that shaped her life, she still wants to make a difference in the world by chasing her dreams of becoming a neurosurgeon. Last summer, Simpson shadowed at Stanford Hospital in hopes of learning about what she intends to be her future career. Now she has a more permanent position helping out at the administrative office and watching live surgeries once a week.

"If there is any way I could lessen the amount of stories like mine, I would do it; that's my goal now. I hope to be a hero because of what I will do, not what I have done," said Simpson. ♦

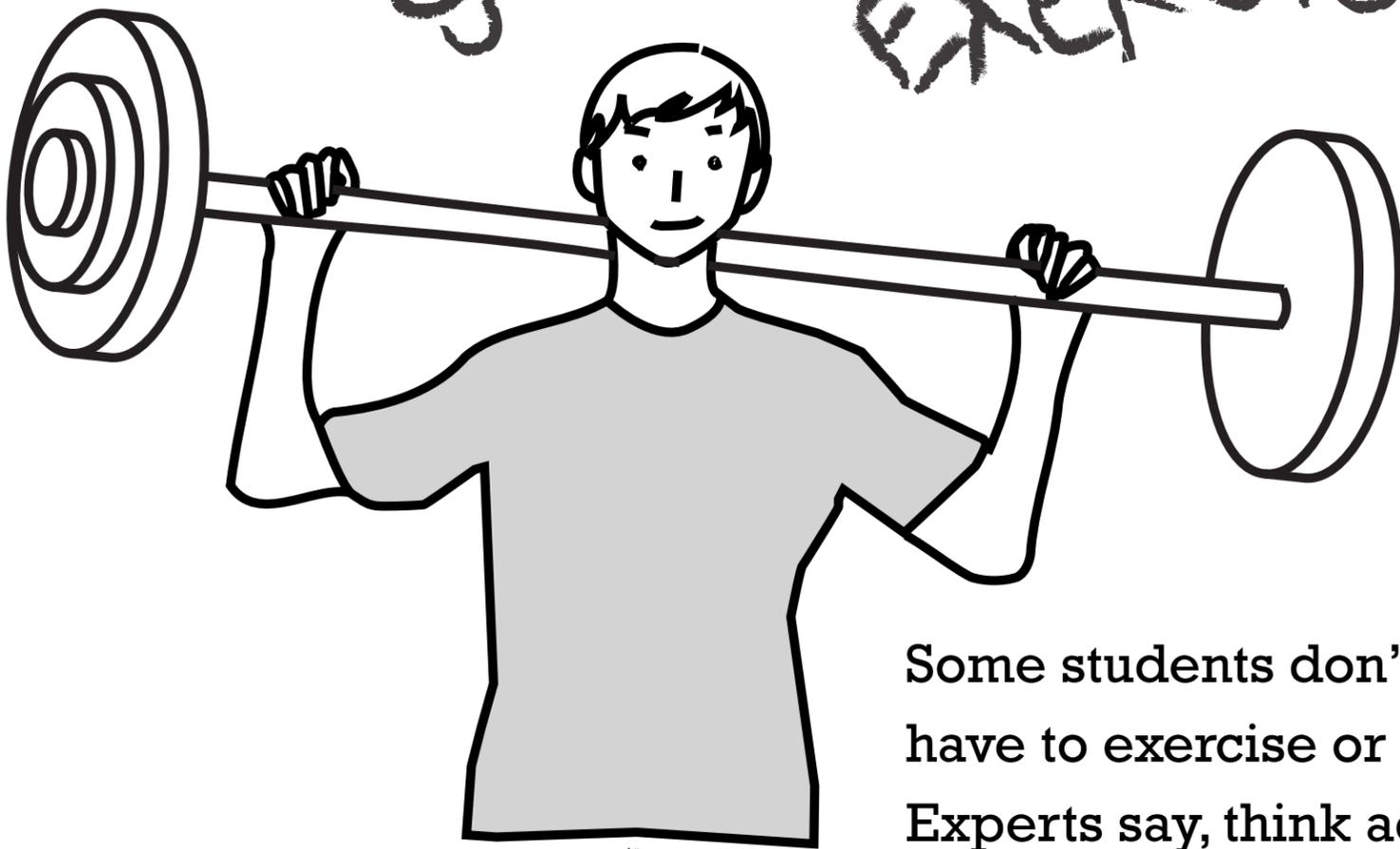
Shaping Up



HEALTHY
FOODS



EXERCISE



Albert Gu and Tiffany Tung

Some students don't think they have to exercise or eat healthy. Experts say, think again.

Debunking diet and exercise myths

by Karthik Sreedhara

Every year, millions of people set goals to lose weight and lead a healthier lifestyle. Myths about certain foods and exercise methods, however, are often detrimental to those goals.

According to AceFitness.org, one wrong myth among teens is that "I can eat anything and as much as I want just as long as I exercise afterward." But after eating thousands of calories and exercising, people may find that an average workout only burns about 300-500 calories. Furthermore, exercise may increase appetite, leading to eating more after a workout.

Another fallacy is the belief that "I can eat as much as I want as long as it's healthy." Yet the truth is that a calorie is a calorie, whether it comes from healthy or unhealthy foods. For example, instead of eating fried or oily foods for breakfast, you might eat bagels. However, an average sized plain bagel with cream cheese may contain up to 540 calories, according to Good-Nutrition.org.

Senior Abe Roy was shocked to hear this.

"I never knew that you could eat too much healthy food," said Roy. "I guess too much of a good thing is bad."

Salads are usually healthy—it just depends on what you put in it. For example, a McDonald's Premium Bacon Ranch Salad with Crispy Chicken contains 370 calories while dressing might contain up to another 190 calories, according to the nutrition information on the McDonald's website.

"Smoothies are good for you" is a common excuse many use to go to a place like Jamba Juice every day. Though smoothies do contain many healthy ingredients such as fruit juice, milk and yogurt, they also contain high amounts of sugar, sodium and calories. According to the menu on the Jamba Juice website, the 30 oz. Caribbean Passion has 490 calories, while the 30 oz. Aloha Pineapple contains 550 calories. Ultimately, though they may have healthy ingredients, these drinks just have too many calories for a healthy eating. A possible solution to this may be to buy the items labeled "light."

"I always knew there were a lot of sugars in the smoothies, but I thought they were good sugars," said junior Jesse Yung. "I'm surprised that there are so many calories."

A common exercise myth is that only exercising hard all the time will result in sustained weight loss. According to TheDietChannel.com, even taking a brisk walk or jog in the morning can help to start this weight loss process. The important thing when exercising is to choose a program that allows an individual to continue long-term basis.

"It's OK that I get a little sore—it shows that my exercise is working." Extreme soreness usually arises when you overwork yourself too early. Gradually increase the intensity and length of your exercise. This also will allow you exercise longer and harder and on a regular basis, according to Dr. Melina Jampolis, a diet and fitness expert from CNN health.

Ultimately, experts say people need to watch the number of calories they consume and have a balanced diet. They also need to start an exercise regimen that they can continue long term. ♦

CALORIE COUNTER



560 The number of calories in a McDonald's Premium Bacon Ranch Salad with Crispy Chicken



550 The number of calories in a 30 oz. Aloha Pineapple smoothie from Jamba Juice.



540 The number of calories in an average plain bagel with cream cheese.



300-500 The number of calories burned in an average workout

WORK HARD, PLAY HARDER

School offers many ways for students to incorporate exercise as part of a healthy lifestyle.

by Kevin Mu

When's the last time you touched your toes or the last time you ran a mile? If you're not getting the recommended 60 minutes of exercise a day, experts say something needs to change. Exercise is a vital part of a healthy lifestyle, but because Saratoga High School only requires two years of PE, many older students are missing out on the exercise they need to stay fit.

According to www.health.gov, the official website of the U.S. Department of Health and Human Services, adolescents need an hour of moderate to vigorous physical activity every day. Bugged down by extracurricular activities and homework, many may find this goal impossible to achieve. But getting your daily dose of exercise doesn't have to be as hard as it seems.

PE and Health teacher Peter Jordan considers finding the time to work out to be simply "a matter of priorities."

"The question [students] should be asking is, 'How can I fit my busy schedule around my daily exercise?'" said Jordan.

Saratoga High offers students several ways to stay in shape during the year. The weight room is open and supervised after school on Mondays, Wednesdays and Fridays, according to Jordan. The other alternative is to join one of the school's

sports team in order to get a workout. Even kids who might not have athletic talent don't need to worry: Jordan says many sports like cross-country are non-cut, which means they are open to all students as long as they are willing to put forth the effort.

But students can do physical activities on their own as well. Even 10 minutes of activity a day is better than none, according to www.healthfinder.gov. Simple workouts including doing push-ups, sit-ups and lifting small weights can be done at home.

Regular exercise can keep students healthy and fit, especially into their adulthood.

Sophomore Eric Wang is one student who has truly embraced exercise as a major part of his life.

In addition to being on the JV water polo team, Wang lifts weights on Mondays, Wednesdays and Fridays after practice in the school weight room until it closes. He also plays basketball, play baseball and runs with his friends.

In ways besides getting stronger and staying in shape, exercise has benefited Wang by helping him deal with stress and stay happy in the pressure-filled world of high school.

"We learned in biology that when you exercise you release hormones that make you feel good about yourself. I think that's

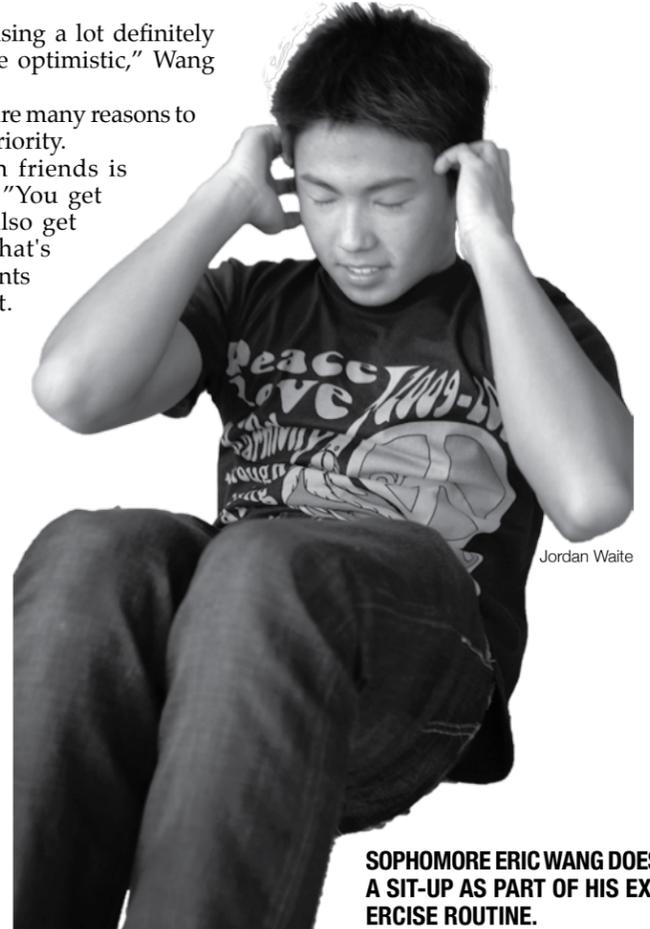
right because exercising a lot definitely makes me feel more optimistic," Wang said.

Wang says there are many reasons to make exercising a priority.

"Exercising with friends is good," Wang said. "You get in shape but you also get to hang out, and that's one thing that parents don't argue against. When I work out with friends, I feel motivated to exercise so I don't fall behind."

Perhaps most importantly, Wang views exercise not as a daily chore that he must complete, but rather, as a fun and productive activity that he can do with friends.

"I think that if I wasn't exercising, I'd probably be at home doing nothing or on Facebook," said Wang, "so why not use the time to benefit [my health]?" ♦



Jordan Waite

SOPHOMORE ERIC WANG DOES A SIT-UP AS PART OF HIS EXERCISE ROUTINE.

Healthy eating necessary for teens' well-being

by David Eng

It's a choice," sophomore Natalie Berg said with conviction, referring to her vegan diet.

By conforming to such strict dietary rules, Berg originally intended to display her disapproval of the cruel treatment of animals in food production. However, over the past few years, she has also observed another benefit of her lifestyle choice: healthier eating.

In addition to eating more vegetables and regulating her protein and vitamin intake, Berg has also found herself scanning nutrition facts for ingredients and health contents.

The message here is not that everyone should abstain from eating animal products, but rather that more people should pay greater attention to their diet and develop a better context of health consciousness.

Ruth Knittel, a registered dietitian who practices at an outpatient clinic in Oak-

land, urges people to develop good eating habits early in life. Though she primarily treats impoverished African-Americans and Hispanics in the East Bay, Knittel still stresses similar diet suggestions to Saratoga High School's teenagers.

"Fresh vegetables, fresh fruit, lean meat and whole grain are at the heart of a healthy diet," said Knittel.

She also emphasizes the importance of developing good eating habits beginning in adolescence.

"Early on, we develop an idea of pleasure foods we really like, whether they be sweet treats or fried food," Knittel said. "We call these 'comfort foods.' When we become stressed by a new job or an unfamiliar environment, we tend to stray off of a healthy diet that we know is good for us and begin consuming these comfort foods instead."

She cautions high school students to think twice before eating unhealthful comfort foods, like sweet treats and fried food, simply for the purpose of resolving

stress.

Furthermore, her patients' health situations provide a clear idea of the consequences of nearly a lifetime of unhealthy eating. Many of her patients experience diabetes, heart disease and cancer as a result of obesity spurred by an unbalanced diet high in fat and sugar. They often do not follow her dietary advice pertaining to vegetables and fruit, along with lean meat and whole grain.

Similar to how a chain smoker craves nicotine, chain eaters seem to grow addicted to a certain unhealthy diet. For this reason, Knittel's advice to maintaining a healthy diet is that one must lay the foundation for healthy eating at the high school age or even earlier, never allowing the continuous chain of unhealthy meal after unhealthy meal to begin.

According to Knittel, having a sugary treat or indulgent desert once in a while is not an issue. The problem, she says, arises when consumption of these artery-clogging foods becomes routine,

THE BIG IDEA

Why Eat Healthy?

CONSEQUENCES OF AN UNHEALTHY DIET:

People with unhealthy diets are at increased risk to develop ailments in adulthood such as diabetes, heart disease and cancer.

IMPROVE YOUR HABITS: Eat more fresh vegetables and fruit, lean meat and whole grain.

STAY OFF SWEETS: Try to eat sugary or fatty treats only once in a while.

and the only solution is moderation in one's diet.

"It's an ongoing choice. Like I tell my [patients], you have to have the willpower to eat healthfully," said Knittel. "This choice early on will yield benefits later in life, so you won't necessarily have to visit dietitians like me." ♦

Vegetarian diets don't have to be boring

"Most people think that being a vegetarian is hard."

Arnav Dugar



What do you eat for dinner when meat is off the menu? In some American households, dishes like roasted chicken and beef patty hamburgers are served daily, but not in my house. In my family, being a vegetarian is natural, and we have our own fancy dishes... wait, but don't vegetarians just eat salad all day long? OK, let's back up. Believe it or not, there are actually more dietary

options available to vegetarians than just salad.

In the morning I eat an omelet with diced tomatoes and onions with a glass of milk. At break, I eat a mix of nuts or a banana. For lunch I have a large sandwich stuffed with lettuce and cucumber, dripping with olive oil. Not bad. What about waffles overflowing with maple syrup, pasta with vegetables and cheese or some juicy fruits? These are all flavorful vegetarian options that provide nutrition without having to eat meat. All it takes

is a little imagination to create a lavish vegetarian meal.

Most people think that being a vegetarian is hard. And sometimes it

By choosing healthy foods like leafy greens, I feel that I have gained a strong nutritional advantage because of my diet.

is. But most of the time it's a blessing. By choosing foods like leafy greens, which are filled with health-promoting antioxidants, and by excluding some unhealthy red meats like beef, which have been shown to contribute to cancer and heart disease, I feel that I have gained a strong nutritional advantage because of my diet.

Because of the complexities used to classify dietary lifestyles, people often get confused about the different types of vegetarians. For example, some vegetarians eat fish, while others refuse to eat dairy products. Once in a restaurant, the waiter served the dish without egg or cheese since he thought being vegetarian prohibited us from eating dairy products. My family does not eat any form of meat, but we do eat eggs and dairy products.

Many teens decide to convert to being vegetarian because of animal rights or other personal reasons, but my family has been vegetarian for generations. It started since my ancestors who were Jains. In their religion, eating meat was prohibited. My sister and I have grown up this way, and tradition dictates our

Anime all day

by Vivian LeTran

It's Monday tutorial, and sophomore A.J. Nguyen is in his Chinese class diligently finishing up the Chemistry Honors homework that he didn't get to the night before. Meanwhile, his friends are cheerfully swapping weekend stories, whining about upcoming tests and commenting about how much time they spend online. Nguyen would have loved to join in with the conversations, but the time he spends online is the exact reason why he can't join the fun.

Nguyen is one of a multitude of students who opt to waste time at home online rather than doing school-related work. However, this behavior may just be a blessing in disguise. In Nguyen's case, he finds that doing his homework at school helps him work more efficiently and he absorbs the material better, even while surrounded by friends.

"When I'm at home, I can't do my homework, so I developed a habit to play. It's a time-waster," said Nguyen. "Even if I don't have homework, I end up sleeping at the same time as if I did."

Nguyen spends an average of six hours online every day. Part of Nguyen's afternoon routine is watching anime online.

"I started watching [anime] in middle school after I saw a few [episodes] on TV, then decided to look it up online," said Nguyen. "I loved it immediately and have watched ever since."

The term anime refers to Japanese animation. Most of the time, animes are based on Japanese comics, called manga. Although anime found its roots in Japan, it has spread to become a global phenomenon. Animes that have achieved high levels of success are often dubbed with a replacement of voices in English and shown on TV. Many

people across the globe have also taken up the task of adding in subtitles, a fan-preferred format which preserves the emotion of foreign languages, and uploading the videos online.

"I can't stand the dubbed versions. The only good dubbed animes are the extremely famous ones that actually have decent voice actors," said Nguyen. "The ones online—the originals—are always much better because you get to see them in their un-edited forms and there are subtitles so you can understand them."

Although Nguyen spends a lot of time watching anime online, he is still able to take advanced classes such as Chemistry Honors.

"Despite spending so much time on my computer, I still stay manage to keep my grades up," said Nguyen.

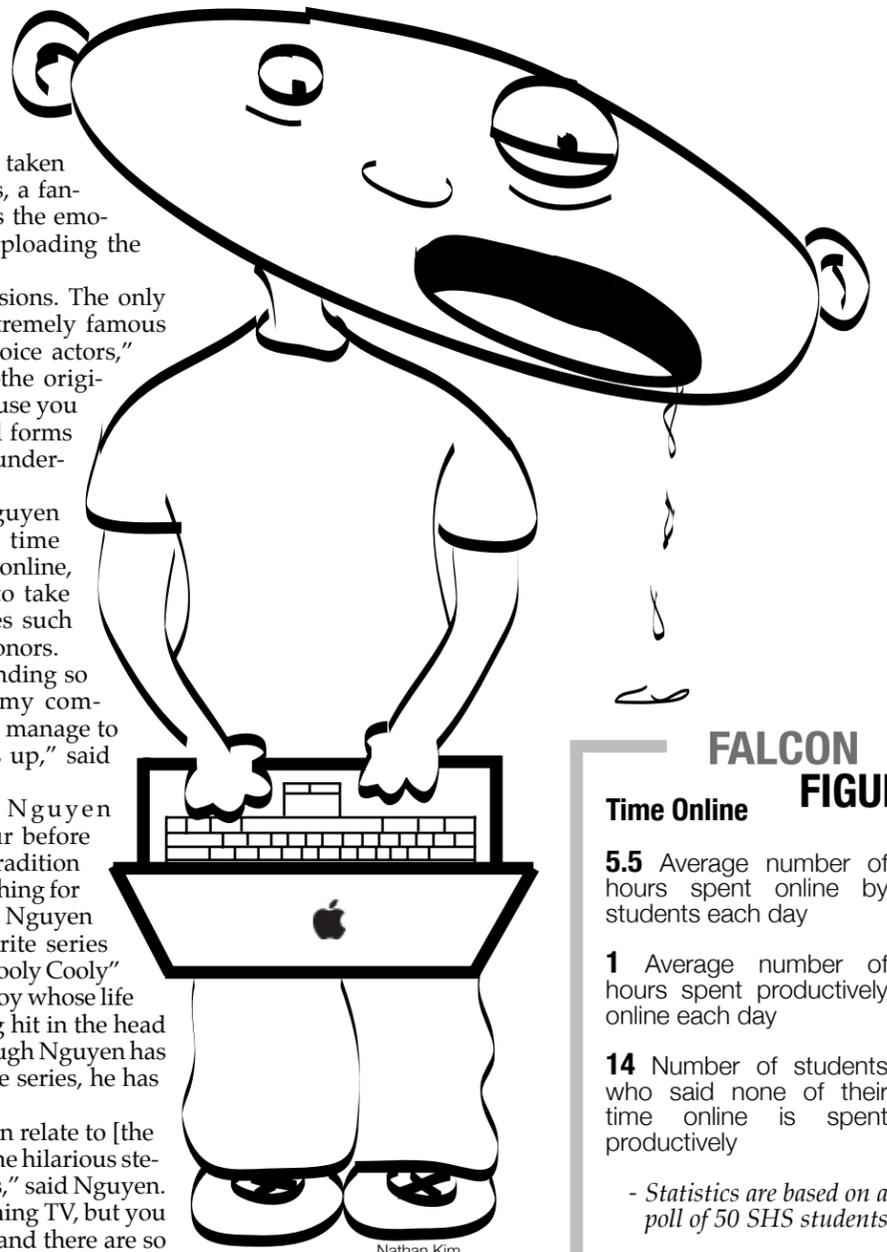
Normally, Nguyen watches anime for about an hour before he goes to bed every night. This tradition is often followed by hours of searching for an anime that he finds interesting. Nguyen is currently rewatching his favorite series "Fooly Cooly" for the 18th time. "Fooly Cooly" is a unique anime about Naota, a boy whose life is turned upside down after being hit in the head by an alien with a guitar. Even though Nguyen has watched over hundreds of anime series, he has never gotten tired of them.

"It's fascinating. I find that I can relate to [the anime]. I love the characters and the hilarious stereotypes, such as obsessed fangirls," said Nguyen. "Watching anime is just like watching TV, but you can watch it whenever you want and there are so many to choose from." ♦



NGUYEN

Nguyen spends an average of six hours watching anime online every day.



FALCON FIGURES

Time Online

5.5 Average number of hours spent online by students each day

1 Average number of hours spent productively online each day

14 Number of students who said none of their time online is spent productively

- Statistics are based on a poll of 50 SHS students

Waste Time Online!

Not all forms of entrepreneurship beget profit

"Farmville instills a euphoric feeling of responsibility."

Izzy Albert and Albert Gu



Farmville is a game that recently appeared on Facebook and is quickly developing widespread popularity. The game itself is not very complicated; it revolves around planting crops, which takes a certain amount of time in real-life to become harvestable. Planting and harvesting crops give gold and experience; gold is used to buy items and decorations, such as hay bales, barns, and tractors, while experience contributes to your level. Users can also give gifts, mostly animals and trees, to each other. Although Farmville is very simple, we find it very appealing.

Albert's take:

When I first added Farmville, I thought it was the lamest game ever. Who wants to have to set their schedule so that they can check back four hours after planting just to harvest their crops? Not me. And that was that.

But a week later, I decided to try it again, making sure I was available in four hours to check back. When I harvested my first crops and received a large boost of gold and experience, I was set on a quest of power leveling which I'm still on to this date.

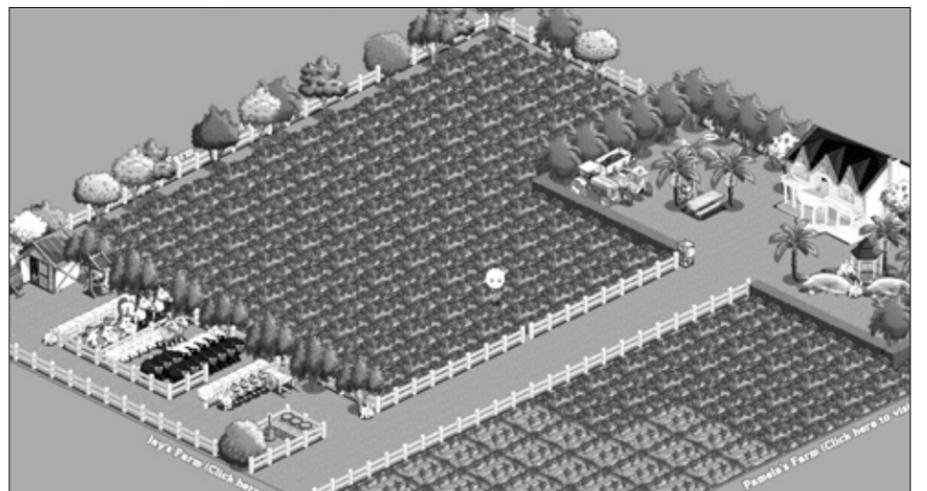
Everything I do on Farmville is toward the goal of gaining as much experience as quickly as possible. Every night, I take time to decide which crops to plant and harvest the next day, which depends on my schedule. And unlike most other farmers, who only harvest crops once a day, I spend my weekends harvesting every four hours to reap the maximum experience possible.

Besides crops, which are the main feature of every farm, Farmville also has a variety of items that you can decorate your farm with. Conveniently, there is a thin gutter of space on the edge of every farm that can be filled with animals, vehicles, plants and buildings.

Although a lot of my neighbors just fill this space by scattering in plants and animals in one big mess, I take time to make sure my farm is neat. I organized the animals in neat rows along the left side, making sure they're all facing the same way (they have a tendency to move around) and my trees in blocks of 10 on the right side. In the meantime, I sometimes have fun messing around with my farm as well. Once, I deleted a quarter of my field and filled it with rest tents; I've also taken out a section and made a nameplate with haybales. With all the items available, the possibilities are endless.

Izzy's take:

Farmville instills in me a euphoric



courtesy of Albert Gu

Farmville allows players to manage crops, animals and decorations on their virtual farms.

feeling of responsibility. As lame as it sounds, the idea of going home and tending to my virtual crops makes me feel like a proud mother, needing to go home to feed her child. The dreadful thought of my crops withering is painful to think about, which is all the more reason to be a responsible farmer and check in on my farm often. When I wake up in the morning, I check on my farm before leaving for school. When I get back home in the afternoon, I plant some raspberries, which are harvested in a couple hours only to be replaced by blueberries. Four hours later on the dot, I harvest the blueberries and must remember to collect some horse hair as well.

Watching my crops grow is probably the most exciting aspect of Farmville. From the moment I buy the seeds to when I click on the fully grown crop to harvest it, I feel thrilled to watch them bloom. Whenever I see a crop fully grown, a burst of happiness courses through me like electricity, and my proud motherly instincts are satisfied with a virtual harvest. Who knows, maybe someday I'll become a real farmer and my Farmville skills will be put to the test.

Although this game may be addicting, it gives us a chance to break away from reality. We might lose some friends along the way, but at least we have cotton. ♦

ATHLETE OF THE ISSUE

Senior puts best foot forward on and off the field

Football experience has made Jian Lee stronger student, better person

by Karen Lyu

The football field is lit up by blinding white lights. Sweat beads form on senior running back Jian Lee's forehead as he focuses on the football hurtling his way.

He catches it in his arms and hugs it tightly to his chest, scoring one of his two touchdowns in SHS's first game again Westmont on Sept. 12. In that game alone, Lee rushed an impressive 41 yards, helping the Falcons dominate 52-27. This is just a ordinary game for Lee.

Lee first started playing Falcon football his freshman year. Three years later, he can't even imagine life without it. He is one of three running backs who plays regularly on varsity, currently averaging 46 yards per game.

The adrenaline and sportsmanship involved keeps his head and heart in the game.

"It's fun to [play] against other schools," said Lee. "[I like] the competitive edge in it."

Besides providing the fun of going up against other schools, playing varsity football also gives Lee a chance to hang out with his friends and get closer to his

teammates.

According to Lee, the football team is a very close knit group because of all the time they spend together on the field at practice and at team activities, including their regular team dinners before weekly games.

"You become better friends with the guys on the team," said Lee.

Although practice takes up a grueling average of 15 hours each week, Lee juggles his academics, social life and love for the game well.



Lee

He learned it the hard way in his sophomore year, when the game took a toll on his school work.

Lee said he handles everything pretty well now, though some nights when practice runs late, he often can be found staying up late to finish his work.

"You have to go to practice and you have to do your homework," said Lee. "You have to be focused and know that you don't have the time to mess around."

Although he does not plan on playing football in college, Lee continues to be more than devoted to the game during his last Falcon season. Lee admits that football is one of the most important aspects to him.

"It's like my life," said Lee. "[During the summer], it took up a lot of time. I couldn't do anything."

"But," he says confidently, "it was worth it." ♦



Jordan Waite

Running back Jian Lee makes a cut during a game against Santa Teresa on Sept. 4.

BOYS' WATER POLO

Falcons avenge last year's tough loss against Wilcox

by Cullan McChesney

The month of October brought mixed results for boys' water polo players, who started with a disappointing 8-7 loss to Harker on Oct. 1. However, the team rallied to defeat Cupertino 12-9 on Oct. 1.

"The Cupertino game really motivated us because we had lost to them in a tournament so it was big to beat them in league play," said junior set defense, Tim Rollinson.

Strong plays and good goals came from senior co-captains Kevin Rollinson and John Chen.

Toga gained a major victory over rival Wilcox in an intense match-up on Oct. 8. After suffering a major defeat to Wilcox

in a 20-9 blowout last year, the Saratoga boys were looking for sweet payback in their second game this season against Wilcox, and that's exactly what they accomplished.

K. Rollinson, one of the lead scorers for Saratoga throughout the season, put the Falcons up on the board by scoring a goal within the first 20 seconds of the game, following it up with a second goal shortly after.

"That first goal was a big break for us. It got us pretty psyched up," said K. Rollinson.

Those first two goals had a noticeable impact on both teams: Wilcox was evidently frustrated and the first thing to start slipping was their teamwork, resulting in only one player scoring most

of their goals.

The Falcons were able to spread their scoring around the team with frequent goals coming from key players Chen, senior Kevin Yao and the Rollinson brothers, together accounting for the majority of the 13 goals scored by the Falcons in that match.

"The whole game went really well," said T. Rollinson. "I think that our confidence from the strong first quarter had a lot to do with it."

The Saratoga boys kept that momentum going for almost the whole game, despite a noticeable lapse around the third quarter when Wilcox rallied to score four points against Saratoga's additional two goals.

"I think the way our defense played re-

ally helped. That was part of the reason we got killed last time, that our defense was weak" said sophomore Eric Wang.

Even though Wilcox came back strong in the third quarter, Saratoga was able to shut it down in the fourth quarter with multiple goals by both K. Rollinson and Chen.

"I think our major players really stepped up to the plate this time, along with the rest of the team. We were kind of pissed about last time" said Wang.

Ahead for the Falcons are difficult matches against their traditional rivals: Fremont and Lynbrook.

These end-of-season matches could potentially make or break the Saratoga's CCS chances, with the team coming in with a 3-4 record currently in the season. ♦

GIRLS' GOLF

Injuries, scheduling cause problems in strong second season

by Uttara Sivaram

Falcon golfers have entered the prime time of their season, playing against other teams at least twice a week. Although this has impacted the amount of time usually set aside for improving their games, the increased exposure to new opponents and courses have helped the girls become more formidable players.

"I would have liked to practice more in between matches," said No. 4 golfer freshman Samika Kumar. "It's hard to improve with back-to-back matches."

The girls' hectic schedule is beginning to be reflected in their scores. Their low stroke-count from the beginning of the year has begun to creep upwards, simultaneously lowering their chances of qualifying as a team for CCS. While the option of individual qualification is still open to the girls, their gradual drop in ranking has been disheartening.

The team is missing senior Sharon Kikinis, former No. 5, who has a fractured right arm. Her absence from matches has proven to be tough for the team, who has counted on Kikinis for low scores and an almost equally important sense of humor.

"It's really frustrating," said Kikinis. "This is my last season, and I'll be missing most of it."

The team is hoping for a speedy recovery for Kikinis, but must adapt to her absence.

Even while missing Kikinis, the girls have put up a fair fight, establishing themselves in their league. In their third match on Sept. 23, they beat Sobrato and Lincoln on Saratoga's home course by 42 and 43 strokes, respectively. Proving to be just as competitive on unfamiliar

terrain, Saratoga yet again handed defeat to Sobrato on Sept. 25 at San Jose's curvy links, Santa Theresa.

From there, however, the girls' scores began to wane as they suffered four successive defeats—twice against both Lynbrook and their main rival, Los Gatos. The Lynbrook girls proved to be

dangerously low scorers, even at the long and windy Coyote Creek course on Sept. 28. Although the Falcons fared better during their Oct. 1 match against

Lynbrook at the short and skinny Deep Cliff course, Lynbrook still managed to win by a margin of five strokes. Los Gatos, which has consistently outscored Saratoga, won both the Oct. 5 and Oct. 7 matches by margins of 28 and 21, respectively.

"It wasn't that surprising to lose against Los Gatos," admitted No. 2 senior Natasha Aleksic. "But last year, they were totally out of our league. Now, we're able to compete with them on so many more levels. We're on pretty even footing with them."

Although the past few defeats have been trying to the girls' morale, they continue to train harder than ever. With only seven matches left, they wish to make a mark on their new division as the season comes to a close. Prospects for entire team qualification are dim, since only the top three schools in the league can enter CCS as a team, however, the girls will try hard to better their chances for individual qualifications so that Saratoga will be best represented at CCS this year.

"This team is definitely going to be one of the most dominant in the league," said No. 3 freshman Jay Kim. "It's just exciting to be a part of it." ♦

"We're able to compete with [LG] on so many more levels. We're on pretty even footing with them."

—senior Natasha Aleksic

GIRLS CROSS-COUNTRY

Season slowing down, runners speeding up



SOPHOMORES EMILY WILLIAMS, AMANDA OLSON, AANCHAL MOHAN AND KYLIE TSENG

by Sophia Cooper

Covered in dust, sweat and grime, the girls pushed their way up the last 100 meters of the grueling 2.95 miles. The hills had worn them out. The wind had made them cold. But the Crystal Springs course had made them stronger.

The girls' cross country team traveled up to Belmont on Thursday, Oct. 8 to race at the S.C.V.A.L. Crystal Springs meet. This course will be the home of League finals on Nov. 3 and CCS finals on Nov. 14, so it was important for varsity first-timers to get a feel for the difficulty. Leading the pack was sophomore Courtney Scholssareck, finishing second in the sophomore girls race with an astounding 20:06.6, running 6:49 pace.

"[Scholssareck] really excelled," said head coach Danny Moon, "[but] we [also] had people improve all across the board, from our top runners, to the middle of the pack, to the back of the pack."

Next for the Falcons was senior Karen Wai, the sixth senior across the finish line in 20:43.3. Also running strong were ninth

place freshman Caroline Chou and seventh place sophomore Emily Williams, running in separate grade-level races. Junior Hannah Harter and sophomores Lou Guy and Kristine Johnson rounded out the top seven Saratoga runners.

The team also raced at the Central Park Invitational on Sept. 29, with varsity finishing fourth out of 13 teams. Top runners were Wai, Scholssareck, Williams, Chou, and Harter.

Looking forward, though, the varsity girls are focusing on League finals and CCS.

"We'll be doing harder workouts and some hill work," said Moon. "I hope that everyone has a good time [at League finals]. [Varsity] will just do the best they can, and we'll go from there."

Ignoring the speed and athleticism, Coach Moon emphasizes the importance of having fun and running as a team, demonstrated through team spirit days and weekly secret buddy gifts.

"I really want [the girls] to run as a collective group," said Moon. "The cross country team is like a little family, and it really is a lot of fun to have them." ♦



FROM LEFT TO RIGHT: FRESHMAN COURTNEY SCHOLSSARECK PUSHES HER WAY UP THE FIRST HILL AT CRYSTAL SPRINGS ON OCT 8; SOPHOMORE EMILY WILLIAMS CRESTS THE HILL; SENIOR KAREN WAI FOCUSES ON THE LAST 900 METERS OF HER RACE; JUNIOR HANNAH HARTER ROUNDS A FINAL CORNER AND STARTS HER KICK.

FIELD HOCKEY

Strong bonds, stronger games

by Synthia Ling
and Ren Norris

Dressing up in crazy costumes, having backyard overnight camp outs and playing a night game of capture the flag—these and other similar fun activities are common for the field hockey girls as a way to get closer as a tight-knit team. The girls believe that success in the season stems from building a strong team morale through such team bonding activities.

"Team bonding is really important, because if we don't get along outside of the sport, there's no way we would play well together on the field," said senior co-captain Sam Li.

One pivotal team event was the team sleepover at the beginning of the season. The team spent the night playing glow-in-the-dark capture the flag and camped in senior co-captain Madeline Rothenberg's backyard in one giant tent. The event was meant as a way for everyone to get to know their teammates outside of practices and games.

"Our sleepover helped people come out of their shells and open up more," said senior Jessica Liscom.

Though the team is now well acquainted and in mid-season, the girls continue to bond through dress-up days at practice and team dinners every week.

"Bonding and team activities makes us more comfortable around each other which makes us play better," said junior midfielder Kathryn Nobles.

The girls used their team effort to put up a fight on Oct. 6 at home against rival St. Francis, whom they beat last year in

CCS. This time, however, they fell short when St. Francis barely won 2-1.

Although St. Francis scored first during the first half, during a short corner play senior co-captain Anna Schroeder tipped the ball and junior forward Whitney Hansen scored. The second half was scoreless, forcing the game into overtime with both teams tied up 1-1.

Assistant coach Amber Wilson said Saratoga dominated the majority of overtime, but St. Francis was able to get the ball one time and they scored.

"The game was disappointing because we had so many chances to win it," said

Schroeder. "Everyone played incredibly well, but we just couldn't finish."

Although it was a scrimmage and not a league game, the team had an important victory of 2-1 on Oct. 2 against Gilroy, who has a powerhouse offense. The

game went into overtime, and Saratoga was victorious with both goals scored by Schroeder.

"I'm very proud of the girls for beating Gilroy," said Wilson. "We were able to put girls in different positions and they still played hard."

As the team enters its second half of the season when teams play each other for the second time, the girls will have to use their teamwork developed by bonding activities in order to gain revenge on future opponents. Regardless of the outcome, the girls will take away more than just field hockey from this season.

"The team this year is really close," said junior midfielder Vanessa Block. "We're more than just teammates on the field, we're friends off the field too." ♦

“Team bonding is really important because if we don't get along, we won't play well together.”

—senior Sam Li

VOLLEYBALL

Falcons bump to the top

by Aanchal Mohan

The girls' volleyball team is trying to be a force in the De Anza League this year. So far they've had mixed results.

They won their first league game against Homestead Sept. 24 (3-0) and then lost to Los Gatos 3-0 Sept. 29 and to Palo Alto 4-1 Oct. 1. After the two losses, the Falcons beat Gunn 3-1 Oct. 6 and later on picked up another victory against Los Altos Oct. 8 (3-0).

"We started off with the two toughest teams in our league and lost," said junior setter and opposite hitter Hannah Nielson. "Besides that, we have been playing very well and have been working as a team."

As of Oct. 15, the Saratoga Falcons were in third place out of the seven teams in the league.

"This year we actually have a chance," said Nielson. "If we work on all the things that we need to, we can be at the top."

While the team is working on improving their techniques such as blocking and receiving passes from services, the Falcons also said they need to work on the mental aspects of the game.

"Sometimes we get down and we can't get back up," said senior libero Emily Baba. "It's kind of mental. We think that we can't beat them so then we don't try as hard."

Another obstacle is the inexperience of the new middles. While coach Brad Frederickson has been working with new middles, sophomores Chloe Knight and Talia Sisco, and junior Megan Brading, on their technique separately at practice, they still have a lot to learn. But even under all the pressure, the new middles are bringing their own special something to help the team rise to the top.

"They bring a positive attitude to the team," said Baba. "[Because of this] our team is a lot closer than it was last year."

The closeness of the team is playing to a huge advantage for the team.

"There is no drama [among girls] at all and our practices are really fun," said Nielson. "Everyone gets along and coach treats everyone as equals."

The Falcons played away at Mountain View and lost Oct. 12 (1-3). The Falcons play at Homestead Oct. 14 and at Westmont Oct. 19 but due to printing deadlines results could not be printed. ♦

The new middles are bringing their own special something to help the team rise to the top.

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FOOTBALL

Hopes of CCS still alive, but big games lie ahead

by Karthik Annaamalai
and David Eng

Last season, the Saratoga High football program was out to prove that they belonged in the De Anza league, one of the most competitive in the area. Although many doubted that the Falcons would succeed, the squad showed these skeptics otherwise with their 4-6 record.

This season, second-year head coach Tim Lugo wants to advance to the CCS playoffs.

"At the start of every season, we set a new goal for ourselves," said Lugo. "Last year, it was establishing ourselves in the [De Anza] league. This year, it's making CCS."

Between Saratoga and their hopes, however, stand five opponents in Wilcox, Los Gatos, Homestead, Mountain View and Cupertino. The Falcons must win at least three of the games.

"Our chances are still good," said Lugo. "We still have a shot of making CCS."

A key to winning these games will be

the Falcons' rushing attack, led by senior running back Grant Thomas.

Averaging nearly 300 rushing yards per game, the Falcons hope their ground attack will force opponents to focus on controlling the line of scrimmage rather than the aerial attack. Senior quarterback Vinnie Carstens looks to take advantage of the opportunity.

"Our running game has come a long ways and now our passing game is finally coming along as well. I think getting better each week is the big goal right now," said Carstens.

Another key to success will be Saratoga's unusually young defense, comprised of two sophomores, five juniors and only four seniors. Although the young Falcon defense struggled in their first few appearances, Lugo noted that it has made "considerable progress."

"Our biggest problem on defense is being structurally incorrect," said Lugo. "It's part of the growth process we need to go through as a team to get better."

Senior defensive end Adam Oreglia, who averages 10 tackles per game, leads

the young defensive unit.

"Early in the season, we saw a lot of mistakes, so we practiced to ensure everyone was doing the right thing. I think we're going to be in the right spots moving forward," said Oreglia.

Despite the Falcons' disadvantages, particularly against teams like Milpitas, they have fought with a strong work ethic.

"We're definitely shooting to be the best and we're looking to go 48 minutes in every game," said Oreglia. "Whether we're behind by 30 or ahead by 30, we're going to go all out for 48 minutes."

Key errors plagued the defensive unit playing away against the high-flying Palo Alto Vikings passing game, resulting in a demoralizing 17-41 loss on Oct. 2.

The following game, Saratoga's defense faltered again against a high-octane and well-rounded Milpitas Trojan offense at home on Oct. 9. They allowed 350 total yards to the physical, speedy

team, losing 55-21.

Because of printing deadline, the Falcon was unable to cover the team's game against the Wilcox on Oct. 16. The Falcons will travel to play the Los Gatos Wildcats in a showdown between cross-town rivals tonight. ♦

SCOREBOARD | FOOTBALL

10/9 Saratoga 21, Milpitas 55

GAME HIGHLIGHTS:

The Falcons hung tough through all 48 minutes, but were unable to prevent 350 yards Milpitas gained.

PLAYERS OF THE GAME:

Jian Lee: ran one of Toga's three touchdowns

Adam Oreglia: one of the top lineman, Oreglia stayed strong through the entire game against a top team

~ by Sophia Cooper

GIRLS' TENNIS

Spirited girls defeat Lynbrook, Los Gatos, Paly

by Lauren Kuan
and Denise Lin

Twelve tennis players, decked out in nerd attire, Fresno T-shirts and red knee-high socks paraded the halls on Sept. 24, getting pumped up for their first home match against Lynbrook. Fully "nerded out," they creamed the Vikings 7-0.

As of Oct. 15, the team is 5-1. The loss came at the hands of talented Monta Vista. In the match against Monta Vista on Sept. 22, four of the matches went into the third set, but the Falcons lost 3-4.

"Just like us, they have a lot of depth in their singles and doubles lineup, which means on any given day the matches could go either way," said head coach Tom Uyehara.

The players also faced a close match against Homestead on Sept. 29, and came out on top 4-3, even

with the absence of No. 2 doubles player junior Mary Edman due to an injury.

"Even though we were not prepared for the windy conditions, everyone still played their best, and that is all that matters," said sophomore Sarah Lum. "The overall match score was close, but because of our hard work and concentration we pulled it off."

After the close victory against Homestead, the team traveled to Los Gatos on Oct. 1 and came out on top again, 6-1. The team secured five wins against Palo Alto in the match on Oct. 6.

"At first, it was really tough for [Sarah and I] to get into a groove since we never played or practiced together; but I was impressed with the way we were able to come back and take it to a third set," said Edman.

While the team has a great record so far, Uyehara said it is crucial for

double players to be more active on the court.

"What hurts us each match is the amount of unforced errors we make at the net and we need to put more volleys away," said Uyehara. "If we can cut down on these mistakes, then we will have the upper-hand in many of these tough matches."

Although the season is only half way done, with a few changes and hard work, the team expects great things. The team faced Monta Vista in a huge rematch at home Oct. 20. (Results were not available because of printing deadlines.)

"We are at the same position this season as we were last season," said Uyehara. "I am proud of the way the team has battled thus far, but the season is far from over and we have many obstacles left. I expect great things from this team and hopefully the results at the end of the season will reflect the work we have put in on the court." ♦



Senior Annie Lee returns a shot in a game against Palo Alto on Oct. 6. Her victory helped towards the team's win of 5-2.

BOYS' CROSS COUNTRY

Injuries may hamper end of season

by Vijay Menon
and Jordan Waite

The injuries of two varsity runners, freshman David Zarrin and sophomore Lawrence Liang, may prevent the boys' cross country from succeeding in league and CCS meets. Liang is slowed by a back injury while Zarrin has to wear cumbersome knee braces while running.

"Unless [Liang and Zarrin] recover from their injuries, we're going to have a hard time placing in CCS," said top runner junior Kyle Fukui.

Despite these setbacks, the boys ran successfully in the Castro Valley Invitational Oct. 10. Fukui was absent as a result of a band competition, but the team placed 14th out of 30 teams. Zarrin and junior Garrick Chan both ran well, with Chan placing 74th and Zarrin placed 98th out of 265 runners. Freshmen Pablo Parker and Aasin Naqvi also stepped up to race varisty.

"It was a tough course," said Zarrin, "but luckily [our race] was in the morning so it wasn't too hot."

The team also raced in the Crystal Springs Invite Oct. 22, but the results

could not be published due to printing deadlines. The Crystal Springs course is known to be one of the toughest in the nation with its dusty, hill-filled 2.95 miles. The boys will run the course three times this year as both the league and CCS meets take place there.

"Every time you run Crystal Springs, you learn something new," said Fukui. "So the more experienced have a good chance of improving on their times from previous years."

Fukui's personal record on the course is 17:05, and his goal is to run it in under 16:40 by the end of the season. It was Zarrin's first time on this course and he had mixed feelings going into it.

"I [was] excited to finally get to run there," said Zarrin, "but I [was] nervous for my first time."

The boys have the second Lynbrook Center Meet coming up Oct. 29, followed by the league finals Nov. 3 and CCS finals Nov. 14.

"Our chances of making state as a team are low," said Chan. "But there is a chance that there will be individuals that will make it to the meet. We just have to train hard for the next two weeks." ♦

GIRLS' WATER POLO

Chronic losses disappoint girls

by Emily Williams

Even though the team has only one win so far this season, girls' water polo coach Courtney Crase is working to keep her players moving in a positive direction.

"We try to play every game with 150 percent effort, composure and heart; our motto is balls out until the end," said Crase.

The girls have had a tough season so far, but their win against Mountain View (9-8) on Sept. 24, gave them renewed vigor to come out hard in all games.

Crase's positive attitude was tested but not dampened when the girls lost to Homestead Sept. 29 (5-9), despite how they played hard from start to finish.

"It's really frustrating since I know we can do better than this," said senior co-captain Stephanie Borsum. "It's just a matter of how much we want it."

The team's luck seemed to hit rock bottom again when Los Altos dominated the Falcons Oct. 1 (1-16) and again when they were lost to Gunn Oct. 6 (3-17).

The team played Palo Alto for the second time this season on Oct. 7. Despite

another loss (5-11), Saratoga played better than in their first match-up.

"We came out hard and we ended up keeping the score really close [during the parts of the game], which is really good," said co-senior captain Sara Knysh.

It may be small, but there is an improvement since the beginning of the season. The team is finally working together towards a common goal: victory.

"We are playing better as a team since we are starting to focus more in practice and do what we need to do to improve; now we just have to apply it to games," said Knysh.

In addition to their daily practices the team is focusing on team building outside of the pool. The team has dinner together and they get slurpees every Friday after practice.

"We are starting to step up and get to know each other better," said Knysh. "

The team played Los Gatos on Oct. 15 and lost (4-18), but their game was much improved from the last time.

"I think we have potential to win as long as we play our best game and don't let them come out harder than we do," said Knysh. ♦

The Skinny

What's Hot Online
saratogafalcon.org

-News: "Juniors, seniors head to wild wild west" by Jordan Waite

-Opinion: "Homecoming traditions not what they used to be" by Karthik A. and Ren Norris

-Sports: "Stripes, bows and Under Armour" by David Eng

-PC: "Metronome memories" by Anshu Siripurapu

TOPTEN

WAYS TO SCARE PEOPLE ON HALLOWEEN

10 Start singing like Justin Bieber. *I'ma tell you one time...to stop singing*

9 Convince Aditya Dev that Thursday is no longer a day of the week. *You'll scare the Thursdaylight out of him*

8 Give out Bio and Chem tests instead of candy. *Enough said.*

7 Ditch the make-up. *Your mascara won't be the only thing that's running.*

6 Dress up as "The Orphan." *Esther...*

5 Toilet paper yourself. *And blame the first trick or treator who walks by.*

4 Rent an old van for the day and write "Free Candy" on the windows. *Don't worry, you'll seem legit.*

3 Wear a mask that looks like yo momma. *Would you like some aloe vera for that burn?*

2 Go door to door and act like Bon Qui Qui. *Girl they will cuuuuuut you.*

1 Show them this list. *It's so bad...so bad.*

-Izzy Albert

THECRITIC
I am T-pain

I wanna be T-Pain. However, the chances of stardom are pretty bleak, as I can't sing.

But with the release of Smule's latest iPhone application, "I Am T-Pain," it is easy for anyone to be a star. Developed by T-Pain's Nappy Boy Enterprises and Antares, "I Am T-Pain" records vocals over the original instrumentals of the superstar's very own hits, such as "I'm On A Boat," and transforms them with Auto-tune to make an illusion that you can sing like T-pain.

"I Am T-Pain" is a must buy for anyone who wants to emerge themselves in T-Pain's Thr33 Ring Circus or just wants a few kicks with friends.

- by Brian Kim

Saratoga Snapshots

Some Like it Hot

"I guess there's a sort of pride in being able to handle something spicy."

Mary Mykhaylova



Let's be clear: I may be a white Ukrainian girl, but I love Asian food. Japanese, Chinese, Thai and Vietnamese are delicious, but Indian is the winner by a long shot. Yes, I know it's spicy. I love it.

I'm no professional in matters of Indian cuisine, but I do know that when Indian food is served during Falcon Deadline Nights, I'm the one teaching most of my friends how to pick up the butter chicken with the chapatti.

Stereotypes cause doubts

It never ceases to amuse me how people doubt my taste buds. My best friend is Indian, and still, whenever I eat at her house, which is as often as possible, her mom still makes sure each time that I'm OK with whatever she is cooking. But then, she is reminded that my endurance is at the level of her daughter, and all is well.

When eating out, however, deducing spiciness level can be more difficult. Some restaurants are more Americanized, and thus, the dishes are blander, while others stick to the original flaming recipes.

When in doubt, I usually tend to go for the riskier alternative. I guess there's almost a sort of pride in being able to handle something spicy, and I always love a challenge to my taste buds.

Eating out

A few weeks ago, my parents took me out to a Vietnamese restaurant for dinner.

I was pretty tired that evening, so I was too lazy to be overly adventurous and settled on the familiar sweet and sour chicken. When the waitress came by to take our order, I asked, "Is the sweet and sour chicken spicy?"

"No," she smiled, seeming as if she was trying to reassure me.

"Oh but, in fact, I would like it spicy, please, if that's possible," I requested politely.

The lady looked at me skeptically and asked a few times whether or not I was sure, trying to scare me off by telling me the three different levels of spiciness and the ratio of chili powder in each one.

Spice tolerance underestimated

Not wanting to go too overboard, I decided to ask for "medium plus."

I expected it to be pretty zesty, but not quite super hot. I knew I had to be somewhat cautious, since ordering something spicy flamboyantly and then not being able to swallow a single morsel without of tears stinging my cheeks would just be embarrassing.

Well, believe me when I tell you this: The sweet and sour chicken was a "light minus," at most. To make matters worse, when the waitress came to check how we were doing, she had the audacity to inquire whether the chicken was *too spicy!*

I wanted to ask if this was a joke, but held my tongue (which wasn't even tingly).

Planning for a hot future

All I can say is, I much anticipate second semester of senior year. My friend and I made a pact with her mom that she is going to teach us how to make one Indian meal every weekend.

Bring it on, chili powder. ♦



Jordan Waite



Christine La



Jordan Waite



Jordan Waite

CLOCKWISE FROM TOP LEFT: DRAGON TALES FRESHMAN EMILY CHE DRESSES UP AS A DRAGON FOR VIETNAM IN THE WORLD'S FAIR ON OCT. 12. REVENGE OF THE NERDS FRESHMAN MEGAN DOLES AND NADYA SHAHIN CELEBRATE NERD DAY ON OCT. 2. BACK IN THE DAY SARATOGA ALUMNI RIDE IN OLD STYLE CARS AT THE FOOTBALL GAME VS. MILPITAS ON OCT. 9 FOR THE 50TH ANNIVERSARY OF SARATOGA HIGH. GREASE LIGHTNING RALLY COMMISSIONERS ADITYA DEV, BRYCE DOZIER AND KYLE KEATING DRESSED IN 50'S ATTIRE AT THE ANNIVERSARY RALLY ON OCT. 9.

buzzworthy

Physics teacher dresses up as Newton

Halloween came a month early for physics teacher Kirk Davis, who dressed up as Sir Isaac Newton on Monday, Sept. 28 to educate students about the importance of the historical figure.

The Friday before, Davis told his five physics periods they would have a substitute. So students were surprised when a man wearing a wig with an apple in it and a black gown appeared in front of the class and began teaching. The "sub" declined to be called "Mr. Davis" and instead insisted on being addressed as "Mr. Newton."

"I did [the dress-up day] last year as well just to bring a little bit of lightness in," said Davis. "I just want to make physics class memorable and fun for [all my students]."

Newton discovered the principle of gravity in the 18th century when he was sitting under an apple tree and an apple fell on his head. Davis recalls being "bored

to death" in his high school classes and doesn't want his students to feel the same way.

"Whenever any of my teachers had more interactive or hands-on activities, I tended to pay more attention," said Davis. "I would remember things a bit more, as opposed to when they stand up and lecture." Although Davis hoped the change in identity would be fun, he wanted to make sure it was still a productive class.

Students, such as senior Dhruv Seshadri, found Davis's trick extremely shocking.

"I was extremely surprised at finding out that Mr. Davis dressed up as Sir Isaac Newton," said Seshadri, "but I really like how he tries to make physics a better experience for all of us." ♦



Davis

-Girish Swaminath