



W The San Ramon Valley High School WOLFPRINT



Vol. XLXIII No. 5

Hunting the news for the rest of the pack.

Friday, March 26, 2010

SRV Track seeks to improve on last year's success



Photo courtesy of Alina Sinclair

New talent from freshmen and sophomores adds to the already dynamic SRV track and field team

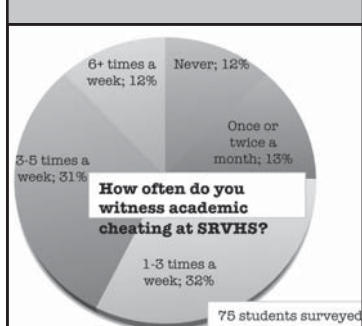
SRV's Mr. GQ raises funds to help Haiti



Photo courtesy of Sean Patrick O'Hara (11)

SRV males participate in the annual Mr. GQ

How often do you witness academic cheating at SRVHS?



- 1) 12% say "Never."
- 2) 13% say "Once or twice a month."
- 3) 32% say "1-3 times a week."
- 4) 31% say "3-5 times a week."
- 5) 12% say "6+ times a week."

Poll by Allie Tao

See cheating article on page 7

Forever 2011

Junior prom creates everlasting memories, but is it worth the cost?



A group of juniors poses for a pre-prom picture.

Photo courtesy of Kelly Nordine (11)

CRISTINA SMITH
FEATURES EDITOR
ALLIE TAO
EDITOR-IN-CHIEF

From the navy blue curtains draped throughout the dining hall, to the pulsing beats of DJ High Tops' speakers, junior prom was full of excitement and awe as students immersed themselves in the intricate designs of the Oakland Scottish Rite Center and the company of their classy schoolmates.

Every year once second semester begins, the flurry of planning starts among the upperclassmen regarding junior prom and senior ball. As the plans for limos, dresses, flowers, pre-parties, after parties, snacks and appointments are made, an immense cost is pegged on one evening before the actual tickets for the event are purchased. With hefty price tags for prom, which usually runs between \$80 and \$90, and ball, which generally costs between \$90 and \$110, one may wonder just how much the "special night" lives up to

expectations. Altogether, it is not surprising (especially for girls) to end up spending anywhere between \$300 and \$700 on one evening. Is it worth it? Altogether, for junior prom, probably not. It may seem extremely important at the time, but senior ball is the event that will be remembered and is therefore worth the cost.

Location is one of the key elements of prom and ball. The standard as-seen-on-tv proms in the high school gym are unheard of in the upscale suburbs of northern California. The off-campus locations for prom and ball are fairly stable as well. Prom is generally hosted at the large and rather breathtaking (at least upon first glance) Scottish Rite Center in Oakland along the shores of Lake Merrit. The large venue offers multiple levels of activities, each designated to dancing, dining, photography, or some combination of the three. Yet the glamour of the location of junior prom is drastically diminished by senior ball, which takes place at the St. Francis hotel in San Francisco. The



Jen Horton (11) puts on Matt Au's (11) boutonniere

Photo courtesy of Jen Horton (11)

Assassins stirs paranoia amongst SRV seniors

SAMANTHA ZARLING
STAFF WRITER

An off school version of Assassins continues despite the cancellation of the original game by the administration. The original Assassins version for San Ramon started on March 3, but was quickly abolished within three days. Similar to laser tag, Assassins is a live action game. In groups of three, seniors try to "kill" each other with NERF guns. To add to the heat, teams know who they are supposed to attack, but are unaware of the people that are attacking them.

This game is widely played across the nation. Despite the different variations, the goal of the players is all the same: to be the last team standing. At San Ramon, the weapon of choice is a NERF gun. Students purchase NERF guns

from the small Nitefinder to the Vulcan machine gun. According to Wikipedia, the weapons from different Assassins games range from water guns to tennis balls, to sharpie markers and of course, NERF weapons. Targets and Toys R Us have been the top sellers of the in-vogue NERF guns.

Because the number of players soared to three hundred, the game got out of hand. Multiple accidents, a large number of speeding tickets, and general disruption to the local community, caused the San Ramon Valley High School staff to take action. The main reason that the game was banned is because students were bringing guns on campus, which is banned. Two days after it had begun, Assassins was banned. The love for assassins led the seniors to create an off campus version that is not affiliated with San Ramon Valley



A senior stakes out behind bushes with a Recon CS-6 for an unsuspecting victim

Photo by Allie Tao

High School.

The new moderator is an alumnus of San Ramon Valley High School, Kevin Bruns. Bruns created all of the rules and is keeping track of the scores. The main rule is school is a safe haven and kills are strictly prohibited on campus. In addition, one shot is a kill. With

ambiance of the city helps aid in the novelty of the night, and the hotel itself is a beautiful mixture of class, history, and elegance. Unlike junior prom, senior ball is held only in one ballroom which provides the dining and dancing areas. Ultimately though, with such a small price difference between ball and prom (usually about \$20), ball boasts a much swankier and more stunning location.

Both prom and ball include of dinner. Prom consists of buffet style dining, but the food is unexpectedly disappointing. The cooking for a mass group is evident in the flavor, with a mere chocolate fountain on the dancing floor providing desert options. Ball includes a sit-down dinner brought by waiters in courses, with everything from bread to a decadent dessert. The food itself is delicious, better than most standard restaurants. The entire experience of the meal at ball is worth an increase in the ticket price.

Aside from the costs of one's own ticket, if one has a date in a different grade or who attends a different school, another large cost will be burdened on the budget for the evening.

In addition to all of the direct costs of the event, the indirect costs are often more steeper and numerous. Anywhere from \$100 to \$300 is usually spent on dresses or tuxedo rentals, \$60-\$100 for transportation (per person), \$20-\$40 for a corsage or boutonniere, \$30-\$60 for pictures at the event (yes, these are a separate cost as well), and \$60 for shoes. For girls there are usually even more costs such as for make-up, hair, and tanning. One could spend less on junior prom and use the money toward senior ball.

Yet maybe there is a way for leadership to plan the event to not cost so much money, leaving the evening more affordable for students, such as not building the costs for dinner and transportation (in the form of the school sanctioned buses) into the ticket price and letting students plan some affairs on their own.

the new off campus Assassins, kills are allowed at church and at sporting events. A team is not out until every member has been shot in that group. No shields or weapons other than Nerf guns are allowed.

With over 100 groups, Assassins continues on page 3

SRV students awarded as Student Recognition Project winners

The San Ramon Valley Student Recognition Project is a chance to acknowledge hundreds of students in the San Ramon Valley Unified School District for their skills inside and outside of the curriculum. Professional judging was completed by local business people with impressive capabilities in each of the categories.



Local student artwork lines the walls.

Photo courtesy of danvilleweekly.com

Acting:

Winners: Kenneth Allen (11), Jessica Svendsgaard (12), Alexis Patterson (12)

Honorable Mention: Thomas Brown (11), Kuuipo Quereto (11)

Applied Arts:

Winner: Kevin Hand (12)

Community Service:

Honorable Mention: Colby Washom (11)

Creative Writing:

Honorable Mention: Hailey Koart (9), Jennifer Horton (11), Stephanie Wraith (11), Jessica Svendsgaard (12), Sarah Dittmore (11)

Culinary Arts:

Winners: Andrew Lau (9), Colin Cook (9)

Dance:

Winners: Alisha Mullaly (12), Adam Powell (12)
Honorable Mention: Nicole Haworth (12)

Digital Arts:

Honorable Mention: Ian Clancy (11)

Early Childhood Education:

Winner: Brooke Freeman (11)

Entrepreneur:

Winners: Shae Doty (11), Marlena Cardoza (12), Alaina Perchak (12)

Honorable Mention: Austin Darrah (12), Joshua Peterson (12)

Fashion:

Honorable Mention: Alexandra Jordan (9), Lauren D'Agostino (10)

Financial Planning:

Winner: Lars Johnson (11)

Journalism:

Winner: Daniel Morizono (12)
Honorable Mention: Amanda Nguyen (11)

Photography (Digital):

Winner: Erica Brown (12)

Photography (film):

Winner: Kaitlin Raykiewicz (11)

Honorable Mention: Melody Maniex (10), Jennifer Aftanas

(12), Kortney Shannon (12), Caitlyn Clapper (11), Kimberly Castillo (11)

Science:

Winner: Stephanie Wraith (11)

Video Production:

Winner: Miquel Lukban (11)
Honorable Mention: Ian Padilla Jong (12), Alex Ganz (11)

Visual Arts (Black and White):

Winner: Kausaur Fahimuddin (12)
Honorable Mention: Caroline Keeshen (12), Lisa Sonoda (12)

Vocal Music:

Winner: Sarah Mori (10)
Honorable Mention: Kirsten Hicks (11), Thomas Brown (11), Claire Managan (11), Ariana Viera (12), Taylor Jacobs (10), Elizabeth Fleming (11), Annie Humphrey (11), Victoria Becker (12), Justin Riele (10), Kylie Rothfield (12), Melanie Pyle (12), Tim Wraith (9) & Lauren Carreno (12)

Infinite Campus picked to replace School Loop

MEGAN CABLE
STAFF WRITER

The San Ramon Valley Unified School District has recently found a replacement for the student information system that the district currently uses, SASIXp. The new system, called Infinite Campus, will have all the same applications as SASIXp and will be used by faculty to track student attendance, keep official grades, hold student's personal information and keep track of corrective discipline actions.

Many people have been misled into thinking that Infinite Campus will be replacing School Loop this year; however this is not the case. School Loop is not owned by the district like SASIXp is. School Loop is run by a company in San Francisco and the teachers in SRVUSD can post updates, while students can have access to their grade updates and track their progress. The installment of Infinite Campus will not affect the use of School Loop for students as of right now. "Infinite Campus does have a School Loop type module," said San Ramon Valley High School's Network Administrator, Jeff Martin, but he says it will not be implemented for at least another year.

There has been much controversy over the need of this new system. The district has suffered many budget cuts recently and to install this new system to all thirty-five schools in the district would cost around \$242,000

to activate the first year, and \$64,000 to maintain annually. However SRVUSD's current program, SASIXp, is no longer available from the company that created it. The school district has known about this for two years and in this time has discussed two options; to continue with a small more refined form of data submission that the creators of SASIXp still support, or to purchase a new program altogether. This issue was so controversial because of recent budget cuts, and many people did not believe that a new program was a necessity.

Terry Koehne, the district's Community Relations Director said, "We consider it very risky to continue with a system that is no longer supported. The student information system is critical for the core operation of the school district and we have many employees in the schools and offices that rely on it daily. It is not something a district can gamble on." A selection team was chosen of twenty-one administrators, teachers, and counselors from around the district to review and look at many competitive products. Bruce Chmielecki, the SRVUSD Director of Technology said, "Infinite Campus was the overwhelming choice of the selection groups." Although there were cheaper alternatives that would have been a more economical choice, the district felt that Infinite Campus was a more superior product for long-term use.

District approves budget cuts, teacher lay-offs

SARAH WOLLEY
STAFF WRITER

On Tuesday March 9 the SRVUSD Board of Education unanimously passed a preliminary measure to cut 136.45 FTE (full-time equivalent) in the school district.

The board has debated Resolution 68-09/10 for months at public meetings. It is not a final decision but a preliminary measure. It calls for: increased middle school and high school class sizes, discontinuation of 9th grade classes' with a 20:1 student-to-teacher ratio, a 28:1 ratio in K-3, middle school, and high school, elimination of secondary counseling services, and a reduction in TSA support services and administrative services.

Since some school staff work part-time, a reduction of 136.45 FTE means that many more than

136 people may lose their jobs. The district will issue pink slips to 27.1 FTE in counseling (all of the counselors that the district currently has on payroll), about 17.3 in middle and high school teaching, 70.2 in K-3 staff, eight in Teacher on Special Assignment (TSA) support services, and 3.834 in administrative services.

According to SRVHS counselor Jenifer Levy-Wendt, San Ramon would have cut some classes next year without the board's intervention because of decreased student population, but she projects that because of these staff reductions the school will cut about 30 classes. Classes from every department are at risk.

The board made this decision in order to meet the March 15 deadline by which they must alert all union members of possible termination. The board must make

the final decision by May 15, and all four of the board members expressed hope that they will most likely be able to rescind the majority of the cuts. The board also unanimously passed measures to lay-off and/or reassign two middle school administrators and to release a single special education paraprofessional.

Discussion of Resolution 68-09/10 took up more time than the discussion of the two resolutions that followed combined, as members of the community expressed their fears and asked the people who live in the district to advocate on the state level for more money towards the educational budget. Parents, teachers, and board members expressed reluctance to pass such a measure and blamed the state legislature as the primary source of education's current financial struggles. Two parents



Community members attend the March 9 Board of Education meeting

Photo courtesy of danville.patch.com

also expressed their understanding of the difficult position which the board finds themselves in as they must reduce spending.

The California state legislature has cut millions of dollars out of the state's educational budget. According to board member Greg Marvel, SRVUSD is much better off than most school districts in the state because of the reserves that the district has put aside in the last five years, but the cuts have still been a struggle. Board members claim that Resolution 68-09/10 is an inevitable result of such budget cuts. Marvel said that "87 percent of the budget is people." When the budget is reduced, "people who have dedicated their lives to education lose their jobs."

People are protesting the statewide budget cuts. March 4 was the "Day of Action," when citizens across California rallied together to raise awareness and to protest. The event was highly publicized by the media, but so far directors of the protest have not seen results from the legislature.

The California PTA is beginning a campaign called "Nine Million Reasons to Speak Up." Nine million refers to all of the students in the state. The campaign calls for action, such as writing letters, meeting with legislators, and sending letters to the editor. The PTAs of Contra Costa County plan to hold a rally on Tuesday April 15 at 4:30 pm in front of College Park High School.

News In Brief

SRV concert choir to be featured on KQED T.V.

The T.V. show, "This Week In California," filmed San Ramon Valley High School's choir on March 15 and 18. The segment, airing in early April on KQED, will showcase all six choirs. The show's producer, Adrienne Calo, heard about the SRVHS choir's successes and decided to create a story on it. The choirs will be filmed performing during their spring concert. The segment will also give a glimpse into music education.

-Reported by Eric Ma

Major League Improv Show raises money for Haiti

The Major League Improv team had a face off with four SRVHS teachers to fundraise money which will be sent to aide relief efforts in Haiti. On March 15, the show put teachers Kerri Pike, Zach Pinkerton, Paul Horvath and Steve Johnson against senior drama students.

The show was divided up into eight innings, which went with the Major League baseball theme. Each inning consisted of two to three games each. The game categories varied between straight up team on team games, like "Multisyllabic", and games where each team had to perform a scene that was modeled around predetermined characteristics.

The second game variety, scenes that are modeled around preset characteristics, got the audience more involved. Unlike the head on versus games, these formatted scene games allowed the crowd to choose settings, times, and places that the actors had to imagine they were in and react to.

A team's victory was determined based on the scale of the uproar from the crowd when the "umpires," people acting as the show's hosts, called out "Students!" or "Teachers!"

In the end, to the dismay of attending students, the Teachers claimed victory that night.

-Reported by Nick Kuyat

ASB election week is here

This week, the halls of SRVHS were lined with campaign posters, urging students to vote for each of the candidates. Elections for the ASB and class officers for the 2010-2011 school year began online on Wednesday. ASB officers, only open to the senior class, assist with affairs outside of school while class officers mainly attend to concerns at SRVHS. The election results will be posted after school on Friday, March 26th.

-Reported by Amanda Nguyen

Annual Mr. GQ contest held on March 12

On Friday March 12, students gathered at the Performing Art Center at San Ramon Valley High School to watch the 10th annual Mr. GQ contest. Mr. GQ featured male students in grades 9-12 who competed in a pageant for the title of Mr. GQ. **Brandon Grinstead (12)** took home the title of Mr. GQ, while **Sam McCarthy (12)** came in second place and **Tyler Bertolozzi (12)** came in third place. Eleven other students and Mr. Hansen also competed in the pageant. The competition consisted of a casual wear, talent, swimwear, and formal wear portion.

The contestants proved to be musically inclined. Many performed a dance, played an instrument, or sang for the talent portion. **Brad Chin (11)** performed a rendition of Beyoncé's "Single Ladies" dance and McCarthy sang and played his own song on the piano. During the intermission, audience members were able to bid on lunch dates with the contestants.

The proceeds from the show went to "Give Back DR," a charity started by pre-medical students at University of California at Berkeley, to help provide medical supplies for the victims of the Haiti earthquake.

-Reported by Noelle Le Tourneau

Protestors, demonstrators, part of National Day of Action

With more budget cuts, increasing class sizes, and substantial layoffs, San Ramon Valley Unified School District took part in National Day of Action on March 4. Throughout the state of California, people protested the new school cuts.

According to the California Teachers Association, the current budget crisis facing the San Ramon Valley Unified School District is the most severe since the Great Depression. A \$30 million deficit may face the San Ramon Valley Unified School District in the next two years.

The Nation Day of Action was intended for students and parents to express their feelings about the crisis. Protesters were seen in the heart of Danville, showing their school pride. Not only is this a local battle, but a major statewide crisis. Objectors of the education cutbacks were seen at the University of California at Berkeley voicing their opinion on this predicament. Because California is in such a financial disaster, the education system is severely being affected.

-Reported by Sam Zarling

Class sizes set to increase for 2010-2011 school year

DANIEL MORIZONO
NEWS EDITOR

The 2010-2011 school year will see an increase in class sizes for kindergarden through third grade and in ninth grade English and math. These changes come as a result of the budget crisis currently facing the San Ramon Valley Unified School District and numerous other school districts across the state of California.

Student to teacher ratios, currently capped at an average of 22:1 for freshmen English and math, would rise to an average of 30:1. According to Kris Donovan, who teaches a freshmen English class at San Ramon Valley High School, these increases will "reduce the quality of learning" in the affected classrooms.

In Ms. Donovan's English class, students are expected to contribute to class discussions centered around pieces of literature such

as "Romeo and Juliet" and "Of Mice and Men." However, Donovan noted that, "when you have too many students in a classroom, there are kids who can just sit there and won't say a word."

Referring to her ninth grade students in particular, Donovan added, "When you have more kids in the room they tend to bounce off each other. Freshmen can be very energetic."

Craig Smith is also a teacher at San Ramon Valley High School. Like Donovan, his Algebra I class may be affected next year by the class size increases. "Larger class sizes will mean less personal attention for students," he said.

The San Ramon Valley Unified School District is expected to face a \$30 million two-year deficit. Next school year will be worse financially than this year because federal stimulus money and district reserves will soon run dry. The approved class size increases are estimated to save \$5 million,

however further measures to balance the budget are needed and could include additional staff furlough days, a retirement incentive for experienced teachers and program cuts to electives, school libraries, counseling services, sports, support staff and administrators.

On March 9, the District Board of Education voted unanimously to consider the adoption of resolutions which would lead to the layoffs of numerous district office administrators, assistant principals and classified employees for the 2010-2011 school year. Several of the preliminary layoff notices issued on March 15 may be rescinded if the budget situation improves. The proposed class size increases may also be made less severe by August if the situation warrants. And in these dire financial times, even the smallest of concessions may have a meaningful impact on a student's education.

"Pay it Forward" From AP English assignment to movement to change the world

JASMINE DHALIWAL
STAFF WRITER

What originally started out as an English assignment based on a well-known movie, the "Pay it Forward" movement has reached new heights within the San Ramon Valley High School community in the past few months. The creation of the Facebook event raised awareness about the movement that has actually been in existence since the year 2000.

Catherine Ryan Hyde wrote Pay it Forward, a book about a young boy's mission to make a change in the world through his idea of doing something nice for three other people and having them do the same. The successes of both the book and the movie helped inspire the development of a social movement in which individuals are asked to do something for three people that those three people would be unable to do themselves. In Roberta Tong's AP English Language class, students were asked to "pay it forward" and then create a write-up in which they described what happened during and what they learned from the

"Assassins"

Continued from page 1

sins is the most widely participated game of the year. Senior students can be found driving all over Danville and Alamo, staking out at houses with their orange-tipped Nerf guns and sprinting out of their houses before school every morning. Participants' families have been warned to prevent strangers from entering houses while siblings have been directly

involved in attacks, although they cannot shoot. Club athletic practices have been invaded and car-pool alliances have been broken. The paranoia has created enemies and allies between seniors all across campus.

Students found the assignment to be very rewarding and the positive feedback from students in AP

English Language encourages all students to take part. "My 'Pay it Forward' experience was a once in a lifetime opportunity. It really showed me how the world can be changed if I want to be the change. I will never forget this experience," said **Grant Bremer (11)**, one of Tong's students. Overall, students definitely enjoyed being given the opportunity to make a difference in someone else's life.

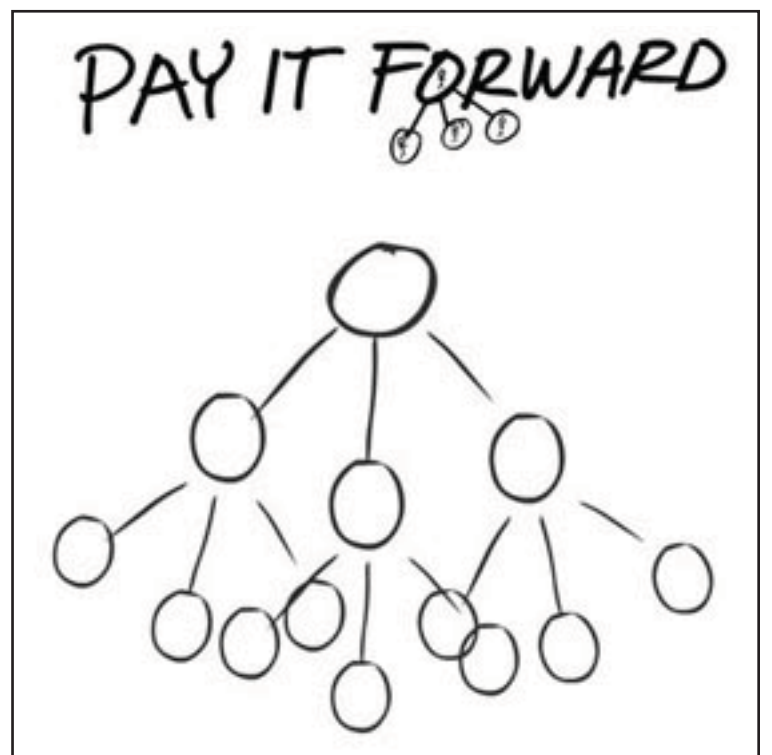


Photo courtesy of charicemania.com

involved in attacks, although they cannot shoot. Club athletic practices have been invaded and car-pool alliances have been broken. The paranoia has created enemies and allies between seniors all across campus.

There are a total of five rounds and if a player is alive at the end of the round, one point is added to their score. In addition, if a

player kills anyone, a bonus of three points is awarded. According to **Zach Hennessey (12)**, the moderator of the San Ramon version of Assassins, said, "The game is so popular because it's a senior game, and a tradition. Plus it's exciting and also kind of scary." The game officially ends the first week of April. With the prize allotted to over \$400, the campus excitement is epic at SRV.

Wolves of the past

VICTORIA KWAN
STAFF WRITER

San Ramon Valley High School has been the home of hundreds of athletic super stars. Throughout the years, athletes have graduated and have become huge stars of their own. Nate Schierholtz (2002) and Randy Winn (1992) both graduated from SRV and are now playing professional baseball for the San Francisco Giants. SRV Alum Mark Madsen (1994) also turned pro when he was recruited for the NBA in 2000 while attending Stanford University. In recent years, many alumni have also become stars on at their colleges.

Former SRV track stars, Bailey Weaver (2009) and Kelly Fogarty (2007) are members of the UCSD track team. Both Weaver and Fogarty set school records in the 100 meter dash, 200 meter dash, and the 4x100 meter relays.

Not only has Fogarty been setting record times at SRV, she has also been setting some record times at UCSD. According to the UCSD Track website, Fogarty currently holds the number one time for the 100 meter dash at a record of 11.85 seconds. Because of Fogarty's dedication to becoming a successful athlete, SRVHS has made an award in her honor – the Kelly Fogarty Award. The Kelly Fogarty Award was made in 2007, and has since been awarded to Kelly Fogarty (2007), Marielle Sheppel (2008) and Bailey Weaver (2009). This year is Weaver's first year as a UCSD Triton, and her first season on the UCSD track team.

Many SRV football alumni have graduated and have now become key players at their respective colleges. Roy Helu Junior (2007) has been starting for the Nebraska Huskers for two seasons as the team's running back. Coach Dave

Kravitz commented that, "He [Helu] was one of the best (football players) in the Bay Area. He was fast and always a team player. He will most definitely be a huge success." Helu's success as a Nebraska Husker can already be seen by the multiple fan pages and groups made in his honor on Facebook.

Another football player that has been making headlines is Corbin Louks (2007). Louks transfer to University of Nevada, Reno from Utah State University last year has caused quite a commotion; Louks transferred to Nevada after an incoming freshman took the position of starting quarterback for the upcoming season. Louks will be joining fellow friend and alum, Zack Madonick (2007), at Reno as safety.

SRVHS is proud to have such amazing athletes to represent the wolves all over the country. "It is really exciting to see a bunch of our former athletes playing for their colleges on TV every Saturday," added Kravitz.

The expenses of high school sports

TORI YOUNG
STAFF WRITER

Playing a sport is something that teenagers enjoy to get away from other stressful events in their lives. However sports sometimes add to the stress of a teenager's busy life. In addition to constant pressure to perform well in games and attend many hours of practice, there is also the high financial cost to play a sport. High schools try to make playing sports cheaper for students, but schools have difficulties deciding where to cut costs.

The cost to be an athlete at SRVHS ranges from around \$150-\$500 per sport. High school sports are expensive, but the SRV athletic department tries to make it cheaper by taking donations. Donations help provide for equipment, officials, coaches salaries and athletic trainers. The average cost for each sport depends on the amount of donations received each year. Sports that receive the most donations are the sports with the most athletes, such as football, cross country, wrestling, track and field,

swimming and baseball.

The cost of a sport also depends on transportation. Some sports such as cross country, football, men's lacrosse, track and field and swimming rely on buses for transportation which makes the sport more expensive. Overnight travel is also a big part of whether a sport is expensive or not. Sports such as lacrosse, baseball, and water polo have matches that last more than one day. These overnight stays can be costly because of hotel fees, food and transportation.

If a student cannot afford to play a sport they should privately talk to either the athletic director Mr. Raynor or the assistant athletic director Ms. Wiggington. A student will never be denied participation in a sport.

There are many advantages to playing high school sports. It helps add to the high school experience and provide a healthy yet competitive culture for the school. When students leave high school, some of their favorite memories include competing alongside classmates and representing their high school.



Former wolves Bailey Weaver and Kelly Fogarty with teammates

Photo courtesy of Facebook

The dangers of steroids in high school sports

TORI YOUNG
STAFF WRITER

Many years ago the use of steroids was a problem mostly associated with body builders, fitness buffs, and professional athletes, but today it is now a common problem among high school athletes. According to Greater Dallas Council on Alcohol & Drug Abuse researchers have found out that about 1,084,000 Americans are using steroids. In the high school level, about 5.4% of students were reportedly using steroids out of which 2.8% were females and 2.6% were males. There are many effects to steroid use, both psychological and physical.

Possible effects of using steroids include harmful diseases. Most teens who use steroids do not know of that excessive steroid abuse can lead to serious liver diseases including the growth of tumors, malignant cancers, and formation of blood filled sac known as pelosis hepatitis. Another disease common among steroid use is Cardio Vascular Disease (CVD). The Association of Steroid Abuse claims that this disease has a wide range of complications including arteriosclerosis which causes deposits of fatty substances and cellular waste products to build up on the inner lining of

arterial walls. The clogging and partial blockage of arteries can be fatal because of restricted blood flow to the heart and brain. This disease is progressive, meaning they become worse as time passes, and if contracted in adolescence can potentially shorten a teen's life expectancy. The Greater Dallas Council on Alcohol & Drug Abuse Steroid claims that steroid users risk catching HIV and other blood-borne diseases if they share infected needles.

According to Athletes on Steroids Louise Halliwell, also known as Scottish bodybuilding champion, died in December 2003. Halliwell had been in a coma for over two years and insulin overdose was the suspected cause of her death and had caused brain damage that could not be repaired.

Another risk of using steroids is sexual and reproduction disorders. According to the Association of Steroid Abuse males who use steroids can face the improper supplementation of male hormones. Excessive testosterone can be converted to other hormones like DHT which lead to increased acne and male pattern baldness. It can also result in higher levels of the female hormone estrogen resulting in the abnormal growth of breast tissue, a condition known as gynecomastia. Woman who

use steroids risk reduce breast size, the growth of facial and chest hair, and menstrual irregularities. Constant use of the drug leads to irreversible deepening of the voice.

But there are not only physical effects in using steroids. According to The Association of Steroid Abuse the use of the drug can also lead to psychological issues including mood swings, impaired judgment, depression, nervousness, irritability, delusions, and aggression. Another dominant symptom is the fear of never being worthy enough for a particular sport. This very powerful component can easily turn into a lifetime of psychological addiction.

According to Athletes Against Steroids body builder Trevor Smith was 33 when he died March 6, 2004 from a brain aneurysm. Reports claim he used massive amounts of anabolic steroids and his friends were often concerned with them explaining that at one time he weighed almost 400 pounds but never felt he was a good enough body builder.

Because of the effective results that steroids produce, adolescent athletes easily get carried away to use them. But what these athletes need to ask themselves: are the risks really worth it?

Lulu Xu: See you in Sochi

NOELLE LE TOURNEU
STAFF WRITER

When **Lulu Xu (10)** first saw Michelle Kwan compete in the 2002 Winter Olympics, she was inspired to start ice skating herself. The current San Ramon Valley High School sophomore started skating less than a year later and has no plans of stopping anytime soon.

Lulu can be found skating at Oakland Ice Center with her St. Moritz club, the main ice skating club in the East Bay, five or six days a week. The most famous member of the St. Moritz club is Olympic Gold Medalist Kristi Yamaguchi. Lulu works with four coaches including Beata Handra, who competed in the Salt Lake Olympics in 2002, and her main coach, Lynn Smith, who is the first woman to land a Triple Lutz in competition. Lulu has been working with her main coach since she was eleven. Xu is currently working on her Double Axel and is excited to start working on her Triple Jumps soon. She is working with her choreographer on a new routine for her program this year. Xu has competed in many regional Northern California competitions and has taken home several medals.

Lulu has a hectic skating schedule- she hasn't had the chance to sleep in on a single Saturday for the past six years and has never been off the ice for more than a week. She always does homework in the car to and from practice and she sacrifices hanging out with friends for Friday night practices. Xu remarked, "I basically spend my life at the rink with my big, happy skating family."

Despite her busy schedule, Lulu manages her time well and excels in all areas of her life. Lulu performs in dance at SRVHS, bal-

ances her multiple honors classes, and works on starting her own foundation. Her foundation, "In Pursuit of Hope," collects books and scholarship money for underprivileged high school students in China. The scholarship money collected will help teenagers without enough funds continue their education.

Xu also contributes to the St. Moritz club as an officer on the Junior Board; she skated in a benefit concert in late 2009 with the rest of the Junior Board officers. In her time away from practice, she coaches younger children in her club to help them achieve their ice skating goals. Lulu traveled to L.A. last year for the Ice Skating World Championships to cheer on her fellow club mate.

After Lulu had a minor injury early this February, she was excited to get back on the ice. "When I am on the ice, I am focused only on the skating and block everything else out of my mind," she said. Lulu skates solo and prefers performing alone than skating with a partner, because it provides her a chance to relax and reflect. Lulu says ice skating teaches her to cope with stress and to be persistent. "Sometimes you have bad days, but you learn to get up after you fall and keep going for the jumps until you get it right." Lulu's favorite part of ice skating is getting up early in the morning and practicing alone on the quiet ice. Lulu feels rewarded when landing new jumps because it shows how much hard work was put into practice. She also enjoys making new friends during competitions and cheering on the Winter Olympic ice skaters. Although Lulu's main aspirations are academic, she wants to reach a collegiate level in skating and continue for many more years to come.

Spring sports

TANNER HIMMELMAN
SPORTS EDITOR
&
MEGAN CABLE
STAFF WRITER

As the winter sports season comes to an end San Ramon Valley enters its final sporting season, spring sports. After, yet again another disappointing season for the SRV baseball team, the wolves are back and are expected to not only compete in the EBAL, but to be one of, if not the best team in the league. The wolves only lost one key component from last year's squad with pitcher Scott Griggs heading off to UCLA. First team all league pitcher **Alex Palsha (12)** will not only fill, but exceed the void left by Griggs. Hitting last year for San Ramon was awful, but the experience of the many returning players should turn it around. The star bat in this year's line up is first baseman **Craig Massoni (12)**. Massoni who was awarded first team all league, last season, is expected to bring the power back to the plate for the wolves. After two .500 seasons, Coach DeClerq

better find a way to pump up this club or he may be finding his way to the unemployment office.

As the only sport who doesn't call their home on the campus of San Ramon, the golf team looks to crawl out of the shadows. Over the past few seasons De La Salle and Monte Vista have found a way to dominate this particular sport. Team captains **Eric Newburn (12)** and **Zach Moya (12)** feel that trend will come to an end this year. The wolves have seen continuous improvement and now feel that this is their time. San Ramon ranked eighth in NCS last year, but they see no reason why they can't finish this season at number one. "A league title my senior year would be a great success in ending my tenor at San Ramon," said Newburn. The wolves' golf squad hopes to see their season follow course and end in a championship.

Still seen as a fairly new program, the wolves' lacrosse team looks to continue growing into a powerhouse. Last year the wolves took a step backwards after winning NCS '07-'08. However the team still finished with a winning



SRV track at the starting line

Photo courtesy of Facebook

record of 11-10, but that's not nearly good enough for the strength of this program. Last year's team lacked experience and with their returning starters they should see their record skyrocket. One starter, **Ryan Slee (12)**, who is headed for the University of Oregon next year, looks to lead this team back to an NCS title. Ranked tenth in the state right now, the pressure is on these players to play to their potential. Anything short of a championship for the wolves will

be a major disappointment.

The season has just begun for San Ramon Valley High School's women's softball. Last year's team had a record of 16 wins and only 10 losses. But even with the loss of last year's valuable seniors like, Malori Comer, Brittany Baker, and Jenna Guisti, the team still has high hopes for this upcoming season. **Sarah Dittmore (11)**, left field, says that this year's varsity team is, "Expected to be pretty good, there are a lot of good, new, sophomore players; we're expected to be one of the best teams in the league."

The varsity team has had some new additions this year like **Nikki Foley**, a sophomore new to SRVHS who just moved here from San Diego and is competing for the position of catcher. With the leadership of captains, **Devon Bridges (12)**, **Kiley Day (12)**, and **Sara Pacioni (11)**, the team is getting charged up for another great season.

The 2010 track and field season has started for San Ramon Valley High School. The team and coaches alike, are very motivated to have another extraordinary season. Last year's varsity men's track and field team only lost a total of three meets throughout the entire season, and women's varsity only lost one. The upcoming season is looking like it will shape up to be just as exciting as the last; with valuable new players like **Alina Sinclair (9)**, sprints and relays, and

Collin Barber (10), pole vault.

A big goal that the track and field team wants to accomplish for this season is to go to the Aracadia Championships over spring break. Here, they hope to race in relay sprints. Another expectation of the upcoming season is for **Kevin Griffith (12)** to make the State Championships, racing long distance for the second year in a row. This year's track and field team is driven and very enthusiastic, and they are preparing for another great season.

Men's and Women's Swim Team season has begun. Both teams have incredible motivation this season because they want to defend the first place NCS title that they achieved last year. This shouldn't be hard with the help of the terrific freshmen that are new to the varsity teams this year, like **Dani Orlandi (9)** sprinter, and **Jenny Barcelona (9)** for backstroke. The team has many other goals for the season, **Taylor Munk (12)** said, "We placed third in EBALS last year, but we're looking towards a win for EBALS this year along with NCS." The teams are getting inspired with the help of their spirited captains, who for the girls team are, Taylor Munk (12), and **Ashley Helgans (12)**; and for the boys team, Jamie Cook (12), **Trevor Ryan (12)**, and **James O'Niell (11)**.



Munk swimming the butterfly stroke

Photo courtesy of Taylor Munk

March Madness: Dancing their way to greatness

DANIEL MORIZONO
NEWS EDITOR

To some it's known as "March Madness," to others it's known as the "Big Dance." Call it what you will, the NCAA Men's Division I Basketball Championship is one of the nation's most famous sporting events.

The tournament features 64 of the best college basketball teams. Teams are divided into four regional sections in which each team is seeded one through sixteen. CBS provides exclusive coverage of all games, with the sole exception of the opening game held every year in Dayton, Ohio. The third and fifth rounds, respectively called the "Sweet Sixteen" and the "Final Four" have become household terms across America.

This year, the March Madness championship game is being played at Lucas Oil Stadium in Indianapolis, Indiana. The regionals are being played in Syracuse, Salt Lake City, St. Louis, and Houston.

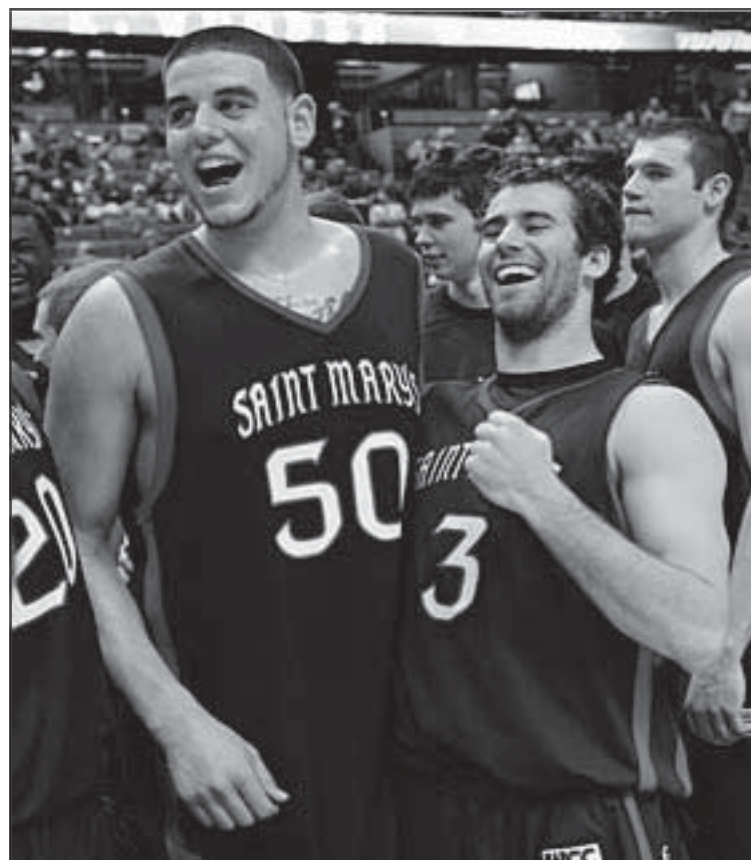
On March 14, "Selection Sunday," teams were placed into brackets and seeded. Local favorites, Saint Mary's and Cal were seeded tenth and eighth, respectively. Kansas, Kentucky, Syracuse, and Duke were given the number one seeds. Notably absent from the tournament this year were basketball powerhouses UCLA and North Carolina.

In the first week of March Madness action, the number one-seeded Kansas was upset by 9th seeded Northern Iowa. The Duke Blue Devils defeated the Cal Bears. Saint Mary's also advanced to the Sweet Sixteen behind a juggernaut performance from former San Ramon Valley student Omar Samhan. Samhan graduated from San Ramon in 2006, making this NCAA tournament his final chance to cut down the net and bring home St. Mary's first men's basketball championship. Saint Mary's has never before made it so far into the tournament.

At San Ramon Valley High

School and across the nation, fill-in brackets are a mainstay of all the madness. Even President Obama has filled out his own bracket for the second year in a row. Last year he correctly picked North Carolina to win the championship and his bracket ranked in the 80th percentile on ESPN.com. This year he picked Kansas to beat Kentucky and win it all.

UCLA holds the record for the most national championships at 11. The University of Kentucky holds 7 national titles, while Indiana University and the University of North Carolina both have 5 national titles. The culminating event of March Madness is the annual performance of "One Shining Moment"—a highlight video set to Luther Vandross' popular song. This year's March Madness is sure to entertain and provide lasting memories to both the hardened sports fan and the casual viewer alike.



Samhan #50 celebrating victory with his fellow teammates

Photo courtesy of Taylor Munk

A rising star from SRVHS Treble Clef shows off talent at ACDA

John Dana Kenning from class of '08 finds great success on the stage

CRISTINA SMITH
FEATURES EDITOR



Kenning's Headshot Photo courtesy of John Kenning

A beam of recognition and success has spotlighted on San Ramon Valley High School class of 2008 graduate, John Dana Kenning, for his stunning acting talent. Currently attending Southern Methodist University in Texas and enrolled in their extremely exclusive theater program, Kenning is constantly busy and is rehearsing for a play called "Two Rooms," to be opening at SMU April 9th. Kenning has recently played a pivotal role in an enlightening production, "End Days," and has received high reviews and launched his career on a note of success.

In "End Days," Kenning plays the character Nelson Steinberg,

who is the eccentric main character who brings together a seemingly broken family. The play explores deep themes such as the integration of faith and science, with Kenning leading the way through the multi-layered plot with ease. Though he performed with a cast of well-known actors in the Dallas area, Kenning received much of the attention in the reviews, the Dallas Observer stated that "his role in End Days should be the start of something big."

Kenning was wowing crowds while he attended SRVHS as well. Mr. Perryman, the drama teacher during Kenning's four years spent at SRVHS, recalls Kenning receiving the lead role first semester of his freshman year in "The Taming of the Shrew." "He's the most natural Shakespeare student I've seen. He's very comfortable with it." Perryman notes of Kenning's use of the difficult dialogue. Perryman notes that Kenning has an ability to "look different for every character" and feels things deeper than most people, which he is able to incorporate into his work. One thing Perryman emphasizes about Kenning is that he has "...a strong personal constitution. I think those will see him through whatever he is faced with." Perryman feels that working with Kenning

not only enabled him to work with an extremely talented student, but also made him a better teacher by working with a student who was so passionate about drama. Kenning himself admits that he enjoyed his time as SRVHS, counting Mr. Busboom and Mr. Abrams among his mentors as well as Mr. Perryman.

Kenning has been acting since age eight. "I knew almost from the very first time I stepped on-stage that I wanted to be an actor," Kenning states. "There's a thrill in performance that is truly unlike anything else." His favorite production he has participated in has been "Cyrano de Bergerac," a "fantastic swashbuckling romance written in beautiful verse" followed by his role in "Much Ado About Nothing." When asked what his advice would be to students who want to pursue acting, he says to get started as soon as possible, and to practice frequently, as acting is a craft as much as an art, and therefore needs to be practiced. Most importantly, Kenning says it is pivotal to believe in oneself. "Confidence is key. Have confidence in yourself and do your best. That's all you can really hope for."

Exotic locations broaden students' horizons

TAYLOR WADE
STAFF WRITER

Studying abroad is highly beneficial to San Ramon Valley High School students during their high school life who want to experience new ways of life. If a student chooses to study abroad they need to first pick a program that fits their criteria and that has the opportunity to go to one's desired destination. Study abroad programs usually cost around \$7,000. The cost of

studying abroad varies not including travel costs. Although many students who chose to study abroad agree that it is worth the cost for meeting new people, learning academics in a different way, and enjoying exotic foods and rich cultures.

Choosing a program is fairly easy; one only needs to visit the career center and start browsing. There are many different kinds of programs such as language immersion for French, Spanish, and Chinese speaking students that center on total immersion

in the language and lifestyle. Some programs such as focus more on cultural growth where students can tour colleges that they might want to go to. The duration of the programs go from four to five weeks and the requirements students need to study abroad are a tenth grade level of education or higher and successful grades. The benefits of studying abroad are endless from meeting new people and making friends to experiencing amazing and vibrant new cultures.

New class sparks enthusiasm

CLARK LOUIE
STAFF WRITER

Mr. Weible and Mr. Cochran's new prospective class promises to be groundbreaking and a great gift to the students. "It's a combination of Advanced Video, Drama 4, and other media arts," Mr. Cochran explains. "These advanced students come together to create professional grade projects, such as filming live sporting events, making commercials, and other public service videos." Weible adds, "It will help students keep up with the current and future trends of the theater industry, predominately based on the incorporation of multimedia, live recording, and performance." Both teachers have been planning this class for a while, having graduated the same year and wishing to combine their areas of expertise to bring a truly unique class to San Ramon Valley High School. It will bring theater, video, and programming and animation together. Students will be able to experiment with live video,

live theater, and green screen projections.

The class is projected to begin the 2011 school year. According to both Weible and Cochran they are "waiting on the funds, and for the district to match the grant given by the state. It will be included in the school's next phase of construction." With the new grant, the class can utilize digital video watchers, portable video editing systems, new green screens, and wireless video. Weible states, "There is not a single other high school in the area that has a remotely similar class." It is exclusive and offered only to students in the highest classes in art. Cochran calls it a "capstone" course.

There is still much to be decided, as in how much will be taught by each respective teacher, the location of the classroom and the budget. However students have a lot to work forward to. Weible mentions a certain "coolness factor" of the class and that there is a lot to learn. It is a great class for those pursuing professions in theater, film, video, or lighting. Even some universities do not of-

fer a class as unique as this one. While the course will be rigorous, students should not be concerned about maintaining their grades, but utilize the great opportunities that come with taking the class.

EMMA RUSSILLO
STAFF WRITER

The San Ramon Valley High School Treble Clef choir had the incredible honor of being invited to ACDA, which is the American Choral Directors Association. It took place in Tucson, Arizona in the astounding St. Augustine Cathedral on March 3rd-6th.

On Saturday morning, the girls were awake bright and early at 6:30am for a pep talk at 7:00am, so Mr. Abrams could have a chance to focus the girls and also calm the nerves. At 10:15am, the performance was underway, and the Treble Clef choir broke out in one of their most unique, powerful songs titled "Hoi Hura Hoi," which is about people calling through the mountains. Mr. Abrams was able to capture the essence of the song by choosing three girls to stand on each side of the room and in the back of the audience to replicate the women in the mountains calling back and forth. After, the repertoire continued with some foreign songs: "O Lieber Herre Gott," "Nada Te Turbe," and "Duerme Negrito." Next, the choir sang "She Weeps Over Rahoon," "No Time," and finished strong with a powerhouse song called "Still I Rise." "Still I Rise" is a very upbeat gospel song with four outstanding solos, which was an excellent way to end the performance. After the final song, the choir received a standing ovation, and the girls slouched with relief that the high-stress situation was over.

The Treble Clef Choir consists

of 61 girls who are sophomores and above. The treble clef choir is known to be one of the most audibly stunning choirs to listen to because it is an all women's group with tons of power and strength in their voices. The girls performed for over 500 of the finest choral directors in the West coast, including from California, Nevada, and Hawaii. The directors were from middle schools, high schools, colleges, and churches. Although it is an honor to perform for so many talented directors, it is also a very nerve racking experience.

The people in the crowd at this performance are not the typical observers of the Treble Clef girls. These people are directors who will notice every tiny discrepancy, every flat note, and every mistake in bowing, choreography and musical glitches. Mr. Abrams told his singers that it is very rare to receive a standing ovation at a performance like this because of how perfect and precise everything needs to be in order to be applauded. The Treble Clef girls were more than capable of receiving a round of applause, and were awarded a huge standing ovation for their outstanding performance.

When asked to sum up the ACDA performance, Mr. Abrams knew just what to say, "ACDA took a tremendous amount of effort, work and dedication. We all had to pull together musically and mentally, but it all certainly paid off in the end. We were rewarded with a stunning performance and a standing ovation." Congratulations Treble Clef on your success in Tucson.



Treble Clef Choir in front of artwork at St. Augustine's Cathedral

Photo by Blanca Anderson



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Club Spotlight: Robotics prepares for FRC

JOSH DOWNES
STAFF WRITER

As spring approaches, many teams take to their respective fields to play, including the San Ramon Valley High School Robotics team. The robotics team, or the Ragin' Seabiscuits as they are called, did well last season and are hoping to do even better this season while retaining the friendly and cordial environment seen in robotics. "Gracious professionalism," **Ethan Thornburg (12)** and **Brian Sueksdorf (12)** said together, repeating the motto of the First Robotics Competition, or FRC for short.

Each year, beginning in January, the FRC sends out a video describing the challenge, and while last year went well for the team, they were plagued with technical difficulties and in the very end. This year, however, the robots must complete a trifecta of challenges: climbing bumps, kicking a soccer ball into a goal, and climbing a tower and other robots. An average robot in this case weighs about 120 pounds and is 2 feet tall, but the San Ramon team has seen many different versions, each meant to solve the same problems, including a robot built with a wooden frame, designs by NASA, and various other schools just like them.

Although their six week build period is over and the robot is being sent out to be judged, the Seabiscuits are working on the next challenge: constructing an underwater robot, which is something that they have done for the past few years.

Meanwhile the team actually operating the robots is competing in Silicon Valley and Sacramento, but they hope to go as far as Atlanta, where the finals are held. Thornburg is after a leading role on this team, wanting to "coach or drive, depending on what happens." Sueksdorf is more relaxed "I just want to have fun, do well at the competition, and not break the robot."

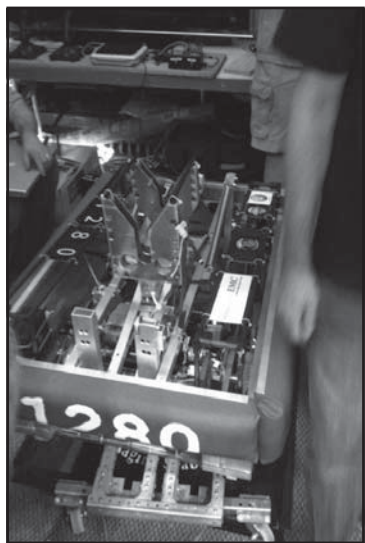


Photo courtesy of Connor Hyde

Academic cheating: still rampant among students

RAQUEL ROYAL
STAFF WRITER

The pressure to cheat has always been prominent in everyday life in high school; incentives to cheat range from good grades, nagging parents, or getting into that college of choice. Some students are willing to do whatever it takes to get an A. According to the website www.nocheating.org, 73% of all test takers and teachers agree that most students end up cheating at some point and 86% of high school students agree that many students eventually cheat on exams and school work.

Statistics show that cheating among high school students has risen dramatically during the past fifty years. A 2005 Duke University study found that 75% of high school students admit to cheating, and if you include copying another person's homework, that number climbs to 90%. In the past, struggling students were most likely to cheat just to get by, but today it is also the above-average college bound students who are cheating as well. Students who do cheat often feel justified in what they are doing. They see others cheat and it puts them at an unfair disadvantage. The cheaters could be getting 100% on an exam, while the non-cheaters may only get 90%.

The staff here at San Ramon Valley High School is very aware

that cheating amongst students is fairly commonplace. Some teachers believe that cheating is inevitable. Mrs. Budhabhatti explains how she cannot watch every student at all times so she creates several versions of her test to avoid having people cheat off others. Budhabhatti described that students cheat because they are not prepared for the test or "they think it's easier to cheat rather than to work hard." She later added that "if every student knows how to study for a test, [the] cheating [rate] may go down" and that "it's never too late to stop."

There are many forms of cheating such as plagiarism, copying other students work, fabrication of data and using unauthorized sources or notes for answers. Here at SRVHS the consequences of any form of cheating are to have a parent contacted and an F on the assignment on the first offense. The second offense is having the student dropped from the course with the semester grade as an F.

So, why do students cheat? The most common answer is that "everybody does it." This change in perception poses a significant challenge for those who seek to establish academic integrity in a school environment. Mr. Gary J. Niels, Head of Winchester Thurston School and author of a paper entitled, "Academic Practices, School Culture and Cheating Behavior," believes that cheating in many cases is caused by a stu-

dent's desire to "save face." Niels writes that, "saving face can mean a desire to save oneself from the angry assault of a parent or teacher; it can mean avoiding embarrassment; it can mean economic survival or a perceived pressure be it self-inflicted or inflicted by some other extraneous force." Thus, cheating may be viewed by some as survival to get an "acceptable" grade. On top of saving face students may be tempted to cheat when a lesson or course is felt to be meaningless or has no relevance to their lives. Niels also states that students might also cheat because they think a test or teacher is unfair, so they feel justified in cheating. Finally, cheating can be an easy way out of time and hard work to achieve a desired grade.

Many students believe that cheating will not affect anyone else. However, cheating in high school can lead to cheating later in life in college and the workplace. Resume fraud is a growing problem for employers as well as employee dishonesty. Cheating can be prevented, though. It may be as simple as modeling integrity. If more students adopt a moral policy of not cheating others may take note. Perhaps the new 7th period class will assist students when they have a problem in understanding a lesson and make them less likely to cheat. Helping students and their parents understand the pressures students face may also help stem the tide of cheating.

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Student Spotlight

Felix Scheiben brings German culture to San Ramon Valley High School

CHASE BONIFAY
STAFF WRITER

Just a few months ago grade Felix Schieben (11) left his family and friends in Trier, Germany seeking an eye-opening experience in the United States.

Felix is no stranger to traveling. He has gone to places such as Belgium, France and Switzerland many times before his exchange trip. He wanted to live in America, however, because he appreciates the “diversity” and the “open

mindedness” of the American people. His past visits to the States also made adjusting to our customs and traditions much less difficult, although he is still not a fan of fast food.

Felix loves French and Italian cuisine and though he is rarely homesick what he misses most is German bread, along with his family. His hobbies include field hockey, ballroom dancing, fencing, taekwondo (he was a yellow belt in Germany) and listening to music. Germany “has its own

gangsters,” according to Felix, to supply it with music unique to the country, but he also says Germans mostly listen to many popular American artists such as Lady Gaga.

Regarding what surprises Americans most about his country, Felix was shocked to find how fascinated we are by such simple things. “People don’t understand the concept of foreign languages” he says, “what they don’t know is that English words come from the French and German languages.”

Felix himself is fluent in both English and German and is “more fluent in French than most Americans are.”

A major difference between America and Germany is the school systems. Germans have only four years of elementary school and then move on to one of three types of high schools based on their academic ability, “the bad, regular and the good” according to Felix. The better a student’s school is, the longer he or she stays, and if the student completes thirteen years of the “good” high school he or she will obtain a diploma.

Because Felix has been exposed to many kinds of people, he says he notices how different people’s

mindsets are. When asked what he learned throughout his travels, he simply replies, “to make the best out of everyday.”



Felix Schieben Photo by Chase Bonifay

Y&G travels to Sacramento

AMANDA NGUYEN
STAFF WRITER

From creating proposals to debating, these unique individuals meet every Wednesday to discuss problems in their very own mock government. In Youth and Government, an unofficial club at San Ramon Valley High School, each student participates in their own way. Students play the roles of the senate, the governor, and other elected officials. This year, there are over 70 students participating from SRVHS, and in California, more than 2,300 students have joined this “hands-on” experience.

The excitement begins in early

fall each year as students meet in their individual delegations to discuss problems facing California. From there, these students create bills and attend statewide training conferences. “Some people join without knowing a thing about government. But throughout the year, they learn, and we all have become very close. It has been the most life changing experience!” said **Alyssa Martin (11)**, the future president for the 2010-2011 school year, taking over for current president **Jessie Ritenour (12)**.

The first Youth and Government program was held in New York in 1936. Since then, it spread to neighboring states and over to California in 1949. The main purpose of this program is to create a

lasting bond of friendship between the participants. According to their motto, “Democracy must be learned by each generation.” Students work with advisors as well as state government officials in training sessions.

“In Y&G, we almost have a perfect government because there is no corruption in a student’s mind. People are always willing to meet new people from other delegations all over California,” said **Brad Chin (11)**. “If you don’t do Y&G, you’re missing out.”

Next year’s officers are **Frankie Williams (11)** as Vice President, **Annie Humphrey (11)** as Secretary, **Stephanie Blackwell (11)** as Historian, **Arianna Keegan (11)** as General Manager, **Lauren Alarab**

(11) as Sergeant at Arms, **Lauren D’Agostino (10)** as Chaplain, and **Katie Baker (11)** as Treasurer.

If you are interested in joining Youth and Government, a conference is being held on April

16 through April 18 for all old and incoming delegates, with all grades welcome. Or, for more information about the program, visit www.calymca.org.



Youth & Government officers at Sacramento conference

Photo courtesy of Alyssa Martin

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Alice in Wonderland is great as a one-time show for viewers

NICK ALFIERI
GUEST WRITER

When Lewis Carroll wrote his beloved books *Alice's Adventures in Wonderland* and *Through the Looking Glass*, who knows what was going on in his head. However his books have been adapted into some of the strangest stories. From stage musicals to anime films to even the lovable animated Disney tale made back in the 1950's. Recently, *Alice in Wonderland* has been remade into a lively, action filled film directed by Tim Burton. And it is a real treat.

The film is based off of both Lewis Carroll's books *Alice's Adventures in Wonderland* and *Through the Looking Glass*. Using their visionary skills, director Tim Burton (*Sleepy Hollow*, *Sweeney Todd*) and screenwriter Linda Woolverton (*Beauty and the Beast*) have put together a zany, comical, and rather dark adaptation to the books. It is an oddball of a movie, but since Burton is a bit of an oddball himself, making films such as *Edward Scissorhands* and *Beetlejuice*, he is the perfect man for the job.

Alice (Mia Wasikowska) is a rebellious 19-year-old who seemed to have strange dreams back when she was a little girl. One lousy day at an engagement party, she sees a white rabbit wearing a waistcoat and a pocket watch. She follows it to a little hole under a tree, and with a slip, she tumbles down into the darkness.

When Alice walks around Wonderland (technically called



Photo courtesy of www.crookey.com

B-

Underland in this film) she gets "curiouser and curiouser." However she does not seem to look all that curious. Wasikowska acts as if she is taking a stroll in a park. One would think that all these strange things would impress her character, but instead she reacts to them like how a group of grade school kids would react on a boring field trip. She gives the audience the feeling that this wonderland really is not all that wondrous. How does she not notice the giant talking flowers or the giant animal carved hedges? Or even the huge mushrooms? She may notice them, but she does not show the slightest interest.

Alice then starts to meet the strange creatures and characters that inhabit the weird world who are all given outstanding Computer Generated makeovers: the Blue hookah-smoking Caterpillar (perfectly voiced by Alan Rickman), the White Rabbit (voice of

Michael Sheen), the floating, smiling Cheshire Cat (voice of Stephen Fry), Tweedledee and Tweedledum (Matt Lucas), the jittery, out-of-control March Hare (voice of Paul Whitehouse) and finally the Mad Hatter (Johnny Depp). Depp is almost the best thing about the movie, with his outrageous mood swings, frizzled orange hair, and enormous hat. He does, however, have a confusing knack for changing his accent. In one scene he has a British accent and then in the next he changes it to a Scottish brogue. It is not annoying, but it is confusing. He also blurts out words so fast and so loud, it is hard to understand what he is saying.

Alice then learns that she must slay a fearsome dragon called the Jabberwocky in order to fulfill an ancient prophecy and free Underland from the tyranny of the Red Queen (Helena Bonham Carter), whose head looks to be about as big as her body. She nearly steals the show but gets a little obnoxious with the repetition of "off with his head!"

Alice in Wonderland has a nice plot, lovable characters, and dazzling visual effects and makeup. However, this film is somewhat cliché and repetitive. *Alice in Wonderland* is almost like another one of those post-apocalyptic movies, like *Terminator Salvation* or *The Book of Eli*. Nothing totally makes it spectacular and mind-blowing. The interesting characters make *Alice in Wonderland* worth seeing in 3D or 2D but not more than once.

To be, or not to be free

AMANDA NGUYEN
STAFF WRITER

Imagine being forcefully taken away from the place you grew up and having to live alone in an unknown place, with no one around to talk to or share your pain. When wild animals that are taken away from their natural habitats and kept as pets, they are forced away from their parents and taken captive, leaving them confused and scared.

Every living thing deserves to be free. Not only is caring for wild animals nearly impossible, it also threatens their survival. Caring for domesticated animals takes responsibility, but caring for wild animals takes more than just responsibility, it takes full attention. Because wild animals are not used to being held captive in small areas, they may become restless in cramped cages. Though they may not be able to communicate with us, their sad, anguished faces speak a thousand words.

Recently, a SeaWorld killer whale seized a trainer from the poolside deck and took her for a deathly swim on February 24. This 12,000-pound killer whale grabbed trainer Dawn Brancheau, 40, and thrashed her around in the water in front of a terrified audience. This was no doubt an act of rebellion, which is the third such case where this very same whale has been involved in a human tragedy. In 1991, the whale was blamed for drowning one of his trainers. In 1999, the whale was found with the body of a man lying across his back. Because of this whale's violent history, trainers were not allowed to get into the water with him. But can you really blame him for his rage? He is a wild animal, used to being able to swim freely. Instead, he finds himself living in a tank, forced to perform tricks and routines for the spectators at SeaWorld.

According to the Humane Society of the United States, "The instinctive behavior of the adult animal replaces the dependent

behavior of the juvenile, resulting in biting, scratching, or displaying destructive behaviors without provocation or warning. Such animals typically become too difficult to manage and are confined to small cages, passed from owner to owner, or disposed of in other ways." Yes, baby animals can be irresistibly cute, but prospective owners need to take into account that these animals do grow up and grow much, much larger. Plus, not only are these animals extremely unhappy, but they can also be a threat to humans. If these animals are ever released back into the wild, they have low chance of survival, and if they survive, they may disturb the local ecosystem.

The risk of raising and taking care of wild animals is not worth the trouble, for the owner or the animal. Not only would they be risking the well being of the animal, they would also be risking the health and lives of themselves and the people around them. Though amusement parks and zoos are all fun and entertainment, animals are not meant to be put on display. It is one thing if an animal has been raised in captivity their whole lives; they do not know how it is to live freely. But if you take an animal out of the wild, do not expect them to be happy about it.

Animals are not meant to be gawked at or kept in cages, they are meant to live open, happy lives. It is up to us, as humans, to let them be free. For more information, visit www.humanesociety.org.

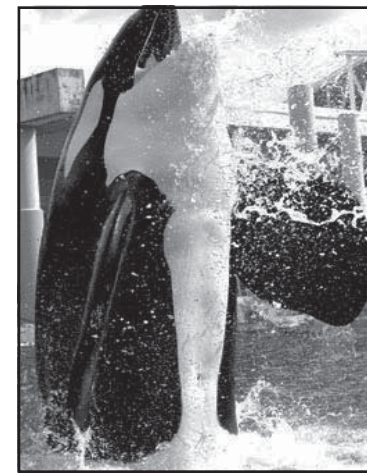


Photo courtesy of www.5minutesformom.com

What are you in for?

KELSEY ARBUCKLE
STAFF WRITER

Detentions do not solve any problems. They have no useful purpose; otherwise, anyone who has had a detention would never have to have one again. Instead of giving out detentions to misbehaving students, there are alternate ways to make the student realize what they are doing is wrong.

Giving firm warnings seems to be a very effective way to let a class know how serious the teacher is. Usually, a high school student feels as if they are already an adult. If students are treated younger than they are, then a student will usually try to act more mature so they can be treated like the adult they want to be.

Another way to prevent detentions is through comedy. "I try to use humor in my classroom instead of embarrassment. If a student is in a bad mood, says some-

thing mean, or is chewing gum I give out stuffed animals. This makes the environment happier and friendly. I give time outs to students who have been rude three times or more in one day. This gives me and the other students a break from the distractions. The one other thing I do is send emails to parents to notify them what is going on," said biology teacher, Mrs. Groch. Her methods in class seem to be effective and helpful ways to control her kids without ever using a detention.

Again, detentions have no real purpose and there can always be another way to control misbehaving kid. In Mrs. Groch's case she has given out one detention, maybe two, in five years. Mrs. Groch explained, "I do not feel detentions address the issue of negative behavior, if it did then the student would come out of a detention different and would have a better behavior from the experience."

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The harsh effects of testing days

VICTORIA KWAN
STAFF EDITOR

The second semester of the 2009-2010 school year started off with a big change – the creation of even/odd testing days. The administration has decided that tests are exams that take more than 20 minutes of the class time to complete. Teachers of math, social studies, and world languages are only allowed to administer tests to students on odd days; teachers of English, science, PE, and visual and performing arts are only allowed to give tests on even days. The purpose of this new testing schedule is aimed to ease the work load of students. Administrators decided to start this

new schedule because of the many complaints they have been receiving from parents about the excessive workload students have been given. However, the new schedule has the opposite effect; students are more stressed due to the lack of time available for studying for each test. This past week, **Felipe Escobedo (12)** had an AP calculus chapter test Tuesday, an AP Biology test Wednesday, a quarter final in AP Calculus Thursday, an AP Economics test on Thursday and an AP Economics Free Response Question Friday. With all tests crammed together in a span of four days, several students are not given enough time to study for all the tests. The result of this cramming is low test scores

for students.

While the program has only been in effect for a month, several teachers have had difficulties adjusting their schedules to this new system. Teachers of many AP classes have had to get administration approval for their final exams schedule in May. AP classes' finals are given before the May AP exams. For example, Mrs. Groch, the AP Biology teacher has expressed her dislike of the new system because she now has to ask the administrators to allow her to test on consecutive days and not just on her allotted even days.

Teachers and students feel restricted by the new schedule. Mr Henze explained that he always



Photo by Allie Tao

gives students tests on Wednesdays because “teachers don’t like giving tests on Mondays because of the weekend. Tuesdays are short days, so we (teachers) are often limited to Wednesdays and Thursdays – depending on our subjects.” **Blake Rogers (10)** also stated that he “always ends up with a bunch of tests on two days of the week – Wednesday and Thursday.”

The administration should repeal the even/odd testing schedule for the 2010-2011 school year. This testing program is not achieving its goal of reducing student stress; instead it is adding stress onto students. With this new schedule in effect, students end up cramming more for tests because there is not enough time spaced out between each test.

NBC's big mistake

JESSICA SVENDSGAARD
BACK PAGE EDITOR
NICK KUYAT
STAFF WRITER

Recently long time NBC talk show host Conan O'Brien was told he would have to step down as host of “The Tonight Show” because his predecessor, Jay Leno, would be returning to host the show once again. This was just one in a string of catastrophic mistakes on NBC's part. The fact is that Conan had a greater long-term value to NBC than Jay Leno because he was able to better connect with his audience, which consisted much more largely of the coveted 18-35 year old demographic. Meanwhile, Leno appeals mainly to older audiences due to his broad, stale comedy and out of date jokes. Watching Jay Leno's first show back, it does not take long to see why he is unpopular with younger audiences, when there is such a lack of connection between the mainstream audience and Leno. His first show opened with a black and white dream sequence bit that was a lame spoof of *The Wizard of Oz*. In it, Leno was Dorothy and he made reference to events that occurred while he was away from “The Tonight Show.” As members of Jay's crew crowded around his bed he said: “I went to a magical place and it was wonderful only, some of it was not so nice.” The obvious reference to the battle for “The Tonight Show,” involving himself, NBC, and Conan, received approximately zero laughter from the live audience. Throughout his entire return episode Leno did bits that were beyond just not funny, they were actually aggravating. A prime example of this was a comedy bit called “How Boring is Alan Greenspan?” It was literally a video clip of Alan Greenspan talking about economics. Surprisingly, there was no burst of laughter from the audience. In fact, the only sign that anyone had liked it was Leno's obnoxious sidekick Kevin Eubanks laughing the whole time.

It only got more awkward later on when Leno stumbled while interviewing one of his guests, Olympic gold medalist Lindsey Vonn. They were discussing the now somewhat famous picture of her in a crouched skiing position on the cover of *Sports Illustrated*, which some purported to have ‘sexual implications.’ Vonn simply said that this was not true. “That is the way I ski,” she said. Leno replied “Yeah I do not really

see how they could get that out of this. Maybe I could see it if they had you doing your taxes.” The audience gave no response and even Vonn did not know what to make of it, instead letting out an awkward giggle.

The bottom line is that even though this would seem like an episode that would need to be particularly good, Jay Leno's return episode was stained with errors and an overall lack of quality.

And the guests. Oh the guests. Usually when a talk show is starting up the host and the producers try their hardest to book only the biggest names in Hollywood, only the real A-listers and entertainers. For example, Conan's first episode of his “Tonight Show” featured Tom Hanks and Will Ferrell. The first week of the new Tonight Show with Jay Leno featured such massive stars as... Sarah Palin. Meredith Viera. The cast of *Jersey Shore*. The biggest star to appear all week was Dakota Fanning. It seems like no one important really wanted to take part in the new “Tonight Show” regime.

By reinstalling Jay Leno as host of “The Tonight Show” NBC has also completely thrown off the clearly defined line of hosting inheritance for the second time in the shows history. The show was supposed to be passed from Johnny Carson to David Letterman. Instead it went from Carson, to Leno, to O'Brien, back to Leno. The first of these incidents occurred in 1992 when David Letterman, who has worked for CBS since then, was going to become the new host of “The Tonight Show” (previously hosted by Johnny Carson) only to have to have the position stolen by, you guessed it, Jay Leno. Once again Leno has managed to take the position of “The Tonight Show” host from its scheduled successor.

This may give hope to Conan's fans, as since his boot from NBC Letterman has enjoyed immense success hosting “The Late Show” on CBS. As of right now though, Conan's only plans are a comedy tour of the U.S. that he cheekily describes as “half-assed”. In the meantime, fans can get small but hilarious doses of Conan on his Twitter (“Today I interviewed a squirrel in my backyard and then threw to commercial. Somebody help me.”)

As for Leno, well he is off to a rocky start. And as to whether or not NBC's gamble will pay off, everyone will just have to wait and see.

School rules do not allow students free expression

SARAH WOLLEY
STAFF WRITER

There are rights, which belong to every human being, that are inalienable: speech, worship, protest, all those amazing freedoms which we so easily take for granted. Then there are rights that definitely are not as important, but it is still ridiculous when they are encroached upon - like the right to make our own decisions when it comes to clothing, an essential form of self-expression.

Lately the school has been enforcing its “safe footwear shall be worn at all times” policy. Students have been warned of possible suspension if they continue the practice of going barefoot. Although it is understandable that bare feet can be unsafe, it is also true that high school students are old enough to make their own decisions. If schools are worried about being liable for injuries, then they should make the students sign a waiver. If schools are worried about classroom distractions, they might also want to enforce the rules intended to keep girls from displaying their femininity for all to see. And if schools are worried

about the school looking bad... get over it.

Rob Thomas (11) is one of the “offenders.” One day when he was in weights class, a school staff member came looking for him and informed Rob that if he did not keep his shoes on, he risked suspension. Rob tried to explain his reasoning, but he was not allowed to finish his thoughts.

When Rob came to school barefoot, he got exactly the reaction he was looking for: raised awareness for the people around the world who do not have any options at all when it comes to footwear. Multiple people who inquired about his interesting fashion statement committed to buy a pair of Tom's shoes (Tom's shoes is a company that gives a new pair of shoes to a child in need for every pair purchased; www.tomshoes.com). Ever since he stopped walking around campus without shoes, Rob has not been able to attract anywhere near as much attention to the cause.

But that is not the only reason for not wearing shoes. It is an expression of individuality and freedom. Rob explained, “The final reason I choose not to wear shoes

is because it shows the religious freedom I feel in Jesus Christ, but in a non-conformist way.”

Even if you think not wearing shoes is “stupid” or “pointless,” the truth is that most of us are old enough to make our own decisions. A good number of the San Ramon Valley High School student population are even legally adults. If someone is barefoot and gets hurt, it is their own fault for not looking at the ground, and they can deal with the consequences. The student handbook even says that “students are responsible for their own behavior.”

Unfortunately, the issue is a much larger than the rules at our school. The laws and regulations regarding school districts and liability get complicated, and even if our principal decided he wanted to give students a little more freedom, it would not matter. So this is not a protest against the rigidity of our own school board; it is a commentary on the whole system. It is simply counterproductive to keep students from making our own decisions during the period of our lives when we are supposedly being taught how to be “responsible.”

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Editorials

Getting in your head: Mental intimidation at SRVHS

Mental intimidation at SRVHS is unfortunately a relatively common practice at SRVHS that ranges from blatant attacks to indirect and implied insults. These weak attempts for domination often stem from unstable or immoral family life, lack of maturity and the innate desire of some students for attention and acceptance. Ultimately, students who verbally and physically abuse other students need to truly understand the effects of their actions and words on their victims instead of unthinkingly speaking and hurting others.

Family life plays a major part in students' actions throughout high school. Stable families that balance compliments and criticism while demonstrating good ethics generally produce students that are kind and confident. Constant complaints and put-downs from parents and siblings may lead to students taking out their anger by lashing out at their peers. As victims of intimidation, these students release their frustration and insecurities by attempting to dominate others. Families that encourage violence and so-called "manhood" create students that are always ready to throw a punch, attack homosexuals and intimidate others. Because backing down or remaining neutral isn't manly enough, some boys feel the need to attack others to feel secure.

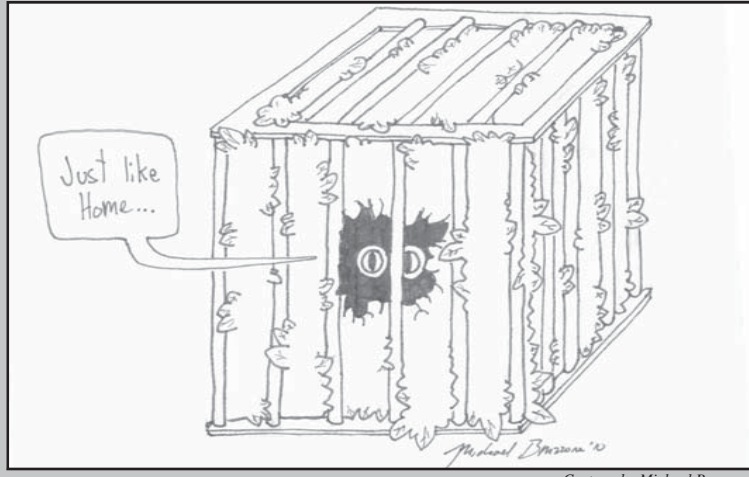
This mindset is ill-founded. By encouraging this sort of "manhood," families are implying that being tough is not as important as acting with modesty, reason and morality. A truly strong person does not hurt others to be confident and accepted. They are self-assured in how they act. Good family morals are the foundation for confident and kind-hearted students.

Many students even verbally attack others without looking at their victims to prevent a response or a defense. They say something loudly enough for everyone to hear but avoid looking straight into their victims' eyes. This ranges from eye rolling, whispering "she's a joke," or "I just want to beat his face out" after a victim acts confidently unorthodox, inappropriately laughing and implied insults, such as "what are you DOING?" This sort of cowardly teasing is an attempt to avoid the consequences of a face-to-face insult including reprimands from teachers and peers.

Groups and fellow students oftentimes play a huge role in students' actions. The group dynamic sparks a desire in people to impress their peers and make them laugh, which can result in a fellow peer becoming the source of another's jokes. Students that are willing to sacrifice the emotions of others for a little rush of dominance are ignorant. Group interactions can be a clear demonstration of the true goodness of a person. A

Caged for life

Wild animals deserve to have their freedom



Cartoon by Michael Bruzone

Are Lent promises abused?

Lent can be a good opportunity to eat more nutritionally

VICTORIA SHARTZER
STAFF WRITER

Some Christians often use Lent, the period of time before Easter, as an opportunity to give something up, a sort of mid-season New Year's resolution. Many San Ramon Valley High School students discuss diets and eliminating bad habits and junk food. For some students the meaning of Lent is connected to their own religious beliefs and upbringing. It would appear in the busy lives of some people the true aspect of Lent is being forgotten amongst modern day society. If students understand and respect

the real meaning and significance of Lent, then it is okay to use it as an excuse for a diet. Plenty of students are serious about being Christian but take advantage of the Lent season to improve their diet.

Lent is said to be a period where people go through fasting and abstinence. It is meant to signify Christ's sacrifice for his people, a time to pray for help over temptations. But if a girl decides to give up chocolate, in an attempt to lose weight, she still has to overcome the temptation, which is the goal of Lent.

Whether people change their

person that sticks to their ethics even in a pressurized situation has passed one of the many tests of kindness.

Maturity level is also an enormous factor in determining students' need to intimidate others. Mature students recognize how their words and actions impact others. Abusive students do not understand that their insults can go a long way in impacting their victims. Students who throw insults and derogatory comments at people lack the ability to empathize with others and control their failed efforts at elevating themselves in their peers' minds.

Maturity can be learned. In fact, maturity comes from personal determination to remain kind and calm in frustrating and tough situations. Ultimately, you can choose whether or not to become mature by seeking to understand the feelings and actions of others and responding in an ethical fashion. Some never reach this point. You are the one living your life. We at the Wolfprint urge the student body to act with class and compassion.

The Cons of Period 7

With the poll on period 7, I feel that I fall into the category of "I dislike it because I believe it is a waste of time." During the whole thirty minutes you cannot really do anything useful because you need help from the teacher that you are not allowed to go to. I feel like the school is getting better about the system, but it is still quite irritating to have to go to be wasting a full half hour. Freshman advisory is not necessary and freshmen should be able to seek help from teachers just like the sophomores and upperclassmen.

Morgan Idso (9)

Letters to the Editor

Students should make an effort to reduce their carbon footprints

Having gone through AP Environmental Science, I believe it is important for people to do their part to reduce their carbon footprint. School is obviously a place where teenagers spend a great portion of their time so I am excited to hear about the proposed solar panels. However, I believe there are simpler solutions that are often overlooked. For instance, a bus or carpool planning committee could reduce traffic and CO2 emissions. Both of these problems are extremely relevant to our school. Solar panels are a great source of alternative energy but simple self control to walk or ride a bike instead of driving should not be forgotten as potential methods to reduce SRV's carbon footprint.

Zac Rossen (12)
Another girl's perspective on hooking up

Dear Jessica Svendsgaard,
Your article in the last issue, "Defining Hooking Up," really stuck out to me. It caught my attention because it is a very strong and sensitive subject with me. In the middle of the article, it began to become more pro hooking up than con. It sounded as if hooking up is something popular amongst girls. Well, surprise! Hooking up isn't very common with girls, and when it is, it does mean something, even if it's a little bit. Like you said, "their [girl's] brains release hormones that create an attachment to whomever it is they are hooking up with." Most of the time, the guy will forget the girl and move on, leaving a somewhat heartbroken girl. (Unless she just doesn't care, and we all know the name of the girl that doesn't care) (Hint: it's only four letters and starts with an "s") I don't think your article should have been on "hooking up." Why not do a piece about WHY girls are hooking up? Is it because we need the extra boost of self-confidence? Do we just want to feel sexy? I'm sure it varies. But my heart goes out to all the girls out there who feel so low enough to bring themselves down to this level.

Signed,
Not The Only One Who Feels This Way

How To Write Us

Letters must be 250 words or less and include your full name, grade level, and best way to contact you. Letters are subject to verification and editing.

Letters must be submitted by Friday, April 23, 2010.

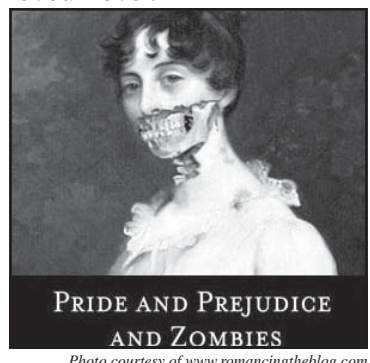
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Danville, CA. 94526
email: sr.newspaper@srvhs.org

Staff book reviews

CLARK LOUIE
STAFF WRITER

Pride and Prejudice and Zombies

Seth Grahame-Smith retells Jane Austen's classic with an interesting twist. Two wealthy bachelors arrive to court the Bennett sisters, like the original. However, unlike the original, the relationships between characters happen in the midst of an undead invasion. The Bennett sisters have been formally trained in zombie hunting by a master in China. Throughout the novel the author juxtaposes the civil culture of England vs. the ninja culture that the sisters were brought up in, often resulting in the sisters having trouble holding their tongues and controlling their anger. With *Zombies* is an exhilarating adaptation of Jane Austen's beloved novel.



PRIDE AND PREJUDICE AND ZOMBIES
Photo courtesy of www.romancingtheblog.com

Noah's Compass

Anne Tyler's novel features Liam Pennywell, a 61-year-old schoolteacher who was forced to retire. Later, he is attacked in his condominium and as a result, loses his memory. The book focuses on Pennywell's obsession with getting his memory back, and finding his life's purpose again in the process. The book is engaging and easy to read, and the growth of the main character is interesting, however the characters and settings are quite depressing. Overall, it is a solid book that makes for a good relaxing read.

The Road

Cormac McCarthy's novel is dark and desolate, but it shines as a masterpiece. The Road features an unnamed father and son traveling across the America towards the sea in order to escape cannibalistic fellow survivors and find "good people." These encounters with savage humans are strikingly despairing, with scenes containing a newborn infant roasted on a spit, and people slowly being eaten for food. Throughout desperate circumstances, the father continues to show love for his son. The post-apocalyptic world is incredibly real and extremely frightening. It is a page turner that has the reader fearing for the lives of the characters as if they were real.

The San Ramon Valley High School

WOLFPRINT

EDITORS

Editor-In-Chief/Front Page Editor Assistant E-I-C/Opinions Editor News Editor Sports Editor Features Editor Back Page Editors Photo Editor	Allie Tao Sammy Moore Daniel Morizono Tanner Himmelman Cristina Smith Jessica Svendsgaard/ Tori Young Sammy Moore
------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------

STAFF WRITERS

Emma Russillo, Jasmine Dhaliwal, Sarah Wolley, Nick Kuyat, Megan Cable, Joshua Downes, Victoria Kwan, Noelle LeTourneau, Clark Louie, Victoria Shartzter, Samantha Zarling, Kelsey Arbuckle, Chase Bonifay, Eric Ma, Taylor Wade, Raquel Royal, Amanda Nguyen

Faculty Advisor: Giana Schmitz Principal: Joseph Ianora Printer: Folger Graphics

The Wolfprint
San Ramon Valley High School
501 Danville Boulevard Danville, CA 94526.
Telephone: (925) 552-5580 - Email: sr.newspaper@srvhs.org

The Wolfprint is a student-run newspaper that strives to present the student body of San Ramon Valley High School with the highest quality publication possible

EDITORIAL POLICIES

The Wolfprint encourages letters to the editors from students, staff, or the local community while reserving the right to edit them for content and available space. Drop off signed letters in A3 or e-mail them to sr.newspaper@srvhs.org.



Advice Column

gain valuable life lessons from your two favorite back page editors

Dear Tori and Jessica,
Sometimes at night I can't sleep because I hear voices. I go downstairs and I see a huge, dark six foot bunny staring at me. I'm pretty sure no one besides me can see him. He talks to me sometimes about time travel and the world ending. Is there something wrong with me? Help.

-Scared

Dear Scared,
You need help. Go back on your medicine.

Love,
Tori

Dear Scared,
Have you checked the cellar door? Talk to Grandma Death. Lookout for the bunny (his name is Frank). You don't have much time.

Love,
Jessica

Dear Tori and Jessica,
For Hannukah my parents got me these really beautiful white gold hoops, but my friend says that I can't wear them because hoops are 'her thing'! She always does this to me! How can I get her to quit being such a controlling monster?

-Hair of Secrets

Dear Hair of Secrets,
Try talking it out. Maybe she will consider your feelings if you tell her how hurt you are.

Love,
Tori

Dear Hair of Secrets,
If we were to compare your situation to, let's say, the Roman Empire, I'd say that your friend would be the tyrant Ceaser. The solution: Stab Ceaser.

Love,
Jessica

Dear Tori and Jessica,
This weekend I was ready to head to Vegas with three buddies of mine for a bachelor party. We were all excited to have a great time! Last night though, we think something may have been slipped into our drinks, because we can't remember anything that's happened. The hotel room is completely trashed and there is a tiger in the bathroom and a naked man in the trunk and now we can't find our friend Doug! Can you help us out? It's important :(

-Buddy

Dear Buddy,
Have you checked the roof? You should check the roof. And the tiger belongs to Mike Tyson.

Love,
Tori and Jessica

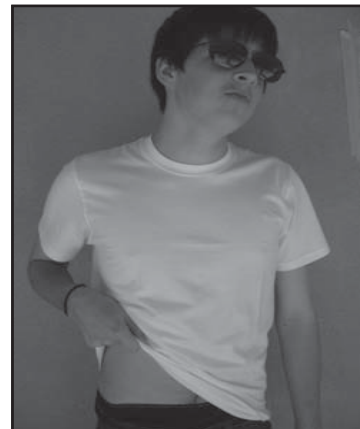
TOP TEN THINGS TO DO IN NEWSPAPER

10. Tetris.
9. Bop It: EXTREME.
8. Debate as to whether or not zombies are real (they are).
7. Listen to Clark sing songs by Miley Cyrus, Taylor Swift, and Beyonce. Really loudly.
6. Discuss important political issues (read: Tetris).
5. Discuss Gossip Girl, The Office, and Secret Life of the American Teenager.
4. Eat food we find lying around.
3. Work on the newspaper... maybe.
2. Flirt with Nick Kuyat.
1. Tetris.

HOW TO SPOT AN INADEQUATE MALE

a lesson in recognizing and avoiding undesirable boys

THE TOOL



This guy is gross. He wears pants, usually of the sweat variety, that are too large. He enjoys taking off his shirt to reveal the dirty wifebeater he has underneath. He brags about everything, whether or not it's actually impressive. You can hear him in class on Friday talking about all the legit parties he'll be going to that weekend, and again on Monday talking about all the same legit parties.

THE CREEPER



Creepers are easily disguised as normal individuals. They can be wearing any clothing, but beneath lurks a boy waiting to text you at inappropriate times and friend request you on facebook even though you only talked once in Math class. You can anticipate random invitations to go swimming at his house and will most likely find the intense need to avoid his eyes in the hall. They can remain a creepy part of your life for months or years.

THE PLAYER



You can usually spot a player at a party with girls much younger than they are. They always try to get younger girls since they cannot find anyone their own age. Also, they might send you messages on Facebook saying "hey ur hot... hit me up sometime" and will include their number, or ask for yours. Do not give them your number. They will still try to talk to you via Facebook, or text you, but only on Friday or Saturday nights.

HOROSCOPES

ARIES

3/21-4/19

Happy Birthday Aries! When's the party? Are we invited? We better be invited. Seriously, you can't not invite us, we're always the life of the party! ...please?

TAURUS

4/20-5/20

Your inattentive nature will get the best of you this month. You need to straighten out and work a little harder. Especially if you co-edit the Back Page and your name rhymes with Schmor Schmoung.

GEMINI

5/21-6/21

The stars this month will force you to admit that your entire emotional range can be conveyed by a set of cleverly arranged punctuation marks.

CANCER

6/22-7/22

This month Mars enters the 5th house, causing you to become overly paranoid. Don't worry, that's just your stalker following you in the ski mask.

LEO

7/23-8/22

This month you will find your eyes assaulted by large brightly colored posters with lame sayings promoting the election of certain individuals. This also applies to all other astrological signs.

VIRGO

8/23-9/22

This month the stars align to bring you whipped cream in massive quantities. Use it wisely.

LIBRA

9/23-10/22

This month Saturn is traveling through your star chart, creating an itch for you to branch out and try something new, fun and exciting. The fix: sign up for newspaper! I repeat: **you should register for Newspaper. This also applies to all astrological signs.**

SCORPIO

10/23-11/21

In the middle of the month keep an eye out, the stars forsee Nick Kuyat sneaking into your room at night.

SAGITTARIUS

11/22-12/21

After the long winter months the sun will cause your restless nature to take over this month, causing you to spend a lot of time outdoors. And it's a good thing too, you're looking really pale. Get some sunlight, you monster.

CAPRICORN

12/22-1/19

Picking your classes for next year will prove extremely stressful. It will either inspire you to pick your classes wisely or to drop out and join the circus. Follow your instincts.

AQUARIUS

1/20-2/18

This is the dawning of the age of Aquarius. The age of Aquariuuu! Aaaaaaaahhh! *dances wildly*

PISCES

2/19-3/20

This month will leave you with money issues, causing you to perform in the streets for change. Play to your creative strengths!