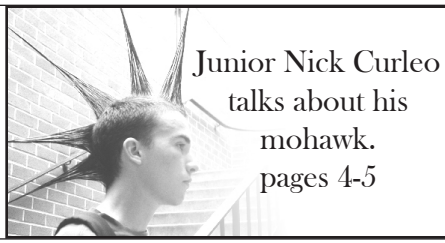


Entertainment.....2
 Opinion.....3
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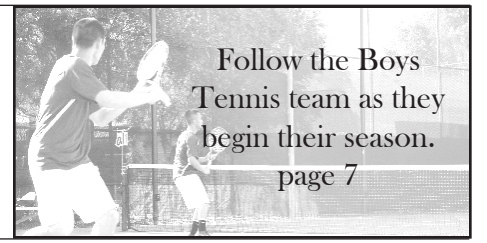
PHOTOS: C. Choo, V. Chang, & H. Lin



Our Entertainment Editor attempts the Orochon challenge. page 2



Junior Nick Curleo talks about his mohawk. pages 4-5



Follow the Boys Tennis team as they begin their season. page 7

TEMPLE CITY HIGH SCHOOL

RAMPAGE

Volume 55 Issue 10

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CONCERT WITH A CAUSE



PHOTO/ Erica Lee

Heartstop band members Jake Hawkes (left) and Tristan Ramos (right) performed at the Music for Life Benefit Concert, which raised over \$4,000 for March of Dimes, on Saturday, March 27.

March/April Ram Calendar							March 29-April 1: Pep clinics	April 13: Dragonflicks Interviews
Su	M	T	W	Th	F	S	April 1: ASB Elections, Adv. Drama Auditions, Pep tryouts	April 14: AP Test Pre-registration
28	29	30	31	1	2	3	April 2: ComedySportz	April 14-15: Choreo Clinics, BSS Auditions
4	5	6	7	8	9	10	April 5-9: Spring Break	April 20: Choreo Tryouts
11	12	13	14	15	16	17	April 12-13: Rampage tryouts	April 23-24: Advanced Drama performance
18	19	20	21	22	23	24		
25	26	27	28	29	30	1		

TC Schools Foundation awards \$10,000 in Innovation Grants

By Maggie Liu
 Staff Writer

Graphic Communications teacher Mr. Richard Hollinger received \$1,000 in grant money on March 5 from the Temple City Schools Foundation, which he plans to spend on music equipment so students can create original music pieces for a class project.

With the \$1,000, Mr. Hollinger can buy microphones and microphone stands, headphones, and a Musical Instrument Digital Interface system that will help synchronize tunes created in his recording room onto the computer. With this equipment, students can combine tracks created on GarageBand with their own instrumentals and vocals.

"I want to make it more of a real experience to what people would do with their own instruments to creating music," Mr. Hollinger said. "So I'm trying to allow them more creativity using their own special abilities to add to the regular loops."

The idea of recording real music and adding it to the digitally composed tracks came from Seniors Brendon Lam and Dominic Vicario. Mr. Hollinger agreed with their idea and had them fill out the forms for the money.

TCSF awarded other selected teachers with grant funds totaling up to \$10,000

which came from this and last year's budgeting for the 2010 Innovation Grants. Teachers can create unique, memorable lessons for students by spending the money on various equipment or pay for transportation for field trips.

"Any way that the community supports teachers is appreciated," Mr. Scott Randles said, who received \$3,000 along with fellow science teachers Mr. Evan Dagger, Mr. Ray Salazar, and Ms. Deborah Gewecke to buy Qwizdom, a student response system. "That they give us the opportunity to try out some new and engaging equipment will surely help us do a better job presenting our subject matter."

English teachers Ms. Wendy Van Thiel and Ms. Kendra Miller also received grants that added up to a total of \$743.84 for a field trip, and Ms. Vanessa Hadikusumah received \$511.68, also for field trip funds. Teachers at Oak, Longden, La Rosa, Emperor, Cloverly and Dr. Doug Sears Learning Center also received grant money.

"Oftentimes teachers have great ideas that can effectively change the learning that happens for their students, but can't personally fund such a large amount and the school doesn't have the money to cover it," Ms. Tiffany Haeberlein said, who informed teachers if the TCSF approved their requests. "These grants are designed to allow some of these ideas to come to life."

Journalism, FBLA sweep regional competitions

By Veronica Lin
 Exchange Editor

The Rampage and the Templar staffs hosted the annual East Los Angeles Journalism Education Association Write-Offs on Saturday, March 13. This annual Write-off is a competition among 10 schools. Both TCHS groups did very well, and Rampage won first in Newspaper Sweepstakes for the first time since the competition began 40 years ago. The top three students in each category will move on to compete in the Southern California Journalism Education Association Write-Offs on May 15.

Future Business Leaders of America competed in the Gold Coast Sectionals at West Ranch High School on Saturday, March 6 against other local schools. The club also won fifth place sweepstakes award and will send seven students to compete at the state level from April 15-18.

Future Business Leaders of America	
Sweepstakes 5 th -Temple City	Business Math 6 th -Vivian Ka 8 th -Cody Luk 9 th -Yinting Huang
Technology Concepts 1 st -Kenneth Tu	Computer Problem Solving 8 th -Austin Cheng 10 th -Wesley Wong
Marketing 1 st -Jane Huang	Business Procedures 10 th -Ian Lee
Intro to Business Communications 1 st -Vivian Ka 3 rd -Yinting Huang	Management Decision Making 1 st -Ian Lee, Kenneth Tu
Business Communications 2 nd -Jane Huang	Parliamentary Procedures 4 th -Terrence Sun, Jack Lee, Jennifer Chang, Robert Xue
Sports Management 2 nd -Thomas Lian	Entrepreneurship 8 th -Andy Chow, Wesley Wong, Austin Cheng
Job Interview 4 th -Christine Keung	
Public Speaking II 4 th -Christine Keung	

Gewecke wins award for excellent teaching

By Elise Luc
 Production Editor

AP Chemistry teacher Ms. Deborah Gewecke received the Siemens Award for Advanced Placement in early February, becoming the first teacher in Temple City history to earn this honor.

The Siemens Foundation gives this award to only one Science, Math, or Technology teacher in each state, and out of all the teachers that applied in California this year, they chose Ms. Gewecke and awarded her with a \$1,000 grant.

In mid-December, College Board sent out letters to high schools based on their AP scores. Ms. Gewecke filled out an application and answered short answer questions, then submitted a résumé and a letter of recommendation.

"I was really shocked when I found out," Ms. Gewecke said. "I had to read it twice. I honestly didn't think I had a chance."

Ms. Gewecke has had consistent high AP scores throughout her teaching history. Last year, the school's pass rate for AP Chemistry was 94 percent, and her classes, specifically, had a 96 percent pass rate. Her average pass rate for the last 14 years is 88 percent.

"Good students obviously help [towards the high pass rate]," Ms. Gewecke said. "I also teach broader concept principles and how to approach a problem, not just how to do it."

Ms. Gewecke plans to use the \$1,000 to buy a spectrophotometer, a device that can measure the intensity of the color of light, which costs between \$700 and \$800, and some pH meters.

Rampage	Templar
Newspaper Sweepstakes 1 st -Rampage	Yearbook Sweepstakes 4 th -Templar
News 1 st -Elise Luc 5 th -Charlene Choo	Yearbook Copy 1 st -Shine Fu, Katie Brown, Vicky Wen, Sahar Baharestani
Novice News 1 st -Jessica Meza	6 th -Derrick Cheng, Katie Brown, Dina Furumoto, Janet Lee
Critical Review 1 st -Julia Chen 6 th -Christine Keung 7 th -Humphrey Lin	Photography 5 th -Bronson Chaputa 7 th -Nikki Chan 10 th -Wayne Wu
Editorial Cartoon 2 nd -Angela Li 9 th -Erica Lee	Yearbook Layout 9 th -Shine Fu, Susan Huang, Vicky Wen, Sahar Baharestani
Sports 5 th -Richard Kim	
Feature 6 th -Vicki Chang 7 th -Serena Smalley 8 th -Veronica Lin	

Behind the scenes of THE WIZARD OF OZ

PHOTO/ Jennifer Su

By Jessica Meza
Staff Writer

If costume designers, makeup artists, pit orchestra, and ninjas in headsets aren't what you remembered from this year's stage of "The Wizard of Oz," it's because all of these teams worked on the musical from behind the scenes.

DragonFlicks handled all of the props, lighting, sounds, backgrounds, and technical aspects of "The Wizard of Oz," ensuring that the play would go off seamlessly from the audience's perspective. This year's play included new stunts such as scenes in which actors flew about 12 to 18 feet into the air and fireworks on stage. The new tricks for this year's musical added to the overall price of about \$105,000.

"This was our most expensive musical," Audio Crew member, Senior Robert Wagner said. "We put in pyrotechnics, which was very costly. We couldn't handle the fire ourselves, so we hired a fireman to check if it was safe."

About 30 members from Honors Orchestra and Band made up the pit orchestra, which performed music from the professional scores of the original musical. They started rehearsing with the cast two weeks

before the final production for four hours per night. Although the pit put in many hours of practice, keeping in sync with the performers was challenging.

"I thought the scenes came out a lot better than I had planned."

Junior Andrew Jennex

There were safety issues concerning the special effects, namely the flying scenes. Of course, our school alone could not handle this; DragonFlicks hired the company ZFX to ensure that the scene went off without a hitch.

"Their equipment is specifically designed to hold people and specifically designed not to fail," DragonFlicks Adviser Mr. Michael Kidd said. "All the cable we used was actually brand new cable, so it wasn't in any way worn or frayed or anything like that. Every nut, bolt—every part of the system—is checked and triple checked and made sure that it can hold the weight [of the actor]."

As for the flying, some actors had to use understudies and others had to quickly

change harnesses on the rig in order to establish smooth transition into scenes.

"After the Wizard flies away—that part takes a lot of time because you have to take him off the rig, get him out and the entire thing and get Glinda's bubble, tie it on, and get her on," said the Tinman, Senior Hank Chang. "But there are barely any lines so we have to ad-lib. Sometimes we just have to make up some lines on the spot."

For the tornado scene, DragonFlicks created authentic CGI rain on a scrim, which is a see through black mesh where they can see projections, along with thunder in order to create a more dramatic effect than just a gloomy backdrop.

"I thought the scenes came out a lot better than I had planned," CGI Specialist, Junior Andrew Jennex said. "Once I saw it all put together, I was like, 'Wow, that came out great.'"

Another process that happened behind the scenes was the transformation from student to character. This involved quick makeup jobs and touchups, as well as costume changes to complete the actor's look. The audience only saw the finished project on stage, but in the dressing rooms, students were rushing to change into different outfits and get to their places in time.

"Most people have multiple roles, all with different makeup, so things get a bit chaotic," Makeup Artist Senior Jimena Torres said. "Me and like four other girls had to do like ten guys in five minutes, and making someone's face completely green is not as easy as it sounds. We had to turn light green to really dark green; it was all about finding the right technique."

Of course, costumes were necessary in order to fully complete the change into a character. Normally, costumes are made and recycled for the following years' plays. However, since "The Wizard of Oz" has such unique costumes, they were rented from The Theatre Company. There wasn't as much work in creating the costumes, but a lot of time was put in to perfect them.

"I think sometimes you think when you rent them that that means we just rent them and put them on people," Costume Coordinator Ms. Kathy Mushinskie said. "They don't realize that we have to fit them to all the kids. We also ironed them all and put accessories with them. It took us three days to iron them; usually we do it in a day."

There was a lot of preparation before and timely work during the final production of "The Wizard of Oz" in order to ensure that the play would run smoothly.

Editor takes on Orochon Ramen

By Charlene Choo
Entertainment Editor

Before I visited Orochon Ramen, I never thought a bowl of ramen at a Japanese restaurant could be spicy enough to make me want to cry. This small restaurant in Little Tokyo is always flooding with eager customers who want to take on the infamous Special Number Two challenge; however, don't overestimate yourself because my Korean pride was crushed after the unsuccessful 30 minutes. It was truly a humbling experience, and I vowed never to be arrogant over an empty bag of Hot Cheetos again.

First of all, there is no special price or reward for completing the Orochon Ramen Special Number Two Challenge—only a picture of yourself on the restaurant's Wall of Fame. I remember thinking to myself that whoever thought of the idea is a genius. However you look at it, the challenge is made to profit the store and not the customer.

Unfortunately, I was also one of the people who fell for Orochon Ramen's obvious tactic. I even prepared myself thoroughly by watching YouTube videos and eating spicy ramen at home. I had it all planned out. First, I would take all the noodles out into a separate bowl, then I would dump some ice in the soup to cool it down, and finally gulp everything down. However, as soon as I took my first bite of their Special Number Two ramen, I knew that all the preparing was useless.

I was not prepared for such excruciating pain. After the first few bites, my eye sockets were vibrating, my ears were popping, my tongue and lips were numb, and my nose was so runny that I had to blow it every 30 seconds. Halfway through the challenge, I managed to finish the noodles, but I was in so much pain that I couldn't understand the waiter when he asked if I wanted more water. Then I knocked over my friend's bowl of noodles and walked all over them while trying to go to the bathroom. Thankfully the workers at Orochon thought that our reaction to the noodles was amusing and didn't mind the mess.

In the bathroom I washed my face with cold water and stuffed my ears with wet toilet paper to numb the pain. However, the throbbing came back just the same when I took a sip of the blood-red soup. My friends and I were sweating like we were in a sauna. One of my friends tried to wash the noodles in water, but another just gave up and ordered dumplings. No one was trying anymore by the time there was ten minutes left, and we eagerly admitted our defeat.

Afterwards we went to Yogurtland and splurged on cups of Irish mint frozen yogurt and fruity toppings. Then I went home and suffered the rest of the night.

The Chosen Few share their story

Compiled by Michelle Shen
Editor-in-Chief

The Chosen Few, a b-boy crew consisting of seven members, performed at the FBLA Benefit Concert, freestyleing their way through an eight-minute performance rather than dancing to fixed choreography. After the performance, I had a chance to interview the crew members about their b-boying career.

Q: How did you guys become a crew?

Phil Kabuto: I founded the group in 2007. I saw b-boys on television so I googled b-boys in my neighborhood and found some from TC. We were a crew for a while, but they all quit to pursue other things. I met everyone in my crew today through the Internet and various competitions. We've managed to stay together even though we're from different areas and generations.

Q: Is it hard to find time to practice?

Jerel Luna: It's hard for us to meet because we're all from different places. Our DJ is back in Japan. It's a lot of planning—a week in advance. Some of us are in high school, so we split up in groups to practice.

Q: What is your motivation to commit to the crew?

Kabuto: We compete almost every week because it's part of our culture. The stuff we hear on the radio isn't hip hop; it's rap. Back then, hip hop was a way to express ourselves, what we're going through. We all have different styles which depict each of our personalities, but what unites us is that we're all b-boys.

Paul Kwon: We like going on and representing our crew. It's more than fame. Meeting new people is definitely the best part of b-boying.

Q: Are you guys considering going professional?

Aaron Wong: I'm going to keep dancing in college, join

a club, go to competitions, but eventually, I am going to stop and pursue biology. B-boy is not going to be part of my career. It is a huge, positive part of my life; it has taught me a lot about myself and a lot in general and I will apply it to life.

Aston Chan: We're not going to try out for America's Best Dance Crew. We're underground right now—we're all starters. I've danced for three years, the others four, maybe less. But next year we're going to come out and be known in the b-boy world. We battle a lot by enter-

ing jams, and we do it for respect. Very few people know about us. The battles aren't so ghetto in warehouses like in "Step Up 2." Competitions are sometimes in gyms. We sign up, pay an entrance fee, and the combined fees go to the winner.

Q: Did you all get along when you guys first met?

Wong: We didn't all get along at once, but now we're all really good friends because dancing brings us together. It's what we all love to do. It's a lot of self indul-

gence—no teachers, and our own progression and the progression of our crew is especially rewarding.

Q: How did b-boying influence your life?

Brian Brink: B-boy kept me off drugs, alcohol, bad influences. I don't know where I'd be without it. B-boy brought out who I really am.

Q: Was b-boying easy to pick up?

Matt Picardal: I started when I was 19. I wish I started younger because I had no rhythm and my hands were like claws and really awkward. I was one of those people who thought they would never dance when I was in high school. But the more I did it, the more drawn to it I was. I wasn't a natural, but I kept working and if you do, you really have no choice but to get better. B-boy is a lot of self-discipline.



PHOTO/ Michelle Shen

The members of The Chosen Few are Brian Brink, Phil Kabuto, Paul Kwon, Matt Picardal, Aaron Wong, Aston Chan, and Jerel Luna.

Congress gives health care reform bill a shot



By Alice Wang
Co-Business Manager

With the passage of the health care reform bill last weekend, President Barack Obama has finally accomplished what has stymied four presidents for almost a century—a far-reaching overhaul of the American health care system.

It's about time. Yes, the bill will be expensive, but the fact is that health care reform is unavoidable—it has to be dealt with sooner rather than later, and considering how our national deficit is going, later might not be an option. This new initiative is a wake-up call for Americans—a reminder that some things transcend self-interest and that at times, the only barrier between good health and illness might be as fleeting and ephemeral as luck.

According to Nancy Pelosi, Speaker of the House, the major components of the bill will require mandatory health insurance for most Americans, provide state-based insurance exchanges, ban insurance companies from selective coverage, and stop them from dropping patients with life threatening or long term illnesses.

Though the Senate approved it in December, the House of Representatives voted 220-215 on Saturday night to pass the bill on to the president, interestingly enough, without a single Republican vote in its favor. In an elaborate signing ceremony, a jubilant Obama signed the historic bill into law with 22 strokes of his 22 pens.

What does this mean for middle-class Americans?

For us, it means additional health care coverage for 32 million currently uninsured people, higher premiums and taxes for those with an income higher than \$88,000, and a

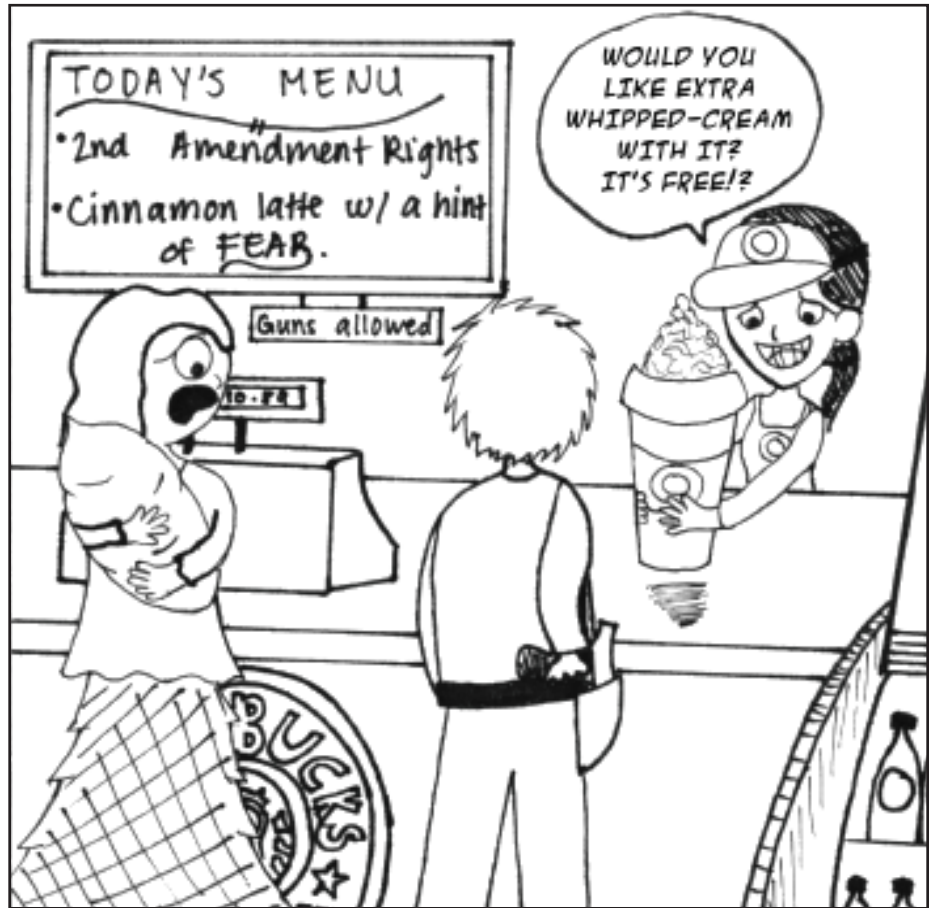
948 billion dollar price tag over the next 10 years for the U.S. government.

Though this new bill comes at a high cost, the benefits we get in return put it all into perspective. The law's passage gives Americans in dire need of affordable health care access to government-subsidized insurance. Though opponents of the bill see beneficiaries as lazy, jobless bums, the reality is that they are quite the opposite—people that one might see anywhere, separated from the rest of us only by bad luck and unhappy circumstances. They are people who lost their insurance along with their health, and children whose pre-existing conditions have made them uninsurable, among others.

Americans already enjoy some of the lowest tax rates in the world—according to data collected by the Organization for Economic Cooperation and Development in 2005, our tax rate was 11.9% of the household income, while the Canadian rate was 21.5% and the British 27.1%. Isn't the opportunity to benefit an immeasurable number of people worth a comparatively tiny increase in taxes?

The argument against the health care reform bill has been pulled out and dusted off countless times—fifty years ago, Republicans grimly predicted that Social Security would bankrupt the nation; Ronald Reagan himself said that the now-indispensable Medicare would lead to the “end of American freedom.” The health care reform bill has the potential to be as important to our social welfare system as Social Security and Medicare, if it manages to survive the claims of unconstitutionality surrounding it.

Though the passage of this landmark bill has shown Obama that change is possible in America, it has also demonstrated at the same time, for senators and representatives alike, that bipartisanship is not yet an option.



CARTOON/ Maggie Liu



Shenanigans

By Michelle Shen
Editor-in-Chief

Many can argue that America is as much the land of the free as it is the land of walking muffin tops. It's a known statistic that one in three Americans is obese, so it's not a matter of ignorance. It's a matter of shoveling junk filled with fat the size of Hefty trash bags down our throats and still not doing anything about it. Our problem is apathy.

I'll admit it. I was munching on a bag of Kettle Chips from Costco as I watched a segment of Ryan Seacrest's new show, “Food Revolution.” It catalogs British chef and TV personality Jamie Oliver's journey as he tries to teach the people of Huntington, West Virginia, commonly known as the unhealthiest city in America, the problems of their eating habits and the impacts poor food choices have on children.

I watched as the camera panned over a greasy cheese pizza that was practically gurgling with oil and a truck filled with hundreds of Ziplock bags filled with yellow fat and I did little more than cringe a little as I popped another chip in my mouth. To be honest, it wasn't anything I haven't seen before. But what finally made me put down the chips and scramble into some workout clothes was when Oliver pointed out that “this is the first generation of kids who are expected to live a shorter life than their parents.”

It made me stop, midcrunch, because I have never thought about food that way. All this processed food and drink that we consume everyday is far worse than what our parents ate when they were children. The fact that we snack three or four times a day is an obvious sign that our pant sizes are not headed

anywhere good.

For all the times that children are criticized, our health and well-being are in jeopardy because of what our parents are feeding us and what schools offer us for lunch. If you think about it, children generally eat whatever their parents give them to eat, so if they start off with bad food habits, they'll grow up eating the same way. I have no specific qualms about the school lunch, but it's only because it looks just like the stereotypical school food we see on television, complete with the mystery meat, cheap cheese, and rubbery fries, so I really wouldn't know better. It doesn't mean that the food is any good.

The thing is, it isn't enough to eliminate unhealthy food from our lunch program. We try to weed out the food items that don't fit the nutrition requirements, but that doesn't do us too much good if there isn't positive reinforcement behind it. We're trying to make up for our mistakes by taking out the bad. But what we're left with is neither unhealthy nor particularly healthy.

We need to amend our system so that we have access to healthy, quality food because, if you think about it, we have twelve years of schooling, which is about ten months a year, which adds up to about two hundred lunches a year. It's ironic that we live in a country filled with some of the most intelligent, innovative people in the world, yet we can't do better than stuff trash down our throats.

If you would like to support Jamie Oliver's cause to improve school food and health prospects in America, sign his petition on www.jamieoliver.com.

THE HEALTH CARE REFORM BILL AT A GLANCE

Cost: \$948 billion

Deficit: Reduction of \$143 billion over first ten years, according to CBO estimate.

- Mandatory Health Insurance**—Most Americans required to buy health insurance by 2014.
- Insurance Exchanges**—State-based exchanges created to allow the uninsured and the self-employed to buy insurance, with subsidies available.
- Increased Premiums and Taxes**—Households with an income above \$88,000 are required to pay higher premiums and taxes.
- Excise Tax**—Starting in 2018, insurance companies must pay a 40% excise tax on high-end insurance plans worth over \$27,500 for families and \$10,200 for individuals.
- Insurance Reforms**—Children cannot be denied coverage based on preexisting conditions six months after enactment. By 2014, coverage will extend to adults with preexisting conditions.
- Subsidies**—To be eligible for subsidies to buy insurance in state exchanges, individuals and households must have an income of between 100-400% of the Federal Poverty Level, and cannot be insured by an employer or be eligible for Medicare or Medicaid.
- Abortion**—Federal funds cannot be used to pay for abortion, except in special circumstances such as rape, incest, and health of the mother.
- Lengthened Coverage**—Young adults can stay on their parents' insurance plans until age 27.

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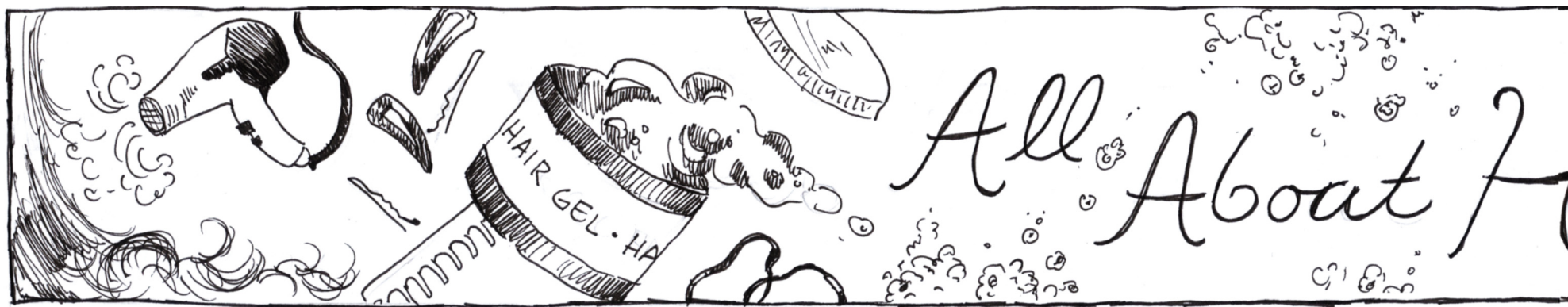
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The articles on the Opinion page express only the views of their respective writers. In the case of an unsigned editorial, the article reflects the views of the staff as a whole. Articles do not reflect the views of the student body or the administration. Letters to the Editor are welcome, but Rampage reserves the right to publish these at the discretion of the staff. They also may be edited in regard to space.

ILLUSTRATION/ Erica Lee



Making the best out of the worst hair days

Compiled by Angela Li
Staff Writer

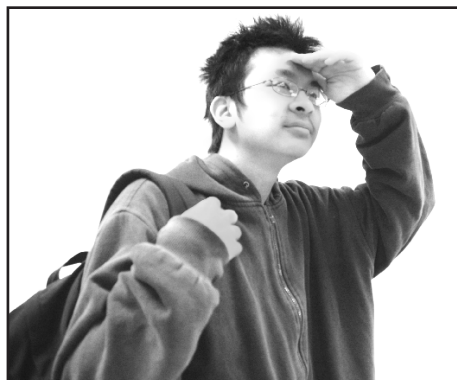
“My worst hairday experience was when I didn't have time to wash my hair because I woke up too late and I had to get to school. I tried to fix my hair by putting a little water on it but it was still kinda gross and when someone rubbed my hair I felt awkward. I tried to put water on my bangs and just pretended nothing happened!”

Senior Rebecca Ger



“My worst bad hairday was when I woke up five minutes late for school, and I didn't have much time to do my hair, so it was all on one side. And it was windy that day, so it was really ugly. I just pretended that I meant to do that. They kept asking about my hair, and I said, 'I meant to do that,' that was my 'crazy hair day.'”

Sophomore Andrew Trinh



PHOTOS/ Angela Li

“There was a week when I was up in the mountains during the summer, it was so humid. I had a lot hair back then, and it went all up in a sort of afro type hair, part of it was down and part of it was up. I tried to make it go down, but every time I tried to put water on it, it just came back up after a couple minutes. People just looked at my hair awkwardly.”

Junior Elvin Ng

Compiled by A. Nguyen & V. Chang
Staff Writer & Focus Editor

- You can't repair split ends. The only way to get rid of them is by cutting them.
- Hair grows faster in warmer environments.
- People from African and European descent are more likely to become bald than people of Asian descent.
- It is a myth that shaving off one's body hair makes it grow back thicker. It's also not true that plucking out gray hairs causes three more to take its place.
- In the Dark Ages, red hair was thought to be associated with witchcraft.
- Scientists tell us that hair is as strong as aluminum.
- Hair can be stretched to one and a half times its length when wet.
- In Broadway's *Beauty and the Beast*, costumers used 20 pounds of human hair and spent over 400 hours to create the first beast costume.
- People have so much hair that they must lose at least half of it before they even begin to notice hair loss.
- The number of hairs on the head varies with the hair's natural color. Red heads have about 90,000. People with black hair have about 108,000, while those with brown and blonde hair have 140,000.
- The U.S. has not elected a bald president since the television age began.
- The longest hair in recorded history is 18 feet and five inches.
- It is normal to lose 100 hairs a day from the scalp.
- Your hair has to be ten inches in order to be donated.
- Scientists have found that people with a high IQ have more zinc and copper in their hair.
- The lifespan of the human hair is three to seven years on average.

Sources: beauty-hair-styles.com, ezinearticles.com, listfied.com, hot-hairstyles.comsuite101.com, buzzle.com, bellaonline.com, hairboutique.com

Tips and tricks to dyeing your hair color at home

By Elaine Wu
Opinion Editor

Want that shiny, gorgeous auburn hair you've always admired, without paying a salon price? Or are you looking for a more dramatic change but too scared to do it alone? Dyeing your hair at home is relatively simple and with a few tips you'll be able to achieve a new look with minimum effort and money wasted.

Drugstores such as CVS or Rite-Aid carry many at-home dyeing kits from famous brands such as L'Oreal and Revlon, ranging from five to ten dollars. Try to opt for a shade similar to your current hair color; the results may be more subtle but there is less chance of looking like Ronald McDonald. For guys out there looking to dye their hair, many Asian supermarkets such as 99 Ranch or Mitsuwa have hair dyeing kits coming in a surprising variation of shades such as gray and orange-brown.

As you prepare to dye your hair, make sure you've got some newspapers, an old shirt, some petroleum jelly or hair conditioner, and a shower cap. The newspapers should go over your bathroom floor in case you drop some dye on the floor or sink. Wear an old shirt or a dark shirt turned inside out that you don't mind getting the hair dye on as it can stain. Spread some petroleum jelly or hair condi-

tioner all around your hair line, including the back of your neck, to prevent staining your skin if you get dye on it. Follow the directions that should be included in the box and apply the dye all over your hair. It is helpful to section your hair and apply the dye to each section and comb it through. This can be done by yourself but it's easier if you have a partner to help you so that every strand is coated evenly.

For those with dark hair going for a lighter shade, the dye can be left in the hair about ten to fifteen minutes longer than stated in the instructions as the color does not penetrate as well as on lighter hair. However, if your hair is dark and very dry or damaged it isn't necessary.

After the hair is coated wear a shower cap over your hair; this will trap in heat and help the dye soak into your hair more. You can use a blow dryer over the shower cap to create even more heat.

When time is up, thoroughly rinse off the hair dye, and shampoo your hair if needed. Then use a deep-conditioning hair treatment; many hair-dyeing kits include this but if not, then you can easily buy some at a drugstore. After leaving the conditioner on for a few minutes rinse it off with cool water to lock in the moisture in your hair.

Of course, since at-home hair dyes are not as strong as

those used in a salon, the results may not be exactly what it says on the box, depending on your hair color. However, if you follow these guidelines, you won't emerge with horribly bleached locks or fried-looking tresses.



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ILLUSTRATIONS/ Alice Wang



Natural hair treatments

By Julia Chen
Staff Writer

Have you ever thought about putting a bit of your breakfast omelet in your tresses? How about that bottle of olive oil sitting in the pantry? It sounds like an April Fool's joke or a social experiment, but common kitchen ingredients can save that depressing, dry 'do. Eaten or applied directly, the refrigerator can lead the way to happy hair days.

What came first, the chicken or the egg? Who cares? — because only one of those can make locks luxurious. Eggs are filled with vitamins A, D, and E, and fatty acids, all of which are useful in treating hair loss, preventing dandruff, and making hair shine.

Once you overcome the thought of having raw egg in your hair, a homemade conditioner is very easy to make. Just mix two

egg yolks with two teaspoons of olive oil, massage it into your hair, and let it sit awhile. Rinse off the mixture in cold water and you're well on your way to strong and glossy locks. For the best results, repeat the process for a month.

Next to eggs, olive oil is another well known natural hair treatment. Extra virgin olive oil is the ideal choice since the process used to make it does not destroy the vitamins and minerals found naturally in olives. Using an olive oil conditioner leads to softer and more manageable hair. It sounds messy, but wrapping a towel around your shoulders to keep off oil drips speeds the process along. Place the oil in a small bowl and use your fingertips to apply it directly to your scalp. Wrap the towel around your head and let the olives do their magic for half an hour or so. Unwrap, wash your hair with your usual shampoo,

and you're done.

Shampoo and conditioner aside, it's not only what products you use, but also the foods you eat that affect the health of your hair.

Leafy greens (the darker the leaves the better) such as broccoli and spinach are excellent sources of vitamins A and C, which help produce the natural oils made by our hair follicles.

Beans supply biotin, which keeps hair from getting brittle and nuts have ample portions of zinc, which helps prevent hair shedding. Salmon, in particular, is a powerhouse of omega-3 fatty acids, which support scalp health. The whole grains in bread and breakfast cereals also have zinc, iron, and Vitamin B.

So next time you're feeling hungry, remember that what goes down your throat may end up on your head as well.

Flattering haircuts to match your face shape

By Jennifer Su
Staff Writer

Oval Shape

Hello, fellow oval-shaped face peers. With our face shape, we are able to pull off just about any look. Go short, but not too short, go long, and spice it up by wearing it straight or wavy. If you have an awesome bone structure, show it off by getting an angular bob.

"Since my hair is thin, I blow dry it a lot in the morning," Sophomore Adrian Mok said. "I make sure that it curves around the shape of my face because I like having my face look more round."



Sophomore Adrian Mok

Round Shape

Personally, I am in love with people who have round faces because of their adorable, ready to get pinched cheeks. The goal for people with a round face is to minimize the appearance of roundness by creating less volume around the face. Cuts falling below the chin and soft layers are the best bet. Never consider curling short hair or it will emphasize the roundness of the face.

"I usually don't use a lot of products," Junior Joyce Kim said. "I like to leave it straight without a lot of volume so my face does not look as round."

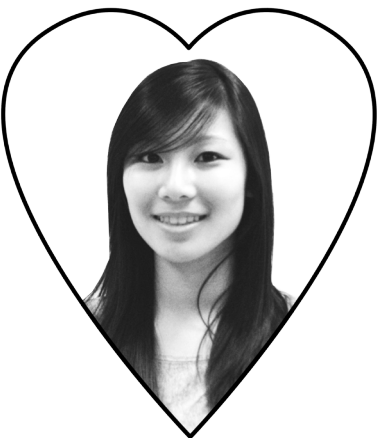


Junior Joyce Kim

Heart Shape

For this face shape, the chin tends to be the focal point. In order to divert the attention away from the chin to other areas such as eyes and cheekbones, side-swept bangs and hair that falls at or below the jaw line works well. For heart-shaped faces, avoid short, choppy layers, and blunt-cut bangs.

"Personally, I prefer side-swept bangs and long hair," Junior Tina Yip said. "It allows me to style my hair in different ways and it brings out my cheek bones."



Junior Tina Yip

Square Shape

Not Spongebob Squarepants square but Angelina Jolie square. Square-shaped faces have a strong angular jaw so avoiding cuts such as chin-length bobs will be the best way to go in order to put less definition on the jaw. Other ways to play down the strong angular jaw is texture. This means adding things such as curls or choppy ends.

"My layers start at my jawline," Junior Brittany Soohoo said. "I think it softens the angle of my jaw."



Junior Brittany Soohoo

PHOTOS/ Jennifer Su

Junior Nick Curleo's hair challenges views of society

By Jason Wu
Staff Writer

You know you see him around—that one guy in a leather jacket and mohawk. He's Junior Nick Curleo and there's more to him than what you can tell by his mohawk.

Curleo began putting his hair into a mohawk because his friends dared him to do it. The bet is meant to end at the end of Curleo's senior year, when he will cut it off promptly after graduation. The specific type of mohawk Curleo styles his hair into is known as "liberty spikes".

"I think it looks pretty awesome, but it's quite a pain in the neck," Curleo said. "People are always touching it or running into it, but some of the reactions I get are worth it."

In order to pull off the look, Curleo uses Knox-brand instant gelatin dessert mix, styling his hair for an hour. His hair stays up for a week, even when he showers, just as long as he immediately dries it afterwards, using just one packet of gelatin.

People often judge others based on what kind of hair style they wear and in certain instances, this also applies to Curleo, whose hair can be deemed controversial.

Many people also may stereotype or categorize people based on their looks. Sometimes people identify Curleo with a label, such as grunge or punk, which he dismisses.

"Classifications limit people," Curleo said. "I am what I am—a guy with a mohawk."

"I know for sure that some people [think of me the wrong way], but for the most part, [they don't]," Curleo said. "Today's society is much more open-minded than you'd think, but when my hair does cause problems, it really causes problems!"

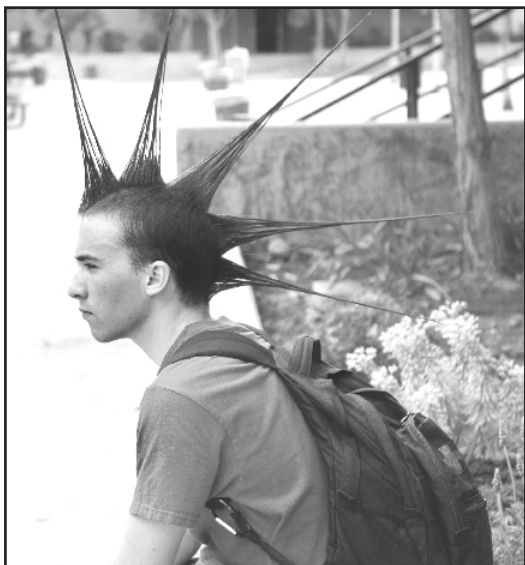
It is understandable that with such an unusual hairstyle choice, Curleo is constantly barraged with people questioning on exactly why he would do his hair the way he does.

"It depends on what kind of day I'm having, but usually I find questions pretty exasperating," Curleo said. "I'm very polite about it when people ask though. I realize that it's a very curious thing and being a jerk about it isn't something that makes sense."

A lot of people identify Curleo by his mohawk, but on some days, he exchanges it in favor of a long ponytail.

"A ponytail is a [heck] of a lot easier to do—it's for when I wash out my hair and don't feel like putting [it] back up right away," Curleo said. "There's also a certain degree of patience involved in fixing it and I don't always have that patience."

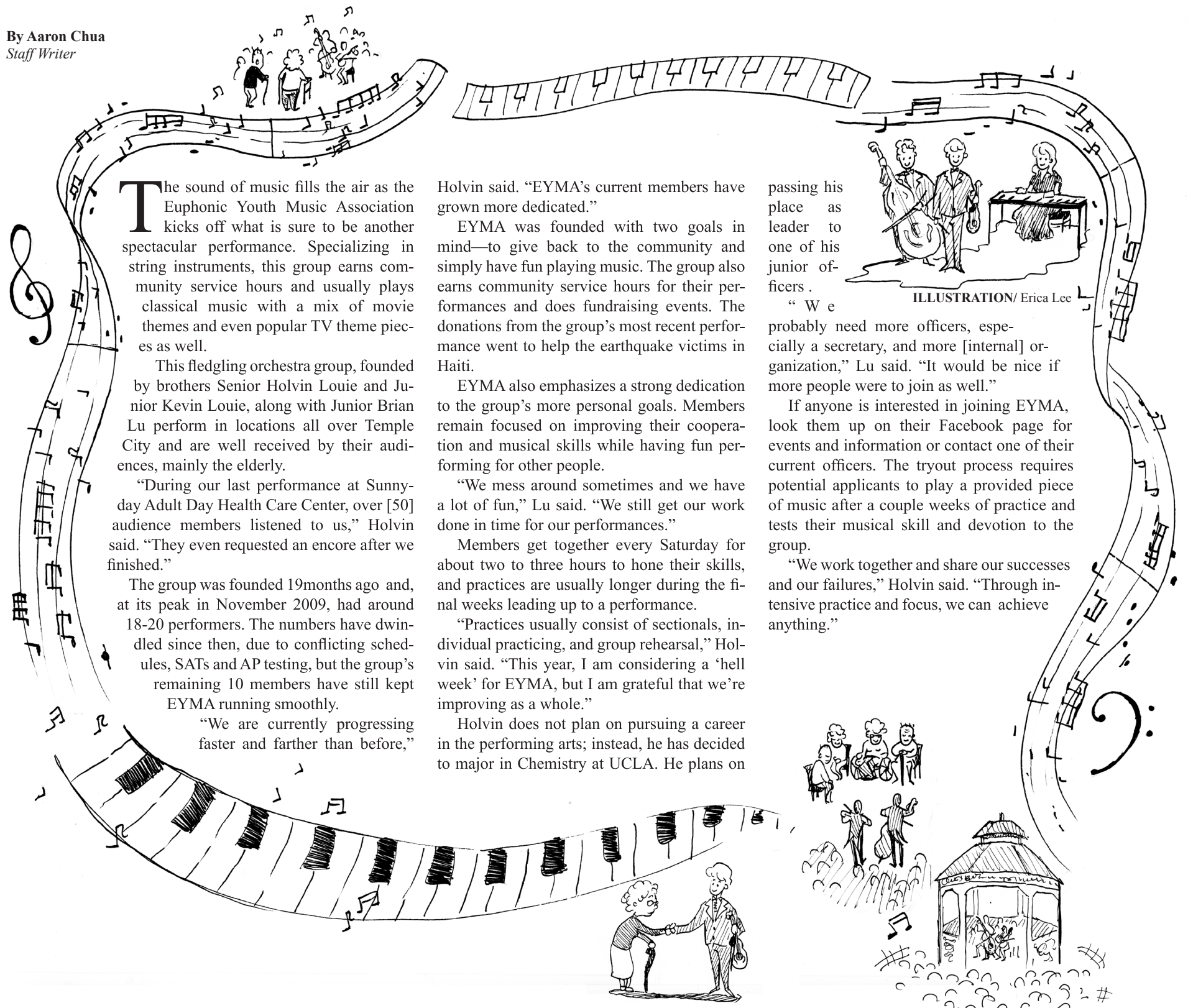
"A hairstyle can tell a lot about a person," Curleo said. "On that note, it may not tell anything about that person, it's really just about how it's being interpreted. But never assume anything or judge people by their actions—not their hair of all things."



PHOTO/ Vicki Chang
Junior Nick Curleo sports a type of mohawk called "liberty spikes", with several, separate points.

Bringing music to all corners of TC

By Aaron Chua
Staff Writer



The sound of music fills the air as the Euphonic Youth Music Association kicks off what is sure to be another spectacular performance. Specializing in string instruments, this group earns community service hours and usually plays classical music with a mix of movie themes and even popular TV theme pieces as well.

This fledgling orchestra group, founded by brothers Senior Holvin Louie and Junior Kevin Louie, along with Junior Brian Lu perform in locations all over Temple City and are well received by their audiences, mainly the elderly.

"During our last performance at Sunny-day Adult Day Health Care Center, over [50] audience members listened to us," Holvin said. "They even requested an encore after we finished."

The group was founded 19 months ago and, at its peak in November 2009, had around 18-20 performers. The numbers have dwindled since then, due to conflicting schedules, SATs and AP testing, but the group's remaining 10 members have still kept EYMA running smoothly.

"We are currently progressing faster and farther than before,"

Holvin said. "EYMA's current members have grown more dedicated."

EYMA was founded with two goals in mind—to give back to the community and simply have fun playing music. The group also earns community service hours for their performances and does fundraising events. The donations from the group's most recent performance went to help the earthquake victims in Haiti.

EYMA also emphasizes a strong dedication to the group's more personal goals. Members remain focused on improving their cooperation and musical skills while having fun performing for other people.

"We mess around sometimes and we have a lot of fun," Lu said. "We still get our work done in time for our performances."

Members get together every Saturday for about two to three hours to hone their skills, and practices are usually longer during the final weeks leading up to a performance.

"Practices usually consist of sectionals, individual practicing, and group rehearsal," Holvin said. "This year, I am considering a 'hell week' for EYMA, but I am grateful that we're improving as a whole."

Holvin does not plan on pursuing a career in the performing arts; instead, he has decided to major in Chemistry at UCLA. He plans on

passing his place as leader to one of his junior officers.

"We probably need more officers, especially a secretary, and more [internal] organization," Lu said. "It would be nice if more people were to join as well."

If anyone is interested in joining EYMA, look them up on their Facebook page for events and information or contact one of their current officers. The tryout process requires potential applicants to play a provided piece of music after a couple weeks of practice and tests their musical skill and devotion to the group.

"We work together and share our successes and our failures," Holvin said. "Through intensive practice and focus, we can achieve anything."

Day seizes the moment by running for State Assembly seat

By Christine Keung
News Editor

Democracy is not a spectator's sport and politics should not be practiced on the sidelines. TCHS alumnus Alvaro Day took that idea to heart and decided to be change he wanted to see in the California by running for political office. It was only three years ago that Day was just like any other senior studying for tests, attending club meetings, and anticipating graduation that was only a few months away. Three years later, Day returned to his alma mater, the same passionate and inquisitive young man he left as, but this time as the Republican nominee for State Assembly of the 44th district.

Born in Lima, Peru, Day experienced political turmoil at an early age. He grew up in an environment that exposed him to cruelty. Maoist Guerillas known as the Shining Path constantly terrorized citizens and Day witnessed the dangers of attempting to impose ideologies, such as Communism, in the political arena and their consequences against individual freedoms and the economy of a country.

"I still remember fearing for my mom's safety whenever she had to go to work," Day said. "Because the Marxist guerrillas had blown up a building only four blocks

away from where she was working."

Day moved to the United States when he was 11. That same year, he watched on the news, planes crashing into the Twin Towers and it reminded him of his experiences in Peru and how important it is to have a safe and secure country.

Last year, he experienced political turmoil of a different kind. His "country was deteriorating" and most of the worst hits were experienced in California. Many of his friends and Californians in general were losing their jobs, their homes, and their savings, as a result of failed policies. He then was determined to do something about it.

At the age of 20, he is already the Republican nominee running for state assembly for the 44th district, which encompasses Temple City, Arcadia, La Cañada, Flintridge, Pasadena, South Pasadena, and parts of Los Angeles. He will run against current assemblyman, Anthony Portantino, in the general election this November, who coincidentally met Day, still a student, about three years ago. Day still remembers the frustration he felt by Portantino's reply that he was planning to pay for all his promises with "dreams" and "hopes." If he wins, Day will become the young-

est person ever to become a member of a state assembly (there have been younger city council members) in the history of the U.S. He will beat the current record held by Illinois Congressman Aaron Schock, who was elected to the assembly at the age of 22, by a year.

Day's platform has a vision of the economy that includes an economic stimulus that cuts taxes, balances the budget, encourages business formation and the creation of jobs. Day is someone who is very firm in his beliefs and political views, claiming "I will never vote for a budget that is not balanced—I would rather hold it up." Among other things, his platform also includes a prison reform, which will save the state four billion dollars, and a school "voucher system" for students K-12, a genuine reform system that encourages competition, higher academic standards and school choice. In general, Day has a position that favors free enterprise, encourages entrepreneurship and promotes employment.

Day is a current senior at UCLA, where in June he will obtain his bachelor degrees in Political Science and History. At UCLA he is also involved with Bruin Republicans and is president of Christians United for Israel. He was the also communications di-

rector for Live Action National, a pro-life organization. Day will be a guest speaker at the JSA Mini-Con this Saturday, March 27 in room 601.

Though he is running for political office, his ultimate goal is not the title, but the difference he can make through it.

"I'm not interested in politics itself," Day said. "I want to change things."



PHOTO/ Erica Lee

Class of 2007's Alvaro Day hopes to win the state assembly seat for the 44th district.

One match short of making history

By Humphrey Lin
Staff Writer

The Boys Tennis Team hits off its season strong once again. Temple City is well-known for its strong tennis program, and this year is no exception. With an 8-0 record in preseason so far, the boys are dominating the courts.

“Our preseason went by very well,” Senior Josh Shih said. “Our opponents have never really come close.”

However, with years of tradition also comes a trend of tough opponents. For decades, Temple City tennis has been second-best to San Marino. Every year, the Rams claim the position of second place in league, falling short to San Marino by a seemingly unobtainable margin.

“They have always been very good,” Captain Senior Timothy Huynh said. “But we’re going to try.”

This year, the boys have reason to try even harder. New Varsity team member Sophomore Lestter Yeh is the new hope for the team. Having transferred from San Marino, Yeh is currently the team’s number one player.

“He’s going to help us carry the team,” Shih said. “We’ll hopefully do better against San Marino next year.”

In addition to Yeh, the team has overall improved greatly. The team experienced a big win against Arcadia which was a great indication of their improvement.

“We know for a fact that Arcadia improved a lot since last year,” Sophomore Terrence Sun said. “The fact that we won showed that we also improved a lot.”

This year, the team features stronger



PHOTO/ Humphrey Lin

With matching wristbands and socks, the number one doubles team, Seniors Harriman Chiang and Timothy Huynh, came into the San Marino game ready to win league for the first time in over a decade, but fell just one match short of clinching their win over the Titans.

doubles teams and with 18 seniors on the team out of 21, it is a now or never chance for the boys.

“We have more of a chance of winning this year,” Yeh said. “So we’re going all out.”

The team’s dream of defeating San Marino almost became reality when the first season game ended with a 9-9 tie. However, San Marino won in the end by a greater number of games. Although it was a big

disappointment for the team, this was the closest margin of defeat that Temple City has ever had in their matches against San Marino.

“We were disappointed that we got so close but lost in the last minute,” Sun said. “But this shows great improvement in our team so we’re quite happy with it.”

This record-setting score greatly boosts the team’s confidence going into season. Knowing that San Marino is not invincible

sets a positive mentality for the team, giving the Rams more incentive to win.

“San Marino was the only school [in league] that we weren’t sure we could beat,” Sun said. “Coming this close inspires us to do better and we know that we have a chance of winning.”

This year is looking good for the boys and they once again make an attempt at the coveted league title that has eluded Temple City for over a decade.

March Madness fever

By Richard Kim
Sports Editor

Every year, after the winter cold dies down, a mild fever runs throughout all of United States. This curious ailment is called March Madness and its symptoms include crazy fans and lots and lots of basketballs.

March Madness is a 64-team college basketball tournament hosted by the NCAA, where teams are divided into four subbrackets, 16 teams in each. In the first round, the number one seed (the favorite) squares off against the 16th team, the second seed versus the 15th and so on and so forth.

With fanatical college students screaming for their school’s team victory, home court advantage becomes a huge factor and top-seeded teams are prone to unexpected upsets against underrated teams, also known as “Cinderella” teams.

During the past years, this college tournament has had many “Cinderella” moments, but this year, something special is brewing in the air.

Between last Thursday and Sunday, the tournament showed why it was so highly regarded, with daylong demonstrations of why it is the perfect sporting event in America. Out of 48 games played, 19 were decided in the final minute of play, and of the 16 teams that advanced to this weekend’s regionals, eight were seeded fourth or lower and four were seeded ninth or lower.

Not only was last weekend one of the best in the tournament’s 71 years, it also kept diversity alive. Five mid-major teams remain standing, and 11 conferences are represented in the Sweet 16.

Even brainy Cornell, currently No.12 and the lowest seed remaining in the tournament, is wooing audiences with its underdog appeal, with 72 wins in the last three years and three NCAA appearances under 10-year head coach Steve Donahue. However, there are still teams like the Butler Way Bulldogs, who have a current 22-game winning streak, the longest in the nation, and have also moved on to the Sweet 16.

With favorites being eliminated from the tournament left and right, it’s hard to tell who will come out on top. March Madness is not the NBA, but a competition comprised of college students who are students like the rest of us, and no matter how mismatched the teams may be, it will be difficult to find a winner when the dust settles.

Track and Field goes extra mile to race ahead of the competition

By Raymond Tran
Staff Writer

After clinching a victory against Arroyo in the last meet of preseason, the Rams Track and Field team secured a steady start to the upcoming season.

Boys Varsity finished the preseason 2-1 by defeating Rosemead and Arroyo. The only loss during the preseason came from Arcadia, a competitive school ranked in a separate and higher division. Despite the loss, the Rams have significantly improved during preseason, and they are starting to find their old rhythm.

Junior Danny Tsang, a Varsity long distance runner, was out for the entire Cross Country season due to a knee injury, and made his return on March 18. Tsang raced in the long distance event, and although he did not place he recognized his return as an opportunity to start improving his work ethic and eventually bring more to the Rams.

“At the start of preseason I only participated in practice runs,” Tsang said. “After that race [at Arroyo], I found out where I was between the worst and the best, and I learned that I needed to improve if I wanted

to contribute more to the team.”

Girls Varsity also closed preseason 2-1 after a solid performance at Arroyo. Senior Natalie Deuby, a key leader of the team, placed first in the 400 and 200 meter sprints, and also expects this season to hold its own obstacles and challenges.


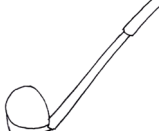
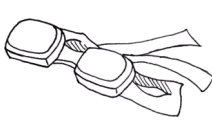


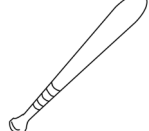

“The competition’s still as tough as last year’s,” Deuby said. “But we [the team] have more team spirit and we’ll hopefully go farther this year.”

A key strength of the team this year is its work ethic. Long distance and short distance runners conditioned on uphill terrain at Little Park, and pole vaulters and high jumpers practiced nearly every day of the week.

The Rams showed the fruits of their labor when they defeated Blair on March 25 in their first meet of season. Both the Girls Varsity Team and Boys Varsity Team won their respective events, and with a solid win over another competitor, the Rams are ready to take on the competition and continue winning in league.

“We emerged out of preseason with a healthy start,” Junior Vincent Wong said. “Even though there’s always room to improve, we’ll see how far we go.”

Sports Update

ILLUSTRATIONS/ Jason Wu	Tennis 	Golf 	Swim 	Boys Volleyball 	Track 	Baseball 	Softball 
	TC vs. Monrovia Today @ 3:30 p.m. @ Home	TC vs. Monrovia March 29 @ 3 p.m. @ Eaton Canyon	TC vs. La Cañada April 15 @ 3:30 p.m. @ La Cañada	TC vs. La Cañada March 30 @ 3:30 p.m. @ La Cañada	TC vs. Monrovia March 31 @ 3:15 p.m. @ Home	TC vs. Monrovia Today @ 3:30 p.m. @ Home	TC vs. Monrovia Today @ 3:30 p.m. @ Home