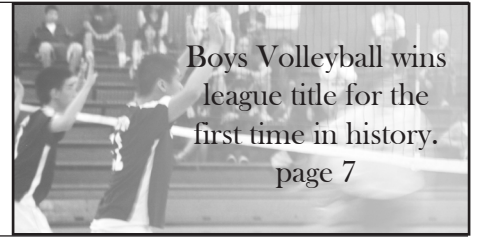


Learn to make refreshing salsa for this hot summer. pages 4-5



Sophomore Tiffany Wong performs heroic deed. page 6



Boys Volleyball wins league title for the first time in history. page 7

TEMPLE CITY HIGH SCHOOL

RAMPAGE

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GIVING ONE PAIR AT A TIME Students ratify revised ASB Constitution for next year



PHOTO/ Michelle Shen

Senior Sasa Miu adds a pair of sneakers to Mr. Mark Howard's "shoe mountain," which he will donate to a charity that gives children in Guatemala worn shoes. The last day to donate is Tuesday, June 1.

By Maggie Liu
 Staff Writer

Students who want to run for an ASB Leadership position in the future must be an active participant in student class council from now on to gain experience needed as an officer.

This is one among many of the changes made to the newly revised Constitution ratified on Apr. 28.

Led by next year's ASB President, Junior Gabriel Jimenez, a mix of student and ASB Leadership volunteers worked together in order to modernize the 1954 Constitution and make student body more democratic.

According to the new constitution, the power of Leadership, the collective group of ASB officers, is divided between Student Senate and the newly formed Inter Club Council, composed of each club's president. Next year both branches of student government will have their own responsibilities and veto power to any decision Leadership is making.

"A lot of the elitist atmosphere that plagues ASB will be on its way out," Junior Taylor Evanko said, who attended the ratification meetings. "Power is definitely shifting toward a healthy balance between student body and Leadership, as opposed to all Leadership in the past."

ASB President and Vice President

can no longer choose officers for five key positions: Pep Commissioner, Athletics Commissioner, Performing Arts Commissioner, Faculty Liaison, and Campus Commissioner. Instead, the people represented by each of these officers voted for someone who they thought would best fit the job.

"The purpose of implementing those changes was to see an ASB that better resembled the makeup of our student body," ASB Advisor Mr. Michael Kidd said. "There have also been accusations in the past that ASB President and Vice President only picked their friends and not the best qualified candidates. Theoretically, under this new constitution that wouldn't happen."

Jimenez and next year's ASB Vice President Junior Joanne Ng's overall goal was to fill in the gaps between student body and Leadership, and to actively help students through a democracy. One way that will be enforced is that students can present an idea to Leadership, and they must discuss and vote on whether or not to implement that idea.

"We'll be going out to the student body for more suggestions, ideas, and problems so we can do our best to follow through with their desires," Jimenez said. "We're here for them and they can always make changes in our structure and running- they can even change the constitution."

May/June Ram Calendar						
Su	M	T	W	Th	F	S
23	24	25	26	27	28	29
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26

May 24-28: Spirit Week
 May 25: Powder Puff Football
 May 27-28: Brighter Side Extravaganza
 May 31: Memorial Holiday, No School
 June 2: Senior Awards, Spring Cavalcade

June 3: Dragon Flicks Film Festival
 June 4: Renaissance Assembly
 June 11: Senior Finals, Cap and Gown Delivery, Baccalaureate Rehearsal
 June 12: Big Band Dance
 June 13: Baccalaureate

NEWS BRIEFS

By V. Lin & M. Liu
 Exchange Editor & Staff Writer



PHOTO/ Maggie Liu

Dr. William Schmidt and his wife visit the Olfactory Garden dedicated in his name.

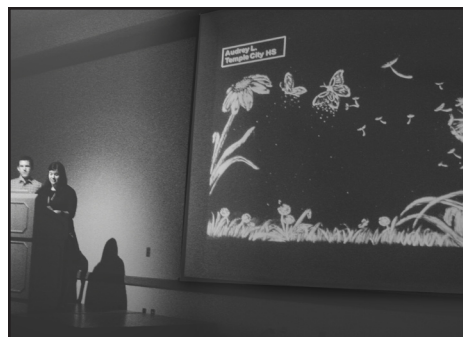
Olfactory and Tactile Garden

The Visually Handicapped class dedicated their Olfactory and Tactile Garden cultivated for the Fairchild Challenge to Dr. William Schmidt on Friday, May 14, who was both the first blind teacher and school administrator in California. As thanks, Dr. Schimdt gave a heartwarming speech to both the class and the audience for their dedication.

Fairchild Challenge

After completing the seven challenges pre-

sented by the Huntington Library, Art Collections and Botanical Gardens, Temple City emerged first in the Fairchild Challenge, winning 1000 dollars to use for an Environmental initiative on campus. South Pasadena placed second and San Marino third. The Award Ceremony took place at the Huntington Library from 10 to 11:30 a.m., and students received awards, refreshments, as well as a USB imbedded in bamboo for their hard work.



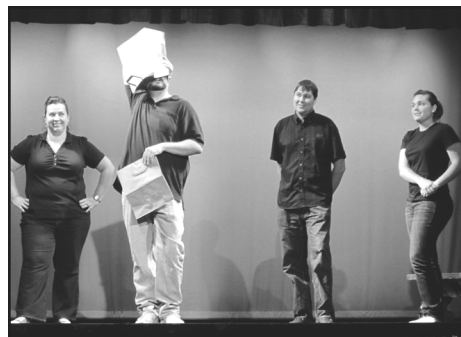
PHOTO/ Julia Chen

Temple City won first place in the Fairchild award ceremony at the Huntington Library.

ComedySportz

The student team played against faculty members in a ComedySportz match on Fri-

day, May 7. Teacher participants included Mr. Ryan Hoague, Mr. Evan Dagger, Ms. Kim Cales, Ms. Michele Zovak, Mr. Michael Kidd, Mr. Elias Bourjeili, and Ms. Lauren Britt. After playing games such as Blind Line, Spelling Bee, and Dumbbell Races, the students emerged victorious.



PHOTO/ Christine Keung

Teachers play a round of Dumbbell Races to earn points against the student team.

Blood Drive

The District Office hosted a blood drive along with the Children's Hospital of Los Angeles on Wednesday, May 19 from 8 a.m. to 2 p.m. for a student diagnosed with Large B Cell Lymphoma from Oak Avenue Intermediate. The donated blood will be

used for her bone marrow transplant, while the rest of the unused blood will be sent to the Children's Hospital for other children in need.

AP Art History Field Trip

Ms. Kim Cales took her two periods of AP Art History on a field trip to the Norton Simon Museum in Pasadena on Wednesday, May 19. Students walked through many European, South and Southeast Asian, and contemporary art exhibits and completed a scavenger hunt. They were able to see many of the artworks from their textbooks in real life.



PHOTO/ Christine Keung

AP Art History students listen attentively to the docent as she answers their questions.

Ben Folds and a Piano brings harmony

By Charlene Choo
Entertainment Editor

It is unfortunate that Ben Folds and a Piano was my very first concert, because it set a high standard for what a performance should be like.

The concert was at the Music Box, a small theater surrounded by dimly lit chandeliers and artistically painted walls. But there was not much time for me to examine my surroundings, because opening act Kate Miller-Heike's smooth and clear voice immediately drew me to the front of the stage. While my friend and I pushed to the front, Heidke was holding out a single note for a good 30 seconds. I expected her to run out of breath at any moment, but she surpassed my expectations. After the suspenseful moment, the crowd went nuts, and I found myself at the climatic moment of the concert early into the night.

Unlike the usual pop singers, she has an operatic voice that is both calming yet piercing. Despite the stuffy atmosphere, I had goose bumps as she freely climbed up and down the octaves. One of my favorite songs was "Are You F***** Kidding Me?" a.k.a. the Facebook song. Her blunt and humorous lyrics constantly cracked up the crowd and held everyone together as a group.

As a fellow singer and performer, there's something that I have come to realize and admit that it's difficult for a girl to be funny onstage. For guys, all they have to do is wear some flamboyant clothing and act over-the-top. But this Australian singer



PHOTO/ Charlene Choo

At his concert on May 12, Ben Folds performed the song "Landed" from the album "Songs for Silverman." Other songs included a duet with Heidke in the song "You Don't Know Me."

is funnier than the average guy, and despite her pretty looks, she broke the feminine image of a typical female singer.

Heidke ended the performance with "Words," a hit song from her first album "Little Eve." We were already standing, but we gave her a standing ovation anyway. During break, I didn't even care to hold our spot at the front and ran out to meet my new idol. A poster that says "Ben Folds and a Piano" proudly hangs on the wall of my room with Heidke's autograph on it.

At first, Heidke's amazing opening performance gave Ben Folds a difficult time. My heart was still with Heidke, and so were many others'. It was hard for me to concentrate on Ben Fold's piano-oriented songs, and his singing didn't seem at all impressive compared to Heidke's. It was nice, soft, and high-pitched but pretty typical for a jazz-type singer. But here was another performer with an unusual sense of humor.

His little jokes in between songs helped

me pay attention to the performance. Ben Folds was the typical guy next door—scrawny and a little awkward with an oversized head. But he was also that type of guy who was funny without trying. I laughed, gave him credit, and finally opened my ears. Then I heard "Landed," followed by a tear-jerking song "The Luckiest."

The majority of the audience knew Ben Folds' songs by heart and sang along with him. On the other hand, I had just tagged along my friend. So it would definitely help the experience if you actually knew the guy. But the melodies were catchy and easy to follow along, and by the end of each song, I was singing the chorus as if I heard it on the radio every day. His style was growing on me with each minute.

Heidke's performance was impressive, and most of the time the crowd stood still with their jaws gaping. However, during Ben Fold's performance, everyone was singing along, swinging side to side.

At one point, Ben Folds stopped singing and started to conduct the audience. The distant, echoing voices of the people surrounded me, harmonizing notes bounced off the walls and floated through the enclosed concert ground, and it was this one skinny white guy doing it all. That was enough motivation for me to wait around for an hour in the back parking lot on a Wednesday night, freezing my skin off and dreading the next day of school. But the wait was worth it because now that poster on my wall is complete with his autograph next to Heidke's.

New alternatives around the block, out of the box

By Elaine Wu
Opinion Editor

In such a small area like Temple City, it's easy to find ourselves hanging out at the same places. Here are a few places that most people may not find themselves going to as often, but are just as good as the regular spots to satisfy the midnight munchies or spend time with friends.

Banh Mi Che Cali instead of Tenju's

For those of you who get frustrated every time you walk into Tenju's only to find every seat filled, check out Banh Mi Che Cali. Though this place does not offer a large selection of teas, they have a lot of other savory snacks at great prices. There are specials such as buy one tea get another free, and get two banh mi (Vietnamese sandwich) and receive another for free. Instead of paying exorbitant prices for Tenju's fried snacks, take advantage of Banh Mi Che Cali's cheap offers. And while you're at it, also buy two snacks for three dollars fifty cents.

Location: 135 San Gabriel Blvd. Suite A, San Gabriel, 91776

El Taquito instead of Kogi

Want some quick authentic tacos, instead of waiting in line for two hours at the Kogi truck? Go to El Taquito Mexicano Truck. It's open past midnight so it's great for those of you who want something other than instant noodles for a late night snack. The al pastor, or marinated pork, tacos are enough to make the effort to drive all the way to Pasadena worth it. Another plus is that each taco is only \$1.25, and comes with salsa, lemon wedges, cilantro, and crunchy radish slices. It is located in a dingy parking lot and there are no chairs, but you can easily find some other place to eat.

Location: 510 S. Fair Oaks Ave., Pasadena, 91105

Laemmle Playhouse 7 instead of AMC Theaters

To get your fix of independent movies or films you can't go to the AMC Theaters, so try visiting the family-owned Laemmle Playhouse 7 in Pasadena. It may not play the blockbuster hits like "Iron Man 2," but you can check out unique movies such as "The Complete Metropolis," a restoration of Fritz Lang's 1927 science fiction film "Metropolis." Also, tickets are only eight dollars on weekends before 2 p.m. However, many of these films are rated R so be sure to come with a parent or an older friend if you are not of legal age.

Location: 673 E. Colorado Blvd., Pasadena, 91101

French-Viet cuisine combines cultures

By Ashlee Nguyen
Staff Writer

I opened the doors to the elegant Victory French Restaurant located in Monterey Park wondering what kind of twists the French made on Vietnamese and Chinese food.

France colonized Vietnam in the late nineteenth century, and introduced to the Vietnamese bread such as croissants and baguettes, and also beef or filet mignon, stews, cafe au lait, escargot, and even frog legs.

"This place [Victory French] claims to be a Vietnamese owned French restaurant," according to the L.A. Times, "which makes perfect sense given the history of these countries."

As I entered the restaurant, I saw a tank filled with exotic fishes next to the entrance. The area was decorated with green plants and felt quite homey. The tantalizing smell of butter and garlic in the restaurant also suggested that the most of the dishes served at this restaurant are rich and creamy.

Vietnamese, Chinese, and multi-ethnic customers filled the restaurant. My family comes from both Vietnamese and French backgrounds, so we were eager to taste the variety of French-Vietnamese cuisine.

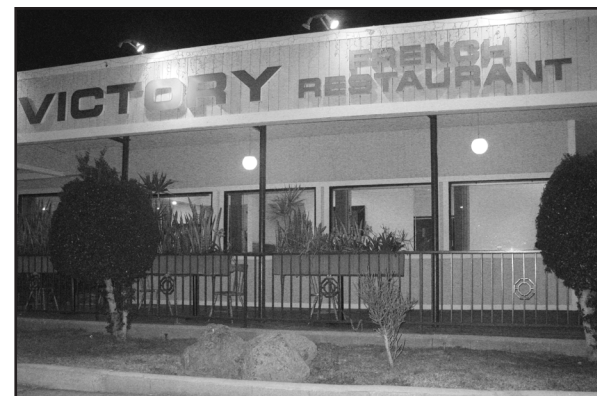
We ordered four dishes including, diced filet mignon with black pepper sauce, escargot, frog legs fried in garlic, and cream caramel flan for dessert. As I looked around at the dishes on other tables, red rice seemed to be the restaurant's specialty, so we decided to order it as a side. At first, I expected it to be dry and chunky, but when I tried it, it was tasty and sweet from the mix of crushed tomatoes.

We began with the appetizer, ra gu stew, which mainly consists of tomato sauce, diced tomatoes, onion, celery, carrots, a hint of lemon and sprinkled black pepper. It was fresh and light, enough to arouse my appetite for a hearty meal.

The medium-rare filet mignon was tender and juicy with black pepper sauce. The spicy black pepper was not too strong and the saltiness was just right.

The flavor of the fried frog legs was overpowering with the combination of garlic and butter and it almost tasted like fried chicken. It is crispy on the outside and soft on the inside. Smoked garlic was scattered around and it was well blended with a bitter, spicy taste.

Even though I am not a picky eater and I like trying



PHOTO/ Ashlee Nguyen

The Victory French Restaurant carries a lax and casual atmosphere despite the rare, high quality food it serves.

different food, the snails didn't look appetizing and I couldn't help but judge them by first impression. So I saved the snails for last, thinking that I would probably end up not eating them. I also had to use tongs to eat the dish, which was a utensil I was not too familiar with. However, after tasting it, I really enjoyed its tangy and sweet flavor. Different flavors of parsley, garlic, pepper, a variety of different herbs, and lemon combined to make the dish more interesting.

I surprised myself by gorging on the escargot that I initially thought I would not even touch. I finally came to the conclusion that I judged the escargot prematurely and in the end, thought that the escargot was the best dish we ordered.

As for dessert, we had cream caramel flan. It was the size of my palm and was coated with caramel sauce. Some of the flan I've previously tasted were too thick and creamy, but the flan we ordered here had the texture of Jello with a good amount of sweetness. Most flan have both coffee and caramel flavor but this restaurant's flan tastes mostly of caramel.

Most of the dishes listed on the menu range from six dollars to \$10 and the more unique cuisines range from \$15 to \$20.

This restaurant offers a variety of dishes, even though some may think that it is mostly French. They combine French, Vietnamese, Chinese, as well as Thai cuisine. Additionally, the dishes are affordable even though they are high quality.

So if you're looking for unique dishes with diverse cultural influence then Victory French Restaurant fits the category.

Racial profiling crosses the line



By Jessica Meza
Staff Writer

Racial profiling and discrimination: they're both things of the past, right? Wrong. When Republican Arizona Governor Jan Brewer signed the strict immigration law, Support Our Law Enforcement and Safe Neighborhoods Act, on April 23, she gave police the authority to detain those suspected of being illegal immigrants. Those who cannot prove that they are legal citizens may be detained and sent over to the Immigration and Customs Enforcement for deportation. When this new law comes into effect on July 28, Latinos in Arizona will be targeted and subjected to questioning just because of the color of their skin.

As much as we would like to believe that racism is becoming less of an issue, Arizona is still trying to make discrimination legal. If legal citizens don't carry identification, they will be treated as if they were an illegal immigrant. Brewer's reasoning for this new law is based on security reasons. I can agree that there are valid concerns regarding many border states because of Mexican drug cartels. However, having the authority to question every person's citizenship leads to

the question of who is most likely to be the illegal immigrant. This only forces the authorities to single people out. Yes, domestic safety should be a legitimate concern, but human rights should not be compromised.

After public outcry, the government rewrote the act to say that it would not allow race but rather criminal background to be the deciding factor as to whether a person should be questioned. Then again, who would the authorities look to question next once their record has been considered? It would be those of Hispanic descent, of course. Yet the governor maintains that the act is not, and was never, unconstitutional.

Then there are questions about where children of immigrants without proper papers would go, even when they are legal citizens of this country. If the state were to deport people, the Center for American Progress estimates that mass deportation could cost up to \$230 billion in five years.

Before World War II, Germany required those of Jewish descent to carry their legal documents around and were subject to random inspection. Call me idealistic, but I would like to think that governors and politicians are moving forward in their ideals and are learning from the past, but this new law seems all too familiar in that it condones discrimination.

Earth nears tipping point



By Julia Chen
Staff Writer

The developed world is entering the Green Age, but world leaders are still stuck in the past. According to the United Nations, many governments are ignoring a biodiversity protection treaty that was signed 17 years ago, twiddling their thumbs as the issue of species decline gathers momentum.

Biodiversity is loosely defined as the variation of life in one area or on the entire Earth—from microscopic bacteria to the largest whale in the ocean. It is less of a concrete idea and more of a universal concept that connects all life on the planet.

We can't keep on postponing our biodiversity protection goals. The 10th Conference of Parties to the Convention on Biological Diversity hopes to set target years for the issue at

2020 and 2050. At least this is a plan, but previous goals were set in 2002 and forgotten. Ecosystems are approaching "tipping points," where they will become less productive and stop contributing to humanity.

In a recent article published by *The New York Times*, the United Nations reports, "The five principal pressures directly driving biodiversity loss (habitat change, overexploitation, pollution, invasive alien species and climate change) are either constant or increasing in intensity." Arguably, all of the pressures the U.N. mentions are directly or indirectly related to the human population.

Overexploitation? The fish in McDonald's Filet-O-Fish, the hoki from New Zealand, is a victim of overfishing—the burger chain consumes a staggering 11 million pounds of the fish a year. Pollution? Look at the recent oil spill in the Gulf of Mexico, which is easily the

greatest manmade catastrophe in our history. The mass of oil is at risk of devastating the Eastern Seaboard. You'd think that maybe this disaster would have knocked some sense into people, but that does not appear to be the case.

On an economic standpoint, nature provides free services such as purifying water and air and providing natural resources, all of which are necessary for our daily lives. If these services were to disappear, the cost would be drawn directly from society's collective wallet. Our economies are bound directly to and dependent on the natural world around us, without which we cannot exist.

The human world has arrived at its own crossroads now. For all our contemporary prowess, we've forgotten the world responsible for our existence. Unless we act now, vast amounts of the natural world will be beyond our saving.

Gulf Coast oil crisis overflows, spills over



By Christine Keung
News Editor

As a naturalized citizen of the United States, a proud Californian, and a permanent resident of this planet, I have one word for my fellow Americans: Really?

After the explosion of a British Petroleum offshore drilling rig in the Gulf of Mexico, 5,000 barrels of oil are leaking into the water a day, threatening fishermen's livelihoods, marine habitats, beaches, wildlife and human health. The spill has since spread to the Mississippi Delta and if efforts to contain it continue to fail, the spill will be swept into the loop current and reach the Southern Florida coast. Past attempts to control the spill include setting the oil on fire, using dispersants, and attempting to plug the leak, all of which have been largely unsuccessful. The irony is that this whole tragedy could've been avoided if someone bothered to install an off switch.

Yet, even with such a devastating environmental disaster happening right now, people are still voting with their wallets rather than with their conscience. According to a poll conducted by MSNBC, 60 percent of Americans still support drilling off U.S. coasts and 53 percent believe that offshore

drilling's potential economic benefits outweigh its potential harm to the environment.

As a Californian, I am grateful that Governor Arnold Schwarzenegger has withdrawn his support for a plan to expand oil drilling off the California coast. An oil spill of this magnitude on the coast of our state would destroy commercial fishing and tourism industries and lead to the endangerment of thousands of species. Congress should follow Schwarzenegger's example and withdraw support.

It is time for the United States to stop relying on foreign oil. Oil has always been political and is a fuel for conflict. The reason why we have not progressed as far as other countries in terms of alternative energy is because we don't force ourselves to rely on it. If we don't start investing in solar, wind, and nuclear power, the United States will suffer the fate of the Titanic. We are only seeing the tip of the environmental impact that this oil spill has caused, and the full extent of the iceberg of damage still remains hidden.

Everything that could go wrong with offshore drilling has happened. Coastal economies are damaged. Ecologically-sensitive habitats have been destroyed. A disgusting mass of oil is currently sitting in the Gulf of Mexico. I think it's appropriate to say, on the behalf of Al Gore, I told you so.

Shenanigans

By Michelle Shen
Editor-in-Chief

We all know what YouTube is. Really, unless you have been isolated in your room your entire life with no computer, phone, escape route, or other form of communication to the outside world, you have heard of YouTube. I would even bet that many of us have our own YouTube idols. If you are anything like me, you will be cranking out that English essay in the wee hours of the night while taking 20-minute breaks between paragraphs to catch up on the latest video by your favorite stars. In fact, some of us even aspire to be just like the popular stars on the website.

I know I did for a while.

On a night when I was feeling particularly insightful, I lay in bed, contemplating the meaning of life but after an hour struggling to depict the meaning of my existence and going through a series of "what ifs," I came to the gut-sucking conclusion that there really was no reason. In the minutes that passed by, I remained sprawled on my bed, desperately waiting for that little spot of hope to magically appear and slap me out of my pathetic depression.

That beacon of hope appeared in the form of my laptop. I caught a glimpse of the quiet glow that was emanating from it and crawled towards it. And when I opened up the laptop, KevJumba's face, frozen in mid-sentence, materialized on my computer screen. I stared at the image for about five minutes, just thinking about YouTube celebrities like WongFu, Cathy Nguyen, Joseph Vincent, and how funny it was that they've invented a whole new genre of celebrities, one that did not look so different from me.

A lightbulb went off in the back of my mind, and I sprinted to grab my portable webcam. My brain somehow made the connection that since I was both Asian and average looking, I was destined to become a YouTube sensation.

As I sang "I wanna be a YouTube star, so freaking bad..." dreamy images of myself touring the world like the Jonas Brothers wafted through my mind.

My first viewer told me to get a life. Well, at least I tried.

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Summer is just around the corner, and everyone feels the heat. Let's face it, no one likes the hot weather, but we mustn't forget that heat has brought us some of summer's greatest pleasures. Therefore, I've decided to dedicate this page to heat and everything related to it.



ILLUSTRATION/ Jason Wu

Stay cool with Summer workout healthy foods

By Angela Li
Staff Writer

Excessive heat can seriously upset the body, causing irritability, sleep problems, exhaustion and lack of concentration. However, a natural way of dealing with heat is through food and drink, which can help the body keep cool and healthy during the heat. Here is some food to stock in your fridge and survive the sizzling temperatures.

Fruit with yogurt: Start your day with this ideal breakfast combination. Fruits usually contain high water content. The excess water will help maintain your body fluid, which will be lost more rapidly through sweat, the body's mechanism for cooling down in the heat. Additionally, yogurt is able to promote the growth of friendly gut bacteria. These bacteria can protect you against food poisoning, which is common during hot weather as it is difficult to keep food fresh.

Vegetables: Since vegetables are nutritious and rich in water, they can definitely be counted as one of the best summer foods you could have. Vegetables are best when you get them in season. Summer vegetables include, but are not limited to, green beans, broccoli, and corn. When choosing vegetables, you may want to pick ones that contain large amounts of water such as tomatoes, cucumbers, and carrots. However, eating excessive fruits raises your sugar level to a dangerous level, so replacing some of your fruits with vegetables is an ideal way to keep it in check. A combination of fruits and vegetables is a nutritious way to keep your body cool during the summer.

Baked potato/ Pasta salad: Water content isn't the only important factor for cooling down. Carbohydrate-rich foods can also help you combat heat exhaustion. It is recommended to eat regular small, starchy carbohydrate snacks, such as pita bread during the day so that you maintain your body's blood-sugar and energy levels. Other ideal carbohydrate foods include baked beans, rice, fruits, yogurt, and milk.

Bananas: This fruit is rich in potassium, which helps regulate body fluids lost through excessive sweating. Additionally, it is easily portable and is great for long-distance trips. Some other potassium-rich foods include green vegetables, baked beans, dried fruit, and cereal.

Many people view summer as a time to binge on ice cream, shaved ice, or a cold soda. However, now that you know there are other nutritious foods that will also keep you cool, you can add a little variety to your summer diet.

Escape the heat with cool homemade salsa

By Jessica Meza
Staff Writer

In the heat of the summer, it's always nice to snack on something fresh, savory, and easy to make. This recipe for pico de gallo is simple yet has a variety of flavors and can be enjoyed with tortilla chips or even on its own.

Ingredients

4 red roma tomatoes
½ red onion
1 handful of cilantro
1 medium cucumber
1 lemon
2 tablespoons of finely cut Serrano chili
Salt and pepper to taste

Procedure

1. Dice four red roma tomatoes. These tomatoes are oblong, almost egg shaped. The easiest tomatoes to dice by hand are the ones that are not fully ripened because they are not as juicy. Cut the tomato in half lengthwise to remove the seeds and continue cutting from there. Food processors can also help by doing the job for you in a safe and timely manner.
2. Chop ½ of a red onion carefully, or better

yet by using a food processor. If you're cutting the onion beforehand, you can freeze it 20 minutes before so it doesn't irritate your eyes.

3. Roughly chop or even tear off by hand ¼ cup of cilantro. Make sure it is washed thoroughly, but shake off excess water so it doesn't make the cilantro disintegrate. Cilantro can also be used as a garnish.

4. Peel and then dice one medium cucumber. Cucumber is what makes this recipe edible in the summer; it cools the salsa down a notch while adding fresh flavor.

5. Juice one lemon. Rolling or even quickly microwaving the lemons allows for more juice to come out. Don't forget to remove the seeds before juicing, though.

6. Finely dice two tablespoons of Serrano chili. Serranos should be light green and somewhat plump. Be careful and make sure to wash your hands after handling the chili so that you don't burn other parts of your body. Since the seeds are what make the chili hot, you can remove some or even all of the seeds to reach the desired level of spiciness.

7. Combine everything in a bowl and season with salt and pepper to taste.

Once you've perfected this recipe, you can go on and add your personal touch such as putting in roasted garlic and avocado or substituting jicama for cucumber.



PHOTO/ Humphrey Lin

Homemade salsa is easy to make and provides a refreshing snack for any hot summer day.

By Humphrey Lin
Staff Writer

Summer is just around the corner, and you know this means—beach season! If you're going to be in a swimsuit anyway, why not have something to show for it? Don't worry! You can get in shape just in time for summer by following these easy steps.

Nutrition

When it comes to getting in shape, most people think exercise. However, the truth is that no matter how much you exercise, you'll never get fit if your nutrition sucks. For good nutrition, you must not only choose health foods, but also control the amount you eat.

With today's huge restaurant portions, you never know how much really is 'too much.' A single restaurant meal can contain a whole day's calorie count! To calculate how many

calories you should eat daily, simply multiply your body weight by 12. For example, a 150-pound guy like me should consume at most 1800 calories a day. For those of you who engage in heavy exercise, you can multiply your body weight by 15 instead. Simply read the nutrition label before you eat and adjust your diet according to your recommended intake. Most chain restaurants are required to list the calorie count for the customer so you can easily keep track of your calorie intake. Counting your calories is an easy and effective way of controlling your diet.

Exercise

Having a gym membership is a

great way to get your exercise in for the day. However, if you don't want to spend the money, you can still get great results with no equipment at all. There are three main exercises you can focus on for your home workout: push ups, sit ups, and pull ups. These three exercises are effective, full-body workouts that can be done virtually anywhere.

Push ups are a great chest exercise, but they work much more than that. Doing push ups with proper form tightens your back, shoulder, and abdominal muscles. The great thing about this exercise is that all you need

is a solid platform. Doing ten or so during television commercial breaks is a great way you fit in your daily exercise. If you find that they are too easy, you can always modify them by elevating your feet or performing them with a weighted backpack.

Sit ups are one of the most important exercises in your workout arsenal. It is one of the best exercises for your abs, and can deliver an intense cardio workout as well. There is just one thing you need to remember while doing sit ups. Make sure to place your hands lightly behind your neck to reduce neck tension. Notice the work 'lightly'—don't pull your head with your hands; this will just injure your neck.

Pull ups are a great workout for you back, biceps, and abs. I would recommend spending \$30 on a home pull-up bar, but if not, you can find a secure place to do it. If you can't do a pull up, use a chair to support some of your weight, or do a modified pull-up instead, in which you use a chair to help you help and slowly lower your body.



PHOTO/ Humphrey Lin
A \$30 home pull-up bar fits on any size door frame and is great to work out on.

By Jason Wu
Staff Writer

Across

2. This Southwestern/Mexican chili pepper sports an amazingly high heat capacity of 200,000 scoville units.

4. This desert in California is known for being one of the hottest and driest around, as well as having the lowest elevation.

6. This unit was devised to measure a chili pepper's heat capacity based on its capsaicin, a chemical compound that stimulates nerves that cause that spicy feeling.

11. This number of heat units times a thousand makes up a habanero and is a hundred steps below Spartan status. (Note: The number is spelled out)

12. This fantastic superhero, known for his brashness and immaturity, can engulf his body in fire and has a sister portrayed by Jessica Alba.

13. Remember these? They were the cool cars of our childhood and were made to compete with the Matchbox cars.

Down

1. This celestial body is named after the Roman goddess of beauty.

2. This chain retailer is the place to pick up your music and pop culture-inspired clothing and accessories.

3. This is an epic tale of an author's supposed travels through the nine circles of hell.

5. This miniature flamethrower is used to light kerosene lamps and for smithing metals.

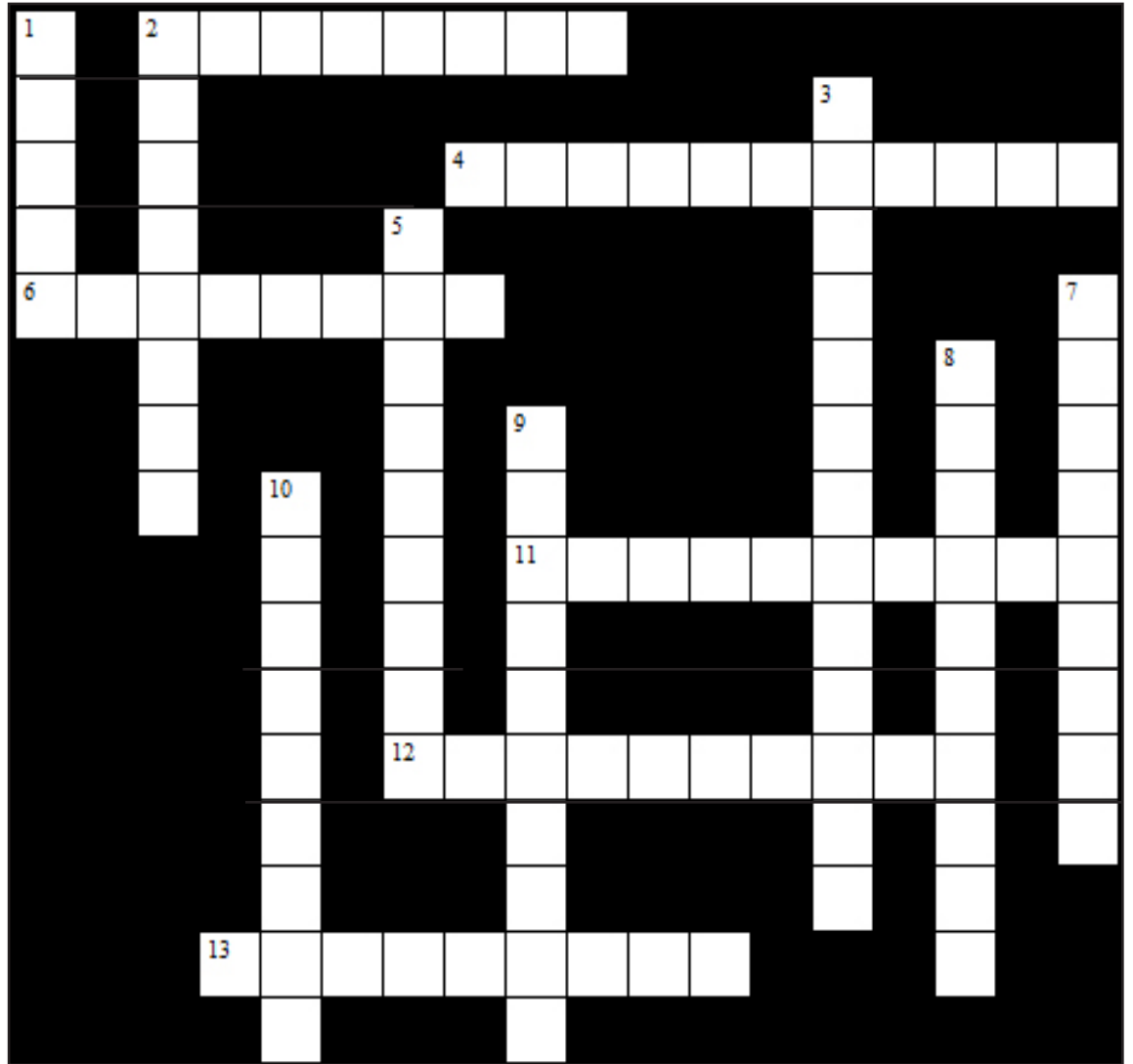
7. This explosive effect is what happens when oxygen is re-introduced to a fire too quickly.

8. This is the American way to measure temperature and part of the name of a book where firemen burn things instead of light fires.

9. These cinnamon-flavored candies were originally made from defective Mike and Ikes.

10. This actor reigned supreme as the "Sexiest Man Alive" in the year 2007.

*answers on bottom of page



Refreshing shaved ice store moves into President Square

By Elaine Wu
Opinion Editor

For those of you who can't make it to Guppy's in Hacienda Heights or Class 302 in Rowland Heights for some shaved ice, don't worry. With the newly opened Ice Monster in the Presidential Plaza on Naomi and Goldenwest, anyone's craving for a cold treat on a hot day will be satisfied.

When I first heard Ice Monster opened, I immediately thought of the hugely famous shaved *bin guan*, or ice shop, in Taipei that recently closed down. I thought of the wonderful taste of the fruit shaved ice I had there over winter break last year and decided to see if this place was as authentic as the Taiwanese Ice Monster.

Ordering is a little bit weird; customers have to order their food at R.J. Patisserie, the pastry shop adjacent to Ice Monster.

I split a large all-fruit shaved ice, consisting of strawberries, mangoes, and kiwi, with mango and strawberry ice cream on top with my two siblings. The sweet mango syrup, creamy condensed milk, and fruit nearly took me back to the noisy and bus-

tyling Yong-Kang street in Taipei where I last had this kind of ice.

It was also relatively inexpensive at around seven dollars, with the addition of ice cream being another dollar.

At first I panicked a little, because the pictures adorning the stand were labeled only in Chinese so I was afraid I might not be able to order. Fortunately there is a menu with English at the pastry shop where the customers order.

Also, it is better to come with at least two other people because the small size shaved ice, at four dollars, is not worth the price in comparison to the larger one. It comes in a bowl much smaller than the humongous dish I got my large shaved ice in. In addition, it is better to get an all-fruit shaved ice rather than the mango-only one, as the single fruit ice was a little bland.

Ice Monster also offers shaved ice that do not contain fruit. There is also a dish that has grass jelly.

All in all Ice Monster is a good place to hang out in a food court probably largely ignored by those not ordering Asian take-out. It is within walking distance from the school so people can go anytime to satisfy their sweet tooth, rather than make the hassle of driving down the 60 freeway to chow down on a cold dessert. The place has free Wi-Fi so one can update their Facebook status and tell everyone how delicious this twist on popular Taiwanese-style shaved ice is.

The address is 1220 S. Goldenwest Ave., Arcadia.



PHOTO/ Elaine Wu

The all-fruit shaved ice is just one example of the many dishes that Ice Monster offers. The store just recently moved into town.

By Vicki Chang
Focus Editor

1. "Fire" – Bruce Springsteen

This hot hit produced in 19 has been recreated to fit the new and bold voices of Will Schuester and April Rhodes in the "Home" episode of the popular Fox series Glee. Although originally intended for use by Elvis Presley, this fiery tune definitely brings the heat as it expresses the powerful sparks in a relationship, "cause when we kiss, fire." The slow, yet catchy tune is perfect for a day of relaxing under the hot, summer sun.

2. "Back in Black" – AC/DC

For those of you who don't recognize the name of this song, I guarantee you'll recognize the tune once you hear it, as this song is used in many popular hit series' such as the CW's "Supernatural." This blazing hot 1980's song is considered one of AC/DC's most noted tune, as well as the epitome of classic hard rock music. The "Back in Black" album has sold an estimated 49 million copies to date worldwide, making it the second highest selling album of all time, so it's no wonder this tune is so red hot. As this song has been a smash hit for over three decades, there's no question that it will spark up the hot season.

3. "Fire Burning" – Sean Kingston

"Somebody call 911, Shawty fire burning on the dance floor, whoa!" Once you crank up the radio in your new convertible, there's no doubt you will hear this summer tune at least once on your way to the beach. Sean Kingston sizzles up the hot season with this top 100 Billboard hit. With influences of dance music and electro-pop, this lead single will make a smokin' hot theme for the road, or at a party.

4. "Smoke on the Water" – Deep Purple

When thinking of the title "Smoke on the Water," you might be irritated by those same four chords that just won't stop replaying in your head. As most people would identify this song solely by the four-chord intro, it is important to note that this popular rock song is actually composed of fiery lyrics that evidently make this tune one of the greatest songs ever written about the destruction of flames.

5. "We Didn't Start the Fire" – Billy Joel

As this ageless oldie was a number one hit in the U.S. and was nominated for Grammy Award for Record of the Year in the '80s, its moderately fast tempo with rhythmic lyrics as well as its incorporation of American culture is what makes this song a true rapid-fire classic. In addition to conveying the message behind historical conflicts through the meaningful lyrics, the well-known chorus contributes to the popularity of this song.

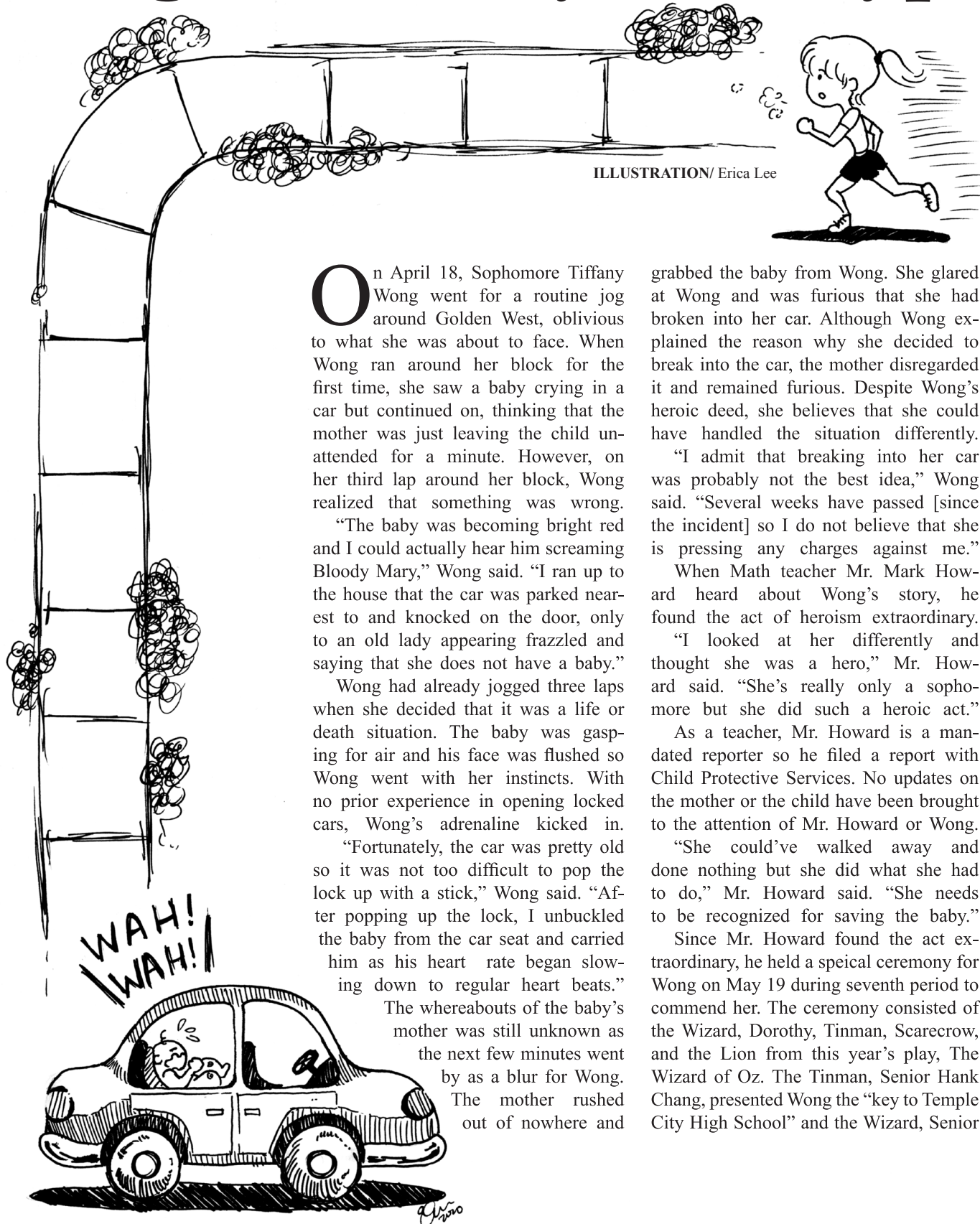
6. "Hot Hot Hot" – Arrow/Buster Poindexter

As this song was originally sung by Caribbean musician Arrow, its catchy tune and interesting arrangement prompted countless artists to cover it, most notably David Johansen aka Buster Poindexter. Although it was an instant dance floor hit in the '80s, over time it gained a bad reputation and today's listeners regard it as "cheesy '80s music." Still, this song expresses the true spirit of summertime and is quite a toe-tapper.

3. Dante's Inferno	9. Hot Tamales	10. Matt Damon	13. Hot Wheels
2. Hot Topic	8. Fahrenheit	11. Two Hundred	4. Death Valley
1. Venus	7. Backdraft	12. Human Torch	2. Habanero
Down	5. Blowtorch	Across	6. Scoville

Wong saves baby from hyperthermia

By Jennifer Su
Staff Writer



On April 18, Sophomore Tiffany Wong went for a routine jog around Golden West, oblivious to what she was about to face. When Wong ran around her block for the first time, she saw a baby crying in a car but continued on, thinking that the mother was just leaving the child unattended for a minute. However, on her third lap around her block, Wong realized that something was wrong.

"The baby was becoming bright red and I could actually hear him screaming Bloody Mary," Wong said. "I ran up to the house that the car was parked nearest to and knocked on the door, only to an old lady appearing frazzled and saying that she does not have a baby."

Wong had already jogged three laps when she decided that it was a life or death situation. The baby was gasping for air and his face was flushed so Wong went with her instincts. With no prior experience in opening locked cars, Wong's adrenaline kicked in.

"Fortunately, the car was pretty old so it was not too difficult to pop the lock up with a stick," Wong said. "After popping up the lock, I unbuckled the baby from the car seat and carried him as his heart rate began slowing down to regular heart beats."

The whereabouts of the baby's mother was still unknown as the next few minutes went by as a blur for Wong. The mother rushed out of nowhere and

grabbed the baby from Wong. She glared at Wong and was furious that she had broken into her car. Although Wong explained the reason why she decided to break into the car, the mother disregarded it and remained furious. Despite Wong's heroic deed, she believes that she could have handled the situation differently.

"I admit that breaking into her car was probably not the best idea," Wong said. "Several weeks have passed [since the incident] so I do not believe that she is pressing any charges against me."

When Math teacher Mr. Mark Howard heard about Wong's story, he found the act of heroism extraordinary.

"I looked at her differently and thought she was a hero," Mr. Howard said. "She's really only a sophomore but she did such a heroic act."

As a teacher, Mr. Howard is a mandated reporter so he filed a report with Child Protective Services. No updates on the mother or the child have been brought to the attention of Mr. Howard or Wong.

"She could've walked away and done nothing but she did what she had to do," Mr. Howard said. "She needs to be recognized for saving the baby."

Since Mr. Howard found the act extraordinary, he held a special ceremony for Wong on May 19 during seventh period to commend her. The ceremony consisted of the Wizard, Dorothy, Tinman, Scarecrow, and the Lion from this year's play, *The Wizard of Oz*. The Tinman, Senior Hank Chang, presented Wong the "key to Temple City High School" and the Wizard, Senior

Jacky Chan, read a proclamation written by Mr. Howard explaining the reason for the ceremony.

"I was a bit embarrassed but at the same time very honored," Wong said. "I'm thankful for all the effort that was put into [the ceremony]."

In the future, Wong hopes to major in journalism and become an anchorwoman. Although it may not seem like it, the experience will benefit Wong in the future.

"This experience has benefited me because it required fast thinking," Wong said. "It is required for public speaking and recording live events as a journalist."

Through sharing this experience, Wong hopes that everyone will be able to learn that we can all make a difference.

"Everyone should know that they are all capable of saving a life," Wong said. "We should all be more aware of the occurrences in our society to detect many incidents similar to this one."



PHOTO/ Jason Wu

Chang and Chan present Wong with a ceremonial key to the school on May 19.

Hope springs from well, provides water for African community

By Aaron Chua
Staff Writer

Students for Humanity reaches out and, with one act of kindness, spreads its generosity across the Atlantic and into Africa, where they have raised enough money to construct a new well.

"This well has the potential of providing over 300 people with fresh, clean water for the next 20 years," Chairman of the Fundraising Committee of Students for Humanity Junior Sarah Erstad said. "We are very happy that our plan went through."

Students for Humanity is a club whose main focus is on raising and donating money to various charities. The club decided to fund a well-building project after hearing about a presentation from Generosity Waters, a company that specializes in providing clean sources of water for people in developing countries. The president of Students for Humanity, Junior Tara Loveland, was deeply moved by it.

"My aunt saw the whole thing at her church and was really impressed by it," Loveland said. "When she told me about it, I immediately knew what I wanted to do."

The club also viewed a video on the living conditions of the impoverished people

in Africa. Among other things, many families lacked basic shelter, adequate food, or, most importantly, ready access to uncontaminated freshwater. Most of these families had to make daily pilgrimages of several miles in order to reach a clean source of water. The truly deplorable conditions those people had to endure in order to scrape out a meager living touched many members and further motivated the club to raise money for a well.

With the easy part decided, Students for Humanity embarked on a, school-wide, fundraising campaign. They sold chocolate covered bananas in the quad during Multicultural Day and extended lunches and chances to win a weekend in Mammoth.

An anonymous donor, touched by the club's enthusiasm and commitment to their cause, made a significant contribution and pushed the club over its fundraising goal of \$3,000.

"Many people do not have a ready source of freshwater in Africa," Co-Vice President of the club, Junior Megan Hubbard said. "What we saw in the video were people basically drinking brown mud with living organisms in it; I really wanted to do something."

Students for Humanity as a whole feels

that this well building project encompasses all that they believe in and strive to do on a daily basis.

The well's location will be determined within the next few weeks once a suitable sight has been found and the club will receive a constant stream of updates as construction gets under way.

Generosity Waters expects construction of the well to begin three to four months from now and be completed within a period of seven months. The company will also send pictures cataloging the well's progress to Students for Humanity, further allowing the club to keep track of their hard-won achievement.

"When the well is finished, the company said it would put a plaque on it with our school's name and our club's name on the it," said Erstad. "We feel really good that all our work paid off."

The completion of the club's part in their well building project did not signal the end of their humanitarian efforts.

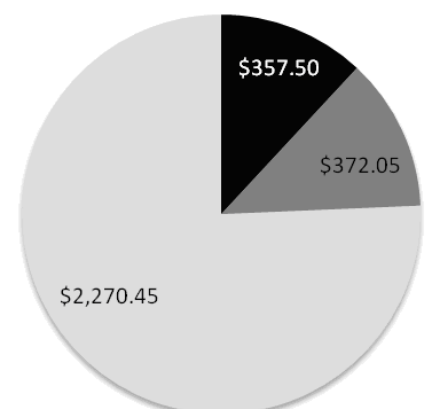
Loveland and Hubbard both plan on raising more money for charity and the club's most recent effort, Loose Change to Loosen Chains, is an effort to reduce the practice of children slaves.

The club has raised almost \$500 for this

cause and wants to thank all the students who donated their change into their silent reading classes

"Our club's foundation rests on raising money and supporting charities," Loveland said. "We hope to make a difference in the world, one step at a time."

- Chocolate Covered Bananas
- Mammoth Weekend Giveaway
- Private Donation



GRAPHIC/ Aaron Chua

Boys Tennis shows competitive edge

By Humphrey Lin
Staff Writer

The Boys Tennis team ended League on a high note. They placed second in season behind San Marino and managed to claim second place in singles and third in doubles in the Rio Hondo League tournament.

Although the team did not break the decade-long trend of falling short to San Marino in season, their performance was definitely a step up from last year's. They placed higher in the League tournament this year and came closer to beating San Marino than they had done in years—with two 9-9 ties that ultimately ended in defeat through games.

"It was very disappointing for us, to come so close but lose," Sophomore Terrence Sun said. "Beating San Marino would have been a great accomplishment."

Despite disappointment, the close defeat against San Marino have definitely boosted their confidence in their abilities. Going into C.I.F., the boys are confident.

"We are one of the better teams in the division," Sophomore Justin Lin said. "We should be able to perform pretty well."

However, entering this prestigious competition still leaves the boys with a shadow of doubt. In C.I.F., the matchups are decided by chance of the draw. This uncertainty about their opponents leaves the team unsure about their fate.

"There are three teams we have to watch out for: San Marino, Diamond Bar, and Brentwood" Sun said. "If we draw one of these opponents in the first round, our chances of winning will be very slim."

Last year, the team managed to make



PHOTO/ Raymond Tran

Sophomore Lester Yeh strikes a forehand crosscourt as he plays against Diamond Bar's number two singles player. Temple City's C.I.F. run came to an end after losing by a close margin of 14 games in a 9-9 tie against the former C.I.F. champion team.

the quarterfinals in C.I.F., which raises the bar very high for this year's team.

"There's a good chance that we can match, or even outperform last year in the finals," Lin said. "But we try not to set standards, but rather just do our best."

The team's confidence was greatly boosted when they defeated their first C.I.F. opponent. The boys played La Quinta and won by a wide margin of 13-5. With this victory, the boys now have reason to believe in their abilities.

The next matchup was against Valencia, a strong team who is ranked first in their league. Although the boys got off on a rocky start, they managed to pull through and defeat their opponent 10-8. This victory meant that the team would advance to quarterfinals, and gives the boys hope of surpassing last year's accomplishments.

"By now, we were fairly confident in the competition," Sun said. "It would be a great accomplishment if we were able to go to the semis."

However, upon finding out that their next opponent is Diamond Bar, the team grew worried. Despite being a formidable opponent, Diamond Bar had a hard time beating the boys and barely won 9-9 through games. This was a great accomplishment for Temple City, as they had never gotten this close to advancing to the semi-finals.

"It was a little disappointing, but we were happy with the results," Sun said. "This was proof of our great improvement."

Boys Volleyball finishes season

By Raymond Tran
Staff Writer

The Boys Volleyball team rallied a historic finish to season, capturing Temple City's first Rio Hondo League title in school history.

The Rams went undefeated this year, as their 8-0 record propelled them over competitors such as Montebello and St. Francis. The Rams' flawless record placed them as the first seed in the Rio Hondo League, and it also provided them with a confident start to C.I.F.

"Rivalries drove us to play harder," Senior Nick Der said. "We wanted [to make] winning league our ultimate goal."

A key factor in the team's success this year is its senior leadership. Senior Captains Nick Der and Kevin Jih brought both encouragement and chemistry to the team, as their motto, "We don't lose," drove the Rams to oust former rivals Gabrielino and South Pasadena. The team's chemistry is clearly there, as the lineup consists of veteran players who have been together both on and off season.

"We've been playing together for years," Senior Denny Chong said. "We have a good atmosphere, and we like each other."

Another strength of the team is its work ethic. During preseason, players worked on building their stamina through physical conditioning. In addition, the Rams practiced for two hours every day in the school week, and even collaborated with alumni volleyball players to improve their game. By the time season came around, the team focused on refining their passing skills and defense.



PHOTO/ Raymond Tran

Junior Tim Sanderson attempts a block as Senior Nick Der and Junior Paul Yeo prepare to set a play.

"Everyone worked hard during practice," Jih said. "We came [into games] hungry, and we played with the right mindset."

Despite the amount of hours they devoted to perfect their defense, the Rams are most dominant with their offense. Seniors Kevin Jih, Denny Chong, and Junior Tim Sanderson lead the team in scoring, as Senior Nick Der leads the entire division in assists. The Rams' natural offensive game ultimately compliments their defense, as they have outscored numerous schools such as San Marino and South Pasadena in staggering point deficits.

"The offense is already there for us," Jih said. "Everyone knows how to hit, so it really comes down to teamwork and defense."

The team's winning streak eventually ended on May 13, where the Rams lost to the Downey Vikings in a close 2-3 match. Although the loss marked the end of their postseason run, the Rams surpassed expectations. The team finished league with an impeccable season record, and made school history with Temple City's first Rio Hondo League title.

"All of my friends and I had big roles on the team," Chong said. "We fulfilled our roles, and we're satisfied with how far we got [this season]."

The Rams leave behind an unforgettable legacy at Temple City, but next year will hold its own share of challenges. The Rams will square off against new schools in league, and although many players are leaving this year, next season looks hopeful.

NBA Playoffs: Lakers and Celtics Showdown

By Richard Kim
Sports Editor

By the looks of the NBA playoff matchups, it's a safe bet to say that the championship will come down to a Lakers versus Celtics showdown again.

Since 2008, the Celtics and Lakers have been the only two teams that have been winning the coveted championship title, and have also been the two teams that have been the big contenders of their respective Eastern and Western conferences. So exactly why are the two teams uncontested by any other teams?

Let's start with the Lakers. For many, the image that comes with the Lakers name is the silky figure of Kobe Bryant, 2008's MVP and 13-year Lakers player. Bryant has led the Lakers since the team's glory days in 1999 and is by far the best point-guard in the playoffs this season, averaging roughly 27 points with 6 assists per game. The Lakers' Big Men, Pau Gasol, Lamar Odom, and Andrew Bynum have also made their presence inside the key very present, out-rebounding smaller teams like the Phoenix Suns and setting up more conversions for scoring. During the first game of the Suns versus Lakers series, Odom alone had a total number of 19 rebounds complimented by 19 points, contributing heavily to the blowout score of 128-107 for the Lakers. With the Lakers playing at the caliber they are, it's safe to say that the Suns will be swept in four games and there's no sign of the Lakers stopping their momentum.

Now let's move on to the Boston Celtics. Armed with the Big Three, Paul Pierce, Ray Allen, and Kevin Garnett, the Celtics have a far more experienced team in comparison to the others in the Eastern Conference. The Celtics have enough size to match up against the Lakers' Big Men, and with Rajon Rondo now being considered as one of the best point-guards to play the game, the offense is well-oiled and have proven themselves with their success against the Orlando Magic. During the first series matchup against the Magic, the Celtics were able to dominate the game, leading by 20 at one point during the third quarter. With the Celtics being as clean as they are, it will be no surprise to see the Magic out of the playoffs in four games.

Though the Lakers and Celtics have played only the first two games against their respective opponents, with the dominance and versatility they have shown in season, it's hard to argue that it won't be another Celtics versus Lakers showdown. But hopefully in a month, we will see crowds cheering in Los Angeles.