

# RAMPAGE

TEMPLE CITY HIGH SCHOOL

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## Entertainment

## Focus

## Sports

PHOTOS/E. Wu, D. Xu, & M. Collins

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## Juniors win Spirit Week



PHOTO/ Bryan Wu

Juniors Priscilla Ng, Johnson Huang, and Michael Zhong helped charge up their class at the Spirit Assembly. Juniors ended up earning the most spirit points, beating out the seniors.

## Freshman English classes now have 30 students, not 20

By Jonathan Aguilar  
Staff Writer

The Board of Education changed Freshman English class sizes from 20 students per teacher to 30 students per teacher this year, in an effort to save money and balance the budget.

"Freshman English classes increased in the amount of students per class due to the budget crisis," Superintendent Dr. Chelsea Kang-Smith said. "However, English 1 classes in our district still have a lower number of students than in other districts."

Last year on May 11, English teachers spoke at a board meeting in order to implore the board to keep the student to teacher ratio at 20 to 1, because they believe having fewer students allows them to identify each student's strength and weaknesses and to give individual attention to students. In contrast with a larger class there is less time available for teachers to assist students one on one.

"When the student population grows in the classroom, a majority of time is spent managing the larger class size," English teacher Ms. Michele Zovak-Gaffney said. "This, therefore, distracts me from taking accurate observations of the performance levels or the needs of the students during the time I physically spend with them in the room."

Teachers feel that with more students in a single class, it is more difficult to keep everyone at a particular standard, as they are unable to assist students that need some extra help.

"With more students," English teacher Ms. Kendra Miller said, "it is more difficult to ensure that every student learns the material and attains the skills that they need."

Also, teachers have had to alter some of their lessons or assignments they had planned for the school year to adjust to the increased amount of students per class. Some teachers had to cut projects and lessons plans due to the required amount of time it may take to get through the curriculum.

"I may not be able to do some of the more fun activities that I've done in the past," Ms. Miller said. "It is simply more difficult to manage 30 students than 20 students for these kinds of lessons."

September/October Ram Calendar							Sept. 23: First Day of Fall, Staff Development Day	Sept. 29: Club Day
Su	M	T	W	Th	F	S	Sept. 24-25: Free Electronics Recycling	Oct. 5: Lifetouch Make-up Pictures
25	26	27	28	29	30	1	Sept. 26: Homecoming Court Nominations End	Oct. 6: Student Senate Meeting, Comedy Sportz
2	3	4	5	6	7	8	Sept. 27: Senior Orientation, College Rep Night	Oct. 8: Homecoming Dance
9	10	11	12	13	14	15		Oct. 28: Next Rampage issue
16	17	18	19	20	21	22		
23	24	25	26	27	28	29		

## Club presidents need to adjust to new policies

By Hugo Wong  
Staff Writer

ASB has changed some club policies in an effort to create a more efficient club system.

One of the most important changes with the chartering application is a contract that makes teacher advisors and club leadership more accountable. The teachers who want to advise a club have to sign a contract that binds them to participate or chaperone for specific events.

"Last year we had some advisors back down as clubs asked the advisor to do more and more outside of school activities," ASB Leadership Advisor Mr. Michael Kidd said. "We want advisors to know what the expectations of the students are. It also puts students on notice as to how much time an advisor is willing to commit."

If the teacher wishes to drop out of the club, then he or she must find another teacher advisor and confirm with ASB. As a result of the new contract, some teachers do not wish to advise, causing a shortage of advisors.

"Since ASBL is putting more regulations on clubs and activities," Junior

Eric Lin said, "many teachers are not able to be advisors for multiple clubs."

A proposed "three strikes system" is also a new feature to replace the system that ASB had last year. If a club does not abide by the rules, then the commissioner will put a strike on the club. After two more strikes, ASB will revoke the club charter and the club will no longer exist. Some transgressions that will earn a club a strike are not filling out papers correctly and bringing food that surpasses food calorie limits on fun food days. Turning in monthly minutes late will result in ASB freezing the club's bank account and a strike.

"Clubs are established to have activities, and not to sit in a class hanging around." Campus Commissioner Senior John Wu said. "These rules are here [to make sure] clubs continue to acquire members and be active."

Besides those changes, many of the other club rules have not changed with the new school year. The rules are made by Mr. Kidd with input from ASB Leadership, Inter Club Council, and Principal Ms. Jo Fosselman-King. Other rules are influenced by state laws.

By Bryan Wu  
Staff Writer

### Spirit Week

Students showed their class spirit during "Salad Dressing" week. On Monday, students dressed in Hawaiian clothing for Thousand Island Dressing day while on Tuesday, students geared up in their Wild West attire for Ranch Dressing day. On Wednesday, students wore athletic clothing on Light Dressing day. Students ended the week on Thursday wearing their class colors and attending the Fall Spirit Assembly. In the end, juniors beat out the seniors and earned the most spirit points with 340.



PHOTO/ Bryan Wu

Students ripped apart and wore frozen shirts to win spirit points.

## NEWS BRIEFS

### Natural Disasters

Natural disasters have recently destroyed multiple regions in the U.S., causing major damage. Hurricanes have been ravaging the east coast while numerous wildfires have consumed mountain regions in southern California and Texas in early September. Regions in southern California included Oak Hills, Agua Dulce and Kern County. Wildfires consumed land in Bastrop and Waller County, Texas. Thousands of acres and homes have been burned down in both states, causing multiple evacuations.

### Stüssy Outlet Sale

ASBL held a Stüssy Outlet Fundraiser on Saturday, Sept. 17 in the staff parking lot from 10 a.m. to 2 p.m. Leadership sold brands such as Stüssy, Undeafed, Paul Frank, DC, and Audio. The fundraiser was open to everyone. They sold shirts, backpacks, pants, belts, wallets, hats and more. Prices began at \$10, compared to

original prices that start from \$30 or higher. Profits will be used for an upcoming, secret project that will promote school spirit.



PHOTO/ Debra Ma

The profits from the sale, as of now, has totaled about \$500.

### Homecoming

The Homecoming Dance will be on Oct. 8, before the game, which is on Oct. 14. The dance was moved due to scheduling conflicts. There are only three home football games this season and the only date suitable is Oct. 8. Also, because some chaperones could not make it to the dance if it were after the game, it was rescheduled to before the game. The queen will be crowned during halftime at the football game.

# Magic invades muggle world via Pottermore

By Jacqueline Wong  
Staff Writer

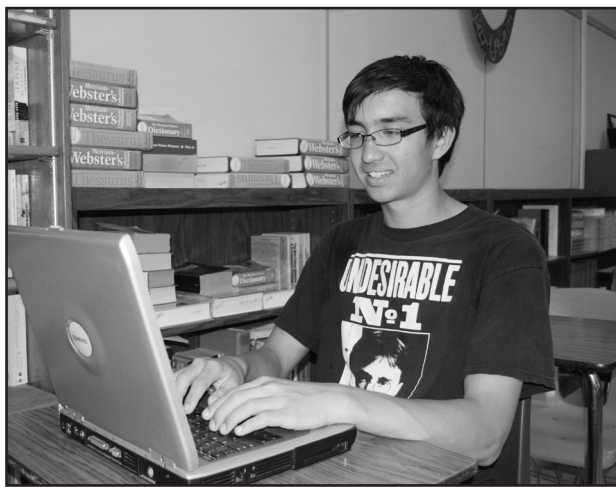
Within a decade, J.K. Rowling has painted a world of Potions classes, Quidditch matches, chocolate frogs, horcruxes, spells, and of course, the infamous You-Know-Who. But just when one thinks “it all ends” for the “Harry Potter” franchise, Rowling surprises the world with the new establishment of Pottermore, an interactive website that explores the world of “the boy who lived.”

Free of charge, Pottermore officially opens to the public on Oct. 1, although a lucky few million were able to access the site earlier due to Rowling’s Magic Quill Challenge which provides early registration to Pottermore during a period of seven days. Freshman Benjamin Gray, who applied for Pottermore on all days, was one of the first 10 applicants in the world to successfully register onto the site.

“The Magic Quill Challenge was worth it,” Gray said. “It kind of showed me that I was one of the more addicted Potterheads.”

Pottermore brings a closer look into the details of the “Harry Potter” series, providing interactive reading experiences beginning with the first novel, “Harry Potter and the Sorcerer’s Stone.”

One of Pottermore’s features allows people to dive deeper into the untold stories and mysteries that lie behind Hogwarts walls and unearth various tidbits on even minor characters such as Professor McGonagall. From just reading the books, one would not guess McGonagall’s past romantic ties to a Muggle. Or that Neville Longbottom was originally planned to be called “Neville Sidebottom.” Yet Pottermore bears all that Rowling has been holding back for so long.



PHOTO/ Benjamin Chan

Freshman Benjamin Gray completed the increasingly difficult Magic Quill Challenge that was based on the seven books.

“Pottermore’s a fairly fun game, and although it’s still under the beta phase, it allows ‘Harry Potter’ fans to explore and learn things about the ‘Harry Potter’ world that J.K. Rowling never mentioned in her books,” Senior Deborah Koh said. “My favorite part of Pottermore is really just reading about the biography of different characters, my favorite being Professor McGonagall’s.”

Not only does the site offer more details, but it also lets the user experience the magic of starting Hogwarts as a first-year witch or wizard. People can stroll through Diagon Alley, experiencing a more personal touch to a world of magic. At Ollivander’s, people will receive their wands with which they will be able to cast spells and duel other wizards on Pottermore. Of course the wand does choose the witch or wizard, so a short personality questionnaire is required in order to find the right magical tool.

“After you get your wand, you can read about the wand cores and what they represent,” Gray said. “I got a unicorn hair 14½ [inch] fir wand, unbending.”

Perhaps the most exciting aspect of Pottermore is how people are sorted into one of the four houses at Hogwarts: Gryffindor, Slytherin, Ravenclaw, and Hufflepuff. Compared to those unofficial fan-made Hogwarts quizzes that circulate on Facebook, Pottermore offers an authentic test where one must answer seven questions randomly drawn from a list of 200 in order to be sorted. These questions pertain to one’s personality and once answered, the system then places him or her in the appropriate house.

“Being sorted into my own house was unique experience, since I felt like I was part of the book,” Junior Tommy Tan said. “Since it is authentically supported by J.K. Rowling, the results seem as if you were in Hogwarts yourself wearing the Sorting Hat.”

Although Pottermore may feature many activities to explore, the site still contains glitches and laggy effects. This is due to the large number of users the site caters to, and thus, the mechanics behind Pottermore may be bogged down by too much activity. In fact, the site is known to shut off every other hour.

“It’s really not as fun as it seems, but then again, it may be because it’s still in beta phase,” Koh said. “First of all, you can’t really interact with the other members in Pottermore and there are a lot of glitches still present in the game.”

However, the makers of Pottermore claim to have all the site’s kinks fixed by its public opening in October. For the avid Potter fan or just the average person who would like to try something new, Pottermore offers a range of fun activities and a unique experience without ever having to board the Hogwarts Express.

## A midnight escape from reality

By Cody Luk  
Photo Editor

As a devoted fan of the art movements such as surrealism and art deco from the 1920s and a big admirer of the city of Paris, I was instantly thrilled to watch “Midnight in Paris” when I first stumbled upon it.

The movie begins with several minutes of dialogue-free scenes of the City of Lights, from the Eiffel Tower to the Louvre, and I was quickly fascinated by the beautiful scenes that resembled Gustave Caillebotte’s famous painting, “Paris Street; Rainy Day.” I was also very fond of its artistic elements and the symphony of music that blended in beautifully with the scenes.

One of the first lines of the film, “There’s no city like this in the world, there never was... can you picture how drop-dead gorgeous this city is in the rain, imagine... Paris in the 20s... the artists and writers...” made me hopeful for the film mainly because those are the same feelings I have towards Paris.

The artistic and historical concept of the movie, which revolves around the Lost Generation writers and the artists of the 20s interested me from the beginning. The plot centers on an American screenwriter and aspiring author, Gil Pender, and his fantasies in Paris at midnight each night. In present-day 2010, he travels to the city from California with his fiancée, Inez, and her family for business affairs and vacation.

At midnight, he would ride on an antique vehicle and take a journey back in time to the 1920s. He meets renowned artists, Pablo Picasso and Salvador Dalí, along with authors such as F. Scott Fitzgerald, Ernest Hemingway, and Gertrude Stein. As a writer, Gil is more than excited about showing his manuscript to Stein for opinions because his fiancée opposes Gil’s ambitions in publishing novels. Gil also eventually falls in love with Picasso’s fictional mistress, Adriana.

The film centers on nostalgia. It starts out with Gil’s longing to live in the past, but after he travels to the 1920s, he realizes that the people at that time also wish to live in another time, such as the Renaissance. Of Woody Allen’s 41 films as a director, this is

his most personal film. He describes nostalgia as a trap that is “based on the idea that now is always terrible” because people always dislike what “the real world is offering [them] at the time...”

I enjoyed the historical fiction parts of the film because they were loosely based on respected writers and artists of the past. I was able to relate and feel a more realistic side to these admirable writers and artists.

However, I noticed that the movie could have had more potential than the final product. The plot moved slowly in the beginning, but as the film’s climax started to build up, the movie quickly ended. Needless to say, I was disappointed due to the final scenes that occurred too suddenly.

Regardless of the plot, the movie did what a film about art is supposed to do: be inspirational. The lines in the film would certainly be influential to writers and artists alike. It brought up many important aspects of art and literature, such as when the characters discussed how art and literature came to be and the process of coming up with the ideas. I was particularly keen on the scene when Hemingway reveals that a writer should never ask for another writer’s opinion, because of the competitiveness that would always be between two writers.

Although I have never been a fan of fantasy films, I found myself enjoying the film as it proceeded. The time-traveling portions of the film serve as an appealing purpose to the plot and gathered much interest due to the historical background behind the story.

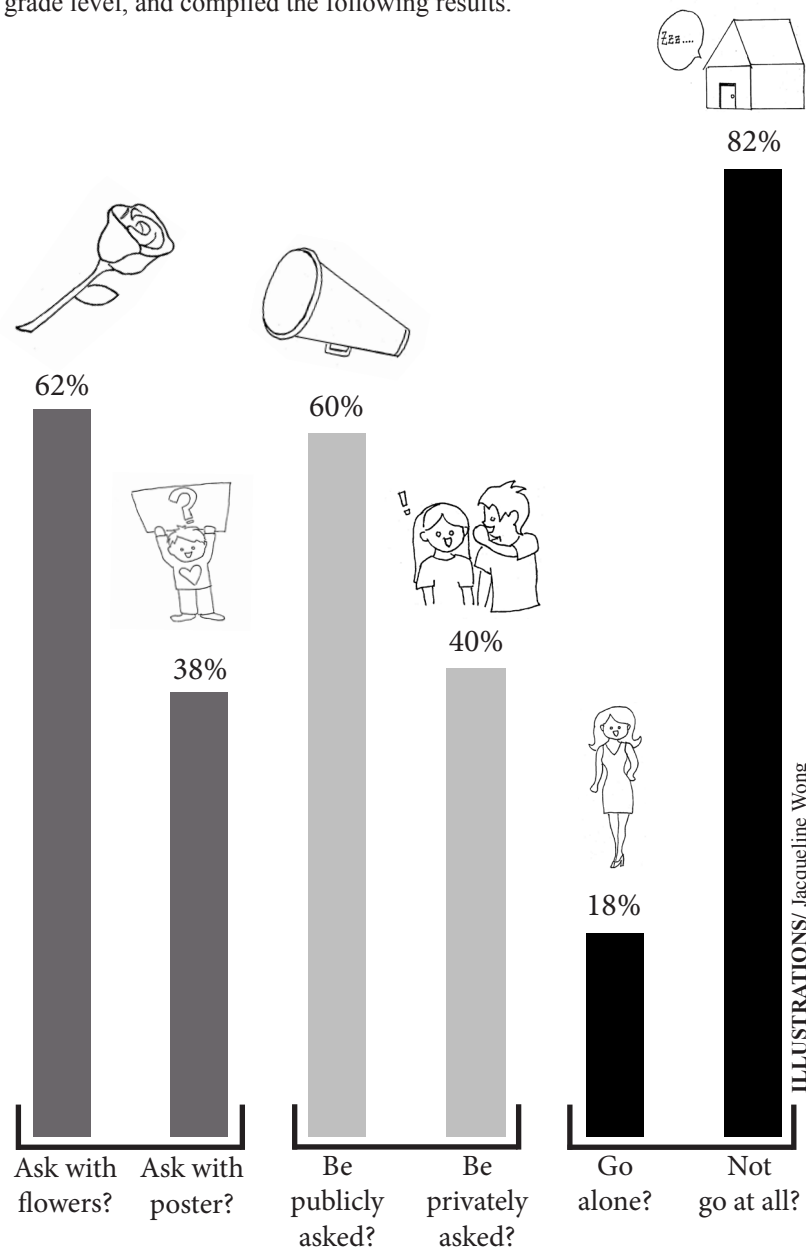
Viewers who do not have an extensive artistic or historic knowledge may find this film to be dull and slow-paced. The movie does contain romantic aspects that may appeal to various groups in the audience, and the indecisive choice that Gil had to make between living in the past or future can be relatable as well. Nevertheless, those who are not as keen in art, literature, or history may not enjoy the film as much.

The movie was released on May 20 and box office revenue totals over \$100 million. It is currently showing at Laemmle’s Playhouse in Pasadena.

## Students answer “would you rather” for first dance of the year

Compiled by Michael Collins  
Staff Writer

Homecoming is approaching quickly, and in preparation, *Rampage* asked a variety of students their preferences about the “Alice in Wonderland” themed dance. The opinions varied by grade, and when the question, “would you rather?” arose, each individual had different beliefs on how they felt. We asked 200 total students, 50 from each grade level, and compiled the following results.



# Confederate flag should be banned in public



By Cynthia Lee  
Staff Writer

City officials in Lexington, Virginia voted on Sept. 1 to prohibit the flying of the Confederate flag on city-owned poles, a logical and long-overdue decision, considering the flag's dark and violent history.

Although many people have debated extensively about the flag's message, this is the first time that a local government has actually banned it from flying on city-owned property. Some citizens claim that the Confederate flag itself is an essential aspect of their town's heritage and people, signifying southern pride, which is why this new law has ruffled some feathers. However, regardless of some Southerners' fervent protests, the rest of America will always view the flag as a symbol of racism.

Yes, this is America and even the new sanction cannot prevent a person from proudly flying the Confederate flag on his or her own private property, but look at the big picture. The Confederate flag has long represented the intense conflict, division and discrimination during the Civil War, yet people still fly it without considering its message.

I am well aware of the fact that the flag does not necessarily advocate racial discrimination and that many Confederate soldiers did not fight to protect slavery, but merely because their homes were located in the South. Despite that fact, many people easily associate the flag with racism. In addition, the Confederate flag often represents the Ku Klux Klan and various neo-Nazi groups, another major reason as to why people are offended by the flag.

American citizens should already know that

flying the Confederate flag leaves its message open for a variety of interpretations. People claim that flying the flag is a way of honoring the fallen southern veterans, but for that purpose we have the American flag, a national symbol of patriotism and honor. I am disappointed that a ban is needed to be placed to stop people from displaying such a symbol of violence, disunity and slavery. As Americans, we should already know that it goes against the beliefs of equality and justice that our country represents.

The Confederate flag definitely has historical significance, but more often than not, it is used by individuals to express their racist views. The Civil War was arguably one of the darkest times in our country, and to some people, the Confederate flag embodies all of the negativity felt during that time, which should leave anybody to question why that flag is still flown by some state governments and people.

Even individuals who support the flag as a symbol of southern pride say that it is wrong to use it as a symbol of racism and animosity.

"I definitely believe in the First Amendment," U.S. History teacher Sue Noice said. "But the Confederate flag should not be flown or displayed with the intent of expressing hate."

Despite the claims of Confederate flag supporters, the flag will never be able to turn away from its hate-filled history and purely stand for southern pride. Although small, Lexington's new law is a step in the right direction.

After World War II, Germany imposed laws that outlawed the display of the swastika, a symbol of hate that can be compared to the U.S. Confederate flag. Although individuals argue that America is different and that we have a constitution to protect citizens' rights, we should follow Germany's example and retire the Confederate flag from government institutions.



By Jessica Meza  
Opinion Editor

## Jess Sayin'

There comes a time during every school year where some teachers bombard you with seemingly pointless projects, tests, and homework assignments, leaving you to wonder why you're even taking all those classes in the first place. Fortunately, the Georgia State Board of Education will review a plan to allow students to choose their classes based on their intended career choice or major, thereby preparing students for their future and cutting out useless classes.

Other states like Colorado, Florida and Wisconsin have been using this "career cluster" idea, but for the first time it would be a requirement to graduate high schools in Georgia. For the first two years, students would take regular core classes such as English and math. Then, at the end of sophomore year, students would be able to choose which classes to take in order to gain insight and experience about their future career choice.

Not only does this give students a head start when it comes to thinking about what their future career might be like, but it also keeps students in school because they are able to choose which advanced classes to take based on their interests. It also keeps students' minds in school—especially seniors—who tend to suffer from the disease of laziness called "senioritis" during the second semester of their senior year. This means that students' junior and senior years would be geared toward their curiosity instead of irrelevant classes that would only serve the purpose of achieving credits toward graduation.

This is not to say that a student should not have a well-rounded education. However, I think that it is natural that students would do better in the classes that capture their interests. And by doing this, it would likely increase the percentage of high school graduates because students would have an inner drive to learn about what they find relevant. When students receive training in their prospective careers, they will be better fit to find jobs right out of high school and gain an edge against others when applying to colleges.

Although it may seem as though the end of sophomore year would be too sudden of a deadline to think about a post high school career, students would have the option to switch out of career clusters as necessary. That means a student wouldn't be bound to his or her option. Even if students decide to go on a different career path, they will have still met the requirements to graduate and enter most universities.

California should implement this idea to drive students to think about their post high school plans. In doing so, this would create a more well-prepared workforce and a very educated incoming collegiate force. Instead of having students misuse their time by taking classes that would be irrelevant to their future major or career choice, students would be empowered to make their own decisions with their prospective plans in mind.

# "I'm too pretty" shirts disparage young women



By Jessie Chen  
Staff Writer

J.C. Penney started selling a long-sleeve t-shirt on its website that read "I'm too pretty to do my homework so my brother has to do it for me." Due to parental complaints, the company removed the item from its website and discontinued its sale on the last day of August.

I can't imagine why people would want to degrade their self-worth by wearing this shirt. If I were to see a girl walking down the street wearing a shirt like this, I would have a horrible first impression of her. She would only be portraying herself as vain, narcissistic and flippant toward education.

What frustrates me most is that the target market of these shirts is girls from ages seven to 16, which happens to be more

than half of the female student population on our campus. Teenagers and children, especially young girls, are easily influenced. Magazines like *Teen Vogue* and *Seventeen* accentuate the importance of flawless outfits and makeup and brainwash our generation. Young girls struggle to remember that appearance isn't a priority.

Beauty really isn't everything, and you do not have to be either dumb or pretty. It is definitely possible for girls to be smart and beautiful at the same time. The stereotype of good-looking girls being unintelligent persists thanks to shirts and products like these. This shirt is insulting to girls and women out there who strive to be successful and look trendy at the same time.

In our society in which media already constantly gives wrong messages to youth about body image and appearance, these shirts are just an additional stress. Parents tell us that inner beauty is what matters the most, but what is shown on television,

magazines, posters, and the Internet contradicts that. For instance, shows like "Jersey Shore" depict guys with abnormally developed muscles and girls that have a larger than average chest. These shirts add on and promote vanity and seem to be sending off the message that beauty is greater than brains.

The second part of the shirt's message says "...so my brother has to do it for me" implies that girls do not need education. It subtly says that all girls need is beauty to get by and that boys will take care of the work. This is clearly not true, because in our society, there are plenty of single mothers that are capable of taking care of their children and working to provide for their families. Girls are just as independent and intelligent as boys. For example, prestigious schools like Harvard, Cornell, and Yale have an even distribution of male and female students.

I'm glad that J.C. Penney was receptive

to complaints and discontinued the sale of these degrading shirts. I don't understand why the company would choose to sell these shirts in the first place; it sends a rude and shallow message. But, perhaps we are already a step behind on discouraging the sale of products like these. Are we learning to tolerate offensive products like these shirts and just blindly buying them instead of analyzing their meaning and our image when we wear them?

This shirt is disrespectful and offensive to girls, women and feminists who worked so hard to get men to respect women as their equals. Because of this shirt, girls' access to education and a position in society seems like a joke. Shame on J.C. Penney for selling these shirts and it's a good thing that they took these ridiculous pieces of clothing off the Internet before any more people got offended or if any young and silly girls bought the shirt without considering the meaning of its message.

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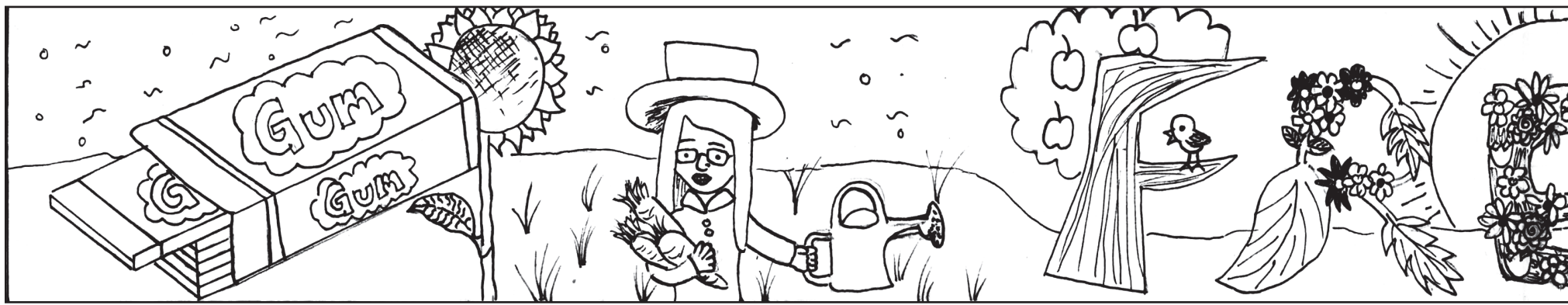
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## Inexpensive, delicious dishes at Fresh Gourmet

By Daniel Xu  
Staff Writer

As I listened to the muffled chatter of other diners, took in the muted lighting, and indulged in the soft hum of contemporary pop music, I realized that this little restaurant called Fresh Gourmet, tucked into a corner of San Marino on Huntington Boulevard, reminds me of home. The close and cozy walls accentuate the quaint atmosphere of comfort; the sense of tranquility mirrors in other customers.

Though the waitress took a couple minutes before coming to my table, I took the opportunity to learn the menu. Yet, when the waitress finally arrived to take my order, she was quick to realize that I did not know what to order, so she suggested the \$9 Manhattan Steak Sandwich, which featured pan-seared steak, sautéed mushrooms and tomatoes, lemon caper mayonnaise and lettuce all served on top of toasted bread. The descriptions immediately started to whet my appetite, and I decided this was the right choice.

My order arrived within a reason-

able amount of time, filling the air with a mouth-watering aroma. As I looked down at the plate, I realized the portion size was generous, so I thought the dish was well worth the \$9. I took a bite, chewing slowly to analyze the variance of flavors;

nothing conflicted. The steak was juicy and tender, the vegetables were fresh, and the bread that held the contents together was toasty and flavorful. The elements of the mixture went hand in hand. Despite the tasty sandwich, the fruit was not great.

Amongst the fruit on my plate, the watermelon did not look fresh as its color was dark and its texture, unappetizing.

I was very pleased with the delicious sandwich and the restaurant's relaxing environment. The waitress was attentive and gave expedient service, and it lent to the comfortable atmosphere. My first trip to Fresh Gourmet was very enjoyable, and I will be returning for more in the near future.

You can find Fresh Gourmet at 2004 Huntington Drive in San Marino. There is extra parking in the back if the restaurant is a bit busy.



PHOTO/ Daniel Xu

The portions are relatively big, especially for the fair prices. The sandwich, made with organic ingredients, is fresher and healthier than fast foods.

### Other Fresh Restaurants:

**Fresh Thai**  
3544 E Foothill Blvd  
Pasadena, CA 91107

**Go Fresh Mongolian BBQ**  
1445 E Colorado Blvd  
Pasadena, CA 91106

## LAUSD whips up new menu for new school year

By Janelle Capwell  
Staff Writer

Los Angeles Unified School District recently launched a fresh new district wide campaign focused on healthy eating and staying active.

The goal of LAUSD's "I'M IN" campaign is to instill the message to students that they can succeed and achieve. The campaign is not only focused around healthy eating, but also staying active, exercising and attending school every day.

Café LA, LAUSD's food services division, has added over 60 new dishes to its menu. Cuisine from countries like El Salvador, Japan, Italy, and Jamaica are now familiar menu items to the district's 650,000 plus students.

"I think it is a good change," Sophomore Ramsess Quezada said. "If we had this menu [at our school] I would buy school lunch."

As opposed to our menu, the school menus within the Los Angeles Unified School District provide school meals that are full of a variety of local ingredients along with numerous vegetarian choices. In fact, LAUSD guarantees that students who bring their own lunch from home intake more calories from fat than when eating a school lunch provided by Café LA.

Our school should have a wider variety of vegetarian choices that have more nutritional value. The meals provided at our school, such as the nacho supreme with Spanish rice and the cheese steak sandwich with potato wedges are extremely unappealing to the eye and to our taste buds. Not only that, but such items are usually paired with some sort of meat, leaving vegetarians with extremely limited meal options when eating on campus.

"I think our school should have more vegetarian choices," Junior Emily Whitman, who is a vegetarian, said. "The only thing I can eat here is cup noodle, which isn't healthy to eat on a regular basis."

Some of the foods on the new LAUSD menu include vegetable pad thai, beef soft taco with Mexicali Corn and a variety of gourmet vegetarian salads. All meals are made with fresh fruits and vegetables, whole wheat, no MSG, no artificial colors, no animal fats and absolutely no canned foods. They also contain less sodium and trans fat than traditional school lunches.

The campaign gets rid of unhealthy lunch choices other schools, including our school, offer to their students. Some entrees served here such as the sweet and sour chicken and the pork sausage patties with bacon, hash browns and pancakes are not as healthy and do not have a vegetable in sight. Giving students a well-balanced, healthy, fresh meal every day can help keep them energized, focused and ready to learn in the classroom.

"I personally think that it is good that [Los Angeles Unified School District] is thinking about the way [students] eat," Junior Lina Kimoto said. "Because honestly we don't need any more obesity in the United States."

Having fresher food in our school meals would encourage more students to buy their lunch from our cafeteria. Supplying fresh vegetable and fruit choices add color and nutrition to our normally bland and unhealthy school lunches.

## Off the Wall...

Anecdotes and Observations

**Humphrey Lin**  
Editor-in-Chief



### It's not easy being fresh

Fob. I doubt there is a single person on campus who does not know what this word means. An acronym which stands for "fresh off the boat," this term is used to describe new immigrants who are not yet familiar with American culture.

I was once a fob. Twice, actually. At age seven, I bid farewell to my home in Taipei, Taiwan and landed in my new home in Ottawa, Canada. As fresh as Will Smith in the 90s and more clueless than his rap career, I landed hard. It took me years to figure out the white man's culture, but by seventh grade, I was totally "in." Mashed potatoes were my new rice, and Spongebob was my new Digimon. I was one of the Canadian boys, and I loved it. I lived happily ever after in my new home. Yeah right.

I would have loved it if that was how it ended, but as it turns out, life has a strange sense of humor.

At age fourteen, I, for a second time, descended a plane to enter a foreign territory which would soon become my home. Once again, I relearned everything I knew about life. Hockey isn't cool; it's all about football. The letter "z" is not pronounced "zed." Saying the word "deke" can lead to some awkward misunderstandings. After the best part of two years, I was proud to say that all my fobbiness was gone again. Yay. And I lived happily ever after as an American. Yeah right.

A while ago, I took a trip back to Taipei. I walked off that plane as a proud American, a part of one of the most powerful nations in the world. I was one of them American boys, and I loved it.

On a particularly hot day, I went to a grocery store for some ice cream. When the server handed me my cone, he smiled at me and said, "You're not from around here, are you?" This statement hit me particularly hard. Spending the week in Taiwan, I experienced a culture I thoroughly enjoyed, but one from which I was distant. I was in foreign territory, a stranger in my own home town.

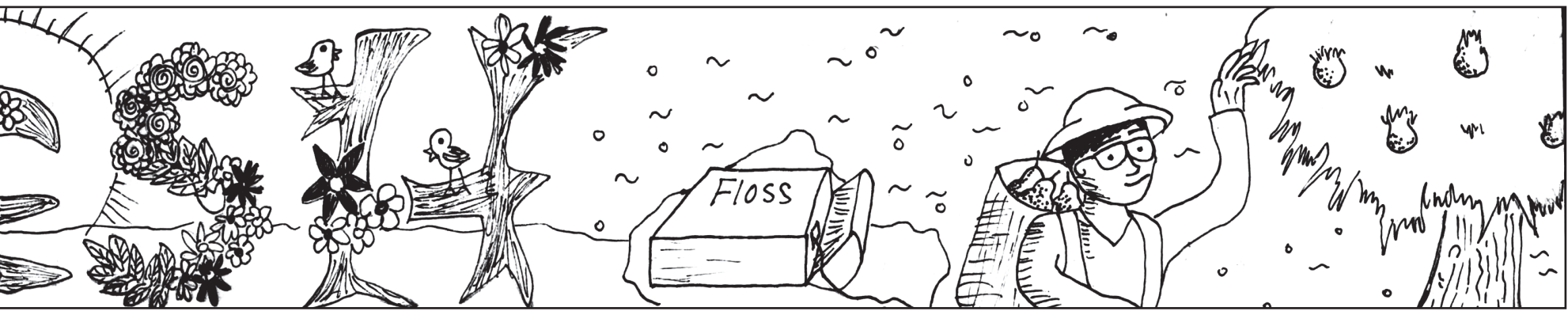
I had spent most of my life trying to fit in, but this whole time, I've forgotten who I'm supposed to be. I have often looked with distaste upon these so-called fobs at our school, convinced of their peculiarity, while deep inside I knew that that's the real me.

The usage of the word "fresh" is kind of misleading because it implies a blank person ready to be injected with cultural knowledge; at least, that's what I thought. But in fact, fobs have a rich cultural background replete with amazing idiosyncrasies that no cultural shift should ever erase.

Is jilting my heritage in lieu of another's really worth it? No.

Fobs are not social misfits who dress funny. Rather, they are proud representatives of their home nation, who are not afraid to wear it with pride—something I was too afraid to do.

"It's not easy being fresh. But why wonder why wonder, I am fresh, and it'll do fine, it's beautiful, and I think it's what I want to be."



ILLUSTRATION/ Jessie Chen

# You and your breath: Canned, frozen or fresh? offensive or fresh?

By Kyle Evanko  
Focus Editor

It's happened to all of us before. You're talking to your friend or maybe an adult and all you can think about is the foul odor from their breath. Or worse—you're the one with the bad breath and it's the middle of the school day.

Bacteria and other particles in your mouth cause bad breath that can sometimes be offensive. I'll be honest, there's nothing I hate more than when one of my peers is talking to me and all I can think about is getting away from nasal torture.

On the other hand, there's nothing I love more than a fresh, minty scent lingering when talking to someone with fresh breath. I guarantee, having minty breath is a great way to earn brownie points with me. But don't worry, as long as you follow these guidelines, you should be able to have fresh breath all throughout the day.

## Eat your breakfast

Just do it! Eating something in the morning is the best way to get rid of awful morning breath. A little cereal or juice in your stomach stops the odors from finding



PHOTO/ Kyle Evanko

their way up the esophagus and out your mouth. Also, do a quick brush after you eat breakfast if you normally brush before. I know what it's like to smell sticky orange juice breath, not that pleasant.

## Stay hydrated throughout the day

Never let your mouth go dry for a long time. It is the absolute best way to encourage bad breath and a buildup of bacteria! That's something you obviously don't want. Keep a bottle of water with you at all times; keeping your mouth wet helps ward off germs that generally cause bad breath.

## Carry mints or other oral hygiene products

If you find yourself feeling like your breath could use a little pick-me-up, eat a mint! And you don't only have to use mints either. For those who know me, you've probably seen me with my "creeper" Listerine breath spray. Yup, that stuff those dudes in the old school movies use right before they go talk to girls. You could use breath spray in lieu of mints too, or, better yet, why not use both?

## Have good oral hygiene

Please. Brush your teeth. It's as simple as that. Floss too. Brushing and flossing at least twice a day is key to having good breath overall. Use mouthwash too for an added bonus on keeping fresh breath! If you follow these guidelines, you should have fresh breath all throughout the day and feel confident knowing there is minty freshness rolling off your tongue with each word you speak.

By Angel Gonzales  
Staff Writer

When it comes to food, most students prefer the freshness of a nice and shiny apple versus its canned counterpart, sliced apples in syrup or even frozen apples. There are plenty of benefits to eating canned and frozen food that many students seem to overlook. There is a popular misconception that canned and frozen foods are overly processed and even entirely unnatural, but I'm here to set the record straight.



fresh alternatives to store-bought food. Students who eat lots of fresh food know exactly what they are eating, which is generally more healthy.

Frozen food is prepared and chilled to have it last longer. It is an alternative to using that mysterious machine you know as the stove. Frozen food is quicker than cooking and tastes better than what most students are capable of cooking. Freezing foods results in lost vitamins, and companies add chemicals to lengthen shelf-life, so limiting frozen foods is the way to go.

Canned food is a great alternative to fresh food because there is so much variety. There are many foods that only come in cans, like hearts of palm and maraschino cherries. Eating canned food does come with risks of getting sick, but those risks are virtually inescapable with nearly everything.

Canning involves chemicals, usually from the can itself, and canned food is filled with salt. Eating limited canned food with more fresh food is key to a healthy life. Obesity is common in high school, so a varied diet is very important. There is a link between having a balanced diet, like a diet with fresh, canned and frozen food, and waking up alert, so for students who wake up groggy the day of finals, having a balanced diet is key. Either way, a healthy diet would consist of some frozen, canned and fresh foods.

Having a rich and mixed diet is the best idea because fresh, frozen and canned food all have their benefits. The cafeteria generally uses a third of each type of food in their lunches for a balanced diet.

Fresh food is the most important part of a great diet, but students who eat only fresh food aren't necessarily going to be the healthiest they can be. Fresh food contains the most nutrients, but can still have a lot of pesticides even when washed properly. The Temple City Farmers Market sells organic and



PHOTOS/ Angel Gonzales

# Fresh and Petite Caprese Salad

By Elliot Wu  
Chief Financial Officer

Every day, I look with a slight disgust at all of the people cramming their faces with cheap, over-processed "food." While I myself am guilty of the occasional feasting of instant ramen or microwave TV dinners, the fast food meal, however convenient, should not be a staple of our diet. It should instead be an emergency ration, a back-up if we are seriously strapped for time or energy.

Many are intimidated by complex recipes and cooking times that can be impossible to fit in today's student's schedule. However, fresh cuisine also means fast cuisine. This refreshing, stylish dish is a cinch to make, and uses only three main ingredients with no cooking required.

## Petite Caprese Salad

### Ingredients:

- 6 Ciliegine (Cherry Size) mozzarella balls
- 3 cherry tomatoes
- 6 large leaves of basil
- freshly ground black pepper
- coarse sea salt (kosher)
- extra virgin olive oil



### Preparation:

1. Cut the cherry tomatoes in half horizontally and take the mozzarella balls out of the container to

let them drain. Be sure not to cut through the blossom end of the tomato, or else the inside will definitely not look very appealing.



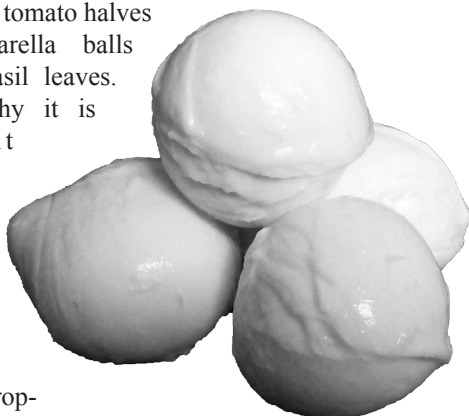
PHOTOS/ Elliot Wu

2. Lay the leaves of basil so that the stems are pointing up and they make small "bowls."

If they are too wilted, then put them in a bowl of ice water for about a minute to perk them up.

3. Place the tomato halves and mozzarella balls into the basil leaves. This is why it is important

to get big leaves of basil. You want both the tomato and cheese to fit inside properly and without trouble.

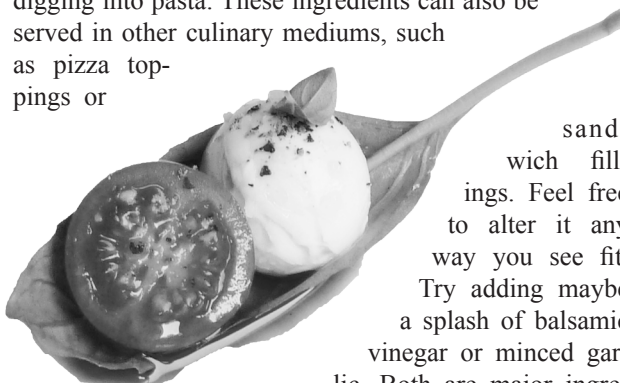


4. Pour a delicate drizzle of olive oil over the cheese and tomatoes. You can also take a tiny leaf of basil and put it on top of the cheese as a little garnish, and it's better to leave the tomato unadorned.

5. Season with salt and pepper to taste and distribute both evenly.

### Serving Suggestions

My favorite time to eat this is on Sunday morning, when I can have it as a late morning brunch. The dish can either be just a snack or a small meal. It can be a small snack to whip up right afterschool, or perhaps a small lunch on a weekend. Petite Caprese Salads just scream Italian; their main ingredients are the same colors as Italy's flag, so serve it as a refined appetizer to family or guests before digging into pasta. These ingredients can also be served in other culinary mediums, such as pizza toppings or



sandwich fillings. Feel free to alter it any way you see fit. Try adding maybe a splash of balsamic vinegar or minced garlic. Both are major ingredients in Italian cuisine and have unique flavors. Just be sure to keep it fresh.

# Percussionists make music across the nation

By Michael Collins  
Staff Writer

Over the summer, Seniors Ted Chang and Alann Pak embarked on a nationwide drum and bugle tour, playing in such venues as the Lucas Oil Stadium in Indianapolis with the Drum Corps International. The group toured twice, playing for cities such as San Francisco and Chicago.

While the tour lasted two months, it took eight months



ILLUSTRATION/ Daniel Xu  
PHOTO/ Cody Luk

of total preparation. The musicians practiced locally at places like Diamond Bar High School, and other schools in California. The duo began their national tour in Arizona, and ended in Indianapolis. At the group's home show in Mt. San Antonio College, people from all over filled the stands, providing a warm and vibrant atmosphere for the performers.

With the eight months of practice came a whole new world for the participants.

Sunburns and blisters be-

came the norm, due to extensive practices in the hot afternoons. The piercing sun made hydration important, so the performers made sure that they drank plenty of liquids.

"It was just so hot," Pak said. "You had to become

comfortable with being uncomfortable."

By early June, the group had practice every day, and students like Chang and Pak would often have to miss school to attend these mandatory rehearsals. However, the ensemble's hard work paid off, as the performing group of Drum Corps International toured the entire state of California, as well as the United States. Some of the tour's highlights were performances at the Alamo Dome and Georgia Dome.

Not only was the area that the group played in expansive, but the diversity of the group was astounding.

"People from all over the nation played in the tour," Pak said. "We even had a student from Japan in one of my performing groups called Pacific Crest."

The musicians started to become familiar with one another, and they all realized that they had a mutual connection: they all had a passion for music. Musicians from all over traveled to entertain others and meet new people. With all the diversity came personalities that Chang found intriguing, and he met people that he would never forget.

"The most incredible thing was rehearsing and sweating with your brothers," Chang said. "I made a lot of new friends, and old friends came back, and we got to do the thing we love, which is perform."

Chang and Pak's expertise in music has become apparent after their national tour. They each have been involved in music for six years, and the commitment that they've shown has been extraordinary. Pak and

his marching euphonium made their debut in the corps this year. However, this is Chang's second year with the group, albeit with a different instrument. Chang had to play a marching baritone to accommodate the tour's requirements.

"I played trombone, but in order to join, I had to switch," Chang said. "They're basically the same instrument, but without the slides."

Lucas Oil Stadium was the setting for finals weekend, where Drum Corps International advanced to the semi-finals. The musicians were able to experience different aspects of the arena that made this a once in a lifetime opportunity.

"You go underground into the VIP area, and take a look and see entire stands of people," Chang said. "Because of the lights, the echo, the announcer voice, when you walk onto the field, you just know that you're going to have a good performance."

Performers like Chang also had their mishaps that left memories to last a lifetime.

"During a show, I fell once during a very difficult direction turn," Chang said. "I said something bad out loud, laughed, but just got up and played."

The experience of this tour has provided the corps members with the chance of a lifetime, playing in the dome where the Indianapolis Colts play. The massive arena gave Chang and Pak members a chance to showcase their abilities to an equally massive audience.

"The best feeling in the world is a getting a standing ovation from the entire crowd," Pak said. "There's nothing like it."

## German exchange student Atzler experiences America

By Kelley Yao  
Staff Writer

Although culture shock is a guaranteed side effect for any traveler, it comes unexpectedly and is often unwarranted. However, as I sit across Undine (oon-dee-neh) Atzler, our new exchange student from Germany, she seems remarkably well-composed and dressed appropriately for the California heat.

Her English is excellent, good enough so that my three years of German were not necessary for conversation. She arrived in America right before school began and is staying with a host family in San Dimas for the duration of her semester, making the half-hour commute here every morning. Her host father was actually an exchange student who went to Germany and stayed with Atzler's father.

German students have prerequisite subjects to take, but after they choose different educational tracks. Atzler chose to take biology, German and sports, which means a heavy curriculum on those three subjects. Here in Temple City, however, allows us to take electives and test into AP and Honors classes at the end of every year. She is currently taking Humanities, Creative Clothing, Small Business, P.E., and Ceramics.

"We have to choose our classes," Atzler said. "So I thought I'd pick more fun classes to have."

As for transportation, she marvels at what she finds is an excessive use of cars. Atzler used to bike from home to school and back every day in Germany. While most students here would worry about the time taken to reach school, Atzler had no such concerns.

Food is also reflective of the differences between our two cultures. Many people in America do not have time to cook, so they turn to fast food. Germany, on the other hand, has fewer fast food places. Atzler does enjoy one popular snack Turkish called the Döner, a flatbread with a mixture of greens and marinated meat tucked inside.

"The wives and mothers cook," Atzler said. "Many of them do not work, so they have more time."

Atzler, like many other German teenagers, enjoys playing sports like soccer and tennis. She also likes going hiking in the mountains and hanging out in cafés to chat with friends.

Culture shock might not be a guaranteed side effect after all. The differences between the two cultures, though numerous, are not too significant. Atzler will be at Temple City High School for the entire fall semester, and will then return to Max-Slevogt Gymnasium in Landau, Germany.

## Tran pursues future in medicine

By Caroline Sun  
Entertainment Editor

Noises of disgust fill the recreational room at UC Berkeley as a clear, jelly-like substance squirts out the vitreous humor of a preserved cow's eye. With skilled precision, Junior Britni Tran carefully trimmed the fat, found the optical nerve, and then cut through the cornea layer near the end of her 10 day stay that started on Aug. 1 at the Medicine and Health Care Camp.

"When I first got out of the car, I saw so many unfamiliar faces and I wasn't sure if I was ready to be in such an intense camp all by myself," Tran said. "On the way there, I had doubts about whether or not I made the right choice in deciding to come."

The National Student Leadership Conference hosts this camp and many others annually for students all around the world. Counselors from certain schools recommended students that had the most potential to have a future in medicine. At this specific site, students learn how to perform medical procedures such as suturing, cutting open a skull properly, and diagnosing eye diseases.

Every morning Tran would wake up early and attend lectures in the auditorium where she would learn about different medical jobs or watch as the surgeons showed simulations and walked Tran and the others through each and every step. After lunch, they would change into formal attire and go back to the auditorium again to improve their leadership skills.

"They told us how we could apply leadership to careers in medicine, and build lifelong friendships," Tran said. "We learned how to take our weaknesses and turn them into our strengths."

When Tran was six, she realized she wanted to help others after her dad tore a ligament in his knee. The injury was so damaging that he could never play basketball again, which was something he loved to do. As Tran grew older, she confirmed that she wanted to be involved in a career that kept advancing and growing.

"Medicine is always changing and that's one of the reasons why I'm so interested in it," Tran said. "There's always a new way to diagnose someone or

cure a disease. It keeps you on your toes."

Originally, Tran wanted to become a pediatrician, but after coming back, she changed her mind about her dream career. By learning that there were plenty more medical options for her, Tran settled on picking one that she thought fit her.

"I would like to become an eye surgeon or something related to ophthalmology," Tran said. "I realized that I just didn't want to diagnose people, I wanted to be able to fix people and see results in my patients after treating them."

Taking Advanced Placement courses in high school improves Tran's chance to build a scientific background that can help her with the Medical College Admission Test in the future, which will definitely help increase the prospect of an admission to a medical school afterwards.

Tran left the program with more than a mindful of medical tips and a strong leadership foundation.

"I wanted to go this camp because it was a chance to see whether or not I was fit for the role of a doctor," Tran said. "In the end, this camp was the deciding factor of my future. I know I want to be able to help people and change their lives."



PHOTO/ Benjamin Chan

Junior Britni Tran's AP Chemistry class helps increase her knowledge and prepares her for her future career.

## Brett Bowden shows what sports are all about

By Justin Ulley  
Sports Editor

Many boys aspire to play high school football. Brett Bowden, a junior at Hobpton High School in North Carolina, has that aspiration. But he is different from others who play. Bowden suffers from Down syndrome.

Still, Bowden had a passion for football ever since he was a child, so during his freshman year he tried out for the team. Bowden made it to Varsity, and although he did not actively play in the games, he still enjoyed practicing and bonding with his teammates. The coaching staff even worked with other teams throughout their high school's league to allow Bowden to run the ball in for a touchdown at the end of each game. The opponents always pretended to miss-tackle Bowden and let him score, but Bowden either didn't know or care. His touchdowns did not count for actual points, but everyone always cheered as though it did.

However, this year Bowden will not don his pads and helmet. Bowden is 19-years-old and over the age limit. A North Carolina High School Athletics Association rule states that he cannot participate in practices or games since he is above the maximum age of 18. Bowden and his team were heart-broken when they heard the news. However, a deal was made, which allows Bowden to stay on the team, wear his jersey, and lead his teammates out onto the field. Still, he can only be on the sidelines. Many people are outraged that the Association is strictly enforcing this rule on Bowden.

More often than not, this rule should be enforced. Yet, this is not the case for Bowden. He should be allowed to play football, especially with the condition that he has. Bowden displays what sports are truly about—having a passion for what you play. Sure, he is above the age limit, but honestly Bowden is not a star player who led the team to the state championship the previous season. Bowden is a teenager with a severe mental disability who just wants to play football. However, Bowden was recently offered a spot on the professional Arena Football team, the Reno Barons. But still, Bowden wants nothing more than to play for his high school team again.

# Football adjusts to changes

By Benjamin Chan  
Exchange Editor

The Rams Varsity Football team is preparing for a comeback after losing the first two games of the season. They will train hard in preparation for their next game in hopes of securing their first official victory.

A new school year has come and along with it a slew of changes for the Rams. One major change occurred over the summer. The team had to persevere through rigorous practices in order to prepare for the upcoming season. Athletic Trainer Nic Drazenovic introduced a new training system to the team to improve upon critical areas.

"We had a program called the F.A.S.T. (Fortanase Acceleration and Speed Training) Program," Senior Michael Bassette said. "It basically helped to build up our speed and endurance."

The new program focused on changing the speed and tempo of the team's workouts. Long, strength-focused workouts are now replaced with routines centered on short, fast repetitions. The use of different equipment such as resistance bands in contrast to the traditional weight lifting gear used in previous years' practices is another new change to the program.

The team also acquired brand new uniforms for the season. The new home game uniform is dark green with gold numbers. Away game jerseys are white with dark



PHOTO COURTESY/ Rich Hollinger

**Pushing forward:** Senior Jaime Dea rushes for yardage against Alhambra. The Rams have made many critical changes to defense and offense this season.

green numbers. The newly purchased, cutting edge helmets feature more padding in their interior and overall, weightless in comparison to the old team helmets. The helmets are a "Vegas" gold color and are now missing the signature ram horns decals. Instead, they have been replaced with a dark green "TC" logo on each side.

To kick-off the new season, the Rams played their annual scrimmage, this year against Gladstone High School. Although not an official game, the team scored twice against the opposition, securing an unofficial win. The main objective of the scrimmage was to see the results of the new training system, and identify areas that need im-

provement.

The Rams have also been practicing on adapting to any unexpected situations they may experience during games by engaging in a variety of different routines each week.

"Every team is different; they run different plays and schemes," Bassette said. "Every week's preparation is different."

Aside from striving to make constant improvements in team performance, another main goal this season that many players are focused on is team success.

"Football is not a one man thing," Senior Bryan Wong said. "Our offensive line is strong, the quarterback is good, and the defense is solid."

## Cross country competes in invitational

By Adrian Dang  
Staff Writer

On a crisp Friday evening, the cross country team traveled down to Irvine to compete against 100 other schools at the annual Woodbridge Invitational.

Senior Cassandra Aranibar, who joined the cross country team last year, was the fastest runner from Temple City in the Varsity girls' three mile race.

"I finished around 21:40, but I still know that I can do better," Aranibar said. "I was only three places away from getting a medal."

On Sept. 16, Novice girls started first and began running at 5:30 p.m. and the Senior boys were the last set of runners to go off at 9:30 p.m. Both races began with a lot of pushing and shoving as participants tried to capture the early lead. Those who ran in the later hours enjoyed cooler conditions, but the lack of natural light added a slightly new twist to the run that many runners had never experienced.

Sophomore Austin Situ, who prepared for the invitational by sleeping early the night prior to the invite, finished with a time of 16:42. Situ improved on his time from the Crescenta Valley Park meet by 1:47.

"The reason why I ran faster was because the course

at Woodbridge was much easier to run on," Situ said. "Everyone ran a bit slower than they usually would have at Crescenta Valley."

Situ also placed 33rd out of 225 in the Sophomore boys' race and was given a medal for his great achievement. Five runners from Temple City medaled out of 52 total.

Medals were given to the first 100 runners to finish in each category. Each medal has the same design on its face, but the backside is customized to have the number of where the runner finished in the race.

The Woodbridge Invitational is a large event that takes place over the course of two days. Temple City was one of the Invitational's original 29 competitors. T.C. only competes in the first day of the invite. Since the number of participants is very high, new races start every 30 minutes, so competitors are constantly running during the event.






This event was unique because instead of dividing up



runners by Frosh./Soph. boys and girls, JV, and Varsity, boys were split into: Novice, Freshmen, Sophomores, Juniors, and Seniors. Girls were divided slightly differently with: Novice, Freshmen, Sophomores, JV, and Varsity. Woodbridge is also the only invitational that Temple City attends that goes on into the late hours of the evening.



PHOTO/ Hugo Wong

**Taking strides:** Junior Chelsea Duong was one of the many Rams who ran in the novice races.

Sports Schedule				Win:	Loss:
		<b>Football</b>	<b>1-2</b>		
Sept. 02 v. Gladstone 6:00 p.m.	Sept. 08 @Arroyo 7:00 p.m.	Sept. 15 v. Alhambra 7:00 p.m.	Sept. 23 @Arcadia 7:00 p.m.		
Sept. 30 v. So. El Monte 7:00 p.m.	Oct. 07 @Rosemead 7:00 p.m.	Oct. 14 v. So. Pasadena 7:00 p.m.	Oct. 21 @San Marino 7:00 p.m.		
<b>1-6</b>		<b>Girls Tennis</b>			
Sept. 01 v. South Hills 3:15 p.m.	Sept. 06 @San Gabriel 3:15 p.m.	Sept. 07 v. Arroyo 3:15 p.m.	Sept. 13 v. Pas. Poly @ Cal Tech 3:15 p.m.		
Sept. 15 v. Schurr 3:15 p.m.	Sept. 19 @Arcadia 3:30 p.m.	Sept. 20 v. Flintridge Prep. 3:15 p.m.	Sept. 22 @Alhambra 3:15 p.m.		
		<b>Cross Country</b>	<b>N/A</b>		
Sept. 14 Crescenta Valley HS@CV Park Fastest Time 18:14		Sept. 16 Woodbridge Inv.@Estancia HS Fastest Time 16:42			
Sept. 22 League Meet #1@Lacy Park 3:30 p.m.		Oct. 01 Kenny Staub Inv.@CV Park TBA			
<b>2-4</b>		<b>Girls Volleyball</b>			
Sept. 01 @Flintridge Prep 3:15 p.m.	Sept. 06 v. Pasadena Poly 3:15 p.m.	Sept. 08 @Rosemead 3:15 p.m.	Sept. 13 @El Monte 3:15 p.m.		
Sept. 15 v. San Gabriel 3:15 p.m.	Sept. 17 @Arcadia Tourn. Did Not Place	Sept. 21 @Schurr 3:15 p.m.	Sept. 24 @El Monte Tourn. 8:00 a.m.		
		<b>Boys Water Polo</b>	<b>3-0</b>		
Sept. 12 @Arcadia 3:30 p.m.	Sept. 13 @ El Dorado 3:30 p.m.	Sept. 15 v. John Burroughs 3:15 p.m.	Sept. 28 @Ayala 3:15 p.m.		
Oct. 04 @La Cañada 3:30 p.m.	Oct. 06 v. So. Pasadena 3:30 p.m.	Oct. 14-15 Oxnard Tourn.@Oxnard Oct. 14 2:00 p.m./Oct. 15 8:00 a.m.			

<i>Athlete of the Week</i>	<b>Sept. 12-16</b>	<b>Derek Wan (Sen.) Water Polo</b>	<b>Sept. 19-23</b>	<b>Joy Huang (Sop.) Tennis</b>
		*Displays leadership *Scored five goals in two games		*Most dedicated player *Naturally competitive *Model scholar athlete