

Six-Oh-Three

News, Opinions, and Fun from ACLC

February 2010

The Decade in Review

By Regina Kim

At exactly two minutes after midnight on January 1, 2000, everyone around the globe held their breaths. Was this the beginning of a massive Y2K computer meltdown? As it turned out, no. The dreaded millennial meltdown never happened. However, it foreshadowed a dispiriting and disillusioning decade for Americans.

A Bad Beginning

The first decade of the 2000s started and ended with a Wall Street market crash. The 2000 economy went into a recession. This was followed by the most divisive and confusing presidential election in history: Bush vs. Gore. The election was noteworthy for a controversy over which candidate should be awarded Florida's 25 electoral votes, and the unusual event of the winning candidate having received fewer popular votes than the runner-up.

Then came the defining moment of the decade: the 2001 9/11 terrorist attacks. Khala Taylor, an 11th grader, was actually in New York during the attacks! She recalls that she was in a hotel during a family road trip and thinking, "I'm going to die!" 9/11 caused us to question the security we had until then, security we had rarely worried about. War started in Afghanistan that is still going on today, deadlier than ever. A year later in 2002, Congress authorized U.S. military action against Iraq.

Health Issues

There was a series of diseases that put the U.S. into a brief period of panic: In 2003, mad cow disease reached the U.S.; in the same year, the World Health Organization issued alert on SARS; in 2009, the World Health Organization said H1N1 flu was a global pandemic. Angela Kim, an 8th grader, says, "The swine flu panic caused a lot of fear, and I remember thinking I was going to get it."

Disasters

The past decade is also known for the disasters that occurred. In 2004, a 20-foot-high tsunami killed more than 200,000 people in about a dozen countries in Southeast Asia and Africa. One year later in 2005, Hurricane Katrina struck in southeast Louisiana, killing more than 1,500 people and causing \$100 billion in damages. Ashley Hyun, an 8th grader, remembers the hurricane and its impact on America: "I was young so I didn't understand too much about it, but I wanted to help out so I donated money and my old shoes." In 2007, a series of Southern California wildfires forced evacuations, destroying more than 2,000 homes. Finally, to top it all off, on January 12, 2010, a 7.0 earthquake rocked Haiti. By January 24, 52 aftershocks measuring 4.5 or greater had been recorded. An estimated three million people were affected by the quake, either killed, injured, or living without food, shelter, and water.

The Decade of Fraud

It could be argued that 2008 and 2009 were the brighter and more hopeful years of the decade. However, positive events that happened in these years have only been overshadowed by fraud. For example, in 2008, right after Barack Obama was elected President, Illinois Governor Rod Blagojevich was charged in a plot to sell Obama's Senate seat. Likewise in 2009, pilot Chesley "Sully" Sullenberger miraculously landed a plane on the Hudson River with no fatalities. This was followed by Bernie Madoff's pleading guilty to the biggest Ponzi scheme in history.

A Positive Future

There is no guarantee that the next decade will be any better than this one. However, there are some hopeful signs and a natural cycle to history; there's no question that America will rebound. We have watched the sun set on the decade from hell and we can only wait for it to rise again in the next 10 years.

Valentine's Day

Dia del Amor y la Amistad

By Susannah Champlin

Although Valentine's Day is fun for people in relationships, it is no secret why it is nicknamed "Single's Awareness Day". It can be depressing, and single people may feel alone, forgetting about people just as important: their friends! In Latin American countries, specifically Mexico, Guatemala, and El Salvador, a day devoted to all loved ones, including friends, is celebrated, called Día del Amor y la Amistad" (Day of Love and Friendship).

Día del Amor y la Amistad" (Day of Love and Friendship) is like the American Valentine's Day, but much less commercialized, and appreciation of friends is more emphasized than in America. It is common for flowers, candy, and home-made cards to be given out. Early in the day, balloon vendors line the street, and often all the balloons are sold by the end of the day. Just like in America, reservations for restaurants must be made in advance, as they often sell out quickly. Groups of friends are just as commonly seen as couples.

So, why don't we have that here? Friends deserve some recognition too! Miles Baxter, a 10th grade learner, thinks a day like that would be awesome. He says, "Friends last longer than girlfriends anyway. It's hard to stay friends [with an ex] after a breakup." Catherine George and Michelle Luo, seventh grade learners make an interesting points by saying, "Lots of people who are young aren't in love yet. You can still buy things for your friends, like candy grams." "Valentine's Day makes single people feel bad, but pretty much everybody has friends," says 11th grade learner, Brian Harris, "So, why not?"

America should take Latin America's example and emphasize friends on Valentine's Day too. Just like 8th grade learner, Aiyana Rettinghouse says, "Friendship is a part of love."

Remi and Kristina: ACLC's Cutest New Couple

By Lexie Morgan

February is not only the month of love but is also the third month in which Remington Neuman-Kelly and Kristina Buendia have been dating. ACLC's hottest new couple met At School when Kristina was in 6th grade and Remington, or Remi as he is known by friends, was in 8th grade. They did not, however, become friends until this year. They share the same friends therefore it was only natural that they too would become friends. Soon their friendship blossomed into something beyond the boundaries of normal friendship. "There was a rumor that he liked me so one Thursday after GSA I decided to ask him out!" says Kristina looking affectionately at Remi. Clearly this was an offer that Remi could not refuse, because that Thursday at lunch Remi and Kristina became ACLC's newest cutest couple.

You can usually find the couple surrounded by friends on one of ACLC's worn couches. They enjoy spending their free periods together, hands clasped or arms linked. They both agree that in their relationship there is not much need for Public

Displays of Affection (PDA). "We get to spend time with each other outside of school, so we can do that kind of stuff in private, which is better for us as well as others," says Remi, wrapping his arm around Kristina's waist. Kristina agrees. "We're lucky to get to see each other on weekends and stuff. I'm always at Remi's house."

And what do others think of these two friends turned couple? "They're so cute! They're so cute! They're always happy!" exclaims Joan Wu excitedly.

"I think that they are perfect for each other! I'd love to plan their wedding!" chuckles Tigray Kahsai.

"I'm not going to lie; they're pretty damn cute together. It makes me a little jealous," says Tara Holford.

But how long will this relationship last? Only time will tell!

Lindsay and Edward Happy ACLC Couple

By Eliza Oakley

Four months ago, Edward and Lindsay took a risk, jumped, and landed face first in love. The couple first met each other last year during the ACLC 9th grade production of Romeo and Juliet but they didn't start officially dating until this school year. They are totally committed to each other and comfortable enough with their relationship that even both their parents are aware that they are dating.

Edward and Lindsay didn't mention when they first realized they loved each other but Lindsay did give us some information, "he said it first and the a couple weeks later, I realized I loved him too." For Christmas Edward got Lindsay a huge gold ring and Lindsay got him all kinds of goodies, including a Bob Marley CD, and Japanese soda.

When we asked Lindsay and Edward's close friend Jojo Wu what she thought of the couple, she said, "They're so cute together, the second cutest couple in ACLC! After Remi and Kristina of course."

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Romeo and Juliet

By Erin McBride and Neelem Hayat

For the past few years ACLC has put on numerous Romeo and Juliet performances, last year the theme was Jocks vs. Nerds and this year it will be Hip Hop vs. Valley girls and boys. 9th grade English class is performing William Shakespeare's Romeo and Juliet in an ACLC tradition. The annual Romeo and Juliet play was actually started by Lynn at Alameda High School. When Lynn moved in to ACLC, she brought some of her favorite assignments with her.

This year the Romeo and Juliet play will be happening some time after the WASC visit. Lynn says she has her English class get so involved with Romeo and Juliet because she wants to show her class and the rest of ACLC how much fun Romeo and Juliet can be. Mary Needham in 10th grade say that her favorite part of being in the play last year was seeing how it all came together in the end after the hard work.

When deciding on what type of theme the 9th grade should pick, it came down to Hip Hop vs. Rock and Roll, a World War 2 setting, or Fixie kids vs. Skaters. In the end the majority of the class wanted Hip Hop vs. Rock and Roll. What was not anticipated was how hard it would be to write the scripts for the Rockers. A script writer, Garriel Carruthers said that writing hip hop slang was easy but rocker slang was much more of a hassle. After realizing this, Lynn made the decision to change the theme to Hip Hop vs. Valley boys and girls, this has so far made it much easier.



Culture

A Career 'Ignited'

By Palwasha Khatri and Sophia Williams

Just when we need it the most, here comes a fresh new fantasy book by one of our very own ACLC learners. Regina Kim, an 11th grader, has published her first novel *Ignition*. *Ignition* is about the trials and tribulations of a girl named Megan Durham, who discovers her special power to set fire to things just by thinking about it.

Regina started to write *Ignition* because she had always wanted to write something really long like a novel. The plot was inspired by Regina's love for the fantasy genre. The characters, however, were inspired by her real-life friends.

As Regina says, her book stands out and is special because "it takes an element from real life and an element from fantasy and mixes them together."

Regina describes her main character, Megan Durham, as, "shy and antisocial at the beginning, but by the end, she changes into a more confident person."

Regina faced many difficulties while writing her novel. When talking about the struggles she faced, she said, "There's this thing called writer's block and it drives me crazy and it's the most frustrating thing in the world."

Regina also had trouble editing her book: "During the revising and editing period I basically memorized the first couple pages from reading it so much."

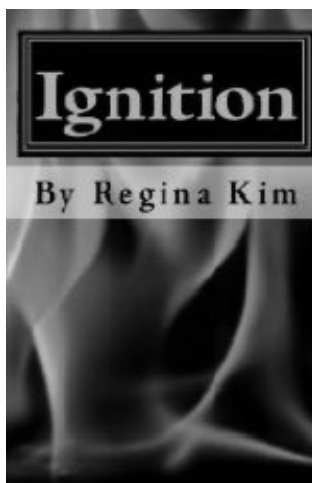
It took Regina almost a year and a half to finish her novel. She describes the process as "very long and really annoying." "The hardest part was actually writing it because I had to sit down and just write," she said.

Regina encourages other writers to pursue their literary dreams as well. She advises burgeoning writers "to keep writing. Write everyday!" But she also warns them, "There will be a lot of frustration but if you just get through that period of time it will get better."

Regina was able to publish her novel through the help of an online self-publishing agent, wwwcreatespace.com. "It was a really helpful site and it was easy to use," Regina said.

This novel is an astounding accomplishment for Regina Kim. She is only 17 but already a published writer. The world should expect to see more from her in the future.

Her novel is now available at www.amazon.com.



Megan Durham is walking home from school one day when she accidentally sets fire to a hospital...just by thinking about it. This discovery about herself drops Megan right into a brilliant world of people who are just like her, who all have "talents", as they are called.

However, Megan finds herself caught in the rift between the two sides of this newly-discovered world and is forced to embark on a life-changing adventure where she learns more about herself, explores the boundaries of the gifted world, and uncovers the truth about one talented person who has gone astray.

Opportunity Knocking

By Susannah Champlin

Even at a school with many champion Ultimate Frisbee players, one learner stands out for having been offered a unique, extremely special, opportunity. Captain of Sweet Meat, junior Marisa Rafter, recently has been offered a chance to try out for the US Junior Women's National Team that is going to the Ultimate World Championship in Germany in August.

Marisa joined Ultimate when she was in seventh grade Ultimate only joining because Mike DeSousa asked her to come to practice. Having really progressed since, Marisa filled out an application to try out for the US Junior Women's National Team. Recently, she learned that she and 80 other applicants have been chosen to attend a special tryout camp in Burlington, Washington in late March. If selected for the team, Marisa will play with the national team at the Ultimate World Championship in Germany. Even if she does not get to go to Germany, Marisa says, "It's just a good opportunity to even be able to go to the camp!"

Congratulations Marisa and good luck at tryouts!

Nerd Club

By Evie Merritt

We all know about the Neoteric Bevy, Nerd Club, but what does it actually do? Miles Baxter, leader of the NTB has been nice enough to let me in on some of the things that go on during Nerd Club meetings. "We don't meet that often," says Miles. "Usually, just when CCC meets in NTBs." What the nerds do when they do meet is talk about video games and things. "Pretty much, I just ask them nerdy questions, like 'Who's your favorite video game character?' and 'Who would you put in Super Smash Brothers Brawl?' and stuff." Nerd Club is supposed to plan and put together video game tournaments in order to buy ACLC hand sanitizer and soap. Nerd Club has approximately thirty members, mostly middle schoolers. I can't wait to see when the next tournament is and to see the fabulous nerds of ACLC

Seventh Period

By Chris DeMello

Everyone at ACLC knows that a school day consists of six periods. Right? Strangely enough, some people here have a seventh period to attend. Since 2008 ACLC has been offering biology for high school students from 3 p.m. to 4 p.m. three times a week. Learners who attend seventh-period classes get the opportunity to come in at 9am.

Patricia Williamson, who teaches biology, says that because of all the required courses in the high-school schedule, there just wasn't any other time when a second biology section could be taught.

Unfortunately, after trying out this new system many learners didn't like staying at school for the later hour. Jesse Dubow, who took the class last year, was one of these learners. "It was awful," she says. "The bus came at 4:00 but (sometimes) the class didn't get out until 4:10 which was a huge hassle. I didn't get home until 5:00 most days and by then it felt like most of the day was gone."

Though there are mixed opinions about seventh-period classes, it seems like they are here to stay. As of late 2009, a seventh-period art class has been created and there are most likely more classes to be scheduled during seventh period in the future. Looks like some learners are going to have to live with finishing at school at a later hour.



Vexing Vampires

By Eliza Oakley

Vampires are hotter than ever right now, and vampire stories could be just what you need when you're looking for something with an interesting fantasy plot. Vampires started getting popular in the 90s when the popular television series Buffy the Vampire Slayer came out, along with the Buffy spin-off Angel. A lot of really famous vampire movies were released in the 90s as well, like Interview with a Vampire, From Dusk 'till Dawn and Blade (featuring Wesley Snipes).

More recently movies like 30 Days of Night and Daybreakers have been released as well as new television shows like Moonlight (featuring Alex O'Loughlin) which was cancelled and True Blood, which are based on the books The Southern Vampire Mysteries by Charlaine Harris. Who knows why vampires are so popular?

After asking ACLC learner Yasmine Hearne why vampires were so appealing she said, "I don't even know how to explain it, they're just so hot!"

Male vampires have been said to be "the ultimate bad boys" and extremely gorgeous, and female vampires are like every guy's dream girl; tough, sexy, dangerous. Anastasia Aboim wrote an article titled "Why women love vampires" and in it she writes: "The infatuation with a vampire seemed to be rooted in dark, sadistic sexual thoughts that most women would not even think of revealing."

Maybe people like vampires so much because they secretly wish they were vampires. When we asked ACLC learner Taylor Holford, why he would want to be a vampire he said, "I'd be way more unique than everybody else, it'd be awesome if I was a vampire."

Recreational Parks

By Sophia Williams

Alameda parks are clean and fun places to hang out with friends or family. The Alameda Parks and Recreation (ARPD) department aims to improve the quality of the Alameda community. ARPD does this by creating a healthy environment where Alameda citizens can hang out.

There are twenty-five parks in Alameda city and these parks span a total of 122.26 acres. Many of these parks have soccer/football fields, baseball/softball fields, volleyball nets, picnic areas, visitor centers and etc. that are available to the public.

Some of the most popular parks include Washington Park, Tilman Park, and Krusi Park. Crown Beach is also one of the main attractions in Alameda.

Jessica Salazar expressed good sentiments towards Alameda Parks. She believes that Alameda parks are better than other parks. Jessica says, "Alameda Parks are pretty clean. We have more park rangers and some parks have recreation centers where there are balls and other stuff."

Tyler Freeman, a female high school student from Alameda Community Learning Center who visits the park at least once every month says, "Alameda parks are a great place to connect with family and friends."

ARPD advertises its facilities as, "space to play and learn; space to be safe and secure; space to create and imagine."

Alameda visitor, Sheryl Rose, describes her feelings about Crab Cove, one of Alameda's many parks: "It's cool that it's old... It has a history, that's what I like about it. I also like the visitor's center. It's interesting."

Alameda parks have a great many places where you can learn and have fun.

Aliea's Art Class

By Tara Alexandra Mellor

A new art class has come to ACLC once a week, taught by a new teacher, named Aliea. Aliea was "nominated by the staff" says Carrie Blanche. The class will be held every Tuesday at lunch; the class is specially made for middle schoolers who are not already enrolled in an art class, but if there is extra space high schoolers are encouraged to join, just keep in mind that middle schoolers are the first choice. Each session is about six weeks long. Once session one is over session two will start shortly after.

A topic constantly brought up in the center is money. How did we get enough money to pay for a new art program? Carrie says, "Money was raised by our parents through CCEF (Creative Community Education Foundation) especially for providing art enrichment," as a result Aliea's art class was created.

"I really think this is a good class. I have already learned new things, such as drawing silhouettes," says Frankie Raphael, one of the few high school students in the program.

"This school... it doesn't feel like a school it feels like a family," says Aliea on how she feels about working in the center. In the short six weeks, the learners in the class will learn a lot of new things, and have a lot of fun!

CCEF Report

By Sophia Williams

At the last Creative Community Education Foundation (CCEF) meeting on January 27, 2010, the board approved giving ACLC \$9,000 from the Foundation's funds. Of the total, \$6,000 will pay for Ultimate Frisbee coach stipend, and \$3,000 will go to an Encinal Art/Music/Sports donation.

CCEF still has to raise about \$25,000 to cover this year's fee for Encinal classes, and money for technology, which the board had agreed to fund at the beginning of the year. CCEF needs parent donations to reach its goals, so remind your parents to help out ACLC, so that we can maintain our exceptional programs and sustain our quality of education.

Getting to know

Gail Smith-Pratt

By Tara Alexandra Mellor

"Gail is our school counselor, but that's all I know about her," says Margaret Leano about the mysterious school counselor. Here is your chance to find out more. Gail was born on September, 3 1958, in Berkeley California, but grew up in Moraga California. She was born into a large family, four siblings, one brother and three sisters. Since birth Gail has been to: Africa, South and Central America, Micronesia, Europe, and Saudi Arabia

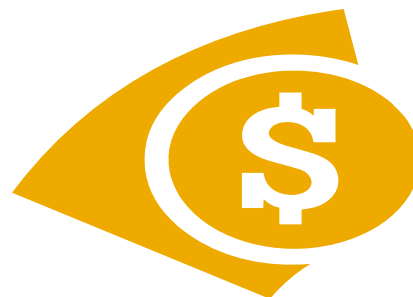
Gail previously worked at George. P. Miller Elementary school. She left Miller after only one year due to its sad closing, and then got a job as a counselor at the Alameda Community Learning Center. She likes how ACLC is "dynamic and ever-changing," but hates the disgusting fumes of the center. Gail is now married to her husband Jeff, and has three children — two sons and one daughter.

Her favorite activity is hiking. "[I hike] at the Marin Headlands and Canyon by my house," she says. Folk is her favorite type of music and her favorite movie is *The Bad Seed*.

Gail loves a book called *The Pillars of Hercules* by Paul Theroux. She loves tangerines, eating artichokes, and also loves food from Spain. Her favorite "animal" is her son Khyber, "because he loves to cuddle."

"Sitting on the overstuffed chair by my fireplace [is the best place in the world]," Gail says.

Gail's ideal day would be "waking up early, stay in bed with a cup of coffee with a good book...for 2 hours, hike, come home, take a shower, and go to dinner with Jeff, Ari and Monique (friends)." So stop by Gail's office in the back of the Quiet Area and learn more about her.



Hallmark Holidays

By Veronica Hollister

You have probably heard or used the phrase “Hallmark holiday” before. For those who are unfamiliar with what that is, a Hallmark holiday is a term used (mostly in the United States), to describe a holiday that is considered to exist for money-making purposes, instead of celebrating a significant event. The name, of course, comes from Hallmark Cards, a company that benefits from these ‘holidays’ with sales of greeting cards and other items. Examples of popular Hallmark holidays:

National Grandparents Day is a holiday celebrated in the United States and Canada on the first Sunday after Labor Day and is celebrated in the United Kingdom on the first Sunday in October. The day’s purpose is to honor grandparents, to give grandparents an opportunity to show love for their children’s children, and to help children become aware of strength, information, and guidance older people can offer.

“I don’t really get what the point of this holiday is...” says Ginger McBride, “but it definitely is for companies to make money.”

Sweetest Day is a holiday celebrated on the third Saturday in October. Although it originated as a day to spread love and cheer to the unfortunate, this popular holiday in the Northern U.S. is now known as a day to show affection for the loved ones in your life. It is described as an occasion which offers all of us an opportunity to remember not only the sick, aged and orphaned, but also friends, relatives and associates whose helpfulness and kindness we have enjoyed.

“This holiday seems cute and stuff, but I’ve never heard of it,” Georgia Hamner comments.

Boss’s Day is a holiday celebrated on October 16 in the United States. It has traditionally been a day for employees to thank their bosses for being kind and fair throughout the year. National Boss’s Day has become an international celebration.

“I think my dad celebrates this holiday at his job,” Jake Coyne recalls, “it’s just stupid.”

Continued in next column...

Continued from previous column...

Administrative Professionals Day is a secular holiday observed in the United States on the Wednesday of the last full week of April to recognize the work of secretaries, administrative assistants, receptionists, and other administrative support professionals. Over the years, Administrative Professionals Week has become one of the largest workplace observances, and the event is celebrated worldwide through community events, social gatherings, and individual corporate activities recognizing support staff with gifts.

“I’ve never heard of this in my entire life,” Tara Holford admitted.

The Honor Roll

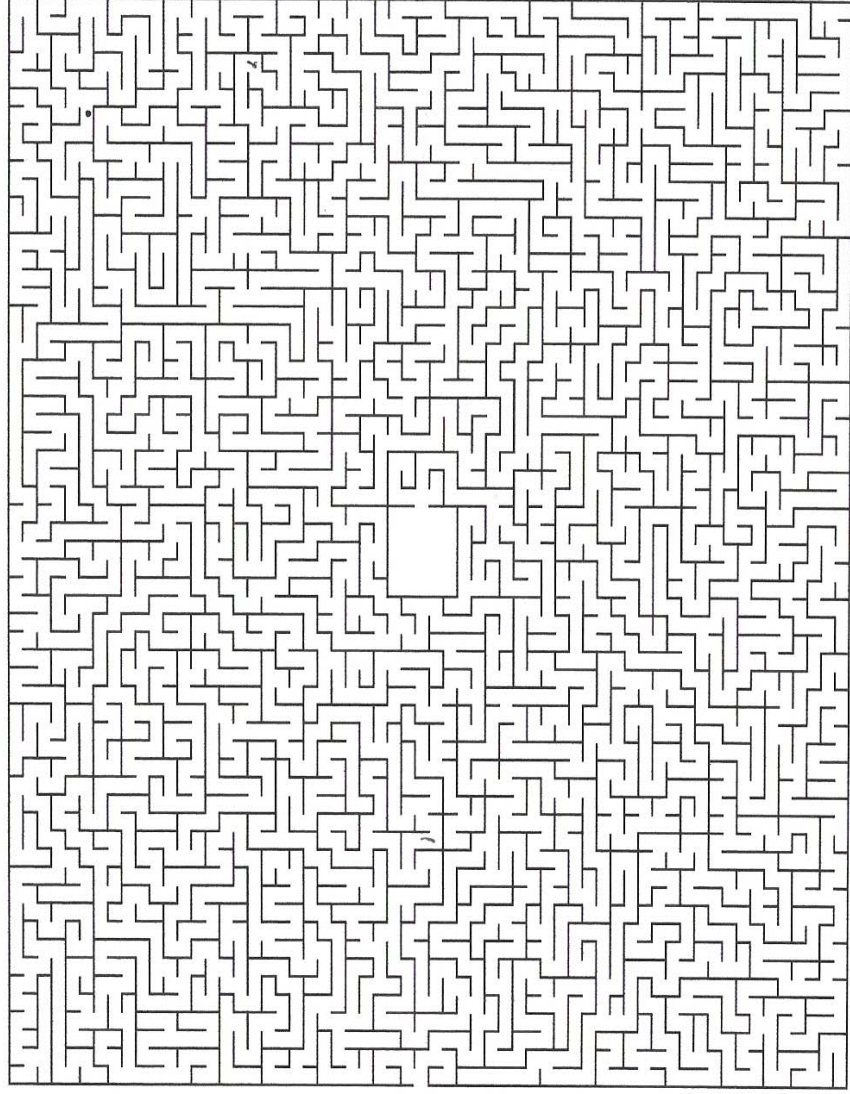
By Liam Morgan

“The National Honor Roll program was developed to give outstanding high school and middle school students the recognition they deserve.” This is what you get when you type “honor roll” into Google. To get on the honor roll a student must achieve a 3.0 GPA on their report cards. These awards can be used when applying for college and different jobs. It just generally looks good on a transcript, or application of any kind.

Jake D’Amato an 8th grade-honor roll learner at ACLC. Jake said it wasn’t that challenging to achieve the honor roll. He usually gets 3.0s so this was no big deal. I asked him what he thought the honor roll really meant to him. He stated “I never really think about it. I guess it looks good on my transcript. It’s not really a big deal.” Natalie McKee had some interesting comments on the Honor Roll. Natalie didn’t even know what I was talking about. She clearly had never heard of the Honor Roll, even though she had a 3.8. I found this quite funny.

Obviously people are either oblivious to the fact that there is even an honor roll or they don’t think it is a big deal. Some schools make a big deal out of being on the Honor Roll. It seems a lot of students don’t have a lot of problems achieving a 3.0 GPA.

Can You Find Your Way Through?



Why was the head teacher worried?

A Word Search by Sophia Williams

Instructions: Find all the words. Place the remaining letters, right to left, top to bottom, in the spaces provided below. The letters will be the solution to the question above.

b e c b a y u s s e r t t h d
 e r o e w r t r e o r e e s e
 o o m a n a e y t r u b l e s
 k p e n p n r a s i n a l t k
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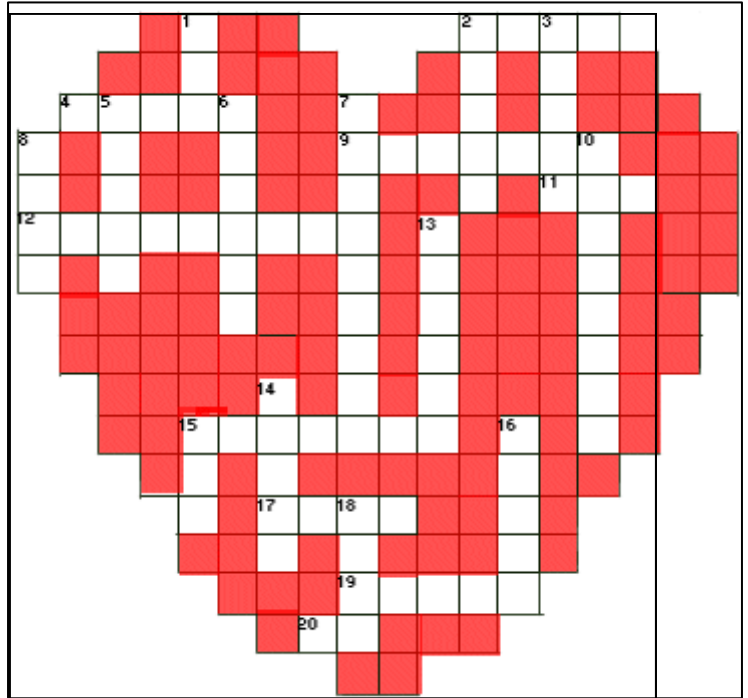
alphabet
 backpack
 book
 calculator
 computer
 desk
 dictionary
 eraser
 exam
 facilitator
 learner
 library
 pen
 pencil
 ruler
 school
 stapler

Why was the head teacher worried?

 _____ !

**Talk or write to us if you have an opinion
 about things going on at our school that you
 would like to see published in the next issue of
 Six-Oh-Three.**

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Across

2. Many people give or send one to friends on Valentine's Day.
4. Another term for sweets that are given on Valentine's Day.
9. Sometimes on Valentine's Day, a secret _____ will give you an anonymous present.
11. If you don't get any Valentines, you might do this into your pillow.
12. Hershey's is a kind of this type of candy.
15. Roses, carnations, and daisies are these.
17. When you really, really like someone, you ____ them. Also you _____ your parents.
19. If you give someone a treat on Valentine's Day, it usually is this. This word is also used in the expression " _____ Heart", a nickname husbands and wives call each other.
20. This expression is often said on Valentine's Day: " ___ Mine"

Down

1. The color of hearts on Valentine's Day.
2. The fictional character that shoots arrows at people.
3. These flowers come in many colors, but usually red ones are given on Valentine's Day.
5. What cupid shoots at some poor unsuspecting person, that makes them fall in love.
6. If you want to give a friend roses, you would give them this color.
7. The name of this holiday!
8. Doilies are usually made out of this material.
10. Moms and Dads may want to get away for a _____ dinner or weekend
13. One of the shapes used often on Valentine's Day is _____ (plural).
14. These are made out of paper or material that are lacy.
15. The abbreviation for the month that Valentine's is in.
16. The man that this holiday is named after is, _____ Valentine.
18. If you get flowers for Valentine's Day, you will want to have one of these to keep them in.

Submitted by Neelem Hayat

Remembering Anna Nicole Smith

By Veronica Hollister

Vickie Lynn Marshall, better known as Anna Nicole Smith, was an American model, actress, and television star.

“She was really hot.” Conner Coll remembers. “It seemed like everywhere I looked, there she was.”

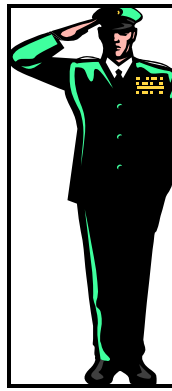
Vickie Lynn Marshall was born and raised in Texas and she dropped out of high school when she was 17. Her highly publicized and criticized second marriage to billionaire J. Howard Marshall, who was 63 years older than her, resulted in the speculation that she married him for his money. After Howard died, she fought in a lengthy court battle against his family. Anna Nicole’s legal battle, increasing weight, and bizarre behavior made her a regular topic for comedy.

“I liked watching her reality show.” states Antonio Ruiz. “It was entertaining, but sad at the same time.”

Smith stated that she was Christian in an interview, saying: “Jesus Christ is my lord and savior, and will always be, and I pray every day.”

Anna Nicole Smith was found unresponsive on February 8, 2007 in the Hard Rock Hotel in Florida. She was rushed to the hospital and was pronounced dead on arrival as a result of an overdose of prescription drugs. She was 39.

The upcoming anniversary of her death is more difficult for some than others: “It was really hard for me,” recalls Liam Morgan. “It was the day that media died. And on top of everything else, it was my 12th birthday. I couldn’t even get out of bed. Now every time I think about it, I feel pain. I just hope that she rests in peace.”



Meet Conner Coll

By Liam Morgan

Conner Coll is a new student at ACLC who just came here from Encinal High School. I talked to Conner for a bit and found out a little bit more about him. He participates in JROTC. He is a sergeant first class. The main reason Conner participates in JROTC is because it looks good on college applications and provides you with skills that you couldn’t find in other places, he says.

So far Conner’s favorite teachers are Carlton and Jake. He likes them because he says “they’re chill.” He made the switch from EHS to ACLC because he said that “some environments are better for different people.” Conner’s life motto is “Do unto others as they do unto you”. A random fact about Conner is that he doesn’t like being in groups. I think Conner Coll will like ACLC and have a good time here.

Mononucleosis

By Neelem Hayat

“I was really tired and weak, I was getting all D’s because I couldn’t concentrate,” said Cecilia Navarro, who had mononucleosis last year. Mononucleosis, also called mono the “kissing disease”, is an illness caused by the Epstein-Barr virus and is usually seen in teenagers and young adults. The older you are the less likely you are to get it. Symptoms of mono are high fever, sore throat, swollen glands and tonsils, weakness, and

fatigue..Mono can also cause the spleen to swell. Doctors advise patients with mono not to play sports since any straining on the spleen could cause it to burst.

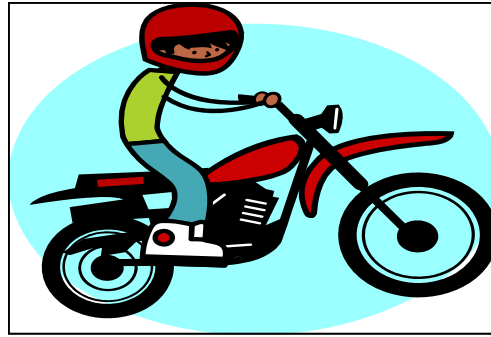
A person with mono should wait about four weeks after recovery before playing sports again. Mononucleosis can be spread through saliva, mucus from the nose and throat, and even tears. There is no cure for mono but goes away on its own. Recovery can take weeks or even months. Meanwhile one should get plenty of rest and take medicine to reduce symptoms.

That's Tigray

By Lexie Morgan

Tigray Kahsai has been attending ACLC since seventh grade; this year is her sixth year at ACLC. Since Tigray has been at ACLC for quite sometime she has seen it go through many changes, "I am not happy with the way ACLC has turned out, it is totally lacking the community it used to have, its like a f***ing traditional school now" Tigray stated angrily during a conversation with a friend. Tigray has been an active part of our community, last year as a junior; Tigray raised hundreds of dollars to benefit child soldiers in Uganda through an incredibly successful benefit concert. "I really admire her ability to do so much to benefit not only our community but other communities around the world," said Tigray's long time friend and ACLC student Sarah Johnson. "Her perseverance and leadership really inspired me to join FLI and try to make a difference as well" said another one of Tigray's good friends Marisa Rafter.

This past summer Tigray spent eight weeks in Panama helping out a neglected community, by volunteering in schools and cleaning up a local park. She loved the time that she spent in Panama and wishes to travel to other parts of Central and South America. As a senior Tigray has started the college applications process; her hope is that she will attend a four-year liberal arts college. Tigray's name is well known around ACLC now and will remain so in years to come.



Which Jake? Jake Zimmer

By Jordan Wrobel

Jake Zimmer is an 8th grader at our school, a 13 year old, and this is his third year here. Jake is into riding bikes, — ATVs, and dirt bikes, — but he likes dirt bikes better than ATVs. Maybe this is because Jake Zimmer has rolled an ATV on a not- so-average-day.

An average day for this young man is waking up, riding his bicycle to school, going to school, and then either going home or going to work. Jake works at Alameda Bicycle. As you can tell Jake Zimmer is very into riding his bikes. When Jake was asked if he had any funny bike stories, he told me how bad "sagging" is. One time when he was riding his bike, and he was "sagging", his pants got caught and he fell to the ground. "Don't sag!" says Jake Zimmer. Jake Zimmer has a favorite learner at our school, who goes by the name of Sutton Murray. What an interesting young man!

Bike Races

By Chris DeMello

With the advent of the fixed-gear bicycle trend, more and more single-speed bike races have been happening in the Bay Area. "Alleycats", as they are called, are bike races that take place usually in a metropolitan area and usually require racers to ride single-gear bikes.

At the beginning of the race, each racer is given a "manifest"; a list with the locations of the checkpoints the riders have to get to in order to complete the race. At each checkpoint the racers get their manifest signed. After the racers get to the final checkpoint they get a prize depending on how well they did and whether they hit all of the checkpoints. Most alleycats are followed with a barbecue. "They're a lot of fun to do," says Sutton Murray, an avid fixed-gear bicycle fanatic and aspiring hipster. "It's all for fun, even though some races are more competitive than others. And the post-race barbecues are a great way to relax afterwards!". Alleycat races usually take place in the east bay area near San Francisco or San Jose mostly. For more information visit sffixed.com or sffixed.org.