

The Lion's Roar

Always Free - December 2009



What is on your Holiday List?

Once again it's December and everybody is in the holiday spirit getting ready for the holidays. Even though people are complaining about the economy, they're out in stores shopping and maxing out their credit cards. Thousands of people will squander tons of money on clothes, entertainment, and new cars. Amidst all this consumption we sometimes lose sight of those folks who are less fortunate. Have you ever thought of the kids who don't have clothes or shoes? I have. I give my clothes away but mostly to a relative (so that doesn't count). People are like, "Yeah. I would love to help the kids," but in five minutes their head is in a different place. Many kids in the world right now wish they had toys and new clothes for the winter and for Christmas, but they don't really get anything. In some countries children are barefooted and walk on rocks and on glass all day long. Kids and families walk for miles for water and food and medicine. Just imagine walking forever and getting cuts on the bottom of your feet - it just sucks. But there's hope: we can make a difference this holiday by just buying a pair of shoes. "What!?! Buy a pair of shoes?" Yes, shoes.

How can we start this off? Although much of what we think of with the holidays revolves around the commercialization of the holiday, it also has become one of the biggest times of the year for giving. For instance, "In 2006 an American traveler, Blake Mycoskie, befriended children in Argentina and found they had no shoes to protect their feet. Wanting to help, he created TOMS Shoes, a company that would match every pair of shoes purchased with a pair of new shoes given to a child in need." Toms is one of the first companies that is making a change around the world. They are the ones that give kids a pair of shoes with every pair we purchase. Toms shoes not only help kids; it's for us too. They have great designs that even match your everyday clothes. That's cool right? I think that the shoes themselves are great. It's a win - win situation.

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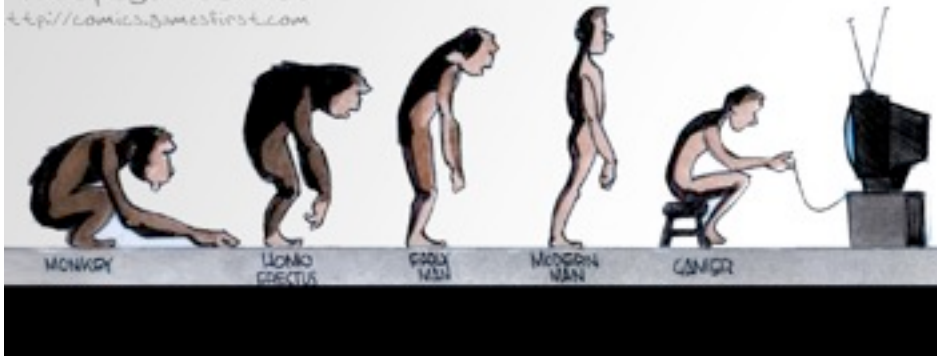
Nancy Leal...Job Search

Estefany Hernandez...Safe Holidays

Brett Correia...Editor

Mr. Daniel Peña...Advisor

Twooplayer Comics
<http://comics.gamemaster.com>



The Effects of Video Games

There's no denying that today's most popular video games are violent in some way, but could playing video games be physically hurting you in the long run? With video games topping the holiday wish lists, it's the perfect time to ask this question. Most people don't know that there are many physical and mental problems that can occur from playing video games. Many gamers live very sedentary lives and this can cause major health

problems. Many gamers (computer gamers especially) suffer from Carpel Tunnel Syndrome, ruined posture, and back pain. Other problems associated with video games are tendonitis, increased metabolic rate, and musculoskeletal disorders along with the possibility of seizures.

However, don't cross those new and exciting games off your Christmas lists just yet. Although most video games are perceived through the media as too violent and dangerous for kids, there are also games that are just relaxing and can be

used as tools for stress level reduction, therapy for phobias, and helping children with attention deficit disorders to gain social skills.

But you may like to play video games and want to avoid those serious problems. What do you do? Most if not all negative effects can be diminished or rid of entirely by simply showing some restraint. Some studies even show that moderate gaming can have positive effects while excessive gaming can be harmful. If parents limit the amount of time that their kids are able to play video games, the worst of the

The Secret War

Every day in almost every class at Garfield High there is a *secret war* going on. What is the secret war you may ask? This war consists of those students that are more interested in their accessories than what is being taught. What are the necessary accessories for the average female student involved in the "Secret War" at Garfield? The female students at Garfield always seem to depend on their ipods, cellphones, and make up. In every classroom you can see someone being sneaky texting or someone listening to music, a girl fixing her makeup, and or looking in the mirror and getting distracted. I can easily get distracted by my phone vibrating and I feel I have to check it. The war flourishes at school.

When I am at home I am free and I can do whatever I want. I don't get tempted to see my phone - that's something weird that probably everybody has or does. At home you can control yourself, but in school I have to be checking my phone even though I know I shouldn't. Why is that? Probably if we paid more attention to what's going on in class we could stop using our phones, ipods, and checking our makeup. It could be that we the students, in spite of ourselves, are losing the secret war and our chance to learn.



Have you thought about joining the military?

Many High School graduates start thinking about joining the military as their only option after high school. Many do not realize the dangers and the extent of sacrifice involved in making this very serious life decision. Joining the military is something that should not be taken lightly, and many people don't realize what these soldiers go through, or the life they are signing up for.

More than 4,200 Americans have died since 2003 when the U.S. led invasion of Iraq toppled Saddam Hussein. These tragedies have caused many families pain. In no uncertain terms, these young men and women have risked their lives by joining the military. They have put themselves in a compromising situation by wanting to go to the most dangerous place in the world, which is Afghanistan.



These young men and women could be home and getting an education in a stable college environment. Furthermore, as many of these soldiers have families of their own, when they deploy their wives/husbands stay home worried about them. If they had not enlisted they would not have been torn from their relatives. Moreover, it's especially heartbreaking for a family to be excited to see their loved one and notice that he/she never gets off that boat.

I'm not saying joining is a bad choice. I'm just trying to let you guys know what type of situation your getting yourself into. We are thankful for these soldiers because they're fighting for our country. They're doing the most dangerous jobs and all of them deserve our utmost admiration. In my opinion whether they are or were in the military they should be respected at all times. But I always wonder why these young people chose this path, because there are many other options that you can take after your earn your high school diploma. Think about it more than twice.

Health Care Reform



I'm sure that in today's media you have heard the term "health care reform" thousands of times. I'm sure you're asking,

"What is it and how will this effect me?" Well the phrase *health care reform* means the reconstruction or reconfiguration of our present day health care system. What exactly will this reform do if passed? It will further strengthen your existing coverage from your current health care provider. This will prevent health care

companies from dropping your coverage just because you are too expensive for them to cover. There is also a much-desired public option.

The "public option" is health care insurance issued by the government; it's really similar to Medical or Medicaid. This health insurance option will be offered to millions of Americans who cannot afford regular health care because of it's rising costs. What will this do? It will do two things: it will drive the ridiculous cost of health care downward and keep millions of tax dollars from being wasted on those who are uninsured.

This new health insurance, which has been proposed by the government of the United States, will not provide for a great majority of illegal immigrants.

Although there are some illegal immigrants who may qualify for some exceptions and be able to obtain health insurance, most will not. These exceptions include: victims of human trafficking and other crimes, people engaged to be married to American citizens, and individuals who have had applications for legal permanent residence status pending for three years. Most importantly, as proposed by President Obama, the health care reform will not add to the country's deficit, raise taxes, drop your existing health care provider, or diminish any existing coverage conditions.

Although politicians may not agree on a solution to this problem they all recognize that a new health care reform is needed.

History and Football



Are you a fan of the National Football League? Do you enjoy attending games, or are you one of the many who are satisfied by getting to see their favorite team play? Well if you enjoy watching your favorite team on television you can thank Alvin Ray

"Pete" Rozelle. Mr. Rozelle was elected commissioner of the NFL in 1960 and worked out a contract in 1961 to have all football games televised. He is also responsible for bringing a state of equality to the NFL known as *parity*.

The system Rozelle championed gave us fans a chance to see a good game. It also helped teams such as the Tampa Bay Buccaneers get

a chance to reform their team. Failing teams like the Buccaneers will be given a high draft pick so they can recruit a good athlete and possibly change their franchise for the better. This system of *parity* also lets fans witness such things as the 2008 16-0 Patriots lose to the 12-4 Giants, or the present day 5-4 Philadelphia Eagles lose to the 2-7 Oakland Raiders in week 6. These games that are considered "shocking", and/or "unbelievable" would be nonexistent if it wasn't for Pete Rozelle and parity.

So you like parity? Well then you probably like watching your favorite team on TV, too. We can thank Pete Rozelle for all the football we see on TV today. TV has changed the National Football League drastically by giving every football fan a whole day that is dedicated to hard hitting, nail biting, outstanding, shocking, good, and bad games from 10 AM until 9 PM every Sunday of the regular season.

Now that you know a little about insuring competitive teams and all the football on television you get to see, I am confident to say you should appreciate the history of the National Football League.

Our Infatuation with Tiger

Nobody is perfect; everybody makes mistakes every once in a while. We have all been through hard times and although we may think that normal, everyday, average people hold the corner on the market for indiscretion, in reality our status does not make us exclusive. For instance, recently the media has been completely enveloped with the goings on of a perennial celebrity favorite: Tiger Woods. Considered by many to be the best athlete in the world, Tiger Woods has recently found himself on the opposite side of the public favor. Late Thanksgiving evening, Woods had an accident outside his Florida home. What began as a simple, non-threatening accident has turned into a seemingly endless saga involving allegations of numerous extra-marital relationships between Woods and a growing litany of young women. All the while Woods had a loving wife and family at home.

Although these actions, if they prove to be true, are reprehensible at best, we have all had lapses in our judgement. However, the current media frenzy surrounding Woods' private life presents questions relating to the scope of access we have into celebrity lives. Is this barrage of attention simply related to our right to have access to information? If not, what part of a celebrity's life is open for public consumption?

There is no doubt that there is a double standard when it comes to a celebrity's expectations of the public's approach to them; on one hand they want to keep their private life to themselves, while on the other they make a living - in Woods' case an extremely lavish one - off of this same type of attention. However, at the root of all of the lights and glamour, the viewing public is responsible for this infatuation with these public figures. Although we may have the right to know the basic information about Tiger Woods as a golfer, when it comes to the private lives of him and his family we have to draw responsible boundaries.



The Ouija Board

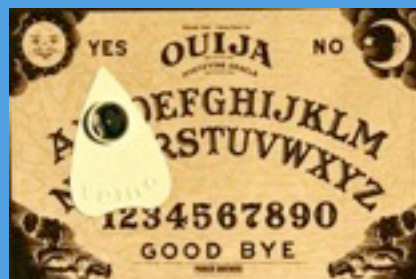
The Ouija Board has been around since the 1890's and its still popular today, but the question is are they real? Can this board game let you or allow you to communicate with the dead? Some say it all depends if the person that is playing this board game believes it could happen and the small planchette really does move while they rest their fingers on it. A psychologist named Mary Figuroa claims that a certain part of your brain plays a trick on you, and when you, really want to see that planchette move on it's own and eventually your mind persuades you to believe that its really moving. This may be true, but then again you can read articles on the internet about people's extraordinary experiences with the Ouija Board.

Seventeen year old Yvette Bustamante decided to play this game with two of her friends one night after her school's homecoming game, three days before Halloween. Yvette's grandmother had given her this really old looking Ouija Board. "Old fashioned" her grandmother had told her, "not the kind you would buy at any toy store." Yvette and her friends took the game to their house and began to play it in her room. Before they started playing, they turned off all the lights in her house and lit candles all around her room. They began to rest their fingers on the planchette, started asking the board questions, and surely enough

the planchette started to move, or so Yvette said. When it was time to ask the board if it was a good spirit the "spirit" said no. Right when that happened the lights began to flicker and the candles went out. The girls got scared and ran out the house. The next day Yvette decided to get rid of this Ouija Board. She turned on or lit her fireplace and burned it. She thought that it was the end of that. A couple of hours later she walked into her room and there it was, the Ouija Board on her bed. Yvette couldn't believe her eyes, she knew that she had burned it.

The Hasbro toy company makes Ouija Board games that are made out of plastic. This obviously presents doubts as to the legitimacy of the board's supposed magic, as it would be far fetched to imagine a mass-produced product having spiritual powers. However, in spite of the commercial nature that Ouija Board's have taken on, stories such as Yvette's keep this urban legend alive.

So the jury is out in regards to whether this board game can really communicate with the dead or if it can come back to haunt you. Some say that it is fiction and nothing more than a myth, however there are some whose haunting stories keep the board popular and in circulation. No one knows, but are you willing to try it?



Are anti-bacterial soaps a good idea?

Antibacterial soaps and hand sanitizers have been in great demand on store shelves selling like hotcakes during this flu season. Consumers buy this product since it promotes that it "kills 99.9% of germs effectiveness in lowering the risk of spreading germs leading to diseases." It sounds great. But what if what the label reads is not what it really does?

Scientists all around the world fear that the overuse of antibacterial products could lead to a strain of a resistant immune bacterial or MRSA (methicillin-resistant *S. aureus*), and make it lose it's power to diminish germs for times when it is really needed. A study done in March 24, 2009 in the journal *Annals of Internal Medicine* claims that people who use antibacterial soaps and sanitizers developed flu-like symptoms just as often as people who used products that did not contain any of its active ingredients. In short, people who use regular soaps have no greater risk than those who used antibacterial soaps.

The thing is some bacteria are bad for us, but some are ironically good. Unfortunately the antibacterials kill them both, and when the good bacteria (also known as flora-bacterial) is gone there's more room for the bad bacterial to grow making us more prone to getting sick. It is certain that further research needs to be done to come to any definite conclusion about the risks or benefits of antibacterial products. But washing your hands with plain soap and hot water will do the job, and has a higher chance of getting rid of most bacteria. To get best results, do it regularly to decrease the distribution of nasty germs.



Job Hunting?

Do you really want a job? Does it seem that with all the applications you fill out the more you seem to get frustrated? And now with the holiday season here it seems even more impossible. There are many people out there that apply and then sit around and wait to be called. If you want to get hired you need to be determined and capable of making sure that the employer wants to hire you. There are many little things that can get an employer interested in employing you. There are also a number of things that you need to do to prepare for an interview. In this article I will give you guidelines with a detailed "description" of what you will need for your *job hunt*:

As a student looking for a job you need to know these basic tips and practice them. Don't be a "couch potato" and wait around for a job to come looking for *you*. Get up, practice these tips, and you'll be working before you know it.

Some information courtesy of <http://jobsearch.about.com/cs/justforstudents/a/parttimejob.htm>



Tips for Success

1) Make your resume

Employers would really like to know if you put in some effort into your job seeking: make a resume. Even if it's your first resume don't worry, fill out what you can. This will really help in giving the manager some sort of idea of what type of person you are and your qualities.

2) Your appearance

Your appearance needs to be "presentable." In other words be well groomed, have proper hygiene, and wear something appropriate. For men this means a dress shirt, black shoes, and slacks. For women a dress or a skirt with a blouse are adequate.

3) Stand tall

While being interviewed for the job be sure to seem confident. Keep your head up, maintain eye contact, and give a firm handshake. If you feel shy or self-conscious the employer may see that and it can lower your chances of being hired.

4) List different places

Look in the paper, internet, magazines etc. to find places that are hiring. List them on a piece of paper along with addresses and numbers. This will help you in remembering.

5) Following Up

To an employer you need to look and act like you want the job, So preferably about a week after you apply call back and get in touch with the employer. Do not speak with anyone else other than the manager.

6) Preparing mentally and emotionally for a "no"

Not every single employer that you meet will hire you. Be ready for anyone to reject you. Don't be rude. Just ask if you can leave a copy of your resume and number for future reference.

Be Careful this Holiday Season



The holidays are coming soon and many of us are excited for them. Finally a break! As many of us know the holidays are a good time for people to go spend time with their friends and families. The holidays are also a good time to go to parties, since many of us are on a break. What ever you do for the holidays you have to be very careful.

It is hard to believe that there actually are things to worry about during holidays, but it is true. There are a lot of things to be aware of. One big thing to be careful for is driving under the influence of alcohol. Last year in the holidays of 2008 three people died over the Thanksgiving holiday because they were driving under the influence. Not only did people die but the California High way Patrol (CHP) reported 119 DUI arrests over the Thanksgiving holiday weekend of 2008, according to *Walton Law Firm* from the San Diego injury law blog. This year in the Thanksgiving holiday the the CHP reported 12 deaths across the state of California this year. This just shows how people have to be careful. Don't drink or drive because you don't want to be one of the people who end up being in an accident. Think smart and make sure you have a responsible driver with you.

The holidays are a break for everyone. It is a time to relax and have fun with friends and family. Even though it is a good thing to be on a break you also have to be careful. Try to have fun and have a good time without being in danger. Be smart and just enjoy this wonderful holiday season!