

# The San Ramon Valley High School OLFPRINT



Special CCC issue

Hunting the news for the rest of the pack.

Friday, April 15, 2009

### National hero brings pride to Danville

**Cristina Smith** San Ramon Valley High School

It is every passenger and pilot's nightmare- mere minutes into a flight, the plane still in the throes of take off, the plane experiences engine failure and looses power. Any rational person would be expected to panic. Chelsey Sullenberger, or "Sully" as citizens have christened him, managed to stay calm and pull off a landing worthy of a Hollywood movie.

Previously an Air Force Fighter Pilot, Sullenberger has always expressed an interest in airline safety, speaking internationally about the topic. Many feel that there was no better pilot to handle the extremely dangerous landing than Sullenberger. The potential tragedy struck on Thursday, January 15th, right after Flight 1549 had taken off. Still under investigation, discoveries have shown that both engines lost power after hitting a flock of birds. Passengers are reported to have heard sickening and ominous thumping noises and were immediately told by Sullenberger to brace themselves for impact. Faced with a life or death situation, Sullenberger managed to steer the previously bound Charlotte, NC flight away from a disastrous crash in northern Manhattan and landed in the Hudson River. But the danger did not end there. The cabin of the plane was rapidly filling with water, the plane itself beginning to sink in the frigid Hudson. Flight attendants managed to get all one hundred and fifty passengers out of the cabin and onto the wings of the plane. Sullenberger himself walking the length of the cabin twice to ensure no one had been left inside.

Commercial fairies that offer tours of the Hudson were the first at the scene, followed closely by rescue crews and divers. All one hundred and fifty passengers and five crew members were rescued from the lethal conditions of the river, with a water temperature of thirty six degrees Fahrenheit and an air temperature barely reaching twenty degrees Fahrenheit. There were some minor injuries, but everyone lived to tell the extraordinary tale of a man who rescued a catastrophic situation.

On Saturday, January 24th, Danville honored its town and national hero with a parade and ceremony downtown. There the mayor of Danville congratulated Sullenberger and his wife introduced him with a teary and heartfelt introduction. More than three thousand people showed up in support of a truly extraordinary man, a man whose courage turned a tragedy into a miracle at a time when America, and Danville, could use one the



### Global warming inevitable

M.D. & S.K.

Los Medanos Elementary

Have you thought about what might happen to you once your house is under water? Well scientists have said that a flood might happen due to global warming. Global warming is the suns heat, over heating the earth. This is melting the ice in the Arctic, and the world. Scientists announced that in June, 2006 because of the ice melting there were "high levels of water." The Earth is the warmest it has been in the past 2.000 years. Scientists have said that it will be even warmer in the future.

This is caused by greenhouse gasses and humans polluting the world that we live in. Greenhouse gasses are being produced and causing heat to destroy the ozone layer, which is making hurtfull sun rays to enter the Earth. That might cause more cancer, and more extinction of animals all over the world. This is disturbing the ecosystem, and with out the animals we will die of hunger. Also it is becoming very clear that humans are the cause of global warming. by releasing chemicals from factories and pollution from cars.

Little by little ice all around the world is melting everyday. If the ice melted the wa-

ter on Earth would rise and half the earth would flood. There are 5,773,000 cubic of ice caps, glaciers, and permanent snow.

When temperature rises in the Arctic Circle, it could decrease the population of the creatures. The creatures cannot survive in extremely high temperature. This probably could happen to us. Plants could also be extinct. Global warming is making the worlds climate to change. Certain plants can survive without water for a long period of time. Places like the desert can contain plants like that. If it rained in the desert the plants could die.

Sunlight is reflected into space and cools Earth. If the ice melted, the only reflector on Earth would be the ocean. Darker colors take in sunlight and warms Earth even more

There are ways to slowly stop global warming.

You can use these ideas:

- 1: Use fabric bags when you go grocery shopping. Plastic bags need factories to make.
- 2: Plant flowers around your house for clean oxygen.
- 3: Drive less for less pollution.

# Time for high speed

Katelyn Linford Liberty High School

In 2008 when we voted and elected Barack Obama President we also voted that we wanted to put aside 8 billion dollars to build a high speed train in CA. The train is supposed to help cut down on traffic, cut down on pollution, keep the freeways saf-

# California will have a new train system and new jobs

er, make transportation cheaper and speed up travel times. The locations that the train will go through cities between Sacramento and Irvine and also the cities between San Francisco and San Diego.. A one way trip from San Francisco to Los An-

geles would take about 2hours and 40 minutes, and cost around \$55. For flying to Los Angeles it would cost over twice that much. The trains, if we can get started working on them fast enough, could supply jobs to those who got let out of work.



### **Features**

Are you smart enough for the Smart car?

# **Opinions**

What's in your school's vending machines?

### News

Are you ready for robots?





### What is in your vending machines?

Jeremy Orkes

Liberty High School

All across America, campus vending machines are making it easier for children, teens, and adults to obtain both junk foods and healthy snacks. In 2007, attempts to remove vending machines, and junk food inside the machines, from high school campuses were made but did not follow through.

In 2007 a new study added weight to calls for juices, drinks with added sugar, and candy to be removed from all school vending machines. However, certain food manufacturers are already taking steps in the right direction by reducing pack sizes, seeing how products sold in vending machines are an easy way for kids to obtain calories.

Certain beverages in vending machines were also

found to have added sugars, highcalorie 100 percent fruit juices and snacks over 200 hundred calories, according to the figures from the HEALTHY Study, a nationwide effort led by Temple University to curb obesity and type 2 diabetes in students. It stated that despite efforts to include more healthy consumption choices at schools, standard products offered in vending machines are giving students more calories than they need.

"Changes made to the vending machines in schools will help reduce excess calories taken in by school kids." Amy Virus, senior health services coordinator for the study from the Center for Obesity Research and Education at Temple University.

The guidelines set by the AHA (Alliance for a Healthier Generation) and the ABA (American Beverage Association) call for the beverage industry to provide lower-calorie and smaller-portion options in schools, including the removal of full-calorie soft drinks, all by the 2009-2010 school year. The association said the shift towards lower-calorie, smaller-portion beverages was contributing to the reduction in calories available from beverages in schools, as well as the change in the beverage mix available to students.

While schools are working to reduce junk-food sales, many vending machines are still cased with soda, juice drinks, iced tea, candy, cookies and chips, according to the Center for Science in the Public Interest (CSPI). Despite the popular demand for easy-to-get junk snacks, corporations bent on helping kids stay healthy will continue to fight.

### The new Blackberry storms into stores

Jada Wesson
Grant Elementary

The new blackberry storm is the first Blackberry Touch. Also it is \$199.99. You can text some one in Italy; you can even call somebody in Europe! You can see videos and pictures crystal clear.. Also this phone can display over 65,000 colors! It also

has print quality pictures. inspiring view



brings brilliant new life to all of your favorite videos, pictures, and more! Many people have already bought this amazing phone. This is an everyday technology tool. Also this phone is very popular. If you're not impressed enough go to www.blackberry.com. Also this was created by Verizon wireless. Other websites are www.verizonwirless.com, and www.amazon.

#### Teen dies in alcohol related incident

H.H. & M.K.

Iron Horse Middle School

On March 10, 2009, a drunken teenager caused the death of a young Illinois local. Brent Bishop, 16, explained he was trying to commit suicide; he ended up killing Lea Zamora, 18. His alcohol level was .11 and the police confiscated his license.

"I only wanted to hurt myself. Not her. She had no reason to die," Bishop confessed. After his trial, Bishop met with the victim's mother. When they met, Mrs. Zamora reasoned, "Lea is gone. I thought I had nothing I could ask you that would help. This is my only request. That you make four whirligigs and put them in the four corners of the United States. That's what I ask."

This is only one drunk

driving incident. In 2003, 60 percent of teenage deaths were a result of driving under the influence and 17,013 deaths of all ages were caused by alcohol. However, these numbers are improving. In 2007, the total deaths caused by alcohol dropped 10 percent. Teen drinking has influenced thousands and drunk driving has ruined many people.

# Learning to accept change School district will implement a new schedule

Alex Belt & Karleigh Craig Liberty High School

As you know, the Liberty High School District has made their decision to change the school schedule for the upcoming '09-'10 school year. We will now be on what is referred to as an A/B schedule. By this time students have already signed up for next years classes, but some still are confused by what the change means. Although it may seem more complicated then our current block schedule, with just a little bit of explanation the details should become quite simple to understand.

At this time, Liberty, as well as Heritage High School,

are both on the four by four block schedule. The year consists of two semesters each divided into two quarters. Students take four classes a day, each 88 minutes long. Most classes are semester long classes, so students change all classes half way through the year. There are exceptions such as AP classes, which last all year long at Liberty, and quarter elective classes. One of the reasons in favor of the change given at the two open-Board meetings last year to discuss the pros and cons of a schedule switch was the desire to unify the school district. This reason refers to Freedom, the third high school in the Liberty District, which has been on the A/B schedule

while Liberty and Heritage have not. This means that Liberty students are not alone!

The concept of the A/B schedule, as far as number and length of classes a day, isn't any different from the block schedule current students are used to. The difference is that the A/B schedule will take both semesters' classes and make them year-long classes, removing the midyear class switch. What this means for students and teachers is that there will be four classes a day, and eight classes total, but that classes will now be on alternating days. Students will have classes one, two, three, and four on 'A' days, and classes five through eight on 'B'

# Female robot to hit Japan

### catwalk

Luke McCarthy

Walt Disney Elementary

There is a walking talking robot coming to Japan's catwalk! This "Cybernetic Human" is wowing everybody who hears about it. Except there is a slight problem, the robot hasn't cleared the safety standards yet so there is a chance it will not model with humans. The 158 centimeter tall robot is worth \$200,000. Developers say that if the robot cannot model, the robot will be used in amusement parks to perform simulations of human movement.

The HRP-4C design used in the robot is giving Japan bragging rights because they are more advanced than everyone else. The outer body parts are bright silver and black making the robot look like a Stormtrooper from Star Wars. Automaker Honda has also made a robot but it is not disguised as a human. The robot Japan made runs on 30 motors so it can walk and run. Also the robot has 8 motors in its face so it can

make facial expressions such as anger, being surprised, and happiness.

Amazing everyone in a demonstration the robot walked around blinking, and said "Hello everyone" while its mouth moved. Except the robot does not wear any clothes (ewes!) but it has body armor. The demand for these robots are growing and making customers usset.

Scientists are trying to make as much robots as they can but they can't because they need an okay from the government to make them.

The female robot can amazingly care for the sick and elderly citizens. "We want this market to grow as an industry," said Yoshihiro Kaga, one of the developers.

People who hear about the robot send angry emails about how they make it. Overall this robot is the most advanced tool the world has ever seen. This is a gift from Japan because now all of us can make them.

#### Marbles anyone?

Ruby Rodriquez & Jessica Andas E.M. Downer Elementary

In our school we play marbles. We can only bring 10-15 marbles. Where you play is at school during recess but not in your class-room. We only play outside on the playground. A lot of kids play marbles at school. The kids play with their friends "for keeps" or they "play for fun".

If you play marbles in class the teacher will take them away. We play marbles by putting our thumb next to it. The tricks are stopsies, bloxies, rainbows, arrows, ariels, rebounds, spiders, closies, farsies, slidesies, and runs awaysies.

There are all kind of sizes: big

little, really tiny and really large. There are many different colors and names such as rainbow, Bloody Mary, tiger, dragons, shooters, clear ones, black ones, yellow, red, white, and cat eyes. There are all types of marbles such as minis, regulars, boulders and bulldozers.

The teachers will take the marbles away if they hear them, if they see them, or if you are playing with them in class. The teacher will keep them in their desk and not give it back. The principal will let you bring them outside if you play with them between the cones. You also must put them away when the bell rings and then you have to go to your lines.



Photo by Ruby Rodriguez

days. 'A' and 'B' days alternate every other day all five days of the week. If the week ends on Friday with a 'B' day, then the next school day will be an 'A' day

Although the current schedule seems "second nature" to veteran students such as senior Andy Horne, when Liberty switched to the four by four block schedule just four years ago, it had students stumped. Former student and graduate, Kayleigh Klingensmith was a iunior at the time of the switch and stated, "It was aggravating at first for the upper classmen. Mainly seniors were mad because it was their last year there, and they didn't want to have to deal with the switch. It was a

change, and it's always hard to accept change in life, until we consider whether it really makes an impact or not."

So here Liberty is, four years later, with a new schedule change. Our current juniors and sophomores will become next year's upperclassmen who will be leading the way for our new underclassmen. Before you just sit and complain about your feelings, on either extremes, about the changes taking place in your school or around your community, consider what children's author Mary Engelbreit once said: "If you don't like something change it; if you can't change it, change the way you think about it.'

### Smart cars....smart enough for you?

Nicole Tsang

San Ramon Valley High School

For some time now, the Smart Car has ruled the streets of Europe. Although this car has been around for over ten years, it has finally managed to jump the pond to the states as of January 2008. Not only is the Smart Car designed and produced using environmental friendly factors such as the way the car is painted and its completely recyclable self, but this tiny compact car is great for parking and gas mileage, 33 miles per gallon in town, 40 on the highway, and 40 mpg in suburban driving (smartusa.com). Due to its size and gas mileage. many find the Smart Car fascinating; yet, few people actually own this eco-friendly car.

For students interested in owning a Smart Car, there is a pretty long process they have to go through. In order to buy a Smart Car, first you would have to go online to smartusa.com, after putting down \$100 reservation.

you then design your car(choosing the features and color), and go through a waiting process anywhere from 12 months to more. Just ask fellow San Ramon English teacher Ms. Kerri Pike, Pike was asked to wait 18 months for her blue little car.(but her luck has turned because she will receive it in 11 months) Although the Smart Car may be small on the outside, its price tag definitely is not. The Smart Car comes in three different models: Smart Fortwo Pure, Smart Fortwo Passion Coupe, and the Smart Fortwo Passion Cabriolet. The Smart Fortwo Pure starts at around twelve thousand dollars without any features. Adding air conditioning or even a cd player, plus the tax liability, pushes the price up at least another three to four thousand.

Owning a Smart Car is a great choice to help the environment and lower your gas usage; yet, there are many pros and cons to owning this car. Some people may have concern with the Smart Car's size. Although the outside may seem fragile, the Smart Car is in reality very safely equipped. If you can afford its price, then this is the car for you.

Not only is the Smart Car unique in its size and appearance, it is also the most fuel efficient non hybrid car manufactured. The Smart Car also has some very cool safety features such as the Electronic Stability Program (ESP). This feature automatically controls the car's engine throttle and Anti-lock brakes when swerving. Other features include the Cornering Brake Control (CBS), the Electronic Brake Assist (BAS) and more. These additional features help the Smart Car maintain a higher safety rating than even the minicooper.

Thanks to today's technology, we are able to drive into the future with more fuel efficient safe If you are interested in learning more about unique cars, for more information visit www. smartusa.com.

# San Ramon alum goes pro

Allison Falk ('05) joins LA Sol

Kaity Ferretti

San Ramon Valley High School

Northern California is notoriously known for having extremely competitive women's soccer organizations and there is no team better than the San Ramon varsity women's soccer team that proves this. Throughout the years at SRVHS, many girls have graduated from the varsity team and have gone on to play soccer competitively at college level. For 2005 SRVHS graduate, Allison Falk, playing college ball was only the beginning. As a freshman, Falk immediately qualified for varsity level and continued to play on varsity through her senior year. As a team captain for both her junior and senior seasons, Falk was always very humble but focused and dedicated as well. Falk, nicknamed "Kirby," played center back, and like the vacuum she was nicknamed after cleaned

everything up and would make the attack vanish. The women's varsity coach at that time, Matt Zahner, remembers Falk as a "solid and dedicated player during her entire time at San Ramon." During her senior year, unfortunately, Falk was injured during the majority of the season. Although frustration overtook her, she was able to learn a great deal while watching her teammates on the sidelines. Falk was awarded the San Ramon Student Athlete Award, named the California High School Sports North Coast Section Player of the Year, was a four-time East Bay Athletic League First Team selection, helped her squad to backto-back league championships in 2003 and 2004 and the NCS finals in '04, and was also chosen for the Far West Region All-American High School Team.

She excelled greatly in academics and was awarded as an Academic All-American. Her dedication to her studies allowed her to pursue her soccer career on a scholarship to Stanford. As a freshman at Stanford, Falk was one of seven players to start every game and was named to the Pac-10 All-Freshman Team. Sophomore vear, Falk was a 2006 All-Pac-10 Second Team selection and received Pac-10 All-Academic Honorable Mention. As a junior, Falk helped the Stanford defense post nine shutouts. Just this past fall, as a senior. Falk started every match of the season at center back.

Recently, Falk has been drafted by the professional soccer team, the Los Angeles Sol. Falk was chosen in the second round and was the tenth pick overall in the draft. As Falk continues to live out her dream of doing what she excels as and loves to do, let her story be one of inspiration and one that proves that dreams can be

### The Gover-nator's 'Slimming Down' of the School

#### Year

Alex Belt & Karleigh Craig Liberty High School

We are well aware of the condition the economy is under these days. We've heard about it in the news read about it in the paper, and have even witnessed firsthand, businesses that have been running for as long as we can remember, close their doors for good. So it should come as no surprise to us that Governor Arnold Schwarznegger has proposed the idea of cutting the school year back five days, making our regular 180 day schedule only 175 days.

The reason for the elimination of these five school days? That's right, money. California schools are funded based on the daily attendance of their students, bringing in anywhere from \$4,000 to \$6,000 per student each year. Cutting back the school year to 175 days would be saving the state nearly \$1.1 billion. However, there is an alternative solution to save the state money as far as schools are concerned: instead of shortening the year, school districts would have to cut out five days' worth of funding from their budgets - meaning a loss in school programs, activities, and

As far as students are concerned, it seems not many are even aware

of the solutions the governor and state are putting forward. Once told about what exactly the week cut was, students had varying reactions. "I wouldn't mind an extra week off to enjoy my sunbathing time in the summer," says a junior at Liberty, Daniel Mai, who favors the loss of five school days. On the opposite end of the spectrum, Stacy Hamby, junior and president of the Future Farmers of America club, disagreed with the proposed solution: don't understand how taking out such a small amount of time will provide enough of an effect that the state feels okay with taking away from our education.

Removing what would seem like five simple days from our school calendar would actually have a great impact on classes on the Liberty campus, especially with the new A/B schedule for the 2009-10 school year. That's even less time in AP classes and fewer opportunities for teachers to prepare their students for exams, which in turn would increase the tension put on students to increase their test scores.

Whether or not this proposition will follow through has yet to be decided. Clearly, all of the effects and possible outcomes of this change must still be fully thought out before the state comes to a final conclusion on this highly disputed issue.



### Softball in the Olympics?

Los Medanos Elementary

The USA Softball Team is an excellent team and they have the potential to win every gold medal. There is just one problem; the International Olympic Committee (IOC) wants to remove softball from the Olympics. In August 2005 the IOC voted to remove this sport from the Olympic schedule at the 2012 London Games. The vote was 52 to 52, a tie with one member not voting. A vote to reinstate was defeated 47 to 43. This means softball will not play in the 2012 Olympics.

be another vote to deterone of those two spots. National Fastpitch Soft-

Next year there will mine whether or not softball will play in the 2016 Olympics. There could only be 28 sports in the Olympic schedule and the IOC has already chosen 26. Softball is one of the leading candidates to fill The softball players hope they will convince the IOC that softball should play in the 2016 Olympics. This interestingly could take place in Chicago, home of the Chicago Bandits which are the champions of Women's

### Facebook is the new Classmates.com

Maxwell Erwin

San Ramon Valley High School

Parents are officially taking over Facebook. A new Time Magazine article reports that people over the age of 30 are Facebook's fastest growing demographic. In addition, these adults are also parents, many of whom look in on their children's profiles, scouring their profile "feeds," trying to extract as much information about their children as possible. Parents do not belong on Facebook and other teenage social networks.

Facebook was a social network that opened its digital doors in 2004, as a social network for college students to connect and stay in touch. Soon after, it expanded to a public audience, but remained popular among college

and high school age teenagers. Since then, there have been many adults who have joined the site, including parents. Facebook was a website designed for teenagers to connect and share, not a place for



cyber-stalking and snooping, the way parents use the service.

In decades past, Mom and Dad didn't hang out at the malt shop, record store, or grunge concerts.

How is Facebook any different? It is a place where teenagers go to escape all their homework and problems, and connect with others their age. It is like your mother just walked into Extra Mile after

school wearing a mu-mu and hair curlers.

Parents need to stop acting like they are part of the CIA. Just because they can create a Facebook profile does not turn them into Jack Bauer. Stanford University is now running a class for parents in the area, taught by Stanford students, teaching them how to make a profile on the site. Parents think they are so smart as they swoop in and "friend request" their kids and all their friends, meanwhile teens realize for the

first time that there is an ignore button for friend requests. Mom and Dad are blocked out of their kid's page for good. Check and mate, parents.