

# *the* flash

November 2009 Volume 18 Issue 1

## **Tennis; never at home**

**The earth is your new best friend**

**Rich to poor in a matter of months**

**Dealing with temporary disability**

**Tracking the trends**



**Making adjustments in 2009**

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## Making adjustments

adjustment [uh-juhst-muh nt] (noun) - adaptation to a particular condition, position, or purpose. If there is a single word that could be used to describe high school, adjustment would be it. Everyday, students face adjustments in classes, friends, work...the list goes on and on. All areas of life are constantly changing; the only thing to do is to adjust. In just the first few months of school, classes have been cut to fit the new budget, the current economic situation is making it nearly impossible for teenagers to find jobs, and the rising cost of tuition is becoming a real issue for many soon-to-be college students. Read on to find out more about the adjustments that Rocklin students have faced.

Hailey Heikkinen

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# Cuts Cost us **ALL**

## Budget Crunch puts Major Strain on Teachers

Rocklin expands by leaps and bounds. The population grows and grows, and the school compensates by adding more classes. This year however, many classes have been eliminated due to lack of funds, which has resulted in much larger classes that both students and teachers must deal with.

The California budget crisis has arrived at our school, and it is having a deep impact on the day to day activities of many of our students and teachers.

Teachers are the hardest hit as many of them have been forced to make significant changes to the way that they teach in order to accommodate the change in class sizes.

Many teachers at Rocklin have been teaching here for years and have hammered out a successful teaching formula that only requires a little bit of tweaking each year. But now, due to the radical changes, they have to make some serious adaptations. The teachers are being forced to do things that they have never had to do before, for better or worse.

Some classes have gotten so big that they have been forced to change venues. Mr. O'Donnell's seventh period AP World History class has been forced to move to the Tech Lecture Hall because there is not enough room within his regular class-there are simply too many students.

According to Ms. Padilla, who's average class size went up from 18 students last year to 28 this year, "It is actually difficult to get through what I want to do. Everything moves a lot slower, I can only teach about 75 percent of what I want to teach."

This is a common problem with large classes, and all the teachers that have overpopulated classes agree that it will hurt the students in the long run. They will be less prepared for their future high school classes, and that could in turn cause major problems for other teachers. For instance, since Ms. Padilla can only teach 75 percent of what she normally teaches, Mr. Hurrianko will likely have problems next year since incoming sophomores will be less prepared.

Large classes require large adjustments. Ms. Padilla teaches several Advance Language Arts classes, many of them larger than last year. But she must make do with what

materials she had last year, forcing her to stretch her limited resources even more. A ten student jump in average class size is not inconsiderable, and everyone will have to deal with the fact that there is less time to go around.



Danielle Huddleston

Mr. O'Donnell's Period 7 AP World History class photo by Danielle Huddleston

For instance, one of Mr. O'Donnell's computer classes only has 33 computers for 35 students. The students are being forced to rotate for computer time, and that is a new experience for Mr. O'Donnell, who has never experienced this before. Even the students themselves will have to adjust to being unable to work at certain times.

There is also the issue of less face-time with the teacher. "When you have smaller classes, you get to know the students a lot better," said Mr. Hurrianko.

Teachers are less able to get to know individual students because the whole class has to come first. There are simply too many people; there is no way to just take the time to talk to everyone individually, to learn about them as a person. Instead, teachers have to focus only on the class as a whole, and hope that everyone is getting the most out of the lessons.

Everyone is being hurt by these cuts. Teachers have to do more with less, making their jobs much more difficult to complete. And students must deal with an education that is not quite up to par, which will make life for them much more difficult in the years to come.

By Justin Brooks, Columnist

# FEBRUARY furloughs

Schools out for winter  
February 15-19 break

Starting on February 15th, Rocklin High students will receive full week's break so that RHS teachers might be put on furlough. The teacher union had to choose between laying teachers and staff off or putting everyone on furloughs to shore up the budget deficit; they chose the latter. Obviously this allows most students to take an extra week off, but the teachers are left with less pay and a lot of time to kill.

"I will be doing nothing, catching up on TiVo" said Ms. Abby Huber.

While many teachers are left with nothing to do, others must continue on with activities like sports. Coaches must continue to come in because the sports season does not simply stop. Other schools do not have the same furloughs as us, so we must continue to practice and compete against those schools during that week.

The boys basketball team actually has a home game during the furlough week. That means that both the cheer and dance teams who perform at the game also have to practice all week in order to be ready.

Some spring sports have their first match less than two weeks after the furloughs. So tryouts, conditioning, and any other pre-season work will have to continue on during that week.

Of course, there are many other extra-curricular activities that will be affected along with sports.

"We had to move [the musical] back because of the furlough, and I can't go anywhere because I'll be doing the musical," said Ms. Meredith Hawkins.

Ms. Hawkins must continue to work because the musical cannot simply come to a stop. The school year is not designed around this break, so teachers and students must continue on with after school activities as if nothing happened.

It is no doubt an inconvenience, but on the other hand, a lot of jobs were saved by this choice. Nobody is being fired, but everyone is losing pay.

"I understand the purpose of the furloughs but it's hard to lose out on the money," said Mrs. Laura Douglas.

While teachers and staff accept it, the change will still be difficult. The year cannot actually come to a pause, so many teachers will have to continue to work, just without pay. Rocklin High as a lot of things going on in February, but we will just have to march onward.

It is a tough transition, but hopefully it will be worth it in the end.

By Justin Brooks, Columnist

"The furloughs **won't hurt or help us** because tryouts would probably be pushed back because of the rain."

**Shawn Kim, 12, boys tennis**

"It probably won't affect us at all, the people we run with are really committed and we will probably meet at eight like in the summer." **Jessica Skalet, 11, girls track**

"We'll have **a lot of free time** for practice and team activities like barbeques and sleepovers."

**Rebecca Eatough, 12, girls softball**

# Going Green

*Changing our environment to change our lives*

In 2005, 70 percent of Sacramento's days were considered to have less than "good air quality." Different organizations across America, such as the U.S. Environmental Protection Agency and The Nature Conservancy, have been trying to respond and counter the problem of pollution. However, many communities now feel that the people of America are responsible for cleaning up the air and land.

The recent spark in awareness can be credited to the rising amounts of pollution statistics. About 110 million Americans live in areas with levels of air pollutants the federal government considers to be harmful. In return, people are adjusting to a new lifestyle that uses less materials. New and old means of recycling and reusing are coming into style, affecting the community in a variety of ways.

One of the most prominent changes in the community is the making of less wasteful materials, such as plastic shopping bags. Chain stores, such as Winco, are now giving discounts on food for each reusable shopping bag the customer brings in. Other stores, such as Save-Mart, offer free reusable bags.

Others around the community also recycle aluminum cans. Recycling aluminum into something new takes only five percent of the energy it would take to make new aluminum. It is also sustainable, so it can be repeatedly recycled.

Solar panels are one of the most popular items on the market. Solar panels use silicon and other elements to create a positive charge which in turn creates energy.

"Solar panels may cost a lot, but they are a very useful source of energy. Plus, after a certain amount of usage, they pay for themselves," Jonathan Aguilar said.

Low emission vehicles and hybrid cars, are new technological advancements that are said to reduce the impact of carbon dioxide on the environment, which will limit long-term respiratory health care.

These cars run partially on gas, and partially on battery. Although there has been controversy over how efficient a hybrid really is, it only uses 90 percent of the fuel a regular car running on gasoline would consume.



Once the battery expires after 8 to 10 years, it can be properly returned to the company who sold the car. They can recycle it from there.

Although the world and the community have made many small adjustments to being more eco-friendly, there is still much to be done to emit minimal waste.

"I would like to see the U.S. accepting the Kyoto Protocol and investing more in clean, domestic energy," says Shahriyar Jahanbakhsh.

The Kyoto Protocol is a treaty that began in the 90's that encouraged countries to keep air cleaner. The U.S. is the only country that has no intention of signing.

"I think that the main problem is we continually forget about the things that are going on around us and think of the immediate things instead," Janis Chung said.

"We need to have a minimal waste lifestyle to enjoy the little things in life, that's how I see it. It shouldn't be about trying to go along with some bourgeoisie fad," Michael Leija said.

By Emily Brooks and Elisabeth Hartman, Flash Staff Writers

## Adjustments

77.5 % of students recycle bottles/cans

24.4 % of students recycle electronics

70.2 % of students would like solar panels for their home

78.5 % of students say that the state of the Earth matters

35.5 % of students recycle paper

Survey of 209 RHS students



What the **school thinks** about the environment...

“**Earth is our home**, it’s extremely important we take care of it,”  
Cody Miller, 11

“I think it’s good that people are changing their lifestyles to adapt the problematic environment.” Zach Dahla, 10

“Nothing bad is really going to happen. It’s a **scam** to make more money.” Tanner Di Bella, 9

“I think we need to protect the environment to protect ourselves.”  
Niki Silveria, 10

“We can’t place any material value on the **environment** because it’s **priceless**.” Shawn Kim, 12

# The “New” Kids

Grant & Paige Douglas adapt to a new environment



Meagan Toppings

Junior Grant Douglas warms up for a scrimmage against Fairfield.



Justin Pugh

Sophomore Paige Douglas prepares for a game against Del Oro.

Their faces were far from familiar on the first day of school, but their family has connections that date back to the beginning of Rocklin High School.

It didn't take long for the student body to realize siblings Grant and Paige Douglas were the niece and nephew of Mr. and Mrs. Douglas.

"It has been nothing but a blessing to have an aunt and uncle who work here. Without them, we probably would not have survived at all and they really watch out for us," said junior Grant Douglas with a note of appreciation in his voice.

Paige regards the family connection as a "fun experience." Although brother and sister, she and Grant are constantly together. Sometimes they are even mistaken as husband and wife because of their strong friendship, which made the move less difficult.

Grant and Paige Douglas moved from a private Christian school in the Bay Area. Although it was not the first time their family has moved, it was the first time the students moved schools and the first year in a public school.

Outside of tuition, one of the main differences between a public and private school is the number of students.

"I am very surprised of how much I have let television shows and movies impair my view of how a public school is run. I must say Hollywood is full of lies," said sophomore Paige Douglas who respects both private and public education.

Both students were quick to enroll in activities to become a part of the school. Grant continued his participation in ASB, an enrichment that he feels has made him feel

**Q: What is it like to have your niece and nephew at Rocklin?**

"It's nice having family members on campus. Surprisingly, I rarely see them. Well, I shouldn't say rarely, but less than one would think.

**Mr. Mark Douglas**

## Adjustments

the most welcomed at RHS. Paige has joined the Christian club, One, as well as the Advanced Womens' Ensemble.

Grant and Paige have both become key players on the varsity water polo teams and enjoy the athletic aspect of high school, as well as the spirit of sports. Ironically, the siblings live in Loomis, home to Rocklin's roughest rivalry, Del Oro.

Besides the fact their aunt and uncle are in the administration staff, the family decided to attend Rocklin over Del Oro because of Rocklin's academic superiority. Although Valley Christian offered a wider spectrum of AP and honors courses, the scholars still relish the challenges Rocklin classrooms provide. In fact, they are in the same AP U.S. History class.

The caliber of spirit Rocklin has is another feature Grant and Paige admire.

"My old school had almost no school spirit. I love the rallies and the spirit weeks. This school has so much spirit," said Grant who, like his sister, enjoys the dances, social events, and football games.

While the spirit excites the athletes, the two miss the spiritual aspect of Valley Christian where prayer was a daily component of every class. Of course, the brother and sister also miss their friends at their old school, but they have already befriended numerous students.

Grant and Paige look forward to the winter musical, swim season, junior prom and the other adventures of Rocklin High awaiting them.

-By Amanda Calzada, Sports Editor and Co-Web Editor

## BY THE NUMBERS

**\$16,600**

*-the average tuition of private school grades 9-12 in CA.*

**6,049,000** or **11%** of all US students attend private schools in 2009.

**33,740**

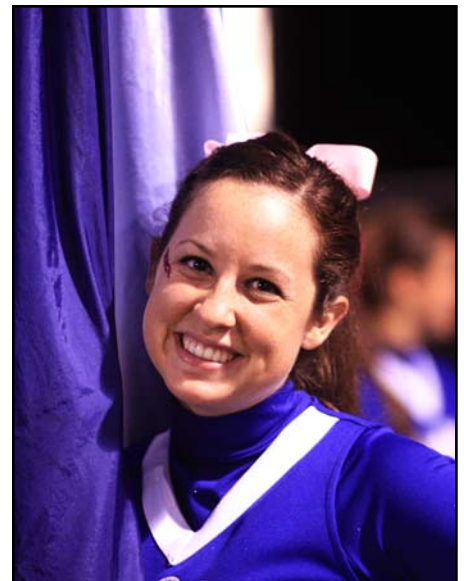
or **25%**, of all U.S. schools are private.

*(According to the Council for American Private Education).*

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# Blend to fit the trend

## FROM TOMS SHOES, TO HIGH-WAISTED SKIRTS, ROCKLIN HIGH STUDENTS KEEP UP WITH THE LATEST FASHIONS

From big hair and bright colors in the '80s to chunky shoes and baggy jeans in the '90s, trends have been forever transforming to meet the needs of the current society.

"I like to think that I keep up on trends," said sophomore Alie Onea. "Some of the trends I am currently pursuing are doo rags, parachute pants, suspenders, and, my personal favorite, drawing on your own beauty mole."

Since "trendy" has a good connotation, some feel the need to conform. Adjusting to current style, however, is so much more than simply wanting to have an acceptable outward appearance. It can be a way for some to relieve the everyday pressures and struggles of school by becoming more confident.

For those who are trend-setters, making a fashion statement is a way stand out in the crowd.

For example, Dallas Thorsteinson creates his own style. "I don't really follow trends. I skate, so I wear skate brands I guess."

Trends have been ingrained into American culture, and everything can be defined by a specific style. Every aspect of life contains some sort of trend. Time periods like the '80s are defined by their unique fashion, and different social groups follow this same pattern.

Though it sometimes may seem as if everyone is dressing the same and society lacks individuality, trends often differ between groups of students and this creates fashion diversity throughout the school.

"I look to the bands that I listen to for trends, or just random stuff I see that I like," said Miranda Sinclair about her way of separating from the rest.

Jen Davis contributes to this "fashion diversity" by finding inspiration through celebrities such as, Mary Kate Olsen, Rachel Zoe, and Taylor Momsen, and Nylon Magazine."

So whether or not people follow the trends, why is it so important to keep up on them? It could be the need to fit in or a chance to stand out. However, the only thing constant in trends is that they are always changing. Fashion from the 80s, such as brightly colored pants, zippered ankle boots, and converse sneakers, are back in style right now.

"There has been a comeback of leggings with long shirts, studs, and boots," said Jen Davis.

Other trends have been lost through the decades. "Definitely flare jeans, gauchos, or those flare-bottom sweats," have been left behind, said Janis Chung.

Today's society may be remembered by comfy jeans and Ugg boots, but what exactly is Rocklin High School known for?

"I see lots of girls using purse-like bags for backpacks instead of backpacks," said Neil Brinckerhoff.

Similarly, Ally Corsetti sees in Rocklin High School, "Bags, Uggs, cardigans, and dresses. Also belts with shirts and dresses."

Janis Chung added that she notices, "Trends are definitely gladiator shoes and boots, and bug belts, bold patterns (plaid), skinny jeans, and scarves, and big shirts, boyfriend style clothes."

Even if it is not the high-fashion trend, everyone has a



Jen Davis on a typical day of school.

## Adjustments

“Huh? Tom? Who’s Tom?”

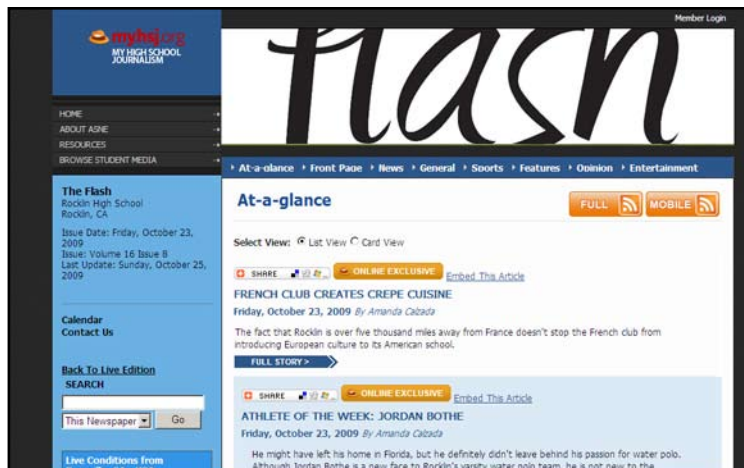
specific style. Fads are constantly changing, to adapt to the seasons or to emulate Hollywood stars. From students who are happy in their spirit wear, to individuals who keep up with latest craze, Rocklin High School is continuously adjusting to new trends, creating a unique school style.

As Heidi Klum says, “With fashion: one day you are in and the next you are out.”

By Danielle Huddleston, Flash Staff Writer



Toms shoes are becoming a growing trend in Rocklin



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Rocklin High School

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Next semester, look for daily story updates.

# Charity shoes

THROUGH THE YEARS, TRENDS HAVE BOTH CHANGED AND STAYED CONSTANT. BRIGHT COLORS FROM THE '80'S AND FLANNEL SHIRTS FROM THE '90'S ARE BECOMING POPULAR AGAIN. EVEN THE INFAMOUS JELLIES ARE BACK IN STORES. ONE OF THE TRENDS THAT IS CURRENTLY BECOMING VERY POPULAR AT ROCKLIN HIGH SCHOOL ARE TOMS SHOES. THE MISSION OF TOMS SHOES TO PROVIDE UNDERPRIVILEGED CHILDREN WITH SHOES. EACH PAIR PURCHASED

“I love them. It feels great to help underprivileged children.”

Hayley MacKanin, 10

“I have a pair of Toms, I only wear them around the house though.”

Dallas Thorsteinsson, 10

“They remind me of Chinese foot binding, I don’t like Chinese foot binding.”

Natalie Pinna, 10

“Huh? Tom? Who’s Tom?”

Pete Oxenham, 9

“Wearing Toms saves a life.”

Nathan Clowdus, 10

“Toms look cool and comfortable. And I’m down with helping kids.”

Chad Wszolek, 12

"I just hope this stressful recession will be over soon."

# Teens affected by the economy

### Teens struggle to keep their wallets full

These past years have hit teens hard because of the economy. Teens are struggling with it everyday. Since parents are losing their money they cannot give their children extra cash, pressuring kids to look for jobs.

It is especially challenging for teens to get jobs these days because there are few job opportunities available. Because of this, teens don't have money to do the activities that they want to such as bowling or movies with friends because it is too expensive.

"I used to go clothes shopping before school starts, but this year I had to cut back a lot," says Rebecca Tay-

lor.

Teens are cutting back by not shopping at expensive clothing places or eating out. It is nerve-racking dealing with a lack of money because it is less for college, which means teens are living at home longer and going to community colleges.

Nearly six in ten teenagers are worried that the country's economic problems may hurt their own families. Though the economy is in a crisis, teens still find ways to have fun, earn money, and shop better. Teens can have fun in a cheaper way by simply using coupons, walking instead of driving, or not eating out.

"Instead of going to The Pizza Place or Sierra Roasting on flex days, we all had to go to someone's house or just go home because we don't have enough money to buy food or drinks" Reena Pal.

Without having a job teens can do work by doing yard work for neighbors or babysitting to earning a few extra bucks.

Lastly, shopping wisely can save a lot of money. Not shopping at the stores where jeans are \$80 and instead shopping at thrift stores can help greatly. Even teens with jobs can struggle too.

By Krista Ferge, Flash Staff Writer

## Experiencing work, job seeking hard

Mrs. Mary Jo Edmundson teaches work experience 5th period and helps students learn about the work world.



**Q:** Have your students had a hard time finding jobs?

**A:** Yes they have. Spoke yesterday (10/26) about unemployment and it turns out that an average of 3 percent of students in my classes are unemployed. Nobody is complaining about being laid off though. Did have five out of 43 people in my class get jobs. Students that are complaining are mostly those that are unemployed. There have been a few that got jobs, so those that don't, "Be more aggressive!"

**Q:** How has the economy changed your class?

**A:** It hasn't changed my class curriculum this semester. Next semester when I talk about taxes, banking, etc, I will be incorporating more of the current crisis into what I teach about those subjects.

**Q:** Will the class change in the future?

**A:** Yes, I have proposed "Exploratory." With that class I can divide people up to those that have jobs and those that don't but want work experience for the future. I could set the latter up with internships and shadowing the people whose professions they like. Right now, I teach the same thing to both types of students in my class but I would like to address both needs differently in my class. Prepares you for college and entire work experience, since that is what you will be doing for most of your life. With new class, you can make sure through internships, etc, if that is the job you want to be doing for the rest of your life.

By Atrin Toussi, Tonitrus Staff Writer

## Survey Says

**33%** of teens said there seems to be fewer jobs available.

**18%** said they have lost a job as a result of the economy.

**77%** said that their parents are talking about the economy more than they used to.

**49%** said their parents had discussed family finances with them as a result of the economy.

**15%** said they have reduced extracurricular activities because of the economy.

50 teens surveyed

# Teens face **shrinking** job market

The tough economy is forcing teenagers to adjust to unemployment.

These days 'help wanted' signs are few and far between.

"Teen employment is on the decline," said Mrs. Cutts from the College and Career Center, "We have had a definite decrease in the number of work permit applications in the past year."

In September, the unemployment rate for 16 to 19-year-olds hit 25.9 percent; This is the highest teen unemployment rate since the end of World War II.

Even under normal economic conditions, teenagers have trouble finding work. When the recession began in December 2007, the unemployment rate for teens was 16.9 percent. This rate has seen a dramatic increase due to the economic downturn, which has magnified the disadvantages of teens in the workforce.

"I've applied to so many places! It's impossible to find a job nowadays," said RHS senior Alyssa DiPippo. "But I've had a lot more free time lately since I've been unemployed."

DiPippo is not alone; due to the recession and its resulting job slump, many teenagers are finding that they have extra time on their hands. Rather than spending their free time simply sulking about not being able to find a job, teens are adjusting to the situation, and making the most of their downtime.

Some students are applying for internships, which teach valuable work skills and experience. Younger generations need to develop these skills in order to be successful in the labor market in the future. Senior Jacob Moore is preparing himself for the future by applying to an internship at Rocklin Dental.

"Since I'm interested in going into dentistry, I wanted some hands-on experience to see if I would enjoy it or not," said Moore.

Another way that teens are occupying their time is by volunteering. A recent trend is that employers who used to hire teenagers, like the City of Rocklin, are now asking for volunteers. This, in combination with the fact that the economic crisis is making teens more aware of the

needs of others, means students are likely to devote more of their time to doing community service.

Also, many teenagers that are not having any luck finding a job are focusing their energy on school instead. This is the case with RHS junior Alexis Brucell, who has applied to work at five different places and has yet to get so much as an interview.

"I guess I'm just going to keep applying for jobs until something comes along, said Brucell, "but for now I'm focusing on getting my grades up."

It is clear that teenagers are feeling the heat of the recession, but many are asking, "where have all the jobs gone?"

The kind of minimum wage jobs that have traditionally gone to teens are now going to older workers. Adults who have been laid off or have had their

401k's depleted, as well as cash-strapped retirees, are desperate for work.

Teens don't stand a chance when competing with more experienced workers in the job market. With over 15 million Americans out of work, employers are more likely to hire more qualified adults that have families to feed.

The struggle to find work may be discouraging for young workers, but future teen employment prospects may be looking up. The government is funding a 1.2 billion dollar effort to rescue the youth job market. This money is going to state workforce agencies and is intended to help 14 to 24-year-olds by creating more jobs and reducing the competition for work.

However, according to California Representative George Miller, "Until the economy as a whole turns around, younger workers will continue to be hit the hardest."

Though they are finding ways to adjust to living in a time of economic trouble, teens are remaining hopeful that the economy will recover in the near future.

Crossing her fingers, Brucell says, "I just hope this stressful recession will be over soon."

By Alie Onea, Flash Staff Writer



"Know that rain that's outside? I can't run in it. Mega bummsers."

# Because I'M JESS DIVINE

## How "That Chick" got into the wheelchair for a month

"I make the best peanut butter and jelly sandwich, because I'M JESS DIVINE!"

Yes, you are Jess Divine--and now you're crippled.

It's a good story really, the incident that put senior student Jess Divine into an arm and leg cast. It was a few weeks ago, "on a crisp Tuesday evening," as she is apt to describe it, that Jess decided to take me to her special roof -- solitude, a view, the works. Problem is, to get onto the roof requires an unladylike amount of testosterone and a complete obliviousness to the rules of gravity.

"Ashley look, you just put your hands here, swing from the lamp, and your foot lands on the ladder!"

Yeah right. No way was a lamp fixed lazily to a wall going to hold my 140 pounds and not send me crashing 15 feet onto concrete. That lamp was going to give in the minute I put my weight on it.

"How do you feel about your situation," asked Dominique, in an interview.

"It should've been her!" responded Miss Divine, pointing to me.

Jess decided she would swing on the lamp to prove that it wouldn't fall. Lo and behold, the lamp fixture snaps and down she goes, with nothing more than a "guaeruabalealwgiwa" of a noise.

"You okay?" I shouted down.

"Yup," she said.

I listened for moans, groans, whining and tears -- but nothing. Having shown adequate concern for her well-being, I felt satisfied in being able to say, "I TOLD you so!"



And that's how the girl you see in the wheelchair with the red leg and arm cast got to be the way she is. No longer must you gawk and ponder as to how it happened.

"Have people been treating you differently because of your injury?" asked Dominique.

"Not really... just making fun of me with a what-the-heck-did-you-do attitude."

"How has your social life temporarily been impacted?"

"Know that rain that's outside? I can't run in it. Mega bummsers."

"What's the worst part about the experience?"

"Ashley making fun of me."

Hey now -- I simply have amazing instincts that kept me from being stupid. Although on the flip side, Jess gets to mock me for being a wimp.

"Are there any benefits from the experience?"

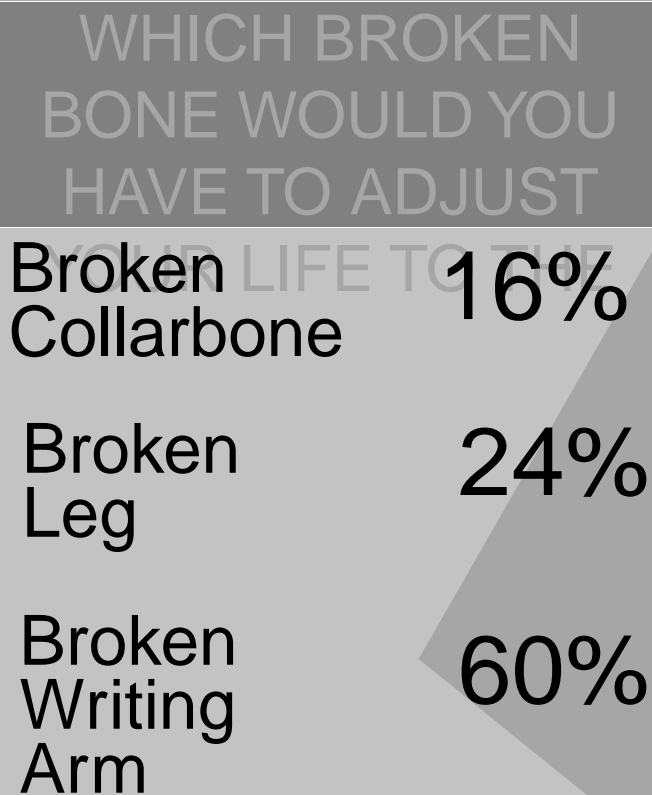
"It's going to teach me to be a lot more careful in the future."

Psych! Jess has already confirmed she will return to conquer the roof. Hopefully next time she will not have to adjust her life in such a drastic way.

By Ashley Johnson, Columnist

## Adjustments

"To break my writing arm would definitely be the worst"

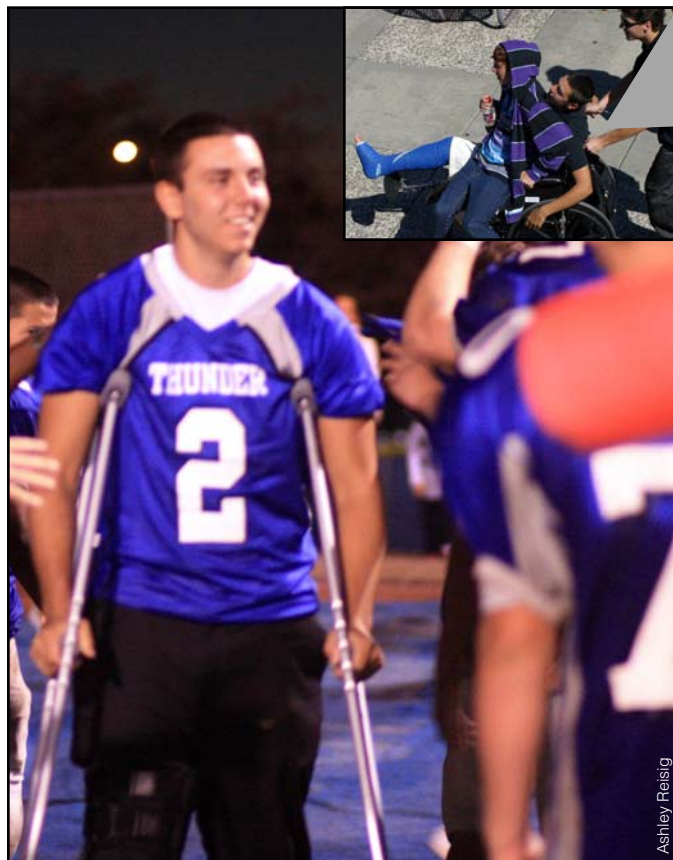


50 students surveyed 10.09

In a poll of 50 random Rocklin High students to see which broken bone would need the most life adjustments.

*"To break my writing arm would definitely be the worst. Basically your entire school day has to be adjusted to you not being able to write." -Justin Brooks, 12*

*"With a broken arm, regardless if it's the writing one or not, would need the most adjustment. At work you can always sit and do paperwork with a broken leg, but with a broken arm you not only can't do the regular work like making sandwiches like I do, but you also can't do your normal daily routine without a major adjustment." -Justin Peterson, 12*



Junior Ryan Payne, now and as a freshman (above)

## PAYNE ON PAIN

How Ryan Payne injured his leg... again

Q: So how did this happen?

A: I was doing my setup steps and I twisted my knee, my doctor said I tore my MCL.

Q: How long are you out for?

A: I get the brace off in two weeks, but I can't play football for another four months.

Q: Is this the first time an injury like this has happened to you?

A: No, during freshman year, I broke my right tibia, and I couldn't play for that season, either.

Q: What's the most annoying thing that has come about from this accident?

A: People saying that "I did it again." I didn't break a bone like I did freshman year.

Q: Do you think it will affect your applying to colleges since you aren't able to play this season?

A: No, I still have senior year to look forward to.

Ashley Reisig

# *Troubling Tuition* *Troubling Times*

## COLLEGE BOUND STUDENTS ADJUST TO **THE RECESSION**

"I really want to go to Harvard, but it's probably going to be really hard to get into," says freshman Paige Burre. It's her first year in high school and she is already worried about her future education. Today, it's harder than ever to be accepted into these big-name universities due to the growing competition of students aiming for a higher education and colleges persisting in raising their standards.

In order to successfully accomplish these goals, high school students must plan ahead, work hard, take the right classes and be involved in some form of leadership and community service. Most importantly, students must be persistent and not give up, especially in this economic downturn.

According to the New York Times, top colleges and universities have received a considerable increase in applicants from last year despite the economic downfall. Students are recognizing the benefits of being a college graduate, and the number of students applying for colleges and universities this year are at a staggering high. However, this promotes a decrease in acceptance rates. Universities like Brown, Columbia, Yale and Stanford have all experienced increased number of applicants from last year by 21 percent, 13 percent, 14 percent, and 20 percent respectively. Harvard University, itself, received over 29,000 applicants this year, but will only accept seven percent.

Colleges are trying to recover from their losses in the stock market by raising tuitions, laying off employees, reducing services, cutting back or possibly eliminating sports, stopping projects, and not hiring. For students, they should be expecting smaller scholarships and a scarcity in accessible student loans and merit aid, as well as paying a higher tuition for fewer class choices, larger class sizes, and fewer services. According to reports from the College Board, this year's student tuition and fees may be over \$1000 dollars more than last year.

For these reasons, both colleges and students feel the anxiety of the application process. While students worry about being accepted, colleges concern themselves with receiving too many applicants or not enough.

"The UCs and CSUs have reduced their enrollments, and are changing the ways they are accepting students," says Cindy Cutts from RHS' College and Career Center. So what about those high

What colleges are RHS seniors applying to this year?

**35%** **Sierra College**

**28%** **CSU**

**21%** **Other**

**8%** **UC**

**8%** **Undecided**

Survey of 100 RHS seniors

## Adjustments

"My parents will barely pay for my tuition."

goals students dreamed up of since freshmen year?

They are still accessible, no doubt, but the stress of affording sending high school students to college now rely on the parents. If student's parents are able to afford paying the full bill - over \$20,000 a year for local public universities and over \$40,000 a year for privates schools - those students will have a greater chance of being accepted. However, if families affected by the recession need financial aid and can only afford cheaper tuition schools, chances of being accepted are much lower. Lower-cost public universities are being so overwhelmed with applications, they stop accepting applicants earlier than in previous years, so students are stressed "to apply before November 30," says Cutts.

However, student's futures do not have to rely on their family's incomes. Cutts says that all students should focus on working hard in school to obtain a "strong GPA, taking the SAT and ACT seriously to improve test scores, and getting involved with leadership and community service." Since chances of receiving sport scholarships are meager, this way allows students to qualify for academic scholarships.

RHS senior, Carly Getz, finds herself in this same situation.

"Personally, I never thought tuition would be a problem for me until my Dad's job was effected by the recession, and now I'm having to base where I go off of tuition, which

cancel out some of my top schools, like Pepperdine," says Getz. "But I do know scholarships are out there for people like me so it takes off a bit of the stress." With \$143 billion in financial aid available, students are encouraged take this route for financial support. Finding a job is another option for adjusting to this year's increased college expenses.

"I'll just be working part time, but I'm going to need the extra money since my parents will barely pay for my tuition," says Getz. In some more extreme cases, there are students who take five to six years in order to meet their four-year requirement, so they can drop college for months at a time in order to devote time to working in order to be able to afford the cost.

This economic down turn should not discourage students from wanting to attend college. Students need understand that by graduating from college, they are subject to bigger paychecks and open to more job opportunities. They can take away the experience of learning about responsibility and independence by living away from parents and fending for one's self. The effects of the poor economy are short term. It will, eventually, improve. But the decision of attending a college or university will make lasting impact and will have long term effects on a student's life. The economy is what it is.

It is just going to take some adjusting to.

By Natalie Pinna, Flash Staff Writer



The College and Career Center hosts BYU representative.

# Cracks on the Court

Girls tennis team adjusts to playing on Whitney's court



### The Rocklin girls' tennis team

gathers for its game against a rival, racing, lobbing, serving.

Something about the atmosphere is distinctly different this year, however—instead of being surrounded by the traditional blues and greens of the Rocklin court, the scarlet hue of an unblemished court is a part of their newest environment.

Due to the unmanageable cracks in the Rocklin High tennis courts, Rocklin Tennis has been forced to relocate and they are now playing home games on Whitney High's turf.

Not only are these cracks dangerous, they can also render the game unfair. Tennis Captain Isabel Lopez says, "If it's a really important game against Del Oro or Granite Bay [our biggest rivals], the ball could hit the crack at match point and cost us the point." These cracks have always been a problem, says Lopez, but they have yet to be fixed.

The biggest difference between the Whitney and Rocklin courts is the area allotted for spectators—at Rocklin there is much more shade than the space around the Whitney courts, which is essentially devoid of trees. "At Rocklin you could see into the courts, whereas at Whitney you are staring into the sun," adds Coach Dale Eckenburg.

The bleachers are the only place to sit so the players tend to remain there instead of splitting up and cheering like they would have on the Rocklin courts.

While Rocklin still practices on their own courts, it isn't

a fair process—the JV team is routinely given the two courts in the worst condition to practice on, says Captain Jessey Clarke.

It has been tough to adjust to the new courts but Lopez embodies her team's determined pursuit of victory, "We do what we need to do. We accept the fact that our courts are not in playing condition."

Once the hassle of getting to the games has been overcome, the Rocklin team is, in essence, still the Rocklin team. These girls are the same people who have been practicing with each other for years and have become a sort of family, no matter the court.

Team bonding dinners are still a common practice for the tennis team, as well as the annual varsity trip (in a year of changes this year's destination was Lake Tahoe instead of the usual trip to Cal Poly in San Luis Obispo). "These events help to keep the team feeling more connected than ever... this year's trip was even better than San Luis Obispo in previous years," says Lopez.

After coping with the change of scenery it is obvious that the tennis team is more unified than ever—"We've been winning more, we're doing better as a team... it's disappointing but that's more important."

With a 5-1 League record the season has gotten off to a fast start, losing only to one of the best teams in the league, Granite Bay. Both Eckenburg and Lopez are expecting at least one great thing out of this season—playoffs. If the team can express the same resilience and dedication that they have shown so far this season, a league win may be in the cards.

By Alicia French, Copy Editor

## NO SMALL CHANGE



1

**1** “There is more team unity, and love for the game. We are really in it to win, the coaches have gotten us to a place where they expect us to win, and we expect to win as well. Overall, our defense has stepped up and our offense is productive.”

Jackson Cummings, varsity football

**2** “The team is more energetic, the vast majority are freshmen and sophomores. The skill has exponentially grown since last year, and the team gets along better. Our team weaves together like the strands of a wicker basket.”

David Cummings, varsity cross country



2

Danielle Huddleston



4

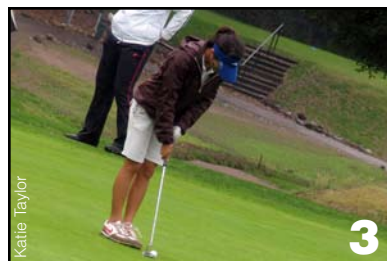
Carson Wittwer

**3** “This year we have a new coach. I am excited to play for the section championship.”

Abby Louie, varsity girls golf

**4** “It is my first year playing for Rocklin, and we are pretty close because there is no fighting on the team. I have enjoyed it, and I feel like I have gotten better. We were undefeated, but then we lost one game. But we still have a good record.”

Francisco Arreola, JV boys soccer

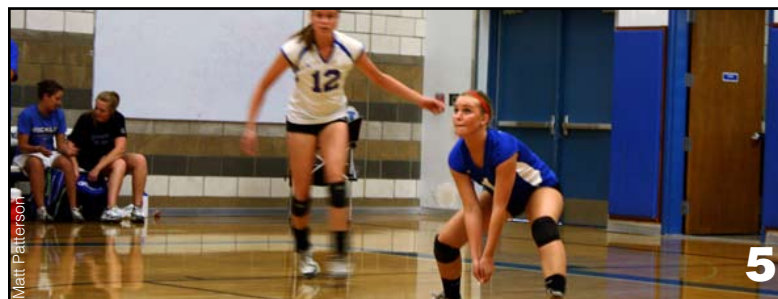


3

Kaite Taylor

**5** “We are closer as a team this year. We are more well-rounded, no [one] dominating player, and because of this we are a stronger team.”

Allison Judd, varsity girls volleyball



5

Matt Patterson

## Editors' Element

### *ff* FLASH FASHION

As we settle into the school year, it is time to part with our beloved gladiator sandals, shorts, and summer dresses, but that doesn't mean there won't be plenty of new trends to experiment with this fall.

Just ask junior Jen Davis, a member of Nordstrom's BP fashion board, who says, "With summer clothes there isn't much to do, but with fall you can layer. I'm obsessed, so obsessed with fall fashion" she proclaims with anticipation.

If you're not feeling the same excitement, you will be once you experience the effortless street style that is taking over as the latest go-to look. The upcoming season is sure to be filled with lots of layering, taking inspirations from the city streets and having a chic urban vibe.

Senior Alexis Melnikov, a student in ROP Fashion Merchandising, notices that the trend she's been seeing the most is, "The classic leather jacket, and lots of leggings." As distressed denim makes an appearance, Jen says the versatility of leggings makes them the best replacement for jeans. "The perfect pair of jeans are hard to find. With leggings they fit everyone and you can wear them with everything."

Not only are leggings remaining a staple in every girl's closet, but plaid or "nineties grunge" is making its way back into the realm of fashion. But if a fashion flashback is not what you're looking for this season, you should stock up on tights, cardigans, oversized sweaters, fitted jackets, blazers, boots, and plenty of scarves to complete a fall look that is uniquely yours.

When envisioning what to wear all you have to do is think of Jen's description of the coming season. "The look is very New York City, or like something someone sitting in a café in San Francisco would wear." While this style may be the latest "trend," it is really a look that is up to the individual.

Hunting through vintage and second hand stores is not only an adventure that helps you save money, but it will create a look that is eclectic and won't be seen twice. Don't let the dreary weather stick you in a rut filled with sweatshirts, jeans and Uggs. Go out and explore to find hidden gems that will create a street style that is fashion forward, yet all your own.

By Melanie Ronten, Fashion Columnist

### *fh* FLASH HEALTH

Life is one big series of adjustments. Health is one of many areas that often promotes changes to lifestyles. Whether the adjustments are forced or voluntary, health encompasses all that life is. When healthy, people have more energy, feel happier, and enjoy a better quality of life. Most of us can agree that being healthy and happy sounds great, so what are some basic adjustments we can make to promote this? Here are five simple tips:

1. Drink more water: Water is the best way to keep your body hydrated. Not only that, but replacing other beverages (e.g. soda) can cut down on additional carbs, sugars, and calories.

2. Eat a well-balanced diet: How can you expect your body to function well when you don't give it all it needs? It is extremely important that you eat a well balanced, varied diet that incorporates all essential food groups. Good fuel for your body results in good function, whereas bad fuel (e.g. junk food) does the opposite.

3. Eat in moderation: Most foods are not bad by themselves, often times it comes down to the amount of food being consumed. America is a culture full of overindulgence, and many times people are unsure when to stop. By not eating too much you avoid the guilt, excess calories, and excess fat associated with overeating.

4. Exercise: It's the simplest way to burn off all of those extra calories which will keep your body in top condition for function. Don't cut corners. Also, exercise releases endorphins that naturally make you feel happy.

5. Eat mashed cauliflower instead of mashed potatoes: A well-known example of people making health adjustments is the reality T.V. show "The Biggest Loser." Before commercials, one of the two trainers gives a tip on how to make adjustments to be healthier from home. A few weeks ago I was watching the show and one of the trainers suggested this as a way to reduce carbohydrate intake without changing much of the flavor. I wanted to see if it really worked, so I tried it on my dad. He said that they tasted "different," and maybe he shouldn't have added salt and pepper. The concept of modifying foods can be applied by selecting lower fat, lower calorie options.

Changes are everywhere and small adjustments can lead to a healthier, happier, better quality of life.

By Victoria Clark, Managing Editor

### *fw* FLASH WORLD

Sophomores Ji Hye Ju and Caecilia Kim are used to saying “an nyung,” but they are using “hi” a lot more now that they go to Rocklin High.

On August 25, 2008, Ju’s family left their home in Korea and arrived to their new home in the United States, 6,543 miles from Korea. Eight months later, they moved to California. Kim also moved from Korea and stepped into the U.S. for the first time more recently, on July 9, 2009. Now both girls are approaching the end of their first semester at Rocklin High.

“When I first came to the U.S. I was a little bit nervous and a little bit excited,” said Ju.

“On the first school day I wasn’t excited, and I miss my friends in Korea,” said Kim.

Both families decided to move to the U.S. so that Ju, Kim, and their brothers and sisters could receive a better education. After graduating high school, Ju and Kim both plan to attend a UC.

The irony is that although they moved to the U.S. for the education, RHS seems like a bit of a breeze compared to their old high schools.

In Korea, school is from 7 a.m. to 10 p.m. (11 p.m. for seniors). Many schools allow students to go home after 4 p.m. or 6 p.m. on independent study, which students use for doing homework and preparing for the SAT. The school week alternates between Monday through Friday and Monday through Saturday every other week. Even though the school day is longer, there are five breaks plus an hour lunch.

In Korea, Ju took 14 subjects and Kim took 13. Ju had six classes a day, and Kim had eight. Both Kim and Ju agree that the school day felt really long, but that “Korean school is more fun because you are with your friends all the time.”

“It’s easier to make friends at school because you stay in the same classroom, and the teacher comes to your class, so you are always with the same people,” said Kim.

Although their schedules are not as hectic, Ju and Kim face challenges each day by attending Rocklin High. Although both have been learning English since elementary school, where they “learned about simple things like the alphabet and animals,” when asked what one of the challenges about living in the U.S. is, Kim said “I can’t make many friends because of the language barrier.”

Even though an RHS school day is less than half that of Korea, suddenly being immersed in American culture

can make the shorter school days feel longer. After all, there are many other aspects of America to adjust to beyond saying “hello.”

By Karin Oxenham, Web Editor

### *fc* FLASH CULINARY

Every few weeks or so, the class of Calculus BC students decide on having a “food day”, to serve as a little treat for their hard work. It is particularly to feast on cookies that the students voluntarily bring on the last class of the week(Thursday or Friday). It was then deemed the name “Calculus Cookie Thursday/Friday” (CCT/CCF for short).

Even though most students would praise this fortunate day because of their love of gluttonous sweets, Shannon Kern knew that she would not want to eat any of the treats because she is a vegan. A vegan is a vegetarian who omits all animal products from their diet.

Therefore, she chose to bake vegan cupcakes, a dessert that she did not have to worry about what she was eating.

“I wanted something vegan to eat, and I knew that no one else would bring it [for CCT],” says Kern.

Prep time is about ten minutes, and bakes for 15 to 20 minutes.

1 tablespoon apple cider vinegar  
1 1/2 cups almond milk  
2 cups all-purpose flour  
1 cup white sugar  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup coconut oil, warmed until liquid  
1 1/4 teaspoons vanilla extract

Baking cupcakes “made me realize how bad of a cook I am,” said Kern.

By Lauren Sotir, Co-Web Editor

# My Life Sucks

“Last night, while on my way to this event at a house I’d never been to before in Loomis, my light went on saying I was running super low on gas. The exit I had to take had no gas stations in sight, so I kept driving to the house on these dark Loomis streets, far from any civilization. After the event was over, I came out to my car only to find that I had left my map light on.”

***“My best friend and I showed up to school wearing the exact same shoes. Turns out we got them at different stores, but I paid twice as much.”***

“Last year I was bringing 9 crock pots full of spaghetti to the asb kudos day. While I was driving one of them fell and as I turned to look at it, there was a bend in a road. I drove over a small tree, had the mirror pop off, crashed into my neighbors yard, and ruined that right side of my car. I still had to bring the spaghetti to school on time and both parents were out of town so I called my neighbor to help transport the food. Now my insurance is up and I have to pay for a lot of it every month...just because of a crock pot of spaghetti.”

## Adjustments

**“I decided to impress this girl so I went to her track meet. When she saw I had made an effort to come, it turns out she could have cared less and ignored me. I could have been spending time with my dad then when he had his brain surgery in the hospital. I haven’t talked to her since then. ”**

“I was giving a presentation in class the day we had a sub. In the middle of my presentation, another sub walked across the classroom. Not wanting to be seen on his way back and cause another interruption, he got onto his hands and knees and crawled across the carpet to the door. My sub interjected my speech and said ‘All I need is my whip!’ The whole class burst into irrepressible laughter. It’s all recorded on video for my actual teacher to see.”

**“I was unofficially official with this guy for about a year and I found out that he had been talking to two other girls, one of which was my brother’s ex and one of my best friends. I got over it and starting talking to a new guy and he told me that he was still in love with his ex.”**

“Today, I was out driving. I was waiting at a light when I saw one of my friends in her car out driving. I pulled one of those mock-hideous face at her, and she responded with one as well. As she got a green and drove by, I realized, it wasn’t actually my friend, but rather my elderly next-door neighbor, who drives the same model and color car, has the same hairstyle and hair, and was wearing sun glasses similar to the ones my friend wears. ”

# Students of the Week

sponsored by your Associated Student Body government

## ***RHS VAPA Students of the Week:***

April Barnhart, Susan Clegg,  
Anita Kim, Kaylee Takigawa,  
Mallory Teresa, Chaiz Tuimoloau

## ***RHS Athletes of the Week:***

Stephanie Studen - Girls Tennis  
Grant Douglas - Boys Water Polo  
Heidi Greenwood - Girls Cross Country  
Cameron Powell - Boys Soccer  
Stacy McTaggart - Girls Water Polo  
Chris Clowdus - Football

## ***Coming soon @RHS:***

Winter Jig: 11/10/2009  
Winter Dance Show: 12/3 & 12/4/2009  
Runaway Week: 1/19 - 1/22/2010  
Winter Musical: 2/3, 2/4, 2/5, 2/9, 2/11, 2/12/2010



# flash

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Rocklin High School

5301 Victory Lane

Rocklin, CA 95765

916-632-7498

<http://rhs.rocklin.k12.ca.us/>