



ELECTIONS ARE SOMETHING FOR EVERYONE

by Michelle Lavner
and Sharon Kim
Staff Writers

On September 14th, 2007, seventeen eager candidates anxiously waited in the La Canada High School auditorium. They were running for Assistant Activities Director, Activities Director, Secretary, Vice President, or President of the 7/8 student body.

This day, whether shiny, gleaming, or gray, you will have to desire your strong leader. Although, possibly 25% of the competition goes to the hard work of the candidates. 75% of the results follow the rest of the student body's variety of selections. So after this is done, what's next? Well, at SSR you then got a ballet and you voted! But before we tell you what happens next, let's give you a brief view of what actually happened when we finished voting. First up, the human microwave, Sierra Katow, electrified the audience with her humor. She was then chosen as the honorary roll of President. Arland Whitfield was next, running for Treasurer; he entertained the crowd with his music before his speech. Next, Christine Mun won the place of Vice President with her amusing and entertaining skit with her 4 friends. Minjoo Kim softened the crowd with a factual and agreeable speech. She was granted the job of secretary.

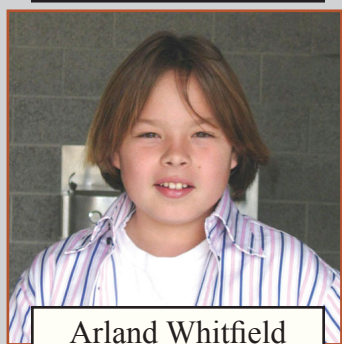
After, Jenna Green as Activities Director expressed her wonderful enthusiasm through her "greenness". Last but not least, Amy Young as Assistant Activities Director articulated and convinced the crowd with a stunning and gratifying speech. Overall, although losing is all part of the risk, game and "investment," all of the candidates such as Sharon Kim, Kevork Kurdoghlian, Jean Wang, Elizabeth Whitfield, and Sam Whitefield took the effort to actually make a speech in front of the crowd. We believe that everyone is a winner! Congratulations to all!



Sierra Katow
ASB President



Christine Mun
ASB Vice President



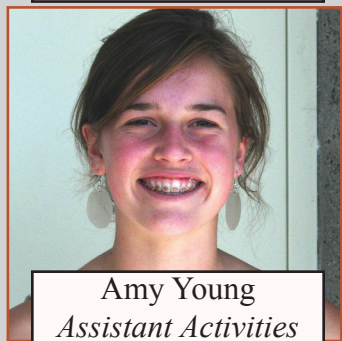
Arland Whitfield
ASB Treasurer




Minjoo Kim
ASB Secretary



Jenna Green
Activities Director



Amy Young
Assistant Activities Director

 Find the Kissel Head 5 more times throughout the paper to receive a prize... You need to circle the faces and turn in your issue to room 310 during lunch on the 1st day only.

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Magazine Drive

by Eledy Vargas
Staff Writer

An ipod pillow, a weepul, a mega weepul, a soda machine, gift cards to In 'n' Out or Juice it up, a ride in a limo, or celebrity for a DAY! How exciting can our biggest fundraiser of the year get? The Magazine Drive drove by again at La Canada 7/8 once more. Our hosts, "Mr. Greene", made the crowd cheer, laugh, and surprise us with his amazing juggle while eating an apple trick. The Magazine Drive is La Canada 7/8's biggest fundraiser, helping our school buy new supplies and food. Each student is to sell as many magazines as they can not only to help their school, but to win amazing prizes. 1 magazine is a cute plush weepul, 3 sales is a wallet with a gift card, 6 sales is movie tickets to the UA Theater, 9 sales is a Mega Weepul, 12 sales gets you the Ipod pillow, 18 sales gets you an ANYTIME ticket to magic mountain. 25 sales gives you a fantastic limo ride to the Dine- N- dance, and the highest seller gets to be celebrity for the day with a spot in the Turkey Bowl!

Our celebrity is Kyle Herron! Congrats to the big winner! And our SSR class winners are Mrs. Salardino and Mrs. Miller. Congrats to the classes, and I hope you enjoyed your pizza party! You can still order magazines at www.qsp.com!

SCHOOL NEWS

STATUES IN THE COLD

by Eledy Vargas
Staff Writer

Have you ever noticed whenever you go to a different country, you always see the same stoned statues? But, have you ever see live human statues? On September 21st, Mrs. Baldwin's 8th grade students and Mr. Monhey's Senior A.P. students were on LCHS campus posing a scene of attitudes. "Our activity was called "Statues and Attitudes"," says Eighth grade English teacher, Leslie Baldwin, "It's a response to a short story that my second period read, "The End of the Game".

The students posed different types of scenes with different attitudes. Such as: Sydney Zarate posing as a Pirate, Alice McConnell as a teacher making a student catch runaway mice, Austin Lee and Melany Bittner as a mother reading a nighttime story to a child, and Karen Wong and Emily Kent in a food fight. "I felt really good about myself, and I accomplished it," says eighth grader Austin Lee, "What would I do without Melany? We were the best!"

Not only did the students have to pose for 40 minutes, they had to pose in the cold. Plus, they were very sore and tired. "I was so cold, and my muscles were so sore! Now, I can't even move my fingers!" says Zane Bodmer, who was posing the scene of Guitar Hero with Jessica Kim. Once the 40 minutes were over, the students were relieved. Noah Duncan said that even though he felt tired, he felt confident that he was going to stay still for 40 minutes. What would you have posed?



8th grader Sydney Zarate (back) and Senior Rebecca Miller make great swashbucklers

UNDER "THE OAKS"

by Hansen Peck
and Ben Mares
Staff Writers

On September 18, 2007 the 7/8 BBQ Under "The Oaks" took place. There were many new 7th graders and many returning 8th graders and teachers. Under The Oaks was a gathering for students and parents to meet their teachers for the new school year. At the BBQ there were many games played. One of the favorite games played was "Are You Smarter Than A 7th Grader." The teachers came out strong but they couldn't stand up to the power of the 7th graders. The teachers wouldn't go down without a fight. The other games played were the hula hoop contest and the potato sack race. Also, some played a game of football. Overall, the Under "The Oaks" picnic was a nice gathering for all of us. Hopefully this will take place next year and have the same great show up! So where did the name Under "The Oaks" come from. When they first had Under "The Oaks" it was in the courtyard, really under some oak trees. Under "The Oaks" was later moved to the Oak Grove Field for space reasons.



(Left to Right) Stephen Yim, Mark Kilaghibian, Harrison Zuk, J.C. Cooper, and Avery Shwartz



Our Principal Wendy Sinnette (left) and our PTA President, Denise Longo.

SMALL SCHOOL PRESIDENT

by Caleb Choi
and Kevork Kurdoghlian
Staff Writers

Tension and excitement lingered among 7/8 La Canada High School students as the small school elections began. Many students participated to become small school president. Our winners were Lauren Streeter from School 1, Allison Yoon from School 2, Haleigh Valenta from School 3, and Gemma Sokol from School 4. They showed great enthusiasm toward improving this year. All the candidates this year exemplified courage and



determination as candidates. Everybody presented outstanding speeches. These candidates were: Lauren Streeter, Charlotte Swart, Lauren Galantai, Diana Kim, Alexander Rudisill, Kristine Sueylemezian, and West Nowotny from

School 1. From School 2 we had, Grant Owen, Ryan Lee, Alison Yoon, Clayton Weirick, Edwin Padilla, and Louisa McNicoll. Lance Bird, Alex Eaton, Meghan Fuelling, Clara Johnson, Kevork Kurdoghlian, Lauren Loadvine, and Haleigh Valenta from School 3, and from School 4 we had Jonathon Cho, Julie Kim, Alexis Slater, and Gemma Sokol. The candidates came in for the first ten minutes of history class. They showed devotion to becoming Small School President by creating great speeches and artistic posters for their campaign. Congratulations to all who participated!

Clockwise Top Left: Lauren Streeter, Alison Yoon, Haleigh Valenta, and Gemma Sokol

SCHOOL NEWS

YOURS AND MY FEAR OF PUBLIC SPEAKING

by Sharon Kim
Staff Writer

OH NO!! Embarrassment, humiliation, and nervousness saunters, balks, and lingers through the day and night, under the glassy, liquid surface of the sun and moon, of one’s tranquil or caustic soul and mind. Petrified and apprehensive, everything seems to be pulsing rhythmically faster and faster until it has reached the limit and everything seizes to show every impact of movement. Through my perspective, this specific image and sensation of embarrassment, humiliation, and nervousness, has exposed its awareness and shadows during the progression of the outermost and death defying, “public speaking.” But in everyone’s diverse scenario arranged differently in one’s striking mind of public speaking, I’m definite that AT LEAST one single drop of discomfiture may success to swell upon the almighty and fearless Courage hiding within every living body and soul. Nevertheless, the precise scenario in which I have set up was akin to a highway. Not a highway of speeding vehicles, but a highway of rushing and hastening blood pouring rapidly through the veins of my quivering body as if the whole world was about to detonate. And I was pondering at the time, how my blood was capable to consist of that much bloodthirsty and ferocious energy to fleet that swiftly through me until I could undergo the thundering hammering of my unsteady heartbeat. Breathing in and out trying to scrape away the stuffiness filled and deluded into my exhausted body, I caught a glimpse of the chilling, intimidating audience and back

at the terrorizing podium in which sooner or later, I would have to stand upon and enlighten my “excellent” and “confidently” “perfect” speech of why I desired to be the Assistant Activities Director of La Canada High School. Drooping my shoulders sluggishly, I accepted the gravity to incarcerate me in order to dismiss all the fretfulness in my body. Why had been so audacious the week before this certain day, the fourteenth of September, and run for ASB office? But before I jailed enough time to regret, the principal announced my name through the microphone and called me up. Automatically, I stood up and staggered across the wide and massive stage towards the gradually escaping podium. After what seemed like a decaying dog imprinting its bone as a fossil, I started my speech with a, “Hi! My name is Sharon.”

moving and making hand signs to masquerade my trembling self. After the time has crawled its way to the end of my speech, I speedily departed the “center of attention” podium and smiled at the other candidates who offered a mirror image back. Stumbling unto my chair, I petrified any movements from me, considering that everyone had glued their eyes on me. A little while later however, I lifted my chin through the thin air around me confidently and gave the proud notion of myself for overcoming the colossal and eminent burden, “public speaking.” But most of all and most definitely imperative of all, that experience and occurrence molded my inner clay to resemble as a stronger, reformed, and valiant being in which this could be the only role model to support me in surmounting anything in life’s mysterious



(Left) Sierra Katow, Jean Wang, Shannon Burt, Willa Young, Minjoo Kim, Christine Mun, Meghan Fuelling, Sarah Olson, Jenna Green, Alexis Slater, Katya ZinnBJorkman, Amy Young, Sharon Kim, Sam Whitefield, and Kevork Kurdoghlian. (Center) Arland Whitfield, and Elizabeth Whitfield.

Naturally, I would have repeated the words that I have spoken in my mentality, but at that day and age, I figured doing that will only flourish the bad influences upon me. Instead, I tried

and mystifying marvels and mischief.



THE BEAT OF THE 1ST DANCE

by Eledy Vargas
Staff Writer

Flashing lights, digital camera, a dance in full swing! Our first school dance was September 28, 2007 from 2:45-4:15. The DJ began the dance with a fun game of popping balloons, and our favorite dance of all, Cha Cha Slide. Some of the songs included: Numa Numa, Lean like a cholo, Crank that Soulja boy, YMCA, and more!! All of our new 7th graders showed off their groovy moves, and Darrell Dansby showing off his Soulja Boy moves. In the dance, there was a beautiful balloon arch of our school colors: gold and maroon. Parents were also there to volunteer to serve the food.

Every 7th grader agreed to the same thing: “I think it will be really fun!” They discovered all right: a simple dance with food, a dance area, and a DJ. Yet, it was a great a way to kick off the year!



Boys resort to dancing with balloons after several rejections by the girls.

PROFILES

NICE TO MEET YOU, MR. MISPAGE!

by Jennifer Kim
and Caitlyn Seto
Staff Writers

As the new school year comes around, a lot of the things change. Incoming 7th go to a new school, 8th graders graduate to 9th grade, new students come to LCHS, and new teachers join the staff team. This year Mr. Sean Mispagel joins the 7th grade school one team of staff members. The Spartan Star had an opportunity to talk to him to find out some facts about him. Check out this interview.

The Spartan Star: How long have you been teaching? Which schools?

Mr. Mispagel: I have been teaching 13 years as a 5th grade teacher at PCY, Dan Brook in Anaheim as well and now, La Cañada High School.

The Spartan Star: Since you are teaching 7th grade now, would you rather teach 5th graders or 7th graders? Why?

Mr. Mispagel: Well, I really enjoy teaching older kids because teaching Ancient history and teaching American history are completely different. Also, I like how my students ask great questions and their interest in succeeding. I just love them.

The Spartan Star: What was your favorite subject when you were in middle school?

Mr. Mispagel: Ancient History, of course. I attended Wilson middle school and my teacher was Mr. Brunell.

The Spartan Star: What college did you graduate from?

Mr. Mispagel: LBSU (Long Beach State University)

The Spartan Star: What kinds of things do you like to do with or without your family outside of school?

Mr. Mispagel: I love traveling and I have traveled all over Europe and I want to travel to Asia, China, and Japan.

The Spartan Star: Do you have kids and are you married?

Mr. Mispagel: I have a wife and three kids at the age of 10, 8, and 2.

The Spartan Star: What is your favorite motto?

Mr. Mispagel: Vini, Vidi, Vichi



NICE TO MEET YOU, MR. SAVAGE!

by Jennifer Kim
and Caitlyn Seto
Staff Writers

In the year of 07-08, another great teacher, Mr. Morgan Savage, joins the school staff team as a math teacher. As well as Mr. Mispagel, he is a new member at LCHS. Luckily, the Spartan Stars had a chance to interview Mr. Savage and get some details about him.

The Spartan Star: How long have you been teaching? Which Schools?

Mr. Savage: I have been teaching for 5 years at a private school and Pasadena unified.

The Spartan Star: What do you love most about teaching kids?

Mr. Savage: The kids are full of questions and I love their inquisitive minds.

The Spartan Star: What was your favorite subject in middle school?

Mr. Savage: Math.

The Spartan Star: What college did you graduate from?

Mr. Savage: APU (Azusa Pacific University)

The Spartan Star: What kinds of things do you like to do with or without your family outside of school?

Mr. Savage: I like to play golf, play basketball, and hang out with my daughters.

The Spartan Star: Who is in your family?

Mr. Savage: I have two daughters and a wife.

The Spartan Star: What is your favorite motto or saying?

Mr. Savage: Hmmm... Spend your life on things that will outlast.



SCHOOL NEWS

AMAZING AND TALENTED STUDENTS

by Macall Conroy
Staff Writer

On October 10th, at 7:00 pm in the LCHS Auditorium, the 7/8 students put on an excellent talent show. The students had been practicing for a long time and were ready to show the world their unique talents. “I’m nervous and excited at the same time,” said 7th grader Sammi Keys. She was about to dance in front of a huge crowd of people.

The talent show began with a fantastic variety of songs performed by the 7th grade band. Then, Justin Yew performed *Rondo Capriccio* on the piano. Next, Justin Lee sang *I’ll Make A Man Out Of You* from the movie *Mulan*. After that, Emily Fisher showed off her fantastic jump rope skills to the song *Hey, Mr. Wonderful*. Then Michelle Lavner performed *Bruch Violin Concerto* on the violin. Next, Macall Conroy, Sammi Keys, Kirsten George, and Sonja Cwik danced to the song *I Don’t Dance*. After that Avery Schwartz, Josh Carter, and Sebastian Cahill performed in a rock band called *Dead Off Center*. During Intermission, the LCHS Culinary Arts Club provided delicious cookies, brownies and cupcakes for the audience to enjoy. Act 2 began with the 7/8 mixed chorus. Next, Austin Lee sang *Go the Distance* from the movie *Hercules*. After that, Alden Sayre and Chris Shorman preformed *Original Riffs* in a guitar duet. Next, Laura Woolls showed off her amazing singing abilities by performing the song *A New Life*. Then, Emily Schreck tap-danced to the song *In the Mood*. Next, Jerry Joo preformed *Cello Concerto* by Boccherini. Finally the talent show was finished off by the Eighth Grade Band.

Overall, the 2007 7/8 Talent Show was a total success. The Performers’ hard work definitely paid off.



SCHOOL SURVIVAL GUIDE

by Molly Hartley
and Stephanie Lough
Staff Writers

Have you ever suffered school because you don’t know what the teachers want?? Well today is your lucky day because this school survival guide is going to give you answers for every question. In this article the teachers themselves answer your questions. Read through to find out what they have on their minds.

School Two’s math teacher, Mrs. Gregg, gives us her advice on how to succeed in a math class. To get good grades you should always do your homework on time. Remember to ask for help whenever you need it. Here are some tips on how not to get in trouble during class: always be honest and always be sure to treat others kindly. She says that it’s easy to catch up on homework if you set aside a specific time to do it. Homework comes in handy for tests too; Mrs. Gregg says, “Studying for a test can be easy if you review questions you missed in homework, look over quizzes, and take/review notes.” Some of the websites that are reliable and helpful include askdoctormath.com, and aplusmath.com.

Another School Two teacher is Mrs. Salardino, the English teacher. To get through English she recommends doing your assignments and studying for a test. Studying for a test can come a little easier when following her advice,

start preparing nights before, review material, and always pay attention in class. If you don’t know these websites, dictionary.com and the school two website always seem helpful if you’re into English.

Most people complain when it comes to science, but Mrs. Leach assures that these study suggestions will help tremendously. Three things that are useful in her class are: show enthusiasm and interest in the topic, stay on task and complete work on time, ask questions to clarify. If those don’t help you she has some other ideas on how to get through her class are study in your own way such as note cards, outlines, teaching the material to parent, review with a friend, ask the teacher for help, read, and use the chapter portfolio. As for the online studying goes, try using her suggestions: the new text book has a site and hopefully it will turn out useful or her Friday web quests at the IRC will help also. And like all the other teachers suggestions try to do your homework promptly- if you have a crisis go to the teacher for an extension and do not leave it for the last minute.

Now School Ones class with Mr. Mispagel (history) can be successful with these pointers. Example one is to pay attention and make sure to listen because he will review all the questions. Also, how to not get in trouble in class is not being tardy and not disrupting him from teaching and/or the student from learning. Participating and staying on task is mainly the key to staying out of trouble. Here are a few of his websites he requested www.ca.hss.glencoe.com and <http://classlink.lcusd.net/>. Homework and studying turns out to be helpful when there is a test because you use your notes and reread the review questions you probably do for homework. Good luck!!

THE COMEDIAN FRIEND

by Eledy Vargas
Staff Writer

When you are asking a question about friendship, ask Pat Hurley! Pat Hurley came to La Canada 7/8 again on October 19. With his funny jokes and sympathy, he uses humor to emphasize the need for friends, shares incidents of friendship, describes the characteristics of a true friend, and gives ways to develop friendships. With his non stop laughter, the students understood the meaning of a true friend. Someone who doesn’t make you do things when you don’t want to, someone who helps you when you are down or in trouble, and someone who doesn’t talk behind your back, those 3 things are considered as a true friend.

But there also was some ways to keep Pat Hurley the same! With his practical jokes, he shows the entire 7/8 body, that he still has the comedian touch. Making funny jokes of boys and girls practicing their first kisses, and people with short sleeves are bad kissers. Yet during the laughter, there silence stood absolutely still of peer pressure stories. The stories include a boy following 2 teenagers to steal goods from a rich man’s house, and watching the 2 teenagers kill the man and his mother. This story’s message is even though you think someone is your friend, even though they do bad stuff, they really aren’t.



Pat Hurley poses before the assembly

THANK YOU
PAT HURLY FOR
YOUR ADVICE ON
FRIENDS!

-7/8 STUDENT
BODY

SPIRIT



Illustration by Rebecca Burten

CRAZY HAT AND HAIR DAY

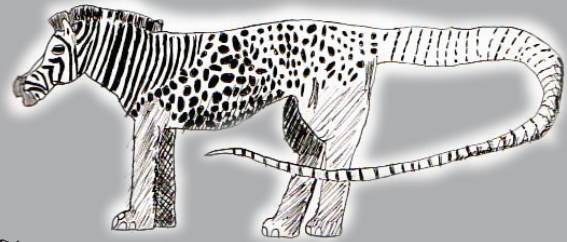


Illustration by Ben Levin



Left to Right: Juan Ortiz, Vivian Na, Elizabeth Whitfield, Morgan, and Hunter Bolding

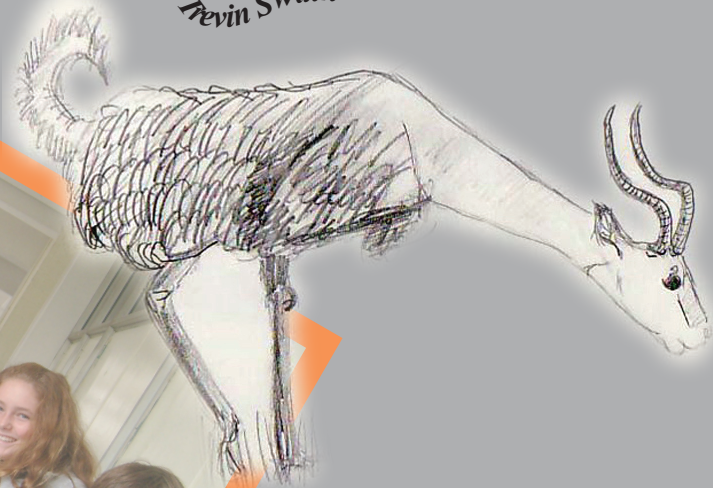
STUDENTS' SPIRITS SPRING!

by Sharon Kim
Staff Writer

What is Spirit Week? It is a week where LCHS blooms with spirited pride for their school. So how exactly did we expose our crazy imaginary character for our school? Well, on the first day, students wore a mixture of colors in variety. On the second day, yreve tneduts, or should I say every student acted differently, or backwards because it was Backwards Day. On the third day, a person could have a purple mop-like hair for it was Crazy HAIR DAY. On the fourth day, everything became out of order or chaotic due to the madness of tacky clothes day. On the

last day, everyone screamed verbally or mentally, "UP, UP AND AWAY," for it was Super Hero Day. Is my description of Spirit Week too dull and not spirited? Well, take a look below at the pictures of how extreme our school became during Spirit Week!

Illustration by Kevin Swain



TIE DYE DAY



(Left to right) Emily Ellis, Lauren Street-er, Kirsten George, Kelsey George, Allison Thorton, Emily Temple, Austin Kenwood.



Illustration by Kevin Poynter



Left to right: Karen Wong

Illustration b

WEEK



(Left to Right) Jillian Nybakken, Samantha Levra, Anna Arya, Morgan Devaud, and Sarah Olsen smile on Tacky Day.



Illustration by Kane Lafia



Illustration by Natasha Carrasco



Illustration by Chris Green

BACKWARDS DAY



Emily Sullivan and Julianna Echternach

SUPER HERO DAY



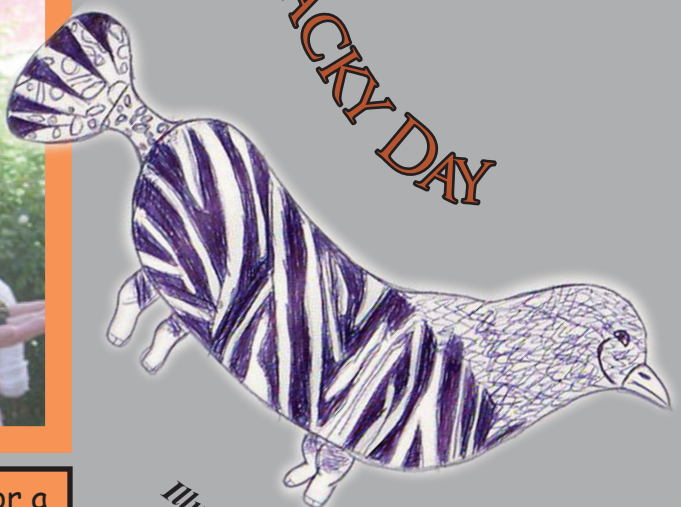
Emily Valencia and Shelby Comstock



Illustration by Jen Cho



The tacky Rebecca Whalen just had to pose for a picture



TACKY DAY

Illustration by Emily Carideo

SPORTS

THE FAST
AND THE
FURIOUS

by *Caleb Choi*
and *Kevork Kurdoghlian*
Staff Writers

They are the fast... the furious... they are the cross country team. The cross country team has been amazing these past five meet taking first for the boys and second for the girls. They have met at Lacy Park in San Marino, Hahamongna Park, Suzanne Park in Walnut, Mount Sac in Walnut, and Royal Park in Covina. Their opponents are Traweek Middle School, High Point Middle School, Royal Oak Middle School, Sierra Vista Middle School, South Pasadena, Clifton Middle School, Suzanne Middle School, and Oak Avenue Middle School. At the first meet the fifty-two athletes on the team ran a two mile course through Lacy Park. Eighth grader Taft Hulsey coming in first place overall with a time of 11 minutes and 30 seconds for the boys and for the girls with a time of 12 minutes and 39 seconds, Lauren Streeter grabbed fourth overall and first for La Canada. At the second meet the boys reached their goal of a perfect score with Taft Hulsey in first, Jonathon Skaggs in second, Bredanne Green in third, Marc Kaealer in fourth, and Kevin Stoner in fifth. The girls put up a fight as well, their top five finished in the top seven out of the two schools. The top five were Alice Michel, Maddy Fisher, Lauren Streeter, Anna Arya, and Kyler Harvey. These athletes have dedicated their time to this sport and team and their work has paid off a lot.



7th Grade Girls' Volleyball



8th Grade Girls' Volleyball

GIRL'S
VOLLEYBALL
TEAM IS ON
TOP

by *Michelle Lavner*
Staff Writer

The Girls Volleyball team is doing quite well this year! So far, each of our tournaments has resulted in wins. Last month, the girl's volleyball team had won 2 out of the 3 games, leaving them with the title of the winner. This should be a great year for the Girls Volleyball team. On October 6, the Girl's Volleyball team once again won their tournament. Many girls are enthusiastic about their practices and games, so whenever you see a girl with ribbons in her hair and a volleyball shirt, send them a high-five because of their hard-work, talent, and loyalty to volleyball! Hooray for the girl's volleyball team!

OPINON

IRAQI WAR REPORT

by Michael Mairone
Staff Writer

We all know that lots of people are dying in the Iraqi war. Lots of people are really getting hurt. We all have opinions about what the forces in Iraq could be doing. For the liberty of our readers, I have taken the time and effort to obtain a large amount of information about the Iraqi war. I have totaled the number or Iraqi’s dead, the number of soldiers wounded, the number of soldiers dead, a few things the forces in Iraq could be doing, and how the soldiers in Iraq are faring.

Multiple civilians in Iraq have been harmed due to the senseless fighting. The total number of Iraqi’s dead is between 73,713 to 80,333. In fact on Thursday September 25, 2007, about 30 civilians were murdered or killed.

Many men in the services are in a large amount of pain. The total number of our wounded is 27,936. They are in great pain for no real reason. Imagine how they feel, going through this pain.

The soldiers aren’t just hurt, they are dying. They are dying, and their families are suffering. The total number of US Soldiers dead is estimated to be about 100,000. 112 of those deaths are self-inflicted. 300 deaths are not even US casualties.

The forces in Iraq could be doing many other things. For one, they could protect the American Citizens. They could also search for the terrorists from 9/11. They could also be protecting the border from illegal immigrants from Mexico.

The soldiers are also facing a huge level of difficulty. So far, 650,000 soldiers have been deployed to Iraq since 2001. Over

170,000 of these soldiers have served multiple tours of duty. The are only getting paid \$225 a month as a hazard pay. They cannot communicate with their families, other than by letter. In fact, by the time a family receives a letter saying that their family member or whoever is coming back, they could have been killed. They are only given two meal ready eat a day, with one hot meal, usually breakfast or dinner. They also are only given one shower a week.

The soldiers also are facing a huge level of mental trauma. For example, Steve MacMaster, a soldier in Iraq cannot sleep without medication. Aaron Jones cannot feel comfortable without a gun around. Earlier army studies show that up to 30 percent of the troops deployed to Iraq suffer from depression, anxiety, or post-traumatic stress disorder, with the latter accounting for about ten percent. The soldiers are also facing a greater exposure to key traumatic events than in the past. Seventy-Six percent of soldiers said that they had known someone who had been seriously injured. Fifty-five percent experienced the explosion of a roadside bomb or a booby trap nearby. Seventeen Percent of the soldiers in Iraq reported that they suffered a combination of anxiety, depression and acute stress. Fourteen percent of soldiers surveyed said that they had to take medications for mental health problems. Combat stress is significantly higher among soldiers with at least one previous tour. The soldiers with at least one other tour have described their own morale as being low. Also, twenty to forty soldiers are evacuated each month for serious mental health problems. These soldiers are suffering for no real reason. Think about the suffering that they are going through.

This is why I believe the Iraqi War is causing irreparable damage to both the Middle East and the United States. It is damaging our reputation, our armed forces, and is destroying the soldiers sent there, both on the inside, and the outside.

If you have any questions or comments about this article, or if you have some good ideas that you want to share, let us know. In order to contact the newspaper staff, send an e-mail to adiconi@lcusd.net.

A GOOD IDEA

by Abigail Grosch
Staff Writer

As most of you know the space for eating is forcing some students to eat on the ground or eat standing up. This issue has been bothering me for quite sometime but my anger increased this year when I saw an empty area near Mrs. Walter 8th grade science class and saw the potential Eden. Now wouldn’t you be mad to if you were forced to eat on the ground that has been stained with dirt and gum? Well I have envisioned a garden just like some of the gardens in the elementary school, and a least we could sit on warm grass instead of hard concrete or mud, right? This space is now occupied by dirt and nothing is surrounding it except classes, so this would be the perfect place to put in a colorful garden to just hang out and eat in. Now those faculty members out there who are listing the reasons why not to put in a beautiful area, here are some reasons why we should:

- 1) The garden will give all of us something to appreciate
 - 2) The garden will give us a place to hang out instead of cluttering the hallways
 - 3) The students are not very likely to stomp on the fragile flowers because three walls surround it, which we could paint
 - 4) The creative minds of the school will shine above all other schools once they see the garden
 - 5) The garden will give the school something to care for
- So you see this garden idea is a very good idea and it can give the whole school a place that they created, and that they can look back on.



Left: A pontential garden would beautify this ugly spot.

POPULARITY, GOOD OR BAD

by Noah Bernstein
and Nathan Dickie
Staff Writers

What do you think makes someone more popular than others? What is it that makes skaters more popular than golfers? Does popularity matter? Some people say yes, while others say no.

Popularity can be something kids like. By being popular you have friends and also you know more people. Since you have a lot of friends you are happier and you will like school much more. The characteristics of being popular are being nice, having a good personality and enjoying a sense of humor. If you are nice to people they tend to like you more, but if you are mean no one will want to be around you. A good personality is essential to being popular: if you are boring like a penny or have a bad attitude no wants to be your friend or hang out with you.

Kids that just aren’t that popular say popularity just stinks. Even though you may not be popular you are still popular to the people you hang out with in your own group. But really, everyone is popular and a dork in their own special ways.

SCHOOL SECURITY SYSTEM: TOO STRICT?

by Michael Mairone
Staff Writer

Have you ever been researching something, used Google, clicked on a link, and surprise, it’s a blocked website. If so, you’re not alone. The school internet security system is extremely restrictive. It blocks entertainment, humor, forums, adult content, security, and more. This security system is not very good for the students either.

Many students believe that the security system is a menace. Let’s say that you were researching a subject, and your link was blocked, and when you tried it at home, and it was a great research website. Wouldn’t it have been easier to just not have the school block that website? Let’s say you knew that there was an informational video on Youtube. But, Youtube is blocked under the “adult” category. Through some research at home, I’ve realized that you must be 18 or older to access videos that are considered mature. Also, an artistic website that could be used for projects called “Deviant Art” is blocked under the category of adult art, and when I researched it, there is a mature art filter, which only adult members of Deviant Art can disable. I dislike that the school cannot just trust us students to access the internet. I can understand adult content, but entertainment or humor? The web restrictions are far too strict on us students. It would save the students much more time if they could no longer have the internet so restricted.



EDITORIALS

DEAR JULIE

by Julie Ronabagel
Guest Staff Writer

Dear Julie,
My grades are slipping already, and my parents are getting really mad. So I want to do something about it, but I don't know what the first step should be in order to start my higher grade point average. So can you help me?
--Slipping Student

Dear Slipping Student,

Remember it is ok to fail; it is only human nature to not be perfect. You already took the first step, now is the second step is to get organized, talk to your teachers, and talk to your parents because they don't hate you. My advice to you is just keep on trying and I am sure things will start looking up.

Dear Julie,

Even though I don't think you can help me with this...here we go, I have tried for a while to keep my family in check by helping out and well my household has been crazy the past few months. There is fighting constantly and everything I try to do fails. I am so unhappy that all this is happening and there is so much going on at school. I don't think I can do anything, what do you think I should do about it?
--Very Stressed

Dear Very Stressed,

I know you are very unhappy and stressed out about this. The only advice I can give you is to go to a counselor, vent some of the anger and sadness to her. Talk to your family, like a family counsel to inform them about what they are doing to you, or to anybody else in the family. Remember it is not your fault that they are angry, so don't blame everything on yourself.

GOODY GOODY GUMDROPS

by Sharon Kim
Assistant Editor

Goody goody gumdrops, Goody goody gumdrops! But in this case, it is ugly ugly gumdrops. Almost everywhere you go, gumdrops covered in black dirt and slime form the entire texture of La Canada High School's campus. For years and years, the janitors and custodians have never figured out a way to clean the stubborn stains of spitted-out gum. From the view of the third floor, the school's cemented ground seems as if it's decorated with black polka-dots! But in reality, the decorations are really sputtered out gum from any possibly random person!



The finger is pointing to one of the many gross globs of disgusting gumdrops all over the school's campus.

So how do we fix this problem? There are two options: dispose your gum in the appropriate place, or spit out so much gum until the ground turns completely black. Obviously, in order to keep our school sterile, the first option would be the proper selection. However, the first step into keeping our school less "polka-dotted" is to keep the students motivated to make our school a better place. Think of it this way. Have you ever looked under a table and have seen gum under it? Clearly, it wouldn't be a pleasant action to touch the substance. Nevertheless, students the entire time step on the piles of gum glued to the school's land instead of dodging and stepping over it. Even when you put your backpack down on the ground, the backpack is clearly sitting on the saliva-dipped gum all around you! Here's some advice. Make sure you dispose your gum in a trash can instead of throwing them in any random place. Or don't chew gum at all! That way, we'll have our school terrifically satisfied and sanitary.



BACK TO THE PAST

by Michelle Lavner
Staff Writer

Have you ever thought of what the High School Students think of their Middle School years? Well, I do now. On September 21, I interviewed 3 individuals in La Canada High School and asked what they thought of their Middle School years. At times there was degradation, pride, and pleasure but the one thing in common they had was their love of middle school. Alex Pygin, a 9th grader says he loved middle school but likes high school just as much.

This follows up to another 9th grader, Jennifer Choi. When she was in 7th grade she joined orchestra and now, as a 9th grader she is still doing orchestra. In this way, middle school and high school are almost alike, but nonetheless, these 3 individuals tell me that high school is much different. Next, I interviewed Tim Joo, a 10th grader. He came to La Canada High School when he was in 8th grade. He only had 1 year of middle school but he thought it was one of his best. 8th grade prepared him for High School and now he says High School is effortless... Of course, he is taking pre-calculus and yet he is only in 10th grade...On Tim's first day of Middle School his schedule was messed up and the school thought he was skipping classes. He got his newer schedule the next day and everything was okay.

Tim thinks that Middle School was one of his best years, he liked the freeness of being a kid, being able to get Straight A's without studying and just hanging out with friends. He wished he could go back to Middle School, and I don't blame him! Right now, Tim Joo is enjoying his 10th grade year. He has one brother, Jerry in the 7th grade, who sometimes asks Tim about advice.

These 3 high school students are enjoying their last years at La Canada High School.

ENTERTAINMENT

BLUEPINE,
CHAPTER 1:
THINNING
LUCK

by Allison Dillon
Staff Writer

Hooves slammed down upon the hard-packed earth. Wind brushed and rushed eagerly past the compact, stout form of a curious young creature. I could feel it: Adrenaline. The brisk movements were enough to make my skull spin. I lowered myself down, shunning all reality from my mind. The brick fence ahead loomed at me with a shadow of hate at its side. I felt my horse’s front legs bend themselves, as if they had a mind of their own, and I forgot. I forgot everything that I had ever known, but only for a split second as he sailed over the jump. He slammed down upon the earth. My horse snorted as if to object the way I straddled him and forced him to jump over that thing. I simply smiled, pale lips curving. “Not bad, I admit,” I said, words catching uncomfortably in my throat. His ears twitched before he laid them back, his nostrils flaring. His ebony muscles rippled as he distanced himself from the wooden fence that enclosed us. I soon noticed why.

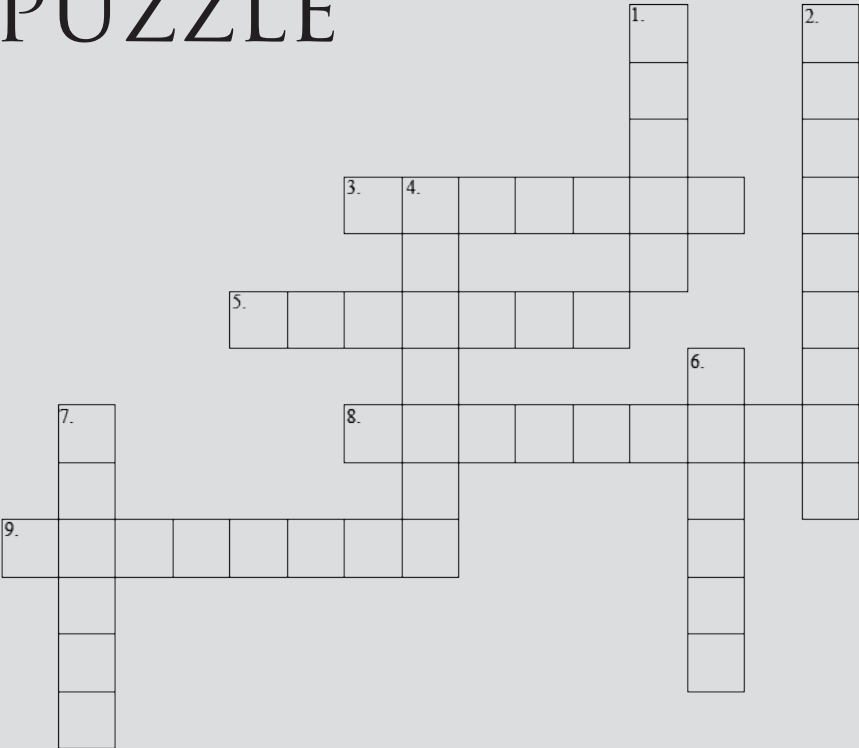
“You have officially been robbed of all sanity, boy,” said a disgruntled voice from my right. I gulped down the lump in my throat, turning to the unshaven man as my horse kept walking, farther and farther away from him.

“I’ll take that as a compliment,” I responded smugly, twisting and turning as Bluepine continued his stroll. “Stop it,” I hissed in his direction. Annoyed, he halted, only to rear up and send me, arms flailing, to the hard ground. He swung his head and powerfully darted off.

The unshaven man smirked. “Seems he doesn’t like you,” he said, words slithering, pure poison. I couldn’t help but note that what he said was the other way around. “You better shape him up if you’re going to ride him later. I suggest a whip.”

“Thanks for the suggestion, but I’ll pass,” I said, rubbing my back with distaste. Bluepine was a free spirit. He didn’t let anyone tell him what to do, and, if you did, you were in for a rude awakening. My stallion was watching from a distant corner of the field, his glistening coat basking in the sun. I shifted

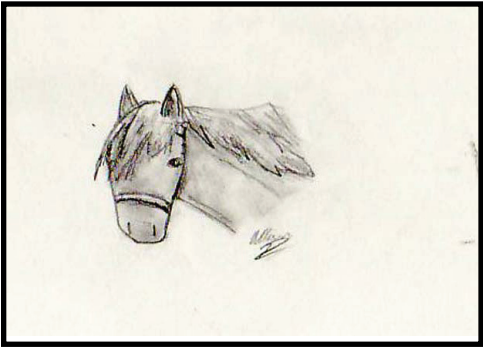
HALLOWEEN
CROSSWORD
PUZZLE



uneasily. I was going to ride him, and although I had put all of my life in him several times before, he still bucked when he didn’t get his way. I was going to speed him to a race the next day, and my faith was thinning. My neighbor, Glum, standing by the fence and looking crude, was trying to discourage me with all of his might. Glum had a mare, and she would be racing beside Blue. I found it odd, still, that his initials were G.L.U.M, but it made sense. He had stuck a shovel in my last pet, a cat, I believe. He never really admitted it. I glanced to Bluepine, who shuffled over toward me and heaved, biting the back of my shirt and launching me onto my feet. Glum didn’t say anything after this little show, and we all gave in to the silence that enveloped us.

I forced myself up onto Bluepine’s back, heart pounding against my chest. I grasped his mane, pinpointed the fence, and squeezed his sides. Blue’s legs buckled, but they soon loosened. He sailed over the fence so quickly that Glum had to smack his teeth together so his jaw didn’t droop open. Blue’s hooves hit the ground, and, for the first time in a while, I saw a bit of a flash in his dark eyes. He kicked up dust to the only person he ever truly hated. At that point, I knew that my hope had gone into the right creature. Glum’s pony wouldn’t stand a chance against us. Then again, my luck was wearing out.

Illustration by Allison Dillon



HALLOWEEN
CROSSWORD

by Caitlyn Seto
Layout Editor

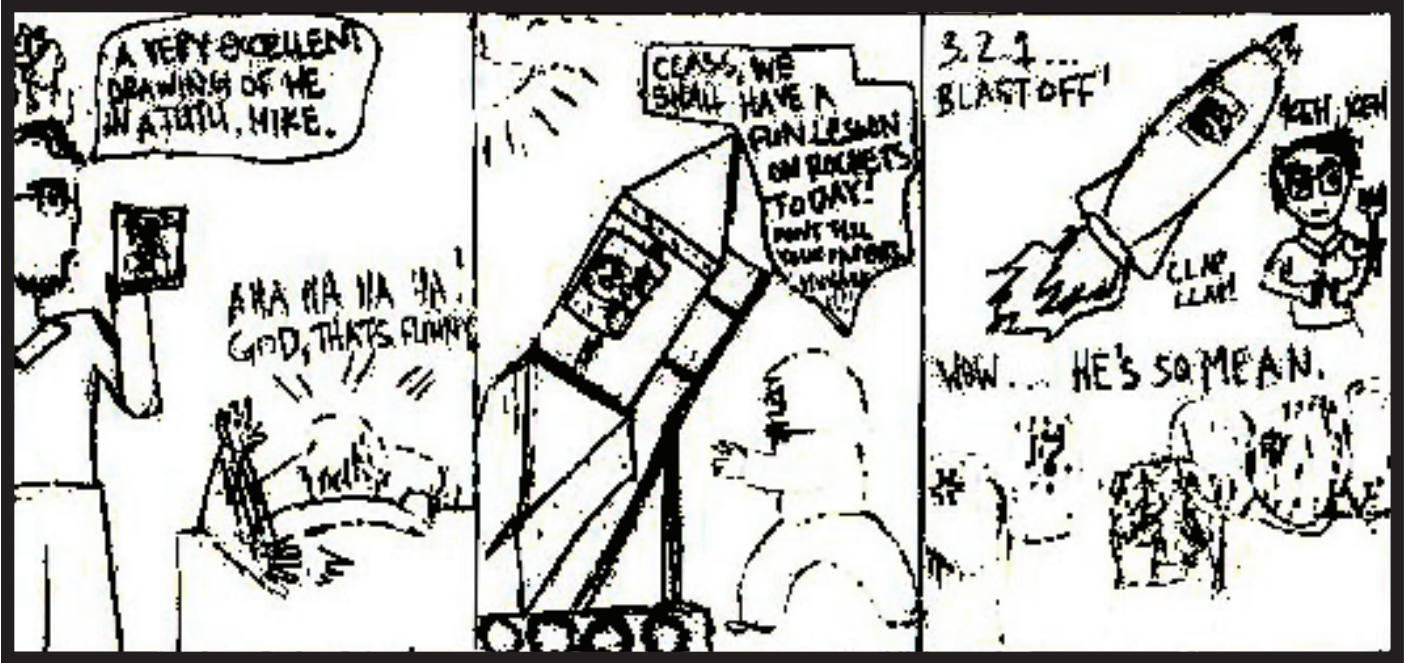
DOWN

1. _____ from owls echoes through the night and can scare people.
2. The holiday you would dress up for.
4. What witches use _____ to try to poison innocent people.
6. Means “rogue” in Greek.
7. Harry Potter flies on a _____ stick.

ACROSS

3. _____ can haunt you throughout your life
5. What you would wear for the holiday. (Holiday is 2 down)
8. What says R.I.P. ?
9. What do dead people lay in?

Rockin’ Science Class by Jennifer Kim



INTEREST

HOROSCOPES:
OCTOBER 31ST, 2007

by Sharon Kim
Staff Writer

Aries (March 21- April 19): Let your innovations in any weakness or strong point shine and flourish throughout this day. Don't do it tomorrow...do it today.

Taurus (April 20- May 20): Put all of your efforts through any work or action you do for you may be rewarded very well on this specific day

Gemini (May 21-June 21): you will accept any type of fortune throughout this day but just watch out for the dangers of people taking it away from you

Cancer (June 22- July 22): Your choices and actions are very delicate today for they may make big changes in the future so think before you do something stupid!

Leo (July 23- July22): Don't be sad of any plight you receive for it isn't worth it to be depressed. Instead try looking at it in a different perspective and move on with your life

Virgo (Aug 23-sept 22) today is no time be humble but to let the whole world know what great accomplishments you have achieved.

Libra (Sept. 23-Oct. 23) Feel good about the surprises you get. Let it soak in and out of your mind. Afterwards, take good use of that surprise as a role model in the future...if you need it.

Scorpio (Oct.24-Nov 21): Try thinking of everything in a different perspective because you may give good advice to people who need it by using that power

Sagittarius (Nov.22- Dec. 21): Observe the choices and decisions you make because you may find another talent of yours that may flourish greatly and put huge impact in your life.

Capricorn (Dec 22-Jan 19): Don't feel bad about the failures and struggles through this day because if you suffer this time, you may be rewarded and lucky tomorrow.

Aquarius (Jan.20-Feb.18): Try being optimistic this day because you may make many friends that you will need in the future

Pisces (Feb.19-March 20): Be alert of your actions because you may find yourself in an embarrassing situation



GUESS
THE
TEACHER

I went to UC Riverside and my favorite subject in middle school was social studies. I even won an award in social studies. I have been teaching at LCHS for 5 years. My hobbies are tennis, reading, gardening, eating, and watching TV. I have an awesome older brother Kyle who is 2 years older than I am. I have a 20 month year old daughter. My favorite motto is “Treat others as you would like to be treated.” I like teaching kids because they are fun to be with during the day and I like how they are interested in learning.

Who Am I?

CONGRATULATIONS TO
STUDENTS OF THE MONTH
OF OCTOBER!

School One	School Two
<ul style="list-style-type: none">Lindsey TrujilloAlexander RudisillAnjali Jain	<ul style="list-style-type: none">Desiree DahlsonTanner MassiminoEric KimRyan Kim
School Three	School Four
<ul style="list-style-type: none">Aubri ThompsonKane LafiaShawn StandalKyle HerronDanielle Berjikian	<ul style="list-style-type: none">Eva FrandsenMatt McPhersonJason CheongEmily Carideo



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The Spartan Star is published once every two months. The Spartan Star welcomes comments about school-related issues from the 7-8 student body. Names will be withheld upon request and we reserve the right to edit articles before publication.