

FUNDRAISING ON TRACK

HOOFIN' FOR HEIFER '08

by Tyler Horswell
Staff Writer

Hoofin' for heifer was a jogathon which earned money for the charity Heifer International. This was one of the school four's service projects. Although all the school 4 teachers served a part in this, it was lead by Mr. DiConti and Mr. Constantinides. Some other classes organized an oatmeal sale, and a pizza night. The service projects were organized by the school four teachers to help raise money. The jog-a-thon was on Thursday May 8th, after school at the LCHS track. Students had to enter early for a 30-dollar fee. The paid for entry as well as paying for a "Hoofin' for Heifer" t-shirt. After the jogathon, there was a pizza party with ice cream! To donate, you would either pay a flat amount, or you ran as many laps as you can, and pay by the lap. Their goal was to build an arc, which would be full of animals for people to raise and get resources from. To achieve this goal 5,000 dollars was needed, they only raised about 2,100 dollars. The top runner was Brendan Green, with twenty-four laps. Sixty students were supposed to participate, although some people didn't show up. The Heifer International charity helps families around the world to sustain themselves. It gives them animals such as cows, and chickens to help them. These provide them with milk and other things. After running, pizza was given out to all those who participated. Although they did not reach their goal, a lot of money was earned. Mr. Constantinides said, "Everyone had fun, and many people will be helped." The charity will help people around the world.



From left to right: Michael Belcher, Trevin Swain, Sam Levin, Brendan Greene, David Belcher, Jonathan Skaggs ran the most laps.

FAREWELL

MRS. COCKERILL

by Alex Keledjian
Editor-in-Chief

On May 14th, The Spartan Star interviewed 8th grade English teacher, Kathy Cockerill. Mrs. Cockerill has been a teacher for over 30 years, and she has decided to retire.



Mrs. Cockerill appears ready for retirement.

Spartan Star: Why did you choose to become an English teacher?

Mrs. Cockerill: Well, I like to read and I liked all my English teachers.

Spartan Star: Why are you retiring now?

Mrs. Cockerill: I think the time is right.

Spartan Star: Why did you want to teach at La Cañada?

Mrs. Cockerill: I applied to La Cañada, and they hired me.

Spartan Star: Have you always wanted to teach?

Mrs. Cockerill: Well, in the beginning I wanted to become a journalist, but my college did not have a Journalism class, so my second choice was English and I went with that.

Spartan Star: Do you enjoy teaching?

Mrs. Cockerill: Well, I have been teaching English for 38 years, so I assume that means I enjoy it.

Spartan Star: Which grades did you enjoy teaching?

Mrs. Cockerill: I enjoyed 8th and 9th grade.

Spartan Star: One last thing: what are you planning to do when you are retired?

Mrs. Cockerill: In the summer I'm going to Hawaii, and then, when I'm retired, I am going to become a court room advocate for neglected and abused children.

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SCHOOL NEWS

WHAT'S COOKIN'? CAREER DAY

by *Morgan Harrick*
Copy Editor

How many teenagers know what their career is going to be when they leave high school, and go on to college? Not many know. On May 23rd, Career Day was held at LCHS. So what is Career Day? Career Day is when forty professionals from the community come, and give a fifteen minute informative speech about what they do for a living. Career Day started after lunch during periods four, five, and six. Students had an option of going to six different careers and hear these professionals speak for fifteen minutes. Altogether, there were forty career options including: Actor, Attorney, Teacher, Criminal Law, Doctor/Surgeon, Police Officer, and many more. Mr. Kissel and Mrs. Salardino, from 7th grade, spoke on the teaching profession. The professionals were asked to cover education and/or training needed for the job, what the job entails, hours spent on the job (i.e. 9-5, odd hours, weekend hours, summers off, etc.), salary range, benefits to them, what they enjoy about their job, what other careers can be pursued with this training, and a question and answer session with the students. Many of these professionals used displays and Power Point presentations. Each career was held in a different location. Some were held in the I.R.C. balconies, but most were in the 8th grade classrooms. During S.S.R., the 8th graders were given a locator card, just like at the beginning of the year, to where their “careers” were held.



Chef Valentine talks about her profession for Career Day

If not for Girl Scout Troop #244, Career Day would have not occurred. They contacted all of the professionals and helped set up everything. Towards the end of 8th grade, the school board and teachers want 8th graders to start to think about careers that would interest them. Career Day is a wonderful opportunity for students to experience these different jobs. Because of Career Day, students will not be overwhelmed coming out of high school, now that they have an idea of what future jobs will be like.

7TH GRADE END OF THE YEAR AWARD HONOREES

Left to Right
School One Students:
Courtney Kreditor for
Outstanding
Achievement in
P.E.;
Kasey Okazaki for
Outstanding
Achievement in
Academics;
Katharine Henry for
Humanitarian;
Anjali Jain for
Student-of-the-Year



Left to Right
School Two Students:
Eric Kim, Ryan Kim for
Exemplary Citizenship;
Sarah Bartine, Chad
Powers for
Outstanding
Achievement;
Desiree Dahlson for
P.E.'s Most
Courageous;
Alison Yoon for
Humanitarian;
Sophia Eckerle for
Student-of-the-Year



VENDING MACHINE PRICES GOING UP

by *Hunter Bolding*
Sports Editor

Around 3 weeks ago the vending machine prices on most items at the LCHS vending machines went up from 75 cents to 90 cents. Also over the summer the prices on drinks went up from one dollar to one dollar fifty cents. Mrs. Sinnette said that the kids should make a petition to the vending machine company. To do this you have to get a document with some amount of signatures and then the company would put the prices down. But now people have to have exact change or if you pay with a dollar you will get ten cents back. School 4 student Griffin Longo said about the drink prices “I don’t really mind the drink prices going up but the candy should really go down”. Kevin Paynter said about the vending machine prices “Yeah they are horrible, now I have to bring a dollar to the vending machines to get candy.” Hopefully the vending machine prices will go down soon.



Notice the price is at a buck and a half.

STUDENTS OF THE MONTH

MAY

School 1	School 2
Allison Dillon	Makoto Inouye
West Nowotny	Tasman Smith
Jennifer Kim	Joelle Dorse
Alden Geller	Steve Vassilev
Tiffany Chen	Jenna Galper
	Jessica Son
School 3	School 4
Jeff Becker	Allen Morovati
Maya Crossman	Brendan Greene
Ailin Kim	Ashely Clark
Abby Neat	Brittany Kolb

JUNE

School 1	School 3
Eric Kimball	Emily Valencia
Bradely Uyemara	Tess Stenzel
Nicole Ragusa	Derek Georgino
Sharon Kim	Changjun Lee
Steven Hoppe	
School 2	School 4
Kate Battaglia	Nathan Arboleda
Gabriel Fitzpatrick	Sally Lee
Jason Fujikuni	Jillian Nybakken
Emma Heer	Morgan Rittichier
Sahar Mohezie	
Brianna Pygin	

NEWS

WOE IN MYANMAR

by Jerry Joo
Staff Writer

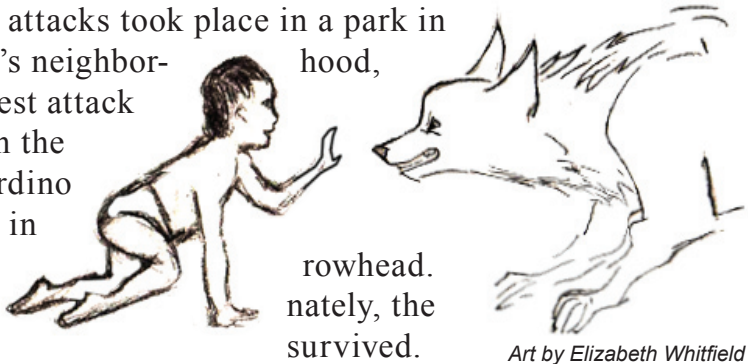
On May 2nd, the tropical cyclone, Nargis, made landfall on southern Myanmar, trailing death and destruction far and wide. About 1.5 million people have been left without food, thousands of children have been orphaned, and the death toll could easily mount to a hundred thousand, according to a report by MSNBC. However, due to the isolationistic nature of military Junta (a political system based on military power), Myanmar officials have not allowed shipments of high-energy food bars and temporary shelters to be shipped in until May 12th, adding to the collective misery of the stricken. The rulers of Myanmar are presumed to be xenophobic and refuse to accept aid from warships and

helicopters in the surrounding sea. This reluctance is likely caused by fears of the United States annexing or colonizing the peninsula. However, facing world-wide criticism for hindering supplies, the military Junta is slowly relenting. The United Nation's chief, Ban Ki-Moon, who visited Yangon, the capital of Myanmar, on Wednesday May 21st, and has negotiated with the rulers to allow shipments to flow in. Foreign-aid workers were finally allowed into Myanmar by May 27th, thanks to promises by Ban Ki-moon. The European Community, which has already pledged 72.5 million dollars, offered another 26.8 million dollars, China boosted its pledge to 11 million dollars, Australia pledged 24 million dollars, the Philippines doubled its previous pledge to 20 million dollars, and South Korea upped an earlier pledge for a total of 2.5 million dollars. Those not dead, missing, or in tents are now taking refuge in Buddhist monasteries. In order to feed the refugees, the resident monks often fast. Although these supplies and negotiations will aid greatly in recuperation, the official death toll mounts to 78,000, and the number of the missing is 56,000.

COYOTE ATTACKS

by Elizabeth Whitfield
Staff Writer

There have been three coyote attacks with young children under five, as the victims. The first two attacks took place in a park in Chino Hill's neighborhood, and the latest attack occurred in the San Bernardino Mountains in Lake Arrowhead. Fortunately, the children survived.



Art by Elizabeth Whitfield

In all the attacks, the toddlers weren't doing anything to harm or scare the coyote into aggression, and there were only a few reasons to explain their behavior. Wildlife experts feel that the fires last summer may have reduced the habitat of the coyotes, making them more aggressive. Also, some feel that the coyotes' food source may have been disappearing gradually, causing them to feel like they need to protect the prey in their territory. Some injuries the children had sustained were punctures to the head and neck and a laceration (or rip) to one's mouth. Experts are hoping that these attacks will cease, and no more harm will come to either the coyotes or the children.

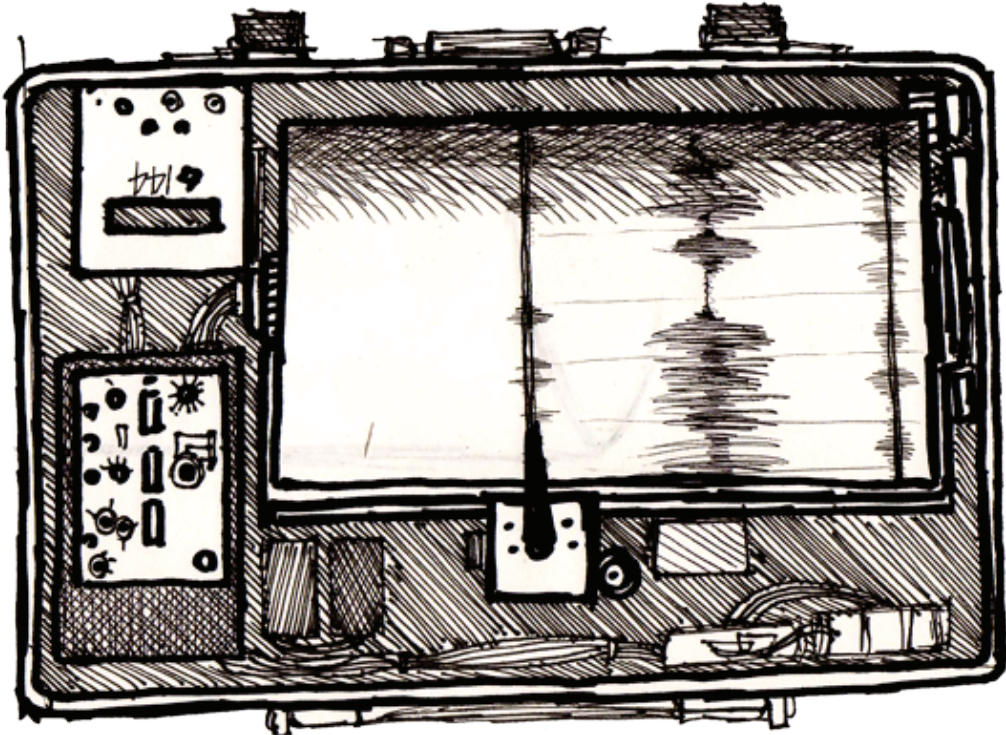
7.8 EARTHQUAKE HITS CHINA

by Jerry Joo
Staff Writer

On, 2:28 PM, May 12th, in Southeastern Sichuan Province, the hour that would precede a disastrous earthquakes over a period of four hours and eight minutes. The initial quake gauged in at 7.8 on the Richter scale and collapsed schools, factories, office buildings, and chemical plants near Chengdu, Sichuan's provincial capital. The fact that numerous small cities and towns were residing amid the steep hills southeast of the epicenter compounded the woes to come.

In the initial shock, at least 10,000 people died, reported the official Xinhua News Agency, with an additional 300 more casualties in three surrounding provinces and the mega-city of Chongqing. With thousands

more trapped in the resultant rubble, of which many were middle schools, the death toll is sure to rise. In Bewwichwan County alone, a destroyed school caused the entrapment of 1,000 teachers and students said one Chinese news agency. Although falling buildings caused most of the damage (speaking of which was estimated to be about \$20 billion), overflowing riverbanks and buckled dams are lately causing trouble.



Art by Jerry Joo

Yuji Yagi, a seismologist at Tsukuba University, Japan, said data show the 155 mile Longmenshan Fault tore in two sections. The first one ripping about seven meters, followed a second one that sheared four meters. Yagi said that the devastation was caused because the inconvenient placing of the epicenter (right on the doorstep of densely populated cities) and the shallowness of the epicenter (6 miles down). Assistance came

quickly; the government was pouring in troops to aid in the disaster recovery. The Xinhua News Agency said 16,000 were in the area and 34,000 more were en route. Visas are no longer required for aid workers, allowing faster assistance. China is on the road to recovery.

ENTERTAINMENT

METALLICA’S NEW ALBUM

by Hunter Bolding
Sports Editor

Metal band, *Metallica*, is looking to release their new album on September 9th. The band has had a string of not-so good albums that fans have not approved of. The new album does not have a title yet, but the band said that it will be going back to the styles of their previous albums. “*Kill Em’ All*,” “*Master of Puppets*,” “*Ride the Lightning*,” “*And Justice for All*,” and the “*Black Album*” are some of *Metallica*’s greatest albums and a few are even on many lists of top albums of all time. Fans of the metal band are hopeful that they don’t revert to the style of their other albums like “*Load*,” “*Reload*,” “*St. Anger*,” and “*Garage Inc.*”. These albums are regarded by fans as their worst albums. The new album began production in January of 2004 and is still in the works. This album will also be the first with their new bassist, Robert Trujillo. *Metallica* is also doing their first show in the U.S. They will be performing at KROQ’s “Weenie Roast”. Tickets for this show were sold out quickly. *Metallica* may play some of the songs on the new album, but the band is not positive that they will. Now that the album is almost finished, both the band and the fans hope that the new album will be a success.

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (SPOILERS)

by Hunter Bolding
Sports Editor

On May 22nd, 2008, for the first time in twenty years an Indiana Jones movie has been released on the masses. Harrison Ford will still be playing Indy, Karen Allen will be returning to play Marion Ravenwood, Shia LeBeouf will be playing Mutt Williams and John Hurt will be playing Harold Oxley. Characters that are not returning are Sallah who was played by John Rhys Davies, the character Professor Henry Jones who was played by Sean Connery will not be in this movie. This time Indy and his friends won’t be fighting Nazi’s they will be fighting the Russians. Harrison Ford will be doing his own stunts in this movie like the other films even though he is 65. Steven Spielberg directed it and George Lucas wrote the story and script. For the anniversary of this event, all three of the Indy films will be re-released on DVD and Blu Ray formats. They have been filming in Hawaii and also in other places in the United States. The film will be set in the year 1957, a different decade that the previous films which were set in the 1930’s.

The movie *Indiana Jones and the Kingdom of the Crystal Skull* is not the best Indiana Jones movie, but it is not the worst. Here are my complaints about the movie, first of all it didn’t seem like a real Indiana Jones movie, there was too many Computer Generated scenes, the movie seemed to stray away from more archeology less action. Also the plot of the movie was different than the other movies, it was based on myth, and the plot is about aliens, that’s right aliens. Now it’s time for the good part of the review. Harrison Ford was spot on in his performance, after the first five minutes I couldn’t realize that he was 65. Also Cate Blanchett’s performance was perfect as the main villain. The plot twist in the movie is spectacular; also the ending is really awe-inspiring. It foreshadows the next movie in the series. I give the movie a 8/10 because of a few silly scenes with Shia and too much use of CG but overall you will get an action thrill-ride with a touch of Indy magic.

BIZARRE FACTS

by Tasman Smith
Staff Writer

- | | |
|--|---|
| <ol style="list-style-type: none">1. An office desk has 400% more bacteria than a toilet.2. 98% of all welcome cards are purchased by women.3. A dime has 118 ridges around its edge.4. America’s favorite crayon color is blue.5. People did not commonly use forks until after the Civil War.6. Diapers take 50 years to decompose.7. Common pesticides such as roach, termite and flea insecticide can be found in the bodies of the majority of Americans.8. Crayola is a French word that means “Oily chalk”.9. Every second two Barbie dolls are sold somewhere in the world.10. In 1989 twenty-three people were hired in Jacksonville, Florida to flush toilets so the water would not freeze in the pipes. | <ol style="list-style-type: none">11. It costs three cents to make a dollar bill in the United States.12. In the average lifetime, a person will walk five times around the equator.13. According to suicide statistics, Monday is the favorite day to for self-destruction.14. The human heart creates enough pressure to squirt blood 30 feet.15. The Australian dollar notes (five to one-hundred) are made of plastic.16. The average person spends two years on a phone.17. Negative forty degrees Celsius is the same as negative forty degrees Fahrenheit.18. Kansas state law requires people to wear tail lights when crossing the freeway.19. According to research at Cambridge University, it doesn’t matter in what order the letters in a word are, the only important thing is that the first and last letter be at the right place. The rest can be a total mess and you can still read it without a problem. This is because the human mind does not read every letter by itself, but the word as a whole. |
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CONCERT FOR KROQ

by Alden Sayre
Staff Writer

World famous radio station, KROQ, put on a concert called “The Weenie Roast”. The concert was played at the Verizon Wireless Amphitheater in Irvine. People all over the country called the radio station twenty-four hours a day, to try to pick up tickets. The concert sold out in minutes, and KROQ gave the tickets left to lucky callers. Some of the bands that played there were: The Offspring, Metallica, Rise Against, Pennywise, and Bad Religion. Metallica’s fans hoped that they would play some songs from their untitled new album, while The Offspring played some songs from their new album called *Rise and Fall, Rage and Grace*. Rise Against is working on a new album, but played their hits like “Ready to Fall” and “Prayer of the Refugee”. Pennywise had a new hit single called the “Western World,” and Bad Religion played many of their well-known hits. Many fans were excited to attend “The Weenie Roast” and heard their favorite bands play.



SUMMER LIFE

SUMMER HEAT...WITH A TOUCH OF RELAXATION

by Sophia Eckerle
Editor-in-Chief

You run, you jump, you exercise, but do you know how to cool off and relax? Summer is finally here, and the heat is coming. Swimming is a good option when you have a lot of time to cool down, but sometimes you just can’t take the time off from your busy summer schedule. For those days when you are on the run continually, use this recipe for a strawberry-banana smoothie to relax and refresh.

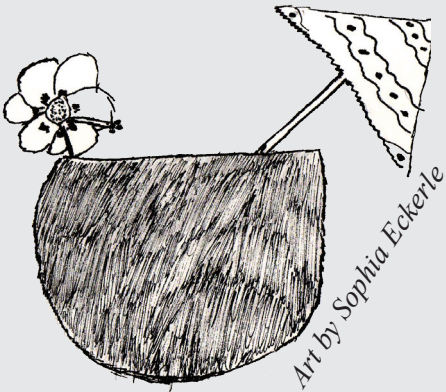
Ingredients:

- 1 cup of milk
- 2 big scoops of vanilla ice cream
- ½ a banana
- 1 cup of strawberries (Frozen or fresh. If you use fresh strawberries, add ½ a cup of ice.)

Procedure:

- 1.Set up a blender. Put a paper towel or cloth towel to one side, to keep your counter clean.
- 2.Add the one cup of milk first.
- 3.Toss in the cup of strawberries next.
- 4.Add the half of banana.
- 5.Throw in the two scoops of vanilla ice cream.
- 6.Put the lid of the blender on.
- 7.Blend the smoothie thoroughly, until no chunks of ingredients are visible. The smoothie should be thick and creamy, unless you want it thinner. Stop the blender occasionally to check the consistency of the smoothie until it is thin/thick enough for you.
- 8.Pour into a glass or cup.
- 9.Enjoy your refreshing smoothie!

Now you know how to create an icy, refreshing drink that will cool you off on even the hottest days. Try this recipe, and you won’t have to go swimming to relax. Enjoy the smoothies and the warm summer days.



BIZARRE JUNE HOLIDAYS

by Tasman Smith
Staff Writer

This is a table of all the bizarre holidays in June. Enjoy!

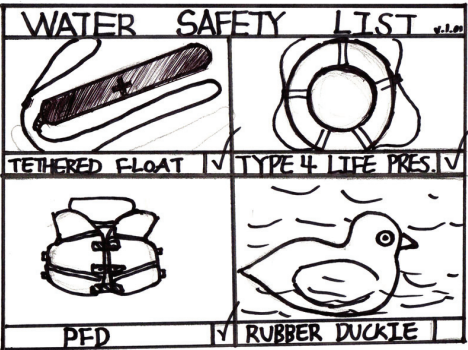
June 1	Dare Day
June 2	National Rocky Road Ice Cream Day
June 3	Repeat Day
June 4	Old Maid’s Day
June 5	Festival of Popular Delusions Day
June 6	National Applesauce Cake Day
June 7	National Chocolate Ice Cream Day
June 8	Name Your Poison Day
June 9	Donald Duck Day
June 10	National Yo-yo Day
June 11	Hug Holiday
June 12	Machine Day
June 13	National Juggling Day
June 14	Pop Goes the Weasel Day
June 15	Smile Power Day
June 16	Fresh Vegetable Day
June 17	National Watergate Day
June 18	International Panic Day
June 19	World Sauntering Day
June 20	Ice Cream Soda Day
June 21	Summer Solstice
June 22	National Chocolate Éclair Day
June 23	National Pink Day
June 24	Swim a Lap Day
June 25	National Catfish Day
June 26	Forgiveness Day
June 27	Sunglasses Day
June 28	National Columnists Day
June 29	Camera Day
June 30	Meteor Day

POOL AND BEACH SAFETY

by Hunter Bolding
Sports Editor

Whether you’re chilling by the pool, or tanning at the beach, you should stay safe. Here are some tips on how to keep safe during summer. While you are at the beach or the pool, you should always have sunscreen on, because you can get skin cancer just from the UV rays. Sunscreen protection takes the label on the bottle (SPF) and multiplies it by one hundred, so it equals the number of minutes the sunscreen protection lasts. So if you have a sunscreen with an SPF of 25,

it will work for 250 minutes. But some sunscreens wear off when you go into water, so make sure when you buy sunscreen and you are going to go into water, you buy waterproof sunscreen. Also, if you are by the pool and you have little kids around, or in the pool, MAKE SURE YOU WATCH THEM! A little kid with floating wings on can still drown in the pool. If you are surfing at the beach, and you wipe out, make sure to not get hit with the fins of the surf board. The fins are incredibly sharp and will cut your skin. At the beach, there is sometimes a red tide warning, which is usually marked at the lifeguard station. Do not go in, because the organisms in the water, that causes it to turn red, will give you hives, sneezing, coughing, and cold-and-flu-like symptoms. So while your outside this summer, follow these tips and you will definitely have a safe summer.

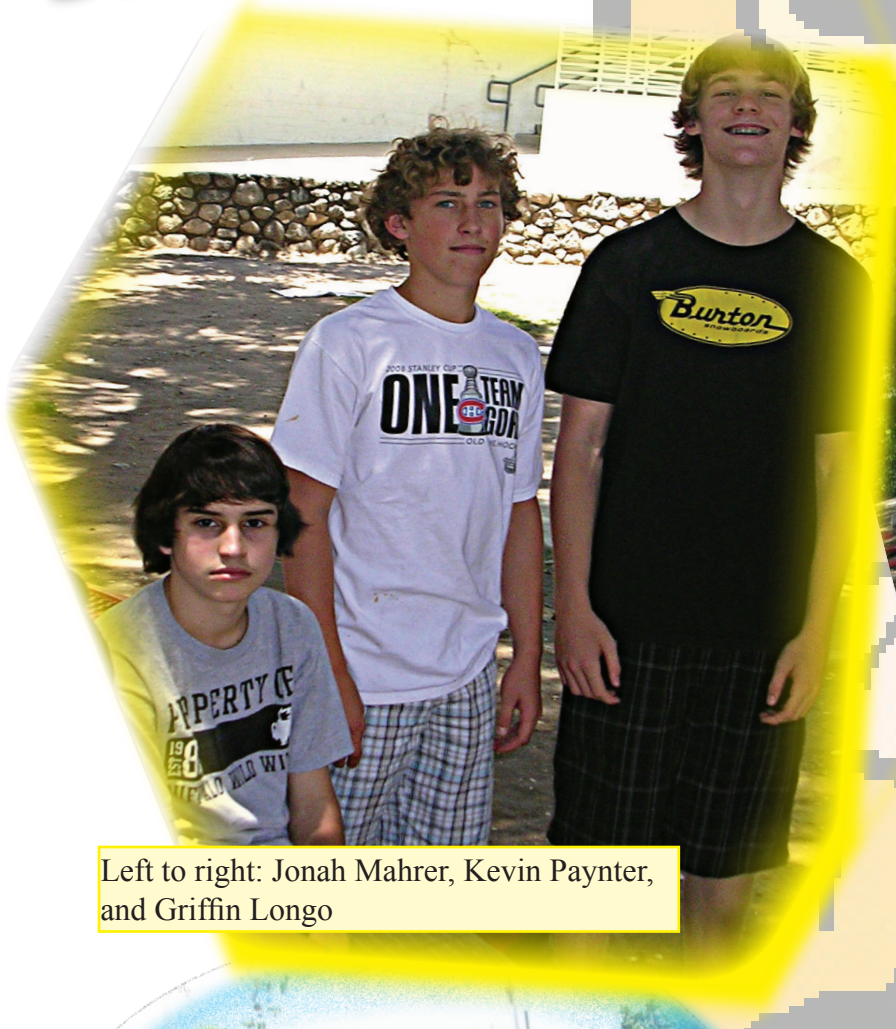


Art by Jerry Joo

TRIBUTE

Friends are like stars. No matter how far the

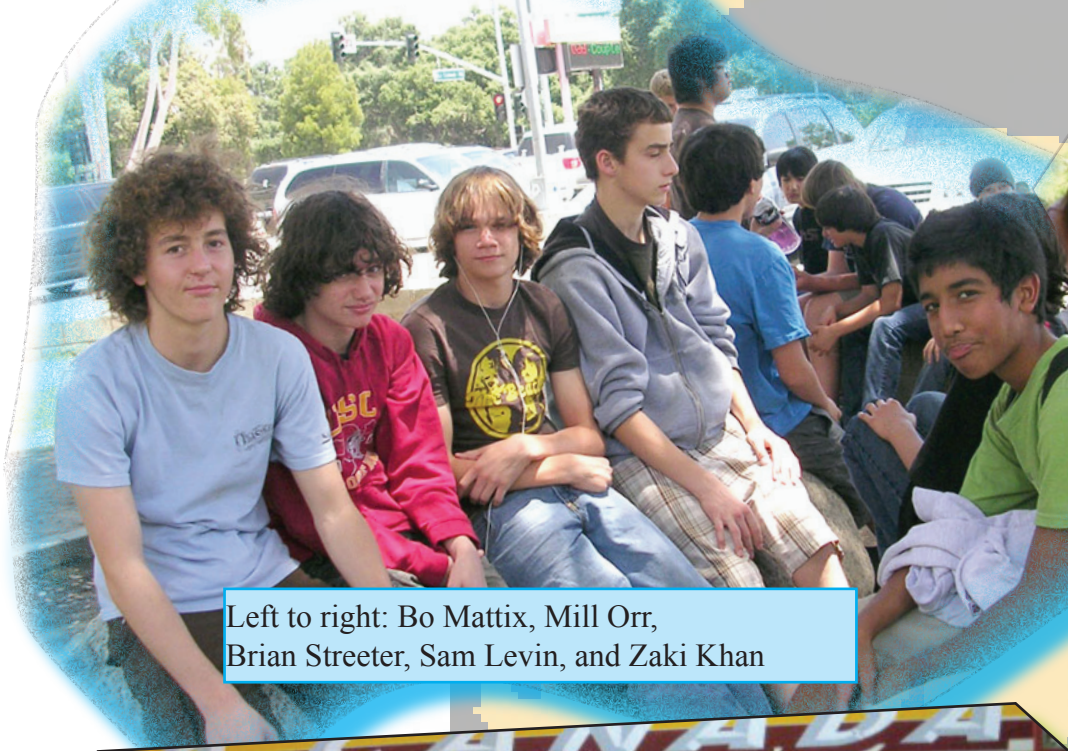
Layout Design by Lauren Loadvine and Jae Park



Left to right: Jonah Mahrer, Kevin Paynter, and Griffin Longo



Left to right:
Shelby Comstock and Tess Stenzel



Left to right: Bo Mattix, Mill Orr, Brian Streeter, Sam Levin, and Zaki Khan



Left to right: Shannon Burt, Kelly Masuda, Lauren Cox, Diana Jang, Ivana Tasic, Kira Lee, Katie Robbins, Claire Shuman, Ashley Fejtek, and Allie Evans



Front Row L-R: Shannon Burt, Claire Shuman
Back Row: Willa Young, Grace Fraser, Madison Carter, Kenzie Anderson, Jae Park, Diana Jang, Ashley Fejtek, and Melissa Ha.



L-R: Katie Abbott, Payton Parker, Kelly Trueblood, Shea Gaier and Jamie Huh.

TRIBUTE

They are, you know that they are always there!



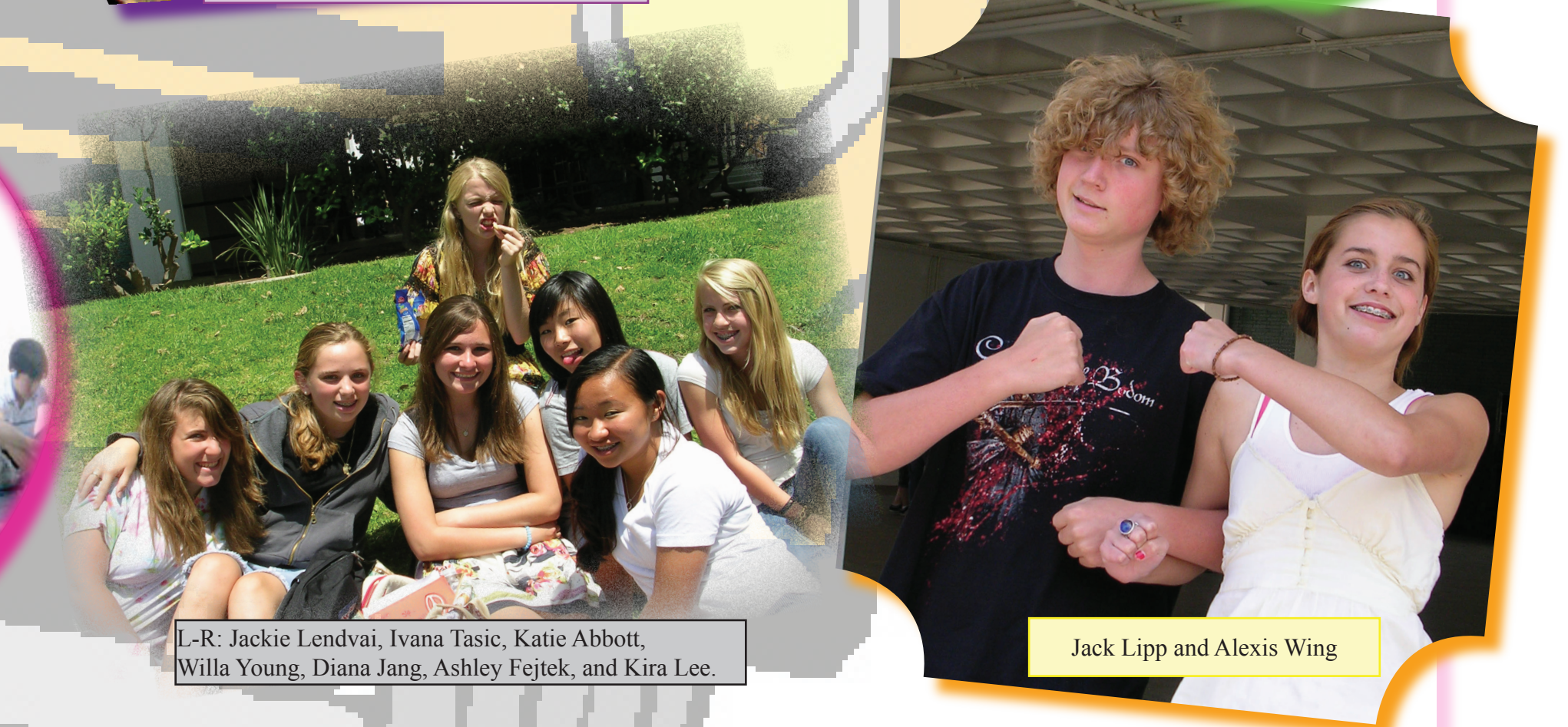
Left to right: Madison Carter, Kelly Stewart, Carlee Kreisel, Alex Eaton, Melissa Ha, Kenzie Anderson, Rachel Thorp, and Austin Lee.

Left to Right: Cindy Kim, Michelle Kim, Sally Lee, Jamie Huh, Vivian Kim, Justine Lee, Christine Mun, and Jae Park



Left to right: Brad Cavanagh, Peter Gilmour, Daniel Wyatt, and Daniel Zhuralev

Left to right: Katie Matthews, Allie Evans, Shannon Burt, and Kelly Masuda.



L-R: Jackie Lendvai, Ivana Tasic, Katie Abbott, Willa Young, Diana Jang, Ashley Fejtek, and Kira Lee.

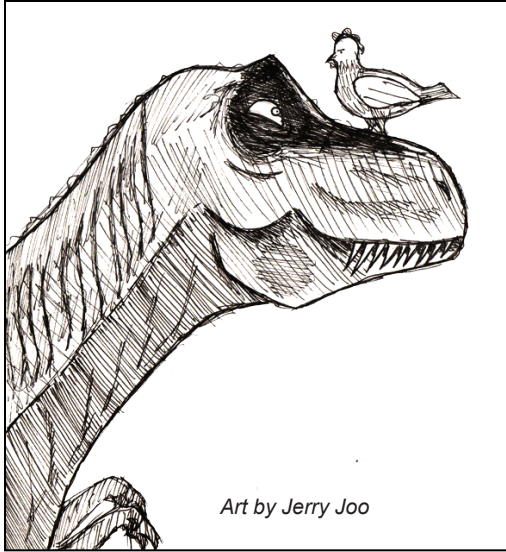
Jack Lipp and Alexis Wing

SCIENCE

ANCIENT ANCESTORS

by **Sophia Eckerle**
Editor-in-Chief

It is a known fact that dinosaurs walked the Earth millions of years ago, and that they left behind their fossils to educate the present generation of people. Everyone knows this, and they are always learning more about the dinosaurs of the past. Recently, scientists have found evidence that leads them to believe that the mighty T. Rex, might in fact be related to the common chicken. Reports state that “the bits of proteins from connective tissues in a Tyrannosaurus Rex fossil show a relationship to birds.” Fossils have also suggested that the skeletal system of birds is similar to that of the Tyrannosaurs Rex, so they have been anticipating this discovery for a while. “These results match predictions made from skeletal anatomy, providing the first molecular evidence for the evolutionary relationships of a non-avian dinosaur,” Chris Organ, of the Harvard team, tells the press. “With more data,” Organ said, “we probably would be able to place the T. Rex on the evolutionary tree next to birds.” This is a breakthrough that can change the way we look at the birds’ ancestors.



Birds and dinosaurs are related.

Molecular analysis, or genetic sequencing, of a 68-million-year-old Tyrannosaurus Rex protein from the dinosaur’s femur confirms that “the T. Rex shares a common ancestry with chickens, ostriches, and to a lesser extent, alligators,” scientists told the press. On the evolutionary tree, this evidence places the dinosaurs with the birds, rather than with the modern reptiles, such as lizards, scientists had grouped them with previously. The protein from the dinosaur was taken from a T. Rex fossil found in the Mid-West. This fossil was uncovered in 2003, by John Horner of the Museum of Rockies. The research made by Chris Organ indicates that protein from the fossilized tissue is authentic, rather than contaminated from a living species. “We only had 89 amino acids, but we were able to establish this relationship,” says Organ. Scientists have been predicting this connection between dinosaurs and birds for a while, and now they finally have the proof they need.

ALTERNATIVE FUELS

by **Michael Thein**
Staff Writer

Gas has been powering our cars for decades, but now people are starting to switch to alternative fuels. Gas prices are climbing higher every day, so scientists have found different ways to power motor vehicles. People everywhere are turning to cheaper ways to power their cars, and now, more and more gas users are switching to alternative fuels. There are already more than a dozen alternative and advanced fuels in use, or in production today. Although most of the vehicles running on alternative fuels are privately made, more car companies are starting to

look into different methods of powering their vehicles. There are currently seven registered alternative fuels. These include: biodiesel, electricity, ethanol, hydrogen, methanol, natural gas, and propane. Many other fuels are currently under development. Fuels under development include: biobutanol, biogas, biomass to liquids, coal to liquids, fischer-tropsch diesel, gas to liquids, hydrogenation-derived renewable diesel, p-series, and ultra-low sulfur diesel. Of the alternative fuels currently available, the most popular is ethanol. Ethanol is produced from crops, and helps lower gas emissions. Vehicles that run on alternative fuels are mostly small vehicles like golf carts and scooters. They are available on the Internet, and from some private dealers. These alternative fuels will help to reduce pollution worldwide.

NEW DISCOVERIES AT STONEHENGE

by **Sophia Eckerle**
Editor-in-Chief

Stonehenge, one of England’s multiple claims of fame, is built in the county of Wiltshire, which is north of Salisbury. As one of the most popular and famous prehistoric sites in the world, it attracts thousands of tourists each year. Archeologists believe that Stonehenge was built around 2200 BC, but no one knows the real purpose of this giant pile of rocks. Scientists are kept in the dark because of “poor excavation records and disturbances of the natural chalk by glacial effects and animal burrowing.” Scientists have determined that there were about five phases of building and “remodeling” done in the past, but the purpose of the site is still a mystery. Many myths swirl around

“the bluestones were apparently transported to the Salisbury Plain site from the Preseli Mountains in South Wales, 153 miles away.” On this mission, the men hope to compare the bluestone in Wales to the rocks found at Stonehenge. These scientists hope that “this month’s excavation will help them decide the date of the beginning of the stone’s construction.” If they know exactly when the stones were moved from Wales, they will uncover new data. They might even be able to match up the “construction timeline” with a certain population or culture (living in England) that believed bluestones had healing properties and a religious purpose.

The people in this dig are also fascinated with the transportation of the five-ton rocks. Their research shows that “they may have been dragged from the mountains in South Wales to the sea, put on huge rafts, and floated up the River Avon.” This excavation is extremely significant because it is the first time the



the different rock formations, but they all seem to point towards a religious function.

Early this year, archeologists have conducted a dig at the ruins of Stonehenge, and the dig just might lead to uncovering the real meaning behind the position and purpose of the rocks. The excavation, funded by BBC, intends to “extract samples from the earliest stones erected, known as bluestones.” If scientists figure out when the stones were brought to the site, it could help verify the existing theory that the bluestones were thought to have healing powers.

Three years ago, two archeologists, Geoff Wainwright and Tim Darvill, reported that

ground in the inner stone circle has been dug up since 1964. “This area is revered as a powerful link to England’s pagan [religious] past. To this day, Druids [from Celtic religion] mark the seasons at the site,” Wainwright and Darvill tell the press. According to the BBC, this team uncovered a wide variety of artifacts as they dug at Stonehenge. Some of the artifacts included Roman ceramics, stone hammers, and pottery fragments from England’s “Neolithic Beaker culture.” The archeologists are eager to uncover more, and they hope that their discoveries will lead to finding the original purpose of the construction of Stonehenge.

SPORTS

BEIJING SUMMER OLYMPICS

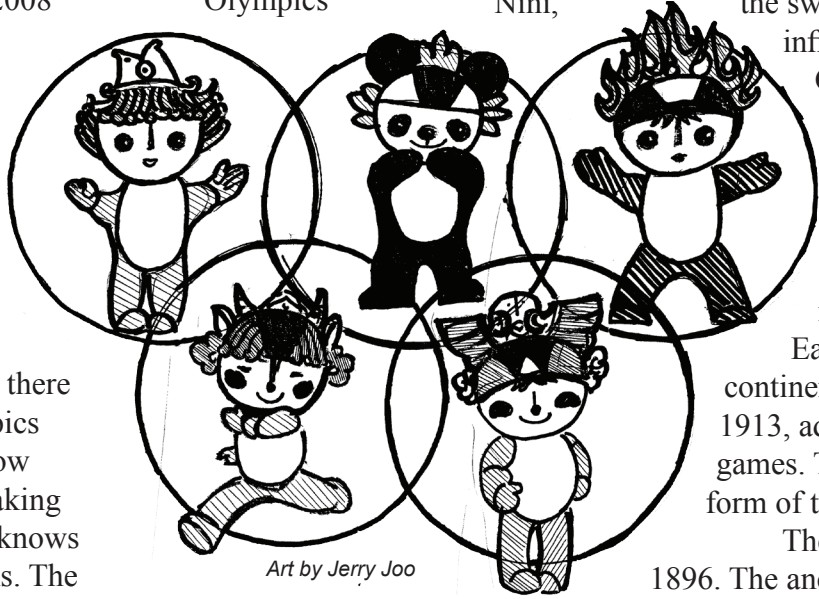
by Elizabeth Fogarty
and Elizabeth Whitfield

Staff Writers

“*One World, One Dream*”. The Olympic slogan calls upon the whole world to join in the Olympic spirit and build a better future for humanity. The 2008 Olympics will be hosting 28 returning sports, 165 of which will be men’s events, 127 of which will be women’s events, and 10 events which will include men and women; for a grand total of 302 events. The games include baseball, basketball, cycling, diving, football/soccer, gymnastics, swimming, tennis, volleyball, triathlon, water polo, and many more. Along with the 302 events, there will be a new game added to the Olympics this year. It is called Show Boating. Show Boating is the act of being good and making sure everyone else, including yourself, knows it. Sort of like a bragging game, it seems. The Olympics will be held two weeks later than planned, because of expected weather conditions. This will be held between August 8th – 24th in Beijing, China.

The Olympic mascots this year, all represent one of the Olympic rings and part of the Chinese culture. Together, all the mascots are called Fuwa, or Friendliness. Representing the blue ring is the fish, Beibei. The fish represents prosperity and harvest, and is a symbol of a good year

and a good life. Jingjing, the panda, represents the black Olympic ring. The panda is the Chinese national treasure and world-wide favorite. Its headdress symbolizes the forest and the relationship between man and nature. The Big Brother of all the Olympic mascots is Huanhuan. He symbolizes the Olympic flame and the passion of sports, and also represents the red ring. Symbolizing the vastness of the Chinese landscape is the antelope, Yingying. Yingying’s headdress design is taken from the culture of Western China, and she represents the orange ring. Last is Nini, the swallow. The green ring’s mascot symbolizes the infinite sky, and is a popular design throughout China.



Art by Jerry Joo

There are five Olympic rings. Each one representing a different continent. The Americas, Asia, Europe, Africa, and Australia. Both Americas are represented as one continent and Antarctica was omitted. The ring’s colors include black, blue, red, green, and orange. Each of the ring’s colors can be found in each of continent’s national flags. The rings were designed in 1913, adopted in 1914, and debuted in the 1920 Antwerp games. These games were like a very early, undeveloped form of the Olympics.

The history of the modern Olympics starts in Athens, 1896. The ancient stadium in Olympia could accommodate more than 40,000 spectators! The tradition of the Olympics dates back to the 9th century. Although we keep the traditional ways of the Olympics, we have added on more games. Pole vaulting, sprints, shot put, weight lifting, swimming, cycling, target shooting, tennis, marathon and gymnastics were all some of the events at the first Olympics.

Fully informed and rearing to go, get pepped up to cheer on your favorite contestants, and be sure to watch the Olympics this summer!

NBA PLAYOFFS

SUMMARY

by Matthew Krugler
Staff Writer

As you all know, the NBA playoffs have started, and all the matchups will be exciting. The first match up to talk about was one of the most exciting match ups of round one. The number one seed Boston Celtics against the Atlanta Hawks. Everyone thought that the series was going to be a sweep. Atlanta was not about to give up. They rallied to force a game seven. But in the end Boston prevailed and won the series in game 7, 4-3. With that loss, the Atlanta Hawks were out of the playoffs and Boston moved on to the next round. The next match up was an easy one to win for the New Orleans Hornets. They breezed by the Mavericks, even though the Mavericks won game four to survive, but the Hornets won 4-1. The next series was the first place Lakers vs.

the eighth place Denver Nuggets. For the Lakers, winning the series was a piece of cake as they swept Denver 4-0. The Utah Jazz and the Houston Rockets played an exciting series. The Rockets who won 21 games in a row, the second most in the NBA, could not hold off the Utah Jazz, and they ended up losing the series 4-1. The Spurs and the Suns series was also exciting. Although the Suns won late in the series, they couldn’t hold off and ended up getting eliminated in the series 4-1. The Washington Wizards played the Cleveland Cavaliers. The Cavaliers along with Lebron James, knocked off the Wizards with Gilbert Arenas, 4-2.

With half of the teams eliminated the playoff moved on to round two. The New Orleans Hornets started the series against the San Antonio Spurs. They played six long games, until they played the final game, seven, and the Spurs beat the Hornets 4-3. At the Hornet’s home town, they moved on to the next round. Then came Boston against Cleveland. With this series, having a crucial and decisive game seven, the Boston Celtics won by only five points to win the series 4-3, over Cleveland to go on to the next round. The Lakers who swept Denver, played the Utah Jazz and went to a game six, and played at the Jazz’s stadium, which is one of the hardest places to win a game, if you’re the

away team. But the Lakers held on and won 108-105 to eliminate the Utah Jazz.

In the third round of the playoffs, the Red Hot Spurs faced the determined Lakers. The Lakers won both of their games at home and went over to San Antonio, where they just pulled out a win, beating the Spurs 93-91 to take a 3-1 lead. Then, they had an exciting home game, by beating the Spurs 100-92 to be the Western Conference Finals Champions. Meanwhile, in the East, the Eastern Conference Finals were going on between the Boston Celtics and the Detroit Pistons. The Celtics took an early 1-0 lead in the series, beating the Pistons 88-79 in game one. Although in game two, the Pistons beat the Celtics in Boston, 103-97 to give the Celtics their first home loss. Then came game three where Boston beat the Pistons in Detroit, and the tables turned. After that the Pistons won and tied the series 2-2. It then went down hill for the Pistons, as Boston won a huge game five at home with a very close score of 104-106. It came down to one game for the Pistons, but they lost at home and Boston was the Eastern Conference Champions. The finals are next between the Boston Celtics and the Los Angeles Lakers. It’s anyone’s guess who will win.

NHL PLAYOFFS

SUMMARY

By J.B. Lovelace
Staff Writer

Starting on April 9, 2008, sixteen professional hockey teams began their quest to raise the greatest trophy in professional sports, the Stanley Cup. The 2008 hockey playoffs consisted of four-best-of-seven series. The first series was called the Quarterfinals, then it was the Semifinals, then the Conference finals, and last, but definitely not least, the Stanley Cup Finals. The sixteen teams were all aware of the sacrifice, and they knew this is what they dreamed of and worked for their whole life. This is certainly the best time of year for a hockey fan. (See Playoff Table to the right.)

Quarterfinals	Results
New Jersey Devils vs. New York Rangers	Rangers win 4-1
Ottawa Senators vs. Pittsburgh Penguins	Penguins win 4-0
Philadelphia Flyers vs. Washington Capitals	Flyers win 4-3
Boston Bruins vs. Montreal Canadians	Canadians win 4-3
Nashville Predators vs. Detroit Red Wings	Red Wings win 4-2
Calgary Flames vs. San Jose Sharks	Sharks win 4-3
Colorado Avalanche vs. Minnesota Wild	Avalanche win 4-2
Dallas Stars vs. Anaheim Ducks	Stars win 4-2
Semifinals	Results
New York Rangers vs. Pittsburgh Penguins	Penguins win 4-1
Philadelphia Flyers vs. Montreal Canadians	Flyers win 4-1
Dallas Stars vs. San Jose Sharks	Stars win 4-2
Colorado Avalanche vs. Detroit Red Wings	Red Wings win 4-0
Conference Finals	Results
Philadelphia Flyers vs. Pittsburgh Penguins	Penguins win 4-1
Dallas Stars vs Detroit Red Wings	Red WIngs 4-2
Stanley Cup Finals	Results
Pittsburg Penguins vs. Detroit Red Wings	Red Wings win 4-2

OPINION

EUTHANIZING HORSES- WRONG OR RIGHT?

by Sophia Eckerle
Editor-in-Chief

The gate swings open, and the horses thunder onto the track, racing for honor, money, fame, and glory. The horses rumble around the track, until one falters, trips, and lands on its knees. It is obviously hurt and in pain, and the veterinarians know that they will have to put it to sleep or it will suffer longer than necessary. This is a tough choice to make, but is a very important one to the horse. Letting the horse live with broken legs is almost impossible, because it can barely stand. The horse is jittery, but being up for too long puts the horse's nerves under too much pressure, so living like that is no life at all.

We all followed the story of Barbaro a couple of years ago, who broke his hind leg during the Preakness State Race in 2006. This injury ruined his career, and underwent surgery to try to fracture. Later in the year, developed laminitis (a disease in his other rear leg, and an additional five surgeries. the horse was recovering, he was have laminitis in his front legs as well. Further surgeries to fix the problem would have proved futile, and Barbaro was put to sleep on January 29, 2007.

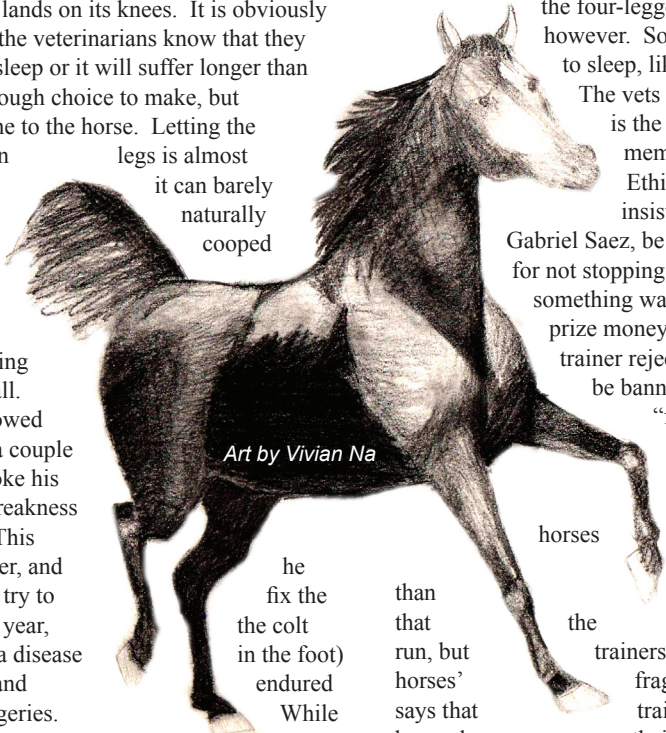
The Kentucky Derby is one of the most prestigious races in the country, and many horses are bred and trained specifically for this race. One three-year old filly, Eight Belles, made history in Arkansas by being the first filly to win the Martha Washington Stakes, the Honeybee Stakes, and the Fantasy Stakes in March, February, and April of this year. She also ran in the Kentucky Derby this year, and came in second to Big Brown. She was only the thirty-ninth filly to run the race in the one hundred and twenty-one years of the Kentucky Derby's past. She collapsed while cooling down immediately after the race, and, upon examination, was found to have severe breaks in both front ankles. The on-call veterinarian, Dr. Larry Bramlage, stated, "Eight

Belles' trauma was too severe to even attempt to move her off the track. She had fractures in the cannon and sesamoid bones, which was an injury similar to the one suffered by 2006 Kentucky Derby winner Barbaro. The big difference is that Eight Belles' injury was so severe, the fracture was poking through the skin." The Kentucky Derby's vets knew that they could not save Eight Belles even if they performed surgery, so they euthanized her in front of the stands because of the nature of her injuries. They did not want to cause her any more trauma, or at least anymore than she had already experienced. It is possible for a horse to temporarily live on three legs, but it can't live on just its hind legs.

Other horses have contracted injuries on the racetrack and have survived. Not all of the four-legged athletes are that lucky, however. Some horses have had to be put to sleep, like Eight Belles and Barbaro.

The vets say that euthanizing horses is the best way to help them, but members of PETA (People for the Ethical Treatment of Animals) insist that Eight Belles' jockey, Gabriel Saez, be suspended if found at fault for not stopping the horse when he realized something was wrong. They also want the prize money to be revoked. Eight Belles' trainer rejects the call for horse racing to be banned, calling the filly's death a "freak thing."

One of the biggest arguments for PETA and its supporters is the fact that the being raced and bred now seem to have lighter bones normal. Experts say horses are being bred to fragile skeletal structure. PETA trainers are pushing the horses their limits, and the horses can't compete with the breeders' standards. Others oppose this viewpoint, however. "These horses are athletes and there is risk of injury in all sports. The only thing is that when horses get injured, they usually have to be put down. If it is anyone's fault, it is the owners', for putting her in a race two days straight. As a three year old, her bones have not finished growing and are not strong enough to stand this kind of stress," says Roy L. Zabel, one of the thousands who voiced their feelings about Eight Belles' tragic ending. Everyone has a different opinion, and there are strong arguments on both sides. The best description of Eight Belles was voiced by Washington Post editor Sally Jenkins, who proclaimed, "She ran with the heart of a locomotive, on champagne-glass ankles." The horses themselves don't get enough credit, and we just have to appreciate their great strength in this amazing but risky sport.



Art by Vivian Na

ASK ANNA

by Anna Namous
Staff Writer

Dear Anna,
@#%\$!&*@#! Oops? I don't know what to say, or think! I want to be part of the crowd, but I really feel kind of like a loner. I absolutely love my friends, but I just don't like the way they talk. I don't want them to think I'm some kind of freak because I don't swear. So, how should I keep my friends, but have them know I don't like their language?

Sincerely,
Swearless

Dear Swearless,
Oops? Cussing is no accident. Every time one of your friends lets a bad word slip, they choose to face the consequences. Remind them that a parent or teacher could hear them, and they could get in big trouble. Students at LCHS often receive detentions if they are caught swearing, so keep your friends on track. Your friends may still talk this way when no supervision is around, so use your friendly influence to sit down and talk to them. But if they keep it up, stop acting friendly. Tell them you won't hang around them if they don't stop. You don't really have to keep this promise, because it will most likely scare them enough, for they will want your friendship. As for feeling like a freak, you don't have to. Feel proud that you are unique, and make the right choices. It sounds like you are choosing to feel like a loner, but maybe they don't feel the same. Remember to stick with the right choices, and be your own person.

Sincerely,
Anna

Dear Anna,
I want to text, but my parents won't let me. All my friends text, and I even text on my friends' phones. How sad is that? Sometimes, my friends text me about an after school meeting for CJSF, soccer, or other things like that, and I never get the message because my parents blocked it. I've asked my parents constantly for text messaging, even if it isn't an unlimited plan, but they won't change their minds! It is so annoying! What do I do? Help!

Sincerely,
Need2txt

Dear Need2Txt,
Your parents concern may be that it costs a lot to text. But if this is the problem, there is an easy solution. Inform your mom and dad that you can get a texting plan with your phone company. Remind them that you can get a small plan that doesn't cost a lot. They may still be doubtful, so let them know that calling your friends costs more than sending them a text. So, in a way, they will be saving money instead of splurging it. Remember, if your parents say no at first, don't push them. Wait, be patient, and good things will come.

Sincerely,
Anna

WII FIT

by Jerry Joo
Staff Writer

Game systems pose as advantages for both parents and kids. From the parents' points of view, it's a nice way to keep mommy's kid quiet, in one place continually, and unobtrusive. From the kid's point of view, it is a deity, a demigod of circuits, diodes, and plastic. With it, one could pump aliens full of bullets or shunt go-karts off the track with red turtle shells. Of course, every advantage has its disadvantages; numb legs from sitting down for hours on end, cramps from white-knuckled shootups, and the ever-present worry of becoming too wide 'round the tum. For those of you who spend hours paying homage to the almighty console, the solution has arrived.

Introducing the fitter brother of the phenomenal Wii, the Wii Fit. Aptly named, I daresay. One may wonder what the big deal is. It's simply a newer model of the aforementioned Wii, right? Wrong. True, it still employs the innovative Wiimote, but there is an element in the console that has not been seen before. The innovation is a "balance board", something that looks uncannily like a household scale. However, it is really a game controller on which the player sits or stands on. This may not appear so impressive, but it enables the player to choose one of three levels of exercise. A few of the games include yoga, push-ups, stretching challenges, and aerobics. Those of you who are inclined towards more active events can opt for ski jumping, ski slaloms, heading soccer balls, and jogging. This marvel was flying off the shelves on the release date, which was May 21st, for North America.

FORMER FIRST GRANDMA

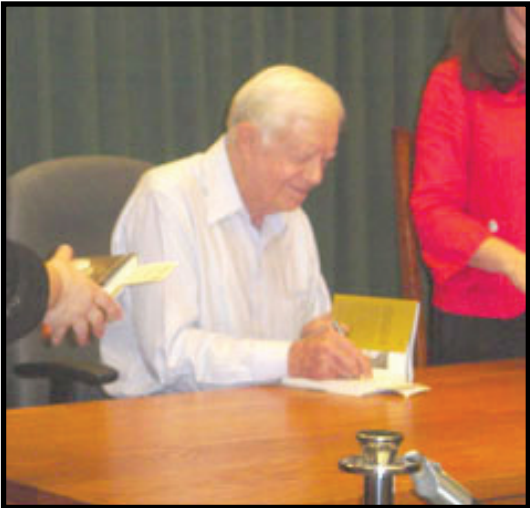
by Alex Keledjian

Co Editor-in-Chief

On May 7, former President Jimmy Carter hosted a book signing for his new book A Remarkable Mother, which is about his mother, Lillian Gordy Carter. In the book, President Carter mentions that Lillian Carter was a registered nurse, pecan grower, and Peace Corp. Volunteer. She was born on August 15, 1898 in Americus, Georgia, and died on October 30, 1983 in Richland, Georgia. There are twelve chapters, and each one represents a different stage of Lillian Carter's life. The major stage in Lillian Carter's life, was when she volunteered for the Peace Corps. in 1966. She was later sent to India. She returned to Georgia in 1968. President Carter also mentions that she campaigned for him in 1970. He won by a landslide. He also mentions when he appointed her to the Board of Governors. In 1975, Governor Carter decided to run for President, and the first he told was his mother. Immediately, Lillian campaigned all over Georgia and the rest of the country. Governor

Carter defeated President Ford in the fall of 1976. President Carter mentions that Lillian was a United States delegate at State Funerals. In 1980, Carter mentions that Lillian was happy when he was defeated by Governor Ronald Reagan. On October 30, 1983, Lillian Gordy Carter died of pancreatic cancer, she was 85. During the harsh times of the Carter Administration, Lillian Carter tried to heal the nation. She will always be carved into the hearts of the American people for her work towards peace.

Photo by Alex Keledjian



Former President Carter at Vroman's in Pasadena.

PROFILES

INTERVIEW

WITH
MRS. ALEQUIN

by Lauren Loadvine
Staff Writer

Many 7/8 students here at LCHS don't know about the impact that the high school has on the students. Mrs. Alequin mostly works for Dr. Dragos, the high school principal, but she has also done many things for the 7/8. *The Spartan Star* had the opportunity to interview Mrs. Alequin about the things she has done for our small schools, and also about her life.

The Spartan Star: When did you start working for La Canada High School?

Mrs. Alequin: In May of 1996.

The Spartan Star: Have you been a secretary the whole time?

Mrs. Alequin: Yes, I have.

The Spartan Star: During those years, did you ever teach or substitute?

Mrs. Alequin: No, I did not.

The Spartan Star: We know that you mostly work for the high school, but what things, if any, have you done for the 7/8?

Mrs. Alequin: Whenever Mrs. Shannon needs help, I help her. The whole office pitches in. I am also familiar with a lot of the students which help.

The Spartan Star: What things do you like to do when you are not working?

Mrs. Alequin: Bicycling, swimming, reading, gardening, generally being outdoors, but most of all, spending time with my kids.

The Spartan Star: Besides working here at LCHS, what other jobs have you done?



Photo by Lauren Loadvine

Mrs. Alequin: I was an assistant in a doctor's office, in real estate, in escrow, insurance, and I was also an office manager.

The Spartan Star: Are you friends with any teachers?

Mrs. Alequin: The 7/8 teachers hold a special place in my heart.

The Spartan Star: Thank you, Mrs. Alequin, for your time.

MRS. SINNETTE
MOVES ON

by Elizabeth Fogarty
Staff Writer

All students know our wonderful LCHS 7/8 principal, Ms. Sinnette, but did students know that something brand new is coming her way? A new job! Yes, Ms. Sinnette will be leaving LCHS, but she will still remain a part of our school's history. *The Spartan Star* had the opportunity to sit down with her and ask her a few questions before she leaves LCHS.

The Spartan Star: How did you like being the LCHS 7/8 principal?
Ms. Sinnette: It was a wonderful experience, and I enjoy working with the teachers. I also like the middle school students and the parents are very supportive.

The Spartan Star: What are some of your favorite things about LCHS, and in particular, the 7/8?

Ms. Sinnette: I really like the small school structure; it supports the students well. I also like the school spirit events. (Turkey Bowl, Basketball Bowl, etc.)

The Spartan Star: What is your new job, and what do you think it will be like?
Ms. Sinnette: I will be the Assistant Superintendent of Human Recourses. I will be working closely with teachers and district staff, and making sure all personal needs are met. I think it will be very challenging and rewarding, but will miss being on school campus.

The Spartan Star: What will you be doing at your new job?
Ms. Sinnette: I will be hiring people, working on professional development, workshops, making sure all laws in relationship to personal and negotiations, to look at teacher's contracts, and I will be a lead negotiator.

The Spartan Star: Will you be interacting with kids?
Ms. Sinnette: Yes, I plan to be on campus on a weekly basis, and I think the rule of a person working for the district is to make sure the student's needs are met, so I have to interact.

The Spartan Star: Before coming to LCHS, were you ever a teacher, or principal?

Ms. Sinnette: Yes, I was, I was the principal at Palm Crest Elementary.
The Spartan Star: Do you know who the next 7/8 principal is?

Ms. Sinnette: Yes I do, her name is Jackie Luzak.
The Spartan Star: What will you miss at LCHS?

Ms. Sinnette: I will miss working with the students daily, seeing the teachers daily, and I will miss all the staff.

The Spartan Star: There are many people who are sad to see you go; how do you feel about that?

Ms. Sinnette: It makes me sad too, it's a wonderful opportunity, but the relationships here were very special.



Photo by Elizabeth Fogarty

INTERESTS

GOURMET CHICKEN PASTA

by **Jae Park**
Staff Writer

Boneless chicken and broccoli make a delicious pairing in a creamy white sauce. Use your favorite shaped pasta – bow ties and shells work well. This dish can be used in almost every occasion. Show your family your cooking talent!!

Prep time
10 min.

Cook time
10 min.

Ready in
20 min.

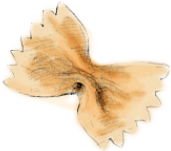
INGREDIENTS:

- 3 tablespoons olive oil
- 1 pound skinless, boneless chicken breast halves - cut into 1 inch pieces
- 1 tablespoon chopped onion (optional)
- 2 cloves garlic, chopped
- 2 cups fresh broccoli florets
- salt and pepper to taste
- 1 pinch dried oregano
- 1/4 cup fresh basil leaves, cut into thin strips
- 2 tablespoons grated parmesan cheese
- white cream sauce (any sauce can be used)

DIRECTIONS:

- 1.In a large skillet over medium heat, warm oil and add chicken; cook until slightly brown. Add onion and garlic to cook for about 5 minutes or until garlic is golden and onions are translucent.
- 2.Add broccoli, salt, pepper and oregano; stir well and bring to a boil. Cover and turn down heat to simmer for about 10 minutes. Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until tender; drain and add back into pot. Pour chicken sauce into pot and mix well.
- 4.Add basil and toss well; top with Parmesan cheese. Serve.

Serve and enjoy!!!




GUESS THE TEACHER

Tasman Smith
Staff Writer

- I have three cats at home
- I graduated from Long Beach Woodrow Wilson high school
- I used to tap dance
- I plan to retire in four years
- I taught third grade with Mr. Kissell
- I have two brothers and a sister
- I love to travel and read
- My favorite type of music is Rock, and I like to listen to The Wave
- I taught for a total of 35 years

WHO AM I?



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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



The Spartan Star Staff
Spring Semester
2008

THE DAY FOR DADS

by **Janna Johnson**
Copy Editor

How many students at LCHS school appreciate their fathers on a daily basis? Well, not many. But once in a year, dads get their chance to shine in the spotlight. That day, is Fathers’ Day. Most people think this holiday is just a chance for businesses to earn money from the Fathers’ Day presents sons and daughter buy. However, Fathers’ Day has much more history than that. The idea for Fathers’ Day was invented in 1909 by Sonora Dodd. Sonora thought of this while listening to a religious lecture about Mothers’ Day. She, whose father was a single parent of six children, thought her dad deserved some special recognition. President Calvin Coolidge was the first president to support this day for dads. However, in 1972, Sonora’s idea also led to Richard Nixon’s support, and he declared it an official holiday.

Paper, glitter, markers; put it all together and you have a traditional Fathers’ Day card. But who wants to go with original? This year, make something special for your dad, and he will be thankful. Try a self-made pillow, made out of one of your old t-shirts or fabric from a craft store. Dad will be crazy about a coupon book. The coupons can say things like “Good for one car wash,” or “One walk for the dog.” Remember, no matter what gift you get, Dad will love stuff you make yourself. So make it up, and make it heartfelt. Happy Fathers’ Day!