

Hit the Music

By Palmira Muniz
Reporter

We all have a type of music, or a song or a band that has been influential or meaningful to us in some point in our lives. We appreciate bands, artists, and musicians for all they do and for all the hard work they put themselves through.

Well, until they sell out. And by selling out, I mean a number of things: becoming mainstream, changing the way they sound, or just simply having their low budget or obnoxiously expensive video aired on MTV. By the way if you didn't know by now, MTV ruins everything...but that's another story for another day.

Back to the subject, the desires to have fame and fortune and to have all humanity know your name and play your music

And is it worth it? A band that has been together and playing for more than ten years are now winning best *new* artist awards? The California based band, Avenged Sevenfold (ever heard of them?) won the MTV award for best new artist in 2006. They've been around since 1999.

Or even worse, having your singles get beat by redundant pop tracks sung by a teeny-bopper on the Billboard Top Whatever.

Why would you want people who lack true musical taste sing your songs up and down the place just because it's "the cool thing to do", when you had loyal fans who were singing those songs practically forever ago? It's annoying and mentally painful.

Don't get me wrong we do have entertainers out there who do keep it real and are still mainstream like, Pink, Lady Gaga, and Blink-182, but only because they have the courage and ambition to connect to a broad fan base and stay true to who they are. Unfortunately, not everyone is gifted with those attributes.

What bands and other musicians who do sell out need to realize is simply this: the love and integrity of underground music fans are the good music, nay, great music is by far more important and more significant than record sales and MTV coverage. Anything is more important than MTV

coverage, only because MTV makes me sick. But again, I digress. But to all those bands/musicians/artists (I will not give names this time because if I do than it would defeat the purpose of this article) who are indeed underground and try to keep the name "indie" alive, bravo. To all those bands/musicians/artists who have yet to reach the media's definition of "success and stardom", we, the few people who share the same musical love and integrity as you do, thank you from the bottom of our dancing hearts.

We thank you for not betraying us or leaving us without, because underground music fans are the most loyal fans out there. So all musicians do yourself a favor and don't become famous. You'll have a bigger fan base that way.

TIGER BAND AFFECTED BY A DRUMMER'S CHOICE TO SELL OUT. CARTOON
BY: LEEANN AGUIRRE



Silence is Golden... Or So They Tell Me

BEN CERCEA
EDITOR-IN-CHIEF

I can't believe they allowed me to write again! Well, let us get started...BLAM! Just wanted to see that you are awake.

You can find everything at Walmart including things for your funeral such as flowers, jars (if you plan to be cremated) and caskets. That's right, Walmart now offers caskets for a low price of \$895 via their website. No joke kids, and you know what? They can ship it to your nearest store with the "Site to Store policy".

Thank you Microsoft® for giving me publishing Windows Vista® and then within a few short years, re-releasing it and calling it a different name. Why didn't you just fix the bugs in Vista® and give it to me now? Huh? I will stick to XP.

I love that idea of reading books on an annoyingly oversized piece of electronic. Like the Kindle. It holds up to 1,500 books. I don't think you need that many, one will suffice. It is called a library if you want to check out another one. You don't read all of them at the same time...or do you? I wouldn't know, I don't read very often (notice my many grammar errors and all of these puny words that I use).

The economy is up! It recently hit the 52 week high! Few seconds go by as I am writing this...It's back down again...NASDAQ joke.

For those who are absolutely frightened about the planet Nibiru, don't worry, it isn't real. No no, don't thank me for telling you this important info, thank NASA.

Have you ever wanted to be at your own funeral? Well, A Brazilian man showed up at his own funeral when he was presumed dead. He was reported dead due to an accident and he was buried the following day. He showed up at the funeral because it was a national holiday to visit the cemeteries to honor the dead when he saw his family at a grave. He must of turned white when he saw his name on the gravestone...maybe his family bought the casket from WalMart...End. For now.

A Duel To the Death!

OPTIMISM V. PESSIMISM, WINNER TAKES ALL

By Ben Cercea and Leeann Aguirre
Editors

Welcome to an exiting discussion of the topic: Optimism Vs. Pessimism. Throughout the years, many people have died due to factors that might possibly be related to this subject so we have decided to write about it. Be prepared, we warn you, the person who will start it off is Ben, he is in Italic and Leeann is regular...hehe. *Pessimism is a great way to start of the day. Think about it, if you start off thinking that nothing interesting happens and something does, then you are happy. If it happen how you want it then you become depressed and life will cease to exist.*

In order to even start off your day you have to be optimistic and because I am optimistic and I believe think that there is a chance that that I can stand up! End...for now... something good may happen, meaning *'Tis not the end. If you are constantly there's a reason for you to get out. optimistic then you will end up one day*

That is what optimists think. They so depressed you will never be able to get think they can somehow change the out of that depression. See pessimists are world thinking that everything will smart. They know that if we are always start off good. Like the scenario looking at things half empty, we will mentioned earlier; getting out of be able to beat the others to the punch bed can be because you are sick and bowl to get more lemonade. You guys tired of sitting around doing nothing. on the other hand will be en-captured

Being sick and tired of doing nothing implies that you desire change. Optimists don't think that everything will start off good, they just don't think that they are as worse as they could be. By getting out

of bed, you are exemplifying optimism.

Seeing everything with an optimistic eye will eventually send you to your doom. Like this for example, getting out of bed.

Well, what if one day you think you can get out of bed and your optimistic about it. But then you realize that your legs have gone missing! WHAT WILL HAPPEN NOW?!!

See, but being optimistic made you try to stand up! If you were pessimistic about it you wouldn't even think there was a chance of standing. *I wasn't looking forward to standing! I just want my legs to work!*

If you stand up, then there is the fact that you believe in the chance that you could stand. By being optimistic, you take the chance of failing but succeed. *What are you talking about? Get some sleep...*

Maybe I will, and I WILL get up too

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Fashion Conformity

By Leeann Aguirre
Editor

These days it seems that high fashion only fits a size zero. Over the years, the size of models and clothes has been shrinking and shrinking. Why is it that we are continually bombarded by the stick-thin image we have come to accept as the "ideal beauty?"

This image is also being encouraged by designers who refuse to design garments for plus sizes. Looking back over years of fashion, it's easy to see how trends have changed from collars and conservative in the 1600's to the corsets and classical designs of the 1800's to the Gibson girl look of the 1900's. In the new millennium, our generations are used to the "skinny" jean look and the tight leggings.

Fashion influences more than just our outfit for school. Even our food commercials now-a-days are all "guilty pleasures." It used to be that fashion was used to display differentiation and personal taste. It seems now that we alter ourselves to fit fashion. Is this unusual to anyone?

Designers have made their mark in the minds of audiences everywhere. The problem is, they are selling to one type of audience, one type of body. The fashion industry is setting this invisible barrier between a size 10 and a size 12. If

a woman is over a size 10, the industry sees them as unfashionable and out of date. The fact of the matter is that women in America are growing, yet designers refuse to grow with them.

Let's look at a few retail chains such as Forever 21 and Torrid. Forever 21 recently added a plus-size chain to their production list, the result, more sales and a wider range of audience. Torrid is designed specifically for plus-size women and teens size 12 to 26. It is now in operation across 36 states in America and 170 stores in operation. This is pure evidence that plus-size clothing is in demand and necessary to appeal to the majority of American women.

Is it really that difficult to add plus sizes to designer's list of audiences? The answer is no, but with the fashion standards of today it's near impossible. It's toothpick or bust these days. The admiration of womanly curves seems a distant dream from the past. Perhaps it's just the fashion trend that requires the 90 pound frame, or is it us who are conforming ourselves to what we believe to be beautiful?

The idea of being healthy has always been flattering to society, but healthy has been warped to unfathomable lengths. In, time perhaps curves will make their long awaited return to fashion and the media. Designers and retail chains should make fashion statements, not fashion restraints.

A Positive Trend: Let's Go Green

By Shannon Hsu
Editor

Fortunately for us, and the planet we live on, it appears that "Going Green" is actually increasing. America and other countries all across the world are employing tactics to help heal our environmental ailments. This might even be one of the first times a trend or fad is something actually meaningful. I can almost hear someone saying, "All the celebrities are going green, why aren't you?" And it's not something that only the obscenely wealthy can afford to do. Any average American can simply toss a plastic bottle into a recycle can.

Car companies love boasting about how fuel-efficient and environmentally friendly their cars are in commercials. Reusable shopping bags are available in our favorite grocery stores. We can even buy kinds with cute designs on them somewhere else.

Some of us don't seem to realize the importance of keeping the environment in good condition. Just because we can't see its effects where we are right now, doesn't mean that it's not happening. Some of us are just in denial. Surely, our actions on the environment aren't going to come back to bite us in the rear anytime soon via global warming. Even though it's already starting to happen, it'll still be a long time before anything dramatic happens, right? Wrong. Although it's highly unlikely that global warming is going to bring

massive, apocalyptic natural disasters like a scene from *The Day After Tomorrow* or *2012* into reality anytime soon in the near future, its effects are already starting to kick in.

Recently, I visited China with my family. If you think the pollution in Los Angeles is bad, you haven't seen anything yet. The Chinese capital of Beijing, of course, is notorious for its high levels of pollution and serious air quality problems. You don't realize just how bad it is until you see it. I actually woke up one morning and opened the window, expecting to see a (relatively) blue sky. Instead, I was faced with murky brown. It is heartening to know, however, that the Chinese government is taking major steps to improve their environment, and other countries are following in their footsteps, America included. Big deal, though, right? China is all the way across the Pacific Ocean, and what's going on over there has nothing to do with us. Actually, the pollution is known to be carried over up to Alaska over wind currents, and even to our Californian shores sometimes. This shows that pollution can accumulate and add up. Something that is done in any part of the

world can affect another place all the way on the other side of the globe. One country having more pollution than others isn't just their problem – it's all of ours, and all of us have to pitch in to help alleviate it.

Positive propaganda is one thing that's helping in speeding up this trend of "going green." A lot of us by now have seen pictures of cute cuddly polar bears, of floating ice with a caption claiming if we don't go green, all the adorable polar bears are going to drown and die. This hits a very sensitive nerve in all of us, of course. We think, "Oh no, the cute cuddly polar bears are in danger! Better start going green..."



PHOTO COURTESY FROM: BLOGS.PHILLYBURBS.COM

It's not just about the environment and conservation of species, either. There are also health issues to consider. Smog and other forms of air pollution can seriously damage one's lungs, and it can result in respiratory problems and even lung cancer in some extreme cases. In fact, because of increasing air contamination, lung cancer rates have been on the rise lately. Of course, harmful pollution isn't

limited to only the air, there's also the water to worry about. Contaminants can get into water systems – maybe even your drinking water, causing serious and often deadly illnesses. If left on the ground, these contaminants may also seep into the earth and through the soil, into underground water reserves. Again, you may even end up drinking it at some point.

We'll let the government take care of the big changes, but there are little things that all of us can – and should – do to help reduce the impact of what we've been doing to the earth. These mainly require little effort, such as unplugging any electrical appliances when you're not using it, walking to places within short distances instead of driving, picking up your own trash and not littering, and so on and so forth. I'm not asking for anyone to do something drastic like buying an electric car or installing giant solar panels on their roof, but anything and everything you can do will help, no matter how insignificant it might be. You may as well even collect bottles and cans and bring them to your nearest recycling center because you might even earn a little bit of extra cash in the process.

So maybe this "going green" movement is just another trend to you. Maybe people are being encouraged not for the greater good, but because celebrities are concerned and they think that therefore, they should be, too. But looking on the bright side, even if it is just a trend, at least it's not completely meaningless. At least there's a purpose to it. And besides, who else is going to answer to the call of those cute, cuddly polar bears?

Black Friday

A DAY FULL OF DISARRAY AND PLEASANT SURPRISES

By Sargun Singh
Reporter

Is it worth it to shop on Black Friday or is it just as event to lure in shoppers?

Black Friday is an infamous shopping event which takes place the Friday after Thanksgiving. People are always looking forward for this event in order to get the best price and deals on the items they want. During this day from four in the morning and till the end of the day, the stores are bustling with eager shoppers who try to snag the best deals before the other people, also known their "rivals" seize them. As time progressed, Black Friday became to be known as the time for bargain hunting and the day dedicated for getting the best deals. Now, I wonder if it is worth it to shop on Black Friday or is it just an event that has been hyped up so that more shoppers will be lured to enter the divine doors of shopping galore, also known as the mall.

In my opinion, Black Friday is not just any hyped shopping event but a true heavenly shopping day for shoppers eagerly looking for deals. It is most definitely worth it to wake up at the crack of dawn and strut down to the stores to find the best deals possible, regardless of the massive amount of people who rush into the stores the second the doors open and trample you on their way.

The holiday season in general is the time for sales but black Friday adds extra sale and marks down prices more so that everyone is given the "shoppurtunity" of the best prices and items of the utmost quality. This is the time where bulk shopping can be done without necessarily burning a whole in your wallet like many people worry about doing during this time of the year. Black Friday is the "shoppurtunity" of the year that allows people of all budgets to explore the aspect of shopping galore.

The place where black Friday shopping is the most prominent would be the place of shopping galore, also known as the mall. The stores in the malls are filled with an assortment of different items from clothing to jewelry to electronics which attract people of all ages. Therefore, the stores feel the need to mark down their prices greatly and advertise as well in order to lure those eager shoppers. This benefits the public greatly because they are handed an opportunity to shop for the things they want and need without excessively worrying about the expense. Ultimately, that is what every shopper wants, a good deal without compromising the quality of the product which is exactly what you will find on Black Friday in stores, but only if you are in the right place at the right time and are an enthusiastic shopper.

Unsolvable Problems

IS IT POSSIBLE TO FIX IT ALL OR ARE WE JUST FOOLING OURSELVES

By Angelica Mora
Reporter

Having a problem is defined as the state of having two opposite, contradicting tendencies or aspects of polarity. This approach assumes that we can manage many apparent organizational problems by achieving a balance between the upsides of two opposite points of view while minimizing the downsides of each problem we face. Ideally, this mode of management results in a fluid ability to shift appropriately from one point of view to another point of view and/or to hold both views in mind at the same time. I once thought that by this principle, all problems are solvable, but then I was thinking more as if we could create a new disease or a new species. The more I thought about it, the more obscure it became to me. There are many things that we are unable to solve such as, we can't stop a volcano before an eruption, nor can we predict the next alien attack. There are many things that are unsolvable so does that mean that there are some unsolvable problems?

Yes, there are some problems that will remain unsolved. Many people are considering that there is a solution to every problem. We face a complex, rapidly changing environment with problems that, sometimes, are truly not solvable. As for me I believe that not every problem is there for someone to solve. For instance, there are some

problems that people prayed for it to be solved, and they were, well most of them. The abolitionist movement helped solve slavery; monopoly was solved by the Sherman Anti-Trust Act preventing companies from creating prohibiting the making of deals with other companies only in the United States. On the other hand, there are some things that have not yet been solved. An example is the common cold. Which in fact has not been truly "solved" yet because all the things and medicine that doctors prescribe to us are to relieve the symptoms or suppress the symptoms as opposed to curing it. Similarly, a cure for cancer has not yet been found, and in this case, there are multiple ways people believe can help fight cancer, such as going through chemotherapy and radiation. As for me, my opinion is that the cure may be another unsolvable issue. Just like world hunger and many other things these all have one thing in common they can be solved.

The supremacy of the unsolvable problems issue is increasing as for the ideal problem thinkers such as doctors, scientists, detectives and many others, to say that solving these entire difficult tasks is taken as a huge understatement. As we look back to many questions asked every day and ask ourselves these question just think of all the questions that have not been yet answered. Maybe, just maybe, even you can be one to solve one of these "Unsolvable Problems."

Does the Depression Caused by “Cold” Weather Affect Grades?



Sarah Rafiqi
Editor

YES

As fall rides by on the wings of cool afternoons and colored leaves, so comes the eve of winter, bringing with it dark mornings, cloudy days, and, often, a decline in the average grades of students all over the country.

Don't be ashamed if you are one of those people who experience this momentary intellectual abridgement. In fact, and this may surprise many of you, but it is actually very common for a student's grades to begin slipping around the holiday season.

Many attribute this phenomenon to holiday-time madness. They theorize that once November comes around, people become far too busy buying gifts and fantasizing about their precious weekend getaways to focus on schoolwork. Although this is a minor factor in the annual grad-drop of students, it is not the major reason.

Seasonal Affective Disorder, also expressed through the adorable acronym: SAD, is the major reason. People with SAD tend to feel depressed if they are deprived of a certain amount of light.

Alfred Lewy, MD, a Seasonal Affective Disorder researcher at the Oregon Health & Science University, argues that it's not just about getting light, it's about when you get that light. "The most important time to get light is in the morning," he says.

This is because the circadian (internal) clock in people who have SAD can only register that it is dark outside, and therefore that it is still time to sleep. Thanks to the hour setback that occurs during daylight savings time, mornings are brighter, helping people with SAD. However, as Lewy points out, this improvement is only temporary as days continue to shorten in the winter.

Because the sun sets far earlier in the winter than in the summer, people with SAD can't find enough light during the holiday season to stay in a good mood. With these depression issues, who could possibly find enough resolve to sit down and do school work for several hours a day? This widespread apathy leads to laziness and inattentiveness. Hence the annual grade drop.

Now, you may be thinking: good to know, but how does any of this apply to me? Well there's a fair chance that it does. Remember: SAD is one of the most common psychiatric disorders in the United States. The chances that you, or someone you know, has this disorder is highly likely.

So there you have it, indisputable proof that there is a valid and scientific reason for students to begin slipping on their grades during winter months. Not that this article was written to provide an excuse for getting bad grades. Rather, it was written to prove that students who let go of their grades during the holiday season often do so because of a psychiatric disorder, as opposed to simply growing lazy in their excitement for the holidays.



William Garcia, 9

"Yes, because there's also a lot of pressure."

Kathy Pierce, 10

"No, because it's more about people getting tired, and it doesn't get that cold in California anyway."



Dominique Schorn, 11

"No, I think the grade drop is caused by preoccupation with the holiday season."



Julian Talons, 12

"No, weather isn't what affects your grade - it's your determination that matters."



Mrs. Stanton, Drama Teacher

"Yes, because the time between Thanksgiving and Christmas Break is difficult...we had a "taste" of a restful break during Thanksgiving and now we have to return for only a few weeks."



Dominique Riutort
Sargun Singh
Editor and Reporter



NO

It's finally December, which means cooler weather, holiday get-togethers with the family, presents and... grade drops? Yes, several of you, or the few who actually read this, may have begun to notice a slight, or in some cases major, drop in your Grade Point Average. There is much discussion as to why this is. Some may argue that the cold, gloomy weather that occurs during wintertime is to blame for these grade drops. However, here in sunny Southern California, I consider that to be a stupid excuse that has no valid point or claim. I find that it is merely the excitement of the holidays and vacation that is to blame. This is because the holiday season is filled with joy, laughter, family, shopping, and much more that occupies our time. During the holiday season people tend to prioritize their tasks and desires in terms of fun rather than academic focus.

As I sit and ponder through my thoughts while writing this, the weather outside is seventy-five degrees and sunny. We have had approximately one to three inches of rain these past couple of months. Compared to, let's say, Washington state, the numbers are dramatically different. If a student is blaming their lack of effort on homework and school-related assignments on the "gloomy" weather, they are simply suffering from chronic laziness.

There are about fourteen days left until our winter vacation. Over the course of the two-week break, some have trips planned, some have families to visit, and some even need to catch up on their sleep. (Of course, we may all have homework over break, but that is just a given). All this excitement leads to distraction, which can lead to carelessness. With vacation just a few, painful days away, we are all guilty of not wanting to complete with our responsibilities. Since homework does have an impact on our grade, if we falter on it, it is going to affect our grades.

However, we cannot blame our laziness on the weather or the holiday season. AERIES does not accept excuses. We need to make an effort and take responsibility for our own actions. If our grades reflect our work ethic, we cannot complain.

I am not saying, however, that some students do not suffer from depression during the holidays. Sadly, they might have personal problems that may be affecting their work ethic. A big example would be Seattle and its gloomy depressing weather that causes high suicidal and depression rates. That does not mean, though, that all the students suffer from the same depression caused by the holiday weather.

Students are not victims of the weather but victims of their adolescent minds that prioritize their responsibilities and activities differently.



Sometimes A Cup Of Hot Chocolate Suffices For Math Homework. Cartoon By: Holly Nguyen