



El Rodeo



El Rancho High School - Volume 61- Issue 6
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GSA's Day of Pink



By JAVIER GARCIA
 EL RODEO STAFF WRITER

They will wear pink in silence, as the El Rancho Gay-Straight Alliance ends the school year with their two principle events, the Day of Pink and the Day of Silence.

On April 26th the GSA, along with outside participants, will partake in the International Day of Pink, celebrating diversity of all sorts, raising awareness against homophobic, as well as transphobic, bullying.

"I felt more comfortable showing who I was and it's totally worth it," said GSA vice president Tiffany Moran on her experience of the prior year's Day of Pink. Moran along with the club aims to boost the number of student's participants.

"Last year we had about 50 members participate, I guess people would rather be silent, than wear pink," said senior president Joshua Brambila, who has been a member throughout his high school career.

The GSA will conclude their year with a quieter approach to bullying, honoring the Day of Silence on May 3rd, a student-led national event that brings attention to anti-LGBT name-calling, bullying and harassment in schools. In this particular event, participants take a vow of silence, encouraging schools and classmates to address the problem of anti-LGBT behavior, as well as the effects of bullying and harassment on LGBT students and those perceived to be LGBT.

"Although gay issues have become more and more common amongst the world there still is a lot of suffering, we have to be watchdogs on their behalf," said senior English teacher and GSA advisor Nadine Segal.

"Don't be afraid to show up because we are all very friendly," commented Brambila. "This is like my family away from family," added Moran.

"If anyone knows someone who is gay and struggling, join the group out of solidarity," said Segal.

A crash course on drinking and driving



On April 17th and 18th El Rancho seniors and juniors received a reality check about drinking and driving. On the 17th seniors witnessed the simulated crash first hand and got a feel of what happens at a crash scene. The next day seniors and juniors gathered in the main gym to see a video and hear testimonies from people affected by the crash.

Wellness Fair promotes a jump start on health

By SAVANNAH GUERRERO
 EL RODEO STAFF WRITER

Pico Rivera Adult School held the 3rd annual Spring into Health Wellness Fair dedicated to promote healthy living and a wide range of entertainment from local schools.

The Spring into Health Fair provided local families resources such as free glucose screenings, free haircuts, and provided information on healthcare, parenting, food services, dental care, mental health, fitness and nutrition.

Jeff Middleton, the lead facilitator for the event says, "It's important to get the community out here talking about the healthy ways of living."

In addition to the many booths that were provided, entertainment from local schools North Park, South Ranchito, and El Rancho Jazz ensemble performed. Reggie Cordero, the Music Director for the ensemble said, "The kids did an awesome job, and the bands were great." Body trainers and puppet shows were also performing for the younger crowds.

Jazz Band, a 1st period class that accepts all grade levels, has students learn music theory, and jazz techniques that differ from the traditional concert choir, or marching band that El Rancho offers. Cordero says, "This was our first time performing for the Spring Into Health Fair, and the students played very well."



Third annual Wellness Fair with many booths providing information.

"Jazz is a fun class, and everyone has a great time playing music together. The event was a really cool experience" says saxophone player Matt Alvarran.

South Ranchito performances include the *Danza del Venado*, *Jarabe Tapatio* and *La Adelita*.

Middleton also says that the importance of the wellness fair is to expose Pico Rivera to the local organizations that provide healthy resources and healthy food, and what's available out there for the community.

Organizations such as Alma Family Services, AYSO soccer,

and Care 1st Health Plan provided information in booths. American Red Cross was also present and gave free health screenings. The Pico Rivera Sheriff Department educated families about drug use. As well as free Jamba Juice smoothies, Subway sandwiches, and ice cold drinks were available at the fair.

Raffles were held throughout the fair, and many kids won skateboards, movie tickets, amusement tickets to Magic Mountain, and gift baskets as prizes.

UPCOMING EVENTS

Today

- Baseball v. La Serna (Away)
- Volleyball v. La Serna (Home)
- Classic Slam at Orpheum Theater

Tommorrow

- Continuation of Classic Slam

May 3

- *El Rancho's Got Talent*

May 11

- Prom

May 13-17

- Dodgeball Tourney

May 20-23

- Seniors vs. staff week

COLLEGE

Compare and contrast: UCLA v. UCI

By Patsy Villasana
EL RODEO STAFF WRITER

For the fall semesters of 2013, the University of California in Irvine and the University of California in Los Angeles reportedly received a combined total of 141,113 freshman applications, setting a record high for UCI with 56,525 freshman applications.

UCLA currently contains the largest enrollment with 28,000 undergraduates and 12,000 graduates and remains most popular by the number of applications received per year. While UCLA offers more options than UCI with more than 337 majors, some of UCI's programs placed within the Top 50 out of twelve public universities in the United States. Some of the more popular subjects of interest include: criminology (#5), creative writing (#6), health care (#9), theater arts (#12) and psychology (#12).

UCLA is also home to a well-respected psychology department with 2,100 graduate students. UCI's biology department is sought after by freshman applicants as well, followed by math, economics, and chemistry.

UCI's 1,474-acre campus is home to mountain lions, eagles, bobcats, and coyotes with its fields, parks, and wetlands. Students who enjoy spending life outdoors will feel at home surrounded by the more than 2,400 trees and nearby mountains.

UCLA offers a smaller campus of 419 acres adorned with sculptures, gardens, museums, and landmarks. However in 2012, Business Insider named UCI as



UCLA and UCI share the same top three ethnic groups: Caucasian, Hispanic, and Asian.

“the most dangerous campus” due to the 921 property crimes and 49 violent crimes reported in 2011.

Freshman applicants entering UCLA held an average GPA of 4.25 for 2013. The current top three student ethnicities are Caucasian (13.6%), Hispanic (14.6%), and Asian (13.3%). UCLA remains the “most selective” according to U.S. News & World Report, with the most freshman applicants per year of any UC since 1998.

Of UCI's 23,947 accepted freshman, 55.7% were Asian, 17.5% were Caucasian, and 16% were Mexican-American. The average freshman GPA was 4.02.

Students at UCI are competitive both in the classroom and on the field. The Irvine Anteaters are national competitors in cross-country, track and field, basketball, baseball, volleyball, and soc-

cer. The traditional rivals of UCI include Cal State Fullerton, Long Beach State, and UC Santa Barbara. The Bruins held 125 national championships as of December 2012. UCLA students have earned a total of 250 Olympic medals and have won gold in every U.S. Olympics event since 1932.

Because campus life has so much to offer for the Anteaters, 36% of the students live in dorms. The residential community named Middle Earth houses 1,700 students and each building is named after J.R.R Tolkien's *The Hobbit* and *The Lord of the Rings*.

Although the Bruins' residential facilities aren't named as creatively as UCI's, they house an average of 14,000 students and hold “some of the best dining facilities in the nation” according to the Princeton Review. UCLA guarantees three-year

housing for freshmen and one-year housing for transfer students.

UCI offers more than 550 student clubs dealing with academics, religion, politics, social services, and athletics. Anteater Plaza also continually hosts cultural night festivals, concerts, and art shows throughout the year.

Although UCLA holds a smaller campus, it's home to more than 800 student organizations. There are more than sixty-eight fraternities and sororities, all of which actively participate in hosting the annual Undie Run on Wednesday night of finals week, in which students run through campus in their underwear or skimpy costumes.

UCLA also contains a highly-active a capella student population with some student groups making regular film and television appearances.

Arteaga bound for Brown University

By Karla Viramontes
EL RODEO STAFF WRITER

It's that time of year when seniors begin to commit to a school from the ones they have gotten accepted too. Current Salutatorian, with a total GPA of 4.50, senior Gerardo Arteaga has already decided where he will be attending this fall. Although some of the schools that Arteaga applied to were UC Los Angeles, UC San Diego, UC Berkeley, UC Irvine, Yale, and Stanford, he has decided to attend Brown University in Rhode Island.

He was very pleased to hear that such great schools accepted him. Arteaga felt proud of all the universities that he gotten accepted to because not only does he have a very high GPA and is ranked number two in his class, but throughout his high school years, he has taken many AP classes. He says, “I took one sophomore year, five junior year and am currently taking three this year and so far have passed all of my AP classes.”

Not only is he involved in school academically, he is also involved in several extracurricular activities. Arteaga says,



Arteaga gains admission to one of his dream schools: Brown University.

“I am in tennis. I have been for the past three years, and I am also a part of Leo's club and am Link Crew leader.” He is able to

focus on both academics and extracurricular activities equally.

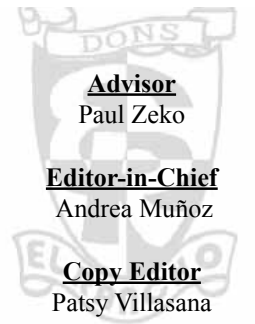
Arteaga, wanting to major in either Biology or Public Policy, mentioned how he believes that Brown will be best for him. He also decided for it because it was an Ivy League school.

Besides being a well-known school, another reason Brown grabbed his attention was that, “At Brown, they don't require any classes, so you could go in taking any classes you want towards your major.

Not only that, but when you go into that class, you know that those kids are interested in that material and will be able to have good discussions.”

Arteaga concludes by mentioning how he feels about having to go to school out of state. He says, “I guess it didn't hit me that I applied so far because I was only applying out of state and of course some in state. But it never hit me that I applied so far away like to Brown in Rhode Island until I finally got accepted and ever since then it's been starting to get real. But I don't mind the change, change is good. I know that things will be different but it will be worth it.”

El Rodeo



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El Rodeo, the student newspaper of El Rancho High School is an open, public forum for student expression and an opportunity to discuss its audience's issues of concern. Opinions expressed are those of the writer and do not necessarily reflect the position of the school board, administration, sponsors, parents, student body or advertisers. The Editorial Board, which consists of the editor-in-chief, section editors, and assistant editors, will determine the content of *El Rodeo*.

Student journalists on the *El Rodeo* staff will make every effort to publish following the legal definitions of libel, obscenity and invasion of privacy. Consistent with California Education Code section 48907, the staff will refrain from printing material that may incite students, be a violation of school regulations or disrupt school operations. At the beginning of each semester, journalism students will be reminded of the legal, financial and ethical implications of each article they write.

Ed Code 48907 affirms the right of high school newspapers to publish whatever they choose, so long as the content is not explicitly obscene, libelous, or slanderous. Also, there shall be no prior restraint of material prepared for official school publications except insofar as it violates this section.

BUSINESS

Chef Luna Dishes Out Recipe for Culinary Adventure and Personal Success

BY RUBI MACIAS
AND
MARIA FLORES

El Rancho Culinary Arts teacher Chef Luna recently shared his advice on everything from being involved in a business to doing what he enjoys for a living.

At a very young age, about five or six, Chef Luna would watch his mother cook from scratch. He was taught that if you want to eat something, you can make it. In his household, there was no need to eat anywhere but home. After high school, he attended culinary school to study “the art and nutrition of food” and worked with his mother’s catering business.

Chef Luna learned everything about being a manager at Madre’s, a restaurant owned by Jennifer Lopez and her father. This task required extra work because as manager, he had to be skilled in every area in case the restaurant was short-staffed.

He ended up teaching at El Rancho after receiving the opportunity from ROP. Luna said he sought the job because he had always claimed he would one day be a teacher. Although



Luna attended culinary school to study “the art and nutrition of food” and worked with his mother’s catering business.

at first it seemed ideal with its many vacations, teaching turned out to be “the most difficult, challenging thing” he had ever

experienced. This, however, did not discourage him, as he claims to love challenges and enjoys learning more from the

students than they do from him.

On the challenges of running a successful, up-scale restaurant, Chef Luna says simply

“expect the unexpected because every day can be something completely different.” Managers must be prepared to take immediate action in case of medical emergency, sudden invasion by paparazzi with the presence of a celebrity, or simply the arrival of a large party at a busy time. As a Culinary Arts teacher, he must also always “be on [his] toes” in case of a fire or sudden accident. His closing advice to reaching success with any business is to “have a really, really good layout plan of what you want to do,” gain experience before you do something on your own, and network as much as possible.

Story Note: According to MarketPublishers.com, “Hispanics now make up 16 percent of the U.S. population based on the 2010 U.S. Census, and are an increasingly important customer base for the foodservice industry in light of the some 9.8 billion restaurant visits they make each year. The Hispanic share of consumer-driven restaurant sales is on the upswing, recording a growth of 4.7 percent during the current year, almost double that of the U.S. consumers generally.”

The El Rancho Teen Court Foundation Receives Approval to Host “Bingo for Education” Event

BY
DON DINERO

The El Rancho Teen Court Foundation won approval from the El Rancho Unified School Board on March 14, 2013 to host “Bingo for Education” event beginning Saturday June 15 in the El Rancho High School cafeteria. The event is the result of El Rancho students and members of the Entrepreneur and Teen Court Clubs researching preparing and presenting to the City Council of Pico Rivera a program to improve public transportation for students to attend school and shop locally as part a student “Trap the Dollar” campaign. The City Council offered the support of a bingo game that would allow the students to raise the necessary funds for the teen court program to become financially self-supporting and subsidize the purchase of 300 unlimited bus passes for El Rancho High School students dropping the price from \$30.00 to \$15.00 dollars. The improvement of attendance would result in the school district receiving more money in our schools and communities. Many adults in and outside the community applauded



Elias, Genis, Qureshi, and Meza organized this foundation together.

the student plan; City Councilman David Armenta called “The most ambitious and sophisticated economic development strategy presented by high school students.

To make this possible it was necessary the Mr. Elias, economics teacher and club advisor for both the Teen Court and Entrepreneur Club, Mr. Genis, school principal, Ms Qureshi and Mr. Meza, social studies teachers organize a charitable foundation that would operate the fundraising venue. “Teachers, administrators and students have a great opportunity of demonstrating their commitment to education and our community also that our students are capable of meeting any challenge they are given,”

We are very excited to host the very first Bingo night at El Rancho and help provide our Dons with something as important as affordable access to public transportation, all while having fun at the same time,” said Mr. Elias.

There are studies that indicate that most public transportation programs provide about a \$1 million vitality to the community because of greater mobility,” Elias said, eager to put that purchasing power to work in the city. “Students are going to be able to go to school and shop, because these bus passes are unlimited, along with economic development we are supporting our citizen development program with our “model” teen court.”

Entrepreneur Club & Teen Court Club

Are
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Entrepreneur Club

- New Entrepreneur members receive saving accounts
- Learn business and management
- Part-time job placement

Teen Court Club

- Membership in a “Model” program
- Community Service Credit
- Experience and training in juvenile law
- Recognition by Los Angeles Superior Court

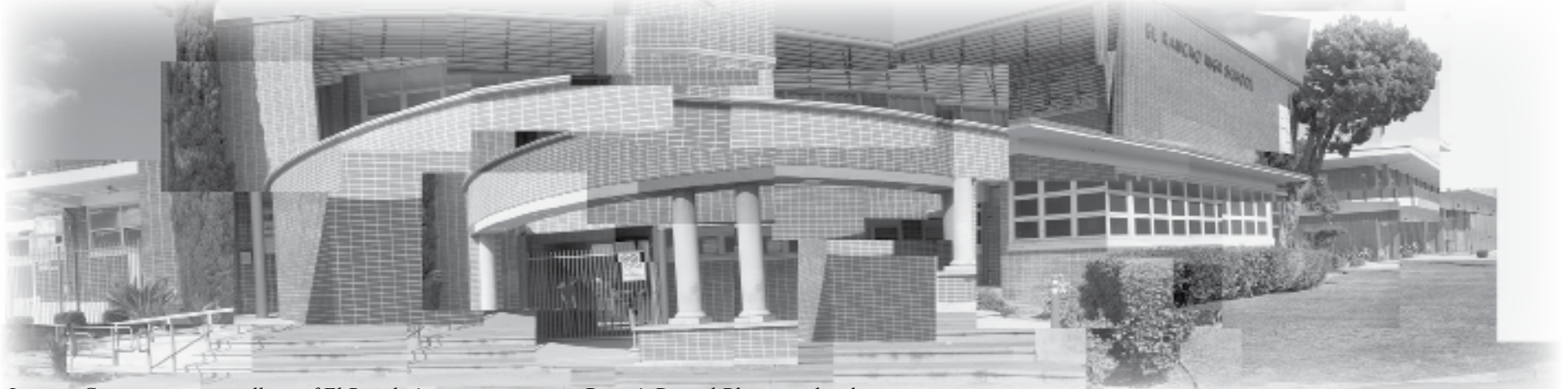
If you are interested
See
Mr. Elias
Classroom A-211



ARTS & ENTERTAINMENT

Dons showcase talents in arts department

The Visual and Performing Arts department (VAPA), headed by Valerie Kiralla at the Ranch, consists of Digital Photography with Mr. Zeko and Mr. Parra, Calligraphy and Art 1 with Mrs. Ames, Advanced Art with Ms. Leal, Digital Imaging and Web Design with Mr. Crone, Art 1 with Mr. De La Loza, Video Production and Digital Imaging with Mr. Diaz, Choir with Mrs. Dodd, Digital Animation with Mrs. Kiralla, Art 1 with Mrs. Robledo, and Drama with Mr. Wlasick.



Jasmine Garcia creates a collage of El Rancho's main entrance in Parra's Digital Photography class.

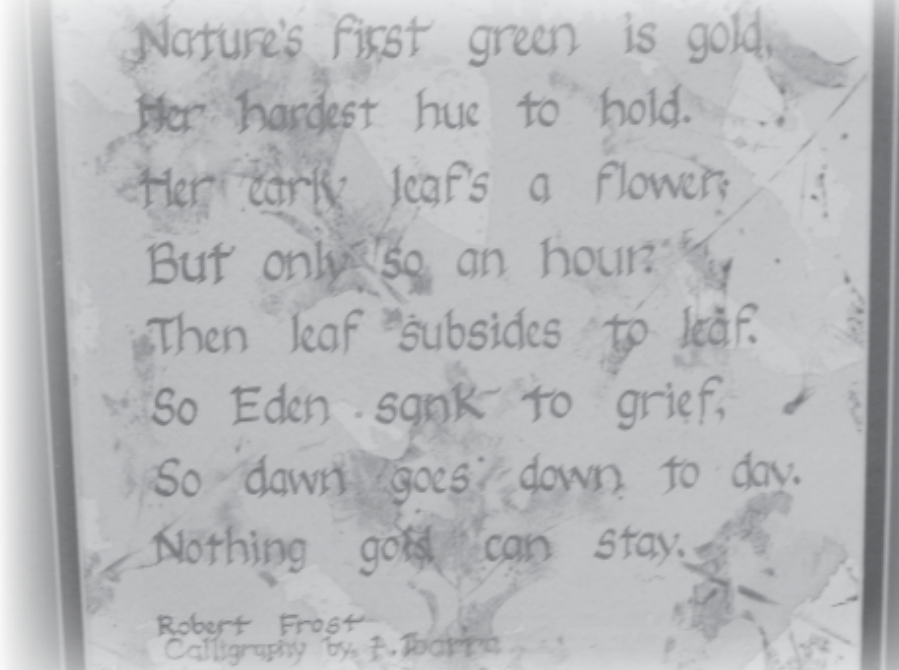


In Parra's class Mykeko Carmona utilizes double exposure to create his work of art.

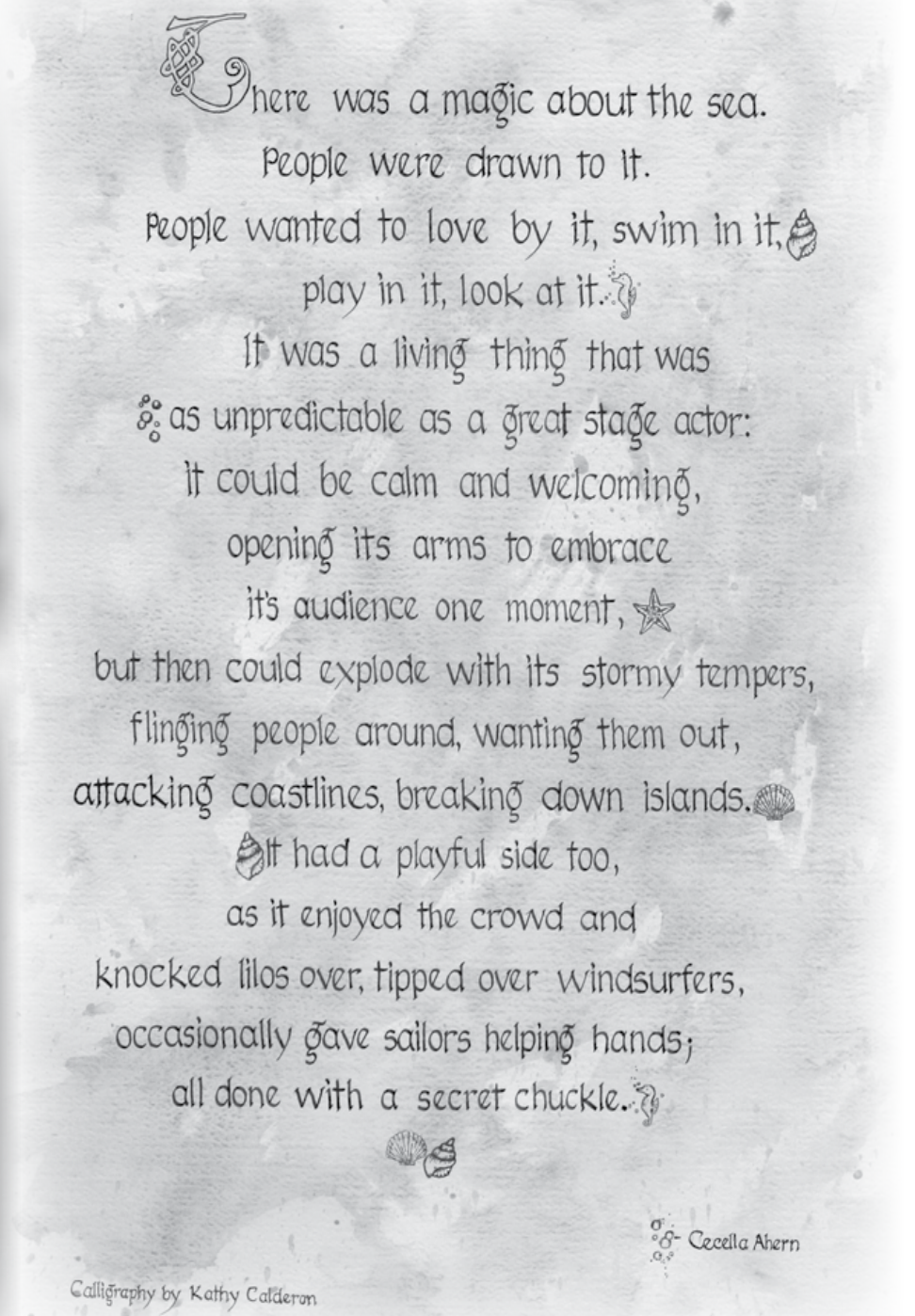
Parra's student Cecilia Garcia creates multiple layers by creatively utilizing exposures.



Julie Ramirez, taught by Zeko captures her subjects with a shallow depth of field.



In Ames' class, Robert Frost's "Nothing Gold Can Stay" inspired A. Ibarra's calligraphy piece and Kathy Calderon uses her calligraphy skills to bring to life the words of Cecilia Ahern.



Calligraphy by Kathy Calderon

ARTS & ENTERTAINMENT

Spring into fashion



Lace and Floral prints have been spotted this season on the runways.

By ISABEL RAMIREZ
EL RODEO STAFF WRITER

Ladies get ready to peel off those winter layers because here comes the sun. Spring is finally here and with it comes a whole new wave of fashion trends. I will dish out my top five favorite must-haves for spring 2013.

My first fashion must-have

would definitely have to be floral prints. Let spring inspire your outfit! You can wear floral print on anything from tops, dresses, jeans and even shoes. Floral prints are a great way to show your inner-girl.

My second must-have is colored jeans and shorts. This spring, embrace the colors of the rainbow spectrum such as the warmth of the red and orange hues and the

luxurious purples and blues. With a bright punch of color, it will definitely make a statement to any outfit. You cannot go wrong with any color such as mint, coral, blue, lavender, white, etc.

Lace has been spotted in all of the spring 2013 fashion runways and is a great way to make any look more sophisticated. This feminine print can be worn in dresses, tops, skirts, and even shorts in any color palette.

Pastels, pastels, pastels. Pastels are big this spring and are even bigger in nail polish. This season, brighten your nails with the colors of spring that mimic the season's freshest blooms. Sherbet colors like soft pinks, creamy purples, and the bright greens.

Lastly my fifth must-have would be wedges. Wedges are incredibly comfortable and make a chic statement. Wedges come in different patterns, styles, and colors and can dress up any outfit!

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Small screen goes big this spring

By MIKE MENDOZA
EL RODEO STAFF WRITER

As the spring season enters, so do new spring television shows and returning shows with new episodes.

For those who enjoy sitting on the edge of their sofa squeezing a pillow in suspense, A&E's new series *Bates Motel* is the new must watch series out there.

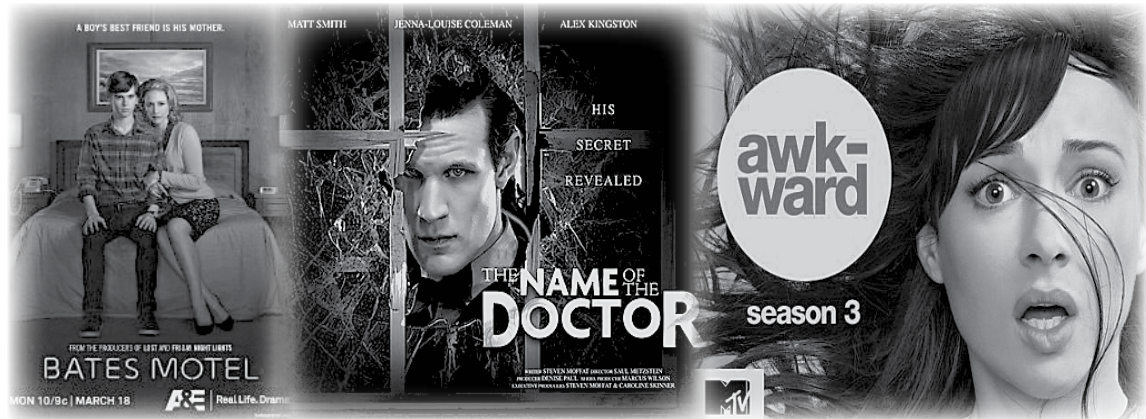
Bates Motel is a modern day prequel to Alfred Hitchcock's 1960 film, *Psycho*. It captures Norman Bates' life before he develops dissociative identity disorder (multiple personality disorder), and Norma Bates, Norman's mother, before she ends up decomposed in a fruit cellar.

The show contains many modern day problems that were relative during the 60s.

The new series begins with Norman and his mother moving to a mellow community

in White Pine Bay, Oregon to start a new life after finding his father, Norma's second husband, mysteriously dead. Before Norman and his mother can fully settle into their new home and set up their motel business, they find themselves covering up the murder of the previous motel owner who raped Norma while her son sneaked out to, "study."

The show contains many other slide plots: Norman develops a crush on the popular girl, Bradley, while Emma De'cody, who is obligated to roll her oxygen tank around school due to cystic fibrosis- a disease that affects the lungs- crushes on Norman; Norma is having a relationship with Deputy Shelby, who tries to help Norma escape the heavily suspicious Sheriff Romero; and Norman finds a journal containing drawings of Asian women in bondage. It's easy to say that a lot is going on, but that's what keeps you watching.



2013 Spring TV shows include A&E's *Bates Motel*, BBC America's *Doctor Who*, and MTV's *Awkward*.

If sci-fi is more of an interest to you, then BBC America's critically acclaimed show, *Doctor Who*, is definitely worth watching!

Doctor Who is a British science fiction show and has recently entered it's second half of its seventh season, so you may have a little catching up to do. The original series of *Doctor Who* originally aired in 1963 and continued until 1989. In 2005, produc-

ers revived the show and it has been going on ever since.

The Doctor (just the Doctor) is a Time Lord, an alien from the planet Gallifrey, and he travels through time and space in his Time And Relative Dimension In Space (T.A.R.D.I.S) spaceship with a human companion. Although the Doctor changes companion periodically, one companion never leaves his side; that companion being death.

There is also much excitement for the return of some of our favorite shows. On April 16th, MTV's *Awkward* returned for its third season, and *Girl Code*, a spinoff to the widely popular *Guy Code*, premiered on April 23rd.

A wide variety of shows are out there for you to watch this spring, whatever you decide to watch, enjoy.

WORD ON THE STREET

Who is your favorite new artist?



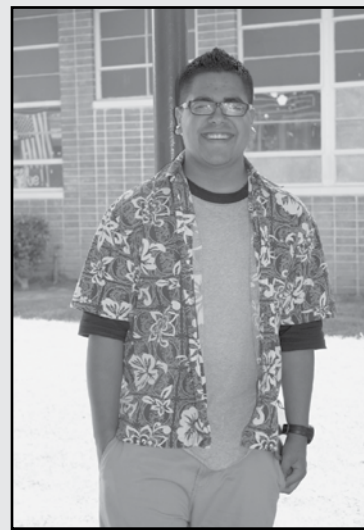
"My favorite new artist is Ariana Grande."
-Debbie Barajas, 11



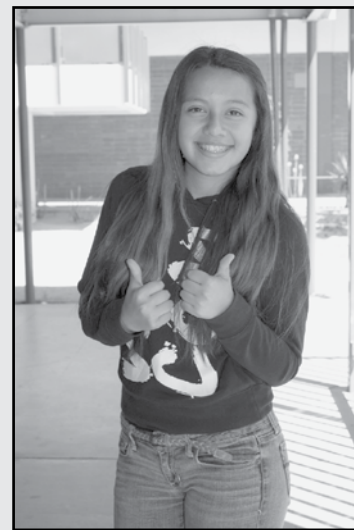
"Ed Sheeran, he is huge in the UK and makes amazing acoustic indie/pop music."
-Azahael Arenas, 10



"Hoodie Allen, He dances good for a white kid."
-Hazel Estrada, 12



"Kendrick Lamar. Best artist out there right now!"
- Daniel Castanon, 12



"Lana Del Rey is my new favorite [artist] out there right now!"
-Lindsay Barrios, 9

CAMPUS

Dons head to Classic Slam at Orpheum Theatre



Dons try-out for spot on the poetry team to compete in Classic Slam.

BY LESLIE CHINCHILLA
EL RODEO STAFF WRITER

Today and tomorrow, six El Rancho students will perform their poems in the second annual Classic Slam competition at the Orpheum Theatre in Los Angeles.

The poetry team consists of seniors Cruz Armendariz and Tiffany Moran and juniors Karla Boche, Kimberly Govea, Alondra Santana, and Sydney Woo.

The selection process for the team was through a try-out that took place in the Little Theatre. During the try-out, students performed both a classic poem and an original poem. Judges awarded the contestants a score based on the performances. Among the judges was Lindsay Halladay, the Get Lit outreach and education coordinator.

Cruz Armendariz received

the highest score of the try-outs. However, he will not compete in the Slam due to conflicting schedules with his AP classes. Instead, Malin Talavera took Armendariz's place on the team.

The students who made the team are excited to be part of the Classic Slam.

"It's a great privilege and honor to be able to compete for El Rancho. I did not expect this, it's a great surprise to me and my family," says Govea. "I feel happy that I was chosen," adds Boche.

The Classic Slam began last year, and it is part of Get Lit, a nonprofit program founded in 2006 for teen poetry. According to the Get Lit website, the Classic Slam "...began as an effort to fill the gap of declining school budgets for arts enrichment programs," in 2012.

Boche believes the Get

Lit program, "...lets teens use their creativity." English teacher Jim Sorenson, the coach of the El Rancho poetry team, says, "It's a really good experience for them to do public speaking and to be in front of their peers."

A total of twenty-two schools will compete in the Slam this year. Today, the Dons will compete at the Los Angeles Theatre Center in the quarter and semi finals.

If the El Rancho poets advance to the finals, they will continue the competition on Saturday at the Orpheum Theatre. Any El Rancho student or administrator interested in attending the Classic Slam on Saturday can receive free tickets online at the Get Lit website.

Last year, the El Rancho team was eliminated in the first round. This year, however, the team hopes to make it to the finals. "It'll be nice to be in the top part of our quarter final round," says Sorenson.

In order to meet Sorenson's expectations, the team members have been vigorously preparing themselves.

The team members have been reciting both of their poems to Sorenson to improve their performances for the competition. Govea says, "I've been having some practices after school with the rest of the team and I have been receiving a lot of criticism from Mr. Sorenson." Boche adds that she has also been receiving suggestions regarding her performance.

The preparation for the Classic Slam has been an enjoyable experience for both Sorenson and the El Rancho poets.

"They're a strong team ... and I enjoy working with them," states Sorenson. "I'm amazed at all of the poets because their poems are so compelling and recited in such an amusing way; I love my team," concludes Govea.



Rebecca Mendez instructs Dons on the Pico Rivera spreading grounds.

Photographer Rebecca Mendez works with El Rancho photography students

BY ANDREA MUNOZ
EL RODEO STAFF WRITER

Artist Rebecca Mendez, who has been commissioned for the artwork in the newly-renovated Pico Rivera library, shared part of her artistic process with El Rancho students.

Mendez believes it is, "important to have moments where we interface with our community."

Mendez introduced herself and some of her artwork in the faculty center.

City officials Ray Chavez, Oscar Castillo and Angie Castro along with El Rancho teachers Mr. Parra, Mrs. Zeko, and Mr. Zeko participated in this event along with El Rancho students.

Students learned about Mendez's past. Mendez was born and raised in Mexico City by her parents who were both chemical engineers. "I remember being your age and I had chosen to be in science," said Mendez.

"In high school we are so susceptible and are always talked out of everything," says Mendez.

Mendez was a serious athlete. She was a national Olym-

pic gymnast and was going to be in the Moscow 1979 games. However she was not able to go because Russia invaded Afghanistan, the USA boycotted the Olympics and Mexico did too.

Mendez soon after immigrated to the United States. "My dad told me 'you're going to the USA'," said Mendez.

In the USA, Mendez received her MFA from Art Center College of Design.

"I applied for my green, I had my sponsor ready and I was denied because Graphic Design was not considered a profession," said Mendez.

Rebecca along with a few other people boycotted and Graphic Design became a profession

After a short presentation followed up with a Q & A, Mendez and the students went over to the Pico Rivera spreading grounds where she gave them some photography tips.

The spreading grounds served as an inspiration for Mendez. She spent lots of time there and found many different types of birds which led to one of Mendez's pieces of artwork on migration.

Word On The Street

As the school year is coming to an end, what has been your fondest moment at ERHS?



"Senior year night pep rally with my friends and laughing 24/7 with Ruby, Melissa, Miguel, Karina, and Cindy at lunch."-Samantha Gonzalez, 12



"My fondest memory at ERHS is how I've built up close relationships with so many people. Also I met my amazing girlfriend."-Carlos Tamayo, 12



"Being with my friends Daniel, Brian, and Jose at lunch chilling."-Michael Medina, 9



"My fondest memory at El Rancho was meeting my best friends."-Perla Garcia, 9



"My fondest memory has been meeting new people and school events."-Lucy Fernandez, 10

CAMPUS

Dons show "Blue Pride" during Spirit Week



Spirit Week at El Rancho encouraged the Dons to participate in the following: Monday-Patriotic Day, Tuesday-Twin Day, Wednesday-Crazy Hair/Hat Day, Thursday-Hawaiian Day, Friday-Sports Day. The Spirit Week came to a successful end with a lunch carnival to support clubs and organizations at the Ranch.

FEATURES

Ariel Salazar: HSF Male Student of the Year

BY KARLA VIRAMONTES
EL RODEO STAFF WRITER

Just recently, it was announced that senior Ariel Salazar had won Hispanic Scholarship Fund Male Student of the Year Award. Out of the many students who applied to this scholarship, Salazar had been told by Shinina Rivera that he had made top fifteen for males. He was also told that it came down to evaluating the essays and Salazar's essays impressed them the most, resulting in his winning of the award.

Salazar was very surprised and shocked when he had been told that he won the Male Award. He says, "At first I didn't know what the award was. They just called me saying that I had won, and that the award was going to be some kind of prize, but they never revealed to me what it was." This award will be rewarded to him beside the \$2500 that the scholarship is going to give to him.

After hearing all what he had won, he couldn't believe it. He continues by saying, "My initial feeling was overwhelmed because someone actually took the time to read my essay. They saw that I struggled and even though I have had struggles and setbacks, I was still able to maintain a 3.75 GPA and take honors and AP classes and still do fairly well."



Ariel Salazar's hard work and writing was recognized by HSF.

Soon after, he informed his parents about what he just won. He says, "Honestly, when I told them, they didn't really know what it was about. But now since we had that interview, they saw how big of a deal it really was, they got

all excited." His parents then realized how much this would help him with his college education.

On April 10th, Salazar had an interview afterschool with HSF. They made a video that was going to be shown at his in-

terview where he was going to accept his award. He says, "Everything went well, I was a little nervous because the camera was right in front of me and telling them about my culture and if I ever felt I couldn't compare to other kids because I didn't have the same teachings, or parents who speak the language very well. Also how I was able to take all that into consideration but not let it affect me in school."

On April 18th Salazar had a lunch with them at the J.W. Marriott in the Gold Ball Room in Los Angeles. Salazar says, "All people who had won, such as a Volunteer of the Year, Teacher of the Year, Parent of the Year, Female of the Year were gathered there with many sponsors such as Toyota, Kraft, Betty Crocker, Gatorade, and Dasani." Salazar had to write a one minute acceptance speech, thanking them for the award and announcing what an honor it was.

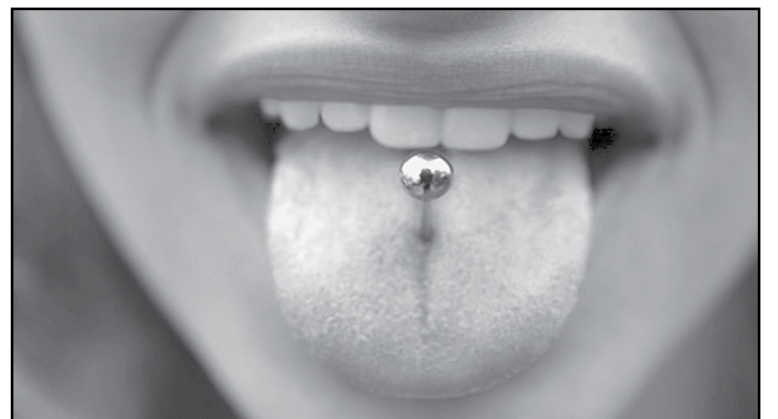
Not only was Salazar recognized in Los Angeles, but was also acknowledged by the board members at the Pico Rivera City Hall that same Thursday.

Salazar is now being recognized by the school in the main office and is all over twitter. This is the third year the HSF Male Student of the Year has been awarded and it is the first year that an El Rancho student has been chosen.

Culinary arts and special education classes collaborate to make ice cream



For the second time this year, Chef Luna's culinary arts class is collaborating with students from El Rancho's special education classes. Yesterday the students from both classes worked together in making ice cream from scratch and will use it to make ice cream sandwiches during sixth period today with cookies they also prepared together from scratch. "This event is a good learning experience for both [classes]... It gives everyone an opportunity to learn new things, said Luna."



Infections occur in up to 20% of all body piercings.

The dangers of tongue piercings

BY KARINA CERDAS
EL RODEO STAFF WRITER

High school students think getting a tongue piercing is something to be proud of and is a cool thing to do. In reality, it is one of the most dangerous piercings you can get.

Infections are the most common complication and occur in up to 20% of all body piercings. Oral piercings cannot only cause infections, but can also cause swelling, taste loss, scarring, chipped teeth, gum problems, and much more. With the bacteria in one's mouth plus the bacteria from handling the jewelry the person has a higher risk of catching an infection.

One of the diseases one can get is the herpes simplex virus. If you get this virus, signs and symptoms you will have are small, painful blisters filled with fluid, tingling or burning around the mouth or nose, fever, sore throat, or swollen lymph nodes in the neck. Other diseases you can

get are hepatitis B and C, which causes damage to your liver.

One of the most painful things that can happen while receiving a tongue piercing is getting Trigeminal Neuralgia, otherwise known as the suicide nerve. If the piercer hits this nerve, it will be one of the most painful things to experience. It has been described as the most painful conditions known to mankind. It is more common in females than males. The pain may be felt in the ear, eyes, lips, nose, scalp, forehead, cheeks, teeth, or jaw and the side of the face. The pain can last a few seconds to a few hours. Touching or even air currents can trigger the pain.

If when you are getting a tongue piercing, make sure the piercer sterilizes the needle in front of you because some may reuse needles to keep down the cost of piercings. If they do not answer your questions in a clear or professional manner, find a new piercing shop.

Doctors find new use for AIDS treatment

BY PATSY VILLASANA
EL RODEO STAFF WRITER

On March 3rd, the 20th annual Conference on Retroviruses and Opportunistic Infections announced that a team of medical doctors has found a functional cure for AIDS after they successfully treated a toddler who had been born with HIV.

The girl contracted the disease from her mother, who did not find out she herself was infected until she went into labor.

The girl was given a cocktail of three antiretroviral drugs less than thirty hours after she had been born. Twenty-nine days later, blood tests showed a decline in the virus.

Although this case gives some reason to celebrate, doctors still don't know if this was a lucky case or if this same procedure can be repeated.

"Our next step is to replicate [this treatment] in other high-risk newborns," stated Dr. Deborah Persaud, lead researcher at Johns Hopkins Children's Center in Maryland.

"You could call this about as close to a cure, if not a cure, that we've seen," stated Dr. Anthony Fauci of National Institutes of Health.

Twenty-eight months after the girl had been given the cocktail doses, the HIV was no longer detected in her blood. While the girl, whose name has not been released to the public, has had success so far, it is not known if the early aggressive treatment will have the chance of backfire.

"[This case] opens many questions, but doesn't provide many answers... It is unclear how the cocktail of drugs will have long-term effects on her development," commented Upton Allen, chief of infectious diseases at the Hospital for Sick Children in Toronto.

The girl had been treated sooner and with stronger medication than any other high-risk newborn before her. Doctors speculate that this fast action prevented reservoirs from forming in her cells to hide the virus.

As of 2013, two million people die every year from AIDS and thirty-three million people have been affected worldwide since its first outbreak.

This case has geared the world of medicine towards finding a complete cure faster than before. Doctors hope this drug cocktail can become standard treatment in countries with high rates of babies born infected with HIV.

Persaud will continue to work with her team and monitor the girl's progress in the coming years.

IN-DEPTH

Disability etiquette for El Rancho Dons



Deserie Ortiz, Youth Service Specialist for Southern California Rehabilitation Service, visited El Rancho which is only 1 of 40 schools that she visits. Ortiz was accompanied by her assistant Johnny and Mayra. Ortiz hit on many subjects including random facts, proper etiquette and taught the students about the history of disability. The presentation ended in a game of Jeopardy in which the students participated.

Disability Etiquette

People with disabilities are entitled to the same courtesies you would extend to anyone, including personal privacy. If you find it inappropriate to ask people about their sex lives, or their complexions, or in their income, extend the courtesy to people with disabilities

If you don't make a habit of leaning or hanging on people, don't lean or hang on someone's wheelchair. Wheelchairs are an extension of personal space.

When you offer to assist someone with a vision impairment, allow the person to take your arm. This will help you to guide, rather than propel or lead, the person.

Treat adults as adults. Call a person by his or her first name only when you extend this familiarity to everyone present. Don't patronize people who use wheelchairs by patting them on the head. Reserve this sign of affection for children.

In Conversation...

When talking with someone who has a disability, speak directly to him or her, rather than through a companion who may be along.

Relax. Don't be embarrassed if you happen to use common expressions, such as "see you later" or "I've got to run", that seem to relate to the persons' disability.

To get the attention of a person who has a hearing disability, tap the person on the shoulder or wave your hand. Look directly at the person and speak clearly, slowly and expressively to establish if the person can read your lips. Not everyone with hearing impairment can lip-read. Those who do will rely on facial expressions and other body languages to help understand. Show consideration by facing a light source and keeping your hands and food away from your mouth when speaking. Keep mustaches well-trimmed. Shouting won't help, but written notes will.

When talking with a person in a wheelchair for more than a few minutes, place yourself at the wheelchair user's eye level to spare both of you of a stiff neck.

When greeting a person with a severe loss of vision, always identify yourself and other who may be with you. Say, for example, "on the right is Andy Clark". When conversing in a group, remember to say the name of the person whom you are speaking to give vocal cue. Speak in a normal tone of voice, indicate when you move from one place to another, and let it be known when the conversation is at an end.

Give whole, unhurried attention when you're talking to a person who has difficulty speaking. Keep your manner encouraging rather than correcting, and be patient rather than speak for the person. When necessary, ask questions that require short answers or a nod or shake of the head. Never pretend to understand if you are having difficulty doing so. Repeat what you understand. The person's reaction will guide you to understanding.

Common courtesies...

If you would like to help someone with a disability, ask if he or she needs it before you act, and listen to any instructions the person may want to give.

When giving direction to a person in a wheelchair, consider distance, weather conditions and physical obstacles such as stairs, curbs, and steep hills.

When directing a person with a visual impairment, use specifics such as "left a hundred feet" or "right two yards". Be considerate of the extra time it might take a person with a disability to get things done or said. Let the person set the pace in walking and talking.

When planning events involving persons with disabilities, consider their needs ahead of time. If an insurmountable barrier exists, let them know prior to the event.

RANDOM DISABILITY FACTS

1. The U.S. Supreme Court Olmstead Decision gives people the right to live in the community.
2. The memorial Project is in memory and honor of those we lost in CA State Institutions.
3. Harry and his friend Herbert Everest, both mechanical engineers, invented the first lightweight, steel, collapsible wheelchair in 1933.
4. Ron Kovic organized a 17 day hunger strike at a L.A. Senator's office
5. Frida Kahlo painted self portraits which symbolically represented her pain.
6. Jim Abbot pitched a No-Hitter
7. People with HIV are protected by the ADA
8. Robert David Hall is known for his role as coroner Dr. Albert Robbins M.D. on in the television show CSI: Las Vegas
9. The Youth Leadership Forum for Students with Disabilities is a program that has been replicated in over 33 other states and territories
10. Rosemary Kennedy was institutionalized most of her life because she had a disability.
11. Labor Day Weekend Telethon
12. Ugly Laws were meant so that "Unsightly or Disgusting" people disabilities may not be seen in public
13. Sterilization was first legal in United States
14. Diane Coleman founded of Not Dead Yet
15. Harry Truman signed the 1945 National Employ the Handicapped Week
16. West Virginia passed the first Disability History Week through legislation
17. The Education for All Handicapped Children Act and the Individuals with Disability Education Act gave people with disabilities access to Public Education
18. Easter Seals used to be called "Crippled Children"
19. Jean Drisool was a four-time Paralympian
20. Air Carrier Act gave individuals physically disabled the right to fly
21. The ADA is the Americans with disabilities Act that was passed through legislature in 1990 and it prohibits discrimination against people with disabilities.

SPORTS

Bouncing back after frustrating preseason

BY ANGELICA GAMEZ
EL RODEO STAFF WRITER

After a frustrating pre-season, where the Dons ended with a 1-7 record, they managed to bounce back and earn a 3-4 record in league with their only losses to Santa Fe and Pioneer.

Getting a win wasn't easy for the Dons in pre-season and that was shown in their 1-7 record. It has been a struggle for the team to adjust. "Getting everybody adjusted to certain spots has been a difficult challenge for the team" says senior Andrew Hernandez.

With new people coming onto the team, positions were changing and everyone was trying to adjust coming into league. "Our team right now has barely been established since borderline pre-season and league... we're still working on fundamentals and getting the hang of everyone together," says senior Eric Calderon.

Even with the team adjusting to each other, the Dons managed to win their last preseason game against Cantwell High School. "I was more relieved than anything," says senior captain Cristian Roldan. "We were waiting for the soccer team to come out, I think they help a lot" says Becerra. That win was an important win for the team as they entered league. Both captains Becerra and Roldan agreed that it gave them more momentum and confidence.

The Dons' league opener against their rivals, the Santa Fe Chiefs, didn't result in the Don's favor. "They have been our competition throughout the years," says Hernandez.

The Dons fell to the Chiefs both times last season, and hoped to upset them this time around, but unfortunate for the Dons, they were unsuccessful and lost. Roldan believes that they



Dons train hard to end the second round of league with more accomplishments than the first.

"could have played better and actually competed." The Dons didn't give up and were going to change what they could for the next time around. "We are going to take it to them a little harder and play with more heart, just come out stronger," says Becerra. Unfortunately for the Dons, they lost to Chiefs once again.

Another tough loss for the Dons was against Pioneer. "It was the worst experience of this year," says Becerra, "some people weren't ready to play," he adds. They look to play the rest of the season harder than they played that game.

Although it seems that the

Dons haven't been getting the results they would like, they are still keeping their expectations set high. In order to achieve their CIF goal, the Dons have many things they would like to work on beginning with fundamentals. Along with fundamentals, there are other things such as communication, which they'd like to improve. "Communication's a major thing, and heart for the sport, people need to talk on the court and they need to want to be playing," says Calderon.

Along with the fundamentals, there comes team chemistry. "Volleyball is a team sport," says Calderon. By the end of

their season, Calderon hopes that they establish "more of that brotherhood." At the end of the day, "it's all about who wants it more," says Calderon.

The second round of league is going to be much different than the first, hopefully in a positive way for the Dons. Like any team, they hope to succeed and move closer towards the CIF championship ring, but first they will have to finish league strong. The Dons can only train hard so that they can have a better second half of league compared to the first. They will be facing La Serna today at 4:30 home.

Tennis strives for Del Rio League title

BY DENIS COREA
EL RODEO STAFF WRITER

El Rancho's boys varsity tennis team was victorious in their game versus California High, coming out on top 12 to 6, and JV winning 13 to 4. Making varsity's record 5-2 and JV 6-2. With Santa Fe coming up, El Rancho's oldest rival, both JV and Varsity prepare themselves.

El Rancho's varsity team came so close to being victorious with the La Serna Lancers, first going into a tie 9 to 9 but losing 66 to 78 when scores were totaled. They then played the Whittier Cardinals and won in a blow out beating Whittier 15 to 3.

With Santa Fe coming up, Armando Rodriguez, varsity player, says, "I want to beat them, they beat us and I want to beat them back." Baltazar Montejano, another varsity player prepares for Santa Fe by practicing a lot and practicing hard he also prepares himself by playing on the

weekends with other teammates.

Math teacher and head coach of tennis Cynthia Lippstreu is fascinated by how well JV did during pre-season and how well they are doing in season. "It's been the first time in five to six years that we had so many freshman in JV. JV is doing really good; they did very well during pre season against hard schools," says Lippstreu.

Lippstreu also includes how some schools they play don't have a JV team, thus giving them an automatic win.

Viktor Ayala, captain on JV says, "We are tied for second and need to win our next two games. If we beat La Serna and Santa Fe that would make us first in league." He also includes, "If we win these two next games it would be our fourth time being first in league."

If varsity comes out victorious in the upcoming games against La Serna they will take first in league.



Senior, Eric Mercado prepares to end season well against the Lancers.

Sports Results:

Baseball:

Santa Fe -W
Whittier-W
La Serna-W
California-L
Pioneer-W
Santa Fe-W
Santa Fe-W
Whittier-W
Whittier-L
La Serna-L

Boys Swimming:

Pioneer-W
Santa Fe-L
La Serna-L
Whittier-L

Boys Tennis:

Whittier-W
California-W
Pioneer-W
Santa Fe-L
La Serna-L
Whittier-W
California-W
Pioneer-W
Santa Fe-W

Boys Track:

Santa Fe-L
La Serna-W
Whittier-W
California-W

Boys Volleyball:

Pioneer-W
Santa Fe-L
La Serna-L
Whittier-W
California-W
Pioneer-L
Santa Fe-L

Girls Swimming:

Pioneer-W
Santa Fe-L
La Serna-L
Whittier-W

Girls Track:

Santa Fe-W
La Serna-W
Whittier-W
California-W

Softball:

Pioneer-W
Whittier-W
La Serna-L
Santa Fe-W
California-L

Golf:

California-L
Whittier-L
Santa Fe-L
La Serna-L
Pioneer-L
California-L
Santa Fe-L
Whittier-W

SPORTS

Dons look to regain first place against Lancers

BY ANGELICA GAMEZ
EL RODEO STAFF WRITER

The El Rancho Dons have had an impressive start this season, with only three losses. The Dons came out strong this season and have managed to stay in first in the Del Rio League. The Dons are holding onto a 7-3 record with their only losses to Whittier, California High, and La Serna.

The Dons seem to have been playing great baseball since the beginning of their season. They got their first league win against the Whittier Cardinals. They then went on and had a close 7-6 win against La Serna. The Dons were then faced with a disappointing loss to the California Condors.

The California High game was an intense game for the Dons. The game was tied at 0-0 and they had to take it to extra innings. After the twelfth inning, the Dons fell short of that game 0-1. "We came up short, but that was a pretty intense game," says senior captain Joey Sanchez.

The Dons are still going to face the Condors two more times, and they already see some things that they need to change. "[We have to] come out strong early...in that game we started off too late and they came out hitting and we didn't have enough time," says senior captain Frank Vargas. Sanchez believes that



Dons hope to end season strong and not drop their level of play as they go up against remaining teams.

his team is the better team so if they "start hitting from the beginning and execute [their] jobs and get it done" the Dons will come through with a win.

After that loss, the Dons went on with a big 26-1 win against the Pioneer Titans. The Dons then participated in the Righetti tournament where they made it to the finals and lost 6-1 to Alemany. "We just didn't play our game that day," says senior Nick Vasquez. To coach Frank Llanes, the tournament was great. "I thought it was beautiful because it brought us together... we did it two years ago and the guys were league champs," says Llanes, "I can see things happening in the future for us because of it," he adds.

That tournament definitely brought the guys together as they went onto a big three-game winning streak, defeating Santa Fe twice and Whittier once. Last season the Dons lost to Whittier high two out of the three times, but this time they came out and earned a 17-6 victory over the Cardinals. Unfortunately for the Dons, they lost 5-6 the next time around.

Many things are the reason for the Dons' success this season. "We're all doing our jobs and we're all playing as a family...we're being team players and doing what we have to do and it's resulting in a good season so far," says Sanchez. The whole team appears to be helping the team's success. "Everyone

plays a major role on this team, if it's little or not, it's still a major role," says Vasquez. Senior pitcher Julian Vizcarra has one goal every game. "My main goal is to throw strikes and let my defense help me out," says Vizcarra.

Last season the Dons ended season tied in third place and this year they are sitting in second. There are many things that have changed from last year that have led to this success. "They look at every practice as being just important as the games," says Llanes. They have also become more mentally tough. "This year's team has talent and toughness, which when you put those two things together, that's a very hard combination to beat," says Llanes.

From a player's perspective, there is also a different reason for their achievements. "The seniors we had last year weren't really into it...right now we have a bunch of seniors, and I feel like all these seniors are buying into what our coaches are teaching us," says Vasquez. With everyone on the same page, the Dons hope to continue to improve.

The Dons hope to end season strong and not drop their level of play. "[We will] continue to work hard every day, believe in one another, and play together as a family," says Sanchez. Along with their team work, they have to continue "working hard in practice...and just take that to the field," says Vargas.

Llanes has one main goal set for the team. "The goal is for them to play every game as if it's the most important game of the season...if they go out there and just give it a championship effort, the results are going to be in our favor most of the time," says Llanes. Llanes says that they play to win and also practice to win, so they hope to continue getting the results that they are aiming for.

Vargas and the team appreciate everyone coming out to the games. The Dons will be facing La Serna today away and hope to get their second win against them to regain first place

Lady Dons fighting for three-way tie for first



Freshman, Janessa Lozano "moose" tags runner out on third base.

BY LESLIE CHINCHILLA
EL RODEO STAFF WRITER

The El Rancho girls' softball team, currently with a 3-2 League record, are striving to have a successful season by becoming League champions and advancing to CIF.

Including pre-season, the team has an overall record of 9-8. Out of twelve pre-season games, the Dons were able to win six of them. "I think pre-season was a time where we were still getting to know each other and play as a unit," says junior captain Anissa Sanchez.

This season, the Dons have a lot of young players on the team as ten seniors graduated last season. Of the eighteen

players on the varsity roster, only three are seniors. "There are a lot of young players, but we're all developing as a team and coming together," says junior captain Aiyana Leal-Robles, who received a scholarship to George Washington University.

Despite the youth on the team, the Dons began League with a strong showing against Pioneer. The girls were down early 1-0 in the first inning and the scored remained the same until the sixth inning. The girls came back in the sixth inning by scoring three runs. In the seventh inning, the team scored five additional runs, ending the game in an 8-1 win at Pioneer.

The girls played their first League home game against

Whittier. The team scored four runs in their first inning, while not allowing any runs for their opponents. The girls dominated the rest of the game and defeated Whittier by a 10-0 score.

The Dons suffered their first loss against La Serna. The game was close throughout, but the Lancers ended up winning with a score of 4-1.

The team was not pleased with the loss. Sanchez says, "I feel like we had that game and we let it slip out of our hands." However, the Dons hope to improve and beat them in the next round. "In all my four years we have never beaten La Serna so I really want to beat them, and I think we can," says senior captain Bri Ramos, the leader of the team.

Despite the loss, the team bounced back with a close 1-0 win over Santa Fe. "The game was very intense and we had an exciting win and it went our way in the last inning," says sophomore Jackie DeLoza about the game.

"We came through with our hits and executed," adds Leal-Robles.

Ramos hopes the team will not only take League, but will also go far into play offs. To achieve this goal, the team believes they can still improve collectively and individually.

"As a team we look pretty good, we just need to hit when we're in the situation," thinks Leal-Robles. DeLoza adds, "As a pitcher I need to do my job and carry the team as much as I can."



Javier Carrillo sprints towards finish line in the 4x100 race.

Track and Field strives to finish strong

BY SAMANTHA GURROLA
EL RODEO STAFF WRITER

El Rancho's track team has had a successful season with a record for the girls of 5-0 and the guys 4-1, League finals will be coming up and soon after that C.I.F.

During league, the Dons did not find it that easy to defeat their opponents. Going up against Santa Fe, overall they did not beat them. "They just had more heart, and we were not mentally prepared," says senior hurdler Aldair Flores.

Coach Ray Elliott says, "[the] boys could have done better if they were healthy against Santa Fe." But the boys track team got it together, when they beat La Serna and Whittier.

With girls 4x100 as the track meet's opener, senior Carolina Gomez says, "I really like that the 4x100 is first so it sets the meet off to a good start."

Coming in for her first year on varsity, Sophomore

Mayra Nunez says, "[during the meet] you have more pressure on you and it's more competitive."

Track can be seen as an individual sport but if you don't work together and build off each other's weaknesses, it's hard to see results you want. Nunez says, "there is no slacking off." Gomez continues, "[in the 4x100] we have to have communication and know strengths and weaknesses so we can know where we need to improve."

The varsity girls' track team is undefeated in Del Rio League. "[I am] very proud of the girls for winning the league title," says Elliott.

But with the two to three hour practices, El rancho stepped it up and won California high, ending their winning streak. The Dons beat them in all categories, boys/girls jv and varsity.

With League coming to an end Elliott hopes that a lot of El Rancho's athletes will make it to league finals and then to C.I.F.

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