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Lights out in the Golden state

Staff Editorial

You might want to think twice before leaving extra lights on or turning up the heat.

After California's energy deregulation in 1996, utility companies such as Southern California Edison and Pacific Gas and Electric were forced to pay higher prices for energy on the national wholesale market. If these companies were to survive without government aid, new power plants would have to be built in California to satisfy the state's large demand for energy.

Power plants, however, are expensive, and companies never took serious measures to raise funds for this needed expansion. Now, California is facing a crisis.

In 1999, one megawatt-hour sold for \$30. In recent months, prices have soared as high as \$1400. This lack of foresight translates into astronomically high utility bills for

most California residents.

California's predicament, however, is not surprising. Failing to plan for the future seems to be an innate human trait. Why do now what you can do tomorrow? Why do tomorrow what you may never have to do?

People seem to believe that if they ignore a problem, it will either go away or solve itself. Only when push comes to shove will we take control of a problematic situation.

Take, for instance, something every student can identify with: finals. Students know from the first day of class that they will eventually have to take a comprehensive test that will probably decide the fate of their grade in the class. It is inconceivable, however, even to the very studious, that any studying for such an important

test be done except, at the very earliest, the weekend before finals week.

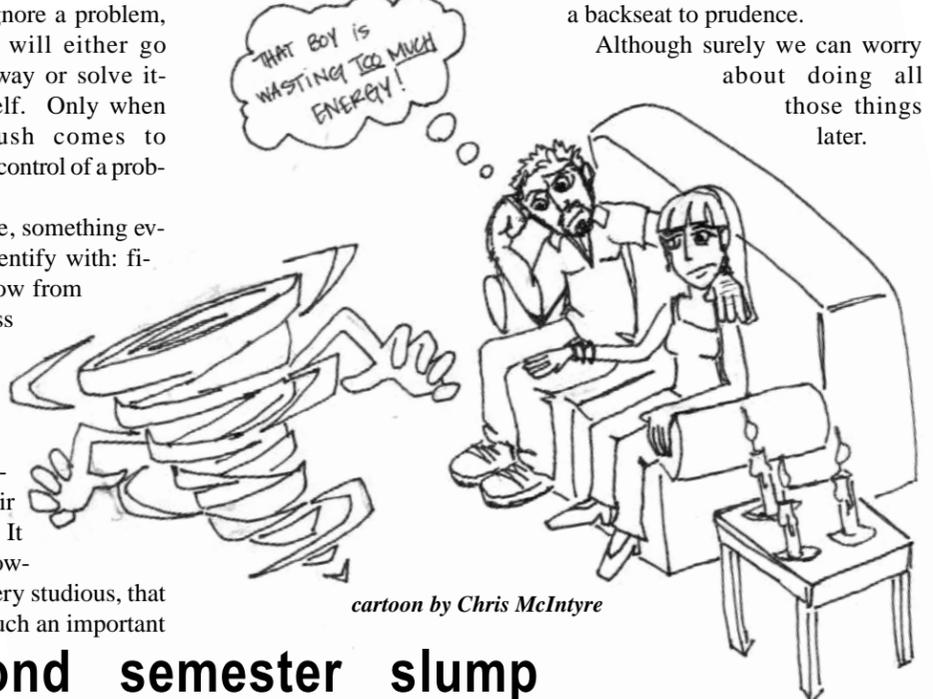
So, from everything as minor as finals to as important as power for millions of people, the only real surprise is that we're still shocked when we find out something we thought we could ignore poses a problem.

With luck, Cabrillo's students will pass their exams and Californians

won't freeze to death trying to save money. Thankfully, human resourcefulness usually compensates for our procrastination.

However, people must start solving problems before they escalate if they want to avoid a constant onslaught of crises. Individuals need to look toward the future and plan for it, instead of merely living for the present. Convenience must take a backseat to prudence.

Although surely we can worry about doing all those things later.



cartoon by Chris McIntyre

Senior foresees second semester slump

Clea Miller

Staff Reporter

You know something? Just as my numbered days as a Cabrillo High School student drop off one by one, the seeming reasons for actually coming and putting effort into school likewise vanish into thin air.

Everyone gets tired of going to school. Whether it be the bright-eyed freshman or the stressed-out junior, the pressures of high school can overcome anyone. It is only fear that motivates you to do well. Fear

longer seem as daunting as they used to be. I also know for a fact that colleges don't see senior year grades until after they accept you, and even then only 1st semester grades are looked at. With all this in mind, there is really nothing to keep any senior focused on school-work.

There are only two reasons I see that keep seniors coming to school at all. Certain classes and credits are needed to graduate and higher standing individuals want to keep grades

“It is only fear that motivates you to do well. Fear of failure, fear of parents, fear of being stuck in Lompoc.”

cally equals an F+ in any given class and no graduation.

It's not that I have anything against

World wide web ushers in new era: Generation Couch

Mark Murray

Staff Reporter

With more and more people getting online and with all the new websites and capabilities, our lives have become a great deal easier. The way things are right now, it is entirely possible to live a whole life without ever leaving your house.

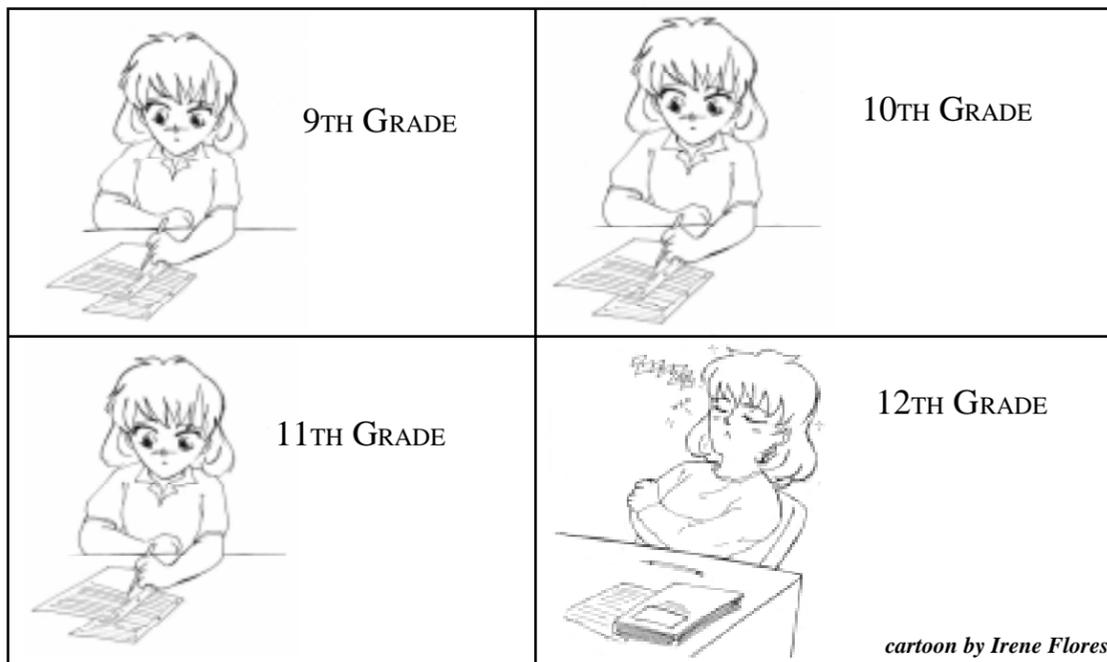
Let's start with the necessities: first of all, food. Consumers can go to a website such as www.netgrocer.com and buy a month's groceries, as well as other household necessities (soap, paper towels, antibiotics to help cure a cold, deodorant, etc.) and have them delivered to their doorstep via Fed-Ex.

Water can be obtained by visiting company websites such as www.sparkletts.com and ordering the good stuff. Or you can pay your water bill (along with the rest of your bills) online, and just drink out of the sink.

Now, to cover all of the expenses, consumers can get an online credit card. For the sake of convenience, we'll just take the popular Cobalt Card. With this card, chargers can buy just about anything that is for sale online.

Next, the necessity of clothes. There are thousands of places to buy clothes online, no matter what style you prefer. There are

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cartoon by Irene Flores

of failure, fear of parents, fear of being stuck in Lompoc.

As a second semester senior I am fearless.

I look at it this way. I've already made mistakes that unfortunately cannot be erased from my official transcript and my parents' threats no

up to stay at the top of the class.

Being that I, along with many of my other fellow seniors, ruined any chances at that whole "Merit Scholar" thing years ago, the only real concern we have is the fact that eight unexcused absences or sixteen unexcused tardies automati-

the school or any teacher, and my intentions are certainly not malevolent. I like to learn (or at least I like the idea of a good education). It's just that the fuel beneath the fire of my initiative is quickly running out, and I'm afraid that there is nothing anyone can possibly do about it.

FORE & AFT

Established in 1966, the Fore & Aft is a student newspaper, published by the advanced Journalism classes at Cabrillo Senior High School, 4350 Constellation Rd., Lompoc, CA, 93436. It is published each month as a joint effort between two Journalism classes. The staff accepts full responsibility for the opinions expressed in this newspaper. Letters must be signed but the writers may request anonymity. If you wish to be a guest columnist or writer, submit articles to Mrs. Nicastro in P-4 or by e-mail. This newspaper is a member of the

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Do you feel that women are oppressed in today's society? Why or why not?



No, because I feel that oppression stopped a long time ago for women and minorities.

• Halden George (senior)



No, I think that we are getting more recognition that we used to have.

• Rachel Fundingsland (freshman)



No, but I think that there is sexism to a certain degree.

• Mr. Rizer (teacher)



Yes, definitely, we still have a lot of work to do.

• Ashley Jasinski (senior)



I think we are advancing in the workplace but we still have a long way to go.

• Alicia Johnson (senior)



In mainstream America, I don't think women are oppressed. In high level positions, women and minorities are not given the same opportunities as American men.

• Mr. Miranda (teacher)

MTV takes music videos to a new level...six feet under

The Disgruntled Eggplant



Irene Flores Editor in Chief

"I want my MTV." That line may have worked in the 80's (when MTV actually lived up to it's name and played music videos), but I find myself almost unable to utter that simple four word phrase. I also find it an almost unbearable task to even watch the station.

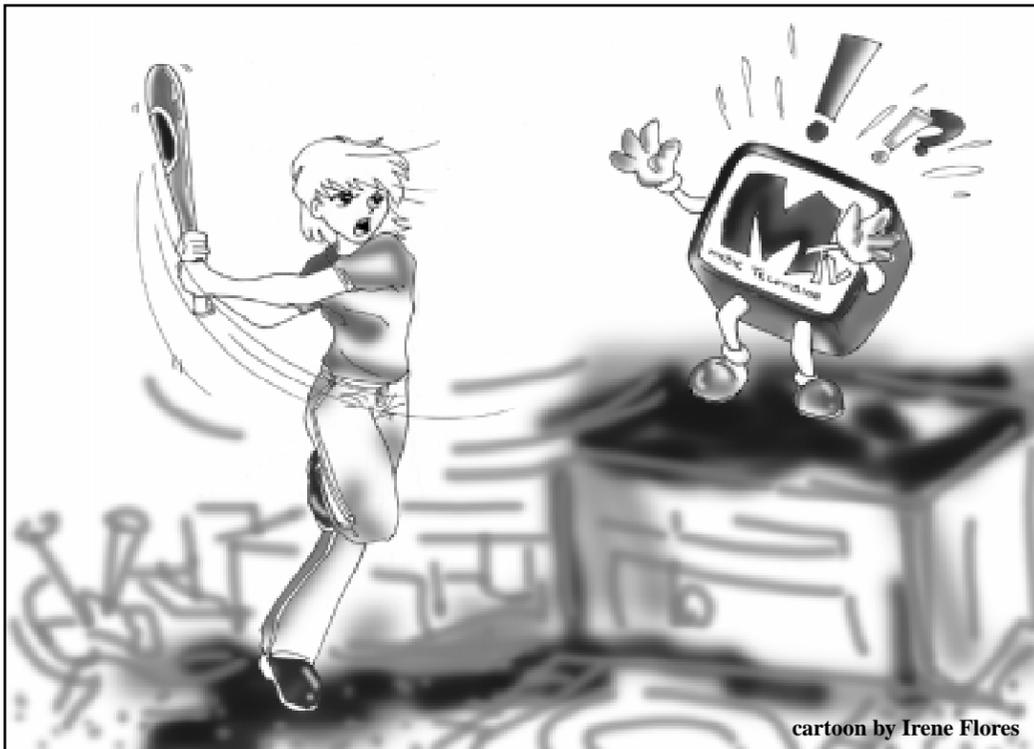
Four years ago, I was hooked on MTV much like a third grader who was hooked on Phonics. MTV provided everything a teenager could want: wacky cartoons, real life dramas (or fake ones in terms of the Real World), music videos, and best off all, the feeling of rebellion since parents absolutely abhorred MTV.

Jump to six years later and present day music television. I am now ashamed to be a part of the so-called "MTV Generation." If my generation is going to be represented by a channel, I'd rather be known as a member of the "QVC generation," or even the "TLC generation."

Yes, you read this correctly. There is nothing wrong with your vision. I detest MTV's current programming. I cannot watch the new seasons of the Real World without getting the insatiable urge to go out and commit mass homicide. First of all, what kind of world has the seven most obnoxious and annoying people you could ever meet, living in a mansion in New Orleans? It's certainly not the world I'm living in.

As if watching a weekly installment of this "real-life drama" isn't enough, the geniuses in MTV's programming department play back to back marathons of the Real World for 48 straight hours. It's enough to make a grown man cry like a little girl.

Not only has MTV managed to botch their current shows, they have taken away certain shows that were actually smart, innovative and witty. For example, MTV seems to not have picked up Daria for another season. Daria provided me with a more accurate view of real high school life rather than any episode from the Real World. There was sarcasm, cynicism, bitterness, 3-4 syllable words... everything a jaded teen could want. It wasn't exactly Emmy material, but it was smart and witty.



cartoon by Irene Flores

Instead of continuing with the smart and witty type of humor which Daria provided, MTV just had to go and create a show called Jackass. Wow. I wonder what that show is all about (Note: Last sentence must be read with EXTREME sarcasm).

I'm proud to say I have never seen an entire episode. I refuse to watch any kind of show that threatens to make you stupid through process of osmosis. I thought that Jackass would be another version of the Tom Green Show (which I also can't watch for prolonged periods of time for fear of going insane), but it was worse... much worse...

Jackass is the type of low brow humor that gets old very, very quickly. It's also the type of show that blatantly shows what kind of audience MTV is catering to. I admit with no hesitation that I don't want to be a part of that particular audience.

Finally, the topic that I am most displeased about. Someone should really sue MTV for false advertising. Their name clearly states "music television," but they are lacking in the "music" area.

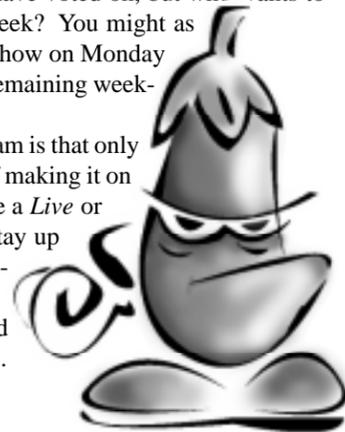
Sure, there's the hip and trendy TRL which

plays the top 10 videos that viewers have voted on, but who wants to see the same 10 videos five days a week? You might as well save electricity by watching the show on Monday and just turn the TV off for the other remaining weekdays.

An annoying factor of the TRL program is that only the "popular" videos stand a chance of making it on the countdown. Never again will I see a Live or Radiohead video on MTV (unless I stay up until 2 in the morning when they sometimes play music videos).

If I'm not making my point yet, and there is a point, let me put it this way...

I DON'T want my MTV.



How to build a Senior Survival kit

Maximum Voltage

Maxine Taylor Opinion Editor



To all the underclassmen at Cabrillo: Everything the seniors have told you is true. The last year of high school can prove to be not only the happiest, but one of the most stressful years of a student's "educational career."

Classes, scholarships, college applications, and even the anxiety of knowing you'll soon leave your family and all your friends can be overwhelming.

But, thankfully, there is a solution to this problem; there is a way to retain your sanity through all the

chaos. I call it The Senior Survival Kit.

This handy kit contains the four items essential to having a low-stress graduating year.

A punching bag: While this little gem may not stop stress at its source, it can help to relieve the tension soon after it's formed. A couple of uppercuts and you're ready to face the day.

A cattle prod: A more useful, stylish tool was never made. While wading through the sea of underclassmen who have not yet mastered the art of efficient locomotion, a senior may find it necessary to "help" certain individuals along. Although an electric prod is preferable (deliver-

ing a mild yet memorable shock), any long, metal rod will suffice.

A pet rock: It is the expert opinion of many learned men and women that pets can help their owners live longer, happier lives. It would be an inexcusable mistake, however, to buy a dog or a cat or any other companion simply as a means to relieve senior stress. This is where the pet rock comes in. They make no noise, you don't have to clean up

after them, and they come in a variety of shapes, sizes and colors. Find one that's right for you, name it, give it a home, and confide in it. The pet rock also doubles as a paperweight for all the applications and forms you'll start accumulating.

Prozac: And, if worst comes to

absolute worst, you can always find happiness in a bottle of pills. You may wish to consult your physician for proper dosage, but, as a general

rule, take one pill every few days. Dosage may need to be increased during finals.

Above all else, try to have a senior year you'll never forget. It most likely won't be the best time in your life, but there will be none other like it.

One final caveat: Assemble this kit at your own risk. I will not be held responsible for any incidences of bruised students or abandoned rocks.

HE SAID SHE SAID

BIG DEAL

VICE / VERSA

Sheena Struble

Layout Designer

So, did you hear about the latest gossip? Your business is all around school campus and even the teachers heard about what happened to you last weekend. It really should stay out of the mouths of the hundreds of people who talk about it, but we can face the harsh, stunning reality that most people do not recognize personal boundaries when they see them. Once the public



Gossip has the ability to wreak havoc in people's lives no matter how long it has taken them to build up their strong reputations.

catches a glimpse of your private life, it definitely will not stay private for much longer. Gossip has the ability to wreak havoc in people's

lives, no matter how long it has taken them to build up their strong reputations.

Nosy, prying and intrusive, gossip always has an ironic way of invading lives and twisting information to make a priest look like the devil incarnate. Why not leave well enough alone and be content with the fact that people actually have lives of their own that should not be meddled in by others.



Davin Phoenix

Staff Reporter

In his story, "A Modest Proposal," Jonathan Swift used the method known as the "shock factor" to get his point across. I would like to follow in Mr. Swift's footsteps and make a proposal of my own. However, my proposal is neither modest, nor is it satirical. In fact, I am dead serious. And for those of you who know me, I'm not dead serious about trivial things. You must be dying to know what my proposal is...well you'll just have to wait until I get there, okay bub?

An epiphany struck me as I pondered how I was going to let yet another scholarship committee get to know "the real me." This was after a frantic search for a blue transcript card. My fellow seniors know where I'm coming from. Back to that epiphany. Suddenly, this thought entered my mind, what is the use of the senior year? At first I rebuked the thought, and reprimanded myself for watching too much "anti-school" programming such as "Recess" (Can't wait for the movie). But the more I thought about it, the more unnecessary the senior year seemed in my mind.

“The pressure that comes with filling out college/scholarship applications, compiling references, and writing those oh-so-wonderful essays is compounded by the unnecessary pressure seniors put on themselves by trying to maintain their standard of excellence in all of their classes.”

After all, colleges do all but come out and say that they don't give a rip about your senior year grades. Many honor students are only a couple of credits away from the requirement needed to graduate. I'm sure Economics and American Government could be implemented in the class curriculum for the first three years of high school. If we can put a man on the moon, and add a tutorial period, then we can make sophomores or juniors take those classes. Now, presto, we have a high school graduate after three years. The only matter now is that of AP classes only available during senior year. I wouldn't want to deprive anyone the joy of taking these classes (insert sarcastic snicker here), so let's give kids the option of coming to Cabrillo for part of the day for these classes after they graduate their junior year. However, instead of giving grades, the courses would serve as prep sessions for the AP exam. That should take a little pressure off the students, enabling them to achieve to the best of their abilities on the actual exam.

Let me clarify, my proposal is not for the student to jump into college after junior year. My proposal is for the senior year to be abolished, "in principle." Allow me to explain why I put the term in quotations. The pressure that comes with filling out college/scholarship applications, compiling references, and writing those oh-so-wonderful essays is compounded by the unnecessary pressure seniors put on themselves by trying to maintain their standard of excellence in all of their

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VICE / VERSA

GET REAL

Irene Flores

Editor in Chief



He said, she said...so what? Contrary to popular belief, gossip is NOT the hottest topic on campus. I suppose it's important to certain individuals but I think all the powers that be and my lucky stars that I'm not "popular" enough to be affected by gossip.

Even if I was subject to something as trivial as gossip, why would I care? People who have nothing better to do than start/spread rumors about others are not worthy to even pay an inkling of attention to. Even people (such as myself) with a questionable lack of self esteem feel that the opinion of future readers of the National Enquirer doesn't matter one bit.

It seems a bit odd that people are affected by what their "peers" say about them. If I was actually "popular," I'd think I would have enough integrity and confidence to not be affected by a silly rumor. I would have enough confidence in my peers to know that I'm a good person and not some sort of deranged, sociopathic puppy-kicker (or whatever other rumor is being spread around).

Hopefully, you've proved yourself through

your actions and that should allow people to think twice about a rumor spread around by you in particular. Then again, if you happen to botch things up in the "people skills" area, there might be a bit of technical difficulty with dispelling the rumors.

Gossip shouldn't be viewed in such a negative light as a source of stress and worry, but rather, something humorous (most of the tales I hear in passing are downright hilarious) and a source of fun. Let the rumor roll off your back since the story isn't true anyway.

But, if the story happens to be true...well, can't help you there.

...the opinion of future National Enquirer readers doesn't matter one bit.



cartoons by Irene Flores

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clothes available for everyone online, from www.GAP.com to www.volcom.com.

On to communication now: with ICQ, AOL Instant Messenger, MSN Messenger, and thousands of chat rooms, you can talk to (if so inclined) literally hundreds of people at a time. Then there's also e-mail, which has already, almost, completely done away with the traditional stamp and envelope method of communication.

For entertainment, cinema buffs can watch movie trailers, gamble at online casinos (if you are of legal age), play interactive games, read a novel, look at magazines, take different kinds of tests, answer surveys, bid in online auctions,

and receive advice from psychic healers. Music lovers can also download almost any song ever made, thanks to software like

brokers, and aspiring musicians can catch their big break online. If none of these occupations interest you, or if you want or need to finish your education, there are many places, such as www.uonline.com, to do this. If academic achievers have any trouble with these online courses, there are websites where students can get help with their homework, like www.helpresource.com.

Although this "lifestyle" is entirely possible, the likelihood of it finding any takers is minimal. For even though the internet is a big help to us, it still lacks human interaction. But with so many things online today, just imagine what the future could hold.

“With more and more people getting online and all the new websites and capabilities, our lives have become a great deal easier, and the way things are right now, it's entirely possible to live a whole life without ever leaving your house...”

Napster. Now, for a livelihood, there are many job opportunities online. Employees can get hired to design web pages, become online stock-

All fat and a bag of chips...

Tia Flowers

Staff Reporter

Ask any girl at Cabrillo what they most want to change about their body and nine times out of ten you will hear, "I'd like to be thinner." Thirty years ago, if the same question was given, the response would most likely be different; the desire to lose weight would not be as prevalent.

Why the change in attitude? Because we are the fattest generation our nation has ever given birth to.

Names like Slim Fast, Jenny Craig, and Atkins occasionally deceive our populous into believing we have risen to a new level of health consciousness. What we fail to consider is that necessity led to the discovery of these programs. We were fat, therefore we needed help.

We know we are fat. In fact, we are reminded of it daily as we turn to our media. We are told who is beautiful and they definitely do not look like us. If they did, we would be on the cover of Vanity Fair and not them.

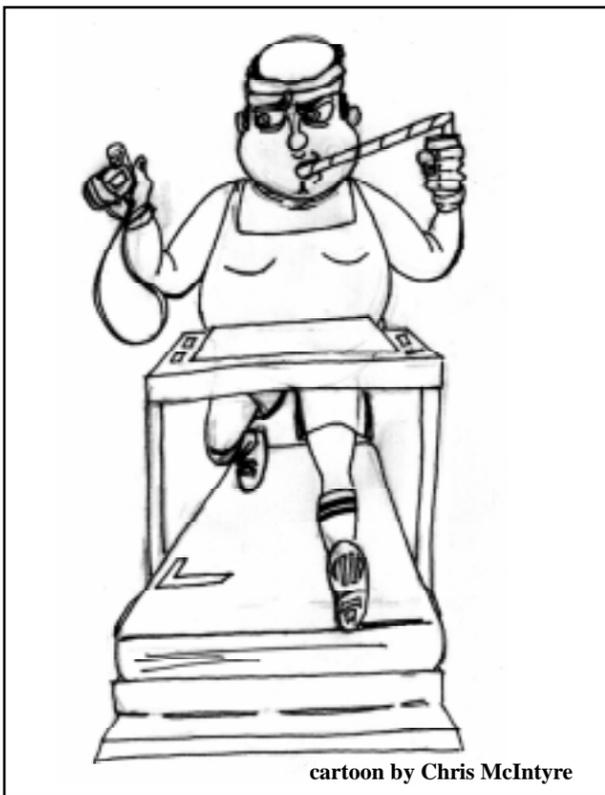
So what is the secret? What can one do to solve this fat factor?

1. Eat healthy. Some people skip meals. This doesn't make sense because you have to eat sometime and when you finally do you will inevitably be hungry and may resort to fast food (which would defeat the purpose of skipping a meal to cut the calories). If your body were a car, why would you run it dry only to fill it up again with bad fuel? Instead, give it the good stuff (just don't top off).

2. Try riding a bike or walking. Instead of spending your gas money, find opportunities to expend calories while accomplishing a purpose...in other words, walk somewhere for once! We have this mindset that cars are the only acceptable form of local transportation. Yes, cars are faster, so is fast food. Is faster better? Not better for you.

3. Exercise regularly. Getting tired of people telling you to exercise? My sincerest apologies, but they're absolutely right. Exercise not only helps you burn calories but it provides a feeling of ownership with your body. After developing an exercise routine, you will find yourself more likely to eat healthier.

Note: This article is not about losing weight. Following these known truths may have little influence with the number on the scale. These three habits mark the difference between past and present generations and perhaps are the key to a healthy future.



cartoon by Chris McIntyre

The Fat Factor: Are dietary supplements really the final answer to losing weight?

SENIOR continued from page 6

classes. I propose we eliminate the senior curriculum in order to allow students to use their senior year to focus on their future endeavors: college, work, whatever.

I'm still learning the subtle nuances of time management. I do, however, know that if I didn't have two to three hours of homework every night, I could focus more on the applications piling up on my desk. With more time, I'd be a lot less stressed, and my applications could have a little something more. I don't want to sound negative, but I am sick and tired of the all-too-familiar day-before-deadline frenzy, gathering letters of recommendation, stapling financial statements and printing out essays for the umpteenth time. I just don't have the time to take every application nice and slowly. It's a shame too, because since my freshman year, I've tried to be active in school and extracurricular activities; someone older and wiser was always telling me that this or that looks good on an application. Now that I'm finally at the level where my activeness is supposed to pay off, I'm on the verge of burn-out and I sometimes fear that my efforts during my freshman, sophomore, and junior years have been in vain. The self-esteem takes a blow when a scholarship form gives thirty spaces for your accomplishments, and you can't fill half of them.

The bottom line? Do away with the senior year curriculum. Let the seniors, or should I say, three year graduates, come to school for AP prep courses, and to work on their various applications. The result? Seniors will get less stress induced acne, they'd have more pep at assemblies, and the sun would shine brighter.

My proposal is for the senior year to be abolished, "in principle."

The bottom line? Do away with the senior year curriculum. Let the seniors, or should I say, three year graduates, come to school for AP prep courses, and to work on their various applications.

Letters to the Editor

In past issues, we've been getting quite a few letters that have been unsigned. If you wish to express your views to the editorial team of the Fore & Aft, you must stand behind what you say and sign your name. Leave your letter on Mrs. Nicastro's desk in E-4. Please do not hesitate to e-mail us at fore_aft@hotmail.com.

Across the street, across the pond

Dear Editor,
A perfect world (something we all wish for) is never going to happen. There are too many people who choose to tease and torment people who choose to be different. I was a long time curbie (the entire one and a half years I was at that school), and I think you should understand who we are and what we do from the curbs' actual point of view. A curbie is an everyday teen who chooses to cross a small street at lunch and spends lunch in a small group sitting in a pathway (of course, I forgot, every teen that crosses a street is a juvenile delinquent). Yes! Some of us enjoy a cigarette (oh my.. we're so going to be on America's Most Wanted because of that). If you spend time to look across the street you'll see that each one of us is different (quick someone call the fashion police, there is a gothic chick and a prep guy talking...ohhh no!!!). If we cared about what people thought about us, we would not dress to stand out, and stand in the middle of a public street with a cigarette in our hands (think about it). In the Constitution, does it not say that we have freedom of speech and personal expression (someone should explain this to me because I'm British)...does that count everywhere except the Cabrillo cam-

pus? I don't really understand a lot about America, but does that not mean we have the right to dress and say what we want with no hypocrisy?? All we ask is to be able to live while we are still alive, none of us live forever and no-one really knows what happens to us when we're dead (we don't have the chance to drop people a line I'm afraid...it does not matter how technical the internet gets, I don't think there is power six feet under). Leave well enough alone. I've noticed that all the people that write in about the curb have never set foot on it, you people hardly even know us... I think you want attention, that's all, you just get bored and so you think, "I can write to the school newspaper and complain about the curb, it will get them all hyped up and I will also be more well known." Hahaha...you want to be well known, run around naked or something, just leave the curb alone!!!

From a former student and a very proud curbie,
Kayleigh Gilbert (10)

School rules step on dancers' toes

Dear Editor,
I believe that dances at our school are supposed to be fun and exciting. It is very hard to just kick back and

have a good time with a certain person walking around with a flashlight in their hand and breaking people up. People dancing "too close" in his words. In my opinion, it is just dancing. It's not like we're having sex or anything like that on the dance floor. I'm sorry to say this, but the 50's, 60's, and 70's are gone and we have entered a new millennium. Things aren't the same as they were before. We are just young adolescents trying to get the most out of life. It is actions like those that make me not want to participate in school activities! I really suggest that the faculty discuss this issue, or before you know it...the only people that will be at the dance will be the person with the flashlight, and the DJ.

Sincerely,
Tiffany Jones

Extra credit for school spirit is "RAH-RAH-WRONG!"

Dear Editor,
For me, as an exchange student, it is very unusual to show school spirit. It is a new and exciting experience. I like it because it ties the pupils together. In the USA, school is one major part of your daily life. You are not only studying in this building, but you also fight for sports trophies and intellectual trophies. You spend a lot of your free

time on campus with your team and coach. I do not really like the fact that you get extra credits for showing spirit. For example, in my American Government class you get extra credit if you are dressed in Cabrillo colors. I think it is too easy for people to get a good grade this way.

Sincerely,
Sarah Sanders

"Roses are red,
Violets are blue,
You're a minority and I hate you."

Dear Editor,
Here on our Cabrillo campus, I feel that some people are prejudiced. I am one of the minorities on this campus, and I feel that some of the people are treated with greater respect than others. I think that no matter what, everyone should be treated equally. As you can see, Cabrillo is one of the only schools that doesn't have minorities as the majority of people. It has well educated people, but I think that people in every single race has some intelligence within that race. For example, I'm a Mexican-American, and people sometimes see me as a future-less person. I don't feel this way, and I am actually one of the first in my family who is going to

attend a college or university. I am very proud of myself for what I have accomplished thus far. I know that I have made many mistakes in my life, just like everyone else, but I think that I deserve the chance to really prove to certain people that I can really make it.

Sincerely,
Celeste Estrada

Bees attracted by the sweet smell of...garbage?!

Dear Editor,
I believe that there is a big problem at Cabrillo, and it involves trash. People don't realize how disgusting it is to walk out of your class and step on someone's old burrito wrapper or soda. You would think by now that people would've gotten the concept of a trash can, but just in case, here's how you use it: Pick up your trash, drop it in the trash can, and walk away. Now was that too hard for you to understand? Good, I didn't think so. Another problem with trash besides making our school look dirty, is that it attracts bees. Now I know we all hate bees, and with spring approaching, why bring them any closer then they have to be? Common sense people, common sense!

Sincerely,
Victoria Lawrence

