

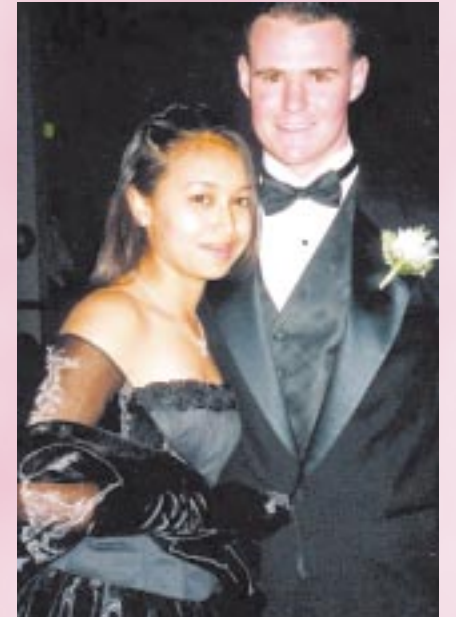
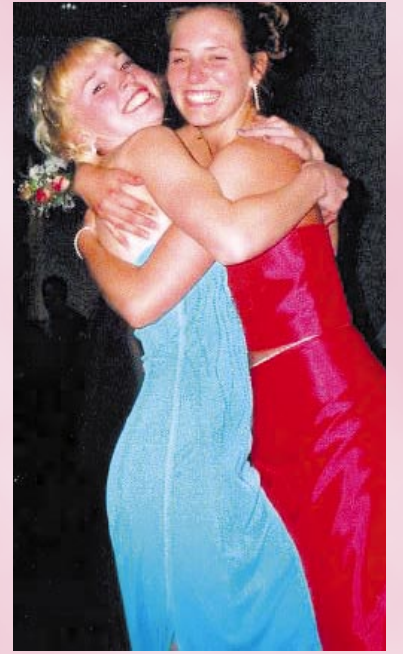
2001



A SCHOOL ODYSSEY

DESIGNED AND ILLUSTRATED BY IRENE FLORES
PHOTO BY JENNIFER WALLACE

This Magic Moment



Words to live by and advice from the pros

Information compiled by Brandon Powell

Advice for the surfers:

1. Never get a job that interferes with water time.
2. Take off late and ride deep.
3. Drive fast and take chances.
4. Take a wave: take another wave.
5. Be disrespectful and always drop in on the locals.
6. Sit directly inside and in front of longboarders.
7. Always tell your friends they "missed out big time" when they don't get to go to the beach.
8. Tell your friends your ride was "epic" when they didn't see you riding.
9. Always paddle into the crowd and take off on the first wave that rolls through.
10. Always claim the "wave of the day" was yours and you ripped it.
11. Never have a girlfriend, wife, or kids that would miss you when you are surfing.
12. Promise to pick up your friends and take them to the beach, then don't forget them.
13. Drop by your friend's house at dinnertime and look hungry.
14. Forget to tie down your buddy's board on top of the car
15. Borrow a board and "forget" to return it.

Advice:

I have thoughts for those who will listen. Remember, in general, advice is worth what you pay for it and this advice is free. Yet, my father gave me some ideas I never forgot that I would pass on.

1. Attendance is everything! Always be at work and school and wear a smile regardless of how you feel. Nobody likes an unfriendly grouch.
 2. If you believe in what you are doing, give it an honest effort. If you are getting paid, give the boss an honest day's labor.
 3. Don't act dumb if you aren't. If you were born dumb, it is for a long time.
 4. Respect everyone. The people you rise above will kick you on the way down.
 5. One enemy can cause you more grief than you could ever imagine.
 6. Never assume that the world owes you a living.
 7. The boss is the boss! Keep your mouth shut and your head down.
 8. Winning an argument with a mate is rarely important.
- I know that your mom, dad, and teachers have told you all of these things. The truth is, if you except advice, this stuff is not bad to remember.

Best Aloha, Roger Mann
Primarily a surf dude!

The only action plan you have is life, therefore do and enjoy.

Unknown

Follow your heart!
Mrs. Hennessy

Each week in my classroom, I have a new quote.

I have two quotes for the last week especially for the Seniors.

"Whatever you do, do it now. There are only so many tomorrows."

--Michael Landon

"There was never a night or a problem that could defeat surprise or hope"

Mrs. Knowles

Seek your dream. Never give in!

Paul Graves

Don't let your life be full of "I should have's" and "I wish I would have's" ten or twenty years down the road. If you have the chance, travel NOW, go to college NOW, learn a new trade NOW. Once real life hits, it's too easy to make excuses as to why we don't follow our dreams.

Ms. Rotondi

Live your life in hopes of never having to have regrets.

Carrie Larson

Thoughts for Your Future

1. Success comes in cans--not in cannots.
2. The most vaulable gift you can give another is a good example.
3. It's okay to make mistakes--that's how we learn.
4. Every job is a self-portrait of the person who does it. Autograph your work with excellence.
5. People may doubt what you say, but they will always believe what you do.

Unknown

Seniors,

As you begin your lourney in the "adult world," remember that happiness comes from loving what you do--and those around you. Love self-denyingly. Spread a web of love on all sides of your world, and embrace all who come into it

Sam Hussain

Keep your eyes on the ball.

Mr. Tasch

1. Life is not fair, but the alternative is worse.

2. Go ahead, don't go to college. I'd like my fries supersized.

3. Be thankful everyday, for although you may not have everything, you still have more than most people.

S. Murray

Doing "as little as possible to get by" is not going to cut it in the world beyond Cabrillo High School. If you have this habit now as you graduate, kick it as soon as possible! Choose to be productive--you reap what you sow.

Most bad things that happen in life occur because of a bad decision made beforehand, so think carefully and wisely about all the choices presented to you.

Stay calm!

Enjoy life's treasures -- the beautiful dawn, the sweet smell of spring, your children, the ripening wheat, the serenity of every sunset.

Unknown

Words from my high school counselor...

"Never forget that your outcome depends on the choices that you make in life."

"Continue to challenge yourself and never settle for less than you are worth."

"If you are mean, people will try to avoid you."

"Always remember that trust is one of the most importants parts of a healthy relationship."

Brianne Jory

Some of my favorite quotes that I would like to share with the class of 2001 are the following:

"It's what you learn after you know it all that counts"

Earl Weaver

There are only three types of people: Those who makes things happen, those who watch things happen and those who say, "What happened?"
Ann Landers

TO THE CLASS OF 2001

Congratulations, you've done it!! You've made it through your twelve years of reading, writing, arithmetic and public school reform. Just think, no more SAT-9 tests or Senior Projects, no more Tardy Bells or 40-minute lunches, no more school buses or fund raisers and no more DRESS CODES. You are now adults.

As you look back (not right now, but in the fall when you've finally moved out of your parents' house), I urge you to take some time and reflect on all the good times (please don't waste time thinking about negative things) you've had here at Cabrillo High School. Remember all of the friends you've made, the Choir and Band Concerts, the School Plays, The Friday night games and after game dances, remember your Prom and Dave Benchoff Breath-a-lizer test, Senior Ditch (I mean Enrichment) Day, and the great teachers who have worked so hard to make sure your high school experience was a great one.

I have truly enjoyed being your principal for the past two years and encourage you to make the most of the opportunities coming your way in the near future. If you put forth the same quality effort that you put forth here at Cabrillo, you will be successful.

Make a pledge to return for you ten-year reunion, as then you will truly appreciate what a great school you have helped Cabrillo to become.

I'm very proud of every one of you and wish you nothing but success and happiness in your future.

-Jeff Carlovsky-
CHS Principal

There are many paths one can take to find a happy life. If you get on the wrong one, don't be afraid to find a new road to follow. Life is about embracing change; if you see every situation as a learning experience, life will be so much richer.

Remember: it's NEVER too late to change the direction of your life. You are the captain of your own ship, and others cannot dictate your worth, happiness, or choices. Be true to your morals, ethics, and family. . .in the end, these are the things that sustain our souls.

Have a meaningful life, and touch as many hearts as you can along the way.

Mrs. Nicastro

"You must be the change you wish to see in the world."

Mahatma Gandhi

Mr. Taniguchi

Class of 2001,

Don't ever take anything so seriously that you neglect the truly important things in your life: your family, your health, your integrity, and your faith.

Find someone to love who loves you back. Don't be afraid to share/show that love.

Discover the pleasures of God's beautiful natural world. Find places in nature that make you happy and return there as often as possible. Walk the beach; walk through forests; discover the beauty of a mountain stream. Sounds corny, I k now, but there is so much healing strength in nature. Take someone you love to these places.

Bob Lawrence

Make it an Adventure.

Laura Jones

Read everything posted.

Carry a small card (like golf score card and pencil) to jot down important numbers.

The real trick is knowing what question to ask

Mark your calendar to make an appointment every semester to meet with your academic advisor even if you have no particular question or concern...sometimes important information comes to you by accidental occurrence.

You live your whole life based on the decisions you make between the ages of 18 and 20.

If you have a gut feeling that something about your current situation is not right, it probably is not right.

Ask for help. Ask for advice

Learn to do research before making decisions.

Mrs. Quady

Taking a moment to remember the good times

Suzanne Nicastro

Journalism Advisor

Strange and wonderful.

Both adjectives describe the seniors that I must reluctantly say goodbye to after hundreds of hours in P-4.

Davin and Clea: While you joined journalism late in your high school career, I'm glad you found your way to the Fore and Aft. You've been a great asset to the program—I'm going to miss you both! **Davin**-thanks for the honor of escorting the Prom King of 2001. You were the perfect young man for the title!

Katie E: Even though our "connection" wasn't the same as the one I had with Chris, I'm glad we came to know each other. Thanks for doing all the mundane tasks that everyone complains about. Good luck with the flower festival competition.

Corrine: I loved our talks, and your wonderful sense of humor. I hope your future is wonderful...don't give the minimum-give it your all and it'll be a wonderful life. I'll miss the coffee, but I'll miss you even more!

Maxine and Katrina: You both have been such reliable, outstanding contributors to journalism. We had a rough start, but certainly came to love and respect each other. Thanks for last year's birthday party, for always saying yes to a story, for all the hard work and devotion. Best of luck to you both—I see a successful future down the road!

Nick: Seriously, (no, really, seriously), you have been a key contributor to the Fore and Aft this year. Thanks for all your hard work, and for keeping it fun. Find a nice girl, and don't be afraid to trust her. You



have a wonderful heart. . .share it with people. Thanks for everything. **Nicole:** Hey-thanks for keeping up-to-date with what's going on with CHS and the students. You possess an incredible spirit and can-do attitude...it's your personality that's going to get you places! Good luck with that guy in Colorado.

Meghan: Woman-to-Woman: life is filled with ups and downs. . .it's what we do during the down times that define the quality of our life. I'm going to miss you terribly, but send you off with my love. If I had a daughter, I'd want her to have your warmth and compassion for people. Please keep in touch.

Heather: I think you need to thank me for fixing you up at prom last year. After all, soon after, you met the man of your dreams! Your maturity and wisdom were always appreciated during the newspaper chaos. Invite me to the wedding, ok?

Katie O: I hope you find happiness and peace in life. You have so many outstanding qualities...walk your way carefully into adulthood—I'm going to miss you. Thanks for all your help.

Jennifer: Even though this has been a rough year for you, I'm glad you hung there and kept the faith. Best of luck to you at Davis-and in

life.

Sara: I'm so appreciative of all the "behind the scenes" work you did. Thanks for all your help at Tri-Counties (I did notice!) and for working patiently with our advertisers.

Andria: I wish you had put as much energy into the Fore and Aft as you did some of your other activities. When you make the effort, your work is outstanding. Keep taking pictures and good luck at Allan Hancock!

TIA: I'm so glad that you found your way back to P-4. You are a young woman of character and ethics, I've seen such growth with you

over the past three years. Thanks for your caring spirit and willingness to adapt to all the craziness publication deadlines bring!

Irene: My soul sister! Remember: those personality tests don't lie—we have similar hearts—please find a way, somewhere down the road, to share that heart with others. I can't thank you enough for all the hard work, dedication, and commitment you've give the journalism program at CHS. You're an unbelievably talented writer, designer, and artist...thanks for sharing your gifts with the Fore and Aft these past 3 years. Come back and visit and laugh insanely!

Editor in Chief says a short and sweet goodbye...well, not really sweet...

Irene Flores

Editor in Chief

I really would like to write a heart warming good-bye article for the Journalism staff...but I'm not gonna it. I am physically incapable of writing something nice. This is through no fault of my own. Four years of

high school have caused me to be jaded and cynical and it hurts my little head when I try to be nice.

I suppose that this should be my crowning article; my story of stories....but it's not. I just want to say farewell to the staff of the Fore & Aft. Always do well and please

try not to murder each other. I will always remember Journalism...then I will sit in the corner and weep from the traumatizing memories....

Have fun next year Sheena! As the new Editor in Chief, be prepared for a nervous breakdown at least once a month.

Juniors: Have fun being seniors and I hope the new junior class gives you as much crap as you did to us. BWAHAHAHA!!!!

I can't think of anything else to write. This being the last newspaper and all, I basically have no initiative left. As soon as this newspa-

per goes to press, I intend on sleeping for a couple of weeks.

Alright...my insane and pointless ramblings are over. I just needed to waste some space on this page (one of the secrets of journalism...) Bye Bye Bye!!!

Sunrise over enchiladas: An article three years in the making

Maxine Taylor

Opinion Editor

Daybreak. On this particular day, however, the rising sun is not the first thing up. Scattered between Cabrillo's cafeteria and the home economics building, a group of journalism students are already busy with the day's activities. They've been there since 5:30 a.m., and many more hours will tick by before they are allowed to leave.

They do not notice the sunrise, however, for their eyes are turned intently toward their work. Their minds, somewhat dulled with the cold and the early hour, are still reeling from the sheer absurdity of the task set before them.

Namely, the production of over 500 enchiladas in the next few hours.

We here in the journalism program believe in creative fundraising. While most people are selling candy or washing cars, we're selling tickets for a dozen beef or cheese enchiladas, then hauling ourselves out to school at an ungodly hour to make them. That means cooking the nasty meat, which is at least 70% fat, mixing up huge vats of enchilada sauce, and schlepping boxes full of cans brimming with rapidly-solidifying

lard.

What's that? You had no idea we did that sort of thing? Let me tell you: There's a lot the student body and staff doesn't know about what goes on behind the scenes in journalism. Having been in the class for three years, please allow me the honor of shedding a little light on the subject. After all, I've been planning this article for three long years. I can't even begin to count the times something bad or funny would happen in journalism and I would say to myself, "Maxine, remember to put this in 'Sunrise over enchiladas.'" Of course, there isn't room for, or I've forgotten, 99% of my ideas.

First of all, we always seem to be at school at the strangest hours, and not just for harebrained fundraisers. Every edition we put out - and there are about 11 - requires an incredible amount of work. Since we can't get it all done during two 45-minute class periods, we have to stay after school and

come in on the weekends to make sure the paper goes to press on time.

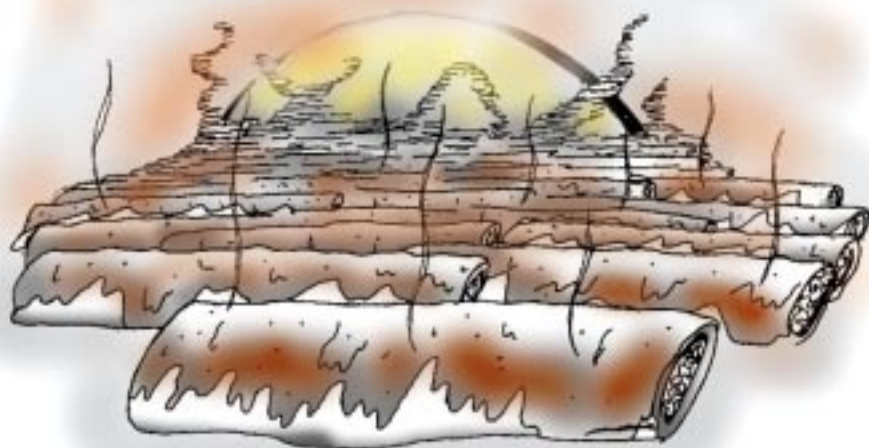
These "paste-ups," as they are called in the world of journalism, can really bring us, as a staff, together...or leave us jumping at each other's throats, howling for blood. When it's 1:00 a.m. (yes, we've been here that late), and you haven't had anything to eat in 10 hours and you have to be creative, things can get pretty ugly.

But at least all our effort is appreciated, right? Wrong! No one comes up to us and says, "that was a really good ar-

tle!" No, the only time people talk to us is to announce we're being sued...again. And how many times have I walked around campus and - lo and behold! - I step on a paper, a paper I helped create and someone else carelessly threw away. That's like stepping on your child, for the love of God!

In fact, the only one who seem to take notice of us is The Lompoc Record, but only when they need to steal a good story idea or page design. That's right, that two-bit operation's paper has looked suspiciously like ours more than once.

If you're reading
t h i s



right now and are from the Record and are thinking about suing for libel, bring it on! We'll add you to the pile.

And, as if trying to prove ourselves to students, staff, and all of Lompoc wasn't enough, we get to compete against other high school newspapers. Yay! That means we get to put up with the bureaucracy of Tri-Counties and the anal-retentive judges at Nationals. And if I have to write one more bloody contest story on homosexuality, AIDS, or the power crisis, I am likely to lose what little sanity I have left.

Well, I think I'm done ranting now. This was to be my opus, but it turns out it's not as thorough and not as funny as I had imagined it would be. But, like every article, I'm writing it the night before it's due and I've still got two more stories left to write. It's not like anyone will read it anyway.

So, good bye Fore & Aft, and good bye Cabrillo - it's been fun...sort of.

(And, for the record, I'm really not as cynical as I seem. It's just that my words have a way of twisting the thoughts of peace, love, and happiness I have floating around somewhere deep, deep inside.)