



“Find a Path or Make one”



Living Under the Shadows

By Eri-kuh & Perky



Joetresh.com

It seems like every time we watch the news there is always something that concerns immigrants and their legal status. It's hard to keep up with the latest immigration news. Usually, the news isn't positive and it seems like we are not making any progress. Despite the countless protests, rallies, marches, and bills immigrants have tried just about everything in order to find a solution for this growing problem.

Some of us lost hope after this latest Immigration Reform bill fell on the Congressional floor. Soon after the bill's defeat good and bad advice about

what to do next filled the Spanish-speaking airwaves. Illegal residents were encouraged to apply for their residency as soon as possible. Many rushed to apply for citizenship to beat the \$275. Increase in fees, and/or to avoid next year's test which, rumor has it, will be more difficult to pass. Anxiety about what to do next in this endless cat and mouse game called immigration has risen to an all time high.

But the stakes in the immigration game are high. Life as an illegal is immeasurably more difficult than life with proper papers. Building a better future becomes that much harder for the undocumented. Consider for example, Julio Padilla, an Enrichment senior, with a 3.5 G.P.A. and five AP classes under his belt. He certainly won't have a difficult time getting accepted in the UC's but will definitely have a hard time paying the UC tuition.

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WASC ACCREDITATION

By Maria Flores * _ ^

Teachers and administrators know about WASC, they've been having meetings about WASC's upcoming visit to Fremont for months now. But the WASC visit is something the students need to know about as well, because, to use the tired but true cliché, "knowledge is power." So, for all the students who don't know, this article is for you.

WASC stands for the Western Association of Schools and Colleges. A team of WASC members is coming to Fremont this fall. Every three or eight years they visit each and every school in California and grade their overall performance according to special WASC rubric. Basically they come to see how good a job the school is doing. Fremont just like all other schools is graded (yes, the school is graded!) by using our CST test scores, attendance rate and graduation rate WASC is able to see where we have improved and in what areas we need to improve.

A school is accredited (and Fremont is) only if it passes the WASC team's inspection. If a school doesn't pass the accreditation process it means that diplomas from that school are worth NOTHING. Your diploma will just be a piece of paper. Colleges and future employers will not be impressed.

So, right now there is a lot of pressure on teachers and administrators to make sure we once again pass the WASC inspection.

What does this have to do with you?

The WASC Accreditation team includes: Ms. Perez, Ms. Mui, and Ms. Charles as well as parents from Fremont's Parent Center. The WASC Report is a summary that evaluates all aspects of our magnificent school such as the school organization, support & services offered and teaching.

When WASC comes, they are NOT here to hear us com-

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In My Opinion: Paris Hilton

By *Guillermina Martinon*

Paris Hilton, Hollywood's current "bad girl" has recently orchestrated a series of scandals that have put her on the top of the celebrity charts. Her career (a term used lightly) as a model, singer, and the fact that she's the daughter of one of the richest men in the country (think hotels) have culminated in the greatest celebrity scandal of the year, "Paris Hilton Goes to Jail"! OMG!

We all know the story: The model abuses California traffic laws and drives without her driver's license, and, because all things being unequal in this country, she is ordered to stand trial. Right off she insults the Judge who proceeds to sentence her to 45 days in prison in the Los Angeles county jail. Because of certain health problems (thank you Sheriff Baca) Hilton's jail time is reduced to 23 days, and later to 16 because of... "good conduct". Paris emerges from her LA County ordeal with a smile on her face, saying "she's a changed woman." Her adoring public (not to mention FOX & ABC) go crazy. Paris rules the air waves.

Enough already. Nowadays society seems to focus more on a celebrity's scandal than the risk our troops are facing in Iraq. Scandals like the one Paris Hilton was facing is what the media feeds the masses. Important things that are invading our country appear to be of no importance when a million dollar worth individual is facing troubles. Day by day we experience news highlights, "Angelina

Jolie and Brad Pitt adopt again!", "Katie Holmes and Tom Cruise Get a Divorce", and who can forget "A Nicole Richie and Paris Hilton Catfight." Top stories like these ones are what seem to be important for the press. Paparazzos are always on the look out for celebrity's parties and wild night outs, and many of the pictures or videos filmed are sold for millions.

Paris Hilton is a typical example of a rich girl who parties, crashes, and gets all the attention. Politics is something very important for our country and is losing power to scandals like this one where even officials are involved and are proven to have no strength against public figures.

Our society seems to revolve around the needs and achievements of celebrities, giving them hours of publicity in broadcast shows. When a soldier comes back home after long periods of time risking their lives for our nation all they get is a three minute report in the news; if they are lucky.



Eating Disorders

By *Nelly Navarro*

Why is it that skinniness is considered beautiful? Why do people resort to these extremes to achieve the ideal beauty?

Over time our society's definition of the perfect body has been changed. It used to be okay to look like Jennifer Lopez, Shakira, and Beyonce. Nowadays the ideal body seems to belong to people like Nicole Richie, Paris Hilton, and Mary Kate Olsen. However according to the media all three of these young women suffer from eating disorders. Many television advertisements, magazines, books, etc. show skinny healthy looking females eating Burgers, burritos, chicken but the real truth is that they are not that healthy as they seem to be.

Eating disorders for women and even men is becoming an increasing problem across the country, not just here in thin loving L.A.

According to author Steven Levenkron (*The Best Little Girl in the World*), one out of every 250 teenage girls is starving herself to death.

Here's a run down of two of the most common eating disorders. Which are anorexia nervosa and bulimia nervosa.

Anorexia nervosa is a disorder in which many

girls starve themselves and start living on 500 calories a day rather than the normal 2,000. This disorder damages your body weight.

The other eating disorder is bulimia nervosa bulimia is a disorder in which many girls eat and throw up they also do the chewing and spitting method and plenty of exercise, but one of the most common method between girls is the "two finger" method. Many girls stick their fingers in the mouth and throw up what they had just eaten in less than 10 minutes. What these girls might not know and one of the consequences is that when you throw up your stomach acids rot the soft tissue in your mouth. Your teeth rag out. Worse of all, it becomes a habit nearly impossible break.

Another eating disorder that many girls don't realize they have is compulsive over eating. This is when individuals eat more often than normal through out the day and it is often the vicious cycle of binge eating and depression. Food for these people is an out of control obsession that feeds not just the stomach, but damages their emotional and psychological health.

Health

Skin Cancer

By Alejandra Guerra

I bet many of you have never thought about using sunscreen. Well guess what? Everyone needs to use it. It doesn't matter if you're dark skinned or light skinned. You still need it because the sun still damages your skin.

I used to think that I had an advantage over the majority of people because I'm dark skinned and I thought that gave me more protection, I was wrong. I read an article in the Internet that said that everyone needs to use sunscreen regardless of skin tone. Dark skinned people have high amounts of melanin that gives them more protection from UV rays. Fair skinned people have less melanin and that causes them to burn faster than dark skinned people. The drawback of being dark skinned is that skin cancer symptoms are harder to see. In light skinned people it is easier to

tell and they can get help early, but dark skinned people usually find out too late. Concerning skin cancer, Blacks have a 59% survival rate while Caucasians have a 84% survival rate.

According to an article called "Sun Exposure: Precautions and Protection" there are more than one million cases of skin cancer, 10,590 of which are fatal. One in five people will get skin cancer.

There are three types of skin cancers: basal, squamous, and melanoma. Basal cancer is classified by pale, waxy skin or red patches. Squamous skin cancer comes up in the squamous cells that make up most of the upper layer of the skin. Basal and squamous cancers are usually the result of long term exposure to the sun. If they're treated early, the cancer won't be



fatal. Of the three, melanoma causes the most deaths. Symptoms include dark, black or brown patches that start off small and overtime grow bigger. They are often confused for moles and are more likely to occur in people who don't go out often for long periods of time.

If you don't use protection you can get tanned or burned by ultra violet rays from the sun. They enter the skin and bring out the melanin. When this happens the melanin comes out in your skin as a tan. A tan is the damage caused to your skin by the sun.

Protect yourself from the sun; try to remain in the shade. You need to get your skin checked every once in a while to make sure you don't have cancer and always wear sunscreen. Yes, people with color need to wear sunscreen too.

Teen Pregnancy

By Tiffany Sterling

Everyone knows how hard it is growing up in South Central L.A especially as teenagers. We feel we have to fit in so we do almost anything to be considered "cool" or "popular", including having sex. Many teenagers start to have sex and may end up "THE BIG P" yeah that's right guys and girls....PREGNANT!

For many teens a pregnancy means the end of their high school career. Only 3 out of 10 teenage adolescent mothers ever complete high school. These are not good numbers people. Another scary statistic: 4 in 10 girls become pregnant at least once before the age of 20 years old. These statistics are big in African American and Hispanic teens.

However, all is not lost. Things are getting a little bit better. A recent report finds that the numbers in teen pregnancy have dropped and more teens are graduating from high school. Ladies....young ladies who are graduating, it's so great that you are being wise, but teen pregnancy rarely has a happy ending. My cousin, Christian, for example, at the age of 16 her life changed. "I love my child but if I could I would take it back..."

she says. "Our teen years are the only years we have to have fun, how can we do that if were pregnant!" says Christian, with her two year old at her side. My cousin is now 18 years old. She told me that having a child "ruined her life and crushed her dreams". Christian was in magnet classes, in Middle School she was the head of her honors class, now she will never be able to own her own shoe store like she wanted or become a lawyer. She can still try to accomplish her goals but it will be extremely difficult when her top priority is to take care of her child. The mistake of having intercourse at the tender ages of 16 years old drastically changed her life. Inside of every young lady there are high hopes for herself and she can achieve them by making the right choices. We can change the statistics that constantly appear in news for the better, starting with us the Magnificent Pathfinders of Fremont High School.

MOMMY!



Kicking it in the Quad

It's soccer season! So many tournaments have popped up this year that it has become the favorite sport. Soccer has become so popular right now that everyone is going crazy especially with the arrival of the new celebrity, David Beckham who has attracted everyone's attention for several days. Soccer has influenced so much that Fremont students have turn the Fremont quad into a new soccer field. These students who are mostly freshmen and sophomores get together during nutrition and lunch to play their favorite sport. It has become an everyday thing where many students participate and have a good time. Apparently, Mr. Higgins would not like students to play in the quad. He thinks the soccer playing affects other students that hang around the quad and the lack of responsibility by the students. The soccer games, unfortunately, had been suspended in the quad, but despite this stoppage, the soccer fever keeps busting out and would definitely continue.

Upcoming Football Season at Fremont

The new season is just around the corner and the Fremont football team is preparing to rebound back from last season. Both JV and Varsity are trying to get it together and Coach Washington believes that both teams have great potential. The football team practices on the field every day after school. Fremont opens up the season against Garfield High on August 31st, 2007. Pathfinders, come down to support our football team and wish them a great season. After Opening Day in Fremont against **Garfield** on **August 31**, here are the upcoming games:

<u>Date & Opponent</u>	<u>JV</u>	<u>VAR</u>
Fri. 9/7 vs. South East	4:00pm	7:00pm
Thurs. 9/13 vs. Banning	4:00pm	7:00pm

Fremont Fall Sports

Girl's Volleyball: All girls interested in playing volleyball and who feel that have the potential please see Coach O'Donnell as fast as possible. Season starts on September 14 and there's still space for new athletes. Come show your skills and show your Fremont Spirit by representing it. Coach O'Donnell expects to have up to 30 girls for the JV team. The Varsity team is all set up for the season. "We have six players on the court and the seventh player sits on the bleachers cheering for the team." Let's support our volleyball team! Remember they are representing us! Go Pathfinders and good luck this season!

Girl's Tennis: The tennis team is also looking for girls that want to play. Tennis tryouts are being announced and hope to establish a good team. Season starts on September 11, 2007 at Fremont. Coach Sanderson is currently the tennis coach in place of the absent Ms. Holmes.

Girl's Golf: Yes, it's Golf Season, too. Coach Shin and his girls are preparing for the nearing season. Season for them would start on September 4, 2007. Their first game will be against Franklin on the South Gate Golf Course.

Boy's JV Basketball: Any ballers out there? The boy's JV basketball team is looking for new players and looking forward for young guys. They believed they could gather a decent team and prepare for the upcoming season which will start on September 14 against King Drew.

To all Pathfinders: Tryouts are subject to end after July to prepare for the fall season. Remember to show our school

FASHION

Lolita Fashion

By Alejandra Guerra



It originated around 1998, but became popular around 2004 and 2005 in Tokyo. Japanese had always had a passion for dressing up in costumes as a means of escape through dress and style. This style of dress makes women appear to have the innocence they once had as children this also helps them get people's attention. They might also dress like this due to the music they listen to Heavy Metal, Glam Rock, and Visual Rock because they want to dress like their idols to look feminine. In this fashion girls dress up as children or baby dolls to look adorable and childlike. The clothes they use usually consist of a combination of black and white. Gothic Lolita Clothing is usually decorated with lace, ribbons and ruffles. Most skirts and dresses are at knee length and girls tend to wear knee socks, stockings, and tights. They also wear Victorian inspired clothing. Sometimes they use headbands or bonnets.



Lolita models.



The Pathfinder's Policy

The Pathfinder editors and staff believe in responsible reporting. The Pathfinder is also an open forum of expression and does not necessarily reflect the views of the student body, school board, administration, faculty or advertisers of John C. Fremont High School. All bylined articles/artwork reflect the opinions of the writer/artist.

Your letters and opinions are welcome. All letters must be signed. The editorial board reserves the right to edit letters for poor taste, space, libel and grammar.

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SLC News

By Roof-Roof and Perky

Small Learning Communities were intended to divide Fremont into “smaller schools within our school” or “houses”. The reason for doing so is to minimize the number of students per counselor and teachers so they keep an eye out for their students.

“Teachers have benefited in that they have a more targeted entity into which to invest their energies,” says awesome English teacher Mrs. Spellman. Basically because students have the same group of teachers throughout their high school experience: if you mess up, your teachers will know, *all of them*.

An anonymous Pathways Senior has noticed that the teachers are much more united within their SLC, “*A veces los miro during lunch, chismeando sobre sus estu-*

diantes; that’s the main thing they have in common!” She points out how the teachers are frequently talking about their students: what they are doing, why they are failing, and usually just talking smack about them (not really...maybe?).

Each Small Learning Community (SLC) has its own specific goal that it sets out to accomplish throughout the year. Within our school, there are 13 SLC’s:

Track A:

•**Aesthetics**- Educates their students via the principles of aesthetics, utilizing diverse, and various art forms to enhance learning.

•**AOTT** (Academy Of Travel and Tourism) - Provides students with attention, rigorous standards-based curriculum, and authentic assessment.

•**Humanitas A**- Connects subjects and ideas otherwise taught in isolation helping the students better comprehend lessons.

•**P3** (People, Power, Passion) – Expose their students to combinations of psychology, sociology, political science, and human behavior.

Track B:

•**Pathways**- Encourage their students to find a path that will lead them throughout life. (WE ROCK!!)

•**Enrichment**- Prepare for the A-G requirements while empowering them with technical and occupational knowledge.

•**Humanitas**- Help students connect subjects and ideas to better comprehend the lesson.

•**CALA** (Culture And Language Academy) - Bring together di-

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9th Grade Advice

By Diana Grijalva and Cynthia Gonzalez

As the school year begins, the incoming freshmen find themselves in new territory, *no saben ni que onda*, they don’t know what’s going on. Many of the new Fremont kids get the mentality that it’s okay not to do their work. Basically, it’s their fresh start and this sometimes means that they would rather rebel against any type of authority.

This should be the time for students to challenge their minds as stupid as it may sound. If you really want to show the world what you are capable of, do something *y no se queden de flojos en sus casas*, don’t stay like a bum living in your parent’s house. Get involved in your community, be a teacher aid in some elementary school and punk the little kids! Enjoy your time in high school!

Once you enter your senior year and you realize that you didn’t have a balance between partying and studying it is too late. The result? You become overwhelmed with work, get frustrated, and end up not graduating. You partied too much and eventually became indifferent towards your schoolwork.

Don’t try to follow all the people who think

that they’re cool because guess what? They aren’t. When you try to get all your work made up, you realize you don’t have enough time. So that’s when you quit.

Some of the seniors have provided a little advice to make your high school years close to perfect:

-“*Try your best in school and don’t slack off, remember what goes around comes around and later you might get screwed over.*”

-Guillermo Mendez

-“*Don’t try to follow the crowd, just be yourself. Try to do your best even if you don’t want to go to college. At least graduate from high school.*”

-Alejandra Guerra

-“*Colleges want students who take initiative and take challenging classes. Get informed about things you can do for yourself, Fremont and your community.*”

-MDF

Just enjoy the free 9th grade ride because they are going to be the easiest and the most fun year (until you get to be a senior!) and get prepared for the beginning of the new year(s).

Living Under The Shadows cont. from pg1

That is because the traditional low-interest federally insured loans are not available for the undocumented. California state (Cal Grants) and FAFSA loans (Free Application for Federal Student Aid) require that applicants have their Social Security Number and proof of their permanent residency. For good students like Julio, a college degree can seem like an impossible dream. This however does not stop individuals from pursuing their goals. "It seems unfair," says Julio, "the simple fact is that because neither my parents nor I have residency we face a life trapped in low-paying, low skilled jobs," said Julio. "Education is the way out of the immigrant trap." People may argue as to the positive change made by immigrants, nonetheless they are responsible for a huge part of America's economic success. Julio and many like him believe that the Senate doesn't appreciate how much the immigrant dollar has benefited the country over the last few decades. "The immigrants," says Julio, "are the ones who have helped maintained the wealth in the U.S. for decades." "The government should be more supportive," he continued, and "should consider just how difficult it is for immigrant families to adapt to a new culture while simultaneously dealing with all the problems that come with being undocumented."

While the Cal Grants and FAFSA loans are out of the question for students like Julio, there is

some financial relief available. Programs like the AB-540 offer student aid for immigrants in California who want to go to University. However, these programs only offer partial aid. This is a problem because immigrants are considered non-residents and are, therefore, required to pay higher out-of-state tuition costs. So not only are loans and grants more difficult to get, tuition itself is more expensive. There is some good news, however. Private colleges in need of diversifying their student population have been known to offer undocumented students huge discounts and even free tuition, room and board. So check out the private colleges. And start applying for any and all scholarships at the following websites: www.maldef.org, www.salef.org, www.usc.edu/chepa, and www.fastweb.com. It is important that students not give up. It may be tougher for students without papers to pull together tuition, but it can be done.

There are many students around the world who are in this very same position as Julio. They want to succeed, not only for themselves but for betterment of their family as well. It is unfortunate that our government forces them to face such restrictions and limitations, when all they want is a better future. Instead of being denied the opportunity to further their education, they should be given the chance to become the best that they can be and to live decent lives.

WASC Accreditation Cont. from pg 1

plain about how our school sucks because it's in the ghetto; they are here to see how we've improved since their last visit. In order for a positive change to occur it is not only the teacher's, parent's and administrator's responsibility but it is more heavily the student's job, after all it is our school. Students need to: learn, pay attention in class and respect their teachers. I know it can be difficult to respect someone (like that one teacher you despise) but unless there is respect present you cannot make anything happen. Ms. Mui who is part of the WASC Accreditation Team has this to say to Fremont students: "When WASC comes take the visit and visitors very seriously, show them all the good things Fremont does because it is our time to show them how greatly we have improved."

If you would like more information on WASC you can contact Ms. Perez in Rm 119, Ms. Charles in the Beyond the Bell Office or Ms. Mui in the Magnet Office

SLCs cont from pg 6

verse backgrounds and linguistic abilities where they can affirm their own cultural capacity as an advantage.

Track C:

•**EARTH** (Environmental Awareness as it Relates To Humanity) – Help students to meet challenges that they face in adult life.

•**AIR** (Arts In Reality) - Created for students who enjoy visual arts, literature, drama, music, creative writing, technical theatre, or use

computers to create art.

•**HumanService**- SLC meant to be interdisciplinary and as collaborative in order to fully engage students and make learning meaningful to them.

•**Math, Science, & Technology** (Magnet and Academy) - to develop the academic, social and civic skills that are required to make informed choices when they graduate.

•**MUPA**- Encourage the develop-

ment of students' English proficiency as well as providing explicit instruction in the linguistic, social, and cultural customs.

Throughout the past two years, SLC's have improved academic achievements, encouraged students to pursue a college education/career, united teachers with their students, and overall increased parent participation at Fremont.

Entertainment!

Strange Facts

Gathered By Cynthia using Google

1. It is impossible to lick your elbow!
2. At least 75% of people who read this will try to lick their elbow
3. In Memphis, Tennessee, a woman is not to drive a car unless a man warns approaching motorists or pedestrians by walking in front of the car that is being driven.
4. In Virginia, chicken cannot lay eggs before 8:00 a.m., and must be done before 4:00 p.m.
5. If one places a tiny amount of liquor on a scorpion, it will instantly go mad and sting itself to death.
6. The average human eats 8 spiders in their lifetime at night. Don't let that put you off your sleep tonight!
7. Astronauts are not allowed to eat beans before they go into space because passing wind in a spacesuit damages them.
8. The USA uses 29% of the world's petrol and 33% of the world's electricity.
9. Bulletproof vests, fire escapes, windshield wipers, and laser printers were all invented by women.
10. The all-time most nominated Grammy artist is Quincy Jones with 77 nominations.

Calvin and Hobbes By Bill Watterson



Important Dates for Seniors!

The Pathfinder would like to thank Ms. Martinez!

TESTS: SAT I & SAT II, both are offered on the same date and you can only take one at a time!

TEST DATE	REGISTER BY
Oct.6	Sept.10 (offered at Fremont)
Nov.3	Oct.2 (offered at Fremont)
Dec.1	Oct30 (last tests U.C. and most Cal States will consider, also offered at Fremont)
Jan.26	Dec.26 (too late for U.C. and most Cal States)

ACT

TEST DATE	REGISTER BY
Oct.27	Sept.21 (offered at Fremont)
Dec.8	Nov.2 (offered at Fremont)

*For more information visit
the College Center!*

Nov.1 - Nov.30 **UC Applications DUE!** paper or online

Oct.1 - Nov. 30 **Most Cal States Application DUE!** no paper application

Jan. 1 - March 2 **FAFSA- Financial Aid Applications DUE!!!!**