

WHAT IT DO ISA?!...

November 2006

Peer Resources – ISA High School

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A HEALTHY MODEL IS A BEAUTIFUL MODEL BY ROXANA CALLEJAS

Before, everybody thought that a beautiful woman had to be thin. The models are the image of that perfect woman. Because they represent the fashion, they have to look healthy. But the Association of Fashion Designers of Spain said during the last week of fashion (September 2006) that they don't want skinny models anymore. They want to protect "an image of beauty and health."

"I think that the models are too thin. They're supposed to be examples and should represent healthy people." Said Mr. Meggido, a teacher at ISA.

Fashion sends a message. It is a mirror and many teenagers imitate what they see on the catwalk. Teens want to be in style. They think that to be popular it is important to look a certain way.

This certain way could sometimes be dangerous to their health. Trevor, a student at ISA said, "Well I don't think that it's very healthy for these women to be pressured at such a young age. I think that it is good that they are in shape, however I draw the line when their beauty interferes with their health."

What is the message that models send, showing a completely skinny body? People often complain that skinny models have a negative effect on teen girls' and women's body images.

Miss Moret, an ISA teacher said, "I think most models these days are too thin. Sure there are naturally skinny people but models, whether they like it or not, are role models too. Other young men and women look up to them. If they are modeling poor nutrition then that is what young people may look up to. I don't think the majority of the world is as thin as these fashion models today. I think real men and women should be shown on the runway. A healthy size is what I'd like to see."

BOY'S SOCCER TEAM CUT BECAUSE LOWER GRADES BY EDUARDO CANO

This year, the ISA boy's soccer team was cut because not enough students with passing grades signed up.

"[Students] need to communicate with their teachers and look for help when they need it," said Dennie Marengo, Dean of ISA and former coach of the boy's soccer team. "We may have had a great opportunity to be a good team and represent the school in a great way."

Soccer is the most popular sport in the world with millions of fans. There are 32 international teams that compete for the World Cup every four years. However, it is only in the US where the game is called soccer. In other countries, soccer is called football or futbol in Spanish-speaking countries.

According to Dean Marengo, the boy's soccer team may resume next year, if the students have the grades. The girl's soccer team will begin in the spring.

"[The girls] are taking the education more important than the boys," Marengo said. "The boys have the opportunity to do the same thing."

For more information about ISA, please visit
our website at:

www.isacobras.com

Baseball

By: Raymond

The International Studies Academy Cobras varsity and junior varsity baseball club looks good on the field. You should come and watch a game or two.

This is how we are getting better as a team:

Next to the cafeteria there is a batting cage so we can become excellent at hitting. Our coach, Nathan Cox, made new hand signals so the other teams will not know if we are stealing a base or bunting.

To make the team better for the future years, Coach Cox had an objective of getting at least two freshmen on the team and fortunately he recruited three who are Trevor Stern, Anthony Petrillo and Raymond "Eminem" Eshom.

ISA Cobras baseball club practices every Thursday from 3:30 – 5:30 pm. Our fall league games are on Saturdays at 10:00 am, 12:30 pm or 3:00 pm usually at Balboa Park or Golden Gate Park.

For more information about our preseason games you can email cobrasbaseball_sf@yahoo.com or just talk to Coach Cox for the schedule. In the fall league, grades 9-12 are eligible to play.

Crack Cocaine

Crack cocaine is a highly addictive drug. It became a drug of abuse in the 80s'. Crack cocaine is almost the same as cocaine, but it is made so that you can smoke it and is a lot cheaper, that is why crack cocaine is know as the " Poor man's drug", because cocaine is a very expensive drug.

Crack cocaine is made up from cocaine, which comes from a cocoa tree like in Columbia and made from baking soda, which is found in any store.

Crack cocaine became highly addictive because the feeling that you get when you're high off the drug does not last long at all. The most it might last is around forty-five minutes. Because of the incredible feeling that the user has goes away so fast, they want more. Once one becomes a crack addict, it is very hard, almost impossible, to recover. If a person is lucky they might recover, but even if they do they still have mood swings.

I decided to interview a close friend of mine. He is a person who sells crack to our neighborhood. We both decided to not say his name to protect his identity because of the fact that selling crack is illegal.

1. **Why do you sell crack?** Easy money
2. **Do you live in a crack addict community?** Yes
3. **What are the consequences when you get caught with crack?** The police gets involved and you get arrested. Also, the things that your family might think of you.
4. **How old were you when you 1st started to sell crack?** 14
5. **Who got you into dealing crack?** My friend, the people I be with, most of them sell dope too.
6. **Have you ever used crack yourself?** Oh hell no! I never ever will smoke that junk!
7. **Out of all drugs, why did you decide to sell crack?** Because every one else I knew sold it too.
8. **Do you have a real job? If not, do you plan on selling crack for the rest of your life?** No, I don't have a real job and no I don't plan on doing this dirty job my whole life. I really don't like selling crack, but it's the fastest way for me to get money.
9. **Do you make your own crack?** No I buy it from a friend who also sells crack.
10. **How do you know who is a real crack addict and who might be the police?** I mostly sell dope to Blacks and Filipinos and I know most of them

Basically, what I got out of writing this article is that crack is a big deal around the neighborhood. Not only for the crack addicts who have to face problems for messing with crack but also the one that is selling it.

Crack is Whack!!! Stay away from it.

Violence in the World

By: Quinton Beverly

Because of the war in Iraq I started thinking of similar issues here in America. I started to think that people out here are also having a war about where they live or what they do. Because the young people are killing each other for power and drugs that they don't need or have. I asked myself these few questions about violence in the world and these are the answers that I came up with. I also encourage you to ask the same questions I asked here.

What is the same about the war in Iraq and gang violence in San Francisco or in America?

: **They are both killing each other and they are using violence**

What other things do you think youth, living in Iraq or in gang areas, have in common?

: **They both want power over their enemies**

: **They hear gun shots and bombs**

: **There is always someone dying from getting shot or bombed**

How might these people feel?

: **They might feel like they need to bring a weapon everywhere they go**

: **They might feel that they have to watch their back every 5 to 10 minutes**

: **They might also feel that they need to walk in groups everywhere they go**

What might it sound like where they live?

: **It might sound like there is shooting almost every night and day**

: **It might sound like people arguing over nothing**

: **It might also sound like people running or breathing hard because they are running from gunshots or from the police officers**

What obstacles do they face coming and going from their houses?

: **One thing they have to face is that they are being chased by other gangs and by the police**

: **The other challenge is that they are sometimes being followed on the sidewalk and in a car**

I wrote this article because I want us young people to know what is happening in the war in Iraq and how it compares to the violence here in San Francisco and other gang areas. I also want Bush to know that he needs to be able to take control of this country and take the men and woman out of Iraq and let them be home with their families.

Quando pienso en ti

By: Flor Fernancez

Quando pienso en ti yo me pongo a sufrir por que yo ya no te quiero te quiero olvidar pero no puedo. Cuando te quiero olvidar siempre pienso en ti tú tienes la culpa de que yo ando sufriendo por ti. Cuando pienso en ti yo te veo caminando.

When I think about you

When i think about you I suffer because I don't love you I want to forget about you but I can't. When I want to forget about you I think of you all the time. It's your fault that I suffer for you. When I think about you I see you walking.



Making the Decision to go to College is Hard

By: Ayesha R.

When you are in high school getting ready to go out in the world you have to make a lot of hard decisions that you will have to live with for the rest of your life. One of the hard decisions that you will have to make is if you want to go to college and if so, what college do you want to go to.

There are a lot of great colleges that you can choose from. You can go to either a University or State college. State college courses are more career-oriented and have easier requirements for admission whereas university courses are less practical, requiring more critical thinking and have stricter admission requirements. Some colleges provide scholarships and some you just have to pay for. I know a couple of ways for you to find out about scholarships. You can ask your counselor at school or you can go to a Web site such as www.fafsa.ed.gov, where you can fill out a free application for student aid. You can even write to the college that you feel would give you the best education that you need. Some of the colleges that you can apply to are: New York University, USC, UCLA, Louisiana State University, and San Diego State. Some of the colleges that I would personally look at are: USC, UCLA, and colleges in Atlanta.

While applying for college you should do some research, like I have been doing research on New York University. I have been doing my research by looking on the Internet. I went to google.com and looked up New York University. Here are some things that I have found out: NYU has been open since 1831. There are 16,414 males and 23,590 females that are attending NYU this fall semester. There are a lot of ethnicities enrolled at this college and the ethnicities are as follows: International, Black, Non-Hispanic, American Indian/Alaskan Native, Asian/Pacific Islander, Hispanic, White, and Race/Ethnicity Unknown.

As some people know there are different ways for you to complete college. You can go to a community or city college for two years and then go to a state or university for the other two years. You can also go straight into a 4-year college, or you can go to a trade or tech school. For those that do not know what a tech school is, it's a school that teaches how to do one specific subject. Like if you wanted to go to school that teaches how to do hair or medical stuff you go to school that teaches those things only. When you go to school for two years you get your AA which is your Associate in Arts Degree and when you go to school for four years you go for your BA which is your Bachelors Degree. Some students go to work part-time and go to school part-time and others go to school full-time and do not work at all, but that depends on how you are paying for college. You or your guardian can pay, you can pay by scholarship or you can apply for financial aid. You can get more information about college by asking your counselor or the principal(s) at your school.

Horoscopes

By Veronica Desangles

Aries March 21- April 19 ♈ This month a powerfully placed Saturn will sober your usually exuberant self. Maybe you should try hanging with one person instead of large crowds.	Leo July 24 – August 22 ♌ Sometime this month you may lose someone because of your overbearing personality. Everything will be okay though if you stick with your first idea for an important decision this month.	Sagittarius Nov. 23 – Dec. 21 ♐ While you may think everything is alright, an embarrassing moment may cause your pride to be damaged. Do not worry though, soon enough you will have your chance to be in the spotlight.
Taurus April 20 – May 20 ♉ Your generous nature will have great repercussions this month. Instead of blindly giving things away be careful or you will end up losing something very precious to you.	Virgo August 23 – Sept. 22 ♍ Because of your perfectionism this month, everything will go as planned except for one thing. Be prepared to deal with the problem sometime by November 26 th .	Capricorn Dec. 22 – Jan. 20 ♑ You will be stressed and pushed to the limit on the 23 rd while working on all your problems. In the end though, the rewards you reap will be worth it.
Gemini May 21 – June 21 ♊ Be careful Gemini, your inconsistent nature will cause you to hurt someone's feelings. Fear not though, something will happen by the 28 th that will cause you guys to make amends.	Libra Sept. 23 – October 22 ♎ This month will be especially hectic for you as Mars drifts into your center and causes great chaos. Luckily a good friend will be by your side to help you.	Aquarius Jan. 21 – Feb. 19 ♒ A loss will be quite heavy this month but something better will be gained. Be prepared to have new experiences that have never happened to you occur.
Cancer June 21 – July 23 ♋ This month will be especially pleasant for you, Cancer. There is a big celebration coming and your vivacious personality will make the party lively.	Scorpio Oct. 23 – Nov. 22 ♏ Good news, sometime in mid-November a great change will occur and you will be able to start old problems anew, but remember to keep your hot-head cool.	Pisces Feb. 20 – March 20 ♓ The personal space you occupy may be invaded by an unknown entity. Instead of overreacting, learn to relax and accept the new change.

The History of Cross-Country World Wide

By: Timothy Meade

The sport now known as Cross-Country began in England as a game called “Hare and Hounds” or “The Paper Chase” in the 19th century. A runner or a group of runners laid a trail by dropping pieces of paper or other markers while following a random course, then a second group would set out in pursuit trying to follow the trail.

The first formal competition known as the Crick Run was first held at the Rugby School in 1837. The English Cross-Country Championship was established in 1876. Two years after this a man named William C. Vosburgh of New York introduced the sport to the United States of America. Later in 1887 the National Cross-Country Association was founded. Then the Amateur Athletic Association began conducting the cross-country championship in 1880.

The first intercollegiate meet, which was conducted in the year 1890, consisted of City College of New York, Cornell, and The University of Pennsylvania. Then, in the year 1898 the first International Cross-Country Racing began between England and France. It became a true international event in the year 1907. Cross-Country eventually got on the Olympic program in the years 1912, 1920, and 1924 then was dropped after that because it was not considered a suitable sport for summer competition.

The IAAF, International Amateur Athletic Federation, which is in charge of Track and Field world wide, took control of all cross country activities in 1926, establishing set rules for both the men and women.

The first women’s world championship meet was held in the year 1967, a year after the AAU, Amateur Athletic Union, established a national championship for women.

The annual NCAA, or the National Collegiate Athletic Association, cross-country championship grew out of a meet held by the Central Intercollegiate Conference (CIC) in 1926. During the period of the 1930’s, a great many schools began entering their teams and the NCAA had to take it over as a national championship event in 1938.

Although most cross country competitors run distance events in track and field along with the cross-country events, the two sports are not only separate but they are completely different. The cross-country season is still held in the fall and events run through open country, not roads or tracks.

There is no standardized cross-country distance. IAAF rules specify minimum requirements for international competition of 12,000 meters, which is about 7.5 miles for men and a distance between 2,000 to 5,000 meters, about 1.25 to 3 miles for women. Also since distances and difficulty are so varied, world records are not kept for this event.

The team competition is very important to cross-country. Teams are made up of five to nine runners and the order of finish is determined by adding up the places that each team member finished in, so it would be 1 point given for a first place position, 2 points for a second place position and so on. The team with the lowest score would win.

(Credit for information given to hickoksports.com without which this article could not have been completed.)

I.S.A Twins Continue Childhood

Hoop Dreams

By Jevontea Branner

Hello I.S.A., this is Jevontea Branner. I’m here to tell you a little about the boy’s varsity basketball team. These are the two players from the team that I interviewed who happen to be twins. The older twin is Marseilles Stewart. He is in the 12th grade, 17 years old; he plays PF, which is power forward, which is a player that plays near the rim. Stewart believes that “you can always play basketball when you don’t have nothing to do.”

Stewart has been playing basketball since he was 5 years old in his hometown of San Francisco. Stewart likes to play basketball “because it keeps you out of the street and it’s fun.”

The younger player is Dominic Stewart. He is a 17-year-old in the 12th grade. He has played basketball since he was 5 years old. D-Stewart said “I thank my older brother for helping me in my life.” The position Dominic plays is SG, which is shooting guard for I.S.A Cobras.

M. Stewart has been inspired by a Christmas present he received when he was 5 years old, which was a basketball hoop. The two brothers shared the basketball hoop when they were kids.

Today, the two bothers share the hoop at I.S.A. Hopefully in the future, the brothers can share the hoop at college and also go to college together.

Movie Special

New Releases:

Movie: *The Grudge 2*

Cast: Amber Lamblyn, Michelle Gellar

Release Date: October 13

Genre: Horror, Suspense, Thriller



Ratings:

Review: A young woman (Amber Lamblyn) encounters a terrible curse while searching for her missing sister (Michelle Gellar), who survived the first movie *The Grudge*, in Tokyo. The house that they are staying in is haunted so the curse hunts the victims one by one. The people who are in the situation try to escape the curse by leaving Tokyo.

This movie is a good movie to go out with friends or a boyfriend. It is a good Halloween movie because it is scary and full of mvsterv.

Movie: *Marie Antoinette*

Release Date: October 20, 2006

Genre: Drama

Cast: Kirsten Dunst, Jason Schwartzman,



Ratings:

Review: When betrothed to King Louis XXI (Jason Schwartzman), the naïve Marie (Kirsten Dunst) enters the French court with conspiracy and scandal. The young girl rebels against the isolated atmosphere and do a lot of things queens aren’t suppose to do. She thinks everyone doesn’t understand her. She marries King Louis XXI at 19 but then she is beheaded in 1793 at the age of 34.

This movie will be good because it talks about Kings and Queens in a different country and century.
Coming Soon: *Blood Diamonds*- Leonardo Decaprio, Jennifer Connelly

Dream Girls- Beyonce Knowles, Jamie Foxx

Why Laughing is so Important

By: Katherine Chavez

I love to laugh. Laughing is a part of who I am. I know plenty of other people who are the same way. So I started to wonder, what does laughing do for me? Is it healthy or does it use up the air in my lungs? The more that I thought about it the more I wanted to know because what if it wasn't healthy and I was actually killing my self by always laughing.

So I did some research and now I'm glad that I'm always laughing my head off. I wasn't surprised to learn that laughing is healthy for you but I most certainly was when I went over the list of things that laughing does for you. I'm sure we all know that laughing reduces stress but did you know that it also lowers blood pressure, elevates your mood, boosts your immune system, improves brain functioning, protects the heart, connects you to others, fosters instant relaxation, gives your body a work out and of course makes you feel good.

Humor as well as laughter is a powerful medicine for many different problems and that good feeling that we get when we laugh can remain with us as an internal experience or a special memory even after we finish laughing. Here are some ways to improve our mood enjoyment in life and mental health:

- Always try to laugh at situations rather than see them in a negative way
- Laugh as a means of reducing tension because laughter is often followed by a state of relaxation
- Remember that even in the most difficult of times a laugh, or even simply a smile, can go a long way in helping us feel better

Social benefits of humor and laughter:

- Laughter is the shortest distance between two people
- Humor unites us, especially when we laugh together
- Laughter heals all wounds (almost)
- Laughs and smiles are enjoyed best when shared with others
- To laugh or not to laugh is your choice

So remember, don't laugh to make fun of someone but to lighten up your heart. No matter what, just keep laughing.

Drive out the Bush Regime

Kathy Almendares

On October 5, 2006 in San Francisco CA, and nation wide people living in the US put together an organization in which they named *The World Can't Wait*. The protest was put together to put a stop to the Bush administration, they believe that what bush is doing is wrong and want to put a stop to it. At the protest there were all kind of signs that read things such as "F**k Bush", "No War", "Drive out the Bush Regime", and many more. The turnout was big there were people of all ages starting as young as five. Walking in that crowd was crazy it was something different something you don't do everyday it was weird at first I felt funny then after 5 minuets I got use to the chants and you can hear the people around you talking amongst them how Bush isn't doing anyone any good. I wish more people from ISA would have done the walk out but not just walking out and going home or with their friends but to the actual protest. I think the next time something like this should happen again someone at school weather it be a teacher, student or staff, we should put it together and we as a school should participate. For more information feel free to visit them at WWW.theworldcantwait.com or at WWW.myspace.com/nationalwcv.

No Money No Plan

By Keyvin Deleon

SFUSD, on April 30, 2001, passed up \$50 million in e-Rate funds. E-Rate is a company that provides internet. This company is supposed to provide cheap Internet connection. This could have been a \$50 million fund in telecommunications. The computers at our school are 7 years old and the most recent ones are 1 year old.

When these Dell computers were bought they were \$800 each. This school does not have any plans on buying any new computers at any time soon.

Also the school does not have any money for computers so if there is no money there is no plan. Some internet sights are blocked because the district is in control of the internet. The district has Internet sights blocked because the people using the computers get distracted and use the Internet instead of doing their work. Also the Internet is slow because the district equipment is old and we might need new equipment. Everything also goes through the district. Another reason for blocking out Internet sights is no distractions to academics, serious class work and no Myspace games or pornography.

Keyvin Deleon interviewed school Librarian Mr. Rick for this article.

Do you have any unanswered questions about school? Life? Health? Drugs? Alcohol? Friends? If so, then the **ISA Wellness Center** is just around the corner for you! Check it out on the 2nd Floor. See Briana, Amirah or Nurse Hanson to make an appointment.

COBRA REC CENTER



EVENT CALENDAR

NOVEMBER 2006						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Cooking 101 4:00-5:30pm	2 -Pool Club 4:00-5:30pm -Urban Drum Jam 3:30-5:00pm rm 202	3 Fandango Friday: Come watch a movie in the Lounge! 3:30-5:30pm	4
5	6 Indie Film Festival in the Lounge 3:30-5:30pm	7 Writer's Corp Poetry/Art Group w/Beto 3:15-5:00pm	8 Cooking 101 4:00-5:30pm	9 -Pool Club 4:00-5:30pm -Urban Drum Jam 3:30-5:00pm rm 202	10 Fandango Friday: Come watch a movie in the Lounge!	11
12	13 Foreign Cinema in the Lounge 3:30-5:30pm	14 Writer's Corp Poetry/Art Group w/Beto 3:15-5:00pm	15 Cooking 101 4:00-5:30pm	16 -Pool Club 4:00-5:30pm -Urban Drum Jam 3:30-5:00pm rm 202	17 Fandango Friday: Come watch a movie in the Lounge!	18
19	20 Indie Film Festival in the Lounge 3:30-5:30pm	21 Cobra Rec Center Thanksgiving Dinner for students and staff	22 Happy Cobra Rec Center	23 Thanks Is Closed for the	24 Giving! Thanksgiving	25 Holiday!
26	27 Foreign Cinema in the Lounge 3:30-5:30pm	28 Writer's Corp Poetry/Art Group w/Beto 3:15-5:00pm	29 Cooking 101 4:00-5:30pm	30 -Pool Club 4:00-5:30pm -Urban Drum Jam 3:30-5:00pm rm 202		