

# EL TIGRE

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From right to left: Ms. Christine Zgradic with members of the HOPE Foundation, Daisy Lucas, Alejandra Martinez, Kathy Perez, and Andrea Reynoso

## Habitat For Humanity Comes to San Fernando

Ana Salazar  
*Editor-in-Chief*

Habitat for Humanity is a non-profit Christian housing ministry dedicated to helping lower income families in the United States as well as third world countries. As of October 2011, this organization has come to San Fernando High School.

Millard Fuller and his wife Linda, the founders of this organization, started this organization in 1976 and are still broadcasting

payments within their budget.

This club, which began earlier this year, meets every Wednesday in the Project GRAD office during lunch. They recently attended a Habitat for Humanity event in Pacoima where they had activities for the children.

This provided a safe environment for the children and their families for Halloween. They had face painting, pumpkin carving, as well as many other arts and crafts, and of course, lots of treats.

Although the club began this year,

the President, Mariana Quezada, hopes "this club to continue even after I graduate. I want people to get inspired and motivated to help their community and be proud of where they come from, and say they made a difference."

If you would like to be a part of this new club on campus, and donate your time, you may contact Eliana Mendoza, the sponsor for this club in the Project GRAD office now located in room 618.



it around the world recruiting people who are willing to help.

Although Habitat's main focus is building homes, they also focus on helping low income families and communities creating events and different types of fundraisers.

Habitat has more than 2 million people donating their time as well money, construction supplies, home essentials, and food.

Marleny Barboza, a senior at San Fernando High School, is part of this club on campus and has participated in it in the past. "It showed me a better side of the valley, and it was a very rewarding experience to be a part of and I want to continue to help them as much as I can."

These families don't just apply and receive a free home, it's a long rigorous process but well worth it.

First the families must apply, then put a down payment according to their annual income, and help with mortgage payments as well as investing hundreds of hours of labor contributing to the construction of their homes.

For many of the families who contribute their time and effort creating their homes it is well worth it. They receive a newly furnished home, with

wonderful, warm and caring, with a special sense of life. Kids realized it, too, and were very fond of her."

Ms. Zgradic also sponsored the club HOPE (Hispanic Organization for Political Equality) along with Stephanie Marron, who also works with San Fernando Neighborhood Partnership. Ms. Marron stated, "Christine always brought a lot of energy into everything she did and always gave 100%. She spent a lot of time with students, was extremely dedicated, was tons of fun, and knew her time was sadly limited."

Vice principal Jeremy Lawrence had many kind things to say about Ms. Zgradic: "She was extremely dedicated to the students. What hurts me the most is that she would do anything for her students, anything that would support them."

Christine Zgradic is survived by her daughter Francesca. And in her mother's memory, a scholarship fund for her daughter Francesca has been established and contributions can be made through the Title I office.

## Tigers Say Goodbye to Teacher Christine Zgradic

Cesar Cuevas  
*Staff Writer*

The tiger family was hit with horrible news when Christine Zgradic died on Sunday, November 6, 2011 after fighting a long-term illness.

Although Ms. Zgradic didn't teach at SHFS this year, she worked here previously for five years as a Social Studies teacher, Social Studies department chairperson, and SLC Social Justice lead teacher.

Ms. Zgradic was known to be an energetic, positive, and inspiring teacher who the students respected and admired. Moises Gonzalez, junior at SFHS, says, "She was a really nice lady who helped me a lot when I needed it; she had a great teaching technique which made learning fun. The school will miss her."

She was equally respected by her peers. Both teachers and staff enjoyed her energy and professionalism. Ms. Krugler, an English teacher, recalls, "She was a charismatic and caring teacher whose smile lit up the room. She was

## In The News

Ana Salazar  
*Editor-In-Chief*

### Teens have a Negative Outlook

In a recent survey conducted, of nearly 20,000 teens, nearly 15 percent of teenagers believe they are going to die young. This type of thinking led many to risky behavior, suicide attempts, and drug use. This and other dangerous behavior is caused because they think they're invulnerable. Dr. Iris Borowsky, a researcher at the University of Minnesota, said, "Adolescence is a time of great opportunity and for such a large minority of youth to feel like they don't have a long life ahead of them was surprising." In this group of negative teenagers, they were seven times more likely to be diagnosed with AIDS than their optimistic peers.

### African Witchcraft Kills Albinos

In Tanzania, Africa hundreds of albinos have been reported murdered for black magic purposes, and as a cure for AIDS. They believe a person with albinism is a curse, and so albino hunters believe if they harvest their blood, genitals, hair, as well as other body parts, then they will bring luck in love and business. So far, around 1.4 million among the 40.7 million Tanzanians have the HIV virus that leads to AIDS.

### Kids Lie About Sex

About 10 percent of young adults in a large study who tested positive for a sexually transmitted disease reported that they had been abstinent for the past year, and half said they had never had sex at all.

# OPINION

## Can Men and Women be Friends?

### Female Perspective:

Sandra Zamorano  
Staff Writer

When it comes to the question of whether or not guys and girls can be just friends, there is no universal truth. There are different opinions depending on who you ask.

Yet truly, guys and girls can be friends because there really is no good reason why members of the oppositesex can't have important and close friendships with one another.

Guys and girls can be friends and stay that way without guys viewing girls as sexual objects first and real people second. This is just plain stupid and does a disservice to males and females.

In reality, sex is not always on a guys' mind or their agenda. That could be due to sexual orientation, lack of physical attraction, or involvement in another romantic relationship. After all, even friends who are attracted to each other may also recognize that qualities they tolerate in a friendship wouldn't necessarily work in a serious romantic relationship.

After years of considering someone as a friend, it often becomes difficult to see a pal as a romantic possibility.

While there are situations where physical attraction is a factor, it is rarely so overwhelming that it makes a friendship impossible. There's a difference with girls being attracted to boys than with a guy and girl just wanting to be friends.

**Men and women can successfully be friends without seeing each other as sexual objects.**

Guys usually have friends of the opposite sex to share feelings and get advice. Senior, Sebastian Villanueva, states, "Yes, it's good to have friends of the opposite sex to help you with problems you may not fully understand. Some things just don't come intuitively to men/women so their friends can help steer them in the right direction."

Most guys feel more comfortable sharing some thoughts with girls than with guys. Senior Mario Banuelos answered, "Yes, because I'd rather have girls as friends since there's more communication — I like that!" Angelica Lopez answered, "Guys

and girls can be just friends. One doesn't have to be sexually attracted to everyone of the opposite sex."

Relationship experts agree: "The belief that men and women can't be friends comes from another era in which women were at home and men were in the workplace, and the only way they could get together was for romance," explained Linda Sapadin, a psychologist in Valley Stream, New York. "Now they work together and share sports interests and socialize together."

This cultural shift has encouraged psychologists, sociologists, and communications experts to put forth a new message: Though it may be tricky, men and women can successfully be friends without seeing each other as sexual objects.

Nowadays you see girls hanging around with boys more than they would with girls and it goes for guys, too. Sophomore Alejandro Ramirez says, "You could meet a cool chick that you don't really 'like' like that, but they could be cool to just chill with."

In theory there is no good reason that guys and girls can't be friends. In reality, it depends on the people involved. Some people can pull off opposite sex friendships and some people can't.

They can be just friends if they want to, what's the big deal? It's not like you want to date everybody you meet. Everyone's going to have a friend who will just be looked at just a friend and nothing more.

Girls could be very dramatic when it comes to a situation or a problem. There are some girls who are immature and backstab their own group of friends by saying personal things to others. In that case, of course, girls would prefer to be friends with a guy to prevent drama in their lives.

Guys are usually aggressive, demanding, and immature. At times they would like to have an opposite sex friend to share their emotional feelings because there are rare times that guys can express themselves without their friends thinking they're feminine.

Some guys can be your friends and some can't, it's that simple. People are individuals and it's not fair to group all guys together or all girls together as being one way. Friends come in all shapes, sizes, ages, colors and genders.

Jaime Rodriguez, alumni of SFHS, says, "Guys and girls can be friends. I have a close friend who I've known since I was 18 years old and we have kept in touch, got together, and travel to places, and even gone out to dinner without liking each other or looking at each other as a sexual object." He concludes, "We're still friends now and she has a husband with 2 children and I have a partner with 4 wonderful children."

From personal experience, I have been a best friend with a guy for over 4 years, I don't look at him

### Male Perspective:

Cesar Cuevas  
Staff Writer

For years people have remained ambivalent to the controversial question: Why can't guys and girls merely be friends? The fact of the matter is that girls have no idea what men are really thinking, and men have no idea what girls are really thinking; therefore, an uncomfortable relationship is inevitable.

Objections to boy-girl friendships come from a cultural belief that all guys view girls as sexual objects first and people second. All the girls must accept it, for it is basically true.

**The fact of the matter is that girls have no idea what men are really thinking.**

Attraction to others is natural-which is the reason a guy cannot successfully maintain a healthy friendship with a girl: he is solely interested in sex.

The girl's looks contribute to such endeavors from the guy. As David DeAngelo, a master pick-up artist, once said: "Attraction is not a choice." When a guy sees an attractive girl the first thing that pops into his mind is sex. He's uninterested in a friendship.

He has no intentions of caring for her. A guy is indifferent when it comes to dealing with a girl's issues: whether she is depressed, angry at the world, hates her mother, broke her nail, etc. He just acts sympathetic.

After a while of the "fealty" façade, he knows that he has done his job of what he thought of as an unofficial therapy sessions with her, and feels he has to engage in intercourse just for the sake of completeness

in a sexual manner. He is there for me, and I'm there for him.

To me, we are like brother and sister. He admits that he's not in it for sex. My best friend has respect and he has not done anything for me not to believe him; therefore, I truly believe men and women can be the best of friends without sex being involved in the relationship.

In conclusion, one can't say guys and girls can't be friends because in logical terms guys and girls can be friends.

### El Tigre Asks: Should Texting be Allowed in Class?



"Yes, because in case we need help in something we could just text people if the teacher isn't there." -Stephanie Aguirre, Sophomore



"Yes, because it doesn't kill anyone, as long as they're not texting when the teacher is giving a lesson or a quiz." -Cecilia Garcia, Junior



"Yes, because what if there is an emergency of life or death? Your family could let you know. Also, so you won't fall asleep in class and because you're trying out new ways of communication other than internet, notes, and talking." -Perla Pacheco, Junior



"No, because people get distracted with the messages and don't do their work." -Nancy Payares, Junior



"No, texting shouldn't be allowed in class because it is disrespectful and disruptive. This doesn't mean that they shouldn't have a phone because they might need it in case of an emergency." -Genevieve Alvarez, Magnet English Teacher

# FEATURES

## Jersey Shore: A Positive or Negative Influence?



Andres Serratos  
Staff Writer

Every Thursday night America gathers around their TV's and tunes into today's hottest reality show: *Jersey Shore*. Teenagers in particular find this show more appealing, but at what cost? Research suggests that this pop culture phenomenon affects the viewer's everyday lives. *Jersey Shore*, the genius creation that began in late 2009, quickly became a favorite due to its high intensity drama and its stunning originality.

*Jersey Shore* features the main characters: Mike "The Situation," Pauly D, Deena, Snooki, Ronnie, Sammi "Sweetheart" Vinny, and Jenni "Jwoww." The show is notorious for its dramatic sequences, fights, and nonstop partying.

However, this popular show has its share of bad influences on its audience. The word "Guido" is a term that is regularly used in *Jersey Shore*. Little does the public know that the word is actually a derogatory term to describe a working class Italian. So the public hears "Guido" on television and they may repeat it, not knowing that it is an offensive term.

Bertha Castaneda, Junior, inquired "Most *Jersey Shore* viewers, and even people who do not watch *Jersey Shore*, assume that the cast members are ignorant based on the way they act on the show." Yes, Snooki could not find the beach when it was right in front of her, and yes, Deena did get herself stuck in a cardboard box, but this shouldn't lead people to believe that the *Jersey Shore* cast is ignorant.

The average viewer does not understand that the makers of the show purposely add footage of the *Jersey Shore* cast acting goofy to entertain the audience. Viewers should not label the *Jersey Shore* cast as "stupid" based solely on the way they act on the show.

Snooki actually wrote a book

titled *A Shore Thing*, in which she uses a variety of vocabulary, accurate sentence structure, and even won a national book award for her literary masterpiece. Let's put the rumor to rest that Snooki paid somebody to write the book for her, because it is completely false.

Mike "The Situation" and Jenni "Jwoww" both wrote similar books, which show they are actually educated. But more importantly, that they are not as dumb as people believe them to be.

**The show is notorious for its dramatic sequences, fights, and nonstop partying.**

Most people would argue that *Jersey Shore* also gives the public the wrong idea about Italian-Americans, considering most of the cast is of Italian descent. The cast members appear to be party animals with nothing more to worry about than staying in shape, and maintaining their gorgeous orange glow.

However, the cast are only being themselves. Just because they choose to GTL (gym, tan, laundry) every day shouldn't lead people to make generalizations about an entire culture.

*Jersey Shore* disgracefully depicts girls from Jersey as drunken, sloppy, and promiscuous party animals. Some viewers may find this offensive, but there is no such thing as a stable "Shore Girl" identity. The girls from *Jersey Shore* do not represent the girls from Jersey that are not on television.

Therefore, just because there is a group of girls from *Jersey Shore* who act irresponsibly and have no morals, does not mean that they are all the same. After all, this is prime time, and this is what sells, so we should not make generalizations

based on what we see on TV.

On a more positive note, *Jersey Shore* contributes many creative ideas to our society. Some examples of comedic material this infamous show has implanted into our lives are the phrases "T-shirt Time" and "Oh Yeah!" And who can forget the Vuvuzela horn or "Grenade Whistle" that was made popular shortly after it made an appearance on *Jersey Shore*? More slang words and phrases are introduced with each episode. It has impacted teenage society as we know it.

Vinny and Pauly's "Bromance" is even a positive influence on viewers because it makes the audience less likely to be homophobic.

Even GTL (Gym, Tan, Laundry) is a positive influence because it encourages working out and staying in shape. It also encourages laundry, and fresh clothes, which everybody agrees is a positive idea.

However, some students have a different opinion. Bertha Castaneda, a junior, comments, "*Jersey Shore* is dumb. It is a waste of time to watch, and it does not set any good examples. All the cast members do is fight and party. At first it might be amusing to watch, but not any more. It does not affect me at all even though it portrays negative ideas and actions. It gives a sense that getting drunk, sleeping with strangers, and partying all the time is what life is all about. There's more to life than that and the cast shows a lack of morals."

These allegations are not true. The people who watch *Jersey Shore* agree that it is not a waste of time, and what we see on television can influence us but should not justify our actions.

In the end, the benefits of the most popular reality show on television far outweigh the risks. *Jersey Shore* is a great addition to our society, and even though it may influence some viewers negatively, it's because they choose not to live above the influence.

## Horoscopes

Scorpio (10/23 - 11/21)



The energy of the month may encourage a distinct lack of confidence concerning your ability to find true love. There is no reason to fear. You have so much talent, and are eminently desirable, but nevertheless, something seems to be getting to you.

Sagittarius (11/22-12/21)



Although many things haven't turned out in your favor, don't

give up. Life is too short to dwell on the past when the future is brighter, so simply move on. Who knows, maybe your new lover may be lurking around the corner.

Capricorn (12/22 - 1/19)



You'll be able to figure almost anyone out this month -- even

that one crush who seems to be from Mars. If you can make one little change in the situation, everything else will fall into place.

Aquarius (1/20 - 2/18)



If you feel clumsier and generally uncoordinated in the area of

your personal relationships this month, don't worry too much. It is bringing certain patterns of behavior up to the surface so that you can become more aware of how you unconsciously sabotage some of your relationships. Don't be too disheartened - this is a big step forward.

Pisces (2/19 - 3/20)



This month you feel extra energized and confident. If there's that certain someone you are dying to kiss or ask out, just do it. You never know when one thing can lead to another. Life is about taking risks and never looking back.

Aries (3/21 - 4/19)



The energy of this month may have some interesting repercussions on your search for romance. If you have been toying with the idea of asking a certain person for a date, then don't take the feedback you get this month as a sign they are not interested.

Taurus (4/20 - 5/20)



This month represents your idea of heaven on earth, the proverbial bowl of cherries, each of which is in perfect condition and tastes absolutely wonderful! Whatever kind of desires you have been notching up recently, this is the time to go for it all.

Gemini (5/21 - 6/20)



Although you are generally very conscientious when it comes to

relationships, you may feel blocked in your attempts to get through to that special person. You will be urged to take a look at certain fears that may have been causing you to stay away when you thought you wanted to be close. In understanding this conflict, you will create the way for deep healing.

Cancer (6/21 - 7/22)



In terms of romance things don't seem as clear as you want

them to be. You're waiting to find a sign or a shrug that shows whether your crush is interested. In this case, sometimes it's better to do the dirty work yourself if they're too show their true feelings.

Leo (7/23 - 8/22)



The energy of the month indicates that you certainly have plenty to say

for yourself. It also means you have plenty you could say to others. If you have been looking for that special one-to-one relationship, then your come-on lines may become masterpieces of poetic skill and verbal dexterity.

Virgo (8/23 - 9/22)



The planetary alignment may create a situation in which you find

yourself confused as to which lover you would prefer to be with. Many would call this a wonderful dilemma, but not in your case. The answer to this may not be resolved in one day, but you can begin by asking yourself what you really want in a relationship.

Libra (9/23-10/22)



This is the kind of month you love. You can get your partner to take

you anywhere you desire as long as you decide, and they pay for it. This is a night to revel in luxury, to dress up in gorgeous clothes, eat very expensive foods, bob into the most popular spots in town, and go to extremes.

## MariCheese



# SPORTS

## Athletes of the Month: All Hail Cesar!

Allan Garcia  
Sports Editor-in-Chief

There is one person on the team faster than anybody else. Blink and you might miss him pass by. He leads San Fernando Cross Country team and takes over the competition. Please welcome, super-star athlete, Cesar Marquez.

During league finals Cesar left his competition of 8 schools, including Sylmar and Kennedy, in the dust. He stayed in the front and got first place out of 46 contestants.

More recently during his city preliminary race he placed 14 out of 268 contestants with a time of 16:14:01.

In his city finals performance he achieved 14th place which sadly didn't qualify him for the state competition. He ran the three-mile course in 16:23.

Although not running state, he will be running regionals on December 3.

When he isn't making the competition eat his dust, he likes to

box, because as he puts it, "I like boxing, because it's challenging. Boxing prepares me physically and mentally for the races. In boxing if you mess up you get hit, but it isn't as bad as the pain you feel while running."

He first got his start running when he was in 7th grade. "I used to do stupid things with my friends when I was in middle school so I had to run away from the cops often. My teacher caught wind of it and made me join track."

Most of his motivation to run comes from seeing his teammate Giovanna, who rules the girl's competition.

Another way he is motivated is just by the simple sight of his competition.

Coach Sergio says, "He did great. I'm happy to see him go out with a city medal."

As he goes off to college, his is sure to become an even greater runner. Good luck to Cesar as he does one last high school race and rushes off to college.



Cesar Marquez



Sandy Alcaraz

## Catch Her if You Can!

Mark Rodriguez  
Staff Writer

One of San Fernando's top runners has been constantly working to improve. Through her determination and hard work from last year to this year, Sandy Alcaraz has definitely earned the title of Athlete of the Month.

She had an amazing season this year improving her time from last year by 5 minutes.

Her work showed during her league championship performance. She passed all her competitors earning the title of league champion with a time of 19:56.80.

She improved even further for her city preliminary performance. Although this time she placed 6 against the tougher competition, she did manage a time of 19:52.22.

Although when city finals came, she didn't place

high enough to advance to state, she had a great race placing 17 with a time of 19:52

Her next race will be regionals on December 3.

Her intense training from last year to this year has put her at the top. She says, "I'm very proud; sometimes I feel in disbelief that I improved so much."

She says that three things motivate her when she is racing: Coach Sergio, Giovanna (her fellow teammate), and the thought that, "If I'm in pain, so are they."

Even when she isn't racing this determined athlete says that she spends her free time working out. She does say that she also likes to hang out with friends.

With the season almost over, Sandy has one more race and a whole other year to race. It is like Coach Sergio says, "She made it big this year and will be even better next year." Good luck to Sandy as she moves on to one last race.

## Cross Country is on the Fast Track to Success

Allan Garcia  
Sports Editor-in-Chief

The cross country teams did great this season with both the guys and girls Varsity teams on the top. The guys placed third in league while the girls placed second.

During league championships both guy and girl teams advanced beating teams such as Sylmar and Kennedy.

Two team members, Cesar and Sandy, also managed to attain 1st place in their league final performances.

Sadly, during city preliminaries both teams were eliminated from advancing. On the other hand, a few individuals, Cesar, Giovanna, and Sandy, made it to city finals.

However, during city finals, Giovanna was the only one to advance through all the city's runners and place 7th with a time of 19:04.

She will go on to be in the state championship race in Fresno.

Shortly afterwards Cesar, Giovanna, and Sandy will be running regionals at Mount Sac on December 3.

This is an impressive performance Cross Country has displayed. It is the first year since 2004 that the Girls Varsity has made it into city preliminaries.

On top of this it is the first time that the team has sent three individuals to city finals.

In the end two things have helped bring the team to where they are: the hard work of the team and coach Sergio.

Coach Sergio says, "I'm proud to work with the team. I would like to thank them all for letting me train them."



Picture of Cross-Country Boys/Girls Varsity/JV teams

## Giovanna is the Leader of the Pack

Allan Garcia  
Sports Editor-in-Chief

There is one girl leading the Cross Country Girls team. She is so determined that while we are eating our turkeys on Thanksgiving she will be on her way to race for state. Give it up for Giovanna Romo.

Recently during her City Final performance she placed 7th with a time of 19:04. This qualified her to race for state in Fresno.

Along with this she also placed 3rd in city preliminaries, and 2nd in league finals.

She first got her start running because her father used to be a top runner at the school. In her words, "It's in my blood."

In her free time, she likes to have fun by going paintball shooting or shuffling.

When asked what motivates her, she simply responded Cesar, the number one runner on the boys varsity team.

She is also deeply self-motivated. The way she puts it, "If I don't succeed, the workouts I do are pointless; I live to succeed and be accomplished."

Coach Sergio said that she is a determined runner and that, "She should enjoy the moment, great things are soon to come."

Good luck to Giovanna as she goes to state. She is an incredible runner, and has her senior year to try to raise her achievements even higher.



Giovanna Romo

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