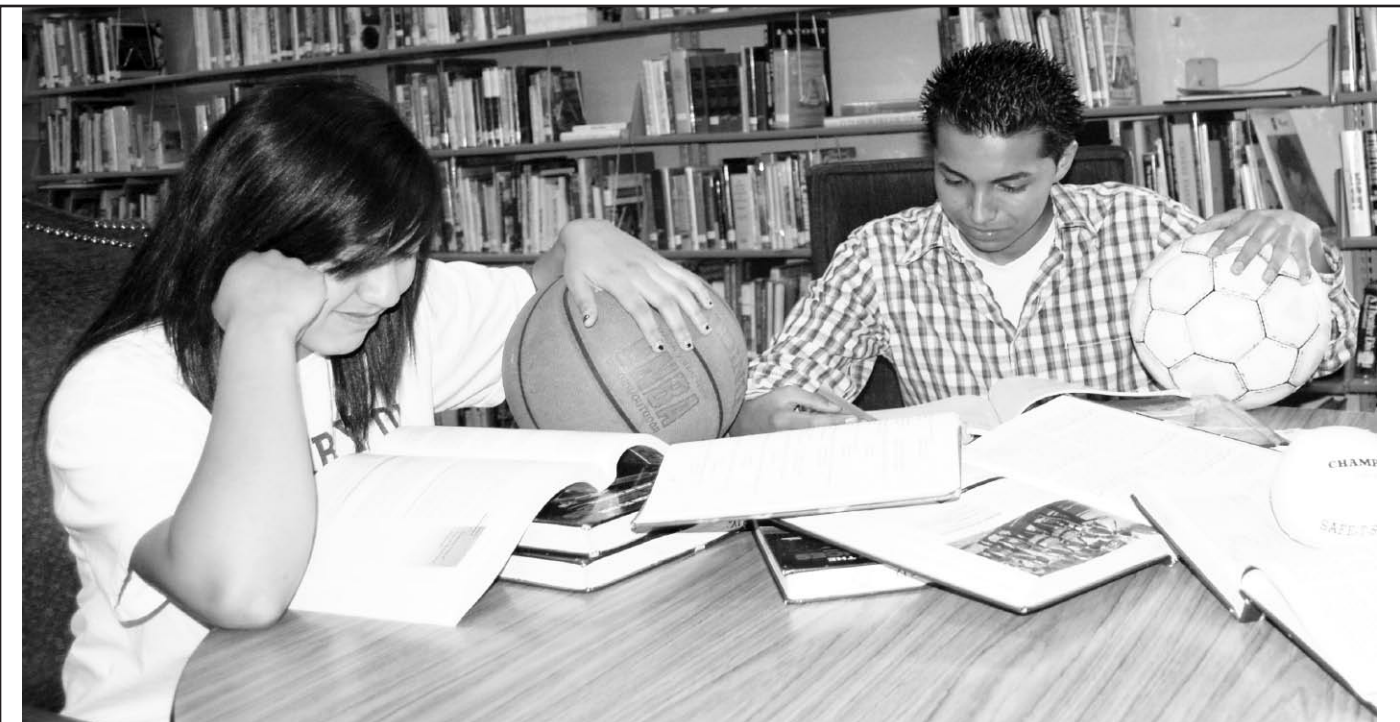
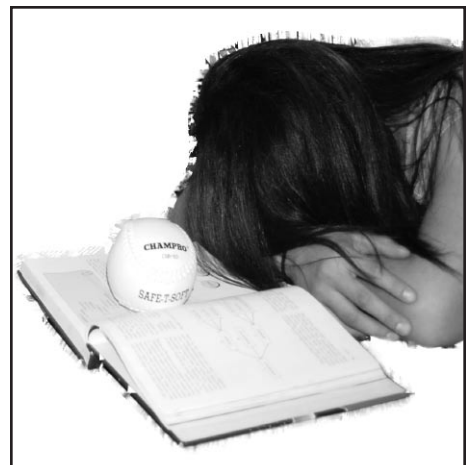


When your schedule is completely full,

WHEN DO YOU GET A CHANCE TO REST?



Sophomore Andrea Estegoy and senior Andrew Rivera are some of the students who juggle sports like basketball and soccer with school, family, friends, and other extracurricular activities that can cause stress.



Sophomore Marissa Martin admits "it's real hard coming to school and having to act like everything is okay. that im not exhausted, sick,sad, or confused.No one knows how others feel inside, we like put on a mask."

By Brianna Ruelas

Life's tough. And adults no matter what they say, don't know what teens are going through: peer pressure, drugs, relationships, family problems, social popularity, jerks, friends, work, school, parties, sports, college plans and more.

There are over thirteen hundred students attending NC and every single one of them has a story.

We think others have it easy, but I have learned that's certainly not true. Time is extremely important. You can waste your life doing nothing, expecting you will always have more time. But before you realize it, you will be counting credits to be a graduate.

Your parents, grandparents, teachers, and friends might have told you to live life to the fullest, to live each day like it was your last. This is true because we are not guaranteed to live forever, you

don't know if you will wake up tomorrow morning. We live in a world of pain and hurt. The past is the past you can't change it, all you can do is learn from your mistakes. I don't think of my past because I know I can't go back and change it, now I just think of how I can make my future.

A day in the life of a busy condor

I'm the type of girl who believes in giving. I like to be nice and make people smile. One day I hope to make a change in our unjust world.

I'm involved in sports like softball and basketball. I'm in some clubs like Be The Change, and The Cancer Club. I believe everyone deserves to be loved.

And to keep involved in sports and school, I wonder if anyone realizes the stress students are under.

This is a normal day in my life: It's 5 a.m. Time to wake up. It's 5:20, now it's time to leave. At 5:45 a.m., I'm at the

gym, ready for basketball.

I'm not the fastest runner on my team. I don't have the skill that most of the other girls have. I try very hard to keep up and it's hard to remember all the plays.

Practice is over for now. It's shower time. Time to get ready for school. I'm still tired from running, but I have to pay attention in class.

It's lunch. I'm one of the first ones to get out of class first because I need to get to the Cancer Club meeting.

It is now 3:15 p.m., going home? Nope. I have weight training now. Time to work-out. Time to focus.

I can't think about the "F" I got in my chemistry test, or that my boyfriend broke up with me.

I have to set an example for the girls on my team. I have to be tough. I have to be strong.

It's 5 p.m. I should be going home, but I have to go to Clarissa's house to work on our project for drama class. We work and film for two hours.

I haven't eaten all day because I forgot to ask my parents for lunch money. It's hard to remember important things

when I'm so busy.

I get home at 8:00 p.m. all this week because of my schedule.

I'm not whining, that's not what I'm about. It takes me an hour and a half to finish the rest of my homework that I have from my other two classes.

I have to do my homework right because I have to maintain a 3.0 or higher for basketball.

It is now 9:30 p.m. and I finally get to eat, but there's nothing left. I just eat an apple. I take a shower because I smell like sweat, then go to sleep and pray.

Tomorrow night when I get home late again, maybe I will actually eat.

This is my life. I will not complain because I chose it. I can stop the extracurricular activities, but I won't because I am not a quitter. I will practice. I will learn at and study at school.

My team is amazing, whether we're having a bad day or good, on the court, we're **BOSS!!** And I remember some how it is all worth it and somehow I will make it through juggling sports, clubs, family and friends.

I will live each day to the fullest and hope that when I am not perfect on the court or on my homework assignment, my friends and teachers will have compassion.

There's power in all of the choices we make.

Send it on On and on Just one hand can heal another

The clock has decided to take time into its own hands.

Live, so little time so much to do
Live life to the fullest!

You're writing the story of your life one moment at a time

Better late than never, but never late is better.

Time, is money!

Forget the past, live.

Time heals the heart

The mystery of crash landings: Are we alone?

By Jesus Zepeda

and Alan Hernandez-Valdez

A UFO can be defined as any number of unidentified objects or phenomenon frequently reported, especially since 1947. They have been observed or tracked in the sky and variously explained as being atmospheric phenomenon, hallucinations, misperceptions of actual objects, alien spacecraft.

UFO is an abbreviation that stands for "Unidentified Flying Objects." Many times things like birds, planes, or even animal balloons are confused, or purposefully falsified as UFOs. But of course, there are exceptions.

Roswell, New Mexico is the place where supposedly an alien "flying saucer," crash landed. However, there is no way to prove this. The story about Roswell changes every time it's told.

I have no idea if this is really a rumor, if it's true or not, but I honestly don't even feel right calling it a rumor.



A typical scene of an alien abduction.

Government conspiracy, or not, something crash landed there in 1947. Some people think Groom Lake, Nevada, or more popularly known as "Area 51," houses the flying saucer that crashed in Roswell. But, like I've stated before, there's no way of knowing the truth behind it.

The "UFOs" seen in the sky can however be explained.

Recently there was an air craft called a B 2 stealth bomber which was first kept secret by the government. The aircraft was unknown to the public so when there were run ins it was mistaken or thought to be a UFO. Most of the time these sightings or run ins are just people over reacting or panicking to an uncertain situation.

There are things called "ball lightning."

It's a rare form of lightning, having a short lived, reddish, glowing ball up to a foot in diameter that floats in the sky, or moves rapidly along the ground.

"My dad went to Mexico, and he was in the mountains with his dad. He told me he saw lights and he thought it was an airplane, but it got closer. Like on top of them. When he saw it pass by slowly like in slow motion, and then he saw like all the lights and its shape was not like an airplane at all. It was the shape of a circle. After it passed, he asked his dad if he saw it, and he said he saw it, too." said Luis Melgoza when asked the question have you had any encounters.

But the question remains is there life out there. - 1870: The first picture of a UFO was taken with a stereo photograph at Mt. Washington, New Hampshire. There were no flying machines during that time, only balloons. The UFO in the picture is in the shape of a cigar.