

FEATURES

Trick Tips For The Active Skater

By Bryan Gonzalez

BLUE AND WHITE STAFF WRITER

A lot of students here at L.A. High, boys and even girls, brag that they know how to skate. They say they can bust/do all these tricks but then when you actually see them skate one thinks to oneself, "I think my grandma can skate better than this guy." Well here are a couple of trick tips for all of you braggers and for those of you who are barely starting to skate or need help landing your tricks in an easier way.

For starters I have to begin explaining the basics. Make sure you have a good, not so used and wasted board. Then, learn how to get off the ground.

The Ollie: Step 1. Place your feet comfortably on your board. The ball of your foot should be centered behind the front truck (the metal bars that hold your wheels). The further your front foot is behind the front truck, the higher you'll be able to Ollie). The ball of your back foot should be centered on the tail.

Step 2. Bend your knees and smack the tail, lifting up your front foot at the same time, and you'll need to jump with it.

Step 3. As your board lifts off the ground, use your front foot to level the board. You can do this by sliding your foot forward.

Step 4. Suck up your knees until you reach your peak height. At this point, your front foot should be over the front truck.

Step 5. When landing, extend your legs toward the ground, but still keep them somewhat bent to absorb the shock of landing.

Step 6. Ride away smoothly.

The Kick Flip: First off before trying this trick out you will need to have controlled your ollies. Controlled Ollies will enable you to have balance and stability and you will learn tricks more quickly. Step 1. Put your foot in a comfortable position. Generally the best one is with your heel off the board whether regular footed or goofy.

Step 2. Think about what you are doing. Relax. Pay attention.

Step 3. Try to catch the board

before it lands on the ground.

Now for those of you who already know the basics I'm going to take it up a notch.

The Front Side 50-50: Step 1. Approach ledge, curb, rail, etc, at a slight angle.

Step 2. Ollie.

Step 3. Land with both trucks on the ledge. Your front foot should be over the front truck, and your back foot should be between the back truck and the end of the tail. Make sure your weight is centered and balanced above your board. Don't lean too far forward or backward.

Step 4. Once you've grinded as far as you can, put pressure on the tail, lift the nose slightly, and drop off while keeping your balance when getting off.

Half-Cab: Step 1. It'll definitely help if you learn fakie ollies before trying this trick.

Step 2. Ride up to the obstacle or if you are just doing it on flat ground, fakie.

Step 3. Just before hitting the tail, start to wind up your body.

Step 4. Then when you pop the tail, the board follows. This will give you more control of your board. You can't let the board control you.

Step 5. Rotate your body 180 degrees, keeping your body well centered.

Step 6. Land and roll away.

Okay, now for the serious stuff!

The Front Side Flip: Step 1. First learn front side 180 ollies and be able to catch and land your kick flips without any problems.

Step 2. Approach the hip, gap, bump, or anything else, in a kickflip position.

Step 3. As you snap the tail into an ollie, turn those shoulders frontside and flip the board.

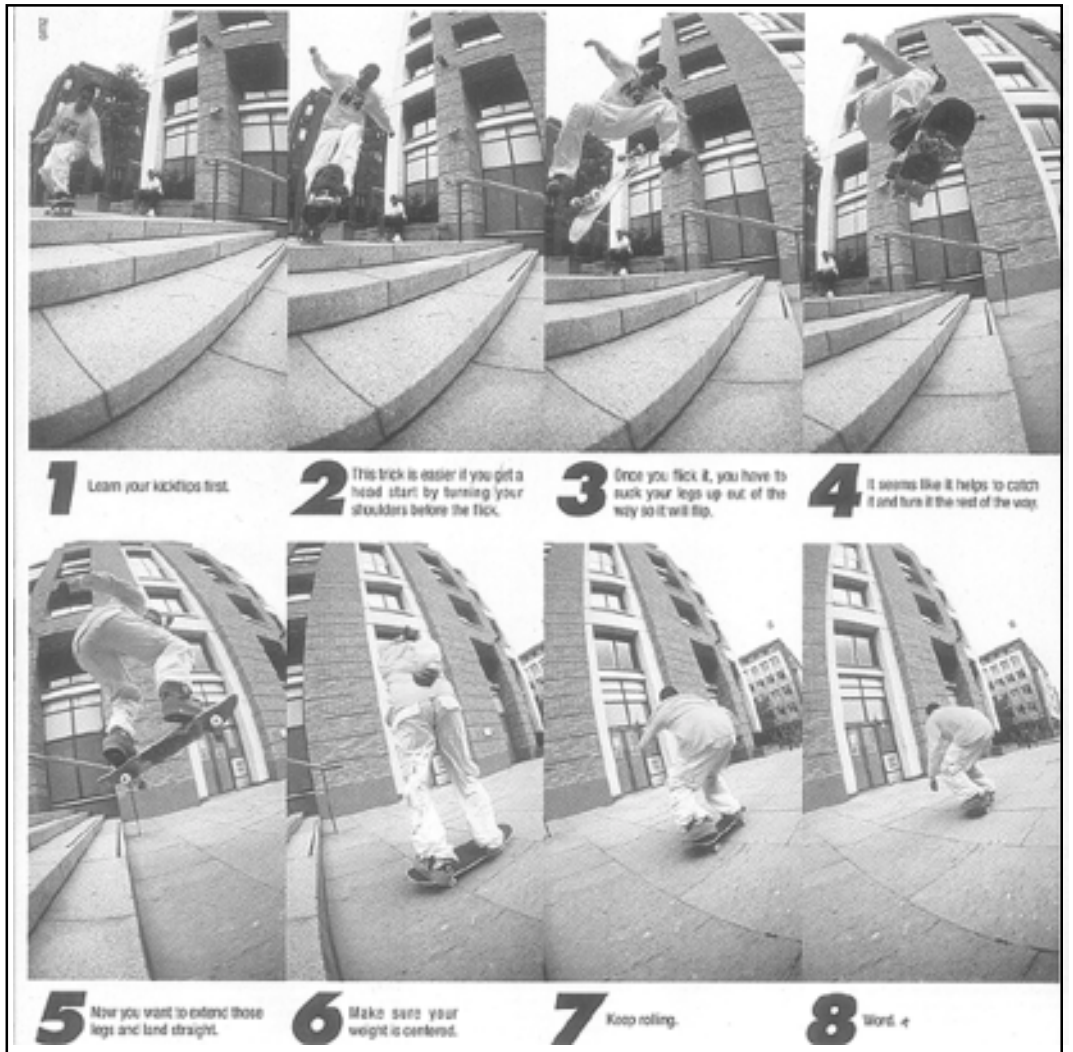
Step 4. Stop the rotation, and catch the board with your feet.

Step 5. Stick the landing clean, and roll away.

The 360 Flip: Step 1. Place your back foot on the tip of the tail to get the best pop.

Step 2. Pop your back foot down and out for the best rotation.

Step 3. Guide the board up with your front foot—use a kick flip in



The 360 flip is one of the coolest looking tricks in skating. Use these step by step instructions to perform the trick yourself.

motion.

Step 4. Let your board rotate between your legs.

Step 5. Keep your feet in line with your shoulders.

Step 6. Catch, then take the impact with your knees and ride away.

Well that is all for my part. Now it's time for you guys to go out and skate your butts off.

ACE Program Continued from page 1



ACE program participants help tutor younger students at Queen Anne Elementary once a week.



They also went to a convalescent home to visit the elderly.

ing to Queen Anne Elementary School and mentoring some of the students there." Longworth, said, "I enjoy the ACE Program mentoring, where we tutor kids at Queen Anne's Elementary on Mondays. We give them someone they can look up to, someone they can admire, a role model."

The students that attended the ACE Program only say good things about it. De'Sean Lasley, 9A, says, "I joined the ACE Program to see other qualities of L.A. High that don't show as much and also qualities in myself that hide." Other students joined the ACE Program because they had nothing to do off track and were interested

in the program.

The ACE Program helps students develop positive attitudes, identify and express feelings, respect alternative points of view, use effective communication skills, and learn how to make and keep friends.

Students enjoy this program a lot and are very happy to have it at school. Dominguez, says, "The ACE Program has been a wonderful experience because I got to meet many people who I'd never talked to before, but now I'm friends with."

Magaña, like Dominguez says, "The ACE Program is really great because it helps you build stron-

ger relationships with people and helps you to be more open. Everyone at the ACE Program got along and became friends. They also had an opportunity to talk and give their opinion or advice. It is a great experience."

Eldrick Bone 9A, suggested, "Join the ACE Program." There are great people to meet and it can help in so many ways.

The ACE Program coordinator is Mr. Vitale and he can be found in Room 501. For more information on the ACE Program please be sure to contact Stu Semigran (founder/president) at stu@adnetsol.com or at www.educarefoundation.com.

STDs Taking their Charge on High School Students

By Maria A. Heman

BLUE AND WHITE STAFF WRITER

We all know the surest way to prevent sexually transmitted diseases is to be abstinent. In reality, many people choose not to follow this advice.

With every decision teenagers make risks are presented. One big risk is becoming infected with a disease.

STDs affect more than 12 million Americans each year, many of whom are teenagers. In the U.S., one in four sexually active teens (about 3 million) becomes infected with an STD every year. The LAHS Teen Clinic receives and treats students who think they might have contracted a sexually transmitted disease.

According to the Teen Clinic, more girls than guys visit them because of STDs. Their ages range from 12-19 years old.

One of the most common STDs among teenagers is Chlamydia, but they can also get syphilis, herpes, and even the most dreadful and deadly of them all, HIV.

The use of mind altering substances such as drugs and alcohol can increase the chances of being exposed to STDs because they impair your judgment and ability to use a condom properly.

Remember, if you have sex with someone without a condom, you are indirectly having contact with all the people that person has sex with.

According to an FDA article, "Latex condoms are the only form of contraception now available that



The use of latex condoms can prevent the hardships of acquiring a dreadful virus.

human studies have shown to be highly effective in protecting against the transmission of HIV and other STDs. However, they are not 100 percent effective and a lot depends on the right way to buy, store, and use them."

An untreated sexually transmitted disease can escalate to serious health problems. A woman can develop pelvic inflammatory disease, which can damage the fallopian tubes and result in pelvic pain, cervical cancer as well as the inability to have children. Untreated STDs can also cause damage to major organs such as the heart, kidneys, and brain. In some instances, it may lead to death, especially with HIV.

The Los Angeles High School Teen Clinic (located in the main office) can treat STDs. In order for a student to use the Teen Clinic's services all you need is a consensual note from your parents.