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COLLEGE ADMISSIONS

Are expensive universities worth the cost?

BY CaitlinJu
& RachelZhang

The cost of college tuition has risen astronomically in the past decade. Last year, tuition alone for Ivy League schools increased by an average of 3.76 percent, raising costs to as high as \$63,000 a year, according to Bloomberg. To put it into perspective, paying the four-year tuition of a prestigious Ivy like Columbia University can be likened to buying a 2016 Lexus GS 450h priced at \$63,080 a year for the next four years, or if a student doesn't quite reach a degree, driving the equivalent of four Lexus cars off a cliff.

Though the cost for some colleges can be considered absurd, others

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SPRING FLING ON THE SILVER SCREEN

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RALLY



FALCON // SHAZIA GUPTA

SADIES



FALCON // HELEN CHEN

POWDERPUFF



TALISMAN // KARISHMA SHAH

SPIRIT DAYS



FALCON // SHAZIA GUPTA

STUDENT HEALTH

Students open up about living with life-threatening allergies

BY CassandraKing
& AustinWang

Junior Rosa Castren felt panic surge through her.

A nearby student began to peel an orange in front of the drama room in an area marked "Citrus-free Zone." The pungent citrus floated to Castren's nose, and her throat began to close up. Her vision blurred, her

head grew light and each panting breath squeezed her lungs shut.

Even her inhaler was not enough to stop the sensation. Finally, she was forced to use her EpiPen, an autoinjector of adrenaline she injected into her thigh, and she was soon rushed to the emergency room to safely control her reaction. This happened only a month ago and

was not the first time she had gone through an extreme reaction.

Castren is one of dozens of students on campus with food allergies. These students must take precautions to avoid allergic reactions, but as was the case with Castren, other students often lack awareness and endanger them when they bring allergy-inducing foods like nuts

and citrus into areas that are supposed to be safe.

All her life, Castren has suffered from allergies to numerous foods: fruit, spices, oats, fish, nuts, pine and pollen — with the worst being citrus. The mere scent of peeled citrus sends her into anaphylactic shock, causing her to have difficulty breathing and to get dizzy and lightheaded. The condition

is so bad that she must wear a pollen filtering mask while venturing outside citrus-free rooms.

Classrooms are labeled citrus-free or nut-free if there are students with those allergies in the class. While she has encountered severe allergic reactions several times in the past, Cas-

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ACTIVITIES DIRECTOR

Marshburn to return to San Antonio next year

BY MelissaMagner
& KellyXiao

The job of an activities director isn't an easy one. It includes communicating with teachers, meeting with and managing student government, organizing club events and student activities, taking care of information that needs to be given to the school board and helping the Leadership class do its variety of tasks.

The job is currently held by Spanish teacher Rebecca Marshburn, but when the 2015-16 school year comes to



Marshburn

an end, she will return with her family to San Antonio, Texas, her home before moving to California mainly because, according to Marshburn, they don't have a lot of family in California and decided that after her father-in-law's passing in December, it was important to be around family.

Student leaders say losing Marshburn will be a huge loss.

"Words cannot describe how amazing she is," said senior clubs commissioner Meera Rachamalla. "She is incredibly hardworking and she

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FACILITIES

Measure E bond to fund construction of new gym

BY EricSze
& AlexYang

When Measure E construction ends in a few years, sports teams and groups like winter-guard will no longer have to compete for practice time in the Large and Small Gyms. Instead, they will be able to make use of a third gym, to be called the Fieldhouse.

The location for the building is not finalized, but one idea is to put it near the front parking lot and the tennis courts. It will be similar in size to the current Small Gym, principal Paul Robinson said.

The Fieldhouse's name helps define it as an alternative practice area.

One reason the location near the tennis courts makes sense, Robinson said, is that it is the only place where the school can fit the 70-foot by 100-foot building.

According to Robinson, the core of the current conflict lies in the overlap of activities that require gym space at the same time. The resulting crowded gym schedule leaves some sports practicing long after school and other groups not getting the time in a gym that they would like.

"At this time in the spring, we have basketball completing its season just as badminton and volleyball begin

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Beloved janitor

John Sequeira says goodbye after 10 years at SHS. pg. 6

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Debate rages on

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Cosmetic procedure

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