

## Precautionary Measures Taken to Tackle Terrorism in United States

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On Dec. 2, 2015, the U.S. witnessed a mass shooting and attempted bombing in San Bernardino that left 16 killed, including the two perpetrators. The perpetrators, Syed Rizwan Farook and Tashfeen Malik, held radical political beliefs without being in ISIS, according to LA Times.

The shooting in San Bernardino was one of 2,646 terrorist attacks in the U.S. from January 1970 to December 2014.

Due to the number of recent school shootings, AHS has taken precautions to ensure the safety of its staff and students.

“[There are] six [security] administrators

and seven campus supervisors. There are cameras on campus and [AHS is] a closed campus which means there is only one way in or out. [Additionally,] every campus supervisor goes through active shooter training,” Principal Duane Russell said.

Since the 9/11 attacks, U.S. leaders have been taking action against militant organizations such as ISIS. Airline and governmental officials made attempts to increase national security in the form of stricter airplane regulations and increased surveillance on Americans’ technological data. According to the Washington Post, at least 263 governmental agencies were formed or restructured after the 9/11 attacks. The Patriot Act enacted a month following the attacks allowed federal agencies more

power in investigating possible terrorists and punishing those found guilty, according to the U.S. Department of Justice.

Psychologically, people began to hold conflicting opinions about their safety in the U.S.

“I don’t feel safe because anyone can bring a gun in [to school and other public places],” senior Daniel Torres said.

However, others feel that AHS’s location may benefit school safety.

“[I feel safe] because we have city hall right across and a police station [nearby],” freshman Dylan Escobedo said.

According to the American Psychological Association, feelings of social injustice and lack of political power can influence an individual to join a militant

organization and engage in violent acts. However, psychologists such as John Horgan, PhD of Pennsylvania State University’s International Center for the Study of Terrorism have found that most terrorists are not psychotic and can be “de-radicalized” with proper social programs such as interacting with former terrorists who are now law-abiding citizens.

Following the attack in San Bernardino, President Obama stated his plans to place stronger screening for those entering the country without a visa and heighten restrictions on buying powerful assault weapons. In his address, he assured that he had taken the security of the American people as his top priority and that America will overcome ISIS.

## Hillary Clinton Visits San Gabriel Valley to Gain Asian American Votes



Permission to use photo granted by Sarah Reingewirtz of PASADENA STAR NEWS  
Hillary Clinton speaks at the Hilton in San Gabriel on Jan. 7, intending to appeal to Asian American and Pacific Islander voters.

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On Jan 7. Hillary Clinton visited Hilton San Gabriel in the San Gabriel Valley. Beginning at 11:45 A.M., Clinton hosted a free public event where she spoke for half an hour on the value of family, how she plans to help senior citizens in the nation and her plans for funding Alzheimer’s disease research. The event was held to formally launch Clinton’s Asian Americans and Pacific Islanders for Hillary campaign.

“[American citizens] forget a fundamental lesson about our great country: being an open and tolerant society does not make us vulnerable, it is at the core of our strength,” Clinton said, according to the San Gabriel Valley Tribune

Clinton has a long history of family ties in the San Gabriel Valley and its surrounding cities. Her mother, Dorothy Rodham (then Dorothy Howell), graduated from Alhambra High School in 1937 and Clinton herself grew up in San Gabriel for some of her life, according to LA Daily News. Despite this, Hillary Clinton’s main goal for visiting was to appeal to the Asian American and Pacific Islander population in the U.S., half

of which reside in Southern California.

“I think [Hillary Clinton] would want [the Asian American community] to know how important they are to our country and by her choosing to the San Gabriel Valley, that attention would encourage people living in the surrounding cities to consider her candidacy,” freshman Chanel Blue said.

CBS Local News reports that the 2012 presidential election between Barack Obama and Willard Mitt Romney brought in 4 million Asian American voters, nearly 4.5 percent of the population of Asians in America. This is close to a 3.5 million increase of voters from the 2008 presidential election.

“Regardless of being a minority group, [the Asian American community] needs to understand that they are a minority group. Mobilize. Being in a minority group is no reason to give up. We all have a small say in [voting in the elections] and it’s dangerous to believe the votes are worthless,” US History teacher Mr. Venti said.

According to Real Clear Politics, as of Jan 3, Hillary Clinton averages 49.5 percent in polls in California, while Bernie Sanders trails behind with 29 percent in the Democratic pool alone.

## Spilling the Beans on Coffee Consumption

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Coffee has been around since the 15th century. Nowadays, coffee can be found at local supermarkets or coffee shops. According to CNN, researchers in the Harvard School of Public Health conducted a study that included more than 200,000 women and 50,000 men and found that coffee drinkers who drink between less than a cup of coffee and three cups a day are about 10 percent less likely to die from

heart disease. However, Sleep Education states that drinking coffee can have detrimental effects on your sleep, such as reducing the amount of sleep you have.

“Coffee helps when I am feeling stressed or tired; it makes me feel better and ready to go on with the rest of my day,” junior Aaron Carrillo said.

Additionally, according to the San Fran-

cisco Chronicle, drinking a single cup of strong coffee can improve your memory until the caffeine is fully out of your system.

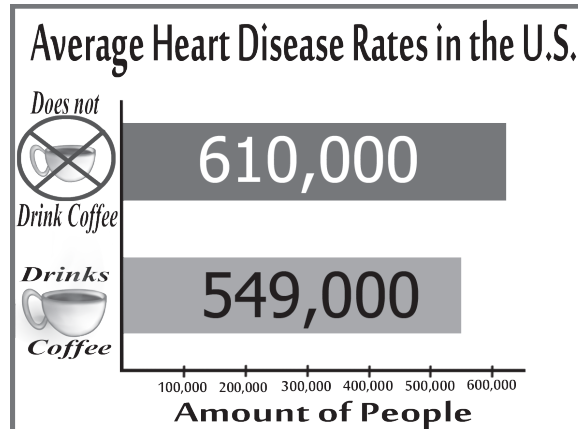
“Honestly coffee tastes good and when I do drink it; it wakes me up,” said sophomore Lindley Lee said.

Although there are benefits from drinking coffee, there are also harmful effects.

According to Kids Health, if a teenager begins drinking one cup of coffee a day, they begin needing higher dosages of caffeine to stay awake. This may lead to an addiction for drinking several cups of coffee a day.

“Drinking moderate amounts of coffee is okay. There are adult studies on how coffee can be beneficial but they are not reliable. I would recommend students to sleep more instead of relying on coffee because it causes weight problems and an unhealthy addiction to coffee,” AHS nurse Anita Man said.

**MOOR** graphic by **SAMMIE CHEN**



## Race for Freshman Council at Alhambra HS

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On Dec. 3-4, 2015, many freshmen made a decision. They thought as they looked through the options they could choose from. Finally, they made their decision and continued on with their lunch. The decision they made was the annual freshman council election.

The Freshman Council’s main goal throughout high school is to raise money until their junior year. During junior year the funds they have earned the last 3 years will go directly towards the annual Prom. After the money from Prom is earned, all the money is spent on the senior class gift.

This year, three people ran for president, while 18 candidates ran for council positions. Each candidate put in days worth of work to gather the support of their fellow classmates. Candidates made posters to put in classrooms, made announcements about

this election to their fellow classmates, and asked freshman students for their support. Some of them even stood by a voting station asking complete strangers to vote for them.

“I hope for [the council] to do something that will bring something fresh for the freshmen... [such as] some new events or ideas,” freshman Brian Liao said.

ASB advisor Tuan Pham announced the new freshman president, Nicole Hui. “I’m looking forward to encouraging more involvement of the freshmen around campus in spirit weeks, rallies, or fundraisers,” Hui said.

The rest of council consist of eight members: Alexandra Slusser-Banh, Connie Yu, Eva Luong, Genesis Salaveria, Kevin Wong, Roy Li, Ryan Chan and Tammy Diep.

“I’m very excited to work with the people in council [...] We’re really determined to have a great year and continue to help the school.” Freshman Council member Alexandra Slusser-Banh said.