

The NEXUS

Westview • 13500 Camino del Sur
San Diego, CA 92129
Tel: (858) 780-2000, ext. 3181
Fax: (858) 780-1584
Email: wvnexus@gmail.com

**Journalism Education Association/
National Scholastic Press Association**
Fall National Convention 2009, Fourth Place
Spring National Convention 2009, Fourth Place
Spring National Convention 2008, Third Place
Fall National Convention 2007, First Place
Spring National Convention 2007, First Place

**San Diego County Journalism
Education Association**
Grand Sweepstakes 2005-2008 First Place
Newspaper Sweepstakes 2006, 2007, First Place

San Diego Union Tribune
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National Scholastic Press Association
Pacemaker Finalist 2003, 2004, 2008, 2009
Pacemaker Winner 2003, 2008

Columbia Scholastic Press Association
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City efforts lagging, need charge up

Daniel Edwards
EDITOR IN CHIEF

For almost a decade now, the prospect of San Diego maintaining a football team has become progressively dimmer. The Chargers have been rumored to be looking as far away as San Antonio for a new stadium. Perhaps most importantly, for almost a decade now, the city and county of San Diego have failed to get it right.

Both have neglected to realize the true value of having an NFL team. Their efforts to keep the Bolts have been mediocre at best.

This disaster was exacerbated last week when the mayor of Escondido, Lori Holt Pfeiler, decided to appease San Diego Mayor Jerry Sanders, and momentarily postpone her city's preliminary plans to build a new stadium. Sanders had recently mentioned talks of putting San Diego back into the mix of cities where the Chargers could build a new stadium and advocated for a Petco Park-area piece of land to house the team.

This recent situation has shown us that the communication between

cities in the county and the Chargers must be better organized so that neither the Chargers, nor the potential host city, make any slip-ups in keeping the team here.

When you take a step back, it realistically seems as though the possibilities of where to construct a new stadium are endless. Theoretically, the county has at its disposal multiple sites that could be used.

But with compounding debt and rising building costs, no city, especially San Diego, is in any fiscal position to even partially finance a new stadium. But this is too important a situation for the county to let fall through the cracks.

Entrepreneurs in the City of Industry near Los Angeles have proposed a palatable solution to the Chargers: a completely privately funded stadium in attempts to court several NFL teams.

While people outside of San Diego seem to realize the value of a sports team, especially a football one, the benefits appear to be lost on much of San Diego County. Maintaining a Super Bowl-quality stadium allows for enormous revenues.

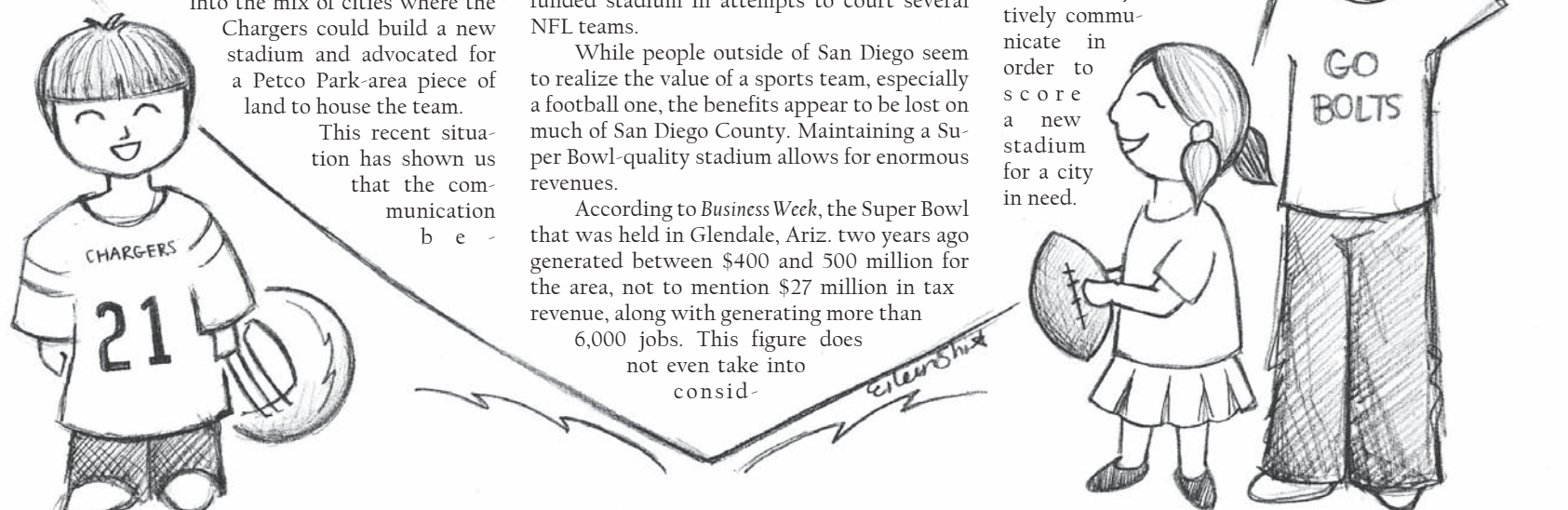
According to *Business Week*, the Super Bowl that was held in Glendale, Ariz. two years ago generated between \$400 and 500 million for the area, not to mention \$27 million in tax revenue, along with generating more than 6,000 jobs. This figure does not even take into consid-

eration other annual profits generated by attendance, concessions and parking costs throughout the season.

If nothing else, San Diego must hold on to the Chargers to maintain a sense of identity among citizens. Although San Diego is not necessarily known for its sports, and its citizens are not recognized as particularly rabid in their passion for their teams, maintaining an identity creates city pride, which helps foster an alluring image of itself, which could lead to attracting national and even international sporting events.

With the team's lease with the city terminating in 2011, these next couple of years are of pivotal importance.

The bottom line is that the team truly does want to stay in San Diego. The clock is winding down. It's up to the city and the county to find a way to effectively communicate in order to score a new stadium for a city in need.



Staff Editorial

18-year-old students entitled to rights, not admin's supervision

At Westview, when a student turns 18, they aren't automatically treated as an adult. Instead, in order to obtain their "18-Year-Old Rights," they must sign a contract, acquire their parents' signature on this contract and meet with an area administrator. At any point during this process, their rights may be denied.

While the school does this to ensure that irresponsible students are not abusing these rights, the school isn't necessarily in a position to deny such rights to a person whom the state of California recognizes as an adult. These rights include excusing absences and signing documents that would have otherwise been done by a parent or guardian.

It's understandable that the school doesn't want students skipping class to go surfing just because they now have the power to excuse themselves, but the choices these students make should be left completely to their discretion.

Knowing the consequences that come along with making poor choices are all the student really needs in order to make this decision.

The Westview 18-Year-Old Rights and Responsibilities contract states that "If at any time exercising your 18-year-old rights becomes a detriment to your education or is in conflict with school policy, a formal conference with the assistant principal will be held. During this conference, options will be discussed, such as suspension of 18-year-old-privileges or alternative educational avenues."

If the 18-year-old is presented with these consequences and still decides to abuse his rights, then action is understandable. But the initial process is where the controversy lies.

While these students are considered adults by law, they are still treated as a minor on campus.

Although the process to receive their rights on campus just requires a few signatures and proof of consistent attendance, what happens if a student's parent doesn't want to sign him off or a student has a negative relationship with his parent or guardian? Even more, what happens if the student isn't even living with his guardian anymore?

These may lie under the category of "exceptions" that the administrators assure will be strongly considered, but it shouldn't come to that. An 18-year-old must be treated the same way on campus as he is off campus. If he proves that these rights are too much for him to handle, the administration may then step in and take hold of the situation, but because of differing circumstances, the 18-Year-Old Rights should be granted to students the day of their 18th birthday.

It's not right to leave it up to an area administrator to decide whether or not a student's situation is worthy of granting these rights. For all they know, a student who may have had a rough attendance history will see their newfound rights as a way to prove their responsibility or a student has no choice but to break away from under their parents' wing. If they choose to continue their irresponsible past, an area administrator is then allowed to step in.

Doing this will further a student's sense of urgency and responsibility when they reach the age of legal adulthood and give them a chance to prove that they can handle these rights whether or not an area administrator sees them capable of doing so.

The NEXUS Mission Statement

The Nexus is an open forum for Westview students that aims to provide the public with information that follows standards of accuracy, ethics and professionalism. As a source of news, opinions and entertainment for its readers, The Nexus commits itself to impartiality and depth of coverage.

The Nexus is published by Journalism 2 students. All editorial decisions are made by the students with the guidance of adviser Jeff Wenger. The editorial board comprises of selected staff members, who write and select the staff editorial.

The opinions published in The Nexus do not necessarily represent those of the Westview administration or PUSD school board. When opinions of an individual are expressed, they are labeled as such. Letters to the editor must be signed as the opinion of the individual. The editors select submissions for print based on relevancy to readers, and they may be edited for space or content reasons.

Public unwisely trusts media H1N1 hype

Tim Kung
BUSINESS MANAGER

It's burdensome, but it's a decision that needs to be made. Health-related choices always present such a quandary. One such choice millions of Americans face is whether to receive the long anticipated H1N1 vaccine.

This decision has been strongly influenced by a sensationalist media that perpetuates swine flu hysteria, convincing its audiences to either rush into the hospital immediately for a vaccine or to reject the vaccine outright. Fear has been broadcast by every form of communication, leading to a lot of misinformation and poor decisions.

On one hand, some plaster critical and life-threatening cases over television screens everywhere. They cite the number of H1N1 deaths and call the virus an epidemic and a national crisis.

Take the case of Luke Duvall, recently publicized on *60 Minutes*. Duvall, at just 15 years old, found himself healthy one day and prostrate on a hospital gurney fighting for his life the next. Cases like this remain a terrifying possibility.

There have also been concerns about the vaccine's mercury-based preservative Thimerosal, and about the overall safety of the vaccine. Others wonder whether this year's vaccine will be like that of the 1970's, where 400 of the 40 million people who were vaccinated came down with a severe and usually fatal nervous system disorder called Guillain-Barré. Given that, anyone would think that receiving the vaccine is the most logical choice.

However, the epidemic is not as serious as some alarmists claim. Statistics show that 99 percent of all H1N1 cases result in normal flu-like symp-

toms, meaning little more than a few days of sniffles and chicken soup.

Moreover, the swine flu hype has been exaggerated by media personalities, to the point where viewers would rather contract the virus than take a chance on what they perceive to be the government's latest medical folly.

In light of the many millions of Americans who have contracted swine flu, the initial allure of an H1N1 vaccine is very tempting. But at the same time, getting the vaccine presents its own sets of risks for each person.

In order to make the right decision, do not be swept up into the wave of media doom-saying or be lulled into a sense of false security by pretentious cable television personalities. Take the initiative and become informed of the possible individual dangers. The effects of this vaccine will vary for different people.

THE H1N1 EPIDEMIC

- 22 million people in the U.S. have been infected with H1N1 from April to October 2009

- 98,000 people have been hospitalized for H1N1-related illnesses

- There have been 3,900 H1N1-related deaths in 2009

Sidebar by Eileen Shi
Source: cdc.gov

Carelessly entrusting one's wellbeing to media's speculation optimizes the chances for sickness, while remaining ignorant to the individual dangers of the vaccine to specific people can be just as hazardous. This is not to be taken lightly.

HIV-fearing blood banks blackball gays

Halie Albertson
STAFF WRITER

In hard times, shortages abound: food shortages, money shortages, clean air and water shortages, blood shortages to name a few.

Luckily, blood shortages can easily be remedied, as healthy people rebound quickly after blood donations. Blood transfusions can make the difference between life and death in certain situations, so it's highly encouraged by the Red Cross that everyone "give blood, give life" — but only heterosexuals.

Since 1983, homosexuals have been banned by the Food and Drug Administration (FDA) from donating blood, for fear that their donated blood will be HIV positive.

This practice dates back to the time when HIV/AIDS was thought to be a "gay disease". But now that Americans are becoming HIV-infected at the rate of 56,000 per year, it's clear that homosexuals are not the only ones affected. But, homosexuals are the only ones being discriminated against.

It's understandable that the FDA wants to limit the spread of HIV. Getting infected with HIV is devastating to everyday life and a national crisis.

But the truth is that the risk of getting HIV from a blood transfusion is one in two million, according to the American Cancer Society. And while eliminating even the slightest chance of infection is important to public health, alienating homosexuals from donating blood is not the way to go about it.

In fact, blood donated to blood banks is tested for HIV and other viruses. But if the donor has been infected within the past two weeks, he or she could still test negative for HIV.

If homosexuals are barred from donating blood because they are high-risk, what's stopping the FDA from doing the same to other groups with a high chance of infection?

While gays do have a higher chance of contracting HIV, stopping them from being able to donate blood is discriminatory. African-Americans are more susceptible to sickle-cell anemia, yet the FDA doesn't (and shouldn't) discriminate against them.

The FDA recently rejected the solution that the Red Cross and several blood-related organizations proposed: lift the lifetime ban on homosexuals who wish to donate blood, and instead impose a one-year deferral on high-risk donation candidates.

While still differentiating homosexuals from

the rest of the population, at the very least it offers a window for the deferred to get tested and prove they are not HIV positive.

In fact, if the FDA encouraged more frequent testing for anyone who is sexually active, more people would be aware of their HIV status and less people with HIV would donate blood.

Homosexuals in monogamous relationships are at a lower risk of HIV infection than heterosexuals with many sexual partners, yet homosexuals are the only ones being targeted. Sexually active straight people might slip under the radar based on their orientation, when they might in fact be infected. According to the Center for Disease Control, an estimated 25 percent of the HIV infected are unaware.

Nevertheless, one solution is clear. The FDA cannot reject people who genuinely want to make a positive impact on the lives of others. In fact, they should be encouraging them rather than discouraging them.

But what it comes down to is that despite health concerns, sexual orientation is private. And private matters shouldn't determine whether or not someone is allowed to help those in need by donating blood.

Calorie counts leave students hungry for more

USDA NUTRITION REQUIREMENTS FOR HIGH SCHOOL

BREAKFAST
CALORIES (KCAL): 615
PROTEIN (GM): 12
CALCIUM (MG): 300
IRON (MG): 3.4
FAT (GM): 20
SATURATED FAT (GM): 6

LUNCH
CALORIES (KCAL): 819
PROTEIN (GM): 16
CALCIUM (MG): 400
IRON (MG): 4.5
FAT (GM): 27
SATURATED FAT (GM): 9

Sidebar by Anna Mills and Halie Albertson
Source: powayusd.com

Anna Mills
STAFF WRITER

Obesity has been a big concern of the nation for the past several years. Many schools have instituted food requirements for school lunches and breakfasts, for example, ridding the school from soda and sugary items. But schools have begun cracking down even more on the calorie, vitamin, protein and fat content of cafeteria food.

There are three different sets of nutritional requirements one for preschool, one for elementary school and one for middle and high schools students. Although this may seem beneficial to the students of the school, imposing the requirements on high school students is a bit extreme.

This is not to say that schools need to reintroduce sugary and fatty foods back into the menus but limiting what students actually are able to eat is counterproductive.

In high school, students are granted the opportunity to choose their own classes, learn to drive, apply for college and essentially begin living like an

adult. With all this responsibility selecting what students eat in high school is a minor part compared to these.

Yet schools do not permit the freedom for students to choose what they want to eat. As high school students we will soon be reaching adulthood where every choice made is our own. If our choices are limited to 100 Calorie Packs and Vitamin Water then the chance to learn what foods should be chosen is lost.

Dieting and eating healthy is a personal choice that each individual student needs to make without the influence of the school. As teenagers, students need to start learning how to best take care of them and they cannot properly do that with the school forcing healthy foods down their throats.

We are forced to eat healthy foods, but forcing us does not teach us that eating healthy is the best thing to do. By learning from mistakes students will be able to make better choices in the future.

Furthermore, with these calorie limits in place, the minimal number of calories allowed does not provide very

much sustenance to a developing teenager.

The health requirement for schools states that for breakfast the weekly average of calories must be 615 while lunch the must be 819. This means that if a student were to eat the breakfast or lunch every day the average calorie amount would have to be around that amount. Unfortunately, the average teenager burns around 2000 calories a day without even exercising.

Proponents of the calorie limits would say that students need to bring snacks to get them through the day. But that seems counter-productive. If students bring all these snacks to supplement the calories not being supplied by the school food then they are still eating an increased number of calories. This defeats the purpose of attempting to get teens to eat healthier.

Instead of capping the amount of calories the school needs to provide a reasonable variety of nutritional and tasty meals that would allow students to gain the needed calories and choose what they want to eat. It is their body and their life.