

The Poly Optimist

John H. Francis Polytechnic High School

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SEPTEMBER 2008

Vote '08 Dishing the Dirt

By Angel Silva
Staff Writer

In any competition, the main objective is to get an advantage over your opponent.

In politics, it's no different.

For months, Democrats and Republicans cracked down on each candidate, picking out the "bad" in them.

After Democratic nominee Barack Obama visited Berlin, the Republicans released an ad portraying Obama as a celebrity rather than a political candidate that can be taken seriously.

The ad, dubbed "Celeb," highlighted the Republican charge that Obama has no substance, a theme Republican nominee John McCain has been trying to emphasize while campaigning.

The Democrats have also attacked McCain, mainly trying to cast the Republican as an elitist and a supporter of President George W. Bush.

Hours after McCain told reporters he didn't know how many homes he and his multimillionaire wife own, the Democrats ran an ad aimed at portraying McCain as wealthy and out of touch with voters.

More recently, Republican ads have attacked Obama for choosing Senator Joe Biden of Delaware as his running mate instead of Hillary Rodham Clinton. The ad questions Obama's motives in choosing Biden over his former top rival, when Biden dropped out of the presidential contest after a poor showing in the Iowa Democratic caucuses on January 3, 2008.

These ads may have already influenced voters. According to a Los Angeles Times/Bloomberg poll, after several weeks of "Obama-bashing" by the Republicans, Obama's 12-percent lead is down to two percent.

Dishing the dirt still seems to work.



Lady Parrot Gloria Marin dances the ballet folklorico.

Photo by Michael Obando

Parrots Have STAR Quality

By Angel Silva
Staff Writer

Scores from the 2008 California Standardized Test are in and Poly did better than before.

"Last year 84 percent of ninth graders scored Far Below Basic. This year, 39 percent of ninth graders were Far Below Basic," said interim principal Gerardo Loera. "We are showing significant improvement in different areas on the CST."

Poly has been doing better each year.

"Poly has been in an upward climb for seven years straight," said Loera.

According to Loera, the upward trend in these scores is a result of the effort the Poly community has put into working with students.

"We've had a greater refinement of curriculum,

instructional strategy, better use of assessment data and an overall coming together of staff, students, and parents," said Loera. "I wouldn't put (this success) on a single person - it's on the whole school."

Loera wants to see Poly High as a potential role model for other schools in LAUSD.

"We're getting there," Loera said. "We have the momentum

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More Than a Marathon

By Karinina Cruz
Staff Writer

Poly students who are training to run the Los Angeles Marathon with Social Studies teacher coach Chante Calzada may think it's just a race. But Calzada sees the event as more than sweat and smiles.

"It is a race against you and not with anyone else," Calzada says, "and it makes the students realize their limitations. What's empowering is to overcome those limitations and take it and apply it to school. They ask themselves 'What do I have to do in order to improve?'"

Poly teachers Erin Hunt and Katrina Kalatzis are Calzada's assistant coaches.

"We practice everyday at the softball field at 3:15 pm," said Calzada. "Students have to attend at least two practices out of five a week to work on conditioning."

With months before next March's marathon, Calzada plans to increase her students' run a mile a week in order to improve stamina.

"The longer you run, the

[See Training, Page 6]

New Baida Menu Launch

Master chef Mark Baida's Signature Series a summer hit at Poly.

By Juan Aragon
Staff Writer

The Los Angeles Unified School District is trying to change the image as well as the food it serves at lunch, so they hired Mark Baida last year as their first-ever executive chef.

Baida worked in five-diamond establishments and five-star hotels as a young chef before moving to the University of Southern California (USC), where he helped the school develop one of the country's top college foodservices, according to Food Management, an industry website.

For LAUSD, Baida has created a series of new menu items called the Chef's Signature Series. They are designed to be limited-time



Internet Photo

TASTY: Master chef Mark Baida promises Parrots will have food that looks better and tastes better too.

offers of specially developed menu items. The emphasis is on packaging, taste, smell, colors and textures.

Signature Series items appeared at Poly cafeteria beginning July 14.

"He is trying to change the whole look of the food," said Evelin Galvez, Poly's cafeteria manager. "He is trying to make the menu more appetizing to the kids, healthier and more appealing."

"The current menu is for year-round schools," Galvez said. "This menu is only for the summer. All the schools from LAUSD are going to have the same items. If you are in East LA or in the Valley, the schools will serve the same items."

"It's like a transitional menu. They want to change the system to get the kids to eat and have energy to do a better job in school. Baida is trying to make the food more eye-appealing."

To ensure eye appeal, food

[See Baida, Page 6]



Something in the water?

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Air Powered

See Rollin' | Page 7

LETTERS TO THE EDITOR



FEEDBACK

Comments on student violence.

What most interests me in The OPTIMIST was the article that talks about ending violence in school. This article inspired me in seeing that violence causes pain and losses. I believe that this article will make people think about their loss and will try to prevent this from happening.

ERNESTINA GARCIA [I1TH]

You know what. No matter what we do, there's always violence. We could try to stop it but it will never end. Maybe if we had more security and cameras. Be more strict.

LILIANA BENAVIDEZ [I2TH]

Security should be even more strict with students that have been causing a lot of problems. Also, they should be more attentive to what strange things the students are doing so the students could not get into fights. And do more exercise in school to keep them busy.

MAIRA REYES [I2TH]

I don't think anybody can change the violence. If the person doesn't want to change, nobody can change them.

The school can do whatever they want to lay off the appearances, but unless the student changes, nobody can change.

DIANA JAUREGUI [I1TH]

I believe that we can start support groups to help students keep off the streets and out of gangs. Or we can hold a parents/teacher meeting to actually inform the parents of the students.

ANTONIO NUNEZ [I1TH]

I don't think there is anything we could do because some people don't understand what violence and gangs are doing to the people in this society and how it is affecting us. All we can do is never be alone and hang out with people that cannot be harmful to our lives.

GUADALUPE HERNANDEZ [I1TH]

It seems talking things out is no longer a reasonable solution. Kids now just resort directly to violence. I personally think it starts at home. When all you are exposed to in your

household is violence, abuse (verbal or physical), or constant substance use, it can disrupt adolescents mentally and emotionally.

JANEL BISNAR [I2TH]

I believe students shouldn't be outside their homes past midnight and if they are, to be with an adult. Never talk to strangers and stay in an area that you know will be safe.

JANET RODRIGUEZ [I1TH]

I think we really can't do anything to stop the violence. Students are pretty much responsible for themselves outside of school. Maybe if these house parties stop and gangs stop, maybe violence will be lower.

JAHAIRA GUTIERREZ [I2TH]

We should have fun activities mixing all students. That way they get to know each other. For instance, during lunch we can keep having games and prizes so people can participate or have something to look at.

KARINA CASTINEDA [I2TH]

FEEDBACK

Comments on our August issue.

I like the article about the new school across the street from us. That school looks a lot nicer than ours. They have a very nice gym.

ABILIO ROMERO [I2TH]

What I like about this edition is that it's good that Poly teachers are being recognized, and to influence students to keep learning and having the desire to learn.

GUADALUPE ROMERO [I2TH]

Being one of the best school papers in the nation, I really enjoyed reading the OPTIMIST. Unlike all the boring things I've read before, the OPTIMIST includes some pretty interesting articles. The paper keeps me informed about what goes on at school and even the presidential election.

EDWIN CORDON [I2TH]

I really like the fact that it updates you. It tells you things that Poly doesn't know. There's also things that make me laugh, like the Senior Dinner cartoon. I just love to read about what's going on in Poly.

LILIANA BENAVIDEZ [I2TH]

I like the article that Poly's math teacher has been recognized. Also the sudoku time along with the comics.

LILIAN VENEGAS [I0TH]

I think this edition is very informative.

It gives students more information about the new school. Also, the "Dark Knight" section was entertaining because of the fact that a lot of people like that movie.

DIANA JAUREGUI [I1TH]

Well, I think it's nice that we not only have information of our school but information of our surroundings like the new Byrd, or upcoming stars, etc.

ANTONIO NUNES [I1TH]

What I like about the OPTIMIST is that it provides a lot of information about the students in the school. The OPTIMIST is filled with a lot of kids that speak their mind and truthful facts that go around this school and society.

GUADALUPE HERNANDEZ [I1TH]

I really don't like it. I'm only interested in the new school pictures. Why didn't they put information about the boy who got shot in the valley?

BRENDA NAVARETE [I2TH]

The OPTIMIST is doing a great job I would say. I don't think I can do better. You provide information on different sports and activities but I would like to see little more of what other schools are doing different that makes them better.

CHRISTINA GARCIA [I2TH]

What I like about the Poly OPTIMIST is that it is something different every month. You guys bring out good pics and important facts.

YEUTL BUSTAMANTE [I2TH]

All the information it gave about Byrd Middle School. I think everyone was curious in what was going on and how it turned out. Great job guys! Dope Batman section! Woot woot!

LINDA FUENTES [I2TH]

I like the fact it's very descriptive on their pictures and it shows things that some of us weren't quite aware of. Plus the writing is very well written. It makes people want to join the Poly OPTIMIST and it also makes Poly students look good.

ALMA ROSIAS [I1TH]

It's written very nice. I like the way photographers take pictures for the OPTIMIST. What I like more is that we, the students, teachers, counselors or principal, come out in the OPTIMIST. I feel "Famous."

RUBEN HERRERA [I2TH]

This month's paper was good. You guys gave us the new scoop of the new school. It's nice to know about Ms. Showalter's singing class. You guys have good ideas.

ANDREA CAZARES [I2TH]

The Olympics: Sport or Politics?

The Olympics are supposed to bring the world together, if only for a moment-putting aside feuds, wars, and politics in a series of sporting events anyone around the world can enjoy.

Of course, there are problems in worldwide events everywhere.

The Olympics have been a target for politics since 1936, where German athlete Luz Long helped James Cleveland "Jesse" Owens, an African-American athlete, win a gold medal in the Long Jump-despite the fact that Germany was under Nazi control at that time.

This year is no different.

In the previous months, several protests have taken place worldwide against the 2008 Beijing Olympic Games, attacking China's involvement in Tibet, Darfur, and Burma. Some of these protests have actually erupted into violent clashes, threatening the lives of people around the world.

To counter these problems, China has taken severe mea-

sures, such as deportation of foreigners and even a ban on the popular video website YouTube.

Is this what the Olympics have come to?

What happened to the unity that the Olympics bring to the worldwide community? Are the Olympics doomed to be the bulletin board for the world's problems?

What I'm trying to say is that we should let the Olympics be about sports and deal with

world problems in another time and place. How do people want China to clean up its act when the aftereffects of protests are making the mess? It just doesn't make sense.

The Olympics were originally revived by Pierre de Coubertin, who sought a way to bring nations closer together and to have the youth of the world compete in sports, rather than fight in war. It's time to let the Olympics do their job-to unite the world-and do the protesting somewhere else.



Beijing 2008



THE OPTIMIST

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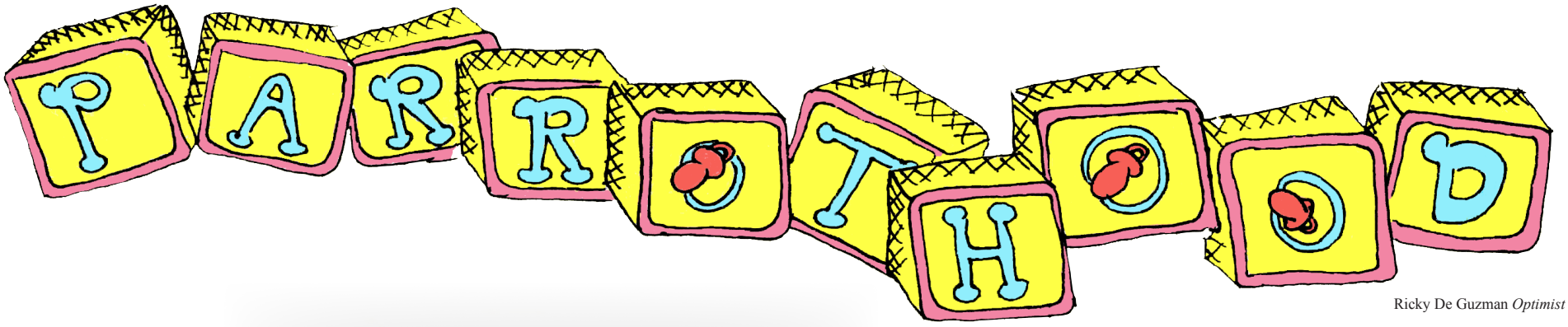
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EDITORIAL POLICY

The OPTIMIST is the voice of the Poly community and accepts the responsibilities of a free press. The OPTIMIST follows the Code of Ethics for the Society of Professional Journalists. Editorials are the opinions of the staff writers.

LETTERS

Letters to the Editor must be typed or neatly printed in ink and include the writer's signature. The OPTIMIST reserves the right to edit submissions. Send letters to Rm.11 or Mr. Blau's box.



Ricky De Guzman Optimist

The Maadaniyan-Boyadjians

BOY/GIRL: Twin boys Vincent and Marcus

BIRTHDAY: April 1st

NAME GAME: Vincent from Vincent Van Gogh & Marcus from Marcus Aurelius

MOM: Aleen Maadaniyan-Boyadjian

DAD: Sarkis Boyadjian

"He does a lot. He feeds them, takes them out, walks them and changes them of course."

DAD DOES: He's a diamond setter.



SIBLINGS: "These are my first."

PETS: "There is my sister's puppy. He's a multi-poo. He's very picky and doesn't socialize much, but he does like the babies. He takes care of them and sniffs their feet."

SAY WHA?: "They both made my life very beautiful and meaningful. As long as I have them they make me forget about everything that bothers me. They make me laugh a lot."

The Machados

BOY/GIRL: Girl — Mayeli

BIRTHDAY: February 1st

NAME GAME: "Ma"-dad (Mario) "Ye"-mom (Yesenia) "Li"-grandma (Lila)

MOM: Yesenia Pleitez



DAD: Mario Machado.

"He reads to her, plays, except when crying, walks, baths, changes, feeds."

DAD DOES: Electrician

SIBLINGS: First child

PETS: one dog, "Co-qui," a female chow chow.

"They get along well. Gets attention from mother when baby cries, she takes care of her."

SAY WHA?: "It's great, what people said about being a parent, nothing compares to what they told me."

The Cansinos

BOY/GIRL: Girl — Victoria

NAME GAME: Old-fashioned name. "I have always loved that name."

BIRTHDAY: May 2nd but was supposed to be due on may 10th

DAD: Marlow Martinez.

"He does a lot, from bathing them, changing diapers, everything a father would do."

DAD DOES: He's a painter.

SIBLINGS: Four-year old Rebecca.

PETS: A golden retriever.

"She's very patient with my daughter. She can pull her tail and won't do anything about it."



SAY WHA?: "Both of my daughters complete my life."

The Jeppsons



BOY/GIRL: Boy — Ethan Nyal

BIRTHDAY: Mother's day

NAME GAME: "His godmother named him Ethan and Nyal means champion. It was in a spur of the moment. We chose between a couple of names."

MOM: Leticia Sandoval Jeppson.

MOM DOES: She's a teacher.

SIBLINGS: Emma Grace Jeppson and she's about to be three.

PETS: Two, a brown lab named Raisin and a black lab named Sombra.

SAY WHA?: "Each dog represents a kid. Sombra represents Ethan and Raisin represents Emma."

The Loeras

BOY/GIRL: Boy — Diego Andres

NAME GAME: Looked online for names that were easy to pronounce

BIRTHDAY: April 8th-4 months on August 8th

DAD: Gerardo Loera.

"Everything a father should be doing."

SIBLINGS: Three-year old Alina Rene.

MOM: Gladys Loera

MOM DOES: Obstetrician-gynecologist at Kaiser Permanente in Los Angeles(Hollywood)

PETS: "Had a scarlet McCaw (parrot) for 10 years and I gave it to Dr. Martinez to temporarily add to her collection of birds. I will ultimately get it back in a couple years."

SAY WHA?:

"Alina is excited for Diego to grow up so he can become her dance partner."

The Placencias

BOY/GIRL: We're going to find out in the fifth month.

DUE DATE: February 4th

NAME GAME: Haven't thought of the name yet. Waiting to see what the gender is.

MOM: Jessica Placencia

DAD: Ulises Placencia

"He helps a lot with the chores. He baby-sits, picking up the older daughter and he cooks."

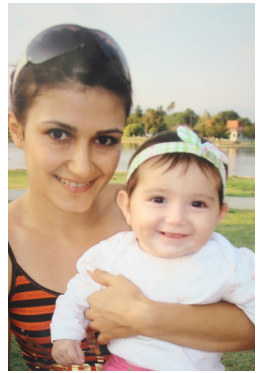
DAD DOES: he's a construction worker.

SIBLINGS: Four-year old Icel. It means "the only one."

PETS: Her name is Matilda.

"She gets along with Icel and hopefully she gets along with the newborn. The dog is hyper, along with my daughter so they get along fine."

The Khachoyans



BOY/GIRL: Girl — Leana

NAME GAME: We wanted a short name and pronounceable. Her name was going to be Lilliana

BIRTHDAY: January 2nd

MOM: Gayane Tarakchyan

DAD: George Khachoyan.

"He does a lot, helps at night, feeds her, changes, and plays with her. We take turns doing that."

DAD DOES: Banker at B of A at the Pasadena Premiere Center.

SIBLINGS: "Arthur is two years and nine months."

PETS: None. Can't have pets when you have kids.

SAY WHA?: "She's different, delicate, witty, a little bit more naughtiness that's different from her brother. With second child you tend to skip details that were done to the first child."



Compiled by Isabella Caba-

PARROTS

MAYAN MODERN

By Jocelyn Alas
Staff Writer

Guatemala is rich with Mayan history, its grand cities left behind as beautiful ruins for all to see. Everywhere Jarifunas and other ancient Mayan languages can be heard from indigenous people throughout cities like Huehuetenango.

Welcoming “Hola[s]!” and “Entren!” greet the visitors of Antigua Guatemala, where ancient ruins date as far back as the 1500’s. Today it is a popular tourist area, with its various shops and food stalls. All the shopkeepers are friendly and inviting and many speak English. Hagglng is a must, and often expected. Without it, the shopping isn’t an authentic local experience.

Local teens do the same as their counterparts in the U.S. — go to the movies or bowl at the local malls.

Outdoor demonstrations of cloth weaving fill the streets. Traditional huipils (blouses) and corteses (skirts) are made with incredible detail and remarkable diligence. Crisp corn, juicy fruits and fresh plantains are important sources of local income.

About an hour away lies the vibrantly green city of Milpas Altas. Of all the farmlands of Guatemala, Milpas Altas’s rich soil produces the most delicious fruits in the country. The trees, plants, flowers, and grass have such a vivid aroma and color that one is easily mesmerized by the surroundings. The city’s ambience is tranquil and unperturbed, the perfect cure for the stresses of modern living.

However, for a true Guatemalan experience, the Central Market, in the middle of Guatemala City, is the place to be. Every possible type of Guatemalan art and keepsake is assembled here. There are sculptures that depict ancient Mayan folklore and art on canvases, jugs and even etched into various lengths of tree bark. Countless key chains and small decorative pieces display the spirit of Guatemala, many of them amusing and even provocative.

Handmade jewelry like earrings and necklaces are put together with beautiful stones and gems. Bracelets, table covers, purses, and even hammocks are woven with the same skillful method as the traditional huipils.

Throughout the city, the aroma of delectable tamales, pepian, tostadas, and kakik (turkey stew) continually wafts through the air. There is hardly a day when the striking scent of Guatemalan food doesn’t work its magic.

Guatemala’s topography is stunning, with its low valleys and coastlines giving way to majestic moun-

tain ridges. The small country has many climate zones, but most are variations on the wet/dry divide common to the tropics. From May to October, frequent rain makes travel difficult. The winds are strong and the skies are filled with gray. The rain is constant and heavy. When the dry season arrives, the farmers work the fields under clear blue skies. Yet even in the dry season, some rain isn’t unexpected.

This tropical climate supplies the proper environment for the country’s luscious terrain.

Much of Guatemala is agricultural, and people labor

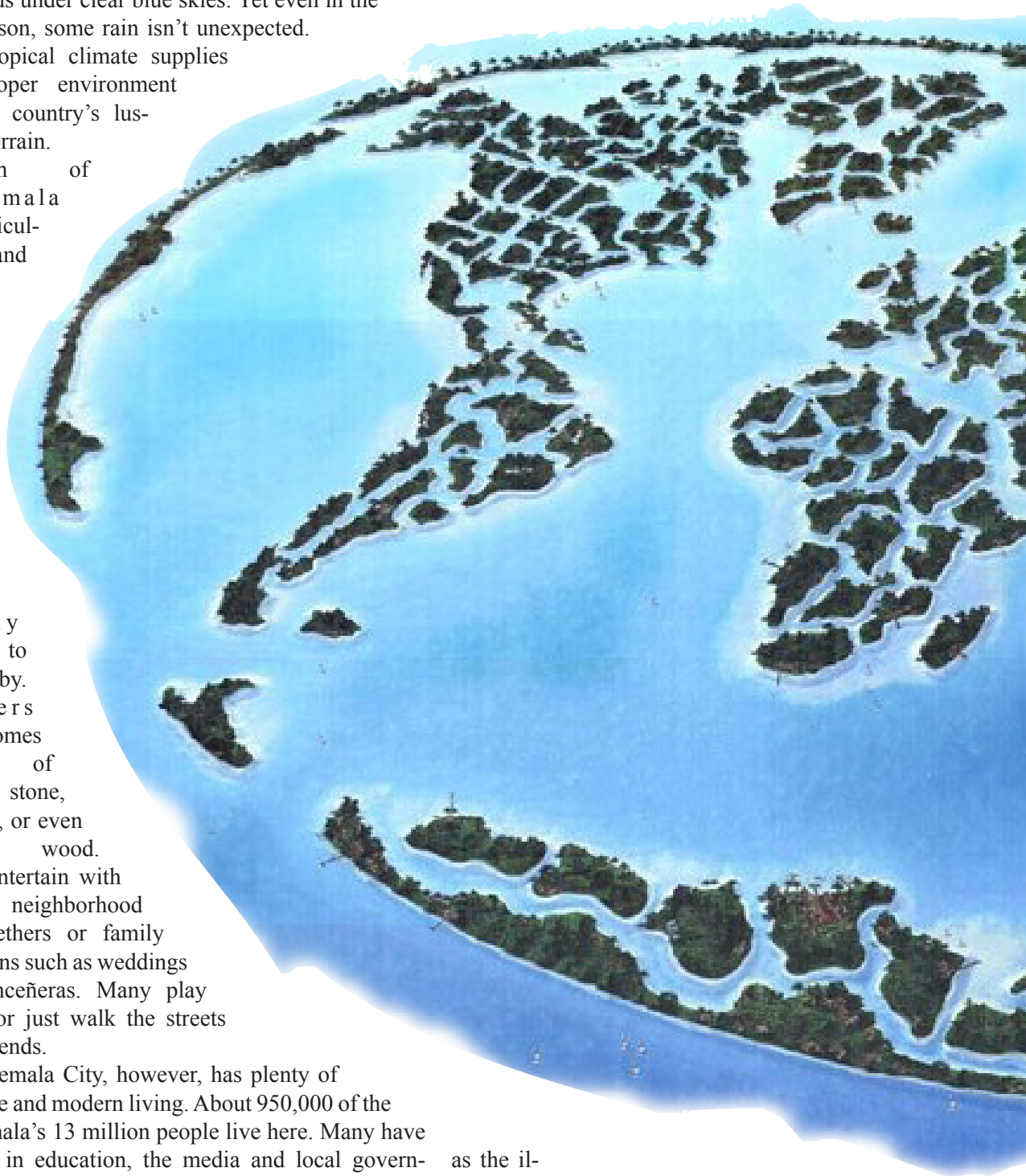
strenuously just to get by. Farmers have homes made of adobe, stone, pumice, or even simple wood. They entertain with small neighborhood get-togethers or family occasions such as weddings or quinceñeras. Many play sports or just walk the streets with friends.

Guatemala City, however, has plenty of nightlife and modern living. About 950,000 of the Guatemala’s 13 million people live here. Many have careers in education, the media and local government. Teens do the same as their counterparts in the U.S. - go to the movies or bowl at the local malls.

They also share the same apprehension for school. Most schools require a traditional plaid uniform and last from about 8:00 am to 1:00 pm. Unlike the U.S., only the elementary and junior high levels of school are free. From there, la secundaria, the high school equivalent, requires tuition. Graduates receive a bachelor’s degree in their specific career focus. After high school, many young people become teachers, work for the government or go on to the local university.

Since 1821, Guatemala has been a thriving inde-

pendent republic. Last November, Alvaro Colom became the new head of state, defeating General Otto Perez Molina of the conservative Patriot Party. Under Colom, the National Union of Hope party has fought to reduce Guatemala’s high crime rate as well



as the illegal emigration of Guatemalans to the United States.

One of Colom’s main goals is to end corruption. He wants to clean the streets and fix up Guatemala’s neighborhoods. The new government reveres the rich history and culture of Guatemala but understands that the nation must have modern policies to flourish.

With its diverse culture, Guatemala maintains its ancient customs even as it continues to modernize. From the raw farmlands to the booming, commercialized cities, old and new worlds live side by side, each depending on the other for prosperity.

Poly’s student body represents a diversity of cultures and experiences. These pages feature stories about other places on the planet, written by or about those who have been there.

ABROAD

The Kid with the Grin

By Graciela Padilla
Staff Writer

We were waiting at the airport for about five hours. We were to depart to Guadalajara at 2 p.m. The wait was horrible, and it was a great pain to get through customs and security.

On the flight, a little kid was seated in front of us, and he cried for two hours. When he finally

8 p.m. It still had bumpy unpaved roads, lots of dirt, people walking around as if it was midday. The smell of corn, onion, and meat filled the air, the odor of wet earth.

The houses are colors you would never imagine on American houses: dark purple, fuchsia, bright orange. Pirated and cheap novelties occupy stores' shelves. Kids alone and unsupervised at night. It reminded me of when I was running unsupervised, singing folklore songs and listen to myths like La Llorona.

We arrived at my great-grandmother's house and just collapsed, exhausted, on our beds.

When I awoke, my aunts had already prepared breakfast; they had been awake since five. That day, we just walked the streets. Judging from how many people greeted my parents, I realized that they knew the whole town and the majority knew me. They were amazed a n d

baffled at how I'd grown so "big and beautiful," as they said.

After I greeted my mother's side of the family, I was

stuffed with food. Pozole, tacos, bread, beans, rice, tortillas, Birria; everything home-made and brought freshly from the fields. The food tasted funny at first, and then I realized it was because I was eating without preservatives.

For most of my trip I was stuck home, swarmed by relatives that didn't even look related, all asking me questions. What's it like up north? How'd you grow so big? How do you say this in English? (Bad words, of course.) It was really an awkward interview-session type of thing, with most of my replies being less than five words.

The highlights of my trip were going to the movies, and my last day there.

I had such an urge to see "The Dark Knight," the new Batman movie that I decided to go to the movie theaters in Mexico. I was amazed that they have our same technology, if not better. The only difference between here and there was that I paid \$4 to see a movie, not \$10.

On my last day in Zalatitan, I felt like I was dying.

I had gotten food poisoning and been sick for about a week, my last week, and I thought I wasn't going to make it back. I had body aches, fever, vomiting, and my stomach felt like it had taken a second job as a punching bag and now it was covered in bruises. I was writhing in pain, in bed with a basket next to me recently lined with vomit. My mother would come in to check my temperature and reassure me I was going to be fine.

My cousins decided that my new nickname was "pregnant grandma." They said the name came from the way I would hold my stomach and how old and horrible I looked ill.

My last day there, I tried venturing outside. I was going to need to walk to my plane anyway. I was walking slowly, still holding my aching stomach until I got tired and sat on a bench.

When one of my cousins saw me, he came over and gave me a B.B. gun. He said it was so I could shoot things and not get bored. I was shooting at a tree above me when I looked down and noticed the kids playing in front of me. One of them had stopped playing and was staring at me.

He had long, dirty blonde hair. I guess his mom didn't have enough money for a haircut, or scissors. Wearing dirty hand-me-downs that looked like they clung to him by their final threads, he needed a shower badly, but you could make out a pretty little face behind the grime.

I took the B.B.s out and pointed the gun at him, then I turned it around and told him that he could have it. A smile appeared on his face and he said "Really?! Thanks!" with the most adorable, toothy grin I'd seen in my life.

"The houses are colors you would never imagine on American houses: dark purple, fuchsia, bright orange."

I went back inside as the kid left and went to sleep. When I woke up, it was afternoon. I decided I'd try walking again and stepped outside. The kids were still playing, only this time it was cops and robbers, because they had acquired a play gun.

The little kid saw me, stopped the game, pointed at the gun and pointed at me. Then he waved at me and continued playing.

I felt like I had had a religious experience. I felt like I had fulfilled my life's purpose and I could die from my food poisoning in peace.

That was what made my trip worthwhile and memorable, helping that kid.



did quiet down, his mom traded him the window seat. He started to bawl again. I was listening to music and he was so loud, I still heard him.

The arrival was normal—people pushing to get out, impatient kids, stewardess telling you to please keep your seat. We got through customs pretty quickly this time, which seemed weird, because they usually ask for five different passports, visas, and permits to get through. We passed the gate with all our luggage and looked for my uncle.

I was pleased that the town hadn't changed a bit. It still looked like it did when I was a little girl, even at

She's A California Girl Now

By Hazel Kasusky
Staff Writer

Being the new kid in high school is hard enough, but coming from another country, with little knowledge of the English language, makes the transition even more difficult.

Poly junior Duaa Ma'ayah, who traveled from Al-Huasyn, Jordan to Los Angeles, California a year ago to join her father and two sisters, seems to have done quite well.

"You can accomplish anything if you believe you can do it," she said.

Poly, of course, is a little bit different than Dalia's former school in Jordan. There, uniforms were mandatory and any signs of rebellion, like makeup or unusual hairdos, were prohibited. Teachers paid little attention to failing students.

Dalia found that Poly does just the opposite.

"The teachers here want you to pass the class," she said.

When Dalia first enrolled at Poly, she took ESL classes and loved it.

"When I finished ESL, I was really sad," Dalia said. "I was happy because I was going to be in regular English, of course. But the way that ESL teachers teach us--they help us a lot. The class all had one goal: we all wanted to learn English. We all wanted to get better."

Dalia has also been exploring new artistic endeavors, such as music and dance.

"I tried playing the piano, well the keyboard, but I didn't like it," Dalia said.

What she does enjoy, however, is belly dancing. Dalia and her friends, with the help of her sister, have begun a belly dancing club at Poly.

"I want to try to do an announcement for whoever wants to join," Dalia said. "Me and my friends are planning on how we are going to practice."

Dalia's diet still includes lots of Jordanian foods like duuali and mnasife. Duuali is a dish of rice and meat wrapped in grape leaves. Mnasife is a dish of rice with yogurt as soup and plenty of nuts and meat.

"We go to Sunland Produce," Dalia said. "It's an Arabic store. We always go to the one in Northridge because it's bigger. I feel happy. Everything's in Arabic--the newspaper's Arabic. You can just grab one and read it. It's different."

"I don't really care about the other stuff. But the things that I want, like my favorite chocolate, my favorite candy, I can't find it," she said.

Her father and sister are currently visiting Jordan. Dalia too would like to return to visit her family there.

"It isn't the same, talking to them on the phone, you know," she said. "You can't hug a person by phone."

As the youngest of her siblings, she is glad she came to the United States.

"My family tells me that they're proud of me," Ma'ayah said. "It feels like the best thing in the world."

College Journal

By Belle Tadena
Layout Editor

In my previous years at Poly, I never truly realized the how much I have to do to get into a "proper" college.

Admission requirements always depend on the college the student is applying to.

Some seniors choose private colleges or the UCs, where test requirements and results are high. Some colleges, like CSUN, only require applicants to take the SAT Reasoning or the ACT.

I registered for the SAT Reasoning and the SAT Subject, as well as the ACT long before the deadlines to ensure my appointment. Since I'm a senior, I'll need to

finish as much as I can as early as I can.

College representatives often visit the Poly campus or other campuses where orientations are held. These conferences are beneficial since the representatives provide insights on their school.

APs start in September, some start on November. This means that along with my extracurricular activities, I'll have to do well on the AP Tests. I'll have to study hard everyday to prepare.

This year, my most important and long-term goal is to master time management. This will not only be useful for me for my senior year, but it'll be of great use during college.

Money is also an issue. All colleges have fees to pay and many times tuition

is high.

Most college students apply for financial aid provided by their school. They also apply for scholarships and grants offered by organizations. Many students apply for the FAFSA, a government financial aid/grant that doesn't have to be repaid.

Seniors should visit the College Office at least once a week to check on available scholarships or check the Poly website. Other websites give information about scholarships offered to all students by various organizations.

Keep a look out for scholarships. There's always college money available for students.

Baida Menu

[Menu, from Page 1]

preparers are given a picture and a recipe for each new item, along with step-by-step instructions on how to prepare and present the food.

Some of the items are more difficult to prepare than others, said Galvez, who recently tried some of the items on Baida's menu.

"Monday I tried the Grilled Chicken Sourdough Sandwich," Galvez said. "I also tried the Chicken Caesar Wrap. The chicken is very delicious, like what you would get at a deli or one of those restaurants that are very fancy. It's the same way."

The first Baida recipe, a Chicken Italiano Melt, launched in April.

"This is something I would sit down and eat," Baida said of his creation. "It's got that wow."

"We have to go back to making people love food."

"Down the line I want to try things like dim sum and room service to classrooms. Because this is such a diverse district, I also want to talk with parents about dishes they make at home and see if some of those can be adapted to our program as well. I also want to develop menus — and perhaps even a coffee program — for the faculty. They have a very tough job and they are often forgotten."

Baida, 39, grew up in Philadelphia and Miami, moving to Southern California as a teenager. He went to North Hollywood High and brought his own lunch.

Galvez, who has been at Poly for four years, previously worked at North Hollywood High.

Material from the following website was also used to prepare this story: http://food-management.com/business_topics/menu_cuisine/new_chef_school/

PARROTS IN TRAINING

[Marathon, from Page 1]

more your energy is depleted," said Calzada. "During one of the marathons, my 22nd mile was difficult. My right knee gave out and I practically crawled the next four miles for two hours."

However showing up to practice is not mandatory.

"Although I take roll, it does not count against them when they do not show up to practice," said Calzada.

Conditioning is not enough, Calzada says. A healthy diet is an important aspect of running.

"They have to be eating carbs to burn sugar," said Calzada. "They also need to have protein to avoid the body stealing energy from the bones."

But running a marathon has

more than just health benefits, Calzada says.

"The objective is to give students an outlet, to take them from a short term goal like completing a marathon to reaching a broader goal like completing an education."

Students take on responsibilities like showing up to practice on time.

"The whole thing is connected to school responsibility and self-discipline," said Calzada.

Thanks to non-profit Students Run LA, Poly students are able to run the marathon without spending much money.

"They provide students with clothes, running shoes and all expenses except transportation," said Calzada.

Entrance fees for the LA

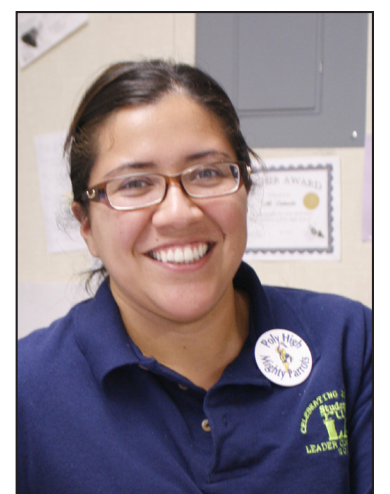


Photo by Michael Obando
COACH: Runner Chante Calzada conditions Parrots.

marathon are \$90-100 because the marathon committee has to shut down streets.

"There are nine different races in the marathon that can easily cost over \$500 if students run without Students Run LA," said Calzada.

TECHNOLOGY



Rollin' on Air

The first non-electric clean car will arrive in U.S. late 2009.

By Angel Silva
Staff Writer

In today's world, where gas guzzles half of the average layman's paycheck, a car can waste more money than a teenager's cell phone bill.

That may be about to change.

An efficient, non-electric, environmentally-friendly method of transportation developed by Motor Development International (MDI), is headed to the U.S.

Representatives for MDI Zero Pollution Motors (ZPM) expect to produce the Air Car, the world's first air-powered car for the United States.

The Air Car runs on compressed air, leaving only pure

air in its tailpipe. Before compression, the air is run through carbon filters to eliminate impurities that could reduce engine performance. Therefore, the air expelled from the tail pipe is actually cleaner than the air used to fill the tank.

At speeds over 35 MPH, the Compressed Air Vehicle uses small amounts of fuel to heat air inside a heating chamber as it enters the engine. This process produces emissions of only 0.141lbs of CO2 per mile — 4 times less than gas-powered vehicles and more than two times less than the cleanest vehicle available today.

Mileage for the Air Car runs between 800 and 1000 miles on a tank of air or eight gallons

of conventional petrol, ethanol or biofuel.

Filling the tanks with compressed air takes three-four minutes, making a long journey no problem. Also, the car has a built-in air compressor that can plug into any standard outlet and refill the tanks in four hours.

The Air Car recently debuted in India and is expected to go worldwide once standard safety tests in Europe are finished.

Priced at around \$17,800, clean as a whistle and miserly with your money, the Air Car, due to arrive by late 2009 or early 2010, should be good news for U.S. consumers fed up with \$4 gasoline.

CST Scores

[CST, from Page 1]

to keep growing and a record of continuous improvement"

CST scores are reported according to five performance levels: advanced, proficient, basic, below basic and far below basic. LAUSD's goal is for all students to perform at the proficient or advanced levels.

At Poly, students have been doing better every year.

"Overall we have more students in Basic and above," said Loera. "We're moving

students that are Far Below Basic and Basic into higher categories."

Poly's success with the CST is apparent in the rate of students who completed the A-G requirements.

"66.7 percent of our students in the class of 2007 completed the A-G requirements to go to college," said Loera. "That's more than twice than the district average. That's huge. What we have to do is translate that into a higher college acceptance rate."

SEPTEMBER EVENTS

BOYS BASKETBALL

VISITOR	LOCATION	DATE	F/S
Poly	Garfield	Thursday, 11th	2: 30/ 4: 00
Poly	Huntington Park	Tuesday, 16th	2: 30/ 4: 00

FOOTBALL

VISITOR	LOCATION	DATE	VARSITY
Poly	Monroe	Friday, 12th	7: 00
San Fernando	Poly	Friday, 19th	7: 00

GIRLS TENNIS

VISITOR	LOCATION	DATE	VARSITY
Poly	San Fernando	Thursday, 11th	2: 30
Poly	Monroe	Tuesday, 16th	2: 30

GIRLS VOLLEYBALL

VISITOR	LOCATION	DATE	VARSITY
Huntington Park	Poly	Tuesday, 16th	3: 45
Cleveland	Poly	Thursday, 18th	3: 45

VALLEY COLLEGE AT POLY

SECTION	CLASS	DAYS	TIMES	ROOM
6944	Geography 2	Sept 2 - Oct 24	11: 42 a - 1: 12 p	71
6946	Art 101	Sept 2 - Oct 24	11: 42 a - 1: 12 p	70

Visit Ms. Damonte in the Career Center

COLLEGE REP VISITS

DATE	COLLEGE	TIME	PLACE
11th	Mount St. Mary's	1: 30 p	Library
13th	College + Career Fair	9: 00 a - 12: 00 p	Pierce College

Visit Ms. Warman in the College Office

Pencilhead



Glory to Poly

by Marina Turruelles



Sudoku Time!

4			6	8	7			
6	1					9		
		9	3	7				
			4			6	1	
				1				
1	5		3					
			9	2	3			
		2					4	6
		3	4	5				9

Complete the grid so each row, column, and 3x3 box contains every digit 1 to 9. Good luck solving this month's puzzle!

Solution to August's puzzle

3	6	4	7	8	5	1	2	9
1	8	2	4	3	9	6	5	7
7	9	5	2	1	6	8	3	4
4	7	1	5	9	2	3	6	8
9	5	6	3	7	8	4	1	2
8	2	3	6	4	1	7	9	5
2	1	8	9	6	4	5	7	3
6	3	9	8	5	7	2	4	1
5	4	7	1	2	3	9	8	6

FOOTBALL

Faer's Sophomore Season

Poly's head football coach wants this year's team to give 100%.

By Diana Jaurequi
Staff Writer

Q: You have had some months to reflect on last year. Put last season in perspective for our readers - was it a learning experience, was it a transition year, was it less than you hoped for or expected, were you caught off guard by situations you hadn't anticipated or were you forced to rethink some ideas that you had in the preseason?

It was definitely a learning experience. I learned what I needed to expect from them, and the players learned what they really needed to work on.

Q: That said, are you bringing anything new to the team this year, either in terms of how to coach the team, or what you want the team to do?

No, we are not bringing anything new, it's just working more and being better on the basic fundamentals.

Q: Tell us about this year's squad. Which players have to play well every game if Poly is to have a winning season?

Definitely Marco and Anthony Menriquez, Palu Tongamoa and Carlos Curiel need to give their best.

Q: Many coaches put most of the responsibility on the seniors because they have the most experience. Do you believe in that approach?

I leave the decisions to the captains, and my captains are all seniors. I do think seniors have more responsibility.

Q: How many offensive plays do you run in a typical game and how does that change if the offense isn't working?

I run eight different plays and if the offense isn't working, I run for perfection.

Q: How different is this coaching job than your last one in terms of your players and what they need to get the job done?

I'm still with the last job. Since I work in a juvenile hall I guess the jobs are hand in hand. Both of the jobs require working with kids and being hard on them. It's not very different.

Q: Tell us about your previous high school coaching experiences and win-loss records. Is coaching at Poly different or not?

I was an assistant coach at Alemany High School. I coached at Chaminade and Kilpatrick High School. I was defensive coach at Bellarmine-Jefferson High. Coaching at Poly is not very different since we have the same goal: to win.

Q: How many assistant coaches do you have and what are their responsibilities?

I have three assistant coaches. Two of them work for different positions and they are Coach Carter and Coach Ziehler. One of them, Coach Caputti, works on running defense.

Q: Who's your right-hand man and why?

I'm going to have to say Coach Ziehler, mostly because he handles all the paper work. When coaching a football team, there is a lot of paperwork that has to be done and Coach Ziehler is always helping out.

Q: You play Monroe in about three weeks. What does the team have to accomplish in those three weeks?

I guess being better every time we get on the



Photo by Michael Obando

JOB ONE: Head coach Faer says team will work on fundamentals this year.

field, work as a team and believe that we can win.

Q: Can you really make any big adjustments once the season starts or is it pretty much "dance with who you came with"?

Definitely, that is what being a coach really means, to make adjustments in the team. There will be adjustments every week.

Q: Do you know the last year Poly had a winning football team and does history matter when it comes to high school football? In other words, how important is a tradition of winning and how hard is it to turn a program around?

History definitely matters. I want to get a winning tradition back. I want the team to win because that is a very important tradition.

Q: Does a high school football coach have any other responsibilities besides coaching, like getting fans to come out to the games and selling the team in the local community?

Of course he does. He has to do paperwork, fundraisers, making sure all the players have

the right equipment. Mostly that the players are safe. You have to treat the players as one of your kids, you have to treat them like your own.

Q: Describe your ideal football player?

That he doesn't ask 'why', and that he gives 100% year round. That's mostly what I ask for.

Q: What's different about this year's team versus last year's squad?

Well, the team attitude is definitely better, players contribute more, and they look more like a team.

Q: Will you pass more than last year? If so, what's changed your mind? If not, what makes you think this year will be any different than last year?

Depending on the running game, then I decide. Depends on the production.

Q: Some have suggested the ground game is out-of-date, predictable and not much fun to watch. Your response?

I don't really care if the audience is having

fun. I'm trying to win the game, not entertain anybody. I could care less of what they think.

Q: Your defense last year was ineffective in large part? Was execution to blame or were the matchups the problem?

I guess it was confusion between the defense. Now the players have a better understanding of the new defense.

Q: If the season starts out poorly, will you reassess the ground game, or consider running more pass plays?

I'll stick with what I believe, which is running the ball.

Q: Is winning everything? Or is it sportsmanship?

Winning is everything. I do teach them good sportsmanship, but I'm not going to tell them 'go out there and have fun, doesn't matter what the score is.' They are playing to win.

Q: Describe your coaching style? What's your pet peeve as a coach?

I'm aggressive. I keep it simple and attack weaknesses. I play what is called "smashmouth" football. People who play football will know what I mean.

Q: Is it tougher to play football or coach it?

To coach it, because when I played I did what I was told. When coaching it, you have to get 50-60 kids to believe in what you are saying.

Q: If you could change any one thing about the Poly football program, what would it be?

I would like if the players didn't miss a lot of practices, didn't complain that much and that they really wanted to win. I just feel they are not there yet.

Q: Looking at how the team has done in past seasons, why do you think this season is going to be different?

Well the team has a better attitude. We always had a good team but bad attitude.

Q: What is the team best at, defense or offense?

Offense, because we have an excellent running back and a great quarter back.

Q: What do you think your players need to work on?

Well, perfecting the techniques that I taught them. That's mostly it. I use aggression and tell them to play until the whistle. I don't try to be their friend, because once the helmet goes on, you have no friends.

Q: Since you started coaching at Poly, what improvements have you noticed?

I've seen a huge improvement in the junior class that are now seniors. It's huge.

Q: What was the biggest mistake you made last season?

I guess I didn't get rid of the bad influences, or as I like to call them, the 'cancers.' Also, telling the newspaper too much.

Q: If this season does not go well, will you still be coaching Poly?

That's my plan. I want to turn Poly into a winning program, no matter how long it takes.