

The Poly Optimist

John H. Francis Polytechnic High School

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MAY 2009

Politics '09

Controversy Amidst Graduation

By Angel Silva
Editor In-Chief

President Barack Obama addressed the Notre Dame '09 graduating class on May 17th, calling for "cooperation and understanding" on the issue of abortion, amidst anti-abortion protests.

"The fact is that at some level, the views of the two camps are irreconcilable," said Obama. "Each side will continue to make its case to the public with passion and conviction. But surely we can do so without reducing those with differing views to caricature."

Instead of debating the issues on either position of abortion, Obama called on both sides to keep "open hearts, open minds" on the topic.

"Maybe we won't agree on abortion, but we can still agree that this heart-wrenching decision for any woman is not made casually," said Obama. "It has both moral and spiritual dimensions."

Obama advocated both pro-life and pro-choice policies in his speech.

"Let us work together to reduce the number of women seeking abortions, let's reduce unintended pregnancies...let's honor the conscience of those who disagree with abortion, and draft a sensible conscience clause, and make sure that all of our health care policies are grounded not only in sound science, but also in clear ethics," said Obama.

The graduation ceremony was held amidst anti-abortion protests. Approximately 40 people were arrested while trying to enter the campus. Of the 2,900 students in the '09 Notre Dame's graduation class, nearly 30 graduates skipped the ceremony in dissent.

POLY TEACHERS MARCH IN PROTEST

Teachers walk picket line in protest of LAUSD budget cuts



Photo provided by Rick Fennell

WALK THE LINE: Poly faculty and students woke up early to protest budget cuts.



Photo provided by Rick Fennell

PINK SLIPPED: 9th grade counselors Ana Gutierrez and Angela Leidig both received RIF (Reduction In Force) Notices.

By Angel Silva
Editor In-Chief

Teachers engaged in civil disobedience across Los Angeles Unified School District (LAUSD)-and Poly's faculty followed suit on the morning of May 15.

"Our position is that we work as hard as we can to support our teachers," said Poly principal Gerardo Loera.

The strike was planned as an all-day event, but a judge's order forced the teachers' union to call off the strike. The strike was changed to a protest walk

before school to avoid legal entanglements with LAUSD. The protests ended with a rally in front of LAUSD offices after school.

Poly's administration did not support or discourage the strikes.

"We understand that the teachers are working with their union, but we remain neutral," stated Loera.

"We're here to support the teachers during this difficult budget time, taking into consideration that some of the teachers here won't have a job in July," Loera added.

Poly's absences were typical for the day, according to the Attendance Office. Eleven substitutes were called in the day of the strike.

"We actually had fewer absences for the teachers, and as for the students the absences were typical for a Friday," said Loera.

Another rally was held after school in front of LAUSD offices, with 39 teachers arrested. No teachers from Poly were among the 39.

In response to the district-wide protests, LAUSD Super-

[See Protests, pg 7]

Swine Flu Panic Reaches LAUSD Schools

Officials cautioned schools nationwide to be on their toes for swine flu.

By Melissa Perez
Staff Writer

H1N1, the specific designation for "swine flu," caused four hundred schools throughout the United States to close, three hundred in Texas and sixty-two in Alabama alone.

Most of the flu-infected people are around the age of seventeen. There are no confirmed flu cases in the LAUSD district, but there is one possible case at Fairfax High School.

"The Los Angeles County Public Health Department has notified the LAUSD of a Fairfax High School student who has a probable confirmed case of H1N1 (swine) flu," stated Ramon C. Cortines, LAUSD Superintendent.

"There is no outbreak of flu-like illness at the school, nor are there excessive absences among students and staff."

Over six hundred school nurses have been monitoring

[See Swine, pg 7]



Internet Photo

PRECAUTION: Face masks were the order of the day in many public facilities worldwide.



Byrd High
Almost Done

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Wild
Thing

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Poly
To
Playoffs

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EDITORIALS

Teens Having Babies, Who Do We Blame?

Teenagers are having sex, there is no way we can prevent it. What we can prevent is the lack of knowledge teens have about sex.

It is no surprise that over the years more and more teenage girls are getting pregnant. Who do we blame? Do we blame the health teachers? Parents? Do we just not talk about sex and hope teens are not sexually active?

We do not know the answer to those questions but what we do know is we cannot keep ignoring the fact that more teens are having sex. Unfortunately, many end up pregnant. We cannot stop teenagers from having sex, but if they are sexually active they should at least use protection and be safe.

Sexually active teens should use a condom every time they engage in sexual activity. There are also pills that prevent pregnancies up to about 89%.

Now, just because there are condoms and pills that prevent a girl from getting pregnant does not mean that teens

should be having sex in the first place.

Babies are NOT accessories. They are human beings and should not be brought into this world if they cannot be properly cared for.

Teenagers are not ready for a big responsibility such as a baby. They do not yet understand that they will be stuck with this responsibility for the rest of their life.

Teens do not think about the sleepless nights they will have to endure when having to take care of the baby. There will be no more going out just to have fun with their friends because these teen parents are now responsible for the well being of another life.

Sex is meant to be shared with that one person you vow to spend the rest of your life with and not for teens who will maybe go out for a year or two.

Teenage pregnancies are 100% preventable, just don't have sex.

It takes two people to make a baby but only one to prevent it.

LETTERS TO THE EDITOR



The OPTIMIST asked students how they feel about the teachers' protest and the opening of the Sun Valley High School (previously Byrd MS).

If they were trying to get their point across they should have kept picketing during school hours to get more attention.

LUIGI COLINDRES [11TH]

No, the teachers' strike was not successful. LAUSD is only losing money which would deepen the economical crisis LAUSD is facing.

RICARDO REYES [11TH]

I honestly did not see the point of picketing before school and then teaching on the same day. We will just have to wait for the results.

MAX CERNA [12TH]

It helped out a lot because it showed how many teachers

actually cared. It also inspired students to stand up for what they believe in.

ANDREA GARCIA [12TH]

The teachers picketing was successful and useful. They had their voice heard and gave LAUSD some pressure towards their decision making.

JOSE DELGADO [11TH]

It wasn't successful because not many teachers agreed to go on strike because they are scared and they're not willing to take that chance of losing their jobs.

MARCO GOMEZ [11TH]

No, it was not that effective to me because it didn't seem

to get people's attention.

ANNA CUEVAS [12TH]

Yes, it was effective because it showed that they are really trying to let everyone know about the problem

XIOMARA ESCOBAR [12TH]

The opening of the new school will cause school rivalries.

AINSLEY VILLEGAS [12TH]

No, it will not affect me in any way. I think it is a waste of space because there's already the new middle school here and it's packed enough.

HUGO RAMIREZ [12TH]

1 in 3 teens in the United States will be pregnant by age 19

THE OPTIMIST

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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.14 or Ms. Matlen's box.

Teachers' Protest-Did It Work?

Teachers sent LAUSD a powerful message: the proposed budget cuts are hurting children.

LAUSD plans to layoff about 4,000 employees by fall of this year. These cuts will especially affect inner city schools; like Poly, who have many talented new teachers.

A planned strike by UTLA members on May 15 was called off by a court injunction.

Teachers were threatened that they could lose their credentials and face fines up to \$1,000.

Teachers still wanted their voices heard. So they picketed in front of the schools before school started. But did it work?

The teachers were right to protest about the layoffs. One teacher for every 45 students is a not a productive learning environment.

Not only were teachers affected but students as well. Some students joined

the teachers outside Poly to engage in this act of civil disobedience.

The sound of cars honking their horns gave support that parents and other members of the community supported the teachers.

The court injunction showed us the fear that the Supreme Court had against unions.

Fear was instilled in the mind of officials. 39 people were arrested on May 15 for

protesting in front of LAUSD headquarters.

Teachers should continue to fight their cause, not only for their job but also their students.

Students should support teachers in their protest.

Our education will be affected and the ability to learn and graduate in time could also be affected.

In the end, actions speak louder than words.



05/15/20

TEACHER FULL OF STORIES

By Karinina Cruz
Staff Writer

On April 24, 2009 Rene Colato Lainez, a bilingual children's book author, shared his experience on the publishing world with Poly students.

"Being a writer is not easy, but my message is for all of the students, those in ESL, where English is a new language. Don't tell yourself 'Oh I don't speak English and no one will understand me.' Your solution for that is in your hands and hearts," said Lainez.

Lainez has written eleven books, including "Waiting For Papá", "I Am René" and "Playing Lotería."

"I want to write my own stories," said Lainez. "My books are special because I tell my own story."

Lainez has incorporated his own life experiences into his books, such as "Waiting For Papá", which is a story of an immigrant boy who longs to be with his father.

"My stories might be familiar to you because you might have relatives in another city,"

said Lainez. "I want to tell stories where one can go 'Oh I can see myself in this book,' and with that I did my job."

"Waiting For Papá" was Lainez's first book, published in 2004.

"At first the publisher told me they would publish my book, but then they called me later saying they can't anymore," said Lainez. "So I revised the story and another publisher said no."

"Waiting For Papá" was revised 150 times before it reached publication. The original draft was written in Spanish and then Lainez translated it to English until he finished his final draft.

"After around the last revision, a publisher agreed to put out my book," said Lainez. "I also realized that with each revision, my story became better and better. I knew that no rejection would overshadow my dream."

Lainez gave advice to those who are aspiring writers.

"Do not worry about the punctuations because the editor will fix them for you," said Lainez. "Since I already have

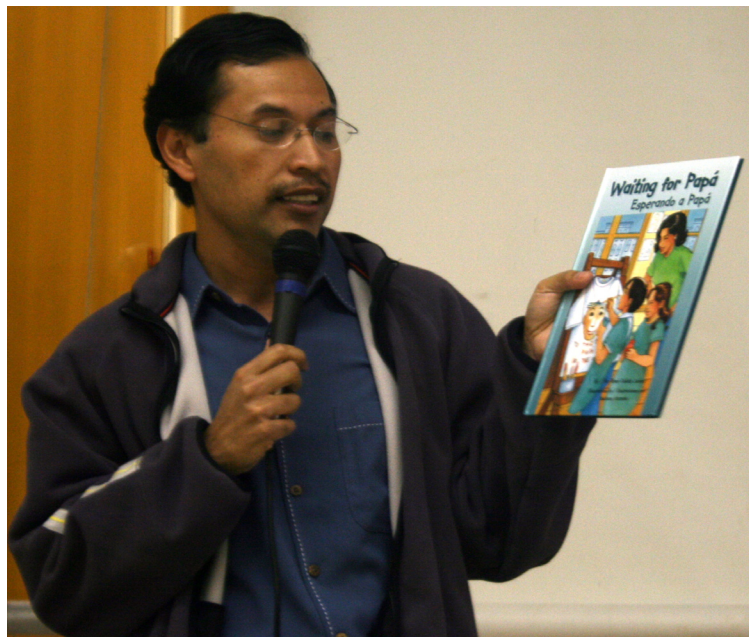


Photo by Karina Muniz

STORYTELLER: Lainez mentioning his first book, "Waiting for Papá."

an agent, I have someone who sends my manuscript to different publishers. However, if you're just starting, you have to do all the work yourself and have some friends help. Lastly, you must believe in your story."

Lainez came to the United States from El Salvador when he was 14 years old with his mother.

"When I came to the US, I had big problems with

school," said Lainez. "I was a very smart student, but since I did not know a single word of English I felt as if I was not smart anymore."

Regardless of the difficulty of coming to a new country, Lainez persistently worked hard in order to reach his goals.

"My dream was to be a teacher," said Lainez. "I said to myself, this will not be easy, but I know my dream and it

does not matter what I need to do. I will be a teacher."

Upon graduating from high school, Lainez received academic honors.

"Every semester I got better and better that when I graduated from high school I graduated with honors," said Lainez.

Lainez obtained his teaching credentials at the California State University at Northridge despite being an illegal immigrant.

"I had no legal papers, no Social Security number, no greencard and no birth certificate," said Lainez.

Lainez received a generous financial aid package and his parents supported him throughout college.

"My parents supported me in college," said Lainez. "They would tell me that we were poor, but they worked hard and left me a very important part of my life, my education."

Lainez is currently a teacher at Fernangeles Elementary School and is a former co-worker of Poly teacher Margie Hidalgo.



Photo by Michael Obando

IN LINE: Poly juniors line up to receive breakfast, served by the Cooking Club.

Parrots Eat Up

By Ivan Verdin
Staff Writer

The 11th Grade Council and Leadership held the annual Junior Breakfast in the cafeteria on April 28, 2009.

The Breakfast took place first and second period and served as a culmination for the junior class moving on to their senior year.

Junior Council members arrived at school as early as five a.m. to set up the event.

"It was stressful, but in a good way because it turned out to be the best event of the year," said junior class president Patricia Lopez.

Games like Twister, iPod raffles, musical chairs and dancing showed the hype the juniors had coming together celebrating and looking forward to the end of the school year.

"I think Junior Council and the Cooking Club has worked really hard," said Junior Council sponsor Talese Shertzer. "I'm excited to see the students doing stuff together."

The Cooking Club catered all the food which included pancakes, scrambled eggs, sausage, hash browns, muffins, fruit salad and lemonade, sponsored by Bob Higgins.

Behind The Curtains

By Armando Figueroa
Staff Writer

Behind every Poly production there is a crew that makes it all happen.

The Tech student group did the sound and light work for Amy Showalter-Schwal's latest production, Rock 101's Final Exam.

"You don't see us but we make it happen. Without us none of the productions would be possible," said Poly senior light manager Estela Ramirez.

The equipment used for Rock 101 was paid for by LAUSD and scholarship grants given to play production teacher Kari Teeter.

"The equipment we use includes a Yamaha sound board, an Emphasis and Expression light board and a Phonic sound system," said Ramirez. "I worked all of the lights for Rock 101."

The offstage training that the students used came from Teeter's fifth period play production class.

"I've been teaching the class for ten years," said Teeter

The class teaches a variety of skills that are involved in

stage production.

"Mrs. Teeter's class teaches light effects, costume work, prop work, make up, sound work and backstage work," said senior sound manager Heliana Martinez. "I did the sound for Rock 101 with Jocelyne Guillen and Johnny Resendez"

The sound work for Rock 101 made sure the musicians' instruments were audible and their microphones were working.

The backstage manager makes sure everything runs smoothly behind the curtain.

"I was the backstage manager for the Rock 101 show" said senior Jocelyn Alas.

The people who worked backstage included Hamilton Guillen, German Salazar, Miguel Salazar, Xavier Pacheco-Hernandez, Ruben Ceja and Sergio Partida.

"The next production we will be working on is a play based on the *Day of the Dead*," said Martinez.

The play will be Teeter's final production because she will be transferred to the new Sun Valley High School in the fall.



Photo provided by Armando Figueroa

MOTLEY CREW: Poly Parrots make productions possible.

Parrots Change From Feathers to Fur

By Jazmin Herrera
& Daysi Nerio
Staff Writer

In the start of the 2009-2010 school year, a number of current Poly Parrots will soon be Sun Valley Wildcats.

Sun Valley High School is the proposed name for the old Byrd Middle School but the Los Angeles Unified School District (LAUSD) Board of Trustees must still take a formal vote.

Departing Parrots will experience a new environment and a new bell schedule.

Seven hundred twenty of Poly's current freshmen, sophomores and juniors are transferring to the new Sun Valley High School to reduce student population at Poly.

Sun Valley High School will enroll 20% of Poly's current and future students.

Only six teachers in the English Department will be teaching at Sun Valley High, all of whom are from Poly.

"I may have survived the first cut, but the second cut I



Photo provided by John Blau

ALMOST DONE: Newly refurbished Byrd Middle School is reconfigured to Sun Valley High.

don't know," said 10th grade English teacher Laura Fine-man.

Teachers who have chosen to move to the new high school are afraid of being laid off. Sun Valley High is some of the teachers' only hope of keeping their job. It will be different for the staff to start a whole new schedule and environment.

"Sometimes starting from

scratch is better," said 10th grade English teacher Jeff Herrold.

On a regular school day, the Wildcats start school at 8:00 a.m. and end at 2:54 p.m.

Sun Valley High will have a reverse minimum days schedule starting at 9:30 in the morning. This reduces the regular school day an hour and a half at the beginning of the day.

Poly principal Gerardo Lo-

era explains the proposed bell schedule.

"Sun Valley will have an alternate bell schedule, periods one, three and five on Mondays, Wednesdays and Fridays and periods two, four and six on Tuesdays and Thursdays," said Loera.

As the new principal of Sun Valley, Gary Grey has managed to mirror the academics and programs that Poly offers.

While Poly offers their students a full variety of sports, Sun Valley offers a limited sports program.

"I am excited," said Grey. "I'm looking forward to it. Poly has a good reputation."

Sun Valley High will only offer cheerleading, drill team, basketball, softball, soccer and football for their incoming students.

Poly Parrot sophomore Daniel Martinez is one of the many students who are being transferred to the new school.

After receiving a letter in the mail notifying his upcoming transition, Martinez said, "I'll miss Poly."

Some Poly students feel that the changing of schools will disrupt their family traditions.

"Poly is a legend all of my family graduated from here," said Poly Parrot Victoria Leon. According to Leon, she does not want to leave Poly due to the fact that she will lose friends and teachers she has grown accustomed to.

"It's going to be scary," said Leon.



Photo by Michael Obando

Lead In The Water...Again

School district ordered water faucets and fountains with high level of lead content to be shut down.

By Francisco Meraz
& Sergio Mendoza
Staff Writers

As many as 2,000 water faucets and fountains have been shut down by Los Angeles School District (LAUSD) officials at 660 schools due to high lead levels in the water.

Poly has two water faucets located in the sink in room 72 and another in the cafeteria, which have been shut down.

"About 1 in 7 water fountains or other fixtures exceeded the acceptable level of lead when they were first turned on in the morning", said LAUSD's Office of Environmental Health and Safety (OEHS).

After conducting recent

testing, OEHS concluded that, "Once the water had been allowed to run for 30 seconds, 1 out of 31 fixtures (3.2%) exceeded that level."

Poly keeps water fountains and faucets free of lead by flushing all water fountains for 30 seconds every morning.

"Water from all Poly fountains are safe" said Poly assistant principal John Ortega.

Poly also tests the water every two to three months to make sure the lead levels are safe.

The last water tests done from January 31 through February 2 in Poly came out satisfactory with the exception of two faucets.

Those faucets were shut [See Lead, pg 6]

Babies Having Babies

Teen mothers struggle to finish education.

By Evelyn Cisneros
& Vanessa Gomez
Staff Writers

Every year around 750,000 teenagers will get pregnant in the United States.

Studies from the Los Angeles Unified School District (LAUSD) show 68% of all teenagers who give birth drop out of high school.

The United States has the highest rates of pregnancy, abortion and childbirth among teenagers compared to other industrialized nations.

This can be reduced by using different types of contraceptives such as condoms, birth control pills, shots, patches, and Plan B pills. But nothing is more effective than abstinence.

The California Department of Education states (CDE), "Two out of every three babies born to teens in California are born to Latinas." Poly's 98% Hispanic population leaves our school with a disproportionate number making teenage girls more likely to become pregnant, prior to graduation.

Adolescents today grow up in a society where the media promotes teenage promiscuity.

Health and sex education classes are taught to freshmen



Internet Photo

as a mandatory high school graduation requirement. When asked if the class should be re-taught to juniors and seniors Poly's health teacher Leslie Wolfson said "Absolutely. It should be taught every year. The issues and skills we teach are vital and need to be taught throughout life."

B-track counselor Elaine Larson said "we should have a class teaching life skills called Life 101."

Linda Ward Russell, program coordinator for the Pregnant and Parenting Teens program for LAUSD said "we need to do more comprehensive health and sex education."

"70% of teen mothers drop

out of high school, making teen pregnancy the primary reason why young women drop out early" said the CDE.

Having a child should not stop you from pursuing a higher education. There are numerous programs out there for teen mothers. Such as "El Nido" which provides prenatal care, and education resources. El Nido helps teens tell parents and family members about their pregnancy.

A 17 year old Poly senior had a planned pregnancy at the age of 16.

"My baby was not an accident because it was planned even though people do not agree," she said.

She plans to attend college with the help of a scholarship. Her main focus is her education and raising her child.

Another 18 year old Poly Senior did not have a planned pregnancy and offered her experience as a teen mother.

"When I found out I was pregnant I was scared, upset, and sad. I did not know if I was going to finish school or drop out."

She plans to become a registered nurse (RN). Her son is not holding her back but

[See Mothers, pg 6]

The Show

Poly's Rock 101 Final Exam rocks the house.



Showalter-Schwal's Rock 101 Concert proves finals can be fun.

Poly Parrots flocked to the auditorium for all three performances leaving no empty seats.

All Photos by
Karina Muniz and
Michael Obando



Teen Mothers Lose Own Childhood Too Soon

[Mothers, from pg 4]

pushing her forward towards her goal. She wants to inform young girls that are planning on having sex to wait because being a parent isn't easy at all and is a huge responsibility.

Her advice to girls who are expecting is "keep going to school and not care about what people think. I cared too much when I was expecting and that is the reason why I have not received my diploma but I am working towards receiving it."

A-track counselor Sylvia

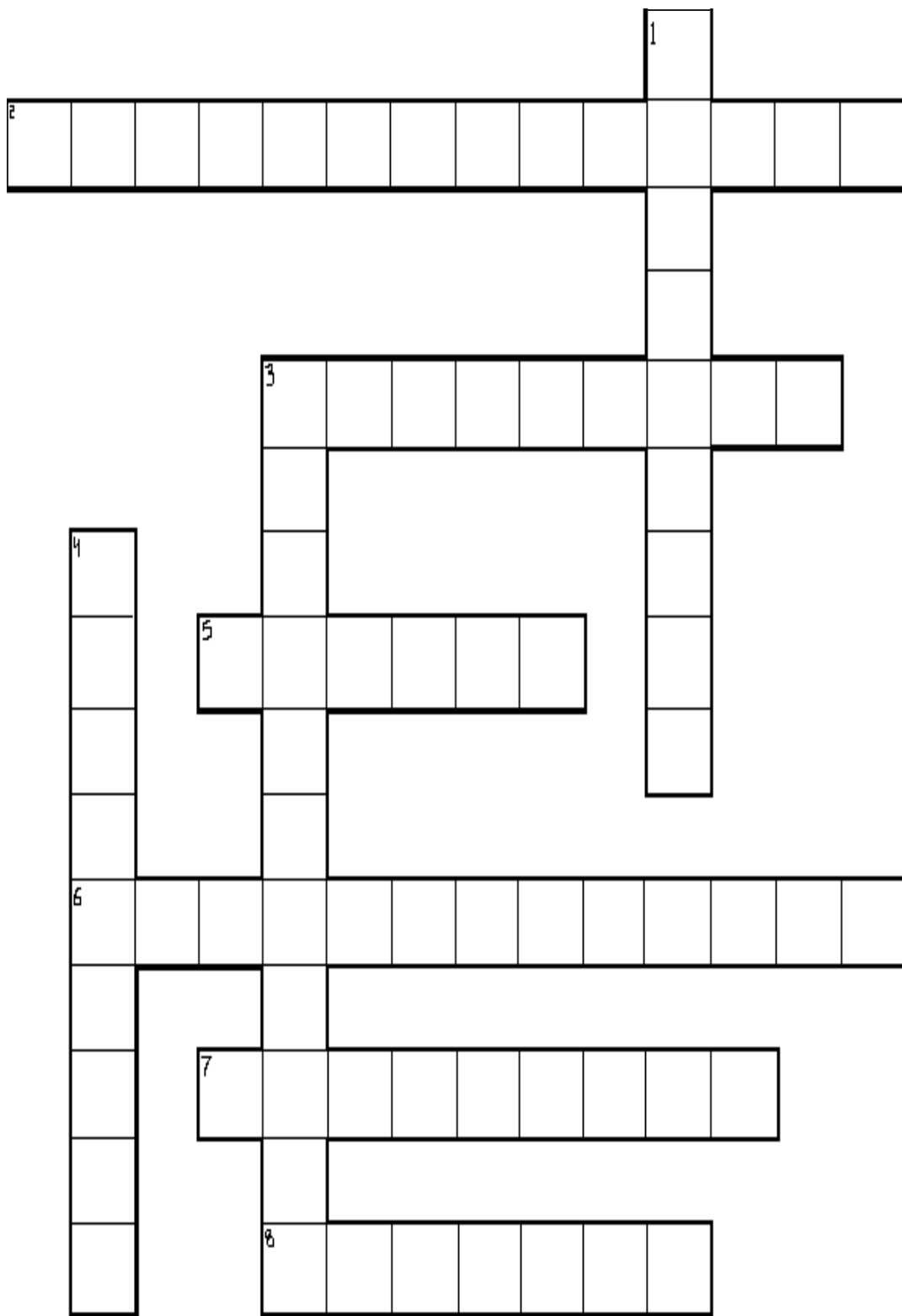
Brown commented on teen pregnancy and said "education becomes more valuable to pregnant girls once it is threatened." The most important message Brown wants to get across to young teenagers is "we all hope that girls will delay having a family until they finish secondary education and have a career of their choice."

Without a high school diploma teen mothers have difficulties finding jobs. Teen mothers are most likely to be on welfare and require public assistance.

Larson said "having a high school experience is important and teenage pregnancy robs you from your childhood and introduces you to the adult world."

Studies from the California Department of Education (CDE) said, "a secondary pregnancy is more likely for teens living apart from their parents, having dropped out of school, or growing up in a disadvantaged neighborhood where early parenting gives adult status rather than lost of opportunity."

SAT Crossword



Across

Down

2. Talkativeness
3. Degrading
5 To persuade
6. Carelessly
7. Trick designed to deceive an opponent
8. Total failure

1. Power of knowing without reasoning
3. Ruined because of neglect
4. Person who tends to take the gloomiest possible view of a situation

Obsession

By Wanasanunt On-art
Staff Writer

"Obsessed" made a surprising \$28.5 million and placed at the top of the box office charts but lacks a legitimate storyline.

An attractive, psychopathic blonde office temp Lisa, makes a move on her boss Derek Charles, a happily married investment banker with a new house and his adorable baby boy.

Jealous wife Sharon (Beyoncé Knowles) warned her husband to be aware of Lisa when Sharon saw Lisa flash the look of lust towards her husband. Charles, however, did not think it was a big deal.

Lisa tried several attempts to lure Charles into having an affair with her.

The movie only had one fight scene towards the end. It was disappointing watching the movie after having such high expectations from watching the trailers.

Beyoncé's presence did not add suspense to the film. The movie was mainly focused on her looks.

Although the movie lacked a plot and the script was pre-



Internet Photo
JEALOUS: Beyoncé plays the role of Sharon in "Obsessed."

dictable, "Obsessed" received some good reviews. But to most people the movie was bad and it did not deserve its position on the box office chart as opposed to Jamie Foxx's "The Soloist" which was placed at number 4.

The PG-13 thriller has no point, but it sure brought attention to the fact that women these days use their work place as a sexual hunting ground. Seeing two chicks fight over a man was enough to rank "Obsessed" number one, its first weekend released.

Swine Flu In Schools

[Swine, from pg 1]

as prom and sport activities.

In Lee V. Pollard High School in Corona, prom was canceled during the week of school shut down.

"No students have been diagnosed with swine flu yet, but we have been doing follow-ups to students who were sent home with flu-like symptoms," said Poly school nurse Ahodelia Garridio.

"But there hasn't been anyone with alarming symptoms."

Poly students with flu symptoms were not allowed to return to school without a medical note that allows them to reenter.

Water Safe Fountains

[Lead, from pg 4]

down due to a high level of lead content that has accumulated in the pipes due to the lack of use.

Poly's Parent Center liaison Sylvia Gonzalez said, "there has been no indication to parents of any problems about the Poly water fountains at this time."

Plant facility manager Derek Taylor was unavailable for comment.

If you have any questions or want to get more information visit the LAUSD website at http://www.lausd-oehs.org/Lead_DrinkingWater.asp or call OEHS at (213)241-3199.

Old-School Gaming-With A Twist

By Angel Silva
Editor In-Chief

For many, playing video games is a favorite pastime, enjoying the works of developers and programmers. And although programs exist that allow one to make their own game, they often require programming knowledge to use.

However, a free and user-friendly program called Zelda Classic (ZC) allows for people to create and play their own games. Originally created in 1999 as a clone of the original Legend of Zelda for the NES, ZC evolved into two programs-ZQuest (the game editor), and Zelda Classic (the game player).

Games can be created using ZQuest and played with ZC. The versions most currently used are version 2.10 and 2.5. 2.10 has less features than 2.5,

but is more stable.

Custom games can be downloaded from online communities such as PureZC, ArmageddonGames and Casual ZC, which literally have hundreds of fan-made games available for both versions - ranging from traditional Zelda-style games to non-canon games such as "Ballad of A Bloodline" and "Lost Isle".

ZQuest allows for the development of custom games in the editor. Composed of a simple drag and drop and menu system, ZQuest allows for easy level design. Menus are used for placement of items and enemies, as well as for selecting custom music for each level and editing graphics. With many presets ready to use such as enemies, items and graphics, the only thing limiting a game designer is their imagination.



Internet Photo

CUSTOM: A screenshot made with a 2.5 Zelda Classic beta.

The newest version (2.5) is currently in a public beta testing phase, and has not had an official release. However, 2.5 has a great deal of modifica-

tions that set it apart from 2.10, including the ability to edit and create custom enemies, items and effects not programmed into 2.5 - a process dubbed

"scripting." Scripting allows for coding of features not implemented by the developers of ZC 2.5.

Graphics come in a .qst tileset format, and can range from the original Zelda ones to others from different games to custom graphics. Some custom graphics rival those of professional game developers, such as the Dance of Remembrance tileset found at PureZC.

ZC has a massive internet base that provides help with game design, graphics, music and scripting, so newcomers won't be alone when it comes to using the program.

Zelda Classic 2.10 is compatible with Windows XP and can be found at the Zelda Classic website at zeldaclassic.com. 2.5 is available for Windows XP/Vista, Linux and Mac, and can be downloaded at shardstorm.com

Protests Continue

[Protests, from pg 1]

intendent Ramon Cortines sent a memo to LAUSD employees on May 18 warning teachers of consequences of actions such as "calling in sick and participating in protests," "violating the court order/temporary restraining order (TRO)," and "encouraging students and others."

Cortines warned teachers that "whether or not UTLA as an organization elects to violate the TRO and it's own contract, UTLA's decision will not shield (any teacher) from discipline, up to and including dismissal from employment."

The memo also stated that LAUSD continued "to collect information about specific actions on and off campus."

"Philosophically, it's an individual matter whether or not teachers protest," said Poly SLC Administrator Steve Hines.

Despite the protests and budget cuts, Poly's staff remains hopeful for a resolution.

"We recognize that it's a difficult time for all teachers. Our staff is a resilient staff, and we'll get past the challenges ahead," said Loera.



Photo by Daniel Martinez

Flu Chip Revolutionizes Medicine

By Jose Alimagno
Staff Writer

The researchers from The University of Colorado and the U.S. Centers for Disease Control and Prevention (CDC) will develop a new flu chip that can detect infections of H1N1.

Current detection for the Swine Flu takes about four to five days using contemporary methods, but the Flu Chip, will reduce this detection time from days down to four to seven hours.

The Flu chip technology was developed in 2005 during the Avian Flu scare in Asia. The preceding chip could de-

tect whether or not a person has the Avian Influenza, which is a type of flu that is found in birds and can be passed to humans.

The Flu Chip is 90% accurate and also can detect traces of SARS, Measles, HIV, Hepatitis C, and other viral infections according to researchers.

The Chip uses DNA/RNA sequences that are similar to the sequences of a Flu virus. The chip is then placed in a small portable reader and scanned. A digital image of the sequence is then produced and identified by physicians.

The chip and the portable reader will be distributed



Internet Photo

ANTIVIRUS: Flu chip zeroes in on H1N1 virus.

throughout Public State Health laboratories across the United States by next month.

This research was funded

by a \$12 million five year grant from the National Institute of Infectious Diseases in the United States.

New Contraceptive Released By FDA

By Evelyn Cisneros
Staff Writer

What is Plan B?

Plan B is a FDA approved emergency contraceptive used to prevent pregnancy after a contraceptive failure such as a broken condom, unprotected sex or sexual assault.

Who can purchase Plan B?

Anyone 18 or older may get Plan B at any pharmacy counter without a prescription. You must bring a government issued identification card such

as a DMV license to prove your age. 17 year olds may also purchase Plan B with a prescription from a doctor and an identification card Males 17 and older may also purchase the drug for their partners. If you are shy about asking for Plan B you can print out a request card on the Plan B website and hand it to your pharmacist. Call your pharmacist to see if Plan B is in stock.

How does Plan B work?

Plan B consists of two pills. The first pill is taken within

72hours of unprotected sex and the second one 12 hours after the first one. Plan B is not an abortion pill and will not work if you are already pregnant. Do not use Plan B in place of birth control pills. It will not prevent you from STDs or HIV virus. Plan B reduces the chance of pregnancy up to 89% if taken within 72 hours of having unprotected sex.

When is Plan B most effective?

Plan B works better is taken within the first 24 hours after

unprotected sex. The sooner you take it the more effective it will be. About 7 out of every 8 women who would have gotten pregnant will not get pregnant as a result of taking Plan B. Plan B will less likely work if you vomit after taking it or have had sex again after taking Plan B

What are some side effects that may occur?

Side effects that may occur are experiencing nausea, fatigue, headache, dizziness and heavy/lighter menstrual bleeding.

LADY PARROTS END SEASON PLAYOFF GAME

By Kelsey Cruz
Staff Writer

With only one loss in their season, the Lady Parrots Softball battled Huntington Park on May 12 to start their playoff season. They kept the crowd on their toes as they started off the first inning down by 3 runs, but turned it around with a 13-4 win.

"There were some turning points in the game," said Head Coach Manny Peralta. Little by little, these ladies kept bringing up the points, and as the bottom of the 3rd inning hit, so did pitcher Sylvette Rodriguez. Leading 6-4, the Lady Parrots get the bases loaded and Rodriguez at bat. Rodriguez hits a grand slam, making the score 10-4. "We knew what we were going to do at that point," said Peralta,

"that put us in position."

The Lady Parrots scored 3 more runs at the bottom of the 4th and ended their first playoff game with a final winning score of 13-4.

"He wants us to play with heart, dedication, and sacrifice," said 3rd baseman Jahaira Gutierrez. "He knows what we can do," catcher and captain Aileen Menendez said.

However, on May 14, Poly faced a real change up that let excellent defense and offense go to waste. The Lady Parrots traveled to the Wilmington Athletic Complex to face off against Banning High School, who had their secret weapon ready to end the Parrots' season. And that's exactly what Banning's pitcher Jessica Lozano did. Poly lost 0-4.

"Our defense was excel-

lent," said Peralta, "but we happened to run into a good pitcher." Lozano threw a change up that had the girls "swinging into the air," said Lozano.

"The changeup killed us," said Menendez. "She was a great pitcher," said senior 2nd Baseman Valerie Garcia. Strikeout after strikeout, Lozano killed the Parrots.

When all hope seemed lost, Lozano's arm must have thrown too many pitches and allowed 1st Baseman Tina Palacios to get a base hit at the top of the 6th inning but her teammates weren't able to follow up. At the top of the 7th inning, the Lady Parrots had one last shot with the bases loaded, but Lozano gave the last bit of energy she had left and played a shut out game.



Photo by Michael Obando

TOSS-UP: Junior Sylvette Rodriguez delivers her pitch.

Parrots Sprint Into Playoffs

By Marvin Martinez
Sports Editor

Poly's Track and Field team traveled to Birmingham High School to compete in the L.A. City Preliminaries. Several other schools came to compete as well, including Reseda, Monroe, Granada Hills, Lincoln, El Camino, Arleta, and Van Nuys.

The teams competed in 72 different events during the prelims. Few athletes will qualify for City Finals but Track and Field coach Mario Rivera has expressed confidence in his athletes. "They're league champs. They can do this."

Among the competing athletes were Victor Gamboa who did the boys 110 meter hurdles in 15.57 seconds, Gracia Arechiga completed the girls 400 meter dash in 65.53 seconds and Noemi Tovar finished the girls 800 meter run in 2:39.32.

Jose Rodriguez completed



Photo by Michael Obando

NECK AND NECK: Senior Michael Park attempts to pass up an Arleta runner.



Photo by Michael Obando

FLY: Victor Gamboa rushes through the hurdles.

the boys 1600 meter run in 4:42.14 and the boys 800 meter run in 2:04.56. Michael Park made the boys 400 meter dash in 50.97 seconds and the boys 200 meter dash in 23.02 seconds.

Samuel Dominguez did the boys 3200 meter run in 10:53.84 and Tyler Steffensen traveled a distance of 9'6" in the boys Pole Vault.

"I believe that eight of our runners will make it to City Finals," said Rivera. "I hope at least two people will be heading to State."

Poly's Track and Field team will be competing in two more prelim meets in Birmingham on the following Thursdays.

Werner Scores New Position

By Teddy Suravech
Staff Writer

Parrot P.E. teacher Jay Werner was chosen to coach the women's basketball team at Los Angeles Valley College (LAVC).

Chuck Ferrero, the athletic director at LAVC, came in February and asked Werner if he was interested in coaching women's basketball.

Werner has been out of coaching for three years to spend more time with his family and began studying at Azusa Pacific University (APU) and earned his Masters Degree to coach at a junior college level.

"I needed to learn more and to increase my knowledge, see other people's process, system, and practices," said Werner. "After I left coaching, I went my own way and ended up coaching for LAVC."

Werner is still working at Poly as a P.E. teacher. He coaches basketball after school on Mondays, Tuesdays, and Wednesdays at Valley.

Former Poly basketball athletes Andres De La Hoya, Gabino Quiroz and Jose Berrendo will be assisting Werner in coaching.

Right now women's basketball coaches at Valley College are in the recruiting students from different high school. They are meeting with recruits to try out for positions.

"I love basketball," said

Werner. "It's my number one passion and it doesn't matter who I teach men or women."

Werner plans to stay with Valley's women's basketball team.

"I'm going to stay for a long time, until I'm frosty white or move up to a four-year level," said Werner. "Valley is a good spot for me. It's great and I know the area."

Besides coaching basketball Werner has also coached track and field and football.

He was an assistant football coach in 1987-1988 school year, then took up basketball and track in 1988-1989.

Werner gave up coaching football and track because he was juggling too many priorities at the same time.

"Werner is the most knowledgeable person I know," said former Poly basketball coach Brad Katz. "I've known Werner as a coach for 16 years, but as a friend for 10 years."

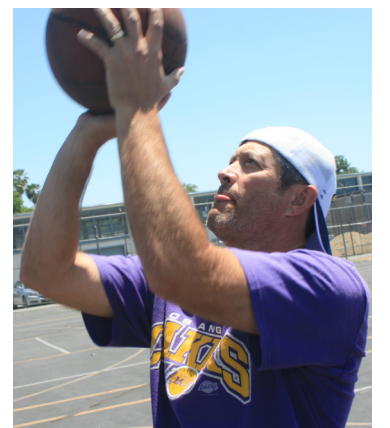


Photo by Michael Obando

CONCENTRATION: Coach Werner takes a shot.