

The Poly Optimist

John H. Francis Polytechnic High School

VOL. XCVIII No. 2

SERVING THE POLY COMMUNITY SINCE 1913

OCTOBER 2011

Parrots with PINS

Poly is the first high school in the Valley to shed tickets for numbers.

By Jacky Galvan
Staff Writer

Parrots looking for lunch on Thursday needed a number.

Seven, to be exact, as Poly became the first LAUSD high school in the Valley to try out LAUSD's computerized Point-of-Service (POS) system for dispensing meals without lunch tickets.

"We got 12 point of service packages," said cafeteria manager Evelin Galvez, "plus another one for the faculty dining room."

The units, which include a keypad and a monitor, were installed Wednesday, September 14. Four mobile carts with wireless internet and backup battery will serve students outside and eight window keypads and monitors will be at the lunch windows.

The cafeteria staff was trained Wednesday, September 21.

LAUSD's Food Services Division will implement the POS system in all schools over the next few months. POS will bring the Food Services Division into state and federal compliance for counting and claiming student meals.

The system will eliminate the use of tickets and meal cards and any issues related to forgotten, lost or stolen tickets or meal cards. Each student PIN is unique and the student's meal eligibility confidential.

In the future, students and staff will be able to pre-pay over the internet.

Galvez said the cafeteria staff serves about 1100 meals daily.

"Last year, with the tickets, we were feeding about 1400 daily," Galvez said.

September is a slow month, Galvez said, because students don't have their tickets.

"In October, they turn in the lunch applications and we get more students eating," Galvez said.

Galvez said the lines would probably move slower at first, but as long as students remember their passwords, lines will move faster.

Some elementary schools outside the Valley are already using the system, Galvez said.

Galvez has managed Poly's cafeteria for seven years and worked for LAUSD in food service for 15 years.

"We have a total of fifteen employees, including me," Galvez said. "Four employees work six and a half hours each, one works six hours and nine work four hours each."



Photo by Vanessa Muñoz

SPARKY: Sparks' mascot Sparky makes friends with Poly's Joe and Josie.

Sparks Send a Message

The WNBA ladies promote healthy eating and a tobacco-free lifestyle along with high quality basketball at Poly.

By Kimberly Cañas & Jessica Flores
Staff Writers

When WNBA professional basketball team the LA Sparks came to Poly Wednesday, they brought more than game.

"We're here to promote healthy eating and exercise for all school kids," said Sparks forward and two-time Olympian Delisha Milton-Jones.

The Sparks came to Poly to promote "LA Quits," LA County's quit-smoking program, and LAUSD's "I'm In" healthy eating program.

Former Sparks All-Star and now-part owner Lisa Leslie and Narbonne grad and Sparks forward Ebony Hoffman also spoke to students from Poly's Sports/EHS SLC about the importance of eating right and staying tobacco-free.

But first came the game.

The Sparks ran a light practice and then played a fun-filled ten-minute scrimmage that included new coach Joe "Jellybean" Bryant before about 500 Sport/EHS students in the Blue Gym. The players then introduced themselves.

LAUSD officials who spoke about "I'm In" included Chief Operating Officer Rick Boull't and District 6 Board member Nury Martinez.

Nury Martinez added that Polytechnic high school was a great example of being a good role model to the other schools in the LAUSD

[See Sparks, next page]

Madrigal Talks to Telemundo

By Alex Dimas
Staff Writer

Poly Social Studies teacher Elva Madrigal can barely remember her recent television appearance.

"The interview lasted two and a half minutes," Madrigal said. "It happened so fast I didn't have enough time to talk."

Madrigal was interviewed by Telemundo reporter Ruben Luengas for an "En Contexto" segment on Latino heroes.

"En Contexto" does stories on the community, Madrigal said.

Luengas asked Madrigal about the impact of Mendez versus Westminster School District (1946).

In that case, five Mexican-



Photo courtesy of Madrigal

INTERVIEW: Poly History teacher Elva Madriga appeared on T52.

American fathers challenged the practice in Orange County schools of separating whites and Mexicans. The Ninth Circuit court ruled that the practice was unconstitutional.

The Supreme Court would later rule, in Brown versus Board, that all racial segregation in public schools was unconstitutional. That ruling

came in 1954 and began the Civil Rights movement.

Madrigal says the topic of Latino heroes is important.

"Unfortunately, teachers want to get through as much as we can, but there isn't enough time," Madrigal

[See Madrigal, next page]

Poly Honors 9/11 Victims

By Lisa Guardado, Ramses Lemus & Edwin Rocha
Staff Writers

Parrots commemorated the 10th anniversary of 9/11 with a brief ceremony in the Polygon during lunch on Friday, September 9.

"We as Americans tend to forget things quickly," said Poly Principle Gerardo Loera. "I appreciate the student body remembering this date by bringing this memorial together."

About 300 students and faculty attended the memorial.

Poly's Band, dressed in white shirts and black trousers, played the National Anthem. Then the football team held the top of Poly's 40' by 60' Stars and Stripes while a group of ROTC students stepped backward, unfurling the flag as they went.

The two groups then gently moved the flag up and down.

"After 9/11, everywhere I walked I would see all the pride of America," Loera said. "The tenth anniversary of the 9/11 event should serve as a reminder to all of us to put away our differences and come together like we did right after 9/11."

First Responder and faculty member Jeremy Sonenschein also spoke.

"Most of you are too young to understand what 9/11 means to people who were actually there," Sonenschein said. "As a first responder, I was in Engine Company 54 as a firefighter and a paramedic."

Every first responder's main job that day was to rescue anyone and

everyone he could find, Sonenschein said.

"I saw ordinary people become heroes," Sonenschein said. "I also saw that everybody had gathered together no matter whom they were or what they did for a living."

Many sacrificed their lives that day to save people, people that they didn't even know, Sonenschein said.

[See 9/11, page 4]

Poly Idol Reborn

New drama teacher is bringing back Poly Idol.

By Eliana Vela
Staff Writer

Singers rejoice.

Poly Idol is back.

This round will be sponsored by actress and drama teacher Katy Groskin.

"I think it's really important," said Groskin, "that we encourage singers at Poly because I know we have some."

Former Poly choral teacher Kevin Patterson originated Poly Idol in 2003 and the concept produced some notable winners. But when he left in 2007, Idol went with him.

Ironically, Patterson went to Manual Arts, where Groskin was running her own version of American Idol, the inspiration for Poly's version.

Groskin recently auditioned 30 Parrots over two days. From that first round, Groskin chose 20 candidates to vie for the title.

Future rounds will include a group vocal, a ballad and a dance song. Each contestant will sing his or her own song for the last two rounds of the competition.

All future competitions will be held in the cafeteria at lunch and all Parrots are invited.

The winner, who will be chosen by students, will receive a pair of tickets to a concert chosen by Groskin.

Groskin says she had a second

[See Poly Idol, page 4]



Google Image

Keep on Truckin'

Angelino's love their food trucks.

FOOD - page 5



Google Image

Sparks Visit Poly SLC

WNBA players promote healthy life style.

SPORTS - page 7

OPINION

EDITORIAL



The OPTIMIST asked Poly teachers what they did in their classrooms to commemorate the 10th anniversary of 9/11. Below are some of their answers.

Sergeant Smith / AFROTC

ROTC had four days of lessons on 9/11 –

DAY 1: We read and analyzed a handout from our A.F. ROTC History book. Next the class defined vocabulary words related to the war on terrorism. Finally, we read and answered 10 questions from the lesson review in the book for the remaining class period.

DAY 2: The class watched the movie “United 93”

DAY 3: The class finished the movie and took a short quiz on the War Against Terrorism from the lesson review. Students were required to write a two-paragraph paper on who they would have called if they were aboard flight 93 and explain why.

DAY 4: Students participated at lunch in the Poly High 9/11 event on the Polygon. Students presented the colors and did a flag detail placing the flag at half mast.

Denise Beilinson / Soc Stu

I told my students a very personal story of my involvement with the WTC. In 1970, I worked in an office building a few blocks away from the WTC and I witnessed it being built over a few years’ time.

This was the period of the Vietnam war winding down. The construction workers, who were called hard hats, would march pro-war at lunch, and we, the young people, would heckle them.

Then, when it was our turn to march anti-war, the hardhats heckled us.

I also had the opportunity to have lunch on the top floor of the WTC – ‘Top of the World’ – which had a 360 degree view of New York, New Jersey and Connecticut.

I’m grateful to have memories and a connection to 9/11 and could share them with my students.

Jeremy Sonenschein / First Responders

I distributed an entire schedule of events and TV programs for the week of 9/11 to take part in. I also read stories from various books conveying what occurred on that day from the professional rescuer’s perspective, including my personal experiences as a responder there.

I offered extra credit for attending any of the tributes I presented in class and I brought in actual footage of the World Trade Center memorial, and the incidents/heroics displayed that day. And I shared a brief news segment highlighting the “Children of 9/11.”

Ethel Matlen / English

I read my essay I wrote about my own reflections of that day. I make sure I discuss “use of language” by government to clarify how government delivers the message – IED’s, WMD’s collateral damage, etc.

Essay excerpts

The spasm of hate over the talk radio shows fuels our righteous anger as a nation. Grief consumes our nation. For all it’s pain, the time has come for us to fight, of that I’m sure.

A young Arab girl in my English literature class espouses the just rewards of American arrogance for helping Israel. A young Israeli in the same class suggests otherwise. Young women raised in hatred of each other’s nation, even in the same country, enjoying the same freedoms to grieve, speak and criticize, yet they still choose angry words. No doubt, these are the same women who will raise the next generation of children to hate the Arab, or the Jew, or the immigrant.

I find myself thinking about life a little more introspectively these days. I think of all the mothers in the Middle East raising children of hate.

The Lost Art of Reading

Take a look at most LAUSD libraries today and you will see empty shelves and dated publications. Modern, up-to-date libraries and library aides are essential to the enhancement of student literacy, but support for LAUSD libraries is falling on deaf ears.

This year, 227 of 430 elementary library aides are being cut. Those remaining will see their hours cut in half.

The US is falling behind more literate societies, said a recent Time magazine report. American kids are texting instead of reading books. “You” is “u” and “see” is “c” and “LOL” is little more than “tee hee.” Punctuation and capitalization have been all but forgotten. Half of today’s teenagers only read a book if it’s assigned by a teacher. The literacy gap between our 15-year olds and those in other literate countries is rapidly expanding.

We need libraries and books to build the literacy skills that texting can’t. Texting may be a passing trend, but reading and writing skills make productive members of society.

To compete in a global economy, our youth must have a healthy balance of many skills. A literate new generation is an essential component for participation in a democratic society and an ever-shrinking world.

Guest editorial by Adriane Sommers.

Sparks At Poly

[From POS, previous page]

district.

Afterwards, the Sparks players signed autographs for Parrots and a Sparks representative gave Poly 1,000 free tickets to two upcoming Sparks games at Staples Center.

LAUSD Food Services Director Dennis Barrett brought samples of several new lunch menu offerings, part of a five-year wellness and anti-obesity campaign called “I’m In” to encourage students and their families to make healthy choices about diet and exercise both at school and at home.

Menu items are lower in sodium and include more vegetables and whole grains. They’re meant to be multicultural, reflecting the diversity of Los Angeles, Barrett said.

Barrett said all meals will be made with fresh vegetables - nothing frozen or canned and said all ingredients are restaurant-quality.

“We don’t even look at the stuff they sell for K-12,” he said.

The District serves 650,000 meals daily, or 123 million per year.

Madrigal On TV

[From Madrigal, previous page]

said. “We try to make it relevant because students get turned off when they don’t feel related to history topics.”

Telemundo asked Principal Gerardo Loera if the station could interview a faculty member in Spanish on the topic of Latino heroes. Loera said he recommended Madrigal.

“Mr. Loera came to me about the opportunity,” Madrigal said. “I was hesitant at first, but my husband made me realize that these opportunities are not common.”

Madrigal’s husband is English teacher Dennis Madrigal.

“That same day, I met with reporter Ruben Luengas and I was given the time and place to meet for the TV segment,” Madrigal said.

A Telemundo camera crew also shot some campus footage to intersperse in the interview.

“They took pictures of the library,” Madrigal said. “Reporters were going through the books page by page, but the books had nothing to do with Latinos.”

Madrigal said she prepared some talking points in advance of the interview.

The interview was done at BurbankNBC studios around 10:30 pm.

“The room was empty,” said Madrigal. “I was actually surprised. It was just me, the anchor, the producer and the weather guy.”

The interview was live.

“I couldn’t watch it at first because it was nerve-wracking hearing myself and seeing my every move,” said Madrigal. “Eventually, I came around and watched it.”

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the
OPTIMIST

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The OPTIMIST is the voice of the Poly community, and follows the Code of Ethics for the Society of Professional Journalists. Editorials are the opinions of the staff.

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INTERVIEW

The SEARCH

for a cure

By Eliana Vela
Staff Writer

Poly senior Cathy Capalla spends most of her time these days in a cancer research lab. The OPTIMIST spoke with Capalla recently and asked her about her new life. Here's what she said.

When did you first become interested in cancer research?

I think my interest in cancer research began to develop in junior year when several people that I know were afflicted with cancer. Having to see them suffer and being surrounded by this disease drove me to consider becoming a doctor and doing cancer research. Although my decision may sound fickle and driven by emotions, I think that this calamity merely intensified my interest in science and simply pinpointed what occupation I would like to devote my life to.

What Poly classes qualified you to do cancer research?

What prepared me for working in the lab was AP Chemistry. I constantly work with concentrations, moles, and stock solutions, things I've learned in AP Chem.

How did you find the research lab?

I found Dr. Seeger, the professor I'm working under, by surfing through the Children's Hospital Los Angeles website. I was always fascinated with T-cells and natural killer cells in AP Biology since they were like mini soldiers in our body. Dr. Seeger's research interests included understanding childhood cancer neuroblastoma's tumor microenvironment and mediating cancer killing by natural killer cells. What he was researching was exactly what I wanted to learn more of – cancer and cytotoxic cells. I didn't really understand anything on his page back then.



Doing cancer research at your age is pretty unusual.

This is definitely unusual! I mean, who would expect a 17 year old to be growing and maintaining cancer cells on her own? I've never done anything like this before, and I'm very grateful to have this experience.

What did you include in the email you sent the lab owner?

I mentioned my rank, AP tests, classes, my personal reason why I wanted to learn more about cancer, and my passion in Biology/Chemistry/Physics. Passion is always important.

Describe a typical day at the lab?

Everyday, I have to check my cancer cells if they're growing well or not. If the cells take up 80% of the space in the flask, I must split the cells into two flasks so that they can grow in a better environment. Sometimes I skip school to do lab protocols which can take from one hour to eight hours long, so it really depends how long I stay in the lab. When I skip school, I am in the lab for about 10 hours. During school, I have a free 4th period and stay in the lab for about five hours. Culturing cells can take a while when you have to look over more than 5-10 flasks. The lab is located in Los Angeles, and my dad drives me to and from the lab.

Was your goal cancer research or just learning about cancer?

My initial goal was to learn what happens in a cancer research facility and about cancer. I didn't expect that I would be doing actual research where I get to research partly on my own, with my mentor Dr. Wu, to solve problems whose solutions are still unknown.

Are you interested in cancer research as a career?

It's my dream job. I love every moment of my internship – even the times when I made a really bad mistake and had to re-do a whole 3 weeks worth of preparation. It's very



tedious, but it's exciting to find out what the outcome will be of your experiment. So many things need to be understood about cancer and so many treatments discovered. Even my professor, who's been a researcher since the 1960s, says that he's still very interested in cancer biology.

Is there a specific type of cancer that you're looking at?

I'm working with neuroblastoma, ATRT, and glioblastoma. Neuroblastoma is an extracranial cancer while the other two are types of brain cancer.

What tests are you doing for the research?

I'm empirically testing two different cancer treatments to determine if they're capable of inducing the expression of my desired receptor. I'm also working with chemoresistant cells to see if chemotherapy can upregulate this receptor and with brain tumors to see if a certain antibody is capable of killing these tumors.

How has doing cancer research affected your life?

Cancer research really affected my maturity level. Everyday, I am surrounded by professionals whose degrees range from M.D. to PhD. Thus, I had to learn how to be professional and to initiate my own learning. I didn't get to Dr. Seeger's lab, to work with cancer cells, to do my research project by waiting for someone to hand me everything on a silver plate. I had to ask questions, research online, read books on my own.

Before, I used to be really shy with adults, and I was always afraid of emailing or even talking to them in person. But I realized that just sitting in the back of the class and doing nothing won't get me anywhere in life. I had to create my own opportunities. I had to talk to adults like Dr. Hunt, an MIT alumnus, and Dr. Seeger. Essentially, I was impelled to create these opportunities and connections during my stay in Children's Hospital LA. I even managed to get in touch with a professor from Indiana who's researching what I'm researching.

Did someone motivate you to do cancer research?

My mom. She's always been very supportive and due to her health, she's restricted to eat only certain types of food and must be treated every month. There are a lot of people that have health problems like her and many of the people who feel her sacrifices are those with cancer. I want to cure these people. I want to reassure their families things will be fine.

Tell us about you.

I was born in the Philippines, and I'm currently living in Panorama City. I have one brother and one sister.

My mom is a Registered Nurse.

My dad didn't really want me to do the internship because he felt that he was so busy, he wouldn't have enough time to send and pick me up from the lab. But I really pushed for it.

I'm in the Magnet. I was in the Academic Decathlon team in 9th and 10th grade. I took piano lessons until 11th grade and was a delegate for 2011 Girl's State.

I would like to go to MIT and work under Professor Herman Eisen, who's researching T-cells and prostate cancer. I would be able to integrate everything I've learned in Dr. Seeger's lab in Professor Eisen's research since he's also working with cytotoxic cells and how to use them against prostate cancer.

CAMPUS

Musicians score tributes to 9/11

The tragedy inspired a wide array of musicians to offer musical remembrances.

By Jasmine Aquino
Staff Writer

Americans continue pursuing ways to connect and commemorate the tenth anniversary of 9/11. Some share in moments of silence, or remembrance and prayer, while others find consolation through music.

Grammy award-winning cellist Yo-Yo Ma played "Sarabande" from Bach's First Suite for Cello Solo as families toured the World Trade Center memorial site September 11.

Singer-songwriter and native New Yorker Paul Simon gave a moving acoustic performance of his signature song, "Sounds of Silence" after Rock & Roll Hall of Famer James Taylor sang "You Can Close Your Eyes."

Over one-hundred artists have written and dedicated songs in remembrance of 9/11 throughout the ten-year span.

The Charlie Daniels Band included the bonus track "This Ain't No Rag, It's A Flag" into their 2001 album "Live!" The song gained attention when Country Music Television (CMT) refused to allow Daniels to perform



Photo by Ramses Lemus

PARROTS: Poly's band performed the national anthem in the Polygon for the 9/11 ceremony.

the song at the Country Freedom Concert. The festival was staged in Nashville, Tennessee to raise funds for the Salvation Army's disaster relief efforts in New York City.

Canadian musician Neil Young wrote "Let's Roll" in honor of Flight 93 for his 2002 album "Are You Passionate?" The song's music video, which features footage and audio of the attacks, won first place at the Spindletop Film Festival in 2004.

Young named "Let's Roll" in honor of Todd Beamer, a passenger on the hijacked United Airlines Flight 93. Beamer was on the phone when the flight made its turn in a southeasterly direction and later told the operator that he and other passengers planned to attack the hijackers and take control of the aircraft. Beamer's last audible words were "Are you guys ready? Let's roll."

Paul McCartney wrote and recorded the song "Freedom" in response to the attacks in 2001 for his album "Driving Rain." McCartney

was in New York City at the time of the attacks and witnessed the destruction from a plane waiting for takeoff at New York's John F. Kennedy Airport.

The song's narrator declares freedom to be a "right given by God" that he will "fight for," contradicting the antiwar image associated with McCartney's former combo, the Beatles. McCartney cleared the confusion at The Concert for New York City where he first played the song live, explaining to the crowd: "It's about freedom. That's one thing these people don't understand. That's worth fighting for."

The events of 9/11 inspired Blue Man Group's "Exhibit 13" from their 2003 album "The Complex." The song's title comes from a scorched piece of paper that blew into the Carroll Gardens neighborhood of Brooklyn, New York immediately after the attacks on the World Trade Center. The audio intercut in the song is recitation of the contents of other

documents found in that same park.

Platinum-selling Welsh recording artist Jem compiled an album of various artists commemorating the 10th anniversary of 9/11. All of the album's proceeds go to the National September 11 Memorial & Museum.

The album, "Ten Years On," consists of moving songs from a range of phenomenal musicians whose heartfelt lyrics bring people together in memory of that tragic day. The album also features a print donated by California-based Japanese photographer Hiroshi Watanabe.

The album includes songs donated by Bob Dylan, Pink Floyd, John Legend, Alanis Morissette, Johnny Cash, Simon & Garfunkel, John Lennon, Stevie Wonder and others.

Jem was working on her debut album "Finally Woken" in Park Slope, Brooklyn in September 2001. Couple David and Paul Berry kindly let her stay in their apartment while Jem recorded.

After a late 4a.m. studio session, she learned David Berry had tragically died in the south tower. She immediately stepped in to help his wife and her three young boys. Jem was therefore inspired to create something special and memorable for David Berry and all the lives lost on 9/11.

And of course Poly's band performed the national anthem, "The Star-Spangled Banner," directed by drum major Jose Reyes, on September 9 in the Polygon. First chair trumpet Daniel Bullecer III, followed with a "Taps" trumpet solo, a musical piece often played during flag ceremonies and funerals.

A Day to Remember

[From 9/11, front page]

"Most people think that only adults died, but kids died too," Sonenschein said. "There was a day care right under the World Trade Center."

Sonenschein said three thousand people in the Towers and 400 rescue workers died while on duty that day.

"I show my respect to all the first responders who died doing their job."

9/11/2001

On the morning of September 11, 2001, five hijackers boarded American Airlines flight 11, a Boeing 767, at Logan Airport in Boston. Five more boarded United Airlines flight 125 from another Logan terminal.

At Dulles Int'l in Washington, five terrorists boarded American flight 77, a Boeing 757 with 58 passengers. And in Newark, four terrorists boarded United flight 93.

All four were transcontinental flights bound for Los Angeles.

Flight 93, 25 minutes late, took off at 8:42.

At 8:46, American 11 crashed into the North Tower of the World Trade Center in New York City. All on board, along with an unknown number of people in the tower, were killed instantly.

At 9:03, United Airlines Flight 175 struck the South Tower.

At 9:00, American Airlines Executive Vice President Gerard Arpey learned that communications had been lost with American 77 and ordered all American Airlines flights in

the Northeast that had not taken off to remain on the ground.

After learning that United Airlines was missing a plane, American Airlines headquarters extended the ground stop nationwide.

At 9:28, the United 93 hijackers attacked, 35,000 feet over eastern Ohio.

At 9:34, Ronald Reagan Washington National Airport advised the Secret Service of an unknown aircraft heading in the direction of the White House. American 77 was then 5 miles west-southwest of the Pentagon and making a 330-degree turn and descending, pointed toward the Pentagon.

ALL ON BOARD, AS WELL AS MANY CIVILIAN AND MILITARY PERSONNEL IN THE BUILDING, WERE KILLED.

At 9:37, American Airlines Flight 77, traveling at approximately 530 miles per hour, crashed into the Pentagon. All on board, as well as many civilian and military personnel in the building, were killed.

At 10:02, as passengers attacked the terrorists in the cockpit, United 93 plowed into an empty field in Shanksville, Pennsylvania, at 580 miles per hour, about 20 minutes' flying time from Washington, D.C. Thirty-three passengers and four terrorists were killed instantly

The terrorists' objective was to crash the airliner into the Capitol or the White House. They were defeated by the unarmed passengers of United 93.

Nine Eleven facts taken from the National Commission on Terrorist Attacks Upon the United States report. The full report is available online.

Parrot in Exile

Banished to faraway Palmdale, former Parrot Mariel Lopez describes her new life in the high desert.

By Mariel Lopez
Staff Writer

It's entirely different. This change in everything takes a lot more than just getting used to.

Everything that once seemed so close is now so far away. The environment feels so strange. Not at all like home, at least to me. There's just no welcoming feeling to it really.

I've recently moved to Palmdale, California. I moved for two reasons. One being cheaper living. Two being my mom wants to hide from people.

I can tell you now that after living here briefly, it's more than just different.

Biggest change was in school. Going from Parrot to Falcon. Going from magnet to comprehensive.

I'm a sophomore this year, now attending Palmdale High School, home of an outstanding football team, but also home of low test scores.

The school on the outside isn't much of a site. You see big black gates, a big parking lot, and a security guard or two.

The inside is another story. It's a ginormous campus with lots of grassy areas, trees and shade. The buildings are scattered everywhere and even the seniors get lost looking for their classes.

No amazing murals on the walls like at Poly but their trashcans are certainly colorful.

The cafeteria is really gross-looking. Not even the janitors care to clean it.

In the mornings, if you come late and you want a pass, security makes you pick up all the trash in the cafeteria to earn it.

The classrooms are pretty simple, plain, and boring, the typical inspiration poster on the walls.

School starts at 7:30 am and ends at 2:37 pm. There are six periods and two separate snack and lunch periods.

Not only is the schedule weird, but so are the classes and the teachers who teach them. I don't know what exactly this school is like, considering I'm new, but it's completely strange. Palmdale High School started school the exact same day that Poly started, but they're far behind on everything.

At least I've noticed that a class or two of mine is behind.

I was in a completely different English class when I left Poly, but this new one has me doing kindergarten work. Not only that, but the teacher writes sentences using improper English.

I wasn't taking biology before I left and I just entered and already I know more than a good number of the students in my class. I'm one of five people who actually do their work. My teacher sits there and lets the kids act like animals. It just might be me because I'm not used to it yet, or haven't had the feel for it, but this school is out of control.

It's also caught my attention that they have out-of-date books. The funds for this school are at rock bottom, according to some of the office staff.

One amazing thing is that this school has the most outstanding medical program for students who seek careers in the medical field after college. The program is called R.O.P. Students have to wear scrubs to school if they're in the program. It's basically a version of ROTC, really.

Palmdale High students may not be that interested in their education, but they sure do have a lot of pride. More than half the school really gets into spirit week. It's good to see that, but it'd be even better to see them determined about something that doesn't involve dressing for school spirit.

I suppose you can say that the people at this place are really nice but quite honestly they'll never compare to the amazing staff and students I've met at Poly.

Poly Idol

[From Poly Idol Reborn, front page]

motive for bringing back the singing competition.

"I am looking for singers to star in 'Chicago,' a musical I'll produce in the spring," Groskin said.

CITY LIFE

**Kogi Korean BBQ** – L.A.'s "Godfather of food trucks"

Now a cultural food landmark, Mark and Caroline Manguera and professional chef Roy Choi established the Alibi Room in Culver City in 2007. And it was there that the Kogi truck originated.

Kogi's fusion of Korean and Mexican food features Spicy Pork Tacos, Kimchi Quesadillas and Short Rib Sliders. Five different trucks roam the city and locations vary daily.

The popularity of social networking boosted the Kogi's reach, with Twitter (@kogibbq) and Facebook listing their daily locations. Newsweek dubbed them "America's first viral eatery." Kogi's prices range from \$3 to \$10.

Eats On the Streets – The Rise of the Food Truck

LA's love for diverse cuisine is nowhere more evident than in the growing popularity of food trucks, gourmet meals gone mobile and headed your way with a wide variety of delicious and affordable food.

By Shean Santy
Staff Writer

It was bound to happen. Hungry Angelenos up all night and looking to mix their mobile lifestyle with good eats. Ethnic street vendors plying their sizzling specialties on sidewalks around the city. And a generation hooked on instant communication and social networking 24-7. Could the now-ubiquitous food truck be far behind?

Today, mobile gourmet eateries are everywhere, their culturally-diverse customers lined up down the block, from sundown to sunup. We offer here just a few of LA's latest entrepreneurs with plenty of street cred and inexpensive fare.

**Nom Nom Truck** – "Don't just eat, Nom"

Food Network enthusiasts know well this prominent contender in "The Great Food Truck Race." Nom Nom's founders and UCLA undergrads Jennifer Green and Misa Chien turned their love of Vietnamese cuisine into a thriving business. Nom offers the best and most affordable Vietnamese food in the city.

The mouthwatering menu includes B ahn Mi, a Vietnamese sandwich made out of baguette, pork/chicken, and selected veggies, and Vietnamese tacos (lemongrass chicken, pork or tofu). Prices are under \$10.

Locate a Nom Nom Truck in LA through Twitter @nomnomtruck and catch their Facebook updates.

Coolhaus – building a better dessert

Natasha Case and Freya Estreller loved baking cookies and making ice cream. They turned their passion into Coolhaus, an ice cream sandwich retailer.

Menu items are named for architects - the Richard Meyer (Ginger Cookie and Lemon Peet Ice Cream), the Mies van Der Rohe (Chocolate Chip Cookie and Vanilla Bean Ice Cream), the Frank Gehry (Snickerdoodle and Strawberry Ice Cream), and the Mia Lehrer (Snickerdoodle and Sea Salt Ice Cream), among others.

Coolhaus, a play on Dutch architect, theorist and urbanist Rem Koolhaas, began at the 2009 Coachella Music Festival, where the comfort-food snacks were a big hit. The next step was to take their designs on the road. A food truck was the obvious choice.

The ice cream sandwiches costs about \$4 and Angelenos can track their destinations through Twitter (@coolhaus) and official website www.eatcoolhaus.com. The ladies also sell their snacks in New York and Austin.

**The Grilled Cheese Truck** – plus barbeque

Professional chef David Danhi's specialty is mixing grilled cheese and barbeque. When he entered his Cheesy Mac and Ribs in the 7th annual Grilled Cheese Invitational in Los Angeles, he was surrounded by grilled cheese junkies. And the idea for the Grilled Cheese Truck was born.

Try the famous Cheesy Mac and Ribs, the Brie Melt, the Caprese Melt or the Bayou Melt. Prices range from \$3 to \$5 for a regular melt while the specials are a couple bucks more. The Grilled Cheese Truck can be found in various locations. Follow their Twitter @grilldcheesetruck or like their Facebook page.

Grill 'Em All – they put the meat in the metal

The group that knocked off Nom Nom Truck to win "The Great Food Truck Race," Grill 'Em All serves gourmet burgers with a heavy metal twist. Chef Ryan Harkins and Matthew Chernus, friends and bandmates for 20 years, decided to take their love for hamburgers mobile. Find the truck with the Metallica-like paint job and you're home.

The pop culture-themed menu pays homage to Molly Hatchet, Pantera, Anvil, Behemoth, Dee Snider and even Hannah Montana. Find the truck and their \$10 burgers by following their tweets @GrillEmAll or like their Facebook page for updates.



ENTERTAINMENT



Google Image

ZANY: Indie movie actress/pop singer Zoey Deschanel is the small screen's "New Girl."

Zoey Deschanel Goes Sitcom

The multi-talented actress brings her indie-movies sensibilities to "New Girl."

By Shean Santy
Staff Writer

Being a leading lady in a comedy series has been quite lucrative of late. Emmy winners: Tina Fey ("30 Rock") and Melissa McCarthy ("Mike and Molly") and fan favorites Amy Poehler ("Parks and Recreation") and Edie Falco ("Nurse Jackie") have all established themselves as forces to be reckoned with.

With Tuesday's premiere episode of "New Girl" on Fox at 9 pm, can indie movie actress and quirky pop singer Zoey Deschanel join that short but hot list?

Deschanel is "adorkable" Jessica Day, who moves in with three guys she met on Craigslist following a heartbreaking split with her cheating boyfriend.

The three guys, bartender Nick (Jake Johnson), Schmidt (Max Greenfield) and Coach (Damon Wayans Jr.) will help Jess learn who she is, what really counts in life and other typical sitcom stuff.

Also on the show are Jess's street-smart model friend Cece (Hannah Simone) and love interest Paul (Justin Long).

"New Girl" will compete with a girl-themed show from CBS called "2 Broke Girls," starring Kat Dennings ("Nick and Norah's Infinite Playlist") and Beth Behrs. But the early bets are on Deschanel.

Building off its "Glee" lead-in, the series premiere of "New Girl" got the highest rating of the evening among the coveted 18-to-49-year-old demographic, drawing in more than 10 million viewers.

Deschanel first caught the public's eye as the troubled older sister in Cameron Crowe's "Almost Famous" (2000). Then came 2003's "Elf," where she played Buddy's dream girl.

Her fame grew after leading roles in "Yes Man" (2008) and "(500) Days of Summer" (2009).

Deschanel's singing in "Elf" led to the formation of the musical duo She and Him with singer M. Ward. The duo put together two critically-acclaimed albums, while Spin Magazine described Deschanel as a "convincing soft rock goddess" with a sublime retro voice.

While the new comedy sitcom may be conventional, Deschanel is anything but. Look for her natural charm and quirky character to make "New Girl" the next big thing.

"Drive" Delivers Atmosphere, Violence

Director Nicolas Refn's unique fusion of neo-noir and ultra violence hits the mark.

By Shean Santy
Staff Writer

"Drive" is LA visualized as a stylistic mix of classic noir and Tarantino mayhem.

Danish filmmaker Nicolas Winding Refn's movie combines off-beat locales and minimalist dialogue with ultra-modern violence and a "melancholic masculinity" favored by Michael Mann.

Refn captures the flip side of Los Angeles, skipping the tourist stops of Hollywood for the gritty streets of downtown, MacArthur Park, the Valley and the asphalt of the L.A. River.

Ryan Gosling ("Half-Nelson") is a Hollywood stunt driver who is also a part-time heist and getaway man. Gosling's emotionless demeanor channels Clint Eastwood. Like "The Man with No Name," Gosling is referred to as "him," "the driver" or "the kid." With his signature driver gloves, toothpick, and silk jacket with a scorpion embedded on the back, "Driver" is the cult character of 2011.

Gosling works at a garage on Reseda Blvd owned by his friend Shannon ("Breaking



Google Image

STREET WISE: "Drive's" Ryan Gosling didn't use a Thomas Guide to cruise LA's mean streets.

Bad's" Bryan Cranston), also provider of the getaway cars. The love interest is Gosling's fetching neighbor Irene, Academy Award-nominated actress Carey Mulligan ("An Education"). "Driver" grows a strong bond with Irene and her son Benicio (Kaden Leos).

Irene's husband, Standard (Oscar Isaac), is a jailbird in trouble, so "Driver" volunteers to help Standard to protect Irene and Benicio's safety.

Along with the guy, the girl, the car and the weapons, "Driver" has a colorful supporting cast. Christina Hendricks ("Mad Men"), Ron Pearlman ("Sons of Anarchy") and Albert Brooks ("Taxi Driver") as Gosling's

acquaintance, an amiable yet dangerous criminal, all turn in fine performances.

The electro-pop based score of Cliff Martinez nicely matches the highly-stylized Refn look and Gosling's amoral tough-guy performance. Tracks include Kavinsky's "Nightcall" and CSS's "Lovefoxxx," a tune by the Chromatics, as well as the hypnotic "A Real Hero" by the College ft. Electric Youth" and Desire's lovely "Under Your Spell." Critics and fans are calling the soundtrack one of the year's best.

"Drive" is edgy and taut, a terrific film drenched in neo-noir violence and 80's vibes with a modern LA backdrop.

Glee: What's Not to Like?

The high school musical has "Gleeks" and detractors.

By Eliana Vela
Staff Writer

So why is "Glee," now in its third season on Fox (Tuesday 8:00 pm), beloved by some and disliked so much by others?

Mostly, it's the music, uninteresting for some, but for others the icing on the cake for a show filled with drama and humor.

Teens relate to "Glee's" characters and the awkward situations they find themselves in, exactly like those that normally take place in high school.

Each episode has a theme that inspires the songs. The music ranges from classics to today's top artists and the choreography makes the musical numbers visually appealing.

Most of the cast members were child singers, actors, Broadway performers and sometimes troubled teens before they were cast on "Glee."

During "Glee's" first season, the show was nominated for nineteen Emmy Awards and four Golden Globes.

Jane Lynch, 49, who plays cheer coach Sue Sylvester, has a long film and TV career that dates back to 1988. Lynch has battled an alcohol addiction for years.

Lea Michele, who plays Rachel Berry, grew up performing in Broadway musicals.

Dianna Agron (Quinn Fabray) played large and small rolls on "Shark," "Close to Home," "CSI: NY," "Numb3rs," "Veronica Marz," "Heroes" and the short film "It's a Mall World."

Jenna Ushowitz, who plays Tina Cohen-Chang, was adopted and grew up doing commercials, had a role on Sesame Street and did Broadway musicals.

Kevin McHale plays Artie Abrams, a physically disabled student who uses a wheelchair. McHale's acting career includes appearances on "The Office," "True Blood" and "Zoey 101." He was also a member of American boy group Not Like Them (NLT).

Chris Colfer plays openly gay Kurt Hummel, bullied for both his sexuality and his participation in the very unpopular Glee Club. Colfer did musicals and wrote, acted and directed "Shirley Todd," his version of the musical "Sweeney Todd."

Canadian Cory Monteith was a troubled teen addicted to drugs who dropped out of school. After rehab and multiple jobs, he got roles in "Final Destination 3," "Whisper" and "Deck the Halls."

"Glee's" success has led to a movie, a reality casting show and



Google Image

HIGH JINKS: Caustic Mckinley High cheer coach Sue Sylvester talks to "Glee" teens.

thousands of fanboys known as "Gleeks."

A documentary shot during the cast's summer concert 2011 tour became "Glee: The 3D Concert Movie." The 84-minute film sold less than \$12M domestically, failing to cover its \$22M budget.

"Glee" was nominated for nineteen Emmy Awards and four Golden Globes after its first season, winning for Best Television Series - Musical or Comedy.

The brainchild behind "Glee" is Ryan Murphy, who first got noticed in Hollywood for writing and directing "Nip/Tuck."



INTERVIEW EXCLUSIVE



Sparks Speak

OPTIMIST SPORTS REPORTER AMY AYALA GOT THESE EXCLUSIVE INTERVIEWS DURING THE SPARK'S RECENT VISIT TO POLY.

DeLisha Milton-Jones

Florida State grad and LA Sparks forward Delisha Milton-Jones is a 12-year league veteran.

The two-time WNBA champion and three-time WNBA All-Star also won two Olympic gold medals for the United States.

Ebony Hoffman is here to promote LAUSD's "I'm In." What about you?

I'm involved with "Living Tobacco Free." We're trying to spread the word to youth and even adults that smoking really is not hip, it's not cool at all. It damages your life in many ways. You can't see it on the outside but what it does to you on the inside and what it does to others on the inside is detrimental to our health. You may enjoy it now but it will catch up with you later. You'll have cancer, lung cancer, throat cancer. It's just a terrible way to have to live your life being that sick.

Lets talk basketball. When Candace got injured, what adjustments had to be made?

We knew someone had to pick up the slack and give us twenty and ten on any given night. We knew it couldn't be just one person. Everyone had to give at least 10% more to make up for her absence.

People had to come off the bench to help?

People's roles changed. Those who might not have started in a game were able to start. Ebony Hoffman did a great job coming in and filling that role. She was aggressive defensively and just keeping the offense flowing by keeping the ball moving and crashing the offensive boards.

In last night's game, everyone was playing great. What changed in the fourth quarter?

I think we went away from our defense. I think the reason we were winning at times was because our defense was great and it allowed our offense to happen. In the fourth quarter we went away from our defensive intensity and as a result they got a lot of easy shots, wide open threes. San Antonio took over the game.

What changes have to be made next year?

I think next year we have to come back with a new-found focus, we have to come back committed to wanting to playing defense at a high level for 40 minutes. As long as the clock is ticking, you have to be in it. Then you give yourself a great chance of being successful. We fell short a lot of times this year because we had defensive breakdowns in crucial moments of the game.

You missed the playoffs this year. What changed?

We had the opportunity to win games but we didn't take advantage of them. We were put in a situation where our destiny was not in our control anymore. So I hope that the lessons we learn this year will allow us to be smarter and more educated next year in our approach to the season and to our playoff fight.

Joe "Jellybean" Bryant

Better known as dad of Laker Kobe Bryant, Joe spent four years with the Philadelphia 76ers and two with the San Diego Clippers (1980-82) before playing in Houston for his final NBA season. In Italy from 1984 to 1991, Bryant coached the Sparks from 2005 to 2007 and then returned as head coach in July after Jennifer Gillom was fired.

So where's Kobe playing during the lockout?

You know the NBA needs to get their thing together and the owners and the players so we can have some basketball. It's my gut feeling that by the time we get to December or Christmas time I think this should be done, that's what I'm hoping.

Losing Candace Parker hurt?

We lost Candace for sixteen games this season and she's our best player. You know it's always difficult to lose your best player. I just imagine



the Lakers losing Kobe for a little while. They're still a good team but you need that special player that can make shots at special times.

How about Kristi Tolliver?

She has a bright future. It's only her third year. It just takes time. Professional sports is not like college. Women are more athletic, they're bigger, they're stronger and it just takes time to find the next step.

Talk about Becky Hammon in the last two games.

Well Becky Hammon just really played well and that's what makes a superstar - they take it to the next level. You look at Wade, you look at Kobe, LeBron, you look at Carmelo Anthony, look at Dirk Nowitzki, certain times in a game when superstars take over and that's what she did.

The defense hurt you in the last two losses?

If you can play defense and wait for yourself to start making shots, then it's a good game. But you have to start with defense because offense comes and goes but defense is everlasting. If we can hang our hat on defense and get defensive stops, as we did with the two games against Seattle, we'll be alright. Anytime we hold Seattle to 65 points, that's just amazing.

Then we came back home and played the same kind of defense and held them to 61 points. Moving forward, that's what we have to hang our hat on. We are going to try to keep teams under 70 points.

What was missing for the Sparks this year?

Our biggest issue this year was turnovers. When you turn the ball over, that means you don't get a chance to score a point but you give the other team more opportunities to score. I think we also have to do a better job rebounding. Some times we let teams get ten, twelve offensive rebounds. That's ten, twelve opportunities they have. So we have to cut those things down.

Will you stay with the Sparks?

I'm really happy to be back and I'm looking forward to next year. I think I have a good chance of coming back and get this program to build and create a dynasty.

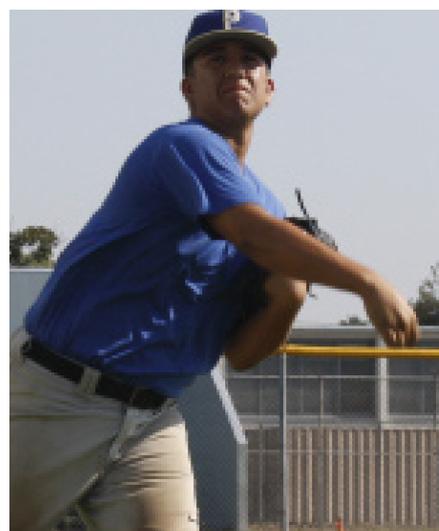


Photo by Vanessa Muñoz

BASEBALL: Senior Daniel Acosta warms up.

By Jose Hernandez & Mark Morales
Staff Writers

Two Poly seniors are slated to play for the Cleveland Indians scout team this year. Pitchers Phillip Marquez, a lefthander, and Daniel Acosta got the call from Cleveland scout Vince Sigisi.

Both Parrots are three-year varsity players.

"Acosta proved to be invaluable by playing catcher, third base and pitching for us as a sophomore," head coach Gabe Cerna said. "Acosta made first team all-league last year and Marquez was named a player to watch by the 'Daily News.' Marquez was also selected to the underclassmen team, made up of all city section players."

Southern California is a hotbed of baseball talent, Cerna said, and MLB teams have tryouts in the area every year. The teams are made up of college and pro prospects and play each other at various locations.

"Good pitching is always needed," Cerna said, "so I called Vince and he agreed to bring Acosta and Marquez for a couple of games."

Left-handed 6'1" Marquez throws a Clayton Kershaw-style curveball in the low eighties, according to Cerna.

Cerna, who took the helm at Poly in 2009, said Marquez made varsity right away. Acosta moved up from JV for the Poly Classic, a

Indians Scout Parrots

Two Poly hurlers will be throwing strikes for Cleveland scouts.



Photo by Vanessa Muñoz

LEFTY: Parrot senior Phillip Marquez.

tournament Cerna brought from Roosevelt.

The Parrots spent the summer doing four-hour practices and playing three games a week.

"During the summer, we played in the Glendale Connie Mack league," Cerna said. "The league is made up of area high school teams and travel teams."

Poly finished 14-10.

"We'll start the 2012 season with a strong pitching rotation led by Acosta and Marquez, junior Josue Moreno and up-and-coming junior Alejandro Lopez, the JV MVP," Cerna said.

Acosta will also play at third and sophomore Alonso Hernandez will play short. Ruben Novoa and Salomon Salazar will compete during fall ball for the catching slot. Sophomores David Reyes and Octavio Marquez are expected to fill in the outfield and excel at the varsity level.

"With a mixture of young and experienced players, this year's baseball team should be a contender for the league title and get back into playoffs," Cerna said.

New faces on the coaching staff include alumni Luke Latouf, class of '96, and Miguel Gomez and Eddie Baeza, class of '02. Baeza played for the Arizona Diamondbacks and Washington Nationals, while Latouf and Gomez played college baseball.

The team is currently doing a.m. workouts and after-school practices. Fall ball starts October 1st.

SPORTS

Dons Demoralize Parrots Again

Lady Parrots lose back-to-back matches against league-leading Verdugo.

By Maureen Kang
Staff Writer

Verdugo finessed the visiting Lady Parrots Wednesday 21, 21, and 21, taking sole possession of first place in the East Valley League.

"We didn't win because of the lack of communication," said Poly head coach Gaby Gallardo. "We weren't doing the fundamentals we do at practice. We didn't fight."

The players agreed.

"We just weren't mentally there," said senior captain Magaly Jimenez. "Skill-wise, we were good, but at the end, we didn't pull through as a team. We broke down."

The mental breakdown was the second in four days for the Lady Parrots, who lost to Verdugo 26-24 Saturday at the Van Nuys Invitational.

"On Saturday, Verdugo got pumped up," Jimenez said. "They knew that they could beat us the next time. They got too confident."

Gallardo thought so too.

"I expect us to win every time we go on court," said Gallardo. "But it's always more of a challenge the second time around."

Wednesday's match started off with a forceful Dons' kill. But the Lady Parrots came right back for the first of many ties throughout the match.

"It's always a war when we play Verdugo," said head coach Gaby Gallardo. "It's pretty much bragging rights when you beat each



Photo By Diane Alvarado

DONS DO: Poly junior Larissa Linares battles Verdugo, who beat the Lady Parrots Wednesday.

other."

Poly sophomore middle blocker Erica Magee's hard spikes gave Poly the lead in game one. Jimenez deflected Verdugo spikes three times. But the Dons prevailed.

Down 19-16 in the second game, Poly was feeling the pain.

"Frustration was probably the key word by game two," said Gallardo. "We needed to snap out of it. I told them to play our game, not their game."

Blocker Magee's fast spikes failed twice. Senior Cristina Ruiz's dig hit the net. Poly was down two games.

The crowd was loud, both sides cheering and chanting.

"I expected Verdugo to be very loud and rude," said Gallardo.

The play of the night came with Verdugo up 13-9. Defenders blocked the ball back and forth six times. Players slid across the floors trying to make hits and attacks. Poly lost the point.

The Lady Parrots got as close as a 21-21 tie in the third game but never scored again.

Poly (4-3-1, 3-1) hosts Arleta (1-8-1, 1-3) Tuesday while the Dons (9-1-1, 4-0) travel to North Hollywood (6-3-1, 3-1) Monday.

Saints Slam Poly 43-6

Penalties and a stagnant offense continue for the struggling Parrots

By Jose Hernandez & Mark Morales
Staff Writers

Poly senior starting quarterback Erik Gonzales, on the injured reserve list with a tweaked knee, will join the team next week against North Hollywood.

It can't happen soon enough.

This week, Locke senior quarterback Ronnie McKamie threw three touchdown passes and scored one himself as the visiting Saints scored a spirited 43-6 win against the sluggish Parrots.

"We made a lot of mental errors," said Poly head coach Joe Pierro. "It's hard to recover when you beat yourself. But it is something that's fixable. We just have to keep practicing and believing in the system."

With three minutes to go, Poly senior Kevin Arrue picked off McKamie at the 35 yard line.

A short scamper by McKamie got Locke up 7-0 early. Then he tossed sophomore wide receiver Shay Fields a touchdown pass with 6:36 left in the first for a 14-0 lead.

The Parrot offense sputtered. A high snap over sophomore quarterback Erick Manriquez's outstretched hands ended up in the end zone for a safety, putting Locke up 16-0 with 8:14 left in the second.

With three minutes to go, the Saints were threatening to score when Poly senior linebacker Kevin Arrue picked off McKamie at the 35 yard line.

But Manriquez threw an interception to Saint senior defensive back Otis Douglas to end the half.

McKamie and the Saints got going early in the second with a touchdown pass to Locke junior wide-out Samuel Shirley. Locke was up 22-0 after a missed PAT.

Both offenses were quiet until McKamie threw a 25-yard touchdown pass to Fields with 1:52 left in the third.

Poly junior quarterback Robert Rojas, out with a shoulder injury, took his first snap since the Franklin game and threw an incomplete pass, intended for senior wide receiver Kevin Avelar, to end the third.

Poly's only scoring drive came in the fourth quarter.

On Poly's 45-yard line on 4th and 25, Manriquez threw a 40-yard dagger to junior wide receiver Horacio Barron. A 10-yard run from senior running back Paul Mata capped the drive and put Poly on the scoreboard. The two point conversion failed.

But the Saints answered with a 63-yard drive. Fourth-string senior running back Jason Pina ran ten yards into the end zone to put Locke up 35-6 with 9:14 left in the fourth.

Poly's offense was baffled. Despite a big home crowd and an exciting band, the Parrots couldn't get anything going on the ground or in the air.

Saints junior quarterback Justin Dottery scored late for Locke to lock down the 43-6 win.

The Poly staff hopes Gonzales will bring experience and stability to the offense.

"He's a leader by example," said Pierro. "He's going to help us in terms of our continuity and help develop our identity. We'll use him in spots and we'll see how it goes,"

It can't go any worse.

Third Loss and Improving Rabins looks to the future as losses pile up.

By Alex Dimas
Staff Writer

Poly (3-3) lost its third match in a row, this one a 0-7 beating at Verdugo, but head coach Evan Rabins remained optimistic.

"I think we competed a lot better than last week," Rabins said. "We were more competitive."

Verdugo is a lot better than Monroe, Poly's opponent in a 0-7 loss Monday, Rabins said. Yet the Lady Parrots put up better scores this week.

Next week will be different, Rabins promised. The Lady Parrots play Sherman Oaks CES on Monday and Grant Wednesday.

Meanwhile, Rabins had a positive take on the Verdugo loss.

"I knew it was going to be tough," Rabins said, "but all we needed from the girls is improvement and they showed it."

Poly #1 singles Jessica Gonzales had a promising start against Verdugo's Josephine Ho, breaking serve on the first game of the match. But Ho came right back to break Gonzales with an unforced error from the Parrot.

Gonzales would not win another game on the way to a 1-8 loss. Ho served two love games and broke Gonzales' serve four times.

Gonzales was up 30-15 in the final game and took Ho to deuce but went away quickly in the tiebreak (1-4)

Season So Far 3-3

San Fernando (H)	4-3
Manual Arts (A)	6-1
Fairfax (H)	reschedule
Grant (H)	ff
NoHo (H)	0-7
Monroe (H)	0-7
Verdugo (A)	0-7

@Verdugo 7 Poly 0

SINGLES

Josephine Ho def Jessica Gonzales (11) 8-1
Madison Vaias (2-8) def Diana Melendez (12) 8-2
Lucy Vay def Perla Flores (12) 8-1.
Lian Niguyen def Ashley Ortiz (12) 8-1.

DOUBLES

Cindy Luo & Tiffanie Phong def Yuliem Madera (12) & Kathleen Argueta (12) 8-0
Patricia Deleou & Nane Ghazaryau def Pia Ros (10) & Jade Lim (10) 8-4
Neigas Neweli & Mary Ousepyan def Angelica Gutierrez (10) & Erica Martinez (11) 8-1.



Photos by Diane Alvarado

STRINGS: Lady Parrot junior Jessica Gonzalez holds the #1 singles slot for head coach Rabins.