

The Poly Optimist

John H. Francis Polytechnic High School

VOL. XCVIII, NO. 4

SERVING THE POLY COMMUNITY SINCE 1913

NOVEMBER 2011

The Questbridge Five

Five Parrot finalists up for four-year scholarship.

By Shean Santy
Staff Writer

Math/Science Magnet seniors David Lee, Doo-Ree Kim, Angel Luna, Diana Melendez and Karen Montoya were named finalists for the prestigious Questbridge scholarship, a full-ride scholarship to the school of their choice.

The Questbridge program has helped thousands of high-achieving high school students since 1987. The program matches bright students with elite universities and colleges in America. The goal is to create an opportunity for low-income and exceptional students to attend leading academic institutions without worrying about paying the bills.

Questbridge partners with 31 universities and colleges, from research universities to liberal arts colleges. The list includes Ivy League universities (with the exception of Cornell), MIT, Stanford, Caltech, University of Chicago, USC and other elite private universities. Top liberal arts colleges include Williams College, Pomona College and Amherst College.

About 40 percent of Questbridge applicants are chosen as finalists. In 2010, the program received 6647 applicants, with 2748 students chosen as finalists. Scholarships were awarded to 310 seniors.

Matching the student to the school is a vital part of the process. Applicants can choose a maximum of eight Questbridge partner schools. Being a finalist does not guarantee a match. However, a finalist's chance of being admitted to those schools through a regular decision is higher.

Poly is no stranger to Questbridge. Poly had four finalists last year and two the year before. Jessica Caballero, class of '09-'10, was the first Parrot to win a Questbridge scholarship. She chose to attend the Massachusetts Institute of Technology (MIT).

All this year's finalists have taken rigorous classes throughout high school such as Advanced Placement and college classes. Extra-curricular activities such as sports, clubs and volunteerism also made the seniors good candidates for Questbridge. Low income was also a qualifying factor.

All five Parrot finalists live in Los Angeles. The distant 20-mile bus ride is one more obstacle to overcome, but these seniors know perseverance means a better future.

The finalists will learn who was chosen in December.



Photo by Catalina Murillo

FEETLOOSE: New KYDS dance group Enigmatic Theory stole the show at the Homecoming pep rally with their energetic performance Friday.

Dance Theory

Poly dance troupe is part of KYDS program.

By Yenifer Rodriguez
Editor in Chief

Poly dance group Enigmatic Theory stole the show at the Homecoming pep rally with their mainstream performances. They wowed the crowd with Nicki Minaj's "Roman's Revenge," Cassie's "Me & You" and Usher's "Without You."

"They did better than I thought, they messed up here and there but overall I thought they did great," says coach and choreographer Micah Mora.

The dance troupe pulled off the dance routines in just a month.

"I personally always like to put a story behind the music," says Mora.

Led by Micah Mora the Enigmatics performed a unique story at the pep rally. Since Poly's theme was "Poly Goes Medieval" they performed a scene on how a knight was sent by the king to capture a princess for the king himself but the unsuspected turning point was when the knight ended up falling in love with the dragon. Micah Mora played the king. "He's really dedicated and unlike other coaches he actually gets in the performances," says Parrot senior Jerrick Joya.

The Enigmatic Theory started as a class from the KYDS program but quickly became a team of its own. Although Mora is head coach he has to report to Liliana Arrevalo, the KYDS site supervisor.

"At first we all hated the class but then we became closer and started to enjoy it," says group dancer Joya.

Not only has Micah Mora been choreographing different middle school dance teams throughout the San Fernando Valley for over a decade now but he has also appeared

[See Enigmatic Theory, page 4]

Like Starbucks But Better

Wifi is coming to Poly in 2012.

By Maureen Kang
Staff Writer

By next year at this time, Poly will have more Wifi access than a Starbucks.

"Your current network or equipment is what we call 'end of life,'" said LAUSD communications engineer Michael Gurasich. "You can't expect much from it."

"The new fiber activity will keep you online and running without interruption."

Poly will get a Wireless N system, the latest technology.

"The main reason that we're getting this new Wifi is that the Internet goes down in many classrooms," said Poly IT administrator Xiomara Jacobo.

"The replacement parts we order are the hardest to find and get," Jacobo said. "It's that old. That's what holds us back and takes so much time."

Design and installation of Poly's system is expected to take a year or more.

"It'll take time to design how we're going to do it," Gurasich said. "It takes several months to get specifics for the school's needs. My work is to put it down on paper and then a construction group will install the system."

"Vector Resources, along with LAUSD, will upgrade Poly's network," said Gurasich, "and part of that network will include access points to provide wireless throughout

the campus.

An access point allows a network device to connect to the Internet, Gurasich said.

"If you walk from the administration office to room 341, you'll have wireless," said Jacobo.

All teachers will have access to Internet. Students will have access through labs and any school-approved devices.

"LAUSD picked the schools to get this new technology," said Jacobo. "We got picked because of how many problems we've had. Every time our technology has problems, we have to send a ticket to the ITD. Because we've put in so many, a red flag probably went up."

"It's going to be pricey and a work in progress," Jacobo said. "I think in three months we'll be able to tell where we are."

"LAUSD did it for Hollywood High School, I'm sure they'll pull through for us," Jacobo said.

Young Senator's Program

By Jasmine Aquino
Staff Writer

The first Young Senators meeting of 2011-2012 was recently held at the Pacoima Neighborhood City Hall.

At the meeting were local high school juniors and seniors granted admission to Los Angeles City Councilmember Richard Alarcon's Young Senators program.

The program is a non-profit organization whose goal is to encourage, assist and guide young people to become caring, educated and courageous individuals who contribute positively to their communities.

Each candidate had to fill out an application presenting past or present demonstrations of leadership, complete a survey, provide a letter of recommendation, and participate in an interview.

The new Young Senators will participate in monthly meetings throughout the school year to learn about leadership, policy, and participating in community service activities, including planting trees,

[See Senators, next page]

Parrots Do Community Outreach

Attendance up at second Service Learning Fair.

By Jasmine Aquino
Staff Writer

Attendance was up at Poly's second annual Service Learning Fair, thanks in part to Parent Night taking place at the same time.

Poly's service-learning project, an LAUSD requirement for seniors since 2007, is part of the senior economics classes and has a "pass or no pass" grade.

Seniors with Social Studies teachers Denise Beilinson, Brad Katz and Kevin Kowalski worked on this year's fair.

The classes had a variety of booths, banners and posters in three separate areas. Kowalski's students were located in front of the auditorium, while Katz's students were at the Polygon and Beilinson's near the freshman center. Community representatives were with the class



Photo by Catalina Murillo

FAIR: Seniors do community outreach for class credit.

who contacted them.

"This project teaches students to communicate in a professional way," said senior Jose Reyes. "It also teaches us to listen to our community and their needs, which is very crucial in our environment."

In preparation for the fair, each class was divided into "teams" and each team had the responsibility of

[See Senators, next page]



Photo by Catalina Murillo

Band on the March

Eighty-two musicians plus arranger Reyes.

MEDIA - pg 6



Google Image

MOCA Does Punk in LA

More Black Flag posters than a concert.

ART WALK - pg 7

OPINION

EDITORIAL

Stanford Commencement

Apple CEO Steve Jobs' 2003 Stanford address offers some uncommonly good advice for students of all ages. Below is part one. Part two will run in the Christmas issue.

Thank you. I'm honored to be with you today for your commencement from one of the finest universities in the world. Truth be told, I never graduated from college and this is the closest I've ever gotten to a college graduation.

Today I want to tell you three stories from my life. That's it. No big deal. Just three stories. The first story is about connecting the dots.

I dropped out of Reed College after the first six months but then stayed around as a drop-in for another eighteen months or so before I really quit. So why did I drop out? It started before I was born. My biological mother was a young, unwed graduate student, and she decided to put me up for adoption. She felt very strongly that I should be adopted by college graduates, so everything was all set for me to be adopted at birth by a lawyer and his wife, except that when I popped out, they decided at the last minute that they really wanted a girl. So my parents, who were on a waiting list, got a call in the middle of the night asking, "We've got an unexpected baby boy. Do you want him?" They said, "Of course." My biological mother found out later that my mother had never graduated from college and that my father had never graduated from high school. She refused to sign the final adoption papers. She only relented a few months later when my parents promised that I would go to college.

This was the start in my life. And seventeen years later, I did go to college, but I naively chose a college that was almost as expensive as Stanford, and all of my working-class parents' savings were being spent on my college tuition. After six months, I couldn't see the value in it. I had no idea what I wanted to do with my life, and no idea of how college was going to help me figure it out, and here I was, spending all the money my parents had saved their entire life. So I decided to drop out and trust that it would all work out OK. It was pretty scary at the time, but looking back, it was one of the best decisions I ever made. The minute I dropped out, I could stop taking the required classes that didn't interest me and begin dropping in on the ones that looked far more interesting.

It wasn't all romantic. I didn't have a dorm room, so I slept on the floor in friends' rooms. I returned Coke bottles for the five-cent deposits to buy food with, and I would walk the seven miles across town every Sunday night to get one good meal a week at the Hare Krishna temple. I loved it. And much of what I stumbled into by following my curiosity and intuition turned out to be priceless later on. Let me give you one example.

Reed College at that time offered perhaps the best calligraphy instruction in the country. Throughout the campus every poster, every label on every drawer was beautifully hand-calligraphed. Because I had dropped out and didn't have to take the normal classes, I decided to take a calligraphy class to learn how to do this. I learned about serif and sans-serif typefaces, about varying the amount of space between different letter combinations, about what makes great typography great. It was beautiful, historical, artistically subtle in a way that science can't capture, and I found it fascinating.

None of this had even a hope of any practical application in my life. But ten years later when we were designing the first Macintosh computer, it all came back to me, and we designed it all into the Mac. It was the first computer with beautiful typography. If I had never dropped in on that single course in college, the Mac would have never had multiple typefaces or proportionally spaced fonts, and since Windows just copied the Mac, it's likely that no personal computer would have them.

If I had never dropped out, I would have never dropped in on that calligraphy class and personal computers might not have the wonderful typography that they do.

Of course it was impossible to connect the dots looking forward when I was in college, but it was very, very clear looking backwards 10 years later. Again, you can't connect the dots looking forward. You can only connect them looking backwards, so you have to trust that the dots will somehow connect in your future. You have to trust in something--your gut, destiny, life, karma, whatever--because believing that the dots will connect down the road will give you the confidence to follow your heart, even when it leads you off the well-worn path, and that will make all the difference.

My second story is about love and loss. I was lucky. I found what I loved to do early in life. Woz and I started Apple in my parents' garage when I was twenty. We worked hard and in ten years, Apple had grown from just the two of us in a garage into a \$2 billion company with over 4,000 employees. We'd just released our finest creation, the Macintosh, a year earlier, and I'd just turned thirty, and then I got fired. How can you get fired from a company you started? Well, as Apple grew, we hired someone who I thought was very talented to run the company with me, and for the first year or so, things went well. But then our visions of the future began to diverge, and eventually we had a falling out. When we did, our board of directors sided with him, and so at thirty, I was out, and very publicly out. What had been the focus of my entire adult life was gone, and it was devastating. I really didn't know what to do for a few months. I felt that I had let the previous generation of entrepreneurs down, that I had dropped the baton as it was being passed to me. I met with David Packard and Bob Noyce and tried to apologize for screwing up so badly. I was a very public failure and I even thought about running away from the Valley. But something slowly began to dawn on me. I still loved what I did. The turn of events at Apple had not changed that one bit. I'd been rejected but I was still in love. And so I decided to start over.

I didn't see it then, but it turned out that getting fired from Apple was the best thing that could have ever happened to me. The heaviness of being successful was replaced by the lightness of being a beginner again, less sure about everything. It freed me to enter one of the most creative periods in my life. During the next five years I started a company named NeXT, another company named Pixar and fell in love with an amazing woman who would become my wife. Pixar went on to create the world's first computer-animated feature film, "Toy Story," and is now the most successful animation studio in the world.

In a remarkable turn of events, Apple bought NeXT and I returned to Apple and the technology we developed at NeXT is at the heart of Apple's current renaissance, and Lorene and I have a wonderful family together.

Student Fair

[From Community, previous page]

identifying one main problem affecting the community. Each team then had to contact a community representative working on improving that specific issue.

A variety of representatives offered Poly their services, including Alcoholics Anonymous, Planned Parenthood, the American Red Cross, Pet Orphans, and many others.

Reyes and his team contacted Nancy Lyon from the American Red Cross. Lyon presented students and parents with information on preparation for possible disasters and other emergencies.

"It is important to teach people in our community not only how to survive disasters, but how to take care afterwards as well," said Lyon.

Poly seniors Ricardo Novasko and Jasmine Carreño contacted Terry Kishiyama of the Serra Community Medical Clinic. Kishiyama offered students medical insurance on the spot.

"In this economy, we work hard to help parents and students receive the medical attention they need," said Kishiyama.

"It was stressful calling up different people," said senior Delehiny Cardona, "because if we didn't sound professional within the first few seconds of the phone call, they just hung up on us."

"Most representatives either thought our phone calls were jokes or wanted money in return," added senior Bailey Jacobs.

Despite the stress, the students had far greater success this year than last.

"Last year, the only people there were the people who had to be there," said former Parrot Javier Hernandez. "It didn't attract much attention from the rest of the student body."

Kowalski congratulated his students on a job well done at the end of the night.

"This year was far better," Kowalski said. "There were more parents—more foot traffic. And the students got more creative. There was less art and more community outreach programs."

Seniors had the option of taking a class at Valley Community College to fulfill this graduation requirement but on their own time, according to Reyes.

Young Senators

[From Program, previous page]

volunteering at M.E.N.D. and cleaning up with Habitat for Humanity.

Cristina "Cristy" Barrera, a 2007-2008 Young Senator, now works as an aide in Alarcon's Pacoima District Office. She helps constituents who have concerns or problems as well as taking care of clerical responsibilities.

"The program was definitely an eye-opener," said Barrera, now in her fourth year at UCLA. "It helped me see that even with a small dedicated group, change can happen. Through this program, I learned the essence of teamwork, desire, and the strength to stand up for what I believe in."

Alarcon personally greeted every student with a handshake at this year's first Young Senators meeting.

The students were then broken into six groups and advised to assign one another one of the following jobs: President of the Senate, President pro Tempore, Democratic Caucus Chair, Republican Caucus Chair, Secretary of the Senate, and Chief Sergeant-at-Arms.

The Young Senators took a break once finished assigning jobs and joined the Filipino Festival downstairs. The students were exposed to different cultural foods for lunch before resuming work.

The Young Senators then worked on constructing their own group seals with inspiration from the Seal of the City of Los Angeles and the Seal of the County of Los Angeles.

The day ended when the students pledged an oath claiming they will "support and assist the people living in the North East San Fernando Valley by improving living conditions and the quality of life in neighborhoods" and they "will well and faithfully discharge the duties upon which the students are about to enter."

The Young Senators were given "Young Senators Program" polo shirts and messenger bags, folders with information and two study booklets, "The Legislative Process" and "The Budget Process."

The Young Senators program culminates with a trip to Sacramento, where the young Senators will participate in mock Committee hearings and hold a "floor session" on the Senate Chambers, sitting in the legislators' desks.

Councilmember Alarcon is hosting his 12th Young Senators program.

Former Parrots Denise Acosta and Dianna Barba were Young Senators last year.



the OPTIMIST

John H. Francis Polytechnic High School
12431 Roscoe Blvd, Sun Valley, CA, 91352
<http://polyhigh.org>

EDITORIAL POLICY

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.

LETTERS TO THE EDITOR

Letters to the Editor must be typed or printed in ink and include the writer's signature. The OPTIMIST reserves the right to edit submissions. Send letters to Rm.14 or Mr. Blau's box.

EDITOR-IN-CHIEF

Yenifer Rodriguez

SPORTS EDITORS

Alex Dimas
Maureen Kang

PHOTO EDITORS

Diane Alvarado
Catalina Murillo

CARTOONIST

Patricia Racelis

WRITERS

Jasmine Aquino
Amy Ayala
Alex Dimas
Diana Escobedo
Joel Garcia
Michael Garcia

Lisa Guardado
Maureen Kang
Ramses Lemus
Yenifer Rodriguez
Shean Santy

OPTIMIST ADVISOR

John Blau

INTERVIEW

I was born in 1985, right. My mom met my dad at a party. You know, they decided they were going to get together, whatever.

I was born in 1985, right. My mom met my dad at a party. You know, they decided they were going to get together, whatever. For the first three years they were together, they were both really young, they didn't have a lot of money, and my dad was part of a gang, so finding a job to support my mom was super difficult. He had jobs here and there to kind of try to support us.

My mom had a job since she was 18, before she had me, working at a community medical clinic. She's been working there for over thirty years now. While my mom always had a stable job, my dad didn't, and so a lot of the problems with not having a job and coming from a gang created issues between them because he didn't feel validated or accepted in these other places. That caused him to drink and do drugs and really like the gang life. That's all he knew, he was a boy.

So we lived in the projects for maybe the first two years with my grandma. My dad had 18 brothers and sisters, so at any time in that household, in a five bedroom apartment, there were between 20 to 23 people living there because his older brother had a kid and a wife too. So they had a room, we had a room, and all the other 15 kids shared bedrooms, shared two bedroom. My grandparents had their bedroom with the littlest kids.

I didn't know a lot of it, I was two. Then we moved to like the Valley area with my mom's family. We got our own little place but the project life kind of followed my dad. My parents fought all the time, they drank a lot, their final divorce, when they finally separated, it resulted in them breaking everything in my household. The bed, the TV screen, I mean all this stuff, and me and her being escorted to my grandma's house.

That was it. My dad didn't live with us anymore. But I still stayed connected to him throughout all of elementary, junior high and high school. I spent every weekend in the projects with my dad. But he wasn't really there either. Gang life never left him. He drank, he left for the weekends and left me with my grandma, my grandparents, my cousins, they watched me. But he's still my dad, you know.

He finally left that life. I mean, he never left the gang but he left the drugs and alcohol when I was 14, when my grandma passed away. He made a promise to her that he would never do drugs or drinking again.

Staying in school

Middle school and high school were hard. I had cousins who got pregnant at 13 and had kids and I didn't want that life. A lot of my mom's cousins were doing drugs, were always in and out of jail and my godmother had been in jail since I was little. I would see her once in a while before she would go back in. It was always my mom that motivated me because she never lived that life. She was the only one who graduated high school and she was always there for me. She always motivated me to do what I wanted to do.

She did drink here and there but she was always a good mom. She was kind of like my stable motivator. She taught me structure and discipline. She sheltered me from the violence that my cousins grew up in.

My mom always worked really hard. It was not a great job but she always found a way to put food on our table. We lived in places, just me and her, where we used storage boxes as our table. But it didn't matter, she said, as long as we were together, wherever we lived didn't

matter, whatever we didn't have didn't matter.

As I got older things got better. She got paid a little bit more. She always found a way to give me the material stuff for school.

The Parrot life

I did really well here at Poly. I had a 4.0 all the way through. I knew that I needed to finish school. So I found the people at this school that were going to help me make it through.

I started making friends with magnet students because they had the resources that our track system didn't have. When I was on A track, I had honors classes, I had AP classes, but it didn't feel like it was enough. They were taking college classes since ninth grade.

When I found that out in eleventh grade, I

adjusting to living with people that I didn't know, living away from my mom, someone who I'd seen and talked to every day. I still talked to her on the phone everyday but I cried the whole time.

I was thinking that I wasn't going to make it because I had come from poor schools. A lot of these people seemed to be smarter than me. I would sit in these classrooms and they would have computers, they had notepads, they had all this stuff. I was just sitting there thinking "Why do they have all this stuff with them?"

So taking notes was new, but little by little, I made friends again with the right people. They kind of motivated me to try out tutoring programs that they offered to people who were

I know that crime always happens there, but it's at an unequal level. They live in poor communities. A lot of these men aren't given a chance, a lot of the kids aren't given a chance. It's important for me to go back, to expose myself to a community and show them like "Hey, you guys can do it too," but also to try to get their voices documented.

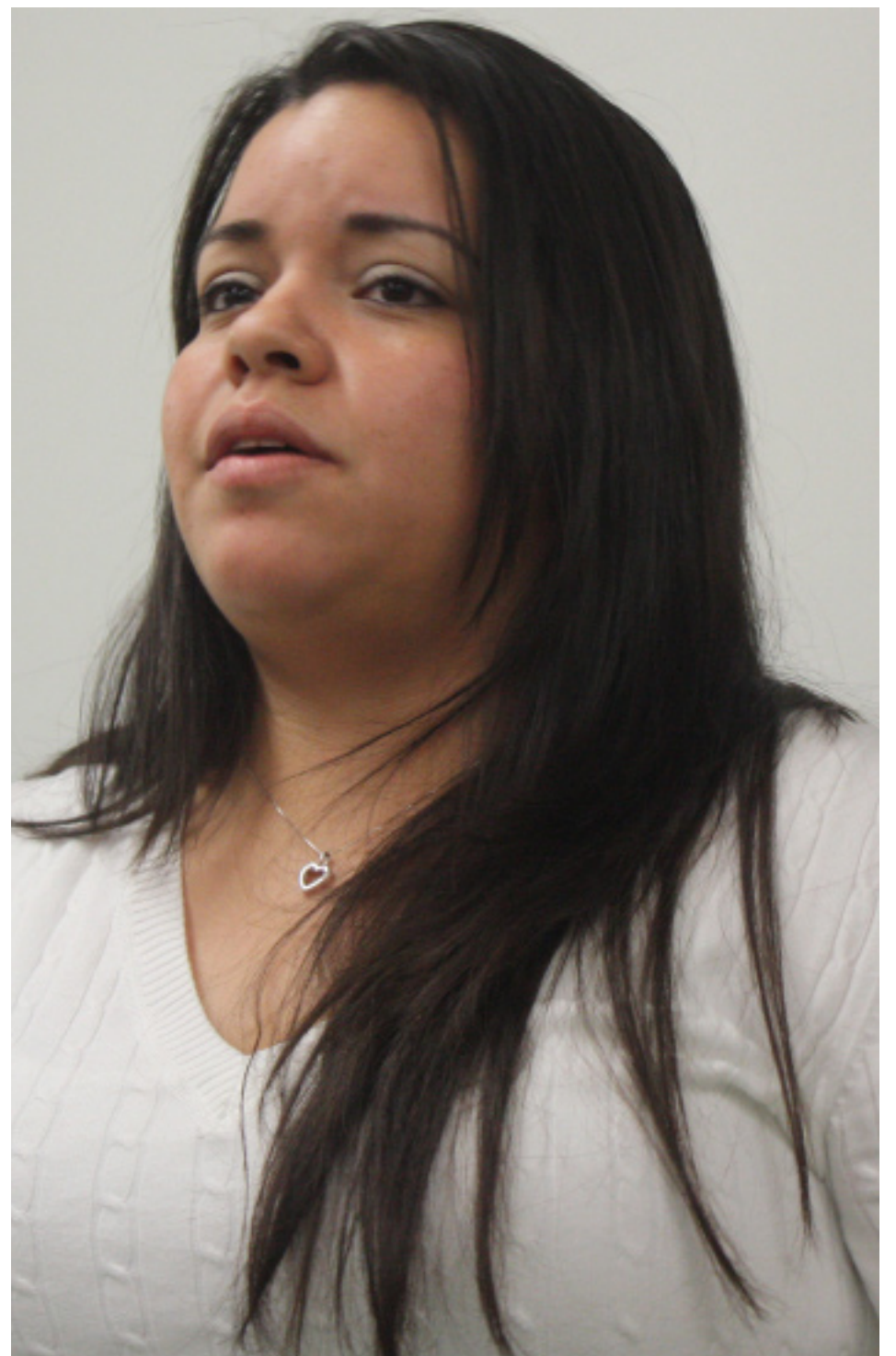
I do a lot of motivational speaking. I've always come back to Poly to visit teachers and stuff. A few years back, community college invited me to do a presentation to a classroom. That was my first time. They did an evaluation and they said they really enjoyed hearing me speak.

They said it's amazing what I've been

t h e Rachel Papers

Parrot Rachel
Sarabiand ('03)
beat the odds
and found
success in the
academic world.

By Amy Ayala
Staff Writer



fought to get into that program. I wasn't ever accepted into magnet, they said it was too late, but they allowed me to take classes with them if I wanted to.

Without having a mom or cousins who had gone through the process, it was all new to me. It was unknown what happened after high school. I did sucky on my SAT scores. I studied so hard, I memorized like 300 words or something but none of those words were on that test. So it sucked.

It's not that my teachers were bad. It's just that they didn't know how to prepare us for what was on the SAT.

I got into UCLA right out of high school. It was cool. I lived on campus. It was hard

poor or students of color.

Every time I struggled with something, I guess I thought back at my childhood. Me and my mom went through so much for me not to be able to make it to the next thing.

Research in the projects

For me it was important to go back to these communities to kind of demonstrate the inequality that was going on and the struggle that's happening. So I'm hoping that through research and through interviewing people and learning about them that we can change these communities to provide them with more educational opportunities. More social equality.

through and what I've accomplished. I realized that just exposure is really important. A lot of the kids in the communities I come from never know anybody who gets a PhD or a Masters.

A lot of people think things are never going to change, but things can change. It took a lot of years for me to get comfortable talking to people and sharing my background. When I was growing up, people knew my mom and dad were gang members and they thought that was going to prevent me from getting far. A lot of people feel that way. But now I'm far enough to where they can't stop me anymore. I've already come so far and it's important that people know my background.

CITY LIFE

Bike-friendly LA has plenty to see,
so get some wheels and start pedaling.

Freedom on Two Wheels

OPTIMIST staffer walks us through the world of bicycling in LA.

By Ramses Lemus
Staff Writer

Why ride a bicycle?

Riding bicycles is more than hopping on your seat and peddling, it's a form of individual freedom. Companionship is a big part in cycling, keeping an eye out for each other and keeping company in long rides. When you ride bikes, you see cities from a different point of view, not the same one you see behind the glass window of a car. You interact with the city and feel the freedom to explore. It will catch on America, as more people of all different races, ages and gender begin to un-limit themselves as how far one can get with two wheels and two pedals. Bicycling is for the everyday person, seeking a little freedom, a little thrill, an a little challenge.

LA in general is a bicycle-friendly city. Cars tend to move to the next lane, giving you space to pass and tend to slow down if passing next to you. But some areas are the opposite. The bike route running alongside the LA River and Griffith Park is definitely a great place to bike - lots of space and no cars to fear getting hit by. Another great route is Hansen Dam. It's a good place to have a good work out and still be safe. The bike path in Glendale- Burbank has a good view of the San Fernando Valley and a few downhill where you can enjoy the speed your bicycle gets up to.

I go a few times a month to each. I usually ride 4-5 hrs a week depending on how busy I am. I usually ride on the surface streets along side cars but alternatively use the side walk if the street is to congested or full of potholes. Most drivers in L.A are pro-cyclist, but there are still many anti-cyclists out there on the streets. I've encountered a few of them. The worst one would have to be one that drove 15 miles over the speed limit right next to me, as if saying to me that cyclists have no rights on the streets, only cars.

There are many different styles of bicycles - beach cruisers, mountain bikes, track bikes, fixed gear, road bikes, hybrids, BMX and several more. Most of these bikes run in the hundreds to several thousand, especially carbon fiber track bikes and road bikes. Around 20 million bicycles are sold in America each year.

I own a Motobecane Mirage, a road bike, which I bought off a friend who had bicycles for sale. I have other bikes also. One for example my dad bought back in '95 for \$300 and was later given to me as I grew older. I spend around 10 hours a month maintaining my bike, from fixing the chain and the gears all the way up to polishing it to keep its bright color shining. I store it in my room were I can access it at any given time. I occasionally ride my bike to school, but I try to as much as I can.

Most of my friends own their own bicycles, most are similar to mine and others are regular bicycles. We ride as often as we can. It's almost an every weekend thing. We usually ride around 30 miles round trip, depending on our routes and how much

time we've got. Most of our bike rides are first just proposed in person, but we usually only use Facebook to get the information about the ride going, such as time to meet, route we are taking and how many people are going. The longest ride we've gone on is from North Hollywood Metro station down to Santa Monica Beach/ Venice Beach.

Do bicyclists warm-up before riding?

Yes. We usually just ride very slow and calmly for a few minutes, getting our legs ready for the ride. We all usually take backpacks and carry tools with us, so someone carries the pump while someone else may carry the wrenches and others carry extra tubes and patches to repair our wheels. We all take plenty of personal water around 2-3 bottles each, but share some in case someone didn't. Some of us carry Camelbaks, which store water in a cool bag and are carried on our backs and drink from it through a long tube when ever we need to with out having to stop. We also sometimes take 1-2 small snacks such as granola bars to eat when we need that little burst of energy.

What do bicyclists have in common?

Bicyclists seek new adventures, in competitive racing or doing challenging courses or getting outside our barriers and discovering new places. Most take up biking as a stress reliever.

Tell us about your last bike ride.

My last bike ride was an early bird one. Two friends and I met up at the North Hollywood Metro Station at 5 am. We turned on our lights and headed down an empty Lankershim Blvd until we reached Riverside drive. There we caught the bike path and passed Warner Bros. and Disney studios. The bike route then took us along the Los Angeles River. With no light posts for a mile or so during twilight, we relied on our beaming lights to see the route and ourselves. One of my friends had to turn around and head back because he had to be in an Acadeca meeting at Poly, so it was just two of us at that point.

We got off the trail and went up Los Feliz in Griffith Park, a great incline work out, till we reached the street that took us up to the Griffith Observatory. Going up was the hard part. We pedaled halfway up and took a quick five-minute break to give our backs and legs a rest and continued. We reached the top in time to catch sunrise over a beautiful L.A skyline. The adrenaline kicked in as we headed downhill. With no cars in our way, we must have been going around 30 mph. We didn't have to pedal once going down, just have our hands ready to hit the brake in case anything were to happen.

Sunset Blvd took us to Hollywood, where we ate a quick breakfast at Burger King. Then later we went up another huge hill next to the 170 freeway near Universal Studios. We went down until we hit Lankershim blvd again. We took Lankershim home.

Cheap Rides

Five bikes that fit the bill.



From top:

Schwinn Sanctuary Men's Cruiser - \$130-\$160

Schwinn Wayfarer 7 Speed Women's Cruiser - \$150 - \$180

Schwinn Prelude 700c Men's Drop Bar Road Bike S4030 - \$240-\$290

Schwinn High Timber - Front Suspension - \$170 - \$210

Schwinn Exit Freewheel Single Speed Road Bike S5338 - \$230-\$290

Enigmatic Theory at Pep Rally

[From Dance Theory, front page]

dancing in different music videos. Mora has performed in Victoria Justice's "Beggin' On Your Knees," Lexi St. George's "Dancing to the Rhythm," Jay Sean's "Hit the Lights" and Kat Graham's "Sassy."

Mora appeared as the principle dancer in Victoria Justice's "Beggin' on Your Knees." This meant he had to be apart of the choreographing and had to be seen in the music video.

Choreographer Mora likes to be inspired by Laurieann Gibson, a Canadian VMA-winning choreographer, and Emmy-nominated director best known for her work with Lady Gaga, Diddy and Keri Hilson. He's open minded to other choreographers.

Micah Mora checks out audition dates for these kinds of roles on www.LAcasting.com.

That's not all. Mora also has a passion for acting. He just finished "Trick of the Witch," an indie film directed by Chris Morrissey.

"When I see them improving I may start thinking about the competitions," says self taught Mora.

The Enigmatics would compete against other KYDS dance classes, when they're ready.

The dance group chose what the coolest name for the team would be. Since Enigma means something that can't be solved, they wanted people to think about the dance styles and routines instead of just seeing a bunch of moves here and there.

"We're open to anyone who wants to join," say coach Mora.

The KYDS dance team has fifteen dedicated people. The team has been advertising and recruiting people. They made posters and passed out flyers.

Students can enroll in the main office or the KYDS office which is near the softball field and the parking lot.

Micah Mora stays after school practicing with the dance troupe on Mondays and Thursdays from 3:30 to 5:30.

The Enigmatic Theory's next performance will be on the talent show on Thursday, November 10.

Micah Mora loves what he does, which is dancing, but he admits he has always wanted to be an English teacher.

Mora is not a stranger to the valley; on the contrary, he has lived here all his life.

Be an
OPTIMIST
reader



MEDIA

By Alex Dimas
Staff Writer

Mexico won its independence from colonial Spain in 1821. But unresolved ethnic, economic and class tensions remained, and the early 1900s brought a second struggle worse than the first.

This Mexican Revolution captured the world's imagination. Photographers and journalists flocked to Mexico to cover the unfolding story.

Angelenos can now see some of those photos in a new exhibition, "A Nation Emerges: The Mexican Revolution Revealed," at downtown's Central Library.

The exhibit was organized by the Getty Research Institute and runs til June, 2012.

Beth Guynn, senior special collections cataloger for the Getty institute, curated the 110-image show.

The exhibit spans the years from the first moves against dictator-president Porfirio Diaz through the many political twists and battles among rival factions that marked the nation's civil war.

The exhibition is divided into roughly 10 sections and organized both chronologically and by themes.

The exhibit includes works by respected journalists and artists such as Hugo Brehme and Robert Runyon, as well as photos by largely unknown photographers.

A D. W. Hoffman photo shows a proud General Francisco, known as Pancho Villa, who was popular with the people and a strong

Photographing the Revolution



Google Image

DOWNTOWN: A new Central Library exhibit features photographs of the Mexican Revolution.

commander in the constitutional forces. He welcomed the American press to take pictures and write about the Revolution, knowing the photos would bring attention to the people's rebellion against the president.

Villa frequently used photography and other mass media to stage-manage his popular image.

Another photo shows Pancho Villa lying on the ground in a hospital, and there was a guy behind him standing looking at him in sadness. Villa was killed on July 20, 1923.

A copy of a newspaper from Mexico during the revolution, orange with age and published in 1914, had pictures/drawings of Pancho Villa and Emiliano Zapata.

Among the most iconic images in the exhibition are Villa riding his horse at a gallop and Villa seated in the presidential chair with Zapata beside him

Three photos by Walter W. Horne (American, 1883-1921) captured the different types of people involved in the Revolution. The first one shows two cavalrymen standing

LA's Central Library is hosting a Getty exhibit of photos on the Mexican Revolution of 1910-1920.

in the middle of a field holding their rifles. The second features Revolutionists, townspeople holding guns who were part of the rebellion. The third photo shows sharpshooters behind a wall shooting at people.

Another photo by Horne shows journalist and newspaper editor Juan Sanchez Azcona with three others at a camp in the forest. All four were dressed like they were in the mafia, not part of the rebellion.

The Mexican flag quickly became rallying symbol of what men were fighting for and Jim A Alexander's "What they are fighting for" shows a group of men around the flag.

Images from the revolution continue to inspire today. Folk heroes such as Pancho Villa, Emiliano Zapata and *las soldaderas* remain part of Los Angeles' popular culture.



Photo by Diane Alvarado

teen IDOL

By Yenifer Rodriguez
Editor In Chief

Senior Parrot Abdi Lozano's biggest thrill is performing in front of hundreds of people. Lozano's dream is to become a broadcast journalist. She has been starring in Bereavision's "Deja Te Cuento" for two years, a digital TV station, working with the tabloids.

Whether it's the Poly Idol or being on TV, she just loves performing.

"I've always had an interest with being on TV. I just love the thrill of it," says camera-shy Lozano. And if that wasn't enough she performs live with her four co hosts.

Although Lozano loves to perform and show off her broadcasting talent, she hopes for her future career to be a Broadcast journalist.

Abdi Lozano gets to be on Bereavision on Friday at 10pm and Saturday at 8pm. She travels on Friday to Pomona and Saturday to El Monte.

"I don't know why but I don't think cameras are very nice to me," says Lozano.

"I think Broadcasting is more of a thrill for me than singing," says adrenaline junkie Lozano.

The talented singer has a strong bond with her mom.

"My mommy is my role model. She's a strong person. I really do love her. We have the same personality so sometimes we clash heads" says Abdi Lozano.

Lozano had recently shined and won Poly Idol with her favorite band's song "Smother Me." And if becoming Poly's new "teen Idol" wasn't enough, try having it on your birthday!

She sang her way to the top with Whitney Huston's "I Will Always Love You" and got 177 votes from her Parrot peers.

Lozano didn't just wake up as a singer one day; Mrs. Schwal-showalter took part in Abdi's success.

"Ms. Showalter taught me how to project my voice because I always sang in my head voice" says trained Lozano.

"My parents told everyone and now when we go out they make me sing," says Abdi Lozano, the daughter of two proud parents.

Lozano isn't the only singer in her family. Her cousins are talented as well. Even though Lozano has a great voice her parents are not ones to be called "singers."

She isn't very proud of her expressions while she's singing; Lozano has to practice in front of a mirror everyday.

"I think I make funny faces while I'm singing" says Lozano.

Abdi Lozano didn't know what to wear on such a special event. She thought of maybe going with a dress but she didn't want to over do it, so she just went simple and cute.

"People know me, I'm no longer the girl with a long skirt" says Lozano who admits that being Poly's new teen Idol has changed her life.

The talented singer has been performing since her 5th grade graduation when she sang "Como La Flor" by Selena Perez.

"Performing is nerve racking at times but once you're up there you're having fun," says soul singer Abdi Lozano.

"I love the lyrics and the vocals; it's not just random music, they have meaningful lyrics," says Second hand Serenade lover Abdi Lozano. Her favorite bands are The Used and Secondhand Serenade, following up with her favorite singer, Christina Aguilera.

Lozano is a sunny kid; she was born and raised in North Hollywood.

“ I think I make funny faces while I'm singing ”

MEDIA



Photo by Catalina Murillo

GREAT OUTDOORS: Flutists in Poly's marching band at practice on the baseball field.

Band of Joy

Making music, finding new friends and feeling the thrill of performing are all part of Poly's marching band experience.

By Diana Escobedo
Staff Writer

Being in a high school marching band is not as easy as it looks. But it's a great experience.

"It's something unique and special," says drum major Jose Reyes, "because just the moments and experiences you go through are truly unforgettable. The memories are something that no one can take away from you."

Just the act of marching out on the field at a football game can be a thrill.

"The tunnel . . . just walking on the field is a feeling of accomplishment," said former alto-sax player Abigail Ojeda. "You think, this is the moment I have put so many hours of practice into. And the results are satisfactory when you know you have put your heart and soul on the field."

And some band members use the experience to go on to bigger and better musical achievements.

"It feels good to perform as musician," says baritone player Gerardo Sanchez, "and it's something I want to do as a career."

Passing an audition is required for drum line, but not the marching band.

The band is conducted by drum major Jose Reyes. Eddie Ortega is co-drum major. Both are seniors.

Twenty-two newcomers joined this year's 82-member marching band, along with four more in the drum line and 15 new people in the color guard.

The band practices every day during fourth and after school and on Saturday before a competition.

The musicians perform at halftime during every home football game and will enter two competitions this year.

The band and drum line placed first silver and outstanding band in 2010's Las Vegas festival. The color guard received a gold and in a separate performance, the drum line received a gold.

The band marches out to cadence for every Friday night home game. Budget cuts have eliminated transportation to away games, so on those days the band holds practices from three to nine.

Instruments must be kept clean and in shape. Cleaning out the spit is important. And the bells of the horns should always shine.

The band uses a marching technique called heel to toe, which involves rolling the feet. Bouncing is prohibited. So is stepping off the right foot.

When learning new music, the band first listens to a recording of a professional marching band. While the music plays, the band attempts to play the music. Highlighting difficult parts is helpful.

Band members often gain a greater appreciation of music and a composer's body of work.

"It is an experience I won't forget," says tuba player Yoyo, "because I've met people who have had a positive influence on me."

Playing in the marching band is an outlet for some members. Most feel it is a privilege.

"The uniform makes me feel proud," is a typical comment from band members.

"It is like living your whole life in high school – the drama, success, downfall and anything that life throws at you."

Current repertoire:

"Poker Face" by Lady Gaga, "Take On Me" by Aha, "O ye Como Va" by Santana, "So Proud" by ???, "Go-Go" by ???, "Michigan" by Louis Elbel, "Glory To Poly" by Stephen Isaacs, "The Hey Song" by Mike Leaner and Gary Glitter, "Jaws" by John Williams. "The Star Spangled Banner" by Francis Scott Key.

"The Mask of Zorro," "Diego's Goodbye," and "The Mask of Zorro – Finale," all by James Horner, are featured in the band's half time show, along with "Pumped Up Kicks" by Foster the People.

Band instruments:

Band:
Piccolo: 1 Flutes: 10
Clarinet: 11 Alto sax: 5
Tenor saxophone: 4 Trumpets: 8
French horns: 2 Baritones: 3
Trombones: 2 Tubas: 3

Drum line:
Snare: 3 Quads: 2
Basses: 5

Pit:
Vibes, marimba, large bass drum

Touching performances in "The Descendants"

Family-centered dramedy marks director Alexander Payne's return.

By Shean Santy
Staff Writer

Director Alexander Payne's extensive hiatus is over. Seven years after his award-winning "Sideways," Payne is back with "The Descendants," a family comedy-drama that makes an emotional connection with a charming blend of humor and honesty. "Descendants" also features a breakthrough performance by young Shailene Woodley and one of the best performances of George Clooney's career.

Clooney plays Matt King, a wealthy but humble lawyer whose wife is seriously injured in a boating accident. The tragedy is a wake-up call for Matt to fix his strained marriage and end his role as "back-up parent" to his daughters.

King is daunted by the idea of raising ten-year old Scottie (Amara Miller) and seventeen-year old Alexandra (Shailene Woodley). Alexandra, who feels shunned by both parents, reveals that her mother was cheating on King before the accident. Can King forgive his wife and track down her lover (Matthew Lillard) even as he considers selling his multi-million dollar estate?

King and the girls set off on a journey that captures the beauty of Hawaii hoping to form the family bond that was missing in previous years. The well-written script and Payne's deliberate direction keep the pacing and character development at the right tempo.

Woodley, known for her work in TV's teen melodrama "The Secret Life of the American Teenager," could be a strong contender for a best-supporting nomination. Previous nominees Hailee Steinfeld ("True Grit"), Anna



Google Image

FATHERHOOD: Actor George Clooney.

Kendrick ("Up in the Air") and Abigail Breslin ("Little Miss Sunshine") all turned nods from the Academy into future success in the film industry. Woodley could be next.

The harmonious development of "Descendants" characters and the outstanding performances of Clooney and Woodley, set against the wondrous Hawaiian backdrop, make for a winning combination. The film has received great receptions at festivals from Toronto to Telluride to New York and promise big things for Payne and company.

Clooney is competing with himself this year, having directed and co-starred (with Ran Gosling) in "The Ides of March," another award-season contender. But "The Descendants" looks like a better chance for a golden statuette.

Clooney has a Best-Supporting Oscar for "Syriana" and Best Actor nominations for "Michael Clayton" and "Up in the Air."



ART WALK

The Geffen Contemporary at MOCA hosts "Under The Big Black Sun."

By Lisa Guardado
Staff Writer

The Museum of Contemporary Art(MOCA) at the Geffen, is hosting an art exhibition called "Under The Big Black Sun" featuring Los Angeles art from 1974-1981.

The Geffen is really hidden from view. The museum stands behind the Japanese Museum.

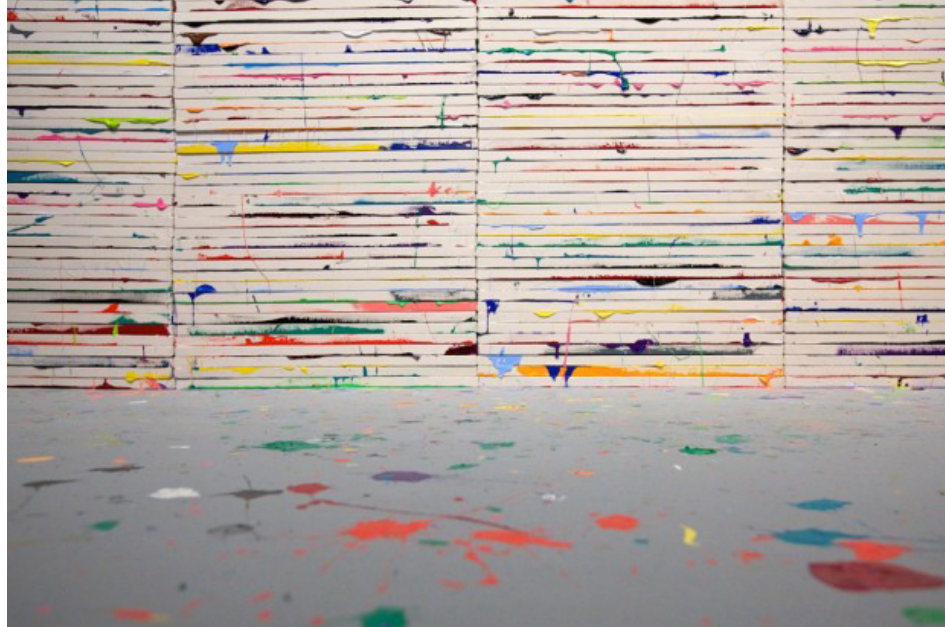
The museum doors were pitch black. There are about five doors with a sign leading you to the "main entrance".

Inside there was a man sitting in a desk, I purchased my ticket from this man. My ticket was only five dollars with my school I.D. Next you are led to a ramp, which is to your left, there is a lady sitting there who checks the tickets.

I went down some steps and that was where the museum begins.

In the center there is an oil drawing that was of the city of Los Angeles under water, after an earthquake, drawn by Terry Schoonhoven. There was seaweed in between buildings and sharks roaming around the Bank of California. The cars were damaged and the buildings were at the point of collapsing. The drawing was called "Los Angeles Under Water" This was one of my favorite art pieces, because it shows how our city of Los Angeles could some day be gone. Just like every one else and everything can be gone. It made me think how little we think about our ordinary things that we care about so much.

Also standing in the center was a ceramic sculpture by Robert Arneson, of the head of George Moscone, the San Francisco mayor who was assassinated by a homophobic on November 27, 1978. This sculpture symbolizes the gay movement during the 70's.



stuff. Some posters also had little comics on them. The flyers were announcing Black Flag's shows during 1979. One show was on Halloween, October 31st 1980 and they were performing with bands such as The Minutemen and others.

Across the wall of Black Flag art were about fourteen black and white posters of other bands. Most looked "under the influence," but that was the rock star lifestyle during this era. One wall is filled top to bottom with posters of Black Flag, The Clash, the Dead

beginning of some old movies? Well, that was the work of Leavitt and Goldstein. In a dark room is an old film playing on a blood-red wall. The famous lion roars over and over again. Next to the projector is a fake brick wall with a silver chain hanging from the middle and what looked like hay below. Honestly, I really did not know the meaning of the brick wall. I felt like I was in a dungeon, torture about to take place and someone hanged.

on display. There were dark browns, light browns, light greens, and dark greens, some clear and some completely dark. There were Mexican beers, French bottles, British bottles, bottles from Peru, Germany, and even bottles from Ireland. The labels showing places from all over the world were certainly an eye-catcher. This piece was one of my favorites

since I got to see many so much of the world in such little form of way.

The museum gift shop was mostly full of shirts. They had shirts saying, "Under the Big Black Sun", shirts saying

MOCA
and shirts with
Black
Flag on
them.
They had
books

on 1970's skaters

and skateboards. One book was

on different bands that influenced the punk movement in Los Angeles like the Sex Pistols and The Clash. The gift shop had interesting postcards. Some were of art displayed in the museum.

The museum was a fun experience. I saw a lot of the famous "Los Angeles Punk movement." That art is not really mentioned or displayed now, but the 70's art influenced young people to speak their minds and not care what people are going to think or say. This art caused controversy, especially with the government, since most bands were against the government. But we should honor the idea of being who we are. The 70's culture should be admired and praised more often, because it is really a work of art.

and Goldstein was another room with a young man on a motorcycle cruising around, but what caught my attention was the door. It looked old and mistreated, with yellow paint chipping off. Underneath was the discolored original wood. The narrow door had a golden door knob, oddly small. The door was mysterious yet scary. I was tempted to open it, but since it was a "museum," I couldn't touch the door knob. I guess the door symbolized where you think life will lead you to next.

On the second floor was one picture called "To Be an American Women." The setting was France and women were being raped and tortured. One woman performing in a band decided to take off her clothes and invited other women at the show to do so too. This was to symbolize all the women who were suffering in France during the 70's.

An interesting art piece I found was a beer collection. About twenty different-colored glass beer bottles from all over the world were

PUNK ART IN LA

The lion was cute though.
Next to Leavitt

Kennedys and X were all major influences on the Los Angeles punk movement.

Near the back was an interesting piece called "Reasons for the Neutron Bomb" that I liked. The piece, as big as a wall, was on the floor. More than ten thousand nickels were scattered on the floor. Each nickel had a match on top that symbolized a Soviet tank during the Cold War. This piece had such simplicity that it captured my attention. The wall next to the art piece was white and in bold letters it said "The Reason for the Neutron Bomb". I thought it was just so fun to look at.

In front of the "Neutron bomb" art piece was a small table displaying a small airplane made out of cardboard. It looked as if a little girl made this to play with her Barbie, but it was actually what everyone envisioned the inside of an airplane to look like. Inside the cardboard airplane were cardboard people. Behind this piece was a small television showing the cardboard people talking to each other about where they were headed. I thought it was quite funny, but it's still art.

One of my favorites was John Divola's "Zuma Beach." The wall was filled with pictures of Zuma Beach taken from inside a torn up house. During the 70's, Divola would break into abandoned houses and take snap shots of sunsets at the beaches. The pictures show how severely damaged the inside was, with broken glass scattered around the floor and walls with graffiti and the windows just rectangles with no glass in them. Through the broken windows you can see the dark sea forming waves and the orange of the sky getting dark. It looks as if the sky is sad because the moon is coming up. For all the beach lovers, this is a 'must-see.'

Have you seen the lion that roars in the

Moscone is known for being an early promoter of gay rights.

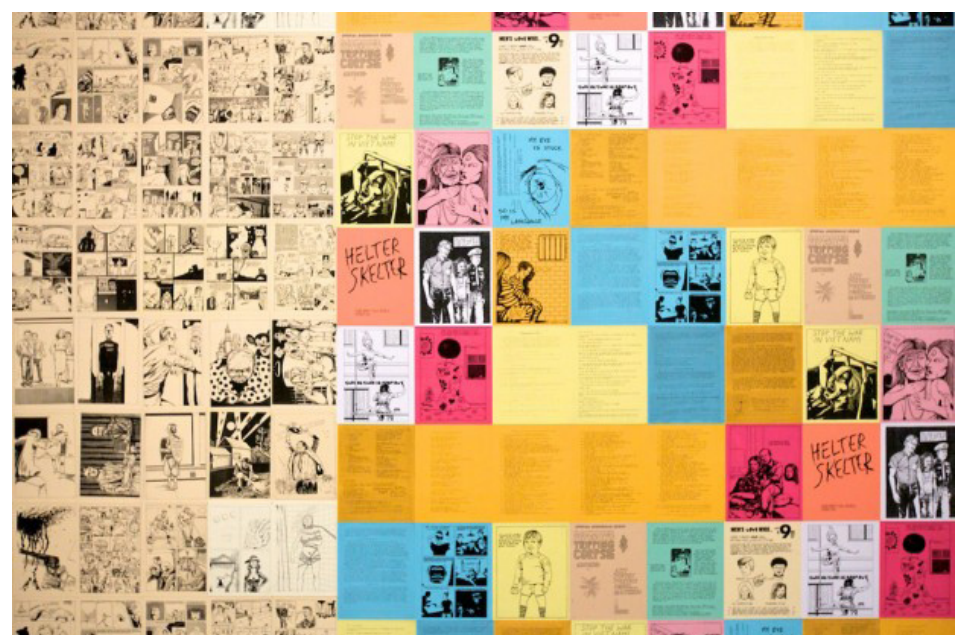
The 70's may have been too early for Moscone's ideas and that was why they murdered him. Moscone's impact was great. Same-sex marriage is now legal in San Francisco.

The museum has a copy of Richard Nixon's resignation speech from 1974, when he retired from office. The letter has former President Richard Nixon's signature and words saying he will no longer be in office. It is exciting that one of the United States' former presidents, Richard Nixon, typed up this letter and I was able to see it thirty seven years later.

Next to the lady who checks the tickets were the four drafts of this speech. The drafts were inside a clear box resting on top of a white table. The drafts were printed on white sheets of paper. They all contained errors and were marked with black ink. The letters were typed up on letterhead fonts. Even the President has mistakes on his first drafts. Nixon had to rewrite his own speech a few times, just like when we have to rewrite our book reports for our English classes.

Near the back was a theatre. The room was small with dark blue walls. There was a big screen playing black and white shows from The Clash. In the video the audience was watching the band play passionately and forming a pit, pushing and shoving each other. I bet they had a good time. The Clash, like many other punk rock bands, was a major influence on the city of Los Angeles. Freedom of speech, anarchy and many anti-government actions were on the rise during the 70's.

In the same room was a table with posters of Black Flag shows. Some posters were of a crucifix and pictures of the devil, some good



SPORTS

Patriots Eliminate Parrots

Volleyball girls exit playoffs with 3-1 loss to Birmingham.



Photo by Diane Alvarado

PLAYOFFS: Parrot junior Larissa Linares and senior Magaly Jimenez in action against the Patriots at Birmingham in a first round CIF matchup.

“I know that it was hard for my seniors to end this way,”

- Parrot head coach Gaby Gallardo

By Maureen Kang
Staff Writer

Poly had Birmingham down 23-19 in the first game of Monday’s first round CIF city girls volleyball playoffs.

But the Patriots scratched and dug for the next six points and ultimately, a 3-1 victory, eliminating the Parrots.

“We couldn’t finish,” said Parrot head coach Gaby Gallardo, “when we had it in our hands.”

Fifth-seeded Birmingham took the second game at 13 before Poly, seeded 12th, managed a 25-19 win in the third. The Patriots closed out the match with a 25-18 fourth game.

“Momentum is always a key factor,” said Gallardo, “and I think losing the first game, after having a good lead, hurt our momentum as a team.”

The Lady Parrots’ playoff experience was much like the season, according to Gallardo.

“Throughout the year, it has been a struggle to finish off games,” Gallardo said, “and it was just not being able to finish that hurt us overall.”

Gallardo expected better.

“Our season could have been great but we woke up too late,” Gallardo said. “By the time we finally realized how serious our losses would hurt us in playoffs, it was done and over.”

Birmingham (7-10, 3-) lost in the second round to Van Nuys. The Patriots captured third place in the West Valley League standings.

Poly (13-7, 9-3) finished second in the East Valley League behind Verdugo (20-2-3, 12-0).

“I know that it was hard for my seniors to end this way,” Gallardo said.

The Dons, undefeated in league play, were disqualified from the Division II playoffs because two girls played in a non-sanctioned boys’ league last year.

Verdugo blamed Poly for the disqualification.

“They (Poly) ratted us out,” Verdugo senior Sarah Rodriguez said. “This was our chance for payback.”

Rodriguez comment came after the Dons defeated Poly at home 3-0 in the second of two matches the Lady Parrots lost to Verdugo this year.

The Daily News printed both Rodriguez’ remark and comments from Verdugo head coach Will Reinhart after Poly’s first loss to the Dons.

“We have more talent than Poly,” Reinhart said. “I think Poly is a one-dimensional team. When they rotated out, we just took advantage of it.”

The Lady Parrots dominated the Dons in 2009 and 2010.

That Sinking Feeling

Parrots fail to score after the half, lose on the road 20-15.

By Sports Desk
Staff Writer

The only thing colder than the weather at Friday’s road matchup with Monroe was Poly’s offense.

That is, until the Viking seniors, on seniors’ night, got hot in the fourth quarter and turned the Parrots to toast, winning 20-15.

Penalties, errors, missed opportunities, take your choice, Poly had ‘em all. And for the second time in as many weeks, the Parrots failed to score after halftime. Talk about chilly.

Poly drew first blood, scoring senior running back Omar Aragon from the 2 with 6 minutes gone in the first. But the Vikings returned the favor with a 27-yd pass from senior quarterback Sal Castillo to Michael Perla.

Monroe’s first two-point conversion attempt failed, but Poly was called for a facemask penalty and Castillo got the two-pointer on the second try, putting Monroe up by a point at 8-7.

Poly came back late in the second, thanks to an interception by senior Jason Deguzman deep in Poly territory. Three plays later Deguzman scored from the two yard line. Senior running back Isaac Vasquez ran for two and Poly ended the half up 15-7.

Then came the freeze out.

The third quarter saw Poly twice fail to score in the red zone, one of those from the 4-yd line. Both times Poly was in field goal range and chose to go for it instead. Both times, the Parrots gave up the ball on downs. Poly’s one field goal attempt saw the football hit the bar and bounce back.

The fourth quarter was all Vikings. A Poly fumble gave Monroe the ball on the Parrot 26. Monroe later scored from the two, but the two-point attempt failed, leaving Poly up by a point at 15-14 with 9:30 left.

A Poly fumble on the kickoff return gave the ball back to Monroe on Poly’s 28. Monroe was next to fumble, this time on Poly’s 3 with 5:35 to go. Poly’s passing game sputtered and fluttered and the Vikings took the ball on downs at Poly’s 45.

With a minute to go, Viking senior running back Ryan Cisneros rushed the final two yards for the touchdown and Monroe led again, 20-15. The kick failed, but Poly had less than 30 seconds to win it and didn’t.

Poly (3-6, 2-3) hosts Grant (3-6, 3-2) to close the regular season while Monroe (3-6, 2-3) gets NoHo (2-8, 1-4).

SPORTS NEWS

Something to cheer about

Colorado native Jenessa Conner to coach cheer.

By Michael Garcia
Staff Writer

Poly’s cheerleaders, long in need of a coach, had to go out of state to find one.

“I grew up in Colorado,” said new cheer coach Jenessa Conner, “and went to the University of Colorado, where I got my degree in theatre. I’m probably the only cheerleader to get a degree in theatre.”

Conner came to California six years ago to pursue a film career.

“I always knew I would come to LA to pursue a theatre career,” said Conner, “but I thought LA was more like in the movies, everything like Hollywood.”

Conner, who was in gymnastics at three and a half years old, cheered for four years in high school and three more in college.

“This is my third coaching job,” Conner said. “I coached gymnastics for three and one half years and then I coached cheer for a year at a high school while I was in college.”

While the cheerleaders may make it look easy, cheering isn’t, Conner said.

“Cheer is about flexibility, strength, and endurance,” said Conner. “Most people don’t realize how much hard work is put into cheer routines.”

The girls practice about 12-15 hrs a week. Conner says she spends five hours each weekday at Poly, seven hours on football game days and eight hours on more on away games.

“A typical day in the life of a cheer coach is chaos,” Conner said. “I tell the girls to run, stretch, then do stunts and routines. After putting the girls to work, I have to work too - do paper work, funds, orders, posters, and much more. I also have to be thinking ahead to set up for competitions.”

Cheer has no budget, so the girls have to buy their own uniforms every year, costing up to \$700.

Conner has established some goals for herself and the cheer squad already.

“I want to build the girls’ self esteem,” said Conner, “and stress the importance of academics.”

The girls represent the school, therefore they not only need to be good students and respectful, but they need to be models for the other students.

A good team spirit among the cheerleaders is essential, Conner believes.

“Team unity is very important,” said Conner. “They need to build a relationship because their lives are literally in each other’s hands.”

Conner says balancing the psychology and physical instruction of cheer coaching is challenging.

“You have to know how tough to be on the girls, yet still be encouraging,” Conner said. “You have to learn how to balance your priorities in



Photo by Diane Alvarado

CHEER: New Parrot Jenessa Conner rehearses with Poly’s cheer squad before senior night.

order to be a good coach.”

Conner said she had to step into the Poly position on the fly.

“I came in not really knowing what was expected of me or the team,” Conner said. “It came to be a real challenge. I had no idea about things like posters and homecoming floats.”

Meanwhile, Conner’s roots are still back east.

“All of my family is in Colorado,” Conner said. “The Christmas season can seem very lonely, especially since I haven’t been home in a three years.”

But Conner is an outdoor person, and there’s plenty of outdoors in California.

“I like to go camping, scuba diving, skiing,” said Conner, “and I like to go to the beach.

Surf’s up, Jenessa.