

# The Poly Optimist

John H. Francis Polytechnic High School

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## School of Hard Knocks

Concussion dangers haunt high school football.

By Danny Lopez  
Staff Writer

High school football players are nearly twice as likely to sustain a concussion as college players, according to a recent study by the Institute of Medicine.

Because a young athlete's brain is still developing, the effects of a concussion, or even many smaller hits over a season, can be far more detrimental to a high school player compared to head injury in a college player.

The study estimated that high school football players suffered 11.2 concussions for every 10,000 games and practices. Among college players, the rate stood at 6.3.

The estimates are likely conservative because many concussions go unreported and because data on such injuries is limited.

A concussion is a blow to the head that results in the brain crashing into the skull.

"The brain isn't hard," said Boston University neuropathologist Ann McKee. "It's gelatinous tissue. It elongates and stretches and de-forms. All the individual nerve cells are being stretched and undergoing shearing forces, and they're being damaged just by the elongation of the brain or the torsion on the brain."

A second concussion before the first has fully healed, known as second impact syndrome, can lead to permanent brain damage and is often a fatal condition.

"There is still a culture among athletes that resists the self-reporting of concussions," the study found.. "Kids say the game and the team are more important than their individual health. They may play through a concussion to avoid letting down their teammates, coaches, schools and parents."

Helmets can reduce the risk skull fractures, according to the study, but "there is limited evidence" that current helmet designs can cut the risk of concussions.

High school players spend more time practicing than college players. In a full seven-day week, NCAA rules dictate no more than 20 hours to complete all football-related activities. Most high school program in America practice considerably more.

High school players suffer at least

[ See Concussion, pg 6 ]



Photo by Lirio Alberto

**SHOWTIME:** Parrot freshman Priscilla Castaneda danced for the Clippers.

## Poly Frosh Dances at Staples Half-time Show

By Aranza Gonzalez  
Staff Writer

Poly freshman Priscilla Castaneda was at a Clippers game last week, but she wasn't in the crowd.

Castaneda danced at halftime with her

dance crew First Impression.

"I was nervous at first, but I got over it after I started dancing," Castaneda said. "My dance team does this every year."

The group performed a three-minute hip hop routine to Jibbs' "Chain Hang Low."

Castaneda's brother and friends Arlete and Jacky were in the crowd.

The Parrot freshman has been dancing with the 20-person troupe for two months.

Castaneda got her first dancing lessons in elementary school at Telfair.

"Coaches in elementary really inspired me," Castaneda said

Castaneda has been dancing ballet for five months at a studio in North Hollywood.

[ See Dance, pg 6 ]

## Guerra Injured in Bike Crash

By James Torres  
Staff Writer

Poly veteran chemistry teacher Gilbert Guerra suffered injuries in a motorcycle accident in the Tujunga

mountains Saturday, Sept. 28. Guerra returned to Poly Nov. 4.

"I thought a fellow was pulling over to let me pass," Guerra said, "but he made a U-turn. I hit the brake really hard, but ran into his front quarter panel. I was going maybe 30."

Guerra says he did a "high side."

"A high side is when you go flying one way and the motorcycle flies another direction," Guerra said. "I landed on my head and skidded across."

Guerra's motorcycle suffered cosmetic damage, but the frame was fine. The bike is in the shop.

Help was slow to arrive since the area had no cell-phone service.

"I was lying on the road for an hour before the chopper came," Guerra said. "If I was in critical conditions, it would've been over."



Photo by Lirio Alberto

**INJURED:** Poly chem teacher Gilbert Guerra suffered injuries in a motorcycle accident.

right collar bone and some ribs. One of the ribs punctured his lung.

"I'm going through physical therapy, but it will take a lot," Guerra said.

Guerra was born and raised in South Texas, right on the Mexican border near Brownsville and attended the

[ See Guerra, pg 6 ]

## Server Crashes, All Data Lost

Principal says low budget, high turnover and old age responsible for tech failure.

By Yenifer Rodriguez  
Editor in Chief

Several Poly faculty members lost years of data when a local storage drive, known as the "H" drive, failed two weeks ago.

"We have no error codes, no symptoms, nothing to tell us what went wrong," said ROP teacher and computer expert Javier Rios.

The device was ten years old, according to Rios. No back up system was in place.

"A lot of turnover in the technology office and budgets cuts of 20% school wide in the last few years have affected our ability to manage the device," Poly Principal Ari Bennett said. "But ultimately, I'm accountable."

The system was first put together by Rios and technology coordinator (later principal) Gerardo Loera, according to Bennett.

"It's so old that you can't get parts for it anymore," said Science teacher Jim Schwagle.

"I don't think we have anyone that's responsible for keeping equipment up to date," said Rios. "There isn't one single person that's in charge of technology here as far as I know."

Bennett has asked both Rios and Schwagle to explore methods

of recovering the files, including outsourcing.

"There are companies that specialize in recovering data from damaged or corrupted hard drives," Schwagle said. "So I'm going to

[ See Server, pg 6 ]

## Giving Back

Two Parrots who got help themselves are trying to return the favor.

By Christine Maralit  
Staff Writer

Parrot seniors William Lopez-Cordero and Alan Delgadillo created the Ivies Club to help members network their way into college and career opportunities.

They got the idea from summer programs they attended.

"We created our own network of professionals," said Delgadillo. "That's what we're trying to emulate."

Delgadillo attended Entrepreneurship Biz Institute, a summer business program offered by NFTE.

"In my summer program, we had speakers twice a week," Delgadillo said, "talking about their business and how they did it. After every time they spoke, I went up to them and got their e-mail."

"And that's the network I built. Business people, writers, journalists, that's my kind of network. I'm into business and politics. Those are the people we're trying to reach."

Lopez-Cordero attended a Summer Science Program in Santa Barbara, California and an engineering program called E2 at M.I.T.

"I'm more interested in math and science," Lopez-Cordero said, "so I've talked to people that have the same interests, including college professors and politicians like Tony Cardenas, the congressman. We both spoke to him about the Ivies Club and he's become our mentor for the club."

"Whenever we need help, we'll go to him," Delgadillo said.

"We've got a combination of business, math, politics and science. They're very different ways to go but it covers a lot."

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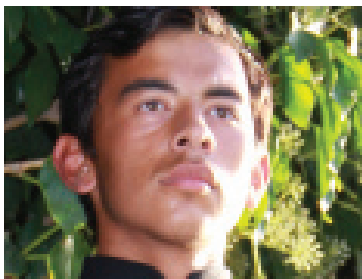


Photo by Lirio Alberto

## Drum Major is hard Core

New band leader puts emphasis on hard work.

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Photo by Lirio Alberto

## Her Classroom Gets Fired Up

Ceramics teacher Karen Daneshvari on the wheel.

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OPINION

EDITORIAL

A Little Strictness is a Good Thing

Is strict behavior the secret ingredient to creating better students? How many Poly Parrots would agree? Some authorities argue that strict conduct leads children down a better path to better things in life. Most private schools, for example, enforce a strict dress code. Students aren’t allowed to wear their everyday clothes. Instead, boys and girls alike wear a uniform. How many private school students get away with talking back to their teachers, or acting out in class? Not many. Public schools usually have no dress code. Unlike private schools, many public school students worry more about who’s wearing what than gaining academic knowledge. Public school students behave differently outside the classroom too. The language that is permitted can have real impact on the success of a school. High standards on those fronts and high standards in academics go hand in hand in the better schools.

Some schools may go overboard on strictness. But is a little strictness going to hurt the students or make them better? If you believe strictness is wrong, then you aren’t seeing what the world is really like. Children are taught how to act as soon as they are old enough to walk. Parents don’t let their children walk on the street or somewhere dangerous. Children are told what to do. That is how they learn about the good and bad in life. If teens aren’t taught how to behave, how will they learn? Rules and strictness can be overdone too, but a little bit may come in handy. Be realistic. Will you really want your kids to do the same vulgar things kids do today? Or will you be a strict parent? Now might be a good time to practice the same behavior you want your kids to show the world.

Choose to Read

Studying, testing and reading assigned books take away time to read for fun. Seniors taking APs, for example, are constantly overwhelmed with homework - a chapter for Government, five chapters for English, more for electives. Most have no time at the end of the day to read a favorite book. In previous years I have managed to read my favorite books along with my regular homework, but lately things have not worked out so sweetly. Reading books for English is never the same as reading a book that students actually enjoy. As an active reader since the third grade, I have to say that reading an assigned book is never fun, especially for English. We are required to read books like “literature from the 1800s.” The writing style is dense and the sentences lengthy. The content is valuable, but many of these books are difficult to read, making them harder to enjoy. Teachers think that by assigning a book a week, students will “get smarter” or improve their vocabulary. That may be true, but students could expand their vocabulary a lot more by reading something they were actually paying close attention to. By interacting more with the book, student curiosity is heightened. When a student stumbles upon a word he doesn’t

know, he is more likely to look it up and find out what the character is really saying. Over the summer I tried to read two books a week and succeeded most of the time. I became a huge fan of “The Hunger Games” series. In the beginning, they never caught my attention. I thought they were childish. But when I heard my ten-year old cousin had read the entire book, I thought there was no possible way a ten year old could read an “award winning book” before me. In reading the book, I came upon many academic words. I thought about my ten-year old cousin and other younger kids and how they were exposed to good vocabulary that would probably stick with them. I realized that even books not on my teacher’s “recommend-ed books” list are good and beneficial. Teachers should assign a certain standard and let students choose books that will satisfy the criteria and assign the usual “analytical questions” so that the student is still reading at a deeper level, yet having fun reading it. Just because a book hasn’t won a prize doesn’t mean it isn’t good. The “good books” have been read and read a million times. It’s time to “spice things up” with books students like.

Wait What


We mostly have the Victorians to thank for our current understanding of Thanksgiving. We eat turkey and cranberries at Thanksgiving, just like the Pilgrims, right? Turns out, nobody’s sure. The only food we know they had was deer. So where did the turkey and cranberries come from? That tradition was started by the Victorians. In fact, much of what we think of as started by the Pilgrims was actually started by the Victorians. Thanksgiving didn’t become a national holiday until 1863, when Abe Lincoln issued his presidential Thanksgiving proclamations: one to celebrate Thanksgiving in August, a second one in November. Before Lincoln, only New Englanders celebrated the holiday. The Pilgrims were added to the picture in the nineteenth

century. As for the typical illustration of a Pilgrim dressed all in black with weird shoes, a steeple hat and a wide belt and buckle, that’s inaccurate too. That image too was formed in the nineteenth century. Historian James W. Baker explains that the buckles served as an emblem of quaintness for Victorians. Illustrators gave Santa buckles for the same reason. Those uptight nineteenth century Victorians are also to blame for the idea of Puritans as antisex and antiliquor. Seems the early New England settlers had much more moderate and wholesome view of life’s evils than they’re given credit for. Despite all these misconceptions, most of us still agree on one idea – Thanksgiving is a feast with friends. And a nap after.



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the  
**OPTIMIST**

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**LETTERS TO THE EDITOR**

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**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.



INTERVIEW

Drum Major to the Core

By Lisa Guardado  
Staff Writer

The OPTIMIST recently spoke with new Drum Major Daniel Maldonado about his new position, his musical experience and his summer in Drum Core. Here’s what he said.

I’m just in love with the sound the mellophone produces. The mellophone sounds like the French Horn, which is my dream instrument. I played trumpet from 4th grade to seventh. Then I didn’t play anything up until I joined Poly’s band my sophomore year. There were too many trumpet players already, so Isaacs said to play the mellophone. The mellophone is a three-valved brass instrument in the key of F or B-Flat used in marching bands and drum and bugle corps in place of French Horns. Over the summer, Isaacs told me to try the Drum Core program and everything I learned on the program I try to teach the rest of the band, the many techniques and skills I learned. I joined Drum Core in January of 2012 and went to the weekend camps. I felt the intensity and commitment in the program and that’s what made me join. I could tell everyone was there for a reason. I became a better musician and a better person. Weekend courses run from January to June. The summer program runs until August. We travelled to Arizona, Texas, Ohio, Georgia, Pennsylvania, Virginia and Indiana. Each day we would wake up at seven and have breakfast. We rehearsed visual techniques for four hours and then rehearsed four hours of full ensemble with horn line, drum line and color guard. It was lights out at midnight. That was a daily routine. It was very intense. It took a lot out of me both physically and mentally. My parents were opposed to the summer program because it was more than \$3,000. But they saw how committed I was to music and marching and they helped me. I got a lot of help from Mr. Isaacs. He’s my number one supporter. I feel like I came back from the program a better musician. I was more outspoken. I am more open with just talking to people. In Drum Core you hang out with complete strangers and in the end these people are family. They care about you and want you to progress to be a better musician. There are a lot of different drum cores. I joined Pacific Crest Drum and Bugle Corps at Diamondbar High School. My parents and I had to sacrifice a lot. I am very grateful. I never thought saying goodbye would be so difficult. After our last competition, they talked to us a little bit and they told us this would be the last time we would see each other. When we played the Corps song, tears came to my eyes because we all had a special connection. It was a great experience and I hope to do it again next year. In the fall of 2012, Isaacs asked me to be the next drum major and I said sure. The hardest part of being drum major is making sure everyone knows their position, making sure everyone supports the band in learning all their material. And making sure everyone is truly committed and puts in enough time and effort. As drum major, I am assertive and responsible but at the same time I want the band experience to be a fun experience. I have to teach them the drill for the field show. I definitely try to stay on top of their expectations. I try to see what they need to learn the drill in the field show and the different ways I can approach them.



Photo by Lirio Alberto

HARD CORPS: Poly senior band Drum Major Daniel Maldonado uses his Drum Core experience to guide his conducting.

“ IT WAS VERY INTENSE. IT TOOK A LOT OUT OF ME BOTH PHYSICALLY AND MENTALLY. MY PARENTS WERE OPPOSED TO THE SUMMER PROGRAM BECAUSE IT WAS MORE THAN \$3,000. BUT THEY SAW HOW COMMITTED I WAS TO MUSIC AND MARCHING AND THEY HELPED ME. I GOT A LOT OF HELP FROM MR. ISAACS. HE’S MY NUMBER ONE SUPPORTER. ”

I look for the people who are struggling with marching and playing. I know how tough it is to play music and march at the same time. And they’re learning to play music they’ve probably never seen before. I teach them how to march five to eight steps. I taught several people how to read music. I teach them how to apply all the notations and I teach them how to march in the correct style. The bands strong point is the level of intensity in their performance. They’re at their best during a performance. And when they separate to sectionals, I see many returners helping one another and I think that is what band really is, because we all help each other to be the best as a whole. We are currently preparing for a competition at Granada Hills High School for the LAUSD Band and Drill Championship. I will be accompanied by Drum Line Captain Danbi Jeong and Color Guard Captains Elisama Miguel and Sarai Flores. We will represent Poly in the Awards there. Concentration and managing the distraction are things we need to work on. For some students, it’s difficult to sacrifice the time to practice. Some of the freshmen don’t take band seriously enough and they don’t put in enough effort for a high school marching band. Something as simple as looking in the mirror to watch for good posture will alter their performance to play a warm sound. And I try to enforce much more practice. We try to point out the mistakes as an ensemble so people know what they’re doing wrong. When we play at home, it’s important to progress and sound better. There are different parts of conducting. It depends on the time signature of the piece, as in how many counts per phrase. The typical conducting style would be four-by-four, where my hands point in four different areas. I conduct in two-by-four, moving my hands back and fourth. Each area I point at is to be each beat. I watched Martha Tinajero and how she conducted so it was easy to conduct different conducting styles. My favorite part of being drum major is applying all the techniques and music they taught me in Drum Core. Everyone I teach will apply what they’ve learned and reach excellence. I also like the uniform. It’s pretty awesome, black, similar to the regular uniform except it has a little red cape. I sometimes get carried away with the cape. It also may get in the way of my conducting.

**Personal**

I was born in Los Angeles, four blocks from Staples Center, and I have lived there all my life. I attended Berendo Middle School and they talked about how effective Poly’s Magnet Program was. They were right. Magnet is helping me go to college and become a better person. My best friend, Eliud Tejada, was in band and I saw how happy and how much fun he was having. I wanted to join my first year of high school but my parents didn’t want me staying after school. That’s why I didn’t join until my sophomore year. I’m in Poly’s Eco Club. I truly believe they have a passion to change this school and better it with alternative ways to save energy. Other interests include technology as well as music. I would love to create better ways to of letting people hear music with the innovation of technology devices. I definitely want to make an impact on the world by connecting music and technology. I’m into pop music, but not the generic stuff. I listen to pop that’s mixed with EDM. One of my favorite artists right now is Lady Gaga. I plan to major in computer engineering and minor in music in college. I definitely want music in my life. My top schools would be Cal Tech or USC.



MUSIC

# The Two Worlds of Juan Morillo

Magnet Social Studies teacher Morillo is also deeply involved in the music industry.

By Lisa Guardado  
Staff Writer

Poly Magnet teacher Juan Morillo leads two lives. This story is about the one most Parrots are not aware of.

Morillo is deeply involved in promoting, booking, producing and recording Afro-Peruvian singers and musicians.

One of those is Eva Ayllón (María Angélica Ayllón Urbina), Peru's foremost Afro-Peruvian singer and musician, and one of the country's living legends.

Morillo first met her in 1994.

"I learned about her from records my mother had of her," Morillo said. "I met her while I was working at the UCLA Center for the Performing Arts. She came to the school for a performance with other artists as part of a World Music Festival in the spring. I knew who she was, so I introduced myself."

In 1994, Ayllón came back to the U.S. and asked Morillo to represent her in the U.S as her producer and manager.

Ayllon recently played Royce Hall.

"UCLA booked the gig and I acted as her agent," Morillo said. "They call me because I'm under the list of managers that they can contact. They know me because of my past work and the length of my career."

Ayllon has played Royce three times. She also played Disney Hall on Christmas of 2009 and 2010.

The Royce Hall show lasted about two hours and Ayllon did around eighteen songs.

"Eva sings in Spanish, sometimes in Portuguese and does some phrases in English," Morillo said. "Her sound is a combination of the force of Afro-Peruvian rhythms, rich melodies and beautiful harmonies."

For the concert, a few of the twelve band members were well-known Peruvian musicians, including Moises Lama on piano, Mariano Liy on bass, Marco Campos on Afro-Peruvian percussion and Eddy Sanchez on guitar. The rest were students from the jazz program at UCLA and professional jazz musicians.

"The core of her band is always the same," Morillo said. "They are all Peruvian born.. Eva uses



Photo by Lirio Alberto  
**MUSICAL:** Veteran magnet teacher Juan Morillo keeps busy booking major Peruvian talent.

the top musicians from Peru, including the number one bass player and the number one keyboard player."

Ayllon is currently recording for the Peruvian version of The Voice. Morillo negotiated that gig as well.

Ayllon played Carnegie Hall twice, the second time on Oct. 6. She sold out both times.

Morillo also negotiated the Carnegie Hall gig.

"I had a relationship with them before," Morillo said. "They contracted me in 2008 for Eva."

"The performance was special because she was the second Peruvian artist to ever perform at Carnegie Hall," Morillo said. "They contacted me through the World Music Institute, which educates and promotes different artists around the world."

Early in his career, Morillo produced an album of Cuban music for well-known jazz musician Dizzy Gillespie.

"Next I worked with Peruvian artists Chucho Valdes and Gonzalo Ruvalcaba booking concerts,"

Morillo said. "I booked West Coast concerts for Mercedes Sosa and worked with bands like Lenny Kravitsz."

Morillo then went on tour doing production for Café Tacuba, a popular Mexican act, managing the stage, lights and sound.

In 2002, he produced nine records by Peruvian musicians and they were all nominated for Grammys.

"I worked with percussionist Alex Acuña and saxophonist Justo Almario, both of whom are jazz musicians," Morillo said. "All of the albums I produced for Eva have been nominated for Grammys."

The Acuna album was "Rhythms for a New Millennium," nominated in the Traditional Latin Music category. Almario's album was "El Bongo de Van Gough," which was nominated for Latin Jazz.

"I was a fan of Alex and attended his concerts when I was a freshman in college," said Morillo. "I introduced myself and told him I was new to the business and eventually became friends and started

working with him."

Morillo gives talks or lecture on Afro-Peruvian music at colleges and universities.

"I have gone to Yale University, UCLA, the University of North Carolina, the University of Texas and Brandeis University," Morillo said.

Afro-Peruvian music began with the arrival of Peruvian slaves in the 1500s. Modern Peruvian music is a mix of African Spanish and Native Heritage.

Morillo recommended "The Soul of Black Peru" as a CD or album to introduce a music fan to Afro-Peruvian music. The album was produced by David Byrne, leader of 80s rock band Talking Heads..

Morillo started booking acts when he was a student at UCLA.

"Eventually I became director of the Jazz Center at UCLA," Morillo said. "I started working with rock music, but only temporarily. Then I began working with Cuban musicians and then Peruvian."

Morillo, who attended Poly in the late 80s and played trumpet in the band, was born in Peru and moved to the U.S. when he was sixteen.

"I came on my own and stayed with family friends who lived near Poly," Morillo said, "and that is why I came to Poly."

Morillo's father was an accountant and his mother was a social worker. Both are retired.

Morillo studied political science at UCLA and got a degree in International Relations, later coming back to Poly as a teacher in 1994.

"I wrote for the Daily Bruin," Morillo said "I reviewed concerts like Pearl Jam, Lenny Kravitz and Bruce Springsteen."

Morillo spent last summer touring Europe, Asia and South America.

"I toured about fifteen countries in four weeks," Morillo said, "mostly with Eva, but also with some jazz musicians."

Morillo said he doesn't have any trouble moving between the music business and teaching.

"They both keep me alive and I enjoy them both," Morillo said.

Morillo also has some thoughts on education reform.

"I think society needs to be reformed, not schools," Morillo said.

Music

# Lou Reed, Transformer

His legendary band, the Velvet Underground, and his signature song, "Take a Walk on the Wild Side," made Reed a rock pioneer.

By Mathew Anguiano  
Staff Writer

LOU REED WAS THE FRONT MAN of the legendary rock band The Velvet Underground. More importantly, he was a rock pioneer. In a career that spanned five decades, he left landmarks in music that will live forever.

Reed influenced generations of artists, including The Talking Heads, Joy Division, Sonic Youth, Brian Eno, David Bowie, and The Strokes.

"The Velvet Underground's first album sold only 30,000 albums," Eno said, "but every one who bought one of those 30,000 copies started a band."

The comment is a perfect expression of Reed's influence on rock music.

Reed's style was innovative and often abstract and elusive. Reed was known for his deadpan voice and the "ostrich" guitar sound he achieved by tuning his guitar's strings to the same note. He was praised for his poetic lyrics and his worshipful obsession with rock,

"My god is Rock n' Roll," Reed said. "It's an obscure power that can change your life. The most important part of my religion is to play the guitar."

Reed was born in Long Island to a Jewish family. When he was seventeen, Reed's parents insisted he be given electroshock therapy to rid him of his bisexuality. Reed sings about it in his "Kill Your Sons."

Reed had his first guitar lesson when he was ten. Reed, not wanting to learn the boring beginners lessons, insisted on learning a Carl Perkins song. Once he learned that most rock songs were three simple chords, he discontinued the lessons.

Reed went to Syracuse University to study film directing, creative writing, and journalism. After college, he got a job as a staff writer at Pickwick Records. Pickwick released his first hit, "The Ostrich," a parody of exploitation songs popular at the time. Reed met John Cale at Pickwick Records and the duo formed The Velvet Underground.

Joining them was guitarist Sterling Morrison, an old college friend of Reed's, and percussionist Maureen Tucker, a mutual friend's little sister. They played clubs and cafes, waiting for their break.

One night, at The Café Bizarre, the group played "The Black Angel's Death Song." The band was fired on the spot, but luckily an Andy Warhol associate was in the audience.

Warhol produced their first album and mentored the band. He also introduced them to Nico, a German model turned singer. Warhol suggested she'd sing on a couple of their songs. The band protested but later gave in. The album they made, "The Velvet Underground and Nico," was later ranked #13 on Rolling Stone's 500 greatest albums list.

Disagreements between Reed and Cale ended Underground and the other band members split.

Reed embarked on a solo career. His self titled debut, "Lou Reed," was filled with unreleased tracks from the Velvets.

Then came "Transformer," Reed's most commercially successful album. Produced by David Bowie, the album contained "Satellite of Love," "Perfect Day" and "Walk On the Wild Side." "Walk," with its coarse lyrics detailing transgender characters and oral sex, nevertheless got plenty of radio airplay.

Reed always aimed to simply make music. Commercial success was never a factor. "Metal Machine Music," an album full of feedback and screeching guitars, was Reed's most experimental album and his least successful.

Later works included "Rock and Roll Animal," "The Raven" and his last collaboration album "LuLu." All three had decent sales and are now classics.

Reed always kept busy, patching up his quarrel with Cale and the Velvets, and the band began a tour of Europe. They recorded a live album together, but when more conflicts arouse, the American tour vanished.

In the end, Reed and Cale learned to forgive.



"The laughs we shared just a few weeks ago, will forever remind me of all that was good between us," Cale said in a recent interview.

Reed had liver surgery earlier this year. "I feel bigger and stronger than ever," he said, but complications arose from the surgery and Reed died on October 27th. Reed's wife, Laurie Anderson recalled Reed's last moments.

"I have never seen an expression as full of wonder as Lou's as he died," Anderson said. "His hands were doing the water-flowing 21-form of tai chi. His eyes were wide open. I was holding in my arms the person I loved the most in the world, and talking to him as he died. His heart stopped. He wasn't afraid."

Reed's legacy is his genuine curiosity, ambition, and love for music. His influence is unmistakeable and his music lives on.



PROFILE



# CLAY IS THE BEST TEACHER

## Ceramics teacher Karen Daneshvari uses clay to teach Parrots art.

After 17 years at the kiln, veteran Poly faculty member Karen Daeshvari knows pottery. We asked her to tell us a little of what she has learned practicing her art.

Ceramics is one of the earliest art forms. As soon as prehistoric man was able to identify clay, build a fire and have water available, mankind got bowls, cups and sculptures and things like that. It's a very historic kind of art form.

By Mayra Benitez  
Staff Writer

The class has visual art standards. Whether they'll change with the Common Core curriculum, I don't know. On any given day, every student does something different, so there are different standards for the class.

We are completely in compliance. We are actually really ahead of the curriculum because many of the things we have already been doing in the class for a long time.

I designed the course myself, with the visual standards in mind, but also with an understanding of what my students need to learn how to do ceramics.

We don't use textbooks. We have books and magazines that support our learning and give us ideas and those are available all the time. All these books were provided by Title I funds. No books come from the District. These books were funded almost eight years. No funding for books and magazines in about eight years.

Getting an A in ceramics takes somebody who is willing to try something new, that thinks about what they're doing and why they're doing it, somebody who looks forward to coming into class so that they can get out their projects and work on them or start a new project. You see the difference between those dedicated students who keep themselves busy and those students who just sit around. It takes dedication.

There are no oral presentations, but I do have students work in groups and I do take those groups very seriously. I expect them to work together as a group and help each other in an informal and formal way to be more successful.

This class is all hands-on, not a lecture class. I give them information and teach them step-by-step, so the students won't get too overwhelmed with information.

We have a lot of design support for students, with letter stamps, stencils, cookie cutters, different textures we can add to things. Everybody has a creative side. Most students are surprised to find out that they have more talent than what they give themselves credit for. It's about the willingness to try.

I would say that at least 50% of my students turn in really high quality pieces.

I try to make the class accessible for everybody, but if somebody doesn't have the interest, if they don't like working every day, if they don't like using their imagination, it can be problematic for them.

It drives me crazy when students don't realize how fortunate we are to have this class and they just waste precious time. They don't realize how much fun the class is. What I love about the class is when somebody says, "I'd never thought I would do this," or "I want to do this forever."

A student learns the vocabulary, the history, the tools and equipment we need



to make a piece, and the processes of ceramics. By the third day of class, we start a project. I'm a very good teacher, but the best teacher is the clay itself.

Every student should understand that art isn't separate, art can be part of his or her everyday life. When they drink their hot chocolate out of a mug that they have made or eat cereal out of a bowl that they have created, original, one of a kind, with their finger prints on it, I want them to appreciate that they are interacting with art on an everyday basis.

I have had students that have my class for ten quarters. Students that have come back have set up their own studio. They were really good.

I taught drawing, painting, sculpture and design. It took about two years from the time I became a teacher here at Poly to get the ceramics program up and running. It had been about seven years since Poly offered ceramics.

I've worked at Poly since 1996, almost 17 years. I taught English and Art at Sun Valley Junior High.

When I was in high school, I worked as a lifeguard. I was a dog groomer, on my back porch.

I was born in Pennsylvania, back east. But my parents were not from Pennsylvania my dad was just working there. I had my first birthday in Brazil. I lived in Turkey when I was 4 and 5. I lived in Tasmania, Australia when I was 8 to 10 and then all over the United States. My dad was an engineer, he built water tunnels mostly.

I went to college in Northern California, at Cal State East Bay. And I finished up at The University of Massachusetts in Amherst.

I majored in art. My specialty was large-scale metal sculptures. My Minor was in English.

I have been married for a really long time. My husband is art department chair at Cal State LA. We met in college, freshman year, at a party. That's always a place to meet people in college. Then we got married in Massachusetts and stayed there.

I have two daughters. One has a PHD in anthropology and lives in New Mexico. My younger one is a writer. She has books in our library. Her name is Gitty Daneshvari. The first book she published was "The Makedown." She has a series of books called "School of Fear." She lives in Madrid and New York.

My hobbies, oh what don't I love to do? Well of course I love making ceramics. I love painting and gardening, traveling, hiking, playing with my animals, spending time with my family and reading.

I guess one of my oddities is that I always seem to make a mess out of things. I love doing ceramics. Everything I do seems to make a big fat mess, but I love doing it.

My pet peeves are heavy traffic, insane angry people, I don't get that. I'm very peeved at the way our government is being run right now, with a few people sort of highjacking the needs of our country, because they don't like a piece of legislation that has already been passed. I'm very annoyed at that.

I was on a rafting trip in Northern California, it was dangerous, we had to wear life vests, we had to do a swimming test, it was a big deal. The trip leader was talking to us, and he said "take an active part in your own rescue, don't wait for somebody else to make it happen for you." And that's one of my favorite sayings because it's very true.

I love the existence of all animals. There are certain animals I don't run up and hug. I respect rattlesnakes, but I don't like them biting my horse or my dogs, which they have. There are no animals that I wish out of existence.



CAMPUS

Concussion Issues

[ From School, front page ]

60,000 concussions every year. Despite the health risks, more kids play football than any other sport, over a million across the country.

As recently as 20 years ago, a high school offensive lineman who weighed more than 220, maybe 230, was rare. Today, a lot of high school starting offensive linemen weigh more 300 pounds.

It’s easy for a 16 year-old kid to get up to 300 pounds if they eat right and they train right, according to one high school coach.

In 2009, Purdue University scientists put sensors in the helmets of two high school football teams. The sensors measured every impact the athletes took over the course of a season.

Neurological tests revealed that players who had never reported symptoms of a concussion had suffered significant damage to their memories.

Sub-concussive blows that show no overt symptoms can still result in impairing abilities.

The helmet sensors showed that high school kids take more force to the brain than college kids. And the young, developing brain is far more vulnerable to this trauma.

Coaches and players are aware of the risk, but the culture of the game remains very much as it has always been.

“A helmet is not going to prevent a concussion,” said Arkansas Assoc. of Athletic Trainers B.J. Maack. “Helmet design has always been about keeping the skull from getting a fracture, not a concussion. Just because you have a helmet on doesn’t make you invincible. And that’s the danger that we’ve got to change the culture on.”

No major organization or authority is pushing the conversation on dealing with brain injury in youth sports, according to Sports Legacy Institute co-director Chris Nowinsky. At the national level, high school football is an unregulated sport.

Connecticut, Idaho, Maine, Massachusetts, New Jersey, New Mexico, Oklahoma, Oregon, Rhode Island, Virginia and Washington have laws requiring education for coaches, athletes and parents, concussion management protocols and return-to-play guidelines. An additional 36 states currently have bills pending on youth sports-related concussions.

“Every coach today has to go through concussion training, especially football coaches,” said veteran Poly football coach Manny Peralta. “Last year, we had to go to concussion training at Bernstein High. They brought out medical people to talk about signs of concussions symptoms.”

Peralta thinks he may have suffered a concussion during his high school football career.

“I probably suffered a concussion and didn’t know it back then because we didn’t know the education behind it,” Peralta said. “I don’t remember playing half the game, but I still came back and played the following week.”

Peralta said Poly’s football team has had three or four kids suffer concussions so far this season.

“We’re fortunate to have a trainer on our sideline to do some evaluations for us,” Peralta said.

Faculty member Brian Hennefin is Poly’s trainer.

“If a kid believes he’s suffered a concussion, we’ll pull him out of practice and get in touch with the parent and give them some advice to get their son to a doctor to get them evaluated,” Peralta said.

“We typically take their helmet away so then they can’t get back in the game,” Peralta said. “We’ll contact their parents to come and get their son and tell them to get him evaluated.

Poly can’t afford a trainer at every practice, however.

“We don’t have the money,” Peralta said.

Peralta said that most high school teams today have big players, increasing the risk of concussions.

“Probably 80% of the varsity squad are over the 200 weight and 4% over 300 pounds,” Peralta said. “Today the average player weights around 220. We’re seeing small running backs that weight at least 210. Some of the elite schools are probably averaging 240 pound players.”

Extra time on the field also increases the risk of injury.

“We have some players on our team that never leave the field,” Peralta said. “A kid never coming out means he makes more contact. I could see one day a rule come in where a kid can only play one side of the ball.”

Poly Principal Ari Bennett agrees.

“I think the biggest danger that we have is football teams with not enough players,” Bennett said. “There aren’t enough substitutions and then they put themselves at risk and get into more vulnerable positions when they are tackling or getting tackled.”

Some sections have a concussion rule. Any player with two concussions in a one month period automatically sits out one year.

“My son had to go through that,” Peralta said. “He took a concussion as a ninth grader and he just happened to catch a second one as a tenth grader, one month prior to being one year. Because he suffered a second concussion in a one year period, he was forced to sit out his tenth grade year.”

“It is a concern,” Peralta said, “because he is my son and I always want to make sure that he is taken care of. As much as I know he loves the sport and I love the sport, it has forced me to look at more medical care and more research and it has forced me to look for better equipment and it has forced me to buy special equipment to help reduce the chances of getting another concussion.”

“We probably hit way too much in practice compared to the colleges and the pros today,” Peralta said.

“Athletes are bigger and stronger today. The equipment that they put on is supposed to be better and sometimes it gives them a false idea that they can’t get hurt. So the impact might be even harder.”

“I think back when I was growing up in the 80’s,” Bennett said. “We are more protective for our students now then we were twenty or thirty years ago.”

“We used to let kids do two-a-day practices in 105 degree heat. Now hydration is an important piece that affects our ability to overcome injuries and to keep up to be fresh and energetic.”

“I think the bottom line is shining a light on the issue. We’re still learning.”

Ivies

[ From Giving, front page ]

The two club founders are now trying to spread the wealth of information.

“We give members a survey and get their information,” Delgadillo said. “Then we work on getting them internships and professionals or college students who have the same major or area they’re interested in. They communicate with each other and take it from there.”

“We also give them academic guidance,” Lopez-Cordero said. “If a student is interested in learning in a particular thing, we provide them summer programs and internships around the area.”

“The summer program I was in was a competition,” Delgadillo said. “I won first place. I’m going to semi-finals in April. First place there is \$3,000. The final in New York in October has a \$30,000 prize. So from nothing, you can get thousands of dollars.”

“There are so many little gems like that that no one knows about,” Delgadillo said. “It’s all about networking. It’s all about knowing the people that can positively influence you. If you have your network of people who want you to succeed, you will.”

Another purpose of the club is to give members the mindset that they can get into the college of their choice.

“Anyone can get into the college that they want to,” Delgadillo said. “It doesn’t matter what type of background you come from.”

“Everyone has the qualities an Ivy League wants. I read a book that said Harvard wants people that are artistic, athletic, a little bit of everything. Well, we all have a little bit of everything. We just need to express it. And our mentors will give students examples.”

“We come from a low income community,” Delgadillo said. “We hear advice like “don’t do drugs” and “don’t get a girl pregnant.” But the summer programs advice is “the sky’s the limit.” You can do so much, it’s all in your hands. It’s two different worlds, you decide which one you belong to.”

We want to target freshmen,” Lopez-Cordero said.

“Just knowing more about college is good,” Delgadillo said. “I didn’t know what the common app was until 11th grade.”

The club meets Fridays in room 34 at lunch.

“We’re starting off slow and just giving out information,” Delgadillo said. “Since this is our first year, we’re developing that network—that base of the students and the mentors. So we’re just trying to do the administrative part right now.”

Hopefully this won’t be the only year our club exists,” said Lopez-Cordero.

“There have been so many clubs at Poly that disappear” Delgadillo said. “It’s a struggle. When you’re a high schooler, you want to have lunch with your friends, not go to some club. You have that mindset that if you go to a club instead of with your friends, they’ll leave you behind. It’s just hard.”

“It’s our first time running our own club,” Delgadillo said. “During lunch, we give newcomers a survey to see what they know and see if any members have any questions. We like talking to them in person and get to know them. It’s more like an

Don’t Go Near the Auditorium

By Joanna Rosales  
Staff Writer

There was plenty of mayhem on Poly’s campus

couch held a creepy family staring at Parrots walked by.

The Insidious demon was hiding on top of a dresser and beside a girl lying on a bed shrieking. Screams could be heard coming from a room where a piano played deep bass notes. A creepy doll room followed by three menacing dolls followed Parrots out of the room.

Most disturbing were the killer clowns. Blinking lights and clowns popping out all over the place scared Parrots.

Spider webs decorated all the way to Bloody Mary’s room.

Last was a doctor’s room where a patient/zombie attacked the doctor and killed him.

Zombies chased stragglers out the door, but not before Parrots got candy at the end.

Still not known is how many Parrots survived their tour of the “Haunted House.”



recently, most of it in the auditorium.

Halloween brought evil spirits, zombies, creepy dolls, killer clowns, Bloody Mary and a doctor under attack by a zombie patient to the “Haunted House.”

The dirty deeds were all courtesy of Poly’s Drama Club sponsored by Katy Groskin .

Parrots looking for a big scare could tour the haunted house from Oct 29 to Nov 1.

A tour guide led thrillseekers through the aisles of the auditorium filled with zombies terrorizing the audience.

Next a cemetery made with cardboard tombstones featured ghosts scolding Parrots to get out.

The tour went on the stage where a

Guerra Injured

[ From Guerra, front page ]

University of Texas at Edinburg, a small four-year university.

Guerra, whose training was in Marine Biology, surfs.

I’ve been surfing all my life on the Gulf Coast and down in Mexico,” Guerra said.

He taught Chemistry and Marine-Biology in Texas for 30 years before joining Poly’s faculty a decade ago.

He has four sisters. A younger brother died in 1991.

“I’ve been traveling all my life,” Guerra said, “I was raised in South Texas, so I know Mexico like the back of my hand. Where I lived, all I had to do was walk across the bridge. When I got old enough to go on my own, I was always out there.”

Exploring new places, Guerra started going further south to Central America.

“Most of my travel then was because I surfed,” Guerra said. “The Pacific coast of Mexico has awesome surf.”

“In the process, I learned different cultures, people and geology,” Guerra said. “I didn’t have enough money, so I would stay with the fisherman. I helped them out, they helped me out. I would buy food and they would give me a place to stay. This was in my 20’s, of course.”

Guerra says he likes to read.

“I read all kinds of books,” Guerra said. “I was into science fiction for a long time.”

“I read a lot of autobiographies now, but I don’t read as much as I used to. With my job, I keep busy. When I have free time, I like to get out of town.”

Guerra has been out again for surgery. He expects to be back after Thanksgiving break.

Server Crashes

[ From Server, front page ]

investigate. I’m going to look and see what companies do that, what the probability is of recovering the data, and for how much. It’s not cheap.”

“But a lot of people have lost very important data,” said Rios, “and that’s why we’re looking in to it. The data is definitely worth something to someone.”

Bennett said the local data storage for teachers was a Poly exclusive.

“Personal secure local storage is not available at other high schools,” Bennett said. “We’re the only high school that has offered the service to our faculty.”

Bennett recommended Google Docs and Cloud storage as current options for Poly faculty needing data storage.

“The best we can do now is try to recover the data,” Schwagle said. “In the future, we’ll try and protect ourselves against something like this happening again.”

“Technology is finicky,” Bennett said.

Dancer

[ From Poly, front page ]

“I practice Mondays, Thursdays and Fridays, sometimes the whole week,” Castaneda said. “It depends on if we have performances or competition.”

“I really love dancing,” Castaneda said. “I’m considering it as a career, as something serious.”

Castaneda is interested in hip-hop, jazz, theatrical, ballet and tumbling.

“I dance to anything,” Castaneda said, “but mainly I dance hip-hop and ballet.”

orientation for now Part of it is trust too. Most students don’t just walk in to a club and start talking about family and personal issues.”

The two ultimately would like to create a national mentoring program.

“You sign up for free, take this

survey and get a whole network of mentors that you get matched with,” Delgadillo said. “I don’t think there’s a website out there that can really help people like that.”

Contact the duo at Nextstopivy@gmail.com.



## MEDIA



By Adrianna Garcia  
Staff Writer

# The Art of Quentin Tarantino

## Movie fan Quentin Tarantino's films inspire followers, enrage critics.

Followers and fans rave and gush every time writer/director Quentin Tarantino releases a film, while naysayers don't see what all the fuss is about.

Like him or not, the man is a modern icon. And his reputation hangs largely on these four definitive works: "Reservoir Dogs," "Pulp Fiction," "Kill Bill" and "Inglourious Basterds."

Tarantino's debut "Reservoir Dogs" (1992) branded the LA native a daring and unique Hollywood specimen.

"This movie was never meant for everybody," said Tarantino. "I made this movie for myself and everybody else is invited."

"Reservoir Dogs" received strong reviews but also criticism for its violence.

"When I was in Cannes, the French journalists were getting it," Tarantino said, "but the American journalists wouldn't bring up the humor, just 'the violence.'"

Regardless, the film was a cult hit.

Empire Magazine named "Reservoir Dogs" the second greatest American independent movie ever.

"Reservoir Dogs" tells of a jewelry heist gone wrong and the aftermath the criminals must deal with, including suspicion of an undercover cop.

The loveable criminal characters include Mr. Orange (Tim Roth), Mr. White (Harvey Keitel), Mr. Blonde (Michael Madsen) and Mr. Pink (Steve Buscemi).

Tarantino starts the film with the start of day – breakfast. The well-dressed men discuss tipping and the meaning behind Madonna's "Like a Virgin" at a diner with their boss seated at the head of the table.

The film then skips to the botched heist's outcome and jumps back and forth from present to past. The story slowly unfolds as bits of the robbery are shown and the dramatic and violent end ties everything together.

Tarantino's sophomore effort, "Pulp Fiction" (1994), made \$9 million its opening weekend. "Dogs" made less than \$150,000. The word was out.

"Pulp Fiction" follows the intertwining lives of a mob boss and his wife, two hit men and a boxer.

Heroin user Vincent Vega (John Travolta) and Jules Winnfield (Samuel Jackson) work for Marsellus Wallace (Ving Rhames), an extremely successful mob boss. Mia (Uma Thurman) is Wallace's wife and a cocaine addict.

Vega is assigned to take Mia out on a date while Wallace is away on business. Strong chemistry and other factors turn their dinner into an eventful evening.

Butch Coolidge (Bruce Willis) is a boxer facing his career's end. Wallace pays Coolidge to lose his last fight, but Coolidge

has other plans.

"I thought it would be cool to take three separate stories and make them the oldest stories in the book," said Tarantino.

"Like Vincent's character, the hoodlum has to go out with the boss's lady, but can't touch her. We've seen that a zillion times. And the Bruce Willis story, the boxer's supposed to throw the fight and he doesn't, so now the mob's after him. We've seen that a million times as well," said Tarantino.

"It was like taking these chestnuts and putting them together and having the characters intertwine. The characters know each other, but you don't know that for a while," said Tarantino.

Tarantino did "Pulp" as a day in the life of this group.

"We're just kind of hanging out with them for a couple days," Tarantino said.

"Pulp Fiction" was nominated for Best Picture but lost to "Forrest Gump." "Fiction" did win Best Original Screenplay.

After Tarantino's third film, "Jackie Brown," came the surreal hit "Kill Bill" (2003), showcasing Tarantino's obsession with kung fu films.

"I was going through this intense Japanese cinema wave and kung fu wave," Tarantino said. "I wrote a movie I wanted to see and my friends would get a big kick out of. It's very personal. This is the kind of cinema I grew up watching."

"Kill Bill's" central character is vengeful female lead "The Bride," Uma Thurman.

"I wanted to present Uma in the most beautiful, glamorous and empowering way I possibly could," said Tarantino. "I forced Uma to carry the weight of the movie on her shoulders and boy did she deliver."

The Bride is a former assassin who awakens from a four-year coma after being betrayed by her colleagues.

The elusive Bill was the Bride's boss and lover before ordering her attack. Now Bill is number one on the Bride's "To Kill" list, followed closely by her former workmates.

Tarantino's seventh film, "Inglourious Basterds" (2009), follows a group of Jewish U.S. soldiers on a mission to kill as many Nazis and Nazi leaders in WWII France as possible.

Brad Pitt, Eli Roth, Christoph Waltz and Melanie Laurent star.

"This is my bunch of guys on a mission movie," Tarantino said. "I was trying to do a spaghetti western, but with World War II iconography."

"This ain't your daddy's World War II movie," Tarantino said.

Pitt plays Lieutenant Aldo Raine, who leads his men on a mission to kill Nazi leaders during a German movie screening. Shoshanna (Laurent) is the theatre owner, a young Jew pass-

ing as a French woman. Shoshanna has a murderous plan that coincides with the Basterds'.

"Inglourious Basterds" received shining reviews, particularly for its opening scene. Christoph Waltz won the 2009 Best Supporting Actor Academy Award for his role as Landa, a Nazi colonel calmly interrogating a farmer hiding Jews in his cellar.

"I think the opening is one of the best things I've ever written," said Tarantino.

"Basterds" was nominated for seven Oscars.

These four films bear witness to the evolution of Tarantino's style, one he admits was heavily influenced by directors Martin Scorsese, Brian De Palma, Sergio Leone and Jean-Luc Godard.

Over the top, dramatic and violent, Tarantino is also preoccupied with detail. The music and products used in Tarantino's films are meticulously chosen.

"Music is very important to me in my movies," Tarantino said. "I select songs from my personal vinyl collection. Most times when you hear a song in my films, you're listening to my personal record play."

The director shies away from product placement. Most Tarantino films feature products that don't exist.

The Red Apple cigarettes featured in "Pulp Fiction" don't exist. The General Mills cereal Fruit Brute featured in "Fiction" and "Dogs" has been discontinued.

Tarantino also has a penchant for using the same character in different films. For example, Vic Vega is Mr. Blonde in "Reservoir Dogs" and the brother of Vincent Vega in "Pulp Fiction."

Tarantino even toyed with a spin-off.

"It was called Double V Vega," said Tarantino. "It's obviously unlikely now."

The director also says Django and wife Broomhilda from 2012's "Django Unchained" are the great-great-great-grandparents of John Shaft from the 70s detective Shaft films.

Tarantino's personal back-story, meanwhile, is as unlikely as his films.

Raised by a single mother, Tarantino dropped out of Harbor City High at 16 and skipped film school too.

"When people ask me if I went to film school, I tell them, 'no, I went to films,'" Tarantino said.

Tarantino is the ultimate movie fan. He worked at a Manhattan Beach video store before making "Reservoir Dogs." It's the secret to his success.

"If you love movies enough, you can make a good one," he says. "Directing a movie means everything in the world to me. It's my art."



SPORTS

Reflections on a Season

Lady Parrot varsity coach Evan Rabins talks about the season just ended.

I DO THINGS DIFFERENT every year. We talked more about top spin, which is the way you hit the ball and be more aggressive going for the corners which is how you win in Tennis. I learned that girls can handle this from an early age where in the past I’ve just waited until they got good to hit the ball before I started to talk about things like that. So I think I may coach that sooner.

This season made it very clear to me that its very important to be good at singles. We were very good at doubles this year. The problem is that we get four singles matched and three doubles matches. So it makes a difference. It’s better to be good in singles.

We made a lot of progress this year. Next year I would like to have a winning season. We ended up even this year. Five wins, five losses, which is good since our league is tough. So I’d like to take the program forward and not back-wards. That’s my goal. We keep moving forward and keep getting better and more competitive and start beating Monroe and North Hollywood who we still haven’t beaten in a while.

How does a coach measure success?

Well for me, you know, it’s all about where we started vs where we are now. I think we’ve made progress that we are more competitive. I think the girls are more confident. They still need to devel-ope more confidence but we’re doing bet-ter racquet-wise but I think that’s just a reflection that they’re giving better effort and they’re more dedicated. I think that’s just what I’m the most serious about.

How does a coach convey success to his team?

Well I always tell my girls its not about winning or losing. I don’t yell at them for losing, I yell at them when I don’t feel like they’re giving their best. For me the winning will take care of itself if they’re giving good effort. Sometimes they give good effort and they get beaten because the girl on the other team is just better. As long as they’re playing their best I’m happy. That’s successful, just competing. And they’re very successful in the classrooms. That’s something I don’t have to yell at them about.

Is the team a reflection on the coach?

I hope so, a little. I’m probably still more competitive than many of them are but, you know, men, we have testoster-one running through our veins. I think they’ve got more competitive over the years. I think it goes hand in hand with confidence. I think the more they feel good about themselves the more they take chances.

What had you pleasantly surprised this season?

Number one – senior Lorena Aguilar came to me in the spring and wound up becoming a good player in a short amount of time. She really helped us this year. That was a good surprise. And my JV players have been great. They won every JV match I put them in, basically. I didn’t expect them to be good this fast. So hopefully next year when they’re in varsity, the success will continue.

What could have happened this season that didn’t?

We lost a lot of close matches. We lost a lot of matches 4 to 3 and a lot of those matches we lost to tie breakers so it couldn’t have been any closer. So again we’re competing with very good schools. It shows how close we are to - if we would’ve won one of those then we would’ve been having a different conver-sation right now.

Does Tennis get respect at Poly?

It depends who you’re talking about. Some people yes some people no. The OPTIMIST respects Tennis and I ap-preciate it. Other people put football first

By Yenifer Rodriguez  
Editor In Chief

LADY PARROTS  
TENNIS SEASON

East Valley League	6-6
SEASON	
San Fernando	3-4 loss
@ Fairfax	7-0 win
@ NoHo	3-4 loss
Grant	7-0 win
Marshall	1-6 loss
Monroe	3-4 loss
@ SOCES	4-3 win
@ Verdugo	5-2 win
@ Monroe	0-7 loss
SOCES	4-3 win
Verdugo	3-4 loss
NoHo	2-5 loss
@Grant	5-2 win
PLAYOFFS	
@ El Camino (4)	0-7 loss
* Poly was seeded 13	



Photo by Lirio Alberto  
**SATISFIED:** *Lady Parrot Varsity Tennis coach Evan Rabins.*

player who is clearly skilled athletically and has good coordination. It’s obvious she’s going to turn out a good player fast. But then I don’t mind teaching some girls tennis from scratch. And I have to do that a lot. How good they get is a matter of how dedicated they are and how much practice time they put in.

**Can a Poly tennis team hit the next level?**  
I believe so. But it will take more dedication and more practice.

**Is a coach ever satisfied?**  
No. Well, not this coach. I think you can always be better. That’s true in every-thing in life. You should always strive to do better.

**Are you satisfied with this season?**  
Very much so. The girls competed. I was happy. They’re a great bunch of girls and fun to be around with. It could’ve been more successful but it wasn’t be-cause we took some days off.  
I think they should be more confident. They should believe in themselves be-cause they’re good players. We could be a little bit more aggressive in the courts. They’ve gotten a lot better in that.  
The more they learn to believe in themselves the more they’ll do.

**Are the girls more competitive aca-demically or on the court?**  
Probably academically. A lot of them are straight A students. The average GPA for tennis is 3.92 for 18 girls.  
I think they need to learn that they need to be as competitive in everything they do in life as they are in the class-room. Athletics is just one example. Life is competitive.  
Poly’s block schedule creates con-flicts. We have problems with AP courses. A lot of the girls want to take AP courses and I want them to take them too. I’m never going to tell a girl ‘no don’t take an AP course.’  
But when the classes the girls want to take are during fourth or fifth period, I don’t have a girl in my tennis class or practice, one or the other.  
I’ve never had my whole team together this year, only at matches. It af-fects how well we can perform.  
My standard is they either have to be in the classroom or fourth period.

“I’M PROBABLY STILL MORE COMPETITIVE THAN MANY OF THEM ARE BUT, YOU KNOW, MEN, WE HAVE TESTOS-TERONE RUN-NING THROUGH OUR VEINS.”

and everything else second. I think we should support all students and all their endeavors.

**Will Poly ever have first class courts, or is that just a dream?**  
Well it’s a dream I’m pursuing. I’ve been fighting for a while with the District. The problem is the District doesn’t have any money. I’ve fought. I’ve had the girl’s parents write letters to the District. What I was told was that Poly is now at the top of the list for facility improvements. It’s not just the tennis courts. They need to redo the basketball courts’ blackout and volleyball courts outside because they’re a mess. They tell me that as soon as they have money, then Poly is the first one to get them done but when are they going to have money? I don’t know.

**Do you get the same level of players every year?**  
Yes, but every once in a while, I get a

Grinding On Grant, Polishing Off Monroe  
Football is headed for playoffs after two convincing league wins.

By Danny Lopez  
Staff Writer

The Parrot football team closed out the regular season in impressive fash-ion, thrashing Grant 44-33 to remain undefeated at home and gaining their first road win with a 52-26 beat down over Monroe.  
Poly shut down Grant in the first quarter while scoring 14. Parrot senior quarterback Scotty Diaz’s 30 yard pass play to Eric Manriquez got Poly on the scoreboard. Then senior running back Kamilo Tongamoa rushed 15 yards for the Parrots’ second TD.  
Grant scored a pair of touchdowns in the second, but Poly answered with a 42-yard run by DJ Jones. Poly went into the locker room up 21-14.  
After trading scores in the third, Poly scored a field goal and later put another seven on the board with a five-yard pass to a

wide open Armando Vargas.  
Grant scored on a quarterback keeper, but Poly retaliated with a 60-yard run by DJ Jones. Grant scored again, but it wasn’t enough to catch the Parrots. Poly ended their senior night with a 44-33 win.  
Seven days later, Poly hammered the Vikings 52-26 win on the road.  
Poly got off to a strong start, scoring four TDs and a 43-yard field goal by half time, while holding Monroe’s offense to one score each quarter. The Parrots led 31-14 at the break.  
The second half was more of the same – three TDs for the Parrots and two for the Vikings.  
The key to both Poly wins was holding on to the ball while capitalizing on turnovers from both Grant and Monroe.  
Poly (6-4, 4-2) will host Hollywood High in the first round of the Division III playoffs.



Photo by Lirio Alberto  
**IN THE SEMIS:** *Lady Parrot seniors Aracely Vargas and Erica Mcgee.*

Volleyball Will  
Play Granada

Come-from-behind victory over feisty Narbonne puts Lady Parrots in semi finals against the second seed.

By Tanneshia Acosta  
Staff Writer

The Lady Parrots’ volleyball playoff run moved forward Tuesday with a come-from-behind nail-biter over sixth-seeded Narbonne.  
Poly will travel to Granada Hills (20-7, 10-0) on Tuesday in a semi-final match against the number two seed.  
Palisades will host fourth-seeded Carson the same day after an easy 3-0 win over ninth-seed South Gate.  
Poly lost the first two Narbonne games 12/25 and 22/25 before turning the tide. The Gauchos played two more close game, 22 and 20, before falling 15-10.  
“We stayed focused and on top of our game,” said Poly head coach Sina Aghassy.  
The Lady Parrots beat 14-seed San Pedro 7-16-20 in advancing to the quarters.  
Poly senior libero Ericka Tzic kept playing after sustaining a knee injury in the fourth game of the match.  
Small but fatal mistakes by the Gauchos cost them the fifth game and the match.  
“After the game, there was a little relief and celebration,” said Aghassy, “but everyone quickly refocused on the task



we have at hand.”  
The next round starts on Tuesday, so we have to be able to enjoy this one, and regain our attention to the next match up against Granada Hills Charter.  
Player of the match was Erica Magee with a game high 25 kills 2 blocks and 4 aces. Before the game, we knew that it would be a tough test with a good Narbonne team coming in, so we knew the intensity and focus needed to be there from the get go. During the game, we came off to a slow start and Narbonne played a great first 2 games. Although we were not on top of ours, I have to give a lot of credit to them. Last 3 games we went with a senior heavy lineup and the energy on the court was just different. After, I was very proud of the fight and heart we showed on the court, and was very relieved we pulled off the win. But we can only enjoy for a little as we look to prepare for the next match against a very tough Granada hills team.



Photo by Lirio Alberto  
**ON THE RUN:** *Senior DJ Jones in Poly’s 52-26 win over the Vikings.*