

The Poly Optimist

John H. Francis Polytechnic High School

VOL. XCVIII, No. 6

SERVING THE POLY COMMUNITY SINCE 1913

JANUARY 2014

Aca Deca Scrimmage Goes Great Poly on track to make state.

By Yesenia Carretero
Staff Writer

Poly's Academic Decathlon team attended an informal scrimmage at Grant on January 11. El Camino's team also competed.

"Three top teams decided to get together and get the students practice," said veteran Poly Aca Deca coach Brian Block. "The more practice you have, the better you perform."

Students take seven tests, each of which lasts half an hour.

"Usually scrimmages last four hours," said Block. "Even with short breaks, it's a full day."

Poly previously competed against 12 schools at a November scrimmage.

Saturday Jan 25 and Saturday Feb 1 are the district competitions. LAUSD usually places between seven and thirteen teams into the competition.

"We will not learn our scores until February 7," said Block, "which is kind of weird. Imagine taking a test on January 25 and not knowing your score for weeks."

Part of the reason is that scoring in Academic Decathlon is really difficult.

"It's more of an art than a science," Block said. "It's like taking the SAT. You take it, it's over, and now you just have to wait."

Judges aren't necessary for the multiple choice test. For speech and essay, there are volunteer judges that dedicate their time to making sure the competition works. The number of judges varies.

"Rumor has it that this year they're short on judges," Block said, "so I imagine there will be two judges for speech and interview. I do not know who will be judging the essays."

Friends and family can buy tickets for the Super quiz relay, which is the big show that happens at the end of the multiple choice test day, February 1 at Roybal.

February 7 is the medal banquet.

"We will learn our fate on that day," Block said, "how many medals we've won and whether or not we're going to state. Usually when the other teams are chosen for state, there is a potential for one or two other teams to make it"

Parents can also attend the awards

[See Aca Deca, pg 6]



Photo by Ari Bennett

NINE + COACH: Poly's Academic Decathlon squad and coach Brian Block.

Drama Club Revisits 80s with "Fame" Production

By Nicolette Reneau
Staff Writer

Poly singing/acting veterans Crystal Cruz and Audrianna Wilson will star in the Drama Club presentation of "Fame" in mid-May.

The Broadway musical, which opened in 1988, is based on the 1980 film of the same name and tells the story of eight students at the High School for the Performing Arts (PA) in Manhattan as they discover themselves and their talents.

"Fame" is about the struggle to achieve your dreams," said Drama Club teacher Katy Groskin. "I chose 'Fame' because students can relate to its themes."

Groskin chose 15 Parrots for the musical after auditions held during the first week back from break.

"I try to give everyone a fair chance," said Groskin. "I choose based on energy, effort and ability to meet the role."

Senior Miranda Brown thought the audition was different from others she had done.

[See Fame, pg 4]

Parrots at Rose Parade

By Sarai Mejia
Staff Writer

Parrot participation in the January 1 Pasadena Rose Parade is a Poly tradition. This year eight talented band and color guard members marched down Colorado Boulevard to the cheers and smiles of thousands lined up along the parade route.

"It was truly an honor to participate in the Rose Parade for the second time," said band member Daniel Maldonado.

"The first time I was kind of shy," Maldonado said, "but you learn how to put up a good show for the people at the Rose Parade."

Maldonado plays the mellophone.

"To get selected, you have to have more than a year in color guard because you have to know how to spin the flags, how to march underneath that, and do dance work underneath that," said color guard co-captain Sarahi Flores.

"I didn't know whether or not I'd be good enough to



Photo by Sarai Mejia

play in the Rose Parade," said band member and Poly freshman Nathan Tabaranza, who plays sousaphone. "You have to know what you're doing. It was nerve-racking during practice. I just didn't want to mess up."

"There were people cheering for me and just wishing me luck and it felt really good," said color guard captain Elisama Miguel. "I wasn't really nervous at all. Their

[See Rose, pg 6]

Teacher H Drive Data Recovered

Council president Schwagle says data should be available shortly.

By Joshua Penado
Staff Writer

Poly's H drive, which contained years of data belonging to several faculty members, has been fully recovered, School Governance Council president Jim Schwagle announced at Tuesday's council meeting.

A private firm recovered the data. Cost was approximately \$7,400.

"Data is expected to be restored in the next week," Schwagle said.

Also under discussion at the Council meeting was Poly's possible return to the balanced traditional calendar in use three years ago.

Poly Principal Ari Bennett discussed the calendar issue at the pilot school principals' meeting recently.

"The ultimate goal is to move us back to the balanced traditional calendar," Bennett said. "That's what we're working on."

Bennett said the calendar, which splits the year in to two equal halves, would mediate summer learning loss.

"Research tells us that a long summer break is most disadvantageous to students who come from low income backgrounds," Bennett said.

The calendar would also provide an additional credit recovery option in the winter and give staff members time during the middle of the year to reflect, recalibrate and come together focused and refreshed for the second half of the year.

"We could do things like profes-

sional development during that time," Bennett said, "to make sure we're getting the most out of our efforts for the second half of the school year."

Students with disabilities would also benefit from the balanced calendar.

"If we had credit recovery opportunities, it would give them the chance to be in school for almost the full year," Bennett said. "I like to say 'Learning is the constant, and time is the variable'"

Other issues discussed at the Council meeting included how to choose a Council member replacement if he or she can't attend a meeting or is transferred and problems with attendance when athletes play away games and coaches have to fill in the attendance.

New signage for faculty rest-

[See H Drive, pg 4]

Toy Drive Nets \$18K

By Tanneshia Acosta
Staff Writer

What better way to start winter break than an \$18,500 shopping spree?

That's what some Parrots did as part of Leadership's annual toys for tots drive. The toys were purchased at Mattel's in El Segundo. Mattel did their part by selling the toys at 40% off.

Leadership students in charge of the toy drive this year were seniors Joceline Santamaria, Jasmine Torres and Alba Varela.

The Los Angeles Fire Department delivered the toys to needy tots on Christmas day as part of their Spark of Love drive.

Poly raises more money for the toy drive than any other LAUSD school and is the biggest supporter of the LAFD's Spark of Love.

Poly Principal Ari Bennett and his family were also on hand to help celebrate the toy drive.

"I am proud of the leadership Parrots for doing a fantastic job this year," Bennett said. "I want all of Poly to feel that pride that comes from giving to the needy."

Bennett also said he was glad that his two daughters got to experience

[See Toy, pg 4]



Photo by Lirio Alberto

It Takes A Year to Make this Book

Poly's Yearbook staff and advisor Michelle Elias do the assembling.

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Photo by Lirio Alberto

Lady Parrots Sink Streak

Team effort from Parrots ends 52-game run.

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OPINION

EDITORIAL

“Talk, don’t Type”

Think of how many people you are closely connected with as of right now. Probably a few right? Now, think of how you are connected with them. Most likely Facebook, Instagram, Twitter, Email and Text right? Now, think of how many of those people you actually communicate with face-to-face.

“I fear the day technology will surpass our human interaction. The world will have a generation of idiots,” a famous quote by Albert Einstein.

Social Media has been ruining real human communication for quite a while now. We do not talk to one another anymore, instead, we type.

We hide behind an account on a social media website and pretend to be someone else. Through social media, we pretend to be confident, witty and cool people when really we are not, we could be the exact opposite, and the audience won't even know.

Take the case of Sharon Seline’s daughter for example. Sha-

ron Seline’s daughter committed suicide just after talking with her mother through text messaging. When texting her mother about how well she was doing, she would answer positive and use happy face emoticons throughout the conversation. It was later found out that the next day that she would cry and show signs of depression while staying in her dorm room for days even though she would seem perfectly fine on Facebook and Twitter updates.

The only way you could genuinely know who a person is nowadays is to really talk to them and not email or text them, which is a shame because the tool that was supposed to bring people closer together is also distancing us.

So next time you need to talk to someone and get something off your chest, call a friend and ask them to hang out. Don’t text or message them. Show them your emotions and who you truly are. Social networking is no substitute for the real deal.

Cuts to the Quick

Nail biting creates a host of problems

Millions of germs are living and reproducing in between your nails right now. They crawl around waiting for you to touch unsanitary objects so they can join with other bacteria. When you bite your nails, you willingly transfer that bacteria to your mouth? If that sounds gross, it is.

Onychophagia or nail biting usually occurs when a person is bored, stressed, anxious or in a very tense environment. No one really realizes he’s doing it. It’s like cracking your knuckles. It’s a habit. You won’t notice until your parents point it out.

You may experience pain when biting your nails. If you bite your nails compulsively, or as a reaction to stress and anxiety, your nails may be bitten too short. When you expose the area of skin that is usually concealed by the nail, you may experience burning, throbbing, stinging or redness of the area. You might also be biting away cuticles, which protect the bottom portion of your nails.

According to Thomas P. Connelly, about 30% of children from ages 7 to 10 bite their nails. Five percent of them, however, keep the habit through their teenage years and, ultimately, adulthood. Statistics show 45% of teenagers bite their nails.

Most people think washing your hands will eliminate all the germs so it’s ok to bite your nails. They are only partially correct. Washing does clean your hands but not under your nails. Who cleans under their nails anyways? Uh, not many people.

The germs being transferred from your nails to your mouth and vice versa are unsanitary

People who bite their nails, for the most part, don’t wash their hands beforehand. Therefore chronic infections to the mouth, lips or gums are common. A nail salon was discovered

to contain about 2,000 types of skin infections. Imagine how prone you are to bacteria and diseases because of this habit. Infections such as oral herpes, herpetic whitlos, nail fungus and warts occur when bacteria are transferred.

Oral herpes is an infection caused by bacteria entering a sore around the mouth. Say you have a small, barely noticeable cut on your lips and you constantly bite your nails. The germs from your nails jump to the open wound on your lips and infect it. A painful and annoying cold sore is born. Everyone around you now discusses the sore instead of you.

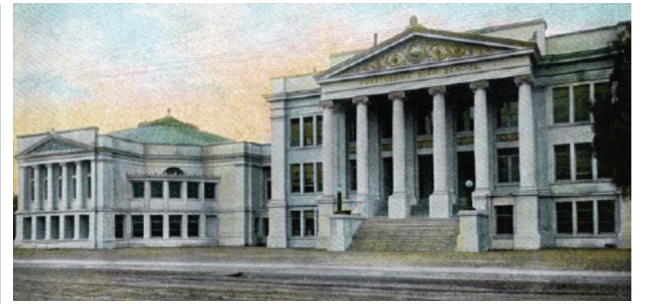
If you bite your nails during a cold sore’s life, an even worse infection comes along – herpetic whitlos. This infection is caused by the herpes simplex virus, better known as a cold sore. Germs from oral herpes go into fingers thus creating lesions.

Infections aside, nail biting can wear out your teeth faster. Biting your nails can weaken and misalign your front teeth, since they receive the most impact.

According to the Academy of General Dentistry (AGD), nail biting can result in up to \$4,000 in additional dental bills over a lifetime. That’s quite a bit of money. Not to mention the down time and money spent being sick from all the germ transfers.

Let’s face it. If you’re a nail biter, you’re a pathological groomer. The Diagnostic and Statistical Manual of Mental Disorders (DSM) puts pathological groomers in the same category with mental disorders like OCD, which includes people who wash their hands compulsively or have to line up their shoes in a certain way.

Given the long-term negatives associated with nail biting, the best thing to do is quit.



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the OPTIMIST

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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.

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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

Immigrant Song

Senior Jedri Emralino is glad she came to America.

By Nicolette Reneau
Staff Writer

The OPTIMIST recently sat down with Poly band member Jedri Emralino to hear about her immigrant experiences and love of music. Here's what she told us.

School in the Philippines:

I attended a private Catholic school in Candelaria from kindergarten to 5th grade. I was compelled to work hard in my studies because it was a pretty competitive school. Tuition was really expensive so I had to take advantage of every cent.

I began to read and write in English regularly when I was about three years old. At my elementary school, every student was mandated to take an English class every year and Mondays were "English Campaign" days where students were charged 10-cents for every non-English word they spoke (if caught), which highly contributed to my fluency in English when I arrived in America in 2007. Math, Science, and Christian Living (Religion) were also taught in English.

Bilingual literacy allowed students in the Philippines to build close relationships with one another and other Filipinos. Since it was a Catholic institution, with a nun as our principal, we were obligated to follow strict rules, like not being allowed to attend school with dyed hair. I almost got expelled from kindergarten because the principal thought I had dyed my hair brown. My mom came to school and brought my baby pictures to prove that I was born with natural brown hair.

Coming to America

Going to America, whether moving or just visiting, is definitely a part of every Filipino's bucket list. It was part of mine.

My dad arrived in America in 1998 in hopes of finding a better job. He was a caregiver at first and he now works at a title company.

I immigrated to the U.S. on April 24, 2007 with my mom and my sister to live with my dad in California. Despite experiencing culture shock in the beginning, I adapted to the new environment quickly and felt comfortable interacting with my peers. I do miss the tropical weather, the street foods, the fiestas, my friends and my family in the Philippines, however.

I love the diversity here in the U.S. because it allows me to learn so much about other cultures and traditions. Living in the U.S. has taught me a great deal about how important communication is. I wasn't a very sociable person when I first moved here until I began meeting people of different backgrounds whose stories have remarkably influenced my attitude towards life and family, my academics, and my aspirations.

Health Issues

Since I was young, my knees have always hurt for no known reason. I could not get proper medical help in the Philippines. In mid-March of 2009, I finally consulted a doctor for my knees and I was diagnosed with a slight case of Patellofemoral Syndrome. The doctor also noticed something strange with my lower spine on my x-ray. They checked my back and found I had a severe case of scoliosis. He strongly suggested I get the spinal fusion surgery as soon as possible before the curvature of my spine worsened.

My lifestyle had drastically changed after I had the surgery in June of 2009. My spine was drilled into with 22 pedicle screws supported by two long metal rods that looks almost like a train-track. Back pain is a lifetime side-effect of the surgery and it could cause me to become immobile at times.

Last year I experienced such terrible back pains. Certain parts of my back became swollen. When my surgeon checked my back, my x-rays and my blood, he found that I had an infection following the surgery, one that cannot be cured simply by taking antibiotics. My surgeon prescribed some pain relievers for the meantime and asked me to come back when the pain gets worse so he could arrange a date for another surgery to flush out the infection. Unfortunately, right when the pain became more intense, my medical insurance was terminated. I had to stick with my pain relievers, which are often ineffective.

My back pain now is unpredictable. I hate the fact that the back pains could hinder me from doing my best in school. However, I see all these struggles and experiences that I've been



Photo by Nicolette Reneau

through as a test to prepare me for the future. Through them, I've become stronger, braver, and more determined to achieve my goals in life. I remain sanguine as much as I can because it helps me stay focused in my pursuit of higher education.

A Love of Music

My passion for music grew when I joined my middle school's band ensemble in eighth grade and started playing the clarinet. I didn't like playing the clarinet initially because I would squeak a lot and I felt like I wasn't playing music. But I quickly got better and have since grown fond of my instrument and music.

When I started high school, I wanted to pursue my musical skills, so I joined the school's marching/concert band. I have been a member of the band ever since. I am very dedicated in my daily band practice and I truly enjoy spending time with high-spirited, talented students.

I consider marching band like a sport, because we practice regularly, remain physically active, play together as one group or a team with our band director as our coach and compete against other schools, just like other sports.

Becoming a member of an award-winning high school

Marching/concert band was one of the best decisions I have ever made. I have met many talented students whose stories and experiences have inspired me. Band has brought many adventures to my life and brought out my talents and capabilities.

I love playing the guitar. I can't go a day without playing the guitar. I really love acoustic and pop music. I like alternative and indie music too. I like Imagine Dragons.

It's Personal

My sister Jizel is three years older than me. She graduated in 2011 and is now a junior at UC Berkeley, majoring in integrative biology. I think of my sister and all of her achievements and I want to do the same. I look up to her. She's my inspiration. I feel like she's going to be really successful and I want to be like her.

I want to go to UC Berkeley, UCLA or Stanford. I don't have a particular field of interest yet, so I'm not sure what I'm going to major in. I'm relying on college to find my interests and future career.

I really like watching Korean dramas.

My favorite American food is mashed potatoes. But my favorite food in general is pasta alfredo.

CAMPUS

The Making of a Yearbook

Co-advisor Michelle Elias takes us inside the process.

Producing a high school yearbook is a complex and time-consuming endeavor. A dedicated staff, a tireless advisor and little good luck plus a lot of creativity and legwork are required. Poly's yearbook is no exception.

The OPTIMIST recently spent some time with the yearbook staff and advisor and left knowing a lot more about the process.

By Joanna Rosales
Staff Writer

Sections

The yearbook has seven sections – portraits, sports, clubs and organizations, SLCs or academies, senior events and student life.

Spreads

A spread is a page on the left side and the right side. A spread can take from five-seven days to finish. Some pages take as long as three to four weeks to finish because they are more complicated.

The hardest part of yearbook is being able to take photos of students and get interviews because students have classes and teachers are teaching and it is hard to pull them out.

Candid

Candid are random pictures of students doing random things. The yearbook tags every student they take a picture of. The index has each student's name and on what page his photo appears.

Yearbook sends each student a card about the tag as a way to motivate or encourage the student to buy a yearbook.

A student profile includes an interview in addition to the photo. Students are asked random or trending questions to get their opinions or thoughts.

Staffing

The yearbook has an advisor, an editor, a business manager, a marketing manager and 19 staff members. Michelle Elias is co-advising this year's yearbook with Chi-Sun Chang.

The Yearbook Editor is senior Christian Penado, who is responsible for how the yearbook looks.

"I make sure everything is spelled correctly," said Penado. "I check over grammar. I make sure that the spread is yearbook worthy, that everything ends up nice and that all the spreads match up, that they don't have different fonts, that they don't have different color schemes, things like that."

Marketing Manager Ella Godinez, a senior, is responsible for promoting the yearbook on Instagram, Facebook and Twitter.

"I remind students to make their payments and hopefully they'll listen," said Godinez. "On Facebook our page is called Poly Yearbook. On Instagram its @PolyYearbook and Twitter it's @ParrotYearbook."

"I also talk face to face with students about buying a yearbook. Like right now I have to summons kids out and get them to at least make a deposit."

Senior and Business Manager Jessica Mazariego was a sports photographer for the yearbook her sophomore year. Mazariego took over as business manager last year.



Photo by Lirio Alberto

Mazariego's responsibilities include fundraising and camera checkout.

"I'm in charge of fundraising for our banquet, our sweaters, t-shirts and the UV coding," said Mazariego. "The UV coding costs about \$1600. Each student had to raise \$65 dollars for the UV coding."

Every section has two staff members. The second student is backup, in case one student has to change his or her schedule at some point in the production process.

"Unfortunately, the backup doesn't always work out," Elias said. "We ended up losing everyone out of our senior events. We had two students taken out by their counselor. So now we have no one in there. It is too late to go back out there and try to get more students."

Yearbook photographers also write copy. For example, the student in charge of the girls soccer game must photograph the game, handle the writing and interview the person that was in the event.

Cuts

A number of sections were cut from the yearbook, totaling 88 pages. For the first time, the panorama picture is not in the yearbook.

Because the cost to publish went up, we had no UV coding," Elias said. "UV coding is the shiny pictures that we have done for the seniors portraits."

The yearbook class fundraised \$1500 by selling Cheetos and snacks before school and after school to cover the cost.

"Even the cover is very simple this year because we couldn't afford to do something fancy," Elias said. "The more fancy we get, the more expensive the yearbook gets."

The cost of publishing the yearbook is approximately \$30,000.

Deadline

The deadline for the completed yearbook is April 3. The yearbook will be available for pickup on May 16 and ready for distribution and purchase on May 19. Students who paid in advance can pick up their book on May 16.

Title III Coach Joins Faculty

By Christine Maralit
Staff Writer

The OPTIMIST recently spoke with Title III instructional coach Gina Yousef about her new position at Poly. Here's what she said.

Title III supports schools with a large population of long term English learners (LTEL), those who have been in the U.S. for more than five years who still have not mastered the English language. They're kind of in between new arrivals and proficient learners but they still don't have all the skills. Title III helps students learn those skills they need to become proficient.

The students can usually speak and understand English but not fluently. They have problems with writing or their grammar. Some of them were born here but they still haven't mastered the language. Poly has about 478 LTEL students.

I work with students one on one. I go to classrooms where I can observe them. I can help the teacher's lesson plans or give feedback based on my observations. I can pull students out on the side and work with them, whatever the teacher needs help with.

Different teachers need different kinds of help. Maybe it's a lesson plan or maybe it's a specific skill that student needs work on. Or maybe just another body in the classroom or pulling out students who need help.

Title III is a fairly new program (2011) and being a Title III coach is also a new position in LAUSD. There have been many changes in the ELD. They had to change how the master plan is coordinated. They felt that they needed more people to support the long term English learners not just the new English learners.

This is my first time out of the classroom. I'm an ESL teacher. I teach English as a second language. I



Photo by Nicolette Reneau

COACH: Title III's Gina Yousef joins faculty.

speak four languages.

I worked at Cleveland High School as a Spanish 1 and 2 teacher for eight years.

I took a personal leave to visit friends and family in Australia four and a half years ago and loved their relaxed, family oriented life style. I was impressed by what the country offers all of its residents like socialized medicine and affordable education. Most importantly, it was a challenge for me on a professional as well as a personal level.

The country is mainly made up of migrants. The Australian Government stresses the importance of Learning English and makes learning the language and attending adult ESL courses some of the requirements to qualify for residency and benefits.

Details

The English Learner Master Plan was adopted by the L.A. School Board in June of 2012 and will help support LAUSD's staff, teachers, parents and community. The Multilingual Multicultural Education Department is formally known as the Language Acquisition Branch.

Toy Drive

[From Toy, front page]

giving to the needy.

Leadership raised the money by selling pizza and soda during lunch, having a bake sale and organizing a basketball game between the varsity boys and teachers.

Classroom contribution were also solicited during December.

Leadership Parrots asked local businesses for donations. Some contributed, others didn't.

Poly's toy drive tradition started in 1958, just a year after Poly opened. PE teacher Albert Richards had a four-year old son who had been hospitalized for a month. Richards' students wanted to show their care and concern by raising some money and giving the young tot some toys.

But Richards had other ideas. He wanted to use the money his students had raised to buy stuffed animals for young patients at County General Hospital, where his son was being treated.

That was the start of a new tradition at Poly. The son, Donald Richards, is now a physician doing cancer research in Tyler, Texas.

Fame

[From Drama, front page]

"There were no monologues or speeches," Brown said. "I had to tell a story about my life so I could relate to the characters in the play."

The musical has no leads, but a number of solos, Groskin said. "Fame" and "Out Here on My Own" were the hit songs from the film.

The musical will be expensive to produce.

"We have to fundraise," Groskin said. "The production is going to cost around \$1700 for the rights, the music score, as well as a small budget for paints, props and costumes."

Sound problems have plagued previous production, but Groskin hopes to iron out any problems during the four-month rehearsal period.

"We got new mics last year," Goskin said. "I train a group of students every year. Students get better every year at what they do and so do our sound engineers."

KYDS teacher Ciji Campbell will co-produce and direct the 90 minute musical. "Fame" is the fourth collaboration between Groskin and Campbell.

H Drive Data Restored

[From Teacher, front page]

rooms to eliminate students using the restrooms was also discussed.

Bennett also revealed to the OPTIMIST that this will be the last year of ROTC at Poly High School.

Part of the federal sequestration cut the Air Force ROTC budget.

"Poly had been operating under a waiver from

the Air Force that allowed us to operate with less than one hundred cadets," Bennett said.

After sequestration, the Air force ROTC program gave Poly a year to achieve that goal.

"We weren't able to meet that target and the Air Force didn't grant us another waiver," Bennett said. "It's very saddening for me, and not something I wanted to do."

CURRICULUM



Photo Courtesy of Vanamali Tay

The OPTIMIST recently spoke with science teacher Vanamali Tay about Poly's new AP Environmental Science class. Here's what she told us.

The AP Environmental Science class is a combination of scientific, political, historical, and geographical topics. It is technology based. You see a problem in all aspects. We try to address changes that will impact anywhere positively. That is challenging. But if people become more aware that there is not just one solution, we see the problem more clearly.

By Joanna Rosales
Staff Writer

Unlike other AP courses, AP Environmental Science only lasts from January to May, so my students have to be very well prepared.

Earth science and biology are good prerequisites for this course. Students who read National Geographic or watch Discovery Channel or listen to NPR are more aware of what's going on around them too. I've had students who don't know where different countries are. They don't know what the problems are, even the problems we have in our own communities or in our nation. Students need to open their ears and eyes to what's happening around the world, including all the environmental incidents.

I'm using a textbook by Miller called "Living in the Environment." I would like to include a book by Pearson called "The Environmental Science." It is much easier to read and it also is a more current edition and has many meaningful current studies. It depends on the budget for new books. I have a teacher's edition and I'm making copies for students to read but I don't have student sets.

Most of my students won't know what's going on around the world, like what's happening in Africa, what's happening in India or South America. So I want them to watch a video, it's a free video by a very affluent French director called Home. It's a plane that goes around different countries that depicts their everyday life and also the natural wonders so a student can have a sense of wonder. Like what is it like seeing the whole world at once and seeing how people live their day to day life has strong impact on their seeing how earth works. It is on YouTube.

I show them a lot of visual footage. Seeing is believing. I can talk all day but seeing a visual image is very powerful.

The main topics are pollution and solid waste management, ozone layer depletion and global warming. Those are the three factors that are affecting our lives. Over-consumption leads to many types of pollutions. We need to be more aware of conservation and sustainability in our every day habits, in our usage of technology, food and clothes and everything else we use in life.

We talk about all the resources that are buried in the earth's system that we are harnessing. Then we have water that has been made by the asteroid impacts and comets being brought from outer space. So you can think of earth not just as a living organism but also connected to the solar system. It's a very powerful picture.

We are not just connected with our community. We're also connected to the solar system. It is a very big picture. We are the only blue green planet that has life and in the grand spectrum we lose that kind of vision and we become very confined, just managing our own lives and not thinking of ourselves as part of the big community that is earth. We are connected by all the water and air, all the resources. Obviously, the natural resources like minerals and fertile soil are segregated. They are not really available everywhere. But the air and the water, we are connected by those.

The conflict between conservation and development, between ecology and the economy has been the biggest debate recently. The Bush administration didn't believe that we had to conserve. It was more about if you develop, that's going to create more jobs and people are going to benefit from that. But the Carter administration had solar power installed. Carter signed off on the Love Canal solid waste management component and made it valid for companies to have a solid waste disposal solution.

That's one of the factors we see in this class. Even though people make a conscious effort, nothing can be done unless government is backing it up. That's why we have all these laws. We have EPA laws, we have all kinds of conservation energy in our society. They are helping us to make the right choice and making an environmental bill and then passing it so people can be aware of it.

We have had many environmental acts that made us healthier, like the Clean Air Act of 1970 and the Clean Water Act of 1972. Those actually help us live a better life and government has had a huge impact on creating a safer world. I think that government has to be really adamant about having strong protocols and rules for companies to make conservation a part of their plan. For example, if they are polluting the surrounding communities, they have to plan to clean it up or not pollute as much and take responsibility

Environmental Science: a HOT TOPIC

"WE ARE NOT JUST CONNECTED WITH OUR COMMUNITY. WE ARE ALSO CONNECTED TO THE SOLAR SYSTEM. IT IS A VERY BIG PICTURE."

Change

The earth has experienced a steady state for 10,000 years. We haven't seen that much fluctuation in temperature since the ice age 10,000 years ago. We have warmth. We've been enjoying it.

People have been able to do a lot in a short amount of time. Even though we have been here for two million years, we haven't really seen much change, unless there is a volcanic eruption or tornadoes. But in the last 50 years we have seen man-made disasters. If you look at Katrina, global warming had a strong impact on creating all kinds of storms and tornados. If you look at the droughts or having these irregular climates, like we're having warmth, then having cold, or not having enough rain.

I always bring outside case studies in my Earth Science and Chemistry classes. For example, in chemistry I'll teach them about ocean acidification, caused by humans altering the atmosphere. Extra oxygen is being released from the sedimentary rocks in the ocean because of global warming. We actually talk about the atmosphere heating up the environment but we forget how the ocean is like the greatest deposit of carbon dioxide gas.

If the ocean is warming up, all carbon dioxide is coming up and we know that the carbon dioxide gets mixed up with water and it creates carbonic acid and that actually has a huge impact on changing ocean life and that will create a global food shortage. The ocean is going to become uninhabitable for ocean marine life. We can't afford to lose all the coral and fish. It is like destroying almost all our life.

I took a lot of environmental courses when I was in college. I've traveled to all six continents and I grew up in different countries and I went to school in India and I've been exposed to different types of organic farming, to uses of fertilizers and its impact. So I've been directly involved with those kinds of changes.

Personal

I came to Poly in 2008. I have been teaching for seven years.

I was in the corporate. I didn't like my corporate job, so I took the state examination for teachers and passed. I did subbed for elementary, middle and high school. I found my niche in high school.

I was born in Laguna Beach, California. My parents moved to India when I was two.

My dad is a hippie. He's an artist. And my mother comes from a very cultural Indian family. They are all about literature. My grandfather was a newspaper publisher in India. Somehow my parents met through a newspaper ad and got married and came back to the US.

My father realized that the standard of living he wanted to live was not achievable in California. So he went to India. We had a very modest upbringing. We grew up on a farm. We learned to grow our own vegetables. We actually milked the cows.

It is my upbringing that helped me understand this wholesome living. So I'm grateful to my parents for going to India and giving us a simple way to living.

I finished high school in India and came back to California. I had financial support from Cal State Long Beach so I went there. I qualified for UCLA or the Art Institute but I chose Cal State Long Beach because I didn't have a car at the time and I was working three jobs while going to school and I just wanted to graduate very quickly and be a provider for my family and myself.

I majored in international business.

The district paid for my internship. I got my credential and taught at the same time. I keep taking courses at UCLA to enhance my knowledge. I always go back to school to take a class here and there for either earth science or chemistry or biology, so I stay in the loop and understand what's happening today.

Learning from a textbook is okay. It gives you the initial understanding, but unless you apply the knowledge, unless you start to question why things are happening and you understand and can explain to me in your own words what's going on, then textbook knowledge is actually not useful. You are just passing a test.

On weekends, I do a lot of hiking. I may take a class at UCLA or maybe go surfing. I also climb mountains. I do a lot of research, I do a lot of case studies, that I can incorporate in my chemistry class or environmental science class, so I do a lot of reading or I hang out with my friends. We mostly cook. I never really eat out unless I'm going to a nice restaurant. I cook all of my meals and have my friends over and we share a meal and discuss other things.

CAMPUS

Fame Found

“Fame”

The 1980 film won two Oscars and captured teen spirit in a new way.

By Nicolette Reneau
Staff Writer

The beginning

“Nothing,” a song in Michael Bennett’s smash Broadway success “A Chorus Line,” mentioned “PA,” the High School for the Performing Arts on 46th Street in New York.

That song was the inspiration for “Fame,” the pre “Chorus Line” story about the lives of wannabe performers during the delicate, formative years before life as a Broadway gypsy.

“I was attracted to the flip side of the American Dream,” said “Fame” director Alan Parker, “the eight main characters and particularly the eccentric milieu of this curious school, which at the time I never even knew existed.”

The High School for the Performing Arts

Manhattan’s High School for the Performing Arts is just two minutes from Times Square and the Great White Way of Broadway.

“It was hard not to be impressed by the kids at the school,” Parker said, “even if the shabby, neglected building was less than inviting. A lot of the kids were refugees from tougher New York schools and had found sanctuary and an odd camaraderie at PA.”

“They talked about their humiliation and rejection at cattle calls; their cruciate ligaments, calloused finger pads, latest crushes and impending nervous breakdowns,” Parker said. “It was quite common to sit opposite a kid playing a cello, next to a dancer with her leg behind her ear, with another kid jamming on the piano in the corner while half a dozen Stanley Kowalski’s belted out their lines. All of this went into the script.”

“Fame” is a microcosm of New York. It’s the glamour of the Great White Way of Broadway and the squalor of 42nd street; the dream of instant success and the constant reminder of failure; the fine line between a Julliard scholarship and dancing at the Metropole.”

- Alan Parker

Casting

Parker had an ‘open call’ for actors, singers, dancers and musicians at the Diplomat Hotel on 43rd Street and over 2,000 young hopefuls turned up to be assessed and put through their paces.

The film crew wanted to use the shabby PA building but the New York Board of Education said no.

So they used an empty school called Haaren High on 59th and 10th, and another empty school at the other end of town, on 9th Street and First, for the staircases and dance rooms that reflected the smaller PA. Opposite to the real school on 46th street was St Mary’s Baptist Church, and this became the entrance to the school seen in the film.

Parker liked Irene Cara’s frail but pretty looks and her acting. Her great voice was a bonus, since Parker had prepared to work with a lot less.

All eight main characters resembled the characters they played, Parker said.

“I found Lee Curreri (Bruno) at the Manhattan School of Music and Antonia Franceschi at the school of American Ballet,” Parker said.

Maureen Teefy (Doris) was cast against type. She was Irish from Minneapolis and no Jewish princess.

The music

Michael Gore (no relation to Christopher Gore, the screenwriter) had originally been hired as ‘music co-coordinator’. Michael was a Yale-trained musician and he’d also played piano on his sister Leslie Gore’s seminal hit record “It’s My Party.”

Gore and lyricist Dean Pitchford wrote five songs for the film including the title song “Fame” and “Out Here on my Own” - also Oscar-nominated - which he wrote with sister Leslie.

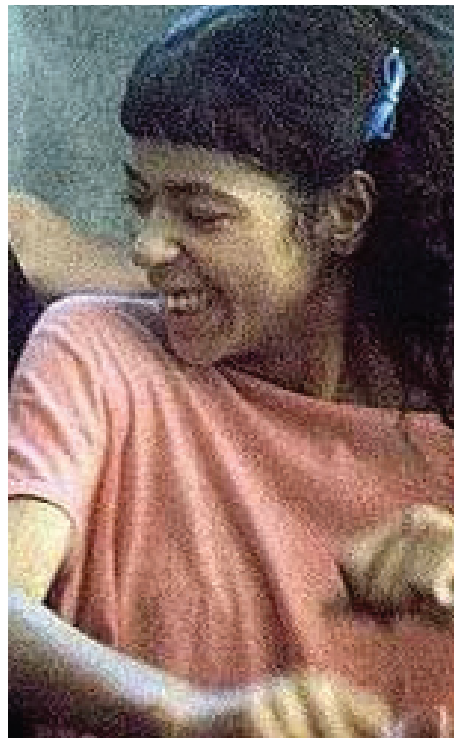
The music and musical numbers evolved organically from real situations, not like the traditional Hollywood musical. No one was to be dubbed - voices or musical instruments.

Louis Falco did the choreography. The dancing was designed to evolve naturally so that none of the numbers looked staged. The camera movements were sometimes not choreographed so the dancers didn’t have to hit their marks and could be more natural.

Filming

Filming started in July of 1979 and was expected to run 18 weeks.

The music and dance scenes were rehearsed for six weeks before shooting started and went well.



Google Image

FAMOUS: Actress Irene Cara starred in and sang the title song from 1980’s hit “Fame.”

The costumes were a wacky mix of Broadway dance gypsy, showbiz glitz and second-hand Bowery thrift.

The kids were extremely self-obsessed, capricious and irritating to work with, Parker said.

“The kids’ personalities were close to the characters they were portraying and they often lacked the basic skills that make my job easier,” Parker said. “With such young performers their approach is often more intuitive than it is intellectual.”

Dancing in the street

The biggest logistical challenge was the scene where the kids flood into the 46th street traffic in an anarchic musical free-for-all. Eight different routines were allocated among 50 dancers, with 150 regular kids added to raise the quality of the bedlam and choreographed chaos.

The concluding number in the film has a 70-piece orchestra, rock band, gospel choir, dance break, and various solo singers.

After 91 shooting days in Manhattan, Brooklyn and the Bronx, “Fame” finished on schedule and on budget (\$8,500,000).

Afterwards

The film went on to win two Oscars and spawn many copies, not to mention a worldwide fashion in legwarmers. For the first time in Academy Awards history, two songs were nominated from the same film. (“Fame” and “Out Here on My Own”).

The premiere took place at the Cinerama Dome in Los Angeles.

Significantly, and perhaps reflecting the freewheeling New York arts and gay scene of the seventies, Louis Falco (choreographer), Christopher Gore (writer), Barry Gornel (Assistant choreographer) and Gene Anthony Ray (Leroy) all died of AIDS.

Gene’s mother was jailed in 1984 for running a drug ring. He had gone to Milan to start a Fame type school and was arrested stealing a bottle of wine from a supermarket. He had alcohol and drug addictions.

The film inspired the creation of many similar schools around the world. Performing Arts schools opened in a dozen cities across the United States from Cleveland to Milwaukee and Phoenix to Baltimore.

The NY Board of Education, who once disdained Parker and his film, now advertise PA as “the Fame school.”

Rose Parade

[From Parrots, front page]

cheering me on made me want to continue.”

“I’m glad I did it,” said band member Helen Aragonés. “It feels awesome. I made a lot of new friends at the Rose Parade.”

All City Band and Color Guard practices started in October of last year at El Sereno Middle School.

“More than 100 girls auditioned for flags and shield,” said Miguel. “They chose 26.”

“On Saturdays, they picked us up at 7:00 am. Practice started at 8:00 am and ended at 4:00pm.”

“When we got to practice, we would begin stretching and then separate into shields and flaglines,” said Miguel. “Then they would teach us a few basics and see how we could spin together, how to work to start building the choreography.”

In December, members move to Dodger Stadium, where they march through the hills around the stadium.

“Once you hit Dodger Stadium, everyone starts marching around the Stadium and then there’s this hill called Big Bertha,” said Aragonés. “It doesn’t look that bad by vehicle, but it’s like ‘oh my God, oh my God, when is this over?’”

“In All City Band Practice, there are no water breaks,” said Aragonés. “You have to wait til lunch time when everyone goes back on the busses. Most of us bring gallons of water because you have to stay hydrated. Otherwise, your mouth is dry and you can’t play.”

“I was stressed to march in the All City Parade,” said Maldonado, “to march the All City technique, to raise my legs and all that.”

“For All City, we line up in a chair formation and do high stepping,” said Aragonés. “A chair formation is when you bring your knees up to a right angle so that’s why it really works out your legs.”

“It hurts so much on your thighs and your calves because you’re building up muscle there but at the same time it’s like OMG you can’t high step like that the whole time.”

But not all Parrots found practice grueling.

All City practice is not as disciplined as Poly’s,” said Tabaranza, “because there are so many more people. It’s more easygoing but it’s still a lot of work.”

And when the big day arrived, Tabaranza was ready.

“There was a lot of adrenaline the day of the parade,” said Tabaranza, “but it passes by so quickly. I almost passed out in the end because I was really tired.”

“On the day of the Parade, we had to be at Poly at 3:00 a.m.,” said Flores. “We got to El Sereno at 5:00 a. m. and while there we stretched and warmed up and got ready.”

“There was a lot of traffic to get to Pasadena. We practiced just a bit before it was time to march and waited.”

“I honestly did not know how to feel,” said Flores. “It was the first time I had ever done it, so I didn’t know how to react. Should I be nervous, should I be excited, should I be optimistic, should I be pessimistic?”

“We got to Pasadena at our call time,” said Miguel. “Band and Colorguard warmed up just before we were about to march. Within 20 minutes, we started marching.”

“It was really hot that day. The color guard girls had to highstep and march, as well as dance.”

“When we were playing the last song in the Rose Parade, going full out, I was just trying to play it right because I knew it was my last time and I just gave it my all,” said Maldonado. “The experience was still the same, still as tough as last year. But seeing myself on TV and everything, it was all rewarding.”

“I got very exhausted in the last mile,” said Flores. “I hydrated myself the last week so I didn’t feel any pain in my system. I just was very exhausted because it’s difficult to do six miles marching and smile all the time and perform and do all the routines. They were exhausting.”

Aca Deca Scrimmage

[From Aca Deca, front page]

night at Hollywood High School on February 7. The audience is made of press, parents, and family at this event.

“It is a big thing,” Block said. “Students have been literally working towards this for half a year. There is a lot of pride.”

Poly first went to state in 2010.

“Two weeks after the banquet, we were told we were going to state,” Block said.

“Two years ago, we actually were told that we had just missed and the next day we were told we were going to state,” Block said.

“I expect us to be very close. I would sure like to make it because it’s a lot easier for preparing. Even if we don’t, I wouldn’t say all hope is lost.”

Poly’s Aca Deca team is composed of three students in each grade level category in honors,

scholastic and varsity. Within those categories only the top two scores count.

Topics this year include language and literature, science, which this year is genetics, social science, which this year is WW1, economics, art, music, mathematics, speech, interview, and essay.

The theme category this year is WW1. Every Aca Deca member is responsible for each of the ten topics.

Poly’s returning members are Hannah Almonte (Honors), Jihae Snyder (Honors), Paola Pereda (Honors) and Lezleigh Millhauser (Varsity).

New members include Jasmin Amezcua (Scholastic), Maria De La Rosa (Scholastic), Kristianne Villarta (Scholastic), Mayra Benitez (Varsity) and Shannon Snyder (Varsity).

MEDIA



Google Image

HIM: Joaquin Phoenix romances his cell phone operating system in Spike Jonze' "Her."

Analog at Heart

By Adriana Garcia
Staff Writer

The premise of director Spike Jonze' "Her" may be the interface of technology and humans, but at heart the film is an

old-fashioned love story. Strictly analog.

Theodore Twombly (Joaquin Phoenix), lonely and recently divorced, purchases a cell phone, hoping the operating system will provide him with assistance and a little more.

The voice in the phone, human-sounding Samantha (Scarlett Johansson), is not the robotic, monotonous tone he was expecting.

Slowly she evolves from an assistant to a friend who helps Theodore feel alive again.

And so the star-crossed love story begins.

Samantha organizes emails, helps with videogames and tells jokes, ultimately becoming Twombly's girlfriend.

But dating someone without a body is hard. Questioning Samantha's existence becomes an issue aside from the obvious physical one.

Discouraging remarks from ex-wife Catherine (Rooney Mara) adds to Twombly's doubts. And Samantha finds her feelings are not so black and white.

How they work out their differences allows Jonze to reveal what the nature of this romance is all about.

Anyone familiar with Jonze's work shouldn't be surprised by the off-beat "Her." He's been there before.

In fact, Jonze specializes in filming eccentric screenplays like "Being John Malkovich" and "Adaptation." In this case, he wrote one himself.

"'Her' is about our yearning to connect, our need for intimacy, and the things inside us that prevent us from those things," said the director.

Phoenix and Jonze shared ideas about Twombly's character.

"Spike's a really collaborative director," said Phoenix. "He likes to get everyone's input."

"When Joaquin was uncomfortable with something," Jonze said, "I knew it meant there was some place I had cheated or hadn't thought through or hadn't gone deep enough. His flinch is always worth listening to."

Tone was important in a film playing on emotional subtleties.

"When I'm working on a scene or a line or a word, tone is the most important thing in the world," said Jonze.

Not surprisingly, Jonze expected the film score to underline this tone.

"The music represents loneliness, excitement, romance, Samantha's pain and her love and her disappointments," Jonze said

The director tapped indie-rockers Arcade Fire to create the score and soundtrack.

"I wanted the music to have electricity," said Jonze. "Not representing technology, but more the speed of our lives."

"Her" Oscar nods include picture, screenplay, song, soundtrack and production design.

It Takes a Village

Like the folk songs it features, the Coen brothers folk tale has a message.

By Emily Pintor
Staff Writer

The struggling artist, dedicated and talented, who goes through many hardships before ultimately becoming a big star, is a fairly common movie theme. "Inside Llewyn Davis" is not one of those films. Instead, the storyline is genuine and realistic and the main character, though dedicated and talented, does not become rich and famous.

Directors Ethan and Joel Coen ("No Country For Old Men", " Fargo") have created another melancholy period film full of great music that transports the audience back in

time. In typical Coen brothers' fashion, "Inside Llewyn Davis" shows the suffering and failure Davis faces rather than his triumph.

Llewyn Davis (Oscar Isaac) is a struggling musician looking for stardom in the Greenwich Village folk scene. It's 1961 and Bob Dylan has yet to be discovered. Davis has no home and bounces from friend to friend, upsetting many of them along the way. Davis is loosely based on Dave Van Ronk, a popular Village folk singer pre-Dylan.

The film opens with Davis doing a rendition of Van Ronk's "Hang Me, Oh Hang Me." The intimate performance sets the tone for the whole movie.

Though his sarcastic and insensitive ex-



Google Image

UNDERDOG: Coen Bros star Oscar Isaac also sings for combo *Blinking Underdogs*.

terior says Davis doesn't care, his voice and his performances suggest otherwise. Davis' vulnerability shows when he performs and the audience falls deeper under his spell.

Many incidents trouble Davis, but he prefers to mask his fear and vulnerability by shunning everyone around him. He is cold and distant and ruins every relationship that comes his way. In short, Davis is the root of his own problems. Rather than sympathize with Davis, audiences will delight in seeing the artist pay for his bad behavior.

Isaac, who sang and played guitar in a rock band before taking the role of Davis, sings and plays guitar in every scene, adding to the credibility of the character and the movie. As a result, Isaac nails the Davis role, playing the insensitive struggling artist with true emotion and depth.

Isaac is aided by a strong supporting cast. Justin Timberlake and Carey Mulligan play Jim and Jean, a folk couple who help Davis out from time to time. Mulligan resents Davis and spends much of the film yelling at him.

The Coen brothers said their film's look was inspired by the cover of Dylan's second album, "Freewheelin'," which shows a smiling Dylan and his girlfriend crossing a Greenwich Village street on a snowy winter day. "Inside" gets the look just right, messy yet pure, a place and time when the world was not isolated and self-absorbed with technology.

Throughout the film, Davis and his fellow folkies sing songs that have been passed around and changed for hundreds of years, drenched in tradition and shared hardship.

Music is the film's strength, and music producer T-Bone Burnett, who won a Grammy for an earlier Coen brothers film, "O Brother, Where Art Thou?" has captured the spirit and texture of the times. All songs are performed live on set which adds to the authenticity of the moment.

The soundtrack features 12 new recordings created for the film. Included is a never-before-released Dylan track, "Farewell," originally recorded during the sessions for "The Times They Are A-Changin'." Other tracks include Timberlake and Mulligan on "Five Hundred Miles" and Van Ronk on his "Green Green Rocky Road."

"Inside" is a drama about music, not a musical. When the actors sing, they sing for a reason, not spontaneously. Every performance is in the best interest of the story.

The timeless folk songs played during the movie echo the events in the film. The heartache radiates through the actors during the performances and the audience can feel their pain. Most songs in the film are old folk songs that have been around for decades, and like a true folk artist, Burnett revives the songs.

"Inside" captures the period well and music producer Burnett has created the perfect soundtrack. The film, much like its folk songs, begins and ends in the same place, but everyone is wiser and better off for the experience.

The movie's message, that dedication does not always pay off, is vintage Coen brothers. There's more drama and insight in failure than success, they suggest. That may not be the most cheerful of movie themes, but it is revealing and rewarding.



Google Image

MAVERICK: Matthew McConaughey is smuggler in Jean-Marc Vallée's "Dallas Buyers Club."

McConaughey Shines In 'Dallas Buyers Club'

By Adriana Garcia
Staff Writer

Matthew McConaughey ("Mud," "Lincoln Lawyer") turns in the performance of his career in the much-nominated adult drama "Dallas Buyers Club."

McConaughey plays Texas redneck Ron Woodroof. Diagnosed with AIDS and given 30 days to live, Woodroof travels the world in search of a

cure.

What he finds is that smuggling drugs into the U.S. can be profitable. His 30 days turn into seven years of new friendships and legal battles with the Food and Drug Administration.

Screenwriters Craig Borten and Melissa Wallack used Woodroof's journals and over 20 hours of interviews in constructing the story.

Borten completed a script in the early 90s but didn't get it made for 20 years. Actors and studios didn't think the story would sell movie tickets.

McConaughey thought the story was worth the wait.

"I wanted to get this made and Ron's story told," McConaughey said. "Ron was a great anti-hero. He found purpose after getting AIDS and unknowingly became an activist."

But the actor wanted to give an honest depiction.

"Even though Woodroof became an advocate for the disease, he was always a businessman. He had an anarchic spirit. He was a real badass and a real selfish son of a gun," McConaughey said.

McConaughey and director Jean-Marc Vallée ("The Young Victoria") didn't care about viewers' sympathy for Woodroof.

"We thought we'd keep him liking his gold and his Cadillac and the humanity would come out of that," said McConaughey. "We were happy with the way it comes across in the story."

Co-star Jared Leto ("Requiem for a Dream") plays Rayon, Woodroof's unlikely business partner, a transgender just as ill and sharp.

Borten and Wallack created Rayon to demonstrate Woodroof's personal growth and eventual acceptance of the gay community.

"You can demonstrate everything about Woodroof when you put him in a room with Rayon," said Wallack.

Leto made sure the character wasn't a joke.

"I wanted to create a dignified human being and not a cliché," said the actor. "Hollywood's full of over-the-top impersonations and imitations but I wanted Rayon to be real."

Both Leto and McConaughey changed their physical appearances drastically for their roles. McConaughey lost 40 pounds and Leto lost 30.

Make-up artist Robin Mathews worked exhaustively changing the actors' looks several times a day.

"I had to make them look as if they were healthy and had gained about 20 pounds," Mathews said, "and then back to emaciated and sick."

Mathews' work won an Academy Award nomination along with almost everyone else on "Dallas Buyers Club."

The film's five other nominations included best film, actor, supporting actor, screenplay and editing.

SPORTS

Revenge Is Sweet

Parrots end Viking league streak at 52.

By Tanneshia Acosta
Staff Writer

Poly's girls basketball team avenged a one-point loss to Monroe

with a well-earned 65-58 East Valley League victory Friday at home.

The loss also ended the Vikings' 52-game league winning streak, a run that dates back to 2009, when Monroe was in the Valley Mission League.

"My team played like a team from start to finish," said Parrot veteran head coach Tremeka Batiste. "Everyone knew their roles."

"Some girls passed up decent shots to dish the ball off to teammates who could take better shots," Batiste said. "Some girls cheered from the bench and helped direct their teammates on the court."

"Others focused only on defense so they could help stop Monroe's two best players."

Batiste was referring to Viking seniors Allison Gallardo and Kiana Gray. Despite all the defensive attention, Gallardo scored 25 points and Gray added a hefty 23.

"My shooters knew when, where, and how to shoot," Batiste said. "Their team effort and selflessness are the reasons we won."

Parrot junior Bella Lopez had 16 points, 7 steals and 6 rebounds, while junior Monica Perla had 14 points and 6 assists.

Stephanie Gurrola and Isabelle Chai-dez both had 11 points, and Ele Taulaki



Photo by Lirio Alberto

HOT HAND: Lady Parrot junior Bella Lopez on her way to the hoop.

had 9 points and 10 rebounds.

Poly shot 33% on twos and 29% on threes.

"Most of our shots were contested," said Batiste, "but we also took a few bad shots."

Poly beat Monroe in a tournament and then lost to them in the Parrots' first league meeting a week later.

"The girls did not play like a team during the second game," Batiste said. "There was no communication and they didn't work together. Both teams played

poorly."

Batiste said she expected Gallardo and Gray were going to be difficult to stop.

"They're both outstanding players," Batiste said. "We played man-zone defense. Two girls played man on Allison and Kiana, while the others were in a triangle zone."

"Unfortunately, Allison was not boxed out on shot attempts," Batiste said, "so most of her points came from put backs. Kiana got 10 of her 23 points in the 4th quarter from free throws. She shot 100% from the free throw line."

"We have been preparing for this game since the day after we lost to Monroe by a point," Batiste said.

"Now the girls have to remember what it took to overcome Monroe and apply that same kind of game play and that same mentality to every team we still have to face."

"If they do, no one in league will stop us. We'll go far in playoffs if the girls continue to play like a team."

"Arleta will probably be our toughest competition, because they've only lost to Monroe," Batiste said. "We haven't played them yet."

"Arleta has one girl who is doing most of the work for them. If we can shut her down or slow her down, we should beat them. Teamwork is the key."

Poly (12-10, 5-1) hosts Chavez, Arleta and North Hollywood before going on the road to Grant. Monroe (12-11, 7-1) travels to Chavez (2-11, 0-5) Feb 5.



Photo by Lirio Alberto

TIGHT SQUEEZE: Dons' tight defense ties up Parrot senior Sal Gonzalez.

Verdugo's zone is trouble for Parrots

By Danny Lopez
Staff Writer

Wednesday's matchup between East Valley League frontrunners Verdugo Hills and Poly looked to be a close contest. Verdugo was 17-4, Poly was 15-5. Both teams had 4-0 league records.

That's not the way things turned out.

The visiting Dons held Poly to just over half the Parrots' output against NoHo in a convincing 50-38 win, leaving Verdugo unbeaten in league and the Parrots in second place.

"We shot 20% in the second half," said Poly head coach Alan Woskanian, "and that's unlike us."

The key to Verdugo's win was their shutdown zone defense.

"Normally we play really well against the zone," Woskanian said. "Teams don't really play zone against us. But our shots weren't falling and Verdugo played good team defense."

The Parrots were up 11-8 in a low-scoring first quarter. Things got closer in the second but Poly still managed to lead at halftime 24-21. The momentum was still on the Parrots side.

The Dons made their move in the third quarter. The game was still close after three, but Verdugo was now in the lead by five at 38-33. Poly had put up on 9 points while Verdugo scored 17. The Parrots were still in the contest, but the momentum had shifted.

Poly was outscored five to 12 in the final quarter to seal the deal and take first place in league.

Poly's junior Cesar Reyes had 17 points and senior Sal Gonzalez had 7. Other Parrot scorers included junior Brian Sanchez and senior Mario Castenada with 6 points each and junior Francisco Mariscal with 4 points.

Poly gets a rematch with Verdugo in February.

"We've got to do 10-12 points differently," Woskanian said. "I don't think we're going to shoot 20%. We only scored 38 points the entire night and we've scored 30 points in a quarter. So we're going to play Poly basketball, which is play hard and play quick. I think we're going to be fine."

Poly is now 16-6, 5-2 after Friday's 54-37 win over Monroe. Poly visits Chavez on Wednesday while Verdugo (18-4, 5-0) hosts Monroe (4-13, 1-4). Chavez is winless in 17 tries.

Monroe Tops Poly 9-3

By Joanna Rosales
Staff Writer

Parrot junior forward Lazaro Morales scored three goals Friday at Monroe, but

it wasn't enough. Poly ended up on the short end of a 9-3 slugfest. The Vikings outscored Poly three to one in the first half and six to two in the second

"I'm not going to take away anything from Monroe," said Parrot head coach Rafael Loza. "They had four very, very good players but we could've minimized the damage or changed our luck a little bit if we would've put our heads in the game and run the plays we practiced."

Viking junior Alexis Jauregui scored three goals and juniors Bayron Rendo and Carlos Solorio had two each. Freshman Darren Caballero and senior Christian Hernandez added one each as Monroe shredded Poly defense.

"It was just basic defending mistakes," said Loza. "We are going to go over those today and tomorrow. We are going to practice how to defend better."

Monroe was Poly's toughest opponent to date, Loza said.

"Nobody really challenged us on defense before," Loza said. "Friday we were challenged. Those players were really good and each time they had the opportunity to score, they scored. I don't think they missed any opportunity or chances they had to score."

Poly won the first meeting with Monroe 2-1.

"I was disappointed that we lost to Monroe," Loza said. "They are good and a tough opponent. But we needed to do the little things and we were not able to."

Poly is 5-3-3 on the season so far and 3-1-1 in the East Valley League, while Monroe (12-3-2, 6-1-0) leads the league.

"We've been playing good as a team this season," Loza said. "The team was disciplined and I had no complaints. But lately the kids thought we were so good that they started to turn away from the team concept and we lost."

"I feel that I'm losing a grip on the team," Loza said. "That is why I need to



Photo by Lirio Alberto

GOAL ORIENTED: Senior Gabriel Garcia in 9-3 loss at Monroe.

speak with them to get them back."

Wrestling Off to a Great Start

Poly's new wrestling team had four medalists at the recent Sam DeJohn Tournament at San Fernando, said Parrot head coach Sam Gillard. Twenty-eight high schools competed.

By Danny Lopez
Staff Writer

The Parrots' sophomore Eduardo Contreras took third place and junior Josh Hartman got fifth. Junior Jesse Perez and sophomore Robert Benavidas took 7th place medals.

Poly won two first place, one second place, and three third place matches at the New Jewish Community High School competition, where nine teams competed. Poly came in fourth.

Parrot first place winners were Jasmin Avila and senior Eliot Aguayo. Perez took a second and Eduardo Contreras, sophomore Robert Benavidas, and junior Josh Hartman all placed third.

"At Vaughn High School, we were short on light-weight wrestlers, so the girls wrestled some of the boys,"



Photo by Lirio Alberto

VICTORIOUS: Parrot senior Eliot Aguayo in win.

said Gillard. "Our 106 pounder, Jaselyn Avila, pinned one of Vaughn's 106 pound boys."

Poly is currently 1-2 in the East Valley League with three more duo meets to end the season.

The Parrot squad lost to Vaughn by one match and to Cesar Chavez by three matches. The victory was against Monroe, where Poly lost only two matches.

Girls Soccer So Far

By Aranza Gonzalez
Staff Writer

The OPTIMIST asked Parrot head coach Yesenia Cervantez about the season so far. Here's what she said.

We played the LAVC Invitational Tournament. It went well. We lost two games, tied one and we won the last one.

We had two good opponents: Granada Hills and LACES. They made us play to our full potential. Both teams have great skills players and ball control. The games were intense. We lost each of those games in the last 10 minutes.

We had two injuries in the Granada Hills match, one after another.

I think this year's team is better than last year's, even though last year we had great players like Guadalupe Ramos, Daisy Arzate and Griselda Diaz.

This year many unfortunate things happened. After tryouts, we lost two key players, our goalkeeper and our sweeper. We recently got one back, but she is out again due to an injury.

After the loss to Panorama High, we could have given up. Instead, we've been working hard and fixing little things to make the team stronger.

This year we are stronger in every way and we have players with great

skills.

We won a game during the break. We started to build better communication inside and out on the field.

I have three captains, juniors Madison Medrano, Alejandra Jacobo and Jocelyn Veliz, who keep the team motivated and positive.

At this point in the season, we still have some work and improvement to do on the forwards. For example, finishing a play and shooting from outside the box.

We have to take a team at a time and fix our mistakes and we will be fine.

Verdugo has skilled players who play in clubs together, so they all know each other well. They have players that can score from any distance and they also have a great goalkeeper.

Arleta has players with speed in the forward line and a great center mid who creates many scoring opportunities.

Our newest player is Abril Cortez. She's a ninth grader who has a great kick and is a really great offensive player who fights for every ball and takes many shots.

We have 14 returning players who have been at Poly for three years. Some of them are last year's JV and some are varsity returners.

Cindy Aguillon has been coaching with me for two seasons.

Cindy was an assistant coach for a club team and a volunteer coach at Burbank High School for one season.