

The Poly Optimist

John H. Francis Polytechnic High School

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SERVING THE POLY COMMUNITY SINCE 1913

MARCH 2016

History Must Include All Voices

Voices heard for Korean comfort women in WWII

By Kate Martinez and Diana Garcia
Staff Writers

When California Educators in Sacramento released a draft of the new “History/Social Science framework” in December 2015, which would include the history on Korean ‘Comfort Women’ during World War II, it created an uproar within the Japanese community on whether the change to broaden students’ awareness would be an unfair and negative portrayal of the Japanese home country.

The nearly 1000 page guideline caused a “petition war” between the two ethnic groups to proceed with the change or revoke it.

The Korean community celebrated the change they have been working on, for almost a decade, for their voice to be heard on the treatment their ancestors endured by Japanese soldiers when Korean women were driven into sexual slavery in brothels during WWII for Japanese soldiers.

On the other hand, the Japanese communities are concerned that publishing this tragedy by their home country might cause antagonism towards their children in American schools.

Conservative Japanese and some Californians deemed teaching students about the ‘Comfort Women’ as a propaganda advertisement. Change.org collected 5,000 signatures asking the text to include that comfort women were “well-paid prostitutes” and that their service was provided to Allied troops stationed in Japan.

“California classrooms are becoming battle grounds in which recent immigrant groups wrestle over whether and how their ancestors’ stories are told to the next genera-

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Poly’s Undefeated Champs

Poly Special Olympians win again

By Kate Martinez
Staff Writer

Poly high school hosted LA Unified Special Olympics’ first City basketball Championship on March 2nd where Poly’s JV team, High Five, took first place.

In Polys’ league game against Chatsworth they scored 24-18 which allowed them to advance to the City division where Poly scored 16-8 against Huntington Park High School.

The undefeated city champions, High Five, consists of Rosa Arias, Herbert Avalos, Halan Contreras, Jasmine Cruz, Charlie Goode, Mathew Hamilton, Joshua Herrera, Hector Mier, Angel Mosqueda, Claudia Sicairo, Eric Torres, Priscilla Torres, Ruby Torres, Magali Urarte, Angel Vasquez, Agustin Villanueva.

Coach Jorge Ramirez is very



Poly’s Olympians

Photo by Michael Manzano

proud of his athletes, especially his MVPs Arias, Mosqueda, and Erick Torres, and their performances through their league games against five schools and the city championship against eight schools.

Ramirez said the best moment

in the game for him was when Priscilla Torres scored a free throw “because she can barely reach the basket.”

Ramirez pointed out the notable moments in their games; Erick Torres scored a total of 24 points in all 3 league games and in the

city games Mosqueda made two 3 pointers back to back.

“I’m very proud of every single one of my players and I am thankful for the parents and staff at Poly that had helped me out,” said Ramirez.

A Test of Mind

Poly’s Acadeca team 2016 results

By Diana Garcia
Staff Writer

Poly’s Acadeca team competed in LAUSD’s finals on January 30 and Febuary 6 finishing at 14th one place below the eligible 13th place to move on to state

finals. In addition every county in California runs a tournament and declares champions. Poly’s team was only 4 places from qualifying for a state tournament. The competition was held at Roybal Learning Center with 57 schools

represented, including previous national Acadeca champions Granada Hills Charter and El Camino High School.

In Academic Decathlon, each event is evenly weighted at 1000 points per competitor, for a pos-

sible 10,000 point total. However, only six scores per team are counted for the team ranking, (top two from Honor, top two from Scholastic, and top two from Varsity). So the highest possible team

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Photo Provided by Petra-Juliahn Hernandez



Google Image

Huri Sanchez reports from Emory in Georgia

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Google Image

Read about History teacher Kevin Kowalski

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OPINION

EDITORIAL

The Importance of Voting

By Sergio Rodriguez
Guest Writer

At first the idea of Donald Trump running for President was just a joke for many Latino's living in the United States.

Many believed that there was no chance of him getting far because of his radical ideas. He said some things that were insulting to Latinos all over the country and he even lost credibility with the major Spanish television network, Univision.

On March 1st which was "Super Tuesday" Trump won 458 votes, which came as a shocker to many. But there still may be hope on the Democratic side. Both former Secretary of State and Presidential candidate Hillary Clinton and Bernie Sanders have the potential to change the outcome of this election. If all the seniors at Poly were to register to vote in the upcoming Presidential election then we might have a chance to stop someone that could probably start World War III. It is up to our generation to help choose who we want the next

President of the United States to be.

Poly happens to have a large Latino population and if we don't want "The Donald" to win, then we can do something about it by voting for someone other than Trump. Any other candidate would seem like a good idea simply because they're not Trump.

But the first step is registering to vote. Today's generation is technologically based so that you can register to vote on the internet so there shouldn't be an excuse for not being eligible to vote, but we also do a disservice to those who cannot go out to vote because they are undocumented like some of our parents. If your preferred candidate doesn't win that's ok if at least you tried to make a difference. Another reminder is that not only are a lot of the Latino's going to suffer under a Trump Presidency, but so are many people from different races.

I humbly ask you to exercise your right as a citizen of the U.S. and go out to vote.

The Parrot Squawk Blog

We are a newspaper not a magazine

Great paper as always. Any chance we can highlight a very silent but professional group of students called Cyber Patriots? There will be an open competition to all who would like to learn about the Cyber Patriot program. The open competition will be held on April 23, 2016 at the Cal Poly Pomona campus. Anyone can attend and field trip slips will be available on a first come first serve basis starting the first week after spring break.

- Javier Rios

Readers can look forward to the next edition of the Optimist with a story of Cyber Patriots' success! We'll be sure to develop a story on the opening competition.

- Optimist



Thoughts from Alumni and Former Optimist Editor

By Fernando Marquez
Guest Writer

My name is Fernando Marquez and I graduated from John H. Francis Polytechnic in 2008. I have the honor to share this reflection with you all. There are so many things I would like to share with you but I will try my best to condense the learning experiences I have accumulated after graduating from Poly.

After graduating from Poly I moved out of the Valley to attend Cal Poly Pomona where I earned a Bachelor's in English Literature and Language. I currently work for my alma mater as an admissions counselor and represent the university in the surrounding community, throughout the state of California, and on occasion, in other countries. Although I am a relatively young professional, I have had opportunities to sit in meetings with university presidents, California assembly members, Members of congress, superintendents and more. More importantly, I see myself as a public servant who has the honor of helping people in a way that I am passionate about as I

provide people with guidance on how they too can access higher education and improve their lives, the lives of their families and communities, and pursue their dreams. A university education can unlock so many opportunities for people and one of the best things you can do is pursue it and learn how the world works so that you can help make it a better place. That is why I'm passionate about higher education. A passion is something in which a day can't go by without you thinking about it. A passion is something in which doing it or talking about it gets you excited about your life. Find this and then find your other passions, you're allowed more than one. Going back to higher education and making a difference, don't ever feel that a college degree is a requirement to make the world a better place. Martin Luther King Jr. said, "Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love." Everyone has something to contribute in the here and now. Everyone has his or her own grain of sand to share. More

importantly, the people of the Valley have something great to contribute to the world whether it be in service, creativity, truth-seeking, art, expression, or invention.

If you've ever gone out of the area and told people what city you are from, people might look at you and ask, "Where is that?" Being that the surrounding cities to Poly are quite small, I often just introduce myself as Fernando from the San Fernando Valley. Once I mention that, people have a better sense of where I'm from but more importantly, I always say it with pride because I don't often meet people from the Valley. I say it with pride because the Valley is a pretty unique place and if you grew up in the Valley chances are you have a pretty unique story too. There are a lot of brown faces. There's a lot of motion, cars, and buses. There are people walking on the street speaking different languages. The Valley is alive. It is a place that feels like home. I never thought I would miss it until I stopped seeing the familiar brown faces and the familiar locations. Never forget where you come from and even less where your family comes from. Never forget the community in which you grew up. Never forget the struggles and lessons that made you a better and stronger person because chances are that there will be people who have not faced the kinds of things you have faced and the struggles and hardships you've faced will carry you just a little farther. You carry your story, your family, and your community wherever you go and you have an opportunity to make them proud. If you leave the Valley, don't forget to come back and give a little. Give back to the kids living in your apartment complex or in your neighborhoods. Give back to your families. Give back in your own way. Share your stories. Fight for what is right. Reach, dream, and pursue. Chase after what you want and never forget that people never run out of dreams, they run out of time. My hope for you is that you go out into the world and leave your mark. Let them know you're here and that you have a community of wonderful teachers and staff behind you and a community of Poly alumni who have gone before you. We're excited to see what you will do.



the
OPTIMIST

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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 room.14 or Ms.Matlen's box.

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

Optimist Blog
Polyoptimist.edublogs.org

ALUMNI

Of Junkyards and Private Schools

Poly alumni takes the “road less travelled”

By Huri Sanchez
Guest Writer

I grew up in this beautiful, humble neighborhood. Missing sidewalks and cracked streets shouting to be repaired were a common sight. Public parks were more a place to run from than to run around. Banks were more secure than the locks on our doors; no one really had something of too much value that could be taken. Graffiti and street litter were more abundant than trees. Homeless signs outnumbered streetlights. But it was home, couldn't say I was raised anywhere else.

Going to school was, luckily, not an option for me. It was a requirement and a privilege. Elementary school years transformed to middle school ones which in turn converted to high school years. High school is where it happens. What's “it” you ask? That's precisely what I don't know. Something seems to happen that changes people, sometimes for good, sometimes for bad. I was one of the fortunate ones, gaining momentum from high grades which fed high expectations. I was no longer satisfied with average grades. I needed the best grades, those that could propel me to what was next, college.

College seemed like a magical place - one where there was no misery or frustration (as I learned the hard way that this was NOT the case) and everything was just a prolonged good time. If

I worked hard enough, I could get into a great school and then get a great degree and then get a great job in a great career. It all added up, no complicated math derivative or dubious extended metaphor. That's when everything changed. So I did what every college bound student has had to do, continues to do, and will eventually end up doing, I worked for it.

Blessed with acceptances to top public universities, I was very grateful for the opportunity to attend these amazing institutions. But I was greedy, I wanted more, I wanted a private university. That drove me to accept Emory University's offer of

admission (after being rejected and wait-listed to many other top private schools). Through the amazing program Questbridge, I was able to learn the financial aid side of a private school. I was offered a full scholarship that would cover all my tuition, meals, room and board expenses. In addition, I was awarded a generous scholarship from my church, allowing me to cover all my expenses related to schooling for my entire first year. I strongly encourage students to search for outside scholarships, in order to receive the most financial assistance and aid in covering as much of your financial needs for college as possible.

Now consumed in my eagerness to finally meet my new home for four years,

I never really reflected on the possibility of having a difficult first semester adjusting to college life. After taking a little longer than I hoped to actually bond with people, the short time I felt completely alone took its toll on me. Adjusting took time but in the end the first year was a rollercoaster, learning every step of the way. The rest is history; my first semester was incredible, but not perfect. The real challenge now is to perfect the rest of my time here, a challenge I am well under way to overcome.

My advice? Expect a lot. Never think you know everything, you don't, you never will. Stay away from fraternities if you're “not about that life.” Be genuine, never be something you're not. Prepare to be challenged; your ideas, values and even faith will be tried and you will either defend yourself or consent to others opinion, but you will engage in meaningful debate and you will learn what it means to be challenged. Learn to manage your time and work. You are honestly on your own in that respect. Teachers expect you to be on top of your coursework (homework is usually not checked), the organizations you join never adjust to your schedule (you adjust to theirs).

[Continues on page 5]



Emory University

Photo Provided By Huri Sanchez

Poly Alumni Emerges From Shell

Chavez continues artwork at Poly

By Melanie Solis
Staff Writer

Poly Alumni, Ricardo Chavez returned to Poly to Karen Daneshvari's Ceramics classroom to ask her for assistance in firing his clay tortoise. The end product was a magnificent ceramic tortoise sitting on the counter of the Main office for all to see.

The Optimist interviewed this ceramic artist to discover the source of his inspiration. Chavez

said “I was playing soccer in the middle of the night at Strathern Park and I twisted my ankle badly because of a dirt hole.” Chavez then realized such holes need coverings, and he thought of a shell.

At that time, Chavez couldn't really do anything but work with his hands and this sculpture became his main focus.

While recuperating from his injury, he continued to find inspiration from his three tortoises. He

had clay at his house so he began sculpting and created this tortoise complete with a removable shell and shelves inside to hide or store things.

Chavez built his first sculpture on his own when he was in 8th grade. He always had a passion for building and constructing things. When he was a child he started building with Legos and began to take ceramics.

The tortoise took a week to build and about two to three months to paint.

The outcome of his sculpture was everything he had imagined and planned it to be.

His tortoise was painted like a purple snail sculpture he had made before which was shaped like a golf ball and he just decided to switch things up a bit and see how it would look on his tortoise.

Chavez is currently working on a whale skeleton. He was inspired by it when an artist did a presentation in his sculpting class at CSUN. The artist was talking about how he hung it up in a museum and that caught Chavez's attention to sculpt one for himself and hang it up in his room. Even though he is

proud of his tortoise sculpture, Chavez believes that this whale skeleton will definitely top it.

Life after Poly is pretty good for Chavez. He really likes travelling especially to Yosemite. He plans to travel throughout California, to see Mount Whitney, the Sierra Mountains, maybe the desert, and to experience all the different climates. He also wants to be able to meet people who have the same passion as his, which is building and travelling.

Chavez is currently majoring in Civil Engineering at CSUN. Civil Engineering is the construction of roads, freeways, streets, and buildings. This career path is very compatible with what he already enjoys doing, travelling, where he can encounter new and different buildings and infrastructures all over the world.

The hardest thing that he faced here at Poly was that he wasn't really social and had trouble coming out of his shell.



Clay Tortoise (left) and inside (above)

Photos by Michael Manzano

CAMPUS

The Unseen Illness

Love and help emerge from darkness

By Diana Garcia
Staff Writer

Ring, ring. “Hello, what’s wrong?” “I think I might be having an anxiety attack, I don’t know what to do.” “Nonsense, you’re just in a cold room, turn on the heat and you’ll stop shaking.”

Did you know that about 1 in 4 adults and 1 in 4 youth suffer from a mental illness? Probably not.

“You’re so bipolar” is an over-used expression meant as a joke; or a trendy phrase, “stressed, depressed, but well dressed” is plastered onto t-shirts and phone cases. The stigma around mental illness is so strong and I believe that not enough awareness is circulating, especially to the younger generations. Adolescents don’t feel comfortable speaking out and asking for help but they need to know that asking for help is okay. Having a bipolar disorder doesn’t mean you’re two-faced and having schizophrenia doesn’t mean you’re crazy. “Its pronounced [skit - suh - FREE - nee uh] not [KREY - zee].” Anonymous.

Because mental disorders aren’t being talked about seriously, it makes it more difficult for kids with these disorders to be taken seriously. They say “it’s just a phase, you’ll get over it” and after hearing that sentence multiple times one will begin to believe it and won’t get the help they need.

If a student’s grades begin to drop or they lose their appetite, parents assume that its drugs or alcohol. Parents need to be educated about mental health too.

People with a family member who has a mental illness should be aware of the symptoms. As someone who had a family member with a mental disorder, I can personally say that it’s tough. She was physically present but not all there. If she was feeling something we wouldn’t know it. It was hard to read her expressions and try to figure out what she was going through because she wouldn’t express how she felt. I was only a kid but even then I knew it wasn’t right. I somewhat understood it

but still did my research because I wanted to know what to expect.

Family members of someone with a mental illness also need support.

For those students who aren’t speaking up, know you’re not alone in this, there are people who can help.

To find out how you can advocate for mental illness, go to bevocalsspeakup.com and find out how you can spread the word about mental illness.

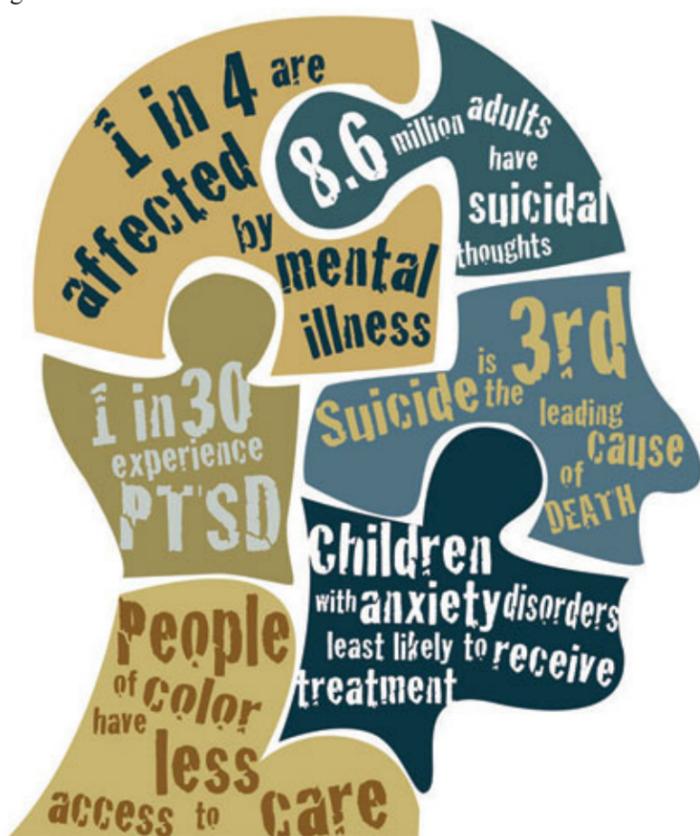


Photo Provided by Google

[From page 1 Comfort women]

tion,” said LA Times writer Victoria Kim in her article “Comfort women’ and a lesson in how history is shaped in California textbooks.”

“I think it’s great that the curriculum is moving away from European and North American history into Asian history,” said Social Studies teacher Dana Brooks.

California is a diverse state with a variety of residents from East Asia to Latin America. Other ethnic groups such as Hindu, Sikh, Polish, and Persians have been inspired by this change to request their perspective of their history written in the textbooks.

In public meetings on the history curriculum, community groups outnumbered the teachers. “History is an interpretive discipline and everyone’s got their own interpretation” said Nancy McTygue co-chair of the committee crafting the framework.

Executive director of the American Historical Association, James Grossman, states

that history should be rewritten as researchers discover more about our past, thus bringing light to more views that will benefit the student learning.

“If we can include a multitude of perspectives I think that we have a more informed understanding about the past,” said 10th grade Poly history teacher Jerry Lee.

Guidelines suggest comfort

women to be taught “as an example of institutionalized sexual slavery, and one of the largest cases of human trafficking in the 20th century,” stated Victoria Kim.

Professor of Ethnic Studies at the University of California Riverside, Jodi Kim states that a perpetrator of violence, in this instance the Japanese government, should not exclude



Statue of comfort woman

Photo provided by Google

Attention All Seniors!!!

#adulthood101

Are you getting nervous about graduation? Want to learn more about life skills, stress management, finances & general topics around “adulthood”?!

Listen for the for the morning announcements coming quarter 4 for the dates & time of our new lunch time group called #adulthood101!!!! If you have any questions please come to the counseling office to see Ms. Zovig!

Zovig Boyajian, LCSW: Psychiatric Social Worker

School Mental Health

Student Health & Human Services

Polytechnic Senior High School

[From page 1 Acadeca]

score is 60,000.

Acadeca has three categories; Varsity requires a GPA of 2.0 to 3.0, Scholastic requires a GPA of 3.0 to 3.75, and Honors requires a GPA of 3.75 and up.

It’s a team of 9 with Honors members including Captain Petra-Juliahn Hernandez, Yhiedania Ssantiago, and Sally Lodwig. The Scholastic members include Kimberly Munoz Tamayo, Aaron Hernandez, and Randy Diaz. The Varsity members include Mario Del Rio-Veliz, Natalie Jimanaraj, and Fernando Del Rio-Veliz.

Senior, Randy Diaz, joined because he wanted to do something worthwhile in high school. This class has helped these students become a team.

“In Acadeca you learn that you don’t know anything,” said Hernandez.

Primary instruction is provided by Coach Brian Block and support faculty, in subject areas

including the Math Department this year.

This year’s theme was based on the country of India and included a broad range of topics specific to India’s culture and history.

Hernandez says she was a bit sad about not making it to state finals but explains how proud she is of how far the team reached. This year’s decathletes struggled in continuity and ability to meet over the summer and winter breaks, due to personal obligations of Coach Block and some of the members of the team.

“Despite all this we only missed state by less than 1,000 points which amounts to two questions on every test,” said Hernandez.

Coach Block is always looking for participants. Students interested in joining the team can see Coach Block in room 82.

the truth from history simply because they are uncomfortable with it. Instead she says, “We as a global society have a responsibility to the victims of violence to try to redress this historic wrong.”

Questions have risen on whether this problem is only between the two East Asian neighbors and does not belong in the classrooms.

“I think students can learn how certain uncomfortable and inconvenient truths are buried through power; it’s dangerous how powerful countries can bury their unwanted history,” said Social Studies teacher Kevin Kowalski.

Students will benefit from learning about comfort women because they need to know that human trafficking is an ongoing problem. “Students

can gain critical knowledge of this kind of violence so that it will not be continuously repeated,” stated Jodi Kim.

Associate director of research at Stanford University’s Shorenstein Asia-Pacific Research Center, Daniel C. Sneider says that incorporating ‘comfort women’ into the framework would “show a broadening global perspective” in the way history is taught in California textbooks.

“Including the voices that have been silenced gives us complexity to our understanding,” said Lee.

The new 10th grade world history curriculum guidelines will bring recognition to comfort women and be a step forward to solidifying Korean Americans place in California.

CAMPUS

History teacher Kevin Kowalski shares his journey

Life changes from across the pond

By Diana Garcia
Staff Writer

Long time social studies teacher, Kevin Kowalski gives an insight to his life and experience at Poly. Before teaching here, Kowalski taught social studies at Nightingale Middle School from 1997 to 2001 then began teaching at Poly.

At the age of 3, Kowalski's family decided to pack up and move to Southampton, England where his mom is from. "One of the hardest things was when I transitioned at an early age from England back to the United States," said Kowalski. The transition from school and

making friends was difficult for him because he was picked on for having a British accent.

Kowalski attended Glendale High school then went on to Glendale Community College. While at Glendale Community College, Kowalski had a professor who made the subject of political science interesting which then led Kowalski into the University of California Los Angeles with his mind set on majoring in political science. From UCLA he earned his bachelor's degree in political science.

Originally, Kowalski wanted to go to law school but due to

Vista Environmental.

He went on to obtain his master's degree in political science from California State University Los Angeles in 2003.

Kowalski began teaching in 1997 after his wife inspired him to become a teacher. Kowalski explains that the idea came up one day while he and his wife were having a conversation and she suggested he consider becoming a teacher, where he could have discussions with students.

As a teacher, Kowalski finds it easy to interact with the students, but it is challenging to always shape his lessons in a way that will accommodate every student's learning needs. Kowalski says, "The best part of my job is the students." He enjoys watching them grow and their skills improve. He and his students have a great relationship.

Kowalski explains the cultural change of the school as something "for the better". During his time here, he has



Photo by Michael Manzano

seen the test scores go up, student performances improve, and graduation rates increase.

Kowalski has been married to his wife for 19 years and they have a 13 year old son. Kowalski enjoys playing basketball, doing yoga, hiking, walking with his wife, and reading. His favorite book is a political book called People's

History of the United States by Howard Zinn.

Kowalski says that raising his son has been the easiest in the sense that it is rewarding. "Being a father is pretty amazing," said Kowalski.

Quotes that Kowalski lives by are "don't take life too seriously" and "treat people the way you want to be treated."

"Don't take life too seriously"

life in England to California was a challenge Kowalski had to overcome. Fitting in and

financial struggles, he was unable to attend. After graduating from UCLA in 1993, Kowalski worked at a company called

Streaming Videos Takeover T.V

By Melanie Solis
Staff Writer

Are Youtube and Netflix taking over television?

Netflix is an American multinational provider of on-demand Internet streaming media and Youtube is broadcasting site where people, share their lives, tutorials create all things related to them.

Ally Felik the author of "Netflix's Take Over Of Television" states that "Netflix has turned into the most convenient way of watching television for a certain price." Netflix costs \$95.88 to \$107.88 yearly, \$8 a month, making it one of the cheapest ways to afford entertainment.

Tim Lewis the author of "Youtube superstars: the generation taking on TV-and winning" states that "YouTube is a hub of raw untethered talent; a place we can engage, experiment and create in a way..." Youtube has many people posting everyday engaging more people to watch every second from around the world.

Netflix was founded in 1997 when CEO Reed Hastings had a conflict with Blockbuster because he had been charged with a late fee of \$40 for a

VHS copy of *Apollo 13*.

Blockbuster attempted to buy Netflix but were turned down. The convenience of streaming videos resulted to the shut-down of Blockbuster.

YouTube was founded by three average men in 2005. The three founders, Chad Hurley, Steve Chen, and Jawed Karim knew each other from working together in another internet company. Youtube's first video was called "Me at the Zoo" and uploaded on April 23rd, 2005.

Netflix makes its own original shows rather than series on cable on the major network. Netflix's top original shows are *Orange Is the New Black* and with its third season coming up fans are awaiting the release date. The second most binge watched show on Netflix is *House of cards* changing around its tone and storytelling every season. The top watched show on Netflix is *Daredevil* according to CinemaBlend, the storyline "packs a far grittier wallop than anything else in the Marvel Universe."

Youtube's top subscribers are Pewdiepie, providing videos of



Photo Provided by Google

himself playing video games and with a total of 41,000,000 subscribers. The second subscribed channel in youtube is smosh, providing skits and smosh also has two other channels, with vlogs and gaming, with a total of 21,000,000 subscribers. The third most subscribed channel is nigahiga, providing skits, and with a total of 16,000,000 subscribers.

According to Digital Statistics, Netflix has about 38% of people who have it and its competitors have a total of 31%. Digital Statistics states that the amount of people who use youtube are in the billions. Youtube has about 4 billion views per day and about 300 hours of youtube videos posted every minute.

[From page 3 Emory]

Your college expects you to do all your administrative matters on time (financial aid deadlines, enrolling dates, class openings dates, any money owed to the college must be paid on time, etc). Don't worry, great times and stress come hand in hand in college. There will always be time to laugh as there is to cry about your midterm grades (but seriously don't panic, enjoy when it's time and study your life off when it's time as well).

Lastly, don't let yourselves be disappointed if your college plans don't turn out to be what you wanted. This happens all the time, but it doesn't mean you can't still be the amazing person you thought you were going to be. All this means is that you will be amazing in a different path, one you might have never thought but you sure will feel it once you are set and ready. Regardless where you go, you will be looked up to as someone

who aspires to be more, so they can be that difference in other peoples' lives, in their community and in the world.

You are all amazing, you will all do great things and no this is not cliché because it is true. I have been told this and I didn't understand until I lived it in college. Whatever your goals are, whatever your dreams are, never give up on them, sometimes all you need is a rejection (or a couple of them). I sincerely hope that whatever your college plans are, you take time to thank those that have helped you on the way because they got this far and it is just as much you and your family's happiness as it is their satisfaction to have helped you. You will never truly understand Robert Frost's famous lines until you reflect on your high school experience and on your college experience, "Two roads diverged in a wood, and I - I took the one less traveled by, and that has made all the difference."



Huri Sanchez

Photo Provided By Huri Sanchez

CAMPUS

Poly Alumni Follows Dreams

Former Optimist photographer Efrain Rodriguez goes professional

By Diana Garcia
Staff Writer

Alumni and former Poly Optimist photographer, Efrain Rodriguez returns to the Optimist to talk about the route his career as a professional photographer has taken.

Rodriguez did not know he wanted to be a photographer until one day he was reprimanded for touching his father's camera. Since then the curiosity sparked into a career. He had no experience with a camera and began to teach himself by watching youtube videos until he joined the Optimist at the end of 2006. Rodri-



Efrain Rodriguez

guez explains that the Optimist gave him the "vast knowledge" of what he wanted to do, be a photographer. He applied what he learned in the Optimist to the work he did in Mexico.

A year after graduating, Rodriguez and his family moved to Monterrey, Mexico where he began college at Universidad Regiomontana. There he worked on the college newspaper, along with local news stations and freelance work with

the locals and non-profit organizations. A few organizations he worked with were Red Cross México, Un Techo Para Mi País where he helped to build communities and Espina Bifida de Nuevo León where he helped them create a marketing campaign. For a year Rodriguez was the President of the Photography Society where he documented activities happening on campus and learned different ways of taking photos. "We were always learning," said Rodriguez. He explains that one of the most important values he was taught in the club was to never give up. Rodriguez said that his favorite type of photos to take were of the locals in public.

Adjusting to a new school was challenging for Rodriguez because he was not only adjusting to a new campus in a different country, but also to a new culture. He went from a year round school in California to a quarterly system in Mexico. It's a huge leap already for students in the country to transition from one system to another, a bigger leap yet for Rodriguez who went out of the United States. Rodriguez said "It was difficult to adjust because of the language and culture." Monterrey is an industrial city; however, Rodriguez explains that there is still a different way of living and



it took some time for him to adjust. The language barrier was also an obstacle Rodriguez soon overcame by learning the native Spanish language along with a few other languages including Arabic, German, Italian and French.

Rodriguez had the chance to take photos related to the Mexican cartels. While going out to get photos for the article, he would be accompanied by others; however, he says that "for the most part the cartels kept to themselves." Rodriguez explains that there is always a fine line that reporters and photo journalists try not to



Photos provided by Efrain Rodriguez

pass while going out to work on a project.

After graduation in July 2014, Rodriguez stayed in Monterrey, Mexico for a couple of months while he decided what path he wanted to take. He decided to move to Atlanta, Georgia not because it "suited" him but because he had never been there and was up for a new adventure. In Atlanta he now does freelance work with non-profit organizations such as Habitat for Humanity and The Salvation Army.

Efrain said that he has always been a person who likes to help. He has a yearly goal of 3,500 hours of volunteer work in his community.



By Eli Frausto

ENTERTAINMENT

Song Writing 101 Local student writes about love and life

By Melanie Solis
Staff Writer

Poly's very own KYDS' Music Club performed their own original song at West LA College on Saturday, February 27th. The song "Reckless Romance" was written by Anthony Saban and was performed by Poly's KYD'S band "Anti-Machine."

Music club coach Ernest Mancía wanted to write a song about what every teen goes through in life, heartbreak, and "being able to bring yourself up and know that everything is going to be alright" said Mancía. Mancía really liked the concept of the song because it's about wanting someone badly and thinking "they're

the one but sometimes you are so blinded by love you don't notice that they [are awful]." states Mancía.

The band practiced for a month and a half. The first practice was hectic, with many minor issues regarding the timing of the song.

Mancía loves that these kids showed so much passion and commitment throughout this whole process of getting this song done.

In the actual performance, there were problems regarding distortion on the lead guitar and they had "the smallest stage ever" and "lack of caring" said Mario Garcia, one of

the band members.

Mancía, was very happy, ecstatic and proud of seeing his students perform and thinks they have improved so much since they first started Music Club.

Reckless Romance

By Anthony Saban

Hey there, I'm crushing
I think they know
I got this feeling
Kept it down low

Sometimes I wonder
If your friends know
Have you gone under?
Hope you say no



Anti-Machine

Photo Provided By Jose Arias

Late night I'd think of it all
Never knew what to do
Always saw you in the halls
Just wanted to tell you

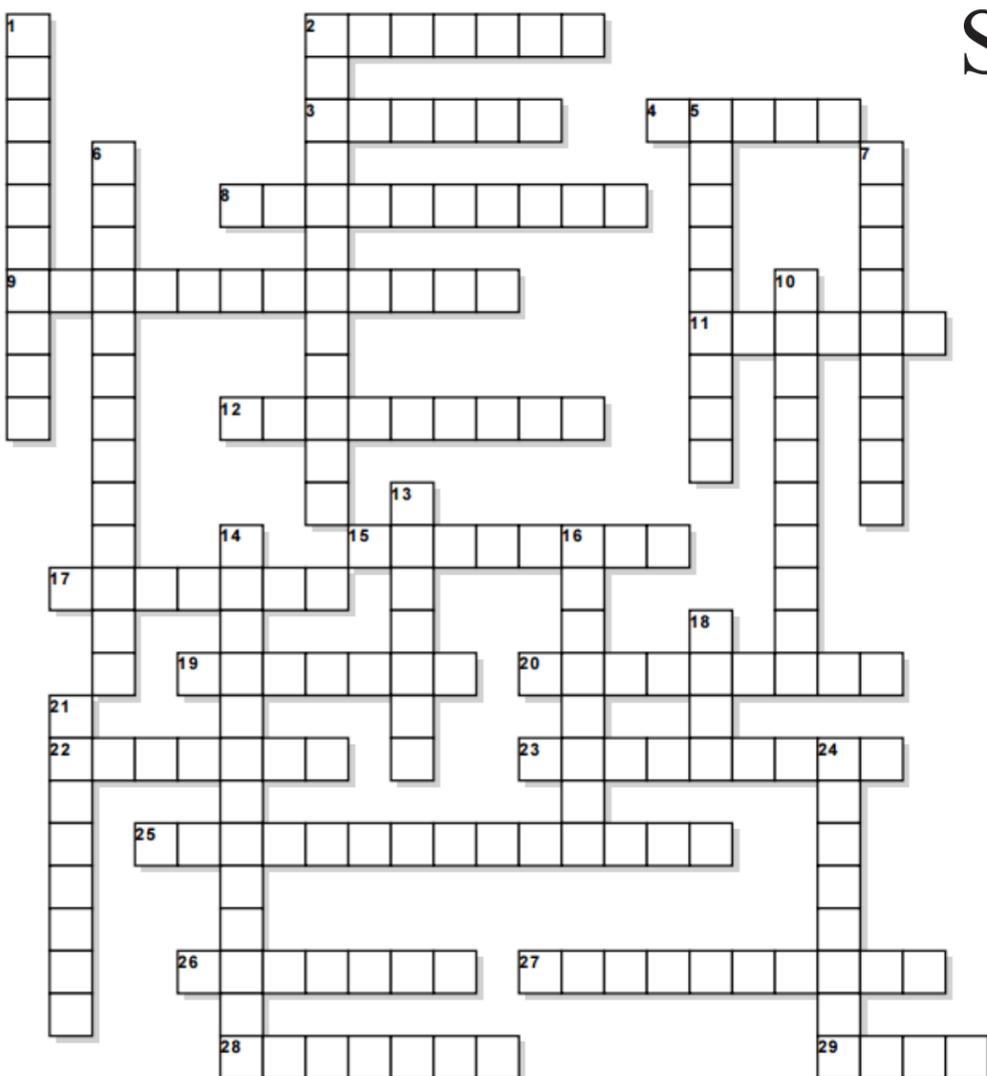
All my friends knew about it
My mind was all a blur
I knew I had to give hints
To tell you you're my cure

But you told me
You weren't sure

If you could see
In our future
Then it hit me
It seems so obscure

It goes down the drain
My life starts to rain
Never asked for more
Got to stop before
You get to me

COMIC



SAT Crossword Puzzle

Possible words

affable, arrogant, bombastic, braggart, brevity, circumlocution, colloquial, complacent, contemptuous, corroborating, diffuse, digress, dissertation, eloquence, glutton, grandiloquent, hiatus, irony, lobbyist, palatable, prattle, quiescent, rant, ravenous, ravishing, rhetorical, savory, tome, verbose, wanderlust

Across

- 2 to wander off from the subject or topic spoken about
- 3 tasty or good smelling
- 4 a circumstance that's opposite of what may be expected
- 8 relating to speech that is used to persuade or have some effect; insincere in expression
- 9 lacking respect; scornful
- 11 a break or a gap
- 12 quiet; still; inactive
- 15 one who boasts a great deal
- 17 using too many words; wordy; long winded
- 19 briefness or conciseness in speech or writing
- 20 using language in pompous, showy way; speaking to impress others
- 22 friendly, pleasant, and easy to talk to
- 23 pleasing to the taste buds
- 25 speaking in circles; round-about speech
- 26 spread out, not concise, wordy
- 27 pertaining to common everyday speech; conversational
- 28 one who overindulges in food and drink
- 29 a book, especially large, scholarly, or ponderous one.

Down

- 1 self-satisfied; smug
- 2 a formal and lengthy treatise on a subject
- 5 causing great joy or delight; entrancing
- 6 using big and fancy words when speaking for the purpose of impressing others

SPORTS

Wrestling Champions

By Melanie Solis
Staff Writer



Photo Provided by Fabian Anguiano

Anguiano and Brother holding victory plaque

Poly wrestler, Fabian Anguiano, was one of many students on Poly's wrestling team who won the Wrestling Boys Division II of LA City Sections.

Anguiano won four out of his six matches. The students he wrestled and defeated, were students from Sylmar High School, Marquez High School, Palisades High, and Roybal High.

His match against a Marquez High student, resulted in Anguiano pinning down his opponent in a matter of seconds and made him very proud. He felt that he did what he was trained to do.

Anguiano joined wrestling when he was in 9th grade because he wasn't afraid to take a risk. He won his very first match and was proud of himself. Ever since he has not thought of leaving the team.

He plans on wrestling for his dream university UCLA while majoring in Chemical Engineering, Physical and Life sciences together with

Applied Mathematics and Economics to produce, transform, transport, and properly use chemicals, materials and energy.

He decided to lose weight to be a more successful competitor. He manages his weight by running and sacrificing things to live an ascetic life.

He manages his time by putting his studies first, however, when wrestling requires more time he focuses on his studies. He works hard at creating a regular routine of balancing studies, and wrestling.

Coach Terry has taught him self-discipline, how to "be a son and a student" and a person with integrity and good character.

His biggest inspiration and reason why he wrestles is because of his brother Tristan, who gave him a reason to love wrestling.

The wrestling team works out from 3:30 to 6:00.

Parrot Win Streak Ends



Photo by Michael Manzano

Poly's undefeated Soccer team lost their last game 4-0 against the first seed team Granada Hills. They placed second in the East Valley Boys Soccer League.



Volleyball Places First

For the first time in four years, Poly Parrots Volleyball team won a very tight game against Marshall with a score of 3-2 in a home non-conference game on March 3rd. Parrots are now placed 1st in the East Valley Boys Volleyball League.

Photos Provided by David Simms



Volleyball victory celebration