

The Shamrock

FRIDAY, DECEMBER 16, 2016

John F. Kennedy High School

VOLUME, ISSUE 2



BAGS OF HOPE

ASB accepts daily donations during lunchtime activities to help out the less fortunate during the holiday season.

CONTINUED ON PAGE 5

DRESS TO IMPRESS



Parents and peers alike shame young women based on their scandalous fashion choices.

CONTINUED ON PAGE 6

KEITH RETURNS HOME

Senior Andre Keith returns to his home school from Mater Dei in hopes of winning a league championship this season.

CONTINUED ON PAGE 17



Now Serving Options

New lunch program breaks from common cafeteria stereotypes

JENNY TRINH

Features Editor

After years of student complaints regarding the food served in the cafeteria, new menu items have been added to the daily rotation.

This year, the John F. Kennedy High School cafeteria introduced Domino's single-sliced pizzas and KFC among its new additions for student lunches.

Domino's Smart Slice lunch program has been available for many years and has been introduced to over 33 districts in 14 states as of 2013. The program aims to serve single pizza slices that do not compromise taste for nutritional value.

"Domino's Smart Slice is a program we are very proud of," Patrick Doyle, Domino's Pizza president and chief executive officer said. "The pizzas offered in the program not only follow (United States Department of Agriculture) school lunch nutrition standards, but they're a product that students really enjoy." Although Domino's only offers



JUSTINE TABADERO/ *The Shamrock*
Lunch is a busy time for the cafeteria. The abundance of variety now including Domino's pizza and KFC offers students with both delicious and nutritious food.



single slice pizzas, there are a variety of toppings that schools can provide.

The flavors range from BBQ Smokehouse, Belloni, and Cheezilla, among others.

"We have been asking forever at (Raising Student Voice and Participation) for new lunches, and it's finally here," junior Gurpreet Tahim said. "I don't know if it's because of RVSP or the school independently did it, but it's a good change."

Along with Domino's pizza slices, the cafeteria also offers chicken boxes. Although advertised as KFC Boxes, the box does not specifically have the Kentucky Fried Chicken Logo on it, only the red and white signature colors.

The box includes a single chicken thigh, as well as a biscuit, and either potato wedges or a single order of mash potatoes.

"The lines have gotten so much longer," junior lunch stand worker Emily Chun said. "After receiving the new lunches, people have been demanding more. Everyone wants to try it."

The new additions have received much praise from the student body who appreciate the great taste, 35 percent reduced sodium, and added options to their daily routine.

READ ACCOMPANYING OPINIONS PIECE, "KENNEDY FOOD," ON PAGE 10

ESTHER LEE

Copy Editor

On Oct. 31, 2016, John F. Kennedy High School's principal, Russell Earnest, sent out an e-mail to members of the staff to inform them that students are no longer allowed to wear headphones upon leaving the classroom during class time.

Earnest requested that the staff inform their students to avoid a repeat of situations that prompted the new rule to be made. Administration began enforcing the rule the week after the email was sent out.

"I just think it's a safety issue when there could be an announcement in between periods, or before school, or during lunch, and kids have their headphones in and you can't hear that stuff," history teacher Brit Johnson said.

The new rule was created as a result of students mistakenly ignoring teachers due to the loud music in their ears.

"Another [incident] was [when] we had an emergency situation where the cart needed to get by a student, and this is in the middle of class [...]," Earnest said, "and the student had

their earphones in [so] they couldn't even hear the cart needed to get by."

In Johnson's classroom, an office aide delivered a call slip and, after discovering that there was an error with it, Johnson attempted to call back the aide. However, the aide was unable to hear him due to his headphones despite Johnson's continuous efforts to call him back.

"When you're involved in a situation when you have to interact with people -- teachers, administrators, other students -- there's no reason to have your headphones in. Not at all," Johnson said.

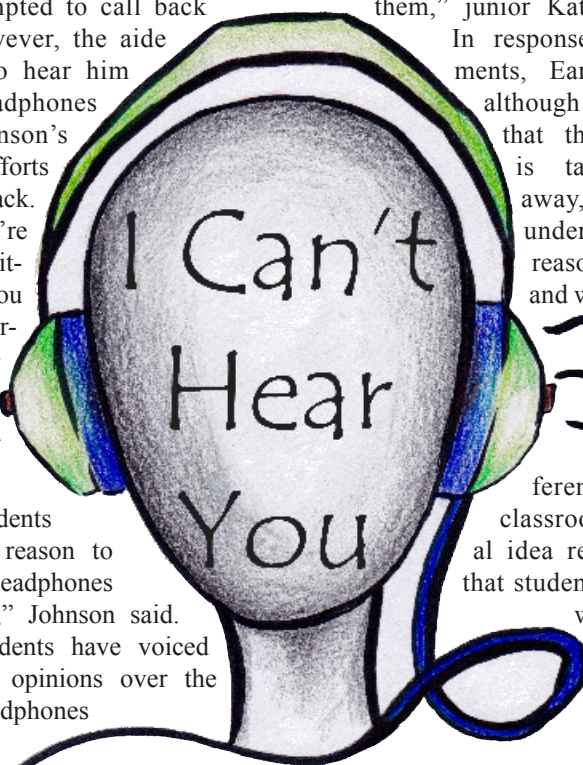
Several students have voiced their negative opinions over the ban on headphones

during class despite its initial intentions.

"I think it's not the best method because a lot of people use earphones, and not allowing them to use them is taking a lot away from them," junior Katsu Yoshida said.

In response to these comments, Earnest stated that although the initial idea is that the administration is taking something away, students also understand the overall reason behind the rule and why it is necessary.

Although teachers implement the rules through different methods in the classroom, the general idea remains the same: that students give respect to whoever they are having a conversation with.



2017 Kennedy Students ON THE SCENE

KATELYN BOMAR

Staff Reporter

Every four-to-eight years, a remarkable moment in American history is witnessed by thousands of patriotic enthusiasts. As a part of Education First (EF) Tours, John F. Kennedy High School history teacher Kelly Chong and a group of students are headed to Washington D.C. as official spectators when president-elect Donald Trump takes the Oath of Office on Jan. 20, 2017.

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ENGAGE



EDUCATE



EMPOWER

A new direction for the nation

JUSTIN AGUILAR
Staff Reporter

The presidential election took place on Nov. 8, 2016 with Donald Trump defeating Hillary Clinton, becoming the 45th president of the United States.

Although Trump lost in the popular vote, his victory in the electoral college allowed him to become the president-elect.

A major factor in his triumph is the voter turnout in some of the smaller states located in the east coast.

A large percentage of his voters were whites in rural areas. The amount of women that voted for him was unexpected and surprising to many because of the comments involving sexual assault that he has made in the past.

With the shift in power from Democrat to Republican, many question how Trump will lead the country once he is inaugurated and how he will influence others.

"To the degree that Mr. Trump is serious about pursuing policies that improve the lives of working families in this country, I and other progressives are prepared to work with him," Dem. Bernie Sanders said.

During Trump's campaign, he made many

controversial remarks aimed at a variety of different groups which included African Americans, Muslims, and Latinos.

The appointments for his cabinet he has been making for month have also raised concerns for his upcoming presidency.

"Trump's new deputy national security advisor has praised Vladimir Putin, endorsed torture, and thrown around bizarre rhetoric about Benghazi," Steve Benen from MSNBC said.

Clinton's victory in the popular vote displayed that a majority of Americans do not support Trump. She, however, has also proven to be a questionable candidate because of the numerous e-mail scandals that have been leaked to her.

Trump has a Republican majority in both the House and Senate which can be a major factor on his policies becoming a reality.

The policies that Trump planned on creating during his campaign have affected his own supporters' views of him as he has backtracked on some of the claims he made.

Trump had planned to repeal the Affordable Care Act (commonly referred to as Obamacare) as soon as he took office in January, but he has since stated that he intends to keep certain parts



Courtesy of GOOGLE
Trump answers questions on his ideas regarding the nation.

of the health care plan in place, such as maintaining coverage for those individuals with pre-existing conditions.

"Either Obamacare will be amended, or repealed and replaced," Trump said. The president-elect told President Obama that he "will look at [the current president's] suggestions, and out of respect, will do that."

The controversy regarding transgender bathroom usage was one of the topics Trump revealed to support which was surprising to many

of his supporters.

Trump's website also removed the proposed ban against Muslims entering the United States which he once championed. This act by the president-elect's administration further proves that his actual actions as president will most likely be different than the ideals he had during his campaign.

Regardless of the outcome, the results of November's election signify a new direction for the nation.

Hurricane Matthew's brutal effects



Courtesy of CBS
On Oct. 13, 2016, Marquis Sheffield of North Carolina retrieves clothing from his flooded home after Hurricane Matthew caused severe flooding in Goldsboro.

JACQUELINE NGUYEN
Staff Reporter

Cassandra Coleman, a Georgian resident, stopped in her car on a Saturday morning and witnessed a woman wading

through the floodwater from Hurricane Matthew, the fatal hurricane that demolished the southeastern U.S.: Florida, Georgia, South Carolina, and North Carolina.

The deadly hurricane of 2016 that de-

stroyed the Atlantic lasted from Sept. 28 to Oct. 10 and destroyed houses, trees, and roads along with over 1,000 bodies of those who faced a tragic fate.

The Category 5 hurricane hit Georgia as it moved northwest. On Oct. 8, the woman, who was referred to Valerie, was seen trudging in the water of President St. that reached up to her neck in Savannah, GA.

"[My boyfriend and I] thought she was going to fall," Coleman said. "She kept staggering through."

Valerie made it through the tough flood. She explained that her tent along with her belongings had washed away.

"I've got nine kids but I couldn't evacuate with them," Valerie said.

The whereabouts of her children are unknown. Once she got out of the deep water, she left with a bystander to search for help.

Valerie's brief story had been posted

on various news websites such as The Big Story, Fox News, and NBC4I.

Fortunately, Hurricane Matthew winded down in North Carolina around 5 a.m. on Oct. 9 as it began to move toward the Atlantic Ocean.

Out of all the southeastern states, North Carolina received a nasty hit and had 26 deaths. Motorists were swept off the roads and people drowned. The floodwater rose up to almost the roofs, and there were over 2,000 helpless people who were a part of 600 rescue missions.

The economic damage resulted in \$1.5 billion, excluding the wrecked houses and buildings. Gov. Pat McCrory stated that the recovery period is going to take a very long time.

"We're just going to have to play it by ear and have our resources ready," McCrory said.

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The Fighting Irish bring it home



Virtual Enterprise represented our school in several competitions for the past several weeks including:
National Online Competitions

Top 10% - Elevator Pitch
Honorable Mention - Company Branding
San Diego Trade Fair
2nd Place - Video Commercial
Gold Standard - Trade Show Flyer
Silver Standard - Salesmanship
Bronze Standard - Sales Catalog



On Friday, Dec. 9 and Saturday Dec. 10, the Kennedy Singers held their annual holiday choir show with the theme: *Glad Tidings We Bring*.

Some songs sung during the show included "Alexander Hamilton" from the musical of the same name, "Hallelujah," "'Tis the Season," "Light a Candle," and "O' Holy Night."

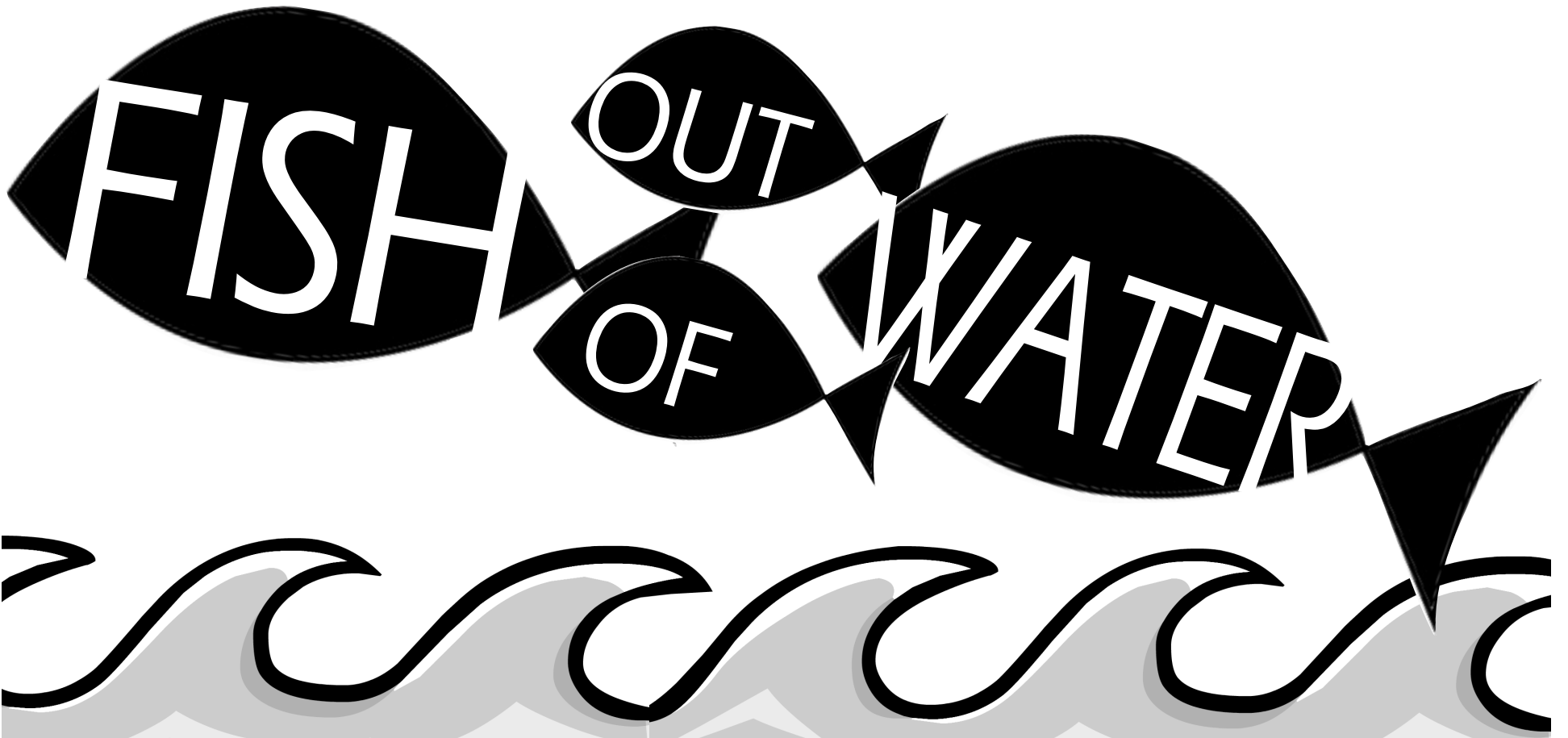


JFK JROTC will have a Battalion Formation on Tuesday, Dec. 20 from 3 p.m. to 3:30 p.m. at the basketball courts.

This is an annual event with protocol and troop movement. Come out at support your fellow Irish at this event.

For more information, contact Mr. Nishijima at nishijima_p@auhsd.us





Little Paris located in Room 210

Three years of French,
coffee, and fish



REICZEL BAEL

Editor-in-Chief

Underneath the string of bright holiday lights and walls decorated by the inch with Parisian design, a petite, Portuguese woman speaking in a tongue with odd familiarity surrounds me with a warm, homelike tenderness.

Obtenir mon café, Reiczel. Oui, Madame Banales.

I stand, unperturbed by aisles of misaligned, crowded desks, and beeline straight for a wooden table carrying utensils, napkins, and her favorite tool of all: her coffee-maker.

The first time I learned how to manually make coffee was my sophomore year in my fourth period French 2 class. The first time my French teacher Catarina Banales ("Madame Banales") tasted my coffee, she rolled her eyes, giggled, then told me she wouldn't survive throughout the day with the warm milk I just gave her.

"I have her for sixth period, so it really brightens up the end of my day. She's incredibly hilarious, but she's also uplifting - a mother figure, so she's always someone you can talk to and open up to," senior Melissa Uribe said.

Cared for under the compassionate eye of Madame Banales not only broke my timidness and spinelessness as a freshmen, but through my three years in French class alongside this strong-willed, clever woman, teacher, and mother, enabled me to interact more freely with new people and take initiative with what I wanted and how I wanted it.

Regrettably, a fourth year in French to complete my biliteracy seal and keep the daily company of my coffee connois-

seur wasn't written in my stars; to remedy the pangs of nostalgia whenever I recall French words - other than 'Bonjour,' for thankfully, I'm a tad more advanced than that - or when I glance at my small collection of miniature, clay doves she gave to me last Christmas, I chose to experience my last French lesson for this edition of Fish out of Water to see whether change was written in her stars.

Frankly, her method of teaching and her easy banter with her students hasn't changed at all.

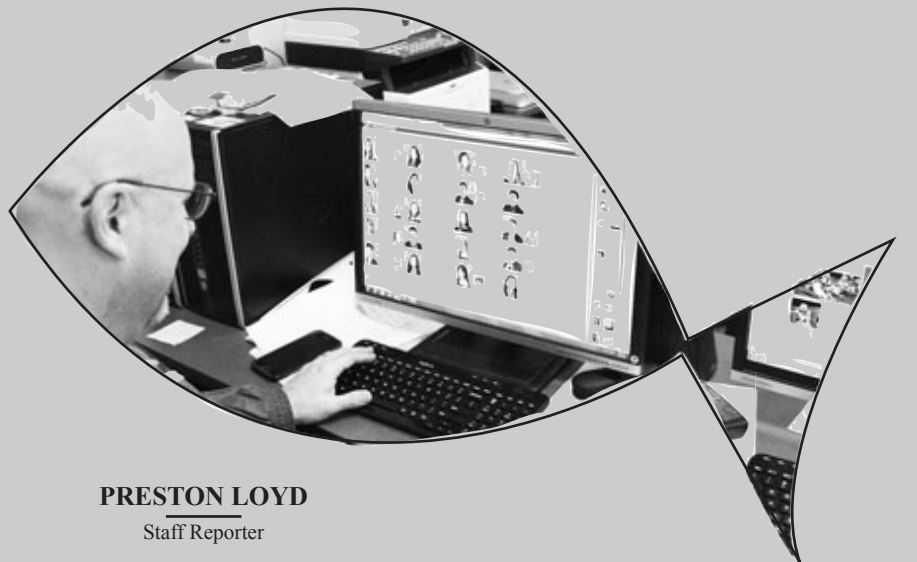
"Even though let's say a math teacher just lectures and teaches you the material, Mrs. Banales, yes, she teaches, but she'll sit with us and talk to us one-to-one," Uribe said.

Those connections matter. While we fill out lengthy activities, struggling to translate *la gare to train station*, she tells the class about the summer when she and her cousins took out their uncle's boat. While we find partners to practice a script of how to find a decent *la boulangerie*, she magically manifests a box of donuts she unselfishly urges us to devour -- not without telling one of us to fetch her a cup of coffee though.

Even if the majority of us relocate our attention to the fat goldfish paddling through the glowing tank in the corner, she may yell for us to return to work, but she too, will point out how simultaneously hilarious and pitiful the poor fish's living conditions must be.

Though her students and I joke and sarcasm takes after French to be the second world language we're learning, we take her motto to heart: try and try it again.

Fishing for memories



PRESTON LOYD

Staff Reporter

For the past week, I attended the yearbook class of 2016 as a student to see what it was like to create our school's yearbook. The experience showed me just how incredibly busy the yearbook students are and how intensive the process can be.

Yearbook staff is given the task to include each and every student into the yearbook at least three times with pressing deadlines and constant quality control from picking appropriate quotes to taking pictures that reflect the school in a positive way.

My first day in the class, I got to see the format that the editors used to check on everyone's progress; later on, I handed out senior baby photos back to students.

The rest of the week, I walked around and saw how other students keep themselves busy throughout the day. Most students try to improve upon their pages to make it the best they can.

Yearbook teacher John Adair works alongside the editors to create Kennedy's book of memories; rather than just bossing them around, his method of teaching creates a feeling of equality in the classroom. Yes, him and the editors are still in charge over the rest of the students, however, yearbook's environment works in a

different way; you have more power over what you do and how you do it - much less stressful than other classes. The pressing deadlines seem to become less of a chore and makes the class feel more like a hobby than something you're getting graded on.

"My favorite part of yearbook is having the chance to get to know students in a way that you wouldn't usually get to do," Adair said. "This creates a unique environment. Plus I love watching them all rush to meet deadlines and making the permanent record for the school."

Yearbook staff member Zach Cano uses the class as a platform to explore his favorite pastime in ways that other classes would usually restrict.

"I joined Yearbook because of my passion for photography and it was a good chance to use that passion," Cano said.

Over the week, I had a fun and engaging time. I would really only recommend this class for the kind of people who can see themselves as hardworking and enthusiastic about what they do -- photography, interacting with students, and graphic design -- because what they create is for the students. And, because they care, they try their best to create the best.

Students of the Month

ESTHER LEE
 Copy Editor

SEPTEMBER

AUGUST

I'm proud to be student of the month because it shows that my effort has been appreciated, and participating in sports and clubs allowed me to grow as a student beyond academics.

I am so honored to be selected student of the month because school has always been something I've taken seriously, and my academic achievements are something I'm proud of.

I'm really excited and beyond grateful that I have received student of the month! It's great that all of these students are able to be recognized for our hard work and dedication in school.

It takes a lot of organization and discipline to balance sports and school however I was able to do it with fantastic teachers, coaches and my family who support me through it all.

Santiago Organista-Cardona **Elise Freij** **Himanshi Patel** **Christian Rodriguez**

OCTOBER

It's a privilege to be a part of a school that has enabled me to appreciate new perspectives and opportunities, readying me for the next stage of my life.

I am so grateful to have gotten this award, and I also feel a sense of mystery; I'm still wondering who recommended me to apply for this award. To whomever recommended me, thank you very much.

Reiczel Bael **Grant Higashi**

DECEMBER

NOVEMBER

I've worked very hard and I'm really glad that it's paid off. Being student of the month is such an honor and I really loved seeing my name, spelled correctly, on the school marquee!

From not knowing anyone my freshman year to having excelled to where I am now, I am grateful to be recognized for my academic achievements and the people who supported me along the way.

Even though I don't have any honor or AP classes, but I have school spirit, I am awesome! I take on a lot of responsibility with soccer and school but academics comes first.

I don't let limitations define me. I strive to set new horizons, and I always believe that average is the enemy of excellence which is what makes me stronger as a person.

Keiley Kuwahara **Joel Espinoza** **Lindsey Pike** **Matthew I. Ochei**



THE GIFT OF GIVING

JUSTINE TABADERO

News Editor

For a child, the holidays mean spending time with family and of course, opening presents. Approximately 415,000 children across the nation never experienced a holiday season like that.

As the holiday spirit rises with the days passing by, John F. Kennedy High School's ASB has been occupied with giving back to not only the students of Kennedy with Winter Wishes, but also the surrounding communities through the annual foster care project called Bags of Hope.

The organization's creators, Kimberly and John Gagne, found the process of moving from foster home to foster home devastating after taking adoption classes through Massachusetts' Department of Children & Families a few years ago.

In the midst of organizations trying to find children a safe, loving home, foster children are usually taken from one foster home to another in which their belongings are quickly shoved into neither a suitcase nor a backpack, but a trash bag. The Gagne's experienced this truth when picking up their new baby boy from his final foster home and being handed his personal items in a black plastic bag.

"We couldn't believe it," Kimberly Gagne said in an interview with The Valley Breeze. "On the car ride home, we decided we wanted to change this."

Bags of Hope delivers personally embroidered duffel bags to children in foster care in hopes to replace their plastic bags. Each duffel bag contains a variety of comfort items that makes them feel acknowledged like every child should be in this special time of year. Some items include a snuggly blanket,



Courtesy of SARAH ANDERSON

For the month of December, ASB Adviser, Sarah Anderson hoped to expose not only ASB, but all Kennedy students that giving to others is one of the most rewarding qualities one can have through Bags of Hope.

stuffed animal, books, slippers/socks, toiletries, snacks, and a Bible-based story or activity book.

Last year, Bags of Hope was able to give bags to about a combined 3,000 children in Massachusetts and Rhode Island. Their goal for 2016 is to double that amount. As for Nicole Nguyen, the ASB representative in charge for Bags of Hope at Kennedy, she aspires that they will be able to fill each bag up for some of the children of Anaheim.

"I don't expect a huge turnout from our students, where we'll be able to fill every bag to the brim," Nguyen said. "Yes, I am expecting for a low turnout, but I'm also hoping for the best."

With the holidays coming right around the corner, it is hard enough to find the time and money to buy gifts for both family and friends; however, these bags are all these children receive which ASB emphasizes in order to promote the gift of giving to those

who don't have the same experiences of the holiday spirit like others.

"For me, the holidays are always a time of love, cheer, laughter, etc but sometimes the holidays for many other can be the hardest time not just financially but emotionally as well," Sarah Anderson, ASB's Adviser, said. "Because we as a school and ASB were able to take ownership of a special child and the family we can help, it makes it more personal."

Throughout the course of about a week and a half (Nov. 28 to Dec. 5), ASB set up a Christmas tree on the stage where students and staff had the opportunity to contribute by donating gifts and comfort items.

"This time of year makes me realize how many things I have to be thankful for, so with this opportunity I wanted to give to give to someone's probably not as fortunate to hopefully make their holiday," junior Nick Del Rosario said.

With the donations collected from the toy drive, they successfully filled 25 bags to only some of the thousands of children who are without the comfort of being in their own home with a warm fire, hot chocolate, and a loving family.

"It's incredibly difficult to understand what the kids experience, but I'm hoping with these personalized bags and the items inside will help them to know that we are trying to understand and that we're trying to bring them a bit more hope," Nguyen said.

The process of preparing and raising awareness for the children who need it most comes to a peak when it's finally time to deliver the bags. ASB had the blessings to deliver the bags personally to the 25 deserving children who will receive a bit of the holiday spirit, hope, and joy.

OUI WELCOME KHONG



Jessy Khong

SYDNEY HUGHES/The Shamrock

SYDNEY HUGHES

Staff Reporter

As people were talking, laughing, and socializing, Jessy Khong felt nervous walking into John F. Kennedy High School for the first time. In June 2016, Khong moved to California from Nice, France to get a better education as his parents wished.

"My mom did her studies here [at Kennedy], and she said it was a great school," Khong said.

The transition has gone fairly smoothly for Khong, but there are some difficulties

that he knew he would have face eventually, such as interacting with classmates.

"People treat me nice here, I'm not hiding from them, but hold on," Khong said as he pulled out his phone to use the translator to find the word he was looking for, "I'm quiet."

Making friends has been rough for Khong, especially since English is his second language. Even so, he has managed to make a good friend from his French class - senior Nikki Mariano. Mariano has encouraged Khong to join Anime Club, which she is the president of, to help him make new friends.

"[The first thing I noticed] was that he was Asian, and I was like 'oh, I was expecting a European person [look-wise],' but he blends in very well," Mariano said.

Mariano encourages Khong to go out, meet, and interact with new people, saying that they are still working on it because of his shyness.

"He's shy. Not with me, with other people," Mariano said.

According to Khong, in France, he was not as shy, but this changed with his move to the states because of his embarrassment over his accent.

"When I came over here, I thought I

would be good [at English], no the first day I was bad at it," Khong said.

Although most peers think his English is fine, he still sometimes uses a translator.

"When I see a new word, I try to understand what it means, if I don't I use a translator," Khong said.

Besides getting used to English on a daily basis, he is still acclimating to the American school system. Khong explained that in France, you could have up to ten classes per week, unlike here where your average schedule is six classes per day. In France, your school day can start as late as 12 p.m. and end at 6 p.m. In a way it's similar to going to college.

"[I notice] that here, teachers will work with you if you don't understand. In France, if you ask a teacher [for an explanation], [they'll say] 'I don't care,'" Khong said.

He goes on to explain how here in America, people are more laid back and fun, however, in France, students are more serious and straightforward.

Khong's goals this year are to focus on his studies, make new friends, and make his junior year memorable.

Student Service Foundation provides grants for project-based learning

Anaheim Union High School District created the Student Service Foundation, a board that consists of 11 student leaders and was created in 2014.

Our purpose is to give students the opportunity to extend their classroom learning through projects that they create and grants that we provide. Both Junior High and High School students can apply for up to \$400 for tools needed to bring their project to life.

Besides reviewing grants, Foundation members also help promote the Servathon on Martin Luther King Jr. Day. The Servathon is an event that promotes service-learning and supports the AUHSD Foundation. Any club or group can participate in the Servathon and may fundraise if they'd like.

If you would like to apply for a grant, please look at <https://sites.google.com/a/auhsd.us/ssf/>.

If you would like to participate in Servathon, feel free to email me: reiczelbael@gmail.com.



The New Faces of Leadership

GRACE YOU

Staff Reporter



Ambassador
Princess Ashlee Noh

Q&A

Q: Why did you decide to run for La Palma Ambassador?

A: I decided to run because I wanted to gain leadership qualities and improve my public speaking skills.

Q: What did you expect to gain from this experience and how have you grown as leaders?

A: I wanted to be able to talk in front of an audience because I knew I would have to deal with it in the future. Through the program, we learned how to speak in front of crowds and communicate, and by doing it we grew as leaders. So far we haven't taken action as ambassadors, but there are many events and activities planned for us.

Q: What is in store for the rest of the year as La Palma Ambassadors?

A: We will take good actions to represent the city and take care of events by being the face of La Palma.

Originally known as the Miss La Palma Pageant, the special program has grown into the La Palma Ambassador Program, a professional opportunity for individuals to grow as leaders. Ready to serve the one-year term as the 2016-2017 Ambassador for the city of La Palma, is Melissa Uribe.

As a senior at John F. Kennedy High School, Uribe was more than prepared to conquer the intensive training and workshops to be the lead ambassador. After completing seven weeks of training, Uribe, along with runner-ups, Ashlee Noh and Daisy Martinez, are the new faces of La Palma.

Competing against highly qualified candidates, Uribe strived to stand out and worked her way up to prove herself as the best candidate. Her positive mindset from the beginning came to be her strongest asset throughout the program.

"Although we all put in a lot of effort and worked really hard, I believed what set me apart was my passion to become the new Ambassador," Uribe said. "Past generations of mine were in the program and I strived to prove myself as a great leader."

In the short amount of time Uribe has been the new face of La Palma, she feels change and growth in herself as a leader. The

program has allowed her to develop positively in many ways.

"I gained a lot of responsibility and self confidence while speaking to the public," Uribe said. "We went through workshops where we created speeches and were critiqued, which helped all of us gain experience and confidence."

Along the way, Uribe has made new friends and will fortunately carry on these friendships while working with the La Palma Ambassador Princesses, Ashlee Noh and Daisy Martinez. As Ambassador runner ups, Noh and Martinez were able to first-handedly see Uribe work and grow as a person during the trainings.

"Melissa is very independent and has a lot of confidence," Noh said. "She tried hard in the program and all her work clearly paid off."

Also a runner-up, Martinez has expressed her appreciation for Uribe.

"Melissa is a great person and there are many factors that show how great of a leader she is," Martinez said.

Uribe has many great ideas and plans as the new lead Ambassador, and hopes to accomplish what is set out for her.

"As Ambassador, I hope to influence the public in joining the program and taking the initiative into helping the community," Uribe said.

Ambassador
Melissa Uribe



Ambassador
Princess Daisy
Martinez

Q&A

Q: Why did you decide to run for La Palma Ambassador?

A: I felt that it would be a very educational and fun way to grow as leaders.

Q: What did you expect to gain from this experience and how have you grown as leaders?

A: I expected to gain confidence and reassurance that I am capable of achieving something great. We have boosted our confidence and proven that we can accomplish many things as leaders. As Ambassador, I inspired myself to create a group that will be starting this following year and will be further produced with the navy.

Q: What is in store for the rest of the year as La Palma Ambassadors?

A: Tons of fun events, parades, and many activities to better our community.

Review: Acting Happy

Students get dramatic in an effort to bring theater back to campus

ALEX MANZON

Sports Editor

Drama never ends in high school.

After the drama class was taken out after the school year of 2014, it's back, but as club.

A full on play directed and written by vice president seniors Sam Song and Daniel Yoo, Ica Pineda Chelsea Martin, Laila Kazerooni, and was brought to Kennedy on Dec. 3-4. "Even If It Is Your Happiness" is their first play for their club, and was shown in MP-1.

As club membership decreased, the club's future looked grim. Song took on the challenge to write the script all by himself, in hopes of raising member morale and support.

"Ica Pineda and I made a drama club to bring back a drama class of course," Song said. "At first we did not plan to make a play but as the time went on, many members left the club and we realized we needed something to bring everyone together. This play was our second chance, so we accepted the members' ideas to make a play."

Not only is the club celebrating acting,

but also contributes to Kennedy's diversity - exposing others to more forms of art.

The story is centered around a man who can read minds, but he struggles due to disabilities. Despite being the most popular boy at school, he cannot help but feel like an outsider.

As the play progresses, he meets an unpopular girl and cannot read her mind. His desire to unravel the mysteries of her mind leads him to fall in love, yet he is rejected by her. They face challenges with bullying and cliché high school dilemmas, making them a relatable pair.

A well-written play, with performers all from Kennedy, marks an impressive outcome for a small club growing to make a difference.

Song aspires to become a screenwriter. After coming to Kennedy in hopes of turning the art programs around, he was grateful for all the opportunities Kennedy has provided him.

"Kennedy does not have a drama class, so I am hoping this makes a little progress in getting a class back," Song said. "Although I am a senior, I want to make my mark for the rest of the students that are attending Kennedy as well as going to attend."

Follow Kennedy on Social Media



@khigh4life



#KHigh4Life #EngageEducateEmpower



A Divided Campus: Kennedy feels the effects of a turbulent election season



SYDNEY HUGHES
Staff Reporter

PRO — On Nov. 8, 2016, Donald J. Trump was elected by the American people as the President of the United States. Many were relieved by the outcome; others were in tears, devastated.

Trump promises to “Make America Great Again!” Many say that it is too soon to judge whether he will make America great again, others say how could he possibly do worse?

One major thing that Trump has promised to do is eliminate the Affordable Care Act (ACA). The whole idea behind the ACA, commonly referred to as Obamacare, was to “expand access to affordable quality healthcare to tens of millions of uninsured” according to the Obama Administration. To many Americans, the performance of Obamacare is one of their major concerns; it has been a financial disaster, radically increasing health care premiums and hurting economic growth. Many on the political left who favor major government involvement tend to blind themselves to the faults in Obamacare because of their lack of trust in the free market.

Another controversial issue that has surfaced from the campaign trail deals with immigration. Some in the media have expressed fear and trepidation over Trump’s comments about the border and the potential of mass deportations.

“There is no way the Republicans in Congress are going to tolerate any type of large scale deportations, maybe for felons only,” history teacher Steven Cini said. “Those comments were simply campaign rhetoric.”

Regardless of Trump’s rhetoric about the wall, he is going to have to convince congress to pay for the wall if Mexico does not agree to do so. Therefore, the wall becomes a people’s issue because congress represents the will of the people. Building a wall should not be perceived as such a controversial issue anyway.

After all, over a dozen countries around the world have walls, fences, and borders or security for immigration reasons. The United States is just behind in the game.

Along with promising to diminish Obamacare and building a wall, Trump has made plans to advance economic growth. To most people, this is the most important thing they were looking for in a president. In order to follow through with this promise, he will have to create a great team of economic advisors to lead him in the right direction. Looking at Trump’s business background, he has obviously been hugely successful. He did not make his billion dollar corporation all by himself, he hired an economic advisory team for his company. He is going to have to pick the right candidates for this job very carefully.

“It is going to be extremely important who he appoints as economic advisors because there are hundreds of variables that need to be adjusted for economic growth to be achieved,” Cini said. “Economics is not a perfect science, it is a social science, partially theoretical.”

In order to have a growing economy, businesses have to grow, the government has to lower taxes on corporations and lift government regulations. But it is interesting to see what is Trump going to do about the environmental movement. This movement is killing the economy. Americans are spending about 1.5 trillion dollars a year “fighting” global warming. The government is paying that out of global warming initiatives. What has it accomplished? It has reduced the temperature of 48 of one thousandth of a degree. Many even argue that “global warming” or “climate change” is not real. Instead of using money on something that cannot truly be proven as legitimate, use the money to help the economy grow or use the money for military defence; at least Americans know that these problems are existent.

Nothing that is said can be set in stone yet. Trump has not even had his first day in office. No judgement should be made until then. He may get this country out of debt and “Make America Great Again.”



XENA SULEIMAN
Staff Reporter

“Trump intuited and revealed the worst traits of worried Americans.”

— Roger Cohen

CON — President Donald Trump. These words are still causing animosity, protest, and fear among millions of Americans today.

Tuesday, Nov. 8, 2016, Donald J. Trump was declared the 45th President of the United States. His win came as a shock to the nation, as many thought Hillary Clinton would win due to her political background. Many people, including myself, were blown away, while others celebrated his victory.

Throughout the election process, Trump proved he was not fit to lead a diverse nation through his sexist remarks, racial injustice against immigrants, more specifically Muslims, and his promise to build a wall on the southern borders. My opinion on Donald Trump is basically that I don’t think he is fit to be the president. He has no political background. He is a businessman, not a politician.

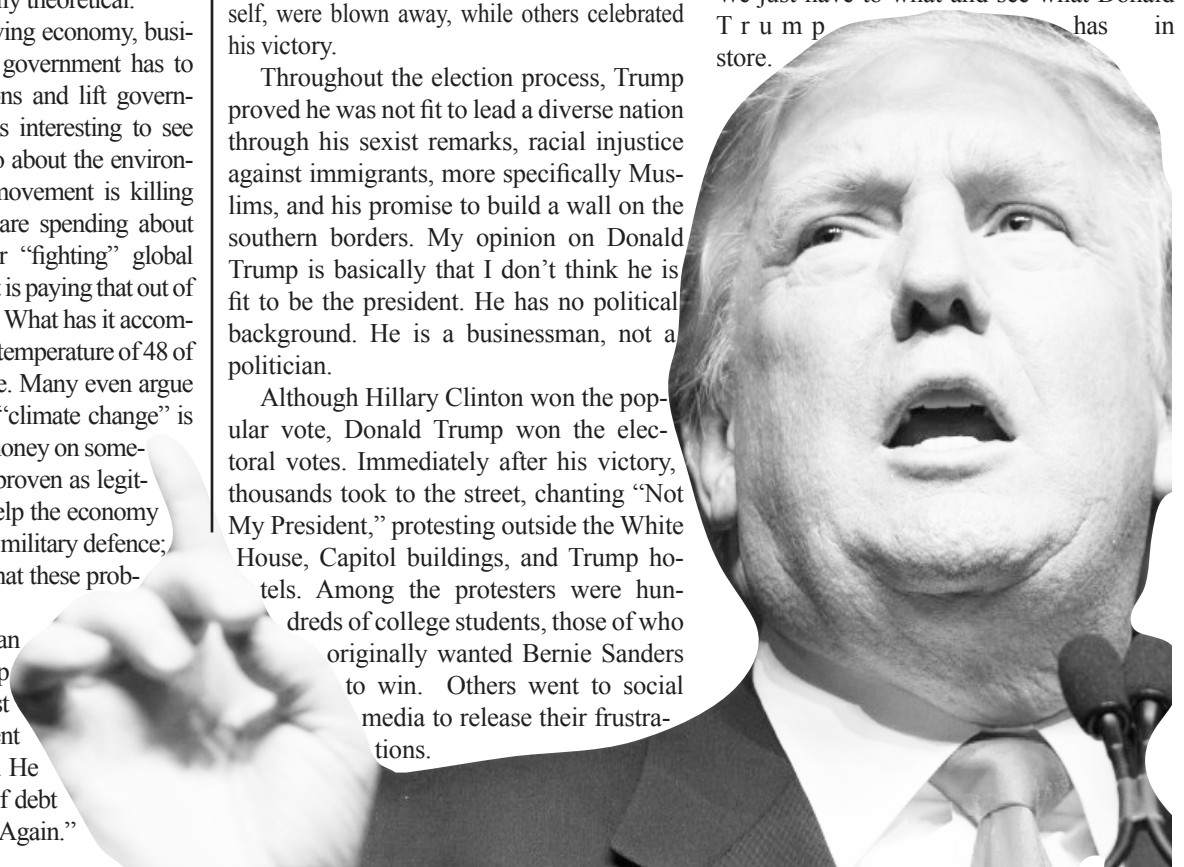
Although Hillary Clinton won the popular vote, Donald Trump won the electoral votes. Immediately after his victory, thousands took to the street, chanting “Not My President,” protesting outside the White House, Capitol buildings, and Trump hotels. Among the protesters were hundreds of college students, those of who originally wanted Bernie Sanders to win. Others went to social media to release their frustrations.

“I fear the worst,” Roger Cohen, staff reporter for The New York Times said. “Trump intuited and revealed the worst traits of worried Americans — their search for scapegoats, their desire to prostrate themselves before an autocratic savior, their bigotry. If Trump governs as he has campaigned, America and the world face real and present danger.”

Trump mentioned that the first thing he wanted to do as president was to get rid of the Affordable Care Act (or Obamacare).

“When I heard our next President was going to be Donald Trump, I was scared,” Karthi Swamy, senior at John F. Kennedy High School said. “Throughout his candidacy he mentioned how he would get rid of Obamacare and build a wall. I don’t think anything that comes out of his mouth is a good idea.”

At the end of the day, President Donald Trump did win fair and square. We can’t change how people voted, unfortunately. We just have to watch and see what Donald Trump has in store.



Empty Experience



ANNIE CHUN
Staff Reporter

The uproar during the presidential election sparked heated debate within the United States with Donald Trump and Hillary Clinton as the two main running candidates. It is clear that neither of these two are remotely decent candidates to lead and represent our country. Any role representing our country should have an experienced political background.

It is obvious that any political figure should always keep in mind that they are always under a microscope and that everything they say will be magnified and analyzed. Trump has

no background whatsoever in politics until this year and has been exposed in the worst ways through his past.

“I’ve got to use some Tic Tacs, just in case I start kissing her... You know I’m automatically attracted to beautiful — I just start kissing them. It’s like a magnet... Grab them by the p---y,” Trump said according to CNN.

It is astounding to hear that as Americans, we have the privilege and right to live in a democracy, yet people are voting for a man who thinks grabbing a female by her genitals without consent is completely acceptable. Trump is part of the reason as to why society as a whole must fix the issue of objectifying women. Everyone is entitled to respect. It is hard to see a future for America when a man with such a mindset will lead the country.

According to Vox, Trump will be the only president in the history of the United States to have absolutely no background in politics or

military. Despite this fact, people are voting for him because he is so “great.”

“He doesn’t care about ‘political correctness’...seems to not give a f---,” Turner Eakins, Donald Trump supporter and CNN interviewee said.

If “to not give a f---” is an expert method to getting elected as president in this generation, it is clear why Trump was elected. The citizens of the United States truly let everyone down with this mindset.

Although Hillary Clinton has experience in politics, she has a corrupt background as she desperately attempted to hide emails that exposed her true self to the public. According to the New York Times, in these emails, she ordered foreign officers to spy on other political figures in the foreign countries. The FBI found no incriminating evidence against her.

A country should not be led by a person with sneaky tactics that will only bring the United States tension and bad relations with other countries.

Clinton has been caught several times contradicting her own feminist campaign.

According to National Review, she claims to be protecting all of the females, but her statements about Bill Clinton’s alleged rape victims say otherwise.

“Who’s going to find out? They’re trash, nobody’s going to believe them!” Clinton allegedly said according to the National Review.

Although her public image may seem to be characterized by female empowerment, it is clear that her history counters this image she has been trying to build.

The question that everyone in America needed to ask themselves before the election was if they wanted one of these two candidates to lead our country. A racist man who does “not give a f---” and a woman without a trustworthy bone in her body went head to head with strong desires to guide, or destruct this country.

It should be clear to the public that political background truly does matter, especially while living in the day and age where there are so many corrupt beliefs circling our society that are wrongfully accepted.





JENNIFER NGUYEN/The Shamrock

Neither student nor staff, Pat Campbell shows school spirit every day in his uniform, volunteering and giving back to the school.

JENNIFER NGUYEN
Staff Reporter

This man has kind eyes, a white beard, and a deep voice. He goes around to perform kind acts when nobody's watching. He brings joy to people's faces and loves what he does, but he is not Santa Claus.

Pat Campbell, or best known as just "Pat," has been volunteering at John F. Kennedy High School for almost 12 years. He is the school's very own "all-year Santa," carrying positive vibes and merry feelings everywhere he goes.

The six-foot-two gentleman comes after school to pick up and organize the trash and recyclables until about six in the evening. He gives the school every dollar he earns from recycling to the ASB Recycling fund.

"I live in the neighborhood, and I wanted to look for something productive to do," Campbell said. "And I thought to myself, 'What can I do? Since I don't play golf and don't have a lot of hobbies, I'm going to try this.'"

Pat works hard daily and believes that working diligently is what has kept him here for so long.

For the years that he has volunteered at the school, his best memories are the everyday ones.

"[I remember] the people who have said hello to me," Pat said. "And the great teachers who save me some of their recyclables to give back to the school."

Math teacher Pei "Pamela" Lee often leaves classroom bottles and brings her own recyclables from home to give to Pat. Other teachers drop the items in the cage the school has for him.

"I got to know Pat for about four to five years now," Lee said. "He just quietly walks around the campus and does his business. He's a friendly guy who likes to do good for the society."

Pat's generous work impacts our school greatly. Ranging from a cleaner campus to brightening the atmosphere, Pat can do it all. "He's great," principal Russell Earnest said. "For the six years that I've been at Kennedy, it's amazing how the staff and kids in Kennedy have rallied to support him."

Pat brings smiles to both the students and the teachers and cares a lot about them and the school environment.

"I see [Pat] around school every day when I get to school and just before I leave," sophomore Jaelyn Farone said. "Whenever I go to sporting events at school, I see him cleaning up at the very end of every single one of them. It's so easy to say hi to him, and he will always ask about your day and how you are doing."

He is a gentleman full of love and care. His positivity and generosity make the students feel warm. Pat can be considered the school's "all-year Santa."

"Pat is way skinnier," Earnest said. "He's almost like the Jack Skellington of *Nightmare Before Christmas*. Besides that, they both give a lot of things back."

He doesn't just work for one day—his effort is seen throughout the entire school year.

"His donations are an on-going effort throughout the year," Lee said. "So practically speaking, it is like having a Santa year around."

Santa is known as a jolly old man who brings happiness to children through his physical gifts. Pat, on the other hand, provides each student and staff with an intangible gift.

"He gives us his time and patience," Farone said. "The time he takes to make sure our campus is clean is a great gift."

Pat has left a definite impression among the school's staff and students. The students and staff know him as the polite, joyous custodian who helps our school become a "greener" place.

SARAH PARK
Staff Reporter

Get cozy and watch a classic holiday movie

Christmas movies, such as *It's A Wonderful Life*, *Miracle on 34th Street*, and *Elf* are classics that you definitely shouldn't miss. ABCFamily's "25 Days of Christmas" begins December 1st, and TBS will show *A Christmas Story* marathon on both Christmas Eve and Christmas Day.

Drive around and look at seasonal lights

Enjoy beautiful neighborhoods lit up at night with friends and family to take in the holiday spirit in a dazzling glow.

Attend/Throw an "Ugly Sweater Party"

Have an ugly sweater hidden in the back of your closet? Such a fashion nightmare might be socially unacceptable, but it will work at an ugly sweater party. If you don't have an ugly sweater, just make one by throwing random holiday decorations on any old sweater.

Do a Secret Santa gift exchange with friends

Grab your group of friends, pick names out of a hat, and decide on the price limit. Depending on your friends, you could stick with gifts that are sweet and sentimental.

Make ornaments

Add your personal style to the Christmas tree by making creative holiday ornaments – there are tons of cute ideas online! If making them isn't your thing, consider buying a new ornament every year. That way, when you have a tree of your own, you'll have something to remind you of Christmas past.

Go ice skating

Whether you're at Rockefeller Center or that ice rink where your local hockey team practices, ice skating around the holidays just feels right. Grab a big group of friends and laugh the night away, or make it a festive date with that special someone.

Give back to the community

The holidays are a great time to remember those who need our help. Volunteer at the local soup kitchen, give some change to those Salvation Army bell-ringers, or buy holiday gifts for a family that can't afford them. For local volunteer opportunities, contact your local city officials or check out websites like Volunteer Match.

What to do over Winter Break

THE ULTIMATE GIFT: 2016 TOYOTA MIRAI

JENNY TRINH
Features Editor

With technology rapidly advancing, it can be hard to think of a creative gift to give someone during the holiday season - unless you have a generous heart and an even heavier wallet.

On Nov. 29, 2016, Toyota Mirai owner Neil Mazier and Horizon Education presenters Daniel Mehay and Sean Mintie presented the new hydrogen-run midsize sedan to classrooms in hopes of bringing awareness of the potential for a greener planet.

"Horizon Educational is sponsored by Toyota for this project," Mehay said. "We're the education division of the

hydrogen fuel cell company. We focus on teaching students about hydrogen fuel cells but bigger than that, renewable energy."

The Toyota Mirai has a range of approximately 320 miles, and takes about five minutes to fill up at one of 24 charging stations in California. With features to provide more convenience, the car is nothing short of impressive.

"It's got the carpool

sticker, so I can ride the carpool lane when I'm by myself, so that's nice," Mazier said. "And it rides more like a Lexus than it does a Toyota, so that's nice too. Plus everything is digital."

Toyota hopes to lower the cost of the car as demand becomes higher.

According to the Wall Street

Journal, Toyota plans to sell 30,000 fuel-cell vehicles by the year 2020, but is worried that delays may occur from the

construction of hydrogen refueling station.

"Well, it's 58 [thousand dollars], but Toyota knocks it down to 51 [thousand] and then you get an eight thousand dollar tax credit from the federal government, and you get a five thousand dollar rebate from the state," Mazier said. "And Toyota pays for the first three years of fuel and an extra rebate for us originals, so when you figure it out over the three year period, my total cost would be about 31 thousand."

The holidays are just around the corner; if you want to give someone an unforgettable present, the Toyota Mirai is being sold at four locations in California: two in Orange and two in Los Angeles.



Find Your

ZODIAC SIGN

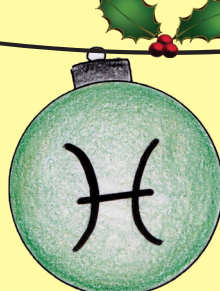
KAILA CHEN
Cartoon Editor



Aquarius (1/20 - 2/18)

Aquarius view the world as bursting with possibilities and hate the idea of limitations. They are deep thinkers and carry the humanitarian quality of helping others whenever possible. While Aquarius enjoy the company of others, they also need time alone to process their thoughts.

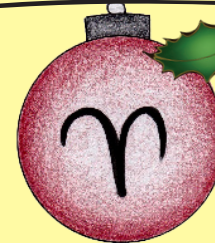
Gift Suggestions: Electronics, art, trendy fashion



Pisces (2/19 - 3/20)

Pisces carry a selfless attitude in which they are willing to empathize and care without expecting something in return. They are characterized as artistic and tend to develop musical skills at an early age. Classified as the most tolerant sign, Pisces are well known for their forgiveness and wisdom.

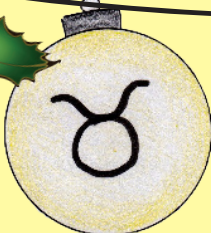
Gift Suggestions: Concert Tickets, Jewelry, Anything Sentimental



Aries (3/21 - 4/19)

Competitive yet energetic, Aries enjoy taking action upon impulse. Their ability to face any challenge contributes to the courage and bravery that is often associated with Aries. They are also determined to search for the answers they need to succeed.

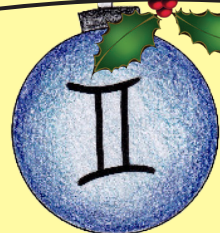
Gift Suggestions: Jewelry, sport tickets, trendy gadgets



Taurus (4/20 - 5/20)

Taurus are willing to work hard for the luxuries they strive for through patience and diligence. They find comfort in stability and enjoy long commitments in the things they do. Sure to finish what they've started, Taurus have the ability to adapt to any environment and often put great thought in making their decisions.

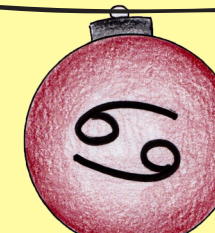
Gift Suggestions: food, music albums, cozy attire



Gemini (5/21 - 6/20)

A huge people person, Gemini greatly enjoy the company and conversations of others. Their curiosity about the world causes them to never miss an opportunity to learn and explore. Gemini despise boredom and continue to live life with bright colors.

Gift Suggestions: journal, books, camera



Cancer (6/21 - 7/22)

These people are dedicated and loyal to their family and friends, as they tend to hold onto the things that make them happy. Those born under the Cancer sign are also courageous yet nurturing when needed. Honesty is a praised characteristic among Cancers and they tend to be great listeners in the sense that they always voice their true opinions.

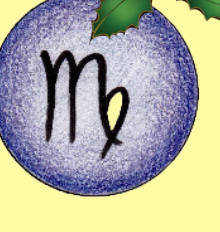
Gift Suggestions: scrapbook, bath essentials, mugs



Leo (7/23 - 8/22)

Those who brandish the Leo enjoy taking leadership positions, even though they may seem quiet and reserved. When they're not taking charge, Leos enjoy relaxation, drawing others in with their laid-back attitude. They like to look at the big picture and are guided by what they believe as morally right when making decisions.

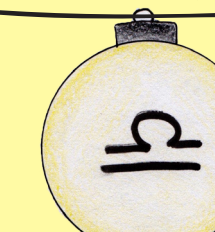
Gift Suggestions: movie tickets, CD, fine foods



Virgo (8/23 - 9/22)

Nurturing and kind, Virgos may seem reserved on the outside, but in truth carry a burning spark underneath the surface that fuels their passion. As brilliant strategists, they love to create with their hands and are sure to focus on the little details life presents them with. Virgos tend to enjoy being alone and demonstrate the quiet, yet resilient attitude.

Gift Suggestions: books, homemade items, anything practical



Libra (9/23 - 10/21)

Libras focus on maintaining balance emotionally and physically within their lives. They like to invoke happiness in others through justice, where they are sure to make decisions that will benefit the majority. Libras will always self-sacrifice for the better of the team.

Gift Suggestions: home decor, music album, perfume



Scorpio (10/22 - 11/21)

People who are born a Scorpio cherish alone time and are inclined to illustrate their emotions more intensely. With their strong self-control, Scorpios can enjoy taking risks to an extent others may not be willing to go to. A Scorpio's strong belief in integrity influences them to stand up for those who are put down by others.

Gift Suggestions: sunglasses, classic movies, clothing



Sagittarius (11/22 - 12/21)

Classified as adventurers and explorers, Sagittarius love to absorb new knowledge wherever they go. The thought of being stuck in a constant routine is unspeakable; Sagittarius thrives with both physical and mental freedom. They also utilize creative outlets where they will take what they have and rebuild it into something else.

Gift Suggestions: Books, DVDs, take them on an adventure!



Capricorn (12/22 - 1/19)

Capricorns set a goal and strive to reach it, regardless of the odds. The feeling of achievement is important to Capricorns, and their resolve is valued by the other signs. Capricorns have a safety mechanism of distancing themselves from those who seem potentially harmful to them, as they can be obstinate when it comes to opening their hearts.

Gift Suggestions: fine jewelry, warm bathrobe, food



Kennedy Food: Suspicion of Lenient Policies



DOMINIQUE LARSON

Staff Reporter

John F. Kennedy High School's new food may be good, or it may be garbage. Domino's Pizza and KFC (Kennedy Fresh Chicken) are a new and popular addition to school lunches as of October 2016, though the question still stands, why is our school allowing these new greasy foods, especially after the intense supervision it has been under in the past few years. Kennedy has been known to take away any food that is remotely unhealthy, yet in the past few weeks it has introduced what many consider "unhealthy food."

"I think the food here is unhealthy," sophomore Andrew Silva said. "I believe it may have something to do with Michelle Obama leaving the White House."

With the elections having passed and President Obama approaching the end of his term, many new laws have been put into place. The suspicion of unhealthy food plaguing our cafeteria is suspected to be a part of



DOMINIQUE LARSON/*The Shamrock*
Sophomore Karl Hays enjoys his Domino's pizza from the Kennedy cafeteria with sophomore Julieta Martinez as they spend lunch together.

the change.

"I think it's possible that KFC and Domino's are paying to have their food sold here," sophomore Chanelle Labrador said. "I mean the food is pretty relatively unhealthy, why else would it be here?"

Many students are beginning to question the leniency of the rules and guidelines that determine the food that

goes from the cafeteria, student store, and/or food cart into student's bellies. However, the people in charge have a different take on the subject.

"The food sold here is healthy; our change in food has nothing to do with Mrs. Obama's absence," cafeteria worker Lizette Parra said.

"We sell healthy food here."

- James Patanella

The man tasked with getting the food that feeds the thousands of students at Kennedy James Patanella, agrees with his coworker.

"We sell healthy food here," Patanella said, "I'm sure students can tell the difference between real Domino's Pizza and the 50 percent whole grain slices we sell here."

Despite food meeting the required health guidelines, students around campus remain unsure of how healthy the food sold here actually is. Students being left in the dark about the nutritional values of the food at Kennedy demonstrates that not only does administration need to do a better job at informing the students about their food but also have to defend their reputation as an endorser of healthy food.

Dress to Impress



JOY PARK

Staff Reporter

The debate concerning young women's clothing has been a popular topic now for decades, but has been especially popular as of recently, in reference to trends which follow famous figures like reality star Kim Kardashian. Many parents and fellow women express concerns over the potentially negative image that certain clothing may give off.

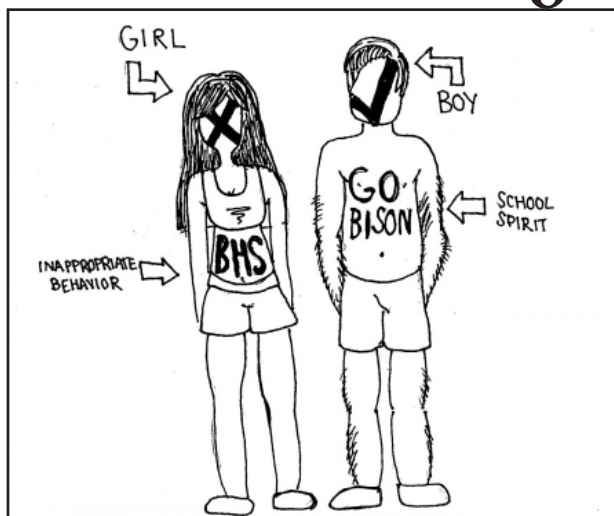
A popular blog post written by Shelly Wildman expresses the viewpoint of a concerned mother. She explains how perception of a woman is determined greatly by the way she dresses and that it may attract the wrong kind of attention, especially from men or, specifically, immature boys.

These viewpoints are critical to understand the stance in which parental figures and concerned friends take. They have logical and reasonable arguments, valid points girls should consider when shopping, or for parents when letting their children out of the home.

Dress codes are not implemented in school systems to restrict or confine women to a certain modest expectation derived from the deeply rooted Puritan ideologies of America but to protect young girls from the very ostracization or possible objectification Wildman premises in her post.

"Dressing a certain way attracts a certain kind of guy. I doubt very seriously that the kind of guy you want to attract is the kind of guy you're dressing for when you dress like that. Besides, you are above that. You are better than that. You deserve better than that. So dress for the guy you deserve," Wildman said.

It is important to also consider the effect that media has taken to this topic. Though before this generation, many ideas were generalized, and many opinions were widely shared, the internet and exposure to thousands of opinions and movements all at the access of a comput-



Courtesy of CAMERON GODFREY
The discussion of dresscode is particularly popular amongst feminists, who argue the sexually charged culture we live in fuels unfair judgement against women.

er have greatly affected the way people perceive fashion and clothing.

"Dress impacts the way that others perceive us and our capabilities," style consultant David McKnight said.

By being exposed to countless feminist movement statements, and the fighting for the ridding of the objectification of women, people have become more open to more and more things that were not as accepted before, such as the LGBTQ+ community or the Black Rights Movement. Specifically in social media centered cities, like L.A. or New York, fashion is admired and respected, and so are women's rights.

To say that dressing a certain way will "attract the wrong kind of guy" is irrelevant to the central argument. Yes, dressing in such a manner which is not submissive or modest may attract unwarranted attention, but what happens when a woman wears a hijab, or a man wears makeup?

All things that go against the grain of the precedents of society are shamed, and shock those who are accustomed to preconceived ideas. On the topic of attire, women who want to receive respect will dress in a manner accordingly. Though personal motive means all the dif-

ference, it is never factored into the equation; perception has a life of its own.

A woman who dresses according to how confident she feels, lacking intention to receive a reaction from men, usually receives unwarranted backlash. To teach all our children respect for not just one another but for themselves is a guaranteed safeway to ensure that people do not dress or prowl for others in a degrading manner.

In a famous letter written by Canadian high schooler Lauren Wiggins, the controversial feminist opinion that men are also a part of the equation, and should also be accounted for, is premised.

"I will not search for something to cover up my back and shoulders because I am not showing them off with the intention to gain positive sexual feedback from the teenage boys in my school. I am especially not showing them to receive any comments, positive or negative, from anybody else besides myself because the only person who can make any sort of judgment on my body and the fabrics I place on it is me," Wiggins said.

Rather than assuming that women who "dress to impress" are looking for attention from men, we should respect other people's decisions, rights, and intentions. This is not an issue of "slut-shaming" or of men's opinions. It is one of mutual respect.

THE SHAMROCK

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TIGER COMES OUT OF THE WOODS

JUSTINE TABADERO
News Editor

After a year long break filled with multiple back surgeries, Tiger Woods announced his comeback in the October Safeway Open and in the Professional Golfers' Association (PGA) Tour. However, the 14-time major winner had a few drawbacks due to his health.

In Sept. 2015, Woods had his second microdiscectomy spine surgery along with a follow-up surgery that happened a month later.

Since his inability to play, he has now fallen in the work ranking, making him drop out of the top 500 golfers in the world. The last time Woods was outside the top 500, as the Associated Press pointed out, was in July 1996.

Despite the long months of waiting for his body to recover, he hoped to return back on the course.

Anticipation rose within



Courtesy of GOOGLE

Tiger Woods makes a successful comeback at the Hero World Challenge, shooting a bogey-free 65 and showing improvement from his injuries.

the golfing community in hopes that Woods would not back out from his supposed return.

"Whether I can play depends on my continued progress and recovery. My hope is to have my game ready to go," Woods said.

Through his fans, he was motivated to return on the course acknowledging he still had work to do before competing again.

"I missed competing. I want to thank all the fans for their kindness and concern," Woods said.

Although he had strong efforts to make a comeback in the PGA Tour, he unfortunately withdrew his announcement due to concerns about his health on Oct. 10.

"After a lot of soul searching, and honest reflection, I know that I am not yet ready to play on the PGA Tour or compete in Turkey. I feel strong, but my game is vulnerable and not where it needs to be. It's not up to my standards, and I don't think it would be up to yours," Woods said.

NEXT YEAR IS OUR YEAR

EDWIN CHO
LUIS DURAN

Assistant Sports Editors

After breaking the seven-year loss streak against Cypress in 2015, Kennedy football fans were confident and were excited for the new outcome. However, on Oct. 22, Kennedy fought hard but came in short and walked off the field with a loss, 6-30.

"Alonzo Pineda finished with 70 rushing yards, but too often Irish drives stalled on third-and-long," OC varsity staff writer Brian Whitehead said. "The hosts missed a field goal in the second quarter, and Thompson capped Cypress' ensuing possession with a short TD run."

The rivalry game is extremely important for each player on the team; they are dedicated to the team and want to make sure the school is well represented. The athletes put in all their efforts preparing for the ri-

valry game, but no matter how well teams prepare for a game, what people really care about is what they bring onto the field.

"Everyone had fun cheering on the fighting Irish, but it was devastating to see Kennedy lose, especially since it was senior night," junior Kayla Fajardo said. "I hoped it would have been a closer game," junior Kayla Fajardo said.

Though Coach Clark was not successful this season against The School Down The Street, he still has many years ahead with future groups of great Irish football players.

Coach Clark uses his experience as a player and brings his motivation and passion to inspire the Irish players

This was a disappointing game for many players, especially seniors where this was their final high school rivalry game. Regardless, memories of

having played with great people for a great coach and a great school will always live with them.

"This experience really touched me because it was my last time playing against our rivals," senior Nick Siatunu said. "It was a blast and I had fun playing against them knowing some of the boys at the School Down the Street."

Being the last season for seniors, the class of 2018 still has one more year to avenge the seniors and prove to the School Down the Street what Irish football is all about. Kennedy will take this loss and use it as an experience for future games.

"We have a depth at every position and we're a tight knit unit. Expect big things next year," junior Jalen Dumphord said.

Cypress may have the bragging rights for this year, but Kennedy will come back and truly represent who we really are.

Fighting his way up

Eat, sleep, breathe, and jiu jitsu

is the lifestyle that junior Bailey Lopp follows

JENELLE CAYAS
Staff Reporter

Junior Bailey Lopp's daily life consists of practicing jiu jitsu for five hours from Monday through Saturday. He has been doing this for five years and going. He practices day in and out at the Checkmat Academy in Buena Park.

"I do jiu jitsu because it acts as a stress reliever. When I am training, there is nothing else I can think about, or else I would not be on top of my game, and perform poorly," Lopp said. "My biggest inspiration that I have in Jiu Jitsu is Marcus Almeida because he grew up in the favelas of Brazil without much. He then had to work for everything that he now has, and accomplished. I look up to him and his work ethic."

Last June, Lopp took second place at the Worlds of Jiu Jitsu, which is where the best athletes compete in their division from California to Florida at Long Beach Pyramid.

"The hardest thing I've had to face was the feeling of disappointment after I lost at Worlds this past year. My current goal is to maintain my number one ranking in Jiu Jitsu," Lopp

said.

Not only does Lopp balances the intense workouts to keep up with his ranking, but also maintains a 3.7 GPA and takes AP classes.

He has to maintain a 144-pound weight in order to stay in his class. To maintain this, he sticks to water and a can of tuna. He is not allowed to snack or eat anything besides that.

"I think the best word to describe Bailey is determined," Coach Robson Camargo Rodrigues said. "I

would say he is easy to coach. He is like playing a video game. I tell him what to do, and he does. My favorite memory was at Worlds because everyone was feeling the pressure and cheering for Bailey."

When Lopp is not training for the upcoming Worlds, he coaches children of ages five and up. One of his favorite students is Malia Mangazer, a fifth grader who has trained with Bailey for about a year.

"Bailey is a good coach because he comes to my tournaments and supports

me," Mangazer said. "He also helps me understand the move to do and not to do. My favorite thing about him is he's funny, helpful and caring."

His next match is on Dec. 10. Lopp plans to prepare for his match by going to the academy everyday, eating healthier, and working harder on his mental game.

"Bailey is amazing. He is always on top of things, and excels at them as well," sophomore Hailley Thomas said about her boyfriend. "However, if he doesn't, he tries again, and I look up to that."

Lopp, a dedicated athlete, plans to become a coach and open up his own academy. But first, he will push his training to the max, and hopefully place first at Worlds.



Courtesy of GEORGE GOMEZ

On May 15, at Santiago Canyon College, Bailey Lopp (right) takes the gold at Finals for OC Super Championship against Juno Lucero (left) as his hand is lifted at victory.



New team, Old friends

EDWIN CHO
LUIS DURAN
JANKI PATEL
JENNIFER NGUYEN

Assistant Sports Editors & Opinion Editor & Staff Reporter



EDWIN CHO/ *The Shamrock*

Senior Andre Keith looks forward to play side by side with his new team.

Mater Dei High has a reputation for its strong and intense sports program. This year, senior Andre Keith transferred from Mater Dei to Kennedy and joined the Fighting Irish basketball team.

“Everyone’s friendly and we all like to get the job done,” Keith said. “All we want to do is win and have fun.”

Mater Dei students are com-

monly known to be better athletes. Because of this, the team expects a great varsity season this year.

“The team is better with him on it; having him here makes the team work as a unit,” senior captain Marcus Proctor said. “Andre can space the floor more and give the rest of us more opportunities to score.”

According to Keith, the prac-

tices at Mater Dei are slightly tougher and stricter.

“Andre will make a definite impact on the team,” varsity player Aaron Haliburton said. “The intensity he brings to practice, and especially in games, is crazy. I’ve never seen that before.”

Keith’s passion of basketball started at a very young age, when he would watch his father go to the gym and play. His father, who played for Kennedy in 1998 and lead his team to CIF, inspired Keith to play the sport.

“I fell in love with basketball because I love the competition,” Keith said. “The sport can take you to so many places and let you do so many things in life. I’ve met so many amazing people through basketball.”

Keith is going to bring the skills he learned over at Mater Dei to improve the team overall.

“Once he’s in the game, I expect him to be a leader,” head coach Alvarez said. “The players on the team look up to him for leadership.”

Girls Basketball Captains

ESTHER LEE
GRACE YOU

Copy Editor & Staff Reporter

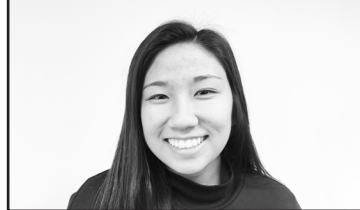
CAMRYN HAMAGUCHI



Kuwahara: Obviously the big goal this year is to defend our title as league champions and get another year added to our banner, but personally, I just want to have fun with this season and make the most of it.

Sugimoto: [Our goal is] to defend our league title.

KEILEY KUWAHARA



3. What expectations were met at the first preseason game?

Hamaguchi: We beat Cantwell-Sacred Heart by 20 which was a big accomplishment since they were the CIF champs last year.

Kuwahara: We’ve had our highs and lows in our preseason games so far, but that’s expected. We’ve won some games that I thought we would’ve gotten blown out in, but we’ve also lost some games that we definitely should’ve won. But it’s just preseason, and there’s still time for our improvement so I’m hopeful for this season.

Sugimoto: For one of our preseason games, it really tested how our team would turn out to be for this season. It really shows a lot about our character and our will to fight for the win.

DANA SUGIMOTO



4. How have you changed and advanced from the previous year?

Hamaguchi: As a team, we have a lot of younger players that are really growing since last season, and then individually, I think that I’ve become more of a leader.

Kuwahara: Being on varsity for the past four years has taught me a lot, and this year, I’ve been using all of that experience to improve my game. It’s nice knowing that some of the girls look up to me, and I’ve just been trying to set a good example for them.

Sugimoto: I think I got a lot quicker than last year, and with all the weight room we’ve been doing, I feel like I got a bit stronger and more solid.

HUSTLE AND HEART APART



ALEX MANZON
JENELLE CAYAS
ANH MAC

Sports Editor & Staff Reporters

Whoosh! The powerful kick drove the black and white ball across the grass and straight into the net, scoring the deciding goal of the contest. The crowd roared. The goalscorer celebrated on the field while his teammates cheered on the sidelines. It was a battle where only one team could win; the results would leave you breathless and in awe of the moment.

This is soccer.

Although they came up short of the playoffs these past two years, the Fighting Irish boys varsity soccer team hopes to regain their reputation and to show what they are truly capable of. The players can easily score goals on the field, but will they be able to achieve the ultimate goal that will allow them to leave a legacy before graduation?

“As a team, we have a special story,” head coach Arturo Gutierrez said. “There’s a lot of heart. I think [the team] getting beat up the past two years and not qualifying for playoffs would make them really

want to show what they can really do and that they are not really a place which does not qualify.”

Gutierrez has been a part of the Kennedy Soccer program for almost ten years, ever since he himself was a player on the team during high school. He has witnessed the growth of many talented players since their freshman year, and he feels confident in their abilities as he assists them in reaching their full potential for his first year as head coach.

“For our last year on the team as seniors, we plan on going to CIF and hopefully taking first place in our league [...] bringing a banner home and also maybe bringing a ring home,” senior captain Isaac Gonzalez said.

Gonzalez has played at the varsity level for all four years of high school. Alongside his fellow captains and teammates, Logan Dyckes and David Yakim, his aspirations and dreams of reaching the playoffs are close enough to grasp.

The team has been practicing diligently since the beginning of the school year to ensure that they are on the right track for CIF.

After the long summer break,

the players not only needed to brush up on their kicks and passes. It was also necessary for them to build their endurance since the nature of the sport requires continuous running throughout the entire game. Therefore, in addition to their usual practice routine, the varsity squad joined the Cross Country program on their intense workout days.

Soccer is not a sport where one good player can lead the entire team to victory. Each goal requires the assistance of several players to set up and successfully carry out the play.

The team is extremely diverse with players of different ages and from a multitude of backgrounds and cultures, coming together to share a common goal — to win a league title and a championship.

“As a team, I think we’re really tight,” Dyckes said. “We like to think of each other as a family here, and we’re all very close and good teammates.”

Always going at it with respect, heart, and a genuine passion on the field, together the boys are capable of ending Kennedy’s drought, making history, and bringing home that CIF banner.



Q&A

1. How have you been preparing for this basketball season individually?

Hamaguchi: I’ve been training seven days a week for the past couple of months on my own with private coaches.

Kuwahara: I’ve been focusing a lot on my shot this year because I wasn’t too happy with my shooting performance last season.

Sugimoto: For this year, especially offseason, I think that I’ve been working, not as much on my defensive game, but more on being at there offensively also.

2. What are your goals for this season?

Hamaguchi: We want to defend our league champion title and go far in CIF.

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See Reverse Side For Winter Break Section Schedule



Girls water polo succeeds by playing their game

REICZEL BAEL

Editor-in-Chief

After a gruelling match with Los Amigos, the Fighting Irish girls varsity water polo team triumphed by a final score of 10-3 last Thursday at John F. Kennedy High.

Captain Karen Anguiano attributes her team's success to their intense devotion and hopes of becoming the first Kennedy girls water polo team to win California Interscholastic Federation (CIF).

"No matter what the score is or how the referees are calling the game, we come together and play our game," Anguiano said.

Despite beating Los Amigos, girls water polo remains humble.

"After every win or loss, we look back at what we can do differently," Anguiano said.

Anguiano lists a few notable varsity players who guided Kennedy to victory: Cami Owens, Kiara Anguiano, Kat Garcia, Carolyn Hernandez, Courtney Reed, and Alvia Garcia.



Courtesy of KAREN ANGUIANO



Wrestling his way to victory

Courtesy of VICENTE CONTRERAS

Junior Vicente Contreras placed first in Big Kat Tournament at Capo Valley on Dec. 10.

DOMINIQUE LARSON, JACQUELINE NGUYEN, KAILA CHEN

Staff Reporters & Cartoon Editor

While wrestling may not receive as much spotlight as some other sports here on campus, it is still highly respected as Kennedy has a phenomenal team. One player, in particular, varsity wrestler Vicente Contreras gives insight to why he joined wrestling and his thoughts upon the sport.

"I have always enjoyed jiu jitsu, then my friend recommended that I join wrestling," Contreras said.

Participating in any one-on-one combat sport involves grueling work, and is not an activity to be taken lightly. Just as any other sport, Contreras notes on the positives and negatives about wrestling.

"I don't consider the sport easy, it's a lot of blood, sweat, and tears, but it's worth it," Contreras said. "My least favorite thing is losing, so that motivates me to do better."

Motivation is a key aspect to Contreras, as it forces him to strive for a higher goal each time.

Losing is not just a let down, but a reason to work harder next time.

David Arizaga, a member of boys varsity wrestling, said that Vicente always shows his positivity on and off the mat.

"No matter what situation he ends up in, he never gives up and is a fresh face that continues to inspire returners," Arizaga said.

Contreras' motivation to achieve his goals are shown through his skills and techniques during a wrestling match.

"Vicente is not a quitter," former wrestling member Lam Nguyen said. "One time, we were wrestling, and he was thrown down pretty hard yet he still had a lot of fight."

Besides the tight-knit friendships made and leadership skills that are often developed in wrestling, Contreras' favorite thing about wrestling is keeping his eye on the prize.

"Dominating over my opponent is definitely my favorite thing about wrestling," Contreras said.

Irish Champions

ANH MAC

Staff Reporter

Girls Volleyball

For the first time in six years, girls varsity volleyball broke existing tradition and set higher expectations for the program as the girls successfully entered the second round of playoffs for the California Interscholastic Federation (CIF).

In the first round, the team played against John W. North Huskies and came home with a 3-0 win. Unfortunately, the team fell short and lost to Alemany High School in the second round.

Despite the loss, the girls' exceptional performance allowed them to come in fifth place in CIF Southern Section Division 5, placing them high above many other schools including The School Down the Street.

Girls Golf

For the first time ever in Kennedy history, sophomore Irene Kim represented the Fighting Irish in competing at CIF WSCGA Foundation girls golf state Championship in San Bernardino on Nov. 12 and placing fifth.



KAILA CHEN/The Shamrock

Kim shot one under par 71 for CIF finals, tied for third place out of over 100 other girls golfers and allowed her to qualify to compete at State Championships. Kim was the first

ever Kennedy golfer to qualify for state.

Junior Heidi Han also arrived to second round playoffs, and with one year left of high school, Han has the potential and talent to reach higher in the competition for next season.

Boys Water Polo

With outstanding results from the season, boys water polo arrived to CIF playoffs with pride. The team placed second in Empire League as they entered playoffs.

On Nov. 8, the team went against Temple City High School in the first round and, unfortunately, fell short with a 12-16 loss.

Despite the loss, the boys still hold tight to their high rankings in CIF Division 5, placing 11th above all other schools in Empire League with an exception of Western High School.

Boys Football

Going against Cerritos/Valley Christian, boys football fell to a loss of 7-45 in the round one of CIF playoffs at the opponent's home on Nov. 11.

This is the second consecutive year that the team makes into playoffs, with last year being the first time in six years.

Boys & Girls Cross Country

On Saturday, Nov. 12, boys and girls cross country competed in CIF Championship Preliminaries at Riverside City Cross Country Course.

For girls, sophomore Gloria Chang was the first to cross the finish line from Kennedy, placing 57th out of the overall heat. Following Chang, freshman Kristen Kim came in in the 59th place, and junior Elizabeth Silengo and freshman Sally Silengo ran in the 61st and 62nd place, respectively.

In the boys race, senior Santiago Organista, the first Kennedy runner to finish, ran in the 83rd place, followed by senior Kevin Mar in the 100th place and senior David Orozco in the 105th place.

Queens of the Mat Lady Irish wrestlers make their season debut

JUSTINE TABADERO

News Editor

During Thanksgiving break on Nov. 26, John F. Kennedy's girls wrestling team had a successful turnout in their first tournament of the year at Savanna High.

Freshman Maddy Camp, junior Allyson Couch, and senior Alaura Couch made it to the finals in each of their individual weight division helping the team tie for third place out of the 36 schools in the tournament.

In Alaura's successful efforts to reach the finals of the tournament, she was able to beat four of the five girls within her division pinning each of them in about 30 seconds. Although all she needed was to win her last match in order to take first place, she took second after losing against Julia Rodriguez by only a few points.

"I was disappointed that I didn't get first because the girl that beat me in my last match was the same girl that I beat at the same tournament last year. That was discouraging, but it was good wake up call to show me how hard I need to start training to reach my goal to go to state this year," Alaura said.

After Camp and Allyson both took first place in their respective weight divisions, it earned the team enough points to lock Kennedy in second place. seconds. Although all she needed was to win her last match in order to take first place, she took second after losing against Julia Rodriguez by only a few points.

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After Camp and Allyson both took first place in their respective weight divisions, it earned the team enough points to lock Kennedy in second place.

"It's my first time competing during the official season. I've been wrestling off season in club for about a year and a half. It's really satisfying to know that all the work I put in over off season was paying off," Camp said.

Many girls accomplished with respectable titles in their individual weight divisions: Camp took first place in the 137 division, Allyson Couch took first in the 106 division, Alaura Couch took second in the 101 division, sophomore Destiny Gonzalez took fifth in the 126 division, sophomore Kiana Hatfield took fifth in the 160 division, and America Murillo took seventh in the 143 division.

"Six girls out of 10 placed. The newbies came through helping the team earn points to take 2nd place out of the 36 teams. They wrestled well and I am so proud of them," coach Mike Kim said.

Coming in strong in the beginning of the season makes each of the girl's goals to improve and reach state start on a good note.

"I could tell I improved a lot since my freshman year, and it was my first time competing since then. I expected myself to do well but I really didn't believe I'd be getting first," Allyson Couch said.

As the returning players show improvement from last season, the new incoming players as well as their coach have high expectations for their following years to come.

"Past Champions like Sarah Rodriguez and Miyuki Pugarad set high standards. I expect the newbies to stride to surpass the standards that are set before them," Kim said.

The girls wrestling have their first dual wrestling meet on Dec. 21 against Western High School at home where they will strive to accomplish another successful turnout.

UPCOMING GAMES

	M 19	T 20	W 21	Th 22
Boys Basketball			Buena Park Home 4 p.m.	
Girls Basketball		Yorba Linda Away 7 p.m.		Oxford Home 7 p.m.
Girls Soccer			Whittier Home 3 p.m.	Colony Away 3:15 p.m.
Boys Soccer		Ribet Acadmey Home 4 p.m.		
Girls Water Polo				
Boys Wrestling			Western Home 6:30 p.m.	
Girls Wrestling			Western Home 6:30 p.m.	Gahr Away 1 p.m.





WESTWORLD'S TAKE ON THE DARKER SIDE OF AI

ALANA JORDAN
A&E Editor

Artificial intelligence (AI) is portrayed in Western media as either the source of the planet's downfall or the highest form of humanity. Movies like the "Terminator" series and "Ex Machina" focus on robots ensuring the destruction of humanity via war and other deceptive means, while more recent shows like HBO's *Westworld* highlight humanity's desire to "live without limits" through the exploitation of their robotic hosts. When analyzing the human psyche, the latter is far more likely to occur.

In *Westworld*, vacationers are free to break rules and laws without judgement. Robots (or "hosts") are exploited entirely for an individual's personal gain or pleasure. The rich, or those who can afford it, can live out their deepest, darkest desires—the robots, built for nothing but human gratification, serve the guests blindly, with their memories wiped daily of the potential guest-inflicted traumas.

The idea of these "pleasure robots" is nothing new to television; to a much lesser extent, it's explored in shows like "Humans" and "Stepford Wives." What these shows fail to encapsulate is the looming dark side that the creation of these pseudo-sentient robots bring. In *Westworld*, that dark side includes needlessly killing, raping or torturing the hosts in the park. The question that arises is: will allowing this behavior in the park pose a risk in the real world?

"When I first started looking into the subject, I thought, 'oh sex robots, that's harmless, and perhaps these robots would reduce demand for real women and children,'" Kathleen Richardson, senior research fellow in Robotics

at DeMontfort University, said. "But then as I researched the subject more I found that the opposite was true—that rather than reduce the objectification of women, children and also men and transgender people, these robots would contribute and reinforce their position in society (as objects)."

With the world becoming more and more detached from "human" relationships, whether it be through social media, the Internet, or AI, the impact on the development of communication skills is just as worrisome. Politeness is a thing of the past and face-to-face conversations become increasingly harder to carry out; grammar is butchered in favor of shorter sentences, and our friends cease to be useful resources for recommendations, as Siri can fulfill that task just as easily—perhaps even better.

Helen Driscoll, a leading authority on the psychology of sex and relationships, believes these advances in technology will drastically alter how humans interact with one another in the next 50 years. "Robophilia" will soon become the norm, and people will choose to have sex with a perfect "human being" over an actual human being, one they don't have to communicate with and share in the ups and downs of a human relationship.

It's not just the United States suffering from these social impediments; futurologist Ian Pearson claimed in June 2016 that in 10 years time both men and women globally will be more likely to have sex with robots than with humans.

This is no surprise in Japan, a country that hosts the

world's most advanced sex dolls at Tokyo-based companies Kanojotoys and Orient Industries. The marketing ploy these products are advertised with—the buyer "never wanting a real girlfriend again"—may hold truer than people originally thought.

Over the past few months, Orient Industries has put out thousands of the most realistic doll on the market—made entirely of skin-like silicone and rubber, these new toys, named Dutch Wives, have become a staple of Japan's sex subculture. Orient Industries claims the dolls are so life-like that there's very little to distinguish them from a real girlfriend at first glance—well, besides the lack of autonomous movement and the dead eyes, of course.

The introduction of such high-tech sex robotics is just one of the reasons for Japan's dwindling birth rate. The government has tried to address the issue by investing billions of yen into dating and matchmaking services to hopefully reverse the situation, though none have been reported to be a success. The Japanese population may be in decline, but the sex doll trade is booming as more discoveries and more discoveries are made each day.

Robosexuality and its integration into society is becoming more and more of a reality, and right now, the world is letting it in. Profound interest in shows like "Westworld" and the availability of sex dolls in Japan has us questioning where our society is headed in due time. Technology continues to integrate itself into all facets of life as the fabled Era of Social Isolation creeps closer.



Winter in the East, swinter in the West

JENNIFER NGUYEN
Staff Reporter

Picture this: a winter morning on the East Coast, with snow blanketing the ground and frost building up on the windows. People are fantasizing about making snowmen and having snowball fights.

On the other side of the country, the fog is settling in one moment and the sun is shining in the next.

Winter in the East Coast is very distinct from the West Coast. The east has snow. A lot of it.

West Coast residents believe snow is a dream, but we don't know the reality of the annoyances snowfall brings.

"I don't have a problem with snow," New York resident Kevin Chu said. "But slush and black ice can be quite difficult sometimes to tread around."

The snow can pile up to 26 inches, and you may step into the blanket thinking it's solid ground, until you realize your pants are soaked eight inches high.

"There was a major snowstorm that closed the roads for a couple of days," Chu said. "But the city and my school are really good about clearing up pathways for pedestrians and vehicles."

In preparation for winter in the East Coast, most utilize rock salt to remedy the slippery walkways, and keep a snow shovel or ice scraper on hand for the streets. For homes, plastic sheets are suggested to cover the window to keep the cold out.

With lots of snow comes cold weather. Temperatures can drop



JENNIFER NGUYEN/*The Shamrock*
A mysterious mist encompasses John F. Kennedy High School on an early November morning.

drastically and reach to the double digits below zero. Temperatures in the mid-40s are "celebration-worthy."

"When it's winter, I pull out all of my down jackets -- both light and heavy -- heat-retaining undershirts, and stockier sweaters," Chu said. "A pair of sturdy boots are a must."

Despite the extremely freezing temperatures and deep layers of snow, it adds to the ideal winter-Christmas feeling.

"I can bring out my thick blankets and fluffy socks," New York resident, Pamela Verzonilla said. "Drinking hot coffee in my onsies on a winter morning is the life."

The tourist areas in New York are constantly alive and busy during the chilly winter season. Rockefeller Center is known for having their huge Christmas tree up for ice skaters to marvel at.

Winter in the West Coast, however, is an entirely different story. There is no sight of snow in the local areas because it is too warm.

"Having grown up in California, my preference is toward winter on the East Coast," Chu said. "Winter brings out a lot of heart and warmth in [those cities], especially given snow during the holiday season."

California is well-known for its bipolar weather. The morning can be foggy and dreary, but in less than an hour, it can clear up and become sunny and hot like a typical summer day. Temperatures can range from 40 degrees Fahrenheit to 90 degrees Fahrenheit just between the

early morning to high noon. "The weather has such abnormal shifts," Orange County resident Nancy Tran. "I



East Coast

would start the day with a T-shirt and two top layers, and by lunch, I would only be wearing the T-shirt."

Nevertheless, Bernadette Binning, a Southern California resident, would not trade the West Coast winter for any other.

While the rest of the country concerns itself with purchases of a heavy coat, rain boots, and snow tire chains, we Californians focus our energy on picking the best day to go to Disneyland and ordering our Animal Style fries," Binning said.

Winter truly does vary from coast to coast; while those in New York may have to trudge through a blizzard to get to the other side of campus, Californians get to bask in the sunlight on the beach to tan. The east gets snow activities, and the west gets to enjoy each day like summer never ended.

Mickey and Friends



Celebrate the Holidays

JENELLE CAYAS
Staff Reporter

Rivera said.

The holidays are here! Disneyland and California Adventure are getting a makeover this holiday season starting on Nov. 10 and ends on Jan. 8.

During the holidays, Disneyland puts in a 60-foot tree filled with thousands of ornaments and lights. The Sleeping Beauty castle is decked with wreaths and fake snow. The castle illuminates the night as the fake snow and the Christmas lights are lit. In California Adventure, they fill Cars Land with fake snowmen that are in shape of cars. The people workers also change the Cars Land sign to say "Welcome to Carsland! Season's Greetings."

"We absolutely love the decorations during this time of year because you can feel the Christmas spirit," juniors Kayla Fajardo and Thi Nguyen said.

The decorations are merely a small change compared to the Festival of Foods. For 14 days, 65 different foods from around the world are served throughout the park in California Adventure. In Disneyland, they added onto the original menus with 34 new food creations to try, such as the Chocolate Yule Log at the Plaza Inn.

"The best thing during the holidays at Disneyland is the rides. My favorite ride would be the Haunted Mansion because the theme is the Nightmare before Christmas," senior Pixie Iwata said.

During these times, not only is Haunted Mansion changed, but the Jungle Cruise turns into a Christmas adventure and renamed, Jingle Cruise, which is Jungle Cruise's cheery sister only available during the holi-



JENELLE CAYAS/*The Shamrock*
California Adventure transforms into a magical Christmas Adventure. With colorful lights, wreaths, and red ribbons, Disney jumps into the holiday spirit for its visitors.

They are aesthetically pleasing, so many take their photos in front of the castle and other specific places within both amusement parks. Inside the Animation Studio, people can meet and take pictures with characters dressed up in their holiday gear.

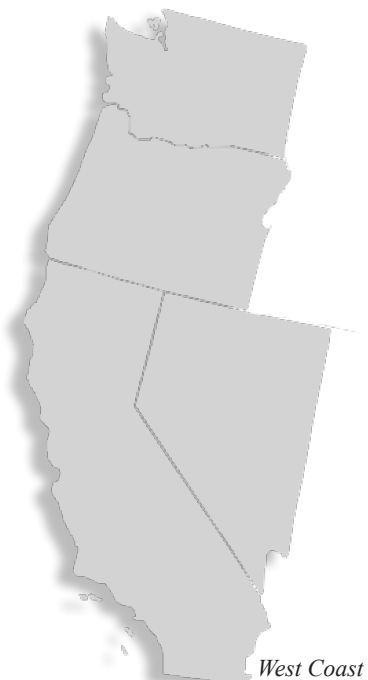
Disneyland and California Adventure are known for the rides, the characters, and most importantly, the food, especially during the holidays.

"I love the different food selection when the holidays hit Disneyland and the cool things that are going on," senior Adam

day season. Within California Adventures, people are able to see and meet Santa Claus at the Redwood Creek Challenge Trail in Grizzly Peak. The elves had transformed the rough and wild camp into Santa's work station.

Disneyland and California Adventure have plenty of things to see and look forward to this upcoming holiday season.

"The season of Christmas in the parks are my favorite time of the year, and the best time to go," senior Jordan Pedraza said.



West Coast



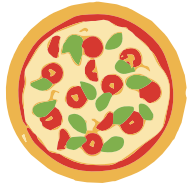
Myth Busters



ANH MAC
Staff Reporter



DAILY
cravings



Lights Out

No one is sure why the constant power outages keep happening. Rumor has it that this has been occurring for more than 30 years.

There have been multiple outlandish theories regarding the potential causes of this phenomenon.

"It's an extensive problem with our big transformer located by the attendance office," principal Russell Earnest said. "We think that there is something underground inside the path [where] the transformer connects to the city's power. Every time it rains, then power generator has more of an issue."

There is no apparent financial cost for the school whatsoever. In fact, the school actually saves money from the issue.

"We are using less electricity with no air

conditioning in some of the classrooms," Earnest said. "However, the educational impact is huge as it affected students who had to do presentations or work in electronically-based classes."

Not only does the power outage affected classes that obviously required electricity such as Business Tech or Graphic Design, the problem also hinders activity in other elective classes.

"We got extra free time in some of my classes because we were supposed to do work on Chromebooks but since the power went out we had nothing to do," sophomore Juan Aguiano said.

How was it possible for the school to make the additions of KFC and Domino's pizza into the school's lunch menu without breaking school health regulations?

"All of the food we serve has to follow certain nutritional guidelines," Earnest said. "Generally, those foods can seem like they're unhealthy, but through this new program, the food has to meet those guidelines exactly."

Through Domino's SmartSlice program, the pizza is made from whole wheat dough and reduced-fat, low-sodium organic cheese from a local dairy farm while still being able to maintain the original Domino's taste.

"By combining these, Domino's was able to create a pizza that fits in with the national lunch program," Kennedy food service manager James Patanella said.

It really all comes down to satisfying the student population and presenting them with more appealing lunch choices through

such programs from well-known contributors.

"Sometimes, kids like those name-brand attachments, such as Domino's and KFC, which appeals more to their appetites and favor," Earnest said.

KFC does not, in fact, stand for the actual brand Kentucky Fried Chicken; instead, the cafeteria utilizes the acronym for advertisement purposes.

"We use the call-letters KFC, but it actually stands for Kennedy Fresh Chicken," Patanella said. "The chicken is not cooked at KFC; we received a box from KFC that is kept frozen then fried right here on campus. We added our own mashed potatoes and biscuits to ensure it fits the health guidelines."

The hot lunch additions have been extremely popular among the student body. Due to such popularity, it won't be disappearing from the cafeteria anytime soon.

2016

THE RAPID RISE OF MOMENTOUS MEMES

JACQUELINE NGUYEN
Staff Reporter

The year 2016 includes new challenges, memes, and viral videos. Every month, there is at least one new trend, or meme, that spreads throughout popular social media hotspots such as Instagram, Twitter, Facebook, and Tumblr.

As the year comes to an end, another step forward is taken for "memelords," or people who are extremely passionate about memes, (a hilarious image, video, or text that becomes viral), to dominate social media. Teenagers and young adults are starting trends and sharing memes to one another, converting other social media users to become "memelords" as well.

In February, Josh Holz, 16, uploaded a montage on Twitter of his friend, Daniel Lara, in his classic white Vans. Social media users went wild over Holz's famous catchphrase, "Damn, Daniel. Back at it again with the white Vans!"

Lara's plain white Vans became the white Vans of the Internet. The two teenag-

ers appeared on *The Ellen Show* earlier in February, and Lara received a lifetime supply of white Vans and Holz received a surfboard with the catchphrase printed onto it.

SpongeGar resurfaced into the Meme World in early June. SpongeGar originally appeared as Spongebob Squarepants's ancestor from an episode of the popular television show where Squidward Tentacles traveled back in time to the prehistoric era.

SpongeGar reaction images show shocked or afraid emotions based on the Twitter-supplied captions. The comedic image garnered a lot of attention through popular social media applications with its showcase of relatable yet raunchy humor.

"I think SpongeGar is iconic," senior Edward Suarez said. "I relate to him on a spiritual level."

Imagine this: you're not done copying notes, and the professor changes the slide—how do you feel? You feel frustrated, irritated, annoyed, but those simple adjectives are not enough to describe your melting pot of rage. Instead of using sophisticated words, Arthur's fist would

be the perfect reaction picture to illustrate your unexplainable feelings.

@Almostjt, who is referred to as JT on Twitter, tweeted the first mention of the meme in July, captioning, "This is just a pic of Arthur's fist but idk how I feel that it's just so relatable. So many emotions in one fist."

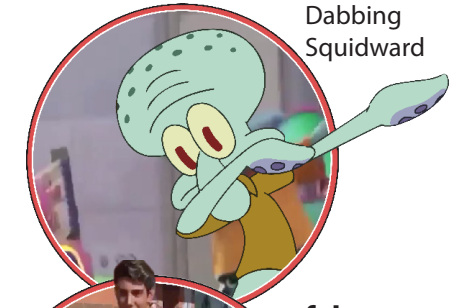
From that point on, "memelords" captioned the image with matching situations and emotions of frustration.

Throwing your phone in the air and taking a blurry selfie while clapping became the hot (and dangerous) trend to take part in early October. Originating from Twitter, user Seth Schneider (@TOSUBUCK) uploaded a selfie of himself completing the risky challenge of tossing an expensive smartphone in the air while the camera's timer ticked down.

With these crazy fads, the "memelords" and trendsetters are able to come out and spread their humor and entertainment as they simultaneously transform regular people into hysterical and loveable comedians.

trendline

January
Dabbing
Squidward



february
Damn Daniel



march
PAPAW



april
Running Man



july
Harambe



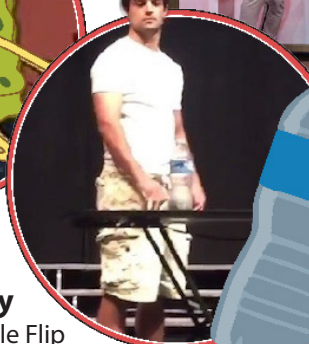
august
Arthur Fist



june
SpongeGar



may
Bottle Flip



november
Mannequin
Challenge
Courtesy of
@psgkeviin
(Twitter)



october
Self-Five



september
PPAP

