

The Shamrock

THURSDAY October 6, 2016

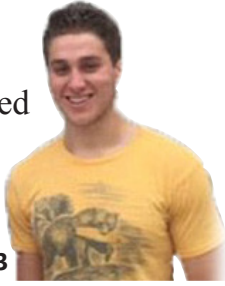
John F. Kennedy High School

VOLUME 46, ISSUE 1

FLAKKA

Austin Harrouff was reported using the man-made drug, Flakka, which led to the murder of a couple.

CONTINUED ON PAGE 3



SISTER LOVE

Three Kennedy students journey to Japan through the student exchange program, Anaheim Sister City Commission.

CONTINUED ON PAGE 6



WE ARE READY

The Fighting Irish and Cypress Centurions keep their rivalry alive with traditions for 42 years with each year growing more intense.

CONTINUED ON PAGE 17

BLACK CLUBS MATTER

JENNY TRINH
REICZEL BAEL

Features Editor & Editor-in-Chief

Activist-minded group of students defend the dreams of their club to see it come to fruition.

The campus is full of eclectic organizations: LGBT club, Anime club, French club, LINK. With so many bodies of students uniting together with the same vision, it's easy to start a new club. Until it isn't.

This past summer, the Black Student Union (BSU), headed by co-presidents Breanna Robinson and James Carter,



JUSTINE TABADERO/The Shamrock
BSU officers (left to right) Nia Thompson, Lexie Bowler, Theresa Pham, Jade Pallett, Tiera Barber, and Breanna Robinson, advocate for the celebration of black culture and creation of an open forum to speak about the problems regarding the African American community.

struggled to make its club a reality, facing obstacles from one end to another as paperwork, meetings, and rumors mixed chaotically into one. After multiple emails surfaced regarding concerns about the formation of BSU, officiating of the club came to a staggering halt.

"It was told that maybe we shouldn't have the club, and that maybe the club was very controversial, and that if it was [the teacher], they would hold off because it would be hard to find an adviser and get people to join," BSU officer vice president Tiera Barber said. "They said that it's so controversial and it's not even a club yet, and all these things are already happening."

CONTINUED ON PAGE 9



SUNNYSIDE DOWN

Courtesy of KENNEDY HIGH FOOTBALL BOOSTERS

Now that the regular season is over and the team goes into league, many players are positive on what the coaching staff has for them to lead the team to an Empire League championship title and eventually a CIF championship.

LUIS DURAN
GRACE YOU

Assistant Sports Editor & Staff Reporter

On Sept. 23, 2016, the Fighting Irish, who were favored to win by the OC Register, hosted the previously undefeated Sunny Hills Lancers at Handel Stadium where they defeated them 12-7 in their first game against each other in Orange County history.

Although the game did not start as expected, with the only score in the first quarter being a field goal and with trouble completing first downs, the offense ultimately did what they trained for and beat the undefeated lancers. Led by Alonzo Pineda rushing for 127 yards, and with Christian Rodriguez who was 12-20 with 107 passing

yards, scored a rushing touchdown and two field goals and, the Irish were able to secure the win.

Showing his appreciation for the hard work of his team, Varsity football Coach, Sean Clark, explained the one trait of the team as a whole that led to their successful win.

"There's always mistakes, nothing always goes according to plan. But what I'm most proud of them for is when things didn't go to plan they didn't panic, they kept playing hard and they stuck to the plan," Clark said.

The defense played a great night as well, allowing only one touchdown from the other school, along with many great stops on the Lancers offense. Marco Molina, the star of the defense led with 8 tackles, 1 Fumble Recovery and 1

Interception, and Tosin Noah was behind him with 11 total tackles.

"I thought they played extremely tough they were going up against an offence that was averaging 44 points a game and we only gave up 7 points and even in that play we had them but we just let them go, so real close to a shut-out," Clark said.

Recognizing the effort his teammates put throughout the week, quarterback Christian Rodriguez knew what his team was capable of. The many hours of training and practice pointed to their win.

"We practiced hard all week and we knew it was going to be a physical game, and so we just played our hearts out and I just knew we were going to win from the beginning of practice when we worked hard," Rodriguez said.

Now that the regular season is over and the team goes into league, many players are positive on what the coaching staff has for them to lead the team to an Empire League championship title and eventually a CIF championship.

"Going into the season, my teammates, the coach staffs, and myself were expecting and still are expecting to do big things. We have the team to be a league title team and a CIF title contender," Pineda said.

As the team goes into bye week, there are many things that they will be working on to improve their game to prepare for league as they face Western High School for the league opener and homecoming game on Oct. 7, 2016 at Handel Stadium.

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.

INDEX

News.....	1
Features.....	5
BSU.....	9
Center Page.....	10
Opinion.....	12
Sports.....	15
A&E.....	19

ENGAGE



EDUCATE



EMPOWER

KILLER WAVES

JANKI PATEL

Opinions Editor

Warning signs have been posted all over beaches as a nasty bacteria has taken over the coasts of California. Through years and years of pollution and contamination, the ocean has become a waste pool for all humans, and now, it is time to reverse the repercussions.

Global warming and the rising temperature of water has caused an increase in the population of the *Vibrio* bacteria. *Vibrio* is unknown to most Californians, but it has popped up around Florida, Maryland, and Mississippi.

Vibrio vulnificus is a microorganism that stems from the same family that causes cholera. Typically found in salt water, the bacteria thrives in warmer temperatures making summertime a prime target for bacterial growth.

Although the bacteria is both foodborne and airborne, many swimmers may contract the infection through a small cut or scrape while swimming in con-



JANKI PATEL/The Shamrock

Warning signs have been posted all around beaches to advise beachgoers to take caution while swimming.

taminated coasts. On the other hand, the Center for Disease Control (CDC) and Prevention reports there is no evidence of person-to-person contamination.

“Even if you want to eat raw oysters, you’re more likely to die in a car accident on the way to the restaurant than from *Vibrio*,” Paul Gulig,

a professor of microbiology, said.

The bacteria poses as a triple threat; as the species evolved, studies showed it to cause cholera, skin infections, and food poisoning. Ocean water and seafood should be regarded with high caution and adults and children with wounds are advised not to go into the water.

An infection may lead to necrotizing fasciitis, in which the bacteria destroys the skin and tissue above and beneath the muscle. That’s why the infection is sometimes referred to as a flesh-eating bacteria. This, however, is not a medical term, and is more commonly used to describe infections with the highly dangerous group A *Streptococcus* bacteria which produce much more severe injuries.

“I saw warning signs all over the beach, but the crowd was still very much present. Not many people are educated enough about the disease,” senior Eunice Hannah said.

The CDC reports that about four percent of those infected have died, and about 24 percent were hospitalized. These numbers are underestimated as most of the population has not been educated on the bacteria and its harmful effects and hopefully this will change soon.

“We were able to show a doubling, tripling - in some cases quadrupling - of the *Vibrio* over that 50-year period,” former director of National Science Foundation, Rita Colwell said.

Blended Zero

JACQUELINE NGUYEN

Staff Reporter

Most Tuesdays at John F. Kennedy High School allowed many students to sleep in, but there are others who had to wake up early for their zero period class. Now, it does not have to be that way for many of those students anymore; with zero period starting at 6:45 a.m., there is a new option for it.

An idea was proposed in January of 2016 for a “blended zero period” by a district office member, meaning that the students in the seat-based zero period classes are not required to meet up on Tuesdays unless important assignments fall on that day. This allows teachers to host class on PowerSchool Learning, also known as Haiku, for those zero period students. Haiku is similar to an online class where teachers can post various assignments for the students to complete via Internet. As for band, choir, and 3-D Design, those students are still required to meet every Tuesday morning since their assignments cannot be done at home.

The blended zero period enables both students and teachers to experience modern technology within their academic career. With this online interaction, teachers are able to reach out their students outside the classroom and provide more resources that will help them understand or catch up with the curriculum.

“I like the fact that students get the opportunity to experience like a college-type class because in college, there are a lot hybrid classes with online and classroom activities,” chemistry teacher Cristina Robitu said.

With this new opportunity of a hybrid class, completing assignments online may help many students with their personal growth in time management and motivation.

“Students have to be very disciplined; they have plenty of opportunities to do the assignments from 2 p.m. on Monday to 8 p.m. on Tuesday,” Robitu said. “They have to remember to sit down, do the reading, go online, do the discussion, and email ques-



JACQUELINE NGUYEN/The Shamrock

Silence fills the school on a Tuesday morning during zero period as less zero-period students arrive to school.

tions or post discussion questions on Haiku.”

The students with a blended zero period receive many benefits regarding efficiency of schoolwork.

“Students can [use the time to] catch up on their homework from the night before,” sophomore Leah Lopez said.

Meanwhile, some students that take band, choir, or 3-D Design were not aware of the new change since it did not affect their schedule. Those students still must physically attend their class on a regular basis.

“If I had a blended zero period, I would like it because I would be able to sleep in on Tuesdays,” junior Kristi Ryono said. “On days when band is excused from zero period, that extra half hour or so of sleep really makes a difference in feeling focused and prepared for school.”

As of now, these technology-incorporated classrooms are under a trial period. Meanwhile, administration awaits the results for this year to see the outcome of this blended zero period.

“All of the classes that have this blended zero period right now are trying it because they’re able to use Haiku and do assignments on on there,” principal Russell Earnest said. “Next year, I would give teachers flexibility if they think it works and can do it, and if they don’t think it works, then they don’t have to.”

Dear Reader,

As we embark on a new year full of fresh experiences and exciting opportunities, we at *The Shamrock* hope to be a vital and valuable part of your high school journey. Whether you play football or trombone, attend French Club or CSF meetings, we intend to make you feel represented by the breaking news stories, insightful features, and thoughtful opinion pieces carefully crafted by our hardworking and dedicated staff of Kennedy High students.

We are excited for the many changes that we have implemented at *The Shamrock*. We have a new adviser, new editorial board, and new staff of writers eager to assist the faculty and student body in sharing unique stories about your high school experience. You will also notice a new section on our center pages: “Fish Out of Water.” This section asks our reporters to step out of their comfort zone and live the life of one of their peers for a week. We hope this examination into the proverbial act of walking in another man’s shoes will open the eyes of our student body, faculty, and community to the unique, diverse, and often challenging lives of the young men and women who represent John F. Kennedy High.

As part of Kennedy’s history and tradition, we hope to bring truthful and compelling news to our readers. Our commitment and passion is manifested through our dedication to quality in both writing and design. So without further ado, we are proud to present our first issue for the 2016-2017 school year.

With Respect,

Mr. Corcoran
Staff Adviser

Reiczel Bael
Editor-in-Chief

Follow Kennedy on Social Media



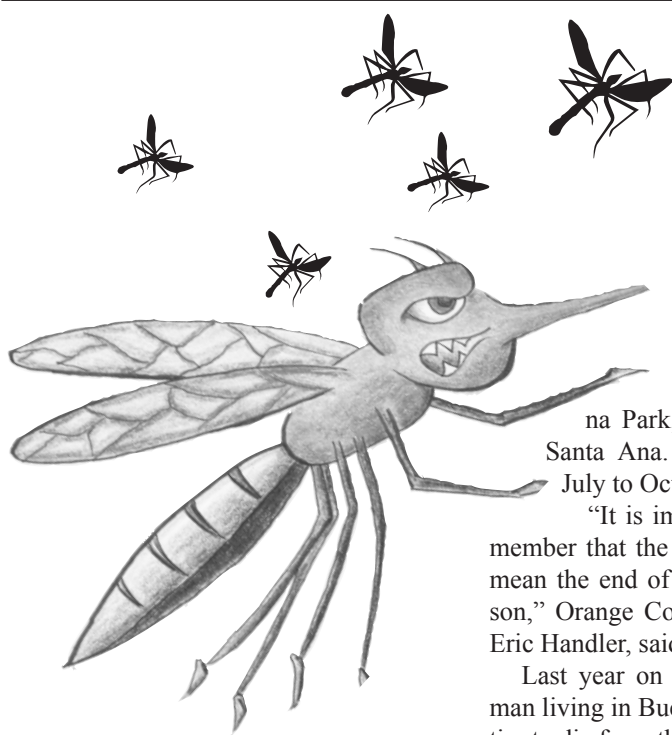
@khigh4life



#KHigh4Life #EngageEducateEmpower



THE WEST NILE SEASON



KAILA CHEN/The Shamrock
Mosquito having its daily meal and leaving a tip of West Nile virus.

JENNIFER NGUYEN
Staff Reporter

Mosquitoes are the definition of vampires: blood-sucking creatures that come out at night and can potentially kill you.

The West Nile virus originates from mosquitoes biting infected birds and passing it on to humans. The positive samples of mosquitoes infected with the virus has increased by approximately two percent since 2015. The West Nile virus is an endemic (a disease found in a specific area) in Orange County, in cities such as Buena Park, Anaheim, Cypress, and Santa Ana. Its season occurs from July to October or November.

“It is important for people to remember that the end of summer does not mean the end of the West Nile virus season,” Orange County’s health officer, Dr. Eric Handler, said.

Last year on Sept. 17, an 80-year-old man living in Buena Park was the first victim to die from the virus that season. From the 28 people who contracted the virus, most of them were reported to live in Buena Park and La Habra, with four cases in each city.

“I don’t feel personally threatened because the numbers are so low,” Spanish teacher Jose Gallegos said. “But if it starts to spread, then it will be a concern for everyone.”

Fast forward to 2016, a 60-year-old Anaheim resident was the first to test positive for the West Nile virus in Anaheim. According to the county health officials, the victim was taken to the hospital in July and was said to be in serious condition.

“I’m a little concerned,” junior Kimberly Bustamante said. “I feel like we should take action and do something about it like come up with something that can prevent the disease.”

Because mosquitoes are mainly active at night, it is advised to limit outdoor activities during dusk and dawn. Other tips to reduce the risk of catching the disease consists of wearing clothes that covers the arms and legs, making sure all doors and windows are closed, removing standing water (sources where mosquitoes can breed), and spraying insect repellent that contains DEET or IR3535.

Centers for Disease Control and Prevention (CDC) recommends using insect repellents that contain DEET or IR3535, active ingredients that ward off mosquitos due to their strong scents. These repellents have been approved by the Environmental Protection Agency (EPA), which means that they are expected to not be harmful to human health.

The disease can spread through processes other than from being bitten such as the transferring of blood or through breastfeeding.

“West Nile Virus can be more serious for a baby or an elderly person,” 25-year-old survivor Ashley Seling said.

The disease is more dangerous for an elderly person because their early immune responses and long-term antibody memories are weak and impaired. This means that the antibodies are unable to have an

strong impact on the early phases of the virus, and the infection continues to spread.

For the newborns, since their immune systems are not fully developed, they are unfit to fend off the deadly virus.

Symptoms are not immediate and usually take about two weeks to appear. They can include: fever, body aches, headaches, skin rashes, nausea, and fatigue. Severe symptoms consist of stiff necks and weak muscles. Less than one percent of the infected patients will develop a neurological infection, and approximately 10 percent who are diagnosed with it will die.

“I’m kind of scared because I have a bad history of mosquitoes,” junior Ma Fatima Palma said, “The West Nile sounds dangerous because you can die from it, and that’s scary to think about.”

A solution suggested was to have an aerial spray, which is spraying general areas from above the city with insect repellent, but it was shot down due to several protesters who were concerned with pesticide safety.

With high temperatures, large mosquito populations, and more positive samples and human infection, the risk of getting infected with the West Nile is increasing, creating a threat to Orange County’s public health.

TOP RANKED STUDENT AND HIS FIVE-MINUTE INSANITY

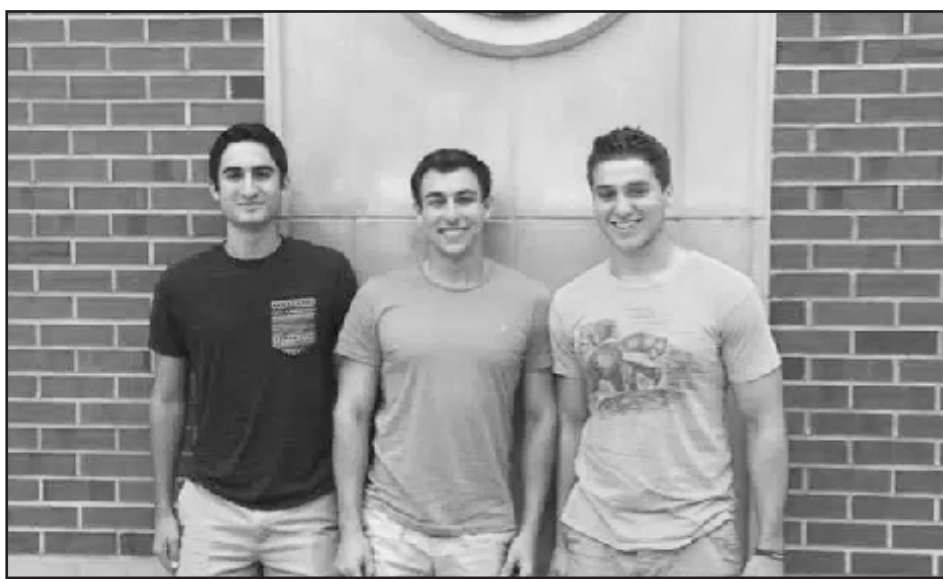
SARAH PARK
Staff Reporter

On Aug. 15, a 19-year-old Florida State University (FSU) student, Austin Harrouff, allegedly stabbed and ate a couple’s faces off to death outside their home in Martin County.

Harrouff was arrested after police tried to get him under control after four hours of resisting their attempts of trying to calm him down. Police from the Martin County Sheriff’s Office responded to an urgent phone call from a neighbor at approximately 9:20 p.m. The neighbor called and claimed to have been stabbed after trying to break up the fight between Harrouff and the couple. Once authorities arrived at the scene, they found Harrouff eating the face of John Joseph Stevens in his driveway, while his wife, Michelle Mishcon, lay dead in their garage.

The deputies used stun guns and K-9 units to try to get him under control at the scene, but both efforts failed to stop Harrouff as he wasn’t stunned by anything.

“The suspect in this case apparently was abnormally strong. The delirium drug increased [his] adrenaline strength,” Martin County Sheriff William Snyder said at a prior news conference. “Somebody unable to feel [the] pain of a dog bite, repeated stuns from a Taser, [and] taking three to four dep-



Harrouff (far right) stands in front FSU’s plaque with Alpha Delta Phi frat brothers (center and far left) before the attack occurred.

uties and officer dog to get him off — that’s somebody with a lot more strength than you would normally encounter.”

Harrouff was tested afterwards for drug use; a test for heroin and cocaine came back negative. Another test helped link his abnormal behavior to an event that occurred just 45 minutes before the attack: a visit to his family, who lived near the victims. Harrouff was eating dinner at Duffy’s Sports Grill when his mother reported he suddenly got upset and left. Worried about his sudden

behavior, his relatives decided to call the police and fraternity brothers to locate him.

“When I saw [the perpetrator] was a kid I went to middle school with — he was in my class, [too] — [it was] shocking,” Joey Bashwiner, a former classmate, said. “You would’ve never expect [something like that].”

Investigators concluded that Harrouff had taken a cheap synthetic drug named flakka. Flakka, otherwise known as the “zombie drug,” has been constantly resur-

facing on news channels for the past few months. It was first discovered in 2013, gaining the nickname “five dollar insanity.” The drug can be snorted, inhaled, smoked or injected into the body. While giving the user a high, the symptoms may trigger the person to hallucinate.

According to the National Institute of Health, symptoms can even escalate to frightening delusions, paranoia, and extreme agitation, which was exactly what Harrouff was experiencing.

“He’s had the symptoms for about two weeks prior,” father Wade Harrouff said in an interview with Dr. Phil. “I just thought he’d snap out of it. He went from a happy person to, he can’t sleep, pacing the floors. He could barely work. He was tired. There’s no question - he had mental problems.”

The neighbor who called in was immediately rushed to the hospital with serious injuries and was pronounced alive, while the couple was pronounced dead on the scene. Harrouff was brought to the hospital where he seemed irritated and made animal noises and was released on August 18. As soon as Harrouff was released, he was charged with two counts of first degree murder and one first degree attempted murder.

“It is not super important to me what his mindset was,” son John Stevens said. “I just want to see the prosecutor ask for the death penalty. I want him to go through that process and to pay for what he did.”



WAR ON DRUGS

JUSTINE TABADERO
News Editor

As a former mayor of Davao City and a former member of the House of Representatives, newly appointed Philippines President Rodrigo Duterte, signed into office on June 30, 2016, and the war on drugs began.

Shirts covered in blood, duct tape around their heads, and posters indicating their alleged drug crimes, drug lords and drug users are seen throughout the streets in the Philippines.

"Double your efforts [against the drug users]. Triple them, if need be. We will not stop until the last drug lord, the last financier, and the last pusher have surrendered or put behind bars -- or below the ground, if they so wish," Duterte said, in his State of the Nation speech on July 25.

Since the day Duterte assumed office on Aug. 1, 465 drug lords and drug users were recorded dead over the course of about a month.

"Please feel free to call us, police, or do it yourself if you have the gun... you have my support," Duterte said.

Duterte's words and direct actions of killing have affected thousands of drug offenders causing them to turn themselves in. However, it is not enough for Duterte: he vows that it will not end until the day he leaves office which is in 2021.



After being shot by an unidentified gunman on the street, Michael Siaron is cradled by his partner Jennilyn Olayres who insists that he had no ties with drug trade. Next to his body is a sign which reads "I'm a pusher."

The United Nations and the World Health Organization have expressed their beliefs in defending the people of the Philippines rather than Duterte's proposals of eradication.

"International drug control agencies need to make clear to Philippines President Rodrigo Duterte that the surge in killings of suspected drug dealers and users is not acceptable 'crime control,' but instead a government failure to protect people's most fundamental human rights," Phelim Kine, deputy Asia director at Human Rights Watch, said.

Those who have turned themselves in were admitted to a rehabilitation center, while others took the chance of being a part of police sponsored events that are believed to help them transition into becoming better citizens such as participating in Zumba classes. There are less than 50

accredited rehabilitation facilities nationwide which can be a struggle to manage.

"We suddenly got swamped. It's a crisis, but at the same time, we can take advantage of this crisis to help these people," Bernardino Vicente, who heads the National Center for Mental Health, one of the Philippines' largest psychiatric facilities, said.

Although those who surrendered were able to receive treatment, it did not stop the other 15,000 people from getting arrested and being sent to overcrowded jails or being killed in the streets.

"The important thing is when they start to surrender, some of them have hope that something will be done for them, and there is nothing. They will just sit around waiting," Vicente said.

President Barack Obama was scheduled

WITH PERMISSION FROM RAFFY LERMA

to have a meeting with Duterte to discuss the apparent issues in the Philippines, however, Obama called it off on early September due to Duterte's rude slurs by cursing him.

Since the War on Drugs started, the death toll has continued to rise everyday.

According to The Straits Times, on Sunday, Sept. 4, 2016, "The crime sweep has passed the 2,400 mark in the less than three months since he took office. However, the majority of the killings of supposed drug dealers and other criminals were not credited to the police but listed instead as 'deaths under investigation,' which means vigilantes may have been responsible. Police have killed 1,011 suspected criminals since Mr. Duterte took office at the end of June, while there were another 1,391 'deaths under investigation,' the figures showed."



ESTHER LEE
Copy Editor

ASB members utilize their new workspace to spread their posters around the room while work working on other projects.

The new school year of 2016 to 2017 brought about many new changes to John F. Kennedy High School. Grants gave several classrooms new furniture for the new school year, and with the money, ASB decided to renovate their room in a way that could benefit not only ASB, but also any students or staff in need of it may have the chance to utilize it. As of now, most clubs have made use of it by having the president's meeting in it.

ASB adviser Sarah Anderson made the final decision in the past spring after noticing for several years that the separation in the room made it hard for two classes to continue at the same time. The room had previously been separated by a wall and lay bare with cracked cement covering the floor.

"... I approached Mr. Earnest and I said 'We need to make a change,'... It

Extreme Makeover: ASB EDITION

was around February, and I said 'We were really suffocating in the ASB room.' Ms. Idio, who was in there, was a travelling teacher because of us. Two classes can't meet there at the same time. So I asked what we can do. How we can make the change," Anderson said.

Renovations to the classroom include the removal of the wall in the center of the room, an entirely new floor, repainted walls and other areas, and some parts of the room were

removed to provide more space.

"So have I always thought about it? Yes. But did it not really go into work until last year when I was like, it's a need, make or break kind of die situation? Then yes," Anderson said.

After receiving the grant for new furniture along with several other classrooms on campus, Anderson decided to use the money for the removal of the wall as well as other renovations across the entire room.

"I think the new room has been a really big impact in the way to work efficiently because we split the room into a work space and a meeting space. It just provides more structure to our ASB," senior class president Melinda Sang said.

The room is now wider and provides space for everyone to use it whenever they need it. ASB and clubs across campus can use it to complete various tasks such as making posters. If clubs are in need of the room, they just need to make sure an adviser or another adult is in the room while the clubs are meeting.

"It's easier to have meetings now because they have desks and chairs set up on the other half while the other half offers space for everyone to come in make posters and such," UNICEF president Jeremy Choi said.



New teachers on the block

Marisol Marquez



REICZEL BAEI
Editor-in-Chief

Matthew Corcoran



KRISTEN QUIJANO
Video Editor

Catherine Larson



GRACE YOU
Staff Reporter

Patrick Guggino



JANKI PATEL
Opinions Editor

A one-woman academic show performed by drama enthusiast, Marisol Marquez, joins John F. Kennedy High School's campus as a new English teacher. She currently educates freshman honors and regular students, and sophomore regular students of room 213; simultaneously, she serves as the adviser for the new Speech and Debate club.

"I actually ended up here on accident, [sic] transferred from a different school," Marquez said. "This was my year to be at Kennedy. I love the school spirit, the way our administration works with our teachers, [...] the way that the program works with each other, and it's just unlike any other school I've ever worked for."

Like millions of career-searching souls before her, declaring herself as an English major wasn't her first choice; rather, her energy was spent securing her success in the theater. Discouraged by the lessening opportunities and careers for a theater major, Marquez switched to English and finished her teaching credentials.

"Everybody always told me that I would become a teacher because both of

"This was my year to be at Kennedy."

- Marisol Marquez

my parents were," Marquez said with a slight chuckle. "I just ended up doing my credentials in English, and sort of fell in love with the subject matter from there. It's always been in me, especially because of my parents."

Kennedy students and staff already wholeheartedly welcomed Marquez's input and opinions concerning the development of the campus. In the future, she suggested "opening a dance class, if possible, in lieu of P.E., or a possible theater group or drama class" for the long-run. In addition, she's also found a kindred spirit among Kennedy's sea of green.

"If I would see myself in 10 years, 15 years, I'd be like Ms. Kimberly Weir," Marquez said. "She really took me under her wing when I was student teaching here, and she's just very knowledgeable about her subject [of expertise]. I can go to her for anything I need when it comes to content like literature. I love her personality, and when I think of myself as a future educator, that's sort of who I see her as."

Corcoran is one of our many new faculty members of Kennedy High School and, although we are sad to see Ms. Fong go, there are many students and staff who believe Corcoran will achieve great things within our campus.

Our new AP Language and Journalism teacher has an extensive past within his field. Corcoran received his Bachelors Degree from Cal State Long Beach in Rhetoric & Composition and his Masters Degree in Cal State Fullerton in English. He also has a single subject teaching credential in English. As far as journalism goes, he's worked in journalism for the past 5 years as a sports writer and editor for ocvarsity.com and the Orange County Register. Luckily, his journey through writing has led him to Kennedy High School.

Believe it or not, this is not Corcoran's first year at Kennedy. Although this is his first year officially teaching AP Language and Journalism, he has also been to our campus before as a Student Teacher. He was a Student Teacher for Ms. Wu in the 2014-2015 school year.

Wu has known Corcoran for over a year and said, "Corcoran was a great partner to work with. He brought new ideas to the class and worked really well with the students of all levels."

Corcoran has also worked with other schools in the district, substituted elementary school and taught an English 100 class at Fullerton College. However, his best experience teaching so far is right here at Kennedy High School.

Corcoran said, "Kennedy was my number one choice and I was lucky enough to be offered a position here this past summer."

Upon greeting his students on the first day of school of the 2016-2017 year, Corcoran gives them a light warm welcome by not only just learning his students' name but also getting to know their personalities. On the first day, when Corcoran took roll he also had his class answer a series of questions like "What superpower would you like?" or "What's your biggest fear?" Many students appreciate his effort on getting to know them as a person.

When asked to describe Corcoran in three words, junior Mili Nadasia said, "Lively, funny, and helpful."

Kennedy High School is excited to see what Corcoran has in store for us. Thanks to his extensive background and stellar personality, the students and staff of our school can be reassured that Corcoran is the best for this job and definitely has what it takes to be a Fighting Irish!

To start off the year at John F. Kennedy High School, Catherine Larson, a new English teacher from Oxford Academy, came with new ideas and plans for her junior and freshman classes.

Larson has taught regulars English at Oxford for around 17 years and has always had a passion for teaching English to kids. Although she loved working at Oxford, she felt she needed a change in the environment of her workplace. She decided to transfer to Kennedy due to many positive views on the school from current teachers.

"I had heard nothing but good things about Kennedy and the energy at the school," Larson said.

Larson's expectations of the school were met with the school pride and the students themselves. The environment at Kennedy inspired new goals for Larson regarding the student body, staff, and the technology used in the school.

"I want to get to know all the teachers and the kids by name and their story," Larson said. "I also want to help teachers integrate technology into the classrooms. I was offered the tech coach position so I want to help teachers implement technology to engage the kids."

Larson has been seen to only work with technology, allowing the kids to engage in the classrooms, and allowing herself to find new ways of teaching her students.

Assistant principal Jennifer Brown expressed her appreciation for Larson and her position as tech coach. Brown understands that Larson's great qualities and hopes for the school year will make her a great teacher.

"Through the tech coach position, Larson coaches teachers by sending out a tech tip each week, as well as helping out on the professional development team," Brown said. "She also ran her own writing academies for kids during the summer, so she has a really strong background in writing and technology."

Co-workers have said nothing but good things about Larson. Sharing a classroom during first period, English teacher Katrina Tweed has expressed her appreciation for what Larson has brought to the school.

"She's giving a new fresh view of how teachers can teach the curriculum," Tweed said. "Sometimes, she gives me some insight on how to tweak my lessons in a way that stimulates my students."

Kennedy welcomed Larson for her fresh start at Kennedy. The teachers and kids have all been so giving and kind to their new teacher and fellow co-worker.

"There was an old tv show in the 50's called the Andy Griffiths show and the town they were in was called Mayberry, and in Mayberry, nothing could ever go wrong. It's like a paradise, and please believe me when I say JFK is Mayberry," assistant principal, Patrick Guggino said.

As one of the many newly hired staff at John F. Kennedy, Guggino is ready to make the best out of his stay. He is very much qualified to be leading the school; in addition to having been in public education for about 20 years, Guggino is also a National Board Certified teacher in English Language Arts. As the school's assistant principal, students can catch him walking around during lunch or in his office inside Registration before and after school.

"It's like a paradise"

- Patrick Guggino

Although you may see Dr. Guggino running all over campus, his office is always open to all students. In fact he encourages every student to build a connection with any adult on campus. Guggino's main priority, at the bare minimum, is for kids to walk into Kennedy and feel like they are part of something, welcomed wholeheartedly.

Students should feel like they are able to have an outlet, someone who can do anything in their power to make something happen. Having been inspired by his own high school teachers, Guggino is happy to make a difference in at least one student's life.

"I think of teaching as a stand up comedy routine with a captive audience, if you're laughing you're learning because you get the joke," Guggino said.

In his spare time, which is very rare, you can find Guggino running after his three kids, reading a book, or tap dancing in an all male impacted class. Every week, he also teaches one night at Cal State Fullerton, making his plate full and busy.

Pictures taken by the reporters



SISTER LOVE

ESTHER LEE
JUSTINE TABADERO
Copy Editor & News Editor

Through the exchange student program Anaheim Sister City Commission, six students got the chance to travel to Japan. Anaheim and one of its two international sister cities, Mito, hold annual exchange visits to allow students from both America and Japan to expose themselves to different cultures from June 24 to July 5 with their host families.

Kaitlyn Minton

Helping students of various grade levels, spending time with her host family, and enjoying Japanese culture, junior Kaitlyn Minton had the opportunity to travel to Japan after learning about the opportunity from her history teacher, Julie Foy.

Throughout her visit to Japan, Minton was able to bond with both the students she met and her host family.

"During the weekdays, we went and visited a lot of schools, both private and public schools, which was very interesting. On the weekends, we got to spend time with our host family who took us to various places. For me, the first day we went to the aquarium, then we went to the beach to collect clams which we later ate that day, and we went to Tokyo," Minton said.

Since it was Minton's first time traveling to Japan, she was exposed to a new and different environment that she was not used to.

"It's crazy different. Here in the U.S., we are so diverse in cultures whereas in Japan, 95% of the



JUSTINE TABADERO/
The Shamrock

population is Japanese. So everyone shares the same cultural background and the same beliefs; so you can feel the unity when you're there," Minton said.

Although in a new environment, Minton and the rest of the group experienced the uplifting spirit and culture of Japan.

"Steven Trinh, my best friend who also went on the trip with me, played volleyball with the students; it was crazy [sic] to see the character of the kids. We sucked at playing the game, but they loved it. You can just tell that nobody really judged you. As long as you were having fun, everyone else was having fun," Minton said.

Dara Thunyakij

Senior Dara Thunyakij's love for travelling lured her toward Japan after hearing about it from a friend. Despite not having close friends travelling with her, Thunyakij got to know the other exchange students and her host family, both of whom she continues to stay in contact with.

"My perception of Japanese people is kind of biased because I thought that the father would be super strict, the mother very timid, and the girl would be too shy to talk to me--but when I actually met them for the first time, [...] they were very open and kind to me," Thunyakij said.

Thunyakij's experience provided her with a new view of Japanese people, creating an incomparable experience and a new outlook on other cultures.

"[My visit] was definitely life-changing. You get to experience another culture and meet new people. It's not like you're a tourist because you're actually with the people as they go about their dai-



ESTHER LEE/*The Shamrock*

ly life," Thunyakij said.

Without close friends to accompany her, Thunyakij bonded with those around her during the trip.

"Over the course of those ten days, I became really close friends with the other five kids who went with me," Thunyakij said.

Thunyakij felt amazed by the differences between American and Japanese culture. Her new insights made her realize how different life is from country to country.

"Even though those ten days passed by quickly, I still got to do a lot because of my host family, they definitely gave me insight into Japanese life," Thunyakij said.

Steven Trinh

Trinh and his close friend, Kaitlyn Minton, were excited to experience the Japanese lifestyle.

The students Trinh worked with in Japan were from a wide age range, allowing him to see the contrasting attitudes students had in Japan in comparison to those back home.

"The students there had a lot of positive energy and spirit that many of the students here [in the U.S.] would be scared to show," Trinh said. "They laugh at everything and are just really lighthearted."

Ultimately, visiting schools was his best memory from the entire trip.

"My favorite part of the trip was visiting the Japanese schools. The kids were very nice, happy, and had a very positive vibe. "There is definitely a difference between Japanese students and American students," Trinh said.

Trinh and his host family may come from two different cultures, but he connected with them on an emotional level, prov-



JUSTINE TABADERO/
The Shamrock

ing that bonds can go beyond race and ethnicity.

"I got along with my host family perfectly. I couldn't have asked for a better family. I had a really special connection with my host mother, and we had a bunch of inside jokes," Trinh said. "Really, I saw her as my second mom. I still keep in contact with my host family."

The people of Japan left Trinh with something he will carry with him throughout life.

"I learned that it's important to put other people before yourself. Many people were very kind to me and even went out of their way to please me, which I found to be really cool," Trinh said.

Kennedy Through the Years

KAILA CHEN
Cartoon Editor

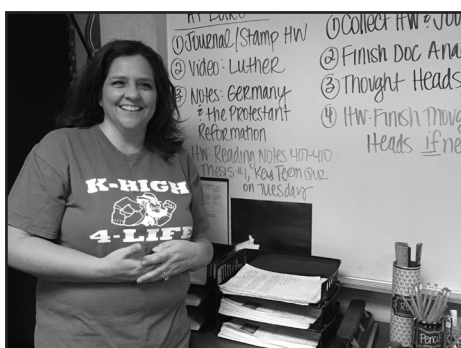
In 1964, John F. Kennedy High School was established in the small city of La Palma. Originally a school opened strictly to sophomores and juniors, however, Kennedy developed and grew into a diverse community of students.

After talking to the alumni teachers and current students on campus, it's easy to see the distinct similarities and differences shared by various perspectives.

Amy Staton, an AP European teacher, shared some of her personal experiences as well as her thoughts regarding how Kennedy has grown.

"When I was here, there was only one gym," Staton said. "There's a lot of things that remain the same, like the Blarney stone in the middle of the campus."

Physically, the campus has changed. The creation of the Kennedy Performing Arts Center (KPAC), used to host award ceremonies, concerts, and shows, has

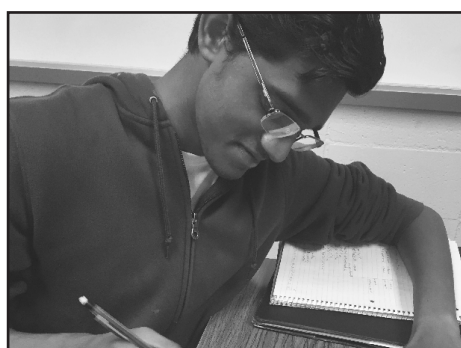


KAILA CHEN/*The Shamrock*
Amy Staton recounts her past experiences from being a Kennedy alumni student to a John F. Kennedy High School teacher.

become a well known auditorium among other schools in the Anaheim district.

"They have an expanded library, media center, [and] way more technology versus when I was here," Kennedy alumni Brit Johnson said. "Both in academics and extracurriculars, they've added so much more for the students to have access to."

Kennedy excels through the addition



KAILA CHEN/*The Shamrock*
Senior Shann Agoramurthy works diligently as a student at John F. Kennedy High School.

of new technology, accommodating the needs of students. Kennedy later adopted the Advanced Placement (AP) program and the International Baccalaureate (IB) program, both giving students an opportunity to challenge themselves while having classes that fit their needs for their future in college.

"I foresee that the IB program, intentionally, will continue to grow,"

Tiffany Weir, a more recent Kennedy teacher, said. "There'll be a lot more push for students to be involved within their communities."

"These programs put [students] in an environment where they are capable of being better individuals and learning a lot more," senior Shann Agoramurthy said.

The campus also progressed in the racial and ethnic diversity of students attending the school.

"Everyone that went to Kennedy was from La Palma or Buena Park," Staton said. "And now we seem to have kids from all over the district. I think it makes our school more diverse, which I really like."

Alongside the academic and physical additions, the development of students on campus has truly made Kennedy what it is today. For over 50 years, Kennedy has adapted to the change of society and will continue to flourish into a more advanced school while also continuing to hold certain traditions that symbolize Kennedy as the "Fighting Irish."



The Transfer Club

As transfer students, we all have our reasons for switching schools — some good, some bad. But ultimately, we are all Fighting Irish. Below are a few short stories about some new additions to the Irish batch.

ALANA JORDAN
A&E Editor

Servite

As great as Servite was, it never felt right; their colorful environment lacked what Jordan Joseph wanted; the real problem lied within the atmosphere created by the students around him.

“[John F. Kennedy High School] gives off way better vibes than Servite did,” Joseph said.

“The people here are more like me, and way more welcoming.”

— Jordan Joseph

Starting mid-October of 2015, Joseph was the new kid on the block. Seeing as how his friends had left Servite beforehand, settling in amongst the Irish was not as hard as Joseph thought it would be—mutual friends became best friends as his junior year came to a close.

Now, as a senior, he stands proudly on Kennedy soil ready to proudly display his green cap and gown during graduation.



Jordan Joseph, Senior



Lori Nakamura, Junior

Oxford Academy

Oxford Academy was left behind after Lori Nakamura’s enrollment was dropped. From then on, the choice was either a school in El Toro or Kennedy for Nakamura; Nakamura’s parents decided to register her at Kennedy after her enrollment was dropped from Oxford.

“Kennedy is closer to home, so it’s easier to commute,” Nakamura said. “I really like the environment at Kennedy [more than Oxford]. The staff members are very friendly and make me feel welcome. Class is entertaining, the school is huge... I’m always meeting new people here.”

Lori wishes she could have brought bits and pieces of her old school with her when she left Oxford.

“It’s odd having all of my classes everyday. School starts earlier and ends later than what I’m used to,” Nakamura said. “It doesn’t feel any different [without my friends around]. It’s weird not seeing them on a daily basis, but when I talk to them it feels like nothing has changed.”

Her friends may be at another school but all is well for Nakamura.

“It doesn’t feel any different [without my friends around],” said Nakamura. “It’s weird not seeing them on a daily basis, but when I talk to them it feels like nothing has changed.”

Troy

Joseph Yoo’s roots are back at Troy; now, he’s taking this last year to fully bloom within the rich campus of Kennedy High School.

“My dad recently decided to start a business and wanted to travel around [the world] to get it started. To continue my education here in the United States [rather than in Korea], I had to stay with a friend,” Yoo said. “Troy is a 30 minute drive from their house, so [I] decided to transfer to the school closest to them.”

Compared to Troy, Kennedy is a godsend — the library, his sin of choice, is where he spends most of his time.

“I really like the library. It’s bright with a lot of natural lights, big, and clean,” Yoo said. “Troy’s library was a lot smaller, so I was really surprised and happy.”

Coming to Kennedy has been a big change. — Yoo has to live away from his parents and finds himself lost in the sea of 2400 students he’s never seen before. [There are times when Yoo finds himself feeling nostalgic about his old school.]

“At Troy, juniors and seniors were allowed to leave campus to buy lunch,” Yoo said. “I was heartbroken when I found out that the same rule did not apply at Kennedy.”

Yet, Yoo is hoping his first year at Kennedy will be the greatest of them all.



Joseph Yoo, Junior



Chinese Olympic Swimmer Breaks Taboo

An athlete revealed something few have ever admitted publicly before, discussing her period on national TV.

ANH MAC
Staff Reporter

Discussing menstruation publicly is a taboo that everyone seems to avoid talking about. Yuanhui Fu, a Chinese Olympic swimmer, was applauded by international audiences for her brave comments about her period during a race that broke traditional, general beliefs.

Fu represented China in the 4x100-meter swimming relay race on Sunday, Aug. 7, and helped the Chinese team come in fourth place. She medaled bronze in the 100-meter backstroke race earlier that same week.

While periods are a natural occurrence for every woman, it is said to hamper an athlete's performance. According to Active.com, female athletes typically would have slower recovery time due to the drop in blood levels during their menstrual cycles and, along with it, slower sweat rate and higher body temperature. Nevertheless, the topic is often left undiscussed, especially on international television.

The Olympic swimmer was praised for her honesty during her interview at the Rio de Janeiro 2016 Olympics this past August.

"I don't think I performed very well today. I feel I let my teammates down," Fu said. "Yes, [my belly hurts] because my period came yesterday. I'm feeling a bit weak and exhausted, but that is not an excuse."

After finishing the race Fu crouched down with her hands covering her stomach near an advertising board, looking as if she was in great pain. Yet, her positivity remains.

"Although I wasn't the champion, I surpassed myself," Fu told Chinese state television.

Fu became a trending topic on Weibo, a



Courtesy of SHI YALEI

Fu Yuanhui is not only an outstanding swimmer, but she is also known for her frank expressions and positivity, which always bring a fresh and brightful atmosphere to the Olympics stadium after every race.

Chinese social networking site, that Sunday night.

"I really admire Fu, for swimming while she was on her period—women can be affected during their periods, especially with period pain... she felt guilty for coming forth, but

Fu, we're still very proud of you," another Weibo user said.

Fu's comments broke the silence around female athletes who might be undergoing their menstrual period. Fu's comments sparked discussion revolving around the big-

ger issue of sexism in China and brought new pride to the feminist movement.

Fu inspires and brings confidence to other female athletes to not let their natural being become a disadvantage that restrains talent and hinders performance in sports.

A TO Z DRIVING

Serving Orange County Since 1996

\$10 OFF!!!!
Call Our Office
TODAY!!!!

[Online Driver's Ed]

[Only \$28.00
Work at your own pace
& Start today!]

[One-on-One Behind the Wheel]

[\$270.00 for 6 hours of training
Pick-up/Drop-off/Insurance fully covered]

[In Class Driver's Ed & Behind the Wheel]

[\$320.00 for 6 hours of training
& In-class lessons for 4 Saturdays
From 9:00am-3:15pm]

Contact Us
[A to Z Driving School]
[2612 W. Lincoln Ave. #106] | [Anaheim, CA, 92801] | [(714)-828-6147]
[www.a2zdriving.com]



Official club status for Black Student Union in jeopardy

CONTINUED FROM FRONT PAGE

Filing paperwork to start a club is fairly simple. A straightforward guide on the school website directs the following: find five to six students and an adviser, plan some events, write a constitution, and fill out an application. Once the district office approves, then the club is free to start calling itself an official club.

For BSU, however, instead of receiving a speedy approval as they had expected, the paperwork reportedly became missing.

"It felt like it was because of the club itself and what we were trying to do. It felt like that's why it was being delayed," BSU secretary Metrah Sadeghi said. "And that inflamed feeling that we had only intensified when we were told that it was controversial, because the faculty said that, all right, it's already problematic. And they even said it themselves."

There is no official conclusion whether or not the paperwork was received, or if the form was incomplete. Prior to sending the form for approval, the proposed club would need the signatures of the current principal (Kennedy principal Russell Earnest), the assistant principal in charge of clubs and activities (assistant principal Jack Jensen who has since transferred to Loara High School), and the club adviser.

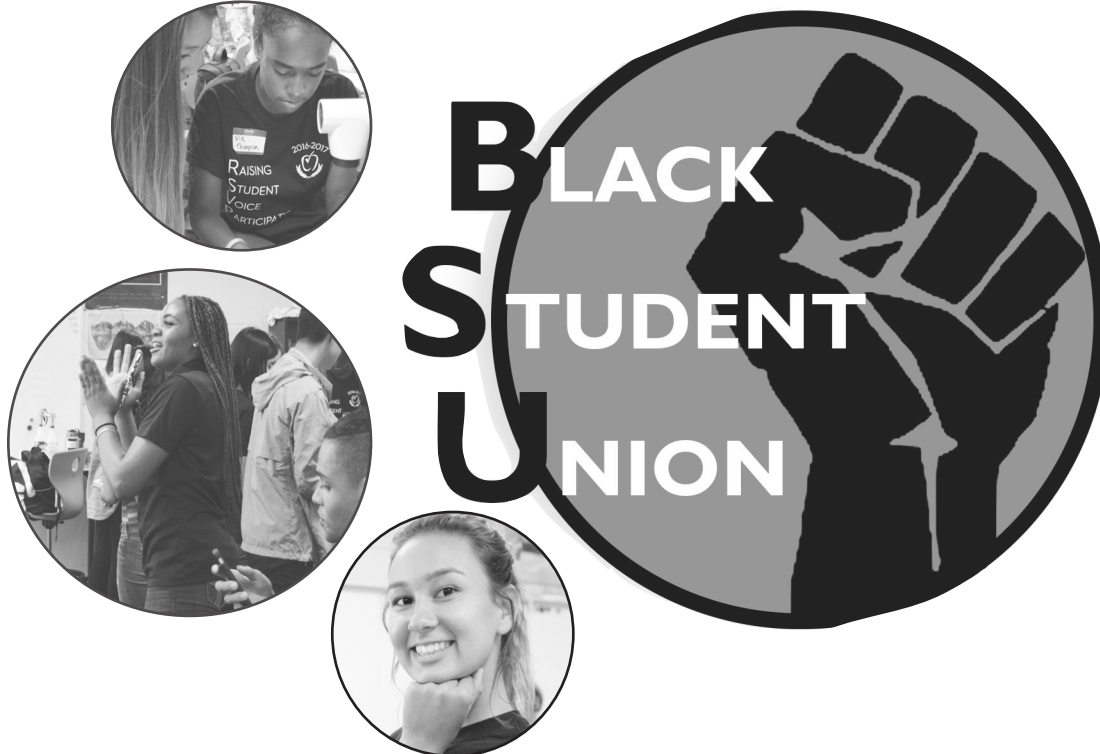
"I'm not quite sure what happened with the paperwork with Mr. Jensen not being here anymore," Earnest said. "The paperwork could have been sent off, but again, [the school] was the last to have the paperwork, so I apologized to the group about the confusion that happened."

BSU's first proposal to become an official club was filed in May of 2016 before school ended. BSU initially had English teacher Jenifer Zinn as their adviser until miscommunication between herself, ASB, and BSU officers led to confusion and Zinn's departure from the club.

"The club was denied last year because [the paperwork] was filed late, and the deadline for me to get it to the board for approval is April," ASB adviser Sarah Anderson said. "I emailed Ms. Zinn in the beginning of this year asking her if she was still the adviser for the club, but she was confused too."

Officers of the club did not hear about the paperwork mix-up until two days before Club Rush: an event that encourages Kennedy High School students to take note of the clubs and organizations. When they found out about the indignant emails, social media postings, and above all, the delay of their club's approval in time to participate with the rest of the campus clubs, they were in shock.

Anonymous accounts created on Twitter meant to critique and an-



Officers Nia Thompson (top left) and Breanna Robinson (top center) and senior Angelica Rippee (top right) show their support for BSU during their first open potluck on Sept. 30. The event welcomed new members who had the opportunity to enjoy an eclectic mix of food and interact with others who believe in the same message of celebrating black culture.



ALL PICTURES TAKEN BY JUSTINE TABADERO/The Shamrock

BSU representatives (from left: Jalen Dumphord, Wesley Bowler, Jaavon Martin, Simone Williams, Jhaelynn Myers, De'Jenea Blair, and Isiah Ghity) raise Black Power fists, a proud symbol associated with solidarity and support.

tagonize the new "Black Lives Matter club" claimed to protest BSU's appearance at Club Rush, prompting faculty to preclude any official BSU campaigning on campus.

"Our entire image was presented as the 'Black Lives Matter superiority club,'" Sadeghi said. "And I wanted to clear the air on what the purpose of our club was, since it seemed as if everyone was misinterpreting it, and at the same time, the faculty was too."

After the public's inflamed reactions in 2013 when George Zimmerman was acquitted of shooting and killing 17-year-old Trayvon Martin, and the series of high-profile police killings of black persons nationwide that followed in the years after, the "Black Lives Matter" movement, a chapter-based national group, rose in response, with the goal of preventing systematic racism and brutality.

Support of the movement is singularly strong among the black community with 65 percent support, including 41 percent who strongly support it and opposition as 12 percent; among whites, 40 percent reveal support, while 28 percent say

they oppose Black Lives Matter according to Pew Research Center.

Those opposed to Black Lives Matter respond with "All Lives Matter," a slogan that signals the notion that not only blacks, but all races should fall under the umbrella of recognition for more equality. Supporters of "All Lives Matter" are regularly criticized for minimizing issues of racism and police killings.

"#AllLivesMatter in a world of inequality [sic]. As soon as we see everybody as equals no matter race, gender, the world would be a better place [sic]," Justin Hardy, a professional football player for the Atlanta Falcons, posted on Twitter.

Black Lives Matter highlights the effect of racism that induces widespread bias against blacks in the educational setting, job opportunities and security, and police brutality and violence; proponents stress Black Lives Matter does not advocate the belief that other races do not matter. Instead, they focus on dismantling centuries' worth of systematic privilege and dangers affecting the black community.

"We're working to get rid of all these social taboos," Robinson

said. "You shouldn't be afraid to talk about slavery. You shouldn't be afraid to talk about all the police brutality, because it's happening. It happened. It happened then, and it's happening now."

BSU aims to construct a generally open environment and forum for both black students and advocates to celebrate black culture and share opinions regarding issues impacting the African American community. During general meetings, an understanding of African American history will be developed and broad current events will be discussed.

"It isn't a political statement. It isn't a racist, anti-white gathering; it was simply created to both celebrate and support the African American community at our school and raise awareness about certain issues," Sadeghi said. "It isn't a 'Black Lives Matter ONLY' organization, which is a disturbing misinterpretation of the movement; if anything, it is a 'Black Lives Matter TOO.'"

"A lot of what we learn in AP Government is that the best way to end any type of racism or prejudice is get people to interact with people of other colors," Carter said. "This

club isn't meant to force any ideas, but it's meant for people to think critically about racial issues and diversity and relations as well be a stepping stone to connect cultures."

The racial makeup of La Palma observed in a census held in 2013, according to City-Data.com, concludes an astounding percentage of Asians, 45.5 percent, and Whites, 30.4 percent, compose the majority of the community, leaving 16.8 percent Hispanic, 3.7 percent Black, and 4.5 percent other races.

The student diversity at Kennedy places Hispanics (36 percent) at the top, followed by Asians (33 percent), Whites (21 percent), Blacks (4 percent), and other minority races (6.6 percent), according to usnews.com.

Nationwide, several schools and universities have established Black Student Unions and minority clubs including states such as California, Georgia, Massachusetts, Washington, etc. A national convention is held by the Office of National Black Student Union (NBSU) with primary focus to urge Black Student Unions to pursue graduate and professional study.

Only two other high schools within the Anaheim Union High School District, Loara High School and Western High School, host a Black Student Union club.

"Loara barely started a BSU this year, and it did cause some controversy," Sam Cadondon, a senior of Filipino descent, said. "I feel that it is important for us to acknowledge and embrace the black culture as equally as we embrace our own. However, BSU shouldn't be an excuse to express anger or revenge. Rather, it should be used as an opportunity to build stronger relationships amongst blacks and other races."

Earnest and the BSU officers arranged a meeting on Sept. 9, where issues surrounding the delayed paperwork and alleged accusations of black supremacy as the focus of the club were addressed.

Despite arguments against the club, Earnest believes it would be a positive addition to the school in spreading awareness for topics not necessarily welcome for casual conversation.

"I think it's great," Earnest said. "First of all, Kennedy has a lot of clubs, and having an active Black Student Union only provides that same kind of diversity for us. So I think it's fantastic."

Officers submitted their application on Sept. 9. However, signing the paperwork stating BSU is official lies in the hands of Anaheim Union High School District at their next board meeting on Oct. 13. Until then, acts as a formal club and processing of any donations are not authorized. Still, Kennedy allowed BSU to promote and gather members on the center stage during lunch from Sept. 14-16.

For now, this group of student activists must wait for the final word on the legitimacy of their club to be released.



Stereotypes prevent us from fully understanding what our f
The Shamrock staff took the initiative to break a few of th

Pom-Poms and High Kicks

PRESTON LOYD
Staff Reporter

Everyone is sitting in the crowd waiting for the game to start while you get ready to cheer for your school. However, you start to become nervous, but you grab your pom-poms anyways and smile. You've been practicing for hours on your cheers, and now, you know them by heart. This is what it feels like to be a cheerleader.

I am typically not one for sports, but for a week, I posed as one of John F. Kennedy High School's cheerleaders to really see what it was like, and let me tell you, it is more difficult than it seems. I participated in one practice, cheered at back-to-school night, and even cheered at a varsity game at the Handel Stadium on Sept. 8. I felt exhausted after all of them. They each had their own challenges and created situations that could be seen as awkward for me.

I would describe the whole experience as challenging, but definitely fun. You have to learn multiple cheers that are each very unique in a sense that they all had different movements and cheers. They require a lot of trust in your partners and synchronization with the other cheerleaders.

I was not personally able to fully understand or memorize any of the cheers. They all require you to shout them loudly and do the synchronized movements with the other cheerleaders. The girls, however, know all the cheers very well, and it's extremely impressive how well they do them while staying on the same page as everyone else.

"My favorite part of cheer is when the girls all come together and unite as a team." Monica Bui, main cheer coach, said.

Teamwork becomes very difficult when you

have to know that many cheers along with the moves that go along with them.

I also had to do stunts which were slightly easier, but just as intimidating. Stunts are when you either throw, hold, or be the one thrown in the air to either create height or pull off tricks in the air. They are interesting to watch, but scary



JENELLE CAYAS/The Shamrock

to perform in my opinion. I personally wasn't thrown into the air, however, I still either had to help hold girls or help throw them into the air.

I couldn't believe the level of trust the girls have for each other in order to do the stunts. It really shows how close they are to each other because if they miss, the girl would fall straight onto the ground.

I did fall a few times when the girls came

back down, and I was incredibly surprised that they were instantly ready to go back up and try it again until we got it right.

Stunting, however, is varsity cheerleader, Michelle Lopez's favorite part.

"Cheer becomes pretty hard because of stunting because if you mess up somewhere, someone

I was on a box with pom-poms and I still didn't know the cheers, but at least it was a step up.

I was expecting the game to be kind of boring, since I didn't know the girls and cheers very well, but it was actually incredibly eye opening and exciting. The experience went by very quickly because the girls talked to me the entire time.

Since I didn't exactly know the cheers, it ended up being kind of funny for the crowd. I did know some stunts however, so when I went up and performed, the student section of the crowd cheered for me. I had a lot more support from the cheerleaders and fellow students with my cheering than I would have initially thought, so it was a pleasant surprise.

Cheering in front of others is extremely nerve racking. Alissa Farihi, a varsity cheerleader, cheers in the games and manages to keep a wide smile through it all.

"Cheering is harder than it looks. Everyone underestimates you but when you try it, it is really intimidating and dangerous," Farihi said.

Cheer also teaches you to become more responsible over yourself. "Because of cheer I know how to do my homework and my other studies. I recommend cheer because it's a great experience, and it's fun to just do because you get to meet new people and do things you never thought you could do before," JV cheerleader, Kayla Fuentes, said.

Overall, cheer is difficult, but rewarding. You have to do hard work, but the other cheerleaders make it a blast; eventually, it becomes hard to stop smiling and laughing through the practices and games. I personally recommend cheer because of my great experience that I feel others could also get.

Principles of the Principal

ALEX MANZON
Sports Editor

Tuesday mornings at John F. Kennedy High School are usually relaxed. Since school starts at 8:45 a.m., most students get their extra sleep. Yet Kennedy's principal is up and ready to take on the school day.

On Tuesday, Sept. 27, I was privileged with the opportunity to shadow Principal Russell Earnest. At first I thought it would definitely be easy and that the principal would not do much because of the large population of staff ready to do whatever the principal needs. However, I was proved wrong. Before the school day even started, I was already attending a meeting.

The meeting's length ranged upon urgency, and this meeting was about the high occupancy of staff on campus. The teachers in the room went back and forth about the problem and did bump heads, but I noticed how he did not take sides or adhere to any problems spoken. After my first meeting, I still thought that it wasn't that hard since all he has to do was talk about matters and grant things to make the problems



CATHERINE KANG/The Shamrock

go away.

The next meeting was short, and it was more of a classified subject. Coaches and teachers gathered in Earnest's office to discuss whether or not transgenders should be allowed to go change in the locker room of their choice. Of course, without bias, he approached the situation cleanly and resolved the matter. Some meetings are more intense than others, and the

way to approach an issue has to be very careful because of some controversial conflicts that create divisions among the school.

The third and final meeting I attended was definitely not the last one for Earnest. It was a cabinet meeting between the counselors and the assistant principals. It was a more relaxed meeting, and it showed me what kind of relationship that the school staff must have to

make Kennedy a better school for all of us. They talked about clubs, ASB, sports and all things Kennedy which is great for some to see since many students believe that their teachers look past the student body's interest.

Earnest regularly works from 6:30 a.m. to 3 p.m. He usually monitors two night activities in the school per week. "This is my first high school experience. This is my seventh year here, my 24th year of education, 17 years in junior high school. Unique thing here is that we have longer relationships with students because they stay their four years here and I also think this is the transition time between teenager and the official adult so that's kind of a cool period of time and I look back at my high school years and loved it. and I hope that they get the same experience," Earnest said.

Being a principal is not an easy job at all, yet alone working at a high school. We should approach all faculty with respect and keep in mind that many are here to have this experience from childhood to adulthood special as they had.



...fellow peers experience in their daily life. A few members of their preconceived notions by participating in a new activity.

Football Follies

SARAH PARK
Staff Reporter

“Shut up! Just shut up!” said football coach Kris Johnson as he showed signs of frustration due to the players not paying attention to his instructions.

Boys dressed in their football gear and helmets lined up towards the sideline in silence as they watch their fellow teammates run through their plays. This practice, in particular, was extremely important since it was the day before their game at Glover Stadium against El Modena High School.

Before I participated in the football practices, I didn’t realize how intense the sport was. I had certain expectations of football players: the various stereotypes associated with your classic jock depicted in high school movies or with the idea that people join football to get noticed around school. I wanted to see if some of these were true.

“Some stereotypes that people associate with football players, are the fact that they are lazy, or they only want to play sports. Being on the team, I’ve seen many players put in hours of ef-

fort not only for the team, but also for their schoolwork. [We] make sure to be responsible,” varsity player and junior Sijun Hwang said.

The coaches were ecstatic when I asked if I could join in during practice since it is something that they don’t see happen often on campus.

I shadowed what the players were doing throughout the entire practice, and I found myself failing at almost everything that the team was doing. Even the simplest task, such as catching the ball was difficult since I found myself to be uncoordinated.

I noticed that the players were completely geared up from head to toe with their helmet and padding. It was unbelievable for me since the weather was extremely hot outside. I realized that the players were extremely committed to football and practicing in their uniform was something that they took pride in.

The coaches were intense and wanted to perfect their plays and punts. If one person was not paying attention, he would make the whole team run an



ALANA JORDAN/The Shamrock

entire lap around the track as a punishment. It dawned on me that the coach punished the team as a whole instead of individual players so that he could teach them how to function as a team. If one person makes a mistake, the whole team will be there to encourage that person and brush it off.

“Coach Clark is the type of guy that wants the best for you. In offseason, I made several mistakes. Instead of kicking me off [of] the team, he gave me the opportunity to come back after four games. He taught me there were consequences for every action, and no matter the circumstances, you can always rise above them,” varsity player and senior Kainoa Quiroga said.

Throughout practice, I saw how much passion each player had for football. Every player wanted to have their moment to shine and demonstrate how much they have been practicing for the coach. Football is a sport that not anyone can join because of the physical and mental commitment required for the rigor of the sport. Just by shadowing the players’ actions, I was able to prove myself wrong of the stereotypes I initially had in mind.

“It’s a great game for the community, brotherhood, and camaraderie. It teaches you a lot about yourself when things are down and your back is against the wall. Football is good for character building, relationships, and becoming men,” varsity coach Steven Clark said.

No Love Here

MICHELLE PETERSON
Staff Reporter



ALANA JORDAN/The Shamrock

“Okay girls! Everybody pair up and rally,” Devan Johnson, varsity girls tennis coach, said.

All of the girls quickly go to their respective courts and begin to serve. I watch as the other girls throw the ball up

or bounce the ball on the ground before hitting it over the net before attempting to mimic their movements: bounce the ball on the ground and swing the racket, but the ball never reaches its target. It hits the net or the far fence.

Their movements are effortless as they hit the ball, shuffling from side to side across the court, while I appeared as graceful as a spastic giraffe. One thing was for sure; I had underestimated the difficulty of the sport I chose to undertake.

“There’s this stereotype that tennis is easy, but it’s really not. Tennis takes a lot of physical effort, you are constantly moving from one end of the court to another, and it also takes a lot of arm strength to hit the ball. Not to mention that a lot of hand eye coordination is needed to make sure you actually hit the ball,” varsity tennis player and sophomore Kiana Taylor said.

Hand-eye coordination, however, was something that I clearly lacked, considering the number of times my ball hit the net, wall, and even my face. Despite my ineptitude, the other players continued to support and encourage me. The team had a strong sense of camara-

derie that fostered a very open and welcoming environment.

“In tennis you get to meet a lot of new people and make friends with people on other teams. The relationships made with people on the team is sort of different than those made during school, you get to meet and talk to people that you may not have otherwise,” varsity tennis player and senior Megan Summers said.

Although the friendship and support

“... it’s a mentality game.”

- Devan Johnson

among the members of the team was clear, the tennis girls agreed that the sport itself is very individualized.

“What makes tennis different from a lot of other sport is that you can’t really rely on your teammates for anything really other than support, it’s all about the hard work you put in each practice,” varsity tennis player and sophomore Grace Lim said.

As practice progressed under the hot sun, I found myself becoming exhausted with the tedious task of swinging the racket and, more often than not, running after the stray tennis ball. Glancing around at the other girls, I noticed that many of them were still quite energetic as they continued to rally back and forth across the court.

Playing briefly with the girls varsity tennis team was a very interesting experience, providing me with only slightly embarrassing memories of the fact that I had used a child’s racket the entire time and my obvious lack of fitness. Beyond this, however, I learned that tennis is very underappreciated in the amount of effort and dedication going into each practice.

“Tennis is not only just a physical sport, it’s a mentality game. You play one on one with yourself. Because you’re constantly thinking about strategy and countermoves to whatever your opponent may be planning. Despite the sport’s intensity, it’s still very fun and competitive,” Johnson said.



Take the challenge



ANH MAC
Staff Reporter

Every school year, many high school students are in constant confusion and doubts about whether they should take Advanced Placement (AP) or International Baccalaureate (IB) classes and if their effort and time will be worth it.

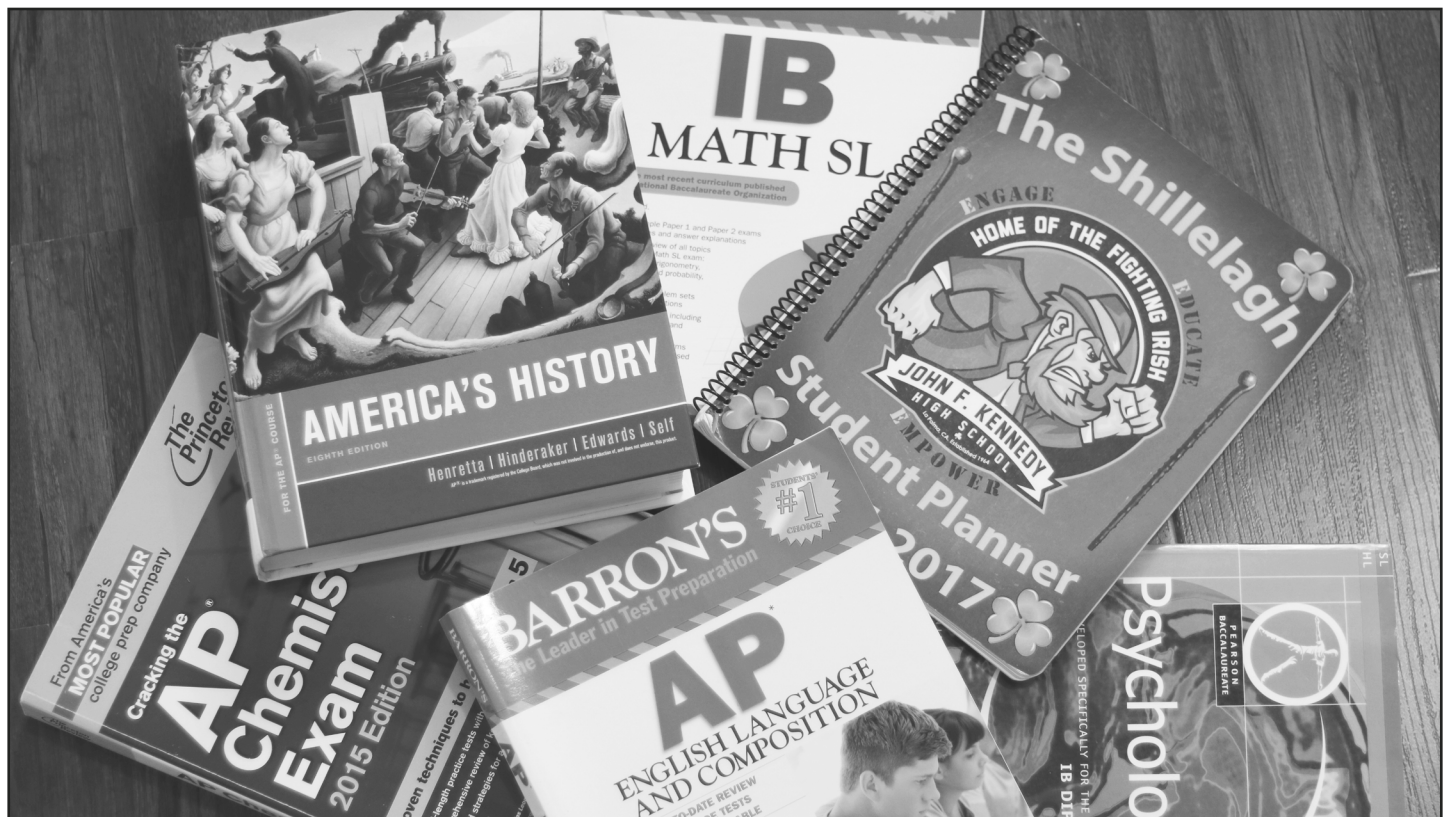
The main purpose of AP/IB classes is to help students gain an advantage in the enrollment priority for colleges and to appeal as a strong potential candidate in the admission process for competitive colleges such as University of California, Los Angeles (UCLA) or even the Ivy League schools. It is reasonable that students would rethink their efforts and decisions in taking these college-level classes.

Prestigious universities such as UCLA recently announced that they will no longer grant credit for high schoolers who challenged themselves during their four years of high school as they enter college.

According to UCLA's 2015 Undergraduate Admission Advanced Placement Exam credit policy, UCLA will award credits for AP Exams with scores of 3 or higher out of a total score of 5. This also applies to International Baccalaureate (IB) Higher Level Exams with scores of 5 or higher out of a total score of 7.

However, the school is no longer offering sophomore standing to incoming college freshmen to ensure fairness among students across the nation who might not have the same opportunity at their high school.

This also ensures fair treatment for col-



High school students have the opportunity to take AP/IB classes for the experiences and skills that will prepare them for college; however, most of them ultimately reconsider their decision because of the amount of workload and effort that these classes require.

lege seniors, who often had to compete with second- or third-year students in senior standing for classes to fulfill their graduation requirements.

So why should students consider taking these difficult courses even though colleges seem to be discrediting their efforts?

"It is not about the credits; it is about getting yourself prepared for college," IB coordinator Julie Foy said. "The expectation of colleges is that you're still taking the most rigorous courses available, and those classes are best preparing you for the rigor of college."

Despite the fact that colleges no longer

offer as much credits for AP and IB classes, many students here at John F. Kennedy High School are still determined to demand more of themselves with these courses in order to gain skills and experiences that will benefit them later.

"I joined IB to challenge myself and push my limits. I hope to learn from this experience that I am capable of overcoming any obstacle that comes my way," junior Steven Trinh said.

This applies not only to IB students but also AP students all over campus. "I take AP classes because I want to find challenges, and these rigorous classes will make me

think more in-depth for different content standards," junior Mohammad Gumma said. "By taking AP classes, I'm allowing myself to think in more advanced terms." "I believe AP classes truly prepare me for college without overwhelming me too much. Kennedy offers great regular classes with excellent teachers, and they will also help me in the long run," sophomore Justin Suarez said.

Students, therefore, should take AP and IB classes as the true value of them is not the college credits that they offer, but more of the preparation they provide for students to advance in their learning career.

Say goodbye to Saturday mornings



JUSTIN AGUILAR
Staff Reporter

Five days of school every week can definitely be tiring in the eyes of a teenage student. An extra day in the school week may seem like a nightmare but many positives can result from the additional help.

Saturday Academy is being offered at John F. Kennedy High School for the second consecutive year; it gives individuals the opportunity to attend a four hour class on their day off. It's an easy question as to why a student would willingly go to school for an extra day as five days already seems

like too much to some.

The program is offered at least once every two weeks to students who have been absent between each available Saturday Academy. They receive a form that allows them to attend and make up for the absence.

"It's nice how Saturday Academy can remove an absence," junior Patrick Magbitang said. "If I miss a day of school, I have a chance to make it up."

Students can also attend if they are in need of extra help from teachers. Saturday Academy has been extremely helpful according to many students who take the time to attend.

"Some of my teachers offered Saturday classes which helped me a lot more than I expected," senior Ryan Paglinawan said, "especially at the end of the year when AP tests were

coming up and many teachers were giving extra review."

Saturday Academy has helped a great amount of students and enhanced the work they produce, but some question the very existence of the program.

"I see how it can help students, but it seems a little too much for both students and teachers to come to school on Saturday mornings," senior Vincent Banez said. "I still agree that it can be helpful."

Teachers do not have to dedicate their day off to teach students more than they have done the previous five days. Their willingness to help shows that the program is worth attending for the student. The four hours spent on Saturdays may seem long, but the knowledge that could be retained is beneficial for both students and teachers.

The idea of Saturday Academy may



seem harsh to many students, but many positives can result from the experience. The mornings spent learning can definitely produce better results in school. The extra teacher assistance and the personal time students receive can definitely assist students in their journey to success.





JENNIFER NGUYEN
Staff Reporter

Three phrases that summarize physical education (PE): smelly locker rooms, hideous uniforms, and slow activities.

Starting this year, it is now mandatory for all freshmen and sophomores to take PE even if they are in a sport, unlike last year, when the freshman and sophomore athletes were exempt from taking a PE class.

The purpose of this new implementation is to make sure that the students meet the state's curriculum of physical education.

John F. Kennedy High School's athletics director, David Jankowski, said "[The athletes] going out and playing sports wasn't doing a lot of things common core said PE was suppose to be doing."

Surprisingly, Common Core has been incorporated in PE as well which has high academic standards to ensure students' success in college and the real world.

English and mathematics classes have been going in depth on fewer topics because they want students to have a strong foundation of concepts and be able to apply it outside the classroom.

How could Common Core possibly be relevant to physical education?

The PE Common Core standards consist of learning new vocabulary, practicing counting while keeping score, and providing verbal as well as written instructions

for games.

Various writing activities consist of keeping fitness journals, setting goals, and creating an informational brochure on the importance of a well-balanced diet and physical exercise. Students will be able to apply this information to their own life-style.

"Making athletes take PE is not fair and very unnecessary as the physical activity in doing a sport is much more physically demanding than taking a PE class," Dean Nguyen, cross country and track and field athlete, said.

These athletes input effort and devote time to practice hard and become strong. For most sports, on top of playing the actual sport, they run and condition more than what PE requires them to do.

Since the teachers on campus also serve as coaches, they will have to teach certain things in PE/sports they haven't done in the past to reach Common Core standards.

"But the students don't really see [those changes] a whole lot," Jankowski said. "It's probably the way it should be."

Their coaches already push athletes to eat healthy, drink lots of water, and get plenty of sleep. It is unnecessary for athletes, who practice healthy habits, to re-learn all of the information they already know.

Since the state requires all freshmen and sophomores to take PE, there is not much that athletes can do. It is unfortunate that they are unable to completely ignore the

new policy.

"Once the school year came around, most of my team and I had to face the fact that we had to 'suck it up' and participate in an extra physical activity," volleyball and track and field athlete, Holly Verzani said. "Being forced into PE tells us that maybe we don't work hard enough for officials to recognize. It's sad that our performance is determined by a test."

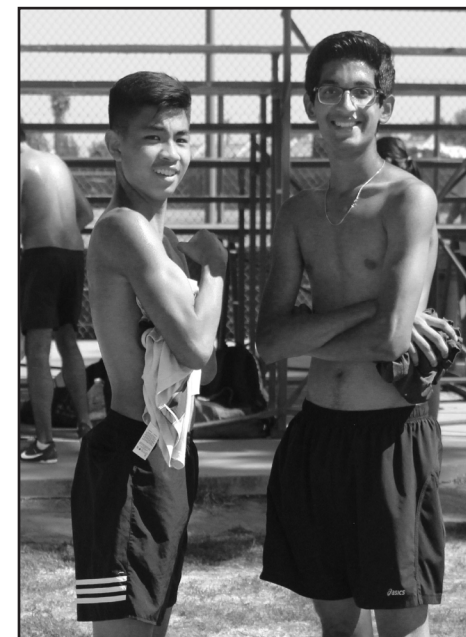
To tackle athletes' resentment toward the state requirement, coaches have found a way around it. For boys' basketball, according to the coach, Jose Alvarez, the athletes do agility work for the first 15-20 minutes of their class, and after, they go to their respective sports.

"[PE] is fun because when I come in the gym, I feel like I'm all warmed up and ready to play basketball," freshman basketball player, Dandre Williams said.

An extra PE class has reinforced the importance of warming up and stretching, however, athletes still spend more time stretching out and warming up in preparation for their practices.

Benefits that athletes gained from this new policy include learning to manage their time more efficiently. Because of the delayed practices due to the mandatory PE class, the athletes learned how to handle their responsibilities.

The athletes will have to experiment with their priorities, and their mistakes may be detrimental to their health and grades. There are some students who have



JENNIFER NGUYEN/*The Shamrock*
Despite being required to do P.E., sophomore Dean Nguyen continues to work hard and finish practice stronger before he started.

difficulties managing their time, so excluding them from the PE requirement will give them more time to do homework or other activities.

There is always an option to drop the sport, but some athletes are too dedicated to quit, or the team needs them. It would be unfair for them to quit their sport because of their inability to manage their time efficiently due to a pointless PE class that eats up their time.

Privilege and Prejudice



ANNIE CHUN
Staff Reporter

Apparently, having your hair slicked back is a crime, but vandalizing a gas station and lying about it is completely acceptable. Every Olympics, controversy tends to rise over several players and their actions during the games. Gabby Douglas and Ryan Lochte, a respective gymnast and swimmer, both sparked heated debates on the Internet over their actions. Douglas' actions caused an unnecessary amount of commotion when the public should have given Lochte more heat for his actions.

Social media blew up, astounded over the fact that Douglas went on television with her hair not naturally done. According to the Washington Post, even in the past Olympic Games, she was bashed on for slicking her hair back when it should not be a topic that the public shows concern about.

The general public should only be concerned if she is representing the U.S well. Her hair does not affect her performance or anyone negatively, so the public was being unnecessarily critical. Those who dis-

approved took it to Twitter to express their dislike for Douglas' hair.

"Gabby Douglas hair actually a little too OC. Looks hella crunchy. Hahaha," Twitter user @YouFellForNell said.

However, there were several people who were expressing the stupidity of the issue over her hair. The Olympics, they claim, should be about the sportsmanship of athletes and their overall representation

of their country. As long as the athletes' actions are not detrimental to anyone else, it should not be of concern.

Evidence has recently exposed Lochte for telling lies to the media about his drunken ways. He lied saying that he was actually robbed during his stay at Rio de Janeiro at a gas station with his friends when in reality, he and his friends vandalized the station and kicked open a locked bathroom door. They had an altercation with the security who shortly arrived after the scandal. He even had his mother confirm his fake story.

Lochte's actions do not automatically deem Douglas as a complete saint. Douglas made minor mistakes during her Olympic performance as she ignored tradition and did not put her hand over her heart while standing with her peers at the gold-medal podium.

She chose to pout in front of everyone instead. Although this was wrong on Douglas' part, she did genuinely apologize, and yet the media still continued to ridicule her.

Douglas also did not cheer on her team-

mates and encourage them while they were competing, which led to the trending hashtag "#CrabbyGabby" on Twitter in response to her so-called ill mannered ways. However, her minor acts are incomparable to actual crimes of Lochte.

Despite his awareness of the microscope that he is currently under, Lochte had the audacity to completely lie to the media which reveals that he does not hold much respect for anyone.

At such an important time for athletes around the world, he gave the U.S a bad reputation, which also led to many of his sponsorships rightfully dropping him, some of which include Gentle Hair Removal, Airwave, Speedo, and Ralph Lauren. One would think that after these confirmed lies, the media would antagonize Lochte and make sure there would be no excuses made for him.

"Let's give these kids a break. Sometimes you take actions that you later regret. They are magnificent athletes. Lochte is one of the best swimmers of all times. They had fun. They made a mistake. It's part of life. Life goes on. Let's go," the Rio 2016 spokesman, Mario Andrada said.

People are making excuses for a situation where undoubtedly all fingers point to Lochte and his friends. Their acts reeked of pure immaturity and lacked reverence, yet they are dismissed with no consequences from the media.

Lochte, a 32-year-old white male, is be-

ing called a "kid" and is being defended. On the other hand, Douglas, 20-year-old black female, was practically dragged on social media for something as simple as her hair and apologized for acts that were barely offensive. Lochte's actions were legal transgressions, paired along with the fact that he did not even come clean until he was exposed. Despite his apologies, it is clear that he is not genuinely sorry for his ways.

According to the Huffington Post, the excuses that are being made for Lochte have created the popular question to face the Internet: is there white privilege in the Olympics?

Based on how blown out of proportion Douglas' actions were in comparison to Lochte's crimes, it is definitely justified to say that there is white privilege in the Olympics.

The lines of morality are blurred when it comes to Lochte, a white male in his mid-thirties, yet when the public eye is faced with the minor mistake of a black 20-year-old woman, the media magnifies and creates an ordeal while scrutinizing her. They accept Lochte's apologies with open arms, but Douglas is ignored and made into a laughingstock.

Our society needs to be able to face the problems of this world colorblind and look at a situation objectively. The contrast of Douglas and Lochte's controversies and the consequences are prime examples exposing our society's flaws and the unwritten laws that discriminate based on gender and ethnicity.



Dreams shattered: open campus lunch



JACQUELINE NGUYEN
Staff Reporter

The idea of an open campus lunch is often mentioned during Raising Student Voice and Participation (RSVP) summits. It has always been a debatable topic. Should the students venture outside of school grounds during school hours and get lunch at Subway or Walmart? How about at Coffee Bean or PokiPpoki?

Despite the students' preference for an open campus lunch, leaving John F. Kennedy High School's campus during lunch



JACQUELINE NGUYEN/*The Shamrock*
Everyday students squeeze through the crowded cafeteria, trying to grab their lunch. Nonetheless, the long lines and overflow in the cafeteria is safer than stepping off campus and buying lunch elsewhere.

is not a good idea.

In order for an open campus lunch to operate, there must be a strict security system in addition to policies that all students must follow when leaving the school for lunch. An open campus lunch causes overcrowding and safety issues amongst the

students.

Considering that the lunch lines are always crowded, open campus lunch is an option that catches the students' interest; the popularity of this option is massive.

"I like the idea of open campus lunch, but there will probably not be an open cam-

pus lunch in the future because there are over 2500 students at Kennedy High. Cafeteria lines during lunch are already so long, but imagine standing at a Subway line that is crammed with students," junior Divya Abraham said.

Students overcrowding the fast food restaurants can be very problematic and time consuming. Not only will they be filling up the stores during lunchtime, but it also adds heavy responsibilities to the school.

"From an insurance and legal standpoint, it would be very difficult for the school to put themselves in that position. If somebody were to get hurt or get in a car accident, it could come back on the school," English teacher Kimberly Weir said.

Open campus lunch does not have to be a problem if there is an efficient system. Students have suggested methods regarding the security of this topic such as a sign-in sheets or a faculty member to assist students off campus.

"I am for open campus lunch because it allows for a larger variety of foods that [we], as students, can choose from," one sophomore said. "I would suggest that we do an ID scan system so that we can see who checks out and checks in."

An ID scan system is competent, but it requires a lot of accommodations for it to work. The whole open campus lunch idea just does not seem possible.

Although many students enjoy the food outside of Kennedy more than what is served in the cafeteria, it all comes down to the students' safety.

Pokemon GO accidents spark heated debate



JOY PARK
Staff Reporter

Two men walk off a cliff, a man is murdered, two teens slashed, another two are shot; these accidents associated with Pokemon GO have players viciously blaming the game, leaving people under the impression that none of the responsibility belongs to the wandering, distracted trainers. What many don't consider, however, is how this argument exposes a side of modern day society that many are not willing to come to terms with.

"I just hope that nobody actually gets killed walking into traffic," gaming analyst Michael Pachter said.

However, countless accidents, several which have been fatal, are linked to the usage of the game Pokemon GO. What many have failed to consider is the responsibility that the user may hold in these events. Around 12 a.m. in

Anaheim Park on July 14, 2016, a man was stabbed repeatedly in the torso. He was reported to have been distracted because he was on his phone, catching virtual creatures on the app.

A key factor to consider is why the predator chose this man. The man was unaware of his surroundings with his only focus being the phone in his hand. Though many immediately point their fingers at the game, it is important to reevaluate the circumstances of the heaving majority of these occurrences, and that most of them are sparked by the vulnerability of players who have their eyes glued to their devices.

Distracted driving has been a topic of discussion and concern for years, and this game has now brought to the plate a new topic of debate: distracted walking.

On July 12, at 5 p.m., a 15 year-old teen, Autumn Deisroth was crossing a busy intersection playing the game, when she was hit by a car. When asked about the accident, Deisroth blames the app. Walking across a crowded highway, she was hit by another

car, while attempting to catch Pokemon, resulting in significant injuries to the collarbone and foot, accompanied by numerous cuts and bruises.

"The game dragged her across that highway," Deisroth's mother, Tracy Nolan said.

Parents and victims blame their mobile devices when put into predicaments and are quick to defend themselves in situations of potential accusation. To appropriately assess these accidents, however, the public must be able to look at their actions with a mindset focused on the long term effects on our society this blaming may have. The inability of players to lift their eyes, to check the roads and watch what's in front of them is one of the largest playing factors in this incidents, and is a problem in society people must acknowledge.

On a different note, many believe, despite the countless accidents and fatalities, that the hit game has brought together communities, and acclaim the influx of children and their families outdoors, not hunched over a com-

puter under a dim light locked inside their house all day. Many social media users have voiced this opinion.

"#PokemonGO is going to do wonders for my mental health, providing me with purpose and reason to go outside at last," Twitter user, Drew Dale (@drw-

dal) said.

The incidents bring to the public the concern of addiction to mobile devices becoming evidently prevalent, on a global scale. A majority of the injuries sustained were due to predators taking advantage of distracted "trainers," eyes glued to their phones, unaware of their surroundings. The phenomena only spreads awareness of this safety concern, and serves as a medium of communication of the bigger problems at hand. Addiction to technology rids our society of people's presence, and is a rapidly spreading plague the public has to fight.



2016-17 Staff

Reiczel Bael *Editor-in-Chief* Esther Lee *Copy Editor*

Justine Tabadero	<i>News Editor</i>	Janki Patel	<i>Opinions Editor</i>
Jenny Trinh	<i>Features Editor</i>	Alana Jordan	<i>A&E Editor</i>
Kaila Chen	<i>Cartoon Editor</i>	Alexandra Manzon	<i>Sports Editor</i>
Edwin Cho	<i>Assistant Sports Editor</i>	Luis Duran	<i>Assistant Sports Editor</i>
Catherine Kang	<i>Photo Editor</i>	Kristen Quijano	<i>Video Editor</i>

Staff Reporters

Justin Aguilar, Katelyn Bomar, Jenelle Cayas, Annie Chun, Hailey Edmonds, Sydney Hughes, Dominique Larson, Preston Loyd, Anh Mac, Jacqueline Nguyen, Jennifer Nguyen, Joy Park, Sarah Park, Xena Suleiman, Grace You, Michelle Peterson

Adviser

Matthew Corcoran



12 Girls, four years, one court

JACQUELINE NGUYEN

ANH MAC

Staff Reporters

With the girls varsity volleyball team's impressive wins last season and hard training this year, they have a shot at winning league.

The girls' varsity team consists of 10 seniors and two juniors, most of whom have played for the school's volleyball program throughout their entire high school career.

The experienced, talented team starts of the year strong with 10 victories out of 12 games total against non-league opponents during their tournaments and won all five pre-season games. Currently, in season, the girls have won one game, further presenting themselves as an intimidating competitor among the other teams in Empire League.

Varsity Coach Billie Bixby, who has been coaching most of the girls since their freshman year, works hard with the girls to prepare them for the upcoming season.

"My expectations are very high. Our goal is to win league, and we have the team to do it this year," coach Bixby said. "It's the [girls'] combination of talent that makes them brilliant, that makes them awesome, that puts the cream at the top."

With the ever-improving skills of each individual, the girls ultimately become stronger as a team.

"We work together and get along really well; we all strive for the same goals which makes it easier on the court for all of us," co-captain senior Jenna Bantigue said. "I believe that this is the year that we can do so much like becoming league champions and going to CIF."



JUSTINE TABADERO/The Shamrock

The girls huddle right before their game to mentally prepare themselves and support each other.

The girls express their unconditional love for this sport before, during, and after every practice and game. The team

grew closer over the years as they became almost sisters by choice and family-alike to one another.

"I like it because it's empowering," Rippee said. "It's fun jumping high and slamming the ball."

The team's striking victories follow them back to school where Kennedy's students' enthusiasm and support continue to motivate the girls to reach higher.

"When we win, someone always records on the bus and asks us, 'What?' and we yell, 'We won!'," team captain Alexis Ennis said.

The varsity girls may seem intimidating because of their tough training and admired victories, but they are also regular students who are just as silly as anyone else yet some of the hardest working.

"Alex has these pair of blue glasses, and she puts it on every time when we get on the bus. Whenever she wears them, we win," senior right side hitter Angelica Rippee said.

Despite the years the girls have been playing, the anxiety never goes away.

"I get nervous when it's against a good school because if you let go of your energy then everything falls apart," Rippee said.

Most believe playing volleyball is a sense of escapism as they are able to release their anger and stress through powerful hits at the ball on the court.

"You get to take your anger out of everything you've done during the day," Ennis said.

The hard training eventually pays off during the games as the girls show off their skills that have been progressing over the years.

"When you dig really good passes... I don't know. It's just rewarding to know you set up that whole play or you killed it," libero senior Emma Castro said.

One team, one dream

PRESTON LOYD

JANKI PATEL

DOMINIQUE LARSON

Staff Reporter & Opinions Editor & Staff Reporter

Cookies cannot be made without flour, just like a team cannot function without a proper coach. The flour in cookies is what makes them rise, just like a coach is what pushes the players and the team as a whole to rise to their potential. The new coach for the Lady Irish tennis team is a perfect example of this kind of leadership.

With the team lead by their new coach, Devyn Johnson, the Lady Irish are ready to shake up the season. Even though coach Johnson has her hands full with college, her job at Disneyland, and her job as a fitness coach, she finds the time for the team and works with them constantly.

The coach has some big plans for the girls, this could be the best season yet. As a fresh face and with new technique, coach Johnson prepares to lead her team to the best of her abilities.

"Keeping the girls energetic and positive this season is a specific goal of mine," said coach Johnson. "I just want to make

sure everybody has a very successful season."

Take notes, because according to Coach Johnson, staying optimistic and being successful go hand in hand.

Johnson is an experienced coach, having coached tennis for younger people as well as shotput and discus in track, she has learned throughout the years what it takes to be a functional coach and how to help her players live up to their potential.

"Honestly I only see the tennis side of her but she puts so much time and effort into the team. She cares a lot about all the girls and makes sure we get what we need to succeed," senior JD Cimeni said.

Inspired by her previous tennis coaches, Mr. Gasinski and Mr. Hoang as well as her dad who coaches track and field, Coach Johnson decided to take a leap and begin coaching tennis and the girls definitely make it worthwhile.

Like Coach Johnson said, "Expect the unexpected this season." Who knows, maybe the school down the street will have to face a bitter loss to our own Lady Irish, with the help of their new management.



SARAH PARK/The Shamrock

Varsity player, Junior Meryana Hana approaches the net, attacking the next point with a volley against Buena Park High school



Cross Country

Run to succeed Smiles for miles



**JUSTIN AGUILAR
JUSTINE TABADERO**
Staff Reporter & News Editor

**JENELLE CAYAS
JENNIFER NGUYEN**
Staff Reporters

Never quitting, sweat dripping, girls cross country makes their way into the next season with new goals and new runners.

On Saturday, Sept. 3, cross country kicked off the season with their first race, the Cow Run, at Cerritos Regional Park. Many of the runners did well in their respective races in which they are ranked by their individual grade level. John F. Kennedy High School's girls cross country raced against 30 other schools.

"For a lot of our kids, it was their first race, so just by participating in cross country and deciding to do a sport - most people consider being difficult. Just getting on the start line and finishing a race was awesome. For our returning girls, a lot of them got PRs [Personal Records]. It was all in all a great day for them," Tweed, girls cross country coach, said.

As new underclassmen runners entered the game, they proved they were capable of competing with experienced runners.

Kristen Kim, a freshman on the varsity team, had a glimpse of the competition in a high school race for the first time at the Cow Run, but she did not allow the intimidation of the other runners to affect her. Kim also hopes to break under 20 minutes for three miles by the end of the season.

"It was really big. There's a lot of people that compete in it. It's definitely a lot more serious than junior high meets. You have to take it a lot more seriously. I'm fast enough so that my time counts for varsity, so if I get a slow time then it lowers our chance of winning. My time counts for the team now," Kim said.

While the new runners work to succeed in their first high school season, the seniors try to end their last season on top.

"My goal is to work hard to improve my time by about 2 minutes. I also want to make this season fun and enjoy my last year running with my team," Kaylen Weiss said.

Already, Tweed sees the improvements in the team from last year.

"We ran more mileage this year than last year. We could already see improvements from PRs from last year to this year. They are more confident knowing how much harder they've been training. They know that if they are able to take that confidence and apply it to their racing," Tweed said.

He hopes that his team will carry out like they did in their first race with the high hopes that they make it to the California Interscholastic Federation (CIF) to continue their streak since 2010 and win league championship.

"Our goal every year, right away, is winning league championships. I think we have a good enough chance as anyone else in the league, so we're really excited," Tweed said.

Their good spirits are influenced by the team itself in which they go to each other for encouragement and support.

"We continue to work hard everyday and push ourselves beyond what we think our limits are. One of the things we preach in our program is that we're family, and as a family it's our job to not let anyone of our family members down," Tweed said.



Courtesy of KAYLEN WEISS
The girls' freshman cross country team is all smiles following the completion of their first high school race with Coach Danny Sanchez at the Cow Run.



JENNIFER NGUYEN/The Shamrock
Varsity boys cross country practices warm up drills before their first invitational of the season.

Your biggest obstacle is the steep hill right in front of you, placing your foot on the beginning of the incline and working your way up, feeling the earth beneath your sole. The steps become shorter, and it gets harder to breathe.

With a brand new season of cross country, the varsity boys have two main goals: to win league and go to CIF. Because the team was unable to reach their goals last year, the senior captains, Charles Alagos and Christopher Gutierrez, hope to improve as a unified team.

"We just want to be better than last year," Alagos said. "We expect everyone to be in the mid-or low 16 [minutes], or everyone to just work their hardest and to give all their heart in running."

According to Alagos, the varsity team has bumped their mileage up to seven to nine miles on weekdays.

On Monday and Wednesday afternoons, they have workout days. Their workouts consist of mile repeats, 800m repeats (two fast laps around the track), 400m repeats (one fast lap around the track), one minute out-two minutes back (a speed workout), and tempo runs (six miles at a six minute pace).

On Tuesday and Thursday mornings, they run three to four miles on top of their seven to nine miles in the afternoon.

And on Saturdays, the varsity team drives up to the mountains or goes on long runs that lasts for 11 to 13 miles.

But that's just practice.

In addition to the running, the team must stick to a strict diet. This means no junk food, a minimum of a gallon of water per day, an intake of 16 ounces of lean protein every day, and six to eight hours

of sleep.

I have worked hard each and everyday, and I have modified my lifestyle to make it happen," senior Santiago Cardona said.

Through the harsh workouts and intense diets, the team strives to place first at invitationals they participate in.

Kennedy competes against Cypress High School, Pacifica High School, Tustin High School, Western High School, and Valencia High School.

The Valencia Tigers are their biggest rivals.

At the invitationals, they run only three miles. Those three miles include hills as well as long turns. The runners have to build the endurance to tackle those obstacles on the course.

According to Gutierrez, the team's strategy is to stick to their [Valencia's] guys and outkick them at the end. In other words, the team must get on their competition's level, and surpass them in the races.

Cross country is a sport that require lots of determination and commitment.

"I expect them to give me their honest effort and best," boys' varsity coach Danny Sanchez said. "Whether it's varsity, JV, or frosh-soph. One philosophy I have in my program is that I don't care how fast you are; I just care about how much effort you put in the program."

Although speed is important in this particular sport, the athletes must also have the passion to run.

There are personal reasons as to why these athletes enjoy running for miles and miles.

"Personally, I run for escapism," Alagos said. "Because this is the only place where I could only feel myself, and the only place where I could do whatever I want and do in life and just go with it."



We Are Ready

**EDWIN CHO
LUIS DURAN**

Assistant Sports Editors

Fighting Irish seek to start a new winning streak against the school down the street

Each year, John F. Kennedy High School and Cypress High School clash in an intense rivalry football game that gives bragging rights to the winner for the entire year. The rivalry began in 1974, one year after Cypress opened. After breaking streak of a seven-year loss to Cypress in 2015, no one knows what Kennedy will bring to the field.

Since the start of the rivalry, Kennedy has led the rivalry series 24-16. The longest streak is held by both Kennedy and Cypress with seven-year winning streak records; Kennedy was first from 2001 to 2007, and Cypress followed from 2008 to 2014.

Newcomers to the school who are unfamiliar with the rivalry may ask, "How did the rivalry begin?"

"It's a geographic nature -- and that lends [itself] to the intensity of the rivalry. Whenever schools are close to each other, that's what you get -- Foothill vs. Tustin, Fountain Valley-Edison etc.," Orange County Register reporter Steve Fryer said.

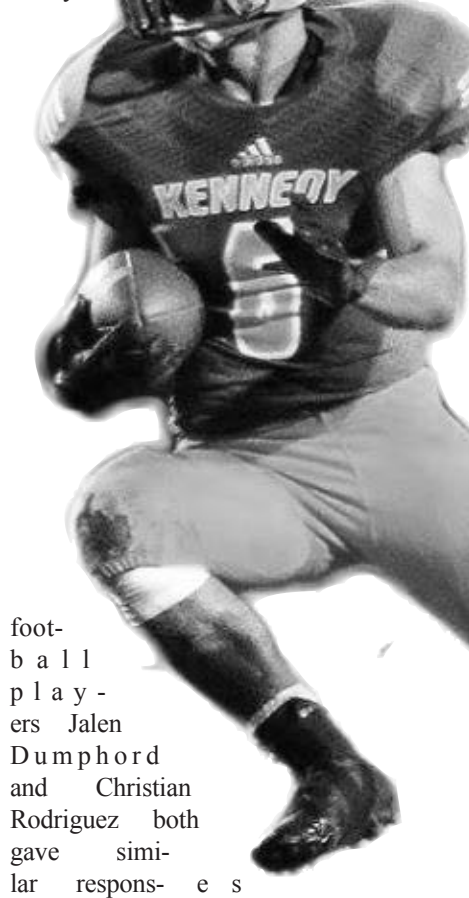
Alumni of either school keep up with the rivalry by attending the games and cheering on the school they may have went to in their youth.

"What makes this such a great rivalry is that the street is divided; kids from one side go to Cypress and the other [side goes to] Kennedy. Kids have gone to junior high together, but attended different high schools," OC Connect user, The Truth, said in 2008.

Kennedy and Cypress students look forward to each and every rival game. The athletes put all their hard work and dedication

for every game, making rivalry games energetic nights for both players and fans.

The rivalry is obviously important to the players. When the rivalry is viewed, Kennedy



football players Jalen Dumphord and Christian Rodriguez both gave similar responses about what the rivalry meant to them. Both varsity players are very dedicated to the team and want to make sure the school is well represented.

"That game is more important just because it's Cypress. The intensity is much higher, and it's a game that you must win

to be better than the school down the street. We study and prepare ourselves as much as we can," Rodriguez said.

"The rivalry really hit me sophomore year in football. After we beat them on JV and varsity the feeling was incredible. Ever since then, it made me want to beat them even more," junior Dumphord said.

The rivalry is not only important to the players now but to players from the past as well. One person who has been around the rivalry since before he attended Kennedy is Sean Clark, former player and new varsity head coach.

"The rivalry to me is very personal. I went to my first Kennedy versus Cypress football game in 1998 when I was 12 years old. As a player there was nothing I wanted more than to beat Cypress. There were so many players on the Cypress team that I played Pop Warner with to where bragging rights were on the line and losing was not an option. I was fortunate enough to have beaten Cypress as a player every time I played them," Coach Clark said.

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

"What is unique about Kennedy Football is that we are a program that

Courtesy of KENNEDY HIGH FOOTBALL BOOSTERS

is rich with tradition, dating back to the opening of our school in 1964. Many of those traditions are still upheld by today's

teams. As a coaching staff we try to instill the values of character, hard work and sacrifice into our players just like Coach Olson and Coach Johnson did with their teams. I believe those values are the trademark of Kennedy Football and will help us be successful against Cypress not just this year, but for years to come." Clark said

This long standing rivalry is also important to the rivals themselves. One in particular includes Richard Feldman who once played for Cypress, coached for Kennedy, and now had moved on to coach to Cypress.

"The rivalry with Kennedy is special. I played at Cypress and had friends who played for Kennedy. It is and was the game that is circled on both teams calendars. One thing I like about it is that it is almost always respectful between the coaches and players," Feldman said.

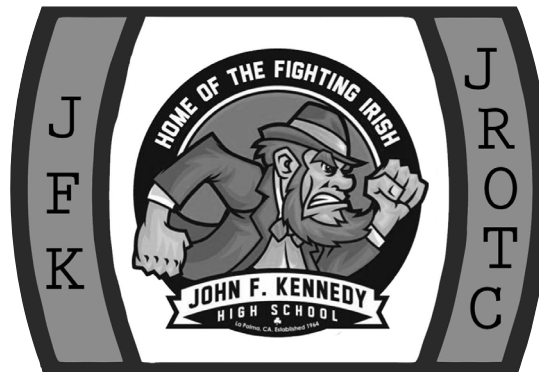
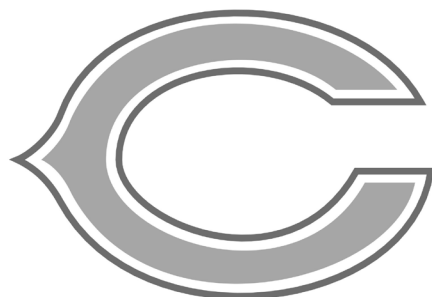
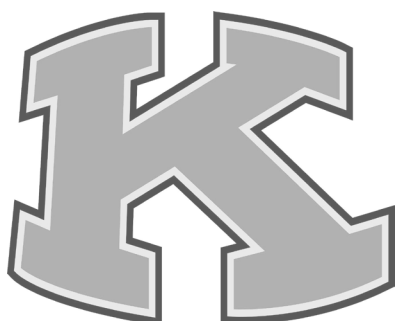
Although Kennedy's and Cypress rivalry has its high intensity they both respect each other and see each as a tough competition.

"I have coached at both schools and know the way that we prepare and the way Coach Clark prepares. He and his staff do an excellent job. I coached there in 2013 and was amazed at how spirited the Kennedy student body is. Both teams will always have players that know each other and will want to win on the field. It's an honor to be a part of this great rivalry and we respect the staff and players at Kennedy." Feldman said.

The rivalry, which has been around for 42 years, continues to grow more intense. Every game today is as fierce as it was the first time Kennedy and Cypress played. For now, we don't know how future rivalry games will end, but one thing is for sure - Kennedy will always be more physical and ruthless than "the school down the street."

Fact Box

1. Kennedy leads the rivalry against Cypress with an all-time record of 24-16.
2. Both Kennedy and Cypress have 7 year winning streaks, the highest for both schools.
3. Kennedy has won two CIF championships, one in 1971 and the other one in 2006. Cypress had one CIF championship in 2007.
4. Kennedy has had two successful players make it to the NFL, Eddie Pleasant, who plays for the Huston Texans, and Rhema McKnight, who played for the San Diego Chargers and the New Orleans Saints. Cypress also has had two players reach the NFL, former New York Jets offensive tackle, Marko Cavka, and former Baltimore Ravens wide receiver, Clarence Moore.



Attention Students!

The mission of JROTC is "To motivate young people to be better citizens."
~SUCCESS IS MEASURED BY CHARACTER~

In Kennedy JROTC, character begins with the Honor Code - "a cadet does not lie, cheat, or steal; nor do they tolerate anyone who does it."

Our cadets learn to build success upon their character. Cadets with character exercise responsibility through discipline in leadership, duty, respect, service, honor, integrity, courage.

You can be a part of this proud group of cadets when you enroll in JROTC. Contact Kennedy Senior Army Instructor to discuss JROTC program and its benefits.

A successful opportunity is College acceptance and graduation through ROTC.

Ask us about:
TUITION FREE EDUCATION
FULLY PAID BOOKS
MONTHLY STIPEND

Peter Nishijima
CW4(R) JROTC
Senior Army Instructor
Room 605



Splashing into championships Boys water polo captain: Joel Espinoza

REICZEL BAEL
KAILA CHEN

Editor-in-Chief & Cartoon Editor

The ball soars over the net and crashes into the water, making a splash as the plunge of the ball deepens into the pool. Senior Joel Espinoza, the captain of boys varsity water polo, hopes that through his leadership, will invite improvement and solidarity among his teammates to secure CIF championship. Delving deeper, Espinoza gave his readers a thorough insight to his perspective towards his team and the sport, itself.

"I think what our team needs to work on more this year is focus," Espinoza said. "We all get along really well, but we need to leave whatever is going on in our personal lives outside of the water, and when we get in, we need to focus."

Kick-starting his career in the water, he recalls that the first person who inspired him his first inspiration to dive into water polo was one of his sister's friends. Joel fondly elaborates on his experience in water polo and stresses the qualities he values about being the captain of a strong team.

"I've been playing water polo since like the end of eighth grade," Espinoza said. "I always try my best to get along and be on good terms with all of my teammates, but for this season, I look forward to assuming more of a leadership role."

In addition to encouraging his players, Joel participates in Raising Student Voice and Participation (RSVP) as an officer and sings in three branches of Kennedy's choir: concert choir, Harmonic Fusion, and Kennedy Kryptonite. He was also awarded as a member of Emerald Chain during his junior year. How-

ever, Primarily, he primarily aims to focus on water polo's long-term victories.

"The goal is [to] ultimately win league undefeated, but after that, we're trying to get to CIF championships this year. Last year, we did get to quarter finals, but it would be really awesome to get all the way to championships," Espinoza said.

He delves into some of the vital players that bolster the diversity of talent among Kennedy's boys water polo team.

"Well, Akili Allen is our fastest swimmer and probably our top scorer and Timmy Woodward is a great goalie," Espinoza said. "Sebastien Banales and Cory Welliver are at great players and are only juniors., Our freshmen our freshman Eduardo Bacca and Byron [last name] are already phenomenal swimmers, and already on varsity."

After speaking more with Espi-



KAILA CHEN/The Shamrock

noza, he elaborates on what he expects from his team, and his principles regarding everyday practice.

"There's nothing I hate more than when people don't give 100% percent effort because when they don't they're wasting their potential," Espinoza said., "I try my best to during practice and in games in an effort to lead by example to make my team want to give everything their all."



Courtesy of GOOGLE

Los Angeles defensive end Robert Quinn (94) pressures Seattle quarterback Russell Wilson (3). The Rams recorded two sacks and forced three fumbles in a 9-3 victory over the Seahawks.

LA Rams' first home game

EDWIN CHO

Assistant Sports Editor

Los Angeles, one of the most prominent cities in the United States, has been without an NFL team for nearly two decades. This year 2016 however, L.A. is proud to welcome the Los Angeles Rams to their new home.

After playing for 20 years at St. Louis, the professional American football team now aims to win the Super Bowl.

"I'm stoked to have an official NFL team for L.A.. I can finally cheer for a team that truly represents my city," junior Daniel Song said.

The Rams have only won a single Super Bowl during the year of 1999 against the Tennessee Titans. Since then, their history has been disappointing season after season. Changing cities, however, seems to give the players a better outlook for the

season.

Despite a discouraging first game, the LA Rams came back with more confidence after winning their first home game against the 2014 Super Bowl champions, the Seattle Seahawks.

A difficult battle was fought at the Los Angeles Memorial Coliseum on Sunday, Sept. 18.

Greg Zuerlein kicked a 39-yard field goal, ending the first quarter with the L.A. Rams taking the lead 3-0.

In second quarter, a placekicker from the Seattle Seahawks, Steven Hauschka, tied the game by kicking a 23-yard field goal. Finishing the second quarter, Greg Zuerlein makes another field goal, at a range of 28-yards.

In third quarter, both teams were unable to score any points and ended with LA Rams leading 6-3.

Sports Calender: Upcoming Fall Games



Football

- 10/7 Western @ Handel Stadium 7p.m.
- 10/13 Valencia @ Bradford 7p.m..
- 10/28 Cypress @ Handel 7p.m.
- 11/3 Pacifica @ Bolsa Grande 7p.m.



Girls Tennis

- 10/11 Western @ Western 3pm
- 10/13 Valencia @ Kennedy 3pm
- 10/18 Tustin @ Kennedy 3pm
- 10/20 Cypress @ Seal Beach 3pm



Girls Cross Country

- 10/15 Orange Country Championship
- 10/26 League Championship



Boys Cross Country

- 10/15 Orange Country Championship
- 10/26 League Championship



Girls Golf

- 10/11 Cypress @ El Dorado Park 2:20 p.m.
- 10/17 League Finals
- 10/18 League Finals



Girls Volleyball

- 10/6 Pacifica @ 6 p.m.
- 10/11 Western @ 4:45 p.m.
- 10/19 Cypress @ 4:45 p.m.



Boys Water Polo

- 10/7 to 10/8 Don Lugo Tournament
- 10/13 Valencia @ Valencia 3:15 p.m.
- 10/20 Tustin @Tustin 3:15 p.m.
- 10/27 Cypress @Kennedy 3:15 p.m.
- 11/03 Pacifica @Garden Grove 5:00 p.m.

For a full schedule of events check out the school website:

kennedyhigh.org



XENA SULEIMAN
Staff Reporter

Millions of views; millions of people—and it all starts with just the click of a button.

With social media sites growing more and more popular, it seems that anyone can become famous with a single post; all you need is a camera and a personality. A viral video may be the easiest road to fame for this generation of teenagers, but how?

Sites like YouTube, Twitter and Vine are where ordinary people can become famous overnight. Instagram is known for its many meme accounts, the more popular ones like Course or Hoenest holding over 1.8 million followers, that gather attention from all around the world. These meme accounts repost funny videos and photos from all over the Internet, shining light on new content creators.

“To be successful on [the Internet], two things are required: a combination of luck, and a deep, burning desire [to

be successful],” Jack Harries, a YouTube, said in one of his videos titled You.

There’s many reasons why these videos get so popular: the use of different voices, characters, and objects adds humor to every video. People of all ages feel a connection with the person sitting in front of the camera because they aren’t an untouchable celebrity;

they go through real life events and situations just like the rest of us.

Fame, for some, is closer than they realize. Ayden Ju, Kennedy alumni, posted a Korean cover on Twitter of the

Vine-famous song “Why you always lying”. The video was originally posted by Nicholas Fraser, a 21-year-old Vine user from

New York, and became a hit overnight. Ju’s cover was retweeted thousands of times and was shared through Instagram meme accounts within the first few hours of posting. Overnight, Ju became a sensation, gaining thousands of new Instagram followers and Facebook friends just from posting that video.

A typical viral video posted on YouTube can vary from insane makeup tutorials, extreme challenge videos, hilarious pranks, and unsettling music videos.

“I love watching YouTube videos is because they’re based on topics that nobody really talks about, but we all have in common,” Karthika Swamy, a senior at John F. Kennedy High School said.

One silly video you made with your friends can get you a one-way ticket to fame; an impromptu Snapchat montage of your dog can garner millions of views; the Internet is a go-to place for anyone who wants to become someone—who knows, you might be the next Internet sensation.



A hidden cure for AIDs; another world in our universe; an undiscovered shooter involved in the assassination of President John F. Kennedy. Despite the copious amounts of false speculative information surrounding these ideas, conspiracy theories continue to blow the minds of the general public by hinging on that sliver of possibility since the 1960s.

ANNIE CHUN
Staff Reporter

CIA CREATED AIDS

Rumors of AIDs being created by the CIA have surfaced the internet constantly since the epidemic emerged during the 1980s. Various Time Magazine writers have insisted AIDs was meant to eliminate African Americans and homosexuals. The fact that most of the victims fit into either or both categories is often used to support the concept of the CIA being guilty.

According to Time Magazine, almost half of the people surveyed by their recent polls believe that the CIA deliberately injected African Americans with HIV. Strong supporters of this belief claim that the CIA is also withholding the cure for AIDs.

“In 1969, at a House Appropriations hearing, the US Defense Department, through its biological division, pleaded [...] to develop a fatal disease with the capability of attacking its victim’s immune system while being completely resistant to the human immune system’s attacks. The money was granted,” Sean Adl-Tabatabai, a writer for YourNewsWire.com, said.

MANDELA EFFECT

The Mandela Effect is another popular conspiracy theory that roams the internet. According to mandelaeffect.com, the theory states that there is an alternate reality existing in the universe and is supported by a group of people who hold a false memory of a specific thing that never happened in reality. Nelson Mandela’s death sparked this idea because many remember him dying in prison be-

fore the media reported his death from a respiratory infection in 2013. Many believe that the theory is caused by someone going back in time and changing something, an occurrence which affects the present world through minor changes.

“Nelson Mandela died on the 23rd of July 1991,” a book for English Education in the 1990s known as “English Alive” said.

This conspiracy should be seriously considered because this statement was published in a book used for education which most likely would have been removed by the publishing company. The Disney character, Snow White also contributes to the Mandela Effect. Everyone remembers that the Evil Queen used the phrase “Mirror, mirror on the wall, who’s the fairest of us all?” However, in almost all of the tapes of Snow White,

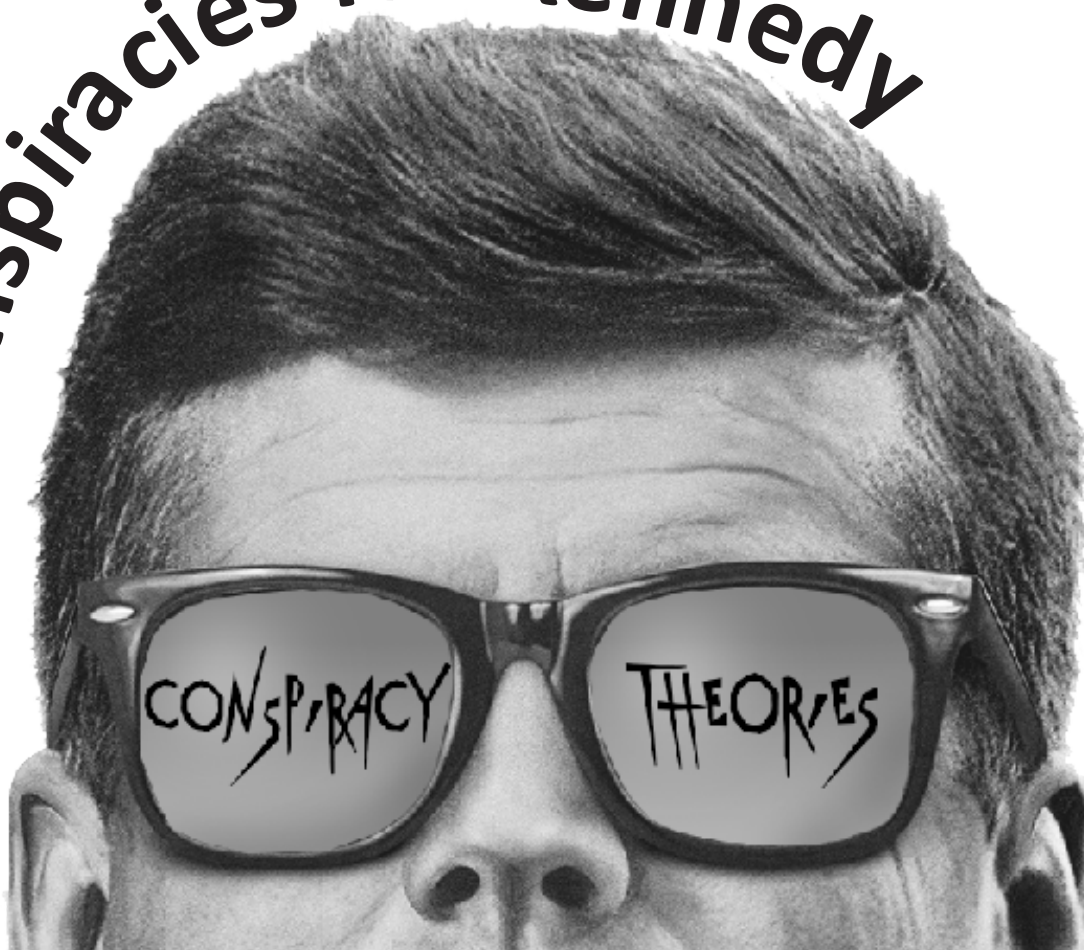
no one can find the infamous expression anymore. Instead, the Evil Queen uses “Magic Mirror” rather than “Mirror, Mirror” in nearly every film and book.

KENNEDY ASSASSINATION

The assassination of Kennedy is one of the most common theories in the United States. Kennedy was assassinated on Nov. 22, 1963 by Lee Harvey Oswald with a rifle. According to The Washington Post, one of the leading conspiracies in his murder is the “grassy knoll” theory. True believers of the theory argue that Oswald was not the only culprit in this assassination; they believe the real assassin in Kennedy’s death was standing on a grassy knoll and watched the parade of automobiles in Dallas.

According to Time Magazine, “A 2003 ABC News poll found that 70% of Americans believe Kennedy’s death was the result of a broader plot.” According to ABC News, video evidence shows a troop of automobiles passing a grassy knoll where three men were arrested. The men were clean and well-groomed, sparking the controversy that they may have been CIA agents, leading many to think that the CIA was involved in the assassination and had covered up their tracks. Time Magazine’s “broader plot” may be the explanation for this conspiracy because they could be saying that the CIA had a secret agenda that involved killing Kennedy.

Conspiracies for Kennedy



JUSTIN'S DECLASSIFIED SCHOOL SURVIVAL GUIDE

JUSTIN AGUILAR
Staff Reporter

When you first enter high school as a freshman, college seems so far away. By the time you realize it, four years have passed and you're questioning what you've actually accomplished in high school.

To create the best possible scenario for your future, it is essential that you follow this guide to succeed in your high school career.

1. SOCIALIZE

It may seem pointless, but getting to know your seat partners and those in your classes is a bigger help than you realize.

"High school prepared me for college by making me more social around new people," class of 2016 graduate Matt Aguirre said. "Every class I took helped me develop all-around skills that are necessary—not just for college, but for life."

2. HEALTH FIRST

Try to get a good night's sleep and eat a healthy breakfast to start out your school day. Focusing for six hours from morning until afternoon can be exhausting, but it's worth it if you perform well on tests and other assignments.

"I didn't do so great in honors chemistry during my sophomore year, so I had to take it again this year," senior Harrison Park said. "If I had the chance to redo that year, I would perform better."

3. SPEAK UP

Seize every opportunity to ask teachers for any help you may need. Teachers are always willing to help students learn material taught during class; take the initiative by asking for assistance whenever you need it. Not only does it benefit your

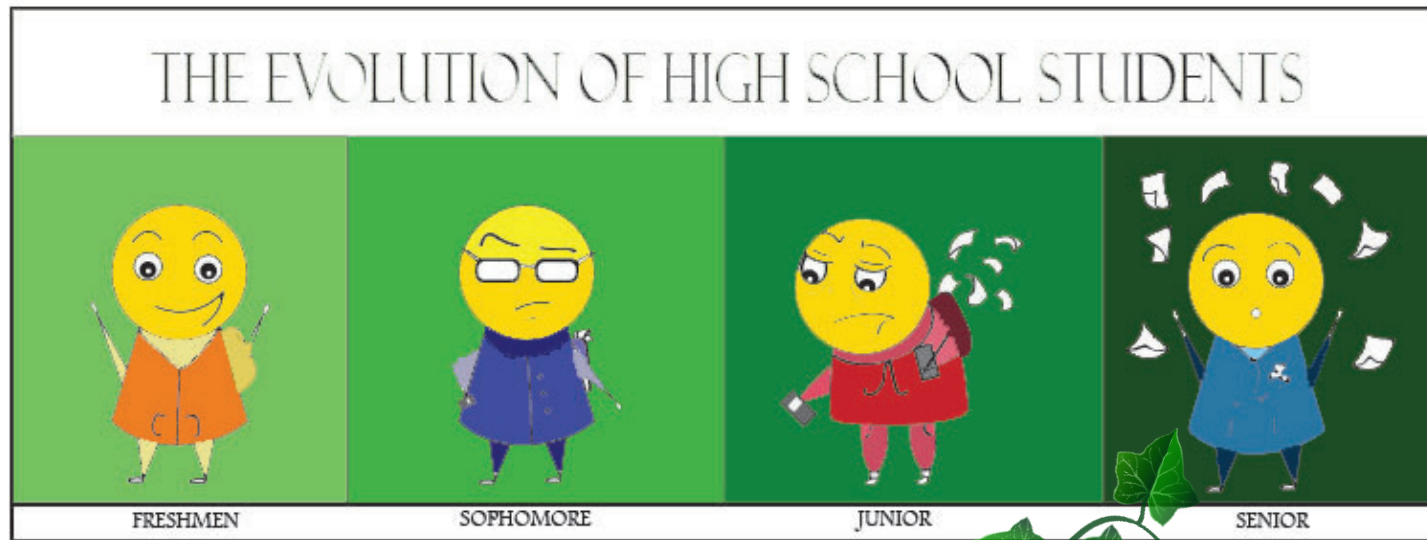
understanding, but it shows the teacher you're actively listening during class.

Forming study groups can also be a great solution to improve understanding, as the presence of friends creates a comfortable environment everyone can learn in.

4. TIME IS OF THE ESSENCE

Time management is essential during your school week; the amount of homework from six classes can add up if you put it off for too long, so it's best to ease the stress by doing homework as early as possible with breaks in between.

"I try not to spend too many hours doing homework because it becomes tiring and [the quality of] my work isn't as good. Breaks help me [refocus on] everything," junior Alex Doo said.



Thoughts on? High School

DOMINIQUE LARSON
Staff Reporter

Some see high school as a heinous crime against the youth of our nation, while others view it as a positive experience.

John F. Kennedy High School seniors reflect on their past experiences, while freshmen explain a few of their concerns and hopes.

Feeling the wrath of high school in its purest form, freshman Kyla Roxas is having a difficult time adjusting; the Irish battleground is a huge transition from what junior high was.

"I haven't enjoyed high school because of the long classes and hard work. It's has been difficult to adjust," Roxas said.

However, despite feeling nervous about her transition into high school, four long years later, senior Lauren Jansen is able to produce a positive outlook about her educational career.

"I went to a small school before Kennedy and didn't really know anyone freshman year, but the experience has been really positive because of the really good friends I made here," Jansen said.

Similarly, freshman Izik Gatchalian maintains an enthusiastic attitude and an overall readiness for the four years ahead of him and is ready for whatever comes his way.

"High school is more exciting than junior high because it has new and better things [like] more elective options [and] a better campus," Gatchalian said.

After undergoing the majority of his bumpy high school career, senior Christopher Gutierrez appreciates the environment Kennedy offers.

"I like everything. The people are cool and nice. I have some good friends. I didn't really dislike anything during high school, except the horrible food. Overall I'd say high school is great," Gutierrez said.

Freshmen transitioning from junior high school to high school and seniors moving on to college, the two groups' opinions are widely different. Seniors are mostly satisfied with their experience and freshmen are excited or overwhelmed which allows one to get a better look at what it is like to be a senior or freshman in high school.

