

The Shamrock

THURSDAY, OCTOBER 22, 2015

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A Victorious Homecoming

BHAVISHA TAILOR
Sports Editor

The Kennedy Fighting Irish football team defeated Pacifica High School 27-20 after a scoreless fourth quarter for Pacifica at the Homecoming game on Oct. 16, 2015 at Handel Stadium.

Kennedy trailed 20-10 two minutes into the second half. However, Kennedy's defense quickly set the tone for the remainder of the game, stopping Pacifica's offense three and out on most of their possessions. Following the defensive stops, Kennedy offense gained momentum and was able to score two more touchdowns off a thirteen-play drive in the third quarter and nine-play possession in the fourth quarter, leading the team to victory.

"When we came out in the second half, we cleaned up some of our mistakes and started to play how we wanted to," senior offensive tackle Paul Kenworthy said.

The key to Kennedy's offensive success throughout the entire game was the team's rushing, a crucial factor in the pivotal second half.

"We will need Anthony Johar to set the tone for our offense with his ability to run the ball. Anthony is one of the most competitive players I have coached," head coach Sean Clark said.

Leading rusher, Anthony Johar, ran the

ball 187 yards behind the offensive line. An additional 76 yards were gained by receiver, Derrick Deese, off of four receptions from quarterback, Jordan Jackson. The team gained a total of 275 yards throughout the game.

"My team and I had been practicing hard all week for this tough match up. It was a team effort," Johar said.

Coming into the game, Kennedy was determined for a Homecoming game victory and had prepared hard. Kennedy's match up with front-running Pacifica with a record of 5-2 compared to Kennedy's 3-3 pushed the team to work even harder.

"The stakes are extremely high with it being Homecoming as well as a league game with one of our league rivals. Our players understand the responsibility that they have in playing our best for the alumni and students who come out to support them," Clark said.

Fresh off this homecoming victory, the Kennedy Fighting Irish football team is prepared for their future league games.

"Hopefully this big win can lead to future victories where we can work as a team and family," senior receiver Dillon Paningsoro said.

"Music, Dancing, Choir, Oh My!"

SYDNEY HUGHES
Staff Reporter

On Fri. and Sat. Oct. 2-3 2015 at 7 p.m., Kennedy High School's choir gave their very first performance of the 2015-2016 school year in the Kennedy Performing Arts Center (KPAC).

Choir teacher Sarah Anderson and choreographer, Soleil Garcia had been preparing over 400 students for the first choir show, "On With The Show" for two months. The choir program has five levels of choir singers: Harmonic Fusion, Treble Effects, Lyrical Tones, Vocal Motion, and Concert Choir. The singers sang songs from different famous Broadway musicals including "Grease" and "West Side Story."

"I think choir did a great job this past week. The first show is always a nervous time for not only myself but the students, but they did a fantastic job and I was very proud of the work they did!" Anderson said.

On the day of the show, the auditorium was packed. Mostly parents filled the auditorium, but there were quite a few students that went as well. The first song the choir sang was "The Joint Is Jumpin." This was sung by the entire cast, pumping up the audience for the



Junior Jasmine Toler (left) strikes a pose during her solo from the musical "Grease" opposite the Harmonic Fusion's performance of a song from the musical "West Side Story."



rest of the show.

Treble Effects, the all-girls choir, did their first number to "I'm Gonna Wash That Man Right Outta My Hair" from the musical "South Pacific." The girls dressed like Rosie the Riveter and gave the audience a pin up feel.

"Getting back stage, I was getting nervous," Treble Effects member Jessica Fee said.

Harmonic Fusion indeed pulled it together for the night show. From tap dancing in red shiny clothes to Ayden Ju's outstanding solo performance, the crowd went wild.

"It was really impressive to put together something like with that many students in two months," parent Tina Fee said.

However, there was one soloist in particular who really stood out the most. Junior Jasmine Toler sang "There Are Worse Things I Could Do" from the musical "Grease." Many audience members thought that she really mimicked Betty Rizzo from the movie "Grease."

The last song the singers did was "Somewhere" from the musical "West Side Story." The entire cast came out

to sing the last song as big family. The students were wearing their colorful choir shirts that represent each choir group.

"My favorite part of the show is when I get to see the genuine smiles from the kids when they are proud of the job they did. I push them quite hard to put on a successful show and when they can see their hard work come to life, it is the best moment for their teacher! I just love my job!" Anderson said.

The Kennedy singers had a memorable performance that entertained teachers, family, and friends.



#All Lives Matter

JUSTINE TABADERO
Staff Reporter

Growing controversy rose when the phrase “All Lives Matter” had tried to replace the original phrase, “Black Lives Matter,” that focused more on African Americans in the United States.

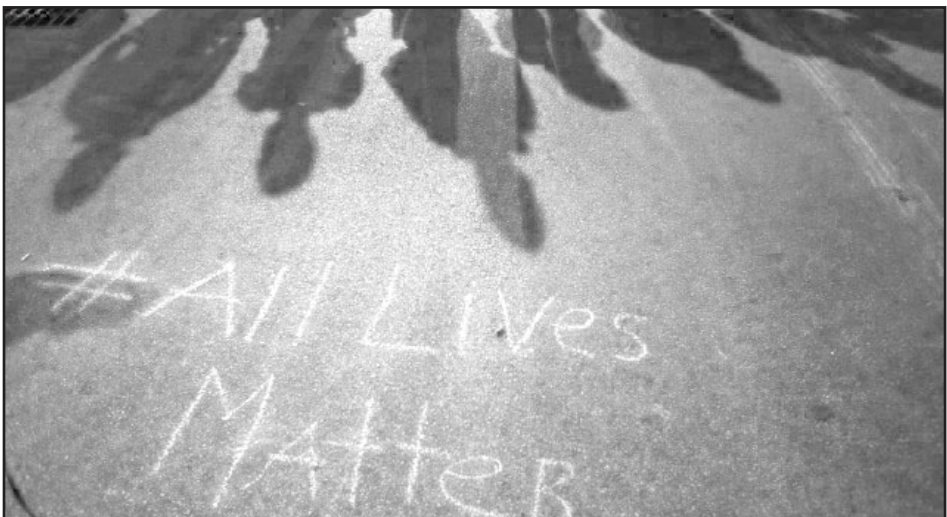
By September of the past year, people of Ferguson, MI and social media have created the phrase “Black Lives Matter” in response to the death of one of many people of color, Michael Brown. However, after the next few months people of all races and ages across the nation have been participating in the rising movement “All Lives Matter” which contrasted with the slogan “Black Lives Matter”.

The original title of the slogan was sparked by the numerous deaths of both black male and female victims of police brutality and excessive use of force.

"If it causes offense that I say that ‘All Lives Matter’ -- black lives, white lives, police officers, jurists, all of us, even politicians, all of our lives matter -- if that is somehow offensive to someone, that's their issue, not mine," South Carolina Senator Tim Scott said in an interview with CNN.

Although both campaigns strive to make a difference, violence is growing, especially in the riots of Ferguson 2014, where protestors became destructive to their community through vandalization.

“We’re ready for war,” protesters of Fer-



COURTESY OF GOOGLE
Shadows of police in riot gear hover near a chalk written message #AllLivesMatter, as they stood in a line at Baltimore in May of 2015.

guson said during the multiple riots in September of 2014.

Not only have protesters been killed, but there have been counted deaths of police officers such as the sheriff’s deputy, Darren Goforth of the Harris County Sheriff’s Department in Texas, creating the “Blue Lives Matter” (Sea of Blue) Campaign, which acknowledges the lives of the police force.

"We heard 'Black Lives Matter.' All lives matter. Well, cops' lives matter too, so why don't we drop the qualifier and say 'Lives

Matter' and take that to the bank," Goforth said before his death.

Most protesters blame and shift their anger toward the police force, accusing them of their supposed “stereotypical” view and treatment when dealing with people of color.

“That kind of incident is seized upon by “Black Lives Matter” and other radical groups to demonize the police,” Fox News host Bill O’Reilly said towards the fatal shooting by police of a Latino man.

“All Lives Matter” was created to have an

equal representation of all races affected by mistreatment in the United States.

Growing controversy surrounds the phrase in which some politicians and celebrities have apologized for using it. Martin O’Malley, Dem. presidential candidate, mistakenly misused the phrase at a conference along with other presidential candidates that sparked more anger among those who support the “Black Lives” movement.

“If we jump too quickly to the universal formulation, 'All Lives Matter,' then we miss the fact that black people have not yet been included in the idea of 'All Lives’," O’Malley said in an interview with CNN.

Several protests across the nation are for “Black Lives Matter,” while “All Lives Matter” is expressed through social media.

“It’s a huge step into a more accepting and equal society,” junior Patricia Iwata said. “Many people ignore when someone is being harassed about their race, culture, religion, disability, etc., and [All Lives Matter] shows that no matter what you are or what you have, your life matters and no one should be afraid of getting judged or hurt by being who they are.”

The government has no involvement with the issue leaving political figures to debate on the topic and the police force’s handling protests and riots.

STUDYING ON SATURDAYS

ETHAN CHEN
Video Editor

It is finally official. Assistant principal Jennifer Brown filed in the papers for the approval for Saturday Academy, and as of the 2015 school year, Kennedy High School finally starts Saturday Academy.

There are many purposes as to why Kennedy High School has started Saturday Academy. The main reason why the academy began was because the school wanted students to still be educated, even if they are absent during the school days.

Saturday Academy allows the teachers to interact with students and provide them with opportunity to still learn. This will allow students to clear up absences because if a student has an attendance of less than 90 percent, they are forced to recover the time needed to go over 90 percent.

Saturday Academy also provides more help for students for those who need the assistance from the teacher.

“Our main goal is to help students who are seeking for help,” Brown said. “This academy is meant for anyone to join but mostly for those that have an absent.”

Many students think that the school only has enough money to support education material for students and not for activities or sports. The school receives money based off the Average Daily Absence (ADA). For each student present at school, the school and district earns money, and for those who miss, the district and school lose money.

“It’s not all about the money, but more

on helping students with different subjects and teaching them something new,” math teacher Olivia Marinone-Moschetto said. “Students can’t deal with four hours of math, so I teach them something that they can use after high school.”

Saturday Academy also serves as Saturday school for those who need to be disciplined for their actions. Because teachers are coming on Saturday to work, it will allow assistant principals and counselors to have students serve campus suspensions or detentions that they did not serve during the week.

“This will make students recognize that if they have a detention, they should serve it during the week they receive it and not get in trouble for not serving it,” Assistant Principal Jack Jensen said. “Students can now serve on campus suspension on Saturday and still be in class during the regular time.”

Teachers are also allowed to make new classes that are not part of their curriculum. If students want to learn something new and teachers are able to provide it, they can set up a class during Saturday Academy. Some subjects that can be taught in Saturday Academy are debate, dancing, photography, art, science, woodshop, and much more.

In order to start a class, teachers require a minimum of 20 students participating in the class. Saturday Academy classes last four hours from 8 a.m to 12 p.m., and free lunch is provided at 12 p.m. Students must get a ticket from the activities window and turn in the ticket to Linda Zubiate in the counseling office.



TONIGHT:

Pink Out football game, Oct. 22 @ Handel Stadium.
Kennedy vs. Western @ 7 p.m.

RED RIBBON WEEK 10/26-30:

Monday:

“TeamUP against DRUGS” – Wear sports attire

Tuesday:

“Think of ALL you can be when you stay Tobacco FREE” - Wear red

Wednesday:

“Friends don’t let friends do drugs” – Twin day or wear pink

Thursday:

Irish fighting drugs– Wear green and gold

Friday:

Say BOO to drugs– Wear your Halloween costume

Red Ribbon Week Challenge:

Saturday at La Palma Central Park from 7:00 to 10:30 am.
-IB students have received their exam fees.
Payments are due by October 30

Application Windows

- CSU 10/1/15 – 11/30/15
- UC 11/1/15 – 11/30/15
- Out of State/Private Universities – check websites

Common Apps:

Request letters of rec by 11/20/15

La Palma Halloween Carnival:

Sat. Oct. 31: 6 p.m. to 8:30 p.m.

Interested in Europe 2017?:

Meeting @lunch on Friday; Parent meeting @6:30pm

Congratulations to

Jared Fong: 2nd place Military Drum Major

The Shamrock Regiment: 1st place in their division

Colorguard: 4th in their division during the Placentia Days Parade on Oct. 10, 2015

The Shamrock

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The Shamrock FEATURES

3

HOMECOMING SPIRIT WEEK 2015



KEYVA GRAY
Features Editor

Spirit Commissioners Breanna Robinson and Heidi Han made a bold statement with the first spirit week of the year themed after the Homecoming dance: Midnight in Paris. Robinson gives ideas, while Han writes them down and organizes events behind the scenes.

Although Han and Robinson are new to ASB and have such a big job, last year's pep commissioner urges students that they are in good hands.

"I feel really excited for them because they have been working really hard and have been on top



of this whole planning process from the beginning and I think they are going to do a great job," senior Keila Goulding said.

The spirit week was Sept. 13-16 and was the prequel to the Homecoming football game (Sept. 16) and dance (Sept. 17). Tuesday was titled "Tacky Tourist Tuesday" in which the student body brought out their hawaiian shirts and cameras. On "Mimic a Mime" Wednesday, students wore black and white stripes. Thursday, "I Mustache you to the Dance" was a day in which everyone sported their mustaches. Finally on Friday, everyone wore



their K-High 4 Life shirts in support of the homecoming game that night. Each day, the commissioners planned a Noon Time Event



(NTE) that coordinated with the day. On Tuesday, in the middle of the quad, students participated in a rally in which they had to gather items any tacky tourist would need such as sunglasses and pool noodles. On Wednesday, students mimicked a mime by playing a life-sized "Heads Up" game. Finally, on Thursday participant's pinned the mustache on the Irishman.

"Our goals are to have more fun, increase Irish pride, and make school more memorable especially for seniors," senior Breanna

Robinson said.

To conclude the week, band, cheer, ASB, color guard, football and JROTC rallied together in putting on the Homecoming assembly. Together, cheerleaders and the senior varsity football players dressed as cheerleaders and danced to a mashup of songs to get everyone pumped for the game that night. After a relay played by the Homecoming Court, basketball and football star Derrick Deese was crowned king. Overall, the week was a success, despite the challenges Robinson and Han had to overcome with planning such big events.

"Communication is key," Han said.

Your Highnesses - The Homecoming Court

BRIAN VU & CATHERINE KANG
Layout Editor & Staff Reporter



Kaitlyn Cota
"Be the change you want to see in the world."



Alexis McGuire
"When you have a bad day, a really bad day, try and treat the world better than it treated you."



Sammantha Park
"Nobody whoever gave his best regretted it."



BRIAN VU/ The Shamrock.
Homecoming King Derrick Deese escorts Queen Jillori Grepo to the "royal carriage."

The lights are blazing. The crowd is on the edges of their seats. Only a faint police siren can be heard off in the distance. Suddenly, everyone is on their feet and the crowd bursts into cheer.

On Oct. 16, 2015, John F. Kennedy High School announced their Homecoming King and Queen, seniors Derrick Deese and Jillori Grepo, at the assembly and Homecoming game against Pacifica High School.

Deese, who played in the Homecoming game that same day, participates in both the school's varsity basketball and football teams. Following his motto of "Doing what people say you cannot do," he has high hopes for this year's sports.

"I just like to win," Deese said. "I hope that I will be able to win more

games and take both basketball and football to the playoffs."

In return for the support his family and friends have given him throughout the years, Deese dedicates his title as Homecoming King in their honor.

"My family is my biggest inspiration because I know that, no matter what, they will always be there for me," Deese said. "I would also like to thank everyone who voted me for this great experience of being king. It's lit!"

Grepo is involved in numerous school organizations, including ASB, choir, RSVP, the AUHSD Student Ambassador program, and varsity sports volleyball, basketball, and track and field. Despite her hard work, Grepo says that could not have done it alone and looks up to

her father, Flash Grepo, as inspiration for her success.

"It's impossible to explain why my dad inspires me in just a few sentences," Grepo said. "But still to this day, he continues to amaze and inspire me to become the best person I can be."

With her impressive school involvement record, and motto of "There's no time for excuses. Just do it," it is no wonder that she was named this year's Homecoming Queen. But to her, the experience is more than just about the title and the sash.

"I want to shoutout every single princess and prince of the Homecoming Court!" Grepo said. "Homecoming is not about winning, but rather, it is about having fun with your friends in high school."



Ayden Ju
"Why you always lyin'?"



Aman Gore
"If you can't find somethin' to live for, you best find somethin' to die for."
- Tupac



Brian Kim
"There's always a reason to be happy."



Through Tragedy and Tears, Triumph

GRACE PARK
Editor-in-Chief



COURTESY OF SHIRLEY LACK
From left to right: Steve, Caitlyn, Heidi, Berry.
Once the perfect family, the Berrys have hit hard times in recent years. The remaining two survivors - Caitlyn, 16, and Hayley, 12 - have lost their parents in one of the hardest transition periods of their young lives.

If you passed her on the way to math class, you would say that Caitlyn Berry was perfectly normal. On the surface, she walks the halls with confidence, a bright smile radiating off her face as she jokes with her friends. The inside, however, is a completely different story for the Kennedy High School senior. In addition to dealing with the typical teenage angst of her peers, Berry has faced a dramatic move from her hometown of Arlington, TN and the death of both of her parents - all in a span of less than

three years. “I have really good days, and I have really horrible days. I have a few people I can talk to. Somedays I really don’t feel like doing much, but I know I got to get up and keep moving forward,” Berry said. The family was first struck by tragedy when Berry was 12 - her relatively young father was diagnosed with an aggressive colon cancer that quickly metastasized to his lungs. By the time she was 15, the cancer had progressed to a point where the family finally decided to pull the plug on medical treatments.

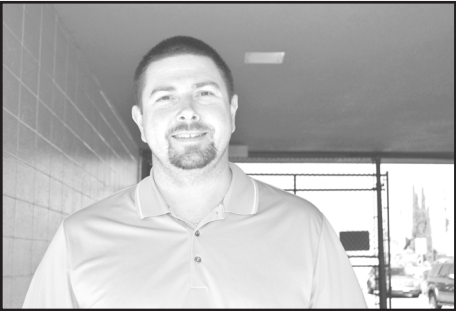
“I felt horrible. I mean, that was my father, and he was gone. He was supposed to be there to walk me down the aisle and beat up any boy who hurt me,” Berry said. Berry, along with her mother and sister, Hayley, moved to La Palma shortly after. Their mother had been a local of the OC area and had graduated from Cal State Fullerton with her teaching credentials. Still, it was difficult for Berry - then entering her sophomore year of high school - to move so far away from friends, family, and home. And for her mother,

the combination of her husband’s death and the stress of taking care of the two girls just seemed too much. “She drank a lot after my dad passed away. She would go away and get better, but after a few months, she would get bad again. About about a month before she died, we basically fought every day...I would get mad at her for leaving an 11-year-old and 16-year old-alone for hours and come home drunk,” Berry said. To family and friends, it soon became apparent that Berry was growing up too fast; every day, she made sure her sister was fed dinner and her homework was completed, all at the expense of her own grades. Even so, Berry identifies her younger sister as motivation to keep the crushing depression at bay. “My little sister is 12 years old with no mother or father. She only has me. The days when I don’t want to go on, I think of my baby sister and realize that I cannot let her grow up by herself. I need her to realize that, yes, life is horrible, but you have to keep pushing through.” Despite all the tragedies in her past, Berry is hopeful for the future. She plans on attending a four-year university by driving for aca-

ademic excellence, taking multiple AP and Honors classes. Caitlyn needs financial support, however, in order to obtain higher education, a need that prompted her to create a Go Fund Me Project for her and her sister. As of yet, the project has raised \$600 for the girls, who now live with their grandmother. “I have to keep moving. I have to keep pushing through life. My parents wanted me to go to college and have a career and a family, and I guess just wanting to make them proud is what keeps me going,” Berry said. Any other teenager would have just as easily given up in this environment. However, Berry relies on her writing to pull her through the day, finding solace in the pages of a notebook or between the covers of an intriguing novel. “My books have happy endings, and that’s all I really want in my life. I want to be able to say I made it, and I think giving happy endings to characters in books helps me realize that I can write my own story,” Berry said. The future seems sweet for Caitlyn Berry. Or at least, it does now. **Donate to the Berry girls’ college fund at www.gofundme.com/theberrygirls.**

Fresh Staff On Campus

REICZEL BAEL & ALANA CHO
Copy Editor & Photo Editor



Robert Fickbohm

Q: What do you like most about Kennedy?
A: I like the atmosphere of the students and the school spirit.
Q: What made you choose choose to teach?
A: I had a senior English teacher that was really inspiring and helpful to the students, he helped out a friend of mine and what he was going through at home and school. I wanted to be like him.
Q: What is your favorite movie?
A: There’s so many. I’d have to say “Rudy.” It’s about a kid who really wants to go to Notre Dame and fights really hard and eventually makes the football team.



Lacey Meehan

Q: What inspired you to start teaching?
A: I have had the desire to work with students with special needs since I was in elementary school and went to school to pursue teaching.
Q: What are you most proud of in your life?
A: I am most proud of my sweet daughter Shea. I am also proud of myself for starting a non profit organization.
Q: Can you tell me a little about your non profit organization?
A: It’s called Thirteen Five and our mission is to provide showers to the homeless population in Orange County via a mobile shower trailer.



Kirstin Swans

Q: What did you want to be when you were little?
A: I wanted to be a veterinarian. I like animals but I didn’t do it because I’m not good with blood and I didn’t want to put animals to sleep. Too depressing.
Q: What made you choose to teach?
A: I like kids.
Q: What do you aspire to do at Kennedy?
A: I’m doing it. Teach photo.



Christi Brooks

Q: What is the most exciting place you have traveled to?
A: I’ve been on a cruise through the eastern part of Mexico and Belize and I got to swim with dolphins and ride horses through the jungle.
Q: What do you aspire to do at Kennedy?
A: Oh boy. I guess like, my overall goal is to instill some knowledge in general about athletic training, what I do, and how that can change the way people function in a sport.
Q: What do you like most about Kennedy?
A: I like that I just came in and everybody was friendly and welcoming. I just didn’t feel left out.



NO HAVEN

ASHLEY U
Opinions Editor



COURTESY OF GOOGLE

The Turkish gendarme picks up the corpse of a three-year-old Syrian boy named Aylan Kurdi who tried to escape to the Greek islands with his family.

What started as a protest against the Syrian government on March 2011 has become turmoil for the world in the last few years. This protest, known as the Arab Spring, simply spoke against the government's use of arbitrary arrest and torment on Syrian teenagers who painted revolutionary slogans on a school wall.

In response to this commotion, the government allowed forces to open fire on demonstrators, killing several. Such scene resulted in greater resentment among the Syrians who now demanded President Assad's resignation.

Since then, rebels such as Islamic State (IS) and the government have been fighting over the power of Syrian government by using armed force, attacking civilians, and seizing cities and towns, actions which threatened Syrians.

"My family in Syria avoids

making plans for tomorrow," senior Zainab Tabbaa said. "Who knows if they'll survive until the next morning or until the next second? Maybe the bombs a few miles away will make it to their windows like they did to millions of others."

Despite having thousands of people dead and others trying to escape, the world remained silent until one Syrian boy's death - 3-year-old Aylan Kurdi, who was found dead on the Turkish beach.

Father Abdullah Kurdi said these words as he described the

tragic death of his wife and his two sons—Alyan and Ghalib Kurdi.

"Even if you give me all the countries in the world, I don't want them...What was precious is gone."

This young boy's cold, wet corpse left a invaluable message to the world: help the Syrian refugees. Before him, there were countless deaths that marked the gravity of Syrian civil war, but very few nations were reluctant to take a step further to help the refugees. A similar case happened to this Kurdi family.

When Kurdi family attempted to emigrate to Vancouver, Canada, where Abdullah Kurdi's sister resided, the Canadian government rejected their documents and demanded other documents that were nearly impossible for average Syrian citizens to come across.

Therefore, Tima Kurdi, Abdullah Kurdi's sister, offered to help them by requesting a Turkish smuggler to get them a boat, which he promised to be "yacht," not a rubber boat that appeared on their day of the fleet.

"I really regret," Tima Kurdi said in tears. On this rubber boat, the Kurdi family could not survive very long; Abdullah Kurdi had to helplessly watch his son drown after he had tried to keep his wife and his sons alive by pushing them up and putting their heads up for hours. Despite this effort, he was the only remaining person to stand on land after this disaster in the cold ocean.

This catastrophic event caught the eyes of many countries like the United States. However, the incident on Sept. 11 trapped the few Americans in their partiality toward Syrians.

"We don't want another Boston Marathon bombing situations," Rep. representative Peter T. King, New York, said after President Obama had announced his plans of accepting at least 10,000 displaced Syrians over the next year.

Along with such people in the United States, the people from other countries do not seem to welcome these refugees. "It is not that easy [...] starting over in neighboring countries that deem 'their kind' equivalent to parasites," said Tabbaa. "It requires serious and intense effort."

There has to be some international solution to save the lives of innocents who die with no reason.

"Even if you give me all the countries in the world, I don't want them...What was precious is gone."

- Abdullah Kurdi

The Scary Truth

RUTHIE LEE
Staff Reporter



COURTESY OF GOOGLE

Every Fifteen Minutes initiates the simulation of an alcohol-related accident that brings awareness of driving under the influence.

Think before you act. Everybody involved is affected.

Every Fifteen Minutes is a program that brings awareness to alcohol abuse and its consequences. The program takes place in high schools in Canada and America in

which a group of high school students are chosen to participate in the program and are placed in a simulation where they are drinking and driving. The actors stage a fatal car accident, killing or injuring all victims involved in the accident.

The program emphasizes the importance of saying "no" and being aware; it provides an extreme impact on students, teachers, staff, and parents.

It is a two-day program that focuses on juniors and seniors, chal-

lenging them to meditate on the possible consequences they can face when driving under the influence and the effect it will have on victims, family, and friends.

"The whole experience was that they staged an accident and over the speaker they would have a sound representing the car crash. Then we would hear a phone being dialed to 911 and the conversation that there was a car accident. We would all then go outside and see the cars in ruins and students covered in blood," said 29-year-old Mr. Carmier, who personally experienced Every Fifteen Minutes when he attended Katella High School his junior year.

The reason the program is such a big movement is that the majority of the students are not aware that this is a simulation. As they hear about the accident and the deaths associated with the accident, fellow peers mourn and are heartbroken to hear that their classmates passed

away in such a cruel way.

"Drunk driving--it is scary. Drunk drivers are unpredictable and when you put them behind a 300 pound hunk of metal, it's unpredictable what will happen," Joel Gonzalez, a retired police officer, said.

As teenagers in high school, peer pressure and society's norms are pressed onto us, but just because it may appear fun or a good idea, it does not mean that it necessarily is. All teenagers have a choice, and it is our decision to be educated and make the right one.

"I think it's a great way to show that not everything is sunshine and flowers when it comes to alcohol. It is a serious issue and the public must not ignore it," senior Benjamin Ranson said.

People expect tragic events to never happen to them. Even so, always be cautious of your choices that will dictate your actions.



The Sword and the Pen

Some warriors wear capes. Others wear newspaper polos. Here are the faces behind *The Shamrock's* Editorial Board.

A Word from the Editor-in-Chief Grace Park



Hello! My name is Grace Park, Editor-in-Chief of *The Shamrock*. As a small, timid sophomore coming into the class two years ago, I had no idea that Journalism would change me in the ways that it did. I have learned that this class is an outlet for creative thought, far different from the daily grind of homework, tests, and papers. Perhaps, more importantly, I have learned the values of leadership and teamwork, and I am proud to say that this class has become my home away from home. As leaders of Kennedy's newspaper, the editorial staff and I toil to bring accurate and entertaining news to the students and faculty. We hope that our dedication and passion translate into the writing, design, and feeling behind our newspaper. So without further ado, I am proud to present our first issue for the 2015-2016 school year.

Copy Editor Reiczel Bael



When I look back at high school, the only room I'll remember is room 106, the Kennedy Newspaper staff room. In the first year of newspaper, I decided I wanted to learn how to be a better writer, and luckily, I became a better writer and friend. Molded from black print, painted by the gradient tools, and warmed by billions of potlucks, I became worthy of being a reporter. I hope to place all my skills and efforts in creating the best of the best because I love every, single part of newspaper: the late nights, the lovely people, and the awesomesauce paper and video. I fell in love with both the paper and the people. Appreciate our staff, and we will work hard to fulfill our promise in spreading the news, the spazzaz, and all the greatness of the world to you.

Video Editor Ethan Chen



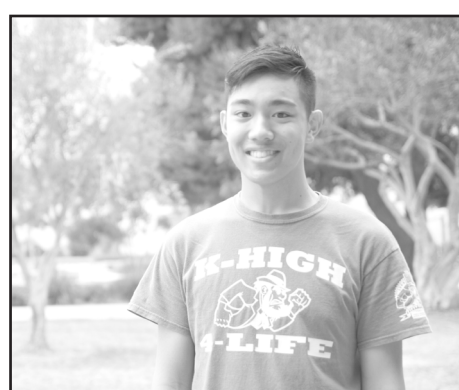
As head video editor, I oversee the completion of the video announcements and I hope all the students and staff here at Kennedy appreciate what they see on the Shamrock Video Announcements. I'll make sure this year that the videos that Kennedy sees is the best and only the best.

Photo Editor Alana Cho



I never pictured myself as photo editor. But then it clicked and I started to focus my senior year on capturing the high school events. I have a crop load of photos to edit but it adds color to my life. As you look back at the paper, I hope that these precious memories will flash before your eyes.

Layout Editor Brian Vu



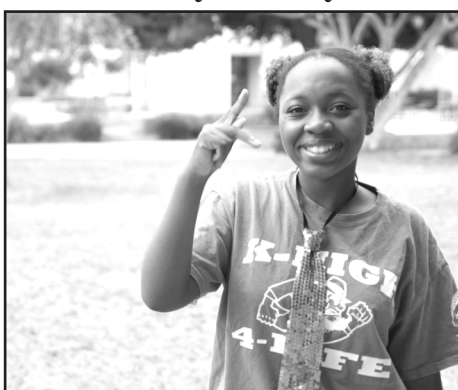
Hey guys! As layout editor, I oversee the paper's design aesthetics. My hope is that I can help bring a new liveliness to Kennedy's newspaper. I am proud to that say joining journalism has been the best decision I've made in high school. Though the work is demanding, I can say that I will never regret a single second.

News Danny Ko



As your News Editor my responsibility is to keep bringing forth quality articles and design the paper in a way that is not only pleasing to the eye but can be a part of the Kennedy tradition for many years to come with articles that are informative. Thanks for your continued support of the Shamrock and let's have a great year together.

Features Akeyva Gray



As an editor, I want to share my Irish pride with the rest of the Kennedy community and hopefully everyone on campus finds a place where they belong as well. In the Features section, we will smile and we might shed a tear, but in the end, this section is about you and I will do my very best to capture the essence of the Irish way.

Opinions Ashley U



Last year when I was a staff reporter, I was amazed by the editor's dedication and commitment. Now, as an Opinions Editor, I feel obligated to work as much as or even more than the former editors to create a newspaper that can bring bright smiles to all of the Kennedy students and staff.

Sports Bhavisha Tailor



I look forward to coming to this class everyday and working with such creative and hardworking people. As Sports Editor, I would like to recognize and promote all the sports teams at Kennedy High School. Because this is my first year in journalism, I have yet a lot to learn; however, I am excited for this new experience.

Arts & Entertainment Christina Im



Being an A&E editor for two years, the dedication and teamwork is a mere understatement that cannot be put into words, but rather expressed through the experiences I have had being active in journalism. As my final year at Kennedy High, I hope to extend the Shamrock's legacy of creative value and expressive quality.





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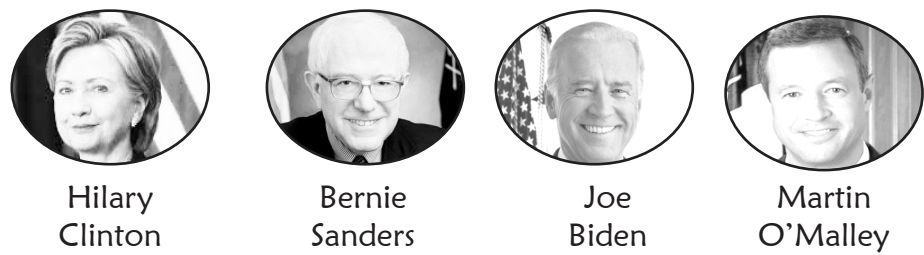


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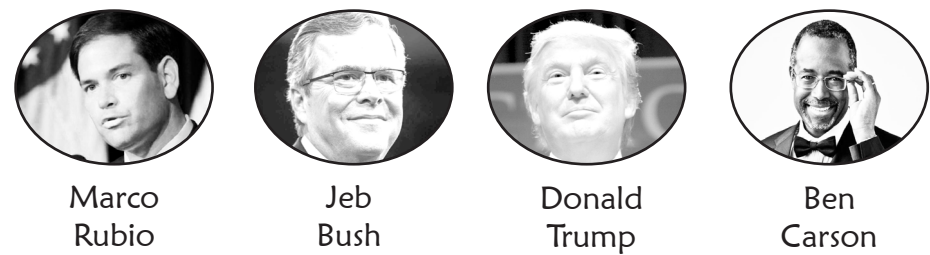


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Democratic Presidential Candidates



Republican Presidential Candidates



Donald Trump: The Death of the GOP

CHARLIE CHEN
Staff Reporter

As if the conservatives of America weren't divided enough, Donald Trump still manages to grasp onto the title of prime candidate of the Republican Party.

A highly controversial figure, the real estate mogul-turned-politician, is considered both as the future savior of the United States by some, and also the death of the Republican Party by others. In the eyes of politically informed Americans, the latter seems way more realistic.

As of now, Trump leads the Republican Party as the most popular candidate, with his ratings double that every other candidate's besides Dr. Ben Carson's. If this trend continues on, he will almost surely be nominated as the official presidential candidate of the GOP.

This is where the problem comes in. Not only do

Democrats hate Trump, but a good majority of Republicans also despise the man.

According to a poll conducted in July by the Quinnipiac University, a whopping 30 percent of Republicans would not support Trump if he were ever to become the Republican presidential nominee. That is a large chunk of votes to lose for the sake of nominating the most approved, and most hated, Republican candidate.

However, many people do not seem to get this idea.

"He is a man of action," senior Chris Lee said.

out to the people. He presents himself as a strong leader, constantly attacking other candidates to make himself seem dominant. He exploits the anger of the people, fueling the heat even more by making radical promises, such as deporting every illegal alien within U.S. borders, to win their approval.

People look up to Trump for a strong leader who will "Make America Great Again." In reality, he is nothing short of a corporate businessman who knows how to sell.

"Even though he might not be qualified or respected by the public, he is the only person forcing the candidates to address the taboo topics they don't want to talk about," senior Jovany Merham said.

If the Republican Party wants to have a chance against the Democratic powerhouse in next year's elections, Trump's name must not be found on any ballot associated with the GOP. The conservatives of America must open their eyes and realize how impossible it is to enact Trump's policies without compromising what is left of America's stability. They must realize that Trump is nothing but a sellout and look into more rational candidates who actually care about the country.

Until then, voters are doing nothing but helping Trump obtain the elephant's ivory.



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One Click Away

Uber is a rapidly growing international transportation network company. Customers can download the Uber app on their smartphones and request for transportation. Uber drives have the flexibility to accept any requests and drive their own cars.

CHRISTINA IM
A & E Editor

PROS

In this day and age, the taxi has gone extinct, thanks to the modern recognition of the Uber.

Although Uber started in 2009, the trend has peaked in the years of 2014-2015. Due to the vast connection that is available to customers looking for rides, Uber made its prominent stance by attracting outsiders to try out the new system of "taxis."

Founder Travis Kalanick and co-creator Garrett Camp are the men behind the company that generated the app and system available for the public.

By mending the broken transportation system with its monotonous flow of bright yellow taxi cabs, this new chain opened up the possibilities of how easy a call-for-a-car can be.

As the number one transportation service in the world, Uber excels in customer service that sets the company apart from the traditional taxi drivers.

With over 140 million rides back in 2014, the exponential growth of more than 160,000 employees driving for Uber portray its increasing success each year.

"The idea is that you push a button, a car comes and picks you up and while you're on the way to your destination, someone else is going in the same direction," Kalanick said. "The difference is that with a bus you go to a corner that's half a mile away from you."

Uber is an efficient form of transportation that gravitates to both the young and old population of today's modern society. Apart from the traditional yellow cabs that roam around town, the uber varies in cars and colors that portray a more laid back atmosphere for the riders.

"It's a convenient source of transportation," senior Kiana Wood said. "Because it allows younger people that aren't eligible to

drive to rely on a sufficient driver to get to another destination and prevent hazardous people like those who drive under the influence."

Young or old, the uber experience is no different.

"Uber is, in my opinion, a better and more affordable alternative to getting around town. And as in better, I mean it gives jobs to folks with only having to learn a minimal and necessary skill in today's society," 28-year-old Jedd Cruz said. "Though I do feel that Uber will raise our social skill communicatively, I advise that Uber have a driving test for applicants because I've come across some crazy drivers in the past that have almost rear ended a corvette for checking their Twitter and Facebook when they should be paying attention to the road and their liability.

Overall, Uber is an af-

thumb-click away from the nearest destination.

According to Forbes, "Uber's active driver base has grown from basically zero in mid-2012 to over 160,000 at the end of 2014. The number of new drivers has more than doubled every six months for the last two years."

The flexibility of Uber and not having to tip the drivers reduces the expense of the customers as well.

"I like how I don't al-

involved, I can save money as a student," senior Brandon Alexander said.

This suitable service benefits both parties, as the drivers are able to condense the stress of driving around and trying to find a pedestrian in need of a ride.

Generally, Ubers are \$35 cheaper than the regular taxi fare. The list goes on a s

it contributes credit card rewards with a no-tip policy that reduces the cash flow amongst customers.

Although the birth of the Uber sparked many controversies and made enemies with taxi companies, it is inevitable that this new system of rides have changed how the world views the convenience of technology on the road.

ways have to worry if I have cash on me or not. Before I drove, the uber was a convenience for me. The app makes everything a lot easier and since there's no tip in-

ford-able, efficient, and questionably reliable means of transportation."

With the uber app, it is efficient and reliable since your ride is just a

Renowned ride-share businesses such as Uber have slowly been replacing the traditional taxi. It attracts many people; however, many are unaware of the possibly dangerous and inconvenient downfalls to this new business.

Uber fails to perform background checks. Uber's background checks only go back seven years, misleading and deceiving customers. Customers are unaware of the possible threat they are exposing themselves to, as this information is concealed from them. Uber and other ride-share companies such as Lyft refuse to undergo stricter and more thorough background checks that traditional taxi drivers must go through. In

fact, Uber only requires one hour of training before their employees are able to drive customers.

According to the New York Times, "One driver was convicted of felony sexual exploitation of children in Wyoming in 2005, and another of felony kidnapping for ransom with a firearm in 1994. Other drivers were convicted of charges like robbery, assault with a firearm, identity theft and driving under the influence," reporter Conor Dougherty said.

Uber customers, and even drivers, jeopardize their own safety when entering a car with a stranger - a rule we were taught not to do before Kindergarten.

"It's risky because you don't know who's coming to get you and there are

many possibilities on what can happen if you're alone with someone, especially if it's a long car ride," senior Jasmine Zeng said.

Although Uber provides a fast and flexible way to earn money, many Uber drivers fail to realize how much of their own expenses are being used while participating in this ride share company.

According to the Los Angeles Times, "They're aware of Uber's 20% commission, and in New York, they may also know that they'll owe city sales tax (8.15%) and a transportation fund tax of 2.44%, on their fares. (Total off the top: 30.59%). But are they accurately calculating gas, insurance, and wear-and-tear? Probably not," LA Times contact reporter Michael Hiltzik said.

Uber needs to be stopped. The minimal effort to protect customers and to train employees poses a threat. Uber has many downfalls and should be reconsidered before employees and customers contribute to the business's ongoing success.

BHAVISHA TAILOR
Sports Editor

Easily ac-

cessible on your smartphone app, Uber and all of its dangers are just a click away.



O C T O B E R :

Halloween,
the month of seafood,
and National Breast Cancer Awareness Month.



I found the lump by accident, lying on my side in bed, brushing against my chest. I was not looking for anything. Men don't generally know to do a breast exam. The lump was about the size of a pea, perfectly round and hard, to the left of my left areola.



Initially I was so focused on the doctors, the testing, and getting treatment that the first couple of weeks were a whirlwind. When I told people I had cancer, male breast cancer, their reaction was, "Wow! I didn't know it was possible."

In April 2012
I was diagnosed with
breast cancer.

Most people don't know there isn't a cure for breast cancer, but I have an implant and I get out of the hospital every day. I see that you have a nipple. Both of my mothers have had one dying and another surviving. I'm having a radical mastectomy in 1929.

KIRSTIN JOYCE
Staff Reporter

October is National Breast Cancer Awareness Month (NBCAM), an effort founded by the American Cancer Society in 1985. NBCAM allows medical institutions, government agencies, and public service organizations to raise awareness of the disease. Awareness groups exist in masses throughout America, and work hard to get their message out by hosting runs, creating websites, making television appearances, and writing books.

Breast cancer can affect one in eight women in the United States during the course of their lives, which is about 12 percent of the female population. Women are encouraged to attend regular clinical examinations and mammograms at times discussed with their physicians.

Although age and gender are the only proven factors that are directly related to higher risk of breast cancer, efforts toward living a healthy lifestyle are recommended in order to reduce chances of its development.

"Leading a healthy lifestyle doesn't guarantee that someone will not get cancer but doing so will significantly stack the odds in your favour," chief executive of Cancer Research UK Harmal Kuper said.

The effects of breast cancer can be dramatically reduced by simply catching it in its early stages. Many patients find that putting off appointments after experiencing symptoms of breast cancer cost them precious treatment options that could have

been used in the event of earlier diagnosis. This was the case for Doctor Moushimi Lodh, a physician who developed breast cancer in 2009, after waiting one year to get a curious lump on her breast examined.

"Regular screening and monthly breast self-examination help detect breast lumps at the early stage, which is very important. There is no history of breast cancer in my family," Lodh said, during her interview with fellow friend and medical reporter, Doctor Natasha Das. "Even the well-established risk factors such as family history, radiation exposure, androgenic estrogens, nutrition and diet habits, smoking, alcohol consumption, lack of physical activity and no or very short duration breastfeeding and social status explain only about 40 percent of the breast cancer cases."

"Leading a healthy lifestyle doesn't guarantee that someone will not get cancer but doing so will significantly stack the odds in your favour."

- UK Harmal Kuper

In general, regular self-examinations are the best and most practical way of staying alert for breast cancer symptoms. Any unusual physical components regarding breast lumps, pain, or appearance should be expressed

to your doctor upon discovery.

"I had a benign lump earlier and I believed this one could be benign too. Not that I forgot about the lump completely... I wanted to get it checked the moment I had the time," Lodh said.

Breast cancer in men is possible, although extremely rare. Chances of males developing the disease are one in one thousand, with symptoms similar to those seen in women. Such symptoms include lumps, pain or enlargement of pores in the chest area.

"It's a self-watch deal. There's no protocol for men, and there shouldn't be. It's so rare. If you have it, you'll know," Allen Wilson said, when asked about breast cancer screenings for men on Fox 26 News in June this year.

Wilson survived cancer twice through surgery and chemotherapy. He encourages men not to ignore pain or changes around their chest.

"We don't need mammograms. You put your hand on your chest and you know what's going on. But if you feel something, you better get after it fast, because it's close to your chest wall so it can spread quickly — and men don't have much to give," he said.

In the end, it's all about going with your gut - if you feel or see anything you believe is abnormal, get it checked out. The hassle of going to an appointment is definitely worth your peace of mind, and could even end up saving your life.

The American Cancer Society
for breast cancer in the
2015 and 2016

- 1. About 231,840 new cases of invasive breast cancer diagnosed in women.
- 2. About 2,350 new cases of invasive breast cancer diagnosed in men
- 3. About 60,290 new cases of carcinoma in situ (CIS is non-invasive and not breast cancer).
- 4. About 40,290 women will die from breast cancer.
- 5. About 440 men will die from breast cancer.



BREAST CANCER AWARENESS



Check if the lump is benign or malignant; not all lumps are cancerous!



Pick a day, e.g., first day of the month. If no longer menstruating, then you have a very irregular menstruation. Check with your doctor!

Breast Health Education aims to help adolescent girls and women to understand the signs of breast cancer. Aiming to provide the emotional and material support, they aim to promote awareness to help self-manage their condition during and after treatment.



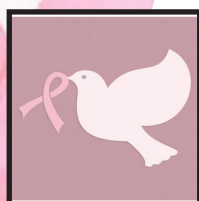
1 in 8

in US will be diagnosed with breast cancer



7-10

days after the first day of menstruation



With male breast cancer, you're pretty much an oddity through the whole treatment process, because you're part of only one per-cent of breast cancers. It's a very altering experience. Cancer is a huge interruption in life.



ENGAGE



EDUCATE



EMPOWER

THE GREAT MORNING BREW DEBATE

JENNY TRINH
Staff Reporter

To brew or not to brew... that is not the question! Rather the question is “to brew... to brew what?”

Although the statistics seem to distinguish a clear majority, the debate continues to carry on. According to the Pew Research Center, approximately 75 percent of Americans prefer to start their morning off with a hot, steamy cup of joe to the remaining 25 percent who favor the relaxing properties of a warm cup of tea. Tea lovers argue that the health benefits of tea are superior to those of coffee; however, many studies reveal that coffee and tea have nearly the same perks. Despite the similarities, it is clear as to which morning beverage reigns on top.

“Everytime I drink coffee, it’s always something different,” sophomore Ruth Hwang said. “Being able to change how I have my coffee makes it a little more fun to drink.”

The flavor of both tea and coffee is affected by factors such as

brewing time and temperature, but some argue that the taste of coffee has more flexibility when it comes to tweaking it to one’s taste bud preferences. While tea can be served ice or chilled, with or without milk, sweetened or unsweetened, coffee can be served a variety of ways, including the addition of flavor syrups, whipped cream, milk, creamer, ice, and chocolate.

“I feel like I have to try harder to find tea,” senior Shaun Cho said. “At coffee shops, they have limited amounts, and the amount of tea selections at grocery store is incomparable to the different types of instant coffee that are available on the shelves.”

Coffee is sold almost everywhere. According to Statistica, the coffee industry makes up about 36 percent of all retail and major coffee shops such as Starbucks and Dunkin Brands Inc. contribute approximately 50 percent of those sales. Along with major coffee chains, donut shops, convenience stores, and even business meet-



JENNY TRINH/The Shamrock
Some argue that tea is more elegant, but places such as Cafe Maji in Cerritos offer cute coffee and tea arts in the form of foam milk.

ings have more coffee drinkers rather than tea drinkers.

“Being a teacher, getting to school so early in the morning can sometimes be a challenge,” Kennedy teacher Joseph Hoang said. “Coffee helps me get my day going.”

According to Differen, coffee can contain anywhere from 80 to 185 mg of caffeine per eight ounces of coffee brewed. The caffeine promotes alertness and energy, factors why many Americans have

become dependent on the drink to kickstart their day.

Coffee, like its tea counterpart, also offers health perks. Those who drink coffee daily have a lower risk of type II diabetes, dementia, and Parkinson’s disease.

The combined benefits of coffee, both physically and mentally, are more favorable of the traditional brew. Overall, a cup of joe is most people’s cup of tea.

ONE OR NONE

CHANNY KWEON
Staff Reporter

In a society where you and all your friends have no siblings, seeing foreign families with multiple siblings would seem a bit odd. This may seem like an odd society, but China had enforced a family planning policy in 1979 called the “One Child Policy,” which restricts each mother of a family unit to having only one child. This policy has been controlling the country’s birth rate and maintaining the population size.

“Yes, I’ve heard of it. It sounds ridiculous,” Kennedy High School librarian, Kim Buck said. “I am pro-life and pro-life translates to me. Once a child is conceived it’s a human being. You should have it.”

Recent policy’s role has surfaced based on the tension in the Chinese government. The governmental corruption and policy abuse have led to unjust acts such as the case of Zhang Yimou in 2008. Yimou broke the child policy and was caught with his second child; however, he was able to escape punishment by paying a fee three times the amount of an average household income. The case only proved how unfair the effect is on child rendition.

“It’s not fair obviously. It’s not fair to be able to pay for a second child. It’s inhumane. It doesn’t justify abortion or to pay an extranomical amount for a second child,” English teacher Marlene Wu said.

If the child is born with a condition that may seem unfavorable to the child’s success, the parents can get permission to bear another child.

“To the extent of it being ‘evil’ is kind of extreme, as there are some beneficial aspects to in regards to economics. That being said, it’s still very unjust for the government to have such absolute control over such private matters,” senior Jason Zahur said.

The economic boost has increased the quality of education, healthcare, and sanitation, improving the overall life for the Chinese people.

“Speaking from a mathematical standpoint, the One Child Policy will control the population, since there are so many resources available, so the ones who are alive can live a better quality of life, rather than have new children born who will not be able to be fed, clothed, or housed,” senior Stephanie Nguyen said.

The One Child Policy still exists to this very day and holds this policy very seriously.

No Fat, No Sugar...No Problem?

ASHLEY U
Opinions Editor

No soda. No candy. Just nothing.

Since First Lady Michelle Obama started the “Let’s Move!” campaign on Feb. 9, 2010, states such as California, New York, Philadelphia, and Florida have begun to change their policies on school lunches.

The campaign sought to solve problems in regards to growing obesity rates in the younger generations, and the states which agreed upon “Let’s Move!” campaign started to put less sweet, salty, and delicious food on students’ plates.

After this campaign started to prosper, the proponents of this campaign argued that it is beneficial not only for the students with obesity but also for the low income families whom they believe to have no time or money to provide kids with nutritious lunch. Their claim, however, seems to be invalid.

Though, their argument can be easily disapproved by the data shown from the Bureau of Labor Statistics. The data indicates how “toast spread out with peanut butter and topped with sliced banana” with sufficient amount of

protein, carbohydrates, and potassium costs about 50 cents.

“My mom always packs me lunch, and I think than bringing my own lunch to school is more economical than buying lunch at school,” senior Han Bin Kim said.

If these proponents are really worried about the money that goes into the food, they should at least worry about the consequences these restricted food can lead to. As lunch turns into tasteless food, it is obvious that students will throw the food into the dumpster. The advocates of this campaign have to realize that the amount of food that goes into the dumpster equals the amount of money the school has to pay for in waste collection costs.

Another factor that can easily disregard the proponents’ argument is the toxic chemical that goes into the school lunch: bisphenol A (BPA). Does this chemical help to reduce obesity rate among students? Absolutely not. Then what is the purpose of having BPA in students’ lunch?

According to the Journal of Exposure Science and Environ-

ment Epidemiology, BPA causes harm to students who are currently developing their organs and hormones. BPA, when exposed to a body, has the potential to distract the hormones and cause cancer in reproductive tissues, changes which are all noxious for growing kids.

A Stanford study indicates how the students who consume school lunch are exposed to higher rates of BPA. This chemical is commonly found in canned goods and foods in plastic packagings, which the school uses in replacement of fresher foods to meet the federal nutrition while still maintaining its budget.

“The only items not packaged in plastic were oranges, apples, and bananas,” said Jennifer Hartle, a postdoctoral researcher at the Stanford Prevention Research Center after her frequent school site visits.

Just because the students’ families have low incomes or their obesity rate is high, it does not mean that these students deserve lunch that consists of BPA and has bland taste.



COURTESY OF GOOGLE
Concerned with the increasing obesity rate among younger generations, Michelle Obama founded “Let’s Move!” campaign which brought unexpected controversy.





Let's get social!      
gstagelove.com

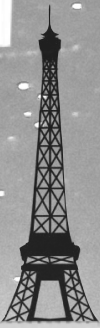
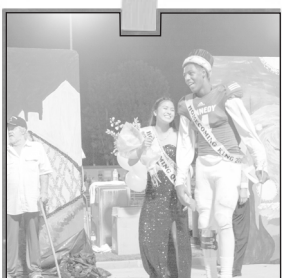
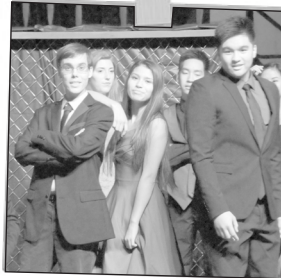
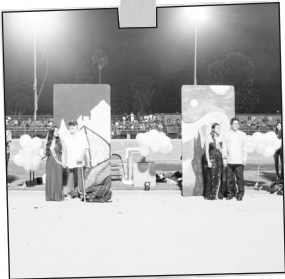
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One Spike Closer to Victory



CHANNY KWEON
Staff Reporter

Pass. Set. Hit.

These are the three foundational movements in a volleyball game and every great volleyball player is required to train in these three basic movements more than anything else during practice. Using these foundational skills, the John F. Kennedy High School girls volleyball program has recently sprung with more victories and wins in the last few years. Their hard work and dreams have been recognized by the program’s routine practice and their efforts to create this year to be the best they ever had.

“Our team is bursting with potential and they have lots of energy and spirit,” varsity coach Billy Bixby said. “The team is collectively strong for any given games.”

The girls have been attending practice since summer individually to improve their skills as a team. The 2015-2016 program received many new freshmen as well as returners who climbed up to a higher level team.

“The new players fit right in. They add lots of positive aspects to our team,” Bixby said.

They started their season first quarter into school and are all eager to defeat other schools in their league. One example was the home game against Pacifica High School on Sept. 6, 2015.

“We’re ready to crush ‘em, whoop ‘em,” varsity team captain Alex Ennis said before



CHANNY KWEON/The Shamrock
Junior Zitlalli Martinez braces herself to serve the volleyball across the court.

the game. “If we put our best, it’s always an easy game.”

Having won multiple games against other schools, the team follows three steps to overcome their challenges.

“Prepare. Believe. Execute,” Bixby said, “We always believe we can win.”

The team has set goals and stepping stones in order to help them become better players. The team gives great effort to become league champions this year, but they work even harder for a greater title as California Interscholastic Federation (CIF) champions.

The dream of every team is to win the CIF championship and represent their school with pride and honor. The program has not yet been able to successfully win a girls volleyball CIF championship, but the hopes are very high for this year’s program.

“I believe that our chance to win the CIF championship is really strong,” Ennis said.

“I think that they play well,” sophomore Aaron Abadilla said, “I also think they have a chance to win the CIF title.”

Recently, the team’s display of their skills in their preseason games has been extraordinary and has set high expectations for both the team and the spectators.

“We’re all in this together for one common goal,” Bixby said. “Our common goal of a league title and CIF champions is possible.”



SAMANTHA SANTANA
Staff Reporter

On your mark, get set, GOOOOOO! As the starting gun fires, the dust picks up as the runners take off.

On Sept. 30, at Craig Regional Park, Kennedy’s cross country team makes their way into preliminaries where they find themselves warming up for the next race. With each quick step, the runners prepare themselves for the long distance, often seeking guidance and comfort from their head coach, Daniel Sanchez.

Sanchez was determined to prepare his new batch of freshmen runners to face one of their biggest challenges yet and train his varsity runners to their absolute best. Leading to their success, three varsity girls gained their titles when they achieved Top 10 from preliminaries.

Among those runners that competed for preliminaries, senior Katherine Tech won second place and gave insight of what her goals were for this race.

“Preliminaries was a great motivator for finals, because although I got second place, my plan is to get first and hopefully help my girls varsity team win League,” varsity runner Tech said.

Preliminaries proved itself as another good race, when the results showed that not one, but three varsity girls ran their

Miles and Miles Away



way to the Top 10.

Tech won second place, running close behind her Jacqueline Martinez won fifth, and soon after, junior Lillyanna Figueroa won tenth. These girls proved themselves that anything is possible with the right persistence and the mindset.

At the end of the day, runners relieve themselves from the stress and anticipation they felt during the race, and can finally remind themselves of their achievements. It is these little moments that truly matter to the team, all the effort and energy put into their abilities result in finishing the race.

“The way I train them is to run with

“Cross Country has taught and defined the saying, mind over matter...”
- SHEEVANG PATEL

heavy legs, they felt tired and slow, but that wasn’t necessarily a bad thing. The number one goal was to compete, and they competed their hearts out,” Sanchez said.

Practicing under the blistering summer heat, the team persists to push forward, and expand their limits for league finals as they

hope to take the championship.

“The one thing I really emphasize is that your team is your family. You have to make sure that you don’t let your family down, and if you’re hurting, just like your family, they’re hurting too,” Sanchez said.

One of the senior varsity members, senior Sheevang Patel, ran his heart out during and after practice, willing to go lengths to wherever his legs desire. Patel also won medals and awards for his determination to reach the finish line and go beyond his limits.

“The fact that I’m running for my team, it motivates me to keep going. I want to continue supporting their backs, as much as they do with mine,” Patel said. “We’re a family, and family is always there to support you in any way they can.”

Several racers and supporters recognize the team for all their efforts, and come together again as family, but the one reminder is how significant cross country is to them.

“Cross country has taught and defined the saying, mind over matter, for there are no limits to what one can do, and I can prove that when I push beyond what I am capable of, each and everyday,” Patel said.



COURTESY OF MARIO AVILA
Putting in his best effort to finish the race junior Charles Alagos, battles it out.



Driven to Win

DANNY KO
News Editor



COURTESY OF JOHN TEUTIMEZ
The Lady Irish pose proudly after a victorious match on Oct. 7 at the Dad Miller Golf Course. These ladies feel confident that they will have qualifying rounds in League finals.

The Fighting Irish girls golf team is off to a great season, but is looking down the range toward an ultimate hole-in-one: winning more matches throughout the progression of the 2015 season than they did in the 2014 season.

“The goal was to have more wins than last season, which we have accomplished.

An Empire League title in the future is definitely what I would love for these girls,” head coach John Teutimez said.

This desire to win comes from the hard work the lady athletes put in during their off season. They wasted no time relaxing and ensured that their skills as both individuals and a collective team, remained

sharp in preparation for the upcoming season.

“The off season was a great time for me to reflect on my first season in golf and work harder during the break to come back stronger,” returning sophomore Heidi Han said.

The girls team feature many returning golfers, such as Heidi Han, Alyssa Elder, Jasmine Bench, Christine Vo, and Vanessa Yang. The team also welcomed new athletes such as freshmen Marybeth Zipagang, Irene Kim, and senior Mariana Rodriguez.

“I decided to golf my senior year to try something new. I’ve built a lot of new friendships with my teammates and also I’ve received a lot of support from the girls. I’ve also been able to give back to them by giving them lessons,” senior Mariana Rodriguez said.

During this season, the Lady Irish participate in lessons every Monday and Wednesday at the Tiger Woods Learning Center, under the instruction of coach Nick Badel. Their matches are on Tuesdays and Thursdays at various golf courses.

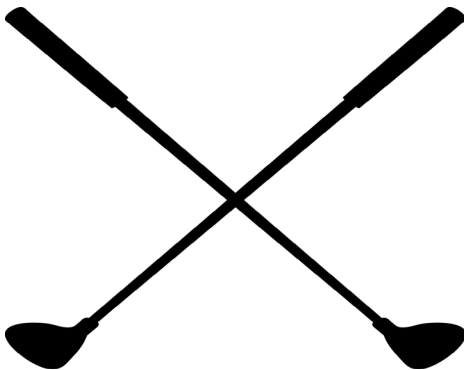
“I like being around different people and having the opportunity to go to different golf courses. It’s nice to meet the girls from other schools so you can learn from what they do and that can help improve your game,” up-and-coming freshman Irene Kim said.

Many of the lady athletes have a com-

mitment not only to the team, but to their academics and extracurricular activities. The inspiration to participate in this demanding sport comes from the chance to be able to write this on college applications, but also influence from family members.

“My aunt and uncle golf a lot and there was a time when they asked me to join them on the course and it seemed interesting after I played with them, so after that I decided to join golf,” sophomore Marybeth Zipagang said.

The Lady Irish will continue their final push to victory in their Empire League Finals matches on Oct. 19 and 20 at the Dad Miller Golf Course, overcoming both physical and mental challenges. Come out and show your support for the humble, yet powerful and driven girls golf team.



Sports Calendar:
Upcoming Fall Games



Football		
10/22/15	Western	7:00pm
10/30/15	@Cypress	7:00pm
11/06/15	Tustin	7:00pm

Hey Fighting Irish make sure to come out and support the Kennedy sports teams as they end their season.

Boys Water Polo		
10/22/15	Western	4:15pm
10/29/15	@Cypress	4:00pm
11/05/15	@Tustin	4:15pm

Girls Volleyball		
10/22/15	@Pacifica	6:00pm
10/26/15	@Western	4:30pm
10/28/15	Cypress	4:30pm

Cross Country		
10/23/15	Mt. SAC	8:00pm
10/28/15	Finals	2:00pm

Girls Tennis		
10/22/15	@Pacifica	3:00pm
10/26/15	@Western	3:00pm
10/27/15	Cypress	3:00pm



The-Play-That-Must-Be-Watched



JANKI PATEL
Staff Reporter

J.K. Rowling recently announced over Twitter that she would be releasing a new, hidden side of Harry that no one has ever seen before.

“Harry Potter and The Cursed Child”, however, will not be in traditional book format but rather a theatrical play, surprising fans. The play will run for a solid five weeks (maybe even more), giving fans plenty of time to catch a peek for themselves.

“Well there’s things in plays you can’t express in books and things in books you can’t express in plays,” senior Stephanie Nguyen said.

“The Cursed Child” is not a prequel, but more so focusing on Harry pre-Hogwarts and tells mostly of small life stories. Rowling also hinted that Harry is NOT the cursed child. Fans are wondering if that means Lily and James, Harry’s parents, or even Severus Snape, Harry’s potions teacher, will be featured in the play.

“Due to the epic nature of the story... ‘Harry Potter and the Cursed Child’ will be in two parts!” said Rowling via Twitter.

Unlike the “Deathly Hallows” for which fans waited nearly a whole year, fans will be excited to hear that both

parts can be viewed consecutively throughout the day. It also gives them a chance to spend more time with the characters,



something previously believed impossible.

Rowling will not be writing the entire script for the play. Instead she will be collaborating with writer Jack Thorne and director John Tiffany. Not to be worried though, she has already written more than half of the script. “I just hope we do it justice,” Thorne said. “I’m so constantly aware of respecting the previous seven stories... I hope people love this play like they loved the books. Everything we do is with that in mind.”

The books are the epitome of childhood for millions of people all over the world. Fans are on the border about whether or not the play will be able to deliver.

“It sounded really cool... and I want it to be good because the series is so good that you don’t want this one play to ruin it for the whole series,” AP U.S. History teacher Kelly Chong said.

The play will be released next summer in the West End Theater in London and tickets will be going on sale this autumn. Make sure to grab your seat Potterheads!

CLEARER THAN EVER

SAMANTHA SANTANA
Staff Reporter

As stars flicker and twinkle in the vastness of space, the New Horizon, a NASA spacecraft, travels long and wide to finally get a glimpse on the details reflected upon the surface of Pluto.

As for this new HD photo of Pluto, people can finally analyze and learn the depth of the planet through the articulate, detailed image that NASA was able to capture on July 15, 2015. In a few moments, our knowledge of space was once again redefined, sharing new scopes of perspective on this tiny dwarf planet.

According to New Horizon, “These images of Pluto, clearly brighter and closer than those New Horizons took last July from twice as far away, represents our first steps at a turning the pinpoint of light. Clyde saw in the telescopes at Lowell Observatory 85 years ago, into a planet before the eyes of the world this summer,” investigator Alan Stern said.

The recent update on the dwarf planet finally revealed the formations of mountains that rise as high up as 11,000 ft. This new discovery appears as evidence that some region of this icy planet are younger compared to those of many other planets including Earth. From recent studies of the surfaces, geologists examine that the icy planet does not show any marks of huge craters that asteroids could have developed over the years.

Geologists now wonder the capabilities of maintenance upon any icy planets or moons that reside and orbit around bigger planets. Pluto is one of the most distinguishable planets, for it cannot retain heat as there is no bigger mass, and is far from the range of the sun’s heat.

“This may cause us to rethink what powers geological activity on many other icy worlds,” NASA deputy team leader John Spencer said.

As these pictures update the knowledge of the existing planets, teachers have also acknowledged the recent activities of these astronomical advances.

“I think it’s awesome, it surprises me how long it took for us to get them, but now we’re learning more, and I think that’s cool,” AP Physics teacher Caylin Ledterman said.

In recent events, NASA has been discovering many new updates and findings with their new technology.

Recently, on Sept. 28, 2015 spectators from different regions scouted and awaited for the extraterrestrial site. The Blood Moon was captured in high definition as well.

These high definition images are revolutionary based on how far technology has advanced.

DON'T CHICKEN OUT

REICZEL BAEL
Copy Editor

Among the flurry of thick, greased bacon burgers and the notorious, pineapple-flavored dole whip, Anaheim’s Roscoe’s Chicken and Waffles sent fireworks of its own (you’re not the only one, Disney!).

Unenthusiastic smiles from a little over a majority of the hostess and waiters, at the very least made me feel acknowledged, but after the water came, the happiness radar as a customer hit the green.

As understanding the staff was, the waiter’s patience did not run out even when orders changed an embarrassing three or more times. Or when a handful of children decided to sing - actually, scream - their ABC’s. Or when a glass of coke fell on the floor.

The waiting game, thankfully did not last long; it lasted about 10 minutes at most. Ordering chicken, waffles, cornbread, and the kettle salad fries is an absolute necessity as a first-timer at Roscoe’s - if you come to eat with missing a fourth, you won’t need to loosen your belt. Portions are huge, waffles are huge, servings for fries are huge, but surprisingly, the chicken is average-sized.

The taste remains its saving grace - full of zest, and satisfying crunching noises when you take a mouthful in.

Pres. Obama approved of Los Angeles’ Roscoe’s in 2011 where Roscoe’s eventually went as so far to name their number nine, the Obama Special. Celebrity sightings in different Roscoe’s locations range from Kobe Bryant, former Pres. Bill Clinton, supermodel Cindy Crawford, and Michael Jackson’s children, Paris, Prince, and Blanket. Roscoe’s must be doing something right.

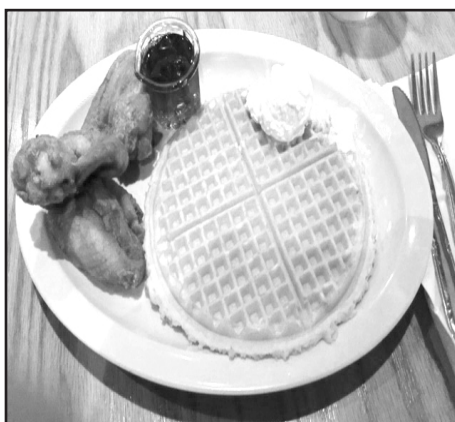
There were no “oohs” and “ahhs” at the three standard chicken wings or one average-looking waffle - the Obama Special and huge side of cornbread do not appear as special as promoted. If you want to experience why an ordinary meal of simply chicken and waffles happens to be delish, the “just right” seasoning and creamy butter win the prize for most suprising.

Lightly dressed with pepper, the chicken tags along with the taste of the soft, buttery, waffles - where one size fits all. Chicken dominates every single dish unless you order waffles along with a side plate of gently salted, scrambled egg.

The specialization of grandma’s southern cuisine sends the atmosphere of Roscoe’s to resemble a New Orleans-esque vibe. Despite lacking in decorations, the cleanliness and lively music saves the whole-hearted attempt to honor the South.

“I ordered the Jeanne Jones omelet, filled with chicken and a bucket load of cheese. My favorite was the waffles,” frequent attendee Julienne Espinoza said.

Their name says it all, and they definitely know how to deliver. Most of the time.



REICZEL BAEL/The Shamrock
The little scoop of butter brings the quality of the waffle from Hades to Hercules.





COLLEGE CORNER

COURTESY OF GOOGLE
Stanford University is one of top private universities not only in California, but in the world. They are known for their medical, law, and business schools.

Private



MICHELLE PETERSON
Staff Reporter

Whether you’re a senior getting ready to send out college applications or a freshmen just trying to adjust to high school, information about picking colleges is something that could be useful to you, whether you’ll be using it in the near present or distant future.

When picking your colleges, you start

by figuring out what you want to study and then you come to the question that many high school student find themselves facing: private or public?

According to the CBS news website, private colleges offer a variety of financial aid, merit scholarships, and grants and are often more willing to meet your financial needs.

“Many private schools offer their own campus specific scholarships so definitely seek those out. In counseling workshops offered by many East Coast and Ivy League schools, we have heard admissions officers say their school is ‘need blind’ in admissions, meaning they do not decline students based on their ability to pay or not,” counselor Helen Chung, said. “All stu-

dents should definitely apply for financial aid using the Free Application for Federal Student Aid (FAFSA) which pools from all federal and state financial aid sources. Along with that, Cal Grants specifically meet tuition costs for California schools, including full tuition for UCs and CSUs.”

By attending a private college, you will also be introduced to a more rigorous curriculum.

“Although I will be applying to some public universities, I will also be applying to private ones because I’m hoping that the smaller class sizes will help me improve my focus and allow me to participate more in class,” senior Gema Bayas said.

There is also a great deal of prestige that comes from attending a private college as

many are recognized for their academic excellence. However, this does not apply to all private colleges, as some universities have been known to have subpar professors and curriculums.

“I don’t think people should buy into the hype of private schools too much, sometimes they do offer a better education, but some public universities are just as good or better,” junior Veronica Lopez said.

Because of their highly competitive and intense admissions process, many private universities are difficult to get accepted into.

Whether you plan on going to a private or public college, going to college in general will only improve your likelihood of getting a job.

Public



JUSTINE TABADERO
Staff Reporter

Senior year comes and goes and students are in the race to find the right college for them. For some students, picking a college might be easy, however, for others, they do not even know where to begin.

Public colleges offer cheaper education compared to private colleges, making it affordable to many. These schools allow students to choose from a variety of majors and be involved with their school through sports, clubs, and different organizations the school might offer.

“Costs to attend (before financial aid packages are awarded) generally are lower than private colleges. State universities typically offer bachelor’s, master’s, and doctoral programs,” Associate Chancellor for Enrollment Management of the State University of New Jersey Camden Rodney Morrison said.

Public colleges have a greater opportunity of acceptance due to its high enrollment. This creates more diversity among students, giving them opportunities to become more involved by joining clubs and organizations to represent their student body.

Although it has its disadvantages, a higher rate of enrollment does not mean the school may have the biggest class-

rooms.

It all starts with what students achieve in high school. A-G requirements prepare students for colleges such as trade schools, community colleges, California State Universities, University of California, and private universities. Students must achieve three years in social science, four years of English, two to four years of math and world language, three years of laboratory science, one year of visual/performing arts and college prep electives each. The requirements of the A-G varies depending on the kind of public college students want to attend. SAT scores and GPAs are also big factors colleges look at.

“I’m trying to get the highest SAT score to get to go with my GPA, taking advantage of all the college fairs going on, looking up colleges online, and turning in college applications as soon as possible in order to get into the college I want,” senior Michael Alfante said.

When choosing a college, students are most likely worried not only about what they offer, but also the cost. Research by SmartMoney comparing public schools, non-Ivy League private schools, and Ivy League schools, showed that public colleges have the greatest payback for students in terms of money spent in tuition versus annual salary.

Community colleges offer the first years of academic foundation or workforce train-

ing that help teach students skills for certain jobs not technically qualifying in earning a bachelor’s degree.

They also charge the lowest published tuition rates among all types of colleges while others, state and university, offer four year bachelor’s degrees. Many students nationwide receive their bachelor’s degree in public universities.

With private college tuition being three times the amount, public colleges vary in being more affordable.

According to the The Daily Californian, “I believe that we need to find new ways to define and to inhabit the meaning of the public in our current age,” Chancellor of Berkeley University Nicholas B. Dirks said. “We still find ourselves without a sustainable financial model for the future, despite aggressive and sometimes

very painful efforts to control our costs.”

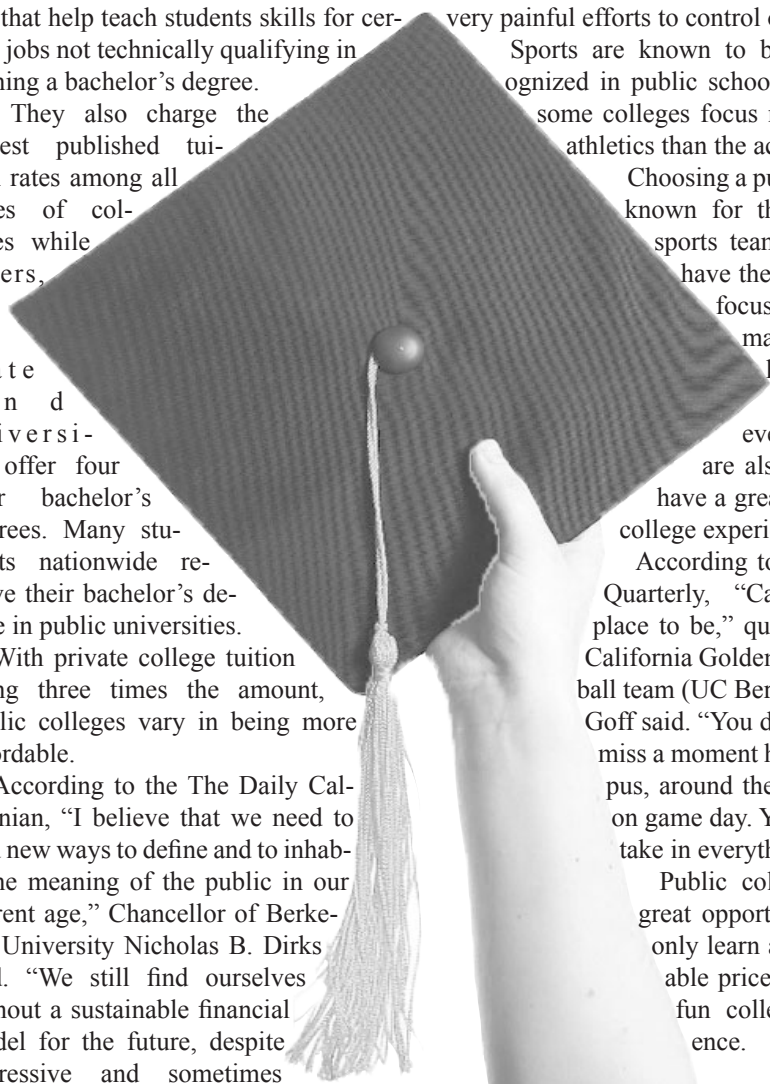
Sports are known to be very recognized in public schools, in which some colleges focus more on the athletics than the academics.

Choosing a public college known for their popular sports team might not have the educational focus as students may want to have.

However, sports are also known to have a great impact on college experiences.

According to Cal Sports Quarterly, “Cal is a great place to be,” quarterback of California Golden Bears football team (UC Berkeley) Jared Goff said. “You don’t want to miss a moment here on campus, around the school and on game day. You want to take in everything.”

Public colleges are a great opportunity to not only learn at an affordable price, but have a fun college experience.



A Practical Option

RUTHIE LEE
Staff Reporter

College season is finally here. The time when seniors hear about the future. The time where juniors begin looking into their future.

When it comes to community colleges, there are several options that could be taken into consideration, whether it be distance, price, major, or curiosity.

When it comes to colleges, various different options are presented such as private colleges, UCs, out-of-state colleges, and community colleges. And although all colleges provide the necessary education, a reasonable option to consider is community college.

After graduating from high school, students seek a higher education through attending a community college for multiple reasons. Community colleges nearby, such as Cypress, Fullerton, Cerritos, and Golden West are all colleges with good education systems that have a lot to offer to their students. Community colleges have positive and negative sides to the whole experience.

One of the main driving factors for students who apply to community colleges is the cost. Due to the debt that college graduates face after graduation, people generally try to save money by attending a community college. At Cypress Community College, the current in-state tuition for one year is \$1,104, which is 66 percent cheaper than the national average public school two year tuition of \$3,263.

"I want to go to a community college and transfer to a university afterwards, that way, I'll be saving a lot of money," senior Samantha Files said.

Statistics show that 68.3 percent of high school graduates enroll in college, and about 43 percent of those students move onto community college.

"A con would be the classes, because there is such limited space, it is more difficult to get into your desired classes," senior Ceejay Manalo said.

Transferring colleges is what the majority of community college students desire when going into community college. The great thing about these colleges is that if in high school you do not do so well, you can make it up in community college. When transferring, the college that you are transferring to will not check your high school grades, but the grades received in college.

"Not only is it easier to switch into a university, but you are really able to make up for your years in high school if you didn't do so well in high school," senior Akari Zamora said.

Community colleges are a great option that provide the education, opportunities, experiences, and financial affordability to many students. No need to stress. Look into the multiple community college options.

Freedom Through Liberal Arts

ESTHER LEE
Staff Reporter

The stress of college applications is approaching for every high school senior. There may be a few who have their choices ready in mind, but a majority do not have a single idea as to what schools they should apply to. Among several different types of colleges, a type all students should consider is the college of liberal arts.

Liberal arts colleges allow their students to explore their freedom a bit more than most other colleges since they aim to teach only undergraduates, rather than graduate students unlike other colleges that have professors who tend to teach more graduate students.

Classrooms are smaller, allowing a more comfortable and intimate setting for the students. All students are welcomed into the schools and, due to the small class sizes, the students and professors grow close.

"Our college is always interested in enrolling a diverse population of students that includes race and ethnicity but also socioeconomic background," Pomona College's Senior Assistant Dean of Admissions Joel Hart said.

These colleges provide an overview on subjects such as arts, humanities, social sciences, math, and natural sciences. Majors offered include anthropology, English, history, language and linguistics, philosophy, political science, math, psycholo-

gy, sociology, American studies, religious studies, molecular biology, computer science, and theatre.

Liberal arts colleges consist of classes that do not have specific curriculums that must be followed. Instead, students are taught a variety of expertise including communication skills. Along with classes that teach the technical abilities for a specific career, they are also enrolled in classes that teach them necessary life skills. Students are able to explore their strengths and weaknesses through these courses.

"Four years at Bowdoin is a period of extraordinary personal and intellectual growth, of reaching beyond the familiar, of embracing differences, and of building relationships that last a lifetime," Bowdoin College President Clayton S. Rose said.

Competition for recent college graduates is tough, but being a graduate of a liberal arts college does not mean that it is tougher for them. It is actually equal to those who graduated from other four year universities and the writing, communicating, and research skills allow the graduates to rise above the other graduates.

"Many [graduates] go on to some of the best graduate and professional schools in the country or land jobs at Fortune 500 companies, in Congress, and with schools and organizations throughout Texas, joining the ranks of our more than 120,000

alumni," Dean of The University of Texas-at Austin, Randy L. Diehl, said.

Tuition is large problem for a majority of the population. According to US News, most of the colleges have a tuition rate in the \$40,000 range as of the 2015-2016 school year. However, they are generous with financial aid for the students with financial issues. Through scholarships and grants, around 90 percent of the cost is covered.

Based on the requirements to attend Mills College in Oakland, students must have four years of English, two to four years of social sciences, two to four years of foreign languages, two to four years of laboratory sciences, and three to four years of mathematics.

Most schools accept college credit from both AP and IB classes. Fours and fives are recommended for AP test scores and fives, sixes, and sevens are recommended for IB tests. The average acceptance rate is around 20 percent and the graduation rate is around 90 percent.

These colleges should be considered by all students because of the variety of skills that can be learned by all the students which will help them to excel in their career and stand out among the other job searchers in the future.

History Behind the Horror

KIRSTIN JOYCE
Staff Reporter

Horror movie directors must have some pretty crazy minds - how else could they come up with the riveting plot lines that we have come to enjoy so much? Surprisingly, many of these movies actually originated from some of the most twisted events in history.

"The Texas Chainsaw Massacre"(1974)

Tobe Hooper made history with this infamous motion picture, and showcased one of the most iconic figures in horror history. Although Hooper came up with the basic idea on his own, the film is loosely based on the crimes of Ed Gein - the real life Leatherface.

Gein and his older brother were raised primarily by their fanatically religious mother in a farm on the outskirts of their town. After the death of his brother, whom Gein was a suspect of, he became completely obsessed with his mother. He was left heartbroken after her death, and became infamous as the town recluse.

During a search brought about by his involvement in the disappearance of a local town shop owner, police made a gruesome discovery.

Charged as being clinically insane, he was sentenced to life in prison and died in 1984.

"A Nightmare on Elm Street"(1977)

Although Freddy Krueger himself was born of Wes Craven's imagination, the idea for the iconic 'Nightmare on Elm Street' movie stemmed from the mysterious deaths he read about of men dying in their sleep.

"...it was a series of articles in the LA Times, three small articles about men from South East Asia, who were from immigrant families and who had died in the middle of nightmares..." Craven said.

The deaths were classified by the name 'Nightmare Death Syndrome,' and Craven remembers the third and most prominent case, in which a young man who was so terrified of his nightmares stayed up for almost a week by drinking black coffee and refusing medication.

Shortly after, they heard thrashing and screaming before the boy died without explanation. The true cause of his death is still unknown.

"Wolf Creek"(2005)

Every hitchhiker's worst nightmare is encaptured in this gruesome film directed by Greg Mclean. Although the movie plays on seemingly overrated fears, sadistic antagonist Mick Taylor was actually based on serial killer Ivan Milat, who was convicted for the kidnap and murder of seven people in 1996.

"That case was influential in many ways because it had all of these elements that were so terrifying and scarier than anything I could possibly come up with," Mclean said.

Milat earned the nickname 'the Backpack Killer' after he repeatedly shot, stabbed, and tortured his roadside victims. His established his signature by stabbing his victims in the spine in order to effectively paralyze them while he tortured them.



WHY CAN'T WE BE FRIENDS?

CHRISTINA IM & ALANA CHO
A & E Editor & Photo Editor

