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ELECTION WATCH Does Our Divided Nation Make Kennedy a **Divided Campus?**

By Adrianna Iorio, Section Editor

Lately, for most us, it seems as if the United States isn't united at all. Due to recent events, our nation is seemingly divided by what politi-cal party we vote for or what morals we identify with. Acts such as not standing for the Pledge of Allegiance or seeing eye-to-eye with our president's decision-making have proven to make a profound impact on who we are as people. The Clarion recently conducted a guestion pairs in relation to this in which we sought to see if Ken questionnaire in relation to this in which we sought to see if Kennedy, on a smaller scale, is as divided.



When surveying approxi-mately 125 students (freshman, sophomores, juniors and seniors) it was found that around 58% of students identify with the Democratic Party and its political ideals.

For these students, ques-tions such as "Do you agree with our President's decision making?" and "Do you think the President is improving or harming our country?" revealed answers that were prominently against him and how he handles issues for our country.

Chart provided by Clarion designers Jenelle Lum and Kimberly Landeck

On the contrary, only a small pool of students labeled themselves as Republican: 14% of students identified with right-leaning views. However, a few hiccups in the authenticity of the Republican data emerged; a number of students, particularly freshman, treated the questionnaire as a joke, making it a challenge to determine whether

"Do you agree with our President's decision making?"

the data was accurate or not. (For example, some would write "MAKE AMERICA GREAT AGAIN" at the bottom of their paper alongside other statements actually jeering at the president.)

What factors influence political ideology? According to Conlee Gray-bill (Class of 2020), "I think your political standpoint has everything to do with your parents, and the environment in which someone was raised. Granted, there are a few exceptions, but for a majority of people, the political standpoint that someone takes lines up with of people, the political standpoint that someone takes lines up with that of their parents."Perhaps there is an emotional attachment to the politics in a family which affects the way new voter or the younger generations will vote. Peers and media attention have also proven to have a profound impact on political attitudes.

Throughout this questionnaire process, it seems as if Republican-and Democrat-leaning students aren't divided 50/50, and our stu-dents lean more left than right. Political opinion overall doesn't seem to create of a problem within Kennedy according to many students. Kessley O'Keefe (c/o 2020) told the *Clarion* that she has never per-sonally been attacked for her political views on campus. "Seeing as though I've never faced treubles for my political views never have L though I've never faced troubles for my political views on campus. Scenig as witnessed people have problems, I wouldn't say Kennedy is divided politically at all. On campus when it comes to politics, I think we're all pretty chill. Wild."

STATE OF THE CAMPUS Bathroom Bluff By Liliana Lopez, Copy Editor

Many students who walked onto the JFK campus at the be-ginning of this school year may have been angered, surprised, or perhaps confused after discovering that the C-Wing bathrooms had been closed. Students upstairs found it necessary to take the extra time to go down to the B, F, or even A-wings. As a result, bathroom wait times increased exponentially and became comparable to those of the DMV.



Hallway view of a C-wing bathroom. Photo by Joe Temblador, Clarion Chief Editor

Amani Pittmon (Class of 2019) says, "It's irritating. We have to walk down the stairs and then wait like five minutes in line." This of course lessened the time students spent in the classroom. According to Assistant Principal Yung, a test was conducted last summer to time the walk from a third-floor bathroom to one in the B or F wings. It was reported to take only 37 additional seconds. However, this data doesn't consider traffic on the stairs during passing period.

Unsurprisingly, both students and staff declaimed the decision to close the aforementioned restrooms. Ms. Baniecki, an English 9 teacher on the third floor, says, "I think it's important for them to be open... for the students' health." It would appear that the Cougars got their wish; in the weeks since, the C-wing bathrooms re-opened. Unfortunately, reported incidents of fights, drug use, and class-skipping have risen sharply since their re-opening.

During a late-September press conference with the staff of the *Clarion*, Mr. Yung and Principal Van Natten disclosed the reasons why faculty decided to lock up the bathrooms. In light of the evacuations and threats last spring, it was found to be in the best interests of the Kennedy population as a whole to limit the number of places where students are the evaluation of the students are the evaluation of the students. dents could be unsupervised, thus creating a "safer environment" at Kennedy. Additionally, the C-wing bathrooms had, according to Mr. Yung, become "a spot where activity takes place that is not conducive to school". Although this statement may make it sound as though the bathrooms have become a dangerous place on campus, the situation is actually no worse than before. (*continued on page 6*)



Kvla Lee and Joelle Yokota celebrate their last year during Senior Sunrise on September 9. Photo by Sid Slesicki, Clarion Photo Editor

The Sun Also Rises

Joe Temblador shares his thoughts about Senior Sunrise on the *Clarion* web site.

Read about that event and also our bonus content.

jfkclarion.com



NEWS \mathscr{E} OPINION

Freshmen & Senior Spill the Tea By Adrianna Iorio, Section Editor

On Kennedy's campus, it is evident that nobody is technically the same. Whether it be a students general interests or the way they dress, the different characteristics each student obtains makes them unique and distinct from one and other. Gianna Sison, a freshman, and Bernadette Tropel, a senior, were asked to answer questions regarding their hobbies, life goals, and various other activities to see how a lowerclassmen's viewpoint differs from an upperclassman.

What's your favorite ice cream flavor?

Gianna Sison: My favorite ice cream flavor is strawberry. Bernadette Tropél: Mine is Mint Chip!

Describe your clothing style- what brands do you typically wear or are interested in?

Sison: I typically wear very 80's and 90's inspired clothing. There is no specific brand since I go thrifting a lot, but if I had to choose probably a mix of Urban Outfitters and Forever 21. Honestly it depends on if they have anything good.

Tropel: I like dressing as close to business casual as possible. I'm not super into brands.

What's your favorite dog breed? Unless you like cats more.

Sison: My favorite dog breed is Rottweilers. I don't know why, they are just really cute.

Tropel: My favorite breed is Great Pyrenees.

What music do you listen too? Describe your taste as well.

Sison: I listen to a lot and I mean A LOT of R&B, and a mix of old school hip hop. Mostly rap with meaningful lyrics with a R&B beat. Tropel: I listen to really chill kpop, Lorde, J Cole, and musical soundtracks. It's fairly

eclectic.

What is your outlook on college? Do you have any specific plans for after high school?

Sison: My outlook on college is most definitely a positive one, I of course want to attend college. I don't have any specific plans other than that. Tropel: My dad has instilled a love of education and a desire to learn within me since

I was three. I'm overall really excited for college.

Do you have a dream school? Do you have any idea of what college you want to attend? What do you want to major in?

Sison: My dream school would be any medical based college. I would like to attend Stanford but a more realistic option for me would be UC Davis. I'd like to major in anything in the medical field.

Tropel: Yeah my dream school is Georgetown University. I want to go to a school in the East Coast- preferably a smaller school. I plan to major in Political Science and get my masters in Public Policy, as well as minor in education. I want to work in the California Department of Education. (*continued on page 10*)

the Kennedy Clarion 2018-19 Staff

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In This Issue

By Joe Temblador, Editor in Chief

Kennedy's 2017-2018 year was a wild ride. Between bomb threats, fights, and numerous other events of varying insanity, Kennedy has been through the ringer.

That being said, it's a new year and a new *Clarion*. As the old guard leaves, the new take their place, and even though last years happenings have calmed down, the *Clarion* is just as invested in bringing Kennedy students exciting and unbiased reporting.

More than ever the *Clarion* is focused on representing this campus, and bringing the news to the people.



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NEWS & OPINION

ELECTION WATCH Pajama Politics By Joseph Temblador, Editor-in-Chief

In the coming weeks, many Kennedy students, particularly those more involved in the finer points of state and national politics might notice their email spam seemingly overflowing with messages of varying political discourse, for this serves as a reminder that the Midterms are upon us. The 2018 House and Senate races are poised to spell a decisive year for Democrats and Republicans on either side of the aisle, as politicians fight for a place in one of 470 out of 535 available House or Senate seats. These midterms follow an abnormally divisive 2016 Presidential Election between Hillary Clinton and the incumbent Donald Trump, an election cycle that proved integral to American politics and policy as well as the way future campaigns will be run.

In past years conservatives and the Republican party have been endowed with higher voter turnout than their liberal counterparts, but many analysts expect a massive spike in Democrats coming to the polls following the 2016 presidential elections, cutting into a long standing Republican advantage. A Washington Post poll of 846 voters puts Democratic turnout at 65% of those registered, where as Republicans sit at a declining 63%, a low for the GOP and an abnormal high for Democrats (This poll accounts for a +/- 4 percentage points margin for error). This spike in voter turnout can be attributed to many stimulants, including displeasure with the previous presidential election and pleas by popular artists and actors to get out and vote. In a short video on comedy platform Funny or Die, Singer Katy Perry mused, "November 6th is Election Day and I've got some great news... This year, you can look like sh*t when you vote. Yep, I've briefly scanned the constitution and nowhere does it say you can't just roll out of bed and come to the polls in whatever state you woke up in. In the name of democracy, any just-out-of-bed look is a-okay."

The thing is, Katy is right, and not just whether you're a conservative or liberal. In a country increasingly desensifized to inequity and political corruption on either side of the aisle, so many Americans have become disenfranchised with their political institutions. People don't think their vote matters, but it does. That starts with Kennedy students. Many seniors are able, or will be able to vote, so do it. Like Katy joked; you can just roll out of bed in whatever you slept in, because Democracy doesn't care how you look when you take part. It doesn't matter where you're from or how you were raised or how many people you think can or can't hear your voice. All Democracy cares is that you take part, because that's how Democracy thrives.



Mock Elections

A civic-minded Cougar uses a Voting Guide as he votes in the JFK Mock Election on October 26th, 2018. Sponsored by the ASSETs program, students of all grades were encouraged to try out "the voting process and ... their voting power" according to coordinator Ms. Cooper. An earlier mock election on Sept 21st involved 500 students voted in another mock election at JFK sponsored by Sacramento County Voter Registration and Elections outreach and Government/Economics teachers.



Cougars Seen at Kennedy Library? By Ethan Vue, Clarion Staff

How often do students actually use the library in their free time? In an interview about whether or not the library should be utilized more, Mr. Danilo Campos stated, "During lunchtime I have about 40-50 kids in the library, doing various activities from computers, homework, reading, or socializing." He enjoys having students in the library as he knows that the materials at their disposal are convenient and can be used anytime.

In addition to the interview, a survey at school asked approximately 100 students if they have been in the library on their free time. 72 students said something along the line of, "Only to print." This ratio is unfortunate considering all the hard work Mr. Campos puts into improving the library every day. Just recently, new HP computers were installed in the library, which is a significant upgrade compared to the past Dell computers. Mr. Campos explained the reasoning behind the update, "The old computers couldn't handle the data and other media online because they were old and the system was outdated. If you feel nostalgic I can have Mr. Fry install them back."

Not only are there speedy computers, but there are also a variety of books ranging from scientific research all the way to fiction. However, the only thing students lack is the want to read, which really destroys the general idea of a library. Many see a stereotypical idea of the library being boring, but really, it's great if you ever need some quiet time, a place to research, or to read for fun. It's also easy to access because it's right in the middle of Kennedy making it great for any student. Overall, this under-appreciated room gets too little recognition for what it provides because, at its core, all you need to learn is the passion and a student ID.

Editor's note (if you are reading our printed version, you'll see an example of recent use of the Kennedy Library to the left)



NEWS \mathcal{E} OPINION

STATE OF THE CAMPUS Bugs and Rodents, Oh My! By Xavier Martinez, Clarion Staff

Lately there have been sightings of bugs and rodents on the school campus and unsurprisingly, many students have been scared, disgusted, disturbed, and have run away screaming. The cause of the critters seems to be a combination of campus ivy, small openings in walls and ceilings, and student litter. Luckily, solutions are in place to keep them at bay.

Kennedy's locker room is no stranger to rats, and the district has instructed staff to put traps in the ceiling and cut down on the amount of ivy growing in the fields. According to Kennedy P.E. Teacher Sean Finegan, "Ivy is what mainly attracts rats. For example, when there is an ivy smell on student gym clothes, rats can find their way into the locker room through the ceiling."

On the other hand, bugs aren't a huge issue elsewhere on campus according to Kennedy staff. The campus for the most part is relatively clean due to the hardworking custodians. Luckily, bugs aren't an everyday dilemma but it's still something that shouldn't be ignored. According to Sophia Iorio (9), "It's only my first year on campus and I've already witnessed bugs and rodents on campus. I remember seeing cockroaches on bathroom floors and once even saw a rat hanging from a door in the locker room. It's really disturbing and unsanitary."

Despite this, Plant Manager James Hernandez, Kennedy's primary maintenance technician, argues that students can be part of the solution by tossing their trash during lunch. "It's not only because of the ivy, but most rats are attracted to food at lunch. Many students aren't too careful [when it comes to littering]." As for battling bugs in the plants, "we don't poison plants because we don't want to risk any of the students picking them up. We just pull the ivy out of the ground. It's mostly just black widows and cobwebs, so we just kill them easily, no big deal."



Newly added sealant and edging (along the top of the bricks) helps to close gaps in Kennedy's outside walls. This and other measures are helping to prevent bugs and rodents from getting in. Clarion staff photo

As bugs aren't as much of a concern, rats are what everyone should worry about with their attraction to food. Bugs just pop out of nowhere sometimes, but that's really nothing to worry about. Until the rats find a new home, everyone should keep the school as clean as possible.

A lot of people fear bugs and rodents, and that's not a huge surprise. Both are different from every other creature created in the world: they're small but really creepy, they pop up in the most unexpected places, and have weird traits that give many goosebumps. These creatures are unpleasant, not to mention a nuisance to anyone's day; but as disturbing as they can be, rats can also be added to the list of Kennedy's exotic creatures.



Clarion Press Conference Assistant Principal Yung and Principal Van Natten (inset) answer questions from Clarion staff during a press conference in late September. Topics included bathroom closings, school safety, gym renovations, among others.

Kennedy Drama Productions: Where's The Money? By Arooba Muqaddar, Clarion Staff

Not long ago, flyers around JFK's doors and windows announced auditions for the Stephen King themed Kennedy High School Drama Production. Sadly, however, the production has been cancelled due to lack of funds. This program serves as a great way for students to dress up, act, and have fun with other students interested in performing; it also develops public speaking skills in front of large crowds and allows creative thinking to be voiced. Despite drama being such a positive part of the Kennedy experience, getting the money to put on productions can be a struggle.

Drama has always has had its difficulties when it came to getting funds for its shows and cancellations do occur, but that doesn't mean this should be a consistent trend. Every cancelled play means wasting all the hard work put into rehearsals by dedicated actors at Kennedy. Having a Drama Club and having school plays is a big part of high school. As such, feelings about this situation range from anger with the school to disappointment with the students.

Jacqueline Sanchez, a sophomore at Kennedy asks, "How does the school have money for other things and not drama, and if the kids really wanted to do it, they should have figured out a way to get the money beforehand." I wouldn't say that the cancellation is the students fault because the students come to school and put in the hours during the school day and then after as well, for the rehearsals and extra work for the production. So if the students are putting in the work that they need to for Drama why doesn't the school do their part and supply the students with the tools needed for them to succeed. The question remains; should the school help out more with the Drama Club, or should the students find a way to get the money for productions because it is what the students want to do?

FEATURES

Way Back Machine - 50 Years Ago Vol. 2, No. 2, October 18, 1968 By Adrianna Iorio, Sections Editor

Faculty Members Initiate Bike Riding

John F. Kennedy staff reverted to their childhood manner-isms to initiate a healthier and cheaper way of transporta-tion: bike riding. Teachers, Mr. Cozzalio, Mr. Gordon, and Mr. Cleamons, have all equipped themselves with new bikes to add something new and unique to their daily routine. Mr. Cozzalio and Mr. Gordon bought brand new bikes while Cleamons opted for using his daughters. Alongside the aforementioned teachers, many students have started using their bikes as well. According to Mr. Cleamons, "If this fad continues, Kennedy may become the Davis campus of Sacramento."



A Mighty Cougar?

Beauregard, a Basset Hound, has been a frequent visitor on the Kennedy campus since its opening. Being famous on campus for his easy walk, bloodshot eyes, and long ears Beauregard can be found during all three lunch periods and throughout the day.

Nixon Elected

Recently, in a poll conducted by the Kennedy Clarion, Rich-ard Nixon was "elected" as president. The poll consisted of data from sophomores, juniors, and seniors on campus in which they were asked who they would prefer as president. Nixon had a large following in which 39% of the student

body voted in his favor against his rival Hubert Humphrey, giving Nixon a leading command of 19 percentage points. This defeat against Humphrey was astounding considering there were more Democrats in comparison to Republicans, (36% to 34%). Democratic crossover votes were the reasoning behind the main cause of Nixon's victory.

Student Body Re-ceives 'Congrats' on Maturity

On October 4th Ric Marino, Kennedy's student body president, was gifted a letter from Mrs. L.



Maneval regarding the maturity represented on campus. "I wish to congratulate the students of John F. Kennedy High School," she wrote. "The maturity you have shown in talking out the differences puts some of our great so-called leaders to shame. When I heard you kids on the radio this morning, it was the best and most oncouraging news I've heard for it was the best and most encouraging news I've heard for years!" Despite the article not stating what they were being honored for, the Kennedy student body responded thank-ing Maneval for her kind and "reassuring" words. "We take pride in knowing that someone cares. Thank you," Kennedy responded.

Kennedy Clarion Facts (1968-69 school year) Chief Editor: Tom Kees Advisor: D. Richard Baldwin Principal: Frank Schimandle

Free AP Tests for You! And You! And You! By Ethan Vue, Clarion Staff

Due to high prices, a number of students don't take the Advanced Placement (AP) exams every May; this year, however, things have completely changed. The College Board -- the non-profit organization that oversees AP, SATs and PSATs -- has arranged to make AP tests free this year in the Sacramento City Unified School District (SCUSD). For decades, the College Board AP program has encouraged students to take AP classes to challenge themselves and glimpse what college courses are like. Scoring well on the AP tests benefits students who are interested in col-

are interested in college admission, but it was an expensive proposition, averag-ing \$90 per-test. Until this year.

Where is the money coming from to buy these exams? The these exams? The tests are free this year because SCUSD is using funds from the College Readi-ness Block Grant, meaning that free tests are going to be tests are going to be temporary. Christine Espinosa, Director of Guidance and Coun-seling for SCUSD, states that students will register to take AP exams for the AP classes in which they are enrolled. Students may work with their school to register for additional AP exams if desired. Once a stu-



AP English student annotates one of several Free-Response Questions (FRQs) used by the class to prepare for the AP Exam in May 2019.

dent is registered for the exam, they have made a full commitment to take the exam." Overall, free AP tests are only guaranteed for the 2018-2019 school year, making this year a unique advantage for students.

Free or not, what can students do to prepare for AP exams? There are numerous ways to prepare for the exam and tons of resources. The College Board website is a great place to start the AP journey because of its course overviews, practice test problems, and lots of information on scoring rubrics. The best part of having access to these resources is that they're all free, and can be used at any time to help better under-stand the concepts of the AP course. Although it is free, students may want to deepen their AP knowledge, which is where AP prep books can be helpful. Though AP prep test books cost money, they are help-ful in teaching the key ideae of the area constantly undeted ful in teaching the key ideas of the exam and are constantly updated to the new AP tests, which is another bonus. However, these resources can only be used if the students have the will to study and prepare effectively, ultimately determining how well they score on the AP test.





FEATURES

Kennedy Band: Measure for Measure By Liliana Lopez, Copy Editor

Whether it's during halftime at football games, or on Friday's spirit marches, most students at Kennedy have heard our sensational band perform. Throughout the years, the marching band has presented a number of unique musical selections.

This year is no different; band's newest show is a suite from Tim Burton's *The Nightmare Before Christmas*. The movie is a favorite for many, and JFK Marching Band & Color Guard's interpretation will indubitably be a great success with both regional judges and the Kennedy community. As clarinet player Ethan Pham-Aguilar (11), says: "I love this show because it's fun and catchy. I think it's different and goes with the holiday season."

The music for *Nightmare Before Christmas* was originally scored by Danny Elfman. The songs were arranged for the JFK musicians to perform by Kennedy music directors Jeremy Hammond and Bryan Stroh. Sheldon Caldera directed the Kennedy Color Guard.



Marching to the music, brass section members rehearse this year's Nightmare Before Christmas show. Photo by Hana Ruiz, Clarion Staff

At their competition in Del Oro on October 19th, they captured the highest score overall in a field of 47 bands. The Kennedy band showcased their skills by receiving Field Sweeps and first place in division 6A with an overall score of 90.88. Broken down this translates to first place in Woodwinds at 97 points, second place in Color Guard at 91.05 points, and second place in Brass at 97 points. These high scores, however, do not come easy.

Band members dedicate hours to practicing, both in and out of school. For most students, a typical Tuesday evening might consist of a bite to eat, homework, and Netflix; but for band members, Tuesday evening means rehearsing from 6-9. In fact, the typical schedule of a band student during marching season is as follows: summer practice beginning in mid-July, a one-week long band camp, rehearsal on Tuesday evenings and Saturday mornings, and sectional rehearsals throughout the week. This doesn't account for the time that students practice during band class and at home. It takes an astounding deal of dedication on behalf of both the musicians and their directors in order to produce the great, awardwinning shows that we at JFK often take for granted (last year JFK marching band and color guard won sweepstakes, indicating that they scored higher than all other bands in the competition).

But more importantly, band is a way to connect students across grade levels, creating a closely knit community. As Mr.Stroh put it, "Band can be an activity where their [students'] contribution is valued and they can feel part of something big and important". And perhaps that something isn't bragging rights to the sonorous music that drifts from the band room or the field during fourth period. Perhaps that something isn't the countless scintillating



Guard member Nina Jones (11), prepares to spin a flag. Photo by Hana Ruiz, Clarion Staff

awards lined up on shelves and tables. Perhaps turning their individual talent into an art form that we, as an audience, can all share in is the "big and important" thing that keeps these hardworking students motivated. So the next time you hear band during fourth period, after school, or at the games, stop and take a listen. It's worth it.

Bathroom Bluff (continued from Page 1)

The closure of the bathrooms has been a great inconvenience that has been felt by every student on campus. Mr. Yung himself agreed that "Every decision we make is not always right," and the faculty has recognized this and made efforts to improve the situation.



FEATURES

STATE OF THE CAMPUS We Can Fix It By Desiree Leong & Kevin Chen, Clarion Staff

Over the past months, many repairs and renovations have improved the interior and exterior of Kennedy's campus, including the main gym, concrete throughways, and overall landscaping. It's not just maintenance, however; some changes are bringing Kennedy into compliance with the Occupational Safety and Health Administration (OSHA) and the 1991 Americans with Disabilities Act (ADA). This has come about as the Sacramento City Unified School District (SCUSD) has been working to greatly improve the school.

As many Kennedy's students know, the gym was badly flooded last winter, forcing the relocation of practices, rallies, and other events. Principal David Van Natten stated in a press conference at the Clarion last September that the insurance claim had risen from a cost of \$850,000 to above \$1 million. Work includes putting in new drains and enlarging the existing drains, as well as bringing in new bleachers. The new gym floor will be suspended approximately a quarter-inch higher, allowing for hot air to be blown underneath to remove any water if it ever gets in again.

Kennedy also underwent some developments near the V-wing starting last June, renovating the nearby cafeteria and bike racks and leaving casts of construction covering the entrance of the school. At one point, inspectors discovered that cement poured at the front of the school and the gym corridor failed to meet district standards, and had to be replaced. This extended the process as more repairs and equip-ment remained on campus.

Beyond the simple reason of renovating, there's a deeper meaning for this change: compliance with OSHA and the ADA. These policies require certain elements be added to public areas (schools, parks, restaurants, etc.) to ensure greater ease of mobility for people with dis-abilities. As such, ramps and additional railing will likely be provided to assist students, staff, and visitors with disabilities.



In addition to these repairs, Kennedy's landscaping along both Florin Road and Gloria Drive has been greatly altered as well. Gone are the several ivy bushes and large trees that towered over the school (and sometimes provided cover on rainy days). They're believed to have been removed due to housing rats and other unwanted critters ac-cording to Principal Van Natten. The areas that once contained shrub-bery are now covered with dark brown wood chips.

All the changes have improved Kennedy, making the school better for both current and future students. They will make campus more friendly to those who are disabled, present a newer gym for the physical education classes, spirit rallies, and sports teams, and provide for a more sanitary learning environment overall.

"Hello Kennedy Passengers, This is Your Captain Speaking..." By Parker Scarpa, Clarion Staff

"If I do my job right, I can change the trajectory of your day," says school announcer and Ellis Penn (class of 2019) when discussing the importance of the morning announcements in student life. The announcements provide useful information about school activities, new clubs, and local events for Kennedy students. Like the Pledge of Allegiance, the announcements are a staple of students' Tuesday and Thursday mornings; in a school run by teachers and administrators, the announcements are one of the few outlets on campus for students to speak directly about what matters to them.



Airline Announcements Captain Ellis Penn (12) prepares to greet the Kennedy "passen-gers" during the Morning Announcements in the front office. Clarion staff photo

Known to many for his unicycle riding habits and self-described "outlandish" clothing, Ellis takes pride in his ability to fully express himself: "I try to push boundaries so other people don't have to," he explains. "I think I do it a lot in the clothes I wear. I wear a lot of things that are outlandish to show people that you can express yourself in all these different ways, and for the most part people are pretty positive." As a student, Ellis is a strong advocate for self-expression, and he hopes to apply that spirit to school activities by giving students a voice through the announcements.

But are the announcements really essential to student life? In the past, many teachers have complained that they are unnecessary and too lengthy. However, Ellis argues that the announcements are still an important resource and that those teachers should be more understanding of the fact that, for many students, "these are really big opportunities getting announced." Opportunities such as club events, tutoring in Literacy Lab, and on-campus college nights that students otherwise might never have known about. Still, Ellis is not unsympathetic to those teachers' frustrations, adding that he makes an effort to voice the announcements as quickly as possible without sacrificing student content. Though, at a certain point, those teach-ers have to realize that "it's a nuisance to you, sure, but it's a mas-sive help to students. So if it eats up five minutes of your class time two times a week, so be it-- but it's a necessary thing."

Students who want to submit their own announcement can simply go to the school website jfk.scusd.edu and click on the banner labeled "Submit Announcement!" Enter your name, email, and club affiliation before typing in your announcement and selecting the days you would like it issued. Just be sure to keep it school-appropriate because all submissions are subject to review. Then, the next time the announcements come around, every student will hear your club information. It's a quick and easy process that any student can and should take advantage of to get their voice heard.

ennedy Clarion ARTS & ENTERTAINMENT

Cougars On The Town By Andrew Ely, Clarion Staff

Sacramento is one of the biggest cities in California, serving as the state's capital and boasting a population of 500,000 people. As seen, there are unique ways to en-joy the city. So if you plan to tour or stay in the City of Sacramento here are some things that you don't want to miss.



Festivals

Festivals Sacramento has an array of festivals and shows, Farm-to-Fork being the pinnacle of them. If you want to eat fresh foods and buy some newly picked crops this is the place to go. Farm-to-Fork is one of the most anticipated food events in Sacramento. It showcases locally grown crops. As well as, wine and brewed beer available from regional vineyards and breweries (strictly for adults). Ad-

ditionally, they offer some live cooking demonstrations and live music. The next Farm-to-Fork Festival will be in Summer 2019. Admissions are free and the fes-tival is located at 3rd Street and 5th Street in Downtown Sacramento. Similarly, Sacramento also hosts an Arts Festival for local artist and for those who are inter-ested to see wonderful pieces. The Sacramento Arts Festival showcase a variety of quality contemporary artwork, the prices for admissions are \$8 for the Adults, \$7 for the Seniors and Children under the age of 12 are free. It is located at 14th and J Street, Sacramento Convention Center. The Festival will be on October 26, 27, and 28, 2018.



Museums

Museums If you want to discover the history of the California Govern-ment, look no further than the California State Capitol Museum. The building serves as a museum and a state's working seat. Currently the capital has special exhibit until December 31, 2018 called "Road Ahead: The Automobiles Impact on California." The California State Capitol Museum boasts free admission and is located at 10th and L Streets.



Restaurants

CRABSHACK and dinner time. Joe's Crab Shack is located at 1210 Front St, Sacramento. They are craving for pizza. Hot Italian Pizza.

and dinner time. Joe's Crab Shack is located at 1210 Front St, Sacramento. They are open at 11am until 12am. If you are craving for pizza, Hot Italian Pizza and Panini Bar is the one you need to look out for. The place has cycling vibe and show's the modern generation of arts, music, design, sport, food and beverages of Italy. Hot Italian is located at 1627 16th St, Sacramento and is open at 11:30 am - 10:30 pm. If you want to taste traditional bowls of ramen, Shoki Ramen House serves healthy delicious ramen. Located at 1201 R St. Sacramento and opens at 11am until 3pm and reopens by 5pm until 10 pm. Price ranges \$11- \$30. If you are a fan of Mexi-can cuisine, El Padrino serves good "Menudo" dish. El Padrino is located at 6924 Fruitridge Rd, Sacramento. They are not open during Monday and Tuesday. The Mexican Restaurant opens at 9am and closes by 6pm. Mexican Restaurant opens at 9am and closes by 6pm.



If you want to experience watching a play in an historic theater, Crest Theater is one of the best in Downtown Sacramento. The the-ater typically show art house films, folk, jazz, rock and pop music, offering a complete classical experience. Price for admission typi-cally depends on the events that are happening at the Crest. The Crest is located at 1013 K St, in Downtown Sacramento. If you are one who likes to watch blockbuster films in a 3D experience, Esquire IMAX Theater is one of the best in town, Admissions ranges to \$10 and above per person. The Esquire Imax Theater is located at 1211 K St, Downtown Sacramento.



Tour the Town

If you are an adventurous person, cycling around downtown is one of the best experience to gain. You will find some hidden gem in the city, get exceptional views from many places like the tower bridge and river walk park without any hassle. Nowadays, Jump bikes are being used in Downtown Sacramento. Jump is a bike sharing sys-tem that has been deployed by Uber. The Jump bikes cost \$2 for the first half-hour to rent. You can find a red jump bike anywhere within Downtown Sacramento. Lastly if you are obsessed with books, The Sacramento Public Library is your best bet, with a variety of books that can be borrowed there.

These are some of the things that you can do in Sacramento, enjoy the festivals, museums, restaurants and everything else. Explore the city as you socialize with the locals and get other recommendations from them. It can help you to get the full experience of the city as well.

Growing Up By Kimberly Landeck & Desiree Leong

Learning to love, One, two, three.

Rattles and lullabies, Tiny fists and feet.

Diapers and binkies, Teething and tantrums meet.

Learning to walk, One, two, three.

First words and first friends, Dreaming of a future bestowing.

Crayons and construction paper, Bedtime stories and imaginations ever growing.

Fairy tales and tiaras, Superheroes and swords showing.

Hide and seek and tag, Piggyback rides and playgrounds abound.

Learning to chase wishes, One, two, three.

Making decisions, Discovering yourself.

Learning to balance. One, two, three.

Social media and responsibilities, A work in progress.

Official tests, essays, Practices and studying.

Dating and relationships, Growing up and letting go.

Final weeks, final days Throw the cap in the air And say, 'yay!'

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jfkclarion.com

ARTS \mathscr{E} ENTERTAINMENT

Album Review Mendes Latest Strikes a Chord with Teens By Kimberly Landeck, Production Manager

Here's to the struggles of being a teenager, of learning how to live while fighting down the endless pit of work from your classes. Here's to feeling like "giving up but [knowing you] just can't." If you've ever trudged through a high school campus, you know what I'm talking about. But this is not just the words of one fellow high schooler to another. Even pop stars can

relate. Shawn Mendes' new re-lease "In My Blood" in his album Shawn Mendes focuses on the struggles one undertakes when going through a difficult time in life, while summoning the deter-mination to keep going. Not only is this an important life lesson, it includes a number of stylistic elements that enhance the quality of the pop-rock tune.



The simple beat of the melody written by Shawn Mendes, Geoff Warburton, Teddy Geiger and Scott Harris highlights the moving lyrics to the song. "In My Blood" opens with an acoustic guitar playing TAB chords. This is quickly followed by a consistent tap on the drums. When the chorus is first sung at 1:08, a subtle drum crash is added to the background. The suspenseful pause of every instrument-except for the electric guitar-and the absence of background vocals before the climax of the song (2:43), reels in the audience with its simple yet unexpected twist.

The last minute of the song will always be important, but in the music video, a visual representation of the lyrics holds impor-tant symbolism. In the beginning, we see Mendes "laying on a

"In My Blood" is impossible to get out of your head

bathroom floor, feeling anx-ious," but by the end, flowers

and grass have bloomed, covering the dark tile. This could sig-nify that throughout the video, Shawn's struggle to find himself amidst the anxiety he goes through comes to a realization of peace and new beginnings. As JustRandomThings interpreted, the "vines and flowers [in the music video's end] would gener-ally represent life and new beginnings."

For high school students, this song can hold a lot of inspira-tional importance. Do you ever feel "overwhelmed and inse-cure" hoping that it "gets better" while asking yourself "does it ever?" Even though Shawn stated that the song was intended to be "more about me," (March 23, 2018 *Billboard* interview) listeners benefit from the song as well. As Kathy Moua- a senior at JFK-said, "it helps to know that the icons we idolize go through similar feelings too...[it] ensures us that we are not alone."

If you take a closer look at the lyrics, you might see aspects of their own lives they are struggling with right now. Kathy Moua also noted that Shawn Mendes's song does "not stop" with teenagers. It "relates to everyone as a whole."

Unlike his past albums (Handwritten and Illuminate), Shawn Mendes includes songs that touch on a more mature style of music that heavily utilizes techniques used by a variety of artists

As Mendes said in a *Billboard* interview: "I wanted to make a Kings of Leon" album" with other artistic influences such as the electric-genius- Zedd featured in "Lost In Japan." Mendes's new album was inspired by his current music go-tos: Justin Timberlake, Kanye West, Daniel Cesar, Ed Sheeran and John Mayer.

Well-renowned critics point out that this notable difference from past singles is far from a bad thing. Jon Caramanica from

The New York Times praises this new "scarred and forlorn" take on Mendes' music. His views were supported by *Bill-board's* Gil Kaufman, who considered In My Blood to be "one of Mendes' most mature efforts to date". Another critique by Abby Jones listed this song as his best single to date. "In My Blood" is impossible to get out of your head- you can't forget this song once you hear it. You can try to run from it, but I bet it "isn't in [your] blood!"

The song has earned a number of awards including a Teen Choice Award for Choice Pop Song. Nominations for the song include the MTV Video Music Award for Best Pop Video, MuchMusic Video Award for Video of the Year, and People's Choice Award for Favor-ite Song. "In My Blood" is impossible to get out of your head- you can't forget this song once you hear it. You can try to run from it, but I bet it "isn't in [your] blood!"

Cliché In All The Right Ways By Desiree Leong, Managing Editor

Crazy Rich Asians, directed by Jon M. Chu, and based off the book by Kevin Kwan, has become exceedingly popular, making \$25.2 million in the box office during its first weekend. The film stars an all-Asian cast, a first since director Wayne Wang's *The Joy Luck Club* from 25 years ago, giving insight into what it means to be Asian and traditional Chinese culture as well as

making it a strong source of Asian pride.

The movie was created in such a way that let it fully embrace Asian culture. With some exceptions, the movie's soundtrack had been en-tirely sung in Mandarin. Addition-ally, it was filmed in Malaysia and Singapore, allowing for a stronger showcase of Asian culture, and furthering local views and flavors of Asian culture.

Crazy Rich Asians has a meaningful story throughout, not once losing its emotional connection to the audience. Furthermore, the humor was spread out, making the audi-ence laugh at all times.

The love story between Nick Young and Rachel Chu was at the center of the film, but it still allowed other subplots to develop. Everything was tied together in some way to create a meaningful balance of family, love, and tradition.

Though some may claim the movie is cliche, there is still beauty in it. It connects old traditions with new modern outlooks. Chu takes a tried and true love story and gives it a unique way of storytelling.

Each of the characters are special, boasting their own personalities. From fashionable Astrid, entitled Eddie, playboy Bernard, and loyal Colin, all of them add to the appeal of the film.

Furthermore, the majority of the film's cast being non-Amer-ican, ranging from British to Australian, it not only holds a strong pride for Asians, but also includes a unique international cast.

The film has shown me how much I am not aware of when it comes to my Asian history. Being an Asian-American, I was able to relate to Rachel Chu. Like the main character, I was born in the United States, making it more difficult for me to understand some of the traditions of Asian culture. I discovered more about my own Asian identity and the pride I feel in being Chinese.

Whether or not you've read the book, Crazy Rich Asians is a movie anyone can enjoy.





SPORTS

Controlling that Downward Spike By Arooba Muqaddar, Clarion Staff

The Kennedy girls volleyball team has faced challenges before and this year was no different. Despite the obstacles, the team was de-termined to finish the season with a winning record and compete in the playoffs. The lady cougars ended the season with an overall re-cord of 13-13, and respectable Metro Conference record of 8-4 which was the same as their rival CKM.



(Left to right) Sierra Wohlford and Remy Jones watch as Jazmine Koehler lunges for the pass. Photo by Sid Slesicki, Photo Editor

The girls varsity team has a history of winning records in the Metro Conference, holding on to 1st place four years in a row until last sea-son's 2nd place finish. Despite the final standings this year, they should feel proud of themselves and know they fought through a lot of diversity.

Billie Dee (11) says "The team is united and strong" and Juléa Moore a junior, the kennedy team is a really good team and that although they may not always have the best year, they always have fun and don't let their loses define them as a team.

In late October, the team advanced to the CIF Sac-Joaquin Section Girls Volleyball Tournament, and immediately won their first play-off game against Edison playing in Kennedy's auxiliary gym. On

Freshmen & Senior Spill the Tea (Continued from Page 2)

What is a 'typical day' like for you as a freshman/senior? Sison: A typical day for me I guess would be waking up, going to school, going home, sleeping till like eight, and then trying to con-vince myself to get up to do homework. This is me being totally honest. I take like five hour naps and wake up to do homework then go back to sleep.

Tropel: So I go to speech and debate in the morning and then fin-ish up my schedule. At lunch, I usually go to some club. Whether it be Mathletes, Girls United, Latin, etc. My last class of the day is AP Latin. After school I either go to my college class of GC, work at the school district or city hall, or I intern at Sac City Teachers Associ-ation. Then I go home, eat, do homework, or call one of my friends.

How involved are you on and off of campus? What activities do you

participate in? Sison: Well I try to participate in a lot of school events but off campus I do community service for PACE. I also swim, do music related activities, and write on my free time.

Tropel: I am incredibly involved on campus. I've been in Key Club, Mathletes, CSF, Speech and Debate, Drama, VIP, etc. I could go on but thats boring.

the next day, they lost to St. Francis and which ended their hopes of advancing to another round.

Players on the team said that even though they had lost, they were happy and content with the overall season. One discouraging development this season was the absence of the Kennedy Gymnasium which is still under repair. They played home matches in the small gym (auxiliary gym) which didn't allow for a larger crowd to support the team which players seem to feel helps them perform better. The women's volleyball team is an important part of high school sports and an extremely competitive sport, as well as fun and builds great team work between players.

Players Anaise Smith, Jordan Lorde, and Sisilia Vainuku (all juniors) say that "Hard work beats talent when talent fails to work hard" Another thing that these players say is that in all the three years they have been playing volleyball this year they feel they have been the closest and they feel a lot like family.

Girl's Golf Team Forefit

By Jenelle Lum, Creative Director

The Kennedy Girls Golf team has driven through a number of difficult obstacles this season. First and foremost, the team did not have enough players this year (each match requires five) and had to forfeit a majority of the matches they were hoping compete against other high schools in the area. Nikki Tanaka (11) one of a few players on the team stated, "It's been fun, but challenging. We had to forfeit but everybody who does play tries their hardest.

Despite having to forfeit matches, the golf team still strived to do their best and continue to play without official scoring. The "lady cougars" competed against other high schools in the Metro Con-ference (CKM, Monterey Trail, Laguna Creek, and Grant) during the season and faced the same schools in an all-day Metro Tourna-ment on October 15th. At this tournament, all golfers were mixed in groups with other schools to play 18 holes, and normally they play 9 holes. Kennedy placed 7th overall, and Nikki Tanaka placed 5th in the overall players division moved on to divisionals, which took place on October 22nd.

Joelle Yokota, a senior on the golf team, encourages, "If you like golf, by all means, go for it.'

Our team has been very successful in past years. Hopefully, the girl's golf team will have enough members next season to continue this success.



KCRA Kids Can Drive

Last Chance to Donate! California Scholarship Federation (CSF) has brought the KCRA Kids Can Food Drive to Kennedy campus once again, through No-vember 2. This year, donations have not been limited to a certain class period; all students have been able to give non-perishable food items to class boxes throughout the school day.

SPORTS

Girls Tennis Players Double Their Fun By Brandyn Matsumoto

Coming off a superb season in 2017, Coach Teweles had high hopes for this years team but after a rough start, losing their first four games including first Metro Conference game against rival CKM, the girls began to slowly gain confidence by winning matches against Monterey Trail and Burbank.



Kennedy doubles partners Miya Murata and Jayleigh Alvarado greet Monterey Trail opponents while coach Teweles looks on. Photo courtesy JFK Yearbook, Patricia Chapman

The lady cougars ended the season in a Senior Night Celebration with a 9-0 blowout against Monterey Trail on October 18 which was a great way to end the season and the year for graduating seniors. The ended the season with a 4th place in Metro conference with 4-6 record, and overall record of 4-9.

Coach Teweles indicated several games stood out for the girls, particularly the two matches against their closest rival in the standings, Laguna Creek where they barely lost 5-4 in two hard fought contests. The first, on September 25 was a marathon match for all the girls but on performance worth noting. Teweles says "5th ranked Lyndi Her (11) stepped up to 4th position and played a tough-fought full 3-set match with 2 tie-breakers, and had an amazing match." Both of these matches against Laguna Creek were the best matches of the season according to Teweles.

Another exciting game on October 9 was against Monterey Trail which resulted in a final winning score 6-3 in favor of the Cougars, and a steadily improved Metro Conference record of 3-4.

The team captain, Kayla Fong (12) says being a team captain is probably the best place you can be on the team. Although this requires responsibility and leadership, also can be stressful at times too. The top two ranked players on the team this season were the other Team Captain, Sarina Lin (12) and Sierra Boyd (10). Coach Teweles says the Cougars have some of the best doubles players in the league.

Not many people pay attention to tennis but they should. Some don't even know what tennis players do to get better. Each day these players improve drastically, and they practice together, to get more teammate chemistry.

These players are very talented and dedicated to their sport. Players must be in exceptional shape to play this sport and have great stamina, and will to play. Each contest requires six singles matches and three doubles which often results in long afternoon (or evening) of competing against other schools. Tennis players also need to have a excellent hand, eye coordination. This is very important because a little slip, while hitting the ball, can result in losing a point. The most important thing in tennis is a players reaction time. These players have a quick reaction to how a ball is hit.

Our girls tennis players are very talented and skilled and are always developing their skills and striving to become the best.

Runners Go with the Wind By Wendy Xiong, Clarion Staff

Kennedy Cross Country teams did an awesome job crossing the finish line in the Metro League Championship Meet, held October 24 at the North Laguna Creek Park.

At the Championship meet, Varsity Girls placed second and Kennedy's top runner Nadia Vargas, (11) finished in 3rd place for the Girls' Varsity race. The Freshman/Sophomore Girls took second place in the Metro League Championship with Joliese Alvarado, a sophomore, capturing 8th place in the race. The Varsity Boys took 5th place in their race, while the Freshman/Sophomore Boys grabbed 3rd place.



(Left to right) Nadia Vargas, Emma Shoemaker, Victoria Duong, and Charlotte Norris push towards the finish line at the Metro League Championship. Photo by Wendy Xiong, Clarion Staff

This year Cross Country for Boys and Girls season got off to a slow start, with a smaller number of runners and several gaps in the teams. The Frosh-Soph division for both the girls and the boys team had fewer runners racing this season and the Girls' Frosh-Soph was mostly first year runners. There were also a number of injuries this year. Cross Country Varsity Boys had lost one of their best runners. The Girls Varsity teams was hindered by the lack of runners needed to fill in the gaps in the team.

An interview with coach James Bowles, a Sacramento native and Kennedy alum who ran for Track and Field and Cross Country JFK. James Bowles "figured what other way to give back and doing the same and coming back to coach, and give these young student athletes the same experiences that he had. He's now coaching his ninth season in Cross Country (JV, V) and going into his ninth season coaching Track and Field." Cross Country wants more runners to join for next year tryouts! "Anyone who thinks they can run, wants to get into shape for another sport, or wants to be fit and on top of there game should come out and try," says Coach James Bowles, "Running is for anyone but not everyone. If you are willing to try and willing to work I guarantee you will be better than you imagined. That goes for anything in life. Problems are just opportunities for solutions."

SPORTS

Varsity Football: Bait & Tackle By Sid Slesicki, Clarion Photo Editor



The Kennedy football team (League: 3-1, Overall: 5-4) had their three-game winning streak snapped after a blowout (away) loss against Mon-terey Trail High School on October 5th (League: 4-0, Overall: 9-0), marking the first losing game in which Kennedy has failed to score a single touchdown in this season. The game served as ă rude awakening from the previous week's win over Mc-Clatchy in the "Hell Bowl" rival game. With only three games left before the season closes, and a revamped league with new teams, expectations to

Quarterback Jacob Modelas hands off the ball to receiver Nick Mc-Donald. Photo by Sid Slesicki, Clarion Photo Editor

make the playoffs during the postseason are looking pretty high and are a contrast to the grim reminder of the previous season's record (3-7).

With the departure of last year's core players: London Brown, Jaden Cummings, Zavionne Wilson, Taevion Massey, and E'zekiel Williams, the remaining players had to adjust to the new team roster as Kennedy began to rebuild its varsity team.

When asked about the team's chemistry Cristian Johnson (Sr, Wide Receiver) remarked, "it's definitely better this season than last year.", and went on to praise Marcel Calvin (Sr, Runningback) for stepping up his role as a leader for the other players. Calvin, who has been with the team since his freshman year has turned from one of the players listening to the pre-game speeches, to the one giving them, all the while growing as a player and a leader on and off the field.

"Cristian (Johnson) and Julian (Williams: Sr, Lineman) have been great examples to the team as well, added veteran player Floyd Vargas (Sr, Linebacker) "They've been leaders since the start of the season in the weightroom, Julian even went to practices despite his injuries. Overall, our teamwork and chemistry were great this season, everyone was pushing each other to do better." His concluding advice for returning players next season was to "stay focused in the weightroom and on the field, and make sure to keep your grades up so you can stay eligible to play".

Despite our fluctuating record this year, there have been numerous seasons in the past where Kennedy has suffered records far worse, such as the 2012-2013 season, where the Cougars failed to win a single game, and the breakout 2015-2016 season where varsity placed third in the Metro League. There have been blowout games and dominating wins, clutch victories and close losses, celebrations and field brawls. However, despite what has happened in previous seasons the players have continued to strive for improvement. With the future of the team resting in the hands of up and coming players such as the likes of quarterbacks Jeffrey Osborne and Jacob Modellas, wide receiver Nick Mcdonald, and running-back Kywan Cook, there is a high expectation for the varsity team's success next season.

Wading to Victory By Daryle Johnson, Clarion Staff

The outstanding Kennedy boy's water polo team completed a dominating season with an overall record of 19-7 and metro conference record of 7-1. Within metro, they finished behind rival McClatchy who captured first place with an 8-1 record. Kennedy fared much better than CKM by winning 19 season contests to CKM's 12 victories.



The Kennedy Cougars water polo team celebrates a victorious moment against CKM during the MCAL Boys Championship Game on October 25th, 2018. Despite losing their match 7-12, it is a victory in itself for making it all the way to the championship. Photo by Wendy Xiong, Clarion Staff

Water Polo has come a long way over the past few years. Both last year and this one have been strong seasons for Kennedy boy's water polo. All 23 team members have worked hard to get where they are today, and despite their dominating victories this year, they hope to improve further. Each of the boys has put their blood, sweat, and tears into what they've accomplished and what they've completed this year.

Meanwhile in the other locker room, the girl's water polo experienced a few bumps in the road this season, ultimately closing out the season with an overall 9-12-1 record and 3-4 win-loss record in metro conference where they finished sixth place. Even though it might not show in the final standings, all 18 girls on the team were dedicated competitors and should feel a sense of accomplishment. Girl's water polo will return next year where work toward improving their record and performances in the pool.



(left to right) Emma Neary waits in anticipation as Princess Ong prepares to challenge the two-meter specialist. Photo by Wendy Xiong, Clarion Staff

Kennedy is well-known for their perseverance when it comes to sports. Sure, every now and then they might lose, but that just gives them more to encouragement to improve so they can blow the next opponent out of the water. Kennedy has full faith in what the boy's and girl's can do and trusts them to represent us in the future.