



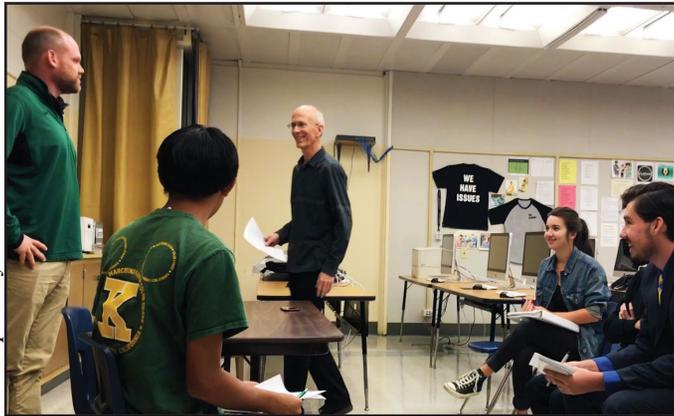
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JFK Press Conference Eases Tension with Student Activities

By Christopher Wong, Chief Editor

On October 20, during first period The Clarion held a press conference with Principal David Van Natten and invited student leaders on campus to voice their concerns and get answers for issues on campus, specifically the growing worries and rumors about transparency, communication, and student activities.

Going forward, Van Natten indicated that he and the assistant principals are open to including ASB student representatives in administration's regular meetings, which take place twice a month.



Clarion photo by Bruce Tran

Press Conference setup in B-12 with Principal Van Natten, moderated by Clarion editor Christopher Wong.

"My first year here I had monthly one-on-one meetings with ASB; interest sort of dropped off for some reason last year. I am exploring starting that up again," he stated at the press conference.

Van Natten also assured that regular students can voice their concerns to administration directly, "You can talk to me; I'm not that bad. You can talk to Mr. Yung; you can talk to Ms.

Buitrago, Mr. Fry, whoever you are comfortable talking to." Among the methods students can use to contact administration include email, the Kennedy website (jfk.scusd.edu), asking in person, or leaving a note on Van Natten's truck.

The school also holds Cougar Parent Committee meetings in the Little Theater at 6 pm every three weeks. The next meeting will be on November 14. Van Natten gives a state of the school speech and takes questions and concerns. Students are welcome to attend.

"Find some way to get that information to me because I want to hear from you—it's our school. It's gonna be a much better school if we're all engaged."

In addition to addressing concerns with transparency and communication, Van Natten covered issues regarding food fairs, future spirit weeks, dances, and dress code. Read more in this issue.

Food Fair Events Become Table Scraps After District Policy

By Brandan Wong, Clarion Staff

Food fairs have been among one of the most sought after events on the Kennedy campus. Taking place once every quarter and during middle school visitation days, food fairs are a lunch event where JFK clubs and organizations peddle food as a means to fundraise. The event has always brought a great sum of revenue for clubs and organizations that participate as well as love from the student body.



Photo by Kevia Hamahashi

On September 18, Vanessa Buitrago, Assistant Principal at JFK, informed staff members via email "During last Friday's Club Advisor Meeting, I shared with advisors that our school may need to cancel food fairs moving forward due to previous and new board policies." When information circulated about the events possibly being cancelled, students were outraged. Students were confused about the reasons for the change and the conflicting information that followed.

The district's nutritional policy states schools must abide by a set strict nutritional guideline and health curriculum. The policy goes in detail regarding the sale of outside food explaining that, "The only foods and beverages served and sold to pupils on campus outside of school meal program by all entities from midnight through one-half hour after the standard school day are those that meet all applicable state and federal rules found within."

The guidelines states that fundraising activities from student organizations must follow another set policy. Policy explains that student fundraisers cannot occur during the school day and must be done thirty minutes after the school. The only exception is if an organization is legally recognized as charitable and has also been approved by the district board.

Continued on page 2

Link Crew Brings Students Back Together at JFK

by Saeri Plagmann, Clarion Staff

During her freshman year, Sariyah Williams, current senior at John F. Kennedy High School, experienced what people call the "Freshmen Blues." "I had no idea what I was doing. And I felt really weird and uncomfortable cause I had no one to talk to." Now, as a Link Crew leader, she's become the person she wishes she had as a ninth grader: someone to talk to, get advice from, and receive constant support-- a mentor.

More than ten years have passed since the last Link Crew program at Kennedy. The purpose still remains the same since its last implementation: to help freshmen make a comfortable transition from middle school to high school. Kennedy is currently the only school in the Sacramento City Unified School District (SCUSD) to have a Link Crew program, and students, parents, and faculty believe it to be changing the culture of the campus for the better. But why have it now?

Carla DiBasilio, a freshman counselor and Link Crew advisor at Kennedy, says, "This is a program that I wanted to do for a long time, it just was waiting for funding and other like-minded people to come along." She states the best way for a student to get the support they need is by having "students support students." Out of 200 junior and senior applicants, 80 were selected to be Link Crew leaders for the 2017-2018 school year.

Selected leaders underwent several hours of training over the summer to practice leadership and communication skills. It prepared them for the Link Crew Orientation that 500 freshmen were scheduled to attend. One of the many purposes of the orientation was to get the freshmen to be less intimidated on their first day of high school. By having them partake in team building activities and going on a campus tour, the leaders achieved exactly that. *Continued on Page 3*



Clarion photo by Saeri Plagmann

Link Leaders (Seniors Dayana Franco and Mariela Medrano) explain to a freshman Brianna Bahena when, where, and what time the tailgate party takes place.

NEWS & OPINION

What I Would Like To See On JFK Campus

By: Makayla Smith, Clarion Staff

As I walked through the campus every day, I never really paid attention to what JFK offered to all of our students at school. With its unique opportunities, students are able to express themselves and become involved in more activities. The problem is, not a lot of people see the point of participating in many of the various activities offered on campus. I believe teenagers go to school to only get required classes out of the way, completely disregarding the many opportunities that are presented to them.

Some clubs that Kennedy offers include CSF and the Interact club, which can greatly benefit the future careers of students. Despite these many opportunities, the issue lies within the fact that most students are at a point where they become very familiar with the campus and stop seeing the importance of being involved in school. Another thing that I have observed on campus is the lack of student voices speaking out. Problems such as the unsympathetic late policy the administration has enforced are unquestioned and never spoke of. Many get to school through a car, bus, or even a bike, so in most cases, tardiness cannot be helped.

Hectic traffic in the morning can also contribute to delays. In those cases, when students do finally arrive at school, they are at fault for being late for something out of their control. We need the administration to work on understanding the students' point of view and making the time to work with them individually. There are many voices on campus that need to be heard but many are reluctant. By coming together to voice their opinion, the school community will be stronger.

What I would like to see on our school campus is more people participating in the great opportunities offered, like applying for college applications during lunch or going to tutoring after school. I realized that the opportunities I take in high school could affect me greatly once I become part of the real world. My freshman year taught me that these accomplishments could increase my chances of getting into a great college.

A student not showing any effort or neglecting these experiences can limit the opportunities that may come their way. They can even build important life skills for themselves, to help them become more knowledgeable outside of campus.

Table of Contents
Pg. 1 photo by Bruce Tran

Varsity Football player
shown is
James Westley Isom



In This Issue

By Christopher Wong, Chief Editor

There exists something scarier than monsters, mobs for discounted candy, and Merry holiday decor being sold way too early. This issue lives in this campus and threatens to divide the Kennedy community.

The Kennedy Cougars need more communication. Students threatened to walk out of school just due to speculation circulated on social media. Students should not forget that currently our teachers are pushing for fair treatment. Students dramatized minor issues, minor unconfirmed issues. Doing so drew attention away from a bigger fight happening at schools across the district. However, that bigger fight needs more than a 150 word space to cover completely, so look forward to that article on our website.

The Clarion fully stands for increasing communication within the Kennedy community. Link Crew is about unifying the school. Now, administration has committed to regular meetings with ASB.

If you never speak up, your voice will never be heard.
If you have something you want heard, why not write to *the Clarion*?

Food Fair Events *Continued from page 1*

Foods for fundraisers cannot be prepared on campus, and only one student organization can sell each day. The policy also explained that administration can create four days per year where student organizations can fundraise at the same time.

The district policy conflicts with the food fair events that take place at Kennedy. Despite this, Buitrago encourages optimism towards finding new ways to continue this event and ends her memo stating, "...sometimes roadblocks and closed doors are invitations to think outside of the box and do things differently. I appreciate your patience and flexibility as we face new challenges together."

At the recent *Clarion* press conference with Principal David Van Natten, the principal echoed Ms. Buitrago's earlier statements. He stated, "It's sort of on hold, we've done food fairs for a certain way for quite a number of years, at least for the six years I have been here, and the way we have done them is not entirely okay." He continued, "We are not in compliance with certain education codes but also other district policies, nowhere does it say we can't have food fairs, we can have food fairs, but there are very specific state guidelines with regard to what can be served...it's not that we can't have the food fairs, and I think we would be able to have food fairs going forward, but given the restrictiveness, we sort of started to ask would we be better off finding an alternative, some other way for clubs to be able to raise funds cause this is going to become more difficult to do without getting ourselves in trouble."

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NEWS

Link Crew (Continued from Page 1)

Since the first day of school, the success of the program has been apparent throughout the campus. Freshmen were seen to make their way around the school with ease, and some were even eating lunch with their Link leaders. Link advisors say several leaders were late to class because they were walking and helping students get to where they needed to be on time. Madison Brodeur, a freshman at Kennedy, says, "I asked my leader a lot of questions on the first day and I would've been lost."

A significant leader and freshman interaction had taken place on orientation day. This leader was able to connect with a ninth grader after they both discussed their mutual interest in singing. The freshman, who was concerned with her electives because she had chosen them out of haste, was introduced to concert choir by her leader. Rather than having to sit through an uninterested elective for an entire school year, the freshman signed up for the class and eliminated her worries.

In most instances, students are unaware that school counselors are an option when facing challenges. The program has helped this option to be widely recognized. According to DiBasilio, it took longer for freshmen to come in to talk to their counselors in previous years, but more are coming in sooner. The program has helped students get to know who their counselors are, as well as build a form of trust. Elyna Cespedes, a junior and senior counselor and Link Crew advisor at Kennedy, says it is important for freshmen to feel comfortable around their counselors so that they know who to go to when it comes to academic or social concerns. Many students will go an entire year with unresolved problems, which can affect their grades and social relationships.

When considering the effect Link Crew will have on the future of the school, students and teachers can only see improvements. The Link Crew "used to be helpful before," says government and economics teacher Richard Pauly, who noted "in ninth grade you lose a lot of kids because it's a big change to come into high school. This gives them somebody they know that they can talk to," to get advice and suggestions to stay on track.

The program offers benefits to everyone involved. Leaders themselves are at an advantage because the skills they gained from training allows them to be "leaders within their classrooms," as Greg Palmer, freshmen counselor and Link Crew advisor, states. The training familiarizes them with how to talk to each other, as well as giving them the confidence to ask questions. These skills can be carried into college and future careers.

Link advisors have also found that by leaders setting a good example to their freshmen, a domino effect will take place. "You have the seniors and the juniors that are getting to know each other, getting to be those leaders and showing examples of how juniors and seniors can look. And the freshmen that are watching that and saying, 'Okay, that's how we're supposed to be here at Kennedy, this is just what we do.' So that just starts to change the culture," says Palmer.

The Link Crew program has been a huge success so far. Link advisors are determined to continue it for next year, with more teachers aware and involved in the program. Williams, who took advantage of her leadership role and resolved several concerns from her freshmen in the first few weeks, says she believes Link Crew to be "beneficial because it helps out freshmen and it kind of gives them some sort of linkage," as well as giving them a sense of hope and a reason to be at school.

The program is making small changes to the school every day. These improvements will eventually grow to have a major impact on the community. For events and future Link leader training, financial limitations continue to be a concern. The program will accept any donations to help support what many consider to be the revival of the crown jewel of the school.

Editor's Note: A tailgate party for the Link freshmen was held on October 20. Link Leaders joined in with their freshmen as they enjoyed several games and activities that had been prepared.

Students Continue to Grow

By Aryanna Zavala, Clarion Staff

A gardening class has been added as an elective choice for students in Kennedy's Special Education department. Robin Gunning and Chloe Stidger are the instructors who supervise the class, and Gunning says, "it has been our students who have been doing so much of the work." According to Branden Bridges, a JFK student and a teaching assistant for the special education program, the purpose of the class is "to expand the students' learning and sustain an environmental conscience food source."

The addition of the gardening class expands the existing electives that students get to choose from, which are fine art, music, physical education, and culinary. The class and club share the garden and take care of it, so that it continues to flourish and look green and healthy throughout the year.



Garden project photo taken early in school year.

The garden class gives the students a chance to establish new life skills, such as self-sustainability, science, and business. The goal for Gunning and Stidger this year is to show the students a different way of living and supporting themselves. They hope to teach the stu-

dents about "micro-businesses and the whole farm-to-fork movement, [we plan] to put up a greenhouse," said Gunning.

They will also begin growing crops, such as squash, pumpkins, asparagus, etc., in January, so by March they will be sprouting and the students will get the chance to plant them and watch them grow throughout the year. "They get to see the process: from seed, to plant, to harvest," said Gunning. They will get hands-on experience and will also get to witness the vegetation growing throughout the school year. On top of learning about plant cells and the process of how they grow, students will now get to see it with their own eyes instead of seeing it in pictures and under microscopes.

Gunning and Stidger have seen an improvement in the students. Stidger stated that the students tend to disagree over things but when they get taken out to the garden they work together and get along. The students are learning teamwork by going out and working together to get tasks done. Stidger says, "The end goal is for the students to be self-sufficient."

Additional funds outside the school budget were needed to start the program. The students plan to raise money for the class and the program by selling the vegetation in the parking lot. "If the class yields enough [crops], the class plans to sell their produce to the culinary program or start a fruit stand," says Bridges. The small farmer's market that will be held when they harvest the vegetation will teach the students micro-businesses and how to manage money.

Bridges explains that the school once had a greenhouse, although it was removed because, "it had the tendency to blow over." Bridges plans on reinstalling the greenhouse and making it more sturdy and secure. He has already provided the program with a handmade mailbox that acted as a 'free library,' holding gardening books and a list of all the plants currently growing. With his help, the class has an agreement with JROTC to expand the garden and improve it for future generations.

If anyone would like to volunteer and help, they will gladly accept teaching assistants. To meet the requirements you will need to be at least a junior or senior.



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NEWS

Two College Nights Provide Kennedy Seniors with Multiple Options

By Sophia O'Neal, Clarion Staff

Over the past few months, two different college nights were held at John F. Kennedy High School. These events were intended to provide information for college-bound seniors and their parents in a relaxed setting. The first event was held on September 16, when Kennedy hosted the 18th Annual Historically Black College and University (HBCU) Recruitment Fair. HBCU was designed to educate students of African descent; most are located in southern states.



Clarion photo by Sophia O'Neal

There were 46 universities represented at the fair and many were accepting seniors on the spot if they provided transcripts and recent SAT scores. Tables were set up to complete paperwork as well as a copier to print out extra copies of transcripts and SAT scores. Black sororities and fraternities were also present offering scholarships and mentorships.

This event was not limited to African-American students but open to anyone who wanted to attend or simply get more information about HBCU colleges. The HBCU representatives coming to California to represent their schools provided an important opportunity for Kennedy seniors. This was an amazing event that got students thinking about college more, as well as making the application process easier. Mya Johnson, a student at Kennedy who attended this event, says, "It was nice and ever explanatory, plus the guy was very enthusiastic. I went to every one except for community colleges."

On October 19, Kennedy held another college night in the auditorium and several classrooms on campus. Representatives from private colleges, UC, CSU, and Los Rios Community College District were present. The college night was held in a seminar-like style that informed students about school requirements, the application process, and majors. The seminar focused more on individuals and gave students and parents the chance to ask questions. Kennedy culinary students provided finger food for the event. This time of the year, many seniors are stressed about applying for college taking SAT and ACT tests. Students should take advantage of college fairs to help them make informed decisions about how they will spend the next four years of their lives.

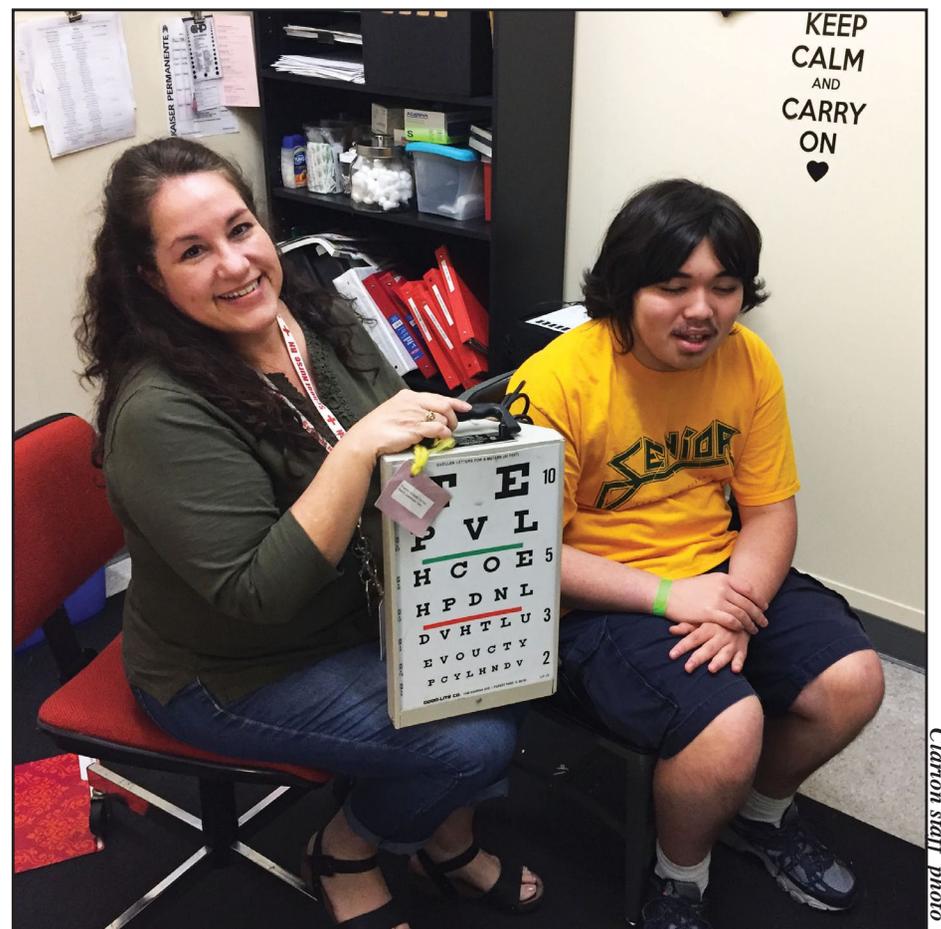
Is There A Nurse In the K-House?

By Jianna Beasley, Clarion Staff

Many students have probably experienced an off day, perhaps starting with an uncomfortable feeling in your stomach that you ignore or a headache or just a random pain somewhere in the body. If it's not too bad, you can get through your remaining classes and go home where you can hopefully sleep it off. But on the occasion where it becomes unbearable, and you can't go home, that's where a trip to the school nurse comes in.

"Wait, we have a school nurse?" might be the initial reaction from most students at Kennedy. Many students on campus have no idea or "didn't know that we could even afford that," remarked one student.

Indeed, our school does have a nurse, Nurse Tracy Starnes, who has been working as a nurse for 30 years, including the last ten years as a school nurse in our school district. After starting out at Hiram Johnson, she now works at a variety of schools ranging from K-12 in our district to college level, where she covers Cosumnes River College. She can most often be found at our school on Mondays and Fridays, but can also be seen sporadically throughout the week usually between 9am-10am. Despite her busy schedule, I was able to sit down and learn more about her and her duties as a school nurse.



Clarion staff photo

Nurse Tracy treats sickly student Timmy Curry

Upon entering I was greeted by an incredibly kind woman who welcomed Dani Davis (12), who assisted with the interview, and myself into her office, which is located next to the counseling office, in the administration building. I asked her about her role in treating students' illnesses and her personal experiences. She explained the procedure of what happens when a student comes in with an ailment and she gave me a rundown of the most frequent cases. "Most common thing I get is a stomach ache on a Friday afternoon, because everyone wants to go home... If the student doesn't have a fever, I'll give them fifteen minutes, and then send them back to class." She did make clear that being a nurse for so long, she is able to tell when a student has a legitimate reason why they should be allowed to go home.

Sometimes students' reasons for being sick can lead to other problems, Nurse Tracy explained, that while it may start off as having a stomach ache, it can also uncover issues of not eating because there is simply no food at home or other issues. Any of these is taken into consideration and she will find ways to help by connecting students to other services. Everything discussed with the school nurse is completely confidential, with the exception of inflicting harm upon oneself or another.

Continued on Page 5

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NEWS

Nurse On Campus (continued from page 4)

She also explained the restrictions on what she can do to help a student and the different approaches to take for different situations. While she is not legally allowed to administer any type of medication without a medical form signed by a doctor and permission from a parent or guardian, she mentioned that most nurses take a more holistic approach and rely on natural remedies like tea or salt water and things that do not require specific permissions to provide.

While the nurse is primarily on site for students, she is also able to help anyone including staff and visitors on campus who need assistance. When someone is in immediate need of the nurse, depending on the distance, a student will either be brought to the nurse, or she may come to a student in need. When the school nurse isn't on our campus to provide immediate care, Ms. Brown, a Kennedy office tech, will also take care of students and communicate with Nurse Tracy about whatever steps to follow to care for a student.

If you're wondering why most of us have never heard anything about having a school nurse, it may have to do with Sacramento City Unified School District not being able to afford full time nurses for every school and the ones that we do have, are spread thin.

In meeting with Nurse Tracy, we were reassured, "School nurses are very well prepared to do their jobs... but because they are so busy with work it is almost impossible for them to get out there more and do anything." This is truly unfortunate, as having such a service more widely available to students and staff alike would greatly benefit any school.

Simply knowing our school has such a person, who is trained and dedicated to helping make our school safer and better for everyone, is comforting. Hopefully more students will take advantage of having a nurse on campus when they are in need of someone to talk to and student's lives will be impacted positively.

O'Flaherty Reinstated as Activities Director

By Dominic J Larsen, Clarion Staff

The student body has been in a fury due to rumors of the cancellation of beloved extracurricular activities. In this fit of confusion, the initial story has become lost in translation. Acting upon its journalistic duty, the Clarion hosted a press conference on October 20, 2017 with the principal, David Van Natten. Journalists and the administration alike wanted to bring about the truth and clear the campus of confusion.

Van Natten recently asked Kenneth O'Flaherty, who served as student activities director for the past nine years, to reassume his role after Vanessa Shintaku, former activities director for this year, resigned her position. Throughout the school year, an array of rumors have made their course through the student body, varying from the combination of senior ball and junior prom to all events being cancelled on campus. Some rumors also circulated that the number of rallies and spirit weeks would be reduced from four to three per year. Van Natten denied these rumors, "No final decision was made. There are four rallies on the calendar. Some of this as we talked about different ideas, information got that we had made a decision but we haven't." The main reason for considering reducing the number of spirit weeks was a situation of quality versus quantity.

Though no events are cancelled, the principal spoke to the future possibility of canceling events, "Safety has come up. There have been instances in which I have felt like the circumstances whether it be the number of students in attendance or the particular facility that was in use, or lack of supervision. That is going to be the reason in most cases that an event is redesigned or cancelled."

He also addressed and denied the allegations that student government officials were being threatened with removal from office, "I would never say anything like that. There are a lot of rumors circulating. I value student voice. If somebody has been threatened with removal from office because they spoke up to express a concern, I need you to bring that to my attention."

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jfkclarion.com

Club Highlight: VIP Students Keep Groove Alive Without An Instructor

By Saeri Plagmann, Clarion Staff

The most well-known dance club at Kennedy, Project Move, returns this year with double the members, a change in leadership roles, and a new name VIP.

The dance group was founded five years ago by professional dance instructor Marcus Edralin who left the club the following year to join the Jabbawockeez Cast. The most recent instructor, Dane San Pedro, recently left to manage his dream job as an owner of a dance studio, Rize All in Elk Grove. The loss of the director/coordinator forced major alterations to be made, including a new name for the club: Vibe In Promo. Despite the



VIP Dancers Dominic Lee and Kyla Lee (photo by Saeri Plagmann)

various barriers presented, VIP continues to put on the most popular performances at school rallies.

Dominick Lee, senior at Kennedy and vice president of the club, states that the absence of an instructor this year has posed yearlong issues. "[The] challenge is we can't have the dance room without our instructor and that's hard because we don't have the mirrors. We [also] don't have a room when it rains or gets cold." VIP currently practices in the courtyard outside the library; with

the winter season approaching, it is evident that new struggles will arise. According to Lee, the dance room is occupied by Kennedy's cheerleading team for the majority of the time, preventing even temporary use of the room.

On another note, members of VIP seemed to make use of their current situation. Brendon Vang, junior at Kennedy and returning member, states that the club continues to benefit him personally. "I think it benefits a lot of people in dance because it's a figure of art to express how you truly feel. All the teenagers now are more affected by alcohol and I feel that dancing can actually help that if they are into it. A way to release all that stress that builds up at school."

Until a new instructor volunteers to take over, the club plans to be student-led for as long as it continues. With a large number of male and female students from each grade who made up the club this year, returning members claim they want to see more students join in the future. "Right now it's good, but I'm a junior now so I want to see how it will be like when I'm gone, like see it still thrive." says Vang. VIP still receives positive feedback from other students and the faculty. As long as the strong support carries on, the club will continue to add excitement to Kennedy's rallies and club rushes, where dance battles are inevitable to happen.

ARTS & ENTERTAINMENT

Fall Movie Reviews Blood, Gore, and Horror Galore

By Cynthia Dominguez, Clarion Staff

Despite reality having enough actual horror in real life this past year, the movie industry decided that we also needed a flood of fictional horror. Throughout summer and fall months, countless horror movies rushed into theaters, preparing moviegoers for the ultimate celebration of horror, Halloween.



Undeniably one of the most anticipated movies of the year, *It* stole the attention of movie watching audiences all over the country. Opening at a record breaking 4,103 theaters, the highest number of venues for a horror movie to date, the movie went through several directors before falling into the hands Andy Muschietti.

Starring Bill Skarsgard as Pennywise, the dancing clown, and an outstanding young cast, the film is an adaptation of the popular book which goes by the same title, written by notorious horror author, Stephen King.

The story revolves around a group of friends who proudly proclaim themselves as the “Losers Club” who live in the small town of Derry, Maine. From abusive parents to startlingly intense bullies, these middle schoolers already struggle through life. These struggles intensify when an immortal child-eating being infests the children’s lives. Taking the form of the children’s worst fears, Pennywise’s past within Derry is soon uncovered and the Losers Club take matters into their own hands.

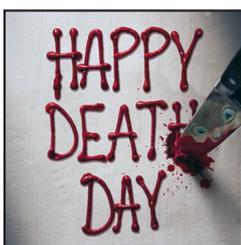
The original novel, *It* by Stephen King was written in 1986 and had one adaptation (1990 television mini series) before the film released in summer 2017. The movie undeniably had large shoes to fill (pun totally intended), with not only the critically acclaimed book, but the well-loved mini series. With Rodeo FX taking over visual effects, the same company that handled the effects on movies such as *The Hunger Games: Catching Fire* and *Fantastic Beasts and Where to Find Them*, the movie provides viewers with outstanding horror scenes. The fantastic casting shows through the effective comedic timing, making the movie a well-rounded homage to its former adaptations, and a memorable horror movie in 2017.

One of the most traditional horror movies of this year was *Annabelle: Creation*. The movie makes up the fourth movie in *The Conjuring* series. Since the emergence of the *Conjuring*, the series has brought in a consistent audiences with the familiar style of horror movie. Opening on August 11, 2017, the movie earned a total of \$301 million, making *The Conjuring* series the third horror series to ever earn over \$1 billion. The film withstood the pressure of being a sequel and received positive reviews from many.



The movie takes place in the 1950’s and follows a couple’s grief regarding the death of their daughter which leads them into dangerous interaction with a spirit whom they allow to possess a doll. The couple decides to lock the doll in the former room of their daughter, containing the spirit, allowing them to live peacefully. They later decide to take in six orphan girls who unlock the horrors of the possessed doll and catalyze a series of violent events, eventually leading to the story of the second movie in *The Conjuring* series.

The film provides a familiar feeling among viewers yet keeps the proper amounts of suspense and jump scares. *Annabelle: Creation* keeps many familiar aspects of usual supernatural horror while maintaining the cliché scenes to a minimum. Far removed from social commentary like previously mentioned films, *Annabelle: Creation* allows for an entertaining and all-around fun movie going experience.



One of the latest horror films of the year was *Happy Death Day* which opened October 13, 2017 to a box office total of \$53 million. Leading up to the opening, the movie released huge amounts of press, specifically trailers, which drew huge attention from general population. The trailers demonstrated two sides of the film, one emphasizing comedic aspects of the film and another side emphasizing the gore. The film was well received by both critics and audiences due to the two sides of the film, and the acting of main actress, Jessica Rothe.

The film focuses on Theresa Gelbman, a college girl who finds herself in a time loop continuously being murdered. She soon realizes the need to uncover the mystery behind her constant murders in order to release herself from the cycle. With the help of classmate, Carter Davis, Theresa begins to slowly learn from all her experiences, not only in avoiding murder and getting herself out of her time loop, but in realizing certain aspects of her life.

The film was one of the most enjoyable horror films due to the play on clichés. Taking common aspects of slasher films and increasing the comedic factor and bringing the script and gore to life with impressive acting and camera work. Although not all clichés could be avoided and not all the scenes flowed cleanly, the movie brought the horror movie season near its end.

Editor’s Note: See *The Clarion* web site for additional horror movie reviews.

Way Back Machine – Vol. 20 No. 4: November 26, 1986

By Adrianna Iorio, Clarion Staff

Indoor Swimming At Kennedy

On October 24th, 1986 an unknown vandal had flooded Kennedy’s main gym. The Sacramento Recreation Department issued a gym permit to hold a volleyball clinic, only to result in a custodian face to face with a fire hose streaming water onto our gym’s hardwood floor. The clean up was pricy, resulting in \$20,000 worth of damage, and caused a variety of limitations for sports teams as well as students. To our knowledge, the person who caused this destruction was never caught. (Edited)

Sister School In Germany

For the first time in John F. Kennedy history, the school had agreed to acquire a sister school in Gladenbach, West Germany. This collaborating program was designed to offer an inside look at both institution and the differences between the student lifestyles at both high schools. Claudia Holzerkph, the supervisor handling the transactions between the two schools, adds that, “The idea is also meant to boost declining American popularity in Germany, caused by the negative way the American military has been portrayed to [German] children and their parents.” Between these two schools, materialistic items regarding fashion, sports, and entertainment were exchanged as well as past yearbooks and newspapers. A pen-pal program was also initiated, however it is not stated how this process turned out. (Edited)

Possible Teacher Strike!

Due to fewer issues being resolved such as teacher’s salaries and the new teacher transfer policy, teachers at Kennedy in 1986 were considering going on strike. Mr. Bone a teacher at the time was very concerned with the effects of this strike, implying that things would worsen- not get better. The teacher transfer policy includes a new hiring date for teachers, and makes it harder for teachers already employed by the district to transfer to a more desirable school or position. Due to this, teachers felt they were being cheated out of jobs that were rightfully theirs. The other major issue was the teacher’s salaries. The district had offered a three percent increase, but demanded an increase in the amount contributed to the teachers health insurance plan, so with increased deductions the salary increase will only amount to one or two percent. The teachers feel this increase is inadequate as teachers in neighboring districts were receiving eight to nine percent increases. (Edited)

Editor-in-Chief: Kathy Albiani
Advisor: Kim Clemons
Principal: Robert Bone (Mr. Bone)

☆☆☆☆ TWENTY YEARS OF EXCELLENCE IN EDUCATION 1987

kennedy clarion
VOLUME 20 NO. 4 JOHN F. KENNEDY HIGH SCHOOL NOVEMBER 26, 1986

STUDENT HALL MONITOR PROGRAM
The student hall monitor program was introduced to Kennedy High School in September by Vice Principal Robert Bone. The program was designed to help students take responsibility for themselves and others. The program is a voluntary one and is open to all students. The program is a part of the school's effort to create a safe and secure environment for all students.

INDOOR SWIMMING AT KENNEDY?
Friday night, October 24th, the main gym was flooded by an unknown vandal. The City Recreation Department had issued a gym permit to hold a volleyball clinic, only to result in a custodian face to face with a fire hose streaming water onto our gym's hardwood floor. The clean up was pricy, resulting in \$20,000 worth of damage, and caused a variety of limitations for sports teams as well as students.

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ANTI-DRUG RALLY STIRS SCHOOL
On November 5, Kennedy students filed a petition with the English class for an assembly about drug abuse, vandalism, and school safety.

KAREN ROMERO
Karen Romero, a senior at Kennedy, was named the 1986-87 Student Body President. She was elected by a large margin and will serve as the president of the student body for the next year.

AN AWESOME GALIE!!
A photo show was presented to show Kennedy's beautiful campus. The show was held in the gymnasium and was attended by many students and faculty members.

ARTS & FEATURES

Club Highlight: MESA is Not Plain

By Eddie Rodrigues, Clarion Staff

Have you ever wondered who makes and designs those amazing robots and structures displayed at school events and around campus? The Kennedy club MESA, Mathematics Engineering Science Achievement is responsible for it all. The club is led by Ms. Henry, the advisor and a science instructor and also by the club president, Francis Feng (11). MESA gives students an amazing opportunity to learn about valuable life skills and the planning involved.

Ms. Henry says, “Arduinos,” which is a pack of materials you can use to make things like LED lights and a voltmeter. The pack can teach you to make useful tools. She said, “Our club use to be called old school, but now with our coding and video gaming advances we are getting into the new school.”

There are many exciting opportunities for students to try something new. You can build bridges, a ball launcher, a glider, a prosthetic arm and the chance to travel to Philadelphia to compete in the annual National Engineering Design Competition (NEDC). The competition showcases the best NEDC teams as they use the skills they have gained in class in order to deliver an engineering-based solution to a touching challenge.

MESA Day is an annual event that is a statewide competition for MESA school programs. The day is meant for teams to compete and display their unique inventions and try to advance to the next level. Past projects from other state competitions have included windmills and solar powered lanterns. Head to Ms. Henry’s room to sign up for MESA and get an application to participate in a one of those exciting events. The club meets every week during lunches on Wednesdays and sometimes after school in Room B23. Ms. Henry is available a majority of the time, except Wednesdays at lunch, MESA meetings are taking place.

Not Perfect

By Desiree Leong, Clarion Staff

Hope is not giving up,
Not giving in.
To let your heart let go of all the hurt,
To let your heart heal.

Keeping yourself open,
Open to new experiences.
Don’t shut out others,
Shutting out a chance to smile again.

Love is being here for you,
Being a reminder to keep smiling.
Helping to see there is more than hate and envy,
To see there is always someone there for you.

Keeping yourself free,
Free to shine light on others.
Don’t let others hurt,
Hurting others cuts further than you can see.

Brokenness is knowing you’re strong,
Knowing you can get past this.
The pain might be there,
Might hurt you still but it will show you’re still alive.

Keeping yourself true,
True to who you are.
Don’t mask your pain,
Masking it leads to more hurt.

Being human is not a mistake,
A mistake is not what you are.
Going though laughs and cries,
Through life are you made whole.

Keeping yourself to who you are,
To what you will be.

Hope, love, brokenness, being human, parts of who I am,
I am not perfect, but I am keeping myself from falling away.

Japanese Exchange Student Excited About U.S.

By Miya Murata, Clarion Staff

One of our Japanese foreign exchange students, Machiko Amulfukutake, was very excited when her parents told her that her family was moving to the United States. She was born in Japan and wanted to come to America since she was in elementary school because of the nice atmosphere. Machiko’s first impressions of John F. Kennedy high school was that it was big compared to Japan because Japanese schools are typically small.



Machiko stands in the Japanese classroom. (Photo by Miya Murata)

Machiko has a younger brother and an older sister. She says that her sister is the person she looks up to because she is “kind, friendly, supportive, and smart”. As well as getting family support, her new friend, Isabelle Fontanilla has made has helped her to adjust to the new environment during her first week of school. Machiko’s old school in Japan is called Okayama Ryukoku. Although Japanese schools do not have school dances, she did not attend homecoming on October 28.

Machiko’s favorite school subject is art because she did not have an art class in Japan. “On the first day of school, I was nervous because I did not know English very well” said Machiko, a junior. But to help her still enjoy school even with the nervousness, she would eat food. Her favorite American food is a hamburger because its different compared from what they have in Japan.

“I have not decided exactly what I want to be when I grow up but I want it to include helping children who are not able to go to school.” Machiko says she is very excited to live in the United States and cannot wait to see what the future will hold for her.

MAY'S HAIR DESIGN

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WALK-INS WELCOME



SPORTS

Flags and Rifles and Sabres, Oh My!

By Desiree Leong, Clarion Staff

Bright colors flashing through the air and graceful dancers crossing the football field along with the upbeat and constant tempo of the band: this is color guard. The spinning flags, rifles, and sabres accompany the band at Kennedy as the visual aspect of the performance. This year, color guard is led by two captains, seniors Megan Chan and Destinee Thrasher, and two co-captains, juniors Samantha Lee and Cindy Leung.

Lisa Kim, a junior at Kennedy in her third year of fall season, explains that it is different from the other sports offered at Kennedy. “Our color guard has an audience and judges. Color guard is a story we want to tell the audience. We want them to feel how we feel.”

Despite the beauty and grace of guard, it takes dedication to do this extensive sport. The many hours color guard puts into their performances can be seen by the precision and confidence in their range of dance, weapon, and flag work. From practices with the band on Tuesdays and Thursdays and separate sectionals, dedication is very important for this sport.

Color guard can also be extremely entertaining. There are constantly new techniques to learn instead of repeating the same actions. The games and interactions that take place deepen their bond with one another.

“In band, especially guard, everyone is tight-knit because of how much time we spend together. It’s helped me feel included because you get a second family. It’s a welcoming environment and there’s a lot of people willing to help,” says Karen Peng, junior fall season newcomer. As well as being considered to be a unique extracurricular activity, guard gives students a place to belong and fit in.



JFK Color Guard poses briefly in front of the auditorium for *Clarion* photographer Desiree Leong during afternoon practice session in October.

Color guard is currently working with the band to put on a spectacular show. Their performance this year will be set to the band’s Phantom of the Opera music. When asked about her feelings on the show, Megan Chan mentions, “I really like the music this year even though I haven’t seen the show. I think it’s a good show and we can get Champs with it.”

Two different types of equipment in their shows: flag and weaponry. Flags will consist of the regular-sized ones and swing flags, while weaponry will have rifles and sabres. A difference when working with the two is that weaponry requires you to highlight the equipment rather than working with it like you would with a flag.

With their dedication and impressive win streak, it is no surprise that color guard is exceptionally talented. At this past weekend’s Foothill High School competition, guard won first place with a score of 93.4. Nonetheless, everyone is very welcome here. When talking about her experience so far, Peng says, “Even though I’m not the best at it, it makes me feel like I have potential.”

Water Polo Deserves More Fans

By Karissa Jones, Clarion Staff

Kennedy Men’s Water Polo is currently holding tightly to second place in Metro League standings. The team has lost three games this season to River City, El Dorado and rival McClatchy.

According to team stats, Kennedy scores an average of 9.3 goals per game closely behind the competition. The Men’s 2016 water polo season ended with a final record 3-9 and greatly increased to the current season standing, 11-3. Kennedy finished the season in 2nd place tied with River City. The team has greatly improved in its teamwork, but is still lacking in a fanbase. Water polo has enjoyed greater turnout this season but the team needs even more support.



Top ranked Grant Greenlow shown above being chased by a Rosemont opponent in home contest Sept. 28. *Clarion* photo by Karissa Jones

On October 5th the Men’s Water Polo put up the fight of their lives with their most competitive game this season. This is the first time in recent history that our team defeated River City. (8-5)

Grant Greenlow (#16), who is ranked in the top twenty nationwide on scoring goals, put his all in during this epic match. Grant faced challenges with River City’s defense as they shut down most of his plays. Though they faced trials, the team pulled their efforts to take home the win. Corey Burgess (#17), Jak Allen (#5), and Jordan Selvin (#11) kept the goals coming and helped put up points. While on the defensive side Luiscciano Garcia (#3) and Kyle Westman (#1) kept the opposing team drowning on their own breath, while shutting down the team’s main scorer. (all players listed above are in grade 11.)

The stands were mostly filled with family members and other teammates. Where are the Kennedy students? The people in the stands cheering may be helpful but nothing is better than the support of your classmates and school. Kennedy has been fighting for the first place all season against McClatchy and is well deserving of more student support at home games.

“It’s dead, I only really hear from our team or the other team, but I don’t see any of the Kennedy students there at all” says teammate Corey Burgess. Most athletes appreciate a crowd of supporters cheering them and their team on. Corey also said “Motivation is everything and having people cheering you on gives you that boost of momentum to play better or to just simply keep the hype up”.

The team this season has been giving their hearts to this sport. Each game the team brings a fight and leaves everything they have in them in the pool. All the hard work they have been doing the team deserves attention. Supporting the team brings in another level of urgency to their game. Come out, watch, and cheer on the Kennedy Water Polo team.

SPORTS

Crossing the Finish Line as a Family

By Dominic J Larsen, Clarion Staff

John F. Kennedy's Cross Country team has not had the best season compared to year's prior. According to a number of team members, many of the team's best runners are no longer with them as they have graduated.

Regardless of the challenges the team faces, they work through them together. The cross-country runners have a tight knit kinship, far beyond that of your average sports team. Izaack Deguchy (12) demonstrated his gratitude for his teammates stating, "I have been on plenty of sports teams, but I've never felt close to my teammates nor did I like them as much as cross country. On the cross country team, my teammates are my family."



Kennedy runner Evelina Fedchuk shown above. Photo by Cody Mak

Even runners that have just joined the team are quickly accepted into the team family. First year runner, Evelina Fedchuk (12) was encouraged by her friends to join cross-country and found that, "Unlike other sports, cross country doesn't just require practice, it requires being able to push yourself to your limit. Running isn't just physically hard, it's mentally hard." Evelina continues to push herself, continuously enjoying herself alongside her teammates.

Even veteran runners face the challenges that their rookie companions struggle with. With beads of sweat running down her forehead, Maya Vargas (12), one of the team's fastest female runners, shared a story of her time before she joined the team, "I remember where I used to be. I couldn't even run a mile." Now looking back, she, as well as her team, is extremely proud. Before running off to grab some water, she left a few inspirational words for younger runners, "I proved to myself I can do it."

The team dynamic has led to a support system strong enough to encourage runners on the team to accomplish amazing things. This season, Mira Mohan (12) came in third-place in the Varsity Metro League Cross Country Championships, an impressive feat. Younger members of the team also made great progress, Nadia Vargas (10), won the Freshman/Sophomore Metro League Championship race. The next step for our cross-country team is traveling to Frogtown to compete in the Section Championships this November where they will hopefully make even greater strides together.

Girls Water Polo Learning, Adjusting

By Saeri Plagmann, Clarion Staff

The Kennedy Girls Water Polo Team has managed to finish the season with an overall score of 4-14 and a score of 2-10 in the Metropolitan League. The team had lost star players from last year, to which Kalena Ozdaglar, junior at Kennedy and water polo member, says it made players more independent. "The team is definitely more structured than last year because now most of us know how to play the sport."

A Rio Linda game during the season was the highlight for many players. With only five players out of the required six, Kennedy and Rio Linda agreed to play five against five. The Cougars had begun to win the game when a player was kicked out, leaving the game to continue with six against four. "I just went crazy with shooting and trying to score as much as possible." Says Ozdaglar. Despite the slight predicament of the game, Kennedy ended the match with an amazing victory.

Currently with three seniors on the team, Girls Water Polo will experience changes again in the future. However, their teamwork will help them overcome any challenges that may come their way.

Girls Tennis Team Creating a Racket

By Cynthia Dominguez, Clarion Staff

Of all sports on campus, some receive more attention than others. The Kennedy girls tennis team has demonstrated determination and established their standing in the Metro League with their team as a main support system.

The season got off to a shaky start in August with losses to Christian Brothers and River City, but these defeats did not discourage the girls as they came back with a steady mid-season, with wins against Laguna Creek and Valley High. Eventually, ending strong in October with consecutive wins against Laguna Creek and Burbank, they landed in third place in the Metro League with final metro record being 7-4.

Their final metro standing left them with an open road to playoffs which according to Varsity Captain, Sabrina Leung, was the team's goal this season. Despite this accomplishment, there were several obstacles to getting them to where they are today from establishing a good team dynamic to pre established opinions about the team among the student body. Tennis, not being a heavily emphasized sport on campus made the team dynamic extremely important.

Even outside of the girl's tennis team, many members of the boy's tennis team actively go to watch the team and the girl's team manager happens to be a boy's team member, Alex Chan. The students involved in tennis on our campus demonstrate extreme dedication to the sport, encouraging each other to reach their potential.

According to Varsity Captain, Sabrina Leung, "Tennis isn't a super difficult sport, it isn't something that requires extremely advanced athletic skills, you just need to have the dedication. Although we aren't a super recognized team, that only makes us more motivated in the long run." Leaving seniors encourage students to support the tennis team in the future.

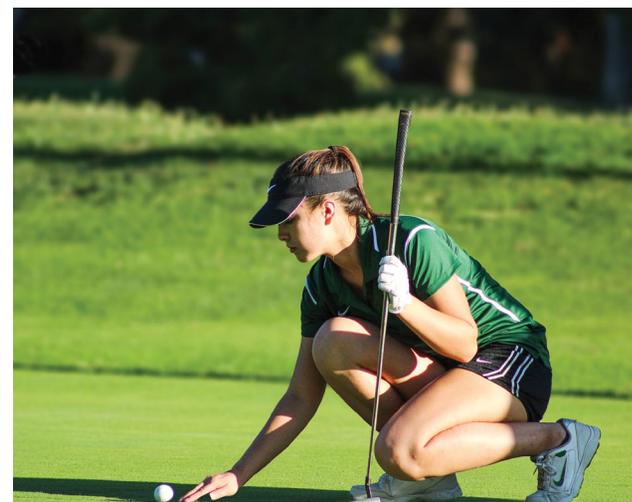
Girls Golf On Par This Season

By Timmy Curry, Clarion Staff

The girls golf season has just ended and they finished with some great results. They succeeded this season because they used the skills they gained while being on the team, which are hard work and great team skills. Overall, they made great progress this season and had some great results. Coach Hoag said, "I think the team did good this year."

This team played a total of 12 matches and performed great with a total score of 10 wins to two losses in terms of matches played. The women's golf team also took part in two tournaments this season. They moved on to the Metro League, where they got second place, which allowed them to qualify and move on to Divisionals. When asked about the team's performance player Jenelle Lum stated, "Our team did great this year. We accomplished a lot together. Hopefully we can continue to do the same and even better next season!"

Hoag stated, "For Kennedy, I was inspired to coach because my daughters were incoming freshmen and we didn't have a women's golf team or a coach. So I volunteered to be the coach and start a team." Before he was the women's golf coach Hoag spent 30 years teaching golf professionally. He got his start in golf at the age of ten with his dad and older brother because he wanted to play with them and states he, "...liked the challenge of golf."



Gabby Herrera-Griffe (12) shown above. Photo by Bruce Tran

SPORTS

Kennedy Cougars Prevail during Oct. 27 Homecoming Contest

By Eddie Rodrigues, Clarion Staff



Kennedy Cougars strong defensive squad converges on Florin opponent in large numbers at recent Homecoming game.

Clarion photo by Bruce Tran

The Kennedy Cougars football season gained a huge plus on Friday night, October 27th, at their homecoming game. The JV team destroyed the tenacious Florin Panthers in an easy, entertaining 52-0 shutout for the crowd to enjoy. A serious buzz then kicked in when our varsity team charged onto the field with the packed Cougar Stadium eagerly awaiting the upcoming bout. The cougars went into the game with a 2-6 record, which had been a low season for the team and introduced the challenge of going up against Florin with a higher 3-5 record.

Kennedy, had a disappointing performance at an important game earlier in the season, the annual Hell Bowl, against nearby rivals, McClatchy Lions. The Cougars ran onto the field with confidence and determination, looking for the dub. With much practice and hard work, led by Coach Brian Lewis, the team was looking forward to the game.

With an early 45-yard air attack for a completion and a touchdown, Kennedy stormed to an early 8-0 lead over the Panthers. The score remained the same throughout the first quarter. The Panthers quickly countered with six points of their own before halftime.

After performances from the cheer squad and marching band, announcement of Homecoming royalty and the parade of floats, the ferocious Cougars sprinted back onto the field to try and close out the game. The Cougars added another touchdown to their lead for cushion points, and at the very end with an amazing stop at the one yard line to seal the game.

The Cougars walked off the field happy and proud. The win gave the team something positive to reflect back on in their tough season this year. Jalon Cummings (12) remarked "Football is like life – it requires perseverance, self-denial, hard work, sacrifice, dedication and respect for authority."

Kennedy Cougars Season Ends Tonight Against Burbank

The Cougars still have one more game left in metro season play today against Burbank at 5pm (Junior Varsity) and 7pm (Varsity). Burbank currently has a record of 5-4 and is coming off a 41-0 loss against Sac High.

A Continued Spike to Success

By Saeri Plagmann, Clarion Staff

Despite losing several senior players from last year, the Kennedy Volleyball team completed the Metropolitan Conference season with a record of 11-3, coming in second place. They exerted the same amount of effort and teamwork on the week of October 30, where they fought through the first round of playoffs.

The highlight of the season was an amazing victory against Laguna Creek on October 19. The teams played up to five sets, the last being the most competitive. After the close victory, Coach Pollock says, "[The season] turned out great. I love that our team has great chemistry. We love each other, we play hard for each other, we would've been doing the same thing if we lost the match tonight."

October 19 was also memorable for the five senior players. Recognized by their teammates and the audience, Karissa Jones, Mia Santos, Jade Jones, and Shelby Wong received flowers, gifts, and a message from their family to celebrate their senior night. Despite five of his players graduating this school year, Pollock says, "I think we got a lot of young talent. For starting I got three sophomores, and I've got some freshmen on the JV team that are looking promising. Even though we have seniors, we've also got sophomores that are starting and we got some juniors that are contributing too."



A jubilant celebration for all seniors including Shelby Wong shown above with her family. Clarion photo by Makayla Smith



Coach Pollock provides words of encouragement during a recent home game. Clarion photo by Makayla Smith

want them to be proud of themselves." Although the team broke the four year first place streak by coming in second place in the Metro League, players feel the overall season to have been honorable and successful.

"This team has fought through a lot of diversity and I'm really proud of them playing this game. We've lost a lot of good players, but we bounced back," says Jade Jones, senior at Kennedy and varsity player. Half of current varsity players will be returning for the next fall season, and many underclassmen have a strong foundation to take on the varsity positions that are left. "Our league is getting much tougher so we're playing against other teams now that are getting better every single night, so it's getting more competitive in the league," says Pollock.

Difficult challenges may await the future as competition increases, but the team has shown to get stronger and more impactful with it.

Mia Santos, senior at Kennedy and varsity player, has high hopes for the team next year. "I just want them to play their hardest, and be able to say 'Yes, I did that. Yes, I won that banner with my name on it.' I just