

Poetry Out Loud Winners Chosen

By Aryanna Zavala and Katie Albert, Clarion Staff

Every year, John F. Kennedy High School holds a Poetry Out Loud competition with students from all grades participating. The 2015-2016 contest was held on December 17 in the JFK auditorium with students chosen by their English teacher after in-class competition. The top finisher in the competition was Kaitlyn Kui, a sophomore who delivered the poem “Blackberrying” by Sylvia Plath. The second place winner Haley Adel, a senior performed “The Tables Turned” by William Wordsworth.



Clarion photo by Kristi Wong

Poetry Out Loud winner Kaitlyn Kui

There were many talented performers, which made it difficult for the audience and especially the judges to choose a competitor who would represent JF Kennedy and move to the next level at the Sacramento County competition. To make the next contest more interesting, the first and second place winners must choose a second poem to recite for the County competition. The winner from the state competition will go to the national competition in Washington D.C. to compete for a chance at a thousand dollar scholarship.

There were 43 students participating in this school year’s competition. They were all amazing performers. Judges also picked a third place finisher, Aliyah Penn, a junior who recited “Novel” by Arthur Rimbaud.

Entertainment and intermittent announcements were provided by student MC’s Hjordis Grogan and Tristan Fong as judges (Michael Fry, Mark Hanzlik and Chandler Cooper) recorded their marks for each performer. Dalino Campos served as the prompter and accuracy scorer and David Phanthalai organized the event as he has done for many years.

Links to the poems listed above can be found on the Clarion web site @ jfkclarion.com

We spoke with the top two finishers, Kaitlyn and Haley. Transcripts of those interviews follow.

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Madame Taylor, Our Own Educator of the Year

By Aaron Soliz and David Yu, Clarion Staff

Annually, within several regions in California, the Educator of the Year award is distributed to a teacher, counselor, administrator, or other official positions who displayed adept instructive skills throughout the preceding year. Only eleven individuals throughout the state are given the award. This year, our very own foreign language teacher Ms. Joan Taylor was presented with the Educator of the Year award, and we were fortunate to be able to talk with her and ask a few questions about teaching.

Many students often forget that teachers are people too and have their own lives and history. When I asked Ms. Taylor to tell us a bit about herself she responded, “I didn’t always want to be a teacher. Originally I wanted to be a lawyer and a dancer. I went to law school, but then I wanted to teach instead. I fell in love with teaching. I’ve also worked as a translator.”

As many students forget teachers are people too, and they were once students like us. “I remember when I was in school, I used to get angry when the teacher couldn’t control the classroom. And I feel strongly the need to keep kids on accountable. And the students can find comfort knowing that I am in charge.”

Ms. Taylor has been teaching for eleven years, all of those at Kennedy. Eleven years of teaching is long enough that is only natural that Ms. Taylor’s teaching style should change quite a bit over the years. “Believe it or not, I’m more understanding. More creative. I’m able to get work out of my students without them realizing it. I’m less mean. I think that a teacher should teach a while to teach well. Few teachers can expertly teach well in their first years. But over the years, in about five or six years, teachers can get over certain grooves. And I feel that its important to love teaching throughout the teaching career.”

During her time at Kennedy, Ms. Taylor has developed her own style of teaching, which is different from many other teachers. “I am very demanding. I don’t allow students to disconnect from me. I try to build a relationship with the classroom. It’s like a community. I give lots of feedback back to my students and I’m always on top of grades. I grade a test and they know what score they received the day after. I strive to love teaching and I believe that everyone is capable of learning.” She added, “I am strict but can make the classroom fun too.”



Photo by Aaron Soliz

Madame Taylor in her classroom

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NEWS

David Bowie, 'Starman' and 'Ashes to Ashes'

By Johnathon Hicke-Fox, Clarion Staff

You may have heard about the death of David Bowie and wondered who he was and why he was so important? Some may already know but for the people that don't know the rock icon, here's a bit about him.

David Bowie was a singer and songwriter born January 8th, 1947 in London, England. He grew up listening to artists from the 1950's such as Frankie Lymon and the Teenagers, The Platters, Fats Domino, Elvis Presley, and Little Richard. As a kid Bowie realized "the power of music" and how much it affected people. His older half-brother Terry Burns also introduced him as a preteen to modern jazz artists such as Charles Mingus and John Coltrane.



At age 15, Bowie formed his first band The Konrads that played mostly rock n' roll at youth gatherings. After that Bowie played in a numerous bands until he eventually recorded his first solo album under his own name in 1967, a debut which was a compilation of pop, psychedelia, and music hall.

Five days after the launch of Apollo 11 in 1969 his second album which included the single "Space Oddity" reached top five songs in the UK. In 1970, Next, Bowie released the album "The Man Who Sold the World" which referenced paranoia, delusions, and even schizophrenia. This album created a stir due to the album cover featuring Bowie in a wig and dress. He began to be interviewed wearing similar outfits, continuing to display this persona.

After observing proto-punk artists Iggy Pop and Lou Reed, Bowie developed the fictional character Ziggy Stardust forming the "ultimate pop idol". His girlfriend recalled his "scrawling notes on a cocktail napkin about a crazy rock star named Iggy or Ziggy" with the intentions of him looking as if he was from Mars. He later played a show with Spiders from Mars and showed up at a stage show with his hair dyed reddish-brown in a shocking outfit. He later explained "Offstage I'm a robot. Onstage I achieve emotion. It's probably why I prefer dressing up as Ziggy to being David."

In 1974 Bowie moved to the US where he released two hits "Rebel Rebel" and "Diamond Dogs" that clearly cemented his fame in the US and UK. In 1977, Bowie released "Heroes", a song that took a more of an instrumental approach and experimented with newer instruments and synthesizers. "Ashes to Ashes" a number one hit from the 1980 album "Scary Monsters" signalled another decade and direction (New Wave) for Bowie.

Already famous, Bowie paired up with Queen in 1981 which produced the hit single "Under Pressure". He eventually put his solo career to rest in 1989 but released several more albums up until his death January 10, 2016. His final album, "Blackstar" came a week later, debuting at number one on Billboard record chart.

One of the reasons why he was so important was his large influence and contribution to rock sub-genres pop and glam. Without David Bowie, modern day pop would not be the same. He also was a model for bisexual and homosexual cultures. Throughout his life and career he confused those who tried to identify his sexuality in one particular fashion. Over five decades now, David Bowie was clearly a large influence in modern music and the culture.

Sacramento 2016 Mayoral Election

By Timothy Curry, Clarion Staff

Four mayoral candidates have announced their intent to run in this year's race, the winner will be decided by Sacramento voters on June 7, 2016.

Angelique Ashby, currently a councilwoman from the North Natomas area was the first to officially enter the race after the current mayor, Kevin Johnson, announced he would not run. She was elected to her city council seat in 2010. Ashby is making the case that she is not the establishment candidate in the race. She has received endorsements from state senator Richard Pan, the Police Union and the Firefighters Union. Ashby has also touted the decrease in the unemployment rate and the reduction of crime since she joined the council.

Former Senate legislature leader **Darrel Steinberg** has plenty of experience, having served in the state senate for over twenty years and also has strong backing among those who have worked with him in the senate. While in the Senate he tackled a \$42 billion state deficit by working with both the Democratic and Republican parties. Steinberg has the key endorsement of the Central Labor Council Union Organization. He also has a larger amount of campaign funding with over one million banked for the upcoming mayoral race. Steinberg's plans include expanding the waterfront to make it the "main street" of Sacramento according to the Sacramento Bee.

Another candidate, Boxing Champion **Tony Lopez** is touting how the establishment powers in Sacramento are coming to an end and how he can appeal to a larger Latino voting base than normal.

Russell Rawlings is a homeless and disabilities activist who protested Sacramento's anti-camping ordinance and was one of the first arrested in Sacramento's occupy protests in 2011. Rawlings also wants to raise the minimum wage up to \$15 an hour. Rawlings has admitted his chances at winning are small so he is taking a practical campaign approach.

Note: The Clarion is not currently endorsing any candidate for election to Mayor of Sacramento.

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FEATURES

Student Spotlight: Aizhamal Manasova The Story of the Girl Who's Traveled 7,000 Miles

By David Yu, Clarion Staff

John F. Kennedy is a diverse high school that hosts a variety of interesting students from around the world. One such student, Aizhamal Manasova who traveled 7,000 miles (11,500 km) to attend school in Sacramento agreed to share her experiences in the United States with me.

Aizhamal is a foreign exchange student in the eleventh grade and is from the city of Osh in the nation of Kyrgyzstan. Aizhamal is the second youngest daughter of four children, with an older sister and brother and a younger sister. She was an accomplished student, serving as the school president back home in her country and was also selected to be a student ambassador out of thousands of other candidates.

Here at Kennedy she maintains an equally impressive resume. "I am in student government, and drama club (performing on stage three times)... In December, I performed on senior showcase, I sang the song in my native language" she told me.



Aizhamal is surrounded by her American friends

As a student from a country across the world, differences between the education system are expected however they may not be what you would think.

One of the largest differences between schools in the United States and Kyrgyzstan is

that students attend school in one class from grades one through eleven. Aizhamal recalled "We're like a family." Sharing a single class wasn't the only difference, she also noted "Here there are many extra-curricular activities like sports or clubs... we don't have that." In Kyrgyzstan Aizhamal dressed

according to the mandatory school dress code, however in Kennedy she is allowed, and exercises a much more relaxed dress policy.

Aizhamal, like many people who stay in foreign countries, suffered some difficulties adjusting to life in the United States. Her biggest challenge was communication. "It's hard to understand people sometimes because I was taught British English, and everyone here doesn't speak that way."

Other difficulties stem from the larger differences between countries. For example, "In my home country, it is mainly Kyrgyz people," Aizhamal added. "The United States is a more international country." In her home country of Kyrgyzstan most people are of the Islamic faith while the religious makeup in the U.S. is much more varied. She also noted other differences in people's attitudes, the number of holidays and of course food.

If you would like to sample some of Kyrgyzstan's cuisine you should try Ash or Samsa, which can often be found at traditional Uzbek restaurants (technically not Kyrgyz cuisine but they're similar).



Aizhamal in her native dress

Club Spotlight: WeForShe Making Strides Against Trafficking

By Lucy Salazar, Clarion Contributor

Here's something that might be surprising to Kennedy students.

Sacramento is one of the largest sex trafficking hubs in the nation. Millions of women and children are being sexually exploited across the globe. While that truth alone is a hard pill to swallow, the fact that our city is a place where a large number of these slaves are victimized brings reality to our doorstep.

On the Kennedy campus, the club WeforShe is making strides to combat misinformation and taboos surrounding the subject of sex trafficking. The club's primary mission is to raise awareness and provide students with the information and strategies needed to join the cause against sex trafficking. This is accomplished by educating club members about the history of sex trafficking, victims of trafficking, and creating partnerships with organizations, such as WEAVE and My Sister's House, that focus on rehabilitating victims and hosting informational events pertaining to sex trafficking.

Though sex trafficking might not be an issue that is easy for many of us to identify, the industry is thriving and growing larger than ever; abusing and hurting many women and children who are involuntarily sold for sex. With more people willing to discuss and learn about sex trafficking worldwide and within our own community, we may be able to make a difference and help lives of those the sex trade in the future.

The club meets on Wednesdays during lunch in room C305.

Poetry Out Loud Winners

Continued from page 1

KAITLYN KUI - Blackberrying by Sylvia Plath

Clarion: Why did you choose the poem you did?

Kaitlyn: I chose it because it was interesting the first time I read it.

Clarion: What does your poem mean to you?

Kaitlyn: I feel like it could be a topic I could be passionate about.

Clarion: What does it represent?

Kaitlyn: The topic is very sensitive because it shows that the girl felt she lost her meaning in life and I felt I needed to talk about that because it was inspiring.

Clarion: Is there anything you wanted to change when reciting your poem?

Kaitlyn: When reciting my poem, nothing in particular. When you perform you get nervous, I felt that should not be as nervous and that I should have gone a little slower and it would have been better.

Clarion: What method did you use in order to memorize your poem?

Kaitlyn: I just looked at the poem and memorized every other line and practiced it continuously and try to practice earlier and start earlier and it helps.

HALEY ADEL - The Tables Turned by William Wordsworth

Clarion: Why did you choose your poem?

Haley: When I was looking on PoetryOutLoud.org, I looked for poems alphabetically by titles. I skipped around and went to T and saw The Tables Turned. The opening line "Up, up my friend and quit your books" really caught my attention, and as I continued reading, I really enjoyed it, so I chose it.

Clarion: What does it mean to you? What does it represent?

Haley: For Literature, we had to do a close analysis of our poem, and thanks to the help of my teacher Ms. Reynaga, I was able to understand what William Wordsworth was trying to portray through his poem. He was attempting to share with the audience the importance of learning from nature, not just books. Studying inside can help to a certain extent, but more knowledge can be learned outside in the elements.

Clarion: Anything you could have changed when reciting your poem?

Haley: Going slower would have probably been better, but I was nervous so that was a typical reaction. I could have stressed some words more, but overall I was proud of my performance, and grateful to have the opportunity to share it.

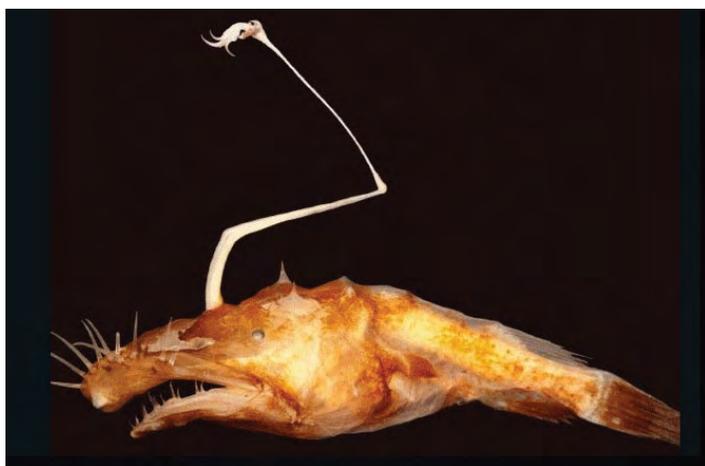
SCIENCE CORNER

New Species Discovered

By Zoe Le, Clarion Staff

As 2015 came to a close, many people took time to reflect on what had happened throughout the year. Resolutions were made, movies were released, and Kanye West making a fool of himself went viral yet again. However, there is one frequently overlooked area of accomplishment that was achieved during this past year; the numerous new species of animals that were discovered by researchers across the globe.

One particularly interesting creature that was discovered was a new species of anglerfish found at around 1,500 meters down in the Gulf of Mexico. Three females were found and ranged between 30-95mm in length, so they're a lot smaller than you would think based on their creepy appearance. It's thought that males would be even smaller, as is common in anglerfish.



One of three specimens collected

The research team that discovered the tiny creatures were given increased funding and continue to study the creatures in the gulf.

Speaking of tiny creatures, seven new species of frogs were discovered in the Brazilian Atlantic Forest. They live on secluded

mountaintops and were discovered by a research team lead by Marcio Pie last June. Each frog is less than one centimeter long and come in a variety of bright colors. Researchers say that the amphibians are likely so brightly colored to warn predators of the neurotoxins they secrete. The incredible number of new species discovered by the research team suggest that there may be more frogs inhabiting the area than previously thought.



One of the seven species of frog discovered

Although there were dozens of new living animals discovered in 2015, what's more interesting than those are the numerous extinct animals found and excavated. Dinosaurs that were recently unearthed have shed new light onto how they evolved and their relation to modern day birds. One such example is the *Zhenyuanlong suni*, a cousin of the velociraptor. It had short arms and a tail, both were covered with long bird feathers. It is thought that the creature was covered with feathers or some sort of downy fur. 2015 was a great year for animal researchers everywhere and has left a huge mark on the scientific community. Here's to hoping that 2016 will yield similar amazing results.

More Elements?!

By Crystal Chan, Clarion Staff

When you hear the word science, you'll most likely think of the periodic table or the elements on it such as the things we breathe and the Titanic. Then you remember that the last row had a few spaces left open along with some elements that you don't know the name of. Now, that last row is filled. Scientists have found four new elements with atomic numbers 113, 115, 117, and 118. Last year on December 30, the International Union Pure and Applied Chemistry (IUPAC) announced that claims for finding all four elements have been accepted.

These elements, classified as "superheavy" for having more than 104 protons, were made from nuclear fusion. A heavy-ion accelerator is needed to shoot one nucleus, usually Calcium-48 (Ca-48) at another heavier nucleus. However, the two nuclei must change their shape to form one compact nucleus, and this rarely happens, as few as one in a million collisions. Even with a lucky collision, this nucleus will immediately decay by fission, making it harder to detect the new elements. "A particular difficulty in establishing these new elements is that they decay into hitherto unknown isotopes of slightly lighter elements that also need to be unequivocally identified," said Paul Karol, chair of the IUPAC Joint Working Party with International Union Pure and Applied Physics (IUPAP). The only way to detect the formation of the element is by measuring the radiation and the nuclides produced as they decay.

Element 113, discovered by Kosuke Morita's team in Japan, only exists for less than a thousandth of a second. The team actually claimed to have found the element in 2004, but due to its rapid decay, more evidence was needed to prove its existence.

Elements 115, 117, and 118 were formed from a collaboration of institutions: Lawrence Livermore National Laboratory and Oak Ridge National Laboratory of the US with the Joint Institute for Nuclear Research of Russia. For now, temporary names have been placed in the designated spots of the elements. Each of the teams have been asked to submit official names for the discovered elements. These official names can be inspired by a mythological concept, a mineral, a place or country, a property, or a scientist. "The symbol is particularly important," says Lynn Soby, executive director of IUPAC. "They have to go through all the archives to check if it has ever been used before. It has to be unique." This process could take about four to six months, but hopefully, we can see these new elements in our science textbooks soon.

Now, you must be wondering, "Why are scientists making something that doesn't even last for a second? What good is it?" The discovery of these new elements could help scientists create a better model of the atomic nucleus and test their understanding of atomic relativistic effects. Also, our knowledge of the complex interactions of quantum systems will increase as we make more elements. In a way, scientists are testing the limits of matter and nature by making these new elements. These superheavy elements, despite decaying fast, could possibly be found in nature. For example, plutonium was made in a laboratory, and it was soon discovered with uranium ore deposits. Supernovae, explosions of massive stars could make these elements as well.

Now, scientists have moved their goal to the start of the 8th row, elements 119 and 120. They hope to reach "the island of stability," which may exist from element 120 to element 126. These elements will exist for a longer period of time, allowing scientists to study its chemistry. "There are a couple of laboratories that have already taken shots at making elements 119 and 120 but with no evidence yet of success," Karol said. "The eighth period should be very interesting because relativistic effects on electrons become significant and difficult to pinpoint. It is in the electron behavior, perhaps better called electron psychology, that the chemical behavior is embodied." Ca-48, which was used to form these new elements, has too few protons to make elements 119 and 120.

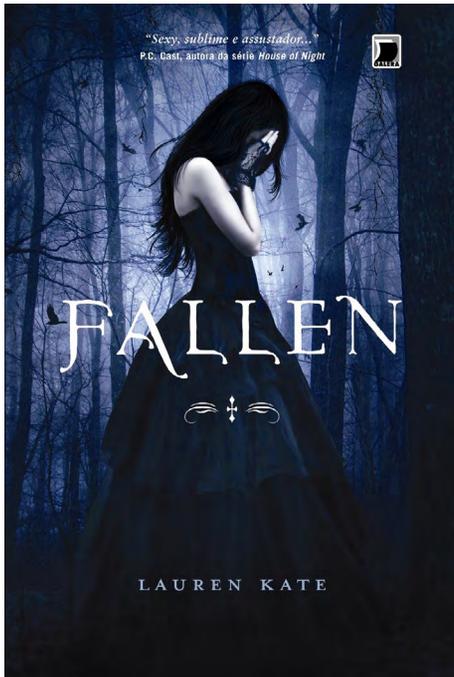
Scientists must find a new, heavier projectile nucleus to use. The German superheavy element research group has travelled to the Australian National University to study this problem by measuring the fission characteristics for the nuclear reactions forming element 120. Once again, the discovering of new elements could take a long time, as seen with element 113. We wish the best of luck to all in the race to start the 8th row of the periodic table!

ENTERTAINMENT

Book Review

Fallen Out of Favor and Straight to Hell

By Maya Vargas, Clarion Staff



As the reign of love-sick vampires begins to decline in the pop culture of hormone-crazed, teenage girls, angels are steadily becoming the successors dominating supernatural-romance literature. The book in question is *“Fallen”* by Lauren Kate.

After the mysterious death of a classmate that was perhaps her doing but she doesn’t quite remember, Lucinda “Luce” Price enters Sword & Cross, a reform school for troubled teens. As the story unfolds, Luce finds herself unexplainably drawn towards Daniel Grigori, certain that they have met before, and is determined to uncover his past.

“Fallen” was just as drab as it was the first time I read it, when it was called *“Twilight”*. Imagine Bella Swan filling in as the mundane

Luce Price, who spends the entire book fawning over Daniel Grigori, who flips her the bird and proceeds to send out strong “I hate Luce” vibes, with a sprinkle of dirty looks and just a pinch of abrupt crudeness in conversation. But what does Luce do? She instantly falls in love and succumbs to Edward. Who knew mysterious staring and constant signs of hatred and disgust were indications of true love.

If you haven’t already guessed, the plot structure is weak for the most part of the book, considering that its foundation is solely based upon Luce breaking all kinds of school rules to get to know her true love. But even the end, which has some tangible evidence of the existence of an actual plot, fails to provide the reader with any literary intelligence other than the unrealistic dream of having a gorgeous angel as a boyfriend. The climactic moment of the novel took place OFF-SCREEN, leaving the reader with nothing to make sense of what was going on other than predictable fact that Daniel was Luce’s hero.

But wait, that’s a lie.

Having the climactic battle off-screen did allow the reader to get a glimpse of the antagonist, who was the only intelligent character in this book. The villain was the only one who made any sense, stating a truth about Luce, “In this lifetime you’re nothing more than you appear to be: a stupid, selfish, ignorant, spoiled little girl who thinks the world lives or dies on whether she gets to go out with some good-looking boy at school...I’d still relish this moment...killing you.” I’ll restrain myself from revealing the very predictable aftermath of this moment, but I would hope that you have enough sense to figure it out.

My apologies if my rage has obscured the point I have made. *“Fallen”* contains no critical topics or issues other than Biblical accounts about the fallen angels, who in the book wage war against each other—fallen angels always chose Satan over God. So, it makes no sense for there to be a “good” and “bad” side.

This incredibly cliché novel’s only success was the cover, which is honestly the only reason why I took it off the shelf. One can only hope that Disney’s film adaptation of this flaming pile will be bearable, but even hardcore fan girls’ faith will be tested. So, if you are like me, and value a substantial plot that has a moderate amount of suspense but doesn’t leave you completely clueless, odds are this book is not right for you. But hey, if you’re a reader who likes a lot of sexual tension without a whole lot of substance and doesn’t mind being kept in the dark, *“Fallen”* is the perfect fix for you! And there is a lot more where that came from.

The “epic” love story continues to break spirits and kill common sense in *“Fallen’s”* sequel, *Torment*.

Movie Review

As The Force Awakens, *Star Wars* Emerges

By Dominic J Larsen, Assistant Editor

“Star Wars” is a cult classic and has entertained the masses for nearly four decades, and continues to do so with its seventh installment. *Star Wars: The Force Awakens* holds true to the *Star Wars* name, and even makes original fans cheer. Like its predecessors before it the movie is full of action, romance, and suspense, but it also introduces a new, unexpected sense of humor. Many do not consider *Star Wars* to be a comedic movie, but the seventh movie has a theatre full of “ha-ha” and giggles.

Disney and Lucasfilm blend the original seasoned cast with a fresh batch of new talented actors seamlessly, making the cast seem as if they have been together for years. They also decide to cast relatively unknown actors as the lead of the movie, just as George Lucas did with the movies in the 1970’s. John Boyega and Daisy Ridley are phenomenal actors, and hold their own next to the likes of Harrison Ford, Carrie Fisher, and Mark Hamill.

References, nods, and Easter eggs finding is a game that most hardcore fans love to play. And let me tell you this movie is winning that game. It has references to all six movies before, other films with connections to George Lucas, and they even make fun of the prequel trilogy that many dread. But the biggest reference is the script and the numerous parallels between Episode four and seven.

The movie opens with a familiar shot of empty space with the camera panning to a desert planet where it then zooms in. We follow a lonely native, who accidentally stumbles upon a lost droid that carries classified material that can be used to cripple a tyrannical government. Both the empire and its rebel problem start to look for the droid, leading both to try to retrieve it. The desert dweller and the droid find a pilot, with a dark past, that can get them off world. Once escaping the planet and the Empire, the heroes encounter an elderly figure, who explains his involvement in galaxy changing events in the past. The heroes travel to a peaceful planet, which is home to the rebels’ secret base. The heroes now backed by the rest of the rebellion, attack the empire’s super weapon and destroy it, and in doing so they save the heroine and encounter the Sith for the first time.



Is it just me or did episode seven borrow some plot elements from *“A New Hope”*? Even though the stories are similar, J.J. Abrams retells the classic story with new characters, newfound humor, and astonishing visual effects.

“Star Wars: The Force Awakens” is a smash hit in this galaxy and a galaxy far, far way. It has become the second highest grossing film of all time and projections show it might surpass James Cameron’s *Avatar* to become number one by the end of the week. In my opinion that shows that not just me, but the world cannot get enough of the Hollywood fever known as *“Star Wars”*. Overall, *“Star Wars”* is awesome and I recommend it, just do not choose the Dark Side.

ENTERTAINMENT

Music Review

5 Seconds of Summer *Sounds & Feels Good*

By Jenelle Lum, Clarion Staff



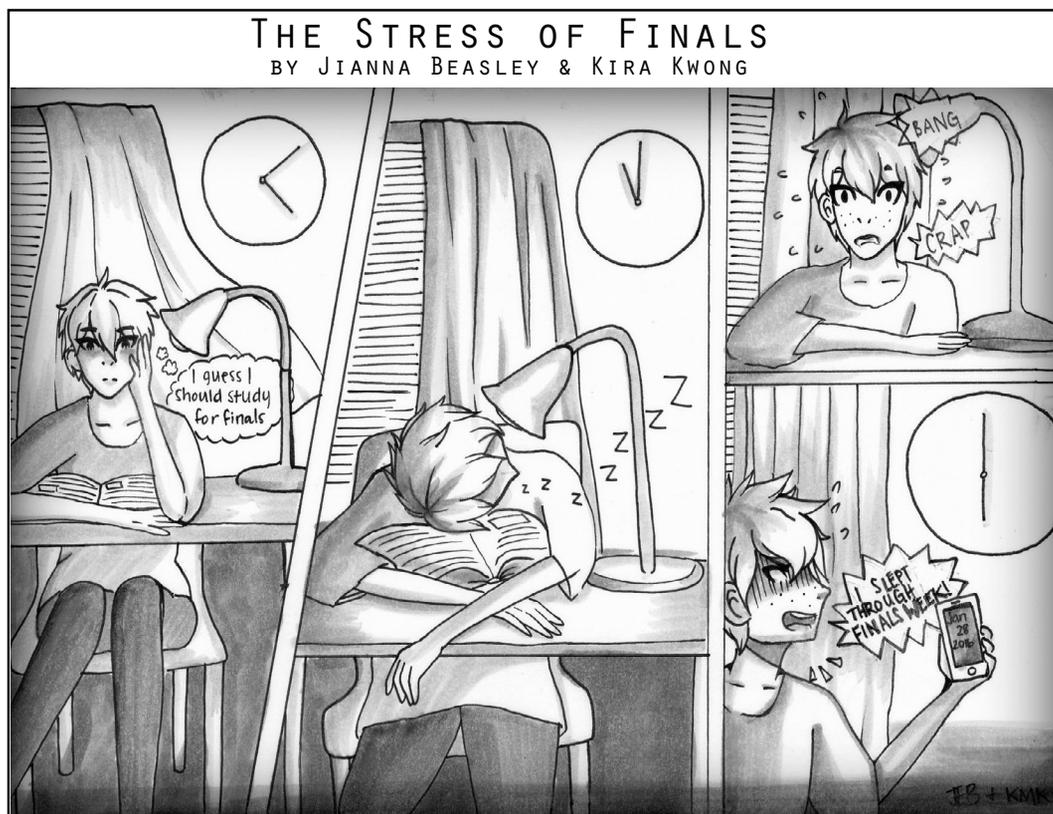
Hey everybody (if you missed it last October) 5 Seconds of Summer released their second album *Sounds Good Feels Good*.

For those unfamiliar with this band, 5 Seconds of Summer is a pop-punk band from Australia. The band includes members Luke Hemmings, Calum Hood, Michael Clifford, and Ashton Irwin. They are notable for releasing the songs “*She Looks So Perfect*,” “*Amnesia*,” and “*She’s*

Kinda Hot.” *Sounds Good Feels Good* contains seventeen new songs, a few titles include “*Jet Black Heart*,” “*Hey Everybody!*”, and my personal favorite, “*Permanent Vacation*”.

Sounds Good Feels Good received 4 ½ out of 5 stars from iTunes and I would give it the same rating. The band earned their second No. 1 album on *Billboard Magazine’s* Top 200 Pop chart. *Billboard* also reported their sound has “matured but is still fun.” MTV interviewed the 5 Seconds of Summer and band members said their purpose for this album is to “talk about things others can relate to.”

I really enjoyed *Sounds Good...* and I hope you do too. 5 Seconds of Summer’s tour arrives in Sacramento area is Sept. 3 at oyota Amphitheatre in Wheatland. Don’t miss your chance to see them live.



WANTED!

An unknown man wearing dark clothing was reportedly seen leaving Kennedy High School at 9:00 last night. It appears no significant damage was done, however reports say that the computers, particularly ones involving the school newspaper have been tampered with. It is unclear if anything affecting publication has occurred.

A reward of \$10 Starbucks gift card will be given for evidence assisting in this investigation.

JFK Clarion Word Puzzle

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 Y W O R D A E T R U O C L A E R L P H A
 B E T S O S T W E N T Y N I N T H U P H

Word list

AIZHAMAL
 BASKETBALL
 BLACKBERRIES
 CROSS COUNTRY
 DAVID BOWIE
 ELEMENTS
 EXCHANGE
 FALLEN
 FINALS
 FIVE SECONDS
 FRENCH
 HALEY ADEL
 KAITLYN KUI
 KYRGYZSTAN
 LEAP YEAR
 MADAME TAYLOR
 MAYOR
 MYSTERY
 POETRY OUT
 LOUD
 RALLY UP
 REAL COURT
 RUNNER
 STAR WARS
 THE FORCE
 AWAKENS
 TOOL
 TWENTY NINTH
 WEFORSHE
 WHODUNNIT
 WRESTLING

The Clarion Wayback Machine 30 Years Ago

Published in the Kennedy Clarion, February 19, 1986

Nugget Store Takes Action

A sign posted in front of the Nugget Market, just up the street from Kennedy High reads: *Attention: NO junior high or high school students allowed in store 8am-3:30pm.* Store Manager says the new policy was necessary because of the shoplifting and public disturbances that several students had been causing... (actual text)

What a Ball!

This year, the special night fell on Jan. 11, when the graduating class of 1986 held the 19th annual Senior Ball. The theme, “A Place Just For Us” seemed appropriate considering all the couples attending appeared to be enjoying themselves. The Ball was held at CSU, Sacramento (actual text)

Bobby Gerould January Optimist

“What we’re shooting for is a successful talent show, spirit week and returning order to daily meetings,” stated Bob Gerould, January’s Optimist. Bobby, recently elected President of JFK student body... over 3+ years... participated in jv basketball, edited the Clarion sports page, member of yearbook staff, represented his class as a senator and elected homecoming king.

CLARION Facts (1986)

JFK students published 12 issues of the Clarion during 1985-86 school year.
 Editor – Suzanne Miner
 Advisor- Kim Clemons
 Principal – Ronald Morgan

SPORTS

Zero Gravity Basketballers Soar

By Irene Lai, Clarion Staff

On Friday night, January 22, Kennedy's varsity squad soared to a crushing overtime victory 65-53 over Burbank on the Cougars home court. Led by Senior Khari Hutt, the Cougars showed little doubt they would lose the game to Burbank, satisfying the screaming and cheering supporters in the packed gym.

"I felt good about winning because Burbank forced the overtime but we still managed to push through and get the win," stated Jaquari Smith (Junior) a varsity team member.

The Cougars with a record of 11-9 will meet Sac High on January 26 at home in a contest that will be more challenging.

It was a big night for Kennedy with victories over Burbank by all three teams, Varsity, JV and Freshman. The JV squad (currently with 17-4 record) beat the Burbank Titans 69-59 in a game where Kennedy's top scorer was Zavionne Wilson (Sophomore).

"I felt tense while playing but I soon found the rhythm and became comfortable. Thai Saechao (Sophomore) added, "My favorite moment was when I scored."



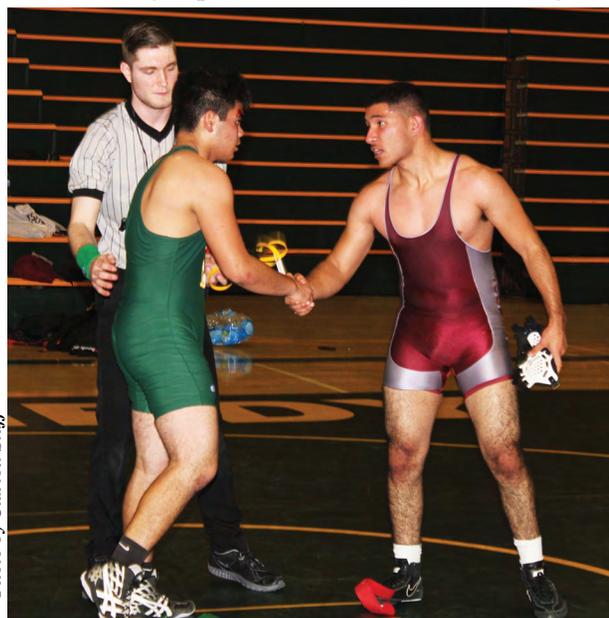
Cougars varsity team confers during 3rd Period in contest with Burbank

Photo by Irene Lai

JFK Wrestlers Making Their Mark in Metro

By Clarion Staff

When the season started, JFK's wrestling program had 42 students (including 11 female) sign up to wrestle. Coach Brian Ewing informed these would-be



Genero Barretto (left) with victory over Johnson opponent

wrestlers they would be weighing in for one of the toughest sports they will ever participate in. The physical preparation as well as the mental aspect of wrestling will test everyone each day. "You will find an excuse not to do it", says Coach Ewing. "You need to overcome the stress it takes on your mind and body".

Out of the original 42 that signed up this season, only 16 have persevered. Within the final JFK team, two female wrestlers remain, Freshmen Anna Fukuhara and Antonia Hart.

Both wrestlers have earned a spot on the Varsity squad. In tournaments this year, Anna earned two third place medals and Antonia has earned one third place medal. "As freshmen, their dedication and determination will afford them many more medals in years to come," says Coach Ewing.

The Varsity wrestling team is led by captains Gabe Lopez (145lb) and Nicholas Nishikawa (122lb). In five tournaments this year, JFK wrestlers have earned six gold medals, five silver medals, and 11 bronze medals. "It is quite a feeling when the referee raises our hand displaying you as the victor", says coach Ewing. "It's a one-on-one sport with all eyes on you, nowhere to run or hide." JFK Wrestling has been hit with some setbacks though. Captain Gabe Lopez dislocated his elbow in a championship match in December and has been ruled out for the season. Other injuries include: Alan Lee (dislocated shoulder), Luiscciano Garcia (broken finger), and recently, Sebastian Amador (Sprained ankle).

As JFK looks forward to the league tournament on February 12th at Sacramento High School, JFK favorites to win/advance in league competition are Heavy-weight Thunder Hatch Williams, Sebastian Amador (220lb, if healthy), Genero Barretto (174lb), Nicholas Nishikawa (122lb), and Keanu Salahuddin (106lb). The divisional tournament for female wrestlers is February 5th at Natomas High. Both Anna and Antonia will be looking to advance to the Nor-Cal Masters tournament on February 19th-20th at McNair High School.

When you see JFK wrestlers on campus, wish them luck!

Haley Adel, Kennedy's Unwavering Top Cross Country Runner

By Luke Adel, Clarion Contributor

Haley Adel completed another spectacular Kennedy Cross Country season this school year. After finishing as the first individual qualifier and fourth overall at the Sac-Joaquin Section's Meet in November, Haley qualified for the CIF state cross country meet for the second time in her high school career. Her determination and extra effort throughout the season enabled her to crush her previous sophomore-year time at the Fresno State course by over a minute with a time of 18:34.

As a freshman Haley competed on the freshman-sophomore squad, and by her sophomore year was running varsity. Since her sophomore year, her times have consistently improved, as well as her placement. This was clearly evident by finishing 35th at state meet compared to 124th placement during her sophomore year. For all of her accomplishments as a Kennedy cross country runner, Haley was awarded the most valuable player (MVP) for the varsity girl's team, and was also presented the legacy award to commemorate her leadership and achievements during the 2015 cross country season.

As for next year, Haley is planning on attending a University in California and possibly pursuing cross country there as well. Her distance training consists of six to seven miles and her workouts to improve her hill strategy include running on the overpass that spans Florin Road. Haley also does sprint intervals on the track to improve her speed. She doesn't do all this training by alone. She is guided by her two coaches that have been with her throughout her Kennedy running career, Coach James Bowles and Coach Michael Derrick. Even when the cross country season wound down for Haley's teammates, they were always there cheering and supporting her along the way in the post-season competitions. Some of them continued to rain with her. Haley was undoubtedly the leader of the team, but just as she was important for the team, the team was valuable for her improvement.

This spring, Haley will begin her fourth and final season of track at Kennedy. She is aiming to beat her previous times, with the ultimate goal of breaking the school record in the 1600 meter race. However, Haley is not the only star on the track team which she would be first to point out.



JFK's award-winning runner, Kaley Adel

Come out to the beautiful new track and support our Kennedy Cougars. Go K House!