

LGHS hires new principal

by Lauren Sanders

Opinion Editor

Helping students reach their goals is what newly-named principal **Kristina Grasty** does best, from deepening their strength in learning to encouraging more cohesive relationships between students and faculty. Having worked for over 30 years in education, and 19 at LGHS, Grasty is enthusiastic about her new role and opportunity for growth. She comments that Los Gatos is a “dream school for educators” and that she is honored and humbled to be given this position.

Aside from wanting every student to have an optimal experience at school, one of Grasty's main goals is to strengthen excellence in newer areas such as the new Common Core standard. The intention of this idea is that students will have the opportunity to apply and synthesize their knowledge as opposed to simply memorizing and testing. Common Core attempts to apply everything students learn to real world problems, and Grasty says that the administration is “moving towards an integration and sophistication of thinking.”

Another aim Grasty has for this year and beyond is to make school enriching, exciting, and a place that students look forward to attending. She comments that “Los Gatos is already a really great school,” but she is excited to see everyone learn and grow together to make it even better.

One of Grasty's favorite parts of the job is having the ability to apply “big picture” ideas to the school and the students' educations. Now that she is able to allocate donations and work on other financial jobs, Grasty loves helping teachers get the materials they need in order to facilitate an effective learning experience for students.

As indicated by her efforts to make LGHS a tightly-knit, cooperative place, Grasty is clearly a team player. She describes herself as a collaborative leader, saying, “I really care about my relationships with all of the people I interact with.” Grasty believes that many minds are sharper than one, and she loves to work jointly with all of her colleagues to improve LGHS.



ALL SMILES: Grasty is excited and ready to start her new job.

When asked what advice Grasty would give to students, she responded that everyone should keep their minds open to new opportunities and should not hold themselves back based on preconceptions of an activity or opinions of peers. “Keep your doors open, and even if one shuts, it doesn't mean that there aren't ten other doors,” she advises. She urges students to take a shot at new activities such as trying out for a sports team that they may not have tried before, auditioning for a play or performance, or taking a new elective because people do not know how much they will like something until they try it.

Grasty is elated to be the high school's new principal and hopes to work with the entire student body to make every student's four years here amazing. Taking a page from High School Musical, Grasty states, “We're all in this together.”

Female kicker leads St. Francis

By Abbigale Berry

Web Editor

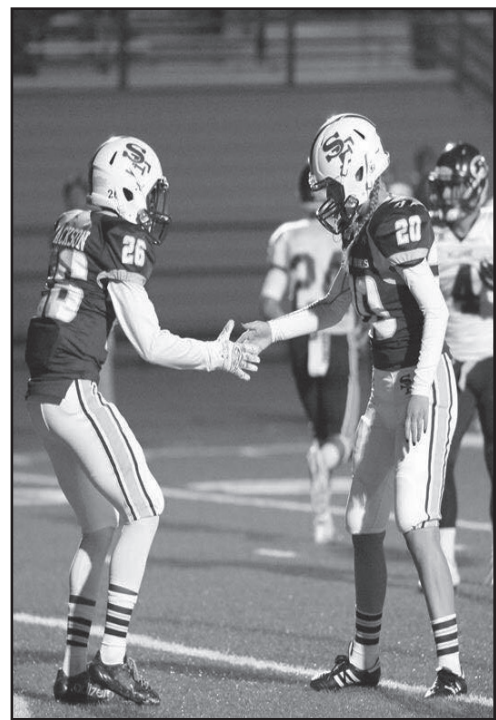
Courtney Ogren, a senior at St. Francis High School, is the first female kicker to play on the school's football team. Originally a soccer player and committed to Santa Clara University as a goalie, Ogren's story began on the soccer field.

One night after a soccer practice last season, Ogren saw some of the football players passing around a ball and asked if she could try kicking it. She started on the one-yard line and continued to move back, every kick recorded by lineman Ryan Moles. Moles proceeded to show the assistant coach the video. The video then traveled to head coach Greg Calcagno. Calcagno had heard of Ogren's talent on the soccer field and her older brother's phenomenal swimming success at Stanford. Calcagno says, “We know she is going to be athletic, from a family standpoint, from a mentality standpoint. If anybody could do it, it was going to be somebody like that.” With the support of the head coach, Ogren decided to look into it.



GET YOUR KICKS: Ogren shows off her soccer skills during a game.

Her parents were not exactly supportive of her joining the football team. They were concerned about the contact and aggressive aspects of the game. Ogren also had to talk to her coaches at Santa Clara to make sure her training would not be at risk. However, she gave football a chance and promptly started morning practices and weight lifting with the team. At first some of the boys thought it



HIGH FIVE: Ogren, number 20, receives praise from a fellow player.

was a joke, but her hard work and dedication made it clear that she was there to play. Ogren researched the rules and watched several games online, watching her first full-length game at the season opener. She also researched other girls in the sport, which ultimately encouraged and inspired her to play on the team.

Her first game, everyone cheered her name as she walked onto the field to kick. The coach describes her range as up to 45, a strong number for high school football. She did not become the starting kicker until her third game but has since played extremely well.

Although Ogren must prepare for games alone in the girls' locker room, she attends the team meetings with the boys before and after games. She is wholly a part of the team, and the boys acknowledge it. With the support of her parents and Santa Clara, she was able to make it under the Friday night lights.

(Sources: San Jose Mercury News)

SDSU chip fights paralysis

By Sophie Domengeaux

News Editor

Researchers at San Diego State University's Center for Sensorimotor Neural Engineering (CSNE), a lab that focuses on traumatic brain and spinal injuries, now has a better understanding of neural signals sent from the brain. Thanks to a new chip they have designed, researchers will spend the next four years processing and decoding neural signals to help those who have suffered a brain or spinal injury in hopes of regaining certain motor functions.

The innovative chip works in different ways depending on the disease. For example, stroke victims, who have a damaged part of the brain, will have the chip implanted in the functioning section of the brain. The chip will transmit electric signals in order to stimulate the non-functioning brain section. Deputy director for the CSNE at SDSU and a professor in the mechanical engineering department, Sam Kassegne said, “After a few weeks and few months what happens is the brain rewires in such a way that it learns the task that was being performed by the damaged part. Therefore the person gets part or all of the functionalities that were done by the damaged part.”

Patients who suffered a spinal injury will receive two chips. One would be placed at the top of their brain and the other under the spinal injury. The chip in the brain works wirelessly to transmit signals to the chip in the spine,

avoiding the damaged area and sending the messages to the rest of the body. In trial cases conducted by the lab so far, patients were able to move fingers and toes.

In the next few years, researchers will collect and decode millions of neural signals. This will allow chips to read a wider selection of signals to “get the intent of the brain exactly or as exact as you can,” as Kassegne said. Kassegne believes that the technology will eventually have the power to give those who lost the ability to walk that function again. The lab is about three to five years from reaching that level, according to Kassegne. “That's the end game: reanimation, and people who have lost the functionality of their brain, actually having that non-damaged part regain as much functionality as possible,” he said.

(Sources: NBC Los Angeles)



SDSU: The university is dedicated to furthering its paralysis research.

Santa Clara reforms local jail

By Madeline Hagar

Opinion Editor

On Aug. 26, mentally ill inmate Michael Tyree was allegedly beaten to death by three-jail guards. His death exposed a serious issue within the local correctional system: a lack of adequate care and support for mentally ill inmates. Since then, Santa Clara County has taken action to rectify the lack of psychiatrists in the jails.

For nearly three years, the county has relied on as few as two psychiatrists to treat the more than 1,500 inmates whom officials say are mentally ill. County officials, however, claim that the care prisoners receive is not inadequate. Moreover, they claim to have made up for the vacancies by hiring one part-time physician and a couple of psychiatric nurses with the authority to prescribe medication.

Yet, for years, the exact same officials refused to raise the psychiatrists' salaries in order to attract more job applicants. In addition, the county will not hire an outside contractor. All of this happened despite repeated warnings from the Director of Custody Health and a Superior Court judge, who have warned that the shortage of psychiatrists could

cause more violent encounters between untreated inmates and untrained guards.

On Sept. 10, in an effort to make changes and avoid more harm, County Executive Jeff Smith signed a 7.4 million dollar two-year contract with Traditional Behaviors Health. This deal will enable the county to fund six full-time psychiatrists.

While this deal will help to secure better health care for the inmates, there are still several other problems with the current system. According to a report from before Tyree's death, the jail only had 43 beds for all of the residing mentally ill inmates, and nearly half could not even gain access to care. There is simply a lack of suitable space and people to take care of them. According to deputy public defender Stefany Glass, “Unless an inmate is demonstrating destructive or dangerous behavior, they are ignored.” This means many go untreated. If they do receive care, many never have a follow-up visit to ensure they are stable or that the medication is not having any side effects.

Lastly, the guards lack sufficient training and education regarding how to interact with and care for mentally ill inmates. These are flaws within a system that is supposed to rehabilitate people and prepare them to re-enter society.

(Sources: San Jose Mercury News)

Los Gatos' Manresa restaurant earns its third Michelin star

by Olivia Hill

Humor Editor

The Michelin Guide has announced that it is awarding Manresa a third Michelin star, elevating the Los Gatos eatery into a group of the world's top 100 restaurants. This prestigious honor comes less than 11 months after Manresa reopened from a devastating fire in July of 2014 that destroyed the restaurant and kitchen.

Michelin publishes a guide each year in which restaurants are given one, two, or three stars based on anonymous reviewers. One star indicates a restaurant, very good in its category, that prepares food to a consistently high standard.

Two stars indicate a restaurant “worth a detour” that has displayed excellency. Three stars indicate restaurants “worthy of a special journey” that have exceptional cuisine.

This accolade has made Manresa the fifth Bay Area restaurant to receive a coveted third Michelin star, just one restaurant fewer than New York City. Many have started to question if the Bay Area is overtaking New York when it comes to high-end eateries. Manresa's third star comes a year after two Bay Area restaurants, Benu and Saison, earned their third stars. New York has not received a three star promotion since 2012.

Manresa is a vegetable-based restaurant, founded in 2002 by David Kinch. After the fire

forced the restaurant to shut down, Kinch fast tracked the reopening six months later. Manresa Bread was born out of Kinch's restaurant and opened next door, baking for Manresa and selling



SHINING STAR: Manresa is a Los Gatos hotspot with its third star.

bread and pastries to the public. Kinch also plans to open Bywater, a New Orleans themed restaurant and bar in Los Gatos, this fall in what was formerly Tommy's Bar on North Santa Cruz Ave.

(Sources: Mercury News, foodtravel.about.com)



Scan here to visit the Manresa website and to view its delicious menu, make reservations, buy giftcards, and access the restaurant blog.