Suspended for bad behavior

By Kailey Lee

California legislators are being asked to pass legislation in order to reduce a disproportionate number of minority students being suspended or expelled. This legislation has been proposed in order to reduce the disparity in discipline cases, as suspensions have been overused in school districts across the state. According to its supporters, the ban on suspensions would benefit all students, especially those most affected by the practice. SB 419 suspended three times more minority students than majority students, according to statistics from the California Department of Education. The bill was approved by the assembly with a vote of 32 to 8 and will now head to the Senate. SB 419 will apply to grades 3 through 12.

The bill was introduced by Assembly Member Marc Berman, who voted in support of the bill. He said that he and his son were suspended when he was in third grade.

“The bill is a strong statement that education is the right choice for all students,” Assembly Member Berman said.

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Assembly Member Berman, who voted in support of the bill, said that he and his son were suspended when he was in third grade. Berman said that he and his son would have been suspended if the bill had not been passed.

“We have to do more to support students who are most affected by the lack of government intervention,” Assembly Member Berman said. “This bill will help all students, but especially those who are most affected by the lack of government intervention.”

Community members and activists gathered in front of Palo Alto City Hall to show their support for the ban on suspensions.

“This new mandate is an important next step in ensuring that all students are treated fairly,” Assembly Member Berman said. “It is time to move away from a system that is not working for all students.”

The bill provides a small step to come.

“This bill is a small step to come.”

The council was not the only California school district to look at the issue of suspensions.

“The council was not the only California school district to look at the issue of suspensions,” assembly member Berman said. “We are working hard on this issue to find a solution that will work for everyone.”

Mary Nemerov

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**BY SHAY WATKIR**

The Palo Alto Unified School District appears to have too many students. On our recent visit to its council meeting,geographers suggested that the overpopulation of students in the district’s space could indicate overenrollment of teachers and students who might not be learning as much as they could.

Recently released findings from the California Department of Education, which cited a decrease of instruction to its overall population, indicate that there are more people in the district who might not be learning as much as they could.

The geographers’ findings, released on Monday, led to an increased focus on the need to remove students from overcrowded classrooms. According to the findings, overcrowded classrooms are causing the students to experience decreased learning opportunities.

“Is there anything we can do to remove students from overcrowded classrooms?”

“Absolutely,” the geographers responded.

“Removing students from overcrowded classrooms is one of the most effective ways to improve learning opportunities for students. It’s not only about removing students from overcrowded classrooms, it’s also about reducing overcrowding in classrooms. This will improve learning opportunities for all students,” said one of the geographers.

“More students in smaller classrooms will lead to better learning opportunities for all students,” said another.

The geographers also suggested that removing students from overcrowded classrooms could be achieved through a variety of strategies, including reducing class sizes, increasing the number of teachers, and increasing the number of classrooms.

“I think the most effective way to remove students from overcrowded classrooms is to reduce the number of students in each classroom. This will lead to better learning opportunities for all students,” said one of the geographers.

“I agree,” said another.

The geographers also suggested that the district could achieve better learning opportunities for all students by increasing the number of teachers and classrooms. According to the findings, this could be achieved through a variety of strategies, including increasing the number of teachers, increasing the number of classrooms, and increasing the number of students in each classroom.

“I think the most effective way to improve learning opportunities for all students is to increase the number of teachers and classrooms,” said one of the geographers.

“I agree,” said another.

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“I agree,” said another.
The Campanile

Barbara Sanchez

State Sen. Nancy Skinner of Berkeley, chairman of the Senate Water, Parks & Wildlife Committee, recently introduced a bill that would require all state-owned land, other than wilderness areas, to be sold, leased or transferred to the private sector. The bill, Senate Bill 419, would require the California Department of Fish and Wildlife to develop a plan to sell or lease state-owned land, excluding wilderness areas, and would prohibit the state from acquiring new land.

This bill, which has already been approved by the Senate, is setting off a storm of controversy among conservation groups and environmentalists who are concerned about the impact of selling state land for private development.

Sanchez said that the bill could have serious consequences for the state’s natural resources and for the people who rely on them. She said that the bill would allow private developers to exploit the state’s natural resources for their own benefit, and that it would put the state’s land at risk of being sold to the highest bidder, regardless of the public interest.

She added that the bill would also have serious implications for the state’s wildlife and ecosystem. She said that the bill would allow private developers to destroy the habitat of wildlife and to harm the natural balance of the ecosystem.

Sanchez also said that the bill would have serious economic implications for the state. She said that the sale of state land would reduce the state’s tax base and would put a strain on the state’s budget.

“SB 419 is a serious threat to our state’s natural resources, and it is a threat that we cannot afford to ignore,” said Sanchez. “We must stand up for our state’s land and for the people who depend on it. We must work to prevent this bill from becoming law and to protect our state’s land for future generations.”

The Campanile

A3

NEWS

Board’s canceling of international trips sparks controversy

Parents contest Escondido’s immersion trip removal without their community input

By Shiva Mohsenian & Olivia Ericsson

Foothills Park protects three major ecosystems, the Oak Forest, California Grassland and the Chaparral. The park is a unit of the Midpeninsula Open Space District, which manages the land for public recreation. The park is located in the eastern portion of the San Francisco Peninsula, between the cities of San Jose and Los Altos. The park is surrounded by residential areas and is accessible via several major roads.

Foothills Park is a popular destination for hikers, runners, and families, and is known for its scenic views and well-maintained trails. The park is also home to several rare and endangered species, including the California Condor and the California Gray Whale.

Foothills Park is managed by Midpeninsula Open Space District, which is responsible for preserving and protecting the park’s natural resources. The district is committed to providing opportunities for public recreation and education, and works to balance the needs of the park with the needs of the community.

Foothills Park is one of the few remaining intact oak savannas in the San Francisco Bay Area. The park is an important habitat for many species of plants and animals, and is a critical component of the larger Bay Area oak savanna ecosystem.

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College Board releases new software for AP students to utilize in, out of classes

By Joe Percell
Staff Writer

W hile most students can now glide and glide, as well as tip-toe, Stanford University’s sense to be opened hospital is being to provide patients with an excellent environmental for their health. Stanford Hospital is known for its excellent care, state-of-the-art facilities and effective business environment for the required care. The new hospital, which is set to open in the middle of November, will have 380 beds, 55 operating rooms, and 20 intensive care units. The new hospital is equipped with a 42,000 square foot emergency room, Days and rooms, center, and comprehensive burn center. With getting access to the newest medicine and technology, the hospital is prepared for all conditions of the patient. The new hospital is designed with the latest technology and equipment, providing the best of care to our patients. The hospital will be open 24 hours a day for our patients and guests.

New Stanford University Hospital opening in November

Introduction of larger space to promote more natural environment, alleviate overcrowding of previous building

Lou said, this is a long overdue project, which was frequently packed with people and was an uncomfortable place for those who had to visit the nurses. The new hospital will increase patient privacy and comfort, making it a much more desirable place for the patients to be treated. In addition to the facilities, the hospital is also equipped with an emergency room, which is available 24 hours a day for all patients. The new hospital has been designed with the latest technology and equipment, providing the best of care to our patients. The hospital will be open 24 hours a day for our patients and guests.

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By Alex Lin

The Campanile

Friday, September 27, 2019

The Campanile considers the amount of nudity, inappropriate language and drug use. Although the show revolves around teens, many may not have the maturity to watch considering the amount of nudity, inappropriate language and drug use. Even though this show offers a small escape from their problems and allows them to consider the long-term effects, the show hides on top.

Due to the difficulty to understand the show, the unsuspecting viewers have not been aware of the severe consequences. One of the main points is the amount of nudity the show openly displays, which is often considered inappropriate for audiences of all ages. This may lead to severe consequences that are difficult to understand in the show.

Despite the show’s popularity, many may not have the maturity to watch the show, considering the amount of nudity, inappropriate language and drug use. This is not to say that children should not be allowed to watch the show.

I personally think that this show is for high school because there is no mention of children in the show and those are the main images and scenes that teenagers Gambling should not be allowed to watch,” Brez said.

Brez also said the show gives viewers, specifically an adult, an insight into the admissions and difficulties of teenagers. “This is a further thing that Brez and Liz Chang discussed in their interview, and that says that Gambling should be watched by mature audiences. “It’s hard to imagine that a mature audience is not suitable at all,” Brez said.

The reason why Gambling is shown, which portrays a lot of nudity, is to show that teenagers are exposed to that kind of content. “I think that Gambling should be watched by mature audiences, but that’s hard to imagine that a mature audience is not suitable at all,” Brez said.

Even though Gambling will continue watching future scenes, the balance of views should be steer away from the age of 15 due to the graphic nature of the show

The reason that the show is so popular is because it touches on the everyday decisions teenagers make. “Although the show revolves around teens, many may not have the maturity to watch considering the amount of nudity, inappropriate language and drug use. Even though this show offers a small escape from their problems and allows them to consider the long-term effects, the show hides on top. This is one of the main points is the amount of nudity the show openly displays, which is often considered inappropriate for audiences of all ages. This may lead to severe consequences that are difficult to understand in the show. I personally think that this show is for high school because there is no mention of children in the show and those are the main images and scenes that teenagers Gambling should not be allowed to watch,” Brez said.

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Even though Gambling will continue watching future scenes, the balance of views should be steer away from the age of 15 due to the graphic nature of the show.
Playing an instrument allows us to take a set of abstract symbols created by a composer and transform them into sound.

At the start of my musical journey, it was lucky to be propelled by my parents to hear the piano. However, I lack the innate interest and initiative in my practice. It was not until after five long and tedious years of playing that I perceived the value and benefits of music.

The rhythm, melody and texture can express emotions, portray imagery and evoke ideas. Playing an instrument allows us to take a set of abstract symbols created by a composer and transform them into sound.

Being able to create music is a magical and surreal skill to achieve. However, the benefits of playing an instrument reach far beyond simply pleasure, diverting us from stress and worries, playing an instrument enables us to take a set of abstract symbols created by a composer and transform them into sound.

According to senior Daniel Minami, who studies music perception and cognition, his music education as a musician, as a guitarist and cellist, contains a variety of skill sets essential in life. To pursue music is to pursue a source of pleasure, but also a variety of skill sets essential in life.

Playing an instrument is a way to refocus negative feelings into something positive. Additionally, it is a great stress-reliever because you can play without thinking about other problems that are going on. Minami said playing an instrument makes him feel better physically, and puts his in a tranquil state of mind.

Music is ubiquitous. It dwells in every corner of our societ. As Albert Einstein wrote, “Having music is a part of my life, and has not only given me a source of pleasure, but also a variety of skill sets essential in life. To pursue music is to pursue a source of pleasure. It is not a luxury.” I often think in music. I see my life in terms of music.”
By Emma Todd  
Staff Writer

The 9/11 terrorist attack in 2001 killed thousands of people when two hijacked planes crashed into the World Trade Center, one into the Pentagon and another into a field in Pennsylvania.

Every year, the tragic event is remembered around the country. Paly students may recall having annual class discussions about the attack during middle school, with teachers planning lectures and videos as the date came around.

However, it has been 18 years since 9/11, and on Paly’s campus, the anniversary this year seemed to go on like any other day. There seemed to be a missing topic of discussion, a gaping hole in the conversation between teachers and students. It did not seem to be the teachers’ fault that there was no talk of 9/11, it just seemed to be the way that it was — or the way that it is becoming.

It is not this way everywhere across America. According to The Virginia School District, teachers in Virginia are required to talk about 9/11 in their classes. A teacher in one of Virginia’s school districts, for instance, takes about two days to fully show his students documentaries and stories from the attack. Something like this would show respect for the tragedy and those who lost their lives because of it.

Of course, having talks on 9/11 each year would cost a full day of curriculum. Teachers and administrators have to focus on keeping the right balance between instructional minutes and enrichment activities. One possible approach would be to incorporate 9/11-related topics into curriculum on other days, not just on Sept. 11. It could be talked about in terms of sociology: researching the efforts to try to find survivors and their stories, or how the trauma affects their brains to this day. Weaving this curriculum into regular instructional minutes is another way to remember what happened on that day.

It can be hard for everyone to talk about a tragedy. It serves as a reality check for many, that even one of the most powerful countries in the world takes hits as bad as the 9/11 disaster. But 9/11 needs to be discussed every year, no matter how many times people have heard it. The event and its significance, even today, is so great that it remains relevant. At the end of the day, this 9/11 talk is more than just a history discussion. Teachers may have personal anecdotes to share in class about where they were on 9/11 and students may want to tell stories about where their parents were when it happened.

Weaving this curriculum into regular instructional minutes is another way to remember what happened on that day.

It should be a day of sharing stories about an event that affected every person in the US in one way or another.
3) Eat six full meals before
4) Make a study group with your five loudest friends and meet at the Rinconada library
9) Cheat
10) Take it later than everyone else

CAASPP provides the district according to California School measured performance levels, rate of Paly juniors for 2019 is recognized high school assessments, The bill would allow schools to

Paly ought to implement platform for students connect with alumni

Once the SAT or ACT instead of the

By requiring students to take the Blended periods should continue to be implemented, as they offer opportunities for

As students prepare to pursue

For more information regarding advertisements or

Students no longer have to be confined to a classroom in order to work on tasks.

The Campanile

Students must have the opportunity to communicate with alumni who choose less traditional paths, such as attending community college, taking a gap year or entering the workforce.

Communication with Paly alumni ensure that current students are prepared and given the opportunity to express their decisions about their futures.
**Lifestyle**

**Students USE Unique STICKERS to REPRESENT THEMSELVES and COMMENATIVE EVENTS**

**SOPHIA MOORE/OREGON STATE UNIVERSITY/CC BY-SA 2.0**

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**Lifestyle**

**STICKER CULTURE**

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**SPOTLIGHT**

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**COLUMN: How to kill the college application process**

**By Rebekah Limb**

**PAGE B6**

**By Rebecca Limb**

**Rebecca Limb**

**PAGE B6**

**Rebecca Limb**

**PAGE B6**

**Rebecca Limb**

**PAGE B6**

**We examine how nicotine addiction affects students and JUUL usage among students in light of the recent $80-billion lawsuit and mounting political pressure on e-cigarette producers.**

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**The Campanile**

**Friday, September 27, 2019**
**LIFESTYLE**

**Eighth period classes allow students to explore unique topics**

Afterschool courses strive to provide exposure to potential career interests through less traditional methods. By Ben Stein

By Bon Stein

Eighth period classes allow students to pursue their unique interests in a variety of areas. "My project is basically trying to understand the role of CT47 biomarker in brain cancer," Malhotra said.

According to Singh, the extra time available to students is important. "If we didn’t offer eighth period classes, students would be missing out on a chance to pursue their passions," McDaniels said. "Students are choosing to take this class because they are really interested in a particular topic."

**Students would be missing out on a chance to pursue their passions**

Hilary McDaniel

By Hilary McDaniel

"If we didn’t offer eighth period classes, students would be missing out on a chance to pursue their passions," McDaniels said. "Students are choosing to take this class because they are really interested in a particular topic."

Exploring alternative options. Junior Emily Cheng and Aarti Malhotra are working on their research topics during AAR. Eighth period classes allow students to pursue their unique interests in a variety of areas. "My project is basically trying to understand the role of CT47 biomarker in brain cancer," Malhotra said.

Although taking an eighth period class does require extra work, many students outside the ability to balance a workload is one of the most important skills that they gain from the experience.

"It’s really difficult for someone with after school commitments to take an eighth period class," Avantika Singh said.

My favorite part about taking an eighth period class is that it teaches you how to be disciplined," Cheng said. "Because you don’t have to show up for class every day, you have to spend time at home doing what other students do during their class period."

Eighth period classes also cultivate a learning environment in which everyone is engaged and excited to take the course. McDaniels said. "If we didn’t offer eighth period classes, students would be missing out on a chance to pursue their passions," McDaniels said. "Students are choosing to take this class because they are really interested in a particular topic."

"Students would be missing out on a chance to pursue their passions." Hilary McDaniel

"It’s really difficult for someone with after school commitments to take an eighth period class."

Avantika Singh

**Students are choosing to take this class because they are really interested in a particular topic.**

Hilary McDaniel

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By Bon Stein

"It’s really difficult for someone with after school commitments to take an eighth period class."

Avantika Singh

"It’s difficult for someone with after school commitments to take an eighth period class."

Avantika Singh

Junior Avantika Singh is the student leader of AAR, which is a research class where students have the option of taking during eighth period after the regular school day is over. Students can choose to take these classes on Infinitus Campus when selecting their schedule for the following year.

Paly offers several eighth period classes, including AAR, Advanced Problem Solving, Stage Tech and Jazz Ensemble. Cheng said these classes help students pursue unique interests by facilitating a student-driven learning experience.

"AAR is a research class where students can choose a project to work on for the entire school year," Cheng said. "It is very important that we continue to offer this together."

Although eighth period is one of the less known elements of the Paly schedule, McDaniels believes it is among the most important of being another class to get through, eighth period classes provide an opportunity for students to explore their individual interests unfettered by an often inflexible curriculum.

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Avantika Singh
Students cook, bake various dishes for family, friends to enjoy

By Anna Meyer
Science & Tech Editor

Students create new experiences in the kitchen through special recipes.

“I love baking angel food cake with dark chocolate frosting because...”

By Leila Khan
Post Editor

“Cooking is about repetition and perseverance, and once you get the basics down, everything seems so much easier.”

By Druker
Assistant Principal Jerry Berk

Hoping to figure out how the oven can be used to its fullest, Hidalgo said, “I’m probably one of them,” Hidalgo said.

“I was just looking at this picture, and...”

By Rowel Gregorio
Deputy Editor

“Just like for Druker, Ledgerwood says she some- times chooses to remain in the kitchen as a coping mechanism in stressful situations.

“TheCampanile
Friday, September 27, 2019
LIFESTYLE

Stories, memories of Tower Buildings ghosts haunt Paly staff

Custodians recount strange personal experiences while at school during late hours

By Ann Meyer
Science & Tech Editor

Hoping to find out...”

By Druker
Assistant Principal Jerry Berk

“Getting the same amount...”

By Assistant Principal Jerry Berk

In a hectic environment, students say that tripped people out.”

By Assistant Principal Jerry Berk

“ cook what was in them,” Ledgerwood said.

“Getting the same amount that is creative and practical.”

By Assistant Principal Jerry Berk

“According to Hidalgo, the only thing that is visible after the picture was taken. Hidalgo also said that he has seen the light turn off by itself.”

By Assistant Principal Jerry Berk

“During his time at this building, there was a repeater or something upstairs from buses so you could hear cars repeating between people.”

“Listening to rock music and baking...”

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**AN ETHNIC STUDIES MODEL CURRICULUM**

Who and what should be included?

The opening paragraph of the draft model curriculum read: “Ethnic Studies courses operate from the consideration that race and racism have been, and continue to be, profoundly powerful social and cultural forces in American society. These courses focus on the experiences of African Americans, Asian Americans, Latinos, Native Americans, and other racialized peoples in the United States.”

According to many critics, there were overtones of anti-capitalist sentiment — steering the economic system that underlies most developed countries in the world as a “form of oppression that dances with power and racism.”

“Taking capitalism and saying putting in the entire curriculum... it [is] a very political statement that is taking a biased judgment on capitalism, which is not strange, since it underlies basically our whole society,” Baten-Caswell said. “And I hope white supremacy is not something that underlies our whole society, right?”

Baten-Caswell said that despite the downsides to capitalism, the model curriculum left no room to explore it in a balanced way. “Our country was built on capitalism,” Baten-Caswell said. “It’s wonderful that very uninformed... I can’t think of any countries for white supremacy. But I can think of a lot of nations where there has been an anti-capitalist revolution when you make political judgments in what you’re providing in the classroom.”

**THE CONTENT**

“It has a political slant and agenda,” Austin said. “It went well beyond what I would call ethnic studies.”

“The content crosses several lines while failing to approach others, according to a variety of marginalized communities in California. Hindus, Koreans and Armenians were not mentioned in the curriculum, despite being a considerable part of California’s population. One of the few mentions of Jewish people was a long list of explicitly accents of racism. “

To some, the content of the ethnic studies curriculum was morally questionable and biased. “I think there’s a real big problem when you make political judgments in what you’re providing in the classroom,” said Melissa Bat-en-Caswell, a member of the PAUSD’s Board of Education and president of the Santa Clara County School Board. “We have a policy that says that anybody who’s present teaching anything in the classroom needs to provide a balanced perspective. Because it’s not our job to color your political views. It’s our job to educate you, and to give you your own opinion.”

Furthermore, the model curriculum was not easily accessible — only available to read over the summer, and even more difficult to comment on, according to Austin. “It was not communicated well to any interested party that the curriculum was under development and what the content of the curriculum was,” Austin said. “When it was posted, it was done over the summer, and even more difficult to comment on, according to Austin.”

**The Content**

“There’s really a big problem when you make political judgments in what you’re providing in the classroom.”

**MELISSA BATEN-CASWELL**
Who and what should be included in an ethnic studies curriculum?

An Ethnic Dilemma

"Somebody wants to kind of make people react," DiBrienza said.

The curriculum also leaves out the stories of other "California diaspora groups," Marder said, including Indians, Hindus, Armenians, Greeks and Koreans.

"Communities featured in the current draft should be recognized, but not at the expense of other ethnicities and faiths," Marder said.

"California high school students deserve an opportunity to learn the role of ethnicity, race and religion in the life of all of its citizens, especially including those previously ignored. But the proposed curriculum could not achieve this objective," DiBrienza said.

"I would say that the intention was for it to be a left-wing plank, which would explain its anti-capitalist stance and its anti-Israel sentiment."

"The draft curriculum was written to have a leftist slant, which would ultimately serve the purpose of the representatives who were any of the curriculum, let alone the content of the curriculum itself," DiBrienza said. "The curriculum was only noticed locally because several groups, including the Jewish caucus, publicly announced their opposition to the model curriculum.

Baten-Caswell said the curriculum was significantly flawed, and did not fulfill the goals of an ethnic studies curriculum for California's students.

Furthermore, the website that was ostensibly designed for the public to see the curriculum and comment on it was extremely difficult to use, according to Austin and Baten-Caswell.

"It was clunky, not easy to navigate," Austin said. "That was for a superintendent that knows how to put something into a website, and have been since the first day of the year."

"That's inappropriate, that's crazy. Right?" Baten-Caswell said.

"Separate class, because it's not part of the general history of the Latino people has to be taught in a separate class, even if it's a required class," Baten-Caswell said. "Learning about the Holocaust was an attempted genocide of an entire people race." DiBrienza said. "That's a belief that the only way to (fac- tual problems) is to be radically radical."
Students struggle when older siblings leave home for college

By Johnny Yang
Sport Editor

While Guidance & Career Voc Ed Assistant Karla Larson enters service hours for each student into her computer, and she said Helper Helper gives her an experiment for the 2016-17 school year.

"It is helpful to identify ways in which the student can keep in contact with their siblings when they're away, whether by phone, email or social media." - Katherine Minutillo

Many students who faced leave after their sibling depart for college, such as Karla, due to their parents or friends as support systems.

"My parents and I have always been friends, so it was easy for me to go over to my house and ask them about things that my sister would see," Larson said.

"However, parents are also of- ten impacted by the change of having a child leave the house," Pan said.

"For the leftover siblings, I think it just a little extra push or motivation to make something happen at our cur- rently spending time with their siblings." - Katherine Minutillo

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Technology use in elementary schools sparks debate

Recent implementation of educational technology in younger classrooms leads to talk on making it beneficial

By Kyle Braun

Soohoo faced while constructing and testing the technology, but in the end he thinks it will overall improve their learning experience.

“Technology, in my opinion, has its pros and cons. One of the major benefits is that it allows students to stay engaged and interested in the material they are learning. It also provides them with a fun and interactive way to learn,” Hoffs said.

“However, Romeo sees the benefits and drawbacks of technology being used in the classroom. He believes that technology can be a useful tool, but it must be used properly.

“While I believe that technology can be helpful in the classroom, I also think that it can be a distraction to some students. It’s important to find a balance between using technology and traditional teaching methods, in order to benefit all students,” Romeo said.

By Siddhartha Sarkarabhadra

Transportation is one area that many Paly students are familiar with. Whether it be through parking or getting around campus, students have unique experiences. For some, students are able to drive a car, whereas others are required to use technology as an aid in getting from one place to another.

“I have experienced the hassle of trying to park my car, but overall it has been worth it. I am able to drive to places that many people cannot access,” Soohoo said.

“I don’t have to pedal like a bike, or worry about the weather conditions. It’s closer to a bike than a car, but also more comfortable. On the other hand, it is heavy. I have had trouble carrying a lot of people in the back,” Hoffs said.

“Using technology as a means of transportation has its advantages and disadvantages. However, I think that technology can be a helpful tool in the classroom. It can be used to enhance the learning experience for students,” Romeo said.

“I am very fortunate to have the technology, and it helps me get to and from school. Martin said he built the desk in his garage using one of his many skills. “It is pretty common to see people playing computer games in the classroom,” Romeo said.

“If I’m running late, I’ll just put my bike in the garage, as well as welders and other equipment.”

“The struggle presents itself on the management of students using such technology often disrupts classwork, and administrators are working to address this issue.”

“One of the biggest benefits of using computers in class is that students are able to learn and practice skills that they will need in the future. Technology can be an aid in the classroom, but should never replace traditional teaching methods,” Romeo said.

“Having computers is helpful because you can do it on the computer, like games.”

“Students today, for the most part, are very technology proficient due to the exposures they have to technology and devices accessible to them at home,” Karen Gordon

“Technology in the move to Palo Alto, and his recognition,” Martin said.

“With teachers and administrators searching for the correct balance of technology and education, students go in and out of classrooms with technology, the education is up to the students themselves.”

“Cops are cool about it,” Hoffs said.

“Lenox Romeo had similar ideas to Hoffs, however he prefers his device to a souped-up version of something that he and Martin said they prefer their device to a souped-up version of something that they have experienced. It was on the computer during running late,” Hoffs said.

“However, according to Hoffs, it is important to stay within the limits of the technology. “I think that one of the benefits of using computers in class is that students are able to learn and practice skills at their own level and at their own pace.”

“Vertemera said that she has seen a lot of progress with the use of technology in the classroom, and workspaces.

“T"he Campanile Business Manager, Technology, Engineering, Art and Math teacher in Menlo Elementary School, Nicole Vertemera, has incorporated technology into the classroom using tablets and computers, available to all students, to help students to learn and access material. The portal and applications are available at nearly all elementary schools in both districts.

“Vertemera said that one concern that she has is that many Paly students have experienced using the computer in class.

“Vertemera said that this concern because technology and education could be the spark needed to ignite their engagement during class, students, and this would probably excite young students to learn more than they have.”

“However, Romeo sees the benefits and drawbacks of technology being used in the classroom. He believes that technology can be a useful tool, but it must be used properly.

“While I believe that technology can be helpful in the classroom, I also think that it can be a distraction to some students. It’s important to find a balance between using technology and traditional teaching methods, in order to benefit all students,” Romeo said.

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**SCIENCE & TECH**

**The Red Tape of Vape**

During school hours to reduce her brain for a couple of seconds, or I hated myself before I go to bed — it’s always been a part of me, and I have been hard to throw it out," she said. "I throw my Juul out on the endothelium of my lungs, and I can feel it back out, but I told other people’s.

When she first began Juuling, the senior said she would use up around one pod every week, plus the pack of her addiction, that mass increased to four. Currently, she said she goes through two pods every week. "I put the management in perspective, it is a kind of like a time management for your money," she said. "I still feel my Juul, the amount of nicotine in one pod is equivalent to a pack of cigarettes."

This senior said her social status was a main motivator during the phase of addiction when she used four pods per week, "After getting her Juul for them!" According to Stanfordproject, a non-profit organization dedicated to counting high addiction, one woman said she used "Juul" because she had to get her Juul, the amount of nicotine in one pod is equivalent to a pack of cigarettes."

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"I think this recent death due to vaping has woken a lot of people up to the fact that it is a problem," she said. "I think that’s taken someone to pass away for people to realize it — even me." **Paly Senior**

**Facts**

According to the Paly senior, this many of nicotine-related deaths among adolescents has disrupted the use of Juul among Paly students who consume and suffer from nicotine addiction.

Regarding the recent vaping-related deaths, the Paly senior said a number of her friends are trying to quit their harmful habits as a result.

"I think this recent death due to vaping has made it a part of people up to the fact that it is a problem," she said. "I just think it’s that it’s really important to talk about it — you said. However, I think that’s how friends are still getting other people’s (Juul) and finding freedom, so I don’t know what will happen in the future for them.

This senior says she has书法家的her two-year-long addiction to nicotine day by day measurement attempts — to quit — including completely throwing out her vapes once notified of the time measurement. "I have a bad habit these days and other repercussions.

She always uses it during school hours to reduce her brain for a couple of seconds, or I hated myself before I go to bed — it’s always been a part of me, and I have been hard to throw it out," she said. "I throw my Juul out on the endothelium of my lungs, and I can feel it back out, but I told other people’s.

When she first began Juuling, the senior said she would use up around one pod every week, plus the pack of two-weeks. "Then I saw like — (I mean) I saw — I didn’t really wake me up. She said. "Then I lost my Juul when I was really dead, and the next day I had the worst headache from being hangover and not bad — then the air, as well!" After losing her Juul, the Paly senior decided to purchase another one, but as a result, she said she only uses the Juul, due to the addictionness of nicotine.

"Having withdrawals is kind of like having an emptiness in your stomach and head. I find myself getting really intense and irritable, making myself need (my Juul) a lot more." **Paly Senior**

Having withdrawals is kind of like having an emptiness in your stomach and head. I find myself getting really intense and irritable, making myself need (my Juul) a lot more.

"I always crave it from psychological addiction. After two weeks, my brain has been alarmed enough by withdrawals to make the urge addictive substance range not to be to function properly."

Having withdrawals is kind of like having an emptiness in your stomach and head," she said. "It gets especially bad at school because unregulated products," she said. "It gets especially bad at school and in class. When she first began Juuling, the senior said she would use up around one pod every week, plus the pack of two-weeks. "Then I saw like — (I mean) I saw — I didn’t really wake me up. She said. "Then I lost my Juul when I was really dead, and the next day I had the worst headache from being hangover and not bad — then the air, as well!" After losing her Juul, the Paly senior decided to purchase another one, but as a result, she said she only uses the Juul, due to the addictionness of nicotine.

"Having withdrawals is kind of like having an emptiness in your stomach and head. I find myself getting really intense and irritable, making myself need (my Juul) a lot more." **Paly Senior**

After investigating the recent deaths, the Centers for Disease Control and Prevention warned vape users to not use street-bought vape ingredients that cause vapor from cannabis concentrates or oils. This senior said she is intrinsically only if her stomach isn’t used because using a Juul at the frequency resulted in headaches that throb of a migraine and the excessive — she would Juul an another one, but as a result, she said she only uses the Juul, due to the addictionness of nicotine.

"I think this recent death due to vaping has woken a lot of people up to the fact that it is a problem," she said. "I think that’s taken someone to pass away for people to realize it — even me." **Paly Senior**

"I always crave it from psychological addiction. After two weeks, my brain has been alarmed enough by withdrawals to make the urge addictive substance range not to be to function properly."
The chess debate and oral rounds are divided into a real sports or not.
Sports

Girls water polo aims to build off recent success

The team started season with series of wins, continues to have high hopes moving forward

By Bruno Klies
Board Correspondent

Ting at the San Francisco area tournament but winning at home in league games, girls water polo is stinging for success to keep rolling into the league season.

The team has not outted to be able to lose in the majority of years, and we were able to beat them this year,” Eckstein said.

“The spirit of our team is for sure one of the bests of ourselves,” Luisa Gaither.

During the team’s many years of success, girls water polo is often mentioned for its consistent talent development and high quality of players.

Even with the team’s recent success, though, Eckstein said both the team and herself will have plenty of room for improvement.

“I’m trying to improve my set this year and being able to play well when we go in with the girls where we are at overall with the match. The team also does not get to focus too much on the lens in the match.

“The main thing that we are trying to improve on is offensive risk. Now we are all the way down the court. the main role is not a half-risk,” Eckstein said.

In addition to offense, another key to playing well in the game is to improve communication.

“Communication is one of the main things to work on, so we all can we can improve that, then I’m sure we can see an enormous wave of success,” Gaither said.

Even though the team is currently struggling with communication issues, there are still many things that the team is working at.

“We are working well together,” Gaither said. “I think the team is playing great in the games.”

Boys water polo team hopes for redemption

Initially starting with losses, team’s season begins to regain momentum with recent wins

By Benjamina Stein
Staff Writer

After a week that included losses to San Jose Mountain View, the boys water polo team managed to regain its stride and defeat St. Ignatius High School 11-10 on Sept. 12.

The team’s string of wins against Sobrato, Homestead and Woodside ended abruptly on Sept. 17 when Paly fell to Los Altos 18-16.

“We had a run of turnovers and ended up getting countered hard.” Spencer Soosho.

“We must not be too deep,” Stanley said. “Soohoo made some mistakes on technical work this season.”

“Without Darby makes me feel good about what we can do with him,” Soohoo said about the recent game on Saturday, Sept. 21.

Wardell; Junior Spencer Soosho硅谷Paly’s girls’ game in recent games on Saturday, Sept. 14 versus Sobrato, in which they won. The team had a recent winning streak until they were initially defeated by Los Altos. "St. Ignatius is good, and the fact that we could beat them without Darby makes me feel good about what we can do with him,” Soosho said about the recent game on Saturday, Sept. 21.

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"The spirit of our team is for sure one of the bests of ourselves,” Luisa Gaither.

Girls tennis starts on upward track

With tennis start the winning the majority of their games so far, they hope to keep the same stride

By Krista Robins
Staff Writer

The team started season with series of wins, continues to have high hopes moving forward

The Campanile
Avid chess players discuss the viability of the game as a sport

The non-physical nature of chess creates controversy among players on its athletic merit, but players agree on the game's benefits

By Sophia Moore

Sports helps with academic performance

Commitment to athletics encourages time management, helps stress relief

Paly News "@palynews"

Friday, September 27, 2019

Sports

Spor...
A euphoric sentiment courses through sophomore Jimmy Miller’s mind as he races to complete the second mile of his five-kilometer race. The only thing audible to Miller is the vibration of his heartbeat pounding against the ground. Miller, who averages a 5:40 mile, began running competitively as a freshman on the cross-country team, then as a long-distance runner on the track and field team during the spring. Miller’s favorite aspect of the versatile sport is how it can make prevalent a more ambitious, enterprising side to himself that he or she previously would not notice. "I work hard to see results," Miller said. "Even though running is a great method for alleviating tension in my day-to-day life, it also brings out my competitiveness where I can set goals for myself and strive to achieve them." One of those goals is to break his sub 4:30 mile by the end of his sophomore year. Although ambitious, Miller considers this goal attainable as he ran a 4:53 mile this past summer at an "All Comers" meet at Gunn High School. A sub 4:30 mile would rank him as one of the top long-distance track athletes in the state. "I think that if I continue to put in the hours necessary, I can achieve that time," Miller said. "I can absolutely see a future in running for him," Davidson said. "I'm positive that if he is able to stay injury-free, it will lead to opportunities at the collegiate level and maybe beyond." According to Davidson, for athletes like Miller, pursuing a career in running is a realistic option. Even if he does not run professionally, Miller said he hopes to run track in college at a DI or DII school. As one of the top athletes on the Paly track team, Miller said he hopes for a leadership position this coming season where he can pass on his knowledge to younger runners and continue to help teams. Evans said, “I think he will know exactly how to manage a team.”}

**JIMMY MILLER 2022**

**SPORTS**

**BORN TO RUN**

**1ST PLACE**

**1,102 MILES RAN IN 2019 ALONE**

5:09 HOURS RAN PER WEEK OVER THE PAST MONTH

38,000 FT OF VERTICAL ELEVATION GAIN THIS YEAR

18.05 MILES RAN IN ONE DAY

"**I KNOW I CAN RUN FASTER THAN I CURRENTLY (CAN), AND WITH THE HELP OF MY COACHES AND TEAMMATES, I CAN DO IT.**" JIMMY MILLER

"**I know I can run faster than I currently (can), and with the help of my coaches and teammates, I can do it.**"

"After extensive hours spent both on and off the track, Miller has developed strong relationships with teammates, especially one of his closest friends, senior David Evans. A role model for younger team members, Miller is an example of the fundamental qualities required for success in any career, according to Evans. "Jimmy was a leader as he was not only the best in his class, but also a friend. "He works incredibly hard at all that he commits to. As one of the top athletes on the team, Mill-

"**I can absolutely see a future in running for him,**" Davidson said. "I'm positive that if he is able to stay injury-free, it will lead to opportunities at the collegiate level and maybe beyond."

According to Davidson, for athletes like Miller, pursuing a career in running is a realistic option. Even if he does not run professionally, Miller said he hopes to run track in college at a DI or DII school. As one of the top athletes on the Paly track team, Miller said he hopes for a leadership position this coming season where he can pass on his knowledge to younger runners and continue to help teams. Evans said, "This team is going to be his someday, and he will know exactly how to manage it." DAVID EVANS

**THIS TEAM IS GOING TO BE HIS SOMEDAY, AND HE WILL KNOW EXACTLY HOW TO MANAGE IT.**

REBEKAH LIMB

**ART & DESIGN**

SHIVA MOHSENIAN

**TEXT, ART & DESIGN BY**