

TA grading privileges revoked

Margot Blanco
Staff Writer

Based on his concerns related to student privacy and potential violation of California Ed. Code 49066, Principal Brent Kline has reinstated the expectation that student TAs cannot grade or evaluate other students' work.

While his directive has upset some teachers and TAs, Kline said he is merely following an agreement that the school's Ed Council agreed to a few years ago.

"Last year, we didn't have teacher assistants grading because it was difficult to share (assignments) electronically," Kline said. "There was an assumption that this would continue when we came back on campus, so it was me trying to reach back to what I thought we had agreed upon."

Kline said the school has to follow state policy when it comes to ensuring the teacher is the one grading and providing feedback. Ed Code 49066 says teachers determine students' final grades.

Grading continues on A2

Students, staff frustrated by parking policy

Tickets, permit system continue to hinder, delay students



CAYDEN GU/THE CAMPANILE

Cars line up in the Embarcadero lot at the end of the school day. Parking enforcement began on Sept. 15.

Ben Antonow

News & Opinion Editor

Students like senior Natalia Cossio are frustrated with traffic in the parking lots and the parking permit system.

Ever since the parking enforcement system was implemented on Sept. 15, students say they have been met with tickets and an unfair appeal policy. Cossio experienced this first hand when she forgot her permit sticker one day.

"I went to the office to get a temporary permit for the day, but the person who issues them wasn't there, so I had to go to class," Cossio said. "I got a ticket before the end of first period. It felt like there wasn't really anything else I could've done."

Cossio said she plans to appeal the ticket but is not sure how much good it will do. She's not the only one with complaints — Senior Sebastian Bonnard said he's against the permit system's implementation.

"I usually don't drive to school, but now I have to take my brother to school every day for a medical reason," Bonnard said. "I didn't have a permit and got ticketed. There was no way to fix that, and the ticket was finalized even though I had no other way of taking my brother to school."

Bonnard also takes issue with the fact that permits are required at all.

"I'm not sure I'm in favor of requiring students to pay to park at their own school, especially since some students need to drive to school," Bonnard said. "There are so many vacant spots in the Embarcadero lot every day."

However, Senior class president Mathew Signorello-Katz said parking permits are one of the largest

Parking continues on A2



Students cause property damage in annual Egg Wars, face community backlash, consequences

The unofficial annual Egg Wars caused thousands of dollars of damages to the community on Oct. 13, sparking community debate over the ethics behind the event. Usually taking place during Spirit Week, Egg Wars is a long-standing yearly tradition where Paly seniors and juniors throw eggs at each other in predetermined locations.

Because Egg Wars is a student-organized event, Assistant Principal Jerry Berkson said Paly has no easy way to punish participants.

"It's tough because it's out of our jurisdiction," Berkson said. "So we can only inform the community that it could be going on. We can inform the police. Hopefully, they could do something about it. It's a tough thing that we'll have to look into to prevent in the future."

At the start of the rally on Thursday of Spirit Week, Activities Director Steve Gallagher asked students to better represent the Paly community following Wednesday night's Egg Wars.

At the same rally, Associated Student Body Sports Commissioner Tony Jeon and Treasurer Vivian Trach asked students to help clean up eggs left at Peers Park due to Egg Wars in exchange for more float building time.

"I would love it if you guys showed what Paly is really about," Gallagher said at the Thursday rally. "Because last night — I'm embarrassed."

Many Palo Alto residents expressed their disapproval of Egg Wars on the social networking app Nextdoor, including community member Elaine Meyer who called for change.

"Just because someone calls (Egg Wars) a tradition doesn't make it OK," Meyer wrote in a comment. "Some traditions are ignored or discarded if people think it is destructive, wasteful, and pointless."

An anonymous senior, who showed up to help with the cleanup effort at Peers Park after school and also participated in Egg Wars, said she was surprised at the lack of activity she found when she got there.

"I'm kind of shocked that there's nothing here — at all," she said. "It's completely spotless, and there's a bunch of kids playing on the playground. And there's a soccer team playing. It's like Egg Wars never even happened."

She said she wanted to help because she thinks cleaning up after herself and other participants was the right thing to do.

"Most of the juniors and seniors do (participate) but never vandalize cars or houses," the senior said. "There should not be any violence whatsoever; we try to keep it as safe as possible, and it's just a fun thing to do."

Senior Robert Gindoyan said he disagrees. He said Egg Wars should not be an upperclassmen tradition.

"It sounds fun as a concept, but when you start considering the people around the park and the park itself, you start to realize how horrible of an idea it is to be buying eggs and throwing them around frantically without control of the whole situation," he said.

Gindoyan said he originally came to Pardee

Park during his 4th period prep because he was curious about the extent of the damage Egg Wars had caused to the community.

But when he got there, he found people cleaning up hundreds of egg remnants scattered throughout the park, so he decided to help them even though he had not participated in Egg Wars.

"I was angry because the locals there weren't involved; they had no understanding of it, but

they were just caught in the crossfire of this idiotic fight between the juniors and seniors," Gindoyan said. "And I felt saddened because of the amount of eggs that were wasted pointlessly and the fact that the locals had to deal with this themselves after the whole incident was over."

Although most of the cleanup happened during 3rd and 4th periods on Thursday — before the end of the school day when ASB planned for the cleanup — the anonymous senior said she thinks ASB's decision to encourage students to clean up after themselves at Egg Wars was a good one.

"I'm really happy that they stepped up and did that," the senior said. "And I think it was really much needed because kids sometimes might not listen to adults or staff members, but we always listen to our peers, and it is really nice that that happened."

Valerie Chu, Cayden Gu, Justin Gu

Managing Editor, Staff Writer, Staff Writer

Art by Gina Bae

District faces substitute teacher shortage

Colleen Wang
Staff Writer

Health concerns, unfavorable working conditions and low pay are causing a substitute teacher shortage for school districts nationwide, including PAUSD.

Lisa Hickey, Director of Certificated Human Resources, said many substitutes who worked for PAUSD before the pandemic either relocated from Palo Alto or decided not to return to subbing because of the health concerns of in-person school.

"After a whole 18 months of the pandemic, some people have looked at reexamining priorities — some of them have moved out since the Bay Area is an expensive place to live — so there's less (substitutes)," Hickey said.

English teacher and Palo Alto Educators Association negotiation team member Mimi Park said she thinks part of the reason for the shortage is the difficulty of being a substitute teacher, having been a substitute in the past.

"It's hard to step into a classroom that you don't know and to execute lesson plans, and sometimes there needs to be actual activities going on," Park said.

Park also said the substitute shortage is challenging for teachers.

"It's just adding an extra layer of stress and anxiety to what is already a stressful year, because teachers want to leave their classroom in good hands during the times when they, unfortunately, have to be out," Park said. "Not knowing what's going to happen really makes it harder for teachers to plan for that."

Shortage continues on A2

What's News

- Boys water polo defeats Harker 13-11, wins SCVAL
- PAUSD to offer free COVID-19 tests to general public
- Junior Museum and Zoo set to reopen on Nov. 12
- No school Nov. 11: Veterans Day
- City to implement homeless housing
- Boys cross country advances to CCS finals
- Traffic concerns delay decision on Churchill crossing



CAYDEN GU/THE CAMPANILE

Inside

- Spotlight: the psychological distress of juvenile detention centers **A4-5**
- Cuffing season at Paly **B1**
- The Campanile crossword **B4**

ASB reflects on Spikeball tournament, Spirit Week

Justin Gu
Staff Writer

The games took place from mid-September to early October on every Wednesday and Friday at lunch. Thirty-two teams participated, with two students per team.

ASB Sports Commissioner Tony Jeon said there was a sense of urgency to this year's ASB-hosted spikeball tournament on the Quad.

"The main challenge in organizing the tournament was fitting the event within a tight time period," Jeon said. "With Spirit Week approaching soon, we had to make sure our event did not overlap with it to ensure a successful outcome."

Despite these difficulties, Jeon said he thinks the tournament went well and said ASB plans to hold a spikeball tournament every quarter this school year.

"The turnout was very good, and the feedback from teams that participated was positive," he said. "Many of the participants are eager to compete again in our next spikeball tournament."

Jeon said he'd like to organize other kinds of tournaments as well.

"I'm looking to plan a dodgeball tournament before the end of the first semester," Jeon said. "I'm just looking for ways to provide Paly students with sources of joy and entertainment."

Spirit Commissioner Bella Nguyen said she's happy with ASB's preparations after it devoted the weeks before Spirit Week planning for the festivities.

"I'm proud of ASB for giving it their all and putting so much effort into this week full of amazing things and activities," Nguyen said.

While the week was not all smooth sailing, she said ASB was able to work around the challenges it faced.

"There definitely were surprises and a couple of conflicts that came up last minute, but we pushed past them and (are) moving forward," Nguyen said. "I'm so glad we made the most of it and had a blast at Spirit Week."

Following Spirit Week, ASB took a small break.

"We're looking to take a week off to recover from the immense amount of time and effort put into Spirit Week and Homecoming," Jeon said. "Other news is quite limited at the moment due to this rest period."

One ship: Spirit Week returns

After a year and a half online and virtually isolated, students lept back into the traditions of spirit week enthusiastically with energetic cheers, coordinated dances and colorful outfits. Each grade's representatives were put to the test in a series of challenging activities, best-dressed competitions and spirit rally turnout.

Monday

After a two year hiatus, Spirit Week kicked off the week with theme day and tug-of-war tournament at the rally during lunch. The themes were "Y2K" (early 2000s) for seniors, "Yellow Submarine" ('60s/'70s) for juniors, "Red Carpet" for sophomores and "Construction" for freshmen. After three hard-fought matches, seniors won the tug-of-war competition with juniors coming in second. Freshmen and sophomores tied for game points after the limited rally time cut their game short.

Tuesday

In a huge upset, freshmen beat out sophomores for third place on Day 2 of Spirit Week, leaving sophomores in fourth place, juniors in second and seniors in first. Two games were held during the "Dressing Day" lunch rally. In "Human Ring Toss," contestants attempted to throw inflatable tubes around each other's necks. Seniors won, followed by freshmen, juniors and sophomores. In the Paly Trivia game, history teacher Eric Bloom read questions about Paly history and fun facts, and each grade's team raised cardboard signs with its answers. Seniors won with seven correct answers, juniors and freshmen tied with six points and sophomores finished with five points.

Wednesday

The freshmen class beat both the juniors and sophomores on Day 3 of spirit week, gaining its lead on the sophomores and solidifying third place. At the "Color Day" rally, freshmen and sophomores

both defeated the juniors in Giant Cornhole, where players attempt to throw pillows through a hole cut out in a tarp. Seniors won first place with 11 points, freshmen and sophomores tied for second with 10 points each and the juniors finished last with 7 points. Juniors, however, won best-dressed, followed by freshmen, sophomores and seniors. Seniors held a commanding lead with juniors in second place, freshmen in third and sophomores in fourth.

Thursday

On Generation Day, the freshmen (babies) snagged second place and the seniors (elderly) landed first after beating the sophomores (teenyboppers) and juniors (professionals) in a 2 vs. 2 Clear Your Room match; sophomores and juniors tied for third. At the start of the rally, Activities Director Steve Gallagher asked students to better represent the Paly community

Final Points

Seniors: 19,727
Juniors: 16,769
Sophomores: 13,733
Freshmen: 12,144

Friday

At the Friday lunch rally, teachers performed a staff spirit dance and received enthusiastic cheers. During the after-school rally, each class presented its spirit dance and themed floats. Seniors presented a jungle-themed float, the juniors' '60s/'70s float featured a live band, the sophomore float displayed a red carpet scene, and the freshmen float mimicked a construction site. Seniors won best dance and performed it at the homecoming game Friday night.

Justin Gu, Cayden Gu & Valerie Chu

Staff Writer, Staff Writer, Managing Editor

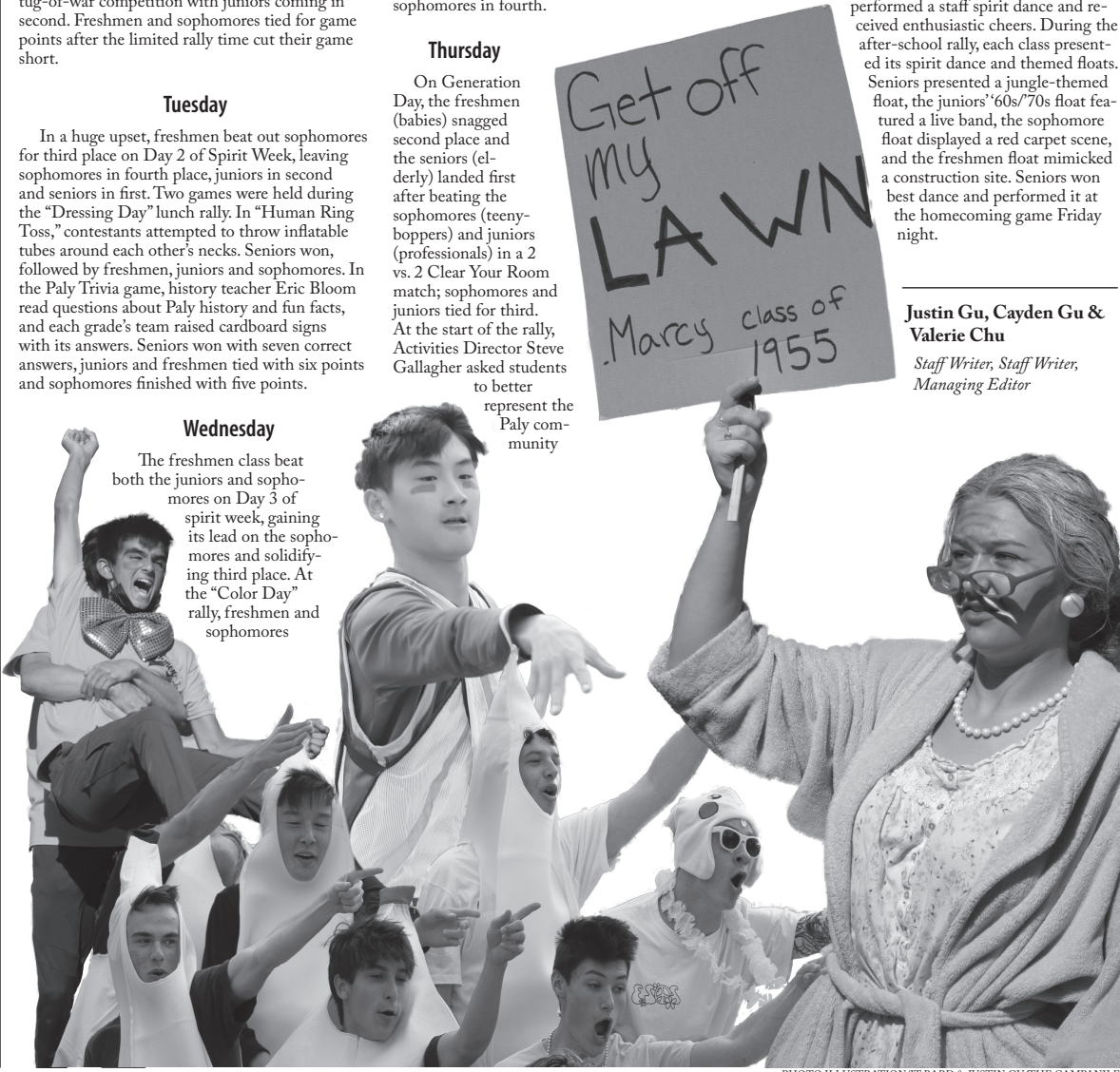


PHOTO ILLUSTRATION/JT BARD & JUSTIN GU/THE CAMPANILE

FROM THE COVER

New policy strips TAs of grading privileges

"I would think that as a student you would want the feedback from the teacher as opposed to a peer," Kline said. "The number one person to receive that information from students is the teacher because that's going to help guide what you're doing the next time."

In addition to teachers being the most qualified individuals to grade student work, Kline said he doesn't think students should see their peers' grades.

"We have to think that there are also privacy concerns," Kline said. "And again, the teacher is the one that is solely responsible for providing grades, so I think that's who should be looking at student work to provide feedback."

Kline said his privacy concerns stem from the Family Educational Rights and Privacy Act, a federal law that protects the privacy of student education records. Part of FERPA states school officials cannot have access to student records unless their normal job requires access.

"With FERPA, technically a random student isn't allowed to look at student work," Kline said.

However, Mike Hiestand, senior legal counsel at the Student Press Law Center, said it isn't clear that a graded paper, without more, is a record protected by FERPA. The Supreme Court case Owasso Independent School District v. Falvo ruled the practice of students trading papers in class does not violate FERPA. Hiestand said shows it's not a violation of FERPA for a TA to grade student work, even if Kline doesn't agree.

"I was told by our district lawyers that it was a violation, so that's what I'm going to base my decision off of," Kline said.

While no teachers would agree to go on the record for this story, Kline said he knows some faculty were upset with his directive and the way it was rolled out. Kline said he did not gather teacher input before announcing the change but has since gathered more faculty feedback in an attempt to come to a compromise.

"That announcement didn't go so well, so we spent several weeks after that conversation to collect more information," Kline said. "What we've ended up with is that TAs are only able to look for completion of work and provide that information for teachers but no grades and feedback tickets."

Senior Franklin Wang, a Physics Honors TA for Cecilia Walsh, said he agrees with Kline's privacy concerns but said the limitation in Kline's directive on TAs makes it harder for teachers.

"I think it would be better if teachers had a choice and (could) decide whether or not they trust students to grade," Wang said. "I think it's nice to give teachers that control especially since they have limited amounts of time."

However, after coming to an agreement with teachers that TAs can check assignments for completion, Kline said he feels the policy is finalized.

Kline said, "I don't know if there's anything to change about it right now, but I don't see any necessity to improve it, because it's pretty clear."

Tickets upset students

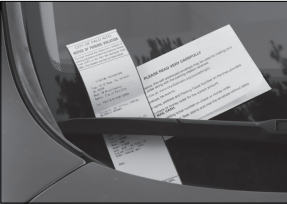


PHOTO ILLUSTRATION CAYDEN GU/THE CAMPANILE

individual sources of revenue for ASB.

Assistant Principal Jerry Berkson said there's nothing the school can do once a student gets a ticket. Tickets are issued by the Palo Alto police department, and the only involvement the school has in the process is issuing permits.

"(The ticket appeal system) doesn't work very well," Berkson said.

Aside from annoyance with the permit policy, the traffic gridlock coming in and out of the parking lots has caused tardies and inconvenienced students, which Cossio said has discouraged her from driving.

"It takes an endless amount of time to get out of the Churchill lot," Cossio said. "All the turning lanes just take forever. I only drive about once a week because it's such a pain. Each time I do drive, I'm driving home thinking, 'I'm never going to do this again because it sucks.'"

Substitute teacher shortage

To help fill classes that need substitutes, teachers with preparation periods and administrators often step in to sub.

However, this temporary measure is not sustainable, Park said, as it adds to the confusion in managing substitutes.

"I am really concerned about the day where we just don't have enough certified staff and administrators to step in, a really impacted day where a classroom has nobody," Park said. "What happens to those students, and what are we going to do in that situation then?"

Park said she's an advocate for offering substitute teachers higher pay to resolve the shortage.

"If there's a general manpower shortage at this time, we're going to need to find ways to make people want to come to alleviate the situation," she said.

PAUSD did recently raised the pay for substi-

tutes to a minimum of \$180 per day from \$165 per day previously.

In addition, Trent Bahadursingh, the Deputy Superintendent of Human Resources, said the district has diversified its methods of attracting potential substitute teachers.

"We tried to expand our reading of getting information out to not just the traditional avenues of websites and job postings that are traditionally for education," Bahadursingh said. "We're trying to get information out about what it takes to become a substitute, what's available, and the different options that are (available)."

And Bahadursingh said the substitute shortage is not a problem PAUSD is facing alone.

"We're seeing this across the entire region and everyone has those similar challenges," Bahadursingh said. "Everyone's trying to be creative."

A3

News



Belle Haven Elementary School is the largest elementary school of the Ravenswood City School District of East Palo Alto. Facing potential budget shortages once COVID-19 stimulus funds dry up, RCSD will lease two of its properties to secure future funding for educational materials, summer school and afterschool programs. “The idea of these leases is to help make that money sustainable for us so it’s a recurring revenue stream,” Chief Business Officer William Eger said.

Ravenswood City School District to lease unused East Palo Alto properties

Facing budget shortages, RCSD will lease two properties to fund supplemental educational programs, increase teacher salaries

Jerry Xia
Staff Writer

To fund instructional programs and increase teacher pay during budget shortages, the Ravenswood City School District of East Palo Alto will lease two properties by spring 2021. RCSD will rent out its district office and an unused school site to help fund better class instructional materials, summer school and afterschool programs which were initially funded using COVID-19 stimulus funds, RCSD Chief Business Officer William Eger said. “These leases represent a way to keep making investments in smaller class sizes, family coordinators, an extended school year for more of us, summer school and extending the day, all these great programs that we’ve been able to do because of stimulus funds,” Eger said. COVID-19 stimulus funds and record donations from the Ravenswood Educational Foundation have helped the district’s financial situation this year, according to the district’s 2020-2021 budget report. However, Eger said the expiration of the COVID-19 funding will leave a big gap in the district’s budget. “The idea of these leases is to help make that money sustainable for us so it’s a recurring revenue stream, not just one-time money like the stimulus funds or a little bit riskier like the donations,” Eger said. Eger said a large portion of the district’s budget goes towards students who need extra support, which further strains its limited funds. “Students, for example, who are English learners cost a little more because we provide

additional services,” Eger said. “The students with special needs cost a little bit more, and students who have additional academic needs — whether they’re homeless or have some other need — get a little bit more money. And so when you account for all of those things, we’re actually a little bit below average in the county, and our students have a little bit less money on a per-pupil basis.” The district will lease its office at 2120 Euclid Ave. and its flood lot site at 320 Sheridan Dr. to maximize its revenue, Superintendent Gina Sudaria said at a Sept. 9 board meeting. “We want to choose the highest responsible bidder,” Sudaria said. “We understand the complexity in regards to maybe including (a) high proposed ground lease and then having to negotiate down or undesirable payment terms or an infeasible project, but we want to maximize or get the highest market value for our property.” The current district office will be demolished, according to the district’s budget proposal. Eger said the district will move out of its unnecessarily large district office to cut costs. “We’ve gone from having 3,000 kids in the district to little under half of that in the last few years, and as part of that we’ve shrunk the district office staff too,” Eger said. “The space is also a lot bigger than the 30 people or so that work here need, so we’re planning on moving in the short term to a temporary space.” The district’s budget plan states Jones Lang LaSalle, a commercial real estate brokerage firm, will be used to find and negotiate a lease by the end of the winter of 2021. Once the proposals are finalized, construction is sched-



Belle Haven Elementary School is one schools receiving funding from the Ravenswood City School District of East Palo Alto. Money from the district’s new leases will fund supplemental programs started on COVID-19 funds.

uled to begin in 2022 and the district will start receiving lease revenue around 2024. Not only are the leases intended to supplement funding for students, Eger said they would also benefit RCSD teachers, who are often paid less than their counterparts in other districts in Santa Clara County. “We want to make sure that our staff members are paid similar amounts relative to the rest of the county,” Eger said. “Right now, our teachers make a good bit less money than someone across jurisdictional boundaries across

an arbitrary road, and we want to start to close those salary gaps.” Sudaria said the long-term goal of the leases is to boost RCSD’s revenue to be on-par with other districts in the county. “We believe that it’s the best way to benefit our community if we have excellent schools, so the district needs to be financially stable in the long term,” Sudaria said. “We believe this is the only way forward to be able to be self-sufficient and to compete with affluent communities like Menlo Park and Palo Alto.”

Frozen custard store Cudos opens at Town and Country

Eric Fan
Senior Staff Writer

Cudos, a dessert shop that combines custard with mini-donuts, reopened in early October after equipment malfunctions forced it to close just a few weeks after its soft opening in August. “We were open for about a week, and it was going really well — everyone seemed to like it,” owner Lisa King said. “Then, our main machine which made the frozen custard started breaking down and not working reliably. It was a struggle for me every day to try and get some frozen custard out, so we just decided to temporarily close down and get a new machine.” King said she and her husband Hansel Lynn are long-time Palo Alto residents and experienced entrepreneurs. Lynn ran a School of Rock franchise and founded the CoderSchool, but opening Cudos was a new kind of challenge. “The structure of Town and Country is really difficult in terms of driving and getting in and out,” King said. The people we worked with, their freight carrier uses a huge, oversized truck, and they were very unhappy navigating through Town and Country. They told our supplier that they’re never going to deliver again.” In addition to supply shipping problems, King said a congested supply chain — which has plagued the U.S. for several months — also made it difficult for her and her husband to open the store on time. “Our first frozen custard machine was expected in April or May, and we didn’t get it until mid-June, so it delayed us by four to six weeks,” King said. “Even the cups we ordered in early June, we didn’t get them until late August. For our initial opening, we had to buy temporary cups that weren’t printed.” Economics teacher Debbie Whitson thinks that Cudos might have some challenges.



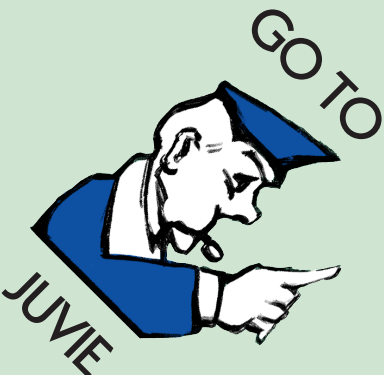
Sophomore Scarlett Cummings eats a vanilla custard at Cudos. The frozen custard store reopened in early October, getting off to a shaky start with supply chain issues and machinery failure. “It’s been tough. But I think we will be able to get enough interest so that we can sustain and be profitable,” owner Lisa King said. “There’s so much competition,” Whitson said. “How do you really make your restaurant different from anybody else? You’re competing directly with Tin Pot, and you can walk into Trader Joe’s and buy ice cream in a container, so it’s hard to distinguish yourselves.” Still, Whitson says she thinks Cudos has a lot going for it. “Stanford, Menlo Park, Palo Alto — they’re kind of right in the middle of all of that,” Whitson said “What seems to have done well with this crowd are higher-end goods, like higher-end burgers or higher-end pizza. Seems like people are looking for good food, and they’re willing to pay a little more for organic or for it to be tasty, so Cudos fits the bill.” King is hopeful that Cudos is here to stay. “It’s been tough,” she said. “But I think we’ll be able to get enough interest so that we can sustain and be profitable.”

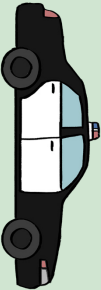
Palo Alto to raise prices for parking permits in garages

Shantanu Deshpande
Senior Staff Writer


As COVID-19 restrictions loosen and people revert to driving to work, the city is introducing new policies to incentivize commuters to park in city garages instead of residential neighborhoods. The plan increases parking permit prices for lots and garages throughout the city, and parking permits will no longer be available for the Evergreen Park and Mayfield residential areas. Employees who work on El Camino Real will remain eligible to park in designated zones. Under the new policy, commuters can purchase permits for the new Sherman Avenue garage, which has more than 600 available parking spaces. The city also plans to lower the number of residential parking permits from 1,000 to just below 600. Prices for these permits are also being raised in line with the other guidelines of the policy. Parking permits for city lots and garages in the California Avenue area will also increase to be more in line with nearby areas. In downtown areas, the city has raised the cost of parking permits from \$806 to \$900. California Avenue area permits will go from \$403 to \$650. “Parking in Palo Alto generally is severely underpriced compared to our peers and compared to, quite frankly, transit,” Chief Transportation Official Philip Kamhi said. The city also plans to switch to virtual parking permits for increased convenience, and plans to monitor the present changes and assess their effects to make necessary changes down the line.

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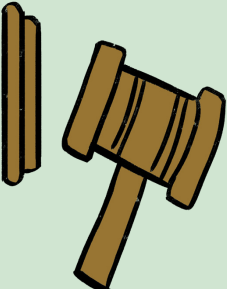




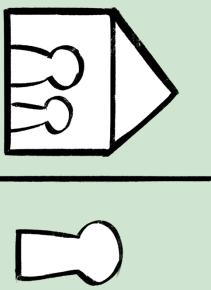
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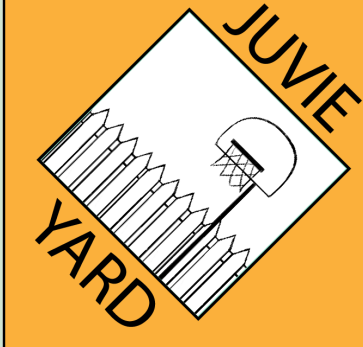
ADDICTION



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SEPARATION



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JUST VISITING

New approach to juvenile law-breakers

Evolution of juvenile justice

While the United States has a separate justice system for juveniles, that hasn't always been the case. In fact, prior to the 20th century, youths were tried in the same criminal courts as adults.

The roots of the present-day juvenile justice system can be traced to the late 19th century when changing perspectives about mental health led to the growing belief that young people are less morally and cognitively developed than adults. This belief led to the establishment of the first juvenile court in Cook County, Ill. in 1899. Following Cook County's model, juvenile justice systems that used restorative-based punishments like probation spread across the nation.

As the juvenile justice system evolved, harsh punishments for juveniles such as solitary confinement were replaced by enforced community service and therapy.

But during the late 1980s to 1990s, the United States saw an increase in violent crime, prompting the federal government to adopt a "get tough on crime" policy, focused on sentencing convicted criminals to longer prison sentences.

The "get tough" approach, headlined by then-President Bill Clinton's 1994 Crime Bill, included harsher punishments for young people in an attempt to scare them straight.

This approach continued into the early 2000s, giving prosecutors more power in juvenile cases. It was not until February 2021 that the California Supreme Court barred state prosecutors from trying children under the age of 16 as adults.

History teacher Jack Bungarden said the United States' history of harsh punishments of children during the late 20th century, especially children of color, is another example of the country's history of racism.

"Kids were tried as adults pretty commonly," Bungarden said. "Some crimes were seen as more egregious, and that they tended to be toward kids of color seems to be reasonably established."

This racial bias persists today, supported by studies such as one from the University of South Carolina which found that Black youth were nine times more likely to be sentenced to an adult prison than white youth.

In an effort to undo this harm, juvenile centers, including ones in Santa Clara County, have reinstituted reform movements involving probation and restorative justice for adolescent offenders.

Santa Clara's shift to restorative justice

Chief Laura Garnette from William F. James Boys Ranch, a juvenile detention center in Morgan Hill, said her program follows two guidelines: the Missouri Model, which emphasizes addressing the root causes of juvenile delinquency rather than fixing surface-level behavior, and the Dr. Bruce Perry theory, which explains how trauma affects the brain and guides the staff how to ask more open-minded questions.

"It's about really getting to know the kids because then you know how to intervene," Garnette said. "I think it's a much more holistic way to treat people in confinement."

Instead of strict discipline, Garnette said she and her staff of probation officers at William F. James Boys Ranch focus primarily on making sure children in juvenile facilities feel safe.

"Families can visit every day where they can bring in food and have picnics," Garnette said. "At Juvenile Hall, they play cards and talk, and the wrap teams and probation officers do really intensive work with the families."

Garnette said she tries to reassure the families are there for them, regardless of what happens.

"(These) kids are out of control right now for them," Garnette said. "It's the time to do it a different way."

In a continued effort to reverse the damage, Gov. Gavin Newsom signed an executive order in 2020 to close all juvenile detention centers and place juveniles in the footsteps of Connecticut and Washington.

Garnette said that while the legislation is a step in the right direction, it places an unnecessary amount of stress on the system.

"It's important for me to drive it home to the students that they need to get their hours done, go to class and be responsible."

— Chris Geren

"Our ranch is in too much of a hurry to get the kids out of the youth," Garnette said. "There's no locked doors."

The county deadline to come up with a plan for high-risk youth in their low-security facilities is set for next month.

Garnette also said the county does not want to install tighter security measures because it would detract from the open-minded environment they have worked hard to create.

"We've learned a lot in the past few years about trauma-informed care and how to make our facilities (have) less triggers," Garnette said. "Trauma-informed training has made the biggest difference as far as reducing fights and reducing staff having to restrain kids."

From juvie to Paly

At Paly, special education teacher Chris Geren helps students who have transitioned back to school meet the requirements of their probation.

He said his primary goal is to help them be headed down will impact their future.

"When people are 16 and 17 years old, they're going to have to have the rest of their life to drive it home to the students that they need to get their hours done, go to class and be responsible."

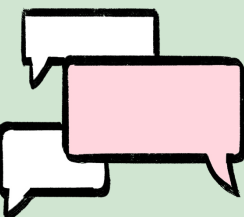
To meet the requirements of their probation, students must complete a set number of community service hours directly with Santa Clara County and the courts.


TEXT BY RACHEL FEINSTEIN, KEN OGATA AND COLE STURINO


THERAPY

COMMUNITY

CHANCE







ENCY DILEMMA

s relies on restorative justice, probation

youths in juvenile facilities that their what the adolescents are going through. ow, but it isn't the time to not be there figure out how to be there for them in a

age of juvenile facilities on youths, order to phase-out California's state-run les in county facilities instead, following ington. was a step in the right direction, it county juvenile departments because of the lack of effective planning.

"It feels like too much too fast," Garnette said. "If they had gotten the admissions office up and running, made some provisions for the highest risk youth and worked on regionalization, it would have been way better."

Garnette said that due to the lack of planning on the part of the state, county juvenile offenders have had to consider how to deal with the relocation of high risk juvenile offenders, especially for detention ers designed for low risk youth. ch of a residential area to have high risk doors. There's just a fence."

solution to reduce the danger posed by ty facility is Jan. 1, 2022.

Because the school does not have a formal transition program from Santa Clara County Juvenile Detention Centers to Paly, the responsibility of helping students meet the requirements of



their probation falls on staff like Geren. But Assistant Principal Jerry Berkson, who has been in charge of student discipline for 16 years, said there is no need for a district program because of how few students they get from juvenile facilities.

"I could probably count on less than 10 fingers how many kids (from Paly) that I'm aware of that have ever been to juvie," Berkson said. Berkson said he thinks the low rate of kids going from Paly to juvenile hall is largely due to the system's shift to therapy and reconciliation-based punishment, as well as Paly's academically motivated environment.

Berkson also said the school is not notified when someone from a juvenile institution enrolls at Paly. This lack of information means the school is not necessarily aware of who has or has not been to juvenile detention.

"I'm not sure we get an official notification from the courts," Berkson said. "The only reason I know that they've been to juvenile hall is because people feel comfortable talking to me about it."

Although restorative justice can be beneficial, Berkson said there is a time and place for more punitive measures in cases of continued offenses when other approaches have failed.

"I just don't know how many restorative things you can do," Berkson said. "At some point, you need to hope that they can be scared straight."

The Campanile reached out to multiple students who have transitioned from the juvenile justice system to Paly, but none of them wanted to be interviewed for this story.

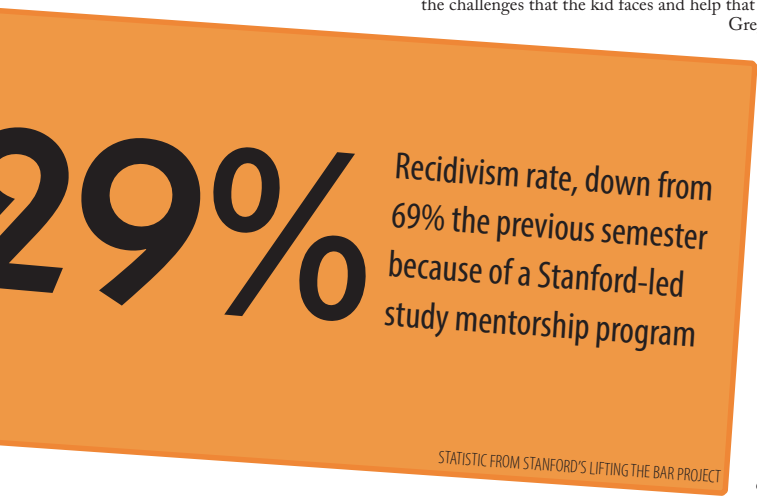
New mentorship program approach

In a joint study by Stanford University, UC Berkeley and the University of Michigan, researchers examined how a mentor in the lives of children going through the juvenile justice system can help mitigate the stigma they face when returning to school.

"The goal of the intervention is to sideline all of that bias and help the kids form connections," Walton said. "And then let (the adult) do the hard work to address the challenges that the kid faces and help that kid make progress."

Gregory Walton, an associate professor at the Stanford Department of Psychology who contributed to the study, said punitive measures can harden juveniles into criminals later in life. "You want to make people criminals, you treat them like criminals," Walton said. "The more that we can treat people as having the potential to be ideal, and then help them become that ideal, the better."

Walton said one unique part about this mentorship is students choose which adult at their school they want their mentor to be through a letter. "Our approach is elevating kids' voices and kids' choices in who they would like to be a support for them among the people that they are going to be interacting with," Walton said. According to Walton, having a chosen trusted adult at school who believes in them can be critical for youths with an unstable home environments. Walton said, "If there's instability at home, having a secure base at school and a relationship with an adult at school that's trusting and supportive can make all the difference."



school from a juvenile justice facility

the students understand how the path they

they don't realize the impact (their ac-r lives," Geren said. "It's important for they need to get their act together; get sible."

ation, including completing the manda-before they turn 18, Geren said he works student's probation officer.

COLLECT EDUCATION AT PALY

GO

ACTIVITIES

CHANCE

JOB

MATH

MENTOR

STUDY

STIGMA

ART BY MEYA GAO

Current initiatives to combat underage smoking ineffective, new efforts needed



Shiki Toyama
Staff Writer

Don't smoke." Those words rang dryly through the Performing Arts Center my freshman year. My classmates and I had been told to fill the seats of the theater that day for an anti-vape campaign, but none of us were really listening.

Body heat was not enough to replace the uncomfortable cold air blasting through the vents as we all reluctantly entered the auditorium.

After debating if we should even attend, my friend men-

tioned that at least it was a free period of no work, which was appealing enough for us to take our seats. I remember nearly nothing from the presentation that day other than slide after slide after slide of different reasons for why smoking was bad.

Every presenter seemed to say if students knew the negative effects of smoking, they would stop. What they failed to realize was that many of us sitting there in that auditorium had already reached the point of addiction.

When students are unable to see the immediate effects of smoking, they commonly think, "Well as long as I don't do it that much."

As long as I don't smoke to an extent to get lung cancer, to be hospitalized for it, or be addicted to it."

The consequences of smoking are serious and as teenagers we realize that, but these consequences are all things that will potentially happen to people whether they smoke or not.

To allow students to fairly take responsibility for themselves, they should be given the opportunity to

be aware of the immediate physical effects of smoking that affects teenagers.

From an adult perspective, long-term effects of smoking can sound fatal, but from a younger person's perspective, without physical experience or immediate effect, it is hard to take the concern seriously.

It was only recently I learned smoking contributes to premature skin aging. Although this side effect seems irrelevant compared to cancer, their appearance is one of the biggest concerns of teenagers. Who wants to have wrinkly skin? Not me, please.

Seeing the negative effects instead of hearing about them gives students time to consider the information they are given and act upon it.

It is also important to remember that glorification of smoking still exists in cinema and in the media.

As teenagers transition to high school, the normalization of smoking may also affect their decision making.

At this point it becomes almost impossible to prevent them from experimenting with smoking. The discouragement from adults and educators help and should continue, but adults must also see all perspectives when they take the safety of minors into consideration.

A few weeks ago, I saw a continual stream of reposts on Facebook about a parent who said a nearby smoke shop was selling to minors.

Those who liked and shared the post wanted what any concerned person would want: to shut the store down.

The reality is though, if smoke shops are shut down, already addicted teenagers will buy nicotine delivery devices illegally from strangers which is far more dangerous.

While I understand the concern for teenagers who smoke, attempting to shut smoking out of teenage society is not realistic. It is too deeply ingrained in our culture and has always been a part of it.

A smarter alternative is to educate teenagers about the physical dangers of smoking and vaping so when they are exposed to smoking in high school, they can make a more credible and responsible decision.

It's been two years since I sat down in the Performing Arts Center to have an educational meeting about smoking.

I've realized since then that as a teenager, the least attractive consequences are not the most dangerous but the most immediate. Adults would do well to remember this.



Everyone should go to therapy

APES should be a graduation requirement



Christie Hong
Staff Writer

Everyone should go to therapy. And no, I don't think each human on this planet is crazy or seriously traumatized.

The fact that we associate such a positive practice with such a negative connotation clearly defines the problem in our society — we tell ourselves that therapy is for the weak and reserved for the ones who cannot handle taking care of themselves, so they have to go the extra mile and pay for help.

According to a recent study by the California Health Care Foundation, about two-thirds of adults in California struggling with a mental illness did not reach out to anyone for support.

With students, the issue is even worse — the rate of attempted suicide spiked to almost 20% for high school students in California in the last year, yet a measly 4% of these young people were treated by a medical professional.

The pandemic made the situation so much worse.

When schools closed and students had to cope with virtual learning, they missed social interactions and the normality of life.

Substance abuse, insomnia and worsening chronic conditions all peaked while a survey conducted by Lucid LLC showed that 95% of college students expressed mental health impacts over COVID-19, nationwide.

As a result, nearly three quarters of therapists who treat anxiety disorders reported an increase in demand for treatment.

These stark statistics are a cry for help, whether we want to admit it or not. Perhaps the most dangerous part of it all is that mental disorders never go away on their own.

Psychologists say the longer the wait for treatment, the more the illness progresses in someone's mind. Untreated

anxiety may escalate to panic attacks while failure to address trauma can lead to post-traumatic stress disorder. Before it is too late, we need to provide the resources to those who need help and even to those who don't think they need help even though they do.

The issue stems from when we were young. Influence from social media, movies and even local communities stigmatize treatment like therapy. Childhood movies have themes that suggest kids should stay away from people who seem mentally deranged and almost every thriller includes a couple of lunatics locked up in chilling mental asylums.

What people fail to recognize is therapy serves people in immeasurable ways and is not only there to serve the needs of the so-called crazy.

The people who are struggling aren't just those who have serious mental health issues or have a family history of suicide.

Rather, they are normal people who have been beaten up too much by the degrading aspects of life. All most people want is someone to listen to them and their struggles — especially if the listeners are certified in dealing with these crises.

Oftentimes vulnerability is both the best step, as well as the scariest one to take. With more students — including those living in high-pressure environments — looking for help, it opens up a new window to a healthier future both for the mind and body, perhaps improving society.

For Paly students, reaching out to staff at the Wellness Center or to trusted adults and friends can be immensely helpful.

The overwhelming stress of school and a social life among other damaging aspects of student life can be minimized, at least a little, if we start offering therapy to all.

As the saying goes, "The key to a healthy life is having a healthy mind."



Anaya Bhatt
Lifestyle editor

A year ago, residents of Northern California woke up to find an orange sky that looked straight out of an apocalyptic movie. Growing up in California, environmental conservation is always something I've kept in mind, but this was the first time I was able to see in my daily life that climate change is real and happening now.

Given the urgency of climate change, California legislators should change the state's education code to make environmental science a required course for graduation from public high schools. Education is an effective preventative measure and such a course would inform students of the grave consequences our current behavior has on the environment, making it a necessary step in taking action against the environmental crisis.

In the past 150 years, the planet's average surface temperature has risen by 2.05 degrees entirely due to greenhouse gas emissions produced by humans and human activities. NASA also reported over the past century the global sea level has risen eight inches, and its rate has doubled over the last 20 years. The UC Davis Climate Research Center predicts sea levels will rise an additional 29 inches in the next 100 years.

Climate change is real and continues to be a concern for the planet's future. We must take action to address the environmental hole we have dug ourselves into, and educating future generations is the best way to evoke change.

A study done by Pew Research found that after intro-

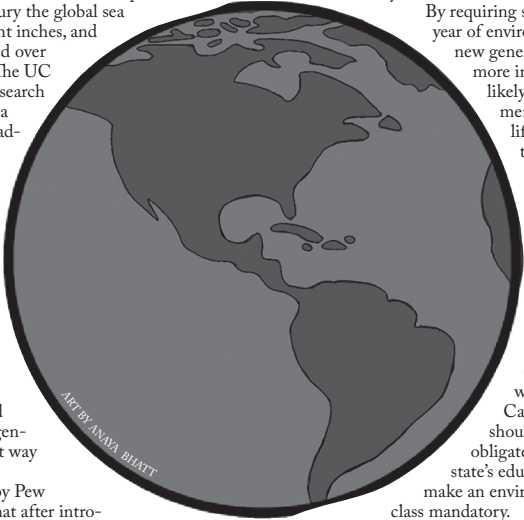
ducing comprehensive sex education into the school curriculum, student were more informed and made safer choices concerning their sexual health. The rate of teen pregnancy and STIs fell dramatically. With the same line of thinking, by integrating an environmental science course into California high school curriculum, students will be more informed about their individual environmental impacts and will be more likely to practice eco-conscious living after high school.

While opponents of making environmental science a required course may argue the class's content can be integrated into existing science classes such as biology and chemistry, the magnitude of our climate crisis is too great for it to not have its own designated class.

While Paly offers an AP Environmental Science class to its students, it is not mandatory. As someone who has taken the class, I would argue it has made a substantial impact on my life by making me more conscious and concerned about my individual environmental impact. APES showed me how easy it is to be more environmentally friendly and limit my carbon footprint by just adjusting some of my daily activities.

By requiring students to take a year of environmental science, new generations will be more informed and more likely to live environmentally conscious lifestyles now that they understand what is happening and what they can do about it.

Our planet has sounded the alarms for us; it is now up to us to take action to preserve the land we live on. Change begins with education, and California legislators should feel morally obligated to amend the state's education code and make an environmental science class mandatory.



Library should open past 5 p.m.



High schoolers deal with the everyday stresses of schoolwork, family responsibilities and extra-curricular activities. It would be in the best interest of students to keep the library open until 6:30 p.m. every day.

That way, all students would have plenty of time to study there in the library, utilizing its resources and finishing their homework in the library before they even get home.

To manage the never-ending amounts of work piled on my plate, a goal I have set for myself is to finish all my homework and studying before I get home, allowing me to spend more time with my family and find time to give myself a much-needed break. However, I am unable to do that because the library closes at 5 p.m. every day.

With school ending at 4:10 p.m. on Tuesdays and Thursdays, students have a mere 50 minutes to utilize the library before it closes.

Many students also have sports practices and extracurricular activities after school that require them to stay on campus for several hours after school ends.

With the library closing at 5 p.m., students who have such activities can't use the resources provided at the library and instead have to complete assignments at home where fewer resources are available. After a long day of school, students may also need time to wind down in a quiet area, free of distractions. Students who have an unstable home environment need extended periods of peace to focus on homework or to simply enjoy a good book.

Extending the library's hours to 6:30 p.m. would also enable students to study with friends in a quiet environment where they can receive help from their peers. Although students can study with friends at home, the home environment is often more distracting.

Additionally, the library has collaboration rooms for students to use, which gives students the option to study together with a friend if they would like to talk but not distract others.

For example, my siblings and parents are at home all the time, making it difficult for me to focus on my work, with all of the background noise erupting behind me. But if I were at the library, I would not have to deal with the noisy home environment. The beauty of the library is that there are far fewer distractions, because people who are going to a library are looking for a quiet study place.

The implications of longer library hours go farther than just allowing students to find a quiet space to work — it can ultimately help Paly bridge its widening achievement gap by providing equity to students of lower socioeconomic status through its resources.

However, according to Paly librarian Sima Thomas, there is simply not enough staff to keep the library open after 5 p.m.

She already works the entire day as it is, and Paly also has to align with the library hours at Gunn as well. So, while longer library hours may be a good idea, it will be difficult to implement.

As such, Paly should make the effort to hire more librarians who are willing to work later hours, ensuring that students have access to the library for longer periods of time after school.

Canada is not your progressive, liberal fantasy

Canada's unseen side: racial tensions, refugee crises, political polarization



Threatening to move to Canada when the presidential candidate you're cheering for loses an election is almost as quintessentially as American as yelling in front of the TV during American football games.

Canadians have learned to disregard these threats, but during the 2016 election, CBC and CNN both reported an unprecedented one-third of Americans threatening to move to Canada if Donald Trump won, which sent Canadians into a slight panic. Considering that Canada has around 38 million people today, 100 million new immigrants crossing the border in the weeks after Nov. 4 would be alarming.

Yet, as a natural-born Canadian citizen, I can tell you Canada isn't as liberal and progressive as many Americans make it out to be, and I sometimes wonder why the conservative and unprogressive aspects of Canada go unreported.

Take the indigenous peoples. Canada's track record in relations with them is as abysmal, perhaps more so than America's. In a recent controversy, we learned that the unmarked graves of thousands of indigenous children were discovered at residential schools, where these children were forced to live and conform to white culture after being separated from their families. The missing and murdered indigenous women haunt roads throughout rural Canada, especially along the Yellowhead Highway between the cities of Prince George and Prince Rupert in British Columbia, now known as the "highway of tears."

What has Canada done to address this problem?

Not much. I would be surprised if you could name one concrete step the government has taken to protect its indigenous population. All the declared holidays and the new indigenous Governor-General Mary May Simon are, dare I say, a distraction from the real problem.

Although I'm confident Simon is an excellent choice for the job, the Governor-General, the representative of Queen Elizabeth II to Canada, is a ceremonial role without executive power. Even if Simon wants change, she cannot realistically do anything. Concrete action is lacking, because in this regard, Canada is contaminated with systemic racism, just like America. Indigenous problems never receive the media attention they deserve.

There's a term "maple-washing," defined as attempting to hide undesirable or immoral aspects of Canadian society.

Maybe that's at play.

But why, then, is Canada perceived as the friendly, liberal, progressive dream of the world, the country where everything is perfect and everyone is equal? It's because Canada is so geographically isolated. The only country it borders is the United States, so Canadians never

deal with illegal immigration, overpopulation, and, as a result, scarce resources. In this regard, Canadians are almost like naive children who haven't seen enough of the problems in the real world and thus believe

ugree-hating America, and people praised Canada for its kindness in the comments.

What that segment won't tell you, however, is what came after. A poll conducted by CBC three years later showed 76% of Canadians favored more skill-based immigration, while 57% (a majority) wanted to stop accepting refugees altogether.

Furthermore, if you break down the racial demographics of Canada, you'll also realize why Canada never really deals with race-related issues. While roughly 60% of Americans are white, nearly 73% of Canadians are white and only 3% are of African descent. There are not enough minorities in Canada for race-related issues to gain momentum in the first place. Canadians often sit back, relax and watch as Black Lives Matter and other race-related protests happen across the border.

I love my home country, even though this article might suggest otherwise. Canada is still more progressive than the U.S. Canada legalized same-sex marriage in 2005 while it took America 10 years to catch up.

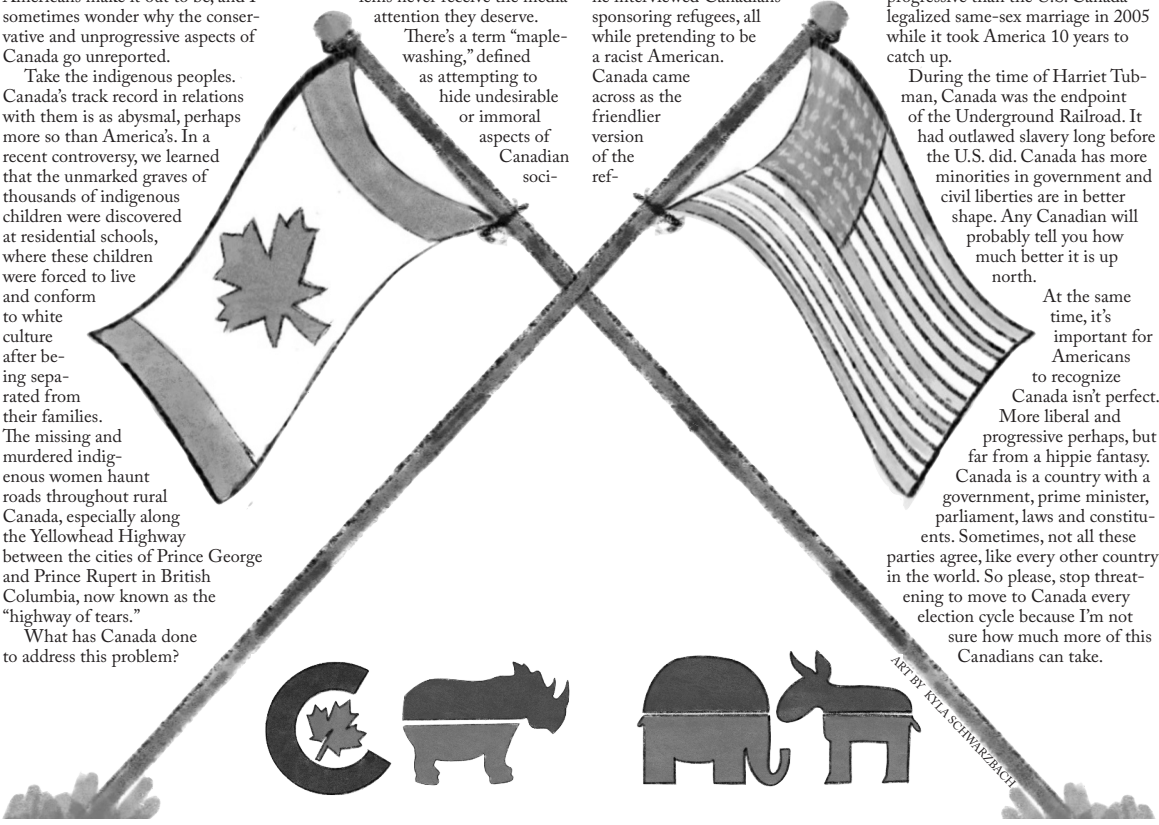
During the time of Harriet Tubman, Canada was the endpoint of the Underground Railroad. It had outlawed slavery long before the U.S. did. Canada has more minorities in government and civil liberties are in better shape. Any Canadian will probably tell you how much better it is up north.

At the same time, it's important for Americans to recognize Canada isn't perfect. More liberal and progressive perhaps, but far from a hippie fantasy. Canada is a country with a government, prime minister, parliament, laws and constituents. Sometimes, not all these parties agree, like every other country in the world. So please, stop threatening to move to Canada every election cycle because I'm not sure how much more of this Canadians can take.

Concrete action is lacking, because in this regard, Canada is contaminated with systemic racism, just like America.

there are none.

Case in point: Syrian refugees. Hasan Minhaj did a segment for "The Daily Show" in 2016 where he interviewed Canadians sponsoring refugees, all while pretending to be a racist American. Canada came across as the friendlier version of the ref-



Paly should have more public art on its walls



Situated in the heart of Silicon Valley, with iconic terra cotta architecture and surrounded by the tall trees which give Palo Alto its name, Paly's campus is gorgeous. However, within the campus, sections feel disconnected and impersonal.

The root of the issue is the lack of art on our campus. According to Americans for the Arts, a Washington D.C. and New York based non-profit focusing on advancing arts in the United States, public art creates social, economic and cultural value. I agree with this feeling and their belief that public art adds depth and uniqueness to our cities and communities.

At Paly, public art through murals and installations could serve our community in this same way, reinvigorating students and increasing motivation to care for our shared spaces and feel a greater connection to our campus.

The only mural which comes to mind as a fixture of our campus is the two small pieces on the sides of the Student Center, one depicting famous leaders with the caption "Still I Rise" and one saying the "One Ship" slogan with images of spirited students and a viking ship. Art classes work to put together the arts in unusual places' displays every year. But the pop-up masks by the Performing Arts Center and other installations are temporary, and many students never notice them.

Paintings and drawings hang on the walls while blown glass pieces sit within clear cases in the library, keeping them separate from viewers. And on pillars around the art building, previ-



This mural at Walter Hayes Elementary School is one of many paintings that decorate the school walls. Much of the art at the primary school is painted by its students.

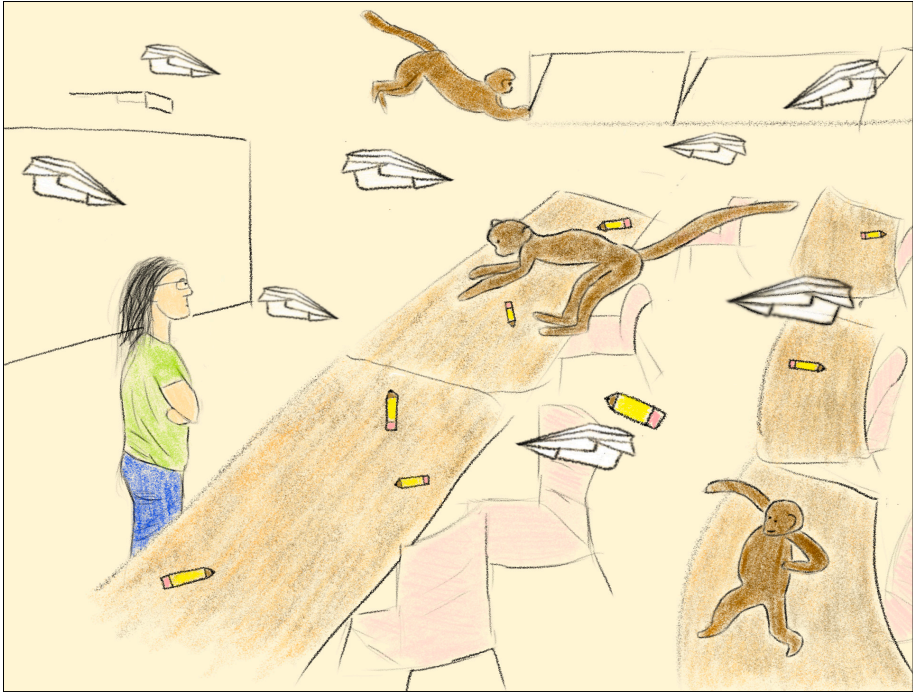
ous students have created pieces. Outside these isolated spots, our campus lacks the individuality of students.

The school has a vibrant community of bathroom graffiti artists. While some of these pieces are explicit, many of these graffiti artists have interesting ideas, such as creating interactive pieces which students can respond to, or tagging the bathroom with their favorite designs.

The school can utilize the more thoughtful sides of these artists' ingenuity by providing them with formal opportunities to create public art for the campus. Additionally it's the place

to provide opportunities for artistically inclined students to showcase their talents, just as we provide STEM focused students opportunities like Science Olympiad.

Our campus is full of empty spaces and massive walls and windows which create the perfect canvases for students' work. Students should take advantage of these blank spaces, and the school should support them by creating more formal opportunities for students to make and show art on our campus. This will encourage creativity and create a more authentic and vibrant campus.



"I'm not getting paid enough for this."

ART BY VALERIE CHU

Substitute teachers undervalued

Community should appreciate guest instructors more during district shortage

Before the pandemic hit in March 2020, PAUSD was already dealing with a shortage of substitute teachers. And when students returned in-person this fall, this problem only got worse.

The low daily wage of \$180 and the health risk of teaching in-person during a pandemic weren't worth it for many substitutes, causing them to stop working for PAUSD.

The Campanile appreciates the dedication required to be a substitute teacher and praises all subs, past and present, for their time assisting students.

Not only do subs endure the low wage and health risk that come with the job, but they also have to manage students who haven't been in-person in over a year.

Students are more disruptive and more confused by course material because of the effects of a year and a half of virtual learning.

On top of that, because of the substitute shortage, the high demand for substitute teachers adds another layer of stress and pressure.

In order for every class to have supervision, the remaining substitute teachers may have to work longer hours or come to school more often to help out.

As students, we can make the lives of subs easier by treating them like we would our regular teachers — with respect.

Listen to them and give substitute teachers your attention for the brief moment at the beginning of class where they give instructions. That's the least we can do to support them. We also encourage students to go beyond that by thanking their subs for their hard work.

We understand the difficult predicament PAUSD administrators are in and want to thank them and any teachers who have stepped in to substitute at the last minute.

Nonetheless, The Campanile hopes PAUSD does more to prioritize increasing substitute teachers' salaries so they can be paid a more reasonable amount. The substitute teacher shortage stems from the fact that their work is undervalued; \$180

a day is not nearly enough. This is the first step the district needs to take in order to end the substitute shortage.

Students and administrators should work together to help support substitute teachers during this shortage and appreciate them for their dedication and commitment to the district.

As students, we can make the lives of subs easier by treating them like we would our regular teachers — with respect.

Teacher assistants should be able to grade

New policy limits feedback timeliness, increases teacher workload

When Principal Brent Kline told teachers their teacher assistants could no longer grade student work, students and staff had a mixed reaction. On one hand, Kline erred by not consulting teachers more closely before announcing the change. On the other hand, student privacy rights are now better protected because TAs can no longer see their peers' grades.

While The Campanile values student privacy and having a fair grading system that supports both teachers and students, TAs should be allowed to grade student work, as long as it is limited to the objective grading of homework.

Such grading includes homework evaluated for completion or homework with an answer key, which constitute a large portion of graded work in many classes. Allowing TAs to grade these kinds of assignments not only reduces the workload of teachers, but also enables students to receive timely feedback. Keeping the current teacher assistants sign, promising to grade objectively, would also ensure the grading system is fair for all students.

Since TAs are most likely not as familiar with course material as teachers are, it is important that only teachers grade the most important assignments such as tests. Teacher feedback is valuable on tests, which are a comprehensive evaluation of a student's understanding for a given unit.

Should TAs be able to grade?	
Yes	No
<ul style="list-style-type: none">• Extra time for teachers to grade important assignments• Students receive more timely feedback	<ul style="list-style-type: none">• More privacy regarding students' grades• Less potential for mistakes while grading work

Additionally, restricting tests to being only graded by teachers would keep these assignments, which typically constitute most of a student's grade, hidden from another student's eye, protecting student privacy.

The Campanile also thinks Kline should have been more transparent during the process of releasing this policy.

Since he said he did not consult teachers before releasing his expectations, they were unable to advocate for maintaining the previous

TA policies, and could not provide him with additional input about how such a policy would affect their workload and were prohibited from making much-needed amendments to the policy.

While The Campanile supports Kline's efforts to protect student privacy, a lack of teacher input inhibited the policy's initial efficacy. And allowing TAs to grade homework allows teachers to provide timely feedback to students, while still protecting student privacy and reducing teachers' workload.

The Campanile

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Note: It is the policy of The Campanile to refrain from printing articles that misrepresent or alienate specific individuals within the Palo Alto community. The Campanile would like to thank the PTSA for supporting the mailing of our newspaper.

Our Vision Statement:

The Campanile has upheld the highest standard of student journalism for the last century by engaging the community through various mediums of storytelling. Our coverage of news, culture and athletics aims to represent the diverse perspectives of our student body.

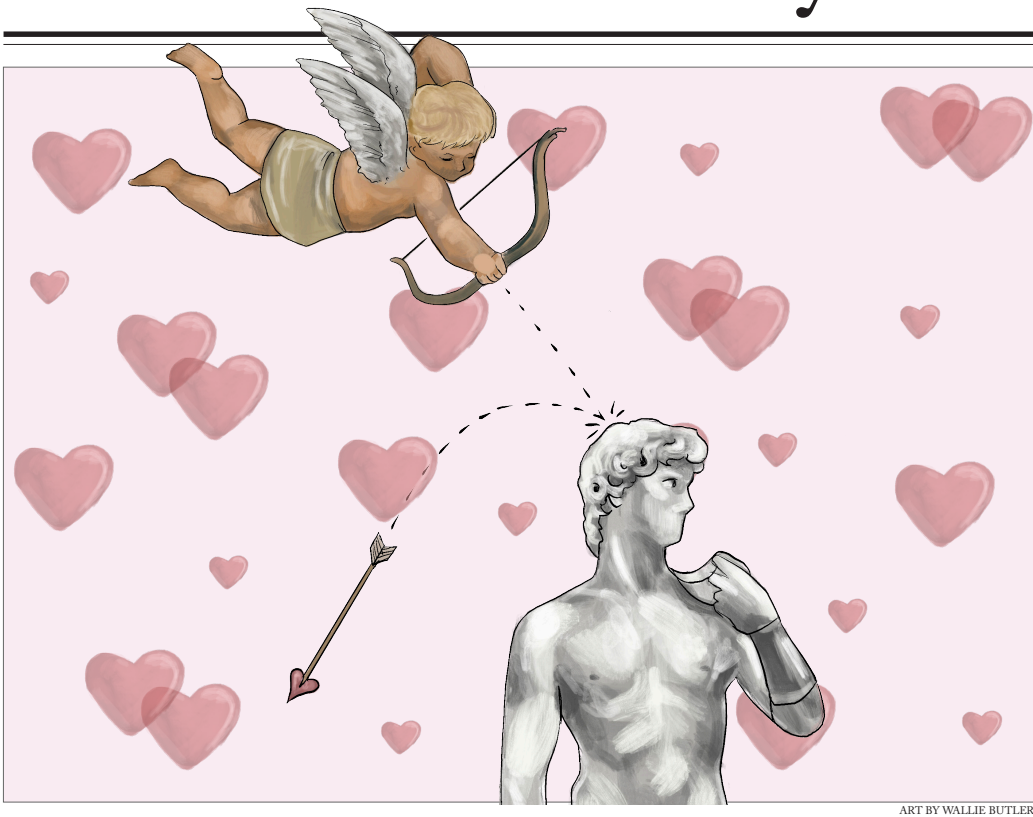
NOVEMBER'S TOP TEN LIST

The Top Ten Things to NOT be thankful for in November

- 10 The dry chicken rip-off that is Thanksgiving turkey
- 9 Your judgemental extended family who are visiting just to gossip
- 8 The hordes of people fighting over a single Xbox on Black Friday
- 7 "All I Want for Christmas is You" being on repeat
- 6 Watching the Detroit Lions play on Thanksgiving Day again
- 5 Thanksgiving break FOMO
- 4 The annual "I'm thankful for ..." posts on Instagram
- 3 The college essays that you said you would do during the summer
- 2 The realization that you only have a month to fix your grades
- 1 Gravy.

BY AIDAN SETO AND VALERIE CHU

Lifestyle



ART BY WALLIE BUTLER

Cuffing season: in love or alone?

As senior Aidan Do peacefully sips his coffee, he can't help but notice the odious stench of love in the air. He scans the room, quickly realizing around him everyone is with their significant other — laughing, holding hands, and shooting heart eyes at each other.

His heart sinks to the bottom of his feet. Oh, how he wishes he had a girlfriend. "About a year ago, I fell in love with the cashier at Trader Joes," Do said. "It was love at first sight. For a month, I would get the aloe vera drink at Trader Joes just to see her moon-like eyes. Next thing you know, I see her talking to the manager in front of me. That's when I learned: all girls are the same."

Cuffing season, slang for the fall and winter months where many people who would normally rather be single instead want to be cuffed or tied down by a serious relationship, has arrived for many students like Do.

And as the weather begins to cool down and leaves begin to fall, many students find themselves succumbing to the effects of cuffing season.

"When I see couples, I get filled with jealousy," Do said. "I try so hard to get cuffed, but it somehow never works out for me. I think God is trying to rub salt on this open wound because I can't seem to get away from couples nowadays."

Seniors Kathryn Mendenhall and Nicolas Federici, though, said cuffing season is something to look forward to.

Initially meeting during their freshman

year, Mendenhall and Federici said they have dated on and off.

They've recently gotten back together this year and said they have been going strong for two months.

"We have a lot of trust and love for each other by being very accepting and not judging each other just because of one mistake we made," Federici said. "We also have started doing a lot of things outside of being home, and that brings us closer to each other and bonds us more."

Mendenhall agrees.

"During the winter time, we both enjoy going bowling, watching movies, eating food and just plain out cuddling," Mendenhall said. "Our love language is spending quality time together and doing things outside of the house for the most part."

Federici and Mendenhall said they have strengthened their relationship and bonded together through their hardships.

But senior Anika Chang said she can't relate.

"My sort-of boyfriend's love language is toxic," Chang said. "We went four days without arguing, and they were like heaven."

Chang said in the wake of cuffing season, she has made winter plans with the boy she currently has her eyes on.

"He said he would take me out to Arby's when his mom gives him his allowance," Chang said. "We are going to go together with his girl best friend. He really likes her. I'm glad he trusts me so much so that they can spend almost every waking minute together."

In contrast to the loving couples and their plans together, Do said he is starting a movement to cancel cuffing season.

"You know how there's the Grinch of Christmas?" Do said. "Call me the Grinch of Cuffing Season."

Do said there are three other people advocating for the cancellation of cuffing season: his mother, his cousin and his best friend.

He said his plan is to attack the problem at its source by breaking up every couple at Paly.

"I'm glad to have such a strong support base to build my movement off of," Do said. "It warms my heart knowing that Paly will soon be rid of this diseased season."

With all things considered, it seems that the school has diverse, conflicting perspectives on cuffing season; however, as the days come and go, so do the seasons.

Next up, Hot Girl Summer.

Joy Xu
Lifestyle Editor

People of Paly

More than a match: Kamila Wong

Kyla Schwarzbach & Anaya Bhatt
Media Editor & Lifestyle Editor

For senior Kamila Wong, tennis is her long-term interest and hobby, a sport which guides her lifestyle and informs her life. And Wong said tennis has been ingrained in her routines since elementary school.

"My dad started me with tennis, but I had tried a lot of different sports," Wong said. "I played soccer and softball. I think I played flag football at one point too, but none of them just stuck. I think over the years, tennis was just this sport that was left. Like everything else came and went, but tennis stayed."

Wong's first exposure to tennis was at an afterschool program.

"I went to Escondido," Wong said. "Stanford Campus Recreation Association is in the back, so I would go there after school, as the afterschool program, just before my parents came to pick me up."

Now a senior, Wong has come a long way since her elementary school league. She plays tennis competitively outside of school and competes to increase her ranking.

"There's a Youth United States Tennis Association where you sign up through tournaments. It's the association college athletes use," Wong said. "You can sign up for tournaments there, and basically I, or my dad, signs up for tournaments and then I just go and play, and it counts for ranking and ratings."

Though the sport makes up a lot to her identity, Wong said she hopes to skydive someday, loves to snack, and said that if she could give herself a senior superlative it would be "Biggest Foodie." In fact, she recommends Trader Joes' "Ode to the Classic Potato Chip" for anyone looking for a great new snack.

Wong said her greatest role models are her parents, who show her not only how to achieve greatness in her sport, but also how to balance it with other priorities.

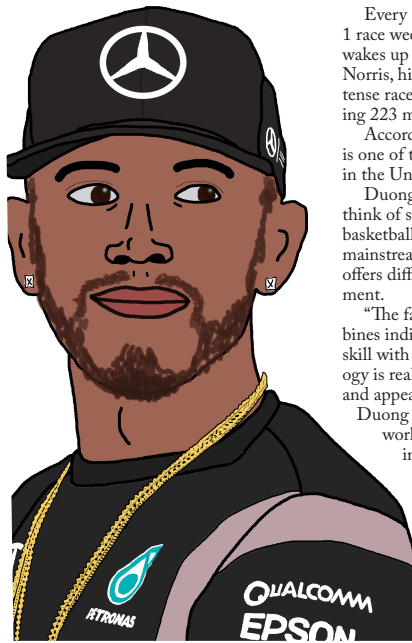
She said, "I'd say both my parents (are my role models). My mom has been really good with academics, but my dad has pushed me to be my best at tennis."



PHOTO COUTREY OF KAMILA WONG

Senior Kamila Wong has played tennis since she was in elementary school. "My dad started me with tennis, but I had tried a lot of different sports," Wong said.

Formula 1 racing rises in popularity, students follow sport's stars



ART BY PHILIP CHURCHLEY

Every Sunday during Formula 1 race week, senior Sam Duong wakes up early to cheer on Lando Norris, his favorite driver, in intense races in cars capable of reaching 223 miles per hour.

According to Duong, Formula 1 is one of the fastest growing sports in the United States.

Duong said while most people think of sports like football and basketball when they think of mainstream sports, motorsports offers different facets of entertainment.

"The fact that Formula 1 combines individual athletic ability and skill with engineering and technology is really unique to motorsports and appeals to a lot of people," Duong said. "At least 50% of the work done is engineering to improve the machinery of the car, which I think a lot of people don't recognize."

Sophomore Hahn Ng said has been a longtime fan of motorsports and recently became a big fan of Formula 1.

"My dad has always watched Formula 1, and I wasn't interested at first because I thought the races were pretty boring compared to the races in Grand Prix motorcycle racing," Ng said. "But I got into it after I realized oftentimes it's about what's behind the scenes, like strategy, drama and technology."

Duong said Formula 1 has gained a lot of traction in the past few years largely due to the popularity of the Netflix series, "Formula 1: Drive to Survive," which documents both the competitive and dramatic aspects of the sport.

"The show is what got me and some of my friends into Formula 1, but it is also part of a larger effort by the organization to market towards a younger audience, such as increasing social media presence," Duong said.

Senior Dylan Oba said he was introduced to the sport through the Netflix series and became invested.

"I think something that is pretty unique is how exposed the drama between drivers and within teams is," Oba said. "The show does exaggerate it a bit, but it is very

entertaining and really helps you identify what drivers and teams you like."

Ng said that favoring a certain driver or team is still easy during the live season.

"If you watch a lot of races, you get a sense of the team dynamics and there are lots of interviews, paint jobs and social media to get you to like someone's personality or character," Ng said.

Duong said another characteristic of Formula 1 is how diverse its fanbase is.

"Besides the fans who begin to watch Formula 1 as a result of their new marketing and Netflix, there are fans who root for drivers of their nationality, as the sport has competitors from many different countries and holds their races in many countries as well," Duong said.

Oba said the sport may become even more entertaining as a result of new regulations and car guidelines to be implemented next season. This includes a new car design.

"With the new car design out for next season, they claim that the races will be even more exciting because the cars will be able to race closer to each other," Oba said. "So next season will be exciting to watch because of more wheel-to-wheel battles."

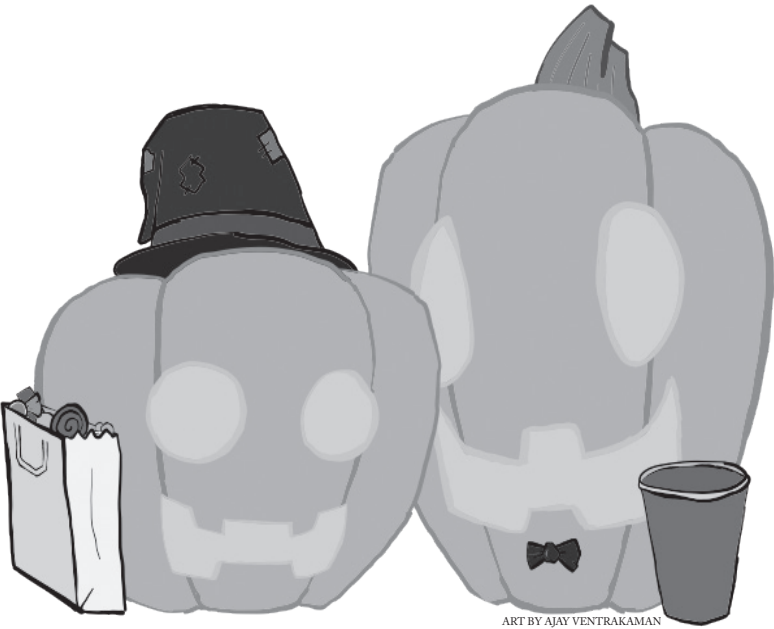
Ng also said upcoming seasons of Formula 1 will likely be more interesting because of a balanced leaderboard.

"This season has been way more exciting than previous years because of how competitive this year's grid is, whereas one team was just dominating in the last few years," Ng said.

Duong agrees and said Formula 1 will continue to grow and become increasingly mainstream in the United States.

"As more seasons of the Netflix series release, more people will probably start watching," Duong said. "It's also great how Formula 1 is focusing more on targeting their American audience, moving away from being Europe based."

Aidan Seto
Senior Staff Writer



Growing up with Halloween

Students from various age groups discuss their unique Halloween experiences, from trick-or-treating to partying.

Elementary school

For the past six years, third grader Justin Xu has selected the coolest Halloween costumes off the hanger at the local stores the weekend before Oct. 31. On Halloween night, he runs out of his house to experience all of the Halloween decorations and the variety of costumes.

Xu said when he goes trick-or-treating, he sees many trick-or-treaters around his age, and occasionally sees some of his friends from his school, Duveneck Elementary. Xu said his school holds several annual Halloween-themed events and costume parties to celebrate the holiday.

“We are having more and more events at school the closer to Halloween,” Xu said. “We have international potlucks and a Halloween parade.”

When Xu was younger, he said he would go trick-or-treating with his family but in the past couple years, he has trick-or-treated with his friends.

Middle school

Eighth grader River Wu has been trick or treating since kindergarten.

She said she would go trick-or-treating because everyone else goes and it is a part of celebrating Halloweens.

“I’ve had two Halloweens where I went trick-or-treating with a friend, while the other times have all been with my family or sister’s friends, but both were still fun,” Wu said.

Wu said she noticed older people have been trick-or-treating less.

“I think some kids my age want to stop trick-or-treating because they think it’s not mature or they’re too cool for it,” she said. “I find it kind of stupid because it’s fun, and fun shouldn’t have age limits.”

Wu also said students her age are in middle school, and that they should enjoy their time more.

In the past, Wu said that she donated the candy she got from trick-or-treating to kids in unfortunate situations.

“My overall trick-or-treating experience has gotten better because I got to trick-or-treat with more people each year and it has been more memorable,” Wu said.

High school

Like Xu, senior Aaron Yuan started trick-or-treating with his family. After third grade however, he began trick-or-treating with his friends.

“Trick-or-treating with friends is definitely a lot more fun than going with family, especially being able to run to houses and get more candy faster,” Yuan said.

Yuan said even though he has not gone trick-or-treating in a while, he would be happy if a large group of friends all wanted to go trick-or-treating.

Sophomore Lachlan Kirby has been trick-or-treating since he was four. Living in an apartment building in New York, he would trick or treat with his family to make sure he was safe wherever he went.

“When I got older, it was more fun to go with friends because I could be more independent,” Kirby said.

Kirby said he has also noticed that older students go to Halloween parties.

“I think before COVID-19, I would see kids my age going out to trick-or-treat, but now that I’m in high school, the number of people my age trick-or-treating will get less and less,” Kirby said.

Trick-or-treating has been a part of Yuan and Kirby’s pasts, but both of them said they currently do not trick-or-treat.

Yuan said since middle school, he began attending more Halloween-themed parties with friends instead of trick-or-treating.

“In sixth grade, I attended a Halloween party with friends where we shot Nerf guns at each other while jumping on a trampoline and we ate a lot of pizza afterwards,” Yuan said.

Many Paly students including Yuan and Kirby have moved away from the classic trick-or-treating tradition and have been using the time to do other activities, especially with their friends.

“I would say that my trick-or-treating experience has gotten better over the years,” Kirby said. “But I’m not going to go this year just out of respect for the younger kids because it’s their turn to have fun.”

River Wu

Parker Wang
Science & Tech Editor

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Top picks from New York Film Festival

Nikie Behal
Staff Writer

After last year’s switch to virtual and drive-in screenings in 2020, the New York Film Festival returned this fall for its 59th edition, with in-person screenings at the Upper West Side’s Lincoln Center.

NYFF often serves as a launching pad for successful Oscar campaigns, with the last two Best Picture winners, “Parasite” and “Nomadland,” both having premiered at the festival. Much of this year’s slate seems destined for similar success, making this year an exciting one for moviegoing and awards races.

Here are some of the must-see picks from the festival slate.

‘The Worst Person in the World’

Norwegian filmmaker Joachim Trier caps off his Oslo trilogy with a joyful, comedic, awe-inspiring and excellently crafted film. The film chronicles four years in the life of Julie, played by Renate Reinsve, who won Best Actress at Cannes for her role. This young woman is navigating relationships, her career and trying to discover who she is.

The film – like Julie – has flaws, but the utter joy that Trier’s script and Reinsve’s performance deliver makes all of its issues leave your mind. It’s messy, but so are people. It’s a lot to take in, but it puts you in the shoes of the characters.

Trier is masterful in conducting several large, creative and emotional set pieces that give the film a surprisingly large scale. It’s his best.

‘The French Dispatch’

Created to resemble an issue of an American magazine, “The French Dispatch” is Wes Anderson’s hyper-stylized love letter to magazine journalism, specifically to “The New Yorker”. We follow an American print publication based in a fictional town in France, named The French Dispatch, and are guided through a commemorative issue showing the most exciting stories from the past several years.

The film is formatted in an unconventional manner. It is split into three main stories covered in the magazine.

The film includes stories about an incarcerated artist, a student revolution and a police commissioner with a kidnapped son.

This may be Anderson’s best-looking film, filled with his typical granular set details and bright colors. There are also several sequences in black-and-white, as well as a long animated sequence, which further expands the director’s visual range.

“The French Dispatch” doesn’t have a central plot. They are several fragments of stories that could very well be their features. The film moves fast; there is always something new to look at or observe. The film genuinely feels like flipping through a magazine.

Anderson has an obsession and passion for this subject, shown through the detail and care put into the film.

At this point in his career, Anderson is doing projects about what fascinates him. Whether it’s hotels, submarines, foxes or magazines, Anderson’s curiosity is infectious and makes it hard to want to leave the worlds he creates.

‘The Power of the Dog’

After spending the last decade creating television, dignified auteur Jane Campion returns with a western shot entirely in her native New Zealand.

“The Power of the Dog” is adapted from Thomas Savage’s 1967 novel of the same name. This period piece follows two brothers, Phil (Benedict Cumberbatch) and George Burbank (Jesse Plemons), who co-own a Montana ranch. The main conflict

involves the growing feud between Phil and George’s new wife (Kirsten Dunst) and her son (Kodi Smit-McPhee).

The film features career-best performances from Cumberbatch and Dunst and also a star-making version from Smit-McPhee.

It’s a slow burner but is still a dramatic, high-intensity film. The conflict and tension between the characters boil from the very start and peak during the climax.

Campion re-establishes herself as one of the best working filmmakers of her generation. She proves her extensive experience with her clever use of panning, always searching and honing in on her actor’s performances in ways the audience may not even notice.

Campion’s direction could win her third Oscar, with Cumberbatch and Dunst both expected to be top contenders for lead and supporting awards as well.

The best part of the festival was experiencing the rush of emotions on a massive screen, in a packed room, experiencing it with others.

‘The Tragedy of Macbeth’

One half of the Cohen Brothers, Joel Cohen, is back with his first solo directorial effort: a brilliant adaptation of William Shakespeare’s “Macbeth”.

Cohen’s latest had its world premiere on Opening Night of the festival at the Lincoln Center’s Alice Tully Hall.

Frances McDormand, Cohen’s wife, is a producer on the film and portrays Lady Macbeth alongside fellow Oscar winner Denzel Washington, who plays Macbeth. The two seasoned veterans play off of each other in brilliant ways.

McDormand and Washington are outstanding, but arguably the MVP of this film is cinematographer Bruno Delbonnel. Shot in a slick black-and-white on a Los Angeles sound stage, Delbonnel has a cinematographer’s playground at his disposal. The production design and lighting configurations work in harmony to create dazzling, meticulously crafted images.

Delbonnel’s cinematography, paired with Cohen’s intimate direction, makes “The Tragedy of Macbeth” feel claustrophobic: there is nowhere to hide. The film takes all of the aspects of filmmaking and theatre that audiences love the most and wraps it in beautiful black-and-white.

Similar to NYFF opening night films in recent years, such as “The Irishman,” “The Favourite,” “Gone Girl” and “13th,” “The Tragedy of Macbeth” is a grand spectacle from a distinguished auteur and is poised to have success at March’s Academy Awards.

‘Titane’

Director Julia Ducournau has a history of creating wild, out-of-body theatrical experiences. Her feature-length debut about cannibalism, “Raw,” famously had audience members fainting, throwing up and leaving the theater at film festivals. The reaction to her latest, which won the Palme D’or at Cannes, was similar.

At the U.S. Premiere at the NYFF, people started walking out of the theater about five minutes into the screening.

On the surface, “Titane” is loud, gross, and ultraviolent. Buried underneath the provocative, walk-out-of-the-movie-theater content is a story about love, humanity and family. I would share more about the plot, but I feel that it is best to go into the film cold and unprepared.

“Titane” was one of the most memorable theatrical experiences I have had in recent years. Throughout the screening, people squirmed, winced, shielded their eyes, laughed and screamed. It was a ride that I wasn’t expecting or prepared for, but once I opened myself up to the madness that unfolded, it was a thrilling experience that could only have been achieved in a cinema.

See it in a movie theater.





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Phone overuse affects student dopamine levels

Junior Partha Krishna glances around the room that he and some friends booked in the library. As the conversation dies down, everyone reaches into their pockets and pulls out their phones. The room grows quiet, and the joyous air dissipates. The lure of the screens has sucked the life out of the room, and the only thing left for him to do is pull his phone out as well.



ART BY BRADEN LEUNG

Addiction, even addiction to technology, can haunt families and affect the lives of people of every age and from every walk of life. And at its core is the chemical dopamine, a simple neurotransmitter the brain releases that improves your mood and the human ability to think and plan. Dopamine produces the rush of happiness when someone swishes a three-pointer or gains another five followers on Instagram. But when the body releases too much of it, that can ultimately lead to addiction, according to Dr. Anna Lembke, the Chief of Addiction Medicine at Stanford. “I got into addiction medicine because I knew a lot of people struggling with all kinds of addiction: substance, gambling and many other types of addictions,” Lembke said. Lembke said everyone produces dopamine passively and people’s bodies release more or less of it depending on what they are doing. These baseline values are part of homeostasis — a person’s average levels for body functions. When homeostasis is disrupted, a person’s body tries to bring the levels of dopamine back to normal, so when the initial dopamine dose wears off, people are left with

less baseline dopamine, often making them feel depressed. “It’s all the good and none of the hard work, and then inevitably as soon as you emerge from that world, your dopamine levels are going to plummet below baseline,” Lembke said. “You are going to have a come-down, like a hangover.” She said this come-down then leads to people seeking even more high-dopamine events, causing their base levels of dopamine to drop even more. Lembke said seeking that rush of dopamine to feel happy actually causes the eventual feeling of sadness after the initial buzz wears off. “The behavior of bombarding our reward pathways with all these pleasurable things, that’s causing depression, anxiety and other mental health problems,” Lembke said. Krishna said he can tell his friends are addicted to social media because he notices the come-down after they get off their phones. “Whenever I was with them, they couldn’t really be in the moment, always checking their phones,” Krishna said. “They always look happy when they’re on their phones, and then afterwards they seem more distant and

down, and I know that’s because the buzz from social media died down.” Junior Hailey Oshita said she has gone so far as to Google how to control her screen time after realizing she was spending too much time online. She said having an accountability partner really helps her limit time spent on her phone. “I think having someone to keep you accountable helps a lot because it’s easy to forget or ignore your own thoughts, but when someone else tells you, it feels more impactful,” Oshita said. “Sometimes, it’s hard to set boundaries for yourself, but in the end, too much of anything is bad for you so you just do what you need to do to keep yourself in check.” Lebke said maintaining a safe amount of screen time can create a happier, healthier lifestyle. “We set time limits, practice digital etiquette, and control what spaces we use our electronics in,” Lembke said. “And by doing these things, we can find a balance and realize life is a lot better when we aren’t addicted.”

Dinu Deshpande
Staff Writer

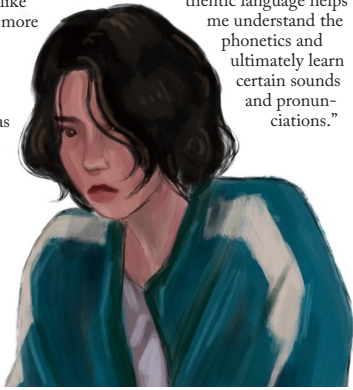
The rise of K-dramas

‘Squid Game’ popularity sheds light on growing fandom

Lauren Chung
Sports Editor

As senior Harin Kim winds down from her busy day at school, she switches on her TV and puts on a lovey-dovey Korean drama to decompress. Kim said when people think of Korean dramas, they often imagine the light, romantic comedies that make hearts flutter. However, the newest Korean drama, “Squid Game,” sheds a new light on a lesser-known facet of Korean dramas. Within a week of its release, this thriller had become the most watched Netflix original on the platform. Kim said Squid Game is a new genre that adds to her long list of Korean dramas, but it’s not necessarily a relaxing. “I usually watch a light-hearted Korean drama to wind down from my day,” Kim said. “But when Squid Game came out, I gave it a try, and it was actually quite disturbing. However, all of the episodes left on a cliff-hanger, making me want to continue watching.” For senior Anika Chang, intense K-dramas like “Squid Game” are more entertaining than light comedies. “I don’t really like watching lovey-dovey dramas because it reminds me of my relationship with my ex-boyfriend,” Chang said. “Instead, I like watching dramas that are more action and thriller. That’s why Squid Game was so appealing to me.”

For students like seniors Isabella Otteson and Albert Cai, who are not of Korean descent, Squid Game was a brand new experience. “Squid Game was actually one of the first Korean dramas that I ever watched,” Otteson said. “I saw it on my TikTok For You page, and it looked really good, so I decided to watch it. It was one of the best decisions I ever made.” Reading subtitles was not a problem at all for both Otteson and Cai, who are unfamiliar with the Korean language. “At first, I watched episode one using the dubbed version, and I didn’t really like it that much, so I switched over to the Korean version,” Otteson said. “It took a little getting used to, but reading the subtitles was not as hard as I thought it would be. I was so engaged in the drama that I didn’t even realize I was reading.” Cai said he also enjoys watching the original version of Korean dramas, rather than the dubbed version, to learn the language. “I really enjoy learning new languages — it’s like a puzzle for me,” Cai said. “Watching Korean dramas in their authentic language helps me understand the phonetics and ultimately learn certain sounds and pronunciations.”



ART BY WALLIE BUTLER

The Crossword

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61					62		63		64	65				
66							67				68			
69							70					71		

CROSSWORD BY NEIL RATHI AND RONAK MONGA

Across

- 1 Google app for a writer
5 Animal whose eyes are used in Shakespearean concoctions
9 Manly

14 Bar game projectile

- 15 Love: Sp.
16 Committee type
17 “Welcome to _____” (1987 Guns n’ Roses hit)

19 Obvious to see

- 20 Recap
21 Wee winged tricksters
23 ‘At _____!’ (Army command)
24 “Much _____ about nothing”

- 25 Place where stars align
27 Power
30 Soaks (up)
31 Kimono sash
32 ‘Good’ cholesterol letters
34 Eyed lecherously
38 Elton’s john
39 Handyman’s handybag
41 First lady
42 Dog shelter
44 Gear tooth
45 Big _____ (London clock)
46 Corporate bigwig
48 Pearl producers
51 Build, as a freshman
55 One of two above the Haymarket
56 Big L, for an army
57 Fire season air pollutant
58 Italian fashion hub
61 Meander
63 Yellow craft in a 1968 Beatles hit
66 CIA Agents
67 Cupid, to a Greek
68 Places to park
69 Place of respite on a hot day
70 Kiss, in Kent
71 Annoyed state

Down

- 1 Banned insecticides
2 Home of Honolulu
3 Posthumous disposal via flame
4 Patron of lost causes
5 Nickname for a grandmother
6 Muscle test: Abbr.
7 Fictional investigator Nero
8 Walks (on)

- 9 Chinese chairman
10 TV jingle stanza
11 Opposite of Town and Country prices
12 Equine animal
13 Group of eight
18 Atop
22 Science for a “green” activist
25 Opposite of Command-Z
26 Peak
27 11th U.S. President
28 Clarinet’s cousin
29 Infection from contaminated water
33 Business letters
35 Teenage phase
36 Of all time
37 Bear lairs
39 “heyy” or “hru”
40 Heavy shoe
43 Snuggled
47 Swears
49 “Brave New World” Drug
50 Spins, as a baton
51 Uncouth
52 Zing
53 Old Nile civilization
54 Stir, as butter
59 Prefix with matter and disestablishmentarianism
60 Hummingbird’s home
62 Opposite of WNW
64 Halloween shout
65 ‘Dangerous’ flavor enhancer

Send a picture of your finished crossword to @palycampanile on Instagram for the chance to win free bobal! thecampanile.org/crossword/

Sports

Varsity football ends season 5-5

Lillian Clark
Staff Writer

The varsity football team has concluded its season with a record of 5-5. Head coach Nelson Gifford said while the season wasn't always been smooth sailing, his team has solid potential. "Every year teaches me something new, and this year has been no different," Gifford said. "I have learned new lessons and been reminded of old ones." Though the team has gained strength and worked hard physically, junior captain and starting center Va'inga Mahe said that is not the only factor the team is looking to improve in. "I feel like our team needs to work on ourselves mentally," Mahe said, "knowing plays, knowing where to line up, all that type of stuff." Running back Jack Newman said despite the team's close relationships with each other, working together more frequently outside of practice would be beneficial. "We definitely need to be in the weight room as a team," Newman said.

“Every year teaches me something new, and this year has been no different. I have learned new lessons and been reminded of old ones.”

Nelson Gifford

better in all facets of play and life." Mahe said the team needs to continue working as a collective and playing to its strengths on the field. Only then, he said, will this group be able to compete to its full potential. "I am confident that we can be a great team," Mahe said. "We just have things to work on both as a team and individually."

To read more sports stories, visit:
thecampanile.org/category/sports/



JT BARD/THE CAMPANILE

Paly and Los Gatos line up for a play during this year's rivalry game. Players from both sides say the tension from the rivalry is palpable every year. "We went into games knowing it would be physical and heated," graduate Leo Malchin said. "That expectation really fueled it, and I'm sure they felt the same way."

Paly vs. Los Gatos game revives old rivalry, sparks new tension

Homecoming game concludes Spirit Week with strong emotions, language

As the football team prepared to play against Los Gatos in October, a mass of students burst through the Ray Field gates, filling the grandstands to the brim. Opening kickoff was met with a roar of applause, and the Los Gatos offensive unit ran onto the field to loud chants from the Paly crowd of "F-L-G! F-L-G!", meaning "F--- Los Gatos." Even as Los Gatos pulled away to a dominant 49-0 win, loud cheers from a raucous Paly student section continued to reign down. Over the last few years, these matchups between Paly and Los Gatos have morphed from a friendly competition into a rivalry marred by aggression and misconduct. And this year, the game was a combination of a rivalry game and a homecoming game to cap off spirit week. Senior defensive end Adrian Faust said this led to a unique atmosphere. "The crowd was insane; it was super high energy," Faust said. "Not the result we wanted, but it was really fun to go out and play football." According to Athletic Director and football coach Nelson Gifford, the teams have been playing each other in league play for almost 30 years. "There's always been a rivalry between the teams, because we've always been competitive for championships and league titles in a multi-

tude of sports," Gifford said. "But there's been a lot of emotional stuff between the fans recently." Assistant Principal Jerry Berkson attributes the increased tension of the rivalry in recent years to social media. "There was a lot of smack talking going on on social media," Berkson said. "Basketball season was when it really peaked, and there was a confrontation. That carried over into football season, and back into basketball season." Paly-Los Gatos games are often more high-intensity than other matchups, according to recently graduated soccer player Leo Malchin. "We went into games knowing it would be physical and heated," Malchin said. "That expectation really fueled it, and I'm sure they felt the same way. It's like that in every sport." Malchin said the intensity of the rivalry goes back as far as he can remember, including when his older siblings attended Paly. In 2019, administrators made the decision to temporarily ban students from all rivalry matchups due to unruly behavior at basketball and football games. "There were some incidents that happened during basketball that made having fans untenable between the two schools," Gifford said. "There was a concern at the time that the environment was getting too negative, that it was

no longer about friendly competition but about attacking the other team." Students are now allowed back at the games, but administrators are quick to shut down the infamous "FLG" chant, Berkson said. "It's classless, and students have to understand this is not a college atmosphere," Berkson said. "It's great to cheer your team, but when you start getting on the other team, the only thing that can happen is bad problems. If it starts happening again, we'll have to clamp down again." But for many students, the negative chants add to the excitement and entertainment value of the rivalry. "In the context of a sports game, if I were on the field, it would just make it more exciting for me," Malchin said. "That's just the way sports are." Regardless of student section behavior, Faust said the Paly-Los Gatos rivalry always holds a special significance to him. "It's a rivalry game, so it feels very important," he said. "People are a lot more competitive on both sides."

Zack Silver
Sports Editor

Burned out: student-athletes reflect on stressful schedules



GRACE CORRIGAN/USED WITH PERMISSION

Junior Grace Corrigan fends off a defender in a girls basketball game. Juggling demanding sports schedules and school workloads have proven difficult for athletes like Corrigan. "I have considered quitting a lot recently," Corrigan said. "What's stopping me is myself."

Lillian Clark
Staff Writer

Junior Grace Corrigan begins with morning practices before school for preseason basketball. Then she goes to school, and right when the bell rings she is off to cross country practice after school. By the time she gets home, she has already been gone for at least 10 hours but is not close to being done with her day. After dinner, she still has to do her homework. With school work piling up and college applications due, many student-athletes like Corrigan say they are finding themselves struggling with burnout. And Wellness Outreach Worker Whitney Aquino said Corrigan isn't the only one feeling this way. "The source of burnout is a lot of different things," Aquino said. "It can come from too much on your plate and not enough space to take rest or breaks to alleviate some pressure. It can also come from lack of support." Corrigan has played basketball competitively for nearly 10 years and said she is starting to feel less interested in it. "I do feel tired, and I have

considered quitting a lot recently," Corrigan said. "But I haven't quit because part of me believes I will regret it or it will get better. What's stopping me is myself." She said she knows many other student-athletes feel the same way but don't quit. "They often receive pressure from their parents or themselves," she said. On top of the stress of wanting to succeed in the sport, many student-athletes think taking a break shows carelessness. "We get a lot of messages that we need to be hustling and on the grind, that we always need to be pushing our limits, because, on the other side of that, you are being lazy, taking the easy way out or wasting your time," Aquino said. This hustle mentality is accompanied by the pressures of getting into colleges off of one's athleticism, Corrigan said. "Youth sports seem to turn more serious in high school," Corrigan said. "People can start getting recruited for college, so it becomes more important and only the people who prioritize their sport will succeed in it, which is another reason why continuing to play sports through high school has become challenging."

When sports become more intense, rest is needed even more, Aquino said. Student-athletes need rest to recover from burnout, just like the physically injured need rest to recover. "Signs of (burnout) can be many different things," Aquino said. "It can be feeling irritated. It can be you stop caring or feel like you can't give more, escape fantasies which are dreaming about quitting, and also for some people it can be getting sick." But Aquino said rest and self-care don't always correlate with each other. "Sometimes we hear the message that we just need more self-care," Aquino said. "The issue with self-care is it kind of puts the onus back on the individual instead of looking at what is overall wrong." Noticing feelings toward a sport and trying to understand them is inevitably the best way to work through burnout and continue to play at a high level, Aquino said. "It can be hard to accept that you need rest," Aquino said. "Each person's place where they're at is different. "We all have different things we're managing. Start by changing your self-talk and accepting that rest is revolutionary."



Math teacher Scott Friedland stands in his office where his walls are covered with posters and flags from San Francisco Giants games. Similarly, his classroom walls bear the posters of past and current Giants baseball players, his favorite being Brandon Crawford. “It’s one of those rare activities where I can really turn off the other elements of my life,” Friedland said.

Math teacher by day, Giants superfan by night

Scott Friedland’s love for San Francisco baseball team began at early age

Charlotte Hallenbeck
Business Manager

The voices of Bay Area rock band Journey echo throughout Oracle Park as lead singer Steve Perry sings “Lights” during the eighth inning stretch. Among the singing crowd is math teacher Scott Friedland, decked out in San Francisco Giants’ merch from head to toe.

Friedland’s classroom also reflects his love of the Giants. A plethora of Giants posters cover the walls and his computer is covered in a bright orange case.

It was 1987 when Friedland first discovered baseball and the Giants. Growing up in Fresno, he said Giants games were rarely on television because they were announced on the radio, so he remembers his surprise when he turned on the television to see the Giants game on.

“I saw this guy hit a triple — one of the most exciting plays of baseball — and he rolls into third, he’s pumping his fist, and he was so intense and fiery, and it felt incredibly relatable to me,” Friedland said. “I found out afterwards that it was Will Clark, and he instantly became my favorite player. I really related to how he was just so committed to winning and really relishing the moment, and so I started listening to every game on the radio.”

From that moment on, Friedland said he was hooked. The following year, he listened to all 162 games on the radio because he enjoyed the suspense the game created.

"I saw this guy hit a triple — one of the most exciting plays of baseball — and he rolls into third, he’s pumping his fist, and he was so intense and fiery, and it felt incredibly relatable to me."

Scott Friedland

“I like the pace of it,” Friedland said. “Some people view the pace as kind of a bug and not as a feature, but I actually like the slow and intense pace of baseball.”

Eleven years later, Friedland graduated from the University of California, Santa Barbara. As a graduation gift, his father gave him tickets to the last 40 home games the Giants ever played at Candlestick Park.

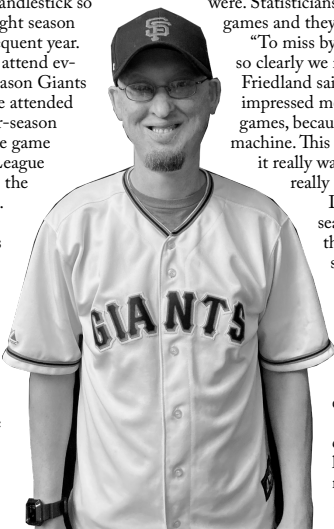
“I got to be there for the final season at Candlestick, which was amazing,” Friedland said.

In fact, he said he enjoyed being at Candlestick so much that he has bought season tickets for every subsequent year.

He said he tries to attend every regular and postseason Giants game, and this year, he attended 76 of 81 home regular-season games and every home game during the National League Division Series versus the Los Angeles Dodgers. He said a particularly defining aspect of this year’s season for him was watching the growth of veteran players, especially his favorite: Brandon Crawford.

“He’s incredible,” Friedland said. “Being that athletic at 34 years old seems impossible because I remember being 34, and I did not feel like that.”

Friedland’s favorite pitcher is Logan Webb, a leader of the Giants’ pitching rotation.



“The development of Webb at such a young age and being such a dominant force — that’s just so much fun,” Friedland said. “It reminds me of those (Tim Lincecum) and (Madison Bumgarner) teams where these guys are so young, and they have to become playoff performers right away, and that’s always really cool.”

As a statistics teacher, Friedland said he loves to look at how accurate the win projections are at the start of the season. This year, he was particularly amazed by how far off most predictions were. Statisticians predicted the Giants to win 70 and 74 games and they ended up winning 107.

“To miss by that much is just an incredible miss, so clearly we really undervalued what this team had,” Friedland said. “I never really thought I’d see a team that impressed me more than the 1993 team that won 103 games, because that team always felt like a well-oiled machine. This (year’s) team was really remarkable because it really was a different hero every night, which was really cool.”

Despite the unfortunate end to Giants’ season, Friedland continues to view the game through a positive lens. He said a five-game series is always subject to natural variation, so learning to enjoy the sport game by game is essential.

After a year of games with no in-person fan attendance, Friedland said he is happy to watch games in person at Oracle Park again because it acts as a momentary escape from his day-to-day life.

“It’s one of those rare activities where I can really turn off the other elements of my life,” Friedland said. “It really is an escape for me. I can immerse myself in what’s going on right there, so from a mental health perspective, it’s been really helpful.”

Girls golf approach Central Coast Section championships with undefeated season under belt

Eric Fan
Staff Writer

In preparation for the CCS tournament, the girls golf team has been practicing its mid to short game instead of working on its driving skills.

The team ended the last leg of the regular season at 10-0 and hopes to continue its undefeated streak into CCS on Nov. 2, Coach Doyle Knight said.

“The thing we need to be laser sharp on is putting and chipping distances of 100 yards and in,” Knight said. “The short game is the scoring distance game. It’s really when you want to get close to the ball and when you can cut down on strokes.”

Knight said there’s good reason for the intense practicing: the team will face strong competition for the CCS title.

“Valley Christian is probably the best team in the district right now,” he said.

Junior Captain Allyson Lee agrees.

“From what I know, most of their players are planning to play college golf, and the coaches are also really dedicated,” Lee said.

Paly beat Valley Christian 189-192 in an



Junior captain Allyson Lee practices her swing in preparation for CCS championships Lee said she is confident in her team’s ability to win at CCS.

October scrimmage, but Lee said it was a fluke.

“They played a little worse than their average, and we played a little better than our average,” Lee said.

Still, Lee said she is confident in her team’s ability to win at CCS.

“We’re definitely going to be right up there with them,” she said.

Knight agreed and said the team is right on Valley Christian’s heels.

“We’re going to be that gnar that’s going to be in their ear annoying them,” Knight said. “I think our chances are pretty good as long as we stay calm and make less mistakes.”

No prior experience needed!

PALY MODEL UN

MUNdays at 12:50 pm in Room 806

Committing Athletes

During recruiting season, many high school athletes look toward pursuing sports in college. Several students have made this decision over the past months, including seniors Lauren Sung, Henry Bolte and Mariana Kessinger.



LAUREN SUNG/USED WITH PERMISSION

Lauren Sung

Senior Lauren Sung, who has committed to play golf at the University of Michigan, said she began playing the sport at 5 years old with her dad and sisters. From there, she grew an immense passion for golf and has been playing ever since.

“I think at this point in my life, it’s definitely become a huge part of me, just being able to connect to an activity so much and love it in the way I do,” Sung said. “It’s a part of my identity and it will be forever. Having my sisters play the sport with me has also made me grow my love for the sport.”

Sung said many universities have good golf programs, but she was specifically drawn to the University of Michigan.

“Visiting the campus and seeing the facilities (was) incredible, not to mention the amazing coaches who are so dedicated to their players; everything kind of came together,” Sung said.

Sung also said the team environment at Michigan led her to commit there.

“Beginning my recruiting process, I had no idea where I wanted to go, until I started talking to the coach and seeing how well their team was doing, knowing how they run their practice and how much dedication the coach puts into the team,” Sung said. “Michigan quickly became my top choice.”

Sung said, however, she faced adversities during her recruitment process due to COVID-19. Because of the strict protocols, college coaches were unable to watch a player in person during the “dead period” due to COVID-19 restrictions.

“With golf, coaches really want to go out there and see how you react to your shots, not necessarily how you play, but more what kind of attitude you have when you’re playing bad or good,” she said.

Despite facing such challenges, Sung said she was able to connect with Michigan’s coaches and team.

“I definitely want to pursue it at a professional level,” Sung said.



HENRY BOLTE/USED WITH PERMISSION

Henry Bolte

Senior Henry Bolte has committed to the University of Texas for baseball. He began playing at around 3 or 4 years old and said he is thankful for everything the sport has taught him.

“I think baseball has had a huge impact on my life,” he said. “I’ve met a lot of my best friends through baseball, great coaches through high school, and it set me up for college. I would not be anywhere near where I am right now without baseball.”

Bolte said he was a bit worried during the dead period, but said he generally had a smooth recruiting process.

“I think elements of the unknown were a little stressful, since people are committing to schools younger and earlier each year,” Bolte said.

Bolte said he was drawn to the University of Texas for multiple reasons, including the coaches and program, the experience of living in a different area and the sports fanatics.

“A factor (was) going kind of far away from California because I wanted a different experience. Another thing is they really care about their sports out there, so they have a lot of fans at the baseball games, and having that environment was really appealing to me on top of the whole program itself, so that drew me there as well.”

For these reasons, Bolte said committing to the University of Texas was a straightforward and easy decision as his love for the school grew quickly.

“For most of the time, it was my top choice, kind of my dream school, so it was an easy decision,” Bolte said.

Regarding his baseball plans after college, Bolte said he hopes to continue playing professionally, but is focused on living in the present.

“I’m just trying to play the game for as long as the game will have me, so as long as I can. If that’s in the cards for me, if that’s an opportunity for me, then I’d love to,” Bolte said. “But right now, I’m just trying to keep playing the game.”



MARIANA KESSINGER/USED WITH PERMISSION

Mariana Kessinger

Mariana Kessinger is a senior who has developed many strong bonds and relationships through soccer.

“I think that soccer has had a major impact on my life because I’ve formed so many good relationships with so many people, and my coaches have been amazing mentors for me, for not only soccer, but life in general,” Kessinger says. “I spent so much time with them that they really changed my life.”

Kessinger said she received lots of coach support during the recruiting process and was specifically drawn to Cornell University where she will continue to play soccer.

“I’ve always also really loved school and loved pushing myself academically, so I wanted to find a program where I could still pursue a really high level of academics and a high level of soccer,” she said.

Similar to Sung, Kessinger’s recruiting process was also delayed because of the COVID-19 “dead period.” But once that was over, she said she quickly received an offer from Cornell.

“Usually, this doesn’t happen, but the coach asked me if I wanted to commit in the middle of camp, which was really stressful because I hadn’t talked to my parents because I didn’t really expect it that soon,” Kessinger said. “But, that was really exciting because for the rest of camp, I could just play and relax and it wasn’t as stressful.”

As much as she loves soccer, Kessinger said she is also academically driven, and hopes to pursue professional soccer but also has dreams of other careers.

“I would love to play professional soccer,” Kessinger said. “(But) it would be something that I would only consider if everything else fell into place, and I could have a job or go to grad school while I could do it.”

Brianna Zhou
Staff Writer

Score Report

Football

Record

Varsity: 5-4

Recent Scores

Paly vs. Milpitas
10/29, W, 20-17

Paly vs. Mountain View
10/22, W, 35-34

Field Hockey

Record

Varsity: 8-5-2

Recent Scores

Paly vs. Cupertino
10/29, W, 3-0

Paly vs. Saratoga
10/27, L, 4-0

Girls Volleyball

Record

Varsity: 18-12

Recent Scores

Paly vs. Monta Vista
10/26, W, 3-1

Paly vs. Homestead
10/22, W, 3-0

Paly vs. Los Gatos
10/19, L, 3-1

Paly vs. Mountain View
10/14, W, 3-1

JV Record: 7-7

Recent Scores

Paly vs. Monta Vista
10/26, W, 2-0

Paly vs. Mountain View
10/14, L, 2-1

Cross Country

Boys Varsity

SCVAL Champions

Girls Varsity

3rd in SCVAL



Boys cross country wins SCVAL championship, girls finish third

Cayden Gu
Staff Writer

Following an impressive performance at the third Santa Clara Valley Athletic League meet, both the boys and girls cross country teams are optimistic about a chance to compete at the state competition.

The boys varsity team won the meet, with sophomore Grant Morgenfeld, junior Eoin O’Connell and senior Mateo Fessler leading the team, placing second, fourth and fifth respectively.

Junior Elizabeth Fetter won the girls varsity race and junior Hillary Studdert placed third, guiding the team to third place.

On junior varsity, seniors Kenji Tella, William Dike and Hugh Cameron and junior Alex Gao swept the top four of the boys race, while freshman Megan Lemoine won the girls race. Both junior varsity teams placed first.

O’Connell said part of the team’s success can be attributed to it growing stronger together.

“I was really happy with (my performance). Me and Mateo really pushed each other really hard,” O’Connell said. “I think as a team, we’re really coming together to push each other and help each other get stronger.”

Coach Michael Davidson praised new team members for their in-season improvement and

said the team has come together in an impressive way.

“At the beginning of the season, there were kids who were new and getting used to the amount of work that we do,” Davidson said. “Now, they are a lot more cohesive, a lot stronger and a lot faster.”

Davidson said part of the improvement in the team is mental.

“They’re a lot more confident about what they’re able to do now,” Davidson said. “There used to be a lot of kids that were like, ‘Oh my gosh’ since they hadn’t run that far before.”

Freshman Gavin Hasse said his change in approach to races helped him place higher in meets.

“It’s definitely more of a mental thing,” Hasse said. “I feel that before, I would try to conserve my energy on longer races like our last one. But I decided to go harder at the beginning, and I feel that paid off in the end.”

As the end of the season approaches, O’Connell said he is excited for the CCS meet.

“I’m really looking forward to CCS because we’re hoping to get top two to make it to states,” O’Connell said. “That’s our main goal — to make the states. Our boys team hasn’t made it to states in a couple years, so it’d be fun to make it this year.”

Davidson agreed and said the team’s goal is to improve as a whole in order to prepare



KEN OGATA/THE CAMPANILE

Senior John Miller finishes the varsity race at SCVAL #3 with a personal 5K record of 16:48. The boys team took a victory with 31 points. “At the beginning of the season, there were kids who were new and getting used to the amount of work that we do,” coach Michael Davidson said.

for the championships that are coming up. Although Davidson said individual achievements were of importance to him, he emphasized the collectiveness of the team when it comes to setting expectations.

“Our hope is that we have a healthy and strong finish for everyone and that all of our athletes get to a point where they’re at their very best or their peak performance,” Davidson said. “I’m not going to say expecting, but I’m hoping that we will do well as the championships come around.”

Science & Tech

COVID-19 vaccine pill offers potential alternative to injections

Merck & Co. medicine could solve scarcity of shots in many countries, making administration easier

Pharmaceutical company Merck & Co. released the interim trial analysis of their new COVID-19 vaccine pill on October 1, 2021, which showed evidence of a 50% reduction in the risk of hospitalization or death from COVID-19.

Currently, three COVID-19 vaccines are available in the US to anyone over the age of 12 — Pfizer BioNTech, Moderna, and Johnson & Johnson. All three are traditional, injected vaccines, making Merck's the first oral vaccine.

While the United States has enough vaccines to supply its population, many poorer countries have met severe difficulties in acquiring enough vaccines for their citizens.

The introduction of Merck's COVID-19 vaccination pill could help these struggling companies by offering a new source of vaccines.

According to its website, Merck released an analysis of its interim trial which it says the pill reduced the risk of hospitalization or death by approximately 50%.

Merck also said it plans to seek emergency authorization for the pill in the US and will submit applications for its use to regulatory agencies worldwide.

According to the same report, the pill disrupts the spread of the virus by introducing errors when the virus replicates, effectively rendering it unable to spread.

While it may seem like the daily COVID-19 pill is just around the corner with Merck seeking emergency authorization in the US, the study was conducted only on patients who already had COVID-19, making the results only valid for patients with COVID-19.

An oral form of a COVID-19 vaccine would ease the strain on the manufacturing. In the Interim Analysis, Robert M. Davis, CEO of Merck, stated that "(Merck) will continue to work with regulatory agencies on our applications and do everything we can to bring molnupiravir to patients as quickly as possible."

Merck has a licensing agreement with five Indian prescription drug manufacturers, along with a pledge to donate more than \$5 million in supplies and

equipment to relief efforts in India according to an announcement on Merck's website, released April 27, 2021.

With vaccine shortages in many poorer countries, Merck's pill could help shift the tides in the fight against COVID-19 in these nations. Merck's website says, "Merck has entered into these agreements to accelerate availability of molnupiravir in India and in other low and middle-income countries following approvals or emergency authorization by local regulatory agencies."

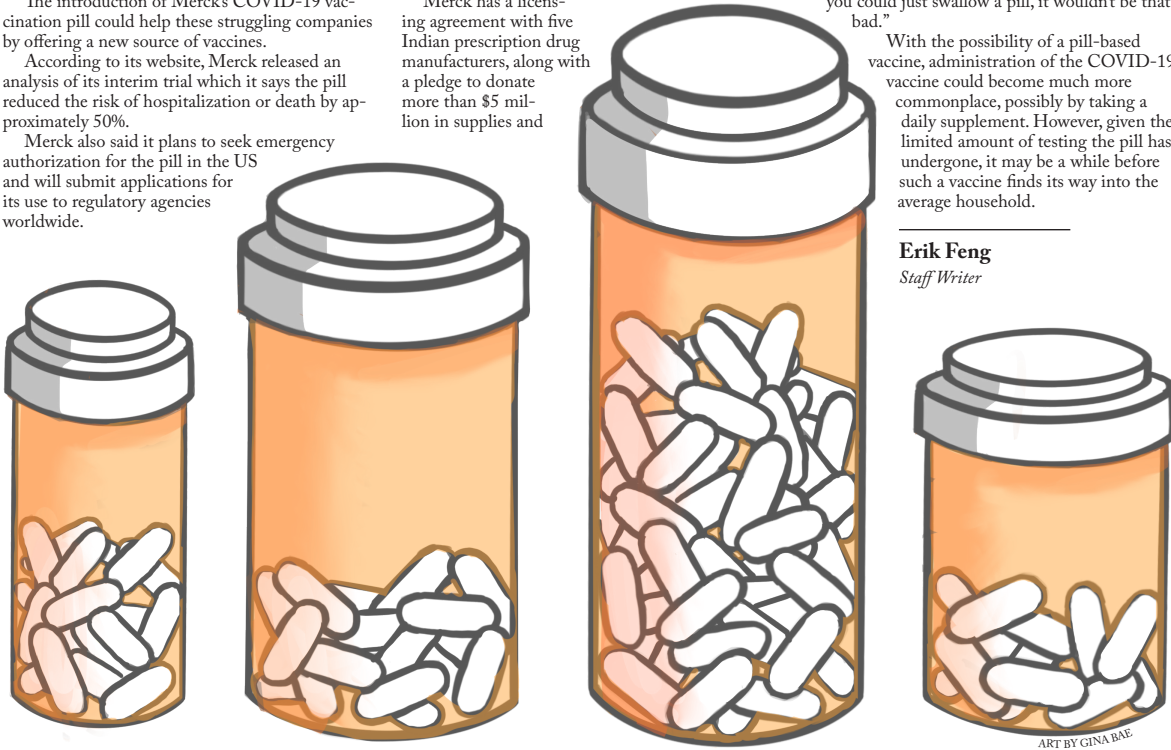
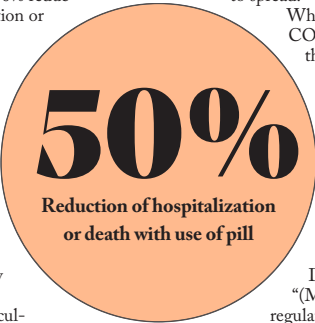
A pill-administered vaccine for COVID-19 could also create an opportunity for many to avoid shot-based vaccines. Many people who oppose vaccination could be more open to a non-shot administered vaccine. This could increase vaccination rates in countries already supplied with vaccines but with a minority of the population that refuses to vaccinate.

Paly junior Chadwin Wong said he would prefer the use of a pill over a shot.

"Shots kind of hurt for a bit," Wong said. "But if you could just swallow a pill, it wouldn't be that bad."

With the possibility of a pill-based vaccine, administration of the COVID-19 vaccine could become much more commonplace, possibly by taking a daily supplement. However, given the limited amount of testing the pill has undergone, it may be a while before such a vaccine finds its way into the average household.

Erik Feng
Staff Writer



ART BY GINA BAE

California residents prepare for La Niña 2021

Teachers, students gear up as recurring climate pattern could worsen state drought

California could face another dry winter as La Niña 2021 approaches, potentially prolonging its drought as rainfall and temperatures decrease.

La Niña is a routine weather event that amplifies the weather in the central and eastern equatorial Pacific due to cooling of ocean surface temperatures.

AP Environmental Science teacher Nicole Loomis said La Niña is a part of the El Niño Southern Oscillation cycle.

"El Niño and La Niña events occur every two to seven years on average," Loomis said.

"This is the duration of the ENSO cycle, and it varies."

This year will be the second consecutive

La Niña — also known as a "double-dip" — and means the Bay Area can expect changes in weather.

"Generally it is precipitation that is affected — in the eastern Pacific, we will see less precipitation during a La Niña year, so more drought," Loomis said.

According to Loomis, the decreased rainfall in the Eastern Pacific will affect wildlife as well.

This has impacts on terrestrial ecosystems, and can increase risk of wildfires," Loomis said. "In coastal waters, there is an increase in coastal upwelling, which brings nutrients up from the deep, so that is good for offshore ecosystems and fisheries."

Loomis also said either El Niño or La Niña can happen every year.

"A La Niña year occurs when the tradewinds, which normally blow from east to west between the equator and 30 degrees north and south latitude, become more intense than usual," Loomis said. "This increases low pressure systems over the western Pacific and high pressure systems over the eastern Pacific. Low pressure systems are associated with more rain, and high pressure systems are associated with more drought."

El Niño, however, is the opposite of La Niña.

"An El Niño year occurs when the tradewinds, which normally blow from east to west between the equator and 30 degrees north and south latitude, slow down or even swap direction and blow from west to east," Loomis said. "This event reverses the normal pattern, causing increased rains in the eastern

Pacific and increased droughts in the western Pacific."

To determine whether a year will be a La Niña year or El Niño year, Loomis said weather forecasters analyze the Earth's atmospheric and oceanic models.

"The forecast for this year has already been published based on the models," Loomis said.

Loomis said outside factors such as global warming increase the frequency and intensity of the ENSO and its weather patterns.

"El Niño and La Niña events can vary in frequency and intensity — it is expected that the frequency of intense events will increase from about once every 20 years to about once every 10 years," Loomis said.

Junior Ava Shi said her family is prepared for the predicted drought.

"My family already has methods we use to reduce the amount of water we waste, so we'll probably continue that and in general just be more aware of our water consumption," Shi said.

Junior AP Environmental Science student Kylie Tzeng also said she will be more cautious of her water consumption and will implement various methods to limit her water use.

"I will take shorter showers and not leave the faucet on when washing dishes," Tzeng said.

Loomis suggests Palo Altans prepare for drought conditions before they become irreversible.

Loomis said, "conserve water, remove lawns and replace them with drought tolerant plants, install rain barrels and create defensible space around your house if you live near wild areas."

Tiffany He
Staff Writer

