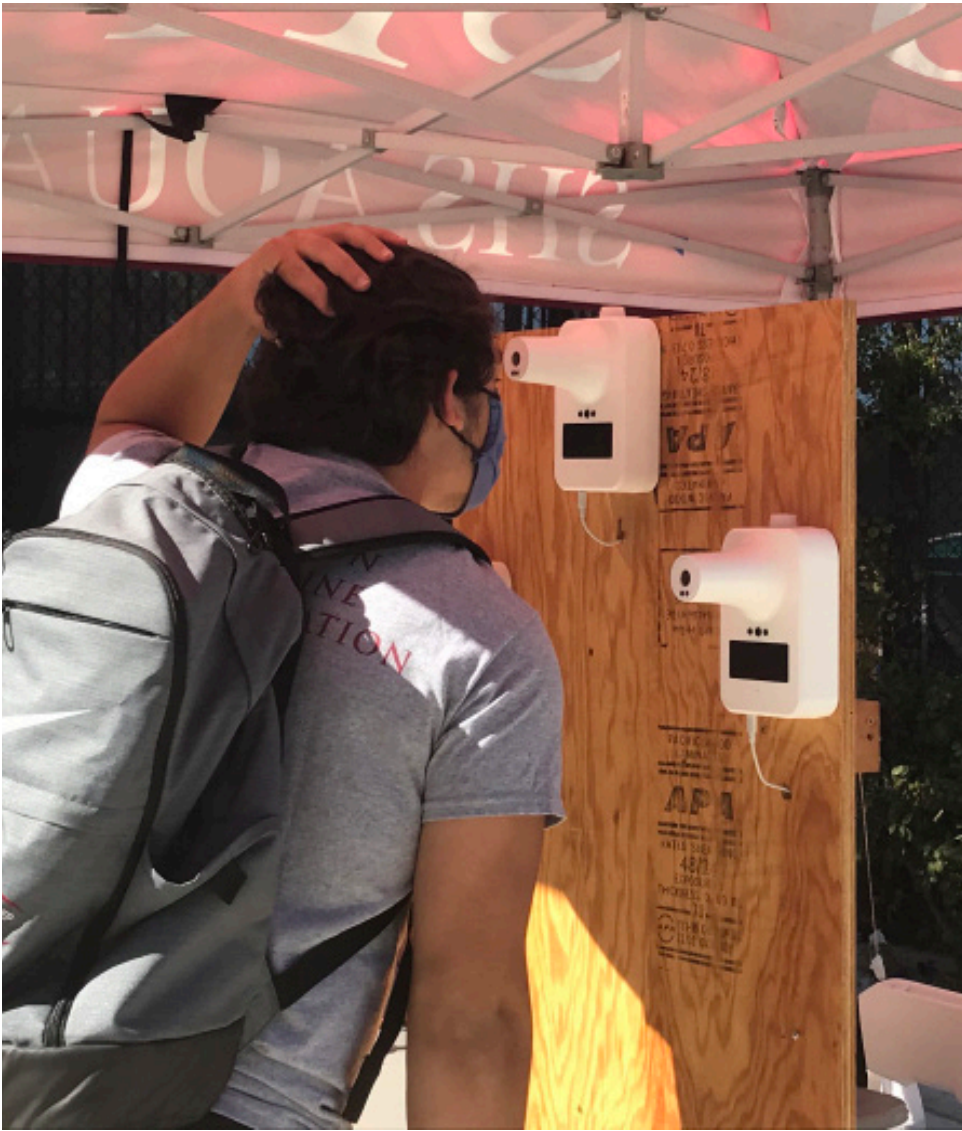


theHeartBeat





Left: A student gets their temperature checked before using an athletic facility. Photo by Nick Machicao '23
Right: Safety precautions for using the pool include cones and new measurements between lanes. Photo by Carl Crum '24

Student and Faculty Leaders Emphasize Political Discourse Leading Up to Election

News - Eric Bollar '22

With this year's Election Day overlapping with the pervasive political tension in our nation as well as COVID-19's massive impact on our daily lives, SHP is taking action to ensure that political discourse remains peaceful in our community.

School principal Dr. Jennie Whitcomb emphasized the importance of peaceful discourse in our community, and how students should not focus on "[trying] to 'win' the debate in class." Instead, she hopes that community discussion will give students "a chance to listen to one another and to share [their] experiences both openly and without a desire to provoke discord." Dr. Whitcomb also detailed one notable action taken to maintain peaceful discourse at SHP, namely "[the updating of] the school's 2018 Peaceful Discourse Pledge to integrate ... language from the Civilize It Pledge," an initiative of the US Council of Catholic Bishops.

Furthermore, Ms. Lauren Benjamin, Assistant Principal of Mission and Culture, who is not only involved in the classroom but also in many student groups, noted how students have been very involved in the Peaceful Discourse Pledge in the past. Ms. Benjamin says that peaceful discourse is about "promoting a ... shared understanding" and that political discourse is "not a game; it's not about taking sides or [being a] winner or loser." Both she and Dr. Whitcomb want to ensure that students realize the impact that these discussions have on others in our community. Trying to belittle those with opposing viewpoints does not align with SHP's goals and values. Ms. Benjamin explains that

everyone's perspectives and experiences are different: "there's multiple truths; there is not one right or wrong answer." SHP faculty members want to encourage everyone to speak their mind while still being mindful of how their words might affect others.

At the student level, different groups and clubs that focus primarily on politics aim to keep civility between students. SURJ, while not a political group, is a new organization this year that aims to create a space for discussion. Anne-Sophie Lacombe '21, a leader of SURJ, listed several rules that the club has implemented for meetings, including that one should "speak from the 'I perspective,' lean into discomfort ... and listen, listen, listen, then speak." These rules for discussion encourage members to actively hear what others with different viewpoints are saying and to build the conversation in a positive way. Similarly, Theodore Purcell '21, a leader of SHPPolitics, states that the significance of peaceful discourse in their club is so vital to them that they "[begin] their first meeting with a discussion ... about it."

Both groups are taking steps towards preventing any unproductive, hostile dialogue. However, both leaders also emphasized the importance of diversity of thought. Anne-Sophie continued by stressing how necessary it is for SURJ to "have different opinions," and how their space is a place designed for one to "[discuss] one's own experiences in a group of people with a similar identity factor." For SHPPolitics, Teddy said that in the current times, "it has never been more important to include students of all

political viewpoints." Overall, the message for both groups is to promote social unity through peaceful discourse while welcoming and even encouraging multiple, diverse viewpoints.

In anticipation of the outcome of the election, SURJ and SHPPolitics are preparing for any candidate to win. Anne-Sophie mentioned providing "safe spaces for people to talk ... and give students the opportunity to connect" while Teddy likewise noted the club's plan to "[allow] open, free flowing discussion about the election." However, the shift to online learning has created many challenges for these groups. Having a club meeting over Zoom is not nearly as engaging or interactive as meeting face to face. Anne-Sophie hopes that "even through Zoom meetings, students will feel like they have a space where they can feel comfortable and accepted." Teddy echoes that "the online format has a significant effect on [their] ability to thrive as a club" as "discussions are always more effective in person." However, the two groups will still seek to engage in insightful conversation despite shifting to an online format.

Both at the student and faculty level, leaders of the SHP community are implementing ways to maintain peaceful discourse between students with differing political views during this tense time leading up to this year's Election Day. While efforts will certainly be focused on the political groups that students can join, peaceful discourse will be prioritized in classroom and extracurricular activities in order to make sure that the community approaches the election in a unified manner.

California Fires Delay Start of Athletic Programs

News - Kíran Seeff '23

Over the past few weeks, many parts of northern California have witnessed devastating fires that have left hundreds of thousands of people without homes and in desperate need of shelter. While our community has not been directly threatened by the devastation of the fires, SHP's athletic and extracurricular outlets were unable to function for a couple of weeks.

In order to better understand how these fires are affecting certain parts of California and how they relate to climate change, AP Environmental Science teacher Mr. Mike Judge provides some background. "The natural state of California [includes] a lot of wildfires," he says. "Those wildfires would generally interact with a system that is adapted to their presence... [such as] plants that might regenerate quickly after a wildfire, or that might even resist being destroyed by the wildfire." In fact, Mr. Judge says that "organisms that have evolved here deal with them well" since California's "starting point" is one of naturally occurring wildfires that help to maintain systems indigenous to the state.

However, the impact changes radically with climate change. "One potential trend that is predicted is hotter summers. A key feature of our wildfire system is the drying out of plant biomass... and when those dry out, and the humidity goes low in our summer... fuels tend to burn very easily," Mr. Judge explains. "With that happening more frequently and more intensely... Those both contribute to the [spread] of a fire, as well as the conditions that can cause sparks to turn into major fires."

In addition to an increase in hotter summers, another contributing factor to climate change is the period during which plants grow. "Our wet season is tending to get steeper and peakier. In other words... we already have a short rainy period that runs from November to March... it's forecast[ed] that that's going to get a little narrower on average," Mr. Judge adds. As a result, there will be less months of continued rain throughout the year. The same amount of rain will fall in a shorter period of time. This makes it so that plants are wet for a shorter period of time, and become drier during hot seasons, which allows for fire to spread much more quickly.

Sacred Heart most directly faced the impact of the fires with the decreased air quality in the area. While sports were just beginning to pick up momentum through the new Movement Block, fire-related warnings and cancellations were quickly issued when the Air Quality Index (AQI) increased. Ms. Brown, Head Athletic Trainer, offers some insight and information.

"My role is to monitor how air quality may change closer to the time of afternoon activities and then... make a second decision later on in whether we're in a safe zone to have activities, or if we need to cancel," she says. Ms. Brown explains that because of COVID-19, teams no longer have the option of resuming practice at an indoor location, like the practice gym, and as a result, events have to be cancelled.

"Now with COVID, it's so tough, because we don't want to cancel any activities because ev-

eryone's looking forward to it... so it's been hard these past few weeks when we've had to cancel activities outside." The process of cancelling an event or activity is a very lengthy process since it involves communication between coaches, instructors, parents and students.

Ms. Brown also touches on her involvement with Mr. Hall, Director of Campus Safety and Security, in sending out alerts if the air quality is too hazardous. "Mr. Hall will send [an alert] out when [AQI] is between 100 to 150, just to let us know that we're... in that orange area, where it's not so great, and then once it hits 150 or above, and goes into the red zone, that's when we need to cancel activities."

While the fires poorly coincided with the start of athletic programs this year, events have returned to their usual rhythm as the spread has gradually been contained. "I'm hopeful that we've seen the worst this year, and we can continue with our after school activities, and hopefully, everyone will stay positive about it," says Ms. Brown.

The best course of action that SHP can take right now is to follow Ms. Brown's mindset and remain attentive to the alerts that are being sent by the athletic department. In addition, students can take time to consider the advice and insight that Mr. Judge had to offer with regards to climate change. With schools being affected across the state, Sacred Heart students are called to keep those affected by the fires in their prayers and take action at a local level in order to mitigate the harm of these climatic events.

Faculty Feature: Mr. Rolando Victoria

News - Sadie Taylor '24

Among the many teachers and students who are joining the Sacred Heart community this year, we have a rockstar—literally. Mr. Victoria, a new Spanish 2 and 4 teacher, can also make some melodies on his guitar!

Mr. Victoria grew up in Mexico City, moved to the United States, and worked in many places including Utah and Texas before coming to teach in California. He taught in the Bay Area at Menlo Atherton, and more recently Menlo School, before applying to teach at SHP when a position opened up. He was drawn to Sacred Heart because of the strong sense of community that defines our schools across the world. Mr. Victoria also felt as though he was missing a spiritual aspect to education, something that has always been very important to him.

When he heard there was an opening at SHP, he interviewed and taught a demo lesson "It was immediate to me. I knew this was the next step of my life," says Mr. Victoria. However, Spanish isn't the only subject Mr. Victoria has taught. He's also taught ESL, or English as a Second Language, to kids and adult refugees while living in Utah. "Teaching is the most noble political act," he says. However, he always knew he wanted to focus on educating kids, drawn by the "infinite potential of young minds."

Like the rest of us, Mr. Victoria has been adjusting to online learning in light of the coronavirus. And he's had moments where things have been overwhelming. "I've had flashbacks to my first year of teaching. Everything is new!" he says. Fortunately, he explains that he has had a lot of support from his fellow teachers and ad-



Photo provided by Mr. Victoria

ministrators, but he misses getting to develop in-class relationships with students. "As educators here, we understand the power of that relationship," he says. However, he and his students are trying to make the best of things while learning over Zoom. "SHP has a very strong spiritual mission that has been alive for a long time," which he says keeps him motivated in a way he feels is needed in these hard times.

So, what does Mr. Victoria do when he isn't teaching Spanish? For one thing, he's an avid guitar player. During lockdown, he's been writing songs, playing guitar, and jamming with his

friends. He says that he also plays with students, and tries to foster his students' love of music by encouraging them to start bands at their school. In his latest musical endeavor, SKYRIDERS, his drummer was a girl he used to teach. He's also been spending time with his family and playing board games more often with the current global circumstances.

SHP is excited to welcome Mr. Victoria to the community and will continue to feature new teachers until students and faculty can safely return to campus and introduce themselves in person.

Escaping our Dependence on Technology

Op-Ed - Alexander Lourdes Medel '23

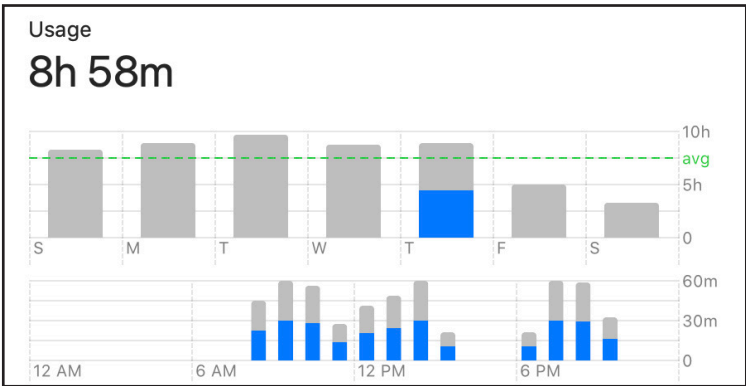
Nomophobia is the common, yet over-looked, phobia of being separated from one's phone. According to Healthline, it has become more prevalent among young adults and has grown over recent years as more people begin using smartphones. A 2019 study conducted by Statista presented by Leftronic found that 3.2 billion people own smartphones: that is close to half of the population of the world with an electronic device. Due to the pervasiveness of smartphones in the modern age, people have become too dependent on their electronic phones. This reveals a more upsetting reality: people have become increasingly dependent on technology as a whole.

Without a doubt, technology has many positive attributes. People all around the world can connect and share ideas in a way that was unthinkable at the turn of the twentieth century. This connectivity has fostered the growth of countries and economies all over the world. The development of technology in the areas of medicine, transportation, and education have improved our lives and the lives of many.

However, technology does have its negative effects as well. People tend to observe and focus more on the positive aspects of technology. That is good, but what is distressing is how most people are willing to turn a blind eye to the adverse effects technology has on people. For example, a 2017 study conducted by the American Journal of Preventive Medicine presented by Medical News Today found that people from the ages of 19 to 32 who use social media like Instagram, Snapchat, and the like are more likely to feel lonely. Many people, including a great number of students at SHP, may feel that using social media is the only way to communicate with others and remain social. So, what can be done about social media's disadvantages to our social health while still being able to connect to others?

There are alternatives to limit the use of

technology while still fostering communication between people. Having a tête-à-tête with a family member or close friend or writing letters to relatives are prime examples of such alternatives. Of course, people can still use social media. The catch, however, is that it must be used non-excessively. I am not calling for the removal of social media nor for its excessive use. Rather, I simply want to address that the dependence people have on this branch of technology can have negative effects and that it must be mitigated.



Screen times have skyrocketed recently
Screenshot by Carl Crum '24

One does not have to look far at how technology has permeated our lives. SHP, as of 2020, required incoming freshmen to have a laptop or Chromebook for school use. In 2019, the incoming freshmen then, who are now sophomores, were required to procure an iPad for school use along with the recommended usage of a laptop or computer. If you have a good memory like myself, you may remember the days when using digital devices in school was practically nonexistent. The only time one had to use a computer was either in the library or computer lab. Otherwise, class was defined by paper packets, worksheets, and the use of an antiquated projector on a whiteboard.

As years went on, digital technology and learning management systems have entered the classroom. These things undoubtedly changed

education for the better. However, as a result of their introduction and their casual usage, people have become increasingly reliant on technology to the point that people have lost important skills. Students have lost skills such as understanding the Dewey Decimal system to look for a library book or the skill of using an encyclopedia instead of a search engine to procure information. If the Internet went down in a library, would you know where to locate a book by simply searching for it? If Google crashed, would you know how to search for and cite information from an encyclopedia or newspaper? Most likely, our answers would be "no" as we have grown used to technology to the point that we have grown relatively dependent on it. Technology, in essence, is a wonderful tool and resource. But, it must be used to the point that our agency and knowledge of the world around us is not impinged upon.

Dependence on technology has become commonplace in society and, specifically, in our generation. But, there are ways in which we can limit our use to the point that technology is used rightly and healthily. We can dedicate time to practicing off screen skills and tasks or choose to have more physical interactions with the people around us. The latter and former may seem extremely difficult under our current circumstances, however, we can find a way. If people all around us are crafting creative technologies and crafts, then people are surely capable of finding a solution to our technology dependence to hopefully become more independent.

Sources:
Social Media Use and Perceived Social Isolation Among Young Adults in the U.S. (AJPM)
<https://leftronic.com/smartphone-usage-statistics> (Leftronic)
<https://www.healthline.com/health/anxiety/nomophobia#causes> (Healthline)
Negative effects of technology: Psychological, social, and health (Medical News Today)

Anti-Vax in the Time of COVID-19

Op-Ed - Colleen Tanona '22

As somebody who is not fond of needles in the slightest, getting my flu shots and vaccinations is not something I enjoy. However, I, and many others, get these vaccinations for my health and for the health of those around me.

Amidst the coronavirus pandemic, the majority of people are eager for a vaccine to come out. This vaccine would save a lot of lives by protecting high-risk individuals while also slowly reintegrating people back into normal life. In order for this to be effective, however, we would have to figure out how to administer the vaccine in an efficient manner and hope that people opt to be vaccinated. Now, you would think that out of sheer eagerness to escape the current reality of quarantining, that the majority of people would be happy to get the vaccination. This idea is true for the most part, but there is a movement that advocates against vaccinations, saying that they are toxic, ineffective, and damaging to kids. This is the anti-vaccination movement or "anti-vax" for short.

These parents choose not to vaccinate their kids for a variety of reasons such as the concern over the low dose of mercury in them. This dose is so minimal that it is at a well beneath

the maximum amount of mercury one's body can handle. Medical scientists have since removed mercury from vaccinations to decrease concern among parents. People also think that if a disease has been eradicated, there is no need for a vaccination. However, what they are failing to realize is that that disease is no longer of concern because people are getting vaccinated, preventing the spread and teaching our bodies how to fight off the illnesses before we get sick.

Parents who associate with this movement also believe that vaccines are unnatural and can hinder the development of their child's immune system. In an age prior to vaccines, people would die from these illnesses. With the help of vaccinations, many diseases that could have been death sentences 100 years ago are now no big deal. Some anti-vaxxers even believe that vaccines cause autism. This is not true and the man who made this claim has since had his medical license revoked on a series of invalid and false statements. Despite this, anti-vaxxers still believe that vaccinations can cause autism in children.

The coronavirus is to us what the flu was prior to the invention of vaccinations. It can be deadly, especially for high-risk individuals.

Thanks to vaccines, the flu is no longer as big of a deal, and your annual flu shot makes sure of that. The coronavirus pandemic has been really scary for lots of people with compromised immune systems and as a global community, it is our job to keep everybody safe. Thus, it is our civic duty to get our vaccinations so we can protect vulnerable individuals whose immune systems are weakened for whatever reason.

Essentially, if we all get vaccinated, we are in turn protecting those who the vaccines might not be as effective for. One person's choice to get vaccinated helps high-risk individuals protect themselves from viruses that their bodies won't manage well. It is selfish to not vaccinate oneself or one's children. This whole movement uses false pretenses and facts as a basis to put others at risk. By getting a vaccine, you are protecting not only yourself, but also others by helping to eradicate an illness in the process. Considering that they are perfectly safe and administered in controlled medical environments, there's really nothing to worry about. So parents, unless your child has an exceptional circumstance like an allergy, please vaccinate your kids for the sake of our global community,

Five Pumpkin Spice Recipes To Get You in the Spirit of Fall!

Lifestyle - Katie Sinclair '22

Pumpkin Cookies with Icing:

<https://www.acouplecooks.com/chewy-pumpkin-oatmeal-cookies/>

- 1 1/2 cups rolled oats
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon nutmeg
- 1/2 teaspoon kosher salt
- 1/2 cup coconut oil, at room temperature
- 1/2 cup brown sugar, packed
- 1/2 cup granulated sugar
- 3/4 cup pumpkin puree
- 1 tablespoon vanilla extract
- Icing
- 3/4 cup confectioners' sugar
- 1 ½ tablespoon of almond milk



Photo provided by Katie Sandhu '21

Cooking Directions: Combine the dry ingredients: rolled oats, flour, baking soda, cinnamon, ginger, nutmeg and salt. Mix the coconut oil, brown sugar, and granulated sugar in a stand mixer, or with a hand mixer. Add pumpkin and vanilla, then the dry ingredients. Chill the dough for 30 minutes. Place the cookies onto a baking sheet using a size 40 cookie scooper. Bake at 375 degrees for 11 minutes, then cool.

Classic Pumpkin Muffins:

<https://www.cookingclassy.com/pumpkin-muffins/>

- 1 1/2 cups (212g) all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 3/4 tsp salt
- 1 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1 1/4 cups (255g) granulated sugar
- 1/2 cup (120ml) vegetable oil*
- 1 cup (244g) canned pumpkin
- 2 large eggs
- 1/4 cup (60ml) apple juice or water
- ** You can always add some chocolate chips!

Cooking Directions: Preheat the oven to 350 degrees. Line a 12-cup muffin pan with paper liners. In a large mixing bowl whisk together flour, baking powder, baking soda, salt cinnamon, nutmeg, and ginger for 20 seconds. Make a well in the center of the mixture and set aside. In a separate mixing bowl whisk together sugar, oil, pumpkin, eggs, and apple juice until well blended. Pour pumpkin mixture into the flour mixture and fold with a rubber spatula just until combined. Divide batter among prepared muffin cups filling each nearly full. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 20 - 25 minutes. Let it cool in the muffin pan for several minutes, then transfer to a wire rack to cool completely. Store in an airtight container.

Pumpkin Oat Bars

<https://www.allrecipes.com/recipe/234725/pumpkin-oat-bars/>

- 1 ½ cups oats
- ¼ cup packed dark brown sugar
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon pumpkin pie spice
- ½ teaspoon kosher salt
- ½ cup half-and-half
- 1 large egg; lightly beaten

- 1 teaspoon vanilla extract
- 1 ½ cup pumpkin puree

Cooking Directions: Preheat oven to 350 degrees F (175 degrees C). Grease and 8x8-inch baking pan. Stir oats, brown sugar, baking powder, cinnamon, nutmeg, pumpkin pie spice, and kosher salt together in a bowl; make a well in the center. Pour half-and-half, egg, and vanilla extract into a well in the center of the oat mixture; stir to combine. Add pumpkin to half-and-half oat mixture and mix thoroughly. Pour pumpkin batter into prepared pan. Bake in the preheated oven until a toothpick inserted into the center comes out clean, 25 to 30 minutes.

Pumpkin Spice Granola:

<https://www.liveeatlearn.com/double-pumpkin-granola/>

- Dry Ingredients:
- 3 cups rolled oats
- 1 cup pepitas
- 1 cup dried cranberries
- 2 tablespoons of chia seeds
- ½ teaspoons salt
- 3 teaspoons pumpkin spice

- Wets:
- ½ pumpkin puree
- ½ cup maple syrup
- ¼ cup flavorless maple syrup
- ½ teaspoon vanilla extract

Cooking Instructions Place dries on a baking sheet and put it in the oven at 300 degrees Fahrenheit after mixing in a large bowl

In a separate bowl combine wet ingredients until evenly mixed then add to dry ingredients Spread the mixture onto a single lined baking sheet with parchment paper. Bake for 25 to 30 minutes or until the top is golden brown. Rotate the pan halfway through the baking process. Hopefully you enjoy these recipes as we prepare for the start of the fall season!

Be Grateful for Gardening!

Lifestyle - Raina Singh '24

One of the downsides of a global pandemic is that, with all the shutdowns and closures, there are not many things to do. One activity that I recently stumbled upon was gardening, which has a multitude of health benefits and is a hobby that is easy to pick up even if you don't have a green thumb. Not to mention, there are dozens of flowers, fruits, herbs, and vegetables which you can grow depending on your taste!

Health Benefits

Gardening has numerous health benefits such as decreasing stress, fatigue, anxiety, or even depression, all of which can be amplified because of the added stress of school. Gardening can also have positive effects on physical, emotional, and social health, as concluded in a study conducted during 2017. If you choose to grow your plants outdoors, gardening can give you valuable time away from your screen and to be surrounded by nature. Gardening can also make for a fun family

pastime, and the fruits and vegetables you grow can be used to make flavorful home-cooked meals!

Starting a Garden

If you are interested in starting a garden, I recommend choosing which plants you want to grow first. It is important to know what kind of plants you want to grow so that you can choose the right kind of soil, what size pot you want to grow it in, and how much watering the plant will require. Choosing a spot with plenty of sunlight is also an essential step in setting up your garden, and some research into the behavior of your plant will be required to find out how much sunlight it will need to grow. Another important step is to establish a schedule where you water your plants so that you can build a routine, something that is essential when it comes to taking care of your plants. Some plants that are great for beginners are chard, kale, and tomatoes, all of which can

be picked off and used to make delicious home-made dishes!

Indoor gardening

If you aren't a garden nut and prefer not to go outside, one way that you can start your gardening career is to make an indoor garden. Indoor gardens are usually easier to take care of (depending on the plant you choose to grow) and can also act as wonderful decorations for your house. Plants such as lavender, peace lily, succulents, and cacti are perfect for beginning gardeners who want to start an indoor garden, as all they require is a sunny window and infrequent watering. Another great suggestion is to plant herbs such as mint, thyme, and basil, which require you to water more often but are well worth it!

Whichever path you choose, good luck with your plants and happy growing!

Iris O'Connor's Sucka Free Certified

Lifestyle - Emily Leschin '23

This week I chose to interview former SHP student Iris O'Connor about her newly released sweatshirt company Sucka Free Certified that she started with her 24-year-old sister, Pilar.

Sucka Free Certified sells uniquely designed sweatshirts that feature pro athletes, the city they represent, and what brand sponsors them. When asked what gave her the inspiration for the brand, Iris responded by explaining that she was surrounded by basketball. She and Pilar grew up watching NBA games every season with their dad and even driving to the far reaches of the Bay Area to watch high school championship games every year.

This constant exposure to the sport led the sisters to become “super invested in the street style of the players off the court.” Combine this with the O'Connor sisters' interest in upcycling clothing through thrifting, and Sucka Free Certified was born. Inspired to create something to commemorate NBA star Kobe Bryant's death, the sisters designed their first sweatshirt.



Some examples of the sweatshirts that can be found on their website.

Production skyrocketed as they continued to feature basketball stars like Michael Jordan, Al-

len Iverson, and LeBron James. While some sweatshirts focus solely on the player's talent and legacy, others represent deeper issues related to social justice. One example of these sweatshirts features Colin Kaepernick, a now free-agent football quarterback famous for kneeling during the national anthem in support of ending police brutality and the Black Lives Matter movement.

Iris and Pilar continued to build their brand with the help of friends who modeled the sweatshirts. In addition, they used Pilar's experience in graphic design and photography to propel Sucka Free Certified's online success.

While the sweatshirts are currently sold out, Iris has confirmed they will be dropping in the next few months on their website, suckafreecertified.com. Stay tuned for the drop information by signing up for updates on the website and stay Sucka Free!

The Destructive Cost of Less

Fashion - Sofia Akhtar '21 & Makena Taylor '22

If you're one of the many people to shop at stores like Shein, now is the time to stop. Many affordable stores that are part of the fast fashion industry are “trending” at the moment, including Shein and Allie Express. While it's easy to shop at stores that offer trendy clothes at a cheaper price than more sustainable options, it is important to be aware of the consequences of supporting such brands.

Fast fashion is the term used to describe brands that use non-sustainable materials to keep up with constantly evolving trends. Because of the low-quality materials and cheap labor sources, stores like Shein are able to offer apparel at lower prices which attract consumers. The pressure to continue mass-producing products quickly results in industries taking short-cuts. These shortcuts include using unfair, unjust labor and ignoring environmental concerns by using unsustainable materials.

Most of these companies manufacture their products overseas, allowing them to work around fair labor laws to get fast results. Shein in particular has many unethical practices. Like

many other fast fashion brands, Shein's merchandise is made in sweatshops with unsafe working conditions. When visiting the website, it states that they abide by the child labor laws in every country in which they produce merchandise in; however, most of the factories for Shein are located in Bangladesh, where children as young as fourteen are legally allowed to work with little protection of worker rights, and lacking the safety conditions that American children under the age of 16 have.

There are many policies and laws in place in America that prevent children from working in dangerous situations until a certain age and have limits on the number of hours children can work. In addition, the workers spend roughly 10-14 hours a day working, sometimes even working overtime with minimum or no additional pay.

Because of the pressure of time and money, the “fast fashion industry” looks for the cheapest and most accessible materials, enabling them to constantly produce and sell the clothes at a cheaper price. 8.1% of the global greenhouse gas emissions come from the fashion indus-

try making them the second largest polluter of clean water (after agriculture). The United Nations Framework on Climate Change predicts the number will increase by 60% if we continue in the same direction. Some of the other brands contributing to this waste include Urban Outfitters, Pretty Little Thing, etc. With the goal of staying on top of current trends and selling their products for cheaper, these companies have caused harm to the environment. Not only is this unethical, but it is destructive to our planet and only a short term solution for these industries.

Some more sustainable companies to shop from are; Reformation, Lululemon and Athleta, Revolve, and more. These companies have a longer production period generated from using beneficial materials for the environment and fair labor that is fully paid. While these companies cost more than trendy fast fashion brands, they are better choices to support if you have the option. Not only will you be supporting a better corporation, but the quality of the clothes is significantly better.

Upcoming Trends: Fall Fashion, How to Style a Cardigan

Fashion - Storie Lynch '22

With the arrival of October, we enter into a weird in-between phase in fashion. It's not hot enough for tank tops and shorts anymore, but not cold enough for fuzzy jackets and coats. So what do we wear?

One clothing item that never fails to impress is a simple cardigan. Whether open or buttoned, layered or worn on its own, styling a cardigan is one of the easiest, cutest, and trendiest ways to navigate yourself through fall fashion. Cardigans can be styled in a plethora of ways, and I'm here to help inspire you to find your own unique, fall outfit.

You've probably seen various influencers or stylists modeling this trend over the past few months. Currently, the most popular style cardigans are cropped, button-ups. Here are a few

ways to style them. As a starting point, skirts will always match well with any cropped cardigan. Try pairing a trendy white tennis skirt with a button up cardigan. To accessorize, add earrings or sunglasses, possibly even a cute bag. Another popular trend is tying cardigans. Sticking with the tennis skirt, find a cute tank or collared top. Then, tie the cardigan either around your shoulders or on the side of one shoulder. Both of these looks are fashion forward and can easily be worn for any occasion.

If you're still looking for a different style, try something casual and easy. Find a cute pair of baggy jeans in your closet and pair this with a cropped tank and your cardigan. Leave it unbuttoned all the way, or just a little bit. This kind of outfit is perfect for daily life but is also trendy



A fashionable way of wearing a cardigan
Photo from Unsplash.com

and put-together!

Viewfinder: Carl Crum '24

You’ve seen his fantastic space photos of the nebulas on the Quad, but now he is bringing us an up-close look of some animals that we are more familiar with! Carl Crum is back with some beautiful pictures of the nature that we sometimes miss out on when we’re on screens all day. Enjoy!



How To Go From a 0-10 in 10 Seconds

Fashion - Rachel Cheng '24

While we are stuck taking classes on Zoom, it's easy to lack the motivation and energy that was used while in school to look like our best selves, primarily because of the absence of in-person interactions. Instead, our morning routines have become a simple click of the "Touch Up My Appearance" button on Zoom.

The fact that we are able to attend class just seconds after rolling out of bed makes it harder for us to be diligent in taking care of ourselves every day. However, there are several easy ways to boost your appearance while still maintaining self-care.

First, try rinsing your hair with cold water during your shower. This practice has many benefits including locking in moisture to keep your hair and skin looking healthy and hydrated by tightening your pores. In addition, the cold water will help you wake up in the morning. Another pro tip is to avoid putting conditioner on your scalp because this will only lead to oily hair

and a greasy-looking appearance. Your scalp already produces natural oils, so instead, apply it only to the ends of your hair, where it is needed most.

Everyone has Vaseline lying around their house, and it can be put to good use. Applying Vaseline onto your eyelashes and eyebrows helps moisturize them and makes them look longer and fuller. You can use a Q-tip, your fingers, or even a proxabrush. Putting Vaseline on your lips helps prevent them from becoming dry and chapped. Also try Aquaphor, which is actress Zendaya's go-to for everything from primer to highlighter.

Treating your skin well is arguably one of the most important factors of maintaining a fresh appearance. Wash your face every day, but don't wash it too often. Board-certified dermatologist Tsippora Shainhouse states that "when you over-wash, you remove the protective natural oils, which can leave your skin feeling dry, tight,

and parched." In addition, make sure to use a fragrance-free cleanser that is right for your skin type. Though it may sound futile, cleaning your phone and avoiding touching your face can also make a big impact on the quality of your skin. According to The University of Arizona, cell phones are much dirtier than toilet seats, so by cleaning your phone, you are preventing all of that grime and dirt from getting onto your face.

By taking the time to adopt these simple habits, you are guaranteed to improve the way you look and feel about yourself. Making these small but effective changes in your daily routine not only aids your short-term appearance, but can also have many long-term benefits on your health and your body. Though it can be tempting to give in to the lazy practices that we've become accustomed to during quarantine, with these easy tips, it is easy to look and feel better in no time!

Adapting Arts to Zoom: Ceramics

Arts & Athletics - Sophia Torres '22 & Kaitlyn Smith '22

The online environment has presented a variety of obstacles to all teachers, especially those in the Fine Arts department who engage heavily with on-campus resources.

Mr. Schultz, the ceramics teacher, explained how he adapted his curriculum to fit the new online learning system. He sent each student a kit with clay and tools, and to better accommodate his students in his advanced ceramics class, he sent a wheel for them to spin on.

Unfortunately, some materials normally used in ceramics classes will not be able to be used this year. For example, acrylic paint is replacing the special paint, glaze, used for decorating and sealing the clay. With all the materials at home, students sit in their assigned "tables," also known as Zoom breakout rooms, and begin to create their masterpieces. Many student-favorite

activities remain in the curriculum, such as the music interpretation exercise and the ever-so-famous Native American pots.

How will the students' pieces be fired in the ovens like they usually are? Well, once they finish their piece, they drop it off at SHP, where Mr. Schultz then places them in the kiln. This process allows students to have their completed projects decorating their home instead of Homer or Campbell.

Mr. Schultz made plans to try to recreate the lively ceramics environment over a Zoom call. As mentioned earlier, he places students in breakout rooms to emulate the small table communities he had in previous years. He also has the students do day-to-day projects, with some of them actually being group projects! One of the most memorable projects was making a group

display, in which every person in the group made a character or prop and put it on a piece of wood or plastic (you might've seen these when walking down the great hallway, remember the Spongebob or the Minion one?). In the same way, each breakout room community chose a theme and each person contributed to the overall final look. While the students are apart, it's projects like these that bring them together and help them bond over Zoom.

While Mr. Schultz was able to almost seamlessly recreate the previous ceramics environment, he still misses conversations with the students, or just simply hearing the laughter from each table. Hopefully, the second semester will allow his students to return to campus so that everyone can find the traditional ceramics class once again.

NFL Power Rankings

Arts & Athletics - Beck O'Kelly '22 & Robert Plaschke '22

1. Baltimore Ravens

After an impressive first and second week, the Ravens have proved that last year's league high 14 wins was no fluke. Led by star QB Lamar Jackson and star TE Mark Andrews, the Ravens offense continues to put up big numbers.

2. Seattle Seahawks

Russell Wilson is starting off his 2020 campaign with 2 stellar starts making an early push for his first MVP award. With help from key receivers DK Metcalf and Tyler Lockett, this Seahawks offense is very dangerous.

3. Kansas City Chiefs

After a close win in week 2 against the Chargers, the Chiefs don't look unbeatable. That game showed the teams fatal flaws which included a lackluster O-line and a very subpar secondary. Still, the Chiefs have the league's best player, Patrick Mahomes, and the most explosive offense in the league still making them contenders.

4. Buffalo Bills

After an impressive week 2 win in Miami, the Bills start the season 2-0 for the second straight

season. The Bills starting QB Josh Allen has started off the season looking like an MVP candidate leading the league in passing yards while WR1 Stefon Diggs leads the league in receiving yards. The Bills still have a top 3 defense and are looking to win their first ever Super Bowl.



Creative Commons Photo - Nugget Online

5. Green Bay Packers

Aaron Rodgers is starting to look like MVP Aaron Rodgers and it's a scary sight for the league to see. After going 2-0 in the first two weeks, the Packers look very legit. With stellar performances from stud RB Aaron Jones and WR Davante Adams, the Packers are looking to go back to the NFC championship but this time win.

6. Arizona Cardinals

It's looking like the DeAndre Hopkins trade is starting to pay off as the Cardinals start the year 2-0 for the first time since 2015. Kyler Murray is playing very well and with stellar performances from key defensive standouts Chandler Jones and Jordan Phillips, the Cardinals are looking very good this year.

7. Tennessee Titans

After a close win against the Jaguars in week 2 the Titans start the year 2-0 and are looking to make a title run. Ryan Tannehill is playing great as well as the 2019 rushing yard leader Derrick Henry. With an offensive built around the run game and a ferocious defense, the Titans are looking like real title contenders.

8. Pittsburgh Steelers

After a good win against the Broncos in week 2, Big Ben is looking very good and with great performances from Juju Smith-Schuster and James Connor the Steelers are looking great. As long as everyone stays healthy and the defense continues to play like the #1 defense in the league the Steelers are poised for a great season.

The NFL Political Split

Arts & Athletics - Alexandra Hull '22

Just last year, the National Football League (NFL) celebrated its 100th anniversary, a proud and well-earned milestone for the important industry. Football is a classic American pastime, completely unique to our country and widely considered a necessity in the fall.

Similarly to baseball, football has characterized the majority of the nation’s significant cities and connected the American public for decades, contributing to a genuine sense of patriotism and belonging regardless of which team an individual cheers for. Super Bowl weekend has practically become a national holiday and the sport itself has been a consistent source of joy and distraction as it coincides with the hectic back-to-school season. And so it is no surprise that the multi-billion dollar industry, which almost doubles the annual revenue of the NBA, has become a leading target for American politics.

For the past several years, the NFL has faced a continuous political spotlight regarding a variety of social justice issues. In 2016, Colin Kaepernick initiated a nationwide movement after kneeling during the national anthem. While some argued his act of silent protest for racial inequality and police brutality was justified, others viewed it as an insult to the country and all the “Star Spangled Banner” represents. The argument remains hotly debated today, and has been especially emphasized and revisited in the midst

of the recent Black Lives Matter movement. And while it is most likely in everyone’s best interest (although especially the league’s owners), to enjoy the game with as little political intrusion as possible, the NFL is at the forefront of American culture, and with great power comes great responsibility.

At the beginning of the 2020 season, the NFL started off each game during the first week of competition by playing the commonly known black anthem, “Lift Every Voice and Sing”. The league immediately received backlash from more conservative fans, claiming the ritual was an excessive act of social reform, in addition to a variety of other gestures being implemented to recognize the BLM movement within the league such as end zone messages, pre-game t-shirts, and helmet decals. But just as these complaints were beginning to fade into the shadows, a new surge of aggravation hit the NFL.

On the 10th and 13th of this September, many fans were greatly vexed as reflection for George Floyd’s passing appeared to overshadow that of the lives lost from the tragedy of 9/11. While a variety of songs, speeches, and moments of silence were established to honor the acts of injustices against the African American community, very little time in comparison was designated to the heroes and victims of one of our country’s most scarring events. And for some, this felt

like more of a personal insult than any sort of political stunt. While boycotts from fans had already been taking place, this incident only added fuel to the fire.

The following Sunday, viewership was down 17% while ratings dropped almost 25%. These numbers were shocking for the league, especially for specific match-ups that would typically draw in millions of viewers, such as the Seahawks v.s. Patriots game.

Regardless of individual competitions, the viewership in general has been practically an insult to the NFL this season considering the current state of our country. With almost no competing social activities or sporting events, record-level unemployment, and majority of students learning online, it would be expected that NFL ratings would be at an all time high. While COVID-19 has had quite a few negative impacts on everyone’s life, one thing (which can be both good and bad) that it has offered almost all of us is a surplus of free-time. And for many, the football season is a great way to fill some of this emptiness in both schedule and social life, while also regaining even the slightest sense of normalcy throughout the fall. With politics holding such a large spot in the NFL, viewers will have to make the decision as to whether they will continue watching the sport.

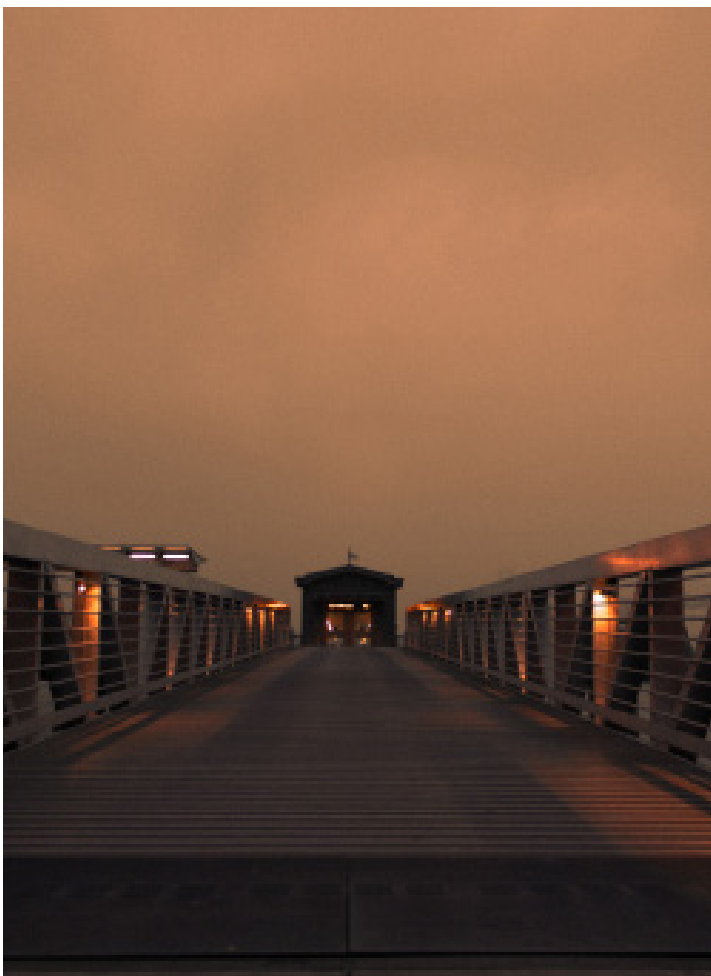
Viewfinder Part 2: Orange Skies



The site of the wildfires
Compiled by Katie Sandhu '21



The darkness blends with the orange hue
Photo by Neil Chopra '24



The orange lights harmonize with the foreboding sky
Photo by Carl Crum '24

As if the sphere of flames above had been pierced by a dart and the nebulous cushions had sacrificed their form to absorb its blood, the day ceased to exist...

Axel de Vernou '21

Zoom is SO AWK

Back Page - Farah Pavri ‘21 & Clara Degois Sainz ‘22

As we are sure you have all figured out by now, Zoom is awkward. By awkward, we mean more awkward than when you accidentally send a text to your mom that was meant for your boyfriend, more awkward than that moment when the movie attendant tells you to enjoy your movie and you say “you too,” more awkward than that moment when you see someone you go to school in public with but don’t want to say hi too, and possibly just as awkward as laughing or having an inappropriate reaction to hearing bad news (I do this every time I attend a funeral; it is humiliating.)

But for those of us who are considerably more clumsy or awkward in normal situations, Zoom is a whole other level. Here is a list compiled of all the clumsy, silly, embarrassing things that we or our friends have done when on Zoom. We hope you find some joy in our pain. Alexa, play Pain by Nessa Barrett.

- When introducing myself to my class, I said “Hi my name is Senior and I am a Farah”
- Thought I was muted and proceeded to yell at my mom about a rash I had that wouldn’t go

away (the teacher suggested I go to the doctor, which was a lovely way to start the morning)

Don’t worry, the rash went away, turns out Calamine lotion is my holy grail

- During class, we went to take a stretch break. I began doing an Irish jig and throwing it back, forgetting my camera was still on (top ten embarrassing moments of my life)
- Fell out of my chair and tipped my chair over
- Again, thought I was muted and began playing WAP by Cardi B and Megan Thee Stallion (if you haven’t listened to it and are confused, just go listen to it, you’ll understand)
- Started singing when I thought I was on mute
- Began shaking during Homegroup because of the sheer awkwardness. I announced that I was shaking in a breakout room just as the teacher came in, which resulted in a good five minute conversation about mental health
- Answered a question incorrectly and no one

said anything for a hot minute since they couldn’t absorb the stupidity of what I just said

- The teacher thought I was asking a question because I was on mute and my mouth was moving, but really I was just screaming at my friend for spilling my milkshake
 - It was a strawberry milkshake from Jeffrey’s and I was really upset about it
- I’ve eaten so many times in math class that my teacher asks me every class, without fail, “what’s for lunch today?”
- Spent 20 minutes scrolling through Christmas Tik Tok only to realize I’d missed the entire lesson
 - Worth it tho, the sound of jingle bells is the only thing that gives me serotonin anymore
- Thought the mic was on mute, a tik tok about the jalapeño and taki things played on max volume
 - On that note, has anyone tried the jalapeño thing? Is it worth the hype? Let us know.

tyler by william yen

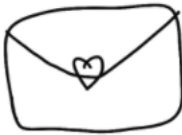
i’m walking on the beach and suddenly,
the crabs are everywhere
i see several upstanders using their boots to quell the infestation
the admins promptly close the beach until the next town gathering
then the bells arrive and the beach reopens— but now under stricter guidelines



shp and honey

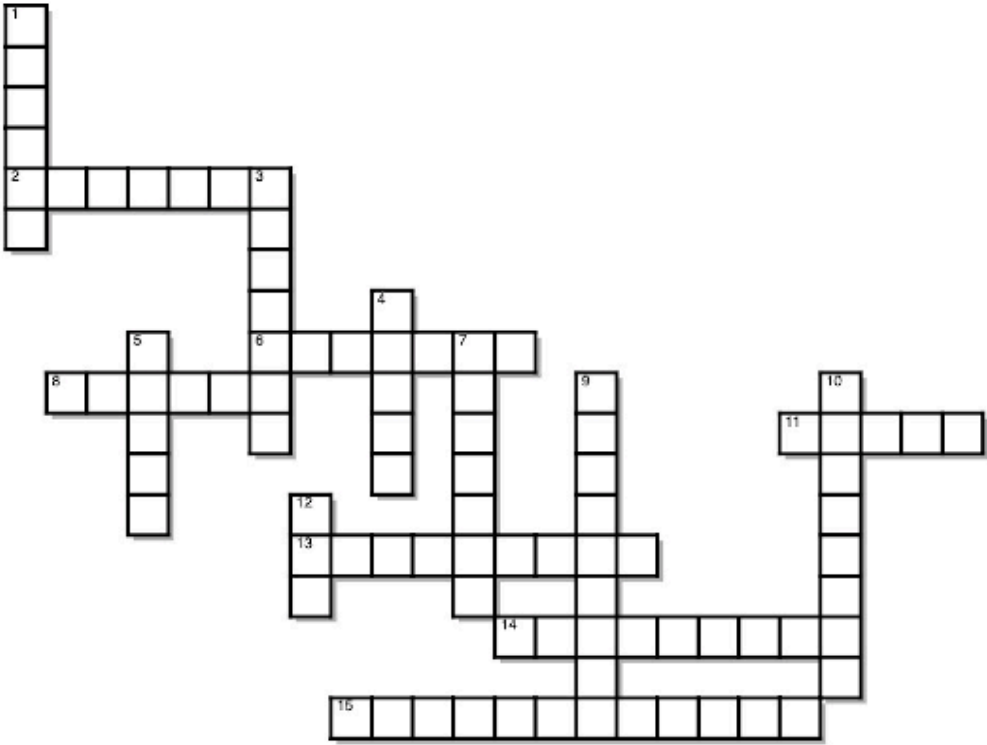
Back Page - William Yen ‘23 & Katie O’Gorman ‘23

a heartfelt email
WE hOpE YOu aRe sTayINg sAFe
dUriNg tHEsE:
~uncertAin timEs
~uNchaRted wAtErs
~cRaZy tiMEs ~uNpREceDenTEd eVeNTs



Weekly Crossword Puzzle

FALL 🍁🍂🌞



- ACROSS
- DOWN
- 2

These butterflies migrate over 2,500 miles during fall
- 6

The first day of fall is also known as the Autumn _____
- 8

_____ fall from trees during fall
- 11

Fall colors are caused by the amount of _____ in leaves
- 13

Used to frighten birds around farm fields
- 14

_____ trees do not change color during fall
- 15

Is it even fall if you don't see an insta from the _____? (2 words)
- 1

Another name for the fall season
- 3

Before it became known as fall, this season was called _____
- 4

Spiced fall drink made from apples
- 5

In the Southern Hemisphere, fall begins in _____
- 7

Month of Halloween
- 9

Holiday also known as "All Hallows' Eve"
- 10

Jack-O-Lanterns are made with _____
- 12

The abbreviation for the iconic fall Starbucks drink

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