

# theHeartBeat







The students who participated in the Student Diversity Leadership Conference, which inspired them to create SURJ (Social Unity Rooted in Justice)

## SURJ Leads New Affinity Spaces

*News - Timothy Meneses '21*

Social Unity Rooted in Justice (SURJ), formed by SHP seniors Alekos Kapur, Lizeth Suarez, Jonathan Martinez, Sofia Sepulveda, Alexa Gomez, Anisha Menath, and Anne-Sophie Lacombe Garcia, is a new organization in the school community whose mission is “to promote social unity through education, empathy, and empowerment with the intention of creating a compassionate coalition for our school.”

In December of 2019, SURJ leaders went to the Student Diversity Leadership Conference (SDLC) in Seattle, Washington in coordination with the Equity, Justice, and Multicultural Education Program (EJME). There, thousands of students and teachers, predominantly people of color, gathered from all over the country with the goal of discussing diversity and practical inclusive methods that students and teachers could carry back to their respective schools. SDLC participants also had the opportunity to be grouped with people with whom they shared similar backgrounds. Sofia Sepulveda '21 attended the SDLC and said, “it was refreshing to be surrounded by people who I share cultural experiences with. I was able to connect with people on such a personal level really quickly.” As a result of SDLC, our seniors began SURJ to

emulate and expand on this incredible experience for underrepresented students at SHP.

SURJ's innovative idea has been the addition of affinity spaces. SURJ is not a political group and strives to create conversations surrounding race, gender, and ethnicity in inclusive ways to depoliticize these identities. Affinity groups were designed to open up safe spaces for conversations among people of similar identity factors such as the Black Student Union, the Men's and Women's group, and the LGBTQIA+ affinity space, just to name a few. Co-leader of the LGBTQIA+ affinity group Ian Smith '22 said that the “goal right now is to try to bring people together even during the quarantine. Additionally, the club hopes to be a safe space for students.”

These groups meet every other week during their various assigned H period slots on Zoom, creating a set time and space for conversations and interactions. This addition of affinity spaces has been very beneficial for members of the SHP community to connect with new people, especially underclassmen who have not met their peers in person yet. Makena Tom '24, a member of the Asian-American affinity group, said that the “affinity space is an incredibly safe

and welcoming place to build relationships with other Asian Americans. When you share a culture, you share a short-hand that makes it easy to connect quickly- which is a real benefit as a freshman.”

While online learning will continue until the end of the semester, SURJ has ambitions for the progression of affinity spaces both in an online and on-campus learning setting. SURJ plans to host guest speakers virtually, which will be easier through an online format. Anne Sophie added that “SURJ has an important role in facilitating a once-a-month meeting where all affinity spaces would come together to learn about a curriculum based around one affinity group's topic of choice.”

When SHP moves to on-campus learning, guest speakers will be able to give speeches to the school at assemblies, and affinity groups will lead activities that are not possible online. SURJ also wants to encourage students to become leaders to continue its legacy. All of these efforts have been a part of a much larger plan to instill a system that will last long into the future to cultivate a more conscious and inclusive environment for all students at SHP.

# SHP's Eligible Voters Consider Mail-in Voting

*News - Eric Bollar '22*

As Election Day draws near, SHP seniors and faculty are deciding how they are going to vote. Voters have the option to go to the polls or to send their ballot through the mail, and during quarantine, the popularity of the latter has increased drastically. Many individuals at SHP will be using mail-in voting to continue participating in the democratic process in a safe way.

The minimum voting age of 18 years old makes it so that seniors are primarily the only student group to be able to participate in the process. Even so, a large portion of seniors are still under 18. A recent survey sent to the Class of 2021 in which a little less than a third of the grade responded demonstrated that only 27.3% of the seniors met the age requirement. However, all of those eligible are planning on voting this year, a reflection of SHP's effort to increase involvement and knowledge about the voting process.

With regards to the method that will be used to vote, there was barely a discrepancy between students planning to vote in-person versus through mail. Of the 15 surveyed students who are eligible to vote, 8 of them will be voting through mail as opposed to the polls. Given the small sample size, the popularity of voting by mail is on par with voting in person.

Aside from these statistics, students seem to not only trust the mail-in vote, but find it to be a necessary alternative to voting in person. Katie Sandhu '21 states that voting by mail has

"been proven to be a safe and convenient way to exercise your right to vote, especially this year with the pandemic." Ava Borchers '21 agrees, saying that "mail-in voting is a really great and safe alternative to in person voting... if someone [wants] to avoid the risks of in-person voting." The risk of going to the polls during the time of the coronavirus makes mail-in voting a favorable alternative.

The primary issue that the two find with voting by mail is the topic of uncounted votes. Despite these fears, Katie notes that "in the 2016 general election, only 1% of absentee ballots were not counted, mostly due to issues with signatures. If you follow the ballot instructions and mail your vote early, you can feel secure that your vote will be counted." While Ava also finds discrepancies with signatures on mail-in votes to be an issue, she brings up another possible problem of "states [being] very strict on their prerequisites for mail-in voting and absentee voting, which can make it difficult for people who cannot get off work, elderly people, and immunocompromised people to vote." The effects of the coronavirus make mail-in vote a necessity to some, which students say outweighs the negative effects of possible uncounted votes. Overall, the seniors at SHP who are eligible to vote find the mail-in vote to be a safer option in preventing the spread of Covid-19, but many are willing to vote in-person as well.

The faculty members at SHP are also fond

of the mail-in vote and consider it necessary for those who are unable to go to the polls to vote, even before the quarantine. Ms. Serene Williams, who teaches AP Comparative Government, spoke about the importance of "political efficacy," the notion that "if [someone] participates in a political system, they will make a difference." As a result, she votes during every election cycle. However, she talked about the difficulties of being a working mother and how she is always teaching on Election Day, so "the last several years [she has] voted through mail." In fact, she is registered as a "permanent absentee voter" in order to always receive the ballot by mail. According to Ms. Williams, mail-in voting is a convenient alternative for those with busy schedules who are unable to go to the polls.

Despite the increase in mail-in voting, the polls are still open. While Ms. Williams herself is unable to work at the polls, many SHP students and alumni will be. In her 12 years as a teacher at SHP, Ms. Williams has seen a "huge increase in civic engagement" from students at SHP, and "a lot of [her] students will be working at the voter centers this year."

For both the seniors and faculty members at SHP, the mail-in vote is a viable and popular alternative to voting at the polls, especially with the current impact of Covid-19, and allows students to become involved in the democratic process in a safe manner.

# Students Explore New Service Opportunities

*News- Audrey Basta '23*

During this school year, several new service opportunities have been presented to students to provide a much larger pool of options to choose from. Some of the new opportunities for service learning include joining the SJTI, working with new outside organizations, and working with SHP student-run programs such as Project Silver Lining. SHP is introducing new ways for students to take action to support the broader community and bring peace and comfort to those who are struggling.

There have been quite a few opportunities for online service learning offered through SHP such as Project Silver Lining, a food drive coordinated by SHP students partnered with the Boys and Girls Club. Jackson Moroney '23 says that the goal of the program is to make it so that "students can donate different foods and other supplies [to] struggling underprivileged families." By donating to this food drive, students and faculty can help our community substantially. During the quarantine and wildfire season, many people have lost their jobs and/or their homes. By supplying them with food, one can help free them from worry about whether they will be able to feed themselves and their families. The first Project Silver Lining food drive took place from October 5th to October 10th. Jackson said that the school "can [try] to run more drives like this in the future." If students continue to participate in these events, food drives can continue to offer resources to those in need.

Another opportunity for students to join service learning is through the SJTI. Paige Melinauskas '21, one of the core leaders of the program, says that the topic, which they revealed during Student Life on Monday October 5th, is

'Looking Forward.' Such a broad topic leaves room for many different ideas and presentations this year, allowing for a lot of student participation. Paige says that "if anyone is interested in still joining the SJTI, you can email any of the core leaders: [myself], Conor Burns, or Melina Matar."

Since it is particularly difficult to access volunteering organizations this year, students can even expect the SJTI to contribute to their service learning hours. "If you are in the SJTI and lead a session or hold an administrative position, it can count as the sophomore service project or the senior year capstone project," adds Paige. The upcoming election, COVID-19, and wildfires offer many important issues that can be discussed with the rest of the community. Joining the SJTI is a great way to inform the SHP community about an issue in need of attention, and begin the trek towards change.

Paige shares her experience with the SJTI, saying that "the SJTI has not only connected [her] to [the] immediate SHP community, but it has helped to connect [her] to the Bay Area community in which [she serves]. Learning about the many injustices that are so close to home in the Bay Area continues to serve as motivation to do service within [her] community, and the SJTI has continued to strengthen that." Her experience reflects the way that serving the community can create connections with many different people. Joining the SJTI is a great way to get involved and create change within our community.

Furthermore, this semester creates the opportunity to do service learning outside of SHP, including food drives and work with animals.

Maggie Kloninger-Stever '23 said that "[she has been] doing community service at the Second Harvest Food Bank, assembling and packaging boxes of fresh produce." Maggie says that "[the] pre-packaged boxes are a COVID-safe way to get fresh food to everyone who needs it." One of the biggest concerns around helping the community today is the coronavirus, so volunteering at a place like the Second Harvest Food Bank is a great option for those who are looking to stay safe. Maggie also said that they are in need of volunteers. If any students or faculty are interested in joining they can sign up at [www.shfb.org/give-help/volunteer/](http://www.shfb.org/give-help/volunteer/).

Maile Smith '23, working outside of the SHP service learning opportunities, says that she has been "volunteering at a horse ranch rescue that saves horses who were [about] to be killed." Another great way to provide service to the community is to work with animals who are in need of a caregiver. Working with animals is also a great way to get involved and stay safe from the virus as it is all outdoors, where air circulation is better. Maile says that "[they] all ride the horses and also take care of their health and their stalls."

With new service learning opportunities outside of SHP, there are endless options for students to make a difference in the community while completing their required service hours. Taking the time to carefully select an issue that is important and enjoyable will enrich the community and bring joy to many who are in need of support, especially during this time of local and national uncertainty.



# SAT: Sorry About That

*Op-Ed - Jack Frauenhofer '22*

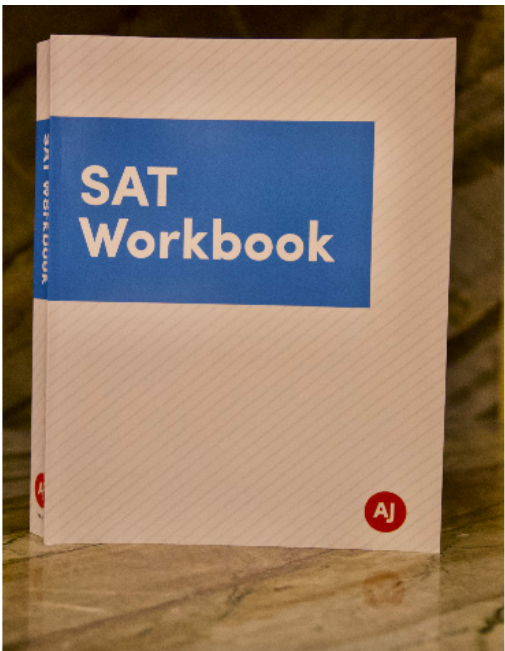
It's the start of a new school year, and do you know what that means? Standardized testing. And this year, it's for both juniors and long-overdue seniors who have been unable to test due to COVID-19. Many Seniors have yet to take their SAT or ACT and have had to study for these tests multiple times since the Spring of their Junior year, only to have the date pushed back another month.

Every month, this cycle continued for Seniors who were unable to take their tests to apply for college. Many seniors still face this difficulty, and juniors may be about to experience it as well. The problem could be easily resolved if colleges and universities simply did not require or even look at standardized test scores, which all the Universities of California have chosen to do, not only due to the implications of the pandemic, but also because of the evident injustices and the lack of integrity in the scores.

Amidst a summer of high tensions about racism and social injustices, the standardized tests most colleges and universities require have been seen to favor the wealthy over the less-fortunate. With more money and resources allocated to their children, wealthy parents can afford tutoring and better preparation for such tests than those unable to afford it. This tutoring, which is solely for test taking skills and information needed on the tests, is unavailable to lower income families. Students from these families who make less than \$20,000 a year have only a two percent chance of scoring a 1,400 or better on the SAT, while students coming from families with an income of over \$200,000 have a one in five chance.

This stark difference between people of different socioeconomic classes can also be attributed to worse educational systems available for lower income

families. The standardized test therefore severely undermines lower income students in favor of those who can afford services to boost their test score, a



Multiple test day delays made it so that students returned to the same workbooks over and over again  
Photo by Carl Crum '24

score given to them for a four hour test that is second to only GPA in college admissions.

Another concern surrounding the SAT and ACT is the lack of accuracy and integrity around the protocols. Every student is an individual and unique, meaning that a four-hour test only examining certain areas of the student's knowledge is ineffective at

measuring his or her intelligence and performance.

It is also unfair to an exchange student or a recent immigrant, due to their possible lack of knowledge compared to other native speakers of the English language, causing them to score exceedingly poor on the English sections. The standardized tests do not fully encompass a student's intelligence and mental capabilities. The standardized tests also lack integrity, especially in light of the series of college application scandals, where many scores of the students were inflated due to extra time given to students, proctors giving aid, and even others taking the test in replacement of the student. The easy manipulation of the tests has led to common disapproval from test-taking students.

And if social injustices, accuracy, and the integrity of the tests are not enough to convince colleges to forgo the tests, then the amount of work and pressure they put on these students, who are already facing extreme difficulty in school and their high school lives, can surely be empathized with. In an already busy schedule filled with school, sports, clubs, and other extracurriculars, high schoolers are also managing a social life filled with relationships that include their families, friends, teachers, coaches...and even dogs now.

With this schedule, it does not make sense to force students to allocate hours of their time into studying for these tests, especially when they are not necessary and corrupt. High school is one of the best times of a person's life, filled with memories and experiences that will be cherished forever, and it should not be spent with excessive time at a desk studying for a test that is not even sure to take place.

# Save the Children in Yemen

*Op-Ed - Anika Goyal '23*

The current Yemen crisis has left around 12 million children in need of humanitarian assistance. The failure to politically transition in a peaceful way, as well as rebellion, has created a five-year ongoing conflict that is causing Yemen to fall to its knees. The entire country is being impacted significantly, but the effects of this war on children have been appalling.

As violence and war spreads, more and more families are forced to leave. Children are separated from their families and are put at serious risks. Currently, 10 million children do not have access to healthcare, and 2 million children are out of school (1). When children are out of school, it puts them in a vulnerable state, making them more prone to exploitation, abuse, and trafficking. In Yemen, children are in the worst possible circumstances and are faced with neglect, exploitation, abuse, trafficking, and separation.

Alongside all of these issues, malnutrition takes the lives of many children. A healthcare facility located in northern Yemen treated an 18 month-old little girl Leila. She was diagnosed with Severe Acute Malnutrition, the deadliest form of hunger. Families like those of Leila have to wait months to take malnourished children to hospitals due to the transportation costs. For Leila's family the transportation cost to the hospital would have left no money for the family to feed everyone else. Leila's family survived solely on bread and tea for two years due to the lack of income. This particular family had already lost one daughter to malnutrition and another daughter to cancer. The mother says that "cancer was easier to bear, as the death was faster, and she felt less responsible"(2). Malnutrition tears many

families, like Leila's, apart. Many parents have to skip meals and starve themselves just to feed their children.

Today's economic and political crises have significantly worsened the issue of malnutrition. Food imports have decreased and the price for food has been skyrocketing. Making access to food even harder for many families. Many children that die of malnutrition suffer greatly because the organs begin to stop functioning and eventually stop. The lack of food and health care resources worsen the malnutrition issue. The current pandemic has also worsened the situation in Yemen. There has been a serious decline in medical necessities and resources to not only those who are suffering, but for all.

However, organizations like Save the Children are donating money for food and helping create health care resources to help fix this crisis. The Save the Children Yemen Child Relief Fund allows people to donate in order to help the movement's efforts. Donations are tax-deductible and can be either one transaction or monthly transactions. Save the Children also allows donors to specifically buy children medical visits, mosquito nets, newborn supplies, and medicines to stock clinics. Save the Children has been aiding those in Yemen for about five years now, and they are the largest organization aiding the crisis.

With support from donors, this organization has been able to change the lives of almost three million children with vital supplies and assistance. Unspecific donations are primarily sent to children under the age of five, that are the most vulnerable and are impacted the most by malnutrition. Save the Children in Yemen supports health care facilities in rural and corrupt areas.

They also fund schools that have been closed or destroyed. Due to the economic situation, 75% of schools have been shut down, so a "temporary learning program" has been set in place so students can advance their education during troubled times.

The Save the Children organization is doing as much as they can to educate and donate for relief in Yemen. Many citizens in the US are unaware of the tragic situation, and are sheltered from the horrors of the country. By educating and spreading awareness regarding the issue, more money is donated and more resources are sent out to Yemen. Many of us aren't fully aware of the majority of the injustices of our world. Just in our SHP community, many might not realize that there is a high number of malnourished children. This is primarily because we are somewhat sheltered from these issues and are privileged enough not to experience anything like this.

However, if we educate ourselves and others, we can little by little improve the situation in Yemen. There are millions of children suffering from disease and malnutrition while we have the luxuries of having food on our tables and shelter from the current pandemic. The least we can do is spread awareness on the issue to help save the 12 million suffering children.

1:<https://www.savethechildren.org/us/what-we-do/where-we-work/greater-middle-east-eur-asia/yemen>

2:<https://www.savethechildren.org/us/charity-stories/yemen-severe-acute-malnutrition>



# Viewfinder: Flowers to Oakwood

Members of the Sacred Heart Society surprised the RSCJ at Oakwood with beautiful flower arrangements and handwritten notes. The Sacred Heart Society is a group of seniors who form close bonds with the RSCJ at Oakwood and serve the SHP community and our sister school in Uganda.



Photo provided by Kat Showalter '22



The description and all of the photos were provided by Katie Sandhu '21 unless otherwise noted.



# Weekday Lunch Tips

*Lifestyle - Katie Sinclair '22 & Ava Shenk '22*

The past month has made us appreciate the diversity of food available at the cafeteria. Since we've been at home we have been making the same thing every day for lunch, and it has become very boring and repetitive. Our lunch period is only forty minutes, which does not allow for much time to make a delicious and complex meal. Recently, we have begun prepping meals and planning food, not only for lunch but as well as for snacks for between class periods. Here are some tips and suggestions that we can offer.

**Tips**

- Pre-cook pasta
- Pre-chop vegetables
- Make-your base layer ahead of time (ex. quinoa, rice, or other forms of grains)
- Make a market run on Sunday or Monday, and have a plan for what you need to buy for the week
- Make your own dressings, sauces, and dips: this can really spice up a boring sandwich
- Eat food with fuel that can get you through the afternoon: make sure you are eating protein and foods that give you energy
- Leftovers: take advantage of dinner from the night before, have whoever is making dinner add

extras, this way you can store it in the fridge and easily rewarm it the next day. This is perfect for when you have a lunchtime meeting, take a test, do some homework, or study.



The refrigerator can be an excellent source of leftovers for making quick meals during the short lunch period  
Photo from Unsplash.com

**Suggestions**

- Sandwiches: Try changing your bread, or using a wrap

- Pesto, turkey, cheese, lettuce on your favorite bread
- Panini without the fancy pan, just cook a regular grilled cheese and add extras after the cheese has melted (turkey, tomato, and spinach)
- Avocado toast: add seasonings, tomato, and good bread
- Platter of food (ex. Cheese, vegetables, some sort of meat, crackers, fruit, etc.) Use the cut-up vegetables and make an easy salad, add a protein such as meat, grains, or nuts
- Veggie Plate/ favorite current dips for an easy snack. Right now we are *loving* a cut-up bell pepper, cucumbers, and tomatoes along with cream cheese and everything but the bagel seasoning - try it!
- Smoothies with your favorite nut butter, or your favorite protein mix to make it more filling

The most important thing is that you are able to eat a nutritious lunch that will keep you energized for the rest of your day. We hope that with these recommendations you will feel more comfortable preparing food ahead of time or being able to quickly grab some items for a delicious and filling snack.

# Top Underrated Movies to Watch

*Lifestyle - Emily Leschin '23*

As the weather gets colder, curling up in bed to watch a movie sounds more and more appealing each day. But why watch a movie everyone has already seen when you can see something unconventional? Try out one of these underrated movies instead!

First on the list is *Focus*, an action-packed thriller starring Will Smith and Margot Robbie. This movie is filled with plot twists as con artist Nicky (Smith) teaches Jess (Robbie) the very best tricks of the trade. *Focus* left me absolutely shocked until the very end, and has a little bit of everything with action, budding romance, and even some humor. Only two of my friends had heard of this movie even with its mainstream ac-

tors, but all of them said it was a must-watch after seeing it. I highly recommend watching *Focus*!

Next on the list is *Queen and Slim*, a powerful, heart-wrenching movie starring lesser-known Daniel Kaluuya and Jodie Turner-Smith. Known as Queen and Slim, the two meet on a date that takes a dark turn when they are harassed by a police officer and must go on the run as fugitives. This drama captures the grief and fear of those involved in police brutality and is truly one of the most moving films I've ever seen. If you're looking for a movie that combines trauma and loss with the hope of young love, *Queen and Slim* is a must-watch.

The final underrated movie I recommend

is *Almost Famous*, a lighthearted film set in the '70s starring Patrick Fugit as a hopeful rock music writer in his teens, who goes on tour with the band Stillwater. He is joined by Penny Lane, played by Kate Hudson, as his eyes are opened to the world of rock and the reality of growing older as Stillwater tours cities across the country. The soundtrack is one of the best of any movie I've seen and the '70s vibe makes this movie special. I highly recommend *Almost Famous* if you're looking for a feel good movie with just enough drama that will transport you into another era! I hope you give these movies a chance and enjoy them this fall!

# Overcoming the Zoom ZZZ's

*Lifestyle - Michelle Hernandez-Garduza '22*

After a long day of zoom classes or a day in which you find yourself more tired than usual, it can be difficult to stay focused during zoom. It's something many of us students can relate to. If you find yourself experiencing this fatigue, here are some tips to help you regain focus.

**Drink Cold Water:**

Cold water is effective in waking you up and will help increase your awareness. It's actually more effective than drinking caffeinated drinks, so instead of drinking coffee or tea, just drink a glass of cold water.

**Eat a Snack:**

A nice snack is great because it gives you a bit of extra energy to stay awake and focused during class. I personally like animal crackers or fruit and they always help increase my focus for my next class. Of course, it's also important that you have a good breakfast and lunch to really have energy throughout the day.

**Turn Off Your Phone:**

It can be distracting to have your phone out during class so try turning it off, or even leaving it in another room so that you aren't tempted to use it. Instead, find something to fidget with



Snacking provides the energy to power you through the school day  
Photo from Katie Sandhu '21

or try actively taking notes to help you stay as focused as possible.

**Use Transition Time Wisely:**

Transition time is for stretch breaks, a walk, and in general, just a break. Make sure you are using that time for your own good. Take a screen break and walk around, stretch your legs, go to the bathroom, grab a snack, a glass of water, listen to energetic music or anything really. This time is an important time to step away from our screens and take a break so that we are ready for our next class so use it wisely.

**Sleep:**

It can be hard to have an ideal sleep schedule but take advantage of the fact that you don't have to drive to school to get some more sleep in. Try to go to bed a bit earlier than usual if you can so that you wake up with energy and, hopefully, less tired than the day before.

Tiredness is inevitable but if you do find yourself unfocused in class, give one of these tips a try or find something that works for you!



# Stylish Activewear: Change Your Outlook on Everyday Tasks

*Fashion- Makena Taylor '22*

If we are being honest, how many times have you actually put on real clothes since quarantine? I would guess very few; I know that's true for me. Since quarantine began, many of our healthy habits, including fashion, have taken a back seat. Many of the activities we previously participated in, like sports and going to the gym have been canceled.

Luckily, there are many ways to adapt to the current situation by finding our own ways to be active and healthy. For example, a member of the Lululemon board, Jon McNeil, says that "the super majority of female exercisers want to work out at home, with an instructor, and do 2-4 different types of workouts each week. All of that points to a digital platform like Mirror where you can do everything from boxing to barre to yoga in the comfort of your home and anytime it's convenient for you." Our workouts and training have evolved, so why not our style?

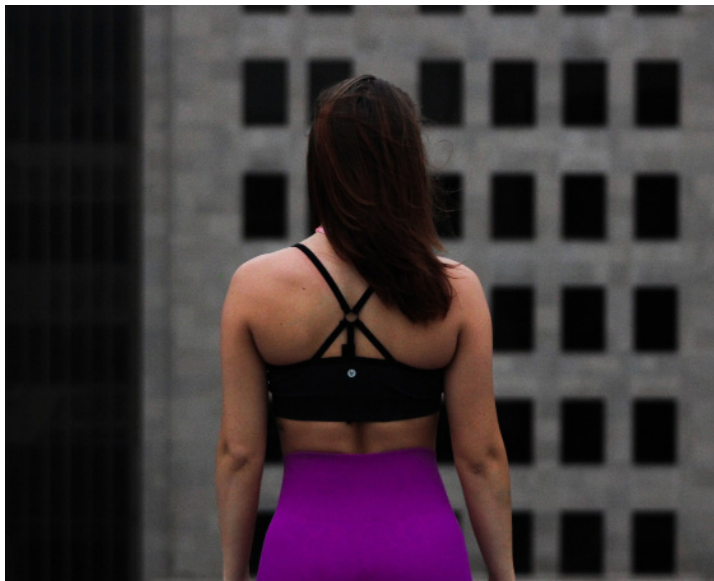
Even though these new forms of exercise are done in the comfort of our own homes, "we still have to show up for ourselves and give our body the respect it deserves," first said by Nike training Master, Kirsty Godso. This means dressing in functional and stylish outfits that make you feel strong and confident!

When we start our day in PJs or sweats, our minds and bodies aren't ready to put their best effort into our everyday tasks. However, changing into some stylish yet functional exercise outfits can adjust your focus and mindset, increasing your likelihood to make time for a short workout, increasing your productivity, and boosting your confidence. Getting your heart rate up for even little amounts of activity each day can have major health benefits on our bodies. Studies have shown that feeling confident in your clothing, especially exercise apparel, can have a major impact on the effort you apply to your work and activities. In specific, wearing stylish workout gear can actually boost our strength and endurance when training!

From my personal experience, and suggestions from trainers and influencers around the world, here are a few suggestions of trends to follow in the exercise apparel industry. Some of the most popular trends right now include: matching sets, biking shorts and spandex, loose yoga tops or sweatshirts over stylish sports bras, sweats, and of course fun leggings. Matching sets have grown in popularity throughout the fitness industry. They are super simple and easy, but also make the perfect "throw on" outfit. Many celebrities and trainers have been showing

off their matching colored and printed sets both while exercising and for wearing throughout the day for their everyday tasks and errands. Matching sets can include leggings, shorts, or sweats paired with sports bras, tank tops, crop tops, cropped sweatshirts, and tons more. Matching sets can be styles in tons of different ways but can completely bring your outfit together and create a unique stylish look. Some popular places to get matching sets are Lululemon (my all-time favorite), P.E. Nation, the Pangaia, and Bandier.

Another trend that is making a comeback



Matching sets from brands like Lululemon allow you to feel good while exercising.

Photo provided by Katie Sandhu '21

from the '80s and '90s are cycling shorts! These shorts are being worn by celebrities throughout the day and both pre and post-workout. They are often styled with either an oversized shirt, cropped sweatshirt, or sports bras. This laid back look is not only super comfortable but also functional and supportive of whatever form of activity or exercise you are participating in. Many popular activewear companies have been making them like Lululemon with their popular fast and free short, Athleta is featuring their ultimate stash pocket short, and both Carbon38 and Set Active are selling their own high rise compression shorts.

A simpler trend that has been around a while are both baggy and jogger sweatpants. People have been wearing different sweatpants for comfort and warmth for years but recently they have become a popular trend worn by many. Celebrities and influencers often throw a pair of sweatpants over their cycling shorts on the way to or from the gym, which is a great stay warm in the fall and winter seasons. Recently, many have also been participating in weight training

in sweatpants because they are comfy and, when working out hard, can cause you to sweat more which has some health benefits. Some go-to brands for sweatpants are Aviator Nation, Nike, Alo yoga, Lululemon, and Free City.

Finally, a few trends that have been popular for a while and are currently on the rise in popularity are loose yoga tops over bold-colored sports bras and leggings. Loose yoga tops are always a great addition over your sports bra or tank top as a cover up, or to add a bit of warmth before and after hitting the gym. Runners and walkers often wear these because they are very light and can be layered easily. Adding a bright colored top beneath can boost your confidence and add positivity to your day as bright colors often do.

Leggings have been around for a while, and don't seem to be going anywhere soon. They can be easily dressed up or down with the addition of a jacket or exercise top and they are very comfortable and can be worn throughout the day. Leggings with prints have been on the rise in popularity recently as they add a little bit of fun and uniqueness to your everyday gym clothes. Getting bored of the same gym routine? Try some bright colored or printed leggings and tops and you will be shocked by the additional positivity and motivation it gives your day.

Last but definitely not least, the trend for men wearing leggings under their shorts has been getting extremely popular. You can see many members of the NBA sporting leggings under their jerseys which can add comfort and compression to their training and performance. Leggings for men are extremely practical as they can bring warmth in cold places and also lessen sweat because of their dry-fit material. They are slim and therefore won't get caught in some exercise machines like bigger pants and sweatpants would. Many men are hopping onto the trend as it adds to both their performance and style.

Exercising and staying active is so important in our everyday lives for our physical and mental health. Especially now with the limited amount of social interactions and activities we get to participate in, we need an extra boost to our endorphins daily. Why make this essential part of our health a burden when we can embrace it with confidence and positivity through stylish and fun exercise clothing? Invest in some of these current activewear trends and you will not be disappointed by the motivation and productivity they provide to your day simply by putting on your stylish exercise wear in the morning.

## Harry Styles and the Rise of Androgynous Dressing

*Fashion - Ilaria Freccia '22*

Recently Harry Styles has skyrocketed in popularity not only with his chart-topping hits, but also in his unique way of dressing which defies not only trends, but gender norms. In the past few years, gender bending fashion trends have increased. Especially on the red carpet, androgynous style has been seen increasing with stars such as Zendaya and Billy Porter. However, Harry Styles is notable for his looks not only on the runway, but in everyday life as well.

His signature pearl necklace, rings, and painted nails are one example of this. Traditionally very feminine and only worn by wom-

en, pearls are a style recently brought back with huge staying power. He began by pairing them with everything from suits to sweaters and pants, generating a trend for his male and female fans to copy. One of the first celebrities to cross traditional gender boundaries, he helped bring acceptance and enthusiasm to the idea of wearing clothes because you like them rather than because of the gender they are marketed for.

Androgynous dressing has also found increased popularity on the red carpet the past few years. Many women have begun wearing suits or pants on the red carpet, some even modeling the

same outfits as men. Billy Porter made headlines for rocking a ball gown on several occasions and other celebrities like Timothée Chalamet and Ezra Miller have also worn makeup and other jewelry that would previously only have been seen on women.

This rise in androgynous dressing symbolizes a new era of fashion as well as gender expectations. Gender labels are no longer as important as they were in the past, and thanks to these celebrities, the fashion industry is beginning to recognize that as well.



# Blast From the Past: Returning Trends from the 90's

*Fashion- Storie Lynch '22*

Do you ever wonder how the outfit that you're wearing even became a trend in the first place? In most cases, popular trends are usually related or adapted from a trend of a past decade. Recently, many trends have returned from the 90's. Fashion in the 1990's was notorious for having a kind of "grunge" look that people embodied with big, loose, and long clothes. Paired with some heavy duty combat boots, this made for a super trendy and stylish look for the times. In today's fashion, trends from the 90's are constantly being incorporated into our everyday wardrobes.

One of the biggest trends from the '90s that is seen in a plethora of fashion today are oversized, baggy jeans. Baggy jeans were a staple of 90's fashion, and they played a huge role in creating the grunge attire that everyone loved. If you paired the jeans with a cute lacy top and a big sweater or hoodie, you would have fit right in during the '90s. While that is still a trendy look today, it has also become more popular for people to wear baggy jeans with a small tube top or crop top. The big jeans and small top look is super in and trendy right now.

However, now that the weather is starting to cool down, we might start to see more cropped sweaters or turtlenecks being worn with big jeans. If you want to be up on the trends and get some of your own baggy jeans, I recommend

looking at Urban Outfitters. They carry multiple brands and so many different styles, so you're likely to find the perfect jeans!

Another trend that originated in the 90's but is still super stylish today are combat boots. Especially in recent months, combat boots, such as Doc Martens, have become increasingly popular in modern fashion. Right now, it is super popular to wear black lace up Doc Martens with a simple tennis skirt, a collared shirt, and a comfy crewneck. This is only a recent trend, but it is super popular and emulates 90's style.

Finally, one last trend coming back from the 90's (that has nothing to with clothes), are claw clips. Claw clips are really in right now, and there are endless ways to style your hair with them. You could pull it back for an effortless half up half down look or do a quick, on the go french twist, which is really trendy with this hair style, or just a last minute thought, which can still be made super cute with a claw clip. You could even clip your hair into a bun with a claw clip. Personally, I find claw clips super cool and easy to use. Whether you want to use it to add style to your look or simply just to have your hair out of the way, they add a little hint of style to anything! If you want fun, colorful clips, there are many options to buy them on various websites such as Amazon. Or, if you just want a basic clip, you can almost always find them at a local store such as

Walgreens or CVS. There are all kinds of sizes, styles and colors!



An example of the big jeans and small top look  
Photo provided by Storie Lynch '22

These are only a few of the trends from the 90's that are still seen in modern fashion. Big, baggy denim jeans and combat boots are becoming much more prevalent in today's fashion. And while claw clips have always been used for hair, they more recently became a trend rather than just a convenience. All of these clothes and accessories making a comeback from the 90's are super popular, especially right now, and can really add some flair or style to any outfit!

## Athlete of the Issue: Natalie Dias

*Arts & Athletics - Alexandra Hull '22*



Natalie returns a ball in style.  
Photo provided by Alexandra Hull '22

COVID-19 has been a difficult experience for Gator athletes, especially those hoping to be recruited by colleges in the coming months. With SHP sports teams postponed and many practice facilities closed down, Gator athletes have had to search for alternate opportunities to display their competitive potential. One example of such a determined Gator is tennis star Natalie Dias '22, who has been hard at work throughout quarantine improving her game.

Natalie has always had a strong passion for tennis and naturally gravitated toward the game as a child. Growing up she had an obvious knack for all athletic endeavors, and was talented in practically every sport she participated in. Despite constantly being spotted with a racquet in hand as a kid, Natalie admits that her relationship with tennis did not seriously begin until she was about twelve years old.

However, as her game developed she quickly discovered that tennis was her true calling. Natalie partially credits her mother for her passion toward the game. As a professional ten-

nis player and Olympic veteran, Natalie's mother very much influenced her dedication and perseverance on and off the court. Regardless, Natalie emphasized that although her mother inspired her tennis efforts, she never forced or even asked Natalie to join tennis. Natalie simply had an innate desire to advance her game and dominate competition.

This desire has not faded since twelve-year old Natalie stepped foot on the court—in fact it has simply grown. Although quarantine initially posed a threat to Natalie's tennis career, as many practice facilities and clinics were shut down for several months, she did not let these setbacks dictate her potential. In the spring, when lock-down orders were strictly enforced, she was often able to sneak in daily practice with a hitting partner after school on private courts. She worked tirelessly perfecting drill consultancies and matchplay, viewing the extra time as an advantage to her game rather than an impediment, and utilizing schedule gaps to fix flaws in her performance.

As summer approached and lock down orders relaxed slightly, she was able to train with larger groups and eventually fit in a few practice matches. Over the summer, she spent eight weeks at an academy straightening out her game every day from nine in the morning to three in the afternoon. By August, the United States Tennis Association began to reopen tournaments, allowing Natalie to return to the competitive environment she craves. She says that "quarantine was a blessing in disguise because it allowed me to create new exercise habits that have greatly improved my game".

Natalie has also not allowed online school to hold her back. Although class Zoom calls and assignments can be draining to participate in and

complete, Natalie still pushes herself to train for a minimum of fourteen hours during the weekdays and attends at least one tournament every weekend. And while her unwavering commitment for the game may be exhausting and tedious, Natalie genuinely enjoys the process. Her favorite part of the game that keeps her competing is the rush of adrenaline she gets from playing and just how rewarding it is to win. She says that nothing in the world compares to the pure euphoria she feels after winning an intense match after weeks of devoted hard work. This elation is what keeps her motivated throughout all of the brutal drills and exhausting workouts.

Although this training always brings Natalie a sense of satisfaction, she admits that it has been difficult to be away from the team environment at SHP. Natalie has been on the varsity team since freshman year and was especially looking forward to finally being an upperclassman on the team this fall season. She shared that being a tournament player can sometimes become a bit isolating and she misses many of the classic pre-match team traditions as well as coaches. However, Natalie always tries to stay positive and has not allowed the unprecedented times to get in the way of many of her own fun tennis habits and routines.

She says that she is one of the most superstitious people you will ever meet and makes it a priority to never skip her own pre-match traditions. She adds that "going into a match, I always wear the same two hair ties and put it into a braided ponytail, I never take off my grandfather's necklace, I have to be the person who walks into the court first, and I have to do the same stretch routine before each match". While these acts might help Natalie's tennis game slightly, it is undeniable that her dedication, passion, and grit for the challenging sport is truly what makes her a consistent winner.



# Artist of the Issue: Alekos Kapur

*Arts & Athletics - Nick Karros '24*

While the pandemic is certainly making it difficult for artists to continue their craft, students who are interested in the arts at SHP have found ways to adapt and push forward. I met with Alekos Kapur— who you probably remember from his fantastic performance during the community life assembly— to talk with him about his experiences with music and how he is staying involved with his passion during these crazy times.

**What do you currently do, either inside or outside of school, that is related to the arts?**

Right now, my main focus has been recording an E.P. (a shorter album consisting of about 5 songs). During the spring semester of last year, I took an inquiry period and learned about some of the basics in production, so I have been recording songs that I have written over the past year.

**I know you used to be involved in some theater productions. Is there any reason that you began to drift away from acting and invest more time in music?**

In eighth grade I did some theater and I made friends who were also involved in theater, so when I went into my freshman year, I thought that acting in plays would be fun and a good way to meet people with similar interests. I auditioned for the play *The Crucible*, and received a pretty large part, which was fun and exciting. However, the plays that SHP was putting on during my sophomore year just didn't interest me as much; I didn't feel like I could connect to the stories as much as I did in *The Crucible*, so I began to pave my own path and started to heavily focus on music. But I've told myself that if there was a play that spoke to me, I would probably audition for it.

**Have you performed at all outside of school?**

Well, I wouldn't say that I've officially performed, but early in sophomore year I began busking, which is essentially when you see someone on the street corner playing music, hoping someone will give them some change. I started off playing in downtown Palo Alto, but I quickly realized that it was a lot better in Redwood City. Sometimes, some of my friends would come and we would set up in front of the Redwood City movie theater almost every weekend.

**What has been your favorite thing about performing?**

I would say that meeting new people, especially artists or musicians, has been the best thing about performing. The musicians are generally the ones that stop and listen, rather than the regular passerby, and I've met some really interesting people through performing.

**It's clear that the pandemic has affected busking, but are there any other things that have changed as a result of the virus?**

Yeah, it's been really interesting because I have a good friend who has been doing musical theater, and we've been comparing how it's affected us. He's been doing Zoom recordings of shows, but I haven't been doing much with other

people, so it hasn't affected me in that way. It's definitely given me more time to work on recording, but something interesting I noticed that I wasn't really expecting is that I haven't been able to write many songs with everyone being at home. It's just hard for me to write when there are other people around, so that's definitely been a bit of a challenge.

**Is there anyone you look to for inspiration when making or performing music?**

I've definitely been influenced by quite a few musicians, but the person who's probably had the most influence on me is Sophie Bridgers, who I discovered early on in sophomore year. She's kind of turned me into a bit of a lyric snob; she's almost like a poet. Her music has definitely affected the way I think about writing (lyrically), something that I focused on for the past year.

I've been trying to figure out a way to say things in a way that you wouldn't expect—but not too out there that it just becomes weird—but also make the songs seem like my own voice and not like I'm trying to copy someone else. I also spend a lot of time just listening to music and thinking, what do I like about this song: is it the melody, the production, the words--or what do I not like about this song? Besides musicians, I have been influenced by quite a few writers and poets such as Mary Oliver and Emily Dickinson.

**A lot of people enjoyed hearing your song during the community life assembly. Would you consider releasing some of your music on platforms such as Spotify?**

I actually have two songs up on Spotify right now, neither are the one that I played at the assembly, but I'm working on recording three more and planning on reuploading them as an E.P.. I'm hoping to have the songs up on Spotify and Apple Music within the next two to three weeks. It's actually a lot easier to put out music that I would have thought. You just pay a distributing website around fifteen bucks and you can upload as much music as you want for a year.

**In your experiences, have there ever been times where you considered giving up?**

Well, when I was doing theater, there were a bunch of other people, and there was someone in charge, and the whole structure just made me feel less like I wanted to quit. But I've realized that as I'm doing my own art, I have to create a timeline and keep myself on track, while not being too hard on myself. Going back to my sophomore year when I was writing songs, I didn't feel as confident as I do now; I hadn't reached that place where I actually liked my music. I told myself that it was OK to work at a slower pace to get the results I wanted and not feel like I had to show people my music before it was done. I'm glad that I was able to listen to myself and keep going until I began to enjoy my songs.



Alekos performing at the Chili Cook Off last year.

Photo provided by Alekos

**So you mentioned showing other people your music; is there anyone that you send it to or perform it in front of them before you release it to a wider audience?**

I'm really shy about showing people, but there are a couple friends that I'll send it to sometimes once a song is almost all finished. Some of them have been really helpful with the production process because they'll let me know if something is too loud or doesn't sound quite right. So it's funny (but I feel a bit bad about it): my mom didn't even know about the first song I put out in July until my friend's mom told her how much she loved my song. And it's not at all that I didn't want to show my mom, I'm just shy about it so it's definitely been out of my comfort zone to be putting out music like I have been.

**In terms of music, is there anyone you would like to work with or hope to work with?**

I do have a friend that I would love to write with (we actually wrote a song together for Play in a Day) and I would like to see where we could take our music if we tried to work together again.

In terms of established musicians, it's hard for me to even imagine since I don't think I'm fully formed in my writing identity. But I would really want to work with anyone that I listen to: Phoebe Bridgers, maybe Soccer Mommy. Or maybe there's someone I don't even know about yet.



Alekos and Zoe Schneider '21 performing at Play in a Day last spring  
Photo provided by Alekos.



# Playlists: Fall Edition

Back Page - Katie O’Gorman ‘23 & Margaret Brandin ‘24

🍂☕ for the girls who think drinking a pumpkin spice latte is a personality trait☕🍂

Stop! In The Name of Love By Diana Ross and the Supremes	OK Not To Be OK By Marshmello ft. Demi Lovato
Exile By Taylor Swift ft. Bon Iver	Maniac By Conan Gray
How Do You Sleep By Sam Smith	EW By Jimmy Fallon ft. will.i.am

🎅🦋 For the person that is already excited for Christmas 🎅🦋

Stop By Spice Girls	Slow Down By Selena Gomez
Not yet By BOITELLO, CIKI	drink bleach*** By blackbear
The Season’s Upon Us Dropkick Murphys	This is Halloween From the Nightmare Before Christmas

📱🍷 For the person who used the new IOS update to make their home screen ~aesthetic~🍷📱

Fancy By Iggy Azalea	10,000 Hours By Dan + Shay, Justin Bieber
Fix You (when you try your best but you don’t succeed) By Coldplay	Worth It By Fifth Harmony
Failure By Design By Brand New	

🧻🌿 for the people who don’t social distance🌿❌

Level of Concern By Twenty One Pilots	Heartless By Diplo ft. Morgan Wallen
Why? By Bazzi	Don’t Stand So Close To Me By The Police
Mask Off By Future	Sicko Mode By Travis Scott

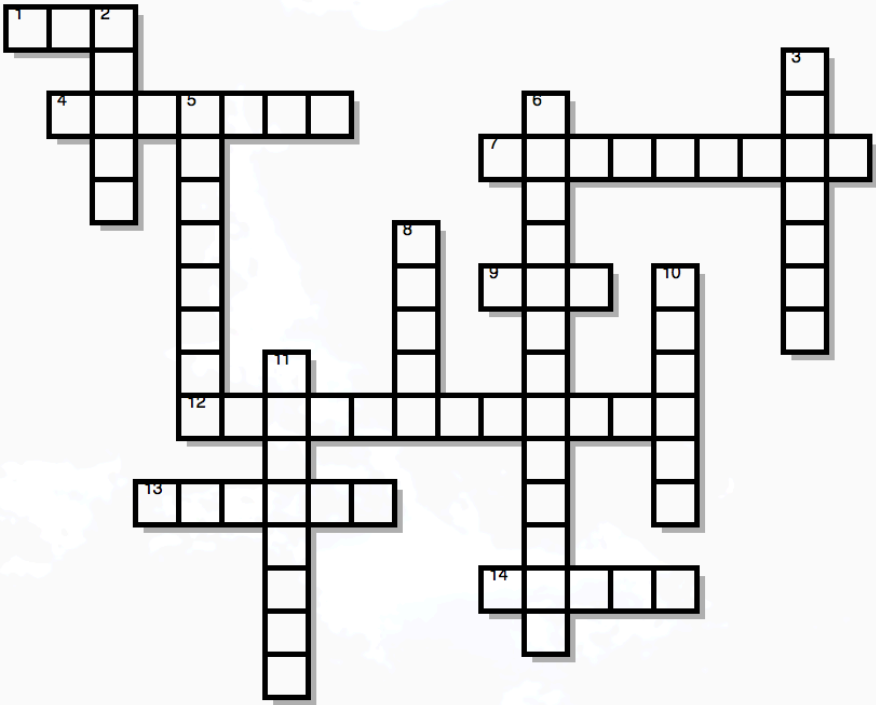
🇺🇸📱 For the teachers who don’t obsessively use breakout rooms 📱🇺🇸

Adore You By Harry Styles	Antisocial By Ed Sheeran ft. Travis Scott
To Die For By Sam Smith	Everything I Wanted By Billie Eilish
Angels By Khalid	Happier Alone By Austin Meade

\*\*\*The editors advise that you do not drink bleach

## 🍂Halloween!🍂

Even though it is not happening, this is still fun👻



### ACROSS

- 1 What a spider spins
- 4 \_\_\_\_\_ eat brains
- 7 A candy that, if placed accordingly, can make the shape of a vegetable
- 9 Ghosts say \_\_\_\_\_
- 12 Is a region in Romania that is most famously known for its connection to Dracula
- 13 The friendly ghost
- 14 A witch flies on a \_\_\_\_\_

### DOWN

- 2 A vampire’s favorite drink
- 3 Jack O’ Lanterns were originally made of \_\_\_\_\_
- 5 You don’t want this animal to cross your path
- 6 A carved pumpkin
- 8 An Egyptian monster
- 10 This country had the first written account of a child using the phrase “trick or treat”
- 11 \_\_\_\_\_ fear garlic

# Word in the Swamp

Back Page - William Yen ‘23

“I’m not leaving [the breakout room] until the 40 seconds are up”

“I’ll be right back, I need to go grab a Capri Sun”

“Sometimes I mute myself on Zoom to say a Nicki quote. No reason, it just comes out of me— calling all barbs, calling all barbs”

“Are you playing roblox again????”

“If you wanna go insane, do these problems and you’ll go insane”

“C is for confusion”

“Cash doesn’t mean anything in the North Pole”

“Someone typed a six-letter code into the Zoom chat and I assumed it was for Among Us”

“I swear I’m funny, look at my private story memories from sophomore year!! :(”

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