

THE HEARTBEAT

November 12, 2021

Issue 3

Sacred Heart Prep, Atherton, CA



A collage inspired by one of Craig Santos Perez's poems

AJ Noto '24 / for the Heartbeat

The Sacred Heart Exchange Program: Adaptations and Experiences

By Alexa Wong '25
and Abby Li '25
HEARTBEAT STAFF WRITERS

The Sacred Heart community is a close international network of over 150 schools, all founded by RSCJ, that have prioritized bringing cultures together and building community in a way that forges strong mutual connections. A long-standing tradition of the Sacred Heart community is sponsoring an exchange student program

where students from various schools can travel to other countries and schools across 41 different countries. This program allows students to get in touch with different cultures around the world, conducting hands-on learning and enrichment with the help of countless hosts who offer the exchange students a home away from home. However, when the worldwide pandemic hit, and we could no longer make physical connections with our loved ones, this pro-

gram was stopped in its tracks, and we had to find new ways to adapt. In response, Ms. Hinton, SHP's Exchange Program Coordinator, and Armin Hamrah '23 launched a virtual exchange program called Sacred Heart LIVE, a new way to form connections with those right next to us and with those across the world.

Ms. Hinton explains that since February 2020, there haven't been any exchange students sent to or from our campus due to

the pandemic. In January of 2021, Armin and Ms. Hinton set up casual opportunities for international students at Sacred Heart schools to connect online through Zoom. Over the summer, these were formalized into "Sacred Heart LIVE" (Language and International Virtual Exchange). "It has been extremely popular and a ton of work, but totally worth it," says Ms. Hinton. The monthly meetings are held in English over Zoom, utilizing breakout rooms to create opportunities for exchange program students to connect on a personal level. Additionally, students got a chance to practice the language they are taking in school with native speakers. With over 200 students participating from 35 different schools and 9 countries, the program has grown in popularity and accessibility. Unfortunately, Sacred Heart LIVE is not currently accepting additional students but may continue next year even when travel resumes. Armin hopes that the virtual exchange program will continue to be a part of the SHP student experience. "It would be great to be able to contin-

ue connecting these high school students of various perspectives and unique experiences," he says, citing students' mutual curiosity to learn about one another's experiences and cultures as the fuel for the popularity of the program.

Following the start of this new school year, Sacred Heart LIVE has also welcomed some new faces like Nicholas Zamboldi '23. Nicholas found himself interested in the similarities and differences between the lives of other students in the Sacred Heart network and felt inspired by the program's determination to connect with different cultures. Although Sacred Heart LIVE has only had two meetings thus far, Nicholas has noticed a true engagement and excitement in each of the other students in the program. "I feel there is a sense of community growing, even though we can't be there physically," Nicholas says. He explains that although the pandemic has been a negative experience for so many people, the openness to digital meetings has opened new doors to connect with peers

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Climate Change Through Poetry

By Raina Singh '24

HEARTBEAT STAFF WRITER

On October 8th, Craig Santos Perez, a well-known climate activist and poet, conducted a Zoom interview with sophomores to share some insight into his writing process and answer questions from students. Craig Santos Perez is a professor in the English department at the University of Hawai'i, Manoa. He has published five works of poetry and two spoken word poetry albums centering around the devastating effects of climate change and our influence upon the environment. His most recent published work, *Habitat Threshold* (2020), has been the subject of the sophomores' poetry unit during the first half of the semester as they delved into the meaning of place and preserving our planet. However, Perez's comments and insight not only apply to sophomores, but are also valuable to all students attending Sacred Heart in general, as they reflect the current situation of our planet and encourage students to reexamine their own relationship to the environment.

During the Zoom interview with Perez, selected students stood upon a podium and asked questions ranging from the technicalities of Perez's writing process to the origin of his passion for the environment. Dr. Harper, a sophomore English teacher, had first proposed covering *Habitat Threshold* in the sophomore curriculum and highlighted a student's question about how Perez's identity as an indigenous Chamoru living in Hawai'i influenced his poetry. "I love the way he put it, that our environment is our ancestor and it's not separate from us," she shared, drawing from Perez's answer. "We've evolved on this planet and we've come from nowhere else other than the planet...the stuff of our being comes from the stuff of our planet, and that's quite a beautiful conception." Building on this concept, Dr. Harper pointed out that his message to take care of each other and spend time to restore your hope and

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Some of the Sacred Heart LIVE participants from right to left: Jillian Amaro '24, Rachel Cheng '24, Ellie Clark '24, Nick Machiao '23, Armin Hamrah '23, William Yen '23, Paul Fong '23

@WhatTheFashionSHP
Learn more about the behind the scenes of this team and its founders, Zara and Dena! *PAGE 6*



Art Installations
Curious about some of the cool art projects displayed around campus?
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What To Wear In The Fall
With Fall winding down, only a few weeks remain to cram in your Fall style. What's trending at SHP? *PAGE 7*

Viewfinder
A huge look into the exploration of the US mainstreets by AP Photo student Alexander. *PAGES 8 AND 9*



Academic Expectations
Feeling like your midterm grades aren't quite at their best? Get some uplifting advice from a senior! *PAGE 10*

Blood Chocolate
Been enjoying your post-Halloween chocolates? This article might change your mind. *PAGE 11*

Sustainability and Climate Change
When initially planning the blueprints for the new Campbell Building, SHP knew that sustainability was a top priority. Learn more about this project and the different ways the school has instituted climate friendly infrastructure to campus life.
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Sustainability at SHP and Climate Change

By Paul Fong '23
HEARTBEAT STAFF WRITER

Sustainability and climate change are a top priority at SHP, which has improved campus life in many ways. In addition to sustainably designed buildings and features like bioswales, student-led efforts include PASH, the Political Advocates of the Sacred Heart, which recently published the first edition of the Romero Journal this year, "Climate in Crisis."

All new buildings are designed with sustainability in mind, and the new kindergarten facility, built during the summer, is no different. During the pandemic, the kindergarteners were in the Main building, which meant that a new building was required since they used to share a space with the preschoolers (who have a state mandate to keep a certain distance). Mr. Dwyer, the Director of Operations, explains how this building utilizes innovations in sustainable architecture: "The amount of wood that was used (2,020 ft³) can be regenerated in the forests of North America, in nine seconds." The many benefits include reducing forest fires and having a smaller carbon footprint compared to using steel (which has a larger carbon footprint in its manufacturing process).

The leaders of PASH, Grace Duncanson '22, Jack Richardson '23, and Kate Newton '22, share how "the 'gator swamps' are bioswales, so when it rains [they] collect all the trash and chemicals so that they don't go down the drains." Additionally, the Homer building "is also super environmentally friendly: it has a living roof, meaning that the roof has some vegetation covering, which helps with stormwater management and reduced temperatures within the building. Homer itself is also LEED certified meaning Leadership in Energy and Environmental Design. It is used as a green building rating, and all buildings with the certification are healthy, highly efficient, and cost-saving green buildings."

no natural gas is used; all power is generated by solar voltaic panels

The Campbell Center also works to improve sustainability here at SHP. For example, no natural gas is used; all power is generated by solar voltaic panels on the roof. Additionally, water coils in the floor allow for more efficient climate control, walkable skylights and large stairways allow natural light to enter the basement, and operable windows allow for fresh air exchange throughout the building. Although these features provide numerous benefits, it was not easy implementing them. For the solar panels, Mr. Dwyer explains that "not only do you have

to buy [them] and design the system such that it will create enough energy to run the entire building, you have to pay additional costs to do that.... there's a ripple effect every time you make a decision like this." He also faced a problem with the fire department: "[they were] not happy with the way the panels were spread on almost every inch of the roof. So that if they had to get up there to fight a fire, they wouldn't be able to walk between them. So we had to adjust

After that, the building will be completely self-sustained... there's not going to be any cost for electricity

the design to allow for a proper walk path for firefighters and for service people to get up there and clean them." Similarly, walkable skylights cost significantly more than normal windows, "each section is \$15,000... compared to about \$1,000-2,000 if you didn't do a skylight."

In light of these difficulties, it may seem that it is not worth the effort to implement these designs. However, Mr. Dwyer shares that there are multiple reasons for doing so. Financially, "we will start seeing a return on the investment, about nine years after we've been open... after that, the building will be completely self-sustained... there's not going to be any cost for electricity for that particular building, which is hugely significant." Also, an unexpected benefit resulted from installing operable windows; "the benefit of this is to be able to open the window and allow a breeze of natural, fresh air to go through the building. And therefore you don't have to use air handling units, such as air conditioning and heaters, as often nor as strenuously, so you're using less energy, which has also helped us with COVID... [it] allows enough air exchanges per hour to scrub the air and prevent COVID from spreading if it were present." Finally, he describes how "not only is it the right thing to do, it aligns with our goals and criteria in being good stewards of the earth."

Mr. Judge, who teaches AP Environmental Science, explains how even if there is "a huge breakthrough in fusion... what models from the MIT Sloan School of Business show is that fossil fuel use would not stop. What it would do is it would make energy cheaper overall, but a lot of fossil fuels would still be burned." He goes on to explain that the short term solution is to "put a price on carbon." This would involve using the current market system to place a cost on carbon emissions, which would encourage a reduction in carbon emissions, since "if you find another way to do [it without] emitting the carbon,

then you will save yourself that expense."

He also advises students that "individual choices, like biking instead of driving, are nice... But you should not feel guilty for having to drive a car.... You should not feel guilty for having to use power to live your life." He goes on to say that the best solution is to "have conversations that are inclusive, and that address solutions to all of this, like a carbon tax." Similarly, PASH explains that "a lot of students, and people in general, believe that the main way to stop the climate crisis is through individual action, such as using a metal straw. While these actions are helpful on a small-scale and raise awareness, many people don't fully understand that fundamental changes have to be made to our industries and global society as a whole to truly make a difference that can stop climate change."

In order to address these issues, Mr. Judge suggests that communication between students and the administration can be improved, "I would love to see students and administration come up with a way to be more successful in implementing a lot of the good ideas that the student body has. And I think the administration would be open to that." PASH explains that "we go deeper into environmental issues, learning about and discussing the root causes of climate change, such as industrialization and the capitalist system. We recently released an edition of the Romero Journal focused on climate issues and environmental justice in hopes that we could help motivate our community to inform themselves deeper and have the tools to make real change."

For students who are interested in learning more, consider taking the AP Environmental Science course and make sure to check out PASH's latest Romero Journal, Climate in Crisis, as included is a list of resources individuals can use to get more information about sustainability and the environment.

Climate Change Through Poetry

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connection with people is also invaluable, especially during the pandemic era.

Ms. Picetti, the Co-chair of the English department, also pointed out that Perez's perspective as an indigenous person was refreshing and unique, and emphasized his role as an activist and something for students to reflect upon. She described how she particularly loved "the idea of him being so deeply concerned about our planet, and then actually doing something in the form of poetry. I really love how he emphasized that...his poetry is a form of activism." Ms. Picetti also connected Perez's activism to Sacred Heart's third goal, a social awareness that impels to action. "Oftentimes, our students think that education doesn't always meet the times, or that Sacred Heart is so traditional in a particular way," she began. "But it was in that moment that I thought 'no, not at all'...that we could actually use our words to be able to bring about some awareness that would ultimately either impel you as the writer or somebody else to act."

In addition to this year's sophomores, current juniors also read *Habitat Threshold* during their sophomore curriculum last year but weren't able to have an interview with Perez due to the pandemic.

Ms. Bowe-Ullman, a junior English teacher, commented how although juniors weren't able to interview with him, the exposure to adults in creative professions would be valuable during college and beyond. "I like when we see people in creative fields making a living from their work and showing students the range of possibilities of what they can do with their lives."

All three English teachers agreed that Perez's description of his revision process was something that they want to highlight to students for their future writing pieces. During the interview, Ms. Picetti noted, "one thing I

appreciated was the idea of fresh eyes on a draft...it was really great to hear someone like Perez say write, take some time away from it, come back to that same piece and you'll see it differently. I was so happy that he echoed the things I tell my students, but because I'm not a published writer I feel like it holds more weight when he says that."

Similar to the teachers, sophomores who attended the interview also appreciated Perez sharing his thought process and his poetic journey. During the interview, Jessica Pica '24 asked Perez why he decided to tell a message through poems specifically instead of another medium such as a documentary or narrative story. She appreciated that "he brought to light subjects that [she] wasn't aware of or realized actually occurred. He educated [her] on topics through poems in a non-lecturing kind of way." Jessica also commented that it was a "gift and a privilege to have him come to this school" and how she's "lucky to have the opportunity to see what his thought process was." Leah McDade '24, who also attended the interview, shared that she "definitely became more aware of environmental issues and how drastic they are right now...it also gave [her] a sense of place, and how the ocean has affected [her] as a person and shaped [her]." Leah also pointed out that he mentioned how he began to write poems during sophomore year, and how that made her realize how one's passion can blossom into a lifelong career.

Unfortunately, sophomores have already begun wrapping up their poetry unit focusing on *Habitat Threshold* and shifting their attention to other literary endeavors. However, the messages from *Habitat Threshold* and Perez's interview, such as awareness of our environment and our relationship to place, are ones that the entire student body can benefit from, and will hopefully be a part of Sacred Heart culture for many years to come.



Aerial of SHP Campus, displaying the solar panels that power 100% of the Campbell Center.

Bruce Damonte/WRNS Studio

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H.R. McMaster at the during the his presentation on the SHP campus.

Carl Crum '24/The Heartbeat

Behind H.R. McMaster's Visit

By Adrian de Vernou '22
and Janie Morganroth '22

HEARTBEAT EDITOR-IN-CHIEF
AND GUEST WRITER

On October 28th, General H.R. McMaster was invited to campus to deliver a presentation on foreign policy and international politics. McMaster, who is most known for his role as the National Security Advisor to former President Trump, spoke about a wide range of topics, from the U.S. withdrawal of Afghanistan to China's encroachment on Taiwan. This is the first time in 2 years that a political guest speaker has been invited to speak on campus, largely due to the pandemic. The presentation consisted of an initial introduction of McMaster's career, followed by a Q&A segment in which students were able to directly ask McMaster questions.

Juliana Berkey '23 was the main coordinator of the event alongside her partner, Mischa Chaikovsky '23. The motive for the presentation was to complete service hours for their Civic Action Project, a 15 hour long project that all students in government courses at SHP must complete. Juliana was able to reach McMaster easily, given that, "He is a colleague of my dad's, so I have met him a couple of times before in casual settings, and I was always interested in what he had to say in his conversations about foreign policy." The original intention was for McMaster to speak only to students in gov-

ernment classes, however given the difficulties of scheduling for the different periods, the plan shifted to an open event during lunch where anybody could participate. Questions for McMaster were written by students in government classes. Initially, Juliana and Mischa were going to select the best of these questions to answer, however McMaster decided to open it up to the audience so that anybody could ask questions. Juliana said that, "I was a bit nervous in case any offensive or inappropriate questions came up, but both Mischa and I were very impressed by the student questions and could tell McMaster was excited to answer them."

"Students loved it, regardless of their political perspective"

The event garnered a large turnout, completely filling the PAC. This is impressive especially given that aside from the government students, the student body was only informed of this presentation the day before. Ms. Kelly, a teacher of AP Comparative Government, stated that, "The students loved it, regardless of their political perspective. They found it interesting and very beneficial to listen to him and see how everything they are studying is articulated at a position of power. They could see what they are learning articulated by someone

with real world influence." Many students outside of government classes also enjoyed the presentation, despite not learning about all of the subjects in an academic setting. Zara Lokuge '22, said that, "he was very well informed about everything he presented on. I especially enjoyed his analysis of what has made him appreciate, and more importantly, understand war." Many underclassmen, who have never been in a government class, were also able to participate in the event. Leah Bei '25, noted that his presentations made her feel "connected and informed on issues past and present within politics." Another freshman, Lauren Bentley '25, described his, "apolitical approach and his interesting points on how seemingly small pieces of history have significant future implications."

Looking forward, many individuals hope to have more guest speakers on campus, especially in the realm of politics. Ms. Kelly stated that having McMaster speak was really, "a fluke, but we would love to have more speakers. In reality, presentations such as this one are student driven, led, and facilitated." Having speakers on campus comes down to whether or not students are willing to host them. Ms. Kelly said that inviting and hosting speakers, "is a form of student leadership. Faculty can help with planning and strategy around presentations, but ultimately getting speakers to come on campus depends on student's invitations."

The SHP Exchange Program

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around the world.

We also contacted Ilaria Freccia '22, a student who was involved in the exchange herself. Ilaria spoke to us about her 2019 exchange program experience in Sevilla, Spain. "It was such an amazing independent experience!" Ilaria says. Although the families were very welcoming and eager to make her feel at home, Ilaria also explains she experienced challenges with cultural differences, like food. The food "was mostly fried or had tomatoes. I made a salad one time, and they looked at me like I was crazy." The school was another Sacred Heart school, however, they did not have the same facilities and privileges as we do. Yet, the appreciation for internationality was still present, as the school actively encouraged students to engage in world language courses and experience other cultures, as we do here at Sacred Heart Schools, Atherton. Ilaria concludes the summary of her experience by saying, "It really was an amazing opportunity to meet so many new people and have that unique experience to really immerse myself in another culture."

After two years on pause, SHP's in-person Exchange Program plans to resume in Summer 2022. Applications will be made available before Thanksgiving break and will be due in January. In most cases, SHP students will

travel during the month of June, the summer month when most schools around the world are still in session. Any student who travels as an exchange student in the summer commits to hosting the student they visit here in California during the academic year for 3-4 weeks. According to Ms. Hinnton, SHP is looking for students who "are open-minded and curi-

"An amazing opportunity to meet so many new people and have that unique experience to really immerse myself in another culture."

ous about other cultures, able to balance multiple responsibilities, and who are patient, compassionate, independent and flexible." Host students will be expected to support their exchange students in their transition to SHP life, approach cultural differences with respect and open-mindedness, balance their school work and extracurriculars with hosting, and represent Sacred Heart Schools, Atherton with integrity.

ARTS & ATHLETICS

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Art Installations Around Campus

By Rachel Cheng '24
HEARTBEAT WRITER

All around the SHP campus are a plethora of different art installations, from painted faces in Campbell to a collection of various Native American-inspired pots in Homer. Let's take a look at these diverse works of art.

installations are embodiments of glee and genuine happiness

First, showcased on the wall in Campbell building, are frames and frames of various individuals laughing and smiling. This display of joy and happiness was created by students in SHP's studio art classes taught by prep art instructor Ms. O'Leary. Students picked, out of a selection, an image of a person laughing. They then employed the gridding technique in order to scale the small image onto a larger canvas; this was an essential step in maintaining the proportions of the face. The class then used vine charcoal and oil pastels to create the stun-

ning pieces that can now be seen in Campbell. Studio art student JJ Boesen '24 states, "Because we aren't able to see anyone's smiles with COVID and the mask mandate, it was a really great experience to recreate these expressions through art." Students' embodiments of glee and genuine happiness can be felt through these colorful, authentic pieces.

In the same building across from the fine arts studio, a number of painted portraits can be enjoyed, depicting various notable female faces from recent years: Zendaya, SZA, Phoebe Bridgers, Rihanna, Melanie Martinez, and Taylor Swift. These portraits were fashioned by students from the Advanced Studio Art class. The theme for this project was to celebrate female activists-- strong women using their platform and fame for a good cause. The bright, contrasting colors of the paint coupled with the meaningful tribute portrayed makes these works captivating, both to our eyes and to our minds.

However, the art installations around school do not display merely two-dimensional artworks. In Homer, a collection of sculpted pots line the hallway, many painted with indigenous-inspired designs. Students worked with clay to fashion the

structure of their pots. They employed the coil technique to form the pot and once the basic shape of the pot was completed, handles were added and the design was then sketched on the pot. Black and white glaze was then used to paint the design. "I really enjoyed replicating Native American pots, experimenting with the new technique, and designing it as well," says ceramics student Yana Gulati '24.

strong female activists are using their platform and fame for a good cause

A distinctive art installation that has captivated students, Main Building is home to haunting shadows made of paper plastered on the wall, depicting the silhouettes of people in different positions.

The unique artistic talents of Sacred Heart's students are brought to life through these various art installations around the campus, with both technical expertise and meaningful ideas being put on display for all to enjoy.



Native American Pots Made in SHP's Ceramics Classes

Carl Crum '24/The Heartbeat

Celebrating Hispanic & LatinX Faculty and Staff

By Ms. Hinton
Dr. Falce-Robinson
SHP FACULTY

On October 28, we celebrated SHP's Latinx Community in a lively, heartfelt gathering in Harman. During this assembly, we heard from Ms. Gómez and Ms. Fries spoke about their experience as students at SHP as well as their perspectives on inclusivity and belonging. As a continuation of this celebration, please take a minute to stop by Koenig Cafeteria to read bilingual profiles of some of our Latinx faculty and staff from all over our campus, interviewed by Spanish 3 Honors students. After you learn more about some of our wonderful Latinx faculty and staff, please make sure to meet them in person and thank them for their service to Sacred Heart Schools!

El 28 de octubre, en nuestra comunidad celebramos la diversidad de las personas Latinx de SHP en una reunión alegre y sincera en Harman. Durante esta reunión, las Señoras Gómez y Fries compartieron sus experiencias como estudiantes de SHP y sus perspectivas sobre la inclusividad dentro de la escuela. Para continuar el espíritu de esta celebración, por favor tomen unos minutos para visitar la Cafetería Koenig y lean los perfiles bilingües de algunos de nuestros profesores y empleados Latinx quienes fueron entrevistados por los estudiantes de Español 3 Honores. Después de leer sobre nuestros fabulosos profesores y empleados Latinx, asegúrense de presentarse y agradarles por su servicio a las escuelas del Sagrado Corazón.

The Importance of Senior Nights

By Selma O'Malley '22
HEARTBEAT WRITER

Senior Nights--the one day that all senior student athletes look forward to, as they are honored by their fellow teammates and commemorated for their time dedicated to a sport. Senior Nights (or days, in some cases) are a widely practiced part of any high school sport, and are especially important at Sacred Heart. Many teams have their own unique traditions for Senior Night, including fun posters that underclassmen make and accessorize, decorating seniors' lockers, and short ceremonies to honor the seniors, which usually involve heartfelt (and occasionally tearful) speeches from coaches and teammates. Girls' Tennis has a very unique tradition that "includes a homemade lei by our coach, events developed by our teammates, roses for the opposing team's seniors, and pictures with our parents and fellow seniors," according to senior Katie Sinclair '22.

While Senior nights are not going away anytime soon, the importance of them are often overlooked. Many seniors have played a sport since freshman year, putting in four seasons of hard work and dedication to their sport, or

even sports. They deserve to have a night to commemorate their contributions, especially since many seniors are a team's strongest players. More importantly, seniors that are not going to pursue sports in college get a memorable close to four years of playing and those that are going to pursue collegiate sports get a welcoming transition to college sports.

Senior Nights are always an accompaniment to a game, which unfortunately means that the team could either win or lose on such an important night. While a loss might put a damper on team spirit, a win is always something to celebrate, and even more so on Senior Night, such as the victory of the Girl's Tennis team this season on their Senior night. Seniors Katie Sinclair, Zara Lokuge, Clemi Devaux, Alyssa Turenne, Kat Showalter, and Natalie Dias pulled out a win against Notre Dame Belmont. Katie Sinclair '22 says that her Senior Night was "a very memorable day," and "all six seniors felt appreciated by [their] teammates, coaches, and parents." This just shows how much Senior Nights are appreciated by both teams and seniors, and should continue to be held in order to show appreciation to our hard-working seniors.

Gator Block's Art Offerings

By Sophia Torres '22
HEARTBEAT WRITER

Out of all the new schedule changes the SHP community has faced this year, one probably stands out the most: Gator Block. Gator Block was designed to give students ample time to meet with clubs during X, Y, and Z period as well as make space for community life gathering every few weeks or so. Yet, arguably the best and most exciting part of Gator Block seems to be the art open spaces conducted by the Prep's art teachers. Dance, ceramics, studio art, and music are all offering these open spaces during many of these periods. Art and ceramics are available during X, Y, and Z, but the music space is only available during Z period and the dance studio is only available during Y period. Most of these classes require no prior experience in the area and are flexible enough for students to create anything they would like. The art open space, for example, is meant for "students who want to create some visual art, whether it's painting, drawing, or collage." Soleil Repple '22, a senior taking Studio Art, likes that the art open space "gives [her] the freedom to expand on [her] in-class projects, as well as embark on new ones." Likewise, the ceramics open space is flexible enough for students to glaze, make pots, spin clay, and even create statues. Ceramics, however, is one of the few open spaces that require some sort of expertise on the subject. In order to be eligible for this open space, students

have to have taken ceramics, be currently enrolled in a ceramics course, or tag along with a friend that matches one of the aforementioned criteria. I took ceramics sophomore year, and my year was cut short by COVID-19, so I personally felt as though I never got to finish ceramics. Now, because of the open space, I can continue to take ceramics. This is the same for Ella Woodhead, who was never able to finish glazing some of her projects because her year was cut short. She's currently finishing some of the projects left over from her shortened ceramics year. These open space opportunities are also great for students who took another art class and do not have room in their schedule for a new art. Two of the students currently enrolled in a ceramics open space, Olivia Gibeau '22 and Michelle Hernandez '22, were unable to take it in their earlier years at the Prep. They both met their art requirement through studio art, and because of their busy schedules, had no way to fit ceramics in their agenda. They explained that the "Ceramics open space is one of [their] favorite activities and [they're] glad to have been able to take it outside of [their] art requirement."

Overall, Gator Block seems to be an effective way to get students more involved in SHP's art offerings and has become a solution for the few students who were not able to participate in their desired art while trying to complete the art requirement. If you don't have anything during X, Y, or Z period, take a look at the art offerings!

LIFESTYLE

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Best Non-Coffee Fall Drinks

By Emily Leschin '23
HEARTBEAT STAFF WRITER

As the weather gets colder and we dive into fall, what better way to warm up than by enjoying a nice hot drink? While many people go for a pumpkin spice latte or hot coffee, personally, I'm not a coffee lover myself. So, for your sake and mine, I tried a bunch of non-coffee drinks that can still satisfy your cozy (and caffeine) cravings. Whether these are your classic favorites or drinks you've never had before, here are the five best drinks you need to try!

The first one to check out is the Lavender Latte, specifically from Coffeebar, which has delicious lavender undertones mixed with a honey sweetness. This drink is absolutely delicious hot or iced, especially if you enjoy more herbal flavors and sweet drinks. While I haven't tasted the lavender lattes from other coffee shops, I know that the latte at Coffeebar is an absolute must try!

If you are a lover of chai like I am, a warm chai latte with almond milk on a cold day cannot be beat. The chai latte at Cafe Central is truly the best I've ever had, with the latte at Peet's coming in at a close second. If you're looking for a fun way to spice things up at

home, Trader Joe's Spicy Chai Tea Latte Mix or Spiced Chai Black Tea Concentrate are great options that just need milk and warming for a delicious treat. The chai latte at Starbucks tends to be a bit more milky, while the one at Coffeebar is strongly infused with chai, so you can pick the place depending on how much chai flavor you prefer!

she would “walk 5,000 miles in the pouring rain to get a good steaming cup of matcha.”

Another classic fall drink is apple cider, which is always best fresh from the farmer's market! While you can purchase it at your local grocery store, homemade apple cider hits different when you can make it warm in your own kitchen. All you need is apples, spices, sugar, and water to make a delicious apple cider that brings a smile to your friend's faces.

A popular drink right now is a matcha latte, which is composed

of matcha, a type of Japanese green tea powder, combined with milk and (sometimes) sweetener. This drink is a favorite of Iris O'Connor '23, who says that she would "walk 5,000 miles in the pouring rain to get a good steaming cup of matcha." It is a must try from Coffeebar if you like more bitter herbal undertones in your drink. It is an acquired taste so for a sweeter version try adding two pumps of chai to Starbucks' matcha.

The final recommendation is the medicine ball tea from Starbucks. Katie Sinclair '22 says that "the medicine ball tea can cure any sickness" and highly recommends it for anyone who might be feeling under the weather this winter season. The combination of lemonade, honey, peach tranquility tea, and citrus mint tea form a delicious concoction on the Secret Starbucks Menu. While this tea is certainly tasty, any herbal or green tea with a generous spoonful of honey is a delicious fall treat.

Even if you swear by your coffee every morning, you have to give at least one of these drinks a try this fall and winter season. Whether these are your morning routine, afternoon pick me up, or evening delight, you can't miss out on these warm fall drinks!

Advice Session: It's 'Cause We Care

By Dominique Lanfear '23
HEARTBEAT STAFF WRITER

Given the chaotic past year SHP has had, the upperclassmen have come together to pass down some amazing wisdom to our beloved underclassmen. After sending out a survey and receiving some pretty wise advice here's what the upperclassmen have to share. The first piece of advice is get to know more people sooner! "It might be awkward at some points but by your senior year it's so much better to have gotten to know your class so your walk through the halls are filled with 'hi!' and 'hello!' to everyone you pass." - Super Wise Senior Ava Shenk. Another shared opinion is that spirit week is the best event to look forward to along with Valpo Bowl, so don't be shy to dress up and have fun during spirit week! Tutus and leggings don't cut it, we got to bring out the colorful wigs and inflatable costumes, because there is no way MenLOL has better school spirit than us. Get hyped about school spirit and embrace being a gator! The traditions from spirit week is an important foundational aspect of being a gator, so don't be afraid to participate in Rock and Jock or lip sync!

Aside from school spirit, upperclassmen agree that a recommended Fine Arts class is ceramics, and everyone should stop by the ceramics room and see the amazing work accomplished by other students and even try it out themselves! The class is known for being a "perfect way to relax

making relationships with teachers and not being afraid to ask for help is so important

On a more academic note, all upperclassmen have advised that making relationships with teachers and not being afraid to ask for help is so important and will help you achieve your goals in and out of the classroom. Signing up for extracurriculars and clubs is another huge recommendation from the upperclassmen to explore academic opportunities. Heartbeat, Model UN, Women's Group, and PASH are some amazing recommendations to explore your intellectual curiosity. Some classes that upperclassmen recommend include AP US History and US Literature! US Literature is a mandatory class for sophomores, but is super memorable.

Finally, the community at SHP is like no other, so embrace being a Gator. You're only here for 4 years, so live it up!

XOXO,
Class of 2023 and 2022

Word in the Swamp

"Word In The Swamp Sucks"

"I am so ready for this day to be over" - Mr. Quattlebaum on Halloween

"I kid you not my clash of clans base costs more than your house."

"Noooo I'm going to end up on the SHP bad parking insta."

"You know what I love, uncultured salami sticks"

"As soon as they got rid of the salad bar the whole cafeteria went to hell."

"I can't wear that - we have a farm day."

"Does Elizabeth Holmes count as a criminal?!"

"Was Quattles using clickbait?!"

"Donate to my speaker go fund me."

"Aren't letter of recs kind of like obituaries?"

"It's mullet season!"

Diwali Through Photos



Diwali, also called Deepavali, is a festival of lights, and one of the largest celebrations in India that transcends religion, as Hindus, Jains, Sikhs, and some Buddhists also partake in the festivities. The celebration involves families, feasts, lights, and fireworks. The overall message is always the triumph of good over evil.



At SHP, Priya Chandrasekar, the mother of Aarav Chandrasekar '23, performed in front of students during lunch in the cafeteria. Traditional Indian foods and drinks were also handed out. Outside, a colorful rangoli was painted by students in Advanced Studio Art.



Diwali celebration photos by Carl Crum '24/The Heartbeat

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Behind the @WhatTheFashionSHP Instagram Account

By Lizzie Uppington '25
HEARTBEAT STAFF WRITER

If you have been on active Instagram recently, you have probably noticed the @whatthefashionshp account popping up on your feed or being featured on your friend's stories. The fashion account has become increasingly popular due to the increased student interest in fashion this past year. Run by Zara Lokuge '22 and Dena Aalaei '23, "What the Fashion" started off as a radio show and then grew into an Instagram account. I had the chance to sit down with these influencers and I was able to get a good insight

the account has spread to other sister Sacred Heart schools

into the creation and upkeep of the account and show. The best friends started their radio show last year. Both very interested in fashion, they discovered radio club and decided to create a show together, which was later named "What the Fashion." The show features Zara and Dena discussing trends, celebrities, and our

very own SHP fashion.

The original idea for the Instagram account was for it to go hand-in-hand with the radio show. Before 2021, the account had 30 followers, and its main purpose was providing reference photos for the topics being discussed weekly on the show. But, once in-person school and the radio show started up again, the account began featuring outfits seen around campus. The account quickly grew, the idea of featuring outfits seemed to entice people; as the features became more popular, so did the account. Though school has only been in session for about three months, the following of the account has climbed from 30 to 400 followers. The account has also spread to other schools including a sister Sacred Heart school in New York, which created a similar fashion page based on the SHP account in Atherton.

Though the account and show were created by girls, they decided to make the features inclusive to different genders and styles. Not wanting the account to be based on their own style, they focused on a goal of displaying the different styles in the SHP community. When asked what factors they consider while looking for outfits to feature, Zara and Dena responded by saying they said they were looking for that "wow

factor," meaning the outfit had to be unique and truly reflect that person's individuality. But, they were mainly looking for people who were comfortable with their style and how they dressed. In fashion, you can't really make mistakes, because fashion is just a reflection of yourself, and everyone is different. "Define yourself and set your own trends," says Zara.

they display different styles in the SHP community

Zara and Dena say that their favorite parts about running the account are helping build community and getting to do something involving their passion for fashion. Our style can really define who we are, and this idea of encouraging others to express themselves is a great way to help spread community. Within the next month, Zara and Dena are helping organize a clothing drive for St. Vincent De Paul, a voluntary organization - look out for it and get unwanted clothes of yours ready. Good work Zara and Dena, I look forward to seeing what more you have to offer the fashion and SHP community.



Chiara Libraro '23/The Heartbeat

Zara Lokuge '22 and Dena Aalaei '23

Dirty Converse for Six Hundred Dollars? The Fall of Golden Goose Deluxe

By Dena Alaei '23
HEARTBEAT STAFF WRITER

ers are the same, adding to the allure of the luxury brand. Not to mention, the hand crafted leather from Northern Venice, Italy. The sneaker is adorned with their signature star on the side, usually in

"I would return them for Nordstrom credit."

a silver or gold. The shoes retail anywhere from \$460 to \$1,715, in low-top and high-top styles with a variety of colors. Usually synonymous with a preppy style, Golden Goose Deluxe Brand can be seen very often around Sacred Heart Prep. They experienced a high popularity amongst teenagers a couple years ago, when the preppy style was most trendy, but now that trends have shifted to more urban and vintage styles, the fall of Golden Goose sneakers has become inevitable.

Golden Goose Deluxe Brand was founded in 2000 in Venice, Italy by designers Francesca Rinaldo and Alessandro Gallo. Each shoe is individually distressed and created by the designers to create a vintage aesthetic that is elevated by the "perfect imperfections". The idea for the branch was created after a trip to Paris where they "feel in love with the wonderful vintage markets." In the last 20 years the

However, the topic of Golden Goose is a controversial one. Many still love their pair of glittery sneakers, and wear them with many different outfits. Many enjoy their uniqueness and the pop of color they can add to any outfit. Olivia Braccia '23 says, "I like golden goose sneakers because they are funky, fresh, and cool with sparkly, fun colors." Consumers find that they can be dressed up or down with ease, either with a cute pair of blue jeans, or a silk slip dress. Golden Goose enthusiasts depend on their versatility.

In a nutshell, Golden Goose Sneakers might just be one of the most controversial things in fashion right now. Whether you love them or hate them, you can't deny that they are definitely eye-catching, especially the price tag!



Alden Parsons '24 Photographed With Golden Goose

Carl Crum '24/The Heartbeat

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What to Wear for Fall

By Charlotte de Baubigny '23

HEARTBEAT STAFF WRITER

As we move into colder weather, it's time that we start thinking of ways to elevate our fall wardrobe. Because let's be honest, there's only so many times you can wear that one hoodie-legging/sweats combo. Stepping up your cold weather outfits has never been easier when you add some classic fall pieces into your closet. Here are some ideas for you to take your fall fashion to the next level no matter your gender:

Wanna be warm and cozy in class but still look put together? Matching Sweatsuits is a trend that's taken the internet by storm. Celebrities from Kanye West to

Hailey Bieber have been known to step out in the comfy, yet coordinated look. If you want a simple, stylish outfit, matching classic black or grey sweats and a jean jacket is a tried and true "street style" look that's easy to emulate. For those who like to play with color; tie-dye, neon, and pastel sweats have also been taking over our social media feeds for the past year and a half. If the weather gets colder (or rainier), matching sweatsuits are easy to pair with a rain jacket or puffer. Also, you can try out this trend regardless of your budget. Matching sweats are everywhere and so versatile! My favorite places to find them are Target, Aviator Nation, Old Navy, and Aritzia, to name a few. Pair your sweats with your favorite sneaker-

ers or slippers and a comfy shirt underneath, and you're good to go!

the best way to dress for the weather is layering

Sweaters, "shackets", and flannels are perfect ways to stay stylish and stay warm this season. Sweaters come in all shapes, sizes, and colors, but go great with everything. Sweaters are anything but basic and will become staples in your wardrobe. Styles like cardigans, sweater vests, and classic knit sweaters are great to pair with jeans, skirts, or even leggings (for a more casual look). My favorite places to find

sweaters are Free People, Zara, and Target. If you're looking for a vintage vibe, thrift stores and flea markets are great places to find sweaters, too! Shackets (shirt-jacket) and flannels are also great ways to stay warm and liven up your look. These pieces are also great if you want to add some color or texture to a basic outfit, since they come in a variety of shades and fabrics. My favorite ways to style shackets and flannels are over a t-shirt paired with any basic pants or skirt depending on the weather. Another trending way to style them is over a hoodie with jeans. Super cool! You can find flannels and shackets pretty much anywhere (maybe even your own closet!). My favorite spots to find them are at PacSun, H&M, and

Cotton On.

We all know how the temperature can change on a dime in California, and the best way to dress for the weather is... layering! If you're new to layering, don't stress! It's super easy to try out, and you probably have all you need to layer in your closet already! My favorite, super easy way to layer is to first pair my favorite jeans, leggings, or skirt with any cute T-shirt. Then, throw a chunky knit sweater on top! If that's still not enough to beat the chilly mornings, wear a jacket, shacket, or flannel over the sweater. Throughout the day, just simply de-layer your look as the weather gets warmer. Boom! You're looking great and dressed for the temperature all day! That wasn't so hard.



Jack Gurtner '24, Neal Chopra '24, Zane Tanabe '24 showing off fall styles.

Carl Crum '24/ The Heartbeat

On the Runway: The Miu Miu Micro-Mini and Its Origin

By Aashna Batra '23

HEARTBEAT STAFF WRITER

If you have been paying attention to the fast-paced cycle of trends over the past two years, the trends cycle has been changing at an alarmingly high rate. As another writer further explored in our first issue, the resurgence of 2000s styles was a prominent part of the trend cycle of 2020-2021. Runways, particularly, play big roles in the progression of these cycles as big promoters of trends. Miuccia Prada has made her mark on this fashion nostalgia through her fashion brand Miu Miu with low rise bottoms and micro-mini skirts. The mere ten inch skirt sits very low on the waist—practically on the hips—exposing the wearer's torso,

adorned with a leather-dress belt, reminiscent of corporate fashion and Wall-Street style. Though fashion editorials have been giving light to the skirt's resurgence and its reminiscence of Paris Hilton's peak days in the 2000s, it has been met with controversy, due to its large focus on a specific body type.

The micro-mini may be remembered mainly for its dominance of the early 2000s, but its first appearance dates back to the 1960s. Credited as being the creator of the mini skirt, Mary Quant gave birth to the carefree, youthful style, which would later on be a central characteristic of preppy/school-girl style—a style which originated from Ivy League men who donned blazers, Brooks Brothers button downs, cable knits, and loafers

in the 20th century, which then inspired aspects of women's fashions in the 1930s and famously by Princess Diana in the 1980s (Ralph Lauren became a huge

with controversy, due to its large focus on a specific body type.

staple brand of this style by this time). Bringing up the hemlines was a controversial process of its time, originally taking influence from London streetwear and in rebellion to societally appropriate fashion norms. Following Quant's introduction of mini-skirts to the world, the French couturier André Courrèges debuted a cou-

ture collection of short skirts in April 1964. Although there were multiple variations and contributors to the birth of the mini skirt, Mary Quant's experience of being a young woman, and interacting more closely with the young generation of the 1960s gave her mini-skirt designs more prominence into later decades.

The mini skirt maintained its reliable reputation throughout the 1970s well into the 90s with minor tweaks, but it was in the 2000s when this style took a drastic turn. Legs and midsections were highlighted by the prominent low-rise—which, at one point, became ultra low-rise—micro-mini length, and optional accompaniment of a belt with basically the same dimensions. Another large contributor to the current

Miu Miu micro-mini skirts is the preppy, pleated skirts of Gossip Girl fashion. The pleats and more formal material of Gossip Girl style combined with the short, edgier jean skirt look of 2000s socialites and pop-stars came the micro-mini skirts seen in the Miu Miu Spring 2022 Ready-to-Wear collection.

Although many people think the Miu Miu micro-minis are questionable and possibly too 2000s, I personally think they were inevitable what with low rise skirt styles being produced by companies with large consumer-audiences, like Brandy Melville (which produced a very similar low rise pleated khaki miniskirt with buckles earlier this year), Urban Outfitters, I.A.M. GIA, and many more after the 2000s trend cycle hit us.

A M E R I C A N MAIN STREETS

AP Photo student Alexander Lourdes Medel '23 is exploring the nuances of the mainstreets of America: "I want to capture snapshots of the urban landscape that force the viewer to think critically and reflect deeply about the nuances and contradictions that can be found in a city environment. Given the fact that urban life is fast-paced and hectic, I want my photographs to provide an enlightening respite from the bustle."



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A Beautiful Past

By Alexander Lourdes Medel '23

HEARTBEAT STAFF WRITER

If I were to ask a modern-day student of Sacred Heart Prep to describe our campus, they would mention commonly known locations ranging from the Dunlevie Aquatic Center, the Campbell Building, to the iconic Main Building. On the other hand, if I was to ask a student of the Convent of Sacred Heart to describe their campus, they would most likely allude to tree-covered locations such as the Rose Gardens, the Old Stone Bench, the Children's Oak and Witch Tree, Rosary Alley, as well as the only structure in the campus: the Main Building. These two schools, essentially, are one and the same—the only real difference between the two lies in their place in history.

To offer the reader a quick glimpse into the way the Convent of Sacred Heart has transformed into Sacred Heart Preparatory, our school survived earthquakes in both 1906 and 1989, two World Wars, the entire stretch of the Cold War, numerous economic depressions, and it is still presently standing strong amidst the effects of the coronavirus pandemic. Although we spend only a few hours of our day in the Main Building, the women who preceded us spent entire months living in Main. What we call our history classrooms is what they called their dorms. The Quad as we know it today was nothing short of a forest-like area complete with gardens and pathways. The Grotto, which presently sits alongside the Performing Arts Center, was initially located in the space now occupied by the Campbell Amphitheater. Entering campus from the Main Entrance on Valparaiso Avenue, you are greeted by two gate posts. Unassuming and hum-



Saint Agnes Shrine outside of Duchesne Courtyard. Finley Heinzen '23/The Heartbeat

bly dressed in dark gray paint, these quiet sentinels have welcomed countless young students, such as ourselves, onto the second happiest place on Earth for many decades. The continued existence of these gate posts, as well as the presence of other historical locations at the Prep, exhibits not only how history plays an active role in our lives, but also symbolizes the admirable strength of our school for more than a century.

The fact that places at the Prep have morphed over time is a testament to our shared history as a school. Compared to other high schools in the Bay Area, as well as our nation, our second home is unique in the way that we have the opportunity to celebrate and commemorate a 123 year old heritage. However, we take this chance for granted in the way that our schedules are dictated not by quiet contemplation or curiosity but by due dates, sports practices, and artistic performances. While the aforementioned are defining aspects of our hectic lives as Gators at the Prep, they are sadly preventing us from appreciating our school's history. The locations I mentioned in the first paragraph of this article, to the modern reader, will most likely sound unknown, and the very fact that they do means that we have yet to learn more about a place we know and call our second home.

It is imperative that we cher-

ish the past, even in the simplest of ways. For instance, in a metaphorical sense, we have the ability to travel into the past everytime we walk into the Main Building. We can pray in the Chapel, study in the Otto Library, stroll into the Piano and Quilt Parlors, or gaze at the countless mementos and photographs in the Heritage Room. If you want to step outdoors, try quiet reflection in the Grotto alongside the Ruins. Even during the busy walk from your science to English class, pause for a moment and consider the Saint Agnes Shrine that has been sitting at its current location between Homer and Main since the first half of the twentieth century.

In all, our history as Sacred Heart Preparatory is rich with surprising details and affords us with the ever-interesting notion of comparing our beautiful past to the present. While the future presents itself as rightfully foreign to the modern-day individual, the past should not be regarded as such. Essentially, we learn more about today, and tomorrow, by studying yesterday. We obtain a better understanding of our community and ourselves if we look towards the future by looking towards the past. Indeed, Lord Acton is right when he says that "history is not a burden on the memory but an illumination of the soul."

Yay or Nay? The Five-Paragraph Essay

By Roshan Taneja '25

HEARTBEAT STAFF WRITER

The five-paragraph essay has plagued English Language Arts students since the 16th century. Essayist Michel de Montaigne created the five-paragraph essay, but this doesn't mean that traditions should last forever. Consisting of strictly five paragraphs, the five-paragraph essay is a simple way to structure and to convey your thoughts and research into a well-built argument. The five-paragraph essay is not only archaic but also seems to practice blind faith in tradition.

Montaigne, the creator of the five-paragraph essay, lived in France during the French Renaissance of the late 1500s. As a well-known essayist, he wrote about all kinds of psychological topics, ranging from education to religious conflicts of the time. He wrote "short subjective essays" on these topics. Montaigne wanted a short way to convey his thoughts into his essays and invented the five-paragraph format. Other revolutionary thinkers like Sir Francis Bacon were influenced by Montaigne's short essay style. Montaigne had very specific and strong ideas regarding the education of children, which possibly influenced today's education systems. Montaigne believed that studying and memorizing from a book was useless and the students would "become passive adults, blindly obeying and lacking the ability to think on their own."

Tradition is the transmission of customs or beliefs passed down from generation to generation. Montaigne's beliefs, like learning through experience and academic practice, have been passed down for over half a millennia. According to Montaigne, traditions are adapted via new circumstan-

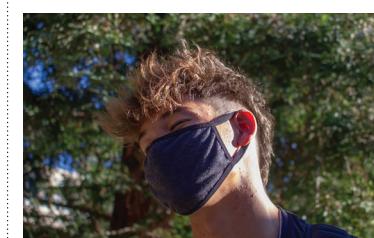
ces. Trying to keep the traditions the same, while circumstances change, will eventually denature the original tradition. For example, in Shirley Jackson's short story, "The Lottery," the townspeople practice blind faith in a tradition that is both harmful and useless. The reason the story is so off-putting is that the tradition has not changed, yet the people and circumstances have progressed. Perhaps if the townsfolk had decided to adapt or to thwart the tradition to fit their new circumstances, they might not have given in to the blind faith in their predecessors' judgement.

One might think that the five-paragraph essay helps organize one's thoughts. It could be like the training wheels of essay writing, as there are only a few actions (specifically, five: Introduction, Body:1-2-3, plus the Conclusion.) to complete to create a valid outline. The five-paragraph outline is vague and makes it difficult to find specific questions to answer to fill out each paragraph. It is also limited to people who have more than three points in their essay toolkit, forcing them to decide the best points to include and to leave the reader oblivious to all other points.

The five-paragraph essay is a centuries-old writing style created to formulate and to solidify an opinion or idea. Even though this format is a widespread tradition for writing enthusiasts and English teachers, it is in desperate need of a makeover. If the five-paragraph essay was created to formulate and to solidify an opinion or idea, perhaps we can restructure the essay format. We can put some reasoning into the essay format. A helpful suggestion would be to restructure the essay, such that there is a short reasoning paragraph after every body paragraph.

Do grades determine happiness?

HEART MONITOR



Andrew Spencer '24

"I don't think so. I think happiness is your perspective. It is how you set your priorities."



Will Avina '24

"Sadly, yes... Teachers try and say, 'Oh the grades don't matter,' but I'm going to feel bad when I get a bad grade."

By Colleen Tanona '22

HEARTBEAT STAFF WRITER

Dear Sacred Heart Prep,

Picture this. The teacher starts passing back your tests. You feel your heart racing, and they put your paper face down on your desk. You pick it up, and your heart sinks. You failed that test. Only, you didn't fail. You got a B. An all too familiar situation. I've been there, and odds are, you have too.

SHP is home to some of the most intelligent people I know. The teachers are experts in their areas of study, and the students work incredibly hard to achieve academic excellence. However, this, in a way, creates an unhealthy outlook surrounding how we define our academic success. Sacred Heart Preparatory class of 2022 has an average GPA of 3.8. For reference, the average GPA in the United States is 3.0. This place is a hub of academic excellence that passes over the average student's head at SHP. Despite the fact that everybody is getting an incredible education, there is a culture of

Academic Expectations

comparison among the student body at SHP. Even though they do not have bad intentions, hearing a person declare how disappointed they are in their A- in front of the whole class will make the student who got a D feel even worse than they already do. A GPA is a measure of personal academic success and is not meant to be compared with others. That is unhealthy and unrealistic. Everybody learns differently. Some people are great test-takers, while others aren't. People have learning differences, and others do not. We students at SHP need to stop comparing ourselves to the rest of our peers. As a community, we need to be more sensitive about academic achievement and acknowledge that not everybody will be a straight-A, AP student. Very few people have these high-achieving statistics, yet with Sacred Heart's culture of only but the best, it seems just the norm.

Academic pressure can sometimes result in students reflecting an essential and defining part of their Sacred Heart education. Academics are a cornerstone of a Sacred Heart education, but so

are creativity and character development. Taking on a course load that is too rigorous and too much for one's schedule will negatively affect the ability to do the extracurricular activities they love and spend time with their friends. Not only that, but the pressure to succeed can create academic robots who are only good at "doing school," which is not what SHP is about nor directly helpful in future careers. We are a community of lifelong learners, which is why we are so academically successful. This is the value that makes SHP as intellectual as it is, not the high GPAs. We cannot expect too much of ourselves without it taking a toll on our mental health. Feeling "average" because you have a 3.8 GPA is one of the most disheartening prospects. Not only is that a great GPA, but it also doesn't define you. It is just a data point. So many people love you; so many people care about you and want to see you succeed. You are special. Do not let any number make you feel otherwise. Look after your mental health when thinking about grades, course load, and academic success. And be conscious

of others. It's such an easy fix tool. We can stop the comparison culture by simply stopping sharing our points of comparison.

You will leave this school with a cumulative grade point average on your transcript, but that does not define your Sacred Heart education. There have been so many things that I wish I had gotten involved within my time at Sacred Heart. Still, I didn't because I was scared about being overwhelmed by too many extracurricular activities, making my rigorous course load nearly impossible. So, to anybody who has the opportunity to sit down once again and plan out your schedule for your next year at SHP, take the classes you want to take and try the things you want to try. Get involved with the arts or maybe a new sport. Join a club that suits an interest that you want to explore. Perhaps even write for the Heartbeat; we would love to have you. Just remember that no number, word, acceptance letter, score, or any other thing has the power to define the unique, particular person you are. You are enough.

With Love, Colleen

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Do you think about where your chocolate comes from?

HEART MONITOR



Daniel Barragan-Magana '23

"No, I do not. I never looked into it. I just ate it"



Epele Pahulu '23

"No, when I eat chocolate I eat it to enjoy it."

This publication's Heart Monitor is by Jade Anderson '23 and Finley Heinzen '23

By Sadie Taylor '24
HEARTBEAT STAFF WRITER

Halloween is over, and everyone's been enjoying costumes, tricks, and of course, treats, whether it's your sibling's leftover candy, or Mike & Ike's from the cafeteria.

our cafeteria has candy made by child labor

However, not every part of these treats are sweet. The school's cafeteria is stocked with candy from brands like Hershey that use child labor to help produce chocolate and profit from it. Close to half of the world's cocoa, a big ingredient in chocolate, comes from the Ivory Coast of Africa, where brands such as Hershey, Nestle, and others, have been accused of using child labor to produce ingredients. Any student can purchase from a plethora of products by the checkout stands, and many of them are created by illegal and immoral child labor. So, should SHP stop selling candy from brands like Hershey?

It's shocking that SHP still sells these brands, because it stands against the values of our schools. Sure, these brands are the

most popular amongst students, but just because something's easy to do, doesn't mean it's right. By buying and consuming these products, we participate in the same capitalist system as these child laborers. As Sophomore English classes finished up their poetry unit, Craig Santos Perez's "Halloween in the Anthropocene" comes to mind, with lines like "Praise the souls of black/boys, enslaved by supply chains, who carry/bags of cacao under West African heat...— pray for us—/ because our costumes/won't hide the true cost of our greed", which reflect on the controversy of the joy of consumption at the cost of young human beings.

Outside of sophomore English, many students have been unaware of the unjust practices of brands like Hershey and Nestle, and the fact that Sacred Heart still sells them in the cafeteria. While our school should make an effort to be conscious about these problems, ultimately, it's up to the students. If we don't buy it, they won't sell it, and when schools and other institutions no longer sell unethically produced goods, it can help reduce their popularity, and take steps towards eliminating them entirely. Once students are made aware of these issues, there's a possibility they may become more willing to attempt to reduce the school's purchase and sale of immoral candy.

However, even if it's wrong to sell these kinds of candy, would SHP students want it to stop? Many people know about Hershey's unethical practices, but it doesn't seem to stop its goods from being sold at almost any gas station, supermarket, or in this case, cafeteria. It's the popularity of a candy giant versus the beliefs and values of Sacred Heart. And there are fears that popularity among students might win. There's only so much we can do to fight the daunting, expansive system we operate under that is undoubtedly, inherently, ethically wrong

easy doesn't mean it's right

But this feels unjust to some. Sacred Heart's values have supposedly been strongly instilled in its students, so shouldn't they feel outraged at these horrific circumstances being profited off of? As a student of Sacred for many years, I think students both should and will. We're supposed to be always learning, always growing, and in order to do so, we need to be exposed to, and learn from, the real world. What we learn at SHP isn't bound to the world of textbooks and theory, it's in our practices too. Through the practice of removing unethically made prod-

ucts from our school's environment, we can express our beliefs as a school in ethical production practices and against cruelty and injustice.

If the sale of this kind of candy in our cafeteria contradicts the morals our school works hard to uphold, how can students combat it, while still placating students by continuing to sell sweet treats? A possible answer is that Sacred Heart should start selling Fair Trade chocolate, and other products, too. It's the ethical duty of our school to reflect what we're trying to educate towards. Do fair trade goods cost more? Yeah, probably. But it's worth the switch. Buying products that ethically reflect our values will help us to start changing our behaviors based on our beliefs.

So, how else should students try to combat the wrongdoings of companies who use child labor to produce candy? It's difficult work to try to reduce the impact of these corporations in people's lives, as consumption of these kinds of goods are firmly entrenched in many people's routines. After all, candy like Hershey bars, Mike & Ike's, and other similar goods are items among students. But making the switch to Fair Trade products, both personally and as a school, we can work towards bettering our current system, practicing the values instilled in us by Sacred Heart.

Facebook Rebrand

By Eric Bollar '22
HEARTBEAT STAFF WRITER

Do you have a social media account? From Snapchat to Tik Tok, social media in our present day has a serious impact on society, especially the younger generations. Young people are becoming increasingly savvy and rooted in their technology, so SHP students should be aware of Facebook's major rebrand. Ultimately, this rebrand diverts attention from the company's infringement of user privacy.

a virtual reality environment which will allow users "to do almost anything"

On October 28, Facebook CEO Mark Zuckerberg announced his new social media company, Meta, "which brings together [Facebook's] apps and technologies under one new company brand" according to a Facebook press release. Now, what is the significance of this name change? On surface level, it may seem a bit superfluous. Zuckerberg's primary stance emphasizes the company's upcoming project, the metaverse, a virtual reality environment which will allow us-

ers "to do almost anything [they] can imagine — get together with friends and family, work, learn, play, shop, create". This massive, novel VR experience promises to revolutionize the way we interact with the technological world. As exciting or dystopian as you may view this prospective future, students should examine the other reasons for this name shift.

Facebook is notorious for broaching or even surpassing legal and ethical bounds. Many view this shift as a sign of something sinister, such as a major privacy breach. However, it is likely to draw attention away from Facebook's controversial past, which includes stealing data from users and lying to investors. Earlier this year in April, over 500 million users' data were publicly leaked and sold to either large-scale companies or hackers. This included information like phone numbers, addresses, and demographic information. This leak wasn't the only infringement for which Facebook faced legal trouble. In August of 2018, Facebook was fined \$5 billion by the Federal Trade Commission for its misleading statements about user privacy in the run-up to its 2012 initial public offering. Even more, Facebook was previously accused of undercounting metrics to advertisers in 2014—a huge deal for any business model. Plus, they've been known to drastically impact elections in countries like the USA and India, effectively threatening democracy. This re-

brand ultimately brings up legal concerns about a company escaping its past and if there should be ramifications involved.

Personally, this rebrand indicates concerning behavior from the company. It does seem to be more of an escape to shift the company into a potential future that is free from its troubling past. Facebook has repeatedly disregarded individual privacy and rights in favor of profits or political influence on multiple occasions over the years. Changing the name to solely focus on a new product may be partially true, but it is a bit naive to take their statement at face value.

What does this mean for a Sacred Heart student? Examine your own social media accounts and consider your internet security. This rebranding may be the first step toward a change in social media standards, but it is likely just a way to divert attention. It is important to stay aware of how your data is being used and whether or not Facebook or any other social media company is still ethical enough for your trust. Remember, everything posted on the internet is practically permanent.

Voter Registration

By Katie Sinclair '22
Ellie Brew '22
HEARTBEAT STAFF WRITER

It has been statistically proven that our generation, Generation Z, has the lowest levels of political efficacy. Your political efficacy is increased when you are involved in the political process or government decisions. For example, if you are below the age of voting, you can take part in protests, read newspaper articles, or write letters to your local representatives. Although our lack of political efficacy is largely due to the fact that many of us are under 18 and can't vote, there are still plenty of other ways to get involved in politics. One way to increase your political efficacy is to pre-register to vote so that you are eligible for your first election. By encouraging those to vote at a young age, their lifetime involvement increases. More than 200,000 teenagers in California have pre-registered since 2016.

As a representative democracy, we rely on our youth to become engaged and influential in policy-making decisions.

The ballot, along with a county and state election guide, will be delivered directly to your home. State Voter Information Guides contain information about federal and state elections, candidates, and statewide ballot measures. County Voter Information Guides detail the local candidates and ballot measures. You are also provided with a "sample ballot",

and for some counties like Santa Clara and San Mateo, the location of your nearest polling place.

The process of pre-registering to vote takes about 10 minutes, but significantly increases your involvement in our political system. To sign up, you can register online or on a ballot found at your local library or post office. For those working towards getting their driver's license, you will be given the option to pre-register at the DMV once you have passed your driver's test. After completing the online registration you will receive a postcard to your home address, listed on your application, that confirms your registration. If your postcard is reported as unable to be delivered, your voter registration will deactivate. Once you turn eighteen and are legal to vote, the county will automatically begin sending you voter information and ballots before the next election.

For a step-by-step tutorial on how to complete the registration process, check out our SHP QUAD visual, where we walk you step-by-step through the online process. Whether it is attending a history or SHP politics club meeting, filling out an AP Government polling project survey, or participating in a mock election, SHP students have access to a range of opportunities to build political efficacy beginning their freshman year. If you have any questions, please do not hesitate to email us at abrew22@shschools.org or ks Sinclair22@shschools.org.

BACKPAGE

November 12, 2021

THE HEARTBEAT

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Backpage Writers of The Issue: Katie O'Gorman and Charles Tangitau

By Katie O'Gorman '23
Charles Tangitau '24
HEARTBEAT INFLUENCERS

As a continuation of our previous article we decided to interview influential members of our school community. We have the Artist of the Issue. We have the Athlete of the Issue. But what about those who are far too talented to be categorized in just one word: Artist or Athlete. To combat this pressing issue, we chose to highlight other people our school is blessed to have. This week's people of the issue are: Katie O'Gorman and Charles Tangitau.

We asked Charles Tangitau what makes him so amazing. Immediately he replied, "I think it's just because I'm so handsome," he continues confidently, "intelligent, and voluntarily single far too talented to be labeled

because I don't want everyone to envy the lucky person I choose." Who knew we had such a thoughtful young sophomore learning within the same walls as us here at SHP. We then finally found an available time to meet with very busy, very inspirational, Katie O'Gorman. We posed the same

question and got an outstanding response. "It was hard to pick but I think the best quality about myself that makes me so great is how humble I am," she continues, "even though I'm amazing and I know it, I make sure to not make everyone else feel bad about themselves every time I walk into a room." Wow Katie. We tried to include photos of these two beautiful students though they refused out of respect for everyone else's self esteem. If you want to be included in the next person of the issue please kindly email Charles Tangitau or Kaitlin O'Gorman for the chance of lifetime to be featured in this coveted corner of the Heartbeat Newspaper.



Influencers Katie O'Gorman '23 and Charles Tangitau '24

A Letter: To the Holiday Season From Myself

By Margaret Brandin '24
HEARTBEAT PROVOCATEUR

Beginning as early as October 20th, Holiday Festivities have plagued the lives of modern humans since the rise of commercialism. The once orange and black decorations for halloween have given way to the disgustingly ubiquitous red and white. These colors signal a shift to work overloads for finals, the creepy mall Santas and, worst of all, the family Christmas dinner. Never before has the human race experienced such heated politics or received so many backhanded compliments. Each morning, I rise from

my bed in dread of the inevitable "And which plate of mashed potatoes is this, the second or the third?" Even my appetite falls victim to this crushing commercial catastrophe. Urban streets become filled with the

Each morning, I rise from my bed in dread of the inevitable

over-the-top sugary aroma of Starbucks peppermint mochas, the satanic combination of dirt-flavored beans, cocoa powder, and liquid toothpaste. Electricity bills run high as the temperature drops,

meaning I can watch the glaringly fluorescent lights while freezing my butt off in the California not-really-cold-but-still-really-cold. Black Friday mobs flock the already-empty malls, leading poor young children to whisper their innermost hopes and dreams to a complete stranger santa. My Christmas wish for him? The end of the Holidays, naturally.

Signed,
A Huge Christmas Fan

Pro Tip: Going for a walk helps you feel productive while avoiding homework!

Hot

- Pulse
- Senior Ping Pong
- Diwali Food
- #Bonesday

Not

- Interim Grade Comments
- Buster Posey Retiring :((
- School ACT tests
- Sports haircuts

Meh

- Winter Sport Tryouts
- APES Farm Day
- Detentions
- ESPN Fantasy Football

Disclaimer: The Backpage features satirical writing that is not meant to be taken at face value.

Words to start your English discussion:

By Brenda Melgoza Lemus '23
HEARTBEAT LITERATI

Feel like you can never get enough in? Been marked down for talking too much? Called the annoying-know-it-all behind your back? As we head on into the fall, we are confronted more and more by group discussions, socratic seminars, and reasons to skip school (aka required participation assignments). Below, I've created the key to achieving a "goldilocks" level of participation as your teachers say. Here are a couple of words and phrases to pull out when you have nothing to say:

- Adding on to this...
- I agree with (person's name)
- (etc.) makes a great point
- First of all, this is a very good question (whoever said that)

- As a result of this, I think ...

Never doubt your abilities to contribute to the conversation! Just remember that when you are at a blank, or "forgot" to read [sparknotes], you can always piggyback on another person's opinion and sound equally as smart and attentive. Remember, listening is half the job and teachers love it when you look like you're paying attention. So, remember to always throw in a good head nod and with masks, you can try to lift your brow and look confused too. If you have nothing in mind, you can count doodling as your last resort. There is actually research that has shown that doodling can help you focus and grasp concepts better. There you have it -- my hacks and wisdom passed down to those who will take advantage of them. Now go get that A!

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