

the

# Carmel Sandpiper



A CARMEL HIGH SCHOOL STUDENT PUBLICATION

COMMUNITY

## Peers divided by proposed state legislature mandating student vaccination against COVID-19

BY EMMA BROWN

California Gov. Gavin Newsom announced Oct. 1 that pursuant to full approval by the Food and Drug Administration, California students ages 5 and older will be required to receive the COVID-19 vaccine, but despite an unclear timeline for the vaccine’s approval, community member opinions in Carmel Unified School District illustrate the dichotomy between those in favor of the proposed mandate and those against it.

As of Oct. 29, the Pfizer-Biotech vaccine has received full approval from the FDA for those ages 16 and up, with the shot currently under emergency use authorization for people ages 5 through 15.

“The FDA authorized the use of Pfizer for emergency use for ages 5 through 11,” Monterey County Health Officer Dr. Edward Moreno told The Sandpiper. “According to the California Department of Public Health, the COVID-19 vaccine requirement will take effect at the start of the term following full approval of

that grade span, to be defined as Jan. 1 or July 1, whichever comes first.”

Despite an uncertain time frame, local parents have voiced concern over the mandate following the governor’s announcement.

“We’ve told concerned parents, ‘Don’t panic and pull your kid out of school,’” CUSD superintendent Ted Knight said in an interview with a Sandpiper reporter. “Nothing’s going to happen until at least January, and even if it were to go into effect then, families would have personal belief and religious exemptions.”

Should the law pass, without full immunization against COVID-19, students would be unable to attend all schools in California, as the proposed mandate will affect all educational institutions.

“The options for unvaccinated students are homeschooling or independent study,” says Esmerelda Owens, the

VACCINE MANDATE  
CONT. ON 3



CAMPUS

## Unprecedented incidents of trash, vandalism increase on campus

BY RILEY PALSHAW

Following a year where the farthest students had to go to find a trash can was under their kitchen sink or the corner of their bedroom, CHS administrators and



photo by LOKEN WALLIS

In light of the “devious licks” trend, there have been increasing incidences of vandalism in campus restrooms, with students ripping soap dispensers and hand dryers off walls, or in this case, a urinal.

custodial staff have observed a consistent disregard for campus and school property by students.

“We’ve never experienced this before,” says Lisa Brazil, the principal’s secretary at CHS. “In past years, every now and then somebody would write something on the bathroom wall or draw something on the lawn in salt. Every couple of years we’d have one or two incidents, but this year it’s just been consistent since school started.”

Between the campus amphitheater and student restrooms, some students have overlooked the state of their campus for the past couple of months, regularly leaving trash around the school and, with increased frequency, going as far as to vandalize school property in the bathrooms.

These incidents of vandalism are partially inspired by a national trend, first brought to teens’ attention on the social media platform TikTok. Referred to as “devious licks,” the viral social media challenge promotes the destruction of school property for entertainment, such as students removing soap dispensers from walls, pulling off pieces of hand dryers and towel dispensers and, in some cases, even attempting to dismantle fire alarms.

Like teenagers across the country, some CHS students have been breaking dispensers


in the high school’s restrooms and either leaving them broken on the floor or keeping them. After finding evidence of fire alarms being meddled with after the fire alarm sounded again Oct. 8, CHS administrators even suspect that one or more students have been attempting to pull off the strobes of fire alarm devices, setting off the sensors and triggering the fire alarm multiple times since August.


A number of CHS students have also graffitied the bathroom walls in permanent marker, some writing simple hellos to their classmates, others scratching highly offensive statements on the walls. On several occasions, bathroom stalls have had to be repainted in order to conceal messages written beneath.

“In years prior to the pandemic, there was graffiti once a month, and we’d clean it up and it’d be no big deal,” CHS custodian Tyler Thompson explains. “But this year it’s happening every week, if not more than once a week.”

Since the start of this year, Thompson has been forced to pivot his custodial responsibilities in response to the increased amount of trashing and vandalism oc-

TRASHING CHS  
CONT. ON 3


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CAMPUS

## Dance team created to help lift school spirit during CHS sporting events

BY BROOKE MILLER

With the return of public attendance at home football games, six dancers have created a dance team at Carmel High to boost school spirit among the crowd by cheering in the stands and performing their own routines during halftime.

The team consists of six junior and senior dance students, advised by CHS dance instructor Kristine Tarozzi.

“The school has wanted to do [a dance team] before, but there has never been enough committed people to stick around with it,” says Tarozzi. “Right now, we have a core of really spirited girls.”

At the front of the six spirited dancers are juniors Maya Yamada and Kennedy Rutherford, who proposed the idea of a dance team in the hopes of emulating collegiate dance teams that she has seen in her hometown of Nebraska.

“I never got to do dancing in front of a basketball or football crowd,” explains Rutherford. “I have only ever been judged at competitions.”

The girls made their first appearance at Carmel High’s home football game against Gonzales on Oct. 2, and they shared their halftime performance field time with the cheerleaders.

Because both squads wear uniforms and perform at halftime, some uncertainty has arisen about the connection between the two, but the dance team remains independent from the cheer team.

“There’s a lot of confusion between cheerleading and dance,” explains senior Alexa Julian. “We want to just focus on creating one dance at halftime and want to help [the cheerleaders] increase spirit in the crowd.”

The girls only planned to attend home football games, but the team is now thinking about expanding their presence by making appearances at basketball games. Since their last appearance in the stands, they

noted an increase in crowd participation when cheerleaders cheered.

But with all the members of the team being avid dancers both in and out of school, their schedules are hard to work around.

“We’ve been doing practices for the team during lunch and office hours just to get something in since we’re so busy after school,” Yamada says.

With an unusually hectic basketball schedule for the upcoming season, the team’s plans for the basketball home games are still up in the air as the team is still going through major changes. According to Yamada, they’re trying to find out ways to incorporate more girls in order to form a larger team, but held back by the limited number of uniforms.

“Our only current issue is that we only have six uniforms, but Kennedy and I have been trying to brainstorm ideas on how to receive the money and funding for new costumes,” Yamada says.

The troupe hopes to create a lasting mark on CHS soil after Rutherford and Yamada graduate, but there doesn’t seem to be a large number of dancers within the freshman and sophomore grades compared to the juniors and seniors, according to Rutherford.

“Hopefully we can include the sophomores and freshmen next year since this year the dance team is only the Dance IV Honors class, which is just upper-classmen and one sophomore,” Rutherford says.

Keep an eye out for these six dancers in the stands as they’re helping re-shape Carmel sporting spirit.



photo by KRISTINE TAROZZI

The CHS dance team at the Gonzales-Carmel football game at CHS on Oct. 2.

CAMPUS

## California composting law will bring changes to campus and community

BY SHAYLA DUTTA

In accordance with a state law going into effect Jan. 1, 2022, all California residents and businesses will be required to divert food waste and organic materials from the landfill into a separate organic waste collection provided by local governments, prompting a ne-

cessity for changes to the waste collection system at Carmel High School.

The state adopted this bill in 2016 with the hopes of reducing organic material in landfills which produces methane as it breaks down. The idea is simple: diverting food and other organic waste to a separate

collection system to be processed in an environmentally friendly way, such as turning it into electricity or bio-fuel. For single-family homes, it’s only a matter of putting leftover food and dirty pizza boxes in the green yard waste bin instead of the trash.

For Carmel High School, with over 800 students, managing student waste becomes a bit more complicated.

“Right now we do a mixed-solid waste that’s picked up three times a week, and we have a recycling program which

focuses on paper, cardboard, bottles and cans,” says Dan Paul, CUSD’s director of facilities and transportation. “This new law is a requirement to separate your organics. That’s basically food waste, clean (non pressure-treated) wood, landscaping trimmings and soiled paper.”

There are currently three main sources of organic waste at CHS: the cafeteria, the landscaping and food waste from staff and students. Currently, landscaping waste is already separated from the landfill in CUSD, while a program to separate food waste from the cafeteria is already underway.

“We’re working with Monterey Waste Management now,” principal’s secretary Lisa Brazil says. “They’re starting to send all the kitchen waste to compost already. But currently there is not a plan in place to compost student waste, and the reason for that is we can’t figure out a way to keep it uncontaminated.”

While the cafeteria and landscaping waste is easily collected and controlled, the issue lies in collecting student food waste.

“We’ve tried a pilot program with composting before, but we found that it needs to be a very clean waste stream,” Paul explains. “The waste stream coming out



courtesy of PIXABAY

Diverting food waste is part of a state-wide mission to help reduce the impacts of global warming in California.

COMPOSTING LAW  
CONT. ON 4



## Vaccine mandate

cont. from 1

communications and public relations officer for the Monterey County Office of Education. “In some school districts, students will have to receive their education completely independently, but in other districts where they have funding available, they might be able to provide instructors to do Zoom meetings.”

While homeschooling is an option for families, the process towards receiving approval to provide instruction at home is complex.

“It’s a process through the California Department of Education,” explains Jessica Hull, director of communications and community relations for CUSD. “Families interested in homeschooling need to start pursuing that option soon in order to get the systems in place. There’s a deadline for next year, and if you don’t have it done by a certain time, you cannot homeschool your child.”

In the face of complex issues surrounding the vaccine mandate, the majority of Carmel High students maintain that the legislation will be beneficial.

“People should get vaccinated,” says senior Darrell Wang, who is fully vaccinated against the coronavirus. “I support the vaccine mandate because I think people should consider the whole, as opposed to the individual, when it comes to issues that affect so many people. If everyone at school got vaccinated, imagine all the opportunities that would open up for us.”

Other students urge their peers to examine the science behind the vaccine, attempting to reassure their classmates that the inoculation is safe and well-tested.

“I think that a lot of people’s issue with the vaccine is political,” junior Athena Wilson says. “People really need to understand that their worry that it might have been developed too quickly or it’s not tested thoroughly aren’t necessarily founded. It’s just like every other vaccine that you receive.”

But the issue of mandatory medical care has caused some of those in favor of the vaccine to oppose the proposed legislation.

“I’m a fully vaccinated person who endorses getting vaccinated, but free will is important,” says freshman Scarlett Wennerholm, who has received both shots of the coronavirus vaccine. “As a pro-choice woman, I am against mandating what other people do with their bodies, even though I think, for the health and well-being of everybody, people should be getting vaccinated. Ethically, I can’t support forcing health care on another person.”

The demographic of students who support the vaccine, but oppose mandatory vaccination continues to urge their classmates to receive the inoculation, despite their reservations about the proposed legislation.

“You’re purposefully putting yourself and other people in danger by not getting the vaccine, and that’s not a smart choice to make,” says senior Anje-

ni Gilliam-Salman, who is fully vaccinated. “But there will always be a sprinkling of people who make stupid decisions, and that’s up to them.”

Whether they are comprehensively against vaccines or disagree solely with the COVID-19 vaccine, some members of the Carmel community have reservations about the shot, opposing its approval entirely and refusing inoculation.

“I know a lot of people are saying that they’re getting pushed closer to the edge about their vaccination status,” says senior Taite Yard, who opposes the COVID-19 vaccine, but has received other inoculations. “They’re getting a fake vaccination card, and that’s what I would do. I completely disagree with it. It’s being forced upon me. I think a lot of people would do anything that they had to do to get around it.”

Groups of those opposed to the coronavirus vaccine mandate participated in protests on Oct. 18, with many parents taking their children out of school in an act of dissent against the governor. In Carmel, like-minded individuals met at Earthbound Farms to discuss their issues with the impending legislature. Students such as Yard participated in a walk-out, leaving classes in protest of the mandate.

Though many CUSD parents have been vocal in their opposition to the coronavirus vaccine on social media, when asked for comment by the Sandpiper staff, all requests were declined. Other members of the community worry about the impact that the vaccine may have on children and are against the mandatory inoculation of young students.

“We don’t know the long-term effects,” says CHS junior Nikki Benak, who is fully vaccinated against COVID-19, but maintains that she would not have received the shot if it were not for external pressure from friends and family. “We don’t know how that’s going to affect children later in life. It could harm them because they’re still developing.”

To be enrolled in California schools, students in seventh grade and above must have already received tetanus, diphtheria, and pertussis boosters (TDAP), as well as be inoculated against chickenpox. To enter kindergarten, students must have received TDAP, measles, mumps and rubella (MMR), hepatitis b, and varicella vaccinations. All of the aforementioned inoculations do not allow for personal belief or religious exemptions and are thus required for all students, barring a medical exemption issued by a doctor.

In the absence of legislation enforcing the COVID-19 vaccination mandate, personal belief and religious exemptions would still be available, so while the vaccine may receive FDA approval, laws would need to be passed in order for the state to remove the option for families to decline the shot.

As the FDA continues to examine the effects of the COVID-19 vaccine on children, legislative measures are in production behind the scenes, though it remains to be seen if and when the proposed mandate will go into effect.

## Why did you choose to receive the COVID-19 vaccine?

### Darrel Wang, senior



“I felt like the responsible thing to do, especially with people not getting vaccinated, it’s everyone’s individual responsibility to contribute to the general welfare of the whole.”

### Nikki Benak, junior



“I honestly felt pressured into it, my family was really persistent on getting vaccinated, especially for traveling, and a lot of my friends were vaccinated and were getting on me about not being vaccinated.”

### Scarlett Wennerholm, freshman



“I decided to get vaccinated for the wellbeing of the people around me, my grandma and my mom.”

## Trashing CHS

cont. from 1

curing. Instead of hosing out the bathrooms once a month, Thompson now has to bring out the hose once a week due to the immense amount of food that’s been smeared on the walls and floors, which takes away time that could be better spent tidying up classrooms.

“The boys’ bathrooms are always filled with trash, smell, and are just nasty overall, so I avoid them entirely,” senior Joe Barnett says.

Assistant principal Craig Tuana notes that the throwing of food seems to be worse than in past years as well. This may partially be due to the school’s decision to offer free lunches for all students, which, while great for students who don’t have a lunch, has accumulated a lot of waste as teens leave unwanted pieces of their lunch around campus.

The CHS Environmental Club has taken initiative to

address the trash dilemma.

“We’re collaborating with Waste Management and plan on doing a waste audit in early November to determine how much waste the school creates,” club co-president Giana Buraglio says, “especially with the additional factor of free lunches.”

The senior’s hope is to turn the tide and make students more conscientious about trash.

Although administrators can’t be entirely sure what has caused this recent uptick in behavioral issues, Brazil and assistant principal Tuana believe immaturity is the cause of students trashing and vandalizing campus more than usual, and they urge students to report any breaking or school property or inappropriate remarks written around campus and in the bathrooms.

As Tuana emphasizes, “Care for your campus, care about what’s going on.”



photo by RILEY PALSHAW

While most students head straight to their sixth period class, a select few stay behind to pick up the food and trash that litters the amphitheater.



ACADEMICS

# Decision to stop offering PSAT at CHS impacts hundreds of college applicants

BY SARA EYJOLFSDOTTIR

Students applying to college often rely on any form of assistance that will help set themselves apart from the millions of other students also applying. That’s why students turn to the Preliminary Scholastic Aptitude Test, or PSAT, which offers students an opportunity to prepare for the SAT and was available at CHS until the 2020-21 school year when it was canceled due to COVID concerns and the decision to stop requiring standardized test scores on many college applications.

This is the second year that the PSAT will not be offered at Carmel High School, with the trend being observed throughout the U.S. last year due to concerns of having a large group of students indoors for an extended amount of time. “In response to the pandemic, the College Board paused testing in March,

May and June 2020, impacting the ability of the Class of 2021 to test,” the College Board said in an article describing the sharp decrease in the number of test-takers during the 2020-21 school year. Citing a more indefinite source for this year’s cancellation than the pandemic alone, CHS administration will have also taken into account the usage of the SAT and ACT by colleges in applications.

“If colleges return to the SAT as a requirement for college admission, we will revisit the PSAT as a practice option for students,” Principal Jon Lyons said recently in an email to parents.

Many local high schools, including Pacific Grove High School, have opted to not offer the PSAT this year as well, raising questions of whether there will be a permanent decrease in the number of test-takers and test providers.

“For me, it has been difficult to find

nearby locations that are offering these tests,” junior Sage Melton says. “I definitely think the PSAT is a good method of preparation for the SAT and ACT exams, and I hope to be able to take it soon.”

CHS will continue to evaluate factors regarding the test on a year-to-year basis, with no permanent decision made yet.

“The current decision only applies to this year,” CHS counselor Yesel Von Ruden explains. “We will reevaluate in spring this year to see if we will be offering it next October.”

Previously taken annually by roughly 320 CHS students, the test is mostly geared towards 11th-grade students, with only a limited number of seats being offered to 10th graders. With the decision to not offer the test at CHS, students of both grades have had to turn towards other methods and locations for taking the test.

“Having to plan the PSAT test-taking location was a bit annoying,” says sophomore Calla Lyons, who took the PSAT on Oct. 13 while in Hawaii for October break. “I also know that people do better on tests in places and environments they feel more comfortable in, which

quire standardized test scores on their applications, CHS students hoping to use the PSAT as a way to prepare for the SAT were disappointed to hear that the school was no longer offering the test.

“I think it’s important to still have the option of the PSAT because a lot of CHS students, including myself, will apply to some out-of-state schools and private schools where test scores can help your application,” junior Jerry Marnell notes.

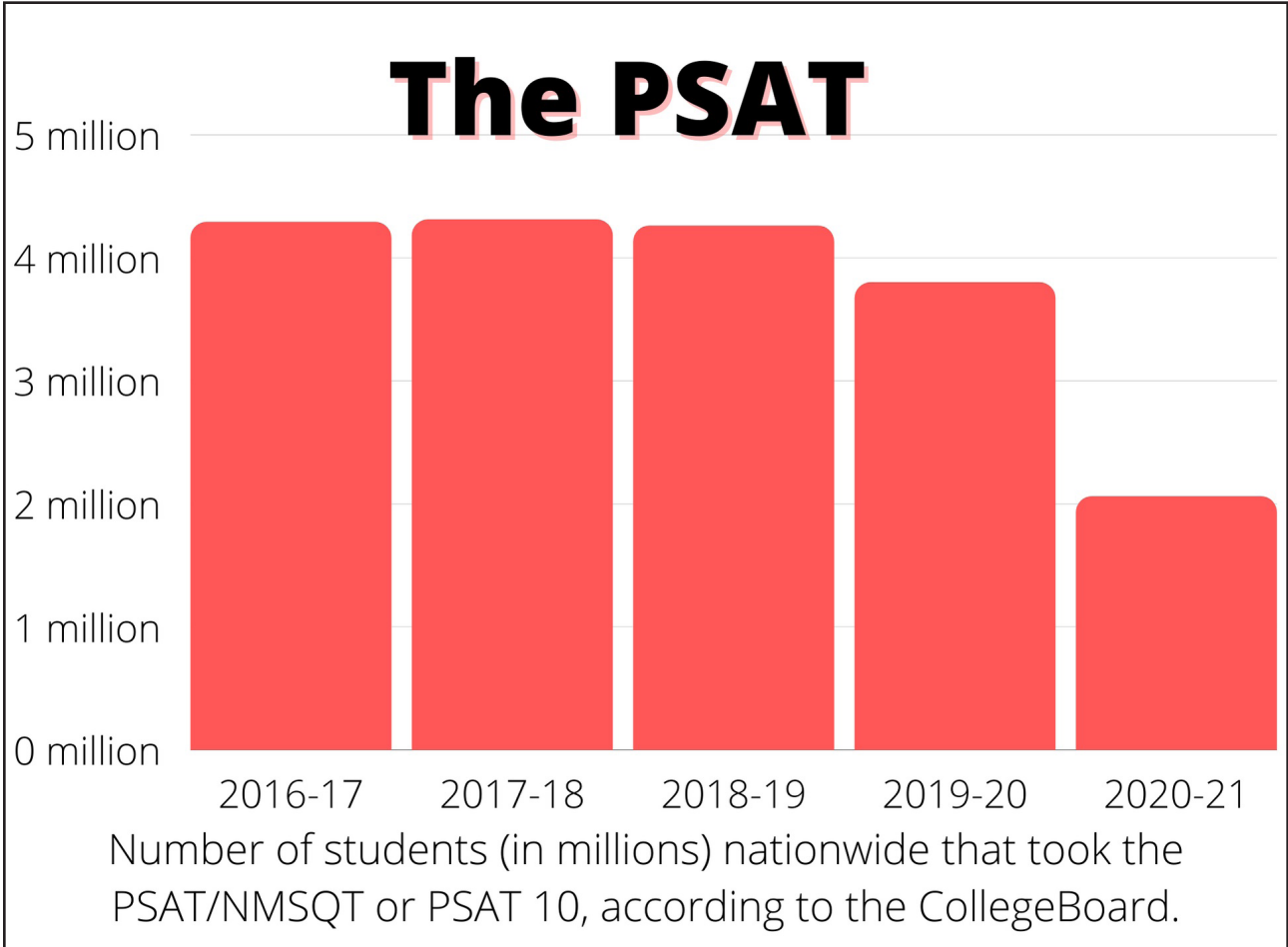
Often referred to as the PSAT/NMSQT, or National Merit Scholarship Qualifying Test, the test for juniors offers an opportunity for high-achieving students to earn their way onto recognition lists and receive scholarships. Being chosen for nationally recognized academic lists, such as the National Merit Commendation, and their affiliated scholarships is a multi-step process of evaluation and can be an impactful opportunity for many students.

“I’m going to prepare for the tests on my own,” junior Will Hand says. “But it’s unfair that the school got rid of the program because it’s beneficial to lower-income students.”

The PSAT allows students an equal opportunity to get a good sense of their future SAT scores and to complete a practice run for the test in a similar environment and style as the actual test. Preparing for the test itself and improving a score can come in many different forms.

“Performance in your classes is the most effective way to prepare for the test,” Von Ruden adds. “It is what you learn in your curriculum on a day-to-day basis that is being tested in these tests.”

PSAT testing takes place nationally throughout the last half of October, with the primary test-taking day being on Oct. 13 this year. Students can expect their scores on Dec. 6 or 7.



Graphic by SARA EYJOLFSDOTTIR

## Composting law cont. from 2

of the kitchen is very clean, but out on the campus, that’s where we have problems with the waste stream being contaminated.”

Monterey Regional Waste Management District isn’t expecting a full transition by Jan. 1, but is looking for a more gradual effort put into motion at that time.

“Penalties for violators and noncompliance are part of the escalating enforcement built into the regulation and will be the responsibility of each jurisdiction by 2024,” explains Kimberle Herring, the public education and outreach coordinator for MRWMD.

While a waste audit with the waste management district is planned for CHS, there won’t be sufficient time to implement a program for student waste collection. The difficulty of maintaining

a clean waste stream, especially on an outdoor campus with spread-out eating areas such as at CHS, requires a more in-depth solution.

“How can we educate students to put compostable waste in a container without a piece of plastic or something contaminated?” Brazil says. “We would love to have compost bins, but we’re not currently planning on them because we can’t keep them clean.”

Although the law goes into effect soon, it allows for a transition period in which CUSD and the MRWMD plan to remedy the issue of student waste.

“Locally, we just want to make sure that everyone is complying,” Herring says. “We are happy to provide support to help with information and education for all to be successful.”



courtesy of PIXNIO

**Composting in schools and businesses will require an effort from students, customers, employees and teachers to provide a clean waste stream starting Jan. 1, 2022.**



DISTRICT

CUSD students, staff get full week off in November for first time

BY SAFIA BOUHAJA

Due to a history of poor attendance during the week of the Thanksgiving holiday break and results from a district-wide survey, November break will be extended throughout Carmel Unified School District to a full week for the first time this year.

Since the ‘90s, CUSD has only ever had three days off for Thanksgiving. This year, a survey of all CUSD staff, prompted by the poor attendance rates, revealed a majority of faculty favored a transition to a weeklong break.

“Attendance on the Monday and Tuesday before November break has been quite poor,” principal’s secretary Lisa Brazil explains. “So it’s been discussed for many years that maybe we should extend the break so some students can go away for Thanksgiving.”

The addition of these break days also required school days to be added to other parts of the school year to maintain the minimum amount of required school days.

“By law, we have to have at least 180 school days,” principal Jonathan Lyons explains, “so we used the Friday during Car Week and were able to utilize days from starting school earlier.”

Although there are some concerns about lost class time, students and teachers alike welcome a break before the end of the semester.

“So many students are absent on those two days anyway,” English teacher Carli Barnett says. “We might as well just take the whole week off. I think it’s a wonderful idea.”

Many students plan on taking advantage of the additional time to travel with their friends and families for the holidays, as well as other festive Thanksgiving activities. While junior Madison Snellgrose will visit family in Reno during break, senior Trinity Terranova will be going up to Colorado to have a family reunion.

Other students look at the long break as an opportunity to recharge before final exams.

“Finals week can be extremely stressful and exhausting mentally,” senior Kamber Klopfenstein says. “I think that having that week off before finals could help students regain that focus and energy.”


The number of school days hasn’t changed, but some staff are concerned the redistribution could be difficult to manage. Missing a full week in Thanksgiving may put extra stress on teachers to make up the lost class time before the end of the semester.

“It’s nice to have the entire week off,” World History teacher Bruce Dini says. “But on the other hand, it’s hard to make up that time.”

Whether Thanksgiving break will be extended going forward is still in question. CUSD’s decision will likely depend on how the break this year unfolds and how well teachers will be able to make up for the missed class time.




With November break on the calendar, students and staff will have more time to enjoy Thanksgiving meals with friends and family.



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ACADEMICS

# COVID-19’s effects on handwritten work emerge with students back on campus full time

BY CLAIRE PETERSON

After over a year of online school and constant typing away on a computer, handwritten work at Carmel High School has once again made an appearance through AP exam preparation and notes.

Many teachers describe that they have found that Google Classroom has made it easier to provide efficient feedback to students on assignments such as essays, but they are still focusing on handwritten work because of the importance of preparation for AP exams. Handwritten AP exams are something almost completely new to a majority of students at Carmel High, the only exception being seniors who took AP Human Geography their freshman year. All the other grades on campus have simply never had to handwrite an AP test. Because of this, teachers are putting additional work into preparing students for the exams.

“Right now, I’m giving students the option of moving to paper for in-class essays,” Carmel High AP Language and Composition teacher Barbara McBride explains. “And slowly over the course of the year, we’ll move back towards paper.”

During distance learning, most work in McBride’s class was digital, but now that students are back in person, she’s slowly reintroducing them back to handwritten work. Students have already started writing the routinely 12-14 practice essays that take place over the course of the year.

As the year progresses, several teachers explain that they plan to initiate more handwritten work in order to prepare students for the end-of-term AP exams and focus on the interactive aspects students were missing during distance learning.

Some CHS teachers reveal that the vitality of practicing handwriting is stressed because the speed and style of handwriting an essay versus typing it is very different. Some, such as CHS science teacher Kevin Buran, agree that it’s important for students to maintain a healthy balance between handwritten and digital work.

Students have also found that there has been a decrease in handwritten work this fall in comparison to years prior to COVID-19.

“There’s definitely been a decrease in paper work, and I think COVID-19 affected that,” sophomore Isabel Norman says. “I think teachers and students have become more reliant on the computer.”

According to some CHS teachers, their writing instruction hasn’t changed a significant amount since students came back to school.

“In part because of the pandemic and in part because they moved so much stuff online, that’s how we’re doing it,” AP history teacher Bill Schrier explains. “I haven’t passed out a piece of paper yet this year. If I find out that (the AP exam) is going to be handwritten, we’re going to need to do some of that so students have that experience. My hope would be that they would allow it to be done even on a computer in person.”

Several teachers were forced to drastically change their writing instruction during online school, but have jumped right back into what it was prior to COVID-19.

“The tests and the essays, by large, were typed out,” Carmel High history teacher Brent Silva says, reflecting on work during distance learning. “Students were supposed to do handwritten notes for lectures, although some people did them on Google Docs, which ended up being not very effective, and because they were on shared documents. Each individual person wasn’t necessarily doing the lecture notes.”

Despite the struggle of assigning handwritten work during distance learning, Silva still wanted his students to have a kinesthetic experience through writing out notes.

Many teachers reveal that they struggled with getting students to do their own work during online school, which took away from many learning opportunities, but handwritten work is now back.

Do you think you’ve seen a change in the amount of work students have received since the return to in-person school?

## Megan Fitzpatrick, senior



“Yes, definitely. In a lot more of my classes we have been using a lot less paper notes. For example, in Mr. Schrier’s AP Government and Politics class we are currently paperless.”

## Colin Dowse, junior



“I have noticed that a lot of teachers have become very comfortable with Google Classroom and online work, so that tends to be used more and I find it easier. Some of my teachers have been open about how they think online learning held us back a lot, so they claim they are making it easier to ease us back in.”

## Julia Stenvick, sophomore



“I wasn’t here at the high school before COVID-19, but I feel like before high school we did a lot on paper, but it was also balanced online. It wasn’t all online, and it wasn’t all on paper. But now, especially this year, it’s more online.”

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STATIONÆRY



CAMPUS

# Fire alarms tampered with inside CHS boys’ restroom spark for repeated fire evacuations

BY RYAN JALILI

Students and faculty at Carmel High School have begun to notice an increase in fire evacuations, with five occurring within the first quarter of the school year alone, the cause discovered through evidence of tampering and destruction of the school’s fire alarm system within the boys’ restroom.

School administrators initially believed that the first five evacuations were caused by a system malfunction, but following the fifth evacuation Oct. 8, CUSD’s Maintenance, Operation and Transportation Department found evidence of tampering and attempted removal of a fire alarm in the boys’ restroom.

“We’ve determined some of the devices have been tampered with, which can cause the system to go into alarm,” explains Dan Paul, MOT director of facilities and transportation. “It appears someone is trying to remove the device. Each device (smoke detector or horn/strobe notifier) has an individual address on the system that allows us to pinpoint the location of any problems with the system or a detector that has gone into alarm. We’ve found devices damaged after the fire alarm has activated.”

At this time, CHS administration has not found any individuals responsible for the vandalism.

“We are still working on the investigations,” CHS assistant principal Debbi Puente says. “We are reviewing footage, but we don’t have any conclusions on who is at fault at this point.”

CHS administration also believes that this recent act of tampering can be attributed to the viral “devilous lick” TikTok trend, in which students record themselves either trashing or destroying school property, typically in the school’s restroom.

“They have vandalized the boys’ bathrooms several times and the fire alarm system, which is a felony,” principal’s secretary Lisa Brazil says. “At this point, we think it’s kids trying to dismantle the fire alarm system.”

The student body has had differing reactions to the evacuations, with some who argue they hinder learning.

“These fire evacuations are disruptive to class when I’m trying to work,” sophomore Hana Knoblich says. “And with the blaring noise playing over and over again, it’s hard to refocus after going to the football field for 10 minutes in the middle of class.”

On the other hand, many students view interruptions as brief moments in which they can be distracted from

the stress of classwork.

“Personally, I like the fire evacuations,” junior Aiden Tarantino says, “especially since we get to skip some part of class every once in a while to just take a break and sit on the football field.”

Despite varied responses from students, CHS teachers express frustration surrounding the frequent interruptions during class.

“They are very loud, they are an annoyance and a disruption in my class,” AP history teacher Brent Silva says. “I would prefer that these evacuations did not happen.”

Faculty and staff are rightfully concerned over these repeated fire drills, but some even question the need for fire alarms in the first place.

“I think we should reevaluate fire alarms in general,” math teacher Kurt Grahl observes. “Fires aren’t the threat

they were in the ‘50s. I think overall we should prepare for things that really impact our school, and I’m not sure a sweeping fire, at this point, is one.”

For now, CHS administration is undergoing an active investigation as to who is tampering with the restroom’s alarms.



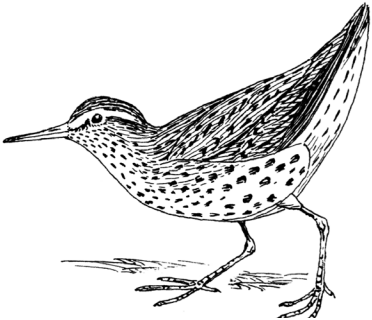
CHS students head back to class after yet another evacuation.



CHS students evacuating to the football field for the fifth time this school year.

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STUDENT LIFE

Weeknd-inspired songwriter releases new song ‘Blush’

BY HEATHER ALBIOL

Known for his vintage aesthetic and Instagram of purple-tinted photos, songwriter and CHS senior RC Avenue has just released another song, “Blush,” on Oct. 29, written and produced by him, and is now working towards something new for him: filming a music video. Inspired by The Weeknd, a world-renowned song-

writer who uses drum beats and synth, “Blush” describes the current perspective Avenue holds on a past relationship and the truth that it is over. Though he has released four songs on Spotify since 2021, “Blush” is characterized as the first official release he’s advertised for. The Weeknd’s dark palette and iconic glasses have also inspired Avenue’s known style of pearls, glasses and vintage jackets. “I want people to be familiar with what I’m about and my image,” Avenue says. After his release of “Blush,” Avenue is working on finishing his next song, “Burgundy,” which will not be released until sometime in December to allow him time to perfect it because of its more personal meaning. Living homeless for most of middle school, Avenue was deeply affected by what he had to deal with and wanted a song that shows homage to his past struggles. “It’s kind of like me telling my old self I’m gonna make it,” Avenue explains. He is forever inspired to follow his passion of writing music, explaining that his past pushes him to work harder, keep chasing his dreams and go further. “Burgundy” has a “rich” vibe to it that relates to the classy character of his physical appearance. Inspired by Steve Lacy’s high-fashion image, Avenue wanted it to have

the same expensive aura. Though he has had numerous inspirations for his music and style, Avenue’s number one is his dad, who first introduced Avenue to the business while releasing his own songs as a hobby. “My dad showed me the ropes in middle school,” Avenue says. “He’s the big inspiration.” After years of songwriting, in August 2021 Avenue performed for his first time at The Power Plant in Moss Landing alongside local band Pardon the Noise and Buppy, a songwriter who put on the event and invited Avenue to play. “He has such a big presence and is great to perform with,” says CHS senior Dylan Barrett, who shared a stage with Avenue that night, playing alongside him before sharing his own songs, “Headlights” and “Bittersweet.” Grace Wang, a CHS junior who attended Avenue’s performance, describes that the vibe from the lights, music, and overall ambiance made the whole event feel like a real concert. With five songs out, a live performance under his belt and a music video on the way, RC Avenue hopes to continue his path with music-making and one day become a successful artist, explaining that he is the happiest writing and performing music. All his songs are available on Spotify under RC AVENUE, and his music video will be released shortly on Youtube.



STUDENT LIFE

Local teenage band Pardon the Noise just getting started

BY SHAYLA DUTTA

It only took jazz, Black Sabbath, a rapidly approaching concert and a few dedicated musicians to make it happen, but Pardon the Noise, a local alternative-rock band comprised of four teenagers, has released their second song, not long after playing their first concert. With Carmel High School senior Emily Chesshire on bass guitar, Monterey High School senior Zion Saleem on drums and Monterey High alumni Matthew Newton and Ethan Maze as guitarist and vocalist, respectively, Pardon the Noise is working on two more songs and has an upcoming performance at MHS. The band has also released two songs: “Peaches,” released May 28, and “As Long As You’re Loving Me,” released Oct. 15. “It usually starts with someone saying, ‘I have an idea for a song,’” explains Chesshire, who joined the band in July. “Then the chords and the instrument sounds typically come out of jam sessions. We record our jam sessions, so if we come across an idea we like, we continue to build on that instrumentally by playing through the song and trying different things.” When the band puts it together, they record in Chesshire’s garage. Saleem uses Logic Pro, a powerful audio editing software for macOS, in which it takes about a month to record and mix each song. Maze, a songwriter and poet, was hit with inspiration for their most recent song out of a guitar riff the group had been playing around with. “Once I get started, it just flows,” Maze says. “And for ‘As Long as You’re Loving Me,’ it flowed in the matter of an hour. The song came very naturally.” On Aug. 27, Pardon the Noise sold 125 tickets for a concert at The Power Plant Coffee in Moss Landing, which was opened by another local artist and turned out to be a successful and well-attended event.

“The Power Plant show sold out, it was a great set up, it was awesome,” Saleem says. “We’re currently trying to lock in another big venue.” The band members, all from 17 to 19, are busy managing school and various jobs. For some bands, being on the edge of graduation and college would mean coming to an end. For Pardon the Noise, it’s just a new beginning. “We have no plans to stop anytime soon,” Saleem says. “People have stuff to look forward to.” The group first came together when Saleem and Newton met in a jazz class at MHS three years ago, brought together by a shared musical talent and love for Black Sabbath. Maze joined shortly after, and Chesshire was the most recent addition to help prepare for their concert in August. “I’ve always wanted to start a band, so it’s super cool to be making it happen,” Saleem says. “We’re trying to build a music community here in the area, and if we can be the reason why people will come together? That’s such a sick feeling.” Pardon the Noise has two songs in the works, to be released in the next two months, as well as multiple smaller performances and the possibility of a larger upcoming show. Saleem reflects, “I think the biggest reason why we do so well together is because before we were band members, we were best friends.”



Pardon the Noise performs at the Power Plant Coffee in Moss Landing for a sold-out audience.



Pardon the Noise members Matthew Newton, Zion Saleem, Emily Chesshire and Ethan Maze (left to right) are preparing for a full winter season of performances and song releases.



SOCIAL MEDIA

Noodle the pug poses the question: to have bones or not to have bones

BY EMMA BROWN

Each morning, Noodle uses his prophetic powers as he is lifted to the heavens and set down on his paws to either stand stoically with strength or to crumple under the weight of the upcoming day.

Noodle, a 13-year-old pug, recently rose to fame on the social networking app TikTok. His 4 million followers await his instruction each morning, monitoring his account in hopes that the pet will proclaim a “bones day,” in which his devotees are meant to live a day filled with bravery and risk-taking. His message is dependent upon his ability to stand after his owner, Jonathan Graziano, picks him up from his bed and places him back down, awaiting the pug’s reaction.

Should the pug collapse, his legs following in compliance with his namesake, Noodle issues a “no bones day,” instructing his admirers to spend a day taking care of themselves, practicing acts of self-love, particularly endorsing the dawning of comfortable pants.

While Noodle’s fame is not unique, with thousands of pet celebrities gracing the internet, his impact has inspired millions to change their outlook on the day, emphasizing mindfulness and self-care. With each prophecy, the pug encourages people to act in ways that they might not normally.

The importance of mindfulness is not lost upon the younger generations--Noodle is simply one of the many champions of the self-love movement. Following a year spent

in quarantine due to COVID-19, the emotional growth and socialization of many were stunted because of isolation. As a result of an increased amount of free time spent reflecting, self-care became a popular pastime.

During the height of the pandemic, people spent time learning new skills and developing healthier habits, be it exercising a few times a week, painting or returning to a former love of reading, but with the return to normalcy, the previously developed customs began to fade away. With Noodle’s rise to fame, the importance of spending time reflecting and taking care of oneself is back on people’s radar.

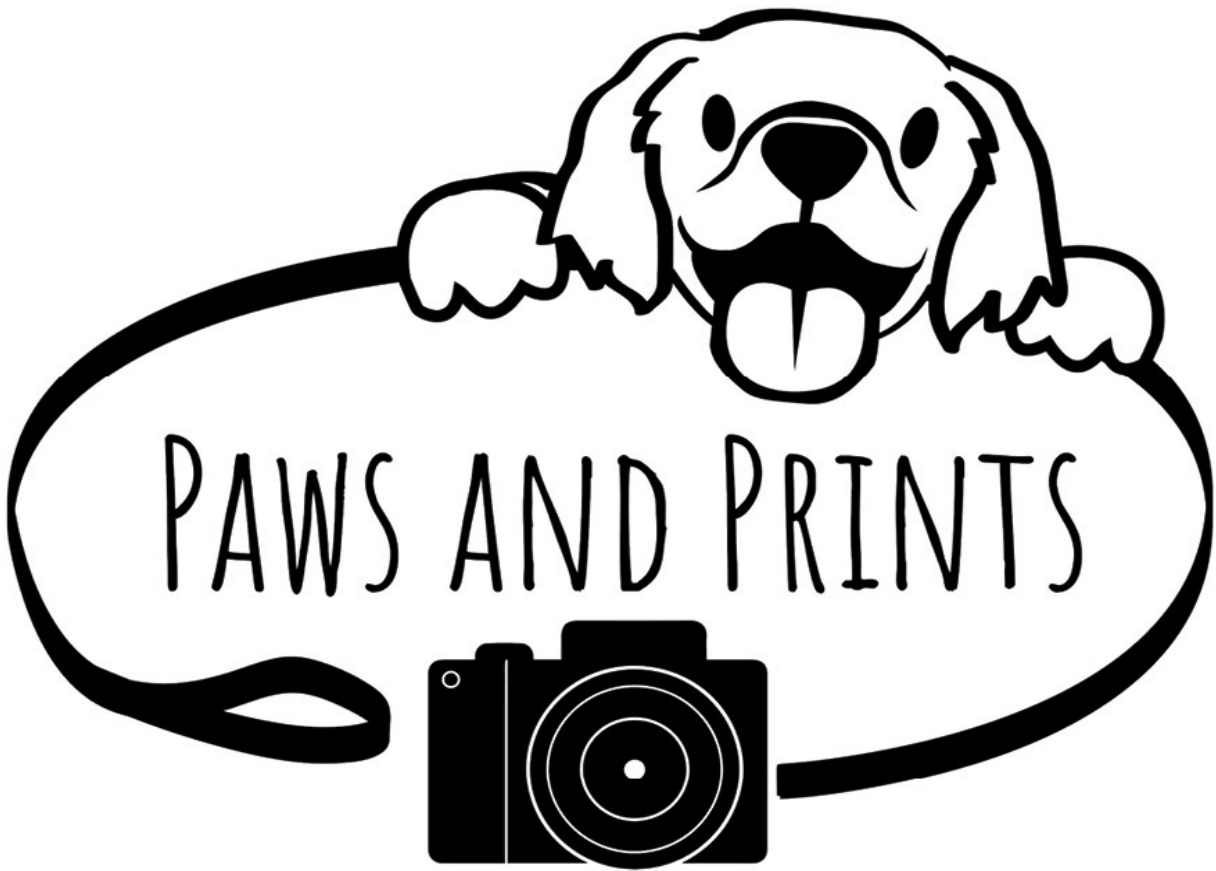
With the return of stressful times, the importance of checking in with friends and family is more crucial than ever, and each morning Noodle prompts a conversation about the nature of the day, evoking a dialogue about how those around us are truly doing.

As finals week and the end of the year approach, continue to follow Noodle’s example and examine each day carefully, assessing your emotional well-being and adjusting accordingly. There is no need for every moment to be full of bones, jam-packed with events and anticipation, for each “no bones day” presents an opportunity to reflect and relax.



Noodle the pug stands victorious as he issues his decree, “bones day.”

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# FALL SPORTS

## CROSS COUNTRY

Cross country has had an outstanding season this year with their girls' and boys' teams both crushing it at League Championships Oct. 30 and advancing to CCS, which will occur Nov. 14 in Crystal Springs.

Head coach Whit Rambach attributes their success to great team chemistry, explaining the racing groups as great friends.

"In any sport, a contributing factor to performing well is just loving your teammates and enjoying what you are doing," Rambach says. "When you have that, when we go on runs, everyone is looking out for each other and working extra hard and really just feeding off of that."

Leading the girls' team are two pairs of sisters: Christiana and Chiara Kvitek and Sophia and Bella Davi, along with freshman Ava Ghio. The boys' team was led by juniors Aiden Tarantino, Dylan Craig and Tyler Imamura. The number one runners on both are Christiana Kvitek and Tarantino, respectively.

Throughout the season, the team has kept exponentially improving by nailing down their pacing and ability to adapt to the course with most runners starting to max out on their miles, and the team is gearing up for their upcoming meets by slowing down the intensity and preparing their bodies.

The cross country team has been able to adapt to so many courses because of their varied practices, not just on the track, but also at Hatton Canyon and then on the beach every Friday.



## FIELD HOCKEY

Field hockey has had what head coach Cass Hanson calls "a seamless transition" back into their season, despite few players being exposed to the sport before this fall. When the team started in August, only 16 out of 44 players in the program had experience playing in a full game due to COVID-19 disrupting last year.

Before high school, there is no other way for athletes to truly learn field hockey on the Monterey Peninsula, so that first year is crucial for the program. Sophomore Fiona Hirschfield, has really advanced her game despite being part of the freshman class that didn't get to play a full game last year and has moved up to varsity as a midfielder.

Controlling the center was junior Abby Shipnuck who Coach Cass explains as the "heart of the team." The team was led by senior captains Lelia Kraut and Ruby Carr and junior captain Emma Heiser, who had an outstanding 80% save rate this year, consistent since she started playing on the varsity team her freshman year. Sophia Bone was the top scorer on the team with nine goals.

With only four seniors on the team this year, they did not fail to deliver with Isabelle Silverie and Ashley Davidson as captains with their classmates. Hanson remarks how she is proud of players to keep showing up for the team, especially the sophomores who had an abbreviated season last year.



## GIRLS' TENNIS

Coming in third place for their Gabilan division with a record of 8-4, the girls' team had a strong season this year with the addition of new head coach Leslie Tracy. To qualify for CCS, they defeated the number one Mission Division team Notre Dame on Oct. 26 in Salinas.

On Nov. 8, the team began their first CCS team event and on Nov. 16, seniors Anastasia Zolotova and Kandace Kimes will play in the individual tournament in doubles.

The team this year had many close matches with 4-3 wins, including an exciting game against Salinas where junior Siri Panetta lost the first set, but came back in a tiebreaker to win the second and third sets. Panetta has had a

remarkable season and at one point was undefeated for 12 matches.

Doubles team Sofia Posadas and Scarlett McColl were a great duo on the court as well. Players to watch as they go on in their tennis high school careers are freshman Emma Shin, who just picked up a racket this year, and junior Melina Garren.

As a team, Tracy comments on how they have massively improved coming into the net and becoming great retrievers of the ball. Their defense was strong with few errors, but the coach was looking to improve their offensive game.



## GIRLS' VOLLEYBALL

As the only indoor fall sport, girls' volleyball has had a different experience than others with rules for fans and mask mandates constantly changing, but has managed to have a great season nevertheless. The team started strong at the Mountain View Los Altos tournament and the Watsonville tournament in the beginning of the season and continued with that momentum to go on to win a majority of their games this season with a record of 9-6 along with earning third in the PCAL Gabilan Division.

The team concluded their season after their first CCS game Nov. 2 against Mercy-Burlingame at home.

"Seeing the fans back in the stands was really cool because that was stuff we took for granted in the past, so it

has been so fun to be back in here with everyone," head coach Izzy Ricardez says.

While they do have a smaller team this year, it consisted of seven seniors who have all put lots of work into the sport throughout their high school careers. Seniors Addie Crabbe, Nina Robertson and Sophia Gibbs led the team as captains, but another standout player this year was junior libero Ashlynn Valdez. The only freshman on the team, Riley Imamura also showed promise.

Ricardez explains that throughout the season, their greatest improvements were an increase in overall hustle and aggression along with more consistent serve and receive passing.





# WRAP

## FOOTBALL

The Carmel football team started off the season with the spirit-filled success of the Shoe Game against long-time rivals Pacific Grove and, even though they had more of a rebuilding year, overcame challenges such as losing two games due to COVID-19 outbreaks on the team.

Since they were not allowed to have full fan capacity last spring, this season was more enjoyable for the team as they were able to have their community cheer them on during Saturday morning home games. Many new players came out, freshmen and seniors alike, who head coach Golden Anderson praises for being able to advance their game.

“The new players have a lot of growth, but they have been able to

learn very quickly,” Anderson says. “It’s been fun to see the maturation within those groups.”

Unlike past years, there were many new players in positions with basically a whole new offensive line as well as first-year varsity quarterback Adam Carley. Despite not playing last season, Anderson comments how senior Amir Brown on defense and senior Hayden Quilty on offense became top players throughout the season. In coming years, the coach mentions how sophomores Justin LeMaster and Oscar Weigel along with juniors Brady Kasper and Sawyer Hamilton are players to watch.

The football team had a strong senior game on Oct. 30 against Soledad with a 47-32 win.



photo by EMMA BROWN

## GIRLS' GOLF

The girls’ team had a strong season this year, when they earned second place in league and qualified to play for the CCS championship. Despite a loss to Stevenson, they won all their matches, which Coach Ross Kroeker attributes to the great team chemistry between all the girls despite different grade levels.

Senior Elle Bohlman was a top player this year making first team All-League, meaning she was one of the top six players in the league as a whole. Juniors Sophie Southard and Ellie Rydeheard made the second team All-League. At league championships, Rydeheard shot a 79, completing her goal of breaking 80, while senior Ariana Smith and junior Anna Kroeker also beat their personal bests. Players to watch are fresh

man Lauren Fitzpatrick and Ava Martin who both played on varsity this year as well.

Coach Kroeker comments on the great team chemistry between the girls this year and how they continued to lift each other up. With five seniors on the team who have played golf all four years, this was a big season. A highlight for him was being able to play all his players in at least three matches, which normally can’t happen due to different strengths on the team.



photo by LILY WEISENFELD

## GIRLS' WATER POLO

Despite a rough start to the season in the Aptos tournament, the girls’ water polo team has gone on to win a majority of their games with an overall 7-4-0 record this season and advanced to CCS.

A highlight of the season was a close win against Salinas High School in the last seven seconds of the game thanks to a goal by senior captain Maddie Fisher. Coach Kevin Buran mentions that the wake-up call of the first tournament allowed the team to find aspects of their game to work on such as their defensive tactics and working as a cohesive unit.

With 26 girls playing this year, that makes this one of the bigger teams Buran has seen come out for the sport in a while. Buran identifies standout players this year being seniors Maddie

Fisher, Sydney Hill and Zibby Lindholm. Junior Peyton Kelly also stepped up into her position as goalie this year with 34 saves and has proved herself a hard worker along with juniors Audrey Glaser and Sonja Buran and sophomore Eva Montgomery.

Carmel tied with Gilroy for second place in league. Their senior game took place Oct. 27 against Santa Catalina, which concluded their normal season, but the team qualified for CCS in a winning match against San Benito 13-3 in Hollister on Oct. 29.

They continued to the CCS D II Quarterfinals on Nov. 6 against Saint Ignatius Prep in San Francisco where a devastating loss ended their season.



photo by TOSIN OLADOKUN

## BOYS' WATER POLO

With seven seniors this year, Carmel boys’ water polo had many close, but rewarding games and strong team chemistry. While they didn’t move past the league season, exciting games included a 14-12 win against Salinas High School for their first game and going into triple overtime against Gilroy.

Seniors this year included captains Willem Botha and LJ Parker, along with Ryan Fenwick, Reed Lloyd, Joseph McShane, Holden Schoone and Oliver Whittaker. Parker had played goalie in the past, but transitioned to becoming a strong sharpshooter for the team, while junior Cole Montgomery took place in goal. Junior Ryan Brennen was also a standout player on the offensive side and leading scorer. The team had some

tough injuries to overcome this year.

Despite the injuries, all the conditioning this year, including retrieving the “Legacy Log” from Carmel Beach, led to lots of team chemistry and a true brotherhood between the players. Players say how this year they became more sportsmanlike in their playing style and worked on being a “fourth-quarter team.”

First-year head coach Chris Avedisian and first-year assistant coach John Norall mention how in the future they hope the team will keep their momentum and improve for the future seasons. The boys ended their season with a 12-9 win against Monterey on their senior night.



photo by ROSA HONG



PREP SPORTS

# Padre winter athletics on track for exciting seasons

BY AINSLEY HENDERSON

With the school year in full swing, staff, students and Padre parents alike are anticipating a promising winter sports season, which will include girls’ and boys’ basketball, girls’ and boys’ soccer, wrestling and the anticipated return of varsity girls’ basketball coach Tom Dooner.



Following several successful seasons, boys’ basketball hopes to bounce back with this year’s team.

## Girls’ Basketball

The girls’ basketball team is starting the season with the return of former basketball coach Tom Dooner, who currently teaches both AP Biology and Honors Chemistry at Carmel High School.

“I know a lot of the girls who are on the team or trying out,” Dooner says. “I’m really looking forward to working with them, having a great season and being as individually successful as we can and as successful as we can as a team.”

Dooner, who since 1988 has coached sports at different schools including Monterey High and Carmel High, led the Padres to back-to-back league championships before taking a hiatus from coaching in 2016. After a coaching spot opened up this year, he took the opportunity to rejoin CHS’ basketball program.

With Dooner leading the charge, many athletes are expecting a positive season.

“I’d say we have a good chance at making playoffs,” senior Elle Bohlman says, “but the Central Coast Section games will challenge our teamwork.”

Both varsity and junior varsity will have their first game against Alvarez High School on Dec. 1 at Carmel High. JV plays at 5:30 p.m. and varsity plays at 7.

## Boys’ Basketball

After several strong seasons, including a move to the more competitive Gabilan Division and a record advancement into the Northern California Division III finals, the CHS boys’ team is roaring for the season to begin again.

“I feel like we have enough pieces this year to really make a run at CCS,” three-year varsity junior John Phillips Sullivan says. “If all goes according to plan, we’ll end up with another CCS title this year and maybe a run at state.”

Despite the graduation of several of CHS’ strongest players, including center JT Byrne, both the varsity and junior varsity teams are hopeful that they will have a season that rivals how they played pre-COVID.

The varsity team will have their first game against Monte Vista Christian at 7 p.m. Nov. 18 at CHS, followed by frosh, junior varsity and varsity games against North Monterey County on Nov. 23.

## Girls’ Soccer

Following the separated nature of the 2020-21 school year and the limited season permitted for CHS athletes, one of the main goals of the girls’ soccer program in the upcoming months is to create a close-knit and productive team.

“I am a ‘team-first’ coach,” varsity coach Krista Winkler explains, “ensuring the mental and physical health of the girls is what matters.”

Last spring, athletes were only allowed to play a single sport at a time, which shrunk the tryout pool as girls had to choose between soccer and other sports like track and field and lacrosse. With CHS allowing people to participate in multiple sports this upcoming season, girls looking to try

out for a spot will be met with a warm welcome.

“I’m super excited to see who comes out to play,” two-year varsity center midfielder and striker junior Maddie Gallagher says. “Soccer is my passion and playing for my school is the best feeling. I can’t wait to see how it turns out.”

JV’s first game will be held on Nov. 29 against Soledad High School at Carmel, followed by varsity’s first game Dec. 1 against San Lorenzo Valley High School, also at Carmel.

## Boys’ Soccer

Since the boys’ soccer teams had a mini-season that spanned April and May last year and resulted in them heading to the Central Coast Section Championships, this is not their first time on the field since 2020.



After heading to the California Central Coast Section at the end of the 2020-21 school year, the boys’ soccer team is hopeful for another strong season.

“We left last season on a bad note with a bitter taste,” CHS senior center back Alexis Soriano says. “The team is determined to make the best of this season and will try to make history again.”

Despite losing the CCS championship game, the majority of the team’s attitude going into the new season is lively.

“We were the first-ever team in Carmel history to make it that far,” says sophomore Tarek Ibessaine, who plays soccer for both CHS and Santa Cruz Breakers Academy. “I think our team this year is going to be just as good as last year.”

Both varsity and junior varsity’s first games are at Soquel on Nov. 22. Junior varsity will play at 5:00 p.m., followed by varsity at 7.

## Wrestling

After what may have been a championship season was canceled due to COVID-19, the wrestling team is highly anticipating the return of many strong athletes, including seniors Dylan Fitzpatrick and D.J. Meheen, both of whom previously qualified for the CCS Championship.

“I’m beyond thrilled to return to wrestling to lead the team,” Meheen says. “We have a lot of good pieces coming back and a lot of freshmen coming out, so our numbers should be great.”

Besides the returning seniors and juniors, six-year wrestler Hana Knoblich is looking forward to her first season at Carmel High.

“My goal for this season isn’t to be crazy competitive,” the sophomore says. “I just want to have fun and get back into it.”

Knoblich, who also participates in Judo, a Japanese martial art that focuses on training the body and mind, placed second in the Oregon Girls’ State Championships. Knoblich has also participated in local and regional competitions, including the aggressive Reno Worlds Competition.

Usually, the wrestling team is made up of around a dozen athletes. In wrestling, participants are matched with opponents based on their weight. Because of the many different weight classes that high school competitions offer, head coach Russell Shugars encourages anyone to participate, provided they have enough grit and discipline.

The team, which did not make any cuts, practices every weekday afternoon and will have their first scrimmage on Nov. 23 in Pacific Grove, followed by a meet at Harbor High School on Dec. 4.



STUDENT LIFE

# Namastes and new beginnings surface for teenage yoga instructor

BY AVA CAMARGO

Carmel High School senior Makenna Tarsitano balances school and teaching as she begins a new chapter as the youngest certified yoga instructor on the Monterey Peninsula.

In December 2019, Tarsitano graduated from a 200-hour certification program through OM Studios, which taught yoga philosophy, postures and anatomy. Her teaching journey began shortly thereafter, though her lessons were interrupted by the COVID-19 pandemic.

“During quarantine, it ended up being a blessing because I taught my friends and family over Zoom,” Tarsitano says, “and it was a really great way to practice.”

Through the pandemic, the CHS dance co-president found her groove as an instructor, learning how to best help members of the community on their journey towards peace.

“I was able to center myself within the craziness of online learning,” CHS senior Shannon Ikemiya says.




photo by BRIAN MACK

**To cope with the stress and anxiety of senior year, Tarsitano shares her therapeutic outlet by teaching an outdoor yoga lesson in Monterey.**

“It was a way for me to take time to find what is most important to me.”

The four-year dance student sparked an interest in yoga in elementary school when she decided to partake in an afterschool dance and yoga class, and over time her passion grew.

“I always had yoga in the back of my mind as something I liked, but I never thought much about it,” Tarsitano says. “In middle school I did more research and immersed myself in the practice.”

Once Carmel began to reopen over the summer, she began working at Carmel Valley Ranch where she currently teaches classes every Friday and Sunday.

“It’s really rewarding when people tell me that they feel better after a lesson,” the certified instructor says. “And I know it sounds cliché, but I genuinely pour my heart into teaching, and I give it everything I have because I love it so much.”

At CHS, the student instructor helps out with the offered yoga class on campus.

“Makenna’s taught some classes here at the high school, and I think it was really beneficial for students to see a peer who’s so centered and confident in teaching the class,” CHS yoga teacher Kristine Tarozzi says. “She just has a great presence in her classes which has and will get her very far.”

The main motivation behind practice revolves around self-care rather than a workout, ensuring positivity, motivation and peace in herself and her clients.

“My personal goal in my classes is to try and help people live their best life,” Tarsitano says. “I always say in my classes, ‘Listen to your body and do what’s best for you,’ because my purpose is to guide and give suggestions, not give orders.”

Alongside her weekly classes at Carmel Valley Ranch, Makenna Tarsitano has taught at a few events such as the Core Community, a local event that focus-

es on bringing like-minded women with an interest in health and wellness together.

“I taught for a couple of weekends at one of their events,” Tarsitano explains, and it helped me make connections and get my name out there.”

In hopes of incorporating yoga into her career and eventually opening her own wellness center, the striving yoga teacher is currently looking to study sociology and entrepreneurship in college so that she can combine her love of well-being with business.




photo by COLBY TARSITANO

**Tarsitano strives to do what makes her happy by sharing her love of yoga along the Monterey Peninsula.**

STAFF

# Library undergoing revitalization under leadership of new librarian

BY MARCUS MICHIE

With more than 20 years of educational experience under his belt, Carmel High School’s new librarian, Philip Crawford, plans to revitalize the campus’s library through refreshing and updating its collection of literature and expanding student involvement in librarial decision-making.

Growing up in Pacific Grove, Crawford kick-started his educational career at Monterey Peninsula College, later transferring to University of California, Santa Cruz, where he doubled major in Feminist Studies and Literature. At San Francisco State University, he earned his teaching credential and master’s in English. While studying at San José State University, Crawford received his master of Library Science degree and




photo by MARCUS MICHIE

**CHS librarian Philip Crawford looks forward to revamping the library.**

gained an interest in children’s literature.

“It didn’t start as a burning desire to study children’s literature,” he says, “but once I discovered it was an option in graduate school it changed the direction of my education and career.”

Crawford joined the CHS staff in September and has welcomed his position as a facilitator of knowledge on campus.

“Everyone I met on my first day was super friendly and welcoming and throughout the day numerous staff members came by to introduce themselves,” he says. “The library environment felt warm and welcoming. I left at the end of the day feeling really positive about the experience, and it felt like a perfect fit for me.”

As a lover of literature, Crawford has written and

revised various articles for a multitude of prestigious journals, including “The Horn Book,” the oldest bi-monthly magazine dedicated to reviewing children’s literature.

With the culmination of his literary knowledge, Crawford poured his wisdom into “Wonder Woman: The Fruit of All Evil,” a graphic novel which he wrote and published in 2014.

“Wonder Woman” was not just a comic, but a life-changing experience,” he says.

“Wonder Woman,” being an overtly feminist comic, influenced Crawford’s decision to delve into the lore surrounding her character.

In his time at CHS, Crawford plans to replace many of the library’s more dated books.

“The goal is to refresh and update the collection,” he says, “by getting rid of materials that are outdated and not of interest to students anymore.”

CHS staff and students are excited for Crawford’s literary renovation and look forward to a new and improved selection of materials.

“I think it’s great that the library is doing renovations to make it a more welcoming space for students,” CHS English teacher Dale DePalatis says. “The focus of a high school library should be on having good-quality, high-interest books available for students in a relaxed environment to encourage the enjoyment of reading.”

To further involve students in the library’s metamorphosis, Crawford has composed a student team advisory committee.

“The team is made so that students can work with me to shape the direction of what they’d like to see in the library,” he says.

Crawford is currently applying for a \$5,000 grant, with the potential funds being dedicated to updating and expanding the graphic novel collection, as well as refreshing the literary selection.



STUDENT LIFE

# Guess who’s Bach? CHS musicians perform in 84th Bach Festival

BY ALEXIS PINE

As part of the Young Artists’ Showcase on Oct. 30 at the Sunset Center, four Carmel High Students were accepted to perform in the prestigious 84th annual Bach Festival after the cancellation of the event last year.

Due to the impact of COVID-19, the festival had the first cancellation in its long history and first rescheduling from the summer to the fall. The return of the festival this year means the implementation of COVID-19 protocols that ensure the safety of performers and audience members.

Over its two-week duration the festival showcases world-renowned solo artists like pianist George Li as well as choirs and orchestras to commemorate J.S. Bach. Along with these musicians, young artists from the Central Coast Section of the California Music Education Association are recognized and perform alongside professionals during the festival.

“It’s a huge deal to be associated with an institution like the Carmel Bach Festival,” says CHS chorus teacher Tom Lehmkuhl, who assisted in the student audition. “To be on the stage at the Sunset Center, a professional theater, and to sing a solo is a big deal.”

After going through much preparation for auditioning, Carmel High students including sophomore Taylan Dincer, accepted for playing cello; junior Siri Panetta, for piano; senior Caleb Roehrig, for baritone voice; and senior Stevie Dean, for piano, were chosen to perform among a handful of other students in Monterey and Santa Cruz County.

“It’s a really supportive environment,” Roehrig says. “You can feel everyone’s passion and you can feel everyone gratifying and supporting each other as performers. It’s not really the competitive grind that you can get used to.”

The group of performers commemorating the classical music legacy found themselves in a supportive environment, despite the expected pressure of being accepted into such a respected performing space. The common appreciation for classical music among both

the audience and the young artists allowed for an opportunity that no other performance permits.

“They’re putting the Carmel Bach Festival name kind of on them,” Lehmkuhl says, “and they’re representing the festival.”

Being chosen as a performer is a challenging responsibility that relates the students’ names to the legacy of the festival. With most of the chosen artists having previous experiences in performing, the rush of being on stage is a familiar feeling, and these four students had the opportunity to revisit that feeling in the festival.

“I’ve done the festival multiple times before,” sophomore Taylan Dincer notes. “It was definitely an amplified anxiety. It was a lot more pressure than I was used to. Consecutively performing makes it go away, but I

haven’t performed in two years.”

For some performers, the gap year in the festival and live performances in general magnified the event. Despite that anticipation, the performers were glad to have participated.

“It was really gratifying,” Roehrig says. “It was really nice seeing other good classical performers.”

The festival allows opportunities for difficult pieces to be shared with supportive audience members who share common and genuine interests in young artists’ exploration of classical music. The opportunities to hear and to perform classics may be becoming rarer, but the continuation of the Bach Festival means the continuation of classical music into the future.



Sophomore Taylan Dincer performs with his cello in the Young Artists’ Showcase Oct. 30 at the Sunset Center in Carmel.

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REVIEW

# Young Thug’s ‘Punk’ falls flat without featured artists

BY EMMA BROWN

Young Thug’s sophomore album “Punk,” released Oct.15, unsuccessfully branches into new musical territory, with the majority of the tracks saved by the 16 collaborative artists on the record who break up a slough of indistinguishable lyrics and drum beats.

On tracks such as “Die Slow” featuring Strick and “Stupid/Asking,” the rap artist explores the world of singing and spoken word, creating harmonies that lead into verses. “Die Slow” is primarily the rapper simply speaking, set to a drum beat, discussing hard work and struggle, while simultaneously trying to narrate a complex family situation. Though Young Thug’s attempt to differentiate himself from other rappers is admirable, the lyrical prowess of the musician is weak.

Other songs on the album exemplify that too much of a good thing can be poison. Tracks like “Love You More” and “Icy Hot feat. Doja Cat” are overproduced, artists’ voices layered far too heavily with autotune and synthetic filters, degrading the quality of the songs, as well as the talent of the musicians.

Though many of the tracks on “Punk” contain shallow lyrics, several of them objectifying women and glorifying artists’ flamboyant lifestyles, Young Thug and some of his fellow collaborators discuss racism and police brutality. “Peepin Out the Window feat. Bslime and Future” is the artists’ testimony to the public about systemic racism, Black struggle in America and issues with finances, with Bslime rapping about how musical success has aided his family. Young Thug speaks to the opposite, instead saying how with fame and wealth, comes an influx in issues and a decrease in self-awareness.

Without the artistic aptitude of the collaborative musicians on “Punk,” the record would be lackluster and monotonous, but Young Thug elevates his al-

bum by working with artists like Drake, Travis Scott and J. Cole, blending his sound with that of his peers. “Stressed” with Cole and T-Shayne considers the expenses of life, taking a new approach to a common topic within the rap industry. Each of the featured artists’ verses adds immense value to the track, with the collaborative bridge making the song stand out as a shining example of rap music amidst a crowd of average anthems. Cole’s rap style blends harmoniously with T-Shayne, the two of them complimenting Young Thug’s signature musical approach.

Drake and Scott feature on the track “Bubbly,” contributing completely different styles to the song: Scott’s fast-paced musical method blends cohesively with Young Thug’s verses, while Drake’s contributions fall flat, sounding almost whiny, though the strong beat in the background alongside the musicians’ creates a track sure to boost the mood of listeners.

While “Punk” is a valiant attempt to add new elements to rap music with the inclusion of spoken word and choral performances, ultimately it is an unsuccessful

album on the part of Young Thug, falling short due to overproduction and unoriginal lyrics, despite the talent brought to the record by collaborative artists.

4/10



Young Thug’s second album ‘Punk’ falls short of expectations.



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# Letters to the editor

## Let there be lights

Dear Editor,

There has been much among students on the idea of having our stadium lit up. It has been an exceedingly prevalent discussion and many are for the proposal of change. I personally think having stadium lights is a smart idea that will help our school in many ways. Although many are for this idea, including myself, it is thought to be a distraction to those living behind our stadium. To my understanding, it is necessary to have the whole neighborhood consent to the idea of lights. This is why I am bringing this idea to your attention now.

Next year, I believe, the school will be starting later at 8:30. Because of this difference, sports practices will be pushed to later times because of the late start time. Field hockey is already practicing until 7 p.m., after the sun is supposed to go down at around 6:45 p.m.. With later start times, it is ideal that sports teams can have a lit stadium in order to have a full practice, and be safe.

Stadium lights would also enhance school spirit. Think about it, having Friday night games with a full student section and more ticket sales would lead to an overall better game experience. I think more people would come to support our sports teams, having them at night! I understand that this has been a debate for a long time at this school, but I believe, along with many other students, parents and staff, that CHS should have a brightly lit stadium!

Caroline Byrne, CHS sophomore

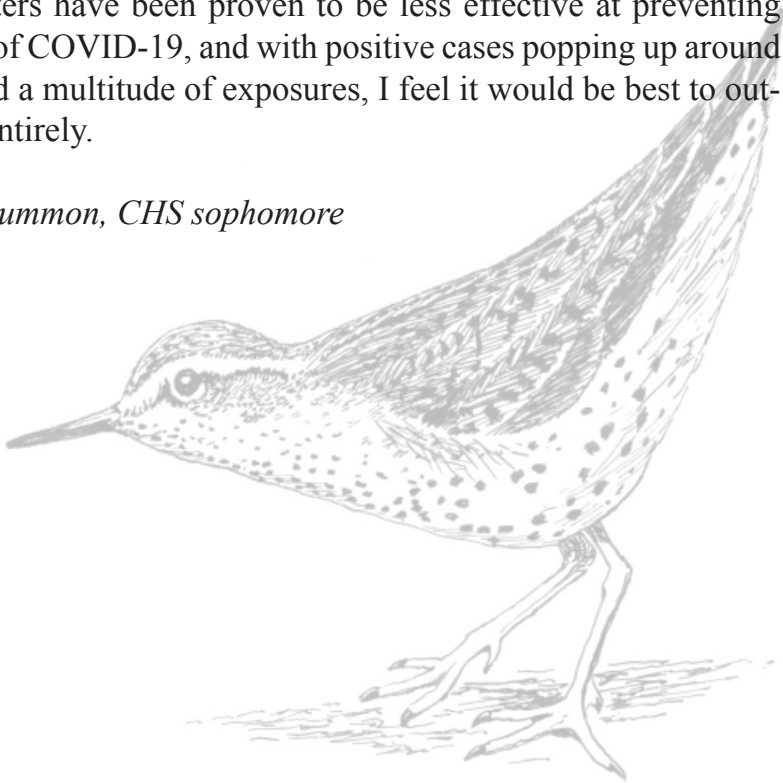
## Lax COVID-19 protocols on campus

Dear Editor,

Regarding “Ever-changing COVID-19 protocols on campus to battle delta variant,” while I appreciate the work that Carmel High and the staff have put forth to stop the spread of COVID-19 and its new variant, I feel not enough is being done. Kids are still getting sick and spreading the virus to fellow students.

My recommendation: a blanket mask mandate. No matter where you are on campus, inside or outside, masks should be required to be worn covering both the nose and mouth. Additionally, the only masks that should be acceptable to wear should be cloth or medical grade. Gaiters have been proven to be less effective at preventing the spread of COVID-19, and with positive cases popping up around campus and a multitude of exposures, I feel it would be best to outlaw them entirely.

Connor Grummon, CHS sophomore



## Praise for drama recognition

Dear Editor,

I, like many others I suppose, am ecstatic with the return of theater and performances. The thrill and excitement for not only the audience, but the actors and stage crew themselves is a huge part of the experience that the CHS community had been missing for almost two years. I also believe that the recognition of the participants involved in this play have been far better than the years leading up to the pandemic.

With performing at rallies and getting an article in the school paper, the kids that build up the foundation of spirit and creativity at the school have finally taken a step into the spotlight, and are being rewarded for their amazing work. I myself took the time this last week to go and see the show, and it was one of the best school sponsored shows that I have seen.

I would like to congratulate the writer of the article “Theater back in action and in person with ‘Sleepy Hollow,’” Sophia Bone, for her amazing job at capturing the reopening of one of the most influential spots on campus, and displaying how important the theater is. As well as how it is and will continue to be a safe space for many.

Maggie Short, CHS sophomore

## Questioning wellness center effectiveness

Dear Editor,

Regarding “CHS opens wellness center, supplementing school-wide emphasis on social and emotional learning,” with the new addition to the campus, the school has been offering alternatives for kids to cope with their mental health. CHS has been advertising this new system as a safe place for kids to come and settle down.

Despite all of these amazing benefits, I have come across a variety of students who have been mistreated in this place. Although they do offer these amazing things, students have been told to leave and even been kicked out. One student was coping with their anxiety due to issues at school. When this student tried to enter the Wellness Center, this student was immediately told to leave because they have “more important” obligations the student needed to finish first, in class.

I, as well as many other students, have been upset at the way the staff has been advertising the wellness center. I understand that kids need to finish their work, but if they are saying it is a place for students to come and feel safe, then they should not be rejecting students and forcing them back to class when they are having anxiety. If a student is actually coping with something and a “proposed” safe place at school is denying assistance, then I feel this should be addressed. There are also sources that students have been neglected access to because they have exceeded their 15 minute time limit.

Although it is a very helpful addition to the campus, the assistance and helpfulness has been lacking and they should input improvements.

Sebastian Daste, CHS sophomore



REVIEW

# Pumpkin spice and everything nice 🍁

BY HEATHER ALBIOL

As the fall season continues, the pace of school is starting to pick up, and so is the number of hungry students in need of a fulfilling snack. With October behind us and November halfway to a close, it's important to find the perfect treats to enjoy during these autumn days that allow us to share some quality time with friends and take a much-needed break.



As an avid fan of the fall season, Heather Albiol has taken it upon herself to indulge in myriad pumpkin treats in an effort to educate the public on the potential options for autumnal delights in the Carmel area. Albiol received her bachelor's degree in Fallology from University of Autumn last year taking a job at a café in Carmel, all in preparation for this review. This fall, Albiol looks forward to the fleeting months of nippy air and maroon clothing, infinity scarves and knee-high boots. During this season, Albiol encourages all Sandpiper readers to enjoy and explore the excellence of the harvest time.

## Rise + Rome Pumpkin Cake

Similar to a bundt cake, Rise + Rome's pumpkin cake is moist and dense, which contrasts with an airy vanilla frosting on top. The beautifully iced white buttercream sprinkled delicately with pumpkin seeds shows style and the spices are not too poignant allowing for the pumpkin flavor to come through. The treat will leave you full as it holds claim to a rich quality and a uniform consistency all the way through. After the past two years full of surprises, some reliable consistency throughout is what we all might need.



## Carmel Valley Coffee Roasting Pumpkin Spice Latte

A signature fall drink that everyone enjoys at some point is the pumpkin spice latte. Warm coffee mixed with flavors of pumpkin and cinnamon is the best way to enjoy a chilly fall day. Carmel Valley Coffee Roasting Company serves its own version of this drink. With a simple pumpkin flavor and a hint of spice, this drink would be perfect for an early morning where one is not looking for anything too intense, but rather their usual morning coffee with a hint of pumpkin to spice up the season.



## Café Carmel Pumpkin Ice Cream

Living in Carmel, most people have grown accustomed to a rather disappointing summer of gloom and clouds and a fall filled with shining sun. Café Carmel has the perfect fix to this with their unique pumpkin ice cream. Sharing a flavorful array of spices and distinct fresh pumpkin flavor, it tastes like a homemade pumpkin pie that would be shared around the table with laughter. Although it's often too hot to enjoy a warm pumpkin pie in Carmel's fall season, pumpkin ice cream can take its place as a cool, refreshing snack that still brings seasonal flavors.



## Lafayette Bakery Pumpkin Vanilla Cream

Everyone loves a good pumpkin pie, but if you are looking to try something a little different this season, Lafayette's pumpkin vanilla cream is the dessert to go with. It is a triple threat of three layers with a thick pumpkin bread resting as a base for smooth pumpkin cream topped with snowy white buttercream frosting and pumpkin seeds. With both a gorgeous presentation and a flavor of unique spices, it certainly does not disappoint. The quality texture of the buttercream gives it faultless consistency and the bottom two layers mirror a well-made pumpkin pie. Is this the new classic fall treat?



photos by HEATHER ALBIOL



# WATER WALK



BY BROOKE MILLER

Students at Carmel High School participated in This Club Saves Lives' annual Water Walk on Nov. 5 and raised over \$500 by walking CHS' track while holding filled jerrycans.

The Water Walk aims to bring awareness to the world water crisis by giving the opportunity for students to emulate the lives of those who must walk miles a day to a water source. Students carried 20- to 40-pound jerry cans around the track, and with each lap, This Club Saves Lives has pledged to donate one dollar to Thirst Project, a nonprofit organization that aims to end the water crisis.



photos by BROOKE MILLER



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# HALLOWEEN

## SPIRIT WEEK



courtesy of REYGAN BETHEA, , ELLA GALLAGHER, PEYTON KELLY, GRAYDEN MILLER, AVERY PALSHAW, RILEY PALSHAW, SONOMA POOL and MYA SCHNADER

## HOROSCOPES

### Aries

Through this horoscope, Aries, we issue a plea. Please stop posting selfies. Everybody knows the ‘duck face’ is so 2016. Get with the times.

### Taurus

Despite your typical earthy essence, this season you will find yourself indulging in the saccharine sin of sweets wrapped in single-use plastic. The stars suppose one can’t be eco-conscious *all* the time.

### Gemini

Geminis, in recent weeks you have walked the path of life with a pebble embedded in the sole of your shoes. Take a moment to rest on the side of this treacherous road and dislodge the things in your life that are causing you pain.

### Cancer

Ode to a Cancer: Cancer, you ray of sunshine amidst the whipping winds brought about by the autumnal transition, shine bright amongst a world turning to gray.

### Leo

During the season of thanks, you Leos will find yourself filled with the grumps. Make like a pie crust and find something that will make you fulfilled.

### Virgo

Beauty is in the eye of the beholder, Virgo. Make sure your eyes appreciate the wonder they see when they gaze into a mirror.

### Libra

Every month, the stars struggle to evoke enough positive emotions about you Libras to write a nice premonition. This month is no different. So, the stars shall leave you with this; work on self-improvement, there’s certainly an overwhelming need for it.

### Scorpio

Scorpio, enjoy your time to shine! This season of the scorpion will be filled with sweet reminders of simpler times as you dive into the depths of the first semester.

### Sagittarius

Remember to take your time through the month of November. Though the upcoming season of festivities is rapidly approaching, attempt to focus on lessons of thanks, rather than the tantalizing temptation of gifts and peppermint that lie just ahead of you.

### Capricorn

Capricorns, the wonderful thing about the modern world is the potential for satisfying smells: candles, perfumes, and ahem, deodorant. Take a hint, you stinky stinkers. Invest in some antiperspirant for the sake of those who surround you.

### Aquarius

Sleep soundly this season knowing that the grades that you set out to improve are unfortunately set in stone. Rest knowing that you’ve been bested, and there is nothing you can do about it.

### Pisces

Pisces, you perfect people. The stars smile down upon you with every issue of this paper. Stay gold, sweethearts.