

the

Carmel Sandpiper



A CARMEL HIGH SCHOOL STUDENT PUBLICATION

COMMUNITY

MPC dual-enrollment classes to require COVID-19 vaccinations come spring

BY RILEY PALSHAW

Starting in January, Carmel High School students taking a dual-enrollment history or statistics class through Monterey Peninsula College will be required to be fully vaccinated against COVID-19 in order to comply with new MPC requirements, sparking varied reactions among enrolled students.

MPC’s requirement states that all of their students, whether on campus or enrolled in a dual-enrollment course off campus, must be vaccinated by the start of the second semester in order to continue taking their classes. Students can apply for medical or religious exemptions that would allow them to stay in the class even if they are not vaccinated, but if they have no exemption and are unvaccinated, they will be required to drop the course. Those few students who are exempt from the requirement will likely face weekly COVID-19 testing to ensure a safe classroom environment.

CHS students will have until Jan. 21

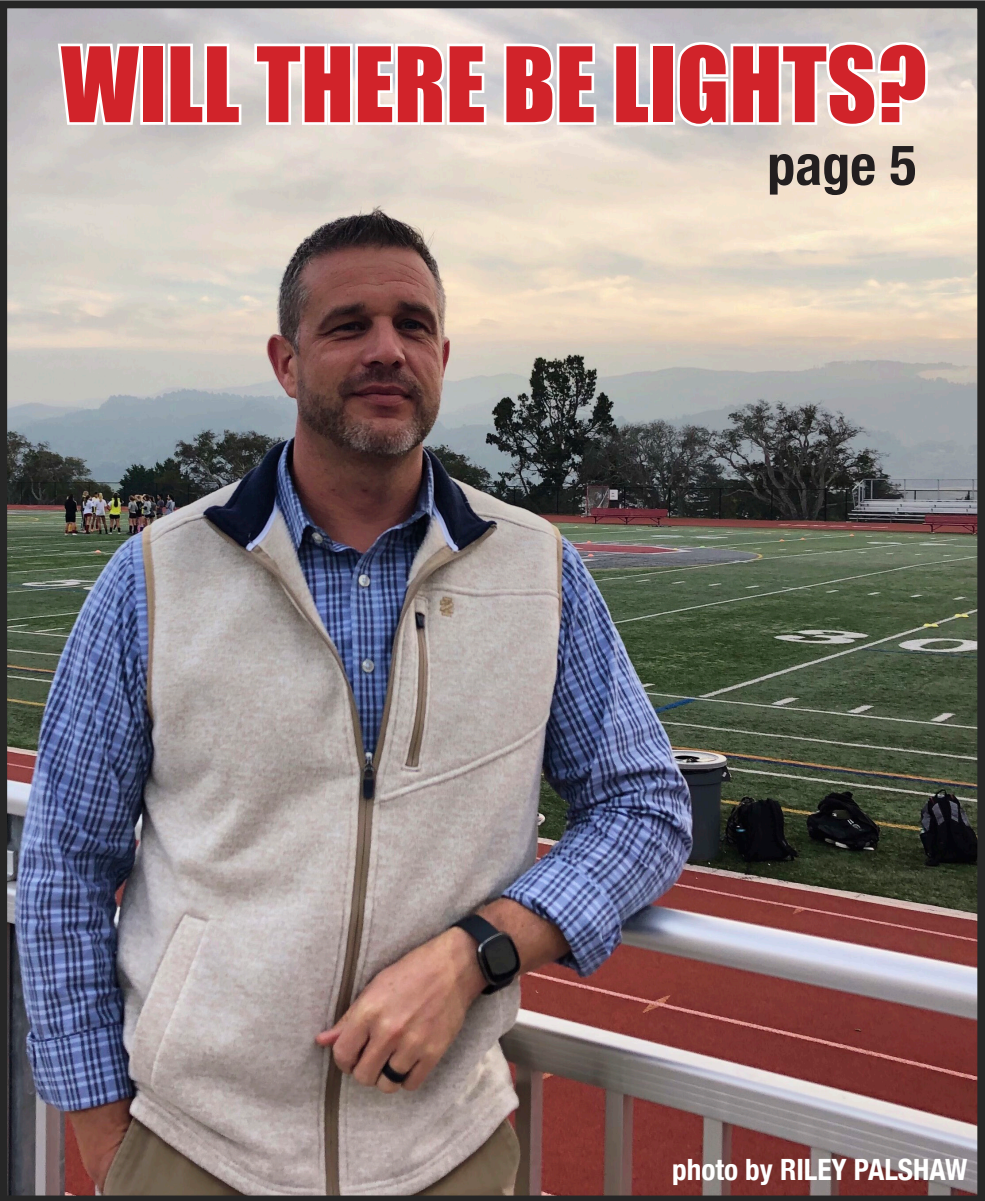
to submit proof of vaccination through an app that MPC provides or have an exemption form on file, but Dec. 17 is the deadline for students to receive their first shot if they haven’t already and plan to get the two-shot sequence.

“We plan on doing an initial survey of kids’ vaccination status,” CHS principal Jon Lyons says, “and depending on how many kids are unvaccinated, we can work with individual students to figure out where they are in this process and guide them through it.”

One of the concerns teachers have, particularly in the case of the MPC U.S. History class, is that high school students will have to drop from a college-level course to a college prep course simply because of their vaccination status, putting them at a disadvantage in terms of their education.

“They’re going to be forced out of the higher class, but again, that’s on them,”

MPC VACCINATIONS
CONT. ON 2



CAMPUS

Influx of hate speech on CHS campus shocks students, staff

BY EMMA BROWN

Cases of racist language directed at both students and staff, both written via graffiti and spoken on campus, rose noticeably in October and November, prompting discussions at Carmel High School about diversity and inclusion as administrators focus on putting a stop to racism on campus.

Administrators were first made aware of cases of hate speech when custodians discovered graffiti in the boys’ restroom containing numerous inscriptions of a slur referencing African Americans, though more recently, the issue has extended to the use of LGBTQ descriptors in a derogatory manner. CHS assistant principal Debbi Puente details an incident of vandalism in which someone was keeping tallies with various derogatory terms on a wall in the boys’ restroom.

“Swastikas have recently been showing up in the bathroom too, being drawn in the stalls, though before, they were primarily being written on other people’s papers,” Puente says.

In October, a CHS cafeteria worker also reported a student referring to her with an anti-Asian slur.

Administrators target prevention, education

Because cases of hate speech have remained, for the most part, localized to the boys’ restroom, administrators and campus supervisors have been monitoring bathrooms in hopes of both discouraging any future acts of vandalism, as well as catching the student or students responsible for the graffiti. Due to staffing lim-

itations, cameras have been placed outside the entrance to some restrooms, which record all students entering and exiting the building.

“The cameras are meant to give us a time frame of when incidents occur,” CHS assistant principal Craig Tuana says. “However, breaks make that difficult. We’re trying to look and see the common faces that are continuously going into the bathroom.”

Administrators have also called upon students to report any derogatory comments or vandalism they see, either through WeTip, an anonymous tip line, or directly to the assistant principals, encouraging “upstander behavior” among the student body.

“If you see something and you don’t do anything at all, then you’re part of the problem,” Puente says.

Puente and Tuana made presentations to English classes of all grade levels at the beginning of November, discussing what acts had transpired, punishment for those responsible and paths forward. During class presentations, administrators also discussed the possibility of establishing a student-led task force to combat the issue on campus, though to date no group has been formed.

“This is a situation where we need to figure out what the right message is, and who the right messengers are,” CHS principal Jon Lyons says. “That may require us to get some outside resources to come in and work with us, rather than deal with it internally, due to the ethnic


makeup of our school. That’s not to say that hate speech is an ethnic only issue, but rather that the voices discussing this issue should be a diverse group of people.”

In regard to the cause of the incidents, the consensus among administrators is that media stimuli has impacted what students believe and view as acceptable behavior.


“If students are left to their own devices at home, I don’t know what they’re looking up or what they’re doing, what they think is or isn’t acceptable,” Tuana explains. “During quarantine, parents had to work, and kids weren’t getting that outside influence of what’s acceptable. I don’t want to blame the internet, I think that students just weren’t getting that reminder of what behavior is okay when they were isolated.”

Hate speech is punishable by suspension, potentially resulting in an expulsion depending on the severity of the incident.

HATE SPEECH
CONT. ON 3



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Editorial: The fight against hate speech must begin in the classroom

In the past few months, Carmel High School has seen an increase in hate speech, eliciting a reactionary response from administrators in the form of classroom presentations condemning these acts, but while the administration’s efforts are appreciated, they lack the impact needed to create sweeping change on campus.

This is not the first time the current CHS community has been faced with widespread behavioral issues. Last March, more than two dozen students came forward with allegations against their peers of sexual assault and harassment, many claiming that their cases were mishandled by administrators. In reference to both the current issue with hate speech and sexual assault and harassment, administrators explained to Sandpiper reporters that they were looking for “the right response, not the fast response.”

This delayed response puts administrators and students on the defensive against perpetrators of hateful acts as the community scrambles to address issues that should have already been covered by education on diversity, equity and inclusion. Rather than creating presentations or sending out emails while trying to find the correct way to address issues of prejudice among students on campus, administrators should have already implemented proactive solutions to stop hateful behavior and ideologies before they become an issue.

In order to prevent hateful acts from arising in the future, a comprehensive educational plan detailing the history of all oppressed groups and the importance of diversity and inclusion is a necessity. In the specific case of racism, until Carmel High students take a United States history course during their junior year, racial oppression is addressed as something of the past, with lessons focused on slavery and Jim Crow laws. While these examples of oppression are undeniably horrible, teachers must also focus on more current issues involving racism and persecution, particularly addressing the systemic maltreatment of historically oppressed

groups. Because slavery is such an overt form of prejudice, it is often used as the primary example for such a complex issue. Yet prejudice has afflicted historically oppressed groups since the beginning of American history, and attention should be brought to all groups that have faced systemic injustice, such as women, members of the LGBTQ community, and people of color.

When the primary example of racism is a system that was technically dismantled 156 years ago, students can easily become misinformed, dismissing prejudice as an issue of the past. By enlightening younger generations about modern oppression, the threat of prejudice would feel more personal, and thus, they might be less likely to speak or act in a racist, sexist or homophobic manner.

This in no way suggests that small children need to be learning the more graphic details about America’s oppressive history, but rather proposes the notion that education on issues such as racism needs to be built up over time from a young age with a foundational understanding of socially acceptable conduct when it comes to diversity and inclusion.

Middle and high school students should learn about systems of oppression such as redlining, a practice in which the Federal Housing Administration evaluates the risk involved with insuring a mortgage, often leading to the refusal of mortgages to people living in predominantly African American communities; and the Three-Strike Rule, a California law disproportionately affecting people of color that imposed a life sentence for any third crime committed so long as the prior two acts were deemed violent or serious. Education on systemic issues forces students to confront the reality that subjugation of minorities has been ingrained into American law and society.

If prejudiced acts defacing CHS’ campus are to stop, it is critical that comprehensive education regarding the history of oppression be implemented.

MPC vaccinations cont. from 1

says Joe McCarty, who teaches MPC U.S. History at CHS. “That’s a choice students and their families will have to make as they decide if it’s worth getting vaccinated to stay in the MPC course.”

Unlike the history course, there is no alternative math class for students in the dual-enrollment statistics class if they unenroll from the course after this first semester.

“There’s no other class for them to go to where the units I’ve taught are going to be helpful, so they just lose out,” MPC Statistics teacher Dawn Hatch explains. “The negative here is that if students have applied to a college that thinks they’re going to be in this course, they now have to call that college and let them know they will no longer be enrolled in that course because they aren’t vaccinated.”

Among dual-enrollment students, opinions vary about how necessary the vaccination requirement is, especially since CHS students enrolled in MPC courses never actually set foot on the college campus.

“I feel like their requirement is more for students who attend their in-person classes than students like me who are doing dual enrollment,” senior Lily Weisenfeld says. “But at the end of the day, it’s a choice to attend MPC, so I don’t think there’s much of an issue for requiring their students to get vaccinated.”

For other students, the vaccination re-

quirement seems tedious.

“I personally don’t agree with making the vaccine a mandatory requirement, especially when it comes to education,” senior Aiden Slade says. “To me it seems like an unnecessary barrier to potential learning, something that is quite important. And while I do value public health, I also value the freedom to choose what you put into your body.”

Some students see vaccination requirements as essential in classrooms.

“Requiring vaccines for students is a necessary step towards the eventual eradication of the pandemic,” junior Julia Blakely says. “If everybody is vaccinated, it makes it a safer environment, and I think at this point requiring vaccines should not be unexpected. It is important for progress.”

The remaining big question is whether Carmel Unified School District will follow suit and also implement a vaccination mandate for their students.

“This is the next big conversation on the COVID front,” Lyons says. “At some point there may be a conversation about a vaccine mandate. There hasn’t been, but it could be coming.”

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How do you feel about the MPC vaccination requirement?



Julia Blakely, junior

“I expect that there may be backlash from some parents and students, but what I don’t understand is people’s reservations. It’s a vaccine that has been approved by the FDA and appears to have little to no side effects.”



John Campo, senior

“I personally don’t mind it. I got vaccinated very quickly by my own choice. I think it’s perfectly fine for individual companies and school systems to require vaccines.”



Ryleigh Teague, junior

“Honestly, I wasn’t phased by it much since I’ve been vaccinated since April. Because I’m already meeting the requirement, I plan to stay enrolled through the next semester as well.”

COMMUNITY

Despite student petition to change, River School PTA maintains keeps controversial event titles

BY EMMA BROWN

Funded by Carmel River School’s Parent Teacher Association, the Father-Daughter Family Dance and the Mother-Son Family Carnival have become traditions in recent years.

In October, though, a group of students created a petition to change the titles of the functions, explaining that events could exclude students with non-traditional family dynamics, but the PTA board ultimately decided that the names of the events will go unchanged, citing both the importance of the events in bringing families together and students’ enjoyment of the functions.

“Changing the names of the events changes the essence and purpose of them...” said the PTA board in an email to the River School community. “To advance one group’s own interests by potentially abolishing events cherished by hundreds of participants annually is simply wrong and not something we will support.”

Four fifth grade students at River School began the petition signed by more than 25 of their classmates to change the events’ titles to include all guardians and students, rather than only inviting a specific group.

“The dance should just be called the ‘River School Dance’ or ‘The Family Dance,’” suggests Gretchen Peelman, a fifth grader at River School. “We want everyone to be invited. The invites to the dance were only placed on girls’ desks. Maybe they could be on the boys’ desks too. And the same thing with the carnival.”

At a PTA meeting, the petitioners discussed how advertising the dance for girls with fathers and the carnival for boys with mothers could make students who lack a relationship with one of those figures feel uncomfortable.

“If a kid’s parent had died or decided to not be in their life, it would be hard for them

RIVER SCHOOL
CONT. ON 4

Hate speech cont. from 1

Students urge peers to re-evaluate

During presentations by administrators, some students gazed at each other in horror as incidents of hate speech were relayed.

“It was startling to hear that there was enough of a presence in our school of people who feel so hateful that this has become a problem,” junior Owen Shirrell says.

Students have offered criticism of administrators’ response as well, many citing the presentations as impersonal and ineffective approaches to solving a larger issue.

“The presentations weren’t powerful enough to change anyone’s opinion,” senior Eva Guerre says. “It was aimed at the wrong audience. If the stuff is only happening in the boys’ bathroom, just talk to the boys. It’ll be more impactful.”

Students explain that in order to address the issue of hate speech, education on the history of racism needs to be delivered in a manner that appeals to the emotions of teenagers. For instance, senior Nina Robertson describes watching documentaries in other classes, such as AP Environmental Science, and the impact they had.

“The administration should present information about using derogatory terms in a way like that,” Robertson says. “Information delivered in that manner really packs a punch.”

Other students have likened the recent hate speech cases to the spur of sexual assault and harassment accusations that arose last March, detailing alleged cases of the administration’s mishandling of reports.

“The administration is just trying to save face,” junior Maddie Gallagher says, “and if that’s the driving force behind them wanting to solve this problem, nothing is going to change.”

Some students propose that implementing greater education on the history of prejudice would be a step in the right direction.

“People don’t understand the gravity of what they’re saying,” freshman Stella

Núñez says. “They might be saying these things as a joke because they don’t understand the history behind it. We should educate these people so they really know what they’re saying when they put something on a bathroom stall.”

Recently, a group of students formed the Ethnic Awareness Club, though the mission of the group stands independent of the recent hate speech cases.

Administrators, students move forward

The message from students to the perpetrators is clear: Stop.

“I just want to see students change,” sophomore Taylan Dincer says. “I want them to be scared of the consequences, but I also want them to not be a bad person due to morality, not simply consequence. Things might not change much, though.”

Despite administrative efforts, the offenders have yet to be caught, an issue which CHS admin attributes to a lack of manpower. Moving forward, the principals also plan to receive input from external sources, such as the American Civil Liberties Union, and students in order to better educate themselves on how to proceed in this circumstance.

“You can’t be arrogant about this sort of thing and say, ‘I’m supposed to know all the answers,’” Lyons says. “If I don’t know the answer, let’s find someone who’s had some experience here, whether it’s an outside organization from a professional development standpoint or an analysis of what we’re seeing on our campus. The good news is that there’s energy and people who want to create change.”

Students are encouraged to report any information to administrators on any new occurrences of hate-motivated vandalism, as well as any knowledge of the perpetrator’s identity.

How do you feel about going to school with people who vandalize with hateful messages?

Giana Buraglio, senior



They should think about the person they are and the person who they want to be known as. One of the greatest traits that you can have is having integrity. And even when no one’s watching, if you still have that integrity, that’s what truly matters.

Amery Gill, freshman



It’s really upsetting and so disrespectful. It gives our school a bad reputation. It’s really sad that there are people here that feel that way.

Luke Rauh, junior



It’s never a good thing to hear that the people who are around you are spreading a bad message around campus. It creates a bad environment for people who are affected by hate speech.

Brianna Sciuto, freshman



I’m appalled. I thought that we, as a society, were done with this kind of behavior. It makes me really sad that there’s people who still judge others on things that they can’t change.

River School
cont. from 3

to get an invitation and not be able or want to bring that parent,” Gretchen says.

While the primary motivation for changing protocols surrounding the dance was to be more inclusive to students who may not have a mother or father in their life, the fifth graders also discussed how the use of “daughter” and “son” contribute to restrictive ideas about gender.

“We also did this for the people who don’t identify as a gender and are struggling with how they see themselves,” says Chloe Ward, a River School fifth grader. “If they were born a girl and then they really want to be a boy, but they got the girls’ dance invitation, it will make them feel like they are forced to be a girl.”

After the students’ presentation, the PTA heard from members of the community on the issue with some parents expressing their hesitancy to change the events’ titles.

“There were a number of people who disagreed with us,” says Ilee Moses, a fifth grader at River School. “They said that their daughters loved the dance, and they don’t want it to change because they want quality time with their daughter. But if you want to spend time with your daughter, there’s other ways you can do it.”

Those in favor of maintaining the names of the events say it would be unfair to change the essence of the functions in order to accommodate a small portion of the community.

“Variety is the spice of life,” River School principal Jay Marden notes. “There is value in differences, and I’m afraid that when we start to eliminate these types of events, that the end result is going to be this homogenized sad-

ness, if not uniform experience, because everybody is either so concerned or offended by the philosophy I just described. When you start to eliminate things because they’re offensive to a very small group of people, we’re not better for it as a society.”

Though invitations for the events will not be extended to all of the school community, members of the PTA say they are open to proposals for new functions and would be willing to sponsor a separate all-school event.

“We’re offering for them to come to us with a suggestion to add something that we would fund,” River School PTA vice president Melissa Anderson says.

“Everything we’ve heard since we made our decision has been a lot of attacks and negativity, but nothing doing something that could help us come to an agreement.”

Although the names of the functions remain the same, the PTA board encourages students of all familial compositions to attend both the carnival and the dance.



A tradition at locations across the U.S. Carmel River School’s own Father-Daughter Family Dance will maintain its name despite criticism about a lack of inclusivity.

CAMPUS

Student advocates for change create Ethnic Awareness Club

BY RYAN JALILI

Due to recent incidents of hate speech on the Carmel High campus, coupled by their own experiences of racial discrimination on campus, CHS juniors Valentina McGuire Torres and Grace Wang have created the Ethnic Awareness Club to battle racism by having a student-led community that allows people of color to express their experiences.

“My goal is for students to learn about different cultures throughout the world so people can realize the uniqueness and beautiful aspects of distinct ethnic groups,” Torres says. “Due to this increasing education, hopefully people can respect and appreciate each other.”

Torres reports having witnessed instances of racism on campus as a freshman, including students’ use of racial slurs and harmful stereotypes against students of color. Many of Torres’ friends have also shared their

experiences of racism on campus, which gave Torres the inspiration to create the Ethnic Awareness Club.

Torres also reports having experienced offensive comments because of her heritage as a Colombian.

“A lot of boys would sexualize me,” Torres says, “and eventually sexually harass me and would use my ethnicity to excuse their actions, implying stereotypes about Latinas’ bodies.”

The club hopes to educate students on how racism, xenophobia and discrimination can be incredibly harmful even if students believe they are just joking around.

“There’s absolutely casual racism at CHS,” club co-president Grace Wang says. “It’s probably the most dominant form here. People won’t be quick to outright say that they’re a racist, but many here do have preconceived notions against certain ethnic groups.”

Carmel student services teacher Kortney Aronson hosts the meeting in her classroom.

“I am honestly really inspired by all the students, their passion for this topic and their desire to really make shifts in the school culture,” Aronson says. “Just hearing some of their experiences and reasons for wanting to get the club started, I felt it would be a great reason to support their efforts.”

Students have joined the club for a wide variety of reasons, whether it be to share their experiences of racism or to help educate themselves on other cultures.

“A part of the reason I joined is that I’m a person of color myself,” junior Anna Hight says. “I gave a Ted Talk previously about my experiences as an Asian-American, which I thought could give me an interesting perspective in this club.”

Club meetings are held every Wednesday in Room 14.



Juniors Adeliza Lopez, Ayami Cole, Valentina McGuire Torres and Grace Wang (from left) present their club plans at the first Ethnic Awareness Meeting.

CAMPUS

Board of Education postpones decision on CHS stadium lights to mitigate community concerns

BY RILEY PALSHAW

After a momentous turnout of students, parents, staff and community members at a CUSD board meeting Oct. 27, the Carmel Unified Board of Education has chosen to postpone their decision regarding the installment of stadium lights at Carmel High School until they have plans to mitigate all surrounding concerns regarding traffic dilemmas, limited parking spaces and light pollution.

“If our community is feeling pretty good about the things that we put in place, and it’s just a matter of getting them started, it could be January,” said CUSD superintendent Ted Knight at a Nov. 17 board meeting. “If we have to go back to the drawing board, we will reach a time where we have to make a decision because if we decide we want to move forward with this, we must be ready to go by August.”

The CHS football field has operated without stadium lights for the past eighty years, but with California’s implementation of the late start law for the 2022-23 school year, forcing schools to push back their start times to at least 8:30 a.m., district administrators and the Board of Education have prioritized focus on a stadium lights project that proposes installation of four 70- to 80-foot-tall LED lights on the school’s turf field facility.

Following the release of a Environmental Impact Report draft in August 2021, the district was met with a surge of students and community members expressing either their support for or their concerns surrounding the project. Students say new stadium lights are not only essential for athletes who will practice at later times by a late-start schedule, but for improving campus culture through Friday night football games, one of the main desires of the student population.

“Every school I ever worked at had lights,” CHS principal Jon Lyons says. “You don’t even think about it, it’s just the way it is with high school football on Friday nights.”

The EIR draft was met with a list of concerns from Carmel residents in streets neighboring the high school,

revolving around hazardous parking and traffic issues that are sure to rise with more late-night sporting events and larger crowds.

“If we don’t address current issues that are happening on the streets, it’s only going to get hazardous when safety issues start happening in the dark,” said Carmel resident Fran Dillard at the Nov. 17 meeting.

At the November meeting, one resident put it plainly: “You don’t have enough on-site parking.”

To handle these new crowds, the board has proposed a variety of possible solutions, including a shuttle system to transport fans from their parked cars at Carmel Middle School up to the high school, temporary No Parking signs to line parts of residential streets on game days and additional parking spots constructed in place of the current CHS tennis courts, which already don’t fit game regulations. Currently, CUSD plans to rip out storage portables at the back of the high school’s campus to create 30 to 50 parking spaces for faculty members, allowing students to park in spaces the faculty currently takes up in the main parking lot.

Superintendent Knight has been encouraging collaboration between the board and residents, hoping to alleviate most, if not all, community concerns over lights. First on Oct. 6 and again on Dec. 8, Knight opened the CHS auditorium for a listening session between him and community members, providing residents with the opportunity to voice any new concerns and continuing the dialogue.

Ultimately, Knight says he is here to do right by the students.

“If we can mitigate the community members’ concerns, they might not love the installation of lights, but my hope is that they don’t fight it,” Knight says. “Hopefully, they understand that we’ve alleviated enough of their concerns and that students’ desire for a great high school experience now outweighs the uncomfortability of their parking.”

While logistical issues with parking and safety must be addressed, some feel there needs to be a sense of urgency with these plans for change to actually happen

before the start of the next school year.

“It has to be done,” senior athlete and ASB vice president Addie Crabbe told a Sandpiper reporter. “It’s been an ongoing dispute between the school and local residents, and for the longest time it was something that was only talked about. But now that there’s a later start time, it seems like we have no other option. This needs to happen sooner rather than later.”

CHS athletic director Golden Anderson notes that the late-start time exacerbates the existing issue of limited light during practices, while stressing that without lights, winter sport programs can’t exist. Anderson sees lights as a benefit for CHS athletic programs and something long overdue for winter sports teams.

What if stadium lights don’t get installed by the time next winter rolls around?

“If lights aren’t installed, the athletic department has looked into renting out facilities at either Monterey Peninsula College or Pacific Grove High School,” Anderson explains, “since those are the closest places with lights that students could practice during the winter.”

Although an option, CHS teams would likely not get a turn to use the venues until after 7 p.m. each night, and renting out facilities would mean losing the ability to host home games.

Knight reminds the community that installing lights means the school has the ability to turn them on and doesn’t mean the school will consistently be hosting games and practices late into the night.

“I’m always going to put the student voice first,” Knight says, “and that’s not going to be a popular choice to everybody. If students are saying lights are what they need, we’re going to do everything we can to make sure that happens.”

Similarly, the CHS principal is cautiously optimistic that stadium lights will be installed on the CHS campus before fall, but Lyons says that the school board has a responsibility to handle all secondary issues before finalizing a decision.



With the late start time going into effect for the 2022-23 school year, Carmel High has proposed the installation of lights to allow their athletic programs to hold nighttime events and practices.

ENVIRONMENT

Efforts arise to combat excessive food waste on campus

BY SOPHIA BONE

It is no secret at Carmel High School that there is a food waste issue. After lunch, the sight of an overflowing trash can or empty milk cartons scattered throughout the amphitheater is not uncommon. While food waste management has always been a problem after meal times on campus, with the addition of free meals this school year, trash levels have risen, while efforts led by the CHS Environmental Club are being made to combat the issue.

A recent Environmental Club food audit completed Nov. 11 found that there was a total of 138.15 pounds of trash after just one lunch, 52.6 pounds of that being just wasted food. To conduct the audit, students from the club along with Liz Hall, a recycling representative from Waste Management, set up three food sorting stations around campus for one lunch period and then weighed all material after.

“I definitely think that a big opportunity for the school is to at least begin rolling out a food collec-



tion program for the kitchen,” Hall says. “They had a 42-pound bag of produce trimmings at the end of the day.”

The week before Thanksgiving break, the environmental clubs from CHS and Carmel Middle School presented information about the current issues on their respective campuses to the school board by displaying information found during their waste audits and keeping the board mindful of the environmental values of the community.

CHS junior Heather Albiol led the conversation. “What’s happening right now is [the board is] starting to really listen to students and get involved in environmental sustainability, which is a great first step,” Albiol says. “We’ve been wanting that for a while and have been pushed off in the past.”

When SB1383, a new composting law, goes into effect at the start of 2022, there should be more op-

tions for students to responsibly dispose of unwanted food. Presently, the compost bins at the school are covered because there is no system in place to deal with it.

“Of the waste that we generate, basically three quarters of it is compostable,” CHS Environmental Club adviser Jason Maas-Baldwin notes.

Hall mentions that creating a student survey of foods that they can choose and are within the school budget could help reduce uneaten food being thrown away if possible.

Free school lunches started during the 2020-21 school year when students came back on campus during the spring. California Gov. Gavin Newsom stated at the beginning of this school year that giving out two free school lunches a day would stay a permanent practice throughout the state.

Currently, the cafeteria reports serving about 300 meals at both break and lunch every day, according to a meal count conducted in the beginning of November, which means that about 36% of the 850 students at CHS are being fed through CUSD.

According to Sue Brooks, the head of food services for Carmel Unified School District, the cafeteria is required to hand out three meal components, one a fruit or vegetable, to each student in line to get food, but insist on offering five components total. During the morning break, four components must be offered, with three needing to be taken, including the fruit or vegetable.

“We tried starting sharing tables where students can get rid of the fruit that they are required to get so that we can take it back and re-wash it,” Brooks adds.

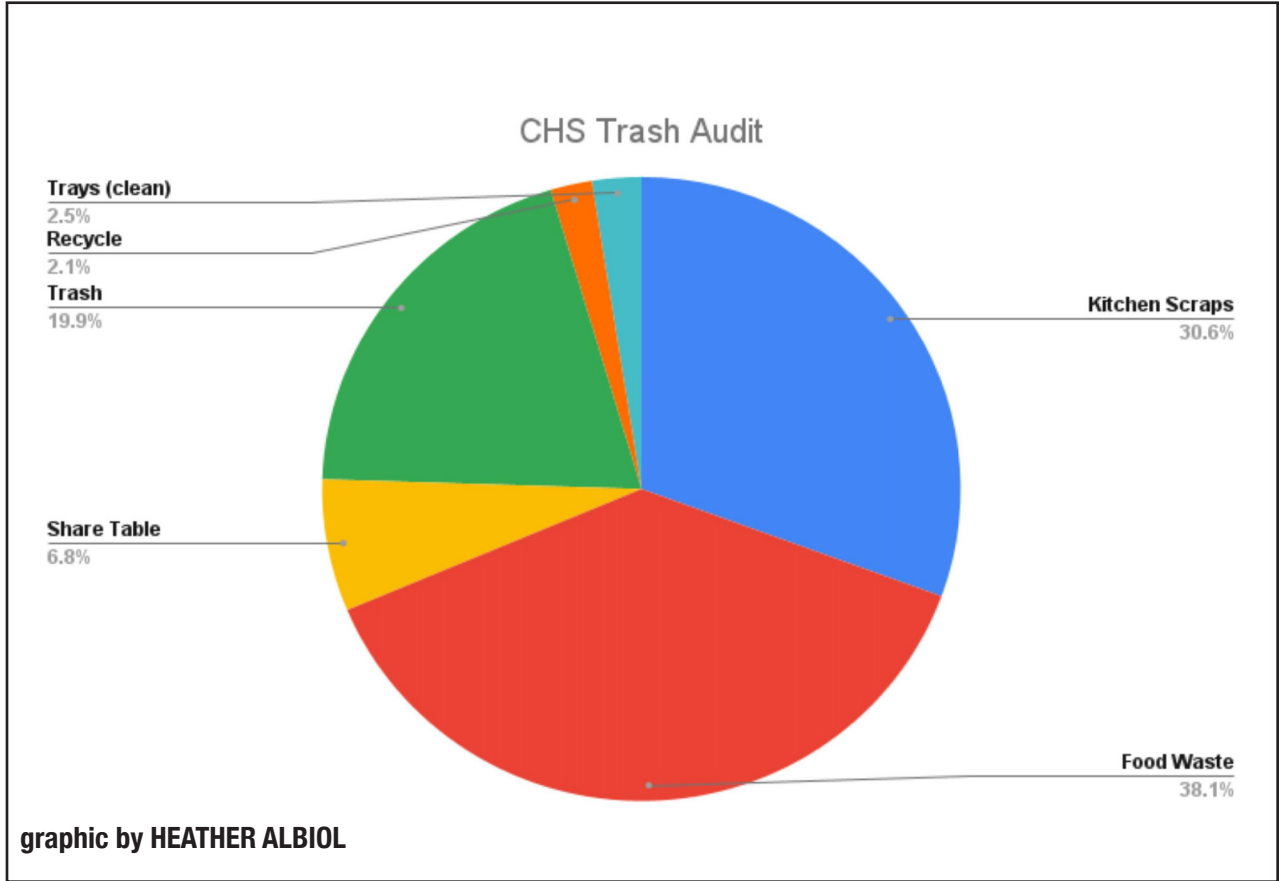
As for altering the menu, that problem is bigger than the school district.

“I try to get food items on the menu that students like and would like to serve more food that they like,” Brooks explains, “but the supply chain issue and other COVID-19 related factors are preventing that.”

Students who frequently eat school lunches attribute the waste to lack of options, but also lack of student accountability.

“Food waste on campus got bad the same way graffiti on campus got really bad,” senior Olivea Wood says. “It’s just like new people on campus don’t respect a lot of the stuff that the school has to offer.”

Carmel High’s Environmental Club hopes that food waste will decrease soon with the implementation of SB1383 and that the CUSD board will make school-wide environmental concerns an agenda item.



How do you feel about the food waste on campus?

Danielle Garneri, freshman

Kids don’t care about our school, like the trash is everywhere, and these little boats aren’t necessary because they just end up in the garbage.



Sawyer Hamilton, junior



I’ve heard it’s pretty dire out there in the amphitheater, and the main issue is freshman leaving their waste everywhere.

Olivia Hansen, senior

There is a lot of waste because of what they are serving. People aren’t liking it so they are throwing it away.



Elias Osorio, junior



Seeing the kids throw their lunch away makes me mad because we get all this free food and just throwing it into the trash is stupid, but hopefully the baskets will be utilized more.

COMMUNITY

Local businesses have it covered during hectic holiday season

BY SHAYLA DUTTA

Carmel Honey Company

Most locals have already heard of Carmel Honey Company’s unique origins: then fifth-grader Jake Reisdorf, who turned a school project into a business. After applying his interest in beekeeping to an assignment, the overwhelmingly positive feedback led to the acquisition of his first hive.

“I decided to start keeping bees on a small-scale,” Reisdorf says. “I actually pulled my first hive out of the floorboards of a shed.”

From there, the business kept expanding. Now the owner of more than a hundred hives around Carmel Valley and up and down the coast, Carmel Honey Company has opened a shop in the Carmel Plaza, on Cannery Row in Monterey, in San Francisco’s Ferry Building and at a new location on Pier 39.

The shop offers four unique types of honey: Wildflower, Orange Blossom, Sage and Meadowfoam.

“We move our bees into different areas to collect different kinds of honey,” Reisdorf explains. “We have bees in Hollister, Modesto and even in Oregon.”

Carmel Honey Company works with several local beekeepers across these areas to maintain their hives, as well as companies all over the U.S. to provide products such as plushies, jewelry, bath and beauty items to make a wonderful gift for anyone this holiday season.



photo by SHAYLA DUTTA

Carmel Honey Company opened their first location in the Carmel Plaza in 2017.

Between labor shortages, shipping delays and supply chain crises, holiday shopping this year is even more strenuous than in the past. Fortunately, Carmel is home to a plethora of small businesses with locally sourced products to serve as the perfect gifts for friends and family.

Eco Carmel

Eco Carmel was founded by Kristi Reimers in 2010 in fulfillment of a vision to create a store where people could shop for products that are healthy for both their bodies and the planet.

“We’re a general store for all things people and planet-friendly,” explains Megan Root, a nine-year member of the Eco Carmel team.

Their inventory includes paints, mattresses, carpeting and other home goods, baby clothes, body care and kitchen items, as well as a refill section for bath, bodycare, household and laundry products.

All of Eco Carmel’s products are sourced ethically and sustainably. They also deliver locally from their store, so customers can get the online shopping experience without the stress of oversea shipping.

Eco examines what each product is made of, where it’s made, the conditions of the factories it’s produced in, whether it’s fair trade and organic, as well as its recyclability and compostability, to help serve as a one-stop shop for all things healthy.



photo by SHAYLA DUTTA

Eco Carmel strives to be the complete general store for everything healthy.

Sugar Farms Marketplace

Sugar Farms Marketplace, located in Carmel Plaza, opened in 2021, featuring local artisans in an art-show style format. Furnished with artfully decorated stalls reminiscent of farmers market booths, it offers a wide variety of handmade products sourced from local artisans.

“We feature everything from locally made soaps and candles to jewelry, tables, sculptures and more,” explains owner Rosana Rader, who co-founded the store with husband Michael Smith.

Sugar Farms has big holiday plans, involving their many consignment and more permanent vendors.

“In the month of December, we’ll probably feature 10 to 15 spotlight artisans, in which customers get to take advantage of discounts for the entire month,” Rader says. “We’ll also have flash sales every few days, in a ‘25 days of Christmas’ style.”

Sugar Farms Marketplace is welcoming new artisans through the application page on their website.



photo by SHAYLA DUTTA

Sugar Farms Marketplace’s medley of local artisans offers a wide variety of items to serve as the perfect gift for any loved one this holiday season.

Sweet Reba’s

Sweet Reba’s, a bakery in the Crossroads, offers a decadent array of delicious baked goods and cakes. Known for their cinnamon-donut muffins, chocolate-chip cookies and carrot cake, Sweet Reba’s is the ideal place for the sugar-lover in any family.

“I’ve always baked,” owner Reba Wilson explains. “My grandmother was really into French gastronomy and got me into baking.”

From there, Wilson started baking for big parties in her teens and experimented with fondant for the first time by decorating an R2-D2 for her son’s birthday. When her youngest son began kindergarten, she took advantage of the extra time to open a farmers market stall.

“We started doing the farmers market in 2016, and it exploded,” Wilson says, “so we thought, ‘Let’s ask what it would cost to open a shop in the Crossroads!’”

The initial pop-up shop turned out to be so successful that Sweet Reba’s became permanent and now looks forward to another holiday season.

“Our take on the ‘Christmas log’ cake is what we call a ‘Christmas Stump,’” Wilson explains. “It’s a layered cake with the outside done to look like a tree stump with the meringue mushrooms and holly leaves and powdered sugar.”

Customers also have exclusive holiday flavors to look forward to, including peppermint buttercream and pumpkin spice.



photo by LOVINA WORICK

Sweet Reba’s desserts cover every need from morning scones to seasonally flavored birthday cakes.

ACADEMICS

In-person finals return after distance-learning hiatus

BY HEATHER ALBIOL

With the past two years of online tests, at-home assignments and large quantities of time on computer screens, CHS students are at long last back again taking finals in person Dec. 14-17, adjusting to changes inside and outside of the classroom.

As most students are still relearning how to balance in-person school, some teachers will be modifying their exams this year to ease students back into a routine, leading to a week of finals that will be both a blast from the past as well as a new experience for students and staff alike. Finals are being given in two-hour increments twice a day Tuesday through Friday with additional office hours Thursday morning.

History teacher Bill Schrier will not have his students take a cumulative final like he normally does, but rather just test them on the information they have learned most recently, explaining that he understands how much stress students are under, now more than ever. As everything is in a state of flux, Schrier takes his class day-by-day to see how he can best accommodate for the lingering effects of COVID-19.

“While my hope is that everything would be back to how it was, the reality has proven different,” he explains.

Science teacher Tom Dooner has also decided to change his final for his AP Biology students this year by switching his usual multiple-choice test for a lab or lecture, commenting that this hands-on work will be more beneficial in preparing them for the AP test at the end of the year.

CHS junior Sage Melton explains that she is thankful for some of these changes because she felt like she was not gaining the full immersive comprehension online that is available with in-person classes.

“Truthfully, I don’t exactly remember how finals went and what the actual tests were like freshman year,” Melton says. “It’s kind of like I’m walking back into freshman year doing finals again, not really knowing what I’m getting myself into.”

Other teachers are planning on administering the same pre-COVID procedures, allotting at least a small amount of familiarity as stress levels are high with finals this year, especially for freshman and sophomores who have not yet taken finals at the high school level.

“I am especially nervous and hesitant because I’ve never really done a real final before,” sophomore Sebastian Daste says, “and I feel like we have not learned how to study and prepare properly over these past two years.”

Educators such as Brent Silva, Jason Maas-Baldwin and Holly Lederle, teaching an array of subjects from chemistry to photography, have all opted to continue with the same finals they have been giving and gave during distance learning.

To keep things as close to normal as possible, Silva, who teaches history and government, explains that he is planning on administering a cumulative final that will include written free-response questions and multiple choice, something he has done every year. Instead of dialing back after these past few years, Silva has even decided to add a little bit to the curriculum of his senior AP Government and Politics classes.

“It’s always been my belief that you should be ramping up the workload going into college rather than laying back,” he says.

Honors Physics teacher Don Freitas says he will be keeping finals the same, pointing out that his students’ test scores have stayed about the same before, during and after

COVID.

Though he will be altering his finals for his AP Biology students, Dooner will be keeping cumulative finals for his freshman Biology and Honors Chemistry classes to give them much-needed experience after having never before taken real high school finals.

“I think we absolutely have to have a finals week in order to give teachers the option to decide what they think is educationally best,” Dooner adds.

While this is pretty much a universal agreement among teachers, the types of finals administered may look different for every subject, class and year, and the time spent over distance learning may continue to pose changes in not only finals, but overall education.

“It would be a mistake to just go back the way things were because we have an opportunity to reinvent education,” Schrier explains.

Whether this reinvention happens, finals will continue for now, some with changes and some without.



courtesy of SCIENCE NEWS

Back in action with in-person finals, students adapt to changing test methods as they prepare for finals week.

4TH ANNUAL

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CAMPUS

Students eager to snag seats at CHS’ newly installed lunch tables

BY BROOKE MILLER

CUSD maintenance installed new lunch tables on Carmel High School’s campus on Oct. 14, and students have been quick on claiming the benches, but these tables are just the beginning of the future outdoor seating additions planned to maximize space at the school.

The few bright red tables that appeared in the upper quad became a reality through the efforts of CHS’ principal secretary Lisa Brazil, who spearheaded the additions to the campus.

“This has been my project,” Brazil says. “I’ve been wanting to do this for years.”

Brazil explains that all the outdoor seating and tables were ordered during the 2020-21 school year and were supposed to be installed over the summer, but due to the pandemic and funding the project was delayed.

“Fewer than half the tables have already been set up,” Brazil explains. “We first started with the patio and upper quad area and are going to put up more furniture on the slope by the cafeteria, the cemented area near the amphitheater and around rooms 16, 17 and 18.”

These installations should be set up by the end of winter break. The new tables won’t only be ordinary four-way tables, but stand-up café-style tables, wooden benches, stumps for stools and much more in order for the school to adopt more natural seating options.

Many students are eager to try out the new tables in an effort to stray away from crowded areas of the amphitheater. Freshman Sara Martin, who sits in the lower levels of the amphitheater with her friends, is excited about the new additions.

“I would love to move to the new lunch tables once they’re installed since the amphitheater is always so crowded,” Martin says. “You actually have to step over people just to get anywhere.”

Brazil, who does landscaping on the side of her position at CHS, wants to stray away from the same color palette of red and gray. She says the need for these tables has been long overdue since many students at the school either take ownership of a lunch table, sit on the concrete or stand outside classrooms during lunchtime.

When the new tables were installed in the upper quad, students claimed tables immediately in hopes of grabbing a spot for the rest of the year.

“We’re an outdoor campus, so the fact that we lack outdoor seating has always puzzled me,” Brazil says. “The idea is to give everyone a space that’s comfortable to them.”

Some students, however, think that because CHS is an outdoor campus, that all that free space is essential.

“I think having that free space is really important, especially for teenagers,” junior TJ Linnevers explains. “[The tables] are just in the way.”

Brazil hopes to see more seating around campus, as well as more interactive activities, such as an outdoor volleyball net.

As Brazil says, “If we had it my way, I would plant trees and put up hammocks!”



Students sit at new red tables in the upper quad during lunch.

STUDENT LIFE

Students give voice to campus topics with podcast D.O.S.E.

BY AINSLEY HENDERSON

With daylight saving time in effect and winter in full swing, many Carmel students are sorely in need of dopamine, oxytocin, serotonin and endorphin boosts, something that the new student-run podcast “D.O.S.E.” has the perfect solution for.

The podcast has just implemented a permanent host, junior Ayami Cole, and will be focusing on recording and releasing new material before Carmel’s winter break.

“I had the pleasure of being a host on the first ever episode,” Cole says. “And I’m so glad to be able to

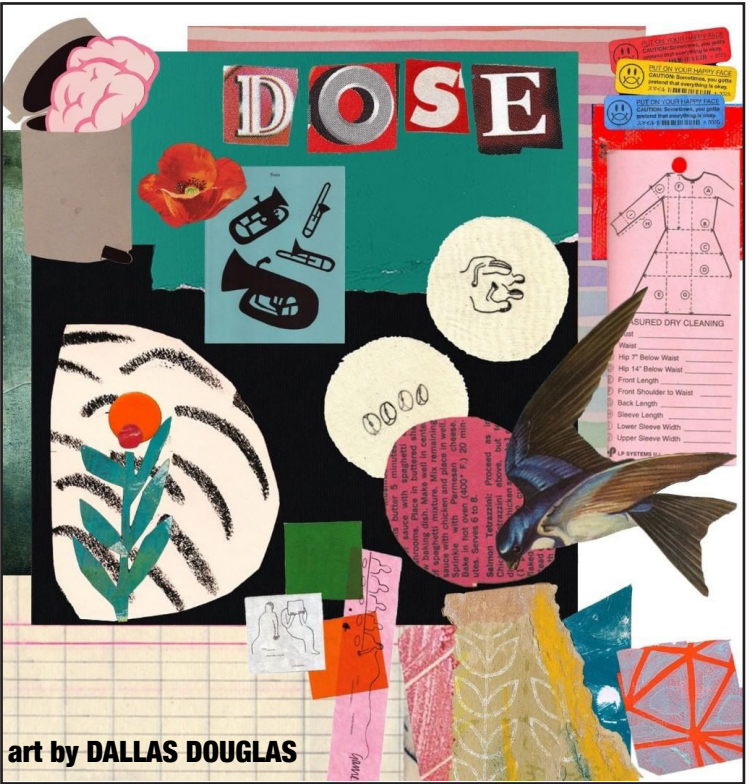
share the rest of my ideas with our community.”

“Dopamine, Oxytocin, Serotonin and Endorphins,” or “D.O.S.E.,” an offshoot of the TEDx Club, has published five episodes so far, each one tackling issues that speakers feel students may struggle with, including lack of recognition in accomplishments; psychology and the arts; stress in school; and a slightly less serious Halloween special episode, which junior members Mya Schnader, Althea Payne and Anna Hight recorded in an inflatable hot tub.

“Our first five episodes we were doing rotational hosts,” says junior Hannah Shu, the CHS TEDx club president.



CHS juniors Mya Schnader, Althea Payne and Anna Hight recording Episode Four of D.O.S.E.



besides the revolving hosts, guest stars including junior Colin Dowse and sophomore Grayden Miller have made appearances to discuss topics they’re passionate about.

“I feel like I learned a lot,” says Miller, who spoke about her experience on the junior varsity field hockey team. “It was great to discuss an amazing team with another member of TEDx.”

Even though the podcast was originally created to occupy TEDx members during the fall semester, Shu has plans to continue generating content for the entire school year, despite it taking a backseat to the club’s spring plans, which mainly revolve around the speeches that they give in partnership with TEDx.

“Right now it’s kind of reaching whoever,” says sophomore Natalie Blackwell, who hosted Episode Three

titled “Sports = Endorphins?” “But I think we’d like it to reach more of the student body, and I think I’d like it to reach anywhere, if only to inspire other schools to start an activity like this.”

When students sit down in front of the microphone to record, they go off of entirely self-written scripts. After students have recorded the podcast, it heads to junior Tosin Oladokun, who edits and cleans up the recording, before being passed to Shu, who publishes it on Spotify.

Running the TEDx Club and overseeing its sublet “D.O.S.E.” can be taxing, so Shu hopes to hand off the majority of the podcast’s responsibilities to Cole.

“D.O.S.E.” is available for free on Spotify.

Pets proven to bring mental health, physical benefits to owners

BY SARA EYJOLFSDOTTIR

It has long been known that pets bring joy and happiness to households, providing emotional support for many and serving as an important form of socialization for many pet owners, with more recent studies showing that especially in times of isolation and quarantine the presence of pets in a household positively impacts the mental and physical health of their owners.

“Pets are a great way to connect with other people through talking to others about your pets and sharing something in common with another person,” says Beth Brookhouser, vice president of marketing and communications for the SPCA Monterey County.

In addition to increasing social interaction, animals act as valuable companions for pet owners that are elderly or live alone--someone to wake up to, to care for and to love.

“Owning a pet gives a person companionship and such a pure joy that is hard to find elsewhere,” says Sarah Adams, owner, president and founder of The Raw Connection in Carmel. “Having a dog or cat curl up in your lap after a tough day is just such a comforting thing.”

Adams started the pet food store after making the switch to a raw, non-processed diet to improve the health of her dogs and becoming inspired to help other pet owners do the same.

The COVID-19 pandemic and lockdown brought an increase in pet ownership across the country, rising to around 70% of American households as people turned to animals for an emotional bond.

“When COVID came and emotions were a little unstable, my parents decided it would be a good thing for the family to get a dog to fill in some emotional gaps,” recalls sophomore Lisa Pajek, owner of 1-year-old Jimmy, a male Havanese dog. “Every time we come home, we are greeted by a dog who is excited by our presence and always brings a smile to our faces.”

Another of the numerous benefits of owning a pet is their impact on the physical health of humans. This includes lowering risk of death from cardiovascular disease, boosting immune systems and decreasing cholesterol levels.

“There are so many health benefits to owning a pet,” notes Brookhouser, who currently owns a dog, three cats, seven chickens and two

fish. “Numerous studies have shown that petting a cat or dog can lower your blood pressure, and of course having something to get you outside and going on a walk around the block can help so much.”

Walking dogs provides a source of regular exercise, which along with playing with any sort of animal, not only positively impacts the physical health of the pet, but also of the owners by improving cardiovascular health and strengthening muscles and bones.

“I often take my dog, Chloe, for walks,” says freshman Ava Ghio, who is among many pet owners who regularly walk or exercise with their pets.

With the holiday season already underway and the recent boom in pet owners, the pet industry has noticed an increase in sales as well.

“There has been a definite increase in our sales, due in part to the increase of owners during the pandemic and because the more owners feed their pets healthy, raw diets, the more we see that spread to other pet owners as well,” Adams says.

Pet ownership in 2021, although somewhat less than the pandemic surge of 2020, is still growing at an increase rate of around 2-4%, according to Consulting.us, and is expected to continue doing so over the next couple of years.

And Brookhouser says, “If you are thinking about adopting an animal, any animal, think about the SPCA Monterey County first because you never know who might be waiting for you here.”



Pets across America improve mental and physical health of owners.

THE SANDPI-PETS

Apollo



Archie



Beau



Big Sexy



Boomerang



Chase



Chloe



Fai



Mickey



Midnight



Mimi



Sadie



Spartacus



Toby



Zoe



CAMPUS

Large junior class poses parking problem for Carmel High School

BY FLINT NACHBAR

An overflow of parking has started to create a dilemma for Carmel High School students, leaving many of CHS juniors’ ticketed, blocked in or fighting for parking spots.

“It is literally a mess,” junior Astin Lathrop says. “In the junior lot people are blocked in and someone is going to end up hitting someone.”

This is just one example of the frustration with the current parking situation at the high school. Two lots are available for students on campus, with more than 150 spots open to seniors and less than 50 spots open to the junior class. A parking permit is also needed for students to park on campus, which causes many students to seek alternative parking off campus.

CHS assistant principal Craig Tuana says that there is not an available solution for the parking problem this year, but talk of adding stadium lights to the athletic field has reopened discussions about limited parking, causing Tuana to believe a solution will present itself soon.

“We’re looking to add 30 to 50 more spots,” Tuana explains, “for bigger events like Friday night football.”

As of now, the assistant principal says additional spots are speculation for the future.

The lack of on-campus parking for juniors has left many students parking in the campus lot dedicated to seniors. This has led to an increase in detention slips handed to junior students parking in senior spots, which in turn causes students to flood back into the junior parking lot.

“This is not abnormal if there’s a big class,” Tuana says. “A couple of years ago it was just like this.”

Although this is an issue that CHS has seen before, many juniors express that it is a problem that needs to be fixed, especially since limited parking spots have juniors parking illegally in the lot.

“We have to park on the red and the spots that are marked off just in order to fit everyone in there,” junior Jim Moreau says. “There are just not enough spots.”

Illegal parking both on and off campus has led to many students receiving tickets from the California Highway Patrol.

“[The school] did not call anybody for CHP,” Tuana says. “If our campus [supervisors] would have gone down there and seen people parking in the red, what we would have done is talk to the kids, not ticket.”

Many juniors say an easy solution to the parking problem is to grant more parking spots for juniors in the senior lot, but the issue is more complicated than that.

“As seniors get their licenses throughout the year and start driving, we don’t want to take away spots later in the year,” campus supervisor Josh Leigh explains. “We have 20 spots for juniors now. If we give [juniors] 25 and then all the seniors start filling it, we have to take those spots away.”

As the year progresses, more sophomores will become eligible for their driver’s licenses, leading to competition with juniors over parking spots. Many upperclassmen find it unfair to have to fight sophomores for spots in the lower lot.

“Sophomores should not be parking in the junior lot,” junior Kennedy Rutherford says. “There is no room already for all of the juniors, and the sophomores shouldn’t be taking spots that juniors need.”

The school recognizes this as a problem and plans to address it.

“Why are we punishing juniors for parking [in the junior lot], but still giving sophomores spots to park down there?” Leigh asks. “If it’s seniority, then that’s the way it should go.”

Leigh also plans to ticket sophomores parking in upperclassmen spots, which he hopes will lead to more spots available for juniors.

“We’re a high school on a highway,” Leigh says. “To fight the problem, [students] could carpool.”



photo by FLINT NACHBAR

A significantly larger-than-usual junior class has left Carmel's junior lot overcrowded.

SPORTS

CHS girls’ cross country team qualifies for state championships for first time in 13 years

BY CLAIRE PETERSON

The Carmel High girls’ cross country team qualified for state championships Nov. 27 for the first time since 2008, placing 17th out of 25 teams in their division at Woodward Park’s 5,000-meter course in Fresno.

“Our ultimate goal, or one of them, was qualifying for state,” CHS cross country coach Whit Rambach says. “And we achieved that, so we’re all pretty happy about that.”

In August, the team started out with shorter, less strenuous runs, and then Rambach had them gradually increase their running distance as the season progressed in order to build their fitness and endurance and to avoid injuries.

“I’m very proud of our team making it to the state championships,” reflects freshman standout

Ava Ghio, who placed 85th overall at state with a time of 20:13. “We put a lot of effort in training for all of our races and always tried our hardest during the races. I am very grateful for having an amazing team and coaches.”

The team held practices six days a week, often including runs on Saturday, which were usually the more physically exhausting ones. Practices ranged from ones that focused more on speed and turnover to ones that were more relaxed.

“I got together with the team, and I kind of explained that if we’re going to have some lofty goals, such as qualifying for CCS, and then if we want to take it one step further and qualify for state, that it’s going to take a lot of commitment and dedication on their part,” Rambach explains. “I was there for support, and they all agreed and said, ‘Let’s go for it.’”

The distance of the runs differed based on what aspects Rambach wanted the team to focus on.

“Sometimes we’ll have long runs, and the long runs can be six to eight miles,” Rambach says. “And then if we’re doing some high-intensity speed work, we might just run two and a half or three miles total.”

The team’s overall work ethic and efforts over the course of the season led them to complete an impressive goal that they are extremely proud of.



courtesy of MARINA HOBSON

Carmel runner Sara Eyjolfssdottir rounds a corner on Fresno’s state championship course.

CAMPUS

A Storied Past

Memorials contributing to the CHS campus

BY EMMA BROWN

Constructed 80 years ago, Carmel High School’s campus is no stranger to the effects of the decades, with older classrooms replaced by newly erected buildings, but despite the march of time, the names of the school’s past still echo on the campus in the form of memorials.

When arriving at CHS each morning, students pass the flagpole standing stolidly next to the office, many unaware of the mast’s dedication to the school’s first principal and the district’s first superintendent: Otto W. Bardarson. A life-long educator, Bardarson began working at Sunset School in downtown Carmel in 1928 before eventually assuming the role of the president of the California Elementary School Principals Association in 1936. Bardarson entered his position as principal of CHS in 1941, during the institution’s inaugural year. As the principal during World War II, Bardarson is remembered for his tremendous leadership, inspiring the community during times of despair.

Just beyond Bardarson’s memorial lies a name quite literally etched into stone: Alice Vidoroni Bevan, the school’s first student body president. Bevan was raised in Carmel, later marrying another native of the central coast, George Bevan, and moving to Berkeley, California, to raise her daughter, Mary.

“She was well known at our school,” says Andrea Del Mont Thatcher, a CHS alumna from the Class of 1945. “I was four years younger than her, but I still knew of her. She was known as very kind. She was a good president.”

Further into the CHS campus, the library stands at its center, adorned with Marvin Biasotti’s name. Biasotti is no stranger to the district, serving as CUSD’s superintendent from 2000 to 2015, during which the building was constructed.

Now retired, Biasotti remembers his time as a leader within the community fondly.

“What I enjoyed most about being a superintendent was the relationships I was able to build with stu-

dents, faculty and support staff,” Biasotti says. “I made lifelong friends during the course of my career.”

After studying at California State University Chico, Biasotti joined the district during the 1980s as a school psychologist. Nearly 20 years later, he took on the position of interim superintendent before ultimately being asked to take on the position full time. During his time as superintendent, the landscape of CHS changed dramatically with the addition of the library, a new pool, the science and math wing and the renovation of the athletic field. As a leader, Biasotti was recognized by a multitude of organizations, most notably being named Outstanding Administrator of the Year by the California Music Educators Association, as well as being titled Superintendent of the Year by the Association of California Administrators. With his leadership, the Carmel community grew as Biasotti worked to improve the educational experience of CUSD students.

As the march of time continues, CHS’ campus will continue to be marked by the names of the school’s past and future, honoring the contributions of those who gave their all for others, improving the lives of Carmel students.



Alice Vidoroni Bevan’s name is stitched into the fabric of the CHS campus, with her legacy as the first student body president living on 80 years later.

SPORTS

Wrestling superstar Hana Knoblich crushes competition

BY MARCUS MICHIE

Pursuing her passion in wrestling at 8 years old, Hana Knoblich has competed in more than 20 regional and statewide competitions, and as the sole girl on the Carmel High School wrestling team, she has no plans to step off the podium anytime soon.

“I really fell in love with wrestling,” she says, “and the ability to know your body so much better.”



Sophomore Hana Knoblich (right) alongside her former training partner after competing in a Triple Crown tournament in Oregon in 2018.

The absence of girls on the team did not affect the wrestler’s decision to join and excel on CHS’ team.

“She works very hard and is one of our higher level wrestlers,” CHS wrestling coach Russ Shugars says. “She has the potential to be the best female wrestler we have had at Carmel.”

Her first few years competitively wrestling, Knoblich didn’t fulfill her expectations. Her father, Guenther, a former college wrestler and her four-year training partner, has supported her throughout her endeavor.

“After working hard with my dad and my favorite practice partner,” the athlete says, “my technique and attitude toward wrestling really improved and I started winning more tournaments.”

Knoblich joined the Carmel community in the summer of 2019 after living in Oregon for a segment of her childhood. Living in California was not unfamiliar to her as she’d briefly lived in the Bay Area before. She participated in club wrestling in the sixth and seventh grade, and in the eighth grade, she was unable to wrestle because of the in-person restrictions brought by COVID-19.

Hardly anything can discourage Knoblich, including the unignorable thirst and hun-

ger preceding weigh-ins on competition day. Arriving in the early morning, she exults in anticipation of the day that can be terrifying for wrestlers both intermediate and advanced. The weight class determined will decide her competition.

“It’s a loud and unorganized environment,” the wrestler says, “but that’s part of the charm.”

The competition, depletion, stressful conditions and underlying adrenaline illustrate the difficulties of wrestling competitively.

Knoblich says wrestling has increased her physical and mental ability substantially.

“She always brings her all to practice and is a good example for the team,” sophomore wrestler Jason Baker says.

In addition to increasing her confidence, Knoblich describes wrestling as a stress-reliever.

“Wrestling is a really great sport because it’s something that you can go to after school when you’re super stressed and forget everything,” she says.

Outside of the arena, wrestling motivated Knoblich to delve into her weightlifting and nutrition regime. Her father introduced her to lifting, and it has remained critical to maintaining her physical condition and mitigating the risk of injury.

Being the only girl on the wrestling team has not deterred Hana Knoblich, and she intends to competitively wrestle at a high level throughout high school.

STUDENT LIFE

CASA helps over 200 foster children pick out gifts for their loved ones

BY SAFIA BOUHAJA

CASA’s 13th annual Gift of Giving provided foster care children the chance to pick out gifts for their loved ones with Carmel High School students contributing to a gift drive by dropping off items to their first period classes.

“Any way that we can get students at Carmel High to understand that it means a lot to somebody else who is not in the position to shop with money for themselves,” Leadership teacher Aubrey Powers says, “it could be a way that they show gratitude to people who mean a lot to them.”

The event benefited Voices for Children CASA of Monterey County, court-appointed advocates who support and help children in foster care.

“[CASA] collects all these gifts, and then they give all the children an opportunity to go into this room to shop at no cost to them for up to fifteen people in their lives,” Powers explains.

Powers, who has been involved in the gift drive since she started teaching at Carmel High in 2015, is passionate about giving back to the community.

“I care a lot about it because I see the people that I have been in contact with who run CASA Voices for Children are so passionate and giving of themselves in their position of supporting foster youth in Monterey County,” Powers explains.

Students could donate by placing items such as home decor, toiletries and gift cards into one of the 12 boxes located in different first period teachers’ classrooms around campus, as well as purchase an item off the CASA Amazon Wish List to be mailed to CHS.

“CASA has an office in downtown Salinas, so we deliver the gifts out there on November 30th,” says CHS senior Addy Dawson, commissioner of the CASA

Gift Drive fundraiser.

Exactly 212 gifts were donated.

Dawson started participating her freshman year and was a part of the fundraising commission through Leadership.

“Giving back to your community is a key part in everyone’s life, and for CASA it is all about children in the foster care system, whether they are finding a new home or picking out gifts for their foster parents,”

Dawson says.

Students could volunteer to help out with setting up the event as well as help children with wrapping gifts. It is estimated that over 200 children participated and were served in the CASA gift drive this year.

Dawson says, “To be able to give a gift to someone that is less fortunate than me is really special to help make their day and their life a bit easier and more joyful.”



photo by AUBREY POWERS

CHS students donated a total of 212 gifts to foster youth in Monterey County.

STUDENT LIFE

Carmel High senior releases first single of anticipated many

BY CLAIRE PETERSON

Inspired by artists like Clario, Billie Eilish and Men I Trust, CHS senior Olivia Kadosh recently released her first song, “Temporary Bliss,” which highlights her relationship with a long-distance friend who lives across the country in northern Virginia, and she has already begun formulating ideas and lyrics for future songs.

“[My friend] comes back in the summer usually,” Kadosh says. “And it’s like temporary bliss when she’s here.”

Kadosh began writing music with her friend Ekin Atila, with whom she wrote and produced “Temporary Bliss,” at the end of her sophomore year, right when schools began shutting down because of COVID-19. They both had long held

an interest in music and had previously talked about wanting to write their own songs.

“We’ve just both never done it because we were scared to do it on our own,” Kadosh explains, “so we just did it together and we ended up liking it and writing a ton of songs.”

The entirety of their discography isn’t inspired by a specific artist, but every individual song has its own inspiration.

“I know ‘Temporary Bliss’ started out inspired by a bedroom pop kinda vibe like Clairo,” Kadosh says. “Some of our other songs are inspired by Billie Eilish or Men I Trust. Ekin and I send songs to each other all the time that we want to use as inspiration for a song.”

Kadosh explains that the process of writing “Temporary Bliss” was difficult because of the constant changes she and Atila decided to make to the song during the production process.

“We changed the song a ton of times and changed the melody and the lyrics,” Kadosh explains. “That took a while, and then we started producing it, and we went through a couple of versions of the song production-wise, and that was quite a process.”

The songwriters currently have more songs in the works, but the releases depend on when they have time to begin the production process.

“Temporary Bliss” is available to listen to on Spotify and Apple Music under Kadosh and Atila’s joint band The Drive-In.



courtesy of OLIVIA KADOSH

CHS senior Olivia Kadosh (right) and friend Ekin Atila practicing “Temporary Bliss.”

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COMMUNITY

Decades of graduation bling and letterman jackets signified school spirit at CHS

BY AVA CAMARGO

From senior portraits to letterman jackets to vandalizing Pacific Grove High School before the annual Shoe Game, CHS has seen traditions come and go throughout its history. Class rings and letterman jackets, for instance, once held great significance to previous CHS graduates, but they have generally gone out of fashion in this generation.

According to the U.S. Military Academy at West Point, they started the American tradition of class rings in 1835. A symbol of school pride, the class jewelry serves students with a romanticized memory of their high school experience. Along with caps, gowns, and other graduation necessities, rings were on the school supply list at CHS until they were removed last year.

With more student interest, principal’s secretary Lisa Brazil mentions there is a possibility that jewelry and jackets will be brought back to Carmel High.

“The items that have traditionally marked high school, such as the letterman jackets and rings, have all gone away,” Brazil says. “What has replaced them are sweatshirts and t-shirts. When students graduate from high school with a pile of shirts, many are going to immediately donate or throw them away because they will most likely never be worn again.”

Local high school alumni reflect on their traditional mementos and discuss their significance now.

“It is not like how it was back then,” North Monterey County 1990 alum Alicia Stirling recalls, “and I would definitely invest in a ring for my daughter this year, plus rings are back in fashion these days and that may spark interest as well.”

Like Stirling, CHS alum Jennifer Kadosh, Class of 1987, owned a class ring herself and believes that material keepsakes should remain important to students nowadays. And Kristine Tarozzi, the dance and yoga

instructor on campus, mentions that she had a traditional cheerleading jacket when she attended CHS.

“At the time, having a jacket to represent cheer was valuable to me,” Tarozzi says. “It was an old tradition that has died out... and I would not be opposed to the idea of their return.”

CHS alum Steve Rammel, who graduated in the ‘80s and did not have a ring of his own, discusses the popularity of them in his graduating class as well as their significance now.

“It wasn’t until I was an adult that I thought these were cool traditions,” Rammel says. “I now value the importance of school dances, letterman jackets and all representations of school pride for students these days and fully support their possible return.”

Today, many students question the worth of bringing back rings and jackets primarily due to their expense. Rings are typically priced around \$200-400, the most expensive being over \$2,000, and jackets are usually between \$300-\$600.

Still, senior Aiden Slade recognizes that letterman jackets would “contribute to school spirit and revive sport culture.” Seniors Isabella Twomey and Dylan Barrett both agree that they would not buy class rings for themselves, but they be-

lieve that many of their classmates would be fond of this revival.

With varying opinions on the relevance of high school traditions resurfacing, it is up to current students to decide for themselves whether these customs are worth keeping.



courtesy of PIXABAY

Graduation rings come in a variety of styles to accompany the personalities of each school and individual.

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Peppermint treats and holiday sweets

BY HEATHER ALBIOL

With the holidays right around the corner, many of us are looking for ways to satisfy our growing hunger for sweets. Here is just the thing you're in search of: a list of the best peppermint treats around town.

Sweet Reba's Double Chocolate Peppermint Cookie



The classic Christmas dessert: cookies. At Sweet Reba's, they are taken to the next level. Similar to a brownie, but with the shape of a cookie, the deliciously rich dessert partners a fierce dark chocolate blend with sweet hints of crunchy peppermint. The crisp edges blending to the warm, fluffy interior demonstrate a perfect harmony, something we could all learn to practice more often, especially during the holiday season. Leaving one quite satisfied and in search of a glass of cold milk, Sweet Reba's cookie is exactly what a heartfelt Christmas dessert should be.

Cottage of Sweets' Chocolate Peppermint Bark



Everyone loves some good old peppermint bark. Often shoved into your face followed by the words, "Try it, it's homemade!" peppermint bark can create--or in some cases test--friendships. The one sold at Cottage of Sweets, however, is one to be enjoyed by the fire with friends and family laughing over the day's events. Layered dark and white peppermint chocolate topped gingerly with broken pieces of candy cane, it represents a classic but still amazingly tasty peppermint bark. Just one bite of this treat will leave you righteously trying to steal the recipe for future holiday

Carmel Valley Roasting Company's Peppermint Mocha



With silky hints of fresh peppermint blended amicably with a chocolatey undertone, this iconic peppermint mocha leaves a perfect reminder of what the holiday season is all about. Sweet, messy and faultlessly warm, it's the perfect drink for after a long night of ice skating with chilly clothes and numb hands. The toasty trail of tranquil warmth is even better; it will stay with you for hours after. Although this brilliant peppermint-bark-like coffee is something to be shared between friends, make sure to get your fair share before the lines of tourists block your chances of happiness with this drink.

Trader Joe's Chocolate Peppermint Loaf



If the holidays are a time you wish to deepen relationships and spend more time with people, the perfect way to do so is by baking winter treats. Trader Joe's has an easy-to-make chocolate peppermint loaf mix perfect for spending an hour in the kitchen sharing laughs and strengthening connections. With a rich flavor and an inkling of peppermint, this loaf is best sliced and eaten right out of the oven, preferably around a crackling fire while playing games. Rich and chocolatey, but not too heavy, Trader Joe's chocolate peppermint loaf should be a staple in every household during the holidays.



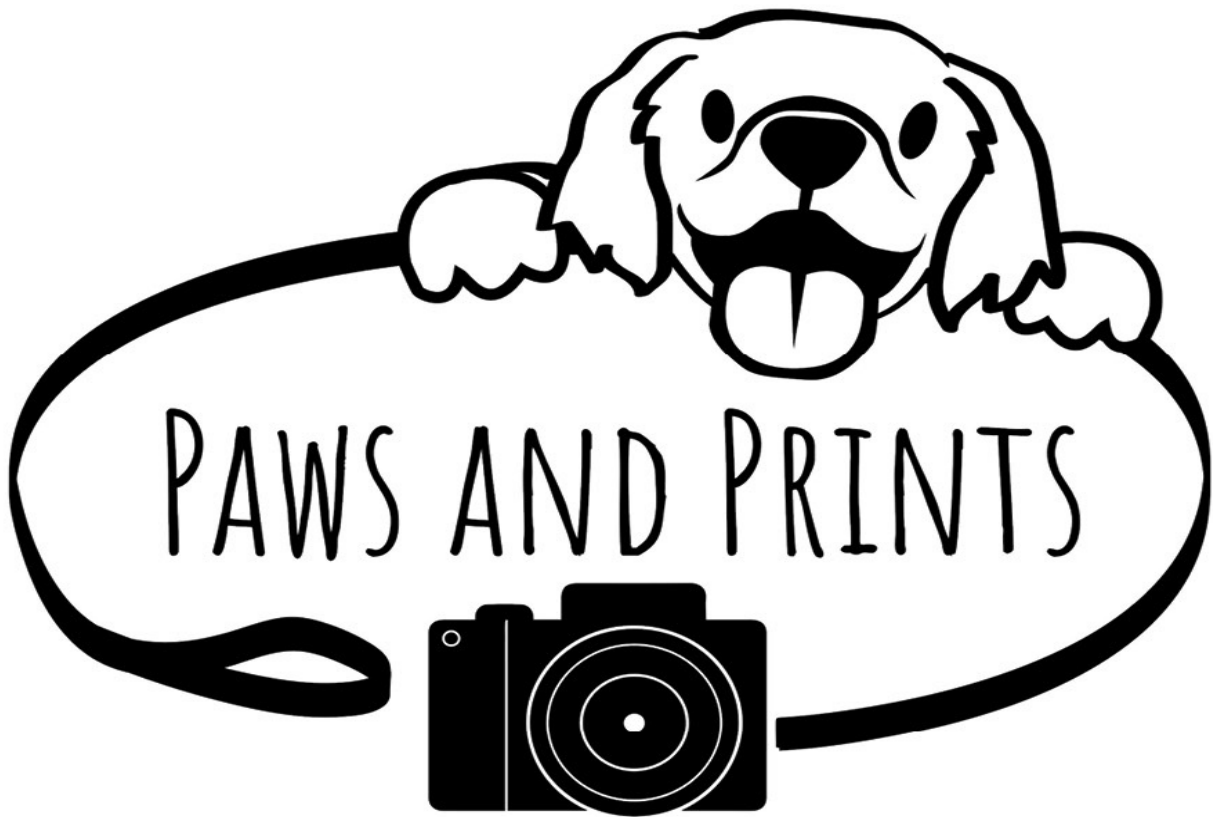
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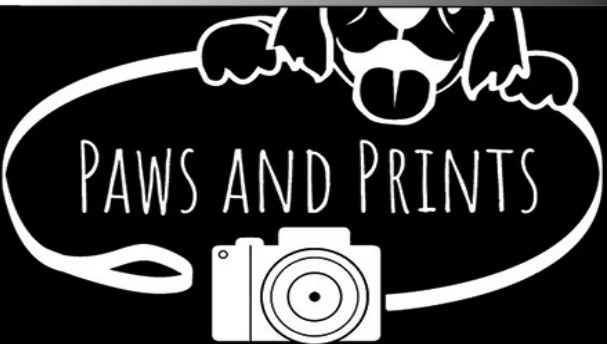
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REVIEW

Captivating ‘Dune’ is why people go to the movies

BY SAFIA BOUHAJA

The long-awaited sci-fi film “Dune” has finally come out and is definitely worth the wait because it is phenomenal from beginning to end.

All phenomenal movies have their flaws, and “Dune” is no exception. Although there seem to be parts of the film that are missing and misleading, Timothée Chalamet and his supporting actors successfully convey characters’ feelings, and the film’s cinematography is vastly entertaining.

Set in the year 10,191, the film focuses on Paul Atreides (Chalamet), son of Duke Leto Atreides (Oscar Isaac), and the heir to the House of the Atreides. He is sent by the Padishah Emperor to travel to the desert planet of Arrakis, the most dangerous in the universe, to secure the future of his friends and family. However, there is conflict regarding the most valuable resource that this planet supplies.

It is fascinating how the plot takes what has been happening in the last 20 years in the real world to predict what will happen in the future. The movie portrays a similar story of the friction that has gone on for years with the U.S. and Europe against some Middle Eastern countries over oil, but in this case it’s over spice, a precious resource only found in the planet of Arrakis.

Considering the fact that the “Dune” features Islamic imagery and cultural factors, there is a lack of Middle Eastern and North African actors and actresses. This could have been a great opportunity to include MENA actors and actresses, but casting directors Francine Maisler and Jina Jay unfortunately failed to do that.

On the other hand, the film’s stunning visuals produced by Denis Villeneuve are impressive. Futuristic

spacecrafts keep viewers on the edge of their seats and their eyes glued to the screen. Every shot is truly a masterpiece.

“Dune” meets the expectations, in the sense that it enchants its viewers, yet the movie feels like a trailer for the next “Dune: Part Two” because everything that happens are events that will lead up to the sequel.

Furthermore, Zendaya’s role (Chani) is quite small. She has roughly seven minutes of screentime, a sur-

prise considering how much she was advertised and promoted for the film. Many fans of the film may feel misled about the “Spider-Man” star’s involvement in the film.

Overall, “Dune” is well directed and produced. Viewers have a lot to expect after what the first “Dune” has to offer.

8/10



courtesy of LEGENDARY AND WARNER BROS

Paul Atreides (Timothée Chalamet) alongside Gurney Halleck (Josh Brolin) as they try to escape a sandworm.

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REVIEW

Taylor Swift perfects her craft with re-release of ‘Red’

BY EMMA BROWN

In furtherance of her efforts to reclaim control of the masters of her first six albums, Taylor Swift has released a re-recording of her 2012 album “Red,” now titled “Red (Taylor’s Version),” demonstrating her vocal growth and improvement of composition, with enhancements to previously released songs and the addition of new tracks “from the vault.”

Though the majority of the songs remain mostly the same, Swift taps into the lower side of her alto range with the re-recordings, a change best displayed in “Treacherous” and “Stay Stay Stay.” Her deeper tones are complemented by an improvement in annunciation and stronger belting, adding onto already complex musical compositions.

Tracks like “Sad, Beautiful, Tragic” and “I Bet You Think About Me (from the vault),” which features Chris Stapleton, are exemplary of Swift’s country roots, both featuring a twangy acoustic guitar and banjo. The instruments, combined with the singer’s return to her original Nashville sound, remind listeners of prior albums, particularly drawing from the tones of “Speak Now.” These songs earn the re-recording of “Red” the label of its assigned genre, country, instead of following Swift’s later sound.

“Message In A Bottle (from the vault)” and “The Very First Night (from the vault)” mark Swift’s shift from country to pop, a transition that was made after the original release of “Red.” The tracks feature hyper-pop backgrounds layered with synthetic filters, partnered with stereotypical lyrics about falling in love, drawing listeners’ attention away from the more artistically developed songs on the album.

With the re-recording of “Red,” the long-anticipated 10-minute version of an already released “All Too Well” was gifted to fans in the form of a “from the vault” song. The track, now featuring expletives, expands on one of Swift’s most popular songs, shedding more light onto the complex relationship which

she describes. The track’s release was accompanied by a short film, starring Sadie Sink and Dylan O’Brian, which amassed thirty million views within three days of its premiere. “All Too Well (10 minute version)” is the pinnacle of Swift’s composition abilities, featuring lyrics that have captivated fans for both their relatability and eloquence.

Featuring Phoebe Bridgers, an indie rock and folk artist, “Nothing New,” a track “from the vault,” depicts the anxieties of female celebrities, wondering if their relevance will fade as they age, complementing, “The Lucky One,” which discusses the pitfalls of being in the limelight. “Nothing New” quickly became a fan favorite with lyrics applicable to the anxieties of those struggling with the unstable nature of life, drawing upon themes from Swift’s 2020 song “Mirrorball.”

As fans speculate which album is next on Swift’s re-recording agenda, the musician offers “Red” as a reminder that though she has developed as an artist, what makes her

unique is her lyrical story-telling and attention to detail while composing which remains a constant in her newest music.

8.5/10



courtesy of REPUBLIC RECORDS

The re-recording of “Red” exemplifies Taylor Swift’s ability to walk the line between country and pop music in a cohesive manner.



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STUDENT LIFE

CHS students plan for the ho-ho-holiday break

BY ALEXIS PINE

After the pandemic’s disruption of last year’s holiday season, Carmel High School students plan to engage in various school-relieving activities and revisit hobbies that weren’t available last year during the two-week winter break, including traveling out of town, engaging in local activities and catching up on sleep.

Although most students will be staying in the comfort of their homes, sleeping and eating delicious food, freshman Thomas Gardner and junior Riley Speidel intend to get back into their hobbies, skiing in Utah and Lake Tahoe.

“I’ve skied my whole life,” Speidel says. “I was born in and mainly lived in Maine my whole life, so there were a lot of winter sports. Usually we don’t go at all during the holidays, but since we missed last year my dad really wants to ski.”

Others, like freshman Jake Hannah, plan on continuing family traditions...like taking a cruise to Mexico.

Getting opportunities to return to activities after the year of interruption allows both students and their families to disconnect from their normal worlds of jobs and school, enabling them to experience their favorite activities once again. Family reunions are inevitable, as many students are going to see family both far and local.

“There were a little less family members who came,” sophomore Gia Panetta says, “but I would say we managed to overall keep the feeling. It’ll be nice to see them, especially since during COVID we don’t see our family members as often.”

In addition to staying local like Panetta visiting family in Carmel

Valley, other students like senior Wesley Rees, traveling to Texas, and junior Alexander Donkersloot, to Canada, are reconnecting with families a couple sleigh rides away.

“I didn’t get to see my family last year because of COVID,” Donkersloot says. “I don’t get to see them very often because they live thousands of miles away, so it’s always nice to see them and hang out.”

Among those staying local, senior Sophia Davi plans on training for the sport she enjoys, taking advantage of the available free time and meeting with her friends, junior Marina Hobson and sophomore Christiana Kvitek, to make it all the more enjoyable.

“I am going to be doing some fun long runs,” Davi says, “and training for the Big Sur Marathon during the break.”

Returning to how events used to run, along with the company of friends, is Davi’s gift this holiday season.

With finals week happening before winter break, many students are looking forward to utilizing the two-week period as a distraction from school and to unwind from the exams taking place before holiday festivities begin.

“Getting away from school is really nice,” Panetta says, “and spending time with family definitely helps me get away from that and separate myself from it.”

The return of the holiday season, intertwined with familial joy, comfort, peppermint and gingerbread, sheds lights of hope on the Carmel student body during the season of giving, allowing the return to pleasurable activities that became unfamiliar through 2020.



photo by RIKK KVITEK

Ice skating in Monterey was a favorite holiday activity that sophomores Chiara and Christiana Kvitek enjoyed when they were young, making warm memories in the process.



photo by CARRIE PANETTA

To sophomore Gia Panetta and junior Siri Panetta (from left), reuniting with family makes the holidays merry and bright, especially during their annual family dinner.

CORRECTION: Regarding “California composting law will bring changes to campus and community,” The Sandpiper would like to amend the statement that the composting program will be “only a matter of putting leftover food and dirty pizza boxes in the green yard waste bin.” When California’s new composting law goes into effect Jan. 2022, the Monterey Regional Waste Management District will not accept soiled paper like cardboard, pizza boxes, napkins and plates.

HOROSCOPES

Aries

In the season of giving, you’re the greedy little elf who steals stockings back from children. Remember, while the Grinch may be capable of character development, your heart shall stay shriveled.

Taurus

Taurus, you in your earthy ways may find your way under a wee bit of mistletoe this December. Stay vigilant with your chapstick and teeth brushing routines.

Gemini

As this tumultuous year comes to a close, reflect on the past, not longing to return to what was, but gazing upon the stupidity of your choices. It’s a good thing you’re smarter now, right?

Cancer

Cancers, for the love of December, keep your attitude to yourself this month. Quit nabbing other people’s holiday joy, you evil little imp.

Leo

Your constant need to be in on the fun has turned those around you cold. Remember: If you lick a candy cane for too long, it becomes a makeshift sword.

Virgo

In 2022, expect success. That is if you interpret success as crippling stress caused by a need to succeed. Have fun with all of that test preparation.

Libra

Coal. Expect coal this month. It almost rhymes with the nature of your soul: cold. May your scarves and mittens burn and you remain frigid.

Scorpio

Holly and jolly are two words that will never describe you, Scorpio. Try a little harder to spread some holiday cheer.

Sagittarius

Check your bank account this month. The stars fear that you may have spent too much money on peppermint mochas. No worries, we’ve all been there.

Capricorn

With the arrival of winter break, the stars encourage you, Capricorn, to muster all of your strength and confess your love...for sugar cookies, of course.

Aquarius

A new year, a new you? No, sometimes, what is rotten cannot be regrown.

Pisces

Darling Pisces, this month, enjoy the lights in downtown Carmel and the sights of winter break. You deserve a restful vacation after a year of hard work.

