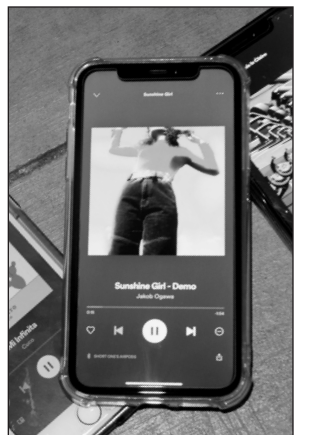


**New dorm changes**  
Do your homework in your room  
PAGE 2

# THE EASTSIDE PANTHER

**Bedroom Pop gaining interest**  
Students broaden their music tastes  
PAGE 8



VOLUME 21 ISSUE 1 ♦ PRODUCED BY THE EASTSIDE COLLEGE PREPARATORY SCHOOL NEWSPAPER STAFF ♦ SEPTEMBER 25, 2019

## Coding error: fewer students taking CS

By Oscar Vasquez

As the new school year started, students signed up for electives and clubs from Band to Robotics. But Computer Science enrollment is smaller than ever before.

A hardy band of students remain very passionate about the CS course, which continues to be a priority for Eastside.

"I love CS, I love coding, and people should give it a chance because it doesn't give much to the workload that is already given from school," said senior Staci Edwards, who has been taking CS for the past three years and now is in an AP CS class receiving college credit.

Senior Jacob Barriga, who has also taken CS for three years and is taking the AP class said, "It's a great experience for college and other CS classes."

Some other students are looking forward to taking the class in the future.

"I'm interested in CS and I want to try it since it can be helpful in the future for making a website, make a business, and I want to give it a try," said sophomore David Martinez.

*"I love CS, I love coding, and people should give it a chance because it doesn't give much to the workload that is already given from school."*

**Staci Edwards**  
Senior

Many students don't sign up for the class because they feel intimidated or think of stereotypes associated with CS.

"People think it's boring, you have no life, or you're antisocial," said senior Harmit Chahal, who has taken CS for three years. "They're wrong."

Other students simply aren't interested.

"I say no to CS because there are too many numbers and letters and it's boring for me," said sophomore Abel Huerte.

Still others come to the class with specific expectations and then leave when they learn what the class includes.

"People have high expectations, thinking it's only games," Jacob said. "When they come, they get disappointed and drop out."

In fact, though, members of the CS class point out that it is so much more than people imagine because there is so much to do inside CS.

"CS touches many other fields like art, science, robots, transportation, and so much more," said CS teacher Anil Vempati. "CS as well doesn't give you homework as long as you are engaged in the class, and as well we take time in class to work on it, leaving you with little homework to do."

Anil encourages students to give it a shot.

"Instead of being excited, scared, or worried when you hear artificial intelligence or robots, taking CS allows you to understand those concepts and then be excited, scared or worried about them," he said.

## The KIPPs next door code name: traffic

By Nayely Martinez

Ronald McNair Academy was split into two schools over the summer and opened last month with worrisome and dangerous traffic in the mornings and afternoons on Pulgas Ave. and O' Connor.

The Ravenswood School Board voted 4 -1 to approve a new Knowledge is Power Program (KIPP) Valiant Academy and Los Robles Academy in order to better prepare around 400 K-8 students for high school.

Eastside students noticed the increase in traffic right away. As the school year unfolded, traffic eased on Pulgas Ave., but the cars began pulling over onto O'Connor St. blocking the buses and creating more traffic.

"Parents always stop in front of the school and never really allow people to cross the street or cars that are going to work pass," senior Andres Chavez said. "Biking is especially hard since cars don't allow you to actually cross

the street, at all. So when I bike, I have to practically speed and cut through cars, buses, and trucks to make my way to school and home."

Los Robles Academy has addressed the situation by placing a special needs teacher, Eduardo Lomera, at KIPP, to help students cross the street in the morning. Although he isn't there all the time, he does help students when the traffic is most intense.

"It's hard seeing the students crossing by themselves," Eduardo said. "The cars don't stop unless they are forced to, which is why I am there."

Actions are still being taken by the school and the parents to further improve the situation and ensure the safety of the students.

Cars line up to drop off kids to new KIPP school on Clarke Avenue on Sept. 10.

PHOTO BY SIRENIA CONTRERAS



## Freshmen choose tutorials over electives

By Sirenia Contreras

This year has brought the biggest freshman class so far, with 81 students, and they can be seen all over campus, from lockers to lunch-lines.

But not in clubs, electives or sports.

In past years, clubs and electives generally gained a significant number of members because of incoming freshmen. This year's class is the largest ever, but it is also the first to have no Eastside middle-schoolers, and some observers think that might help explain the hesitation to take electives instead of tutorials, or to add clubs and sports to their busy schedules.

"When we did have a middle school, the 8th graders would always say the thing that they most looked forward to was electives because they were really comfortable with the school," said World History teacher Jasmin Kelly-Pierce, who used to teach eighth graders at Eastside.

"I was kind of scared because it was new work that I was going to learn," said freshman Brenda Ramirez, who chose to focus on academics only.

Elective teachers noticed the lack of freshmen when they met at the start of the school year.

"I think it's mainly because they want to make sure they can adjust to school and they don't want to get overwhelmed," said Art teacher Linda Filo.

Even sports such as Cross Country, which usually draws a lot of freshmen, have felt the impact.

"This year it was pulling teeth to get people to come," said Jasmin who also runs with the Cross Country team. "They are so resistant because they want all their tutorials, and I keep saying, 'You are going to be so bored.'"

When the faculty who teach freshmen noticed the trend, they began to encourage their students to join extracurricular activities, but most of them chose to keep their four tutorials.

Some freshmen, however, are participating in extracurricular, such as Natalie Erazo-Alvarenga, who is taking Photography and participating in My Digital Tattoo, an

organization outside of Eastside.

"It's kind of hard but I am just finding new strategies to make sure I get enough work done," she said, explaining how she manages to balance these activities with the schoolwork load.

Freshman Diego Salazar joined Mock Trial and basketball, and plans to take Art to fulfill his visual and performing arts requirement.

"I thought it was hard," he said, "but I know I can do it."

Some freshmen, like Brian Davis, play sports after school, so they don't have a lot of time to do homework after they leave Eastside.

"I feel like I need all of my tutorials so that in the afternoon I can play basketball," Brian said.

Teachers, staff and students in higher grades realize that while it is important to do well in academic classes, it also is important to integrate into the school community, learn about individual interests, and develop leadership skills by participating in electives, clubs, and sports.

"It makes for a more well-rounded person," said Linda. "You get more experience than just your academic classes and it looks better on your college resume."



PHOTO BY SEEMA LAL

Freshmen working hard in World History teacher, Jasmin Kelly-Pierce's 5th period tutorial.



# Welcome, newcomers! Welcome back, old-timers!

Anyone noticed a vaguely familiar face teaching Photography? Did you do a double take when you saw the new teacher? Worry not, your eyes do not deceive you. He is not new, he is Eastside's returning Photography teacher, Josh Smith.

"Being away from Eastside, I missed the sense of community and how interesting the students are," said Josh, who taught Photography at Eastside from 2007 to 2016, then taught for three years at Marin Academy before returning in August.

In the past five years, Josh had three kids and created a photo project documenting his experience as a new father.

"I love my kids. They drive me crazy, but I love them to death," said Josh. "Everyone has a family, even if it's not my family there's still a universality to it."

Josh continues to shoot photographs using film, although he teaches digital photography.

"As the world becomes more technological, it makes me want to go back in time as a response," he said.

- Nazareth Perez



JOSH



GISELA



CHANTAELL



NATHALIE



SCOTT

Class of 2014 alum Gisela Vargas graduated from University of California, Riverside last year, and in July joined the alumni team as a new program director.

Gisela helps to organize events like career incubator, and alumni gatherings. She also runs social media and the alumni blog.

"I've been very focused on events right now," Gisela said.

Gisela majored in Economics and Business Administration, and after graduating, worked at the Graybird Foundation, which is an organization that donates marketing services to nonprofits. Her job there prepared her for what she does at Eastside, for example by working with their social media.

Ultimately, Gisela's attachment to Eastside drew her back.

"This is where it all started," Gisela said. "Eastside has always had a spot in my heart because I've seen what it's done not only for me, but for my friends and my community."

In her free time Gisela can be caught enjoying music like R&B and Hip Hop, or hiking.

"I really like to sing," Gisela said. "I like exploring, seeing new places."

- Sarai Wagner

Chantaell Barker (class of 2010) is back!

Chantaell started at Eastside in 2003 in 6th grade, graduated, and attended Barnard College in New York. It was there that she had her own College Coach from Eastside, whom she found extremely helpful.

"I really appreciated having my college coach when I was in college," Chantaell said. "The support of my college coach, April, really helped me."

After she received her bachelors degree in Urban Studies, Chantaell interned at the Anita Bour Institute in Palo Alto, which focuses on guiding women in computing and other technology organizations. She also worked at Eden Housing in Hayward.

In her free time, Chantaell loves learning about astrology, watching movies and TV shows (preferably fantasies and thrillers) and traveling. She has been to Spain, Croatia, Dominican Republic, Mexico and more. Chantaell also enjoys spending time with her sister, Siana Barker, who is currently a freshman at Eastside, and her two cats, Kitty and Llorona.

- Sarai Wagner

Make way, make way for Nathalie Hernandez, who is changing the game in the dorms. How? Nathalie is the first woman to be a Boys Dorm RF, where she works with nine freshman boys and two senior boys.

At first she thought she would work with girls, but now she realizes that her job gives insight into a different part of the dorms.

"There are definitely differences between the boys and the girls," Nathalie said. "The biggest difference is the amount of running in the halls."

Before coming to Eastside, Nathalie graduated from the University of California, San Diego in 2013 where she majored in European History.

"After college I worked in education for about four years, then I took a break and worked at a gym," said Nathalie. "I know, totally random."

She missed working with kids so she hopped on the Web and fortunately found Eastside, applied, and got the job!

Fun Fact: Nathalie lived in Cameroon, Central Africa from 2014 to 2016, where she learned French where she taught English at a middle school and high school.

- Nazareth Perez

Say "Welcome!" to the newest addition to the Career Coach team: Scott Ian.

Scott learned about Eastside through the Teach for America message board on Facebook while living in San Francisco. He had been working at an Internet startup in San Francisco that was basically "the opposite of Amazon" because the company owned hundreds of websites that only sold one thing, he said. Scott managed five of those websites.

Scott had spent about 11 years working in the field of education, but more on the business side. He had earned a Masters in Business Administration from University of Southern California, and a Masters in Education from Loyola Marymount University, after receiving his B.A. from University of California, Santa Barbara in 2006. However, Scott missed having conversations with actual students.

"The reason I joined Eastside was because I knew I was missing those one on one interactions," he said.

In his free time, Scott enjoys participating in Obstacle Course Racing.

"They're kind of like American Ninja Warrior but much longer," Scott said.

He also enjoys playing basketball, which he has played since he was 5 years old.

- Sarai Wagner

# Dorm students welcome staff, tutorial changes

By Nazareth Perez

Every new school year brings changes in the dorms and this year's changes impact all of the students living there.

Longtime head Residential Faculty of the girls' dorm, Dorothy Boakye-Donkor, has returned to law school and now only works in the dorms on weekends and manages the reflection room on Fridays.

"More so than the week day, it's like sharing a life with kids versus helping kids facilitate their own lives," Dorothy said about working weekends.

As a result of this change, some other residential faculty are mixing it up when it comes to gender lines. The long-time head of the boys' dorm, Darren Chan, has now become head of both the girls and the boys dorms, and takes over for other residential faculty in the girls dorm when they are on vacation. Meanwhile, a new RF, Nathalie Hernandez, is working with the freshmen boys – the first time a woman has held that role.

The change has been met with a lot of hesitation from the girls in the dorms.

"The comfortability level isn't as high as it used to be," said junior Bresy Pedraza who moved into the dorms her sophomore year. "Some people are scared to go shower because he's right there. I even hide my pad when I go to the bathroom."

The girls aren't the only ones who feel nervous.

"It's scary to have gone 12 years in the boys' dorm and now I'm taking on a totally different beast," Darren said.

As the dorms adjust to the change, some expect good things to come from it.

"The man's been here since the dorms have been here," said senior David Haines, who has lived in the dorms since his summer bridge. "Darren's done a lot for the boys' dorm so he'll do a lot for the girls dorm."

Another big change for dorm students is that evening tutorials are held in the dorms, instead of in classrooms, for the older students. Students can work on homework in the comfort of their own rooms, which have desks for that purpose.

*"We had to surrender some control. This change is movement in the direction of what I think is mutual trust between the student and their RF."*

Darren Chan  
Head RF

"There is just something different about working in your own private room than in a classroom," David said. "It's a different vibe."

This RFs made this change because they wanted to give the students more room to start becoming independent.

"We had to surrender some control," said Darren. "This change is movement in the direction of what I think is mutual trust between the student and their RF."

Yet there are some who feel differently about tutorial.

"Well, I personally have mixed feelings about the change," said sophomore Yesenia Machorro. "I like having tutorial in the dorms but it's kind of a hassle to carry your binders to the dorms and then the next morning having to take them back."

Other changes to the dorm structure are that Eastside alumn, Kayla Taahaafe (class of 2018) works with the freshmen girls alongside their RF Nanor Balabanian, while Shannon Malone works with the non-freshmen girls.

Dorm life has changed a lot since they first opened in 2007, and it's not only the RFs who have noticed. Freshman De'vante Ray's uncle was in Eastside's first graduating class, and his two siblings, Darius Riley ('15) and senior Jada Riley, have shared stories about dorm life.

"I think [the changes were] definitely a game changer because I had expectations on what the dorms would be like and now everything has changed," De'vante said.

PHOTOS BY SEEMA LAL & OSCAR VASQUEZ

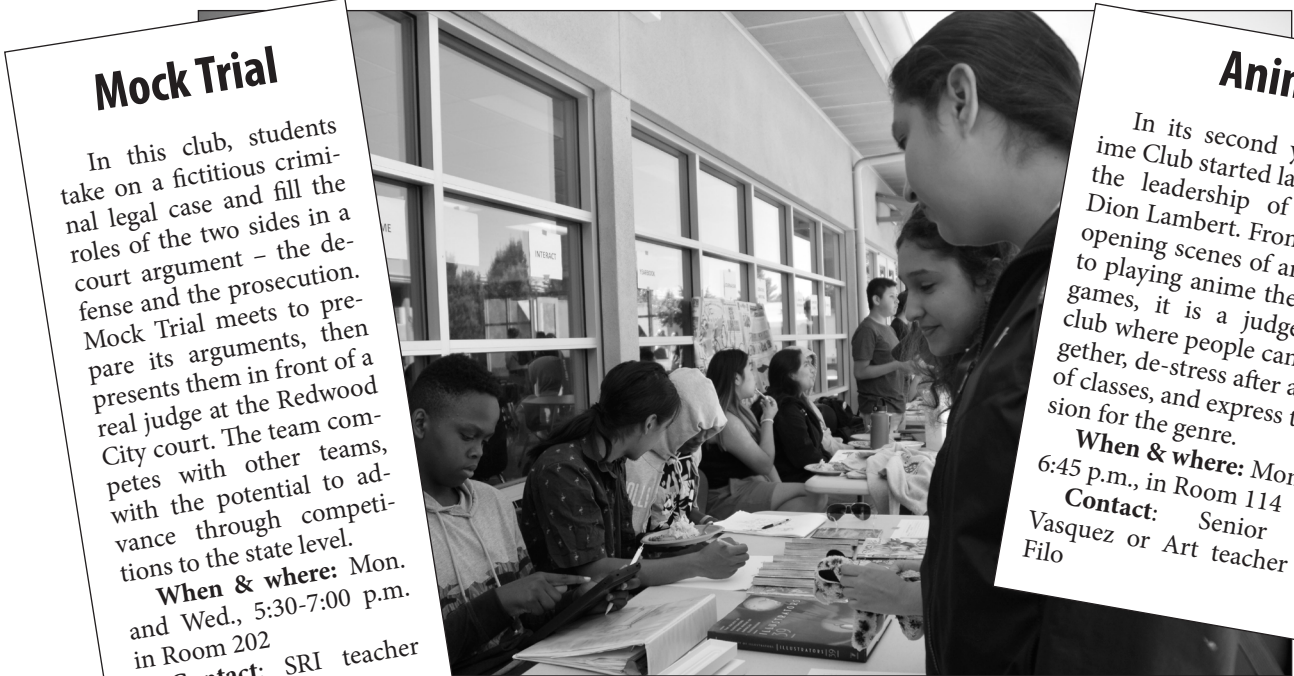


# Clubs fair shows varied choices

By Serenia Contreras

Clubs are a great way for students to come together, whether through hosting clothing or food drives to help the local community, discussing topics of concern to the LGBTQ+ community, or bonding

over anime. A fair highlighting clubs and electives on Sept. 13 showed the variety of choices available to everyone, so sign up and spread your wings.



Students check out booths at the fair on Sept. 13.

PHOTO BY SEEMA LAL

## Mock Trial

In this club, students take on a fictitious criminal legal case and fill the roles of the two sides in a court argument – the defense and the prosecution. Mock Trial meets to prepare its arguments, then presents them in front of a real judge at the Redwood City court. The team competes with other teams, with the potential to advance through competitions to the state level.  
**When & where:** Mon. and Wed., 5:30-7:00 p.m. in Room 202  
**Contact:** SRI teacher Jaya Subramanian

## Anime

In its second year, the Anime Club started last year under the leadership of then-senior Dion Lambert. From reenacting opening scenes of anime shows to playing anime themed video games, it is a judgement-free club where people can come together, de-stress after a long day of classes, and express their passion for the genre.  
**When & where:** Mon., 5:45 - 6:45 p.m., in Room 114  
**Contact:** Senior Oscar Vasquez or Art teacher Linda Filo

## Chess

The Chess Club is back, after a short gap. At their regular meetings, members play chess and talk about strategies, because chess involves so much more than just moving pieces around a board. Players will tell you: The game is all about strategy, there is no such thing as luck.  
**When & where:** Wed., 5:30 p.m., in the conference room  
**Contact:** Coach Makinde Adeagbo or junior Jose Brambila

## Gender & Sexuality

The GSC meets to discuss and find ways to break down stigmatization of the LGBTQ+ community. Some of their activities have included bake sales and movie nights.  
**Where & when:** Every 2-3 weeks on Wed. during lunch, in Room 113. People are not required to come to every meeting – drop-ins are welcome.  
**Contact:** Seniors Ashli Gibson, Akasha Fobbs or Physics teacher Craig Young.

## Interact

This longstanding club plans the annual drives for community support, like the toy drive and leukemia drive. Community service is important and the Interact Club is a great way to gain an appreciation for society's needs and ways you can help.  
**Where & when:** Thursdays during lunch, in the art room.  
**Contact:** Senior Xochilth Aguila or Art teacher Linda Filo.

## Computer Refurbishing

A brand new group, this club grew out of the Computer Science elective class. Members work on broken laptops, learning how to diagnose problems and repair and replace parts. It's interesting, it's fun, and you can learn some practical and marketable skills!  
**Where & when:** Saturdays, time: TBD  
**Contact:** Computer Science teacher Anil Vempati or junior Bresy Pedraza.

# Alumni team expands in size and goals

By Seema Lal

The Alumni team is a major and growing part of ensuring that graduates continue to receive support once they leave for college.

The team expanded over the summer to seven people, two of whom are Eastside alumni themselves.

Every member on the team holds a vital role. The college coaches teach the majority of Senior College Prep class during second semester and work with graduates throughout college. They help students with financial aid, choosing classes, and give emotional support when needed.

The career coaches start to work with students as sophomores, helping them think about careers and learn to prepare resumes. They also help seniors find internships and jobs during the summers, and develop relationships with local companies and organizations to provide more opportunities. After students graduate from college, the career coaches help alumni transition to work.

This year, the department is focusing on building its connections among alumni.

"Many years ago, the alums mostly knew each other, as it was a much smaller community," said Director Eun-Mee Jeong. "Now, we have 20 graduated classes and 714 alums! You can imagine that there are many alums who don't know each other."

A new program coordinator, Gisela Vargas, will organize and lead career event planning. As a 2014 graduate herself, Gisela appreciates the alumni team's impact. "Getting through college with the support of the team was really helpful," Gisela said. "They didn't just support me in academics, but they also supported me financially and emotionally."

In addition to an increase in staff, the alumni team has expanded its workspace. This has eased the crowding when coaches hold meetings with individual alumni.

"Before, when we had all five coaches in here, meeting with people could be really loud and could be a little distracting," said College Coach Marisol Sierra. "Now the meetings could be a little more semi-private."

Each coach works with more than 120 alumni. In the fall, they have the opportunity to travel to southern California to meet the many alumni there.

"Since we now have a lot of students in SoCal, we can now go visit them there," said Chantaell Barker, a 2010 alum who joined the coaching team this summer.

The college and career coaches know their job will continue to grow and that it requires a wide range of skills and interests to do the job well.

"I hope to coach/mentor Eastside alumni and serve as a valuable resource to support them in their academic and professional journeys," said Scott Lan, a career coach who joined the team in early 2019. "I do this through instilling the life and leadership skills necessary to make the successful transition to the working world."

Eun-Mee sees continued growth for 2019-2020. "We hope to hire another career coach," Eun-Mee said. "And this year, the program is hoping to increase its corporate partners who will host interns in summer 2020."

# Do your ABCs in class, not ZZZZZZs

No one wants to fall asleep in class, but sometimes it can be really, really hard to stay awake. Long days, hot days, not enough sleep the night before, and

teachers who drone on in a monotone all make the problem worse. Here are some coping strategies and examples to avoid.

Reported by Flor Aguilar, Diana Gomez, Gabriella Sainz, Jocelyn Urbina & Victori a Zaragoza

## What students can do

- Get a good night's sleep
- Sit up/good posture
- Drink ice water
- Maintain a good mental attitude: curiosity, focus
- Doodle or draw
- Pinch your hand, poke yourself with a pencil
- Look at things around the room

## What teachers can do

- Have a short intermission part-way through class
- Have more interactive classes, not just longwinded lectures
- Develop more dramatic speaking style
- Keep the room temperature cool
- Give out mint candies, like Marlene
- Have the students move to new seats part-way through class

"Energy drinks can help. Anything that has caffeine. It doesn't have to be energy drinks, it can also be Starbucks. One time I fell asleep in class for ten minutes and when I woke up I was confused. Teachers can make kids more engaged in work and plan more engaging activities to help us stay awake."

- Freshman Anthony Prado

"Fill my water bottle with ice so that I don't fall asleep when I drink it, I also don't lean on my hand because it makes me more sleepy."

- Junior Samantha Velazquez

"I have fallen asleep in classes before, I just remember that the teacher was talking and I started nodding off and I felt like my head was falling down and I woke up. Usually it's too hot and that's why I fall asleep, the teacher also has a monotone voice. Pinch yourself and make observations of the things around you or doodle so you don't fall asleep."

- Sophomore Arliet Bac

"One time, there was a kid who fell asleep when the teacher told him not to fall asleep while they were reviewing for a test, and when he woke up the class pranked him and told him there wasn't a test and it was moved, so he didn't study and got a 10%. Wanna know who that kid was? Me."

- Anonymous junior boy



# Summer of tragedy: Americans ask for gun control in wake of dozens of mass shootings

By Xochilth Aguila and Oscar Vasquez

Remember summer? The vacations, the heat, the beaches and fun? And the tragedy.

On July 28, 19 year-old Santino William Legan killed four people and injured 17 others at the Garlic Festival in Gilroy. Less than a week later, 21-year-old Patrick Crusius left 33 dead and 24 injured in El Paso, Texas. The next day, 24-year-old Conner Stephan Bettes shot and killed 10 people and 17 injured in Dayton, Ohio. And on and on, week by week, across the country, mass shootings continued.

The firearms ranged from a handgun to a WASR-10 semi-automatic rifle. The motives of the shooters are not yet confirmed. Americans are scrambling for answers.

From Memorial Day to Labor Day, there were 26 mass shooting that killed 126 people, according to *The New York Times*.

Although America has a history of protecting citizens' right to bear arms, as defined by the second amendment to the constitution, Americans are no longer willing to sit by as the tragedies mount up. More than ever, they are looking to lawmakers to implement policies to reduce gun violence.

"People shouldn't be feeling unsafe in the environment they go to," said sophomore Miranda Jimenez. "And now that we have these people shooting everywhere with no reason why, the only solution is to take away the guns."

California has implemented relatively

strict gun controls since the 1960s. It banned assault weapons and accessories like silent suppressors and bump stocks, created stricter background checks for buyers and limited sales at private gun shows. In September 2018, Californians voted to raise the minimum age for buying a gun to 21 from 18.

However, the effectiveness of California's gun laws came into the spotlight after the Gilroy shooting, in which the shooter had managed to smuggle a banned rifle over the California-Nevada border. It wasn't the first time that had happened. In August 2018, *The Mercury News* reported that convicted felon Dereke Holden, for one, smuggled more than \$13,500 worth of handguns and other rifles from Nevada to California.

Various solutions have been suggested and one that is gaining support is known as a "red flag" law. It empowers the police to take guns away from people who pose a danger to themselves or others. For example, earlier this month, a Ford Motors mechanic threatened to shoot his supervisors when he learned he was about to lose his job due to drunkenness. His supervisor informed the police and they were able to prevent an escalation to violence.

In a poll conducted by *The Washington Post* - *ABC News* on Sept. 9, 86 percent of Americans polled supported a "red flag" and some 89 percent were in favor of expanding federal background checks to include private sales and gun shows.

Freshman Yoanfranco Ochoa said that stronger background checks could reduce gun violence.

"We need to focus on the kind of people who have these guns," Yoanfranco said. "There are some

people who have done bad things that are not accounted for -- if [the background check] doesn't say something good about them -- then you would have to take [the gun] away."

Sophomore Joshua

access to guns, whereas others, like senior Ashli Gibson, believe that it lies in the type of people who have access to guns.

"I have neighbors who own guns, but they have never walked in a store and just decided to shoot up 12 people, or went to schools and shot kids," Ashli said. "There is a difference between owning a firearm for your second amendment [right], and owning a firearm because you're a homicidal maniac."

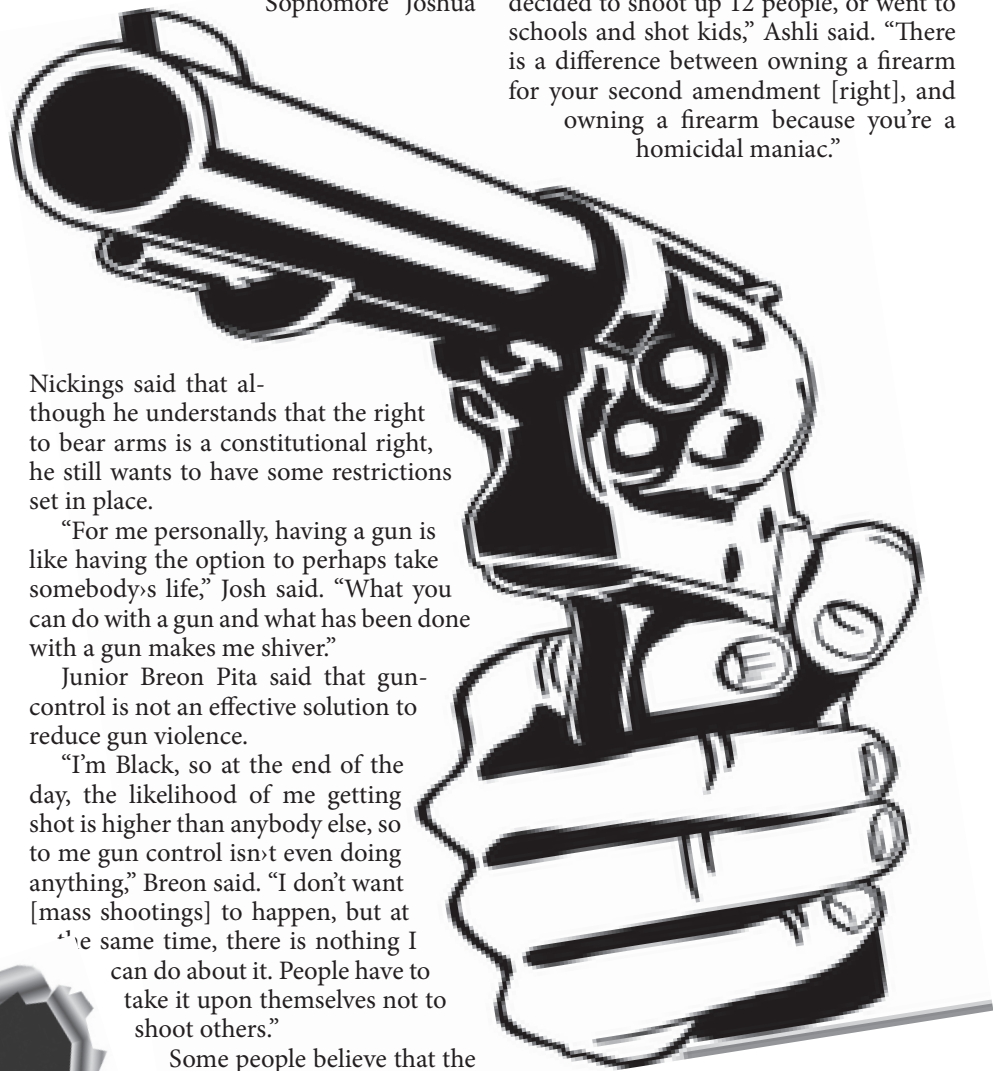


PHOTO ILLUSTRATION BY XOCHILTH AGUILA

## Don't blame video games, they are not the problem



seemalal  
in my opinion

While addressing the recent mass shootings in our country, President Donald Trump asserted that violent video games are the problem because many youth surround themselves with entertainment that glorifies violence.

While he makes a fair point - video games contain a lot of violence and can be gruesome - he is blaming something that has no provable connection to gun violence.

This isn't new. In 1985, Tip-

per Gore, wife of the then-Vice President Al Gore, went before Congress to "urge warning labels for records marketed to children" after listening to the lyrics of a Prince song that her 11-year-old daughter liked. She argued that too many songs had explicit lyrics about violence and promiscuity, and should be banned for young people.

I agree that there should be an age limit on who gets exposed to what, but that is a matter for families and schools to handle. Tipper Gore didn't just say that the music was not age-appropriate, she also argued that explicit lyrics lead to violence in the real world.

Where is the research to prove this? There isn't any. No one has found evidence that explicit media of any kind causes the violence that we see today. Researchers have tried.

So why is President Trump

bringing up this issue again?

I think that he is looking for

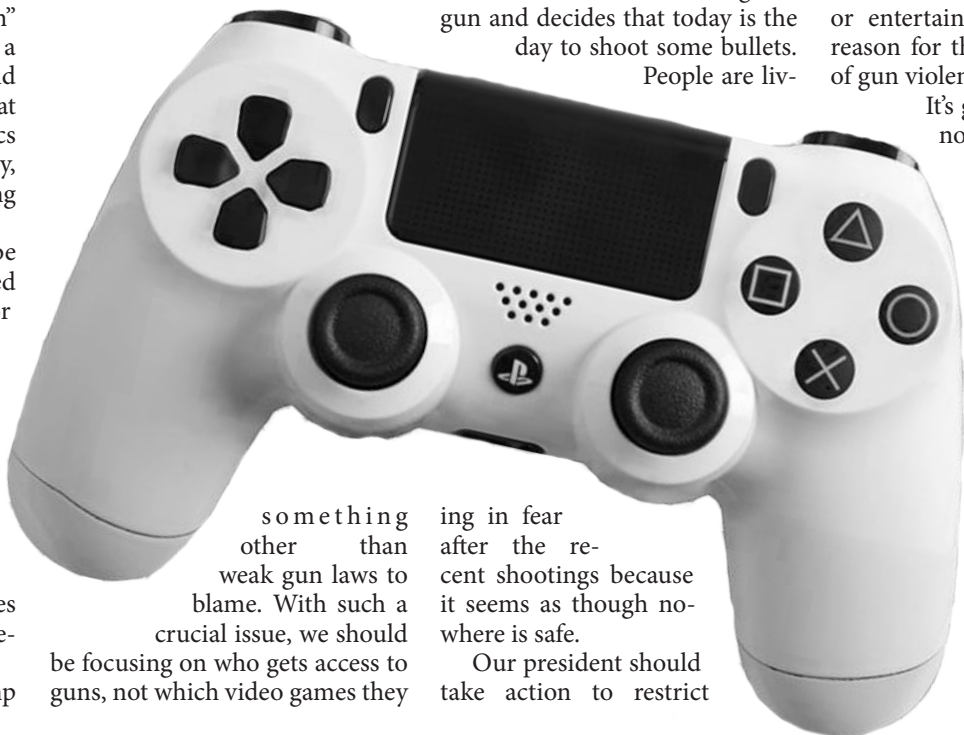
play.

Innocent people are losing their lives because some kid gets a gun and decides that today is the day to shoot some bullets.

People are liv-

who can access guns and to help keep communities safe. He shouldn't be targeting the media or entertainment industry as a reason for the alarming increase of gun violence in our country.

It's guns that kill people, not video games.



something other than weak gun laws to blame. With such a crucial issue, we should be focusing on who gets access to guns, not which video games they

ing in fear after the recent shootings because it seems as though nowhere is safe.

Our president should take action to restrict

PHOTO COURTESY OF CREATIVE COMMONS



# Random shootings leave students anxious, wary of strangers

Reporting by Xochilth Aguila

Like most Americans, many Eastsiders were shocked to hear of three consecutive mass shootings in Dayton, Ohio, El Paso, Texas, and Gilroy, California. Yet this kind of tragic event has become almost normal for millions of people across the nation. This has prompted more meaningful conversations about gun control, public safety, President Trump’s response and the media’s coverage of mass shootings.

PHOTOS BY SEEMA LAL AND OSCAR VASQUEZ



“If a Black person shoots those people, the police would have killed them on sight, and it would put a bad image on the Black community. But when white people are shooting something up, they won’t find the reason to why they killed them for a while, and that isn’t fair.”

“Ever since the shooting happened, I am more aware of who is around me, especially at public places. Anybody can have a gun around you, you never know what could trigger them and pop off.”

Junior Nia Bostick



“I think it’s scary because you trust the community and expect to feel safe in it. And when a person -- for whatever reason -- tries to hurt others, you feel betrayed. You worry about your family--if they are safe at work. You just question everything.”

“I am always on edge and I don’t smile at strangers. It is better cautious than feeling sorry.”

Senior Harmit Chahal



“Instead of placing a 15-seconds ad, there should be a 15-second coverage of the news. People may support it or hate it, but it’s still something we need to do. I personally don’t mind what the public opinion is.”

Sophomore Abel Huerta



“We can have so many things done, but our President says one speech that was written by someone else, he just says it, and moves on with his day. He can’t just say, stop shooting, and people will stop shooting. We need policies.”

Senior Fabian Ramirez



“The president should endorse [gun control] and help us get through this, not just say, ‘It’s already an amendment, why bother?’”

“It’s happening in so many places, it is really scary for some people, and for me too.”

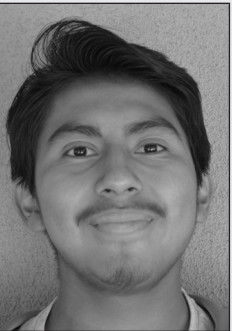
Freshman Yoanfranco Ochoa



“Once it happened in Gilroy, I was like, ‘woah!’ It’s scarier when it happens closer to where you live.”

“When you’re in a big public setting, like a concert, you do get scared because it’s been happening. Definitely been more triggering since the shootings. Before, I would never have to think about these things.”

Senior Jackie Jimenez



“Just basically most people are appalled. Anything could happen. With the current rise of mass shootings, it gets me more scared to go out as often. One thing is an escape route. One other priority is getting other people safe.”

“Guns are fine, but in the wrong hands, we get the worst of it.”

Sophomore David Martinez



“My parents work at a public place, so you never know when it could be the last time seeing them. Your neighbors could literally get gunned down the next day and you won’t know. It’s just really traumatizing.”

“[The media] tries to paint the shooter as having mental problems. They are trying to paint these sad boy pictures of these white shooters, when it’s not that. They are just crazy.”

Senior Ashli Gibson



## PANTHER EDITORIAL

# Learning how to cope from a screen

What does the little kids' favorite, *Sesame Street* have in common with HBO's gritty *Euphoria* and Netflix's *13 Reasons Why*?

*Sesame Street* didn't shy away from addressing heavy topics on its national stage.

The events and characters on *Sesame Street* have long played a role in destigmatizing even the most controversial topics, such as community violence, traumatic experiences, foster care and homelessness. Additionally, they have often illustrated experiences using a critical lens, thereby widening the viewer's perspective.

Sesame Workshop's Chief of Operations Officer Steve Youngwood explained in an interview with *Seventeen Magazine* in May that the writers of the show strive

to help prepare its 3- to 7-year old audience for school and for life. The writers have realized that the pressing issues in society influence even the most innocent and inexperienced, thus they too need tools to cope.

Some of the most controversial *Sesame Street* castings have been the HIV-positive Muppet whose mother died of HIV/AIDS, a bilingual Muppet, and a Muppet with an incarcerated father.

In the same way that Muppets can serve as models to help children cope with difficult issues, characters in other popular T.V. shows can do the same for a more mature audience.

*Euphoria* started in June and portrays an authentic teenage experience with drug addition, and how many things can go wrong. The series *13 Reasons Why*

depicts a girl who commits suicide and leaves 13 tapes explaining why.

Some critics argue that these shows glorify unhealthy behaviors and give an unrealistic portrayal of relationships, or mental health, or ethnic and gender identities. With the show *13 Reasons Why*, there were concerns that the suicide was too graphic and encouraged copycats. CNN criticized it for not suggesting alternatives.

Indeed, these shows should include alternatives for coping with difficult circumstances, and should illustrate the damaging effects of indulging in dangerous behaviors. These shows may fall short of the mark sometimes, but their goal is to open minds. Shows like this still provide a way for viewers to approach heavy topics.

The editors of The Eastside Panther know that the key lies in the viewers' hands -- our hands. If we watch these shows just to dip in the dark side of life and mock other people's suffering, that accomplishes nothing. But if we watch the way we used to watch *Sesame Street* -- that is, to learn -- we can begin to confront challenges that lead to improvement.

Instead of criticizing these shows for producing explicit content that is gruesome or hard to handle, we should understand that they reflect someone's truth. We shouldn't disregard an entire experience because we find it painful. We can't just keep sugar-coating experiences or avoiding uncomfortable topics altogether. It's time for us to face the music, and dance.

## A tail of two worlds



stephanie xiloj  
in my opinion

During my trip to El Salvador this past summer, I realized there are cultural differences not just in food or music, but in the treatment of animals.

I was sitting on the porch of my grandma's house when a couple of dogs started to snarl at each other. My uncle separated them, and I was stunned at how he did it: He kicked them persistently until they simply could not continue fighting. When I saw this, I was utterly bewildered. I couldn't help but feel sad and sorry for those dogs.

A few weeks later, I returned to East Palo Alto, and I saw a woman share her popsicle with her dog. She let the dog lick the popsicle and then she put it back in her mouth! Wow, that's a little too much, I thought! Around here, I have also seen a dog riding in a stroller. Aren't strollers meant for babies? Apparently not.

Poor treatment of dogs is prevalent around the world, especially

in rural areas. Dogs aren't seen as pets, but as workers to fill in for equipment that people cannot afford, such as alarm systems. But that does not make it right to hurt an animal or treat it cruelly.

On the other hand, there should be a limit to the level of coddling dogs receive. They are not human beings.

A dog (or any pet) should be treated as a living organism with feelings, but not a human. There should be a healthy relationship, in which the pet feels safe and cared for, but not pampered. A dog can be treated as a friend, but not a son or daughter.

Dog owners who dress up their dogs cross the lines, especially when they wear matching outfits. Dogs have their own natural coats and do not need human clothing. Consider this: Dog lovers buy beds and toys and all kinds of products for their pets -- the American Pet Products Association reported that \$72.56 billion was spent on pets in the United States last year. That is about three times the gross domestic product of El Salvador during the same period!

As a dog-friendly school, Eastside has an interest in the treatment of dogs. The dog community here achieves a good balance: Students treat our school dogs as friends and owners generally don't pamper them too much.

But for those dog lovers who are tempted to stray, please remember: Rewarding your dog with a treat is healthy, but sharing the treat with your dog is just too much!

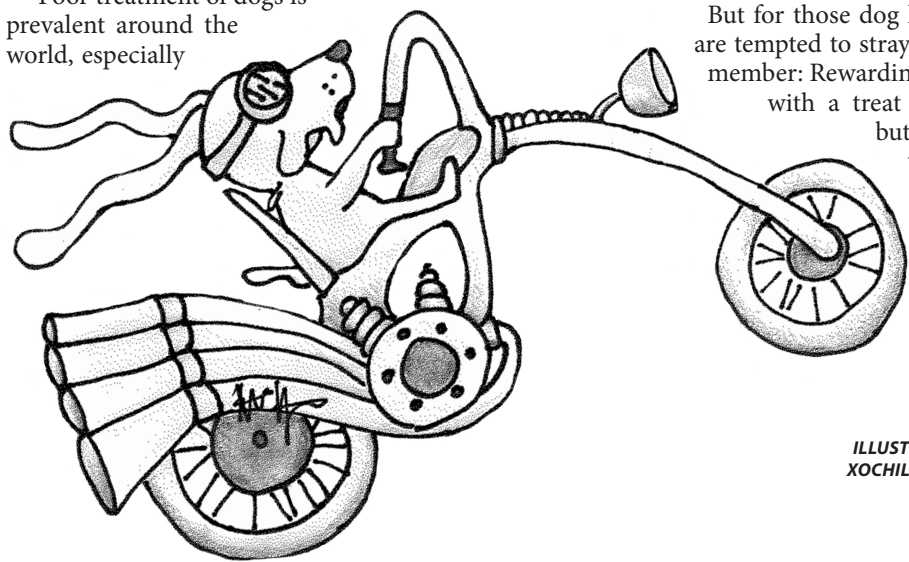


ILLUSTRATION BY  
XOCHILTH AGUILA

## No-nos for heads, shoulders, knees n' toes



nazareth perez  
in my opinion

*"Students are expected to dress appropriately for school in clothing suitable for all classroom activities including science labs and physical education. Students must wear shirts and pants or skirts (or equivalent) and shoes. Shirts and dresses must have fabric in the front, back, shoulders and sides, clothing must cover undergarments, and shorts and skirts must be an appropriate length (2 inch inseam as a guide). Clothing may not depict inappropriate messages." -- Eastside dress code, 2019*

Notice anything? Not once in the dress code does it specify a gender. I guess we should all consider that a big win, and it is, in its own way. It's also not that strict, which is great because everyone wants to wear clothes they like. And I, for one, love that we are done with uniforms.

But how do we assure that this simple change doesn't cause a new problem?

The dress code is so vague and open to interpretation, which can lead to unsavory experiences, specifically for girls.

Say that a guy wears a tank top to school on a particularly hot day. No one says anything, even though a tank top is a shirt that does not cover his shoulders. But if I wear a tank top like I've seen some of the guys do, I hear,

"Nazareth, can you put on a jacket?" It can be maddeningly unfair.

And if I wear a crop top, which meets the standards of the dress code, I still hear, "Nazareth, can you zip up your jacket?"

Don't even get me started on sagging. The dress code clearly states, "clothing must cover undergarments," but sagging happens anyway. Yet if a teacher happens to glimpse part of my bra from underneath my crop top, I'm called out for that almost immediately.

Excuse me? Where is the equality here? What about him? Everyone here can see his boxers and come at me because my shirt rode up a little too high for a moment?

Eastside is a generally progressive school when it comes to combating stereotypes, racism, and so on. But we still haven't figured out how to keep a dress code from targeting girls.

I don't mean to be pessimistic, but I fear it will take a long time for us to get there. Every girl has dealt with the unfairness of clothing expectations at some point in her life. It's so ingrained in society that we even deal with it in our own homes.

So how can we make sure that we don't have this problem at Eastside?

Eastside staff should have an agreement about which clothing meet the dress code and which don't. And, they should remember that girls aren't the only ones who violate the dress code, so they should pay attention to the guys too.

It's a new year, we should start it right. I don't like getting into trouble, and I'd rather not hear anymore "please zip up your jacket" comments directed at girls whose clothing meets the dress code as it is written.

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### Awards

**National Scholastic Press Assoc.**  
Pacemaker, 2007  
Best of Show, First Place, 2006

**Peninsula Press Club**  
First Place General Excellence -  
2002, 2003, 2006, 2007, 2009

### Letters to the Editor

The Panther welcomes letters to the editor. Letters must be signed and the staff reserves the right to edit all submissions for length, grammar, potential libel, invasion of privacy and obscenity. Send letters to:

[eastside\\_panther@yahoo.com](mailto:eastside_panther@yahoo.com)



# Welcome back, Markisha! Star alum returns to coach

By Jose Brambila Carranza

By Briant Avalos Franco

After 12 years on the job, coach Donovan Blythe's career at Eastside came to an end last spring.

Along with coaching the girls basketball team to back-to-back CCS Championship trophies in 2016 and 2017, Donovan's techniques made a big impact. Now Donovan has moved to Beijing, China, where he is helping start up a player academy.

The departure of Donovan left a deep wound for both the girls and the boys teams. Though only being head-coach a year for the boys team, Donovan's nurturance led them all the way to the 2019 CIF State Boys Basketball Championships in March, where they lost in overtime at the semi-finals at Shasta.

"His goal for us was to take us to State Championships," said sophomore Raymond Reece. "Donovan's coaching is one of a kind."

Principal Chris Bischof, who used to coach boys basketball and is well known to the team, will return to the mix as the boys team head coach.

Meanwhile for the girls, the well-known alumni player, Markisha Coleman (class of 2003) will become the new head coach. Markisha's brings an impressive record from her years as a professional coach: At Menlo Atherton as the girls basketball head coach for the past five years, she helped the team to 120 wins, 37 losses and four Peninsula Athletic League South Division titles.

Along with Donovan's departure, graduates Zion Gabriel, and Mina Tameilau and rising seniors Kayla Mahan and Jillian David, and rising sophomore Talayia Glover, have also parted ways. This leaves only four of the nine girls from last year on this year's team.

"This year will be a big change," said junior Alana Balocating, who plays point guard. "But people need to step up in their individual roles and keep up the legacy he had for us."

The girls basketball season begins in December.



The new girls basketball coach isn't squeezing her way into Eastside, she owns this place.

Back around 2002, Markisha Coleman made headlines year after year. Her success on The Panthers led her to play at Stanford University.

She took that experience to have a successful run at coaching at Menlo Atherton for seven years, two as an assistant and five as varsity coach.

"Donovan had left, and Chris reached out to me and we caught up," Markisha said. "I am super excited to be back. My hope is to be very successful this season, and not in the sense of wins to losses ratio, but rather improvement. As long as everyone gets better."

Her high hopes are just what the girls team needs. Hopes are high that she will bond quickly with the team as she has a strong understanding of what Eastside is like and her hyperactive energy is what a team needs to get pumped for the season.

Markisha has also lived in East Palo Alto her whole life. She said she sees no reason to leave any time soon, so the team and the fans are looking forward to a bright future with her leadership.

PHOTOS BY SEEMA LAL

The Eastside Panther covered Markisha Coleman's legacy at Eastside in 2002-2003 when she was a star player on the Lady Panthers.

## CROSSCOUNTRY

### New coach brings winning style to running

By Briant Avalos Franco

The Cross Country team's newest asset is not only a runner, but a staffer at Google, and a husband and father of two.

He works on the Google Mobile Ads SDK which is what allows the monetization of Android and IOS apps.

Samuel Stow learned about Eastside through his friend Ben Eyesenbach who was an assistant coach on a Cross Country team last year. Born in England, Sam was 15 when his family emigrated to Australia. As an adult, he moved to Queensland, where he met his wife. Then he landed his Google job, and soon, a coaching career at Eastside.

Along the way, he collected a nice resume in running, obtaining 16:40 min for 5Ks, 8th

place in a San Francisco marathon where he completed at 2:39:00, taking first place in his 35-40-year age group. He took 16th place at the JP Morgan Corporate Challenge where he achieved his fastest 5k at 15:35, and in 2017, at the North Face Endurance Challenge, he ran a 50-mile race in the Marin Headlands, which took 8 hours.

"My hope is that I can teach you all to run efficiently, powerfully, and in a way that doesn't injure you, so you learn to love running and enjoy it for the rest of your life," Sam said. "I also hope that it makes you faster and that this is reflected in your results this year, but that's a side benefit."

Sam has brought his own method, which he calls 'Pop! Running Form'. He is developing a website and YouTube channel to spread the word. His method involves focusing on technique, which means taking a marching posture, keeping your feet close to your center and using your hips to propel your body, rather than just running randomly.

Team members who also ran last year say that the method has helped them improve their times and also their stamina. This is perfect timing because the Cross Country team is no longer as powerful as it was in the past and the runners are ready for help to get back on their toes.

The Cross Country team participated in its first meet on Saturday and senior Mason Echols won first place for his Junior Varsity 3-mile race.

PHOTO COURTESY OF SAMUEL STOW

Coach Samuel Stow's "Pop!" running form has led him to many racing wins.



## GIRLSVOLLEYBALL

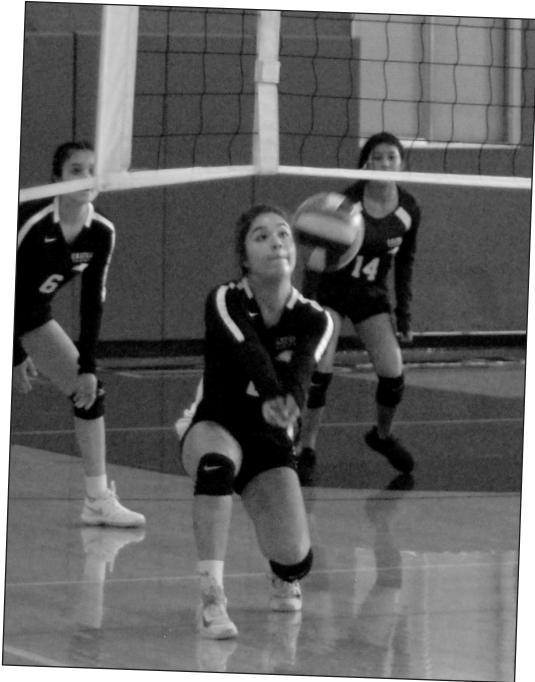
### Lady Panthers focus on team bond, good game vibe

By Jose Brambila Carranza

As the final bell of the day rang, the Panther Dome swarmed with people eager to see what the new girls volleyball season will look like.

Senior Captain Jasmine Lopez-Nava led the girls to a 2-0 victory over James Lick, and again versus ACE Charter. Though only pre-season matches, the girls showed class by passing more often along with keeping up the ball.

"This year, we want to work on having more communication between teammates, having more high level skills and overall just have a good environment so that we can all strive in a positive way," said junior Ethany Hernandez.



Junior Alejandra Salazar agreed. "Our vibe is what sets us up for the whole game, so we want to make sure that we create a bond within the team so that our energy can be strong and consistent all throughout," she said.

With the loss of graduates Jade McGee, Esther Gomez and Bianca Hall, along with Erin Gray, the season will not be easy. Seven new girls have joined the varsity team while the junior varsity added eight players.

"They left a big hole to fill in which is why our team has to work extra hard," said junior Daniela Arias Toscano.

PHOTOS BY SIRENIA CONTRERAS

Senior Jasmin Lopez-Nava (top) and junior Arianne Delgado (left) charge against James Lick.





# K-culture takeover

*Korean pop sounds and TV dramas are attracting a growing American audience thanks to high-production music videos and addictive plots*



PHOTO COURTESY OF KOREA.NET / KOREAN CULTURE AND INFORMATION SERVICE [CC BY-SA 2.0]

K-Pop group Brown Eyed Girls performs a concert for the 2013 World Rowing Championship.

By Stephanie Xiloj

“Oppa gangnam style!” Ever heard that phrase? It swept the world in 2012 as lyrics in the global K-pop hit song, “Gangnam Style.”

K-pop’s popularity is increasing and spreading around the world. A new word has even cropped up in South Korea to describe the phenomenon – “Hallyu”. Stars in the media are called “Hallyu celebrities” and their fans are known as “Hallyu fans”.

Like every culture, Korean culture includes everything from food to fashion to entertainment. K-pop and K-dramas are the most influential and growing aspects of South Korean culture worldwide.

“I like K-pop mostly because you can relate to the music, even if you don’t understand it,” said sophomore Nayeli Torres. “K-dramas are very dramatic, and the plots are interesting, not to mention hooking.”

Although K-pop and K-dramas are on the rise, some people still hesitate to explore them because the genres stand outside their comfort zone.

“K-pop and K-dramas are just things that I’m not interested in,” said sophomore Esmeralda Lopez. “I feel more comfortable with my own culture.”

“I don’t necessarily dislike them, it’s just that I can’t understand them,” said junior Wairimu Kimani. “It’s confusing and weird not knowing what they’re saying.”

Confusion does tend to arise when listening to a foreign language. But there are ways to understand the language without having to learn it, such as: subtitles. Music also doesn’t rely on the lyrics alone, but also the melody and dance moves in K-pop videos.

“I like K-pop because it’s just like any other type of music, they have meaningful lyrics,” said freshman Ashley Gallardo. “And, K-pop is like another world, because it’s different than what American music provides.”

Some people enjoy K-pop and K-dramas precisely because they are different from what is produced by their own cultures, so they can explore and enjoy the differences.

“K-dramas are more vibrant, more professional, and more real than Western entertainment,” said junior Nathan Avehart.

# Bedroom Pop and Afrobeats on the rise

By Sarai Wagner

Bedroom Pop: 80’s synths meshed with a basic beat that can easily be replicated on a software like Garageband, a range of soothing voices and a varying amount of auto-tune.

“It’s very dreamy and takes you off into your own imagination,” said senior Akasha Fobbs.

Bedroom Pop has a growing audience -- the Bedroom Pop playlist on Spotify currently has 446,348 followers. Urban Dictionary describes Bedroom Pop as “a genre of D.I.Y indie music” accompanied with lo-fi type beats. The name is a reference to how some of the genre’s artists make their music in home studios that literally may be in their bedrooms.

Usually you will hear the same lo-fi beat repeating throughout the whole song. Artists add “pizzazz” with extra synths. These synths are what make them sound “dream like”. Over these

simple but captivating beats, an artist’s often soothing voice is singing or rapping deep, relatable lyrics.

“It gives you a chill atmosphere” said senior Tayler Eddings. “It’s not too poppy, or how I like to call it ‘cotton candy pop.’”

An added dream-like quality in these songs comes from the edits these musicians make on their voices. Many artists in the Bedroom Pop genre use varying amounts of auto-tune. Popular Bedroom Pop artists include Clairo, Cuco, Gus Dapperton, and Jakob Ogawa.

Some controversy has arisen over whether the artists actually started from the bottom and made it to the top on their own. However, leave that aside. What’s important is to just listen to the music and decide whether you vibe with it or not before letting controversy cloud your opinion.

“It’s really relaxing,” said sophomore Karla Cardenas. “It’s kind of groovy.”

**Afrobeats:** Lively drums, complicated rhythms, energized and upbeat tempos. You may not know this, but Drake’s popular song “One Dance” is heavily inspired by Afrobeats, and even features popular Nigerian Afrobeat’s Artist Wizkid.

Afrobeats originated in Nigeria, but in recent years has gained global recognition and its influence has been seen in some Western artists’ songs. The Afrobeats sound is energetic and uses lots of percussion instruments.

Another element that is seen in Afrobeats could be the repetitive vocals. Some popular artists within the genre include Tiwa Savage, Tekno, and Burna Boy.



PHOTO BY SEEMA LAL

iPhones stream Bedroom Pop songs by Clairo, Gus Dapperton and others.

# Broke guide to ... BOUQUET

By Nayely Martinez

Do you ever think about what college will be like? Freedom ... choosing a major ... late night snacks. But what snacks? Ramen noodles and microwavable Mac n’ Cheese are always options, but why not treat your stomach to a tastier dorm-made meal? Here are some easy, tasty and affordable ideas!

## APPLE CINNAMON RICE PUDDING

### Ingredients

- 2 cups cooked rice
- 3 cups milk
- 1/2 cup sugar
- 2 cups peeled and diced apples (about 2-3 medium apples)
- 1 teaspoon cinnamon (more or less to taste)
- 1 teaspoon vanilla

### Instructions

- Combine rice, milk, sugar, and apples in a large pot.
- Cook over medium high heat until mixture starts bubbling.
- Reduce heat and simmer for

- about 30 min. stirring occasionally.
- When mixture has thickened, remove from heat and stir in vanilla and cinnamon.
- Let cool and make sure it has chilled before eaten. Enjoy!



## TUNA SALAD SANDWICH

### Ingredients

- 1 can drained tuna
- 1 1/2 tsp mayonnaise
- 1 tsp sweet relish
- 3/4 tsp Dijon mustard
- Salt and pepper to taste
- Honey Wheat bread
- Sliced red onions
- Sliced tomatoes

### Instructions

- Mix tuna, mayonnaise, relish and mustard in a bowl.
- Refrigerate for at least 15 min.
- Serve on honey wheat bread with leaf lettuce, sliced red onion, sliced tomatoes

## BAKED POTATO

### Ingredients

- Russet potatoes
- Oil
- Parmesan cheese
- Garlic powder
- Paprika
- Salt & pepper
- Sour cream
- Bacon bits
- Cheddar cheese

### Instructions

- Bake once. Pierce the potatoes with a fork several times, then bake for an hour at 400°.
- Let them cool for 10-15 min.
- In a small bowl, combine oil, parmesan cheese, salt, garlic powder, paprika, and pepper. Mix well.



- Filling. Cut potatoes in half and scoop out most of the inside and put it in a bowl. Brush the oil mixture over the inside and out side both halves of potato skin.
- Mix about 1 cup of cheese, sour cream, bacon pieces, and salt and pepper with the potato you scooped out. Mix well.
- NOTE: To stop potatoes from getting gummy, keep them warm and do not over-mix.
- Bake twice. Spoon mixture back into potato skins. Sprinkle with cheese, bake 16-18 min. at 200°.