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Tiger



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SOUTH PASADENA HIGH SCHOOL
1401 FREMONT AVE, SOUTH PASADENA, CA 91030

BIDEN WINS CLOSE RACE

*Local Trump and Biden
supporters face off*



STORY LILIAN ZHU
PHOTOS & ILLUSTRATION STUART BLATT,
TALULLA CHOW, KATELYN HERNANDEZ,
ELLA JAYASEKERA, MADDIE YOO, & ALICIA ZHANG

Joe Biden and Kamala Harris won the 2020 Presidential election with the highest voter turnout rate in history. Many celebrated their victory as a source of relief from a race and past four years filled with division.

The close election heightened tensions across the country and in South Pasadena. Trump supporters started a local rally a few days before the election and clashed with Biden counterprotestors. Residents' anxiety continued to rise after Election Day on Tuesday, Nov. 3, as news sources only officially announced results Saturday morning.

"It was primarily social media and the spread of fake news... that created so much unnecessary anxiety leading up to the [election] results," sophomore Isu Park said. "I also heard people saying there's nothing to be afraid of, which is total [nonsense] considering so many freedoms were [and still] are on the line."

Community members celebrated Biden's victory with banners on the corner of Fair Oaks Avenue and Mission Street as passing cars honked approvingly.

"I was ecstatic that Biden won. It was the happiest I've been in months," resident Tom Marcus said. "Before the election, I was terrified that Trump might win. Trump is the most despicable, horrible human being in the country."

Others celebrated Harris' significance as the first female, Black, and Indian U.S. Vice President, leading the way for a government more reflective of its nation.

"I am extremely happy with the results, especially with Harris making history. I am Indian and she is half Indian so it's inspiring to see that kind of representation," junior Maya Turun said. "There's definitely a lot [more] that we as Americans need to do in terms of social justice issues, but this is definitely a start."

Still, some residents caution about overstating Biden's victory and discounting the current administration.

"[The election] was still extremely close, which the polls and lots of Democrats didn't expect," an anonymous SPSHS student said. "Although [Trump is] not the best person, his policies have definitely helped make the U.S. stronger."

President Donald Trump has yet to concede to Biden, and he and his supporters continue to claim voter fraud without well-backed evidence. Nonetheless, Biden will begin his presidency on Jan. 20, 2021.



WELLNESS DAY
The School Board's failure to implement a Wellness Day despite widespread community advocacy and mental health concerns calls into question whether district administrators truly value students.
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THE QUEEN'S GAMBIT
Anya Taylor-Joy captures a powerful feminist struggle in the cutthroat ranks of professional chess in *The Queen's Gambit*, bringing surprising humanity to an infamously impassionate game.
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P.E. REFORM
The P.E. curriculum is outdated, unjust and needs change. Physical education should take a holistic approach to individual development and education about how to lead a healthy lifestyle.
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NEWS



Peer Mediators expands its work to include wellness and social justice

STORY EDDIE ZHOU
ILLUSTRATION ALICIA ZHANG

Peer Mediators has increased its crucial role at SPHS as distance learning has greatly impacted students' mental, emotional, and physical health. These negative effects, along with recent nationwide calls to combat racism, have prompted Peer Mediators to focus more on ensuring students feel comfortable expressing their identities, using their voice, and maintaining their wellness.

The group consists of 19 students trained in peer support that host various events and activities throughout the year. These include support and wellness sessions, student-led panels, such as the BIPOC student panel held last month, and peer mediation sessions where students can resolve conflicts safely.

"Some of the easiest ways to get involved [with Peer Mediators] are sharing work for our monthly published Zine or participating in student-led panels to listen and talk about social justice issues," Peer Mediators student leader Andrew Cheung said. "We also encourage students to join us in wellness events, and students can also reach out to us for mediation services if needed."

As has been the case with all other programs at SPHS, the coronavirus has forced Peer Mediators to do its work virtually. However, the group remains confident that it can continue to support the student body.

"I would say that Peer Mediators has flourished in distance learning," Peer Mediators advisor and English teacher Rama Kadri said. "Over the summer, Andrew Cheung had the brilliant idea to establish distinct subcommittees this year... Health and Wellness, Social Justice, and Zine and Art. This has allowed us to zoom in on our objectives, and work collaboratively and more closely within small groups to make sure that we're meeting our goals and offering community outreach as much as possible."

In the future, Peer Mediators plans to hold more student-led panels on LGBTQ+ and racial identities and continue to publish monthly zines in order to spread awareness about important themes, like multiculturalism for the month of November. The group has also been at the forefront of advocacy to normalize pronoun use, especially on Zooms. Amidst tumultuous times, Peer Mediators is committed to providing a beacon of love and support to everyone.

"Peer Mediators helped me feel more accepted and comfortable in high school," Cheung said. "I was able to befriend a group of passionate individuals who are supportive and loving. Most importantly, I learned more about conflict resolution, the importance of mental wellbeing, and ways to spread love within my community."

Students who wish to learn more about Peer Mediators can visit its Instagram @sphswellness, and those hoping to join the group can apply second semester.

Council districts spark cries of local gerrymandering

The City Council districts allowed local leaders to remain in power.

STORY SOFIA ALVA
PHOTO COURTESY OF
SOUTH PASADENA CITY CLERK

Residents voiced concern that South Pasadena's irregular council districting reflects a larger pattern of corruption inside City Hall following the first election with the districts.

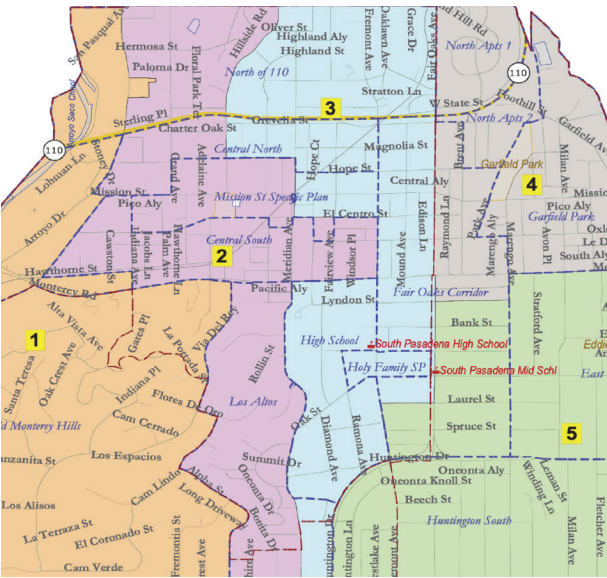
The tenure of City Council members Richard Schneider, Michael Cacciotti, Diana Mahmud, and Bob Joe have troubled residents recently. Many have observed that the council members consistently rotate positions and remain in office unopposed as there are no term limits. Councilmember Cacciotti is in his fifth four-year term while Schneider will depart from the Council after serving since March 2007. Council members Mahmud and Joe follow with seven and nine years, respectively.

"South Pasadena needs new City Council members," resident John Chee said. "Seeing the same people simply rotate positions and not give anyone new a chance doesn't give me much faith in their decisions or actions."

The City moved to district voting in 2017 following the threat of a lawsuit alleging that South Pasadena's at-large elections disenfranchised Latinx voters. When drafting the voting district boundaries, the Council called for community input on four proposed maps in the form of public testimony and voting at City Council meetings. Each map was named after a different color, dividing the City into five different districts. One map, green, divided the City in a way that would allow the sitting City Council members to avoid running against each other.

The Council ultimately chose the "modified green map," raising the public's concern to possible gerrymandering because in it, District One, which includes Old Monterey Hills and the West Apartments, was irregularly drawn to include Joe's Arroyo Drive residence.

"It was clear that [the green map] was designed in a way to keep [the City Council members] in the seats they were in," resident Ron Rosen said. "Now, unless there's a



CALLS OF CORRUPTION ensued after District One was deliberately extended to include Mayor Bob Joe's house just south of Paloma Drive so he could retain his seat.

change made, we're stuck with districts that don't make a lot of sense. I think they should change to the blue map but they probably won't because that means that [a City Council member] would have to sacrifice their seat."

However, three new City Council members were elected this year. In District One, former City Clerk Evelyn Zneimer beat incumbent and Joe by 52 votes. Outgoing School Board member Jon Primuth beat candidates Michelle Hammond and Alan Ehrlich, winning the District Three election. District Two's election is still undecided due to a write-in candidacy.

In the at-large School Board election, incumbent Dr. Suzie Abajian and former member Patricia Martinez-Miller won. The School Board is also moving to district-based elections following a similar lawsuit threat made in February 2020.

Filming of HBO show *Generation* continues on campus amidst pandemic

STORY KATIE HOHMAN
PHOTO COURTESY OF MAX YEE

Filming of the Warner Brothers and HBO show *Generation* has continued on SPHS' empty campus since late September 2020 after HBO picked up the the series' pilot episode.

The contemporary drama focuses on Orange County high school students as they deal with sexuality and growing up in a conservative area. *Generation* features many first-time actors and is produced by actress Lena Dunham. The show will feature multiple parts of the SPHS campus, including the Fremont Avenue entrance and quad in front of the language building.

While filming on campus in 2019, nearly 250 hired extras showed up at SPHS to participate in scenes and for three days, students adjusted to blocked-off areas, repainted parts of campus, and restrictions on leaving the classroom. Remnants of the filming can still be seen on campus today, like the large tiger mural painted on the back of the auditorium.

Over the summer, the L.A. County Health Department cleared the film company to be on campus with strict precautions for the coronavirus. The crew members get tested at least once a week, everyone must stay six feet apart, and actors who are in scenes together are tested at least three times a week. Teachers who are working on campus are able to enjoy the filming crew's food at lunch, but must fill out forms to be allowed near the set.

HBO currently has the freedom to film on the empty campus but if students return in January, even in a hybrid model, filming would have to stop immediately. Still, filming has proven to be disruptive for some teachers in their classrooms when combined with the gymnasium and roof construction.

"The trouble is the aggregate impact," Spanish teacher Joshua Whitney said. "When construction trucks are beeping non-stop virtually all day; roofing materials smell

like tar; fumes are wafting from the film crew's generator into the classrooms; and there are hundreds of people on campus to film, it gets to be too much. Somewhere, there is a line where I want to say, 'Enough. This is a school. The activity of teaching matters too.'"

While the filming is a distraction for some teachers, the profits that SPHS is receiving from filming on campus will be helpful in maintaining important school programs. According to Principal Janet Anderson, the bulk of the compensation money will go towards ASB and athletic transportation for when school resumes. Another portion of the money will be set aside for the school's Summer Reading Program for 2021.

The film crew has paused their work at the front of the school and will recommence during Thanksgiving break.



GENERATION HIGHLIGHTS HIGH SCHOOL LIFE AND SEXUALITY in conservative Orange County, and has been filmed at SPHS since Sept. 2019.

Appreciating Local Veterans

Veterans Day was established in the U.S. in 1954 to recognize the end of World War I and honor those who had served in the military. This issue, Tiger speaks with several military-involved locals as they share their perspectives and experiences.

STORY ADAM KWOH, KAHLEN MIAO, & EDDIE ZHOU

PAGE DESIGN TALULLA CHOW & MADDIE YOO

ILLUSTRATION NICHOLAS FORMAN

Military experiences demand adaptation

Veteran Dorothy Platt did not originally plan to join the Air Force. The Class of 1987 SPSHS alumna had intentions of attending medical school, but a friend's father approached her and mentioned that the Air Force was offering scholarships to those going to medical school. With that invitation, she joined the Air Force and worked as a pediatrician for seven years, caring for the kids of active-duty families.

However, much of her experience with the military has come from her husband who served in the army. Her work in the Air Force helped her quickly adapt and learn to stand up for herself in an environment that is foreign to many.

"I understood the system and what I was

getting myself into. I think that sometimes when most people marry into the military and haven't had that sort of experience or even if you grew up in the military, it's different being a veteran, versus a spouse, versus a child of an active-duty member. [My time in the Air Force] helped me to be more confident."

Platt's frequent moving around as part of a military family has taught her to become more open and willing to reach out for help when she needs it.

"Within the military, you learn quickly to develop friendships with others so they can support you and you can support them. There's no grandma, there's no mom there to locally support you, so you learn to form your own support networks wherever you go, and you learn not to be independent, but interdependent and be willing to reach out to others and have others reach out to you."

While Platt's military involvement ended approximately five years ago, she usually does not advertise that she is a veteran because she does not want to be put on a pedestal.

"I think that sometimes when people say 'oh you're a veteran, you're a hero,' you are automatically a good person. We're just the boy next door, the girl next door. We just, for a time in our life, served our country. It doesn't make us any better. [It] doesn't make us any worse. We're just human."

A rebel grows into a grateful veteran

SPHS alumnus and veteran Roy Dunkijacobsnolten has always been somewhat of a rebel. After learning he had been drafted into the Vietnam War, he immediately packed his bags, planning to dodge the service across the border in Canada. However, Dunkijacobsnolten reluctantly enlisted at the direction of his father: a decision that would change his outlook on life.

"I wanted no part in a war that I really had no knowledge of. But my father was a sergeant major in the Royal Air Force... and when I told him that I wanted to take off to Canada, he told me: 'I have never asked you for anything, but I am asking you for these two years.' Coming from my father, I said, 'Sure, what could two years [in the military] really do to me?'"

When Dunkijacobsnolten enlisted, U.S. involvement in the Vietnam War was ending. Soldiers withdrawn from combat were brought to the barracks where Dunkijacobsnolten was based, many terribly shaken and scarred.

"I heard countless war stories from these soldiers, and many of them had lost it. Before I got drafted, I didn't want to go; I was a rebel. But after I did my two years, my entire attitude changed. Not about a war we weren't supposed to be in, but for the respect of the soldiers that went in and fought for their country."

After leaving the military, Dunkijacobsnolten struggled to find direction in his life. He fell into a life of drugs and alcohol, and like countless other veterans, found himself on the street and with little support. It was only through the urging of his friends and family that he began to attend AA meetings and get himself back on his feet.

"Too many kids who go into the service have nowhere to go and very little to help them. Years ago, I had a heart murmur, and I went to Veterans Affairs and they said, 'OK, we can see you in about five months.' I was taken aback, but it turns out that they had already put me in the front of the waiting list."

As Dunkijacobsnolten has watched his children follow in his footsteps and join the military, he acknowledges that some things have improved. However, he still believes that Veterans Affairs should provide support quicker and more effectively. On Veterans Day, Dunkijacobsnolten was reminded of the soldiers he met in his two years in the military, and hopes that people can appreciate their sacrifices as much as he does.

"When somebody comes up to me when I've got my Army shirt on and they say: 'Thank you for your service' ... that is the biggest high that I get, even to this day."

- Roy Dunkijacobsnolten

Service beckons

Veterans Day never mattered much to SPSHS Class of 2020 alumnus Martin DeJesus during his youth; he just thought of it as another day off from school. However, as he now prepares to officially join the U.S. marine corps in December, DeJesus has developed a new appreciation for veterans.

"I've never really had any close friends or family members who were in the military; I didn't really have that military upbringing, so that led to me not really caring too much about Veterans Day," DeJesus said. "Before I enlisted, I thought that most military people were robots or conservatives or hardheads. But they're people too. Even the other poolies I train with, they're like weebies and nerds like me. I love them. They're going to be my family."

DeJesus hadn't originally planned on joining the military after high school, but the boredom and financial struggles of the pandemic encouraged him to consider the option. Though he was never completely sure of his post-secondary plans, DeJesus' positive past experiences with veterans and military members had motivated him to ultimately enlist with a focus in logistics.

"I first met a recruiter in eighth or ninth grade and he just stopped me and talked to me on the side of the road about my interests [in writing and music]. He told me that there were jobs similar to that in the military... I was like 'Wow, that's cool,'" DeJesus said. "I've met a few recruiters who are drill instructors at boot camps... They were screaming at everybody and I thought it was scary but cool."

This Veterans Day, DeJesus hopes that more people will seek to understand the uniqueness and importance of veterans instead of stereotyping them.

"Everybody has their own story, veterans especially. They have a very long and interesting story," DeJesus said. "So if you see a veteran, thank them and be appreciative. Not just on Veterans Day, but whenever you see one."



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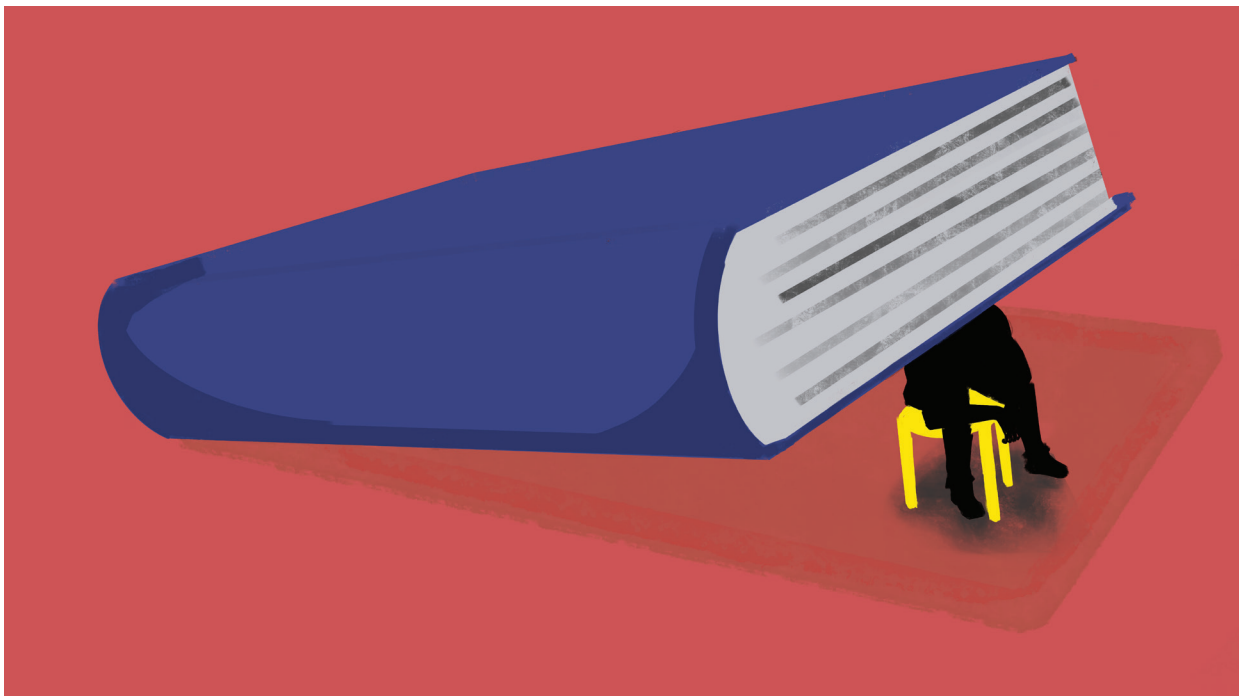
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STAFF EDITORIAL

OPINION



Retire *American Pageant*

Outdated textbooks are giving students an outdated view on history.

On Apr. 18th, 1975, Reverend Marvin Horan was found guilty by a federal jury of conspiracy to bomb a school. This was after three months of nonstop racist and violent protests, which included armed school bus hijackings, harassment of individual students, and three separate attempts to bomb educational buildings. The reason for this violence was the adoption of 325 new textbooks, which among other things, featured the existence of Malcom X and the idea that African American Vernacular English is an equally correct dialect as Appalachian English. This is all to say that the debate over the contents of textbooks is not only one that inspires immense passion, but one that has been long fought.

The battle over the contents of textbooks stems from a wider conflict regarding the way the study of history is conducted in public schools. This conflict is not new to SPHS either. A number of student organizers in the past few years have rallied around the removal of *The American Pageant* textbooks used in the AP U.S. History curriculum to no avail. These textbooks are not only still in commission, but have not been stocked past the 12th edition, written in 2002.

It was Howard Zinn who stated that “There is no unbiased way to teach history,” which is a quote that rings especially true with *The American Pageant* books, written by Stanford historian David Kennedy. Understanding the bias in textbooks means understanding what parts of history a textbook does and does not choose to include, and why. In the case of *The American Pageant*, Kennedy chooses to include a large number of historical interpretations that reflect charitably upon slave owners, among a number of other overtly racist narratives about the American South.

The usage of racist narratives about poor slave owners as working “just as hard as their slaves,” (*The American Pageant*, page 354) and entire passages focusing on how white people were harmed through their practice of

enslaving Black people (*The American Pageant*, page 362) paints a bias that is difficult to ignore.

Unfortunately, the history curriculum doesn’t feel that this apparent bias is enough to warrant change. Honors and AP U.S. History teacher Oliver Valcorza argues that “when analyzing textbooks, we must overlook terminology and focus on the broader analysis of historical ideas.”

This raises the question of whether or not the rhetoric and broader themes can be separated. However, the issue at the core of *The American Pageant* isn’t that Kennedy occasionally uses terms like “Indians” or “the blacks,” but that by framing slavery as something that the South immediately regretted and worked to atone gives a false and harmful interpretation of events.

Teaching a narrative that frames the Jim Crow South as redeeming itself for slavery is also foundational to the denial of concepts like systemic racism. Moreover, Kennedy’s usage of phrases like “it is a grotesque distortion to claim that [the Founding Fathers] shaped the Constitution to protect their personal financial interests” (*The American Pageant*, page 177) directly ask students to assume a certain view of historical events. Terminology is not separate from interpretation, but an extension of it.

Understanding that bias is always present in the teaching of history is vital in designing curriculum for the future. When adopting textbooks, a focus on oppressed voices is key to ensuring that systems of oppression are highlighted in the curriculum. The idea that all voices can provide equal perspective is simply not true. One must understand history as the study of how the past affects the present. It would be asking the bare minimum of SPHS to at least address curriculum bias. Whether this takes the form of additional reading material and lessons or adopting another curriculum entirely, change here is vital in order to have a modern understanding of history.

Boos & Bravos

Tiger’s cheers and jeers for the month of November.

BOOS

BOO to siblings. Shut up, I’m in class.

BOO to the faculty pets page on the wellness site. I’m trying to enjoy some cute doggies, but keep getting flashbacks of Jaroch.

BOO to middle schoolers who are missing out on formative life experience. Texting my middle school “bf” that I wish I had said “hi” to him at school was necessary for character development.

BOO to the Electoral College. I cannot believe y’all are still on that outdated undemocratic Constitution poop!

BRAVOS

BRAVO to the School Board for managing to turn asynchronous days into something that I am actively dreading.

BRAVO to Mr. McGough’s. Who knew the Pillsbury Doughboy was so freakin’ jacked?

BRAVO to capitalism for swaying my away from pursuing any actual passions. Medical school it is! Money time!!

BRAVO to me for finally breaking my B- timed write streak. We’re in the C+ range now, oh yeah. Someone revoke my *Tiger* position.

Student concerns should not be ignored

The Wellness Day campaign has finally come to an end, despite passionate student advocacy and teacher support. This begs the question: Why does the School Board maintain a facade of compassion when time and time again, it has refused to take the concerns of students seriously?

STORY KATHARINE FLORENCE
ILLUSTRATION DAVID SOHN
GRAPHIC CHARLOTTE COHEN

After multiple attempts to improve the mental well-being of students, the committee of wellness officers have ended their advocacy for the Wellness Day proposal as Superintendent Yantz and district administrators have made it clear they don't intend on adopting the program. Despite widespread support and a petition that garnered over 300 signatures in less than a week, the South Pasadena School Board has refused to listen to the community it pledges to serve.

It is not uncommon to hear the administrators and board members emphasize that they supposedly care about students and teachers. However, their actions are rarely reflective of that.

The district has done the absolute most to not give students what they so clearly need. In fact, the board is actively making school more difficult by giving alternate "solutions" that students did not ask for, such as asynchronous days. Wellness days would have given students a break or a chance to catch up with teachers and get extra help. In contrast, students have been given three days per class period taken away in which they aren't engaging with teachers in the slightest, exacerbating the initial issue.

SPUSD constantly touts the idea of students being independent and resourceful; yet they refuse to collaborate with, let alone take students seriously, proving yet again to merely hold a faux exterior backed by a lack of respect for their student body. Not to mention the fact that every teacher in the secondary schools except for one advocated for the Wellness Day.

This false pretense is shown through the student board member position and entertaining the genuine outreach of the wellness officers without any intention of following through. Truthfully, this student member position is a failed attempt at democracy and comes across as performative, especially when the student, senior Katie Hohman, isn't granted a vote. Hohman's presence is merely a way for the district to act like they're giving students a platform, yet she is given virtually no power to carry out said platform.

Despite the school's pro-mental health facade, any attempt at improved mental health has been initiated by students, not by administration. The small crumbs of mental aid students have been given, such as mental health suggestions from the school's social worker Natasha Prime and the Peer Mediators website, are a direct result of the wellness officers and their backing. To criticize the steps the school has made, even though they seem to be more to the side rather than forward, is not to criticize the efforts of genuine advocates who are doing the best they can with limited resources.

On the other hand, the School Board has done multiple things to undermine the legitimacy of the Wellness Day campaign, including structuring the wellness survey in order to skew answers to their favor. The survey asked for opinions on a four-bar scale from negative impact, not helpful, somewhat helpful, and very helpful, yet the results only showed the numbers from the two opposite ends, not taking into account those who were neutral or those who somewhat supported the Wellness Day. In addition, they incorrectly labeled the Wellness Day as "one asynchronous school day," confusing survey takers. Furthermore, the percentages of the graphs and presentations are purposefully confusing and information was removed or added to prove false



points. They also surveyed both the middle and high school, even though the Wellness Day was only proposed and familiarized with high school students.

In order to even begin to fix this situation, the administration and district need to first acknowledge that their suppression of students' voices is an issue. This would involve actually listening to student's ideas and not striking down anything that would be helpful in improving mental health and overall well-being. Direct solutions could include granting voting power to the student board member or having an unbiased adult or a student review surveys or propositions. In addition, teachers, board members, administration, and the district alike need to adopt a new attitude during this pandemic.

Students are constantly viewed as trying to take advantage of their circumstances at the moment or looking to pass through school with no work. Rather than seeing students in that negative light, board members need to recognize that lighting students' loads is actually a good thing. Cutting students a little bit of slack here and there, such as replacing finals with projects or dropping lowest test scores, is a sign of sympathy, not weakness.

Merely receiving a website with livestreams of puppies after months of advocating for real change is not going to cut it. Students need real resources that can only come from the support of administrators. Admittedly, it would be less insulting if the School Board were honest and just said they don't really care about student success or well-being.

Please rate if these activities may help your child improve his/her wellness. Very Helpful.

How would implementing these activities impact your child's academic progress and goals? Negative Impact.

Late start or early release days throughout the month	63%	6%
Longer lunch	38%	21%
Longer breaks between classes	34%	25%
One asynchronous school day	50%	21%
More synchronous time throughout the day	9%	44%
Less synchronous time throughout the day	29%	20%

There were several other options of answers to these questions, but the school district omitted them from the data that they released

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TIGER RUN 5K/10K
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November 20th - December 5th, 2020

23rd Annual
SOUTH PASADENA HIGH SCHOOL
BOOSTER CLUB
1st Virtual

Social media worsens corporate abuse



Corporate advertising tactics only become more manipulative when merged with social media’s power.

STORY KATIE HOHMAN
ILLUSTRATION
NICHOLAS FORMAN

As social media has become a more prominent part of the average person’s life, corporations everywhere have taken advantage of its power to influence. By taking on relatable personas, companies manipulate consumers into thinking that they have their best interests at heart. Their efforts to sell goods online has blurred the ethical line between what is exploitation and what is just good marketing, making it more difficult for a consumer to tell the difference.

The most common form of this type of manipulation is when corporations attempt to relate to individuals on Instagram and Twitter by tweeting posts referencing a

recent meme or a witty statement. This type of marketing has been around for a while and tricks the consumer into thinking that, because a company knows about a new internet trend, they are therefore humane and promote products they know one wants.

Recently, companies have begun to rely on more extreme forms of marketing, like utilizing fake people. Popular Instagram influencer Miquela (@lilmiquela) has been a prime example of this. Despite not being a real person, but rather a self-proclaimed robot, she has been used to promote various magazines and food companies.

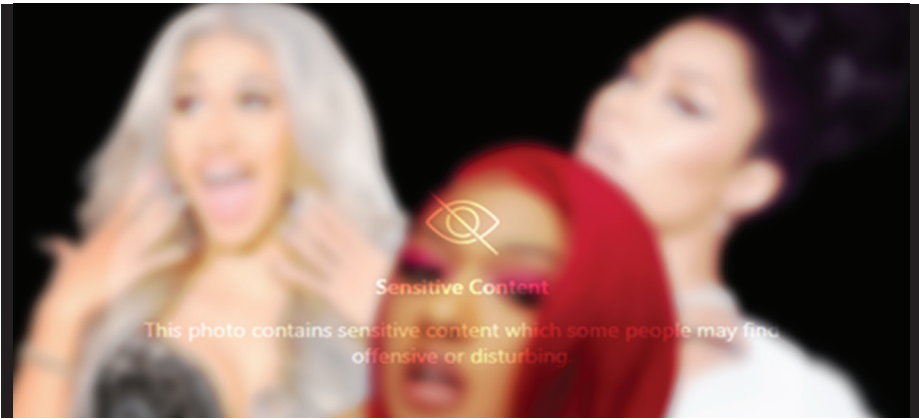
Not only is her presence in advertising unnecessary, but it is a blatant attempt by large corporations to confuse the consumer. Miquela seems like an actual person and, to some extent, looks like a real person so what she promotes must be trustworthy. In reality, the fact

that she is fake and her creators won’t have to face any repercussions attached to what they promote means that she only serves as a profiting tool.

Social media has allowed marketing to take on a myriad of new forms but it has also fostered a culture of manipulation. Ads on social media are more subtle than ever before. It is that subtlety that has blurred the ethical line and created a new era of corporate presence and subsequent consumer deception.

While avoiding buying from large corporations is almost impossible, it is important for consumers to be aware of how corporations market on social media. By being more cautious and critical of how companies present themselves on various platforms, consumers can avoid being manipulated unknowingly and feel better about how they shop.

Confident female sexuality is exactly what feminism is



STORY QUINN MANZO
ILLUSTRATION
NICHOLAS FORMAN

Artists Cardi B and Megan Thee Stallion released the song, “WAP” on Aug. 7 of this year. The song quickly became trending as celebrities, politicians, and average Joes set out to bash the song for its explicit languages and themes. Conservative commentator Ben Shapiro read out the lyrics of the song on his podcast, using them to mock the modern feminist movement.

“Guys, this is what feminists fought for... it’s not really about women being treated as independent, full-rounded human beings. It’s about wet a-- p-word,” Shapiro said.

To say the negative reactions to the song were unwarranted would be an understatement. Double standards in regards to sex and self-expression are laced into every facet of pop culture: women face relentless shame whilst men freely rap about drinking semen, their large penises, and even rape, which begs the question: Why is WAP in particular so infuriating?

Megan Thee Stallion hit the nail on the head during an interview with *Marie Claire* magazine: “It’s something deeper. Not only am I rapping about sex, I’m rapping about you making me feel good... and I feel like sometimes that can be a little intimidating.” People aren’t taking issue with rapping about sex. What people are really taking issue with is women rapping about being dominant during sex.

This event was not an isolated one; it’s among the many issues that show how uncomfortable people are with confident female sexuality. In fact, every sexual revolution has been disrupted by a combative wave of oppression. For example, the sexual revolution of the ’60s, which spread the idea that single women desire and enjoy sex was quickly followed by rampant slut shaming.

There is just as much shame for women who are not as sexually expressive, as the patriarchy pits women against each other. When women are shamed for being sexual and for being not sexual, it becomes clear that the goal is to control them, not to protect or respect them.

Female pleasure has always been excluded from sexual health curricula because it’s a taboo subject that “needs to be tucked away.” Women having sex is then seen as shameful and they, too, must be tucked away. Teaching these topics acknowledges that female pleasure is normal and acceptable. Combatting double standards also relies on the actions of the individual. It’s imperative to leave other women’s sex lives out of discussions in order to give them the privacy and respect that men have always had without question.

Being confident in one’s sexuality does not rely on one’s choice of clothing or sexual activity. Sexuality, regardless of gender, is having comfort in one’s own body. Empowerment is making one’s own decisions, however sexual they are. Feminism is, in fact, about “women being treated as independent, full-rounded human beings” and “wet a-- p-word.”

The aestheticization of activism harms advocacy



STORY KAHLEN MIAO
ILLUSTRATION
NICHOLAS FORMAN

Social media has given many people the power to use their voices to advocate for social and political change. However, the rising popularity of online activism has also blindsided critical thinking, allowing many the opportunity to partake in performative activism that exacerbates the spread of harmful misinformation.

Infographics in particular have become part of this larger trend of using social media to inform. But, despite their facade of efficacy, it is difficult to gauge the accuracy of infographics, as many don’t cite their sources.

In addition, since people are naturally attracted to aesthetic presentations, infographics are designed to be simple and aesthetically pleasing. Yet, this often comes at the cost of simple explanations that overly simplify complicated and nuanced issues, causing many to come to hasty generalizations. Furthermore, infographics are only made for topics that can be “aestheticized”

Infographics also work to foster a culture of complacency. Instead of encouraging people to think critically, the convenience of infographics discourages this idea. This is a dictionary definition of performative activism, in which people post information because it is aesthetic and trendy, rather than because they actually care.

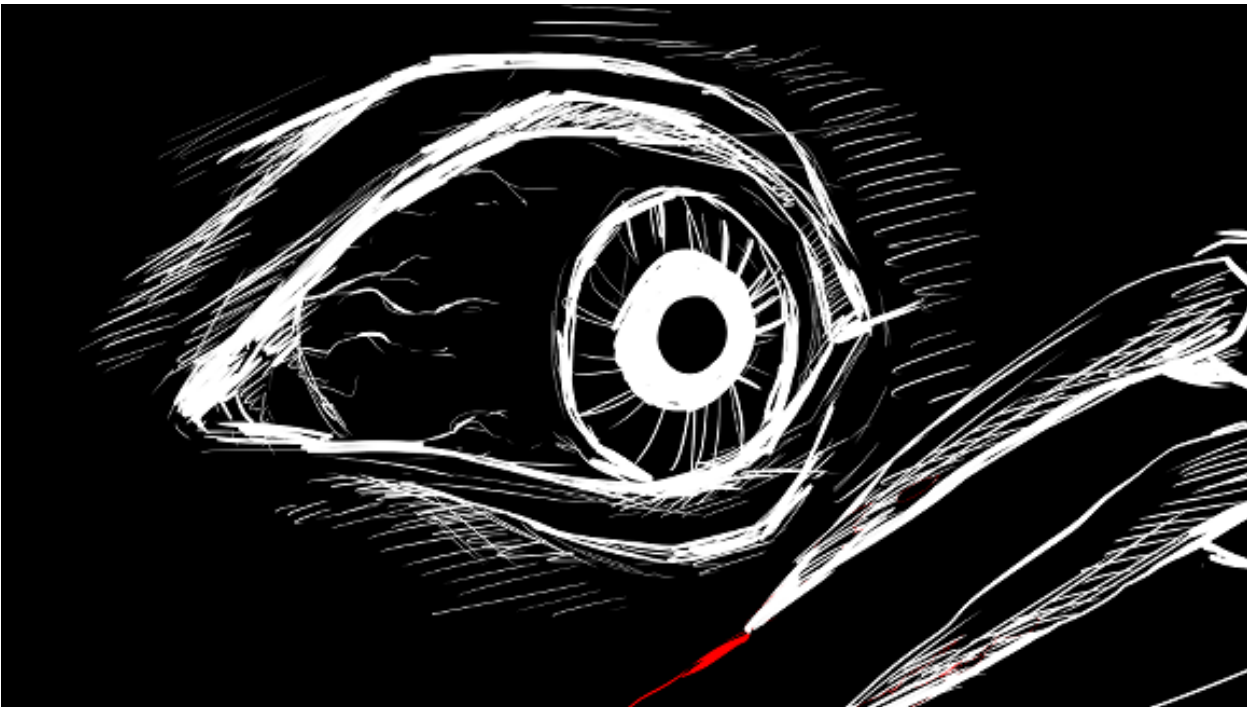
Furthermore, if a present issue is not “aesthetic enough,” it is callously dismissed from the social media machine.

These posts are not only convenient for the reader, but for the person sharing the information as well. The constant spread of knowledge on social media desensitizes people to the topics that they continue to circulate. Even though many people may feel as though they’re making an impact by sharing this information, they most likely are not. The performativity of sharing infographics online makes them feel good about themselves because they feel as if they are helping others without putting in any extra effort. This is a problem as it discourages from real action or the time to educate oneself because many think they already have, simply by posting.

Contrastingly, the counter idea that “some information is better than none” creates a dangerous mindset that it is acceptable to do the bare minimum, and discourages people from doing research outside of what they are fed via social media. The idea of creating a compromise between a speedy dispersal of knowledge and accuracy fails to create productive conversations for the movements at the core of posted information and their supposed intention of advocacy.

In order to prevent the spread of biased and false information, social media websites need to better regulate what can be posted on their platforms. But ultimately it comes down to an individual’s consciousness. Instead of sharing information one isn’t passionate about and trying to educate others before themselves, internet users need to put in the effort to understand issues beyond aesthetic infographics in order to dismantle performative activism.

FEATURE



Horror movies mirror societal fears

STORY SAM GROTENSTEIN
ILLUSTRATION TERRY SONG

Cold War era horror flick *Invasion of The Body Snatchers* depicts aliens taking the form of humans, while also stealing their free thought and individualism. The film telegraphs a message nearly identical to the communist propaganda of the time, framing communism as an oppressive ideology set out to destroy individual liberties. However, *Invasion* isn't just a disorienting alien invasion for the "Red Scare" new age. It cunningly manipulates the concept of the alien in response to anti-Soviet sentiments of the time. Of course, the idea of a communist alien invasion is irrational at best, but horror, especially early horror, seems to thrive in this gray space between real threat and imagined paranoia.

Traditionally, horror movies have been used as mouthpieces for conservative voices preying on moments of cultural vulnerability during or following a traumatic event like the Cold War (a la *Invasion of The Body Snatchers*). However, as independent cinema gained momentum, the purpose of horror movies experienced a dramatic shift. Horror movies became less about echoing fear and conservative values and more about commenting on them. The very voices that conservative horror movies warned against started making movies that not only defied conservative values, but ridiculed the desperate clinging to those values.

The Cold War was such effective horror movie fodder because that tense period in American history was where vague and distant political threats and visceral, personally threatening fears converged. Individual Americans felt the looming threat of nuclear war, but they also felt that their everyday way of life was in danger, so they got very serious about guarding their "American values." This brought about a resurgence of the white picket fence, so to speak. Concepts like the nuclear family and social conservatism were renewed with a vigor, affecting almost every iconic slasher from the era. *Halloween*, *Nightmare on Elm Street*, and *Friday the 13th* all featured teens getting slaughtered for reasons ranging from sexual promiscuity to being a minority.

These films portrayed violence towards those who violated conservative social norms as almost cathartic.

This sense of catharsis became rooted in genre tropes like "the black guy who dies first" and "the final girl" have been referenced and parodied in everything from the *Scary Movie* franchise to *The Simpsons*.

The independent horror scene of the 70s and 80s produced boundary pushing films like *The Rocky Horror Picture Show*, whose willingness to depict non-conventional gender roles surpasses most movies made today and *They Live*, arguably the most biting critique of conservative culture and American capitalism that has ever been made.

One of the clearest examples of horror's move from echo to commentary is *Videodrome*, a movie about a hallucinogenic porn addiction. It was made in the '80s, which is when the porn industry saw a massive boom and could have easily been an anti-porn parable, but instead of condemning porn as evil or finding some way to associate it with the occult, *Videodrome* used horror to playfully satirize the very possibility of an anti-porn parable.

This trend was flipped on its head in the 90's and early 2000's, as corporate culture embraced a counter-cultural aesthetic. Even the most independent, low budget, and guerilla film efforts of the era weren't immune to being adopted by massive studios who hastily patched together franchises and marketable plushies from just about any movie they could get their hands on. While films like *Scream* and *The Blair Witch Project* may have seen universal acclaim for their bending of genre conventions, far less praise is awarded to sequels like *The Blair Witch Two: Book of Shadows* or the *Scream* series.

It is because of this that the most biting social commentary of films like the original *Scream* and (to a far lesser extent) the *Scary Movie* franchise focus on the meta commentary of critiquing other horror films rather than addressing social issues of the time.

Looking forward, it's possible that the future of not just horror cinema, but cinema as a whole will change. That said, horror will remain a powerful cinematic tool for commenting on social climates and cultural apprehensions. Wherever we are, the genre will have something to say about it.

Kim's Convenience

KIMBERLY HSUEH



Discovering identity

It took 15 years to finally feel Taiwanese. As a L.A. born Taiwanese-American, I struggled with boredom at Chinese school and only visited Taiwan once every one or two years. To me, being an American meant that I didn't have to embrace my Taiwanese identity, as English was the only language that mattered in American culture.

Mandarin is a complex language; a change in the five different tones of the language can drastically prompt a character's transformation into another, from a verb or noun to an adjective or adverb. I always muddled my attempts to speak Mandarin while visiting family in Taiwan: I thought I told them I wanted to ride a motorcycle, or "mó tūo chē." What I actually said was "rub a watchman's rattle car."

From then, my usage of Mandarin slowly diminished as the confidence in my sentences, grammatical structures, and tones crumbled away. As I grew older, I realized the consequences of my lack of effort and I felt motionless as the rest of my family was busy at work.

Being Taiwanese immigrants, my parents came to the United States to turn my father's education into a chiropractic clinic. They brought little more than their hands, and the wear of the years had left them rough and scraped.

My mother's hands were dry from bleach and burnt from cooking oils; she learned how to cook Taiwanese cuisine from thrifted recipe books and prepared us meals even after she'd spent the day cleaning the clinic. My father's hands were steady and confident, though at night they shook with exhaustion.

In order to maintain the business, my sister and I hustled about the office, registering and collecting payments from our patients, many of whom were Mandarin speakers. However, mistaking one word for another, I was clumsy and unable to translate Chinese to English. I was eventually demoted to the sink, where I scrubbed the chiropractic instruments.

I wanted to be better than I had been. Instead of hiding behind a wall of fears, insecurities, and doubts, I needed to find my voice in order to resolve the discord between American and Taiwanese culture. I would have to push beyond my limits; so I joined various Taiwanese-American organizations to build my knowledge of Taiwan's history, culture, and language.

Taiwan's national flower is a plum blossom, and sometimes, I feel like a maturing plum blossom myself. I no longer have to hide behind white petals; I am a colorful mix of Taiwanese and American, and I have risen to set my own expectations and standards for myself. My parents thought that the best they could offer me was education in America, but the greatest thing they gave was themselves.

Adolescence is a time of self-discovery and reflection, and high school isn't too late a place to start. Instead of viewing cultural differences, language barriers, or generational gaps as insurmountable obstacles standing in the way of connecting with your identity, reframe them as learning opportunities.

TRUMP'S TWEETS OF WISDOM Terry Song

"Sorry losers and haters, but my I.Q. is one of the highest -and you all know it! Please don't feel so stupid or insecure, it's not your fault!"

"Despite the constant negative press covfefe"

"The Miss Universe Pageant will be broadcast live from MOSCOW, RUSSIA on November 9th. A big deal that will bring our countries together!"

"STOP THE COUNT!"
lil ol' moi?

The unexpected feminism of *The Queen’s Gambit*



STORY KATIE HOHMAN
ILLUSTRATION TERRY SONG

The *Queen’s Gambit* is an exhilarating new seven-part miniseries from Netflix. The drama is an adaptation of Walter Tevis’s popular 1983 fiction novel of the same name and follows orphan Beth Harmon (Anya Taylor-Joy) as she attempts to become the world’s greatest chess player. Set in the mid-1950s to late-1960s, the series observes both Harmon’s transition into adulthood and her advancement in the world of chess.

Thomas Brodie-Sangster plays the prodigious Benny Watts, a fictional chess master that befriends Harmon. Taylor-Joy’s effortless chemistry with Brodie-Sangster adds hints of comedy and romance to the show, dynamically balancing thematically-heavy material with warmer human relationships.

The unexpectedly gripping plot bends genres in an exciting way. A mix of drama, comedy, and romance, the series tackles everything from the viciously cutthroat nature of the chess world to the dangers of addiction.

Gambit is a tale of drug abuse in the ‘60s, tense Cold War relations, and the expanding role of women in chess. The show’s decision to emphasize Harmon’s personal growth and poignant journey into her own femininity also touches on the struggles that many women have to endure in order to be respected in male-dominated fields like chess.

While chess may seem like an unusual subject to center a show around, the team behind *Gambit* succeeded in bringing a wildly confusing and famously dry game to life with suspense and drama.

The miniseries invites everyone to learn more about the game and experience just how intense each match can be. Through Beth’s touching and vivid character development, viewers discover the enormous dedication, studying, and hard work that goes into being a professional chess player.

The series’ soundtrack blends a charming ‘60s time capsule, featuring artists like Quincy Jones and The Monkees, with an intense original score composed by Carlos Rafael Rivera. The unique fusion draws the viewer into the wild world of *Gambit*, capturing both the folky, psychedelic zeitgeist and the high stakes of a well-played chess match.

Cinematographer Steven Meizler’s unique camera movements, close-up shots and dramatic lighting are a storytelling device in their own right, breathing intensity and emotion into each episode. As Beth finds herself becoming more and more dependent on drugs, her descent into addiction is reflected through heavier shadows and a muted color palette.

The Queen’s Gambit is, if nothing else, the tale of one woman trying to make it in a man’s world. The series balances political undertones with drama and realism in a way that remains true to *Gambit*’s spirit as a period piece. While not outwardly feminist, the show sheds light on how difficult it was for women to reconcile being competitive in a society that demanded complacency.

Charlotte Dekle on the unifying power of musical theatre

STORY GEORGIA PARSONS
PHOTO SOPHIE YEUNG

SPHS freshman Charlotte Dekle keeps a binder of playbills — some she’s seen countless times, and others she has yet to see. For Dekle, musical theater encompasses every aspect of her life. Her diverse experiences in both the Upstage theater program and SPMS productions have allowed her to bring a unique voice and skillset to ASB, one that is determined to unify her peers.

For Dekle, musical theater is not just a hobby, but a family tradition. Her first exposure to the world of musical theater was her mother who, like Charlotte, is also a self-proclaimed “theater nerd.”

Dekle associates some of her favorite childhood memories with the musical *Rent*, which she watched on DVD with her mother, who quizzed her on characters throughout.

“*Rent* was the first show I ever saw, [even though] it was a terrible show for a five-year-old to see. My mother used to turn down the volume when I was younger, but when I reached [a certain age] it was on full blast. She used to ask [my brother and I] ‘is it this character or this character?’ ”

From there, musical theater took on a larger role in Dekle’s life. She joined the Upstage Theater Program as a child, and has participated in both of SPMS’ productions. Dekle loves the performance aspect of productions, however the connections she was able to make in the SPMS drama program hold a meaningful place in her heart, even many years later.

“There’s the same cast of people [in the SPMS theatre department] all three years. I came in sixth grade, when there was basically a whole new drama department. In that first year, we all bonded. It’s really fun when you have the same tight-knit group of people who all love the same thing. Basically every [cliche] about theater kids you’ve seen is true.”

One of the most meaningful aspects of putting on a production is the relationships built off-stage. The countless hours of rehearsal and performing as a group have the power to bring even the shyest individual out of their shell. Dekle has witnessed this firsthand, which is one of the many reasons she is so enthusiastic about musical theater.



THE PRECOCIOUS FRESHMAN is a powerful force of unity on-stage, behind the scenes, and as her class’ president.

She also recognizes the aversion some people have towards the art. It can be over-the-top at times, however, Dekle firmly believes that everyone can fall in love with some aspect of musical theater.

“Theater is very community-focused. It’s very universal, especially the music aspect of it. Everyone likes music; not everyone likes musical theater, but everyone can relate to music. I’ve never met anyone that hated all types of music, so it’s kind of like that. If you know someone else who likes theater, it’s an immediate connection. Maybe you guys have nothing else in common, but at least you both like that one thing.”

Because of her experience in musical theater, Dekle is able to bring a unique voice to ASB. Her knowledge in teamwork and leadership as a part of Upstage and the SPMS drama department has given her an advantage as her position as freshman class president.

This year, she hopes to bring more people together despite the less-than-desirable circumstances.

Dekle also loves examining and analyzing the writing of her favorite plays, especially Shakespeare plays. She first fell in love with his work after playing Lady Macbeth in an Upstage production of *Macbeth*.

She wishes more people would look past the archaic language and appreciate the relatability of the content. In one of Dekle’s favorite Shakespeare plays, *Hamlet*, the protagonist is relatively discontent with social norms and the state of his family. All too often, young people carry the weight of the world on their shoulders, which, especially in *Hamlet*’s case, can lead to deep melancholy.

“[Shakespeare] is definitely a very niche interest. The main barrier between modern times and Shakespeare is, sadly, the language itself. If you can get a performer that gets you to understand the language, it is fantastic.”

Whether Dekle is coordinating a socially-distanced bonding event for ASB, or rewatching her favorite musicals on DVD, she is passionate about bringing the unifying power of musical theater to her peers.

TAAGLAA: Drive-in movies

TIGER’S AWESOME ADVENTURES IN THE GREATER LOS ANGELES AREA



STORY KATHARINE FLORENCE
PHOTOS ELLA JAYASKERA &
OSCAR WALSH

Years of neglect towards drive-ins in favor of the modern, indoor, air-conditioned cinemas have taken out a large chunk of drive-in businesses. However, as the coronavirus pandemic forces the closure of traditional movie theaters and other forms of in-person entertainment, interest in these somewhat forgotten attractions has surged. Especially with entrepreneurs trying to meet that demand, pop-up theatres and unconventional experiences are becoming increasingly common in L.A. County.

The first location, dubbed the Vineland drive-in, lies in the City of Industry. Serving the surrounding community since its opening in 1955, it provides the most traditional viewing experience akin to a movie theatre. Instead of repeating classic drive-in movies, Vineland screens newly released movies like the new *Borat* and *Bill & Ted* movies.

Guests have their pick between several movies, as the drive-in houses four viewing screens. Vineland is truly

laid-back and minimalist, as far as drive-ins go, with a typical concessions stand, an empty parking lot, and a screen to project the movies onto. Because the energy is so relaxed and it’s rarely crowded, visitors are able to watch from a trunk or hatchback with no problems. The entrance price is \$10 per adult, \$4 for five to eight year-olds, and and free for children under five, making Vineland the cheapest option. It’s not an awful experience in the slightest, but you get what you pay for, which is the movie, and that’s about it.

Hosting pricier, but still unpretentious drive-ins, the Los Angeles Arts Society has set up shop at the Gardena Cinema in the South Bay. The organization screens cinema staples like *E.T.* and *Ferris Bueller’s Day Off*, as well as popular cult classics such as *Donnie Darko* and *American Psycho*. Their stack stand provides typical movie theatre concessions, such as popcorn, soda, and candy.

To enter, viewers must pay a one time \$30 per vehicle entrance price; however, the price is subject to increase to as much as \$50 as the date of the event grows closer. The Garden Cinema is pet-friendly, although, if attending a popular event, the lot becomes cramped and viewers are somewhat confined to their car.

Drive-ins are a classic throwback and can certainly be enjoyed simply by those standards; however, they’ve become an unexpected and unique solution to the current limits on physical interaction. Those in search of more of an experience or a night-out should consider attending the Streetfood Cinema and take advantage of their favors and food trucks.

For those just itching to relieve their cabin fever and see a film in a setting similar to that of a traditional movie theater Vineland is a great and cheap option. L.A. Arts society is a good compromise, offering out of the box extras in a relatively laid-back environment.



THE L.A. CINEMA SCENE involves an unexpectedly large drive-in theater presence. Options range from ultra-casual to inventive foodie experiences.

ELECTION 2020

With the pandemic, fight for anti-racism, and distance learning, the divisive election sent South Pas into the final stretch of the year.

PHOTOS
KATELYN HERNANDEZ,
ELLA JAYASEKERA,
& OSCAR WALSH



Native American Heritage Month: Recognizing the Tongva

STORY SOFIA ALVA, ADAM KWOH,
QUINN MANZO, & LUYANG ZHANG
PAGE TALULLA CHOW & MADDIE YOO
ILLUSTRATIONS TERRY SONG
GRAPHIC CHARLOTTE COHEN

Native American Heritage Month is celebrated throughout November to acknowledge the contributions, culture, and history of Native American people. Tiger interviewed two members of the local San Gabriel Valley Tongva tribe to better understand what they want from non-Native American people: recognition, education, and respect.



Origins and culture of the Tongva people

The Tongva people first settled in the Los Angeles, east of the Los Angeles basin to near San Bernardino, Santa Catalina, San Nicolás, and San Clemente Islands.

Gabrielino-Tongva people are of the Uto-Aztecan language group. They are not one isolated tribe, but a community of groups that uphold Tongva cultural heritage and traditions. The different groups identify with various names, such as Gabrielino-Tongva, Tongva, Gabrielino, or Kizh. The word “kizh” is derived from the often dome-shaped homes they lived in.

Chingichnish is the original religion of the Tongva people, named after the deity the religion surrounds. Both men and women could be shamans, and were viewed as the healers of their communities. Nature is heavily integrated in the Chingichnish religion; shamans were believed to shift between human and animal forms, and it was forbidden to kill porpoises and owls. There are no evil spirits or equivalents of hell and the devil, the concepts of which were first introduced during the assimilation of the California missions.

There are many Gabrieliño legends that describe how nature came to be. An example is the story of the Great Spirit lining up a turtle and its six brothers and building land on their backs. The turtles began to argue and swam in opposite directions, creating earthquakes.

They follow Mother Nature's ten rules to live by (see below), which detail a strict appreciation of the earth and its living things, as well as an unrelenting work ethic.

Tongva tribes were forcibly assimilated into the Mission San Gabriel Arcángel and the Mission San Fernando Rey España. It was there that the group was renamed Gabrieliños after the San Gabriel mission.

**Mother Nature's
10 Rules**

1. Everything is sacred - All things are alive
2. Respect your elders - Listen and learn
3. What you do will always come back to you - Good or bad
4. Always give before you take
5. Only for survival would we take an animal's life
6. The earth is our Mother - Don't harm her
7. Remember who you are and your ancestors
8. Always be truthful - Don't Lie
9. Respect others and their property
10. Be a hard worker - Don't be lazy



Descendants of Tongva people keeping culture alive

Several groups are currently representing the Tongva peoples. This includes the Tongva Band of Mission Indians of San Gabriel, the Tongva (Gabrielino) Indians of California, and the Gabrielino Band of Southern California Indians.

The Tongva nation is only state-recognized, and has the right to self-govern. To be federally recognized by the United States Department of Interior is to have an acknowledged government-to-government relation with the United States, which provides access to certain benefits from the Bureau of Indian Affairs. If the Tongva gained recognition, their people would be eligible to receive much-needed support from federal assistance programs, namely the Temporary Assistance for Needy Families, the Supplemental Security Income, and the Low Income Home Energy Assistance Program.

Information from the California State Legislature states that the Gabrielino-Tongva are among 50 well-documented tribes that are not federally recognized, and they are one of the two state-recognized tribes of the 50.

“Part [of the reason] is due to [the fact that] we don't have fluent speakers of our language. Our language has not been in everyday use since the 1940s,” Quinn Balsz, a Tongva descendant, said. “We have linguists deciphering the language and they're starting to have classes where you can go and learn.”

Possibly the most distressing result of the missions was that many Tongva were forced to leave their beloved culture and religions behind after being absorbed into the Mission San Gabriel Arcángel and Mission San Fernando Rey España. Even now, descendants of Native

Americans are struggling to stay close to the heritage and culture that was taken from them.

Singer-songwriter and poet Kelly Caballero has used her art as a way to voice the numerous struggles of her Tongva identity, including the burden of seeing a land that once belonged to her ancestors being destroyed by an urban landscape.

“Just imagine L.A. without [the city part of] L.A. and how beautiful of a paradise this would be. That image is like what just gets me excited because that's what I want, that's what I crave as an Indigenous person is like peeling [the urban cityscape] off like a bandaid,” Caballero said. “Sadly I don't [see L.A. returning to its original land]... I only see it getting even worse because of global crises, climate change, and political unrest. I don't see the shift that we keep hoping and praying for happening. I see it spiraling.”

Raising awareness to save the Valleys

Members of the Tongva Band of Mission Indians of San Gabriel continue to keep the history of the Tongva Indians alive by passing on traditions to their children, educating communities about the Tongva nation's existence and history, and dismantling the racist misconceptions and stereotypes surrounding their culture.

“[Students learn about the] Lakota because they're a bigger tribe,” Balsz said. “But [schools] don't focus on South Pasadena being on Tongva land. They need to kind of personalize [education about Native Americans] to each area instead of generalizing it to natives that aren't even from that area.”

Caballero's work as an artist and educator has helped raise awareness about the Tongva people: in the past, she has organized workshops and seminars, including one for SPMS English teacher Stephanie Jenkins' class. Though Caballero believes learning about the people who originally lived in one's own region is one of the most critical steps to supporting Indigenous people, there are many other ways non-native people can help.

“We have to come from all avenues to create a better world. So if that means somebody plants a California

Native Garden or a campus or a business takes all the invasive plants out in front of California native plants, we're healing the landscape and bringing back the animals and the critters that live here. That's one small way that individuals, companies, and organizations can make a difference,” Caballero said.

Though the Tongva nation still faces a long uphill battle to recognition, many individuals of Tongva descent hope that their continued efforts will cause more people to truly acknowledge the presence of their people.

“We are still here. We are still fighting to take care of the land,” Balsz said. “The one thing is that we are still the original custodians of the land and we're still fighting for the balance of all life: from the plants to the animals to the birds to the people.”

Extended Resources: More in-depth history, research, and information
www.gabrielinotribe.org/
www.tongvapeople.org/
www.latimes.com/projects/la-me-tongva-map/
www.gabrielenotongva.org/



The dangerous effects of insufficient education

From common words to foods to childhood games, America has adopted Indigenous culture as their own without the proper recognition of where it originated from. Most Americans know nearly nothing about the Native Americans that came before the European colonization and even less about the marginalized reality they live in today.

“One of the biggest things [we] lost was our creation story [the Tongva's oral narrative of the world's beginning],” Balsz said. “The main one is recorded through the San Gabriel Mission from a [Catholic] father. So it was [recorded] the way he saw it and not the way that it was... he didn't understand our way, our way of thinking, and our beliefs.”

This whitewashed version of history dictates the way their culture is taught in school. In the state's K-12 social science standards, only six of 104 sections focus on Native American “Indians,” the word the Board of Education uses for Indigenous people; none are required at the high school level. This inadequate curriculum reduces rich Indigenous culture and a history of oppression to something secondary to the more extensive lessons about European colonizers, which contributes to a widespread ignorance that has allowed racist beliefs about Native Americans to persist.

“There is a huge stereotype that all Indians are drunks, and that is not the case. And some people think that we all own casinos or all [Native Americans] know what your dreams mean. I can't tell you how many times people have come to me and went like, ‘I had this dream and I don't know what it means.’ And I'll be like, ‘I have no idea,’” Balsz said.

These stereotypes also remain prolific in the form of Halloween costumes, cartoons, and the mascots of sports teams like the Cleveland Indians and the Washington Redskins, whose inaccurate portrayals of Native Americans only further the influence of harmful misconceptions.

“I see [using redface and dressing up like Native Americans] as complete disrespect. We don't wear costumes. That's our regalia,” Baslz said. “We're not mascots. If [people] really wanted to honor us, they would recognize us as human beings and people.”

Growing calls for reform have prompted efforts to make amends for the racism against Native Americans: Sports team names and mascots have been changed as recently as July 2020, and Congress has passed eight laws protecting Native American rights since 2019, but the fight for education and awareness continues.

SPORTS

Public school P.E. curriculum needs to be reformed

STORY GEORGIA PARSONS
ILLUSTRATION DAVID SOHN

Since the popularization of teen movies in the 1980s, awkward physical education classes have been a distinctive characteristic of high school culture in mainstream media. Although P.E. exercises have changed since the 80's, the current class curriculum still allows many opportunities for anxiety or embarrassment which can prevent students from truly enjoying exercise.

The SPHS physical education curriculum in particular puts an emphasis on group activities and workouts such as chicken run or swimming rather than individualized exercise. Pre-coronavirus, SPHS physical education classes offered little opportunity for students to explore fitness on an individual level. Typical classes consisted of group stretches followed by a group sport. Due to the extensive amount of group activity work and the competitive nature of the class, exercise is not as enjoyable

as it could be. Each person moves at a different pace when it comes to physical activity, so it's counterproductive to throw a group of athletically-diverse students into the same class and expect them to perform at the same level.

The 2020 fall semester's online physical education program succeeds in the sense that individual exploration of physical fitness is a major feature of the class. Students participate in guided stretches and core workouts on camera for the first half of the period and are then able to complete at least 20 minutes of individual exercise of choice on their own. Incorporating more individual-based curriculum when students return back to on-campus classes could help to alleviate anxiety surrounding exercise.

Class exercises are intended to prepare students for the Physical Fitness Test, which influences whether or not a student is able to pass the class. The already competitive nature of P.E. classes combined with a singular test that

determines one's success in the class can be extremely anxiety-inducing, therefore inhibiting the student from showcasing the full capacity of their athletic ability.

The test is comprised of two portions: body composition and aerobic capacity. In the body composition portion, students are weighed in front of their peers in order to calculate the individual's Body Mass Index, or BMI. The process of being weighed in front of peers inevitably leads to comparison, which is harmful. This is extremely concerning, especially for teenagers, during an age where eating disorders are common. Moreover, the BMI is not an accurate indicator of wellness because it does not take into account muscle mass, bone density, body composition, or genetic and sexual differences. The body composition aspect of the test is completely outdated and should be removed.

Additionally, the physical fitness test allows students to fail only one component of the test in order to pass. This puts more pressure on the student which could ultimately make them perform worse. For example, a student could be unable to touch their arms together behind their back and fail that portion of the test. Even if an individual is in good physical condition, there is a high probability that they could fail because of tests that do not account for the individuality of physical fitness.

In the aerobic capacity test, students are required to complete a mile under a certain amount of time depending on age, sex and weight, along with other core and flexibility exercises. Although the ability to run a mile and complete certain exercises is a good indicator of overall athletic ability, the way in which this test is administered prevents students that are otherwise fit from displaying their abilities because of the anxiety the test has potential to cause. Students should be allowed to take the test in smaller groups, which would make the test environment much less threatening.

The outdated physical education curriculum needs to be changed. The class should be more multi-faceted and holistic, not only focusing on group exercise, but individual development and education about leading a healthy lifestyle. Students spend so much time doing exercises without learning why they are actually important. P.E. teachers should educate students about the importance of exercise in daily life and how to lead a well-rounded, healthy lifestyle in terms of nutrition, mental health, and exercise. Moreover, the physical part of the class itself should be less structured and more individually-driven so that students can discover what kind of physical activity they prefer.



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High school athletes lack female coaches

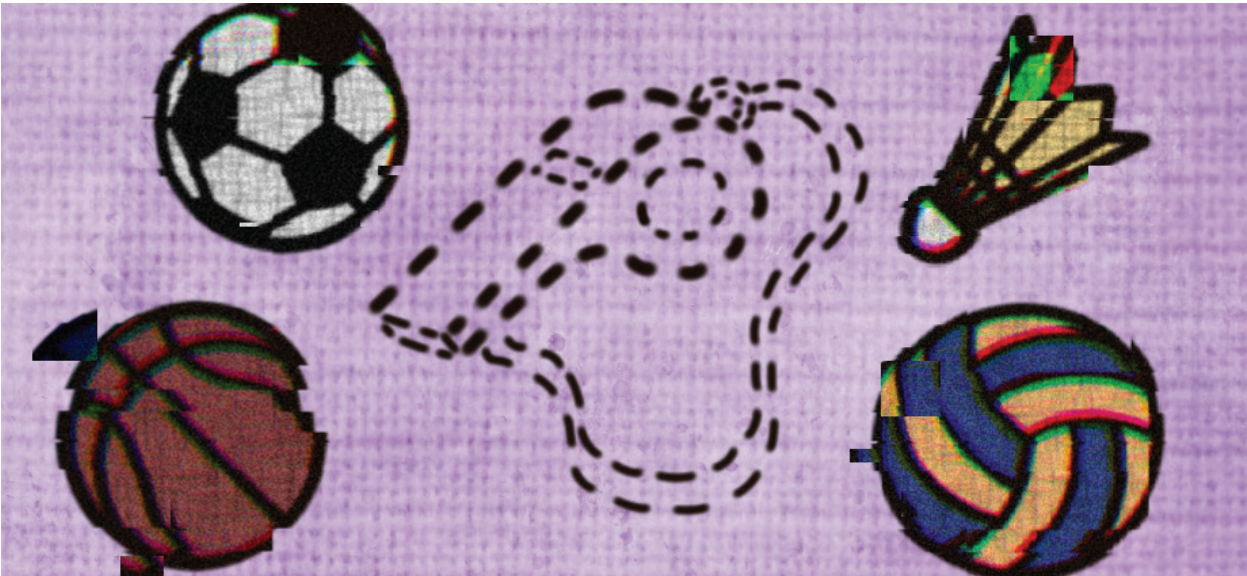
STORY LILIAN ZHU
ILLUSTRATION DAVID SOHN

Without a female coach, it can be difficult for female athletes to find proper support specific to girls’ health issues. Recognizing that female athletes have different health issues from their male counterparts is the first step in understanding why having a female coach is important for girls. Almost all of the head coaches at SPHS are male. Consequently, female athletes are treated with the build of a male athlete and lack the proper attention needed to keep their bodies physically fit and keep their minds healthy.

Only three out of the 12 girls sports teams at SPHS have a female head coach. Currently, water polo, cross country, track, and badminton all share the same male coach for both the girls and boys teams. The girls basketball and softball teams have separate coaches from the boys team, but are still male. At this time, girls golf, and soccer do not even have a coach.

Playing under intense pressure, these female athletes focus intensely on their weight and, according to research, are more prone to develop eating disorders and disordered eating, like fasting, skipping meals and extreme dieting. Additionally, girls face many sports-related health issues including iron deficiencies and conditions like amenorrhea, where they can lose their menstrual periods due to high energy performance, low body fat, and stress. These conditions can result in poor bone density, increasing risk of injuries and are extremely detrimental to athletic performance.

Oftentimes male coaches of female teams don’t realize or fail to address these specific health issues that don’t present themselves as regularly with male athletes. In high-intensity sports such as soccer, basketball, and cross country, where athletes are forced to exert high levels of energy, a lack of knowledge or resources to maintain health can be detrimental to the athlete’s wellbeing.



This isn’t to say that girls cannot be as athletic as boys, but an acknowledgement and awareness of issues like amenorrhea, increased injury risk, and eating disorders can easily be overlooked by male coaches. Yearly concussion meetings are mandatory, yet girls are not provided specific information regarding the prevention of female specific health issues.

The best way to meet these needs is by hiring female trainers and coaches to educate girls on how to stay healthy and take care of their bodies. Despite hiring a male health trainer, girls may find it hard to talk about health issues that are more prevalent to girls because they feel male coaches won’t be understanding or might be embarrassed.

“Male coaches just don’t understand, especially in high intensity sports, the effects that over-training has on female athletes both mentally and physically,” an anonymous student said. “The constant pressure can easily lead to eating disorders or amenorrhea and

without a female coach there’s nobody to tell you that in reality that isn’t healthy.”

Four-year cross country runner, senior Lindsay Michels, expressed her concern that male coaches are less aware of womens health needs.

“There have been many cases in professional running in which coaches have forced women to starve or overwork themselves,” Michels said. “Although this extends beyond just male coaches being unaware of women’s health needs and into plain abuse, it is not a coach’s job to judge what a woman’s body is capable of or what it needs to function at its best. That’s up to the athlete.”

Without specialized health support for female athletes, many find themselves in vulnerable or dangerous health conditions and don’t get the attention to be physically healthy. Girls will begin to normalize these health issues and grow to accept them, harming their health in the future without learning how to take care of their bodies.

SPHS’ sports fans reveal their traditions and gameday rituals

STORY HAELEE KIM PAGE DESIGN ELLIE CAMPBELL GRAPHICS TERRY SONG

The current social distancing mandates have prevented many sports fans from attending their favorite games, but the fervor and love for their teams are well sustained in front of the television screen. They are also now more appreciative of the little traditions and fan rituals that have created a bit of lighthearted fun amidst difficult times.

Wilson’s lucky jersey

Avid football fan and senior Nathaniel Wang likes to create a boisterous environment with his dad for a fun viewing experience, but he also has a necessary ritual.

“Before watching each game, I always make sure that I’m wearing my Seattle Seahawks jersey shirt, which I cannot ever wear unless the Hawks are playing that day,” Wang said.

The Seahawks are particularly special for Wang as he finds many role models on the team roster, particularly quarterback Russell Wilson.



The universal piece of gum

Senior baseball player, Michael Lee, is also a fan of the Dodgers, in addition to the Los Angeles Lakers and Dallas Cowboys. Coming from a busy sports family, Lee is just as active on the field with baseball as in front of the TV, but there are some must-have traditions across both.

“When we watch our favorite sports teams, we make sure that we chew some sort of gum for good luck,” Lee said.

For Lee, this year has also been made special due to the successes of the L.A. Lakers and Dodgers.

“I feel great since I grew up loving the Los Angeles teams and it feels good now that the city has something to cheer about,” Lee said. “Sports overall is just something to entertain ourselves while in the pandemic — it gives the people watching a chance to escape reality for a bit.”



Father-daughter bonding

Senior Maya Tanaka and her father have also bonded over Los Angeles’ sports performance this year, but for a more retrospective reason. Their favorite L.A. teams, the Lakers and the Dodgers, had won championship titles when both her father and her were seniors in high school.

But per usual, the father-daughter duo ensures to seclude themselves away from the rest of the family during important matches and games.

“Baseball, basketball, and even hockey are one of the special things that connect us,” Tanaka said. “We don’t even have to be talking to each other during a game, but we both have that anxious gene that forces us to bounce our knee or crack out knuckles with our eyes glued to the TV screen.”



Untouchable shrine

For senior Los Angeles Dodgers fan Dusty Fox, the successful World Series run of the team has vitalized and provided respite from her stressful workload at school. To add a little bit of levity in the midst of tense matches, her family has a ritual at the start of every baseball postseason.

“We put all the autographs, bobble heads, and baseball cards on the TV stand, like a little shrine,” Fox said. “I don’t dare touch it until after [the season’s] done because I feel like it’s bad luck.”



Blue fever

AP Government teacher Maryann. Nielsen is renowned for her enthusiasm for the Dodgers, both in and out of the classroom. Collectively amongst her family members, however, the sports zeal is reflected and even more pronounced.

“We have season tickets, so we normally get to the stadium early, get our food and drinks, and hurry to our seats to watch all of the pre-game activities. My younger daughter likes to keep score in an old fashioned score book — pencil and paper!” Nielsen said. “We all wear Dodger



gear, cheer hard, wave to the players, try to catch balls, and sing ‘I Love L.A.’ as loud as we can at the end of every victory.”

Her family is well acquainted with the stadium to a point where they find familiar faces with the ushers and security personnel. They have to make do at home in this current era, but diminishing their love for the team is an impossible endeavor.

“We just cheer hard while watching the game on TV together. We made hot dogs during one of the World Series games, but they were not as good as Dodger dogs!” Nielsen said.

Students share views on the return of athletics



SPORTS PRACTICES HAVE RETURNED AT SPHS *following strict health guidelines put in place to ensure the safety of students and staff.*

STORY ZOE SCHLAAK
PHOTO SARAH LEE

SPHS Athletic Department began its season one in-person training on Monday, Nov. 2, adhering to strict protocols. Season one consists of football, girls and boys volleyball, girls and boys water polo, and cross country, launched training pods consisting of no more than 12 people in an outdoor, socially-distanced setting regulated by daily health screenings.

Boys water polo is currently practicing two days a week at the school with no-contact training and only conditioning practices. Senior Aidan Chang communicated that the practices, however limited compared to past seasons, have helped to improve his well-being.

“Practice has been fun but it’s also rough not being in the water for like six months and not doing too much exercise,” Chang said. “I was really excited to start hopping on the grind for polo because it’s good for my physical and

mental health, and also I get to be there with some of my boys. Our coaches have been trying their best for us to try to stay safe. I also think [these modified practices] could be more beneficial because I tend to feel better about life and myself in general after a good practice. It’s been far more beneficial than harmful. Hopefully, it stays like this for as long as possible.”

Girls water polo is following similar protocols and are able to practice in a more normal setting due to their accessibility to pool facilities.

“We started practices last week and they have been going really well,” senior Emma Kucera stated. “We have our COVID-19 guidelines that we follow before going into practice and since we are in the pool we are able to do almost all of our normal training. We are all happy to be back and getting ready for a potential season!”

Indoor sports are currently practicing completely outside until phase one of reopening is completed and teams are

cleared to continue practices indoors. Varsity outside hitter Alyssa Sokolow expressed how excited she is to be back at volleyball practice no matter the circumstances.

“Practices have been great,” Sokolow said. “Being there with my team to support me when an exercise gets hard helps a lot to push through. Having more practices like these will be more helpful and will get us in shape for this coming season.”

Dustin Huang, a varsity boys volleyball senior, is confident in his team’s success this season.

“Phase one restricts us to outdoor conditioning on the field in small pods,” Huang said. “It’s been great to see many of the guys back together again where we hope to compete for another league title this season. I think practices are more beneficial than harmful to our team to start getting back in shape and building team chemistry.”

Cross country has been practicing offseason for a majority of the summer in similar speed pods. Their pods are expected to stay relatively the same except for new members of the team.

“Having the other grades and new members makes practice a lot more fun and it feels like a team again where we can support each other,” junior Gabriella Rodriguez said. “We are separated into pods at practice, so the interaction right now between [grades] is a little limited, unfortunately, but it is always great having new people join cross country and get to know them as the season continues. Beginning official practice is always exciting and I think even though there are more social restrictions, it still feels close enough to a normal cross country season.”

Football continues to practice on the field in a socially distanced setting.

“[Practices are] going very good. It’s nice to be able to be with your coaches and teammates and start learning plays again,” varsity junior Noah Leider said. “The pod practices are effective. They separate us by offense and defense so everyone still can run and learn the plays. It’s not that different than normal practice there is just no contact which sucks for football.”

Season one sports teams continue to practice following the guidelines and protocols given and prepare for the possibility of competing this season.

Athletics can be more than competition and pressure

STORY KAHLEN MIAO
ILLUSTRATION ALICIA ZHANG

At a young age, many students have the opportunity to play sports purely for fun through programs such as AYSO, Little League, and the YMCA. These programs provide a fun and friendly space for kids to enjoy exercising outside while interacting with their peers. However, these opportunities disappear as students grow older and enter high school and kids can no longer play sports in a laid-back setting.

This is due to the competitive nature of high school sports. Sports require a lot of after-school dedication that many students cannot afford to give and pressures students to exert more effort for the sake of winning instead of for fun. This can cause students to forget why they enjoyed playing sports in the first place.

“I realized that I wasn’t as passionate about sports as I used to be,” sophomore Abigail Greene said. “I felt embarrassed that I was constantly being judged for my skill and became self conscious about it with so many eyes on me. Overall I just didn’t have the time to commit to a sport so I ended up focusing my time and energy on other things.”

Although there are different levels at which students can participate, such as frosh-soph, junior varsity, and varsity, they are all almost as equally competitive and require just as much time. The lack of SPHS’s recreational teams prevents students from participating in sports for sheer enjoyment and exercise. The expectation that students will play all four years and work their way throughout the various levels discourages students from joining the base level for fun.

Competition also establishes a hierarchy based on skill among the players. For players who enjoy playing sports competitively, it can be a good setting for them. But for students who do not participate in sports for the competition, it can be an unwelcoming and unhealthy environment.

The two options for playing high school sports are to play competitively or to not play at all. However, despite the pressure that students face to compete in sports, students



should know that sports can still be enjoyable without the intense rivalry. Without competition, sports can be a way for students to collect peace of mind, relax, and improve their overall wellbeing.

Many students who want to stay active without the pressure to constantly succeed would benefit from recreational sports. If students want to play a sport but are not competitive, they should not be discouraged from participating in school sports. By implementing intramural sports, SPHS would become a welcoming place for student athletes who seek to play sports for the pure enjoyment of a physical activity and not just to win.

Without the intimidation of competition, recreational sports would encourage students of all athletic abilities to participate. It is important that students have the chance to play sports leisurely in high school so that it sets a strong foundation that presents the importance and enjoyment of exercise.

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