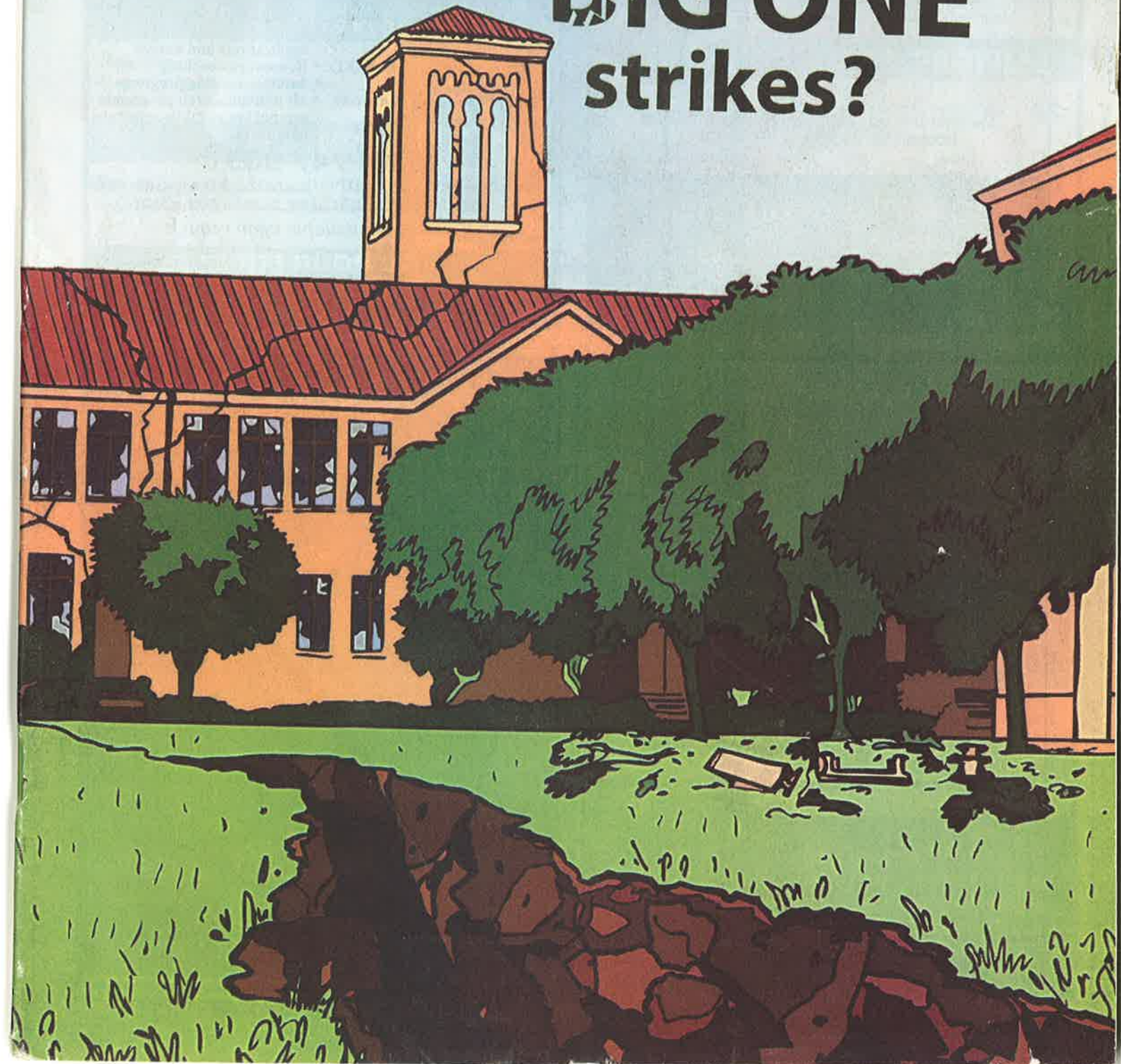


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volume 12 edition 3



LETTERS TO THE EDITORS

Letters received in response to Verde postings on  
The Paly Voice at <http://voice.paly.net/verde>

"Life on the Curb"

One of the best articles I have ever read from a Paly student.  
Keep up the great work.  
— "Paly Student"

"Independent bookstores cater to Palo Altans"

FYI, Books Inc. is also a full-fledged independent bookstore - lo-  
cally owned and family run just with multiple locations.  
— "Hut"

"Coal, Sheep-herding and Scholastic Aid"

Thanks for profiling me in your last issue, but I have an impor-  
tant correction that should have attention brought to it. I run  
my company and app with another Paly student (his name is  
Adrian), but the article was written as if the app was a solo ef-  
fort. I tried to make that clear to the author but it didn't get put  
in the article.

— "Freddy [redacted]"

verde excerpts

"You could see the field buckle and  
warp slightly and the power lines that  
run down Alma were exploding with  
small blue flashes"

Page 40 Steve Foug, Social Studies teacher  
"The Big One"

"All of us boys were all registering  
for the draft. There were a lot of  
discussions about, 'If you get drafted,  
will you go to Canada?'"

Page 26 Ace Allen, Paly class of 1969 graduate  
"A Campus Changed"

"You could be getting a counterfeit  
drug, you could be getting a different  
dosage of the drug, you could be get-  
ting a totally different drug. You may  
think all blue pills have the same thing  
in them; well they don't. It's roulette".

Page 14 Russel Hayman, former executive for the Drug  
Enforcement Administration,  
"Prescription Addiction"

"There is a lot of unhappiness in  
chocolate: there is child slave labor  
and really bad pay for farmers, so we're  
focusing on carrying bars that have a  
really positive impact on the world."

Page 66 Sunita de Turreil, owner of The Chocolate Garage  
"The Chocolate Garage"

"One doesn't worry about pulling up  
pants before running"

Page 48 Kay Van Der burg, Paly's A.P English teacher  
"From Peace Corps to War and Peace"

verde

from the editors

We rarely feel threatened by our environment here in Califor-  
nia, which makes sense. With an absence of tornados, hurricanes,  
and blizzards, there isn't much to be worried about. Well, except for  
one thing, the price for our sunny days and clear skies: earthquakes.

Although these disasters only strike once in a while, they often  
become the topic of conversation.

But how much at risk are we? In fact, how prepared are we?  
With the 2010 Haitian earthquake and the recent earthquake in  
Japan, Verde analyzed what a major earthquake would mean for  
Paly. Check out "When the Big One Strikes" on page 40.

On another note, we decided to reexamine the issue of illegal  
consumption of prescription drugs. In the recent motion picture  
"Limitless," Bradley Cooper stars as a failed writer who discovers  
a miracle drug that enables him to complete all necessary tasks ef-  
ficiently and effectively, as well as temporarily boosting his intel-  
ligence and potential. The film is purely fiction: no such pill actually  
exists.

But take, for instance, Adderall, a drug used to increase focus  
and productivity. Adderall is an example of a host of drugs that are  
prescribed in doctor's offices and pharmacies across the nation, but  
are being abused by teens for an extra step to get ahead or for recre-  
ational use. Staff writer Sarah [redacted] explores this issue and how it  
relates to Paly in "Prescription Addiction" on page 14.

If you're looking for something a little lighter than drugs and  
earthquakes, turn to page 68 for "Rocky Virgins No More," by  
Maytal [redacted] and Gadi [redacted] a look at "The Rocky Horror Pic-  
ture Show," still in theaters 36 years after its release.

As our era as editors come to a close, we want to congratulate  
the new leadership team that will be at the forefront of tomorrow's  
issues. We are happy to announce that Verde's new Editors-in-  
Chief Scott [redacted], Maytal [redacted], and Emily [redacted], and  
our Managing Editors Caroline [redacted] and Allen [redacted], will take  
over as of next issue. They have worked hard, and we know they will  
continue to uphold and further Verde's tradition of excellence.

— Sonali, Camille & Max

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Publication Policy

Verde, a feature magazine published by the students in Palo Alto High  
School's Magazine Journalism class, is an open forum for student ex-  
pression and the discussion of issues of concern to its readership. Verde  
is distributed to its readers and the student body at no cost.

Letters to the Editors

The staff welcomes letters to the editor but reserves the right to edit all  
submissions for length, grammar, potential libel, invasion of privacy and  
obscenity. Send all letters to [verdede-10-11@googlegroups.com](mailto:verdede-10-11@googlegroups.com) or to 50  
Embarcadero Road Palo Alto, CA 94301. All Verde stories are posted on-  
line — and available for commenting — at <http://voice.paly.net/verde>.

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The staff publishes advertisements with signed contracts providing they  
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For more information about advertising with Verde, please contact the  
Verde business managers Emily Efland and Emma Tucher by e-mail at  
[verde.biz.paly@gmail.com](mailto:verde.biz.paly@gmail.com) or call 650-329-3837 for more information.

Printing & Distribution Services

Verde is printed five times a year in October, December, February, April  
and June by Fricke-Parks Press in Fremont, California. The Paly PTSA mails  
Verde to every student's home. All verde work is archived — and available  
for commenting at <http://voice.paly.net/verde>.

## staff verdict

### Teachers should use online resources to greater enhance student understanding

**T**he best teachers keep their students engaged and informed. Yet, even the most dedicated teachers have trouble keeping their students interested in tedious material — and even the most committed students can find immense challenges in demanding classes. It should be the goal of every school, including Palo Alto High School, to enable student learning and expand students' capacity to absorb teachers' instruction.

Verde acknowledges the extra time it takes teachers to fully utilize online resources and applauds these efforts. We even encourage more teachers to take advantage of the Internet as well. Those teachers who don't use InClass or Infinite Campus should learn to adapt them to their class; other teachers should learn to update.

From creating a student wireless network to upgrading its grading system to Infinite Campus, Paly has made numerous efforts to utilize technology and improve the state of education in its classrooms. In particular, some Paly teachers have taken advantage of Infinite Campus and InClass to benefit their students.

Infinite Campus has made it easier for students to check their grades and find their missed assignments. Instead of having no access to grades online or having to check numerous sites, students instead have one resource that is refreshed constantly with all of their grades. Access to grades allows students to monitor their standing in the class throughout the semester and receive instant feedback about grades.

Many teachers have also used InClass to help their students stay on top of the material. For example, in AP Chemistry, all class lectures are uploaded onto InClass. If students are absent or did not have time to write everything down, they can complete their notes at home, at their own individual pace. In providing InClass, Paly allows students to avoid frantic note-taking in

class, where they can instead focus on the teacher.

In AP Psychology, quizzes and tests with answer keys are uploaded onto InClass. This makes studying for finals much more efficient for students as they have instant access to practice questions.

Another website — [paly.net/classnotes](http://paly.net/classnotes) — lets diligent student volunteers upload their notes, with the help of Teresa Calano. Students who are struggling with the material can then use the uploaded notes to better understand it.

### Study materials posted online could cater to students' different learning styles.

Though reading materials online are an excellent resource, students cannot use them as a substitute to a teacher's lecture. Teachers opposed to online resources often argue that students will start disregarding the educator at the front of the classroom and only learn from the computers on their desks.

Online materials, however, give students one more way to learn. A student can read the

textbook, listen to a lecture and then reinforce this information by going over the class notes online. Online resources will enable students with divergent learning styles to learn at their own pace.

In today's day and age, most Paly students are used to streamlined online content. After all, teachers should aspire to become even better than they already are; incorporating the Web into the classroom through InClass, Infinite Campus and other websites will help them do exactly that.

— Unsigned editorials represent the opinion of the Verde staff

# THE LAUNCH

SHORT STUFF

photo by ANABEL

## HOW TO: make chocolate lollipops

With spring in full swing, it's only appropriate to have some flowery lollipops to go with it. Whether you celebrate Passover, Easter or simply enjoy the season, these lollipops will be sure to boost your spirit.

1 Buy flower molds, colorful chocolate disks and lollipop sticks from a craft store, such as Michael's.

2 Melt the chocolates in the microwave until they are soft but not runny.

3 Spoon the melted chocolate into the mold, using different colors however you like. Add lollipop sticks if desired.

4 Refrigerate the chocolates.

5 Take them out and enjoy!



photos and text by CAROLINE

## 5 Questions with math teacher Deanna Chute

Math teacher Deanna Chute teaches Algebra 1, Geometry, and Intro to Advanced Calculus. She continues to be one of the most energetic Palo Alto High School teachers.

photos and text by SCOTT  
thought it would be quick and easy. I don't know what I was thinking using baby oil! It was the 80s! I stayed home and [burned] myself to a crisp and had second degree burns two days before prom. I had to go to the hospital to get treated, but I still went to prom in my perfect dress and my less-than-perfect tan.

### 1. What do you do to stay so energetic during class time?

I don't really have to do anything. It's a natural thing for me. I'm not that awake when I get up, but eventually I get going. I don't really notice it. I just really enjoy doing my job and that helps me out a lot.

### 2. What is in the famed pink coffee cup that you have with you every class? Is it filled with rocket fuel?

Contrary to what you may have heard, it is definitely not rocket fuel. It's never come up before, but it is a medium roast coffee with fat-free vanilla half and half. I used to have to stop at Starbucks and get coffee on my way to work, but now I make it at home. I have it every morning.

### 3. What was your most memorable prom moment from high school in the 80s?

One year in high school, I believed that I needed the perfect tan for the perfect dress for prom. So, I decided to sunbathe while my parents were away. I



### 4. What was your most memorable experience outside of school and college?

It was a totally random thing that I just wanted to do. I took a photography class in Italy. I was in Tuscany for a month doing photography and had a great time. I just wanted to get out and shake up my world.

### 5. Most seniors are looking forward to (or dreading) college acceptances, what things have you learned outside of academia that you could not have learned in college?

I think this whole obsession with college is completely insane. Sometimes it is just important to just go and see the world. Because I'm a teacher, I've had a lot of time to travel. I've learned that it's important to keep your options open and go your own way. Sometimes the best paths are the ones you don't see coming.



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## Earth day activities at Paly

To celebrate Earth Day, Friday April 22, the Paly Environmental Initiative Club is preparing lunchtime activities on the Quad from Tuesday, April 19, to Friday, April 22.

by caroline [redacted]

Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Jewelry sale</li> <li>• Eating contest</li> </ul>	<ul style="list-style-type: none"> <li>• Eco tie dye</li> <li>• Jewelry sale</li> <li>• Eating contest</li> </ul>	<ul style="list-style-type: none"> <li>• Guest speaker (ERC)</li> <li>• Jewelry sale</li> <li>• Eating contest</li> </ul>	<ul style="list-style-type: none"> <li>• Jewelry sale</li> <li>• Eating contest</li> </ul>

## Survey shows self-esteem drop

The results of the Developmental Assets Survey taken by Palo Alto Unified School District Schools October of 2010 show that a number of local students are deemed "vulnerable" when it comes to mental health.

The survey, which represents 4,055 PAUSD students, focuses on identifying the number of assets: relationships, values, and experiences, that children have. Survey officials say that a high number of assets directly correlates to a drop in high-risk behavior (violence and suicide) and an increase in thriving behaviors (doing better in school and helping others).

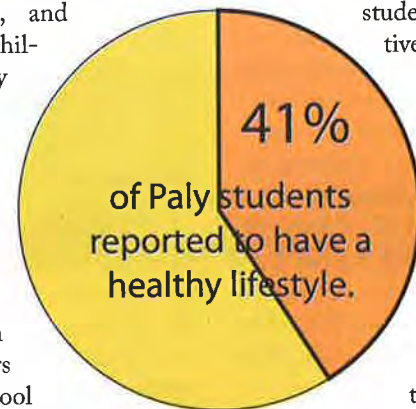
The survey results were finally revealed and discussed at the March 22 School Board meeting.

The district plans to collaborate with the Developmental Assets Sub Committee of Project Safety Net to take action toward better communica-

tion with the youth in the community.

"The results are reflective of relationships with adults in school, neighborhood and the community," Amy Drolette, PAUSD Coordinator of Student Services said. "This is an opportunity to continue to have conversations with youth."

The survey suggested that, as students grow older, the percentage of students who maintain positive attitudes diminishes.



From elementary school to high school, the percentage of Palo Alto kids who reported having a self esteem dropped from 71 percent to 45 percent and the percentage of students who thought they maintained a healthy lifestyle plunged from 90 percent in elementary school to 41 percent in high school. However, some percentages did not always fall as children matured. Students' sense of purpose rose from 47 percent in elementary school to 70 percent in middle school but then dropped again to 56 percent in high schoolers.

text by sharon [redacted]

## By the NUMBERS

67

percent chance of a magnitude 6.7 or higher earthquake occurring in the Bay Area before 2032

## Waste plant in park sparks controversy



melissa wen

The city is planning to build a waste treatment plant in Palo Alto's Bryxbee Park, a decision which has angered local residents.

The Palo Alto City Council was to vote April 11 on whether to build an anaerobic waste-to-energy plant in Bryxbee park to manage organic waste.

Since the idea for the plant came up four years ago, Palo Alto residents have debated over whether sacrificing parkland to build the plant will be beneficial to the community.

"This is an issue that has been divisive in the community," council member Greg Schmid says. "The final vote is far down the road, with many steps in between."

The steps include a referendum on Nov. 11 on whether to keep the 10

acres of parkland the plant where the plant would be built. In the meantime, members of the community are considering the economic and environmental consequences of the plant.

"Half of them (environmentalists) believe the dedicated parkland should not be used for quasi-industrial process," Schmid says, addint that the other half, believes that the environmental benefits of processing organic waste override the parkland issue.

In response to concerns about the plant's potentially negative effects on the rest of Bryxbee Park, Schmid points out that a regional water quality facility already exists in the park, and says that some claim that the plant would be expanding recycling facilities rather than destroying the park. But he also points out that the population has grown 10 percent in the last decade, without any expansion of parkland, and so others say that this is the wrong time to take parkland away.

text by melissa [redacted]

## Need a summer job?

The Palo Alto City Library will put on a workshop for teens searching for summer work on Thursday, April 28 at the Cubberley Center.

The workshop will focus on local job and volunteering opportunities and offer advice on filing applications, preparing for interviews, and building resumes.

"We've presented the same workshop last year and it was very well attended and very well re-

ceived," says Palo Alto teen librarian Laurie Hastings. "It is useful information for teens who are looking for a job or volunteering over the summer."

The workshop will happen from 4 to 5 p.m. Space is limited, and teens grades 6-12 can register by visiting the library's Calendar of Events online at [www.cityofpaloalto.org/library](http://www.cityofpaloalto.org/library) or calling 650-329-2436.

text by elise [redacted]

## Spotlight on student art



elise brugger

Art teacher Margo Wixsom proudly displays student artwork.

Blue Coat Systems will host a student art showcase that will include pieces from students Thursday, May 12. Paly photo teacher Margo Wixsom has entered 30 student pieces in the contest, which has awarded Paly thousands of dollars in past contests, according to Wixsom.

"We win money and it comes directly back to the art program," she says.

Wixsom encourages students to come to enjoy the art and free food. In addition, all who attend are entered in a raffle and eligible to win iPods, gift cards, and maybe an iPad.

"This is one of the biggest events for high school art in the Bay Area," she says.

Wixsom says that she handed out \$1,250 worth of visa gift cards as individual prizes for 1st place, 3rd place, and many honorable mentions last year. Categories include painting, drawing, sculpture, and photography/digital art, and prizes range from the \$50 for individual contributions to the \$2,500 school grand prize.

text by elise [redacted]

40

percent of Paly students watch Glee.

15

percent of Paly students who say they have gone to Planned Parenthood

80

volunteers for the Meals on Wheels program at Paly.

# Prescription Addiction

## Are we hooked on prescription drugs?

Text by SARAH [REDACTED]  
Photo Illustrations by JACQUELINE [REDACTED] and SARAH [REDACTED]

**K**ate doesn't remember much of her nightmarish ambulance trip to the hospital after she overdosed on two Xanax pills and five Ambien pills early one morning last year. She had begun taking Ambien (typically prescribed for insomnia) when her parents gave her one to help her fall asleep. Everyone reacts differently to medications, however.

"Ambien makes me crazy and trip out," says Kate, a Palo Alto High School junior. "I once thought I was on a roller coaster when I was in a car, and [I] forget a lot of things when [I'm] on Ambien. It doesn't make me tired at all. The first time I took it, I ended up running around my house and I was like 'Oh, God, the walls are talking to me'."

Besides Ambien, which Kate says she used to take once a week or once every two weeks at parties or dances, she also occasionally took Xanax (an anti-anxiety drug).

"Xanax just makes [me] feel really drunk," Kate says. She often combined it with alcohol — "One shot equals three shots on Xanax," she says in haphazard mathematical bravado.

Besides the risks medical professionals say are inherent in unauthorized prescription drug use, this time without a doubt Kate had taken it too far.

"All I remember is puking over my shoulder and talking to the police, and I was pretty much out of my mind," she says. "It was like a daze. It was sort of peaceful,

even though I was puking."

Kate, whose name like those of other students mentioned has been changed to protect her identity, is one of a growing number of Paly students and people nationwide who are trying drugs other than those typically available to students looking to get high — prescription medications.

The abuse of prescription drugs is an increasingly common form of abuse for high school and college students across the country, according to the National Institutes of Health.

Kate began using Adderall to help her with her schoolwork during her sophomore year before she began using Ambien and Xanax.

"It's sort of a trickle effect," Kate says. "You start Adderall and then you can't sleep, so you start Ambien and then you need to chill out because you're all jittery because of the Adderall and then the Ambien, so you start Xanax. ... It just becomes a trifecta of bad ideas."

### Changing Times

The National Survey on Drug Use and Health says that the most commonly abused medications are pain relievers including opiates like Percocet and Vicodin, tranquilizers and sedatives like Xanax and Valium, and stimulants like Ritalin and Adderall. Whatever the drug, however, prescription medications are finding their way out of medicine cabinets and into the hands of students at a rate that is troubling to many doctors

and drug experts. A survey conducted by the Centers for Disease Control and Prevention in 2009 found that, to date, more than 20 percent of the nation's teens say they have taken a prescription drug without a doctor's prescription.

Of students at Paly, almost one in six of 267 surveyed in a random anonymous poll in March said that they had tried prescription drugs illegally.

Neither is the trend confined to the student population — in 2009, about 7 million people (more than 2.8 percent of the US population) reported past-month, non-medical use of psycho therapeutic drugs, according to the NIH's National Institute on Drug Abuse.

Although the number of Paly students who report that they have tried prescription drugs illegally is relatively small, there are those at Paly to whom it is not only known, but common practice.

"All of my friends do it," says Paly junior Carl, who first tried prescription drugs in his freshman year. Carl says he has tried opiates, stimulants, and other kinds of medications, and regularly uses medical drugs recreationally — "to get high" — and to stay awake to finish school assignments.

"But I don't have a problem," Carl says repeatedly and emphatically.

Kate says she has been surprised to find out how many students at Paly abuse prescription medications.

"It's a lot of people you wouldn't expect," Kate says.

While 15 percent of all students and

22 percent of seniors say they have tried prescription drugs illegally, according to *Verde's* survey, only 28 percent said they believe prescription drug abuse is a problem on campus.

Of those reporting prescription drug abuse, 85 percent said they had done it for recreational purposes and 41 percent said they had done it to help them with schoolwork.

These percentages show an increase in the number of Paly students who use prescription drugs. In a 2002 survey conducted by *Verde*, 12 percent of polled students said that they had taken prescription drugs for recreational purposes.

"I've found that it's become a growing trend that kids have been taking prescription medication from their parents, from their relatives, in addition to sometimes buying them on a street. ... It's obviously really, really dangerous," says Nanelle Newbom, Palo Alto Police Department School Resource Officer. "I think it [prescription drug abuse in Palo Alto] is a huge problem."

Across the nation, the increases are alarming. The National Center on Addiction and Substance Abuse at Columbia University found that the number of teenagers who admit to abusing prescription medications tripled from 1992 to 2003, while in the general

population such abuse had doubled.

Prescriptiondrugabuse.org describes young people's illegal use of prescription drugs as an epidemic. "If the 1960s can be described as a 'marijuana decade' and the 1980s can be defined by rampant cocaine abuse, then the first 10 years of the 21st century may someday be seen as a time of overwhelming abuse of prescription drugs."

Experts ascribe the increase to an amalgam of factors, most notably, the increased availability of prescription drugs in general. Between 1991 and 2009, prescriptions for stimulants increased from 5 million to nearly 40 million, an 8-fold increase, according to the National Institute on Drug Abuse. Meanwhile, prescriptions for opioid analgesics — such as Oxycontin and Vicodin, usually prescribed for chronic pain — increased from about 45 million to approximately 180 million, more than a four-fold increase. Prescriptions for ADHD medications increased by 72 percent between 1995 and 2000.

Kate thinks that some of the main reasons prescription drugs are replacing their street counterparts is that they are easier to get, generally less expensive, and perceived as easier to get away with.

"It [using prescription drugs] is just convenient and not quite as scary in a sense," Kate says.

### Roulette

Another commonly cited explanation for the trend is the misperceptions people have about the safety of using others' prescription drugs. People think that, because they come from a doctor, the drugs are safe. Although it is true that people have a better chance of knowing what they are getting when they use prescription medications as compared to street drugs, which are notorious for being laced with other substances, Palo Alto Medical Foundation physician Catherine Baker says that it is never safe to use someone else's prescription.

"You don't necessarily know all the potential effects of taking the





**“If the 1960s can be described as a ‘marijuana decade’ and the 1980s can be defined by rampant cocaine abuse, then the first 10 years of the 21st century may someday be seen as a time of overwhelming abuse of prescription medications.”**

— PRESCRIPTIONDRUGABUSE.ORG

medication if you weren't the one who talked to the doctor about it,” Baker says. In addition, drugs can potentially interact in a very dangerous way, according to Baker.

“For example if you are taking a cough suppressant (that has a sedating effect) and then someone else's medication that was prescribed for itching (also very sedating) it could potentially suppress your respiratory drive, your drive to breathe, to the point where you would fall asleep, stop breathing, and die.”

“When you start mixing, that's where it gets bad,” says Kate, who has seen first-hand effects of using more than one drug at once. “My friend was on Adderall when we were smoking right after finals, and she started puking. It was a really scary eye-opener because I had no idea what was going on. ... I didn't know she had taken Adderall for finals.”

Russel Hayman, former executive for the Drug Enforcement Administration (which regulates the sale, manufacture, and distribution of medications under the Controlled Substances Act) and coauthor of *The Healthcare Executive's Guide to Fraud and Abuse Issues* and *A Guide to Complying with the Stark Physicians' Self-Referral Law* agrees that prescription drug abuse is dangerous for several reasons.

“They may think they know what they're buying, they may think they know the dosage that they are buying, they may think they are being real smart, but you don't know exactly what you're getting,” Hayman says. “You could be getting a

**“You may think all blue pills have the same thing in them; well they don't... It's roulette.”**

— RUSSEL HAYMAN, AUTHOR AND FORMER DEA LAWYER

counterfeit drug, you could be getting a different dosage of the drug, you could be getting a totally different drug. You may think all blue pills have the same thing in them; well they don't. ... It's roulette.”

On top of the safety risks, using prescription drugs without a prescription can have serious legal ramifications, according to Hayman. He describes the legal difference between possessing, buying, or selling street drugs or prescription drugs as “not that different.” The US Congress classifies some prescription drugs, those with the potential for abuse, as “controlled substances.” These are organized alongside other commonly abused drugs into four schedules; heroine, for example, is in schedule one.

“If you take a controlled substance and then sell it, you are basically engaging in drug dealing,” Hayman says. “Depending on the schedule and the quantity, it could even be a felony under federal law...

for example if you are out on the street selling a certain amount of heroin or you are out on the street selling a certain amount of any prescription drug that is also a schedule one controlled substance, it is the same crime.”

Many students nationwide are unaware of these dangers or are willing to take the risk. After marijuana, prescription and over-the-counter medications account for the most commonly abused drugs. In a 2010 study by the University of Michigan, the prevalence of drug use in the past year among 12<sup>th</sup> graders was greater than five percent respectively for Vicodin, amphetamines, cough medicine, Adderall, and tranquilizers, and just under five percent for OxyContin and sedatives.

“I can't possibly impress on teens enough the importance of taking care of themselves, taking care of their own lives,” Newbom says. “The most important things with regards to prescription drug use and sale and possession is not the legal aspect — it's the safety aspect and the long-term effects. They [prescription medications] can damage your liver; they can cause you acute injury obviously if you are driving and you have taken Vicodin or OxyContin or whatever. Also, they tend to be closely associated with other risky behaviors.”

#### The Source

One of the questions that presents itself to police and educators trying to keep minors safe is where they obtain the medications. Some students find friends

or acquaintances with prescriptions. In a study of students in Wisconsin and Minnesota, 34 percent of kids diagnosed with Attention Deficit Hyperactivity Disorder said they had been approached to sell or trade their Ritalin or Adderall, two drugs commonly used to treat symptoms of ADHD.

Jeffrey, who attends Los Altos High School, says it's also common for people to take medicines from friend's parents' medicine cabinets at parties, and he knows several people with ADD or ADHD who sell extra drugs from their prescriptions for stimulants.

“It's not that unusual for juniors and seniors to take an Adderall before the SAT or a night of studying,” Jeffrey says.

Hayman says that no matter how they are obtained, it is illegal to have prescription drugs if your name is not on the prescription.

“If you walk into a pharmacy and steal them, that's a crime,” Hayman says. “If you take them from your parents' medical chest that's also a crime — illegal possession of a controlled substance.”

According to the U.S. Substance Abuse and Mental Health Services Administration, 59 percent of students who use prescription medications without a prescription say they got it from a friend or relative.

“They [Prescription drugs] are surprisingly easy to get,” says Kate, who actually had a prescription for Adderall for a short time last year, even though she does not have ADD or ADHD.

“Most doctors have had the experience of having a patient [ask for a prescription they don't need],” Baker says. “There have been situations where I've prescribed medication when I've actually thought the person had some condition — back pain is a common one — where [I thought] they were really suffering... You start to realize over a period of time that the person is actually abusing this medication or getting extra so they can sell it... You get that sinking feeling that ‘Oh, I've been played.’”

Most people aren't really aware of the scale of prescription drug use.

“People think of illegal drug trafficking and they think of heroin and cocaine, but they really need to think of illegal drug trafficking as including this enormous trafficking of diverted prescription drugs,” Hayman says. “If you look at the volume of drugs that end up being diverted and sold on the black market, it's shocking.”

#### Schoolhouse... crack?

More common perhaps even than the recreational abuse of prescription drugs, particularly in high schools and universities, is the use of stimulants like Ritalin and Adderall in an attempt to gain an academic edge.

“Adderall makes you focus way better,” Kate says. “It's sort of like steroids, except for school instead of sports. ... Most of my friends have at least tried Adderall. ... [it] really does help. Especially for people who just need an extra push for school.”

Kate says that at one point, she was taking Adderall nearly every day. “I would do it just to write essays at night, just to do homework.”

This trend of “neuroenhancement” was examined in a study at the University of Kentucky. The study found that about 80 percent of juniors and seniors in sororities and fraternities and 34 percent of undergraduates in general had tried stimulants. Of those, 43 percent said it improved their overall scores by one letter grade, and about the same percentage said it improved their scores by two letter grades.

Kate describes similarly dramatic results from her use of Adderall.

“The first time I took Adderall was for a math test sophomore year,” Kate says. “My fingers and my toes were numb and I was twitching. I finished the test in 15 minutes and it took everyone else 50. ... I got an A. I just remembered stuff better, I performed better, it was faster.”

Almost like the mysterious MDT in the new box office hit “Limitless,” stimulants like Adderall and Ritalin can seem like miracle drugs in a way. They allow users to focus better and more productively, and can delay the effects of sleep deprivation. What could be better than a drug that allows you to do your homework all night long, remember everything you have studied, and stay awake for the test the next day? A similar drug called Provigil, typically prescribed to sufferers of narcolepsy to help them stay alert, is already being used for truck

# A Campus Changed

## How the Vietnam War and ensuing draft rocked Paly and Stanford in 1969

Text and photography by EMILY [REDACTED]

**I**magine a nationally broadcasted reality television show featuring a giant drum filled with 366 tiny capsules, each containing a day of the year from January 1 through December 31. It's like a giant bingo game, but with one important difference. If you are a young man and an American citizen, and if your birth date is among the first numbers drawn, you will soon be called up and required to fight in a war.

For Palo Alto High School students at the end of the 1960s, this scenario was not imaginary, but very real.

In the midst of the Vietnam War in 1967, the United States government instituted a draft "lottery" to decide in which order young men would be called to serve in the war. This lottery was broadcast live on television, and nearly every student tuned in nervously. Everyone interviewed for this article recalled their draft number instantly.

Gary Fazzino, Paly's senior class president in 1969-70 and former Palo Alto mayor, faced the reality of the draft in his senior year of high school.

"I remember sitting at [fellow classmate] Joe [Simitian's] house in December '69 or so," Fazzino says. "Joe's [birthdate] came up 300th, so he was in great shape... I came up number 8, which put me in pretty difficult shape."

By attending Stanford University after graduating from Paly, Fazzino obtained a student exemption from the draft, and the war finally ended before his graduation in 1974. However, the shock of seeing his birthdate on the screen never left him.

"I was very nervous when I saw that number 8 come up," Fazzino says.

### The Vikings react

The sudden reality of the draft had a significant impact on Paly. Fazzino at-

tended a Palo Alto High School of 1965 and 1966 that resembled a school in a small Midwestern town. Football games and dances ruled the school's conservative social atmosphere.

"Everything at Paly seemed to change on a dime in 1967," Fazzino says. "Before, Paly was very traditional, very focused on football and social events. In 1967, with the draft protest, things began to change very quickly."

"The first protest I remember in Palo Alto was in the fall of 1967," Fazzino says. A group of students called the United Students Movement, originally founded at Cubberley High School, began speaking out against the Vietnam war, the draft, and several local concerns, including the district's ban on athletes wearing

## "Everything at Paly seemed to change on a dime in 1967."

— GARY FAZZINO, class of '70

long hair, according to Fazzino.

The Paly administration tolerated student unrest, even cautiously encouraging student expression of ideas.

"I was a moderate liberal," Fazzino admits. "I always worked within the system."

Along with student body president Joe Simitian, now the region's state senator, Fazzino brought many speakers onto campus to address students about current issues. These events were always well-attended by students, according to Fazzino.

"There was a big open amphitheater in the middle of the school where they

would bring speakers every few weeks or so," says Ace Allen, who graduated in Paly's class of 1969 and is now a professor at the University of Kansas Medical Center. Allen vividly remembers attending an on-campus speech by Stanford's student body president David Harris, a controversial figure of the decade who was husband of folk singer Joan Baez.

Meanwhile, discussions about the draft inescapably slipped into everyday school conversation, Allen says.

"All of us boys were all registering for the draft," Allen says. "There were a lot of discussions about, 'If you get drafted, will you go to Canada?'"

Fazzino remembers that conversations about the morality of the war and the draft dominated many social studies and English classes. Almost every student was immersed in these discussions.

Allen, however, argues that there was not a large amount of diversity in student opinions about the war.

"At the student level, I don't remember... a lot of interacting among students about the merits of the war, because everyone I knew was opposed to it," Allen says.

In 1969, Allen found himself voted "Most All-American" in the yearbook's senior polls. This came as an ironic surprise to Allen.

"At the time, for me, to be called Most All-American was not a flattering thing, because I was honestly not proud to be an American," Allen says.

Eventually, Allen made peace with the award, and even learned to appreciate it in the context of his activism at the time.

"It [participating in protests] actually felt extremely American to me, being able to appreciate that I disagree with what our country is doing, but I can protest that without consequences," Allen says.



**DIFFICULT MEMORIES** Stanford grad Greg Osborn consults an album of news articles from his years in ROTC

### The view from Lytton Plaza

University Avenue, along with the Stanford campus, acted as a magnet for anti-war demonstrations in 1968 and 1969. Students flocked repeatedly to Lytton Plaza in displays that were largely peaceful, but became increasingly violent as the months passed.

"I remember several times, my twin brother and I would sneak out at night from our house and go to downtown Palo Alto, when there were demonstrations," Allen says. "That felt pretty exciting."

Allen recalls a candle-filled scene at the demonstrations that included activists young and old, from those who deeply involved themselves in social activism, to those who simply sought a thrill.

"When you're 17, you have no clue what's going on," Allen says. "All you know is that there's something pretty cool going on."

On multiple occasions during the summers of 1968 and 1969, protests on Lytton Plaza escalated into violence, as young people protested the city's 11 p.m. curfew and noise ordinance, and resentment grew against the police. Downtown on the evening of July 4, 1970, Fazzino found himself in the midst of one of these riots.

"There were lots of students there, and some radicals decided to start throwing rocks at Lytton Bank across the street," Fazzino says. "Glass started breaking, rocks started flying, and the bands continued playing past 11."

### Military tensions at Stanford

At Stanford, students faced being drafted into the military as soon as they graduated from college. With combat seeming inevitable in his future, Stanford class of 1970 graduate Greg Osborn made a decision that many student radicals deemed treacherous. While at Stanford, Osborn enrolled in the Army Reserve Officers' Training Corps, a college-based training program for military officers, eventually rising to student commander of the unit.

"It was really pretty simple," Osborn says. "If I were going to have to go into the military, I'd rather be an officer than a private. I'd rather have some control over my destiny."

As a highly visible military leader on a predominantly anti-war campus, Osborn was frequently persecuted by his classmates for his connection to the military. Most commonly, students would yell rude phrases at him as he passed.

Osborn is mostly ambivalent about the treatment he received from other students, as he is about the peaceful anti-war demonstrations he experienced.

"I just did what was asked of me by my country," Osborn says. "I can't conjure up any animosity or ill feelings towards anyone."

The one phenomenon, however, that deeply angered Osborn was the frightening violence of some of the Stanford protests. Stanford's professor of military science received shotgun blasts through

his living room window; later, a Palo Alto police officer lost a leg to a rock launched at him by a student.

Osborn received his first terrible impression of the war while still in high school in Culver, Indiana. The school held annual Veterans Day assemblies to honor those who had served in the military.

"They would read the names of all those killed in combat," Osborn says. "I can remember hearing the names of people that I knew, before I had even graduated. Hearing those names was a tough thing."

As the war continued into the early 1970s, national conflicts became more serious. In mid-1970, President Nixon extended the war into Cambodia, fueling student protests nationwide; in May of that year, the Ohio National Guard killed four student demonstrators at Kent State University.

At Paly, Fazzino recounts, this shift manifested itself as a sense of hopelessness among many students, and a loss of interest in school politics in favor of national issues. In spring of 1970, the Paly student body exercised their democratic power by voting to abolish student government entirely.

"We were going to have an election as people [past officers] graduated, but there was so little interest in student government," Fazzino says. "The feeling was, 'What is the point of talking about student government issues when there is so much else going on in the world?'"



# A Classical Taste

Classical music fans express their passion for the genre

Text by ALLISON [REDACTED]  
Art by YELENA [REDACTED]



**T**he screeching, yet elegant sound of the violin emanates from the amphitheater on a brisk Saturday evening. Inside, forty sets of strings unveil a sonorous melody, each player sporting flushed cheeks and smiles in their eyes.

These concerts, put on by the El Camino Youth Symphony, are triennial productions that attract families, friends, nearby communities, and lastly, classical music fanatics. Like the hackneyed “needles in a haystack,” fans of classical music are increasingly difficult to find.

Palo Alto High School freshman Aaron [REDACTED] is one such classical music

lover who enthusiastically remembers his own music career, and how he grew to love instrumentals.

“When I was younger, I was concert master of ECYS’s youngest orchestra,” [REDACTED] says. “When I was six, I started taking piano lessons, where I greatly increased my knowledge and understanding of classical music, and began loving it almost to the exclusion of all other types of music.”

Listening to the late Beethoven Quartets on his iPod while he walks to school, [REDACTED] reveals his passion for the genre.

“While I enjoy music from different cultures, I seldom listen to non-classical

music,” [REDACTED] explains. “Classical music is by far the most interesting, beautiful, emotionally and intellectually satisfying form of music. As the years have gone by, I have broadened and deepened my appreciation for it.”

However, [REDACTED] concedes that classical music at Paly is not exactly the mainstream pop that blasts from students’ headphones.

“Paly reflects the mainstream tastes in society at large, where ‘pop music,’ by definition, has broad appeal,” he says. “Pop, rock, and other popular forms of music are more emotionally accessible. There is also a common misconception that classical music is repetitive and boring,

“There’s a kind of passion behind it that you can’t really find in mainstream pop.”

— SENIOR ERIN [REDACTED]

whereas to me, the converse is true: there is no form of music more varied, inspiring, and emotionally appealing than classical music.”

Fellow classical music fanatic senior Erin [REDACTED] addresses similar criteria.

“I think classical music is boring to some people,” [REDACTED] says. “Admittedly, I find some classical music very dull, but it depends on the composer and one’s own preferences.”

[REDACTED] further delineates the allure of a wordless, purely instrumental form of music.

“There’s a kind of passion behind it [classical music] that you can’t really find in mainstream pop,” [REDACTED] says. “Classical music has the challenge of trying to communicate emotions without lyrics, and when it does so successfully, the outcome is brilliant.”

Sophomore piano prodigy Hilda [REDACTED] supports such a corollary, recognizing the universality of classical music.

“I believe classical music is a great example of the power of harmony to transcend words,” [REDACTED] says. “We often find translational difficulties with pop music; I imagine it would be difficult to listen to Slovakian pop music, considering I have absolutely no knowledge of the language.”

Additionally, [REDACTED] acknowledges the discrepancies between pop and classical music, attributing relatability to pop music’s modern successes.

“In pop music, the text finds a harder audience than the music itself,” [REDACTED] says. “Students can relate to the text, which often talks about real life

situations, but in classical music, harmony is of an idealized nature. I love classical music because of the way it feels to me; it is ingrained deeply into who I am.”

According to sophomore Yoko [REDACTED], classical music provides an endless outlet that mainstream music cannot.

“It can convey so many more emotions than modern music,” [REDACTED] says. “There is no emotion or idea that can’t be conveyed through classical music. I think the only reason why people don’t like it is because they don’t know how to analyze or understand it.”

Some ascribe the low number of classical music fans to the prevalence of pop culture.

“Classical music isn’t mainstream because pop culture is dominating the media,” sophomore Sergey [REDACTED] says. “Apparently kids now want something loud, atonal, with a huge beat, and heavily auto-tuned, which is what current pop music is.”

Former Paly music director Darin Ishimatsu brings together these multiple perspectives. As a symphony musician himself, Ishimatsu relates the way people listen to music.

“I think the way people listen to

“There is no emotion or idea that can’t be conveyed through classical music.”

— SOPHOMORE YOKO [REDACTED]

music today is both good and bad for classical music,” Ishimatsu says. “It’s bad because everyone has access to nearly every piece ever recorded at the click of a button and it changes how people listen. I sometimes find myself listening to just a minute or so of one song and then clicking a button because I’ve already found another song I want to hear. On the other hand, technology is also good for

classical music because people can find it so easily now. It is so cool that kids know music from the Beatles or other ‘classic’ popular music.”

Ishimatsu also remembers his early exposure to the genre, and how changes in breadth of music have affected the classical music audiences today.

“My mother had a cassette tape of Mozart’s 40th symphony that she played fairly regularly when I was growing up” Ishimatsu says. “I didn’t even like it the first five or six times I’ve heard it, but after a while it started making sense to me and I grew to love it. I’m not sure that today’s kids have the patience to grow to like something like that because they have access to so much music. Back then, we only owned about five or six tapes so we listened to them over and over.”

There has been extensive research regarding classical music and spatial reasoning in the brain. French researcher Alfred Tomatis coined the term the ‘Mozart Effect’, referring to the idea that listening to Mozart improves short-term improvement on certain mental tasks. In 1999, Georgia governor Zelle Miller provided Mozart’s CDs to every new mother in the state. At the same time, Florida passed a law that required toddlers in all state-run schools to listen to classical music every day. But new mothers can rest assured; both the New York Times and ScienceDaily reveal current studies which indicate that having babies listen to classical music does not contribute to augmented mental capacity.

“I recommend listening to Mozart to everyone, but it will not meet expectations of boosting cognitive abilities,” says Jakob Pietschnig, lead author of a study conducted at the University of Vienna in 2010.

Ultimately, the persistence of classical music in society today rests in the hands of its listeners.

“I hope classical music will always be a part of our culture,” Ishimatsu says. “Time is great at weeding out the bad music. I’m sure there was lots of bad music written during the time of Beethoven, but his music has survived over the years because people still find it moving and interesting today.”

# The Road to Change

## How to make University Avenue a more popular hangout

Text by CAROLINE [REDACTED]

Art by YELENA [REDACTED] and AVA [REDACTED]



**DOWNTOWN** An artistic rendering of a car-free University Avenue shows more outdoor dining possibilities.

Several times each year, Palo Alto residents flock downtown during community events, such as the annual Palo Alto Festival of the Arts, when University Avenue is free of vehicles. We gather downtown on these unique days for a united community experience and a chance to stroll down the broad boulevard of University Avenue.

Having grown up in an East Coast town with a downtown that was so disjointed it could only be identified by an insignificant sign that I didn't notice for seven years, I was at first impressed by Palo Alto's downtown. However, once I visited the downtowns of neighboring cities, I was no longer spellbound by Palo Alto's. After taking a tour of Europe a few summers after I moved to California, I was even less captivated.

I believe that downtown Palo Alto needs to learn from these other cities by incorporating more chain and boutique stores and by limiting car traffic.

The array of boutique shops, such as Cranberry Scoop and Fina Lifestyle, in downtown Los Altos and the many cafés and chains like Pottery Barn in downtown Burlingame make these places destinations for people from other cities. When I visit downtown Palo Alto, however, I am unenthusiastic because I am probably not hungry enough for a three-course meal and because I am not there to buy an oriental rug. Of course, downtown Palo Alto is home to Restoration Hardware, American Apparel and Chico's, but I believe it needs to become an even greater destination. To do this, University Avenue needs an array of chains that are popular enough to draw in people who have their own downtown destinations. This would also draw Palo Alto's visitors into surrounding boutique shops.

"I know that several large chains are considering moving into downtown spaces," says Sidney Espinosa, Mayor of Palo Alto. This makes the idea of blocking off University Avenue to

# "Proponents [of a car-free University Avenue], like me, envision a more pleasant pedestrian experience."

— SIDNEY ESPINOSA, Palo Alto Mayor

cars even more attractive.

Many downtown areas in France, Germany and Italy are car-free and pedestrian friendly. Strasbourg, France, for example, has a main strip of shops leading up to a cathedral that is completely free of cars. In parts of Florence, sidewalks are wide enough to fit an entire building. In Palo Alto, however, where we should be taking advantage of our incredible Northern California weather, the sidewalks are not even wide enough for adequate outdoor seating.

"The idea of a car-free University Avenue is often raised," Espinosa says. "Proponents, like me, envision a more pleasant pedestrian experience."

While it would be ideal to stop all car traffic on University Avenue, this is currently unrealistic due to traffic flow and parking.

"Important considerations are parking and ... traffic flow," Espinosa says. According to Espinosa, "the impacts [on traffic flow if University Avenue were made car-free] have not been fully studied." To allow for gradual change and to assess the logistics of a car-free University Avenue on an average day, University Avenue could first be made car-free only on Sundays.

"We already receive many complaints about the inability to find parking downtown," Espinosa says. "We are considering additional parking garages." A new building has been proposed to replace the Shell station on Lytton Avenue that could alleviate the parking issue if the bottom of the building were made into public parking. In addition, the parking lot next to Spot Pizza could be converted to public parking or a parking structure.

Espinosa also mentions that some businesses are afraid a car-free University Avenue would hurt them because "customers could not simply drive up to their front door." Though satisfying businesses is a concern, consumers would be required to walk on a car-free University Avenue, which would then increase business' exposure to consumers.

With a wider space to walk, cafés could allow room for outdoor seating more spectacular than Pasta's attempt, where a few tables are squeezed alongside the window. As an interim measure, Palo Alto could also invest in tall decorative flower

boxes to block the noise of the cars from seating areas, as downtown Los Altos has done. This environment would harbor more casual lunches and dinners than University Avenue now does and would block out noise from loud, passing vehicles. A wider walking area would also help boutique stores because they could display merchandise outside of their formal shops, allowing for casual browsing.

In order to make Downtown Palo Alto live up to its charming looks, we need to limit car access and allow for more chain stores to draw people in, more boutique shops to keep them interested, and more expansive outdoor eating areas so they can make a day of it. ▼

### A DIFFERENT DOWNTOWN

Percent of Paly students who said they would go to University Avenue more often if it had ...

more sidewalk space for casual, outdoor dining:



**49%**

more sidewalk space for entertainers or casual shop browsing:



**55%**

Source: an anonymous survey given in March 2011 to 267 Paly students of all grades in two English classes from each grade

# Literature's Next Chapter

Borders' crisis foreshadows a new age

Text and Photography by ALLEN



**BORDERS** One of roughly 200, San Jose's Borders store is clearing its shelves as it prepares to close down.

**T**his summer I enjoyed the luxury of reading a book, *Pride and Prejudice*, on an iPad. It was not a monumental experience, as reading electronically is hardly different from turning paper pages. While some argue that physical books are special, it seems just as easy to sit by the stereotypical fireplace with an electronic device in one's lap.

The term bibliophile is really a misnomer. The attraction some people claim is not to the small sheets of paper bound together, but to the stories and information. Paper has been the conventional instrument of dissemination, but as technology progresses we are seeing the rapid growth of more advanced parchments.

In recent times, many have begun to warn of the extinction of books, paralleling environments' cries about the trees they come from. Recently, bookstore giant Borders has captured national attention by announcing bankruptcy.

According to the *Wall Street Journal*, Borders is closing more than one third of its 600 stores all across the country; the company has stated that the stores it is shutting down are collectively losing \$2 million dollars per week. Though Palo Alto's own Borders has been spared this fate, stores in nearby Los Gatos and San Francisco are shutting down.

A Borders employee who wished to remain anonymous attributes the Palo Alto store's survival to its location.

"Where we are, people have a lot of money," he says. "We never really had to worry about being closed."

Borders' losses cannot be attributed primarily to an economic downturn or poor business decisions; rather, it has been hurt by the rising popularity of alternative ways to buy books.

What separates this super book chain from its bigger com-

petitor, Barnes & Nobles, is B&N's more successful system of online purchasing. Both these companies, however, are struggling in comparison to completely digital stores such as eBay and Amazon.

Because our Borders is remaining open, we will not feel any of the immediate effects of Borders' financial difficulties; if anything, the Palo Alto store may become busier if regulars of nearby closing stores migrate to ours.

However, no city or region will be able to avoid the long-term consequences and implications of Borders' bankruptcy. In the short term, Borders' closures will strengthen competitors like B&N, but if other bookstores begin to weaken as well, then the physical book itself will begin to decline. In the near future, books may be moving even more increasingly onto electronic formats.

What does this mean for readers? What will happen is not a reduction of quality reading, but a dilution. As of now, the publication process serves as a bar that hopeful writers must exceed in order to share their writing with the world. If books make the leap into the digital age, there will no longer be any cost required to distribute copies of a work across the world. Every individual will become a publisher.

The phenomenal writers will continue to produce reading material, but so will many others who would not pass the publication trial. This is not necessarily a bad thing, but traditional readers may find themselves wading through more lower-quality texts in order to search out excellent writing.

It would be meaningless to evaluate this change for better or for worse. No matter our complaints, we must acknowledge that this is the direction literature is moving toward. ▼

# Creating Change Through Education

Teacher of Freedom Writers shares her experiences teaching at-risk youth

Text by MARGARET  
Photography by JACQUELINE

**B**y the time the credits rolled at the end of the documentary *The Freedom Writers: Stories from an Undeclared War*, I was in shock. Among others, the documentary told the story of a girl named Maria who, as a preteen, joined a gang and was in juvenile hall shortly after and of a boy named Calvin who suffered parental abuse before being thrust into foster care.

*The Freedom Writers: Stories from an Undeclared War* depicts the high school experiences of a group of underachieving, often physically and emotionally abused Long Beach, Calif. high school students who were freshman in 1994 and not expected to graduate. Their lives were changed by an optimistic, young English teacher named Erin Gruwell who encouraged her students to journal. These journal entries have since been published and made into a feature film, *The Freedom Writers*. All 150 self-proclaimed Freedom Writers graduated from high school and were integral in the creation of the documentary.

Gruwell and several of her students came to Paly earlier this month to show a rough cut of their documentary. Myself and other Paly students were joined by a group of students from Oakland.

The lifestyles of Gruwell's students were foreign to me, but the kids from Oakland looked as if they could relate. After the documentary finished, a few of the kids from Oakland said that their lives were similar to those depicted in the documentary.

Compared to the kids from Oakland, I felt incredibly spoiled. I have never had to dodge bullets in my neighborhood, deal with abusive parents, or suffer from addiction. I, and many Paly students, have some of the highest quality lives in the world. Upon exiting the theater, I had no idea what to say to Gruwell, the Freedom Writers, or the kids across the aisle from Oakland.

My immediate desire was to take every kid from Oakland out to ice cream, and then fix their lives. As with the other times when I have interacted with people enduring injustices, I questioned the use

of high school. Who cares if I can solve differential equations when kids like Calvin do not have parents with whom to live?

During career month, I heard Kavita Ramdas, senior advisor, former president and Chief Executive Officer of Global Fund for Woman talk about asking the same questions that I did. She was once convinced that she didn't need a college education. Instead, Ramdas wanted to live in rural India to assist impoverished farmers. After a little while, one of the older farmers said something roughly along the lines of, "Kavita, you are a terrible farmer." The farmer went on to tell her that she had the opportunity for education and the best thing she could do for his cause was to take advantage of this opportunity. An education would give her the skills to spread awareness about his hardships.

I don't have to face the challenges that the Freedom Writers did, nor those with which the students from Oakland still grapple. But I acknowledge these challenges and make it my mission to use my opportunities to solve them. Helping others is not about an impulsive, though well-intentioned, act when an individual is motivated by guilt. Instead, it is a well-thought-out decision, where one identifies what it is about him or herself that can best serve others and use that strength.

This is what Gruwell did 17 years ago. She used her empathy to relate to students whom no one had ever tried to understand. Gruwell knew that each of her students had a story to tell, and by encouraging them to journal, she helped guide to graduation 150 kids who were thought to be lost causes.

Gruwell's students now use their life experiences to talk to high risk students about the importance of an education. Calvin, the boy who spent years in foster care, is now a nurse and speaks to youth.

Gruwell's empathy was still evident last Friday at Paly. Her story reminds me why I want to be educated. It is easy to feel inept when trying to help others, but the decision to overcome these feelings of inadequacy and use an education to serve others is something to which I am committed. This is just what Gruwell and Ramdas have done. They inspire me to follow in their footsteps. ▼



**CHATTING WITH STUDENTS:** Erin Gruwell introduces the Freedom Writers' documentary to Paly students

## When the

# BIG ONE strikes...

### The community's response to a shaking natural disaster

Text by ELISE [REDACTED] GADI [REDACTED] CAMILLE [REDACTED] and MANON [REDACTED]

**F**or Steve Foug, Palo Alto High School social studies teacher and '91 alum, the afternoon of Oct. 17, 1989 promised the usual routine of football practice at the Paly campus. Team members were on all fours, plodding through the last exercise of the day — “bear crawls,” Foug calls them — when they noticed that something was wrong.

“I got up from a rep and thought I was dizzy from exertion but the stands, which had wooden benches back then, were shaking violently,” Foug says. “You could see the field buckle and warp slightly and the power lines that run down Alma were

exploding with small blue flashes.”

Team members sprinted to the center of the field for cover.

At the Paly pool, the water polo team was ahead of Wilcox High School, 13 to 1. As the players dove for the ball and raced through the water, waves started to build up. They would eventually reach five feet, according to Joe Chow and Brian Wong, Paly water polo players at the time.

“Some guys were thrown out of the pool and onto the deck, and others got slammed against the pool walls,” Chow and Wong say in an article by The Campanile. “It felt like we were in a giant bowl and someone was rocking it back and

forth.”

The coaches immediately ended the game and sent everyone home.

It was 5:04 p.m. and the San Andreas fault had slipped in the Santa Cruz Mountains, causing a 6.9 earthquake on the Richter scale that would rattle the San Francisco Bay area and the Monterey Bay, according to the U.S. Geologic Survey website. Sixty three people died, most of them crushed during rush hour by the collapse of portions of Interstate 880 in Oakland. A part of the Bay Bridge collapsed. The warm-up for the third World Series game was interrupted by the shaking, which was televised live to the nation.

“You could see the field buckle and warp slightly and the power lines that run down Alma were exploding with small blue flashes.”

— STEVE FOUG, Paly '91 alum and social studies teacher

“The 1989 Loma Prieta earthquake ended decades of tranquility in the San Francisco Bay region,” said Robert Page of the USGS on the organization’s website. “It was a wake-up call to prepare for the potentially even more devastating shocks that are inevitable in the future.”

We call it “The Big One.” Ever since elementary school, this future earthquake has existed as a vague, nagging threat. However, the recent disasters in Haiti, Chile, New Zealand and Japan have shed light on the Bay Area’s vulnerability. The crumbling houses you saw on television coverage about Japan? Some warn that might happen here as well. Although no tsunami risk exists for Palo Alto, the United States Geological Survey has found a 63 percent chance of a magnitude 6.7 or higher earthquake occurring somewhere in the San Francisco Bay Area before 2032.

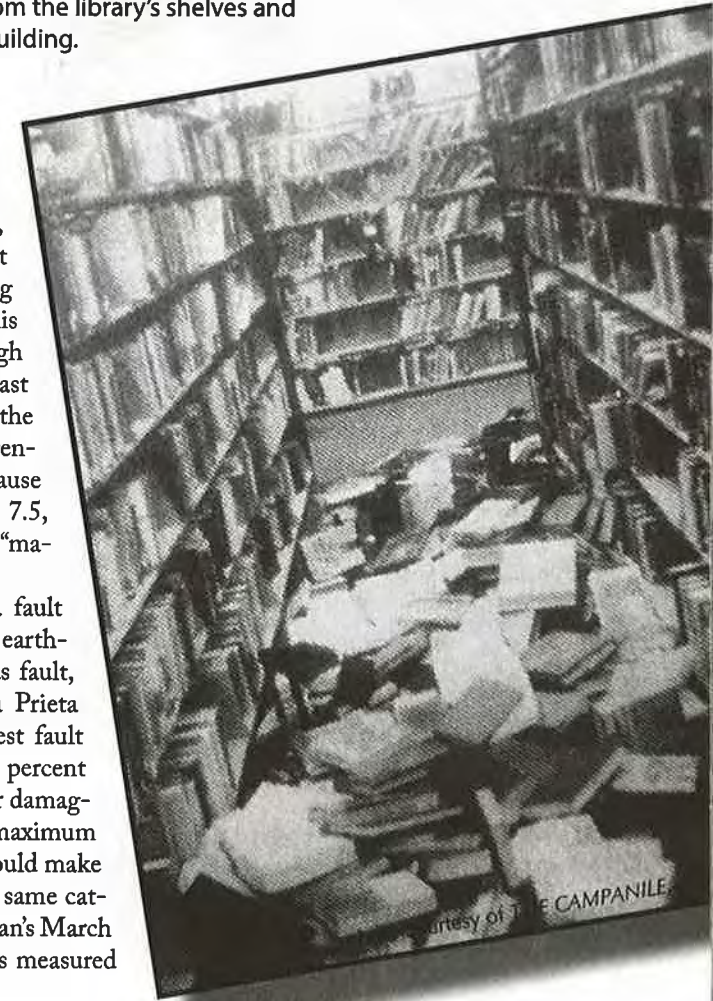
That means a major earthquake in our region is twice more likely to happen than not to happen in our lifetime. The question, then, is not if “The Big One” will ever really happen, but rather what will happen to our community when it does.

The Bay Area is fragmented by several faults, all accommodating the motion between the North American Plate and the Pacific Plate. According to a 2008 USGS Bay Area earthquake probability

**DESTRUCTION** Shaking from the 1989 Loma Prieta earthquake scattered the books from the library’s shelves and damaged the Tower Building.

forecast, an earthquake is most likely to occur at the Hayward-Rodgers Creek Fault system, which has a 31 percent probability of undergoing a damaging quake. This fault, which runs through Oakland and other East Bay cities, is predicted by the City of Palo Alto Emergency Operations Plan to cause an earthquake as large as 7.5, which would qualify as a “major” earthquake.

The other Bay Area fault likely to produce an earthquake is the San Andreas fault, the culprit of the Loma Prieta earthquake and the closest fault to Palo Alto. It has a 21 percent chance of causing another damaging earthquake, with a maximum magnitude of 8.3. This would make the Big One fall into the same category — “great” — as Japan’s March 11 earthquake, which was measured at 9.0.





**“The structural carrying capacity has not been upgraded to the level where the building would not sustain major damage during a major event.”**

— 2007 PAUSD Facilities Master Plan

**CRACKS**

The Tower Building experienced damage in the 1989 Loma Prieta earthquake.

That October afternoon in 1989, Sandra Pearson was still in her office in the tower building. After two years as Paly’s principal, she had become accustomed to the monthly routine — the emergency drills, the tedious, perfunctory troubles.

But when the earth shuddered and the lights boomed off, Pearson realized that neither she nor the school was prepared for an earthquake.

“When it hit, I stood in the doorway of the office, looking out into the main office, and I could see all the bookshelves and all the books on the floor,” Pearson says. “I couldn’t do anything for a while, until it stopped shaking.”

With the chain of communication completely broken — she was one of only two administrators still on campus, and the phone lines had disconnected — she felt completely vulnerable.

“There could have been someone in a remote area trapped under a book case,” she says. “It was challenging to do a

quick visual inspection.”

After she ensured that the people on campus were safe by walking through every classroom, office and hallway, Pearson finally left campus at 6 p.m. El Camino was shrouded in darkness; all the streetlights were broken after the quake.

“The cars were just creeping along, and it was an eerie feeling,” she says. “It felt like a big cloud, a big nuclear cloud was hovering, and the people had just gone into slow motion.”

While she drove home to her own significantly damaged house, she left a spooked campus: emptied of sports teams, its library littered with fallen books and the Tower Building precariously cracked.

According to an article published by The Campanile, visible cracks materialized where the tower separated from the main building, making it unsafe for administrators and guidance staff members to work in their offices.

While the Tower Building’s safety was assessed and repairs made, the peo-

ple — the administration, the guidance office and the auditor — who worked in it had to relocate. Meanwhile, debate raged as to whether to dismantle the building or simply conduct repairs. Because of strong community support for the preservation of the historic building, according to a Campanile article, the Tower was eventually repaired.

According to the 2007 PAUSD Facilities Master Plan, many of Paly’s buildings have been gradually getting upgraded since 1989. Various bond measures, including the current \$378 million “Strong Schools” bond, have funded these upgrades over time, says Bob Golton, the district’s co-Chief Business Officer and Bond Manager. The Facilities Master Plan reports that “this upgrading improved the life safety capability of the building in the protection of its occupants.”

A 19-month long investigation by the California Watch, released April

7, 2011, reaffirms the general safety of the district’s buildings. None of Palo Alto’s schools are on the list for a Letter 4 project, used to designate buildings with “known and unresolved safety issues,” according to the investigation. However, several projects within the district and at Paly have been designated a Letter 3, which designates projects “missing documents that suggest safety problems.”

Though safer than most other schools, then, many of Paly’s old buildings still fail to meet state building standards, says Golton.

“The structural carrying capacity has not been upgraded to the level where the building would not sustain major damage during a major event,” says the 2007 PAUSD Facilities Master Plan.

In the event of a large earthquake, more damage than the Tower Building cracks after the Loma Prieta earthquake could be expected. Both Paly and Henry M. Gunn High School are at relatively high risk for shaking. On a scale of one to five, with five being the highest potential

for shaking, the Association of Bay Area Governments places Palo Alto’s two high schools at a level four. Though the California Watch investigation reports that Paly is not in a zone of liquefaction (in which the wet, loosely-packed ground literally liquefies), the school will likely experience much shaking and potentially significant structural damage, especially to old buildings, during an earthquake due to proximity to fault lines.

The immediate concern, however, will not be about structural damage as much as about student and staff safety.

If a major earthquake strikes during school hours, students and staff will go through the practiced motions: ducking and covering, walking to the football field, organizing into groups. Some people may panic, but the emergency drills practiced several times a school year offer a valuable framework to the school’s response, according to Victoria Geen-Lew, a member of the PAUSD Emergency Preparedness Committee

(PEPC).

“The first thing we want to do though is make sure that everyone who’s on school is safe,” Geen-Lew says.

By law, the school and all public agencies are required to follow the Incident Command System format during an emergency. Developed in the 1970s, the system sets up the chain of communication



**SUPPLIES**

Every family should have prepared barrels of supplies. Paly’s supply shed contains food and water for every student and staff member for 72 hours.

**Paly’s Emergency Response Teams**

- The Search and Rescue teams conduct a sweep of campus, reporting and rescuing victims.
- The Medical Team sets up a First Aid Station.
- The Facility and Utility Team checks pipes, lines and buildings for structural, fire electrical, and chemical hazards.
- The Traffic and Security Team patrols campus, blocks off damaged areas, and directs frazzled parents.
- The Counseling Team assists worried students and parents.
- The Student Release Team unites students and parents.
- The Logistics Teams distribute food and water, set up restrooms and handwashing stations, and erect tents and other shelters.

art by GADI [redacted] and ELISE [redacted]

## What about the city of Palo Alto?

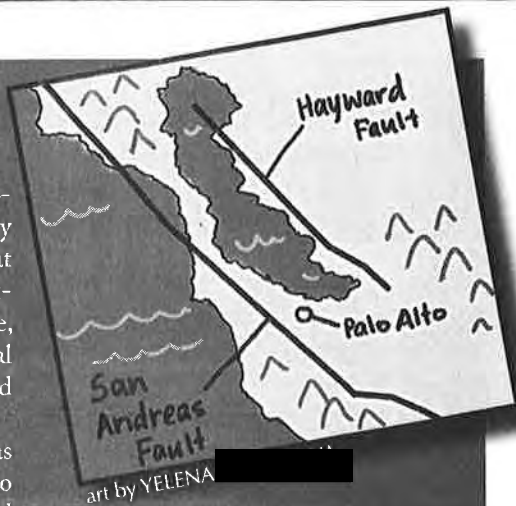
Disaster preparedness was one of the Palo Alto City Council's top five priorities for both 2010 and 2011. Yet, the city is still under-prepared for an eventual earthquake disaster. A lack of active officers -- according to the Palo Alto Firefighters website, only 30 firefighters are on duty daily as of 2009, down from 39 in 1976 -- and the difficulty in responding quickly to multiple search-and-rescue operations and fires means that the city's resources will easily find their limit during an earthquake disaster.

"We would be overwhelmed very quickly after something like Japan's [earthquake]," says Dennis Burns, the Palo Alto Police Chief. Though the city's departments are under-prepared, they are making efforts to improve, says Burns, by working together and

educating residents. One of the assumptions in the City of Palo Alto Emergency Operations Plan (June 2007) stated that "the City's resources will be quickly exhausted during a disaster. Therefore, residents, non-profit organizations, local businesses and others need to be prepared for an emergency."

The Palo Alto Fire Department has organized a group known as Palo Alto Neighborhood Activities (PANDA) and trains volunteers in light search and rescue, radio communications, and first aid. PANDA's members become the local Community Emergency Response Team (CERT), part of a national organization dedicated to educating and training people in disaster preparedness and response.

"I realized that the only way I was going to get any kind of help in the event of a major earthquake that would affect Palo Alto was to be prepared myself," says



### A FAULTY AREA Paly lies between the Hayward and San Andreas Faults.

Bob Paugh, who is retired Paly teacher Kaye Paugh's husband. He has been a PANDA volunteer since the program was formed in 1998 to combat floods in the city. "Essentially, that's true for every household."

*Additional reporting by Julia Poppy*

after a disaster, from the head count at the student and staff level to the major decisions mutually reached by the city and county. According to Kathie Laurence, Paly's assistant principal and a member of PEPC, the recent wireless system installed at Paly has facilitated the system in the school.

But the drills and the ICS communication are only a small part of the district's planned response to a major disaster.

As night starts to fall, some students and staff may yet remain at the football field. The lights are out, phone service does not work and there is no way to find out about the damage at home. The crowd trickles toward a large shed at the end of the track, carrying tents and food out onto the football field for the night.

"There are enough supplies [in the shed] for every student and every staff member for the first 72 hours after a ma-

major disaster," Geen-Lew says. In addition to food, water, tents and blankets, the shed also contains supplies for emergency response teams of trained staff members.

This is a change since the Loma Prieta earthquake. According to Pearson, fear surrounding Paly's unpreparedness for a major disaster led to the creation of a district-wide committee to assess and implement ways to respond properly to a future earthquake. One of the results was the storage trailer, whose stocks are replenished every year.

Another result of the new wave of earthquake awareness is Paly's designation as a community shelter. Both federal and state law require schools to be open as public shelters after a disaster, and Paly's large facilities, kitchen and restrooms match the criteria, says Geen-Lew.

Whether an earthquake hits during or after school hours, the football field and supply shed will still be very much in use, providing shelter and a gathering place for nearby affected residents.

Though the recent earthquake disasters around the world have raised temporary earthquake awareness among residents, says Geen-Lew, there are people working behind the scenes every day to improve our safety in the face of a major earthquake.

"We are always making better preparations within the district and all the schools," she says. ▼

*See [voice.paly.net](http://voice.paly.net) for web-exclusive Verde coverage of this issue.*

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## The Watch Recent and Upcoming

Compiled by ZACHARY [REDACTED]



MOVIES 13 ASSASSINS

Director Takashi Miike is primarily known for his strange, ultra-violent horror and action movies, such as "Audition" and "Ichi the Killer." He is coming out, however, with "13 Assassins," a more traditional movie about a group of assassins in feudal Japan whose job it is to take out the shogun's ruthless younger brother, to prevent his ascension to the throne. Early reviews have praised the scope of the film, and its relative accessibility as compared to Miike's other, harder to stomach films. "13 Assassins" comes out in limited release on Apr. 29.

### GAMES PORTAL 2

The only thing that ails Valve Software's game Portal is its brevity. The concept of the Portal is simple: The player is given command of a gun that can create portals on solid objects, which a player can then travel through to access otherwise inaccessible areas, and solve puzzles. Valve took the premise, and used it to craft a wonderful set of challenging and mind-bending levels, all within a beautifully realized world, over the course of a subtly implemented story line. Portal 2 takes place a good while after the events of the first game — the facilities within which the first game took place are in shambles. It will be a significantly longer game, and players will have to employ the use of more than just the classic portal gun. The game will also have a new multi player co-op mode. If Valve sustains the puzzle elements and the deadpan humor that made the first game so great, then Portal 2 will be a success, so long as the game stays fresh throughout. Portal 2 will be made available through Steam and in stores on Apr. 19.

### MUSIC MOVE LIKE THIS

New Wave rock paragons The Cars broke up in 1988, the year after they released their last album. The Cars have come together once more, however, and are releasing a new album, Move Like This. The band has already released a few songs, including "Sad Song" and "Blue Tip," which evoke The Cars' classic sound — a sound which has influenced so many artists around today — while adding in some modern polish. Move Like This comes out on May 10.



TELEVISION THE KILLING

"The Killing," a new series from American Movie Classics, remade from a Swedish show that became a hit in the United Kingdom, focuses on just one murder: the drowning of a high school senior. As much of a mystery as the show is, it is also an engaging drama — beginning to explore, within the first two hour premiere, the depths of all characters involved, from the victim's family, to the investigators, to the suspects. All of it is wrapped in the dark atmosphere of the Seattle area, and supported by some great performances. Though "The Killing" is similarly deliberately paced, it has the advantage of having narrative coherence early on. Hopefully the show will shape up to be a refreshing and satisfying antidote to a sea of episodic procedurals. Fortunately, early reviews have been quite positive. The Killing plays on Sundays at 9 on AMC.

The Killing photo courtesy Rainbow Media  
13 Assassins photo courtesy Magnolia Pictures

# It's a musical!

## The evolution of the musical in American television

Text and Art by AVA [REDACTED]

One wall of Palo Alto High School's Academic Resource Center looks different than the rest. It is neither a showcase for student artwork or photos, nor a plea for tutoring help. Instead, this wall is covered in various posters and photos taken from a magazine article about a television show. This wall is a shrine to "Glee."

With "Glee," a musical comedy-drama about a high school glee club that has become increasingly popular in its second season, it seems that musical television is making its way into the hearts of many Paly students. This is evidenced by the many posters on the ARC wall as well as the Paly choir hosting its own "Pal-Glee" concerts for the past two years. But "Glee" did not invent the television musical. How far back does the musical go? How much is it really influencing us now? Let's take a musical walk through time.

One of the first musical series on television was "Once Upon a Tune," a short-lived 1951 show which presented fairy tales and some popular stage plays as musicals. This series showed the first example of a TV series involving regular musical numbers, but it lacked the continuity that most modern television shows retain today, according to the website musicals101.com, which contains a list of most musicals on American television until 2008.

Interestingly enough, "I Love Lucy," a popular sitcom of the 1950s, seemed

to start the trend of a musical episode in the middle of a regular non-musical series. The so-called "musical episode" was seen in a dream sequence of a 1956 "I Love Lucy" episode. The concept of a musical episode seemed to become more popular in the late 1990s and early 2000s. Supernatural adventure shows like "Xena: Warrior Princess" and "Buffy the Vampire Slayer" as well as TV comedies "Scrubs" and "That 70s Show" all had musical episodes at some point, with varying degrees of success. Fans of "Buffy the Vampire Slayer," for example, often rank the musical, "Once More, with Feeling" as one of the best episodes in the entire series, as they did in SFX Magazine's "Worlds of Whedon" issue. The makers of "Xena" obviously found the musical concept to be a good one, because two

years after airing "The Bitter Suite," they created a second musical episode, "Lyre, Lyre, Hearts on Fire." These musical episodes were likely quite significant in demonstrating to a modern audience that singing on television could work for a television format, paving the way for shows like "Glee" to succeed.

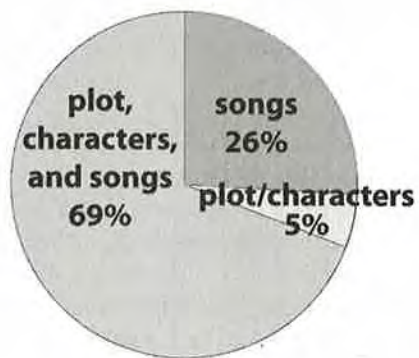
"That's Life," a comedy following the life of a young couple running 32 episodes from 1968 to 1969, was the United States' first attempt at a musical comedy series. This show featured a combination of original and existing songs. Today, "Glee" is similarly starting to mix a few original songs into its episodes alongside covers of existing songs.

A short-lived 1990 police drama, "Cop Rock," attempted to incorporate cops and robbers breaking out into

## STATISTICS

40%  
of Paly  
students  
watch "Glee."

Paly students watch  
"Glee" for the...



\*statistics based on a survey given to 267 students of all grades in various English classes

# Biting Into Birch Street

Bistro Elan's new supplement offers fresh food and charm

Text and Photography by MELISSA

**T**he interior of Birch Street, one of Palo Alto's newest cafes, centers around a bustling stainless steel kitchen, where the chef hovers over dishes, and the stove fills the room with sizzles. Square marble tables line the walls, and the lively chatter of customers disperses through the compact space. Sunlight gleams off the spotless floor. Shelves of flour-dusted bread and silverware stack up in a corner; this, the sunny floors and the two cookie trays on the counter, proclaim cleanliness and the kind of peace only found on weekends.

Although the quiet lunchtime cafe has only existed since late January, it is a supplement to Bistro Elan, a restaurant on California Avenue that has existed in Palo Alto for 16 years.

Currently the items on the menu are identical to Bistro Elan, although aside from the most popular dishes, they do change according to the seasons.

Owner of both restaurants Andrea Hyde formed Birch Street for the convenience of having two locations, and also just to try something new. She plans on serving dinner someday, although she hasn't decided on when.

"Most of our customers from there [Bistro Elan], come here," Hyde said. "It's cute. It's very fun because it's so small."

According to Hyde, the main way that Birch Street stands out lies in the produce. All of it is from the Farmers Market, and completely natural. For example, Hyde can name on the spot the pork used in the Spaghettie all Amatriciana: guanciale, a type of bacon made from organic pig jowls and acquired from La Quercia, a meat provider in Iowa.

I decided to try the guanciale myself. With only a few customers present on Saturday at 11:30 am, the food I ordered arrived in minutes, carried by a pleasant, soft-spoken waiter.



**PERCHING ON BIRCH STREET** Birch Street sits on a corner of-surprise!-Birch Street, looking both inviting on the outside and through the huge glass windows.

The Spaghetti all Amatriciana, featuring tomatoes, guanciale, and pecorino and Parmesan cheeses, stood out with unexpected zest. The tomato sauce tasted as fresh, and the bits of guanciale added crunch and savor.

The roast beef sandwich, filled with red onion, fried capers, and horseradish mayonnaise on a baguette,—paled slightly in comparison. However, the dish still tasted fresh and pleasantly light, with the horseradish adding a necessary spice. Especially impressive were the waffle chips, a house specialty made from local potatoes, which tasted like a lighter version of potato chips.

I took a second trip around early afternoon, to a fuller restaurant but equally fast service.

First I tasted the Swedish yellow pea soup, featuring ham and a cup of dijon mustard on the side. The soup was comfortably hot when served, and tasted slightly sweet and pleasantly mild, the perfect prelude to a meal. Although

the dijon did add spice, in my opinion it clashed slightly with the flavor of the soup.

The fresh white shrimp sandwich, also served with waffle chips, consisted of juicy shrimp and crunchy cucumbers smothered in dill mayonnaise served on top of toasted Pan di Mie bread. The cucumbers added excellent texture and the warm bread mellowed the creaminess of the mayonnaise, although the dish still bordered on excessively creamy.

**"Most of our customers from there [Bistro Elan] come here. It's cute. It's very fun because it's so small."**

— BIRCH STREET OWNER ANDREA HYDE



**FRONT ROW TO FOOD** Here, the chef prepares a fresh batch of sandwiches. Birch Street's open kitchen gives customers a front row view of food preparation.

Like Bistro Elan, the food here is California French, which incorporates Californian ingredients in a twist on French food. Hyde compares it to the difference between Mexican food in Mexico and in California: we call it Mexican food here, but cooks in Mexico aren't quite as inclined to drench their food in cheese. She names Jeremiah Tower, a celebrity chef who opened his restaurant Stars in San Francisco in 1984, as the father of French Californian cuisine. Items on the Birch Street menu range from conventional hot dogs to pricier cast iron seared steaks.

Overall the food, light rather than hearty, reflects the quality of the ingredients. The prices of main dishes ranged from \$13 to \$17, a little pricey for the moderate portions. However, the fresh ingredients and lovely atmosphere are worth the cost. So far, Birch Street is a valuable companion to Bistro Elan, wrapping up in its small package a friendly environment and the perfect weekend meal. ▼



**SPICY SPAGHETTI** A plate of Spaghetti all Amatriciana is served on time and piping hot.