

PANTHER EDITORIAL

Let students decide how to concentrate

You walk into a tutorial and notice dead silence. No one is talking and students are glued to the computers. You wonder how students can stay this focused.

The answer: music.

Eastside has a no-cellphone policy that isn't going to change anytime soon. But in some classrooms teachers allow students to listen to music through headphones, while other teachers hold strict to the rule. During more than a year of remote learning, many students used different strategies to focus and stay on task, including listening to music.

The Eastside Panther editors believe that the school should normalize students listening to music with headphones in specific settings, because it helps some students concentrate while not disturbing others.

Music helps many students in numerous ways, by staying focused, helping students write and read or relaxing them. A study of 200 students published in a Research Journal of Pharmaceutical, Biological and Chemical Sciences in 2016 showed that 47% believe

that music helps them to concentrate while studying, and 29% said music would keep their mind calm.

Some teachers have observed the same thing in their classes on campus and have used music themselves in college or later to enter a



ILLUSTRATION BY JOCELYN URBINA

working frame of mind. In particular, music can help students get into a meditative state for writing.

It used to be that one student listening to music would risk irritating a student nearby because everyone didn't have headphones or earbuds. Now that isn't the case – music lovers can choose their tunes and zone into their work, while those who prefer silence can go that way uninterrupted.

Opponents say that using a phone opens the door to more distractions, and that the rule against phones on campus helps everyone avoid temptation. Furthermore, some argue that students become so attached to their phones that it becomes a kind of dependency or addiction, which no one wants to see happen.

But students mostly aren't addicted to their phones, and not having music available makes them try other methods to stay focused, like working outside or working with friends. In a lot of situations, students use the work time to socialize instead, and that ends up distracting the people around them, too. Ultimately, students who want to work but aren't allowed to create a private zone with music have to resort to isolating themselves from friends. This isn't the best solution either, is it?

With so many distractions at home or in any other environment we will encounter, students need to develop ways to focus even amid the distractions. Eastside should allow a variety of outlets to help students learn the best ways for each of us to focus on our work.

Supreme Court nominee inspires us to strive for our goals



betsabethcacho-lopez
in my opinion

On Feb. 28, 2022 President Joe Biden nominated the first Black woman, Ketanji Brown Jackson, to the United States Supreme Court. She attended Harvard University and Harvard Law School, and she began her career as a law clerk in the U.S. Court of Appeals. Unusual among Supreme Court nominees, Jackson also worked as a public defender earlier in her career. In 2013, then-president Barack Obama nominated her to serve as a judge for the U.S. District Court for Washington, D.C.. Her many credentials were deciding factors for her nomination.

After hearing this news, we felt inspired because Jackson's appointment gives minorities like us, an attainable goal and demonstrates that minorities can strive for careers beyond the expected.

Here is an edited transcript of a conversation between freshman Ariana Delabra and junior Betsabeth Cacho-Lopez on March 25 about this historic news.

Betsy: Why do you think Jackson's nomination is important?

Ariana: It shows that minorities and members of underrepresented communities are able to obtain a position of high power, specifically in men- and white-dominated jobs. Overall, the country as a whole is progressing in social equality.

Betsy: Yeah, it's very inspirational for minorities, making them believe in themselves and realize that if they persevere through the adversities, they can succeed and become someone in life.

Ariana: So we are aware that she was not brought up similar to many people here at Eastside, she had a principal and lawyer as her parents. Do you think this takes away from her struggle to get to the place she's in now?

Betsy: I don't think so. Although



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in my opinion

she grew up in a financially stable home, she was still Black. Despite her wealth, the stigma she faced was present.

Ariana: Even though she didn't struggle economically, and maybe it was easier for her to get into such a good university, being a person of color and a woman were automatically challenges she faced along with negative stereotypes. What should we expect from her involvement on the court?

Betsy: I expect her to bring her perspective to the Supreme Court since she is replacing a White male. Being a woman and living the struggle women do, she'd hopefully support laws that better women's rights.

Ariana: I'm excited that there will be another person of color providing a new perspective in the Supreme Court, to provide a voice to those who don't.



ILLUSTRATION BY MICHELLE TIBURCIO

Feelin' some love? Tell the person, not their locker

Crushes. At some point in life, everyone has a crush on someone. Sometimes people do cute things for their crushes, like tell them how they feel, or even give them a bracelet. And that's okay.

But what isn't cute is leaving creepy love notes for a crush, especially when they are anonymous.

Last month, around Valentine's Day, some freshmen girls received anonymous love notes and small gifts in their lockers. One girl received a ring, another received pearl earrings and a third received an unwanted Valentine's Day bundle.



The secret admirers probably meant no harm, but these love notes made the recipients feel uncomfortable and unsafe, especially since their personal space, like their lockers, was invaded.

The incidents were so upsetting that Vice Principal Helen Kim installed a camera in her office window facing the freshmen lockers, with the intent of catching the secret admirers or keep-

ing them from doing it again.

The girls who received anonymous gifts felt uncomfortable because the notes contained specific and creepy information about them. They felt like someone was watching them and taking note of their activities.

So, why would someone who is crushing do something so upsetting? One reason may be because the secret admirers are scared of rejection. They fear that their crush might not reciprocate their feelings. But this fear does not justify their actions, and it certainly doesn't serve their goal. Telling a person you like them in person might risk rejection, but at least the other person would feel more comfortable. And telling the other person face-to-face is a nice gesture that could leave a good impression.

The key is to think about how your behavior feels to another person. Put yourself in your crush's shoes. If you think about leaving an anonymous note or gift in someone else's locker, ask yourself: Would I be creeped out if someone did this to me?



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