

War touches Trojans: “Hope is on our side”

By Zoe Dorado

Since Russia invaded Ukraine on Feb. 24, Laryssa Sadoway hasn’t heard from her family in the village of Myrne, doesn’t know where they are or even if they are safe.

“They haven’t picked up the phone so we think they might have fled,” said Sadoway, CVHS choir teacher and Ukrainian American.

Russia’s invasion of Ukraine engendered a devastating humanitarian crisis that extends more than 6,000 miles to Castro Valley. CVHS community members are anguished and concerned for the safety of their friends and family abroad.

Sadoway described how her family lives in a “low tech part of the country” near the city of Ternopil where they lack internet or voicemail, creating an environment where communication between them is barren.

Similar stories follow other Ukrainians who are seeking refuge and ways to stay connected with their loved ones in the U.S.

In the weeks since the attack began, 2.8 million refugees have fled the country as the eastern and southern parts become more and more consumed by Russia.

Russia has bombed major cities such as Ukraine’s capital Kyiv and has even targeted Ukrainian citizens, blowing up civilian homes, hospitals, and schools.

Moreover, Ukrainian and Russian journalists are under threat, facing up to 15 years in prison or even assassination for calling out Russian President



Dima Serebrenyy, Peter Shlychkov, Laryssa Sadoway and Anna Teplov (from left to right) stand united for peace.

Vladimir Putin and reporting the facts of the war – and for simply calling it a “war” or an “invasion” rather than a “conflict.”

“Putin can just go to hell. This is just insane of him,” said Ukrainian American and CVHS freshman Dima Serebrenyy. “Me and my family, we’re all from the south side of Ukraine in a small village a few miles off the small city of Nikolaev. I was born and raised there in the first few years of my life as well.”

While his family does have access to the internet, they too have limited communication, spotty wifi and electricity. “We stopped all video calls and we try to keep our actual messages on the phone short so they’re not on the phone as often. We want to keep them protected,” Serebrenyy said.

Both he and Sadoway have

families in Ukraine with the desire to find a safer place to stay.

“My grandparents have said that they’re hiding in the hallways and can’t really escape, but that’s all they can do with the gunfire that’s just right outside,” Serebrenyy said.

Max Boychuk, Ukrainian American and CVHS freshman, described how men from his village are being drafted into the main conflict. Boychuk’s family comes from the village of Rosokhach, near the city of Chortkiv, on the western side of Ukraine and close to Poland, a NATO country. Boychuk is the first in his family to be born in America. All his relatives were born in that village.

Men from Rosokhach are being drawn into the main conflict and are “patrolling the surrounding

area since there are multiple military bases around the village and spotted all around the country of Ukraine,” Boychuk said.

CVHS students who have family in Russia share a similar belief that this war has dragged in innocent lives.

“It’s not the Russian people at war; it’s a political war,” said Anna Teplov, Russian American and CVHS junior. “It’s not just people in Ukraine who don’t want this. It’s Russia too.”

Teplov’s family is from Kyrgyzstan in the former Soviet Union. Her roots, however, extend to Ukraine.

“A lot of people think these are two completely different people,” she said. “However, we’re both part of the Slavic ethnic group and we both originated from the same place. Right now it’s really

hard to find a Russian person who has zero connections to Ukraine.”

Serebrenyy noted how a Ukrainian fighter pilot nicknamed the “Ghost of Kyiv,” rumored to have shot down six Russian jets, illustrates how “hope is on our side.”

This circulating story has provided hope to a desperate and beleaguered Ukrainian resistance that’s been fighting for the life of their country.

Still, Serebrenyy believes it is imperative that countries help Ukraine beyond the current actions taken by countries like the U.S.

“Sanctions and stifling all flow of Russian oil: good. But nowhere near enough... America and the rest of the world need to step in. This can get way worse from here,” he vocalized.

“I don’t know what’s best at this point,” she confessed. “What does seem to be clear is how fiercely loyal the Ukrainians are to their home country after all that they’ve been through and the stories they’ve heard through generations.”

“There’s a fearlessness to the people,” she continued, “that just seems unparalleled – that they are willing to just stand in front of a tank and say ‘take me, this is where I live.’”



► Scan here for full story

Students elect new ASB, class officers

By Ethan To

Next year’s ASB officers are as follows. Jaylene Cole will be ASB president, Ezra Tramble will be ASB vice president, Amaya Minor will be ASB secretary, Sara Cordiano will be ASB treasurer and Quentin Hansen will be ASB school board representative.

“Throughout the campaign, leading up to the day results were announced, I knew that it would be a very close election. When I found out I was elected, I was so happy! I’m so grateful for all those who supported me, and it’s such an honor to be elected as your next ASB president,” said Cole, a junior.

On March 7 ASB candidates gave their all in responding to the many questions that the audience and previous ASB

officers had during the ASB Forum. From March 8 to 9, CVHS students voted for their class and ASB Officers. The following paragraphs give the results of the election.

The rising seniors of the class of 2023 elected Julia Warren as class president. Lily Flagg was elected as senior class vice president, Isabela Mendoza was elected as senior class secretary, and Cynthia Pan was elected as senior class treasurer.

“My main priority is to work with my fellow officers and make sure every voice feels heard to make our year exciting. I want to bring the class of 2023 together in our senior year to be able to hold many events, fundraisers, have spirit, and have fun,” said Warren, a junior.

The rising juniors of the class of 2024 voted for the following

candidates. Ava Alburo will be junior class president, Cassandra Antinero will be junior class vice president, Alexia Suci will be junior class secretary and Carissa Lee will be junior class treasurer.

“I hope to bring awareness to resources that let students get the guidance they need to complete the year strong and feel prepared for their future. I hope to do this by advertising services such as PAPER, providing college information sessions and tutoring in order for students to take advantage of the resources that are provided for them,” said sophomore Alburo.

Finally, the rising sophomores of the class of 2025 tallied up votes for the following winners. Ian Hsu was elected as sophomore class president, Sofia Tom was elected as sophomore class vice president, Samantha Mai



Elected ASB officers from left to right include Jaylene Cole, Ezra Tramble, Amaya Minor, Sara Cordiano, and Quentin Hansen.

was elected as sophomore class secretary, and Indiana Chilton was elected as sophomore class treasurer.

“Next school year, I’d like to carry out projects that reduce trash around our campus. I would also like to increase communication, awareness, and attendance for school events.

This will help build a stronger sense of togetherness and school spirit. Lastly, I will do my best in providing lots of fun with events run throughout the year,” said freshman Hsu.

Congratulations to all the winners in this year’s election and all Trojans are looking forward to next year!



Showing support to Ukraine is crucial

Editorial:

With everything happening in Ukraine, people may be concerned about what they can do to help. We at *The Olympian* have brainstormed some ideas for how people can support those in Ukraine.

It's important to be informed when major world events are happening. Most, if not all, teens have some form of social media, so it is important that they know which sources are trustworthy. People can easily post inaccurate information about issues like war, so critical thinking and source checking are imperative when consuming such topics on social media. Reposting infographics is a simple way to spread information, but users should make sure they are correct before posting them. Misinformation spreads so quickly, so it is important that students know what they are reading so they do not spread it further.

Students can also help by



ATHENA SY KUZUHARA

showing support to friends who may be affected by the war. There are many organizations set up to collect donations in order to help Ukrainian refugees, and students and their families can donate if they can afford it.

Schools should help in every

way they can to create a supportive learning environment when it comes to heavy issues like the Russia-Ukraine war. Classrooms should be safe places to discuss, ask questions, and learn about the events. Any teacher who chooses to speak on these topics

should be coming from an unbiased, educated perspective. Teachers and students should do their best to support others in the CVHS community who may be affected or know people who are affected by the events in Ukraine. CVHS staff in particular could

plan an open Trojan Time or lunch event to provide assistance and education. The Wellness Center can also provide support if students want to talk about the war, especially if it is heavily affecting them.

Schools and students can only do so much though; the media and the government have to do their part too. Social media companies such as Instagram, Tiktok, and Facebook should have their own fact-checking devices to prevent the spread of misinformation. With the Covid-19 pandemic, Instagram would put a link to Covid information on any post or story that mentioned Covid in any way to ensure that people had a way to get trustworthy information. If social media companies did something like this for the Russia-Ukraine war, it could help prevent the spread of false facts. News companies and their consumers should utilize fact-checking websites to make sure that what was published is accurate.

PHOTO Opinions How can we show support for Ukraine?



“I would say spreading awareness not only on social media but in real life too: class discussions, staying up to date/educated, etc.”

Amelia Caistor
freshman



“People should educate themselves on what is happening, and not rely on short infographics.”

Madelyn Zavala
sophomore



“We can find what we can do even though it might be small, like donations.”

Charlotte Carpenter
junior



“Carrrds about the current war between Ukraine and Russia like ukrainewar.carrrd.co offer several volunteer opportunities.”

Jenny Tran
senior



“My family donated money to the Red Cross, and I think that's something everyone can do.”

Elisa Frozena
staff

Abortion bans oppress childbearing people



By Olive Dooley

In response to the latest ban on abortion passing in Oklahoma (this would make performing an abortion a felony, punishable for up to ten years in prison), I have been trying to understand why. Why are Republican legislators pushing so hard to

restrict the bodily autonomy of females? Why are we seeing so many Republican and conservative states pushing back years of progress?

These recent years there have been a lot of big social reform movements: Black Lives Matter, Stop AAPI Hate, #MeToo. Things are being talked about in public spaces and change is being talked about. Conservatives are being pushed further and further from social “norms.” I think they understand this, and that some parts of them fear that they will lose power, and so they choose to do what will keep them in power, or at least restrict people for the next couple of years.

To fully understand this, or

at least try to, it's important to look at abortion more systematically. Who does it target, and more importantly, how does intersectionality target some people more? For example, a Black trans man will have a lot harder of a time finding abortion and reproductive health care than a cis white woman. These laws will not affect every childbearing person the same and may be being used to target certain groups of people, keeping them from elevating themselves or their economic status, keeping oppressed groups oppressed. Abortion restriction is a tool that is used to oppress uterus-owning people, restricting them from their own bodily

autonomy, and promoting the idea that their only use is to have a child.

And having a child should not be forced on a person. There are a lot of factors to think about, from the health of the child bearer or the costs that a child can bring, these factors make it so that there are groups of people who may be more inclined to get an abortion than others. A low income person may choose to abort because they cannot afford a child, or a disabled person may choose to abort because their body may be unable to safely carry a child or there is a risk of passing genes or disease on. And arguments that there are options for the

child after birth fall flat when we look at the state of foster care and adoption in America. If we also think about both the impacts pregnancy can have on a body during and after, can we really justify putting a person through all of that?

Having a child is not always a burden, but for some people it can be, whether it be economically, financially, or emotionally. And we cannot promote the idea that you should be required to have or carry a child at the expense of yourself.

Yes, a human life is priceless, and we cannot treat it as expendable. But an embryo is not a human, and we have to put the human holding the embryo first.

Fight for gender justice is not over



By Rebecca Ireland

“Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex” reads the Equal Rights Amendment (ERA). If someone can’t be discriminated against based on sex, then, in turn, they cannot be discriminated against based on gender or sexual orientation.

Introduced in Congress in 1972 — exactly 50 years ago — it was sent to the states for ratification, but there’s a catch: states had ten years to ratify or the amendment would not be federally enacted. Clearly, the deadline has passed, so there is a bill in the House currently trying to remove the deadline. However, it is unlikely that it will pass, given the Senate filibuster and the extremely

conservative Supreme Court. While California ratified the ERA in 1972, this is not the case from sea to shining sea. Alabama, Arkansas, Arizona, North Carolina, Florida, Georgia, Oklahoma, South Carolina, Louisiana, Utah, Mississippi, and Missouri are yet to ratify the amendment.

Aside from the ERA, women and non-men’s rights need constant reaffirming. People assigned female at birth around the world face barriers to education, economic injustices, climate injustices, and more, at much higher rates than men because of systemic and interpersonal discrimination. Women with intersecting identities experience exponentially intensified oppression and discrimination. As bell hooks explained, for example, Black women are constantly ignored in society while facing the brunt of racism and sexism systemically and interpersonally.

While women have made progress in the U.S. government, other countries have made more space for women. “In 2022 the U.S. is tied for



REBECCA IRELAND

72nd place with Egypt and the Philippines,” said Cynthia Richie Terrell of the advocacy organization Represent-Women.

“Countries ranked above the U.S. don’t have better qualified women, rather, they have electoral systems that create more opportunities for women to run and win,” shared The Fulcrum’s David Meyers.

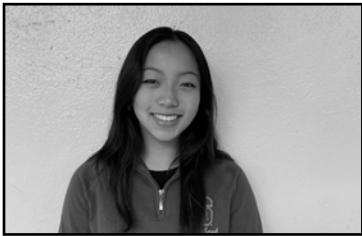
In non-governmental spheres, there have been severe, unanswered fights for gender justice through equal pay, often not in the public eye.

The U.S. Soccer Federation (USSF) women’s soccer team has been in a long fight for pay equity, and was given a band-aid solution in February. The women’s soccer team has had far less support and lower pay than the U.S. men’s team (who aren’t world champions), even though they have won four recent world championships. The “band-aid solution” to this fight is that the women’s team received a \$24 million settlement.

When non-men are truly equal, there will not be Miss-

ing and Murdered Indigenous Women and Two Spirits (Indigenous people who embody a masculine and feminine spirit); there will not be trans women murdered in the streets; there will not be a wage gap; there will not be bans on gender and sexuality studies; there will not be bans on trans kids getting gender affirming care; Black women will not be ignored or controlled. Women will not face implications of the climate crisis at higher rates. There will be justice.

Harm of Microtrends: “Why am I purchasing this?”



By Jennifer Mi

Ever wonder what happened to the \$3 Shein crop top you purchased in 2020? Chances are, it is either gathering dust in the back of your closet, or joining the 92 million tons of textile waste in the landfill. What used to be the trends of each decade

is now shifting every year, month, and even week. When everyone is trying to find a way to be original, is anyone really?

While there is nothing wrong with being trendy, it is concerning to watch as clothing gets purchased and discarded within a matter of months. In some instances, these items are of such low quality that they fall apart and are unable to even be donated to a local thrift store. Clothes are meant to be worn many times, but with microtrends changing so quickly, that plaid skirt from last month is tossed right into the wastebasket. This fast fashion culture

is not only polluting the environment, but the perception of clothing as an industry.

The primary driving force behind these small shifts in fashion and culture include social media pages such as Tiktok and Instagram. Social media influencers often display their fun and lavish lifestyles online, and consumers find their posts “aesthetic.” From cottagecore, coconut girl, and even the original vSCO girl, teenagers try to replicate a certain lifestyle in the way they dress. However, many do not consider the fact that social media influencers and celebrities have one thing

that most teenagers do not: insanely massive amounts of money to spend.

Many consumers use fast fashion to keep up with the latest trends, and they are not entirely at fault. Styles move so quickly, that if one were to spend \$50 on every shirt they purchased, we would all be bankrupt. Therefore, consumers are not directly to blame for using cheaper websites such as Shein to achieve their fashion desires. However, this is very unsustainable and a painful cycle to witness. To buy a shirt one day, and not wear it ever again after the month’s trends have

flipped, is absolutely absurd.

I urge all consumers to think to themselves, “Why am I purchasing this?” Most likely, you are the target market of a particular product and have been effectively brainwashed by their marketing strategies. In order to end this senseless cycle, ask yourselves, “Would I wear this in a month? Is this truly the way I’d like to express myself? What possible effects will my actions have?” By critically thinking before clicking that purchase button, we can all take part in improving fashion culture, our environment, and most importantly, ourselves.

Trojan Talk

The harm of microtrends

“As the human race, we are wasting a lot of earth’s natural resources and they are depleting quickly. Just look at oil, for instance, we only have a limited supply of oil in this world, and then what?”

David Heal

“This article brought up a really good point is that people follow the trending style but they never thought about their own style. I’ve seen some of my friends literally buying tons of new clothes because there is a new style on social media.”

Ricky Xu

You can’t substitute our substitutes!

“Thank you substitutes. I

can’t express the amount of gratitude that I have for the substitutes. Especially with the pandemic and the unexpectedness to be called to the job, I am grateful for these substitutes.”

Raezelle Yanuaria

After rule ends, 95% of students keep masks on

“Personally I chose to wear a mask indoors and not wear mine outside but that’s just my choice and I think you shouldn’t judge other choices whether it be to wear or to not wear a mask.”

Tharen Kekoa Hillard

“I think it’s interesting how we continue to keep our masks on even after the rule was

lifted. I think it’s very thoughtful and smart not just for covid precautions but for everyone’s well-being and health. I’m glad to see us as a community take action and deal with these new changes at a smart and safe approach.”

Brody Dellari

“Most people don’t really mind wearing masks, and don’t see any incentive to not wear them even though it’s no longer required. Although the article didn’t touch on it, it also seems that most if not all teachers are choosing to remain masked— which makes sense given that they have the most potential exposures out of anyone.”

Colin Mogilefsky



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You can't substitute our substitutes!



Aram Matossian has been teaching since 2008.

ADA CHEN

By Ada Chen

No matter the class there will be a time when teachers need a substitute to fill the day. From teaching math in the morning to watching over PE in the afternoon, substitutes are a versatile and necessary part of our

school's community.

There are many impressive substitute teachers at CVHS, such as Aram Matossian. Many may know Matossian for his iconic long green and yellow scarf.

"I sub from severely handicapped to AP

Calculus. I do PE. I have done every single classroom on this campus. It gives me variety. I am not stuck with the same students all the time," said Matossian.

Matossian has been a substitute teacher at CVHS since 2008 after getting his certification in 2007.

He started his career at 55 with a social studies degree. He knew that full-time teaching would be too much work for him at the time and chose to be a substitute instead.

Another great substitute is Eric Ilmberger. Ilmberger has been a substitute for about five years at CVHS. Ilmberger was previously a tutor straight out of college in both math and English. He planned to become a full-timer teacher, but learned that he enjoyed substituting more.

"I like how every day is totally different as a substitute. Every day I have a different group of students, with a different subject, and different questions that challenge me. I love learning new things and I am constantly learning right along with the students at CVHS when I work as a substitute," said substitute Ilmberger.

Substitutes have never been needed more than now. After a year of being

online many substitutes were afraid to come back to campus because of safety concerns. In addition once the omicron variant hit campus it was more likely for teachers to be out.

"There is a greater need for subs this year due to the pandemic and the fact that if a teacher has symptoms or in fact has Covid, there is the isolation period. This could leave a teacher out for ten days," said main office secretary Jenessa Spade, who manages the school's substitutes.

Ilmberger and Matossian both stated that they have been on campus more than any other precious years.

"I have been here every day except three days this whole year," said Matossian.

Substitutes allow classes to continue smoothly and for students to have another source of help. All substitutes at CVHS are greatly appreciated for all their hard work!

Paper provides help for students

By Andrew Hui

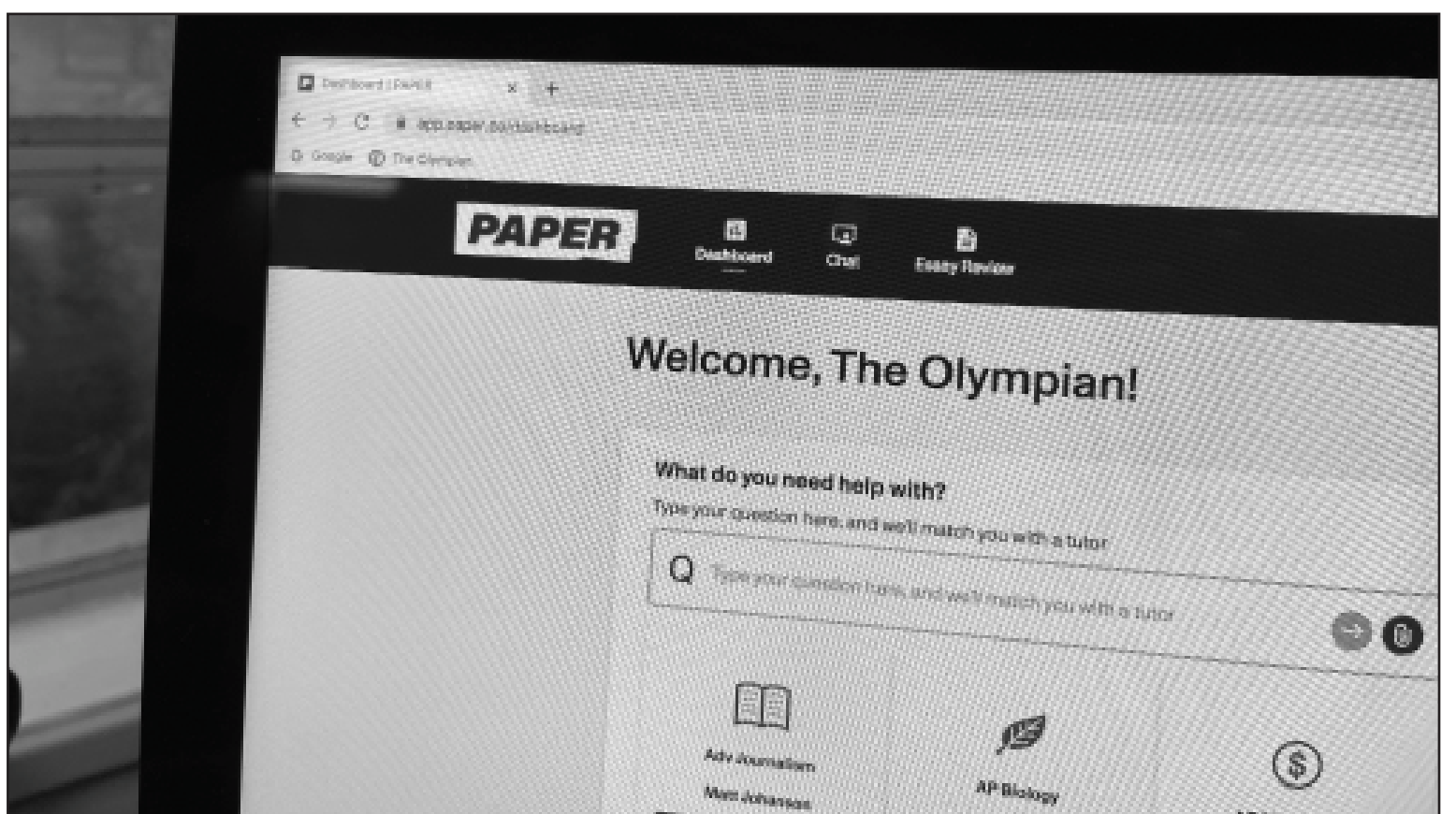
A new online tutoring service, Paper, adds to the vast resources CVUSD students can seek to get additional academic support. The service connects students with tutors who are available at all times of the day, not just during school hours.

"Paper is a cost effective way of delivering tutoring to a large number of students," said Assistant Principal Steven Hendee.

When students log on for the first time, they are asked to rate how comfortable they are with the subjects they are taking. They are also asked about how they learn best. Paper uses these responses to gauge the students' level of knowledge and to match them to the right tutors. The website imports students' class schedules so students can ask subject specific questions.

"The tutor and student work as a team," said Lacey, a tutor from the online service.

Paper uses the Socratic method, asking guiding questions to help the student find the answers by themselves.



Paper tutoring provides resources for student classes.

Teachers can also see how students are utilizing the service.

English teacher Kathleen Stacy tested out the Essay Review feature with her

students. Students were asked to submit their essay through the service and revise using the feedback. "Some students found Paper valuable because they get feedback, but some

students thought the feedback was a little vague," said Stacy.

As many students have missed class due to health concerns, Paper can help students catch up in their classes. Students are

able to stay anonymous while getting the help they need.

"Students really like the service, but more students need to take advantage of the resource," said Hendee.

ANDREW HUI



FEATURE

5

Goodbye Gonzales, Greetings Glenda

By Jennifer Mi

Any facility only functions due to the efforts of its hard working staff. Here at CVHS, our cafeteria staff is always busy at work preparing your next muffin, cheeseburger, or burrito. Greeting thousands of students with smiles every day, these lunch ladies never fail to impress.

Our beloved cafeteria lead Raquel Gonzalez departed CVHS' team in March to begin her new position in the district as the cafeteria coordinator. Replacing Gonzalez shortly, will be new cafeteria lead Glenda Pirir. We appreciate Gonzalez's time here and would love to share her valuable experience to give us an inside peek into what goes on in the kitchen.

This school year, each student in the CVUSD is eligible to receive a free snack and lunch every day, no questions asked. However, the increased number of students waiting in the lunch line has brought a few challenges to the cafeteria staff this year. Gonzalez shared, "Our new average is 750 breakfasts and 1,100 lunches. I'm glad more students are eating and it isn't a burden on anyone with it being free. With more students eating, our lines are longer and unfortunately [bring] staffing issues."

Along with free food for the students, Covid-19 has made some other changes around the cafeteria. Many juniors and seniors are curious about the disappearance of the slushies

that were once sold at 300 hall snack bar.

"The snack bar is closed due to construction in the 300 hall. As for slushies, with Covid we are unable to sell them but now that restrictions are changing, hopefully we will have them back next school year or when the 300 hall is done," Gonzalez informed.

For other discontinued items such as cinnamon rolls, Gonzalez stated, "Most items need to be wrapped due to Covid protocols, so things can get very messy trying to put a fresh cinnamon roll in a paper bag. My hope is next year we will be able to bring those items back."

Gonzalez shared that one of her personal favorite items from previous years was "the chicken wings or the fried chicken with mashed potatoes." Some other staff favorites include the muffins, pesto chicken, empanadas, salads, and chicken teriyaki over rice.

New cafeteria lead Pirir has had a great experience so far at CVHS. "I enjoy the people, the fast paced environment, and seeing students happy with the food." She adds that, "Hopefully we will be getting the 300 hall snack bar back up and running by the start of next school year!"

So, the next time you punch in your five-digit ID number to receive a slice of pizza, don't forget to appreciate these privileges provided to us. We wish Gonzalez good luck as she moves to her new position in the district and welcome Pirir to our school community!



Sara Cordiano does a student's nails during some downtime in school.

ALANI MALIGAYA

Cordiano paints pretty nails

By Alani Maligaya

Future ASB treasurer, junior Sara Cordiano, spoke about her home-based business as a certified nail technician. Cordiano, with total freedom and control, brings her creativity to life with every client she takes in. From making her own logo to having an official name—her work can all be found on Instagram: @createdbyyourstruly

"Sara spends quality time with you when having an appointment. Her work is careful and precise. She continues to grow and get better over time. As she just became a nail tech, her business has bloomed beautifully. Her hard work and devotion has really paid off," commented junior Destiny O'Neill.

Cordiano provides nail services such as gel manicures, acrylic nails, fills, and soak offs. With a consistent flow, Cordiano makes about \$200+ monthly from her work.

Nail length and specific hand painted designs determine the price. She charges \$30 for short nails, around \$50 for medium nails and \$60 for long nails.

It became regular for Cordiano's mom to drag her along to the nail salon growing up. Within these walls, she found the process of nail services fascinating and the results even more. This growing love for beauty sparked the beginning of a passion. Soon came the desire to pursue more hands-on work.

Having no experience, Cordiano put down \$1,300 for a one-on-one certification class. She maneuvered from working in her bedroom to a dedicated

workspace in her garage.

"I learned the basics of acrylic application, shaping, disinfection, how to identify nail fungus, etc. After that point most of everything else I had learned was self taught, trial and error, or just from youtube. Every day you learn something new and I had to figure out what techniques worked with me and what didn't," Cordiano said.

Social media being the primary platform for inspiration, it was no struggle to incorporate the latest trends and techniques to further innovate and upkeep business. Cordiano manages schedules, stocks supplies, and, as expected, satisfies her clients' needs.

"Sara is really inspiring. Having a small business at 17 while maintaining school is insanely impressive! Her nails are always so cute and she makes each appointment comfortable with engaging conversation and a calm environment. If you need your nails, I 100% recommend going to Sara," said junior Liliana Crawford.

"I always love meeting new clients...to get to know them and learn more about their background, which helps with

networking. What people don't realize is that any self care service is a very therapeutic experience; I always have my clients comfortable, and let them know they can talk to me about anything," claimed Cordiano. "I also enjoy seeing my clients leave feeling better about themselves. I love their reactions to their nails and it makes me feel good about myself too."

Her parents encouraged taking on responsibilities alone, giving her a peek at real outside work.

A job in her aunt's restaurant at the age of 12 gave her preparation for owning a one-woman business today. She volunteers whenever having the chance and does extracurricular activities too.

A hectic schedule came with progress. Essentially, she set time aside to rest mentally and not fall off track. Whether it is in between going to work as a barista or tending to her three-year-old niece, balance is key to her success.

In the future, Cordiano hopes to go down a full time cosmetology route and explore more beauty services.



Students receive free snacks from the cafeteria during break.

JENNIFER MI



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DELENN BLOCK

EVERY FIFTEEN MINUTES IMPACTS TROJANS

By Andrew Hui

A car accident on March 24 involving seven CVHS students on Crow Canyon Road led to the deaths of two students and left several students injured. The two vehicles collided when one of the vehicles was going the wrong way at high speed. The driver of one of the vehicles was arrested on the suspicion of a DUI. First responders rushed to the scene, freeing victims from the wreck and treating them at Eden Medical Center.

"I cannot believe this is happening in Castro Valley. It is really a shame," said a first responder on the scene.

Fortunately, the car accident aforementioned was a mock accident put on by students and emergency responders for the Every 15 Minutes program. The two-day program showed students the consequences that follow driving under the influence. Many local agencies participated in the program, including the

Alameda County Sheriff's Office, Alameda County Fire Department, Mothers Against Drunk Driving, and Eden Medical Center.

The program started with students' and teachers' names who have "passed away" being announced every 15 minutes over the intercom. Participants were pulled out of classrooms and a rose was placed on their desks. Obituaries of those who passed were placed in the middle of the quad. This was to simulate how a death caused by drinking and driving can affect the school community.

Later that day, students were greeted by a massive car wreck in the middle of the field in the stadium. Multiple

victims of the accident were stuck inside the cars, and bodies laid amid the destruction. The fire department arrived, making a loop on the track and into the scene. Using the jaws of life, firefighters removed the roof to one of the vehicles, freeing two victims.

Senior Zachary Furber-Dobson, playing the drunk driver, did a breathalyzer test with Officer Dan Jacowitz. Furber-Dobson was handcuffed and taken away in a CHP vehicle.

On the second day of the program, a "memorial," was held in the CFA. A coffin was placed in the middle of the stage, with those who had been pulled out of class the day sitting alongside. Speaker Marcella Gomez spoke of her experience of being in a crash caused by a drunk driver.

"No amount of punishment for the drunk driver will ever make up for not having Mom and Dad," said Gomez.

Participants involved in the program were also given the opportunity to speak about their experience in the program.

"The coroner told

me something that I cannot get out of my head, that I was one of the lucky people to get on this table and be able to get off of it," said senior Keagan Shirley.

"This was a really amazing experience and being a part of something that could save at least one life is all that matters to me," said senior Jake Zakas.

A video showing the accident and court hearings ended the memorial, showing students the long-term consequences of a choice to drink and drive.

Since the program's inception, deaths from drunk driving have lowered, now occurring every 52 minutes. The event brought up many emotions from students even though it was just a simulation, making a lasting impact on students.

"Be responsible. Make good choices because the choices you are making right now are going to affect the rest of your life, who and what you'll be," said Jacowitz.



ALANI MALIGAYA

“LIFE IS PRECIOUS”



By Amanda Wong

After each secret Every 15 Minutes meeting, I wondered how the presentation would manage to be impactful. With everyone’s busy schedules, we never had full attendance and

struggled to take the meetings seriously, often joking around in the back of the room. However, on the day of the car crash scene, I felt that energy change. As a new person “died” every 15 minutes, we’d see a familiar face walk into the room we stayed in, not to see anyone else for the next 24 hours. The program leaders took our phones, leaving us with only each other to talk to and pass time. We bonded over games and spoke to a California Highway Patrol officer, learning about his experience with distracted driving accidents. Later in the day, we all wrote a letter to a loved one about our experience and what we learned. While I didn’t

technically “die” in the program, I wrote a letter to my parents talking about what I learned from being on the sidelines: life is precious and the decisions we make have the ability to help or hurt others. We all took turns sharing our letters, what we learned, and why we chose to participate in the program. It was at this point that we all truly felt the magnitude of the program. Almost everyone was in tears by the time the last person shared, and we learned how alcohol, drugs, and distracted driving has affected each other in different ways. Instead of joking around, we listened to each other and processed our heavy emotions. During the funerals, I surprised myself by shedding



DELENN BLOCK

a few tears. After forming friendships with the other participants in the program, I could tell how the program had changed their outlook on drunk driving. What struck me the most was our guest speaker who was a survivor of a drunk driving collision. Hearing and seeing how much she lost because of one person’s decision to drink and drive taught us a powerful

lesson. I was proud to see that despite my initial skepticism, we made an impact on students who were watching the assembly. When we looked into the crowd, we saw teary eyes and knew that our message reached them. In our efforts to discourage distracted driving and driving under the influence, I learned how one bad decision can cost lives.



DELENN BLOCK



ALANI MALIGAYA



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DREW PAXMAN



Lucas Chauvin is checked out by first responders. DELENN BLOCK



Officer Dan Jacowitz arrests Zachary Furber Dobson after his breathalyzer test. DELENN BLOCK



‘Stone Ocean’ rushes faster than Star Platinum can punch



By Felix Shum

“Good grief, Gwess. You said everything has a name. I’ll name this ability of mine too. ‘Stone Free.’ I’ll become free from this ocean of stones. Did you hear me? Stone Free. That’s the name,” said Jolyne Cujoh preparing to punch Gwess through the gate with her newly awakened Stand.

“Stone Ocean” is the sixth part of the “JoJo’s Bizarre Adventure” series, receiving an anime adaptation for its first 12 episodes in early December of 2021. However, unlike its previous parts David Production made “Stone Ocean” available worldwide on Netflix before it aired in Japan.

Jolyne is held in the Green Dolphin Street Prison in Florida for a murder she was framed for in 2011. Her absent father sends her a family photograph, as well as a sharp metal fragment. Jolyne tosses the trinket aside but not before the fragment pierces her skin. No one else seems to be aware that the inside of her finger is turning to string.

After Jolyne gets into her first fight against her cellmate, Gwess, who shrinks her with the Stand granted from the fragment, Jolyne’s ability fully materializes into a humanoid Stand. As described in the third part “Stardust Crusaders,” Stands are a physical manifestation of one’s fighting spirit. Jolyne later meets other Stand users within the prison, some friends while others foes.

It was thrilling to see Jotaro, the main protagonist of “Stardust Crusaders” and father of Jolyne, make a reappearance along with his Stand, Star Platinum. It also felt nostalgic to listen to soundtracks from “Stardust Crusaders” be reused, as heard in the fourth part “Diamond is Unbreakable.”

David Production made an exceptional opening, as usual, even bringing back CGI which was last used in the second opening for “Stardust Crusaders.” Within the amazing opening stylized to the early 2000s are various references to the previous parts. Each of the five parts is referenced in order when Jolyne’s string forms the star-shaped birthmark, from the Stone Mask in “Phantom Blood” to the Requiem Arrow in “Golden Wind.” Each defining object is a reminder of how the main protagonist of each part is a descendant of the Joestar bloodline, which Jolyne is a part of too.

However, “Stone Ocean” feels rushed as there is a lot of CGI that awkwardly clashes with the animation as they seem to be used in place of some complex backgrounds. In addition, as much as Jolyne’s theme song is exciting, it is also overused and overshadows any other background music. In “Golden Wind” nearly every member of the mafia had a unique theme song playing in the background during their fights. For “Stone Ocean” however, only Jolyne’s theme sticks out during the fights. It also does not help that her theme seems to only have one distinct variation, unlike Jotaro’s theme, “Stardust Crusaders,” and Giorno’s theme, “Il Vento D’oro.”

Overall, I would have been happier if David Production did not rush the animation and music and had taken a few more months to improve the long-awaited season. I will be excited for the rest of the part to be animated, hopefully without excessive CGI this time around. However, I think fans of the series may have lost the little interest they had in “Stone Ocean” and are already enthusiastic for the seventh part “Steel Ball Run,” taking place in another universe.

“No! This is reality! Timestop!” realizes Jotaro as Star Platinum stops the flow of time to pull Jolyne out of the way of incoming bullets.

“Three Months” stuns



By Olive Dooley

You are 18. Your boyfriend broke up with you and you end up getting wasted at a bar and hooking up with a random stranger, maybe not your best idea. At all.

“Three Months” is a film following a gay teenager, Caleb, after he is exposed to HIV during a one-night stand. He has three months until he learns the results of his test, and spends the summer after his high school graduation in anticipation, with another boy, Estha, who also got exposed. It follows how their friendship turns into something more, as well as Caleb’s relationship with the other people in his life, his best friend, Dara, and his grandmother and her partner.

This film deals with dark topics but overall is aimed and directed at young people. It maintains a youthful and comical air, all while being able to discuss serious topics like HIV and Aids,

STIs, generational expectations, and being ostracized from your family because of who you are. It is filled with emotion and heartfelt moments, but also with witty one-liners and teenage awkwardness. It is able to balance the two moods really well.

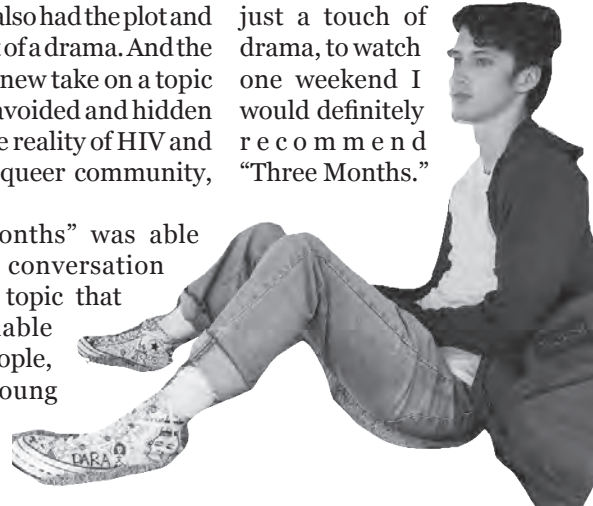
That is what stood out to me as I was watching the film. This movie wasn’t like every other gay or queer film that I’ve seen or read about before. It wasn’t a straight rom-com with two people of the same gender, nor was it a dark tragedy, two lovers pulled apart because they were gay. You got both. It was a comedy, but also had the plot and development of a drama. And the drama was a new take on a topic that is often avoided and hidden in society, the reality of HIV and AIDs in the queer community, and more.

“Three Months” was able to create a conversation around this topic that is approachable for young people, especially young M L M people. It didn’t dilute

the topic or make it seem like it was just a mere possibility. It also didn’t treat it as a death sentence. People can and do live with HIV or AIDS every day, it’s hard, it sucks, but it’s possible. Opening this conversation up allows for less stigmatization around the topic and will hopefully make it less taboo.

The movie itself was enjoyable to watch, the settings and the music really helped to create feelings of nostalgia for the 2010s and the overall vibe of the film was very pleasant to watch and immerse into.

If you are looking for a witty comedy, with just a touch of drama, to watch one weekend I would definitely recommend “Three Months.”



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Cu earns gold at gymnastics world championships

By Melissa Boussaroque

Three girls, clad in sequined leotards with American flags on the hip, hold a strong stance until the music starts. Then they begin to dance. You blink once, and one of them is now standing on the other's shoulders. Blink again and the smallest has now climbed to the top and pressed up into a handstand, forming a human totem pole.

Sophomore Cassidy Cu represented the United States in the World Championships for Acrobatic Gymnastics in Baku, Azerbaijan from March 10 to March 13. Cu competed in a trio alongside 22-year old Victoria Blante and 19-year old Eily Corbett. The trio placed sixth in the dynamic portion of the competition but earned a bronze medal in the combined



Cassidy Cu (center) and her teammates celebrate their gold medals.

portion, and a gold medal in the balance portion.

Cu began working with Blante and Corbett only three years ago but has been doing acrobatic gymnastics for around eight

years.

"My favorite part about doing acro is learning the skills and performing them," she said.

In acrobatic gymnastics, all team members need to trust

each other; the majority of what they do involves people balancing on each other and people being thrown up and caught. Cu is the smallest person in the trio, meaning she

is the one that has to balance at the top and be tossed up and caught by her teammates.

"It is fun working together, but it took time to build trust," Cu said.

This year was the trio's second year in a row representing the United States in the world championships. Last year, the trio competed in Geneva, Switzerland, and placed sixth.

"I think we worked harder last year, but it was more fun this year because we got to see the friends we made last year," said Cu.

Due to Covid, there were some adaptations made to the competition, such as limiting the number of spectators. However, there were many other people that Cu got to meet.

"It was really cool seeing all the different countries and meeting new people," she said.

CVHS teacher and coach Peter Brewer remembered



Peter Brewer coached Trojan track and cross country teams for 25 years.

By Delaney Rasmussen

Friends and family of former CVHS teacher and coach Peter Brewer remembered him as ambitious, diligent, and witty. He left a mark on many people and is sure to be remembered.

"Coach Brewer was the hardest worker I've ever met. He was always here on time, he stayed for the whole meet, he stayed after the meet, he did all the results, he knew everyone's names, every event of the kids. He was my inspiration as a coach when I first started," said Dino Cardiasmenos, Brewer's long-time friend and current CVHS track and cross country coach.

Brewer died suddenly of a heart attack on Feb. 19 at age 69. He touched many people in his lifetime, being an English teacher at CVHS for 33 years, and a track and cross country coach for 40 years. Brewer won a US-ATF Coaches Legacy Award in 2021. Back in 2016, Brewer was

awarded the California Coaches Association NorCal Coach of the Year award as well. Brewer has many accomplishments attached to his name, all very well earned.

"My favorite thing about Coach Brewer is how he remembered every single athlete, and there are thousands of them," said teacher Barbara Andersen, who not only taught and coached alongside Brewer, but was also coached by him in her youth. "He was all about kids and athletes which was super cool."

Brewer has been said to be very motivational, in his own ways. "His vocabulary was amazing," Andersen said. "He was able to kind of yell at an athlete, like if they were late or something. He would let them know in his own way that it was not appreciated, and most of the time no one knew what he was saying anyway, because he spoke in such a language where we would all look at him like, 'I think he's mad because we're late, but we're not

sure what he just said.' He just had a really impressive vocabulary, and he wouldn't use it in a show-off way, that's just how he spoke."

The way that Brewer coached was very unique, but it must have been effective for he led CVHS track and cross country teams to 101 Hayward Area Athletic League team championships in 25 years.

On Feb. 27 an event was held at Canyon Middle School in Brewer's honor. Over 100 alumni and former athletes of Brewer ran the Canyon race course for him. It was a chance for everyone to get together and reminisce on the lost coach and friend.

"Today was good, it was very impromptu. It was really sudden, but I think it was great how in just a week everyone was able to come together and people were able to reach out. He coached over four decades, so there were people here from the class of '22, and also the class of '84, so just that span is amazing. That's what I liked the most. It really made me happy to see how many communities and how many different people this was able to reach," said Peter Brewer Jr., Coach Brewer's son.

There was another 5k run held at Lake Chabot on April 3 at 1 p.m. in honor of Brewer. This event was a great chance to show support to Brewer and his family.

Brewer was considered a friend and family to many around him and still is. His name is guaranteed to never be forgotten.

Trojans compete at state wrestling championship



Carlia Ott (center) stands proud with her medal.

By Ethan Hudson

"As soon as I walked into the arena I was amazed by how big it was, I knew everyone would be watching me," said senior wrestler Carlia Ott. On Feb. 26, 2022, she and two other wrestlers, senior Jack Clarke and sophomore Mikayla Marquez, represented CVHS at the CIF Wrestling State Championship Meet in Bakersfield.

Reaching this level of competition is a huge accomplishment for everyone who made it and for many is the highlight

of their career. Just qualifying for the tournament proves you are one of the best wrestlers around.

"I remember I cried when I won my match to qualify me for State," said Ott. "The scale of State is so much bigger than any other wrestling tournaments I had been to."

This tournament is the culmination of years worth of work for these athletes and although Castro Valley didn't take any medals home, our athletes will remember this day for the rest of their lives.

Graduation announcements!

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Rainbow murals support LGBTQ+ students

Students win approval for district-wide project

By Maya Wong

The generally plain CVHS blacktop is going to look a bit more colorful. In the coming weeks, at least three ground murals will be painted in support of fellow LGBTQ+ students on campus.

Called Rainbow Pathways, multiple walkways will be installed that show the Progress Pride Flag. A symbol of headway made and more change to come, the flag combines aspects of various LGBTQ+ pride flags.

"The Progress Flag is much more inclusive than your typical rainbow one. While the original one works also, this one signifies support of those who are LGBTQ+, intersex, trans, as well as people of color," explained junior Karissa Chu.

Chu and her friend Rebecca



Rebecca Ireland (left) and Karissa Chu promoted the rainbow murals.

MAYA WONG

Ireland are the minds behind the Rainbow Pathways. Their project began last summer as an idea to fundraise money for The Trevor Project, a suicide hotline for LGBTQ+ youth. After contacting Castro Valley Pride President Austin Bruckner to put their plan into ac-

tion, he suggested doing a project that was more local. As a result, Chu and Ireland envisioned these upcoming murals.

The project is self-funded, without help from the school or district.

"After we came up with the basis of the idea, we opened a

GoFundMe, advertised using posters, and spread the news through word of mouth at some events during the summer," described Chu. "In total, we made just around \$3,000." This amount is enough to cover for the entirety of the project.

On Feb. 9, the Wellness

Center's Marian Meadows presented the Rainbow Pathways at the CVUSD Board of Education meeting, where the project was quickly approved. The Progress Pride Flag murals will not only be painted on the CVHS campus – they will also appear in CVUSD middle and elementary schools. At CVHS, Chu and Ireland plan to install murals in the quad and near the office. Although the exact locations of the murals are not yet set in stone, they are adamant on one place.

"We're hoping to put one near the football field because of the attacks on trans students in sports," expressed Ireland. "We want to display our support for them and show that everyone is welcome in all aspects of school."

The Rainbow Pathways are an emblem for inclusivity and allyship. The pair hopes that these murals will spur students to be aware of and respect the LGBTQ+ community.

For Chu, "they are a reminder that we should celebrate our differences and support people even if they're different from us."

High gas prices do not entice: the effects of war

By Megan Baldwin

Gas prices in Castro Valley have gone from being around \$4.50 to being up to \$6 per gallon. This sudden and drastic increase happened right after Russia invaded Ukraine, so many believe that the war led to the new gas prices.

The national gas price average reached \$4.43 per gallon recently, compared to only a month ago, when the national average was \$3.49.

"We're one of the biggest oil producers in the world, and we do get oil from Russia, but we're on contracts with them so we already had a preset price set up of how much we were buying this oil from. So, why are the gas prices so high?" said economics teacher David Roth-Rossi.

Recently, the price of crude oil has returned to around \$94 a barrel, compared to the \$130 a barrel that it was right after Russia invaded Ukraine.

The US only imports around 10% of its oil from Russia, while the rest comes from other countries and from the U.S. President Biden issued a ban on importing Russia's oil and gasoline on March 8, so that the US could try to slow down its primary source of revenue.

"I like that we're not supporting Russia, and it's worth it to me to pay extra for gas. It's just a little annoying because I work pretty far so I use a lot of gas,"

said senior Brooke Eickmann.

Spikes in the gas prices are especially taking a toll on people who have to commute to work. Many people don't have other options of getting to their jobs, so driving to work is an unavoidable cost for them. With prices of almost \$6 a gallon, driving to work can become expensive extremely quickly.

California has recently introduced a new bill that would require oil refineries to disclose the amount they pay for crude oil, and also disclose

their profits. This would show exactly how much gas prices have risen, and also show if this recent increase in gas prices were due to speculation.

"I think the situation is a good example of how speculation really manipulates the markets. If you think about how prices of oil when the war broke out went up all the way to almost \$130, and hit a record for the last 15 years, and recently it's back down like 20-30%, and dropped back down to \$94," said Roth-Rossi.



Gas prices have gone up in Castro Valley and across the nation.

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Graduates help Ukrainians resist Russian invasion

By Ali Nosseir

Helen Nesteruk, a CVHS graduate from the class of 2002, never imagined her family would raise thousands of dollars in aid for their home country, Ukraine. But in a mere ten days, Nesteruk and two cousins (also CVHS graduates) spread the word about their fundraiser, explained their motives, and raised \$54,000.

Nesteruk, who was born in Odessa, Ukraine, still has family in Ukraine's capital Kyiv as well as Odessa, a city in the southwest

region of Ukraine. "My family in Odessa signals every morning on Whatsapp that they are doing okay," Nesteruk said. "One of them lost a job though, and they tell me of air raid signals one to five times a day."

As the conflict was escalating, Nesteruk wanted to help defend her home country.

"When I found out that Russia actually started to invade, my blood started to boil over. I started to see the refugee crisis and myself having a son of 14 months, it is really hard to see. UNICEF and other big

organizations began to save people but it takes so long for supplies to get to Ukraine. The difference between my fundraiser and an official big organization is there are no bureaucratic fees, I'm wiring the money directly to a bank account and the person on the other end is giving the money to different volunteers," claimed Nesteruk.

This money goes towards a myriad of basic necessities and supplies for Ukrainian citizens. "We've delivered food, water, thermoses, and heavyweight blankets to children's hospitals.

Bomb shelters are super old and have no insulation or electricity so if sick children have to go down there, it's very hard," said Nesteruk.

She isn't only helping ordinary citizens through delivering basic necessities though, but is also aiding them in taking up arms to defend themselves if needed. "We aren't supporting the military itself, but there are regular citizens taking up arms to try and defend their towns," she said. The donations pay for "gloves, night vision goggles, binoculars, knives, etc."

Nesteruk initially conceived this fundraiser with the goal of collecting money from people she knew by asking around, yet the fundraiser has grown remarkably past her initial idea. "I'm getting donations from people I've never heard of before which is phenomenal, which is saying something about humanity and there's definitely good souls out there," praised Nesteruk.

You can help Ukrainian civilians by donating directly to Nesteruk through Venmo: @Helen-Nesteruk.

Nastya's Tale, Part 2: "You can cry, but it won't stop the war"

By Leah Janaway

Since Russia first invaded Ukraine on Feb. 24, I have been speaking to my friend Nastya in Odessa. Recently, I asked her how she and her family were doing, with an admirably positive attitude she said, "We're good. We can't live like how we did before [the war], but being at home is much better than being underground or hiding in a bomb shelter."

Odessa has set a curfew from 7 p.m. to 6 a.m. every day. Air raid sirens sound often and without warning, and the most explosions occur within the night hours of the curfew.

"My city is completely different from the way it was before," Nastya told me. "People are afraid of going outside. There are lots of police officers with

weapons, too, which is scary even though they're here to protect us."

During the hours she is allowed to go out, Nastya goes on walks with her dog Archie and occasionally goes shopping for groceries with her parents. At night, they hardly sleep because of the sounds.

"We can hear explosions—they're not near my building, but we can still hear them. Last night there were sirens," she said. Sleep deprivation just adds to their building anxiety over the situation.

Despite this, Nastya continues to astound me with her ability to remain cheery and positive. There are a few tactics she uses to distract herself during their many hours spent at home.

"I'm crocheting a unicorn

right now," she said. "I hope I can finish it before we have to leave my city because I won't be able to take any yarn with me. Also—" she laughed "—I'm trying to prepare for my exams. My parents told me that my exams probably won't be occurring at all, but I'm scared to forget my English and lose those skills."

I told her I admire her refusal to let the anxiety of the news consume her, and she said, "I try to be strong. I'm not crying all day. My parents are worried about me, and I try to convince them that everything is okay. I don't see any point for me to cry because my mom is already crying, and it won't improve the situation. You can cry, but it won't stop the war."

She thoughtfully added, "I was less brave before this. The

war has made everyone older than their real age because we understand that at any moment we could die, so we need to be strong."

More than four million people have now fled Ukraine as refugees. Nastya is still in Odessa, and she plans to stay until she's no longer able to.

"Odessa is the safest place for us right now," she told me. If they went through the extremely difficult journey to another city, it would only be a matter of time before that city is targeted too, and she refuses to leave the country because her dad would be sent to the Ukrainian military.

On top of everything else, basic necessities are running out in stores and there may not be restocks in the near future.

"Today when we returned back home there was a man searching for cigarettes," Nastya said. "There weren't suitable ones for him, so he asked the seller if there would be more coming and she told him that they will not be getting any more deliveries. Today we had to go to the market far away from our house that still gets deliveries of basic foods—oil, milk, things like that."

For now, Nastya goes about her life as normally as she can despite the situation.

"I try to keep myself busy—spending time with my family and talking through everything, crocheting, and watching some films and [TV shows]," she told me. "You don't know if you're going to wake up tomorrow or not. I try to stay positive."

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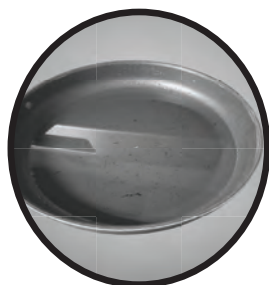
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CV in DC trip!

By Megan Baldwin

CVHS students went on a trip to Washington D.C. from April 2-9. The trip was headed by teachers Carmelina Frasca and Brad Schoenberger. Students got to visit countless monuments and explore the city. They participated in the Close Up program, and were also able to become friends with students from schools all over the country. Students on the trip had an amazing time, and enjoyed getting to become closer friends with their classmates.

