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THE CASTRO VALLEY HIGH SCHOOL Olympian

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Canceled class harms minority students

By Maya Wong

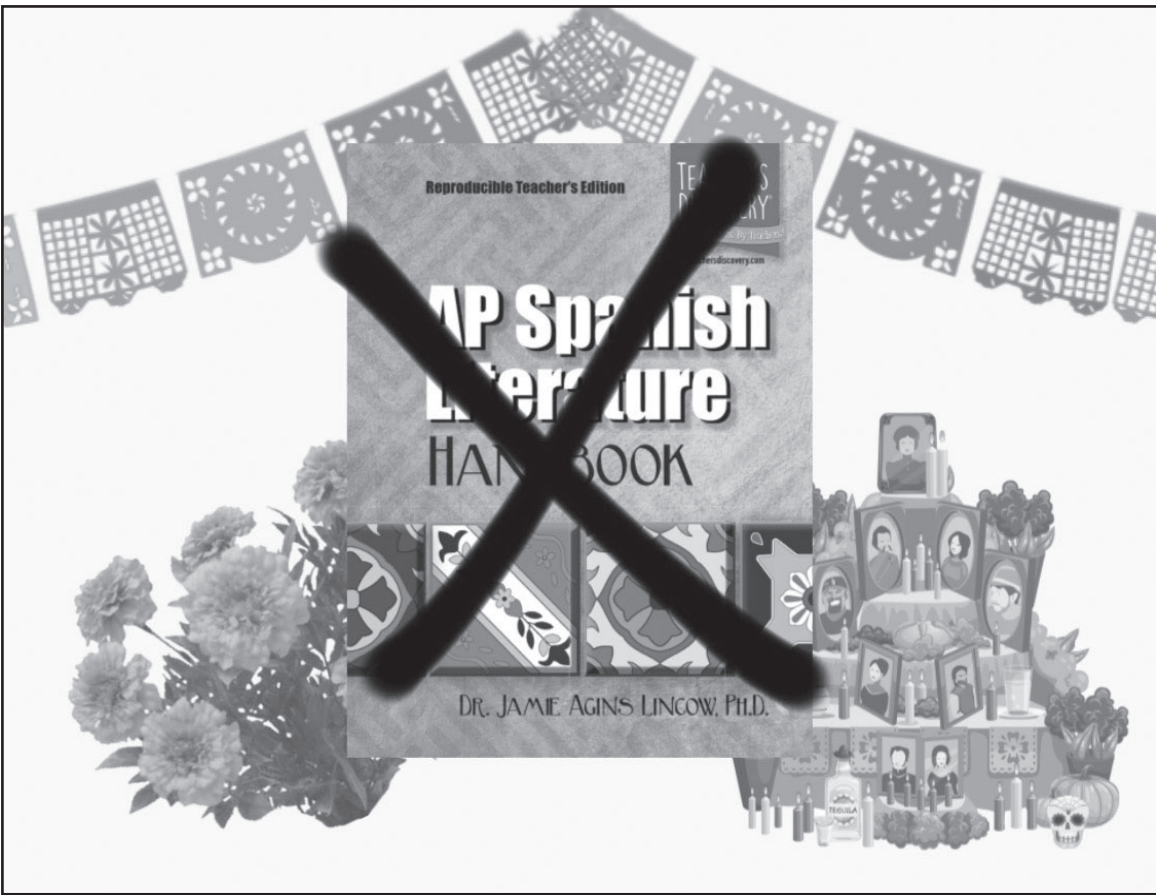
Although it was offered, the AP Spanish Literature course is not being taught this year as a result of low enrollment. This has sparked frustration among high-level Spanish students, who feel that they are not being given the same opportunities as other AP students.

The Spanish department offers eight classes, the most courses out of all CVHS language departments: Spanish 1, 2, 3, Spanish for Heritage Speakers 2 and 3, Honors Spanish 4, AP Spanish Language, and AP Spanish Literature. To take AP Spanish Literature, students must first complete AP Spanish Language.

Non-heritage students generally complete Spanish 1, 2, and 3. They can then select Honors Spanish 4 or skip to AP Spanish Language. Either way, it can take four to five years until students can reach AP Spanish Literature, so they must begin taking classes in eighth grade.

Heritage speakers complete Spanish for Heritage Speakers 2, 3, and AP Spanish Language. It takes them 3 years to complete the prerequisites for AP Spanish Literature, making it the perfect course for senior year. This means that the majority of students who request AP Spanish Literature come from Spanish-speaking families.

“AP Spanish Literature is a class that many unrepresented kids take, especially Latinos who are statistically



MAYA WONG

underrepresented in AP classes,” commented Linda Soto, a senior who was prepared to take the course this year. She was extremely disappointed to see that the class was not on her schedule. “I don’t know why that couldn’t work out.”

CVHS students request their courses for the next year during the early second semester. For a class to be created, at least 25 students must request that class as their first option for each subject category. AP Spanish Literature had nine course requests this school year.

Yet, this criteria does not align with certain courses. AP German, for example, had 18 requests and now has a roster of 16 students. AP European History has a class of 18. These courses are taught every year, despite having enrollment below the minimum requirement.

“There’s a few specialized classes that might get to run with lower numbers because they have a special funding source. But for the most part, a class needs to have around 30 students, or at least 25,”

explained Assistant Principal Kevin Baker, who manages program planning. “Each year there’s classes that are offered, and we hope that we’ll get enough students interested.”

CVHS has the resources to teach AP Spanish Literature. Teacher Antonio Acosta last taught the class during the 2017 to 2018 school year. He was prepared to teach the course this year, but discovered that the course was not being offered when schedules were released.

“I had a pilot class of about 16 kids. One hundred percent

passed the AP exam. But ever since then, we haven’t had the chance to teach it again because of the school policy,” said Acosta. “The next year we found out it was because there were not enough students to approve the class. And then after that, same thing, and then the pandemic came and it’s been repeating over and over.”

Running a class with low enrollment is a poor allocation of resources. Teachers must put in the same amount of time and effort, for fewer students to receive the benefit.

“I don’t know how much the AP Spanish teachers are promoting it, but the class definitely needs to be promoted heavily for it to run,” stated Baker.

Fortunately, reaching that number of 25 appears possible in the future. AP Spanish Literature is catered to native speakers, of which there are 254 at CVHS. In total, 65 students are enrolled in Spanish for Heritage Speakers 2 this year; 34 are in Spanish for Heritage Speakers 3. Whether or not these students will pursue Spanish classes up until AP Spanish Literature will determine the true amount of course requests. But frankly, not teaching this class hurts minority students the most.

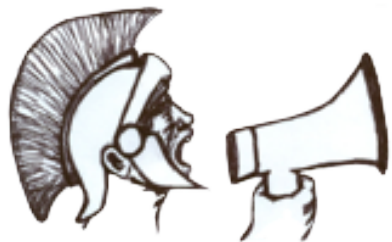
“For many Latinos, this is one of the only AP classes they are going to take,” said Soto. “To have that taken away from them is really a violation of our sense of community that we’ve been building over the years.”

Snapshot of Alcatraz Sunrise Ceremony

On Nov. 24, people from all across the U.S. gathered on Alcatraz Island, Ohlone Territory, for the Indigenous People’s Sunrise Ceremony, commemorating the 1996-1997 occupation by the Indians of All Tribes. The annual event was organized by the International Indian Treaty Council.



ZOE DORADO

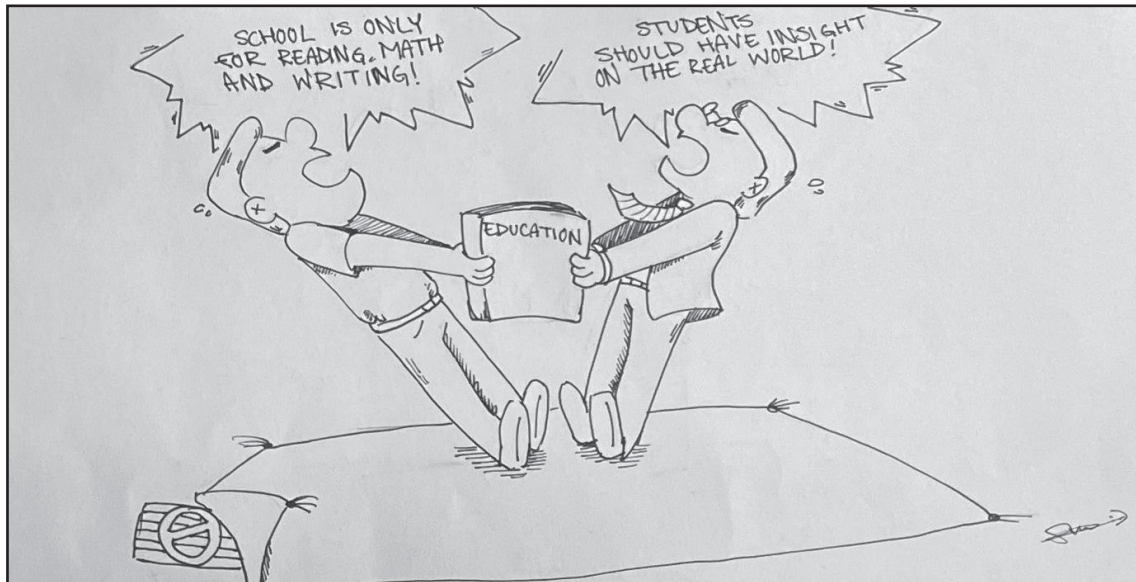


Parental rights in education will hurt students

Editorial:

Parental rights in education law enactments have been the focal point of recent anti-LGBTQ+ campaigns, however they are not something new to the political stage in the U.S. Since 1995, these bills have been introduced in 25 states. In 2005, the Ninth Circuit Court struck a parental rights in education bill down on the grounds that “parents are possessed of no constitutional right to prevent the public schools from providing information on the subject [of sexuality] to their students in any forum or manner they select.”

However, parents around the country are still trying to control the narratives within their children’s education today. Six states have enacted laws allowing parents to sue schools for discussing LGBTQ+ people and experiences, there was a Senate bill introduced earlier this year aiming to cut federal funding for any K-8 schools that allow students to express



FRANCES LEE

themselves at school without parental consent, and there is even a resolution in the House of Representatives which aims to add a parental rights amendment to the Constitution.

The Olympian believes that school is supposed to prepare students for the real world, not hide the truth. We believe the initiatives for parental rights in education contradict the vital role that school plays in finding

who you are.

We think that these initiatives aim to silence LGBTQ+ teachers and experiences. While a main argument for parental rights in education is that “schools exist to educate children – not indoctrinate them” taking away from fundamentals of education like math, reading, and writing, exposing students to the reality that there are LGBTQ+ people in the world is

not indoctrination, just preparing students for the real world and encouraging them to know it is okay and normal to be a part of the LGBTQ+ community. LGBTQ+ teachers should not be forced to censor themselves differently or more than cis het teachers.

As the Trevor Project has studied, LGBTQ+ youth are at an above average risk for mental health issues and

suicide—not because of their identities but because of the stigmatization of the topic. The parental rights in education are sure to increase this risk, as Trevor Project’s Amir Paley stated, “when lawmakers treat LGBTQ+ topics as taboo... it only adds to the existing stigma and discrimination, which puts LGBTQ+ young people at greater risk for bullying, depression, and suicide.”

The problem is, however, that this could also go the other way. The parental rights in education bills being implemented aim to back up parents attacking LGBTQ+ and race topics, but if parents are not empowered to step in when teachers are going against their beliefs, then homophobic and racist teachers could be enabled to continue hurting children.

Parental Rights in Education are attempting to erase LGBTQ+ people in education. LGBTQ+ people exist. Not talking about experiences, identities, and lives of LGBTQ+ people doesn’t change this.

PHOTOpinions What do you think about parental rights in education?



“Parents should have input in what their children learn in school but they shouldn’t be the deciding factor.”

Adrianna Jaime
freshman



“Educating young kids is good, so that they know about [the LG-BTQ+ commnity]...so that they don’t feel lost if they are a part of it or hear about it.”

Elise Ledesma
sophomore



“If it comes up that a teacher has a same sex spouse it’s not that big a deal. I don’t think it would affect the student’s learning.”

Jenna Nosseir
junior



“When it comes down to a public school parents don’t have the right to dictate the specifics of what all the students should be taught.”

Hailey Garcia
senior



“Well-rounded adults need more than just content knowledge, and teaching social-emotional skills requires making a connection with students, usually by sharing [our own] experiences.”

Nicholas Tapia
science teacher

Olé, olé, olé! FIFA is not okay!



By Erika Sun

Growing up, the World Cup was always something I looked forward to, from the adrenaline rush I’d experience watching each match, to the playful rivalries that would arise within my family. A game of unification, a game of both joy and tears, the World Cup always brings a sense of togetherness to the world.

Consisting of 32 teams worldwide and taking place every four years, the World Cup is regarded as the largest sporting competition in the world, with over a billion viewers tuning in. It is a tournament countless players and nations dream of experiencing (and winning),

but very few ever have the opportunity to truly taste victory.

With the latest World Cup in Qatar, human rights issues have stirred controversy. From the thousands of deaths of migrant workers during the tournament’s construction to the blatant discrimination of the LGBTQ+ community, many discussions surround the competition, not in a good way.

These issues, however, are not unique to only the Qatar World Cup. Not to ignore the many problems involved in the 2022 competition, but corruption has plagued the tournament for years. The International Federation of Association Football (FIFA), the organizing body for the World Cup, has been consistently flawed in the ethicality of its practices, evident in its decision to host the event in a country that strictly prohibits homosexuality. Only having money in mind, bribery has a chokehold on many actions

taken by the organization, especially in its selection of host nations.

Similar to what is occurring now, conversations were held in the media at the last world cup in Russia regarding their labor abuses and restrictive legislation stifling freedoms of assembly and expression. FIFA’s decision to ignore them instead puts into perspective the priorities of the group. The organization maintains values dating back several decades before, such as in the 1978 World Cup where the organization chose to host the event in Argentina despite the authoritarian government silencing and committing violence on its citizens.

With many of the host nation teams reaching unprecedented stages of the tournament, fans are left to question the authenticity of their success. Following profit over morals, FIFA continually disappoints and tarnishes the



ERIKA SUN

enjoyability of the sport.

While boycotting the competition would be the most significant effort, it is an idealistic suggestion that would be undoubtedly unlikely given the global sensation that is the World Cup. Not to mention, many players who dream of experiencing the game at the largest stage should not have to give up a

once-in-a-lifetime opportunity. Nevertheless, individuals should not let the World Cup and FIFA “sportswash” the actions of host nations and overshadow the many social issues under it all. By the time the tournament ends, the media will likely die down on the controversy, but individuals need to continue holding groups accountable.

Senior shares study tips for success



By Evan Griffith

When finals season arrives at CVHS, the stress is almost palpable. Students look tense and tired, baggy-eyed and teary-eyed. But there is no need to worry this end of the semester. Armed with the study tips in this article, you will be able to ace your finals efficiently and stress free.

First and most importantly, you want to give yourself time to study well before your test. Make a study schedule two to three weeks out from your finals to ensure you have time to study all the information you need to study. Bottom line is, don't cram at the last minute. A 2007 study on the University of South Florida and UC San Diego campuses enforces this idea. "Increasing Retention Without Increasing Study Time" by Doug Rohrer and Hal Pashler states, "When tested later, performance is usually much better if the study time is spaced rather than massed."

As far as how you should study, always focus on recalling information rather

than just looking at it. Three easy and effective ways to recall information are: practice testing, flashcards, and covering and recalling previously taken notes. Remember to always be doing something while studying other than just reading. Recall information by taking notes, practicing out loud with a friend or even alone. Just keep your mind on task and recalling.

This fast-paced and dense form of studying, as well as almost any form of studying, is tiring when practiced for long amounts of time. A strategy to stay focused and motivated throughout a long study session is to use the Pomodoro technique. The Pomodoro technique is a technique in which you study without distractions for 25 minutes and then rest for 5 minutes. This keeps your mind fresh, and your spirits high as there is always a break around the corner to work towards. It also helps to organize what you will study and when. You can focus clearly on one subject for one 30-minute interval of time, and another subject for another interval.

The last tip is to get rid of distractions while you study. It helps to go to a library, as the environment is quiet and encourages you to do your work while others around you do theirs. The most important and easiest (or hardest) tip is to put your phone on silent mode and stow it away. Hiding your phone in your backpack or another room might seem unnecessary, but it does wonders to help you focus on the task at hand.

Follow these tips and you will undoubtedly fare better in the finals to come. Stay calm, stay focused, and good luck Trojans. You're going to do great!



OLIVE DOOLEY

Marching Band is a sport (and an art)

By Kaitlyn Tchang

Before starting my first real marching season in sophomore year, my answer to the question: "Is marching band a sport?" would have been the same as that of most of my peers—no. After all, why should a group of walking musicians who play during football game halftimes be considered athletes?

But after nearly two seasons of the activity, with its Tuesday night and full-day Saturday rehearsals, through tiring heat and drizzling rain, the answer is now a clear and resounding yes.

A sport is defined as a competitive activity that requires skill and physical exertion. Marching band—whose members include wind players, percussion, and color guard—fulfills all these conditions, yet it is overlooked far too often by many other students as trivial, recreational, and offering little more than mere entertainment value.

Every season, stretching from August to November, the CVHS marching band works to prepare a new, themed show. For each set of the show, we must play our musical part, memorize visual directions, and hit our "dot," or x-y field coordinate, all while

carrying props or instruments sometimes weighing tens of pounds and marching with proper technique. Our three-movement 2022 show, "Ripple Effect," lasts around seven minutes and includes over 50 sets.

Developing the skills and endurance necessary to succeed in marching band requires hours of drill and repetition. We rehearse at least 11 hours a week during the fall season—on par with many other sports schedules—not to mention an entire week of summer dedicated to band camp. Each practice starts with more than an hour of physical training, including running, movement, and core exercises, with a specific focus on dance for color guard.

The competitive aspect of marching band is certainly there as well. We attend competitions in the latter half of our season at various sites, including Independence High School in San Jose and James Logan in Union City. There, dozens of marching bands from around the Bay Area and state converge to display their passion for marching and fruits of their months of

labor in show performances for audience-packed bleachers. Competition days are long and exhausting, beginning with morning rehearsal and ending with unloading trucks back at CVHS, sometimes past midnight. But competitions are also settings of school pride and friendly rivalry, of camaraderie and fun.

Indeed, from the karaoke on hour-long bus rides, to dinner and sharing snacks, to inside jokes on the field, marching band is fun. It's also incredibly fulfilling. For marching band students, improving each performance of our show fills us with a similar pride and joy to that of a swimmer or runner beating their personal record.

We must stop minimizing marching band, both in CVHS and beyond. Marching band is more than just an entertaining pastime; it is a performing art and sport. It is deeply impactful to the lives and identities of the students who pour hundreds of hours into it over their high school careers. And most importantly, it is the source of many of my closest friendships—a community akin to a home.

Letters to the Editor

The Olympian encourages letters from our readers. Please note that letters must be signed and no longer than 200 words. E-mail them to cvhsolympian@gmail.com.

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Olympian

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“She Said”: Is the #MeToo movement dead?

By Zoe Dorado

“This is bigger than Weinstein. This is about the system protecting abusers.”

This soundbite taken in a conversation between former Hollywood film producer Harvey Weinstein’s ex-personal assistant Zelda Perkins (Samantha Morton) and journalist Jodi Kantor (Zoe Kazan) not only expressed what the #MeToo movement revealed about sexual misconduct in the workplace, but illustrated what the 2022 film “She Said” would center on: the diligent, careful, real-life process of unraveling the thick layers of that system.

The film follows New York Times journalists Kantor and Megan Twohey (Carey Mulligan) as they go phone-call to phone-call, door-to-door from London to Silicon Valley trying to get in contact with women who had faced sexual abuse from Weinstein going back to two decades ago. The difficulty is in getting them to talk. The term “off the record”—repeated countless times throughout the film—meant that even if Kantor or Twohey got a source who was willing to share their story, they couldn’t publish it without their permission. Going “on the record” would mean putting themselves on the line—getting shamed, losing job opportunities, or having their traumatic experience labeled as a tabloid sex scandal. The terror outweighed the uncertainty of finding accountability for those in seats of power. “She Said” takes the audience through intimate emotional scenes and a tight bureaucracy of nondisclosure agreements and settlements until Kantor and Twohey are able to weave themselves around to write the story, published in 2017, that would shock the world and spur a social movement.

Although the film sets itself up for a flashy drama where Hollywood self-congratulates itself on reaching peak feminism, the focus on investigative journalism creates more uncertainty, showing slow dialogue-filled scenes where the tension is more heartbreaking than exciting. From when actress Rose McGowan (Keilly McGowan) and Lauren Madden (Jennifer Ehle) speak about their encounters with Weinstein, to when Kantor’s young daughter asks about rape, the work of investigative journalism becomes humanized rather than heroic. Even when Twohey

meets Weinstein, the “villain” of the film, the audience never even sees his face. Instead, the focus of the scene slowly edges towards Twohey, staring at him with a mix of sadness and disgust. The catharsis in seeing Weinstein sent to jail in some dramatic scene is not present in the film.

Perhaps it’s this that brought the film’s downfall at the box office bringing in a measly \$2.25 million on opening weekend. The public goes to the movies to escape reality or to go to a more stylized version of it. Yet the film described the real-life horrors of Weinstein without capitalizing on grotesque scenes of sexual harm. It focused on the aftermath, the messy process of uncovering a system of abuse.

Moreover, it’s been five years since the article was published, details of the investigation were released, and the #MeToo movement began. How much more did people want to know?

Especially with recent cases such as the Johnny Depp-Amber Heard defamation trial, following Heard’s accusation that she faced sexual violence from Depp, the term “she said” turns to its opponent “he said.” It was his (Depp’s) word against hers (Heard’s) and vice versa. Our media’s culture, once adapted to shout “believe all women,” came to a place where TikToks and Twitch livestreams were created to make fun of Heard’s face, the way she spoke in court, analyzing and scrutinizing her every move, while Depp was made a saint. The idea of victim versus perpetrator became a false binary. The truth is that everyone is capable of receiving and causing harm. No one can be the “perfect victim.” The fate of the #MeToo Movement is therefore walking a thin tightrope. What will this recent intensified public scrutiny mean for victims of sexual abuse?

The last scene of “She Said” shows Kantor and Twohey huddled around their computer ready to click “publish” on the news story that would spark the #MeToo Movement. For many today, however, the direction #MeToo will take remains uncertain. From social movements, to beauty standards, to U.S. politics that brought us from Obama to Trump, our culture is constantly on a pendulum swinging back and forth. Progress is not linear. The box office’s reaction to “She Said” reveals that the pendulum is beginning to make that shift.

Things couldn’t get worse than this

By Melissa Boussaroque

After getting a pay cut at her job, Agnes Petrella is struggling to make her rent and hesitantly resorts to selling her grandmother’s antique apple peeler. She posts to a social media website for members of the LGBTQ+ community and quickly receives many responses, among those being Zoe Cross.

After some email correspondence concerning the apple peeler, Cross learns that the apple peeler is the last thing Petrella has left from her family, who disowned her after she came out. Cross offers to pay Petrella’s rent and tells her that she can talk with her any time on Instant Messenger.

In “Things Have Gotten Worse Since We Last Spoke,” Eric LaRocca portrays how the two women form an online relationship, which starts

innocently and quickly develops into a toxic and controlling relationship that meets an uncomfortable ending.

Overall, this book was a major letdown, despite the compelling title. The book is marketed as “Horror Fiction” but has also frequently been described as “gory.” However, while reading it, it was barely gory, or even scary, it was just uncomfortable.

The entire book is written as a series of text messages and emails between Agnes and Zoe. However, the wording is incredibly formal and unrealistic. While the writing is beautiful, it does not sound like something that would be sent in a text message.

Additionally, the book has almost no characterization or character development. It is often confusing to differentiate who is who, because neither character has a distinct personality.

The fact that the book is so short, but has so many things happening confuses the reader. It develops so quickly that it often feels like you missed something, and it can get overwhelming.

The worst aspect of this book by far is the misrepresentation of a relationship between two women. The author is not a woman, and therefore has never been in a lesbian relationship, and it shows. The authors’ misperception is incredibly prominent and his portrayal almost fetishizes lesbian relationships at times.

“Things Have Gotten Worse Since We Last Spoke,” is definitely not a book that I would recommend; there were so many aspects that were confusing and poorly done. However, the writing is actually good at times, so I think it is worth checking out other books by Eric LaRocca.

“Bones and All” reflects our youth



By Sam Scott

Coming of age and identity are among the many underlying themes portrayed through cannibalism and gore in “Bones and All.” The 2022 film follows Marren in her youth, attempting to find comfort and reassurance in life without parents, all while secretly living as a cannibal. Although her father supported her until she was 18, he moved away once her flesh-eating desires could no longer be controlled.

A major point of the film is Marren’s encounter with another cannibal, Lee, who goes out of his way to travel with her. Despite knowing essentially nothing about one another, Marren soon feels the comfort of knowing there is someone else like her. On the other hand, the impartial Lee begins to care for Marren as they spend more time together, finally feeling as if he is not alone anymore in his travels.

Director Luca Guadagnino makes use of the simple plot to push a much stronger thematic

message within his film. The use of cannibalism serves as something more than a gorey outlet, representing the adolescence-attributed traits in the characters, forcing them to feel alone in their community as they search for answers to questions of identity.

Aside from its underlying tones, *Bones and All* is a refreshing, philosophical alternative to the flashy movies of the modern film industry. Due to the reserved nature of the protagonist, the audience often has to interpret for themselves the choices she makes throughout the film, pushing us to reflect on our own growth or identity.

Companionship is a major subject of the film, as Marren searches for it throughout the entirety of the film. Parents or school-related figures are nonexistent in her early-adulthood, so Marren must thrive on her own in an attempt to find support. After years pass once meeting Lee, Marren is again stripped of her support-

system with his passing, pushing the idea that there is no one answer or endpoint to our growth and our identity will constantly evolve.

In terms of cinematics, “Bones and All” is set in 1988, Minnesota, and is shot with a feeling of nostalgia with its grainy features. With this comes a feeling of familiarity. There are many scenes contrasting with one another within the film, giving off a sense of closure, until new obstacles or questions arise. Moreover, there are shots of enclosed rooms or close ups of trees, while others are showings of massive fields, as well as contrasting lighting between hopeful lights and dreary, enclosed darks.

As many films today feature large budgets and a great amount of CGI, “Bones and All” is likely to get buried in the bigger films of 2022. Regardless, it is a breath of fresh air sure to be remembered by those who appreciate its beauty in cinematography and audience-relation in themes.

Watch your back at the “Glass Onion”

By Drew Paxman

You are cordially invited to Miles Bron’s Glass Onion mansion for a murder mystery extravaganza. Please bring your wit, charm, and best poker face. You’ll need them to succeed—the winner gets an iPad. Oh, and beware. Someone’s behind you.

The murder mystery is one of few genres that can simultaneously stress its audience out while also leaving them with an odd feeling of joy by the end. One thing’s for sure: the genre is captivating and “Glass Onion: A Knives Out Mystery” is no exception.

On the heels of an Oscar nomination for his 2019 box office hit, writer and director Rian Johnson still knows how to write an engaging whodunnit. “Knives-Out” is a near-perfect film. Much of this is attributed to Johnson’s sharp writing (hence the Oscar nomination), his cleverly misguiding direction, and the overall terrific performances from the cast—especially Ana de Armas. However, it is the political commentary on the

American social class that is at the center of “Knives Out.” With such a profound core message mixed in this comedic mystery, audiences were left to wonder: what would Johnson tackle next? And, moreover, how can he top this?

These questions are answered in “Glass Onion,” which moves famed detective Benoit Blanc away from the New England mansion setting of the first film to a private island in the middle of the Aegean Sea. This setting immediately creates a grandeur that is not present in the first film. Everything in “Glass Onion” is much, for lack of a better term, bigger than in “Knives Out.” This new setting is somewhat jarring initially, especially after the first “Knives Out” emphasized a small and cozy environment. The setting of this Glass Onion mansion is much colder. Where Johnson allows the audience to get comfortable in the Thrombey’s East Coast mansion, the audience can’t help but feel uneasy in this glass atmosphere. A layer of cynicism, and even worry, is added in this change of setting.



This shift in setting parallels the changes in the new script Johnson wrote. Audiences can be reassured: Johnson’s sharp writing has not dulled in the three years between films. If anything, it’s sharpened. Many critics have described “Glass Onion” as being even “twistier” than its predecessor. Audiences can expect the same edge-of-their-seat tension felt in the first film.

The ending to “Glass Onion,” however, is bound to leave some mixed feelings in the audience. Let me be clear, the ending is not bad by any means, but it feels rushed. Without spoiling much, it is not what happens in the ending that feels slightly unearned, but how it happens.

Where “Knives Out” truly shines over “Glass Onion,” however, is through its cast of characters. The characters in

“Glass Onion” are well-written and acted and are uniquely original and distinctly different from their 2019 counterparts. However, the bar was set so high in “Knives Out” and it could not be beat in the character department.

The most interesting of these new characters is Andi Brand, slyly portrayed by Janelle Monáe, who gives what is perhaps the best performance of their career. Brand’s character has the largest emotional arch of the entire film. While, like its predecessor, “Glass Onion” is filled with fantastic performances from an all-star cast, Monáe’s performance serves as the glue that holds the emotional core of the film together.

It is this emotional core that guides the ultimate social commentary of the film: this time

being the impacts and influence of political and business corruption. Choosing to tackle this social issue demonstrates Johnson’s willingness and ability to keep up with and tell stories that comment on the current political landscape. Furthermore, he’s able to ground these very modern commentaries in a genre that has its roots in a 20th century setting. Monáe’s performance makes us even further care about these issues, emphasizing the point of Johnson’s script.

Is “Glass Onion” as good as “Knives Out?” No. But it is still a highly entertaining film with a great cast and clever script.

So, reader, I hope you have enjoyed your stay. We hope this experience did not scar you too much. Would you consider coming back? A third party is already in the making...

K-pop stars damaged by toxic industry



The onstage commotion after an LED screen collapsed Hong Kong boy group Mirror.

By Shannan Chan

Imagine the shining lights, dazzling stage effects, and the feeling of performing while in front of a loud cheering audience. Internationally this is a dream career for many, and with all its benefits such as fame, recognition, and passion for performance many are eager to accept the challenges. However, there are still serious downsides to such a taxing career that music and art industries tend to hide. In Asia, however, these standards are heightened to extremes causing great concern for the health of

those in the industry as well as how it affects the mindset of the youth audience.

On July 28, 2022, a large LED video screen fell on top of the Hong Kong boy band, Mirror, mid-performance raising concerns about the well-being and safety of dancers. The screen collapsed on three back-up dancers. According to South China Morning Post (SCMP), at least one of them was seriously injured. None of the band members were wounded. Dancer Mo Li suffered major damage to his neck and had two surgeries done as a result. He was left fighting for his life

and now faces paralysis from the neck down with a five percent chance of recovery; a huge blow to his career and life.

This incident sparked outrage among the public as well as other larger figures in the Canto-pop industry. An investigation was launched on the stage mechanism and how the hanging screen above the stage functioned. It was discovered that it was due to metal fatigue of the suspension cord—a wire fracturing that led to the screen’s collapse as reported by CNN after interviewing Kevin Yeung, Hong Kong’s culture secretary. This led to rising suspicions upon how the stage and performance schedule was managed throughout Mirror’s 12-day tour, which was canceled after the second day.

Those who had attended the concert were left traumatized. Many reportedly sought therapy during the aftermath. Attendees also demanded a full refund because of the incident. SCMP eventually revealed that it was true, that there was barely any practice time prior, and that a group member had fallen from the stage the day before.

All over the world, some are aware of the risks and hazards of being part of an entertainment or art industry, including things such as modeling, acting, or dancing. Such negatives like cyberbullying, unrealistic expectations and standards for personality and body type, talent and toxic environments can both affect the performer,

as well as their audience. Any entertainment industry would hope to maintain such standards such as being visually attractive and having a strict requirement of outstanding talent.

This once again brings up the topic of how much stress and deadlines are pushed upon Asian groups and performers in order to make the most profit and satisfy their fans.

This affects other Asian genres of music such as the K-pop industry, notorious for its toxic industry, culture, and environment. With artists constantly being pushed to release music almost every few months in some cases, this takes its toll. Combined with music production, interviews, interactions with the public, and more, this can cause high stress and negative impacts to mental health. Constant overworking along with receiving hate and cyberbullying can truly impact performers’ mental and physical wellbeing. There is no outlet for such stressors as the need to be professional is much greater, let alone even if they do, many companies will take no such action to improve their environment or treatment. Idols are left with little support in lesser known companies, and could even be prevented from seeking resources. Examples of this include the more recent tragedies of suicide among three K-Pop idols: Kim Jonghyun, Goo Hara, and Sulli, all within two years from 2017 to 2019.

Almost all of the reasons for this were due to the toxic standards upheld in Korea and cyberbullying. Goo and Sulli faced harsh online criticism and slut shaming before their deaths, and Johnhyun left a note stating: “The life of fame was not for me”.

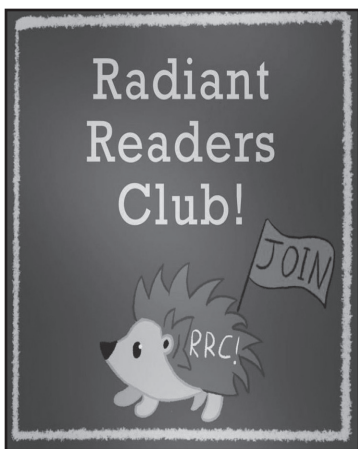
This of course brings up the toxic culture of weight loss and unhealthy body standards. They are forced to uphold a “pale, thin, doll-like standard” in order to be visually appealing. This is a problematic issue as this affects the viewers, especially youth that feel the need to replicate those standards in order to be attractive. This leads to a harmful cycle of dieting and can develop into eating disorders as it leads fans to think such unrealistic body type is achievable.

Many harmful standards and practices that are upheld in the Asian entertainment industry need to end. Not only do they impact the mental and physical wellbeing of the artist, but influence the audience as well with unhealthy standards. There are already many protesting for more awareness about these issues. People must be mindful of how the things they see for entertainment may not be fully real and that much of the things they see on camera can be fake. Thus, the normalized ideas and standards upheld in Asian arts and entertainment cannot be taken at face value and people should take the time to be aware of such influence.



Radiant Readers serves kids district-wide

By Shannan Chan



Over the last two years, the world has seen a massive setback to education and development in youth, especially those in primary school. As more and more concerns arise from teachers, parents, and many others, this problem affects growth in many subjects, but impacts one subject the most: reading. That's why the Radiant Readers Club (RRC) is here to help, aiming for second and third-graders to boost their literacy skills.

The RRC was established

fairly recently at CVHS, officially becoming a club last year. The project itself, however, has been running for a little longer.

"It started off as a Girl Scout Silver Award project as we want to inspire kids and to have a safe online environment for reading. The RRC's purpose is to give back and help kids become more confident in their reading skills," said junior and club president Vivian Yang.

The club has a five-member club board as well as other members, who are labeled as staff. They meet entirely online through Zoom meetings every Monday evening. This includes reading time, game time, such as Pictionary or Stickman, and a review of vocab, all from 7:30 p.m. to 8:40 p.m.. This schedule includes perks, like no required

lunch meetings and the flexibility of volunteering from home.

The club has experienced huge growth and expansion since last year, from 10 to 13 elementary school students to now serving a whopping number of 65. RRC not only targets just the Castro Valley School District, but many others as well.

When asked about what goals the club hopes to achieve this school year, the problem of time limited Zoom meetings occur. Since July 15, 2022, Zoom has changed the meeting time limit to 40 minutes, causing inconvenience to the RRC meetings as well as complications with breakout rooms. However, the club is hopeful that they will get through their dilemma.

"We went through a lot of setbacks actually, even now. We're trying to come up with a solution, and we're currently in a jam so we hope to have a fundraiser in the future," says Yang.

Overall, the RRC seems to be a great contribution to the community and a good way to give back. Nevertheless, there is still some rowdiness at times, especially with the kids' behavior.

"This club is a great way to fill your volunteer hours while getting the chance to work with children. Reading with the kids is a chaotic but fun reading opportunity," said sophomore Edison Huang.

Freshman Vice President Arin Yang agrees. "Being vice president of RRC is fun, because I get to oversee the club and be a part of what happens behind the scenes, but it gets frustrating when things don't work out," she added.

Despite its difficulties, the RRC strives to continue running in future years in order to continue supporting kids' reading and literacy development throughout the Bay Area.

To find out more information about RRC, find them on Instagram @theradiantreaders.



Yee sails swimmingly as water polo captain

By Matthew Wong

When former CVHS water polo coach Ben Brookens set up a free clinic to grow interest in the water polo program in 2019, Ryan Yee was quick to jump at the opportunity.

"I had always enjoyed swimming and seeing a new aspect of water sports," said Yee. Now a senior and team captain for varsity boys water polo, Yee is excited to continue his final season with CVHS, and hopefully enjoy water polo past high school.

Water polo is a water-based sport where two opposing teams try to throw a ball in the other's goal. Players have to use a specific type of treading called eggbeater that allows free arm movement. The sport is very physically demanding because players need to be able to receive passes and throw accurately all while staying afloat. Defense in the sport is also challenging because players have to hinder the opponent's movement in the water to prevent them from receiving and throwing the ball.

"I feel my defense is very strong in water polo, but I would not say it is easy to play. You have to be able to predict and be prepared for what the opponent is going to do next... a good defense requires a lot of strength and you need to be able to resist any manipulation your opponent attempts," said Yee.

Yee first began playing water polo in eighth grade, and started playing for the junior varsity (JV) team when he was a freshman. Yee became the JV team captain when he was a sophomore before joining the varsity team when he was a junior. Currently, he is the captain of the team. All players have the chance to become team captain once they reach their senior year. When they offer to become team captain, the rest of the players take a vote.

"Ryan is probably the most supportive and friendliest guy on the team. I don't really know a single person that doesn't like him. He's a natural leader and very charismatic person," said Edwin Sabanovic, a member of the team.

"I love water polo because of the additional aspects added

that spice up the sport, such as swimming... along with the accuracy of your shot, and the various types of shots," said Yee. The complexity of the sport is part of what makes it fun, but most players would agree that the team is what makes it the most enjoyable. "The support and banter you receive from the water polo family you build and bond with is what I enjoy the most. One of my most memorable experiences was during my senior night against Berkeley. My teammate passed me the ball and there I shot with all my might to the weak side. The crowd went wild, and I could hear all my friends and family screaming in the background."

Although after high school, Yee does not plan on putting too much commitment in playing water polo, he still hopes to play the sport in college at the club level.

"The thrill of making a successful, beautiful play, or the reactions after you or your teammates make a cool shot are some of the things I enjoy the most about water polo," said Yee.

Food drive gives back

By Frances Lee

As November went by, students filled their fourth-period classrooms with canned goods, competing to collect the most. The annual food drive lasted two weeks, from Oct. 31 to Nov. 11, and accumulated 4,254 cans to be donated to three local organizations.

Each year during the Canned Food Drive, the class with the most cans donated is rewarded with a pizza party. Classes with over 100 cans receive a bag of candy.

This year, ASL teacher Amy Ryken's class won for the second year in a row with over 1,100

cans donated. Government and psychology teacher Carmelina Frasca's class followed closely behind with over 1,000 cans.

About half the cans were donated to Alameda County Food Drive, a social service organization. Another portion was donated to Ruby's Place, a nonprofit organization in Castro Valley. The remaining cans will go toward another undecided location.

Food drives are one of the many ways for CVHS to show its support for the local community and bond with others. With encouragement from teachers, students became more motivated to bring in cans to help their community.

Ryken agrees. "I like giving back to the community, so I try to encourage my students to do the same."

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ANJALI YADAVALLI

Monarchs crushed by the Trojans

By Anjali Yadavalli

The Trojans dribbled their way into the preseason with a massive win against the Mount Eden Monarchs on Nov. 28; the CVHS varsity boys basketball team won 75-43 at their opening game for the 2022-2023 preseason. The gym, filled with Trojan friends and family, roared with cheers and commotion as the Monarchs drifted away from having a chance to win.

Players were exhilarated even before the game began. When the first whistle blew, the excitement in the crowd rose. Junior Lukas Winn started the Trojans off strong by winning the tip-off. Following the tip-off, the Trojans scored the first points of the game.

The Trojans continued to keep their lead throughout the game—hours of practice and scrimmages outside of their regular schedule paid off for the start of the preseason. They were playing offseason scrimmages over Thanksgiving break, working up to the opening night.

Junior Ansel Burnama has been anticipating the start of the season.

“I’m most excited to see myself improve as a player, as well as a person,” said Burnama. “This season will come with a lot of lessons and I’d like to see myself learn from those lessons.”

On the court and off the court, players continued to stay positive. At the night’s end, the CVHS basketball teams celebrated their first win together.

Junior Esais Goodwin said, “I think this season will go well, we have a very good young core [with only three seniors on the team] I am excited to see how far this team can go.”

This win for the Trojans is just the beginning. After this game, the Trojans still have a handful of preseason games left until the start of a perfect season.

Burnama mentioned that, “The only thing keeping us from a perfect season is ourselves, and as long as we are staying focused and are working 110 percent throughout the whole season. I think we’ll do well.”

“Backhand Bullies” backhand pingpongs into first place

By Samantha Jew

In a close battle between the Backhand Bullies and the Prodigy Pandas, the Backhand Bullies came out on top winning this year’s ping pong tournament.

The ping pong tournament was held during lunch in the Aux Gym from Nov. 14 to Nov. 18. The event was headed by senior Yanni Tsigaris and sophomore Ian Hsu, and was organized by the leadership class, with some help from Mr. Edwards and the PE teachers to use the ping pong equipment.

For the students who didn’t compete in the tournament, they showed their school spirit through a spirit week. Starting on Monday, students brought their favorite stuffed animal.



MAYA WONG

Tuesday was gray-out, and students grabbed a friend for Twin Day on Wednesday. On Thursday, students dressed as their favorite Adam Sandler movie character. Finally to close up the week, plaid and polo went head-to-head in Country versus Country Club Day.

With two players per team, a total of 32 groups competed in the tournament, with a large crowd to cheer them on. Teams played against each other, with the first to score 11 points moving on in the bracket.

“I am very happy with the turnout, we had a lot of teams and a lot of people showing up to watch the games,” said Hsu.

Seniors AJ Gudino and Trevor Bucklin played under the team

named the Backhand Bullies, and won the finals 22-20 against the Prodigy Pandas. The winners received decorated ping pong paddles with “#1” displayed on it.

The win was unexpected for this duo, they had played before in middle school and wanted to give the tournament a shot.

“We either thought we were gonna lose the first round or win it all” said Bucklin.

The pair started off strong with the semi-finals and finals being the hardest rounds to win, “I was nervous during the fourth period every day” said Gudino.

When asked for final comments, all they had to say was “Backhand bullies on top.”



Haku’s highlights of the soccer boys

By Haku Kremer

Tryouts week:

I made the varsity team this year as captain. Tryouts looked good. We had a lot of new freshmen and past players coming back to play. This showing was really good for us considering it is our rebuilding year. Last year we had 12 seniors, so losing them had us almost starting from scratch. We had more than 83 players this week. With many new players this year, the team should be strong. Throughout the tryout I helped the coaches evaluate players, and saw a lot of good talent. The team’s goals are to make it far in the North Coast Selection (NCS) and win the league, which appears difficult, but I believe we can do it.

Monday, 11/28: Scrimmage vs. Amador Valley

Pre Game: Today is our

second scrimmage, but our first scrimmage with the whole team. We are excited to play and have been preparing a lot over Thanksgiving Break. This game should be a good start to the season. As a freshman on varsity, this is what Domonic Boulender had to say before the game: “I’m very excited to get out there with the team, and looking forward to scoring this season.”

Post Game: The scrimmage today was very successful with a lot of good moments, and things to learn from and work on. We ended the game with a 3-1 win and dominated the game. We had a lot of good chances, but need to work on finishing those opportunities.

Thursday, 12/1: Girls game vs. American High

The boys team went to help

support the girls soccer team’s first game against American High School. It was very exciting and the boys came up with a lot of fun chants during the game. The girls dominated and won easily 3-0. The boys team is excited to attend more games. Friday, 12/2: First game vs. Napa

Our first game against Napa High School was a great way to start off the season. Although the game ended with a tie, 0-0, there were many good things that we could take out from our game. With many shots and possessions, we were dominating the game. It was unfortunate that we couldn’t score but we look at the game as a positive because of our hunger and determination to win.

Tuesday, 12/6: vs. Dublin

Unfortunately today we ended the game against Dublin High School with another tie, 0-0. Although it wasn’t the result we wanted, it showed that we are capable of competing with some of the top schools. This week we have three games and have our first back to back games. We need to make sure that we are recovering and able to compete in all of our games this week.

Wednesday, 12/7: vs. Mt. Eden

Our first league game ended with a 2-1 win against Mount Eden. It’s a great way to start the league, and we are now placed second in the league table. It was a difficult game especially since we played a game before. We kept pushing hard and now recovering for our game against Heritage on Friday Dec. 9.



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Artemis project relaunched U.S. to the moon

By Matthew Wong

On Nov. 15, 2022, the first leg of NASA's Artemis program began with the launch of Artemis I. After undergoing its fourth postponement and multiple delays, the rocket took to the skies with a combined total of over eight million pounds of thrust, making it the most powerful rocket ever launched. Artemis I has set world records as it tests the capabilities of technology that will lay the foundation for a permanent human presence on the Moon and beyond.

Artemis I is the first part of NASA's mission to set a base of operations on the Moon. The test flight mission mainly tests Orion, a new exploration spacecraft capable of supporting a small crew. The rocket launching this spacecraft is the Space Launch System (SLS), a single-use rocket that NASA began developing in 2011. Although the mission is meant to certify the abilities of Orion and the SLS for future crewed flights such as Artemis II, the mission has also broken the world record of the furthest traveling human-rated spacecraft, beating Apollo 13's fifty-year record by over 10,000 miles.

Going back to the moon is very exciting news for many.

"I think it's incredible how we can witness this program in real-time. It's also awesome how we will have a moon base and even a space station for the moon. It's just so inspiring and I can't wait to see the rest of the missions take place," says



BILL INGALLS

sophomore Maxim Boychuk.

Artemis I will set the foundation for Artemis II in May 2024. Artemis II will be the first crewed flight to the Moon since the Apollo program over fifty years ago. The Artemis II mission is meant to evaluate the life support abilities of Orion using a crew of four astronauts.

Following Artemis II will be the Artemis III mission in 2025 where a small crew will spend a week on the Moon, conducting experiments and observations along with taking samples. Prior to the arrival of the crew, equipment will be placed on the Moon, such as a lunar rover. A lunar lander, the Starship Human Landing System (HLS) developed by SpaceX will also be pre-positioned in orbit so a crewed Orion spacecraft can meet with it. A portion of the crew will transfer from the spacecraft to the lunar lander and then land on the Moon to conduct their operations.

The following missions of the

Artemis program will utilize the SLS and Orion spacecraft, along with other spacecraft to set up a space station orbiting the Moon, similar to the International Space Station orbiting Earth. Following the space station will be a permanent base on the surface of the Moon.

The Artemis program began in 2017 after years of development of the necessary technology. It is a massive program that has cost billions of dollars and called for the collaboration of space agencies, both private and international, such as SpaceX and the European Space Agency. Although incredibly costly in both money and effort, the Artemis program will set the stage for future human exploration of space. As NASA puts it, "Going back to the Moon will be the shining moment of our generation. This moment will belong to all of us: the Artemis Generation. Are you ready?"

ready?"

"[It] allows for students to not be as harshly punished for missing work whilst still comprehending material. It allows for the students to be less jaded and prevents them from falling down the spiral of missing assignments," said senior Ariyan Jazaeri. Jazaeri explains how the restorative grading policies help reduce students' fear or anxiety over a building load of missing assignments, especially because they can receive full credit on them.

"I think aspects of restorative grading are good. For example, giving students opportunities to reassess standards, skills, and concepts. We should not punish students if they do not understand or know something at the moment," explained statistics teacher Victor Wu. Students' understanding of material changes over time, and providing opportunities to show that should be both allowed and encouraged. Wu continued: "Personally, I also think that we need to change our perspectives on grades in general. For example, a C is commonly viewed as a pass,

Dual Enrollment has double the benefits

By Ethan Dinh

College is scary for many students, but there are many ways to prepare for it, such as dual enrollment. Dual enrollment, also called concurrent enrollment, is available for all high school students who want to earn college credit alongside their regular classes, ranging from two to three transferable college credits that may be used by UCs. With asynchronous options available, this program is a lengthy process to sign up for as described by Allison Zuckerbrow of the College and Career center, who is a founding member of the program.

So is the extra work worth it? For students struggling with high school and in college, it is possible to transfer some of this credit into high school GPA (although it is not common to do so), but many would say that this is something extremely useful.

"To sign up for dual enrollment, students need to sign up in a Google form sent out by the school that asks which class [a student would like] to take, apply to Chabot college for the semester and a [fill out a] form from Chabot they need to take in order to be allowed to take the class," said Zuckerbrow.

At the moment, there are three classes one can choose from, but for students who are looking to further their

education or students who are in need of additional credits in order to graduate or hit the ground running in college, you can find more information with Zuckerbrow in the College and Career Center.

"It's really annoying to enter on college apps, but it's nice looking at money saved"

Ailin Chen

Senior

The current classes that are available are Sociology: Intro to Race & Ethnicity, KINE-1: Intro to Kinesiology & Physical Education (asynchronous online), and PSCN-15: College Study Skills. Sociology and kinesiology are both classes that can be taken asynchronously and give three college credits each. The credit from KINE-1 may be used to gain credit towards a kinesiology major. For those students confused about how to prepare for college and other career skills, PSCN-15 is a class that prepares high school students for applying to colleges, jobs, and interviews while also giving a total of two college credits to whoever enrolls. Although this class is in person, it is easy to access class on the CVHS campus after school.

"It's really annoying to enter on college apps, but it's nice looking at money saved," said senior Ailin Chen, who participated in dual enrollment courses in her junior and senior years.

Restorative grading provides students relief

By Sam Scott

What if you completely failed a math test, but in a week felt like you knew the material much more? Does an F truly reflect your understanding of a subject weeks or months after a test? Although students have had over a year to rebalance themselves after COVID-19 and online schooling, academic challenges caused by the pandemic remain. More than this, simple issues of student life will always be challenging and restorative grading helps provide some relief.

Restorative grading is the idea that students should have more opportunities to increase their grades on tests and assignments to reflect their true understanding of the material. A major point of this system is that scoring on tests would have a minimum of 50 percent, meaning students who score lower than this threshold

would be compensated to meet it. Another key part is that students who miss assignments or score poorly on them would have time to not only redo or make them up, but be able to complete them for full credit.

At CVHS, a system relative to restorative grading has been introduced for the last few years is standards-based grading. Similarly, standards-based grading allows students the option to retake tests, often up to 100 percent, and provides them the choice to make up assignments, like homework. One major difference is that CVHS's system does not include a minimum score students can achieve on tests. This system gives students a fair amount of opportunities compared to previous systems, in which students who forget homework or do poorly on exams now have a chance to reflect progress in learning and improve their grades.

but there is a very negative connotation behind it, as barely passing, when in reality, a C is supposed to be the average of scores."

Although restorative grading has helped provide students with greater help in school, there is still work to be done regarding how parents, teachers, and students alike view grades.

"I think it allows some students to get away without doing their work, while others who do their work are not as rewarded," stated sophomore Yusef Scott.

Although many believe the system to be beneficial to students, some view it as a free ticket to not doing homework or slacking off. The system, which allows students to retake tests and make up homework after a great deal of time, means that students who consistently do work and score highly on tests are not as competitively awarded. Moreover, scoring well the first time around does not mean as much when you can retake as many times as necessary.

As for whether or not the system truly helps students, a

recent poll on CVHS students' grades show that there are more B's and C's and fewer A's and F's than two years ago. This data explains that the new grading system has put most students in the middle ground in terms of letter grades. Moreover, it shows how the grading system has not impacted every student's scores, but depends on each person. In other words, if a student is simply a bad test taker, standard-based grading could lower their grades, whereas if someone does well on a test but does not turn in homework, their grades could improve.

Between students and teachers who view it differently, restorative grading is more than likely here to stay. Despite giving students less of an advantage who turn their assignments in on time and score well on tests, the system allows everyone more opportunities to increase their grades and show how their learning of material has improved. As for whether or not tests will eventually have a minimum score for students, we will have to wait for changes to come to our standard-based grading.