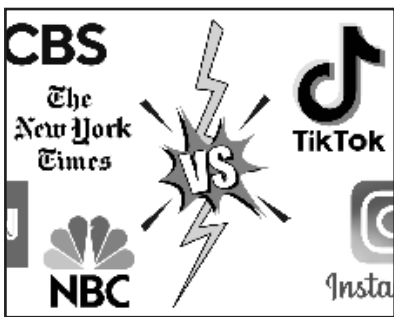
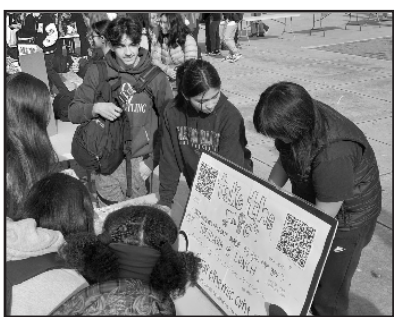




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HAPPY VALENTINE'S DAY!

Olympian

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Trojans dread Biden-Trump rematch

Poll
shows
Trojans
want new
president

By Luis Ochea

As the 2024 election primaries have just commenced, all eyes are focused on the likely rematch between Joe Biden and Donald Trump. However, it seems that most Trojans don't want either to win.

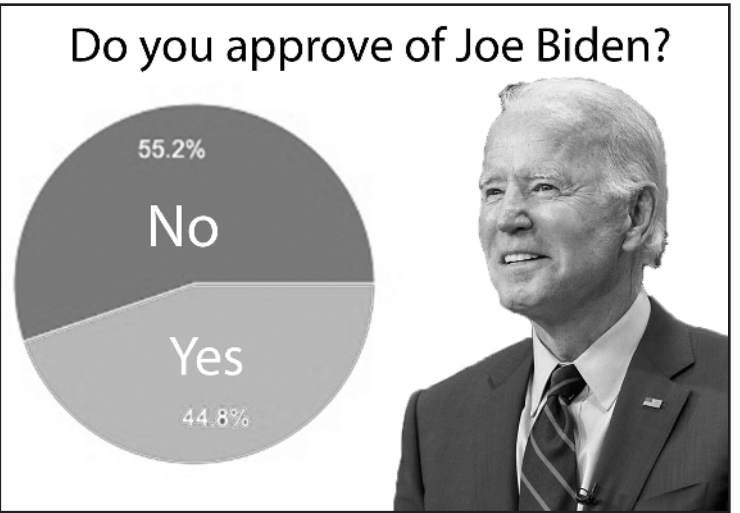
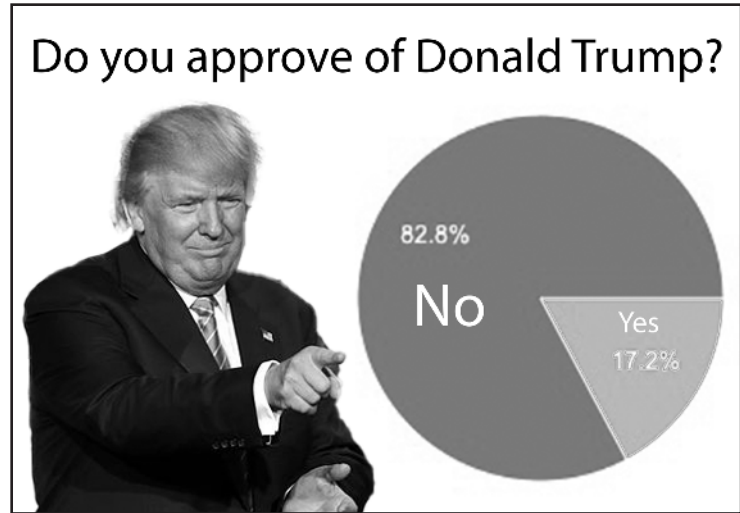
In an Olympian survey, 171 out of 308 respondents prefer someone else as president, with many stating that Trump and Biden have too many issues to be viable presidents.

"I would literally rather have Kanye because at least he might do something," wrote junior Arthur Tatarkhanov.

"[I prefer] someone not like 100 years old."

Cameron Seah
Junior

As the current president, Biden is expected to be the Democratic candidate. What is unusual however is that the Republican field is far smaller than previous presidential elections, and that stems from Trump being a clear



A poll of 308 respondents shows that Trojans want a choice other than Trump and Biden.

LUIS OCHEA

favorite to gain the Republican nomination, with his only remaining major adversary being Nikki Haley.

The survey gives more insight into CVHS's thoughts of Biden. About 55 percent of responders disapproved of Biden, with many having issues with his age or decisions. Notably, many responses quoted Biden as the "lesser of two evils."

For Trump, there was even less support. About 83 percent of participants disapproved of Trump, with many stating that his 91 felony charges and his involvement in the Jan. 6 riots playing key factors.

"He has mentioned that if elected again he plans to terminate parts of the Constitution to overturn the 2020 election, an election he lost on both facets, the Electoral College and the popular vote," said junior Scott Baldwin.

However, there are those in favor of Trump, with many in support of Trump liking his impact on the economy and the strong figure he emanates.

"The economy was doing well, and he stopped criminals from coming into the U.S. He is also a strong figure and representative for America and he is straight up and not afraid

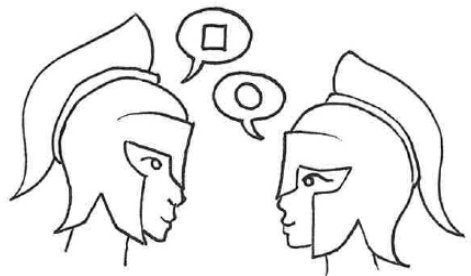
to say or do what's right," said senior Jacob Abeckett.

"He attempted to overthrow the government on Jan. 6 and he is a liar. Plus, he cheats at golf"

Brody Cumming
Junior

However, the biggest issue with Trump right now is whether or not he should be on the ballot, with 67 percent saying that he shouldn't be eligible to run. Trump faces a 14th Amendment challenge to his candidacy for "engaging in insurrection" on Jan. 6, 2021. Two states have disqualified him on that basis so far.

"He shouldn't be allowed to even run because he has been impeached twice and insurrected the Jan. 6 riot. He also has expressed racist and sexist views which tells me he's not suitable to lead a very diverse country," said senior Akaila Mello.



Donald Trump: Ballot or Bal-not?

Editorial:

The majority of the staff at *The Olympian* believes that former President Donald Trump should be off the ballot everywhere. The Fourteenth Amendment of the U.S. Constitution states that no public officials who “engaged in insurrection” may serve in government. Due to this, Colorado and Maine have removed Trump from the Republican primary ballot because of his role in the Jan. 6 insurrection.

The Jan. 6 insurrection was preceded by a rally in which Trump gave a speech, encouraging his followers to march to the Capitol building and “peacefully and patriotically make [their] voices heard.” Towards the end of the speech, Trump told his supporters to “fight like hell.” As journalists, *The Olympian* strongly believes in every citizen’s First Amendment rights. While we acknowledge that Trump has the right to tell his followers to peacefully protest, it is also important to understand that the first



BRENDA HUYNH

amendment does not protect fighting words. We think that in telling his supporters to “fight like hell,” Trump was literally using fighting words, and by extension, inciting the insurrection.

Additionally, it is important to note that Trump did not say or do anything during the actual insurrection. Due to the past radical behavior

exhibited by supporters of Trump, it is entirely possible that if Trump had called it off, the rioters would have likely stopped. Trump’s lack of action is further evidence of him allowing the insurrection to occur. Because of his role in the insurrection, *The Olympian* believes that Trump has violated the Fourteenth

Amendment and should therefore not be allowed to run for reelection.

Trump is currently facing 91 felonies. While he has not yet been convicted, it brings up the question of whether or not criminals should be allowed to run for office. The majority of us at *The Olympian* believe that criminals should not be able

to run for president. If Trump is eventually convicted, we believe that this should disqualify him from running.

While most of *The Olympian* believes that Trump is ineligible for reelection, some believe that he should still be allowed. The majority of *The Olympian* is against Trump’s values and may therefore be influenced by this dislike. Just because we don’t like Trump as a person, there may be no actual legal reason for him to be off the ballot. Trump didn’t explicitly tell his supporters to commit an act of extreme violence resulting in multiple deaths. He simply told them to peacefully protest and fight for their rights, which doesn’t directly connote physical violence.

We also believe that his presence on the ballot doesn’t carry as much importance as we may think. If people are against Trump, they simply don’t have to vote for him. Overall, *The Olympian* mainly supports the removal of Trump from the ballot, yet recognizes that personal bias may influence this decision.

PHOTOpinions Should Trump be eligible to run for president?



“I think if Trump would try to stop trading from other countries, it would ruin the U.S. economically.”
Leslie Tamerlane
Freshman



“No because he is the reason the Jan. 6 attack happened and his statement led to the violence and it could happen again if he is re-elected.”
Eliza Garrett
Sophomore



“Trump should be able to run because so many people like him. His speech on Jan. 6 could be interpreted very vaguely.”
Vlasi Pagonis
Junior



“Trump has the right to run for president as he has not been convicted. Until a clear consensus is made upon his standing, it is only fair.”
Jack Chen
Senior



“I think anyone that violates our Constitution should probably not be responsible for upholding it.”
Lisa Carmack
Staff

TROJAN COMMENTS

Re: We seek the truth and X doesn’t have it
“Twitter/X has always been a controversial app/topic and not for good reasons. I think it’s a good move to start steering away from this media platform as it seems to cause more harm than good.”
-Edvin Sabanovic

“I also believe that this app has always been a controversial

one. There can be a good side to it for sharing moments or comments with friends and others, but over time it has become a dark place. There are definitely a lot of bad influences and mentalities that are shared on social media.”
-Miranda DeLaTorre

Re: Protestors claim Peace Corner
“Ever since I was little, this was one of the only places I saw in CV that was protested at. There was a variety of things being protested every

time, but it was always at this intersection. Always nice to see people using their right to peaceful protest.”
-Annelies Van Druten

Re: Wellness Center brings HEART to CVHS
“Heart is a wonderful addition to the CVHS wellness center. Art is an excellent way to express yourself and release stress, especially when it is associated with cultural identity. This allows more students to learn about their identity while creating a safe space in art.”

-Isabel Silva

Re: Vaping continues to plague CVHS bathrooms
“I agree that the 900 hall bathrooms seem to have the worst air quality and that the romanticization of vaping in the media worsens the problem. A lot of kids aren’t fully aware of the negative health effects of vaping, or think they can escape the consequences by only using in moderation.”
-Erin McGowan

Re: Canned food drive ends

in decreasing yield
It’s a shame that the numbers dropped 700 cans this year. I feel that the reason for it was that it wasn’t incentivised enough on the morning broadcasts.
-Alvin Lau

Strong leaders win soccer games



By Lillian Cooke

Over the past years, female soccer has become more and more popular around the world. Ever since the former “Women’s World Cup,” a lot more girls have been fascinated by the sport. Well I was lucky enough to get into soccer from a young age and manage to get far with my soccer career, including my current CVHS high school season, which I think has

gotten better with time. I have been playing soccer since I was five years old, and once I got to third grade, I knew I wanted to take it more seriously. Throughout the years, I managed to get to higher levels in the competitive soccer ranks and have since realized that much of that is due to leaders on my teams. Competitive soccer typically happens from spring time all the way to fall. So during the winter time, a lot of girls play high school soccer, including me. I was lucky enough to make the CVHS girls varsity soccer team for the 2023-2024 season. Currently, I’ve been having a good season with the team and I think we are starting to come together and bond more which overall helps us



WYATT FRANKLIN

play better. I believe that team bonding and our strong captains are one reason for our success. The three captains we have are: Maddelyn Carrington, Subhi Karki, and Kiana Ayllon. As captains, they help with drills, communication, and organization. They have created a tight community as well as pushed us to strive to

be better. In the beginning of the season in our non-league games, we had only just started to practice with one another, which is why I believe we did not play to our fullest potential against teams we could’ve beat. Nevertheless, once we started to play and practice more, we started to understand one another as

more than just players but as teammates. This had resulted in wins in the league against top level high schools such as Piedmont, Berkeley, and Bishop O’Dowd. Along with having strong leaders on the field, I believe that we have strong leadership off the fields with our coaches. In our team talks during halftime, our coaches mention how we are managing to tire out the defenders, which is thanks to the conditioning and skills we have learned from our co-coaches, Rachel Lunt and Kezia Yifru. So I am thankful that we have put in time to make the team better. Yet, even though we have gotten better, I still expect us to improve with time and support from coaches and captains.

Fostering dogs, a rewarding experience

By Kaitlyn Tchang

Many people own family pets, but fostering is less common. My family started fostering dogs when I was in seventh grade, several months after our family dog passed away. As a foster family, we provide a loving home for rescue dogs and help match them with their ideal adoptive homes. Though the process comes with its ups and downs, fostering has taught me several important lessons along the way. Firstly, I have learned that no two dogs are exactly the same, yet all deserve love. Our foster dogs come from all backgrounds; some are rescued from the streets, or saved from being put down at local animal shelters. Like people, every dog has a unique personality—timid or fearless, playful or serious, quiet or loud. One of the most fulfilling parts of fostering is slowly discovering each dog’s character and earning their trust. Secondly, I have learned to value patience and flexibility. Oftentimes, we receive dogs that have been abused and neglected in the past and therefore require lots of time, patience, and care before they are comfortable being touched and pet. Our first foster dog, a small terrier named Gizmo, had been forced to stay in the backyard all day and night by his previous owner to fend



KAITLYN TCHANG

off raccoons. As a result, he aggressively defended his food—but we also learned over time that he loved snuggling and affection. Besides emotional trauma, we have also had to rehabilitate dogs with physical injuries and infections. Each dog requires different treatment and care; methods for some dogs may not work with others, and it takes flexibility to figure this out for each one. Besides caring for them at home, we also take dogs to adoption events. The rescue we work with screens and assesses potential adopters carefully. Many of our dogs

have trauma from being neglected or abused in the past. We therefore try our best to ensure that adopters are aware of the dogs’ needs and will be able to provide them, and not return the dog. Things like the individual dog’s temperament and background are taken into consideration when deciding if the applicant’s family lifestyle and residence are appropriate for them. If you are applying to adopt a dog and get rejected, please understand that it isn’t because of you—it’s because we care deeply for the dogs and want to make sure they find the best-fitting family for their specific needs. There is

a right rescue dog for you out there, just maybe not this one. The most important lesson that fostering has taught me is that sometimes the best way to help is to let go. The question I get asked the most is how I can bear to say goodbye once they have been adopted. The honest answer is: sometimes I can’t. After spending weeks or even months with a dog, you inevitably grow attached to their personality and presence. The house often feels too empty and quiet after they have left. But every time we send a foster dog, especially

one that had previously been abused or abandoned, off to their new forever home, it’s heartwarming to know that they have found a family who will love them for the rest of their days. By sending them off, I have done my part in giving them a better future. It always feels rewarding when the excited adopters send photos and updates over the following weeks. And when a new foster dog arrives at our home, I am excited to get to know and love them until the perfect family comes along to adopt them.

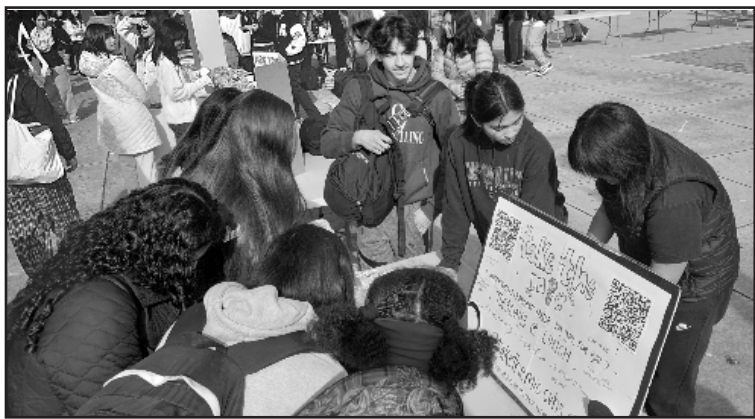


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The Take the Mic Club recruits new members. MAXIM BOYCHUK

Club Day offers new opportunities

By Maxim Boychuk

With the start of the second semester, many new clubs made their debut to capture the attention of CVHS. From spreading more diversity to educating students, these clubs are unique and very interesting to check out on your own time!

One club that is starting this semester is the Indian Culture Club. Made by junior Jazlyn Tandel, she strives to create a strong community that celebrates all Indian cultures.

The club will share various types of food, fashion, and art each week to get a holistic view of the multitude of different cultures in India.

"I love sharing Indian culture with my friends and family whether it be food, music, or dance and I am so happy to have created this space not only for Indians at CVHS but for everyone to learn and participate in my culture," said Tandel.

Most weekly events will have free homemade food as well as other snacks. Events will be held throughout the year for holidays, volunteering activities in the community, and collaborations with other clubs.

Another new club is the GeoHist Club, created by sophomore Michael Kiselev. It is a group of determined CVHS students

who are interested in geography as well as history. They aim to explore the world through the internet, researching countries and their backgrounds.

They will also include competitions, games, trivia, and presentations, with possible volunteer opportunities as well in room F1 on Thursdays.

"Have you seen the people in the videos who can't even point out where their own country is? Our goal is to not let you end up like that," said Kiselev.

The Take the Mic Club, made by junior Emily Huie, wants to bring people together through their podcast by hearing out their opinions and thoughts on school-related issues or hot-takes on controversial topics.

"We want to spread your ideas to build a tighter, more open, and safe community within CVHS and outward," said Huie.

They want to create a refreshing and comfortable environment for everyone to express their opinions. We plan on creating a podcast that everybody would want to listen to which they will be pushing out to the public and to CVHS in the near future.

These are just some of the new clubs here at CVHS. To get the entire list of clubs, go visit the CVHS website to see what clubs interest you so you can join them as soon as possible!

Valentine's Day brings mixed emotions



Trojans share kisses throughout campus.

By Zoe Schwartzle

Valentine's Day is arguably both one of the most anticipated and dreaded days of the year. The US alone spends \$29.5 billion a year on it. It is estimated that 145 million greeting cards are exchanged every year, while about 8 million are produced for the day, and all together consumers buy 58 million pounds of chocolate. With its promise of romance (or disappointment if unreciprocated) it's no surprise that the students of CVHS have some strong opinions about it.

"Valentine's Day is great. People always dote on how they don't have a valentine but I feel like the holiday is so much more than that. I think it's not only a day for romantic partners but for the people we care about in our life, and to share love! I feel like people who only focus

on the boyfriend/girlfriend part don't understand the true embodiment of the holiday," said junior Haley Johnson.

Other people did not have the same kind sentiments to share about the holiday and expressed their feelings about it.

"I'm a hater for Valentine's Day. Why do we need one day to show someone we love them? I get it's different for everyone but it feels forced to tell/show someone you love them," said junior Sofia Myers.

When asked about both of their plans for Valentine's Day both Johnson and Myers said they are opting for the "galentine's day" route, spending quality time with their friends.

"I'm going to be spending time with my family, probably my mom and my sister," said sophomore Gracie Lopez.

Even for people who are in relationships the day can be daunting, the pressure of

doing something romantic can overwhelm a young couple.

"It can be a really fun day for some people to spend time with their boyfriends and girlfriends, but it can also be really stressful for people to plan and do stuff like that," said junior Porter Baria.

Whether you like the holiday or not it is definitely a day on everyone's radar, that creates a hint of suspense in the air. Some students were fine riding out the holiday and enjoying simply the benefits that come along with it.

"Valentine's is great, I love the discounted candy hearts," said junior Zenia Rocha.

Valentine's Day is simply a day to express your love for others. Whether you are in a relationship or not, it is just a little way to say to the people close to you, "I love you." At the very least, you can enjoy some discounted chocolate the day after.

Students and families celebrate and remember King

By Michael Lac

Martin Luther King, Jr. once said, "Injustice anywhere is a threat to justice everywhere." CVUSD students echoed this statement at the 4th Annual MLK Jr. Day Celebration on Jan. 15 at the CFA.

The celebration began with student speakers, with students ranging from fifth to 12th grade sharing what they have learned from King. Diego DeLaRosa, Naomi Melak and

Jaylin McCombs represented CVHS together with a speech about how the issues MLK addressed are still relevant.

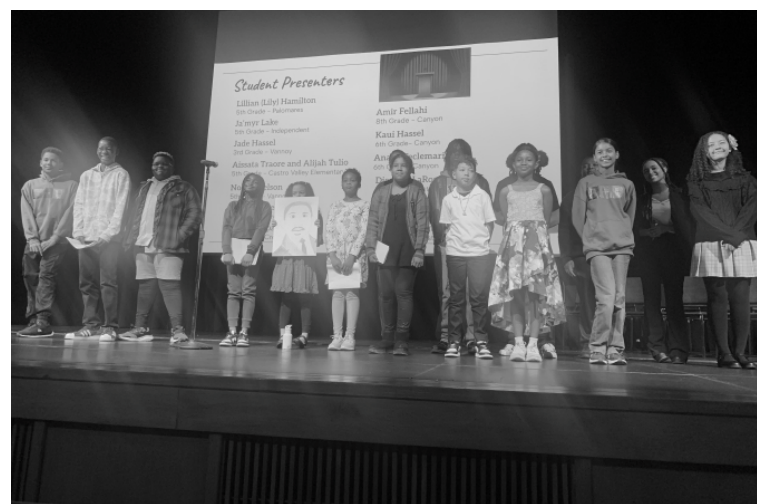
"The issues Martin Luther King addressed over half a century ago are still heavily present and have not been rectified," said Melak.

They continued to talk about how new voting requirements, which on the surface seem harmless, in reality are often used to suppress POC voters.

"Voter suppression laws have been more rampant

than ever, as 19 states have enacted 34 different laws that suppress one's ability to vote," Melak explained. "Things like voting by mail, new voter ID requirements and limits on the measures officials can take to help voter access may seem like minor things but when in play they tend to affect communities of color the most."

Afterwards, speaker Tyson Amir from the Freedom Soul Media Initiative took the stage. He discussed how MLK's family and support system around him



Students bow after a series of speeches.

MICHAEL LAC

aren't talked about as much as they need to be, and how important it is to create a similar one for the youth today.

"The youth are here, the youth are listening, the youth are observing, the youth are learning," concluded Amir.

CVHS Engineering creates toy cars

By Samuel Jarvis

For as long as anyone can remember competition has been an integral part of entertainment. When someone thinks of a great achievement for sport or for fun they think of the thrill of victory contrasting with the dread of defeat. But what activities in school can relate to these feelings of competition? The best answer is the engineering class. Right now, engineering students get to design a car out of parts from their homes and parts supplied in class. The goal is to make the car that can travel the furthest distance over a flat surface. The only parameter is that it needs wheels. Aside from that, everything is up to the person designing it. That's why it's so different from other projects: It's a car made and designed by its student creator and they are put in charge of all of it.

This task was introduced as the first project after winter break. Students first used their prior knowledge in isometric drawing and engineering



Students create “Recycle Racers” with reusable parts and supplies from home. SAMUEL JARVIS

design methods to handpick the materials and the overall design of the car. The students chose materials for the body like popsicle sticks, straws, cardboard or water bottles. The

wheels are typically made from bottle caps, CDs or cutout wood. They also turned their cars into a 3D model after the competition to demonstrate a larger understanding of the

software Autodesk Inventor. As someone progresses further into engineering they can use software like this to 3D print their designs and use them as parts in the real world, and even

get certified in the software to get jobs in the future as a modeler.

Some design choices are more prevalent than others mainly in propulsion, the biggest two propulsion methods being rubber band wheels using a similar mechanism to a pullback toy car and the balloon method when you simply put a balloon on the back. The dominant strategies become clearer as the competition progresses.

“I appreciated the independence that I got in the recycle racer,” said engineering student Vincent Cavaliere.

As with every project some will try harder than others but with ones like this the normal roles may be reversed. The kid who never said anything and kept their head down all year may be the one who loves it the most, does tests and revises their design until they win and that's the difference between this and other school projects: you are the lead and you control every aspect of a car that is distinctly yours, as opposed to being led on a path to finish.

Dr. Ing shares insight on medical school

By Brenda Huynh

Students listened attentively, leaning forward in their seats as a wave of relief finally washed over the once-tense room. Doctor Jessica Ing, an obstetrician, shared her and many others' doubts and concerns following medical school and becoming a doctor, debunking them. From trial and error, being a doctor may not be as out of reach as many make it out to be.

“I think most people are capable of getting into med school and going to med school,” Ing said. “You don't need to be brilliant. After all, most of it is dedication, discipline, and being able to go through it.”

Students eagerly took note of Ing's words. Junior Laina Zhang mentioned, “Dr. Ing's words were especially motivating for

me as I learned about what the areas of healthcare have to offer. She reaffirmed that although the road to becoming a doctor is full of challenges, job satisfaction will come for those who are really passionate about the field.”

Medical school does not require an insane intelligence quotient but rather commitment to a career path that requires an incredible amount of hard work. Ing mentioned, “If you're not in it for the right reason a lot of people tend to get burnt out.”

Of course, if a career isn't molded for the person in question then it would only be draining, even taxing. However, if it's the latter it is most definitely worth it if enjoyment is found. Every career has its pros and cons so simply find the one with the most upsides — the one you find passion within and willing to work for. Ing said,

“Don't do it for money, it's not worth it.”

Though it's the same with every other career, it's recommended you enjoy the occupation you pursue and invest in. As for medical school, the bills are of absurd quantity and debt can easily rack up. Recent studies following March 2023 state the cost for public medical school floats around \$53,420 per year. The various years medical school takes to complete is no joke and it's worth mentioning the excruciating amount of time and effort required on top of it all.

Not to mention, whilst other occupations are already working, many of those pursuing a job within the medical field tend to still be in school and continue to have debts to pay off from schooling, etc.

Furthermore, teacher Sue Anderson added, “Doctor Ing



Obstetrician Dr. Ing speaks about her experiences. BRENDA HUYNH

articulated the importance of women and girls being proactive with their healthcare decisions and making informed decisions. Ultimately, it's really important for my students to hear from working professionals so we can put a face to the white coat. Often what we do is elevate those with

the white coat, creating such a big trust gap. Instead, seeing healthcare practitioners as informed but grounded humans will make us more likely to trust the healthcare system. For my students, I hope they are more likely to enter that field as a career.”

Senior Superlatives spark excitement

By Kalaya Williams

The senior superlatives for the graduating class of 2024 have been posted! There were over 121 students who nominated themselves for one or more of the 43 different categories.

One of the superlative winners, Clarisse Hernandez, was nominated for “Most Likely To Pull All Nighters.” She stated when the nominations opened she just wanted to apply for one. Furthermore, Hernandez felt

like the title represented who she was “for the most part,” and that it was the one that “best fit me.”

Alexa Piscil ran for both “Most Likely To Become President” and “Most Likely To Get ID'd When They're 30.” Since the rules however permit two people winning a category, Piscil won the latter along with Scotland Shen. “I felt a little anxious because I had friends in a class choose mine. I wanted to take a chance to possibly be in the yearbook for senior superlatives so I

submitted with encouragement from others,” she said, when mentioning how she felt about nominating herself. Piscil further goes on to comment on how restricting the concept of superlatives could be, “The superlative I won was based on looks so while it doesn't define who I am, I think it is accurate and a fun memento to add in the yearbook for me to remember in the future.”

Janelle Paligutan, who won “Biggest Boba Lover” along with Kaden Lin, said she believes the title is an accurate

depiction of who she is. “I wanted to apply because I work at a boba shop and I drink boba like everyday,” said Paligutan.

One of the winners for “Biggest Animal Lover,” was Allison Mitchell who won with Ashley Tan. “I was excited about nominations just because they are a fun senior thing. I think my superlative represents me pretty well since my family is always involved with animals,” she said.

Mitchell, as well as Piscil nominated herself for two superlatives. “There wasn't one

superlative I really preferred over the other, because both represented me and my interests,” said Mitchell. She was also going for ‘Most Athletic,’ the winners of that were Delaney Rasmussen and Cooper Matthews. “I did prefer the superlative I did not win over the one I won because it was not based on my looks but on my skills,” said Piscil. Despite this disappointment, she further stated, “However, I do think most likely to be ID'd at 30 is very funny and I'm glad to be sharing it with Scotland.”



Don't miss out on Hawaiian snorkeling

By Richard Paseman

Ever heard of a humuhumunukunukuapua'a? Search it up, you've probably seen it before. Reef triggerfish are an icon of Hawaii. You can see them scoot along the corals amongst a mirage of other fascinating fish.

Parrotfish, pufferfish, angelfish, yellow tang, swordfish, eels, and rays are only some of the diverse sea life in Hawaii. There are lots of ways to see these fish: aquariums, scuba diving, boat tours; but the best of them all is snorkeling.

On your next trip to Hawaii, don't miss out on snorkeling. Hawaii receives a constant slew of tourists, all on different budgets, looking to make the most of their vacation. There is a lot to enjoy above the water, but many tourists miss out on what's underneath.

Admittedly, snorkeling can be expensive. Hired guides cost an average of \$40 to \$200 for experiences ranging from one to four hours. You may have to buy or rent gear, which will be upwards of \$20 for a low quality set. Even if you find a deal, the cost only multiplies over each day and group member. Despite the cost, however, sticking with a tour guide can save your life. Like any outdoor adventure, there is risk. After all, nature doesn't conform to tourism.

The water is dangerous, so guides recommend places

easy to enter and exit the water. Sandy beaches, protected coves, or the rare perfect rock formation like Two Step (on the Big Island) are tourist hotspots. The number one goal of all these launches is to avoid the surf.

If you want to snorkel without a guide, I'd still recommend talking to a guide for information

“

Despite the cost, however, sticking with a tour guide can save your life.

Like any outdoor adventure, there is risk. After all, nature doesn't conform to tourism.

”

about local hotspots that are easy to enter and exit. They'll also have tips about weather, wildlife, surf, and currents. Whether you snorkel with or without a guide, safety is key while you enjoy the beautiful life under the sea.



A diver descends deep to examine fish and corals.

RICHARD PASEMAN



A golden moray eel peeks out from a reef.

RICHARD PASEMAN

Dare to climb Devil Mountain?

By Renata Gutierrez

With 20,000 acres to explore, Mount Diablo is known for its incredible scenery and variety of activities like hiking and fossil hunting along the trails. Beginners and experts alike can also enjoy the thrill of rock climbing on igneous, sedimentary, and metamorphic rocks ranging from 10 million to 190 million years old. If you are looking for a thrilling adventure for only \$10, spend your day at Mount Diablo mountain biking or road cycling, horseback riding or camping from 8 a.m. to sunset.

Let's go back 218 years, to when Mount Diablo first got its name. In 1806 the Spanish were pursuing the Native Americans living on this land. While being persecuted the Native Americans were able to hide and escape as soon as the sun had gone down, through a part of the forest that was



A hiking trail on Mount Diablo features an amazing view.

RENATA GUTIERREZ

thought to be impossible to cross, the Carquinez Strait. The Spanish believed that they could only cross with the devil's help, because of this they would

name it "Monte del diablo," or in English "the thicket of the Devil." Later on, newcomers would mistake the word monte for montaña (mountain), giving

it its most current name Mount Diablo.

Many different tribes lived here, most having a very deep spiritual connection with the

land they lived on. They believed every one individual thing has its own history, life, and spirit, because of this, individual parts of nature which they felt they knew on a deeper level like specific rocks and trees got their own name. To practice their spiritual beliefs, the Native Americans would reserve the upper part of Mount Diablo to give people a place to pray, as well as to hold holy ceremonies.

Mount Diablo is not only rich in history, but also has 21 different native wildflowers that grow year around. Although they grow everywhere, areas like Falls Trail, Curry Point and Twins Peaks are where you will most likely find more of them.

While winters are moderate, and summer days pretty hot and dry, the perfect time to hike one of the 92 trails would be spring. When the sun is just hot enough and the breeze is cold enough to cool you down as you reach the top of a steep hill.

CVHS students climb to new heights

By Victor Bahng

Many people consider rock climbing a social sport, and you can see why with a view from up high. Numerous people bring partners, alternating between who belays. Others wait and watch while people attempt bouldering difficult walls, congratulating all who tried. A sort of community is formed between climbers, recognizing each other's shared struggles.

"When you go with a group of friends, they can help you when you're doing the route and tell you where to put your feet and then cheer you on," said Climbing Club advisor Britney Brown. "And when you manage to finish and complete it, everyone's very excited."

As a sport, rock climbing is a measure of strength and endurance. Constantly needing to maintain your stance while finding the best hand or foot placement requires both. But there isn't any single correct way to climb; your path and choices are as flexible as your body needs to be while climbing.

New to CVHS this year, the Climbing Club revolves around both indoor and outdoor rock climbing. Created by senior Christian D'Arcy Dominguez and currently led by junior Genevieve Onorad, the club meets in room 101 on Tuesdays during lunch.

The idea of the club came about after D'Arcy Dominguez returned to climbing.

"I found myself really passionate about the sport and



Climbing Club vice president Christian D'Arcy Dominguez climbs during a club meeting.

VICTOR BAHNG

I wanted to create a community where people also had an opportunity to learn about climbing and give them the chance to try a sport that they may not have known that they liked," he wrote.

At the in-school meetings, they go over climbing basics, teaching members how to use equipment and techniques such as belaying, a protective rope system in the event of a fall.

Then on Tuesdays and Thursdays, they organize

climbing meets at outdoor parks or, more often, climbing gyms. The Club meets at Touchstone Climbing gyms. Touchstone operates 16 gyms, all of which are in California and a large

majority being in and around the Bay Area. For your very first visit to any of their gyms, you'll be able to enter for free. Afterward, you can buy day passes for \$25 and \$30 or

varying memberships. Rock climbing is built on a simple fundamental idea: climbing up. It acts as an invitation to all who have even the slightest interest.

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Senior Alec Balica shines as soccer star

By Haku Kremer

Meet the boys varsity soccer team's top goal scorer for two years in a row: senior Alec Balica. This season, Balica is among the top five goal-scorers in the league, with a total of eight goals and four assists over seven games. Last year, Balica led the league with a scoring record of 27 goals.

"As a returning player and a senior, there's a lot on his shoulders. Alec has really been able to leave an impact on the team, just by leading by example," stated coach Juan Escalante. "The fight that he has in the games—especially big games like Berkeley, Piedmont, O'Dowd—really brings the team forward."

Balica has been a varsity team member since his sophomore year. As he wraps up his final season at CVHS, he hopes to finish strong against rival schools.

"I'm just looking forward to competing against teams like O'Dowd, Piedmont, and Berkeley one last time because they have been rivals since I was a freshman here at CVHS," Balica explained. "The games

are always close and it's fun playing with my own teammates from the club."

Balica is recognized as a positive role model and hard worker on the field.

"Being able to pull one back against Berkeley at the end is because of the hard work he's put in," said Escalante. He explained that Balica serves as an example for everyone, "especially for the younger guys on the team."

"I don't regret anything here at CVHS," Balica reflected. "On the field, it's a time where you have to lock in but off the field is where you're making memories with your teammates and that's the best part of high school soccer."

Many of Balica's teammates shared memories of playing soccer with him throughout the years and agreed that Balica is a key part of the team.

"Overall, Alec is a very good player. He's very technical on the attacks," said junior Ian Hsu. "He's a very good teammate; he uplifts us and makes us play better as a team."

"Alec is a teammate everyone should have. He is a leader on and off the field. Even if he's not



Senior Alec Balica drives the ball forward against Berkeley.

HAKU KREMER

talking that much on the field he leads our team by example and leads us with pride," agreed sophomore Dominic Bolender. "Alec is the guy that we look for, whatever it is and he always delivers for our team in either creating chances or scoring for our team. He will always make

an impact on the field and it doesn't matter if he's playing a strong school or not."

One of Balica's favorite memories was the first round of NCS against Redwood High School his junior year.

"The most memorable moment from CVHS soccer

was scoring a hat trick in the first round of NCS, beating number four seed Redwood High School, 3-2," Balica said. "I just remember the bus ride home was amazing, blasting music, dancing and just having fun with the whole team after that win."

Super Savvy Sports Stars

By Lillian Cooke



Paige Pacheco, freshman

Nothing is better than being a freshman and making a varsity team for your first high school season. There is no one who better represents that feeling than Paige Pacheco who is on the CVHS varsity soccer team.

"So far I have been having fun on the team and making new friendships," Pacheco shared.

Along with playing on the varsity soccer team, Pacheco plays on a club team as well during the high school off season. An average week for her typically includes practicing three times a week as well as playing two games a week.

Yet with all this training, she manages to balance school work. Additionally, although she enjoys the hard work and training, what she most values is the community of the team.

"I love my sport so much because I get to make friends while playing the game I enjoy," Pacheco commented.

As a freshman on a varsity team, she has already brought new spirit to the team and has more to come.



Dominic Bolender, sophomore

"When I play, I just feel free and have fun," said varsity soccer player Dominic Bolender.

With big dreams and hard work, Bolender has seen huge successes in his athletic career.

"I have been playing since I was three years old... I hope to make a professional soccer team when I am older," he detailed.

Specifically, Bolender aspires to play on Liverpool F.C. a professional football club based in England and first in the Premier League.

As a sophomore, Bolender's future is bright. He already holds many amazing titles to his name.

"One of my favorite memories is winning the national champs for NPL," mentioned the accomplished player. Not only has he won the National Premier League (NPL) championships, but he has also managed to make NCS for the CVHS boys varsity soccer team last year as well.

He's playing his second year on the soccer team, so you will be catching him out on the field this winter.



Zayde Hickman, junior

Imagine training, sweating, and working hard week after week to reach your dreams of going D1 in football. Well student-athlete and junior Zayde Hickman, goes to the gym seven times a week and trains on the weekend with coaches to reach his goal of going to the University of Oregon.

A lot of Hickman's perseverance has led him to great successes such as earning the "All League" second team in football.

Although he has already won an award this year, Hickman claims with the determination that, "Next year I'm coming for the first team."

Along with being on the football team, the wide receiver also manages to keep his grades up while already having a tight schedule.

"I love my sport because of the competitiveness, I love it because it gives me an escape from whenever I'm dealing with any hard times," said Hickman passionately.

From being a new student at CVHS to being one of the star football players, Hickman has made a big impact on the school.



Payton Pacheco, senior

The final athlete on this list is actually siblings with one of the other athletes. As a senior you try to do anything and everything to have the best last year of high school. Well this year, Payton Pacheco was named co-captain of the CVHS varsity spirit squad.

With practices twice a week along with cheering for girls basketball, boys basketball and football, Pacheco seems to manage a good student-athlete balance with a lot on her plate.

"My favorite part of cheer is being able to work with my team and other captains," said Pacheco.

As well as being on cheer, as a co-captain on the squad, she helps lead the team with warm ups along with helping to stunt and learn choreography.

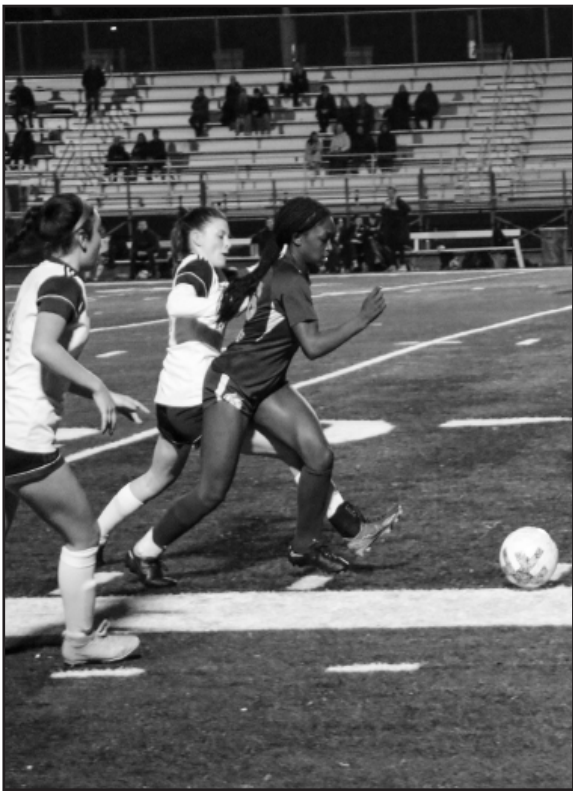
"Being a captain makes me feel proud because I enjoy demonstrating my leadership skills and creating a positive environment for my team to learn and have fun," Pacheco commented.

The basketball season is still going on, so if you want to see Pacheco and her team in action, catch them on the court during the middle of the games.

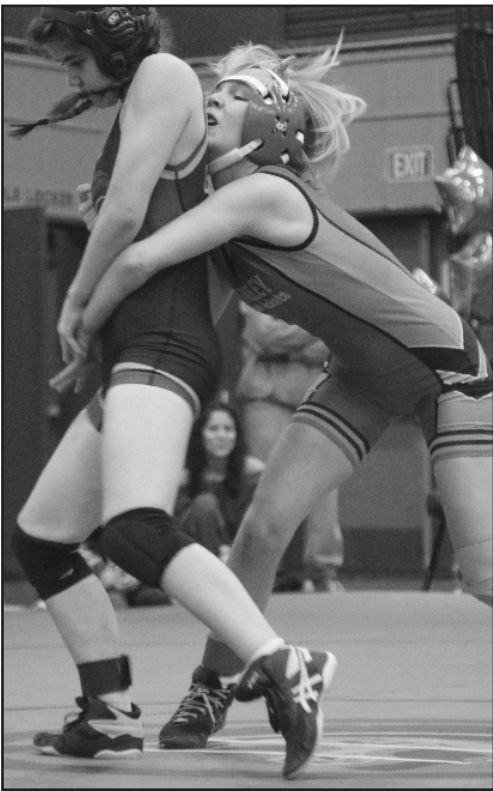
Trojan athletes compete in winter sports



KAITLYN TCHANG
Alec Balica drives the ball forward against Mt Eden.



GAVIN PETERS
Hailey Smith drives past Piedmont.



ETHAN DINH
Avianna Gonzalez wrestles against Berkeley.



MATTHEW WONG
Javon Johnson drives the ball past Piedmont defenders.



ETHAN DINH
Ben Ye competes against Berkeley.



GAVIN PETERS
Junior Sofia Tom drives up the court in a fast break.

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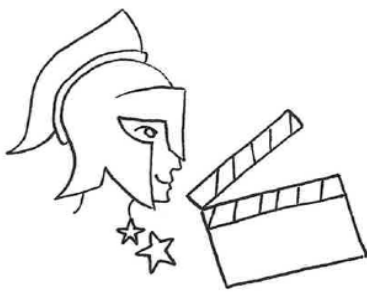
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Wonky “Wonka,” a puzzling prequel

By Shannan Chan

“So quiet up, no, scratch that, reverse it!” is the whimsical, quirky line that’s thrown out from Wonka’s movie trailer. Yet another spin on the beloved tale of Charlie and the Chocolate Factory by Roald Dahl, we follow an optimistic Willy Wonka in his youth and his journey to sharing chocolate.

The idea of “Wonka” itself is an odd one. Marketed as a prequel of the 1971 “Willy Wonka & the Chocolate Factory,” I was surprised such a film was to release in 2023, albeit, nobody was really expecting or wanting a Willy Wonka backstory. I’ll start with what I did enjoy the most: the music. Despite some criticisms over the new Willy Wonka movie being a musical, what people fail to realize is all the previous movies were musical oriented as well. From Gene Wilder’s “Pure Imagination”, or even the bits and pieces of the singing Oompa Loompa in Tim Burton’s 2005 version, the Willy Wonka movies have always incorporated some sort of musical number in them. “Wonka” 2023 lives up to expectations. Starring Timothee Chalamet as the renowned chocolatier, songs such as “A Hatful of Dreams,”



have entertaining choreography and visuals, and the rendition of Pure Imagination is fun and enjoyable to listen to.

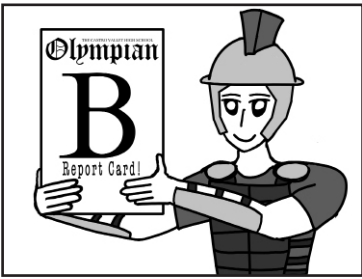
However, there are still some elements within this new movie that fall flat. Going into it, I expected the movie to have a darker turn, almost like the 2005 movie. With the movie being pushed out as a prequel, the audience

already has a satisfied ending. Nobody really asked for a Willy Wonka backstory, and it feels unnecessary to create one. This optimistic, go-lucky Wonka isn’t as eerie or unnerving (yet). One could argue that it’s because Chalamet’s character is much younger than the previous, and the story has the chance to start fresh from the beginning, but the reasoning

for every plot point feels dull. Willy’s reasoning to start a factory because of his mother’s chocolate feels weak, and the movie giving the characters exactly what they wanted at the very end seems too perfect of an ending. Overall, my feeling of the movie saw Chalamet’s Wonka and Wilder’s Wonka as two completely different characters.

Antagonists such as Mrs. Scrubbit and Bleacher are fun obstacles to see Willy get himself into, but the overarching conflict of Wonka chocolate versus the three major chocolatiers in the city feel too childish. The main antagonists, Slugworth, Fickelgruber, and Prodnose, only create a chocolate cartel through ridiculous reasons, with no introspective, serious moment where the audience recognizes the threat is real, when there are constant humorous jabs throughout the conflict. The plot is predictable, and it’s easy to guess where the story is heading with everything seemingly going wrong in the right way for Team Wonka.

Despite all this, “Wonka” has been nominated for 2024 People’s Choice Comedy Movie of the Year, and has made \$400 million worldwide. Even with its flaws however, I think “Wonka” is worth the watch if you’re looking for a feel good, simplistic movie with music and mischief.



Get in loser, we’re watching “Mean Girls”

By Mason Jordan

The only light in the room is the shine of the treadmill’s screen, a soft blue that illuminates an unfriendly yet alluring face. This is Regina George, (former) queen bee of North Shore High School. Her mother stands behind her and questions her decision to eat a “Kalteen” bar, a protein bar that contributes to weight gain. At that moment, it all clicks for Regina. The bars her “friend” Cady gave her are NOT for weight loss, they are what is making her gain weight. Moments of betrayal flash behind her eyes, and she screams. The camera stays on her face for the sharp, ear-ringing scream that lingers in your ears, and the shot ends.

“It’s not your mother’s “Mean Girls.” This is the bold statement in the trailer of “Mean Girls,” the new adaption of the hit Broadway musical based on the cult classic film. This is a pretty accurate statement, considering the highly stylized and sometimes deeply tense nature of the film. Not to

mention the hit music of course.

Many viewers are upset by the very nature of the film, a musical. This reaction is due to the fact that while the film is described as a musical, it was not advertised as one. The trailers of the film were scored to different pop songs, never including anything from the original soundtrack. Viewers who were expecting a remake were confused to find a full fledged musical adaption, and viewers who don’t particularly enjoy musicals felt blindsided and annoyed.

Despite all of this drama, the film itself turned out to be a stunning adaptation of the Broadway edition, taking so many creative liberties that it barely resembles the original. The song sequences are amazingly shot and deeply atmospheric, and the vocals are stunning. Of course, lead actress Renee Rapp (Regina George) stole the show with her glamorous yet terrifying portrayal of the iconic villain. While her character does terrible things and terrifies

you on screen, you still can’t get enough of her. Anti Hero Janis (played by Auli’i Cravalho) also is a highlight in the cast, giving a stellar performance with amazing vocals and genuinely relatable character development. Newcomer Bebe Wood gives a heart wrenching take on the secret keeping, secretly miserable best friend Gretchen Wieners. Many of the other cast members also work together to create an amazing ensemble.

The striking thing about “Mean Girls” is the portrayal of bullying and cyberbullying. Compared to the silly antics of the original, this version of “Mean Girls” feels like it portrays vicious bullying and the repercussions of it. In one shot, Regina falls on stage and all we can see is her shocked face as camera flashes turn on to record her. It is an invasive and upsetting shot, and even has you feeling sorry for the film’s villain.

Although some do not like the musical take on the film, “Mean Girls” turned out to be a



big success. The actors dazzled theater goers, and the vibe of the movie created an instant cult classic. Viewers will be shocked by the standout scenes, “World Burn” and “Someone Gets

Hurt,” and will be dancing with the music in songs like “Revenge Party” and “Sexy.” The only proper words to describe this film can be found inside of it. It was “SO fetch!!”

Gamers upset by “Apex Legends” latest crossover

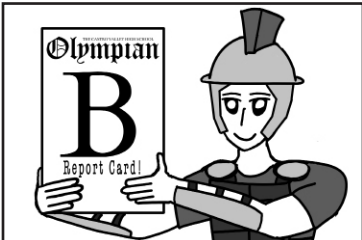


By Cat Baldwin

The new collaboration starring “Final Fantasy 7” will be the last collaboration “Apex” has. In response to suspicions over AI art use and cosmetic costs totalling \$360, fans are reacting poorly to the surprise event. The new season launched Jan. 19 and at first glance, fans are wowed by the iconic Buster Sword and Hop-Up Materia, referencing Final Fantasy. So the game is on theme and aligned with the events, however, another thing grabs fans attention: cosmetics. This new season is different from a typical “Apex” season, which usually includes a new heirloom, something that typically costs \$160 on average or can be unlocked for free after collecting the other collectables. This season, though? The mighty heirloom is available in event packs, yet the odds are so low that fans would likely have to purchase 36 packs, costing them a whopping \$360, which is different from the actual in-game one.

The overall gameplay of the new season is pretty neat, it gives players something new to look forward to in the game. However, recent controversy from EA and Respawn over accusations that marketing material for the event leans on AI. Several images have been released with some irregularities that wouldn’t be seen without the help of AI. Due to the general mood toward AI, the sentiment around the popular and well known battle royale isn’t grand at the moment. On top of that, the classic unranked battle royale mode has been replaced with the battle royale takeover. The takeover acts like the classic battle royale but has some slight changes. Starting off with Materia Hop-Ups. Adding bonuses and increases to players, with five different types of material and equippable on select weapons. The whole game itself is free across all platforms, so you aren’t spending money at the beginning. It’s the in game purchases that add up and can be pretty costly especially in this

new season. As someone who has played the game, I think it’s worth the time and effort to enjoy the matches. However, I also haven’t spent a dime on the new season, though I have been considering it. Depending on how often you play the game should determine how much you spend on each season. The new season sounds great, especially with all the perks, but spending approximately \$360 sounds crazy to spend. I definitely think that Respawn and EA are on to something though and if they adjust the prices, more people would buy the in game purchases. Overall, I think paying for the game is worth it but spending that much money sounds ridiculous.



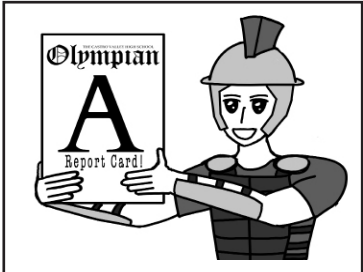
Celebrate Valentine’s Day with “19 Love Songs”

By Gavin Peters

What is love? It’s a basic question with multiple complex answers. Love varies from platonic, friendships, romantic, and familial, all different ways to love. Love motivates a player to join his crush’s team and then sabotage their chances at victory. A wandering soul finds comfort in a mother’s love on Valentine’s Day. A young man steps out of his comfort zone to make a Christmas wish come true. “19 Love Songs” by David Levithan is an anthological look at the different types and ways to love. The book is a compilation of stories each written by Levithan on Valentine’s Day as letters to his friends. This orchestrated symphony of love offers representation to under-published groups of people. The way complex feelings that a human goes through when in a state of love are captured beautifully throughout the mix of characters. The multitude of characters within Levithan’s 19 short stories are likable, and emotionally relatable. The characters are, depending on which story, heartfelt, fun, dramatic, embarrassing, hopeful and full of wonder. They truly encompass the emotions that come with humanity. Some of the stories are lacking in world building that would’ve initially come in the exposition of a regular novel, and as a reader some stories become interesting enough to want to

read more just as the chapter comes to a close. Though the book has some rough edges around it, the book in general is quite emotionally fulfilling, and the usage of quick cuts to the end of the chapters makes me want to read more about these short stories. If they ever were to be published as full stand alone books I would definitely go and pick them up. Some of his short stories even are from some of his other novels, or at least are an ode to background characters giving them a cameo and getting to peek into their lives. Some connected novels include “Two Boys Kissing,” “Boy Meets Boy”

and “Every Day” Overall I personally would recommend this book to others, especially those who are queer, those who love love in any shape and form, or those who enjoyed the mentioned novels by Levithan. Levithan’s novel “19 Love Songs” is a kind and fair representation of “love is love,” a strong four out of five stars!



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New law requires learning news literacy

By Hailey Young

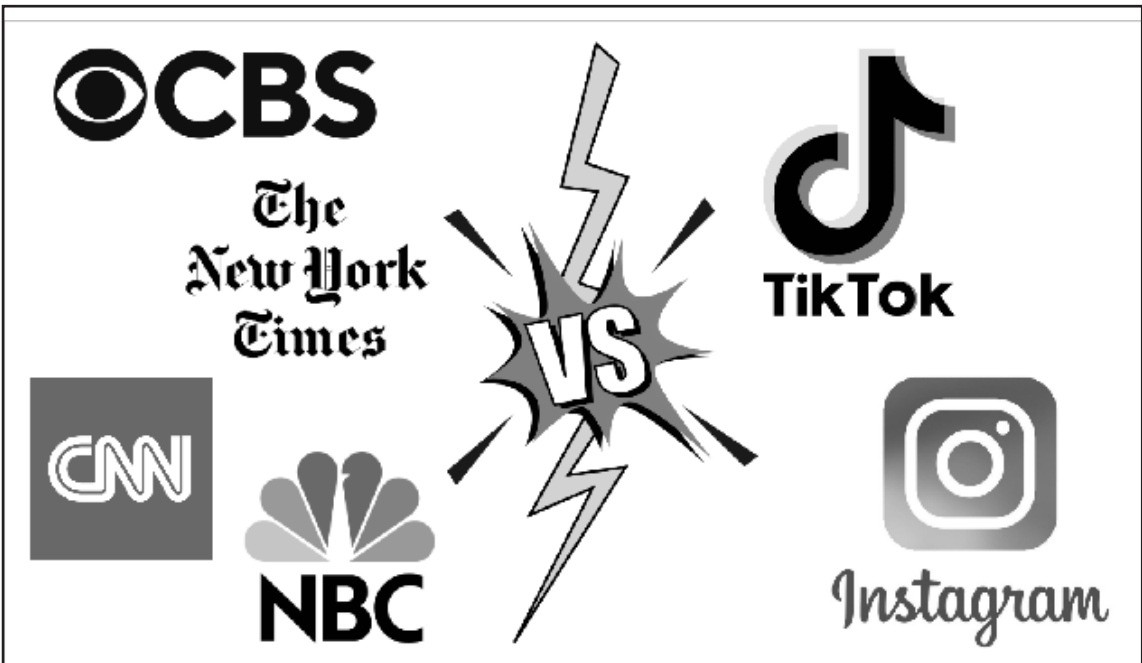
Starting next school year, California students will be required to learn media literacy skills, a broad term for the ability to access, analyze, and evaluate media, as well as other information. This is due to the passage of Assembly Bill 873 by California Gov. Gavin Newsom late last year.

Authored by Assemblymember Marc Berman, AB 873 is an urgent response to the younger generation's "growing reliance on the internet and social media to consume news and information," per Berman's press release. This bill hopes to integrate media literacy skills with an emphasis on being able to identify "fake news" into core subjects of mathematics, science, english, and history curriculum.

As the California Instructional Quality Commission (IQC) begins to tackle this challenge, many CVHS staff welcome the change, including Social Studies Department chair Sarah Burke.

"I think that media literacy and critical thinking skills are essential for a functioning democracy," Burke said, adding, "As a whole, there have been a lot of changes in how we receive information. This has led to a lot more misinformation and division throughout our society."

English Department Chair Anne Parris shares this observation and agrees. "I think it is necessary for us to have a chance to be



HAILEY YOUNG

critical about what we read and watch. We have to be aware and start asking the right questions, or else we can easily fall prey to things we see online, or on social media," she explained.

For now though, both core subjects are well ahead of impending state requirements.

"Social Studies teachers already teach critical thinking, current events, and the importance of accurately understanding the society and world in which we all live," Burke details.

Some CVHS English classes are already teaching students to be conscious media consumers.

"For a few years now, Ms. Olson and I have taught a whole unit on fake news and bias," said Expository Reading and Writing (ERWC) teacher Elisa Frozena. "It is centered around how to be a critical reader and a responsible consumer of media. In the end, students research

and write a paper about who they think should be responsible for monitoring and preventing the spread of fake news."

As curriculum such as this spreads beyond ERWC, the English Equity Committee, chaired by Frozena, is working with the new guidelines to assess how media literacy could best be incorporated into other classes.

"We saw a need for

this," explained Frozena. "A research book that the committee is reading details a past Stanford study, and it showed that from elementary school through college, people have very few skills when it comes to determining what is real or fake online."

Eventually, the committee hopes that this revision process will ensure that students leave CVHS with a

solid foundation upon which healthy digital citizenship can be cultivated.

"New curriculum will provide students with more tools to have real conversations," Parris said. "I'm very excited for the English Department."

Ultimately, the implementation of AB 873 will create the opportunity for CVHS to respond to the shifting dynamics that today's media consumption brings.

"Previously, most Americans received news from the same reliable sources, such as the nightly news or local newspapers," stated Burke. "Now, news is much more likely to be received from unreliable and intentioning polarizing sources."

The upcoming changes will empower students to be able to navigate digital content safely and thoughtfully, as well as critically analyze sources of news as social media redefines the way people stay informed.

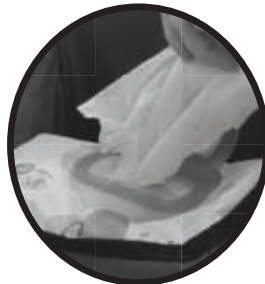
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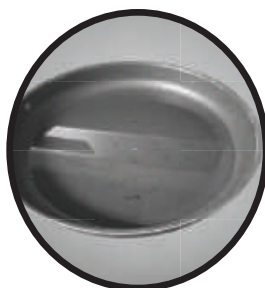
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