

Olympian

THE CASTRO VALLEY HIGH SCHOOL



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Changes made to AP entrance requirements

By Ashley Tang
STAFF WRITER

CVHS English and history teachers voted to cut entrance requirements for their advanced courses.

The written portion for AP U.S. History (APUSH) entrance exam was cut while all entrance requirements for Honors American Literature (HAMLit) and AP English Literature (APEL) classes were cut entirely.

"I think it is a useful development. There was one year where we didn't have requirements for APEL. I didn't see a huge difference between the caliber of the students. I still expected certain things from them," said English teacher Anne Parris.

Though a majority of English teachers voted to cut the entrance requirements, some were opposed to this change. The decision passed on a three to two vote.

"I think the application process and entrance requirements were designed to help students understand if students are ready to take an advanced class. I taught HamLit for a number of years and I have felt good about our process for admitting

students, but I also understand the arguments from the other side. It's a complicated issue," said English teacher Clare LePell.

APUSH teachers all agreed to cut the written portion of the application process.

"APUSH teachers were not confident that the written portion was essential to determine student readiness. I support this change as it will streamline the process for teachers and students alike," said social studies department chair Sarah Burke.

Although there is no longer an essay or written test required, students who want to apply to APUSH will still have to participate in an entrance process and take a multiple choice test to determine if the class is a good fit for them.

"I think some of [the application process for advanced courses] is reasonable, but mostly I just feel like it's pointless. But I also think it's important to see if they're willing to put in the effort to go through the exam process. If they're not willing to go through the exam process, they're probably not going to want to do the class anyways," said senior Jessica You.

ASHLEY TANG



KATRINA SILER

Students have fun with their friends at Winter Ball on Jan. 25.

Trump impeached, trial begins

Senate weighs removing president from office

By Hannah Pilgrim
STAFF WRITER

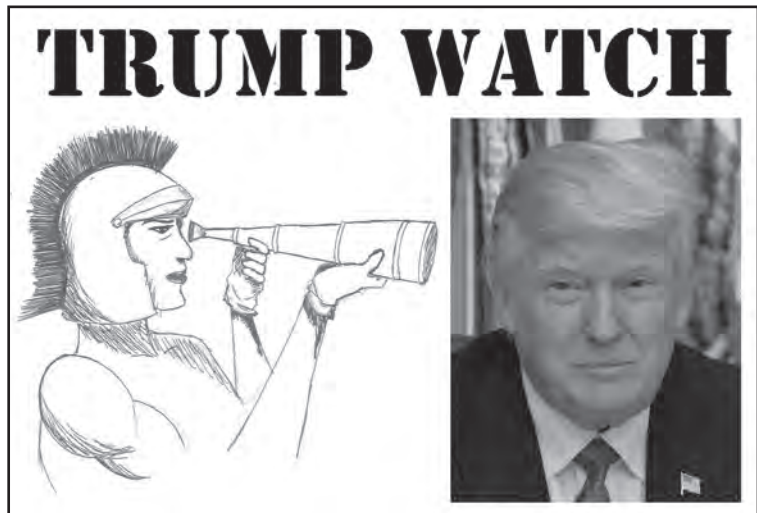
The House of Representatives voted to impeach President Donald Trump on accounts of obstruction of Congress and abuse of power on Dec. 18.

Trump is only the third president in U.S. history to be impeached.

The Senate impeachment trial began in January around Trump's call with the President Zelensky of Ukraine in July that outraged Democrats in Congress.

Leading to the House's decision, Democrats argued that there was an attempted transfer of favors, known in legal terms as a "quid pro quo."

That same month, Trump told the Department of Defense to hold Ukrainian military aid which Congress had approved, according to Public



Integrity.

"After hearing the president say, flat-out, that he would accept a foreign power's offer of dirt on an electoral competitor and probably not inform the FBI of such an effort, I believe that Congress must pursue impeachment," Congressman Eric Swalwell wrote in a tweet.

In the call, Trump allegedly told Zelensky that he should investigate former Vice President Joe Biden and his son, Hunter Biden, who worked for a Ukraine based oil company.

Now impeached, Trump faces removal from office in the Senate trial. But most expect the Republican-led Senate to let Trump keep his position.

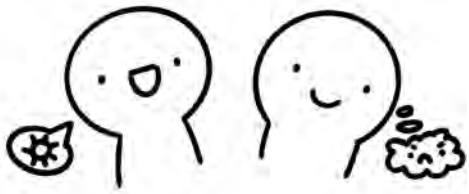
For example, high ranking Senate Republican Lindsey Graham told media that he would fall in line with the White House in the trial. "I'm not trying to pretend to be a fair juror here," Graham said.

Speaker of the House Nancy Pelosi held onto the articles of impeachment for several weeks to pressure the Senate to hold a fair trial and call witnesses.

Even without removal from office, presidential impeachment is very rare.

"Officials should be held accountable to the law despite who they are," said government teacher Kathleen Cassidy about the impeachment.





AP classes should have entrance requirements

Editorial:

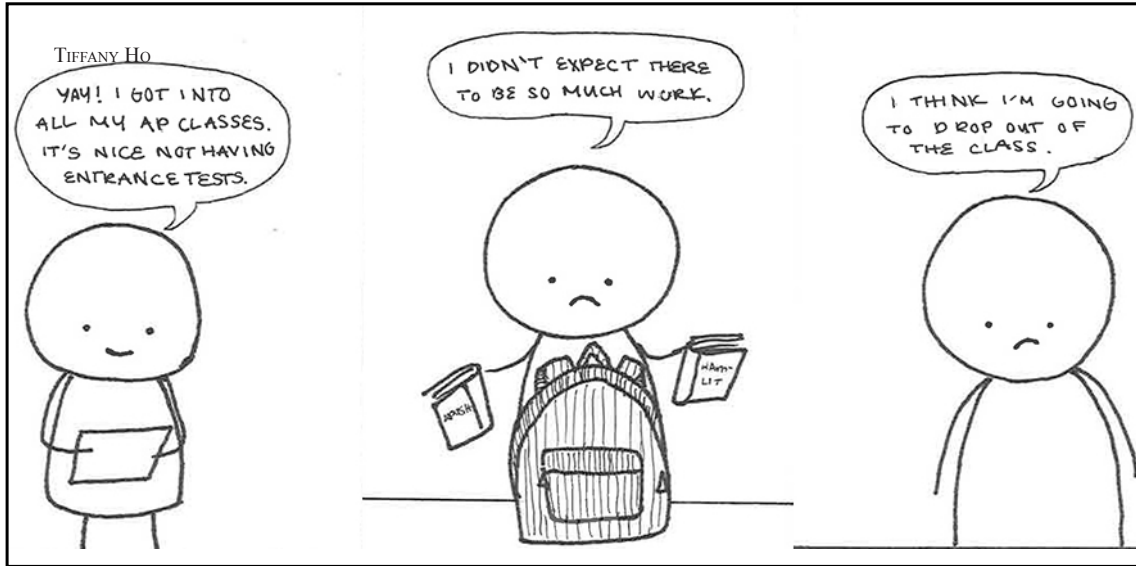
The majority of AP classes have entrance requirements students must meet to enter. Recently teachers decided that APUSH (AP US History) would no longer require a written test, just a multiple choice exam, and AP English classes won't be having any require-

“There are already a large number of kids dropping out...”

ments at all.

We at *The Olympian* believe that the entrance requirements should remain in place.

Entrance tests and other requirements are great indicators of the work students



are willing to put into a class that will really take a lot from them. If you can't even pass an entrance test, then it shows you are not prepared for the extensive energy needed in the classes.

The changes would make the AP classes more acces-

sible, but AP classes are meant for people who are above the regular standards and not just the everyday average student looking for an easy way to get college credit.

There are already a large number of kids dropping out of these classes in the first

quarter. By admitting students who don't want to put in the work will likely lead to even more students dropping out since they aren't well suited for the work being asked of them.

Some teachers may enjoy the thought of not having to grade an extensive amount of

entrance tests, but they will have teach, grade and deal with students who aren't well suited to their classes.

“Teachers should keep the entrance tests in place...”

The Olympian suggests that if the teachers change these requirements, then they do it in a certain way. They should weigh a letter of recommendation heavier than the test, since a test alone doesn't show the work you're willing to put in.

Teachers should keep the entrance tests in place since having no writing requirements for classes heavy on writing doesn't benefit anyone in the end.

Everyone should always find a way to participate in elections



By Lindsey Gard
STAFF WRITER

The first time I started to learn about and become exposed to politics was when I was in 8th grade, during the 2016 election. My history class was discussing it, and I remember many people, including me, thinking that Donald Trump would never win. He may have had a few support-



LINDSEY GARD

ers in the class, but most of us didn't really know what to think. I remember someone suggesting that people would vote for Trump as a joke, and then he would actually win.

I don't think my class thought that would happen, but now Trump is the president of the United States. I'm

not saying that he only won as a joke, but personally, I don't support Trump. I don't think that he is the best person to be in control of our country, especially now that he is the third president in history to be impeached.

I'm neither a Democrat nor a Republican, so I can't really

choose a for sure side in this upcoming election, and unfortunately, I will be a few months too young to vote. Even if I'm not voting, I can still make an impact and encourage other people to vote.

I think that if people can vote, then they should. Democracy gives power to the people, and the people's power is their votes. Why wouldn't you use your power? People should vote in the elections so that the country as a whole is making decisions, not just the officials in charge. It allows the people to be more aware of what is going on around them, and that's always helpful, no matter what situation you are in, especially when dealing with politics.

Even if you can't vote like

me, there's still a lot of ways you can share your opinions and persuade others to vote. Lots of people, especially teens, are active on social media platforms including, but not limited to, Instagram, Twitter and Snapchat. You can post about upcoming elections as a reminder for people to register and vote. A definite way to make an impact is to volunteer for a campaign. This involves simple tasks like texting and making phone calls to voters, going door-to-door spreading the campaign's ideas and information, and writing about or for the campaign. However you choose to help, it will make an impact, even if it is small. Doing something is always better than doing nothing.

PHOTOpinions

Should AP and Honors classes have entrance requirements?



“Yes in some cases, because it helps filter unmotivated students out of challenging classes.”
Rebecca Beringer
freshman



“If you want to be able to take the class you should be able to take the test.”
Ezekiel Alvarez
sophomore



“People who aren't serious about the class are filling up the spots that people who are serious would otherwise have.”
Nolan Alexander
junior



“Some people don't know the information. If you don't take the test, you might not be prepared for the class.”
Lambert Borjigin
senior



“I don't think measuring someone's skill on one day is an accurate marker.”
Anne Parris
staff

How to help students learn English



By Leo Lin
STAFF WRITER

How does it feel when other students start to take Honors or AP courses but you are trying to talk to your teachers with Google Translate?

Without any capabilities in English, I arrived in the U.S. four and a half years ago. School is difficult for English Learners (ELs). You might not be able to finish your homework, even in the extremely slow paced EL courses.

Of course, the biggest obstacle is outside of the classroom. Social interactions are awkward for an EL student.

On Memorial Day when I was in eighth grade, I spent five minutes with the Safeway cashier. He was simply asking me for my membership card, and I only asked more questions.

It is normal to be unable to tell others your birthday, and it is abnormal to say a complete sentence within seconds. We’ve all been speechless and in clumsy situations. That’s how difficult it is to learn a second language.

After two years, when I was a sophomore, I completed

the EL programs. It usually takes three or more years for immigrant students to finish EL, and some people I know finished the program within ten months. How should the school act in order to improve the EL students’ English ability quickly?

In my opinion, the EL teachers should convey to their students a feeling of “why should you learn English,” rather than “you must learn English.” In other words, teachers could demonstrate the advantages of decent English proficiency to the different EL students based on their different fields of interest.

Some students don’t speak English but are down to play a certain musical instrument; an EL instructor could encourage them to join the school music team or dance club, therefore gaining more experiences by interacting with local students.

Some students don’t speak English but love mathematics or coding; an EL instructor could encourage them to improve their collaboration skills by participating in the school First Robotic Team with other future engineers.

If an EL student loves NBA, the student could join the

school basketball team, and an EL student who loves nature could join the gardening club.

Therefore, a positive externality will apply on the immigrant students: the more extracurricular activities EL students are involved in, the more likely they will be to learn English more quickly.

Instructors could try to approach the new students, learn their hobbies, and urge them to join the club or team at CVHS corresponding to the students’ interests by giving them some participation points. I believe they would be willing to do the things that they’d like to do.

Some people might doubt my suggestion, but I have to tell you that the power of pursuing a dream is powerful.

I am a living example: I learned English through playing video games. If I want to be a pro at a certain game, I must understand its language, otherwise I will be poor at it. As a result, I learned all kinds of object names from Minecraft, and I simply improved my listening and speaking skills by voice chatting with others on Fortnite.

Learn by doing is an immortal principle.

RACHEL SCHOENFELD

The problems of the “Model Minority”



By Josie de la Torre
STAFF WRITER

In the American school system, Asian Americans have developed the stereotype of excelling in math or science, getting straight A’s or being the perfect “model minority.” That’s not true.

Many try to be the “model minority,” as Asian American first and second generation immigrants are often pressured to succeed by their parents.

The expectations of success

are ingrained in many Asian cultures. It comes in the form of receiving the best grades, achieving the highest honors, and getting into the most elite colleges. While parents expect them to excel, the students also expect themselves to achieve high marks.

While some students may prosper amidst the pressure and expectations, many other Asian American students wither from it. Having such high expectations and parental pressure can lead to depression and low self-esteem when encountering failure.

It’s overwhelming to have these expectations from family members and the stereotypes many Asian American students set themselves up with high expectations while trying their best in school.

In the beginning of my high school experience, I tried to become the “model minority”

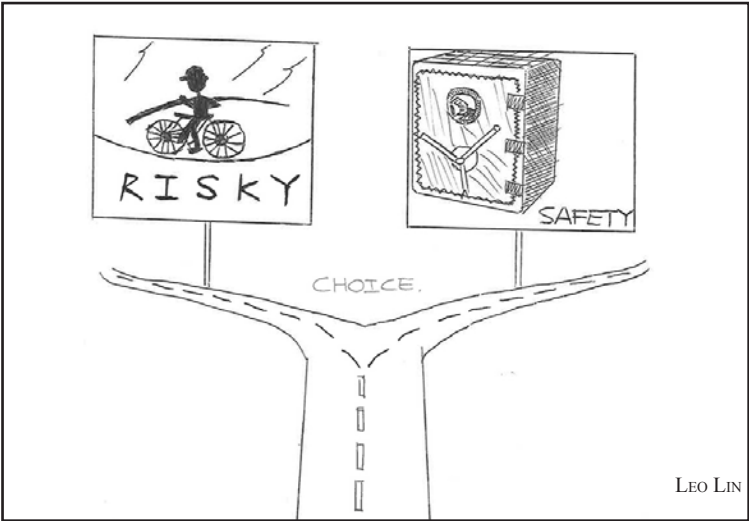
to please my family by getting straight A’s and taking advanced classes. During sophomore year, I was devastated when I didn’t get all A’s. I felt

“We have to try our best in the future.”

like I was a failure because I didn’t meet the expectations I set for myself.

Gradually I accepted the fact that I could not be perfect academically. Sometimes you cannot be the best in every subject or class you are in. I learned that everyone makes mistakes, experiences failures, and learns from the past, so we have to try our best in the future.

Don’t be afraid to take risks



By Jeanette Wallis
COPY EDITOR

Taking risks can be scary. It’s like that section in The Game of Life, where you can decide to take the “safe path” or the “risky path.” Although the risky path has more “danger” or “pitfalls,” it also has rewards that are much higher than those on the “safe path.” Of course, real life is much more risky than any board game could be, but the same general ideas apply.

Putting yourself out there and taking a chance is definitely terrifying.

I’d heard about how demanding and stressful junior year would be and debated with myself for a long time on what classes I wanted to take, finally deciding on a tougher combination of advanced classes and several after school extracurriculars.

I knew that this decision might result in some loss of sleep and significantly more stress, but I didn’t want to miss these opportunities to challenge myself and spend the rest of my life wondering whether or not I could have done more.

I’ve had people ask me why I would stress myself out with all that I am doing, but a large part of maturing is knowing how much risk you should take. Advice from others is important, but I need to learn from my own experiences to see what works best for me.

Through this process I also learned to not take blind risks, because this doesn’t help either.

However, this isn’t to say that there is anything wrong with playing it on the safer side. I knew that if I took fewer classes I would have a better GPA, but I decided I wanted to push myself to see how far as I could go, even if I do end up with a lower grade point average.

No matter what path people choose, they shouldn’t be looked down on for it. If you want to take regular classes or if you want to take APs, it shouldn’t matter to your peers.

How much you want to push yourself outside of your comfort zone is a personal decision. However, my advice would be to not be afraid of taking a few risks. It might just turn out better than you think.



THE CASTRO VALLEY HIGH SCHOOL

Olympian

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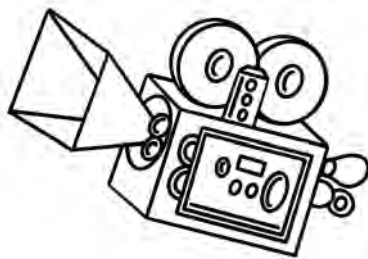
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There is such a thing as too much CGI

By Miguel Bernas
STAFF WRITER



A young cat named Victoria is abandoned by her owners and thrown into a dumpster in a city. She meets a group of cats who call themselves “Jellicle Cats” and they introduce her to the unique traditions of being a Jellicle Cat, including the Jellicle Ball where once a year they compete under the Jellicle Moon to be chosen for rebirth on the Heaviside Layer to become the cat they had always dreamt of being.

“Cats” came out in theaters on Dec. 20. The movie is based on the popular musical of the same name, which has been on Broadway since 1980. The movie is very similar to the musical with the addition



MIGUEL BERNAS

of CGI (computer-generated imagery).

The movie seemed very frightening at first due to the very detailed and realistic CGI used to picture the cats. The characteristics of being a cat

were also exaggerated by the actors through hissing and dancing. The idea of watching a two hour movie featuring cat-like humans was weird to get used to.

The story itself is quite unique

in that it alludes to the myth that cats have nine lives. But through the repetitive singing in dancing, which the movie almost entirely consisted of, the plot was unclear. It took me some research to understand

what the movie was really about and even after I was unable to understand what a Jellicle Cat really was.

There were several famous stars in the movie, including singers: Jennifer Hudson, Taylor Swift and Jason Derulo, and comedians Rebel Wilson and James Corden, who all represented Jellicle Cats competing in the Jellicle Ball. The talented cast had beautiful voices, especially Hudson who sang the musical’s most famous song, “Memory.” Corden and Wilson were also very funny and their humor made the movie a bit more enjoyable.

Although I found the movie funny at some times, I found the CGI unappealing and I believe it easily made many people uncomfortable. The plot is unique, but with such detail in visual effects and music, it’s too distracting for the plot to be clear.

The return of the murder mystery “Knives Out” captivates and thrills audiences

By Michael Tam
STAFF WRITER



“Knives Out” opens on a shot of an ominous mansion set to dramatic music. A woman carrying a tray of food walks through creaky hallways lined with knives, through hidden doorways, and up to a bedroom. As she enters, the camera switches focus to reveal an old man, laid on a couch, with his throat slit and a bloody knife on the floor.

Rian Johnson, the writer and director of “Knives Out,” is probably best known for writing and directing “Star Wars: The Last Jedi,” the most controversial “Star Wars” movie since the much hated prequels. After its release, he was widely mocked for comments saying that he wanted to “subvert” fans’ expectations with “The Last Jedi,” with many saying the movie ended up unsatisfying. “Knives Out” feels like Johnson’s attempt to prove that a movie that went in unpredictable directions could also be entertaining, and if so, it is successful. The plot sets us up to expect a classic mystery before shifting into a

captivating, edge-of-your-seat thriller halfway through.

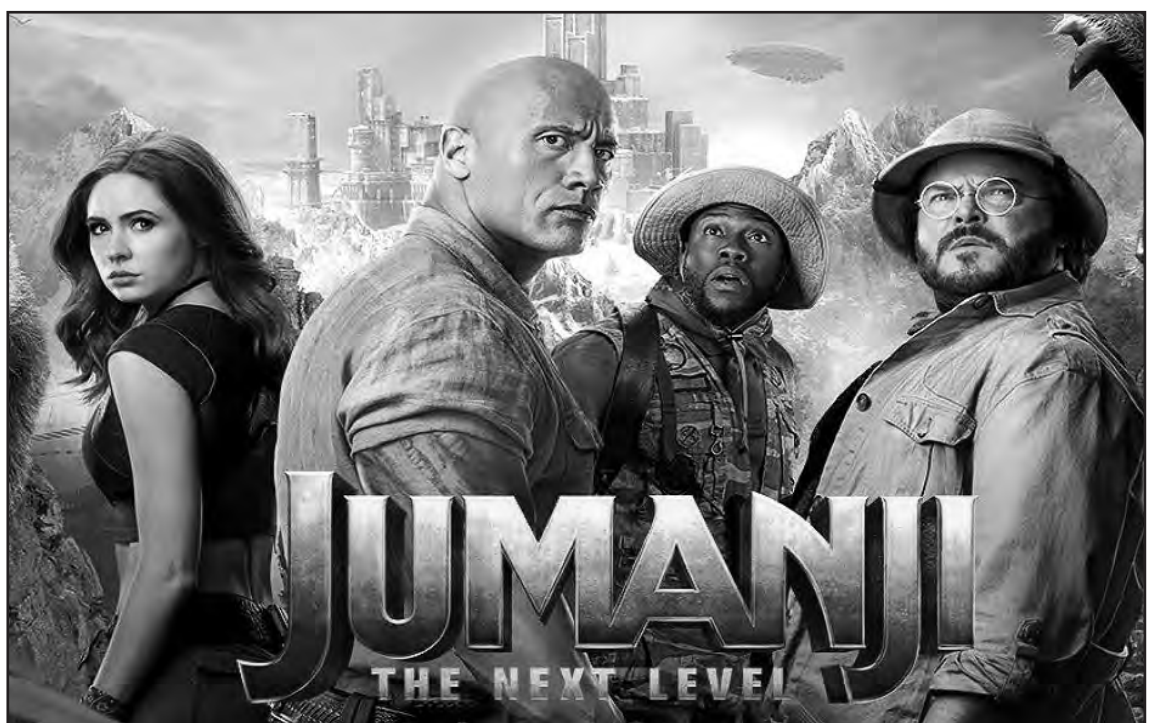
On paper, “Knives Out” is perfectly in the style of an Agatha Christie book. An aging book writer, Harlan Thrombey, is found dead in his mansion of an apparent suicide and several of his family members have motives to kill him.

“ feels as if it came out of a classic murder mystery ”

A private detective, Benoit Blanc, is called in, and with the help of Thrombey’s personal nurse, they attempt to find whether anyone killed him and, if so, who it was. Everything from the elaborate design of the mansion to the final dramatic reveal feels as if it came out of a classic murder mystery. One character even remarks that Thrombey’s mansion looks like the one from the board game Clue.

At the same time, small things poke out to the audience. Thrombey’s nurse has a personal quirk that belongs in a slapstick comedy more than a dramatic mystery. Similarly, the large cast of characters leaves a few of them without much to do. Still, the great performances by the entire cast and the gripping plot draw viewers in and make for an ultimately great movie.

“Jumanji”: better than average



By Cameron Faris
STAFF WRITER



Over the break I watched “Jumanji 2.” This movie was great and jam-packed with all sorts of interesting scenes that really made you think. The movie started out with the original cast from the first movie, which was Bethany, Spencer, Martha, and Fridge. It talked about their new lives after they had their first experience with the game in the past months.

All seems to be well in their new lives until Spencer gets an idea to bring out the video game again so that he can feel the power and strength he used to have while he was in the game, given the fact that he feels weak and helpless in his everyday life.

His friends begin to worry about him when he doesn’t respond to their texts or calls, so they go looking for him and find out that he has been sucked back into the game. The only way to get him out is for them to go back in.

The friends once again find themselves stuck in the dangerous game with only a few

resources and little direction. As the film goes on, they start to realize that teamwork is the only thing that will help all of them come out alive and healthy.

This by far was one of the best movies I have seen in a while and if I were you I would definitely check it out before it’s too late.

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CV local writes about enlistment

By Brittany Bin
FEATURE EDITOR



Rosa del Duca writes about the troubling times in her life while she was in the National Guard. After she graduated high school from a small town in Montana, she was looking for ways to pay for her college tuition. She discovers that enlisting in the National Guard not only pays for her tuition, but also allows her to escape her childhood town.

With the co-signature of her mother, del Duca happily joined the National Guard at 17. In her head, she could not see anything wrong with enlisting for six years.

After the horrific terrorist attack known as 9/11, del Duca's views changed. She began to question the morality and humanity of the actions done by the US after the attack. She had to choose between being a US soldier, or being (to some people) a US traitor.

She talks about her motives and attempts to escape her six-year contract with the National

Guard. She faces victory and defeat.

"I wrote this book to try to explain to an invisible audience why I did what I did and my reasons for doing it. It was also to explain to myself because I felt an enormous pressure," said del Duca.

Del Duca brings up a lot of problems that most people are oblivious to. The first problem would be the media romanticizing violence. At schools like CVHS, there are occasional visits from military members who have the intent to recruit high schoolers after they graduate. A lot of the high schoolers who are interested in joining the military are unaware of the large baggage it comes with, del Duca believes.

Del Duca is part of Before Enlisting, which is a group of people who want to warn kids about the realities of military service.

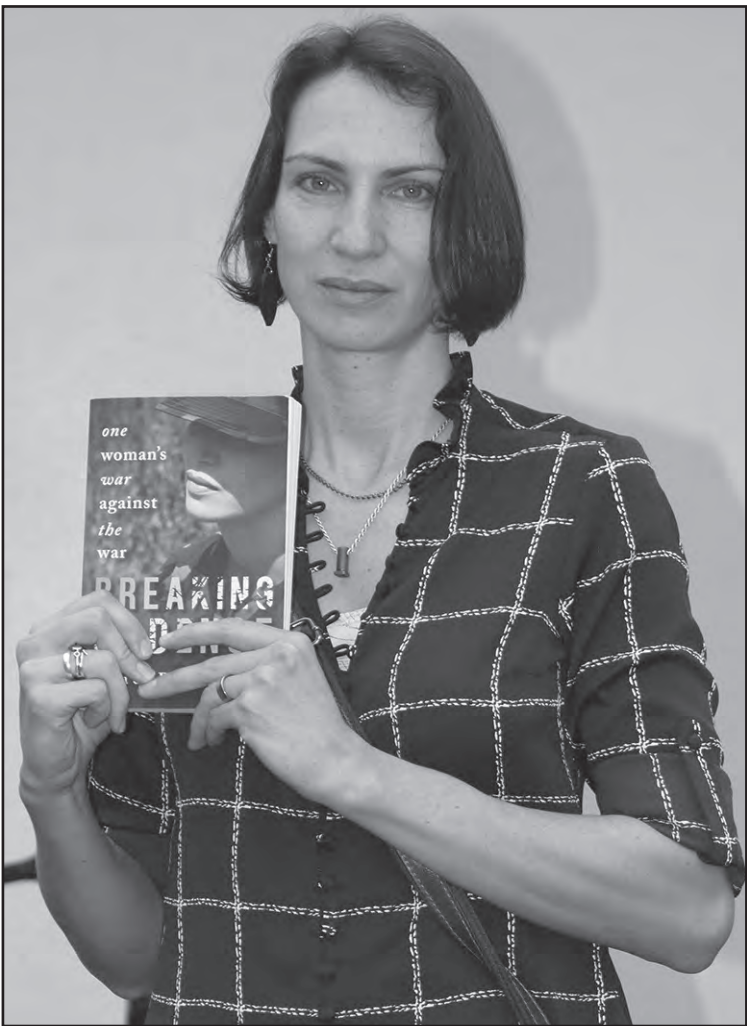
"Whether you are joining the National Guard or any branch of the military, it is super important to be aware of the key facts. You are not always guaranteed the job you signed up for and all contracts are eight years," said del Duca.

She cautions people to be aware of the statistics and facts about the military. PTSD and veteran suicides are a major problem for a lot of people. Twenty-one veterans kill themselves a day in the US. Moreover, around 20 percent of women are sexually assaulted or raped in the military. Del Duca also warns people to be more aware of the wars that the US is involved in.

"Vietnam was an unjust war. Iraq was an unjust war and Afghanistan has become an unjust war," said del Duca.

Ultimately, del Duca tells a heartfelt and painful story about her time in the National Guard that can motivate people to reconsider joining the military. The book was compelling due to its unique opinion on the US military. Through her words, you can feel every single one of del Duca's emotions.

"Don't only talk to veterans who are proud of their service, but also the veteran who had their limbs blown off. Talk to veterans who are now against the war and ask about why they changed their mind," said del Duca.



RACHEL SCHOENFELD

Rosa del Duca holds her memoir about the National Guard

"Little Women" revives a classic

By Alice Tang
STAFF WRITER



A young woman, Josephine "Jo" March, sits in a publishing office with her hands stained with black ink hidden under the table as she tries to sell a novel which she claimed was written by her friend. The publisher completely alters her story, saying it was too long and too moralistic, especially

"The actors and actresses bring so much life..."

after the American Civil War. This shatters Jo's heart, but she agrees to the offer and sells it for \$20.

"Little Women" is the seventh film adaptation of the 1868 novel by Louisa May Alcott which narrates the lives of four sisters — Jo March (Saoirse Ronan), Amy March (Florence Pugh), Margaret "Meg" March (Emma Watson), and Elizabeth "Beth" March (Eliza Scanlen) — whose father is away at war. It is

a 2019 American coming-of-age drama written and directed by Greta Gerwig and was released on Dec. 25.

It takes place in the fall of 1868 with bluish cold tones for scenes in the present and appears warmer and brighter for flashbacks to the past for the winter of 1861.

The Lawrence family lives across from them and helps them from time to time. The son, Theodore "Laurie" Lawrence (Timothée Chalamet), develops a bond with Jo—who wants independence and ultimately rejects him.

I loved this movie because unlike other adaptations of "Little Women," Gerwig starts from the middle of the story and goes back in time interchangeably to show how the different characters develop and how different influences shaped them.

The cinematography and costumes also conveyed many emotions and sweeps the audience into the past with them. The actors and actresses bring so much life into the characters and are perfectly casted. I definitely recommend everyone to watch this retelling of "Little Women," especially for those who read and loved the original novel.

REPAIR WORKSHOP



CVSan's Fixit Clinic with Bike Repair and Clothing Swap

Saturday, February 8th

1:00 - 4:00 p.m. (rain or shine)

Castro Valley Library - Chabot Room
3600 Norbridge Avenue

Fixit Clinic: Actively participate in the potential repair of your non-working items (electronics, small appliances, toys, etc.) with the help of our repair-savvy, volunteer Fixit Coaches! Helpers from the Bay Area Bike Mobile and Bad Business Model Bikes will be on-site. Tools and workspace will be provided.

Clothing Swap: Bring clean, gently worn clothes to "swap" or bring sewing supplies to repair clothes with the help of a Fixit Coach.

Fixit Coaches needed! If you would like to help others fix things, sign-up as a volunteer Fixit Coach by contacting CVSan below.

Registration: Registration is encouraged but not required; walk-ins are welcome! All assistance is first come, first served. Last call for repairs is at 3:30 pm so arrive early.

To register for the event or volunteer as a Fixit Coach, email contact@cvsan.org or call **510-537-0757**.

Visit www.cvsan.org/ZeroWasteWeek for more information on CVSan's Zero Waste Week 2020.

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Robotics team prepares for battle

By Leo Lin
STAFF WRITER

Robots are never far away from us; you will find one in NASA, and you will also see one on the campus of CVHS.

The Wallace Dynasty, also known as the CVHS first robotics team, is gearing up their fierce warrior Wallace for the upcoming First Robotic Competition against other high schools for the battle days in late April.

However, the process of preparation for this game is complicated. At first, there must be unity. All members from Wallace Dynasty are extremely self-disciplined, which meant they will attend the club meeting routinely. The club meeting times really vary; sometimes for a whole week after school, sometimes for a day during Thanksgiving or winter break, and it is still normal to work till 10 p.m. in 400 Building on school days. There are always teammates working on the robots in the classroom whenever there is any free time. They are willing to contribute their personal time to Wallace Dynasty because they understand there are difficulties to build a robot, but it is worth fighting for,



LEO LIN

Andrew Ingerman and Hongbin Mao prepare their robot for the tournament next spring.

indeed.

But, how difficult is that?

Making a robot is never as easy as putting the pieces together on LEGO model. The kits from every part of a robot have specialized names. A single nut could named IRC-4927 and a screw could

be called like RDS-928, and it is the teammates' responsibility to find them, look for the precise spot, put them in, and fix their position. The process must be extremely accurate; any small errors like messed up component 9232 and 9233 will cause Wallace to run itself over

on the game day. Wiring plays an important role of making the robot as well. When there are 50 or more colorful wires crossing over each other, they became a challenge for the teammates to do each single step. Positive electrode must connect to negative electrode,

and red wire must go to red wire.

"The wires were super hard to plug in, it took the collaboration of three students to finish the job." Said Hongbin Miao, a senior in the robotic team. Steps such as brainstorming, 3D-Modeling, coding, testing, ameliorating, even cleaning up the components are also necessities of the building of Wallace, and all these efforts were paid for the final performance. How to collect the Power Cells quickly, how to place the objects in the hard-to-reach spots nicely, how to sprint immediately, and how to control Wallace without looking at him - all these processes became extremely crucial on earn the points, defeat other droids, and win the match.

"Even though we just started the making of robots, there are still tons of things to do. I think the way of making good gear really help us to learn." Said Sean Lange, a 3D-Designer of the team. Lisa Holmes, an engineering teacher, believes that the making of robots will be interesting even though she just started to deal with robotics five months ago.

Let's wish them the best in the upcoming spring.

Trojans compete in Spartan Race

By Nikita Thomas
COPY EDITOR

Sprinting over mountains, hurdling over obstacles, dashing through the mud and water, darting under barbed wire requires a lot of willpower.

Unbeknownst to most, four freshman boys in our school that possess these qualities to partake in this highly challenging Spartan Race: Rassa Wood, Kayhon Wood, Aidan Rickert, and Kai Liebowitz. In fact, these boys have each received an award referred to as the "Trifecta" for competing in three races: a three-mile, an eight-mile, and a 13-mile.

Throughout the course of the Spartan Races, there are lots of different levels of ground, which is used to tire out the runners.

"They'll throw hills in there to kind of tire you out and then they'll do an obstacle and then throw in another longer hill to try to wear you out, so you're tired and you feel like you can't do it, but you have to," described Liebowitz.

"There were lots of climbing obstacles and grip strength obstacles. If you couldn't do the obstacle, then you had to

drop down and do 30 burpees to make up for not being able to do it," said Kayhon Wood.

The Spartan Race is an intense obstacle course designed to test one's stamina and persistence. Founded in the United States by Joe De Sena, Spartan Races currently exist all over the world in 30 different countries. These extreme races often vary in length and consist of many different types of obstacles, such as the rope climb, monkey bars, rings, bucket and sandbag carries, spear throwing, and even running through mud and water.

None of these boys are expert runners or have they been in cross country or track, but that does not hinder them from competing. They have been training for the Spartan Races since the beginning of 2019 and Liebowitz has even gone on a strict diet to help prepare his body for the race.

"I tried to cut out all refined sugars in general, so I basically cut out all junk food," said Liebowitz.

The boys all competed in the San Jose Spartan Sprint last March, the Monterey Spartan Super on June 1, and most recently the Central Californian Spartan Beast on Dec. 14. The

last race was 13.1 miles long, a half marathon full of obstacles. The boys finished together in five hours, 39 minutes and 38 seconds.

"Never think about the race as a whole, always think about it mile by mile, so that it's easier to get through it. Also, it'll be worth it in the end, so you just need to keep on going," said Rickert.

Evidently, it is not easy to complete a Spartan Race, as it takes a lot of time and perseverance, but these boys enjoy the challenge and plan on competing in more races in the future, perhaps even in different states or countries.

"I think it'd be awesome if we could compete somewhere like Greece or Hawaii," said Liebowitz.

Although the race requires a lot of strength and stamina, there were aspects of the race the boys enjoyed a lot.

"The barbed wire obstacle was pretty fun. The mud pit was also a lot of fun to go through," said Rassa Wood.

"If you're trying to compete in a spartan race, just make sure that a month before the race, you eat healthy and run outside once or twice a week," advised Liebowitz.



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Go Trojans!





Varsity soccer team defeats Heritage Patriots

By Milagros Aquino
BUSINESS MANAGER

The CVHS boys varsity soccer team won 1-0 against Heritage High School on Jan. 11, at Trojan Stadium.

The first half of the game went back and forth between the two teams, with the ball not making it into any goals.

Early into the second half, the Trojans scored the winning goal made by Ramon De La Cruz.

They continued to give it their all to keep it that way until the very end.

When asked how they helped achieve the win, assistant coach Oscar Mendizabal said, "I think our hunger, we never let out."

Our intensity was up there



MILAGROS AQUINO

Micheal Karapetyan aggressively dribbles past the Patriots towards the goal.

and we kept it for the entirety of the game.

Also, the fact that we were clinical when we had the

chance; because we didn't have a lot and we defended as hard as we could."

Although the surrounding

was the same, the game came with new challenges since it was in the middle of the day instead of at night.

Playing against Berkeley the night before and giving it their all but not winning, the Trojans still managed to come back the following afternoon and win this game.

"It showed how strong we are because we had two games in less than 24 hours and each games like 90 minutes and we didn't stop hustling," said Kareem Elshobakey, one of the captains.

It was a great day to be cheering on the bleachers and an even better day to be a Trojan!

As of the time of this being written they have 10 wins, 5 losses and one tie.

Check out "maxpreps.com" to see the next home games that are scheduled.

The games are free to attend for everyone if they are at Trojan Stadium.

Athletes of the Month



ELENA LOTTICH

Kellsey (left) and Keilani (right) Yuto are excited for their ongoing season.

Yuto sisters take the court

By Elena Lottich
ONLINE EDITOR

"She's my best friend. She's goofy, funny, and understands me," says basketball player Keilani Yuto about her sister Kellsey. Kellsey calls Keilani her best friend too. Just separated by one minute, the Yuto sisters are a goofy pair, throwing big high fives and bouncing off each other's energy with laughter and big smiles.

Running down the court you'll see Keilani and Kellsey frequently pass the ball to each other for the Yuto-to-Yuto assist. With Kellsey hitting the deep threes and Keilani driving the ball in the paint, the sisters are an active threat to any team playing the Trojans.

"We defend each other. I've got her back against any ref or other

player who's giving her a hard time. We've got eyes everywhere to make sure we can pick each other up after a bad miss or a hard loss," says Kellsey, describing the bond the sisters share on court.

As each girl drives down the lane and fights for the ball, you will always see the peep of a smile after the whistle blows. The Yutos have been playing for four years now, learning a routine of encouragement and motivation on the court. With that being said, Keilani and Kellsey also emphasize how basketball is only 50 percent on the court.

"Best part of basketball is traveling with the team and being with the girls every day. Team bonding over not just basketball is so important to build our characters that make us play just that much better," says

Keilani.

"They always work so hard. Since I joined the varsity team freshman year, they've always been caring, loyal, and picking up players," commented teammate Lauren Green.

Being the last season together the two seniors are sure to make this one count. Though different in, most distinctively, height and positions on court, the Yuto sisters exhibit exceptional passion for the game. Not afraid to fight for the ball, both Keilani and Kellsey are seen calling plays and diving for the ball. The two say they are excited for their senior night and finishing the season out together representing the Trojans one last time.

"We're the best twin sister basketball duo to ever come through Castro Valley," say Yuto sisters.

Kris Darrin pins the competition on the mat

By Thomas Ryken
STAFF WRITER

Staring down the opponent, waiting for the whistle to begin the match.

The determination on his face, wanting to prove he can compete with anyone.

Using the skills and knowledge gained over a long career, he was able to stand on the podium as a champion.

Kris Darrin is a senior at CVHS and has been a part of the varsity wrestling team for four years.

Darrin has competed on the mats ever since he was in fourth grade and never looked back.

He has continued to compete

at a high level and has participated in matches and tournaments all around the state and country, competing against the best of the best.

"I enjoy wrestling because it's an individual sport. It gives me the ability to aspire to who I want to be without having to rely on others," said Darrin.

He constantly trains whether in season or during the off-season, working to become stronger and a better wrestler.

"You are able to participate in a sport and train with other people which makes it feel like a team sport, but still it's an individual sport," he said.

The hardest part about wrestling, according to Darrin, is

the amount of self-dedication it takes.

"Everything is up to you so when you realise you aren't putting everything out there, it can really kill your demeanor and how you feel about yourself," said Darrin.

Darrin's goal this season is to place at the state championships in March.

He is currently placed 38th in the state but hopes to improve that ranking before the season comes to an end.

Darrin plans on wrestling after high school at the collegiate level and hopes he can find the right college for his future career.

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AIDS bike ride raises awareness



By Alex Tam
STAFF WRITER

The AIDS Lifecycle is a fundraiser for the San Francisco AIDS Foundation and the Los Angeles LGBT Center. School board member Dot Theodore and science teacher Sylvia Perri both plan to participate in this lengthy bike ride to raise money for the organizations. The bike ride starts on May 31 and lasts seven days and 545 miles, beginning in San Francisco and ending in Los Angeles.

Bikers do not need to have an HIV infection or know someone who does in order to participate. The goal of the fundraiser is to raise money for the two organizations because they help fund events and services like those in Alameda and Oakland. Everyone in California is impacted by the organizations, not just San Francisco and Los Angeles.

Both Perri and Theodore believe that it is important to spread awareness about and support those with HIV and AIDS. Since they both bike regularly, they chose to participate in this fundraiser.

"It is important to me that we make it clear that we end the stigma to this disease and to help all the people affected by it," commented Perri. "It is combined with an activity that I do anyway, so I might as well make it more useful."

"It's a social justice and health equity issue for me. These two organizations reach many marginalized people who probably wouldn't seek care for their HIV infection or HIV prevention," Theodore added.

Perri and Theodore also want students and others to understand what HIV and

AIDS actually is.

"There's also a misconception that there is a cure for HIV, but there's not. It's still something you can acquire and pass onto other people," said Theodore. "But there's great treatments so you can live a relatively normal life with HIV or AIDS."

"It [HIV and AIDS] is like any other sexually transmitted infection. It's something that can affect anybody," Perri added.

Bikers must be at least 18 years old or have an adult with them. Every participant must also commit to raise at least \$3,000 for the organizations, but most commit to raise even more. Participants begin fundraising and soliciting donations early to reach their goal. Theodore and Perri started planning their fundraisers in July of 2019 to reach their goals of \$5,000 each.

One thing that Theodore enjoys about the bike ride is the "love bubble" that is formed through this biking fundraiser.

"You make friends training, fundraising, and sharing advice," Theodore explained. "When you spend many hours doing something hard, you make a connection."

Perri and Theodore recommend to start fundraising, riding, and training early for those that would like to participate in the ride, so you don't stress out and panic.

"Enjoy the ride while you're actually on it," Theodore said. "Be safe while biking on the road," reminded Perri.

If you would like to help Theodore and Perri reach their fundraising goals, please go to these links: <http://www.tofighthiv.org/goto/SilviaPerri> and <http://www.tofighthiv.org/goto/BikeMomDot>.

ALEX TAM

Changes made to detentions

By Malin Johansson
STAFF WRITER

The detention procedure at CVHS is moving online. Previously, students received a detention slip from their teacher to show up at a 30 minute detention on Tuesdays or Wednesdays. Now students will still get a detention slip; however, they will then sign up on Teachmore for their desired date and time for detention.

This policy has slowly gone into effect over the past few weeks. Students can also still show up to detention without having signed up on Teachmore.

"We tried it a couple times in December, but it's still a pilot run. We are working through the kinks," said Assistant Principal Brigitte Luna.

CVHS staff is hoping this policy will make detention

run a lot smoother and easier overall. This policy is made to help students and staff.

Right now, teachers have to take roll every session, which takes a lot of time. Then, the attendance secretary must mark everyone that attended detention. This takes a lot of effort and work. However, the new system will be much faster.

With the new policy, the attendance secretary can merely print out a list of the students' names that attended detention. It will also balance out the number of students that go to the different sessions.

"Right now, sometimes there will be 80 kids at one session and 40 at the other," remarked Luna.

When signing up with Teachmore, there will be a limit on the number of kids that can come to each session. This solves the problem, and makes

it easier on the teachers running detention.

Detention is a place for kids to not only realize their actions have consequences, but it is also a place for them to focus on school work.

"In detention we want students to do their homework; there are no phones allowed. And with Teachmore, it'll hopefully be less chaotic and easier for students to focus," said Luna.

Junior Eva Stuewe does not think it is a good idea.

"Kids will not sign up for themselves. They already don't want to go to detention, with this new policy they will not want to go even more," says Stuewe.

Although there is not a set date yet, the new detention policy will go in full effect soon. The expectations are that this new policy will make detention better all around.

Church's tiny homes now open

KIMIA EMADI



By Kimia Emadi
A&E EDITOR

The First Presbyterian Church of Hayward has opened a small group of "tiny homes" as temporary housing assistance for the growing homeless population in the Bay Area. Harris and other church employees, like Chizu Buckalew and pastor Jake Medcaff, have been working on the housing concept for over two years.

"We wanted to do this project to show people that it can be done... To show that we're not just going to talk about fixing homelessness, we're going to work on it," said Laurel Harris as she looked over six units sitting in the church parking lot.

The houses are meant to provide a transitional space for those currently homeless. Abode, a Bay Area nonprofit dedicated to the homelessness crisis, will work with the residents through a case manager to build financial and budgeting skills. The residents must have jobs that earn them

at least \$1,200 a month and be able to pass background checks to even be considered.

Dozens applied, but only a few will be able to secure housing for the next 18 months, after which they are expected to find permanent residence with the help of Abode and the church.

Rent is required, but in small sums that ultimately get paid back to the resident as a safety net for when they transition into more permanent housing. It is staggered, with \$200 payments for the first four months that increases by \$200 increments over time. Neither the church nor Abode will see profit from rent money.

The buildings themselves cost the church nothing, having partnered with other nonprofits to build the units offsite and ship them to the parking lot, where they now stand until the first residents arrive in February.

This parking lot, which sits right next to Trader Joe's, stirred up community contro-

versy when shoppers realized there would be less space to park during their grocery runs. Many residents wrote to the Municipal Advisory Council (MAC) and even attended board meetings to protest the placement of the homes.

"That was hard for us... Wouldn't you rather someone be housed than have easy parking?" said Harris.

Despite these roadblocks, the homes are poised to be in use by February, giving the church an opportunity to prove its effectiveness to nearby lot owners and churches.

"It could really be something big," said Harris. "A lot of people are hesitant I think because they want to see this succeed first."

Many eyes of nearby churches and community organizations are focused on the new project, waiting to measure its success before making any moves of their own. If all goes well, the Bay could be seeing more tiny homes cropping up.