



THE CASTRO VALLEY HIGH SCHOOL Olympian



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WE ARE BORN TO SEEK THE TRUTH!

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Black Panther says to "make a change"

By Talaya Francois
STAFF WRITER

"They certainly attacked us. The Los Angeles Police Department formed their first SWAT team in response to us carrying guns. They brought in over 200 policemen, surrounded us with helicopters, and dropped bombs on our roof to attack us 11 people. Nine men and two women, all under the age of 22. We fought for five and a half hours. And none of us died," explained former Black Panther Party chairwoman Elaine Brown in the CVHS library on Feb 13.

"What do we do? We just say 'hands up, don't shoot' and hope they don't shoot? We say 'black lives matter' and hope it matters to some guy with a gun strapped on him? We're going to argue for 20 years in court while we're getting killed?" asked Brown.

"No. This is our response. You're going to carry an AK, we're going to carry an AK," Brown said, speaking on the topic of police brutality and self defense in African American communities.

"Our purpose of guns was for self defense. But we began to de-emphasize the gun because



TALAYA FRANCOIS

Former Black Panther Party chairwoman Elaine Brown addresses students in the library.

people became afraid of the Black Panther Party. It was an organizing tool to show the people you don't have to be afraid. You can stand up," said Brown.

Instead, the Black Panthers put an emphasis on what Brown calls "survival programs," such as their breakfast program. The goal of the

breakfast program was to provide breakfast for African American children in impoverished areas so they would not have to go to school hungry.

"It started off as one chapter in Oakland and grew to 48 chapters around the country," stated Brown. "We had chapters in states I didn't even know black people lived in,

like Nebraska. Or really Utah, but that's another story..."

The purpose of the Black Panther Party was to organize a revolution to transform social constructs so that everyone's needs were met, Brown said.

"The Black Panther Party recognized that our liberation could not be had while other

people in the country were oppressed," she said.

The Black Panthers aligned themselves with the Gay Liberation Movement, the Vietnamese during the Vietnam War, various African liberation movements, and the Women's Liberation Movement in effort to become an international revolutionary force.

According to Brown, the Black Panther Party did not begin in the 1960s, it began over 250 years ago. "In the context of things, the Black Panther Party started at the beginnings of the resistance to slavery. It began with those who resisted on the slave ships, counting the millions who died on their way over during the transatlantic trade."

Currently, Brown is working on a housing project of 79 units in West Oakland to provide affordable housing for people of color. She wants to set an example to the youth.

"Let's think to ourselves, what am I going to do for the rest of my life? Am I just going to fall in line and hope I get a little job somewhere? Or am I going to do something that's really exciting for me that will make a change for the better?"

CVHS supports Bryce Turner

By Katelyn Wong
ONLINE EDITOR

At the young age of 15, Bryce Turner and his family had never expected the heart-breaking news that he was diagnosed with cancer.

Test results revealed on Feb. 1 that Turner has a rapidly growing cancer, more specifically known as childhood Acute Myeloid Leukemia (AML). And unfortunately, the aggressive nature of this form of cancer has caused Turner to be hospitalized for the next couple of months for various treatments including chemotherapy.

Turner is a sophomore standout, a bright student, and a football and basketball star who is well-known for his warm smile and joyful per-



sonality.

To support Turner and his family with intensive medical costs, friends, family, and community members have showed overwhelming compassion on his gofundme page. Donations have raised more

than \$48,000.

For continual updates on Turner's progress, you can check out, donate, and/or share his gofundme.com page, support his Instagram and Facebook page under "Battle for Bryce Turner."

Turner's family reported that he finished his first round of chemotherapy on Feb. 18. "He is doing well, and continues to enjoy visits from his family and friends! We would like thank everyone for your overwhelming support, and ask that you continue to keep Bryce and his family in your thoughts and prayers as he continues his battle," the family wrote.

There's no doubt that the community has come together in love and support of Turner's battle against cancer.

CVUSD considers new dress code

By Elena Lottich
STAFF WRITER

A new dress code centralized around inclusion and freedom of self expression will possibly be implemented in Castro Valley Unified School District. This new policy won't bring major changes to CVHS, but the potential big changes to the middle schools will be discussed at the school board meeting on March 14.

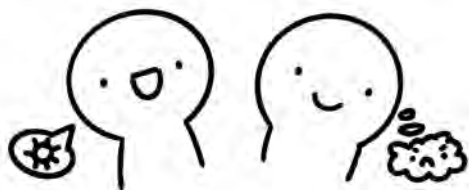
The new dress code retains a new philosophy and more clear and concise guidelines to what the dress code covers and how it is enforced.

"Our hope was consistency and having this policy have a

restorative peace to it instead of being punitive to people," said Superintendent Parvin Ahmadi.

The new dress code outlines that shoes, a shirt, and a form of pants, shorts, or dress must be worn. The permission to wear ripped jeans, halter tops, and visible waistbands is one of the new changes to the dress code.

The old CVHS dress code used to consist of an undetailed, small paragraph besides prohibitions on clothing with drug references, hate messages and gang symbols. It would now explicitly detail the rules: no hate speech, ►See **DRESS:** page 8



A new more streamlined dress code

Editorial:

The CVUSD has recently proposed alterations to its dress code, affecting not only CVHS but also all other schools within the district. The change has called for a slightly more lenient and uniform dress code across all schools within the district, meaning that high school, middle school, and elementary school students alike will share the same rules. The Olympian mostly supports this change, but we have some questions regarding the dress code as a whole.

What we enjoyed most about the change in the dress code was its inclusivity; rather than having designated dress codes for each school level, this change has allowed for elementary and middle school students to enjoy the same freedom in how they are able to dress as high school students. Superintendent Parvin Ahmadi reportedly visited numerous schools within the district to gather student opinions on the changes being made.

Additionally, many feel that this change has allowed for greater

equality for girls at school in terms of dress; before this change, a number of female students recalled being more frequently reprimanded for violating the dress code and felt that they were dressing in the interest of boys. We feel that girls can now freely express themselves through their clothing without the fear of being punished.

However, how these changes and the dress code as a whole will be enforced is somewhat vague; teachers and staff alike may be able to abuse their authority, and may undermine these changes by wrongly reprimanding students. In addition, there is some lack of clarity regarding the term “hate speech” as seen in the code. What exactly would constitute what is referred to as “hate speech?”

Although these concerns have been and are still relevant to the dress code, we ultimately feel that the district-wide changes that have been proposed are largely positive, and should further the ability for students to express themselves freely through their clothing choices.



KATELYN WONG

Washington D.C. was an unforgettable experience



Natalie Costello and Milagros Aquino enjoyed Close Up.

By Milagros Aquino
BUSINESS MANAGER

A group of 31 CVHS students went to Washington D.C. from Feb. 9-16 for Close Up, expecting a fun trip where we would learn things about FDR and World War I. We did, of course, but it was also so much more. We learned not only of important parts of our history but how you can have productive debates about topics like guns, immigration, taxes. And in the end, we came up with solutions that compromised for both sides.

Although we may not agree with the entire bills that we would create, we made something that the majority was willing to use. We had roommates from throughout the country, so not everyone had the same political views but by the end, the majority

were really glad that they had that their roommates and would not exchange them for anyone else.

Throughout the week I believe we all learned that there is no right or wrong, you can't agree on everything but we all share so much in common. During the final banquet, which felt more like karaoke night as everyone was yelling along to the song lyrics, there was this feeling that washed over me of feeling loved and at home to the strangest country song.

So many things happened but the craziest and bittersweet memories were always in the vans as we went from one location to the next, like teacher Carmelina Frasca getting pulled over while driving, students singing different songs in the van, and our driver talking about history and being open about all

this thoughts. Sure, the van in front of us got broken into on the last day that we rode the vans but those van rides brought out the crazy song-singing friends that we turned out to be while also trying to get out driver to take us to the two-story McDonald's.

Overall this week truly changed the way I view many things. Before I was scared to state my opinion for the fear of how people would look at me but now I feel like I can have a productive debate and not feel judged.

The main thing I learned is not to assume that because people has a certain political view that they act or think a certain way. We all come from different backgrounds and have different opinions but this week has really showed that anyone can become friends with anyone as long as you are not close-minded or rude.

PHOTOpinions

What do you think about the new changes to the school dress code?



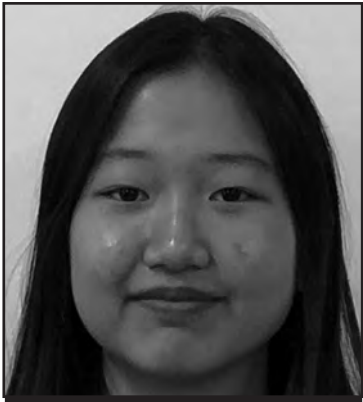
“I understand we don’t want anybody dressing too scandalously. I like preventing that, while letting people express themselves through their clothing.”

Marissa Chan
freshman



“It’s a reasonable, other than the “no hood during class” rule. It makes sense that there shouldn’t be hate speech or pornography. Overall, it seems like it shouldn’t affect anything drastically.”

Charlie Pace
sophomore



“I think our dress code is reasonable. It allows maximum freedom with reasonable limits.”

Sungji Ahn
junior



“Our dress code should prohibit racial slurs or hateful objects. Make America Great Again hats should be banned; they are hateful objects.”

Megan Curtin
senior



“I respect their goals in formulating this policy with respect to allowing people to express their identity and reducing needless disputes about fashion. You can never eliminate all conflict.”

Gerry Cox
social studies teacher

U.S. should stay out of Venezuela



By Thomas Vergara
SPORTS EDITOR

Vice President Mike Pence released a statement on Jan. 22 expressing “unwavering support” for Juan Guaido, the right-wing leader of the opposition to Nicolas Maduro’s government, in usurping the current government of Venezuela.

This action, according to the Wall Street Journal in late Jan., is the first step in the U.S. plan to “reshape Latin America.” Venezuela’s history is marked by patterns of instability--ranging from the brutality of Spanish colonialism--violent civil wars, and the economic turmoil the nation faced in the late 20th century.

In the early 2000s, Hugo Chavez’s government gained popularity by providing some semblance of stability, and current supporters of Maduro’s government want the Chavista policies to continue. However, economic sanctions and the rationing of basic goods have plunged the nation into economic ruin and many Venezuelans support a regime change. The likelihood of a U.S. backed coup against Maduro seems higher than ever, so what does this mean for Venezuela and the rest of Latin America?

The long history of U.S. imperialism in Latin America began with the declaration of the Monroe Doctrine in 1823, opposing

further European colonization of Latin America and establishing a U.S. sphere of influence in the region. From then on the U.S. has been intervening in the region to protect American interests and in some cases, established colonies and protectorates. Following the failure of the Bay of Pigs invasion in 1961, Cuba has been the target of many U.S. assassination attempts and economic sanctions for decades.

From the early 1970s until the fall of the Berlin Wall in 1989, the CIA sponsored and planned Operation Condor in an effort to eliminate political opposition to right-wing military dictatorships in Argentina, Brazil, Chile, Bolivia, Uruguay, and Paraguay. It is estimated that at least 60,000 people were killed or disappeared as a result of the operation.

Venezuela’s problems are their own, and it has been proven time after time that U.S. involvement in foreign nations only worsens their situation. Latin America does not need to be “reshaped” by the U.S. anymore. If we express outrage over suspicions that a foreign power interfered in our political system, then perhaps we should oppose politicians’ efforts to interfere in the political systems of other countries.

American imperialism has been a bipartisan effort for more than a century and both parties have always been influenced by corporate interests. U.S. businesses have had their eye on Venezuela’s massive oil reserves for decades and an American intervention could mean repeating disasters like those in oil-rich Iraq and Libya.

It is finally time to re-evaluate our country’s role in international politics and start respecting the sovereignty of foreign nations.

Trump changes food for better



By Andrew Watanabe
OPINION EDITOR

The Trump administration decided to slowly roll back the Healthy Hunger-Free Kids Act starting with halving the amount of whole-grain products on a school’s lunch menu, allowing cafeterias to serve low-fat flavored milk, and reducing the aggressiveness in which salt is cut from school lunch menus.

The reasoning behind these changes were based on feedback from the people as well as other factors, such as sustainability and waste. Trump administrators claim that some schools struggle to find foods

that meet the whole-grain criteria.

It was also reported in the beginning of the transition to healthier foods, more food was left uneaten and thrown away.

According to Agriculture Secretary Sonny Perdue, “The kids told me that the flavored milk, which was limited to nonfat, was not as tasty as they would like.”

Regarding the changes made to the sodium cuts, the administration felt that the initial push was far too aggressive and should be toned down.

The Healthy Hunger-Free kids act was passed in 2010 to improve the school lunches served to children by bettering nutrient standards, reducing salts and sugars, as well as introducing organic and less processed foods.

While this initiative by the Obama administration was a step forward towards providing healthier meal options for students who depend on their schools for food throughout

the day, and decreasing childhood obesity, it wasn’t without its flaws.

The implementation of these changes would aid in fixing some of these flaws and I don’t have a problem with that.

I feel like these changes made by President Trump and his staff should be something seen as good. He hasn’t completely demolished the Healthy Hunger-Free Kids Act. He has kept it mostly intact, and updated it to match with the current climate and culture of the schools.

He and his staff have listened to the feedback of the people and made small changes allowing schools more flexibility in the management of their own menus, while still keeping things healthy.

Despite the constant criticisms of Trump and the decisions he has made so far, I think he has knocked it out of the park with these changes. So go out and enjoy with a little bit saltier burger with a nice “tasty” milk.

Zoning laws have failed our cities and our people



By Derek Neyer
NEWS EDITOR

According to a 2018 “point-in-time” United States Department of Housing and Urban Development count, there were 31,240 homeless people in the Bay Area. Most experts agree that this is likely an undercount. Out of 200 responses to KQED’s poll of residents planning on leaving, 187 mentioned high housing prices, cost of living, homelessness, and traffic as primary reasons.

Housing is expensive in the Bay Area; recently the median price of a home reached \$935,000. Rents are also much higher in the Bay Area than most places in the nation.

The expense of housing in the region should be obvious; San Francisco and Silicon Valley are the hearts of the technology industry and hold massive opportunities for employment in many high-paying fields. Naturally, those who graduate from universities seeking jobs in these fields move to the Bay Area, increasing demand for housing.

However, it is not increased demand creating the astronomical prices. The root cause of the high housing prices is overreach of local governments through zoning laws and housing ordinances disincentivizing or banning the creation of more housing, and keeping supply low to benefit homeowners.

As the prices that can be demanded for housing goes up, so too does the incentive to build more. But wealthy cities and neighborhoods in the region have created such restrictive zoning codes and fought so hard to prevent the construction of more housing that building homes has nowhere near kept pace with the creation of jobs.

In the United States, land-use is typically regulated on a local level. This allows cities to block the construction of virtually all new development. Often wealthy homeowners oppose new development under the pretenses that it would alter or destroy the character of the neighborhoods.

One notable example of this was in a recent Cupertino city council meeting about a proposed project that would build high-density housing at the site of the rundown Vallco mall. One resident said that he was afraid of “uneducated” people moving into Cupertino.

In San Francisco, over 50 percent of the city’s privately-owned land is zoned for either one or two units per lot, preventing the addition of units in those areas. In suburban areas, that percentage can be much greater: in wealthy Atherton, 100 percent of the residential areas are zoned for single-family homes.

Exclusionary zoning codes

have prevented development on the scale necessary to make the Bay Area affordable for workers who are necessary but not highly paid. In addition, they have pushed all construction, including high-end apartments, into poorer cities and neighborhoods whose residents lack the wealth and power to fight construction.

Various bills have been proposed in the Legislature to try to force cities to upzone, notably SB 35 and SB 827, both introduced by Senator Scott Wiener (D-San Francisco), though their success has so far been limited.

Local governments have shown that they are incapable of crafting efficient zoning laws and housing policy, and so land-use must be managed by either a new regional body covering the entire Bay Area or by the state. Handling land-use above the local level has a real-life example in Japan, where most land-use matters are managed at the national level. The country is known for its hands-off policy towards development, which has allowed Tokyo and other major Japanese cities to skirt the problems faced by the Bay Area.

If the Bay Area allows developers to develop, the housing crisis will abate. It is only because of undue interference from local governments that there is a housing crisis.



THE CASTRO VALLEY HIGH SCHOOL

Olympian

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Brennan stars in “Ah, Wilderness!”

By Katrina Siler

STAFF WRITER

In a little theater in Hayward, junior Molly Brennan prances around a stage in a pompous dress, with her head adorned by a wig. She speaks from the script of “Ah, Wilderness,” a period piece set in the early 1900s, in a soft southern accent, perfectly portraying a look of innocence and femininity.

“I was so surprised when I got casted. It’s my first paid show, although technically I’m still a volunteer,” said Brennan. She has been in dozens of Castro Valley Dramatic Arts Academy productions, although “Ah Wilderness” is her first professional production.

“Molly is one of the most dedicated and skillful actors I know. Her talent is endless but her drive and hunger to make amazing art will take her so much further. She’s doing amazing work in the show as Muriel and it’s a treat to watch her perform. In absolutely everything she does, she gives 110 percent and it’s totally incredible. Between school, clubs, theatre, and life, she is killing it. Everyone should aspire to be as passionate and hard working as she is,” said



KATRINA SILER

Molly Brennan plays Muriel, the main character’s love interest, in her first professional production.

castmate Liva Langer.

Brennan always shares a strong bond with her castmates. Her passion inspires her castmates to be as caring as her.

Brennan is directing her first

show later this spring. She is working with Castro Valley Dramatic Arts Academy once again, but this time in a leadership role. Brennan’s passion is obvious, as she even went so far as to hold a

massive bake sale to raise funds for a set.

Brennan manages an impressive amount of extracurriculars as well as AP classes. This year, she founded the Bocce Ball club

“Her talent is endless but her drive and hunger to make amazing art will take her so much further.

Liva Langer
Senior Castmate ”

with co-president Bella Stuewe, a club totally unique and new to CVHS.

Brennan’s character, Muriel, in “Ah, Wilderness” is the main character, Richard’s, love interest. Muriel and Richard have a forbidden love affair, as Muriel’s father is not fond of Richard.

“Muriel just gets cuter every time,” said director Sharon Robinson. Brennan has worked hard to perfect her character, spending late nights at the Douglas Morrison Theater, even sacrificing her sleep schedule for rehearsal.

Brennan hopes for this to be her first of many professional productions, but there is no doubt that she will return to the stage.

Olympiad competes at Golden Gate Invitational



JEANETTE WALLIS

Olympiad club members build wooden structures to compete.

By Jeanette Wallis

STAFF WRITER

Two teams from the CVHS Science Olympiad club competed in the Golden Gate Invitational Competition on Feb. 9 at UC Berkeley against 54 other teams from around the Bay Area.

Students from all grade levels competed in several different areas of science including chemistry, thermodynamics, forensics, and engineering. CVHS placed 24th and 37th overall. They won ten medals total in the events Boomilever, Write It Do It, Sound of Music, and Wright Stuff.

“My favorite part of the day was the anatomy test,” sophomore Leah Biruk said. “For that test we got to see a real human heart! It was really gross but also kind of cool.”

Competitors spent almost six months studying for various subjects or building devices to follow a strict set of rules. “This was our first time competing in the Golden Gate Invitational,” sophomore Aparna Anandkumar explained. “Usually we just compete at the regional competition at Cal State

East Bay in March, but this was a good chance to see what the tests will be like at regionals.”

“I have been happy to coach Science Olympiad for four years,” said Jamina Tepley, coach for the event forensics. “I love that it gives an opportunity to experience science as ‘play’ instead of ‘work.’”

Science Olympiad as a whole has been around for 35 years, but CVHS has only had its own team for four years. “I started back in middle school because I was interested in science and wanted to learn new things,” Anandkumar added. “It has taught me how to work fast under stress, plus study effectively and efficiently.”

Anandkumar competed in the following subjects: Anatomy, Boomilever, Codebusters, and Wright Stuff. She won second place in Boomilever, an event where participants build a wooden structure that can support as much weight as possible while being very light.

“Just wait until March,” Biruk promised. “We can’t wait to win medals!”



TALAYA FRANCOIS

The future Arabic class’s potential teacher, Tagreed Badwai, has been teaching for 11 years.

Will Arabic be offered at CVHS next year?

By Talaya Francois

STAFF WRITER

Arabic may soon join the list of CVHS foreign language offerings, its potential teacher said.

“For sure there will be an Arabic class next year, if there are enough sign ups,” said Tagreed Badwai, an Integrated Two, EL (English Learners Math), and Arabic teacher, who has been teaching for 11 years.

“I am talking to other staff members and admin in the department to vouch to see how we can improve signups and appeal to students,” she said.

In the 2018 to 2019 school year, Arabic was supposed to be offered as a language course. However, there was an insufficient amount of signups and Arabic was taken off the list.

Perhaps a reason why people do not sign up for Arabic is because they are not exposed to the

benefits of learning the language.

“First of all, Arabic gives students better job opportunities. Second of all, it is useful to better serve and communicate with many immigrants from other countries,” Badwai said.

Arabic is spoken in many countries, including Egypt, Iraq, Morocco, Lebanon, Syria, and Jordan, just to name a few.

“Because the area over there is rich with oil, rich with agriculture, and rich with history, you’re going to see jobs in many fields,” said Badwai.

Worldwide, Arabic is spoken by 430 million people, 1.1 million of which reside in the United States. Many universities have recognized Arabic as a fast growing language in the U.S. and teach it on campus, including UC Berkeley, UC San Diego, UC Santa Barbara, and UC Davis.

According to Badwai, both the difficulty of the class and amount

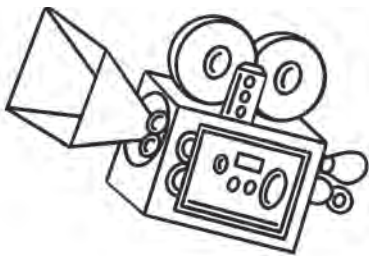
of classes being offered next year will “depend on who signs up.”

“When I first came to the U.S., there were some situations that were challenging for me to understand because of the cultural barrier. The way you talk to people here is much different,” Badwai explained, describing her first years in California.

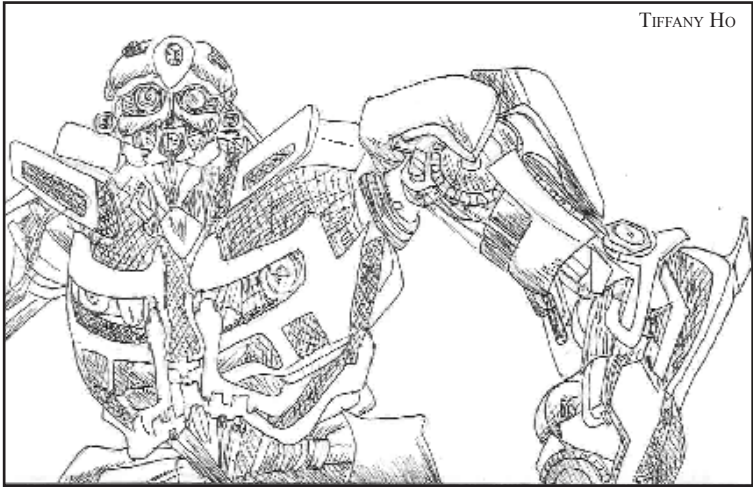
In Arabic class, students can expect to learn about schools and holidays in Arabic speaking regions, such as Eid.

“The amount of respect for elders is different, family bonds are different, and the way you treat your boss is also much different. Therefore, if I teach Arabic, I am going to share cultural aspects with students,” said Badwai.

Sticking with Arabic in the long term provides access to job opportunities across the globe and ability to communicate with over a million people in the U.S.



“Bumblebee” breaks the box office



By Eyzid Hadi
STAFF WRITER

Although most Transformers movies are full of explosions and fake computer generated imagery effects, this two hour prequel, "Bumblebee," directed by Travis Knight is a good backstory for the Transformers franchise.

In the outskirts of San Francisco in the 1980s, Charlie Watson, an amusement park worker, needs a car to get to work and back home. She is always spending time at her uncle's junkyard, looking for parts to fix up her dad’s old car. One day she finds a VW beetle and asks to take it off her uncle’s hands for her 18th birthday. The car turns out to be a Transformer, Bumblebee, which Watson discovers rather quickly.

Little does Watson know that her new car/friend is being hunted by a pair of evil Decepticons from Cybertron, who have managed to manipulate the U.S. government into helping them track down down Bumblebee. The two Decepticons use government satellites and technology to find Bumblee so that he can reveal the location of Optimus Prime, the leader of the Autobots. After Bumblebee accidentally transmits a signal while exploring Charlie’s house, the

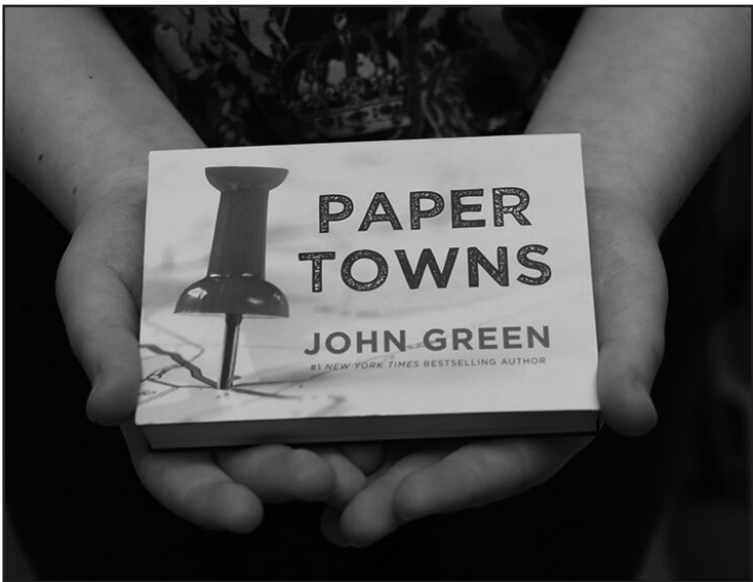
Decepticons come after them and soon Bumblebee, Watson, and her friend Memo are on the run.

While Watson and Memo use a transformed Bumblebee to flee, they run into the Decepticons, who are trying to transmit a signal to their home planet from a communications tower in San Francisco. Bumblebee transforms and fights his way through a military presence and the Decepticons to take down the tower from which the signal was being transmitted. As a result, Optimus Prime’s location remains safe and Watson and Bumblebee go back to living a normal, everyday life.

After two hours of an amusing action filled feature, the audience gains more insight into the history of the Transformers saga. As in the previous Transformers movies, Optimus Prime remains an elusive character, but the relationship between Bumblebee, Watson, and Memo carry the story line and create an enjoyable and lively movie for kids of all ages.

I would recommend families and individuals of all ages to watch this movie and expect a fun filled time. I would rate this movie a solid 4.5 stars out of 5 stars, it was an excellent movie.

John Green goes compact



By Rachel Schoenfeld
STAFF WRITER

John Green has recently released mini versions of some of his previous books. The books have been shrunk down to fit inside a pocket or purse, but have lost no content. Only four of these books have been released: “An Abundance of Katherines,” “The Fault in Our Stars,” “Looking for Alaska,” and lastly, “Paper Towns.”

Green is an award-winning young adult writer who usually writes from the perspective of high school students. His books have

won awards and achieved spots on The New York Times’ best seller list. Now his books are occupying the pockets of bookworms and Green fans alike.

The books themselves are promoted as being the size of your phone. They measure 4.6 inches long and 3.1 inches wide. When the book is opened, the text flows in vertical lines instead of the usual horizontal manner; this means the page flips upwards instead of right to left like normal books. The book uses thin paper, almost like tracing

What it means to be “genuine”

By Nikita Thomas
STAFF WRITER

What’s it like for a black family to live in an all-white city? That’s what writer/actor Brian Copeland shares in “Not a Genuine Black Man,” his one-man play that he performed at the Center for the Arts on Feb. 16.

“I like white women, that’s black. Cops think I’m black. ‘Not a genuine black man,’ what the hell does that mean? Because if you think about it, throughout the course of American history, it is the racists that determine what the racial categories are,” Copeland said as he explains the reason for the title of the play.

Copeland does a brilliant job showcasing the life of a young black man growing up in the Bay Area, specifically in San Leandro. He incorporates some of his childhood stories and experiences and beautifully plays the role of every character in much detail.

Copeland starts the show off by describing his life in Hayward with his family: his mother, grandma, little sister, and father.

Copeland illustrates a scene where he is sitting with his grandma, mother, and sister at the dinner table, playing a game of rummy. When his little sister, Tracy exclaims, “Mommy, I don’t got no wild card!” his mother calmly and elegantly responds with, “No Tracy, I don’t have any wild cards. ‘I don’t got no’ is a double negative, which cancels itself out, so that you mean, you do have wild cards.”

Unable to withstand any more of the physical and emotional abuse that his family went through because of his father, his mother decided to



Brian Copeland wrote and acts in “Not A Genuine Black Man.”

move to San Leandro, a city where the population was 99 percent white at the time, when Copeland was around eight years old.

“Don’t be silent about domestic violence in your home. Tell somebody what’s going on. That can be a teacher, a counselor or a friend,” said Copeland.

Throughout the play, Copeland describes the amount of racism, discrimination, and hate they had to encounter as a black family.

Copeland describes one such incident where at the time they just moved into their new home and his mother suggested that he go out and make new friends. The moment he walks out of his home, a few white kids encounter him and tease him by making comments like, “go back to Oakland” and calling him the n-word, which left a lasting scar on his heart.

He escapes from them and runs into a cop who then treats him like a criminal and takes him to his house. The cop reports to his mother that

paper to avoid bulkiness and reduce the size, which it needs seeing as each book is around 600 short pages. The books aren’t expensive either; they cost almost the same as their full sized counterparts and all four come in a box set costing a total of \$48.

Previously, the only full length book that has shrunk to this size is the Bible. Many people have compared the structure of these books to the structure of these mini Bibles. The size is the same and they use the same paper; even the cover seems to be made in a similar manner.

As someone who loves reading, miniature books are really helpful if you want to read on the go. With these books you won’t have to give up content for size. If you are one of those people who likes to always have a good book with them and you are a fan of young adult novels, these books are for you. I can see these books being the gateway for a new trend of pocket sized novels in the future.

Great stories deserve great presentation, and this method definately delivers. John Green should be proud of is idea to make pocket sized books.

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Trojans win WACC; two reach state meet

By Joshua Levy
STAFF WRITER

The CVHS boys wrestling team had an outstanding performance at the WACC championships at Berkeley High School. The Trojans came in first place out of seven teams, going on to win the championship.

Out of 14 weight classes, CVHS had nine wrestlers come in first place, two runner ups, and one who came in third place. First place winners include Skylar Lim, Kyle Jeong, Jackson Morgan, Dylan Vanerwegen, Kristopher Darrin, Max Plotzender, Isaac Morris, Andrew Kohl, and Marcus

Miller. Runner ups include RJ Maes and Dominic Bechere. Jonas Wong finished third.

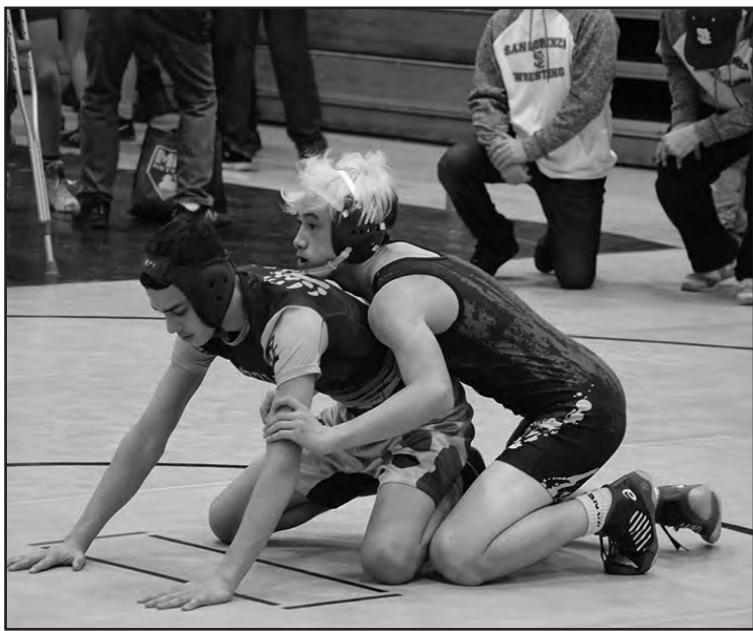
Top three finishers in each weight division went on to wrestle in NCS, which also included Major Greene, who was let in to NCS from a bid.

NCS was a major success for particularly two students: Morris (junior) and Kohl (senior), who both finished in second place and went on to advance to the state meet. Other finishers included Darrin (fourth), Plotzender (fifth), and Maes (seventh).

Kohl, senior co-captain of the team, is going to state for the second year in a row and plans on continuing to wrestle in the Marines next year. He's had an

outstanding season so far and always tries to stay calm and collected by thinking "Relax and don't panic, these guys are just as nervous as you."

Overall, the wrestling team has had a season full of setbacks, but managed to pull through when it counted the most. "What really killed us this year was our amount of injuries and lack of mat time," said junior Darrin. Maes and Darrin both had only wrestled in four tournaments going into NCS, while average amount of tournament appearances is usually 45. Morris also suffered an injury during his finals match in NCS, which forced him to forfeit and take second place.



JOSHUA LEVY

Jonas Wong attempts to pin his rival during one of the most important meets of the season.

Girls wrestle their way to state meet

By Kayla Craft-Williams
STAFF WRITER

Three Trojan girls have qualified for the state meet in girls wrestling after a week of tough competition at NCS Feb. 15-16 at Albany High School. Amanda Decker finished second in the 126 pound division, Ajayzee Zaballos placed third in the 106 pound division and Cayla McCoy took fourth in the 131 pound division.

CVHS girls were competing for high spots to make it to the state meet, fighting hard and knocking down their opponents. In match after match, our girls defeated other teams with high scores in their weight classes.

Although they were

competitive, some girls got kicked out by losing by one or two points. Even though they lost their earlier matches, they never let that get in the way of their next one. They cheered themselves and their teammates on.

"I was very proud of everyone on my team because I know that they put their best foot forward, and never gave up on their team or themselves. And for my teammates that are going to state, I am extremely happy for them because I know how hard they worked, to get that spot and achieve their goals," Daniella Flaton said.

During the day there were two to three rounds of wrestling matches per person, to qualify

for finals in the evening. After prelims the wrestlers would compete in the final matches against some of the best wrestlers in NCS.

Zaballos qualified for state with a outstanding turn. She picked her head up from a loss in the morning to win in the evening. Fighting hard and going back and forth with her competitor, Zaballos finally pinned her opponent.

Decker fought hard for her second-place finish, the Trojans' best of the day. And McCoy finished with an emotional win, as both competitors fought to the end.

The state meet took place from Feb. 20-22 in Bakersfield.



KAYLA CRAFT-WILLIAMS

Cayla McCoy (bottom) competes in an important NCS match and reached the state meet.

Athlete of the Month

Chan claims victory for Trojans

By Jenny Pham
FEATURE EDITOR

Bringing home the victory for the Trojans at a nearly-tied dual meet, Austin Chan wrestled well in the last match, pinning his opponent, with a score of 11-1.

Chan started wrestling last year after suggestions from a couple of his friends, and in only his second year, he has earned a spot on the boys varsity wrestling team.

His success, he says, was dependent on having to overcome his weaknesses. "I'd gas out a lot, but I kept practicing and got faster and faster. The idea that the pain is just momentary, and that after the pain comes the reward of being just a tiny bit better, motivates me," said Chan.

Wrestling has helped him become more committed to something and made him want to work harder to stay in shape. In addition to practices, he'd go on runs days before competitions to guarantee that he's on weight, or fits the appropriate weight class, and maintains that weight by cutting down food intake.

"Dedication, pride, and sacrifice are definitely the main traits and characteristics a great wrestler should have," he said. "You must be dedicated when wrestling, thinking about only wrestling, and not letting other things get in the way. This also connects with sacrifice, because you need to sacrifice a lot of time and foods you like in order to be in the right weight class."

The best wrestling advice Chan has received was from his coach,

telling him to push through the pain, because the moment that he steps into the circle is the moment that defines the next six minutes of his life.

He loves seeing how much progress he has made over the past two wrestling seasons, and how it pays off when he wins his matches.

Chan strongly disagrees with people that don't view wrestling as a sport, or an inferior or weird one. "Wrestling is definitely a very difficult sport. It takes a lot of work to become a good wrestler. Many people see wrestling as weird since there is a lot of body contact, but it's not weird unless you make it weird. It's a sport like every other sport. You need to work extremely hard to stay in shape and get better at wrestling," stated Chan.



JENNY PHAM

Austin Chan has only been wrestling for a year, but he's at the top of his game.

SPORTS



7

Trojans weather the winter season



MILAGROS AQUINO

Angel Gonzalez drives the ball down the field, looking for a chance on goal.



HAYATE MORO

Garret Ailshie runs through Moreau's defense to score two points for his team.



MARA MOYSEN

Sydeny Burnama runs up for a layup.



RACHEL STEIN

Lexi Kwon leads her team's cheers during a competition.



KAYLA CRAFT-WILLIAMS

Cayla McCoy takes down her opponent.



JOSHUA LEVY

Dylan Vanerwegen puts his opponent in a lock.



RIA PANJWANI

Kylie Rojas controls the ball and looks for a teammate to pass to.

Castro Valley receives upgrades

Construction of sidewalks, crosswalks, ramps

By Brittany Bin
STAFF WRITER

The Alameda County Public Works Agency is working on Santa Maria Avenue just next to CVHS. What new amenities will this project bring to our community? The construction will bring bike lanes, sidewalks, gutters, and enhanced crosswalks.

Construction started in February and is expected to end fall 2019. The construction team is working to complete the blueprint design currently. The construction stretches all the way to Wilson Avenue.

Because a lot of students walk to school, improvements on crosswalks and sidewalks are necessary. The new crosswalks will have pedestrians ramps, which

make crossing the street a lot safer. There will be new sidewalks on both sides of the street

Due to the many people and even some teachers who bike to school, the project will bring a bike lane to the avenue. The bike lane will be a Class 3 bike lane. Class 3 bike lanes are designated for both a motor vehicle and bike to safely travel in the same area. The new bike lanes will help bikers stay away from dangerous ongoing traffic.

ACPWA will also be planting more street trees. Some of the proposed trees that could possibly be planted are Chionanthus Retusus (Chinese Fringe Tree), Lagerstroemia 'Biloxi' (Pink Crepe Myrtle), or the Tristania Laurina (Swamp Myrtle).

All these new improvements sound great, but what will happen to the amount of traffic and limited parking space during construction? Getting to and from school is already a hassle due to the heavy traffic. The construction may exacerbate this problem.

District-wide dress code pending

►**DRESS:** from page 1
images that create hostile environments, swimsuits, pornography, images of drugs, or gang-related attire.

"This policy was put together to be supportive of student learning, not restrictive, and to make sure we are not marginalizing certain groups or genders of people. It is also to be respectful and reinforce that students are respectful to themselves," added Ahmadi to the goals of the new proposal.

Although CVHS will not be experiencing a great change to the dress code on every day outfit choices, the new dress will create large change for the middle schools. The new policy was greatly influenced by representatives of the Castro Valley community.

"We asked staff, principals, families and parents on the parent leadership conference, students, and also the CVHS leadership class. We also are sending a short survey to the middle schools to receive feedback," concluded Ahmadi.

"I think it's a good idea to let middle schoolers express themselves through their clothing with a more lenient dress code. However some parents may not agree since they are still young kids" said

junior Jodie Ma on how the dress code may not please everyone.

The new policy is also meant to become universal to the entire district. Therefore, the elementary schools will have the same guidelines as the high school. District officials believe that they need to expand the dress code to give more clear guidelines to students allowing them comfort and a positive environment where they know exactly what occurs when a student is in violation. The policy outlines that it is the teacher's responsibility, as well, to hold a student accountable of breaking the dress code.

"I think that a universal dress code would be super beneficial and help students feel better about themselves and let them be more expressive through they're clothing," said junior Malena Bautista when asked about the positive influence the dress code could embody.

If any students has questions about the new policy before March 14, they can contact the district office or attend the board meeting to voice their opinions on the issues and possible amendments to the policy.



ANDREW CRAIG

Olympian reporter Jeanette Wallis interviews California Treasurer Fiona Ma.

State leaders back Gov. Newsom

By Andrew Craig
STAFF WRITER

Gov. Gavin Newsom's new administration has set many goals for itself, and is working hard to reach them. Composed of workers both newly positioned and from previous administrations, there is much to be done.

Recently elected Lt. Governor Eleni Kounalakis is confident in Newsom's abilities.

"I've known him for a long time and I think it's really, in some ways, just good fortune, because the relationship between the governor and lieutenant governor really should be a good working relationship," she stated. Kounalakis had previously served as an ambassador to Hungary before becoming California's first female elected lieutenant governor.

"I think that you can see a lot about Governor Newsom's agenda by looking at his proposed budget. It really represents great fiscal responsibility and preparing for a rainy day, but there's also an emphasis on education. There's a lot to like about this budget, and I think that it clearly reflects the values that he has and that are so important for our state," said Kounalakis.

Treasurer Fiona Ma also voiced support of the new administration.

"Gavin Newsom is very forward thinking, he's a visionary, he has big goals," said Ma. With a public career spanning over 20 years, Ma is the first woman of color to serve as the treasurer of California. "We need to try to help him accomplish those goals. Governor Newsom wants to build 3.5 million homes by 2025... and that's one of the goals we are working very hard on."

On Jan 22, Newsom took a large step forward with the appointment of California's first surgeon general, Dr. Nadine Burke Harris, pediatrician and founder of the Center for Youth Wellness. Harris will focus on adolescent and youth health, which she links to lasting health effects.

Newsom has also recalled the California National Guard from the Mexican border, who were authorized to move by President Trump in 2018, in addition to

several thousand guardsmen from other border states. Instead, they will focus on interior issues faced by California.

Brian Ferguson, deputy press secretary for Newsom, outlined Newsom's overall goals.

"Governor Newsom's been really committed to a California for all... it's a California where there's economic prosperity, healthcare, and education for anyone who wants it." Ferguson, who has remained from the Brown administration, has spent years in this field.

Though Newsom is a Democrat, Ferguson believes Newsom is doing what he will to address the concerns of conservatives as well as liberals.

"It's not just California for liberals or for Democrats, it's for all of us, and, from his inaugural speech on, he reached out to

those in rural communities and said 'I want to bring you into the fold, I want you to feel like you're getting what you want from the state of California.' That's something he's really committed to, and that's work that will continue throughout his administration," explained Ferguson.

With his administration a mix of holdovers from Brown's governorship and newer officials and employees, Newsom expects to accomplish much in the next four years.

"Having a good working relationship just makes it that much more likely that together, with the rest of the elected officials here in Sacramento, and all of the hard working people in this administration, we'll really be able to respond to the needs of the people of our beautiful golden state," Kounalakis remarked.

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