

Page 3:
Three-year
reflective
Covid update



Page 5:
Seniors sign
college com-
mitments



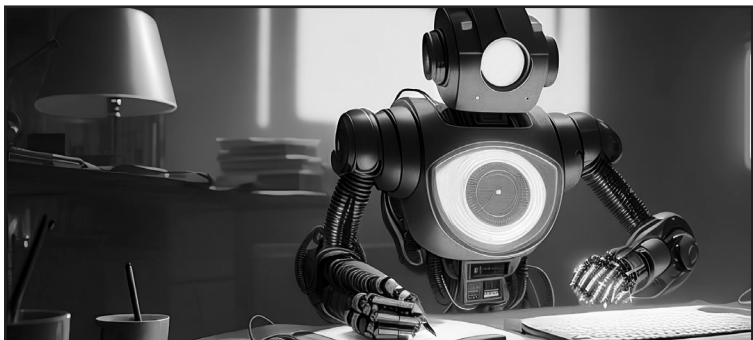
Page 6:
Choir takes
it all home
with POPS
concert



THE CASTRO VALLEY HIGH SCHOOL Olympian

VOLUME 66, ISSUE 6 MARCH 10, 2023 WEAREBORNTOSEEKTHETRUTH! WWW.CVHSOLYMPIAN.COM

CVHS chats about ChatGPT



By Kaitlyn Tchang

Write a poem. Explain how to get a derivative. What should I have for dinner? Within seconds, ChatGPT has the answers.

In November 2022, the launch of this “generative pre-trained transformer” took the world by storm. Continually developed by OpenAI, a San Francisco-based artificial intelligence (AI) research lab, ChatGPT is capable of processing questions or prompts and drawing up sophisticated, human-like responses, formatted as conversational replies. The model offers a free research preview, which can be fun to experiment with or serve as a useful tool in day-to-day life.

“I’ve been using it for personal things so far,” commented English teacher Tina Johannsson, who is utilizing ChatGPT as an initial planning tool for a summer trip.

Senior Tony Mei, meanwhile, started experimenting with ChatGPT while preparing for Science Olympiad and quickly discovered its usefulness: “I was researching some topics in marine biology, and... ChatGPT help[ed] me understand some concepts like a teacher could.”

When considering the use of ChatGPT in traditional academic settings, these positive sentiments begin to change.

“If you were to rely on it [ChatGPT] solely, you would get yourself in trouble. Because sometimes when you ask education-type questions, the information ... [it responds with is] wrong,” warned Johannsson. As an exercise, she fed prompts into ChatGPT and had her students grade the responses. They found that all

the responses failed, partially because “they don’t ever give specific evidence.”

Such flaws result from ChatGPT’s limitations. Obviously, misinterpretations of prompts and questions sometimes lead to inaccurate answers, but other issues arise due to the way ChatGPT was first developed. Because the model was trained using a dataset up to 2021 from the internet, it has restricted knowledge on the latest news and obscure niches.

Interestingly, while these limitations may cause ChatGPT to struggle with writing factual English essays, social studies teacher Juan Escalante has discovered the chatbot’s reliability in writing near-flawless history papers.

“I have thought about using it as a resource for [teaching] writing, seeing as a lot of these generators can produce perfect scores on AP exams based on the format and style that they write it,” explained Escalante. “It could potentially be a good resource to show the style of writing, or how to write a thesis, or how to organize [a] paper.”

To junior Tomi Chen, on the other hand, the fact that a chatbot can write a perfect formulaic-type essay reveals a more critical underlying issue.

“A lot of people have pointed out that if your assignment is doable by a computer then it probably wasn’t a good assignment to begin with,” Chen mused. “I think repetitive work that’s easy for computers to do might not be the most useful for humans. I personally believe that, in general, if technology can do something so I don’t need to do it, that’s usually a good thing.”

► See JUMP: page 8

“A reminder to Russia, Ukraine, and the world for many years to come”: The first year in the invasion of Ukraine



By Matthew Wong

On Feb. 24, 2022, Russia launched a full scale invasion of Ukraine, escalating the Russo-Ukrainian War which began in 2014 with the invasion and annexation of Crimea.

In one year of the conflict, western nations estimated that Russia and Ukraine have suffered over 150,000 military casualties each, on top of Ukraine’s 30,000 civilian casualties. Ukraine claims to have sustained over 13,000 military casualties along with at least 40,000 civilian casualties compared to over 130,000 Russian military casualties. Russia claims to have suffered 6,000 casualties while inflicting over 100,000 Ukrainian casualties from Feb. 2022 to Sep. 2022. As verified by photographic evidence, Russia has lost at least 9,255 vehicles, and Ukraine has lost at least 2,975 vehicles, though the figures for both countries are likely much higher.

“I believe the war is pointless and that all the parties involved are at fault. It doesn’t matter who started the war or who hit who, both Russia and Ukraine made the decisions to force conscription and have innocent citizens put up their lives, even if they did not support war or want to give up their lives in the name of their country,” stated

a student who would like to remain anonymous.

In Feb. 2022 to July 2022, there were over 10,000 documented civilian casualties as a result of Russia’s use of weapons, like cluster munitions, in the bombardment of civilian populations, though the real figure is likely much higher. Both Ukraine and Russia have been documented in their mistreatment of POWs, including execution and torture.

Since the war began, Ukraine has prohibited male Ukrainian citizens of military age from leaving the country, and has called up conscripts and reservists. Russia has been mobilizing reservists and conscripts too.

At least 500,000 Russians and eight million Ukrainians have fled their respective country in the year since the invasion.

“I believe that both governments are in the wrong. Both are forcing conscription. If the people don’t want to fight for their country they should not have to. The people should not be forced to value their country over themselves,” said the anonymous student.

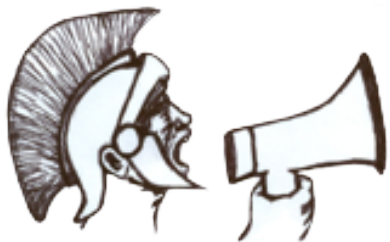
Since Feb. 2022, Ukraine has been under martial law. Ukrainian President Volodymyr Zelensky has stated that they want peace, but will not

surrender. Ukraine has held conferences and meetings to garner support for the war effort around the world and has been transparent about Russia’s actions in Ukraine.

Russia has been framing the war as them against the west and NATO, and have suppressed anti-war sentiment in civilians and media outlets. Russian schools began teaching a new version of Ukraine’s history, like how the Ukrainian government has been an American puppet since 2014, and that the people in the Donetsk and Luhansk region have been subject to genocide for over eight years since they rose up against the Ukrainian government. They have also threatened western nations with nuclear escalation.

“The leadership in Ukraine is just doing what they have to do, to protect the country at all costs. On the other hand, corrupt Russian leaders and politicians are fueling this war with Ukraine with the spread of propaganda. These people have been so brainwashed since the Soviet-era that they simply do not see what is in front of them, they have learned to just be quiet and let the big guys do their work,” said sophomore Maxim Boychuk, who has family in Ukraine.

► See JUMP: page 8



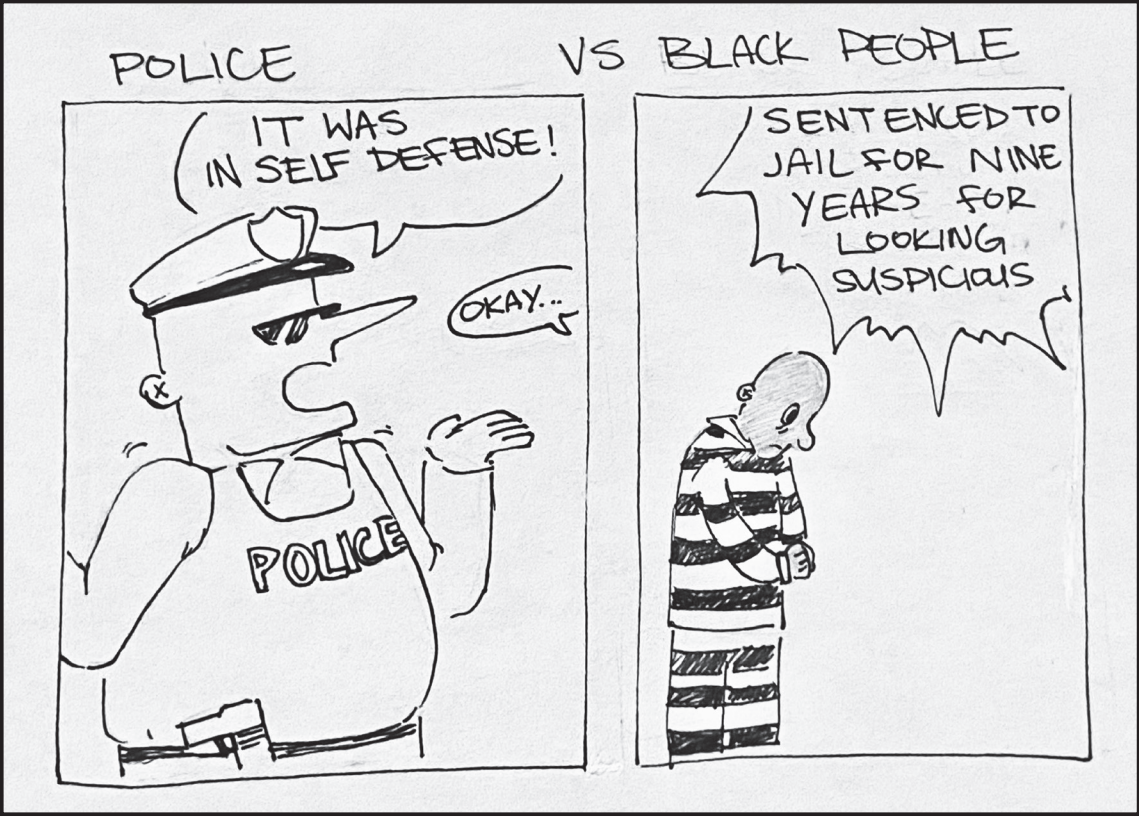
Police must be limited further than through policy

Editorial:

During the height of the Black Lives Matter (BLM) movement, as images and discourse were being rapidly exchanged around the murder of George Floyd and a majority of people were watching calls for police reform take place in unprecedented numbers thanks to social media, cities promised to pass policies reforming the historical power of police. Three years later, the issue of police brutality persists. The Olympian looked at the impacts and changes—or lack thereof—of policy interventions, in the wake of Tyre Nichols’ murder.

For example, a federal policy that didn’t pass is the George Floyd Justice in Policing Act, which aimed to ban asphyxiation and excessive use of force as well as limit how hard it is to convict police. It’s passed in the House of Representatives twice, but not the Senate. After Tyre Nichols’ murder, there is a new addition to the bill; the Tyre Nichols Duty to Intervene, which outlines “officers’ responsibility to act when they witness misconduct.”

In 2019, there were 219 fatal police encounters in California, the same year that California passed one of the biggest police reform packages; AB-392: The California Act to Save Lives—by defining deadly force and clarifying that only “objectively reasonable force” is permitted. In 2022 in California, 139 people were killed



FRANCES LEE

in police encounters.

Nationwide, 1,192 people were killed by police in 2022—the highest on record since 2013. Only in nine cases were the officers convicted. Most cases begin with non-violent offenses or no suspected crime, “109 people were killed after police responded to reports of someone behaving erratically or having a mental health crisis.” Black people are over three times more likely to be killed by police than white people according to the Brennan Center for Justice.

When something significant happens, like the historical cases of police brutality—abuse of Rodney King, the murder of George Floyd, and more—the public becomes engaged for a short time and pushes for change. Cities and the federal government seem to start reforming law enforcement, but nothing changes.

The Olympian discussed various suggestions, but didn’t come to concrete solutions. As a class, we agreed that policies are not enough to solve the chronic issue of police brutality. With police

reform policies that have been enacted, some believe they need to be more strongly enforced, at the very minimum. The way police are trained to act on bias and assumption must also be changed.

To combat the culture around policing, cultural shifts need to happen. This could include more education about the reality of racism in policing and dismantling the view that Black people are inherently violent. Most police encounters are addressing nonviolent or non-crime related

offenses, yet because the people involved have been systematically associated with violence, unnecessary use of violence and weapons by police often occurs.

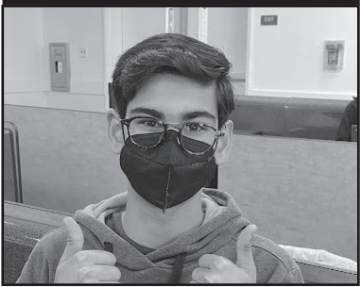
We also discussed the possibility of diversion from reliance on the police. Oakland Power Project has provided training to support community safety in order to decrease opportunities for police to interact, and thus kill, community members. Numbers like 311 exist to get community support instead of contacting the police. However, we have concerns that, as long as the founding principles of the institution are not changed, all roads lead back to the police involving themselves in issues. Other numbers, like the new suicide hotline—988—still rely on police response, demonstrating this pipeline. Having dedicated mental health services could address the issue, however it does not eradicate the threat of police violence.

Police brutality has existed since the first form of policing during colonial America, and it still persists today. The policies enacted and ignored have proven to not relieve the issue to an acceptable extent, so The Olympian believes further steps must be taken—perhaps including education to shift mindsets, stronger enforcement of policies, and more reliable diversion from police—to protect communities from ongoing police violence.

PHOTOpinionsWhose responsibility is it to ensure safety during police encounters?



“To be honest, I’d say it’s yourself cause people are gonna go off on their fight or flight response and not listen to adults.”
Kristian Pereira
freshman



“It’s really up to the police because from what I’ve seen they’re usually more prepared and they have more tools. They have the choice to do whatever.”
Zaki Mahmood
sophomore



“I think the head of the police should take care of it, because they’re in charge and they should make sure the police in the field are being safe.”
Miyuki Miyahira
junior



“The police department; the training they go through should [teach] a non biased way of coming across anything they find, instead of being racist.”
Teddy Martinez
senior



“Everybody involved has some responsibility to maintain safety but ultimately law enforcement is in a position of power and authority. The responsibility falls upon them.”
Kevin Batchelor
history teacher

Go further than performative activism

By Nicole Wu

What is performative activism? Well, the Boston Medical Center defines it as, “activism that is done to increase one’s social capital rather than because of one’s devotion to a cause.” In contrast, what is activism? Oxford Dictionary defines it as, “the policy or action of using vigorous campaigning to bring about political or social change”. So where is the line between the two and how can we identify it?

Many people during quarantine participated in posting on social media about movements like the

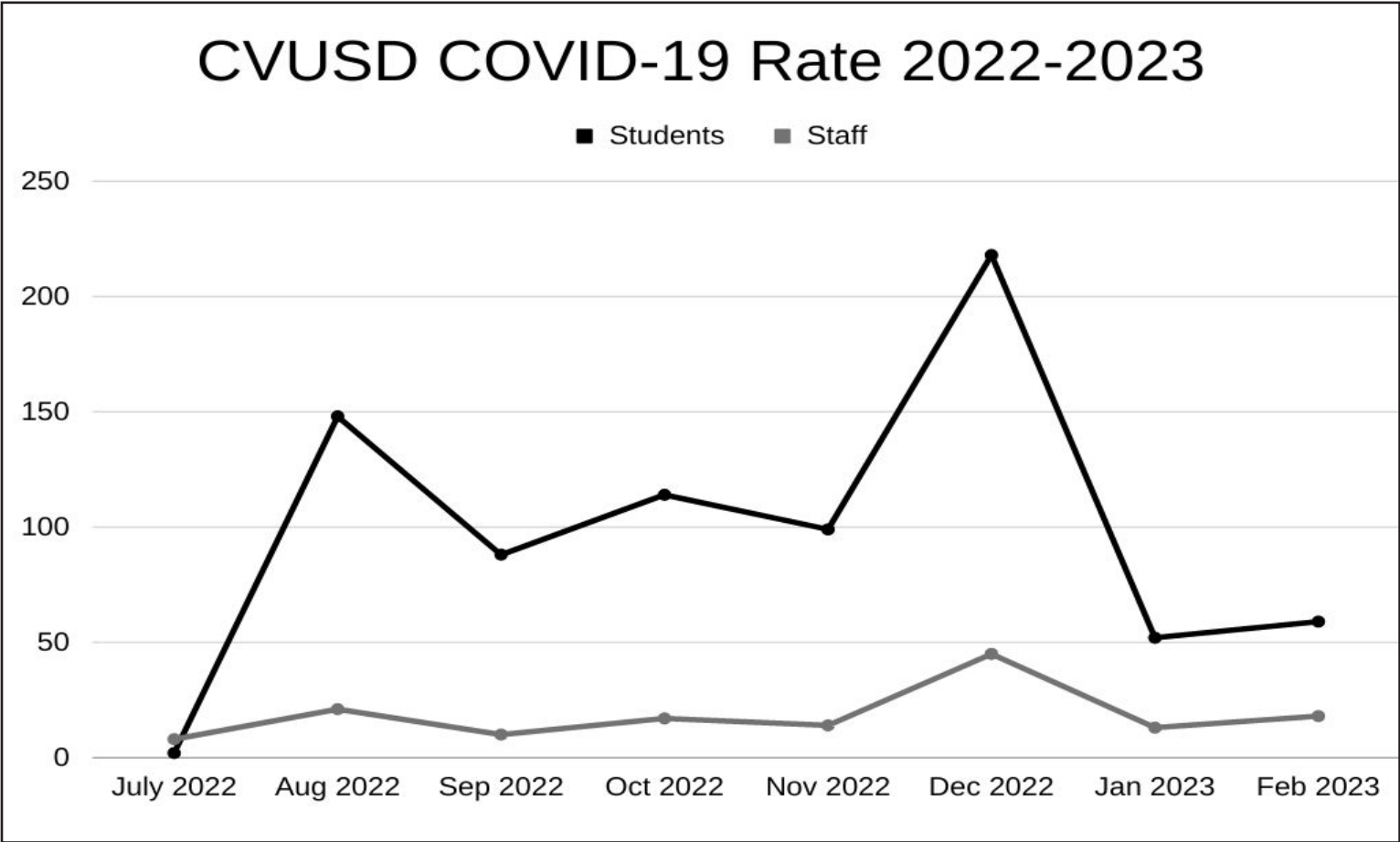
Black Lives Matter (BLM), Stop AAPI Hate, and Free Palestine. However, though these remain a problem, once the “trend” died down, people stopped posting and essentially forgot about it, even though it still greatly impacts the world we live in today. For example, many celebrities, like Madison Beer, participated in the BLM movement. But their intentions were ill intended. Beer, allegedly, went to protests, but rather than protesting, it looked more like a photoshoot. “[We tell people that] if they feel strongly about these topics, then

they should join us and protest. They always decline. They do this because it’s easier to just post something on Instagram instead of getting out there. These people think they are doing something, but they aren’t. Real change doesn’t happen over Instagram, it happens by getting out there and protesting for what you believe in,” said Activism Club president Natalie Bennett. “I find the term ‘performance activism’ to be incredibly problematic. To suggest that because someone posts about a social issue on their Instagram story, that they are purely performative, and thus should be ignored, is an oversimplification. I think folks need to realize that just sharing a video, article, or image is the lowest level of activism,” said

history teacher Ian Rodriguez. It is also important to acknowledge that performative activism is not only shown by people on social media, but it is also shown in big companies. An example of this being when companies during LGBTQ month change their icons on their social media or post the rainbow in their stores. Bennett and Rodriguez found common ground that a benefit of performative “activism” or performative activism is that it helps raise awareness on the issue. There are some people out there who don’t post to raise awareness, but rather share to boost their ego and assure themselves that they are an active member in our community. However there are also some genuine people out

there who post because that may be the only thing that they can do, or that is the only thing they feel comfortable with doing. That is totally okay. As long as you’re true in your intentions, there is nothing wrong with posting and informing others on these topics. Activism is different for everybody, and everybody has their own starting point. But if you want to do more than posting on social media and truly care for the cause, there are more ways that you can help than just a quick post. Researching, educating yourself, taking part in protests, donating, and signing petitions are just a few ways that you can help. In all, it is really your judgment and reasoning for what you do that determine performative activism.

COVID Update: a three-year reflection



By Victor Bahng

Graph (pictured left):
On March 13, 2020, the students of CVUSD were given a two week break. That break stretched into over a year of distance learning, until April 13, 2021 when trial periods for in-person sessions began. Now, nearing our three-year anniversary of school closures, things have been loosening up. Covid testing at the Center for the Arts (CFA) had been available for nearly two years, but it was halted on Feb. 1. CVHS nurse Sandee Velasquez explained that limited state and federal funding along with less utilization of the resource, led to its eventual shutdown.

As a replacement, over the counter (OTC) test kits are available at all schools, when asked for. This fulfills an announcement made near the beginning of the school year from Superintendent Parvin Ahmadi that included transitioning to the use of OTC kits as the primary method for testing, moving away from PCR testing, at the recommendation of guidelines provided by the California Department of Public Health (CDPH).

Masks are a crucial part of preventing the spread of Covid, but this school year continues the streak of weakening mask guidelines. On March 9, 2022, Ahmadi had announced that as a result of the Alameda County Public Health Department (ACPHD) aligning with the state's guidelines, mask use would no longer be mandatory and instead highly recommended.

This happened not long after a global upsurge, with the Jan. 17 to 23 weekly report of 21 million new cases. CVUSD had also been affected by having the highest influx of cases that month, with over 500 student and 70 staff cases, as shown by the CVUSD Covid cases dashboard.

VICTOR BAHNG

You're sick! Don't show up

By Luis Ochea

I remember during middle school, I'd go to school even with the worst illnesses just to keep up with work. Now, I've learned to stay home and rest. Going to school when sick has minimal benefits and more consequences for everyone. I had personally learned this

the hard way. For years before the pandemic, I had gone to school ill because I wanted perfect attendance. My middle school had even revered perfect attendance, giving students with such "achievement" a full field day, while leaving all the other students with assignments that would impact their grade.

Now that the pandemic has (mostly) run its course, I now realize that I shouldn't be trying to "tough it out" and stay in school when I clearly need to stay home. Just this year alone I have taken the most sick days off I had ever done in my time as a student.

"The most important piece is that we want people to stay

home. Then it's even more important for people to just stay home if they're feeling sick," said Assistant Principal Kevin Baker. He additionally recommends that people should go back to masking, even if masking hasn't been required for nearly a year.

You shouldn't stress about missing any potential assignments or assessments either. Baker mentions that Google Classroom is a useful tool for students absent from school to catch up on assignments.

"Most teachers have adapted and learned to keep stacks of makeup [work] and be prepared for any kid. Another recommendation is that it doesn't hurt to just email your teachers," Baker said. Due to this pandemic, students now have a useful means of communication in the form of Gmail, where teachers should be able to

respond to them should they be absent from any class. Though this form of communication did exist before the pandemic, COVID has caused it to become more prominent, and teachers are more likely to use Gmail to contact their students.

Don't let FOMO (fear of missing out) intimidate you into staying at school either. Even if there's some big event, such as Homecoming, or you can't play in a game because you're sick, you're better off staying home. It may be tough to miss exciting events, but you certainly don't want to miss even more school as a result. Worse, someone else could get sick because of your decision to "push through."

Missing school due to an illness can be tough sometimes, but you're quite better off doing so. Now please stay home, I'd rather not miss more school.

Is the end of COVID-19 in sight?

By Luis Ochea

Despite President Joe Biden's claims that the pandemic is over, COVID-19 is still very likely to continue impacting the lives of many.

The world is attempting to transition COVID-19 from a pandemic to an endemic, where the disease has become more manageable. For example, the flu is known to be a seasonal disease, which usually peaks during the fall and winter, but always seems to taper off by the end of the spring. However, new variants continue to shake the U.S. The current subvariant is XBB.1.5, or the Kraken subvariant, which is similar to the Omicron variant but has an easier time being able to evade defenses provided by vaccines.

Carl Zimmer, a reporter at the New York Times for COVID-19, describes it as: "nobody thinks that we're looking at something

like what we saw a year ago when Omicron first slammed into the U.S. There probably will be a surge. And we're already dealing with a lot of COVID-19 in the U.S., so it's a bad time for an even faster-spreading virus to show up."

Currently, in the U.S., the seven-day average in cases is hovering near 500,000 per week, which, while a far cry from the Omicron variant's effect on the U.S., is still a noticeable increase from the average of around 300,000 cases per week in November 2022, being similar to the summer 2022 surge.

In Castro Valley, there are people who continue to take COVID-19 precautions. Junior Ashraf Sabbah notes that though he attempts to wear a mask outside when possible, he also is aware of the difficulty to take precautions in the school setting.

"Unless every country was to shut down like they did in the beginning of the pandemic, COVID-19 will continue," says Erika Ikemoto, a health teacher at CVHS. She also mentioned that if the borders weren't shut down, new variants will continue to pop up. Though this is essentially impossible to pull off at this point, it could produce great results.

For example, New Zealand had one of the strictest restrictions throughout the pandemic, shutting down its borders entirely. Even when beginning to open the country back up, tourists were required to either be vaccinated or show proof of a negative test. The results were great, with there only being 25 deaths in the country by January 2021.

Even though it seemed that it was beginning to wind down, COVID-19 as we know it is very likely to continue raging on.



THE CASTRO VALLEY HIGH SCHOOL

Olympian

Castro Valley High School's journalism class publishes *The Olympian*, an award-winning newspaper and media empire, from our world headquarters at 19400 Santa Maria Ave., Castro Valley, California 94546. © 2021

Editor-in-Chief.....Olive Dooley

Online Editor.....Maya Wong

Media Editor.....Drew Paxman

News and Artists' Abode Editor.....Zoe Dorado

Opinion Editor.....Rebecca Ireland

Sports Editor.....Sam Scott

Arts and Entertainment Editor.....Melissa Boussaroque

Business Manager.....

Staff Writers: Victor Bahng, Shannan Chan, Ethan Dinh, Wyatt Franklin, Evan Griffith, Renata Gutierrez, Samantha Jew, Mason Jordan, Haku Kremer, Frances Lee, Maddie Newman, Luis Ochea, Gavin Peters, Erika Sun, Kaitlyn Tchang, Jayda Vaz, Matthew Wong, Nicole Wu, Anjali Yadavalli

Advisor.....Lisa Carmack



Boys basketball senior night: A perfect sign-off

By Anjali Yadavalli

The CVHS varsity boys basketball team sent their seniors off with a huge win against the Saint Joseph Notre Dame Pilots on Feb. 10. With a score of 80-60, the Pilots had no time to react. With a lead of 22 at the end of the first quarter, the Trojans were dribbling to

the sound of family and friends cheering.

The game commenced with a ceremony honoring the seniors on the team. The three seniors honored that night were Darius Jackson, Jonathan Lin, and Joaquin Preciado. Filled with smiles, gifts, families, and friends, the Trojans said goodbye to their seniors.

“During the ceremony I was nervous, but excited because I had the Mexican flag on my shoulders to wave around,” Preciado said. “I was proud to represent my country as I was the only Mexican on the team and had lots of fun doing it in front of the big crowd. Posing with my other two seniors was

a real full circle moment as I’ve known them all four years of high school.”

Following the ceremony was the start of the game. It was off to a good start as the seniors all played in the starting five that night. The Trojans won the tip off, and Jackson managed to get the first shot in the air. It didn’t just stop there. With a turnover, Lin came back and made another three.

“The ceremony made me feel like a star. The spotlight lifted away all my pressure. I felt happy and I just wanted to have fun playing one last time. I felt so happy to finally make it to my senior night ceremony after four years and I was so happy to see

my friends, family, and teachers come out to support me. They make it all worth it,” stated Lin.

With four minutes left in the first quarter, the Trojans were up 17-4.

“During the game, I felt like I was floating. Everything was going according to the game plan, shots were going in, the crowd was screaming the whole time,” noted Preciado.

And he was right. The clock was ticking from five seconds to three, until Lin managed to get a buzzer-beater dunk ending the game perfectly.

“We got the win which is the most important part in a dominating game,” said Preciado proudly.

Senior girls basketball players shoot to their future



SAMANTHA JEW

By Samantha Jew

A red carpet, flowers, tears, and a cheering crowd. Teammates shared bittersweet emotions in a heartfelt sendoff as the girls varsity basketball team said goodbye to their seniors at their last home game of the season. Before the game, a short bio about the past basketball history and the future college plans of the seniors were announced. From journalism to artificial intelligence, these seniors have big dreams. Jiao even plans to continue her basketball career in college, majoring in exercise science.

“I’m excited to be a senior and graduate but like a lot of my peers, it comes with bittersweet feelings... there is an un-seriousness of high school that I enjoy a lot and hope to have some of as I enter college,” said team captain Amaya Jiao.

“Knowing the seniors won’t be back to play on the team next year is hard to accept. I feel sad, but more than that, I’m so proud of each and every one of them,” said sophomore Ava Kim.

The Trojans girls lost 60-78 against the Alameda Hornets on Feb. 8. Fifth in their league, it’s been a tough season for these Trojans, with lots of new players in a new league, the season has had its ups and downs.

Throughout the first quarter, the Trojans and Hornets were in a stalemate, with neither team gaining a significant lead over the other. The Hornets were only up by 1 point with a score of 15-16. But by halftime, the Hornets had taken off with a score of 28-34.

All the seniors had a chance to play in the final game of their high school careers. While they gave it their all, they could not

pull through, losing 60-78.

“I feel like we fought hard, and I’m very happy that we all got the opportunity to play,” said Kim. While they may have lost the game they kept their team spirit, and spent the end of the season reminiscing on old moments and making final memories.

Tears were shed at the end, it was an emotional time for the graduating seniors and the teammates they would leave behind.

“[Basketball] has led me to so many friendships and partnerships over the years, it is something I am passionate about, and will be tied to forever, whether or not I’m on the court,” said Jiao.

Soccer superstars sent off superbly

By Renata Gutierrez

On Feb. 1, the CVHS girls varsity soccer team went up against the Berkeley Yellow Jackets on their senior night. With it being their last home game, the senior players were excited yet mournful to be playing for the last time on their field.

Before the game, a ceremony took place to recognize the six seniors on the team. As they walked through a path formed by their teammates, accompanied by their loved ones, they were gifted flowers and teddy bears.

Throughout the game, the Trojans hyped each other up and kept a positive attitude.

“I think especially this year, this season, this team is super motivated. There’s just a lot of trust between the players and staff,” said Coach Vanessa Amaral.

Throughout the highs and



RENATA GUTIERREZ

lows of the game, you could feel the love and passion every person on the team had for the game.

“I love the game because [it] becomes very competitive quickly. Playing the sport you love, with the people you love, is something you can’t trade for the world,” stated Taylor Hodges, a four-year varsity player and one of the team’s captains, in an honorary

Instagram post.

With a minute and 37 seconds left of the game, the Yellow Jackets were able to score a goal. The Trojans kept their head up high and gave it their all in the last few seconds, but sadly lost. Despite this, in a series of Instagram posts honoring the senior varsity players, Taylor Gibbs said to “never let the odds define your future.”

Work With
Forestr.org

To Clean and Green Castro Valley
**We meet every Saturday,
10am-Noon**

No previous work experience needed.
Great community service reference.
Payments in cash or Zelle.

forestr.org/employ

EARTH DAY VOLUNTEERING



Ask Us About Earth Day Projects And Volunteers

Castro Valley Sanitary District (CVSan) will lend tools such as litter pickers, rakes, and shovels and assist clean-up and beautification projects for Earth Day Clean-Up on April 22nd. We also donate gardening gloves, paper yard debris bags, mulch, compost, plants, and other supplies. We can even help recruit volunteers. No project is too small. For assistance with your community or school projects, email contact@cvsan.org. If you would like to volunteer, find out more at cvsan.org/ED.

CASTRO VALLEY SANITARY DISTRICT
Effective Environmental Services since 1939
(510) 537-0757 / cvsan.org
This ad was funded by Measure D



Seniors sign college commitments

By Erika Sun

Balloons, flowers, and camera flashes filled the room as friends, coaches, and family members gathered to witness and celebrate a monumental step of six CVHS seniors.

On Feb. 1, six CVHS student-athletes officially signed their National Letter of Intent to pursue their respective sport at the collegiate level: Taylor Hodges, soccer, Sonoma State University; Kai Liebowitz, rowing, University of California (UC) San Diego; Natalia Perez, water polo, Orange Coast College; Gaby Schirado, volleyball, Moorpark College; Bella Tavares, softball, University of Texas El Paso; and Kyndal Todd, softball, UC Berkeley.

Developing from recreational leagues to competitive ranks, growing up, these six students dreamed of continuing their sports post-high school. Now, this dream officially turned into a reality.

“This is such an incredible

feeling,” Perez commented on her commitment. Playing multiple sports growing up, she always had collegiate sports in the back of her mind. “I’ve been wanting to play as an athlete since I was a little girl. That was my dream; to go to the college level and play. And for me to be able to go play water polo is something I could have never imagined.”

Only starting water polo in her freshman year, Perez’s dedication and development are inspiring to others. With no prior experience or knowledge in the sport, she is a sign that it is never too late to find and pursue your passions.

While still in high school, many of the students have laid out an educational path they’d like to follow. For Todd, she intends to major in Forensic Science. Liebowitz, who is committed to UC San Diego for rowing, plans to major in public health and later become a doctor. Inspired by her aunt, Schirado hopes to work with animals, pursuing studies in



ERIKA SUN

Animal Behaviors and Animal Training and later transferring to a school in the UC system.

The balance of being a college student and athlete is no easy task, but the seniors remain optimistic about the challenge. “Hopefully I can adapt to the regimen of a college-athlete,

because, you know, those workouts are no joke. I want to learn time management better so that I have time to still live and not go crazy in college,” stated Todd.

While a couple of months still lie between now and graduation, the six seniors have

much to look forward to post-high school as they prepare to take on sports at the collegiate level. Whether it be in soccer, softball, volleyball, water polo, or rowing, their dedication will forever be remembered in the CVHS community.

Lin’s dunk ends season with bang



ANJALI YADAVALLI

By Evan Griffith

The clock is ticking down. Senior Jonathan Lin remembers what he said just two days before the game: “My last goal for the season is to get an in-game dunk at Senior Night. If the only thing I do in the game is dunk the ball, I’ll be happy.”

The time is now. The opposing team has the ball; they make a lofty pass. Lin pounces and grabs the ball! He sprints down the court, the crowd roaring in his ears, jumps to the rim...and slams it! The bleachers pound with the crowd jumping up and down as the Trojans storm the court to celebrate their win!

What began as a childhood game turned into a major part of Lin’s life.

“I’ve been playing basketball for ten years, I started in order to spend more time with my best friends,” he said. But Lin no longer plays basketball like a kid.

“He’s one of the most hardworking people I’ve ever met who’s uplifting and not afraid to own up to his mistakes,” said teammate Darius Jackson. “[He’s] one of my favorite people to be around, on and off the court.”

Lin’s dedication to his sport is admirable, to say the least. With 10 wins this season and 15 losses Lin said, “This season has been a love-hate relationship. It’s been up and down and windy.” Sports don’t only take a toll on your body, but your mental state as well. “Some days I want to cry after getting home from practice and some days I just want to stay in the gym forever.”

This season has had its fair share of obstacles. From common problems like trying to get out of a losing streak all the way to an athlete’s worst nightmare, bad coaching. Lin keeps his message positive.

“I want to tell Coach T and Coach Bains thank you for not giving up on me. And I want to tell Coach Larry thank you for giving up on me,” Lin shared.

To the current and future Trojan basketball players, Lin has a message. “I want to tell my teammates to stay true to themselves on the court, to set goals for themselves, and achieve their goals. Pick a direction to move forward in and don’t let anyone, whether coaches or teammates, sway you off the path.”

Jiao vows to reach the top

By Anjali Yadavalli

Senior Amaya Jiao didn’t originally imagine herself to be playing basketball so late in her life. With the thought of music and martial arts, basketball was the least of her priorities. These thoughts roamed her mind but after all those years, Jiao established herself to be a determined and unyielding basketball player.

A late start to her basketball career didn’t mean giving up; Jiao is determined to win against her competitors. It took a great deal of dedication and work to get her to where she is today.

“Not too long ago, I was the un-athletic five-foot-six Asian American kid who wanted to play college basketball with a strong work ethic and no idea if it was possible, but I knew I was going to try,” noted Jiao.

“Amaya is an amazing, kind, and loving person. She’s an amazing leader and a great example on and off the court,” commented teammate and sophomore Naomi Chew. The support that Jiao brings to the team is never overlooked and with her strong-willed mindset, Jiao has brought her team a long way.

Before basketball, Jiao practiced mixed martial arts for eight years. Jiao stated that with basketball, she saw a future and it was something she could make her life out of. Putting her best foot forward, Jiao stepped into the sport and put her whole heart into it.

This season marked Jiao’s fourth year on the CVHS girls varsity basketball team, and her sixth year playing on a team overall. Throughout her basketball career in middle school [seventh and eighth grade] she “rode the bench,” but it was a stepping stone for who she would grow to become in the following years.

“I worked really hard coming into high school and then I made varsity as a freshman. Although I

sat on the bench again, I understood why. When Covid happened, I took advantage of that to try to get better than my competition, then we came back to school and that was when I really started pushing to play college basketball,” said Jiao.

With a true passion for basketball, Jiao continues to improve and play a big role in the Trojan basketball records. With a few offers from

colleges and some still rolling in, Jiao has a bright future ahead.

Jiao signed off by saying, “Next season I’ll be in a college jersey. If you want to do or achieve something and the odds are against you, do it anyway. The regret of not doing something that might last forever is much worse than the feeling of doing and not achieving. Go dream and chase.”



SAMANTHA JEW



Pick the right team

Anglin Insurance and Financial Services Inc
Todd Anglin, CLU ChFC, Agent
Insurance Lic#: 0M86355
20235 Redwood Road, Unit # C
Castro Valley, CA 94546

Here's the deal: When you go with State Farm®, you get a local agent that can deliver Good Neighbor service at surprisingly great rates. Give me a call.

We love supporting CVHS Olympian, CVUSD, & our community!

Like a good neighbor, State Farm is there.®

State Farm
Bloomington, IL
2001732





Choir takes the “Road Home” in POPS

By Mason Jordan

It’s dark in the theater, and silhouettes faintly shuffle onstage. The colored lights flare on and the music begins. There’s dancing, singing, and piano. There are emotional songs where harmonizing is the key and fun dance-oriented group numbers. This year’s POPS concert has begun.

POPS is a dazzling yearly event where the students of choir come together and choose popular songs, then assign parts to students. The entire production is student-run and the choreography is done by student leaders. The theme this year was ‘The Road Home,’ and the songs were meant to represent what you would hear on the radio on a long drive home.

This year has 25 hit songs featured, going through the past decades, with some retro songs



MASON JORDAN

like “Landslide” by Fleetwood Mac and “Piano Man” by Billy Joel. Some of the notable modern songs this year were,

“When the Party’s Over” by Billie Eilish, “Bad Romance” by Lady Gaga, “Irreplaceable” by Beyonce, and “The Way” by

Ariana Grande and Mac Miller. Some of the notes that were hit this year were so unbelievably spectacular that many were stunned. One of these amazing songs is ‘Dancing on my Own.’ Eight students gathered around a microphone and harmonized the song so well that it was tear-jerking.

POPS “gives the students the car keys,” as said by choir teacher Laryssa Sadoway. “They listen for trouble spots and coach each other to help the production.” The student leaders can give advice and change the show how they see fit, and the choreography is designed by student directors. “The directors and students create video tutorials for everyone to review before rehearsals,” Sadoway said. The wellbeing of the production is completely up to the students and how committed they are, which helps

them gain experience and grow.

“It feels more personalized when people you know are teaching you the choreography,” said sophomore Nora Layne, who performed with solos in three different numbers. She worked tirelessly on POPS with her fellow students at many rehearsals after school. “Learning new songs is difficult but it always ends up great,” she said.

The hard work of POPS shines through in the amazing student-led choreography, which had just as much personality and strength as the show itself. The singing and dancing in this show literally pops (pun intended), and the amazing CVHS choir program should be proud of the beautiful show they’ve created. After you hear these songs, you’ll want to listen to them on your own road home.

Science Olympiad succeeds in LA

By Maddie Newman

The Science Olympiad (SO) chapter at CVHS recently competed in LA at Temple City High School, which hosted Bird Science Olympiad (BirdSO), an avian-themed SO competition. Participating teams, Xenon and Argon, earned a prestigious second place out of 45 overall schools.

Seniors Tony Mei and Elise Lo are both part of the executive committee (ex-coms). They organize the competitions and assign people their events.

“We [Ex-coms] are five equal officers. We have a 60-member science club, we go to tournaments, and we have weekly meetings for all 23 events. So it’s a lot of logistics that we go through every week. We split up all of the work and make everything run,” said Mei.

Mei and Lo have both been a part of SO since middle school.

“At first, I didn’t really know anybody [in SO]. But then once I became an ex-com, I got to talk with more people. And I made a lot more friends, which was nice. Now it’s just very comfortable, and I really like being with everyone,” Lo shared.

“In seventh grade, I was like, I want to build a mousetrap car, I want to learn about how the brain works. But over time,



these past six years, I’ve grown to learn that this is a community, right? So I really want to spread this knowledge and this gift of science and this curiosity,” Mei declared.

BirdSO is an invitational, a mini competition hosted by local teams. Although even middle schools can host their own invitationals, well known institutions like Massachusetts Institute of Technology (MIT), University of California (UC) Berkeley, and the University of Chicago also hold large-scale tournaments that attract people from all over the nation.

There are 23 official events covering a large spectrum of STEM fields. Participants typically prepare for their event by meeting weekly with a group and a coach. They go over the material and take practice tests, starting around September, and continue until the regional competition in February. Event types include labs, build events, and study events.

Although Mei and Lo had not participated in many in-person Science Olympiad events due to the pandemic, this competition was a smashing success.

They chose to register after

they heard of the event online

“It was the first time doing something like that. During quarantine, it was online. We were able to compete in competitions that we wouldn’t have been able to compete at [usually] but it was all virtual, so we didn’t get the full experience. So it was cool to actually be able to travel somewhere and compete,” said Lo.

This year, they have had a lot more invitationals as opposed to primarily local events. In the last few years, CVHS SO participation in invitationals has “skyrocketed”, according to Mei. They now have competitions almost every week. They have competed in Sacramento and at UC Davis and UC Berkeley, and the season is not even over yet!

A lot of help goes into running the club, from teacher advisors, Kelley O’Hern and Laura O’Brien, to head coaches, Garland Dughi and Bruce Dughi. There are also 23 event coaches, consisting of parent volunteers and students who have stepped up.

Keep an eye out for SO at CVHS, because it looks like they have a bright future!

Join the Chinese Culture Club

By Shannan Chan

Looking to learn about Chinese traditions and heritage? Look no further, the Chinese Culture Club (CCC) is here! The CCC, run by six club officers and supervised

“CCC strives to bring everyone together”

LAURIE CHOW

CCC Vice President

by Mandarin teacher Joy Sun, meets every other Friday.

“Chinese Culture Club is a club at Castro Valley High School that was started in 2019, aiming to educate peers about Chinese culture and language by playing fun games, making arts and crafts, and watching educational videos or movies,” remarked senior Rachel Lee, president of the club.

Vice President Laurie Chow agrees. “CCC strives to bring everyone together to create a better understanding of Chinese culture. With arts and crafts, games, shows, and cultural

events, there’s an activity for everyone to enjoy,” Chow said.

New members should look forward to upcoming events and officer positions as well as officer elections. Applications for a new Co-Publicist and Committee Chair are due to open up in March or April for the 2023 to 2024 school year. Just recently, the CCC has also had volunteer events, including decorating the main office and setting up display at the Castro Valley Library for Lunar New Year.

“Being a member of the Chinese Cultural Club allows me to share my culture with others,” began senior James Huang, outreach coordinator. “It gives me great pleasure to show others the benefits of my culture, and it’s fantastic to see how others appreciate and enjoy it. Being a member of this group has allowed me to meet many people who share my enthusiasm for Chinese culture.”

Not only is CCC a place for students to express their culture, but, as Treasurer Alex Huang puts it: “New members should expect to take part in different Chinese cultural activities, including calligraphy, lantern making, and learning about different holidays/traditions. At the same time, members can further their Chinese language skills.”

Members look forward to upcoming events such as tangyuan making (a traditional Chinese rice ball dessert) and paper cutting. Upcoming events include facts about Qingming Festival and craft making.

For more information, find them on Instagram @cvhsccc.

Thai takes on Carnegie Hall



By Zoe Dorado

Riding shotgun in her mom’s car, senior and musician Hannah Thai received a long-awaited announcement.

“You got an email,” Thai recalled her mom saying. They were on their way to get boba—a weekly tradition—on a brisk day in October. Thai had anxiously been waiting for a response from the world-renowned Honors Performance Series (HPS) Program, to see if she was accepted to their Symphony Orchestra as a violinist.

Back in junior year, Thai heard about the program through her violin teacher. “I first applied but I got rejected,” she said.

All that changed when her mom broke the news. She had gotten into Carnegie Hall.

Thai was ecstatic. “I was like, that’s insane! And then it was kind of like a mini celebration,” she said.

From there, Thai spent Jan. 31 to Feb. 5 in New York City, exploring Times Square, touring colleges, watching Broadway shows, and, of course, practicing her violin in seven-hour-long rehearsals in preparation for her symphony’s performance at Carnegie Hall.

While an excellent musician, Thai felt unprepared, which she noted as “what every musician feels like.”

“I wish I had practiced the music more because there’s no such thing as being too prepared,” she said. “These seven-hour rehearsals...[were] the hardest part of everything. I left New York more sleep deprived than I came.”

Luckily, Thai was surrounded by a supportive community of musicians. “I didn’t find anyone to be competitive with because everyone’s just here for the music which was really relieving,” she said.

Thai pointed out how in classical music, everyone seems to always be entering a competition, however big or small it is. “It’s just natural for every musician to have those struggles, right? Because you

work hard to get that chair, to get that prize. But once you’re actually in the program, the competition is just gone. You’re just there to be people, to be friends, and to have the chance to play music.”

Thai recalled what it felt like performing at Carnegie Hall. “It was a phenomenal experience...at first I couldn’t process it,” she said. “But then when I was playing, I think being surrounded by people and hearing the echoing throughout the hall really got to me. I was just like, ‘I’m really grateful for this moment and I’m really happy that I worked hard to get here’... It was something that I will always cherish.”

Thai noted, however, that the highlight of her trip was just being surrounded by fellow musicians and music nerds coming from places as far as China. “I had four roommates, and they were all super sweet,” she said. “We named ourselves the ‘Shosty Baes’ in honor of Shostakovich because that was one of our pieces.”

Although Thai is planning on pursuing a career in the medical field, she knows that music will always be a part of her life and that she’ll keep finding new communities to be a part of.

“...Stepping out of your boundaries and exploring opportunities is one of the best things you can do for yourself,” she said.

One thing, however, Thai recognized, was how to balance ambitious goals with daily practices. “I think being consistent in your goals is important, but remembering to validate your successes along the way is too,” she said. “For me, Carnegie Hall wasn’t in my head. It was before like a really big thing, but now it’s just one accomplishment that’s just as important as my other ones.”

“Remember to be proud of yourself and what you accomplish, because every small thing leads up to something bigger,” she continued. “Those small wins. Those are just as important to me.”

‘It’s a Wrap’ showcases students, whose talent will continue to develop

By Frances Lee

After postponing fundraisers for two years because of Covid, one of CVUSD’s largest music fundraisers is back. The Castro Valley Music Parents Society (CVMPS), a non-profit organization, hosted a middle and high school music fundraiser for orchestra, band, and vocal musicians to perform and receive scholarships.

“This gets the students excited about continuing their musical path into high school. We think it is an excellent way to build community awareness of, and appreciation for, CVUSD’s excellent music programs,” commented Liz Hillen, a parent who runs CVMPS.

Families of high school and middle school students flocked to Canyon Middle School on Feb. 3 to attend the once annual

‘Spaghetti Feed,’ now renamed ‘It’s A Wrap.’ Partnering with the Jenny Lin Foundation, an organization that promotes child safety and youth music education, they raised money to support Castro Valley students in music. The Jenny Lin Foundation and Music Parents Society collect this money for senior scholarships.

However, fundraisers like this don’t only serve to raise money, they also showcase the skills students have picked up after years of fine-tuning. Music programs such as CVMPS and Jenny Lin Foundation help build awareness and appreciation for music students.

Students prepared for the fundraiser for many weeks. At Canyon Middle School, students rehearsed on the day of the performances. Musicians huddled near the door to

enter the warm gym, where the audience waited to hear their symphonies. Nervous and ecstatic chatter quickly turned to hushes as the talented students marched to the stage.

“I think that was the best I’ve played out of a lot of pieces because the stands reflected the sounds I played, so I got to hear what I sounded like,” reflected band student and senior Bronson Burfield.

The musicians’ beautifully played harmonies paid off the hours of practice each week as they got to hear their work appreciated.

“My favorite piece was Jaws or John Williams Medley,” mentioned Abby Murphy, a sophomore orchestra student.

The orchestra, band, and choir students finished with thunderous applause and cheers from the crowd.

CVHS teacher makes outstanding first impression

By Sam Scott

One of CVHS’ newest teachers is already held in high regard by students of standard and AP classes, seeing bright futures ahead for his students and himself.

Victor Wu, joining the CVHS staff in the 2022 to 2023 school year, has taken the position of an Integrated I teacher. Additionally, alongside Anissa Gerdt’s class, Wu teaches one of the more difficult classes at CVHS, AP Statistics. Despite the high level of the class, Wu manages to engage students by creating an enjoyable atmosphere. “He’s really just a chill teacher. He lets us go at our own pace and stuff but still is always there to help,” said AP Statistics student Jonathan Auyong. Another AP Statistics student, Jash Singh Gandhi, simply stated, “Mr. Wu is a super cool and effective teacher.”

Being a teacher of an Integrated I and AP class, Wu teaches a wide range of students from freshmen to seniors. Though he has only been at CVHS for a little over a semester, he has had exposure to various classrooms and students.

“CVHS is a great school from the students to fellow staff. A lot of people have come around to support me in whatever ways they can and I really am grateful for all the kindness that they have shown me,” Wu explained.



Though he has experienced a smooth integration into the school, Wu did not go to CVHS.

“I moved up from a small city called Chino, California. Most people are probably more familiar with the neighboring city, Chino Hills,” said Wu. Chino Hills is a name many people associate a recognizable high school with, and to that, Wu explains: “Yes, I did go to high school with Lonzo Ball.”

As for every teacher, there is always the question of “Why did you wish to become a teacher? What did you wish to accomplish?” Although he grew up with NBA potential in the air, Wu had other plans.

“I grew up around a lot of educators as a kid. That influenced me to follow along in their footsteps. I enjoy being a part of building up future generations and seeing where

they will go from there,” said Wu. Teaching students of multiple grade levels allows Wu to view his own impact on them, being able to see how some improve through high school while others chase dreams in university or lives past high school.

With CVHS truly standing out as a school to Wu, he states, “I enjoy teaching and plan on continuing to do this for as long as I can.”

With completely different atmospheres between freshman and senior classes, one would wonder which is easier to teach. “I wouldn’t say that I enjoy teaching one over the other between the Integrated I and AP Stats class. Each class presents its own set of challenges that I as the teacher must navigate through,” said Wu. As much sense as this makes, we all know

Castro Valley celebrates Black joy and resistance



By Maya Wong

MAYA WONG

"I stand on the backs of many women / and I stand proud... / So blessed / to be my ancestor's child," expressed April Wakefield-Spikener in her poem "My Ancestor's Child." An ode to the Oakland poet's African American roots: Wakefield-Spikener's words rang loud and true, uplifting the crowd's spirits during the CVUSD Black History Month Celebration in the CVHS cafeteria on Feb. 2, 2023.

Organized and hosted by the African American Parent Advisory Council (AAPAC) and Assistant Principal Dr. Tracy Fields, the event's theme was "Celebrating Black Resistance." Full of joy, honoring Black heroes, and delicious food catered by Roderick's BBQ: a strong sense of community could be felt throughout the night.

Principal Christopher Fortenberry attended to honor his culture and share his heritage with younger generations of students.

"We hope to celebrate the past, the present, and the hopeful future," he noted. "We're here to give honor to the past ancestors and give hope to the kids. Bring them together. Because if you have people, and they don't know their past or where they come from, they don't have hope."

"The goal of tonight is to highlight artists, spoken word, students, and community members who are making a difference," explained Ezra Tramble, President of the Black Student Union and emcee for the night. Tramble opened the main ceremony and welcomed attendees, who were both of Black descent and community allies.

Forms of tribute were both visual and audible. An array of Black students' artwork was

on display to showcase their talents using multimedia forms. The ceremony kicked off with the Black National Anthem, "Lift Every Voice and Sing," sung acapella by freshman Makayla Gathright. Her song was followed by occasional Black history trivia Kahoots, as well as various poetry and spoken word performances by students from Canyon, Creekside, and CVHS. Of the ten acts: highlights included a moving speech by Creekside student Mehetabel Yoseph and a recitation of the Black Panther Party Pledge by senior Malachi Everett.

Fortenberry compared the celebration to the prior week's Lunar New Year Celebration, also held in the cafeteria. "At these kinds of events, you always find a kid where you think: 'I didn't know they could sing,' or 'I didn't know they knew how to play that instrument,' or 'I didn't know they knew how to speak and be as poetic as they are,'" he remarked. "You know, you learn something new about a person."

Guest speaker Wakefield-Spikener roused the crowd with her words of vigor and wisdom. As the owner of a small stationery business—she has spread her poetry, dealing with the Black female experience, both through printed cards and spoken performances. Wakefield-Spikener's touching poetry concluded the ceremony perfectly: representing the Castro Valley Black community's solidarity and pride.

"There's no secret about these tools I use. / It's butterscotch / It's peanut butter / It's chocolate / milk and dark / It's the way my curves form / and the rhythm of my heart. / It's all the things that can't be altered / the things that God placed within. / It's the undeniable power / Of My Melanin."

►JUMP: Chat GPT from page 1

Teachers fear, however, that using ChatGPT is detrimental to the deeper learning that assignments like essays aim to provoke.

"The thing we're trying to teach students isn't the answer," explained English teacher Trenton Logan. "What I'm trying to encourage is critical thinking. And the essay prompt is meant to be a more... tangible way to teach students to... think independently. And so if they're able to just find answers online, it can lead to a situation where they're not able to develop those skills that are... important in every facet of life."

"My hope personally is not that you know how to write a perfect paper, but that you know how to structure a cohesive, complex argument that addresses... a counterclaim and looks at the complexity of situations," agreed Escalante. "Writing... in general make[s] you a more well-rounded person when it comes to education."

As ChatGPT use proliferates, CVHS staff are increasingly concerned about cheating.

"The main concern is that some won't learn to write essays on their own. Cheating ultimately leads to students having learning gaps that affect them later in their education,"

►JUMP: Ukraine from page 1

"Russia has shown evidence that they don't care for the well-being of their citizens and it's saddening. Russia sends many people to die with no regard for what happens next and continues to display dictator-like action... Ukraine's leadership has been doing what they can. Zelensky has been very supportive of the Ukrainian citizens, providing immediate care, shelter, and more... Communities have been built to raise money for arms, take care and educate children and collect food to give out at mass shelters," said freshman Olga Volynets, whose relatives are directly affected by the conflict.

The U.S. has given Ukraine around \$24.5 billion in military aid, \$16 billion in financial aid, and around \$10.6 billion in humanitarian aid, for a total of \$51 billion. EU institutions and countries have given Ukraine a total of around \$56 billion in aid.

Russia has also been heavily sanctioned since the war. By July 2022, nearly one-third of energy and utility companies and one-fifth of technology and industrial corporations have left Russia, but a majority have suspended or scaled back operations or continue to operate as usual. By the end of 2022, Russia's economy shrank by around 2.5 percent compared to Ukraine's economy shrinking by over 30 percent.

"I believe that the rest of the

commented Assistant Principal Kevin Baker.

Measures to counter the use of ChatGPT have sprung up in school districts across the nation. Since mid-December, the chatbot has been banned on all CVUSD devices.

Crucially, while both students and staff generally agree that this ban is justified, some question its true efficacy.

"ChatGPT being banned on school devices won't stop students from accessing it on different devices and networks," Mei said. "It's more important for teachers to put their students in situations where they are actively problem-solving and learning."

Logan wondered further how the ban may intersect with pre-existing inequalities.

"I'm a little bit concerned that... students [who] have their own devices can use a mobile hotspot and then use it on their own device, whereas the students who are using school issued Chromebooks will not have access."

Teachers like Logan have also begun implementing their own preventative measures.

"I have been... experimenting with ways to catch students. There's a lot of tools out there to catch students, maybe as many as there are to cheat," he reflected, noting that he has seen a significant uptick in

world should not be involved in supporting Ukraine or Russia if they are not willing to fight themselves. By supporting either country they are picking a side, meaning if one country starts winning they should expect themselves to be the next target. Supporting the countries throughout the war only causes more death and is a waste of tax dollars that could be used to solve domestic issues," said the anonymous student.

"There is always more that could be done. I feel like after one month of the war, the citizens of the world sort of brushed it off and continued to move along. I believe that the world should continue to provide support and that information about the events taking place should be more publicized. The more people know about it, the more support there is," said Volynets.

The president of Russia, Vladimir Putin, declared that the aim of the war in Ukraine is the "liberation of the Donbas, the defense of its people, and the creation of conditions which would guarantee the security of

students cheating using AI. "It's kind of like an arms race."

Additionally, Logan explains that he is altering his teaching and assignments to adapt to ChatGPT: "In the short term, it's more in-class essays that are handwritten... I've [also] been doing responses that are more personal in nature for take home stuff. Things that are like, 'What is your opinion? Write it down and be prepared to share.'"

ChatGPT and its impacts on student learning remain a controversial and nuanced topic as both students and staff consider what AI means for education.

"[So far] the most... I've used [ChatGPT] in the classroom is to show the students how they could use it and its pitfalls," says Johansson. "I'm hopeful that might be a cool tool, but the way it is right now, it's just kind of fun."

"[Currently,] I'm not sure it has a net positive or negative," Chen observes. "Certainly... [it may] get better and actually be useful for learning new things, like a private tutor would be cool."

Mei is more optimistic about the change it could bring: "In my opinion, ChatGPT will change education for the better. Maybe others would call it a threat, but to me, it's more of a wake-up call to students and professors to get their game on."

Russia itself." Ukraine's goal is to reclaim all of its territories lost to Russia, including Crimea.

In the fall of 2022, Russia drafted 300,000 reservists, who have now received adequate training to join the frontlines. Ukraine also claims that Russia is mobilizing another 500,000 conscripts in addition to the 300,000 draftees in preparation for a new major offensive.

At the height of the invasion, Russia controlled 27 percent of Ukraine's land, but that has now dropped to 15 percent.

"I believe that the fighting will not stop until either side gives up, and unfortunately both sides seem stubborn. In the best case we should hope for some form of peace negotiation, where it will be inevitable that Russia would get something," said the anonymous student.

"I think that this war will end with nobody winning. It's all pointless fighting and both sides will suffer a lot. The destruction of the economy, infrastructure, and immense loss of life will be a reminder to Russia, Ukraine, and the world for many years to come," said Boychuk.

Bay Area Driving School



Drivers Education & Training

Tel. (510) 886-1016

www.BayAreaDriving.com

Virtual and Online Driver's Ed

Established in 1949