



THE CASTRO VALLEY HIGH SCHOOL Olympian

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Trojans elect their new 2025-2026 ASB officers



ASB election winners (from left to right) Maggie Lei-Chong, Ryan Kwan, John Denis Ryken, Natalia Jamal and Scarlett Everson.

GRACE LOPEZ

By Hailey Young

Junior Maggie Lei-Chong won the office of Associated Student Body (ASB) president on March 4. Lei-Chong ran to give a voice to the student body, aiming to advocate for all Trojans throughout the year to boost school pride and inclusivity. “I want to give a voice to more students and advocate for everyone. Creating a fun and

safe community here at CVHS is extremely important to me and to do that, improving our communication between the student body and Leadership is needed,” she said.

Junior Ryan Kwan won the office of ASB vice president. Kwan plans to bring his strong leadership experience to represent the body with commitment and vision. “With three years of student government experience and my current role as junior

class president, I possess the strong leadership qualities of dedication, teamwork, and passion needed for this position,” he said.

Junior John Denis Ryken won the office of ASB treasurer. Ryken’s goals for next year include raising money and morale around campus through an increased amount of activities. “As your ASB treasurer I intend to manage finances and make sure we have enough funds

to create fun and memorable events for the school,” he said.

Sophomore Natalia Jamal won the office of ASB secretary. Jamal aspires to be a dependable, reliant secretary who will work with students to maximize their high school experience. “I want to make your experience at Castro Valley the best it can be. I want to encourage students to get involved, be themselves, and enjoy the experience of being a Trojan!” she said.

Sophomore Scarlett Everson won the office of ASB school board representative. Everson aims to elevate Trojan concerns and views to the district level. “I want to bring positivity and super strong communication to our board meetings. I want to help voice the opinions of our student body,” she said.

Congratulations to our new ASB! For a full list of the winners of class elections, see page 12.

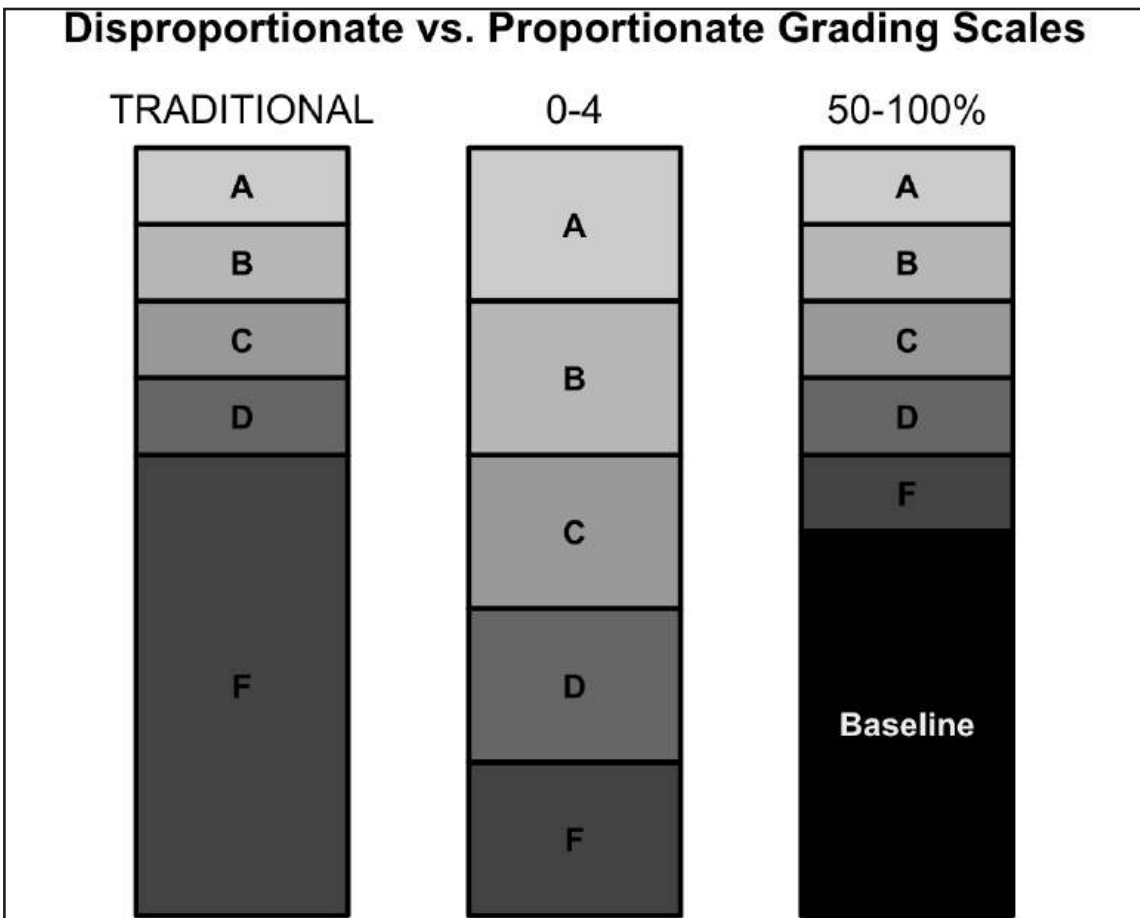
CVUSD proposes mandatory proportional grading

By Matthew Wong

CVUSD is in the process of requiring teachers to adopt proportional grading practices. According to a statement supplied by Assistant Superintendent Nia Rashidchi, district officials believe “past grading practices do not accurately reflect student learning, are subject to implicit bias, are not motivational for all students, and do not support a growth mindset mantra.” The proposed policy gives teachers two options: adopt a 0-4 grading scale or a 50-100% grading scale.

Because the traditional grading scale has a 0-59% range for an F and 10% ranges for the other four letter grades, zeroes can disproportionately weigh down a student’s average grade. Proportional scales eliminate this effect by dividing letter grades into equal ranges, and it also seeks to reduce the impact on grades from influences outside of a student’s control, such as biased teacher judgment and life circumstances.

“I am in support of proportional grading because



MATTHEW WONG

I will be able to do less homework and still maintain a passable grade,” said senior Edison Huang. “Homework is tedious and I have obligations

outside of school, including extracurriculars.”

However, others consider the measure to be harmful.

“I believe instead of making

low grades have less effect on overall grades, unlimited retakes is the more helpful aspect behind proportional grading—at least in 0-4 scale

grading—since it teaches students to put effort in,” said senior Michelle Li.

In a survey of 104 CVHS teachers, 47.1% of teachers use a 0-4 grading scale, but 60.6% of them disagree with the district making it mandatory.

Many teachers dislike the district’s handling of the policy, saying that there is insufficient time and training to implement such practices correctly. Some believe that teachers should be the ones to decide instead of the district making it mandatory.

The support for proportional grading is often divided by subject. For example, the majority of the social studies department is against the proposed changes.

In the same survey, 82.7% oppose a mandatory 50-100% scale, which would make a 50% the minimum enterable grade instead of a zero. Its purpose is the same as the 0-4 scale: making the grades equally proportioned. Scores would be inflated to match the scale, so half credit on an assignment would translate to a 75%, being a C.

► See **GRADING:** page 10

Latino community faces new immigration policies

By Hailey Young

Less than two months into the new Trump administration, immigrant communities across the country have faced unprecedented waves of tension and uncertainty. Exacerbated by aggressive Immigration and Customs Enforcement (ICE) activity, the new crackdowns on immigration have hit home for many in Castro Valley’s Latino community.

Senior Magaly Ortiz, whose family immigrated from El Salvador, describes the emotional toll: “It gets stressful to the point where my family has figured out a plan if anything were to go wrong. We’ve had to ask ourselves, ‘What are you going to do? Who’s going to do what in those situations?’”

An anonymous junior Trojan, whose family immigrated from Mexico, echoed these feelings. “It’s really scary for everybody, even immigrants who are now legal U.S. citizens. It’s definitely more tense now, a lot more fear has been brought in.”

This fear isn’t unfounded. A Feb. 26 report by the U.S. Department of Homeland Security (DHS) stated, “Under President Trump ICE arrests have increased by 627%.” In January, it was announced that longstanding guidelines for ICE had been overthrown, allowing law enforcement into “sensitive” areas to make their arrests, including schools, hospitals, and churches.

“I’ve never felt fear like I do now. The ‘illegal aliens’ that



Nayeli Valdovinos, Alex Perez, and the Latinos Unidos club pass out red cards. HAILEY YOUNG

he wants to deport contribute so much to this country, but he doesn’t care because this is about wanting to make America ‘white’ again and focusing on pleasing the rich people,” emphasized senior Nayeli Valdovinos, whose family immigrated from Mexico.

To Heritage Spanish teacher Antonio Acosta, also an immigrant from El Salvador, mass deportations and other threats simply show immense discrimination and bigotry against Latinos. “It’s always been like that, to go after the oppressed. It’s not going to fix anything,” he said. “A lot of my students face discrimination, but their parents—and all immigrants—work hard every day just to provide a better life for their families.”

For Acosta, the irony of anti-immigrant rhetoric stands out. “If they’re really all about immigrants destroying our country, maybe they should remember that the first

undocumented ones that came here were them—from Europe.”

Despite fear and frustration, the Castro Valley community has responded with overwhelming solidarity and support. For many, this began with difficult but necessary conversations.

“My number one thing is ‘nobody is illegal on stolen land,’” reaffirmed the junior Trojan. “Personally though, I have family and friends trying to get themselves into a better legal situation. It’s next to impossible now. Still, I’m trying to inform without implementing too much fear because that’s what they want. The administration wants you to be scared.”

Ortiz has also navigated sensitive discussions. “I have uncles who, even though they have all the necessary documents, don’t feel safe anymore. And talking with my younger siblings isn’t easy, they’re scared too, thinking, ‘Oh, my parents might just be forced to leave.’”

In the home of an anonymous senior Trojan, this fear of deportation has become a painful reality. “My mom has lived in the U.S. since she came from Mexico City when she was 14. She’s been using her friend’s Social Security number for her work right now, and the news of all the deportations has really scared her, especially since ICE has been in the Bay Area,” she detailed. “The other day I asked if we could go to the mall, but she said she didn’t feel safe going out, and I think that’s when reality really hit me. Recently, she also asked my older sister to go to the bank with her to give her access to her account in case she’s deported.”

To cultivate an environment of safety for students, Ortiz and Acosta, president and advisor of CVHS’ Latinos Unidos club respectively, led the distribution of “Red Cards” from the Immigrant Legal Resource Center (ILRC).

“As an educator, I get to

represent my community while pushing students to not physically fight back, but use education as a weapon to overcome oppression,” shared Acosta. “I’m so proud that Latinos Unidos took the initiative to make the cards and pass them out around campus.”

The cards provided example phrases for individuals if ever interacting with ICE or law enforcement. “We wanted to raise awareness and make sure everyone knows their rights,” said Ortiz. “Our cards are for anybody of any race who’s an immigrant. So many people came up and were like, ‘Can I take a card?’”

Castro Valley Unified School District (CVUSD), too, has worked to ensure student safety. Board of Education members, including Trustee of Area 4 Sara Raymond, reaffirmed their commitment through Resolution 47-24/25. Many Latino Trojans have expressed gratitude for their efforts.

“Some of the language in that guiding document includes a directive to provide a ‘safe and inclusive learning environment’ and to ‘create a community where all students, family, and staff are welcomed and treated with kindness, respect, and dignity,’” explained Raymond. “I strongly believe that all kids should have access to a public education, regardless of their immigration status.”

If you are interested in getting a Red Card, a station in the Library has been set up. Lastly, Latinos Unidos meetings are every Thursday in room 906.

Spanish translation below, special thanks to Profe. Antonio Acosta.

“La administracion quiere que estar asustado”

Menos de dos meses después de la nueva administración de Trump, las comunidades de inmigrantes en todo el país han experimentado olas de tensión e incertidumbre sin precedentes. Exacerbadas por la actividad agresiva del Servicio de Inmigración y Control de Aduanas (ICE, conocida como “La Migra”), las nuevas medidas enérgicas contra la inmigración han afectado muchos miembros de la comunidad Hispana de Castro Valley.

Magaly Ortiz, una estudiante de último año, cuya familia es de El Salvador, describe el impacto muy emocional: «Es tan estresante que mi familia ha tenido que hacer un plan en caso de que algo salga mal. Nos hemos tenido que preguntar, “¿Qué vas a hacer? ¿Quién vamos a hacer en esas situaciones?”».

Un Troyano de tercer año, cuya familia es de México, expresó sentimientos similares. «Es muy aterrador para todos, incluso inmigrantes que ahora son ciudadanos legales de los Estados Unidos. Definitivamente ahora es más tenso, y hay más miedo».

Este miedo no es infundado. Un noticia del 26 de febrero del Departamento de Seguridad Nacional de los Estados Unidos (DHS) declaró que: «Bajo el presidente Trump, los arrestos

de ICE han aumentado 627%». En enero, se anunció que las restricciones para ICE, que existe mucho tiempo, habían sido derrocadas, permitiendo la policía en áreas «sensibles» para hacer sus arrestos, incluyendo en las escuelas, hospitales y iglesias.

«Nunca he sentido miedo como ahora. Los ‘inmigrantes indocumentados’ que él quiere deportar contribuyen muchísimo a este país, pero a él no le importa porque se trata de querer hacer a Estados Unidos ‘blanco’ otra vez y enfocarse en complacer a la gente rica», compartió Nayeli Valdovinos, estudiante de último año, cuya familia es de México.

Para Acosta, profesor de español de herencia y también un inmigrante de El Salvador, las deportaciones masivas muestran enorme discriminación y prejuicio contra los Hispanos. «Siempre ha sido así, ir por los oprimidos. No va a arreglar nada», él dijo. «Muchos de mis estudiantes sufren de la discriminación, pero sus padres—y todos los inmigrantes—trabajan duro todos los días sólo para darle una vida mejor a sus familias».

Para Acosta, destaca la ironía de la retórica antiinmigrante. «Si realmente creen que los inmigrantes están destruyendo nuestro país, tal

vez deberían recordar que los primeros indocumentados que llegaron aquí fueron ellos, de Europa», él declaró.

Apesar del miedo y la frustración, la comunidad de Castro Valley ha respondido con mucho solidaridad y apoyo. Para muchos, esto comenzó con conversaciones difíciles pero necesarias.

«Lo primero que tengo claro es que ‘nadie es ilegal en tierra robada’», reafirmó el Troyano de tercer año. «Personalmente, tengo familiares y amigos que están tratando de mejorar sus situaciones migratorias. Ahora es casi imposible. Aun así, trato de informar sin causar demasiado miedo porque eso es lo que quieren. La administración quiere que tengas miedo».

Ortiz también ha navegado conversaciones delicadas. «Tengo tíos que, aunque tienen todos los documentos necesarios, ya no se sienten seguros. Y hablar con mis hermanos pequeños no es fácil, ellos también tienen miedo, piensan: ‘Ah, mis padres pueden ser obligado a irse’».

En el hogar de un estudiante anónimo de último año de Troyan, el miedo a la deportación se ha convertido en una realidad dolorosa. “Mi mamá ha vivido en

los EE. UU. desde que llegó de la Ciudad de México cuando tenía 14 años. Ha estado usando el número de Seguro Social de su amiga para trabajar, y las noticias sobre las deportaciones la han asustado mucho, especialmente desde que ICE ha estado en el Área de la Bahía,” detalló. «Recientemente también le pidió a mi hermana mayor que fuera al banco con ella para darle acceso a su cuenta en caso de que la deporten».

Para cultivar un ambiente de seguridad para los estudiantes, Ortiz y Profe Acosta, presidente y consejero del club Latinos Unidos de CVHS, respectivamente, dirigieron la distribución de «Tarjetas Rojas» del Immigrant Legal Resource Center (ILRC).

“Como educador, puedo representar a mi comunidad y, al mismo tiempo, animar a los estudiantes a no luchar físicamente, pero usa la educación como arma para vencer la opresión,” dijo Acosta. “Estoy muy orgulloso de que Latinos Unidos tomaron la iniciativa de hacer las tarjetas y repartirlas por el campus.”

Las tarjetas proporcionaban frases de ejemplo para las personas si se encuentra frente de un agente de ICE o la policía. «Queríamos crear conciencia y asegurarnos de

que todos conoce sus derechos», dijo Ortiz. «Nuestras tarjetas son para cualquier persona de cualquier raza que sea inmigrante. Muchas personas se acercaron y dijo: ‘¿Puedo tomar una tarjeta?’»

El Distrito Escolar Unificado de Castro Valley (CVUSD) también ha trabajado para garantizar la seguridad de los estudiantes. Los miembros de la Junta de Educación, incluida la fideicomisaria del Área 4, Sara Raymond, reafirmaron su compromiso a través de la Resolución 47-24/25. Muchos Troyanos Hispanos han expresado su gratitud por sus esfuerzos.

«Parte del lenguaje en ese documento de guía incluye una directiva para proporcionar un ‘ambiente de aprendizaje seguro e inclusivo’ y ‘crear una comunidad donde todos los estudiantes, la familia y el personal sean bienvenidos y tratados con amabilidad, respeto y dignidad», explicó Raymond. «Creo firmemente que todos los niños deberían tener acceso a una educación pública, sin importar de su estatus migratorio».

Si está interesado en obtener una Tarjeta Roja, hay una estación en la biblioteca. Por último, las reuniones de Latinos Unidos son todos los jueves en la sala 906.

Sacramento takes a stand on immigration

By Maxim Boychuk

Sources from the state capital expressed deep concern and worry regarding President Trump’s new immigration policies. The high influx of illegal immigration has been President Donald Trump’s greatest concern regarding national security. There is a strong divide between Republicans and Democrats on how to deal with the southern border crisis, and we brought some questions to the California State Capitol to see what our state politicians think about this controversial issue.

Trump is delivering on his promises to use Immigrations

and Customs Enforcement (ICE) and the military. The extensive use of ICE has been very controversial among Americans. Under Trump, ICE is deporting around one to two thousand people on average every day through raids of public spaces, waiting outside of people’s homes, and other techniques. Trump’s deployment of the military to the border added 1,500 troops to the 2,500 already stationed.

Danna Stapleton, the External Affairs Director for Lt. Governor Eleni Kounalakis stated that “we need to do better at the border,” but also built on what drives illegal immigration. Stapleton stated that the people entering the

US illegally mostly come for economic opportunities. She added that immigrants uphold the economy because of their role in the agriculture industry. Overall, Stapleton shared that immigrants give not only a boost to the economy but also to diversity.

When asked if criminals would remain in the United States without Trump’s policies, Natalie Pita, a legislative aide to Assemblymember Mia Bonta, answered, “The current federal administration is defining anyone who is in this country unlawfully as a criminal.” Pita didn’t make any further comment on gang members and violent criminals also being captured

by ICE.

While in front of the Capitol, there was a large protest against Trump’s policies, including immigration. Mexican flags along with other South American and international flags were flown in the crowds. Many protester signs also stated to “deport Elon Musk” because of his strong influence on Washington.

At the end of the day, Sacramento was strongly against Trump and his immigration policies, even though Trump’s previous record has outperformed Biden regarding illegal crossings. According to the US Border Patrol’s official record, Biden had 10 million border encounters throughout

his term compared to Trump’s 2 million in his first term. Per month encounters show that with Trump, the highest month was around 140,000 encounters, yet under Biden, the highest recorded month showed over 300,000 encounters. Despite this data, most in the capital still oppose the idea of deportations and believe that undocumented immigrants should be allowed to come to the border and remain in the country.

Regardless, the United States is moving towards an era of substantial mass deportation in which the Democrats, at the moment, have little power in Congress to support their own agenda.

Hundreds protest Trump Administration

By Amaya Rambel

Hundreds gathered on the steps of the California State Capitol, packed tightly and raising homemade banners. Their chants rang out in unison: “My body, my choice,” “Stop the coup,” and “Immigration built this nation,” accompanied by synchronized drumming and a chant leader with a loudspeaker.

On Wednesday, Feb. 5, protesters converged in Sacramento to oppose the newly inaugurated Trump administration, addressing a wide range of concerns, from immigration and civil rights to the influence of Elon Musk. This demonstration was part of the 50501 Movement, a nationwide effort with protests occurring simultaneously in all 50 state capitals.

The streets surrounding the Capitol swelled with demonstrators marching toward the heart of the action, many carrying colorful, creative protest signs. Messages like “Democracy is not dictatorship” and “Fascism always ends badly” stood alongside elaborate political cartoons.

Marie Noble and Uwe Schorkopf, a couple from Walnut Creek, voiced their concerns about the political climate. When asked what issues brought her to the protest, Noble responded, “Everything—Elon Musk’s unofficial involvement in everything, the vetting of government officials, and this right-wing fascist plan of Donald Trump.”

Schorkopf, reflecting on his

upbringing in Germany and having a Nazi father, expressed his dismay: “It is extremely disconcerting that this country, once a beacon of hope and justice, is facing this situation. I never thought I’d see this happening here.” He urged unity, adding, “We must all stand together. Go to school meetings, deal with the school board, start from the ground up. No more infighting; socialists and anarchists alike must unite against fascism.”

Other protesters echoed similar concerns. Debbie, who traveled from Los Angeles, declared, “I see an authoritarian takeover of the U.S. government, and I won’t stand for it.” Holding a sign reading “Nobody elected Elon,” she focused her protest on Musk, saying, “people are getting upset about Trump saying all this and that; it’s all to deflect from the fact that he put Musk in to take over the government.”

Raymond, another demonstrator, simply stated his reason for attending as “Supporting democracy.” Reacting to Trump’s comments on taking over the Gaza Strip, he called it “bizarre” and “a path to an unending, unwinnable war.” On the subject of Musk, he



People protest in front of the state Capitol in Sacramento.

MAXIM BOYCHUK

remarked, “He’s the president. Trump is the assistant deputy president.”

Many protesters made statements through costume, most notably those dressed as Captain America. One unnamed participant in costume, present since noon, remarked, “There are so many critical issues at stake here, and all of them are valid.” Asked about concerns

for the future under Trump, he emphasized, “The loss of our constitutional rights. The Constitution is the fundamental principle of America, and we take an oath to defend it.”

The protest remained strong

well into the afternoon, drawing people from all walks of life and from cities across the state. United by a common purpose, they stood together to oppose what they saw as a dire threat to their freedoms.

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Proportional grading is counterproductive

Editorial:

Proportional grading, a new grading scale which divides letter grades into equal ranges, seeks to reduce impact on student grades. For example, instead of receiving a zero for an assignment you would receive 50%, essentially causing grade inflation.

Starting next year, teachers may be required to either adopt a 50-100% or 0-4 grading scale. We at *The Olympian* are not in support of the push for proportional grading.

While proportional grading aims to motivate students, it could lead to students dropping assignments due to it not having as much as a weight on their grade. In actuality, proportional grading could backfire and be counterproductive.

If you were to get a zero on an assignment, it is likely not due to actually failing the assignment, but rather, failure to complete it. By being more lenient and giving students a 50% for a missing assignment instead of a



AMAYA RAMBEL

zero, it rewards unproductivity. We argue that if you did not do the assignment, you deserve the F.

In a survey recently conducted on proportional grading, the majority of CVHS teachers are against it. There is also a reason why so many teachers are against the forced implementation of

proportional grading. Many teachers at CVHS have been teaching for several years and would know what works for them and how they want to teach their class by now. In fact, proportional grading would throw that completely off given inflated assignments.

With that, it may be easier to

get a better grade in a harder class, or students would be able to skip various assignments and still achieve the grade they want.

If it were to be implemented in all classes including honors or AP classes, it would decrease the rigor many could be looking for and would no longer be a college preparation class, defeating the

purpose.

Overall, proportional grading just simply doesn't prepare you for college. While it might apply to high schools, it would not be implemented in college. With skipped/missing assignments, it builds on bad habits in high school and throws poorly nurtured students into the real world of college once again where the old grading system remains.

Instead of proportional grading, creating opportunities for students to retake/redo assignments for credit would be much more beneficial to both students and teachers. Failure to complete an assignment wouldn't be rewarded and the student would get the chance to make up and still learn and do the same amount of work as peers as an alternative to achieve a grade. It is a solution for students to still put in the work, not automatically inflate everyone's grades, and not push teachers into an entirely new grading system.

Beyond trophies: the true heart of dance



By Madison Lee

I held my breath as the loud music faded, and the announcer paused, preparing to reveal the results of the very first dance competition of the season.

"And in third place, entry number 322, *The Charleston Chasers!*" she said. It was one of my ballet pieces, and our group erupted into cheers. We quickly quieted down to hear the second-place announcement.

"Entry number 340, *Scottish Symphony!*" Again, it was

another ballet number of ours that I'd participated in and we cheered even louder.

"And last but not least, in first place, entry number 353, *Faith's Hymn!*" It was my studio's contemporary piece. Even though I was not a part of it, I felt an overwhelming sense of pride and unity in that moment.

I was beyond happy for my studio and teammates. The awards felt secondary to the experiences and connections we shared. I thought back to all the work and effort that led up to the weekend, and it was all so worth it.

Waking up at 5:00 a.m., I had gotten ready and set off to a hotel in Burlingame, where the convention and competition would be held. During the convention, I had multiple hours of dance classes and auditions, which was a huge part of the weekend.

Classes stretched from 7 a.m. to noon on Saturday, and from around 8 a.m. to 3 p.m. on Sunday.

The action-packed lessons were nerve-racking, exciting, and fun. In an hour, a dance combination had to be picked up, learnt, and performed in front of the choreographer. In auditions, dancers were grouped together and performed in front of judges, who would reward dancers with scholarships.

Throughout the weekend, I found myself trying to go more towards the front during some classes, to not only get noticed by different choreographers, but to get out of my comfort zone.

By the end of the first day, I had gotten my first ever callback, and I ended up in a small group of dancers who did well in the ballet portion. It was such an exciting moment for me.

While I did not end up getting any scholarships, I found the experience of the classes and auditions to be more valuable.

The fast-paced classes challenged me to think ahead and auditions gave me a glimpse to the pre-professional and professional dance world.

The energy in the convention room was contagious; other dancers would cheer and motivate others, even if they were strangers. It was a reminder

that beyond competition, we all shared the same passion for dance and that we were each on our own journey to grow and improve. We supported one another, no matter how different our paths were.

In the end, dance is so much more than the competition, awards, scholarships, or callouts. I think at the heart, it's about sportsmanship, support, and love for others - even the competitors.



THE CASTRO VALLEY HIGH SCHOOL

Olympian

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TROJAN TALK

Re: Trojans get a "Close Up" of Washington D.C.

"I'm glad this program lets students learn new things while letting them out of their comfort zones."

- Aaron Leonetti

Re: Trojans have a great time at Warriors Game

"It seems like *The Olympian* staff had a great time at the game."

- Sophia Owyang

Re: Support a TikTok ban

"TikTok is just like other social media apps and focusing on negative health effects specifically is biased and is usually because it's a Chinese social media."

- Kyle Mei

Re: Oppose a TikTok ban

"The government shouldn't be worrying about TikTok but things that are more important."

- Oscar Gao

Re: Lake Chabot: a place where nature and nostalgia meet

"Hey, it's me!"

- Nate Lyndon Barada

Re: CVHS honors its senior wrestlers

"I am so proud of the girls varsity wrestling program for working hard every day to represent our beautiful school."

- Giselle De Casas

Oscars celebrate indie filmmaking

By Maison Jordan

An aging actress’s terrifying search for her former glory. A young woman’s Cinderella story turned into tragedy. A European architect’s search for the fabled American dream. A Brazilian mother’s journey for justice under a dictatorship. These are just a few of this year’s Best Picture nominees. With such a stunning line-up, no one could have anticipated the direction the show would take.

Of all the night’s categories, both Supporting Actor and Supporting Actress were by far the most predictable. Keiran Culkin and Zoe Saldana finished off their respective Awards seasons sweep with the big Oscar. Culkin won for his performance in Jesse Eisenberg’s film “A Real Pain.” Saldana unsurprisingly won for her role in “Emilia Perez,” the

Oscar’s most controversially debated nominee this year.

“I’m Still Here” took home Best International Film, and many would agree that it may have deserved even more. It is the chilling yet beautiful story of Eunice Paiva, a woman whose husband was taken away by the dictatorship ruling her country. Fernanda Torres brilliantly



brings Eunice to life in one of the best performances of the year, a role that earned her a nomination for Best Actress.

Many viewers were sure that Best Actress was going to actress Demi Moore for her work in body horror masterpiece “The Substance,” but to the audience the winner was Mikey Madison, star of “Anora.” “Anora” is a film about a young sex worker whose Cinderella story turns into a tragedy after she is



Best Picture: “Anora”

taken advantage of by a rich Russian man who marries her. Madison’s performance is tender and beautiful, while also being harsh and nuanced. While some are upset about the win, it is hard to deny the beauty of the film and talent of the winner.

“Anora” went on to rack up the most awards of any film this year. It secured Best Picture,



Best Original Screenplay, Best Director (for director Sean Baker), and Best Film Editing.

Adrien Brody took home the Best Actor Oscar for his work in “The Brutalist,” a three and a half hour long epic about a European architect fleeing the second world war in search of the American dream. Brody also made waves with the longest speech in Oscars history, shushing the play off music to keep going far longer than anyone else that night.

The Oscars this year were a delightful celebration of what makes film important. Indie films were heavily rewarded this year, opening up new pathways for smaller non studio and micro budget films to get the recognition they deserve. Three horror films were also nominated for Academy awards, which is almost unheard of. Every year we enter new territory for the awards, and no one can anticipate what will come next.

“We Live in Time” breaks hearts

By Grace Lopez

Everything seems to be going wrong for Tobias. Currently living with his father, he works a dead end job at a cereal company. While going through a divorce, he’s locked himself out of his hotel room. Overall, he’s not doing well. As he is walking down the street, miserably, he is struck by a moving car. With this chance encounter, Tobias meets the love of his life, Almut, who becomes his future wife and mother of his child. “We Live in Time” is a 2024 film that represents the hardships couples face together dealing with the drawbacks of terminal cancer.

Tobias and Almut’s story is honest and comforting from start to finish. Starting with the opening scene, viewers are introduced to the complex chef, Almut, played by acclaimed actress Florence Pugh, along with male opposite, Tobias, played by Andrew Garfield. The film proceeds to go back and forth in the timeline of their whirlwind relationship. For the first half, viewers catch scenes of the middle and beginning of their relationship and are left to put the pieces together. The first few opening scenes give us a sneak peek into the birth of their child and other lighthearted family scenes. The beginning of the couple’s relationship will

take you away as they first meet when Tobias is run over in the busy streets of London. After he gets out of the hospital, they share a meal at a diner and their love story begins.

Up until Almut is diagnosed, the couple share lighthearted romantic experiences that build the foundation of their love. Almut is diagnosed with Ovarian Cancer, and Tobias begins to show his great gestures of loyalty and affection towards Almut as her illness worsens. A heartwarming scene of him shaving her head before she starts chemotherapy, along with him proposing to her, portray the vulnerability of Tobias along with the suffering Almut was experiencing.

The film demonstrates these topics in a technically beautiful way, with the use of a calm soundtrack over emotionally complex scenes that give viewers a sense of relief even while watching the couple suffer. Director John Crowley is known for this style of cinematography in his earlier successful films like “Aftersun” and “A Real Pain,” both featuring unique stories and sophisticated characters finding their journey through the long haul we call life.



“We Live in Time” (2024)



“XO Kitty” (2025)

“XO Kitty” series excites fans

By Yusef Scott

After eager anticipation, the second season of “XO Kitty” has finally come to Netflix. It’s been a full two years since the last season. Season two picks up right where the prior season left off, starting at the second semester of Kitty’s senior year.

This season presents new characters and conflicts that continue to develop throughout the season. One of the new characters is Stella, who creates conflict between Kitty and all of her friends. She’s terribly annoying, so her actor, Audrey Huynh, did a fantastic job.”

“Kitty’s teeth look terrible this season, her old ones looked way better, these ones are just too white and don’t look good but she’s still a baddie,” said senior Jayden Diep.

Kitty, played by Anna Cathcart, had some work done to “fix” her teeth. As a child she never developed some of her teeth, leading her teeth to develop without some of her front teeth. She decided to get veneers which many fans noticed.

There are also a number of new love interests, creating a number of problems throughout the season. Many of the situations felt too unrealistic to really be true which made it harder to immerse myself in the show. I know many of the

plots were not supposed to be entirely realistic, but some parts were just dragged on too much.

“I was able to really appreciate the representation of the LGBTQ community in the season, I’m glad characters within the community got their own plot,” said senior Avi Rajbhandary.

Within the new season was also brought side plots for characters like Q, Jin, and Yuri who are within the community and able to represent the struggles of being in a school system that doesn’t acknowledge them.

The biggest problem with the second season is that there is so much anticipation built up within the season just to end on a cliffhanger, similarly to season one. Some issues were resolved with non major characters but nothing happened with the main character Kitty, leaving many viewers disappointed.

“By the time the next season comes out I doubt anybody is still going to care, it already took too long for this season to come out and it was totally buns,” cried senior Jillian Epitacio.

The cliff hanger and long waiting time for a poor production turned some against the show like Epitacio, but the season had some good plot points that will help build into the next season.



Varsity basketball celebrates their senior girls

By Gavin Peters

With a roar of cheers from friends and family, Naomi Chew, Ava Kim, and Sofia Tom, walked out onto the court, starting the girls basketball senior night ceremony on Feb. 5.

Kicking off the celebrations, each senior walked out through a balloon arch, arm in arm with those who lifted them up throughout their basketball career. Each senior brought their loved ones, both the family they were born into and the one they made along the way, through the arch in honor of their contribution to their athletics career.

As each senior walked through the arch, another player would get on the mic and give a speech about her teammate.

“I enjoyed giving a speech for them [Kim and Chew] and everyone else just to thank them for the past years and memories,” said senior captain Tom.

Throughout the ceremony, the seniors had a chance to reminisce on their time on the team, with friends holding silly



Seniors Ava Kim, Sofia Tom, and Naomi Chew celebrate their accomplishments.

GAVIN PETERS

and supportive posters as their family and team rooted for them. Seniors shared touching memories, sharing how their basketball journey shaped them to where they are today.

“It was a memorable moment that made me grateful for the team I had and made me know that I was going to miss the seniors when they leave,”

reflected varsity freshman Sarah Yang.

“The ceremony was entertaining and it felt extraordinary, especially from seeing other people’s senior nights in the past it was crazy seeing how fast time went by,” said Tom.

Though the actual game was hard-fought and tough, it wasn’t

as important as the occasion and the people who showed up around them. The girls just wanted to have fun... and preferably win.

After the game ended, the team huddled together and congratulated their Class of 2025 teammates, bidding farewell to their time on the CVHS basketball court.

“Senior night was truly a bittersweet goodbye but I enjoyed spending that last game with my loved ones,” said senior captain Ava Kim.

Sadly, their senior night was right before one of our varsity boys basketball games, which caused a portion of the annual heartfelt closing celebration to be missed. Specifically, seniors would usually invite their loved ones onto the court after the game, receive leis, and take photos with friends. The team would shed happy-sad tears saying goodbye to the end of the 24-25 varsity girls basketball season and wishing the seniors well on their goals after high school.

“Senior night was definitely very memorable and it was really nice to have a night dedicated to the three of us, especially because I’ve played basketball with Sofia and Ava from a very young age. I truly enjoyed playing with both of them over the years. My favorite memory from my time on this team was definitely the potlucks we had and all the team bonding,” said senior captain Chew.

Boys soccer scores a quarterfinal NCS game



Boys soccer defeated Ygnacio Valley in NCS.

GRACE LOPEZ

By Grace Lopez

The boys varsity soccer team celebrated their senior night and marked their journey into the North Coast Section at Trojan Stadium against the Piedmont Highlanders on Feb. 13.

The game kicked off with starting forwards Dominic Bolender, Emilio Gutierrez, and Ali-Jandro El Sheikh. Sheikh and Bolender both scored against the Highlanders in the game. With many stoppages in the game, Trojans argued

that wrong calls were made, with illegal tackles being used to give Highlanders an advantage and Trojans conceding two goals.

The game ended in a tie, with the Highlanders scoring two goals to match the Trojans. Though the game ended in a tie, the senior Trojans are glad to have made it to NCS.

On Feb. 18, the Trojans moved into their first round of NCS against Ygnacio Valley (Concord) at Ygnacio Valley High School, ending with a win. Gutierrez and El Sheikh both carry Trojans with two goals assisted by Bolender.

“It felt good knowing that I scored, not just cause it was a game but because it was NCS,” said Gutierrez.

The defense did not let Ygnacio Valley concede any goals, with captain Ian Hsu building a defensive wall with Ebenezer Mahteme and Cristiano Duarte.

“I’m satisfied with how our defense did. We got good tackles in and didn’t concede more than two goals, but I think we would have won that game if not for the bad calls,” said Mahteme.

This game led the Trojans into the quarterfinals of NCS.

On Feb. 21, they faced Casa Grande (Petaluma) at Terra Linda. The boys went into the game motivated to make it past the quarterfinals, where their journey ended last season. Sadly, they ended on the same note with a score of 0-1.

Though they ended with a loss, captains Hsu and Bolender are glad to have made it to NCS. Hsu, senior, marked the end of his high school career with this quarterfinal game. But will continue his future in business.

“I mean we all wanted a different result, but I’m glad to have carried and played with these boys and looking forward to seeing where they go in the future,” said Hsu.

Bolender, who has been captain since his sophomore year, will hold his position into the next season and hopes to carry boys soccer further.

“I am very proud to be captain and to be a part of this team. I am grateful to have played with the seniors this year, and I will be sad to see them go, but I look forward to moving on to next year’s season,” said Bolender.

“I feel like the game was ours; our offense was dominating on the field, and all the while, we kept getting tackled.”

Tristan Ayllon

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Zander Harris lights up the court

Point guard makes first team All WACC

By Samuel Jarvis

CVHS has had many great basketball players and performances but Zander Harris has been a leader of the team and one of the greatest. Harris has played for three years on varsity as a point guard and shooting guard and is currently a junior. Harris's best performance was on senior night while CVHS was down by nine in the third quarter he hit six consecutive three pointers in

the fourth quarter to make the game competitive again. While the Trojans ultimately lost the game in overtime Harris' efforts took a game that would've been a blow out and took it to a one point overtime loss with heroic shooting and passing. "I thought myself how to play basketball I've been playing since I don't know when and it separates me from real life it's like meditation," said Harris. "I didn't expect it, I just came in with a lot of confidence and knew what I needed to," said Harris when asked if he expected his 37 point performance on senior night. "I felt let down because we should've won, I had went home and thought about how

the whole situation went down. I was proud of myself. I had to keep my team motivated even though we lost." Harris has received much credit for his performances. Most recently he was the only Trojan to make All WACC first team for basketball. "Keep chasing your dreams no matter what because all you gotta do is the same thing that you love all the time and you'll see improvement so do everything you love to do because life is short," said Harris. Harris is a great teammate, a great competitor and a great player and that's why everyone should be excited for his senior season next year where he can get even better at all three.



Zander Harris gets covered late in the game. SAMUEL JARVIS

Varsity girls soccer wins NCS games

By Natalie Le

The varsity girls soccer team fought their hardest this season. Throughout the season, they've won and lost their matches but still performed their greatest. The team won two NCS games and advanced past the first round of NCS playoffs for the first time in 20 years. The girls soccer team made it to the semifinals, but unfortunately that's where their season ended. "This season really proves to me how much perseverance is a thing because we started off rough and it was hard to keep going, but we made it all the way to the semifinals. So, I think it shows that effort will pay off," said senior Kiana Ayllon, one of the team captains. The first round of NCS was on Feb. 18 against Piner. They

held a close match, eventually going to overtime with a score of 0-0. As overtime ended, the score stayed the same, leading to penalty kicks. Goalie Kate Pereur saved two penalties in the shoot out. She also saved a penalty in the overtime segment. Lillian Cooke scored the winning penalty kick after each player took part in delivering theirs, bringing the team forward in victory. Castro Valley won against Piner with a score of 4-3. Passing the first round of NCS, the second round began. On Feb. 22, Trojans played against Freedom. Ayllon and Hailey Smith each scored goals, controlling the score to be in the team's hands. Rainey Rinaldi scored her first goal this season and then scored another. Her second goal sealed the win for Castro Valley, 4-1.



Lillian Cooke dribbles through contact. NATALIE LE

The Trojans fought in the games against their opponents during the past two rounds, fortunately having been strong enough to advance to the semifinals. On Feb. 25, Trojans went up against Petaluma. With consistent yet tireless fighting over the ball back and forth, the match went to overtime with a score of 0-0.

Similar to the first NCS round, the Trojans didn't give up. The girls kept going. However, as overtime came to an end, the score was still 0-0. This led to penalty kicks, which determined who would win the third round of NCS. Fingers crossed, breath healed, and mouths closed, everyone in the stands and on field watched closely as

the singular player prepared themselves for the kick. People in the stands roared as a kick went in or a penalty got saved. The girls on the field held each other tightly, cheering as well. Unluckily, the celebrations on our side came to a stop as our final kick missed the goal, the point being given to Petaluma.



The girls soccer team prepares to go into overtime. NATALIE LE



Eva Rodriguez chases down the ball. NATALIE LE



Lake Chabot: where nature and nostalgia meet

By Sharlene Goduco

The sun glistened over Lake Chabot, casting golden ripples across the water while the scent of pine and fresh earth filled the air. Laughter echoed from families enjoying a weekend retreat. For many, the lake is just a scenic getaway—a place to fish, hike, or kayak. But for me, Lake Chabot is a childhood playground and a place of endless discovery.

As a child, every visit to Lake Chabot felt like an adventure. My sister and I raced along the shoreline, daring each other to reach the water first. The lake was full of smooth stones, each one a tiny victory when we skipped it across the water. While my mom adjusted her camera for the perfect shot, I, never one for sitting still, tried to catch fish with my bare hands. Picnics were a tradition, but I spent more time exploring than eating.

Beyond the fun I had, Lake Chabot instilled in me a love for nature—the stillness of the



Sharlene Goduco admires the nature at Lake Chabot.

SHARLENE GODUCO

water, the rustling trees, and the beauty of simply being outdoors.

Years later, I returned with my friend Nate. The trails felt shorter, and the picnic tables seemed smaller. But the lake's essence remained unchanged, and with that, a new adventure

began.

We hiked the Bass, Columbine, Honker, and East Shore trails, surrounded by the same familiar beauty. The sun shimmered over the water, families gathered at the picnic areas, and the air buzzed with paddles slicing through the lake.

At one point, Nate found a lizard on the trail and, for reasons beyond my understanding, carried it for most of the hike.

As we walked, we stumbled upon a sign detailing Lake Chabot's history. Built in 1874, the dam was originally the San Leandro Reservoir, constructed

by 800 Chinese laborers who moved 600,000 cubic yards of earth to create the primary water source for Oakland and San Leandro. Learning about their resilience gave me a deeper appreciation for the lake—not just as a retreat, but as a place with a rich past.

Hiking toward the Chabot Dam, a fellow hiker passed by and casually said, “Don’t have small lungs, kids.” It was oddly wise advice, considering the uphill climb ahead. By the time we reached the dam, we were exhausted but happy.

Nate kept his lizard as we took in the view, the sun casting golden light over the water. Lake Chabot isn’t just a lake—it’s a time capsule of childhood adventures, a backdrop for new experiences, and a place where nature continues to weave its quiet magic.

No matter how many years pass, I know I’ll always find my way back, drawn to its familiar beauty and the memories it holds. And maybe next time, I’ll bring a lizard of my own.

Snowboarding down the slopes of Lake Tahoe

By Angel Chen

The icy cold snow covered my gear and snowboard as I slid off the ski lift. Walking with one boot tightly bound to the board, I headed toward the top of the slope with the board dragging behind me.

Sitting down on the side of the hill, I felt the ice-cold snow through the gloves as I strapped on my left boot.

Carefully standing up, I looked forward, my hands outstretched and my knees slightly bent.

With the tip of my board pointed diagonally away from the slope, I rode the heel edge and created semi-half circles. A rush of exhilaration rushed through me as I snowboarded down the slope, picking up speed.

Advancing towards the other side, I spun out of control and crashed into the

snow. This was one of the many tries where I crashed out.

However, I wanted that rush of exhilaration and was determined to try again. Closer to the bottom of the slope, I decided to go for it and ride to the bottom even though I hadn’t attempted snowboarding such a long distance downhill.

Riding the same way as before, I smoothly glided down, gaining speed. As I

approached the flat areas, I turned my board to the right to slow down, stopping perfectly before the ski lift line so I could go up again.

Before this experience, I never really found interest in snow sports, let alone snowboarding. It wasn’t until I went to Lake Tahoe with some friends where they taught me how to snowboard that I realized that this was extremely fun.

I was introduced to this

new world of terminology and technique that I’d never heard of before. With an amazing instructor, I quickly picked up the fundamentals and went for it, loving the experience of riding the ski lifts and gliding down the slope.

When I have the opportunity again to travel to Lake Tahoe, I hope to rent some snow gear and ride down the slopes once again to experience the challenges and fun.

Biking through the cold hills of Mt. Diablo

By Leia Kremer

As I’m pumping the pedals of my bike up the last and steepest hill, people move out of my way, cars slow down and wait for me to reach the top, bikers call out when they pass, and best of all, people cheer me on. They tell me to keep going and that I’m almost there. When I made it to the top of Mount Diablo at 3,426 feet and after 11.36 miles, my legs were shaking. I was congratulated when I finally sat down to rest.

Throughout the whole ride, I was thinking about how cold it was. Every corner

I turned, I was thankful for the mountains for blocking the wind. I rode with my dad and my mom. As my dad was turning a corner, a gust of wind pushed him towards the downhill. He almost fell off the cliff, but he caught himself and got back on the road.

As you ride on the road, you find that everyone is very nice. Pedestrians walk only on the side walks and trails, cars wait for bikers to get on the turnouts to pass them, and other bikers stay in their lanes and call out whenever they are passing.

Mount Diablo has been working hard to keep bikers and pedestrians safe. One of their biggest improvements

was the turnout. Turnouts are parts of the road where bikers can ride or pull over so cars or faster vehicles can pass. They are usually placed on the corners of the uphill parts. These turnouts are very helpful. Ever since the turnouts have been in use, bike and car crashes have decreased significantly.

Mount Diablo also has signs that remind bikers and drivers that it is illegal to ride/drive with headphones on in both ears. This keeps everyone aware of their surroundings and keeps everyone safe.

Riding down Mount Diablo was really fun yet also scary. You need to make sure that your brakes are in good



Leia Kremer bikes up Mt. Diablo with a breeze.

LEIA KREMER

condition because it is about 12 miles of steep downhill. I was keeping up with the cars and it was really cool. I felt very free and open. It was already cold on Mount Diablo so going down hill

very fast made it even colder.

My favorite part of the ride was the constant view of the mountains around Mount Diablo which was beautiful. That definitely made the ride very worth the cold.

Anatomy and Physiology amazes students

By Angel Ni

A fascinating course offered at CVHS is Anatomy and Physiology, which includes anything from dissection lab activities to studying the body's bones. Students will find this course to be both captivating and educational experience as it goes deeply into a range of topics. Students gain a clear understanding of human anatomy by studying the muscles in the body and learning about the complex structure of the eye. Dissections and other hands-on activities give the ideas life and help students relate theory to real-life scenarios. It's a fun class that gives anyone interested in medicine or health sciences a strong stepping stone.

As students walk into the classroom located in 714, different objects are placed

on the lab tables, whether it's models of certain body parts or interesting activities waiting to be discovered by the students everyday. Hands-on activities make this class so much easier and enjoyable.

Although dissections might sound intimidating at first, you slowly start to realize that it's actually a fascinating process as a way to learn more about topics regarding Anatomy. Other subjects and classes rarely get the opportunity to experience what they're learning about in person like this class does.

"I love collaborating with my friends to do the dissections, it's serious but puts hands on experience for learning," said junior Raine Avila. Partnering for lab work is an engaging and fun way for us to process this informative learning.

In this class, students often work together which lets them exchange ideas and



Ronan Sweeney and Raine Avila examine a model of the eye.

ANGEL NI

deal with challenging subjects along with collaborating at the lab tables everyday. Talking about the specifics of muscles, bones, and systems while hearing about another's opinions is super fun and engaging. By working together, the difficult material becomes more interesting and fulfilling, making a hard class much more enjoyable.

"I love teaching Anatomy and Physiology, as it is

a UC 'd' ["d" designates a laboratory science course from the UC a-g list] course that is good preparation for students for college, and the hands-on nature of the course makes it interesting and engaging to me and my students," said Anatomy and Physiology teacher Heather O'Connor.

Many have enjoyed the Anatomy and Physiology class offered here at CVHS,

which provides the ideal balance of textbook knowledge and practical exercises. It's a class that draws our interest and gives us a clear understanding of how everything functions, from dissecting animals to researching the body's processes. Being able to participate and witness science in action instead of merely reading and studying for it makes it that much better.

Students take a chance at the math carnival

By Michael Owen

If you like games based on chance, not skill, then the math carnival is just for you. Those of you who are sophomores, or have been sophomores, remember participating in the annual math carnival. On Feb. 11-12, Integrated Math 2 teachers collaborated to put this yearly event on.

"These games are all made for the students by the students," said Tagreed Badwai. "You can play any of them you want in exchange for one to three tickets, which are given to all the students."

Every student before entering the carnival received a certain amount of tickets so they could play the games available. Depending on the popularity of your game or how many people played it, determines the total amount of tickets you receive. Teachers also go around handing certain tickets to students with the best-made games.

The carnival featured intricate student-made games with all kinds of different prizes ranging from stickers and pins to cupcakes and chocolates. One game in particular had a boba-themed layout with prizes to this theme as well. Another game featured a wheel you had to spin that led to rolling a dice to win a prize.

"The games here are all based on probability," said a CVHS sophomore. "If you get a certain number on the dice you roll or get a certain number on a wheel, then you get to win a prize."

Students of all grades and classes were encouraged to attend this event, with many stopping by during their free period. The games offered a relaxing period for students to play and have fun.

Everyone seemed to have fun at the carnival and showing off their uniquely made games; this was a fun way to showcase the talent and creativity of students. Not to mention, it was a good time for everyone involved.



Students and staff admire the creation of their game.

MICHAEL OWEN

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BSU celebrates Black History Month

By Maxim Zhuze

The CVHS Black Student Union (BSU) hosted its annual Black History Month celebration on Feb. 13, an event dedicated to honoring the achievements and contributions of Black individuals throughout history. The festival featured student performances and discussions with Black community leaders from around the Bay Area.

The event started with an introduction from the BSU president, Naomi Melak, who took the opportunity to explain the significance of Black History Month to the event attendees.

She emphasized the resilience of the Black community and the importance of recognizing its ongoing efforts to thrive despite challenges faced both historically and in the present day.

“Black history is not just about the past, it’s about our present and our future,” stated Melak. “No matter what obstacles may be in our way, we shall overcome them and have our voices heard.”

After Melak’s remarks, the celebration continued



Guest speakers Niema Jordan and Arvon Perteet empower the audience.

MAXIM ZHUZE

with immersive student performances. Diego DeLaRosa captivated the audience with his moving rendition of Paul Lawrence Dunbar’s poem “Frederick Douglass,” which talks about how liberty should not be an ideological or political rhetoric but an inherent right.

Monroe Edwards then took the stage, showcasing his musical talent through a spirited rendition of George Clinton’s “Atomic Dog” dance that engaged the crowd and highlighted the importance of

Black cultural expression.

The student performances ended with junior Kalia Crane performing her own spoken word poem “The Black Reality” where she talked about the oppressive expectations the Black community has succumbed to and still succumbs to.

The event ended with a thought-provoking roundtable discussion led by BSU Vice President Ebenezer Mahteme. Mahteme posed insightful questions to a six-person panel

of Black community leaders from the Bay Area, sparking deep conversations about the current state of the Black community and how young people can contribute to social change.

One of the panelists, Black Program leader Rashad Timmons, encouraged students to take action in their own lives and fight for their own and others’ civil rights.

“Black history is still being written, and each of you sitting here has a role to play,” said

Timmons. “Your voice matters, your actions matter, and your future is in your hands.”

When the three-hour event ended, people left from the school cafeteria moved by the words of the students and panelists.

The event proved to be an enriching and inspiring experience for all who attended, reminding the students and staff at CVHS of the significance of celebrating Black history year-round, not just during February.

New PE program allows more flexibility

By Elliot Lucas

Incoming sophomores will be given the chance to use their participation in interscholastic sports, including football, spirit squad, marching band, and color guard, to get PE credits and an extra space in their schedule for elective classes.

Starting in next school year, CVHS will be piloting a program for an alternative way of getting PE credits. Athletes will have to complete a year of freshman PE. They can use their participation in sports towards PE credits in their sophomore year.

If athletes make the team, they will be given five credits for the whole school year—one semester of credit. If athletes don’t get on a team, they’ll automatically be placed in a sophomore PE class.

Since normal PE students get ten credits per year, athletes in this program must continue their interscholastic sport through their sophomore and junior years to get the full PE credit needed to graduate.

Student-athletes who quit the sport or don’t finish a season will not receive the PE credits and will need to take the full year of sophomore PE, either in their sophomore or junior year. Even if athletes do more than one sport per school year, they will only receive five credits toward PE.

This differs from independent PE classes now available at CVHS; this is a waiver for a chance to take other electives or have a free period. This way, students can complete their VAPA and CTE credits earlier or lower the load of classes they are taking. There are mixed feelings about this new program. “Professionally, it’s a little conflicting,” said PE teacher and Department Chair Nicole Manley. “It’s almost, in a sense, saying you can substitute activity for a PE class, but PE stands for physical education, so education is happening.”

CVHS is preparing for the influx of students going from PE to other classes and is even making PE electives available for sophomores to take, including athletic performance, strength and conditioning, and leisure sports. “I’m happy that we have caught up with the other schools’ PE credit program,” said Amy Encarnacion Naimaa, a freshman in marching band.

Other schools have their own version of this program, and students at CVHS may be asking themselves why they don’t have that option yet. CVHS wants to give its students that opportunity, but there will still be some wrinkles to iron out.

“It’s a pilot program; we have a lot of learning to do and how to tweak this and make it what’s best for students,” said Athletic Director Desirae Feria.



Varsity player Olivia Benson faces off against a Peteluma player.

NATALIE LE

► GRADING: from page 1

A large concern is with the impression of a student receiving 50% credit on an assignment when it actually corresponds to a zero, which has the possibility of sending confusing messages.

“The 50% floor is a really problematic way of implementing a proportional grading scale, but I do really like the four point scale or an F being from zero to 20% so that we don’t reward Fs and Ds over missing assignments,” said English teacher Trenton Logan.

With either proportional grading scale, zeroes impact

a grade less. For example, if students are assigned two assignments and have a disproportionate grading scale, a student that gets an A on one assignment and does not turn in the other will have an F, while a student that gets a B and a D on the assignments will have a C. With proportional grading, both students earn a C.

Proportional grading prioritizes grading solely on academic knowledge and learning, but one concern is the lack of incentive and the fact that these practices are not very prevalent in college or in jobs.

Although the district claims that “colleges often emphasize

mastery of content and critical engagement over test performance alone” and that “by aligning high school grading systems with these principles, students can transition more smoothly into higher education environments,” some teachers disagree.

“I am deeply concerned that giving a 50% for zero work will significantly harm the learning process and send students out into the world at a disadvantaged position,” said social studies teacher Sarah Burke. “I see this as a violation of the trust that students’ parents in the community have put in us to educate the youth.”

Underdogs become dawgs at dodgeball finale

By Sarada Khanal

Members of the Ianthecoolestasian team pat each other on the back as their team successfully beats BBBB at the dodgeball finale on Feb. 7. Holding their golden plungers up with pride, they are presented with a miniature gold trophy of a goat, declaring that they are, in fact, the G.O.A.T of this competition.

"They doubted us because we were the underdogs, but all that matters is that we were the dawgs," commented junior Maximillian Fruin amid celebration.

In order to secure a win, a team needed to win at least two of three rounds against each other. Rounds were won by eliminating the enemy team or scoring in the basketball hoop. The audience was captivated as these two teams put their all into the match.

As the blow of the whistle signaled the start of the first period, members of Ianthecoolestasian hastily shot forward to grab the

dodgeballs. Despite BBBB's attempt at capturing the dodgeballs, their team only managed to grab one, while Ianthecoolestasian secured the rest. With an advantageous start, Ianthecoolestasian swiftly knocked out their opponents, winning the first round.

The second period was much more eventful as both teams fought tooth and nail. Perhaps disheartened by their previous loss, BBBB came out with a fervor. Late into the round, BBBB had four members while Ianthecolestasian only had two remaining. Ianthecolestasian, however, fought back fiercely, knocking two of the opposing players out. As the timer came down to the final minute, both teams stood with two players left. If Ianthecolestasian won this round, they would instantly win the tournament. However, before it could go any further, BBBB managed to score a dodgeball in the basketball hoop, winning the round.

Now in the third and final round, both teams had a shot at the win. Students in the stands were on the edge of their seats as the shrill of the whistle



Brian Lam prepares to throw the ball at his opponent.

SARADA KHANAL

commenced the start. Within seconds of the whistle blowing, Ianthe coolestasian rapidly began knocking out members of the other team. Before long, BBBB was down 5 members while the other team still had all

six. The last remaining member of the BBBB tried dodging the balls while attempting to score in the basketball hoop, hoping to end the round quickly. After a few failed attempts, a member of Ianthecoolestasian, landed

the final elimination, securing their victory.

"We were a tougher team; that's why we won. We had good teamwork and we were simply better," said sophomore Niko Kaneshiro.

Teens wary and aware of online content with AI, study shows

By Victor Bahng

With so much content on the Internet, worries have grown over making the distinction between what is true and false, especially with the increasing prevalence of artificial intelligence (AI). A recent study surveyed teens on their experiences with online content, fake and AI-generated, and the effects of its impact.

Held by Common Sense Media (CSM), a non-profit organization, the study's report focused on five key findings related to the impact and future handling of AI. Teens were initially asked about their specific interactions with fake and AI-generated content, revealing that 35% of teens reported being misled by such content.

When asked how AI will affect their ability to trust the accuracy of information online, 35% believed AI will make it harder. Additionally, 68% of 403 teens who had seen images and videos that were real yet misleading report changing how they assess the accuracy of content online. The report made note of this apparent skepticism shown by teens on AI, and built upon it in other key findings.

"I think AI is really driven by popularity and who's clicking what," said English teacher Jennifer Clyde. "In maybe five years, it'll be something we can incorporate into how we teach, write, and things like

that. For now, we just have to be like ‘Whoa, make sure you’re double-checking.’”

The third key finding was on whether 452 teens admitting to using generative AI for school had found problems with its output.

Problems were reported to have been noticed by 39% of teens, however 36% reported not noticing any. The report concluded that the finding highlights an importance to help teens critically think about AI content through the necessary tools and skills, and also overall improving the reliability of AI.

“I’ve seen decent answers with [Google’s Gemini artificial intelligence chatbot] on general topics like math. It’s helped me a good amount,” said junior Caden Chin. “But with lesser known topics like current issues, it really shows it’s not truly, 100% reliable.”

AI has gained enormous traction since the launch of ChatGPT, just as tech companies intended. However, as it continues to expand, 47% of teens reported having little to no trust in tech companies to responsibly use AI.

On whether major technology companies could be trusted to care about their well-being and mental health, 64% reported they'd hardly ever or have some trust in them.

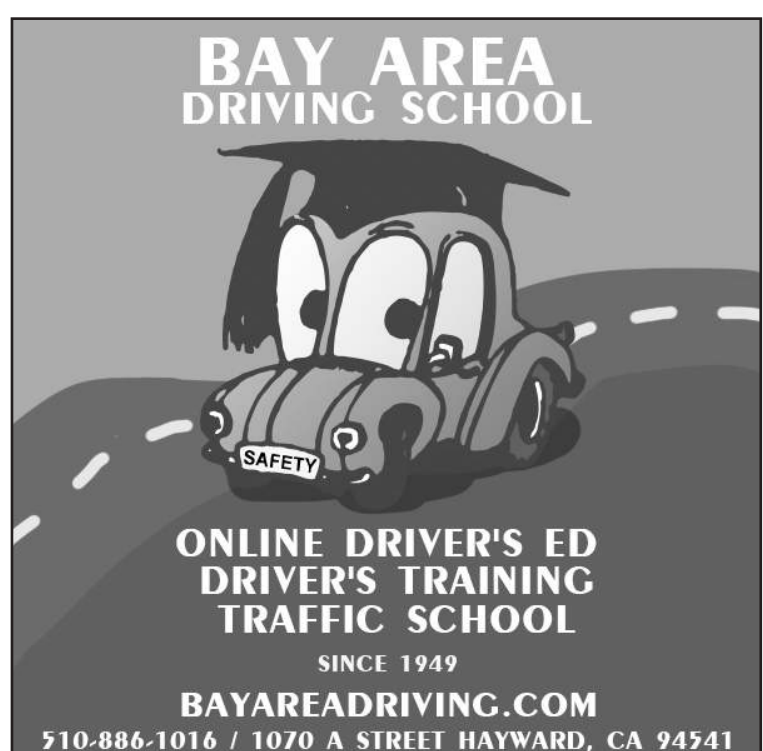
A majority of teens, 74%, are in favor of safeguards and transparency to manage AI use. AI-generated content being watermarked for being made



VICTOR BAHNG

by AI was one safeguard 73% of teens rated as somewhat or very important. “I think it’s fine if like YouTubers get inspiration using AI, but the vast majority who use it just make AI YouTube shorts to get quick views,” said senior Alex Chen. “It takes away from YouTube’s platform of always being innovative.”

The full report, titled “Teens, Trust, and Technology in the Age of AI,” can be found at commonsensemedia.org, along with a similar study on the general impact of AI on teenagers so far, also organized by CSM. Both were based on sampling done between March and May 2024, and in today’s rapidly changing world, this data may already be irrelevant.



Congratulations to our new school officers! The Trojan community can't wait to see your leadership next year.

25-26 SENIOR OFFICERS



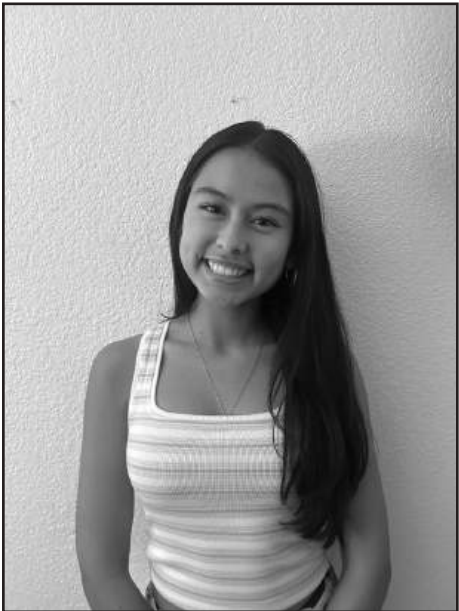
Senior President: Olga Volynets

"With my ability to adapt, collaborate, and lead, I'm ready to make our senior class feel like family."



Senior VP: Elle Thompson

"I want each and every student to have felt involved in their senior year and be able to create many memories to look back on."



Senior Treasurer: Bella Musson

"My main goal is to ensure responsible and transparent management of class funds and that everything is organized and in order."



Senior Secretary: Leah Poon

"I want to take action, listen to your ideas, keep you updated, and make our final year memorable!"

25-26 JUNIOR OFFICERS



Junior President: Alex Winn

"I have been actively involved in school activities ever since my 8th grade year when I took on leadership as a class."



Junior VP: Nikolai Kaneshiro

"I have strong leadership and collaborative skills, two factors that assist in being a good officer."



Junior Treasurer: Sambhav Karki

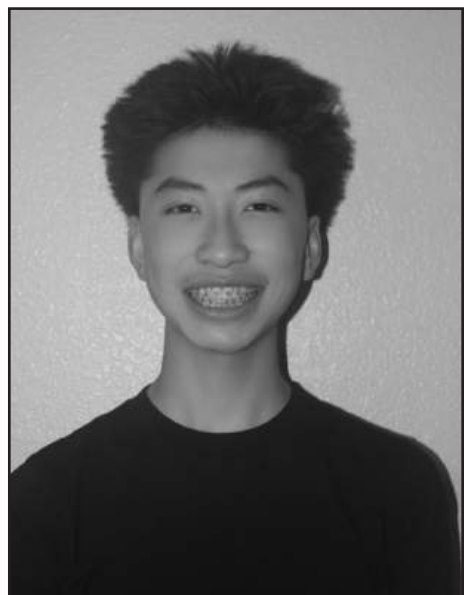
"I am qualified for this position because throughout middle school I was heavily involved in leadership and I was a representative for the student body."



Junior Secretary: Dylan Hidayat

"I am a very organized and kind person. I know most of my class and how to be a leader. I care about everyone and genuinely want to hype up our sophomore class."

25-26 SOPHOMORE OFFICERS



Sophomore President: Dylan Kwan

"My involvement in basketball has taught me the value of teamwork, discipline, and perseverance which are all qualities that are essential for leading our class."



Sophomore VP: Tamdin Bista

"With the new knowledge I have gained, I hope to overall improve our class and lead us to new achievements."



Sophomore Treasurer: Chloe Kim

"I am on the varsity dance team and maintain straight As which shows my great time management and I always put 100% of my effort in to everything I do."



Sophomore Secretary: Sophia Bonilla

"As your Sophomore Secretary, I am willing to offer my full attention to what the student body wants!"