

Olympian

THE CASTRO VALLEY HIGH SCHOOL



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VOLUME 62, ISSUE 8

MARCH 22, 2019

WE ARE BORN TO SEEK THE TRUTH!

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Juniors jump, sophomores slump

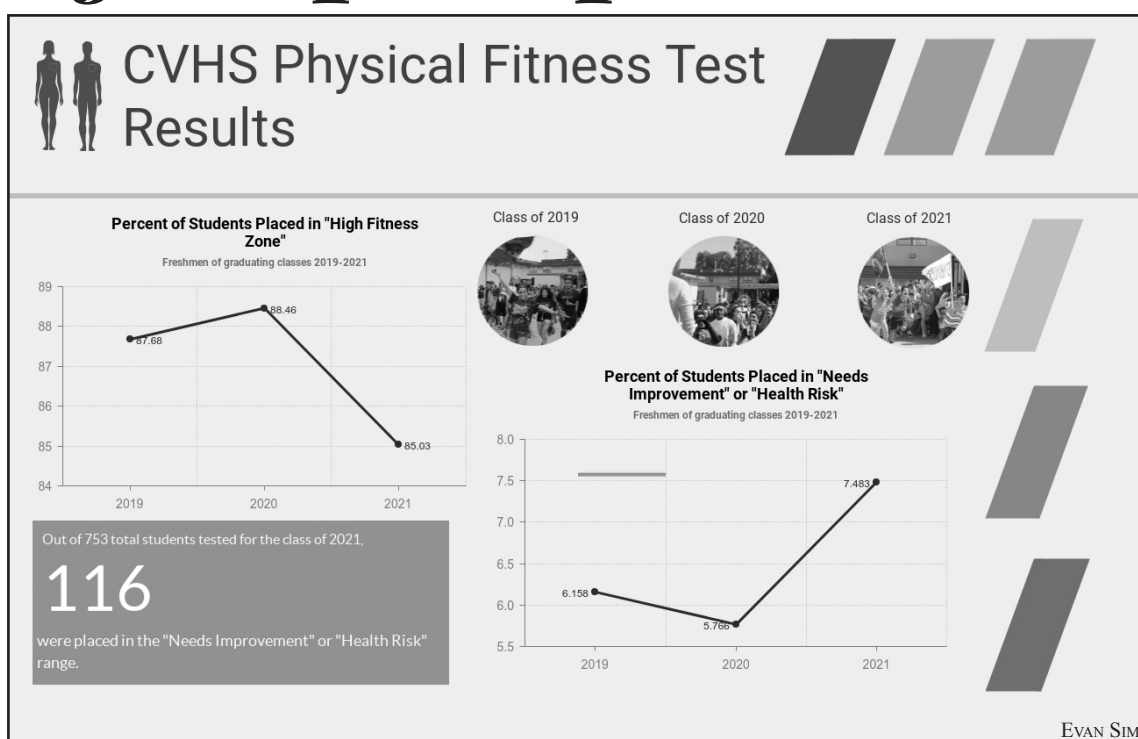
Fitness tests
show decline,
class of '21
scores lowest

By Myla Ogle
STAFF WRITER

CVHS juniors jumped into first, sophomores slumped into last, and seniors slid into second, according to state physical fitness testing.

California Physical Fitness Testing evaluates students every year in grades five, seven, and nine.

This test consists of five components of fitness which include aerobic capacity, abdominal strength, upper body strength, body composition (through height and weight), and flexibility. There are three important categories that show scores: the "healthy fitness zone," "needs improvement" and "health risk" categories.



In CVHS testing completed in freshman years, the Class of 2020 (currently juniors) placed 88.5 percent of students in the "healthy fitness zone," in an average of six fitness category scores.

Members of the Class of 2019, now seniors, scored 87.7 percent. The Class of 2021, now sophomores, had

the lowest results in the healthy fitness category at 85 percent.

Over the course of three years, CVHS students' results have relatively been all over the board. What variables play a role in this?

"The students' ability to get into the healthy fitness zone matches up with the

lack of participation," said CVHS P.E. teacher Nicole Manley.

The physical test is important for the P.E. curriculum because it is a beneficial benchmark for the participants. It is a helpful evaluation for students to see where they are at in terms of progress. Many P.E. teach-

ers in the department do baseline scores and start these in the first two weeks of school and assess the students throughout the school year to see the students overall improvement.

But students do not face consequences depending on their performance. The test

"I just didn't see a point."

Hayden Matawaran
Junior

does not count toward the students' grades and this can be a major factor towards the lack of participation.

"It is not live or die" to the students, said Manley.

"I literally did the bare minimum just so my teacher would give me points for the day. I definitely think students would have worked

► See **FITNESS**: page 8

Celebration features black students' talents

By Rachel Stein
COPY EDITOR

In a night filled with art, performances, and proud friends and family, the Black History Month Celebration truly showcased the many talents of African American students. Hosted by the African American Parent Advisory Council and Black Student Union (BSU) on Feb. 27, the celebration featured a gallery walk displaying student art and live performances.

The eclectic art gallery included photography, paintings, mosaics, engineering projects, ceramic pieces, and more. The subjects of the works varied from black history and culture to science and everything in between.

"I decided that I wanted to show my love for women of



RACHEL STEIN

CV Step Squad performs a step dance at the Black History Month Celebration on Feb. 27.

color and my intention of my piece was to show my solidarity and present how women, black women, are beautiful," stated junior Addie Bukhari, who presented her painting "A Woman's Touch" and

performed a related poem of the same title. "My piece is a hand coming out of roots, symbolizing the beauty and power of black women and how it's been embedded in our history, for so long, and if

you open your heart up, they (women) have the capability to fill the world with positivity and joy."

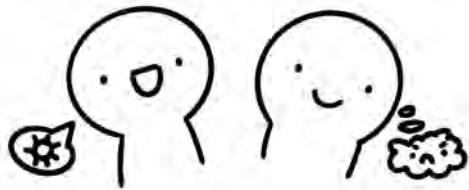
Meanwhile, the performances were just as diverse. Students performed songs

and poems, some of which were original compositions, along with monologues and dances that engaged the entire audience.

"I think it was a really great showcase of black excellence and I was honored to have the opportunity to perform," said senior Bune Locke, who sang a rendition of "Lift Every Voice and Sing."

After many events at CVHS, such as a former Black Panther speaking, thanks to BSU during Seasons of Service, Period of Peace (SOSPOP), this celebration was an inspiring way to end Black History Month.

"During SOSPOP we honored Black History, but during the celebration we put a spotlight on the students at CVHS," stated senior Layne Johnson, BSU president.



New Trojan Time is better than old



Editorial:

The new Trojan Time system has finally been put in place, following its predecessor from the fall semester. What used to be a designated time slot for “community building” activities is now a mixture of open office hours and study

hall. This new format allows for students to pick any of their own classes to attend, although teachers may edit their choices. During this time students can ask questions, make up tests, do late or missing assignments, or simply study. Trojan Time also shortens the

regular block periods, which comes as a relief to many. While this system is much more effective than that of the fall semester, it is not perfect. Many students who aren’t compatible with their own teachers’ methods find it more helpful to visit others, which isn’t allowed with the current

Trojan Time. In order for this to be fixed, there has to be a change in the teachers’ contract. Since the program is fairly new, there are still plenty of possibilities for change. The program used for Trojan Time, the TeachMore system, also has its own faults. When

classes are full and the teacher makes a change, like moving one student out to make room for another, there is no notification system to inform the student of their schedule change. Despite these shortcomings, Trojan Time is a valuable addition that we at *The Olympian* support.

Are history classes delving deep enough into our dark past?



By Katrina Siler
STAFF WRITER
AP U.S. History (APUSH) is easily one of the most important classes I have taken in high school. APUSH has sparked my love for history to greater lengths than any other class has; it has helped make my ambition to be a history teacher obvious. I gladly

and willingly participate in every class activity, simulation, and discussion. However, I have come to the conclusion that some of our in-class simulations may be problematic in that they encompass racist undercurrents. One of the very first activities in APUSH is a simulation of the U.S. constitutional convention. Each student was assigned a state to represent during a debate on whether or not slaves should be included in population count in regards to Congressional seats. Our teacher explained that delegates representing slave states should argue that slaves should be included and those representing free states should argue that they should not, with the goal for each state

being greater federal power. The competition took away from the fact that we were debating the worth of a human being. No one argued that slaves should be counted as part of the population because they deserved basic human rights. Most argued that it cost money for the state to support them so they should therefore receive support from the House. AP students are competitive in nature. If you give them a challenge, not many of them will stop and analyze the things they are actually saying. Most will say anything to win. As I say this, I take full responsibility for my actions. I’m completely guilty of blindly participating in mildly racist APUSH simulations. I was

one of four students that participated in a debate over whether the U.S. should annex the Philippines. Our debate was said to have taken place in the early 1900s, so I bluntly included the idea that Asians were inferior to the Anglo-Saxon race in my argument. The issue is not that our activities are set in a time of extreme racial tension, it’s that we do little to acknowledge how problematic our statements and actions are. Before we do any activity that involves racist views, my teacher gives a disclaimer that the things we say shouldn’t accurately reflect our own views; they should reflect the views of someone living in the time period we are simulating. While

this disclaimer is important, it doesn’t do enough. We are allowed to be racist in activities that we barely focus on race. Race is a component in every simulation, but it is never the main idea we perpetuate; it’s merely the side effect of our real intention. The solution is to still play these activities but instead put a greater emphasis on race. Of course, these simulations are valuable to the course in that it allows an alternative to lectures. However, the racist undercurrents of these activities may need to be further examined. In order for these simulations to be less problematic, they must put a greater emphasis on our hateful speech.

PHOTO Opinions What do you think of the new Trojan Time?



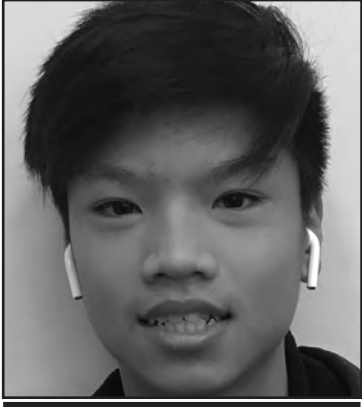
“ I like it; it gives me a chance to get caught up on homework. ”
David Ferreira
freshman



“ It’s helpful for the people who need it. ”
Maddie Huffstutler
sophomore



“ I believe the ideal Trojan time is very good however it is carried out chaotically. ”
Andy Yang
junior

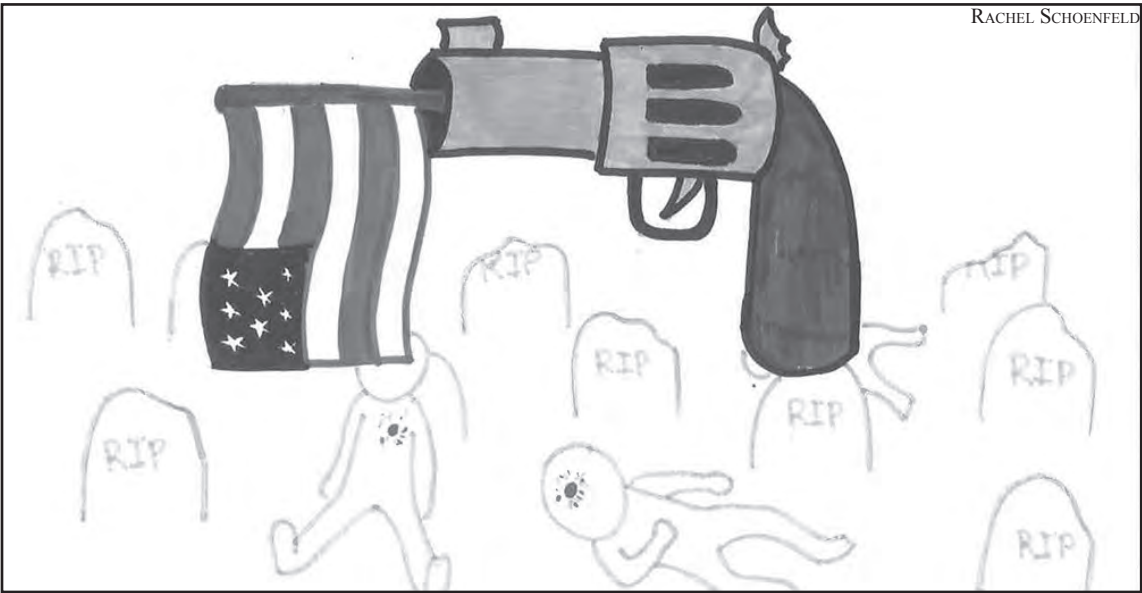


“ I’m happy I have Trojan time because I have time to get extra help on classes that I’m struggling in. ”
Phi Dao
senior



“ I think the students like it better, it is more valuable to them. ”
Peter Young
teacher

Ending gun violence begins with the individual



By Natalie Costello
STAFF WRITER

A moment from the play “Shear Madness” at the Kennedy Center brought the issue of gun violence to me in a personal way. “All right no one is leaving the building,” two acting detectives say as they point their fake guns at the audience. Just like that, the lights shut off. I began to think of my cousins, my parents, my family and how much I would miss them. I discovered how it feels like to face death. My stomach hit the ground and I grabbed my friends’ hand hoping that this wouldn’t be our last minute together.

Luckily the lights turned back on and the play continued. I tried to watch the rest of this murder mystery show we were attending but I couldn’t move past what had just happened. Children nationwide have felt this feeling with all of the gun violence that affects our youth and what we aren’t doing to stop it.

Thousands of children nationwide including myself have experienced the toll gun violence takes on an individual.

The Never Again Movement began last year on Feb.14, 2018, after the shooting at Marjory

Stoneman Douglas High School in Parkland, Florida.

But since then, another school shooting happened in Santa Fe, Texas and that was just one of the many shootings. In the 12 months since Parkland, about 1,200 more children have died from gun violence, not to mention many more thousands of adults.

Parents and children have pleaded for new federal gun control laws but none have passed Congress.

As each school shooting occurs it makes children more afraid to go to school. We wonder if it will be the last time our mother drops us off for school or when the fire alarm goes off, if there is an actual fire or if there is someone waiting with a gun pointed at us.

Children shouldn’t be afraid to attend school. Yet here we are one year after the Parkland shooting and there have been countless school shootings after what was promised to be the last.

Children are dying at a place where they are supposed to gain more knowledge. Instead, their time is being taken by completing drills in the likely event that there is a school intruder. Students at CVHS completed the ALICE drill in February and many didn’t

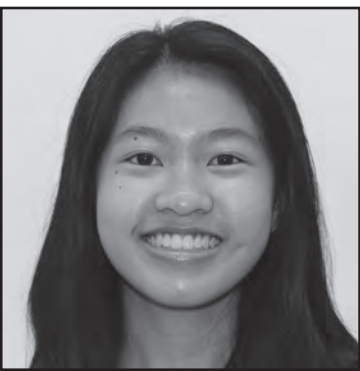
take it seriously. In the world we currently live in, gun violence needs to be taken seriously because it is now a likely event and it is life or death.

President Donald Trump recently declared a national emergency for building the southern border wall. Speaker of the House Nancy Pelosi has suggested that he call a national emergency on gun violence and require universal background checks for gun sales.

Let’s keep in mind that the Constitution was written when not even all people were allowed to attend school and they had to bear arms in order to protect themselves against other individuals for their land. The founding fathers never imagined that there would be shootings in schools and many Americans probably thought the same thing two decades ago. The argument is no longer valid that you have a right to bear arms when guns hurt so many people. Many gun owners haven’t had a thorough background check that probably would have prevented many shootings.

Something needs to be done regarding gun violence. Children should not be afraid to go to school. It starts with you and me.

Climate change is real; start saving the Earth



By Tiffany Ho
STAFF WRITER

The topic of global warming and climate change has always been controversial. Is it really occurring because of human activity? Is it really as important as everyone else says?

The truth is, global warming never left. It has always been here and it’s only getting worse.

Neglecting it will not only cause the environment to suffer, but we will as well. Many new diseases will spread and the melting of the glaciers will cause us to lose some of our fresh water. Extreme temperatures will cause both wildlife and people to suffer.

Recently, the United States received first-hand experience on this, facing its coldest temperature: -59 degrees Fahrenheit.

An area of low-pressure, cold air (known as the polar vortex) slowly shifted down to cover the Midwest, causing the extreme cold that many Americans have been facing. While ice and glaciers are melting at the North Pole, Americans are suffering from this Arctic weather. The vortex usually covers the North Pole, but occasionally shifts over to America slightly, but nothing this severe has ever happened before.

“In the beautiful Midwest, windchill temperatures are reaching minus 60 degrees, the coldest ever recorded. In

coming days, expected to get even colder. People can’t last outside even for minutes. What the hell is going on with Global Warming? Please come back fast, we need you!” tweeted President Donald Trump.

Trump has made it known to all of us that he doesn’t believe in global warming, claiming that it is a “hoax.”

Early in June 2017, Trump withdrew from the Paris Climate Agreement, whose purpose was to reduce carbon emissions and try and prevent global warming from worsening over the years.

Many environmentalists were appalled by his actions; studies have shown that Americans will suffer in the future due to major droughts and more severe natural disaster.

But Trump isn’t the only skeptic of global warming: there are many others out there.

Extreme temperatures are clear signs that global warming is very much apparent in our everyday lives.

With the increase in human activity, we have been producing more greenhouse gases than ever before, so the environment has been changing rapidly.

Climate change and global warming are present in our everyday lives and the problem won’t go away overnight, but small things such as reducing water waste and driving less can all help reduce it.

Many people take things on the planet for granted, but one day everything will be gone due to climate change. Before we know it, everything around us will be different than what we remember, so it’s up to us to stop it and help preserve the environment.

Would you want the future generations on the earth to grow up without seeing half of the plants and animals we see today?



THE CASTRO VALLEY HIGH SCHOOL

Olympian

The Olympian is a publication of the journalism class at Castro Valley High School, 19400 Santa Maria Ave., Castro Valley, California 94546. © 2019

Editors-in-Chief.....Nathanial Ortiz
Ria Panjwani

News Editor.....Derek Neyer

Opinion Editor.....Andrew Watanabe

Feature Editor.....Jenny Pham

Sports Editor.....Thomas Vergara

Arts and Entertainment Editor.....EmmaYin

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Copy Editor.....Rachel Stein

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Advisor.....Matt Johanson

An inspiring CNPA conference



By Myla Ogle
STAFF WRITER

The California News Publishers Association's Capitol Conference in Sacramento on Feb. 5 was truly inspiring day, full of meeting newspaper editors and publishers in addition to hearing from several top state politicians.

“In this transition, voices like yours, doing the work you are doing... is more important than ever,” said Lt. Governor Elini Kounalakis.

CVHS journalists were the

only high school students to attend and it was an amazing experience. It was intimidating to be the only young adults at the conference but all the politicians were extremely kind and grateful we attended. Various speakers gave valuable speeches. My personal favorite was when the Board of Equalization (BOE) came to the stage. The BOE serves the public through fair, effective, and efficient tax administration.

This was the first year when a huge stepping stone was reached. The first African American woman, Malia Cohen, and the very first Latino man, Tony Vasquez, joined the BOE after winning election last year.

Fiona Ma, the first Asian American woman to be the treasurer, also gave an entertaining and compelling speech. While in her childhood, Ma’s parents did not want her to run for office,

yet she still persevered to succeed in politics.

Kounalakis was captivating when she took the stage! She was too a reporter for her high school newspaper.

“The ability to have high quality, verifiable, true, information get to our communities is essential for a healthy democracy,” said Kounalakis.

Kounalakis is Greek American and has always believed in free media. Her plan is to promote higher public education, ensure more access to schools, and bring awareness to environmental issues.

“Without good, reliable policies, we will fall into chaos,” said Kounalakis.

This conference was super encouraging and inspirational to attend. I am beyond excited that more women are getting involved in politics and I believe it is great for our society.

Club cares about animal rights



BRITTANY BIN

Alina and Alan Huang host monthly pet food drives outside the Castro Valley Pet Food Express to feed rescue animals.

By *Brittany Bin*
STAFF WRITER

CVHS has a new Animals' Rights Club and it is making several changes to our school community. The club was started this year by the sibling duo, Alina and Alan Huang. Both of them always had love and passion for animals. They were horrified after witnessing videos on Instagram of the cows being abused and killed to be used for human meals. The purpose of the club is to inform people on the several issues regarding domestic and wildlife animals.

"I grew up loving animals and was shocked to hear that there hasn't been an animal based club for over ten years," said sophomore Alina.

On weekends, the club holds events with the Factory Farm Awareness Coalition (FFAC). One notable event was the Vegan Mac Down, a bake-off to see who can make the tastiest vegan mac and cheese. In the future, the club will volunteer at events held by the East Bay Society for the Prevention of Cruelty to Animals.

"We also host monthly pet food drives outside the Castro Valley Pet Food Express and all donations go to the Oakland SPCA shelter to feed the rescues. We typically collect \$200 to \$500," said senior Alan.

The club also offers internships with FFAC; Alina has one such position. Right now there are no more spring internships,

but summer internships are still available.

Alina has also recently decided to become vegetarian and move towards becoming vegan. Since the beginning of the school year, she has been cutting down on any kind of animal meats. She's even tried vegan chicken.

"Becoming vegetarian was fairly easy to me. I started cooking my own food more. I didn't get much support from my strict parents and the hardest part is avoiding sushi," she said.

The club meets on Thursday at lunch in room 716. The science teacher Basudha Mukherjee is the club's supervisor. The club also works with CVHS bookroom attendant Jennifer Oliver, who helps coordinate events and suggest projects to take on. Oliver also volunteers weekly at the EBSPCA.

During club meetings, there is a topic that all of the club members discuss. They usually discuss about deforestation, factory farming, plastic use, animal testing, plant-based lifestyles, dead zones in the ocean, overfishing, fur clothing, and abuse of domestic and farm animals. Occasionally, there are guest speakers from EBSPCA and FFAC.

The Animals' Rights Club has already helped our community on the inside and the outside. You can show your support by attending the meetings or participating in their pet food drives on weekends.

SF celebrates Lunar New Year

By *Elena Lottich*
STAFF WRITER

The bang of the firecrackers turned all heads to the lion dancers in the street. The crack of the drums signaled the marching bands were approaching. The cheering of the crowd made for a lively and festive embodying the atmosphere for the 2019 Chinese New Year Parade on Feb. 23, 2019.

"The symbolic color of red was everywhere. Gold colors decorating floats and costumes, represented what my culture believes will start a new year strong and wealthy," described senior Haobin Guan about the festivities.

Chinese New Year, which traditionally takes place on Feb. 5, was celebrated in the Bay Area and on CVHS campus through a cultural diversity SOSPOP week and the annual parade in San Francisco.

Featuring major businesses, community organizations, and various Chinese cultural groups

from the Bay Area, the parade was a hit. It also rang in the new Miss Chinatown USA and celebrated with the lighting of firecrackers along with the UC Davis Marching Band.

Overall it was a great celebration of the Lunar Year of the Pig and the symbolic beginning of new beginnings for the Chinese community.

"Chinese New Year is the Chinese festival that celebrates the beginning of a new year on the traditional Chinese Calendar," said Guan. "It is associated with several myths and customs that are represented through dragons and lions that are seen in the parade as well."

The parade was broadcasted and was a popular activity for many volunteers and viewers. Floats such as Lucky, Recology, Bank of America, and the San Francisco Giants were included in the parade, readily greeting attendees.

Some students from CVHS attended the festival and parade. Many attending as volunteers

were able to either represent their culture and be part of the parade.

"Helping sell the raffle tickets was fun. My friends and I took turns using the microphone to advertise in four different languages and that ended up attracting lots of people to our section of the festival. I'm really glad to be a part of the festival to promote Chinese culture in the United States," said senior Christine Wei on her part in the festival and parade.

Chinese New Year was also represented at CVHS as well. On campus clubs such as DECA, Inspire, and DSLA held a dumping making party in celebration for their week of SOSPOP. The event rang in new members to learn about the holiday and it's meaning.

The annual Chinese New Year Parade in San Francisco was a great hit and a cultural representation of the celebration of the new year for the Chinese community.

DECA presents new coffee business



NATHANIAL ORTIZ

Founders Olivia Cook (left), Katelyn Lance (center), and Jasmine Morfin-Guzman (right) prepare for another busy day of serving coffee, tea, and baked goods.

By *Nikita Thomas*
STAFF WRITER

Peet's Coffee and Starbucks have a new rival now: the CVHS DECA Undergrounds. The DECA team has started a new coffee business to raise money for students so they can attend DECA events like conferences.

"Undergrounds is a school-based enterprise that raises money for the Castro Valley DECA chapter. The idea was started by our Vice President of Finance Jasmine Morfin, and we've been very appreciative of teacher support," said senior Katelyn Lance, co-president of DECA.

With the help of famous national coffee brands like Peet's, Dutch Bros, and Hawaii Coffee, the students were able

to receive over 70 pounds of coffee and tea. Pastries are also available to buy along with the coffee and tea. Teachers have the choice of buying prepaid cards, if they don't always have money on them.

"We sell frequent buyer cards to teachers, so they can order in bulk and our coffee and tea is only one dollar," said Lance. DECA also offers meal deals where teachers can receive small discounts.

DECA advisor and marketing teacher Michelle Stephens is very proud of this new business created by her students. "I love it. I think it gives them an opportunity to really transfer what they're learning in the classroom to something real. We call it our 'small business enterprise.' It also gives them an opportunity to actually

practice product development, marketing research, pricing and emotional strategies," said Stephens.

Teachers and staff members can contact DECA through remind or email to place their orders. Every morning, students who are trained with delivery service will start distributing the orders. Undergrounds began around January and has made about \$1,300 so far.

"Companies have been exceptionally gracious about donating. Their social responsibility has been far reaching, we didn't even expect to get all that we have, we have such large inventory, we've got everything. It makes DECA more affordable for students and this is a way we can provide some type of relief financially for students," said Stephens.

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“Mamma Mia:” A heartgripping story



ELENA LOTTICH

Harry Bright, played by Steven Uyeda, stands in the foreground as Donna Sheridan, Gigi Bjork-Nelson, sings.



ELENA LOTTICH

Bjork-Nelson(back)sings “Money, Money, Money” alongside the ensemble to express Donna’s desire to marry a rich man.

By Elena Lottich
STAFF WRITER

“Cue the lights” and “run the music” has been the routine for many students in preparation for the adventurous CVHS rendition of the famous and popular musical “Mamma Mia.” The musical displays that single mom parenting is no easy path, a tale described through song and dance in the CVHS drama department’s production.

“You might ask yourself, is it worth it to watch ‘Mamma Mia?’ Absolutely yes, you should! The show is entertaining and most importantly, the cast is the best. Aside from choir, I never thought there would be another family for me, but this musical proved me wrong,” said senior Amir Tadros who plays Sam Carmichael.

“Mamma Mia” is a heartgripping story that will have you crying then singing in just a couple of minutes. Donna Sheridan, played by senior Gigi-Bjork Nelson, is a single mother parenting the soon-to-be bride Sophie Sheridan, played by senior Tori Speed, who second guesses her marriage due to the absence of a father in her life and wedding.

“The show has a great cast that works so hard to give the best performance and the stage crew works just as hard to give the audience a really good show. I play the role of the fiancé Sky so I get to have a close relationship with other

performers as well as a way for myself to act and let out emotions,” said senior Caleb Castaneda.

After finding out recent information on three potential fathers, Sophie goes on the hunt to fill her missing void and dig up Donna’s unwanted past. It’s a wild ride that causes rifts in all three men, Harry Bright, Bill Anderson, and Sam Carmichael, and Donna’s friends who are in a band known as Donna and the Dynamos.

“People should come watch the show because the cast has been working so hard on the production and we are making sure it will be a fun time for the entire audience to engage in,” added Speed, commenting on the backstage hours that have made the show unique.

Actors, singers, and the band have been working hard to create the music and dance numbers that go along with huge set pieces for the entire production. The play will have the audience living a Greek hotel life wrapped in the comforts of song and dance.

The musical will have you jumping in joy especially after all the hard work students and choreographers have put in, to tie up all the ends and set the musical for production.

“Mamma Mia” will take the stage on March 15, 16, 22, 23 at 7 p.m. and March 17 and 24 at 2 p.m. Tickets can be purchased at www.cvcfa.com for \$18-\$21.

High School Musical themed show



KATRINA SILER

Dance group IQONIK from across the Bay performs a kpop routine to open the evening.

By Katrina Siler
STAFF WRITER

In a buzzing theater filled with CVHS’ most spirited kids, one took the stage to play an acoustic version of a popular song. Within 20 seconds, every phone in the theater had its flashlight turned on and was being waved in the air. Interact Club hosted a benefit show entitled “We’re All in this 2gether.”

“I think the night went really well, it was a really great time for me. We ended up raising \$4,000, and all of that’s going to our international and community projects. I really really enjoyed it and I’m really happy about it,” said junior and emcee of the evening Anmol Gill.

Towards the end of the show, several club members presented

their international and community projects. The money raised will go to aiding youth in Venezuela affected by the economic crisis and youth in our local community in need of glasses.

The event was not solely organized by Interact Club. It was put on in collaboration by multiple schools in Hayward, San Leandro, and Castro Valley. The event took place at the San Leandro Arts Education Center.

The night was filled with many exceptional acts. Many people sang acoustic versions of pop songs or danced to K-pop music. Bay Area band “The Side Project” closed out the night, bringing people to their feet to come dance in front of the stage.

“It went really well. I met a lot of people there, and it was a really

fun experience,” said senior Evan Sim. Sim entranced the audience with an acoustic version of Rex Orange County’s “Loving is Easy.”

In addition to performances, the show also featured raffle baskets, a kahoot with over 400 players, and a “High School Musical” sing along.

Senior Ria Panjwani was took the lead in organizing the spectacular evening. Panjwani was thanked for her efforts at the end of her show with a bouquet of flowers.

Interact Club members made up a energetic audience. The crowd was screaming after every performance, sometimes even during performances.

The event was an amazing combination of charity and talent, and provided for a stunning show.

CVHS 2019 WASTE AUDIT RESULTS



We Found a lot of Organics!

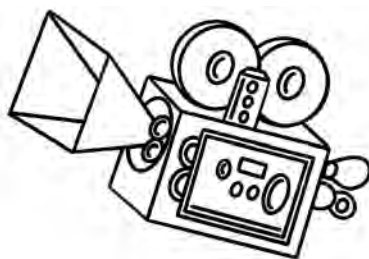
On Saturday, February 23rd, Leadership Students, CVHS Teachers and CVSan staff completed the eighth Waste Audit at CVHS. The Audit is where one day’s worth of garbage is sorted to see how you’re doing at sorting organics and recycling. While overall garbage is down (good job!), here’s what we found:

Only 22% of CVHS garbage, by weight, is actual garbage (which goes straight to landfill). The rest was organics and recycling in the wrong place.

64% of CVHS garbage, by weight, is organics. Organics in a landfill produces methane, which contributes to climate change. Please place all food and food-soiled paper (napkins, milk cartons, paper plates/trays, etc.) into the organics (compost). Thank you!

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Sun Kings revive favorite Beatles hits

By Emily O'Dwyer
STAFF WRITER

Thirteen guitars lined the stage as hundreds of people sang along to “Hey Jude” with the Sun Kings in the Center for the Arts on Feb. 23. An audience mostly made up of men and women over 50 danced and sang along with the Beatles tribute band playing songs that took them back to their youth.

Never having gone to see a tribute band before, I assumed I would see men dressed in Sgt. Pepper costumes with 70s style wigs and fake British accents. Instead five guys in jeans sang songs I grew up listening to like “Yellow Submarine,” “Lucy and the Sky with Diamonds,” and “Help.”

It was obvious they enjoyed playing the music they love for people who love it too.

Tribute bands started becoming popular in the early 2000s, when the Sun Kings started up. The name stems from the song Sun King in the Abbey Road album.

“Someone has to do it,” they all replied when asked why they play Beatles music 50 years after the Beatles last performed live.

Drew Harrison (John Lennon), Scott Southard (Paul McCartney), Bruce Coe (George Harrison), Steve Scarpelli (Ringo Starr), and Michael Barrett (fifth Beatle) have travelled



EMILY O'DWYER

The Sun Kings performed at the Center For the Arts in Castro Valley on Feb. 23 to a crowd of supportive fans and friends.

all over the U.S. but have mostly played in California.

Listening to The Beatles on the radio, loving the band just as much as the rest of the world. They don't have a favorite song because it changes weekly and they rediscover songs after playing them for years.

Before the show, I mentioned one of my favorite songs was “Penny Lane” and on stage they dedicated the song to me and then had to

restart after blanking on the lyrics. They asked the audience for help and almost half yelled back the first verse.

“I've been going to see them for ten years and that's never happened before,” said a woman sitting behind me.

The Beatles were such an iconic band that many people believe their music should not be recreated. The Sun Kings obviously disagree

because “there are so many ways to interpret The Beatles' music.”

“They want their music to be remembered as doing good things in the world and also about love,” said Harrison.

It's been half a century since the Beatles were the major craze, but most of their songs are still relevant today. “Revolution” was a song written to the student revolutionaries of Paris, later joined by a general

strike because millions of people felt suppressed by their government. The Sun Kings played the original slow version of the song written by John Lennon, reminding the audience of its significance.

Despite the fact the Beatles are the best selling artists of all time, have been in five movies, and their album “Sgt. Pepper's Lonely Hearts Club Band” was rated number one album by Rolling Stone Magazine, they stayed true to their message.

“As they got famous, really famous, they never lost sight of themselves,” said Harrison.

The Sun Kings completed an amazing concert. Harrison's singing and guitar were great, Southard hit McCartney's high notes like no other, Coe had people's eyes light up during his guitar solos, Scarpelli rocked the drums and his solo, and Barrett captured the odd sounds the Beatles placed in their songs such as “Yellow Submarine” perfectly.

After a standing ovation, the band played a 15-minute medley of the Abbey Road album including “Here Comes the Sun” and “Polythene Pam” for an encore.

As people were leaving the theater, I heard a woman telling her husband that all she did was close her eyes and listen to the music, remembering her life.

New TV show wows viewers



By Tiffany Ho
STAFF WRITER

“If you're raised to believe if nothing about you is special, if the benchmark is extraordinary, what do you do if you're not?” asked Vanya Hargreeves.

Netflix's new show, “The Umbrella Academy,” tells the story of a dysfunctional family of superheroes uniting together to save the Earth.

It was based on the comic series, “The Umbrella Academy,” by Gerard Way and Gabriel Bá. The comics began in 2007, and are still ongoing with more issues to come.

Way stated in an interview that the main characters of the comics were inspired by himself and his fellow My Chemical Romance (MCR) bandmates, making it easier to connect with the characters bringing a whole new dimension of depth. Fans of MCR who have been following the comics for a

“

If you're raised to believe if nothing about you is special, if the benchmark is extraordinary, what do you do if you're not?

”

Vanya Hargreeves
Character

while and were ecstatic to see it finally come to life.

The show begins in the year 1989; 43 babies were born on the same day, but none of the women who gave birth were pregnant the day before. All of the babies were born with a different superpower such as super-strength, altering reality, and time travel.

Sir Reginald Hargreeves, a billionaire, adopted seven of the children and trained them to

become superheroes who would protect the world if there was any danger, creating the Umbrella Academy. The seventh adopted sibling, Vanya Hargreeves, was the only one without power. All the other siblings, excluding Vanya, were thrown under the spotlight at a young age when Hargreeves revealed the Umbrella Academy to the world. When their brother Ben dies, the Umbrella Academy disbands and everyone goes their own separate ways.

Flash forward to present day, everyone receives a call that their father has died and reunites at their old house.

The fifth sibling, Five, has the ability to time travel and sees a global apocalypse coming in eight days. He unites the members of the Umbrella Academy together to help stop it from occurring.

That isn't the only obstacle they face; a pair of assassins chase the Umbrella Academy constantly throughout most of the season, attempting to capture Five and prevent the siblings from stopping the apocalypse.

Some parts of the show were different from the original comics, but all the actors did an amazing job understanding and portraying their characters. The balance of humor and suspense in the show made it worthwhile. The season ended with a cliffhanger, leaving fans anxious for more. A second season hasn't officially been confirmed by Netflix, but I'll be looking forward to it.

New Chinese eats come to town

By Eyzid Hadi
STAFF WRITER

Another new restaurant has opened in Castro Valley. If you are in the mood for authentic Chinese food, stop by Noodle Home, located across the street from Primary Eyecare Optometrics on Castro Valley Boulevard.

After sitting down, one typically expects water to be brought to your table, but at Noodle Home, a tea kettle with hot tea come to your table instead. The menu does not contain the typical dishes one finds in almost every Chinese restaurant. At Noodle Home, like its namesake, the focus is on noodles, especially homemade hand-pulled noodles.

For appetizers, I tried the cold potato strips in vinegar and the bok choy in hot chili oil. For entrees, I ordered the tomato and sirloin beef dry noodle, a vegetarian noodle stir fry and sauteed vegetables with a side of the hand pulled noodles instead of rice. The restaurant was decently busy for 7:30 p.m. and the decor was simple and modern.

Not long after we had been seated and grabbed our chopsticks, the bok choy came to the table. The bok choy was nice and crunchy, and mixed with lots of garlic and hot chili oil. The cold potato strip dish came a few minutes later and was very flavorful. The tomato and beef dry noodle came about ten minutes later. Despite the dish

being covered in broth, the meat was tender and the vegetables were still crunchy. It was very good, but a bit hard to eat with chopsticks because of the size of the noodle. I highly recommend asking for a fork, it will certainly help with the long noodles! One additional tip would be to order extra beef, as the portion of beef in the dish was on the small side.

The vegetarian noodle dish was very well seasoned, and we opted to get the hand pulled noodles for this dish, which was an excellent choice. The sauteed vegetable dish was also very flavorful, with the right amount of crunch. A side dish of the hand pulled noodles made a good accompaniment.

As far as pricing, appetizers fell in the \$5 to \$8 range and main courses were between \$11 to \$22, which seemed a bit on the higher side compared to other Chinese restaurants. The portions were a decent size and the hand pulled noodles were definitely the highlight of the meal.

If you are looking for authentic Chinese food with uniquely prepared homemade noodles, Noodle Home is the place to go. You'll enjoy a meal that is bursting with flavor and hand pulled noodles that steal the show.

Overall, I was very happy with the service and food I received was very enjoyable, I would give it 4.5/5 stars.



Mendoza Roofing Co. wins tourney

By Joshua Levy
STAFF WRITER

The Mendoza Roofing Co. ended with a victory over the Slimy Six in this year's annual six-on-six CVHS dodgeball tournament.

The tournament was a fun one to watch. The teachers' team attempted to reach to the championship but fell short in the second round. Mendoza Roofing Co. and The Slimy Six both made their way to the final round in a breeze, but it was a battle for the trophy in the end.

The championship consisted of a best of three rounds and ended up being an exciting match that everyone had hoped for, except for the Slimy Six of course.

Mendoza Roofing Co. won the

first match and jumped on top of The Slimy Six straight out of the gates, but The Slimy Six ended up coming back to win the second round. The final throw of the third round was by Angel Gonzalez of the Mendoza Roofing Co. to get out the last Slimy Six member at the buzzer.

The whole gym erupted as fans and teammates burst onto the court to dogpile Gonzalez.

Other members of the winning team were Hayate Moro, Caleb Mendoza, Sergio Cortez, Andy Melendez, Ramon Dela Cruz, Kareem Elshobakey.

"Shout out to the softball girls for talking smack about us. Their hatred towards us gave us the motivation to go for the win," Gonzalez said.



JOSHUA LEVY

Caleb Mendoza and Sergio Cortez wind up for a shot at their opponents almost perfectly in-sync.



ANDREW CRAIG

Colby Fong serves the ball to his opponent, aiming for an ace.

Tennis team plows Piedmont

By Andrew Craig
STAFF WRITER

The CVHS boys varsity tennis team emerged victorious against the Piedmont Highlanders with yet another 6-1 victory. The four singles matches and two of the three doubles had been won by the Trojans.

The match, at CVHS on March 14, marks Castro Valley's overall record of 8-0. This season, the team remains unmarked by defeat.

"This is a big match for both schools. They did really well," stated Brian Bui, senior.

Edward Wang remained engaged for some time with Highlander Matt Chan, who had put up a hard fight, but ultimately, Wang prevailed at 6-3 and 7-5. Ethan Fang and Michael

Chu, other singles players, had scored points for CVHS at 6-0 and 6-3, and 6-4 and 6-2 against Nick Lalli and Like Hawkins respectively. Trojan Spenser Lin-Jones defeated Charlie Lambert at 7-5, 6-1.

"Every single player played hard. None of them quit, and this is probably the hardest match we've had this season," said Greg Lowe, head coach of the boys tennis team.

Doubles players Rohit Sinha and Andrew Lottich defeated Piedmont players Sujana Srivastava and Nick Lynn at two sets of 6-2, but Highlanders Alan Kothari and Colby Brookfield had achieved the upper hand against Leon Chen and Victor Kindinger at 4-6, and two sets of 6-1. Trojans Colby Fong and Ashir Gupta won

it out in the end against Walker Mahany and Alan Rossi at 6-3 and 6-4.

"We only lost one match, but they played really hard, and they didn't quit. It was a long three sets," said Lowe. "Everybody can always improve and they always strive to do that."

"I think we did good," stated Patrick Mishreky, sophomore. "I feel really confident that our team is going to the championship, because it's a good team."

The CVHS boys tennis team will next face Arroyo, who they had previously faced and defeated 7-0 on March 4. If past performance is any indication, it will be another merited victory for the team. As the championship draws closer, the team remains indomitable.

Athletes of the Month

Wang is an ideal student athlete

By Andrew Craig
STAFF WRITER

Senior Edward Wang leads the CVHS boys tennis team, racqueting his way to the top position and serving as varsity captain. Wang's skill and motivation have ensured he is undefeated by his opponents as of yet this season.

"Edward Wang is a good leader," said Greg Lowe, coach. "He plays well, works hard and never quits."

Wang is a singles player for the varsity team, and has been playing for CVHS since his freshman year, facing similar success. This is his second year as a captain. Prior to that, he had played tennis for over a decade, winning several

tournaments.

Coach Steve Argyres stated Wang was a "good example of a great student athlete." Wang not only plays tennis, but also manages to maintain a 4.0+ GPA, and has won the appreciation and gratitude of his teammates.

"He's really good at tennis, and he's just a cool guy in general," stated Ryan Trinh, another senior playing on the boys tennis team.

"I tried a lot of sports, like soccer and baseball, and I eventually liked tennis the most, so I decided to stick with it," Wang replied, when asked why he had chosen to devote himself to tennis.

Despite his success, Wang does not believe himself to have been

inspired by anything in a notable way. "I try not to directly compare myself with other people because I think the human experience is super different for everybody, so I don't think I really have a major source of inspiration," he stated.

Wang intends to enroll at the University of Chicago upon graduation, and is considering studying engineering. There, he plans to try out for tennis on the varsity team, or to continue playing there on the club level.

"I've had a really good time. I've had the opportunity to play against many other good players, and learned some important teamwork and leadership skills," stated Wang of his time on the team.



ANDREW CRAIG

Edward Wang smacks the ball back at his opponent, keeping the rally going.

Trojan Time is “constantly evolving”

By Jeanette Wallis
STAFF WRITER

The new semester brought with it new grades, tests, sports, and Trojan Time. Feb. 26 - 27 was the first time the new, second-semester version of Trojan Time happened at CVHS.

During the first semester, Trojan Time was a time set aside on block days for students to learn about school values, goal setting, community building, and more with their third period classes. Starting in the second semester, students are given the opportunity to sign up for a class of their choice through the TeachMore system. While many students disliked the first semester version of Trojan Time, many now like the fact that there is time set aside specifically for them to spend getting help from their teachers.

“It’s an interesting addition to our day. It’s a great time to study and do homework and get the help you need to succeed in your classes,” sophomore Sophia Siopack explained.

Students have the freedom to choose which class they want to go to, as long it is one of their current teachers. Some teachers use Trojan Time to give help to students that are struggling or have questions, while others are offering open study halls.

“It’s a good time to get my work done,” junior Miranda Jiang said. “But I can also get help from my teachers if I need it.”

“Teachers feel similarly,” added Spanish teacher and Trojan Time coordinator Candice Tigerman. “We ap-

preciate having opportunities to have extra time to work with students.”

The second semester Trojan Time seems to be effective and successful so far, but some have doubts and found problems with the new system.

“I like how it is second semester and you can use it as a study hall. I don’t know how effective it is as another class period during the day,” sophomore Miles Bardin said. “I would rather use the time to actually be in my classes.”

Teachers are able to limit the number of students signing up for their class on the TeachMore site to make sure their class won’t overfill. However, some teachers forgot to add limits to their classes during the first week and weren’t able to accept all the students that originally signed up for their class. This caused some students to complain of being “kicked out of classes.”

“Trojan Time is constantly evolving and we are working on figuring out the best way to serve the most possible students,” Tigerman explained. “There will be some hiccups, or growing pains, along the way.”

Looking to the future, Tigerman is confident that Trojan Time will return next year, although the school year will start off with how the current Trojan Time is, instead of reverting back to how it was during first semester this year.

“Overall, it’s pretty impressive to be able to have such a big change at such a big school and have it be so successful,” Tigerman said.

Results decline in fitness tests

► **FITNESS:** from page 1

harder if the test went towards our grade,” says sophomore Jessica Mulvihill.

“I guess I could have worked harder during the test but I just didn’t see a point since I wasn’t graded for any part of it,” said junior Hayden Matawaran.

Another reason behind more students not entering the healthy fitness zone could be caused by what students do outside of P.E.

“Lack of activity, lack of

food choices... and technology plays a big role in these low numbers,” said Manley. The P.E. department is hoping to see an increase in these testing scores with the new introduction of the Trojan Fit program.

Technology usage has skyrocketed over the years. This is a leading contributor to the decline in fitness within the freshmen P.E. classes, Manley believes.

Previously, students were allowed to bring their phones

during class. This led to less participation. However, this year has changed significantly because the P.E. department eliminated all phone use.

The participation from the class of 2022 has increased since the elimination of cell phones and the P.E. department has high hopes for improved, successful scores.

“We are hoping to see an increase in students placement in the healthy fitness zone,” said Manley.



**SATURDAY
APRIL 13TH!**

CVSan’s Earth Day Clean-Up & Recycles Day

**VOLUNTEER from
9:00 a.m. - 12:00 p.m.**

Community Clean-Up Sites:

Adobe Park, Cull Canyon Recreation Area, Castro Valley Creek, Downtown Castro Valley, and Lake Chabot.

Free continental breakfast provided and a \$5.00 donation to one of three local charities will be made on your behalf after volunteering.

**Register by Monday
April 1st at
www.cvsan.org/ED.**

**RECYCLE at Canyon
Middle School from
8:00 a.m. - 2:00 p.m.**



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Sensitive Documents
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Limits and instructions at
www.cvsan.org/RecyclesDay

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