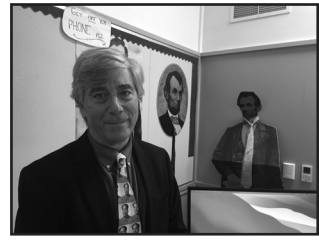




Page 2:
Justice for
George
Floyd



Page 5:
Softball
squad
succeeds



Page 7:
Goodbye
Mr.
Goldstein



THE CASTRO VALLEY HIGH SCHOOL Olympian

VOLUME 64, ISSUE 4

MAY 21, 2021

WEAREBORNTOSEEKTHETRUTH!

WWW.CVHSOLYMPIAN.COM

Students return to changed campus

By Corinne Davidson

Many schools in California are opening up to hybrid models and CVHS is no different. The new hybrid schedule and format began districtwide the week of April 12. The new format has brought benefits as well as new challenges, as 35 staff members and 29 students have tested positive for COVID in the school district since July 1, 2020, forcing dozens of people to quarantine.

"If people had exposure in the last 14 days or show symptoms, they have to stay away from our school," said Assistant Principal Kevin Baker.

Most on campus classes at CVHS average around eight to ten students so they are not overcrowded.

"Hybrid is going pretty well because there's a lot less people on campus, maybe about a fourth of the whole school," said teacher Kelley O'Hern.

Fewer people is a necessity; because of COVID-19, schools can't be crowded because it would pose a higher risk to everyone at that location. Out



JOSIE DE LA TORRE

Seniors sported masks and prom dresses at the Senior Fair in the courtyard on May 8.

of all the district schools, CVHS has the lowest percentage of students going back in person while the elementary and middle schools have higher percentages.

"It's good for kids who need human contact and to see other people than the people in their household to get out of the house," said teacher Kevin Batchelor.

Junior Jessica Truong adds to this point noting that she is

more focused when she is in person as opposed to being at home.

While hybrid has its advantages, it also has its disadvantages. Teachers find it difficult to navigate both a classroom of students as well as students at home on zoom; it's hard to make class engaging and worthwhile for both parties.

"There isn't really anything to improve, the only drawback is that it's hard to do ten kids

in person and 20 on Zoom and make it work for both groups," said Batchelor.

While only about a fourth of students attend in person, navigating the school is now different; there are arrows to follow and everyone has a specific gate to enter and exit the campus.

"I feel like the gate system is weird because it's inconvenient for a lot of people, plus I find it kinda weird how the gate system was made to make it so

people aren't crowding at gates but then the health screener check clogs them and we all have to stand in a crowd at the gate every morning," said junior Alaina Retodo.

The gate system was made to reduce contact but contrary to the plans, there is still a lot of contact between students waiting in line at them, Retodo said.

CVHS reported just one active COVID case, which involved a staff member, in early May. Since last summer, six CVHS staff members and 13 CVHS students have reported positive tests.

The district offers testing for staff and students, which has caught a few cases early thus lowering everyone's risk as those infected have quarantined and stayed off-campus.

"When someone tests positive it is reported to the nurse who will report it to the district. It is then reported to the principal of the school and the student or staff member along with their cohort is sent to quarantine for two weeks," said teachers union president Mark Mladinich.

Trojans support Chauvin verdict: "a step in the right direction"

By Josie de la Torre

Nearly a year after the death of George Floyd in Minneapolis, former police officer Derek Chauvin was found guilty of second-degree murder, third-degree murder, and second-degree manslaughter.

Floyd died after Chauvin pressed his knee on Floyd's neck, face down and handcuffed, for nine minutes and 29 seconds.

Trojans expressed hope and relief as Chauvin's verdict was announced on April 20.

"My takeaway from the trial is that we do as a country have the room and the capability for change and human decency. You tend to forget all the good people out in the world, when the only ones being highlighted are bad. This showed me that we are moving in the right

direction as a society, and as a nation," said junior Briean Patton, Black Student Union president.

"Chauvin got what he deserved. His verdict is a rare example of police being held accountable, a warning to other officers that there will be repercussions for acting with unnecessary force," said senior Sonia Andrade. "While it is a step in the right direction, this is not justice and that there's still a long way to go in the fight for civil rights. I now hope to see our government make changes in the law to counter racism, as it is rooted in our institutions."

Sophomore Kori Lowe expresses similar views: "This verdict shows how the police are not above the law, and they are still entitled to the same treatment as everyone else."

The world was changed forever through the video recorded

by Darnella Frazier as she witnessed Chauvin put his knee on Floyd's neck. Through Frazier's video recording, Floyd's death ignited protests nationwide on police brutality and racism.

"The presence of technology played a large role in the obvious guilty charge against Chauvin. Without the cell phone, atrocities committed by police and individuals in American society would be more difficult to prove in court, therefore making justice and accountability scarce," said junior Michael Karapetyan.

"It's a good step towards solving systemic racism and over incarceration of blacks, but the problem is still present and won't go away just with this one case," said junior Nolan Slader.

During the trial, Chauvin did not testify. Chauvin is in jail pending his sentencing in June.

Three other officers face will



MEGAN BALDWIN

Students protest police violence in downtown Castro Valley.

be tried together later this year. Thomas Lane, Tou Thao, and Alex Kueng face charges.

While many hope Chauvin's conviction indicates positive change, 20 minutes before Chauvin's verdict was announced, police fatally shot 16-year-old Ma'Khia Bryant in Columbus, Ohio.

"America's justice system has failed the black community countless times," said Wandi Muinde, ASB secretary. "We might've won George Floyd's case, but there are hundreds of other cases of POC murder or abuse victims because of police brutality and aggressive law enforcement."

Justice for George Floyd! But what happens now?

Editorial:

Former Minneapolis police officer Derek Chauvin was found guilty of murdering George Floyd. He was convicted of all three counts: second-degree murder, third-degree murder, and second-degree manslaughter. We at *The Olympian* think this is a step forward, but there is still much to fix about racism and the police system.

Floyd, a Black man, died after Chauvin knelt on his neck for more than nine minutes. Chauvin did not release Floyd even though he repeated multiple times that he could not breathe.

We are glad the jury found Chauvin guilty, but it's upsetting how much had to happen for him to be convicted. If it wasn't for the media attention or the video footage or the widespread protests against police brutality, this might not have happened.



Police officers should be held accountable for their actions.

Although justice was served for Floyd and his family, there

is still a long way to go. For civil rights, this means we have to keep fighting because one person held accountable

doesn't fix racism or all law enforcement issues. These problems will continue if we don't keep pushing for change.

College Board testing: "a costly punch in the gut"



By Brooke Kundert

As college rounds the corner for me, a junior, I have begun to realize the dependence that AP students and students taking the SAT have on the College Board.

The College Board controls AP and SAT testing. AP tests determine whether students will receive college credit for Advanced Placement courses taken at their high school. While the idea of AP tests is positive in theory, they present challenges such as ill preparation and monetary

costs for the tests themselves. Along with this, to thrive on SAT tests students should take preparatory classes and/or purchase the practice questions booklet. These things, along with the SAT test itself, cost money.

The College Board does provide the \$40,000 Complete Your Journey Scholarship. There are six steps to earning this scholarship, with \$500 awarded for each step and an additional \$10,000 for completing all six steps. But only 25 students will receive this scholarship from a lottery once the steps are completed.

As I go through this process myself, it is disheartening that only 25 students are selected out of approximately a third of a million that apply yearly.

So, only 0.0075% of students that apply for this scholarship receive funding. The chance of winning the scholarship doubles for students who qualify for financial aid through completing their FAFSA.

For the SAT, students may qualify for a fee waiver. To qualify, students must meet the requirements for one of the following: the National School Lunch Program, your family's income falls within the income eligibility guidelines, you're enrolled in a federal or local program that aids students from low income families, your family receives public assistance, you are in foster care, or you are an orphan.

Now, let's break down the numbers. The average California household consists

of 2.95 people, and using benefits.gov to find financial legibility for the National School Lunch Program, the average household of (rounding to) three people must have an annual income of below \$40,626 before taxes. Generally speaking, these households are just above the 30th percentile in California. These guidelines are similar for income eligibility.

The College Board also boasts free official SAT practice, partnered with Khan Academy. While Khan Academy is an excellent resource, the College Board is one of many Khan Academy donors, alongside big names such as Comcast and the Bill and Melinda Gates Foundation.

Finally, AP daily videos are

available on the College Board website for free. However, they are not aligned exactly with classes, which can make them hard to navigate and challenging to review with a different set of notes.

While the College Board takes care to show that it provides opportunities, the fact remains that tools required to get into college should not come out of students' pockets.

Getting into desired universities is challenging enough already, but the added step of the agonizing middle man that is the College Board is a costly punch in the gut.

College is expensive enough on its own; it is time to start talking about alternatives for Advanced Placement credit and the abolition of the SAT.

US shooting deaths demand more gun control



By Hannah Pilgrim

The mass shooting at the FedEx facility in Indianapolis on April 15, killing eight people, marked the 45th mass shooting in the United States since the Atlanta-area spa shooting on March 16.

After Sandy Hook, the 2012 school shooting at an elementary in Connecticut which killed 26 people, I thought gun reform would take effect. Wouldn't

the horrifying deaths of 20 young children be enough to scare legislators to stand up against the gun lobbyists and create sensible gun reform? Nine years later, there have been no legitimate steps taken to prevent this tragedy from happening again.

In the United States, there are 393 million civilian firearms but only 326 million citizens; that is enough for every person to own a firearm and still have 67 million guns left over.

It has been shown in many surveys that global firearm ownership is heavily concentrated. In 2017, Americans made up 4 percent of the world's population but

owned about 46 percent of the entire global stock of 857 million civilian firearms. These numbers do not include firearms owned by law enforcement agencies or militaries.

The easy accessibility to guns in the United States and the gross amount of firearms that Americans acquire is not normal compared to other wealthy nations. There are simply too many guns in America. In the past, mental illness has been scapegoated to deflect public outrage about access to assault rifles that can kill tens of people in a matter of minutes.

The Biden administration took initial steps to address gun violence by ordering the

crackdown of "ghost guns" or firearms assembled from kits. This executive order is a good first effort to combat the rapidization of gun availability but for real change, we need Congress to act.

House lawmakers have passed two bills aimed at strengthening the nation's gun laws, including a bill that would require background checks on all gun sales and transfers. The measure also lengthens the review period for background checks from three days to up to 20. For the bill to pass in the Senate it needs 60 votes which will prove difficult with Republican senators.

The House's pro-gun safety

bill is a right step in the direction but more needs to be done nationally to stop the hoarding of guns and for large magazine guns to end up in the wrong hands. There needs to be a readily updated and secure national database logging gun purchases and a more comprehensive list on who can't buy guns like domestic violence perpetrators. A longer waiting period to obtain these weapons would shootings.

In all, lawmakers should do all they can to minimize the massive gun culture. Proactive students and citizens should continue to contact their congressional members to make sure their voices are heard on gun control.

I quit TikTok: here's why



By Andrew Hui

As the pandemic surged, I like many have turned to social media to connect with my peers. Social media is now the place to be, replacing social gatherings and school gossip. One of the social media apps I use the most is TikTok. I have been using TikTok for over five years now, since back when it was called “Musical.ly.” Something about the never ending stream of short videos is just so mesmerizing to me. You can find short videos on almost any topic, and users of TikTok have even created their own cults and subcultures. I felt like I belonged on the app and that I had a community of people from all over the world to back me up. However, too much of a good thing is a bad thing. I increasingly spent more time on TikTok. The first thing I did when I woke up? Open TikTok. Spare time in between classes? Watch TikTok videos. My break at work? Make a TikTok. I always complained that I have no free time, when in reality all of my time was spent on TikTok. I was



ADA CHEN

averaging over four hours a day just on TikTok itself! We already spend over three to four hours a day on video calls just for school, and with all of the added screen time I had from TikTok and other social media apps on my phone, my screen time was reaching over 12 hours a day. That’s when I decided to delete TikTok. There were just so many more productive things I could do with four extra hours a day instead of aimlessly watching random videos. The first few days were difficult, as I found myself tapping on where the app icon of TikTok used to be. However, I found myself to be more productive, cutting the number of missing assignments I had in half and actually completing my homework on time. I started to work on my drivers

ed, something which I have been putting off for months. I also feel more rested, as I am sleeping a whole lot more now that I am not watching Tiktoks before I go to sleep. Sixteen days in, I relapsed and downloaded the app again. Although it is now sapping time away from me, I have not been using it as much as I used to. I recognize that giving something up totally is difficult and that good things are only good in moderation. I would highly recommend taking a break from a social media platform that you use very often for a week or two. It helped me reduce the time I spent on Tik Tok when I logged in again, and freed up a lot of time for me to do more productive things. So, what are you going to do with all the extra time?

Multimedia representation is important



By Olivia Dooley

Our multimedia is white-washed. It’s heteronormative and cisnormative. I don’t have to say much else about that. It is very evident when you look at the mainstream movies and T.V. shows that reach millions of people. For decades our media has predominantly featured white actors and actresses, and was directed and produced by white people. I don’t think much has changed. I still feel like I’m searching for BIPOC and LGBTQ+ people in the multimedia depicted with the emotional depth and character that white people are given. I want the same thought placed into these minority characters as their straight, white companions. But instead I find characters that are falling flat, portrayed in ways that don’t feel like actual representation and more of a way to say that: “Hey, there is a person of a minority group in the background! We are representing everyone! Now watch these two straight white people fall in love and not actually see that person in any meaningful ways.” These types of characters generally have no personality other than the race, sexuality, or gender identity that they are trying to portray. And the problem is that these stereotypes and the portrayal of these personalities are not staying in the films, or the T.V. shows, they are being carried out

into daily life and are damaging minority communities and affecting implicit biases of everyone. When your friend tells you about this Asian friend they just met and you imagine what their personality may be like, what do you instantly think about this person? Chances are you are going to automatically assume that they are intelligent and have aspirations to go into law or the medical field or have an accent or are “socially inept,” because that is what the media has told us ever since they started including Asian characters in media. I’m sure you can see why that is damaging. You can do this exercise with many other different minority groups, a Black woman, a gay man, a Latinx person, and I think you can see how our implicit bias is affecting our instinctive thoughts about a person, based on a small part of their identity. And that bias and stereotyping is partly stemming from content that film and television has fed us for practically our whole lives.

I admit that there are movies and shows that are doing what I want all multimedia to do. There are forms of media that are showcasing minority groups in accurate, and unique ways. They are showing them with depth and real personalities. Things are getting better, but that doesn’t mean that things are great. We still need to work towards creating content that is representative of as many people as it possibly can be. Film and television affects so many people every single day that it is crucial create content that accurately represents everyone. We need to start to use the media to highlight and showcase the different people in our society in positive and accurate ways.

Girls who walk alone feel fear



By Alex Tam

“Hey! She has a nice butt! How old is she?” I was walking to i-Tea with three other girls when a grown man yelled that at us as we crossed the street. He even started to follow us until one of us turned around and saw him doing so. We disgustingly came to the conclusion that he was talking about me as the others were wearing longer and looser outfits. I was in eighth grade, 13 years old. There’s nothing as terrifying as being a girl and walking down the street alone or even with the company of other girls. After hearing the recent news of Sarah Everard being kidnapped and murdered while walking home, I was in horror but also terror-stricken as I remembered that could be something that happens to me.

As anti-Asian hate crimes have risen 145 percent, I have never been more fearful and paranoid when I walk by myself, including a simple five-minute journey to my dance studio in the neighborhood I grew up in. It’s not just paranoia but true, genuine fear. When I walk home I have to think about how I’m going to defend myself. I have my keys gripped between my knuckles, my Hydro Flask ready to swing, and my phone ready in case I need to call someone. I constantly look over my shoulders, I’m self conscious of my outfit, and at most, I can only wear one earbud on low volume. I’m looking at self-defense kits specifically made for girls to keep myself safe when I go to college. If someone is ever walking behind me, I already get nervous whether it’s been 30 seconds or two minutes. There have been too many incidents where women are kidnapped, harassed, assaulted, murdered, and raped when they walk alone. We have expressed our fear and trepidation. We have statistics and evidence. We watch videos and have weapons to defend ourselves. We create and share tips and tricks. And yet, despite

all this effort we have put into getting our voices heard and understood, we are still being talked over, pushed aside, and silenced. We are still being told it was “our fault,” or “she was asking for it,” and “well she shouldn’t have gotten drunk.” Why is that it’s always the women’s fault? Why are we continuing to victim blame when in any other circumstance, it would be the perpetrators’ fault? What more do we have to scream at the top of our lungs for there to be change in how the world reacts? How many more women does it take for the world to take action? You’ve already harassed, assaulted, and/or raped most of us: that’s all of us too many. This isn’t something girls can control, and it is out of our hands. This is a men’s issue; men are the people harassing us, men are the people staying quiet, and men are the people gaslighting and dismissing our experiences. No, it is not all men, but it is almost all women. So, boys I need you to speak up for your female friends. I need you to call out all of your friends for their actions and words. I need you to hold yourselves to a higher standard.



THE CASTRO VALLEY HIGH SCHOOL Olympian

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

Editors-in-Chief.....Tiffany Ho and Jeanette Wallis
Online Editor.....Malin Johansson
Copy Editor.....Nikita Thomas
News Editor.....Hannah Pilgrim
Opinion Editor.....Alice Tang
Feature Editor.....Miguel Bernas
Arts and Entertainment Editor.....Alex Tam
Video Editor.....Megan Baldwin
Business Manager.....Josie de la Torre

Staff Writers: Delenn Block, Victoria Ceaser, Ada Chen, Austin Coffelt, Corinne Davidson, Olivia Dooley, Lauren French, David Hernandez, Andrew Hui, Leah Janaway, Brinkley Johansen, Komal Khehra, Brooke Kundert, Cecilia Lin, Eric Nepveux-Kjelstrom, Ali Nosseir, Paulina Peltola, Felix Shum, Ethan To and Amanda Wong

Advisor.....Matt Johanson



Trojans blaze to varsity track titles



Noah Carter anchors the boys 4 x 400-meter relay team.



Cameron Huynh leads the pack in the girls 1,600 meters.

By Ali Nosseir

Every track and field athlete aspires to compete in the league meet even in this strange year. Hundreds of athletes from many schools challenged the Trojans at Hayward High School on April 17, but both the CVHS varsity girls and varsity boys teams managed to secure victories and league championships.

Notable winners for the Trojans included sophomore Lynee Sims in the girls 100 meters, 200 meters and the long jump.

"I'm super excited about winning the 100 meters, 200 meters, and long jump! As a sophomore in high school, conquering the WACC championships in three different events for my first full season is pretty cool," exclaimed Sims.

Senior Miles Bennett captured the boys high jump and triple jump.

"I was so pumped to see the bar stay up after my jump," said Bennett. "I knew first place was huge for the team because first place earns 10 points and every point matters."

Nolan Slader won the boys

300 meter hurdles, sophomore Naomi Sachs triumphed in the girls high jump, and Nicolas Guevara-Longree won the boys long jump.

"It feels good to place first in any event! For me, the 300 meter hurdles is a tough event, considering the long distance you have to sprint and all the hurdles in between, so being able to get first in that and staying in the lead the whole time without anyone passing me made me feel like I achieved something great," said Slader, a junior.

High finishes in events earns points for the team, the number

of points depending on the event. Considering the boys varsity team narrowly defeated the second place team, Berkeley High School, by a mere 2.5 points, every score was critical to the 111-108.5 win. The girls team won more comfortably, defeating nearest rival Berkeley 136.5-111.

"I was honestly very excited to be putting forward points in order for the overall team to win. Winning the high jump this weekend was a very big accomplishment for me. At the beginning of the year, I was struggling in the high jump but winning this meet boosted my

confidence," said Sachs.

Trojans delivered great performances in the April 13 WACC Novice Invitational also. Freshman Roy McNabb won the boys 800 meters and 1,600 meters. Freshman Marissa Meza won the girls 100 meters and 200 meters, and ran on the winning 4x400 meters relay. And freshman Delaney Rasmussen won the girls 400 meters and 800 meters, and also ran on the winning 4x400 meters relay.

Regardless of this shortened season, many athletes achieved personal records.

Touchdown! Lewis sparks Trojans' offense

By Cecilia Lin

"Touchdown!" Michael Lewis, the CVHS football running back, has scored again.

You might know the name Lewis if you have watched any of the Trojans' football games. He is a star running back that has scored 11 touchdowns this season. In the last game of his high school career, which took place on April 16, he scored three touchdowns and ran for more than 200 yards.

"Football is one of the most team-oriented sports. If one person doesn't do their job, regardless of who that person

is, the team won't be able to function," said Lewis.

Lewis played flag football in middle school and first started playing tackle football in his freshman year.

"Coach Molzen has helped me by putting me in the best position to be successful... He always believed in me, and that instilled some confidence in me as well," he said.

Lewis runs about 150 yards and scores about two touchdowns per game. Behind his achievements, it is his hard work. Even in the offseason, he still exercises six days a week. Three of these days are a "double day," during which he will have

multiple workouts, involving weightlifting, conditioning and running.

"Coach Giles Chapman from Xplosive Speed is a big influence on me... He has exposed me to a lot of different opportunities and allowed me to work out with college players and even professional players," Lewis said.

As the team captain, Lewis always makes sure that he is being a leader and setting an example for his teammates.

"I try to implement my good work ethic in everything I do," Lewis answered when being asked how to balance sport and school.

Lewis has good time management by having a checklist and taking breaks during work to be more focused on the task.

"Mike is everything you want in a student-athlete. He is a 4.0 student. He is a leader in the classroom and on the field. Mike is as dedicated and works as hard as any player I've had the pleasure to coach," said head football coach Denny Molzen.

After learning a little about Lewis, you must know that he

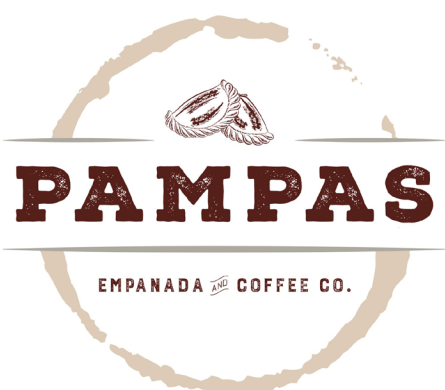


Senior Michael Lewis scored 11 touchdowns for the Trojans.

loves football. But besides that, he also enjoys other sports.

"I like doing any type of physical activity, whether it's basketball, golf, or tennis. I have the most fun when competing with my friends," he said.

Many people do not know that he flies small airplanes on the weekends, and loves cars. "I'm really into cars, I like to work on my cars, drive my cars, and go out to car meets... I also ride ATVs," Lewis said.



3483 Castro Valley Blvd. 510-359-9339 www.pampascafe.com

Freshman phenoms take titles



Track stars (from left) Marissa Meza, Delaney Rasmussen and Roy McNabb combined for seven wins at the WACC Novice Invitational.

By Ethan To

Freshman track stars Roy McNabb, Delaney Rasmussen and Marissa Meza won first place in each of their respective events during their last junior varsity meet. The WACC Novice Invitational took place on April 13 at Witter Stadium in Piedmont. Although the season was short, they all strived and succeeded through their practices and meets.

Distance runner McNabb won first place in the 1,600 and 800 meter races, as well as getting third place in the 3,200 meters, improving his personal records from eighth grade. McNabb claimed that the most exciting things about this season were the big regional meets.

“For next year, I want to get close to sub-two on the 800 meter race,” said McNabb.

Middle distance runner Rasmussen won the 400, 800 and the 4x400 relay with her teammates. She thought track was very enjoyable this season, despite

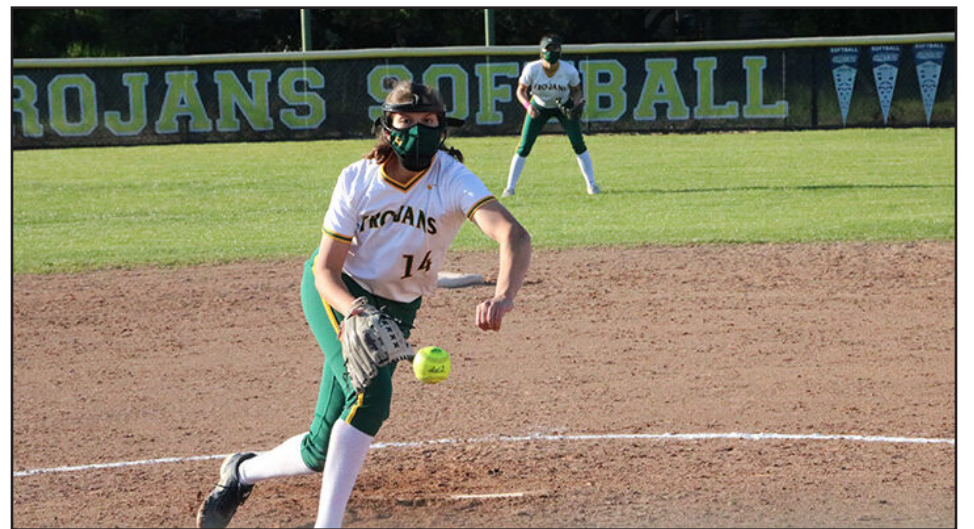
the tight schedule and shortened practice time. Rasmussen claimed that the most exciting thing this season was seeing her times go down as her practice paid off.

“There’s a lot of times that I’ve told my coach I want to achieve by next year. For example, I want to beat the school record. My goal is to break one minute for the 400 meters,” said Rasmussen.

Sprinter Meza won the 100, 200 and the 4x400 team relay race. The personal records she achieved were in her 100 and 200 meter races from eighth grade. The most enjoyable thing for her this season was moving up to the varsity team and attending the invitational meets. Although she felt the season was relatively short, she thought it was nice to finally have coaches instead of just parent volunteers.

“For my goal next year, I want to get down to 12 seconds for the 100, through intense training,” said Meza.

All three freshmen enjoy the competition and being on the team helps them strive for their goals in order to meet their coaches’ and their own expectations.



Pitcher Bella Tavares delivers to an opposing batter.

Softball squad wins WACC

By Amanda Wong

CVHS varsity softball players jumped in joy as they achieved an exciting comeback against Alameda, scoring seven runs in one inning to take the game, 11-10.

Teamwork contributed to this April 7 victory as everyone in the lineup contributed. Outfielder Analiya Arias drove in four runs. Infielder Kyndal Todd hit a home run to put the Trojans in the lead. Finally, with the bases loaded, pitcher Isabella Berganciano caught a line drive to secure the Trojans’ win.

They took first place in the league with a staggering total of nine wins and only one loss.

Teamwork contributed to this victory as everyone in the lineup helped to score the seven runs. A close 3-2 win over Granada was another highlight.

“This season, my goal was to contribute to the team as much as I could,” said junior Sophia Siu. She ended with a total of 13 RBIs, a batting average of .368, and an on base percentage of .422. Siu hit nine singles and five doubles.

While COVID provided a challenge for the athletes by requiring them to stay in top shape, the softball team followed health precautions and maintained a safe environment to play.

“It was not much of a challenge because we respect each other, and we want to keep each other safe and that means wearing masks,” Siu said.

Overall, the team’s tremendous teamwork and support for each other brought great success. Through supporting their pitchers with great offensive hits, driving runners in, and not leaving runners on, the team was able to play exceptionally.

CONGRATS LINDSEY
YOU DID ALL THE THINGS

FRIEND GRADUATE

CONGRATULATIONS
PAUL
FRIESEN

You are the most
TALENTED,
most INTERESTING,
and most
EXTRAORDINARY
person in the universe
and you are capable
of AMAZING things.

Join
Forestr.org
Clean. Plant. Maintain.

**PAID WEEKEND
JOBS**

www.forestr.org



‘Frida is a role model for all’

By Lauren French

CVHS student-athlete and role model Frida Veliz has recently won an Every Student Succeeds Award. Veliz had lived in Guatemala her whole life with her father until January of 2020, when her mother told her she was going to move to the US to live and go to school. Within the next four days, Veliz was thrown into a new life in the Bay Area.

“At the beginning it was a little scary because I didn’t really know anyone and I had to learn a new language,” Veliz explained. “It was a big change.”

Leaving her home in Guatemala meant leaving not just her school and town behind but her family, friends, and language as well.

Despite the hardships and tough challenges, Veliz’s persistence and positive attitude helped her stay encouraged, along with many teachers and new friends she met at CVHS. Veliz really enjoyed her history class with her teacher Gerry Cox, not just because it kept her motivated but because she could easily focus on what Cox was talking about and it helped her with her English skills. Stacy Kania, Veliz’s English teacher, also helped her feel more comfortable.

When the pandemic hit just a few months after Veliz moved, she was determined to make the best of the situation. She began to spend time making beautifully created beaded bracelets and necklaces and selling them online! With this small in-home business, she has been able to make some money as well as pass time during quarantine by doing



Frida Veliz excels in both school and sports.

something she enjoys.

Learning an entirely new language during a pandemic when all interaction with others is limited was a huge challenge. Communication was hard, and being at home in an environment with her family who speaks Spanish all the time did not make it any easier. Despite these obstacles, Veliz continued to keep at it and use every tool she could to help herself learn, whether it was listening to music, reading books, and practicing as much as possible.

“Frida is a role model for all of us. She met life’s transition of moving to a new country with bravery and a fierce determination to get the most

from the experience,” said Assistant Principal Brigitte Luna.

Veliz also runs on the school track and cross country teams, which she joined a few months ago when sports started to open back up for CVHS.

“I really like it, my teammates are really kind,” she said.

Veliz’s favorite event is the 800 meters, but she runs the mile as well.

After high school, Veliz is confident that she will stay here in the US and take advantage of the opportunities given. “I want to stay here and keep working hard to make my dreams come true,” Veliz explained.

New CVHS club empowers others

By Brinkley Johansen

This school year, a variety of clubs have been started and many previous clubs are still carrying on. One of the newest additions to clubs at CVHS is the Women of Color for Change Club.

Sophomore Aiana Pillay felt inspired to start this club over the summer due to all the racial violence going on in our world today, as well as the sexism that still exists. Alongside sophomores Taylor Fried and Jasmine Ng, Pillay has been able to develop a club with strong goals and messages.

“Definitely a big goal of this club is to just empower, especially women of color, like we can make a difference too, that we don’t have to rely on others to help us,” said Fried.

The meeting always begins with a warm welcome and a lesson on a woman of color in history. Many of these women have not been given the recognition they deserve because of racism and sexism, so Pillay and the club are working to educate more people on their lives.

“We teach people about these important women who many people don’t know, that our

schools don’t teach us,” claimed Pillay.

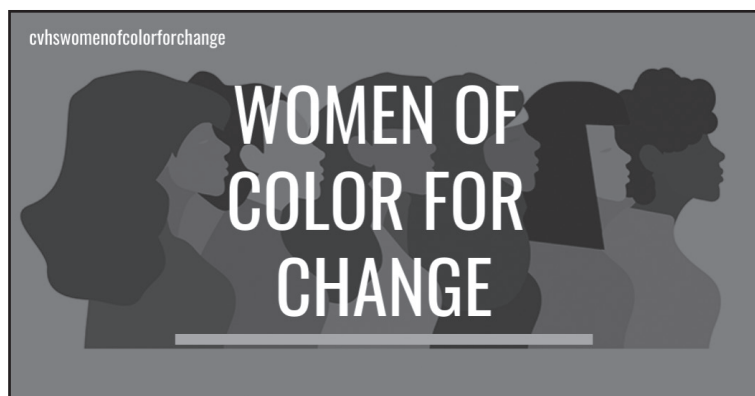
Through these lessons, Pillay, Fried, and Ng are hoping to enact change and inspire people in the community to become better. They also work to make and achieve goals with these same objectives.

“They come up with goals and they do them, you know they make action. And I really appreciate that... this club has found ways to stay active even during the pandemic,” said club advisor Tina Johansson.

This is definitely true considering just a few weeks ago, the Women of Color for Change Club planned a hugely impactful SOSPOPEvent during Trojan Time. Their topic was human trafficking and not only did it make more people aware that this happens in our community, but also spurred excellent discussions in class.

Already the Women of Color for Change Club is planning more events to help strengthen our community in Castro Valley.

Support them by attending their meetings every Thursday at 2 p.m. and follow their Instagram @cvhswocc and join their remind @cvhswocc to 81010. If there are any questions send them an email at cvhswocc@gmail.com.



People of color promoted in school curriculum

By Leah Janaway

People of color will get more attention in public high schools under a new curriculum which the California Board of Education approved on March 18. Teachers are unsure of how this will look at CVHS and how they will apply it in the classroom.

“I am glad this change is upon us,” said Jasmine Ng, a member of the Women of Color for Change Club at CVHS. “We have waited far too long for Black, Indigenous, and People of Color (BIPOC) to be heard and understood.”

The curriculum will focus on the histories and current

struggles of African Americans, Asian Americans, Latinos, Pacific Islanders, and Native Americans.

This advancement has been a long time coming. Its approval follows headlines of Black murders by police officers, a spike in white supremacist prominence in the media, and anti-Asian violence.

“Without a complete understanding of the people and forces that have shaped the United States and the ways that structures of power have been used historically for control and repression, people with privilege in our society fail to recognize both the critical role of BIPOC as well as fail to recognize that

the root causes of the disparate outcomes for BIPOC when compared to white people,” said Kevin Batchelor, who teaches the Afrocentric history class at CVHS.

The critical importance of the ethnic studies curriculum is hard to miss. The California Board of Education sees it as a crucial tool in combating hate, and there are hopes that other states will follow suit.

The curriculum has been in the works for years in California and was heavily debated. Many minority groups fought to be represented; along with the four major groups previously mentioned, the curriculum will also integrate information about

Jews and Arab Americans, Armenian Americans, and Sikh Americans.

“The lack of diversity in our education is not discussed nearly enough,” commented Taylor Fried, another member of the Women of Color for Change Club. “The implementation of this curriculum is definitely a step in the right direction. I think it will spark some important dialogue on how truly whitewashed our educational system is.”

It is not mandatory that districts adopt the ethnic studies curriculum, but there are already plans in many districts to begin bringing it to their schools by 2022. As for how this will look

at CVHS, it’s not clear yet.

“There have been no discussions at the department level of how this would be implemented at our school,” said social studies chair Sarah Burke. “I assume that it would build on our CCG class.”

Unlike most other schools in the state, CVHS has Afrocentric history and English classes which allow students to shift away from the usual Eurocentric focus and instead learn with a strong emphasis on the African American experience.

“Exposure to diverse narratives can help to end the ‘othering’ of BIPOC and provide a more complete picture of the United States,” said Batchelor.



Students operate their robotic creation which they named Bruce Wallace.

They built a ball-throwing robot

By Eric Nepvux-Kjelstrom

One of the many negatives of the pandemic is how events that are supposed to happen in person are either cancelled or heavily drawn back. However, members of the CVHS club, The Wallace Dynasty, are still able to do what they normally do: build robots.

First, for clarification, there are two robotics clubs at CVHS, but despite what you might think, they don't have a rivalry. "There's a lot of people that are part of both clubs because we're the one that competes, so we compete in the competitions. The other one is just fun, get to know what robotics is," said team mentor Jessica Porter.

The robot building

competition that the club joined is this year's FIRST (For Inspiration and Recognition of Science and Technology) competition which is like a dog show for robots.

"We had five challenges. We chose to do a challenge where we were driving around the courses and shooting the nerf foam balls into the scoreboard," said sophomore Karen Diesta.

Club President Banoo Afkhami explained how the robot loads and throws balls.

"At the bottom [front part], we have our launcher which are some compliant wheels [which are these green motorized wheels that are rubbery and launch dodgeballs] that are attached to this frame that moves up and down via a linear actuator that changes the angle

of our launch. We have this tube made of flexible plastic and we load three balls at a time because any more than that is not allowed."

The name of the robot is Bruce Wallace and the software that controls it is called FRC Driver Station.

The Wallace Dynasty has not had to do fundraisers at the school because of sponsors they've had in the past like OSISoft, Google, and NASA.

"As long as we keep building robots, and eventually, we do have to show evidence of the robot to the corporate sponsors, likely they'll be able to sponsor us next year and the year after, keeping it going for future high school generations," said team mentor Nicholas Tapia.

History teacher inspired students for 35 years

By David Hernandez

Goldstein's work ethic rubbed off on his students as well.

"Mr. Goldstein inspires me to work harder on history. He pushes me to do better every time I am in his class," said junior Elethan Beard.

Above all Goldstein's goal both in and out of the classroom was to make sure that students were engaged in history and understood its importance in our day to day lives.

When asked about his favorite aspect of teaching, he put emphasis on the interactions with students.

"I used to really enjoy having students as freshmen, and then sophomores, and then juniors. Watching kids grow up has really been a really great thing. I'm going to miss the students," said Goldstein.

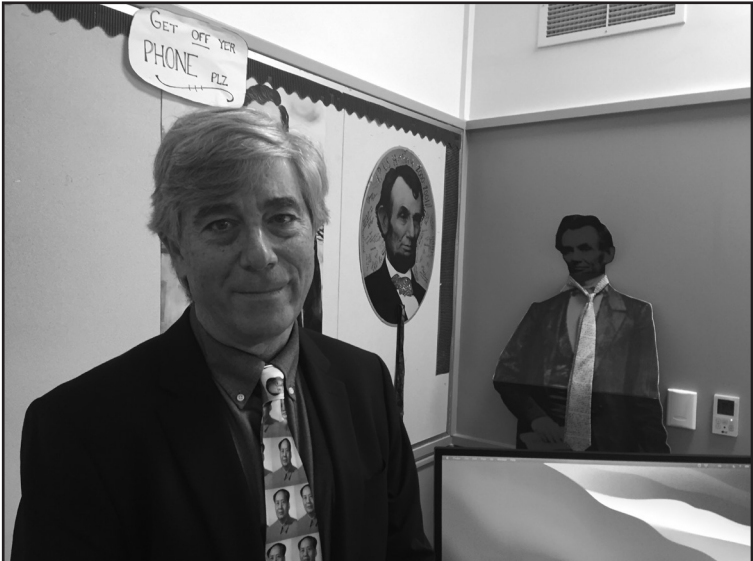
Although he is leaving CVHS, Goldstein says that he will never forget the experiences that he's had with students who have come in and out of his classroom throughout the years.

After dedicating 35 years of his life to inspire students to learn about both their nation's and the world's history, Jeff Goldstein is taking a step back and retiring from CVHS.

From hosting war simulations to moderating heated discussions between students, Goldstein fostered experiences inside of his classroom that students will never forget.

"I want people to walk out of my classroom thinking that history is an interesting subject, worth reading and learning about," said Goldstein.

Throughout his career as a teacher, Goldstein made it his mission to match the level of dedication that his students bring into the classroom. From hosting simulations to creating engaging lectures in class, Goldstein accomplished his mission.



Jeff Goldstein showed that "history is an interesting subject."

Senior scores entry to Johns Hopkins

By Felix Shum

Usually when applying for colleges and universities, students would pick several of their top choices and hope for the best.

Senior Jennifer Tang, however, stands out from her peers. She has had her sights on one school for a while, choosing to become an early decision applicant at Johns Hopkins University. Now, she has been accepted and will be attending the school this fall.

Tang's status as an early decision applicant is a binding agreement in which she joins the applicant pool earlier than the majority. She will be required to attend Johns Hopkins and would not be able to change her decision as per the agreement.

Tang is particularly interested in Johns Hopkins for its research program, preparing for a major in neuroscience.

"They also offer a plan for medical school, which is what I'm doing after undergraduate," said Tang.

As Johns Hopkins is an elite school with a low acceptance rate and requiring students at the top of their graduating class, Tang has certainly been an excelling student. Even more so, she has had an interview with Harvard University's Admission office and received acceptance letters from California State University and UC campuses.

Beyond academics, Tang does various extracurricular activities. Some of Tang's activities include volunteering for a church youth group on a weekly basis, helping an orthodontist as a translator for Spanish-speaking patients, and performing monthly in the church's band.



Jennifer Tang plans a career in medicine.

Despite her best efforts to keep on track of her academics and college preparations, the pandemic has taken its toll on her like many others. Tang has felt lost at times when writing her application essays, but the guidance from teachers and the College and Career Center helped her through the difficulty.

Tang has turned the pandemic into an era to reflect on in her future.

"Later on we will get to learn from this experience," said Tang optimistically.

Rudy's Donut House

3692 Castro Valley Blvd
Castro Valley, CA 94546
Hours: 4:30am- 3:00pm



FREE Online Drivers Ed when you mention The Olympian



Go Trojans!





Softball slugger Tessa Spinosa crushes a pitch.



Hurdler Elijah Rogge speeds to the finish line.



Wrestler Ajayzee Zaballos celebrates a win.

Athletes honored for more than just sports

Spinosa stars in softball

By Brooke Kundert

After working hard in softball, school, and volunteering, not to mention living with an autoimmune disease, senior Tessa Spinosa won the SportsHopes Perseverance Award. The honor recognizes Spinosa for her grades, citizenship, and the achievement of her goal to play in college at Messiah University in Pennsylvania.

“I actually hated softball for a really long time,” said Spinosa, a SportsHopes award winner. “I was really stubborn, so I wouldn’t let myself quit, and I ended up falling in love and just kept playing.”

Spinosa juggled many different things throughout her high school career, and had to find a way to balance each separate aspect of her life. She also maintained the stubborn attitude from when she was young, prompting herself to keep going to practice even when the Crohn’s disease took all of her energy.

“Sometimes I really just want to stay in my bed and sleep, but I still get out and push myself. There’s always doctors appointments, and meds that I have to figure out. And just when I’m feeling really bad, but I know I have to push for my teammates, it is a challenge. But I make it work.”

When she was younger, Spinosa used to wonder why she had to play at all, feeling exhausted from Crohn’s. Now though, she said, “I feel so lucky that I can play. I still get the opportunity. It’s a privilege to put my cleats on.”

Spinosa is an all-star, and she does it all with a smile. She gives her all to every aspect of her life, and it shows in the impact she has made on the community and her teammates.

To all the other superstar student athletes with too much on their plates, she said, “Take a day, go on a walk. Don’t think about anything; don’t think about school, don’t think about sports. Just focus on yourself. At the end of the day, it’s you. Parents and coaches have a plan, but it all comes down to you.”

Rogge runs track, gives back

By Cecilia Lin

If you have been to any of our school’s choir concerts, track meets, or basketball games, you might have met senior Elijah Rogge. He has participated in many extracurricular activities while getting good grades.

“During the pandemic, I look back, and I am like, how did I do all of that? But I think part of it is, when you enjoy all the things you’re doing, it doesn’t seem as chaotic,” Rogge said.

Rogge won a SportsHopes Community Service Award. SportsHopes is a non-profit organization based in Castro Valley aiming to help athletes transit from high school to college.

Rogge started track when he was in third grade, and ran throughout his elementary school years. He also participated in track and field in middle school and throughout high school.

“About track, what I enjoy is when I’m running, it feels liberating,” he explained.

He volunteered as a coach for Catholic Youth Organization’s track and field and basketball youth programs and played basketball for CVHS in his first two years of high school.

“I was just trying to help kids and give them some knowledge that I’ve had over the years,” said Rogge.

He served as a junior counselor for the Hayward Area Recreation and Park District summer youth camps for the last three summers. His main responsibility is to take care of the children and track them doing their activities.

Besides sport, Rogge also sings with the CVHS A Cappella Choir, and his favorite concert is the 2020 Pops Concert, Mixtape 4 U.

“It was some of the last good memories I had before the pandemic hit,” he said.

After high school, Rogge wants to attend law school in a four year university for a bachelor’s degree in civil rights or criminal justice.

Zaballos wrestles, coaches

By Austin Coffelt

Over the course of one week, student-athlete Ajayzee Zaballos can have wrestling practice at CVHS, coach middle school teams, and volunteer at her family’s gym. Sports are a big commitment for Zaballos, who has to deal with schoolwork as well.

“I had to focus on setting time aside for school and my sports first and foremost before taking time for anything else,” said Zaballos.

Wrestling demands great physical and mental effort, Zaballos said.

“Wrestling requires mental toughness, the will to take risks, confidence, perseverance, hard work, physical strength, and being willing to push

yourself to limits you’ve never reached before,” she said.

Zaballos won a SportsHopes Community Service Award for her wrestling, coaching and academic success.

“This award is another reminder that everything I have accomplished, sacrificed, and have been proud of is being recognized by my community,” said Zaballos.

Zaballos has been participating in sports since she was little in her family’s gym. She will attend Menlo College in the fall, and she will wrestle there as well.

“I am open to what life brings to me in the future, whether that consists of the Olympics, continuing coaching wrestling, or venturing within a separate entrepreneurial lifestyle,” said Zaballos.

GO ZERO WASTE WHEN SHOPPING FOR COLLEGE

Going to college is exciting for seniors! Here are tips to save money and reduce waste.



Tip #1: Minimize First
If you are moving into the dorms next year, you’ll have less room than you think. Consider giving away or selling clothes and items you won’t need.



Tip #2: Buy Used
Need to buy a few things before going back to school? Find great value and selection with gently used items. For local businesses that sell used, or to shop for resale items online, visit cvsan.org/Reuse.



Tip #3: Ditch Single Use
Packing reusable drinkware is easy and stylish with so many fun options to pick from. Bring reusable serveware with you, such as bamboo cutlery and chopsticks, a reusable straw, and a reusable container for meals.



Tip #4: Reuse Books
New textbooks are expensive, especially when you only use them for a few months. Research your school’s buyback program or textbook exchange Facebook groups to find used copies instead.

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

