



THE CASTRO VALLEY HIGH SCHOOL

Olympian

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Students, staff fight to flatten curve

By Jeanette Wallis
COPY EDITOR

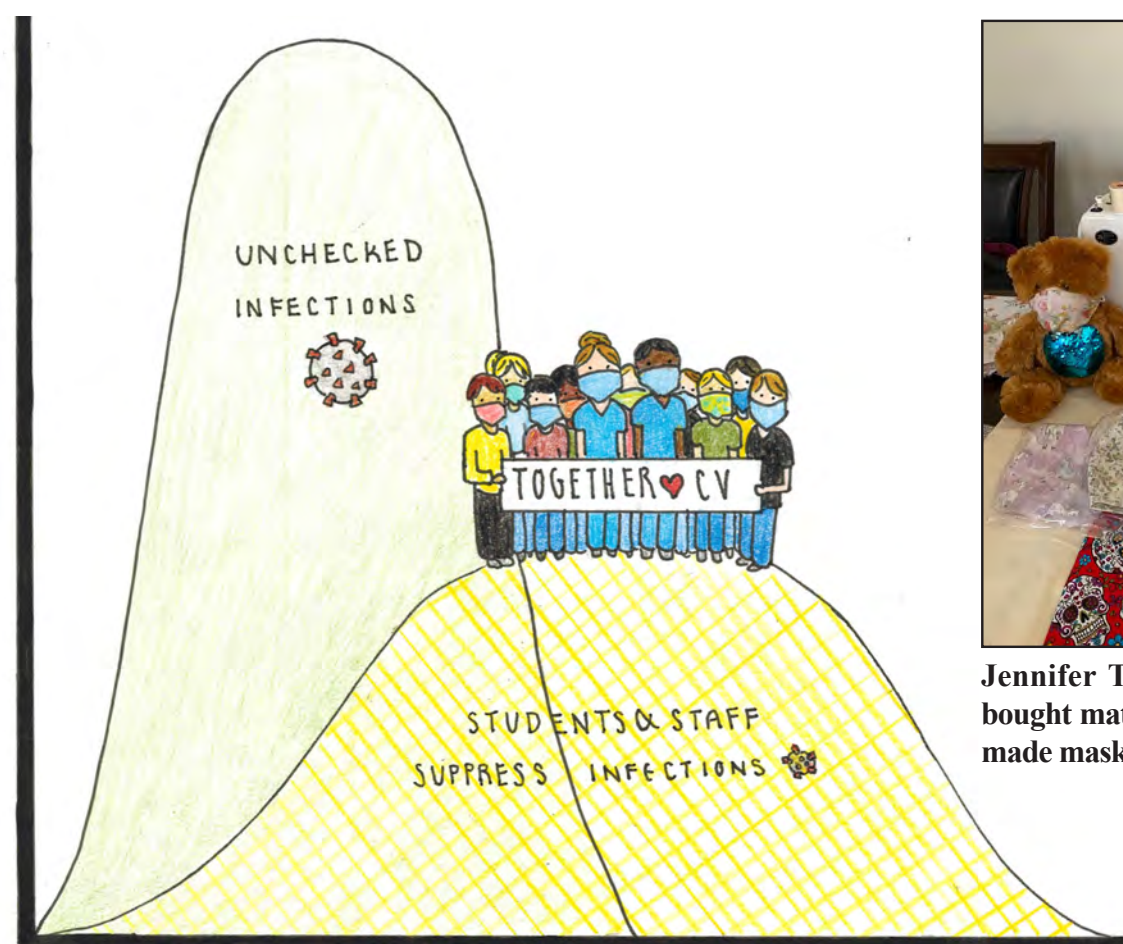
Ever since the stay-at-home order came into place in mid-March due to COVID-19, everyone has been encouraged to do their part to flatten the curve. While most people are following social distancing guidelines, many members of our community are going above and beyond to help others during these difficult times.

CVHS freshman Daniel Guo is one. When he found out that frontline health workers in hospitals often didn't have sufficient protection while treating patients, he spent \$1,800 from his savings to buy hundreds of high-quality KN95 masks.

"I wished for them to stay safe while they helped other people's lives," explained Guo. Guo donated the masks to the Highland Hospital and Eden Hospital in late April.

"Getting N95 masks in the U.S. is hard; I had to find a different source than those of the hospitals," said Guo. "My uncle helped me to buy high-quality KN95 masks directly from a PPE factory in China where the price was very good."

Sophomore Felix Shum is also doing his part to help local



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hospitals.

"I noticed on the Stanford Children's Hospital webpage a need for donations for protective equipment, so I thought I could help out by making a donation as well," said Shum.

He had been saving up to buy a new Nintendo Switch, using money he had earned from tutoring math. He instead decided to donate the money to the hospital.

"When I saw the request for donations, I decided to give a

check. I am a regular patient at Stanford so I felt inclined to help out," explained Shum. After his generous donation, the hospital had a special surprise for Shum.

"The managers of Stanford Children's Hospital were so delighted at my generosity and wanted to meet online," he said. "The managers surprised me with a Nintendo Switch that I had wanted to save up for during the online meeting with a package at my front door.

Never would I have thought that my good deeds could come full circle back to me."

Magnanimous mask makers

Other community members have been making masks, including school board member and parent Dot Theodore.

So far, Theodore has created around 400 masks, donating them to people in the community and different nearby health care agencies.

"I like the sense of accomplishment I feel after making each one, and enjoy talking to people as they come to my doorstep and pick up the masks, it's a little opportunity to say hello," Theodore said.

Junior Jennifer Tang and freshman David Tang spent their own money and learned sewing skills to make masks for frontline workers too.

CVHS aide Kimberly Mosbaugh and daughter Shaelyn Mosbaugh have also been making masks for friends, family See **HEROES:** page 4



Jennifer Tang (and her brother David) bought materials, learned sewing skills and made masks to donate.



Daniel Guo donated his savings to buy masks for hospital workers.



Custodians sanitizing the campus include (from left) Larry Kleinschmidt, Ping Zhang, Anita Orozoco and Hai Feng Yu.



Anika Donovan helps keep the public supplied working at Lucky.

Coronavirus and grades make bad mix

Editorial:

Due to COVID-19, CVHS is not able to function as it should. Events have been cancelled, distance learning continues, students are under stress, and grades are difficult to fairly determine. One of the most concerning adjustments for students is the new grading system, a credit or no credit system. *The Olympian* supports this process of grading due to the circumstances we find ourselves in.

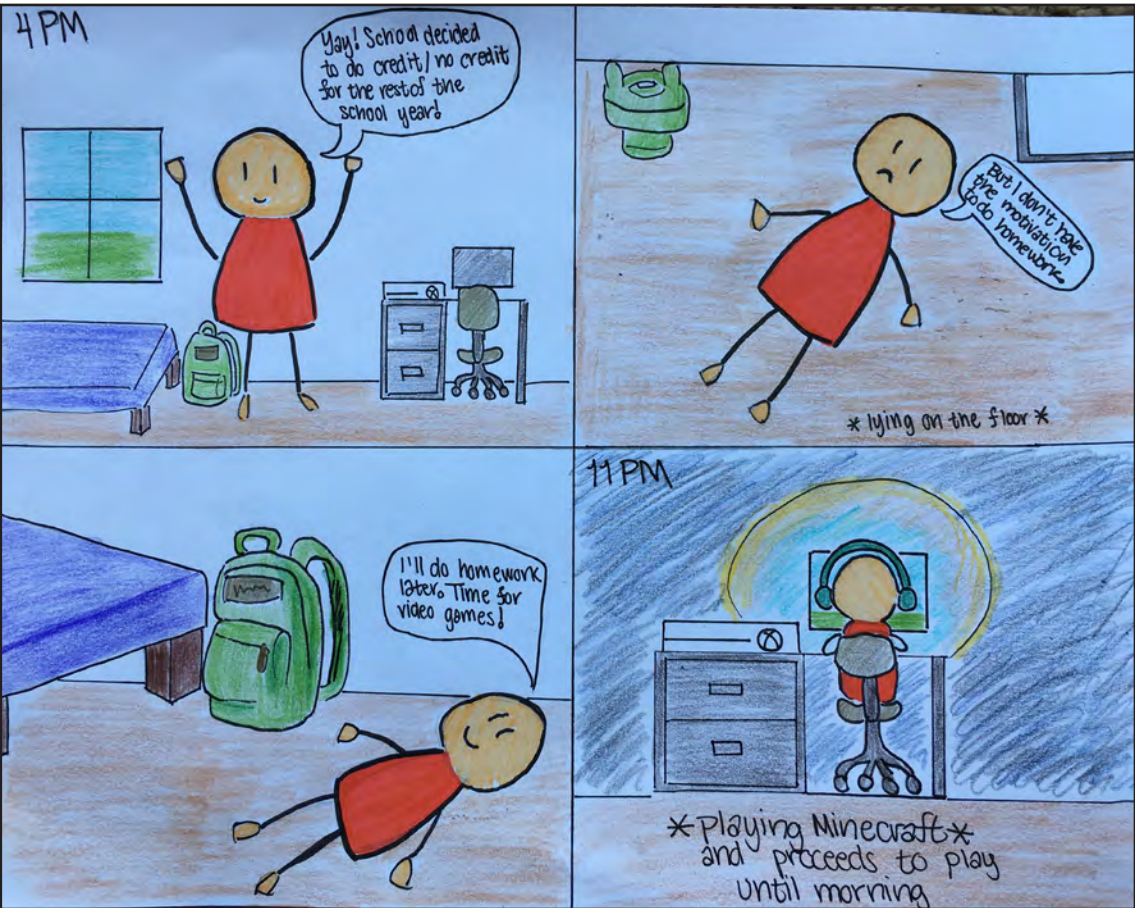
This credit or no credit system is fair in a public high school. Many students need leniency when it comes to internet access. Although distance learning is a great alternative, it was unexpected and many students are not able to have constant access to the internet or a computer.

Furthermore, special education students also need

support and may need more time on a particular lesson. Families are also facing significant problems that may include financial or medical setbacks. COVID-19 presents many difficulties in which students should be given flexibility when it comes to grading.

As simple as credit or no credit sounds, there are also drawbacks that come with the proposition. Many students will not feel motivated to complete their work. A-level students will also get the same grading mark as a B, C, or D-level students, which is a concern in the long run when it comes to transcripts.

However, due to the setbacks of COVID-19, we at *The Olympian* support credit-no credit because of the extreme circumstances. Students must motivate themselves to do their best and learn without grades for a change.

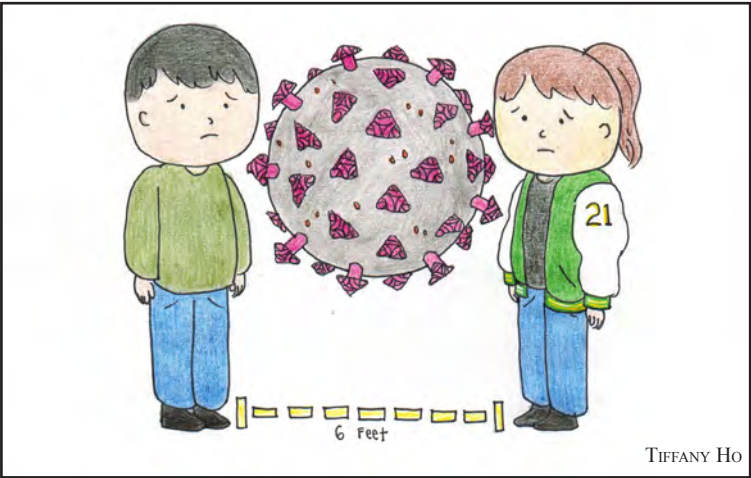


JOSIE DE LA TORRE

Take social distancing seriously to beat virus

By Eyzid Hadi
PHOTO EDITOR

In the United States 2.0, we have been instructed to keep a distance of six feet between each other and wear protective masks. In reality, this is against any and everything that we have been taught since birth, like working with others in teams, being in groups, engaging in social activities, and feeding off of each other's energies. The new normal does not preclude us from doing all such things; we just need to adopt new ways of doing the same things we have always done.



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Not all people have adapted to this new way of life and some people still resort to old habits. Some examples can be

seen at Lake Chabot Regional Park. Since the weather has gotten sunnier and warmer, the park is full of people walk-

ing, running, and sitting on the grass without practicing recommended and required social distancing guidelines.

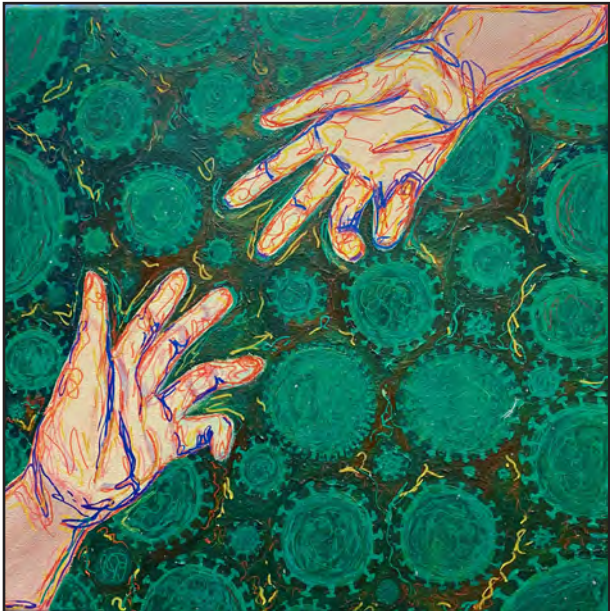
Although we are in the midst of a pandemic, some people do not seem to be adapting to the new way of life and are taking risks that could be deadly. Humans are social beings and it can be very difficult to be cooped up inside on a nice day with your family. However, if we don't take shelter-in-place and social distancing seriously, it will take longer for our community to be rid of COVID-19 and we will lose many more of our friends, fam-

ily, and neighbors to this virus.

Instead of risking the spread of the virus, we should all consciously make sure that we maintain the mandated social distance of six feet when visiting Lake Chabot Regional Park or wear protective equipment such as masks and gloves. This is the best way to still enjoy the face to face interaction we all need and crave while making sure everyone remains safe.

By joining together and following recommended practices, our community will be safer, and we will hopefully get back to more normal lives and routines at a faster pace.

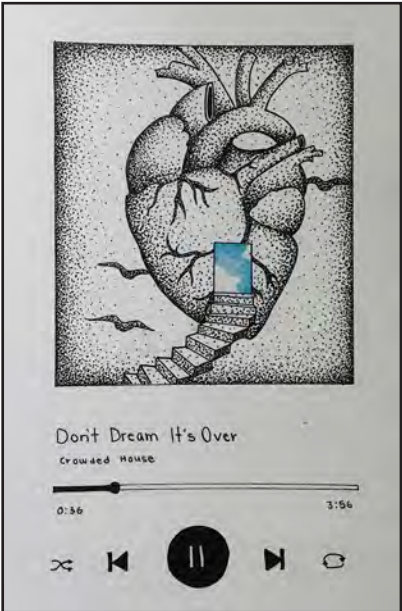
Pandemic pictures speak a thousand words



ISABELLE CASTRO



RUBY YANG



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Students of art teacher extraordinaire Alexis Knudsen express responses to the coronavirus crisis, artistically of course.

THE CASTRO VALLEY HIGH SCHOOL

Olympian

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COVID can't crush crafty candidates

By Thomas Ryken
STAFF WRITER

CVHS held elections from April 1 to April 3 online because of the COVID-19 quarantine. Juniors, sophomores, and freshmen were sent an email with the official ballot to vote for ASB and class officer candidates for next year.

Junior Alex Ikuma was elected as the next ASB president. She plans to inform more students with a bulletin board, bringing back spring fling, and having a suicide prevention activity during Dude Be Nice Week.

"By the start of next year I hope we will be back as normal. At the earliest we want to plan events for CVHS to bring everyone together again," said Ikuma.

Sophomore Lauren Green was elected ASB vice president.

She plans on creating more activities to keep school spirit up and create a community closet with clothing and toiletries.

"One thing I love about CVHS is how were all so willing to help each other and also be there for each other," said Green.

Sophomore Wandii Muinde was elected ASB secretary. She plans to create a new efficient fundraiser for school activities using an app to keep the school thriving.

Junior Griffin Hastings was elected ASB treasurer. He plans on giving the school more say in student activities like choosing the homecoming theme.

Junior Shane Tayag was elected ASB school board representative. He plans to help students feel more included and create a better sense of togetherness.

"It's really important for me in this position to make sure ev-



Winning ASB offices are (from left) Alex Ikuma, Lauren Green, Wandii Muinde, Griffin Hastings and Shane Tayag.

everyone has a voice in our school and everyone is represented," said Tayag.

Senior class officers are Miguel Bernas as president, Kayla Pereira as vice president,

Alison Li as secretary, and Alex Tam as treasurer.

Junior class officers are Jamie Fong as president, Honna Nguyen as vice president, Amanda Wong as secretary,

and Emma Fogle as treasurer.

Sophomore class officers are Ezra Tramble as president, Jaylene Cole as vice president, Amaya Minor as secretary, and Jennifer Mi as treasurer.



Senior class officers are (from left) Miguel Bernas, Kayla Pereira, Alex Tam and Alison Li.



Junior officers are (from left) Jamie Fong, Honna Nguyen, Emma Fogle, and Amanda Wong.



Sophomore officers are (from left) Ezra Tramble, Jaylene Cole, Jennifer Mi and Amaya Minor.

Retiring school staff approach "graduation"



"I will miss my wonderful students, colleagues, and promoting la francophonie. I am impatiently waiting for le déconfinement (a neologism) and le retour à la normale, so that I can travel to France."

Patricia Binder,
French teacher



"Teaching at CVHS was phenomenal. Staff are so helpful and caring. I treasure the influence I had guiding students. I will miss my teacher friends, challenges met, student energy and questions."

Jean Emrich,
health teacher



"The thing I remember most about my 14 years at CVHS are the students. My fondest memories were watching homecoming floats come to life outside my classroom every year."

Gigi MacLeod,
Spanish teacher



"I'm saddened not to see my students' faces every day. Yet at the same time, I'm deeply moved by the way that people in Castro Valley have managed to connect and create goodness."

Linda Witnov,
English teacher



"I have enjoyed my time at CVHS. I love my coworkers and kids. I always enjoyed helping students. I am looking forward to long hikes, taking classes and spending time with family and friends."

Marlene Wright,
paraeducator

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People oppose pandemic: “Stand up, step up and just do it!”

► **HEROES:** from page 1
and the community.

“It started with my husband who is a 911 dispatcher. Someone at his work tested positive for COVID-19 so masks were mandatory ...So I started sewing,” Mosbaugh said.

Although they began by making masks for first responders, they have expanded to also make some for homeless vets. “As of now we have made 1,000 masks and over 100 ear protectors,” Mosbaugh said.

Students supply suburb

Juniors Sedona Berg and Czarina Powell are essential workers at Target. Not surprisingly, work has been much different than usual, with new policies and guidelines to minimize the risk for workers and customers alike.

Berg described how people would line up before the store even officially opened, with everyone panicking to stock up on essentials despite the limits on these items.

“I am worried about the risk in working during these times, but I think about how I would rather have me, a 17-year-old, working the front lines than someone older than me potentially getting affected by the virus worse than me,” said Berg.

Other students working long hours to keep the public supplied with groceries include seniors Anika Donovan and Mell Davis at Lucky and Niccolo Delucci at Trader Joe’s.

Senior Brody Dwyer and juniors Griffin Hastings and Nolan Alexander keep the hungry fed at Southern Comfort Kitchen. “We all wear face masks on the cooking line and wear gloves whenever we touch anything,” said Dwyer, who realizes that even serving customers puts his health at risk.

Free food

CVUSD has been giving out free grab-and-go meals three times weekly at Creekside Middle School since March 16.

“We served just over 300 on our first days and we are now serving over 700,” said organizer Charity Hastings.

Teachers, office staff, instructional assistants, and Supt. Parvin Ahmadi have been volunteering weekly at Creekside to serve CVUSD families.

There are around six volunteers handing out food, with many more people working in the kitchen and cafeteria creating the lunches. In addition to getting meals, people can



Serena Weed supports elderly neighbors.

also pick up bags of canned food from the Alameda County Food Bank, and there are other resources, including how to get free internet, and locations of other food banks.

“It has been inspiring to see staff from all sites and all departments working side by side (six feet apart),” said Hastings.

Amazing staff makes amazing book

Students will get their yearbooks in the semester’s final days only because the yearbook staff pulled off a minor miracle. The closure of school on March 13 arrived just as the staff raced to meet its final deadline. Despite the difficulties posed by distance learning, the students overcame and submitted their book to print.

“This year’s yearbook staff came together and developed a sense of family and togetherness,” said teacher Jessica Porter. “I am so grateful for the editors and for the entire staff.”

The team even managed to produce a supplemental section and cover the pandemic.

Porter especially thanked freshman Aidan Wertzer, sophomore Alexis Krzyzanowski, juniors Sedona Berg and Karla Castellanos, and seniors Lexi Zeigler, Conal Mosbaugh and Amber Hendrickson.

Staff serves superbly

During this time, members of the CVUSD community have been volunteering in many other ways.

CVHS psychology and history teacher Jennifer Sitkin helps as a driver for East Bay Feed ER, an organization that has been supporting the restaurant industry during the COVID-19 crisis while also feeding health care workers on the front lines.

“I wanted to find a way to help out during the crisis beyond my own job and household. I donated money but also felt like

I had the time to be a driver as well,” said Sitkin. “I appreciate everyone’s efforts to support our community financially and to also to take care of those that are putting themselves at risk.”

History teacher Kathleen Cassidy helps with the Creekside food service and also donates blood. Cassidy usually donates blood every eight weeks and platelets every four weeks. “I’m healthy and able to donate blood/platelets. I know the Red Cross is very concerned about their supply as people are not willing to go out and risk infection,” said Cassidy.

CVHS staff member Serena Weed is helping out in her neighborhood by bringing essential supplies to elderly neighbors who are at high risk and don’t feel safe outside.

“My husband and I just do a daily check in to see if they need toilet paper, paper towels or anything else. Some of the elderly are afraid to come to the door so we just leave a little care package of many necessities that are quite hard to find these days,” said Weed. “We can’t stop being compassionate.”

Teachers Tommy Maloney and Jennifer Jervis organized videos featuring CVHS staff members showing appreciation for their students.

“We thought it would be nice for students to know that school



Brody Dwyer feeds customers at Southern Comfort Kitchen.

staff still thinks about and cares about them even though we are not at school,” said Jervis.

P.E. teachers Denny Molzen, Mark Williams, John Edwards and Carrie Roscelli are leading frequent online exercise sessions. Spanish teacher Laurel Orduna has helped pick up trash from Alameda beaches. Noel Amherd and Sue Anderson have held community circles.

The Wellness Center holds staff support meetings and produces “words of wellness” podcasts to communicate with those who are affected by the pandemic. Guests include elders, youths, teachers, and students who have different perspectives on this crisis.

Principal Blaine Torpey

thanked students Maiden Hanna, Spencer Chinn and Jonah Fairley and district staff members Nic McMaster, Marian Meadows, Gisela Sandoval, Hastings and Cassidy for going above and beyond.

In addition, Ahmadi praised “our amazing students” and a long list of staff members including teachers, counselors, child nutrition staff, purchasing and warehouse staff, accounting and payroll staff, human resources, custodians, social workers, and site administrators. Individually, she recognized Torpey, Sherri Beetz, Jason Reimann, Aimee Cayere, Peter Vallejo, Greg Ko and Suzy Chan.

Despite the fear and stress that surround the COVID-19 pandemic, it is amazing to see how our community is coming together to help others stay healthy and stay safe. There are many opportunities to help.

“Check in with your family, friends, neighbors and community to see how they are doing and if they need help. It is easy to do. Stand up, step up and just do it!” said volunteer Jennifer Oliver.

Olympian staff members Milagros Aquino, Megan Baldwin, Miguel Bernas, Leo Lin and Hannah Pilgrim contributed to this report.



Teachers Jennifer Jervis and Tommy Maloney made a video to connect staff members with their homebound students.

GREAT RESOURCES:

Check out the following zero waste bloggers.
Their feeds are filled with great tips to reduce waste.



Shia Siu, from Vancouver, B.C., often blogs about do-it-yourself solutions for zero waste at home.

Find her on Instagram @wastelandrebel_ or on the web at www.wastelandrebel.com



Jonathan Levy, from Castro Valley, CA (now LA), often blogs about the zero waste industry side of things as a consultant working on waste reduction.

Find him on Instagram @ZeroWasteGuy or on the web at www.zerowasteguy.com



Lauren Singer, from New York, NY, blogs about personal waste reduction and sells personal care products too.

Find her on Instagram @trashisfortossers or on the web at www.trashisfortossers.com.

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