

Olympian

THE CASTRO VALLEY HIGH SCHOOL



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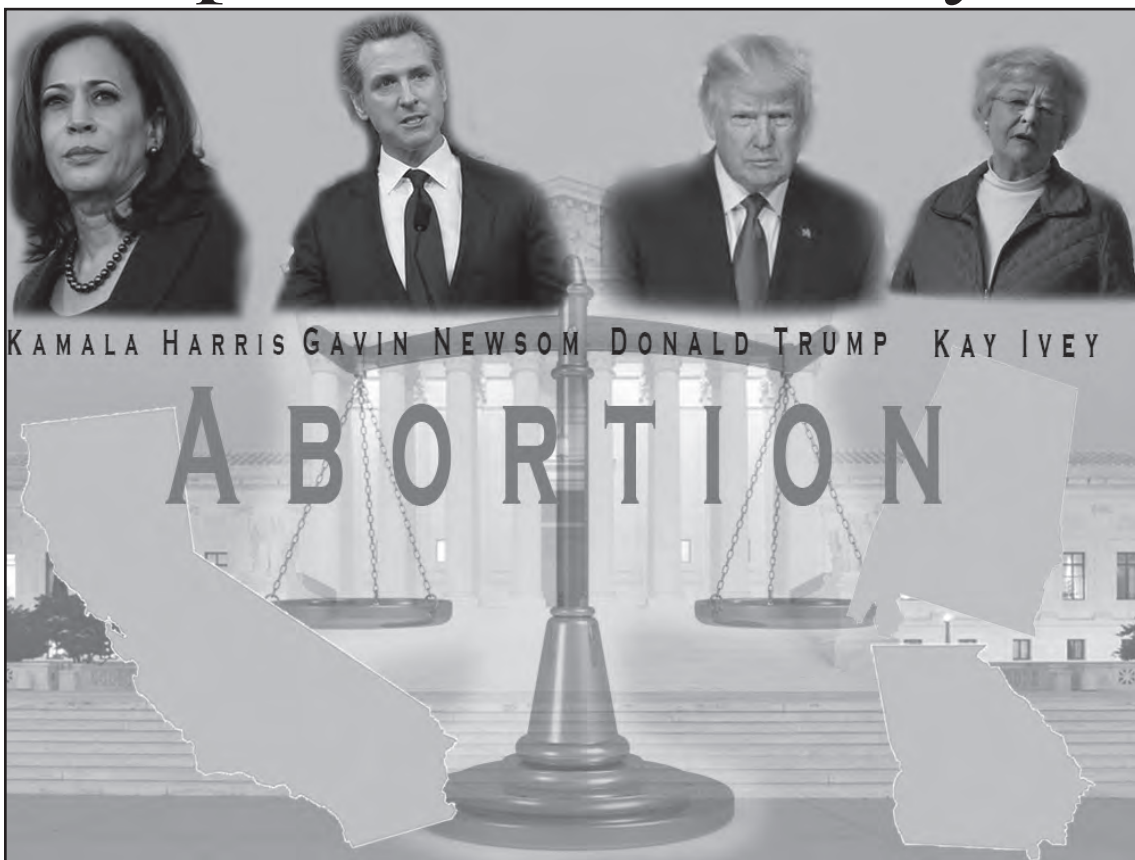
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State abortion bans spark controversy



AUDREY MANZANO

Politicians from the left and right are sparring over abortion after new legislation.

Supreme Court showdown could follow

By Kimia Emadi
STAFF WRITER

Alabama passed The Alabama Human Life Protection Act on May 15, joining a string of other states pushing for a Supreme Court case to overturn Roe v. Wade.

The law makes all abortion illegal unless carrying the child to term puts the mother's life in danger, controversially leaving no exception for pregnancies caused by rape or incest. This directly targets Roe v. Wade, a 1973 Supreme Court case that nationally legalized abortions.

Other states like Georgia have passed "heartbeat laws," which ban abortion after a fetal heartbeat can be detected, which happens at around six weeks after conception.

These controversial pieces of legislation are a push for the Supreme Court to take the case, as it now has a solid conservative majority.

Even this majority does not guarantee an overturning.

"The justices have their personal opinions, it doesn't necessarily mean that the five of them are going to vote to overturn Roe v. Wade," says government teacher Kathleen Cassidy.

According to Cassidy, "Technically and legally, abortion is not outlawed by these state laws," because no state bill can overturn the Constitution.

"The laws that are being passed by Alabama, Missouri, so on, those laws are unconstitutional currently because article six of the Constitution...says that no state or federal law can contradict the Constitution," says Cassidy.

Federal courts could prevent the laws from taking effect until judges rule on them.

Students have many mixed reactions, although most seem to agree that the harsh nature of Alabama's bill is too strict.

Junior Alexandra Ziegler says "I feel strongly that a woman has every right to decide what she wants for her person and body."

Senior Logan Huffstutler mainly supports the laws but criticized the lack of exceptions, saying, "My

only reason to support abortions is if it's in rape, incest, it's gonna kill the mom, or if if the baby would be in serious pain or die before it was, like, two."

No women undergoing abortions will be punished, according to the Alabama law, but doctors could be imprisoned for up to 99 years for performing the procedure.

The law draws a comparison between abortions and genocides like the Holocaust.

Mississippi's new abortion law is set to go into effect on July 1. Other similar bills are expected to be signed in Missouri and South Carolina, and have been introduced in Texas and West Virginia. A Kentucky heartbeat bill was recently blocked by a federal court.

The ACLU has challenged the laws.

The laws are far from overturning Roe v. Wade, and will first have to make their way through smaller battles to reach the Supreme Court.

"The court's going to do what it wants to do... it doesn't really listen to public opinion, and that's actually not a bad thing, because the court is there to protect groups that don't necessarily have a majority voice," Cassidy said.

Combined prom unites classes

By Derek Neyer
NEWS EDITOR

Despite the fears of many, juniors and seniors sharing a prom has not seemed to harm the experiences of either class and has instead allowed for the largest prom in CVHS history.

"Combined prom" as it has been dubbed by students took place on May 11 in the Galleria, an event space in San Francisco, with an attendance of 1,025 juniors, seniors, and dates.

When the merger of junior and senior dances was announced, there was skepticism about the effects of taking away Senior Ball in favor of a combined celebration for both junior and senior classes.

In past years there was a trend of low attendance at both junior prom and senior ball, causing the school to lose money with each prom, so the decision was made to combine

the proms to save money. This led to a perception among some students that ticket prices would be lower this year than they had been previously.

"I expected the ticket prices to be lower and I expected prom to be more all out because it was combined," said junior Din Didić.

However, many attendees were quite happy with the event itself, and the attendance boost and cut costs allowed combined prom to be the first in years to turn a profit.

"It lived up to all my expectations, especially the silent disco," said senior Lexi Kwon.

"The music could have been better, but otherwise it was quite enjoyable and the venue was very pretty," agreed junior Marya Gilbert.

Both seniors and juniors saw benefits from having a combined prom. Some were happy to see

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Homelessness rises in town

By Andrew Craig
STAFF WRITER

It is a common belief that homelessness is not an issue in Castro Valley, yet in the first semester of the 2018-2019 school year alone, the number of homeless students within CVUSD rose by over 43 percent, from 64 to 92, and is still rising.

To address this issue, a program has been instituted at the Wellness Center to aid homeless students at the high school. This program falls under the McKinney-Vento Homeless Assistance Act, which provides funding for programs aiding the homeless populace. Coordination is done with the Castro Valley Municipal Advisory Council and the Alameda County Office of Education, among other agencies and groups.

"I think it's a really great program. They put a lot of thought into it, and are really trying to support the families and parents in need," said counselor Gisela

Sandoval. "They're making sure they have food, school supplies, even shoe distribution, and in addition to that therapeutic support."

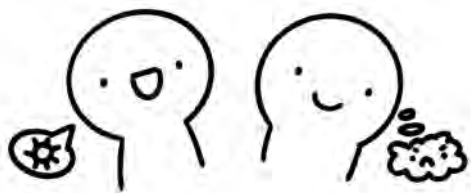
Dr. Deidre Hill-Valdivia, student advocate and social worker, is the program's primary operator on campus.

"Since I started in September, we've had a total of 31 high school students who identified as homeless or in housing transition, and of the 31 students, 16 of them have access to my services," she stated. "I try to meet with them at least once a week."

Homeless students are not necessarily living on the streets, but rather "lack a fixed, regular, and adequate nighttime residence," and most homeless families within the district are sheltered.

Hill helps students on a case-by-case basis and provides counseling. She helps them with academics, talks with teachers, and links them with different resources

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Abortion laws attack women's rights

Editorial:

Alabama just passed a law making abortions illegal except for instances when the mother's life could be in danger. This law makes Alabama the strictest state in the country when it comes to abortion. States like Georgia and Ohio are following suit with heartbeat laws which would restrict women from having abortions after a heartbeat is detected, which usually happens around six weeks.

The Olympian believes that these new laws are an attack on women's rights and would force women to give birth to children they do not want.

These laws fail to take into account the fact that most women don't even know their pregnant until after six weeks. *The Olympian* believes these new laws are not based on what is good for the people, but what is good in the eyes of religion. While Alabama, Georgia, and Ohio are making these laws to enforce in their own



their opposition. Women and men should stand together in solidarity for women's rights. They might actually be able to create enough change as a solid unit to prevent laws like these from taking effect or passing again.

But until this change happens, we live in the present and the laws are still here. We should not be criminalizing women for taking control of their bodies, we should be providing safe and secure means for them to do so. If we don't we will end up with women using coat hangers to perform abortions, and nobody wants that.

We should emphasize sexual education and properly educate women and men about the various forms of contraception. We should not criminalize women who get abortions or the doctors who perform them. We should get our youth more involved in politics because they are the future and they will be the people who keep abortion safe.

states, they are also looking at the bigger picture; appealing to the courts and hoping to overturn the Supreme Court's *Roe v. Wade* decision, which

made abortion legal nationwide, even in instances where the mother wasn't raped, a victim of incest, or medically endangered by the pregnancy.

While these laws seek to strip women of their rights, they may also be doing some good. People who were once separate are now united in

The Gay Identity: From Stereotypes to K-Pop



By Nathanial Ortiz
EDITOR-IN-CHIEF

I don't care if you like men, but I do care if you like K-Pop. As a gay teen, it has been so hard

to come to terms with my own sexuality. Even in a community and environment that is much more accepting of homosexuality than most, self-identity can be difficult and this is in part due to the problematic view of what "being gay" is in society. For as long as I can remember, the media I have consumed about homosexuality has always been the same. Gays on TV and in movies have always followed the same tropes. Much of gay "representation" on TV and in movies, even to this day, comes from a straight perspective, which can be both hurtful and wrong. Often in media, gay men are seen

as one-dimensional characters. This can be seen through the "gay best friend" trope depicted by characters such as Damian in "Mean Girls." Besides having multiple snarky lines, Damian has no pivotal role in the film and is only used at the expense of his "gayness." He is one of the main character Cady's best friends, yet has no character arc, unlike her other best friend Janis who sets the plot into motion and has conflict and development. I continue to struggle with my own self-identity because of these stereotypes and how others see me. I constantly fear being seen as a stereotype, not because I

think there is anything wrong with many of the traits of a stereotypical gay but because I want people to see me as more than a one-dimensional caricature. Every time someone characterizes me as gay or points out my "gayness," I feel so insecure and worried that this is all they see in me. This is in part why I try to be more than just a stereotype. As I have been exposed to more realistic gay representation online and in real life, I have found that there is more to being gay than what the media taught me. It isn't stereotypes that define the gay community, but the need to be different and express themselves

as who they are, not as how others want them to be. Many in the community identify with over-the-top, and sometimes androgynous figures and musicians. This includes many gay icons, from Judy Garland to Janelle Monae. Others identify with non-Western music as a rejection of the status quo and of a society that many feel alienated from. This has surfaced into the popularity of K-pop as it showcases powerful women, feminine men, and an alternative to the Western pop genre. Through all of this, I have learned that being gay isn't just a sexual orientation but a form of expression.

PHOTOpinions

What do you think about the new state anti-abortion laws?



"I believe that people should always have the right to an abortion. It's their body, so it's their choice."

Camille Borris
Freshman



"It's very regressive, a reminder that people are still trying to control other people's lives in 2019."

Cole Lameyer
Sophomore



"I understand both sides of the argument, and I believe that people should be allowed to choose for themselves."

Seth Miu
Junior



"Men should not have any say in the privacy and rights of a woman and her body. *Roe v. Wade* was a monumental case that gave women privacy."

Allison Rigler
Senior



"I am opposed to Alabama law, and the majority of Americans agree with me."

Steven Hendee
Staff

Joining a sports team could change your life



By Joshua Levy
STAFF WRITER

As a senior approaching graduation from CVHS and moving on to college, I'm starting to look back at the many different experiences I've had throughout high school. One of the memories that sticks out to me the most was being able to play baseball for all four years.

I can still remember the feeling of freshman year try-outs, when everyone was nervous and no one really knew each other yet. It's crazy to think that we went from that to having our last ever high school game a couple of weeks ago. The 2019 class started off with a group of about 20 play-



Josh Levy and his buddies from the varsity baseball team pose for a picture together.

ers on the freshman team and ended with only six on varsity. I could have never imagined the bond that we would have between the six of us seniors and all of the fun memories we have had together.

High school baseball is completely different than any Little League or summer team, because you and your teammates become a true family. This was definitely my

favorite part of high school because even when I was having a bad day, I could show up to play a game I love with a great group of guys that would make me smile every day. All of us got into arguments or would hold grudges against each other every so often, but that's what all families do.

Even though we didn't make the playoffs this past season, it was still definitely my favorite

season out of the four. We all had the same chemistry with each other no matter which grade we were in and we were always able to make the best out of the worst situations.

I highly encourage everyone to try to do an after school activity at least one year in high school. It doesn't matter if it's a sports team, music related, or a club, but it's definitely an experience worth having.



Letters: students steaming over vaping policy, locked bathrooms

Students vape every day and in classrooms, locking bathrooms is not a solution for preventing students from vaping! If they want to vape they will do it anywhere else. And other students are seeing that this is not a solution since they want to have access to the bathroom and it's unfair for them.

Klara Welson, senior

Even though I am graduating soon, I am absolutely fed up with the school locking bathrooms near the end of the day. All but one bathroom is always locked during sixth period and the only one that is unlocked is the farthest from my class. If people are vaping on campus, this is not the solution to stop it. Not only is it affecting me having to walk so far that I could nearly pee myself, but I am also caused to miss class time and important announcements. Instead, the school should be educating kids more about why they shouldn't be vaping, and if necessary, they should do checks on campus during every period. Punishing the whole school for a few kids activities is ridiculous, especially for female students who occasionally require bathrooms more frequently.

Brooke Webster, senior

You would think that the whole group punishment thing would end in elementary school, but I guess it's still something valued by the administration at school. Locking bathroom only wastes students' time, teachers' time and really doesn't do anything to stop students from vaping.

Bilal Messaoudi, senior

Do I think vaping is an issue? Sure. Do I think we should lock the bathrooms because people are vaping in them? Certainly not. I personally think locking bathrooms will not solve anything. People vape all over the place not just in the bathroom. Locking restrooms will not stop students from vaping. Hindering the accessibility of the entire school because a couple people were caught vaping in the bathroom isn't not the most efficient solution.

Nathaniel Kwan, senior

They should just let it happen so we can do our business. I really hate having to walk a quarter of a mile every time I have to take a piss. Just the people vape.

Steven Uyeda, senior

Genius abortion policies affect women



By Emily O'Dwyer
STAFF WRITER

Abortion has been a very hot topic recently in the media. The idea these jezabels can murder a heartbeat simply because they had recreational intercourse makes me sick.

Luckily, our trusted government officials are trying to make this horrible act illegal despite receiving much sexist backlash for simply being men controlling women's health.

Why shouldn't men in the government have the rights over women's reproductive systems. They came from one? Most of them sleep next to one every night. Who could be more informed?

Two years ago, Vice President Mike Pence was the deciding vote on whether Title X should continue to fund women's health.

This is the person I want deciding what I can and can't do with my uterus. Who cares

if he thinks condoms are "too modern?" You don't need a condom if you believe in abstinence education.

Pro-life supporters that tell women they have to carry their rapist's baby to term couldn't be more right. It's not like these women won't have support and funds from all these people for the next 18 years because these mothers cannot work.

According to Pence, a mother who works will cause the "stunted emotional growth" of her child. She needs to be in the kitchen wearing a yellow tea length swing dress with her hair rolled to make little Timmy a sandwich when he hops off the school bus after a day of practicing shooter drills.

Now of course this woman could put her baby up for adoption. Those rumors about children hopping around from foster home to foster home having to turn to crime in order to survive is fake news.

The first thing we must do as a nation is go to the root of the problem, sex education. Clearly these diagrams and explanations of coitus are making these middle schoolers hormones go crazy with lust. These children do not need to learn how to put a condom on a banana, they should be learning how sex is only for the purpose of procreation.

Importantly, we must go back to the good old days of

“We must go back to the good old days of slut shaming when America was truly great.”

slut shaming when America was truly great. It's a shame it's gone out of fashion.

Sure we could make it easy for ourselves and assume women are intelligent enough to make decisions about their own bodies, as we trust them with child-rearing, but why would we do that when we can keep them under the big man's thumb?

THE CASTRO VALLEY HIGH SCHOOL

Olympian

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McMaster moves on and up

By *Natalie Costello*
STAFF WRITER

After 20 years of teaching, coaching, and being an assistant principal, Nic McMaster announced he will leave CVHS after this year. He will move to the Castro Valley Unified School District, where he will act as director of student services. Luckily, he won't be going too far.

"I have a number of really good memories from high school but walking the stage on graduation day and feeling the accomplishment of four years of working paying off for you and your classmates can't be beat," said McMaster, who attended CVHS as a student. Many seniors look for to this experience as the school year comes to a close.

Being a student here at CVHS gave McMaster another opportunity to fully understand what the students experience, which is part of what made him such a great assistant principal.

McMaster also served as a football coach and math teacher.



TAYLAYA FRANCOIS

Nic McMaster was promoted to a district position.

"Having not been the strongest math student, I wanted to make sure I taught the concepts as many ways as I could think of," he said.

McMaster took the time to understand that not all students learn the same way and tried his best to build his teaching around the students, another important aspect of why he was such a great teacher.

"There have been a number of challenges over the years that we

have always found a way to overcome. That is part of what make CVHS so special, the bad times never last," he said as he recalls his 20 years at CVHS.

As an assistant principal, he has faced many challenges at CVHS, but he always finds a way to fight through and overcome them. "I have learned so much from everyone here and always been impressed with how much effort and sacrifice people make for the service of others," he said.

CVHS bids farewell to Kentris



KATRINA SILER

Activities Director Michael Kentris has taken a new job.

By *Katrina Siler*
STAFF WRITER

After eight years of teaching at CVHS, activities director Michael Kentris is leaving the district for Oakmont High School in Roseville. Kentris has spent much of his life at CVHS, even attending the school as a student.

"I will miss all of the relationships I have with my colleagues and the students, both former and current," said Kentris. Kentris established many close relationships with his students while at CVHS, inserting himself as a role model for all.

"Kentris has been like another father to me while I have been at CVHS. He has done so much for this school and this community. He inspires me to not only be a better leader, but a better person as well," said junior Devin Green. Kentris's bond with students surpassed the standard student-teacher bond; he was able to act as family.

"My favorite memories are definitely homecoming, all the tremendous events that the school puts on, and just the massive school spirit and the culture of the school," he said. Kentris spread school spirit in

"It's really sad to see him go"

Makena Rutishauser
Senior

his role of activities director.

Kentris used his position to make service accessible to all members of the community, even organizing a district-wide donation drive for victims of the Camp Fire.

Coming into his position of activities director was no easy task; Kentris had to replace the late activities director Nicholas Whitaker. He did so lovingly and thoughtfully, helping the school grieve while acting in the same role as Whitaker. He keeps Whitaker's legacy alive throughout all school events.

Roseville, Kentris's new home, is one of the few districts in the state where the income for teachers matches the cost of living. Kentris drives a 40 minute commute daily because he can't afford a home in Castro Valley on his salary.

"Kentris has welcomed me to CVHS and into the leadership room ever since freshman year. It's really sad to see him go, but exciting to see him start his new life," said senior Makena Rutishauser. Students are disappointed about his future absence, but understanding of his reasons for leaving.

Kentris's impact on the school is extremely apparent. CVHS will struggle to replace such a kind, caring, and intelligent figure.

"I will miss everyone, and I hope that no one gets Roth-Rossi for econ," Kentris joked.

Environmental club making a difference

By *Audrey Manzano*
BUSINESS MANAGER

The CVHS Smart Environment Club (SEC) has accomplished many achievements from selling succulents to helping students learn the importance of sorting waste properly.

The club has also received the Whole Kids Foundation Grant of \$2,000 to fund school garden initiatives which will be used to invest in the school garden.

Within a year, the club has accomplished many different events to benefit the school and our Earth. They have weekly bottle sorting in which they sort bottles and cans and sell them to be processed at local recycling plants where they gain money for funding.

Members of SEC also hold Garden Work Days where they work together to grow and maintain the garden. They are also able

to take home fresh produce as a bonus of their hard work.

The club has also began selling Garden Grams on Valentine's Day like the Leadership class "Rose Grams." The club gives potted flowers instead of roses. The club also sold succulents as an Earth Day celebration.

SEC also makes an effort to show other students how to sort waste during lunch with their "Green Angels" program. In addition to their efforts of saving the planet, on Earth Day, the club celebrated with a CVS San Earth Day Work Day. During this event, the members constructed a new compost bin, planted new plants and trees, moved compost and mulch to the garden, and weeded areas that needed it.

Another large accomplishment was hosting the Sustainability Fair where they invited over 20 local organizations that dealt with protecting the public from



KATRINA SILER

Din Didic grows plants.

environmental hazard and sustainability.

As for next year, the club's current co-presidents, seniors Chelsea Chan and Delcan Galli, plan to let the newly elected co-presidents, juniors Ciara Bolt and Din Didic, take charge. They hope to offer more change to the school as well as the environment.

Choir season ends in success

By *Ria Panjwani*
EDITOR-IN-CHIEF

In the span of ten days ranging from April 30 to May 9, the CVHS choir program performed in the largest choral competition in the state of California, hosted and performed with the top university choir in the country (the BYU singers), and held an emotional spring senior send-off concert titled "Always Keep this Close."

"We've been busy but it's the best kind of busy," laughed choir program director Laryssa Sadoway.

The first event of the spring was the annual Golden State Choral Competition in Pacific Union College in Angwin, Cali-

fornia. For the first time ever CVHS performed in and acted as the host of the competition after placing first in both chamber and concert divisions last year.

"I can say that it has been the one of the most rewarding experiences of my life," said senior and Madrigal Britney Eng.

Next came one of the most incredible experiences yet for the CVHS Madrigals on May 10: a clinic and performance with the BYU singers. This choir has performed with many world-famous composers, recorded numerous albums, and are currently on a tour of the west coast. The BYU director being a CVHS alum made this concert all the

more special, and the choirs had the chance to meet each other and have dinner together. Many Madrigals remarked on their positive experience.

"I was shocked by how incredibly kind they are," said senior and Madrigal Kimberly Boakye.

Four days later followed with an annual event known to be the most sentimental and emotional concerts of the year: the spring concert. Many seniors dread the day, and emotions are palpable as many seniors are seen tearing up during rehearsals before the concert. The concert involves the entire choir program and

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Boys swimming team wins WACC Championships

By Nikita Thomas
STAFF WRITER

The CVHS boys varsity swimming team won the 2019 WACC Championships which took place on April 26 and 27, with the girls varsity team coming in second.

The boys won the meet with 858 points, ahead of Berkeley which finished second with 747 points. The girls finished second with 856 points, behind Alameda which scored 1,020 points.

CVHS swimming did spectacularly at the NCS championships at Chabot College this year also. Girls swimmer senior Jacklyn Scheberies made finals in both of her events and came out sixth in

both, qualifying for the state competition for both. Junior Kayla Craft made finals in the 50 and 100 back, coming out tenth in 50 free and 14th in 100 back.

For the girls 200 medley relay, Scheberies and Craft and juniors Lauren Francis and Elma Sabanovic came in ninth place overall, making it to finals. All four of them also made finals in the 200 Free relay, coming out in 10th place. Sophomore Quentin Mognaga, sophomore Caden Liang, junior Tommy Ryken, and senior Andy Jerome came in 15th place after competing in the 200 free boys relay.

“What’s so fun about relays is that it isn’t all about you and

you have to work as a team with the other three boys,” says Jerome. Jerome won sixth place in the 100 yard freestyle and 200 yard freestyle. “I’d say what led me to being a fast swimmer was my determination to get faster times.”

“I think I did well because of how hard I trained and the amount of discipline I had throughout the season,” said Liang, whose best event was the 100 breaststroke. “Another factor that contributed to my race is always wanting to improve. The two achievements I am most proud of is being able to compete in an individual event and dropping time in the 100 breaststroke.”



KAYLA CRAFT-WILLIAMS

Jacklyn Scheberies and Lauren Francis prepare to compete.

Athletes of the Month

Miller is always improving

By Myla Ogle
STAFF WRITER



MYLA OGLE

Travis Miller drives a ball down the fairway.

CVHS junior Travis Miller is one of the most talented and hardworking players on the golf team. He first began swinging clubs at three years old but reached full potential in seventh grade. Miller has accomplished many achievements and made a great impact on his club and high school team. Over the years Miller has had to overcome major obstacles to still be at the top of his game.

“Travis has been an excellent golfer who is competitive and strives to improve against higher level competition, whether during West Alameda County matches, junior, or open matches in which he competes against

adults,” said golf coach Darrell Lavin.

Miller is a leader, always pushing himself and others to do better with encouragement.

“Travis has a great work ethic and is able to identify weaknesses in his game, then work to improve on those weaknesses... he is continually developing his skills on all aspects of his game,” said Lavin.

Miller has received many accomplishments recently. He was picked as part of the Nor-Cal elite team, WACC player of the year, as well as receiving recent tournament wins state and nationwide. Miller will be given an Adidas sponsorship within the weeks to come.

Golf has been part of Miller’s life for a significant amount of time but has had to overcome

internal challenges as well.

Miller’s mother was diagnosed with breast cancer last year which took an emotional toll on him.

“It became extremely hard to focus and it sometimes prevented me from attending practices. With this diagnosis my family began to have financial problems but luckily we were able to gain support and battle through this year,” said Miller.

Miller has continued to stay focused on balancing his family life and golf success this past year. His skill is greatly excelling and continues to be an asset to the team.

“We could always rely on him to do good in every match, he was very consistent and contributed to our team,” said teammate senior Christian Romero.

Ashir Gupta shines in tennis

By Eyzid Hadi
STAFF WRITER

Ashir Gupta is a senior on the varsity tennis team, and has been a member of the CVHS tennis team for three years, playing doubles.

Despite all of his advanced classes, being an active secretary of the California Scholarship Federation Club, and the president of the Stocks Club, he has helped the CVHS tennis team secure an undefeated winning streak, and helped carry the Trojans to the Northern California Sectionals.

“Tennis has been a passion of mine since middle school and being on the team with some

pretty talented players got me motivated to work harder in order to play at a higher level like them,” Gupta said. This is the competitiveness that keeps him focused throughout every game.

As a young player, Gupta found inspiration in some of the sport’s famous players and that inspiration continues to drive his success.

“Growing up watching great players like Nadal and Federer fueled my desire to play in middle school and high school. It’s also driving me to want to play in college. Whether it is trying to play for the team, or playing tennis for UC Berkeley, I don’t plan on giving up tennis

anytime soon,” said Gupta.

Teammates agree that Gupta will have a lot going for him if he continues to play strongly in college.

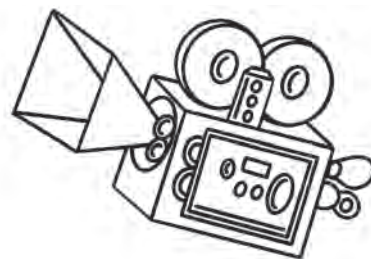
“I think Ashir is a very talented player who has a lot of untapped potential that he could unleash in the future,” said fellow player Edward Wang.

With his competitive nature and strong motivation to succeed, there’s no doubt Gupta can carry his college team to success the same way he did with his high school team. Everyone should be on the lookout for Berkeley’s winning streak once Gupta starts playing in the fall.



EYZID HADI

Ashir Gupta takes a swing with his racket.



Netflix's new documentary is like no other

“Knock Down the House” is unusually optimistic

By Kimia Emadi
STAFF WRITER

Netflix takes a close look at the struggles faced by four grassroots campaigns during the 2018 elections in the new documentary “Knock Down the House,” especially that of Alexandria Ocasio-Cortez from New York’s 14th district.

The other three campaigns followed were that of Paula Jean Swearengin of West Virginia, Cori Bush of Missouri, and Amy Vilela of

Nevada.

The choice to place Ocasio-Cortez front and center may have been beneficial, as the young congresswoman was the only candidate to win election in the group and has also gained plenty of fame since the election, but it certainly overshadows the equally inspiring stories of the other women.

While political stances are certainly front and center, the film makes a point to hit its viewers with emotionality of equal force. “Knock Down the House” is not a regurgitation of events and facts, but a classic underdog film refitted to challenge corporate interests and ineffective career politicians.

The film tries to lend itself to a bipartisan audience, despite the consistent support of

mainly Democratic positions on health care, abortion, and raising the minimum wage. The framing of the candidates makes it abundantly clear that the documentary stands behind the scrappy underdogs, rarely giving voice to their opponents outside of making them seem greedy or dopish.

However the viewer may feel about the policies being discussed, there is no question about the emotional impact. The nervousness, frustration, and unrelenting optimism presented is tangible and contagious.

Such emotion is not strictly limited to campaign policy. As the viewer follows each of the candidates through their respective races, they learn about the personal hardships and struggles that brought each of the candidates to run.

For Ocasio-Cortez, her background as a waitress and

awareness of economic and social disparity around her was the spark of her campaign.

For Vilela, the death of her daughter due to a treatable disease, which was caused by insurance complications, made her run.

Bush lives only six minutes from Ferguson, where Michael Brown was shot. She ran because of the lack of progress for the black community after the murder, seeing need of serious reform.

Swearengin is a coal miner’s daughter pushing for green energy and public health care reform, as mining has caused a plague of cancer in West Virginia.

The film’s weaving of personal tragedy into larger political issues is seamless, although this is largely due to the realities of the women’s lives. The movie is not forced to make great

leaps in order to create an emotional connection because the basis of each campaign was fundamentally emotional. Every political issue presented has profound impact on day to day life.

None of the women filmed were career politicians. They were working class contenders brought into the political sphere by personal experience, a point which the film emphasises as a strength.

This is in no small part due to the involvement of grassroots organizations like Justice Democrats and Brand New Congress, which aim to create change through the election of community advocates uncorrupted by sponsorship money.

No matter your political affiliation, “Knock Down the House” is an optimistic and emotional rallying cry for the American underdog.

New poetry book inspires readers

By Rachel Schoenfeld
STAFF WRITER

Poet and activist Amanda Lovelace published her last book in her series “Women Are Some Kind Of Magic.” The series is made up of three short poetry books: “the princess saves herself in this one,” “the witch doesn’t burn in this one,” and the newest “the mermaid’s voice returns in this one.”

The series doesn’t follow any plot line. Instead, it uses fairytales as a metaphor for the poet’s life. The books aren’t for the faint of heart. The first poem in the book is usually a trigger warning that spans the entire page warning the reader of everything from violence and alcohol to child abuse and sexual assault. It also tells the reader to practice self-care while reading the book.

The poems themselves are interesting. They aren’t your average Whitman or Shakespeare. They’re more modern and less wordy. They catch your attention and make you want to read more. It is an especially good for people who



don’t like poetry that much but would like to read more of it.

In the newest book they are broken up into five chapters each representing a typical trait of mermaid stories such as “the shipwreck” and “the song.” This book also includes poems written by other small poets. However, these poems don’t stick out. Instead they blend into Lovelace’s bigger narrative.

The series doesn’t have to be read in total or from start to finish. I personally started in the middle, then finished with this newest one. I do recommend reading at least one of the books.

GO ZERO WASTE WHEN SHOPPING FOR COLLEGE

Seniors, are you planning on going to college next year? Use these tips to help reduce waste and save money while shopping for everything you’ll need.



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 before you pack for school.



Tip #2: Buy Used
Need to buy a few things before going back to school? Find high-quality, gently used items at big box prices. Visit cvsan.org/Reuse for local businesses that sell used, or shop resale online.



Tip #3: Ditch Single Use
Pack reusable drinkware in your backpack’s side pocket for that daily mocha or latte. Some coffeehouses even give discounts for bringing your own cup! Paper and plastic cups and straws are things of the past.



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.

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►PROM: from page 1

their friends from other grades, and some were simply happy to have more people.

“I really liked seeing all my senior friends at prom,” said junior Caitlyn Lyons, reflecting the feelings of many juniors.

The dance floor was more packed than usual, which made some prom-goers happy. “It was good that there were more people filling up space,” said senior Jacob Ikuma. “It got everything going a little more. Many people lead to a mosh pit and that’s the sign of a good night.”

The success of combined prom both from a student perspective and a financial perspective has made it a likely fixture of CVHS life going forward.

►HOMELESS: from page 1

in the community, among other things. Under the program, students may receive a clipper card to be used for transportation and have the option of attending after-school tutoring sessions in all subjects, as well as access to a chromebook and internet.

In partnership with the nonprofit organization Moms Against Poverty, they also purchased a freezer, which they supply with frozen organic food every two weeks at the district office for the students. Healthy diets are important to students without homes. On average, in the nation they have been sick at twice the rate and have had five times as many stomach problems as students with homes. As such, free lunch is provided.

“The majority of them have either improved their attendance, have identified as needing additional academic support, have improved their social-emotional capacity, or have reduced their [disciplinary marks], like suspensions and getting in trouble,” said Hill. “Parents have been very grateful to get additional support for their students... I would say its been beneficial.”

CVHS lobbies with NAACP



CVHS students lobby at the state Capitol with NAACP President Alice Huffman.

By Eyzid Hadi
STAFF WRITER

The NAACP held its annual legislative day for students in Sacramento on May 20, 2019. It was a great opportunity for students to meet state NAACP leaders, learn about the legislative process and gain a better understanding of how bills are passed. Students from various parts of California made the trip to Sacramento to learn about this important process, with a small group of students representing CVHS and Canyon Middle School. The day was packed with activities, but the most interesting aspect of the time in Sacramento was when students had to persuasively lobby for their bills.

Alice Huffman, the California and Hawaii state NAACP president, started the morning with a welcome and general overview of what the day would entail. Next, Rick Callender, the Northern California NAACP vice president, provided a detailed explanation of how a bills get passed and gave an overview of the the legislative process.

After being assigned lobbying roles for four bills and a quick lunch break, it was off to the Capitol. Students took a short walk and prepared their statements to give to state legislators. The four bills covered diverse areas such as Peace Officers and Deadly Force, Sickle Cell Disease Centers, Discrimination against Hairstyles and a Charter School Moratorium.

Although some elected officials were busy pressing state matters, students still had an opportunity to lobby their bills to each legislator’s secretary. In total, students had the chance to actually lobby for the four bills that would benefit the public.

At the end of the day, the students all agreed that the experience was educational.

“I had a great time, and it was a wonderful experience to see how bills are turned into laws. I highly recommend this experience to anyone interested in government, or to anyone who wants to get a better idea of how the laws they live by are made,” said District Alliance member Ashir Gupta.

After a quick recap at the end of

the day, students presented to the state NAACP leaders on whether their bills were passed,vetoed or needed more time for consideration. The four bills that Castro Valley students lobbied for were deemed to need more time for

“
I highly recommend this experience.”

Ashir Gupta
District Alliance

consideration by the state legislators and everyone was pleased that their bills did not get vetoed.

Once the presentations were done, Castro Valley students said their goodbyes to each of the state NAACP leaders they spent the day with and to the state-wide peers they met from other schools. All agreed it was a fun and interesting day and an experience that they will remember for years to come.

►CHOIR: from page 4

culminates with the tradition of seniors receiving a rose during the last song “Blessing.”

Now that the whirlwind of events has died down, many seniors grow more and more wary of their time left in the program.

“These past few weeks my life have revolved around choir. All of the stress is worth it for me. We get to make amazing music together as a family and I will treasure it forever,” said senior, Madrigal, and co-choir chairperson Victoria Bernal.

But it’s not only seniors reminiscing. Many underclassmen in the program realize how privileged they are to be part of such an incredible family.

“If I didn’t have choir, I would’ve likely transferred to Redwood or dropped out altogether,” remarked sophomore and first year Madrigal, Adam Kleinschmidt.

Though choir seniors are sad to be leaving the program, the memories they carry with them are invaluable. Many of them have spent time together traveling in Chicago, caroling in San Francisco, and every event in between, and the effect this program has had on them cannot be understated. So as the final words of “Blessing” insist, “Until we meet again my friend.”



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Literacy program for kids begins

By Katelyn Wong
ONLINE EDITOR

Without a doubt students of all ages can reach newer heights with a strong support system from the very beginning of their educational career. About three months ago, the project “Read, Learn, Return” was introduced to the Castro Valley Rotary Club by Superintendent Parvin Ahmadi in efforts to increase literacy rates amongst children at a younger age.

“Read, Learn, Return” intends to promote literacy, numeracy, and collaboration skills in hopes to better prepare preschoolers for kindergarten. Each week the participating preschool students in CVUSD would have the opportunity to check out a bag with three fun books, an engaging board game, and a set of questions to promote critical thinking.

It also gives the parents of those students a chance to spend more time reading books, playing board games, and bonding with their

kids. And with frequent rotations of the board games and books for each student, they will have the chance to read about 150 different books by the end of the year.

The sponsor for the project, Castro Valley Rotary Club, has allocated roughly five thousand dollars for purchasing materials to support the idea.

“This is the first time we have ever done this project in our district. If it turns out to be successful other rotary clubs can replicate it,” remarked Ahmadi.

The inspiration for “Read, Learn, Return” stemmed from Ahmadi’s experience with working on the State Assembly’s Blue Ribbon Commission to formulate a blueprint in aiding families with children between the ages of zero to five with their education. Many families with young children expressed their concerns with having minimal support for their education during the early stages.

“Although I have never worked with schools for children aged zero

to five, I recognized how important it was to begin preparing them at a younger age for school,” explained Ahmadi.

Additionally, each participating family would receive a journal to reflect on their experience with the books and boardgames and have a chance to see growth in their learning abilities.

While this project is still in the works, Ahmadi has also teamed up with the CVHS Interact Club to ensure an organized check-out process and smooth test trial during the summer at the Early Bird Montessori School. On March 8, Ahmadi and CVHS Interact members (Theo Santiago, Katie Tam, Nicolette Paredes, and Katelyn Wong) went shopping for over 60 board games for the project.

“It was such a fun experience being able to buy games for kids out of the goodness of our hearts,” exclaimed volunteer Katie Tam.

The current goal for the project is to finish organizing all the back-packs within the next two weeks.

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Olympian seniors reveal the secrets to success

Get more involved

Throughout my years at CVHS, I had never expected to be provided with so many opportunities to learn and experience new things. I began my freshman year with an open mind, joined clubs that I took interest in, and got involved as much as I could. Each opportunity gave me a chance to grow and see what it was like to plan and participate in impactful events which truly fueled my passion for helping others. If it weren't for these moments, I wouldn't have been able to grasp what I now value so greatly in life, doing good for our communities.

That's why I encourage you to take advantage of the chances to become an active volunteer, run for an officer position in a club you are most passionate about, or get yourself involved in any other extracurricular activities you desire. Simply just go for it!

Katelyn Wong, University of California, Davis

Take a leap of faith

I think my biggest regret during high school was not taking more chances. I can honestly say my freshman year was a waste and things only really started picking up after when I actually started getting involved. I applied for an internship in the summer of my sophomore year. While there was no guarantee that I would be accepted, I still took the opportunity and went for it and I lucked out.

Go out of your way to do things that even give you the tiniest inkling that it would be fun or interesting. Join clubs, meet new people and have fun. High school goes by quick and the worst thing you could feel at the end of it all is regret.

Andrew Watanabe, University of California, Davis



Savor the small things

I live my life in a free-spirited way. Although I bring myself to do things I don't want to do, like attempting to study and doing homework, I still live to find my happiness. Finding what makes me happy has continued to be effective in pulling me through all of the ruins I've gone through.

Everyone has their own little things that can make them happy and it's important to know what these are. For me, it is the little things in life like small threads that hang off my sleeve, sweet fruits my mom cuts for me, tiny puddles after the rain, smiles from friends, fun little conversations with the people around me, sparkles on the floor, and other little things that can be overlooked in the tangled mess that we high schoolers deal with and write off as life. In life, it's OK to take time to slow down and appreciate the little things that could have been overlooked.

Audrey Manzano, Cal State East Bay

No "right" choice

Whether or not you have lots of great choices for which school to go to, it doesn't matter. Just choose what feels right for you, where you can see yourself having the best time. Not which school has a higher ranking or more prestige. It really won't matter down the line. Plus, there's a good chance we're all going to die from global warming anyways.

Rachel Stein, University of British Columbia

Explore your choices

Your GPA and SAT scores won't make or break you. There are lots of other opportunities for you after high school, a lot of which are better for some students. Community college is a great way to explore your interests without having to declare a major and pay 40,000+ dollars a year. There are a lot of paths for different students to take, so don't stress too much about being the perfect student in high school to get into the best colleges.

Thomas Vergara, University of Richmond

Balancing your life is key

It may just be because I'm a Libra, but balance is something I really cherish and value in my life. Achieving a balance between academics, social life, and physical/mental health is more challenging than it sounds, but it's definitely essential. High school has such great potential to be a central hub for social interactions, with over 60 clubs, 3000 plus students, and opportunities to create meaningful memories. I'm not saying academics aren't important, but you need to have fun in your life.

Some students schedule every available minute for studying, and end up in a harmful spiral of diminishing return, working longer hours while getting less done, and getting more stressed as a result. In addition, you are neglecting your friends if your head is in the books all day, every day. You're going to lose your connections to others, lose friends that will be there for you when you're stressed and upset if they feel that they aren't prioritized over your homework. Do you really want your fondest memory of high school to be getting all 5s on your AP tests? Take challenging courses that you can handle, get involved with sports and clubs, but also leave time to have fun and take care of your health!

Jenny Pham, Johns Hopkins University

Always challenge yourself

A good work ethic is the key to success in high school and everything you do beyond the school setting. Challenges, to me, were defined as taking as many AP classes and exams as possible while safely balancing the number of extracurriculars I participated in. I am glad I decided to challenge myself with so many APs on top of sports, music, and internships because it taught me how to manage my time exceedingly well, which will be an asset to me in college.

The point of high school in my eyes was to prepare me for college, but you have to take it onto yourself to make this experience one worth working through. Find something that challenges you to be a better student and a better person. I believe that it is up to every individual to break past their own boundaries, be it with more AP's, extracurriculars, or internships, to become the best versions of themselves that they can be while still sheltered in a high school community.

Emma Yin, University of California, Berkeley

Follow your passions

Given the chance to redo high school, I think I would definitely change some of the choices I made: confronting toxic people, not letting others' opinions affect me, etc. But the main change would have been to take more classes that simply interested me, even if they weren't related to what I wanted to do in the future.

Coming into high school, I already knew what I wanted to study in college so I had planned all of my classes around architecture. Even in my senior year, I filled up all the possible slots for classes. The thing is, even if you take a class in high school, whether it be a regular course or AP, you'll probably have to take a similar class in college especially if it is a big component of your major. Take advantage of your public education and resources to take whatever you want and hopefully you'll learn more about yourself in the process.

Mara Moysen, University of Oregon

Don't worry, it's not that deep

Last year, we took on way more than we could handle and gave ourselves tunnel vision, thinking that getting into our "dream school" was the sole thing that mattered in life. We compared ourselves to peers who were seemingly thriving with more commitments. I, Nathaniel, felt like I would never be good enough and that I had failed myself. I, Ria, felt everything I had planned slip out of reach and was just observing my life crumble into pieces before me.

As senior year has gone by, we realized that none of it mattered, at least not as much as we thought it did. One grade slip or failed club election won't kill you. What will, though, is learning nothing from these bumps in the road. And, above all, make sure you never let your ambitions overshadow your well-being. You are capable of anything; it all starts with this mindset.

Nathaniel Ortiz, Northwestern University, and Ria Panjwani, Brown University

Go back to living in the present

"Time" consists of the past, present, and future. In order to survive, I believe we are in a perpetual cycle of being in the present, but thinking about the future and considering what happened in the past. So our body is present yet our mind is far beyond the clock that is currently ticking. Sometimes we get too caught up in the future when there are due dates we have to fulfill, such as "study for my math exam, do the laundry I didn't do yesterday, turn in my college essays in two weeks..."

My advice to you is to remember how you were back in elementary school when you cared less about the future, frolicked on the playgrounds, and devoured half of your brain cells to memorize the multiplication. It's good to consider the future but it's more important to do whatever you can right now and let tomorrow naturally come. If there's an event that will benefit you, don't wait until next year. Do it now!

Hayate Moro, California Polytechnic State University-San Luis Obispo





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Former biology teacher Mr. Dunbar wishes all his former students and 2019 graduating seniors the best of success in all their future endeavors.

Also, thanks for all the love you showed me during the 2015-2016 school year; especially that incredible celebration of my birthday on May 5, 2016.

God Speed, Mr. Dunbar
(dougddunbar2015@gmail.com)