

Olympian

THE CASTRO VALLEY HIGH SCHOOL



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Fire may involve “suspicious” activities



TALAYA FRANCOIS

Alameda County Fire Department responded to a rooftop fire at CVHS on Nov. 2.

“Dozens” of vapers busted



EYZID HADI

Confiscated vape pens taken from students in the office.

By Kayla Craft-Williams
STAFF WRITER

Teen vaping has skyrocketed to drastic numbers, both inside and outside of school, but CVHS administration reported catching “dozens” of students vaping in bathrooms so far this school year.

Our school is taking strong measures to stop vaping on campus and around it. Administrators and campus supervisors check bathrooms frequently.

“CVHS administration, security and custodial teams have been conducting numerous safety checks in the bathrooms every day since the beginning

of the school year. We have caught dozens of students vaping in the bathrooms and have issued both disciplinary consequences and intervention supports in tandem,” Principal Blaine Torpey wrote to families on Oct. 1.

Students caught vaping receive counseling, the loss of privileges and could face suspension.

“It was already something we had on our radar. We were already making bathroom rounds last year. This year has just been a more systematic approach to checking areas and checking bathrooms,” said Assistant Principal Nic McMaster.

McMaster and the other administrators have been trying hard to lead the students in the right direction. They’re coming up with more ideas to make everything go smoothly and so they can catch people who are disturbing the CVHS learning environment.

“Vaping is a very concentrated form of smoking a variety of potentially very harmful and addicting substances,” warned nurse Sandee Velasquez. “Risks include inhaling toxic metals like lead, becoming addicted to nicotine, and now, potentially doubling one’s risk of a heart attack. The health risks of vaping might surprise you, as many people think of the practice as a healthy alternative to cigarette smoking.”

Students say that the air in school bathrooms has improved this school year.

“Attending the high school for four years, I have seen many people vaping in the bathroom. It was quite irritating with all the smells but lately vaping has gone down,” said senior Samantha Roberts.

“Vaping in the bathrooms are way better, because last year there were way more people doing it. This year is less cloudy, but more people find different ways to vape,” agreed sophomore Kaya Mollard Gordon.

By Rachel Stein
COPY EDITOR

A fire started on the roof of 800 hall at CVHS on Friday, Nov. 2. No one was injured, but security video showed “suspicious” activity and officials are investigating whether arson caused the blaze.

“There is a suspicion that the fire may have been set deliberately,” wrote Superintendent Parvin Ahmadi in a message to families and staff.

The fire alarms went off around 6:30 p.m. and the fire was extinguished minutes later by the Alameda County Fire Department (ACFD).

The initial fire investigation that occurred that night indicated that the cause of the fire was electrical. “The cause of the fire on the roof of the Castro Valley High School administrative build-

ing was deemed electrical by an ACFD Fire Investigator. The fire is believed to have started in the electrical junction box mounted on the roof,” stated Aisha Knowles from the ACFD.

However, when power was restored, officials were able to review security cameras video which warranted a continued investigation.

“To be clear, the activity depicted in the images are described as ‘suspicious,’” wrote Ahmadi.

The Cabaret concert that night was cancelled as a result of the fire. As the concert was a fundraiser for the CVHS choirs, the night was a big disappointment, even investing \$5,000 into macaroni and cheese from Homeroom for the night. The choir program was forced to reschedule the

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Midterms bring change to state

By Rachel Schoenfeld
STAFF WRITER

The midterm elections on Nov. 6 resulted in a win for Democrats in California as Gavin Newsom won the governorship, with 59.5 percent of the vote compared to 40.5 percent for Republican John Cox.

The propositions results have also come in, with 5, 6, and 7 of special interest to students.

Prop. 5 would have placed a property tax break for citizens who meet certain requirements but it was not passed, with a 58.2 percent opposing. This means no property tax break, so it will still be funding the school systems which accounts for roughly a quarter of California’s public school budget.

Prop. 6 would have repealed the gas tax that pays for trans-

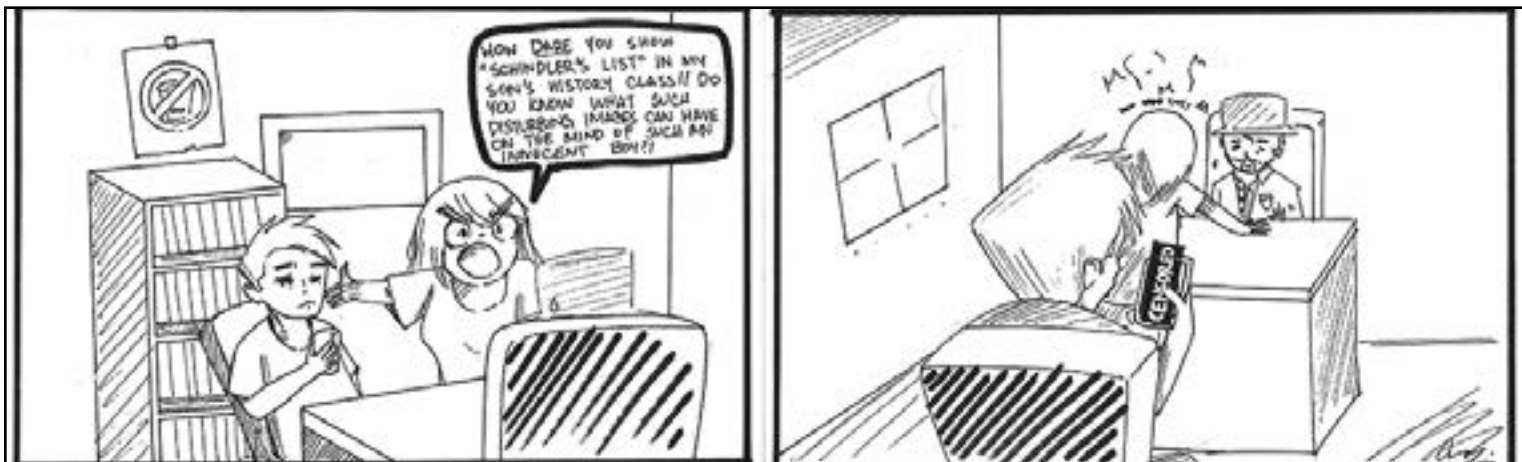
portation and road related programs but it failed, 55.3 percent against. This means the gas tax will stay. For drivers, people will still have to pay more for their gas, but the roads will still have the funding they need to stay safe.

Prop. 7 allows the possibility of change of California’s current Daylight Saving Time practices and it was passed, people voting yes 59.9 percent. This does not mean that Daylight Saving Time will change for certain, only that the Legislature will have the power to change it.

In national news, the Republicans still have control of the Senate. However the Democrats have taken control of the House of Representatives with at least 225 seats. For California, Dianne Feinstein has retained her seat in the Senate with 54.4 percent of votes.



R-rated movies enrich education



EVAN SIM

Editorial:

Many high schools around the nation allow R-rated movies to be shown in their classes. However should CVHS allow them as part of class curriculum?

At CVHS, students are exposed to multiple R-rated movies. These include "Crash," "Schindler's List," and "12 Years A Slave." There are many reasons for teachers to show these movies. They capture students' attention

and provide visual depictions of what content is being taught in class.

Some feel that showing mature movies to a teenage audience is inappropriate. Exposing violent scenes to students are sometimes alarming to parents who do not feel their kids should watch movies that portray this kind of content. These arguments constitute a debate around the use of R-rated movies in a school setting.

We mainly approve the showing of rated R movies. We feel that the content provided can enhance our knowledge of the historical events conveyed in movies. Many student viewers feel that the emotion expressed in movies cannot be found in written sources.

Although these movies are intended for mature audiences, it is extremely important that teenagers are shown these movies so they can see specific cases of events that are broadly

represented in textbooks.

On the other hand, R-rated movies can be seen as an extreme to many. Some movies shown dramatize scenes to make the movies more entertaining but in some cases inaccurate details can be misunderstood by students and therefore not contribute to learning of the subject.

With scenes being violent and unpleasant, it may catch students off guard and may affect them in the long term.

Graphic content shown can be startling to sheltered children as well.

Still, the pros outweigh the cons. R-rated movies can provide teachable moments. Sometimes a movie can include scenes that go beyond what teachers are teaching in a lesson and allow students to understand other important topics that occurred in the movie. These mature movies can help students get a feel for an era or an event that has taken place, and provide class discussions that are beneficial to students.

Since there are some that agree with showing R-rated movies and others don't, there are compromises that may be presented.

Teachers should warn and skip some of the most graphic scenes to limit violent images seen. They should also fact check the movies to ensure movies are accurately and effectively adding to classroom curriculum.

A more lenient dress code empowers young women



By Myla Ogle
STAFF WRITER

Back at Canyon Middle School, I experienced a situation when a staff member felt that me changing outfits was more important than taking a test in science class.

I still remember to this day what occurred my seventh grade year.

On my way to fourth period I tripped and skinned my knee through my jeans. This resulted in a rip on my kneecap. At my middle school, ripped jeans were not allowed and could not be worn by girls at school.

When I walked in class, ready to take my test, the teacher's assistant pulled me to the side and said I had to go to the office to receive a dress code violation detention.

That day I had to miss all of fourth and fifth period because I accidentally caused a rip in

my jeans. That caused me to miss my test and take time away from me learning.

I am glad to see Bay Area school boards loosening their schools' dress codes, like the Alameda Unified School District. Girls protested the dress code because they felt it mainly targeted them.

Girls were frequently taken out of class because of what they are wearing which results in less time spent in class. Many females feel that others think covering their body is more important than their education.

Although the dress code has been relaxed, clothing items

that include violent or illegal imagery, as well as hate speech, profanity, and pornography are still banned. The district still encourages every student to dress appropriately and be ready for a successful day at school.

These restrictions relate to the CVHS dress code as well. The CVHS dress code states that students should not wear clothes that promotes the use of alcohol, drugs, inappropriate images, hate messages or violence such as guns or weapons. I am glad to be at a school where my education does not reflect what I wear.

This change in dress code is empowering to all girls who feel their education should not have to be affected by what they wear. I am a young woman who extremely values my education and does not believe it should be impacted by what clothes I wear.

I think it is amazing that this school district has loosened its dress code to help the girls being targeted.

This problem occurs all over schools in the U.S. and must be addressed. A young girl's education is much more important than what she decided to wear from her closet today.

PHOTOpinions

Do you believe that rated-R movies are necessary for the classroom?

JEANETTE WALLIS/ STAFF WRITER



“No, because you can find a more age appropriate movie that gets across the same message.”

Kaitlyn Wong
freshman



“R-rated movies are good. They can depict history better and help you visualize what happened in a more realistic fashion.”

Chris Wangsanata
sophomore



“They're not necessary. There are other movies out there.”

Josephine Taylor
junior



“There's a lot of things that students need to understand and know what was happening at the time, and that might only be shown in that movie.”

Yuri Overton
senior



“They address difficult content in a realistic way. It allows students to see violence, pain, or agony as it played out, which is a part of growing up.”

Yvonne Garcia
teacher

AP classes breed toxicity



By Rachel Stein
COPY EDITOR

College-bound students are told to take every AP class, give time and money to the College Board for the SAT, AP tests, SAT II Subject Tests, and take whatever new test it introduces. Sometimes it feels like we're not encouraged to pursue what we're interested in, since we are told that only STEM majors will get us well-paying jobs and that liberal arts degrees are worthless. Why has school become a place that stifles creativity

rather than supports it? Where is the space to try new things?

In AP classes there's competition to set the curve and get the best grades. This can be overwhelming. In my first AP class junior year, I felt inferior to nearly all my classmates. All around me I saw students cramming for tests in their other AP classes or reviewing some impossible homework assignment.

While it's not hard to feel self-conscious in these classes, it's easy to develop a false sense of superiority. I've noticed myself and others look down on those who don't take AP classes, or who are planning on attending community college. How do we know that we're smarter than them? We think we are because we've fallen for the College Board's marketing ploy, giving us a fleeting sense of satisfaction from a number on a screen.

For some reason it seems that

unless you're working yourself to death, you're not doing well in school. I've been a part of and overheard conversations that have gone like this:

"I stayed up until midnight doing my AP calculus homework."

"That's nothing! I stayed up until 3 a.m. studying for the AP biology final."

Of course the classes themselves aren't the only aspect of high school with high competition. Applying to college can feel cut-throat. All I ever hear my friends and classmates talk about is their SAT scores, GPA, and decile rank. Aren't we more than just a number?

The best way to end this cycle: encourage students to do what they're passionate about rather than what pays the most or looks most impressive. Until then, this toxic system will continue.

Trump blames media for violence



By Natalie Costello
STAFF WRITER

After mail bombs were sent to a variety of Democrats, such as Barack Obama and Hillary Clinton, and to journalists at CNN, President Donald Trump stated, "A very big part of the anger we see today in our society is caused by the purposely false and inaccurate reporting of the Mainstream Media that I refer to as fake news." Trump blames the media for this terrifying act, not the sender.

I am ashamed that we as a nation have this man running our country, a man who ignores any mistake done by Republicans and blames it on the Democrats. He divides our country more and more each day. He believes the media holds more blame than Cesar Sayoc, the Republican who was arrested on suspicion of mailing the bombs and has attended Trump's Make America Great Again rallies.

Washington Post journalist Jamal Khashoggi went into the Saudi Arabian Consulate in Istanbul but never left the building. He was declared missing for several days before his death was later confirmed. While this was happening, our president made claims that he didn't support it and that he was going to wait until the investigation was completed before reaching a final thought. Khashoggi's death was blatantly ignored.

Trump admits he has no

regret for supporting a Republican congressman who body slammed a reporter. "Any guy who can do a body slam...he's my guy," he said at a rally. He believes assault, no matter the degree, is excusable as long as it is done by a Republican.

The man who physically assaulted a reporter was Rep. Greg Gianforte, who as you may have guessed is a white male businessman and Republican. These factors are what I believe have caused Trump so quick to defend him. The man who was assaulted, Ben Jacob, a reporter for "The Guardian," chose to call out what happened instead of fight back. This all portrays Trump's view of journalists as "the enemy of the American people."

CNN chief Jeff Zucker stated, "The President, and especially the White House Press Secretary, should understand their words matter," just days after bombs were sent to their office. This came after tweets were put out by Trump who deemed the bombs unacceptable and failed to mention CNN until a later post.

What I want to know is why would he think that. The only reason for Trump to have such hate towards journalists is if they were portraying the actual truth about him that he didn't want the world to see, which is exactly what is happening. Over the door of the CVHS journalism room it says, "We are born to seek the truth." As journalists, we portray the truth. As a student journalist, I see Trump as a disrespectful man who wants his citizens to be uneducated when it comes to political events involving Republicans. It is our duty to find the actual facts and use them to educate ourselves and others. It starts with you and me.

Global Glimpse offers service



By Joshua Levy
STAFF WRITER

This past summer, I had the once in a lifetime opportunity to travel with a group of 26 young adults for 16 days to the city of Constanza, which is located in the heart of the Dominican Republic. This trip was made possible through a non-profit organization called Global Glimpse, which gives incoming seniors the chance to embark on a journey to a developing country, allowing them to become totally immersed into

the culture and the daily lives of locals.

Within these 16 days, I had the chance to learn what it's like to live on two dollars a day, speak with Haitian immigrants, and learn about all the things that come with being a developing country. My group was also able to teach English at a local school and become close with the community. We helped the local families with daily tasks and later built a basketball court for them in a village called Canada De Los Palmas, where they took us in as if we were their own children.

A couple of the most memorable experiences were the adventure day and the immigration day. On the adventure day, we went on a hike through the rainforest of Constanza, explored areas off of the trail, and went swimming in a hidden waterfall. Immigration day consisted of traveling to a Haitian community and speaking with

immigrant families, followed up by dancing in the streets with them afterwards and having time to reflect.

I can't explain how grateful I am to meet all the people who were involved. I remember showing up to the airport at SFO and within two days we had a bond with each other that I never could have imagined. By the end of the trip we became a family, and are now part the unforgettable memories that we all share together.

I can honestly say that my trip to Constanza changed every part of me, and that I will never think the same again. In the U.S. we take a lot of things for granted, and we don't really learn as a whole to appreciate what we would consider the little things in life. Becoming close with all the locals and seeing the smiling faces of both the children and the elderly will be an image that I will hold forever.

California leads in clean energy



By Andrew Craig
STAFF WRITER

California has just made a major move to reduce its use of fossil fuels. Senate Bill 100, which would require California to obtain all of its power through renewable sources by 2045, has just been passed by the state Assembly and Senate, and Gov. Jerry Brown approved it on Sept. 10.

The majority of greenhouse gases come from fossil fuels, which we would no longer rely on should the new bill pass. These gases are believed to be the primary causes of climate change, and should current trends continue, it is believed many species would become

extinct, and life on Earth would change vastly for the worse.

In an ever-growing world, it becomes increasingly important to think ten steps ahead, to plan out our actions and potential consequences. California is, and has been, the leader in US states in climate change prevention.

By doing nothing, we are not just allowing for higher temperatures and pollution, but we are setting an example. By moving to 100 percent clean energy, we are not just reducing our carbon footprint, but we are setting an example.

In 2006, California passed the Global Warming Solutions Act, the first of its kind, setting a cap on greenhouse gas emissions to the levels of 1990, by 2020, and further pushed a goal of emissions 80 percent less than 1990 emission levels in 2050.

In 2007, the Western Climate Initiative was created by the governors of five western states including California, along with another goal of reducing emis-

sion levels. By 2011, the nation had followed California's lead with President Obama's "New Fuel Economy Standards," and in 2015, the "Under 2 MOU" Coalition was initiated by California, currently made up of over 200 governments and 43 countries around the world.

Now, in 2018, California is the only US state remaining in the Western Climate Initiative, and federal climate change policies move in the other direction as a result of the stances of the new administration. Despite this, California legislators have decided to commit to renewable energy completely by 2045.

There is strength in numbers, and this holds true now. If we cannot convince others to follow our example, we hold no strength in this debate, at least not enough to make a change. That is why it is important that California makes a move for 100 percent clean energy, so that others will too.

If California doesn't take the initiative after all we've done for renewable energy, who will?



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Research-scientist-turned-teacher retires

By Jenny Pham
FEATURE EDITOR

Dr. Deborah Yager never imagined she would become a teacher. As a research scientist for over 30 years, she studied pulmonary airway mechanics in academic laboratories at UC San Diego, Harvard University and, most recently, Lawrence Berkeley National Laboratory. When the opportunity arose to replace a teacher at CVHS, she decided to try out teaching and fell in love with it. She was thrilled to be in the classroom.

For 11 and a half years, through instruction of Honors Chemistry and other courses, Yager bestowed genuine interest upon her students. Students from the past six years agree that she created a challenging yet welcoming classroom environment.

She treated every student equally and with respect regardless if you were an A or D student. She made it her mission to “stimulate scientific curiosity, and provide a foundation of knowledge about the fascinating world of chemistry that will prepare students for college science and beyond,” and that was exactly what she did.

Because she went above and beyond to help her students, the skills learned in Yager’s class helped students even years after, in college.

“Dr. Yager made a very distinct point that although she is the teacher, she is still learning and that sometimes, she herself could be wrong. It helped me develop a mentality to always understand what I am learning and to not be afraid to speak out when I feel that something doesn’t make sense to me,” said Jack Hu from the CVHS class of 2014.

As the founding advisor for the Smart Environment Club and American Chemical Society Chemistry Club, she continued to educate and inspire interest in the sciences and environmental sustainability outside the classroom.

Yager was also valued immensely by students that sought her advice for classes, important decisions, and life in general. As the first female to receive a doctorate from UC San Diego in bioengineering, she was a role model for all girls pursuing higher education and opposing gender stereotypes. She has encouraged and advised students in creating and participation in Girls Who Code and other programs such as SIMR,



Newly retired Deborah Yager poses with her greatest loves: her dog Ruby, her cat Lily and her garden.

SWE, seeME, and RISE at university campuses.

Yager’s retirement was an unexpected surprise to not only herself, but stu-

dents and fellow staff. Her honors chemistry class is a program that requires a prep period for the many labs that the class does as well as avail-

ability to support students at lunch and afterschool on a daily basis. The schedule that she received on the last day of school supported that, but changed over the summer, making it impossible for her to run her program. Thus, she has made the difficult decision to officially retire from her teaching career.

Her favorite aspects of teaching were “mainly developing relationships with students, getting to know students and their interests, trying to inspire them to become scientists, and getting them to see the importance in having a basic science knowledge no matter what they decide to do in their lives.” Needless to say, what she misses the most is daily student contact, so she hopes to continue to mentor students, starting after this first semester.

Yager was not only an irreplaceable teacher, she was a loved individual. She worked tirelessly to make sure her students were receiving the best quality of care and education. Of the students that had the privilege of being taught by her, many fell in love with the world of science, and will never forget the time and effort that she dedicated to CVHS.

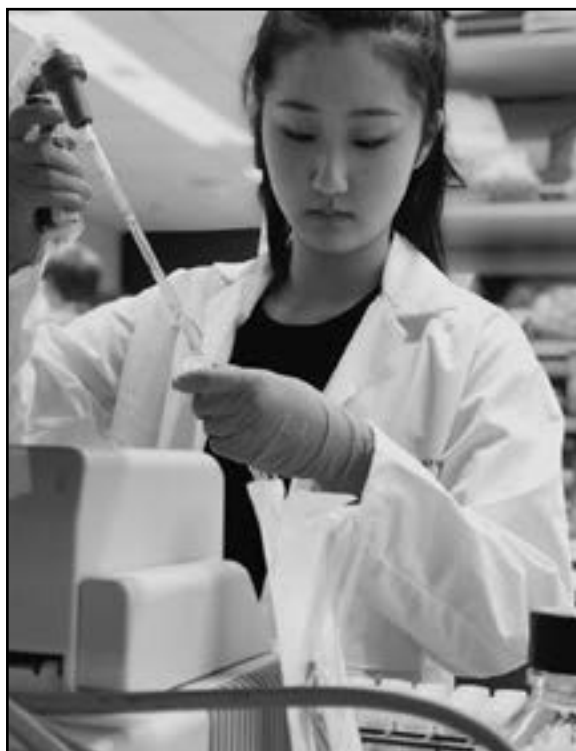
Sky Kim takes on stem cells at Stanford

By Marin Ruiz
STAFF WRITER

Like many students know, the summer between junior and senior year is extremely crucial. It’s the very last chance to put something incredible down on your college applications before you send them out the following fall. Senior Sky Kim capitalized on this opportunity and she decided to go big by participating in a research internship at Stanford University.

“I was always really interested in science and I knew I wanted to do something for junior year so I just looked up on Google summer science internships and I found this one. I applied for a few but this was the one I really wanted to do,” said Kim.

The program is called Stanford Institutes of Medicine Summer Research Program (SIMR). It lasts five days a week for eight weeks. SIMR offers different STEM fields for students to do original research in fields such as immunology, neurobiology, bioengineering, and stem cell & regenerative medicine, the latter being the research institute Kim worked in.



Sky Kim works at researching stem cell and regenerative medicine in a Stanford lab. She was selected to return to the lab next summer to continue her research on myeloid cells.

Kim was studying a specific type of cell mutation that is linked to myeloid leukemia cancer and how this mutation would change the form or function of white blood cells. She did this by using different viruses to genetically modify and engineer human myeloid cells and then monitored how

these cells reacted to certain environments.

“It was really hard at first. It’s so different from AP Bio because you’re learning everything from a book but when you’re doing research in a lab, it’s a completely different experience. You’re using all the things you already know but

also combining it with the new things you’re learning from your research,” said Kim.

While doing the research, Kim was able to work with Stanford graduate students, various post-doctorate students, and even sometimes the professor himself whom directed the lab.



“Everyone was so supportive and so nice. I got so lucky to be a part of a really good lab who treated me like an equal even though I was so much younger,” explained Kim.

Kim was selected to come back to the laboratory next summer to continue doing

“
It’s a completely
different
experience”

Sky Kim
Senior

more testing on myeloid cells. After going through this program, she hopes to continue her journey into research while she’s an undergraduate student. She also plans on becoming a doctor and hopes to continue doing some work in a research laboratory.

“I knew that I liked science but I didn’t know if research was the thing for me and I learned that I really do think I want to pursue research in the future, maybe not as a main profession but on the side at least!” stated Kim.



BRITTANY BIN

Members of the debate club diligently prepare to compete.

Debaters compete in tournaments

By Brittany Bin
STAFF WRITER

Interested in articulating your opinions of current events on a competitive stage? CVHS has a brand new debate club this year, with sophomore Alison Li as president and English teacher Trent Logan as club advisor.

Li did the legwork her freshman year to start this club. She started debating when she was in eighth grade and was disappointed to hear that CVHS didn't have a competitive debate team, registered with the National Speech & Debate Association (NSDA). Starting the club was very difficult because she had to prove to leadership that debate club and Junior State of America (JSA) were different.

"The debate club is a super great extracurricular, where you can learn how to effectively debate, go to tournaments, and meet a lot of other debaters from other schools around the area," said Li.

Meetings are held on Thursdays at lunch in room 917. Dur-

ing the lunch meetings, there are speech drills happening and practice sample debates.

Workshops are held for people interested in joining the competitive team. The competitive team goes to competitions, which are located in big high school campuses or college campuses. Workshops are Monday or Thursday, and members can go to either one.

During workshops, Li and her partner teach the debaters how to write their speeches and how to give their speeches effectively to win the round.

"Debate is the best extracurricular to put on college applications," said Logan.

The type of debate the club does is Public Forum, which includes two speakers on one team. They debate about international current events.

Li and her partner went to a tournament in September at Milpitas High School. Members plan to go on more tournaments throughout the whole year.

If you are interested, you can join their Remind @debategods.

BioBuilder Club presents "BioBistro"

By Evan Sim
STAFF WRITER

The CVHS BioBuilderClub is a group that focuses on the hands-on aspects of biology and natural sciences. Members have been able to demonstrate this in their at-school projects, as well as in local and out-of-state events, one of which recently took place, entitled "The Future is Now."

This workshop was held on Oct. 6, and was part of the Synthetic Biology Week event at the SynBioBeta conference.

The workshop was led by biotechnology teacher and club advisor Laura O'Brien, as well as juniors Yasmin Alrawi and Kristie Tu, chemistry teacher Christopher Bing, and past BioBuilderClub member Toby Hung, who now attends CSUEB.

O'Brien, alongside Alrawi, Tu, Bing, and Hung, ran the workshop, which was entitled "BioBistro." The workshop addressed the development of potential future foods which could serve as alternatives to certain food items seen in today's market via synthetic

biology, as well as whether or not people would be willing to try them.

In addition to this, there were several more activities happening at this conference, including demonstrations of the workings of biological systems using paper cutouts, as well as performing experiments using dyes and plasmids.

In the past, BioBuilderClub has conducted and presented the results of their own tests regarding various local and larger-scale environmental issues, one of which being their 2017 project, which addressed the growth of toxic, blue-green algae in Lake Chabot.

Currently, the club is raising funds to attend a final conference in Cambridge in March, where they will present their findings from this year's activities.

At this conference as well in future events, BioBuilderClub has and will be able to exhibit their findings, research, and general passion for biology.

CV celebrates Dia de los Muertos



LAYNE JOHNSON

Students of Latinos Unidos, Puente, Black Student Union, and language departments made ofrendas.

By Layne Johnson
COPY EDITOR

Dia de los Muertos, Day of the Dead, is a Latin holiday celebrated throughout Latin countries and by people of Latin heritage to honor those who have passed away. On Nov. 1 at 5:30 p.m., CVHS held a Dia de los Muertos celebration in partnership with Latinos Unidos, Puente, Black Student Union, and the world language departments. The event was held in the CVHS cafeteria, annex, and courtyard.

At the event, there was multiple activities to participate in. There was dancing, face painting, papel picado making, played loteria, and food. It was a potluck style event. People enjoyed pizza, rice, chicken, Mexican dishes, and a lentil stew with sausage that were brought in by people of the community.

"This event is important to me because it was an opportunity to showcase my culture and share it with my peers who may have never known what Dia de los Muertos is," said Alexandro Olvera.

Before the celebration, there were many work parties that Latinos Unidos and BSU participated in. Latinos Unidos made ofrendas for their loved ones and BSU dedicated their ofrendas to those who passed due to police brutality.

"It was really nice to see how BSU took the Day of the Dead into consideration and organized a meeting that honored that holiday respectfully," said Addie Bukhari.

The celebration brought the community together and allowed multiple cultures to learn about Latinx culture.

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“Four Men in Paris” impresses the whole audience

By Talaya Francois
STAFF WRITER

“What is wrong with America?” Fatima asked Chester innocently at the French cafe.

Chester chuckled. “Where do I start?” he replied.

Chester explained to his girlfriend Fatima that as a black man in America, he lived his life “constantly having to prove” that he was not a “threat.” Although many countries have this view of America as being “the land of the free,” a closer look at how America treats the African American population can show a stark contrast between America’s ideals and its reality.

“Four Men in Paris” was a remarkable, five star play which dutifully earned a standing ovation. The play told the story of four African American men who moved to Paris, France to escape oppression in the U.S. and find a part of themselves that they lost in the oppression.

The four main characters were well known authors James Baldwin, Chester Himes, Oliver Harrington, and Richard Wright who played active roles in propelling the Civil Rights Movement. The play focused not only on their political voices, but on their love lives, family lives, and moments capturing the essence of the human soul.

“Your words on paper must have a voice. Your words on paper



The cast of “Four Men in Paris” share the stage at Douglas Morrison Theatre.

must have life,” said Wright in the play, author of “Black Boy” and “Native Son.” “Your words on paper can start a revolution.”

“One of the problems that I find with public school systems is that we get a sprinkling of black history but it is not detailed enough,” said Reginald Clay, the playwright of the show, in an interview. “History works when you can get into the real stories behind what’s in the textbooks. And I think what’s special about this in a nutshell is I’m trying to pull these characters- these real people- from the pages and make

them into real people. Especially if the African American audience can see these people and go ‘oh wow they’re just like me!’”

Clay did an excellent job of creating relatable characters. Everyone can relate to the heartbreaking loneliness Wright felt in the last months of his life, after his wife and child left him. Or the grieving Chester Himes felt after his fiancée committed suicide before their wedding. Many can also relate to Baldwin’s internal battle of expressing and concealing his sexuality.

Baldwin, famous author of over

35 books, was portrayed as an intense, romantic, quiet, young man with deep insight. In another interview, Curtis Manning, the actor who played Baldwin, expressed the difficulties of playing such an intense character.

“Honestly just being James Baldwin... He’s the total opposite of me. I’m very bubbly and full of energy. And I have to preserve it a lot of time in rehearsal. And my director had to be like ‘keep your hands to the side. Do not move them.’ That was the hardest thing for me,” Manning said.

Later in the interview, Manning

was asked about his opinion on America’s progression. The narrator, Harrington, had said, “America’s not perfect. But it’s close! So close to paradise!”

Manning disagreed with this message; “They say we move forward. And yes, we’ve gotten a little better. We can be in rooms with people of different color and still be nice. But there’s still a lot of secret hatred that people don’t show. On the outside, they’re welcoming. But indoors... especially with who the president is now its...” he trailed off. “The only thing our generation can do is change things,” he added.

Manning agreed with one of the core themes of the play: the youth is the future. “The young people are changing,” James Baldwin said in respect to the Civil Rights Movement. “People are shedding blood so our future generations won’t have to.”

“Four Men in Paris” was an excellent integration of drama, turmoil, romance, and political themes. The play had an important message on the “Black man’s identity” and delivered it while strumming the heartstrings of the audience through light humor and reflection of the darkest shadows of the human soul.

The play was only staged one weekend from Oct. 12 to 14 at Douglas Morrison Theater in Hayward.

“Four Men in Paris” was a great show, rating: 5 out of 5.

Southern food makes debut in CV

By Eyzid Hadi
STAFF WRITER

Fried chicken Po’boy and crawfish etouffee? Hush puppies and three cheese mac and cheese? Welcome to Southern Comfort Kitchen, the newest restaurant in Castro Valley, located in the old Pizza Hut space on the Boulevard, next to Silver Spoon and KFC.

Southern Comfort Kitchen features authentic Cajun cuisine cooked by three brothers who hail from New Orleans. It’s their first brick and mortar restaurant after operating local food trucks. The restaurant had a line of people waiting to get in on the night we went, just a week after opening.

Once in the door, you are greeted warmly and handed a menu to review. Behind the ordering station is a semi-open kitchen, where you can watch food being prepared. Occasionally, the owners look up and thank folks for coming in.

The restaurant is small, with about ten tables and some counter seating. The décor has walls featuring Mardi Gras and New Orleans memorabilia and a brick wall on one side emblazoned with the restaurant’s name/logo.

We had hush puppies, fried brussels sprouts and a side of crawfish etouffee as starters. For entrees, we ordered the fried chicken and fried shrimp Po’boys, the Cajun crab fries and a side of the three cheese mac and cheese. We ordered bread pudding for



dessert and greatly enjoyed the food.

Since the restaurant was busy, it took some time for our food to arrive. My mouth was watering just smelling the spicy aromas, and I couldn’t wait to dive in.

The hush puppies came with a spicy remoulade sauce and were light and crispy. The fried brussels sprouts were crispy and tasted sweet, salty and bitter all at the same time. The side of crawfish etouffee was a spicy roux-based crawfish stew served with rice and bread.

The chicken sandwich had a crispy piece of spicy fried chicken and was topped with coleslaw and remoulade sauce. The bun was sturdy enough to hold the filling without falling apart. The fried shrimp sandwich, also on the same bun, was full of spicy fried shrimp and topped with coleslaw and the same remoulade sauce.

The heaping plate of Cajun crab fries were seasoned with Cajun spices, topped with garlic sauce and covered with sweet crab. The mac and cheese was made with a gouda/two cheddar sauce that was creamy and had a hint of spice. All the dishes were delicious and very filling.

We were too full for dessert, so we took it home. The raisin filled bread pudding was topped with a slightly sweet sauce that made the homestyle dessert a perfect treat.

Overall, Southern Comfort Kitchen delivers flavorful, well prepared food and offers diners many options to try authentic Cajun cuisine. As far as cost, we found the main dishes to be reasonable at \$10-\$12, but found the sides/starters to be a bit pricey at \$5-\$6. Dessert was \$5. It’s nice to have a new restaurant in Castro Valley – one that isn’t another chain!

“Trench” lives up to the hype

By Tiffany Ho
STAFF WRITER

Twenty One Pilots came back with a new album, “Trench,” on Oct. 5. After leading their fans on a wild goose chase with hints of their album scattered around for them to decipher, the long-awaited album is finally here. The album’s 14 songs have all managed to achieve a spot in the top 25 of Billboard’s “Hot Rock Songs” and five “Trench” tracks managed to occupy the top ten spots which is a rare accomplishment that is usually achieved after an artist’s passing. “Jumpsuits” and “Nico and the Niners” were released on July 11 as the singles from their fifth album and quickly rose up to Billboard’s “Hot 100.”

Many critics have praised “Trench” as Twenty One Pilots’ best album for its diverse genres and its lyrical content. The songs’ genres have ranged from alternative hip hop and rock to reggae and some elements of jazz.

Twenty One Pilots’ fifth album explores themes such as insecurities, faith, and mental health which are commonly recurring themes in their past albums as well. “Trench”

revolves around the fictional world, “Trench,” in a city named Dema which means “the tower of silence.” The city is ruled by nine bishops and the chief bishop Nico (Nicolas Bourbaki), was revealed to represent Blurryface which is Tyler Joseph, the band’s lead singer’s, personified insecurities.

The album opens up with “Jumpsuit” which talks about Joseph’s insecurities and struggles. “Legend” is a slightly jazzy song that was written as a tribute to his grandfather who passed away on March 17. The last track of the album “Leave the City” talks about facing ongoing struggles and battles against our problems and learning that there is still strength to keep going.

My favorite song in the album, “Chlorine,” caught my attention with its catchy beat, multiple tempo changes, and its interesting lyrics which talks about cleansing your mind of dark, depressing thoughts. My favorite lyrics from the song was “I felt I was invincible, you wrapped around my head, now different lives I lead, my body lives on lead.”



AUDREY MANZANO

Michelle Terhell drives aims at her opponents' goal.

Girls water polo team competes in NCS

By Audrey Manzano
BUSINESS MANAGER

The CVHS girls varsity water polo team qualified for the NCS (North Coast Section) tournament. With schools from around the area participating, the Trojans played in division one as the 12th seed out of 12 teams.

This is a high achievement for the water polo girls varsity team considering its only the team's third year since starting in CVHS. The girls have worked very hard to be selected to play in NCS with their scores from West Alameda County Conference. The team had placed fifth in the WACC with a

13-13 win/loss record.

"I think it's amazing that our team made NCS. We've really come together as a team this season. We've all worked so hard, and I'm so happy that we get to be the first Castro Valley water polo team to make NCS. I love my team and am so proud of what we accomplished this season. I can't wait to see how Castro Valley water polo excels in the future," said senior and captain Olivia Gilman-Chun.

Unfortunately, the girls varsity water polo lost their NCS game to James Logan High School at 13-3 on Nov. 1.

Trojans beat Highlanders, 48-21

By Thomas Vergara
SPORTS EDITOR

The Trojans varsity football team wiped out Piedmont Highlanders at CVHS on Oct. 26.

Payton Morgan made 30 carries for 379 yards and five touchdowns in the game.

The game started with a touchdown by running back Morgan rushing the touchdown and scored the extra point right after kickoff. Not much later, the Highlanders tied the game after a long touchdown run leaving a score of 7-7. Morgan then rushed the Highlanders and scored a touchdown and the extra point. The score at the end of the first quarter was 14-7.

At the beginning of the second quarter, Morgan scored another touchdown with the point after the touchdown making the score 21-7. Then, Piedmont responded with a long touchdown run. Four minutes before the end of the first half, Morgan scored yet another touchdown and the point after. The first half ended with a score of 28-14.

Piedmont scored a touchdown at the beginning of the second half shrinking the Trojans' lead to 28-21. Morgan scored



THOMAS VERGARA

Victor Rivera charges past the Highlander defense.

again shortly after and put the Trojans 14 points ahead once again. Five minutes into the fourth quarter, Morgan scored his fifth touchdown and kicker Leikela Lunt scored the point after touchdown increasing the Trojans' lead to 42-21. Running back Milad Siddiqi scored another touchdown for CVHS but the extra point was blocked. The final score was 48-21.

Defensive end Josh Lozano ended the game with a sack of the Piedmont quarterback.

"It felt really good. That was my second game-ending sack," said Lozano, a junior.

The seniors on the team

were very pleased with the conclusion of their high school football career and their victory over Piedmont on senior night. Senior offensive linemen Matt Tognolini, Lennart Richter, Major Greene and Connor Kincaid played their last game for the Trojans and helped the team rush for 570 yards.

"The best memory of senior year has to be senior night even though we didn't have the season we expected or wanted to have. We came out and absolutely dominated one last time, giving all of us the best send off from high school football we could've hoped for," said Richter.

Athletes of the Month

Ryken refines razor-sharp skills

By Derek Neyer
NEWS EDITOR

Confusion reigns in the pool as the opposing team thinks they have scored a goal. The players begin swimming back to their set positions, but junior Tommy Ryken, realizing the whistle has not been blown for a goal, takes the initiative and shoots the ball halfway across the pool and into the net.

Following in his father's footsteps, Ryken started playing water polo in middle school after ten years of competitive swimming. He played club water polo during the summer

following eighth grade, and from his freshman year has played varsity water polo at CVHS.

Despite his much longer relationship with swimming, Ryken prefers water polo's action and team aspects. "I like the team dynamic more than the individual sport," he said.

He does not mind the intensity and roughness of the sport, however. "It's a tough sport. It's a lot of physical contact and it's not where you can take a break during the play. It's continuous; you have to be treading water, you have to be swimming to the

other side on counters. There's no stop period unless you call timeout," he said.

With 55 goals and averaging 2.6 goals per game, Ryken is a team captain of the water polo team alongside senior Andy Jerome. Even as the Trojans went on to a 12-14 record (3-5 league), Ryken was one of the shining stars of the team.

As it is only the third year of the CVHS water polo program, Ryken is optimistic for the future of the team. He will continue playing water polo as far as he knows, and thinks that the sport is at CVHS to stay.



DEREK NEYER

Tommy Ryken shoots at the goal during a match in an attempt to score for his team.

Ng reaches top ranks in league

By Hayate Moro
PHOTO EDITOR

Trojan girls golfers may act childishly at times but can surprise you with their extreme talent, placing them second in their league. Every player can agree that Tara Ng, the one and only senior and top ranked player at CVHS, is keeping the team not only mature, but also on the right course.

Ng competed in the D2 NCS qualifiers as an individual

in her freshman year, D1 NCS qualifiers as a team in sophomore year, and D1 NCS qualifiers as an individual the last two years.

"She's the shortest and smallest but has the biggest heart," said her teammate and sister Tani Ng.

The biggest heart comes from her radiant personality and immense skill, as the team naturally accepts Ng as the leader.

"She plays well not just for herself but for everyone on the team, and she motivates

us all to be better," said junior Annika Huston.

What's most impressive of her athletic achievement is that golf was never her main sport, and although Ng picked up a plastic club at age one, she did not join a golf team until middle school.

"I joined the team in sixth grade," Ng said, "I was doing soccer and martial arts when I first started."

Through experience with other sports, Ng learned to deal with the ups and downs of athletics.



HAYATE MORO

Tara Ng gets briefed on the game plan before a match.

Mandarin class to come to CVHS

By Andrew Craig
STAFF WRITER

CVHS will soon offer Mandarin classes in addition to its other languages, beginning in 2019.

Gigi MacLeod, Spanish teacher and World Language department chair, is working on implementing the course. The Pǔtōnghuà dialect was chosen, as it is the dialect most widely used and preferred among Chinese academics. Like other languages offered, it will be split into four levels, with a separate class for students who will take the AP test and native speakers.

MacLeod, along with Assistant Principal Patrinia Redd, left on a nine day trip to China, hosted by the 2018 Chinese Bridge Delegation to obtain assistance in starting the program and finding a teacher, on Nov. 2. They had spent several days throughout the program in Beijing and a few regional cities, visiting schools, experiencing the culture, and establishing partnerships with educators.

"Students should choose Mandarin because it is one of the world's most spoken languages. There are lots of Mandarin speakers in America," MacLeod stated.

Efforts to implement this program had begun partially because MacLeod herself had received inquiries from numerous students about a Mandarin course. Currently,

there are at least 60 CVHS students who are taking Mandarin courses in other schools and colleges because none are offered here.

Historically, for over a century, most Chinese immigrants to the US and other western nations have come from Guangdong, Guangxi, and Hong Kong, along with other southeastern regions, where the most widely spoken language was Cantonese, leaving Cantonese dominant over Mandarin outside of China. In recent years however, more Mandarin speakers have been emigrating, and are quickly growing in number around the world. San Francisco's Chinatown, which has been dominated by Cantonese speakers since its foundation, has been slowly been giving way to Mandarin.

Currently, roughly two percent of US citizens speak Mandarin, compared to 12.4 percent Spanish.

Mandarin, as the official language of China, is the world's most spoken language, when combining each dialect, with roughly 910 million speakers. It serves as a universal language within China, and is the language of choice for its officials.

"Lots of interest has been expressed by the community, parents, and students. As the department head, I am very excited to add Mandarin to our language list," MacLeod confidently stated.

Dual enrollment successful

By Kimia Emadi
STAFF WRITER

Dual enrollment at Castro Valley Adult School started its first class earlier this school year. The class is currently open to CVHS students in ethnic studies Tuesdays and Thursdays after school.

"I would say it's the equivalent of what they would be taking if they were in a college class," said Assistant Principal Patrinia Redd. The course gives students college and high school credit. It runs on a college schedule, meaning it begins later and ends sooner than the high school year.

Students seem to be enjoying the class, which centers around the differences and commonalities between and within ethnicities.

"The teacher is a person of color and can relate to the experiences he teaches about," said sophomore Kalina Francois.

cois.

The enrollment process is fairly simple for anyone interested in the next course, which is planned to be sociology. Students only have to register online at the community college websites when the time comes. Some students enrolled felt that, while the process was easy, the announcement hadn't reached enough people. "My mom is the one who told me about it," said Francois.

According to feedback, "The students feel like they are capable of keeping up with the course," said Redd. There have been no drop outs or complaints thus far. The classes are scheduled to be easy for students to attend, with times that fit with the high school's blocks and access to the teacher during office hours.

Although some juniors didn't sign up due to stress about their already heavy schedules,

the enrolled students have not been overwhelmed by the course.

"It's definitely about prioritizing," according to Redd, who believes that almost all students could handle the class, unless they are already busy with sports or other activities that require a lot of energy.

The class itself has been received extremely well. There are high school and college students, making the environment even more diverse. The variety of experiences the students bring results in engaging conversations and a welcoming environment.

"It's just cozy. I feel comfortable expressing myself," Francois commented.

For anyone interested in applying for sociology, the process will be simple and the class will be rewarding.

"We've gotten nothing but positive feedback," said Redd.

► **FIRE:** from page 1
concert to Nov. 7.

Additionally, threatening graffiti was found during school on Friday. In an email Principal Blaine Torpey wrote, "Threatening graffiti was reported that prompted us to alert Alameda County Sheriff's Office. In conjunction with the Sheriff's Office, it was determined that the threat was not credible and there was no incident."

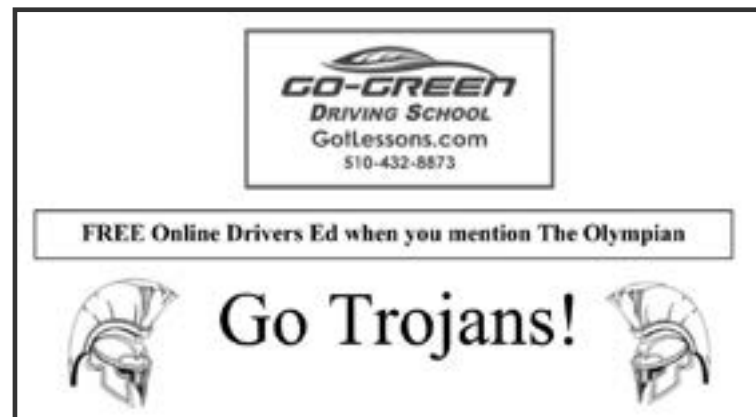
Torpey credited "incredible work of our maintenance and operations team, our custodial team and service providers" for making the necessary repairs which allowed classes to resume on Monday, Nov. 5.



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R-rated movies debated

By Nikita Thomas
STAFF WRITER

Is it necessary to show R-rated movies in high school when many teens are not yet allowed to watch them in theaters? As students progress onto higher grades, the learning material will also become more serious and relevant to real life situations that is occurring today.

Many sensitive topics may also be introduced to students. That being said, many people believe that r-rated movies can influence the behavior of many students and may lead them to trouble.

CVHS English teacher Trent Logan believes that students should be shown R-rated movies if they correspond with the learning material as it will give them a more clear understanding. Logan had taught his students the book, "Narrative of the Life of Frederick Douglass," an autobiography which describes

the life experiences and hardships of Frederick Douglass as a slave in 1845. Shortly after, he showed his juniors the movie, "12 Years a Slave," which also displays the life of a man who was enslaved. Logan noticed that although it was a very violent movie, most of his students thought it was important to watch.

"Ninety-eight percent of all my students thought it was worthwhile because it depicted the real violence of the time period," Logan stated.

Violence is real today in the world, so is it right to shield students from reality? Many students don't regard the fact that it is R-rated, but rather connects it to the topic they are learning at hand.

"I think R-rated films can be useful teaching tools, but should be used with parental consent and thoughtful curriculum," said history teacher Robin Green.

Like Logan, she sends out a permission slip to all parents

before showing R-rated films so that they are aware and if there are any other issues, she always has an alternate activity set aside for kids who are not allowed to watch. Green believes that "regardless of the rating, the content of the film may be important to see and see it firsthand." Green will show her sophomores the movie "Schindler's List."

"I think it did a very good job of portraying the dehumanizing and harsh effects that slavery had on the lives of many people who went through it," says junior Kaela Vega.

Junior Josephine Taylor finds it okay to watch R-rated movies in high school. "They help you visualize and connect concepts more easily," she claims.

The topic of R-rated movies in high school may raise many controversies, but many issues such as safety and effective learning need to be considered.