

Homecoming Edition!



Spectacular seniors secure the win



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Olympian

THE CASTRO VALLEY HIGH SCHOOL



Page 4:
Olympian
opposes later
school times



Page 8:
Trojans
achieve epic
comeback



Page 10:
Garden grows
opportunities
for students

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WE ARE BORN TO SEEK THE TRUTH!

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RACHEL SCHOENFELD

One of the campus cats was happy to pose for *The Olympian* staff.

Cute cats colonize campus

By Rachel Schoenfeld
PHOTO EDITOR

Multiple families of cats have settled on the CVHS campus, and some have even had baby kittens recently. Fortunately, friends of the felines have been trying to help them by catching and fixing them this fall.

There are two colonies of the cats: the east colony takes up 900 hall, the portables, and the fields, and the west colony takes up 100 and 200 hall. In total, there are about 50 cats.

Bookroom manager Jennifer Oliver and a local group called Love All Pawz Rescue caught at least 17 cats in October. Seven of the aforementioned were kittens that were spayed and adopted, and three were adults that were spayed and released. Seven were already spayed, so they were released back to their colonies.

"I like seeing life around campus," senior Tania Beringer stated. "I like taking pictures of them during photography."

Having cats on campus has proven to be both helpful and harmful. The cats eat mice, rats, and small birds on campus, which helps reduce rodents.

The rodents on campus are not enough to feed all of the cats, however, and many of them do not know how to hunt for their own food.

The cats' friends worry that people will mistreat them, and even having to stop a boy from throwing a rock at them. However, most kids have welcomed the cats with open arms. The students especially are fans of the kittens.

"All the kittens are so cute," senior Emma Koslosky said. "It's especially nice for the ASL students because we can see them outside the window all the time and it's such a nice surprise."

Love All Pawz Rescue and Oliver have been working to collect as many of the kittens as possible. Once they are collected using humane traps, they will either spay or neuter the cats to further ensure that the cat population will remain under control. This interaction between humans and cats causes the younger cats to be friendlier than the adult cats.

Once they are done helping the cats, they name the cat, put them up for adoption, or release them back onto CVHS campus. Not only do they name the cats, but

students have taken to naming the cats as well.

"I love those boys," senior Kimia Emadi said. "I even named them. One of the grey ones is Bathtub. The other one Throckmorton. And the little black kitten is Screwdriver."

If you want to help the cats, there are a lot of things you can do. Love All Pawz Rescue is always looking for volunteers and donations; the group has a website at loveallpawz.org.

You can also adopt the cats if you are able. If you do not have the time or money, there are also other things you can do to help them. It is recommended that you stay away from the cats. Do not approach them and most importantly, do not throw things at them. If you see a cat, tell a teacher or another adult, so that they can take them to get spayed or neutered.

"I love [the cats] so much," Koslosky said. "Whenever I see them, it feels so special. It's nice to think that the school is their home and they chose to stay here."

"Living creatures should live in harmony," said Oliver.

School to start and finish later starting in 2022

By Baron Begier
STAFF WRITER

Most public high schools in California will start after 8:30 a.m. beginning in the 2022-23 school year because of a new law signed by Gov Gavin Newsom. That means school will start about 20 minutes later at CVHS, making school end at around 3:55 p.m.

This will make it harder for kids to keep after school schedules. Many students use after school time to do homework.

"Having it end late is bad in my opinion," said senior Ken Ishibashi.

"Where would all of my homework time go?" added junior Rita Gee.

However, 20 more minutes of sleep might boost students'

focus and attendance at school. Sophomore Jag Mishra believes in school starting later. "I would support it. People activate their minds later in the day," he said.

Those opposed to the law say it complicates schedules.

"I think it is ridiculous. Students will stay up later watching YouTube and checking their Instagram. While intentions may be good, I sincerely doubt it will achieve their objectives," PE teacher John Edwards said.

"I like the idea in theory, but it would be a major shift in school dynamics," said Assistant Principal Kevin Baker.

The new law will require massive changes in scheduling. Bus schedules will need to be changed and it may be harder for parents to bring students to school before work.



LINDSEY GARD

Maddy Leipold has fun at the Exploratorium during a psychology class field trip on Oct. 29.

Task force combats vaping crisis

By Thomas Ryken
STAFF WRITER

Vaping has become a major problem at CVHS, but there is a new group of faculty, parents and students devoted to make a change. Assistant Principal Kevin Baker plans to combat vaping in CVHS with this newly created anti-vaping task force.

The first meeting was held on Oct. 16. The task force has already made plans to meet again to talk about how many vape devices have been confiscated and get data on the number of vapers in CVHS.

Task force members plan to meet to talk about different ways to stop students from vaping and properly educate them on what vaping can do to them in the future.

"Hundreds of recent cases of vaping-related illnesses and 11 known deaths constitute a serious health crisis that the Castro Valley community needs to address head on," said Baker.

According to Baker, many

members of the community not connected to the high school have addressed the problem and wanted to see change. La Familia, a non-profit organization, plans to help regulate the sale and more strongly enforce vaping by students.

The task force will include members like CVHS students who want to help others seek help for this epidemic. Teachers who want to see change and parents want to help their children and stop the problem before it affects more students.

"With vaping there is so much unknown," said teacher Sue Anderson. According to Anderson, many people are unaware of the dangers of vaping and she wants to help educate CVHS with the task force. "The effects are felt, but not the negative consequences when vaping," she said.

Vaping has grown into a bigger issue the past couple years and now the newly created task force plans to stop the problem as a community with the anti-vaping task force, rather than

just administrators at the high school.

"I think what's unique about the task force is that there's a variety of assets that are all coming together," said student Grace Boyd. "This holistic approach will hopefully benefit those who need it," she said.

This task force plans to meet at least four times before the end of 2019 to create a plan for the upcoming year. Members want to implement a three-prong approach to stop vaping. They want to regulate sales of vaping devices, make students want to learn about the dangers of vaping, and educate parents who aren't aware of the vaping epidemic.

"We hope to make 2020 a turn around year for vaping and stop the increase it has created for CVHS," said Baker.

The next meeting will be held on Wednesday Nov. 13 from 6 p.m. to 7 p.m. The task force wants to see more people involved so that 2020 will be a better year for vaping at CVHS.



HANNAH PILGRIM

Medical Career students practice their first aid skills during the Great Shakeout drill on Oct. 17.

CVHS trying to reduce waste

By Derek Neyer
EDITOR-IN-CHIEF

Have you been hearing more about recycling recently? Doing Trojan Time activities? Seeing more sorting stations?

With the realization that two thirds of the garbage produced by CVHS should be going into other bins, costing the school \$3,000 every month, students and staff are trying out new methods to tackle trash and promote composting and recycling.

The Smart Environment Club (SEC) and the school administration are working to make it easier and more common to sort one's waste into the correct bins, taking steps like creating stations with all types of bins, instead of the randomly placed bins that currently predominate at the school.

Every week CVHS produces 30 cubic yards of garbage, 68 cubic yards of recycling, and 38 cubic yards of organics. However, according to the results of the most recent waste audit from Feb. 2019, the school is really only producing 10 cubic yards of garbage every week, and the rest is all from poor sorting. That means that every week CVHS is throwing away 20 cubic yards more than it needs to, wasting the school \$3,000 per month that could be spent on school

improvements or activities.

In addition to creating sorting stations, the school is ordering green bags to more clearly denote compost bins, and various ideas have been floated around about educating students on how to properly dispose of their waste.

Last year, SEC attempted to monitor the sorting of trash but they found a few problems with that.

"The problem with standing behind the can is that people just won't approach as much because they'll need to interact with someone, so instead they go to other cans," said senior Sterling Daly, who acted as a trash monitor last year.

According to Castro Valley Sanitary District (CVSan) Zero Waste Specialist Jordan Figueiredo, a reduction in the size of garbage containers relative to other bins would help nudge people towards throwing less away.

But what is really needed, according to advocates, is a cultural change in the way CVHS disposes of waste.

Figueiredo said that a big way to improve sorting is making it "more a part of the culture at CVHS: where it's on the announcements often, talked about in class, and more visually present around campus with signage and messaging."

DECA talent show wows crowd



NIKITA THOMAS

Isis Poulouse impresses the audience with her dance at the talent show.

By Nikita Thomas
COPY EDITOR

From many entertaining performances, excited audience members, and beautiful decorations, to club fundraisers, lots of food, and 120 guests, it's safe to say that the CVHS DECA's Got Talent was a success. The annual CVHS DECA Talent Show was hosted in the cafeteria from 6 to 8 p.m. on Oct. 25.

There were all kinds of unique performances that represented different cultural backgrounds. Lights went out around 5:45 p.m. and almost all audience members were seated and excited for the show to start. The front of the stage looked very aesthetic with lots of orange lights all around. Seniors Darsh Grewal and Devin Green did a great job emceeing as they made sure the audience was engaged and attentive throughout

the show through their humorous jokes and comments.

DECA gave other clubs a chance to host fundraisers and advertise their club at the show.

"I think the DECA talent show fundraiser went really well. We made a good profit. The Society of Women Engineers and Operation Smile are proud to put all the proceeds toward the causes they support. Besides the successful fundraising, we also got to see so many amazing talent acts," said junior Alexis Albuero, Society of Women Engineers officer.

All the performers ended their performances beaming and content.

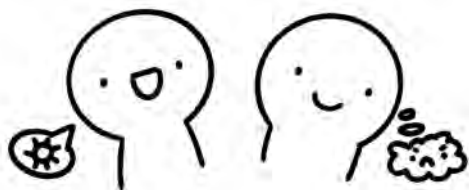
"It was super duper fun!" said junior Alex Ikuma, who performed a tap dance duet. "I love the DECA officers so much, they made it so easy to perform and I appreciate their hard work. I think it went really well, and the whole night was fantastic!"

First place was awarded to sophomore Sarah Barker, who played the ukelele and sang a song written all by herself, which really impressed the judges. The most popular vote award went to seniors Precilla Lee and Anita Wong who performed a duet song which really impacted the crowd.

DECA advisor and Marketing teacher Michelle Stephens and the DECA officers worked hard to make this show such a memorable experience.

"I thought it was a pretty good turnout. I'm very proud of my officer team for pulling it together. We had a couple of booths for other clubs to be able to benefit and we ended up reducing the cost of that, so they would be able to benefit, so I thought that was really nice. I'm always excited to see the talent that we have at this school and it's a fun evening for kids to get out and enjoy," said Stephens.





Later school start means later release

Editorial:

Good news! Schools are now required to start later. Bad news! This also means later release times.

The new laws signed by Gov. Gavin Newsom on Sunday Oct. 13 will require later starts for public middle and high schools statewide. This law will be in effect by 2022, requiring middle schools to start no earlier than 8 a.m., and high schools no earlier than 8:30 a.m. (except for zero periods).

Some benefits to this new change is that students now get to catch up on sleep, which is important since lack of sleep has been linked to depression, diabetes, and suicidal thoughts and attempts. Science also has shown students are healthier and happier when they are

able to sleep in a little later. However, the drawback to this new law is later release times. At CVHS, period 6 could end at 3:55 p.m. Ending school later would also push sports and extracurriculars back, or make students miss more class. Additionally, this will give students less time for homework, which means students will have to stay up later to make up for it. This change could also make it harder for parents to drop off students. Along with that, starting school at 8:30 a.m. is not late enough to significantly help students much.

We suggest that later start times and the current release times would be the best approach. Though this means less school, it would give students more time to rest and there would be fewer issues.



International volunteering is selfish



By Hannah Pilgrim
STAFF WRITER

International volunteering is a good way to give back to communities, but sometimes the volunteers are receiving more than what they put into the work. It is encouraged to learn and grow from work

abroad, but sometimes the volunteers will only help out on things that would improve their own skills.

Last summer, I went to Belize with an international volunteering company for teenagers. I learned a lot about what it means to be a volunteer, including how I can limit my cloud of vision on how I want things to go. Although it is fun to travel around the world and help out the local communities, problems can arise if the volunteers aren't educated in what they are doing.

International volunteering with children for a short period of time without ex-

perience often causes more harm than good. Teenagers helping young children in Belize how to read and write may not be as helpful as a certified teacher teaching them. Coming into a service trip having the mindset that you are going to change the world is not the most productive. The purpose of a volunteer trip is to listen to what the locals need and provide help, whether that be through your resources or your time. Being a good volunteer is more than doing every job on the trip, it is to diligently work for the betterment of the community.

Volunteer work is an ex-

change of time to product, even though the volunteers won't receive a physical product, they do receive skills. Even if people believe they haven't learned anything, they probably have. Skills like patience, good work ethic, and communication are learned and mastered through volunteering.

My volunteer program was three weeks of working at a local summer camp for kids aged 2 to 13 where we would teach local Belizean kids reading, writing, and math. For the most part we were teaching the class, from 9 a.m. to 11 a.m. with an hour and a half of math

and an hour and a half for language arts. I was not a certified teacher or trained, but I was teaching a class of ten ten-year-olds about the rules of multiplication and division. Although I helped in some way it may not be as big as I think.

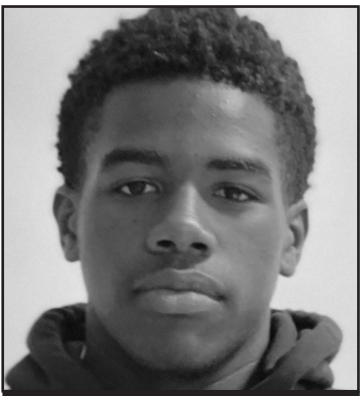
Think again when you are planning a volunteer trip; is this program working with the local community, what are my duties going to be during this trip, and how do I make sure I'm respecting them and their community? Being involved in your volunteer trip is the best way to make sure you are doing what is best for the community.

PHOTOpinions

What do you think about later school starts and releases?



“ It would be better so I can get more sleep. ”
Angelina Reid
freshman



“ No, because I have stuff to do after school and they don't need to change it. ”
Elijah Williams
sophomore



“ I don't think it's so bad, I'm at a mutual point with that. ”
Christian Green
junior



“ Yeah, that would be so much better. ”
Victor Rivera
senior



“ It would be better for so students have more time in the morning to prepare and be on time to school. ”
Crystal Hubble
staff

Put power lines underground



By Malin Johansson
STAFF WRITER

Around this time last year, most of us were wearing face masks, and the breathtaking views of San Francisco were covered by the dirty and smoky skies. The terrible air quality was caused by Camp Fire, the largest wildfire in California history, which destroyed the town of Paradise and left 86 people dead.

Although Camp Fire was the biggest fire in California history, it was only one of the many devastating wildfires that have occurred in the past few years. Camp Fire and the large wildfire in Napa County in 2017 were both caused by high winds bringing down power lines, causing sparks, and resulting in the out of control fires. Knowing this, it is understandable that PG&E would want to shut off our power during high and dry winds this fall, but this cannot be a long term answer.

PG&E should put all power

lines underground. Power lines above ground use up lots of materials as it takes tons of lumber just to build one power line. If they were underground, there would be no need to use lumber and it would stop the wildfires. Underground power lines cannot fall down and start a fire.

PG&E is against this idea because it would be expensive. According to David Baker from the San Francisco Chronicle, it would cost \$100 billion to install underground power lines across PG&E's entire territory. This sounds like a lot of money; however, in the big picture, it really isn't.

PG&E is owned by private investors, but as a public utility, it is already highly regulated by our government. The U.S. federal government should help PG&E by subsidizing this new needed infrastructure. Our government can even have a stake in the company, and possibly earn profits.

Where would our government get the money to do this? Last year our government spent about \$700 billion on the military budget. And this doesn't even count extra money spent on wars. If we were to take just a small portion of the military funding and spend it on underground power lines, the project could be achieved.

What about all other programs that need funding, such as health care and education? Changes in our tax system could solve this problem. According to a Washington Post article, "For the first time in history, U.S. billionaires paid a lower tax rate than the working class last year." The article explains that taxes on the wealthy have gone down steadily since the 1960s, but the rate on the "ultrarich" became lower than the rate paid by the bottom 50 percent with the passage of President Trump's Tax Cuts and Job Act of 2017. If we were to tax the super rich at the same rate as the other Americans, we would raise enough money to install underground power lines, plus the government would not be spending as much money on disaster relief due to so many large-scale California wildfires.

Germany, Austria, and Sweden have their power lines underground. If other countries have their power lines underground, why can't we? San Diego Gas and Electric Co. says that 60 percent of its lines are now underground. It's time for PG&E to do the same, and our government should help. If the U.S. wants to keep its First World status, we must invest more in the people and infrastructure.

21 is not Forever



MEGAN BALDWIN



By Megan Baldwin
STAFF WRITER

The popular clothing store Forever 21 filed for bankruptcy in September. Forever 21 is one of my favorite stores, because it sells mostly cheap and stylish clothing. Being a teenager, we don't always have a lot of money to spend on clothes, and finding stores in our price ranges in a mall can be difficult. With more and more stores shutting down, this could cause challenges for malls to stay alive.

In addition to filing for bankruptcy, Forever 21 will be closing around 350 stores worldwide, including 178 stores in the United States. The company website will continue to be available for all over the world, despite the company closing all stores in 40 countries. According to Forbes, "Forever 21 is one of the largest tenants of American malls, and landlords already struggling to fill retail space could face a major hit if

a bankruptcy filing was used to shutter stores." If Forever 21 went away completely, it could pose a threat to malls all over America.

Being a teenager who likes to buy a lot of clothes and hang out at the mall, threats to malls staying open aren't good news. With more affordable stores closing down, it could cause fewer teens to go to the mall. When my friends and I go shopping, we enjoy cheaper stores, because we are spending our own money. If stores like Forever 21 keep disappearing, it's less likely that teens can be shopping at malls as much as they do now.

There isn't much we can do to help malls and stores like Forever 21, other than going shopping in malls more often. Online shopping is causing the "retail apocalypse," which is when more stores shut down due to online shopping. Online shopping is harming mostly independent businesses that don't have the option to shop online. With fewer people coming to the mall, business is failing in these small stores. In order to save these businesses, and even large companies like Forever 21, people should be shopping in malls more often. This will help sales increase, which can help all stores to stay alive.

Sleep is critical to health



By Lindsey Gard
STAFF WRITER

Being a high school student is stressful. We get lots of homework, and don't have a lot of time to do it. We stay up late studying and get less sleep than we should, and we don't realize that it negatively affects our academic performance. Have you ever stayed up late preparing for an important test, and then didn't do well on it? I have, and it's frustrating.

Teenagers should be getting eight to ten hours of sleep every night, but for most high school students, including me, that is unrealistic. According to one study from the National Sleep Foundation, only 15 percent of high school students reported getting eight and a half hours of



MILAGROS AQUINO

sleep on school nights. Sleep isn't just needed to do well in school, but we also need it to develop our brains and allow us to grow.

We can't control the amount of homework our teachers assign us, but we can control how efficiently we work. Many students, like me, need to improve their time management skills and efficiency while doing homework, so we can do more work in less time. The work will also be better, because the later you stay up, the more tired you get, and that just makes it harder to do good work.

I sometimes feel that I

won't be able to fall asleep if I know I have work that I haven't done, so I choose to stay up and finish it, even if it isn't good for me. I know that I need sleep, but in the moment, it doesn't feel like a priority.

I think people should be educated on how much sleep they need, so in the future we can work on going to bed at a time that allows us to get enough sleep. Personally, I need to focus on my time management. I need to give myself enough time to do my homework, sleep, and have at least some free time. I think other high school students should try to do the same.

THE CASTRO VALLEY HIGH SCHOOL

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TUBULAR JUNIORS BOUNCE OUT



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SWEET SOPHOMORE SPIRIT



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Trojans achieve epic comeback



DEREK NEYER



DEREK NEYER

Griffin Hastings kicks the winning point in the Trojans' win.

By Katrina Siler
EDITOR-IN-CHIEF

Crazed fans raced to the field, hopping the fences, and crowding around their winning team. Players hugged their loved ones, tears of joy streaming down their faces. The overwhelming crowd began chanting, "WHO'S YOUR DADDY? CASTRO VALLEY!"

All this happened because the Trojans varsity football team achieved a thrilling comeback and beat the Berkeley Yellow Jackets, 21-20, in the homecoming game on Oct. 11.

"This was the seniors' last homecoming game and we knew we had to leave everything out there. After being down by 14, it was important for us to remember who we play for. Everyone has something that pushes us," said senior

defensive end Josh Lozano, who sacked Berkeley's quarterback twice. During the post-game celebration, Lozano embraced his mom with joy.

After a scoreless first half, the Trojans quickly fell behind 14-0 in the third quarter.

They managed to tie up the game by the end of the fourth quarter, putting the game into overtime. The Yellow Jackets and Trojans were neck and neck during overtime, but a touchdown by Victor Rivera and extra point kick by Griffin Hastings won the game.

The first quarter was a defensive battle with little yardage gained by either side.

The second quarter started with an impressive Trojan drive that ended in a missed field goal. Later in the quarter, after a long run by running back Zach Sandoval, the Trojans fumbled the ball away on

a play that led to tight end Max Martinez's knee injury. Berkeley's succeeding drive ended with a stop on fourth down by defensive lineman Joey Speer.

Neither team had scored by half time, and the crowd's spirits were high. The Trojan Den was so excited that they broke seven bleacher benches while cheering on their team.

During the third quarter, Berkeley took the lead with a touchdown. After a three and out by the Trojans, Berkeley drove down the field and the Yellow Jackets' running back Donte Searcy scored another touchdown.

The Trojans had a punt blocked and fumbled the ball. On Berkeley's next drive, the Yellow Jackets charged down the field. Down 14-0, the Trojans' prospects to win looked very poor.

"After being down 14-0, we believed we could still pull through," said the Trojans' David Torres Perez. "We played the rest of the second half as if the game was tied at 0-0. Every play was important."

The game turned when Rivera, playing at safety, intercepted a pass at the goal line. Then quarterback Bobby Selba completed a long pass to wide receiver Wesley Breault, moving the Trojans into scoring position.

After the end of the third quarter, Selba scored a touchdown to put Castro Valley on the board. An extra point from Hastings put the score at 14-7. A touchdown from running back Zach Sandoval on the Trojans' next drive followed by another extra point tied the game at 14.

Following a sack by Lozano that gave the Trojans the ball,

time ran out, seemingly ending the game with a tie. The referees surprisingly decided to send the game into overtime, raising spirits for both the crowd and the team.

During overtime, the Yellow Jackets scored a touchdown, but their attempted two point conversion failed.

Then the Trojans' Rivera scored a touchdown, tying the game at 20. Hastings kicked the winning extra point, and the crowd rushed to the field to congratulate their team on a game well won.

"Being down two touchdowns at the start of the fourth quarter, we knew we could still come back. All we needed was a score, stop on defense, and another score. What also played a big role was belief. We never stopped believing," said junior wide receiver Christian Granados.

Athlete of the Month

Sandoval dominates the field

Running back
drives
Trojan offense

By Cameron Faris
STAFF WRITER

Zach Sandoval's favorite touchdown was in the homecoming game against Berkeley. The Trojans trailed 14-7 late in the fourth quarter, but Sandoval ran the ball up the middle between two defenders, tying up the game. Later the team rallied to victory in overtime.

Sandoval is this month's featured athlete. He is one of

the few running backs on the football team and has been dominating his competition. Sandoval made varsity this year as a sophomore and is already playing like a senior. Sandoval constantly scores touchdowns and always helps his teammates, no matter what happens on or off the field.

He shows leadership in tough situations and is always willing to lend a helping hand. He is also a third generation player at CVHS behind his uncle James and his father Brian. Sandoval really enjoys the football world and wants to play until he cannot anymore.

"I like how competitive the sport is and how even when you

get knocked down constantly you always have the choice to get back up," he said.

Overall, Sandoval is playing at a level that not many have seen before, and college is just around the corner for this young man.

"Zach is a very exciting player to watch and is one of the most explosive players I've ever seen," said his teammate Max Jefferson.

Sandoval already has six rushing touchdowns and looks forward to more as the season continues. He is a force to be reckoned with and should have many scouts looking his way as he goes through high school. All in all, the future is very bright for this young man.



KATY SILER

Zach Sandoval (22) makes his way down the field to score a touchdown.

Trojans run their hearts out



BRITTANY BIN

Trojans set many personal records at Hayward High on Oct. 16.

By Brittany Bin
FEATURE EDITOR

Members of the cross country teams ran their hearts out at Hayward High School on Oct. 16.

Although they only placed fifth in both of the varsity boys division and girls varsity division, runners broke many personal records.

Freshman Cameron Huynh has had an extraordinary start to her high school cross country career. Already running on varsity, she beat her three-mile personal record by 40.3 seconds, finishing her run in 19 minutes and 20 seconds. Huyuh placed seventh in the

entire varsity girls race and first out of all the Trojan girls.

“Cameron is always pushing herself to improve and she is an amazing addition to the team,” said junior Sophia Siopack.

Sophomore Stephanie Curpene also earned a personal record in the girls varsity race. She also ran the three-mile race, and got a time of 20 minutes and 40 seconds. This is a 57 second improvement from her previous year’s record. Curpene has only been improving from her past times.

Freshman Jacob Bull ran the fastest three-mile out of all the runners on the boys varsity team. He ran a 16 minutes

and 52 seconds, placing ninth overall and first of the CVHS runners.

Senior Christopher “CJ” Conley placed 12th overall and second out of the boys on the CVHS team. Conley had a huge improvement from his season last year. Last year, his record for a three-mile race was 17 minutes and 34 seconds. At this meet, he ran a 17 minutes and 17 second race.

If you want to come support the Trojans runners, their next meet will be Wednesday, Oct. 30 at Oyster Bay. They also have WACC Championships on Saturday, Nov. 9 at Hayward High School.

Seniors bow out with a bang



MYLA OGLE

Kayla Craft-Williams gears up to pass.

By Myla Ogle
SPORTS EDITOR

Fans roared, water splashed, and referees whistled, as the girls varsity water polo exemplified a nail biting game on senior night against Piedmont high school. The final score was 9-8 Piedmont. The Highlanders won the game, but the Trojans won the night.

The game began with a ceremony celebrating and recognizing the accomplishments of the senior “waterpolians.” Tears of joy filled the crowd as well as underclassmen teammates.

As the ceremony came to a close, the varsity team put away

their gifts, kissed their family members a “see you later,” and put their game faces on. The determined team hopped into the water ready for a competitive, yet hardworking game. Piedmont carried the lead 2-0 for the beginning of the game, but the score changed when the Trojans scored their first goal.

The scoreboard kept going back and forth, Piedmont scoring another goal with the Trojans steadily trailing behind by only one. The Trojans had finally taken the lead from the Highlanders by the third quarter to make the score 6-5. Members of the crowd cheered until their voices were gone and were on the

edge of their seats as the nail biting game occurred. In the last 20 seconds of the game, Piedmont scored the final goal to give them the ultimate win.

“They played well and there were a lot of opportunities to take the lead, but it just didn’t work out in the end. They fought hard all the way to the end,” said sophomore Camron Ogle.

Although this was an unfortunate loss, the Trojans kept their heads up and were proud of the team that pulled off a game with their hard working ethic.

“It felt rewarding but also serene at the same time. I will miss this team so much,” said senior Elma Sabanovic.

Trojans fight through end of season



DEREK NEYER

Liam Griffith moves to grab the ball in defense.

By Derek Neyer
EDITOR-IN-CHIEF

CVHS boys water polo lost 10-9 to the Piedmont Highlanders in overtime in a nailbiter full of controversy for senior night on Oct. 24. With a full house and a crowd so raucous one of the referees asked them to quiet down so he could talk to his compatriot, the Trojans and Highlanders fought a hard battle exchanging goals back and forth.

Throughout the first four quarters, no team held a lead of more than one as the players struggled to find advantages to exploit. CVHS goalie Liam Griffith dominated the cage, blocking many of Piedmont’s shots and helping to keep the Trojans even with Piedmont. The Trojan offense managed to fight through a physical Piedmont defense and score eight goals in regulation.

“We fought hard against them the whole game,” said senior Diego Agron, attacker.

At the end of the fourth quarter the score was tied at eight, and that meant it would be going to overtime. Piedmont managed to come out and score first in overtime, but players and fans thought the referees were not calling fouls against the Highlanders that they felt were

obvious.

“They played dirty, cutting up our guys, and the refs were making calls, or not making calls in some cases, that gave Piedmont an advantage,” said senior Sterling Daly.

Right before the end of the first overtime period, a penalty was called against the Trojans that gave the Highlanders a penalty shot, leading to boos and outraged shouts from the Trojan crowd. With a made penalty shot, Piedmont moved the score to 10-8.

After a long conference over a game clock malfunction, the teams switched sides and prepared for the final three minute period of overtime. With the hype of an unusually large crowd, the Trojans scored a goal, but did not have enough time leftover to score another, ending the game 10-9.

Being the final home game of the season, there was a ceremony celebrating all the senior players who would not be playing in the CVHS pool again.

Senior Ryan Brookens had a positive outlook on the game. “We kept our cool throughout the entire game, even when things got intense. We were playing for each other that night which was amazing.”



KATY SILER

Lindsey Lavine cheers the Trojans on at the last football home game of the season.

10 FEATURE

Garden grows new opportunities for students

By Miguel Bernas
STAFF WRITER

Celebrating its fifth year on campus, the high school garden is giving students in the “functional life skills” class an opportunity to try new things, allowing them to use organic fruits and vegetables grown in the garden to cook meals for their cooking unit.

“We are looking forward to sharing the bounty of the garden,” says Cheryl Fletcher.

Fletcher works alongside Claire Heppner in teaching the functional life skills class. The class incorporates community building and believes participating in the school garden works well into the notion of working in the community.

“I think it’s a great idea and develops useful living skills,” said AP Environmental Science teacher Nathan McCreary, who advises the Smart Environment Club.

McCreary has spearheaded many projects to help our school such as creating a school habit of putting salad bar leftovers and paper plates into the compost bin daily. Alongside McCreary, health teacher Erika Ikemoto also advises the Smart Environment Club which manages the school garden.

“I really like the idea as it builds community through a task that most people wouldn’t expect to bring people together,” says Smart Environment Club President Ciara Bolt.

The Smart Environment Club plans on landscaping areas around campus that were cleared up with the help of the functional life skills class. Areas cleared over the summer, such as the front of the 600 hall and in between the 200 and 300 hall, will be used by the class for their cooking unit. Heppner and Fletcher are excited to use the garden and cook delicious meals with their students.



MIGUEL BERNAS

Teachers and students pick out the freshest vegetables in the school garden.

College essay clinic helps out frantic seniors

By Hannah Pilgrim
STAFF WRITER

CVHS teachers, administrators, and counselors held conferences with prepared seniors to help relieve the pressure of college admission essays this October. The goal of this essay clinic was to help seniors improve and feel confident in their writing.

“I find that students sometimes create generic responses to the essay prompts. In these conferences, I make them dig from a different angle to try to find something unique to write about,” said English teacher Anne Parris.

Most seniors feel lost as to where to start in writing their college admission essays, but CVHS staff members provided them with support.

During the first week of conferences, each student was paired up with a teacher or administrator that they didn’t personally know, as to get hon-

est and unbiased feedback on their work. Seniors came ready with prefilled essay prompts and received suggestions for improvement. Each student got 15 minutes to discuss strategies on how to write and find inspiration for the application essays.

The second stage of the clinic was held the following week where students met with their original helpers to discuss their improvements.

“Students need to learn how to brag about themselves, even though it’s hard it is what makes the essay,” said English teacher Elisa Frozena. “We as English teachers take time to help students at this clinic and therefore will be saddened if students come to us after those dates and ask for help of essays.”

Even if you didn’t make the essay clinic, Frozena and Parris suggest looking outside of the box for inspiration and to reflect on your past experiences, not to just list them.

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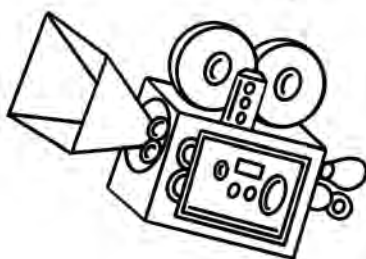
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“Peter and the Starcatcher” enchants

By Alex Tam
STAFF WRITER

Swashbuckling pirates take over the ship, The Neverland. A huge fight occurs, Captain Stache faces off against Slank, the man in charge of The Neverland, mermaids sing and dance while the Mollusks, natives of the island, capture the group of orphan boys. There's a huge storm, and a chase scene. Boy, one of the orphans who has no name, decides to name himself. “There. I’m Peter Pan,” he says.

“Peter and the Starcatcher,” directed by drama teacher Tiffany Daily, is a play about the orphan boy, Peter Pan, his new friend Molly, and two other orphan boys, Prentiss and Ted (the main lost boys).

The group goes on a quest in order to keep the chest full of starstuff away from the sinister and evil Captain Stache. The play is a prequel for the beloved story of “Peter Pan.”

The play is full of intricate outfits of the pirates, ship crew, orphan boys, native tribes, and mermaids. A clever use of props and lighting allows for the magic of the play to truly come to life.



ALEX TAM

Zach Furber-Dobson plays Black Stache in this theatrical prequel.

The elaborate scenes of the play show off the hard work that the drama students and teachers put into the play.

“The directors put their hard work into the show and teaching us all the blocking for each scene,” explained Gaby Pinto, who plays Molly.

Emma Trujillo, who plays Boy/Peter Pan, appreciates and gives credit to the directors of the play as well. “The directors help the actors with their technique. They tell them where to be throughout the duration of the play. They choreograph the entirety of the

play. They make it happen,” she said.

The students also put in a lot of work. They rehearse almost every day after school for several hours to make sure that they are ready for their opening night.

“You are there almost every day of the week reviewing scenes, working on your lines, and getting them memorized,” Pinto said.

Since the students are there for so long, they become close and build strong relationships with each other.

“I build a great relationship with everybody in the cast. I have

good chemistry with them when I act,” said Pinto.

Trujillo also loves the relationships that come with putting on a play. It is her favorite part about putting on the play. “It’s the love and adoration of the cast and the support of the directors and crew,” Trujillo said.

“Peter and the Starcatcher” is a fun show to watch with the enchanting scenes, amazing acting, and beautiful sets and costumes. There are also several pop culture references, so the audience must pay attention in order to catch them!

“One thing unique about this production is the use of simple props and lighting effects to create a highly theatrical experience. For example, when two ships are being tossed and turned in the ocean during a storm, the audience will experience it in a highly metaphorical and stylized way that is quite exciting,” Daily explained.

The play will be held in the Center For the Arts at 7 p.m. on Nov. 8, 9, 15, and 16. Castro Valley residents and students of CVHS should definitely go and support the drama students of the high school.

“This play is riveting and humorous. It’s very entertaining and highly enjoyable by many,” Trujillo said.

Be sure to catch “Peter and the Starcatcher” at the CFA. It is a magical show that you wouldn’t want to miss.

“This is a great show for everybody. It draws on familiar characters the audience already knows and loves Peter, Smee, Captain Hook from the Peter Pan story and provides a comic and highly entertaining storytelling experience with humor and music,” said Daily.

Ramen 101 brings warmth to CV

By Eyzid Hadi
PHOTO EDITOR



Another new restaurant has opened in Castro Valley. If you want to try a quick and delicious Japanese meal, stop by Ramen 101, located in the Lucky’s shopping plaza. My family and I taste tested the new food.

Unlike many other Japanese restaurants that serve ramen, this restaurant has a menu that lets you build your own ramen bowl, and offers a good amount of appetizers and several rice dishes. We decided to sample a few appetizers and ordered chicken karaage, agedashi tofu, and takoyaki.

For our ramen bowls, we ordered miso ramen with the chicken and black garlic topping option, miso ramen with chicken and a classic topping (both mild) and tonkotsu ramen with black garlic toppings at the medium spiciness level. For drinks, we tried an iced matcha green tea and an orange flavored Ramune drink.

Within a few minutes of placing our order at the counter and finding a place to sit, the steaming hot food arrived. The modernly decorated restaurant was on the small side, but was very busy for 7:30 p.m., with families, couples, and groups of



EYZID HADI

friends filling up all the tables.

The takoyaki was delicious and the chicken and tofu appetizers were crunchy and flavorful, topped with generous amounts of bonito flakes and served with the perfect dipping sauces.

All appetizers seemed to be freshly made and were served piping hot. The bowls of ramen came quickly and were a good size. The ramen noodles had the right thickness and consistency, the broths were very flavorful and the grilled chicken topping was perfectly seasoned and delicious. Despite being soaked in broth, the meat was not soggy. The drinks were tasty, but be warned that the Ramune drink tends to be very sweet.

Pricing for our appetizers

and ramen bowls was reasonable, with appetizers in the \$4 to \$8 range and ramen bowls at \$11, with optional toppings ranging from \$1 to \$3. Drinks were in the \$2 to \$4 range, and we felt that we received good value for the price. We ordered too many appetizers, but had yummy leftovers to take home for the next day.

If you are looking for a chance to build your own tasty and reasonably priced ramen bowl and sample a variety of Japanese appetizers, Ramen 101 is the place for you. Not only will you be greeted warmly by the staff, you’ll enjoy a freshly prepared meal served piping hot that is sure to make upcoming winter days nice and warm.

Song finds the heart of true love

By Leo Lin
STAFF WRITER

If you watch YouTube, you may remember that a Chinese song hit third place on the trending list of songs this fall. Sounds surprising? “Won’t Cry” is a song about a relationship between two young people in the city of Tokyo, sung by Jay Chou and Mayday Ashin, and now they have made history!

The song began in the busy streets of Tokyo, where two young people are working hard for their goals; a young woman tried to earn more from the boba shop and a young man worked hard as a photographer in order to get into a famous art school in England. Coincidentally, the two of them met and the woman fell in love with the man. After receiving secret help from the woman, the young man successfully achieved his dream and eventually left to England while the girl stayed in Tokyo.

Less than four minutes into the song, Chou utilized his calm voice to express the bitterness of his love to the highest level. Moreover, Ashin sings, “I left you sadly alone, without even trying to get you back,” which always remains in my head.

What makes this song so popular on Youtube besides two wonderful singers from China? There are a few reasons. First of all, Chou is very famous for his singing and although Ashin is

less well known than Chou, he is still one of the best instrument players from Taiwan. The making of “Won’t Cry” is a duet between Chou and Ashin. In the song, there is an elegant melody of the piano with the sound of electroacoustic guitar, both played by Chou and Ashin at the top of a skyscraper, while they sang about the love story under the city. Anybody who listens to this song will definitely enjoy it.

Moreover, in my opinion, there are more reasons that actually make “Won’t Cry” a fabulous song. Even though the song was sung in Chinese, the sweet voice from both singers and the love story enacted by the two actors will inadvertently make the audience think of the past: the happiness and bitterness of love, even I do, myself. Anybody who listens to this song will not be able to forget the unwilling eyes of the girl as she stared at the boy leaving. Have you had this feeling before? The story from “Won’t Cry” is definitely one of the best representations of love, and the dream that the young people used to chase after will always be memorable.

“If anyone that knows and understands true love, the ending will make you cry for sure,” a viewer commented. With 34 million views in one month, Chou and Ashin’s song is definitely a success.

Freshmen phenoms are fetch!



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