



THE CASTRO VALLEY HIGH SCHOOL Olympian



Page 2:
Let the
freshmen
run free



Page 4:
Senior makes
Wasteland
clothing line



Page 5:
Yellow
Jackets sting
Trojans

VOLUME 63, ISSUE 2 OCTOBER 18, 2019 WE ARE BORN TO SEEK THE TRUTH! WWW.CVHSOLYMPIAN.COM

CVHS combines spirit squad



KATY SILER

CVHS spirit squad delivered an amazing performance during a football game.

By Lindsey Gard
STAFF WRITER

The CVHS varsity cheer team and dance team have combined into a “spirit squad” this year. CVHS dance coach, Monica Barrios, is now the coach for the varsity cheer team as well.

“The teams are still completely separate, I’m just the coach for both,” Barrios said.

The varsity cheer team is responsible for the sideline cheers, and both teams perform a halftime show. Both teams will cheer and perform, but they will have different choreography. During Homecoming, both the

varsity and junior varsity teams will perform the halftime show together, like normal.

“It’s a little frustrating and stressful to learn more choreography this year,” said sophomore Zoe Farago, a member of the dance team.

Although there is more to learn, it can create a better performance overall.

“I think it’s good that we cheer together, because it gives the crowd something more to look at,” said varsity cheerleader, sophomore Brooke Eickmann.

The fans would agree that they like watching the dancers and cheerleaders.

“It’s really fun to go to games and watch my friends cheer and dance for our team,” said junior Sarah Kang.

The student section at home football games even joins the fun by chanting and dancing along with the cheers.

Having the dance team and the cheer team become the spirit squad also brings a sense of togetherness and unity to its members, helping us to keep our Trojan spirit strong.

“I like the combination because it lets us be united, especially when we do dances and stunts,” said varsity cheerleader junior Gaby Pinto.

Freshmen can go off campus now

By Michael Tam
STAFF WRITER

CVHS now allows freshmen to leave campus during lunch. In previous years, freshmen could face searches, detentions, or Friday school for going off campus.

Although they were not allowed to leave, many freshmen were able to sneak out during combined lunches by pretending to be upperclassmen. Often, the entrances were unguarded, so freshmen were rarely caught coming back.

School administrators began questioning the policy after seeing how much time they spent trying to enforce it. Assistant Principal Jesse Hansen explained that administrators have a variety of responsibilities beyond trying to catch freshmen returning to campus.

“Chances are, nine times out of ten, you’re going to get away it. We asked ourselves, ‘Is this where we want to put our time as administrators?’” said Hansen.

Staff members also ran into problems trying to catch students. Many wouldn’t be carrying their ID cards, so administrators couldn’t prove whether a student they didn’t recognize was a freshman. Some loitered around the gates and went in when administrators weren’t looking. Others just went around to other unguarded entrances.

Senior Nadirah Pinney remembered one experience she had going off campus during lunch in her freshman year. After going out for pizza, she and her friends returned to campus to find that an assistant principal was checking IDs. They ran to the next closest entrance, at the 600 hall, but they couldn’t get past the locked door.

To their surprise, the first person to open it was none other than Principal Blaine Torpey. Although they were let off with only a warning, they did have to give up a slice of pizza.

Hansen made sure to say that, even though more students would be going off campus, tardy policies will still be strictly enforced and random tardy sweeps will occur.

Hansen also emphasized that this year was a trial period for letting freshmen leave campus. He noted that freshmen are often the worst litterers, which could cause problems with nearby residents.

“If we get a sense that freshmen aren’t mature enough to go off campus, we will reconsider,” said Hansen.

Some freshmen weren’t concerned about the new policy, though. Freshman Nia Pinney explained that some, like herself, don’t enjoy going off campus. She doesn’t expect much trouble from allowing freshmen off campus.

New law will reduce suspensions

By Hannah Pilgrim
STAFF WRITER

A new California law to decrease the amount of suspensions will take effect in the upcoming 2020-2021 school year. Senate Bill 419 states other methods of punishment need to be enforced for willful defiance before suspensions are used.

“There is already a strong desire to decrease suspensions,

since suspending kids severs their connection with the school,” said Assistant Principal Jesse Hansen.

Senate Bill 419 signed by Governor Gavin Newsom will ban administrators and principals from suspending students for willful defiance in grades nine to 12 until 2025. Although the new bill will not directly change policy at CVHS, a trend of using other methods of discipline besides suspension has

proven to be effective.

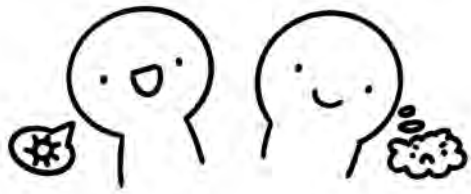
“This bill is not going to directly affect CVHS, the school has already implemented ways to increase student obedience by keeping them in class,” said Principal Blaine Torpey. According to Sacramento news network, KCRA 3, studies have shown that being absent due to suspensions increases the likelihood of repeating the bad

►See **Suspensions:** page 8



MICHAEL TAM

Freshman Nia Pinney goes off campus for lunch.



Freedom for all... even the freshmen

Editorial:

In the past, freshmen were not permitted to go off campus. This led many to sneak off, as a result, especially during combined lunch when it was easiest. They had to rush out and back, in hopes of not getting caught and face consequences, such as detention, however starting this year, they no longer need to. Freshmen are now free to run off campus.

We at *The Olympian* support the change because freshmen often leave campus anyways, so allowing them to go would not bring a big difference. Allowing freshmen off campus would also mean there would be shorter lines at CVHS and more places to sit on campus.

Some possible problems to



this change could be longer lines at restaurants in town. There would be less super-

vision, possibly leading to vaping and other harmful activities. This change can

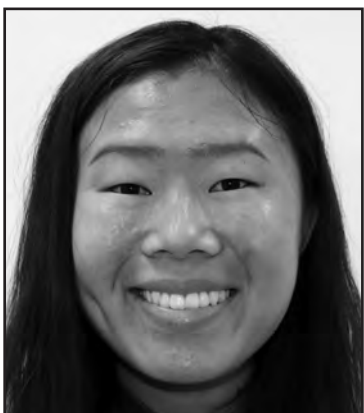
also mean more tardies if freshmen do not make it back on time and perhaps, more

trash in the neighborhood. We also thought it was unfair how the upperclassmen were not allowed to leave during their freshman year.

We still think freshmen should be allowed off campus, because freshmen would feel more included, since it used to be just upperclassmen who were allowed to go. Allowing freshmen off campus also means less work for staff because they do not have to constantly check if freshmen are sneaking off. We also support the change because freshmen should have the freedom to go off campus as the upperclassmen do, if they want to.

Though this change means more freedom for freshmen, they should show they can handle this change, since it is a trial period and could revert back to prior regulations.

Pressure squeezes students with big workloads



By Ashley Tang
STAFF WRITER

The summer before my junior year of high school was stressful. My friends were taking summer classes, programs, or internships during break, and I was doing none of those. Evidently, I felt as though I was wasting my summer by not doing

anything academic. This led me to frantically search for summer programs, internships, and places that needed volunteers. On top of the summer homework assigned, I felt compelled to do more to get ahead like my friends.

Summer break is supposed to be a time where students get to take a break from school. Yet many, along with myself, are panicking rather than enjoying their two months away from school due to academic pressure placed upon by the school, parents, and even ourselves to be ahead for college.

According to a 2017 survey published by the American Psychological Association, on average, teenagers reported their stress level to be 5.8 on

a 10-point scale, compared to 5.1 for adults. The most common sources of stress were school (83 percent), and getting into a good college or deciding what to pursue after high school (69 percent). However, a little stress is normal and may even be beneficial to ensure students stay focused to increase performance on, for instance, a test. But to many students and parents now, academic pressure has grown to be a real issue.

I believe academic pressure has seriously taken a toll on students' well being. Along with the typical workload from school, many students feel compelled to do more outside of school because of how competitive getting into

a good college has become. School should be a place where we learn, not be the primary source for stress.

To alleviate stress, there are four solutions I found in an article online, NEA Today, and the CVHS Wellness Center. One solution is raising

“...most stress is self-imposed.”

awareness of the academic pressure crisis. Doing this would provide a good start to let the school know the true weight of stress on students.

Another solution is medi-

tation. Meditating has scientifically been shown to reduce stress, along with many other health benefits, such as anxiety control and enhancing self-awareness. Meditating also has been linked to a higher performance in academics.

The third method is to ban homework over holiday breaks. Since banning summer homework is not a possibility because that would lead to more work once school starts, banning it over holiday breaks such as winter and Thanksgiving is a good alternative.

The final method is not to forget to take time when possible to enjoy yourself, because most stress is self-imposed.

PHOTOpinions

How do you feel about freshmen leaving campus at lunch?



“I’m really happy that the school let freshmen go off campus this year. It was a great decision.”

Taylor Gibbs
freshman



“Freshmen should not be allowed off campus because when I was a freshman I had to suffer so they should too.”

Ryan Furlough
sophomore



“I really don’t mind because when I was a freshman I left campus most of the time.”

Matthew Gee
junior



“Freshmen should be allowed off campus, it’s high school so enjoy it.”

Ryan Friery
senior



“I think if it’s a school policy then it should apply to everyone.”

Samantha Brown
staff

SAT prep courses are not worth it



By Miguel Bernas
STAFF WRITER

As students become more competitive each year while applying for colleges, the pressure to do well in college entrance exams like the SAT is growing.

Offered across the country, SAT prep courses are becoming increasingly popular among students who aim to attend elite universities.

Widely popular in the west coast, the SAT, a standardized test used for college admission decisions and scholarships, has become more important to students than ever, pressuring parents to spend thousands of dollars in enrolling their students in prep courses to ensure their success in the exam.

Schools like USC and UCLA are reported to have average SAT scores between 1,340 to 1,400, the perfect score being 1,600. The average SAT score continues to improve each year throughout the country.

Most prep classes “guarantee” an increase of at least 100 points, charging thousands of dollars and advertising opportunity of a perfect score.

As someone who has taken an eight week long SAT course over the summer, I can

say that taking a prep class may not be worth the time or money. Most SAT classes charge drastically high prices including mine which cost more than \$1,000. As much as it helped me increase my score, I realized I could have studied by myself. It truly is up to how much students give to their studying, so simply taking extensive classes does not guarantee improvement if no effort is put in.

Much of the advice and tips I received from my teachers as well as the material our class went over were also provided by the many review books I had at home.

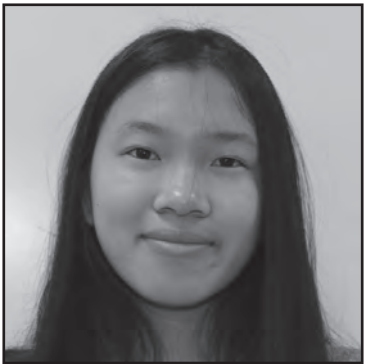
“SAT scores do not measure a student’s value”

For some, prep classes may be beneficial if they lack the discipline to consistently self study, but for many, practice makes progress.

SAT scores do not measure a student’s value. Although they are used to measure students’ ability to do well in college, they simply serve as indicators of which college may be best for them. College test scores should never be used to measure one’s self value.

Success in life is never determined by the college students attend, but the hard work they put into it.

Heat waves should spark action



By Alice Tang
STAFF WRITER

Is it hot in here or is it just me? Naturally you would view places like New York and Europe as cold in the winter and warm in the summer, yet due to climate change and recent heat waves during the summer, the temperature has increased.

This summer my family went on a trip to New York. The temperature was unusually hot, even our tour guide said so. Then as I browsed on the media, everyone in Europe was complaining about the heat they were experiencing, since most homes in Europe do not have air conditioners and have houses built to keep the heat in. I think people should be more concerned about this change in the weather instead of ignoring it.

Climate change is not limited to the increase in temperature. It can also cause a decrease in temperatures. There has been a huge decrease in temperature in some states during the winter, but since it’s summer, heat waves are threatening different countries.

With climate change, storms are becoming more dangerous. In recent events, Hurricane Dorian has swept across the eastern states of America.

Places are flooding higher than usual and this could be the result of global warming, which causes the ocean levels to rise.

People should actually do something about this instead of just talking because it has been an ongoing problem and isn’t just about the heat waves, fires, or storms anymore. The

“The Earth is dying”

Earth is dying and it is giving us many warnings, all of which are being ignored, unless you are the ones that is affected. Talking and spreading the word is good, but it isn’t enough.

Some people are spending billions of dollars on entertainment, yet they don’t spend a single penny to save the Earth. There are a lot of organizations with easy access that people could donate to, to help the places that are affected by the storms and/or to help the environment. I get that some people do not have the money to donate to the organizations, which is okay. There are other ways to help.

Some solutions to help the Earth are reducing waste, planting more trees, plant based diets, more silvopastures, solar panels, and educating yourself and others about more ways to help. The results of more trees being planted is more oxygen, shade, and less heat.

A plant based diet means there would be less need for meat production, since the meat industry is a huge cause

of climate change. If everyone doesn’t want to go vegan or vegetarian, then that is fine.

A solution for people who love meat is silvopastures, which are pastures with trees, balancing the waste livestock are releasing into the air. The benefits from trees and will stop deforestation.

Solar panels help because electricity comes from fossil fuels, and solar panels use the sun’s energy to generate electricity, combatting the greenhouse gas emissions.

People could also participate in strikes like the one on Sept. 20 hosted by the Sierra Club, a climate change club here in the Bay Area.

It might seem as if you’re only person and it won’t make an impact, but the truth is, it does. Everything builds up little by little, so if one person tries to help even a little, others start doing the same and then it wouldn’t be so little anymore.

**CHECK US OUT,
WE'RE EVERYWHERE!**

facebook.com/cvhsolympian
youtube.com/cvhsolympian
instagram.com/cvhsolympian
twitter.com/cvhsolympian

Markets revitalize communities

By Baron Begier
STAFF WRITER

Large retail tenants are leaving their large, warehouse sized properties because of the rise in ecommerce such as Amazon. This leaves large buildings in “prime” locations, sometimes up to 100,000 square feet, empty and without a use.

There is a great demand to find a use for these empty warehouse type buildings, which are usually already in a great location.

This is where community marketplaces make sense. In Castro Valley, one very successful redevelopment is the Lake Chabot Public Market. It used to be a large and empty retail building. It is now a market with many stores and a thriving center in Castro Valley. Tenants include a poke restaurant, Korean restaurant, and boba shop.

A n o t h e r g r e a t

redevelopment of this kind is happening in downtown Castro Valley, with the Castro Valley Marketplace. Over the past year, I have met with the developer of the project, as we share our passion for this type of redevelopment.

“This specialty lifestyle marketplace will feature a butchery, bakery & patisserie, natural grocery store, full-service restaurant, wine bar, cooking school, an apothecary, and event space! Comprised of three levels, the basement, ground floor and mezzanine, retail and restaurant space is now available for the Fall 2019 opening,” the marketplace website says. This type of redevelopment helps the lives of people in Castro Valley.

Castro Valley Marketplace will definitely make people’s lives better in Castro Valley. It should be a really fun

place for people to hang out, experience cooking classes, or go grocery shopping.

People interact like how they did thousands of years ago, with trading zones like these originating in 3,000 BCE. Middle Eastern bazaars were similar with long rows of merchants on both sides.

One of the great things about this redevelopment is the cost of the lease is split with all of the tenants. If only one tenant provides income, then there is less assurance.

If the marketplace is failing, adding an anchor tenant for reduced rent assures higher traffic to the marketplace, increasing business for the other tenants. This cannot be done with a single tenant.

Community marketplaces are a fun, exciting way of converting large, abandoned retail buildings into beautiful places where experiences improve the lives of people every day.

THE CASTRO VALLEY HIGH SCHOOL

Olympian

The Olympian is a publication of the journalism class at Castro Valley High School, 19400 Santa Maria Ave., Castro Valley, California 94546. © 2019

Editors-in-Chief.....Derek Neyer
Katrina Siler
News Editor.....Tiffany Ho
Opinion Editor.....Milagros Aquino
Feature Editor.....Brittany Bin
Sports Editor.....Myla Ogle
Arts and Entertainment Editor.....Kimia Emadi
Photo Editors.....Eyzid Hadi
Rachel Schoenfeld
Business Manager.....Kayla Craft-Williams
Online Editor.....Elena Lottich
Copy Editors.....Jeanette Wallis
Nikita Thomas

Staff Writers: Megan Baldwin, Baron Begier, Miguel Bernas, Josie de la Torre, Cameron Faris, Lindsey Gard, Arionna Harris, Malin Johansson, Leo Lin, Hannah Pilgrim, Thomas Ryken, Alex Tam, Michael Tam, Alice Tang, Ashley Tang

Advisor.....Matt Johanson

A grand pianist with perfect pitch

By Alex Tam
STAFF WRITER

Allier Manahan, the CVHS choir pianist, never fails to touch lives with his love for music and his personality. The pianist with perfect pitch has been playing with CVHS choirs since 2001 and has been playing the piano for 47 years.

“He’s smart, he’s funny, he’s kind, he’s sassy, and musically crazy gifted and talented,” said Laryssa Sadoway, the choir teacher at CVHS. Sadoway is Manahan’s boss, colleague, and very good friend.

When Manahan is with the students, he can be fun, but he means business. He makes sure that he knows the students’ parts, so that he can make sure they are singing their parts correctly.

“Sometimes I’m very fun you know, but when it comes to work that’s when I mean business,” Manahan said.

Manahan is also known for his sass that he is not afraid to show.

“I like his sassiness,” senior Paige Cason said.

Manahan has no problem with being sassy in front of the



ALEX TAM

Allier Manahan smiles while showing off his nimble fingers on the piano.

students and enjoys when they show their sass back to him.

“Yeah it’s true, it’s true. I can be [sassy],” Manahan commented. “It’s fun when they [the students] sass back.”

Manahan really cares for the choir students that he helps

teach and even gets recognized outside of school for his contributions to the choir.

“One thing that makes him special is that he’s so talented, but he isn’t just playing piano, he really knows our students and really cares about them and

forms relationships with them,” Sadoway said.

Manahan enjoys going to the gym along with going to the spa and shopping, but he ends up getting recognized by many parents and occasionally students.

“I see everyone’s parents

there. It’s so embarrassing,” Manahan said.

Manahan truly enjoys playing the piano and cannot live without music. Music has been a part of Manahan for such a long time that he cannot live without it.

“I listen to different genres even when school’s out for the summer,” said Manahan.

Manahan was taught traditionally to play the piano and it, along with the church organ, is the only instrument he plays; however, he is interested in the cello.

“The cello is something I would like to learn when I retire,” Manahan said. Manahan’s talent and energy brings life to choir room.

“He is always so fun and energetic and he always brightens the room,” junior Adrienne Yen commented. “Also you can tell who he is by his cologne. Like when he walks into a room, you can smell him and go ‘oh that’s Allier.’”

Junior Benjamin Chen also loves Manahan’s energy and shares another fun detail about him.

“He’s a very talented, energetic, and caffeinated man,” Chen said.

Wasteland brand fulfills dreams

By Miguel Bernas
STAFF WRITER

Since freshman year, senior Noah Jory has always dreamed about launching his own clothing line. After working towards his goal, Jory finally dropped his first new clothing line, “Wasteland” last summer.

Inspired by a song while listening to the radio, Jory created his line based on his interpretation of the lyrics, “Wasteland.”

“I feel like there’s a lot of negativity in our world,” said Jory.

Jory believes his line’s logo represents our world with all the “negative and toxic energy” in our society.

“Our world can be seen in a different dimension on certain occasions,” Jory said. The negativity and current events in our world have inspired him to believe that we in fact live in our own “Wasteland.”

Senior David Wu says Jory’s clothes are quite cheap and would look good on everyone. He is proud of his friend’s success and wants to help him get enough money to buy a new car.

“I thought his designs were fire,” said Wu.

Jory’s idea of launching his



Noah Jory

own clothing line began his freshman year and he has been working towards it ever since.

“I started by drawing on worksheets and papers,” said Jory.

Jory became involved in graphic design and drawing during his past few years in high school, slowly creating his company into a reality, all by himself. His company sells t-shirts and hoodies. Jory plans on releasing more designs in the far future.

In the meantime, Jory is excited for his fall drop coming soon with new merchandise designs for the season.

Bocce Ball Club embraces fun

New club’s members meet every other Friday

By Megan Baldwin
STAFF WRITER

Every other Friday, the Bocce Ball Club meets after school, to play bocce ball, eat snacks, and have fun.

“The club started out as a joke, but when we decided to actually do it, the club ended up being a lot of fun,” said Bella Stuewe, Bocce Ball Club co-president.

Seniors Molly Brennan and Stuewe are co-presidents and creators of the Bocce Ball Club. The club started last year, and was inspired by the bocce ball unit in their P.E. classes. They both had a lot of fun playing bocce ball and decided to turn it into a club.

In addition to playing bocce ball, the club also has other bocce-themed activities.

“My favorite memory was when we did that huge relay race/game show, where we



MEGAN BALDWIN

Enjoying a game of bocce ball here are Derek Neyer, Bella Stuewe, Cole Johnson, and Nolan Thompson.

had people do races, and see who could toss the bocce ball farthest. It incorporated bocce ball, but it was still other activities and I remember it being a lot of fun,” says Stuewe.

At every meeting, the snack managers provide some form of Italian snacks, from biscotti to breadsticks.

“We have free snacks at every meeting, and since last year we always had to scramble around to get snacks and plan the meetings, we decided to put someone in charge of getting the snacks,” said Brennan.

At the end of every meeting, they play the famous song “That’s Amore” and everyone

in the club can sing along while cleaning up the bocce balls. This club is about having fun with your friends and ending your week on a happy note.

This year, the club hopes to have a “Bocce Ball at the Disco” dance, co-hosted with the Ultimate Frisbee Club. Last year, the Bocce Ball and Ultimate Frisbee clubs were rivals, but now they’re trying to make amends.

“We’re not sure how likely it is, but it’d be really really cool,” said Stuewe.

“It’s just a fun club, you can just go and hang out, get to know people, and have cool snacks,” Brennan said.



Varsity water polo continues outstanding record

By Derek Neyer
EDITOR-IN-CHIEF

CVHS boys water polo crushed the San Leandro Pirates 15-1 in the pool on Thursday, Sept. 28, propelling them to an 11-4 record, which they have now improved to 13-4. This came after a brutal loss at Alameda on Sept. 24, showing the Trojans' refusal to be brought down easily.

With a water polo program only in its fourth year, the rapid rise of a successful Trojan water polo team has been a surprise to some, but not to the players on the team.

Senior Ryan Brookens, attacker, lent some insight into how the program has improved, saying, "I've been on the water polo team ever since the program started back when I was a freshman. We are doing this well because many



DEREK NEYER

Ryan Brookens (15) makes a quick pass to a fellow teammate.

of our players have played high level club water polo and have brought that experience to our younger players, causing everyone to develop their skills

further."

Brookens is one of the leading scorers on the team, renewing his role after an impressive performance last year which

saw him scoring 80 goals in one season.

The Pirates faced a formidable team of Trojans in the pool, who came out the gate

ferocious and ready to play after an earlier loss to Bishop O'Dowd at home.

"Against San Leandro we had great team defense, which turned into offense. We always work on team defense in practice so that we can counter any other team," said senior Diego Agron, attacker.

The Trojan defense allowed only one goal near the end, dominating the ball for most of the game and keeping San Leandro from making any type of productive movement.

The Trojans are in good shape for a high-placing finish, currently sitting fourth in WACC standings, and they are ready for whatever their opponents can throw at them.

"Our chemistry and morale remains very strong, which carries positive energy into every practice and game," said Brookens.

Trojans fall to Yellow Jackets, 3-1

By Kimia Emadi
A&E EDITOR

The Trojans varsity volleyball team was defeated by Berkeley High's Yellow Jackets in a tense game culminating in a 3-1 loss on Sept. 19. The Trojans continue their season, currently upholding a 13-5 record.

"It was a really exciting game, but I know we could have done better," said captain Ashley Cancon.

The first set ended with a steep loss of eight points, yet the Trojans made an almost miraculous recovery for the second set with an 11-point victory.

The last two sets saw players tumbling on the court in tense moments, each lost with a difference of less than four points.

The close loss gives hope to the Trojans and their loyal fans who have faith in the team's future successes.

Coach Jennie Bautista-Boyd has only taken up the helm this year, making the close game even more promising. Even in an early game with a new coach, the varsity team shows positivity and talent.

"There's just a lot we need to work on and practice and I know we're gonna improve and hopefully we're gonna take the game next time," said Cancon.

The game had big shoes to fill, as it followed both the freshman and JV teams' victories.

The Trojans are ranked in tenth place for the North Coast Section Division I, a promising placement for an enthusiastic and spirited team.

Goalie Griffith: a beast in the cage



DEREK NEYER

Liam Griffith intensely passes the ball to an open teammate.

By Thomas Ryken
STAFF WRITER

As the offensive player swims past the defense with only the goalie in his path, he rises to shoot and score a goal, but it wasn't his lucky day because Liam Griffith was in the cage.

Griffith is a senior at CVHS and has been a part of the water polo program for three years. He started out as a field player, but was pushed into goal his first year and hit the ground running.

"I started water polo because I had a background in baseball. I had started swimming that same year and I knew some people doing water polo so I thought it would be fun," said Griffith.

This summer, Griffith was a part of a club water polo team that got the chance to play at the Junior Olympics in southern California. He played well and used the experience of playing the best of the best back with him for CVHS.

Griffith constantly works

hard on the defensive end of the pool but always wants to help the team more in any way he can.

"The worst part about playing goalie is you can't do anything on the offensive end to help that much," he said.

Not only has he looked like one of the best goalies in the league, his stats only prove that he has dominated in the pool. Griffith had 227 saves last season with an average of 8.7

saves per game, a team record, but he is on pace to destroy that record this coming season.

Griffith constantly works hard in practice and there is never a time where he has to take a break. He leads the rest of the goalies during practice to help the program continue to grow.

Griffith hopes to continue playing water polo in the future and feels like this is the Trojans' best season yet.

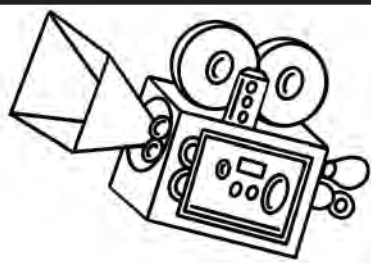


KIMIA EMADI

Kaitlyn Chihaoui spikes the ball against Berkeley.

Rudy's Donut House

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



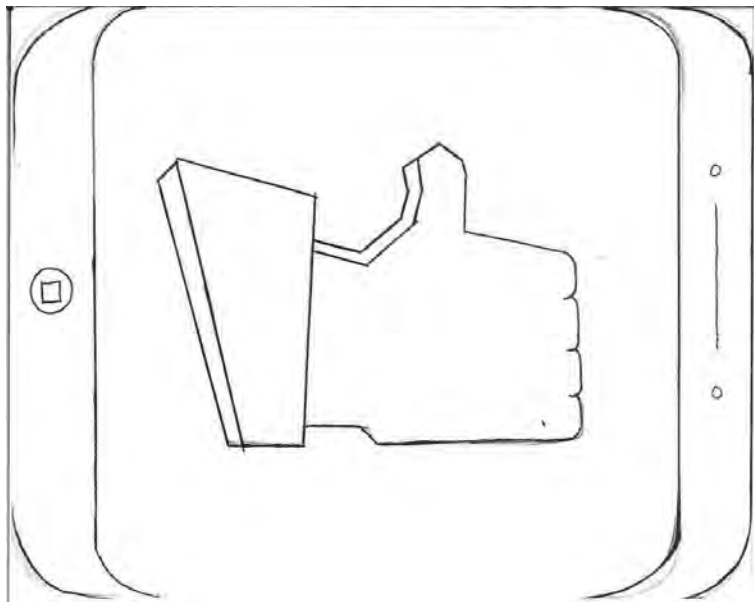
“LIKE” faces ugly side of social media

Phones
frustrate
without self
control

By Josie de la Torre
STAFF WRITER

IndieFlix's newest original documentary “LIKE” made the audience feel moved and uncomfortable on the truth of social media and how it has impacted many lives. The short film was awarded 2019 Global Peace Film Festival, was a finalist for the International Short Film Competition, and much more. “LIKE” was screened at the CFA on Sept. 18 originally for middle school students and families, but it also discusses social media issues that occur at CVHS. The 45-minute movie teaches how social media really is behind the screen.

The film was informative and showed segments of apps, including Instagram, Snapchat,



and Facebook. What was surprising is that the creation of Facebook's “like” button was designed as a way to give a “thumbs up,” but has evolved to other platforms as a way of how many likes a post can get. The film also had viewpoints of teenagers' take on social media, good and bad.

Some facts stated were about the increase of anxiety and depression is higher in

teenagers versus adults over 30. Suicide is the second leading cause of death in young adults, The average amount of times people check their cell phone is 80 times a day.

While the film mainly talked about the negative tones of social media and how it can either bring us happiness or sadness, “LIKE” ended with a positive note on the use of social media when a family in

need can bring community and organizations together.

Social media can be both beneficial and harmful to humans. It's our choice on how we make it. The overall sense of the film is to teach self-regulation uses on social media and our phones' in general.

After the screening, a panelled by Director of Student Services Nic McMaster, Behavioral Health Services Coordinator Marian Meadows, and Japanese teacher Emi Crow answered questions. They discussed behaviors they noticed from students on phones and changes or negative impacts they've seen at school or in social interactions.

“When I was a math teacher at CVHS roughly a decade ago, we'd have a few instances of cell phones that we spotted students with to be really engaged on the phone and we were worried about it. Over the last decade, I've seen that becoming more of a commonplace and what it looks like on campus,” McMaster stated.

Meadows talked about how teenagers are getting nervous

“My students
are busy all
the time ”

Emi Crow
Japanese teacher

to socialize with others in real life because everyone communicates via technology.

“There was a segment where some of the youth were talking about youth and adults where some behaviors aren't present, but the behaviors that are absent now. Now that teens in particular are able to communicate with each other through devices and social media,” Meadows said.

Crow describes the film as busy while she feels her students are busy.

“Just learn how to turn off your cell phone because just watching this film, I was exhausted. It was so busy. And I feel like my students are busy all the time,” said Crow.

Rolling Loud rocks the Bay



ARIONNA HARRIS

Fans cluster to watch the show.

By Arionna Harris
STAFF WRITER

During the Rolling Loud concert they opened up so many mosh pits and people were falling and getting separated, and a lot of people were jumping around. It was so fun yet so crazy.

Throughout those two days we saw Blueface, DaBaby, Lil Keed, Nef the Pharaoh, Lil Yachty, and a lot more. There were three stages there: High Hemp stage, Dryp stage, and Sauce stage. Mostly everyone there were either at High Hemp or Dryp Stage because that's where they had all the artists everyone was familiar with.

The set up of the concert was so cool and you can tell they put in a lot of work to get it to look that good. There was a ferris wheel, inflatables, and symbols that represented the Bay Area, like a Mac Dre designed van. The food was great; we went to a food truck called Southern Comfort Kitchen and they actually have a restaurant in Castro Valley. Their food was the best I had there.

There were stands for water and other drinks all around; basically every wall was a drink booth.

If you were to ever go to Rolling Loud, or any concert in general, make sure you stay with your friends because it's easy to get lost, especially when the mosh pits open. Make sure to either eat before you go or bring snacks, because it's hard trying to get out of those big crowds of people. Go to the bathroom before also, because at most concerts they have porta-potties and those are disgusting. Also if you're claustrophobic then try to stay towards the back, because it gets tight and hectic.

In the end, it was a really fun experience to be able to see all those people and interact with new people that you meet in the crowd. The last acts for both days were the best in my opinion. For day one, the last performer was YG, who has several good songs that a lot of people know. Then on day two, Migos performed last and they went all out, with the stage decorated and everything, unlike the other performers.

SORTING MATTERS



Help Reduce Waste and Save CVHS Money

When recycling, organics, and garbage are stationed together, and items are sorted correctly into the correct containers, everyone wins because we reduce waste! Instead of spending money on garbage, CVHS can sort correctly and save money for things at school that you enjoy.

If a station is missing a blue recycling cart next to it, move a cart there to help CVHS reduce waste and save money.

CASTRO VALLEY SANITARY DISTRICT

Effective Environmental Services since 1939

510-537-0757 | www.cvsan.org

This ad was funded by Measure D



“Joker” heavy-handed, but solid



By Michael Tam
STAFF WRITER



Within the first ten minutes of “Joker,” we are introduced to Arthur Fleck in a way that we sympathize with him. While working as a clown twirling a sign outside a store, he gets jumped by a gang of kids for no real reason. Later, he goes home to a dingy apartment where he lives with his frail mother. We learn about his dream to become a comedian and make people laugh, but even his mother asks him at one point, “Don’t you have to be funny to do that?” To top it all off, he is mentally ill with a condition where he breaks out into laughter at the worst times.

“Joker” tells the story about how the famous Batman villain came to be. However, unlike other recent DC movies, this is not a part of the DC Extended Universe. Ahead of the opening, some were concerned that the movie was too violent, and admittedly, one scene in particular justified those concerns, but that scene also adds tension and the entire movie would not be nearly as effective without it.

As the movie progresses,

Fleck’s actions make him question whether we should keep rooting for him. By the time he first asks to be called Joker, a shot we see in the trailer, he feels like he has broken down into a villain deserving of the name.

Joaquin Phoenix, who plays Fleck, is undoubtedly the best aspect of the movie. His uncontrollable, unnerving laughter and his dialogue is delivered in such a way that we both pity and fear him, a feat that few actors can achieve. The supporting characters were great as well, which helped flesh out the world that Fleck lives in.

One problem I had with the movie was with the way that it handled its message. The movie heavy-handedly tries to offer commentary on the treatment of the mentally ill in society and reminds its audience a little too often. In the most climactic scene, Phoenix says a line to this effect that feels out of place. Also, the inclusion of a young Bruce Wayne felt unnecessary, considering the focus was around Fleck becoming a morally-questionable villain and not Batman fighting crime.

Overall though, the movie was great and easily recommendable to anyone who doesn’t mind a bit of violence.

Mario Kart Tour mobilizes nostalgia

By Alice Tang
STAFF WRITER

Choose a player, a track, and get your fingers ready to race. Nintendo now has Mario Kart on mobile for free that allows users to race with their favorite character while playing the iconic game with many new twists.

Over the years, Mario Kart has been a favorite Nintendo game among many people because it can be played with friends and online users on game controllers/devices. They can go through the same colorful and tricky roads, but now they can collect different badges, karts, and drivers.

Although the controls are a bit different and a little difficult to get used to, it does not matter because the game is just as addicting as it was before.

Many people already reached Level 30 within a few days of the game’s release which means they get to play with their friends instead of online players.

Mario Kart also requires player to collect coins while pushing players and drifting the kart on the turns while racing on the familiar trails, and they can also get items during the races to their benefits.

Players are also transported to different part of the world, hence the name: Mario Kart Tour. They also get to race on themed tracks.

This childhood game which brings lots of nostalgia, is now more accessible and brings the player the same competitiveness in them as they speed through the tracks from whatever place they started with to first place.

“Don’t Call Me Angel” rocks

By Alex Tam
STAFF WRITER



“Don’t Call Me Angel” is catchy, fierce, and beautiful. A steady beat fills the air as the sound of footsteps joins in. Shots of the artists walking around mysteriously appear before all the sound ceases. The screen fills with gold lettering, and a more pronounced beat picks up. Finally, a shot of all three artists appear, wearing skin tight black outfits with matching angel wings just before the first lyrics ring out: “Boy, don’t call me angel.”

The song and music video, “Don’t Call Me Angel (Charlie’s Angels),” premiered on Sept. 13 featuring three distinct artists: Ariana Grande, Miley Cyrus, and Lana Del Rey. The single is made for the soundtrack of the movie, “Charlie’s Angels” (2019).

Within two weeks, the song had debuted at 13 on the Billboard’s Hot 100. It was first teased to fans on Sept. 9 and 10 when the artists released photos of the title and a short teaser of themselves walking down a foyer with angel wings on their social media accounts.

The song has an especially catchy beat and easy to learn lyrics that match the title perfectly. The song also does an amazing job at blending all three singers, who have distinct, unique, and different voices and genres of music. Grande and Cyrus take the lead in the song, starting with the catchy chorus. Del Rey comes in at the bridge of the song, where the tune and beat change, and finishes it out with Cyrus and Grande.

The video features the three singers as fierce, independent women, fitting the song’s lyrics. Grande is seen in all white with matching angel wings in an open mansion, while Cyrus

is seen getting down and dirty in a boxer’s ring. Del Rey is shown in a gold chamber wearing a red robe and in a poorly lit room wearing an all black outfit.

All three artists join up in their own black outfits and angel wings to strut down a foyer and eat from a feast in a dining hall. At the end of the video, Elizabeth Banks walks into the dining hall to gather the three “angels” who need to go to work.

I enjoyed everything about “Don’t Call Me Angel (Charlie’s Angels).” I was skeptical at first when I saw that it was a collaboration by Grande, Cyrus, and Del Rey, who all have distinctly different voices, but the blend between the three singers was done beautifully. The music video was also entertaining with its narrative of the three artists as Charlie’s Angels.

From the beat to the lyrics, the song is bound to get stuck in your head.

“Tall Girl” falls short



By Josie de la Torre
STAFF WRITER



A movie about a six foot one girl dealing with self confidence issues stumbled onto Netflix on Sept. 13. The newest addition to Netflix’s young adult movies is “Tall Girl,” starring a tall girl saying her life is hard.

“You think your life is hard? I’m a high school junior wearing size 13 Nikes. Men’s size 13 Nikes,” said main protagonist Jodie Kreyman. “Beat that.”

Newly debuted actress Ava Michelle, a former “Dance Moms” dancer, depicted Kreyman as a bullied teenager

uncomfortable with her height who transformed into a confident and determined young woman comfortable in her own skin.

Occasionally insulted with “How’s the weather up there,” Kreyman tolerated many comments throughout her life because of her height. Given support from her friends to accept herself for who she is, she expressed the idea of dating someone tall like her. Then walks in Stig Mohlin, an exchange student from Sweden with whom she is taken back from his looks.

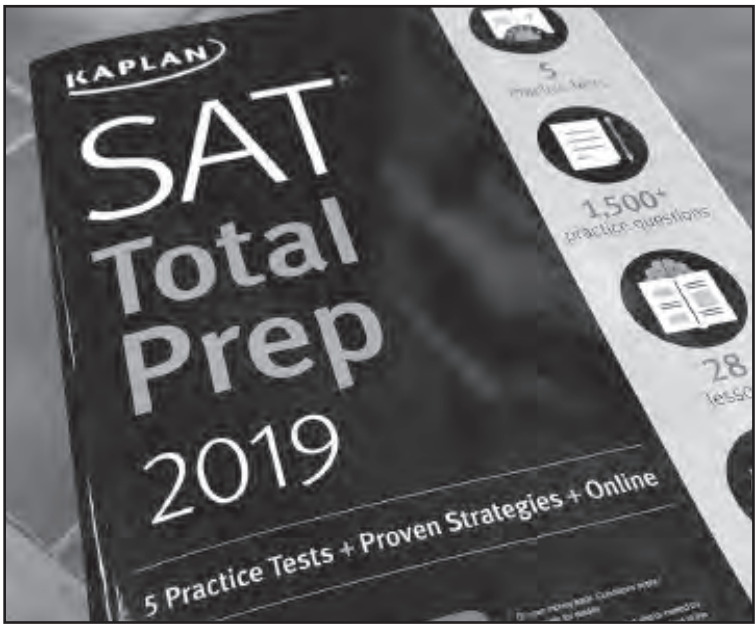
Kreyman is given help and support from family, loses friends for a guy, and offered the chance to go out with Mohlin. She ends up disap-

pointed and heartbroken, but makes a rebound. The typical plot for a teenage movie.

While the ending was pretty cute and satisfying, the plot was predictable and the title itself gave a lot away. Also Kreyman was playing more of a victim for being tall than was being harassed for liking a guy. If the movie was about the insecurities about being tall, the Netflix original might have worked for a concept of this film. Not many people can relate to being over six feet.

Overall, “Tall Girl” is about accepting yourself for who you are, finding confidence and standing up for yourself. If you have not seen this film yet, watch if you are into cheesy romance and teenage movies.

Changes coming to CSU, SAT



By Alice Tang
STAFF WRITER

College Board and California State Universities (CSUs) recently proposed new requirements for high school students who want to get into colleges. SAT scores now take into account the students' social and economic backgrounds while CSUs may require students

to take an additional math or science class in high school to qualify for admission. "I feel neutral (about the SAT score update). If you want to go to college and do better, then you do better," House Five secretary Abby Martinez said. "I don't think it (additional classes) should be necessary." Currently the SAT and ACT

scores do not account for students' backgrounds. CSUs noticed a high percentage of people who dropped out of colleges did not take an extra math or science class in high school. Low income students could be at a disadvantage because of the CSUs new requirements, but are at an advantage when it comes to the College Board's updated scoring. "For the extra course, I think it is nonsense because it could bring down the GPA of a student who doesn't even want to go into S.T.E.M., therefore having a net negative on the student altogether. The SAT score privilege will be great at combatting privilege," said junior Amy McGowan. "For the CSUs specifically, I think it's good in the sense that students are going to be more prepared once they get there," said House Five counselor Raul Rodriguez. "Also they are giving us enough time. It's not like they are adding it next year or even this year, they are giving it to current sixth graders."

Edgenuity begins at CVHS

By Malin Johansson
STAFF WRITER

Online learning has come to Castro Valley. CVHS has started using Edgenuity as an online program on which students can retake classes for credits during the summer. Instead of the traditional classroom, students take their tests at CVHS and then go online at home to learn the lessons and do their homework on Edgenuity. For students at CVHS taking summer school, Edgenuity is free. Edgenuity is a national program in which students can also enroll in classes to get ahead; there are even AP classes students can take. However, if students want to take a class outside of summer school, it costs about \$800.

"Edgenuity is a better system than traditional summer school," said Arthur Wahner, a teacher at CVHS who teaches summer school and uses Edgenuity with his students. Wahner said Edgenuity is very easy to use. There is a video tutorial at the beginning of the program that thoroughly explains how to use it. Students can normally complete one to two semesters of a class using Edgenuity during



the summer. Edgenuity helps kids learn more than traditional summer school. "Students that passed their Edgenuity summer courses did better in their classes the next school year compared to traditional summer school," added Wahner. Reactions from students about Edgenuity is mixed. Some students like the program, some don't. "It's a mixed bag, but there are always going to be kids that don't like any sort of system,"

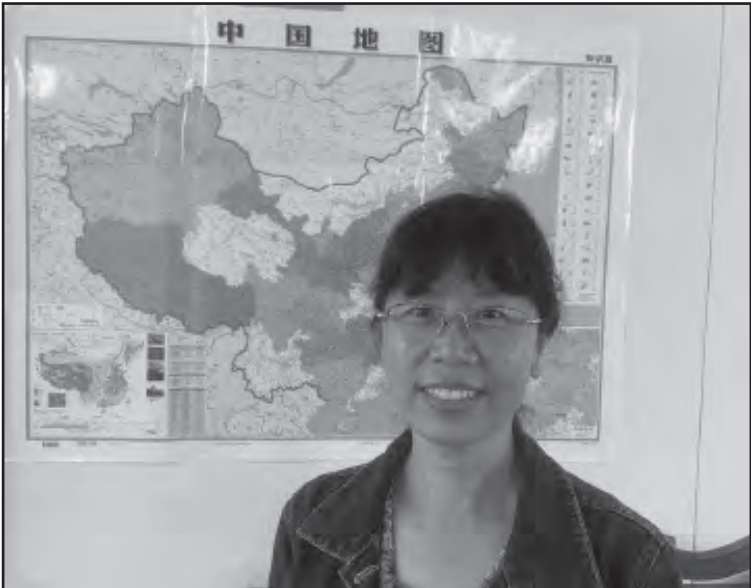
said Wahner. Wahner explained that students who don't like Edgenuity complain it is boring. Others say that it is annoying that Edgenuity explains every problem the same way. However, this problem is combated by having teachers at school who can explain a problem or concept in a different way. Students that do not have access to computers or WiFi can use computers at the local library. "Overall Edgenuity is a great system," said Wahner.

Suspensions: from page 1 behavior. "Learn to fail or fail to learn," said junior Connie Shen. Allowing students to stay in class and learn from their mistakes is more effective than allowing the child to take the day off. Many administrators have agreed that they would rather have students learn from their mistakes by staying in class, for going home without adult supervision will not improve

behavior. But some critics worry that teachers' efforts to discipline students are being undercut by the new law. The addition of this new law on school campus will shift focus to understanding why that student is causing a distraction and finding an appropriate punishment for that certain case. Using different methods of punishment like reflection of behavior and detentions may be more fitting than a day's

suspension. According to a study of the 2016-2017 school year, California students missed 150,000 days of instruction due to suspensions regarding behavior. "If students stay in class and learn from their past experiences, they would be more successful. We aren't trying to suspend kids for the fun of it, we try to find appropriate responses to each individual behavior case," said Hansen.

CVHS adds new Chinese program



LEO LIN

Joy Sun teaches the first Mandarin classes at CVHS.

Two levels of Mandarin offered for first time

By Leo Lin
STAFF WRITER

Due to the expansion of Chinese culture, CVHS started its first year of Mandarin and AP Mandarin classes during the 2019-2020 school year. As the first Mandarin teacher on campus, Joy Sun feels a real responsibility to teach the students the language. "It is usually not easy to teach the students who don't have any foundation on Chinese, but luckily all of my students are extremely motivated," Sun said. "Facing the importance of Mandarin, I decided to give them all the knowledge I have."

There are three Mandarin and one AP Mandarin classes in total and the average number of students in each class is around 30. Sun was not surprised that 40 percent of her students are not Asian. "Chinese classes are always diverse," she said. "All the students did so well on their first unit exam," Sun said. She later showed the projects that her students made for the mid-autumn festival and she believes that they are masterpieces. However, there are still some hardships. Sun's fifth period

class is a combination of Mandarin 1 and AP Mandarin students. "It's difficult to switch from one side of teaching to the other side of teaching because students might sometimes get confused - even I did!" She laughed and stated she will eventually find a way to improve the condition.

“ I expected that the first year of teaching Mandarin at CVHS would be exciting, but I was wrong. It was much more exciting than I had ever thought before ”

Joy Sun
Mandarin Teacher

“You have to work really hard in that class! The teacher is strict, but really nice and I already had an F because I turned in my homework late,” senior Lydia Wu said, an AP Mandarin student. “The homework that Ms. Sun gives is difficult, but they are worth working,” junior Timothy Liu claimed, another AP Mandarin student. With such a good teacher, students will not easily give up learning Chinese because what motivates them is not only the teacher, but also the brilliant culture.

BAY AREA DRIVING SCHOOL

Driver's Education & Training



Tel. 510-886-1016

www.BayAreaDriving.com

* ONLINE Driver's Ed *

First 25% of Online Driver's Ed is **FREE**

Free Pick-up & Return for Driver's Training