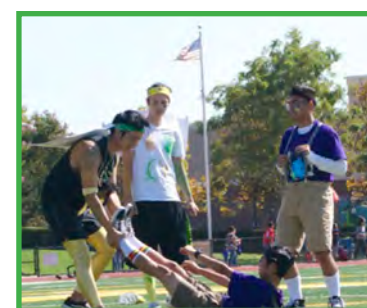

Homecoming Edition!



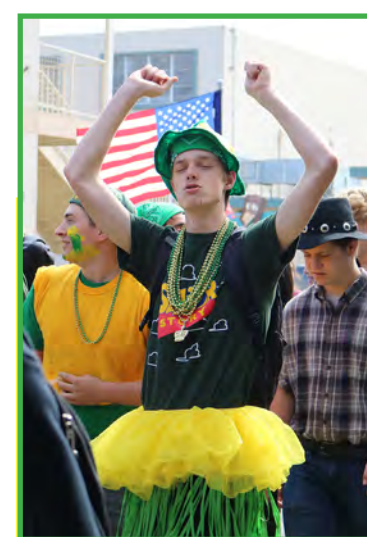
Senior Story jumps to victory



Seniors took home a victory in their final homecoming, with a Toy Story theme and green and gold colors ruling the day.



Watch our amazing Homecoming video with this QR code:

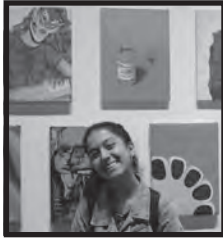


Olympian

THE CASTRO VALLEY HIGH SCHOOL



Olympian says
"Nope!" to
Kavanaugh



Marya Gilbert
showcases her
artwork



Trojans push
for success in
cross country

VOLUME 62, ISSUE 2 OCTOBER 26, 2018 WE ARE BORN TO SEEK THE TRUTH! WWW.CVHSOLYMPIAN.COM

In Trojan togetherness, memes

By Rachel Stein
COPY EDITOR

In a form of protest unique to this generation, one group of CVHS students decided to make a meme page, @cv.k12.ca.us on Instagram, to share their complaints about the school administration.

It started on Sept. 27, the third day of homecoming week. The day's theme was "Monsters University," and many students dressed up as "frat boys," some bringing red solo cups. The CVHS Administration imposed a ban on red solo cups, claiming they promoted drinking culture, causing backlash from students.

"I started this account, because I was inspired by all the red solo cup memes," wrote one of the owners of the account, reached through Instagram, who declined to give a name.

Many of the memes featured on the account claim the red solo cup ban was hypocritical as the account owners don't believe the administration is doing enough to stop vaping and drug use on campus.

Now, only a few weeks later, the account already has more than 1,000 followers, about the size of one-third of the student population.

"It's so overwhelming, honestly," the account owner said when asked about the large number of followers the page



Memes from the @cv.k12.ca.us Instagram account have caused controversy and stir on campus.

has gained in the short amount of time. "I never expected it to gain so many followers but it's nice to see so many people both care about our school and joke around about problems."

The account has received mostly positive feedback from students, many sending in submissions for the account to post.

"We get sent an ungodly amount of them," noted the anonymous source.

Other common subjects in the memes including complaints with Trojan time, the cafeteria/snack bar, the new football field, and much more.

When asked about the main issues students were upset

about, the account owner said, "I think probably how strict administration is, the quality of school life, and how the school spends their budget. The administration has an idea I think of what we're angry about, they just choose to ignore it."

Principal Blaine Torpey sent out an email in response to the meme page on Oct. 1.

"I am a firm believer in the value of satire, the importance of critiquing the structures of power and the reasons why we protect our freedom of speech. It is not an official social media feed. There are some extremely inappropriate posts. I think the most important information to glean from the posts is that

students are not pleased with the amount of vaping and marijuana on campus. I am happy to hear that students do not want these behaviors on campus, it is an indication that the majority of students do not approve," wrote Torpey in the email.

"Honestly he made us bigger. He kind of stoked the flames of revolution," said the one co-owner.

However, the meme page briefly deactivated after Torpey's email.

"When the email was sent out my initial reaction was to delete it all together, almost a stop while I'm ahead kind of thought process, but I decided to deactivate to think about it. It

seemed scary at first but we set aside almost rules for ourselves in order to keep the account running and relevant while still being respectful of the school. We deactivated the account for a short period of time because we wanted to come back with a strong statement and share our overall purpose."

The page shared this purpose in a post on the same day.

"We believe this account has

"He kind of stoked the flames of revolution,"

MEME ACCOUNT OWNER

done something that no club or Trojan time could ever do, it has brought people together. We have observed many people bonding over the content featured in this account. We fully intend to continue posting because we believe that this has become a fun and lighthearted way to express concerns and even inside jokes unique to only the students at CVHS. We are exercising a freedom of expression that we think most

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New homework policy being considered

By Evan Sim
STAFF WRITER

The Castro Valley Unified School District board may soon require teachers who teach grades 6-12 to post their homework assignments to an online platform.

Following a meeting held by the CVUSD board as well as a meeting held by the Strategic Planning Committee, the district-wide homework policy may soon require teachers to post their homework assignments on an online platform, which is a change that was made in consideration of how common these platforms have become in recent years in doing this.

The committee "is to give

recommendations to the school board about the homework policy that the district has," said social studies teacher Elza Andres.

Andres, as well as math teacher Tommy Maloney, both attended the committee meeting as representatives of CVHS, and offered suggestions regarding changes to the homework policy. The logistics of this change will continue to be considered through district-wide meetings as well as meetings held by the Strategic Planning Committee at CVHS.

The policy calls for high school students to receive four to 12 hours of homework per week.

When asked for their opinions

on the change in the homework policy, many students were free of objections; it was a general consensus that the change would greatly benefit most students at both CVHS and other schools in the CVUSD. However, this opinion differed for some staff who felt that the change should not have been a priority for the district to consider.

"Of course it would help. Almost everything is done on the internet today, and everyone would have access to it...a lot of teachers don't update their pages, and students have to rely on each other for it," said senior Patrick Chen when asked whether or not the posting of homework onto electronic plat-

forms by teachers would positively impact students.

However, senior Katherine Jin feels that while it is a change that will be helpful to students, it will also be one that would be both difficult to execute, as well as one that would not greatly affect students, as most teachers already make an effort to post their assignments online. "Many teachers already post their homework online, so I don't think this would be a very drastic change. However, overall, I do agree that it is very helpful," Jin said.

In the past, homework was not required to be posted on online platforms, as these platforms were not as common or accessible as they are today.

However, now that the convenience of having homework assignments posted online has become prominent, it seems to be the most logical method of informing students about their assignments.

This change will likely affect both students and teachers alike, as students will be better informed about their assignments and when they are due, and teachers will receive training in how to post assignments online, which platforms to use, and more regarding the change.

"Though the few teachers who dislike technology may not like this requirement, I think that in the long run, this simple chore would be really beneficial to students," Jin said.

Ballot measures face voters

By Andrew Craig
STAFF WRITER

The California general election on Nov. 6 grows closer, in which voters will decide whether to pass or to fail 11 propositions. Of these, Propositions 5, 6, and 7 may be of interest to students.

Prop. 5 would instate a property tax break for citizens who meet certain requirements, including those who are of 55 years or more of age or severely disabled. When moving, those eligible would have the tax-value of their former home applied to their new home. Currently homeowners 55 years or older may only transfer the tax-value of their previous home to their new home once, if its value is equal to or less than that of the previous home, and if it has been decided by the county.

"California is facing a massive housing shortage... seniors fear they will not be able to afford a big property tax increase, discouraging them from ever moving," stated the Board of Directors of the California Chamber of Commerce.

Prop. 5, if passed, would result in a loss of an estimated \$100 million in property tax revenue for schools and local governments, estimated to grow to over \$1 billion annually.

In 2017, property taxes accounted for roughly a quarter of California public school budgets. At over \$20 billion in local property taxes in 2017, potentially losing out on this revenue could have widespread effects on the many schools with already strained budgets.

Prop. 6 would repeal Sen-



ate Bill 1 which increased the base gasoline tax, and instated other taxes. Prop. 6 would result in cheaper fuel costs, but would reduce the budget of transportation and road related programs by roughly \$2.4 billion, and up to \$5.1 billion annually in future years.

If passed, students would spend less money overall, but run a higher risk of encountering potholes and other road troubles, which may incur costs through vehicular damages.

"This flawed and dangerous measure pushed by Trump's Washington allies jeopardizes the safety of millions of Californians," stated Governor Jerry Brown. "Taking billions of dollars a year from road maintenance and repair borders on insanity."

Republican gubernatorial candidate John Cox along with Peggi Buff and Delores Chavez, presidents of sizeable political associations, disagree.

"Sacramento politicians decided to spend billions this year on their pet projects instead of improving roads, bridges and highways... the Legislature has actually reduced Caltrans funding by 18 percent over the last ten years... It's time to end the transportation funding shell game," they stated in the voter information guide.

Prop. 7 allows for the possibility to change California's current practices relating to Daylight Saving Time, if allowed by the federal government.

The measure itself does not change what California currently does for daylight saving time, but opens the door to change. A two-thirds

vote would still be required within the Legislature to pass.

Proponents include Assemblyman Kansen Chu, Representative Lorena Gonzalez, and cardiologist Sion Roy, stating "the risk of heart attacks increases by 10 percent in the two days following a time change... research revealed that stroke risks increase 8 percent.... Changing our clocks comes with a cost of \$434 million. That's money we can save."

"Permanent DST would likely lead to more pedestrian accidents," argued professor Severin Borenstein of UC Berkeley. "Sticking to one or

“Democracy doesn’t function without education”

Jo Sutton

VAPA Teacher

the other year-round would lead to the inconvenient timing of many activities.”

These measures directly affect students at CVHS, and show the importance of participating in politics, local or national.

"Democracy doesn't function without education, and we've invested so much in young people so that you can be a part of the government. It's kind of the whole point," stated VAPA teacher Jo Sutton.

Gubernatorial race heats up in state

By Katrina Siler
STAFF WRITER

The upcoming gubernatorial election will decide the future of education in California. The election's frontrunners are Democrat Gavin Newsom and Republican John Cox. Both say they are committed to education, though they have different ideas about it.

Newsom spoke about limiting the expense of college.

"The challenge with the four years, is that in order to make four year college free, it's billions and billions of dollars. Not just a few billion, it takes a significant amount of money to roll back the tuition costs. So, for me, it's about holding a line against any subsequent tuition increase, and then significantly expanding the investment into offsetting the full cost of education," stated Newsom, California's current lieutenant governor.

Cox believes that students are competing for funds with teachers' pensions and said that "growing the economy" would benefit schools overall.

"We all agree that public education must be a priority, but funding for all of our priorities is at risk because of the costs of servicing unfunded pension liabilities. The sad fact is that the classroom is in competi-

tion with these unfunded liabilities... We cannot abandon our children anymore than we can abandon those who have worked their whole careers depending upon a promised pension. What we shouldn't do is fight over diminishing resources, but rather prioritize growing the economy so that the pie gets bigger and resources more plentiful," said Cox.

About community college fees, Newsom said, "We've already done one year free... I'll easily commit to doing the second year free. Hopefully, this time next year that will be accomplished."

About education choices like charter schools, Cox said "It is cruel and unsatisfactory to tell parents that their children must remain victims of a failed system. There have got to be immediate and affordable options. Not in ten years, or in the next generation, but now, for the children right in front of us."

If both candidates follow through with their campaign promises, it appears that California can expect big changes in education.

"I do believe Newsom will be a good governor, but I remain skeptical on whether or not he can handle the enormous responsibility it entails," said senior Ashley Weil.

Kavanaugh joins Supreme Court

By Tiffany Ho
STAFF WRITER

Brett Kavanaugh was confirmed as the 114th Supreme Court justice with a vote of 50 to 48 on Oct. 6. He faced sexual harassment allegations from multiple women and went to a hearing on Sept. 27.

Donald Trump nominated Kavanaugh to be an associate justice but during the process, professor Christine Blasey Ford of Palo Alto University accused Kavanaugh of sexually assaulting her when they were both in high school.

"Sexual harassment is very traumatic; many fear humiliation, feel shame, so they take a long time before reporting the problem," said CVHS psychology and government teacher Carmelina Frasca.

During the hearing, Ford spoke in detail about what happened 31 years ago at the party where she claimed Kavanaugh assaulted her. Kavanaugh fought back against the allegations and responded with tears in his eyes saying that he never did it.

Government teacher Sarah Burke supported Ford and believed that Kavanaugh should withdraw his nomination. "Sexual assault is a very serious allegation. Just because someone is young when it occurs, it does not mean he should be given a

pass, especially when he is applying for a lifelong appointment to the highest court in the land," said Burke.

The Kavanaugh battle became an important topic among CVHS students as well.

"If you have three people accusing him of sexual assault, maybe they shouldn't consider hiring him for the position," said sophomore Amy McGowan.

Ever since the #MeToo movement began, more women have begun to speak out about the sexual assault and harassment they have faced. The Kavanaugh battle has shown the power of this movement and how our attitude towards sexual assault has changed over the years.

In 1991, a similar case occurred between Anita Hill and Clarence Thomas, a federal circuit judge nominated to the Supreme Court by President Bush. Hill alleged Thomas made unwanted sexual advances. But many people belittled Hill and didn't believe that she was telling the truth. The Senate confirmed Thomas by the narrow margin of 52-48.

President Trump agreed to allow the FBI to investigate the Kavanaugh case and many senators supported the decision. The FBI's report on Kavanaugh was sent to the Senate for review on Oct. 4, and senators voted in his favor by 50-48.

►MEMES: from page 2

students support/enjoy."

The source also shared disappointment with Torpey's response.

"In the email sent out the use of drugs around campus was pointed out, but not once the many memes/concerns/dislikes about Trojan time, something that most students are still confused about. We are by no means telling you how to do your jobs but, pointing out the hypocrisy of recent actions of the administration."

So, what does the future entail for cv.k12.ca.us? Only time will tell, according to the anonymous source.

"I have no idea where it could go from here, it's already surprised us so much, the amount of attention we got. We've talked about it lasting until senior year but you never really know how long things like this last. They can get real irrelevant real fast."

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Kavanaugh or Kava-Nope?

Editorial:

We at *The Olympian* believe that Brett Kavanaugh, the newly appointed and highly controversial supreme court justice, is unfit to lead. His nomination became particularly controversial because of the sexual assault accusations presented by three women. One of these women, Dr. Christine Ford, testified against him during a hearing meant to uncover the truth of the allegations. His unstable demeanor, questionable past, clear political biases, and what he represents in modern rape culture since the trial make him unsuited for high office.

The Supreme Court position is extremely important to the future of the country. Supreme Court justices serve life terms, and the seat will ultimately be the tie breaker of many cases to come. As a justice, Kavanaugh may also have the ability to overturn *Roe v. Wade*, the ruling that allows safe abortions. Many women feel threatened not only by Kavanaugh's alleged history of violence against women, but of the potential revocation of their rights.

Ford testified in front of

a Senate committee that Kavanaugh sexually assaulted her during a high school party. Kavanaugh vehemently denies these allegations. Her original wish was to remain anonymous for the safety of herself and her family, but since she became public, she and her family have received a multitude threats.

The sexual assault allegations are one of many reasons that Kavanaugh should not have been appointed or confirmed. His conduct in the committee hearing was unprofessional and his anger and history with alcohol is concerning to say the least. Many question his ability to remain neutral in the court after making several heated comments towards

Democratic senators during his defense. He could also hold biases in future assault cases. His confirmation also effectively discredits all other allegations of sexual violence presented by women, especially since Ford's testimony is seemingly genuine. The nation would be much more stable if the Senate decided to confirm a judge with a clean track record.

Republicans wanted to confirm him because of his conservative

views and attitudes, which would give them an advantage in the Supreme Court. They also deny the truth of the allegations put forward by the three women. When considering the possible truth of the statements, they see no reason to hold Kavanaugh accountable for something that may have happened so long ago. Republicans also pushed forth the theory that Ford lied about the events to keep the spot open.

Despite these claims, we still oppose Kavanaugh's confirmation due to his unstable character, possible crimes, and the place he holds in the misogynistic culture of America. We would have rather seen a justice with a more calm and professional disposition. An ideal justice would be more moderate than the heavily right-leaning Kavanaugh, and have a genuine dedication to the betterment of the country. Raymond Kethledge would have been an excellent potential nominee because of his dedication to the country and court, and his excellent record. There were many alternative candidates that we believe would have been better suited than Kavanaugh.

Divisive culture ruining America



By Talaya Francois
STAFF WRITER

Are you the Stereotype?
"Camel-riding terrorist."
"All Hispanics are farmers."
"They assume we deal drugs."
"Black, ignorant, violent, poor."
"Always referred to as 'ghetto' or 'ratchet.'"
"Once a young girl walked up to me, saw that I was Asian, and asked me, 'Do you speak English?'"
"When something bad happens that includes my family, they always say they're going to deport us. They always assume we are illegal."
"When I speak proper English, people always tell me that I'm so 'well spoken' and 'surprisingly articulate.' This isn't a compliment because it shows that just by looking at me they think I speak like the stereotype of a black man."
I conducted a survey asking students and teachers to list some stereotypes they've faced. I was blown away by the 36 responses

of appalling stereotypes they listed. I wanted their names to remain anonymous.
These negative generalizations are promoted by American culture, in our social media, television, books, magazines, music, workplaces, and even our schools. How does that affect people of color like me?
"If I get a good score on a test, people would just say 'Oh, it's because you're Asian.' I don't like that, because it really discredits all the work we put in; and honestly when we do fail, that sense of shame that we didn't live up to that expectation, is really soul crushing," said a girl.
Stereotypes crush and belittle us. We feel ashamed of ourselves until we recognize it and move past it, learning to respect and love ourselves; "Right now I'm trying very much to reconnect back to my Asian heritage, because when I was younger I used to be very ashamed of who I was," the girl continued.
Stereotypes evidently do their destruction in each shooting of an innocent black man, in the lack of diversity in positions of corporate power, and in the lower quality treatment of minorities by the healthcare system (as discussed in the book "From Slavery to Freedom"). Although stereotypes are detrimental to the livelihoods of people of color, they are not restricted to only people of color.

Write us a letter!

The Olympian encourages letters from our readers. Please note that letters must be signed and no longer than 200 words. They can be e-mailed to cvhsolympian@gmail.com, delivered to Mr. Johanson's box in the office, or dropped off at our *Olympian* office in room 113.



PHOTOpinions

Do you think Brett Kavanaugh should be on the Supreme Court?

TALAYA FRANCOIS / STAFF WRITER



“
I wish that wouldn't happen. I believe the survivors.
”
Kotomi Soto
Freshman



“
There is almost no evidence toward it. Just because multiple women say he did it doesn't mean anything unless they have solid evidence.
”
Ryan Williams
Sophomore



“
Even if he didn't actually rape her, he's still a very prominent part of rape culture. He's still associated with that fraternity that's so entrenched in it.
”
Ash Castro
Junior



“
His personality isn't fit for being a Supreme Court justice. If you can't handle something like this, how are you going to handle something regarding the whole entire country?
”
Amanda Webster
Senior



“
No, I do not think he should be on the Supreme Court.
”
Trent Logan
English Teacher

Challenging Afrocentric courses deserve honors status



By **Kayla Craft-Williams**
STAFF WRITER

Afrocentric U.S. History and American Literature have become honors classes starting in the school year of 2018-2019. As these classes are already college level, one would expect them to already be weighted. Despite this, Afrocentric is a choice of hard work and dedication to challenge one's self. Earlier, people went into

the class knowing that it was college level, without the extra GPA boost. They wanted to learn about something interesting, even if it meant going through a lot of tough homework and other assignments.

In my opinion, Afrocentric should already have been weighed because as a student in these classes, we are already doing the work for it.

Over the summer, UC approved of the class becoming weighted. In my opinion, more people will join the class as a result but some may also drop, as they don't want the stress of an AP or honors class. People get interested in learning about something different, but when they see that it's an honors class, they freak out. They don't want the extra pressure and worry about a class.

Some people were torn on whether or not to take Honors American Literature (HAmLit) or Afrocentric American Literature, because Afrocentric is interesting but HAmLit has the extra grade boost. HAmLit is an honors class, and goes through the same motions we've already been taught, just harder. Some people wanted to get out of that cycle and learn something new, but without the GPA boost, it was hard for some to choose Afrocentric.

I agree 100 percent with the University of California that Afrocentrics deserved to be weighted classes. The curriculum is harder than HAmLit in many aspects, and any other English or history class on campus.

In AP United States History, students learn about American

history on ly, and have a lot go through it very thoroughly. In HAmLit, they have very difficult writing techniques that Afrocentric students don't learn. They get more invested into American literature, and Afrocentric gets invested in the black perspective of American literature.

Over the course of the year, Afrocentric has a very difficult curriculum. We read 12 books over the two semesters of the year. We write nine essays in total over the year.

The essays are about four to six pages long, and are about all the books we read. The hardest essay led off the beginning of the year to prepare us for the other essays. The Douglass, Woodson, and DuVernay essay was very critical and very detailed. It made up half

our grade, and was formally written.

Few schools in the Bay Area have Afrocentrics classes, and if they do, they don't get recognized. Meadows Livingstone School in San Francisco is an Afrocentric elementary school. This shouldn't be a surprise to people, but it is. We should be used to having Afrocentric classes and schools, and groups that teach about African American and other minorities history.

I'm happy to now say the Afrocentrics is a weighted class, because people need to stay up to date with their knowledge of history and what's going on in today's world. Hopefully the grade boost will encourage more people would enjoy it as well.

Pushing school start times would benefit student health



By **Nikita Thomas**
STAFF WRITER

"Come on, come on, it's time to get to sleep," my mom repeats for the third time at 11:00 p.m. "You have school tomorrow at 7:00 a.m., you won't be

able to wake up," she says. I sigh, but still continue to finish up the last bits of homework that I had. I finally go to sleep at 12 a.m.

I'm always sleepy and tired when I reach zero period, because I stay up late finishing up homework. I get home from sports practice at 6:15 p.m. and do all my daily routines and needs. By the time all of that is done, it's 7:45 p.m. I start homework and it takes me about two hours at the least. Some days it only takes me an hour, but that's rare. After homework and my other needs are completed, I sleep at about 11pm. The next day I wake up at 5 a.m., which means I get roughly five hours of sleep every

night. If school started later in the day, would that make the lives of many students, including mine, way less stressful?

The California Legislature passed a mandate for middle and high school students to change the school start time to no earlier than 8:30 a.m. starting in 2021. Although this bill was vetoed by Governor Jerry Brown on Sept. 30, it still remains an important issue in the daily lives of students.

Many researchers claim that students have naturally late sleeping patterns. Research also shows improvement in depression and anxiety rates in some school districts where school starts late.

I believe school start times

need to be pushed to a little later in the day and that classes should end earlier too. If school started late and ended late, there wouldn't be much of a difference for students, as they still receive the same amount of time to complete homework and to sleep.

Many may argue that the schedule for each period may become shorter, but a solution to that can be to change every day to block days, or at least most days. If there are six school periods in a day, split them, so that each day only has three periods, and the time schedule for each period is increased which leads to more time for teachers.

The California Department of

Education requires high school students to spend a minimum of 64,800 minutes in a year at school. Currently students spend around seven and a half hours at school. If start and end times became earlier, the amount of minutes spent at school has to be reduced.

Many students play sports and don't have enough time to gain a full night's rest after completing homework and other activities they may have. I believe that school start times should be changed to later in the morning and also end earlier in the day, so that students have more time to complete homework and sleep, after the many extra curricular activities that they do.

Free the animals



By **Emily O'Dwyer**
STAFF WRITER

A tiger should not spend its life in your backyard or a monkey in your studio apartment.

There are more tigers kept in captivity as pets in Texas than there are wild throughout the world. It is easier to have a tiger as a pet in Texas than it is to adopt a dog labeled as dangerous at the animal shelter.

"We rescued an abandoned tiger living in a small and flimsy chain-link enclosure in Kansas that law enforcement had no idea existed. Just down the road was a children's daycare," said Ben Callison, a former animal sanctuary director and long-term animal welfare activist.

Because there are no regulations about how these animals

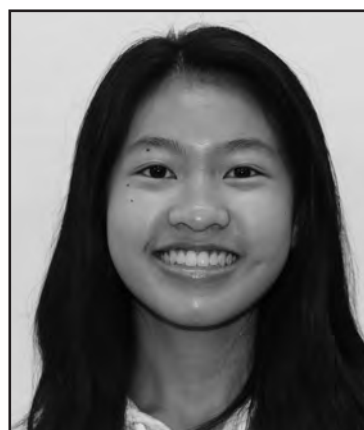
are kept, they are often held in small unsanitary cages barely big enough for the animals to turn around. This leads to many mental health issues including anxiety and depression. Also, because these animals cannot be taken to the vet as a dog would be, their health issues, both mental and physical, do not get prioritized.

Monkeys are one of the most popular exotic animals to keep as pets. They are extremely hard to take care of though because they require so much socialization. They do not mature like human children, they are essentially lifelong toddlers. Monkeys cannot be left alone or they will begin to suffer from severe emotional and mental issues. They live to be anywhere between 20 and 40 years old, and they constantly need social interaction. Being left alone for even a couple hours can do extraordinary harm.

Exotic animals are quite hard to take care of. Most animals pee to mark their territory. These animals were not born to be in small enclosures. They are used to open endless land to explore and when they are confined to a small space they do not get the exercise they need physically, emotionally, or socially.

Wild animals are meant to be in the wild, not to be a pet in your house.

Redefining graffiti as art



By **Tiffany Ho**
STAFF WRITER

From a very young age I remember walking down the streets of San Francisco and seeing graffiti of all different kinds, from big bubble letters to drawings. I was in awe of all the colors that surrounded me. I enjoyed seeing pieces of other people in their work on the walls. It amazed me at how creative and artistic they were, but not everyone agrees. I've often heard people around me say, "It's vandalism! There's no meaning in it." But to me, graffiti is beautiful and just a form of harmless modern culture.

If you've ever been to San Francisco, New York, or practically any major city around the world, you would have probably

seen graffiti in the streets, covering the outside walls of buildings, storefronts, or subways. Graffiti has often been associated with vandalism and gangs ever since street art began in the 1960s after gang signs were painted on subway walls. While that may be true in some cases, for the most part, it has become a way for people to express themselves artistically and I've learned to appreciate it as art.

Graffiti has helped color and brighten the walls of our world. But what really differentiates graffiti art from vandalism is the intention that the artists had, if they're doing it purely to claim a territory or as a way of expressing themselves artistically to the public. For example, Morley is a graffiti artist and author from Los Angeles who goes around putting up graffiti posters about his perspectives on the world. On the difference between his art and vandalism, he said, "If you want to create property damage for the sake of doing damage that's not expressing yourself creatively."

Tagging, graffiti writing of an artist's name, is what usually comes to mind when people say graffiti, but over time it has become street art, murals spray painted for a public audience to

see. I realized this after I discovered Banksy a couple of years ago and fell in love with his art. Banksy is one of the world's most renowned graffiti artist and is known for his works that usually carry political or philosophical messages. His work is a perfect example of why graffiti is art, not just tagging, it's art that depicts his perspective on important events occurring around the world, such as poverty and war. I admire his work because it connects to me in a way that is different from other art; his works shows the harsh realities of life.

Graffiti has always been a very controversial topic in our world because of the different interpretations we all have on it. But at the end of the day, art is art, and a stigma from the past shouldn't separate graffiti from it. Like all artists, graffiti artists just want their art to be seen by others; they want art to be free to everyone, not just those who have the time and money to go to art museums.

"If someone walks past something I've created and it gives them just a little strength to get through another day, then I feel like I've created something of value for the world," said Morley. And isn't that the purpose of art?

Incredible juniors to the rescue



The incredible class of 2020 shows immense pride and love for its school. Juniors have proven that CVHS will continue to have a spirited senior class.



Swimming Sophomores



Sophomores swam into Homecoming with the spirit of the open ocean, covered from head to toe in an energetic and exuberant baby - blue. Their adventure across the sea led to a third-place finish, but they were sure to “just keep swimming” until the very end.



Trump's travel ban should be banned



By Arya Emadi
STAFF WRITER

U.S. immigration policies have kept members of my family, and many others, out of the country on and off for years. The latest addition to this poorly conceived system is President Donald Trump's travel ban.

During the campaign for the 2016 election, Trump called for a "total and complete shutdown of Muslims entering the United States." His order bans all travel from certain "Islamic" nations (somehow excluding Saudi Arabia and other friendly trading partners to the US).

By blocking the distribution of tourist-type visas (and most others) the government bans my aunt and uncle from entering the U.S. from their native country, Iran, making them unable to visit and forcing us to go to other countries like Canada to see them.

These visas require extensive background checks and wait times for approval that can take years. My aunt and uncle

once had to wait eight months for their approval, and that was for a yearly renewal. So, if and when the travel ban is repealed, there still runs the question of whether or not my relatives will be able to make it into the country. With that considered, my mom probably won't be able to host anyone from my mom's side of the family until we're settled in college.

This travel ban is obviously being used to appeal to Trump's voter base. He's ostracizing a minority group that clearly has little overlap with his supporters. It just shows how his campaign rhetoric, which was deemed toothless by many analysts and average Americans, has had real consequences. Bureaucratic paperwork or a news story to some are life-changing restrictions for others.

The travel ban has opened the gate for deportations through further action, putting my family at risk. Despite the common belief that California is full of liberals, half the state's population supports the ban and the deportations. My parents are both immigrants and while they are U.S. citizens, they fear deportation or travel problems at airports because they are originally from Iran and were raised as Muslims.

Luckily, I was born in Texas and am a first-generation American, but I'd like to see Trump reverse the travel ban and have the visa process to improved. This would benefit my family and many others who just want to be treated as human beings, too.

Abolish the death penalty



By Marin Ruiz
STAFF WRITER

Right now there are 744 inmates on California death row, the largest in the U.S. That costs about \$120,000 per year per inmate to California taxpayers or \$89.3 million every year. No one has been executed since 2006 and since then, California citizens have been paying to keep these inmates alive by supplying them with defense attorneys, special housing, expensive medical costs, and heightened security.

Inmates on death row in California have been on death row for decades for malicious crimes like multiple murders.

The death penalty is extremely expensive because

when inmates are put on death row, they are given priority because they are at risk of losing one of their most basics rights, the right to live. There are multiple lawyers, judges, and other personnel that are constantly reviewing and working on the cases.

Death row inmates are also put into solitary confinement housing, costing more money because of heightened security. The yearly cost of housing and medical care for the state's death row inmates comes to \$184 million.

California ultimately needs to abolish capital punishment. It shouldn't even be an option. It is completely unacceptable that California taxpayers are paying millions of dollars, year after year, for keeping 744 criminals on death row. That money is going into defense attorneys to help get these criminals off of death row, almost like we're paying year after year to keep them alive. The money also goes to their special housing and medical costs.

Inmates have died on death row because of natural diseases such as cancers and old age, pointing to a problem in this

system.

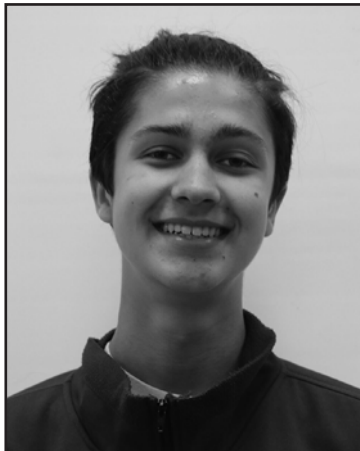
California needs to abolish the death penalty and stop putting people on death row because it is wasting tax money that could go to much better things.

"Instead of one execution, states could pay the salaries of over 250 more police officers or teachers for a year at \$75,000 each," said Richard Dieter, the executive director for the Death Penalty Information Center.

Instead of having the death penalty, another option would be life imprisonment without parole. People could argue that that would only increase the amount California spends on medical needs, but the state already pays for prisoners' health care. Life in prison also doesn't mean that California has to spend thousands and thousands of dollars on lawyers to help with appeals processes and special housing of these inmates. Thus, it is one solution of potentially many to the problems of the death penalty.

It's a much better solution for not only people that don't like to waste their tax money but for also people who think that the death penalty is inhumane.

Zero period should be no more



By Eyzyd Hadi
STAFF WRITER

The question some students who are taking zero period have is: "Does zero period start too early?" Personally, I would rather have a longer school day, adding on a seventh period after sixth period, than getting up early in order to make it to a 7:08 a.m. class. This led me to ask the question, how many of my fellow zero period classmates felt the same way?

Trying to complete all graduation requirements in the four allotted years of high school means that many CVHS students need to enroll in zero period classes, which start an hour earlier than the rest of the school schedule.

This means even though zero period is considered an optional class, it is required for students who want to take more than the required A through G courses.

For the 2018-2019 school year, regular classes begin at 8:10 a.m., while zero period classes start at 7:08 a.m.

Students taking Pathways, playing a musical instrument taking additional language classes, or trying to complete electives find themselves getting up even earlier in order to make it to school on time.

Perhaps it would be better to have a seventh period after sixth, but for students who play sports or participate in after school activities, this would create conflicts with sports practices, after school jobs, and other activities.

I decided to get some answers to the following question: "If you had a choice, would you prefer to have a zero period class or a seventh period class?"

"I would rather have a seventh period, but the problem would be sports. People might miss after school practices and stuff," said junior Devin Green.

"What about the fact that zero period starts five minutes later this year? Has that made any difference?" I asked.

Green replied, "Yes I think it is more helpful. Gives me a bit more time to get to school from home."

I asked junior Katie Francisco the same questions about preferred zero or seventh period, and she replied, "I'd probably prefer a zero period because I

have extracurricular activities after school. There's really no difference on starting five minutes later."

Junior Precilla Lee felt that having zero period start five minutes later has been helpful, even though school ends five minutes later. As far as her thoughts on a seventh period, Lee simply said, "I would rather have a zero period."

Unfortunately, not very many of my fellow zero period classmates agreed with me. I seemed to be the only student who preferred having a seventh period to zero period.

It is all up to preference, and as a hardworking student, I enjoy getting good amounts of sleep at night and refraining from waking at the crack of dawn to get an education.

Based on the interviews I conducted, students felt that getting up early and having a zero period class instead of staying later for a seventh period class was far better, as zero period classes did not interfere with their after school activities.

Zero period is just one potential solution for students who want to excel in school, but it is not the only option to solving their problem.

We still need to consider these impacts on students here at CVHS, but for now, I am content to wait for a better solution.



THE OLYMPIAN

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Marya's Martinelli masterpiece

By Myla Ogle
STAFF WRITER

Since the age of two, the talented junior Marya Gilbert has been doodling works of art. Gilbert is one of the few who had the opportunity to attend an elite pre-college art program over the summer.

Gilbert is known to many as an extremely down to earth artist. "She doesn't even brag about her art which is insane because she's one of the most talented people I have ever met," fellow student Katy Siler exclaimed. Siler isn't Gilbert's only big fan. Gilbert's artwork has been seen and admired by huge amounts of people.

Gilbert recently finished her first serious painting. This piece is about 12 by 18 inches and uses the acrylic paint technique to give off the effect of vibrant color. Gilbert's painting is of a "Martinelli Sparkling Apple Juice" glass bottle. When looking at this piece, you feel you have the ability to grab the bottle and take a cold refreshing sip. Gilbert's painting seems as if it is jumping off the canvas.

Every summer in Oakland, California College of the Arts (CCA) hosts an program that



Junior Marya Gilbert poses in front of her painting, "Martinelli Sparkling Apple Juice."

focuses on the field of art for students going into their junior and senior year. This art program includes multiple courses to study about that range from architecture, graphic design, to painting and drawing.

Gilbert attended the advanced drawing class for four hours in the morning, then went on her way to the painting course for another four hours in the eve-

ning. This time consuming, but rewarding, program lasted for four weeks. This course develops the artists technical skills and how to improve their drawing and painting. This studio course is designed for advanced students who are eager to experiment with the boundaries of art. Last summer was the first time Gilbert began learning how to enhance her painting skills.

During the last two weeks of the program, Gilbert constructed her first painting series. At the end of the four weeks, CCA showcases the best selected art pieces from the program at their college art show. Gilbert's artwork was part of the selection and was then chosen out of 200 entries to receive an award, which was a \$4,000 scholarship to return to the same program the following

summer. Gilbert is excited and tremendously grateful to have the ability to continue attending the program in 2019.

Gilbert's love for art has shaped her creativity in many ways. "I can always make something new out of nothing," she said.

Gilbert has already produced many art pieces and is planning to make even more.

Gilbert also played a big role on the juniors homecoming float committee by drawing the characters and designing the ideas for the back portion of the float. Gilbert's beautiful, hand drawn images were displayed during the CVHS homecoming march and the assembly that followed.

Gilbert wants to pursue a career in the future that focuses in the art field. Gilbert hopes to become a creative based art director, which manages the aesthetic of everything when it comes to sets on tv shows, or in museums.

Creating art is extremely impactful on Gilbert's life. Art allows Gilbert to work her mind and escape realities.

"Art is a way to express myself," she said. Gilbert's future artwork consists of more masterpieces to come.



EMMA YIN

Marching band drums to deafening cheers of the crowd.

Band marches to lead into top three

By Emma Yin
A&E EDITOR

Through the bright stadium lights and deafening cheers of the crowd, the CVHS marching band and guard made its debut during halftime at the Sept. 28 homecoming football game. With the leadership of seniors Katherine Jin and Emma Yin as drum majors of the band, as well as assistant drum major and junior Alex Low, the band has improved immensely since the start of rehearsals in early August.

Last year, the band placed in the top three of the 5A division with the show "Steampunks" at multiple competitions surrounding the Bay Area, attended by over 15 competing schools.

This marching season, with multiple new hires and strong leadership, the band is expecting huge improvements. The first competition date of the 2018 sea-

son will take place at Dublin High School on Oct. 20 and kick off the competitions of the marching season.

"I feel like our culture is changing, as last year we were struggling with the idea of working so hard, but I think that this year the attitude has changed a lot," said Alison Goodbody, senior and battery captain. "We are starting to work more seriously, we are starting to recognize band as something to be proud of."

Band members are pleased to have come so far, and looking on to the future shows bright things. This new year has brought hope for new things in the band and they hope to keep improving and beat scores from last season.

"After three years of competitive marching, the band is really beginning to show its experience," commented director Steven Hendee. "I'm looking forward to positive growth especially with such a visually appealing show."

Hendee sparks inspiration in future music professionals

By Rachel Schoenfeld
STAFF WRITER

The CVHS marching band and color guard performed for the first time this year at the Homecoming football game. After the band came marching off the field, director Steven Hendee met the musicians at the end zone. Calling the group to attention, he spoke praises to the group of how amazing their performance was. He spoke of how things needed to be improved but for a first performance, it was impressive.

Many people not in band or orchestra are unaware of how many musical groups are taught in the school. There are concert band, symphonic band, wind ensemble, jazz band, and marching band.

For Hendee, being a part of the music program is a huge time commitment, 90 percent of which is spent getting things ready. "Your job is to see the big picture, which can be difficult for students to see," Hendee said.

"Mr. Hendee really helps us improve as an ensemble," sophomore tenor saxophone player Paul Friesen said. "He doesn't sugarcoat everything."

Some students have gone on to perform professional bands, and some play in college marching bands. However, Hendee



Steven Hendee

"He doesn't sugarcoat everything." Paul Friesen

has doesn't necessarily want all his students to go into the music industry. He hopes that his students do what makes them happy and that they use what they have learned in their futures.

Some kids like senior bass player Sydnee Purcell do want to get into music. "Music is what I want to do," Purcell said. Hendee invited Purcell into some of the different music groups, which made her feel like a better musician. "He is a really good music teacher and I respect him."

For students in the band and orchestra, their class has ultimately shaped their lives. Whether it introduced them to lifelong friends, taught them social skills, got them passionate about something, or even got them strong from having to lift a baritone for hours in marching band, each student has been changed.



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A movie that holds true to love



By Elena Lottich
STAFF WRITER

"To All the Boys I've Loved Before," a recently popular Netflix movie, has been taking the internet by storm. Featuring Lana Condor as Lara Jean Covey and Noah Centineo as Peter Kavinsky as the main couple in the movie, this teen romance revolves around Covey, a confused girl who gets her love letters leaked, and Kavinsky, a boy who receives a letter and enters a staged relationship with Covey, soon evolving into a real friendship and feelings.

This movie not only pulls at the audience's teenage heartstrings, but also features Condor, a rising Vietnamese-American actress leading a trend of asian representation in Hollywood alongside the film "Crazy Rich Asians."

Based off the book written by Jenny Han, "To All the Boys I've Loved Before" is not only relatable for teen viewers but also shows aspects of a loving family and friends. Condor

has become a huge icon as her morals and actions in the movie stand highly idealistic with teenagers across the world.

As said in the movie by Condor's character, this movie revolves around the aspects of love in relationships and family.

"Love is scary: it changes; it can go away. That's the part of the risk. I don't want to be scared anymore."

This rom-com differs from others to the fact that many movies out there focus on love, but this movie treats the characters as more than wild teens, rather as young adults ready to conquer their problems in front of them.

As "To All the Boys I've Loved Before" becomes an iconic Netflix movie, the rise to the popularity of the main actors takes the teenage world full on. Not only does this movie have a fulfilling plotline, it also takes great lessons in life and reflects them in the teenage eye. This move is not only fun to watch but has a great underlying message of love and relationships.

Dirty Bird is the new word



By Josh Levy
STAFF WRITER

If you're ever passing through downtown Hayward and want to try something unique, make sure to stop by Dirty Bird. Located on B Street just about a block down from the Century movie theater, you'll find the lounge that is open to all ages up until 9 p.m.

It's hard to have a good judgment of the place from the outside, but when you walk

in through the large wooden walkway, you'll be greeted by the friendly and welcoming staff. You head into the back where there's a relaxed vibe that goes along well with the old rustic brick interior.

There is a bar for guests 21 and up, but for everyone else there are couches, wooden benches, and raised seats, all of which include tables where you can eat.

The menu consists of mainly street style spin offs of traditional plates such as flatbreads, chicken wings, nachos, sliders, spicy fried chicken, chimichurri

steak, street tacos, and ancho shrimp. The flatbreads consist of classic pepperoni, combination, margherita, and chorizo and pear.

There's also a variety of sliders which include steak fajita sliders, fried chicken sliders, and carnitas sliders. The majority of the menu ranges from around \$9 to \$15 with a few exceptions such as the cheaper items like fries and salad, and a couple items that go beyond that range like the chimichurri steak.

Overall, the food served at Dirty Bird was inconsistent in its ingredients and underwhelming in many of its options. However, the meals that others ordered seemed to be satisfying to a hungry customer.

The owner and service staff were very kind and made the experience much more enjoyable.

The atmosphere is a great fit for a night out, but is also family friendly. Since it's only open until 9 p.m. for guests under 21, you could stop by and then head out to either watch a movie or go to the old school arcade, both located on the same street as Dirty Bird.

"Insatiable" is rude and disrespectful



By Natalie Costello
STAFF WRITER

The Netflix show "Insatiable" starring Debby Ryan is extremely disrespectful towards women and is quite questionable on why it was even created. Within the first 15 minutes of watching the show, I was extremely outraged.

To start off, instead of including a plus size actress the producers had a skinny actress play the role. They put her in a fat suit to represent a teenager's journey being plus size. The suit was completely obvious and seemed quite ridiculous. Why couldn't they hire someone who was more fit for the role?

After the main character Patty punches a homeless man in the face once he tries to take her candy bar, the screen fades out and shows Patty thinner. As she walks around she is seen as beautiful, which never happened to her when she was plus size. This is an extremely horrible message to be sent to young girls who watch this show. It is telling them that

if they do not completely fit into the small box society has created, then they are not beautiful and that they shouldn't expect to be treated the same as someone who is skinny.

Another major issue in the show is the amount of white supremacy shown. As I watched the show I could actually count how many people of color there were, less than ten and none were a lead role. One of the African American characters took her boyfriend's father up to her bedroom and started undressing in front of him. They gave her a role to try and make her look like a horrible person; no white person was given a role like that. The color representation in this show was extremely disappointing.

I cannot believe that in 2018 there is still a show that involves fat shaming and not giving equal roles to people of color. This is teaching young women that if they do not fit into a high standard of what this show tells them to be they are not beautiful. The show was highly disappointing and I wouldn't recommend anyone to watch it.

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Cross country teams battle intense courses with resilience

By Katelyn Wong
ONLINE EDITOR

The CVHS cross country varsity teams ran a long and intense course at the Castro

Valley Invitational on Oct. 13 at Canyon Middle School. Over 20 schools from all over northern California competed against each other and had a great turnout.



ANDREW WATANABE

Sophomore Anthony He runs past his opponents.

The varsity girls division featured seniors Olivia Davidson, Anya Von-Euw, and Kaitlin Manning with times of 22:46, 23:11, and 25:55 respectively on the 3.1 mile course.

Also running alongside the seniors were freshman Megan Muller, who placed 13th in the varsity division with a time of 21:35, and junior Josephine Taylor completing the course at a time of 23:44.

“It was a really difficult and hilly course, but our team has been working hard to prepare and I think that we all competed well,” said Davidson.

In addition, the varsity boys division were represented by juniors Timothy Wu and Paul Nguyen, both of whom completed the course at 18:59 and 19:22. Sophomore Tobias Taylor also represented CVHS well with a time of 19:01. Seniors Justin Wong, Luke Martin, and Thomas



KATELYN WONG

Girls varsity runners get their meet off to a good start.

Vergara finished the course with times of 21:06, 21:08, and 23:18 respectively.

Despite placing 8th and 11th in the girls and boys varsity race, the teams still powered through the intense course and represented the Trojan spirit well.

“I think overall both the boys and girls teams performed well and we’ve seen lots of improvement from many of our runners. It’s a course we’re going to have to run again and I think we’ll see even more improvement next time,” said Martin.

Athletes of the Month

Morgan gives football his all

By Thomas Vergara
SPORTS EDITOR

An accomplished athlete, Payton Morgan has proven consistently for four years that he is dedicated to the Trojan football team. Morgan played football in middle school and developed a passion for the game. He decided to continue playing football in high school. He has been playing football for the Trojans since his freshman year.

Morgan says that since then so much of his life has revolved around football. For four years he has dedicated countless hours to becoming a better player. For four summers he has woken up early in the morning nearly every day to dedicate his time to going to practice. For four springs and winters he and

his teammates spent hours every week at the gym lifting weights for the next season.

These years that Morgan has spent alongside his teammates have brought them all closer, he said, and that he would do anything for them and the team.

“He’s got great grades. He tutors me in prob and stats. He’s a really good kicker. He wasn’t starting during the first half of the season. Once coach started putting him in he started shining and doing really well and scoring a bunch of touchdowns,” Morgan’s teammate and fellow kicker Jake Harris said.

At this point in his final year of high school football he has had two field goals and four touchdowns as running back and kicker. He also succeeded on 11 out of 12 on points after

touchdowns. During the Homecoming game against the Encinal Jets, Morgan scored the first touchdown for the Trojans and a field goal shortly after. In the last Homecoming game of his life Morgan and his teammates fought until their last breaths. After losing this game Morgan was visibly distraught. One could see that he truly cared about the result of this game and that he gave it everything he had.

“All I hope for our team is that we play every game like it’s our last because it’s the last chance a lot of us will ever get to play football,” Morgan said.

His passion for the sport, his school, and his team has inspired those around him and his tenacity led his teammates by example.



THOMAS VERGARA

Payton Morgan looks forward to what the rest of his final season playing football at CVHS has in store for him.

Xu excited for the year to come

By Jenny Pham
FEATURE EDITOR

After an intense practice or match, Christine Xu of the junior varsity tennis team, recalls her favorite memories as hanging out with the other girls because it allows them to bond without having to worry about tennis.

Competition is not what draws her to the sport, the close interactions and the ambiance of the team is.

“I like playing tennis with my friends and having a nice chill day just rallying, but playing matches are a good experience since I don’t take outside lessons and play tournaments,” said Xu.

She doesn’t compete in

tennis outside of school, but simply enjoys this sport that allows her to connect with friends and be surrounded by people who support each other.

Xu’s was not always this passionate about tennis. Two years after she started playing in fourth grade, she decided that she “just didn’t feel like it, and after my sister graduated, I didn’t want to play even more,” Xu recalled. Since her sister, Shuyin Xu, was a star on the Trojan varsity tennis team, the expectation from her parents and coaches were that she would continue to play too.

When she got to high school, and was bombarded by coaches

constantly asking why she didn’t come out to practice with her sister, she decided that she would work to escape her sister’s shadow. Picking up the racket once again, she resumed playing tennis her freshman year to do exactly this.

Working towards that goal, she aims to “just relax and stay calm during a match or a challenge—to take breaths, focus without letting the pressure get to my head, and play the way I do when I’m playing with friends,” said Xu.

Her mantra is simply to focus, pretend like it’s any other practice, and play her hardest.



JENNY PHAM

Christine Xu expresses joy for the upcoming tennis season.

Freshmen scare and care



The Freshie Monsters scared because they cared as they kicked off their very first Homecoming with tenacious spirit. Their journey led them to fourth place, leaving them room for improvement for the years to come.

