



THE CASTRO VALLEY HIGH SCHOOL Olympian

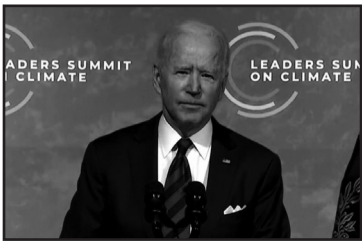
VOLUME 67, ISSUE 1

SEP. 16, 2022

WEAREBORNTOSEEKTHETRUTH!

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Roe v. Wade overturned

By Rebecca Ireland

CW: Sexual Assault

From 1973 to July 2022, the Supreme Court case Roe v. Wade set the precedent that abortion was constitutional. On June 24, Roe v. Wade's decision was reversed, leaving each state the ability to decide its stance on abortion. Thirteen states had trigger bans ready for if the precedent was overturned --Arkansas, Idaho, Kentucky, Louisiana, Mississippi, Missouri, North Dakota, Oklahoma, South Dakota, Tennessee, Texas, Utah, and Wyoming-- while others have been reacting to this decision in real-time. Either way, the unprecedented decision is having clear impacts across the country.

Already South Dakota, Texas, Oklahoma, Wisconsin, Arkansas, Missouri, Louisiana, Mississippi, Alabama, and Kentucky have total bans on abortion.

A ten-year-old in Ohio was raped and had to travel to Indiana to receive an abortion. She was not provided access to abortion in Ohio because of the state's ban on abortion at six weeks, without even rape being an exception. For context, six weeks pregnant can be two weeks late for a regular period. In the same realm, a 16-year-old

was told she was not mature enough, according to a Florida court.

"Nobody, let alone teenagers, should have to watch the government decide what they can or can't do with their own body. How can a child not be mature enough to get an abortion, but mature enough to singlehandedly raise a baby?" senior Autumn Kasl-Godley said.

Junior Tien Nguyen agrees: "if it was really children that those lawmakers care about, they would be doing more for childcare and support, the deeply broken adoption and foster system, and kids who are in broken homes. Forcing that 16-year-old to give birth means that the baby is likely going into the overwhelmed adoption system."

Idaho enacted an abortion ban on August 25, which will make treatments for ectopic pregnancies very unclear. An ectopic pregnancy — where the fetus develops outside of the uterus — has little chance of survival, but the abortion ban will blur the lines of what treatments are not inducing miscarriage, and therefore illegal. Planned Parenthood of Idaho and the Biden administration are both suing to block the ban.



ZOE DORADO

The demand for alternative routes to abortion has increased heavily since the reversal of Roe v. Wade. More people who have the capacity for pregnancy are getting abortion pills, Plan B, or contraceptive pills. President Biden even signed an executive order protecting reproductive health care. This requires the Secretary of Health and Human Services (HHS) to "protect access to medical abortion," "ensure emergency medical care" includes abortion, "protect access to contraception," and

"convene volunteer lawyers," while protecting patients' and providers' right to privacy, safety, and protection, according to the White House fact sheet on the executive order.

Contrasting with the rest of the states debating over abortion rights, Kansas left the decision of whether or not to ban abortions up to the people. They voted to keep access to abortion legal.

A bill entered the House of Representatives with the ability to protect people who

get abortions regardless of their home state's stance on abortion. It passed the House in July but has not been touched by the Senate.

As the November midterm elections come up across the states, more states will have abortion on the ballot, and bans will come and go. Abortion rights are intertwined with other human rights being stripped, and that is reflected in the other rights on the ballot and the Supreme Court docket.

Mask use falls as vaccine delays

By Zoe Dorado

Since CVUSD lifted the mask mandate back in March 2022 to the beginning of the school year in August 2022, the percentage of masked students and staff has dropped from 95 percent to 75 percent, according to a recent count done by The Olympian.

Covid rates at CVHS, however, are at a total of 30 cases since the beginning of August, according to CVUSD's Positive Case Dashboard.

"Everybody should still wear masks for now, but for things like outside activities it should be okay to take off our masks,"

commented sophomore Max Boychuk.

English teacher Eric Unti shared his thoughts. "Right now they are optional and recommended for indoors and I've been wearing mine in the classroom and I think it's a good idea," he said.

While mask use drops, however, there is still no vaccine mandate implemented for students and staff in the state of California, though one was set to come into effect for the 2022-2023 school year.

On Oct. 1, 2021 Gov. Gavin Newsome had announced plans to implement a vaccine

requirement for middle and high schools starting Jan. 1 or July 1 2022, making California the first state in the nation to announce a mandate for a student Covid vaccination.

On April 14, 2022, however, the California Department of Public Health (CDPH) announced the mandate for schools would be delayed until at least July 2023.

The CDHP expressed how the FDA must fully approve the shots starting with students in grades 7-12 (the first phase of the vaccine mandate), then for students in grades K-6 (the second phase of the vaccine mandate).

"I don't feel quite good about this delay because that makes me more at risk of missing days during a more critical school

year," said senior Raymond Chin.

In addition, Chin lives in a multi-generational household where his immunocompromised grandmother lives with him. "I have a grandma that is old and at risk. I don't want bad things happening to her," he said.

Senior Jolli Clay does not appreciate the delay either. "I'd like to see the Covid vaccine part of the required vaccines such as those for measles and chickenpox," she said.

Similarly to Chin, Clay worries about her family. "My entire family got Covid in January even though we're all vaccinated. But my brother got it from someone at school who wasn't vaccinated," she said. "It feels unfair if people who are vaccinated do get Covid from

people who are not vaccinated and not wearing masks."

As California schools wait for the vaccine mandate to take effect, CVHS students and staff shared their thoughts on what the community should do in the meantime.

"I want to go back to a reality where everyone doesn't have to wear masks, but we just have to take care of each other," said Clay.

Unti shared his insight. "I also understand that we are trying to return to some sense of normalcy and I still think we're trying to find that balance between caution, public health, and living our lives," he said. "I think it's going to be a continually evolving process. I think people should do what they're comfortable with."

Local fires rage as climate bill is signed



MAYA WONG

By Drew Paxman

A vehicle-caused inferno raged over 58 acres, threatening homes in the Eden Canyon area between August 15 and 16, just hours before President Joe Biden was about to sign the Inflation Reduction Act, which

included a sweeping climate reform bill. The Alameda County Fire Department released a statement on August 15 on their Twitter account that there were “no injuries or structures damaged” in the “vehicle fire,”

as they called it. “It’s really sad to see that we’re already in fire season,” said senior and Activism Club President Natalie Bennett. “It’s just something that we have to live with knowing that we live in California.” The fires came before Biden was ready to sign the Inflation Reduction Act, which included a climate bill. The bill, which was passed by Congress on August 7, sets to invest \$300 billion towards climate reform.

“By 2030, we’ll have 950 million solar panels operating in the United States [and] 120,000 wind turbines operating,” Biden said in a tweet from the official POTUS account on Aug. 16. Despite its passing and signing, however, the final vote in the Senate was a very close 51-50 near split, with Vice President Kamala Harris breaking the tie.

“I am very dismayed that so few of our elected leaders and other power brokers think taking action against climate catastrophe is important, or even politically expedient,” said English teacher and former Progressive Student Union advisor Anne Parris.

But the bill did pass, and with its passing are measures that look to reform climate, and, in doing so, plan to regulate wildfires. Subtitle D of the bill, titled “Forestry” states that

funding for “forest restoration, wildfire prevention, and related activities” will be included. The bill will also include tax credits extensions through 2024 for “producing energy from renewable sources... investment in certain energy properties... alternative fuels and fuel mixtures” according to Subtitle D of the bill, titled “Energy Security.”

However, despite these subtitles, increasing natural catastrophes, such as wildfires and brush fires, have environmentalists like Parris and Bennett worried. “I do know folks in Kentucky, where the recent catastrophic flooding occurred,” said Parris, continuing, “I have heard about the potential for ‘megafloods’ here and about the dangerous patterns of flooding and drought going on in China.”

Kentucky is not the only place affected by such catastrophes. Climate change-caused algal blooms in Lake Merritt have led to the deaths of several fish. Bennett also cites the recent drought in Europe as another example of the consequences of climate change. These fears, however, do not defeat Bennett.

“We’re trying to get into a step in the right direction,” they said. “We need all the help we can get. It feels like we’re in an impending doom, but we don’t need to make it that way.”

Fresh advice to freshman

Junior gives helpful tips on surviving freshman year

By Melissa Boussaroque

Freshman year can be very stressful; it’s a new campus, with new teachers, new people, harder classes, and a completely different environment. However, freshman year can also be super fun and enjoyable, as long as you approach it the right way.

One very important tip is that everything counts now. In middle school, you could get away with turning in some assignments late or not putting enough effort into them. It didn’t really matter because your grades in middle school aren’t going to affect your future at all, just as long as you pass. However, it is important to work hard in high school because these grades will help determine certain areas of your future. While college isn’t for everyone, many people do want to go to college, so it is a good

idea to get off to a good start your freshman year so that you don’t snowball later on.

There are many ways to achieve academically in high school. My biggest piece of advice would be to not be afraid to ask for help. High school is hard, and even some of the highest achieving students need to ask for support every once in a while; there is no shame in it. We are fortunate enough to go to a school like CVHS that has a bounty of resources.

One important resource is the staff members; every one working at CVHS, whether they are a guidance counselor or a librarian, is there to help you. All of the staff members are working with you, not against you.

Another group of people that can be really helpful is upperclassmen. While it may seem scary to talk to someone older than you, it can prove to be helpful. Knowing someone who has experienced high school is incredibly advantageous; upperclassmen can give you advice based on first hand experience, such as recommendations for classes to take, or how to be successful in certain classes.



DREW PAXMAN

ASB President Jaylene Cole congratulates freshmen victors in a balloon relay.

My last piece of advice may sound a little counterintuitive: enjoy it while it lasts. While freshman year starts to get stressful, it is critical that you remember that it is probably going to be one of the easiest years of high school. Make sure that you don’t get too wrapped up in your school work because you are allowed to have some fun with it.

One thing that really helps is participating in school activities such as dressing up for spirit weeks and attending sports games. You are not the only one

doing it; everyone does it, and it is one of the best ways to make high school more enjoyable.

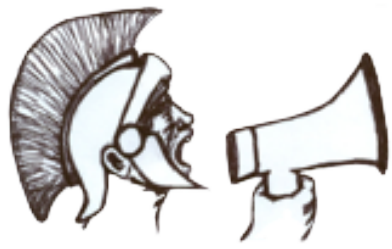
Freshman year can be a little scary because you are in a completely different environment with harder classes and heavier workloads than what you are used to. However, it doesn’t have to be so long as you use the resources the campus has to offer and keep a positive attitude. Above all, don’t let it stress you out too much; if you really are feeling stressed, don’t be afraid to reach out to someone you trust.

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Is the new schedule worth it?

Editorial:

In 2019, California Senate Bill 328 passed, mandating high schools to start classes no earlier than 8:30 a.m. each morning. This is in an effort to ensure that students sleep longer, making them more well-rested for the day. As a result of this law, the CVHS bell schedule changed from an 8:10 a.m. to an 8:30 a.m. start time. To accommodate extracurricular activities and not release students too late, the entire bell schedule was rearranged.

We at The Olympian stand opposed to this law, as it has caused unfavorable schedule alterations.

Although classes do begin slightly later, block days seem to feel longer than ever. Block periods last 100 minutes, and Trojan Time



LUIS OCHEA

lasts 42. It is not easy to focus for that lengthy time. Based on the past few weeks, we discovered that there is often extra time at the end of block classes, as teachers have

difficulty making lessons that last so long. The Trojan Time lessons do not take up the entire period, either. We at The Olympian find that there is a lot of wasted time in class.

Not to mention, the bell schedule is incredibly confusing. On block days, zero period starts at different times; this leads to students arriving either too early

or too late. With 6-minute passing periods, there is little time to use the restroom in between classes. For those who are acclimated to the former bell schedule, the new arrangement is disorienting.

The California law has good intentions, but poor execution. Pushing back the school start time merely causes students to sleep later. If the goal is to have teenagers receive more sleep, other factors dealing with students' everyday lives should be addressed instead. Instead, we propose to limit the amount of homework assigned—more often than not, additional assignments are the reason why teens sleep late in the first place.

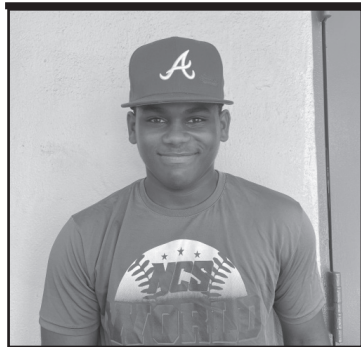
As the delayed bell schedule has few redeeming qualities, Senate Bill 328 should be revoked.

PHOTOpinions What do you think about the new schedule?



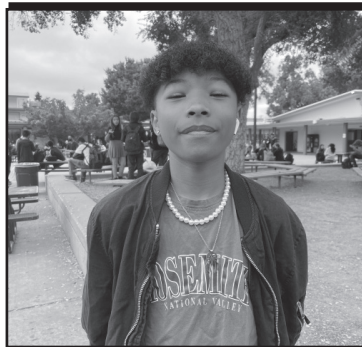
“It’s okay. The classes are too long.”

Chase Padilla
freshman



“I think the new bell schedule is better because it allows people like wake up later and get more sleep.”

Arthur Sims
sophomore



“I like that it starts a little later because it makes it easier for me to walk to school. I don’t like how on the block days school ends at 3:30.”

Deven Tai
junior



“The new bell schedule is better for students because it is helping more students get here on time. But having six classes is a bit more of a hassle.”

Keira Ebrahimi
senior



“What new bell schedule? Ohh-hhh. That is why my 1st period class has been here 30 minutes late everyday this year.”

David Roth-Rossi
social studies teacher

Resolved: competitive debate is an unlevel playing field



By Kaitlyn Tchang

It was a cheerful scene: a group of chattering highschoolers dressed similarly in dapper suits, making their way across the courtyard. An entourage of chaperones and coaches walked with them. Between the blue-grey sky, shaded tables, and brick buildings, students and adults alike happily ate pizza and shared loud laughter.

This was a snapshot of lunchtime at a debate tournament: my fourth competition of the year, and,

coming out of the pandemic, my first in-person one ever. Even as more and more large teams wandered by, my debate partner and I had no coaches to sit with us. We were the outliers, eating alone.

Inequality in terms of broader education in America is acknowledged as a notorious issue—but one many hope and assume that this is not the case for an extracurricular like competitive debate. Unlike sports, debate does not seem to require any expensive equipment or facilities: just a brain and a strong work ethic.

In Public Forum debate, the format that the CVHS debate team competes in, teams must prepare both sides of a given topic; whether they debate pro or con in each round is determined

by a coin flip. Every team gets the exact same duration of time to speak. Evidence can be called forward at any point and examined during rounds. Indeed, this quintessential activity of intellect, with its complex rules and procedures, often seems inexplicably linked to equality.

Yet, debate is still unequal. Established, school-sponsored teams have the benefit of more resources and better funding than a small, student-run team. This is especially true for schools that offer competitive debate as part of their curriculums or even a class. These affluent teams can hire coaches and afford to attend costly overnight tournaments across the country. They are able to attract more members than an under-resourced, newly-founded one can, and thus host more productive team practices and send more debaters to tournaments to improve.

These debaters

tend to perform better at tournaments, too. With coaches and plenty of varsity upperclassmen to help them prep and research, students from resourced, well-funded teams generally win more rounds.

According to data collected by Triumph Debate, an organization that focuses on increasing accessibility and fairness in debate, private school debate teams advance to outrounds at tournaments at a much higher rate than public school teams. In the 2018-2019 season, roughly 65 percent of private school debaters advanced, compared to under 30 percent for public schools.

For these public school debaters—who often work hundreds of hours more than their private school counterparts to research, prep, and fundraise only to see little to no results—the temptation to quit debate becomes strong. The privileged debaters remain, and the cycle continues.

It is easy to remain blind to this inequity. Yet I have seen with my own eyes the damage that a lack of resources can inflict. I have watched talented CVHS debaters struggle to compete against teams lucky enough to receive far more guidance than we ever will. It is frustrating to experience this again and again, tournament after tournament.

But all of this isn’t to say that underprivileged teams are incapable of succeeding. Against all odds, the CVHS debate team has won rounds and even tournaments against more resourced teams, despite having no coach or school funding. We work extra long hours to compensate for what we lack. Debate is my passion and I love every bit of it, from the days spent intensely researching to the adrenaline rush of a close round. Pushing the CVHS debate program to grow has certainly been an uphill battle, but it is one I never intend to stop fighting.



By Erika Sun

Andrew Tate: an individual that redefines modern masculinity and embodies the true characteristics of a man. With his ability to... or maybe his great... perhaps it's his... well, it could also be that he... Truly, there are no words to describe the phenomenon that is himself, other than that he is a raging misogynist.

A former kickboxer and reality television personality, Tate is not foreign to the spotlight. Most recently, he gained viral traction throughout social media over his controversial and misogynistic comments. With the following base of over four million on Instagram and reaching over 11 billion views on TikTok, Tate racked up an ever-growing audience and the ability to influence them with his negative rhetoric.

Throughout his platforms, Tate advocated for the rejection of feminism, made fun of the #MeToo movement, and even exhibited predatory behavior by claiming that he prefers 18 and 19-year-olds due to their "freshness." Not only did he state his belief that women are "inherently weaker than men" (thus rightfully subjected to subordinate roles), but they are also partly to blame for sexual assault against them. Ironically, Tate recently moved to Romania after learning of the country's more relaxed laws around sexual assault.

Meanwhile, Tate preached the elimination of double standards: "I pay for everything, like a man should. So when you



walk into a house and you see mess, why is your lazy *** not doing the right thing and start picking and cleaning **** up?" While he preached the idea of men and women being "50/50", he then proceeded to support the double standards between men and women in regards to cheating. In this case, he is an advocate for men being in polygamous relationships while looking down upon women who have male friends. He seemingly only supports "gender equality" when it benefits his own self-interest.

Tate's constant pleas for misogynistic and violent behavior harm women by cultivating a new generation of men that reject feminism and promote male superiority. The messages that Tate spreads to his supporters only perpetuate them to act on his beliefs, posing a real physical threat. Social media is a breeding ground for individuals to see, learn, and execute information, so the extent to which Tate's words can have on other young men is virtually unpredictable.

"Misogyny and gender-based violence are also correlated with broader threats. They are among the most reliable

indicators of terrorism and conflict," writes The New York Times. "A spike in gender-based violence—particularly domestic violence—correlates with rising levels of insecurity in society more broadly."

Tate's rhetoric may seemingly be interpreted as only negative towards women, but his influence can impact a much broader spectrum of targets. Tate is not only committed to creating a new force of men that threaten women—he's creating a new force of men that threaten society as a whole.

In mid-August, social media platforms, such as Instagram and TikTok, finally banned Tate's accounts. While this presents itself as a positive achievement, Tate's presence and that of similar men will undeniably continue to persist throughout social media. Why men such as Tate are continuously given large platforms and audiences still remains a mystery to me. For the time being, women are forced to navigate a world that greatly underserves them.

Andrew Tate may consider himself to be the epitome of "masculinity," but true masculinity is not a threat to women and society.



of pushing school start times back. A better solution to ensure that students get more sleep is to have school start earlier. If someone has to get up earlier, then they will sleep earlier, increasing the amount of sleep students get more reliably than later school start times.

Better mental and physical health, attentiveness, and attendance, are the main reasons to start school later is because of its correlation with sleep quantity and quality. However, starting school earlier can provide those benefits more reliably, while fixing its flaws. If sleep deprivation is an issue among students, then earlier school start times is the solution.

This removes the entire point

Music benefits focus



By Shannan Chan

Picture this— it's the frenzy of finals week. Stress and tension is brewing, especially at the library, home, or school. With such high stakes for good grades and success, people need something calming and soothing, even something to raise their spirits. They need music.

Throughout the years, especially in the topic of study and productivity, there has been an argument of whether or not music was an improvement to efficiency. I believe that music is in fact valuable, and gives those who enjoy it an advantage—as long as they keep in mind the factors that may cause it to be distracting, a common argument from the opposing side.

One key factor to sustain efficient studying is to listen to music that will not divert your full attention from your work. This means choosing themes that have no lyrics or songs in a language that you don't understand. This makes it easier for your brain to focus as there is no need to process any actual words.

Along the lines of focus would be the factor of tempo and volume of music; instrumental music and soundtracks that are too upbeat and loud can be distracting and decrease work

production. In fact, an article by Healthline about music and study noted how "certain types of music—including music with lyrics and instrumental music that is fast and loud — can make it harder to understand and absorb reading material."

With all of these cons, surely music has one too many drawbacks to listen to while working right? Of course not, for specific types of music can increase motivation. A 2019 study by PNAS from 2019 confirms this, describing how "enjoying music reliably engages critical components of the reward system, including the nucleus accumbens (NAc), caudate, orbitofrontal cortex... the activity of the NAc most strongly correlates with ratings of music liking and wanting."

Music also strengthens concentration and cerebral function. For example, classical music can improve focus as well as improve mood, making the atmosphere more calm and soothing. This boosts cognitive abilities that can help stimulate your brain. Music can increase focus as well as raise reasoning skills as well. Music such as video game soundtracks can help with focus and concentration as they are specifically designed to keep the player engaged and direct their attention to the gameplay.

Lastly, a positive aspect of listening to music is that it can reduce stress and lift your mood. In a 2021 study from the National Library of Medicine, ICU patients reported that they felt less pain and stress 30 minutes after listening to music. Overall, music can motivate you and give you a confident mindset.

While music affects different people in many distinct ways, it can be valuable if you find what works for you. Find music that is beneficial and enjoyable during your work, study, and down-time. Music provides a great advantage and strategy to a more efficient work and study.

Schools should start earlier

By Matthew Wong

The California legislature passed a law mandating that high schools start no earlier than 8:30 a.m. in light of a proven correlation between cognitive decline and a lack of sleep, and it's a step in the wrong direction.

The effects of sleep deprivation are seen everywhere. Students struggle to stay awake in classes, feel too tired to do any work, or can't pay attention and absorb information. According to the CDC, over 70 percent of high school students across the nation report getting less than eight hours of sleep. Students all across the country are not getting enough sleep.

In order to comply with the new law and let students sleep in, CVHS moved its first period forward from 8:10 a.m. to 8:30 a.m. However, the early 2:30 p.m. release was removed from

block days. This means that there are less daylight hours for recreation and extracurricular activities after school.

Students have to reschedule or even cancel activities because of this change. An early starting time will allow an earlier release while preserving a seven to eight hour school day. This leaves students with more time to hang out with friends, play sports, do homework, and study while having a reasonable bedtime.

Later start times have brought up concerns about later bedtimes. Students at CVHS, such as Matthew Aguas and Maxim Boychuk, admitted that they have stayed up later because school started later. "Since school starts later, I've been more comfortable with staying up later knowing I can still get a good amount of sleep," Aguas explained.

This removes the entire point



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Castro Valley High School's journalism class publishes *The Olympian*, an award-winning newspaper and media empire, from our world headquarters at 19400 Santa Maria Ave., Castro Valley, California 94546. © 2021

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Fortenberry assumes Principal position

By Sam Scott

With former-Principal Blaine Torpey saying his goodbyes, recently recruited Principal Christopher Fortenberry announces himself at the Welcome Back Assembly.

Prior to becoming CVHS's principal Fortenberry worked with multiple programs before his promotion, and was involved with jobs that supported him in pursuing work in education. Fortenberry worked as a math teacher, basketball coach, assistant principal, and athletic director.

Leading up to his role at CVHS, Fortenberry attended Skyline High School in Oakland, and Morehouse College in Atlanta, Georgia, as well as CSU East Bay. Although he had previous experience in teaching, Fortenberry has stated how



DREW PAXMAN

he did not have aspirations to become a principal, rather the opportunity presented itself to him. "I was overjoyed and thankful for the opportunity. I love the job," Fortenberry explains.

During the recent

Welcome Back Assembly, Fortenberry described what he wanted for the upcoming classes of Trojans, describing his intentions to increase spirit schoolwide and provide students with a great high school experience.

His newly acquired view of the school as a whole is summed up in his statement, "Being principal means I have to look at things with a much broader lens."

Furthermore on the

new principal's goals for the upcoming years, Fortenberry explains, "Right now I'm just focusing on learning the job, but I hope to inspire the student body to have more school spirit as a whole."

Regarding his wishes of increasing school spirit, Fortenberry may further his appearances in rallies and assemblies, as well as take on roles when it comes to providing students with programs, clubs, and activities.

Of course, however, with his title of "principal" being so recently obtained, Fortenberry has said, "I'm just taking it day by day trying to learn and be the best version of myself."

As he gets more acquainted with the new job, his prior experience with students and maintaining classrooms will provide Fortenberry with an easier step up to running CVHS.

Stacy promoted to Athletic Director



By Maya Wong

It was not in Kathleen Stacy's original career plan to become a school administrator. English and education are her fortes, having obtained a Bachelor's in English and a Master's in Advanced Teaching Practices. But after teaching English for 15 years, she hoped to broaden her scope. With the promotion of Christopher Fortenberry to CVHS's principal, Stacy stepped up to the jobs of Assistant Principal and Athletics Director.

"I never thought I wanted to be an administrator-but the longer I was in my career, the more I realized that I wanted to be involved in that because

I wanted to extend beyond the English classroom," said Stacy.

Stacy previously held leadership positions within the English department. She was head of the Freshman Professional Learning Committee and part of the English Equity Committee, the Technology Committee, the Culturally Responsive Teaching and Learning Group, and the School Site Council.

Stacy hopes to utilize many of the skills she learned from being a teacher in her new role. In a larger sphere, she continues to organize and facilitate moving pieces, coming up with creative solutions to assist others.

"Obviously, I'm not reading the literature that I used to, but the interaction with people and the planning of the program is definitely what you do as a teacher so that you can create lessons and put together activities and plan periods with the bigger picture in mind the end goal," Stacy described. "A lot of that organizational sequencing comes through in administrative work."

Having an extensive resumé in sports gives Stacy advantages as Athletics Director. All throughout primary and secondary school, Stacy played competitive soccer; she coached the sport for a few years as well. She ran cross country and track in high school, and played intramural soccer and flag football in college. With her knowledge in sports, Stacy wishes to be of assistance to student athletes all across campus.

"I'm just wanting to support what's here, support the students and families, continue to build relationships, foster community, and create opportunities for more students to get involved in sports," she stated. "I'm looking forward to supporting growth, perseverance, teamwork, and academic excellence inside and outside the classroom."

Mr. J Spotting



Matt Johanson, *The Olympian's* advisor is currently hiking the Pacific Crest Trail, while on a one year sabbatical from teaching. Due to a fire, Johanson has been forced to pause his journey in Washington and backtrack 66 miles from the Canadian border. He will take a bus to Oregon and complete the 200 miles that he previously bypassed.



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Meet the new staff of CVHS!

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Mathematics

"I am excited to join the wonderful team at CVHS. I look forward to getting to know everyone in our community more and celebrate all that is special about being a Trojan!"



Madhuri Pagidimarri

Clerical

"I am very grateful for the opportunity to work at CVHS and look forward to working with you in the future. Besides work, I am a mother of two girls and enjoy cooking."



Zachary Montgomery

Paraprofessional

"I love being here at CVHS! As a lifetime resident of Castro Valley, it's awesome to give back to the very community I grew up with."



Simona Hangea

Attendance

"I'm very excited to be part of the CVHS team. I've been at Creekside Middle school for the past 4 years as a scheduler. Originally I'm from Transilvania, the 'heart' of Romania!"



Mander Kraut

Science

"I taught at CVHS many years ago, and I'm really excited to be back! I really enjoy the school culture and community, both among the students and the staff. It's fun to see the ways the school is the same, and the ways that it has changed."



Vincent Yovino

Physical Education

"It is an honor to be able to call myself a Trojan this year. I am excited to be a positive role model for my students and make a positive impact in the community. Let's have a great year and Go Trojans!"



Stephen Aguayo

Special Education

"The most exciting part about joining the Castro Valley High School staff is joining such a large and vibrant community. My goal is to support every student to reach their personal best. It was best said by the philosopher Aristotle, 'The roots of education are bitter, but the fruit is sweet.'"

Stacy Southern

Assistant Principal

"I am excited to build strong connections between all of us during the 22-23 school year in Trojan Togetherness."



Juan Escalante

Social Studies

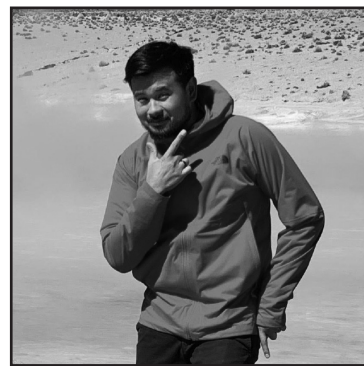
"As an alumnus of CVHS I am honored by the opportunity to share my experiences with the future Trojan generations and be a part of the community of staff that helped me along my own educational journey."



Lisa Carmack

Journalism

"I have the unique privilege to make newspapers in Castro Valley with reporters spanning from ages eight to 18. We're in such a unique moment in history and I can't wait to help my students capture it."



Paolo Luigi Espiritu

Social Studies

"I'm excited to be joining the Trojan Community. My students have welcomed me and I've had a great start to the year. I'm excited to make new memories and build with the students of CVHS."



Geoffrey Johnson

English

"I am excited to join the Castro Valley team this year! In just a few days, I've already seen students and staff working to lift each other up and build a better community, and it makes me proud to be a Trojan."

Christopher Tsang

Counseling

"As a former student of CVHS turned CVHS staff member, it is as if I came back home instead of starting a new position. The Trojan community is all about inclusivity and welcoming others, and it felt no different when I got here on day 1. I'm very excited to be back in this community and look forward to meeting everyone!"



Samuel Frank

Wellness Center

"I'm stoked to join the Trojan community and help create strong networks of support and healing. High School is a monumental time that holds a lot of transformation, and the Wellness Center has your back!"

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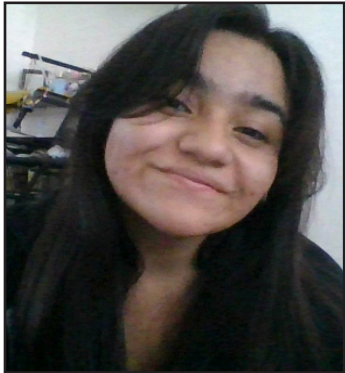
(510) 432-8873



“Mind Games” by senior Rachel Raskin



“Estoy aquí”
by junior
Maggie
Rodas



Such a malevolent action

Explaining and explaining

How I’m too scared to know
so much of something

Because there are too many
wrongs and too many rights

As my people get slaughtered
everyday

I was told to just walk past
it and be kind

Too kind for these sick hate
filled people

Y qué pasa con todo los niños
y madres

Que están afuera de las

puertas de estados unidos

Qué pasa con los padres que
trabaja por nada

dieciséis mil quinientos
treinta y más personas afuera
que quien vivir

no podemos pasar nuestro
propio territorio por que el
hombre blanco dice no

pero dinero pasa todos los
días

Y no soy cubana pero estoy
aquí escuchando de a tu

estoy aquí y hago todo lo que
puedo con mi voz

I am here and I am trying
to do all I can with my voice

For it is my weapon

I chose to use in peace

To free those in need

So hear me as I break the
curse

We all deserve the freedom
we want

Not for some white guy to
tell us we aren’t strong

Not for a group of people
to tell us

We can’t enter our own
country

When we never even left

As they tried to replace it
from us

When we gave them the
opportunity of a lifetime

To love and learn.

“I wanted to draw or paint something from it with my own take on it and decided on this main scene where Vecna

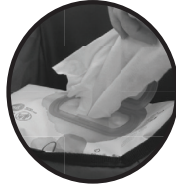
(as seen in the painting as a creepy hand) takes Max,” Raskin said.

DO YOUR PART TO PREVENT
SEWER BLOCKAGES

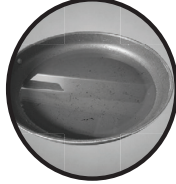
Maintaining reliable wastewater pipelines and facilities is everyone’s responsibility. There are simple actions we can all take to make sure that our wastewater system works.



Only Flush the 3Ps!
Only flush the 3Ps: Pee, Poop, and Toilet Paper. Those are the only materials that should be flushed down the toilet. Items like “Flushable” wipes, disposable diapers, and personal hygiene products do not belong in the sewer system.



Never Flush Wipes!
Used flushable wipes belong in the garbage. When flushed, flushable wipes can damage expensive equipment at pump stations and the wastewater treatment plant and only increase the chances of a sanitary sewer overflow.



Put FOG Where It Belongs!
Do not pour Fats, Oils, and Grease, aka FOG, down the drain! Grease collects and hardens inside the pipes and forms a solid plug that can lead to sewer problems. Dispose of grease and fats in the green organics cart instead.

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