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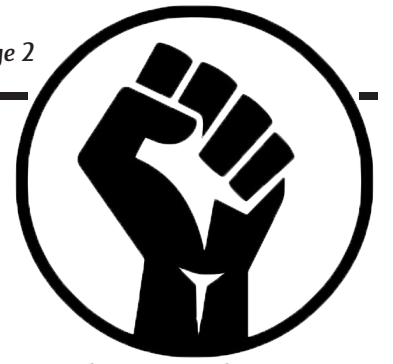
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Washington High School



THE hatchet

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Friday, March 1, 2019

Volume 100, Issue No. 5

Fremont, CA 94536 • whshatchet.com

Legally Blonde comes to Washington

Students from all across the district have been working to bring an adaptation to the Husky Theater



Female cast members playing the Delta Nu sisters rehearse "What you want," a song by Nell Benjamin and Laurence O'Keefe
PHOTO BY BHAVYA DHULIPALLA

By BHAVYA DHULIPALLA
Staff Reporter

Legally Blonde is Washington's newest spring musical, premiering April 5th in the Husky Theater. Similar to the book and the movie, the musical is about a woman named Elle Woods, who

enrolls at Harvard Law School in an attempt to win back her ex-boyfriend, Emmett Huntington III, from Vivienne Kensington.

Because of the original Broadway musical's success and upbeat vibe, the drama team decided to perform a musical based off of the popular

romantic comedy Legally Blonde. The Broadway musical is based on the novel Legally Blonde by Amanda Brown and the movie Legally Blonde (2001) directed by Robert Luketic. However, senior **Hannah Martinez-Crow**, who plays Elle Woods, tells viewers not to expect the same events while watching the show at Washington. Washington's interpretation involves several alterations to the original plot, such as Elle's criminal law professor Callahan, a man in the movie and book, changed to a female character played by sophomore **Sara Lowe**. In addition, some actors are from other schools, like **Camryn Ambur** from Kennedy High School who plays Paulette Bonafonté. The musical will also have American Sign Language interpreters.

"It's going to be pink! It's going to be bright! There's going to be so much energy!" said sophomore **Rebecca Kim**, a stagehand for the show. The cast promises an entertaining, upbeat show.

"Just come with an open mind and we have a lot to give you guys," senior **Zarif Shahid** says.

The actors are excited to showcase their work to the audience. Junior Leif Pearson looks forward to performing "Serious," his solo song, as the character Warner Huntington III, whose arrogant role Pearson is not familiar playing. Meanwhile, Shahid favors "Take It Like a Man," a romantic song sung by him, as Emmett Forrest, and Elle Woods. Martinez-Crow anticipates performing "What You Want," and claims her role is so vocally demanding she takes private singing lessons. Choreographer Rocky James Concepcion, a student from Ohlone Community College,

Story continued on page 2

Washington High School is out for blood

Stanford Blood Center holds a drive

By AREEJ ADNAN
Staff Reporter

On February 8th, Washington High School hosted a blood drive in conjunction with the Stanford Blood Center, an independent community blood center that was created at the Stanford School of Medicine to provide a multitude of information about the process of donating blood.

Contributing to the blood drive offers many benefits to students who participate including revealing potential health issues and reducing iron excess in the body. Moreover, students can view donating blood as a form of volunteer service because they lend their resources to the community without promise of a reward.

However, this process can be both rigorous and extensive for those who do not pay attention. Students donating blood must meet certain requirements, including being free from any cold or flu symptoms, having a full stomach beforehand with a healthy breakfast, and filling out a medical history survey at the time of the blood donation. Students must also bring their school ID cards. Additionally, students must meet a certain weight limit depending on their age and height. For example, if you are a male that measures 4'7" or less, you must at least weigh 130 pounds. Students can also be deferred from donating blood if any of the following show up on their medical history: HIV/AIDS, cancer, heart disease, Hepatitis, or organ failure. Thus, many students, to their disappointment, are turned away after initial processing when they do not meet all requirements.

Students can still make a significant impact on lives by contributing blood for research, organizing their own community blood drive, volunteering, or giving monetary donations. Students who are not at least 17 must obtain a consent form with a parent or guardian's signature and will have their donated blood screened by a research or investigational test. Those who do meet all the requirements are allowed to donate one pint of blood in a procedure that takes about only five to ten minutes in total.

Students donating blood, however, should be aware of the side effects that tend to be associated with donating blood. These may include -- but are not limited to -- dizziness, lightheadedness, and nausea. Blood drive organizers take note of this and ask participants to rest for about fifteen minutes afterward before heading back to their normal class. They also provide light snacks and drinks for students who donate blood. Students may also receive additional free merchandise that include keychains, t-shirts, and stickers.

Ultimately, donating blood can be a gratifying process and one that will essentially aid those desperately in need. Truly, the blood drive holds a significant impact on the lives of participants and recipients alike - more than it may initially appear to.



PROPOSED - Option 1
LCA ARCHITECTS



WASHINGTON HIGH SCHOOL
FUTURE HUSKY THEATER

CONCEPTUAL IDEA
LCA ARCHITECTS

LCA Architects proposed designs for a remodeled Husky Theater.
PHOTO PROVIDED BY LCA ARCHITECTS

Legally Blonde comes to Washington continued from page 1

By BHAVYA DHULIPALLA
Staff Reporter

spends hours every rehearsal to work with the actors to choreograph dances and actions on stage.

Actors practice 15 hours a week and 25 hours on tech week. Tech week is the week before performances begin when rehearsals are done as if an actual performance. The stagehands move the sets around and the tech crew arrange the lights and music. Shahid believes all the effort put in would be worth it after seeing the audience's reactions because "we have a lot of potential and a lot to offer, even though the theater is small." Koppel wants the audience to expect a lot fun through a mixture of different emotions and to be moved by the plot and the actors' acting.

The amount of funding needed for the entire production is around \$6000. It had cost \$3000 to buy the rights for Legally Blonde from Music Theatre International. The price of buying rights to a musical depends on the location and organization performing the show, the number of seats available in the theater, and the number of performances. The other \$3000 was for preparations such as clothing, set building, and tech. Due to the financial struggles of the theater program at Washington, stage manager **Jason Tedja** explains the hardships behind working in tech: "Because we're on a tight budget, we have to make do with what we got, which makes it kind of difficult." The equipment is decades old and is frustrating to work with for both Kim and Tedja. **David Koppel**, Washington's drama teacher, has been trying to keep costs for the musical low. He recognizes that the prices for the show, at \$15 for students and senior citizens and \$20 for adults, are a bit more expensive than usual, but he wants to make some profit for future theater expenses.

Measure E is the \$650 million bond passed by Fremont voter on June 3, 2014. The money goes into updating technology in classrooms, upgrading electrical wiring to meet safety codes, fixing plumbing issues, removing asbestos, and repairing and constructing facilities and equipment. On February 22, 2017, the Board approved the revised Measure E bond implementation plan that included the modernization project at Washington, and then on October 25, 2017, the Board authorized LCA Architects to provide architectural services for the modernization project. The Fire Marshall had deemed the Husky Theater



Students rehearse choreography to the song "What You Want" during the dance scene for Elle Wood's personal essay to get admitted to the Harvard Law School.
PHOTO BY BHAVYA DHULIPALLA

dangerous to perform in and would have to close down the theater if the conditions are not met. Some of the issues include the lack of wheelchair accessibility, emergency exit lighting, exit and occupancy signage, fixed seating on the risers not to exceed allowed occupancy, and interior improvements, such as walls, stage, and stairs.

An architect from the Division of the State Architect explored two options for the future of the theater.

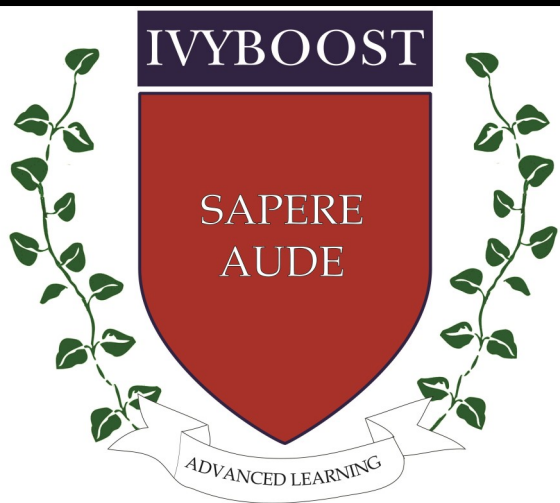
Option 1 is renovating the existing theater, which had originally been a woodshop and then later a temporary theater. The number of seats would increase from 58 to 117 available. The project cost would be approximately \$4.3 million.

Option 2 is turning the multipurpose room, located in the center of campus, into a theater, which would cost

\$3.6 million. However, Koppel is against the second option because of the distance between the room and the parking lots and improper electrical systems.

In the board meeting on February 13th, many students, such as Kim and Shahid spoke up to bring awareness to Washington's theater program. On February 28th, presentations of Washington's renovation options for the Husky Theater was on the agenda for the board meeting. Pearson, who had attended the meeting, says, "The number of people standing up for our theater is really moving. This has been such an important issue, and finally, the board heard us."

Although no decisions have been finalized, four board members, Campbell, Crosbie, Jones, and Sweeney, are in favor of taking action to save Washington's theater program.



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WHS Model UN participates at conference

Washington's Model UN team travels to the University of California, Berkeley to attend an annual conference that simulates United Nation's talks

By MEHREEN CHAUHAN
Staff Reporter

Model UN is a youth organization club created for students to take on the role of "delegates" for the United Nations in order to debate, negotiate, and come up with solutions regarding world crises such as famine, security, environment, human rights, and economic policy.

Members strive to educate themselves and others about the current events and issues residing in the UN. Knowledge about current events is used at Model UN conferences held by either high schools or colleges in order to simulate UN committees. This activity involves not only understanding of policies and problems, but also substantial researching, public speaking, debating, and writing skills, as well as requiring critical thinking, teamwork, and leadership abilities.

Seniors and officers of WHS Model UN, **Gaby Mackie**, **Keerthana Raghuraman**, and **Rachel Yee** are willing to teach and help fellow members flourish and expand these skills in order to have an outstanding performance in conferences.

The extracurricular has a significant impact on the lives of students inside and outside of school. It not only compels them to educate themselves about global events, but it also has the power of creating an understanding of international conflicts, an awareness of how they affect people on a daily basis, and a real life simulation as to



Students pose in front of UC Berkeley during a mock conference in 2018.

PHOTO PROVIDED BY GABY MACKIE

how politicians approach such issues.

As a secretary for Washington's Model UN, Yee said, "It has expanded my view of the world and opened my eyes to the reality that countries actually meet up and discuss prevalent issues they are facing in hopes of creating a better world."

Moreover, the overall experience has assisted in narrowing down career choices for some and more

specifically, for Mackie. She further explained how she already had an interest in politics when she originally joined and going to meetings and conferences reaffirmed her passion for global politics.

Although some students may find Model UN intriguing, the officers say that some potential members steer away due to the misconception of requiring the knowledge of international affairs and the skill of public speaking.

However, Mackie disagrees. "You just have to have a passion or a belief for making change in the world," Mackie said. "Public speaking is not required, but it is definitely something that can be improved."

Additionally, members can further develop creative and logical thinking that is necessary when formulating solutions to an issue. An example of this would be for delegates to come up with a solution that would accommodate both a developed and an underdeveloped nation.

"In order to account for the complexity of the global community, you really have to exercise a large degree of creativity," explains junior **Preston Ly**, who is also a member of Model UN.

Currently, Washington's Model UN is prepping for the annual 67th Berkeley Model UN conference from March 1 to 3. If you are interested in participating in future conferences, feel free to attend meetings held every other Thursday during lunch in room 52.

Focus groups empower

WHS' Power Week functions as a platform for African American voices

By HANNAH MARTINEZ-CROW
Staff Reporter

In honor of Black History month, Washington's Black Student Union (BSU) and African American male and female focus groups celebrated Power Week.

This week-long extravaganza occurred from February 11 to 15, organized by Washington's African American male and female focus groups. Junior **Cameron Dean**, senior **Stephanie Swayzer** and junior **Jashawni Sims** organized the week to be directly in line with Black History Month which is an annual celebration to celebrate the accomplishments on African Americans. Power Week brings Black History month closer to the students of Washington.

Much like Spirit Week, Power Week has a theme to each day of the week. Monday was BSU shirt day. Tuesday was African color day where students wore red, green and yellow clothes to match the Black Nationalist flag. Wednesday was a day to wear dashikis. The dashiki is a colorful garment worn to protest society's disrespect for African Americans. On Thursday, students wore all white and on Friday, they wore all black. Students of the Black Student Union and African American Male and Female Focus Groups were excited to have a week to celebrate their history.

Dean says, "I'm most excited to build a sense of unity between students and bring them together. African Americans hold such an important part of history and they are not always recognized for that so hopefully this week can shed a little light to the students of Washington High School."

In the past years, Power Week was fully publicized across the school. However, leading up to this year's celebration, there was a lack of advertising around the school and on social media. This led to some students being unaware of Power Week's occurrence. In previous years, there were multiple posters put in the halls and posted on Facebook so the student body were well-informed about the activities and dress-up days.

This year, there was an absence of participation from students as not many people were involved with the different days. Last year, on Monday students wore purple to show love and acceptance for purple day.

On Tuesday, there was Business Day where everyone wore business clothes to symbolize college and career readiness. Wednesday was Red Day. Students wore red to represent the blood shed by leaders who fought for equality. Thursday was Diversity Day in which they wore red, black and green in appreciation for Africa's blood, people and natural resources. On Friday, there was Blackout Day where students wore all black to support African American heritage. These days were heavily advertised therefore there was a larger number of participants across the school.

Power Week is a very important time in the school year because it brings the student body closer than before but a better outreach of advertisement would be appreciated. With more of a word being spread about this week, more people would be able to show their support and participation in Black History Month.

Success High School

Local students start podcast to inspire their peers as well as the community

By CAMERON DEAN
Staff Reporter

Success High School is an educational podcast that is targeted at equipping teens, specifically high school teens with the information and motivation to have success in their adult lives.

This podcast was started by junior **Michael Paine**, and his co-host **Justin Morgan**, who is a junior at Valley Christian High School in San Jose.

The duo strive to inspire kids by interviewing young entrepreneurs and activists who have already had a taste at what success is and giving an example to young people across the nation.

Paine and Morgan started their own podcast after observing the lack of teenagers tuning into podcasts despite them being one of the fastest growing forms of media.

Morgan and Paine said this project benefits listeners by offering inspiring, sometimes funny stories that have tangible lessons that listeners can learn from and apply to their own lives.

For example, one episode featured an Irvington High School student, junior **Riya Kataria**.

With her own initiative, she created a program called Students Rise where she and other students advocate for teacher rights.

The program was a response to the salary protests and enforcement of a Work To Rule policy (where teachers strictly work from 8 am to 3 pm, excluding lunch) by the Fremont Unified District Teachers Association (FUDTA).

Riya created the organization in order to raise awareness of the situation and show support to the cause because she believes teachers really do deserve an improved salary. Kataria also received an opportunity to interview former First Lady of the United States, Michelle Obama.

She was able to have this opportunity because she was a part of a youth activist organization called International Congress of Youth Voices which set her up to have an interview with the former First Lady.

The podcast was created to motivate kids by demonstrating the work of other students who have set high standards for themselves.

Paine and Morgan reason that featuring guests who exhibit success and potential will push others to strive towards goals that may seem out of reach, but are actually obtainable. Success High School had an episode made specifically to help students study for finals. This podcast promotes the mindset that success is within reach if we just stay disciplined.

Paine says that they are constantly trying to grow as a podcast station and become more refined overall. They have 2,000 downloads currently, and hope to have 100,000 downloads by this time next year.

To tune in, you can watch their videos on Youtube or listen to their podcast on the Podcast application for Apple.

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The entire legal profession - lawyers, judges, law teachers - have become so mesmerized with the stimulation of the courtroom contest that we tend to forget that we ought to be healers. Should lawyers not be healers? Healers, not procurers? Healers, not hired guns?
- Chief Justice Warren Burger

Litigation... merely continues conflict and offends nature; it does not heal.
- Confucius

A dispute is a problem to be solved, not a battle to be won.
- Mahatma Gandhi

Crow's nest



Migraines come out of the blue

By HANNAH MARTINEZ-CROW
Opinion Columnist

I remember being in middle school and hanging out with my friends when my vision suddenly to blur and I experienced this excruciating headache. It was my first migraine. I have had migraines a couple times a month for the last five years. As time goes on, the symptoms get worse. Vision loss, sensitivity to light, pain behind the eyes and nausea are just a few pains I deal with when I experience migraines. The in-the-moment pains aren't the only things I have to work through; there are many more burdens that come with living with these migraines. As a social and active person, I often have to miss out on events and things I care about.

I had never gone to the doctor before things got really bad. The first sign that I wasn't just having a bad headache was when I was in P.E. my freshman year. I was playing badminton and I suddenly couldn't see the birdie anymore. As I walked to my next class, I felt like I was going to fall over with each step that I took. I was incredible dizzy, disoriented, and nauseated. My head was pounding. I had a friend walk me to the office and I went home. For the next eight hours, I dealt with the pain.

A migraine is not just a bad headache. With a headache, you can power through the day with painkillers however, once a migraine starts, there is no slowing it down. For me, my migraines don't start with pain. I start losing my vision and I recognize that as a warning sign. Imagine being in class, taking notes when all of a sudden, you get disoriented and you aren't able to focus on anything. Then imagine that your peripheral vision ends in the middle of what you can see and everything that you are able to see is pixelated. On top of this, it feels like my brain is being hit with a hammer along with a pressure that keeps building up and there's nothing I can do for relief.

My migraines can happen at any time. It feels as though my days are a ticking time bomb. I never know when they will strike, which makes enjoying things very difficult. When they start, I usually have to end whatever activity I'm doing and go home. It doesn't matter if I am at school, at a friend's house, or going for a walk. Once a migraine begins, my day ends. I can't function properly.

Many people who experience migraines often feel like the people around them don't believe their pain or undermine it. They may also feel isolated since migraines can cause someone to miss out on many events. If you know someone who deals with migraines, listen. Hear what they have to say and take their pain seriously. It's important to remove the idea that migraines are "just bad headaches." These comments cause migraines to be stigmatized. Those who suffer from them are left feeling guilty and helpless.

Keep improving facilities on our campus

Staff EDITORIAL

After spending last year watching construction workers behind the 50s wing, students were greeted at the beginning of this year with the final product: a new building to house their computer science and Spanish classes. It came furnished with large, clean desks, a new projector, and automatic window shades that respond to sunlight. Now, construction has begun on a new two-story science building, which looks beautiful based on the rendering provided by rodan builders on their website.

These buildings contrast older classrooms that aren't awful by any means, but are lined with tiny desks, projectors that display dull, incorrect colors, and ceiling tiles with large stains on them.

It is a welcomed change to see new buildings erected on campus, and hopefully there are more changes to come. The Hatchet staff discussed what other improvements to our school we would like to see and decided that the biggest priorities should focus on student safety and usage. The Husky Theater and desks were at the top of that list.

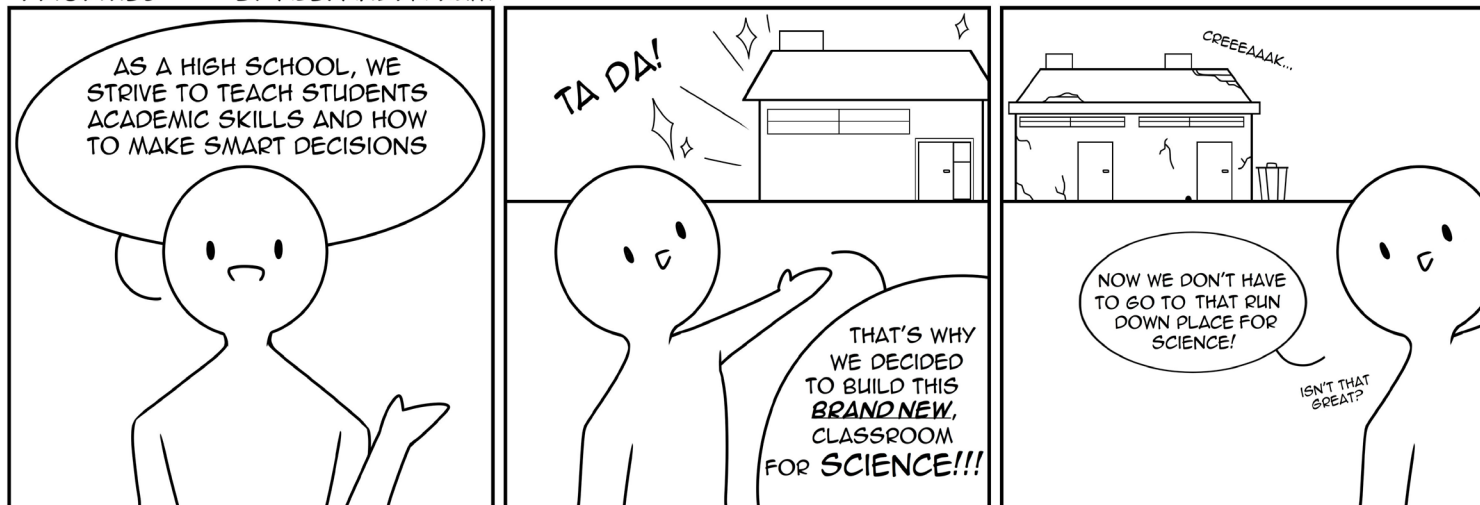
The theater is in such a bad state that it will be forced to close next year if nothing is done to fix it. It needs new chairs, a new electric setup, and more accessibility including ramps and rails. Earlier this year, a light fixture nearly caught fire and a pole almost on a student. This problem clearly needs to be addressed, but despite drama students continually attending Fremont Unified School District board meetings to advocate for increased funding to remodel Washington's theater, there is no guarantee that any changes will be made by next year.

Inside the classroom, desks pose no immediate threats to students, but many are still extremely uncomfortable to sit in for over five hours per day. Older desks have graffiti scratched into them and gum stuck to their undersides, giving them an overall gross feeling. The one safety concern about desks is that during an earthquake — we do

live right on a fault — larger students won't be able to fit under desks for protection because of the small size and design of desks, and some desks lack front legs and can be tipped over with just a small amount of force. The new elective classroom solved these problems by putting in new, sturdy desks with detached chairs. If only every classroom at Washington could be filled with these desks. But they are probably too big to be able to replace current desks one for one.

It's easy to ask for all of these improvements, but it's understandably hard to implement them. The district is already having a difficult time budgeting their funds, more of which should be allocated to teacher salaries, and they have other schools to spend money on other than Washington. The fact that we just received one new building with another on the way makes it unlikely that we will see any other large projects soon. We should appreciate what we are being given now and try to preserve it for as long as possible, waiting until every facility at Washington is just as modern.

"PRIORITIES" BY ALEXANDRA HUM



Recognizing the importance of a diverse counterculture

By COLTER ADAMSON
Staff Reporter

Counterculture is defined as a way of life that is meant to defy the norm, and has been a very important part of history, in this country particularly. It is always something that is controversial at the present time, but always looked back upon with admiration. Counterculture can come in multiple different types of packages, and it has existed throughout all of humanity. Whether it has come in the form of art, music, or politics, each unique example of counterculture has made significant impacts on humanity. That is why it is important to recognize as well as to embrace the immense diversity that counterculture has to offer.

Counterculture has been very

prevalent in America since the early twentieth century, usually utilizing grassroots support to gain popularity.

Perhaps the most prolific era of counterculture in our country was the backlash of the Vietnam War in music. With very low approval ratings for the war, there was a negative stigma that emerged in the form of massive political demonstrations and rebellious music. For example, there were popular songs that were in direct protest to the war, such as Creedence Clearwater Revival's "Fortunate Son," which lambasts elites that were pushing the pro-war narrative in the country. The importance of this music lies in its ability to connect with regular people and tap into the political resentment of a crowd.

The reason why counter-

culture is almost always fondly looked back upon is because it never has any shame in telling the ugly truth about the state of affairs in the country, regardless of the subject matter.

Although this can be interpreted as abrasive by many, it is ultimately beneficial, because at the very least it provides different perspectives and alternatives than what the mainstream has to offer.

Perhaps one of the most infamous counterculture groups, N.W.A., had one of the most controversial approaches to expressing dissent. With tracks titled "F*** Tha Police," the young rap group's sights were set on defying the authorities that would abuse their power on low income neighborhoods of color. While their approach could be perceived as offensive or over the

top, they ultimately achieved the goal of bringing the conversation to the table.

While counterculture can come in vulgar or offensive forms, it overarchingly provides platforms for people without power to express their dissent from the mainstream in a cultural manner.

It is important to consider the values that are embraced by counterculture for this country in particular. It is an embodiment of the First Amendment of the Bill of Rights, which is one of the values essential to our democracy.

Although forms of counterculture in art and music can often be abrasive to the status quo or the norm, the point of counterculture is to progress society towards the capability of having conversations.



Volume 100, Issue No. 5

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The Hatchet is a forum for student expression uncensored by school officials. The staff seeks to ethically produce an accurate record of the news, sports, issues, and people residing in WHS.

1,300 copies are printed monthly and distributed to students who paid \$2 of their ASB fee and to subscribers. WHS' total student population is 1,898.

Content in the Opinions section is the opinion of the author and does not represent the opinions of the school, the advertisers, or the publication as a whole. Editorials represent the collective opinions of the entire staff.

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The lack of exposure for stretch marks causes its stigmatization

By BHAVYA DHULIPALLA
Staff Reporter

Stretch marks need to be recognized more in society and everyday life as a common occurrence that can appear on anyone's skin. According to CBS News, around 80 percent of Americans have stretch marks, yet their existence is barely spoken about or embraced. The lack of attention they receive results in a sense of shame and repulsiveness toward the bodies of people who have them. Having stretch marks becomes a secret that eventually damages mental health and self-esteem. Smooth, flawless skin is idolized when in reality having completely clear skin without intense skincare routines

or incredibly good genetics is rare. Stretch marks are oftentimes only associated with obesity or pregnancy, but that is not always the case.

Stretch marks appear due to rapid growth, stretching of skin, and hormone changes. The collagen fibers in skin become damaged from the stretching. This results in deeper skin layers becoming visible and leads to the formation of stretch marks. People going through puberty, who are pregnant, or rapidly losing or gaining weight or muscle are more susceptible to getting stretch marks. Both the Journal of Investigative Dermatology and a study conducted by 23andMe concluded that genetics also play a role in getting stretch marks. Even long-term usage of

corticosteroid creams used to treat eczema or using certain creams and pills can result in skin losing its elasticity, making it easier to get stretch marks.

More often than not, stretch marks, or any imperfections on skin in general, are not seen in the media or art. This lack of exposure lowers self-confidence, especially those of women and children. When these marks do start to appear on their bodies, they are viewed as an abnormality, something they have that no one else does. My stretch marks made me insecure about wearing shorts and sleeveless clothing. I have had them since the end of elementary school, yet I have never stopped comparing myself to my peers and

people I see in media. Airbrushing the imperfections off of women is incredibly common; according to an article from The Telegraph, 80 percent of women feel inadequate and self-conscious of their bodies due to photoshopping. The image of the ideal body ruins many children and women's perspectives of their own bodies.

Whether a person wants to embrace certain aspects of their body or not is completely their choice. There is nothing wrong with choosing to get rid of stretch marks either. Stretch marks usually fade over time; the color fades but oftentimes some traces are left. According to an article on Healthline, there are medical procedure options to dramatically reduce

their appearance, such as laser treatment, microdermabrasion, and cosmetic surgery. Using cocoa butter, castor oil, and aloe vera are cheaper ways to get rid of them.

No one needs to show off parts of their body they are not comfortable with showing off, but the stigma behind stretch marks needs to be addressed. What people want to do with their bodies is their own choice, and there is nothing wrong with not wanting stretch marks. However, it is important to recognize that the only reason people choose to get rid of them is because of societal pressure to have clear skin to be considered attractive. Being more open to ordinary aspects of many people's skin would benefit everyone and their mental health.

"HELPFUL" BY ALEXANDRA HUM



Substitute teachers do soo much work

Satire by GABRIELA CALVILLO ALVARAZ
Staff Reporter

Substitutes do way too much work. Yes, substitute teachers are drowning in more work than ever before. Compared to your actual teachers, whose sole purpose is to educate the next generation everyday with a not very high-paying salary, subs do so much more than just be a fill-in for your third period class.

Think back to the last time you had a substitute teacher. Was it recently, a month ago, or three years before? Substitutes come in multitudes of personalities and are subject to judgement by students who, for the most part, don't want to be here.

There are different versions of them and we, as a student body, usually classify them into a certain category based on a number of different things. These include their strictness and how they greet you at the beginning of the class. There are the subs who are in this with you, who also don't want to be here and, frankly, don't care what you do in class as long as you don't do anything stupid during the period. But then, from time to time, you get a substitute

who cares just a little too much. You know what I mean? They greet you at the door, and you think it'll be a free period. However, the second you enter the classroom, you realize that it's one of those subs who actually wants to do what their job is supposed to be and you do a groan of *ugh, why?* coming to the realization.

Some subs take it too far. Even letting students go to the bathroom is something they don't understand. Taking initiative as if they have actual authority, when they don't, is something we all take as annoying. Mainly, all they have to do is take roll and supervise kids for 6 hours in one day, which must be so difficult for them.

The question of whether or not they do more than an actual teacher is up to you. However, this isn't to throw substitutes under the bus. They're equally as appreciated but not as overworked as actual teachers. All they have to do is take care of a class for one day and deal with students and follow instructions from the absent teacher. It's not hard, but it's definitely something to not underestimate. Yes, sitting on your phone all period, without another care in the whole world is certainly excruciating.

The ineffective anti-JUUL assembly felt too condescending

By COLTER ADAMSON
Staff Reporter

As everyone in high school knows, the "JUUL" electronic cigarette has taken our age group by storm. With all the buzz around the JUUL, the administration of Washington High School (WHS) is poised to suppress the trend. The first step they have taken is to educate the students of the JUUL so they will be able to make their own decisions safely.

One method of doing this was an assembly where they aimed to make the students aware of what is in a JUUL pod, and forewarn us of nicotine decisions before it's too late. However, despite the motives of the WHS staff, the assembly was botched and not taken seriously.

The problem with all of this is that a serious issue, nicotine addiction, is something that can be taught to kids without being condescending. This can even be done without seeming out of touch with the situation. One particular example, from a multitude of occurrences, was how the guest speaker flaunted her incredible "expertise" on this problem, but then discredited her argument when calling THC concentrate "liquid marijuana." This may seem like nitpicking, but after speaking with many attendees of the assembly, the general consensus was that the speaker wasn't as familiar with JUUL and vaping devices as she led on.

The assembly's intention was ultimately positive. The goal of the staff was to warn the students of how potentially harmful a JUUL or vaping

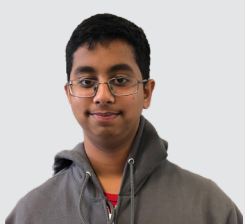
device could be. This is a fair approach to the problem of underage vaping or JUULing, but the execution is where the assembly failed. The content in the assembly had the audience uninterested virtually the entire time. This could be a result of statements that are incorrect about the structure of vaping devices, or the mentioning of very outdated and obscure tactics of smoking. The assembly simply would have had a much better reception if the presenter sounded more in touch with what she was talking about, on the topic of THC or nicotine.

But in the end, the issue with the assembly was the approach that they took. The reception of the assembly was so poor because the students felt like the substance of the assembly was intellectually insulting. A much better idea would have been for the staff of WHS to tackle the JUUL epidemic by making an assembly that provides factual information about the dangers of nicotine addiction, or the prolonged effects of THC on your brain. It would be much more informative in the dangers of the JUUL than what was presented. Instead, the assembly essentially gave the JUUL a platform for us, displaying the different flavors and the easy concealability of the device.

Ultimately, the intention of educating the students about the JUUL was not a bad idea. Nicotine addiction is something that can be detrimental to somebody, and most high schoolers are aware of that. However, the assembly that took place was an attempt at education, but ended up being misleading and inaccurate.

HUSKIES IN THE HALLS

While two new classrooms have been added and the construction of the new science building is well under way, there are plenty of other things at Washington that could use some much needed improvements. We asked our fellow Huskies what they would like to change about the school and why.



Ansh Gupta
Freshman

"I would like for the science building to be renovated. The walls are so thin that you can hear other classes, and the equipment is really old."



Mubashara Ayyub
Sophomore

"I think the walls need to be painted over because there's so much graffiti. It just looks really bad."



Minh Khoi Nguyen
Junior

"The bathrooms need to be monitored and cleaned more. It's so messy in there."



Zarif Shahid
Senior

"I want a revamped theater because our theater program has so much talent and potential but the limitations are holding us back."



Jacob Moge
Staff

"A thing that needs to be changed are the laptops because they're in bad condition and keys are falling off. There aren't enough to go around."

PHOTO FROM DETROIT METRO TIMES



By SONALI WHITTLE
Staff Reporter

Michelle Obama is the former First Lady of the United States, as well as a prominent women's rights activist. Obama believes that "an education doesn't just transform a girl's life, it transforms their communities, too." She started the Let Girls Learn initiative in 2015, which delivers financial and technical support to countries in need. Her platform as a former First Lady has given her the opportunity to be a spokesperson for women, inspiring change not only throughout the nation, but across the world as well.



PHOTO FROM NPR

By VAISHNAVI SUNKARI
Staff Reporter

2019's theme for Women's History Month is "Visionary Women: Champions of Peace and Nonviolence" in honor of women who have led and participated in movements to end war, violence, discrimination, and injustice and have taken steps to improve society. From the beginning of the United States to today, women have shared a long and complicated history marked by their continued struggle for equality and recognition in the face of an ever-still sexist and patriarchal society. From Lucretia Mott and Elizabeth Cady Stanton who hosted the Seneca Falls Convention, to Sojourner Truth's impassioned and empowering "Ain't I a Woman?" speech, women persist in their efforts for equality despite being met with constant rejection. Eventually, however, gradual change began to be effected. The 19th amendment was signed in 1920 giving women the right to vote and Roe v. Wade ruled that state laws banning abortions were unconstitutional. Even today, we have seen women tackle serious social issues including wage equality and harassment. The #MeToo movement was a game-changer, gaining a mass following and showing how strongly women can fight back against sexual violence. Perhaps the most empowering moment for women across the world was the 2017 Women's March. It was the largest single-day protest in United States history with over 4.6 million attendees; protesters voiced their support for women's rights, criminal justice, reproductive rights, and others. So how will you celebrate Women's History Month? Try watching speeches given by powerful women like Michelle Obama. Share your opinions on topics dedicated to empowering women. Most importantly, stay informed. Know what's going on with women's rights and other gender differences. Awareness is key.



PHOTO FROM VERVEUP



PHOTO FROM USA TODAY



PHOTO FROM RELIGION NEWS SERVICE



By FAIZ KHAN
Staff Reporter

The popularity of bicycling is skyrocketing nationwide, with the number of women interested in the sport rising as well. Despite this fact, women are still underrepresented as riders and leaders in many aspects of the bicycle movement.

Girls United for Cycling was founded by President **Zara Diaz** to inspire women to lead a healthy lifestyle through bicycling. She started her club with the intention of empowering and uniting girls through a sport that is usually practiced independently. For Diaz, the club is as much about cycling as it is about building friendships and self-esteem, as well as establishing and meeting goals. The club is meant to encourage girls to learn the technical skills of on- and off-road cycling in a nurturing and supportive environment. Diaz says, "We're creating opportunities for women and accomplishing goals." The girls support each other in cycling and in other aspects of their lives, forming lifelong bonds that extend far beyond the camaraderie of cycling. It's not just about mountain biking and learning a skill. It's about self-esteem and getting to know yourself on a whole new level. Realizing, "Hey I can do that." Then taking that experience and applying it to your life and your relationships, allowing you to become comfortable in your own skin and adapt to different situations.

By CAMERON DEAN
Staff Reporter

Girls Who Code, run by President **Megan Friedenberg**, focuses on empowering women and helping them learn more about computer science. Her priorities as president include helping the members of her club further their "interest in computer science and overcome any fears they have on the subject. I also want to include engaging activities such as a field trip to Amazon or a short electrical engineering unit." For Friedenberg, the club is a haven for women to meet and grow as individuals and aspiring computer engineers.

Women have long been suppressed in science and math-related industries; as a result, they find themselves at a disadvantage, lacking the needed resources to learn more about the subject. Friedenberg runs the club because she wants to encourage both girls with prior knowledge on the subject, as well as girls who do not have to have any experience in computer science to join and explore their budding interests. Her goal is to create a healthy environment for girls to learn and flourish. During their weekly coding activities, she brings members together, encouraging them to cooperate when working with Java and Python, programs with everyday applications. For Megan, Girls Who Code serves as a tool for empowering and building confidence in herself and others.

By DA'SHAE HALL
Staff Reporter

Women's Empowerment Club was founded by Spanish teacher **Julianna Danner-Vera** to unite girls and help build their confidence. Currently, the club is run by President **Trinity Bandy**, who finds that the club has shaped her as an individual, developing her character and molding her beliefs. As president, she makes it her goal to inspire members to follow their aspirations and connect with each other. The club is meant to bring a variety of people together, forming lifelong bonds. "Helping create friendships is an amazing feeling, because I know that these friendships will ultimately shape us for the better."

Bandy finds that education about the significance of women's rights and discrimination is important for everyone to learn about. It allows people to better understand the detrimental role prejudice plays in women's history and in the history of minority groups. For Bandy, visionary women are those who support and empower all people. If there is one thing that you should take away from Women's Empowerment, it is that "You should not be afraid to use your voice and speak up for the empowerment of women and against injustice."

By SONALI WHITTLE
Staff Reporter

Actress **Rowan Blanchard** is known for her lead role in the television show, *Girl Meets World*. However, Blanchard also uses social media to inform youth and encourage them to make a difference in areas including feminism and human rights. Her vision is to inspire the youth of America to become more invested in making positive change in the world around them. Blanchard is part of an empowered new generation of women in America, encouraging and educating the leaders and pioneers of the future.



PHOTO FROM TEEN VOGUE



PHOTO FROM SWARTHMORE LEAGUE FOR PEACE AND FREEDOM

VISIONARY WOMEN



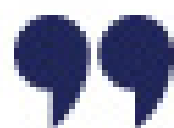
By SONALI WHITTLE
Staff Reporter

Malala Yousafzai is a Pakistani activist and the youngest person to win a Nobel Peace Prize. She was shot in the head by the Taliban for publicly speaking out against their prohibition on the education of girls, but survived, emerging even stronger from the incident, making strides in the fight for equal rights. In 2013, she founded the Malala Fund, which invests in education programs to help girls attend school. Currently attending Oxford University, she continues to use her platform as a means of bringing light to the issue of girl's educational rights.



PHOTO FROM HACHETTE BOOK GROUP

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BAY AREA BOBA TASTE TEST

By CINDY WANG
Staff Reporter

The journey to expertise

Following frappuccinos, boba has become the defining drink of our generation. Boba shops are now the “high school hangout spot,” where students go to study and catch up with friends, all over a cup of milk tea. However, I have never found the idea of going out to get tea extremely appealing, leaving me (sadly) a complete boba amateur. Since numerous people have already come up to me and requested a boba review, I am finally going to take on the task of drinking as many cups of milk tea as I can in the next few weeks to (hopefully) understand what all the fuss is about.

Can this boba newbie become a boba expert in 3 weeks? The challenge is on!

Disclaimer: These are my own opinions, please do not get offended if I insulted your favorite boba place.

Happy Lemon

When a friend recommended me to go to Happy Lemon to try the cheese tea, I was reluctant to go, as the idea of cheddar cheese getting grated on top of milk tea had me gagging. Luckily, it wasn't as bad as I thought. The cheese topping is unexpected—not shredded cheese dumped on top of your tea (thank God!)—it's a thick layer of creamy, salty, cheesecake-esque foam that floats on top of your desired tea. While one can mix the cheese cream around and drink the blended concoction, I found out that the best way to enjoy this newfound favorite is to drink directly from the cup, savoring the cheese and tea separately, and getting a massive cheese mustache in the process. Yum.



Original pearl milk tea and black tea with RSC (rock salt cheese).
PHOTO BY CINDY WANG

Boba Guys

Went to San Francisco. Saw the line. Decided that no boba is ever worth waiting an hour out in the cold for.



The popularity of Boba Guys can be seen with the long lines.
PHOTO BY CINDY WANG

I-Tea, Gong Cha, and ShareTea

While there might be slight differences depending on who is making the tea and what time of the day it is, if you pay a visit to one of these shops, you are guaranteed a solid cup of milk tea in return. All had a decent strong tea flavor and were smooth, creamy, and sweet. Gong Cha's was the sweetest of the bunch, almost dessert-like. The boba were all nicely cooked. Overall, all these shops offer high-quality drinks, deciding which one to go to simply comes down to proximity, which in the case for Washington High School, is I-Tea.



Original pearl milk tea.
PHOTO BY CINDY WANG

TenRen

Come here if you are looking for milkTEA and not MILKtea. Tea is strong and refreshing, not watered or milked down, perfectly complimenting the nutty, brown sugar profile of the boba. Even got a thumbs up from mom, who normally hates milk tea. However, boba was a bit too soft for my taste.



Original pearl milk tea and taro milk tea with grass jelly.
PHOTO BY CINDY WANG

Royal Tea and T4

I have come to a conclusion. The worst milk tea places are the ones right next to schools. Since they are guaranteed a steady customer base, there is no need to provide high quality tea or use expensive ingredients. The kids wouldn't really care anyways. Both the teas that I tried at T4 and Royal Tea tasted bland and watered down, with a strong artificial creamer aftertaste (T4's tea was seriously bland, but it was still miles better than Royal Tea, which tasted like tea-flavored water). The pearls at Royal Tea were its only redeeming quality: decently cooked, although slightly firmer than what I'd prefer. The pearls at T4 were another matter: varying in size and texture (some of them were almost melting into the tea) making the milk tea there the worst I've had to date. While I generally don't like to waste food, that cup made its way down the drain.



Original pearl milk tea and okinawa milk tea with pudding.
PHOTO BY CINDY WANG

Humans of Washington High School

By JAYANTH PASUPULATI
Staff Reporter

The special education program provides a healthy learning environment for students with disabilities, allowing them to grow to their fullest potential. They engage in classroom activities, interact with peers, participate in P.E., and recycle. In addition, some attend ROP classes, and have part-time jobs. Here are a few special stories from students and teachers part of the program.

BRYAN HUYNH,
FRESHMAN

“I have Mr. Edwards for PE. I like playing basketball. I also like to hang out with one of my friends, Robert.”

JORDAN SILA,
SENIOR

“I do recycling. I like doing it. I also like drinking chocolate milk. I like Cyrus because he is beautiful.”

SURAJ NUKARAPU,
JUNIOR

“I like to play marbles with Sis Lalli, Bryan, Sebastian, and Cyrus. I also like reading all kinds of books.”

MARGARET HOEHM,
SPECIAL ED TEACHER

“The best part of my job is when I can see the spark of light in the students' eye or when the students can precisely describe how their day went.”

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Taal dazzles in charity performance called Izzat

Washington's bollywood dance team Taal, organizes a dance performance to support domestic violence awareness and raises over \$700

By SONALI WHITTLE
Staff Reporter

This year, the creators of R.I.S.E. organized and held a bollywood dance show called Izzat (which means respect in the Indian language Hindi) to fundraise money for domestic violence victims. R.I.S.E. is a nonprofit organization created by juniors **Shreya Sathish, Rishika Singh** and **Srishti Singh**. Srishti explained, "having a bollywood show was a fun and unique way to raise awareness of domestic violence and money for the domestic violence victims."

Washington's very own bollywood dance team (Taal) performed in it along with fourteen other schools' bollywood dance teams. The main goal of this event was to spread awareness for domestic violence. Various steps

were taken to ensure a successful event. First, R.I.S.E. had to contact the place which they planned to perform at. They called the venue to make sure that it was available. After they booked the stage, Rishika, Shreya, and Srishti held auditions with fifty school dance teams. Eventually, fourteen teams were chosen to perform: Dublin Afsana, Dougherty Valley Dhadkan, Homestead Naasha, Irvington Soor, Monta Vista Andaz, Wilcox Manzil, Pooja Sanika Milita (Cal High), American Tufaan, Monta Vista Bhangra, Mission San Jose Ishaara, Irvington Sitaare, Monta Vista Raas, Milpitas Masti, and Washington taal.

This is just a summary of all the hard work that they had to put into bringing their vision to life. R.I.S.E. in fact has done a lot of work spreading awareness about domestic violence. Over the past two years, they have held workshops, and even met victims of domestic

violence.

Giving insight into how R.I.S.E. felt throughout the planning process, Sathish said, "We were stressing a lot about venues and teams and honestly it was difficult but with a lot of hard work, we were able to pull through and really make this show into everything we had hoped." In addition to putting this event together, they were in charge of the tech, rehearsals, and they worked tickets along with performing. Izzat took place in the Fremont Community Church in Mission. The R.I.S.E. alumni felt that there could have been some changes such as the timing of the show.

Other than that, Sathish says, "we were all proud that we were able to create this type of awareness for domestic violence; the most satisfying part was being able to donate \$700 to charity, there is nothing more rewarding than being able to give back to your community."



The Taal women add some spice to their performance with their nice moves.

PHOTO PROVIDED BY SONALI WHITTLE



The girls display their nice, well synced choreography in this dance number.

PHOTO PROVIDED BY SONALI WHITTLE



The boys showcase passionate dance moves along with their wild facial expressions to match.

PHOTO PROVIDED BY SONALI WHITTLE

Sally stitches and sews her way to success

Wang designs different styles of clothing as a way of self-expression and it is a hobby that has been keeping her busy for more than 4 years

By GABRIELA CALVILLO
Staff Reporter

To many of us, the consideration of fashion as an art isn't really normalized compared to other art forms, such as painting, music, etc. In fact, it's completely underrated even though it is one of the purest forms of self-expression. Not just because of its fluidity and versatility, but because it's a conscious decision we make lived on a daily basis. **Sally Wang**, a Junior here at Washington, does exactly this through her daring fashion choices and designs.

Her interest in fashion was something she's had since she was very young. "I was around the age of a 1st grader when I walked down that very [fabric & crafts] aisle for the first time and I was simply amazed by how pretty some of the

fabric looked. I still remember using my bare hands to feel the materials that the fabric was made out of and I simply couldn't stop thinking about how much I would love to make something with it."

By the time she was in 7th grade, she had decided to turn this interest into an actual hobby. As of now, she's been sewing for 4 years.

A prime example of one of her best works was the Belle costume she did back in her sophomore year. "I wanted to do something unique for Halloween last year, and so I decided on a two-in-one princess transformation gown inspired by Designer Daddy (who made one that looked way better than mine)". Taking some time to research how to make it, she was able to make it her own. "The gown took me about 40-50 hours to create. Throughout the actual

sewing process, I constantly had to try on the dress to create any necessary alterations before it becomes unfixable." Although, it took her a lot of time, her whole process is something that is complicated yet over the years it's become easier and easier for her to make her own costumes.

When asked about whether or not she'll follow her passion, she says, "I get this question a lot actually and to be honest, I would seriously love to pursue sewing as an actual career. In fact, I do have some classmates who had bought handmade clothes from me before. However, fashion design is a very, very competitive field and the salary isn't that great. If I do pursue some sort of career or future in fashion, I would probably make it as a sort of a "side job" (like an Etsy store), and if it becomes successful, then I would quit my main job to focus on expanding it."

Brief history of women empowerment and highlights

Are you ready for National Women's Month? Here is some intriguing and important information of how women evolved throughout the years

By RITA MENCHACA
Staff Reporter

National Women's Month is celebrated the whole month of March; this year is going to be the 30th year celebrated. It was first celebrated in 1987 in the United States, after being petitioned by the National Women's History Project. It is only celebrated in the United States, United Kingdom and Australia. Before it was National Women's Month, it was National Women's Week, but after many years of people trying to make it a month it finally happened.

In 1979, a member of Women's History Week activities, Molly Murphy MacGregor, was invited to be part of The Women's History Institute at Sarah Lawrence College, which was directed by historian Gerda Lerner and had appearances by the national leaders of organizations for women and girls. Individuals who had attended the event

learned about the success of the Sonoma County's Women's History Week celebration and decided to start similar events with their own organizations, communities, and school districts.

As many others started to hear about it, they started to encourage celebrations of National Women's History Week as a way to achieve equality at schools. They distributed materials for public schools, which in a few years lead to thousands of schools and communities celebrating National Women's History Week. Along the way it was supported and encouraged by governors, city councils, school boards and the US Congress.

Before National Women's day, week and month existed, women in the United States were considered a man's property. Women were silenced, discriminated and deprived of their rights. In the 1800's, women and men signed a Declaration to end discrimination towards women,

the first women ran for the U.S. President, and women were granted the right to vote. Many believed that National Women's Week deserved to be celebrated the whole month of March instead of a week.

March had been chosen to be the month to celebrate because of the other women's celebrations which also happen in March. In 1992, the Congress broke a new record, a record-breaking number of women were elected to Congress. Janet Reno became the first woman to hold the office of Attorney General of the United States in 1993.

During last year's National Women's Month, women had the opportunity to speak to younger women to inspire them to break down barriers. This event was designed so that in the future people can look back at the groundbreaking women of the past and all the changes there has been and the many more things women will continue to change and achieve.




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James Jones makes it splash on the swim

Athlete OF THE MONTH

By JAYANTH PASUPULATI
Staff Reporter

James T. Jones, a sophomore who is part of the varsity swimming and the water polo team, is a skilled and accomplished swimmer. As the swim season is about to start, Jones is pretty excited about being part of it. In the previous seasons, Jones has been a vital part of the relay team for the 2018 NCS playoffs. He was the only freshman in the relay team, which includes Justin Fung, Matt Mendez, and Gavin Moran. In addition to the school team, James is also a part of the SoAC water polo team and the Glenmoor Stingrays swim team.

Jones's swimming career started when he was at the age of 5. He reflects that he never had a single motivator -- numerous people motivated him. In a text interview, he stated that he was motivated by his peers to join the sport, his coaches to do good in his sport, and people who were faster than him to excel in his sport. He intends to continue his water sports career throughout his high school years. So far, James' swimming records include a 22.5 sec 50 yd freestyle, a 53 sec 100 yd freestyle, a 28.5 sec 50 yd breaststroke, and 1 min 5 sec 100 yd breaststroke. James anticipates that he will work hard to improve his swim time and try to excel athletes faster than him.



Sophomore James Jones defends and swims the ball to the goal. He has developed his endurance and technique throughout his eleven year career. PROVIDED BY JAMES JONES

Like many athletes, Jones shares his bag of failures. Failures, for Jones, have been underperforming in a sports meet or a game. Post-failure, Jones is not pushed back, rather he is motivated to do better in practices and upcoming games. For his practice, Jones sometimes needs to sacrifice talking with his friends, and for him, sometimes, it is hard. Yet, positivity has been a key element in Jones' approach to success and failure.

In contrast, Jones' biggest achievement, according to him, was entering into the MVALs and NCS playoffs as the only fresh-

man on his team. Put into context, MVALS (Mission Valley Athletic League) is a collaborative sports event between eight schools in Fremont, Newark, Union City, and Hayward. Teams who have won MVALS are qualified to play in the NCS (North Cross Section) playoffs against schools stretching from Fremont to the south of Crescent City, including private schools in Oakland.

For Jones, being part of the NCS playoffs has been a motivating experience. Though there was a lot of competition, it motivated Jones to work harder and become faster. He also has high hopes that his team might

go to the NCS playoffs this season. In fact, getting selected in NCS playoffs came off as a big surprise for Jones. Though he believed that his team did well on the MVALS relay race, he was nervous about getting qualified to the playoffs, and once his team did, they were excited about the game. During any game, whenever Jones sees a good swimmer, it motivates him to put forward his best efforts towards his game and tries to overthrow his competitor.

Behind his towering successes, there lies a striving and an ever-breathing grit inside Jones that drives his sports career.

Girls Soccer Night leaves a mark on the field

By DIEGO SEVILLANO
Staff Reporter

Girls Soccer Senior Night was a hot watch as it was an emotional event for many. For many, it was the last year they would play with Washington vs Kennedy, many were in attendance to see the result of two powerful teams. As the teams warmed up, the tension between them was quite noticeable.

The senior walk occurred before the varsity game, letting the seniors have their time to shine.

Safaa Nekrawesh, who has played for Washington since her freshman year, admits that it was a very sincere and emotional scene for her as she had often dreamt of doing the walk since she started. This year she was the captain of the junior varsity team, an achievement she holds dear to her heart very much.

"Being captain has taught me many qualities and lessons that I didn't know I needed. Responsibility being key is a cliché to say I know, but there's a reason why that's said a lot. I have to be able to communicate better with my teammates to ensure that we are playing to the best capacity that we can," says Nekrawesh.

After injuring herself which left her crippled off the field, Nekrawesh was not let down and considered it defeat. She still attended every practice and game to encourage and rally up her teammates which they greatly appreciated.

Outside of school soccer, Nekrawesh participates in Club Soccer, an outside organization which recruits the talented and the promising. She hopes to play soccer when she attends a university next year and plans to keep soccer a close part in her life.

Sara Buffey, a member of the varsity team, has been playing soccer since she was a little girl. She remembers starting it as a game with her family and has started playing in it ever since. In addition to being part of the Husky team, she is also part of an outside team which she credits to her being accepted into the University of Hawaii.

"I'm really glad I had the opportunity to have played all four years at Washington. I've enjoyed the experiences and memories I have made with my teammates and coaches. Being part of varsity has been really cool for me this year as I've been wanting to be on it for a really long time. My parents were really proud of me and I felt really good about myself as well! I'm sad this will be my last year playing. I've always liked going after school to step on the fresh green TAK stadium grass and seeing the laid cones."

When talking about walking the senior walk she said, "It was really exhilarating and mind-numbing as it really put me in the moment that I'm a senior. I think it's a great memory that I'll forever cherish." Soccer is an important part of these senior girls' lives. After working together for a common cause, it has made the girls really motivated to practice everyday. Their ultimate goal is to become better

and to show the world their skills. The seniors hope that they have left a mark for the underclassmen to follow in terms of value and skills that will be part of the Husky legacy.



Jocelyn Figueroa tries to steal the ball from her opponent. PHOTO BY ERIC MEDINA

Does being on a sports team merit P.E. exemption?

By FAIZ KHAN
Staff Reporter

Everyone has been there, sitting in gym class, wondering, "Why do I have to be here right now?"

Because of this, many students, especially athletes, view physical education courses as a waste of time. Throughout grade school, students are forced to attend physical education classes.

According to a study performed by the Center for Disease Control (CDC), over 95 percent of high schools across the United States require all students to attend these courses. In high school, many students participate in

varsity sports during the school year, however, many of these student athletes believe they are wasting their time and should be exempt from physical education classes.

The purpose of gym class is to keep students physically active and encourage a healthy lifestyle. Yet, student athletes already perform physical activity during their sports seasons; hence, they do not need gym class to keep them fit.

Clearly, it is not fair that a student athlete must participate in a class which offers minimal to zero benefit. Parents could also argue that physical education is necessary. They might say that

children need time during the day to be physically active and get a mental break. However, physical education is not a necessity for students during the day, so students should have the option to participate in the class or use the time for other purposes.

If a student athlete feels that they need the exercise, he can choose to partake in physical education. If not, they should be allowed to pursue his work for other classes. There is little debate that high school workloads are extremely demanding. Moreover, student athletes are challenged by time management. Athletes may spend two to five hours a day at

practice and games, which leaves very little time for homework. If students are overloaded with work, they should be given the option to go to the library or another classroom instead of wasting time in the gym.

This would be a much more effective use of time that could alleviate stress and allow athletes to get more sleep at night. Also, during this time, they could get help from teachers who they do not have time to meet with after school.

Clearly, there are more productive ways to use the time spent in gym. If the athletes do not participate in physical education,

this will also benefit other students who need more attention. Such a change would allow teachers to focus on the students that might really need help and encouragement.

This would also benefit the non-athletes as they would not feel as much pressure as they do when they are competing against the school's top athletes in gym. The question is, "Should high school student athletes have to take gym?"

One must simply weigh the risks vs. rewards. The answer seems very clear: absolutely not.

The debate about the benefits of protein powder persists

By ERIC MEDINA
Staff Reporter

With the modern day nutrition craze, it seems as though everyone wants to look as aesthetically fit as possible, either to impress others or themselves. Based on upcoming evidence, it is arguable that this type of consumption, specifically protein powder, can be unhealthy for people, especially in the long run due to having such a highly concentrated form of the nutrient.

Sometimes they consume protein excessively and end up harming their kidneys and their body, which is where the argument lies on whether it is safe or unsafe to consume these kinds of products. The majority of people who go to the gym or do some sort of physically exerting activity weight lifting, cardio, etc., might be more likely to consume some sort of powder, bars, or liquids that contain artificial protein in it. Part of what makes up that group of people are teens or young adults. Incessant consumption of ultra processed protein can be harmful to the body. For instance, a HealthLine article reports that if one tends to consume more than needed, which is 25-50 grams per day or 1-2 scoops of protein powder, one may experience a degree of organ failure or other bad side effects from the innocent depletion in energy levels and

digestive issues to the deadly kidney failure and liver damage. All of these symptoms may be very harmful for the human body, especially for developing teens. There are many other foods that are nutritious and delicious that people can easily consume and get the protein they need in a more natural way.

In certain circumstances, however, protein powder consumption can be very beneficial to the human body, especially for many athletes. By consuming protein this way, it can help gain more muscle or even lose weight at an efficient rate with a daily workout routine. Other alternatives of consuming protein for your body may be a much better way to staying healthy rather than consuming artificial protein. Things like chicken, eggs, nuts, milk, fish, and many other kinds of foods. By consuming these kinds of sources of non processed protein, the HealthLine article says that these can naturally help with weight loss, increase muscle mass and strength, lowers blood pressure, helps fight diabetes, and helps out with everything in the human body. They also show a study that the recommended daily intake (RDI) is 46 grams of protein for women and 56 grams of protein for men.

There might be some concerns on to why people are more motivated to consume protein powder to supplement this nutrient, but it's quite simple. People rather consume

these kinds of products simply because of marketing, simplicity, and convenience this product has to offer. In most stores or gymnasiums, they marketize to the public these kinds of products that contain protein powder and people can consume these to look aesthetically fit as possible. Another reason why people tend to go for these kinds of products is mostly because it's quite efficient for the body to process and get them where they want to be in terms of looks and health.



Protein powders have become a staple for teens and young adults

BOYS LACROSSE WHS 2 VS ST. MARY'S 16 (L)	Husky Scoreboard	BASEBALL WHS 2 VS ARROYO 0 (W)
GIRLS LACROSSE WHS 0 VS 11 SAN RAFAEL (L)		SOFTBALL WHS 1 VS GRANADA 6 (L)

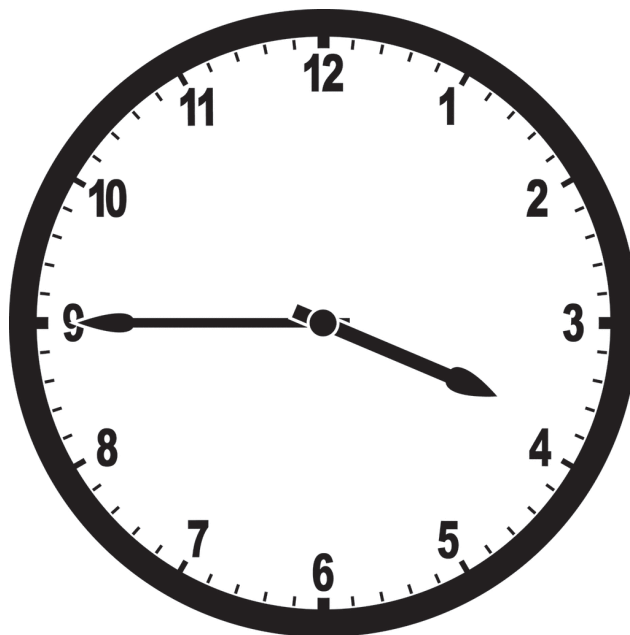
Early game times interfere with the academics of athletes

By PATO TORRES
Staff Reporter

Athletes this past year have had issues about their soccer games being right after school at 3:45. The results of these games being so early right after school has led to poor performance, low academic performances and health issues. These 3:45pm games have been going on since I was freshman because when I had my first game it was a home game. There are other sports too that have home games at 3:45 not just soccer.

For instance, when athletes arrive to the field for soccer, they have to get ready quickly because they only have 45 minutes until the kickoff. Besides this, some of their teachers resist to excuse them early from class which would give them a valuable leeway time of 10 minutes. Such a rush when the bell rings in trying to comply with the time restraints of coaches creates stress for some players. Some coaches are strict, "If you're on time then you're late and if you're early then you're on time," says **Coach David Cordova**.

Concluding to once someone showed up to the game on time coach David would exhibit frustration since they could've used the bathroom during the period or whatever the reason was that you were late you could've solved it during 6th period. Including that some players have barely put on their cleats and socks and that just takes up more time.



At the end of the day time matters most for aspiring student athletes.

Freshman Soccer player **Sergio Tejada** says, "It lowered my performance because I wasn't focused during the game since it was right after school and I still had my head in class. Like my head wasn't in the right place at the right

time." Another soccer player Junior **Biniam Mitiku** says, "The time 3:45 did affect me because I'm usually tired after school and we don't have much time for warmup like other games."

This does not reflect on every player because each one has a different reason for why they are late. Health issues that have also affected players were the fact that lunch is about two hours before the game, players bodies need at least four to six hours before they can go out and do a full 90-minute sprint game. So during the game, players start cramping up, some get stomach aches and some even vomit! It isn't healthy because every player's metabolism works differently and some need more time to rest than others.

According to Livestrong, one has to wait 4-6 hours because a full meal can leave you feeling sick. One player from the varsity girls soccer team has experienced this feeling, Athena Pandya says, "It's hard for me to find time to eat something after school since I don't eat lunch on game days so I go into games hungry which increases my likelihood of injury."

At the end, 3:45 games have had impacts on athletes academically, physically and mentally. The soccer program at Washington and all around the district could undo these effects by stop arranging 3:45 home games and to set them later in the day. This will reduce poor performances and health issues, and it will improve Washington's soccer team ability to win.

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