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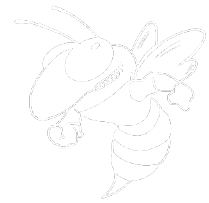
Zoe Dilworth explores the history of the bra, tracing its evolution and revealing its role in social change, beauty standards, and feminism. **PAGE 13**

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SINCE 1912

**WOMEN'S
History
MONTH**

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NATALIA KASS

NEWS

NEWS EDITORS: FINOLA JACKSON & AARON STEVENS

FINOLAJACKSON@STUDENTS.BERKELEY.NET

BSU holds walkout in protest of on-campus student arrests

BY MAIA ASTERA
staff writer

On Wednesday, March 12, 2025, Berkeley High School students walked out during second and third period to protest recent actions of School Resource Officer (SRO) Lino Guanaja. Azucena Uribe, a BHS senior and speaker at the walkout, said the walkout intended to protest Guanaja's on-campus presence and bring awareness to recent issues and arrests involving the SRO.

An SRO, according to the United States Department of Justice, is a sworn law enforcement officer responsible for safety and crime prevention within schools. Lino Guanaja is employed by the Berkeley

Police Department (BPD) and was assigned to the school in the fall of 2024, replacing the previous SRO stationed at BHS. Like regular police officers, SROs have the ability to make arrests, carry firearms, and document illegal activity.

"There were three arrests in the past three weeks (and) they were all people of color," Uribe said. Two of the arrests were a result of fights between students, according to Uribe.

Mykia Dunham-Schalet, a BHS senior and the lead organizer of the walkout, explained that the most recent of the three incidents involved a student experiencing a mental health crisis who was upset and shouting. According to Dunham-Schalet, the student was arrested by the SRO with

unnecessary force.

BHS Principal Juan Raygoza wrote in an email to the Jacket that the BHS administration is unable to comment on the arrests due to confidentiality requirements under federal law.

After learning of these incidents, Dunham-Schalet decided that "enough (was) enough," and proposed the idea of a walkout to Uribe and Sophia Tavistock-Kolb, a BHS sophomore, to bring students who cared about the situation together.

On Thursday, March 6, 2025, the Black Student Union (BSU) shared a call to action on Instagram prior to the walkout. "Dear students of Berkeley High School, we, the Black Student Union at

Berkeley High (School), stand against the exploitation of power, and the safety of our black and brown students being threatened by the School resource officer here at BHS," wrote the Black Student Union Executive Board, "We demand that this school resource officer is removed and fired from working within (Berkeley Unified School District)."

The BSU is petitioning for removal of the current SRO, extensive training for future SROs, student education on their rights, and for SROs to regularly meet with student leadership in order to foster transparency. As of Tuesday, March 18, 2025, at 5 p.m., the petition had 314 signatures.

During the walkout, students gave speeches covering the SRO and arrests. The mic was then opened for public comment. "Despite how progressive Berkeley and Berkeley High (school) claims to be, these instances have shown how ingrained the school to prison pipeline, and the targeting of black and brown students, is in our system," Tavistock-Kolb said during the walkout. The school to prison pipeline refers to policies and practices that disproportionately push students, from marginalized communities, into the prison system.

Reflecting on the walkout, Uribe said, "It was really amazing to hear people's stories about dealing with the

resource officer and just in general, how they felt, they shared their experiences."

Dunham-Schalet estimated that approximately 50 students attended. When the speeches and comments concluded, the walkout moved inside, with the group of students chanting and marching through the halls. One chant was, "No justice, no peace, no racist police."

"I had never been a part of anything like that, so I thought that was really powerful," Uribe said.

Raygoza and other BHS administrators attended the walkout. Prior to the walkout, Raygoza met with BHS students and walkout organizers to discuss their concerns. During the meeting, Dunham-Schalet and three other BHS students discussed the arrests and how they believed students had been inappropriately handled, especially regarding the alleged physical assault of the student experiencing a mental health crisis. According to Uribe, in the meeting, Raygoza said he planned to speak to the chief of the BPD about the incidents.

Tavistock-Kolb contributed to the walkout planning, she said that in response to student concerns, the school needs to focus on "either getting him (the SRO) off campus or introducing him to students so they know who he is and why he's there."

According to Dunham-Schalet, many students who spoke at the walkout were frustrated by a lack of transparency from school officials about the arrests. A survey of 174 BHS students conducted by Dunham-Schalet and her club, Amnesty — a local extension of Amnesty International, a nonprofit dedicated to defending human rights — collected student data regarding law enforcement on campus and school safety. 85.3 percent of respondents reported that they were not or only vaguely aware of the recent on-campus arrests.

The SRO was not available to interview due to the sensitive nature of cases involving youths, but provided a statement to the Jacket. "I support student calls for transparency and communication surrounding incidents in our high school, and I have and will continue to make myself available to any student, student group, or staff person who wishes to voice concerns," Guanaja wrote in an email to the Jacket.

Guanaja's full statement to the Jacket is available at berkeleyhighjacket.com.

According to Guanaja, his department plans to issue a statement through their Public Information Officer with details regarding the incidents. According to Raygoza, he along with the BUSD Superintendent Enikia Ford Morthel and Compliance Officer Jasmina Viteskic met with the BPD Chief Jen Louis, BPD Captain Michael Durbin, and BPD Lieutenant Matt McGee, the former BHS SRO. Moving forward, Amnesty and BSU are continuing to collaborate on this issue. According to Tavistock-Kolb, Amnesty plans to address the situation at an upcoming school board meeting



BHS students give speeches before opening up the microphone for public comments.

SUNNY BEVIS-LIPTON



Around 50 BHS students attend the walkout on Wednesday, March 12, 2025.

SUNNY BEVIS-LIPTON



BHS students chanting in the C-2 hallway.

GEORGIA PAULOS



After the speeches commence, BHS students march through the H-2 hallway.

SEBASTIAN FLETCHER

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Clubs spread awareness on abortion rights



Women's Student Union educates peers on reproductive access and rights.

ZOE KOHLMAYER

BY EVA KATZ
staff writer

Since the overturning of *Roe v. Wade*, Berkeley High School has had many clubs on campus working to maintain an educated space surrounding reproductive rights. “The first thing everyone can do (to fight for reproductive rights) is to stay educated. It’s really easy to even follow Instagram accounts, and have the New York Times app. Education and information is the primary way to stay involved. Also, joining clubs and greater organizations,” said Phoebe Dedlow, BHS senior and co-president of Women’s Student Union, “The main way we spread awareness is talking amongst our club and working with other clubs like BHS Stop Harassing. Keeping ourselves educated so that we can continue to educate others.”

Roe v. Wade, a U.S. Supreme Court ruling dictating abortions legality in the United States, was decided on Monday, Jan. 22, 1973. This ruling determined that

women had a fundamental right to choose to have an abortion. The overturning of *Roe v. Wade* occurred in June of 2022 as part of a ruling in *Dobbs v. Jackson Women’s Health Organization*. “In a devastating decision that will reverberate for generations, the U.S. Supreme Court abandoned its duty to protect fundamental rights and overturned *Roe v. Wade*, ruling there is no federal constitutional right to abortion,” wrote the Center for Reproductive Rights in an article on *Roe v. Wade*.

At a state level, California has laws in place to protect reproductive rights. Four years before *Roe v. Wade*, abortion rights were recognized in the California constitution. This law states that “(a) Every individual has the fundamental right to choose or refuse birth control. (b) Every woman has the fundamental right to choose to bear a child or to choose and to obtain an abortion, except as specifically limited by this article. (c) The state shall not deny or interfere with a woman’s fundamental right

to choose to bear a child or to choose to obtain an abortion, except as specifically permitted by this article,” per California’s Reproductive Privacy Act.

The BHS Reproductive Rights club works with Planned Parenthood’s “Generation Action Network.” This network, primarily on college campuses, are groups of “young organizers and activists across the country who organize events on their campuses and in their communities to mobilize advocates for reproductive freedom; in addition to raising public awareness about reproductive health and rights, educating young people about sexual health, and creating lasting change in those communities,” according to the Planned Parenthood website. Gen Action is primarily on college campuses, but BHS Reproductive Rights is the second high school chapter. It is a new club, started in 2025 with co-presidents and BHS sophomores Beatrice Pirnia and Lucinda MacLane. “There’s a lot of uncomfortability talking about these

topics, but I feel like it’s important to be able to discuss reproductive rights amongst everyone,” Pirnia said.

Another club fighting for abortion access is the Students for Reproductive Choice club. “We hope to educate our peers on what is happening in this country when it comes to reproductive rights. We also hope to inspire students to create change in the U.S. around this issue,” Rachel Roberts, the president of Students for Reproductive Choice, said. In order to spread awareness about reproductive rights, the club sent postcards to Arizona voters urging them to vote for the Arizona for Abortion Access Act. The act was passed, establishing a fundamental right to abortion in the state. The club is associated with Training in Early Abortion for Comprehensive Healthcare (TEACH), an academic community partnership working in abortion training and curriculum development. Students for Reproductive Choice club hopes to present in BHS classrooms about the current bills being discussed in Congress, if interested, one can email rachelroberts@students.berkeley.net.

On Monday, March 10, 2025, there was a women’s history month fair hosted by the Women’s Student Union along with BHS Gender Equity and Sexual Harassment Advisory Committee (GESHAC), Green Dot, BHS Reproductive Rights and Students for Reproductive Choice.

STUDY SKILLS: BHS SMALL LEARNING COMMUNITIES

KAILEY ROBINSON



One of the unique factors of Berkeley High School is our learning communities. We have three small schools and two other learning communities. Starting with our small schools, there is Arts and Humanities Academy (AHA), Communication Arts and Sciences (CAS), and Academy of Medicine and Public Service (AMPS). Then, we have Berkeley International High School (BIHS) and Academic Choice (AC). BIHS has a diploma option that requires extra assessments, which can be especially useful for people planning to attend a school abroad.

Academic Choice is the least restrictive path and the largest learning community; friends of mine in AC love it. I have been told it’s a great place to explore multiple interests and carve your way. Ariba Talukder, a sophomore in AC, says “It’s not as big as they describe it as. You may have multiple classes with the same people.” This being said, getting to know people in AC shouldn’t be complicated. After all, you will quickly become familiar with your classmates because, as Talukder explained, your classes should include similar people. I was surprised after talking to a current sophomore in BIHS when I learned that for her, the BIHS classes were her easiest classes. She disclosed to me that once you are in sophomore year, math and chemistry are the most complicated and where the work piles up.

Onto the small schools, starting with AHA, this school heavily focuses on creativity and hands-on learning. People talk about AHA being the easiest option because it’s concentrated on art, but that doesn’t make it less challenging. It’s important to still take the work seriously and try hard. This will prepare you for being disciplined in the future. The smallest is CAS, and many people who choose this often have an interest in things such as production. From members of this community, I learned that it is a compact group of people and that this can be a blessing and a curse. Some people end up loving the people they are surrounded by and enjoy all the class retreats that allow them to bond. Others experience the opposite, where they don’t click with the people and even have to re-enter the learning community raffle to join a new one. Finally, we have AMPS, this small school focuses on public service, specifically in the medical field. In this school, internship opportunities make it great for gaining experience in the workforce. In AMPS, there seems to be a plethora of opportunities waiting for you. Take advantage of them! You never know how much they can benefit you.

Generally, taking time to thoughtfully do assignments, being kind, and advocating when needed can grant success in any learning community you choose. To get assignments done, you may need to create a routine that includes a designated time to finish work. As corny as it sounds, I strongly believe kindness is key. If you treat people respectfully and are accepting, you can create the community you want to have. Lastly, ask for help! The school has many resources like the College and Career Center. To know more about the learning communities, you can visit the BHS website.

Demo in library promotes induction stoves

BY LUCY GRIFFITH
staff writer

On Tuesday, March 4, 2025, there was a cooking demo in the Berkeley High School library organized by senior Evan Obbard, BHS’ Commissioner of Environmental Sustainability. Obbard brought out the induction stoves, which are now available to students to check out at the BHS library, and made quesadillas for students. He and BHS senior Ziporah Wolf used large metal bowls on the stoves, greased them with oil, and put down small corn tortillas and shredded cheese to make them. There were about 15 attendees, and each person got ample quesadillas. Student Manel Grossi said, “I’m eating it right now, and it’s so good, the melty cheese in my mouth.” While cooking, Obbard explained the benefits of induction stoves.

Gas stoves release toxic chemicals that harm the environment including ni-

trous oxide, volatile organic compounds, benzene, and methane, some of the most potent and harmful greenhouse gases. One study from the International Journal of Epidemiology showed that children living in homes with gas stoves were 42 percent more likely to have asthma. According to Obbard, induction stoves directly have zero greenhouse gas emissions. Not only are they better for the environment, but they are also twice as fast and three times as efficient as gas stoves. The heat on induction stoves is also more evenly spread than a flame on a gas stove, which means the probability of burning food sinks.

Obbard got inspiration from a project at Oakland Technical High School. He grew up using induction stoves and testified that they are “so easy to use.” Obbard started by reaching out to a vice principal and discussing the idea of purchasing induction stoves for BHS student use with his envi-

ronmental science teacher, Louise Harm. He faced “a lot of liability issues” and had to get his proposal approved at the district level. Eventually, it got approved, making the plug-in portable induction stovetops available for checkout in the library.

Obbard said, “I’m super passionate about this project and if any students want

to reach out, I’d love some help.” Meredith Irby, the BHS librarian who helped coordinate with Obbard, said, “Evan has been really persistent about trying to make this happen.” Obbard said he plans to teach more students about induction stoves through classroom presentations and hopes to raise students’ awareness on the topic.



Evan Obbard serves quesadillas.

SASHA BALASUBRAMANIAN

Berkeley High School closes gates during zero period classes

BY REECE FONG
staff writer

On Thursday, Feb. 27, 2025, Berkeley High School Vice Principal AnnieJae Fischburg announced to the school that, starting Friday, Feb. 28, 2025, all gates at Berkeley High School except for the MLK and M gate would be closed every day until 8:00 a.m.

Yorda Weldeghiorgis, BHS Dean of Students, said that the change was implemented to increase security in response to breaches on campus in the preceding weeks. "BHS is an open campus, and there's a lot of safety and security issues that come with that, so by limiting openings we're just trying our best to ensure student and staff safety, and I've seen a lot of support for that,"

Weldeghiorgis said. Additionally, there have been multiple incidents concerning the unhoused encampment in Civic Center Park, including reports of sexual harassment and trespassing. According to Walter Mitchell, a safety officer at BHS, administrators agreed

to enhance safety measures and close gates during zero periods at BHS because there are no full-time gate-monitoring staff at 7:30 in the morning.

BHS Students and staff shared mixed reactions, highlighting both benefits and drawbacks.

Aaron Glimme teaches a zero-period AP Chemistry class at BHS. In the past ten days, he has noticed a slight increase in zero-period tardies, but thinks that this was due to the suddenness of the closure, rather than an ongoing problem. "On the first day, people were a little bit late because the notification was not as forward-looking

policy is well-intended and provides more benefits than drawbacks. The gates at BHS are fairly close together, and over time, students can adjust their routines to arrive at zero period on time.

For safety officers, this gate closure is a very important step towards school-wide security. Mitchell comments on the lack of safety officers until 8:00 a.m. being a security problem. Following an incident last week where an unhoused individual trespassed on BHS grounds during zero period, Mitchell is glad there is action to prevent similar situations from occurring again. "This policy impacts school

safety quite a bit, because that keeps the people from the mental health clinic off the campus when no one's here, as well as the homeless encampment individuals. They might

come in to use the restroom, or hang out in a classroom or a building. So it helps a lot right now, until we can figure something else out," Mitchell said.

Some students with zero period classes feel that this change in policy has affected their attendance. Ethan



BHS's MLK Jr Way gate, one of the two which remains open during zero period.

JULIAN NATHAN

"I don't have to worry about someone dangerous being there when I get to school,"

Camilo Munist
BHS sophomore

as one might hope. Once you know which gates are open, you can get to those gates. After a few days, there's no significant change. People just need to know which gates to come in, and then it's not — I don't personally think it's a big deal," Glimme said. He believes that the

Guan, a BHS sophomore currently enrolled in zero period orchestra, stated that he was late multiple times due to the new protocol. "A lot of the people I know are from zero period, and ... of the students that come in during zero period (a lot) are band and orchestra kids using the A building, so it's a big inconvenience for ... zero period attendees when the A gate is closed every morning," Guan said.

Despite these frustrations, many students believe the policy has improved campus security. "I do feel safer... because now there's

less possible entrances for people to enter," Guan stated. Others share a similar sentiment, emphasizing the reduced risk of unwanted visitors. "I don't have to worry about someone dangerous being there when I get to school, and especially since, if I show up late I'm the only one to deal with it," Camilo Munist, a BHS sophomore and AP Chemistry student who attends zero period, said.

While parking was initially a potential concern, following the gate closures, both Mitchell and Munist agree that they have not seen

any change in parking or traffic flow during zero period around BHS. However, Munist does acknowledge that he has recently seen a surge in foot traffic around the MLK gate. According to Weldeghiorgis, the MLK and M gates were chosen to remain open during zero period "to have strategic openings that were available on both sides of the street so that parking wouldn't be a one sided issue."

As for how long the policy will last, "there isn't any plan to change it. This policy is indefinite," Weldeghiorgis said.

BHS Women of Literature club spotlights female authors



Rue Bhandari, left, and Armana Aradom, right, founders of the Women of Literature Club.

SYLVA ROUBINIAN

BY MILA BOYDEN
staff writer

Berkeley High School's Women of Literature Club is a club that reads exclusively female authors. It was founded this year by BHS juniors Rue Bhandari, Toscana Girard Maxon, Denise Hernandez, and Armana Aradom. Hernandez said the club's mission is to create an inclusive space where students learn about female authors and explore their writing.

"We really hope to get more people enthusiastic about reading," Bhandari said, "I think this generation, especially people our age, don't really read that much anymore with the rise

"We really hope to get more people enthusiastic about reading,"

Rue Bhandari
BHS Student

of the internet and social media. I think it's a really important way to become knowledgeable about cer-

tain things and that it's an important way to connect with people. So we wanted to get people more into reading, especially female authors, because they are under-represented in a lot of classes and a lot of the things we do in school."

During the first semester, the club held author spotlights and discussed and learned about various female authors and their most famous works. This semester, the club has started its first book, "The Feminist Mystique," a nonfiction

book covering topics such as sexism, feminism, and domesticity, written by Betty Frieden in 1963. They are also hoping to do a club project based on the book after they have finished reading it.

"The Feminine Mystique' is so relevant to today and Women's History Month," Bhandari said, "It was a major force of the feminist movement in the 60s and 70s, so it fits into all of the activism this month tries to encourage."

Currently, BHS's Women's Literature Club is working on fundraising and networking while continuing their reading of "The Feminine Mystique." They also brought 10 of their club members to a lecture by Jamaica Kincaid (an American Antiguan author whose writing focuses on topics such as mother-daughter relationships and colonialism) on Wednesday, March 12 at Zellerbach Hall.

"Jamaica Kincaid is a super famous and influential writer, so it's a really cool opportunity for our members to get to hear somebody like that in person," said Liv Johnson, a BHS junior and

one of the club's treasures.

For Women's History Month, the Women of Literature Club hosted a bake sale on Sunday, March 9, to raise money for buying copies of "The Feminine Mystique." They are hoping to host more bake sales in the future.

"We want women of Lit to be free for everyone to join, so we provide every-

"We want Women of Lit to be free for everyone to join, so we provide everything that we read."

Liv Johnson
BHS junior

thing that we read," Johnson explained.

The club is hoping to network through videos in the BHS bulletin and draw in new members.

Earlier this month, the club participated in the Women's History Club Fair, where they were able to advertise for the club and build community with other students and women-based clubs at BHS.

"We participated in the women-based club fair that happened Monday (March

10) on the campus green. This was an opportunity for people to learn more about our club and other women-based clubs around us," Hernandez said.

The Women of Literature Club at BHS provides an inclusive community where members can connect with each other and learn about the world through various female authors.

"I would definitely say that the Women of Lit Club is really important to me," Bhandari said, "I've always loved reading and it kind of upsets me seeing some of my peers dismiss literature

as something that's pretentious when it's such a core part of daily life and a core way to connect with other people and really find yourself." Bhandari continued, "I also feel like a lot of the literature we read in school is very male-centered, you don't see a ton of female authors. I think it's really important to emphasize the importance of reading a lot of different kinds of books ... because that's really how you can understand the world better."

OPINION

OPINION EDITORS: ADITYA SRIDHARAN & OHAD AVIRAN-FINKELSTEIN

ADITYASRIDHARAN@STUDENTS.BERKELEY.NET

Previous struggles for equality offer wisdom

BY HAILEY OSTRER
staff writer

As a young woman applies to universities, plays school sports, or opens a bank account, she might not pause to think of the thousands of women who fought to make these acts accessible to all, regardless of gender. In the past century, actions like these have turned from radical ideas of the progressive few to rights that girls and women enjoy daily nationwide. It's impor-

tant to recognize and appreciate the stories of women who came before and their struggle for equality. In a time where the government is challenging many women's rights, younger women must learn from the fights of past trailblazers.

A 1917 photograph shows women's suffragist Hannah Colt as she displays a banner reading, "How long must women wait for liberty?" Although Congress approved the right for women to vote in 1919, women continue to

face inequality. On average, women earn only 85 percent of what men do. In addition, in 2022, *Roe v. Wade* was overturned, leaving 12 states with near total abortion bans and millions of women without full bodily autonomy.

We should remember that many of these injustices were combated by older generations of women. In the early 20th century, Margaret Sanger created the first ever Planned Parenthood, opening the doors to women's reproductive rights. A group of eight women founded a women's bank soon after, allowing women to open their own bank accounts without a man's signature. Although gender-based inequalities still exist in financial and reproductive rights, great strides have been taken by previous generations of women. Hopefully, their bravery and messages will carry forward to the new resurgence of feminism in response to the current presidency.

However, women of different generations and ages are separated by the years between them in the youth-centric and stereotype heavy culture the U.S. holds. For example, the new Generation Alpha is seen as

technology-addicted and Boomers are considered behind the times. These cultural divides based on age are growing at a time when intergenerational knowledge is needed the most.

Because schools are such a key part of crafting young people's ideas about those who came before them, changes should be made in the classroom. By teaching about women's rights activists from all generations or stressing their importance in history, interest in the past and the women who changed it will be cultivated. Deviating from traditional textbook information and using podcasts, interviews, and testimonials will make older, historical women more engaging for younger women. The idea that younger women can be the change they want to see should come from the classroom.

While it is true that younger women may be less interested in older generations, this can be changed. The way we teach women's struggles and resilience must become more engaging to combat the generational divide. Passing down knowledge could not only unite individuals, but provide wisdom to inspire a new feminist wave.



ISA SHIMOMURA

DEI is an important tool for gender parity

BY REUBEN WOLF
staff writer

The Diversity, Equity, and Inclusion (DEI) initiative was created to foster a more diverse and inclusive work environment for American companies. A common talking point of DEI opponents is that DEI is unfair and taking jobs from more deserving candidates. However, that is not true. According to a study by McKinsey and Company, diverse work environments are 35 percent more likely than their non-diverse counterparts to have above-average financial returns. Additionally, when implementing DEI policies, companies still seek and find talent, they just take into consideration the conditions and barriers that many minorities are forced to deal with.

Instead of opposing DEI initiatives, everyone should recognize DEI as a useful tool, particularly for achieving gender parity.

DEI initiatives are better

for both company productivity and individual equality. Hence, it is a big surprise that according to a 2023 Pew Research Center study, only 61 percent of women believe that DEI is a good thing. After all, white women in particular are the biggest beneficiaries of the DEI initiative. For instance, white women in the U.S. have expanded their share of senior leadership jobs at twice the rate of people of color.

A woman's support for DEI is strongly related to her political party. Roughly 80 percent of Democrat-leaning women say that focusing on DEI in the workplace is a good thing, whereas only 47 percent of Republican women share this belief. In an upcoming Supreme Court case, a woman is suing her employer due to "unfair" DEI practices. The woman claims that because she was heterosexual, she got passed up on a job she was more qualified for than the two LGBTQA+ employees who were offered the job.

This case, which could be the basis of a ground-

breaking court ruling on "reverse discrimination," illustrates how some are souring on DEI. A 2024 Pew Research Center study found that only 30 percent of Americans feel that DEI helps white women, while 25 percent of Americans claim that it hurts them.

However, women who focus only on the racial or sexual orientation aspects of DEI initiatives are shooting themselves in the foot. Women continue to be harmed by sexism today. In the U.S., 58 percent of all college degrees are given to women, yet only 10 percent of Fortune 500 companies

have female CEOs and only 22 percent of board positions are held by women. These numbers emphasize how women are consistently passed up on promotions and job opportunities even when they are qualified, an issue DEI aims to address.

To keep DEI alive, Berkeley High School students who benefit from the environments that DEI initiatives nurture must actively advocate for its survival. To protect DEI, BHS students can attend protests, write letters to local representatives, and stay informed on the future of DEI in today's uncertain political climate.



EDEN MIDDLESWART

THE SELF-CARE CHRONICLES

HANNAH SUMNER



What do a cluttered work space, a sloppy table, and lots of excess noise have in common? Besides the fact that all of them could be fitting descriptions of my room during finals, these can all be classified as "bad environments." I have come to realize how much a change in environment can change your mood and how one's environment relates to self care.

Being in an environment that you don't like or that doesn't make you feel productive is detrimental to your environmental self care. Almost like how you wear clothes that you like in order to feel your best, environmental self care is all about creating a space around you to nourish your well being. The space that you spend the most time in should be one that energizes, stimulates, and nourishes your soul, instead of a bad environment, where you end up feeling more stressed than relaxed. Also remember that different environments are great for different things.

How do you find an environment that is right for you? While there is unfortunately not a straightforward answer, there are many things that you can do in order to find a space that works for you. One thing you can do is identify what you want and what you need. This one definitely depends on the situation. For example, I like to work in my living room so that I am not distracted by things in my bedroom, but I would much rather relax in my bedroom because I want to be in a cozy space. Speaking of working and bedrooms, did you know that it is scientifically proven that working in your bedroom leads to less productivity and sleep? For more information, I would check out the American College of Healthcare Service's article on this topic. Another thing you can do to improve your environment is by adding unique and personal touches to your space, whether it be adding posters from your favorite musicians or shows, pictures of your family and/or friends, plants, or whatever thing will make you feel joy when you are in that space. Sometimes the smallest changes in your environment have the biggest effect.

Your environment does not have to be limited to your home. Sometimes a change of pace is all that is needed to bring a newfound level of focus and clarity to one's work. There are so many places to go when you feel cooped up. For example, museums are amazing at sparking creativity and re-finding the wonder you had as a child. Going to a new restaurant that nourishes your soul by trying new flavors and by providing you with delicious food, or visiting a local landmark to see what the Berkeley environment was like before you were born are also great places. Overall, an environment plays a huge role in your physical and mental well being. Taking the time to create a space that is right for you can make you feel more focused and relaxed. This, in turn, promotes the self-care that is crucial for our wellbeing.

From lip gloss to mascara: Clean beauty isn't so clean after all

BY RIGZIN GYALTSEN
staff writer

In recent years, the clean beauty movement has expanded and made its way to major retailers and brands. On the shelves of Sephora at Fourth Street, located in West Berkeley, many brands have large signs saying “Clean at Sephora.” Retailers such as Target and Ulta now have their own clean beauty categories as well. However, all the label “clean” means is that products aren’t animal tested. There are countless other issues in the market, such as worker’s rights and unethical sources. The term “clean beauty” must raise brands to a higher standard of morality, encouraging them to take ownership of all actions that may be unethical or wrong.

In 2003, the European Union passed laws that definitively banned animal testing. However, other large contributors to the beauty market, such as the U.S. and China, have yet to ban animal testing. Hence the clean beauty movement emerged, with companies wanting to appeal to concerned consumers who don’t want to

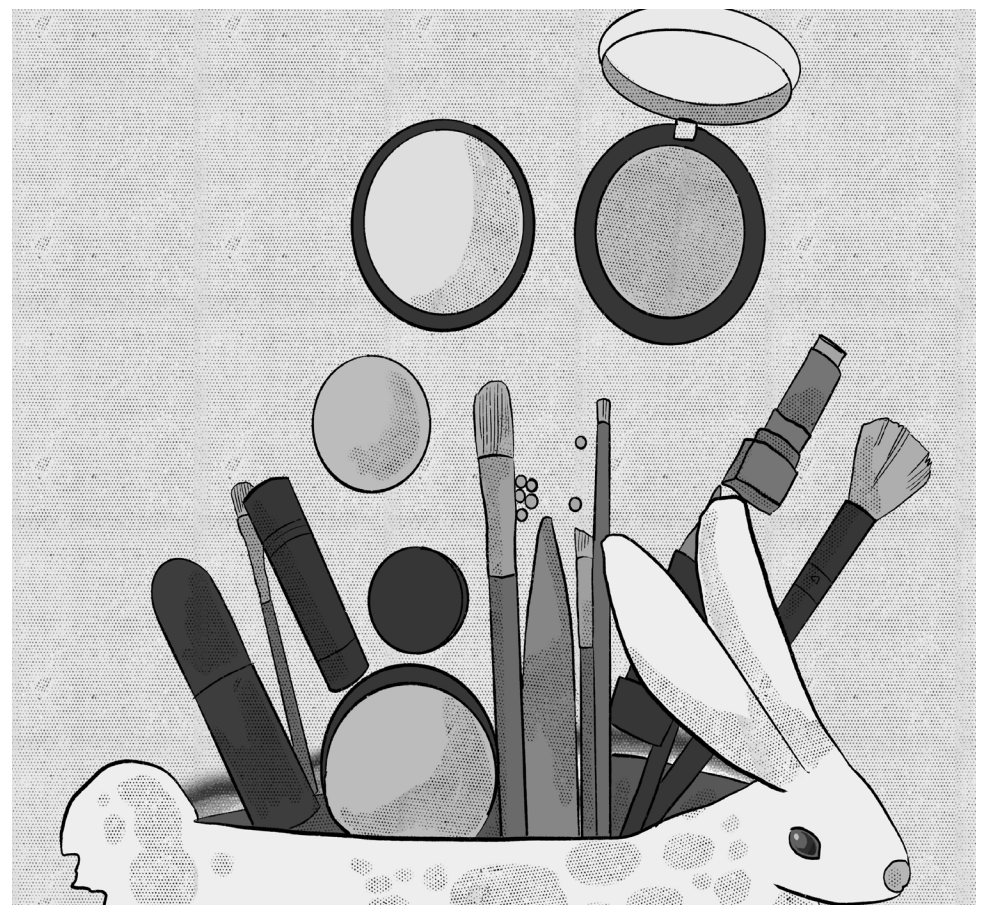
buy products with harmful impacts. Brands are “clean” when they commit to stop testing their products on animals. Some brands like L’Oréal, Saie, and Glow Recipe have made this commitment, but other large beauty brands such as Chanel and Calvin Klein Beauty have yet to follow.

But clean beauty isn’t all that it seems. With no universal definition, brands and storefronts interpret the term in different ways. In several storefronts such as Target, L’Oréal Paris is labeled as “clean beauty,” implying that they are an ethical brand — but this simply isn’t the case. To create their luxury perfumes, L’Oréal requires thousands of tons of jasmine flowers from Egyptian farms where children as young as 10 work countless hours, some waking up at 3:00 a.m. to pick jasmine. This is completely unethical, and draws into question what clean beauty truly means. Many brands have commitments, and in L’Oréal’s case, one of their commitments is to “respect human rights.” However, this is a commitment L’Oréal is violating. In other words, the many companies

in the clean beauty industry are being completely hypocritical.

Another brand that is in the “Conscious Beauty” section of Sephora is called Clean Reserve. Clean Reserve preaches their ethical takes on their brand, such as non-toxic paper packaging, “sustainable” ingredients, and of course, being cruelty-free. But the reality is that they simply don’t practice what they preach. Many of their most popular perfumes are based on sandalwood, a severely endangered plant. Sandalwood has been endangered for decades, and the local government in Australia has known this for nearly a century. The sandalwood population is expected to decrease by 90 percent because of commercial use, land clearing, etc. When brands like Clean Reserve use their “sustainability” to fuel their identity, it’s ironic that their practices are completely unethical.

Additionally, in order to achieve an equitable and fair understanding of clean beauty, the term needs to be better defined and set in stone. Whether this be a universal organization or legislature that defines clean



JAY TRAUNER

beauty, it must be something that can easily be distinguished and proven by brands to truly keep companies clean. Moreover, companies should be required to have more specific labels and become more transparent about their labor and sourcing standards.

As one of the main con-

sumer bases of beauty products, young consumers have the power to hold these brands accountable and can make sure that brands follow ethical production guidelines by speaking out against brands and boycotting those with damaging policies. Students should share information about

brands that are not truly clean and encourage others to boycott them.

To end this hypocrisy, we must create universal terms and agreements in order to hold all brands accountable for their actions which will help protect the workers, the consumers, and the environment.

Prom is a classic teenage tradition, but lacks accessibility for all

BY SORAYA JUNE BERENT
staff writer

In high schools across the country, prom is the pinnacle of the teenage experience. It is an adored and extremely important part of the high school culture. From going dress and tuxedo shopping to promposals, prom is full of traditions associated with being a high schooler. Prom has represented a big milestone in a high schooler’s career and is a huge event that high school students, as well as children and teens all around

the United States, look forward to. In recent years, some of prom’s magic has faded. The gender norms that prom carries, as well as being an overly expensive event, have many high schoolers and future prom attendees questioning whether prom has any real value. For prom to continue being the main event of a teenager’s life, it needs to become much more financially accessible and inclusive for all students.

While the idea of prom is appealing and exciting to many teens, there are many obstacles students face before attending prom. For one, prom is extremely expensive. At Berkeley High School, prom tickets cost between \$80-85.

Reduced-price tickets are offered, but only to students who qualify for free and reduced meals at BHS. Adding to that is the expenses from an attendee’s outfit, which can cost more than one hundred dollars. Furthermore, many high school proms are hosted in larger and more expensive venues, which increases the ticket prices. The total cost for BHS to host prom annually is \$64,000. Renting out San Francisco City Hall uses one-fourth of BHS’ budget, which increases the price for individual prom tickets. All these variables affect the students hoping to go to prom, creating stress for those who can’t afford all the

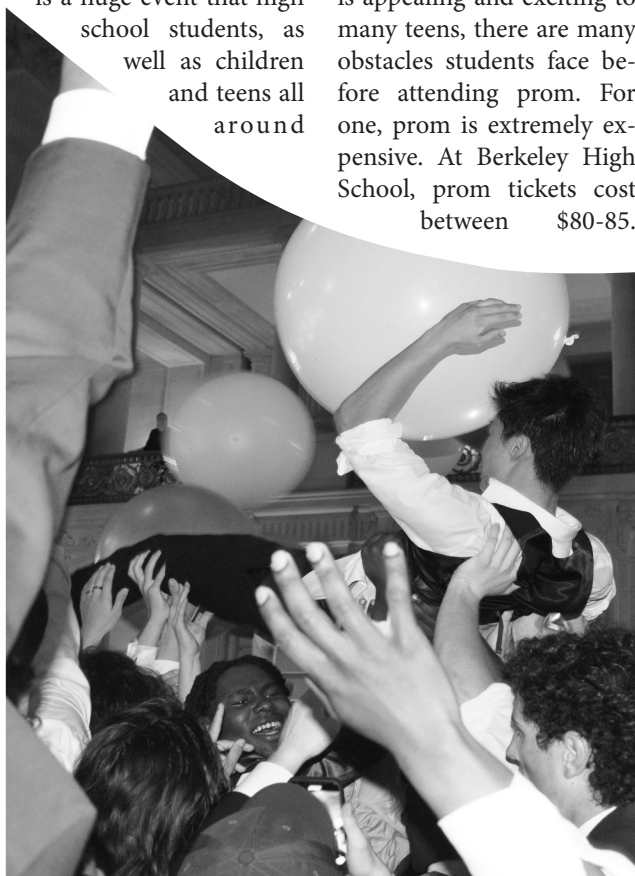
costs involved in attending, while simultaneously lowering the percentage of the student body who decide to attend.

Throughout its existence, prom culture has carried very gendered stereotypes and unwritten rules that create a less welcoming environment for those deciding whether or not to attend. This proves to become a barrier for many students. In American culture, there is a cultural expectation that the man in the relationship should be spending the most money. Due to prom’s extremely high cost, this

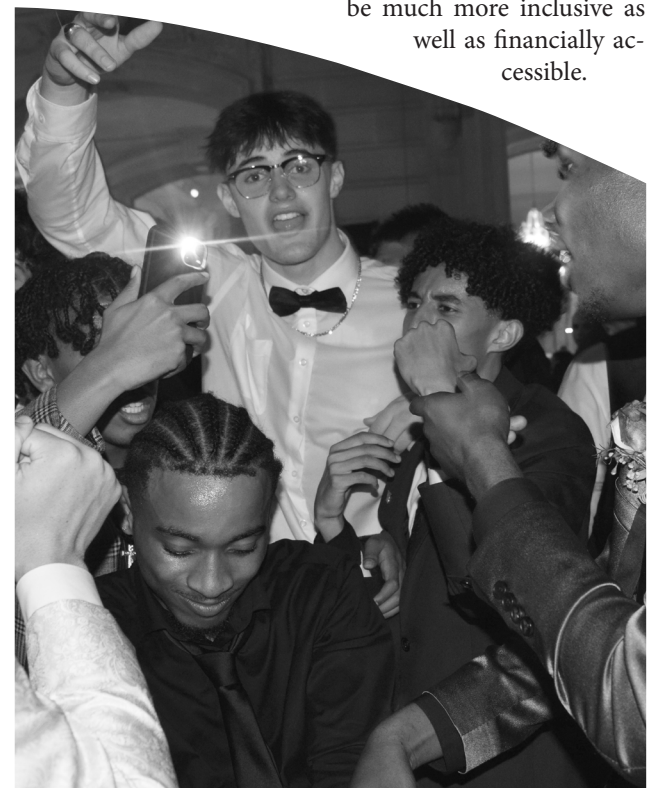
creates a dilemma for teens who simply don’t have the funds to pay for the entirety of their prom necessities as well as their date’s. Additionally, attending prom can become a source of anxiety and pressure around finding a date, or choosing to go with a date at all. Prom is inherently a couple-gear activity, reinforcing outdated norms around high school relationships. Many students aren’t involved or interested in a relationship, and due to prom’s centering around couples and romantic relationships, students feel like

they’re socially obligated to find a prom date. These gendered standards create a less inclusive space for prom attendees, lowering the event’s popularity.

Prom is an event that many are very attached to, and it has become the quintessential high school experience. Many future attendees view prom as an important teenage event and closely examining its issues can sometimes lessen its magic. Nevertheless, to create an enjoyable prom for as many high school students as possible, the culture around prom needs to be much more inclusive as well as financially accessible.



The class of '24 and '25 have the time of their lives at last year's prom, at San Francisco City Hall on Saturday, March 23, 2024.



COURTESY OF ELLA ZARAGOZA-AARON

EDITORIAL

Berkeley must direct attention to Civic Center Park encampment

Half a block from Berkeley High School lies the Civic Center Park homeless encampment. This encampment has become a topic of concern regarding its impact on student safety, which was addressed at a recent Berkeley community meeting on Wednesday, Feb. 26th, 2025. While there are useful city initiatives to help unhoused individuals living in encampments such as this one, the City of Berkeley can and should do more to ensure public safety while working towards solutions for homelessness.

Public spaces like Civic Center Park should be safe and accessible for all members of the community. Yet, the prox-

imity of the encampment to BHS has created uncomfortable and dangerous situations for students. On Wednesday, January 29th, 2025, BHS Principal Juan Raygoza sent out an email reporting that a student had been “inappropriately touched” by a non-BHS community member while walking through the park. The person who harassed the student was not an encampment resident, but often frequented the area, according to the School Resource Officer Lino Guanaja. And, as a previous Jacket news article reported, encampment residents have even entered the school. The encampment has consequently become a significant concern, not only for Berkeley residents but also for BHS students who pass by it daily. It is understandable that this sense of danger may cause students to take detours to avoid the encampment, fearing harassment, and ultimately disrupting the school environment.

While the city has increased police patrol of Civic Center Park since these incidents, according to Berkeleyside, their other actions have inadvertently triggered a ripple effect. According to Andrea Henson, the Executive Director of Where do We Go, a non-profit dedicated to providing aid and legal support to unhoused people around Berkeley and Oakland, sweeps of nearby encampments led to some unhoused people relocating to Civic Center Park. “Folks who were in their 70s were dragging their tents across the street to Civic Center Park, where they’re at now, that’s how they all ended up there,” Henson said.

Residents of the encampment are undoubtedly in need of resources, such as access to interim or permanent housing, or mental and physical aid. According to a recent Berkeley City Council Report, the city provides support with housing application assistance, rent subsidy, and offers a shower program, among other resources. But these resources aren’t always as accessible as the city claims: instead of being offered temporary housing during encampment sweeps and closures, as the City of Berkeley promises, according to Berkeleyside, many houseless people have to relocate to other encampments. The city should focus on both creating and maintaining safer spaces and providing the unhoused community with opportunities for support.

It’s important to recognize the need for affordable and alternative housing and comprehensive services for the unhoused, but it is equally important to prioritize the safety of residents and students. The city needs to take stronger action while also working to find long-term solutions to homelessness, which might include deploying social workers on the ground who can directly communicate the immediate needs of the unhoused to the city. It’s time for Berkeley to adopt a strategy that addresses the needs of both the unhoused and the broader community.

Students who want to voice their opinions on or concerns about the encampment are encouraged to attend City Council meetings or write to the office of Mayor Adena Ishii.

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Women in Nature promotes inclusivity, empowering members

BY NIALA LENZ-RASHID
staff writer

“I think a lot of the nature clubs and backpacking clubs here are mostly men and it’s not like that’s a bad thing — men are welcome in our club. But we’re also mainly focusing on women also being able to get out there,” Olive Otto, Berkeley High School’s Women in Nature club vice president, said. “It’s very scary for women to be out in nature because it’s just not always safe for women and we hope to establish that (women) can do anything men do, even if safety is a factor,” Otto said. Otto and the club’s co-founder, Anisa Hackett, collaborated to create a welcoming and safe environment for BHS students, especially those who are female-identifying, to learn about and explore the nature around our Bay Area home.

“I thought it would be a great opportunity to spend time with people who you relate to and ... connect with

each other and nature more,” Otto said, “I think that the goal is to give us ideas for what we can do in nature and also give us a way to do it with people so we’re not alone.” Although it is unfair, oftentimes being a woman alone in nature can be scary, uncomfortable, and even dangerous. The BHS Women in Nature club tackles this by motivating female students to explore together, looking out for each other and becoming more comfortable with the outdoors.



Anisa Hackett

By integrating themselves more into the outside environment, students are able to gain more perspective and experience with adventuring alone.

“Being around nature is really important and you should spend time in nature and not just in your house,” Otto said, “Most of the time when I’m in nature I’m on a hike with my parents and now it’s for a club at school with friends my age.” Members of Women in Nature are invited to explore nature and appreciate the beautiful Bay Area outdoors. Being able to hang out with friends and peers who share

similar interests while getting exercise and some fresh air gives members a high incentive to get outside and experience nature, especially now that spring is on its way.

“I was intrigued (by the club) because it was something my friends were interested in ... and it was something ... that involved getting off my phone and being in the wild,” Samantha James, a BHS sophomore, said. Club members like James discussed how this club has given them an activity that allows them to break the strong pull their screens have on them as teenagers and immerse themselves in an inviting community that appreciates their perspectives and ideas. “We just had one meeting and we discussed different places that we would go to with the club members and everyone had fun ideas for different nature spots that we could go to,” James said, “I would say every member can contribute to it and everyone’s welcome to share their ideas.”

Hackett discussed how she



Olive Otto

created this space as a way to empower women and give them an opportunity to connect further with the outdoors and with their female peers. “It creates a really safe community for people to come together and feel safe and valued in nature,” Hackett said. The Women in Nature club has only had one meeting so far, but has begun planning and organizing many excursions where members can explore beautiful landscapes surrounding the Bay Area while uplifting the female community at BHS. “I hope that (the female community) finds a place where they feel welcome and able to share their views,” Hackett said. Especially with summer quickly approaching, there is time for teens to venture out into the numerous areas in nature with friends — gaining new experiences, healthy exercise, and connection with the female community present at BHS.

PHOTOS BY ZIVA AMENDOLA
staff photographer

Women's History Month Student Art Submissions



Ada Lovelace, the first computer programmer.

LUCINDA MACLANE



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MAKING THEIR MARK: BAMPFA SHARES EMPOWERING WOMEN'S STORIES

BY DAMON HUNT
staff writer

PHOTOS BY LEO OSTROY HARP
staff photographer

"Horizons" (1971) by Joan Semmel utilizes both traditional realism and abstraction of color. Part of the larger "Echoing Images" collection, this piece exposes the fact that women are often drawn and portrayed in art as the subjects, but are rarely the artists, directly aligning with the exhibition's overall message. She juxtaposes these two contrasting ideas by painting from a first person perspective, highlighting that women are often subjects of art, yet their own perspectives are often overlooked.



"Joanne in the Canyon"
by Elizabeth Murray, 1990-91

Recently, the Berkeley Arts Museum and Pacific Film Archive (BAMPFA) showcased the "Making Their Mark" exhibition, displaying the work of impactful female artists in honor of Women's History Month. The exhibit highlights the artistic genius and innovation of female artists that have often been overlooked for years due to gender-based discrimination within the art world. With this exhibit, artists break through prejudice with their creative work centralized around being resourceful and using whatever is available.

"Making Their Mark" was partially created in order to address a staggering and alarming statistic about the disparity between men and women on the global stage of art. According to a study by the Williams College of Art in 2019, only 13 percent of art acquisitions by the top 26 American Art Museums between 2008 and 2018 were produced by female artists. In response, former business executives turned art collectors Komal Shah and her spouse Gaurav Garg collaborated with BAMPFA to create the Shah Garg collection, a gallery adorned solely with the work of women artists. Furthermore, as a tribute to Women's History Month, the museum and Komal Shah hired Chief Curator Megan Norton to select a variety of artworks that were especially connected to the core themes of the collection for the "Making Their Mark" exhibition.

"One of my biggest hopes for this exhibition is for every young girl and woman who visits this show to walk away feeling empowered and inspired. 'Making Their Mark' is a testament to the power, value, and talent of women. I want this show to uplift the voices of the artists who are included, and for these artists to in turn raise up the women who encounter their works," Shah said.

As well as providing an engaging experience for the viewer, those behind "Making Their Mark" have found a way to benefit artistic youth at Berkeley High School. On Wednesday Nov. 6, 2024, students of the Arts and Humanities Academy AP Art Class explored the exhibit and created an artwork inspired by one from the collection. All of the works will be displayed at BAMPFA upon completion, a priceless opportunity for young artists to expand their horizons.

The exhibit succeeded in inspiring young female artists. BHS senior Madelline Melendez's artwork pays homage to the challenges women face through her textile artwork.

"I wanted to give another perspective on (the way that textiles reflect the human experience). So mine is supposed to be in the shape of like a baby that's been swaddled, and it also shows the different dilations that women go through in labor, to show the transition between child and motherhood," Melendez said.

According to students participating in this project, one of their favorite aspects is that they have been able to broaden the variety of media they work with, both in creative style and the physical material. For example, Colin McAllister, a BHS senior, very rarely experiments with abstraction. However, because of how abstract the theme he was working off of was, he needed to adapt.

"I also really enjoyed stepping out of my comfort

zone with this, because it's more of an abstract piece," McAllister said.

Nova Duchateau, also a senior at BHS, greatly enjoyed expanding his artwork into the realm of abstract expression. "I don't usually do abstract and so I got to try new methods I hadn't tried ... I just tried a lot of different things, and I painted a lot more loosely than I usually do," Duchateau said.

According to Norton, the displayed artworks were chosen from the Shah Garg collection to illustrate the ways in which remarkable female artists have challenged patriarchal standards of art.

"It's about how their work transcends these regimented systems that the art world has prescribed," Norton said. Norton also discussed the importance of demonstrating the unique and beautiful creativity of female artists in the setting of a curated collection.

Visitors of this exhibit were struck not only by the breadth and diversity of the showcased pieces, but also by the variability in how the artworks are displayed. "I like the variety. And I really liked the three dimensional kinds of artwork ... I think they did a really masterful job of displaying big, big artworks that you don't usually see," Alec Dara-Abrams, a BAMPFA visitor, said.

According to another guest, Diz Swift, the artwork is incredibly visually interesting because of its expressiveness and poignance, and because it displays the vast time period that female artists have created art with diverse mediums and creative techniques.

"Seeing the length of time that women artists have been so productive in such a wide variety of ways, not really representational art, but some beautiful, abstract, expressionist ... it's very evocative," Swift said.

Ellie Penner, a PhD student at University of California Berkeley's graduate program of art history and the docent of "Making Their Mark," provided her academic interpretation of the meaning of the collection and its connection to women's history.

"I think this exhibition, honestly, does tell a lot of stories that haven't really been told in museums before — and so it has a very didactic function of teaching in some ways, and then at the same time, it's very expressive and immerses you in color and form," Penner said.



FRAME ILLUSTRATION BY JESSE LEE



"Untitled" by Madelline Melendez, 2025



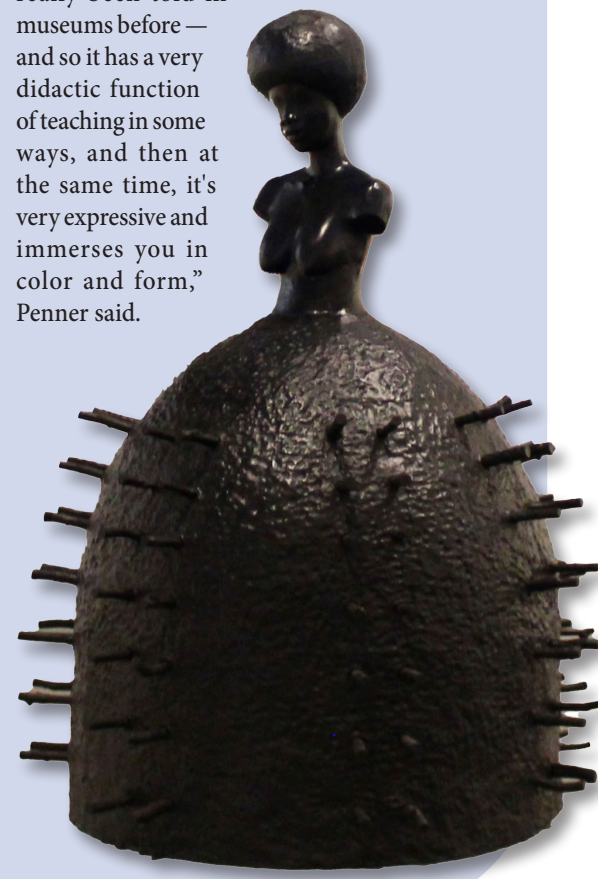
"Save the Babies" (1992) is a quilted art piece created by artist Elizabeth Talford Scott. It is centered around the trans-Atlantic slave trade, and emulates the idea of using what is available in any given scenario. The quilt's shape alludes to a shield, representing women's care and protection of children, in addition to their general healing and utilitarian skills.



"Untitled" by Judith Scott,



"For Améthyste and Athénaire" (Exiled
Muses Beyond Jean Luc Nancy's Canon),
"Anacaonas" by Firelei Báez, 2018



"Stick" by Simone Leigh,

UNDERRATED SHOWS STARRING THE UNDERREPRESENTED: NIMONA

THEO BECERRA



Originally a graphic novel published in 2015, the Netflix film (released in 2023) “Nimona” is an animated movie that takes place in a dystopian world of futuristic and medieval elements. This movie follows the story of ex-knight Ballister Blackheart, who was accused of murdering the Queen. In retaliation of this he becomes a villain of sorts, although he is really bad at the whole ‘evil’ thing. Enter: Nimona. They are a shapeshifting, anarchist teen who lives off of chaos and destruction. They force their way into being Blackheart’s henchman, and together they commit a series of crimes (much to Blackheart’s disapproval) all the while trying to figure out who framed Blackheart as a queen killer.

This movie has many queer characters in it, although it is portrayed in a unique way. Blackheart has a background romance plot with his ex-best friend, now enemy, Ambrosious, as he thinks Blackheart is actually evil. Nimona is a shapeshifter, which is used as a metaphor for being transgender, or in this case gender-fluid, shifting from animal, to teenage girl, to young boy in a matter of seconds.

The environment of “Nimona” is an excellent example of society today, having the system in which they live being evil. Through the lens of good and evil, the viewer learns to see in shades of grey, concerning what actions are good or bad. Arguably tormenting knights as a dragon would be bad, but not if it served as a means of protest. Because Nimona is magical, they are seen as a threat that needs to be exterminated. There is a theme of forced conformity but the fight against it, mostly being seen in the book the movie is based off of.

In the book, Nimona’s backstory of why they can shapeshift is very different from the movie, involving genetic mutation by the government instead of being a mythical creature. Either way, they were created as a weapon for the city, but decided to fight against the system and dismantle it. This movie, despite its target audience being children, is a deep metaphor for how to fight against a system that promotes only two options, good and evil, or male and female. The protagonists exist in a between space which they use to their advantage to try and topple the evil government they live under.

I really loved the way this film portrayed Queer people, as their identity wasn’t the central focus, but rather another additional layer to the story. It doesn’t make a big deal out of the romantic part of the relationship between Blackheart and Ambrosious, but rather the fact they are on opposite sides. It is a funny and heartwarming story that puts a spin on the classic dragon and knight tale, that kids and adults will enjoy. I would strongly recommend watching it!

WSU events bring sisterhood to BHS

BY TEJAL DOPMAN
staff writer

Co-vice president of the Women’s Student Union (WSU) and Berkeley High School sophomore Sophia Koshland shared her opinion on why it’s important to celebrate Women’s History Month. “(The month) helps us continue to fight for our rights, and just a reminder of how much work has been put in to give women the rights that we have today,” Koshland said.

Co-president Phoebe Dedlow, a BHS senior, explained how at times, talking to a student from the WSU about any concerns may be the ideal option in comparison to other resources, such as staff or parents, as the peer-centered view feels more approachable to some students.

“Since our club leaders are not mandated reporters, but we’re very informed and know a lot about the reporting system and processes, we can be a resource for people to talk to without having to talk to staff (who are mandated reporters),” Dedlow said.

The WSU focuses on teaching others about their

rights and acknowledging how many individuals and groups had to fight for the rights that women in the U.S. have today. Eve Eyal, a BHS sophomore and other co-vice president of the WSU, described how Women’s History Month has impacted her.

“It shows how (women) changed the world ... because sometimes that can be overlooked,” Eyal said.

Similar to Eyal, BHS freshman and WSU member Anya Wagner feels that Women’s History Month does not always get the recognition it deserves. “There were so many things that happened to us, and they just get overlooked, and people’s ideas get overlooked because they’re women,” Wagner said.

Women’s History Month is a way for all to learn about how many women have had to work to be recognized as more than the stereotypes that they are portrayed as. “It’s really important to have a month designated to celebrating women’s history because it just ... forces people to reflect on all the positive changes that we’ve made in the past,” Dedlow said.

For Women’s History Month this year, the WSU



WSU collaborates to host March fair.

TESS PETT-RIDGE HENNESSY

hosted a fair on Monday, March 10, 2025, along with other clubs at BHS that focus on equality and reproductive health for women, such as the Gender Equality and Sexual Harassment Advisory Committee (GESHAC) and Women of Literature. BHS senior Anita Marie Julca, who attended the fair as a representative of the GESHAC, described the goal of the fair.

“Today we really want to change the culture and inspire a lot of sisterhood,” Julca said, “If we want to attack the issue of gender based violence and sexual violence ... we have to focus on community and building those bonds so we can all be stronger together.”

One of the fair’s most popular spots was the flower bouquet making station. According to Julca, the flowers were there to symbolize the resilience of women

throughout history and the ways in which women create beauty and growth in every situation they encounter, no matter how adverse.

In past years, the WSU has made once a week videos that will go in the bulletin about a woman in history that they think deserves to be recognized. This year they have decided to keep with the tradition and promote a variety of women who have accomplished much in their lives. “We’re doing (bulletins) once a week about a woman who’s had a lot of influence on expanding equality in the past,” Dedlow said.

The WSU is a group of young women that want to help make BHS a safe and judgement free place for anyone who identifies as a female. “(The WSU) makes me feel like I can do my part to make this school more safe for everybody in it,” Koshland said.

Gina Woodward: Fitness & empowerment

BY AMELIE SHEARS
staff writer

Gina Woodward is a professional soccer athlete and a University of California Berkeley alumna. She played professionally with the Bay Area Breeze, a professional women’s soccer team based in Hayward. Woodward has also played for semi-pro level teams like the San Francisco Nighthawks and San Ramon FC. Currently, she is training with The Town FC, an upcoming professional team. She has worked as a youth director for Spurs FC, a youth competitive soccer league based in the Bay Area, and as a performance and injury prevention coach. Woodward now coaches at East-

hore Alliance FC as a coach and Certified Strength and Conditioning specialist.

Woodward, along with colleagues, opened up the PhaseFit gym, located in Albany, in July of 2019. She explained it was a multifaceted inspiration, as she had always wanted to open her own gym. When the gym she was working at was shutting down, she was offered a building to open up her own space. “It was one of those blessings in disguise ... I had never had the guts to do it on my own,” Woodward said, “I got pushed out of my comfort zone, and it was exactly what I wanted, and I’m so happy with what happened.”

As an athlete herself, Woodward is committed to “encompassing total human

performance” at PhaseFit. “It really hits me ... deep when I get my female athletes in here that are injured ... I really want to help them ... take care of themselves, not just see themselves as a performance vessel,” Woodward said. Woodward also talked about fostering a sense of community in the gym. She explained a big part of making connections at PhaseFit is asking people how they’re doing, and making space for them to bond with each other. “It’s people sharing that post-workout moment of ‘we accomplished something,’” Woodward said. “A lot of people come to the gym not just to get stronger and healthier, but also to have an escape from what’s behind that other side of the door. I think understanding and acknowledging that some people might not be having the best day, or some people come to the gym because this is their safe space, (can ensure) they feel welcome,” Woodward said.

As a woman in the fitness industry — a line of work that is predominantly male — sexism is unfortunately common. “A lot of times, we’re called bossy when we’re being assertive and kind of strong-minded.

I think it’s just a continual journey to stick to my truths, stick to what I love to do, and not let that outside noise affect me, which I think is something to be said for all of us women in these male-dominated industries,” Woodward said.

Woodward also talked about how big of a role fitness plays in empowering women. “You have control over your body, to be healthy, to be able to do things, to be resilient to things. And we already know a woman’s body is pretty awesome,” Woodward said, “I don’t see what else is more empowering than loving your body and loving what it can do.”

Having started the PhaseFit business in 2019, Woodward has experienced both challenges and accomplishments with the gym. “I’m most proud of the fact that we are growing like we are. We are successful. We made it through (COVID-19), which is crazy,” Woodward said, “Something that makes me just so happy is the fact that we need a bigger space because of the desire for people to come train here (and) just seeing the value that we bring to people so much to the point that we are able to grow and find a bigger space.”



Gina Woodward’s gym supports female athletes.

USNEA MCEWEN

UC Berkeley hosts book talk starring author Jamaica Kincaid

BY SOPHIE CRANLEY
staff writer

Jamaica Kincaid is an Antiguan American author who explores colonialism, power dynamics, and the concept of family in her books, essays, and poems. Her writing is often described as humorous and eloquent. Kincaid is known for speaking on complex issues in a deceptively simple writing style. On Wednesday, March 12, 2025, she spoke in a book talk at UC Berkeley in a conversation with Stephen Best, another acclaimed author and scholar. Kincaid talked about her life and career as an author, as well as gave her opinions on modern-day politics.

Kincaid was born on Wednesday, May 25, 1949, in St. John's, the capital of Antigua. She grew up in Antigua under British colonial rule, a topic she has covered extensively in her writing. She was sent away by her parents at age 16 to work and was supposed to send money to her family back home. Kincaid has grappled with the feeling of resentment and betrayal towards her parents, specifically her mom, to this

day, and spoke openly about it in her talk. While sharing a photograph of her, taken right after she learned she was going to the United States, she said, "What perhaps isn't so evident to a viewer, but very present in my memory and in my heart is the feeling of betrayal, of being sent away and into the world." She wrote about family dynamics and mothers in her stories, including the short poem "Girl," which Berkeley International High School (BIHS) tenth grade students study in Global Literature.

"What perhaps isn't so evident to a viewer, but very present in my memory ... is the feeling of betrayal,"

Jamaica Kincaid
Antiguan American author

talk, Kincaid spoke about the micro-aggressions she experienced growing up under British rule. She shared the street names still burned in her head after all these years. Next to her home was

Hood Street, named after John Hood. John Hood was known for finding a ship of slaves in Spain, capturing them from

"All of us had the same education, but it was an education about England, and it really did not encourage self reflection."

Jamaica Kincaid
Antiguan American author

the Spanish, selling them, and taking the money back to England. Queen Elizabeth I knighted him for discovering a new form of trade. "We lived within our own literary hell to memorize the dates and the names of all these people," Kincaid said.

A signature of Jamaica Kincaid is her refined way of speaking, both on text and in person. When hearing her speak, how well she paces her thoughts stands out. Best commented on this which segued into the Caribbean education system. Both Best and Kincaid expressed anger at the American and European perspective that people in Antigua lacked education. Best shared an

anecdote of calling his Caribbean-educated mother one day while he was in college, and they were talking about his assigned reading book, "Jane Eyre." His mother was shocked and said, "You are only reading that now?" and started laughing. His mother had read "Jane Eyre" in middle school in the Caribbean. His point was that the Caribbean, although flawed, was better than he and others gave it credit for.

They also talked about the Caribbean education system's origin as a curriculum assigned by the British. "All of us had the same education, but it was an education about England, and it really did not encourage self reflection," Kincaid said. Kincaid expressed that going through a British education was a constant stream of microaggressions. She recalled having to memorize "Daffodil," a poem by William Wordsworth, despite never having seen a daffodil herself — daffodils are an English flower and don't grow in the Caribbean. Kincaid shared this story as an example of how young Caribbean kids were only taught through a European perspective instead

of their own.

The book talk was held at Zellerbach Theatre at UC Berkeley. The talk was sold out weeks before and on the day of, the room was packed with UC Berkeley students and general fans of Kincaid. One fan of Kincaid was a woman named Marris Micah. Micah has been transfixed by Kincaid's writing ever since reading "A

Small Place" as a freshman at UC Berkeley. As a writer herself, Micah is inspired by Kincaid's literary technical skills. Kincaid is one of the most celebrated writers of her generation for good reason. Her writing remains eternally relevant, exploring mother-daughter relationships, the roots of power in society, and personal identity.



Kincaid shares motivation behind her works.

LEO SMOCK

INTERVIEWS BY KESL HUMPHREYS
staff writer

WORD ON THE STREET

PHOTOS BY EZRA PAYNE
staff photographer

WHAT HISTORICAL WOMAN WOULD YOU TIME TRAVEL TO MEET AND WHY?

"I would like to meet Katherine Johnson, because she was the first Black woman to work for NASA, and she was vital in their mission to go to space," Berkeley High School sophomore **Carlos Zubeldia-Lippman** said. Johnson was a NASA mathematician who calculated orbital mechanics, but as an African American woman in the second half of the 20th century, Johnson faced segregation in the workplace. "I would talk to her about how she's put up with all the prejudice in the world," Zubeldia-Lippman said.



Traveling back in time to the late 1900s, **Serene Kimball**, a BHS junior, would want to meet American actress Shelley Duvall. Duvall is known for her roles in "The Shining" and "Popeye," as well as eventually becoming a producer. While in the industry, Duvall faced sexist discrimination during and after her career. Kimball highlighted the importance of her work. "The things she went through really helped set a new standard for treating women in the film industry," Kimball said.



Eduardo Gonzalez, a BHS sophomore, would like to meet Rosa Parks, "the first lady of civil rights." "I want to know what motivated her to do all this stuff and motivate people to move forward," Gonzalez said. Parks is most known for refusing to give up her seat to a white passenger in 1955, one of the events that led to the historical Montgomery bus boycott. Parks' activism helped ignite the Civil Rights Movement, which fought successfully for equal rights for African Americans.



BHS sophomore and musician **Judah Press** would travel back in time to meet legendary jazz singer Ella Fitzgerald. "I'm a jazz musician and she was a very influential singer, jazz musician, and composer," Press said. Known for her exceptional vocal range, and her flawless timing and tone, Fitzgerald stood out as one of jazz music's greats. Press recommends others to listen to "Summertime," one of Fitzgerald's classic jazz renditions, as a great introduction to her music and unique style.

Olivia Monika, a BHS freshman, would love to meet Virginia Woolf, a British author who pioneered new narrative devices and wrote many innovative novels. During their chat, Monika would want to discuss one of Woolf's books. "A Room of One's Own" is like an essay about what would happen if Shakespeare had a sister with the same amount of talent," Monika said, "I'm not sure I completely agree with everything she said, but it was interesting, so I would want to talk to her more about it."



"The first woman who came to mind was Harriet Tubman, because she had a lot of drive and did a lot to help a lot of people," BHS junior **J'Nyah Santos Barreto** said. After escaping slavery herself, Harriet Tubman played an important role in the underground railroad, leading dozens of enslaved people to freedom. During her 10 year run, Tubman encountered many dangers including the risk of re-enslavement. "(I would ask) what gave her the courage to do those things and how she overcame the fear," Santos Barreto said.



ENTERTAINMENT

ENTERTAINMENT EDITORS: AMAR WALKER & ANNIKA JOY

ANNIKAJOY@STUDENTS.BERKELEY.NET

APPS OF OUR CURRENT ERA: ACCEPT ALL COOKIES?

CHLOE PRENDERGAST



The title of this column happened to be something that I was just asked while researching this very topic. That's because in today's current era, "cookies" and terms of agreements have become a normal part of life for most. You can't open a new website without being asked a dozen questions about your data. If you're like me, this might scare you a little. I'm thinking: how many websites have my data? Should I be worried? So my paranoia took hold of me and I did some research. To start, your data is facts and information about your history online. For example things like your browser history, personal information such as your name or email and your overall preferences online. Do you ever feel like your phone is listening to you? Well, it probably is! Have you ever had a conversation with someone and then seen ads all over your phone about the thing you were talking about? That's your phone collecting data about you, pretty creepy right?

According to the Pew Research Center, 79 percent of Americans are concerned about how their data is being used online and six out of 10 Americans say it's impossible to go through life without their data being collected. The scary thing is that these statistics aren't just paranoia. Companies are collecting your data everyday and it's sometimes hard to say what for. Facebook, a very popular social media platform owned by Mark Zuckerberg, was accused of data mining its users (analyzing large databases to find patterns). Facebook was taking information such as name, age, relationship status, address etc. and selling it to advertisers, making \$40.6 billion annually according to the New York Times. It's sickening how much money they're making with our information, it's also terrifying what could be done with it. Imagine what could happen if something like your social security number or your credit card information got into the wrong hands.

Here's what to know the next time you get offered some cookies. First, check to see if they use first or third party cookies. First party cookies are generally considered safer, they are the bare minimum that are specifically set by the website. Third party cookies are what you should be more concerned about. They are created by other websites and are commonly used for advertising purposes. It's also very important to know that you can always decline cookies due to rules like General Data Protection Regulation, although the website might not function as smoothly without them. I know that none of us want to read through all the terms and agreements before accepting so as a rule of thumb I would say always decline when you can. Just remember, in a world of endless online opportunities, it's important to think about the impact of what you click on.

Female-directed films throughout history



1931, "Mädchen in Uniform," dir. Leontine Sagan

Based on the play "Gestern und heute" (Yesterday and Today), this German classic is about a relationship between two women who fall for each other at a boarding school and is often considered to be the first ever lesbian film.

COURTESY OF BILD UND TON GMBH

1953, "The Hitch-Hiker," dir. Ida Lupino

The first mainstream American female-directed film noir, "The Hitch-Hiker" was inspired by the story of murderer Billy Cook. It follows two friends who are kidnapped by a man on a trip to Mexico.



COURTESY OF RKO PICTURES



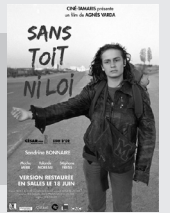
1966, "Daisies," dir. Věra Chytilová

Perhaps the most notable Czech New Wave film, this experimental comedy is a landmark in anti-censorship, avant-garde, and feminist cinema. It follows two girls who are on a mission to spoil themselves as a response to the oppressive Stalinist government of the time.

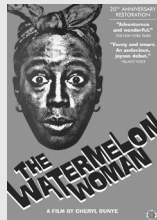
COURTESY OF BARRANDOV STUDIO

1985, "Vagabond," dir. Agnès Varda

In "Vagabond," influential French New Wave director Agnès Varda uses a documentary-esque style to chronicle the days that lead up to a woman's death, after she was found in a ditch.



COURTESY OF CINÉ TAMARIS



1996, "The Watermelon Woman," dir. Cheryl Dunye

In this mockumentary, Black director Cheryl Dunye plays herself as a filmmaker investigating the "Watermelon Woman," a representation of the racist mammy archetype portrayed in old Hollywood of Black women.

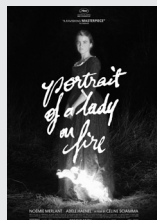
COURTESY OF FIRST RUN FEATURES

2009, "Jennifer's Body," dir. Karyn Kusama

This cult classic was originally received awfully by critics who saw it as a shallow horror exaggerated for sex appeal. It has now been reclaimed by women who enjoy it for its feminist subtext and campy horror comedy.



COURTESY OF 20TH CENTURY STUDIOS



2019, "Portrait of a Lady on Fire," dir. Céline Sciamma

This romantic drama is an intimate, tender portrayal of a painter who falls for a soon-to-be wedded young woman at the end of the eighteenth century.

COURTESY OF LILIES FILMS

— Sophie Mirza

BHS' HADESTOWN showcases student talent

BY SOPHIE MIRZA
staff writer

The Berkeley High School production of "HadesTown: Teen Edition" took place in the BHS Little Theater, on an extravagant stage with a unique set. The audience was completely full, and even from the back of the theater the view was striking.

The show began with an energetic opening song, immediately immersing the audience in the story. The chorus cast took up the whole stage and left the audience intrigued and excited for the story to begin.

"HadesTown" is a retelling of the Greek myth of Orpheus and Eurydice. It follows the romance between the two poor young people searching for an escape from poverty. "It has a lot of really interesting, relevant things that could reflect the political climate of today," Hades' actor, BHS sophomore Kirby Duncan, said.

The costuming was me-

ticulously designed to reflect the characters. Although the story takes place in Ancient Greece, it is very relevant in its commentary on capitalism and climate change. Gitty Duncan is the wonderful guest artist who coached the costume team. "There's a reference in the play to rattlesnake versus songbird. So (Hades) sort of embodies the vicious snake holding everybody in the underworld. And as his character changes and more of his personality is revealed, little by little he sheds his clothing like a snake, sheds his skin," Gitty Duncan said.

Student producer Lev Goldmiller said, "You can draw a lot of parallels of Hades' ethos to our current government right now." The reference to current politics was a large part of the performance.

After the opening scene, Orpheus and Eurydice are introduced, and at this point their characters appear lost and hopeless. In addition to the acting, the set design and props were remarkable;

for instance, Persephone descended from a train that actually moved. The effort put into staging was evident, particularly in the use of symmetry which brought unity to the workers in the chorus.

The music was elaborate, it played through almost the whole show and directly matched the tone of the story, whether a scene was upbeat or more somber.

Students and staff also put in much effort behind the scenes to actualize the production. "Last year I got to act in Urinetown and I don't think I realized all of the things that were hap-

pening behind the scenes," Goldmiller said.

Every line was delivered perfectly. The show had a unique mix of comedy interwoven in a generally sad story. "HadesTown: Teen Edition" was a wonderful showcase of talent and skill at BHS, something to be cherished and for the cast and crew to be proud of.

BHS sophomore actor Charlotte Donaldson said, "It's comforting that we continue to tell this story always with the hope that it will end differently, and that even if we reach the end and it doesn't, spring will still come again."



"HadesTown" cast raises a toast.

LUCAS THOMPSON

Patriarchy, protest, and preference: The evolution of the bra

BY ZOE DILWORTH
staff writer

A staple in millions of closets, bras are often given little thought, yet their history and current rhetoric go much deeper. Bras have existed in different forms across hundreds of years and many countries. From the bizarre bullet bras of the 1950s to the rise of supportive sports bras, the article of clothing has been considered both an act of rebellion and empowerment, and conversely, something that oppressively plays into the male gaze. Like with fashion as a whole, bras and the changing trends regarding them throughout history have been tied to social status, beauty standards, and even world events.

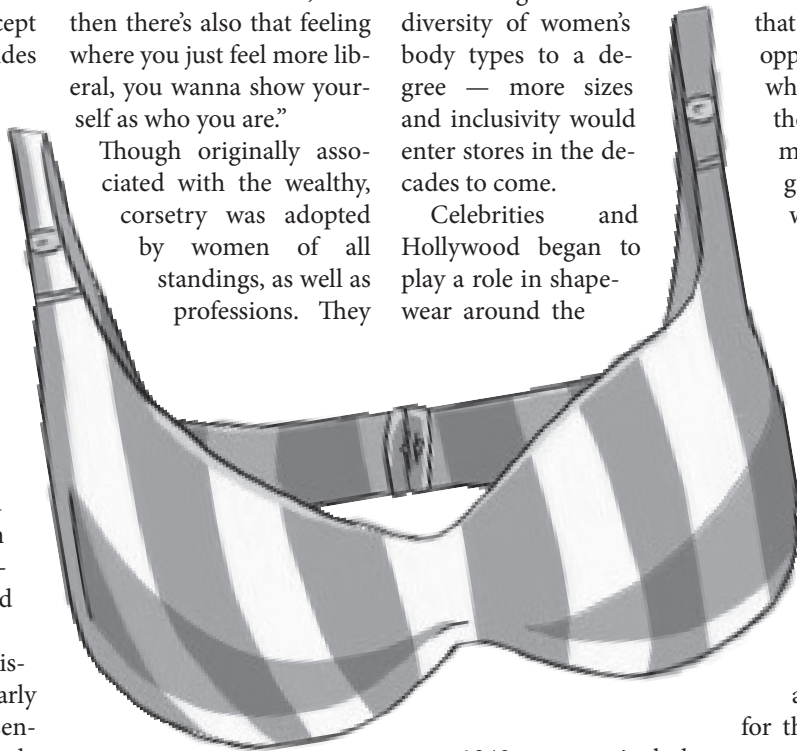
With something as ancient as the bra, it becomes difficult to pin down an exact date of origin or inventor to credit. The concept of a garment that provides support is simple, having existed since ancient times. From Greek strophion to Indian kuchabandha to Han Dynasty xieyi and moxing, evidence of ancient versions of bras can be found all over the globe, dating all the way back to 1200 BCE. These iterations were mostly in the forms of simple bands and wraps, and their function was similarly simple, being worn for exercise and for modesty.

Through the Renaissance period to the early 1900s, corsets were essential. Introduced in the early 1500s, they set an “ideal” body type for women, with a thin waisted v-shape silhouette. Tightlacing and firm boning provided structure and lift. As corsets have gone out of style, they’ve fallen into controversy. A number of period films depict corset-wearing women as being prone to fainting, with corsets as an oppressive, oxygen depriving and organ-squishing device. The prevailing sentiment is that the garment is one of many ways that the patriarchy has historically exploited and controlled women, even resulting in poor health. These points come up on the topic of modern day bras as well, though neither case is cut and dry.

“I know a lot of people talk about bra health, like, how always wearing a wire, or always having tight straps is just not great for the health,” Eryssa Uno-Keefe, a member of the Berkeley High School Women’s Student Union, said. Health is something that often comes up in the conversations around the value or failings of bras, and it’s similarly divisive. Uno-Keefe pointed to comfort as a big factor — some feel better with a bra, and others find comfort in the lack of one, and both are valid.

“(The no-bra movement) is not really for attention, but more, like, comfort is what I usually get out of it. There’s two parts of it, where you want to break the restrictions and have yourself feel more free, cause men usually don’t need to wear that kind of stuff. Which is like, ‘why can’t I do it too?’” Uno-Keefe said, “But then there’s also that feeling where you just feel more liberal, you wanna show yourself as who you are.”

Though originally associated with the wealthy, corsetry was adopted by women of all standings, as well as professions. They



were the daily supportive garment of the time, much like a bra; women would work and even exercise in them. Tightlacing, which fashion historians identify as the actually dangerous practice, was not the norm. Reports of permanent physical changes caused by corsets, such as organs shifting and damage to the ribcage, have been largely but not entirely debunked.

The origin of the brassiere is often attributed to two legends, one of 19 year old Mary Phelps from the U.S., and one of Herminie Cadolle

from France in 1889. Both involve the abandonment or cutting down of the corset, and both women were successful in business, with Phelps obtaining a patent for her invention in 1914.

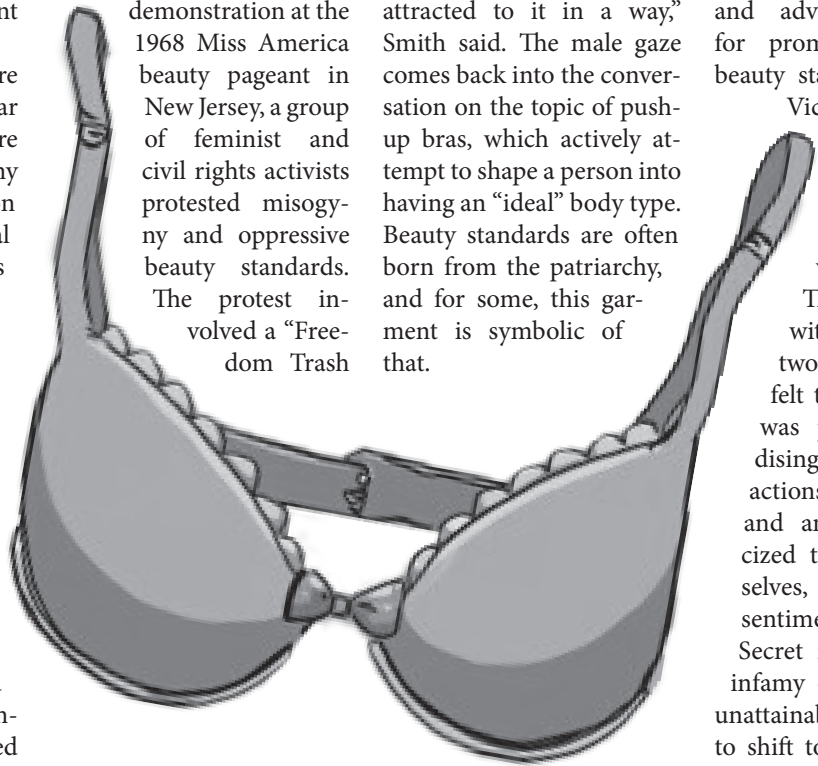
From there, corsets were on the decline. World War I saw women wearing more relaxed clothing as many were working in factories on the homefront, and metal shortages rendered corsets impractical. Soon after, the flappers of the 1920s truly marked the end of the garment. Flappers popularized a more slender, curveless build, and a more modern rebellious style, both of which were supported by bras rather than corsets. Starting in the 1930s, the ABCD cup sizing system emerged and would become the standard. This shift emphasized the value of a proper fit and acknowledged the diversity of women’s body types to a degree — more sizes and inclusivity would enter stores in the decades to come.

Celebrities and Hollywood began to play a role in shape-wear around the

1940s, particularly with the invention of the Cantilever or bullet bra, designed by aerospace engineer and apparent bra designer Howard Hughes. The odd, cone-shaped bra was debuted by actress and model Jane Russel, and would go on to be worn by iconic stars like Marilyn Monroe and Lana Turner. Bras had become a statement rather than a staple, and the article was reaching large platforms.

By the 1960s, bras no longer

held the freeing counter-culture association of the flappers, but had become something oppressive themselves. In an iconic demonstration at the 1968 Miss America beauty pageant in New Jersey, a group of feminist and civil rights activists protested misogyny and oppressive beauty standards. The protest involved a “Freedom Trash



Can,” where the women threw in various objects that symbolized female oppression — one of which was bras. From there, the “no-bra” movement reached greater heights, and would go on to be popularized once again during the COVID-19 pandemic. The movement is strongly ongoing; on International Women’s Day on Saturday, March 8, of this year, tens of thousands of women took to the streets of France in a feminist strike, and chose to go topless for their protest. The protest was anti-facist, reflecting concerns around growing Nazism both in Europe and the U.S., and Donald Trump in particular.

“There was a giant protest, actually against the U.S. government, where a ton of women didn’t wear their bras, and you can see on the sidelines just a ton of guys taking pictures and stuff,” BHS freshman Aleg-
ra Smith said,

“It’s interesting because it either goes kind of two ways.” “Either (men) feel disgusted with women that don’t wear bras, or they’re attracted to it in a way,” Smith said. The male gaze comes back into the conversation on the topic of push-up bras, which actively attempt to shape a person into having an “ideal” body type. Beauty standards are often born from the patriarchy, and for some, this garment is symbolic of that.

pany and their “angels” were criticized for years for lack of diversity, both in body type and ethnicity in their runway shows and advertisements, and for promoting unhealthy beauty standards. In 2023, Victoria’s Secret held their “Runway of Dreams” show, which featured models with disabilities. The show was met with backlash from two sides, one which felt that the campaign was performative and disingenuous with the actions of the brand, and another that criticized the models themselves, with the harmful sentiment that Victoria’s Secret models and their infamy — should remain unattainable. Despite work to shift towards a rebrand, following Trump’s orders to minimize DEI programs, the company has since removed the section of their mission statement that involved diversity.

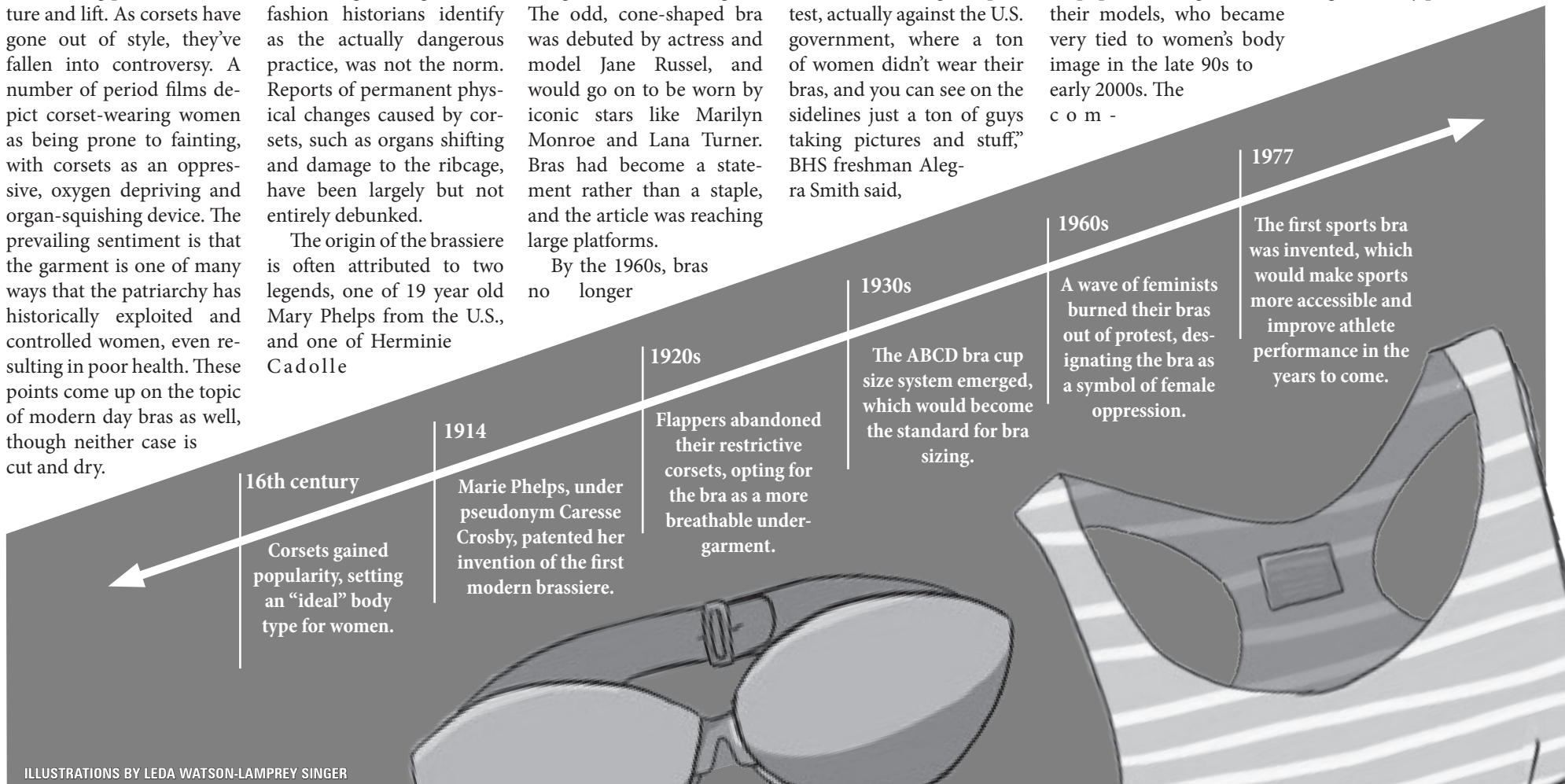
Since their invention, so much has and hasn’t changed about bras. Comfort is a growing value in the industry, and sizing is increasingly more inclusive. However, societal standards still weigh heavily. There’s an expectation for people to wear bras, yet not let them show, and it often comes off as a double standard.

“There’s a lot of stigma around (bras) because it’s like, ‘oh, that’s her personal stuff, you shouldn’t be able to see that.’ I think it’s just definitely a part of the way that they sexualize women,” BHS freshman Anya Wagner said. “I feel like the same thing goes for periods. Why should I have to hide my bra and be uncomfortable talking about my period?”

In contrast, a form of bra that was designed with empowerment in mind was the sports bra, which came about in 1977, taking up the rein where standard bras fell short. Sports bras can be credited to three female inventors, Lisa Lindahl, Hinda Miller and Polly Smith. Many professional athletes have praised the article for leveling the playing field, providing confidence and support.

Madonna is one celebrity in particular that, among other things, is known for destigmatizing bras. Reminiscent of those 1950s bullet bras, Madonna wore a cone bra to a concert in the year 1990, a look intended to promote female empowerment, and one that has since become embedded in pop culture.

On the flip side, Victoria’s Secret essentially created pop culture figures with their models, who became very tied to women’s body image in the late 90s to early 2000s. The
c o m -



The madwoman archetype in literature

BY CECILIA TILES
staff writer

In William Shakespeare's "Macbeth," the titular character's wife, Lady Macbeth, is often described as a "madwoman." She encourages her husband, Macbeth, to commit murder, and ultimately goes crazy and commits suicide. The so-called "mad" or "unhinged" woman trope has commonly occurred in literature, and can be dated back centuries. These stories tend to feature a female character, one who appears to have a shaky grasp on reality; whether that be an erratic, evil caretaker, or a woman slowly losing her sanity as she becomes more enthralled in a dangerous cult. But the "hysterical women" idea has been placed on women in society as well, as a harmful label and a way to invalidate a woman's emotions. While these books may be occa-

sionally disturbing, they are often extremely popular for the fact that they challenge and push the limits on conventional portrayals of femininity; something that so many readers, especially women, are desperate for.

Primary female characters are often portrayed as the helpless victim, the passive yet gorgeous love interest, or the kind and uncomplicated girl-next-door;

Not only do these novels push back against the restrictive ways women have been portrayed in the past, they also embrace the idea that female characters can be morally grey.

which results in a shocking deficit of genuine female representation. For centuries, the majority of mainstream female characters have been written by men, and not depicted authentically. Portrayals of women were often very similar from book to book, or mov-

ie to movie. This included trivial character traits like vulnerability, helplessness, and passivity. These features, in the past, have been enforced by societal gender roles, highlighting the difference between femininity and masculinity.

Modern books that embrace the "crazy" cliché are rebelling against previous ways women have been portrayed. The "madwoman" trope often depicts the heroines as irrational, unstable, and sometimes even violent; which are traits that are traditionally condemned in women and often more accepted in men. These characters are certainly not delicate or benign, less so are they flawless. As the popularity of this trope begins to grow, it's important to recognize that the madwoman trope most certainly has existed previously, but often in the role of the villain.

For instance, in Char-

lotte Brontë's "Jane Eyre," the character Bertha Mason coined the term "madwoman in the attic." Mason, who played an antagonist role, was portrayed as "mad," and a threat to the book's main character, Jane Eyre, who often struggled with being defiant throughout her adulthood.

While some of Bertha Mason's actions were questionable, including inflicting physical harm on others, the source of her supposed "madness" can be linked to the fact that her husband locked her up and isolated her. Bertha Mason's actions were a result of her husband's suppression, and act as a great contrast to the book's leading lady, Jane, a character with a tragic childhood, grapples throughout the novel with balancing her independence and the constrictions of society. "Crazy" Bertha Mason, a character who despite having little physical agency lives with more freedom to behave recklessly, juxtaposes Jane seamlessly.

Many popular pieces of

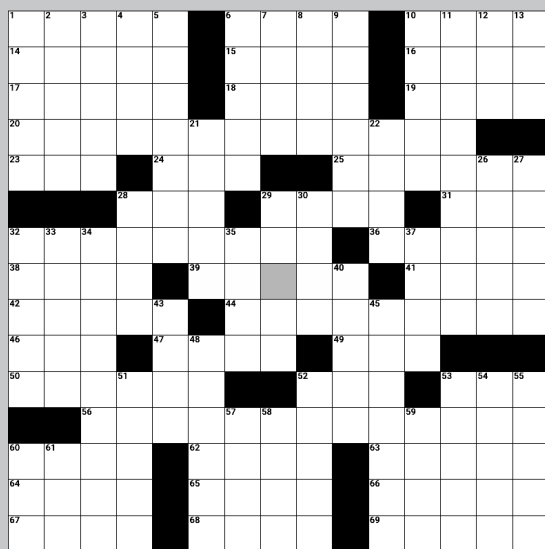


MORAL WALKER

modern feminist literature depict women similar to Bertha Mason, in that they are not entirely stable, but in the light of a main character as opposed to the antagonist. Not only do these novels push back against the restrictive ways women have been portrayed in the past, they also embrace the idea that female characters can be morally grey; that female characters and women in real life can be loud, aggressive, passionate and imperfect and still be human and be worthy of recognition.

Ultimately, the "madwoman" trope might not be for everyone. Often assisted by manipulation and violence, many of these novels qualify as horror. But still, they are a step in the right direction for more diverse representation of women in the media. These books embrace complexity and unpredictability in female characters that isn't often depicted. Hopefully many more books to come will continue to help remind the world of the importance of imperfect female characters.

THE CROSSWORD



ACROSS

1. Run away (with)
6. Parts of circles
10. Food brown eyes are compared to, often
14. Aquaman
15. Jacob's first wife
16. Ruffian
17. English and Virginia creeper
18. Concerning
19. Ye _____
20. Moses's chant
23. Sheeran and Sullivan
24. French essayist or rock band
25. Herzegovina's partner
28. Dickens alias
29. _____ Mawr
31. "I gotta dip"
32. Ice cold
36. Misspelling on children's Christmas cards
38. Lightbulb up top
39. Pen name
41. Brazilian soccer player
42. Not quite vintage
44. Stiffs
46. "I didn't need to know that"
47. Yugo's neighbor
49. Dorm VIPs
50. Publicly dislike
52. Important people in a will
53. Singer-songwriter Garfunkel
56. Folk composer
60. Spanish island?
62. Overdue
63. Price
64. "Have a nice _____!" (playground insult)
65. Sephora alternative
66. Fix a mistake
67. Write online
68. Egg on
69. What the sun does in the morning

DOWN

1. Author Zola
2. Adored
3. Leaves out
4. Sonnet or ode
5. "Careful"
6. UFO rider
7. Nevada city
8. Complain annoyingly
9. Country star Lynne
10. Posts in the early Internet
11. Chinese brew
12. Not Buddy!
13. Left no crumbs
21. That's amore!
22. Ages and ages
26. European boot
27. Actress Moorehead
28. Uninteresting animal?
29. "_____ it On!" (2000 movie)
30. Lined route
32. Death's opposite
33. Plant swelling
34. Tell a secret
35. Twelfth Jewish month
37. Pinterest and Notes
40. Foot on a font
43. High double reed
45. Went beyond, as a time limit
48. Action to save electricity
51. Day's march
52. Word used in a bakery pun
53. Titan who held up the sky
54. Reduce's partner
55. Kilmer classic
57. Angelic headwear
58. Jazzy James
59. Hindu garment
60. Addams' cousin
61. Short homophone of 59-down

— Violet Kessler

Women who left their unique mark on the fashion world

BY CEDAR GILMOUR
staff writer

From Coco Chanel to Michelle Obama, women in fashion have broken barriers and revolutionized the industry, paving the way for future generations. Whether as visionary designers or influential style icons, women in fashion have demonstrated that fashion is more than fabric. It is a powerful form of self-expression and change.

Gabrielle Bonheur



COURTESY FRIDA KAHLO

ized women's fashion in the 20th century. Chanel founded and is the namesake of the iconic French luxury brand Chanel. Chanel introduced practical, loose silhouettes, replacing traditional restrictive designs heavily influenced by corsets' popularity in the early 1900s. Chanel also played a key role in popularizing pants and menswear-

Obama's showcasing of mainstream brands proves that elegance does not require luxury labels.

inspired suits for women. Michelle Obama, the former First Lady of the United States, influenced fashion from the White House. Obama's commitment to uplifting up-and-coming American designers by showcasing their pieces helped to promote diversity and fresh talent within the fashion industry. She has famously been seen embracing affordable labels such as H&M, Target, and J Crew. Obama's showcasing of mainstream brands proves that elegance does not require luxury labels. Frida Kahlo was a Mexican artist best known for her deeply personal and vibrant self portraits. Kahlo's indigenous headpieces and flower

crowns served as symbols of femininity and expressed her connection to Mexican tradition. Traditional Tehuana dresses concealed her right leg, which was weaker due to polio. To support her spine after a bus accident when she was 18, Kahlo was forced to wear orthopedic braces, which she painted and decorated, turning them into artistic statements.

21 year old rising star Alex Consani represents a new generation

of inclusivity within high fashion. With her signature platinum blonde hair, Consani caught the eye of designers, while her witty personality made her a viral sensation on Tiktok. Consani is the first transgender model to receive the coveted Model of the Year award and she has walked for many major fashion labels. Consani has paved the way for trans representation to become a norm in the fashion industry.

COURTESY MAIN ROUSSEAU BOCHER

More than wins: The vital role of female coaches in sports

BY ALANA CORTES
staff writer

During the crucial developmental stages of an athlete's life, coaches can have a significant impact on their players and how they grow, not only as players but also as people. Coaches are key role models in an athlete's life, and they are the people who have the ability to shape and mold an athlete's path and relationship with their sport. According to the Women's Sports Foundation, there is a huge underrepresentation of female coaches across all sports, including both women's and men's teams. A female role model for young women in the form of a coach is important and can have lasting impacts on female athletes.

Armana Aradom is a track and field athlete who is also a junior at Berkeley High School. Throughout her years as a track athlete, she has been fortunate to have been

coached by women. She spoke on the relationships that can be built with coaches who have experiences similar to the athletes they coach. In particular, Aradom appreciates being able to relate to her female coaches in a way that she cannot with male coaches. "A lot of insight

41%
of all NCAA
women's sports
teams have female
head coaches

can be shared on things that impact women as they develop in their teenhood, and that can impact sportsmanship and just how we grow as athletes," Aradom said.

For Aradom, one of the big things that she was able to learn from her female coaches was how to build a relationship with nutrition as an athlete, specifically a female athlete. Aradom recalls being guided through misinformation by her coach. She remembers her coach telling her, "Forget everything that the media has ever told you about what to be consuming as a girl

and as an athlete. You need your carbs and calories," Aradom said, "having a woman who's strong and has been through your sport, has been successful and can give you these testimonials ... I think that's really insightful and important."

Julianna Hsu is a junior on the badminton team at BHS. As someone who has not had female coaches in her sport, her main female role model has been her mom. To Hsu, the importance of female coaches for players is that they are someone who can understand the problems of a female athlete firsthand. "I think having female coaches creates a sense of relatability because sometimes as a girl you have things that you go through, periods and stuff ... with

a female coach, I feel more able to say my body can't do this right now. And they see how you feel, and it's easier to explain," Hsu said.

Brianna Smyth is the girls junior varsity and novice swim coach at BHS, and both her experiences with female coaches as a young athlete and role as a coach for female swimmers have shown her the importance of female representation. As a younger swimmer, Smyth had been able to trust her coaches who have been through the same trials and

tribulations of growing up as a female athlete more. Smyth said, "It's great to know that you can talk to them about anything, because they have been in your shoes, and they have gotten out of it successfully. And you can hear about their life a little bit, and hear how they've succeeded."

Smyth became a coach due to being a very technical swimmer, and she has been able to translate that knowledge and coaching to all ages. Something that came up for her when coaching high school aged girls was being upset with the limits or struggles of growing physically and mentally. "I would say when I was coaching club swimming a little bit more, I noticed a lot of struggle in the water, because, especially as girls, our bodies are changing a lot

ies are changing. So I've had many talks about how our bodies are changing and how we can use that to our advantage, to be a better swimmer, and how we can't let that break us down," Smyth said.

Smyth spoke on the importance of more representation for strong women in sports, specifically those who may not be feminine or "ideal" for society, but are physically and mentally strong. She wants to create an atmosphere and community in high school where women are brought together to support each other athletically and academically.

Women in sports have always had to stick together, and female coaches should get a chance to inspire and support the next generation of athletes. "I think women in sports have definitely had

to build communities, because it's definitely a marginalized group and a group that's also dwindling a lot," Aradom explained. Positive female role models in sports have the ability to help inspire and bring athletes together. "So I think having a community, even though it may be small, definitely makes a

26%
of youth sports
head coaches are
women



through high school. And I think a lot of them were mentally breaking down because they weren't as fast as they used to be, because their bod-

ies are changing. And I think a lot of them were mentally breaking down because they weren't as fast as they used to be, because their bod-



Coach Megan Potmesil cracks jokes with BHS girls lacrosse athletes.

TESS PETT-RIDGE HENNESSY

Coach Brianna Smyth instructs BHS swimmers.

SPORTS

SPORTS EDITORS: CLARA TJEN & LULI GALINSON

LUCELAGALINSON@STUDENTS.BERKELEY.NET

Boys basketball makes it to State for the first time in nine years



BHS senior Kevon Newman sinks a shot. COURTESY OF REY PAREDES-AKIMOTO



BHS junior Donte Joseph jumps up for a shot.



Boys basketball team lines up at the start of the championship game.

BY MILES WISE
staff writer

On Friday, March 4, 2025 the Berkeley High School boys varsity basketball team faced Ripon Christian High School in the first round of the California Interscholastic Federation (CIF) Division IV State Boys Basketball Championships. After placing third in the Division III North Coast Section (NCS) playoffs, BHS earned themselves a spot into the Division IV State Championships, marking the first time the boys basketball team has been to a state tournament since 2016.

Berkeley immediately set the tone in the first quarter.

BHS senior Eddie Weber-Stover made two three-point shots, sparking Berkeley to a dominant 25-5 lead. However, as the game progressed, Berkeley lost momentum as Ripon Christian chipped away at Berkeley's 20-point lead. "We were hitting our shots early, but it slowly went downhill after that," said BHS junior, Noah Miller. Ripon Christian finished the quarter strong, holding BHS scoreless in the final minute of the first period and bringing the score to 25-12 in Berkeley's favor.

Opening up the second quarter, BHS junior Donte Joseph sank a three-pointer, snapping Berkeley's scoring drought. Yet, Berkeley continued to struggle breaking

through Ripon Christian's defense, leading to a back-and-forth battle, with BHS holding onto to a 39-28 lead at halftime.

As the second half began, Berkeley's lead fell to just six points with three minutes left in the third quarter. Then, back-to-back three pointers from BHS junior Kavi Jivan pushed Berkeley to end the third quarter with a four point lead. BHS junior L.G. Powell spoke on the team's mindset going into the second half, "I think we definitely were gonna have a more defensive mindset and believe that there's no one better than us and just get stops."

BHS sophomore Henry Robinson reflected on the

squad's adversity despite losing their large lead, "We let the lead slip a little bit, but we just channeled our inner dog and we just kept pushing, playing game by game."

After scoring four consecutive shots, BHS had a 64-54 lead with a minute and a half left in the game. Ripon Christian quickly responded, narrowing Berkeley's lead to 64-59 with 50 seconds left. As the last minute of the game ticked away, BHS fiercely moved the ball around, possessing as the clock to wind down. The final moments of the game remained in Berkeley's hands until Ripon Christian cracked Berkeley's passing pattern, forcing a turnover,

leading to a layup and a foul, bringing BHS' lead to just 64-61. Despite missing the free throw, Ripon Christian grabbed the rebound, and their final shot of the game came with a three-point attempt that bounced off the rim and missed, awarding the victory for Berkeley along with a ticket into the next round of the CIF championship.

Following the first-round win over Ripon Christian in the CIF Division IV Championship, Berkeley then traveled to face No. 4-ranked Palma High School on Thursday, March 6, 2025, securing a 68-60 victory and advancing them into the regional semifinals. With just two games away

from claiming the regional champion title and three wins away from the Division IV State Champion trophy, BHS faced off against no. 1 ranked Priory High School on Saturday, March 8, 2025. Unfortunately, BHS fell short, resulting in a 48-69 loss. Priory later went on to win the whole tournament.

Despite the loss, this season marked an impressive achievement for the school, as it is the first time the BHS boys basketball team has been to the State Championships since 2016. With much of the squad consisting of juniors and underclassmen this year, the team are optimistic and ready to make an even bigger impact next season.

BHS TRACK MEET



BHS senior Miriam Allen & BHS sophomore Charlotte Briand.



BHS senior Larry Powell competing in the hurdles event.



BHS freshman Robin Firoozye racing.



BHS senior Sophie Horvath pole vaulting.

On Thursday, March 13, 2025, Berkeley High School track and field competed against rival school Bishop O' Dowd in a variety of events. The BHS track and field team came out with first place athletes in 12 out of 32 events.



Bishop O'Dowd athletes competing in the relay event.

PHOTOS BY USNEA MCEWEN & TESS PETT-RIDGE HENNESSY

KALU CALDAS

Athlete Profile



ALEX TRIPCEVICH

Kalu Caldas is a Berkeley High School senior who is on the mountain biking team. When she began her biking career, she didn't really enjoy it, noting that it was too much of a hassle. However, during the pandemic, she started biking more, and realized how much she loved it. "It makes me happy. It's a perfect combination of exercise and being in nature. I think is what really got it for me," she stated. Caldas, of course, finds biking, racing, and team building incredibly fulfilling, but that's not to say she hasn't faced her fair share of challenges. Over the summer, she experienced a fall while out on a ride, and broke her pelvis. "It was probably the most painful experience I've gone through, and one of the most mentally difficult, because biking had been an outlet for me to be in nature and exercise," she explained. Caldas is still feeling the effects of the injury and had to take a lot of time off, but her resilience has allowed her to become an even stronger biker. "Even though the most painful thing that happened to me ever, happened through a sport that I love, I didn't lose any love for the sport," she said, "It comes with some risk, but it's so worth it."

— Sophie Dreskin