



Pro/con: Tourism in Hawaii

Staff writers Noa Osler-Cahn and Soraya June Berent dive into the positive and negative economic, environmental and cultural effects of mass tourism to the Hawaiian islands. **PAGE 6**

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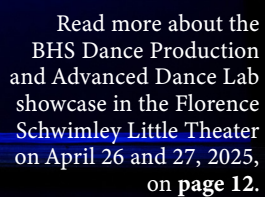
SINCE 1912

A vibrant, celebratory graphic for AAPI Month. The text "AAPI MONTH" is rendered in a bold, rounded, sans-serif font. The letters "A", "A", "P", and "I" in the top row are blue with a dark blue outline. The letters "M", "O", "N", "T", and "H" in the bottom row are green with a dark green outline. The letter "I" at the end of the bottom row is purple with a dark purple outline. The background is a light teal color with soft, out-of-focus green circles. Large, stylized orange and red flowers with yellow centers are positioned around the text, adding a festive and natural feel to the design.

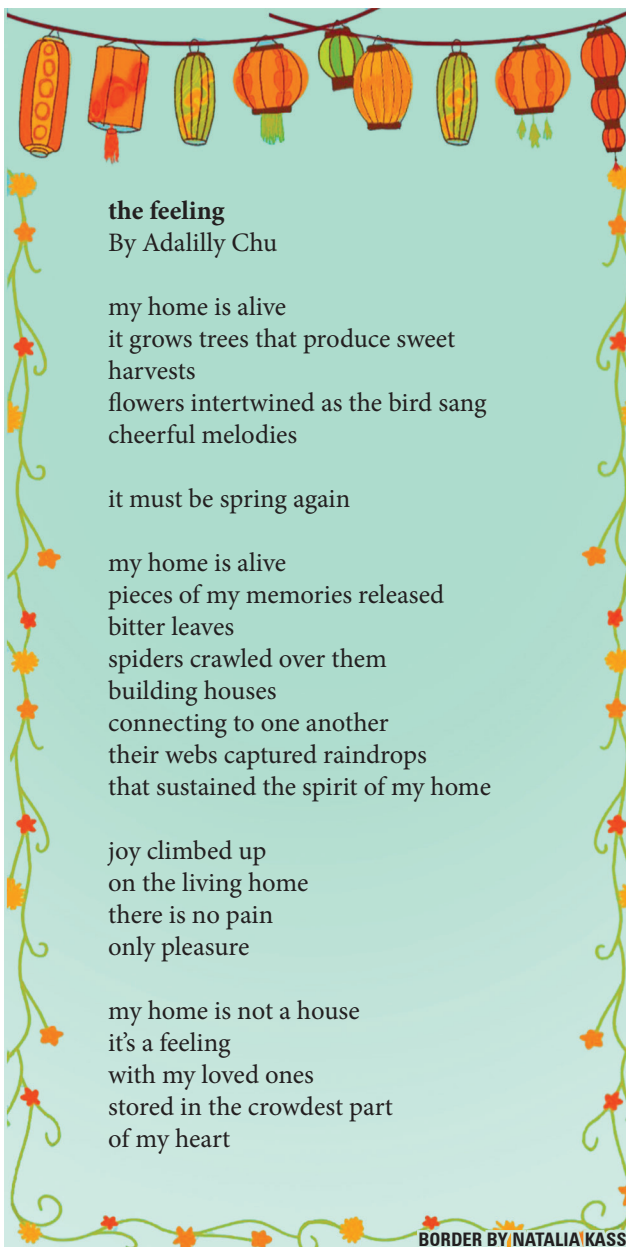
SA SHIMOMURA

ENTERTAINMENT

Spring Dance Show



Bria Matubrew performs a solo at the dance showcase. **USNEA MCEWEN**



AAPI Month art submissions

See more Berkeley High School AAPI Heritage Month art submissions on **page 8**.



SUBMISSION BY ADRIANA VALERIA LUCERO LOPEZ

Willard Middle School hosts fourth annual APIC night market

BY MAIA ASTERA
staff writer

Willard Middle School's Asian Pacific Islander Club (APIC) hosted their fourth annual night market on Thursday, April 26, 2025. Stalls and booths were set up in the school's main courtyard with 11 countries being represented by students and adult volunteers.

"When you walk in, there's a bunch of different stalls. It's supposed to replicate a night market as if you're in Asia," Anais Mendoza Juachon, a Berkeley High School sophomore and Willard graduate, said. Traditional night markets, which originated in China, are open-air events, featuring a variety of vendors, food, merchandise, and other goods. "Each stall you go to, it's a different country and they have a game and some food and you learn more about that country," Mendoza Juachon added.

The first Willard night market was hosted in 2022 in their cafeteria. Mendoza Juachon recalled the unan-

anticipated popularity they garnered. "It had grown so much by my eighth grade year that we had to bring it outside, and ever since then it's been getting bigger and bigger," Mendoza Juachon said.

Mendoza Juachon estimated around 250 people attended this year. "There's a lot of people. Everyone brings their whole family, grandparents. ... It's really fun and I'm sure it'll be even bigger and more exciting next year," she said.

The event even interested students from other schools. Nachi Villanueva-Torres, a seventh grader at Longfellow, explained his favorite parts of the night market were learning new things, seeing people from different schools and communities connecting, and learning about all the different cultures.

An aspect of the night market that has developed over the years are performances organized by Willard teachers Ryan Chinn and Johanna Paraiso, who have been running APIC for five years. During Willard's second ever night market, they hired performers which included a dragon dance group,

a lion dance group, an acrobat group, and a Taiko drumming group. Since then they've switched to student performances led by Paraiso.

"Over the years we've decided we wanted to focus on our Willard students. Ms. Paraiso has an extensive background in dance and wants to share that with our students and with our community," Chinn said.

Many attendees said that these performances were their favorite parts of the night, including Chinn who explained he enjoys watching his students push themselves out of their comfort zones in this way.

Isabella Israel, a Willard student who contributed to night market planning, participated in the Muslim Filipino scarf dance, a traditional dance from the southern Philippines where scarves are used as expressive props. Other performances of the night included Karate and Tinikling, another traditional Filipino dance involving precise footwork around bamboo poles, mimicking the tikling bird.

"I really like events like

these because we're able to teach other people about our culture," Mendoza Juachon said. There were at least five Willard graduates, all current BHS students, who attended the event to help run the snack stall, featured in between the scattering of individual country stalls. Money raised from food being sold goes towards

future APIC events and general costs of organizing the night market.

APIC has grown tremendously since its creation in 2020. "The number of kids we have who are not of Asian descent, and are supporting us has definitely increased, and they take a nice role in helping us pull this up," Chinn said.

As APIC continues to grow, Chinn is excited to see how the night market will develop. "The kids have been working all year long," Chinn said, "We get parents involved, we have community members, we have people who are not even affiliated with our school come here to support it, it's really great."



BHS senior Jessica Hipona and other volunteers serve Indonesian food at the night market. QUINCY MORRIS-FRY

Teachers show union strength in May Day demonstration

BY SIMON VAN DUSEN & CLARA TJEN
staff writer & sports editor

"Get up! Get down! Berkeley is a union town," Berkeley High School faculty chanted on the corner of Milvia Street and Allston Way on Thursday, May 1, 2025. May 1, also known as International Workers' Day or May Day, is a day

where union workers across the country celebrate progress in the labor movement. To celebrate, teachers and faculty within the Berkeley Federation of Teachers (BFT) and the Berkeley Council of Classified Employees (BCCE) around Berkeley Unified School District organized demonstrations before school on Thursday.

BHS AP U.S. History and

AP U.S. Government and Politics teacher Angela Coppola felt the strength of the demonstration on Thursday. "That's something to be said for your students seeing you on the line because we're chanting for fully funded schools. Our working conditions are (students') learning conditions," Coppola said.

BFT is the union for teachers in BUSD, and has one of

the highest union membership rates in the state at 98 percent.

"We have presented the district with 15 proposals to help stabilize our schools. Having safe and stable schools for our educators, students and families is crucial," Yasmin Navarro, a college counselor at BHS, said. BFT, alongside the BCCE — which represents BUSD faculty without teaching credentials, such as custodians, instructional assistants, and office staff — have been in negotiations with the district to renew and revise contracts for the next few school years.

In recent months, BUSD has been grappling with a 7.6 million dollar budget deficit. As a result, many staff members around the district received notices that their jobs could be reduced or eliminated next year. These notices are reversible, and formal notices will be sent out Thursday, May 15, 2025. Already, most notices have been rescinded. "Until recently, many of our

educators were facing job insecurity. ... There are still classified, certificated, and administrative positions that do not have clear answers on what will happen with their positions next year," Matt Meyer, president of BFT, said in a statement to the school board on Wednesday, April 30, 2025, the night before the demonstrations. Certificated positions, such as teachers, are jobs which require a teaching credential, whereas classified positions do not.

Navarro explained that one of the union's biggest goals is creating stability. "It's difficult to have that stability when we have turnover. And so we're asking for just less turnover, less insecurity of positions, and more transparency of how those decisions are made," Navarro said. BUSD and BHS administrators were not able to respond to requests for comment.

This was not the first time that Berkeley teachers have

gone beyond the negotiating room to be heard. Many participated in a Feb. 4, 2025, demonstration in San Francisco aiming to put pressure on the state to meet teachers' demands beyond the district level.

"This is about larger funding issues, larger structural problems in the way that our state funds education and the way that our federal government funds education," John Becker, an AHA English teacher, said.

Becker explained that BFT and BUSD are aligned on their core goals. "Everybody wants students to have support, everybody wants students to be successful, everybody wants teachers and staff to have living wages," Becker said. "Sometimes we have differences of opinion about what the best way to do that is, or what the best way to allocate money is, or but by and large, we're trying to solve problems together."



SUNNY BEVIS-LIPTON Teachers demonstrate outside Berkeley High School's main entrance.

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Student visa revocations cause uncertainty

BY MILA BOYDEN
staff writer

In early April, 2025, dozens of University of California international students had their visas revoked, leading to widespread confusion across campuses, Berkeleyside reported. “According to experts monitoring the terminations nationally, it’s possible the students had an infraction with law enforcement, even something as minor as a traffic violation,” the Berkeleyside article continued.

The article went on to explain that many students were given no reason for the revocation. Students were informed of the change in their immigration status through an email from the Department of State or the U.S. Embassy. Most students were not given a reason for their change of immigration status, although some have been linked to minor law infractions, such as a speeding ticket. Many students whose visas have been revoked participated in pro-Palestine protests, causing people to think that international students who have participated in these protests are targets for visa revocations.

“There is no question that the targeted arrests and visa cancellations going on today are often racist and unlawful,” a statement by Tanzil Chowdhury, a member of the United Auto Workers (UAW) 4811, read. The UAW 4811 is made up of academic researchers, academic student employees, postdoctoral researchers, and workers of the University of California. Chowdhury’s statement continued, saying that the visa cancellations and arrests, “do enormous harm to academic workers, many of whom are here performing cutting-edge scientific research, teaching undergraduates, grading, and more. We are proud to represent thousands of in-

ternational workers, and know they already face incredible hurdles — lengthy and bureaucratic visa procedures, discrimination, and more. We stand with them and will defend their rights.” The UAW 4811 advocates and fights for workers’ rights across all UC campuses, including UC Berkeley. The union is currently supporting and protecting UC students whose visa status has recently been changed.

“In unequivocal terms, the members of UAW 4811 stand against the Trump Administration’s targeting of international coworkers, students, and community members, and we will do everything in our power to defeat these tactics and protect immigrant scholars,” the UAW 4811 said in a later statement posted on their website, “The Trump Administration is attempting to scare international scholars into submission — but foreign and domestic academic workers are determined to resist these fear tactics, continue standing shoulder-to-shoulder, and stop this reckless attempt to target immigrant scholars, divide the working class on the basis of nationality, and attack higher education.”

The UAW 4811 sent an email to the UC Office of the President (UCOP) requesting that, “UC provide legal support for individuals impacted by student exchange and visitor (SEVIS) terminations, provides emergency financial and institutional support, supports (the) reinstatement of SEVIS status for impacted students, prevents immigration enforcement on campus without a judicial warrant, publicly defends student speech and academic freedom, and designates a systemwide immigration response contact,” the UAW 4811 wrote.

While there’s no confirmed number on exactly how many international students have had their visas revoked,

due to the likelihood of many cases going unreported, California universities have the highest number of reported student and post-grad visa revocations, reported Inside Higher Ed. There have been at least 300 reported visa revocations in California, with at least 23 from UC Berkeley.

“I think it is really frustrating that people’s visas are getting revoked for no apparent reason, especially in such a vibrant community as UC Berkeley is,” Sarah, a first-generation American and UC Berkeley student, said. She requested her last name not be shared.

UC Berkeley is protecting its international student population by “providing those affected with resources to navigate the process and encouraging them to seek legal counsel for guidance. UC Berkeley’s International Office has been providing international students and others with guidance and information regarding changing federal policies and actions proactively and directly, and will continue to do so,” Dan Mogulof, UC Berkeley’s Assistant Vice Chancellor, wrote in an email to the Jacket.

UC Berkeley is also sharing these additional resources with the campus community: the Berkeley International Office’s Know Your Rights webpage, University of California’s Know Your Rights Printable Wallet Card, and the FAQ for University Employees About Possible Federal Immigration Enforcement Actions on University Property.

“We understand that these actions create an uncertain and challenging environment for our campus community,” Mogulof wrote. “UC Berkeley supports, without reservation, the right and ability of immigrant and international students, staff, and faculty to participate fully in the campus experience. The campus is supporting those affected in accordance with its long-standing procedures for visa revocations,” Mogulof wrote.

Some students share the concerns articulated by UC Berkeley administration and similarly want to see support for impacted students, as they do not feel empowered to effectively assist and are looking for institutional leadership.

“I think (the Trump Administration’s revocation of student visas) is unconstitutional,” Esha, a UC Berkeley Student, said. She requested her last name not be shared. Esha said, “I think the federal government is overstepping. And I think that as students our only power is to bring attention to it, but I think a higher organization needs to step up to accomplish anything.”

As of Friday, April 25, 2025, the Trump Administration began restoring students’ changed visa status back to normal. This came as a relief to many although it is unclear what will continue to happen as the federal government could revoke student visas again.

“We are encouraged to learn that the federal government plans to restore some previously terminated SEVIS records for students across the nation, including some at the University of California,” Stett Holbrook, Associate Director, Strategic & Critical Communications of University of California’s Office of the President, wrote in an email to the Jacket. “We continue to do all we can to support our international students and faculty. UC’s international scholars enrich our research, teaching, patient care, and public service endeavors. They are integral to our academic and civic life and vital to breakthroughs that have benefited California and the nation.”

STUDY SKILLS: FACING PRESSURE

KAILEY ROBINSON



That familiar stress of too much to do and too little time is familiar to students. Especially at the end of the school year, you have the deadline of the last semester ending, and finals coming up. We may not be able to control the volume of work we encounter, but we can focus on effectively managing our workload within the available time.

For instance, if your evenings are consistently busy, it might be necessary to adjust your routine: consider going to bed earlier so you can wake up with enough time to complete your homework. However, still make sure you are getting enough sleep. It is crucial to prioritize your physical and mental health; never compromise your mind and body for the sake of completing tasks. The most positive outlook we can have when facing pressure is to view it as motivation or constructive stress to avoid the anxiety of being overwhelmed. This means that it motivates us to keep going or try harder, instead of handicapping us. Certain dominant athletes, such as Michael Jordan, thrive under pressure because it pushes them to be courageous and not overthink. You can apply this mindset to any stressful area of your life where courage is needed. However, bravery alone won’t cut it; once you feel motivated by good stress, the next step is to effectively manage the tasks ahead through prioritization and planning.

One Sunday, I checked my calendar and realized I was facing an extremely packed Wednesday. I had a meeting for my job, a class at the Berkeley Community College, optional conditioning in the weight room, and I had agreed to volunteer for the Berkeley Oratorical Fest. This was the day I discovered whiteboard planning. Instead of just looking at my calendar and seeing what I could get to, I broke out my whiteboard and wrote out everything I had to attend. I added their times and why I wanted to go to each thing. Once I had figured out my reason for wanting to attend each thing, I ranked them by importance to me. Topping the list was the Oratorical Fest because I had made a promise to be there, and next came my job meeting. I chose not to attend my class at BCC because it occurs weekly, and I could make the next one. Lastly, the weight room was optional, so I didn’t go to that either. I then mapped out how much time I would spend at each event and the process of getting from one place to another. Having a full, detailed plan eased my mind because there weren’t any unknowns anymore. I had a plan and knew how I would conquer the day, I didn’t have to keep thinking about it and overwhelm myself.

Mind.org.uk has many tips and tricks for dealing with pressure, they include setting mini goals that are more easily reachable, taking breaks and asking for help. I’ve mentioned this before but having a strong support system can lift you up, and even make you feel like you can get through anything.

I hope you finish reading this with the takeaway that stress doesn’t have to be debilitating, and can actually push you further. Writing things out and breaking them down can simplify the situation, making it easier to tackle. Finally, don’t be nervous to reach out; having help can lighten your load and lessen pressure.



MIA BLATT

Local Berkeley residents protest against Tesla on Fourth Street

BY KIMIA AZADPUR
staff writer

In early 2025, weekly non-violent protests began to emerge outside the Tesla showroom on Fourth Street in Berkeley, drawing attention from local residents and activists. Organized as part of the broader “Tesla Takedown” campaign, the demonstrations are focused against Tesla CEO Elon Musk’s increasing political influence, particularly in connection with his leadership of the newly formed Department of Government Efficiency (DOGE). Participants have clarified that the protests are not directed at Tesla’s electric vehicles or clean energy mission, but rather what they see as a concerning overlap between corporate power and political authority.

Jen Corn is a local organizer and a Director of the Berkeley Unified School District School Board who is collaborating with Solidarity Sundays, a nationwide network of feminist activist groups formed in 2017. “Tesla became a symbol we could rally people around: tech billionaires trying to destroy our public institutions and

government services,” Corn said.

Corn describes the protests as a “We the People” movement, showing broad public resistance to what some see as the dismantling of democratic systems. “There will be consequences for your company and for your personal wealth, Elon Musk, if you continue to attack our government institutions and the people of this country, the rule of law and the services we all need and depend on,” Corn said.

Local business owner Marisa Flores March, who runs Topdrawer near the Tesla location, has felt the demonstrations’ economic ripple effects. “We’ve seen our numbers go down considerably since the protests started,” Flores March said. She added, “It has deterred people from coming

Flores March, a longtime Berkeley resident with connections to protest culture, expressed support for the Fourth Street Tesla protests. “I’m all for it,” she said, “It’s our right to protest. It’s actually very heartwarming for me to see people getting together and protesting against an administration that is irresponsible.”

However some protest participants have had more difficult experiences. Tenysa Santiago recounted an incident when she was arrested outside the Tesla showroom while protesting with her child. Santiago explained that she was sitting on a public bench, holding a sign in protest of Musk, when the police were called and arrested her in front of her child.

Pam Tellew, a longtime activist and member of the political group “Together We Will” in Albany and Berkeley, views the protests as an essential form of civic engagement. “This has been a very natural outlet for people upset about Trump and Musk,” Tellew said.

“They’re protesting because they don’t want the climate destroyed. They don’t want democracy to disappear,” Tellew added.

Corn explained that the



Berkeley residents on Fourth Street holding signs in protest of Elon Musk.

MAREN MATTHEWS

protests are rooted in a long history of grassroots activism. “The group I’ve been involved in is called Solidarity Sundays ... We built our community and our muscle over many years, learning how to be engaged participants in democracy, how to fight for ourselves, our families, our communities, and our kids,” she said, “This is the first time we’ve taken on leadership. I think it’s a response to the real crisis we’re in right now.”

Demonstrators insist that their gatherings are peaceful and intentionally nonviolent, and the response from Tesla and its employees has been largely non-engaging. “At the be-

ginning, we said to employees, ‘Come join us. It’s Musk we’re protesting.’” Tellew said, “But mostly they ignore us or shoo us off the steps.” Tesla store employees declined to comment when approached for this story.

When asked what changes Corn would like to see, she said, “I’d like to see Elon Musk remove himself, or be removed, from the government. There are major conflicts of interest between Musk’s companies and potential profits from a Trump administration.” She also called for stronger labor protection and an end to DOGE, which she described as “hurting services taxpayers depend on.”

Regardless of occasional tensions, Flores March believes the protests have brought the community together. “It’s created an atmosphere where we can communicate and share opinions without retaliation,” she said, “(and) that’s really important.”

As protests continue, the situation on Fourth Street remains a small example of larger national debates, between activism and business, corporate power and democratic voice. For now, Berkeley continues to balance its activist legacy with its local economy and residents on both sides of the sidewalk are making their voices heard.

‘Visit Berkeley’ hosts fourth annual Asian cultural festival



Cultural festival attendee browses clothing items sold by event vendor.

DANIELA SIERRA ROMERO

BY CID FRYDMAN
staff writer

On Saturday, April 26, 2025, the fourth annual Asian cultural festival took place in downtown Berkeley on Kala Bagai Way, near the University of California, Berkeley Campus. The location made it accessible to students and other Berkeley community members. Since the festival’s introduction four years ago by Visit Berkeley, a marketing organization, it has grown immensely in both size and popularity. The event featured booths from local

Asian owned businesses, meditation centers, yoga studios, art booths, and food from many different Asian cultures.

“Visit Berkeley” chose Nepal to be this year’s festival’s “host country,” bringing a spotlight to its cultural traditions, music, and cuisine. As the host country, Nepal was highlighted in many of the event’s activities, and booths offered attendees a chance to learn more about its culture and customs.

The festival kicked off with performances from Nepalese dancers and spiritual monks leading the

crowd in meditation and prayers. Throughout the day, attendees were treated to colorful displays of traditional artwork along with homemade food from vendors. Many attractions of the event were targeted towards children and families.

One of the main organizers of the event was volunteer Nima Sherpa, who helped coordinate and lead other volunteers. “The main idea is basically to advertise the different Asian cultures, and also to promote our cultural diversity, since we have a lot,” Sherpa said, “Especially Nepal, who is the host country this year, and

we really want to showcase the diversity of the different Asian countries and our cultures through food and performances.”

Cultural education and spiritual growth were both huge themes at the festival. One of the booths was from the Anubhuti Meditation and Retreat Center, an affiliate of Brahma Kumaris spiritual organization. Sister Vaishali represented the center at the festival and shared the mission behind their presence at the festival. “We are here to teach and represent Raja Yoga meditation for our retreat center. Raja means king, and yoga means union. So union of your inner self, and the supreme consciousness,” she said.

Named after Kala Bagai, a South Asian American immigrant and activist, Kala Bagai Way was filled with vendors and booths representing Asian culture. Festival-goers could buy and discover traditional crafts and clothing, predominantly from India and Tibet. “Most of these items are manufactured by Tibetan refugees in India. We’re not just selling

things, we’re telling stories and we’re preserving heritage,” Tibetan vendor Tenzin Noryang said. Noryang’s booth highlighted Tibetan artifacts such as incense holders, prayer flags, and lamps.

Since Nepal was the highlighted country this year, the festival displayed traditional Nepalese dances and delicious foods. One dancer

“We’re not just selling things, we’re telling stories and we’re preserving heritage,”

Tenzin Noryang
Tibetan Vendor

dressed in a traditional Lakhey mask and outfit, performing a Nepalese cultural dance, Lakhey Naach. The masks are often bright red, made out of papier-mâché and yak tails used for hair, representing a fearsome and protective figure. Lakhey Naach is a century old Nepalese dance originating from the Newar community, a cultural group located in the Kathmandu Valley of Nepal. The dance usually consists of a performer dressed in the Lakhey mask and a fast

paced drumming beat to accompany the fast paced dance style.

Event organizer Uttam Karki is originally from the Solukhumbu region of Nepal. Karki expressed his excitement for his country’s culture to be represented for the Berkeley community. “This event is to promote our country, Nepal, and introduce more of the Nepal culture, society and our food. I want to continue this type of event to introduce ourselves and promote our country. We have a multicultural diverse country,

so many different languages, so many different people and I’m happy we were able to bring some of that all the way here,” he said.

“Berkeley has always been very powerful, and always fights for people’s rights. In Berkeley we are fortunate enough to be able to do anything with so much support and able to promote our culture in a way where we can all learn from one another. That’s (why) I call it the best city in the world,” Karki said.

BERKELEY HIGH JACKET

OPINION

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Asian fusion food is more than just a trend

BY AKHILA NARAYAN
staff writer

From viral birria ramen to Sushinista’s sushi burritos just across the street from Berkeley High School, the popularity of so-called “Asian fusion” food continues to rise. BHS sophomore Zara Manansala said that “Asian fusion gives the familiarity of the foods that we already know and are used to plus giving us a chance to try something new.”

Asian fusion has become a widely used term to describe cuisine that blends the culinary techniques, common ingredients, and characteristic flavors of any sort of Asian food with something else. As such, the term obscures how distinct the cuisines of each country in Asia can be. Manansala explained, “Asian fusion can mean anywhere from East Asia, South Asia, Southeast Asia, the Middle East, to the Russian region. Asian fusion is definitely a bit too broad of a term.”

The truth is that most Asian foods, like all foods, represent a mix of cultural influences — sometimes colonial and sometimes from neighboring countries. Chicken tikka masala,

which many people believe to be a traditional Indian dish, was actually invented by a Pakistani Scottish chef in Glasgow. The dish was created when the chef had to alter his traditional chicken tikka to fit a European customer’s tastes by adding yogurt and cream. “Short eats,” snacky Sri Lankan dishes, show striking resemblances to foods from Sri Lanka’s colonizers — the Portuguese, Dutch, and British — and settlers, including Indians and Chinese. Gyoza was brought to Japan through interactions between Japanese and Chinese soldiers. Arabs most likely introduced noodle-making techniques to Italians in the ninth century. The Indian samosa originates from the medieval Persian sanbosag. For 5,000 years, rice was only grown in China and India, and now it is fundamental in many cuisines around the world.

None of these foods are typically thought of as fusion, therefore it doesn’t make sense that more recent foods that have come together by the merging of cultures should be labeled as fusion. “I mean, they’re just making food, right?” BHS sophomore Jennifer Keith Mendoza said.

However, debates about authenticity and cultural sensitivity sometimes bring so-called fusion food under fire. There are also worries that fusion food could replace traditional foods, lead to the neglect of treasured methods, and that the cultural meaning of the foods being “fused” may be lost in their combination with other dishes. Perhaps the chef’s knowledge of the cultures that contribute to a “fusion” dish can address

some of these concerns. “They have to actually try to understand the culture. For example, if it was a South Asian dish, they would have to put in a good amount of the right spices,” BHS sophomore Avisha Taneja said.

At its core, all food is fusion food. Cultures and their cuisines are always shifting, blending, and redefining themselves. Fusion food is just a label for the inevitable change and intersection of different cultures.



JUNIPER HILL

AAPI curriculums require more diversity

BY KARIM MELEIS
staff writer

When you think of a country in Asia, what do you think of? Perhaps China, Japan, and Korea all come to mind, but few other countries usually do. There are 48 different countries on the Asian continent, but only a few are taught about in school, despite the astounding diversity that the largest continent on Earth holds. To give students an appreciation for the ethnic diversity that spans the continent, schools must ensure that all Asian countries and all Asian cultures are incorporated into their curriculum year-round.

Asian American and Pacific Islander (AAPI) History Month is all about celebrating diversity. It is tragic that all too often, the designation of Asian American excludes many Asian people. In the West, “Asian” culture is often thought of as what is actually East Asian culture, which is comprised of the cultures of Korea, China,

and Japan. In reality, Asian culture is extremely diverse. Asian celebrations include Holi, a celebration in India of the Hindu Festival of colors that celebrates the arrival of spring and the triumph of good over evil; Nowruz, the Iranian new year; Galungan, a Balinese holiday celebrated in parts of Indonesia about remembering the dead; and Yhyakh, the new year celebration of the Sakha indigenous people, native to northern Siberia. Students should learn about all of these cultural celebrations during AAPI history month, in addition to holidays in East Asian culture.

Whether it be Northern, Central, Southeast, or Western Asia, all Asian cultures deserve representation in AAPI History Month lesson plans. Teachers should integrate content about all Asian cultures into their classes by having students watch international films, read books by AAPI authors, and learn about AAPI contributions to science and math. This would give students a more well-rounded perspective

on Asian cultures than if teachers only talked about East Asian cultures.

However, students shouldn’t be learning about Asian cultures only during the month of May. Content about Asian cultures should be integrated into the curriculum all year long. It is vital to learn about all of Asia’s cultures in order to be able to effectively counter negative Asian stereotypes, prejudice, and discrimination. Seeing Asia as only East Asia and only teaching about East Asian cultures can lead to a lack of representation for individuals

who identify as other Asian cultures.

Education during AAPI History Month must include a greater breadth of countries, cultures, and people. Many people of Asian descent are not adequately recognized as such in Western culture, and this must change. All Asian cultures and people deserve to be honored. Students learning about various Asian cultures throughout the school year will enrich and improve their experience as well as give them a greater awareness of the diversity the continent holds.



ANISHA PINTO

THE SELF-CARE CHRONICLES

HANNAH SUMNER



Did you know that one third of lottery winners end up broke? I don’t know about you, but that is a lot more than I would have expected. I would have thought that with all that money, they would have been set for life, but on a deeper level, it makes sense. It doesn’t matter how much money you start out with, if you aren’t careful, you can lose it. The last topic that I will be talking about is financial self care. Financial self-care is a form of self-care that focuses on managing your money in a healthy and intentional way to improve your overall happiness.

One way of achieving financial self-care is budgeting. There are many ways that you can budget. Budgeting involves taking your income and splitting it into two or more categories. For example, 50 percent of your money goes to savings, 20 percent goes into necessities (like bills), and 30 percent for things you enjoy. Budgeting helps you stay on your savings goals and helps take some stress out of spending since you know exactly how much you can spend. Budgeting also helps you spend your money intentionally. If you allocated seventy dollars to spend on fun things and you see a cool set of headphones for \$69.99, while a different set of headphones is forty dollars, and you pick the \$69.99 version, you will have no more money to spend on fun things. But if you pick the forty dollar set, you will still have thirty dollars to spend. It is important to find a good balance between being financially responsible and also spending money on things that you enjoy. After all, self-care is about preserving your own health, so it is important to get things that you enjoy.

Financial self-care is not a one time thing. You will not make the same amount of money forever and you will not spend the same amount of money all the time. To combat this, lots of people recommend that you track your spending. One of my favorite ways to help keep track of expenses is to make a Google Spreadsheet. With a column of income and expenses, along with the categories your expenses go in, it is easy to see the trendlines of your spending and what you spend the least and most on. There are many YouTube videos on how to code a budget spreadsheet. I recommend the video by Jeremy’s Tutorials on the subject.

The earlier you can start practicing financial self-care the better. That way, you can build good money habits early on while feeling good and knowledgeable about your spending habits, all the while reducing your stress about spending and saving money.

I hope that over the course of these eight columns, you have become more versed in the wonderful world of self-care. Each and every one of you are special and deserve to treat yourself well! There are so many more forms of self-care that I wish I could write about, I highly recommend researching more. I wish you all the best on the rest of your self-care journeys.

Between a lava rock and a hard place: Is tourism beneficial for Hawaii?

YES

BY NOA OSLER-CAHN
staff writer

Hawaii’s tropical climate, spectacular views, and magical atmosphere make it one of the most popular tourism destinations in the world. Millions of people travel to Hawaii each year. While some say that tourism to Hawaii damages the environment and local culture, without tourism, Hawaii wouldn’t be able to prosper. By switching to a model of eco-friendly tourism, the environment and economy in Hawaii and other island vacation spots will continue to thrive.

Tourism plays a significant role in Hawaii’s economy and supporting its standard of living. In 2023, over 9.4 million people visited Hawaii, spending more than \$20.78 billion and generating \$2.41 billion in tax revenue. These funds support essential services like education, healthcare, and infrastructure. The tourism industry creates countless jobs for Hawaiian residents. In 2019, tourism supported 216,000 jobs statewide. If tourism decreases, locals will struggle to find other career pathways. Additionally, after wildfires destroyed parts of Maui in 2023, tourism revenue supported the island’s rebuilding.

Tourism also promotes and preserves Hawaiian culture. Tourists’ interest in traditions like hula, lei-making, and storytelling helps these practices reach a broader audience. Cultural centers and museums are common recipients of tourist revenue,

allowing them to educate visitors about the island’s heritage. Moreover, tourism provides a platform for Native Hawaiians and Pacific Islanders to share their history and perspectives. Through experiences like this, the world may become more tolerant.

Though tourism benefits the Hawaiian economy, it can be harmful for the environment. The constant flow of visitors each year takes a toll on the landscape, from reefs damaged by sunscreen chemicals to hiking trails damaged by heavy foot traffic. For tourism to continue having positive impacts on the state, Hawaii and the surrounding islands should adopt practices known as “ecotourism.” The International Ecotourism Society defines ecotourism as “responsible travel to natural areas that conserves the environment, sustains the well-being of the local people, and involves interpretation and education.” An example of a country that embraces ecotourism is Costa Rica, which has invested extensively in “Eco-lodges,” accommodations that meet strict sustainability criteria while providing jobs for local people. Secondly, ecotourism aids in environmental protection by recognizing and promoting practices and businesses that are environmentally friendly. Through emphasis on the ecosystem, visitors will be more aware of how to interact with local nature in the healthiest ways. In these ways, ecotourism directly challenges the concerns that people have about the current state of tourism in Hawaii. That said, ecotourism will only work if locals and tourists commit to respecting the regulations put in place. Widespread cooperation is needed.

All in all, tourism is vital for Hawaii and other Pacific islands. Not only does it drive the economy, but it also provides an opportunity for societal growth. Tourists will return home with a greater respect for the beauty of different cultures and nature. By supporting local businesses and being aware of the impact their visit has on the natural environment, they will also contribute to the further prosperity of the Hawaiian islands.

NO

BY SORAYA JUNE BERENT
staff writer

Most people have seen advertisements displayed by companies like airlines and tourist agencies showing happy girls dancing hula, endless expanses of ocean, and extremely relaxed Americans covered in plumeria flowers. These ads are meant to encourage people to visit Hawaii. On the Hawaiian islands, tourism is an absurdly lucrative industry. Year-round, waves of tourists flock to the islands to have a quintessential Hawaiian experience complete with leis (garlands, usually made of flowers) and luaus (a traditional Hawaiian party/feast). While visiting Hawaii feels idyllic for foreigners, many of the issues for residents of the island stem from the social, financial, and environmental impacts of the tourism industry. On a larger scale, tourism on the Hawaiian islands infringes on the island’s housing opportunities for locals and diminishes natural resources.

While most tourists are in and out of Hawaii within a few weeks, the islands’ permanent residents are left without easy access to affordable housing due to the amount of space that resorts and condo complexes take up. Combined with the lack of opportunities for development, Hawaii has experienced a housing shortage for years. A lack of supply and a high demand on the islands for housing generates desperation, and potential buyers are willing to pay much more money for a house. This hikes the housing prices much higher than most of the islands’ permanent residents can afford. According to the University of Hawaii, the median home price in Hawaii is \$852,000, 2.7 times the national average. For many Hawaiian residents, there are not enough high paying jobs available in order

to have the financial ability to pay off a house, which creates a huge amount of competition for rentals and forms of affordable housing.

Additionally, the island’s natural resources have become strained and depleted as a result of tourism. After World War II, American media portrayed the islands as the perfect tropical getaway. Before 1945, the annual number of visitors was around 10,000, but by 1967, the islands had hit the one million yearly visitor mark, and by 1988, they had six million yearly visitors. Since the islands have become such an attraction, a lot of the state’s money has been spent on building places for visitors to stay during their trips. This constant urban expansion has taken a huge toll on the environment for the islands. Today, Hawaii is often referred to as the “endangered species capital of the world.” There are currently 366 endangered native plant species in Hawaii, according to Hawaii’s Department of Land and Natural Resources. Many animal and plant species have already been rendered extinct. The footprints left by tourists and visitors of the Hawaiian islands negatively affect the islands’ complex, biologically diverse ecosystem, and the problem will only worsen without interference.

While visiting Hawaii is a unique experience, the islands can’t sustainably manage so many tourists without irreparable damage being caused to their ecosystem and economy. Local and national governments must take steps to prevent harm, be it through tourism quotas or strict enforcement of regulations, before it’s too late.



ILLUSTRATION BY LEDA WATSON-LAMPREY SINGER

EDITORIAL

BHS must prioritize SSO communication

“The breakdown in communication between the administration and the safety staff ... put(s) everyone’s safety at risk,” a letter signed by nine of Berkeley High School’s school safety officers (SSOs) wrote. This letter, written on Dec. 12, 2024, is one of many documents provided to the Jacket that detail attempts that SSOs have made to bring concerns with safety on campus to administrators.

The role of an SSO is to “provide security, safety, and protection to students, personnel, equipment, and property,” according to a job description published online by Berkeley Unified School District. There are currently 14 SSOs employed by BHS, who collaborate with Dean of Students Yorda Weldeghiorgis. The Dean of Students supervises the SSOs and is meant to open a line of communication between them and school administration. Despite the fact that Weldeghiorgis is relatively new to her

job — the 2024-25 school year being her first as the Dean of Students — she has created new methods to communicate with SSOs and address their concerns, along with having weekly meetings with the SSOs where they discuss prior incidents and overall campus safety. At the beginning of the school year in August of 2024, SSOs wrote a letter to administrators, saying that they believed these meetings were inadequate, though they have since improved. However, considering the fact that there has been an on-campus safety incident relating to weaponry in three of the last four school years, including one where a BHS student attempted to recruit other students for a mass shooting, the need for strong communication between administration and SSOs is apparent. The safety of approximately 3,200 students and over 300 staff members depends on the way SSOs and administrators handle safety incidents, and the school becomes less safe when communication between SSOs and the administration is lacking.

One such incident is detailed in the letter from Dec. 12, 2024, where the SSOs stated that when, on Dec. 11, 2024, guns had been found on campus, multiple members of their team were not notified in a timely manner and were instead “left on the front lines without any information.” This lack of communication, they said, was “unsafe ... (and) could have cost a life.” While administration did not receive “any reports that either of (the) guns were brandished at BHS,” an email sent by BHS Principal Juan Raygoza read, this incident still brings to light worrying information as to how BHS administration

has communicated with SSOs.

While the majority of safety incidents are not serious enough to merit informing the entire student body — so far this school year, there have been less than five — there are multiple smaller safety incidents occurring each day. The presence of SSOs keeps these incidents from escalating, and students and staff alike depend on them to keep BHS campus as safe as possible.

However, the communication issues between SSOs and administrators make it difficult for them to do their job. To bring about necessary changes to improve safety at BHS, SSOs this year have sent multiple letters to administrators, citing the “inadequate support from administration ... (that) poses a huge threat to the safety of everyone on BHS campus,” a letter written on Sept. 18, 2024, signed by 13 of the 14 SSOs employed at BHS read. For something as important as the safety of everyone at BHS, it is imperative that any necessary changes be swift if they are to be implemented. There must be efficient ways for safety-related concerns to be brought to administrators, so SSOs are able to spend their time and energy where it matters most: keeping BHS students and staff safe.

BHS administration must prioritize communication with it’s SSOs by creating and improving on methods through which SSOs can voice their concerns easily, efficiently, and safely. By making an effort to listen to and collaborate with SSOs, administrators have already begun the hard work. Continuing to reflect and improve on these lines of communication will be crucial to making BHS a safer place.

BERKELEY HIGH JACKET

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The by-lined opinions expressed in the Editorial/Opinion and Entertainment sections and columns are those of the writer and do not necessarily reflect the opinion of the Jacket. Non-by-lined editorials represent the opinion of the Jacket and must be approved by a two-thirds vote of the Editorial Board. Any opinions or views expressed in advertisements do not necessarily reflect those of the Jacket.

We encourage students, staff, and the community to submit letters to the Editor for publication. All submissions must be signed; anonymous letters may only be printed with a two-thirds vote of the Editorial Board.

Not all submissions will be printed and may be edited to conform to Jacket policy or to meet space restrictions.

SCIENCE SPOTLIGHT

RFK spreads misinformation, erodes trust in science

BY REUBEN WOLF
staff writer

President Trump's decision to appoint Robert Kennedy Jr. as the head of the Department of Health and Human Services was controversial, to say the least. In a recent poll conducted by The Hill, 61 percent of Americans disapproved of Kennedy Jr.'s appointment. This likely stems from his skepticism towards vaccines. While he has denied this on multiple occasions, Kennedy Jr. has perpetuated countless myths regarding vaccines, questioning their effectiveness, and even claiming that they cause autism. He has also stated on the record that he regrets getting his kids vaccinated. The argument made by Kennedy Jr. that vaccines have not been adequately studied is objectively false. All vaccines used in the United States are required to go through rigorous testing that takes, on average, 10-15 years. The Centers for Disease Control and Prevention (CDC) then works with

healthcare professionals to monitor the vaccines and make sure that they stay safe and reliable.

Kennedy Jr. has also made provenly false claims regarding fluoride in drinking water. Fluoride, which is recognized among scientists to protect teeth against decay, is included in 63 percent of the United States' tap water. In a post on X, formerly known as Twitter, Kennedy Jr. stated that fluoride is "associated with arthritis, bone fractures, bone cancer, IQ loss, neurodevelopmental disorders, and thyroid disease." This has been proven false. The cited effects are only present with very high concentrations of fluoride. According to the Harvard School of Public health, U.S. citizens receive 0.7 mg/L of fluoride, well below the maximum allowable concentration of 4.0 mg/L.

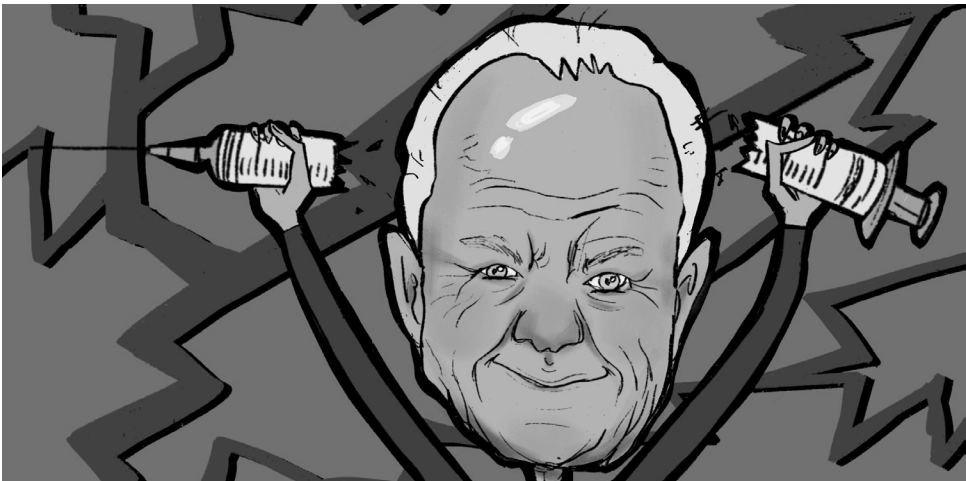
Kennedy Jr. has also drawn criticism for his claims regarding the COVID-19 pandemic. For instance, he has claimed that "COVID-19 is targeted to attack caucasians and Black

people." However, health specialists agree that Kennedy Jr.'s claims are false, and the virus does not "target" any specific ethnic group. Statements like this spread misinformation in a way that creates the roots of so many anti-emitic and anti-Chinese beliefs, and can cause microaggressions.

For the head of a country's Department of Health and Human Services, this is unacceptable. It should be expected that a person in such a powerful position is fully educated in their field. This spread of misinformation is not only harmful to Kennedy Jr.'s image, but to our society as a whole.

Kennedy Jr.'s track record of spreading dangerous misinformation undermines public health, erodes trust in science, and puts lives at risk. No amount of advocacy for food safety can outweigh the damage caused by promoting false information in a role that demands scientific integrity.

Note: This article has been shortened for print. Find the full version at our website, [berkeleyhighjacket.com](https://www.berkeleyhighjacket.com)



ISA SHIMOMURA



AAPI Heritage Month Art

CREATED BY THE STUDENTS
OF BERKELEY HIGH



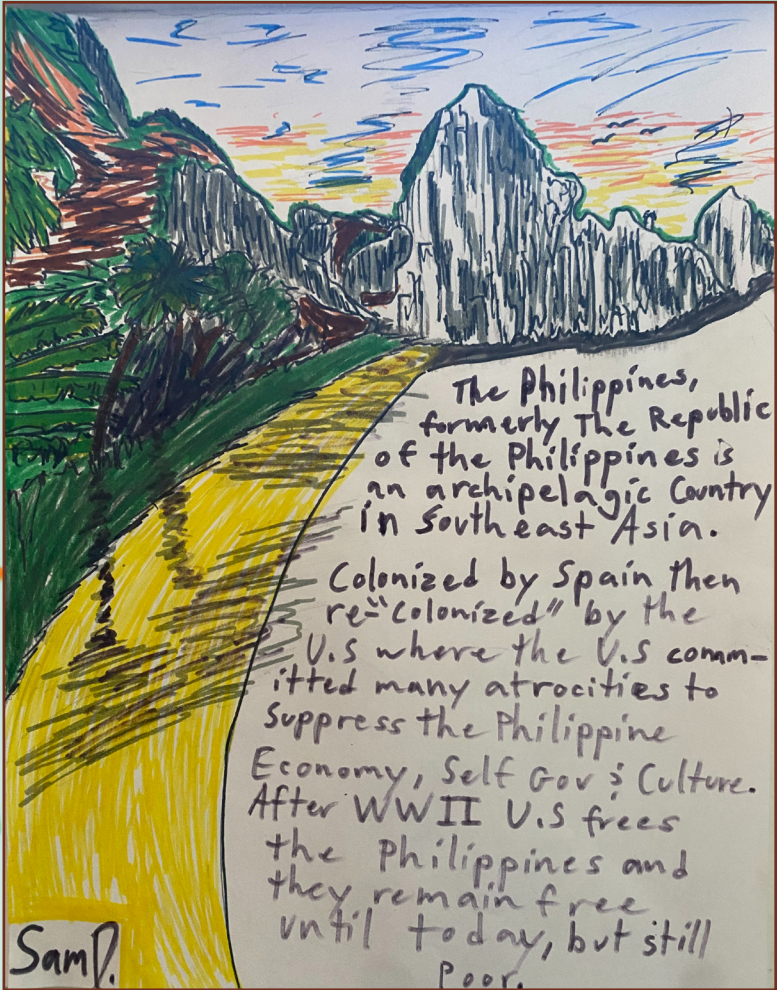
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WILLIAM LE’KHAMNOUANE: PHO

William Le’Khamnouane is a Vietnamese Laoatian freshman at Berkeley High School. His favorite Vietnamese meal that his family makes is traditional pho soup served with pork or chicken. He is especially fond of this dish because it reminds him of his childhood and his grandmother making it on the weekend. “A cultural dish I really resonate with is pho because my grandma makes it ... I already know when I’m gonna leave, I’m gonna miss it because it really hits home for me,” Le’Khamnouane said. According to Le’Khamnouane, the dish is often eaten on the go in Vietnam because of its versatility. “It’s often served as a street food because it’s really a meal you could eat all three meals of the day. You could have it for breakfast, lunch or dinner. And it’s often served in the streets, because it takes a long time to cook,” Le’Khamnouane said.

Recipe: credit to Le’Khamnouane

INGREDIENTS

- » Rice/vermicelli noodles
- » 1 tea bag
- » Traditional spices and herbs; coriander, cardamom, mint, basil and others
- » Beef or chicken bone for broth
- » 4 cups of boiling water
- » Brisket, chicken, and tripe cooked in any way and sliced

INSTRUCTIONS

1. Place all seasonings, the tea bag, and the bone of your choice in the pot of boiling water
2. Let the ingredients homogenize and combine in the boiling water for at least an hour, but preferably two to three hours
3. Cook the meat of your choice using the method of your choice, and boil the vermicelli noodles for exactly one minute
4. Take out the bone and tea bag and place the meat and noodles in the seasoned broth
5. Garnish with green onions, bean sprouts, and onion and serve hot for breakfast, lunch, dinner, and even on the go!

Asian cultural recipes

BY DAMON HUNT
staff writer

ALEXANDER CHARİYASATIT: SAKOO SAI MOO

Alexander Chariyasatit is a Thai sophomore at BHS. His favorite Thai food is sakoo sai moo, small, dumpling-like spheres with sago pearls on the outside filled with minced pork and peanuts. These are special to him because his grandpa has been making them for him since his childhood, and it is the first food he had when he went to Thailand. He also enjoys eating them because they remind him of Thailand and his trips there. “I had them when I went to Thailand for the first time ... so that’s like nostalgia, and also they just taste really good, and it’s something with my grandparents,” Chariyasatit said. He also enjoys them because eating them makes him feel connected to his Thai heritage. “I’m Thai, right, and so it’s just one of those foods that I like eating,” Chariyasatit said.

Recipe: credit to Chariyasatit and "Lion Brand: Thai Pork and Tapioca Dumplings Recipe"

INGREDIENTS

- » 200g pearl tapioca
- » Water to wash and cover
- » 20g garlic
- » 10g white pepper
- » 200 g mince pork
- » 150g crushed roasted peanuts (unsalted)
- » ½ cup chopped shallot
- » 150 g palm sugar
- » 1 tbsp soy sauce
- » 50 g garlic
- » ½ cup of oil
- » Fried garlic

INSTRUCTIONS

1. In a mortar and pestle grind together the garlic, white peppercorns and coriander root or stems until they form a paste
2. Heat the oil in a wok over medium heat and add the paste from step 1, stir for a few minutes until fragrant
3. Add onion and cook until soft
4. Add pork mince and stir until cooked
5. Add palm sugar and soy sauce
6. Add crushed peanuts and stir
7. Remove from heat and leave the filling to cool down then shape into a small ball
8. Soak sago in water for 20 minutes and drain
9. Wrap the filling with soaked sago, work very gently and try not to massage the sago or it will end up too chewy
10. Steam the balls for eight minutes and place in a plate coated with oil to prevent the balls from sticking to each other



BENJAMIN TARN: ZONGZI

Benjamin Tarn is a Taiwanese freshman at BHS. His favorite Taiwanese dish is zongzi, a sweet, savory, and sticky rice patty wrapped in a banana leaf. Tarn explained that the dish holds cultural significance because of its nuance and complexity. “It’s culturally significant because of how complex it is,” Tarn said. While Tarn appreciates the dish for its cultural value, he loves the dish solely from a standpoint of flavor and taste as well. “It’s purely taste. It is my favorite food ... it’s just a coincidence that my family makes it,” Tarn said. Although Tarn’s family does not have a recipe of their own, he cherishes the dish because it is fun to make with loved ones. He explained that despite peanuts being frequently used in the recipe, he feels they ruin the flavor and texture of the dish.

Recipe: credit to Tarn and "The Cooking of Joy: My Mom’s Taiwanese Zongzi"

INGREDIENTS

- » 4 cups glutinous rice
- » 8 Shiitake mushrooms
- » Copious banana leaves
- » 1 cup soy sauce
- » 1 LB pork belly
- » 2 tbsp sugar
- » 2 tbsp rice wine vinegar
- » 1 tbsp neutral oil
- » 2 tbsp fried shallots
- » MSG to taste
- » Kitchen twine

INSTRUCTIONS

1. Soak glutinous rice, bamboo leaves, and shiitake mushrooms in room temperature water overnight
2. Combine all the liquids and the sugar, slice pork into bite-sized pieces, and marinate for an hour
3. Cut the kitchen twine into 60 inch pieces, wash the bamboo leaves until soft, drain the rice and then add the same proportions of liquids and sugar (half and half), then slice the mushrooms
4. Add the sliced mushroom, pork, and fried shallots to a hot wok with oil and stir fry until the pork is cooked, then transfer to a bowl, add remaining liquids to the rice
5. Grab two leaves and overlap slightly on the bottom, fold the bottom half up and over, fold the sides of the bottom of the leaves together like a book, fold the bottom inch or two up along one side and then open up the leaves
6. Place a large spoonful of the rice in the cone, then add a spoonful of the cooked filling, cover the filling with another spoonful of the rice and pack it down again. Fold the top of the leaves over the rice, then continue to wrap around the pyramid, wrap the twine around the middle a couple of times and then tie it off tightly
7. Bring a large pot of water to a boil and submerge the zongzi. Continue to cook for an hour, until the sticky rice is cooked through, drain and let the zongzi cool before unwrapping to eat

UNDERRATED SHOWS
STARRING THE
UNDERREPRESENTED:
THE “THURSDAY
MURDER CLUB”

THEO BECERRA



One demographic that many people forget about is the elderly. Sure, the majority of our population is older now, but there aren't many in the media. That is where the “Thursday Murder Club” comes in. It is a recent bestselling book, published in 2022 — movie adaptation coming this summer — about a group of eccentric friends in a retirement village that come together every Thursday to discuss cold cases. When a real, very new murder occurs in town, they take it upon themselves to solve it. It is a unique take on depicting the lives of the elderly, showing just how much we underestimate the grandparents of the world. The story itself is very funny, as the club uses their “elderly powers” to manipulate the police into letting them join an active murder investigation.

The actual plot of the book/movie runs like an Agatha Christie, one murder, a whodunit, then another more complicated murder, then throw in multiple mysterious side plots, then a final grand conclusion, but all a comedy. There are plenty of twists and turns that keep you guessing as to who the real murder is, and really keeps you entertained. Think a mix between “Only Murders in The Building” and “Knives Out,” then make it British, and you’ve got the “Thursday Murder Club.”

This book — and soon to be movie — is really a testament to the times. It is told from the perspective of a woman in her eighties, so there is a distinct line between her life and that of modern technology and culture. It is an interesting way to look at the world and people in it. The antagonist, at least for a bit, is a tech bro and Andrew Tate stan type of guy, and the book really pushes at making fun of his rich and privileged behavior, and the way that modern culture creates people like this. He is such a different kind of person compared to the rest of the cast that he serves as satire in a way. Leaning even more into minority spotlighting, the only sensible person in the whole character cast is a young Black female police officer whose only dream is to be a big time detective. She becomes the partner of the chief detective inspector, and they serve as a dynamic duo of level-headedness and sheer slapstick.

The “Thursday Murder Club” may be a comedy, but there is also sadness in the plot; everyone in the retirement village faces the inevitable end of death, and it’s a story of learning to cope with the end, the club investigating a double murder, and their own mortalities. It depicts the everyday life of someone surrounded by awaiting death, but also how to live life to the fullest in a charming way. It’s a perfect balance of fun and introspection, and along with it starring people like David Tennant, Helen Mirren, and Ben Kingsley, it’s sure to be the comedic murder mystery of the year.

Mosaic youth leaders teach valuable lessons

BY NIALA LENZ-RASHID
staff writer

“If we can teach the young kids how to be accepting of everyone and accept everyone’s diversity and differences because they’re the future, then our world can be more kind and inclusive,” Grace Steckel, a Mosaic Project second year Youth Leader and Berkeley High School sophomore, said. “It’s important to be a role model to the kids ... when I’m getting frustrated with my cabin and they’re not listening to me, (I) take a deep breath and then ground myself, reminding myself they’re kids,” she added.

The Mosaic Project is a local Bay Area non-profit organization that focuses on teaching fourth and fifth graders about community building and conflict resolution. Even the name Mosaic is a lesson in its own, an acronym where each letter represents a different value of the project. “M” stands for mutual respect, “O” for open-mindedness, “S” for self respect, “A” for attitude, “I” for individuality, and “C” for community. “(Mosaic) also represents what an actual mosaic is, which is all the different tiles, that ... all have different colors,

shapes, sizes, and they all fit together to make a beautiful piece of art,” Steckel said. Youth Leaders like Steckel are teenagers aged 15-18 who volunteer their time to go to the Santa Cruz mountains for one or two weeks to work with a cabin of fourth and fifth graders, teaching them about the three keys to peace (listening, empathy, and assertiveness), how to celebrate their differences, and their connections to themselves and the earth. “I decided to become a cabin leader because I really liked the lessons that they were trying to teach the students. I thought it was really important, and the training weekend just showed me a lot more of the intention behind it ... I fell in love with the community of Mosaic, I thought it would be a really good opportunity to learn not just about the program ... but also about myself,” Encinal High School junior Amaya Guzman-Eyre said.

With kids so young, it can be hard to make sure they are truly processing and implementing the lessons being taught to them, and the stress of that usually falls back onto cabin leaders. “The most challenging part of being a youth leader is that you are not heard by the students, you can gain their respect over time, but for



Students watch an outdoor performance.

NIALA LENZ-RASHID

now, they don’t see you as an authoritative figure,” Steckel said. Retaining so much information in so little time is a common issue amongst kids visiting Mosaic, but by the end of the week, most kids, if not all, will have the tools and experience to treat others more kindly.

Koan Lee, a BHS sophomore and second year Youth Leader who went to Mosaic as a kid, shared how the Mosaic project shaped his own experiences and methods for dealing with conflicts and uncomfortable situations. “Growing up, I was really self-conscious about my physical appearance and that kind of stopped me from fully just being myself and embracing the hobbies I liked ... being yourself is the best and most vulnerable way you can show up to someone, it shows that

you can put enough trust in them,” Lee said.

Even those who experienced Mosaic themselves as young kids find it hard to remember what they learned there, so being a cabin leader allows high school students to refresh their memory and learn about how best to maintain and spread peace. “There’s so many good things that you can get out of it, I feel like it’s definitely something that reshapes your mindset, and I feel like you come back as a different person ... you’re not just learning the lessons, but you’re also learning things about yourself and it definitely teaches you really important values and just how to function as a person, almost as an adult in society, too, because it gives you an opportunity to be a leader,” Guzman-Eyre said.

APIC cultivates community and learning

BY KESL HUMPHREYS
staff writer

The Asian Pacific Islander Club (APIC) is one of Berkeley High School’s oldest cultural clubs. The club has seen many changes throughout its 50 year history at BHS, though its core mission of providing a safe space for members of the Asian American Pacific Islander (AAPI) community has remained the same.

The club holds weekly meetings, plans fun and engaging activities, and hosts special events such as AAPI graduation. Club meetings are usually packed, with 40-plus people in the classroom. Running the club takes lots of effort and can be very challenging, so there are about ten students in leadership positions.

BHS senior and APIC Co-President Jocelyn Mae Sandiego, who has been in the club since her freshman year, and first got involved during the COVID-19 pandemic, said, “There were a lot of Asian hate crimes going on at the time ... (so) I was very driven to speak out ... and educate (people).”

Even after four years as a part of APIC, Sandiego still sees areas that the club could improve on. As a Filipino American, she feels the club is often more East Asian centered and has tried to improve this by inviting the Southeast Asian Club in previous years, as well as trying to talk about other Asian cultures during club meetings. “I feel like there’s a lack of representation in our club that I’m hoping to improve on in the following years,” Sandiego said. In the

future, she wants all parts of the Asian diaspora to be equally heard.

For freshman club member Truly Hwang-Woodard, APIC has been a welcoming space since day one. At the start of the school year she joined mostly for community, but she now sees APIC also as a place of emotional support. “We are all able to bond over our cultures and shared experiences,” Hwang-Woodard said, describing APIC as a “safety net,” where students can have a safe place to relax, be themselves, and learn.

This year, the club has gone through a big transition. Last year, longtime staff sponsor and Universal Ninth Grade Ethnic Studies teacher Dana Moran retired, and in her place, film photography teacher Sam Matsumoto was welcomed to the club. “Growing up where there weren’t a lot of opportunities to connect with other Asian American students, I wanted to help give that to (BHS) students,” Matsumoto said. Arrival to the club has been a learning curve, as they are taking on new responsibilities.

Moreover, APIC used to work at University of California, Berkeley, sports games to fundraise for the

club, but that is no longer possible, which forces club leaders to come up with new ideas. “We’ve been brainstorming ways on how to better fundraise for our club as well as being able to fund for our AAPI graduation that we hold every year,” Sandiego said. APIC has been able to get a few grants from the school that have helped fill some gaps.

Despite these bumps in the road, Matsumoto praises the students for what they have done. “Leadership really has it together ... they pretty much do mostly everything,” Matsumoto said.

Looking ahead, Sandiego wants next year’s leadership to continue making progress in the form of stronger ties with other affinity groups planning an AAPI assembly. Last year, APIC helped plan an assembly where students from different Asian backgrounds performed traditional dances. “This year we were supposed to have (an assembly), but unfortunately, we could not figure out a date with the administration,” Sandiego said, adding that she hopes it will be possible next year. Sandiego also wants future leaders to push for inclusivity in APIC and encourage pride within the Asian community.



APIC listens to a presentation.

COURTESY OF THE APIC CLUB

WORD ON THE STREET

WHAT AAPI CELEBRITY DO YOU MOST IDENTIFY WITH?

Christina Rasmussen, a Berkeley High School senior, watched MAX’s TV series “Pen15” and immediately loved Maya Erskine, the actress who plays Maya Ishi Peters in the show. “Pen15’ was a really funny show. I loved it. I especially liked the main actress. (Maya Erskine) comes from Japanese heritage which makes it so that I can connect with her,” Rasmussen said, “She is a person I share some oddly similar experiences with.”



Braden Glover, a BHS junior, identifies with Jackie Chan because of Chan’s background and well-known acting career. “I first saw (Jackie Chan) when I watched Rush Hour, and I just felt an immediate connection,” Glover said, “I loved his acting style, and I also personally relate to his experiences and where he comes from.”



BHS sophomore **Seigo Lee**, explained he strongly relates to basketball player Jeremy Lin. Lin is a Taiwanese player who plays for the Taiwan Professional Basketball League. “I mostly relate to Jeremy Lin because I also play basketball and I’m also Chinese like him. I can really connect with what he has done,” Lee said.



BHS senior **Sabrina Salimi**, explained that three-time Grammy winner Charli xcx is a celebrity she strongly connects to on a personal level. “Charlie xcx is only half Asian, but she is always talking about her Indian heritage. I respond well to her (music) because we have similar heritage, and I also sympathize with her music. It’s always fun to listen to,” Salimi said.



INTERVIEWS BY OSCAR BALASUBRAMANIAN
staff writer

PHOTOS BY SUNNY BEVIS-LIPTON
staff photographer

BHS Interact Club partners with global volunteer organization

BY SOPHIE CRANLEY
staff writer

One of the signature features of the Berkeley High School experience is the plethora of clubs students can join. Whether they have a passion for pickles, fashion, or Halloween, students are encouraged to start and join small communities centered around their interests. While there is a huge range of club topics at BHS, most of them have one thing in common; they are BHS or Berkeley specific. One club that stands apart by expanding beyond BHS borders is the Berkeley chapter of the Interact Club.

Founded in 2021 by current seniors Reese Reyes Aranda and Tyen Zhu, the Berkeley Interact club is one of the 14,911 Interact clubs worldwide. These Interact clubs operate in over 140 different countries. Other than its international connections, Interact stands apart through its formal partnership with one of the largest adult volunteer organizations in the world: Rotary International. These Rotary clubs are aimed at improving their local communities through a range of initiatives including disease prevention, promoting clean

water, and supporting education. The Interact clubs were started as the youth branch of the Rotary Club in an effort to get youth involved in serving their communities. Each Interact club is sponsored financially by and works under the guidance of their local Rotary. According to the Interact website, “Interact clubs organize at least two projects every year, one that helps their school or community and one that pro-

his personal experiences. “If we need help with funds for a project or something, (Rotary Club sponsors) will help fund us,” Zhu said. Zhu described the relationship between his club and the local rotary as “very intertwined.” Apart from their global connections, the Berkeley Interact Club stands out at BHS through their work on a variety of commu-

ups, a book drive for a school in Mexico, and making and distributing mental health pamphlets. Kaya Hatay, a BHS senior and

went to an elementary school during the day, and just helped



from other service organizations. Reyes Aranda also spoke on Interact’s most BHS-centered project: mental health pamphlets. “We saw that (BHS) lacked mental health resources so we created a pamphlet, fund-raised to print it, and then we spread it all around Berkeley (and) especially in (BHS),” Reyes Aranda said.

fix up the garden a little.” Hatay highly recommends joining the Interact Club because of the connections with people outside of BHS and the projects to participate in. Reyes Aranda’s favorite Interact event was organizing and running a book drive for a pre-school in Los Ayala, Mexico. Interact raised this money through a mixture of bake sales and asking for donations

motes international understanding. Rotary Club sponsors mentor and guide their Interactors as they carry out projects and develop leadership skills.” Zhu reiterated this close partnership and shared from

nity service projects. Reyes Aranda described what the club does as “helping the community in various ways.” In Reyes Aranda and Zhu’s three years at BHS, the Interact club has organized projects including beach clean

ENTERTAINMENT

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APPS OF OUR CURRENT ERA: SAFARI VS. GOOGLE

CHLOE PRENDERGAST



What’s the difference between Safari and Google? This is something that I’ve been wondering about for a while and when a friend brought it up to me, I thought I would do some research. I use both almost everyday and I was confused by how you could open Safari, search something up and then be in Google. That’s because Safari and Google are two completely different things. Safari is a web browser, that’s the app you use to get to the internet. While Google, on the other hand, is a search engine. It’s the tool you use to find stuff on the internet. Safari is made by Apple and comes pre-installed on all your Apple devices. You can use Google inside Safari, just like you can use it in Chrome. Because of the fact that you can Google things in Safari, it feels like they’re the same thing. But they’re not and knowing the difference can help you know what’s actually happening when you search for something.

Now, there’s more to it than that, especially when it comes to your data. Safari, being made by Apple, has a reputation for being more privacy-focused. It blocks some tracking cookies automatically and tries to limit how many websites can follow you around online. Google, however, makes its money from ads, and ads need data. Every search you make, every link you click, feeds into the giant system that powers Google’s recommendations and personalized ads. That’s why you might search for rain boots once and then see ads for them for the rest of the month.

You might be wondering why Safari doesn’t have its own search engine like Chrome has Google. This is because Apple has chosen to partner with Google instead of creating its own search engine. Google pays Apple to have their search engine on all Apple devices which benefits both parties because Google gets more users and Apple gets paid by Google. Many other social media platforms have tried to make their own search engines, like, for example, did you know that Facebook once tried to make a search engine? As of now, Google is by far the most popular search engine in the world.

Google and Apple have been fighting over control of the internet basically since Safari and Google were invented. But here is the difference between them: neither is necessarily better or worse, it depends on what matters to you. If you’re more concerned about privacy then you could go with Safari because it has a few more protections built in. If you want very specific and accurate search result and don’t mind your data being shared then I would use Google in Chrome.

So, the difference between Google and Safari is that Safari is what you use to get on the internet, and Google is the filter that you use to find stuff once you’re there. Both are useful and both are aligned with their companies values.

Spring Dance Showcase delights audience

BY CECILIA TILES
staff writer

“The Boy is Mine,” “Labour,” and “Dancing Through Life” are only a few of the songs that played on April 25 and 26 in the Berkeley High School Florence Schwimley Little Theater when Dance Production and the Advanced Dance Lab held their annual spring showcase. Students from a variety of grades and classes came together to showcase every bit of technique, hard work, and talent that they have accumulated over the last school year, under the masterful hand of long-time Visual and Performing Arts dance teacher Linda Carr.

To add to the show’s significance, it was one of the last performances in the Little Theater until 2028, since the theater will be undergoing renovations. Overall, the 2024-25 Dance Production cast left the audience incredibly impressed. “I had very high standards because I have been to the dance shows before, and have been blown away,” BHS sophomore Anabel Orozco said. Orozco added, “my expectations were absolutely met.”

The show started with an introduction from Carr, who entered the stage in a white dress with a confident spin. After a cheer from the crowd, the lights of the Little Theater dimmed as the shadows of the first dancers took their place on the stage. The first piece was a peppy yet poignant ensemble dance to Noah Kahan’s “False Confidence.”

It was a fun and exciting initial act that included a thrilling toss of dancer and BHS sophomore Bria Matubrew that energized the audience immediately.

The second act was equally exciting, being a delightful and energetic dance to the Spice Girls’ “Wannabe,” unmistakably titled “Spice.” All five dancers on stage were dressed in 1990s and 2000s style outfits, with high ponytails and attitudes. Their chemistry was evident, as every dancer was on beat and truly emulating the “pop-girl” aesthetic.

“It was super fun getting to work with the other people in my dance,” BHS junior Sofia Jauregui Gutierrez said, who performed in six dances throughout the night and was one of the three choreographers for the dance “Spice.” “I really had to dig deep into different moves and different choreographies, and that was really fun,” she said.

Another highlight of the performance was a dance titled “Strange Love,” to the song of the same

name by Depeche Mode. Choreographed by students Kaiya Greenberg and Lucas Butler, it was a unique contrast from many of the previous dances. The song, which is quite eerie, provided the perfect setting for a very haunting and dramatic piece. Next came one of the biggest ensemble dances of the show, with one of Carr’s Beginning Modern/Jazz classes grooving to songs

the song, and at the end, I was feeling really tired and emotional, and I remembered that person singing, and thinking that they want to be able to celebrate how this dance ends, and it really gave me the energy to go forward.”

All in all, every individual, group, and ensemble dance was incredible and there were just simply too many to mention. The BHS dance community came together to create a spectacular show that highlighted multiple styles of dance. Not only was there hip-

Every dancer put their heart and soul into the performance, and created something truly beautiful.

hop and contemporary, but also Cumbia — where the dancers were dressed in flowy white skirts, red blouses, and classic straw hats. The final act of the show culminated in a massive group dance, celebrating a traditional Cuban salsa rueda. Every single dancer evidently put their heart and soul into the performance, and in doing so created something truly beautiful and inspiring.

Another stunning and thought provoking dance of the night was the dance “Labour,” danced to Paris Paloma’s song of the same title “Labour.” The dance built quickly, with the dancers standing up and performing with what seemed to be every emotion in their body. In “Labour,” a song that is all about empowerment and gender expectations, the dancers were tasked with making a powerful statement with every perfect pound of the floor and grandiose leap; something which they absolutely achieved.

“It was so fun,” BHS sophomore and choreographer Makaila Reed-Norris said, “There was someone in the crowd who was singing along to



Dancers from the Advanced Dance Lab and Dance Production perform in the Little Theater during the Spring Dance Showcase.

USNEA MCEWEN

Live action ‘Lilo & Stitch’ casting sparks colorism controversy

BY ZOE DILWORTH
staff writer

The live action adaptation of Disney’s 2002 “Lilo & Stitch” is set to hit theaters in May of this year. Even before the first trailer hit screens, the film was already facing criticism, which isn’t uncommon for recent Disney releases. Disney’s venture

into live action remakes of their classic animated films, which began with “101 Dalmations” in the year 2000, has long been embroiled in controversy. Talk of the movies being cash grabs and complaints surrounding the use of CGI have been very present in the conversation, but they have not garnered nearly as much attention as the debate around “race-

swapping.” Actresses Halle Bailey and Rachel Zegler, both women of color cast as the live action counterparts of Disney princess, have received waves of criticism for being women of color playing traditionally white characters. Yet while the race of a mermaid or fictional princess is generally less important to the plot, the same can not be said for the story

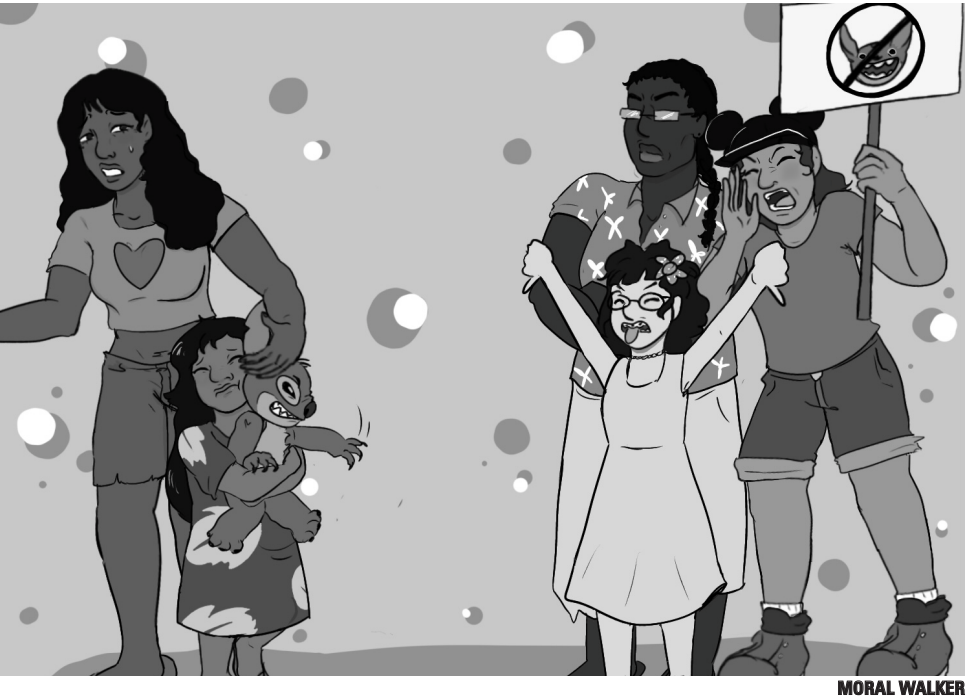
of “Lilo & Stitch.” In a nearly opposite issue, the casting of the live action “Lilo & Stitch” has come under fire for a lack of accurate representation.

The original “Lilo & Stitch” was set on the Hawaiian island of Kaua’i, something that has been changed in the remake in favor of the larger, more tourist-heavy Oahu. The film follows two orphaned sisters, Lilo and Nani Pelekai, who adopt an alien as a pet dog. While themes of family and togetherness are central to the story, the film also makes statements about tourism practices on the islands. From Lilo’s comedic habit of taking pictures of tourists in a subtle inversion of the objectifying “tourist gaze,” to Nani complaining about working at a “stupid fakey luau,” to a deleted scene where Lilo and Stitch clear out a beach full of vacationers, the films stance on tourism is clear. While “Lilo & Stitch” was not radical in this regard, it certainly made a statement. Although tourism contributes to Ha-

waii’s economy, the effects have proved to be very negative. Locals cite the depletion of the environment as well as resources, a growing loss or commodification of culture, and displacement of native residents as the primary issues. Although the original film’s commentary on these issues was minimal, “Lilo & Stitch” goes beyond just being a movie set in Hawaii; Polynesian indigeneity is both central and essential, and it’s because of this that many people take issue with the casting.

Recent criticisms have primarily surrounded the casting of live action Nani in the new film, as well as more general complaints about casting. Colorism is at the center of the conversation as Nani’s actress Sydney Agudong is lighter-skinned and biracial. The fact that Nani was a leading woman with a deeper complexion, thicker body type, and Polynesian features was very significant to many viewers of the original film, especially with such minimal Pacific Islander

representation in media. The animated film also has underlying themes of colorism, where Nani struggles to find work and to get by due to her identity. This, coupled with Hollywood’s history of whitewashing, has led to frustration with this casting choice. Some have even begun to question if the actress is of Hawaiian heritage at all, because the information that is public only mentions her white and Filipino background. The tourist that Lilo takes a picture of at the beginning of the movie is also now no longer white, but native Hawaiian. This choice significantly detracts from the original commentary and message of the film. Where many Disney films draw from fairytales, the film “Lilo & Stitch” draws from very real Polynesian culture. With such limited representation of Pacific Islanders in film, it’s no wonder that the potential narrowing of representation in the upcoming film is upsetting so many who valued the authenticity in the original.



SF MOMA showcases Ruth Asawa’s meaningful sculptural work

BY SOPHIE MIRZA
staff writer

Ruth Asawa, pioneering artist, educator, and civic leader was born to Japanese immigrant parents on Jan. 24, 1926 in Norwalk, California. Both of her parents were truck farmers, though under discriminatory anti-Japanese laws, they were not allowed to own land or become citizens. Her childhood during the Great Depression was marked by struggle, hardship, and poverty, though it was also spent in close contact with nature. The fourth of seven children, Asawa began working on the farm and around the house at six years old, while also going to school six days a week. Soon after, she began to enjoy art and the kind of peace it provided her to be alone and have the ability to daydream. She was soon recognized for her artistic talent. “I used to sit on the back of the horse-drawn leveler with my bare feet drawing forms in the sand, which later in life became the bulk of my sculptures,” Asawa said, describing how her early days impacted her art. Her father was interned in Japanese internment camps during WWII when she was 16 years old. She

did not see her father for six years. Asawa spent the next few years living in internment camps with the rest of her family, spending the first six months in horse stables, then in a permanent camp surrounded by barbed wire fences in Arkansas.

During her time in internment camps, Asawa

where she raised six children and created lasting friendships with photographers. She became more active in the San Francisco community in the 1960s and led sculpting lessons. Asawa also advocated for art being more accessible, especially in early education, and helped build a public arts school called The San Francisco School of the Arts, later renamed Ruth Asawa San Francisco School of the Arts.

Asawa’s children always observe

joyfully humble attitude towards being an artist, as a mother of six children. Her focus is on turning ordinary materials into beautiful art, reinforcing her statement that the artist is an “ordinary person.” She said, “Sculpture is just like farming. If you keep at it, you can get quite a lot done.”

The doors that open into

Asawa’s Museum of Modern Art (MOMA) display are the doors that she sculpted for her San Francisco home. The exhibit features her sketchbooks, art from her friends, and her sculptures. Her faces draw inspiration from Roman masks and busts and were originally hung up in her house. She describes her sculptures as

“continuous form within a form.” Asawa thinks of herself as a citizen of the universe; she has harnessed her life and experiences into beautiful and impactful art. If there is one thing evident in Asawa’s work, it is that she uses art as a way not to be defined by her trauma, but to leave something meaningful instead.

“Art will make people better, more highly skilled in thinking and improving whatever business one goes into, or whatever occupation. It makes a person broader.”

Ruth Asawa
Local Artist

spent a lot of time drawing. Towards the end of high school, she had a role as the art editor for her school’s yearbook. At university in Milwaukee, Wisconsin, she studied to be an art teacher, although racial discrimination prevented her from completing her degree.

Later, after encouragement from her friends, she pursued art at Black Mountain College in North Carolina, and lived in relatively uncomfortable conditions. Her time there had an immense impact on her life and art, and it was there that she met her future husband, architect Albert Lanier. She used natural, unconventional materials in her art as a byproduct of working on a lower budget. Later, she started a life with her husband in San Francisco,

her making art, commenting on how it feels as if the art is a part of her. “I never thought of her making art as a separate activity. To us, she wasn’t working,” her daughter Aiko Cuneo said. Her wire sculptures — made of copper, brass, or steel and knit stitched by hand — are especially delicate. Asawa believes that “a child can learn something about color, about design, and about observing objects in nature. If you do that, you grow into a greater awareness of things around you. Art will make people better, more highly skilled in thinking and improving whatever business one goes into, or whatever occupation. It makes a person broader.”

Asawa highlights the importance of craft and hard work, yet she maintains a



The SF MOMA showcases some of Ruth Asawa’s intricate sculptures.

TOSCANA GIRARD MAXON

Giving credit where it’s due: Samurai shape ‘Star Wars’

BY SIMON VAN DUSEN
staff writer

When the first “Star Wars” movie was released in 1977, critics were quick to call out director George Lucas for copying other films and books. Many griped that it was too similar to the science fiction series “Dune” because of the vast similarities in characters and settings, and others compared the hero’s journey to that of Joseph Campbell’s “The Hero with a Thousand Faces.” While these comparisons have valid arguments, Lucas has admitted that the main influence for his original film was Akira Kurasawa’s “The Hidden Fortress.”

“The Hidden Fortress” is a samurai movie from the late 1950’s that was relatively successful in Japan upon its release. The film lasts two hours and eight min-

utes, depicting the journey of an undercover general and princess trying to escape enemy territory during a time of war. Along their adventure, they encounter a pair of peasants who help the general and princess return safely.

In “Star Wars”, the parallels are evident when taking a step back. Both films share the unique feature of telling the story from the two lowliest characters: the two peasants in “The Hidden Fortress” and R2D2 and C3PO in “A New Hope.”

While the AAPI influence has been unbeknownst to many, Akira Kurasawa has had some of the biggest impact on the Star Wars universe.

Although they take on different appearances, the set of characters reflect every aspect of each other. While they try to help the protagonists, they are sometimes

more harmful than helpful, and serve as comedic relief throughout both stories. Furthermore, Princess Yuki and Princess Leia play the similar role of the female protagonist trying to evade capture by the enemy. Legendary samurai Rokurōta Makabe and legendary jedi Obi-Wan Kenobi are both former generals of a fallen army, and aid the Princesses in their journeys. Finally, “Star Wars” even directly mentions its predecessor when Imperial Admiral Motti ridicules Darth Vader for being unable to find the “Rebel’s hidden fortress.”

In spite of the vast number of parallels between both movies, there is a lack of Asian and Pacific Islander (AAPI) representation in “Star Wars”. While the Jedi in “Star Wars” are awfully similar to Samurai, there are almost no significant Asian characters until the more recent content. In



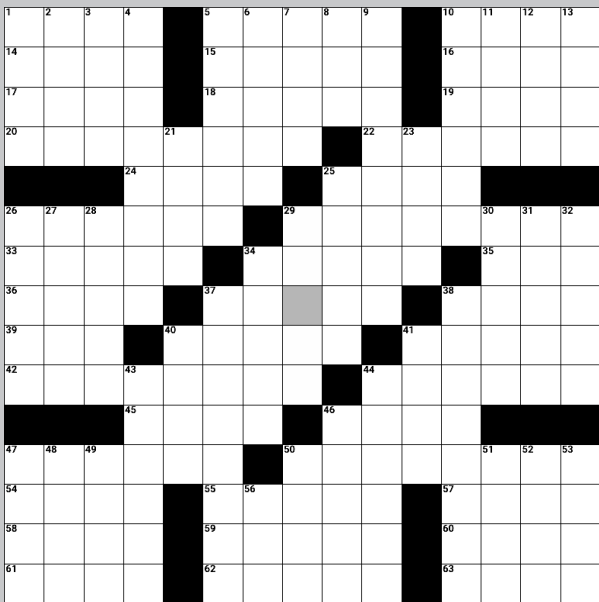
IRIS LE LIBOUX

the original trilogy there are no Asian actors, besides one or two background characters. The prequel trilogy becomes more diverse with Temeura Morrison playing bounty hunter Jango Fett, and every single one of his clones. With the sequel trilogy comes the first major character of AAPI descent with Rose Tico, played by Kelly Marie Tran, and spin-

off “Rogue One” features a variety of AAPI actors. Excitingly, the first Asian jedi has come to life with Lee Jung-jae in the new series “The Acolyte.” Lee Jung-jae is from South Korea, and gained his popularity from playing Seong Gi-hun in Squid Games. For “Star Wars,” it’s important to remember the different cultures that have

influenced the series. While the AAPI influence has been unbeknownst to many, Akira Kurasawa has had some of the biggest impact on the storylines and characters of the “Star Wars” universe. Looking forward, it’s crucial for “Star Wars” and similar popular franchises to recognize cultures that have influenced them, and give those cultures proper validation.

THE CROSSWORD



ACROSS

- 1. Swear word abbreviator
- 5. Gardener’s card?
- 10. Housefly, for one
- 14. Jacob’s twin
- 15. Was like a rainbow
- 16. Austen heroine
- 17. Nevada city
- 18. Disney deer
- 19. Good in French class?
- 20. Mythological cup-bearer
- 22. Stories about tortoises and hares
- 24. Vibes
- 25. “Gossip _____”
- 26. Pre-Euro currency
- 29. Microorganisms
- 33. Gate closure
- 34. Common jazz standard form
- 35. What the “N” is for in DND (but not DNA)
- 36. “Dance Moms” instructor
- 37. Pieces of dirt
- 38. Early 2000’s music player
- 39. As easy as 3-2-1?
- 40. Like gum
- 41. Salty water
- 42. Galleys
- 44. Designed like some retro curtains
- 45. Inefficient way to write an essay (with “by”)
- 46. Stocking stuffer
- 47. Popular spring break destination
- 50. Climbing purple flowers
- 54. Actor Baldwin
- 55. Depends (on)
- 57. Glen
- 58. Ark owner
- 59. Reddick on “The Wire”
- 60. Composer Stravinsky
- 61. Actress Rowlands
- 62. Hungarian mathematician Paul
- 63. Military alliance

DOWN

- 1. Urban suffix
- 2. Skincare company
- 3. British Isle
- 4. What a life jacket increases
- 5. Dueling weapons
- 6. Gucci rival
- 7. Where to get the best baguettes in Berkeley
- 8. Upper-class young woman
- 9. Imposing buildings
- 10. Small stone
- 11. “SNL” featured player Wakim
- 12. Hook’s boatswain
- 13. Almost gets sunburnt
- 21. “_____ Ado About Nothing”
- 23. Performing or visual activities
- 25. Overly flashy
- 26. Backlash
- 27. Synagogue leader
- 28. Up at the plate
- 29. “Thar she _____!”
- 30. Very quickly
- 31. Best shot in golf
- 32. Did basic math
- 34. Make a smoothie
- 37. Bedspread material
- 38. “Rosemary’s Baby” author
- 40. Spiced tea
- 41. Tap time?
- 43. “Real smooth” dance
- 44. Higher-ups
- 46. _____ de Mayo
- 47. “_____ in there!”
- 48. Soothing plant
- 49. Gradually withdraw
- 50. Wizarding accessory
- 51. Sitar selection
- 52. Isle (var.)
- 53. British chocolate bar
- 56. Musical requirement

— Violet Kessler

PLAYLIST: POPULAR AAPI ARTISTS



- Washing Machine Heart - Mitski

BAND4BAND - Central Cee

Sukidakara - UMI

B.S. - Jhené Aiko (feat. H.E. R.)

Glimpse of Us - Joji

The Perfect Pair - beabadoobee
- My Type - Saweetie

Be Sweet - Japanese Breakfast

Temperature - Tyga

Dynasty - SAWAYAMA

Every Summertime - NIKI

Someone Else - Deb Never

— Amar Walker

AAPI Athlete Spotlights

Noah Fong



Fong has been playing ultimate frisbee since elementary school. **LUCAS THOMPSON**

“It’s a great opportunity to push myself to grow as a player, a leader, and a person.”

Noah Fong is a Berkeley High School senior and team captain of the varsity mens ultimate frisbee squad. Fong’s ultimate journey began in elementary school when her friend introduced her to the sport. She later joined a winter team, and has been playing ever since. As a captain and leader, ultimate frisbee has taught Fong valuable leadership and goal setting skills that extend beyond the field. Fong also cherishes the tight knit sense of community the sport fosters, which has allowed her to form long lasting friendships and compete at a high level. “I think that it’s a relatively smaller sport ... I know everyone, like every high schooler that plays in the bay,” Fong said, “It’s a great opportunity to push myself to grow as a player, a leader, and a person.” In the sport, Fong acknowledges that while there isn’t a distinct community of Asian and Pacific Islander (AAPI) athletes, she doesn’t feel out of place. “I would say Asian is the second most common identity behind white in the sport ... I don’t know if I would call it a community, but I certainly don’t feel othered in the frisbee scene,” Fong said. Today, Fong is looking to continue her frisbee career after BHS and is excited to play for the University of Colorado, Boulder’s talented ultimate program.

Henry Robinson



Henry Robinson plays basketball in the BHS gymnasium. **ZIVA AMENDOLA**

“When I come across other Asian athletes I feel a bit of a bond,”

At a young age, shooting the ball around with his dad at his local YMCA, BHS sophomore and basketball shooting guard Henry Robinson developed his love for the game of basketball. Today, Robinson views the game as more than just a sport, but also as a way for him to build different life skills. Robinson believes that balancing the busy schedule that comes with being a student athlete will prepare him for moments later in his life when he will also need to manage several different responsibilities. Playing on the varsity basketball team as a sophomore was a major milestone for Robinson and fueled him to continue to improve and strive for new goals. “I think that when I made the varsity team, it really motivated me. I felt like that was a milestone that paid off and realized that (basketball) is really what I love doing,” Robinson said. On and off the court Robinson takes pride in his Vietnamese and Chinese heritage, feeling a strong connection with the growing community of Asian athletes in sports. “When I come across other Asian athletes I feel a bit of a bond,” Robinson said, “I think it’s more of an unspoken kind of community. You respect each other a lot and it’s great to keep seeing Asian kids thrive in the athletic community.”

Akanni Owodunni



Akanni Owodunni has been playing baseball since he was three years old. **EZRA PAYNE**

“(My family has) really pushed me, motivated me to be my best, whatever I do.”

Akanni Owodunni is a BHS junior who plays catcher and first baseman for the boys varsity baseball team. Owodunni’s love for the sport began when he was just three years old, watching the Oakland Athletics and playing catch with his dad in the park. Now, Owodunni is committed to the University of San Diego, where he is looking forward to continuing his baseball career at the Division I collegiate level. Throughout his baseball journey, Owodunni has been deeply grateful for his family’s support, crediting them for helping him become the player and person he is today. “They really pushed me, motivated me to be my best, whatever I do. So, I couldn’t ask for better parents and better people helping me out,” he said. Having Korean heritage, Owodunni enjoys watching Korean SF Giants star Jung Joo Le and continues to appreciate the growing representation of Koreans in baseball. “Korea is a huge place for baseball. I feel like Korean Americans and Koreans are becoming more prominent in the Major League Baseball, so it’s definitely great to see that,” Owodunni said. With the North Coast Section baseball playoffs fast approaching, Owodunni hopes to help lead BHS to a championship and bring home the title.

Miriam Allen



Miriam Allen stays motivated by using mantras while running. **RIANA FALCIONI**

“Running has taught me that I’m capable of more than I think I am,”

For BHS senior Miriam Allen, a long distance runner on the track and cross country teams, running has taught her that she can surpass goals that once might have seemed out of reach. “Running has taught me that I’m capable of more than I think I am,” Allen said. She discovered her love for the sport during the COVID-19 pandemic when she began marking her runs down in a running log. She later joined BHS Track & Field and quickly fell in love with long distance running. It can be difficult to conjure motivation while running for painful long stretches of time, but Allen uses mantras and positive thoughts in her head to help her find strength in moments of discomfort. Allen, who is half Taiwanese, feels like there is a supportive community of AAPI track athletes at BHS and appreciates seeing other Asian athletes at the school. “I think especially at Berkeley High (School), it’s kind of cool to just see people who look like you. There’s definitely a lot of Wasian athletes, especially on our team, so it’s cool to see that,” Allen said. After taking a gap year, Allen plans to attend Scripps College, where she is excited to run for their Division III collegiate program.

SPORTS

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The impact of AAPI athletes in professional sports

BY LUCY HOHN
staff writer

Asian American and Pacific Islander (AAPI) athletes have had a huge impact on professional sports, influencing younger generations of athletes across the world. Within professional sports are many AAPI athletes who have paved the way for others to leave their mark and excel in the sports world. Whether it's being the first AAPI athlete in a sport, breaking numerous records, or winning awards, AAPI athletes have forever changed sports as we know them.

In the 1948 Olympics, **Vicki Draves**, a Filipino American diver, was the first AAPI athlete to win gold at the Olympics. Draves grew up in San Francisco, where she would swim in the community pool on days that weren't limited to "whites only." Although she could rarely swim, she worked tremendously hard to be at a level where she could qualify for the Olympics. Draves experienced heavy racism growing up, which was further escalated by the harsh scrutiny on her parent's interra-

cial marriage. However, she is now immortalized in the International Swimming Hall of Fame as an inspiration to all.

Hockey is one of the least diverse sports in the world due to the high cost to play and scarcity of ice rinks and ice time. Yet, **Jim Paek** overcame racial barriers by becoming the first Korean Canadian athlete to play in the National Hockey League (NHL). He was also the first Korean Canadian player to win the Stanley Cup, a NHL national championship.

He is now the director of the Korean Ice Hockey Association, where his two Stanley Cups and contribution to his team in playoff games are not forgotten. The NHL has now begun to work to increase diversity in its league, and although there is still a lot to do, Paek broke the barriers to make that change.

Naomi Osaka is a Japanese American tennis player and was the first AAPI athlete to become the number one ranked singles tennis player. She has won four Grand Slam titles, while also using her platform to raise awareness about racial prejudice.

In 2020, during the U.S. Open, she wore different face masks each match, honoring those who had been killed due to police brutality. Osaka also uses her social media platform to encourage others to act against racism and encourages AAPI athletes to embrace their culture and background.

Jeremy Lin, also known as "Linsanity," was the first Taiwanese American to play in the National Basketball Association (NBA).

He played many seasons with different NBA teams, but predominantly for the New York Knicks and the Toronto Raptors, with whom he won a national championship.

Throughout his younger years, he constantly had his basketball skills undermined on the basis of race, which persisted throughout his career.

Even after he had proven himself to be successful, he would still receive comments attempting to stereotype him. However, he continued to play, breaking stereotypes in his unforgettable NBA career.

Although these are only a small portion of the AAPI athletes who have impacted sports, they continue to inspire and encourage young AAPI athletes today. These young athletes are the same people who will one day inspire the next generation. They are passing the torch on to the next generation of AAPI athletes to make positive change in the treatment and recognition of the AAPI athletes who have provided joy and pride to sports fans.

JAY TRAUNER

Boys baseball triumphs over Piedmont with impressive 10-1 win

BY AVA QUANDT
staff writer

On Friday, May 2, 2025, the Berkeley High School boys baseball team played against Piedmont High School Highlanders at Tim Moellering Field. This was a very high stakes game, as the team had lost to Piedmont earlier in the season. The Jackets came into the match with an aim at redemption.

The game kicked off with BHS senior Chase Worthington making it to home base after a teammate hit a ball that Piedmont was unable to recover, putting

the score at the end of the first inning 1-0. This was an exciting start to the game, bringing up the energy both on and off the field. BHS continued with pitcher Quinton Hill, a BHS sophomore, throwing continuous strikes against batters. Hill explained that the previous against the Highlanders was the main motivation for the team. He said, "The loss against Piedmont really fueled a fire in our team because if we didn't win those last three games, we wouldn't make it to the playoffs."

At the top of the third inning, Piedmont hit a few ground balls and managed

to load their bases, but Berkeley's strong defense was quick to throw them out, securing their lead. At the bottom of the third inning, when Berkeley was up to bat, the crowd could feel the team's energy. This culminated in BHS junior Akanni Owodunni hitting a home run out of the park, sending himself and all three loaded bases home, ending the inning with a confident 5-0 Jacket lead.

The team's scoring run did not stop there, and Berkeley continued to dominate the game. BHS outfielders were quick to counter any of Piedmont's attempted runs, keeping the

Jackets in the lead. At the bottom of the fifth inning, Worthington stepped up to the plate with three loaded bases and hit a grand slam, giving the Jackets a steep 9-0 lead.

Despite the run of success the Jackets experienced throughout the first half, the Highlanders were still persevering. Piedmont was able to get a good hit that sent a runner home in the sixth inning, bringing the score to 9-1. However, the Jackets proved to be more determined, and recovered from Piedmont's point by finishing out the inning with strong defense. When Berkeley was up to

bat again, the Jacket dugout buzzed with excitement as BHS senior Arson Ormsby hit a ball that allowed BHS junior Isaiah Mays to make a run. Berkeley's defense continued to prevail, and they closed out the game with a 10-1 win for the Jackets.

This win was especially important as the team began their season with a rocky string of losses, which they have since recovered from through hard work. Ormsby said, "I think that at the beginning of the season, we struggled to put runs together through hitting, but now we're getting bat on ball."

The Jackets hope to win their next two league games and finish off the regular season strong, continuing into playoffs after. BHS junior Enrique Sotelo explained that the best strategy for winning in playoffs is going to be staying loose and calm. "You can't get too tense, you just gotta go out there and have fun with it. I'm just gonna go out there and play with my brothers beside me," Sotelo said. BHS baseball is currently ranked third overall in the Western Alameda County Conference (WACC) league, but the team hopes to continue to climb the ranks as they progress into the playoffs.



BHS baseball is currently ranked third overall in WACC, but the Friday win is proof they can go further.



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