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NEWS The Aftermath of Mahsa Amini

By Camille Conrad



Source: CNN online

When pro-western Shah Mohammad Reza Pahlavi, the Shah of Iran, was overthrown in the 1979 Islamic Revolution, women in the country were pushed to conform to new modest standards. Without the freedom of choice. As the rest of western civilization became more open-minded to feminist movement, Iran regressed. As women's rights laws were continually being repealed, the "morality police" was formed in the early 90's. The morality police or "Gasht-e Ershad" is an organization of men and women who have the power to reprimand, fine, and/or arrest women on the state of their

clothing and proper hijab usage. On September 13, 2022, the "morality police" arrested Masha Amini for wearing her hijab too loosely and three days later she was pronounced dead after being taken to a detention center. Although security forces claim her death to be the fault of a suffered heart attack. many witnesses claim differently, saying they saw her brutally beaten in a patrol car. Her father, who was denied access to her body, claimed to have seen one of her feet badly bruised. Women and men around the world immediately took to the streets to protest against Iran's oppressive regime. In defiance of the government mandate, Iranian women burned their hijabs and cut

their hair. Riot police responded with exponential weaponry and force. Although there is an intense media blackout according to Iran Human Rights (HIR), the death toll as of October 12 has reached 201. with 23 of the 201 being children. Currently, hundreds more protesters are being arrested and injured as they bravely stand for basic human rights. Iranian protesters took to action by hacking into Iran's state tv and broadcasting an image of Iran's supreme leader, Ayatollah Ali Khamenei, surrounded by flames and three phrases; "Join us and stand up!", "The blood of our youth is

dripping from your claws," and "Woman. Life. Freedom". As the world anxiously watches these events play out in real time, I sat down with a student activist who wishes to remain anonymous for safety reasons.

How as a teenager living in the United States can you show support for Iranian women?

Honestly, posting on social media is incredibly crucial to this movement, especially because of the lack of internet access that exists in Iran at the moment. For those who don't know, there is heavy censorship in Iran, and many social media sites can only be accessed through VPNs. Additionally, the mass media in Iran is covering up the truth, making the families of victims speak out against protests and tell blatant lies to the public in support of the regime. Going to protests is also a huge help, but mostly talking about the protests and not letting this cause die out is the most important. I urge everyone reading this to reach out to your local state representatives as well as those who hold seats in congress to hopefully influence legislative changes and governmental support from the US.

Why is it so crucial we spread awareness about the Iranian people risking their lives protesting against the oppression of the morality police?

It has been like this for over 40 years now. Women have been being killed left and right, and only now are people talking about it. Honestly, it's not been

just the morality police, but rather the regime itself. It is crucial because this has been swept under the rug till now, and it is about time that people start speaking about the atrocities that are happening and trying to prevent them from occurring again. We want the regime GONE.

What is happening right now far goes beyond religious and political issues but has become a human right violation, what do you think is the most common misunderstanding about what is taking place right now? And in a world filled with issues, why should people care?

The most common misunderstanding is that the Iranian people are the same as the Iranian government. The Iranian people have been victims of governmental oppression for years, and it is necessary to care because it easily could've been anvone you know. This sort of thing should not be normalized as it is in the world, since it is so detrimental to large groups of people. We need to be able to stand as people united instead of divided against the oppressors. Mahsa was 22. Nika was 16. (Editor's note: Nika Shakarami was a 16-year-old protestor who was allegedly killed by Iranian security forces after being heavily involved in protests regarding the death of Mahsa Amini) They

could have been you, or me, or your best friend, or your girlfriend, or your sister. We all could've been victims. These were kids. They were all kids. And if the UN won't do their job, we will do it for them.

Anything else you think is important to share?

Write to the UN, they have not yet issued a statement on the matter, despite the fact that it is a human rights violation.
This is getting absurd. It has BEEN absurd. Say the names of those who have become martyrs. Never stop saying their names, or else they will have died in vain. Get the regime out. Zan Zendeghi Azadi. (Women, Life, Freedom).

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SPORTS

Fall Sport Athlete Spotlights

By Alexander Ortiz

As fall sports near the end of their season, we ask athletes from Football, Cross Country, and Water Polo to share a review of their season so far.

[Editor's Note: All interviews were conducted around October 2, 2022, and All rankings and records stand as of November 2, 2022.]

Varsity Football

Derek Thompson, Senior Record: 6-3 California Rank: 22 Roles/Positions: Captain, OL/DL



How do you feel about your team's performance up to this point in the season?

Disappointing so far. There is still time left, and sometimes especially in this case it's not about how you start but how you finish. The goal is still the same as it was at the beginning of the season which was/is to win a state championship.

Why do you think the team is in the position it is in right now, and what do you think needs to change?

Not everyone has fully bought in yet and we aren't doing all of the little things right like we are supposed. We are getting closer, however. Once that happens, I believe there will be a change in the way we play. The results will definitely change for the better. "Little things add up to big things".

Who on your team have you been surprised by, or think has been a big contribution to the team?

The obvious one is Flanagan who has picked up a lot of the slack with Tofaeono, Powers, and myself being out/limited. Others who have been big contributors are Biller, Guerrero and Manzone. Wells has played a big leadership role in the secondary. Cunningham and Rachwald really have taken charge

of the D as well. Kratus and Serrano help out a lot with team activities and do a phenomenal job running the scout team during practice.

What can we expect from you guys looking forward to the season?

I think this team will hit its stride during playoffs. This is a time where a lot of the guys on the team are fine tuning their game and healing up getting ready for the home stretch. I am excited to see how much we've grown from the beginning of the year till the end. I expect our best football is in front of us.

IV Football

Xavior Ordonez Record: 7-2



How do you feel about your team's performance up to this point in the season?

I think we're doing good, um two losses only. We just need to work on-our first half of our games were doing well, but we just need to learn how to close out the second half.

Why do you think the team is in the position it is in right now?

I think it's just our attitude in the game, in the first half (vs. St Mary's of Stockton), we were doing very good, but in the second half we think [sic] we already won the game, but we end up only winning by a touchdown, so we just need to work on our second half attitude.

Does anything need to change, and if so, what?

We need to work on our mentality going into the second half, realizing that the game isn't over in the second half, and everyone needs to get their job done.

Who on your team have you been surprised by,

or think has been a big contribution to the team?

I have been the most surprised by Marco Barrigon, and this is his first year playing football, and even though he isn't on the field all the time, when he's on the field he has a big contribution. He has been putting in the work, and constantly improving since day one. But I think De La Salle's left guard (himself) has been really good, making some of the calls on the line, and he's really good at pulling, and pushing back defenders.

Freshman Football

Sha'him Kibrall Record: 6-2



How do you feel about your team's performance up to this point in the season?

We work pretty well as a team, we gotta work better though, we communicate well. Our win to loss ratio is pretty good, we're 5-2, so yeah, I think we're doing pretty good.

Why do you think the team is in the position it is in right now?

I think it's mostly because of the coaches' motivation, they help us push through hard stuff, like conditioning, and preparation, but I think it's also the team as a whole compatibility, and aptitude

Does anything need to change, and if so, what?

I think that the attitudes of the players could be better, when we win, or have a big win, our team can get caught up in that mindset thinking everything is gonna be easy.

Who on your team have you been surprised by, or think has been a big contribution to the team?

Couple players, our quarterback, Brayden Knight, our running back Brady Smith, Bubba Vargas, they all are really good, and play really well at what they do. A lot of them also play both sides, or they're just really big contributors to the team.

What can we expect from you guys looking forward to the season?

I think we're gonna play the rest of the season really well, we did have a couple rough games, but so far, we've been doing well. Just the other day we had some problems at practice, coaches getting mad, so hopefully we can get that better.

Varsity Water Polo

Jed Johnson Record: 17-7 National Rank: 19 California Rank: 16



How do you feel about your team's performance up to this point in the season?

So far, we've been playing pretty well, we've had some tough games where we've had to overcome some adversity, but we've been playing pretty well, and the teams coming together right now.

Why do you think the team is in the position it is in right now?

Over our trips and games, and traveling to tournaments and stuff we've been able to get to know each other, and bond with each other, which has been helping us inside the pool with our team chemistry.

Does anything need to change, and if so, what?

I think everything is going pretty well, and I don't think there are any changes that need to be made right now.

Who on your team have you been surprised by, or think has been a big contribution to the team?

I feel everyone has had a big role on the team, and everyone has been playing well overall.

What can we expect from you guys looking forward to the season?

Our goal is to go win NCS, and then after that, go win NorCal, that's what we've been working toward, so I'm excited to go and play, see what we can do.

Junior Varsity Water Polo

Griffin Fullerton Record: 21-2



How do you feel about your team's performance up to this point in the season?

We do pretty good, we've only lost one game, and other than that, we've smashed through the competition. The competition's not that good at JV, and De La Salle's got everything, so we win it all basically.

Why do you think the team is in the position it is in right now?

We had a lot of good freshmen this year, there has been a lot of good kids coming out from the clubs all around the area to De La Salle, coming to the team, molding a really strong starting lineup, and we basically go through the competition pretty easily with this team.

Does anything need to change, and if so, what?

I think we should have way less people on this team, there's like 26, but there should only really be like a little more than 15. I also feel like the coaching should be a little more focused on kids on our depth, going over the fundamentals for the kids that don't know as much, which contributes to them not doing as well in the games.

Who on your team have you been surprised by, or think has been a big contribution to the team?

We've had some pretty good freshmen on the team obviously, one of the good freshmen that has come out, and brought us all together, and is definitely our leader of our team in terms of goals. Also, another good player is Bryson, he's our set, he can spin everybody, and brings the foundation of our team together, and keeps us together as a whole.

What can we expect from you guys looking forward to the season?

We're gonna win most of our games, there will be some tough games, but we really want to push through, show some determination, and win the rest of our games in our season.

Varsity Cross Country

Tadhg Murray Notable placements:

- Gaucho XC Invitational 4th
- Cal High vs. DV, SRV, and DLS 2nd
- 2022 Ed Sias Invitational 4th
- De La Salle Nike Invitational 5th
- Mid-Season Mania 1600m Invitational 2nd



How do you feel about your team's performance up to this point in the season?

It looked a little rough at the start, but it's going pretty good so far, it's getting better a lot.

Why do you think the team is in the position it is in right now?

We've had a couple of injuries this, and last season that prevented us from doing our best, but we've still had a lot of PR's and improvements, but I think that with just a bit more work, we can get a lot better.

Does anything need to change, and if so, what?

I think we need to run together more during runs, because a lot of times some of us are just kind of flying off somewhere else, and I think if we just did that, we get a lot closer as a team in terms of times, and just personally.

Who on your team have you been surprised by, or think has been a big contribution to the team?

The biggest contribution to the team has definitely been Trey, as he's running really good right now, and he's running about the same time as our fastest senior last year. A big surprise has been one of the freshmen who has been also pretty fast, and is on varsity now.

What can we expect from you guys looking forward to the season?

I think that we could definitely get up there, and get past NCS as long as we keep doing what we're doing, and keep improving, and we don't have a rough spot.

Junior Varsity Cross Country

Donoven Jue



How do you feel about your team's performance up to this point in the season?

It's been really good, last year all of us were just beginners, and now as sophomores we've learned a lot and are more advanced.

Why do you think the team is in the position it is in right now?

We have really good coaches that help us, and they don't push us to the point of breaking down. We all have really good team spirit, help each other up, keep with each other, and we are one.

Does anything need to change, and if so, what?

I don't think anything really needs to change, we just need to continue what we're doing.

Who on your team have you been surprised by, or think has been a big contribution to the team?

I think we've all been getting to the point where we're improving, and are more advanced now, so no one in particular.

What can we expect from you guys looking forward to the season?

I'm hoping each and every one of us improve ourselves personally, and get faster in whatever way they can.

Frosh/Soph Cross Country

Daniel Accardo



How do you feel about your team's performance up to this point in the season?

It's been pretty well, we've been getting like top six, we've had some bad races too, but a lot have been pretty close, best, getting top 3.

Why do you think the team is in the position it is in right now?

A lot of the freshmen are newer, and don't know what they are doing, since they still have a lot to learn in terms of fundamentals, it being their first year in the sport.

Does anything need to change, and if so, what?

Nothing really, except more practice, and experience running for us.

Who on your team have you been surprised by, or think has been a big contribution to the team?

I've been surprised by Leo, since he started off pretty slow, but got really fast. Same thing with Dillon, a lot started slow due to lack of experience, but as they've gotten going, they've gotten a lot faster. Heath has also been a big contributor and has been winning most of the races.

What can we expect from you guys looking forward to the season?

Higher placement, and everyone getting way better times.

All-Pro McCaffrey Returns to Bay Area In 49ers Blockbuster Trade

By Jason Brown

Christian McCaffrey wearing a red jersey in Northern California is a familiar sight. McCaffrey, a former Stanford star, will return to the Bay Area in a trade between the San Francisco 49ers and the Carolina Panthers. San Francisco will receive the

dual-threat running back in exchange for four draft picks in the 2023 and 2024 drafts. Carolina selected McCaffrey as the 8th overall pick in the 2017 draft. At Stanford, McCaffrey finished 2nd in Heisman voting by leading the Pac-12 in rushing yards and yards from scrimmage in 2015 en route to a Rose Bowl win. Ankle, shoulder and hamstring injuries have been a concern for McCaffrey which has caused him to play only 30% of games in the last two seasons. San Francisco hopes McCaffrey and the rest of their

team leave the injury bug behind them. After starting the season 1-5 with the Panthers, a discouraged McCaffrey stated, "All I want to do is win." He'll get a chance at his wish as he joins the 49ers in the hunt for a playoff spot and division title.

Editor's note:

- This article was written prior to McCaffrey's first two appearances with the 49ers.
- Against the Kansas City Chiefs, during week 7, McCaffrey only played 22 snaps but made an
- immediate impact with 38 rushing yards and 24 receiving yards in San Francisco's 23-44 loss.
- The following week, during a 31-14 win against the Los Angeles Rams, McCaffrey

became the 49ers' fourth player to receive a triple crown: recording a 1-yard rushing touchdown, a 34-yard passing touchdown to Aiyuk, and marking a receiving touchdown from a 9-yard pass from Garoppolo.

 Despite it being his second appearance with the team, McCaffrey became San Francisco's first running back to record a passing touchdown and a receiving touchdown in the same game.

Warriors Take Down L.A. in First Game Back

By Andrew Jimenez

Tuesday, October 18th marked the tipoff of the 2022-2023 NBA Season. One of many storylines that basketball fans will eagerly follow is the legacy of star point guard Steph Curry and the Warriors. The Golden State Warriors kicked off the regular season with a 123-109 home win against the Lakers. The reigning champions Warriors began the night with a championship ring ceremony featuring 16 karat diamond rings, primarily made up of yellow diamonds, and the hanging of their championship banner in the Chase Center. Former Warriors fan-favorite forward Juan Toscano-Anderson signed with the Los Angeles Lakers in the offseason and received his extravagant ring before the game. The Lakers led this season by the three-headed monster of LeBron James, Anthony Davis, and Russell Westbrook. The Lakers finished last year with an underwhelming record of 42-30, finishing 7th in the Western Conference. New head coach Darvin Ham looks to bring a talented Lakers squad to playoff success. LeBron and company went down early, and the margin only grew as the Warriors outscored Los Angeles 32-19 in the 3rd quarter. The



Warriors' lineup featured forward Draymond Green starting and guard Jordan Poole coming off the bench. The two were recently involved in controversy after a video leaked a few weeks ago showing Green maliciously punching Poole in the face during a practice and Poole collapsing. Green scored 4 points against the Lakers and collected 5 assists and rebounds. Poole scored 12 off of

the bench as well as getting 7 assists. 8-time All-NBA point guard Steph Curry had a stat line of 33 points, 7 assists, 6 rebounds, and 4 steals. The other member of the Splash Bros, Klay Thompson, recorded 18 points in the contest. Curry, along with fellow superstar Thompson, look to lead Golden State to their 5th title in 9 seasons. Curry, who is 34 years old, broke Ray Allen's all-time record for most

3 pointers made last season and shows no signs of slowing down. Despite the loss, the Lakers' big three filled the stat sheets. James recorded 31/15/8, Davis 27/6/0, and Westbrook had 19/11/3 and shot an efficient 7/12 from the field. The chemistry each team shares will only grow making for more competitive games as this season unfolds.

LOCAL NEWS

Curiosities in our Community: Exotic Animals on the I-680

By Shay Kashif

For many, a commute through Contra Costa County will take you on the I-680 - the main interstate highway that connects most of the major cities in and around the Bay Area. While drives across this largely suburban landscape may seem monotonous, there are certain areas that can pique the interest of an observant traveler.



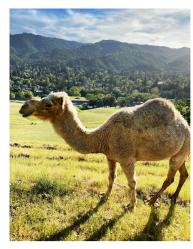
A lone zebra watches the highway, Phil L.

One of these interesting sites

is a private property along the Stone Valley exit, where animals such as zebras, alpacas, and even camels can be seen grazing among the hills. But what is the story behind these exotic animals, whose real homes are thousands of miles away, and why are they so nonchalantly living on the side of a major freeway?

Locals in the area say this ranch near Alamo Springs
Drive is rented out by the owners. According to Mercury
News, "The cattle belong to a private company that leases some of the land. They arrive in December and leave in June. A new group comes in each year and can include ostriches. The

grazing cattle are mostly mixed breeds, which is why they don't all look the same. They help maintain the land by keeping the grass trimmed."



A grazing camel photographed by a Danville resident

Of course, it seems extravagant,

to say the least, to have such creatures used for something as routine as grazing, but it is a win-win situation as it helps these animals (who are usually bought by private owners or zoos) get adjusted to the soil and grasses of California, meaning they will be far more comfortable in their new environment and have the ability to digest local vegetation better.

Even more strange and outlandish is the fact that in these private ranches, residents often crossbreed similar species to create new breeds, such as a "zonkey", which is a mix of a zebra and a donkey. Many residents in these areas often buy these animals for thousands of dollars (and sometimes even more).



A "zonkey" seen from the I-680

In summary, we may not know much about many of these obscure parts of our community, but that does not make them any less interesting or eye-catching. While you may never have even imagined something like zebras in California, and even more strangely, on one of the largest highways in the state, they certainly do exist.

ENTERTAINMENT

Top 5 Movies

By Ian Moore

1. Interstellar

Interstellar is a masterpiece directed by Cristopher Nolan.

It explores the themes of love, survival, and pursuit of knowledge. Of course, it also has time travel. The movie focuses on the story of a hero who must choose between his family and saving the human race. Coop, a widowed engineer lives with his family in a not-so distant future where Earth is dying, and the only task is making enough food to live. There are no wars, no technological advancement, just farming. Coop rages against the circumstances that he and the world are placed in, often voicing his beliefs that the answer to mankind's situation lies in the vast frontiers above

them. Luckily, Coop and his daughter Murph are inducted into a secret government mission to save the world. They do this via a mysterious wormhole that appears within the solar system. It offers intergalactic travel to other possibly habitable planets.

2. Shawshank Redemption

Andy Dufresne is sentenced to two consecutive life terms in prison for the murders of his wife and her lover. The prison that he is sent to has a bad reputation and the others think that he is a killer, however, he knows that he is innocent. While there, he forms a friendship with Red and experiences the brutality of prison life, adapts, helps the warden, etc., all in 19 years.

3. Truman Show

Truman Burbank's life is part of a massive TV set that is orchestrated by executive producer Christof. His masterpiece, "The Truman Show," is a live broadcast of Truman's every move captured by hidden cameras. Cristof attempts to control Truman's mind, even removing his only love Sylvia from the show and replacing her with another woman. As Truman gradually discovers the truth, however, he battles with the decision to take action.

4. Inception

Dom Cobb is a thief with the rare ability to enter people's dreams and steal their secrets from their subconscious. His skill has made him a hot commodity in the world of espionage, but it has also cost him everything he loves. Cobb gets a chance at redemption when he is offered a seemingly impossible task: Plant an idea in someone's mind. If he succeeds, it will be the perfect crime, but a dangerous enemy anticipates Cobb's every move.

5. Whiplash

Andrew Neiman is an ambitious young jazz drummer whose goal is to rise to the top of his elite music world. His instructor, Terence Fletcher, is known for his terrifying teaching methods. He transfers the aspiring drummer into the top jazz ensemble, forever changing the young man's life. However, Andrew's passion to achieve perfection quickly spirals into obsession, and his ruthless teacher pushes him to the brink of his sanity.

RESTAURANT REVIEW

Longport Fish Company Review

By Matthew Ortega

Longport Fish Company in Concord, CA

The moment I arrived at Longport Fish Co. I was greeted by a waiter who enthusiastically brought us to our table. I went to the restaurant with my family around 8:00 P.M. and it didn't seem very busy. At most there were about five or six other customers on the other side of the restaurant and a couple finishing their meal nearby.

Our original waiter was replaced by an even more enthusiastic waiter, who was so eager to serve he came up to our table before we got a chance to look at the full menu. He gave us way more time than we needed, and we ordered our drinks. I ordered an Arnold Palmer which tasted fine, I would hope that no one could mess up an Arnold Palmer. They have a wide variety of drinks for

not just adults but for children and teens as well. They serve fountain soda, bottled sodas, iced tea, lemonade, sparkling water, and normal water.

Appetizers:

Bone Marrow with Crab, Assorted Olives

We ordered two appetizers along with the drinks. We ordered some warm olives and bone marrow with crab. First, the bone marrow with crab. Though the combination sounds weird on paper, it ends up being really good. They served the meal on a slab of wood, and it was accompanied by toasted sourdough bread and a mini side salad. I would assume the point is to put the bone marrow and crab mixture on the toast and put some of the salad on it. My toast tasted a little burnt, but it only seemed to be my piece as the rest of them

looked fine. The bone marrow acts as a type of butter or oil for the crab. The crab was sweet which went really well with the savoriness of the marrow and the tartness of the sourdough. Now the warm olives; I am not the biggest fan of olives, I tried to eat one, but I just could not. In terms of appearance, it looked very diverse. There were different varieties of olives to appeal to different tastes. They look like they had been baked in olive oil and maybe a little bit of garlic.

Entree:

Maine Lobster Mac and Cheese

For my entree I ordered the Maine Lobster Mac and Cheese, one of the more expensive menu items. When I got my food, the plate was incredibly hot and the food was way hotter than I expected. When I first tried it, it seemed alright. It was rather more creamy than cheesy but the chunks of lobster that were added were way bigger than I expected. Still, I think 40 dollars was pushing it but it was still very good.

Dessert:

Brownie with Walnut Ice Cream

The desert, however, was outstanding. It was a brownie with caramel and chocolate sauce drizzled across the plate, and what seemed like a light walnut ice cream, which stunned me because I had never tried it and it was a perfect complement to the heavy, rich brownie.

Here's my official rating:

Service: 10/10 Food: 8/10

Atmosphere: 7/10 Presentation: 10/10

Overall: 87% Recommended

Overview:

Longport has a wide variety of seafood dishes and an even larger variety of drinks that should appeal to almost everyone. I would recommend going during the evening as it was not very busy, and the service was still fast. Longport Fish Company is located at 2015 Diamond Blvd, Suite 100, Concord, CA, in the Veranda Shopping Center. The restaurant is only 4 miles (usually 15 minutes) North of De La Salle High School. Thanks for reading and be sure to look out for the next restaurant recommendation.

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