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COLUMNISTS DISCUSS THE IMPACTS OF THE VIRUS ON STUDENTS, THE NAVAJO NATION, MENTAL HEALTH, THE SPORTS WORLD, & MORE

COVER: Jack Ponting ’20 and Maggie Lonergan ’21 practice appropriate social distancing rules under state lockdown because of the COVID pandemic while taking a break from studies and going for a walk in Oakland.
**Farewell**

Welcome to the last edition of the 2020 Crozier newspaper here at O'Dowd, but our first edition online! Because I am graduating, this will be the last Crozier I will work on! I was happy to end my years of Journalism at O’Dowd by putting together the Senior Section! Seniors, make sure to check out our collaborative graduation playlist on Spotify and our zoom conversation about siblings going to college together! I had a great time putting together the Senior pages and interviewing different students about their future plans!

I have enjoyed my time as Editor-in-Chief, but I am happy to turn it over to Sylvie Richards ’22! This is the first newspaper Sylvie has worked on and she has done such a great job so make sure to look at the first newspaper Sylvie has worked on and she is happy to turn it over to Sylvie Richards ’22! This is about their future plans!

The Journalism team is wishing everyone the best!

We hope everyone is staying healthy and positive through these tough times!

**Outgoing Editor-in-Chief**

OLEVA Yau-Weeks ’20

**Incoming Editor-in-Chief**

Sylvie Richards ’22

Who did we see on the KQED website? Though school closures and the COVID crisis changed everything, students from schools around the region, including our very own Dragons, wrote and recorded stories showing snapshots of teen life in today’s Bay Area. To hear these stories, click on this linked text or go to https://www.kqed.org/

Bay Area. To hear these stories, click on this linked text or go to https://www.kqed.org/

**EXPRESSING THE VOICE OF THE DRAGONS SINCE 1954**

**THE CROZIER**

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**OPINION**

**HISTORY REPEATS ITSELF FOR THE NAVAJO NATION**

Joseph Sweeney ’20

Sonny, a Navajo Elder and storyteller, once told me, “Forget when you give, only remember when you take.” A key principle of the Navajo culture is generosity. It is more than just civic responsibility or obligatory gift-giving on holidays, but arguably defines what it means to be Navajo. In fact, for many indigenous peoples, generosity is a way of life. When I was visiting Ireland with family a few summers ago, I came across a statue commemorating a gift of $170 from the Choctaw Nation to the Irish people during the Potato Famine, despite having just trekked a forced 600 miles to Oklahoma. I was recently reminded of this after reading about the immense number of donations coming from Ireland to the Navajo COVID Relief Fund, reciprocating the kindness shown to them by the Choctaw centuries earlier.

In a demonstration of this generosity, the Navajo Nation welcomed O’Dowd last Summer as part of a cultural exchange program. One of the participants, Chisomaga Memigbo ’22 had this to say about the trip, illustrating the profound generosity of the Navajo people: “After being able to connect with members of the Navajo Nation, I’ve seen how selfless they are when it comes to anything and the immense amount of care and respect they treat people (and all forms of life) with, regardless of background. They’ve welcomed me and several other O’Dowd students with open arms into their community and have shown me what it means to truly be a caring and compassionate person in our modern world.”

As of May 9th, the Navajo Nation had the third-highest per-capita coronavirus infection rate in the entire United States. Relations between the U.S. government and indigenous tribes have historically left a trail of broken promises. With a reservation the size of West Virginia, the Navajo Nation has only 5 full-time hospitals compared to West Virginia’s 65. It is the largest reservation in the U.S., and the Hopi Reservation is also within its borders. Roughly a third of the reservation does not have electricity, while nearly 40% of residents do not have running water seasonally.

Despite all of this, last month, while the infection count mounted, the federal government attempted to include several corporations in the aid promised to tribal governments which is set aside under the CARES Act. This resulted in a lawsuit by several tribal governments, including the Navajo Nation, against the U.S., until the aid was finally delivered after immense public pressure was put on the government.

The promise of federal aid and initial stalling exemplifies the persistent failure to honor treaties and incorporate indigenous solutions by the U.S. government and mainstream culture. From the Alcatraz Occupation to the Standing Rock protests, it is history repeating itself for indigenous people across the U.S.

So, how can you help? Well, the immediate thing you can do to help is a donation to the Navajo COVID Relief Fund, which can be accessed via the link: https://www.goldunfde.com/official-navajo-nation-covid19-relief-fund. However, if you can’t donate, you can share the fund on your social media, or family members to raise awareness. Although this only addresses the immediate problem, even the smallest donation goes a long way towards saving real lives on the reservation.
### Politics

**Upcoming Deliberations: Supreme Court Cases to Keep Your Eye On**

**Joseph Wolmark ’23**

Although the nine judges have switched to hearing arguments over the phone, the United States Supreme Court will be hearing and deciding some of the most influential and controversial cases in the nation during the next few months. Here are three to pay special attention to:

1. **Trump v Vance**: Arguing oral argument; New York State prosecutors, backed by house Democrats, have set out to uncover President Donald J. Trump’s financial records. The panel of judges, including Trump’s two new appointees, will determine if the information the president has gone to long lengths to hide must be revealed. If they rule in Trump’s favor, the judges will conclude that Donald Trump’s financial affairs are illegitimate subjects of inquiry, until he leaves office. This challenges the court’s precedent from a previous case, United States v Nixon, and will be an ultimate test of presidential and executive accountability.

2. **St. James School v Biel**: Arguing oral argument; The second case looks at Catholic school teachers from United States v Nixon during the next few months. Here are three to pay special attention to:

3. **June Medical Services v Russo**: Argued March 4th, 2020 and awaiting decision; The third case to follow looks at efforts to restrict abortions in the state of Louisiana. Although the case itself is not set to fully undo the monumental precedent set by Roe v Wade, it will continue the movement by mainly conservative state governments to chip away at abortion as a woman’s constitutional right. Only a few years ago, the court set a precedent in its annulment of an almost identical law in Texas. The law being questioned requires workers at the three abortion clinics in Louisiana to acquire admitting privileges at hospitals (close to the clinics) in order to perform abortions. If ruled constitutional, two of the abortion clinics will likely shut down, making the task of providing abortion services in the state of Louisiana nearly impossible. Additionally, it will set an example for other, mainly conservative, states over the past few years have increased voting regulations ranging from required photo ID to earlier deadlines for registration. These restrictions limit voter access to the polls, which reflected the turnout in 2016, where 42% of eligible voters did not vote. In face of this reality, the economic stimulus bill passed through the Senate this March included 400 million dollars dedicated towards aiding states in mail-in voting. However, the original bill proposed by House Majority Leader Nancy Pelosi included 4 billion dollars to prepare for the upcoming elections in light of the coronavirus and many critics argue that 400 million dollars is not enough for the changes that are needed to make all states capable of accepting mail in votes. Not only that, Republican lawmakers are less willing to change their current state laws to allow voters to apply for mail-in ballots without a specific reason or proper identification. Many claim that this system will be more susceptible to voter fraud, while research shows that states with state wide mail-in ballots have lower rates of fraud than states without. For example, Oregon has mail-in ballots accessible to everyone, and they have no cases of voter fraud. However, Arizona, a state that has passed numerous restrictive voting bills, has been named the worst state with electoral integrity by a recent study. The issue comes down to local lawmakers deciding whether or not to allow their states to loosen voting restrictions and allow more votes, without excuses, to vote by mail. Otherwise, the US may relive another era of low voter turnout in an attempt to protect the health of Americans.

### The General Election: Biden Campaign & Implications of COVID-19

**Sylvie Richards ’22**

On April 16th, Bernie Sanders dropped out of the Democratic race, leaving Joe Biden as the presumptive 2020 General Election Democratic nominee. This leaves a lot of questions about his candidacy, including major policy ideas, a future running mate, and new stances in the face of a global pandemic. Like any presidential candidate, Biden has a lot of ideas. One key component of his agenda is reforming the middle class. This includes ideas such as a new tax code, free (or far cheaper) college, fighting regional inequality, and working to help workers through policies such as an increased minimum wage. He also has plans for fighting against climate change and creating environmental reform. This includes components such as accomplishing 0 carbon emissions in the U.S. by 2050, fighting racial injustice specifically imposed by big corporations and polluters, and creating more environmental reform policy. Biden specifically supports legislation framed in the Green New Deal. Additionally, Biden has many plans for gender equality and women’s rights. He supports equal pay, a woman’s right to abortion access, and combating sexual and domestic violence against women. Biden has many more ideas, including, but not limited to, immigration reform, disability rights, gun control, criminal justice reform, a better healthcare system, and LGBTQ+ rights.

A huge question concerning the Biden candidacy is his choice for a running mate. On the 30th of April, Joe Biden formally began his search for vice president and announced his vetting committee. He has officially proclaimed that this VP will be a woman, and many predict a woman of color. Although she will most likely not be announced until July, many people have speculations, such as Senator Kamala Harris (D-CA), Senator Elizabeth Warren (D-MA), Stacey Abrams, or Senator Amy Klobuchar (D-MN). Vice presidential nominees are crucial for a good campaign and future running of a government, so Biden and his team are fairly taking their time with the choice.

Amidst the uncertainty and unprecedented circumstances of COVID-19, the 2020 Presidential Election remains one of the most critical elections of the decade. With the impending concern of climate change and rising international tensions, Americans must decide between electing President Donald Trump and presumptive Democratic nominee Joe Biden this November. With the threat of the Coronavirus, how are Americans supposed to cast their ballots without spreading the virus? One potential solution – vote by mail. There are all fifty states give options to vote-by-mail, many of them have large restrictions on who is able to mail in their ballot. Currently, only 34 states allow for voters to request a mail-in ballot for no specific reason. Other states have large regulations which mandate that voters give a specific excuse as to why they need a mail-in ballot. Some of these reasons include: illness, disability, and current service in the military. In conjunction with these restrictions, states over the past few years have increased voting regulations ranging from required photo ID to earlier deadlines for registration. These restrictions limit voter access to the polls, which reflected the turnout in 2016, where 42% of eligible voters did not vote. In face of this reality, the economic stimulus bill passed through the Senate this March included 400 million dollars dedicated toward aiding states in mail-in voting. However, the original bill proposed by House Majority Leader Nancy Pelosi included 4 billion dollars to prepare for the upcoming elections in light of the coronavirus and many critics argue that 400 million dollars is not enough for the changes that are needed to make all states capable of accepting mail in votes. Not only that, Republican lawmakers are less willing to change their current state laws to allow voters to apply for mail-in ballots without a specific reason or proper identification. Many claim that this system will be more susceptible to voter fraud, while research shows that states with state wide mail-in ballots have lower rates of fraud than states without. For example, Oregon has mail-in ballots accessible to everyone, and they have no cases of voter fraud. However, Arizona, a state that has passed numerous restrictive voting bills, has been named the worst state with electoral integrity by a recent study.

The issue comes down to local lawmakers deciding whether or not to allow their states to loosen voting restrictions and allow more votes, without excuses, to vote by mail. Otherwise, the US may relive another era of low voter turnout in an attempt to protect the health of Americans.
Before I start this list, I want to say that we all know Marvel, Lord of the Rings, and Star Wars include some of the best trilogies of all time. If you haven’t watched them, I definitely recommend doing so. However, for this article, I want to recommend some that are a little less popular.

### QUARANTINE MOVIE RECOMMENDATIONS: NOTHING LIKE A MOVIE DAY OR TWO

#### Flionn Kelly ’21

#### 1: Moonlight (Drama)
This coming of age biographical film about crossing class, this movie will leave you wondering, who truly is the parasite in this?

#### 2: Hidden Figures (Drama)
This mostly silent French film is incredible. It follows the building relationship between a painter and her subject, who is not to know that she is being painted. The subject, Heloise, is to be married to a man who she knows nothing of, and she has no desire to marry.

#### 3: Hidden Figures (Drama)
The Grand Budapest Hotel (Comedy)

#### 4: Hidden Figures (Drama)
Portait of a Lady on Fire (Drama)
This mostly silent French film will have you being incredibly observant. It follows the building relationship between a painter and her subject, who is not to know that she is being painted. The subject, Heloise, is to be married to a man who she knows nothing of, and she has no desire to marry.

#### 5: Hidden Figures (Drama)
The Grand Budapest Hotel (Comedy)

#### 1: Moonlight (Drama)
#### 2: Hidden Figures (Drama)
#### 3: Hidden Figures (Drama)

#### Parable (2019)
This sleek and stylish movie series stars Keanu Reeves, who previously established himself as a movie star in the iconic sci-fi Matrix series. Reunites plays John Wick, a retired hitman seeking vengeance for the killing of the dog given to him by his recently deceased wife.

#### Quantum Gotcha Down? TAKE A HIKE!

#### Brandon Sanford ’21

There will always be a shortage of things to do during the quarantine. Here are four great hiking locations in the East Bay.

These three Mission Impossible films are the finest of the series and each of them showcases stunning action sequences that keep your eyes glued to the screen. The series stars Tom Cruise, who performs all of the stunts in the movie himself.

Similar to the original Star Trek series and movies, this trilogy follows Captain Kirk, his right-hand man Spock, and the rest of their crew on their journey through space to find and assist underserved life forms. This reboot of a classic sci-fi series adds brilliant special effects and polished performances from the likes of Chris Pine, Zoe Saldana, Benedict Cumberbatch, Simon Pegg, and more.

This sleek and stylish movie series stars Keanu Reeves, who previously established himself as a movie star in the iconic sci-fi Matrix series. Reunites plays John Wick, a retired hitman seeking vengeance for the killing of the dog given to him by his recently deceased wife.

Starring Matt Damon, an Academy Award nominee and best actor Golden Globe winner, this fast-paced action series is about Jason Bourne, a CIA assassin who seems to have forgotten his past and is determined to do whatever it takes to find the truth behind his identity.

Before I start this list, I want to say that we all know Marvel, Lord of the Rings, and Star Wars include some of the best trilogies of all time. If you haven’t watched them, I definitely recommend doing so. However, for this article, I want to recommend some that are a little less popular.

#### TOP 5 ACTION TRILOGY RECOMMENDATIONS FOR SHELTER IN PLACE (EXCLUDING MARVEL, STAR WARS, AND LORD OF THE RINGS)

### ENTERTAINMENT
POLLUTION DECREASES AND WILD ANIMALS APPEAR IN RESULT OF LOCKDOWN

Savannah Jasper ‘23

During this global pandemic, air pollution has decreased and wild animals have started to appear due to lockdown and social distancing procedures worldwide. Scientists have proven that carbon and nitrogen dioxide emissions have fallen as the result of a halt in factory production and lack of traveling. Recent pictures taken by NASA from space showed a decline in air pollution in Wuhan, China from the start to the end of January. The pollutant, PM2.5, is 2.5 micrometers in diameter and possibly can enter the bloodstream and respiratory system, creating a significant risk to human life. Wuhan had an additional 44% drop of PM2.5, along with a 60% drop in New Delhi since 2019, and 31% in Los Angeles since the outbreak.

Globally, millions of people die each year from unhealthy air quality. However, since many people are living in a vacuum, air pollution is down and can be clearly seen. More specifically, in Venice and Rome, the canals are revealing clearer water and better air quality because of the lack of traffic on the water, and thus sediment being able to settle. Fish have also been spotted swimming in the canal. Biologist Andrea Mangoni found a jellyfish gliding in the water near San Marco square, shocking many people because the canals tend to have dusky brown water. On April 22, wild animals started roaming around in urban areas because of the lockdown. The decrease in air pollution and clear water in the face if COVID-19 have proven the possibility for a better and cleaner earth.

DOMESTIC ABUSE CASES RISE AS EFFECT OF CORONAVIRUS

Marisa Cortes ‘23

Quarantine lockdowns are causing a rise in domestic abuse worldwide. Domestic abuse is a pattern of coercive or controlling behavior that can include physical, emotional, and/or sexual abuse by an intimate partner. As an attempt to stop the spread of COVID-19, many countries have enforced mandatory isolation and lockdowns. This is further endangering people who are victims of abuse, as they are stuck in isolation with their abusers. Many abuse hotlines are also reporting an extremely noticeable rise in calls since their country’s lockdown. For example, during the first two weeks of lockdown in Spain, the emergency hotline for domestic violence registered 18 percent more calls than in the same timeframe a month earlier. Similarly, in the UK, the National Domestic Abuse helpline reported a 150% increase in visits to their website during the month of March, when compared to just one month earlier in February. Additionally, after the first 5 days of being ordered to shelter in place in Tunisia, their hotline experienced a fivefold increase in the number of calls they received.

Research has found that these lockdowns create the same conditions that facilitate the manipulation and control of another. The people working these hotlines described many calls that were distressing and clearly showed how extreme psychological and physical maltreatment can occur. The people experienced a fivefold increase in the number of calls they received.

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On the morning of March 13th, 2020, the Bishop O’Dowd community was shocked by the news about the things they have missed after being off-campus. Teachers around the world have been trying to find ways to keep in touch with their students, but those conferences. We, as humans, rely on others’ presence and face to face interactions in order to keep spirits high. Teachers around the world have been trying to find ways to keep in touch with their students, but those options are clearly limited due to COVID-19. Nevertheless, our Bishop O’Dowd faculty has been nothing but kind and giving in order to help students succeed. They, too, are considered essential workers, so we have gathered statements from students in varying grades to express gratitude and reminisce about the things they have missed after being off-campus.

“Everyone had to adapt to the times that we are living in and I would like to acknowledge the teachers for doing extra work to run online classes smoothly. Thank you for listening to the students and supporting us in the process.” - Brandon Frith ‘20

“I miss seeing all my friends and my teachers. I really miss rehearsals for the show and I’m really grateful for the cast of How to Succeed in Business Without Really Trying, for being my second family.” - Kai Macapinlac ‘22

“I miss getting dropped off in the morning and saying hi to all of the security guards.” - Makayla Harden ‘20

“O’Dowd Teachers,

Thank you for helping all the students become better learners through school and learning struggles. You all have helped students by teaching and communicating so we could still understand lessons given these tough circumstances. Even when we did not believe in ourselves and felt overwhelmed by the pressure, you all believed in us. Thank you for making the lessons fun and enjoyable for students. I’m so grateful for the love and support you’ve given us!” - Alyana Rawson ‘23

“O’Dowd faculty,

Now I don’t know a thing about getting a teacher’s credential, the requisites to get one, or what is taught in preparation to become a teacher. But I do know that nothing could have prepared any of you all for this. Nothing could have prepared anyone. The second semester was in full swing, with projects on the horizons, AP tests, standardized etc. In other words, we were all in the thick of it. Suddenly, our world was turned upside down, and the whole O’Dowd community had to recalibrate and adapt to this completely unprecedented, seemingly ever-changing situation. Despite all this uncertainty, faculty has been leading us forward, with no template to work from, to nothing to compare the current situation through. I’m very grateful to the faculty for this, and think it’s indicative of how resilient our faculty is. Thank you all.” - Aidan McCarthy ‘21

10 THINGS TO DO WHEN YOU ARE BORED (IN QUARANTINE)!

Jermaine Brewer ‘21

1. Read: Reading a book is amazing and better than looking at a screen. Find a genre that best fits you and read away.

2. Cook: Cooking is a way to not only kill time, but eat as well. Who doesn’t like to eat? You can cook with your family to make dinner, breakfast, or lunch and try new things.

3. Learn how to do your own hair: Too many times we waste money on haircuts and hair-dos. You can teach yourself to braid and cut your own hair. Plus, if you mess up, no one would notice because you are in the house anyway.

4. Go outside: Yes, we are supposed to be in the house, but going for a walk or even sitting on your porch is good for your health. The fresh air and sunlight can help clear your thoughts.

5. Watch TV: If you are bored, TV is always there. You can watch Netflix, TV shows, or play video games.

6. Workout: There are a lot of great videos on YouTube that can lead you through workouts (without equipment). You can spend some time throughout the day doing fitness and staying in shape for sports.

7. Spend time with family: Take time to be with your family, as much as we cannot stand siblings or parents sometimes. We now have the time to be around each other and enjoy each other’s company.

8. Call and check in on a friend: Remember that you are not the only one who has to stay home. Call in on some friends and ask them how they are doing.

9. Play an old fashioned board game: We often get caught up in technology, so it is good to get away from screens and interact with things that do not involve technology.

10. Sleep: Sleep is important and we now have more time to get some Z’s in and fuel our bodies.

MENTAL HEALTH DURING QUARANTINE 2020

Stephanie Smith ‘21

Mental health during quarantine is very important. As O’Dowd students recall a normal life, we remember waking up, driving to school, going to classes, and seeing our friends on the quad. This “normal life” we can all recall feels, for some, like a blast from the past, and others, just like yesterday. I feel as if I am in a fog and that school was only a couple of days ago. The days do not seem to separate anymore and it is hard to keep track of what day or time it is. For many people, school was an escape from home life. As teenagers, we tend to knock heads with our parents while developing into the people we want to be or are recognizing who we are becoming. We are all wanting to see our friends, give them hugs, and as we all might hate to admit it, our teachers and hear their lectures in person. Ways to protect your mental health during this quarantine include:

1. Create a Routine - One that helps you to feel productive. Ex. Changing out of the clothes you wore for bed in the morning.

2. Stay Connected - Check in on the friends you haven’t talked to in awhile, outside of the regular zoom calls and make sure they are doing okay.

3. Focus on the Positives - Focus on what is going well in your life. Ex. Roof over your head, more time to hang out with your family, more time to do what you are most passionate about.

4. Spread Out - Take some time for yourself and away from those in your household to decrease irritation.

Some O’Dowd students have also been taking time to make sure they are doing things to relieve stress and to maintain a positive mental health. Katie Senn ‘22 has been playing soccer and using her camera on walks with her dog. Sofie Cooke ‘21 has taken up painting by number in her free time. Nilly Rao ‘21 is playing video games such as Call of Duty: Modern Warfare. Get outside, social distancing style, and get after the world.
SENIOR’S FAVORITE MEMORIES:

Sophia Pattison ’20

Ahalya Sabaratnam: I think my favorite O’Dowd memory was honestly all of Spirit Week this year. It’s hard to pick which day was the best, so I’ll just say the whole week had some of my favorite memories of O’Dowd. It was like a build-up of waiting for four years, just to all out and have fun in the moment. Knowing that it was my last Spirit Week made it more special, and it was like that for most of the senior class. We were all definitely way more hyped up and excited around each other.

Eli Farrington: My favorite memory from O’Dowd was my Senior Year Night Rally. It was the best Night Rally that I have ever been to because I, along with the rest of the senior class, knew that it would be the last one we will ever attend. This motivated us to dance our hearts out in the large gym and make the most of it. It was a night that I will remember for the rest of my life. I have never felt more connected to everyone from my class than I did that night.

Anand Mehta: The NCS Baseball Playoffs my junior year produced some great memories for me because of the genuine camaraderie and brotherhood my teammates and I shared. It was a privilege being able to take the field those final few games with my best friends knowing that we had worked so hard all year to be given the chance to win a championship. I will forever be grateful for the memories I made, the friendships I formed, and the opportunity I had to be an O’Dowd athlete.

Brady Dunne: I have countless beloved memories at O’Dowd. For instance, Spirit Week, playing Rugby, and all the outstanding assemblies, however, there is one memory that stands out more than the rest, and that is Kairns. After experiencing Kairns, I became more confident in being myself and formed stronger bonds with my classmates. Because of my love for Kairns, I was encouraged to become a leader of the retreat my senior year. Being a leader is one of the greatest things about Kairns. Not only did I work with the most amazing group of individuals, but I also led a group of Juniors, and helped guide them through their Kairns experiences.

Hayden Holliman: My favorite memory has to be from freshman year. My brother Chase was a senior on CMT. As a member of CMT, he was supposed to sit on the stage in the quad during lunch and let people pie him. So of course, I had to take advantage of being able to throw a plate of whipped cream at him without fear of retaliation. It was definitely fun while it lasted, but he smelled so bad for the rest of the day.

Evan Jiang: Some of my favorite memories at O’Dowd have occurred throughout our Spirit Weeks. Seeing all of our students and faculty come together as a community, to truly enjoy each other’s presence and our time together is extremely inspiring. Having the opportunity to help run Spirit Week was unforgettable, especially being on stage and watching our entire O’Dowd community singing and dancing during Night Rally. Definitely something I’ll never forget!

Jasmine Robinson: My favorite memory at O’Dowd is at the end of Night Rally when Mr. Judd plays a medley of songs and our entire O’Dowd community singing and dancing during Night Rally. Definitely something I will never forget.

Rohan Kala: My favorite memory from O’Dowd has to be our Senior Year Night Rally. My friends and I pulled up to school in a blue BMW and just blasted music and turned up in the car. We took some really amazing photos, and what he symbolized. It was a great feeling, and I truly felt him with me at that moment.

Chloe Momet: My most treasured memory at O’Dowd was during my senior year’s spirit week. I was on the quad talking with a new group of friends I had recently made, when a previous group of friends I had, came up and joined us. It was Decades Day and many of us had brought speakers to school so we were blasting our 90’s music and danced all together on the quad during our short 10-minute break. I remember vividly the big, bright smile I had on my face and all of my friends next to me laughing and having fun.

GRACE STEINMETZ: GAP YEAR/ FUTURE PLANS

Oliveia You-Weeks ’20

What do you plan to do during your Gap Year?
As soon as I can, I’m going to travel to Europe to live for the first month with my family in Italy. Then, I am going to move and work in Paris.

Why did you choose to take a Gap Year?
I didn’t really want my first semester in college to be by online and I thought this could be a really great opportunity to really find myself and explore new things.

Why did you decide to do this during your Gap Year?
I chose to do this because I wanted to learn more about myself and other places. And why not now?

What are you most excited for?
I am super excited to travel and spend more time with my family in Italy because I don’t really see them that often. I am also excited for the food!

What do you plan on doing after your Gap Year?
I deferred to UCSD so I am enrolled for the 2021 fall semester. But, I might apply to other schools next year to keep my options open.

SENIORS

SENIOR’S FAVORITE MEMORIES CONTINUED:

Sophia Pattison ’20

Arnet Yu: My favorite memories are with the Filipino club. I enjoyed spending time with the club, making new friends, and becoming a better leader because of the club and the activities we did.

Josh Lonner: My favorite memory at O’Dowd happened late in my high school career. It was in January of my senior year, and I was playing for the school soccer team. When I found out about the Kobe Bryant helicopter crash, I was emotionally distraught as I have always looked at Kobe as a role model for work ethic and determination. When we had our first game since the tragedy, we were playing a league rival, and right before the start of the game, I prayed that Kobe could give me strength. Sure enough, early in the game, my teammate played a brilliant corner kick right to my foot and I scored which put us in the lead. Already knowing what I needed to do, I ran over to the bench and got my friend’s #24 jersey, and held it in the air in the direction of the fans to honor Kobe and what he symbolized. It was a great feeling, and I truly felt him with me at that moment.

Clarissa Padilla: My favorite memories at O’Dowd would have to be cheering at the Friday night football games and basketball games. Being able to cheer on the sideline for our teams and crowds gave me this feeling that words can not even express. The energy and enthusiasm at every game was absolutely incredible and shows how strong and proudful our Dragon community is. I would always find myself smiling and having a blast cheering on our Dragon athletes. These memories are ones that I will cherish forever.

Luci Hopkins-Nickel: My favorite memory at O’Dowd was leading the Bay Area Teach-In for Justice with Solidarity in Action. We planned and facilitated a day-long teach-in with students and nonprofits from around the Bay Area. I think one of the best parts was collaborating with not only O’Dowd students and teachers but also students from other schools. We focused on having various social justice workshops and activities to create change. Solidarity in Action has been an amazing group to be apart of and my time at O’Dowd wouldn’t be the same without it. I’ve created new friendships and have been able to advocate for social change in our community.

Camille Calegari: My favorite memories at O’Dowd aren’t super crazy, but they honestly mean a lot to me. Moments where teachers have shown they genuinely care about me really stick out. Mr. Koller pulls me aside to ask me if I’m alright when I’m having a bad day. Ms. Souza playing card games with me after school, and Ms. Lowihinshon bringing me a little cloth to clean my glasses after noticing how foggy they always were. Little gestures like that make me realize how lucky we are—people really look out for you here, and I’m so happy to have had those experiences.)
1. Go to Stinson Beach:
Stinson Beach is a popular spot for people of all ages because it shows a beautiful view of San Francisco and the Golden Gate Bridge.

2. Drive to the top of Marin Headlands:
This is an easier beach to get to and a great spot to hang out with friends.

3. Walk the Golden Gate Bridge:
This bridge is about 1.7 miles so it makes for an awesome walk on a beautiful day!

4. Have a bonfire at Ocean Beach:
This is a great spot for a day trip! There is so much to do on the lively boardwalk and the beautiful beach. There are spots to surf, spaces to play beach volleyball, and amazing food.

5. Hike at Muir Woods:
Muir Woods is filled with giant coastal redwoods which range from 600-800 years old.

6. Go to Great America or Six Flags:
Both amusement parks have amazing attractions and often have discounts!

7. Go to the Santa Cruz Beach Boardwalk for a day:
This is a great spot for a day trip! There is so much to do on the lively boardwalk and the beautiful beach. There are spots to surf, spaces to play beach volleyball, and amazing food.

8. Get food and thrift shop on Telegraph in Berkeley:
A vibrant and beautiful park with acres of green grass.

9. Go to Bishop O’Dowd High School, Oakland, California:
In California: Adam Johnson
College: San Francisco State University
Major: Film/Cinema

10. Drive to the top of Marin Headlands:
This is an easier beach to get to and a great spot to hang out with friends.

11. Go to First Friday:
First Friday in Oakland guarantees a fun night filled with great music and food.

12. Get food from Japantown or Chinatown in San Francisco:
Both Japantown and Chinatown are known for their amazing assortment of Asian food and awesome culture which shines through the town.

13. Have a picnic at Dolores Park:
A vibrant and beautiful park with acres of green grass.

14. Hangout at Lake Anza:
Lake Anza, in the Berkeley Hills, is a great place for exploring and swimming.

15. Ride the Gondola at the Oakland Zoo:
Go to the Oakland Zoo for a quick gondola ride where you can overlook six different cities and see all the animals at the zoo!

16. Be a tourist at Fisherman’s Wharf and Pier 39 for the day:
It is always fun to be a tourist for the day, and this is the place to do it!

17. Go to Lake Beryessas:
This is the largest lake in Napa County and it’s a great spot to hang out with family and friends.

18. Watch a movie at Grand Lake Theater:
This historical theater always has great movies and prices.

19. Hike at Mount Tamalpais:
This is a great place to hike with a wonderful view.

20. Rent a canoe at Lake Merritt:
You can rent a boat at Lake Merritt for under 15 dollars and can enjoy a beautiful day on the lake with your friends!

Bay Area Bucket List Before College: Free or Low Costs!

**Anastella Piresotta ’20**

1. Go to Stinson Beach:
It is known to be one of the best beaches in Northern California! The drive to this beach is absolutely stunning and there is also a bus available that you are able to take to get to the beach.

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**Francisco Romero ’20**

In California: Adam Johnson
College: San Francisco State University
Major: Film/Cinema

Why do you choose SF State?
SF State was the third choice on my list and it is listed as the 22nd best school for film.

Why are you majoring in film?
I like telling stories and I think the best way to do that is through a film. My dad also makes movies, he made a movie called “Freshman Year”, and I want to follow in his footsteps.

What things are you excited for in college?
I am excited to meet new friends, join clubs, and enjoy campus life.

What are you worried about in college?
I am worried about the schoolwork, writing essays, and adapting to the new world.

Do you think you will join any sports teams?
I hopefully will play for a club rugby team.

What do you want from your college experience?
I want to mature in a way to get ready for the world and for society today. I also want to meet new people that could help me in the future.

**Out of state: Cade Ronzone**

College: Arizona State

What college are you going to?
I haven’t decided on a specific school yet but my plan is to go to Germany.

Why?
I am a German citizen and speak German, so I feel that this is a great opportunity to experience something new and live in Europe for some time. I feel that over there I’ll be able to explore a bunch of cool places and things since everything is so close in proximity and it’s also a much more financially viable option.

Major and why?
I will be majoring in business. I’ve always been interested in how businesses are run and I’ve always wanted to get involved in a business at some point in my life (ideally starting my own). I also think that business is a good major because it’s fairly broad so I don’t have to decide

**Studying Abroad:**
Lucas Lynch Schweizer

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Major: Film/Cinema

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SENIORS

exactly what I want to do yet…. For example, I can later decide that I want to focus on marketing or business management, so the broad major makes that decision process easier.

What are you worried about in college?

I’m not too worried about anything in particular, other than settling down in a foreign country. However, I feel like I’ve been there enough times that it shouldn’t be too hard.

What do you want to get from your college experience?

My goal is to make new connections and meet new people, as well as try out new things. I feel like I could’ve done more in high school, so I want to try new things in college. This includes some non-competitive sports and joining different groups that align with my interest opportunities.

What do you hope to see about campus life?

I’m really just hoping for a fun, engaging campus in a good location. I’ve visited most of the schools I’m looking at in Germany and they all are in pretty good locations. I know that campus life over there is slightly different than here where there’s a big focus on events (sporting etc.), but I still think they have a lot to offer.

CLOSER LOOK AT 3 STUDENTS: 1 STAYING IN CA, 1 GOING OUT OF STATE, AND 1 ABROAD (CONTINUED)

EXACTLY WHAT I WANT TO DO YET…. FOR EXAMPLE, I CAN LATER DECIDE THAT I WANT TO FOCUS ON MARKETING OR BUSINESS MANAGEMENT, SO THE BROAD MAJOR MAKES THAT DECISION PROCESS EASIER.

PONTING’S GRADUATION PLAYLIST:

Jack Ponting ’20

Although Senior year didn’t turn out as we’d hoped, our graduation has been pushed back to August 2nd. So, in honor of having graduation and having something to look forward to, here are nine of the best graduation themed songs.

The first song that came to mind was “Heroes” by David Bowie. This ’70s classic is probably my favorite Bowie song besides “Starman.” It’s so uplifting and leaves the listener with a positive outlook on life stating, “We can be heroes, forever and ever.”

Another ’70s track is “Go Your Own Way” by Fleetwood Mac. In an album filled with cheating and broken relationships, they have some surprisingly nice and fun songs. This is not one of them. This is a song about cheating as well, but one could take this as a song about new beginnings, which is what I choose to hear.

Next, I chose “Upside Down” by Jack Johnson, that song from Curious George that was stuck in your head as a kid. This just reminds me of childhood and makes me sad to think of how fast it flew by.

Another classic song that I chose was “Let’s Go Crazy” by Prince. This song is all about getting “through this thing called life” and making the most of it before our time to go. And as we embark on the next phase of our lives, make sure this song helps uplift you as much as it does me.

This song and the next are maybe a little too obvious and cliché, but they are too good to leave off. The first is “Ain’t No Mountain High Enough” by Marvin Gaye and Tammi Terrell. Not only are they possibly the greatest soul duo by a male and female, but it’s also one of the greatest soul songs ever recorded by two of the greatest singers ever.

The other song is “Move On Up” by Curtis Mayfield. This song is about moving up in the world and reassuring those who are misconception that everything is gonna be alright. This song has one of the best drum sequences of all times, best horn sections, and vocal performances ever, that Kanye West couldn’t help but sample it in his song “Touch the Sky.”

In addition to being Editor-In-Chief of the yearbook, Jack Ponting ’20 has been writing his column on music for the last few years. In honor of graduation he has created a collaborative playlist on Spotify to give you the opportunity to add songs that remind you of your Senior year or songs about graduating! See the next page for what’s already been added!

Search Spotify for Name: Graduation Playlist (Crozier) By: Jack Ponting (linked) Or copy and paste URL: https://open.spotify.com/user/buster1a/playlist/6OZa2dN5yVmFzU1W7g2sH87si=C04Ypi3KGQvq4hU2olsJrqQ

GRADUATION SURVEY RESPONSES!

Olivia Yau-Weeks’20

LOOKING FORWARD TO?

17

PUBLIC VS. PRIVATE?

SEcular Vs. RELIGIOUS?

WHERE ARE YOU GOING?

OLIVIA YAU-WEEKS’20

Bishop O’Dowd High School, Oakland, California
SENIORS

ADDITIONS TO PONTING’S PLAYLIST:

**Olivia Yau - Weeks’20**
Eco Leaders: "Crystal Dolphin"-Engelwood

“This song means a lot to us as a group and reminds me of Eco Leaders. This is one of the few songs we’d play at the beginning of our Eco Club meetings and sometimes during class. It’s just a fun song that we could listen and dance to while sharing a lot of laughs! :)” - Josephine Grell

**Solidarity in Action: "Best Interest"- Tyler The Creator**

“This song is featured on the SIA playlist for the virtual Raise Your Spirits Week. I chose it because I like that the playlist was an entire group effort. It felt good to give back to the school and support students as a collective leadership group”. - Reily Wilson

**ASB: "Wonderful Christmastime"-Paul McCartney**

“My favorite memory from ASB is when we were setting up the huge Christmas tree at the main entrance. We played Christmas music, decorated stockings, prepped the hot chocolate and everyone was joyful and smiling! Chisom kept trying to put on his own songs and immediately pulled up a trap remix of this song. It was super funny and we were all laughing cause it was out of nowhere. It was a great time that I will always remember!” - Bob Cushing

**K35: "Count On Me"- Bruno Mars**

“This song was really special because not only does it embody the spirit of Kairos, but it was pretty prevalent at K35. Mr. Judd had to leave during our mass so Natalie, Tenaya, and I played the music and we decided to put this song on! We also included it in the background of our recap video which played at the celebration we had back on campus!” - Sophia Patission

**K36: "Comethru" - Jeremy Zucker**

“Every time I hear this song it reminds me of being a leader on Kairos. The song is about struggling to be happy on your own and realizing that its ok to ask for help from people around you. The other leaders and I on K36 really adopted this mentality and we ended up becoming a super tight-knit group because we all had each other to lean on. Being a leader on Kairos was definitely a highlight of my O’Dowd experience, and this song will always remind me of that.” - Grace Porter

**K37: "Everything Changes"- Waitress (The Musical)**

“I picked this song because there was a ton of sudden changes while my K37 was meeting. There were many changes in the world, in the Kairos group, and in my personal life. This song really kept me grounded and positive through it all” - Enya Teilez

**Senior Sunrise: "Błu"- BENEE**

“This song reminds me of the senior sunrise because like the song, the sunrise gave me a calm feeling...like everything was still and time kind of stopped when I was just chillin with my friends looking at what was in front of us. Also the sky was a light blue at the time and less of a sunrise, pink and orange color. It was also a little chilly outside so the color blue fits the vibe perfectly” - Cameron Hawkins
Jenna Kilty
School: Portland State University
"My whole family and extended family have played or coached basketball at some point in their life and I was always around it growing up. I would play against older and better people when I was younger and I was always eager to get better so I could compete with them. Around 5th grade I set a goal for myself of playing in college and I kept this goal in mind all the way through high school!"

Bethel Kifle
School: University of Chicago
Major: Biological Chemistry
"I don’t really know what I want to do in life, but UChicago’s core curriculum allows students to explore topics of all subjects regardless of their major. So, hopefully it can help me to decide what I want to do!"

Conor Whitehill
School: Stanford University
Major: Political Science
"I’m excited to learn more from other students and (hopefully) experience dorm life!"

Bob Cushing
School: Cal Poly San Luis Obispo
Major: Architecture (5-Year Program)
"I want to become an architect so I can design grand buildings and houses for people. This is a really cool way for me to leave a mark, and hopefully fulfill my dream of designing my own house one day!"

Alma Margado
School: Santa Monica JC to UCLA
Major: Business and Marketing
Minor: Fine Arts (Theatre)
"I am really excited to go out of my comfort zone and meet new people!"

Christian Espos
Corps of Cadets at West Point
Major: Undecided until 2nd year but most likely History or American Politics
"I have always dreamed about serving my country as an officer in the Army. West Point offers an education like no other. Its rigorous academics, physical training, and leadership experience will give me the skills that I will need in the Army."

Sterling Stokes
School: University of Pennsylvania
Major: Philosophy, Politics, and Economics
"Ever since I was at the age of seven, I always knew I wanted to play sports in college. But at the time I wasn’t sure what sport exactly. I grew up playing many sports like baseball, basketball, soccer, football, and track."

Alyssa Evans
School: University of Colorado Boulder
Major: Business Finance
"I am most excited for football games and meeting new people!"

Olivia Yau-Weeks ’20
"Ever since I was at the age of seven, I always knew I wanted to play sports in college. But at the time I wasn’t sure what sport exactly. I grew up playing many sports like baseball, basketball, soccer, football, and track."

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"I am most excited for football games and meeting new people!"

Click on the image to check out twins, Cade & Austin Ronzone ’20, interview other twins, Keale and Maile Young ’20 and Will and John Kegelmeyer ’20 about going to the same college with a sibling!
"THIS IS ONLY THE ENDING OF THE FIRST CHAPTER OF A GRAND ADVENTURE." - UNKNOWN