

LAKE VIEWS

THE AWARD WINNING STUDENT NEWSPAPER OF LAKE OSWEGO HIGH SCHOOL

LOHS welcomes in new staff



Joan Francis
Special Education Assistant

I used to be a 9-1-1 dispatcher.



Georgia Victor
SEA

I love to sing RnB and Jazz music, and tend to sing at jam sessions or open mics.



Dom Lee
Sports Medicine teacher

I am Supreme Leader of the Rubber Duck Army.



Bumper Dames
Spanish 2 and 3 teacher

I've lived in Mexico, Italy and South Korea at various points of time.



Heidi Cao
Math teacher

My first career was working at Intel doing research on new materials.



Winter Chung
Physics teacher

I have gone to school in all the continental west coast states.



Davis Simmons
SEA

I coached and taught in Vietnam over the summer when I was in college.



Jennifer Mellon
Speech/Language Pathologist

I once owned Elvis' cat!



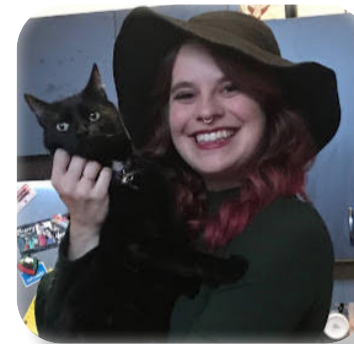
Lindsay Lindington
Learning Specialist

I got a new labradoodle puppy in September.



Kathleen Smith
Special Services Administrative Assistant

I have made nine major moves around the U.S. in the past 25 years.



Amber Bok
School Psychologist

I love all nerdy things including: Dungeons and Dragons, Fantasy movies and video games.



Tully Wagner
Social Studies teacher

I have traveled to 37 states.



Monica Coorsh
English teacher

I am scuba diving certified.



Josh Quarterman
SEA

I went to LO and graduated in 2010.



Ashley Csaszar
SEA

I love winter and skiing is my favorite sport. I have skied in six states.



Dominique Forsyth
SEA

I've been obsessed with Justin Bieber and One Direction since I was 12.

New phone policy breaks the hearts of many

By: JAKE BRENDEN

The new cell phone policy change has swept through the school, banning the use of cell phones and Apple watches in the hallways, in class, and during lunch. This decision was made during the summer, Vice Principal Aaron Hollingshead said. "My understanding [is] that they [LOSD School Board] felt that they had enough evidence — physiological, scientific, and a surgeon general warning — on the ill effects of social media. They felt strongly convicted to do something about it."

The school administration has been enforcing the policy. Hollingshead said, "So far we have taken about 120 or so phones which is about 25 phones a day." The school has been cracking down on the use of phones in school with the three-strike rule: first strike is your phone being taken for the day; the second strike is

your phone being taken for the day, and a guardian needs to pick it up; and the third phase is a corrective plan being implemented, meaning the student may have to turn in their phone at the front or work out something to avoid having a phone at school.

The school board had many discussions this summer and consulted student representatives. Junior Jon Lufkin, LOHS's student representative, helped present to the school board why Lake Oswego School District should have the phone policy. Lufkin said, "We convinced the board to implement it... the board already had the idea, I just affirmed it." The school board is following what other School Boards have been doing around the state and country with the phone policy.

The administration in the school has been overwhelmingly happy with the change and pleasantly surprised with the ease of implementing the new policy. English teacher

Max Lanocha said, "I am very much in favor of the policy... and I expected it to be a bigger issue, I expected more push back, but it's been pretty easy." Another thing teachers and administrators alike have been happy to see is more connections being made between students. Biology and anatomy teacher Amy McNeely said, "I just think it allows for students to connect more. I see a lot more people chatting in the halls, and I saw a lot more interaction at the last assembly than any other recently." Hollingshead has also enjoyed more people talking and believes that it will increase students' social skills: "In terms of our observations it's like soft skills are re-emerging. Teachers are telling us that more students are greeting them, and more students are showing up on time. Many more students are reading, and one thing that you may have noticed is that the halls are much louder, and we love that."

Rapper P Diddy under fire for alleged sexual violence

By SHAI REITER

Sean John Combs, the rapper formerly known as “P Diddy” or “Puff Daddy,” was recently arrested on Monday, Sept. 16, 2024, in his New York City apartment. Combs was taken into custody and put into a Metropolitan Detention Center in Brooklyn, where he made a court appearance on Wednesday afternoon, Sept. 18, 2024. Combs was denied bail on Sept. 17, 2024 in court and faces charges of racketeering conspiracy, sex trafficking, fraud and numerous accounts of transportation to engage in prostitution. Before the trial regarding Combs’ recent allegations, Combs has faced serious allegations regarding his suspected involvement in the death of Tupac Shakur in 1996. Combs was brought up numerous times in court during the hearing

of Duane Keith Davis, better known as “Keffe D,” on Nov. 2, 2023, when Davis pled not guilty and was later charged with the murder of Shakur. Combs had not had to make another appearance in court until more recently. On Nov. 13, 2023, Combs was accused of rape, uncontrollable rage and savage beatings by Cassandra Ventura, an artist signed to Combs’ label in 2005 and with whom he had an on-and-off relationship since in 2007. Ventura’s lawsuit was settled on Nov. 17, 2023.

of the agreement being kept confidential. However, this would not be the last of Combs’ victims coming forward about the allegations. On Nov. 23, 2023 two more of Combs’ victims came forward about the re-

cent allegations and filed lawsuits against Combs. One of the women, Joi Dickerson, came forward about alleged acts of sexual assault and forced drugging that were later dismissed by Combs’ attorney. Later, on Feb. 26, 2024, Combs was once again faced with more allegations regarding a music producer who was sexually assaulted and forced to have sex with prostitutes. Combs’ lawyer dismissed the allegation calling it “pure fiction.” On the morning of March 25, 2024, Combs’ homes in Los Angeles and Miami were raided. Authorities found

over 1,000 bottles of baby oil provided by Combs’ assistants for his many “freak-offs,” a term Combs used to describe his sexual encounters with women. They also found guns, drugs and evidence of said “freak-offs.” Needless to say, Combs isn’t exactly innocent and should be tried for the charges against him; however, a question that has not been asked yet is how could he throw away so many years of fame and fortune? Combs for many years has been one of the most successful rappers, producers, businessmen and record executives. He worked with many famous individuals, such as the Notorious B.I.G., Mariah Carey and Usher, and has had numerous successful businesses and brand deals. Fame and stardom aren’t easy to achieve. Combs managed to climb to the top over several years, only to lose it all in a matter of months. As to how Combs could get out of this gaping hole he dug himself in, it’s not very realistic to say that he’s going to get away scott-free like he has in prior years.



LO reveals plans for new junior high school

By LILIAN McILRAITH

The Lake Oswego School District is continually looking for new ways to update the learning environments of students. Past projects have included the renovation of Lakeridge Middle School, more money to improve science classrooms at the high schools, and secure entrances to all schools. One of the biggest local news events of the summer has been the rebuilding of Lake Oswego Junior High (LOJ) across the street.

The building permit processes began in July of 2023, and the demolishing stage began this past summer of 2024. Two phases of the Capital Bond program have been implemented, and the last phase is predicted to follow the 2025 election with an attempt to raise \$185 million dollars to improve more schools in the Lake Oswego School District. Superintendent of the Lake Oswego School District, Dr. Jenifer Schele, said that a key quality she believes all middle schools should have is safety. “Safety is so important, with secure vestibules and entrances,” Schele said. The new building will better support the

safety of students so that they can prioritize learning without worry. Pictures of the building design are featured on the Lake Oswego School Board website and the LOJ website. One of the School Board’s incentives for rebuilding is to create environments that form a community among students and support learning. The new school building will have indoor and outdoor seating spaces, a bright library with floor-to-ceiling windows, and a large common area. Dr. Schele stated that the new building will have sustainable

building practices such as solar panels and will rely on electricity instead of gas. “We will use the building as a learning tool as well so that students can learn about the environment,” Schele said. As of now, the Lake Oswego School District is on schedule and on track financially to have the new LOJ building ready to welcome students in the fall of 2026. The School Board is very thrilled about the positive feedback they have received from parents and teachers at LOJ. “I’m just excited about the kids seeing it for the first time,” Dr. Schele said.



Internet Photo

Lake Oswego School District’s new digital model for the rebuilding of Lake Oswego Junior High School is revealed

The 2024 election divides America in two

By GAVIN NILES

The 2024 United States presidential election is scheduled for Nov. 5, and it’s shaping up to be the most contentious one in American history. Joe Biden, the incumbent 46th president of the United States initially ran for re-election, but dropped out of the race on July 21 after mounting concerns about his cognitive ability and the intra-party conflict his candidacy would create. These concerns were exacerbated by Biden’s first debate performance against Republican presidential nominee Donald Trump, which was universally perceived as poor and indicative of his presumed intellectual decline. On the same day, the Biden administration endorsed Vice President Kamala Harris as the Democratic party’s new presidential nominee, and Harris announced her campaign. On Aug. 5, Harris then endorsed Minnesota Governor Tim Walz as her running mate and vice-presidential nominee. The choice of Walz, who has garnered a great deal of respect for his leadership in Minnesota, championing issues such as education and healthcare, showcases the Democratic Party’s emphasis on progressive policies. This strategy is resonating significantly with America’s youth, specifically young women. According to the Survey Center on American Life, 44 percent of women aged 18 to 29 identify as liberal, compared to only 25 per-

cent of men. Harris is the second woman in history to be nominated for president by a major political party, and she’s leaning into the young female fanbase she’s cultivated because of this fact. The overhauling of her online presence on July 22 to mirror the aesthetic of British singer-songwriter Charli XCX’s “Brat” album advertising campaign is a stark example of this youth-oriented, gender-specific appeal. On the other side of the political spectrum, Donald Trump and his vice presidential pick, junior United States senator J.D. Vance, is a pairing that reflects the Republican party’s continuation of populist-rhetoric that characterized much of Trump’s previous two political campaigns. They favor issues such as immigration, law enforcement, economic recovery, and the preservation of traditional conservative values, such as heteronormative family integrity, religious faith, and a strong national identity. Amidst this environment of fervent political alignment, the attempted assassination on Donald Trump’s life on July 23 during an open-air campaign rally in Pennsylvania has only further galvanized his supporters. His favorability rating rose from the low to mid 30’s to a strong 40 percent after the attempt on his life occurred. It was up in the air whether or not Trump would agree to debate a new democratic candidate fol-

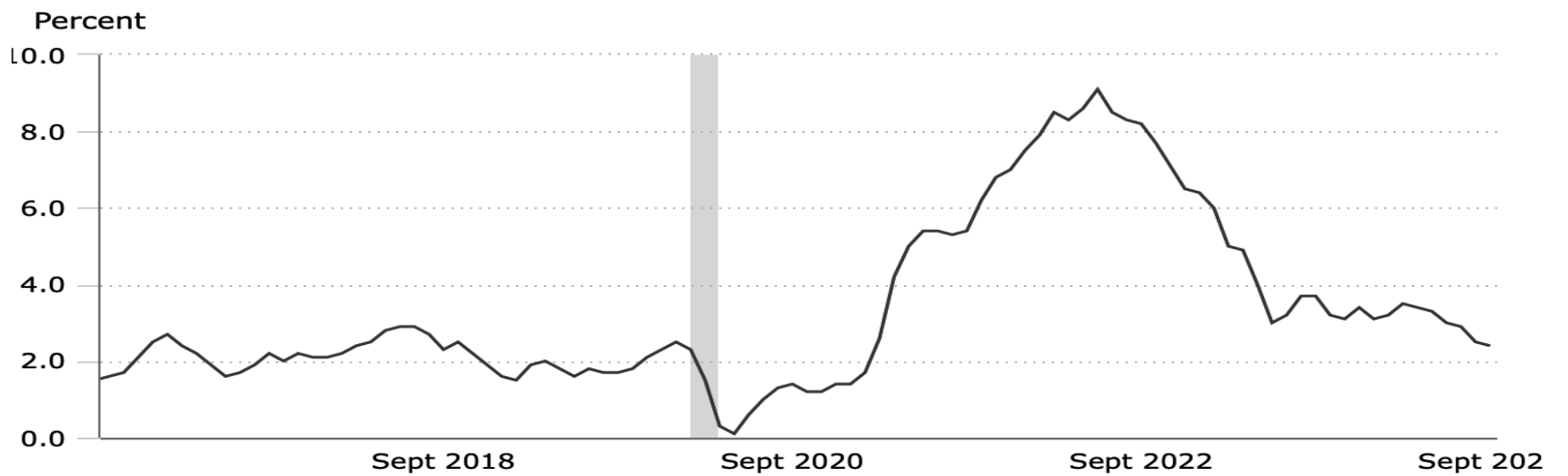


Internet Photo

lowing Biden’s withdrawal from the race, but after Harris became the presumptive nominee, he eventually acquiesced. The second 2024 presidential debate was held on Tuesday, Sept. 10 at the National Constitution Center in Pennsylvania, where Harris and Trump shared the first handshake between presidential debate opponents since 2016. Following this formality, the two candidates verbally sparred over everything from abortion rights, defunding the police, Russia’s invasion of Ukraine, and the allegations out of Springfield, Ohio — amplified in the debate by Trump and via J.D. Vance online

— that Haitian immigrants were stealing and eating their neighbors pets. These unsubstantiated claims, along with Trump’s comments about not having a plan, but “concepts of a plan,” in regards to replacing the Affordable Care Act became the most talked about moments of the night. This year, some seniors at LOHS have the ability to vote and will be participating in politics for the very first time. Four years ago, the 2020 election was decided by just 43,000 votes spread across three states. If that’s any indication of how this year’s election will go, even the smallest, seemingly infinitesimal set of voters will count.

Inflation affects all students and staff at LOHS



Internet Photo

Image by the US Beauru of Labor and Statistic showing what inflation has done measure by the CPI shows the hike in inflation up to 10%

By SOPHIA SAYER

High school students across the country are feeling the pinch when it comes to purchasing school supplies. The cost of basic items, such as notebooks, pens, and backpacks, has surged, making it increasingly difficult for students and families to afford the essentials. This affects not only students but also teachers. Inflation has driven up the prices of almost everything, and school supplies are no exception. A recent survey from Microsoft Network (MSN) revealed that the average cost of school supplies to a high school student has increased by 25 percent over the past year.

Items that were once considered affordable are now stretching family budgets. For low-income families, this situation is more drastic, as they struggle to provide their children with the necessary tools for success.

In response to these rising costs, many students are resorting to creative solutions to minimize extra spending. Some make their supplies, such as DIY notebooks and organizers, using recycled materials. "I couldn't afford to get a bunch of new school supplies this year, so I used some extra material from my mom's job and made it work," Junior Elisa Marie said. Others are turning to second-hand stores and online

marketplaces to find gently used items at a lower cost. Additionally, supply swap events, where students can trade items they no longer need, have become increasingly popular.

However, the rising costs do not fall solely on students and their families. The average public school teacher's salary is between \$48,925 and \$71,495 nationally. 90 percent of teachers report spending money on school supplies for their students. On average, teachers spend around \$500 out of pocket each year on classroom supplies, with some spending even more. "I spend a good amount of money buying extra notebooks for my students in case they don't have one.

They're only five dollars each, but over time it adds up." Said Katrina Levin. The cap on tax write-offs that teachers can spend from their paychecks each year is \$300; if they go over it, they cannot get it back. This budget has not kept up with inflation's rise, effectively losing its value.

In the face of this situation, some schools and communities are stepping up to help. Donation drives and community fundraisers are being organized to provide supplies for students in need. Local businesses are also getting involved, offering discounts and donations to help. Inflation and its effects on students, parents, and teachers persist.

Oregon implements new ballot measures

By CLARE CHRISTENSEN

The 2024 election ballots will be sent to all registered voters this November, but the presidential candidates are not the only choices on the ballot. Oregon voters will be able to vote for several other measures on the ballot, including measures 115, 116, 117, 118 and 119.

Both measures 115 and 116 are legislatively referred constitutional amendments (LRCA); this means that they are proposed amendments to the state constitution and require 50.01 percent of legislative votes and a simple majority of electors.

Measure 115 will give the Oregon State Legislature the ability to impeach and remove elected officials such as the governor, secretary of state, attorney general, treasurer and commissioner of labor and industries. Oregon is the only state legislature in the nation that does not already possess this power. Upon implementation, this measure will require a two-thirds vote in the House to impeach and two-thirds vote in the Senate to convict and remove the official from office.

The next measure that will be on the Oregon ballot is Measure 116: The Independent Public Service Compensation Commission Amendment. Essentially, this amendment will form a commission in charge of setting the salaries of elected officials including but not limited to the governor, secretary of state, treasurer, supreme court judges, state senators and state representatives. It will also prohibit the salaries of judges from being diminished during their term. Officers and employees of the state, lobbyists or immediate family members of either of these will be denied membership in the commission. Under the current constitution, legislators are in charge of setting the salaries of public officials,

but with the new amendment, the salaries for these officials will be automatically allotted regardless of the state's economic standing and public opinion. As of 2022, Oregon's gubernatorial salaries were the fourth lowest in the nation. Supporters of measure 116 praise its potential to bring in more qualified candidates for these positions and keep them for longer.

Additionally, measure 117 is a legislatively referred state statute (LRSS) that will implement rank-choice voting in both federal and state elections. Rank-choice voting means that voters will get to vote for their top three candidates in an election. If no candidate wins the majority of first choices, the candidate with the least votes in the first position will be eliminated and the second choice indicated on those ballots will be counted instead. The process repeats until a winner is decided. If implemented, the law would take effect on Jan. 1, 2028. Rank-choice voting presumably will increase voter participation and support a more diverse set of candidates, although it may make ballots more confusing and difficult to fill out.

Similar to Measure 117, Measures 118 and 119 are amendments to state statutes or bills; however, these are both citizen-initiated state statutes. Measure 118 will increase the minimum tax, which currently exists as a tax that some corporations pay instead of corporate income tax. Under measure 118, a three percent tax will be put on any sales larger than 25 million dollars to be distributed to eligible residents every year. Lastly, measure 119 will require cannabis retailers to submit an application called the labor peace agreement. The labor peace agreement means that an applicant agrees to remaining neutral in the contact between employees and representatives of the labor organization regarding employee's rights.

LOHS switches from FlexiSched to StudentVUE

By ALYSSA MANNINEN

This year, students at LOHS have had to adapt to new changes in an attempt to improve the school in various ways. One of these significant adaptations has been the switch from using FlexiSched to manage support seminar scheduling to utilizing the flex scheduling feature in Synergy (known to students as StudentVue). This change is expected to streamline the way students choose their support seminars and address multiple challenges faced by students and staff.

FlexiSched is an external app students have used to schedule Tuesday and Wednesday support seminars for the past several years. However, it was recently decided that the district would make the transition to Synergy's flex scheduling feature, following the lead of many other neighboring districts, such as Sherwood. This makes Synergy a one-stop shop for staff and students to post and view grades, manage schedules, and maintain attendance information.

The decision to switch systems was primarily based on the recent phone ban, cost considerations and the operational difficulties of FlexiSched. With this year's implementation of a phone ban, FlexiSched posed challenges, as it was more mobile-friendly with the app and less ideal for computers. Regardless of phones, all students are now able to use Synergy's flexible platform on their school computers, ensuring that phones are an unessential part of the process. Significant issues with FlexiSched were noted by staff, mainly in the area of attendance control. Jason Hohnbaum, assistant principal at LOHS, addressed the operational difficulties, stating that "FlexiSched allowed

a lot of students to fall through the cracks attendance-wise because what would happen is attendance would be taken in FlexiSched, but then all 1,300 students would need to be accounted for in Synergy." With Synergy, teachers and administration are not required to do manual attendance, as it all goes into the same system, streamlining everything. Lastly, cost was a consideration, as FlexiSched costs money for the school. According to Hohnbaum, the district already pays for Synergy, so utilizing the flex scheduling feature already available in the existing system has no extra cost for the school, meaning that the money can now be placed elsewhere in more beneficial ways.

Flex scheduling in Synergy got off to a rough start for students in the first week of support seminars at school. During that week it was discovered that StudentVue was only operating on phones and personal Macbooks. Students were unable to choose their classes on the school-issued Chromebooks and had to fill out a Google form instead, causing a lot of difficulty. Hohnbaum insisted "that was a one-time thing. That was a one-time patch to try and solve the problem."

Since then, flex scheduling in Synergie has been up and running and working well. Junior Camille Perko shared that "StudentVue is much simpler to use, and I like that there aren't a bunch of login requirements." Many students have echoed this, expressing positive feedback about how the system is much more efficient than FlexiSched. Administration and teachers are also very pleased with the change, as it has become more efficient with taking attendance and keeping track of students. With these kinds of results, flex scheduling in Synergie appears to be here to stay at LOHS.

The strive to keep Lake Grove alive continues

By DYLAN THOMAS

In 1949, Lake Grove Elementary was built off of Boones Ferry Road. This school has been a place of learning for countless students for over half a century, making it the oldest elementary school in the district. On February 7, Lake Oswego city manager Martha Bennett released a letter to superintendent Jennifer Schiele with the proposal to close Lake Grove Elementary and replace it with a new library. Their primary claim is that the ten-acre land site would be perfect to build the much-needed new library, due to the current library in Lake Oswego being outdated, old, and poorly located. This proposal started a lot of contro-

versy among both teachers and families in the district, especially ones near Lake Grove. The decision will eventually be made by LOSD, and if they decide to follow through with the plans, the school will be demolished.

The 'SAVE LAKE GROVE' website was created to show people the proposed new building plans, what is at stake, the people and communities that it will affect, and what people can do to help the situation. Yard signs labeled "Save Lake Grove" with information about accessing the website have been posted all around Lake Oswego. According to the website, families have been attached to this school, and those that live within walking distance of the school are unhappy about

the possible need to send their children to another school, especially if they have difficulty getting transportation, although buses will be provided. The website claimed: "The Lake Grove community is diverse and has lots of reasons to keep the school where it is." They plan on hosting events, open houses, and board meetings to bring the community together and raise awareness of the current situation. Some of these events are said to include guest speakers from the school board who will share their views on the school's future. There are many different and important ways to become a supporter, such as making donations to the website to increase the number of people seeing it.



Internet Photo

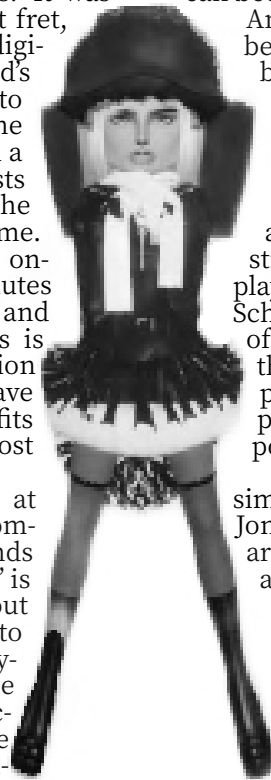
Parents fighting to save Lake Grove

LOHS students love Dress to Impress

By CASSIA LITTLEFIELD & CLARE CHRISTENSEN

When was the last time that you remember playing dress up with your friends? It was probably a long time ago, but don't fret, 'Dress to Impress' is the perfect digital outlet to fulfill your inner child's dream of being a fashionista. 'Dress to Impress' is a video game on the online platform Roblox where you can join a server with other fashion enthusiasts and battle for the best outfit of the bunch based on a randomized theme. Your character is placed in a huge online closet where you have five minutes to pick their makeup, clothes, hair and accessories. After the five minutes is up, everyone participates in a fashion show to display the outfits they have created and votes on the other outfits out of five stars. Whoever gets the most stars overall wins the competition.

With the new no phone policy at LOHS, students have turned to computer games to play with their friends during lunch, and 'Dress to Impress' is by far the most popular. Throughout the school day, there's guaranteed to be at least one person who is playing the game on their computer. The popularity might stem from how accessible the game is. Junior Callie Schmitke said that, "Dress to Im-



press' is different because it doesn't require any technical skill. You just have to like fashion and have a little bit of creativity, and you can become an elite player."

Another reason 'Dress to Impress' has become so popular amongst the student body is its prominent online presence. "I heard about the game largely from social media," said sophomore Mario Welliver. "I feel like it picked up from social media trends, and especially became popular with both guys and girls after CaseOh [famous Twitch streamer] started streaming himself playing 'Dress to Impress.'" Similarly, Schmitke mentioned that she "saw a lot of inspiration for 'Dress to Impress' themes on Pinterest and wanted to play." It's no surprise that the game's prevalence online has translated to popularity within our school.

The game itself has appeal due to its simple yet entertaining structure. Senior Joni Delman emphasized that, "There are so many options when choosing an outfit, a hairstyle, makeup look, nails, and accessories. The colors, patterns, and choices are endless. When going down the runway for voting, each player chooses funny and cute poses." It's also a fun way to connect with new people on the internet. "I really love dressing my

characters and starting fights in the lobbies," said senior Sam Leverich. Delman said that the "game chat is ultimately what roped [her] in and kept [her] playing. [She] personally love[s] trolling people and making fun of their outfits." Obviously, critiquing is a part of the game, but players keep it respectful and lighthearted.

So, why has this game taken LOHS by storm? That can be attributed to its accessibility and enjoyability. 'Dress to Impress' is a good way to connect with both friends and strangers alike.



Internet Photo

Homecoming 2024 really had 24k magic in the air



By ANYA PHILLIPS

Dating back to its founding in 1951, Homecoming festivities have been prevalent at LOHS, allowing students a chance to dress up and forget academic responsibilities for a night while they enjoy their time together. It's a time of bustle and planning from both students and staff as everyone excitedly prepares for the celebration. Nails, outfits, dinners, pictures—many spend weeks making arrangements for the big day. This year was no exception, with the Junior Class Office putting together a memorable homecoming dance on Oct. 5.

In the past, themes for the dance have been relatively straightforward, with common motifs of stars, sunsets and tropics. These aesthetics are typically received positively by the student body due to their wide range of decor and attire interpretations. However, the approval of these general themes has come with some criticism over

their lack of creativity. Because of the lack of specificity in these scenery-centered themes, attendees do not attempt to conform to a common color or theme in their outfits, and decor is often predictable and unimpressive, such as palm trees for tropics.

This year, the Junior Class Office decided to tackle this scarcity in theme creativity head-on with a very unique idea. Rather than choosing another nature-related theme, the homecoming organizers went in a completely different direction: the song 24 Karat Magic. Released in 2016 by pop and R&B star Bruno Mars, 24K Magic was the upbeat, funky dance song of the decade. The lyrics focus on the luxurious lifestyle of Mars, with mentions of "Cuban links" and statements such as "I'm a dangerous man with some money in my pocket." The album cover displays a bougie-looking Mars as he poses in royal red, black and gold, which became parts of the color palette for the homecoming dance. From this song, the Junior Class Office put together a vision of class, luxury and upbeat dancing.

"We wanted to keep decorations pretty simple because our aesthetic mostly focused around colors of gold, red and black, as well as stars," described Junior class officer Callie Schmitke. "We went with the Hollywood stars on the floor to try and emulate the Hollywood-Vegas party vibe."

Another unique aspect of the theme was its correlation to this year. The "24" in 24 Karat Magic and the year being 2024 was no accident, adding more layers to this interesting theme. "We put in a lot of work trying to make it look different from past years, and I think we did a good job without making it look too unnatural," said Schmitke.

The eccentricity of the theme was originally questioned by some who worried that a song could not encompass a whole aesthetic. However, it's safe to say the dance was a large success, with over 600 tickets sold. "I think it got some mixed reviews, but that happens with every theme. Overall I think it was a good dance, good vibes, and a good theme," concluded Schmitke.

Nikocado Avocado shocks the internet

By ELLIE NGUYEN

If you've been on social media at all recently, chances are high that you've seen Nicholas Perry, better known as Nikocado Avocado. He has become a prominent topic of conversation over the past few weeks, taking the internet by storm.

Known for his elaborate mukbang videos, Perry often consumes large amounts of food in front of a camera. Mukbangs, a trend that started in South Korea, is now a popular phenomenon present on countless online platforms. Influencers cook and eat a variety of meals, all while interacting with the audience watching. Although they're for entertainment, mukbangs can be educational, introducing viewers to new types of food. Many mukbangers generate a large amount of income from these videos. However, as this trend continues, criticism grows as well. Though fun to watch, mukbangs can not only generate a concerning amount of food waste, but also promote unhealthy eating. Many of these ideas were exhibited by the viewers of Perry, the majority of whom often criticized his excessive eating habits.

On Sept. 6, Nikocado Avocado released a video that was unlike his usual content. Titled "Two Steps Ahead," the post garnered over 26 million views in 48 hours. Perry revealed that he had secretly lost over 250 pounds over the past two years. Opening the video by wearing a large panda mask, Perry claimed that it sym-

bolized the complexity of social media, for content online is not as black-and-white as it appears. In an email sent to NBC News, Perry wrote, "While everybody pointed and laughed at me for over-consuming food, I was in total control the entire time. In reality, people are completely absorbed with internet personalities and obsessively watch their content. That is where a deeper level of over-consumption lies—and it's the parallel I wanted to make."

Using a simple yet intricate ruse to hide his transformation, Perry continued to post old videos of himself at his former weight leading up to the reveal. Along with this method, he shaved his head so people wouldn't recognize him in public.

At the beginning of his video, Perry states, "This has been the greatest social experiment I've come to know, the greatest social experiment of my entire life." Though many have speculated the usage of AI or faking his weight loss, Perry has successfully defied the allegations. "People are the most messed up creatures on the entire planet, and yet I've still managed to stay two steps ahead of everyone. The joke's on you," he said.

An elaborate plot that took several years to execute, Perry effectively played with the expectations of viewers worldwide. Through this, Nikocado Avocado showed the Internet that not everything online should be taken seriously, a message he successfully communicated through his unexpected transformation.



Internet Photo

Side by side of Nickocado Avocado before and after his shocking weight loss transformation

LOHS welcomes a variety of new clubs this school year

Rock Painting Club

This club offers a space to participate in some easy arts and crafts with rocks, as well as make new friends while doing so. Rock Painting meets every Monday in Ms. Wood's room (107) after school. The club isn't geared toward a specific demographic, but as long as you have time in your schedule and want a place to express yourself, Rock Painting is the place to be.

Club leader sophomore Mia Morehead has big plans to add some life and decoration throughout the school.

"One activity I was thinking about doing is creating rocks to decorate the Laker garden and greenhouse," Morehead mentioned.

Muslim Student Alliance

This club intends to unite Muslim students as well as create a sense of community through culture and religion that they otherwise might not find in their school life. Muslim Student Alliance is mainly aimed at those who practice Islam and participate in the culture already. The club will be meeting in Mrs. Bergh's room (126) and the theater hall in general, but dates and times have not yet been confirmed.

Club leaders, sophomore Mayar Gamaleldin and Aaishah Raaof have engaging activities planned over the course of the club.

"I've been working towards group prayers, community service, and crafts such as lanterns for Ramadan," Gamaleldin described. "I could also bring a guest speaker from a Mosque."

Healing Hands Initiative

This club's mission is to make pediatric patients in local hospitals feel less alone through writing letters and making crafts for them to combat some of their isolation. Members can even become pen pals with the patients they craft for, and promote future fundraisers the club may hold. Healing Hands is open to anyone who has an interest in art, healthcare, or making someone's day brighter. Meetings happen once a month in Mrs. Brink's room (121) during support seminar.

Sophomore Anisha Oruganty runs the club, "I feel like it can help people become more empathetic and be more sensitive to other people's experiences," Oruganty voiced.

Corn on the Cobb



Country music cheers us up

By MADI COBB

Summer has officially come to an end, and the first day of fall has passed. The holidays are around the corner, and everyone's seasonal depression is creeping in. Trying to avoid sad feelings when the weather is crappy is challenging. It's common to find humans listening to music in order to try and defeat the seasonal depression. Now, what genre of music is the most useful when trying to boost your mood? The answer is country music. Country music can still fit into cloudy and rainy days even when most of the songs talk about riding a jeep with the top off while enjoying the sunshine.

Once it starts getting dark at 5p.m., people turn on jazz, classical and alternative music. Those genres are slower and have sad tones, so then it causes listeners to feel melancholy. But listening to country music in Oregon during the fall, winter and a portion of spring is odd to many people. Not many think about how it could improve moods.

Country music fans are happier than the ones who listen to other genres of music. For example, Taste of Country says that 52% of country music listeners are happier and less stressed compared to other genres of music listeners. So, songs such as Chicken Fried by Zac Brown Band, which is about things that are important to the artist and aspects of Southern living, never fail to make someone smile.

With this information, it's shocking that more people don't listen to country music when it's raining cats and dogs outside. Although, some students at LOHS can be caught playing Luke Combs or Zach Bryan all year round, others claim listening to country makes them miss the feeling of freedom and happiness that summer brings. This illustrates how sometimes country music makes a person feel bittersweet feelings, but that's only because it's connected to happy memories. Reflecting on positive parts of the past has been shown to reduce stress, says the Greater Good Magazine.

When listening to country music, one gets filled with happiness, passion and patriotism. Although some country songs have a sad connotation, most country songs' goal is to highlight delightful occurrences. These cheerful topics are a great way to switch from a mindset of winter sadness to looking forward to a superb summer.

In the song 'Silverado for Sale' by Morgan Wallen, the artist talks about how a certain truck does more than just drive. Instead, it claims to "get you the prettiest girl in town." The song continues to talk about how the truck will cause you to have a fun Friday night under the stars, and have you and your girl "dancin." All of these activities are fun and positive, and the topics of this song are reminiscent of warm summer nights under the stars.

Another song that represents this idea of country music causing happiness is 'The World' by Brad Paisley. This song is about a girl who might not be important to everyone else around her, but to the artist singing, this girl is his world. It's a cute love story that no one can pass up. Paisley sings, "You may be just another girl, but to me, Baby, you are the world." He not only calls out his lover but also leaves room for people listening to the song to imagine he's talking about them.

'Silverado for Sale' and 'The World' are just two examples in a plethora of songs that cause a listener to have happy feelings. But the meaning of the songs isn't the only thing that intrigues listeners. The style of how country songs are structured is pleasing to the ear. First off, country songs are always short but sweet, so then a listener doesn't get bored. Country music has very catchy tunes that are very likely to get stuck in someone's head.

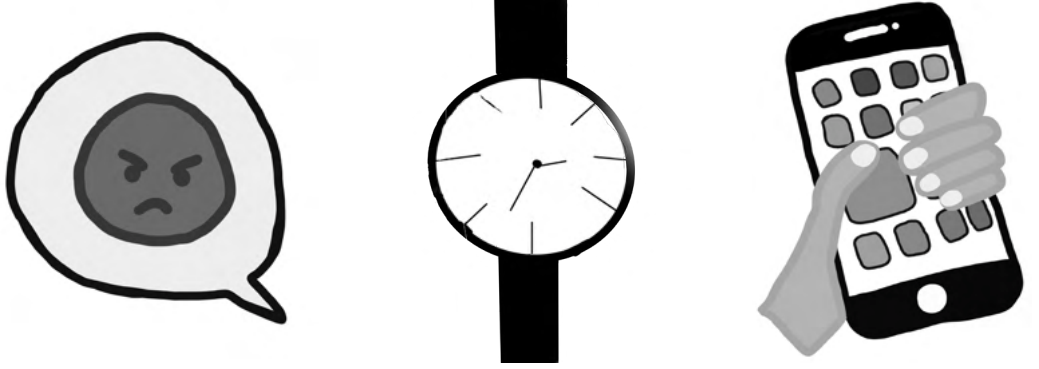
Another reason country music is superior, in addition to increasing people's moods in positive ways, is the fact that the songs are always easy to understand. In comparison, rap has meanings that aren't always surface level, meaning fans of music can't relate or understand the songs.

Country music is easy to relate to, so when it's a positive, happy, feel-good song all those feelings are received by the listener.

With all these great reasons why country music is not only amazing but creates positivity, it's clear humans should keep listening to it even if the season isn't fitting to the song. This type of song takes you into the happy world that the artist sings about with descriptive imagery. Someone listening to country music is always fully engulfed in the setting and surroundings depicted in the song.

Country is not only for summer but all year. It brings people's mood up positively while enjoying a well crafted song. How can one go wrong listening about a guy getting the girl of his dreams or about taking long country drives?

Laker students learn to cope without their phones



By CASSIA LITTLEFIELD

With the new no-phone policy being heavily enforced at LOHS, students are aimlessly wandering the halls with no clue what to do with themselves. It seems as if the whole student body is suffering from withdrawals without their phones, simultaneously tweaking out, unsure of how to communicate if it's not through Snapchat. It begs the question: how are the screenagers here at LO coping with the new rule?

One of the biggest issues students have faced since the removal of their phones is not knowing what time it is. The school has tried to combat this problem by placing small digital clocks in various locations around the hallways. However, this seems to not be an adequate replacement for the easily accessible clocks on our phones. Sophomore Karina Swartz said that she "has almost been late" due to not being able to see the time. "The clocks that the staff put in aren't very visible," she added. The only good thing about this issue is it's brought back wearing watches; a practical and stylish addition to any outfit.

Furthermore, not having phones has taken away the primary method of communication for students: texting. Senior Alessia Lee mentioned that, "It can be harder to find where your friends are in the school, especially if there's an assembly." While many students have had to adjust to not being able to text or call friends during the school day, others have found ways around it. "I've just been using my MacBook to listen to music and text people," said senior Jude Kaisi. Fortunately, students still have the privilege of bringing MacBooks and iPads to school, which has created a loophole for the phone ban in some ways.

Lastly, banning phones from the school has made it tricky to do classwork that is contingent on taking pictures. "Some things I miss about not having a phone is the ability to take or upload photos as easily," Lee said. She explained that, "As someone who's in a lot of different types of art-related classes, they usually require you to upload your work on Google Classroom through a photo. Not having a phone available makes the process more tedious." Science projects, leadership/ASB videos, newspaper broadcasts, art class uploads, and many other in-school activities have been dependent on the ability to use phone cameras for several years. It's been extremely frustrating to find ways to do things that were once so much easier with access to phone cameras.

Despite there being a lot of things that have become more difficult, a lot of students seem to be okay with these inconveniences because of the many benefits of the no-phone rule. Junior Laila Wahab said that, "It is certainly refreshing to see students, including myself, connecting with others in person rather than glued to their phones at all times." Wahab mentioned that not having phones has engendered a more "connected community among students here." The same goes for Lee, who said that she was upset by the phone ban at first but now has come to realize that "the positives outweigh the negatives."

Overall, there seems to be a general consensus that the phone policy has done more good than bad. Nevertheless, it certainly makes you think about all the things we rely on our phones for. The students here at LO seem to be coping just fine, and it's no doubt that many have already found ways to reconcile with the privileges the no-phone policy took away.

AP African Studies class gathers mixed opinions from LO students

By ANSLEY KANG

There are several new classes that were added to this year's LOHS elective roster, but only one of those classes is an AP class. AP African American studies is a new class that was implemented in the College Board curriculum and our school's history department. This year, the class is being taught by history teacher Katrina Levin who also teaches ACW and psychology. According to the College Board, "AP African American Studies offers students a rich, evidence-based encounter with African American experiences." The class was initially a pilot class in the 2023-2024 school year, and this school year is the first year that the class is being offered nearly everywhere around the nation.

Because of the brand new curriculum, senior Arada Tolozcko found it a bit confusing. "As of now, I don't really see a bigger picture," she said. "We're learning about three clans from the African Diaspora, but I don't know how this is going to tie into anything else. I hope as things go on, things will get more familiar and comfortable."

Tolozcko also noted that, "a studies class is different from a history class, so I can't just show up and take notes every day."

Senior Ian Hsieh agreed and said, "I understand that it's a studies class, so we're not going to go into the full history, but I think it would be nice if we had more structured presentations."

Hsieh said that he was "expecting it to be more like a history class. I thought it would be kind of like APUSH but for Africa where we learn the history and then we do the DBQs and MCQs."

Similarly, Tolozcko expected that the class would be more focused on later eras of African American history: "I thought we were going to be learning more about the Black Codes and the MLK era, but I still think it's good to learn the old history we're learning right now."

Several states, such as Florida, South Carolina and Arkansas, have ruled to ban AP African American studies from being taught in their schools. Governors have described the course as "filled" with critical race theory and that the class has a "strong political agenda."

Hsieh believes that, "It's bad to ban the class. I think it's a great class and has a lot of potential...Having it as an option is really good, and I think it should be implemented more widely."

Tolozcko added, "It's important to teach the content. AP African American studies is definitely something that people should learn."

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PARKING DRIVES

With great age comes great driving ability: a guide to driver's ed for teens

By SOPHIA LU

Almost everyone's favorite part about turning 15 is the ability to drive. However, with that ability comes a variety of questions: Is the permit test hard? How does Driver's Ed work? Is it helpful to take Driver's Ed? There's no need for anyone to panic: all of those questions are answered in this article.

A few months before it officially begins, Drivers Ed registration opens. The second it opens, the registration site is rushed by parents signing up their kids, so it's best to have a permit and be ready to sign up when registration opens. There are four sessions a year—one in fall, winter, spring and summer.

All permit-holders must be at least 15-years-old and pass the driver's knowledge test. The test costs \$7 to take each time and can be taken only twice within a 24-hour period. However, if the knowledge test is taken online, an adult must proctor and first pass a difficult identity verification test. The verification test asks the potential proctor to answer questions about their past addresses and cars, including from 20 years ago: questions that are easier for a stalker to answer than the real person. Therefore, if taking the knowledge test at home, remind the proctor to brush up on their personal history.

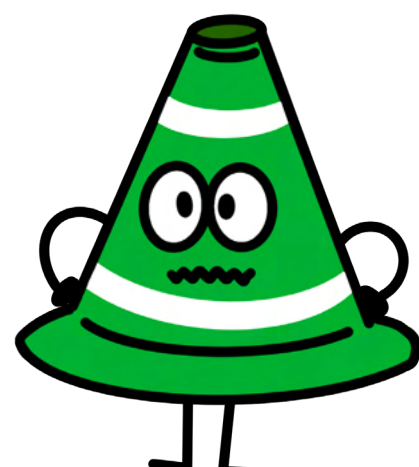
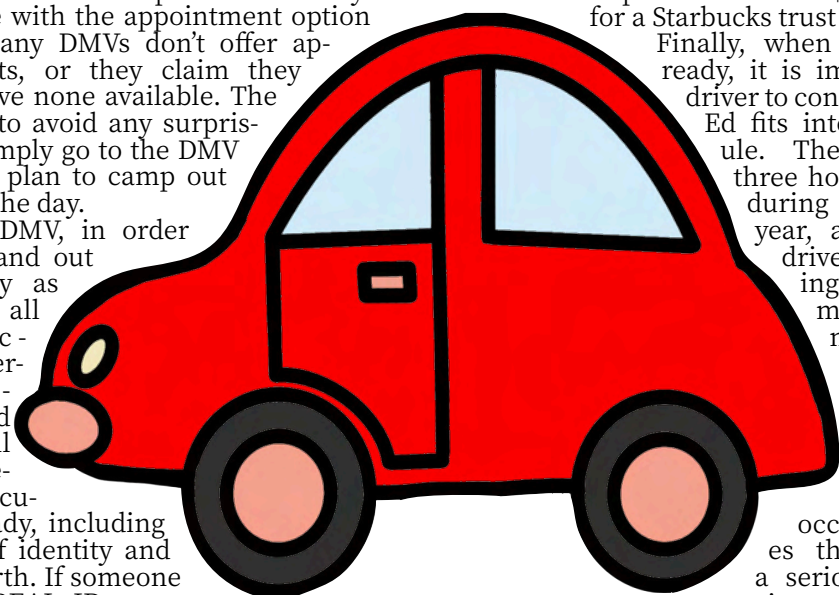
After passing the knowledge test, the next step is to visit the DMV in person. Of the two

options, the first and most popular is to walk in without an appointment and wait for approximately three hours until someone is available. The other option is to make an appointment and be helped immediately. The only issue with the appointment option is that many DMVs don't offer appointments, or they claim they do but have none available. The best way to avoid any surprises is to simply go to the DMV early and plan to camp out there for the day.

At the DMV, in order to be in and out as quickly as possible, all prospective permit-holders should have all the required documents ready, including a proof of identity and date of birth. If someone wants a REAL ID, a new type of ID, which costs \$60 instead of the usual \$30, they will also need to provide two physical documents with proof of their address. REAL ID does not offer significant

benefits for minors because, although it allows someone to board a domestic flight using it, minors do not need to provide ID when traveling domestically. It may be more beneficial to pocket the extra \$30 and keep it for a Starbucks trust fund.

Finally, when everything is ready, it is important for a driver to consider if Drivers Ed fits into their schedule. The classes are three hours each week during the school year, and additional drive times totaling 12 hours are mandatory. Any missed classes or drives will result in fees ranging from \$50 to a couple hundred dollars per occurrence—losses that could put a serious dent in a savings account for a future car. However, despite the hassle and difficult scheduling requirements, Drivers Ed can significantly reduce car insurance costs, which can be cheaper in the long term.



Gating the back lot is a nuisance to seniors

By CLARE CHRISTENSEN & CASSIA LIT-LEFIELD

As many have surely noticed, the back entrance of the parking lot has been gated off during the school day this year, a new addition to the mayhem that is the LOHS parking lot. From 8:45 to 2:30 every school day, no cars are allowed to enter or exit the parking lot onto Boones Ferry Rd.

Originally, the reason behind implementing the gate was to regulate traffic around the school. "Some people use our campus as a thoroughfare or a shortcut to get to where they need to go," said campus monitor Timothy McCarty. "What's happening now is we're trying to mitigate that traffic and make it so if you come on campus you're only here for campus business," he explained.

While this reasoning is sound, many students have issues with the gate, as it disrupts their ability to leave the school in a timely manner. The way the LOHS parking lot is set up, those who park closer to the back gate have to drive all the way around the school to get to the next closest entrance.

Seniors especially are impacted by this issue because not only do most seniors park within the school parking lot, many also have early releases or late starts. Senior Clara Mankin is irritated by this issue as well. She said, "I have early release, and every single day I forget that they have the gate shut, forcing me to have to turn around in the driveway. I think having the gate shut is honestly unnecessary and could be a hazard to students in certain situations." Mankin parks in the gravel lot by the baseball field, and the drive to the front of the



Lake Views/Clare Christensen

The gate that closes off the back entrance to LOHS from the hours of 8:45 a.m. to 2:30 p.m.

school is not only unnecessarily long but also spits her out further from her house than makes sense. Mankin's sentiments are shared with many other members of the LOHS community who are inconvenienced on the daily by the new barricade.

Additionally, forcing everyone with a late start to enter through the same entrance creates more traffic at the front of the school, and it ultimately takes more time for students to get into the school and to class.

The flow of the parking lot is significantly disrupted by the back gate, and ultimately the issues caused by the gate seem to outweigh the issues of through traffic in the lot. Opening the gate would make the parking lot move a lot swifter and relieve these issues

STUDENTS CRAZY!

LO parking lot reaches new levels of insanity



Lake Views/Clare Christensen

By CLARE CHRISTENSEN

LOHS is a parking nightmare. There's no other way to put it. For years we've complained about too small parking spaces and insufficient parking for juniors and underclassmen. While most of us have accepted that the parking lot will remain as it is, the real issues with parking at LOHS come with the general lack of parking lot etiquette. It seems that parents and students alike lose all their humanity and common sense once they enter the lot.

For starters, there are a plethora of parents who believe that it is acceptable to block all traffic by parking in the middle of the road. For example, at the top of the hill coming up from Boones Ferry, there is always at least one parent who refuses to pull up to the rear pick up area and instead parks their car in the road between the student

parking areas. The logic here is that it provides a quick turn around out of the lot as parents can pull straight into the loop that leads back out to Boones Ferry. While this may seem convenient to some, it is extremely selfish. The road in the back of the parking lot is simply not wide enough to accommodate these parents along with two lanes of traffic. Thus, the road becomes a one way street regulated by drivers who have to alternate directions of traffic on their own.

Additionally, the amount of cars that get backed up behind these parents is abysmal which creates issues for not only the parents in those cars and whoever they are picking up, but also for the people parked in the student spots that get blocked by the line of traffic. This phenomenon honestly creates a terrible and frankly dangerous situation

for everyone. Just remember everyone, when in doubt, follow the rules of the road.

Another issue with parking lot etiquette that LOHS faces is the lack of respect for reserved parking spaces. Nearly all of the spaces in the school lot are reserved for either teachers or seniors. However, an alarming number of parents and underclassmen can be found in these spots on a daily basis. According to school policy, anyone who parks in a spot not reserved to them before 10:00 can be reported and ticketed, a reasonable punishment. While some may claim that they are willing to take that risk, what they don't realize is that they are jeopardizing someone else's attendance by stealing their spot. The time it takes for someone to find a new spot to park, take a picture of the license plate, walk to the front office, and report the car,

will almost certainly dig into class time. Not to mention the fact that in order to have a place to put their car in the meantime, they must take another person's spot and risk getting a ticket themselves. There are visitor spots for a reason people, so try to think before you ruin someone else's day.

Lastly, the issue of student hit-and-runs is plaguing our school. It's clear that common courtesy goes completely out the window upon entering the school lot. It's not tough to figure out who left a dent in your driver's side door when you park next to the same people everyday, so please, save yourself the embarrassment and at least leave a note.

Ultimately, the LOHS parking lot is not a free-for-all, so for the safety and well being of yourself and others, Lake Oswego parents and students need to learn to follow the rules of the road.

Terribly terrific traffic puns

1. I tried to write a traffic pun, but I got stuck in a jam.
2. Why did the traffic light turn red? You would too if you had to change in the middle of the street!
3. Parallel parking changed my life. It's such a moving experience.
4. Why did the skeleton get a ticket at the traffic stop? He didn't have the guts to show his license.
5. I'd tell you a traffic joke, but I don't want to drive you away!
6. Why did the bicycle fall over in traffic? It was two-tired!
7. What kind of car does an egg drive? A Yolkswagen!
8. Why was the squirrel late for work? Traffic was NUTS.
9. I hate sitting in traffic, because I always get run over.
10. When my car won an award, it was quite an auto-body experience!



Want to spruce up your Halloween?

B o o
Baskets are little baskets you can make with treats, activities, and little gifts. Making one is a great way to celebrate the Halloween and fall season. A fun twist to this idea is to make it into a "Secret Santa" activity. Draw names out of a basket and assign everyone a person to gift with their very own Boo Basket! Ranging from candles, snacks and to the very popular Stanley cups, there is a wide variety of ideas on how to make your Boo Basket.

T r i c k
or treating is the most classic Halloween activity, and if you are still into trick or treating, here are the best places to get those big jackpot candy bars. A popular location for some large amounts of candy is Westlake! Aside from the ginormous candies they hand out to kids, it's also the amount of it too! It's a busy street on Halloween night with a lot of goodies to offer. Other streets you trick or treaters should check out are Marylhurst, River Run, and Bryant Woods.

A fun
and creative activity you can do for Halloween is carve pumpkins. You can either pick some pumpkins out from a pumpkin patch or a local grocery store. Start by opening the top of your pumpkin and scrape out the guts and seeds, but save them in a bowl to make some yummy toasted pumpkin seeds. You can pick them out of the guts and rinse them off. Then, put the seeds onto a baking sheet and spread them out. Lightly sprinkle salt and pepper and then put into the oven for 45 minutes at 300 degrees Fahrenheit.

I t's
spooky season! If you're an adrenaline junkie, a thought that might've already crossed your mind is enjoying the frightening atmosphere of Halloween at a haunted house or corn maze. Some of the best haunted activities in Oregon that are relatively close are Nightmare Factory, Underhill Haunted House, Haunted Corn Maze at Bella Organic Farm, and The Fear PDX. Of course, there are many more if you are willing to go on a road trip and travel for two to four hours. Oaks Amusement Park also hosts ScareGrounds PDX, Oregon's largest haunted attraction, which would be fun to check out!

T a k -
ing a break and rewarding yourself for making it this far into the year is crucial for the long weekend. Take a quick trip to Crumbl and enjoy some delicious flavored cookies as they roll out! The flavors change weekly and provide exclusive cookies and occasionally cakes, allowing you to enjoy some special treats that only come around a few times a year! Or, you can take to your kitchen and make your own delicious sweet treats. Decorate spooky sugar cookies or a cake, bake a layered candy corn cake or make your own ice cream dirt pudding.

W i t h
fall in the air, a wholesome activity is going to a local farm and enjoying their festivities. A close-by farm in Tualatin, right outside of Lake Oswego, is Lee Farms. They house attractions such as animal petting, a blow up trampoline, an indoor hay maze, rug slides, a corn maze, and a huge pumpkin patch. They also have crisp apple cider, deliciously fresh pumpkin and apple cider donuts, and a variety of fall pies. It's a great local farm to support and enjoy a little fall fun on your long weekend (and it's perfect for Instagram pictures).

Costume ideas that will dazzle this Halloween



1 Dallas Cowboy Cheerleader

Grab your squad, some pom poms, and cowboy boots to get the party started. If you're feeling like coupling up, grab your significant other (or situationship) and have them compliment your costume by being a Cowboys football player. For this costume, you'll need white spandex shorts, a blue knotted crop top, a white belt, and a cropped white vest. Add a bright smile, and you will be ready to cheer on your team and be the life of the party.



2 Subway Surfers

A gaming classic and easy costume for every occasion is one of the characters from Subway Surfers. Whether you are going as a solo, duo, couple, or group costume, this outfit is both iconic and effortless. All you'll need to complete the outfit is some blue jeans, sneakers, a basic tee, and some accessories like glasses, a red beanie, or cap. Simple, yet always fun.



3 Chipmunks or Chipettes

Round up your trio and prepare for a nostalgic Halloween look. You can embrace the vivid colors of the Chipettes' flirty skirts and the bright tops of the Chipmunks' playful hoodies. This costume works for solo, a cute couple look, a trio, or a group outfit. Add some fun accessories and styles like glasses and pigtails. Whether you're having a dance-off or just enjoying the party, this costume is filled with fun vibes.



4 Scooby-Doo

Whether you go alone or with the whole mystery gang, Scooby Doo will always be a costume classic. Dress up as Velma, Daphne, Fred, Scooby, or Shaggy, and tap into the character's own unique style. Add props like a magnifying glass or a box of Scooby Snacks to enhance your costume and get you ready to solve some spooky mysteries.



5 Wizard of Oz

This Halloween, enter the enchanted world of Oz! There's a costume for everyone and endless combinations, whether you want to be Dorothy, the Tin Man, Scarecrow, or Cowardly Lion. Need more ideas? Dress up as one of the witches, either the Wicked Witch with a classic hat and broomstick or Glinda and her pink gown. Whichever character you choose, get ready for a night with unforgettable memories.

Other ideas...

6. Deadpool and Wolverine
7. The Hangover
8. Toy Story
9. Men in Black
10. The Plastics
11. Three Blind Mice
12. Inside Out emotions
13. Bridgerton
14. Teenage Mutant Ninja Turtles
15. Curious George
16. Steve and Alex from Minecraft
17. Disney Princesses/Princes

Can you spot the differences?



ANSWERS: pumpkin faces (2), moon, grapes, ghosts, better, ghost bucket, pilot's bucket, ghostface bow, car tires, mario's bucket, missing pumpkins (2)

Taylor Swift: is she at the end of an era?

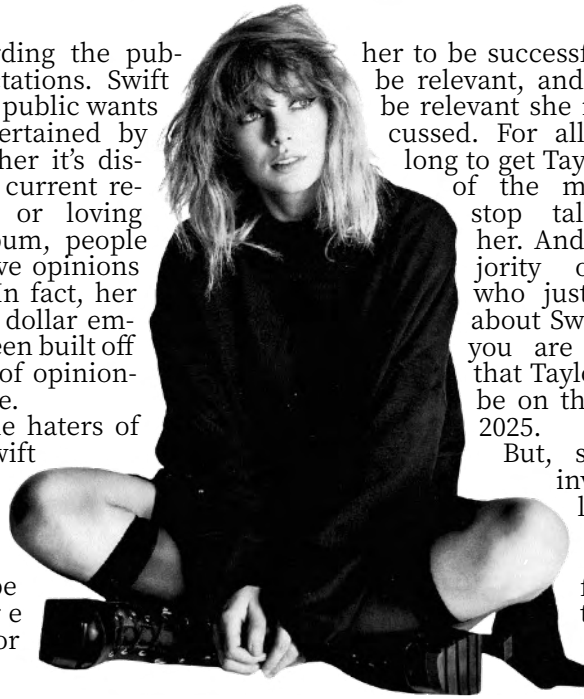
By LILIAN McILRAITH

Are we at the end of an Era? Last year, Taylor Swift's name was repeated around the school as students shared their opinions on her new album and recent relationship with Travis Kelce. But as Taylor Swift's "Eras Tour" is set to conclude on Dec. 8, 2024, news of Taylor Swift seems to have grown stale, and discussions surrounding her have faded from the minds of students. Even Swift's appearance at the VMAs generated little attention. This raises a question: has Taylor Swift finally peaked?

In "Miss Americana," Swift's 2020 documentary, she discusses the pressure she faces of always doing what the public wants. "Live out a narrative that we find to be interesting enough, to entertain us," Swift

says regarding the public's expectations. Swift knows the public wants to be entertained by her. Whether it's disliking her current relationship or loving a new album, people love to have opinions on Swift. In fact, her 1.3 billion dollar empire has been built off the backs of opinionated people.

All of the haters of Taylor Swift at Lake Oswego High School seem to be unaware that for



her to be successful she must be relevant, and in order to be relevant she must be discussed. For all those who long to get Taylor Swift out of the music scene: stop talking about her. And for the majority of students who just don't care about Swift anymore, you are the reason that Taylor Swift may be on the decline in 2025.

But, she has reinvented her life's narrative over and over: from small town country girl, to

shiny pop star, suffering artist, thoughtful lyricist, director, and, finally, an incredibly powerful business woman. The shift in how she portrays her life story does not make her a fraud; it makes her human.

While Swift may be declining in popularity in 2025, she will continually be a famous figure in the music industry because people will always be interested in her private life. Just wait until Swift releases a jaw dropping documentary when she's 80 years old, then we will all be talking about her again. So let's make this clear, Swift may be less relevant currently, but she and her private jets are not going away anytime soon — because Taylor Swift knows the power of her narrative.

LOHS implements new phone policy

Pro

By ANSLEY KANG

The new phone policy that LO has implemented has faced mixed opinions from the student body. Some positive, some negative and some neutral. Although positive opinions aren't the popular opinions, I am one of the people in the student body that actually do feel positive about the phone policy. Initially I also grumbled about the phone policy. How was I going to get my hours of Hay Day in? It was a real tragedy thinking about it. Soon I realized that yes, there are minor inconveniences that come from the policy, such as the inability to check the time when I'm not in class, or not being able to take pictures of notes on the screen. But in the long run, the benefits have outweighed cons for me.

I'll admit, I didn't have very strong faith in the enforcement of the policy. I scoffed and told my friends "it's only going to last a week at most," but here we are, through the month of October and the policy seems to be going strong. Something refreshing to see was that students were interacting with each other. Whether it was in the hallway during break or in the classroom during the passing period, I noticed that people really are talking more. I've seen this happen to me as well, and it makes me feel much better about myself. It's my senior year, and one of the goals that I set for myself was to make more friends and get to know the people in my classes. I feel that making connections with other people and learning how to be socially aware is also an extremely important life skill to learn, and there are hardly any people in this world that were born to be natural conversation makers. This time that we have at school to connect with people that we've never connected with before, or to learn new things about people you already know is only building those skills.

Some people prefer to stay in their own bubble or with online friends, which I totally understand. I think what's important to

realize, though, is that too much of anything is never good. It's never good to eat too many vegetables or too many desserts or to watch too much TV. So why do we treat our phones in a different way? It's never good to spend too much time on our phones, just as it's not good when we eat too many vegetables. Another valuable part of removing phones for a portion of the day is the fact that you have time now to find something just as enriching as scrolling. I guarantee you that mostly everyone has another hobby other than scrolling on their phone. If you feel you don't, maybe you haven't taken genuine time to find another hobby. For me, even at home I try to be on my phone a little bit less everyday by replacing that time for me to read or crochet, which is a new hobby I picked up.

At the end of the day, we're at school for education, and our teachers are trying their best to give us opportunities upon opportunities. School isn't a place where we get six extra hours of screen time, but a place where we can fulfill goals and strive to be the best we can. Although the phone policy is strict and there are downsides, I fully believe that school becomes a much more enriching experience without the distraction of Instagram Reels.

"The new phone policy that LO has implemented has faced mixed opinions from the student body."

Con

By DYLAN THOMAS

The phone policy that was implemented in the Lake Oswego school district is out of proportion and fails miserably to consider multiple significant factors of a student's day in school. The consequences for violating this policy start out with the violator's phone being confiscated and available for collection at the end of the day in the office. A second violation would require a parent to come retrieve the confiscated phone at the end of the day, and a third violation would result in students receiving detention and even suspensions. Added to this is the expectation that phones should be in backpacks all day, meaning that these consequences could be given to a student even if their phone is in their pocket and not being used.

Our generation is more social than any other generation, and that is because of phones granting us the ability to communicate with others even when they aren't nearby. If the policy was reduced to class times when learning is occurring, it wouldn't be nearly as problematic. This idea has been disregarded, with phones and music being banned even during times that learning is not occurring, such as lunch or break time. There have been claims that this is to prevent students from continuing to use their phones after lunch ends, but if the consequences remained the same, this would not be a problem. Having the policy during these times is utterly pointless. Lunch period is easily the most social time of the school day, with many different groups of students sitting together. The ban during lunch and break not only makes it difficult to locate where your friends are sitting, but it also affects the fair amount of students that prefer to keep to themselves during break or lunch. Using their phones during these times can be one of the only parts of their day where they can decompress or even talk to friends that go to a differ-

ent school, and the policy takes that away from them.

Circling back to music, in the emails that were sent out by administrators, there was not a lot of information covering the usage of headphones or earbuds. However, it has become clear that music is being taken away just as the phones are, as headphones and earbuds are restricted and sometimes confiscated. Music can help many focus on studying or working, as well as reduce anxiety and stress throughout the day. This is directly opposed to the policy's goal to increase academic performance and improve students' mental health. In classes like study hall, listening to music has been a very common method among students to concentrate and block out the noise around them. Now, in study hall classes with around 50 people, listening to music is restricted, and students must deal with the constant chatter around them. This makes the entire period a waste of time for those who struggle to concentrate.

The amount of rule-breaking that has already occurred in classrooms is moderate, but the bathrooms are a different story. Students are going into the bathroom to use their phones for short periods of time to escape the constant monitoring and expectation that they stay in your backpack all day. This rule-breaking is a serious problem that may convince students that they can get away with other certain activities. On top of all of this, there have been several students claiming that they feel the need to "catch up" on their phones at the end of the school day, spending long amounts of time on their phones after school. This takes up decent amounts of their free time.

Overall, this policy has too many ignored flaws. There are plenty of changes that could be made that would solve these problems, but it doesn't look like there will be any. Be social, listen to music, communicate with your friends, check your facts, ask about the homework, do what you may, but god forbid you do any of that on a

Is LOHS spending money unnecessarily?

Any student at LOHS who takes a science class has inevitably found themselves passing by a certain glow illuminating the third floor. The glowing "LO" sign sitting at the entrance of the hallway is one of the several strange changes the school implemented over this past summer. Along with the sign came new furniture in various science classrooms, new floors, an updated ceiling in the entryway of the hallway along with a few other changes. Although these renovations were helpful in improving the equipment and appearance of the classrooms, we worry that these changes follow a common theme of putting money towards the image of the school, rather than focusing on larger issues that may have more impact on students.

Take the solar flower, for example, a \$40,000 project dedicated to making our school a beautiful green sanctuary of energy conservation. However, the reality was an expensive toy that has less benefit than conventional solar panels. In fact, the solar flower is four times more

expensive per unit of energy generated than standard rooftop solar. Nonetheless, its wow factor seems to have made it much more appealing to the school's budget.

Chromebooks, on the other hand, happen to be a consistent problem for students with little to no assistance from the school. Many students have the same Chromebooks they were given in 7th grade, with unbearably slow loading and shameful battery lives. If more than three tabs are open at a time, students must evacuate the vicinity of their Chromebook in fear of its detonation. Newer Chromebooks are very limited, and often only given to students who broke or lost theirs. More focus on the purchase and distribution of modern, efficient Chromebooks could allow for increased productivity, especially with many teachers now banning the use of personal computers in class.

Even simple mechanical issues, such as broken locks in the bathroom stalls or the constant dirty filters in the water fountains, are

paid little attention to by LOHS while students experience them daily. Students should not have to worry about holding the bathroom door closed due to an easily fixable piece of metal, and they especially should not have to search each floor for clean water.

We are aware that the budget for the science hallway renovation was obtained through the Bond Process—voters in Lake Oswego approved a bond for money that could only be used for construction improvements related to STEM areas. Despite this, we wonder if focusing on new furniture and improving the aesthetic of classrooms was the best use of this budget, or if it was even the best choice by voters.

The renovation comes during a time of rising discontent from students as expensive reconstructions seem to pop up one after another, while going to the bathroom remains an unnecessarily stressful task. We ask LOHS to consider the grievances of students first before looking to improve the image of the school.

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Dancing With The Stars stirs up controversy

By LAILA BRISTOL

“Dancing with the Stars” (DWTS) is back for its 33rd season, and with it comes a cast of shining Hollywood stars, Olympic medalists, decorated athletes and... a convicted felon? Well-known con artist Anna Delvey is controversially starring as a guest dancer on this season of DWTS. This has come as a shock to viewers due to Delvey's problematic past. In 2017, Anna Sorkoin (AKA Delvey) was arrested in New York City after posing as a rich socialite and German heiress for years. Delvey used her supposed status to scam people out of almost \$200,000. She even created her own art foundation, which ultimately did not exist, and received investments from a variety of wealthy individuals, all of which went to her personal fund.

In 2019, Delvey was found guilty on one count of attempted grand larceny, three counts of grand larceny and four counts of theft of services before being sentenced to 4-12 years in prison along with hefty fines. In 2021, Delvey was released on good behavior after serving almost four years before running into trouble with ICE after overstaying her visa and ending up in their custody for an additional year.

While most people in Delvey's position would

struggle to acquire even a minimum wage job, she is now earning hundreds of thousands of dollars starring in one of America's most beloved reality TV shows. In her promo videos for DWTS, Delvey is seen posing in a bedazzled dress and heels, her hair done to a tee, yet what the audience really notices is the bulky ankle monitor proudly displayed on her right leg.

The fact that Delvey could spend the first part of her life scamming people out of money and services only to be essentially rewarded for her criminal behavior is upsetting to me and to many others. I remember coming home from elementary school as a kid, eating dinner, doing my homework, and watching DWTS with my mom once every week. It was our tradition. I used to want to be like the people I saw on my TV screen, their dresses sparkling as they strutted around the stage, all of them athletes or actors who had managed to achieve their status by utilizing their passions and working hard. What kind of example is being set for kids nowadays when they see convicted criminal Anna Delvey traipsing across their screens, camera zooming in on her ankle monitor? What are we saying to our youth about the principle of hard work when someone who scammed others out of their wealth for a living is pictured in the media alongside activist and

USA women's rugby Olympic bronze medalist, Ionah Mhar, or two time superbowl champion, Danny Amendola?

The idea that a criminal can achieve such positive fame from simply committing crimes says something deeply concerning to me about the trends of our society. Delvey being cast on DWTS isn't the first time we have seen this pattern in our society. We have seen Trump gain support amongst Americans regardless of his plethora of felony convictions, we have watched as Netflix glorifies the stories of Jeffrey Dahmer and Ted Bundy in top charting documentaries, despite their horrifying actions. This recent glorification of crime in our society is undeniably creating an idea that in our society, there are no consequences for your actions.

Despite what you may be thinking, I am not saying that we should censor the media that we consume in any way. We should simply be aware of the way that we portray behavior in said media. Criminals such as Anna Delvey, who holds little regret for her actions, should not be celebrated by the public. Limiting positive portrayals of these people can reduce the negative implications of their fame, especially in a society where bad morals are already so normalized.



Internet photo

Convicted criminal, Anna Delvey, performs on Dancing With the Stars with her dance partner, Ezra Sosa, on the 33rd season of the show.

LOHS lacks school spirit

By: ANSLEY KANG

With school starting back up again, we have a new set of ASB members, our new class of 2028 joining us and new students joining our school. With that being said, there seems to have been a shift in LOHS school spirit. With the departure of the class of 2024, football games have completely lost spirit. The first game of the season was U.S.A. out and the student section was barely filled. Although the low attendance was understandable since the school year hadn't started at this point, there were no chants happening and no one knew what to do. As an attendee of the game, it was honestly really boring. Besides football, other school sporting events do not have an emphasis, and hardly any people go to those games. At the same time as football, there is cross country, soccer and volleyball, as well as so many other sports that happen throughout the year that not many people go to. Besides sports, LOHS has other events that happen such as choir concerts and assemblies, which people tend to skip.

During Homecoming week, the themes were fun and easy to follow but almost felt too easy to follow. “Y2K day” and “Thrift thursday” were themes that could be made up of everyday outfits, but I did enjoy the “Dress to Impress” show that went on during lunch. I do miss the twin days and monochrome days

where it was a bit more clear on what the theme was.

ASB spirit director Charlie Crandall has been working on the scenes and behind the scenes to completely revamp this year's school spirit. “The homecoming game was really, really good, and I feel people are just more amped to do stuff,” thought Crandall.

Crandall revealed some of his plans to improve the spirit which includes doing pep rallies, more assembly activities and even dancing with the D-Squad at half time during the girls soccer game. “It's actually been a dream of mine since like freshman year,” he explained. “I was like ‘I'm going to make it happen’ and I made it happen. I'm so pumped and it's going to be great.”

From a student perspective, I think that there is still some work to be done with school spirit to make the overall experience enjoyable, but I believe that Crandall and the rest of ASB will work their best to make this year fun. As a senior, I hope to get involved more this year, and I'm excited for the opportunities coming my way.

Crandall hopes that “as the year progresses, we are going to get more people showing up to things.”

While it is seen as ASB's job to control spirit, it ultimately starts with the student. School is fun once people are getting involved with all of the opportunities that the ASB gives to us. After they plan the events, take a friend and have fun!



Submitted photo

Lake Oswego High School students pack the stands at a 2011 basketball game

LOHS students miss going on school field trips

By: MADISON COBB

Where have field trips gone? In elementary school, kids look forward to about two to three field trips a year. Field trips are an activity that students wait in anticipation for all throughout the year. Visiting the gardens and rock museums of the world was so exciting. In middle school, the adventure continued with outdoor school or even Washington D.C for some at other schools. But in highschool, field trips are slim to none.

At LOHS, some electives get to go on a field trip for the day. For example, Ecology goes on many field trips in a year, such as at the end of the year. Last school year, their trip was going to the Oregon coast. But that is only one class that most students don't get to experience anyway. Students not included in these outings are usually jealous and wish they had taken that class because they got to leave the building for the day.

Field Trips are an opportunity for students to get a chance to experience real world situations. LOHS kids aren't going to be in this building forever, so having more occasions where students can have exposure to the real world is for the better. So why don't schools add more field trips to the school schedule? There should be at least one field trip per student a year. These excursions would allow destress from the pressure of school while still being educated. Our textbooks only teach us so much.

Sending students to dip their toes in the working world could be remarkably helpful to their

careers in the future, especially for seniors; if a senior took a day to intern at a company that is similar to what they plan to major in, it could be very helpful. Even though college provides opportunities like this, isn't LOHS basically a college prep school? Or at least the staff is trying to get students as ready for college as they can be. Having work experience is a great topic to mention on a resume, and if a student could use this during their school day it would be very convenient. This would help kids who have after school commitments like sports or even having to help take care of their family.

Trips out of school cost money, and extra money is usually hard to find in the school budget. This is a reason that field trips are not as normalized at LOHS. Finding money to aid these field trips might seem daunting, but fundraising isn't too hard! Money could be acquired from student led events such as car washes, bake sales, raffles, and more. Also in classes that students are old enough to drive they could coordinate to make sure there were enough cars to take the whole class. Then if there's not enough student drivers the class could get parent volunteers to drive and would fix the problem. This strategy could completely take away the pressure of money for a bus driver.

Field Trips cannot be forgotten! They help students learn while having fun and gaining new experiences. LOHS needs to schedule more excursions off campus in future years in order for students to prosper. Field trips are totally the next steps in LOHS students' greatness.



Laker football extends a winning streak

By ANNEMARIE VLAIC

Lake Oswego's football team is on the rise with a season filled with wins and confidence. So far in their ongoing season, Lake Oswego football has played South Medford (33-7), Sunset (48-13), Silverton (42-13), Newberg (35-7), Tualatin (45-31), and Tigard (35-15) and won all of them thus far, making their season currently undefeated 6-0. With several of their upcoming games looking like challenges, the team is striving for excellence. Senior Liam Davis explained the team's goals for this season are pretty strict: "We'd like to win a state championship, and we view anything less of that to be a failure." With their confidence, they remain a close team who is confident in their abilities. With that, they have built a close-knit trust between each member of the team that shines through in their games.

With a predicted challenging game against West Linn coming up, positivity and game strategy is key. Sophomore LeMarcus Bell stated how the team is "very confident going into the game" and that they "don't really know the

game plans against certain teams until [they] actually play them. But for West Linn, it's like, mainly just shutting down what they do." To stay positive during games, Bell states that the team thinks back to "what [their] coaches tell [them], like state of mind and who we play for and what we're playing for." plans against certain teams until [they] actually play them. But for West Linn, it's like, mainly just shutting down what they do." To stay positive during games, Bell states that the team thinks back to "what [their] coaches tell [them], like state of mind and who we play for and what we're playing for."

Davis also described how important it is that the team has trust in each other, explaining "the biggest thing really is not the wins and the losses but how the team comes together." To keep a positive mindset, Davis believes it is important to "trust your teammates, trust the guys next to you. And when things get tough, we get tougher." With their undefeated streak and positive mindset, the LO Football team is making great progress throughout their season. Make sure to cheer them on!



Internet Photo

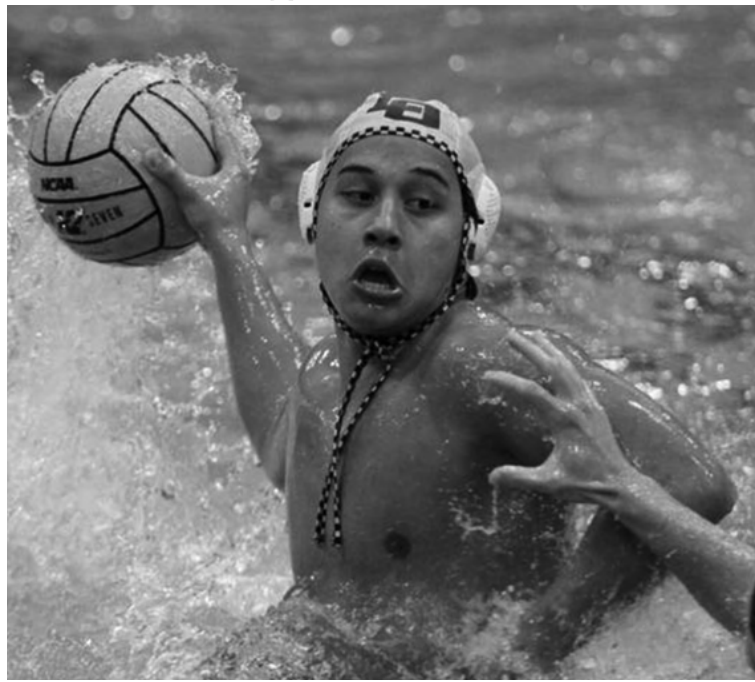
Junior runningback LaMarcus Bell breaks free for a touchdown run.

Boys water polo is optimistic about fall season

By ANNEMARIE VLAIC

As the new season picks up, LO's Boys Water Polo team is hustling their way through the season with confidence. After placing second last year at the 2023 Oregon State Championships, the team is working toward another swift win this season. The team has played eight games so far against Barlow, Lincoln, South Eugene, Hood River Valley, Summit, David Douglass, Grant, and, most notably, Lakeridge, all of which they have won. They won the battle of the lake 12-6. Recently, the team also traveled to Orange County, California for a tournament. Senior captain Kane Saur said, "I think all of us are feeling very confident this season... and we are going to another [tournament] in San Diego in a couple weeks, and we know that those experiences are what will put us over the edge later in the season."

Saur is optimistic about this year's future, explaining how their current goal is to "really iron out the little things that cause issues in our game" and also working on "making sure our egos are in check so that they don't get the best



Internet Photo

Senior Kane Saur focuses as he aims for a water polo goal.

of us later on."

As of right now, Saur believes that the games they've played in Oregon have been "great [and they] have won all of them pretty easily." Senior Aidan Shannon also added that the team is "striving to work hard and execute in our games." He affirmed that their main goals this year are to "win a state championship but [also] have the younger players develop as well so that we can win in the future."

Boys water polo has a great team set up this year, with some incoming freshmen already jumping to the varsity roster. One of those freshmen players is Aidan Ramsey, who is super excited for his first year playing in the high school league. Ramsey believes that, so far, "It's feeling really good. This year we most definitely have a shot at state and I'm excited for it." Ramsey also mentioned his big goals for this season and faith in this team, saying, "The goal is to win state. In my opinion that's the only thing that is acceptable for our team and it's the standard. We have to win, and I'm excited to try and reach this goal with the team."

Cross country speeds through the season

By KATE MCCARTNEY

The start of fall sports have begun with a bang for LO cross country. With new leadership from Coaches Broe and Tim, returning promising veterans and a positive team dynamic, this season is looking very bright. The team raced at the fourth Annual Rose City XC Championship Invite on Oct. 11. The results were very impressive, with the JV girls placing third and the JV boys finishing ninth. The varsity teams also did not disappoint, with the girls placing sixth and the boys second.

Recently, a few upperclassmen who have been XC veterans for the past few years said some of their thoughts about the new guidance this year. Senior Raquel Pihlstrom highlighted the team's progression. "Our girl's team is really strong this year and I think we have a chance to place at state. The boys as well look very strong this year". She also added, "The new coaches ... add a new sense of team spirit that we didn't really have last year."

Noelle Plasse is also a senior at LOHS and said she feels "ready to go" after missing half of her season due to injury. "I'm really excited for districts and obviously the state meet to see what I and the team can do."

Moving onto the boys, senior Bryce Looney had some thoughts on his final year at the LOXC program. "[My seasons so far] have gone very well and have obviously gotten better in quality as I've done the sport for longer. This season especially I think the new coaches are just helping me and everyone progress so much further ... I think our boys team has a good chance at going to state and maybe even getting high placements."

The next meets for LOXC are Oct. 17, at Joe Dancer Park. They will be competing in the Pacific/Three Rivers crossover meet. If you can't make it to that one, next Wednesday, Oct. 30, is the 6A Three Rivers Championship, a very crucial meet for the team. If you can't make it to either, offer some encouraging words to our runners. Go Lakers!



Internet Photo

Senior Ana Peters runs to the finish at a cross country meet.

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Girls soccer hopes to climb the ranks



Internet Photo

LOHS Girls Soccer players posing for the camera and holding up W's after winning their game against Newburg High School on Sep. 24

By TAYLOR SHELDON

Coming off an astounding 2023 season where they placed second in the Three Rivers League (TRL) and fifth in the state, the Varsity team is looking to continue their amazing streak and top the rankings. They will also look to outperform West Linn, a strong competitor who came in first for the TRL in 2023.

The 2024 Varsity Roster consists of seniors Julia Joseph, Kaitlin Winqvist, Parker Lemm, and Parker Von Allmen; juniors Blake Francis, Bree Cochran, and Laila Bristol; sophomores CeCe Mosblech, Karina Swartz, Kate Scipio del Campo, Mara Ivekich, Ohana Chang, Ruby Aman, Samantha Oliva, and Zoie Velandier; and freshman Leena Bristol.

When asked about their ambitions and goals for the season, senior Julia Joseph replied, "Our goal is to win the Three Rivers League and compete for the state championship." When asked how the team plans on achieving these goals, she responded, "We are going to work really

hard on team tactics and our individual performances."

Junior Bree Cochran was asked about what she hopes the outcome of the season will be, and she answered, "I hope that we will win our league, which is our main goal at the moment, and that we make it as far into playoffs as we can." When questioned about how she prepares for match ups against tough teams, she said, "If it's an away game on the bus, I at least play music in my headphones to get locked in and then when we get to the field, we as a team try to stay serious and not joke around. During home games, we have fun and blast music in the team room, but as soon as we get to the field, we try to have [our] game faces on and stay locked in."

In response to the questions of what the team dynamic is like and what she hopes to accomplish by the end of the season, both personal and team goals, sophomore Ohana Chang stated, "It's a supportive environment, with the leadership of our coach Foday Kabba, our se-

niors, and all our captains. It creates a culture of accountability for us younger players that will allow our team to go far this season. Team goals [are] always to persevere through the season to win state and take the Lake against Lakeridge! Personal goals are maturing as a player and enjoying every moment of this adventure."

Freshman Leena Bristol was asked how it has been being the only freshman on the team, to which she remarked, "It has been good and I like it. It's fun to hang out with everyone and make new friends." She was also questioned about what she hopes to take away from competing against varsity teams early on in high school and how the early experience will benefit her as she continues with the program, and she explained, "I hope I will now know what it is [going to be] like next year so I know a little more on what to expect. I also hope that when I get back to club season, I will have improved. Overall, I really enjoy it and it's the best part of my year."

Boys soccer hit the fields

By JACOB DIETZ

It's fall, and that means it's soccer season for your Laker Boys Soccer team. Last year, the team had a very successful season, winning three playoff games and making it all the way to the state semifinals before ultimately falling to Lakeridge who would go on to win the championship. Although the team lost some of their best players, such as Max Reckerman and Evan Huber, they still have multiple strong players, including senior captains Bryson Quintero and Luke Lidington. Behind their leadership, the team is projected to have a successful season. Their current record is (6-3) and they have had some key victories and closely fought losses. In their first game of the season versus McDaniel High School, they won 5-3 thanks to goals from various players on the team. They also were able to achieve a dominating win against South Albany High School, winning 6-3 due to multiple

goals from Quintero and other players. More recently, the team got a tough 2-0 win over a tough Newburg squad and followed that up with a dominating win 7-0 over Springfield. Quintero had four assists against Springfield and many younger players had the opportunity to shine in the game.

When asked about how the season was going, senior Dongli Dai responded, "It is going great right now. We feel like we could have won more games, but we are playing well right now as a team." As far as the team's goals, Dai emphasized their playoff hopes: "We are looking to go as far as we can as a team, and hopefully do just as good as last year or better". As far as personal goals, "[Dai] hopes to make an all TRL team or an honorable mention." At the season's midway point, the team is looking solid this year as they look to have another deep OSAA playoff run. If you get a chance, go catch one of their games and show some support for the boys.



Internet Photo

Bryson Quintero heading the soccer ball during the game against Grant High School.

Girls volleyball is setting up a great season

By MADISON COBB

Coming off an astounding 2023 season where they placed second in the Three Rivers League (TRL) and fifth in the state, the Varsity team is looking to continue their streak and top the rankings. They will also look to outperform West Linn, a strong competitor who came in first for the TRL in 2023.

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The team's next TRL game kicks off on Oct. 22, and they hope to continue to climb in the rankings and win against West Linn.



Dietz's Debrief



Formula 1 deserves more attention

By JACOB DIETZ

Americans love to watch sports like football, basketball, and baseball on TV., often planning their weekends around certain sporting events, gambling, and virtual leagues like fantasy football. Although all of those are very entertaining, not enough attention is paid to European sports like Formula One (F1) Racing and racing in general.

For those that are unfamiliar with what Formula One is, it is a European racing circuit where arguably the 20 best drivers in the world compete to win the next World Drivers Championship. It differs heavily from Nascar (the American circuit) where there are up to 33 drivers driving at a time in smaller cars. Nascar is also raced on a circular track while Formula One tracks are extremely difficult with high speed corners, straightaways, and difficult chicanes. To understand why the sport is interesting, people need to understand the complexities of it. There are ten teams in Formula One, including Red Bull, Mercedes, McLaren, Ferrari, Aston Martin, Visa Cash App, Kick Sauber, Williams, Haas, and Alpine. Each team is operated behind the budget of sponsors and investors and has a certain spending amount for each season. This spending amount is used to pay drivers, develop the team's car, pay for damages, pay employees, and deal with other various expenses. Because each team has free will to develop their own car (making sure to follow FIA regulations) some cars are quicker than others. The teams who have had the quickest cars and most success over the last five years have been Mercedes and Redbull who have dominated the sport up until this year.

This year, there has been a change at the top, as McLaren, led by the talented driving duo of Lando Norris and Oscar Piastri, has found itself at the top of the constructors championship (team championship). Lando has been in Formula 1 for 6 seasons now and has been regarded as one of the top drivers on the grid. Despite his driving level talent, however, McLaren hasn't been able to deliver him a fast enough car to compete with those of Mercedes or RedBull. Piastri is in his second season of F1 and is already being valued as one of the best young talents. In 2023, Piastri, along with Norris, had a decent year finishing 4th in the Constructors championship, but in 2024 the duo has completely stepped it up. Norris and Piastri had never won a race in their career until this year in which they both have multiple wins and counting. McLaren also has 14 podiums this year as it looks to solidify the team championship.

Although McLaren is having a career year, Red Bull is finding success like it always does. Max Verstappen, the undoubtedly best Formula 1 driver for the past few years now, has put the team on his back and has Red Bull in second for the team championship. He also is first in the individual championship using his driving skills to make up for a mediocre car. That's the thing with F1; in order to have success in the sport you have to be a talented driver and have a team that can deliver you a fast car. That was why McLaren found itself in the middle of the pack for the last few years. It had the drivers, but it didn't have the car to compete with. And when you're not at the top, it is harder to convince sponsors to invest in your company so that you can have the adequate amount of money to develop a fast race car.

When I went to my first F1 race last October in Austin, Texas, I was amazed by the experience. The cars moved faster than any car I had ever seen before, and the race atmosphere was so vibrant. The crowd was filled with loud cheers, conversations in all kinds of languages and different colors supporting the teams. F1 is truly an international sport, and it is only growing in popularity in America with three U.S races on the calendar (Miami, Austin and Las Vegas). If you want to get into F1 and don't know where to start, I would recommend watching 'Drive to Survive' on Netflix, which is one of the best sports documentaries I have seen and does a fantastic job of capturing this intriguing sport.

NFL season starts strong



Internet Image

Cardinals, doing better than expected, beat the 49ers in major upset in during week 15 of NFL season

By JACOB DIETZ

The NFL season has been underway now for a few weeks, and it has been nothing short of exciting. International games and high level matchups have captivated fans' interest and curiosity. To the surprise of many, favorites like the Ravens, Bengals, Jaguars and more have started the season off slow and are overall not playing their best football. On the flip side, teams like the Cardinals, Saints and Patriots have all been surprisingly successful. Many fans are stumped and don't know the reason behind the success of these teams, but a possible cause could be their successful draft classes.

When most people are accessing a draft class, they often look at the big names like Caleb Wil-

liams or Jaden Daniels to evaluate if their team had a successful draft. Although these players are hyped up for a reason, sometimes the true value in drafts is adding depth to the roster, and that is exactly what the Patriots, Cardinals and Saints did. After the Patriots took Drake Maye with the 3rd pick to address their need for a quarterback, they followed it up in the second round with Jaylen Polk, a wide receiver from Washington, and got great value in later rounds with Javon Baker, a wide receiver from UCF. The Cardinals followed a similar route and took star wideout Marvin Harrison Jr. out of Ohio State with the 4th pick. They then added to their defensive line in Darius Robinson out of Missouri and got a great backup running back with Trey Benson from Florida State. The

New Orleans Saints were already adequately equipped on offense, so they chose to go a different route and draft two star defensive players. Taliese Fuaga and Kool Aid Mckinstry have already made an impact on the defense and have the Saints being considered as one of the best teams in the league.

Apart from the success of these teams, favorites like the Bills and Chiefs are currently undefeated as they look to make another deep run in the playoffs. The 49ers, meanwhile, are struggling slightly with the absence of star running back Christian McCaffery but should be back to steamrolling the competition upon his return. The league has been shaken up this year and it is anyone's game come Superbowl time in February.

Lakers kick off a promising season of girls water polo



Internet Image

Laker girls water polo win game against Viks, shows evidence of promising season ahead for the team

By TIFFANY HSU

Welcome back, Lakers, to a fresh and exciting season of girls water polo! For those unfamiliar with this dynamic sport, sophomore Addi Willingham explains it best: "It's like if swimming, wrestling and soccer had a baby and you play it with a volleyball. It's weird, but it's interesting."

With games twice a week and tournaments on the weekends, the team started off strong. However, a tide of misfortune has forced 5 players out of the water due to injuries. Top scoring junior, Delaney Carrol, shared, "We got a lot of strong players in our starting lineup, but we've had a lot of concussions and in-

juries, so we don't have enough players to play our games right now. Hopefully they'll heal up soon."

Fortunately, the players are recovering fast, growing stronger with each passing day. Despite that, due to the injuries and nerve-racking games, the team seems to have lost their rhythm. After a tough 9-8 loss against Newberg and another blow versus Barlow 10-5, the Lakers are facing obstacles. On Sept. 7, the team made a slight comeback by winning 13-4 against Lincoln, but their celebration was overshadowed by three consecutive losses against Barlow, again, Hood River Valley, and David Douglas.

However, the team still feels optimistic because team chemistry is soaring this season after playing for a year together. Combine that with Lake Oswego High School's great community and the love the girls share with each other, the girls have even better odds of winning upcoming games. With great skill, cooperation and amazing team chemistry, they can surely have a successful season. Currently, the team has less members than the previous year and are still on the outlook for new players. Remember Lakers, as Carrol says, "We'd love to have more girls join the team. Water polo, I promise, is such a fun sport."

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Live, Laugh, Laila



Time Flies

By LAILA BRISTOL

Ferris Bueller in “Ferris Bueller’s Day Off” once said: “Life moves pretty fast, if you don’t stop and look around once in a while, you might miss it.” It’s a phrase we have all heard once or twice. It’s what my parents say when they encourage me to balance studying and working with fun activities with my friends and family. It’s a phrase that I used to think was only a silly cliché from my mom’s favorite movie. Now, I realize that its meaning has remained true in every aspect of my life as I grow older, often wishing I had paid more attention to the little things that passed me by too fast.

The other day, my friend picked my sister and me up from our house to take us to school, like she does every other day at 8 a.m. We crowded into the small white car like normal. I got shotgun (we go by seniority rules) and my sister slid into the backseat with my friend’s brother. We all drive to school together every day, but on this day I was struck by a wave of emotions as I sank into the tan leather of the passenger’s seat. I became exceptionally aware at that moment of how quickly time had passed. I could remember vividly the days when I would drive to school with my same friend and my siblings, but instead of riding in her car, my dad was driving us to elementary school in his crumb-coated dinosaur of an SUV. Now we drive to high school together each morning all by ourselves. As sappy as it sounds, I think I realized we were all growing up so much faster than I ever could have imagined.

Since that day, I have been grappling with the dread of simply growing up and constantly thinking about my fleeting childhood, some days longing for it to come back, wishing that I could blink and magically rewind time. Maybe I’d open my eyes to the smell of pancakes and bound downstairs to see my dad packing my lunch in my hot pink lunch box. Maybe then I’d run to my dad’s car and he’d take me to school where my only assignments would be spelling tests and times tables.

My entire childhood was overshadowed by my anticipation of growing up. More than any toy set or video game, I wanted to be older and to be taken seriously. I spent my time writing fake research papers in my fuzzy rainbow diary from Justice and reading books where the characters were in high school. My dream as a child was to be where I am now, researching colleges and learning at a high level. As exciting as that is, I mostly feel melancholy when I realize how quickly my childhood aspirations of maturity have become clouded with endless responsibilities and chores.

While I enjoy the freedom that has come with age, I also equally miss holding my parents’ hands while exploring OMSI. I miss watching movies with my family in the evenings. I miss being served one small scoop of Umpqua frozen yogurt after dinner and falling asleep next to my dog on the couch. I worry about what I will do when my mom isn’t by my side when I am sick. What will I do without my dad to cook me dinner? These are the thoughts constantly cycling through my mind and reminding me that growing up can be equally upsetting and exciting.

While I can’t go back in time and make myself appreciate the smaller moments, I can surely start doing so now. In my junior year of high school, I am finally learning to soak in every seemingly inconsequential moment. Each lunchtime I am surrounded by my closest friends, every football game I get to watch, each soccer game I play alongside my teammates, every school dance and, most importantly, everyday as a whole.



Thumbs



By CLARE CHRISTSEN & ANNE MARIE VLAIC

1. KSI’s new song might actually be worse than Jojo Siwa’s so-called pop-hit “Karma.” KSI is really in the “Thick of it.”
2. I am in awe of ASB for the LOTV idea. How did they come up with an idea so remarkable? A student led broadcast to showcase various events around the school and interview the student body. Although it does feel eerily familiar...
3. Honestly I’m tired of everything either being “High-key” or “Low-key”, why can’t anything ever just be “key.”
4. It’s so great that we don’t have our phones because now we have an excuse to scroll through social media endlessly after school! The no-phone policy can’t take away my four hours of screen time on TikTok.
5. Only in LO would anyone ever pay upwards of \$30 to mosh in their own school cafeteria.
6. “I hope they play ‘FE!N’” This is Lake Views issue 1.

New icon of pop emerges

By CASSIA LITTLEFIELD

Singer-songwriter Chappell Roan has had anything but a ‘casual’ rise to fame this year. Her most recent album, ‘The Rise and Fall of a Midwest Princess,’ was released just over a year ago in September 2023, but her career has since skyrocketed.

Chappell Roan, otherwise known as Kayleigh Rose, grew up in the small town of Willard, Missouri, where she had an extremely conservative upbringing. Roan grew up singing, but she didn’t release her first official work until 2017 with her EP called ‘School Nights.’ Then, she made a big move to Los Angeles in 2018, where she discovered a lot more about her identity free from the conservative expectations she was raised with.

In 2020, Roan wrote the song ‘Pink Pony Club,’ which tells the story of a girl who moves to Santa Monica, California despite the disapproval of her mother back in Tennessee. This song had a completely different feel from her earlier work. However, this song didn’t gain traction until much later, and it pretty much tanked when it first dropped. After releasing two other songs, her label dropped her in August of that year because her music was underperforming.

Being let go by her label caused Roan to go back to where she started. For a year, she worked at a coffee kiosk in her hometown and tried to work back up to a career in music. All the while, ‘Pink Pony Club’ was beginning to gain the attention it deserved through TikTok and by word-of-mouth. In March 2022, Roan released her first song independently called ‘Naked in Manhattan.’ This was her first explicitly queer song that she had released, marking the beginning of Roan’s journey to becoming the queer icon that she is today.

The real escalation of Roan’s career began when she opened for Olivia Rodrigo’s ‘Guts’ tour in August 2022. Roan continued to release singles, specifically ‘Casual,’ ‘Karma,’ and ‘Femininomenon,’ all songs that are featured on her most recent album. Along with Roan’s hit songs, her stage presence and overall aesthetic have contributed to her burgeoning popularity. Roan has become known for her long bright red hair and her eclectic stage looks that take inspiration from various drag queens.

‘Chappell Roan’ has become a drag persona in itself. Roan has made it clear that, to the public eye, she is stage performer and pop singer Chappell Roan first. She opens many of her shows with the line, “Don’t call me baby, and don’t call me Kayleigh.” This stage name has become Roan’s way of separating her personal life from her life under the spotlight. In fact, Roan has been very candid about her struggle coping with fame. She has spoken



Internet Photo

Chappell Roan’s style is known to be unique and iconic

out about the harassment many female celebrities face, specifically commenting on how it is not normal to expect celebrities to want to take pictures or interact with people in public.

Roan is representative of a new wave in pop music. Her music is not only fun and upbeat, but it’s inspiring for those who identify as queer. For young generations, Roan is showing that there is not only space in the music industry for queer

Lakers are buzzing over “The 25th Annual Putnam County Spelling Bee” musical

By LILLIAN McILRAITH

On September 13, Lake Oswego High School Drama Department opened “The 25th Annual Putnam County Spelling Bee”, a 90-minute musical, which is a story about the lives of 6 young children who participate in a Spelling Bee.

It is a PG-13 comedy musical that explores topics of abuse, stress, and love, all while engaging the audience through laughter. “I like to produce art that is challenging and real” said drama teacher Bobi Berg.

The musical relies on audience participation, so teachers were invited on stage, including

principal Kristen Coyler, English teacher Adam Dennis, and several other Lake Oswego High School teachers. Bergh knew there was a huge pool of talent this year and needed a talented cast to put together the show.

Lina Johnson, who played Leaf Coneybear, said her favorite memory was on closing night, when “knowing this was our last performance, everyone gave it their all.”

The cast had three weeks of three-hour rehearsals to put the show together, which resulted in “a tight-knit group of friends”, said senior Joni Delman, who played the character Marcy Parks.

The musical had such great success that an extra perfor-

mance was added, selling out the Black Box for five nights in total. Feedback from students was highly positive: “What a truly memorable performance,” said Lorelee Van Londen, a senior at LOHS.

The Lake Oswego High School Drama Department has three more shows this year: “Peter and the Starcatcher,” “Sweeney Todd: The Demon Barber of Fleet Street” and “Senior Directed One Acts.” For those interested in auditioning in an upcoming show, Bergh said she “would love to see new faces in our drama department and in the crew.” “The 25th Annual Putnam County Spelling Bee” was an enormous success for the Lake Oswego Drama Department and an enjoyable show for the student body.

