

# LAKE & VIEWS

THE AWARD WINNING STUDENT NEWSPAPER OF LAKE OSWEGO HIGH SCHOOL

## Laker football wins state football playoffs

By LAILA BRISTOL

Lakers, your Lake Oswego Football team are state champions! As we all know, Laker Football has had nothing short of an incredible season this year. From winning the lake to winning the state championship on Nov 28, the team has made all of us proud to be Lakers. Playoffs for 6A football began Nov. 7th when our Lakers took down Sprauge 49-14 in the first round. They kept the streak going when they beat Grants Pass (51-10) and Nelson (31-12) in the quarterfinals and semifinals, respectively. This Sunday, the team took a 35-6 win over Central Catholic after previously beating the Rams 21-0 in preseason.

Through the season, the team has maintained a close bond with one another which has been a driving force in their success. "I'd do anything for them and they've made my high school experience amazing on and off the field," said Senior running back Lamarcus Bell, reflecting on the bond he shared with his teammates.

Along with their impeccable record (12-1), the Laker Football team had also inspired a sense of community within Lake Oswego. Each game has sparked excitement within the halls of LOHS as students vigorously root for their peers under the lights each Friday. "It was amazing, the sight of so many people coming together to watch two good teams play is great to experience," explained Bell, describing the environment of the championship game that hosted a jam-packed student section.

It's no surprise that the team won state when



Internet Photo

Laker football team celebrates their state championship and crowds around the OSAA trophy

the roster boasts so much talent. With a total of nine players making the Three Rivers League (TRL) first team, six making the second team, and another nine earning a TRL honorable mention. Additionally, junior Josh Christensen was named all TRL Defensive Lineman of the year, an impressive and well deserved honor.

After winning the championship, Bell was awarded MVP of the game by OSAA and Senior quarterback Hudson Kurland

was awarded MVP by the CW news station.

"It meant everything, winning it for Coach Courey, Coach Jeff, Coach Hubely, and all the other coaches was such a great feeling," explained Bell. The team not only won this game for their coaches and staff but for Laker Nation as a whole. Congratulations Laker Football not only for securing your spot as the best team in Oregon but also for doing so much for the LOHS community. We are so proud!

## Giving tips to highschool underclassmen



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Books spilling out of backpack

By LILLY KAISI

Many students often fear the day they start high school, but who wouldn't? After all, it's a new year with new people as the newbies not knowing where anything is. Beginning freshman year is a struggle and a difficulty that everyone tries to overcome. How can a student manage that complete shift? Teachers tell their students that high school is a time to lock in, flip that switch and learn discipline. They really are not lying. This advice is for underclassmen, so they can tackle high

school head-on. Therefore, if you are in the class of 2028 or 2029, don't take this lightly.

Now that we are a few months into the school year, you're probably realizing that the district's suggested school supply list did not accurately match your needs. Many of the school supplies you bought are most likely still unused. This is a good time to reassess your school supplies — what you actually use, what turned out to be a waste and what you may want to buy for next year. The first step is to review your schedule and determine which classes require a notebook; this typically means core classes, rather than electives. The best notebook is the Five-Star spiral notebook that is split into 3 sections. Next, everyone definitely needs a pencil case. It doesn't matter which pencil case as long as it can fit mechanical pencils, regular pencils, highlighters and Sharpies, depending on preference. Another important item is something students can store their papers in, such as binders or folders. Splitting two binders for A and B day is a great way to stay organized. Make sure to have paper in those as well. If a student wants to be a little more prepared, they can buy a ruler, pencil sharpener, markers or colored pencils. A calculator is a necessity — make sure to deter-

mine which calculator suits each math class. Typically, the Ti-30XS is a good option, but the Ti-84 Plus CE is a great investment. Finally, students require a backpack that fits everything.

If orientation day felt stressful this year, that is normal. But now that you've already experienced it, plan to make the most out of it next fall. Make sure to buy a yearbook and ASB sticker, get your picture taken, pick out a locker, get your books and finally locate your classes for the year. Use this time wisely, and walk your schedule.

Now, let's explore what to do throughout your early years. Just because it is only freshman or sophomore year does not mean effort isn't required. However, this does not mean a student should overload their schedule with rigorous classes just to drown and lose sleep. It is important to have a balance and always strive to do one's best. In the early years of high school, it is definitely smart to take a wide variety of classes to determine one's true interests, and focus on taking courses related to those interests in junior and senior year. Don't take difficult or AP classes just because they are AP; colleges want to get to know a student for who they are. A good grade in a decent-level class is

better than a failing grade in an AP or honors class.

In addition, while grades do matter, it is not the only thing to focus on. Get involved! Join clubs that seem fun, try out new sports or volunteer. In fact, two CRLEs are required for graduation. High school is more fun when students are participating. Have school spirit; it is not embarrassing to make the most out of the year.

A great way to stay focused in class and enjoy it to the fullest is to build a relationship with teachers. Ask questions, show effort and don't hesitate to ask for help. Teachers love that, and it'll be a lot easier to ask for recommendations in the future. Don't be embarrassed to ask upperclassmen or teachers for assistance. Questions go a long way. This also means consulting with counselors and talking to them if needed, as they can really help with staying organized and creating a plan.

Finally, learn how to study. Each individual has their own tactics that are best suited for them. Try retaking notes, making flashcards, using Quizlet, watching videos or doing lots and lots of practice problems. Experiment and find the method that works best. Most importantly, don't be stressed, and enjoy the process! Good luck.

## The Patchwork Project boosts upcycling

By SOPHIA LU



Internet Photo

Teens thrifting for shirts at a good will store

Across the country, there has been a dramatic increase in the popularity of thrifting. Some post videos of their thrifting finds, posing with their newly upcycled pieces. Others take trips with their friends to the Goodwill bins in search of the elusive Carhartt jacket. At LOHS, a similar movement has emerged.

The Patchwork Project is a new club at LOHS this year that centers around sustainable fashion. As such, their first step is thrift trips for the whole club. Then, after school, members also upcycle and sew their finds into new pieces of clothing. Finally, they list their items on Depop for people to purchase secondhand, and they donate the proceeds to Drip by Drip, which is a non-profit organization dedicated to educating people about water waste in the textile industry and actively working to decrease water usage.

Kalea Chow, who started the Patchwork Project, has long been interested in fashion. She is an avid thrifter and enjoys styling and

creating new pieces from what she finds. The Patchwork Project is her way to share that joy with other people in the school community. Chow explained, "I thought it would be so fun to teach others how to upcycle and resell — especially when the profits are going to charity."

The Patchwork Project not only affects LOHS students but also contributes toward awareness and solutions to global issues. Textile waste is a major contributor to pollution and climate change — both of which impact quality of life for everyone. Chow elaborated, "There is enough clothing on earth to dress the next eight generations, so it's crucial to educate students on the harms of overconsumption."

Anyone, whether or not they have experience thrifting or upcycling, is welcome to join the Patchwork Project, and since buying secondhand clothing is both environmentally and financially friendly, it's a great opportunity to take care of the environment while also looking after your wallet!

## Recent government shutdown suspends SNAP benefits

By JAKE BRENDEN

SNAP, or Supplemental Nutrition Assistance Program, is a food stamp program that was heavily threatened during this past government shutdown. Approximately 42 million Americans rely on SNAP for food throughout the year. This program was placed in jeopardy after the Republican led Senate was unable to pass a spending bill.

President Donald Trump had said that SNAP would be suspended if it did not reopen by Nov. 1. The government reopened on Nov. 13, and SNAP received funding after the government reopened and a spending provision was passed. During the days when SNAP benefits were suspended, many Americans faced challenges such as food insecurity. Additionally, many other social safety net programs were shuttered during the shutdown.

After the government shutdown ended and the spending provisions were passed through the House and the Senate, funding resumed for these programs. How-

ever, these programs came with many strings attached; for example, there are more requirements, such as a work requirement. Additionally, the Trump administration restricted certain benefits to asylum seekers and other displaced persons residing in the United States. Additionally, the age of claimable dependents for SNAP benefits was lowered from 18 to 14, citing the ability that



age bracket to have to work to qualify for benefits. The work requirement for those with no dependents has risen from 54 to 64. Snap is also being taken away from those who helped the DOD (Department of Defense)

of oversee as translators during GWOT, or global war on terror, or others labeled by the DOJ or the Department of Justice as victims of international human trafficking. All of these cuts will cut about 90,000 people from SNAP benefits who are asylum seekers and cut about 3 million people total from the program.

## No Kings protests assemble in countries across the globe

By CHARLOTTE WOOLDRIDGE

The No Kings organization is a nationwide anti-authoritarian movement that holds organized protests and demonstrations. The movement began as a broad partnership between hundreds of progressive and activist groups, as well as local volunteers, creating an inclusive atmosphere that welcomed everyone from kids and artists to street bands to support the movement during protests. The first organized day of No Kings protests took place on June 14, 2025, which aligned with President Donald Trump's birthday and his own military parade, and the second on Oct. 18, 2025. These protests emphasized non-violent, family-friendly

street demonstrations with creative costumes and massive turnouts that promoted community participation. Nationwide, millions turned out for each day of the protest, with over 7 million estimated in the October events. Overall, the protests were reported to be peaceful, though a few cities, such as Portland and Washington, D.C., experienced law enforcement interference in the evenings. The motive of the protests was their opposition to what they call "king-like" behavior by President Trump and his recent military deployments, such as the National Guard and immigration enforcement actions. In Lake Oswego, the first local No Kings rally on June 14 had protesters lining State Street between A

Avenue and the Lake Theater & Cafe, with hundreds attending and holding signs to protest the administration and Trump's birthday parade plans. The protest remained peaceful and drew the attention of passing cars and local businesses. At the second protest on Oct. 18, thousands of people filled State Street again for a much larger rally. The Lake Oswego Review reported that the turnout was one of the largest civic gatherings in recent town history, with many families in attendance. As part of a nationwide effort, Lake Oswego's No Kings protests added to a weekend of public rallies that highlighted public debates over government principles and power.



Internet Photo

Demonstrators gather in Portland, Oregon for a No Kings protest in June

## Trump and the Gaza 20-point peace plan

By LILLY KAISI

The war between Israel and Gaza has been ongoing for many years, morphing into an emotional debate that is now discussed worldwide. From social-media updates to heated discourse between citizens and students, people are fearful, overwhelmed, and confused. What really sparked it all? The Israeli-Palestinian conflict has been ongoing based on the fight over land and self-determination within the former land of Palestine. While many disagree over who's right and who's wrong, both sides have experienced many deaths and harsh conditions. For quite some time, the United States has aided Israel with military support, and recently, President Donald Trump issued a 20-point peace plan — a proposal outlining how the fight shall end and how to restore the region. Although political plans may feel unrealistic, distant or unrelated to the United States' future, they can have real consequences on millions of people who are experiencing violence every day. While it may not directly affect students, it has a profound impact on the nation, particularly for those with families struggling to survive. Understanding this plan does not mean agreeing or disagreeing, but rather acknowledging

the political state of the world and how it can support many families across both Israel and Gaza. To better understand this issue, it is essential to break it down into ideas, rather than struggling to comprehend all 20 points. The first goal is to stop the recurring violence that has ended many lives by removing Hamas' military power and preventing Gaza from being used for attacks against Israel. This also means acknowledging who governs Gaza. The plan proposes that Hamas shall not lead Gaza anymore, and new Palestinian leaders will take charge, a significant change that many families living in Gaza have raised concerns about. Additionally, an important step in the plan is the return of Israeli hostages. A temporary ceasefire would make this possible and would also allow humanitarian aid — medical assistance, food and water — to reach Gaza. This would help many Palestinians who have been starved and dehydrated to death, including young children who simply don't understand what is going on. Along with humanitarian aid, there is a plan to rebuild many structures that have been destroyed, including hospitals, housing, schools, and other essential buildings. It discusses an international fund similar to a global rebuilding project



Internet Photo

President Donald Trump speaks during a news conference in September

that'll help families recover from the physical damage done to their lives. Another important aspect of this plan is working with other countries. This would involve cooperation with other Middle Eastern countries, such as Saudi Arabia and Egypt. The goal is that by keeping the region connected, it'll ensure a longer-lasting peace, not just for Palestine and Israel. While many may say that this plan addresses both Israeli security and Palestinian reconstruction, others argue that it doesn't give Palestinians enough control over their future and doesn't fully address the humanitarian crisis and the long-term reality. Being just a student in the United States, each individual can still understand the weight of this conflict. Students at Lake Oswego High School may

have connections to the region, including family or cultural ties. Others simply empathize with the struggles of everyday life in those countries. While this plan doesn't guarantee to solve the Israeli-Palestinian conflict, it is a small step towards peace after much destruction and many fatalities. For those experiencing the toll of this conflict, simple assistance can go a long way. As the world continues to navigate this issue, debating the best course of action, Trump's 20-point peace plan is one of many that show the urgency of the problem. For the people living in Israel and Gaza, this plan isn't just for a better political future, but rather a matter of survival for themselves, their kids, and friends, hoping that one day their lives can return to normal, and they don't have to live in fear every day.

## LOSD implements new payment system

By SOHPA LU

Previously, online payments had to be made through the LOHS webstore, which was difficult to manage and was widely considered to be not user-friendly. Recently, however, on November 1, 2024, Lake Oswego School District switched to a new payment system: SchoolCash Online. With SchoolCash Online, students and parents can pay online by selecting items from a catalog, and they can also pay by check and cash to bookkeeper Susie Munds in person. The old BlueBear payment system was user-based, which meant that only Munds had access to it. As such, the system was less reliable in the case of an outage. Munds explained, "If this computer went down, the system would go down too because it's only one license." Additionally, the help center was located in the Philippines, so whenever Munds needed assistance, she would have to call the Philippines, and "be on the phone for eight hours." In contrast, SchoolCash Online is cloud-based, meaning that payment information entered on one device can be viewed on another device in a different location. Therefore, Munds is able to directly contact the LOSD central office for help with, for example, processing a deposit. Furthermore, she is capable of

refunding people more efficiently when they change their minds about purchases. SchoolCash Online contains two main sections — accounts payable and accounts receivable. The accounts payable part covers what the school pays to other organizations. Accounts receivable includes typical student payments to the school for sports, activities, yearbook ads, and other purchases. However, although the old system only ever charged a transaction fee for credit card payments, SchoolCash Online charges a 4 percent blanket fee on all payments that have to be processed through the accounts receivable branch. Therefore, if a person pays 150 dollars to a school club, the club does not receive the entire amount. Consequently, some clubs and school organizations are increasing their prices to recoup the processing cost. Many need the money to pay for essential aspects of their activity, so their only option to obtain enough funding is to raise prices for members. Although most payments are subject to the 4 percent transaction fee, donations and other items that are not listed in the SchoolCash catalog can be entered into the system without the fee. Munds has to manually enter those payments as receipts, which removes the transaction fee from the process. Still, this does not apply to all donations; when donations are selected from the online catalog, the transaction fee is removed, reducing the final amount the school or organization receives. Nevertheless,



Internet Photo

Munds believes that SchoolCash Online has greatly streamlined the payment process. As opposed to the old system, which had to switch between two different payment sections on different screens, SchoolCash Online is "just one full system [that can] do everything within it."

# Portland-Raised Mary Brunkow wins Nobel Prize



Internet Photo

Nobel Prize Winner Mary Brunkow's profile picture on the Institute for Systems Biology website

By MIKAYLA RIGGS

On Oct. 6, 2025, Portland-raised Mary Brunkow was announced as one of the recipients for the 2025 Nobel Prize in Physiology or Medicine. The award was also granted to Fred Ramsdell from San Francisco, California, and Shimon Sakaguchi from Osaka, Japan. The history of the Nobel Prize dates back to Alfred Nobel, a Swedish chemist, inventor and industrialist who is commonly recognized for his invention of dynamite. With his fortune, Nobel established the Nobel Prize awards as written in his will. The first prizes were awarded four years after his death in 1901. The Nobel Prize categories

include peace, literature, physics, physiology or medicine, chemistry and economic sciences. This year, Brunkow, along with Ramsdell and Sakaguchi, received the Nobel Prize in Physiology or Medicine for their groundbreaking discoveries involving peripheral immune tolerance— a system in charge of preventing the immune system from harming the body. Brunkow was born in 1961 in Portland, Oregon, and attended St. Mary's Academy where she graduated in 1979. After high school, she attended the University of Washington where she received her Bachelor of Science with a major in molecular and cellular biology. After graduating in 1983, she

attended Princeton University where she received her Doctor of Philosophy in molecular biology. Brunkow currently resides in Seattle, Washington, where she is a senior program manager for the Institute for Systems Biology. Previously, she worked at Celltech R&D in Bothell, Washington, where she, along with Ramsdell, performed their Nobel Prize-winning work in peripheral immune tolerance. The Nobel Prizes are awarded annually to recognize outstanding individuals across a variety of fields. Brunkow stands as an inspiration for our community, especially local individuals with aspirations to pursue a career in the scientific or medical field.

# New AI Actor Tilly Norwood Sparks Controversy

By SALLY HSIA

In recent years, artificial intelligence (AI) has been improving and advancing at an alarming rate. Its quick and effortless production of ideas and results is cheaper and more efficient than humanly possible, and many corporations are taking full advantage of the benefits without considering their impacts. Previously, AI was thought to have a grasp of only logical tasks, unable to create artistic products, but an innovation in the film industry has challenged this, sparking controversy. The AI company Particle 6 introduced Tilly Norwood in July 2025 as a 100 percent AI actress trained from the performances of thousands of real actors. Norwood's AI talent studio, Xicoia, under the same corporation as Particle 6, is said to have contact with talent agents waiting to sign the new artificial actress. Norwood's release to the public was met with backlash, as actors,



Internet Photo

AI generated image from her Instagram

critics and the film industry as a whole claimed that AI creations are depriving human creativity. The Screen Actors Guild-American Federation of Television and Radio Artists (SAG-AFTRA), a union that represents a large range of media workers, declared, "SAG-AFTRA believes creativity is, and should remain, human-centered. The union

is opposed to the replacement of human performers by synthetics," firmly standing on the beliefs of its members. Despite criticism, Eline Van der Velden, owner of Particle 6 and creator of Norwood, dismissed all concern, emphasizing how AI is a tool to be used. According to Van der Velden, Norwood, and the AI actors who will follow her are not replacements for human actors; instead, they are another form of art comparable to animation. With Particle 6, she hopes to ethically create digital entities for actors, real and artificial. Norwood's introduction and reception are merely open doors to the future of AI and to how the public faces it when presented. The movie industry is not the only one at risk; jobs in medicine, finance, and manufacturing all have concerns for the future. Major shifts in the workforce are imminent, but how society adjusts to them is what matters. The world is changing, forcing humankind to stay aware of its place in it.

# Category 5 Hurricane Melissa Strikes the Atlantic Coast



Internet Photo

Image depicting the devastating aftermath that the category 5 Hurricane Melissa left behind

By MARA IVEKICH

Groundbreaking winds of 185 miles per hour and record-breaking rainfall. Hurricane Melissa has become one of the most powerful storms to strike the Atlantic Coast in over a decade. This Hurricane hit late October 2025, striking mainly Jamaica on October 28. It tore off the roofs of homes, downed power lines, trees, and left 2.8 million Jamaicans without electricity. On October 29th, the deadly hurricane made its way to Cuba with winds sustaining 130 miles per hour. This hurricane caused 735,000 people to move to temporary shelters. From what was being classified as a moderate tropical storm, elevated into a category five hurricane in just 24 hours. As it moved to the Bahamas

late October 30th, the hurricane dropped to category levels. The winds of hurricane Melissa reached a speed of 185 miles per hour, which is equivalent to an EF4 tornado. Hurricane Melissa made the news of being the strongest storm to occur this year, and being Jamaica's worst ever hurricane. The hurricane created up to forty inches of rain and gained up to thirteen feet of storm surge. Once the hurricane hit, President Trump authorized an immediate U.S. response to deploy search and rescue teams, assess needs and provide search and recovery assistance, and distribute resources. People in the midst of the deadly hurricane explained, "The noise was like a freight train for hours". The hurricane caused over 96 fatalities, over 141 people were injured, and

over 29 people were missing. This hurricane broke the record for the costliest hurricane ever to hit Jamaica, costing an enormous six billion dollars. Hurricane Melissa started its first wave back on October 16th, 2025. And lasted up until November 4th, 2025. As mentioned earlier, Jamaica was mostly impacted by this hurricane and affected its tourism by sixty percent, which is a crucial part of the Jamaican economy. The recovery for Jamaica and Cuba is still in progress. Volunteers are being brought in from all over the world to help out these suffering countries. Roads, power grids, homes, and tourism have all been greatly affected and will take months, if not even years, to repair.

# Sophia Off Script



# Deducing as a Consumer

By SOPHIA LU

A few years ago, in October, my brother and I found a pack of mini probiotic Asian drinks for 50 percent off at a grocery store. Obviously, the discount seemed suspicious, so we checked the expiration date: November. We bought the pack of eight and went home, only to discover that the expiration date was actually November of the previous year. While it is true that my brother and I should have read the full date of the expiration, it seems as though our experience was not an isolated incident.

In not only the US but also the world, consumers are finding that their products are often not up to quality standards. Recently, Coca-Cola was forced to recall more than 70 thousand cans of soda because of metal contamination: in other words, people reported finding metal fragments inside their soda. Additionally, quality issues similarly occur in other products besides food and drinks. Neutrogena, for example, recalled makeup wipes due to potential bacterial contamination with *Pluralibacter gergoviae*, which typically does not have a significant effect on healthy people but can cause severe infections in people who are immunocompromised.

Although recalls are normal and are actually preferable to companies secretly keeping health concerns to themselves, there may be larger issues at play than simple mistakes.

Companies, which exist to minimize costs and maximize profits, commonly do so by turning to the cheapest materials and labor possible. In an ideal world, this wouldn't be an issue, but because the cheapest is also often not the best — and, in some cases, can violate human rights and fair labor conditions, as with sweatshops — quality and our morals tend to degrade. It can be easy to excuse labor exploitation by repeating that "everyone does it," but that passive dismissal does not erase the very real human lives being directly impacted. Instead of spending time justifying to ourselves why fair labor complaints don't affect us, we should look into other companies that actually value human rights.

Beyond cheap labor, companies also often turn toward the short-term pause button on their problems rather than long-term rewrites to target the cause. For example, the Federal Aviation Administration (FAA) recommends that airplanes engage in 'electrical power cycling,' which is essentially just turning off power and then turning it back on: it's like rebooting a computer. In fact, the FAA requires that Boeing 787s reboot every 51 days to prevent system overflow. If they don't, the planes can encounter incorrect data displays, which drastically diminish pilots' abilities to fly safely and effectively. Companies don't 'fix' their planes' data issues by building them with more room for data storage — they just hit reset every once in a while to avoid catastrophe.

For consumers, these are difficult circumstances. However, despite the fact that we don't all have the ability to change airplane design, we are able to act as responsible consumers for those products and services close to us.

We need to be aware that not everything is exactly as it appears.

For instance, federal laws don't always represent what protects consumers. There are no federal laws that require products to have expiration dates, and, federally, almost all food can still be sold after it has expired.

Therefore, to keep ourselves and others safe, we should read the labels on food, clothes, and services. Avoid using products that have missing expiration dates or that rely on exploitative labor. Don't choose services that have histories of risky safety policies. Above all, if something seems off, it probably is.

After all, as my brother and I deduced, it's better to not buy and keep the money for something else than to buy and regret it.

# Meet the voice behind the Lakers' Friday night lights

By SARA FIRMIN

If you have taken psychology or History of Warfare, you probably know teacher Mike Noble. Noble is one of our adored teachers at LOHS. He has been teaching here for 20 years and makes sure to teach every class as if it is his last. Even if you haven't met Noble, you have most likely heard his voice over the stadium speakers at the varsity football games. Through his 20 years of teaching at LOHS, Noble has discovered his love for the students and staff at the school. He feels that the school would not be the same without the students attending. Noble said, "I love the staff, too, but

students are what make it work, and I noticed that the first day I came here." He included that the group of students at LOHS are a special group and that they give him hope and inspiration everyday. Noble also noted that every time he teaches a class, he puts everything he can into teaching that class, making sure he doesn't leave anything undone. If you have attended the varsity football games at Cobb Field, you have most certainly heard Noble's voice. Being the voice over the stadium speakers has been very enjoyable for Noble, especially since he gets the best view of the game and a seat next to his dear friend Ryan Durrett, whom he says

is the most valuable person in the booth. Noble only started his job in the booth four years ago when he received a call for help. "Ryan gave me a call and asked what I'd be willing to do, and I said, 'Well, only if you're gonna be up there,'" Noble explained. After Durrett responded that he would be present, Noble agreed, "Let's do it." Outside of school, Noble enjoys spending time with family and playing video games. Recently, he has been reading a book written by a former Navy SEAL, Jack Carr. Since he finds most of his reading in research, Noble made it a goal this summer to spend more time reading for pleasure. After he teaches, he hopes to

buy property and start a small farm. There are many interesting facts about Noble — such as his spirit animal being an eagle or his favorite ice cream being chocolate chip — but not many people know the story of when he hitchhiked across the country with his friend the summer after graduating high school. "We hopped a freight train from Grand Junction, Colorado. It was about a seven and a half hour train ride." Noble said. He talked about how incredible and unique his experience was, considering they didn't get caught. There is so much more to Mr Noble than being a teacher, and his students are lucky to have him as theirs.

# Ellie's epiphanies



# Maintaining childhood whimsy: a how to guide

By ELLIE NGUYEN

When I was younger, I used to think that pistachio shells were the equivalent of the real ones found on the beach. Both had encapsulated something in their past, even though contrastingly different. It didn't matter that the pistachio shell wasn't made out of calcium carbonate like its real counterpart. In my eyes, the shells littered under the bleachers at my local park gave the sensation of finding a whole sand dollar, or perhaps a small clam. Only when my mother pointed out the reality did my perception of the small shells change. What I deemed as valuable suddenly wasn't anymore; what I considered treasure was now the opposite. As my childhood years come to an end, I think of all the ways I have grown. I often find myself reflecting on who I've become and the ways in which I am similar to my younger self. Certain aspects have always remained stagnant- my love for animals, need for perfectionism, poor time management- but many others have disappeared. It is frequent that I have periods when I grieve all that I have forgotten and lost, inevitable at the hands of time. One example in particular is the notion of childhood wonder and whimsy. As a child, the magical perception with which I viewed things stretched far beyond believing in Santa Claus or the Tooth Fairy. I marveled at every single insect that resided on my front porch. The rainbows in the sky were solid and three-dimensional, and ended with a large pot of gold. The world felt special, harsh truths hidden behind flowy white curtains. All people were good and kind; nothing was imperfect about me or those around me. Only when I grew older was when I was forced to focus on situations more relevant to my success in the future. Hours spent playing outside in the woods turned into time spent studying polynomial equations. Books, which I once read for my own personal enjoyment, turned into another chore for English class. News about war, school shootings, and climate change overshadowed the positive beliefs of humanity I once held. I had once thought of polar bears as cute, cuddly creatures- donned in a winter scarf and sipping a cup of hot cocoa- now I could only think of starving, sad-looking animals sitting on ice. It wasn't that I hadn't gained anything from becoming a teenager. I had learned a multitude of lessons that solved questions I had for years. I became better at understanding people and the world around me. However, it still felt like something had been lost, almost a part of myself. Over time, I began trying to incorporate some of the curiosity and wonder I had once had as a child. I began reading philosophy that questioned all that I had previously believed. I spent time on weekends venturing to the city and simply admiring the interaction of people who enjoyed each other's company. I began drawing the architecture in buildings I found fascinating, paying more attention to the changing of the seasons, and discovering new music that I enjoyed. These actions eventually turned into habits, and ultimately made my life more enjoyable. It would be an untrue statement to say that there are still times when I get jealous of the young individuals who run circles around the playground, happy and carefree. However, I know the possibility of viewing the world as I once did will always be present. Finding beauty in a seemingly mundane world should not be limited to childhood years.

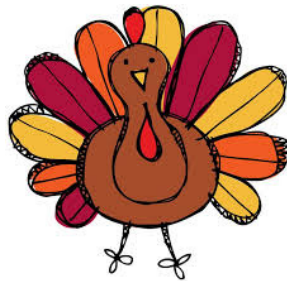
# Gratitude in the Community

By MOLLY DORNBLASER

In the month of November, many families in the United States and Canada gather around a warm, home cooked meal to celebrate with their loved ones. They celebrate what they have, where they are, and the people that surround them. Many students in Lake Oswego and neighboring cities share what they're grateful for. Jules Delman, sophomore at LOHS, said "I am grateful for all the opportunities our school has to offer." Along this same trend, Jashn Pande, junior at LOHS, said "It's really amazing all the sports and clubs we're able to participate in at this school. I love being able to go to French club and getting to connect with other kids that share that same interest as me. I feel like we are given really great opportunities to find our own communities here." Rayha Staszewski-Weis, junior at the early college pro-

gram at Portland Community College, Rock Creek Campus said "I am grateful to be able to be in this amazing program. Being able to graduate high school with an associates degree for free is such an incredible opportunity." In addition to gratitude towards their school, many students are also grateful for their families and friends. Addie Rodriguez, junior at LOHS, said "I'm grateful for how supportive and caring my mom is to me." Kennedy Hancock, senior at Aloha High School said "I'm thankful for my best friends. We understand each other in such a special way and I'm so grateful I got the chance to meet them." Anika Gupta, senior at Sunset High School, is grateful for donkeys. She said "I love donkeys so much. That donkey in Shrek is legit my spirit animal. Every time he appears on the screen I just start laughing and laughing and laughing. I love seeing

donkeys in real life too. We unfortunately don't have donkeys at the Oregon Zoo, but don't you fret, there is an amazing donkey sanctuary in Oregon City that I adore and am forever thankful for." She talks about the holiday events the sanctuary holds and shares that she's particularly grateful for the annual Halloween donkey feeding event. From school to loved ones, and even to barn animals, there are many things around us to be grateful for. This month in particular has been a major month for people to reflect on that.



# Celebrating the Past, Building the Future: The Story of History Bowl

By TARA PIDAPARTHI

History Bowl. It's more than just a simple trivia contest. It's a space within the LOHS community where memory and knowledge come together. At its core, History Bowl is a place to show off your knowledge of history and put your memorization skills to the test. Participants gather not only to test their ability to recall important historical events but also to celebrate the stories that shape the world today as we know it. What makes History Bowl at LOHS so unique is its format. Competitors face rounds of trivia, much like Science Bowl or a spelling bee, and have to answer questions that challenge their understanding of global events, cultural milestones and influential leaders. As Co-President of History Bowl this year, Senior Kai Plumbo explained, "We're mainly assessing people on their knowledge of history, and we're trying to get prepared and registered for some competitions." This struc-

ture makes History Bowl accessible to both individuals at LOHS who are excited about testing their knowledge of history and those who are just looking for a fun environment to converse with fellow history buffs about their interests. The competition carves out a space where quick thinking, teamwork and the ability to connect various historical events under pressure can be sculpted together for a fun experience. However, History Bowl is not just about competition. It also has a soft sport for giving back to the community. Participants and volunteers often contribute to local museums and establishments like the Lake Heritage Museum. Senior Kai Plumbo described that they do "mainly volunteering and cleaning up some stuff." He continued, "We've also helped with a bit of research, but that was more in the past, and now we're more helping put things together." The effort that the club puts in paints the mission of the History Club — to deepen historical

understanding and to support the institutions that preserve our heritage. For many others, History Bowl is more than just an extracurricular activity; it's an outlet for their enthusiasm. Junior Quan Shi captures this perfectly: "I really like History Bowl because I have a space where I'm able to actually share and meet with others who have that same passion for history." Shi's words showcase the love some individuals have for history, beyond just being there to win a competition. Ultimately, History Bowl is more than just a simple game — it's a movement. It celebrates knowledge, supports local history and creates a space where passion for history at this school can thrive. Whether you're just a student looking to test your skills or a volunteer looking to make a difference, History Bowl Club welcomes you. Step into the competition, and you will discover that history isn't just learning about the past: it's also about sharing the future together.



# Looking into the life of Officer Sheldon



Internet photo

By BEN SHANNON

Have you ever wanted to do something in law enforcement, but you don't know what? Well, we had the chance to talk to our LOHS School Resource Officer (SRO), Officer Brian Sheldon, and he told us all about what it's like being a School Resource Officer and his

experience in that position.

Before we can get into that, we first have to talk about what an SRO even is. SROs are full-time police officers who are trained in emergency preparedness, crisis management, community policing concepts and problem-solving. The SROs are employed by the Lake Oswego Police Department (LOPD) to serve the LOSD community. The SROs have many jobs, such as serving as a liaison between LOSD and LOPD, meeting with the school administrators on a regular basis, providing assistance with any threat assessments when a person is a possible threat to other people or themselves and helping schools prepare for emergencies by planning and assisting with required drills. They also provide security at big events like dances and games and help with traffic safety.

Now that we know what an SRO is, let's see what it takes to become an SRO in the first place. Many people, including Sheldon, have some form of military involvement before joining the police force. In Sheldon's case, he joined the United States Marine Corps for eight years and served a combat tour in Iraq in 2003. Then, he was hired by LOPD in 2006.

When you want to become an SRO, you must first be a sworn police officer with a law enforcement agency. The SROs get special assignments to be a detective, traffic motor officer and other positions. You then have to internally apply with the LOPD to be assigned as the SRO, which is followed by an interview with a panel of LOPD command officers, an SRO from another agency and LOSD administrators.

Now that we know the basics, we can talk more about our very own Sheldon. Although it's not a requirement for SROs, Sheldon attends the National Association of School Resource Officers (NASRO) where he practices new training processes and conferences to stay up to date with best practices, so he can be ready for anything that happens.

What about the average day in Sheldon's life? Well, Sheldon doesn't really have a day-to-day routine so to speak. Most days feel and look the same, but Sheldon has to be prepared for anything and everything. The unpredictability of a law enforcement officer's day can be nerve-racking and fun all at the same time. Personally, Sheldon said, "I enjoy the uncertainty of my job, as it challenges me to be

at the top of my game all the time."

In addition to his SRO duties, he has to stay up to date on all of his training as a police officer with the LOPD on a daily basis in order to be ready for anything. "My presence and availability is really the only 'routine' that I prioritize each day," added Sheldon.

Most days are alike — greeting students in the hallway and coaching baseball — but Sheldon has had some very unique experiences. For example, he has volunteered at the annual Shop With a Cop event for the past 9 years, and several years ago he was shopping with an elementary schooler who had a budget of \$100. The kid spent it on gifts for his family before even thinking about himself. Sheldon learned while talking with the elementary schooler that his bike had been stolen before that, and the family could not afford to buy a replacement. After the fact, Sheldon bought a new bike for the kid and gave it to him a week before Christmas. The kid was so excited and rode the bike around. Sheldon explained, "The smile on his face while he rode it for the first time was the greatest feeling I've experienced in my career. I was so happy I could help a kid and family with a genuine need."

# Photographers at LOHS shoot for the stars



Instagram (jk.flix)



Instagram (trojvisuals.)



Instagram (max.flixs)



By LEENA BRISTOL

Forget touchdowns and goals, there's a different type of competition that you may or may not have noticed on the sidelines at many LOHS sporting events. Although, instead of wearing cleats or gloves, these competitors carry cameras. Under the stadium lights, our school photographers are battling for the perfect shot. Their photos show more than the game; they show energy, emotion, passion and hard work.

Junior photographer Jack Kochavatr (jk.flix) says that photography is a way to exercise his creativity and for potential future career opportunities. Kochavatr

has taken photos for the Portland Pilots men's soccer team along with a variety of LO sports but his favorite sport to take photos for is football because of the constant action: "You can really get cool pictures, but sometimes there are games in other sports like soccer that are fun to shoot as well."

Next up, sophomore photographer Max Ploussard's (max.flixs) favorite part about taking photos is the happy customers. "My favorite sport to take photos for is girls varsity soccer because they are all very appreciative," shared Ploussard. Ploussard fired a shot at another photographer, claiming that he is "better than Alex Trojan."

In response, Senior Alex Trojan said, "We both know what our skills are and what we're capable of. He's a great photographer, and he's the one I hope takes over my job once I graduate." Trojan has been taking photos for a year and a half, and his favorite sport to take pictures for is also football. "It has lots of action and emotion. It's also very predictable which helps me out as a photographer," Trojan said.

Trojan recently took photos at the Oregon State Beavers game at Reser Stadium. "This was one of the coolest experiences of my life," he shared "Being that close to the players and in that electric atmosphere sets my photos up to be

great, and it is something I hope to continue in college."

Trojan's best tip for beginning photographers is to make connections both throughout the photography community and the athletic community: "If you do that, getting big opportunities to learn will be a lot easier, and it will help build your skills quicker."

Although the competition for the best photographer is still going, Kochavatr, Ploussard, and Trojan all deserve to be recognized. With so many talented photographers, every game is another chance to capture an awesome moment and the next great shot could come from any of them.

# LOHS students share insight on jobs

By PARKER SMITH

Hey Lakers, have you ever noticed your classmates are working jobs lately? Whether it's for spending money, gaining experience, their college fund or that next cool item, everyone has a reason to work. Lots of LOHS students are spending their extra time working, and from working on their family's food cart to working at a pumpkin patch, here is what some had to say.

Sophomore Ryan Jumnongnart spends some time every weekend in downtown Portland working at his family's food cart. He talked about how even though it can be a lot at times and can take away from being with friends or doing homework, he enjoys working and learning from the experience with his parents. "It can be a lot of work," said Jumnongnart. "I enjoy doing it and feel like I'm learning a lot, but I also like just relaxing at home or playing some video games." He added that he thinks

the time spent working is worth it and helps pay for the things he enjoys.

Sophomore Cayden Carrol finds himself in the pumpkin patch most weekends: he helps people around the place and is in charge of selling the pumpkins people pick out. This is his second fall working on the patch. He enjoys interacting with all the different people and getting to work outside with the fresh air, as opposed to most other jobs. Carrol explained, "I have learned so much from the past two falls. From working with people and learning the skills to help out to putting in some physical work, lugging pumpkins around, it taught me a lot."

These are just some of the most unique jobs from students at LOHS. But many have more standard jobs, like being a lifeguard. Local lifeguard, 10th grader Ben Shannon, worked as a lifeguard over the summer at the local Lake Oswego Country Club. This was his first summer working and he found it to be ex-

tremely fun and a rewarding first job. I started this job to gain work experience, but another main reason was my brother, who was a lifeguard for 4 years." Ben believes all students should try getting a job as it has taught him a lot about hard work and building character.



# PLAY HARD. DREAM BIG.

## Boys soccer kicks into playoffs

By CORDELLA MEGOWAN

The boys soccer team reached their goal of making playoffs this year. After an eventful season where they played teams across the Three Rivers League and Portland Interscholastic League, the Lakers made it to playoffs for a match up against the Lincoln Cardinals. This was a very emotional game where the Lakers were united under their shared vigor and passion. This year, the LOHS boys soccer team had players from each grade, however the majority were seniors, only adding to the value of what making it to playoffs meant to the group. Senior team captain Comor Lyons touched on how much the game meant to him because he went

into it “not knowing if this was [his] last game.” While the outcome was not what the boys hoped for, they gave the Cardinals a fight. Lyons also highlighted his team’s ability to give other teams a “challenge” and make their opponents battle to win. Another senior, Peter Dolloff, also mentioned how the team always “fought hard” and that they didn’t walk in giving away the game because as seniors they knew it might have been their “one last game.”

Even though the majority of the team are seniors, the juniors also played with engagement, excited to be given the opportunity to make it to the playoffs. The playoffs were a new experience for the majority of the team, and step-

ping into this unfamiliar territory and next level of Oregon state soccer, they couldn’t have been happier to have made it that far. One of the goalies, junior Ben Robertson, remarked on how the game was “a different level of intensity” because it was a playoff game and how he was “proud of how they were tied for a bit of the game” and held their ground. Aside from the game itself, he said he was proud of the team for making the playoffs, and how far the team had come since the beginning of the season. All three athletes emphasized the team chemistry and how connected they were on and off the field, resulting in league success throughout the season.

## Don't overlook sports injuries

By SOEIA MOTIKA

Everyday that I come to school, it feels like I see another student crutching precariously across the wet pavement of the school parking lot, a large metal brace inhibiting their leg’s motion. Or, I see a new face waiting impatiently at the elevator doors as their able-bodied peers rush by. It was only last year that I was in the same situation, after I tore my ACL and meniscus playing soccer. My personal experience with knee surgery and recovery has opened my eyes to the vast number of knee injuries, especially in high school athletes, and I am empathetic to anyone in recovery from a knee injury.

However, it is not just LOHS that is experiencing an amplification of knee injuries in high school athletes. According to studies from the National ACL Injury Coalition, ACL injuries have increased by about 32% in girls high school ath-

letics since 2007, whereas in boys, ACL injuries have increased by about 14.5%. These statistics exemplify multiple issues surrounding ACL injuries: one being that there has been a clear increase; and two, that girls are much more at risk than boys. Studies report that girls are two to eight times more likely to tear their ACLs due to factors such as hormonal cycles and skeletal structure.

It is crucial to note that this does not diminish the severity of knee injuries between genders. Most recoveries range from 9-12 months but many athletes aren’t completely back to their original state until several years post-surgery. This can pose several challenges to athletes who are accustomed to rigorous daily training and peak fitness levels. It is a mental obstacle to accept the level of physical inactivity they are trapped in and the effort required to become capable of simple activities like

walking or straightening their leg. It can become unmotivating to do exercises when the entire process of recovery is prolonged and there is no clear reward to work towards.

Another mental barrier is that recovery often feels like an isolating process, and not because there aren’t medical professionals guiding the way, and friends who check in, but because the drawn-out process of regaining strength becomes normalized, and forgotten. Personally, it felt like it became the norm for me to be crutching haphazardly through the hallways, always slightly out of breath and about to break a sweat, and the daily struggle of performing simple activities seemed overlooked by others. People would forget the limitations surrounding my physical recovery and it would baffle me because my injury was always at the forefront of my mind, but understandably, it wasn’t the first on other people’s

minds.

Knee injuries are notorious because of how brutal they are, but also because of how common they are, which is what scares me most. Why is it normal for teenagers to be going through year-long surgical rehabilitation, and why are the rates of injury increasing? The intensity of high school sports is certainly overwhelming at times, as players strive to be the best and display school pride through their athletic achievements. In the swirl of competition and the glorification of athletic success, the health and safety of athletes can feel like it’s not the top priority.

With all of this in mind, it is crucial for athletes of all sports and genders to remain vigilant of their health and take precautionary measures to prevent injuries. Missing a practice or accepting a player’s substitution to protect one’s health is exponentially better than pushing one’s self too far and risking a devastating injury.

## Cross Country finishes strong

By SARA FIRMIN

LOHS cross country had a long and successful season this year. Making it to state, boys Chris Hayashi (12), Rowan Cook (11), and Felix Wang (10), and senior girls Taylor Sheldon and Eden Rosensteel, put in the last of their energy to race at state in Eugene. With the season ending, the team has had around ten meets all around Oregon in areas such as Tillamook, Clackamas, and various golf courses.

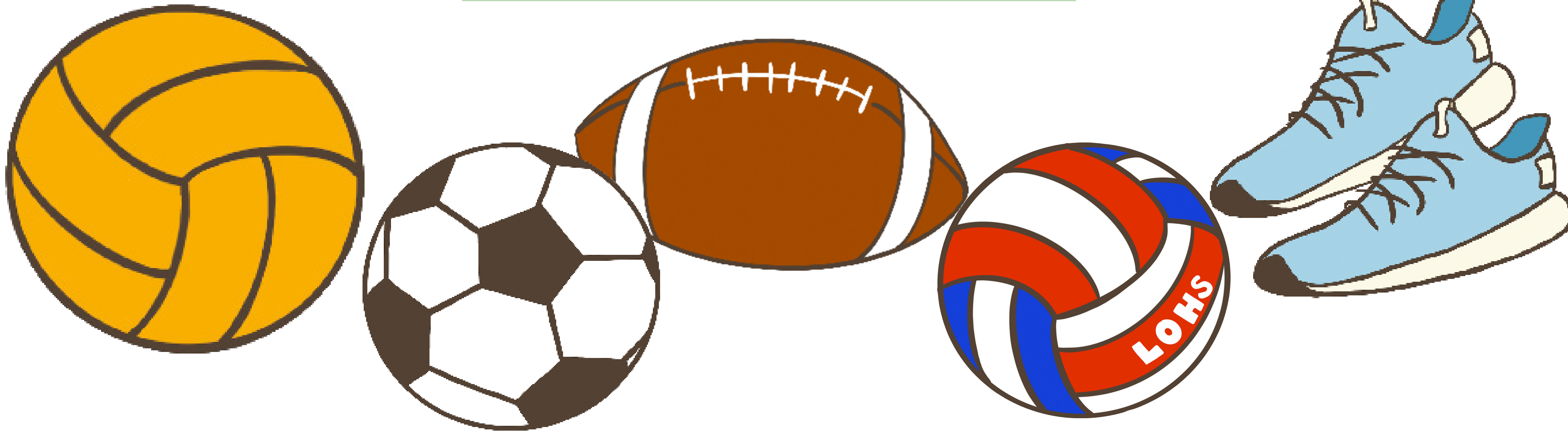
Races are typically the same length but may vary. Wang said, “Races

are generally 5k, 3.11 miles, but occasionally we do 3k at the beginning of the season or for new people.” After qualifying for state at districts, the runners felt proud of their performance. “Running a 16:09 for districts and qualifying for state was pretty good, I felt accomplished,” said Wang after districts.

As far as competition goes, our cross-country team has lots of competition during the fall. Lakeridge and West Linn have been taking the lead in the league, and other teams such as Lincoln, South Eu-

gene, and Jesuit add to the team’s rivals. To fuel themselves and promote team bonding, the night before a meet, one family hosts a pasta feed to prepare the runners for their upcoming meet. Many of these feeds have consisted of Olive Garden, but many other restaurants are used as well.

After their season ended, a lot of the athletes run long distances in the off-season to keep themselves in shape and ready for track and the next Laker cross country season.



## Girls volleyball end the season on a good note

By ELLIE NGUYEN

Like past years, Lake Oswego Girls Volleyball ended the season strong. The team played a wide variety of competition from around the state, demonstrating teamwork and growth that reflected the hard work they put into the sport. Though every match came with challenges, Girls Volleyball was able to utilize their strong chemistry to become a difficult team to beat.

Throughout the sea-

son, the team was able to win against highly ranked 6A opponents such as Lakeridge, St. Mary’s Academy and Tualatin. Senior captain Esther Conrad said, “It felt amazing because we played a great game against them and it was an awesome win.” After their successful performance, the girls earned themselves a spot in playoffs, losing only against Jesuit, the third ranked team in the state. Consisting of many new players and playing

styles, the group had to adapt compared to previous seasons. “It was a fun senior season and we had an exceptional group of people,” Conrad reflected.

Demonstrating an impressive connection both on and off the court, LO Girls Volleyball truly exemplified the definition of a Laker athlete. The team represented what it means to persevere, especially in a competitive and high-pressure environment.

## Girls soccer season ends successfully

By CORDELLA MEGOWAN

LO Girls soccer scored multiple achievements this season, from an impressive list of athletes making first and second team in the Three Rivers League (TRL), placing second in the TRL, and to making it to quarterfinals on the state level. These girls worked hard all season and this was seen throughout their gameplay and cooperation on the field. The girls had 10 wins throughout the season, beating both Grant and Lakeridge who are ranked as the sixth and fifth best teams in the state. These wins were the outcome of tireless effort and dedication, and eventually landed the girls a seventh place state title.

Not only did the team succeed as a whole, but many girls earned first and second team titles, as well as honorable mentions. Among these girls were senior Laila Bristol, junior Ohana Chang, sophomore Leena Bristol and freshman Harper Gasperson who made the second team. Honorable mentions were awarded to senior Bree Cochran, and juniors Zoie Veland-

er, Ruby Aman and Mara Ivekich. Senior Blake Francis not only made the first team but was also awarded the title of TRL Player of the Year, an incredible honor. Francis says that getting Player of the Year meant a lot and was a “testament to the hard work [she] put in all four years,” and she thanked her teammates and coach for helping her and believing in her.

As for making the quarter finals, the girls were more than proud, as they beat some of the top teams in the state to make it where they did. This is the first time in the last three years that the girls have made it to quarter finals, and in the journey to make it there they had to not only make it to playoffs based on their league games but also endure playoff games themselves. Chang states that the team was so happy about their overall effort “because we all worked really hard and got really far.” When asked about making the quarter finals, Cochran, the Laker’s goalkeeper, described the team as “resilient” which was a common attribute they had carried through the season.

## Girls water polo swims through the season

By KAIYA CARNEGIE

Lake Oswego High School’s girls water polo team placed fourth in state for the Three Rivers League—an incredibly impressive feat when comparing this season to past years. Senior Delaney Carroll stated that this season “was super exciting,” especially because it was one of the first times they had gone this far in playoffs. The team had 11 players, which Carroll said was “much better numbers compared to prior years.”

Even with the team being predominantly younger players, they were able to step up and earn their place in playoffs. Sophomore Alli Krahrmer noted that “the team grew as the time went on and we got wins no one would have ever imagined.” These wins and hard work are what made the season Carroll’s “favorite season I’ve had over all four years of playing.”

Many of the girls on the water polo team also earned the Three Rivers All-League Award. Carroll and freshman Merrick Beaumont earned an impres-

sive first-team all-league award, Krahrmer earned second-team all-league, and junior Olivia Burden also earned a second-team all-league award.

As for future goals to get farther into the state championships for years to come, Krahrmer stated that her goals in the future are to “recruit more players and continue to work together as a team.” With such a young team, hopefully, they can continue to grow and make it even further in the playoffs for the many years to come.

## Boys water polo makes a splash at state

By KAIYA CARNEGIE

Lake Oswego High School’s boys water polo team finished off the season on top of the podium once again. The boys’ state water polo finals were a battle of the lake, or more appropriately, a battle of the pool. Lake Oswego faced off against Lakeridge, but in the end, Lake Oswego came out victorious, and it was no surprise there because the team has already made it to the finals for the past three years and won two out of those three final championship games. Although this may feel like the “regular” to many up-

perclassmen on the team, to senior Kai Makino, “Being able to compete with my friends every day and ultimately win a State Championship is the best feeling in the world.”

The team had been extremely dominant in all aspects, and it shows when looking at the 2025 Three Rivers All-League Honors. In total, seven players from the boys’ varsity team earned a spot on this list. Additionally, senior Sullivan Kirtz and junior Owen Beaumont rightfully earned co-players of the year, and coach Bryan Hill earned the Three Rivers League coach of the year.

Even with being such a dominant team, it was important that they played their best in each and every game because “even though some games were not as tough as others, they still mattered in terms of our placement,” stated Beaumont.

Last year the team had lost four senior field players and returning players had to step up and work extra hard to fill their shoes. Hopefully, the team can continue to step up and lead each other to victory in the years to come, especially since Makino hoped to leave behind the legacy that “hard work does pay off.”

# Godfather of AI warns world during his Nobel Prize speech

By TIFFANY HSU

In the year of 2024, Geoffrey Everest Hinton, a British-Canadian computer scientist and cognitive psychologist, also known as the “godfather of AI,” won the Nobel Prize in Physics. He was jointly awarded the prize with John Hopfield for their foundational work on artificial neural networks and machine learning.

On Dec. 10, Hinton gave his Nobel Prize banquet speech. What he presented wasn't a typical appreciation speech; instead, it was a warning that AI is no longer just a tool that will increase productivity, but a rapidly progressing technology that poses many “short-term risks.” Hinton's speech is remarkable not only for its gravity but for its source. When the “godfather of AI” steps onto one of the world's most respected stages and uses his moment to warn us and not celebrate, it becomes impossible to simply dismiss these concerns as mere online speculation.

Part of what makes Hinton's warning so important is that he talks about both the scientific and political aspects of AI development. These systems have already reshaped information ecosystems, national security, and cybercrime. Soon,

he argues, they could play a role in developing “terrible new viruses and horrendous lethal weapons that decide by themselves who to kill or maim.” This is where the conversation gets genuinely unsettling. Right now there is enough information to provide evidence that in a couple of decades or even less, AI will be advanced to the point where they can—in a nutshell—decide who to eliminate.

And then there's the long-term threat: the possibility of creating digital intelligences that surpass human capabilities. This isn't just about computers getting faster or AI models becoming more accurate; it's about the moment when intelligent systems can think, learn, plan and make decisions in ways that outpace us entirely. Hinton warns that once AI reaches this level, we may not have reliable methods to predict its behavior or ensure that we can still control it.

Hinton's purpose is not to scare, but to wake people up. In the future, if businesses that are motivated by short-term profits start creating these “digital beings”, no one can say for sure that citizens' safeties will be put first. The technology is here, it's accelerating, and as Hinton put it, “They are no longer science fiction.”



Internet Photo

Godfather of AI, Geoffrey Everest Hinton, giving a speech

## Tik Tok provides valuable information about news

By AUDREY KANE

Have you ever heard your parents tell you to “get off your phone” or that “you spend too much time on Tik Tok”? Well, you actually learn a lot of information on Tik Tok. Although you need to know what's true and false.

On Tik Tok, you can actually find a good amount of really interesting or helpful information. You can find people from every side of the Earth. Tik Tok has journalists, news platforms or even your everyday history buff. And many people come onto Tik Tok to generally share what they know and what they've learned to make many teens and adults more informed or just give them a good laugh. When scrolling, you can find a lot of what's going on in today's world, and I truly believe that this is a big reason why our generation is so involved in world affairs. Social media is constantly exposing us to new topics that past generations didn't get to see

at such young ages, let alone have an opinion on.

However, the issue with the younger generation getting most of its news from places like Tik Tok or Instagram is that there is a high chance of misinformation. You might come across a video that is very one-sided or is fully bluffing. So, instead of just not believing it all as a whole you should look into it, especially if it's something that could affect you. Check if the video is coming from a trustworthy source, make sure that you hear both sides of the story and make sure the video is not AI generated. To check if it's AI, look at the caption of the video, see if the video is glitching or if there are watermarks and also check the comments to see if someone else spotted it before you could.

Tik Tok can be an amazing place to learn new things and expand your knowledge, but remember not everyone is always telling the truth, so don't forget to check your sources.



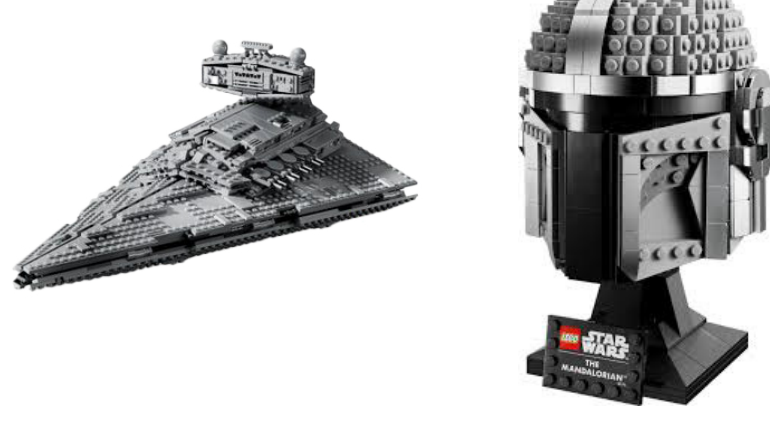
## Lego Star Wars falls off

By AHMED AL-AWADHI

Lego Star Wars is in a terrible state. Lego, a company that harks that only the best is good enough, has become repetitive, lazy and unpassionate. Prices are sky rocketing, yet quality seems to only go down.

Lego seems to prefer prequel sets over original trilogy sets despite the prequels not being very good. The prequel sets are terrible because of the clone troopers. Prequel fanboys can barely be considered Star Wars fans. We have gotten 212th, 371th, 181st, Coruscant Guard, 501st, 302nd, and plain clone troopers. It's the same armor, just a different color scheme. The characters themselves have inaccuracies in their helmet molds and armor design. In the 2000s' Lego was able to correctly print the stripe down the clone troopers helmets. Compare that to 2025 where they cannot even be bothered to get that simple detail right. When Rogue One came out, Lego produced

new molds and new troopers for the movie. There were Shore Troopers, Death Troopers, Shock Troopers and a whole variety of unique characters to collect. The quality and accuracy was there, and the stormtrooper helmet molds looked good. This was before Lego became edgy, where now the company tries too hard to appeal to adults despite dumbing down their products' quality. They think being minimalistic makes them cool and modern, but it's just lame. The sets are now stripped of their previous thoughtful box art and quality instruction manuals for soulless corporate branding. To make things even worse, Lego has the audacity to raise their prices. It is apparent that there is a massive mark up on Starwars sets. Other Disney sets have more pieces yet significantly lower prices. Despite this, fans will keep purchasing these sets. Ultimately, this fall off could be remedied if people boycotted Lego Star Wars to force the company to change their ways.



## LOSD's new biliteracy certificate policy fails to translate

Beginning this year, the Seal of Biliteracy, a credential awarded at graduation that honors students who have shown proficiency in multiple languages, is in motion to undergo significant changes in the district, which will condense the number of students who are able to receive it. The Seal of Biliteracy can be gained from results of the Standards-based Measurement of Proficiency test (STAMP), which measures a student's proficiency in a language as well as AP Exam scores. This credential can benefit students in strengthening their college applications and allows them to earn college credit or be placed in more advanced classes.

The first big change involves a new requirement where a parent or guardian must submit a form to the school notifying that their student intends to pursue the seal, a task that students are unable to do themselves. LOHS Spanish teacher Kelly Nalty explained that, “If the

parents don't do the form, then even if the student would qualify for it based on their exam scores, they wouldn't get it.” This additional step can make it hard for many students to gain the credential, as it is inherently out of their full control. Moreover, LOHS admin assistant Barbara Mackey added that other valued credentials, like National Honor Society (NHS), don't require any level of parent signature to receive it, highlighting the arbitrariness of this new requirement. For students with parents with busy schedules, those who tend to miss deadlines, or those who aren't aware of the policy change announced in the Laker Weekly newsletter, this well-deserved credential for a student's hard work could be lost. Additionally, this new barrier puts a great toll on the number of students with parents whose native language isn't English. “It's almost closing the door [on students] who already are struggling to figure out

the...difficulties that come with managing life here when you are not from here...so that the population would have benefited from the old rule, which was no paperwork,” commented Nalty.

Furthermore, beginning with the Class of 2027, other methods of testing language proficiency are being restricted in the district. In previous years, students were able to qualify for their seal based on other proficiency tests like AP exam scores; however, now the STAMP 4S test will be the only option for demonstrating proficiency. Already in the LOHS class of 2027, 10 students will need to take the STAMP test to replace their results of AP exams in order to receive the Seal of Biliteracy.

This change is only being implemented in the LOSD district, while the rest of the state of Oregon will continue to take other testing methods of language proficiency. Moreover, at a time where budget

cuts are being made, this change only results in money being unnecessarily spent in the district. With approximately 22 dollars being spent for each STAMP test, the district will presumably end up paying around 400 dollars each year for every student who attempts to take the test in order to receive the credential.

The crucial question is, why are we making it harder for students to gain a credential in something they already know and have proven? Some may say that whenever you add a layer of bureaucracy, it's in order to make it harder for someone to get something. These changes to the Seal of Biliteracy are only pushing it away from the students who stand to gain the most from it. According to the Seal of Biliteracy website, it promotes bilingual pride and encourages students to be biliterate; however, if this is truly the purpose, the extended barriers are merely doing the opposite.

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# Is procrastination curable?

By SALLY HSIAI

High schoolers face an abundance of responsibilities, with extracurricular activities and homework assignments consuming after-school hours, leaving little wiggle room for free time. With such tight schedules, students must manage their time efficiently to meet deadlines. This is easier said than done. It can mostly be attributed to procrastination, a habit that almost everybody struggles with but rarely finds a solution to. Since many LOHS students grapple with the same issue, the question arises: is procrastination curable? The problem of procrastination is an umbrella for many types of workers. There are four main types of procrastinators, each with their own personality and reasons for putting off work. The Performer is someone who thrives on the thrill of doing something at the last minute and will purposely put off work until the last minute. A Self-Depricator procrastinator makes excuses for them-

selves, pitying their unfortunate studying habits and getting no work done in the meantime. An Overbooker might say yes to everything and fill their calendar, only to get overwhelmed and not get anything done. Similarly, Novelty-Seeker procrastinators take on new things while still needing to focus on another, ultimately never finishing anything. Taking all these habits into consideration, the weight of frustration from feeling lost can be lessened if there is a start to understand how to fix them. I myself am a procrastinator, even to the extent that my parents decided to find me a "procrastination coach" over the summer to fix the problem. The program included weekly sessions identifying where I was getting distracted in my life and learning tools to help me correct it. I can't determine whether these classes brought miraculous results, and I still wonder if my struggle in stopping procrastination is a problem only with me, or if the majority of my peers share the same sentiment. Sophomore

Blake Anderson shares how hard it can be to stop putting off work until the last minute: "Once people start procrastinating and realize they can get away with it, it's addictive. Once you realize you can, it becomes a cycle." Forcing unnecessary stress for convenience isn't worth the high chances of burnout that come with this lifestyle. Luckily, despite how consuming our habits can feel, they're not forever. Anderson describes that to start to fix procrastinating "you have to accept that you are. If you don't, you won't fix it; if you do, remove the things that distract you." Many of us can agree that getting distracted is a common occurrence, and that can make beating procrastination even more daunting. What's important is to be patient with ourselves and to remember that the little steps matter. Although it's surprisingly and frustratingly hard, putting your phone away and turning on Do Not Disturb might be the easiest way to begin.

# Jake's Take



# Brandy Melville Behind The Scenes

By ANDREA PIEDRAS

When you think about clothing trends and what's popular amongst teens, a very prominent brand that might come to mind is Brandy Melville. Brandy Melville is a pre-teen to teen clothing brand

that gained popularity in the 2010s for their aesthetic. Since then, it has been the norm for most teen girls to wear or at least own some clothing pieces from Brandy Melville. If there were one brand that could define the current era of teen girl fashion, it would be Brandy Melville. Nearly every girl I know has bought from this popular fashion brand which prides itself on its minimalist, youthful aesthetic. Influencers and celebrities alike promote Brandy Melville. In some cities, lines of customers waiting to enter the busy store crawl around the block. So, given their enormous success and popularity, why is there so much controversy surrounding Brandy Melville's ethics and marketing? Brandy Melville prides itself for having trendy pieces, but the bigger issue is that they pride themselves more on the fact that they're a one size store. Brandy Melville is not inclusive with their sizes, which creates a toxic environment within the company. It's also harmful because it promotes toxic beauty standards in teenage girls. Not only are Brandy Melville's beliefs in sizing outdated, but they also have an awful work culture. When hiring, applicants need to provide their Instagram because appearance and presentation are a crucial factor in the hiring process. If the girls don't meet the typical standards of being young and pretty, then they are not considered. Looks that are valued more than the actual customer service, which can be felt in the atmosphere of a Brandy Melville store where employees seem judgmental and it is known that



Brandy Melville store there will be a very high possibility that you come across rude workers giving unwelcome looks. The work environment is not the only thing that is very questionable about the company. The owner and creator of Brandy Melville is also known to have strange and creepy behavior towards the company and the workers/models themselves. Up until 2021, there wasn't a CEO that could be found when looking up Brandy Melville. There was a full investigation just to finally be able to put a name to who created the brand. The hiring process that this CEO came up with was strange, with a lot of requirements for the application process. Basically if somebody was hired and they weren't white, then they would be sent to the back and not able to actually be seen. That's the work environment they had. Also, everyone was required to send a full body picture of their outfits everyday before work. Those photos were then sent to management who then sent them to CEO. Something important to note is that these girls are typically underage. The company attempted to justify this whole situation by saying that they needed to make sure girls were dressed in the right aesthetic, inspired by what teens were wearing these days to further appeal to the demographic. Although there are controversies and scandals associated with the brand, the sad truth is the hype for it will truly never die down. Teen girls will continue to constantly buy their clothing and talk about the latest drops that just hit the store. The trend of shopping at Brandy Melville will always be popular, whether it's the drama surrounding it or the talk of what the new season line will look like. In the end, Brandy Melville will always be a topic of discussion.



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# Should I take a gap year?

By ALYSSA MANNINEN

Gap years aren't widely seen in the U.S. in comparison to other countries. There's a good chance that many American students haven't even considered taking a gap year for various reasons, including impracticality and financial cost. Traditionally, it's been seen as a waste of time where parents feel that their student may never go back to school or that they will fall behind in comparison to their peers. However, studies are beginning to show that students who take gap years experience greater academic success and personal benefits. A gap year isn't merely taking a year off break from school between graduating high school and starting your first year of college. It can be a year to gain work experience, save money, or decide what degree or school interests you most. It can provide you with clearer goals and give you time to explore what those goals may be. Additionally, on the more fun side, gap years can be frequently spent traveling to new places or volunteering in other countries in areas you are passionate about. In Western education systems, however, there is a noticeable divide in how gap years are perceived. For example, in my home country in Sweden, taking a gap year is not only accepted but can be widely encouraged as a healthy break before university. In much of Europe, a gap year is widely viewed as normal, yet in the United States, the same decision can be frequently questioned or negatively viewed. According to Tilting Futures, "between 40,000 and 60,000 students in the U.S. choose to take a gap year." In

comparison to this, a study done by Gap Year Solutions showed that 80 percent of students in Denmark take a gap year. In the U.S., students are often expected to have a straight path from elementary school all the way to college, pressuring students to continue this path for fear of falling behind. In the U.S., gap years are criticized with many different outlooks that, according to research, are often untrue. For example, many assume that students taking a gap year won't ever go back to school; however, according to research, around 90 percent of students return to college within one year of their gap year (Tilting Futures). Other arguments by parents to not take a gap year include the financial cost of taking a gap year; however, gap years can be spent however you want them to. Living at home while working during your gap year can easily be a positive in gaining experience and earning your own money to save up for college. Furthermore, gap years can be extremely good for your mental health, which can greatly aid you academically. Especially after suffering burnout in the last two years of high school, it can be nice to take a break. We can't forget that Denmark is one of the happiest countries in the world, so if they do it, why shouldn't we? A gap year may not be the right choice for everyone, whether it's their decision or their parents'. However, for students yet to decide what their passion is, it can give them a sense of direction and a chance to finally breathe after 12 years of extreme pressure in the education system. Taking a gap year might just lead you to exactly where you should be.

# Who's The Real Piggy?

By JAKE BRENDEN

How is a national leader meant to present themselves? While I was scrolling through Instagram, I saw our president call a reporter "piggy." It disgusted me, and more so, it made me reflect on how far we have fallen from a "professional" president and politicians. I do think it's a step in the right direction that our politicians have begun to be more personable, especially to younger generations; however, it is still critical that politicians maintain an air of professionalism.

Throughout President Donald Trump's terms, I have seen a drop in political professionalism and in maintaining basic decorum in communicating with the public, especially the other side of the aisle. Distant are the days of funny quips and the boringness of early 2000s politics, and that's a bad thing. In politics, mean things have always been said, insults have always been said and scandals have always happened; just read any tabloid.

However, what's different now is the lack of apparent care about scandals or word choice. During Obama's terms, Fox News threw a fit when he wore a tan suit, yet no less than four years later, they dismissed the idea that the Hollywood tapes were un-presidential (where the president said that celebrities could grope women).

The president of all branches of the government has the most sway over the way the world views the U.S. There quite literally is a "Thank you USA" song about Bill Clinton's intervention in Serbia. However, it's a known fact that the past decade has been the most embarrassing for the country. The president has launched mean attacks on foreign leaders, journalists, and ordinary people. Do the ends justify the means in this situation? How is it good for the country and in line with American tradition to just insult leaders and call them names? Will we see a positive outcome?

When did it become normal to insult each other like kindergarteners? We all learn very quickly that honey is better than vinegar in compromise. So why isn't this working, and why are we being nasty in government? Well, simply put, both on the right and on the left, it has become advantageous to be mean, divisive and suitable for short sound bites. Politicians have always lived and died by those moments. Take, for example, during the Mondale-Reagan debate, in which Reagan highlighted the value of his age with a quip about his opponent's youth and inexperience. He then went on to win one of the largest landslides in history.

Now, why are personal insults on political stages so common? Well, maybe the politician has changed. Donald Trump ran in 2016 as a Washington outsider, and as someone who had never been in the "elite" despite being a long-time donor and active in politics before.

So sure, maybe there was a bit of an outsider case, and with the sway Trump has within the Republican party and the swaths of red voters, maybe the fact that Trump has set the norm of calling reporters "piggy" or mocking foreign leaders has given the confidence to his party's members to say outlandish things.

I am not saying that tradition is everything, but at the end of the day, a baseline level of respect is needed at any negotiation, and politics is the ultimate negotiation. When it gets more and more difficult to sit down and talk about policies, or even civil liberties in a calm, civil manner with my neighbor, or turn on the TV and see my president call a person a pig, what example does that set for my political discussion with my neighbor?

# NBA coach Chauncey Billups arrested in an illegal gambling investigation



Internet Image

Portland Trail Blazer coach Chauncey Billups faces many difficult questions concerning the future of his career as an NBA coach and former player.

By TAYLOR SHELDON

The Portland Trailblazers Head Coach, Chauncey Billups, was arrested on Oct. 23 along with former NBA player, Damon Jones. A connection between them and two overlapping investigations led to their arrest and revealed illegal gambling activities that were tied with the Mafia. Billups' involvement started out when he was roped into the scheme by Robert L. Stroud who acted as an intermediary for an operation run by associates and members of several prominent New York organized crime families. He was recruited with the

intention of using his celebrity status as a "face card" to attract wealthy and unsuspecting victims to the high-stakes, rigged poker games in varying private locations. He was accused of allegedly cheating along with other co-conspirators by using sophisticated, high tech equipment, including rigged card-shuffling machines, X-ray tables to read face-down cards and special contact lenses or glasses to read marked cards. Information about the best hands was also relayed to Billups and other co-conspirators at the table to allow them to win a large majority of the

hands and defraud participants. He cheated victims out of more than \$7 million through these scandalous methods. He was also involved in an illegal sports betting scheme that allegedly relied on insider, non-public NBA information that he willingly released in return for profit. Stroud paid him and other co-conspirators a portion of the criminal proceeds. He received his payments by means of wire transfers following the games and bets.

Billups was charged with wire fraud conspiracy and money laundering conspiracy, and was placed on immediate, unpaid leave by the NBA pending the

outcome of the legal proceedings. His defense attorney, Marc Mukasey, expects Billups to plead not guilty and issued a statement denying the allegations, highlighting that Billups is a "man of integrity" who wouldn't risk his legacy and would never cheat or defraud others. He was released on bail on the conditions that he secures a substantial bond, turns over his passport, limits his travel to Oregon and Colorado and is prohibited from any gambling activity. His next court date is set for Nov. 24 in federal court in Brooklyn, New York.

## City League begins the basketball season

By PARKER SMITH

Hey Lakers, noticed all the basketball workouts recently? That's right, its basketball season again, and teams across the Portland area will compete against each other. These local teams are a part of City League Basketball, where a group of friends get together and make their own basketball teams.

Sophomore Ryan Jumnoraught really likes City League Basketball and thinks it's one of the most fun ways to get involved in basketball with friends: "It's been really fun playing in city league, it lets me play basketball with all my friends without the stress of playing real basketball, wondering if you're going to make the team or not."

Sophomore Jimmy Prasad has always enjoyed playing basketball and last year he played for the team, Zaza Pachilia. They are a team based in LOHS, and last

year was their first year playing as a team. Their season started off strong with a few quick wins, and they entered the playoffs with a strong record of 4-1. They won their first round but then were defeated in the second round. As a junior team this year, they hope to come back stronger than before and make a drive for the finals. Everyone on their team has been practicing and hustling on and off the court.

That's the deal with the city league this year. A fun way for everyone to get involved in basketball and be with their friends. That's just the scoop from one team; there are many others that exist at our school, all with different stories from each and every season.



## Seattle hosts the 2025 FIFA World Cup

By LEENA BRISTOL

For Oregonians and soccer fans across the Pacific Northwest, here's some big news: the upcoming International Federation of Association Football (FIFA) World Cup is coming close to home. Seattle has been selected as one of the host cities for the 2026 FIFA Men's World Cup. This marks the tournament as the closest US venue to Oregon yet. Seattle's Lumen Field, home to the Seattle Sounders and Seahawks, will be one of the many official host stadiums in the duration of this event. The city will welcome fans, players, and teams from around the world. This will bring international excitement just a few hours north of Lake Oswego.

For local fans, this is a once-in-a-lifetime opportunity. To be able to experience this type of world-class soccer so close to home is definitely a privilege. With Seattle's strong soccer culture, from packed stands at the Sounders

soccer games to growing a youth scene, Seattle is ready to show the world its passion for the sport.

Seattle will be hosting one of the group stages along with other states doing the same, like Boston, Georgia, Texas, Missouri, Mexico City, and British Columbia. The Visa presale is now open with prices standing at about \$410 for Category 1 seating, which is going to be the most expensive but closest to the field. Category 2 will price at \$310, \$140 for Category 3, and lastly, \$65-70 for Category 4, being the farthest and cheapest seats.

Although the final match will not take place in Seattle, the city will still be able to see plenty of action. Hotels, restaurants, and streets are expected to be filled with visitors from all around the Pacific Northwest and more.

This is a great opportunity for all fans across the Pacific Northwest to get out of the house and go support the teams playing at Lumen Field.

## Are injuries beginning to take over the NFL?

By KARINA SWARTZ

The 2025 NFL season has been wild so far, and not just because of close games or crazy plays. This year, injuries have taken over headlines, affecting some of the league's biggest stars and changing the direction of several teams, and even fantasy football leagues everywhere.

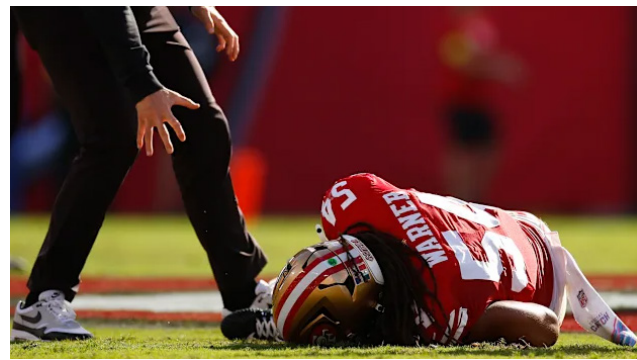
The San Francisco 49ers have been one of the teams hit hardest. Their starting quarterback, Brock Purdy, has been injured for a long time and their defensive stars Fred Warner and Nick Bosa are both out for the rest of the season, leaving a huge hole in their defense. Lamar Jackson of the Baltimore Ravens has been dealing with a hamstring injury. The New York Giants' running back Cam Skattebo has been sidelined with a season ending injury as well. These injuries have forced many teams all over the league to rely on backups and adjust their game plans to stay competitive.

The Washington Commanders also suffered major losses, with quarterback Jayden Daniels coming off an injury just to then get a season ending elbow injury after. Running back Austin Ekeler tore his Achilles tendon. Not only has this hurt their offense, but it's also crushed fantasy football teams who have picked any

of these players in the first round. The Tampa Bay Buccaneers have had one the highest "injury costs" in the league, losing more than \$30 million worth of players to injuries.

Injuries in the NFL have been increasing over the past few years. According to reports, the average number of injuries per game has gone up from around 4.6 in 2019 to over 5.5 in recent seasons. Experts say that faster offensive play, less contact in practice and shorter recovery time might be to blame. Passing plays, especially, tend to lead to more injuries than running plays.

For fantasy football players, all of these injuries, with more expected to come with the rate at which it's currently going, have made the season even more unpredictable. Stand-out players with injuries have forced fantasy managers to constantly adjust their lineups and find replacements. It's become a test of who can plan ahead and adapt the fastest. Even though the NFL has adjusted rules and added more safety equipment, soft-tissue injuries like hamstring and calf strains keep rising. As the 2025 season continues, every team, in the league and fantasy, are going to have to keep changing due to injuries.



Internet Image

49ers LB Fred Warner's suffers injury during game



Internet Image

Quarterback Jayden Daniels suffers elbow injury

# LA Dodgers win back to back World Series



*Internet Photo*  
The Los Angeles Dodgers celebrate their second World Series win in a row after beating the Toronto Blue Jays

By KARINA SWARTZ

Before the World Series, it was a walk in the park for the Dodgers, who won the series against the Milwaukee Brewers 4-0 to win the National League Championship Series (NLCS). The Blue Jays had a tough battle for the American League Championship Series (ALCS) against the Seattle Mariners in a nail-biter 4-3 win for the Blue Jays. It was no easy feat for the Mariners to reach the ALCS, as they had to play a 15-inning game in Game 5 of the American League Division Series (ALDS), which was the deciding game as to who would advance to the ALCS. The Mariners came out on top with a walk-off single by Jorge Polanco. It was the first time in 24 years since the Mariners made the ALCS, marking an amazing moment for them.

The 2025 World Series will go down as one of the most unfor-

gettable World Series in history. Facing off were the Los Angeles Dodgers and the Toronto Blue Jays, who hadn't been in the World Series in over three decades. It was a matchup that delivered length and exciting moments. The Dodgers came out victorious, winning the series 4-3, to claim their second straight title, becoming the first back-to-back champions since the 2000 New York Yankees and the first National League team to do so since 1976.

One of the most defining games was Game 3, which stretched to 18 innings, tying the record for the longest World Series game, which also included the Dodgers and some of the players in this year's World Series. On that night, Dodgers' Freddie Freeman delivered a walk-off home run to win 6-5 for his team, becoming the first player ever to have multiple career World Series walk-off homers. Also standing out

in that game for the Dodgers was Shohei Ohtani, who set a record for most times getting on base in the World Series, with him getting on base nine different times from his two homers, two doubles, and five walks, with four of them being intentional.

The clincher, Game 7, provided even more postseason records. Down by multiple runs early, the Dodgers tied it in the ninth when Miguel Rojas homered, the first time a player hit a tying homer in the ninth of a Game 7 in World Series history. Then, in the 11th, Dodgers catcher Will Smith launched the first-ever extra-inning homer in the winner-take-all game. Japanese pitcher Yoshinobu Yamamoto closed it out for the Dodgers after throwing six innings the previous night and was named World Series MVP for his dominant performance, including a complete game in Game 2.

# Taylor's Timeout



# Turkey Trots

By TAYLOR SHELDON

Thanksgiving promotes a surge in the running community with people dressed up in costumes and festive outfits to participate in the popular tradition of Turkey Trots. This event is associated with the purpose of burning calories before the holiday feast, while also incorporating fundraising for local charities and food banks. It also promotes community spirit as it brings people together under the shared holiday event and festive environment. The inclusive atmosphere encourages people of all ages and abilities to race and take part in the fun activity.

I personally am all for Turkey Trots, though I may be a little biased as I am a runner. However, I believe it benefits people in many different ways, including the physical aspect with prompting people to get exercise, the social aspect with it being holiday-themed and a fun event that brings the community together, inclusive aspect in which people of all abilities and goals can participate as it can be taken as seriously as a person deems and the fundraising aspect as people can donate to charities and support a good cause.

There was a variety of local Turkey Trots that consisted of different themes, races and charities. The International Leadership Academy (ILA) Turkey Trot hosted their event at Lakeridge High School where runners were expected to bring one can of food to donate to the local food pantry. West Linn put on a 3.8-mile trail race in Mary S. Young Park. The Oregon Road Runners Club (ORRC) had their event at the Oregon Zoo in which participants ran to the International Rose Garden and back in the standard 5k run/walk, or they also had the option of a separate "Tot Trot" and "Gobble Gallop" for kids. There was also a 5k and 10k run/walk Turkeython at Bridgeport Village where all the proceeds went to benefiting the Clark County Food Bank.

I love the concept of getting outside in the fresh air and not only improving physically with exercise, but also being able to help those who are less fortunate. It's so valuable and important to support a higher cause and feels so rewarding because I'm not just running for myself. When I come together with my friends and a community that is centered around the giving season, it makes me realize how lucky I am to have the life I do and it allows me to be thankful for everything in life, including my ability to even be able to run.

Even if a person isn't an experienced runner or has never ran a 5k race, Turkey Trots are a great starting place and way to have a fun first race that doesn't have any pressure with it. People are free, and encouraged, to dress up and indulge in all the festivities of the event to promote community involvement and holiday spirit while doing it all for a good cause. Due to some races requiring payment, it's understandable that it could sway people from doing a trot, but they don't even have to do an event if they didn't want to, they could instead just go out on a run in your neighborhood on their own or with family and friends. This is what I've done in the past as it's convenient, but I'm hoping I can do more official Turkey Trots as the atmosphere is a lot more festive and it's a fun experience to have with my teammates. Whatever people choose to do, it's a great chance to get exercise, build relationships with others and get into the holiday spirit.

# 2025-2026 NBA season kicks off

By TAYLOR SHELDON

The 2025-2026 NBA season kicked-off on Oct. 21, marking the beginning of the 80th season of the NBA. The two games that took place on opening night were the Houston Rockets at the Oklahoma City Thunder and the Golden State Warriors at the Los Angeles Lakers. The 2025 defending champions, the Thunder, defeated the Rockets in a 125-124 double-overtime thriller, with the 2025 Finals MVP, Shai Gilgeous-Alexander, hitting the game-winning free throws with 2.3 seconds left on the clock. The Rockets were led by Alperen Sengün who was the highest scorer for both teams with 39 points. The Warriors beat the Lakers 119-109. Despite the Lakers' Luka Dončić's 43 points, the Warriors secured a road victory over the Lakers and were led by Jimmy Butler's 31 points.

There were also notable trades that took place after the 2024-2025 season. Teams that were involved with trades have had to adjust to welcoming new players while finding ways to fill the spot that their former player held.

A key trade deal that had a striking impact was the NBA's first seven-team trade that centered around Kevin Durant. He was traded from the Phoenix Suns to the Houston Rockets. The other teams involved in the trade were the Los Angeles Lakers, Atlanta Hawks, Brooklyn Nets, Golden State Warriors and Minnesota Timberwolves. This complex exchange included 13 players and multiple draft picks. There is also speculation of potential trades that could significantly affect the dynamic of the league. Despite these big changes, this isn't an unusual scene for the league, as, being a business, the NBA incorporates a large number of trades and deals. Although it's still difficult to adjust smoothly and properly gel with the team immediately, players and teams know that it's all a part of the job.



The season is just getting into the swing of things, and rankings are still up for grabs with a substantial amount of time left to secure a post season ticket. The season will start to ramp up closer to April when the Playoffs begin.

## Lake Views

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## Live laugh Laila



## Reading Rocks!

BY LAILA BRISTOL

This Thanksgiving break, I have come to a conclusion; doomscrolling is ruining my life. That might seem dramatic, but, please, hear me out. Over the past week, I found myself in need of an activity to take part in, and after countless hours of scrolling, clicking and swiping, I finally decided to pick up a book. I used to be an avid reader. In previous years, fulfilling my Goodreads reading challenge was truly my driving force. I would read ten, twenty, even thirty books every year. Pages upon pages of fiction flowing through my mind constantly, allowing my imagination to run wild.

Since downloading Tiktok and Instagram, I have noticed that the imaginative part of my brain starts to fizzle out. I am no longer eager to craft or participate in creative activities like I once was, and I can't help but assume that this has some correlation to the uptick in my screentime.

This break, I read a murder mystery book that was a new release from one of my favorite authors. I had trouble getting myself through the first couple of pages, my mind roaming anywhere but to the text in front of me, but after a while, I became utterly enthralled. It seems to me that I had completely forgotten the joy of reading. I had forgotten the ability books tend to have to transport you to a whole new world. We hear that often, that reading transports you, but I feel like we don't take advantage of it. How incredible is it to have the ability to experience different realities without leaving your couch or bed? I think that this is a privilege that we all need to take more advantage of.

Additionally, nothing quite compares to the sensation that comes with finishing a book. There is a sense of fulfillment and pride as a goal is accomplished. All the time that you have spent sifting through pages and scanning text becomes worth it when a story is tied together with a nice, neat ending. When I compare reading to scrolling on social media, I realize that social media presents no true goal. It does not allow a true feeling of contentment as you will never accomplish anything. When I scroll on Tiktok, there is no meaning to an end. I just keep scrolling. It is truly just an endless cycle.

I am no expert, but I do believe that this feeling of accomplishment is vital for growth and emotional maturity. I think that having goals and reaching them makes us stronger and more suited for other challenges we may face in our lives. While setting goals and accomplishing things may seem overwhelming, there is one easy way to get started: read a book.

If you claim to not enjoy reading, you simply haven't found the right book. The next time you pick up your phone, I urge you to reconsider and pick up a book instead. Between the two options, one will cause you to feel accomplished and fulfilled, but the other will only waste your time.



## Thumbs

BY LAKE VIEWS STAFF



1. It's tiiiiimmmmmeee~ for the most depressing three weeks you'll ever experience
2. Let's talk about that blowout football game. I don't think Central Catholic prayed hard enough
3. I wish somebody would protect me from the mashed potatoes like how Cynthia protects Ariana from scawy interviews
4. Save your heat and charge yourself up with holiday cheer rather than the metric ton of energy drinks you guys are downing. Seriously, you're scaring me.
5. GTG is out and MMMMRGN (mom, mom, mom, mom. Reaping. Going. Now.) Is in.

## LO's Max McNown is now world renowned

BY KAIYA CARNEGIE

In November of 2024 Lake Views News wrote a feature about rising country star and songwriter, Max McNown. At the time of that article he had an already impressive five million monthly listeners on Spotify, and only a year later his monthly listeners have more than doubled to an even more impressive 10.7 million.

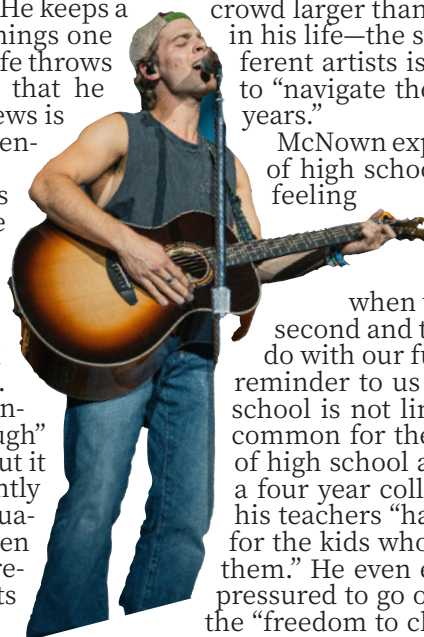
Even with his ever-growing fame, his goals stay similar to those from the start. McNown said it is of the utmost importance to him that he doesn't "lose sight of who [he] is." He keeps a "level head, level hopes and takes things one day at a time," and nothing that his life throws at him will change that. The fact that he agreed to an interview with Lake Views is a testament to his down to earth mentality.

Some of you may even know his most popular song, "A Lot More Free," which has amassed over 200 million plays, but what you maybe didn't know is that he went to the same school as you and me.

Recently, McNown returned back to his home state, Oregon, on Oct. 20, to do a show in Portland, and to finish up his "Forever Ain't Long Enough" tour through the U.S. and Canada. But it didn't stop there because he is currently touring through Europe as a continuation of this tour—and, it doesn't even stop there. McNown is constantly releasing new tour dates and snippets of new songs on his social medias.

A quick scroll through McNown's Instagram shows a collection of short clips from concerts and sneak peaks into what he plans to do next. In fact, he even went as far to say that in the past five years he "could count on one hand how many times [he'd] gone more than three days without throwing a video up."

A deeper dive into McNown's social media presence reveals older videos of him singing popular country songs by artists like Zach Bryan, Luke Combs or Tyler Childers to strangers



on Omegle. This act was a decision made by McNown to finally decide to start posting to promote his dream on social media. His plan was to "ignore the likes, comments and followers," to stay consistent, true to himself and to express his passion towards music rather than focusing on the numbers it had produced.

One more step, even farther back in time, before the era of McNown's Omegle videos, music was still and had always been a "unique comfort" to McNown. Even though he was not overly zealous at the idea of sharing his singing with a crowd larger than his family until much later in his life—the simple act of listening to different artists is what helped him the most to "navigate the stress of [his] high school years."

McNown explained that the hardest part of high school was the "not knowing," a feeling many of us can probably relate to. As college applications are forthcoming for seniors, now is the time when we have to settle down for a

second and think about what we want to do with our futures. McNown sets a good reminder to us all that the path after high school is not linear. And, while it is pretty common for the seniors of LOHS to go out of high school and immediately move onto a four year college, McNown admired that his teachers "had grace and understanding for the kids who don't know what's next for them." He even explained that he never felt pressured to go one way or another and that the "freedom to choose played a huge part in encouraging [him] to chase something different than what many of [his] peers were after." He would especially like to shout out teacher, Christopher Hill, who was "one of the most caring and good-hearted leaders [he'd] ever encountered in [his] years of public education!"

"The future takes care of itself, all we can decide is what to do with the time we've got now," McNown said. So in short: take that leap of faith, stay true to yourself, embrace mistakes and pursue your dreams.

## Best meals during the fall season

BY COOPER BADCOCK

After a few interviews and an Instagram questionnaire, I have collected a list of LO's finest holiday food items. I need to preface this list with my definition of seasonal, which would be roughly Thanksgiving to New Year's.



To kick off this list, I will start with senior Jack Mattoon's signature Christmas Eve dish: oyster stew. Mattoon explained that it's been in his family for generations; as a kid, his dad would spend days collecting fresh oysters that he would put into a bowl of milk to make oyster stew. Mattoon stays loyal to his creed of passing this generation meal on.

Next, I reached out to a yesteryear graduate, General Sutton. Sutton said that his family makes æbleskiver for Christmas. These Danish snacks are light, fluffy, ball-shaped "pancakes." Æbleskiver is usually enjoyed with jam and powdered sugar and has an inside similar to a Yorkshire pudding.



Senior Hannah Waxman's family celebrates Hanukkah with latkes, which are potato pancakes fried in oil. She added that they come with a fun story behind their creation: the latkes are fried in oil to honor the Hanukkah menorah that, with the help of the oil, lasts eight days. This dish is commonly paired with sour cream and applesauce — the latter being her sister's favourite. She sees it as a fun tradition that connects her to her culture and her love of Hanukkah.

Junior Alex Self's grandmother makes jiaozi, a classic Chinese dumpling. Her dumplings contain "green onion and A LOT of pork," says Self. She hand makes the whole thing, including the dough, with the whole process taking roughly four hours. Outside of Lunar New Year, she still loves making them, putting them into the freezer and sharing them with other people.



As for me, my grandmother has been making monkey bread every year since I can remember. Monkey bread is traditionally a pull-apart bread made with bite-sized pieces of dough coated in cinnamon sugar and baked in a bundt pan. I remember waking up every Christmas morning with the sweet smell of brown sugar flooding the hallways and being thrown into the Christmas spirit. This holiday season make the most of your tastebuds and try a holiday recipe!