

LAKE VIEWS

THE AWARD WINNING STUDENT NEWSPAPER OF LAKE OSWEGO HIGH SCHOOL

"I always admired Mario's passion for the subjects, places, and most of all, people he loved."

-Mrs. Huss



"His ability to show compassion and empathy will always be something I remember about Mr. Peri the most."

-Mr. Anders

LOHS honors legacy of Mario Peri

By SALLY HSIA

This January, Lake Oswego High School celebrated the life of Mario Peri, a beloved teacher, colleague and friend to the LO community. Mr. Peri was an LOHS social studies teacher who passed away in October of 2024 from pancreatic cancer. The assembly on Jan. 23 was the second memorial dedicated to his life and career. He spent more than 24 years at the school teaching Lakers in his AP European History classes, and he truly left an impact on those who had the opportunity to be taught by him. Peri made learning an engaging,

meaningful and fun experience while genuinely caring for his students and their education. His light-hearted and caring personality created a bright, welcoming presence throughout the school that will long be remembered.

After Peri's unexpected and devastating passing early last school year, the LO community stepped up to honor him and his legacy. This year, Lakers continued to show their support by rocking bright purple, the official color for pancreatic cancer, during assemblies and sports games, sending a powerful visual message through a sea of violet shirts and accessories. The Rock-Pa-

per-Scissors Showdown, in which students played to collect purple-beaded necklaces during the assembly, was an exciting and fun way for students to honor Peri and was followed by Kristin Peri, his wife, speaking about the memory of her longtime partner. Matilda Foster, sophomore class president, shares the importance of keeping these traditions: "I think now, many students who had Mr. Peri have either graduated or are about to graduate, so when we hold these assemblies, it's to remind students and let new ones know who he was and what he valued."

Another continuation of his

legacy is through the Purple for Peri Scholarship Fund, which was established in his name last year and, with the help of donations, provides a graduating senior with monetary support for their future. As someone who constantly encouraged and uplifted his students, this scholarship keeps Peri's values and life's work shining through, supporting Lakers.

As the LOHS community keeps Peri in their hearts this time of the year, it is important to think of what and who he loved, support the causes and foundations in his name, and stand out from the crowd with a purple outfit to support pancreatic cancer.



Images from the girls and boys basketball games dedicated to Purple for Peri while crowds of students wearing their purple shirts fill the stands Internet Image

Pancreatic cancer cure discovered from mice

By SOFIA MOTIKA

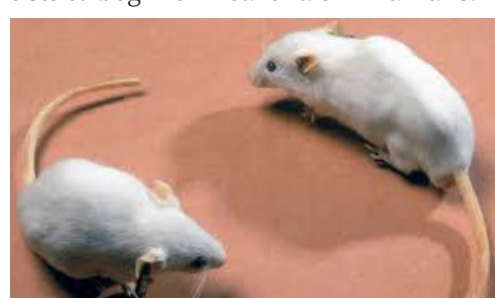
In 2026, an estimated 67,530 people will be diagnosed with pancreatic cancer. Even more concerning, 52,740 people are expected to die of pancreatic cancer, according to American Cancer Society.

For context, the pancreas is an organ located below the stomach that helps with food digestion and blood sugar regulation. Pancreatic cancer is elusive because symptoms like stomach pain, itching, eye-yellowing and fatigue don't manifest until the cancer has spread to other parts of the body in its later stages. Historically, pancreatic cancer treatments have relied on intensive surgical operations, such as the Whipple Procedure, chemotherapy, radiation and targeted molecular therapy.

However, a recent breakthrough study has shown hope for a less invasive treatment against this deadly and evasive cancer. In January 2026, the Spanish National Cancer Research Center (CNIO) concluded a historic study concerning pancreatic cancer. CNIO scientists were able to layer and combine medications that completely eliminated pancreatic tumors in trials with mice. Pancreatic cancer is able to evade some treatments, but through the combination of darax-

onrasib (an RAS inhibitor), afatinib (a drug already used in lung cancer treatment) and SD36 (a molecule that can remove specific unwanted proteins), scientists were able to eradicate the entire tumor with minimal side effects. In the past, targeted molecular therapies, or treatments that use just one of those medications alone, have not been as successful because the tumor cells can mutate and become resistant. Researchers hope that the combined power of all three medications at once will prevent tumor resistance.

This medical breakthrough is an incredible milestone in the decades-long fight against cancer. The mice trials show that there is hope for the thousands of people affected by pancreatic cancer, and provide a pathway for scientists to begin clinical trials in humans.



Internet Image

SHOW SUPPORT FOR MR. PERI!

DONATE TO SCHOLARSHIP FUND USING THE QR CODE BELOW



Greta T. Thunberg's arrest sparks debate

By ALYSSA MANNINEN

Greta Thunberg is a Swedish environmental activist known for founding the Fridays for Future protest movement at the young age of 15. While she first rose to fame for her advocacy on climate change, Thunberg has more recently been a prominent protester for Palestine as the war in Gaza continues. Her involvement in pro-Palestinian activism has placed her at the center of a lot of political controversy, more recently in the United Kingdom.

Towards the end of 2025, Thunberg was arrested in London at a demonstration held in support of Palestine Action, a group of activists aimed at disrupting and shutting down Israeli-linked defence manufacturers in the United Kingdom. Allegedly, her arrest was prompted by holding a sign praising hunger strikers within the group. The sign read, "I support the Palestine Action prisoners. I oppose genocide." By publicly supporting Palestine Action, Thunberg was arrested in violation of Section 13 of the Terrorism Act 2000, which makes it illegal to express support for organizations designated as terrorist groups.

According to the BBC, earlier this year Palestine Action was officially proscribed under U.K. terrorism legislation, meaning that any public expression of support for the group now becomes a criminal offense. Thunberg was therefore in violation of the law by showing support with members of the group who are cur-

rently engaged in a hunger strike while in prison. Thunberg had previously posted on her Instagram account that the U.K. government had a responsibility to release what she referred to as "political prisoners" and to drop the charges against them. The hunger strike began on Nov. 2, 2026, and has continued into the new year, with a total of seven members being hospitalized in recent days.

City of London police announced hours after her detainment that Thunberg has been released on bail until March.

Greta Thunberg has become well renowned for her activism advocating for Gaza. Just last year, she participated in demonstrations across Europe including being a part of the Global Sumud Flotilla. While critics argue that her activism has moved beyond her original focus on climate change, her involvement in the war supports a broader commitment to global justice.

Thunberg's arrest has sparked debate over freedom of speech and the limits of protesting.



As her court date approaches fast, the case may have lasting implications for protest movements and civil liberties in the United Kingdom.

A wave of Nipah Virus spreads through India

By KAL PLUMBO

As of Feb. 6, 2026, there has been a minor outbreak of the deadly Nipah virus in Kolkata, the capital and largest city of the Indian state of West Bengal. Currently, there is no risk of infection or death from the Nipah virus in the United States.

It was reported by local sources in Kolkata that the infected were a male and a female, both of them 25 years old and nurses at a private hospital near Kolkata. They had both developed symptoms in late December 2025, with confirmation of Nipah virus infection on Jan. 13 2026. Strict infection control protocols were immediately put in place by the Indian government. According to India's health ministry, tracing back to Dec. 2025, of the 196 people confirmed to have been in contact with the two, all have tested negative for the virus. The virus source is yet to be found.

Though the first outbreak in the West Bengal region since 2007, the last outbreak in India at large had been only two years prior in 2023. As a result of the outbreak, health

screenings have been introduced at airports and border crossing points in Nepal, Pakistan and Thailand.

Contrarily, the World Health Organization (WHO) has stated that the current outbreak of the Nipah virus shows little risk of spreading beyond India and has not issued any recommendations on placing restrictions on either travel or trade. The Indian National Centre for Disease Control has announced that no further cases have been confirmed from Dec. 2025 to date.

A zoonotic virus primarily spread through close contact with infected animals, often fruit bats or pigs, the Nipah virus has an estimated 40 to 75 percent fatality rate in humans. Fatality stems from the severe encephalitis (swelling of the brain) and respiratory problems it causes in the infected. In addition, some survivors are left with lifelong neurological difficulties, including persistent seizures and permanent changes in personality.

Again, there is currently no worry of infection or death from the Nipah virus in the United States.



Internet Photo

Many schools shut down due to Nipah Virus outbreak inside India

US military launches strikes on Venezuela

By MIKAYLA RIGGS

In the early morning of Jan. 3, 2026, the United States launched military strikes in Caracas, the capital of Venezuela. This operation, code-named Operation Absolute Resolve, was carried out by the U.S. military's Delta Force (the U.S. Army's highly secretive "Tier One" special mission unit) and was designed with the intention of capturing the Venezuelan President Nicolas Maduro and his wife, Cilia Flores.

The decision to attack Venezuela was made by President Donald J. Trump. The strikes came after a U.S. pressure campaign against the Maduro government, during which the Trump administration accused them of inundating the United States with drugs and gang members. Trump has also blamed Maduro for the arrival of thousands of Venezuelan migrants in the U.S. These migrants are a part of an estimated eight million Venezuelans who have fled the country since 2013 due to repression and economic crisis.

Additionally, Trump has accused Madu-

ro of "emptying his prisons and insane asylums" and "forcing" its inmates to migrate to the U.S. However, these claims have not been supported by evidence.

President Trump has also focused on the rise of drugs in the U.S., particularly fentanyl and cocaine. He has designated the Venezuelan criminal groups Tren de Aragua and Cartel de los Soles as Foreign Terrorist Organizations (FTOs). Trump has alleged that the latter of these groups is led by Maduro himself and recently announced plans to designate the Maduro government as an FTO. In response, Maduro denied the allegations, saying he is not a cartel leader and accuses the U.S. of using its "war on drugs" as a pretext to gain access to Venezuela's oil reserves.

Pressure against Venezuela has continued to build since Trump began his second term in office last January. Trump doubled the reward for any information leading up to the capture of Maduro, and starting in September, the US

began targeting vessels that they accused of carrying drugs from South America to the United States. Since then, there have been more than 30 vessels attacked, resulting in the killing of more than 110 people. These attacks have drawn particular scrutiny, and a former chief prosecutor at the International Criminal Court stated that the US military campaign fell into the category of a "planned, systematic attack against civilians during peacetime."

The US has deployed to the Caribbean a military force whose stated mission is to stop the flow of fentanyl and cocaine into the US.

Trump also declared a "total naval blockade" on all sanctioned oil tankers entering and leaving Venezuela. This has increased a lot of financial pressure on Maduro, as oil is the main source of foreign revenue for the Maduro government. The US deployed military force has also played a key role in upholding this naval blockade.



Bruno Mars reveals The Romantic Tour

By LEENA BRISTOL

In a long-awaited return to the global stage, Bruno Mars has announced The Romantic Tour, his first full-scale international headlining tour in nearly a decade. The 2026 stadium tour will launch in April and run through October. The tour takes its name from Mar's long-awaited new album, called "The Romantic," set to release on February 27th, 2026. Many fans and industry insiders alike are excited for the return of this Grammy Award-winning artist, who has spent his recent years focusing on his top chart collaborations and sold out Las Vegas residencies. The Romantic Tour will span roughly 40 stadium dates across North America, Europe and the United Kingdom. The tour's lineup blends widely known collaborators with rising stars. Anderson .Paak, Mars's Silk Sonic partner, will perform as DJ Pee .Wee at all

shows, while artists such as Leon Thomas, Victoria Monet and Raye will join on selected dates, bringing a wide range of musical styles to the tour. The announcement has sparked an intense demand for tickets. With presales beginning in mid-January and general sales shortly after, fans across the globe have flooded Ticketmaster queues. For Mars, this 2026 tour represents more than just another run of shows. It marks his return to live performances after years away from fans. Fans attending the tour can expect to hear his new album in addition to some of his biggest hits including "Uptown Funk," "Just the Way You Are," and "24K Magic." The setlist is expected to mix upbeat dance tracks with slower ballads, creating an energetic and emotional experience. Nearly ten years after his last world tour, fans are eager to see the high-energy performances that Bruno Mars is known for.



Indian Elephant sets off village rampages

By KARINA SWARTZ

A wave of fear swept through eastern India in early January 2026 as a single-tusked adult male Indian elephant launched a deadly rampage across forested villages, leaving 22 people dead and authorities struggling to stop it. The incident quickly drew widespread attention, raising urgent concerns about human-wildlife conflict and the challenges of managing dangerous animals in regions where forests and communities overlap.

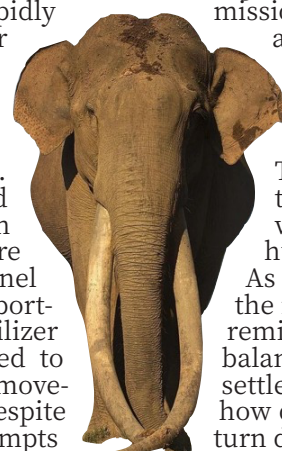
The single-tusked adult male elephant began its killing spree on New Year's Day 2026, killing 22 people over a 10-day period in the Chaibasa and Kolhan forest areas of West Singhbhum district. Villagers described sudden and violent encounters with the elephant charging through fields, roads and even into residential areas. Fear spread rapidly as families fled their homes, local schools shut down and emergency alerts were issued urging people to stay indoors after dark.

Authorities launched a large-scale operation to stop the animal. More than 300 forest personnel were deployed, supported by special tranquilizer teams and drones used to track the elephant's movements from above. Despite repeated efforts, attempts

to sedate the elephant failed. The animal became increasingly aggressive, evading capture by moving swiftly through dense forest terrain and crossing state borders, complicating coordination between wildlife departments. Officials noted that the operation was among the largest and most difficult wildlife tracking efforts the region had ever undertaken.

Experts believe the elephant is in "musth," a biological condition in adult male elephants marked by a dramatic surge in testosterone. During musth, elephants often display extreme aggression and unpredictable behavior, making them significantly more dangerous than usual. This condition is thought to be the driving force behind the prolonged and violent nature of the rampage, as well as the elephant's resistance to tranquilization efforts.

Tragically, the danger of the mission became even more apparent when a wildlife expert called in to help stop the elephant was killed during the search operation. The death highlighted the risks faced by those working to protect both human lives and wildlife. As the search continues, the incident remains a stark reminder of how fragile the balance is between human settlement and the wild, and how quickly that balance can turn deadly.



Car in front of the tracks

By Truman Szekely-Johnson

In Phoenix, Arizona, on Jan. 7, an autonomous self-driving car operated by the taxi company Waymo was carrying out its routine services with one passenger on board. The vehicle unexpectedly stopped in the middle of a light rail track with a train inbound towards it. The passenger managed to escape from the car safely, and the light rail did not collide with the vehicle. Although no major damage or injuries occurred, this incident raised many safety concerns regarding autonomous vehicles as well as the company. Following the incident, an interview was held for Waymo to address the events that unfolded. In a company statement, Waymo said that “because there was construction at the time in the area, the car’s navigation system got confused and processed the rails as a street.” The confusion referred to the camera system within the vehicle which connects to a Global Positioning System (GPS) to determine the car’s position and navigation. The incident also resulted in an increase in distrust towards the company. Many users that had used Waymo vehicles previously now believe that future use with the taxi service could lead to a similarly dangerous result, prompting them to discontinue their use. In addition, people who are unfamiliar with the service before the incident are hesitant to try using Waymo entirely. With \$11 billion having been invested in the company, a popular opinion among Waymo users suggests that there should have been more safety precautions implemented into the vehicle so this wouldn’t happen at all

in the first place. If the conductor wasn’t paying attention or another car malfunction occurred, this situation would have been a lot worse.

Despite the event, the company has stated that Waymo vehicles are still arguably safer on the roads than humans because Waymo has less distractions than an average person while driving. Although this might be true, the Artificial-Intelligence within the car is just as likely to make mistakes, just like any other human would. There could always be an error or glitch in the system that could lead to the same result of a dangerous situation.



Google Images

A self driving car like the one pictured above stopped on tracks

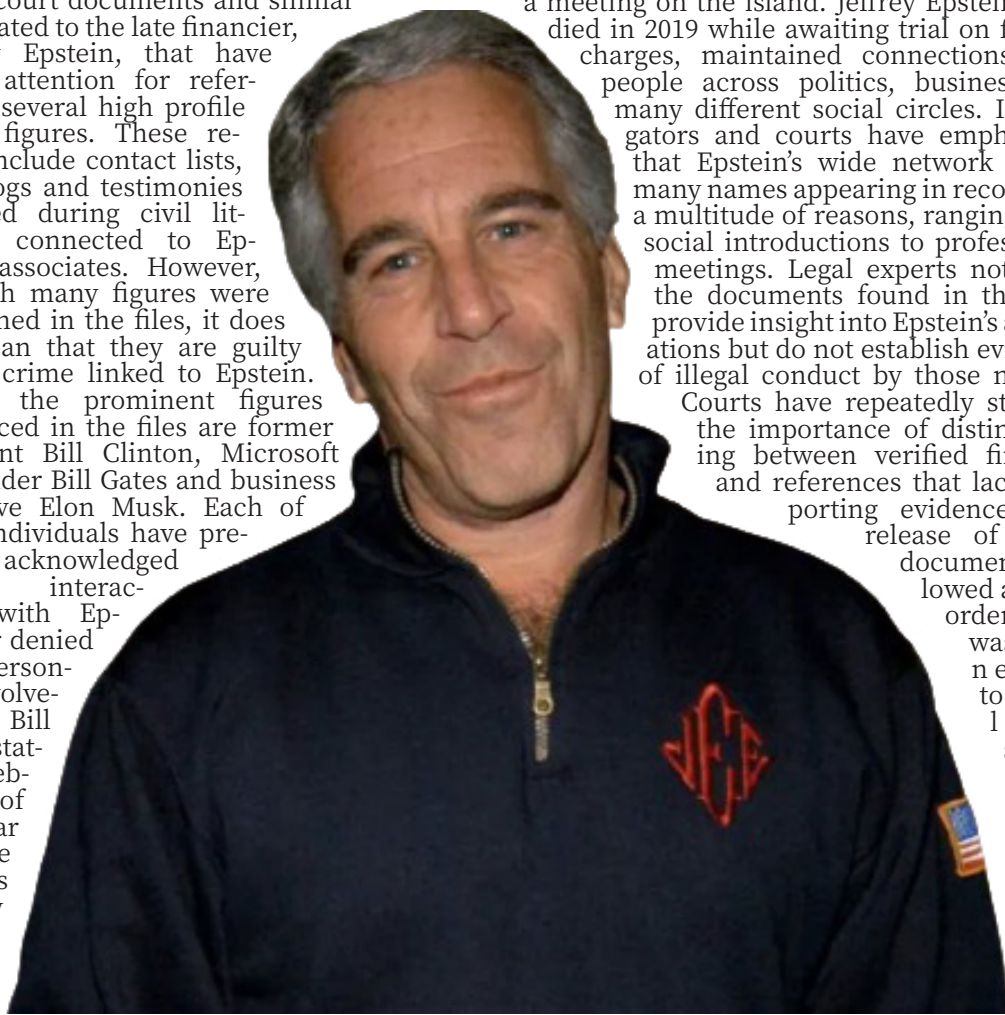
Sophia Off Script



Part of the Epstein files released

By Alex Bautista & Ian Patterson

On Jan. 30, 2026, there were over 3 million released court documents and similar files related to the late financier, Jeffrey Epstein, that have drawn attention for referencing several high profile public figures. These records include contact lists, flight logs and testimonies collected during civil litigation connected to Epstein’s associates. However, although many figures were mentioned in the files, it does not mean that they are guilty of any crime linked to Epstein. Among the prominent figures referenced in the files are former President Bill Clinton, Microsoft co-founder Bill Gates and business executive Elon Musk. Each of these individuals have previously acknowledged limited interactions with Epstein or denied close personal involvement. Bill Gates stated in February of this year that he regrets “every minute” that he spent with Epstein, insisting that he had never gone to the island or met any of the women. Bill Clinton has denied any knowledge of the criminal activities taking place on the island, and Ghislaine Maxwell, Epstein’s wife, later stated in 2025 that Clinton was a friend of hers and had nothing to do with the crimes that took place on the island. Elon Musk denies having ever gone to the is-



land and states that he had refused invitations. However, emails found in recently released files show Musk more than happy to schedule a meeting on the island. Jeffrey Epstein, who died in 2019 while awaiting trial on federal charges, maintained connections with people across politics, business and many different social circles. Investigators and courts have emphasized that Epstein’s wide network led to many names appearing in records for a multitude of reasons, ranging from social introductions to professional meetings. Legal experts note that the documents found in the files provide insight into Epstein’s associations but do not establish evidence of illegal conduct by those named.

Courts have repeatedly stressed the importance of distinguishing between verified findings and references that lack supporting evidence. The release of these documents followed a court order that was connected to civil lawsuits involving Epstein.

stein’s estate and Ghislaine Maxwell, who was convicted in 2021 on federal charges related to Epstein’s operations. The materials were unsealed as part of an effort by the court to increase transparency in the legal process after years of sealed filings. Judges overseeing the case stated the documents contain a wide range of information gathered during litigation and should not be viewed as determinations of guilt.

Protein problems

By Sophia Lu

Like any Starbucks Rewards member, I often receive emails with enticing images of seasonal drinks in colorful cups, glowingly fresh baked goods, and the occasional \$3 drink offer. Recently, however, it seems as if every other Starbucks email is about something protein-related: food with protein, drinks with protein and, pretty soon, Starbucks might just start selling mugs with protein. This obsession with protein isn’t only a characteristic of Starbucks, though. It appears to be a popular movement -- in fact, even Costco recently began selling protein sparkling water -- and although some may view it as a health-conscious choice, our fixation on protein add-ins is causing us to become blind to other unhealthy food trends. Instead of, or maybe in addition to, counting calories, many people are now also counting their protein intake, with influencers posting videos about the protein content of various foods. I’ve seen posts touting the protein content of ice cream in an effort to ‘purify’ its food image, but ice cream, as delicious as it might be, is definitely nowhere near a healthy food, and its protein content doesn’t change that. Similarly, fitness or health influencers who share videos of their daily meals and routines often emphasize the protein they eat, pushing their “wholesome” lifestyle while ignoring the 200 milligrams of caffeine in energy drinks that they consume daily. Additionally, the pattern of using protein to mask unhealthy habits extends beyond influencers. The Centers for Disease Control and Prevention (CDC), led by Robert F. Kennedy Jr., recently unveiled a new food pyramid that moves protein to an especially important position and encourages Americans to consume more of it. Despite backlash, the move appears to agree with more of the increasingly pro-protein population than expected. On the other hand, another issue has been overlooked in favor of fanning the flames on the protein debate -- alcohol consumption. Whereas the CDC previously set a recommended daily limit on drinking, the new recommendations simply vaguely say to “consume less.” By focusing on the changes to protein consumption, we have ignored a different pressing issue. Likewise, fixating on Starbucks’ protein-linked menu changes might cause us to miss the company’s rapid introduction of energy drinks to stores. High caffeine consumption is proven to influence health risks such as high blood pressure or cardiovascular disease, so we can’t simply discard our awareness of it as soon as protein enters the scene. Since I’m not a health expert, I can’t definitively say whether increasing protein intake is generally a benefit or harm, and I definitely won’t be doing that on the record. However, I can observe that obsessing about only protein consumption is causing us to dim the spotlights on other dietary changes that the scientific community has collectively determined to be harmful. We don’t all have to rally behind a single issue. Together, we can divide and conquer, and individually, we can hold multiple concerns. Just because what is or isn’t excessive protein consumption is not yet clear doesn’t mean that we should ignore concerning trends relating to foods whose adverse effects we do understand. Noticing the protein content in ice cream or a Starbucks protein cold brew shouldn’t mean ignoring their sugar and caffeine levels.

Serbian Holiday Season

By Mara Ivekic

Here’s something you don’t hear all the time. People celebrate holidays like Christmas, Easter, and even New Years on different days than most people celebrate them on. The Serbian holiday season differs from the American holiday season in the fact that they celebrate these holidays on totally different days. Most Eastern Orthodox people do this because they follow the Julian calendar rather than the Gregorian calendar, as used in the United States. Traditions both contain similarities and differences in the ways they celebrate some of these big holidays. In Serbia, the holiday season is highly influenced by the Serbian Orthodox Church. Christmas is celebrated on January 7th every year. In Serbian culture the Christmas holiday season begins with a 40-day fast that many participate in. Not every person participates in this fast; it’s just what the season starts off with. The fast consists of avoiding meat and dairy in preparation for the big Christmas holiday arriving, January 6th, also known as Badnje večerje, is very important and meaningful. Families often go to church, and burn an oak tree branch called a badnjak. The badnjak symbolizes warmth, joy, and protection. Easter is another holiday that differentiates itself. Easter in the United States usually follows the Western Christian calendar, while Serbian Easter follows the Orthodox calendar. This usually can look like Easter, sometimes falling on the same day, or one to five weeks spread apart from each other. The same traditions are celebrated with Easter in the United States and Serbian Easter. Serbian Easter focuses mainly

on family, tradition, and faith. One of the most distinct Serbian Easter traditions is egg dying, especially dying red eggs. This symbolizes the blood of Christ and new life. On Easter Serbians say “Hristos Vaskrese” (Christ is risen) to which one responds, “Vaistinu Vaskrese” (Indeed he is risen). Serbia also celebrates unique religious holidays such as Slava, which is a family-specific celebration honoring a family’s patron saint. Slava does not exist in American culture and takes place on different dates depending on the saint. On this day many different Serbian foods are made, friends and relatives visit the home of the Slava.



Google Images

Serbian family serving Christmas dinner all together

Mattel releases first Barbie with autism

BY AUDREY KANE

An estimated one in 31 kids in the U.S. has autism. With that knowledge, Mattel has made its first-ever doll with autism. Some people may think this is too “woke” or “unnecessary,” but many children diagnosed with autism go most of their childhood or even their whole adult life feeling different or unseen. There is a large lack of autistic representation in the media, and many movies or shows that do include an autistic character are extremely stereotyped.

For the creation of this doll, Mattel collaborated with the Autistic Self-Advocacy charity to create a doll that children could connect with and look up to. You might wonder: how can a doll be autistic? Well, obviously, it can't just overtly be autistic simply because of the label on the Barbie box; no, the doll has multiple attributes that someone with autism might reflect. At first glance, Barbie is wearing a purple striped flowy dress and purple shoes, which alludes to the fact that many people with autism may have a favorite color that they find comfort in and brings them a sense of familiarity. For example, @Lew-ise-empire6 is a TikTok account for autism awareness which features a family that lives with a teen girl, Presley, with diag-

nosed autism, who loves the color purple. Upon receiving this doll, she was overjoyed with the color coordination of the new Barbie and how it was also her favorite color.

The doll also comes with a set of noise-canceling headphones, which are used by many children with autism, as it reduces the chance of overstimulation and helps them navigate loud or overcrowded spaces. In each hand, the doll holds common tools that an autistic person might use. A fidget spinner on one for sensory regulation, stress reduction and overall focus. On the other hand, a tablet with communicative symbols is used to make expressing themselves easier and to help foster independence, as some kids and adults with autism are nonverbal and use a tool like this to communicate on a daily basis.

The doll goes even deeper into detail, as even the eyes are slightly to the side, mimicking how some autistic people prefer to avoid eye contact, as it tends to make them uncomfortable. Not only that, the joints on the doll allow you to position the doll as if it were stimming. Mattel's overall goal is to give kids a toy that they feel represents them so they can feel noticed and appreciated in a world where they might feel like an afterthought.

Study sesh strategies

BY BEN SHANNON

Now that the first semester is over and grades are officially locked in, you might look back on a couple classes and wish your final grade was better. If that's the situation you find yourself in right now, that's perfectly fine; now is the time to change your habits for the better. One solution that might fix the problem is finding a new way to study. A lot of the time, it's not about how much you study but how you study with the time you are given. Different study strategies fit different people, so you just have to find out what works best for you.

The first study method that I will talk about is a reward system. Junior Owen Beaumont said that he uses this study method for all sorts of classes. The method consists of doing problems or making flashcards, and then when you get all of the problems right or finish whatever you are doing, you reward yourself with a treat. The treat could be anything: you might eat a food you like, watch a couple episodes of your favorite show or do any other thing that you like. It is a good method because it keeps you

entertained and keeps you involved with your studying.

The second method of studying was recommended by junior Kieran Lussier. Lussier said that the best way to study is to “Go into a coffee shop like Starbucks with a friend that has the same class and study with them.” Alternatively, he said, “You could go with a freshman, so you can teach them the information to cement it in your brain.” Either option is fine, but the main goal is that when you are talking to someone else about the information, it helps stick in your head.

The final way to study comes from sophomore Cash Reposa. Reposa suggests the method of studying “right before class.” That doesn't always work for most people, but Cash said that it's “the most clutch time” to get work done. The idea here is that if there isn't much time, you have to force yourself to gain the information quicker.

Now those are all good study methods, but the important idea is to realize that not all study methods work for everyone. If the first method you try doesn't work, try another. Keep testing methods until you find what's right for you and remember: when it comes to studying, quality beats quantity.

New gym designed for Parkinson's patients

BY CORDELIA MEGOWAN

Parkinson's is a disorder which affects the nervous system, causing tremors, imbalance and a decline in motor skills, worsening as individuals age. Parkinson's affects people around the world from ages as young as 50 with the likelihood increasing as one gets older. However, because Parkinson's is a disease that stems from the brain, symptoms can be mitigated and even reversed through exercise paired with stimulation of the brain.

This is the goal of Kimberly Berg's “Rebel Fit Club” where individuals afflicted with Parkinson's can attend boxing, tai chi, yoga and other classes where they train their cognitive skills in order to alleviate the effects of the disorder. With five locations across Portland and southwest Washington, the Rebel Fit Club has been helping people with Parkinson's for the past 11 and a half years. The owner, Kimberly Berg, talked about her inspiration to start the gym from growing up with her father, who had two prosthetic legs, and blind brother, both of whom never let their physical disabilities stop them from going for the win and continuing to exercise.

Starting her career at OHSU to research and create a comprehensive exercise program for people with Parkinson's, Berg began to expand her effort. Her master's degree in clinical exercise physiology allows Berg to create workouts and exercises that each offset a particular symptom. Berg tells members of the gym that it will take them “one class” to see symptoms lessen. When someone has a stroke, they need to go through a long process of rehab to get their limbs moving again; however Parkinson's is

not like this. Instead to counter symptoms of Parkinson's, the neurotransmitters in the brain must be lit up over and over again to correct the damage. It is because of this that Berg says one class is all someone needs to feel change, but it is the continuation of training and working those neurotransmitters that allows a person to take back control.

The overall goal of the Rebel Fit Club is to help those with Parkinson's take back some of their lives and to reduce the severity of symptoms, which volunteers and staff often see. The average training session is an hour long and consists of a dynamic warmup, followed by 45 minutes of rotating through stations that are three minutes each. The stations all provide a combination of physical aspects — arms, legs, core and balance — and mental aspects, especially focusing on memory. The mix of performing tiring physical tasks while being asked to recall a movie or actor enables athletes to use different parts of the brain, which improves neuroplasticity. The strengthening of neuron connection is a way to rehabilitate motor pathways, effectively reducing the symptoms of Parkinson's.

The Rebel Fit Club is an inclusive community for people at all stages of Parkinson's. It has different classes which fit the capabilities of each person who steps into the gym. One of the most detrimental symptoms of Parkinson's is its effect on speech, as it becomes slurred, monotone, soft or rapid and hesitant. This disconnect makes it difficult for those with Parkinson's to communicate, making many of those with Parkinson's feel isolated and alone. The Rebel Fight Club is not only good for strengthening the body and mind, but it also creates a space for those with Parkinson's to see that they are not alone and that, while their lives may be a bit more difficult, they need not stop living them.

Ellie's Epiphanies



Fantastic Mr. Fox and Plato's allegory of The Cave

BY ELLIE NGUYEN

Anyone familiar with Wes Anderson's widely acclaimed film *Fantastic Mr. Fox* is aware of the iconic line “I don't want to live in a hole anymore.” The stop-motion adaptation, based on a novel by Roald Dahl, explores themes of responsibility and self-agency. Mr. Fox, a previous chicken thief, is bored with domestic life. He decides to steal food from three corrupt, rude farmers in order to feed his family. The trio discovers the theft and corners all the local animals underground, forcing them to live a limited existence. Mr. Fox recognizes that he is unsatisfied with his restricted identity, expressing a desire for a better life that stretches far beyond simply going above the surface.

As someone who is familiar with depressive episodes, this feature in particular has always resonated with me. Mr. Fox's inclination for change reflects my own, and his restlessness and unease at his current situation are a mirror of how I feel at times. There have been moments when I have found myself trapped in a negative thinking pattern or belief about myself, often desperately wishing to perceive otherwise.

This notion has been recurring throughout my high school years, but only surfaced recently in the most unexpected locale: English class. An hour-long discussion about Plato's *Allegory of the Cave* produced important realizations about personal enlightenment. The concept depicts prisoners chained in the dark, their only source of stimulation being shadows projected on a wall. Since this is all they can see, they believe that the dim objects in front of them are the whole of reality. Unaware of the bright world outside, they find comfort in their limited understanding, going so far as to deny the actuality even once it is revealed.

Focusing on the symbolism of this allegory made me acknowledge an uncomfortable truth: I was a prisoner myself. When in the midst of these episodes, what I believed about who I was as a person became the truth, as that was all I thought. It was only later that I would find out that these notions were completely inaccurate. Like Mr. Fox, I recognized that I was aware that I wanted change — however, I was unwilling to take the steps to do so.

Only recently did I realize that I needed to overcome this pessimistic mindset. At first, it seemed nearly impossible. Confronting this in itself proved to be the most challenging — I had to admit that I was preventing my own progress. After accepting this fact, I began taking small steps to improve myself. Even seemingly minuscule actions, such as reconnecting with an old friend, provided happiness that would have felt unfamiliar before. Making plans to go on a hike, explore downtown Portland or even get lunch gave me something to look forward to each day. Consistent habits such as cleaning my room regularly, finding new hobbies I enjoyed, getting enough sleep and volunteering all contributed to my personal growth. I realized that I was less alone than I thought — all I had to do was simply reach out.

New Seussical musical will soon perform

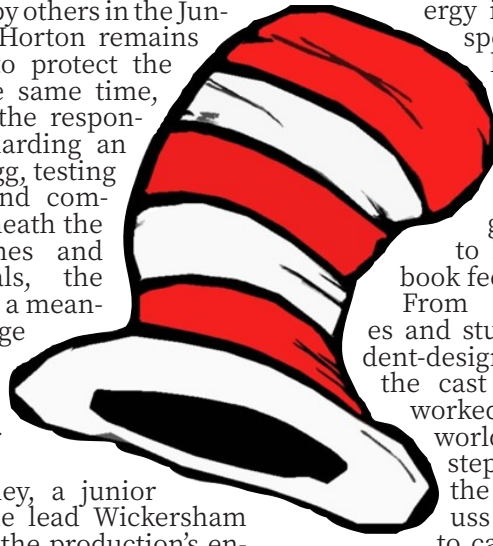
By: TIFFANY HSU

The world of Dr. Seuss is about to take over the stage with Whos and hats. This February, LOHS Thespians will present “Seussical the Musical,” a colorful and high-energy production that blends imagination, humor and heart. Composed by Stephen Flaherty with lyrics by Lynn Ahrens, the musical weaves together several beloved Dr. Seuss stories, including “Horton Hears a Who!” and “Gertrude McFuzz,” into one whimsical adventure.

Narrated by the Cat in the Hat, the story follows Horton the Elephant as he discovers a speck of dust that holds an entire world—Whoville. Despite being mocked

and doubted by others in the Jungle of Nool, Horton remains determined to protect the Whos. At the same time, he takes on the responsibility of guarding an abandoned egg, testing his loyalty and commitment. Beneath the playful rhymes and bright visuals, the show delivers a meaningful message about empathy, courage and standing up for others.

Ami Caughey, a junior who plays the lead Wickersham Brother, said the production’s en-



ergy is what makes it special: “It’s very kid-friendly, and the set is super fun and colorful.” She continued, “Our cast is really giving it their all to bring that story-book feeling to life.”

From energetic dances and stunts to bold, student-designed costumes, the cast and crew have worked to create a world that feels like it stepped straight off the pages of a Dr. Seuss book. According to cast members, the

supportive atmosphere behind the scenes has made the experience even more memorable. “The cast is really tight-knit,” Caughey described. “I feel like everyone in this show is my friend.”

Performances of “Seussical the Musical” will take place Feb. 20, 21, 26, 27 and 28 at 7 p.m., with matinee performances on Feb. 21 and 28 at 2 p.m. Tickets are \$12 for general admission. With catchy songs, imaginative staging and a whole lot of heart, “Seussical” invites the LOHS community to think big and remember that “a person’s a person, no matter how small.” Make sure to show up, support and be prepared for a mind-blowing performance, Lakers!

Deaf cafe in Portland is an accessible and inclusive space for communities

By: TAYLOR SHELDON

Have you ever wondered how a deaf establishment would operate? Portland’s very own Woodstock Cafe has instilled several communication options that allow for a smooth experience with deaf customers. Located in Woodstock Square at 4103 SE Woodstock Blvd, the vibrant cafe attracts many locals with its cozy charm. The small community hub is owned and operated by CymaSpace, a local non-profit organization dedicated to making art and culture accessible to the deaf community. The employees consist of deaf and hearing people, allowing for diversity and promoting an inclusive environment.

Due to deaf employees and customers, ASL is a primary form of communication. However, communication and customer service are not limited to only deaf people. The cafe has live-transcription technology to convert spoken orders into text on a screen for people who don’t know how to sign. They also have their menu and cup sizes displayed at the counter, so if anyone is struggling to get their order across, they can simply point at what they want. Despite some being deaf, the employees are pretty good at lip reading and talking themselves, so they are able to understand the order efficiently. The vari-

ety of communication options and diversity amongst the staff make the cafe unique and accepting of everyone.

They offer a wide assortment on their menu, consisting of the well-known breakfast sandwiches, paninis and frittatas, cinnamon rolls, croissants, muffins, tarts, scones, donuts, bagels, cookies, grilled cheeses and tomato bisque soup. Their drinks are just as appealing and include a variety of coffee and tea, as well as soda and kombucha. They have a special that highlights the nature essence of Portland called the PDX Campfire which is a warm, frothy latte with roasted marshmallow and graham cracker crumbles. They even sell other merchandise, such as coffee bags, shirts and hats. Their hours are 7 a.m. to 9 p.m. on Monday, Wednesday and Friday, 7 a.m. to 8 p.m. on Tuesday and Thursday, and 8 a.m. to 8 p.m. on Saturday and Sunday.

Not only is the experience of being in the cafe’s atmosphere special, but they also host many community events that add to the inclusive nature and help bridge the gap between the deaf and hearing communities to come together as one. To stay updated, they regularly post on their instagram, @woodstockcafepdx, to help the community stay informed. The events are the weekly ASL meetup with Sign Squad to learn, share stories and connect si-



Internet Photo

Patrons can use this translator when ordering

lently, as well as ASL game and trivia nights, ASL happy hour and engaging art activities where customers can spend time with friends and meet new people.

Countries’ college applications processes vary

By: SOPHIA LU

As college application season in the U.S. comes to a close, seniors are gradually starting to resurface from their endless piles of essays. Although some countries, like the United Kingdom, are also concluding their application season, others, such as China and South Korea, are just beginning.

In both China and South Korea, college admissions essentially hinge on one day and one nine-hour-long test. If someone is sick or even just a few minutes late to the test, they are not allowed to take it and have to wait until the following year. In China, that test is the Gaokao, and, in South Korea, it’s the Suneung. Both tests are extremely rigorous and are required for college applications. The Gaokao covers everything

from Chinese language, literature, geography, politics and history to mathematics, physics, chemistry, biology and a foreign language, which is often English. Similarly, the Suneung tests Korean language, math, English and Korean history, with the option to also test Chinese as another foreign language.

In China, the pressure after taking the Gaokao is immense, and students have to apply to college directly before or after taking it, meaning they do not yet know their scores. Since universities in China place cut-off scores, a faulty estimate can cause a student to fall from a top-tier university to a second-tier one, and applicants can only rank three options. In fact, some second-tier universities won’t even accept someone if they

didn’t rank that university first, even if they meet the minimum cutoff score.

Famously, in South Korea, the entire country pauses while students take the Suneung — flights and businesses suspend operations to provide test-takers with a quiet environment. After the test, admissions are no less stressful. Students are limited to applying to a maximum of six universities, but, unlike in China, they do not have to rank those to be admitted.

On the other hand, the United Kingdom also uses a system that requires applicants to rank colleges in order of their preferences, and they can apply to five total. Students have to make some difficult decisions: for example, instead of applying to both Oxford and Cambridge to maximize

their chances of being admitted to a top school, they are only permitted to apply to one. Additionally, similar to second-tier Chinese universities, some colleges, such as the London School of Economics in the United Kingdom will reject a person who doesn’t rank their school first. In the U.K. and China, applications will first be sent to first-choice universities and will only be forwarded to later choices if the person is rejected from all of their higher rankings.

Soon, in just a few short months, most U.S. and U.K. students will be receiving their college decisions, Chinese students will be taking the Gaokao and, in November, South Korea will go silent as high schoolers focus on the Suneung and the test that determines their future.



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THE ONLY THING MORE POWERFUL THAN HATE IS LOVE

DTMF at the NFL

By ANDREA PIEDRAS

Benito Antonio Martinez, widely known as Bad Bunny, is a Latino global musician with over 80 million streamers on Spotify and was chosen for this year's 2026 NFL halftime show. For the past 13 years, there have been different artists that perform during half-time in the Super Bowl, but there has never been this much controversy about who the performer is.

There are two sides of this controversy, one being that Martinez shouldn't have been the performer and one that he should. The reason behind why people didn't want Bad Bunny to be the performer is because "Bad Bunny is not American." As ridiculous as this claim may seem, this is a serious argument made by those who are against him. If it wasn't clear, Martinez is Puerto Rican, and if you didn't know, Puerto Rico is in fact an American territory, so it doesn't make sense to be saying he's not "American." These same people that are claiming that Martinez isn't American are the same ones who dislike the fact that the majority of the show will be in Spanish, which yes, is true, but what's also true is that not everyone speaks English. There will always be a language barrier no matter what language is being spoken, and that's just facts. Not everyone understands English. My family doesn't understand much English, but that doesn't stop them from enjoying the performance every year. There is so much more that can be enjoyed during a performance than just the music.

This year's visuals were outstanding, the visuals themselves told a story, and you didn't need to understand Spanish to see that. I've seen some people bring up the fact that Bad Bunny's lyrics are very explicit and that it would be inappropriate, but if we look at past performances, there are artists that I wouldn't say write the friendliest of

lyrics. An example of this would be in 2021 when The Weeknd was the performer. I wouldn't say that The Weeknd's music is bad what-so-ever, but I also wouldn't say that his lyrics are PG-13.

These are all reasons why some didn't want Bad Bunny to perform, but what seems to be the biggest reason is because when Bad Bunny released his tour dates for "Debi Tirar Más Fotos," many noticed that there weren't any dates in the U.S. Martinez made it clear to the public that he made this decision because he was afraid for his audience and the possibility of I.C.E. showing up to his shows and detaining people, which with this current situation, is a very reasonable concern to have. As a Latina myself, these comments feel more racial rather than real concern. I know this because the people making all these arguments can't even bother to fully educate themselves and make sure that the claims they are making are actually valid. Bad Bunny had every right to be the performer no matter what his race is or what language he speaks. With everything politically going on, it was refreshing to see Latin culture being celebrated, and expressed, rather than being feared. Martinez is an amazing artist who is loved by millions.

Funnily enough, people's complaints had an influence, so imagine the shock when Green Day performed before Bad Bunny. What makes this situation funny is that Green Day is very publicly anti-MA-GA, which is the demographic of people who hate on Bad Bunny. So even though the haters got what they asked for, the chances of them being happy about the Green Day performance are very low.



Renee Nicole Good shot by ICE agent

By LILLY KAISI

On Wednesday, Jan. 7, a 37-year-old U.S. citizen was shot and killed in Minneapolis, Minnesota, by an Immigration and Customs Enforcement (ICE) agent.

Renee Nicole Good was reportedly returning from dropping off one of her three sons at school when she encountered the ICE agents.

Moments before shots were fired, Good was recorded speaking with an agent from inside her car while her wife exited the vehicle and filmed the interaction. In the video, Good told the agent she was "not mad" in a low, calm voice. Renee's wife told the agent that Good was a U.S. citizen. After her wife gets back into the car, she tells Good to drive away. As Good began to leave, the Trump administration claimed she "tried to run over the U.S. ICE officer." According to NBC News, another officer attempted to open the driver's door before the vehicle moved. As she drove away, shots were fired, and Good was killed. The vehicle then crashed into a parked car.

The ICE agent who shot and killed Good has been identified as Jonathan Ross, a veteran ICE agent. Federal officials claimed that Ross was injured by the car and later treated in a hospital.

As the FBI continued to investigate the incident, BBC News reported that Trump stated the administration would

always protect ICE. Other White House officials spoke out, defending the agent's actions and describing the shooting as self-defense.

Later on, it was revealed that Good and her wife, Becca Good, had arrived at an ICE enforcement operation, where community members were blocking off officers, to support their neighbors. Becca Good told local media that while protesters were carrying whistles on the scene, ICE was carrying guns.

Following the death of Renee Nicole Good, many continued to protest. Demonstrators gathered outside locations where ICE agents were believed to be. Approximately 30 people were detained and cited by the Minneapolis Police Department. It was also reported that many were not only peacefully protesting but also vandalizing property.

While there was initially an investigation launched, the FBI later reversed course, and the Justice Department agreed that they wouldn't be investigating the shooting because it was self-defense. A federal investigator who had begun her civil rights investigation alongside the Minnesota Bureau of Criminal Apprehension was reportedly instructed to shift the investigation focus towards assault on an officer. It is unclear who that investigator was, but, according to CNN, the FBI later blocked the Minnesota Bureau of Criminal Apprehension (CBA) from further involvement in the case.

ICE shoots ICU nurse Alex Pretti

By JAKE BRENDEN

Alex Pretti, an intensive care nurse in Minneapolis, Minnesota, was shot and killed by Immigration and Customs Enforcement on Jan. 24, 2026. This is the second lethal shooting this year in Minneapolis by ICE, the first being the fatal shooting of Renee Good. Department of Homeland Security Secretary Kristi Noem, who oversees ICE's operations, claims Alex Pretti was brandishing a firearm; this is not explicitly clear. What is known is that Alex Pretti did have a handgun and was legally carrying it under Minnesota State law.

Mass protests have been sparked due to this event. On Jan. 30, large-scale protests and strikes occurred in response to the shootings of two Minnesotans. In cities around the country, mass demonstrations took place. In Portland, outside of the ICE detention center, people gathered to protest, and ICE shot tear gas into the crowd, injuring children and people peacefully protesting. ICE generally has reacted violently to protests around the ICE center in Portland, tear-gassing and using pepper spray against protesters.

The cause of the mass civil disobedience and unrest is the escalating campaign against immigrants by ICE. The increased presence of federal law enforcement and active enforcement/patrol on the streets has increased the interaction between ICE and people, leading to more clashes. Additionally, ICE has come under scrutiny for its lackluster standards and videos of the overall commander, Greg Bovino, having to remind officers that people are allowed to yell at them.

Overall in any organization, when it is massively and rapidly expanding it can decrease the quality of training and the time taken in training requirements; ICE agents are law enforcement officers and should be held to a higher standard than just a regular job.

All of these things combined—the increase in interactions between deportation officers and communities, poor training, and the aggressive strategies ICE employed is how Americans get shot and how people here legally, not committing crimes, get deported and detained.



2026 Grammy winners speak up against ICE

By LAILA BRISTOL

This year, the Grammys were a platform for more than just celebrating art and music. Many performers used the opportunity that the award show provided them with to advocate for causes that they believe in. While award shows have always had a history of live advocacy, this year spotlighted many issues on a different level. One cause prevailed throughout the award acceptance speeches and performances: the removal of ICE from America's streets.

Before the award ceremony began, a handful of celebrities wore pins reading "ICE OUT" attached to their designer outfits. Louis Vuitton, Balenciaga, and Valentino, all adorned with this important political and social statement. Cameras did not shy away either, capturing celebrities posing with their pins strategically positioned. Singer Becky G even showed off her nails to the press which read "F*CK ICE."

Many singers and songwriters were honored with awards such as Album of the Year, Song of the Year, Best New Artist, and many more. Many of the artists who received awards highlighted the issue in their acceptance speeches. Notably, Puerto Rican singer and songwriter Bad Bunny called out ICE while accepting what would be his first of three awards of the night in the category of Best Musical Urbana Album. "Before I say thanks to God, I'm going to say, ICE out," said the artist upon entering the stage. "We're not savages, we're not animals, we're not aliens. We are humans and we are Americans," he proclaimed. As one of the first awards of the night, Bad Bunny set the tone for the rest of the show by sharing a few last words. "The only thing that is more powerful than hate is love," he said, encouraging viewers not to give into the contagiously hateful nature of our society and to choose love and positivity instead. Bad Bunny went on to also win the award for Best Global Music Performance and, arguably, the biggest award of the evening, Album of the Year.

Billie Eilish accepted the award for Song of the Year for her song Wildflower. While accepting the award, Eilish let viewers know that "no one is illegal on stolen land," referencing America's history of colonizing Native American land almost 250 years ago.

Eilish ended her speech by saying "F*ck ICE", to which many of the artists, performers, actors, and audience members rose to applaud in agreement. Eilish emphasized in her speech the amount of hope that she felt watching so many similar speeches that night and encouraged viewers at home and in the audience to continue to use their voices. "Our voices really do matter," she said, urging listeners to keep persisting and to continue to demand the change they wish to see in the world.

One last artist who advocated against ICE at the Grammys was Olivia Dean after winning the highly coveted award for Best New Artist. "I'm up here as the granddaughter of an immigrant... I'm a product of bravery and I think those people deserve to be celebrated," Dean declared. "We're nothing without each other," she said before exiting the stage with her award, highlighting the absolutely crucial need for viewers to rally with their community and use their voices to fight for each other in this current social and political climate.

While it isn't entirely out of the ordinary for award shows like the Grammys to become a hub for activism, this year stood out to viewers as extraordinarily impactful due to the extremely widespread nature of the activism. It showed viewers that the removal of ICE might be possible if our nation unites over its frustrations instead of becoming divided. Seeing so many high profile celebrities reiterate the pleas and ideas of viewers everywhere felt unifying in itself. Viewers took to social media to share how sentiments shared at the Grammys made them feel heard and significant in the tides beginning to change in America.

Besides being a forum for appreciating art, the Grammys this year lit a spark of hope within our nation and showed viewers many people saw a light at the end of the tunnel. The Grammys told us that we are not alone. There are other people with platforms larger than we could imagine fighting for what we believe in and the fight is not over. The only thing more powerful than hate is love and many viewers feel more confident now than ever that they can use this love to abolish injustices.



2016 makes a comeback

By CORDELLA MEGOWAN

This past month, as you scrolled on your socials, you might have noticed a rise in people posting throwback photos from 2016. It was a decade ago, but it may seem very recent in your memories. So why was 2016 so influential? And why do we laud it for a reason that we can't quite seem to put our finger on? One of the most simple explanations is that 2016 was one of the last years before the political turmoil that took place in the United States, which continues today. However 2016 was much more than Donald Trump defeating Hillary Clinton—it was also one of the last years before cancel culture dominated celebrity social status, and AI hadn't begun to infiltrate the arts and music scene.

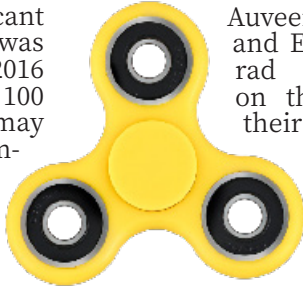
Many may remember 2016 as a time of great music and songs from their childhood. A huge year for pop music, 2016 saw many artists such as Rihanna, Ariana Grande, Nicki Minaj and Beyoncé releasing wildly popular albums and songs that dominated radio stations for months. Despite pop dominating the music industry at the time, rap music also flourished during this time. Albums such as Drake's "Views" and Fetty Wap's "Fetty Wap (Deluxe)," which was released in 2015 but remained popular for months afterward, won both artists nominations and a win for Drake as the Top Rap Artist at the 2016 Billboard Music Awards. Still, what was so different about music at the time? Many songs released in 2016 were less vocal focused and instead more centered around the rhythm and beat, often paired with EDM backing tracks that added a level



of fun to songs that we don't see today. In recent years, "Sad Girl Music" has been on the rise, eliminating the fun, easy to dance to songs of our youth. Another significant factor of music was how it was streamed, and it was in 2016 that Spotify reached over 100 million users. While this may seem like a simple accomplishment for the app, it actually influenced the way artists created music: they began making their songs shorter in order to capture the attention of listeners within the first few seconds. However we only saw this development affect the music industry after 2016, marking the end of an era.

If there is one thing we can remember from 2016, it was the election. With Donald Trump beating Hillary Clinton, Americans were divided across the nation in a way they had not been before. Both candidates had bad rap sheets, making American voters wary of what side to choose. However, in the end Trump won with 304 electoral votes in comparison to Clinton's 227, despite her taking the popular vote and making this the fifth time in US history a president had won the electoral college and lost the popular vote. Aside from the election, America had many other things going on, like the continuing water crisis in Flint Michigan worsening the health of residents. It was only in 2016 when the Water Infrastructure Improvements for the Nation Act was signed, authorizing funding for improvements. On a more positive note, at the Rio 2016 Summer Olympics, Katie Ledecky broke the 800 meters freestyle world record, and Usain Bolt achieved the "triple-triple" by winning three gold medals for the third Olympics in a row. While some may remem-

ber 2016 for politics or music, most look back and are flooded with memories of the trends, toys and fashion of the time. Seniors



Auveen Shafaei and Esther Conrad reminisce on the toys of their youth, both mentioning how they played with stress toys like fidget cubes, slime and stress balls. While kids were preoccupied with fidget spinners and Shopkins, teens during 2016 also had a lot on their hands. Whether that was running from killer clowns, taking part in the mannequin challenge or dabbing after landing a bottle flip, these trends captivated high schoolers in 2016 for months. Aside from toys and trends, the fashion sense of high schoolers in 2016 was very different from what we see now. Chokers paired with a skater dress and jean jacket had a chokehold on teens, right after throwing their hair into a messy bun or braid crown. Makeup during this era was especially captivating, with bold eye designs, heavy foundation and the cherry on top — Kylie Jenner's "Lip Kits." After spending hours carefully applying, many teens would open Snapchat, put on the dog filter and post some selfies.

Why 2016 captivates teens today is ambiguous because, after all, wasn't it just another year? However we can see that it wasn't just another year: incredible music was made, major political events occurred and the trends were unlike any other we've seen before and are still being recreated today. Even if we don't wear skinny jeans or hit the whip anymore, we'll always remember how much fun we had, and it's that sense of nostalgia that makes reminiscing on the last decade so bitter-sweet.

Designer children on the rise

By SOFIA MOTIKA

When He Jiankui succeeded in producing the first genetically modified children, the world was stunned. Despite immediate pushback from the scientific community, who deemed Jiankui's work unethical, and being sentenced to three years in prison for deceiving medical authorities, he was labeled one of Time's Most Influential People of 2019. Today, Jiankui works in a government funded research center in Beijing where he continues his controversial genetic research.

Lulu and Nana were the set of twins edited by Jiankui in 2018. He used a method called CRISPR which targets an HIV gene in the children's embryonic cells. However, other scientists have expressed concern that modifying DNA in this way could lead to other genetic variations that manifest in unexpected ways later in the twins' lives. They also noted that these malfunctions, or "off-targets," could be transmitted to their offspring. By increasing the possibility of unknown future genetic complications, Jiankui's experiment may be undermining its own purpose: to prevent the spread of a chronic disease.

Surprisingly, Jiankui's ethically-fraught practices seem to be gathering support as the world charges ahead with bio-medical developments. Not only has the Chinese government left him strangely uncensored, as remarked by Benjamin Hurlbut, an associate professor at Arizona State University's life sciences department, but an American cryptocurrency entrepreneur has offered Jiankui

funding for his current Alzheimer's research. This is because Jiankui is one of the only modern scientists willing to push the boundaries of ethics and scientific development. However, that might not necessarily be such a good idea.

The American cryptocurrency supporter also offered Jiankui his investment if genetic editing were to become commercially available. But, without established global guidelines, genetically edited children could lead to a miasma of issues, such as designer babies, or children "custom-ordered" to inherit certain features. This selectivity would only further the superficial divides that plague today's society, such as racism or ableism. Additionally, it undermines the individuality and diversity people have to offer to the world. If parents raise their children to value their superficial traits, rising generations will learn less empathy and shared humanity. And, ultimately, what we will be left with isn't a scientifically advanced world, but a broken society of mutated generations who pride themselves on their "perfect" genetics, despite being at serious risk for long term health problems.

This is not to say genetic editing should be completely abolished. It is simply too early for actual procedures to occur. Research addressing chronic or hereditary conditions such as Alzheimer's or Duchenne muscular dystrophy, could have incredible potential, but global guidelines should be established so that a scientific race doesn't culminate in generations of unhealthy individuals.

Sophia Off Script



No matter what, fix it

By SOPHIA LU

Last spring break, I visited the University of Washington campus. What surprised me most wasn't the library that looked like something out of Hogwarts or the blossoming cherry trees. Instead, I was most shocked when I tried the door to one of the many education buildings. The door was unlocked, and my family easily walked in. Inside, there were whiteboards covered in writing from what must have been a calculus study session, students eating in the cafe, professors and staff in meetings and lights illuminating the open space everywhere. Although the worst thing we did was climb the four flights of stairs — skipping the top one because people looked busy — it seemed like it would have been all too easy for something much more sinister to happen. As recent events have shown, it is in fact too easy. The common saying that "if it's not broken, don't fix it" might be catchy, but the reality is much more complex.

On December 13, a gunman killed two students at Brown University and wounded nine others. These students were on the first floor of the School of Engineering's Barus and Holley Building, studying for their economics final exams, when their lives were tragically cut short. Identifying evidence was limited since the building was old and lacked sufficient security cameras, which thus slowed the search for the shooter.

The following day, December 14, two gunmen opened fire on a crowd celebrating the first night of Hanukkah in Bondi Beach, Australia. They killed 15 people and injured dozens more, making this Australia's worst massacre since the Port Arthur shooting in 1996.

To some extent, the shooting at Brown University can be blamed on the United States' laws regarding gun control, but Australia's shooting seemingly doesn't make sense. After all, Australia is often hailed as an exemplar of gun safety, especially after the country implemented the National Firearms Agreement in 1996 to improve gun control after the Port Arthur massacre.

However, what both of these events have in common is a lapse into passivity. At Brown, there weren't enough security cameras to be able to quickly confirm a suspect, and it is likely that the doors to the building weren't locked either. Similarly, in Australia, gun control laws seem to have become more lax. According to a January 2025 update from the Australian Institute, even after the 1996 Agreement, the number of guns in Australia has increased by 25%.

Through these devastating instances, it has become abundantly clear that progress toward improvement has stalled when it appears that 'nothing' is currently glaringly wrong. That misconception ignores the reality that one neglectful decision can lead to an irreversibly damaging tragedy. The students killed at Brown and the people killed at Bondi Beach, including a 10-year-old girl and an 87-year-old Holocaust survivor, cannot be revived, no matter how regretful policymakers are.

Australia is taking a step toward future growth by again proposing even stricter gun laws, but these laws will only be effective for as long as they are continually being revised to match the evolving world. The same exact laws and policies aren't always going to work for decades, and we need to recognize that in order to enforce real change with lasting impacts.

For the 17 people killed in the Bondi Beach and Brown University shootings, their families, the wounded, and the many others who are victims of violence and neglect, it's time for us to make a New Year's resolution for 2026 and beyond that actually focuses on keeping people safe. Fixing the world is an unceasing movement, a constant push towards better conditions — it's not just a task to mark off of a checklist when something is obviously broken.



Internet image

Genetically modified children are becoming a reality, but many ethical questions are asked

Should colleges use SAT and ACT scores?

Yes

No



By CHALOTTE WOOLDRIDGE

For years, standardized tests such as the SAT and ACT have been treated as one of the most important parts of the college admissions process. A single score often seemed to define a student's intelligence and their future in college. Since more colleges have moved to test blind policies, it is becoming clear that this change is not about lowering standards, but about making admission more realistic and fair.

One major advantage of test blind admissions is increased fairness. Standardized tests do not only measure academic skills; they also reflect access to resources. Students who can afford private tutors, test prep courses and multiple testing tries usually score higher than those who cannot. Meanwhile, students in low-income households may be just as capable, but they lack the ability to achieve those scores. By going test blind, colleges place more weight on the long-term academic resume instead of a score that can be influenced by privilege.

Another benefit is how test blind policies reduce the stress that is placed on students. High schoolers already face pressure from grades, sports, part-time jobs and responsibilities at home. Adding another serious test into an already stressful time can be overwhelming. Additionally, a lot of students struggle

with test anxiety, which can also prevent the scores from reflecting their true abilities.

Test blind policies also encourage colleges to focus on qualities that actually matter once a student arrives at college. An impressive transcript, challenging classes, creative essays and good recommendation letters reveal a student's work ethic, curiosity and ability to grow through education. Students who can manage demanding classes while participating in activities, jobs, etc., show responsibility and motivation that will be useful when they begin college. These skills will help students succeed in college and later in life, which cannot be found through standardized tests.

Some people may argue that standardized tests provide a common way to compare students from all different schools; however, this idea assumes all students begin with the same opportunities. Schools vary in funding, available classes and support, and treating test scores as equal ignores these differences.

In the end, going test blind shows that colleges are starting to see students as more than just a number. This system highlights the hard work and growth throughout a student's high school experiences instead of how well they can take a test. This way, every student has a fair shot at showing what they can really do.

By LILY KAISI

In 2020, many colleges stopped considering SAT and ACT scores as COVID made testing difficult. Some people argue that test-blind policies reduce stress and give students who are not strong test-takers a better chance at getting into their dream schools. It sounds fair at first glance; however, test-blind policies aren't fair to students because they leave low-income students with a harder time standing out and make college decisions unclear.

When students lose the option to submit test scores, they're focused on "proving themselves" elsewhere on their application. That often means signing up for more extracurricular activities, college counseling, internships, etc. However, these other activities are a lot more expensive and difficult for people with less money or a lack of transportation. Students who are higher-income automatically have an upper hand because they have more money to put towards building a "perfect" application. Test-blind does not remove privilege, but rather it just shifts it towards students who can afford more extracurriculars. While students who aren't great test-takers now have a better chance, others who can't build their application with an overload of extracurriculars lose their chance.

Ignoring scores also makes admissions feel more subjective. Without a standardized test, how are colleges going to compare students across different schools? A rigorous schedule at one school may look completely different at another. Some schools even have fewer opportunities for extracurriculars or involvement, depending on their funding or location. When admissions are harder to measure, applicants are left wondering what went wrong.

Even GPA, which would become more important by taking the fo-

cus away from test scores towards GPA, isn't very reliable. A 4.0 at one school could mean something completely different at another school. Certain schools grade a lot easier or harder for similar classes. Some students have more options for APs or advanced classes. There may also be fewer course options. Relying on GPA means colleges are comparing students on an inaccurate scale.

Of course, it makes sense for many students to support colleges being test-blind. Some people struggle with tests, especially under time pressure. However, sometimes a test score is a way for students to stand out or prove themselves. A test score can be useful for comparing students without creating an unfair advantage. On the other hand, there continues to be a wealth disparity between higher-income students who can afford greater resources and tutoring compared to lower-income students who can only rely on their own studying habits. To reduce this issue, it'd be beneficial for colleges and schools to provide free test prep.

Taking all of this into consideration, it is clear that college admissions will never have a perfect system where everyone is happy. However, it is possible to find equal ground. Rather than completely banning test scores from their applications, colleges should reshape how they look at them. Schools could provide test prep for free, cover the cost of tests, and expand access. Then colleges could consider test scores without making them the only factor. They should not be completely erased because some students rely on them heavily, but they also shouldn't be overly important because it drags some students down. Colleges need to steer away from being test-blind and instead build a fair system that fosters equality.

How Valentine's Day reflects consumerism

By ELLIE NGUYEN

It is not uncommon to walk into any store in February and instantly be bombarded with pink and red themed merchandise. Heart shaped boxes of chocolate, large plush teddy bears, and faux bouquets of plastic roses can all be seen lining the shelves.

In recent years, Valentine's Day has evolved into a derived version of its original purpose: expressing love and appreciating others. Like most other holidays, this event has grown incredibly commercialized, driven by intense marketing campaigns from major companies.

Each year, over 25 billion is spent on gifts, dinner, and candy, turning Valentine's Day into an occasion of immense consumerism. As social media becomes more prevalent, so does comparison culture. Users can often be found posting hauls of over-the-top presents, contradicting the belief that less is more. These videos, though seemingly innocent, create higher expectations, fueling the phenomenon where individuals compare what they purchase and receive.

There has also been an underlying social expectation that expensive, tangible gifts must be required

in order to show these positive feelings. Businesses promote products through excessive marketing, most of which pressure consumers to purchase these items. These advertisements create the notion that the "correct" way to show affection is by spending large amounts of money. The surge of these gifts generate a massive amount of waste, most that ends up in landfills. The majority of these presents are made of plastic, leading to dire environmental consequences.

With all this in mind, it is still important to realize that Valentine's Day can still be celebrated. Rather than centering the occasion around gift-giving, we can shift our focus to the recognition of love itself. Finding and participating in alternatives such as Galentine's Day- which promotes quality time with friends- can revive the true meaning of the holiday. Normalizing handmade gestures, such as cooked meals, or heartfelt DIY cards, also allows for a less consumer-based event. Valentine's Day can easily be redefined by celebrating connection- the appreciation of those you love is simply enough.



Teachers vs students on the utilization of AI

By TARA PIDAPARTHI

The ongoing debate over AI usage in school has only gotten even more intense over the past couple of months. One part of it that feels especially frustrating to students across America is that teachers are warning their students not to use AI for assignments, yet many of those same teachers who enforce these rules rely on AI tools to grade, comment on assignments and essays with it or even use it to design their own classwork. The contradiction hasn't just gotten annoying for many students but has become unfair in their eyes.

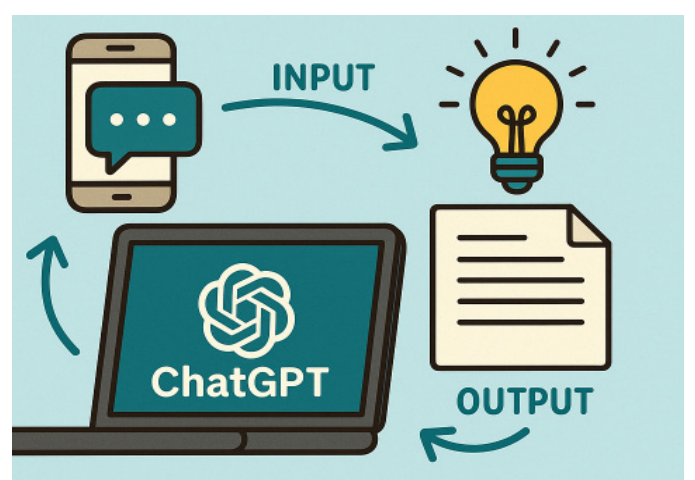
Students are told that when using AI, it "shortcuts learning, undermines their integrity or doesn't show real understanding." However, when teachers are using AI to speed through grading stacks of essays or generate feedback in seconds, the message shifts. Suddenly, the definition of AI has become efficient, helpful and necessary. This same tool that has supposedly become harmful for all of these students becomes a green flag when members of authority are using it.

The double standard absolutely does matter. If students are expected to demonstrate authentic work, then the evaluation of that work should also be just as authen-

tic. When AI-generated comments replace thoughtful feedback, students are losing the chance to understand what is classified as a mistake or gain the ability to grow as a writer.

English 12 teacher at LOHS, Mr. Mcneal, offered his opinion on the discussion. He acknowledged the tension from the side of his students and explained that the workload that teachers face just makes AI feel like less of a shortcut and more like a survival tool. As he put it, "The teacher component of it, there is just no way we can read every essay and give it tons of feedback and then read it again once it was revised." He also pointed out that peer review is often not useful, saying, "A lot of the feedback from peers is not useful. So, for me to use AI as a middle thing, it gives really good feedback." From his perspective, AI isn't about cutting corners but about increasing the amount of meaningful guidance students receive: "The positive is that, what I think, is way more, good feedback. I want to look at it in that positive way."

The issue isn't whether AI is inherently good or bad for our society. The issue is consistency. If AI is treated as a tool, students deserve the chance to use it responsibly. Whether students will actually go to



Internet Photo

How ChatGPT works to assist students and teachers.

the length of using it responsibly is another debate, but whether they get the decency of an opportunity is one that can be answered.

Until schools can start to address the imbalance, the conversation about AI will not feel like a fair debate. Until teachers can admit that they are using it unfairly, as students don't get to use it, it won't feel like a genuinely respected topic within our school's standards. So, Lakers, what do you think, should teachers get AI usage if students don't?

Taylor's Timeout



End of an Era

By TAYLOR SHELDON

I can't believe it—grad year is here, which means seniors like myself are counting down the final months of high school. It's mind-boggling that my life in Lake Oswego is dwindling to soon become memories as I get ready to embark on my new chapter in college. It's both exciting and scary starting this journey and preparing to live on my own. It feels like it was just yesterday that I walked through the front door of the school on the first day of my freshman year. Seniors always seemed to share the piece of advice that high school flies by, but I never fully believed them until I became a senior myself. How could four years possibly pass in a flash? It's difficult to understand in the moment, but looking back, I can confidently say that it really is true.

Not only does graduation mean the end of high school and the beginning of life as an independent adult, but for the majority, it also means the end to their involvement in organized sports. Only a mere seven percent of all high school athletes go on to play at the collegiate level. That means that for most high schoolers involved in sports, senior year will hold the last of their athletic seasons.

While I am going on to run in college, I can relate with basketball. It's crazy for me to wrap my head around the fact that I won't have basketball season to look forward to in the winter anymore. I'll no longer have dribbling drills or scrimmages at practice, and no matter how grueling they could be at times, I'll miss every second of it. I wish I would've appreciated every practice and every game a little more because it never sank in that it would all abruptly end. It'll remain a part of my past, and although I know it's a normal process of continuing on with life, I just can't comprehend how people can so easily move on and not be impacted by saying goodbye to their sports. I understand that not everyone is passionate about playing and rather do it for the social aspect or simply to get in shape, but eventually I would think that they would grow fond of it to some extent. After all, student-athletes devote so much time and energy into their sports as they go to practices everyday after school and it becomes a main aspect of their routine; it's hard not to get attached to them.

With all this being said, I have my own piece of advice to share: live and appreciate every little moment of high school and sports experiences with it, and don't take anything for granted. When the time comes for you to graduate in your senior year, you don't want to reminisce and have any regrets. These are the days that you'll remember as a time in your life where you could be care-free and enjoy participating in sports with your friends, the memories that you'll reflect on down the road and realize that they ultimately shaped your future. It all just depends on how much of yourself you're willing to give and what you decide to make of your experience.

Seahawks fly to success

By TAYLOR SHELDON

Super Bowl LX took place on Feb. 8 at Levi's Stadium in Santa Clara, California, between the Seattle Seahawks and New England Patriots. The 2026 NFL season was one filled with countless injuries among all teams, some proving to be specifically detrimental to their success during the playoffs. The amount of players placed on injury reserve this year spiked in comparison to past seasons. Some of the most notable players that heavily impacted their teams were Kansas City Chiefs' quarterback Patrick Mahomes who suffered a season-ending ACL tear in Dec., Green Bay Packers defensive lineman Micah Parsons who did the same thing as Mahomes, and the San Francisco 49ers lost several players throughout the entirety of the season, five of them being major players on the team. With the loss of big name players, teams suffered extremely, and their standing in the playoffs were impacted heavily as a result.

In the Wild Card rounds, the 49ers defeated the reigning champions of 2025, the Philadelphia Eagles, and the other winners that advanced to the next round were the Los Angeles Rams, Chicago Bears, Buffalo Bills, New England Patriots and Houston Texans. In the Divisional round, the Denver Broncos barely squeaked by with an overtime win against the Bills. The Seahawks, Rams and Patriots also pushed through to the Conference Championships. The Patriots took over the Broncos 10-7 and the Seahawks conquered the Rams 31-27, setting the stage for Super Bowl LX. Both contenders in this head-to-head battle have put up equally exceptional seasons with the Patriots holding a

record of 17-3 and the Seahawks with 16-3.

Super Bowl LX has been estimated to have attracted around 130 million viewers, breaking previous viewership records, the most to date. The fans weren't just from the US; the event reached international fans from all over the globe. This was most likely due to the influence of Puerto Rican rapper and singer, Bad Bunny, who performed the halftime show, drawing in attention from outside the US. The game itself was unfortunately not much of a game at all. The Seahawks dominated the first three quarters with the score being 12-0 going into the fourth quarter, all of which were obtained through field goals. The final quarter brought some action with the first touchdown of the game being scored by tight end A.J. Barner of the Seahawks to push the score to 19-0. The Patriots, eager to put themselves on the board and avoid a shutout, answered with a touchdown of their own shortly after when wide receiver Mack Hollins completed an over-the-shoulder

catch in the endzone, putting the score to 19-7. The Seahawks defense was undeniably exceptional and a key reason as to why they saw such success this season and were able to overpower the Patriots, as they forced three turnovers, two interceptions, and recorded six sacks against Patriots quarterback Drake Maye. Seahawks kicker Jason Myers' efforts did not go unnoticed either, as he set a new Super Bowl record for points scored by a kicker with his astonishing 17 points. The Seahawks put away the game with an ending score of 29-13, securing their second championship in franchise history. Running back Kenneth Walker III was named Super Bowl MVP with his standpoint offensive performance of 135 rushing yards on 27 carries. Although the season didn't end how they'd hoped, the Patriots have a lot to be proud of with what they accomplished to reach the Super Bowl. As for the more local team in relativity, the Seahawks have brought honor to the west coast.



Internet Photo
Sam Darnold and Mike Macdonald celebrating Super Bowl win

NFL Major Coaching Changes

By KARINA SWARTZ

The NFL off-season has once again been defined by major coaching changes as several franchises decided to move in new directions following disappointing seasons. From veteran coaches being replaced to young coordinators getting their first opportunities, the league's latest coaching carousel reflects the growing pressure to win in a highly competitive environment.

One of the biggest moves came from the Arizona Cardinals, who hired offensive-minded coach Mike LaFleur to lead their rebuild. After struggling near the bottom of the standings, Arizona is hoping LaFleur's creativity and experience can help develop its young roster and restore stability. Similarly, the Buffalo Bills made a bold decision by promoting Joe Brady to head coach after moving on from longtime leader, Sean McDermott. Despite consistent playoff appearances, Buffalo's lack of postseason success led

management to seek a new voice.

The AFC North had the biggest coaching changes, with the Pittsburgh Steelers replacing Mike Tomlin, who had the longest winning season streak and a super bowl win, with Mike McCarthy. The Baltimore Ravens replaced John Harbaugh, who was with the team for 18 seasons and contributed a super bowl win as well, with Jesse Minter. The Cleveland Browns also fired their head coach, Kevin Stefanski, and replaced him with Todd Monken, attributing to massive changes in the North.

In Las Vegas, the Raiders also turned the page, reportedly selecting Klint Kubiak as their next head coach. After an unstable stretch marked by frequent changes, the organization hopes Kubiak can bring long-term structure and offensive balance.

Several other teams followed similar paths. The Miami Dolphins hired Jeff Haflay in hopes of improving their defensive performance, while the New York Giants

added John Harbaugh, bringing championship experience to a franchise searching for direction.

Beyond head coaches, many organizations reshaped their staffs at the coordinator level. Teams such as the San Francisco 49ers and Atlanta Falcons made key assistant coaching changes, emphasizing player development and modern offensive schemes. The Tennessee Titans hired the previous 49ers defensive coordinator, Robert Saleh, as their head coach, and the 49ers filled his spot with the Falcons former head coach, Raheem Morris.

Overall, this year's coaching changes highlight the NFL's "win-now" mentality. Patience is limited and franchises are increasingly willing to gamble on new leadership to gain an edge. As the new season approaches, these hires will be closely watched with fans and executives alike hoping their bold decisions lead to success on the field.

New Day in College Football

By KARINA SWARTZ

The 2025 college football season will be remembered for its drama, historic achievements and renewed debate over how the College Football Playoff (CFP) selects its champion. Indiana University enjoyed the season of a lifetime, finishing undefeated at 16-0 and capturing their first national championship in program history by defeating the Miami Hurricanes in the title game. The Hoosiers also won the Big Ten Championship and dominated in CFP games, including big playoff wins over powerhouse programs like Alabama and Oregon.

Other storylines included Miami's rise as a national contender fueled by explosive performances from breakout players, as well as ongoing frustrations from traditional powers like Notre Dame, who found themselves in the spotlight due to their schedule and playoff positioning. The season also featured significant coaching news and tactical shifts across major programs.

Despite the excitement, controversy surrounding the College Football Playoff persisted. Expanding to 12 teams was meant to reduce debate, but questions remain about which teams truly "deserve" a spot. Fans and analysts are still arguing about snubs and selections. One major issue is



Internet Photo
Indiana quarterback Fernando Mendoza diving into endzone

the requirement that conference champions receive automatic bids, even if they come from weaker conferences. In some cases, teams with multiple losses from smaller or less competitive leagues earned playoff spots over stronger teams from major conferences. Critics argue that this can lower the overall quality of competition and unfairly punish teams that play tougher schedules. This also creates other problems for teams who are not in conferences.

One central point of debate is strength of schedule (SOS). Ideally, SOS rewards teams that face tougher opponents, ensuring that an undefeated team isn't just unbeaten against weak competition. However, critics argue the current system doesn't always value SOS consistently. Some teams

with weaker overall schedules but one or two high-profile wins are ranked similarly to teams with more difficult slates, while others with strong resumes and challenging schedules are left out or under-ranked.

The advantage of a strong schedule is that it can justify a loss and show a team's true competitiveness, but the disadvantage is that it increases the risk of losses that hurt playoff chances. Conversely, easier schedules can boost a team's win total but may not prove its strength against elite foes.

As college football moves forward, debates over playoff structure, scheduling formulas and selection criteria are likely to continue, keeping fans engaged and analysts arguing long after the season ends.

Swim team ends the season with a splash



Internet Photo

By SALLY HSIA

As winter sports season wraps up at Lake Oswego High School, the Lake Oswego swim team finishes strong for the 2025-2026 season. The team is poised to enter the upcoming district and state championships strong on Feb. 20-21, while also providing triumphant results throughout the season's meets. The girls end their season with a 4-2 record, and the boys finish with an undefeated 5-0. Both teams surpassed their success from last year's season, accomplishing goals in swimmer's times and overall scoring.

For the leaders of the swim team, senior Kai Makino and junior Yahan Zhang, swimming isn't just about strokes and success; it's about the team. As a captain, Makino says that "making sure everyone is excited and ready for their race, cheering on their teammates,

and that everyone feels like they are a part of the team" is his number one priority. Zhang shares a similar sentiment, proud of how swimmers have lifted each other's spirits: "positivity and supportive talks before and after races really showed how strong our team culture has become, and it made the team feel like a family." Competing in events and races can be stressful, and just knowing that someone is on the bleachers rooting for you can make all the difference. Sports can get competitive at LO, but captains Zhang and Makino lead their teams through the season into district and state championships and make sure their teammates don't get lost in a sea of nerves.

As the season is yet to be finished, Lakers can show their support for the teams at the championships by cheering for a swimmer in a relay or race. Ultimately, it's the team dynamic and encouragement that lead to success.

Reemergence of polo at the LO Hunt Club



Internet Photo

By AHMED AL-AWADHI

Constructed in 1936, the Lake Oswego Hunt Club is an important landmark in our city. Originally, the land was for a polo field, but when the depression hit, Portland Polo lost interest. The field was transformed into a stable and the club focused mainly on trail riding. While not an official team of the Hunt Club, the practices still take place there. The coach, Brandon Alcott, is an experienced rider who has been playing Polo since the age of ten. He is immensely talented and was offered scholarships to Stanford to play polo. He currently trains the Oregon State University polo team. Many of the Oregon State Polo players are at the practice. The experience of playing polo at the club is awesome.

The sport is played in chucks (periods) of 7 1/2 minutes, and typically there are six of them in a professional match. Each team consists of four players who line up against

each other at the beginning of the match. A ball is thrown in and either side tries to scramble for the ball. At actual games there are two referees on horseback. The field is 300 yards long and both teams are trying to score the ball. The goal is two posts eight yards apart with no net. The lane rules can be confusing for newer players, essentially a player cannot cut off the line of the ball. If a player is dribbling the ball on their right then the defending player has to ride next to them and hit the ball on their left. Most people would assume this would be a no contact sport, but that's not the case; it's legal to push somebody off the ball by ramming your horse sideways into them. Sports like football have tackles, so imagine tackling somebody with a horse.

Another satisfying defensive play is hooking somebody's mallet to prevent them from taking a shot. Breaking away with a ball is one of the best feelings; cantering with your horse leaving everybody behind is really exciting. The best thing of all is that anybody can get into the sport.

Niche spring sports to try here at LOHS

By BEN SHANNON

There are many different sports that LOHS offers, and some sports are more popular than others, so if you are looking for a new sport to try out, there are many options to choose from.

The first recommendation is lacrosse. The lacrosse season is starting up in March, so there is still time to sign up. Lacrosse is competitive, fun and a great workout. You can make friends and go on trips to different places. Last year, the team went to Idaho for a tournament and had a great time. One of the team members, Wren Sundstrom (11) said, "It is a fun sport with a great team aspect. If you focus on the basics and commit time to it then it can be pretty easy to learn." So that sounds like anyone can do it.

Another sport to try is track and field. The season also starts in March, so there is plenty of time to get used to the sport before the season be-

gins. There are plenty of options to choose from in track and field. There are different events like sprints, distance, throwing or jumping. The sprinters run short distances around the track as fast as they can, while the distance runners focus on pacing and running for a long time.

For those interested in throwing, you can do the shot put where you throw a heavy metal ball as far as possible, the javelin where you run and throw a spear as far as you can, or the discus where you hurl a circular disk out into an open field.

The final sport to think about is swimming. Swimming is a great sport to try out because anyone can do it, and it is friendly to all levels of swimming ability. One of the swim team members, Owen Beaumont (11) said, "It is very intuitive. Anyone do it if they are willing to put in the work," which sounds like a plus. Another positive thing about swimming is that it is a full body workout and is good cardio. It also has a low risk of injury due to the fact it is in water.



Internet Photo

Laker Dance takes on nationals in Florida



By LAILA BRISTOL

Internet Photo

Lakers, D-Squad has done it again! Your Laker dancers spent the last week in Orlando, Florida, competing at Dance Team Union (DTU) Nationals. This competition is widely known to be one of the largest and most competitive dance events open to high school students and Laker Dance qualified for the past ?? years. By any standard, qualification alone is an incredible accomplishment but Laker Dance not only participates in this prestigious competition every year but also places exceptionally well in the final national rankings of

the routines that they bring to Florida.

Led by widely acclaimed head coach Haley DuLong, the 2025-2026 Laker Dance team consists of 5 freshmen, 6 sophomores, 5 juniors and 10 seniors. This year, the team brought not one, not two, not three, but four whole routines to DTU Nationals. For those of you unsure, that's a lot of routines.

The dancers completed a touchingly beautiful Jazz routine to Alex Warren's Eternity, and a Hip Hop to a bold mashup with jaw dropping special effects. Both of these routines earned the team a trip to the national semifinals. Although these two routines didn't place nationally, they still possess incredible artistic value. "Our Jazz really tells our story as a team and shows how lucky we are to have 25 sisters on the floor with us," stated senior captain Maddi Dale. She noted that the routine has frequently left viewers and dancers in tears due to its raw emotional connection and significance within the team.

In addition to Jazz and Hip Hop, the team also competed in Gameday, where they placed 6th nationally in the large varsity division. Last but certainly not least the dancers performed a

Phantom of the Opera themed Pom routine that sent them all the way to finals, where they placed 14th in the large varsity category. The routine was completely stunning, featuring partner stunts, never-ending turns, and

glittering hooded costumes; it is no surprise they placed so high in the nation. "It pushed our team technically and performance wise and has pushed the boundaries of Pom," explained senior captain Carys Cassidy, relaying the work put into perfecting her personal favorite routine.

Not only did their Pom routine place extremely high, but it also earned the Laker Dancers the DTU Be Bold award. This award is only given to one in the entire competition so the fact that Lake Oswego was able to take it home is nothing short of spectacular. "It means the judges found our routine to be very memorable... they said they will remember [it] for a long time," said senior captain Madison Cobb, gushing over her team and their hard work in this routine. While other teams may have taken a breath and relaxed after qualifying for nationals, Laker Dance's proactive schedule simply got more rigorous. 11.5 hours of practice is the norm for D-Squad and during nationals, that seems like a nice break for the dancers. The team had 12 hours of practice the weekend before finals and over 6 hours a day, for a handful of days after. "Aside from the fact that we have a strong work ethic, our love and friendship is what pushes us leaps and bounds forward and what makes us stand out against the competition," Said Dale, explaining the extraordinary team chemistry judges often comment on.

Live Laugh Laila



Get political

By LAILA BRISTOL

Something I have noticed in the past couple of months especially is that when I am talking with my friends or peers and a political topic comes up, many people my age shy away from the conversation. Some say "I don't want to get political" or "I'm not into politics" as if those words excuse their unwillingness to converse.

I believe that in this day and age, it is impossible to "not get political". In fact, please do get political. There is a line between politics and ethics and in our current times, this line has become ultra blurred. It has become increasingly difficult to see where the policies end and the moral dilemmas begin in our nation. For this reason, it is crucial that we stay informed and aware of the ongoing events that may not necessarily affect our Lake Oswego community but affect countless others outside of our bubble.

It is impossible to not get political when the cost of living is through the roof and millions of Americans can't afford health-care. When the accountability standard is so low for ICE agents who are detaining and killing citizens and tearing apart families. When our constitution, the basis on which our nation was founded, seems to hold less and less significance in the eyes of those in power. When extremism is so quickly weaved into the threads of most online media that we consume. When our president has been so closely tied to a convicted sex offender. When Artificial Intelligence is destroying our environment click by click and when so many people in our nation are living in fear of detention simply due to the way they look or speak.

I think that oftentimes people avoid speaking about politics for fear of being incorrect or inaccurate. To this I say: read. Read the news as many days of the week as you can. Sign up for a daily newsletter and educate yourself the best you can. I recommend The Morning Newsletter from the New York Times. The best way to fight injustice is knowledge and we are depriving ourselves of this power by not reading or keeping up with the current events in our nation and global community.

Others of my peers are afraid of conversing about politics because they believe that their opinions might be deemed controversial or because they might face disagreement. I think it is crucial to understand that educating yourself doesn't mean that you need to have the same opinion as everyone else around you. To me, it means that you take the time to form your own well rounded opinion based on facts and accurate sources. It is okay to have a controversial opinion as long as it is well grounded. As humans, there is no way we will agree on everything all of the time. In fact, disagreement fuels creativity and allows us to see important and differing sides to every issue. I appreciate when people have different political ideology and opinions than I do, as long as they are thoughtfully formed.

There is no such thing as "too political" when our generation is the future. It is solely up to us to find solutions to the pressing issues that face our nation everyday. We can no longer afford to be bystanders to the news and current events that stack up each day. We have gotten to a point where it is simply irresponsible of us to willingly turn a blind eye to conflicts in our nation because they don't directly affect us. Despite how polarized we might be right now, our nation is a community and something that affects part of our community indirectly affects us all.

With all of this said, I urge you to get political. Inform yourself and take a stance. Get involved in conversations and share solutions because we are our nation's greatest hope.



Thumbs



By LAKE VIEWS STAFF

1. "Sure I can handle AP Calc next year!" - Famous last words during forecasting season.
2. #turnedthetvtonjustforthehalftimeshow
3. What's the best way to win over a girl? Pay a bunch of choir boys to sing love songs to her!
4. All I want to be when I grow up is a bush at the half-time show.
5. Anyone else have a snowflake shaped hole in their heart after no winter formal this year?
6. Someone really woke up one day and thought pushing a rock with a broom would be a good idea... Sorry curlers.

January and February drag down the year



Internet Photo

Man walking across the street in rainy weather

By SARA FIRMIN

In March and April we have spring break, May and June are the intro months to summer, July and August are summer, September is back to school, October has Halloween and November and December are the holiday season. The two least eventful months of the year, in my opinion, are January and February, especially since they are back-to-back. In addition, we have finals, cold weather, and the shortest (and darkest) days of the year. Unless you have a birthday, these months are the worst out of the whole year.

When Dec. starts, I am happy about the time of year. The holidays are here, family coming home, lots of good food, but after the holidays is when it gets hard to crawl out of bed in the morning for school. We get three weeks of school, then finals. One of the most stressful and tiring weeks of the year (the other being June finals), keeping students up until midnight, spending the weekend in their room glued to their desk. Finals week is only one of the components to making Jan. unbearable.

Secondly, the weather. I enjoy the cold... to a certain point. I feel refreshed when I walk outside in the morning to a 50 degree day in my jeans and sweater. But when the temperature is in the 30s, and it would be snowing anywhere else, I am given another reason to dread getting up in the morning. When I wake up in the morning to the snow shining through my curtains and a text from my friends saying school has been canceled, I am excited for a fun day in the snow with my friends. But no, our Oregon weather chooses to merely freeze us instead of giving us snow. Additionally, these days are the darkest of the year.

Having November and December with several days off, going back to school later becomes difficult. When we are given two months consisting of only three days off, most people's lives become unexciting. From my experience, going to school the week after winter break felt like a normal school week, but once we made it to the second week back at school, waking up at seven in the morning was a challenge. Departing from my warm bed suddenly became a struggle, and homework at night kept me up later than usual.

Maybe this is all brought about by the finals season, but nonetheless, my opinion stands. Jan. and Feb. are the worst months of the year.

How study routines have evolved over time

By TARA PIDAPARTHI

Study routines have changed drastically over the past couple decades. If we take a glimpse into the past, let's say the 1960s, we see students who worked with paper notebooks, library books, and had long stretches of time with uninterrupted concentration. Today, we have laptops, online textbooks, AI tutors, youtube videos online of teachers lecturing the material and, unfortunately, our phones buzzing nonstop with notifications every few minutes. The big, unanswered question we carry with us into 2026 is whether all of this technology is really helping us become more productive learners or are we just getting distracted every two seconds?

Taking a blast into the past, we can see that the 60s did not in fact have Google, Quizlets or 100 different people on YouTube explaining the same topic. Research meant physically going into the library, then digging through card catalogs and reading the entire chapters to find just the answer to one of their questions. It was slower, but it demanded an intrinsic level of focus. A 2024 retrospective on traditional study habits described this era as one where learning relied on "deep concentration supported by fewer distractions" (Marin, L. (2024). Reclaiming Focus: A Retrospective on Traditional Study Habits. Horizon Learning Review.)

Because there were a lot less distractions, students often spent longer periods in what psychologists today call deep work, the kind of sustained attention that will strengthen our memory and critical thinking schools.

Studying today, however, is much different. Modern students have access to more information than any generation before us. We can watch a five-minute video to summarize an extremely intricate concept that years ago required reading an entire chapter and searching for another hour for a book that contained that chapter. AI tools can quiz us or summarize notes.

So, are we studying better or worse? It's complicated. We have improved in the aspect that we have the resources to learn faster with digital tools; whether we use those resources for our advantage or not will vary between students. How we've declined is we've become so used to go-go-go motion: checking our phone every two seconds, instagram notifications taking precedence over our homework; we're struggling to understand a concept, and sustained focus has depleted.

The bottom line is, students in the 1960's most definitely had fewer tools but had stronger concentration. Students today have incredible tools but much weaker focus. When everything is at our fingertips, we're most likely not to chase it. The real challenge isn't just finding information but how to stay focused for a long enough period of time for people to actually learn it.



Internet Photo

Students studying for a test in the stairwell