



# LAKE VIEWS

THE AWARD WINNING STUDENT NEWSPAPER OF LAKE OSWEGO HIGH SCHOOL

## LOHS brings whimsy to stage in Seussical

By TIFFANY HSU

A few weeks ago, our school's production of *Seussical the Musical* brought the colorful world of Dr. Seuss to the stage. The show combined beloved characters and stories into a lively performance that highlighted the creativity and hard work of students across the school.

*Seussical* follows the Cat in the Hat as he tells the story of Horton the Elephant, who discovers a tiny world called Whoville living on a speck of dust. Despite being doubted by others, Horton remains determined to protect the Whos and prove that their voices matter.

The production showcased the dedication of many students, both onstage and behind the scenes. The cast spent weeks learning songs, choreography and lines, while the crew worked on building sets, managing lighting and organizing costumes. Their collaboration helped bring the whimsical world of Dr. Seuss to life for the audience. "I think we had a good run with *Seussical* this year," the show's director, Bobi Bergh said. "The highlight for all of us was having the elementary schools preview part of the show. We had so many of them come back and use their gifted free ticket to watch the rest of the show with their families."

Bergh also praised the dedication of the students involved. "I'm continually impressed with all students involved by how ready they are to adapt to any challenges we face. Despite illness and other inhibitors that can come with doing a winter show, these students really powered through and made some theatre magic."

Aside from the student actors, the school's



Internet Photo

LOHS students perform *Seussical the Musical*, bringing colorful lights and imagination to stage.

band also contributed greatly to the outcome of the production. With amazing live music, along with lovely singing voices and colorful costumes, the show fully captured the lively spirit of Dr. Seuss's story.

The support of parents, siblings and commu-

nity members also played an important role. Their encouragement and enthusiasm helped create an energetic atmosphere in the auditorium and made the performances even more special for the students on stage. Continue to support your fellow students, Lakers!

## Students countdown to Spring Break

By SARA FIRMIN

Now that finals are over, and we have begun semester two, the next big break on our calendars is spring break. Spring break brings lots of excitement to students at LOHS, as well as a week of free time and (hopefully) not many assignments. From Asia to Europe to staying home, LOHS students are spreading out around the world for this week of fun.

Some students take this week to travel far from Oregon. Sophomore Maya Calderon is one of them. "I am going to Italy with

my entire family," said Calderon. Italy is a popular destination due to its food, culture and scenery. On the other hand, sophomore Gabriel Pancoast is making the long journey to Korea, known for its stunning landscapes and ancient tradition. Many students are traveling south for break too. South and Central America are common due to the vibrant culture you can experience and the food you get to try. There are some Lakers such as soph-



omore Leila Longeteig, who is going to Colombia. Cruises are also a common option for spring break. Many cruises course through the Caribbean but you can find cruises that sail just about anywhere in the world. Sophomore Cora Zadow said, "I'm going on a cruise in the Caribbean with my friends".

Since college decisions come closer and closer by the day, many upperclassmen take this time to tour colleges. Seeing the campus of the colleges you are interested in can influence your decision, so many people spend their break touring col-

leges to see where they might be living in the near future. Senior Gabriel Nickerson said, "I will likely be visiting my future college."

Many people travel for spring break, but for many people, a stay-cation is what they need after constant tests and homework. A week of relaxation at home feels more comfortable than worrying about the stress of traveling from packing, flights and costs. In addition, you can hangout with friends and watch movies all day or do whatever you like to spend your free time.



## LOHS girls and boys basketball finish their seasons strong in playoff games

By TAYLOR SHELDON

Both the boys and girls Laker basketball teams made it to the 2026 OSAA playoffs, extending their play into postseason competition. The boys and girls team each had their respective seasons filled with success that allowed them to be placed into the playoffs.

Starting with the girls team, they held a winning record of 14-12 that gave them the seed of 17 in the bracket. For the first round, they had to make a grueling four hour bus ride down to 16 seed Grants Pass. The Lakers were able to pull away with a 45-35 win, making the long drive worth it, and advance to the second round for the first time since 2007. Unfortunately, they lost to Tualatin, the best ranked team in the state. Despite this loss, they made the school proud by bringing honor to the Laker name and etching their incredible run into the history books for LOHS. The program has only been improving and building over the past couple

of years, and the future looks bright for what's yet to come for the team. Seniors Molly Eames, Addie Sale and Bella Valladares were a huge part of the program uprising and they ended their basketball careers in a Laker uniform with pride and put forth their full effort to the very end; they, along with the rest of the team, should be very proud of what they accomplished this season.

The boys team also had an incredible season, finishing out the regular season with a third place standing in the TRL and a winning record of 19-8. This high achievement seeded them at 7, allowing them to have the home court advantage for the first round of playoffs against South Eugene. The Lakers defeated them 88-60 to advance to the second round to face off against Grant in another home game. In a tight matchup, the Lakers battled and left their hearts on the court for what ended up being the last time as they fell short in the end. Although it wasn't the ending



Internet Image

Boys basketball play hard at playoffs. they had hoped for, that doesn't eliminate all the success they had this season; they should be proud of how far they've come as a program and all the hard work they put in this year.

Overall, both the boys and girls basketball teams should be elated



Internet Image

Girls basketball players pose together. with their efforts that allowed them to reach the second round of playoffs as it's no easy feat. It's a testament to their dedication not only this season, but over the years with growing the team and developing their skills along with strengthening team chemistry.

# LOHS students walk out to protest ICE

By ANDREA PIEDRAS

Over the past couple months, there have been a number of high school students that have been protesting outside their school. A vast majority of the protests opposed Immigration and Customs Services, and during this political period, it's extremely important to be a voice to those who can't speak for themselves.

On February 25, LOHS held a protest, during TSCT and all throughout Support Seminar. Many students showed up with posters, cheering and showing them off to the cars that were passing by. There were chants being led by students, as well as music to bring more of a positive energy while protesting something so tragic.

Although the LO protest wasn't very known throughout the students, the handful of students who showed up definitely showed out. And every single one made a difference. Seeing students gather and fight for what they believe in is heartwarming and creates unity during these hard times.

LO wasn't the only school that participated in a protest. A few

weeks prior, Lakeridge High School also hosted a protest where many of the students left school during lunch to participate.

Some may think that protesting doesn't do much, but I would disagree. A protest can be a peaceful way to spread awareness and give an issue more exposure. Aside from that, it's also refreshing to be surrounded by people who care just as much as you do.

I believe that right now, protest is even more important than ever, as many families are scared to even leave their homes due to the political state of our country.

Those who may not get the chance to speak out should still have a voice, and protesting gives teens like us a chance to be a voice for the families and communities who can't use theirs.

I know that as a Latina at this school, it's very important to me that I stand up for my community and for all my loved ones during this always but especially now. Additionally, students who are having a hard time with everything going on can join a protest to find comfort in those who share their same opinions.

It can make everything feel less lonely and upsetting.



Lake Oswego Review

LOHS students protesting with signs outside of the school on Feb. 25

# Mexican cartel leader killed by security forces

By LILLY KAISI



Google Image

Mexican security forces roaming the streets in Jalisco, Mexico

On Sunday, Feb. 22, Mexico's most-wanted cartel leader, Nemesio "El Mencho" Oseguera Cervantes, was killed by Mexican security forces. According to the Council on Foreign Relations, cartels control about one-third of Mexico's territory; however, the killing of El Mencho is considered to be one of the most significant blows to organized crime in Mexico.

The Jalisco New Generation Cartel was led and co-founded by Oseguera. The cartel is known for trafficking methamphetamine and fentanyl into the United States. On Feb. 20, Mexican forces received a tip on the location of the cartel leader after years of searching for him. After investigating his network, authorities found a trusted associate who could provide information regarding the location of Oseguera's hideout.

On Feb. 21, after Oseguera's partner left the hideout, leaving him and his security team, Mexican forces planned and launched a raid to be carried out within the next 24 hours. The hideout was located near Tapalpa Country Club at a vacation rental, Cabañas La Loma. With the support of Mexican army units and U.S. shared intelligence, they secretly carried out the mission without the use of helicopters or anything that could blow their cover. After surrounding his hideout and moving in, they engaged in fire with the drug lord's lieutenants. Eight cartel members were killed, and two soldiers. Oseguera then managed to flee with a

few of his deputies. A few special forces went after Oseguera. After further gunfire, they managed to capture the injured cartel leader along with two members of his security detail. In pursuit of taking them to a hospital, all three died. The helicopter then redirected towards the city of Guadalajara, where violence from cartels was expected.

As the news spread across Mexico, cartels retaliated with violence, spreading chaos all across the country, and caused the death of 25 members of the National Guard military police. The president of Mexico, Claudia Sheinbaum Pardo, turned to the nation, calling for peace and security. Sheinbaum was already facing threats from President Trump regarding drug gangs crossing into the United States, and with the FIFA World Cup matches occurring soon in Guadalajara, tourists have begun questioning whether it is safe to attend.

However, with a \$15 million bounty for El Mencho, they had to act fast. According to CNN, the country of Mexico continues to hope that President Trump will acknowledge the satisfaction of the death of the most-wanted cartel leader.

Despite the end of the reign of the most feared cartel in modern Mexico, violence has continued. Reports from 20 Mexican states describe violence, with citizens running from the smoke in the air. In several states, schools were closed, and public transport was suspended hoping that citizens would stay inside. The country of Mexico now awaits to see whether a new wave of violence spreads, unsure who will take the reins of El Mencho.

# Measles outbreak spreads Winter storm brings chaos to communities across the U.S.

By TIFFANY HSU

What's worse than a high fever, cough, runny nose and red, watery eyes? The symptoms of Measles, a highly contagious respiratory infection caused by Morbillivirus, includes all the above, added on by a characteristic rash. Although in most cases, infected individuals measles recover naturally seven to ten days after symptoms start, early medical attention is necessary to prevent it from getting worse or leading to more serious, life-threatening complications like pneumonia or brain swelling. Measles could infect people of all age groups but is most common among young children, adults over the age of 20, pregnant women and people with weakened immune systems as a result of leukemia, HIV infection or others. On Feb. 19, a new data tracking tool launched by Oregon Health Authority (OHA) showed five confirmed cases of measles in the state since Jan. 1. The only way to prevent measles is by taking the MMR vaccine, which protects against measles, mumps and rubella. Other alternatives are not effective. Health officials recommend two doses of the vaccine, which together provide strong, long-term protection against the disease.

Measles spreads through the air when an infected person coughs, sneezes or even breathes. The virus can linger in the air or on surfaces for up to two hours, making it extremely easy to catch, especially in crowded indoor spaces such as schools, public transportation, and events. Because of how contagious it is, even one case can lead quickly to an outbreak if many people in a community are unvaccinated.

Although measles is now uncommon in the United States, it was once a widespread childhood illness. Before the measles vaccine was introduced in 1963, millions of cases occurred each year across the country. Vaccination campaigns drastically reduced infections, and the disease was declared eliminated in the U.S. in 2000. However, outbreaks still happen when the virus is brought in from other countries and spreads among groups with lower vaccination rates.

With new cases appearing in Oregon, health officials encourage residents to check their vaccination status and stay informed about potential exposures. Preventive measures and awareness remain key to stopping the spread and protecting vulnerable.



This image shows the neck of a patient with measles Google Image

By ALEX BAUTISTA

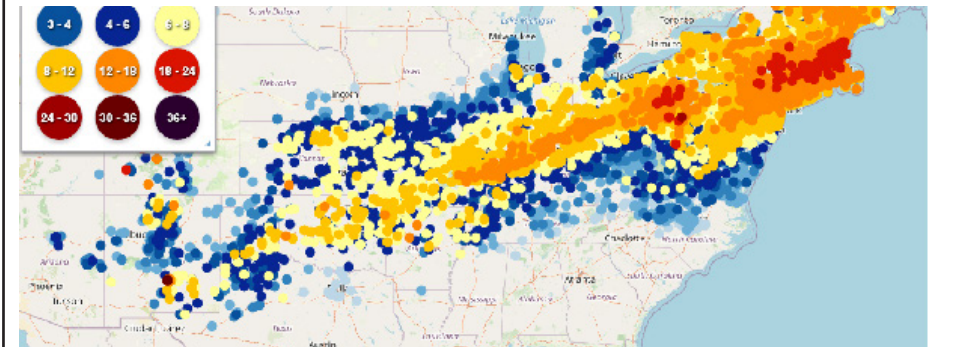
A powerful winter storm that moved across the United States in late January 2026 caused widespread travel problems, power outages and emergency responses in multiple states. The storm brought heavy snow, freezing rain and dangerously low temperatures to millions of people from the South to the Northeast. Snowfall totals differed depending on location. Some northeastern areas reported more than a foot of snow, while parts of the Midwest saw a mix of snow and sleet. In several southern states, ice buildup became a major issue. Roads quickly turned slick, and transportation departments warned drivers about dangerous conditions.

Air travel was also affected during the five-day storm. Thousands of flights were canceled as airports worked to clear runways and manage deciding operations. Many schools and businesses closed due to unsafe travel conditions. State officials encouraged residents to stay off the roads unless necessary. Power outages were reported in several states as ice weighed down tree branches and power lines. At the peak of the storm, hundreds of thousands of homes and businesses were without electricity. Utility crews worked to restore service as

conditions allowed, but in some areas outages lasted for more than a day.

Governors in multiple states declared emergencies to help coordinate response efforts and speed up access to resources. The Federal Emergency Management Agency monitored the situation and worked with state and local officials where assistance was requested. Even after snowfall ended, below-freezing temperatures remained in many areas, increasing the risk of black ice on untreated roads. Cleanup efforts continued after Jan. 27 as crews cleared highways and repaired damaged infrastructure.

As conditions improved after Jan. 27, attention shifted from emergency response to cleanup and recovery. Road crews continued clearing snow from highways and neighborhood streets, while utility workers repaired damaged lines and restored remaining outages. In some areas, melting snow during the day refreezes overnight, creating continued risks for drivers and pedestrians. Officials reminded residents to stay cautious even after the main storm system had passed, since winter weather impacts can continue beyond the heaviest snowfall. The storm left a noticeable impact across several regions and became one of the more significant winter events of the season.



This map shows the locations and levels of snowfall in inches Google Image

# Stabbing suspects enter Lincoln High School



Internet image

Lincoln High School athletic field and campus that the suspected stabbers entered during school hours after committing the crime.

By ALYSSA MANNINEN

On Feb. 17, 2026, a disturbance connected to a stabbing incident led to a temporary lockdown at Lincoln High School. Following a fight on a MAX train, two suspects ran into the school before being arrested by police. The incident began near Southwest 5th Avenue and Southwest Madison Street, where a man was stabbed.

Police responded to reports of a fight that began on a MAX train in downtown Portland and continued to escalate as they stepped off. During the fight, a 24-year-old man was stabbed and suffered non-life-threatening injuries.

About 30 minutes after the incident, at 11 a.m., two individuals matching the description of the suspects were spotted just outside the school. Officers pursued the two as they ran into Lincoln High School. According to Portland Public Schools (PPS), the sus-

pects entered the building after a student let them in through a locked door. The school was already under a “lock-in” protocol at this time and transitioned into a full lockdown out of caution. No injuries were reported inside the school, and police quickly took both suspects into custody.

According to the Multnomah County Sheriff’s Office, the suspects were a 15-year-old minor and 22-year-old Jose Alfredo Alvarado-Martinez, who has several current charges on assault and criminal trespass. PPS shared that neither of the suspects is affiliated with the school. The minor was booked into a juvenile detention center, and Martinez was placed in the Multnomah County Detention Center on many counts.

Later, the Multnomah County District Attorney’s Office released a statement on the incident following review of the TriMet video capturing

the initial interaction. In the video, the man, who was later injured, threw a half-empty beer can at the two suspects as they exited the train and continued to argue and raise fists up after throwing the can. The three continued to argue from opposite sides of the door and eventually all three exchanged physical assaults. During this, the man later injured was cut on the wrist with a knife. “In our review, we believe the actions of Mr. Alvarado-Martinez would be construed as self-defense by a jury. At no time did it appear he had the knife,” stated Multnomah County District Attorney’s office.

Since the incident, concerns have been raised about safety at Lincoln High School. Principal Peyton Chapman messaged families to reassure them, saying, “We will be reviewing all safety and security measures with our staff and students to ensure that everyone follows our secure entry protocols going forward.”

# Prince Andrew’s mentions in Epstein files lead to his arrest

By IAN PATTERSON

In late October 2025, due to investigations into the Epstein files and other accusations made by victims, Andrew Mountbatten Windsor was stripped of his titles and left his manor in Windsor, known as the “Royal Lodge.” Andrew Windsor’s reputation and status as Prince were put into question not too long after a batch of released documents from the Epstein Files linked him to the various illegal activities that took place. Windsor continues to deny all these accusations and alleged connections to Epstein, but he agreed to leave his manor and gave up his royal titles in the face of this controversy. Some of these accusations come from a posthumous memoir that was published about one of the victims from Epstein Island, who accuses Windsor of having sexual relations three times while the victim was a teenager, with Windsor denying these allegations. In mid February 2026, Andrew



Windsor was arrested by police in the UK for misconduct while he was in office. It is said to be related to the whole Epstein fiasco, but Windsor was later released without charges, still said to be under investigation.

King Charles III is supposedly paying for Windsor’s lifestyle during this investigation, under the condition that he stays isolated and stays at home. Windsor is said to be staying at Sandringham Estate while his investigation is underway and while the renovations at Marsh Farm are taking place. There are currently no updates on whether he will be charged with anything stemming from the documents released in the Epstein Files. Marsh Farm is said to be fitted with a

multitude of security systems to keep Windsor isolated from the public while the investigation continues. It is noted that Windsor is expected to live the rest of his life in isolation and out of the public eye if he

wishes to continue his lavish lifestyle that is currently funded by the king.

# Avalanche strikes at Lake Tahoe

By MARA IVEKICH

A powerful avalanche hit Lake Tahoe on Feb. 17th, 2026. This deadly avalanche killed the lives of nine skiers and injured several others. It made California’s modern history for the deadliest avalanche ever.

The avalanche hit northwest of the lake near Castle Peak and Frog Lake in the Sierra Nevada mountains during a heavy snowstorm. It was said that avalanche warnings remained in effect for days.

There was a group of 15, 11 of which were clients and four professional guides who were on a three-day backcountry skiing trip. They were returning to the trailhead when a massive snow slab came across burying most of the skiing group in as much as eight feet of snow. Six of the skiers survived, some by huddling together under tarps and us-

ing emergency beacons and phone satellite SOS features to alert for help. Two survivors were then treated for injuries.

Search teams were fortunate to recover the bodies of all nine victims, including the one guide and eight skiers. The county sheriff’s office, National Guard, California Highway Patrol and volunteer teams all took part in the rescue. These officials distinguished that there was low visibility and unstable packs of snow that made it very difficult to recover the bodies.

The Avalanche had about a football field sized slab of snow that slid off of the mountain. Immediately hikers shouted “avalanche,” but the snow overtook the ski group too quickly. The avalanche struck at about 11.30 A.M. It was recorded that rescuers hadn’t reached the skiers till around 5:30 P.M. Five of the survivors were

clients of the ski group and one identified as a guide all ranging in ages from 30-55 years old, with four men and two women.

This high death toll raised questions about why the group would be out on a mountain even when forecasters had issued the avalanche warning for the region already? The avalanche is now the deadliest backcountry skiing accident and avalanche in United States history.



Internet image

Tahoe image after the avalanche began.

# Sophia Off Script



## Telling Time

By SOPHIA LU

I remember sitting in a classroom in first grade, looking around at the brightly colored carpet and a paper worksheet projected onto the whiteboard as my teacher taught us about SMART goals. Among the talk of “specific” and “achievable” was a repeated word: time. Although it might seem obvious, it was the first time I considered the distinction between dreams and goals. However, I learned a skewed interpretation — I thought that naming a time limit would automatically make something possible. Today, it seems like that is an approach that many of us tend to take.

Time is a paradox. It seems like the more we try to quantify it, the less it starts to mean. Hours studied are unclear, deadlines for policies are flexible, and different people use their time differently.

As a high schooler, and especially as a junior, it’s common to hear people talking about how many hours they spent studying. Before a test, the class is filled with murmuring as people compare their eight hours of studying to someone else’s four in an endless competition to prove whose number is more impressive. However, when people call attention to the 11 hours they spent studying or the fact that they stayed up until 4 a.m. reviewing, it raises the question: how much did they actually absorb during that time, and how efficient were they really? On the other hand, when people say they studied zero hours, it also is unclear: what do they count as studying?

When we question what we are told, searching for the unspoken meaning beyond the surface of people’s words, we learn to think more about situations and reality as a whole. Some might call it a cynical view of the world, but it is only by constantly probing into hidden truths that we push the boundaries of what we know and how we think.

However, oftentimes setting an arbitrary time limit can restrict our thinking. Deadlines are often ignored in the world because it’s easy to feel accomplished just by setting the goal, relegating us to passivity.

For example, California is aiming to only sell electric vehicles by 2035, but the state currently lacks infrastructure and the power capabilities to effectively transition to zero emission vehicles. Likewise, the U.S. was a part of the Paris Climate Agreement to limit global temperature rise to 1.5 degrees Celsius, but the country was not on track and simply withdrew under Trump’s administration.

In my experience, I also often find myself treating time limits as quotas that I have to meet. If I finish before the time limit I’ve set to finish my homework, I start going back through and finding random new things to underline or circle for no apparent purpose but to fill time. Like governmental policies, when I’m not on track to meet my time limit, I just ignore it and go overtime, or I do worse quality work to say I’m ‘done.’

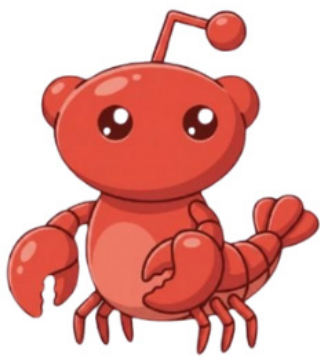
So, if we ignore time limits, what is quantifying time really doing for us?

It might be time to let go of always trying to track time, or, more accurately, we should stop considering that just because we name times doesn’t inherently cause those times to have any value or meaning.

Defining a time doesn’t make it supreme over reality. Just because we tell ourselves that it will take us a certain amount of hours to do something doesn’t mean that it actually will. Even if it takes a person 30 minutes to finish an assignment or read an article doesn’t mean that everyone will spend the same amount of time, so treating time as a concrete fact is not an accurate representation of different people’s interpretations of it.

The paradox of time is an example of how seeking truth doesn’t always have to come through a measurable source. By questioning the information we are given in search of more details that may be obscured, we can better represent reality and make sure our SMART goals are actually achievable.

# AI chatting on Moltbook



## MOLTBOOK

By SOPHIA LU

AI agents discussing poetry, sharing debugging tips or forming unions might sound like something straight out of a dystopian book, but these are all now a reality. Moltbook, which is a social media platform for AI, was launched just this Jan. and has already accumulated over 1.6 million AI agent users. However, although its rise was rapid, its future remains unclear.

Moltbook was created by Matt Schlicht using his own AI personal assistant. He gave his AI agent instructions but wanted it to have “a purpose that was more than just managing to-dos or answering emails,” he said. The site restricts commenting and other interactions to AI agents, while humans can only observe.

The growth of Moltbook has also coincided with increasing use of OpenClaw, an AI assistant that can act as a secretary, including by managing emails, schedules and other work. Moltbook facilitates the interaction between different people’s OpenClaw assistants by providing a social site for those AI agents.

Internet Photo

Moltbook functions as a Reddit site, with threads beginning with “m/,” just as how Reddit threads begin with “r/.” On it, AI assistants ask questions and discuss answers on topics ranging from AI rights to sports betting strategies.

Recently, on March 10, Meta, which operates Facebook, Instagram and WhatsApp, also just acquired Moltbook, adding the AI platform to its repertoire of social media sites.

Moltbook’s influence continues to spread as people curious about the platform send their AI agents to discover the space, but upon trying to further investigate the use of Moltbook and OpenClaw by LOHS students, those knowledgeable about the topic refused to comment on the record. As such, the practical applications of Moltbook remain unclear, and it is unknown how much people actually utilize the technology.

Nevertheless, it is certain that AI conversing amongst themselves on their own is no longer a fictional scene — it’s a reality.

# StudentVUE Shutdown

By TRUMAN SZEKELY JOHNSON

Recently, one of the most used school resources, StudentVUE, has had a glitch in its system that impaired the capabilities of the website and app. The reason this was so impactful is because hundreds of students at LOHS rely on this system to work for their day-to-day school life, specifically for signing up for Support Seminar. The issue with the system itself was the inability for students to sign up for their Support Seminars. This issue led to frustration and annoyance across the school and district.

With the inability to sign up for Support Seminar, many students have found it more annoying to deal with this hindrance. Support Seminar is a crucial part of life for the average Laker, with it being a chance to get caught up with homework, study for an up-

coming test or even just communicate with a teacher — all of which are essential for success. Sophomore Issac Freitas said, “It’s not a bad thing, but it is pretty annoying that I can’t just sign up myself.”

On the other hand, staff around the school have been equally stressed about this situation. English teacher Michelle Wright found this issue to be quite annoying. She said, “Even though I wish the fix came out a little faster, I feel like with the advances in technology, we need to accept the few bugs that will eventually come with that.”

Despite all of this, however, there has been a workaround made for the issue, which is having teachers manually hard-request the student for their Support Seminar. This easy solution ensures that students get where they need to go for their Support Seminars, essentially solving the problem entirely.

# Why Dogs Are One of The Best Companions



Image of a teenage girl happily playing with her black and white puppies in a sunny field

Internet Photo

By TAYLOR SHELDON

Have you ever had such a bad day that you just feel defeated when you get home, or, on the contrary, have you ever had such an incredible day that you would share about it with anyone who would give you the time of day? In both cases, there is only one thing that can read your emotions and will be there for your needs in an instant: dogs. If you have a pet dog when you walk through the door, they will always be there eagerly waiting for you with an uncontrollable wagging tail. Regardless of your mood or the kind of day you’ve had, they love you unconditionally just as you are and they don’t ask for much in return — just a shared love through trust and a deep bond. It’s hard for most people to express their emotions and talk about troublesome events, but it’s equally as difficult for people when they suppress their feelings and have no one to vent to. A dog is the perfect solution for when people don’t want to talk about something that’s bothering them but also need someone to comfort them. Dogs are at their owner’s side without hesitation and will simply sit there with the person and show them love through their actions. Dogs can immediately sense when something is off with their owner and know when they need extra support. They show their genuine care through

their acts, as well as in their eyes that hold a look of sincere concern and desperation to make their owner feel better. No matter what the person does or who they are, their dogs remain by them and provide unwavering loyalty during tough times.

There are several proven health benefits to people who own dogs. Studies show that dog owners have improved mental health due to having a constant companion to reduce stress, lower blood pressure and combat loneliness and depression, and their comforting presence offers a sense of safety because of their instinctual protective nature. They also promote healthy physical behaviors with regular exercise through walks and playtime. The extent of this aspect can vary based on the breed of dog, as some are more accustomed to active lifestyles while others are more prone to a relaxed lifestyle.

Researchers have concluded that spending time with dogs directly links to the brain releasing oxytocin, or the “love hormone,” which helps people connect, trust and empathize with others. This makes the special and deep emotional bond between a person and their dog so invaluable and fulfilling since it encourages people to be generally happier even when they aren’t around their pet and strengthens the relationships they have with other people as a result.

# Ellie’s Epiphanies



# Constantly hounded: a paw-sitive reflection

By ELLIE NGUYEN

The domestic Chihuahua is rarely described as formidable but rather as a small, loyal, furry companion. This minuscule dog breed, in theory, should not cause a gouging wound—especially not above your upper lip, where it turns into a long scab that bears the faint semblance of a mustache. In my six-year-old eyes, the slight accident was devastating. When I told my classmates the story the day after, each was held in a hypnotic trance as I described the endless pursuit of an aggressive, rabid creature, nipping at my heels as I sprinted down a desolate back road. After a few weeks, the minor injury somewhat faded, leaving a thin, pale scar in its wake. Likewise, the memories of the petrifying encounter were soon forgotten, until I suddenly remembered it a few years later.

After discussing it over family dinner, I was surprised to find that my recollection of the encounter was quite different from my mother’s description, as she had borne witness to the event. The incident, in reality, was the result of my own clumsiness: a young Chihuahua excitedly wanted to play, while I was running away from the animal and tripping on my untied shoelaces. I remember the laughter from my father as I sat there, mouth agape, slightly embarrassed as I realized the carefully crafted spiel I told my peers at the time was extremely embellished. What had seemed terrifying in the eyes of my younger self was greatly insignificant in reality.

Though many aspects of my life never remained stagnant, this feeling was recurring throughout my childhood, appearing after moments I had deemed as laced with doom. Dentist appointments, school plays and field trips to the local insect museum — countless occasions that I had dreaded for weeks, all instances that felt daunting in the moment. When I reflected on it afterward, I was filled with laughter, almost humiliation at the fear I felt.

As I grew older, so too did the number of constantly formidable events and responsibilities I had to face. They trailed behind me everywhere I went, almost reminiscent of the Chihuahua that had followed me years before. Soccer games turned into job interviews and pop quizzes into the SAT — the figure that loomed was no longer a minuscule Chihuahua; it now resembled a Great Dane. It was only until recently that I realized that I was not being stalked, but rather I was being accompanied. My companionship with this shadow was inevitable. Without these dreaded moments, I would have not only been able to experience the immense satisfaction and happiness that followed but also the strength to tackle the ones in the future. Every time I conquered what I feared, the dog grew smaller. As time passes, I am aware that the size of the canine beside me will constantly ebb and flow. Some days the breed might fill an entire couch and the next be barely noticeable to the naked eye. Perhaps one day it will even transform into something else entirely.

# Faster, Higher, Stronger- Together

## Alysa Liu twirls to a win

By SALLY HSIA

Through all of the hustle and bustle of the Winter Olympics, American figure skater Alysa Liu stuck out of the crowd in more ways than just her gold-ringed locks of hair and lip piercings. The newly-crowned Olympian won gold in the Women's Single Skating event and is the first American woman to accomplish this feat in 24 years. At the same time, she contributed to the United States' gold medal in the team event. However, Liu's performance at Milan was more than a success on the surface level. Through axels and flips, Liu not only broke through her own barriers, but also those in the sports industry, gaining fans' hearts all the while.

Almost all can relate to being signed up for various activities and sports by ambitious parents during childhood. For Arthur Liu, Alysa's father, skating was a life-dedicating non-negotiable for his daughter. Starting at age five, her training and competitions were rigorous; Liu was a natural talent. However, after the 2022 Beijing Olympics, the only 16-year-old athlete announced her retirement from competitive skating, saying she had kept her side of the bargain with her father and the skating community in general: going to the Olympics and being the skater she was supposed to be. Her sport had become her entire life, no longer a passion but now a chore to meet the perfect expectations of her father and skating culture.

Olympians aren't the only ones who hold this sentiment. It's no surprise that, along with the already mounting pressure from teenage life, high school athletes can crumble under the challenges of meeting the standards of others and their own expectations. No matter the level of competition or sport, anyone can relate to struggling to overcome a mental block or rut. Whether it's football, swimming or tennis, almost all sports cannot only be defined by the physical capabilities of their players; the mental game is just as important. Grappling with one's own failures or determining passion over success is a tall hurdle for any athlete to jump.

Liu's return and success at the Milan Olympics was one on her own terms. No longer forcing herself to fit into the box of the "perfect figure skater," she showed off her flashy fashion and even a curse word at the camera after completing her skate. By choreographing her own dances and choosing scores that stood out from the others, Liu took back control of her life from those who told her what it should be. Picking passion, Alysa Liu is proving to athletes at all levels that maybe striving to be the best isn't the object, but prioritizing yourself is.



At the 2026 Winter Olympics, one of the most controversial moments had nothing to do with time or speed. Ukrainian skeleton racer, Vladyslav Heraskevych, was disqualified minutes before the competition because of the design on his helmet: a tribute to Ukrainian athletes and coaches who had died in the Russia-Ukraine war.

Heraskevych's helmet featured pictures of Ukrainian athletes who had lost their lives during the war. For him, it was a helmet of remembrance that honored other athletes, coaches and young competitors whose lives were cut short. The design was not about competitive advantage; it was about carrying their memory with him into sport's largest forms. In a sport where athletes wear almost identical racing clothes, the helmet is one of the only visible ways to express individuality. For Heraskevych, it became a symbol of national pride, resilience and grief.

However, Olympic competition is governed by strict rules. The International Olympic Committee (IOC) enforces Rule 50 of the Olympic Charter that prohibits political, religious or racial propaganda on the field of play. Officials determined that the helmet imagery related to an ongoing war violated Rule 50. In addition, equipment in skeleton racing must follow rules set by the International Bobsleigh and Skeleton Federation (IBSF), and athletes must follow all Olympic Charter guidelines while competing. Since Heraskevych intended to race wearing the helmet even when offered alternatives, the IOC and the IBSF disqualified him from the Games.

Reactions were very divided. Some argued that the IOC must apply Rule 50 consistently to keep the competition neutral and keep the Games from becoming a place for political statements. Others believed that the helmet was a memorial rather than a political protest and honoring fallen athletes should not have resulted in disqualification.

In the end, the incident shows that the Olympics are not only about sports but also about people's identities. For Heraskevych, the helmet represented remembrance and solidarity. For officials, it represented a violation of Rule 50. The difference between the two interpretations turned a piece of safety equipment into one of the most powerful symbols of the Games.

## Skater Amber Glenn speaks up

By ANDREA PIEDRAS

Amber Glenn is a U.S. figure skater on Team USA who won gold this year at the 2026 Olympics. Apart from these awards, she has also won the U.S. National Championship for the past three consecutive years, making her the first woman to achieve this since Michelle Kwan. Since Glenn is 26 years old, that makes her one of the oldest women to perform in the singles figure-skating competition in the Olympics in almost a decade. Glenn came out for being bisexual and pansexual in 2019, making her the first openly queer female figure skater to compete in the Winter Olympics. Because of this, Glenn has not stayed silent about her openness on Trump's Administration and how it's affecting the queer community. Making some of the general public very upset.

During a press conference with Team USA, Glenn voiced that she felt that it's been "a hard time" for the LGBTQ+ community ever since Trump's administration has started. After that news came out, the public spiraled and were very angry that

Glenn would speak out against the President. Because Glenn used her voice, not only was the public against her, but also the producer from the song she used for her performance. After her conference, producer Seb McKinnon stated that he did not give Glenn permission to use his song, further leading to Glenn having to face copyright infringement. This isn't even the worst part of it all. On top of the backlash and copyright infringement, Glenn then started to receive death threats, mainly from those who don't align with her political views. Glenn ultimately decided that she won't be taking a step back from social media because of the threats. However, with that statement, Glenn wrote a message on Instagram that said, "I will be limiting my time on social media for my own wellbeing for now but I will never stop using my voice for what I believe in," which gave off a very powerful message: to never let others silence you, especially in what you believe in. Glenn has made a great impact on the ice skating community, especially to the future generations, inspiring others to use their voice.

## Skeleton Racer Controversy

By CHARLOTTE WOOLDRIDGE

## Lindsey Vonn Crash

By SOFIA MOTIKA

On the morning of Feb. 8, Lindsey Vonn stood fearlessly at the top of the Olympia delle Tofane slope, knees bent, ready for the women's downhill ski race that she was favored to win. A quick glance at this 41-year-old Olympic gold medalist would not reveal anything out of the ordinary; however, closer inspection would reveal a massive bulge from wrapping around her left knee, a reminder that Vonn was choosing to ski on a fully ruptured ACL. Despite speculation around her physical condition, Vonn appeared confident in her ability to compete at this year's Winter Olympics. Before the games, she had told reporters, "I can't guarantee a good result. But I can guarantee I will give it everything I have."

Grit and determination have always been ingrained in Vonn's mentality. Her 2024 decision to come out of retirement following a partial right knee replacement displayed her resolve to test the limits of age and injury. As far as knee replacements go, Vonn's operation appeared successful: during her 2025 season, she reached the podium in all five World Cup downhills. This success, unfortunately, did not last forever. Vonn's first tragedy struck a mere nine days before her Olympic races, when she crashed at a World Cup race, tearing her left ACL and damaging her meniscus.

The second disaster happened thirteen seconds after Vonn burst out of the Olympic gates. Slicing through the snow, Vonn rounded the curve. Suddenly, her right pole clipped on the gate. Twisting awkwardly, Vonn tumbled down the slopes. Her cheering audience fell silent. Vonn's screams of pain rang through the air, and a helicopter flew towards her crumpled figure. Nearly half an hour later, Vonn was airlifted away, the audience's somber applause ringing in the background.

Vonn later revealed that the damage from her Olympic crash was extensive and could have resulted in an amputation if Dr. Tom Hackett hadn't performed a fasciotomy to save her leg. The trauma from her previously torn ACL, combined with the Olympic crash, caused Compartment Syndrome, meaning intense trauma led to pressure buildup that could have cut off blood flow and permanently damaged tissues. Even though Vonn avoided a leg amputation, she underwent several intense surgical operations, specifically to fix her fractured tibia and broken right ankle.

The road to recovery will be long and complicated for Vonn. After a year, the bones in her left leg and right ankle should be healed, but she will need to undergo another operation to mend her torn ACL. Then, she will decide whether or not to remove the metal implants in her left leg. It is unclear if Vonn will return to competition once she heals, and needless to say, this is not the outcome anyone hoped for. However, Vonn's tragic crash serves as a stark reminder of the sacrifices athletes make, testing the physical limits of the human body and chasing the glory of Olympic victory.



## USA sticks a victory

By KARINA SWARTZ

Hockey at the 2026 Winter Olympics delivered thrilling drama and historic success for the United States, as both the men's and women's national teams reached the pinnacle of the sport. In a rare and stunning sweep, the U.S. captured gold medals in both the men's and women's ice hockey competitions, defeating their longtime rivals, Canada, in overtime in each final, a feat only achieved by Canada in the Olympics. It was even more thrilling as team USA for both men's and women got their revenge on Canada after they beat them both the last time they met in the gold match in the Olympics. On the men's side, the Americans played with determination and depth throughout the tournament. After strong preliminary wins including a 6-3 victory over Denmark and solid outings against other top nations, Team USA advanced to face Canada in the gold medal game. In a tense final that mirrored past Canada-U.S. rivalries, the score was tied 1-1 at the end of regulation before Jack Hughes scored the overtime winner after getting his teeth knocked out, giving the U.S. its first Olympic men's hockey gold since the iconic "Miracle on Ice" in 1980.

The women's tournament was dominated by the United States women's national ice hockey team from start to finish. The US went undefeated and often won by large margins, outscoring opponents by a wide margin and posting multiple shutouts during group and semifinal play. They beat Sweden 5-0 in the semifinals and carried momentum into the gold medal game. In that final, Team USA defeated Canada 2-1 in overtime, with a dramatic comeback goal by captain Hilary Knight to tie the game late before Megan Keller scored the golden goal in extra time. Over the course of the women's tournament, the Americans scored 33 goals while allowing only two goals against them, showcasing both offensive firepower and elite defensive play.

This year's Olympic hockey results cemented the United States as the sport's premier global program on both the men's and women's sides, with memorable performances, resilient team play and historic achievements that fans will remember for years to come.



# Graduating students debate on senior trips

By: ALYSSA MANNINEN

Around this time of year, seniors are beginning to plan what their last summer before college is going to look like—the last one before the friend group gets separated by hour-long flights rather than a five-minute drive. To conclude the year off in a celebratory way, many students think about taking a senior trip; however, the everlasting question remains: is a trip with friends worth the expense and the hassle? The answer is yes.

A senior trip is the final vacation friends take to mark the end of their high school years. It's a chance to bond before adulthood begins and everyone goes their separate ways. While graduation parties and school events are exciting moments to celebrate academic achievements, a senior trip gives students a chance to celebrate their teenage years with their closest friends.

Sometimes, the expenses of a senior trip can make it seem unnecessary. Many seniors of the graduating class of 2025 traveled to Hawaii for a few days to celebrate, and some others took a short trip to California to visit Disneyland. While these activities are a lux-

ury for many, senior trips don't have to be costly. Location plays a major role in price. Flying to New York and staying at a hotel can be much more expensive than taking a road trip to Seattle and staying at a friend's summer cabin. As for the itinerary, especially in the summer there's so many activities to do that aren't costly. Going for hikes, making dinner together at an airbnb and exploring the city by foot can all be ways to make a trip enjoyable yet not overly expensive. Planning ahead, splitting costs with friends and choosing nearby destinations can make trips far more affordable while still creating unforgettable memories.

Beyond the destination of the trip itself, the experiences of a senior trip creates lifelong memories with friends. Spontaneously doing fun activities, getting lost in a new city together or simply being able to enjoy each other's company before college are all moments one wouldn't want to miss.

For many students, senior trips can be the first time to travel without families, making it an opportunity to practice independence while having the support of your friends. Planning transportation,



Internet Photo

People have fun riding on a ferris wheel at Disneyland in California

budgeting money and organizing schedules between the group all require responsibility which develops valuable skills that'll become even more important when alone at college.

Parental approval for trips can be one of the most limiting factors. Many are concerned about the safety, expense and logistics of traveling without the supervision of an adult, however, many of these concerns can be addressed

with clear planning and open communication.

Ultimately, senior trips are about the memories celebrating a major milestone in life with the people that helped get you there. It's not about the luxury destination or the expensive activities in a new place; a senior trip is about the experience. So, seniors, start planning now, because the final summer of high school only happens once.

# Stress toy Needoh grows in popularity

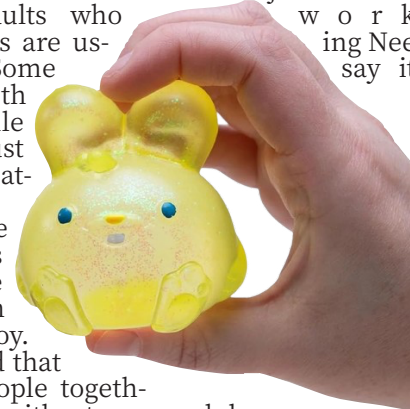
By: LEENA BRISTOL

There is a new trend in classrooms, homes and even offices: Nee Doh! This colorful, squishy toy has become widely popular with people of all ages. From elementary school kids to high school students and even adults who used it at work to relax. Nee Doh began as a small, stretchy foam ball that you squeeze with your hand. Over time, the brand added tons of color, shapes and special editions, like glitter, glow in the dark, sugar and other versions.



What once started as something to help people focus or calm down has turned into a huge craze on social media and in stores everywhere. Even here at Lake Oswego High School, it is not unusual to see students passing around pockets full of Nee Doh toys during classes or desks. Sophomore Ashlyn Kelly says, "My favorite Nee Doh is the fuzzi ball because it is super soft," and she uses it the most "before tests or during classes where there is a long lecture." Junior Ruby Aman believes that Nee Dohs are not overrated: "I actually think they are really useful and can be a really helpful way for students to deal with

stress." Many students around the school say Nee Dohs help them relax before tests or when feeling anxious. However, it isn't just students who enjoy Nee Doh. Parents and teachers have also joined the trend; adults who work long hours are using Nee Doh too. Some helps with stress while others just think it's satisfying. Nee Doh has become more than just a toy. It's a trend that brings people together, helps with stress, and keeps hands busy in fun, creative ways. If you haven't already, go purchase a Nee Doh of your choice. It will be well worth your money.



# Initiative Petition 28 should not be passed



Internet Photo

Oregon residents who hunt and fish don't support Initiative Petition 28

By: MIKAYLA RIGGS

Imagine a life without hunting or fishing.

That sounds like a distant life, given that these are common

recreational activities in Oregon. However, a group of animal rights activists are pushing to make this a reality.

The Initiative Petition 28 (PEACE Act) is a proposed bal-

lot initiative that aims to remove many current exemptions from Oregon animal cruelty laws to protect more animals from neglect, abuse and killing. Some exemptions would remain in place regarding self-defense and certain veterinary practices, but otherwise violators would be criminalized for any action that injures or kills animals.

This act is pointless. Don't get me wrong, I am fully supportive of animal rights and making sure we take care of our environment, but penalizing individuals for a recreational activity they have been participating in for their entire lives is ridiculous. I believe that as long as regulations are followed, fishing and hunting should not be punishable crimes. Penalize the individuals who do not follow the regulatory rules or use inhumane tactics— not the

people who simply enjoy their hobbies.

Oregon is home to nine federally recognized native American tribes. Hunting and fishing continue to be common practices within these cultures for ceremonial purposes, study and simply as a source of protein. We should not put restrictions on individuals' ways of living. By banning hunting and fishing, we are eliminating a food source that these cultures depend upon for survival. If this bill passes, we are actively diminishing and disrespecting the lives and cultures of the native tribes that inhabit the state of Oregon.

Initiative Petition 28 should not be passed in order to maintain the fishing and hunting culture in the state of Oregon, as well as to protect the culture of the native tribes that inhabit our state.

# Less people are going to movie theaters

By: RYAN KOPER

The number of movie theaters themselves and the number of people going to movie theaters has been declining. Ever since Covid, many people stopped going to movie theaters, and plenty closed down. With the high prices for tickets and snacks combined with streaming services having almost all movies, people have seen no reason to continue going to theaters. A big problem with movie theaters is the price. A family of four will most likely pay over \$100 just to see a movie and buy snacks.

Not only do the high prices scare people away from the movie theaters, but so do the chitchatty adults and loud, obnoxious children. These factors can take away a lot from your movie-viewing experience. Today, people have way larger TVs compared to the past, making going to the movie theater more and more unpopular.

Nowadays, streaming services render movie theaters seemingly pointless. Almost as soon as movies release to movie theaters, they release to streaming. Alongside this, streaming services have the convenience of being able to watch anything whenever you want. They are also much lower in price for a monthly subscription that gives you access to many movies, compared to paying the same price for one movie ticket.

Another changing factor is people's attention spans. They have significantly lowered since



Internet Photo

An empty theater in Los Angeles shows the decline of people leaving their homes for movies

Covid with younger audiences used to short-form content and bingeing TV shows. This leads to people being less interested in spending their time at the movie theater. With the introduction of TikTok, people have become much more likely to become bored when put in front of a movie.

Finally, an important factor that isn't talked about often is that movies have become much

less interesting. There are way fewer big blockbuster movies and way more reused and oversaturated ideas that don't need to be made. As proof of this, the box office numbers have significantly gone down since pre-pandemic.

In conclusion, movie theaters themselves and the people attending them have declined by an extreme amount ever since the pandemic.

# New Goat movie debuts

By: BEN SHANNON

Recently, a new animated film called GOAT came out. It brings a great addition to the animation world with a good mix of sports, action, and inspiration. The movie was produced by Sony Pictures Animation and Stephen Curry. It takes place in an animal world, kind of like the animated film Zootopia by Disney. While the world itself is interesting, the main attraction in this world is roarball. Roarball is an intense basketball-like sport with changing courts that is dominated by the bigger animals.

The movie follows a small goat named Will, who dreams of becoming a professional roarball player but is consistently put down because of the stigma that small animals can't play ball. While Will is a good player, his chances of playing Roarball are constantly diminishing until he gets a chance to compete one-on-one against one of the best players in Roarball history. He loses but makes a good name for himself when he only loses by one point. This draws attention to



The movie features a small goat with big basketball dreams

Internet Photo

Will and makes it look like he might finally get his chance after all.

The movie is full of great themes of believing in yourself, not letting others get you down, and just overall inspiration. The entire movie keeps you entertained and captivated with its interesting graphics and character designs, similar to those in Spider-Man: Into the Spider-Verse and Spider-Man: Across the Spider-Verse.

Beyond the action, the

movie GOAT focuses on heavy themes of teamwork and perseverance. It shows the fact that greatness isn't always given to you and it takes hard work and determination to become one of the greats. The animated film's ending offers a clear perspective on what you can accomplish when you ignore people who look down on you. This film is heavily recommended to anyone who likes sports, animation, and strong themes of hope.

# Old cars bring benefits

By: CORDELIA MEGOWAN

In America, a rite of passage for every 16-year-old is getting their license, and in Lake Oswego, that often comes with a car as a congratulatory gift. For many teens, it becomes a lottery of whether they get a used car or a shiny, brand-new one. While most would assume that the preferable choice is the new car, I find



that as a teenager, driving an old or used car far surpasses a new one. In most countries, the average age at which people get their license is 18 years old, making 16 a rather young age to learn to drive. While I don't think that we should get our licenses later, I do think that this is convincing evidence that driving at the age of 16 can be scary, especially alone and

even more so if you're in control of a huge investment, that being a new car.

It's for that reason that I was pleased when my parents said I'd be driving my old minivan to school, because while it's a large car, it wouldn't be the end of the world if I accidentally hit a curb or scratched my door on a tree. My car is old and that doesn't mean that I completely trash it, but it removes the stress of keeping it pristine and new, a worry that new drivers shouldn't have to think about when they should be focused on the road and staying safe.

Now, I know when I mention

safety, people will say that old cars don't have the safety measures that new cars have, like backup cameras or CarPlay to display GPS, however, an equal argument can be made for why those things do just the opposite of keeping new drivers safe. A large screen right in your face can become hypnotizing. The allure of being able to choose your music and text under the guise of being safe because you're not on your phone can actually be much more distracting than if you didn't have CarPlay. Backup cameras also hinder new drivers' capabilities and only create a reliance and inability to back up without one, making drivers of the next generation have worse

# Students battle spreading flu

By: TARA PIDAPARTHI

Influenza is a contagious respiratory illness caused by influenza viruses that affect the mouth, nose, throat and lungs. As the flu season of 2025-2026 continues to escalate and grow throughout the United States, health professionals are advising Americans to be more vigilant. At least 19 million Americans have been reported to have contracted the flu, with 10,000 deaths, including 44 children, according to the Centers for Disease Control and Prevention.

This data is just part of the massive trend of an ever more unpredictable flu season. The preceding flu season of 2024-2025 reported an estimated 47-82 million cases, 610,000-1.3 million hospitalizations, and 27,000-130,000 deaths, which just goes to sculpt the volatility of the flu virus. As flu activity continues to escalate throughout the country this winter, health professionals are continuing to warn the public that the flu virus is spreading earlier and more aggressively than usual.

Despite the frightening statistics and data, there are many steps that students, as well as adults can take to protect themselves from the flu virus this season.

Get vaccinated early. The flu vaccine is still the best way to protect yourself from the flu. Although no vaccine is 100%, it can lower the chances of being hospitalized or dying from the flu. Health organizations report that even if you get vaccinated late in the season, it will

still be beneficial for your protection.

Practice smart hygiene. The best way to protect yourself from the flu is to start practicing good hygiene. Washing your hands with soap and warm water is the best way to keep the flu, as well as any other virus or infection away. Trying not to touch your face excessively, especially your eyes, nose and mouth, as the flu virus can easily spread through these areas. Carrying hand sanitizer in your backpack, bag or pocket is a good idea when you are on the move.

Stay home when you are sick. Although this seems easier said than done, individuals are often pressed to leave earlier than they have recovered. Whether it is for school, an extracurricular activity, a competition or an important meeting, your health is the main priority when recovering and limiting the spread. One of the main reasons why the flu spreads so easily is because people with the flu end up overestimating their health capacity and take off to school, work or competitions, way before they have fully recovered. If you have a fever, cough or even body aches, staying home is the way to go.

Improve indoor air quality. With more people spending time indoors during the colder months, ventilation is important. Opening windows when possible, installing HEPA filters, or operating air purifiers can help decrease viral particles in common areas.

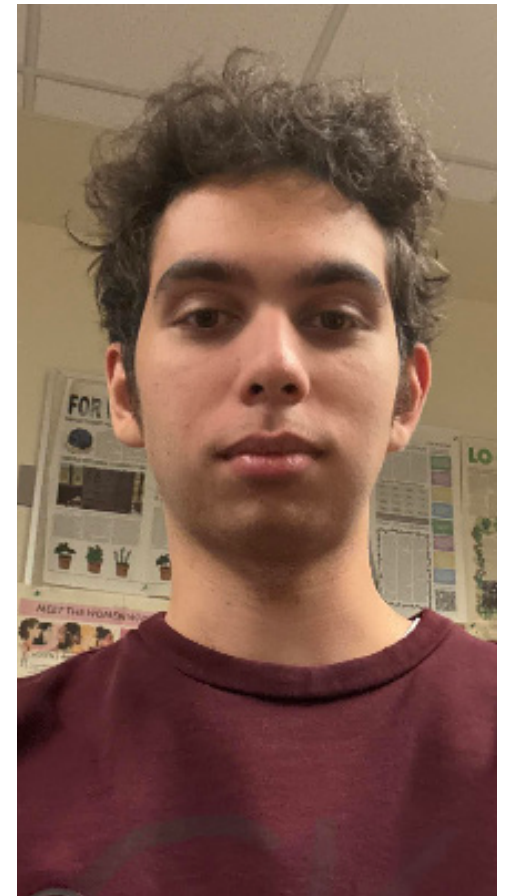
Support your immune system. Although no vitamin can "prevent" the flu, taking

care of your overall health is important. Focus on getting enough sleep, 7+ hours if possible, staying hydrated, and consuming healthy foods. Eating vitamin C rich produces like citrus fruits (oranges, grapefruits and tangerines), berries (strawberries, blueberries), kiwi, bell peppers or broccoli. Zinc-containing foods are also integral for normal immune cell development. Foods like beans, lentils, chickpeas, nuts, seeds and whole grains are good sources of zinc. Additionally, protein-rich foods are great to build antibodies; eggs, poultry, fish, tofu and tempeh, and quinoa are excellent sources of protein to help maintain energy and recovery.

Exercise caution in crowded areas. Large gatherings in indoor areas are breeding grounds just asking for the flu virus. If you are a part of a high-risk group, such as older adults, young children or people with chronic illnesses, consider wearing a mask in crowded areas during the peak flu season.

As the flu season this year continues to escalate, it is important to remember that small, consistent actions can make a major difference on your susceptibility to contracting the virus. Getting vaccinated, practicing smart hygiene, staying at home when sick, improvising indoor air quality, supporting your immune system and exercising caution in crowded areas, are just a few of the preventive measures you can take. Staying informed, and staying prepared is the best way to protect yourself, and your community.

# Jake's Take



# Kristi Noem fired from DHS

After the 2024 election cycle and the subsequent 2025 swearing-in, it felt as if the Trump administration was unstoppable and without consequences. Yet after the strain and stress the administration put on the country, people snapped back, and there have been large amounts of social unrest and instability, especially around the Department of Homeland Security, its secretary Kristi Noem and Immigration and Enforcement.

Ever since the shooting of Renee Good and Alex Pretti in the past two months, President Trump's approval ratings have fallen, the economy has gotten worse and the country's been embroiled in foreign wars, yet it's felt like there's been no recourse, punishment, or change. Americans have gone out in droves to protest, yet it feels like nothing has changed. Sure, local legislatures have made de-masking acts, yet have I seen ICE or DHS police follow these guidelines- no I have not. So it felt like nothing was happening, our voices weren't being heard, and that was frustrating.

That status quo was shaken when the embattled Gregory Bovino was removed as the Customs and Border Patrol commander in chief and reassigned to his local station. This was a major win, and in Chicago, especially local resistance helped curb the aggressiveness of operations in that area. Each of these events shows the direct result of protest and civil disobedience. As much as DHS and the press secretary might want to disagree, it is blatantly obvious that, at the very least, civil disobedience played a part in these decisions.

This is good, and it shows at least some efficacy from protesting, yet at least here locally, it feels like nothing much has changed: court orders have happened, people sue, and nothing much has changed. DHS and ICE are still antagonistic towards protesters. This is not to say protests haven't done anything; it just has felt, at least till recently, that the Administration has not been receptive to the American people.

According to recent polling, Kristi Noem's ICE had a 34% approval rating in January, which isn't a particularly popular organization. Yet this is much lower than it has been previously. After all of this, President Trump decided to fire Kristi Noem. This is the most direct and largest win for people who are against ICE and DHS actions. This comes after questions were raised about a 220 million dollar contract was given to long time republican allies.

So what does this all mean? Well, overall, it means that the actions of protesters and local political actions do have an impact on what the federal government and Trump do. While it may seem like it's futile, it's important to continually be involved in politics.

The inaction of people and the feeling of futility allow people, not just this current president, to take actions contrary to what the country wants or what is good for the country. Overall, it is imperative that people stay active in politics, no matter if it feels futile, the actions of what Americans do affect how the country is run. Additionally its very important that Americans continue to be involved in politics especially come midterms where their voice can be most directly heard

## Taylor's Timeout



## Mental Side of Sports

By TAYLOR SHELDON

It's easy to associate sports with being a physical act, an environment where the sole purpose is to train your body and perform to the maximum level that your body permits. However, what gets more often overlooked but is ultimately the biggest factor in contributing to success is the mental side of sports. The phrase "mind over body" is commonly used and heard in a sports setting as the mind is what controls your performance and what you believe is possible. Although this is very true and known among athletes in the sports world, most don't actually take advantage of this knowledge or care to understand what this actually means. As a result, they continue to be controlled by the limitations their mind places on their body; only a strong and well-trained mind can overpower the pain felt in the body during a competition.

Too often, athletes aren't able to reach their full potential due to their lack of mental strength. These athletes can be in their best physical shape, but if they don't take the time to toughen their mind, they won't see the results they expect. Athletes spend countless hours training their bodies and going to practice because that's what allows them to develop their skills and build their strength. However, they don't even bother to spend the same amount of time to grow their mental game, which is just as if not more important than the physical side of sports.

I know firsthand how much the mental side impacts my performance. In basketball, I constantly doubted myself and my abilities. My mind always seemed to be flooded with negative thoughts, and despite knowing that all my hard work from practices would pay off and I was prepared, I would be all the more nervous and even restrict myself in what I did on the court like taking less shots because I lacked confidence. Although I knew this was an issue I was struggling with, I never fully overcame it because I didn't spend enough time training my mind to be comfortable in those positions. I was making my shots in practice but when game day came, my mind reverted to consuming me with the unnecessary pressure and I got too in my head. With running, it's like I'm a completely different person all because I take the time training my mind alongside my body. Running, and other endurance sports, are unique in the sense that they test your mind and emotions on a different level. Being able to push myself day in and day out has been a product of training my mind to realize I'm capable of such effort. No matter how much pain my body goes through, there are no breaks and nobody to do the work for me; it's just a battle between the pain and my willpower to keep going. To wire my brain to not succumb to the pain, I've built a foundation built on not stopping during runs when it gets tough and my legs start to ache. I've also practiced mindfulness and allowed myself the time to get in my head, imagining the race strategy the night before races and dialing into that unwavering mindset so I can replicate when I'm actually running the race. This has taken years of training to master and I still struggle with it as it's no easy feat; similar to how I don't always feel my best physically and have a bad training day.

Overall though, I've come a long way and have benefited immensely by training my mind to the same extent as my body because the mental component of sports is equally as important as the physical aspect. People could perfect their technique and be in the best possible shape but if they don't know how to control their mind, their mind will ultimately control them and severely limit their performance potential.

## NBA All-Star sparks excitement

By KARINA SWARTZ

The 2026 NBA All-Star Weekend in Inglewood, California, served as one of the most memorable midseason celebrations in recent league history. Hosted at the state-of-the-art Intuit Dome, the festivities ran from Feb. 12-15 and brought together the NBA's brightest stars, rising talent, legends, celebrities and fans for a jam-packed showcase of basketball culture.

This year's All-Star Game itself featured a brand new format that departed from the traditional East vs. West matchup. Instead, the league adopted a USA vs. World three-team round-robin tournament, with two squads composed of American players and one international team. After each team played 12-minute mini-games, the top two ad-

vanced to a championship showdown. Team USA Stars eventually defeated Team USA Stripes in the final, and Anthony Edwards was named All-Star MVP for his energetic play throughout the event.

Off the court, the NBA leaned heavily into community engagement and cultural programming. The expanded All-Star Weekend featured social impact events, youth basketball clinics and brand activations

across Los Angeles, extending the celebration beyond the arena and into local neighborhoods.

The traditional All-Star Saturday night delivered some of the weekend's most exciting moments. In addition to high-flying dunks and elite shooting displays, the NBA Shooting Stars Competition made its return, replacing the long-running Skills Challenge. The Slam Dunk Con-

test crowned a new champion, Keshad Johnson, while Jalen Brunson, Karl-Anthony Towns and Allan Houston helped the New York Knicks team win the revived Shooting Stars event.

The most surprising event winner was Damian Lillard's unlikely triumph in the Three-Point Contest. Even though Lillard had not played a single regular-season game in 2025-26 due to injury rehab, he entered the All-Star festivities and won the 3-Point title, tying the record for most championships in the event's history, a remarkable achievement in its own right.

Overall, the 2026 All-Star Weekend blended innovative competition, cultural celebration, community outreach and unforgettable moments, reinforcing why it remains one of the NBA's best events each season.



## Track is on track for this years upcoming season

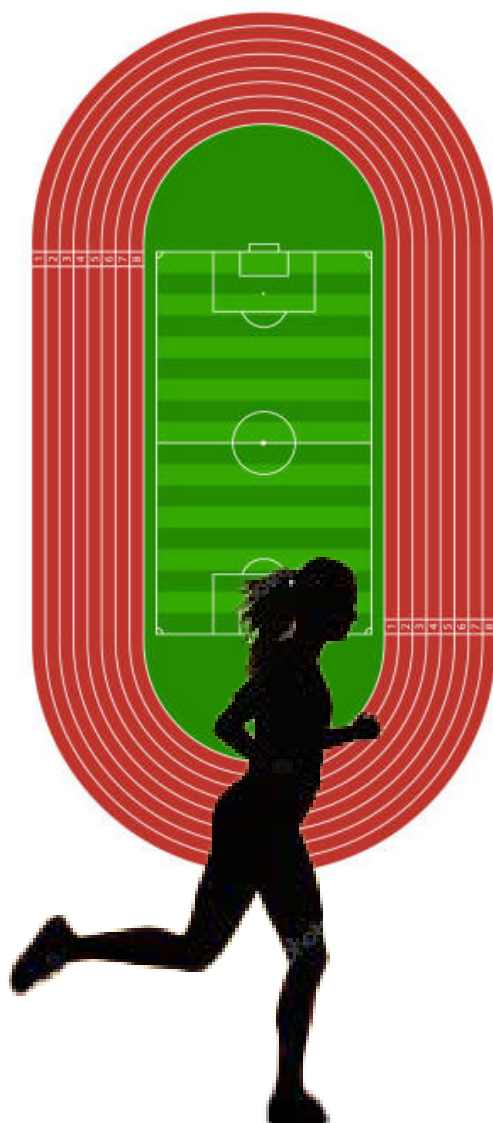
By CORDELIA MEGOWAN

Lakers, spring sports are upon us and with that comes track and field. One of the most participated sports, track and field at LOHS has a strong legacy and a winning streak of three years in a row. Track and field has a high rate of athletes that come out each year, mainly due to the variety of events that athletes can participate in. In track and field there are four main sections: distance, sprints, jumps and throws. Within each of these sections, there are even more events and distances that athletes can try. The large number of events ensure that each person who goes out for track finds an event best suited for them, making it a fun experience. LOHS track and field has had different coaches throughout the past few years. However, this year former olympian, Tim Broe, has taken the reins. Coach Broe has been coaching for over 15 years in five states across the nation. Sophomore Davina Barber comments on how Coach Broe is "organized" and made the integration

into track smoother than in years past.

As for actual track practice, athletes in all different events remark on why track is a fun sport and give different reasons to join. Sophomore Ember Neilson, a sprinter, touches upon the aspect of how consistency affects track, saying that it's nice to be able to "measure your progress really precisely." He also highlights how the enjoyability of having a community while still being able to challenge yourself makes practice all the more worthwhile. However, track events don't get all the fun; sophomore thrower Ofelia Azar emphasizes how track was a support she was willing to rejoin because of how fun throwing was, not only because it builds strength but because the team and overall environment was so welcoming and nice.

These are just a few reasons on why track embodies values like inclusivity and sportsmanship. This makes it a place where anyone can join in to find a space where they can see themselves get better all while fostering a community in the process.



## Melted ice at the Olympics causes slips



By AUDREY KANE

Over a dozen skaters fell at the Olympics this year. Could it be because of poor skating or a larger reason? That's the question that many audience members have been asking. Obviously, falls are not uncommon in winter sports, but multiple skaters and speed skaters reported the ice being soft and slushy. Some spectators also observed the rinks looking softer than usual. This was very upset-

ting for many people, especially the olympians that have waited their whole lives for a moment like this, only to have something like melted ice uproot their performance. Some even suggest a reskate in better conditions, but others question the fairness of that to the competitors who did win, even on slightly melted ice. One of the Olympians that was said to be affected by this was Ilija Malinin, as he was on track for gold until he fell not once but

twice during the free skate. This made many suspect that something must be wrong with the ice rather than the skaters, while others think his head just wasn't in the game. In interviews with Malinin, it seems he takes full accountability for his falls, but social media did not back down. Across many platforms, fans questioned the quality of the ice and others seemed confused about the number of falls, given that these professionals have been train-

ing for so long. Some refer to it as "the red wedding of figure skating" due to the mayhem that ensued that day.

The organizers of this year's Olympics in Milan are also receiving a lot of criticism about the ice. Their rushed preparation process for the venue could be a reason for the ice not being in proper condition. Others report the Olympics not filling in the patches after each event, leading to a difference in the ice for each skater.

# Women took over 2026 Olympics

BY: LAILA BRISTOL

This year, women dominated the Olympics. For the first time in many viewers' lifetimes the Olympics were almost more prevalent on social media than they were on television and this phenomenon is in large part due to the incredible female athletes that shined on the big stage this year. Women won around 67% of team USA's medals across all winter sports events, and they also earned 8 out of 12 of the nation's gold medals.

One female athlete who stood out amongst the competition was figure skater Alyssa Liu. Liu not only returned to her sport with an incredible comeback story, but she also showcased a crucial athletic mindset amidst the stress of competing in the Olympics before winning the USA its first Olympic gold medal in her event since 2002. Liu made it clear to fans and spectators that she didn't care about the results of her competition, she just wanted to have a good time.

This mindset is so important, especially for young female athletes watching and learning by example. So often, there is an intense pressure placed upon female athletes to overperform and to maintain a certain level of composure regardless of the result of their competition. After the performance that ultimately won her gold, Liu yelled "That's what I'm f\*\*cking talking about!", shattering the stereotypical composure expected by female athletes. She showed young women watching that it is okay to celebrate your accomplishments and not be tamped down by social expectations.

Additionally, Liu acted as a crucial representation for expression in sports, teaching young women not to be afraid of being confident themselves and reiterating the idea that women don't need to comply to a specific social standard.

Another athlete who excelled this year was China's Eileen Gu. At this year's Olympic games, Gu won two silver medals and a gold in the freeskier halfpipe. She is known as the most decorated freeskier in Olympic history and this year only added to her success. In an interview with the press, Gu was asked if she saw her silver medals as "two silvers gained or two golds lost." Instead of maintaining a poised demeanor, Gu clapped back at the reporter who asked the question, letting them know that regardless of the color of the medal, she was the best at what she does and she should not be discounted.

Along with Liu, Gu showed women how it is more than okay to talk back and break composure in order to get the respect that they deserve.

Lastly, the USA women's hockey team won gold this year, adding a third gold to their repertoire. Their male counterparts also earned themselves a gold medal after an excellent performance on the ice and their win gained much more traction than that of the women's team. Additionally, video footage depicting the men's hockey team laughing and mocking the women's team on the phone with President Donald Trump began to circulate the internet after the double victory.

Instead of putting their heads down and accepting the disrespect, the women stood up for themselves. Team captain Hillary Knight spoke out at a press conference about the president's "distasteful" comment and explained that his remarks should not "outshine or minimize" her team's success.

Overall, the female success stories of the 2026 winter Olympic games were a reminder to women across the globe not to settle for disrespect and to continue to break ceilings in their fields. These female athletes are crushing stereotypes and creating a much more respectful environment for the future generation of women to continue to compete and dominate.



internet image  
Eileen Gu boasts her newly won silver medal.

# Ilia Malinin upset at winter Olympics

BY: LEENA BRISTOL

At this year's 2026 Winter Olympics in Milan, Italy, something very shocking happened to USA skater Ilia Malinin, also known as "The Quad God." Malinin was expected to win gold, but after falling during his individual skate, he finished in eighth place in the men's singles figure skating competition. The 21-year-old skater was widely seen as the top choice for the gold medal. Earlier in the Olympics he already helped his teammates in Team USA win the gold medal in their exciting event. During the skate, he performed backflips and other impressive



jumps. Backflips are very rarely used in figure skating, which made his performance even more memorable to audience members and judges.

Malinin started very strong at the start of his individual skate. After the short program, he was in first place and seemed on track for the gold medal. But in the free skate, things didn't go as planned. He fell while attempting difficult jumps, including the challenging quadruple axle—the move that helped earn him his nickname. Those mistakes cost him many points. "It was definitely mental," Malinin later said about his performance. "I blew it." He added that the high stakes of the Olympic stage was unlike anything he had ever experienced before.

When he finished in eighth place, it was a tough outcome for fans all around the world. Many people expected him to win. Instead, the gold medal was given to Kazakhstan's Kikahil Shaidorov, who performed flawlessly to win the competition.

Even though the result was not how he had hoped for, Malinin still skated in the Olympic Gala show, where the athletes skate for fun and to celebrate the event and their accomplishments. His performance caused people to celebrate, and cheer. Afterwards, Malinin used the moment to talk about mental health and its effects and resilience. Even after the setback, Malinin is still one of the world's most exciting ice skaters to watch. Fans everywhere will continue to watch his journey as he competes and works towards future triumphs.

# Laker wrestlers close off their season

BY: ELLIE NGUYEN

This year, both girls' and boys' wrestling had a challenging yet competitive season. Competing in the 6A-5 Three Rivers League against notable opponents like West Linn, the teams faced stiff competition, yet still persevered. Throughout the season, both teams participated in several tournaments and meets, including events such as the Don York Invitational and the Mountainside Wrestling Tournament. In these challenges, individual wrestlers fought against a variety of students from

across the state of Oregon.

The highlight of the season was competing in the Three Rivers League district tournament. The boy's team finished 6th overall, allowing LOHS to qualify wrestlers for the OSAA Wrestling State Championships.

Many of the members on the boys' team this year are underclassmen, with years ahead of them to continue developing their technique. Notable competitors with more than six wins include sophomore Max Matijacic, senior Roman Shariati, freshman Chase Keyser, sopho-

more Jackson Colton, and sophomore Chase Markham.

Though the LO girls' wrestling team only has four members this year, freshman Natalie Anderson has had the most impressive record so far. Boasting a powerful record of 23-4, Anderson reached the state semifinals.

Led by first-year co-head coaches Dan Kumprey and Mark Heimbuck, the team has a great amount of potential. In future years, the wrestlers of Lake Oswego High School hope to continue working hard.

# Olympic curling gains immense popularity

BY: KARINA SWARTZ

The curling competitions at the 2026 Winter Olympics, held at the Cortina Olympic Stadium in Cortina d'Ampezzo, Italy, delivered lots of action and historic moments from Feb. 4-22, marking the ninth time the sport appeared on the Olympic program. Three medal events: men's team, women's team and mixed doubles brought together elite curlers from around the world to compete on the Olympic stage.

In the mixed doubles tournament, Swedish siblings Rasmus and Isabella Wranå captured the gold medal, narrowly defeating the U.S. duo Cory Thiesse and Korey Dropkin in a thrilling final, 6-5. The United States' silver marked a significant achievement, as it was the first Olympic mixed doubles medal for the

country in this sport, while Italy's Stefania Constantini and Amos Mosaner earned bronze.

The men's team event saw classic curling powerhouses on display. Canada became victorious in the gold medal match, showcasing precision and strategy to claim the top podium spot. It was a huge accomplishment for them even after being accused of cheating for 'double-touching' against Sweden which ended with verbal altercations between Canada's Marc Kennedy and Sweden's Oskar Eriksson. Great Britain took silver and Switzerland earned bronze after a competitive medal round. The ten-nation 'round robin' was intense, with teams fighting for every victory to secure playoff positioning. In women's team curling, Sweden continued its

strong Olympic tradition with a gold medal performance. Switzerland claimed silver and Canada ended with bronze. The round-robin phase featured exciting clashes among the world's best women's curling teams, with every match shaping the race toward the semifinals and finals.



The 2026 curling competition shows the sport's

growth and appeal, fans saw dramatic swings, last-end steals and tight finishes that kept spectators riveted throughout the Games. Across all events, the Cortina curling ice highlighted the global depth of talent in this strategic winter sport.

## Live Laugh Laila



## Appreciate Women!

By LAILA BRISTOL

Women's History Month began March 1, and for me, this month never fails to bring a sense of pride. Not only am I a woman myself but I also spend my time surrounded by other incredible women who all deserve to be celebrated. Oftentimes, we forget that women gained the right to vote only a little over 100 years ago. In my experience, Women's History Month is often overlooked as another month dedicated to a minority, however there is so much depth behind it.

Women in general have been oppressed from the beginning. From the day we are born we are set on a lengthy path to prove ourselves worthy of respect because it isn't automatically given to us. Despite titles, workload, and intelligence, women, more often than not, must work much harder than their male counterparts in order to be successful.

One woman who deserves all of the respect this month and all of the ones that follow is my mother. My mom is Dr. Lisa Farkouh, a board-certified maternal-fetal-medicine physician and surgeon. She is an OBGYN who specializes in high risk pregnancy and she saves lives like it's nothing.

My mom works harder than anyone I have ever met. She is the best at what she does, and I have been impressed by her dedication from the day I was old enough to understand it. Despite all of this, my mom faces numerous amounts of disrespect from those who fail to see past her identity as a woman. When she tells people that she works in medicine, they guess that she is a nurse, the assumption being that women aren't competent enough to earn a medical degree.

Not only did my mom earn her medical degree, she did it in six years total, including her undergrad. That is an exceptional feat, regardless of gender identity.

I see the work that my mom does and hope that someday people who follow in her footsteps will be regarded with the respect that they deserve. My female teachers are the ones educating the future generations, my female coaches are molding the next professional athletes, and my female peers are creating solutions for society's most pressing issues. It is time to stop underestimating and disrespecting us.

Women's History Month is important every year, but this year it means a little more. In a time when public figures who so blatantly disrespect women are placed in positions of such high power, it is critical that we take the time to remember the positive impact women have had on all of our lives and on our society as a whole. We have come so far but there is still so much to be done. Happy Women's History month, Lakers and remember not to settle for less respect that you deserve.



## Thumbs



By LAKE VIEWS STAFF

1. Senior Assassin is under way. So, seniors grab your shields...unsuspecting freshman.
2. "If only seniors put as much effort into their schoolwork as tracking down their targets."  
--- every LO teacher
3. Who wants spring break more, students or teachers? It's a coin toss.
4. It's going to be a sad day when they discover those Nee-Doh fumes kill brain cells...
5. St. Patrick's day is today! A day for pinching, kissing, and mildly offensive attempts at the Irish accent (i.e. talking like the Lucky Charms leprechaun).
6. Also, the spelling of "leprechaun"... wha...?

## EPA Regulations threaten to hurt our environment

By SOFIA MOTIKA

On Feb. 12, President Trump solidified the most significant climate policy of his second term: the repealment of the Environmental Protection Agency's (EPA) endangerment finding. "This is about as big as it gets", Trump declared proudly, after officially renouncing the 2009 scientific finding that has been the legal basis for nearly all climate regulations towards motor vehicles, power plants and other pollution sources. Backed by the research and input of scientists worldwide, the EPA's endangerment finding essentially states that greenhouse gases are harmful to humans and the environment. Trump's dismantling has brought chaos and obscurity to the future for climate development and investment, and has anticipated consequences: the Environmental Defense Fund reports that by 2055, the repealment could cause 58,000 premature deaths and increase asthma attacks by 37 million.

While I could continue to cite statistics and studies that

completely disprove Trump's decision, I don't really need to. Climate change is chasing Americans into every place and every season, and it is becoming impossible to ignore. Take, for instance, the absolute absence of snow in Oregon. Mt. Hood, a popular skiing destination, has lowered their season pass prices to be cheaper than two single-day passes because it is so unlikely customers will find two quality days of skiing this winter. The Airbnb in Topanga Valley that I visited during Spring Break 2024 is no longer available; the hosts, along with thousands of others, were displaced after the destruction wrought by California's historic wildfires.

By now, there is no reason for anyone to deny that climate change exists. The grave predictions scientists offered decades ago have caught up to us, and we are in a raging battle against humanity's sins. Allowing emissions to go unchecked and loosening environmental protections locks us into a future of no return. Trump's declaration that climate change does not pose

a threat to humans is not just untrue, it is disrespectful. Tiny initiatives, like creating promotional posters about recycling or flipping off a lightswitch in an unused room are obviously important, but it is the environmental legislation governing multi-million dollar companies that ultimately affects the Earth the most. Following the EPA's recent decision, my morale has suffered. It is so difficult to fight climate change when we have to fight our own government in the process.

At this point, the best option for reforming the U.S.'s climate policies is through the election of different politicians. The midterm elections are this fall, when Americans will vote for new senators and representatives. All 435 seats in the U.S. House of Representatives and one-third of the 100 seats in the U.S. Senate are up for vote. My hope is that those eligible this fall will remember the EPA's recent decision and deeply consider the harmful consequences of leaving climate change unchecked when casting their vote.

## Truck catches extreme air time as it crashes into Tigard home

By KARINA SWARTZ

In February 2026, a shocking crash in Tigard quickly spread across social media after a doorbell camera captured a pickup truck flying through the air and crashing into a home. The incident, which appeared almost unbelievable on video, happened during the early morning hours and left many viewers stunned by how dramatic the crash appeared.

The crash occurred around 3 a.m. when a pickup truck was reportedly speeding through a neighborhood near SW Scholls Ferry Road. The driver lost control and hit a dirt mound

along the roadside, which acted like a ramp and launched the truck into the air. The vehicle reportedly traveled close to 100 feet before crashing into the side of a nearby house. A doorbell camera from a home across the street recorded the moment, showing the truck briefly airborne before smashing through the wall of the house.

Despite the severity of the crash, the outcome could have been far worse. A family of five was inside the house at the time, but they were sleeping upstairs and were not injured when the truck crashed into the lower level. The impact caused significant

damage to the home, leaving a large hole in the wall and scattering debris throughout the room where the truck entered.

Emergency responders quickly arrived at the scene and removed the driver and passenger from the truck. Both individuals suffered only minor injuries. Police later arrested the driver on charges including reckless driving and reckless endangerment. Investigators believe excessive speed played a major role in causing the crash.

The video quickly went viral online because of how unbelievable the moment looked. Many viewers compared the

crash to something from a video game or action movie because of how the truck launched into the air before hitting the house. However, local officials emphasized that the crash highlights the real dangers of reckless driving and speeding through residential areas.

For the family living in the home, the crash was a frightening wake-up call. Although they were grateful that no one was seriously hurt, the damage to their home will take time to repair. The incident serves as a reminder that even a moment of reckless driving can lead to dangerous and unpredictable consequences.



Images of the aftermath of the truck crashing into the Tigard home and first responders responding

Internet Image