

Editors Column



Rubie Choi
Grade 12
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The 9/11 Memorial and Museum



This is a pillar from one of the Towers is presented at the 9/11 Memorial and Museum. [Source: Author, Rubie Choi]

This year marked the 22nd anniversary of the tragedy that happened on September 11, 2001. In hopes of commemorating those who sacrificed their lives saving those in the Twin Towers and honoring the thousands of lives lost, a 9/11 Memorial and Museum was

built five years after the attack. When I went to New York, over the past summer, I had the opportunity to visit the museum and view all the preserved artifacts that presented me with individual stories of grief, recovery, and hope.

The Museum is open 6 days a week, Wednesday to Monday, from 9AM to 7PM. The price of the tickets ranged from \$20 to \$80, depending on what type of admission you purchase. I got the general admission ticket, which enabled me to enter all the exhibits. There were also many tour groups throughout the museum, so if I wanted to learn more about a certain object, I listened to the explanations of the guides.

Inside the museum, there are a myriad of exhibitions that showcase different aspects of the instance. The Historical Exhibition displays artifacts, photographs, first-person testimonies, and ar-

chived audio and video recordings to tell the narrative of 9/11. The exhibition is divided into three sections: the current day's events; before 9/11, which provides background information on the events leading up to the attacks; and after 9/11, which discusses the immediate and long-term effects of the terrorist attacks. The Memorial Exhibition pays tribute to the 2,977 people who perished in the subsequent attacks that happened in the Pentagon and Somerset County, Pennsylvania, and the six people who died in the terrorist attacks of 1993 at the World Trade Center. The newest exhibition, featuring artwork and images of the buildings, The Towers Rising, opened to celebrate the 50th anniversary of the construction of the original Twin Towers. The pieces document how artists imagined lower Manhattan's most recognizable towers before and after 9/11. Besides these main exhibitions, there are also

many smaller showrooms that present individual stories of those who died during the 9/11 attacks, and artifacts such as fire trucks and the stairs that people in the Towers used to escape the buildings.

Walking through the Memorial and Museum allowed me to fully realize the extent to which this event impacted not just America and its grieving families, but the whole world. As I read the descriptions of photographs, debris, artwork, and video recordings, I felt as if I was in that moment, experiencing the watching of the planes crash into the Twin Towers. The 9/11 Memorial and Museum not only exhibits the artifacts collected from the attack but also presents visitors with valuable lessons that can only be learned from historical occurrences and tragedies that happened during turbulent times. If you are traveling to New York City, I definitely recommend this museum.

Student Reporter

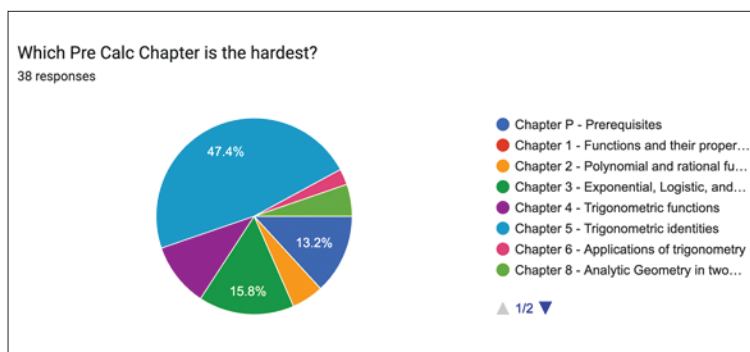
Trig Identities in Chapter Five



Ansley Kang
Grade 11
Lake Oswego High School

Out of all of the chapters in pre-calculus, there has been one notoriously difficult chapter at Lake Oswego High School – chapter Five: Trigonometric Identities. This chapter challenges students to think critically and creatively about math. Bradley Woebke, a pre-calculus teacher at LOHS, explained that “students can struggle because it’s some of the first problems that they get where teachers can’t just say ‘Hey, this is how you do it’ and as I knock them out, there’s some creative thinking involved, and that’s kind of a bridge before students get into calculus.”

Chapter Five learning targets include fundamental identities, factoring and equation solving, proving trigonometric identities, sum and difference identities, multiple-angle identities, and the law of sines and cosines. Each chapter revolves around a set of nine identities that help students solve the problems. Typically, the type of problem that students struggle with the most are the proofs. Senior Aidan Kwapisz,



A survey was given to Lake Oswego High School math students regarding the hardest precalculus chapter of the year. [Source: Author, Ansley Kang]

a previous pre-calc student, said that proofs are difficult because “it requires both a conceptual understanding of the unit circle and right triangles and a high skill in algebraic manipulation. You have to understand when and where to use the trig identities and how to mold your side of the proof to fit your solution, something a lot of us are lacking coming back from the pandemic.”

Chapter Five requires students to see the steps ahead of the problem in order to succeed. With each problem, there are identities that

go best with the situation given, but it is up to students to know which identity to apply to continue. Many students have described proofs to be like puzzles or Legos, the identities being the pieces. Figuring out which goes with the other is often the hardest part for most students.

Former pre-calc student Junior Marcus Song described proofs as “a coin flip; sometimes you get it, and sometimes you don’t. Sometimes you find the right thing to substitute. Something I could compare it to would probably be

trying to make a Lego using an instruction manual, but some of the legos don’t have holes, so you struggle to make the Lego.”

After the first few lessons, pre-calculus revisits skills learned in algebra two, making the second half of chapter five more familiar than the first half. “Two of the same sections have already been taught in Algebra Two, so a third of the chapter really shouldn’t be a huge new kind of struggle,” said Woebke.

Despite the difficult material being taught in pre-calculus, some students found motivation to keep going despite the difficulty of proofs. “Although proofs may be hard, there is something about the feeling of getting them right that makes you want to keep going and try your best to understand each of the identities in the chapter,” said Song. So if you are taking this class, or will do so in the future, don’t worry, it may be hard, but it’s doable.

Student Reporter

A Trip to the Museum



Erin Ryu
Grade 10
Harvard-Westlake School

On Sunday, September 24, students of the Ryman Arts program at Otis College of Art and Design took a trip to the Natural History Museum in Exposition Park. The Ryman Arts program is an organization that educates young artists through free classes and opportunities. The non-profit gives students the opportunity to take Foundation Drawing, Intermediate Drawing and Painting, and Advanced Painting over three semesters. Every semester, students have a class field trip to a museum, and this semester, we took a trip to the Natural History Museum.

The Natural History Museum held Dino Fest on the weekend of the 24th, which showcased dinosaur fossils and exhibitions. Ryman Arts students first gathered on the South Lawn and then headed inside the museum. The Advanced Painting group first headed to the Schreiber Hall of Birds, a room filled with over a hundred thousand bird speci-

mens, where they spent an hour drawing the bone structures and feathers of the birds. From geese to ducks to cranes, the diverse display was captivating to not only the students but also to other passersby. Unfortunately, students could not stop and sketch the gigantic displays of a brachiosaurus and a triceratops because the myriad of visitors would create a dense blockade. However, we did marvel at the immense creatures and the precision in which their bones were assembled. Students then moved on to the Mammalian Hall, where they were met with ceiling displays of ancient creatures. On the ground, taxidermied tigers and zebras stood majestically beside grand fossils of sabertooth tigers and mammoths.

Throughout the day, my instructor constantly stressed the importance of observational drawing. Although it is necessary from an artist’s perspective, as it increases an individual’s ability



Colossal dinosaurs were on display during the Dino Fest at the Natural History Museum, which attracted hundreds of museumgoers. [Source: Author, Erin Ryu]

to notice fine details, I believe it is also beneficial to those who do not draw regularly. Drawing realistically is a skill honed over time, and can be attained through constant practice. Observational drawing trains the eye to pick up details that may be otherwise overlooked. Through practice, the individual learns how to be patient and methodical in their procedure; they also learn how to notice patterns and appreciate the elements of design in similar structures. For example, the vertebrae of the bird fossils and mammalian fossils are similar, but the birds’ cervical

vertebrae are more hollow and smaller to accommodate the bird’s extensive use of physical strength in flight. Observational drawing, especially in settings of animals, lets one realize the evolution of life and the beauty of change.

Overall, the experience was enlightening to me, as it not only pushed me to draw under timed circumstances but also fueled my curiosity about evolution. In my opinion, everyone should try drawing at zoos or museums, or if not, take one more moment to appreciate the beauty of Earth.

Student Reporter

5 Seconds of Summer Performs at The Kia Forum



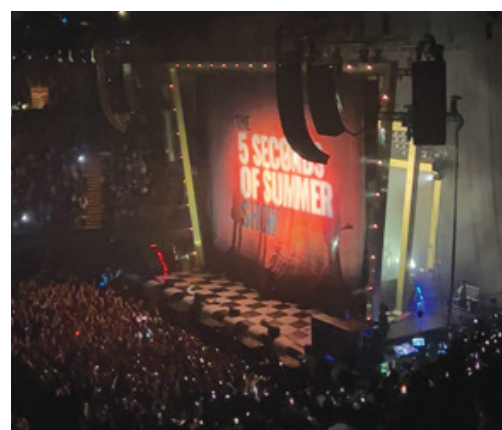
Hannah Lee
Grade 11
West Ranch High School

On September 14, 2023, Australian pop-rock band 5 Seconds of Summer held their last concert of the North American leg of their world tour at The Kia Forum. This tour, The 5SOS Show, was primarily dedicated to the band's fifth studio album titled 5SOS5, which charted number one in the UK and Australia and number two on the Billboard 200. It was praised for its musical development and maturity and displayed the band's accomplishments in breaking barriers in the industry and growing as a group

5 Seconds of Summer formed in late 2011 when the band, composed of lead vocalist Luke Hemmings, lead guitarist Michael Clifford, bassist Calum Hood, and drummer Ashton Irwin, began posting song covers on YouTube. The first three had met while attending the same college—Norwest Christian College—while the latter had later been invited to join the trio. They are known to have risen to fame

when they supported One Direction as an opening act during their Take Me Home world tour, starting off at the O2 Arena in London. While on break from the Take Me Home Tour, 5SOS returned home to Australia, where they played a national headlining tour, with all dates selling out within minutes of release. At the conclusion of this tour, it was announced that 5SOS would be joining One Direction once again as they supported the latter at their Where We Are tour in the US, Canada, UK, and Europe.

The concert was opened with a performance by the pop-punk band Meet Me at the Altar. A notable song that was played was their lead single, "Say It (To My Face)." The band then passed the stage over to 5SOS, who kicked off their concert with their album's latest single titled "Bad Omens." They performed various types of songs, including their slow breakup song titled "Amnesia," more upbeat songs



5 Seconds of Summer sold out their show at The Kia Forum, as can be seen by the packed audience.
[Source: Author, Hannah Lee]

such as their hit singles "She Looks So Perfect," "Teeth," and "Youngblood," and nostalgic throwbacks including their six-minute ballad "Outer Space," which all showcase the diverse range of music the band can produce. The band also featured a surprise song, which was chosen through the rolling of a giant inflatable dice with six of their older songs on each face of the dice. At the show that I attended, the

song "Heartbreak Girl" was chosen, which is infamous for being the joke of the band after bassist Calum Hood made a joke that it is his least favorite song from 5SOS.

A concert that really encapsulated many fans' childhoods as well as their current interests, 5SOS went above and beyond in demonstrating their development throughout the 12 years that they have spent together.

Student Reporter

Ways to Deal With School Stress



Hannah Chae
Grade 10
Larchmont Charter School

As students approach the middle of the first semester of school, some may be faced with academic pressures due to the weight of responsibility, determination, and motivation. Students compete for the best schools, ranks, honorable achievements, and more. As each individual has their own limits, they may feel burdened by such demands of time and energy. What schools mainly teach students all throughout their high school careers is to keep a sharp eye on their academic goals. Students then begin to think that straight A's, a 4.00 GPA, insane amounts of extracurriculars, and volunteer work are what guarantee a good future. Feeling obliged to meet these standards is the feeling of academic pressure.

For students, stress can significantly affect their health, happiness, relationships, and grades. It is important to maintain a healthy work and life balance. One way to keep in check is to set up a timer. This will allow you to know when



Surround yourself with friends and people you know to take your mind off school stress.
[Source: Author, Hannah Chae]

you can take a break from work and set up time for your well-being. Along with taking breaks, prioritizing self-care, avoiding procrastination, staying organized, and limiting your workload, are always available for one to use. Some ideas for self-care can involve exercise, meditation, and yoga. Physical health is just as essential as mental health. Furthermore, avoiding procrastination is the key to limiting workload. Keeping the mindset of finishing assignments early to save enough

free time is beneficial. Those who procrastinate are left facing a huge workload which adds to the school stress.

Joanne Chae, a student at Duke University, has been interviewed about her stressful experience in high school. She was barely balancing her grades and extracurriculars at the time. Despite this struggle, she continued to apply for more volunteering, summer programs, AP classes, and tutors. As she was in an extremely

competitive environment in an all-girls STEM high school, she noticed the number of accomplishments her classmates and friends obtained. This influenced her to keep climbing to the top regardless of her sleepless nights, full hours of studying, and summers spent filled with books and practice tests. Spending more than half her life reciting math formulas, typing pages of essays, planning her future college, and spending hours with tutors left her burnt out and soon tired of her work. She realized the unhealthy amount of stress she had, and so she began to delve into self-care management. This way, Joanne felt less burdened by her workload and had a more steady path ahead of her.

Just as important as it was for Joanne, do not ignore the stress that you may be dealing with. Listen to your mental needs, and take breaks whenever time is possible. With limitless ways to enjoy time for yourself, prioritize your health to bring greater benefits.

Student Reporter

A Man's Best Friend



Kaylyn Wee
Grade 8
Canyon Hills Junior High

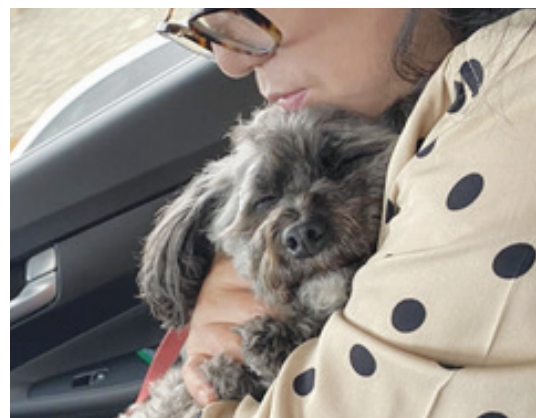
Dogs are labeled as a man's best friend, and they truly are. They affect humans in so many positive ways, whether they are a full-grown adult or a developing child. Dogs can make people physically and mentally healthier, and they always make the day better. These adorable animals can have a greater impact on humans' lives than many people realize, offering many benefits that make them wonderful pets. So, how exactly do dogs impact lives?

Firstly, dogs can make people physically healthier. Studies show that dog owners usually have lower blood pressure as well as cholesterol levels, mainly due to their regular dog walking. Dogs need regular exercise, giving their owners an excuse to take a walk outside, where they can also get some physical activity. Another study shows that exercise lowers the chance of obesity and heart

disease. All of these result in an extended life expectancy, and they all come from owning a dog.

Not only can dogs affect physical health, but they can also affect mental health. Dog owners have less stress, anxiety, and depression than people who do not own a dog. This is because dogs can sense when people are in an emotional crisis, and even simply petting a dog can lower stress hormones. Any interaction with a dog makes the human brain release a positive chemical called oxytocin, which promotes increased relaxation. Pets, especially dogs, provide companionship and support, reducing loneliness and depression.

Dogs can greatly benefit kids and their well-being as well. Studies show that children who grow up with dogs have healthier mental health and are happier. Kids are able to learn about the



Dogs can give comfort and love to their owners.
[Source: Author, Kaylyn Wee]

tasks of caring for another, which helps them learn about responsibility. They tend to have higher self-esteem, be happier, and have less stress in their life. This leads to greater success and a bigger future. With their best pal by their side, helping them in hard times, kids are able to grow up happily.

Dogs are amazing pets, helping

their owners be healthy, happy, and well-developed. These pets greatly impact the way someone lives and their everyday mood. Just having a dog around can make you smile. Dogs are able to give the love and support that people need, even when others cannot. They truly are an amazing animal that should be able to receive the same love they give humans. Dogs really are a man's best friend.