

Editors Column



Jonathan Kim
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Arnold Schwarzenegger visits Culver City High to promote his new book



Arnold Schwarzenegger gives a thumbs-up to the packed audience.
[Source: Author, Jonathan Kim]

Arnold Schwarzenegger, known for his world-renowned success as a Hollywood movie star, award-winning bodybuilder, and former governor of California, spoke at Culver City High School on Friday, Oct. 13, to give a talk about his new book, *Be Useful: Seven Tools for Life*.

In the one-hour talk, which was highlighted by Schwarzenegger's keys to a successful career, as outlined in his book, and a discussion of the challenges he faced throughout his multifaceted career, Schwarzenegger also cracked jokes and shared vulnerable conversations with moderator Jamie Lee

Curtis, an Oscar-winning actress and author best known for her roles in "Everything Everywhere All At Once," "True Lies," and "Halloween."

In reference to his book, Schwarzenegger emphasized to the packed audience that his success can be derived from one key adage repeated by his father when growing up: be useful. Schwarzenegger's father, who Schwarzenegger has publicly been outspoken about as a tyrant Nazi father that abused his family, often forced Schwarzenegger and his brother to do things like "200 pushups, 200 knee bends," and

certain chores first before eating breakfast. These childhood events, while abusive, played an important role in shaping Schwarzenegger's life. "He was the one who actually gave us the dues to be useful," Schwarzenegger said. "It really helped me to make my entire life not shy away from working."

Later in the talk, Schwarzenegger also attributed his success to his beginnings as a student in career technical education, where he learned how to be a salesperson, an experience that helped him learn another important adage: work like hell and advertise. He even praised Culver City High School's Career and Technical Education (CTE) pathways for preparing students for the future in various fields, just like he had been. "No matter what it is, you gotta communicate what you want to do and what direction you want to go," Schwarzenegger said. "You have to let the world know."

Schwarzenegger also discussed the challenges and responsibility he felt as governor of California, a

career that even he was not certain of until he made the split-second decision to announce his campaign while on "The Tonight Show with Jay Leno" in 2003, a decision that he called the "biggest hinging moment" of his life. Schwarzenegger talked about the struggles he faced as governor, with his new responsibility of helping the 40 million people in the state, a responsibility he grappled with yet also desired because of all the help he had received throughout his life. "Everything that I've done as governor, bodybuilding, or acting is because I got help," Schwarzenegger said. "There's no such thing as a self-made man."

Schwarzenegger concluded by expressing his gratitude to everyone who helped him in his career journey, including the opportunities immigrating to and living in the United States have offered him, which is something that he hopes to pass on. "Without America, this would not have happened," Schwarzenegger said. "When you recognize you got help, it's your job to help other people."

Student Reporter

The Coptic Church and its Community



Ethan Chang
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Located on 9200 White Ln in Bakersfield, California, is the St. Demiana Coptic Orthodox Church, which adheres to the Coptic Orthodox Church, an Oriental Orthodox Christian church believed to have originated from Alexandria, Egypt, around 42 AD. The church's primary believers, the Copts, are an ethno-religious group who number around 5-20 million people and carry the distinction as the pre-Islamic descendants of the ancient Egyptians. Despite historical persecution and discrimination under Muslim governments in Egypt, the Copts and the Coptic Church still stand as one of the most unique and important religious groups that have played a hand in both Egyptian and East African history.

Believed to have been founded by Mark the Evangelist in Alexandria, Egypt, around 42 AD, the Coptic Orthodox Church was one of the first organized branches of Christianity created following the lifting of the ban on Christianity by

Roman Emperor Constantine in 313. Unlike their Catholic counterparts, who use Latin as a liturgical language, the Coptic church uses Coptic, a descendant of the ancient Egyptian language, as its primary religious language. Following a split in the church following the Council of Chalcedon, the Coptic Orthodox Church established its own papacy and began to establish itself as a major Christian subject in North Africa. Its followers managed to convert the Kingdom of Makuria in Nubia in c. 710 and established links with the Ethiopian Orthodox Church. Unfortunately, Coptic power came to a swift decline following the Muslim conquests of Egypt by Rashidun Caliphate in 639 AD. Due to their status as Christians, Copts were forced to pay special taxes and faced regular religious discrimination in a largely successful effort to convert Egypt into a majority Muslim polity. Although policies were relaxed under the Fatimid Caliphate, which hired Copts as administrators, succes-



Exterior shot of the St. Demiana Coptic Orthodox Church.
[Source: Author, Ethan Chang]

sive Muslim dynasties treated the Copts with indifference to their position as a minority group. Even during the Crusades, European crusaders saw the Copts as a heretical branch of Christianity and briefly expelled them from Jerusalem following the First Crusade.

Change eventually came unexpectedly in 1798 following Napoleon Bonaparte's unsuccessful invasion of Egypt. The invasion saw the rise of the Albanian administrator turned de-facto ruler of Egypt, Muhammad Ali, who wanted to modernize Egypt into an industrialized

Muslim state. Under the rule of his dynasty, special taxes on non-Muslims were phased out, and Copts were allowed to serve in the Egyptian military. The church itself also saw innovations through the establishment of the first modern Coptic schools, the introduction of the printing press, the establishment of a national press, and the repairing of relations with their fellow Christian counterparts in Europe. This Industrial Age also saw the spread of Coptic communities outside of Egypt into nations like the United States, the United Kingdom, and Australia. There were even attempts at reconciliation with successive Egyptian governments following the overthrow of the monarchy and the establishment of the Arab Republic of Egypt. Today, the Copts and their church stand as one of the most prominent non-Muslim minority groups in the wider Arab world with their own rich history and their survival from assimilation despite centuries of Muslim rule.

Student Reporter

New York City: The City of Two Faces



Jiyong Kwak
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What comes to your mind when you think about New York City? Spider-Man? Wall Street? Taylor Swift's 1989 album? New York is regularly associated with yellow cabs or cops in an NYPD car. It is a dynamic place where adventures start, and relationships end.

New York has a long history, dating back to 1624 when the Dutch shipping company established a trading post in New York, which was formerly called New Amsterdam. Since then, New York has gone through a series of events, such as the British colonization, the American Civil War, the Great Depression, and the Hudson River being a runaway for US Airways Flight 1549. Five boroughs make up New York, with the Appalachian Mountains providing one of the cleanest tap water for the residents.

New York is now one of the most culturally diverse cities in



Bryant Park in New York, where the Regional Chess Championship is taking place.
[Source: Author, Jiyong Kwak]

the world, with people showing their own identity through music, conversations, and fashion. Children and adults are busking on the subway and the street, which is an uncommon scene in South Korea, especially in the subway, where musicians would get dismissed if they started singing. Times Square has flashing signs that introduce products, movies, and trending songs to the #FreeThePtis movement. The one-dollar pizza had its own statement, with it tasting like



New York Street with its rustic feeling.
[Source: Author, Jiyong Kwak]

a dollar and cardboard combination.

Even though New York is a city that has a rich history with a progressive movement on cultural diversity, it has its own defects. New York has a high level of homelessness and a rat problem. It is home to around 3 million rats, which is less than Los Angeles, but the unhealthy method of trash disposal made rats closer to the citizens. The rat problem became a major con-

cern for New Yorkers, establishing an anti-rat unit in response to this issue. The high level of homelessness is also a major issue in New York. Currently, 8.3 million homeless people are living in the streets and subways of New York. This number equates to around 16% of the population of South Korea. The majority of the homeless are in a constant cycle of getting the bare minimum to survive the day without the certainty of getting food tomorrow. The reality is grim, where the homeless are seen sleeping in the streets and subways of New York.

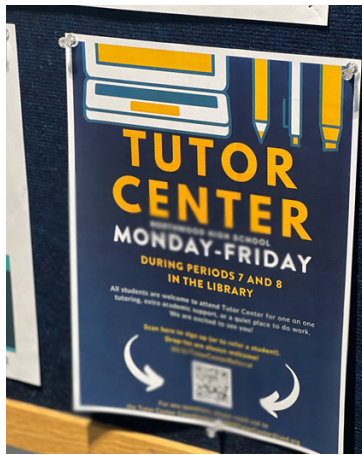
New York is a city of two faces. On one side, the city is diverse and inclusive, with progressive laws reforming the city every day. On the other side, it is a place where high levels of homelessness, drug addiction, high crime rates, and rat infestation are an issue that affects the city.

Student Reporter

The Elegance of Minimalist Graphic Design



Audrey Park
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Northwood High School



Minimalistic themes are often used to accentuate a promotional poster's professionalism and ideas.
[Source: Author, Audrey Park]

Anyone familiar with the average high school environment will know that club promotions conquer every empty wall. But the one noticeable theme is the minimalistic design choices: sleek lines, clean colors, and boldly polished text.

This style in the graphic design community has been recognized as Minimalism, and the reason for its

use on professional occasions may not be apparent upon first look. For several decades, these simple yet elegant features have enhanced the professional appearance of many corporate promotions or educational bulletins. Minimalism's impact on numerous communities is achieved through replicability, professionalism, and popularity in the modern world.

For example, one program that may have ignited such trends in graphic design may be Canva. Like other design engines, Canva is widely known for providing sleek poster templates and a variety of tools to edit the design of documents. Evidently, its use has become prevalent on many school grounds due to club promotions or announcements often being made by students who have access to this program. This accessibility reveals why Minimalistic themes are easy to replicate - one must prioritize the intentional placement of objects

rather than relying on artistic ability. Because most students are able to differentiate between clean and crowded designs, the simple style has naturally become popular for creating promotions surrounding one's club.

Additionally, certain trends in professionalism support the rise of simplistic graphic designs. Minimalism's refined features are found in the websites, promotions, and catalogs of many businesses. The goal that most publicity officers share is one of maintaining an organized company, or building a business's online presence. Also, the use of "Corporate Memphis," which utilizes flat characters or colors to achieve a clean appearance, is another Minimalist style that stemmed from the desire to present ideas, companies, or products professionally.

In school environments especially, professionalism aligns with

many students' goals of presenting the projects in a certain way. One president of a nonprofit organization, Jin Oh, expresses how she implemented polished features into a club poster by describing how "the bright pops of color and big, clean shapes dominated the design. When I was making this poster with my team, I wanted to follow the trend of modern poster design but give it a louder twist through bolder and warmer colors. This helped emphasize the camaraderie that is associated with my organization's goals". This, in turn, gave her group a consistent and easily replicable theme to represent certain ideas without saying much.

Minimalism's significant role in modern graphic design is irrefutable and likely to remain seen in many campus environments for an extended amount of time, so don't be surprised when you find its influence, in the form of loud colors or grandiose shapes, near you!

Student Reporter

HW Athletics Social Media Team at Homecoming



Isleen Lee
Grade 10
Harvard-Westlake School

The lights are bright, and Harvard-Westlake's upper school campus is buzzing with the chatters of excited students. Can you guess what day it is? You guessed right, it's the Homecoming festival! Our school's Homecoming is held at the upper school campus every Fall. Out of the many cheery occasions the school holds, the Homecoming festival is the largest, most anticipated, and most attended.

The day is full of multicultural food from the varying affinity groups of HW, including a Ferris wheel as well as sports games. As a member of the HW Athletics Social Media Team, Homecoming is no joke, especially with the amount of coverage that each of the sports games needs. Fencing, girls' volleyball, boys' water polo, football, and girls' field hockey all had home games that each member needed to attend. Preparation for this hectic day began on Thursday of that same week. All members of the media team

came together for an extra-special meeting that consisted of who would be stationed at what sports game, how often graphics would be uploaded, and the diversity of the posts. Because the football game tends to be the show-stealer, our job was to make sure to bring even coverage to all of the teams that were competing on behalf of HW that day.

The vibes of the day felt energetic, as it was also my birthday. Homecoming is not only a day for students, but it also attracts neighbors of the campus, alumni, family members, and friends that students bring from other schools. Upper school students also had a pep rally on the previous day, and needless to say, students were hyped and ready to have fun.

My duties didn't start only at 7:30 pm, when the football game started, however. On the prior day, I was tasked with uploading videos of the pep rally and the audi-



The student section was nearly full during the homecoming football game at Harvard-Westlake School on Saturday, October 7th. [Source: Author, Isleen Lee]

ence's reactions. On the actual day of Homecoming, I volunteered to cover the long-awaited football game that took place at the end of the day. It was a home game for the HW Wolverines and Homecoming, so the pressure was on, but the student section was very enthusi-

astic. With the large attendance, the team decided that Instagram stories and TikToks would be the best way to increase our engagement on the platforms. Multiple team members were down on the field alongside me, each taking both behind-the-scenes and close-up videos of the game. I posted numerous videos of intense action on the Instagram stories, while on TikTok, I uploaded more behind-the-scenes and student section clips. The Wolverines had given their best effort that day, but unfortunately, we had taken a loss. As a member of the HW athletics social media team, it was difficult to watch, but I nevertheless cheered and posted uplifting content on the platforms. Overall, Homecoming was an extremely busy and action-packed day for us, but we managed to produce great content and viewings. The games might not have turned out as expected, but it was another great hands-on experience that I got by being present on the field.

Student Reporter

40 Miles Down the Colorado River



Angel Song
Grade 9
Harvard-Westlake School

Have you ever wondered what it would feel like to canoe down a river surrounded by beautiful nature, take refreshing breaks at cool sand bars, sleep at campsites along the river, and reach your destination by canoeing? If you have, exploring the Colorado River might be the perfect adventure for you!

This fall, 9th graders at Harvard-Westlake had an opportunity to canoe down the Colorado River for their week-long retreat. Students were given two route choices: the short side or the long side. Short-side paddlers would experience more on-shore activities, while long-side paddlers would enjoy a more extended canoeing experience. There was a relatively even distribution of students between the two, but those who wanted an extended experience of canoeing chose the long side.

Students got on the buses heading to campsites on a chilly October morning. Once they arrived at the

campsite, students were given an opportunity to unpack, look around, and learn how to paddle a canoe, set up tents quickly, and other safety procedures. They were put into smaller groups, made up of about fifteen students, for an authentic bonding experience with others. Learning how to paddle was interesting, and students even learned what to do if their canoe flipped over! Fortunately, any capsizing on the river occurred only once.

The canoeing down the Colorado River began the next day, as students partnered up in groups of two or three to start canoeing. Students had to carry their own luggage, so canoeing took significant effort. The first day was eventful, with inexperienced paddlers crashing into thorny trees on the river bank or floating away because of the currents. Still, everyone had a blast, and the group had opportunities to link up their canoes together, swim, and eat lunch on the river!



One of the campsites for Harvard Westlake students during their trip down the Colorado River.
[Source: Author, Angel Song]

Each day was spent at a different campsite, and on the third day, the long-side paddlers were sent off to various campsites along the river, with each camp holding three groups. While roasting marshmallows and having fun, everyone bubbled with anticipation for the next morning. The very first thing scheduled for the last day was for the paddlers to get up promptly at the crack of dawn, tie the canoes together, and sleep on the river or watch the beautiful stars while slowly floating

down the river. After this serene experience, the last part of the trip was a bit more grueling, as paddlers had to paddle against the strong currents to the Arizonians shore.

After this grueling experience, everyone seemed ready to go home and take a long, refreshing shower. However, the bonding and fun everyone experienced on this trip were unforgettable. 9th graders will recall memories of this trip for a very long time.