



LEARN BEFORE YOU BURN!

BY JACK HORNING

You ever get a blanket, lay it out on the sand, pop on some sunglasses and lay back ready to get your tan on, but you fall asleep and wake up as red as a buttered, lightly drizzled in lemon, served on a plate with rosemary and garlic, LOBSTER?!

Funny how that works right? We, as humans, have lived under the sun

since we've existed; why do we get burned by it? And why do some people tan and others just burn?

Sunburn is different from a heat or chemical burn. Sunburn is caused by the sun's UV-B rays (Ultraviolet B Radiation). The rays, or the photons, penetrate the primary skin layer called the epidermis and attack

(Continued Next Page)

In This Issue:

***Vacation
Destinations***

***The World Trade
Center, Part 4***

***Senior Prank
Petting Zoo***

Tractor Day 2024

***Faculty Guess
Who***

LEARN BEFORE YOU BURN! (CONT'D)

the cells. The photons damage the proteins, membranes, and the DNA of the skin cells. What radiation is not absorbed by the DNA causes the DNA to link up incorrectly. Basically after that the cells freak out and start to self-destruct to prevent mutated cell replication (essentially cancer). Then the cells produce molecules that signal the immune system- which is all like "Hey man, what's going on here? Why are y'all blowing yourselves up?" The immune system then sends extra blood cells to calm down the skin cells. The extra blood rising to the surface of the epidermis is what causes the classic red and pink sunburn look. The immune system also works on booting out the damaged skin cells by making the skin blister and peel to reveal the fresh healthy skin.

After all of that is done the immune system sends melanocytes, which produce melanin (the pigment that colors our skin and hair) to create a protective barrier over the skin for next time: that barrier is the tan. People who have fairer skin are more likely to get sunburnt because they have less melanin to block the UV-B rays.

But don't depend on your tan to actually protect you in the long run. Over time, repeated overexposure to the sun can damage the skin cells so badly that when they mutate they can't self-destruct before they replicate, causing skin cancer. Even people who don't typically get sunburnt can develop skin cancer over time because, keep in mind, the sun does produce radiation, which will affect you in time regardless.

Now I'm not saying that you're guaranteed to get cancer if you don't wear sunscreen, it's just that you are at a higher risk than someone who does. Sunscreen contains minerals like zinc-oxide and titanium-oxide which act as physical blockers to reflect or absorb the rays before they can damage your skin. You should reapply sunscreen every two hours or so to make sure it doesn't wear off, especially if you're going to be in the water. But if you're reeeally not into sunscreen, there are a few other (less effective) ways to protect yourself from the sun. Coconut oil, aloe vera, and canola oil work okay-ish. Keep in mind that those examples only have an SPF of at most 7 for the oils and 13 for the aloe, so I personally would not take that route and stick to sunscreen.

There we go, now you know who, what, where, when, why, and how sunburn happens and how to avoid it. Hopefully this helps keep you safe from the evil radioactive photons the big fiery ball of gas in the sky that we orbit around emits.

SUMMER VACATION DESTINATIONS

BY NORA SNYDER



With the school year winding down to an end, summer is just around the corner! Where will you be spending your summer vacation? If you get the chance to travel, these are the most popular vacation spots around the world.

Starting off is Paris, with over 40 million tourists traveling there every year! Paris is the capital of France, and is known for its charming demeanor and scenic views, as well as many impressive monuments to visit while you're there, like the Eiffel Tower.

Another popular tourist attraction is the Grand Canyon, with over 5 million visitors every year. It is very popular with tourists who like to hike, with a 21 mile-long trail along the canyon. It is also one of the best examples of arid-land erosion in the world.

Next is Tokyo, with around 25 million visitors every year. Tokyo is the capital of Japan, and has many interesting places to visit such as the Tokyo Skytree, Shibuya Crossing, Meiji Shrine, Ueno Park, and the Tsukiji Fish Market.

Italy is another popular tourist attraction with 50 million visitors every year. The most popular attraction in Italy is the Colosseum, which was built during the Roman Empire's rule and is the largest amphitheater of its kind.

London is another popular tourist attraction, with 21.7 million visitors every year. One of the most well-known attractions in London is Big Ben, a 316 foot tall clock tower. Surprisingly, Big Ben is taller than the Statue of Liberty by around 10 feet.

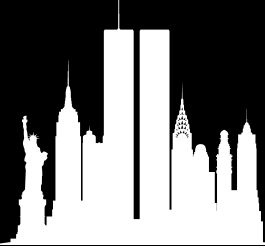
Greece has 36 million visitors every year. It is a very popular tourist attraction because of the hundreds of archaeological sites and historical monuments that are scattered all over the country, such as the Acropolis of Athens, and the Parthenon.

Finally, Hawaii is a very popular vacation destination in the U.S., with over 6 million visitors every year. It has clear water and scenic beaches, along with many popular tourist attractions such as the Hawaii Volcanoes National Park. The perfect vacation!

Wherever you decide to vacation this summer, whether it's your living room couch or the beaches of Hawaii, make the most of it!

THE WORLD TRADE CENTER: I CAN HEAR YOU

BY JOSEPHINE MARSHALL



Please enjoy the final installment of our ongoing look at the World Trade Center.

Following World War II, the United States became more involved in the Middle East, with three immediate concerns there: Persian Gulf oil, support and protection of newly-established Israel, and Soviet interests in the region. Oil was the priority. Right before the end of the war, President Franklin D. Roosevelt met with the king of Saudi Arabia, Abdul Aziz ibn Saud, to discuss oil. This historic meeting won the U.S. access to oil and strengthened the relationship between Saudi Arabia and America. However, the relationships between the U.S. and other Arab countries would not be like this.

In 1948, the U.S. became the first nation to recognize Israel as an independent state. Israel, even before its creation, had been controversial. In 1917, the British government issued the Balfour Declaration. This declaration fulfilled Zionists' mission: a national home for Jewish people established in Palestine. The U.S. supported the Balfour Declaration, but reassured Arabs that America wouldn't intervene without first consulting them. After taking office, President Harry Truman appointed experts to study the situation in Palestine. In 1946, he announced his approval of a recommendation to admit 100,000 displaced persons into Palestine and later decided to recognize the state of Israel. This decision caused further conflict in the area as the influx of Jewish immigrants was seen as a threat to the Arab identity as people and many Palestinians were displaced.

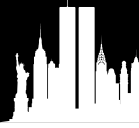
In 1953, the United States supported the Iranian military in overthrowing Iran's prime minister, Mohammed Mossadegh. America would push for Mohammad Reza Pahlavi, Shah of Iran. In 1978, the start of the Iranian Revolution would initiate the downfall of the Shah. America, already not on good terms with Iran, added another blow by allowing the Shah to come to the States for cancer treatment. The U.S. embassy, which was the scene frequently for demonstrations opposing American presence in the country, was attacked and occupied for a brief amount of time. Several were either killed or wounded. Iran going through this revolutionary change is directly tied to the embassy's staff going from 1400 men and women to around 70. On November 4, 1979, Iranian students seized the embassy, and 52 U.S. citizens were held hostage. The crisis lasted 444 days.

On Christmas Eve in 1979, the Soviet Union invaded Afghanistan. One primary reason for this was to support the new communist regime and suppress the Mujahideen rebellion. America decided it would help arm Mujahideen fighters waging jihad on the Soviet Union. After the Mujahideen defeated the Soviets, America stopped financially supporting Afghans. Lack of financial support and the withdrawal of the Soviet Union heavily contributed to the power struggle and eventual civil war in Afghanistan. Radical fighters in the Mujahideen would go on to form the Taliban, which gained control of Afghanistan and allowed Osama Bin Laden to establish his presence there.

Osama bin Mohammed bin Awad bin Laden was born to an aristocratic family in Saudi Arabia on March 10, 1957. He began providing financial and logistical support to Islamic soldiers once the Soviets invaded Afghanistan. After the war, he formed Al-Qaeda, to continue supporting Islamist causes in conflicts around the world and establish a pan-Islamic caliphate throughout the Muslim world. The organization at a time would split but continued to oppose corrupt Islamic regimes and foreign presence in Islamic countries, ultimately deciding to do so with force and violence. Bin Laden's hostility towards the U.S. started to increase at this time, opposing U.S. military presence in multiple different Middle Eastern countries. He was exiled by Saudi Arabia and later stripped of his citizenship. He was given sanctuary in Sudan where he set up operations but was later expelled from there. He ultimately ended up back in Afghanistan, protected by the Taliban.

About 50,000 people were in the World Trade Center on the morning of February 26, 1993, with

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more than 40,000 of those people being in the Twin Towers. After flying to New York City in September of 1992, Al-Qaeda recruiter Ramzi Yousef got into contact with Islamist militant Omar Abdel-Rahman and went on to acquire the personnel and materials he would need to execute his planned attack on the World Trade Center. At around noon, the terrorists drove a van loaded with a 1200-pound urea nitrate bomb into the public parking garage below the World Trade Center complex; after parking, the group lit a fuse long enough they could escape. At 12:18 p.m., the bomb detonated and tore a hole through the parking garage 150 feet wide and several stories deep. Yousef's plan of one tower toppling into another ultimately failed but killed six people and injured over a thousand. Within minutes of the bombing, investigators suspected an act of terrorism and, within days, arrested several radical Islamic fundamentalists. They soon also uncovered a second plot to bomb a series of New York City landmarks and Yousef's other planned attacks, which included the bombing of several U.S. international flights. Eventually, Yousef was captured and arrested. He is now held at ADX Florence, a supermax prison in Fremont County, south of Florence, Colorado. Osama Bin Laden had no immediate ties to this attack.

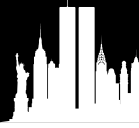
In 1998, Bin Laden signed and issued a declaration of jihad (holy war) on the United States, Jews, and their allies. He and other members of Al-Qaeda began issuing fatwas (legal ruling on a point of Islamic law), indicating attacks on America and its citizens were necessary and proper. 9/11 largely stemmed from Bin Laden's belief that America was much weaker than it actually was. Several events contributed to this belief, including but not limited to U.S. Marines fleeing Lebanon after terrorists bombed their base.

Khalid Sheikh Mohammed was the key operational planner of the 9/11 attacks. Spending his childhood in Kuwait, he joined the Muslim Brotherhood at 16 and then moved to the U.S. for college. After earning his degree, Khalid Sheikh Mohammed traveled to Pakistan and then Afghanistan to take part in waging jihad against the Soviet Union. He originally planned to blow up American planes in Asia during the mid-90s. This plan failed, but he was not discouraged. In 1996, Khalid Sheikh Mohammed met Osama Bin Laden, proposing, then, the idea of training pilots who would crash into American buildings. Al-Qaeda would provide personnel, logistical support, and money to execute this, and Bin Laden increased the framework of the attacks by including D.C. and New York. He believed this would bring about change across the Middle East.

The morning of September 11, 2001, was clear and crisp. Not one cloud was in the sky that late summer morning. Hurricane Erin, which had developed early that month, was 500 miles off the East Coast, and anywhere from 16,400 to 18,000 people were in the World Trade Center. At 8:46 a.m., leader Mohamed Atta and five accompanying hijackers flew American Airlines Flight 11 from Boston into the North Tower. The Boeing 767 hit the northern side of the tower between floors 93 and 99 at about 460 miles per hour, carrying about 10,000 gallons of fuel. All 92 passengers inside were killed. The angle at which the airplane struck made it impossible for people at or above impact to escape. Fire and debris blocked stairs and elevators from floors 92 to 99, trapping anywhere from 1,100 to 1,430 people. Due to him mistakenly broadcasting himself over the air traffic control channel instead of the plane's P.A. system, Atta alerted air traffic control of the attack directly. Betty Ong, a flight attendant, also alerted ground personnel that a hijacking had taken place and that the cockpit could not be reached. Air controllers then alerted the U.S. military's Northeast Air Defense Sector. At 8:46 a.m., two military jets were ordered to depart from Otis Air National Guard Base in Cape Cod, Massachusetts.

Seventeen minutes later, at 9:03 a.m., Flight 175, led by Marwan Al Shehhi, also from Boston, hit the South Tower at about 500 miles per hour, carrying about 9,000 gallons of jet fuel. The plane struck between floors 77 and 85. All 56 passengers on board died upon impact. After the North Tower was hit, many people in the World Trade Center began evacuating. An estimated 2,753 people were killed in New York City on 9/11. Not long after the collapse of the Twin Towers, New York Mayor Rudy Giuliani ordered the evacuation of all of Lower Manhattan. At 5:20 p.m., World Trade Center 7 collapsed after enduring fires for almost seven hours.

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Later that night, President George W. Bush finally addressed the nation at 8:30. In the days following, rescue workers and volunteers descended on Ground Zero, searching for survivors. Late in September, the searches would come to an end, and cleanup and restoration would begin. 9/11 had a number of impacts on America, from heavily changing security procedures to banning certain songs from playing on the radio at the time. On September 14th, President Bush visited Ground Zero. There, he would address the rescue and recovery workers. During his speech, he would say the now-famous quote, "I can hear you. I can hear you. The rest of the world hears you. And the people who knocked these buildings down will hear all of us soon."

Within weeks of the attacks, Bush ordered an invasion of Afghanistan. The Taliban was ousted from the Afghan government following this, but not without resistance. The Global War on Terror, which began on September 11th, was in full force. In 2003, Bush also launched the invasion of Iraq to conquer Saddam Hussein and prevent additional terrorist attacks, especially ones done with weapons of mass destruction. The U.S. military had more than 60,000 casualties during the war on terror. On August 30th, 2021, the United States Armed Forces completed their withdrawal from Afghanistan; this marked the end of the war on terror. The U.S. worked steadily to identify and eliminate those who were responsible for 9/11, often with deadly force. In 2011, President Barack Obama ordered a mission into Pakistan that resulted in the death of Osama Bin Laden.

Clean-up and recovery finished eight months after the attacks, and on May 30th, 2002, Mayor Giuliani held a ceremony to officially mark the end of the clean-up. The Twin Towers' collapse caused structural failure in the surrounding buildings; as a result, the entire complex was destroyed. After many years of controversy and delay, the rebuilding of the World Trade Center site started in 2006. Six buildings, the 9/11 memorial and museum, a mall, a transportation hub, a parking lot, a park, a church, and a performing arts venue are to occupy the new World Trade Center eventually.

Construction on One World Trade Center began on April 27th, 2006, and was completed on November 3rd, 2014; also called Freedom Tower, it stands at 1776 feet tall. Like the original Twin Towers, it includes attractions such as an observation deck and restaurant. On September 11th, 2011, the National September 11 Memorial opened, where the Twin Towers once stood. It's operated by a non-profit institution whose mission is to raise funds to program and operate both the memorial and the museum. The National September 11 Museum opened on May 21, 2014. It is located underground and includes more than 40,000 images, 14,000 artifacts, more than 3,500 oral recordings, and over 500 hours of video.



2024 SENIOR

PRANK PETTING ZOO



PHOTOGRAPHS BY CLAIRE HASH & ALLISON STOUTD

TRACTOR DAY 2024: THE TRADITION CONTINUES

PHOTOGRAPHS BY RAGAN BAKER & SERENITY BARR

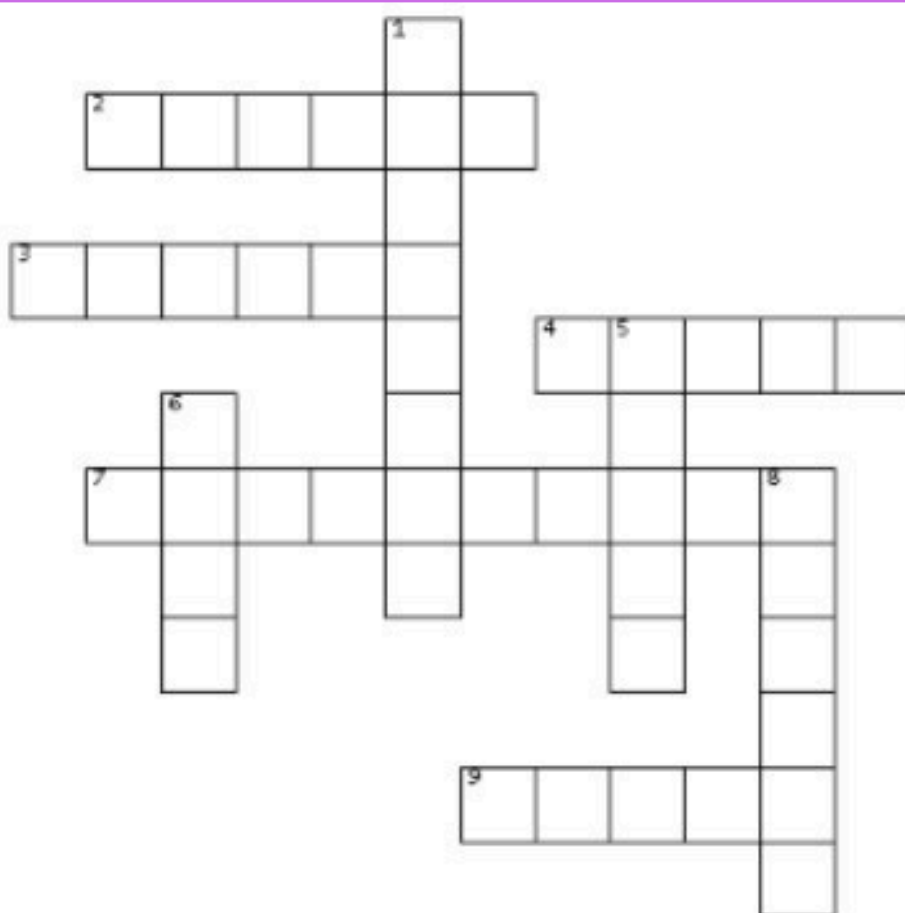


Faculty **GUESSES WHO?**

BY NORA SNYDER

Word **BANK**

ANDERSON
EVANS
HASH
KING
LOWDER
LUOTO
MACDOUGALL
MOORE
PERRY
PIERCE
RIPANI



ACROSS

2. Which teacher has been to over 50 rock concerts?
3. Which teacher has a cat that was born without a tail?
4. Which teacher played Ms. Piggy in their second grade school play?
7. Which teacher has lived in England, Wisconsin, and Nevada?
9. Which teacher has been to two Katy Perry concerts?

DOWN

1. Which teacher attended 9 different schools by the time they graduated high school?
5. Which teacher has an RV named Berry?
6. Which teacher has 3 sheep, a sheepadoodle, and an alpaca?
8. Which teacher is related to Dick VanDyke on their mother's side?