



Point of View

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“No Kings” Protest Raises Questions About Power and Democracy in America

by ANNIE JANG



Image Source: The New York Times

On October 18th, 2025, big "No Kings" rallies took place all over the United States. People came out to protest President Donald Trump acting more like a ruler than a leader. Many Republicans made fun of the movement and labeled the protesters unpatriotic, new polls show a lot of Americans actually agree with what those protesters are saying. The movement has quickly spread online, which makes people sharing videos, signs, and stories about why they believe democracy in America is in the risk stage. Even some of them think this could be one of the biggest political protests since the early 2020s.

"No Kings" suggests that no one president should hold all the power. Trump and his supporters laughed it off online, posting memes of wearing a crown. House Speaker Mike Johnson called the rallies against American values. A survey from the Public Religion Research found that 56% of Americans think Trump is a potentially dangerous dictator whose power should be limited while 41% call him a strong leader. More appear to be concerned about how much power Trump wields.

Other polls say the same thing that most Americans think Trump has gone too far in using presidential power. Even some Republicans say he is crossing the line. Supporters of the "No Kings" movement say their protests are really about protecting democracy and making sure no leader can take too much control.

In conclusion, these protests demonstrate that many Americans feel that something is seriously wrong with democracy

and freedom. People are worried that the balance of power is slipping away. It shows that the "No King" movement is also an opportunity for Americans to think about how to keep their government fair, balanced, and truly for the people. This protest shows the deep frustration and a desire for real responsibility from those in power.

The Nation's Report Card Reveals Worrying Trends

by YEJU JANG

Recent results from the National Assessment of Educational Progress (NAEP) show that American high school students are experiencing a noticeable decline in both math and reading skills.

According to the data, a significant number of students scored below the "proficient" level, highlighting growing gaps in academic achievement across the country. Experts suggest that the decline may be related to the long-term impacts of the COVID-19 pandemic, increased phone screen time, and challenges in maintaining consistent study habits.

These findings make educators concern that basics are essential for student's future success. NAEP's report serves as a reminder that maintaining strong foundational skills is crucial. Students, teachers, and parents all play a role in improving learning outcomes. By paying attention to these trends, schools can take action to ensure that students are prepared for college and careers.

The National Assessment of Educational Progress (NAEP) is widely recognized as "The Nation's Report Card", providing reliable and official data on student achievement across the United States. The result revealed a decreasing data in both math and reading skills among the US high school students, which is a big concerning issue that affects not only academic performance but also students' future opportunities.

Additionally, the article draws attention to the increasing achievement gaps between different groups of students. It emphasizes that lower-performing students are most likely falling further behind, highlighting the urgent need for schools, educators and parents to provide targeted support.

In summary, this article was selected because it is both relevant and informative. It connects global educational trends to our local context, emphasizes the importance of foundational

academic skills, and inspires readers to think about how schools and students can take action to improve learning outcomes.

Louvre Robbed in Broad Daylight

by SEJIN TENNANT



Image Source: The New York Times

On October 19, 2025, four masked thieves robbed the Louvre Museum in Paris, stealing royal jewels worth over 100 million dollars in what officials call a major security failure.

On the morning of October 19, 2025, a bold daytime robbery shocked the Louvre Museum in Paris. Around 9:30 a.m., four masked thieves targeted the French Crown Jewels displayed in the Galerie d'Apollon. Using a truck-mounted ladder and power tools, they broke through a window and smashed several protective glass cases before escaping on scooters.

The criminals stole eight historic pieces of jewelry valued at more than 100 million dollars. The collection included tiaras, necklaces, and earrings once owned by 19th-century French royalty such as Queen Marie-Amélie and Empress Eugénie. During their escape, the thieves dropped a crown belonging to Empress Eugénie, which was later found damaged outside the museum. Authorities reported that the entire heist took only seven minutes.

French Culture Minister Rachida Dati said the robbery was more than a security failure, calling it a “deep wound to France’s cultural heritage.” She stated that the loss went beyond monetary value, as the stolen jewels represented centuries of national history and artistic craftsmanship. In response, the Louvre temporarily closed to the public while investigators reviewed footage and reinforced security measures. The stolen pieces were entered into the international stolen art database, and over 100 officers were assigned to the case in an effort to recover what officials described as irreplaceable symbols of French identity.

By late October, seven suspects had been arrested, including one captured at an airport while trying to flee the country, although none of the stolen jewels had been recovered. Investigators believe the thieves were professionals, possibly an organized crime network that plans on melting down the gems and gold stolen from the museum.

With \$100 million worth of stolen artifacts being stolen by criminals with ease, the heist is seen as a devastating blow to France’s cultural identity, striking at the heart of a nation that prides itself on its history and heritage.

Thanksgiving Day



Artwork by Heidi Jang

Importance of Nuclear Fusion Energy

by IDAM SUH

In many regions around the world, environmental issues like climate change and pollution are rising as a massive problem. In the history of energy generation, fossil fuels have been the primary energy source for the last several centuries. While fossil fuels are widespread and convenient to use, it causes a lot of Carbon/CO₂ emission, which is closely associated with climate change. Due to the negative environmental impact of fossil fuel, renewable energy sources (i.e. wind and solar) and alternative energy sources. Among the energy sources in discussion, it seems like nuclear fusion energy has concrete potential for being a primary energy source.

According to page 3 of the “Fusion energy: a sustainable pathway to meeting future energy demands” by Gaurav Katoch et al., the carbon emission during the generation is the lowest and highest energy density; higher density indicates that the energy can be stored in a smaller space. While the cost per kWh is second lowest (tying with wind energy), its characteristic of continuous energy supply strengthens its potential of being a primary energy in the future. Generation with both solar

energy -which has the lowest cost per kWh according to the comparison table provided by the article- and wind energy is strongly influenced by the weather and climate change, which limits its applicable areas and continuous energy supply. The reason for the importance of continuous energy supply is that many researches are anticipating that demand for energy will increase.

Tracking the trend in the energy source industry will be crucial for the future because of its impact on our life. Researches have elucidated that nuclear fusion energy is appropriate for future primary energy source due to its efficiency, continuous energy supply & lowest cost per kWh, high energy density, and low CO2 emission. To achieve a sustainable society, developing technologies related to nuclear fusion will be a key part.

Women Benefit More Than Men From Regular Exercise

by SALLY HUH

Many studies and clinical trials have shown that exercise not only burns calories but also brings physiological changes that strengthen the cardiovascular system.

Interestingly, recent research has found that women benefit even more than men from regular exercise in terms of heart protection.

Research teams from Xiamen University School of Medicine, several affiliated hospitals, and other medical institutions in China published a study in the international journal *Nature Cardiovascular Research*. The researchers analyzed over 80,000 men and women who did not have coronary artery disease at the start of the study. Their physical activity was tracked through wearable wrist devices, and the data was compared to heart disease outcomes.

The results were intriguing, as women who exercised 150 minutes per week (the standard recommended amount) had a 22% lower risk of developing coronary artery disease, compared to a 17% reduction for men. To lower their risk by 30%, women needed 250 minutes of weekly exercise, while men needed 530 minutes—more than twice as much.

Even among more than 5,000 people already diagnosed with heart disease, women who followed recommended exercise guidelines had three times greater reduction in death risk compared to men.

Professor Yan Wang, who led the study, stated, “Our research shows that current exercise guidelines may overlook important sex differences. To maximize prevention and treatment effects, gender-specific exercise recommendations should be developed.”

Experts believe these differences may be related to biological factors such as cardiovascular structure or hormones, and further research is planned to explore these mechanisms.

BOOK REVIEW: *In Search of Memory* by Eric R. Kandel

by JIHOON CHOI

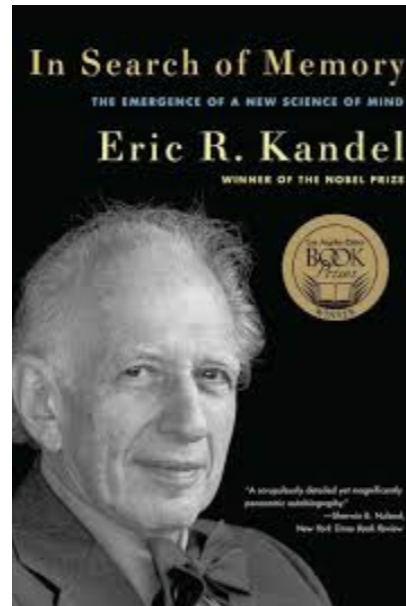


Image Source: 교보문고

What is memory? Where is it stored? How is it stored? These questions were answered by none other than Eric R. Kandel, winner of the 2000 Nobel Prize for Medicine. He is a neuroscientist who sought to understand the molecular mechanism of memory formation, producing a series of breakthroughs in memory research that helped neuroscientists better understand the brain. “*In Search of Memory*” is a jack of all trades; it is Eric Kandel’s autobiography, a short neuroscience textbook, and a collection of his memory research. This book helps explore Kandel as a person, his qualities containing valuable lessons.

In 1929, in Vienna, Austria, Kandel was unfortunate to be born as a Jew. Because of the strong antisemitism, he faced a difficult childhood. However, his family soon emigrated to the US when he was 10, after a barely escaping a life-death situation. There, he went to Harvard to study European history. But after becoming interested in psychiatry, he studied in NYU school of medicine, specializing in psychoanalysis.

His shift to neuroscience came from a dissatisfaction he had with psychoanalysis. It merely treated the brain as a “black box” that could only be studied through a psychological analysis of dreams and the unconsciousness. Kandel wanted to study the brain directly, leading him to pursue neuroscience. By coincidence, NYU was one of the only college that had a dedicated lab for neuroscience. With the help of his friends and mentors, after gaining sufficient neuroscience knowledge, Kandel was determined to prove that the brain was not just a “black box”, but a studyable, biological organ. He focused on the biological

basis of memory, reflecting on his memory of his traumatic past in Vienna.

His first research at the National Institute of Health (NIH) involved recoding the electrical activities of the mice hippocampus. However, he found that the mouse brain was too complex to study. He shifted to a simpler animal, *C. Aplysia*, a sea slug. Not only did this invertebrate have less than 20,000 neurons, the individual neurons were big enough to be seen with the eye, which made recording the neurons easier. For the next 50 years, Kandel devoted his life into studying the memory formation mechanism with this creature, discovering key mechanisms of memory.

Before explaining the findings, understanding memory is important. Memory, to put simple, is the strengthening of a synapse between neurons. For example, memorizing the digits of pi will strengthen the synapse between “3”, “1”, and “4”, which will lead to a cascade, chain-like reaction as thinking of “3” will activate “1” neurons, which activate the “4” neurons. Thus, memory is kind of learning involving the connection of neurons. Because it would be impossible to make a sea slug memorize digits of pi, Kandel studied the sea slug’s “muscle memory”. With this, Kandel identified short-term and long-term memory, and found that they went through a different molecular processes. Short-term memory is merely a temporary increase in the concentration of an enzyme called PKA, causing the activation of the synapse to become longer. Long-term memory, on the other hand, leads to the expression of an actual gene, called CREB-1, which leads to creation of new axons and thus a more permanent synapse formation. Detailed reports can be found on “Science”.

What makes Eric Kandel more important is his qualities as a scientist. He dedicated 50 years of his life to studying memory, in an era where neuroscience research was not valued. Instead of going into psychiatry, which would give him an easy life, he chose the path of science, valuing curiosity and scientific discovery more than anything. Furthermore, he chose to use a sea slug, which was unconventional during the time and was dismissed by the science community, showing that scientific progress comes from courage to employ novel ideas. Personally, I look up to become a neuroscientist like Eric Kandel, someone who follows the scientific mindset: curiosity, skepticism, and bravery.

Smartphone: Helpful or Harmful?

by RION KIM

Today, almost every student owns a smartphone. It is one of the most common items we use every day. Smartphones help us in many ways. We can talk with friends, take photos, search for information, listen to music, and even study using different apps. During the COVID-19 many students also used smartphones for online classes. Because of this, it is hard to imagine life without them.

However, even though smartphones are very useful, they can also cause some problems. A recent survey showed that most middle school students use their phones for more than four hours a day. Many students check social media, watch videos, or play games for a long time. This can make them forget about homework or studying. Spending too much time on the phone can also make our eyes tired and our bodies less active because we sit for too long.

Another problem is that smartphones can affect our sleep. Many students look at their phones right before going to bed. The bright light from the screen makes it harder to fall asleep. When we don’t sleep enough, we feel tired the next day and cannot focus well in class. Some students even wake up in the middle of the night to check messages or notifications. This makes the problem even worse.

Experts say that we do not need to stop using smartphones completely. Instead, we should learn to use them wisely. For example, we can decide a time limit each day, like using the phone for only two or three hours. We can also keep our phones in another room while studying or doing homework. Taking short breaks from our phones can help us feel more focused and relaxed.

Smartphones are amazing tools that can help us in many parts of our lives. But just like anything else, too much of it can be bad. If we use them in a smart way, they can make our lives better instead of harder. So let’s all be smart about how we use our smartphones.
