Point of View

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MathWrite Contest in ICS

by DAWN OH

On November 13th, 2020 MathWrite Contest was announced to begin. The MathWrite Contest was first held in 2019 to offer students a chance to showcase their talents in mathematics and creative writing. This year, the contest was separated into two individual events: the first portion of the Writing Contest, and the second portion of the Math Contest. All students had to take their chance to participate in both contests.

For the Writing Contest, students chose one of the prompts associated with their grade or set and submitted a creative story or essay online by November 30th. Each set for the elementary school students had two topics to choose from. For middle and high school students, 6th, 7th, and 8th-grade, 9th and 10th-grade, and 11th and 12th-grade students shared the same topics of three.

On November 27th, the guideline of the Math Contest portion was announced to begin. It was separated into two rounds: an Online Round and a live Invitational Round. For the Online Round, students needed to complete an online contest individually by December 7th. Students had to solve 10 questions in 60 minutes. The top 6 students from each "Set" or "Grade" from the Online Round would advance to the live, team-based Invitational Round. The team would compete against one another in a live, game-show style quiz bowl of mathematics in front of the school population; teams of three students would be given timed questions to solve. Similar to the Writing Contest, there would be two teams of three from each set for the elementary school students. For middle and high school students, each 6th, 7th, and 8th-grade, 9th and 10th-grade, and 11th and 12th-grade students would also form two teams of three. 1st, 4th, and 5th place students from the Online Round would compete with the students in the 2nd, 3rd, and 6th place. In addition to the competition events, there would be several mini-events open to all, including student-led seminars on special topics in math. However, due to an expansion of the social-distancing efforts, the day to award the winners of the Writing Contest and Online Round for the Math Contest, and to hold the Invitational Round was eventually postponed to the Spring Semester. Every student and teacher in ICS is waiting to go back to school and open the day for the 2020 MathWrite Contest.

Importance of Students' Sleep

by SARANG PARK

The News Club surveyed students at the ICS when their average bedtime was. According to the survey, 36.4 percent of students fall asleep between 1 and 2 a.m, 31.8 percent of students fall asleep between 3 to 4 a.m, 18.8 percent of students fall asleep between 5 a.m. to 6 a.m, and 13.3 percent of students fall asleep between 9 a.m. to 11 a.m.

According to a survey released by the American Academy of Sleeping Medicine (AASM), the recommended sleep time for 13 to 18 years old is eight to ten hours. Based on the survey, the average bedtime for students is between 1 a.m. and 2 a.m. If the wake-up time of the students is 7:30, they sleep for about six hours. When the survey asked them why they don't sleep, 94.7% responded "to do homework", 57.9% said "to study", and 31.6% said "to play".

So what happens if you don't sleep? The efficiency of the first job is poor. Reducing sleep time can reduce work efficiency and productivity even if you study or work hours increase. Especially for test-takers and those who are active in mental activities, they need to get enough sleep to increase their efficiency. Lack of sleep can reduce concentration and memory, cause cognitive impairment, and increase the incidence of obesity and dementia in

the long term. Second, fatigue builds up. Sleep is the most basic way for the body to relieve fatigue during the day. It reduces physical and mental fatigue accumulated during the day and helps to recharge your body's energy.

The problem is that if you don't sleep, your body's fatigue will not be relieved properly, resulting in chronic fatigue, and your immune system will be reduced, resulting in various health problems. In particular, fatigue often causes daytime sleepiness or tiredness, and symptoms such as lethargy all over the body. It is often said that proper sleep is seven to eight hours, which experts say is just an assumption that the average sleeping time for adults is 7.5 hours. Some people need to sleep more than this, and some need to sleep less than average. Sleeping time is determined by the genes that you have from birth. Sleep time that can be reduced by effort is up to 30 minutes. If you force yourself to reduce more than that, you will have health problems due to lack of sleep. Then, how do you know the right amount of sleep time for yourself? If you feel refreshed after sleeping and waking up, and can have a pleasant day without feeling tired all day long, that's your proper sleep. It's okay if you get less sleep than others and have a lovely day, but if you don't, you can increase your sleeping hours so that you won't hurt your health.

Be Careful of your Surroundings

by JOSHUA BAKER

Who would have known that bumping your elbow was enough to make you faint. I never would have known that until I fainted two weeks ago. I was sitting in a chair and then I hit my elbow really hard. I hit it so hard that I felt dizzy. Then I woke up. I had fainted for around 5 seconds. Luckily my family was there and they were able to help me get back. I was okay except that I had a huge bruise on my face, and it could have led to something much more serious like breaking my nose.

After that experience, I did some research because it was really weird that I fainted out of nowhere. I found out that your elbow has a sensitive nerve known as the ulnar nerve or more commonly known as the "Funny Bone". When this nerve is in intense pain, it could lead to vasovagal syncope, which is a sudden drop in blood pressure. This causes less blood flow to your brain and can lead to fainting. This is exactly what happened to me. I hit my elbow really hard, which triggered a vasovagal syncope. Some people are more prone to fainting, and it depends on the situation and your condition. If you are sleep deprived or skipping meals or under a lot of stress, it can cause fainting. This was one reason that affected me to faint because I did not have much breakfast or had much sleep.

After bumping your elbow and you feel like you might pass out, you should help your body circulate your blood. You can do this by lying down and lifting your legs, or you can put your head between your legs. You should stay still until you feel better. ("Vasovagal syncope") These techniques will prevent you from injuries from falling down, which can be serious like breaking your nose.

Through this experience, I learned how to prevent and reduce the risks of fainting, and I wanted lots of people to know that it can happen to anyone. You should not skip meals or become sleep deprived. Being too stressed or extreme emotions can also cause you to faint. So be aware of your surroundings and keep in mind that it can happen to anyone.

Getting into Gold Investments

by DANIEL BAKER

Due to the pandemic, many people have become more interested in investments. An exceptional investment to get started is in gold. Gold investing is very reliable but is also one of the simplest types of investments. Gold is typically more stable than stocks or bonds because of scarcity(something of short supply), and gold is very accessible to the public. Therefore, many people use gold as insurance and for saving money for long periods. Here are some tips and facts about gold investing.

Gold is an expensive investment that can cost a lot of money. But when you invest in gold, your value is intact. Currently, one ounce of gold is around $1800. You should save your money and invest in gold because gold prices increase gradually and do

not drastically change. Gold is a stable investment; therefore, you should save your money to invest in Gold. There are many ways to buy gold: gold coins, jewelry, gold exchange-traded funds, and sovereign gold bonds. The price of jewelry is very inconsistent and the melted down value of gold is usually less than the jewelry value. Gold-exchange funds are the stock market for gold prices and can be very complicated for beginner gold investors. Sovereign gold bonds are simply contracts to give you gold. When you start investing in gold, start investing in gold coins. Gold coins are frequently traded, tangible, and the price is relatively consistent. Gold coins are the main transaction within the gold market; it is fairly easy to buy and sell. Also, by having gold coins you physically have the gold; in other gold investment types, you will not get physical gold but contracts entitled to gold. Physically having gold is useful because it ensures that you own the gold; also, it is easier to sell you gold when you need to. . Gold is a different type of investment than stocks. Stocks can be speed traded to make money. But, gold is a long term investment. Therefore, it takes on average 5 years to make a good profit for gold. Gold is great for investors who are looking for insurance but also profit overtime. A common trend of gold investments is that during stable times metal prices are relatively down, and during unstable times, gold prices skyrocket. What is the reason for this? It is because people use gold for insurance; when people need money during times like recessions, pandemics, and natural disasters, they sell off their gold for cash. There is a rule of thumb for gold investing: buy during stability and sell during an unstable time. Following this rule will make great returns for the investor. A good example is Paul Kim(11th Grade) who got around 50 percent returns on his gold coins during this pandemic. He bought gold before the pandemic and when the prices rose, he sold it for a good profit.

The Impacts of COVID-19 on the Movie Industry

by TAEHWAN KIM

Nobody could have foreseen the impact COVID-19 would have on our world. During the early days of the outbreak, nearly all societal functions had to be put on hold due to the fear of the virus. Stores had to shut down and workers had to either stay at home or work from home.

No one was exempt from the effects of this pandemic: some managed to adapt and improve while others could not handle the burden, maybe even both. An example of an industry that suffered but also found ways to adapt is the entertainment industry. Due to the fact that social gatherings, or any types of large gatherings for that matter, were banned, production of movies and shows had to be halted. Furthermore, as cinemas were deemed unnecessary enterprises, they were mandated by governments to close down in many parts of the world which was the case in countries such as the US, Canada, and the UK. Then how did the industry react to such unforeseen series of events to avoid going out of business?

The entertainment industry, more specifically the movie industry, takes up a huge portion of the economy around the world. It is said that Hollywood sustains approximately 2 million jobs and 400 thousand businesses just in the US. Surely, this outbreak would have affected the industry in a myriad of ways few of which would be: closure of cinemas, delaying or cancelling of production and release of movies, and loss of jobs. As a consequence of the first cinema closures around the world, the initial reaction of movie studios was to delay the release of the movies. Movies such as No Time To Die and Wonder Woman 1984 were two of many films to have their release date postponed in hopes of cinemas reopening once the pandemic has slowly loosened its grip on our society. However, the pandemic lasted much longer than what the studios had initially expected, leading them to delay the release of the films even further. While most films had their release dates delayed, some studios took a gamble and decided to release the movie when the situation around the world appeared to get better. An example of this would be Christopher Nolan's Tenet which initially had its release date postponed. Eventually, the studio decided to push for a release in the summer when the number of new cases in select countries appeared to be on a decline.

With the pandemic showing no signs of slowing down, studios around the world could not constantly delay release dates of films without end. Thus, many studios have resorted to different methods of getting their films out there. One of the most popular choices

is to release the film on a streaming platform or on VOD. Streaming platforms have become some of the biggest providers of entertainment to the public. Famous examples include Netflix, Amazon Prime, HBO Max and many more. By utilizing the pre-existing platform of entertainment, studios and their films could reach a large audience without the help of cinemas. Many films that were scheduled to release in cinemas around the world resorted to releasing exclusively on such streaming platforms or releasing on cinemas as well. One example would be Wonder Woman 1984 which will be released in cinemas and on streaming platforms after multiple delays. By releasing on streaming platforms, studios are able to get the movies to the patiently waiting audience while recuperating the production costs of the movies.

The pandemic has changed our world forever. The movie industry demonstrated a way in which our society and industries adapt to such crises and continue to move forward. Although seeing films being postponed or cancelled altogether is terrible, we can commend the industry for finding new ways to get their projects out to the audience and adapt to the circumstances.

Chapter One

by SNARKY SNEAD

The rotten old hag was stirring her witch's brew in a rusted-out oil drum rank with the stench of years of cooks. Sometimes it was a stray cat seasoned with rubbing alcohol, or a mash of rat and coagulated blood from the clinic; other times, it was something more unmentionable. Her wares were unpalatable, but the Deckheads loved her and were the primary source of her living. I'd seen her out there everyday since I first arrived in the county - she was just as much a fixture of the landscape as the three-legged dogs that didn't even have the energy to tug over a piece of bread. She couldn't talk, but I could tell from her drawn-out eyes that she didn't have anything to say anyway. Nevertheless, she was one of the few who bothered to notice me at all. She stared, appraising me from head to toe before wandering off into the darkness of an alley.

Pellets of rain began to pepper my face and I was overwhelmed by the cold, blustery spirit of the city. I gazed at the dull, damp colors of an old billboard advertising a fruity cereal - once some child's fantasy, it too was washed away by the rain. The only good thing about the occasional downpour was that it was the only chance at a decent shower; it was the only gift given to me freely, and I accepted it with open arms, letting the drops drench every layer and cleanse me of the grime that had built up over the past few weeks.

I headed for the tubes to get some shut-eye. The Deckheads had been through though, you can always tell by the terrible effluvium they leave behind: a nauseating mix of mold and sewage that just hangs in the air and percolates through the walls. There was a shiv lying on the third rail which meant somebody must have put up a fight, but without any Deckhead bodies lying around it couldn't have ended well for the brave soul. I walked by the scene of the crime, keeping a wide berth in case of booby-traps. My humble abode was about a hundred meters down the tube, hidden behind a faux wall of cardboard I'd painted and covered with tar to camouflage it. It wasn't much - I only had a used bedroll, a couple of candles, and an old chessboard missing a knight and a rook - but it was home. I shooed the rats away from my bedding - they were waiting for a break: food, freedom, or maybe even a chance to speak to a listening ear. They infested every nook and cranny, every moldy damp crevice and corner. Their mottled and greasy coats would've repelled even the strongest stomachs; but, to me, they were the closest thing to friends I'd had in a long time.

I plopped down on my sleep-sack and cracked open a can of pineapple slices I'd pilfered from a naive kid the day before. Normally you had to be careful of botulism, but the can was in pristine condition, not a dent on it. They were sweet and acidic, with a slight metallic note - I'm no gourmand, but overall, it was a five-star dinner. I'd found some batteries recently, so I decided to give my CD player a try. The only disc I had was a collection of old polka songs, not exactly my ideal tunes, but they always had a soporific effect. I fell asleep to a particularly raucous concertina piece as rats pranced around in my dream.

Morning was indistinguishable from night. I only woke from habit, as I would much rather lie there forever, waiting for the rats to silently devour me.

I peered outside into the dank cavern. It was airy and vacant, a welcome sign. I swept aside the cover and stumbled out. The tube had been a crowded place back in the day, according to my father. It was easy to believe, there was trash everywhere, posters advertising social events, and all manner of graffiti - clearly, this had once been a hub of life.

I scarfed down my breakfast - a moldy piece of bread and a candy bar that had melted and hardened so many times that it looked like a little log. I chased it with some water before I had the misfortune of tasting it. Hearing voices in the tube advancing towards me, I hurried - ran more like - down the tube to the set of stairs leading outside.

The sun glared down at me from above. Its spiteful hatred was only concealed by the grey clouds that obscured its deadly rays. I walked down the graveyard of stores and lost fortunes. Now and then, a car would pass by and a driver would sneer at me. Some kids were playing with an alley cat - torturing would have described it better. Screeches and squeals intermixed with laughter; I kept my distance.

Crossing the street, I came across the old August Theatre. The building had once been famous for its architectural prominence and beaux-arts beauty. It lost both from years of vandalism and had at one time become a den for opech users, but was now mostly used up and abandoned. As I opened the door, I was greeted by the distinctive scent of mothballs and chipped paint. I walked up the dark, dusty corridor, up the beaten and weathered stairs, and out onto the roof, the one place untouched by vandalism. There was a small storage shed next to the water tank. I didn't immediately open it, however, because the Deckheads were known to conduct their business there from time to time. I cracked the door a few centimeters and peeped inside - nobody was there. The dust that alights on everything seemed undisturbed, it appeared to be safe for now. Just in case it was a trap, I crawled on all fours across the floor. When it was clear everything was okay, I began my search for scraps. I was in luck, I found a couple of dry matches, a pair of sunglasses, some antibiotics (the Deckheads must have cleaned somebody up there), and a bloody towel that could be sanitized pretty easily. I lit a match and watched as plumes of smoke floated off into oblivion. I packed my haul in a bag and headed back to the stairs.

Back on the street, I paused near one of the last music shops still doing trade. The owner, an old grubby man with a potbelly that hinted at a fondness for coffee sweetened with honey, stared at me coldly as I passed. Someday soon, I'd have enough for the mini Hi-Fi system he kept displayed in the window, and I couldn't wait to see his hubris deflate when a street-rat like me waltzed into his boutique and actually bought something. But for now, this is just pure fantasy.

Shops like these operate along proto-capitalistic lines, sometimes a particular commodity like cooking oil becomes the primary medium of exchange and eventually a form of currency, other times, shop-owners will take anything and everything that seems to have some intrinsic value. The local economy has operated like this for awhile now, and I've gotten pretty good at predicting what the next hot item will be - last year it was copper wire, this year it's candles, and I'm betting on rice for next year. Of course, opech has been in increasing demand, but it isn't openly exchanged.

Opech is the only way to face the Deckheads outright. Ever since the Great Amg-45V Outbreak, their numbers have gradually swollen. Living without fear, they also ended up learning how to live without consequences or remorse. They ravage and pillage at will, committing all sorts of atrocities and leaving nothing but ashes and tears in their wake. For a while, we thought we had found a way to coexist with them, but we were wrong. Deckheads will always be Deckheads until a cure is found.

I still remember the first case. No one could explain it. People started doing strange things and behaving in ways that could hardly be described as human. Licking walls, screaming at the wind, and laughing constantly - the laughing was the worst. No matter how awful things became, they just . . . kept . . . laughing. Grandmothers and children alike, howling as they thrashed at each other. First, people blamed it on toxins in the food. They gave it a name: agro-hysteria. Soon enough, though, we all learned the truth. ...