

# Stapleton and Levy are students by day, interns by night

ALEX SISCA & EMILY ART

Students by day, interns by night, Sabrina Levy and Anna Stapleton, seniors, are preparing for their dream careers. Levy's science internship at Oregon Health and Science University, studies the effects of chemotherapy. Stapleton is the first intern ever at Third Rail Repertory Theater resulting in a somewhat experimental and loosely constructed experience. Internships are open for many subjects and can be found through various programs.

Students earn a letter grade for internships (pass or no pass experience) which can only be during junior or senior year and only twice during high school. Students may or may not be paid but gain experience in their fields.

The high school has a college & career center coordinator (not a certified counselor) Jamie Welle, who runs the work experience/ internship program.

"Students must go through an application processes and meet requirements for the internship. The students create goals they want to reach by the end of the internship," Welle said.

Less hours are worked by interns in comparison to the work experience program and as they learn,

evaluations are made by both themselves, the staff and the employer. At the end of the internship process, students give a presentation to a board about their internship and

the internship was time consuming and took commitment.

"The internship took a large chunk of time but the experience you get back is worth it," Levy said.

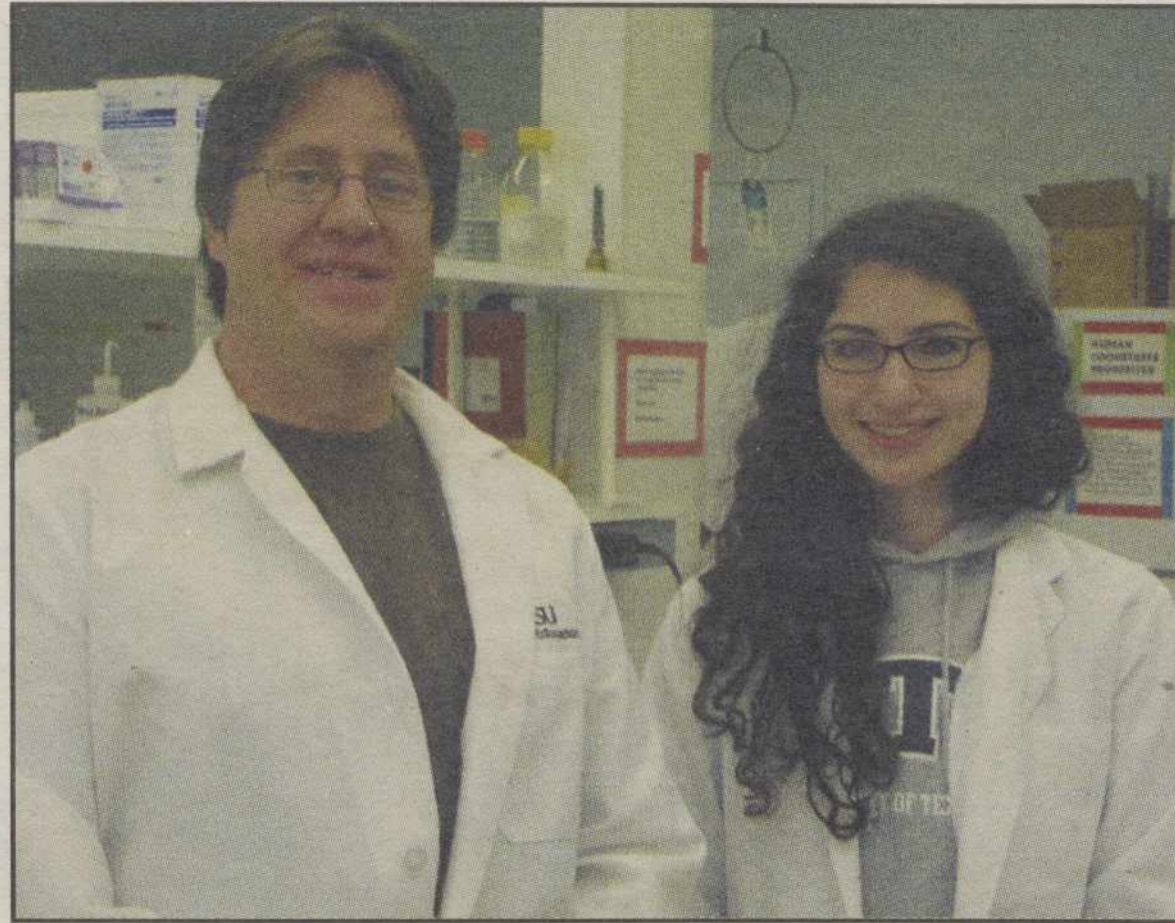


Photo courtesy of Diana Gordon  
Sabrina Levy and her mentor Dr. Larry Sherman work at Oregon Health & Science University over the past summer. Levy recommends that students who want to follow a specific career path apply for an internship in that field. She believes it would be a great experience for all students based on her experience.

experience.

Levy found her internship at the Saturday Academy, a program that links high school students to the internship in the science field that they want to pursue. Students go to OHSU for eight weeks in the summer and work alongside a scientist.

Levy's internship was five days a week, spread over the summer. Even without school in session,

Throughout her internship she worked with tissue samples and cultured cells.

"I am not very easily grossed out, so the tissue samples and cells were interesting to look at and research," Levy said.

Levy applied her research at OHSU to her ISEF project. She has furthered her research about the effects of chemotherapy on memory into research for ISEF.

The future for Levy is filled with options. Being open to different types of science opens opportunities for schools and jobs. She plans to attend a college with a strong science department and carry out a career in science.

"I plan to study science in college, whether it's in neuroscience or another category of science," Levy said.

Levy suggests students who want to find out more about different types of sciences or want to study science should look into programs such as Saturday Academy.

"If students are interested in science, going into the apprenticeships in science and engineering is a good idea," she said.

Internships are available in many areas. An actor who judged Stapleton at the state acting competition suggested it to her. With help from Annie Kaiser, performing arts coordinator, the internship was arranged.

Stapleton works at Third Rail three to four days a week, helping actors, choreographers and directors with productions.

"I run lines with the actors, I give second opinions, I sub in for actors who are not there and I help with choreography. Whatever they need, I help them," Stapleton said.

As time consuming as her

internship seems, Stapleton is able to balance work and school. Currently, she is juggling two plays in which she is performing, an internship and school. Stapleton's schedule is full, but she manages to find time for everything.

"I love interning for the theater. Being a part of a professional process is a great experience for me," Stapleton said.

Stapleton plans to major in theater and wants to earn a master's degree in theater acting and film. She encourages students to seek opportunities to earn internships in the subjects they plan to work in.

"Interning is a good experience, especially if you want to create a career out of it. It gives you a better experience and more knowledge in your field of study," Stapleton said.

Stapleton's suggestions for finding an internship include creating a connection with people and finding opportunities to pursue. Who you know and relationships you make with people will help create a foundation for your future. Both Stapleton and Levy believe having an internship in the field you want to pursue in life is a great way to experience a job. "Finding opportunities and taking them is how people receive these internships and experiences," Stapleton said.

## Valentine's Day is a time to honor those you love

ALEX SISCA

Remember creating a Valentine's Day masterpiece in elementary school made with glitter, gobs of glue and hearts for your parents—bet they probably still have it. Valentine's Day isn't always just about romance, it's also the day when friends and family can show their affection for each other.

"I care about Valentine's Day and I'm happy for other people who have romances. All I expect is for my friends to care about me on Valentine's Day," Bene Wilsted, sophomore, said.

The most popular Valentine's Day symbol is the heart and theme is usually centered on romance.

Feb. 14 can a make person love sick if they don't have a significant other.

As children, Valentine's Day was all about decorating shoeboxes and receiving cards from everyone in

Most people believe that Valentine's Day is a couple's holiday. It's also a holiday that allows you to remember the

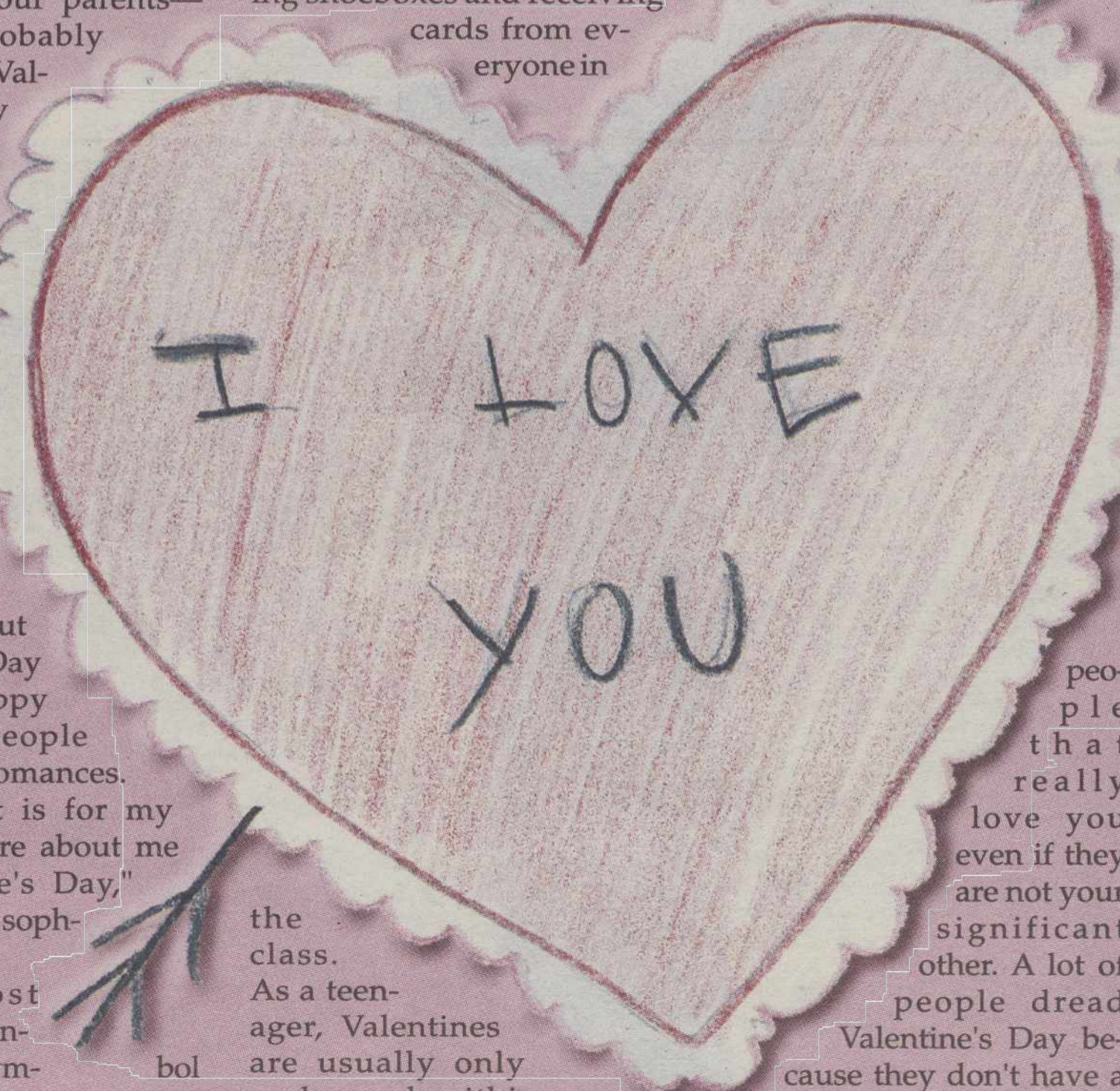
holiday. It's not my favorite holiday but it's not the worst," Kaylei Baca, sophomore, said.

Valentine's Day is said to have originated from St. Valentine, a Roman who was sentenced to death for not wanting to give up Christianity. He died on Feb. 14, 269 A.D. Legend says that St. Valentine left a farewell note for the jailer's daughter who had become his friend which he signed "your Valentine." Other stories say that St. Valentine served as a priest at the temple during the region of Emperor Claudius. He was jailed for defying him. Pope Gelasius in 496 A.D. set aside Feb. 14 to honor St. Valentine.

Over the years, Feb. 14 has become the date to exchange love messages and St. Valentine has become the patron saint of lovers. The date is marked by sending poems and simple gifts such as flowers to loved ones. In the United States, Esther Howland is given credit for sending the first valentine cards. Commercial valentines were not introduced until the 1800's.

the class. As a teenager, Valentines are usually only exchanged within a circle of friends.

people that really love you even if they are not your significant other. A lot of people dread Valentine's Day because they don't have a significant other. "Usually it's a couple's



## Students explore many curiosities through ISEF

ISEF

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"As a new topic in Microbiology, biofilms are not widely researched in labs. The nearest lab that conducts research on biofilms is at OSU, and the commute is far too long for me," Chang said.

Though this has posed as an obstacle, Chang has also seen it as a driving force behind his project.

"The fact that there are millions of undiscovered doors waiting to be opened really inspires me to pursue my research," Chang said. "This topic specifically inspires me in that there is so much unknown rather than known regarding it."

Chang, among many other ISEF participants, has worked in ISEF since he was a freshman. The topics in ISEF range from experiments on humans to the environment, from food to technology, and all the areas in between. Students are able to see the ISEF fair on Mar. 4 in the auxiliary gym during the school day. The ISEF awards ceremony is that night at 6 PM at WLHS.