

Student Reporter

Dancers Come Together To Raise Money for Charity



Aspen Lee
Grade 7
Santa Fe Christian
Middle School



Fusion Dance's Senior Lyrical Team performing The Garden
[Source: Author, Aspen Lee]

After a short but elongated break due to COVID, organizations and activities have been waiting for the opportunity to start up again, dance being no exception. From showcasing their moves on Zoom to dancing with masks on, dancers have been longing to perform on stage again. One particular foundation, known as Dancin'spiration, has been

traveling from Arizona to California for dance tours every year since 2002. Besides the short gap from 2019-2021, Kevin and Meri Bender chose elite studios and teachers for masterclasses to raise money for specific charity groups. This year, Dancin'spiration took place in San Diego in the beginning of January, with professional dance teacher, Lauren Gottlieb. Hand-picked dance studios from

California and Arizona gathered together to help the less fortunate students and children of this world. The profit from partnering with Promises 2 Kids all went to foster children and their families. Four studios were chosen to perform six to seven dances, plus a special group of dancers who have disabilities also came to showcase one of their performances.

Fusion Dance Solana Beach, my own studio, was invited as one in five groups, and one of my competition teams called Lyrical Line was called to present what we worked on for months. Along with Expressions, Neisha's, and Take Five, studio owners put together a beautiful masterpiece with dancers ages 8-18. The number of styles and choreographies pieced together the separate groups and made the audience and

dancers proud to be on stage again. After getting to the venue by 9am, taking masterclasses, reviewing pieces, and staging during dress rehearsals, it was already 6:30pm, and the show itself went until 8pm. Dancers gave their all for almost 12 hours and raised thousands of dollars for fosters, which brought some to smiles and tears.

My fellow teammate, Abby H. mentioned after the ending dance, "I was nervous since it was my first time performing under the lights in so long, but it was an unforgettable experience that puts a smile on my face because we can share our joy and passions on stage all for a good cause." Competitive dancers came together and made friends, but more importantly made memories with those who they will see for years to come.

Editors Column

MUN: The Culturing of our World's Next Leaders

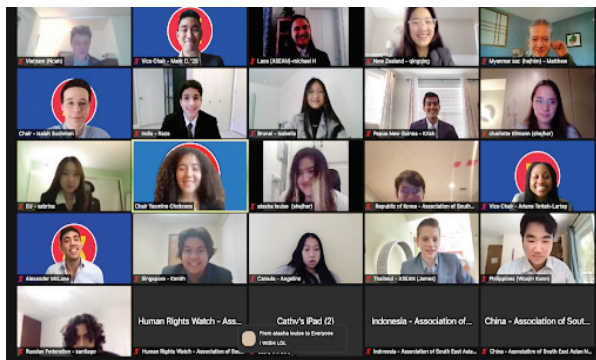


Sabrina Mo
Grade 11
North Hollywood HGM
High School

Millennials have undoubtedly heard the ever-repeating cliché, "We are the future." Although platonic, there is not a single ounce of falsity in this saying. Today's students are indeed our world's next doctors, professors, engineers, and leaders; we are bound to change the world. So, why not get a head start?

Model United Nations, MUN, educates middle and high school students about world issues and the work of the United Nations. Students become representatives of different countries, organizations, or individuals and diplomatically (or sometimes, not so diplomatically) engage with others to develop resolutions to the biggest issues even our world's policymakers and leaders struggle with today.

I attended Yale University's 48th annual Yale MUN, YMUN, conference held online from January 20 to 23. Although I usually participate in General Assemblies, traditional committees that address international issues, I decided to try something new this year: a Regional Body committee that addresses issues of specific regions.



A group picture before formally closing the last debate of Virtual YMUN 2022!
[Source: Author, Sabrina Mo]

My committee, the Association of Southeast Asian Nations, focused on two current matters of Southeast Asian nations: the Myanmar coup of 2021 that overthrew the democratic government and territorial disputes over the South China Sea. And, throughout the conference, I engaged in meticulous, and sometimes, incredibly tempestuous, debates with other delegates to develop solutions that most aligned with our nation's policies.

Although I was initially disappointed at the fact that YMUN had gone virtual due to COVID-19, I later appreciated this immensely. The conference attracted several students my age from many dif-

ferent places, and I was able to make several new friends from different US states spanning from the west to east coasts, and international friends from Germany and even Singapore.

Quite honestly, YMUN was not easy; in fact, it may have been the most tiring four days of my life. Although a feat to participate in such an intensive activity, many MUN students struggle to be truly interested enough to bury their noses deep in such mature issues, and understandably so. Not to mention, it's not easy sitting at a desk, wearing uncomfortable formal attire, and speaking in front of a screen for nearly 18 hours (four days' worth of debate).

As I struggled to open my eyes

during the 6 AM conference sessions on my precious weekends, I pondered, "What is the point of MUN? If our world's smartest individuals can't solve these issues, what makes anyone think high school students can?"

But, through experience from conferences, especially this grueling 4-day one, I've learned that MUN isn't about coming up with the "correct" solution. In a world where there is no "one right answer" to the countless life-threatening issues (and presently, no answer whatsoever), students learn about the harsh reality. They are exposed to current, mature existential crises that usually receive the disinterest of high schoolers, and the mimicry of formal diplomatic discussions culture creativity and practicality in adolescents.

Although we may not understand now, one day, when a number of today's students become leaders and step up to take on the weight of an entire nation's well-being on their shoulders, the world may thank the fact that MUN was the head start for students in learning to change the world.

Student Reporter

A Trip to San Francisco



Ashley Seong
Grade 8
Chino Hills Junior High

My parent's first home in the United States was the bustling city of San Francisco. The city welcomed them in 2003, delighting them with fond memories of friends and savory seafood. In 2006, they moved, once again, to Los Angeles, where new memories were made with my siblings and I. We never had the chance to visit my parent's first hometown in America, but this Thursday we made an unexpected 6 hour car trip to San Francisco due to a family reunion.

Departing right after school had ended, we arrived at our hotel at around 1am. The hurry to change into our snug pajamas was urgent, and the rest of the night ended in a blur. After waking up with a warm shower and breakfast, my family and I made a short car trip to reconnect with my dad's side of the family for the first time in over 10 years. We shared multiple conversations about various topics with dishes of fried chicken smeared with a

soy sauce base and noodles dipped into spicy tangy soup. With bellies full and plates empty, we headed back to our hotel to make up the sleep we missed the previous night, before heading out to dinner with our uncles and aunts. Dinner was filled with a joyous manner and accompanied by Chinese traditional dishes that were so pleasant.

With hugs and goodbyes, I waved farewell to my dad's side of the family and walked into the car, where my family and I would head for downtown San Francisco. As the sun set, we couldn't clearly see, but we could make out that the buildings were built in a similar Victorian design that were stacked in the uphill of San Francisco. We drove uphill until we reached a sightseeing destination where families and couples were in awe of the city displayed with lights, while not missing a minute to take pictures. The wind added a sense of lively excitement as we peered down at the tall and slim skyscrapers. We

explored the city with windows down making comments on the beautifully constructed architecture, as it was so divergent from the modern buildings in LA. We also viewed the infamous Golden Gate Bridge from a distance. The bridge appeared small from so far away, while glowing red with lights adorning it. With promises that we would sightsee the bridge closer the next day, we headed back to the cluster of shops to find an ice cream store that would fulfill the desire of sweets late at night.

Like the previous night, we made up for the lack of sleep by waking up late and packed our belongings, as it would be our last day in San Francisco. My dad checked out of the hotel and we proceeded to locate the nearest Starbucks before heading to see the Golden Gate Bridge once again. The two images of the Golden Gate Bridge, the first one being the unimpressive small image we saw the night before, were so contrasting to the one loom-



The Golden Gate Bridge at noon
[Source: Author, Ashley Seong]

ing right in front of us. Up close the bridge was a bright auburn red emerging above us with the coast of the ocean beneath us. The usual foggy January weather that my mom remembered was contradicted with a sunny windy climate. With a bittersweet notion we started our way down to LA by eating a quick lunch, and feeling fortunate to share the memories with my parents.

Student Reporter

Peer Tutoring at La Canada High School



Elie Kim
Grade 11
La Canada High School



The Wellness Center at La Canada High, where both the student tutors and tutees check in before they begin their tutor session. [Source: Author, Elie Kim]

At La Canada High School, LCHS, there is a club called Peer Tutoring where students volunteer to tutor their peers who need help in various subjects. LCHS has a student-centered space called the Wellness Center, where students can go when they are overwhelmed and stressed, to receive social and emotional

support and services. Peer Tutoring is run by the Wellness Center and benefits both the tutors and the tutees. The student tutors gain a deeper understanding of the topics and concepts as they teach it to other students. The student tutors in Peer Tutoring also receive volunteer hours for their service.

To receive tutoring during school hours, students have to get tutored on block days, which are Wednesday and Thursday during their STEP period. Block days are when students only have three periods, but each class is approximately two hours. On these block days, students have STEP classes, or a homeroom class, for 30 minutes. Students who want to get tutored during their STEP period come into the Wellness Center at the beginning of the period and get paired with one of the tutors. Students who don't get tutored during school hours come to the Wellness Center after school ends, at 3:15 P.M. After checking into the Wellness Center, all the tutors and tutees go to the school library, and begin their tutor session in one of the private rooms on the second floor or at one of the tables.

Students who receive tutoring either get referred to the club by a teacher or sign up themselves.

Most of the time, the student tutors are paired with the same tutee, as they can form a connection with each other, making the atmosphere a more comfortable learning environment for both. During the tutor sessions, the tutor can help their peer with an assignment, prepare for an upcoming test, or get ahead and learn the next unit. Students come in to get tutored the most during the week of tests or final exams.

At La Canada High School, the effects of the club are visibly clear. Many students come back with better test scores and a higher grade in their classes. A sophomore student, July Lee, stated "I'm so glad I started coming to peer tutoring. I was able to raise my grade significantly last semester, and I feel grateful to my tutor." Peer Tutoring continues to have students joining the club to tutor their peers and many students requesting to get tutored everyday.

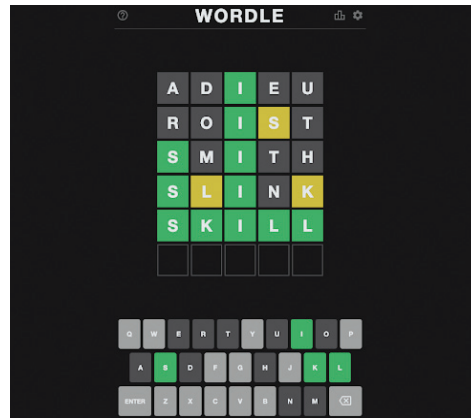
Student Reporter

What's Up With Wordle?



Jacob Kwon
Grade 10
North Hollywood High School

We all have seen at least someone around us, perhaps a family member or fellow classmate, play Wordle recently. The main objective is to find, within six tries, the word of the day, which is a five letter word from the English vocabulary. In each attempt, the engine highlights a letter green (or red in color blind mode) if it matches exactly with a letter in the mystery word, yellow (or blue) if the letter is correct, but the position is wrong, or no marks if none of the previous conditions are met.



Wordle is a new puzzle game that is becoming more and more popular every day! [Source: Author, Jacob Kwon]

There are viable strategies to ensure the least amount of guesses, such as specific starting words. I like starting with the word "adiou", since it has four vowels in it. I then continue with a word that has "s", "t", and "r" as they appear very frequently. In the event that my luck turns sour, I resort to pure logic to eliminate many

of the remaining letters. So far, I have a perfect track record, but I have gotten close to losing, when I found the word on my sixth try.

Wordle also has sprung up variants like the challenging "Absurdle", where the secret word changes with every guess you make, or a funnier alterna-

variant like "Swardle" to satisfy your swearing needs. Personally, the two variants I enjoy the most are Spanish World and "Byrdle." The former I've picked up as an initial interest upon researching the Wordle variants. I also take a Spanish class at school, so I thought it would be fun to give it a shot. Even though the Spanish

variant is a bit easier, I still enjoy playing it every day. On the other hand, Byrdle is challenging because it includes the English language on top of musical terms, some of which I've never even heard in my life.

So far, I've been playing for about two weeks straight, and I have to say that I absolutely enjoy the challenge it offers to all its users. I play the game in the morning on the ride to school, so it also serves as an excellent stimulator for my tired self before heading to my first period. The word game allows the user to be conservative with their attempt all the while pondering which letters form the hypothetical word. Really, the magic behind Wordle that many users would proclaim is the precious moment of puzzling, which the creator intentionally put to favor each Wordle every day.

Student Reporter

Does Sleeping Early Affect Your Academic Work?



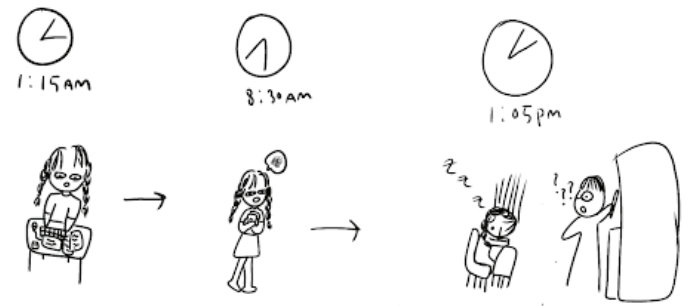
Lois Lee
Grade 9
Juniper Christian School

As you get older, school work will increase. This will cause your body to feel tired, and your sleeping time will eventually decrease. This year, I graduated from middle school and started high school. At first, I thought going from an eighth grader to a ninth grader would not have too many differences, but I was totally wrong. I had more content to read and write, which caused me to sleep less than six hours. So, I thought of a question that relates to many high school or even middle school students: "Does sleeping early affect your academic work?" The answer to that question is yes, it does affect your academic work. Somehow, it affects our body and causes us to not understand everything and makes us fall asleep during class time.

First, it causes us to have less concentration. Reading some articles at night and writing notes will take longer, because we are

half sleeping and half writing. Sleeping refreshes your body and gives you more energy that can lead you to better understand knowledge. From my experience, when I was doing my homework past midnight, my eyes were dry and I did not know what I was actually doing. The most important thing to do is to not procrastinate. Procrastination will make you do your work in a short amount of time and you will eventually sleep late. Once you sleep late, your brain won't understand or feel like it's doing homework. So, please do not sleep late because it will affect you at school.

Second, you might fall asleep during class. Participation in class has a great impact on grades at school. I have seen students falling asleep in my class, and it does not look good. You would not understand what the teacher says and they even lose their motivation to do school work. If you



Staying up late to do homework can cause you to be tired during the day, and even fall asleep in class. All of this leads to poor academic work. [Source: Author, Lois Lee]

have no choice and need to stay up until midnight, there is some way to prevent falling asleep. Bring water to the class, because falling asleep is a sign of dehydration. I saw my classmates getting water and even going in front of the teacher when they fell asleep. But a better way to concentrate is to sleep early so you do not fall asleep during class.

So "does sleeping early affect your academic work?" Yes, it real-

ly affects our body in many ways: by causing us to not understand everything and making us fall asleep during class time. The other ways to prevent sleeping late is to not procrastinate and do work ahead of time. Sleeping early will help you to concentrate more on the class and your health will be good too. Because when you feel unhealthy, you would not be able to concentrate well. So, sleep early, because it affects your academic work.