

Student Reporter

30th anniversary of 1992 LA Riot



Annabel Chung
Grade 11
Downtown Magnet High School



The Korean American business owners now called “roof Koreans” positioned themselves on the roofs of their buildings with no assistance from the LAPD. [Source: allthatsinteresting]

“RELOAD THE GUNS!” yelled my Pops to the other Korean Americans rushing with him to the roof-top to protect their stores. My father was one of the countless business owners who had suffered due to looting and damages during the Rodney King riots. The LAPD had cordoned off the streets into the wealthier neighborhoods like Hancock Park, Windsor Square, and Beverly Hills, leaving Koreatown to bear the brunt of the rioters. Many Korean Americans

saw the police flee for their lives rather than heed their calls for help. March marks the 30th anniversary of the Los Angeles Riot, the violence that erupted as a result of the failure of government and the media’s irresponsibility.

As a second-generation Korean American who grew up hearing stories of the LA riots, I understand the resentment Korean Americans feel toward the police and African Americans. At the

same time, I also know white supremacy benefits from and actively promotes the tension between Korean Americans and African Americans, pushing them further apart when both communities have common interests. I consider it my generation’s job to tear down the racial barrier that divides the two and build bridges to grow stronger together.

Recently, I discovered many programs that were started as a response to the 1992 Los Angeles riots, one of them being The Project Bridge Youth Ambassador Program. As one of the longest-running organizations offered by the Korean Society, Project Bridge was initially started to introduce African-American urban students to Korean culture and history. Furthermore, the founders of the program aim to “bridge” the gap between diverse ethnic communities. This youth leadership program is very highly selective, in which only eight students are picked in all of Los Angeles. This

year five students from my school, Downtown Magnet High School, were picked: Annabel Chung (junior), Yinglin Nie (junior), Emily Rosario (senior), Tyler Tran (senior), and Eric Xie-McCarthy (senior).

Through this program, not only did I learn to be an effective agent of change along with youth from other minor communities, but it was the time to find my identity as a Korean-American. I see Project Bridge Youth Ambassador Program as a means to improve race relations in Los Angeles and foster an LAPD that serves all of Los Angeles, not just its wealthy and white communities.

The application for the 2022-2023, for juniors and seniors, will be open in early September 2022. It is an opportunity to enhance your knowledge of Korean history, or even to get started to learn about the history of Korea and the 1992 LA riot. I encourage you to apply, and I wish you the very best!

Student Reporter

A Trip to Dana Point; A Time of Bonding



Susie Kim
Grade 8
Cerro Villa Middle School

There’s nothing more refreshing than a trip to the beach on a hot day. Going to the beach is rewarding when you are with the people that you love, and cherish the most. Moreover, the beach is a great location to celebrate the happiest day of the year, your birthday. For this year’s birthday, I decided to take a memorable trip to Dana Point beach to celebrate. I was able to spend time with my friends, family, and people that I love. It was an amazing experience, and truly something that I could remember forever.

In Dana Point, certain areas of the beach have soft sand, while others not so much. In the area that I visited, the sand was covered by a variety of small and large rocks. This was very interesting to look at because a small



Dana Point Beach; where me and my friends celebrated my birthday and had a chance to bond once again. [Source: Author, Susie Kim]

pebble could make for a memorable souvenir. However, what was more valuable than a physical souvenir was the chance to connect more with my friends. Having a day to relax and visit somewhere entertaining with your friends is definitely an idea that I would recommend, especially because it gives you a

chance to interact with others and get out of the house.

After leaving the beach, we drove to a resort close by, giving us plenty of time to bond there. We spent the night talking, playing games, and laughing. We had a lot of fun and even had a chance to talk about personal things each

of us were dealing with at the time. Hearing everyone’s situations and knowing that difficult parts of life were not something that only I was dealing with made me feel so much better about myself. Talking about your feelings and receiving advice from others is so valuable and will definitely boost your mental health. By talking about the challenges we face, our emotions will not pile up inside you, which is something that even I struggle with often. Taking the time out of your day to really talk to someone and reach for support is crucial if you are looking to improve your mental health.

Overall, going out of your house and socializing can be a very big help to yourself. Taking time to spend with others not only benefits them, but it also benefits you.

Student Reporter

How to Actually Have a Good Morning



Alexis Choi
Grade 9
South High School

This is what my mornings look like: first, I snooze my alarm at least twelve times until the burden of unfinished tasks overwhelms me and I have to drag myself out of bed. In the bathroom, phone in hand, I take on the task of becoming moderately presentable. When my reflection in the mirror finally begins to resemble a human being, I plant myself in front of my computer where I’ll stay for the next eight hours, tackling the never-ending tasks on my to-do list, and occasionally pausing to binge YouTube and restock my vast supply of junk food.

By standard, this is not an ideal routine. However, after two years of staying home due to the pandemic, many of us have found it difficult to break unhealthy habits and restart healthy patterns. With the prolonged repetition of nega-

tive habits during quarantine, it can be challenging to re-form and maintain a routine that keeps you energized and fit, both physically and mentally. So what should one do to make the most of their morning hours? What is the perfect daily pattern?

According to science, a good morning routine actually begins the night before. Planning for the next day and setting an alarm is essential. Since each person has a different sleep cycle, it can be beneficial to set your alarm to accommodate it. Then in the morning, to start the day off on the right foot, it is helpful to do some simple stretches in bed and warm up one’s muscles. Similarly, one can gradually wake up their mind by engaging in uncomplicated, creative activities, such as reading or journaling!

After you get up, the next essential step is to drink water. Hydrating first thing in the morning is very healthy, as it cleanses the stomach and flushes toxins from the body. In fact, it’s a good idea to replace the usual cup of coffee with water, as consuming caffeine early can negatively affect the body. For a bigger energy boost, try exercising! Any type of movement—from hour-long sweat sessions to light morning yoga—gets the blood flowing and boosts energy levels.

As for real food, many people skip breakfast because it’s generally eaten in a hurry right before school or work. But a full, well-balanced breakfast filled with healthy fats, proteins, and fibers lowers stress and increases energy.

However, above everything else,



Having trouble starting the day off strong? This article shares some tips and methods for an optimal morning routine! [Source: Author, Alexis Choi]

a morning routine is merely a habit. Strong, healthy patterns are essential to success throughout the rest of the day. Everyone is different, so an activity that may be unexpectedly beneficial for someone may not work as well for others. But, if we incorporate the actions that work best for us and continue to be consistent, we can create and maintain the “perfect” morning routine!

Student Reporter

Falling into Hell: Fitnessgram Testing



Angel Song
Grade 7
Walter Reed Middle School



Walter Reed Middle’s Field, where students practice for the Fitnessgram testing.
[Source: Author, Angel Song]

April 18th marked the beginning of the 2022 Fitnessgram testing journey at Walter Reed Middle School. From the start of this test, students were tested on their ability to run the pacer, the mile, curl-ups, push-ups, and various other physical activities that the Fitnessgram testing manual requires the students to be able to complete before the end of the school year.

The Fitnessgram may be an unfamiliar term for many readers; it is the official physical capacity testing for many schools, including Walter Reed Middle School. Measuring the students’ ability to do the physical activities needed to pass the Fitnessgram is crucial for the school, as it gives a record of each student’s physical abilities. All of the students in Walter Reed are currently required to

take the Fitnessgram unless they have medical problems interfering with physical activity, such as an injury. As of April 22, we have been tested on curl-ups, the mile, and the pacer. There are time limits for the Fitnessgram as well, with the mile limit being ten minutes.

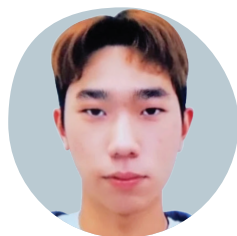
The teachers seem relatively indifferent about the Fitnessgram testing, but it’s actually the students who are greatly affected by this annual fitness testing. The students are the ones mainly doing the exercise, while the teachers are grading them, so that is one of the reasons why students’ opinions matter the most in the Fitnessgram testing. A student participating in this testing stated, “Fitnessgram is pushing us all into a mental toll and also is causing so much stress for all of us since we’re

required to participate in it.” She also added how “..it seems necessary to access our physical abilities before the year ends.” Most students are complaining about the sudden Fitnessgram testing, but they also believe that it may be necessary just like the annual CAASPP testing scheduled for the end of the school year. The Fitnessgram seems just like state testing if the state test had a column for fitness abilities.

The conclusion is that this may be hard for the students, but it will come to benefit us and the school in the end. We will be able to see how we grew over the 2021-2022 school year in terms of fitness and improve based on the scores we receive for our physical capacity. So this may seem hard for us right now, but we know that it will benefit us later.

Student Reporter

Why is Korean Pop Music So Popular?



Thomas Lee
Grade 10
Cleveland High School

The Korean entertainment industry is dominating global media rapidly each day. Social media is going insane with the ongoing world tours of famous Kpop artists, such as BTS and TWICE, that are selling out tickets in minutes or even seconds. Hundreds of thousands of fans can be seen both inside and outside the concert venues – eager to sympathize with the idols and respond to the message they send through their music. Today, more than a whopping 100 million people listen to K-pop. How and why did K-pop become a cultural phenomenon overall the other genres of music?

With the original peppy and uplifting party music, the Korean artists input new concepts, such as teen crush and horror, expanding the spectrums of the viewers from all around the world. K-pop groups offer numerous genres, from hip-hop to R&B, and they add their personal colors to original soundtracks, as seen on Aespa’s “Next Level” and S.E.S.’s “Dreams Come True.” Many artists



Fans cheer with their lighsticks at the sold out Twice 4th World Tour 'Ill' at The Forum.
[Source: Author, Thomas Lee]

come closer to the public with “hook songs” that have catchy, repetitive lyrics that anyone can sing along to despite the language barrier. It is also undeniable that K-pop has grown a lot over the past few years due to its exposure to the Western market. K-pop groups tend to add plenty of English lyrics into their title songs and bring back past trends from Hollywood, such as EDM but adding diverse choreographies and other visually pleasing components. One of the visual components

is the captivating music videos. Music videos with interesting scenarios, lively backgrounds, and vibrant colors easily capture many viewers.

Most importantly, fans can express themselves freely through the system built around K-pop idols. A group of fans all around the world, so-called fandoms, are able to relate and create bonds revolving around their favorite K-pop groups. One of the most popular fandoms is called ONCE,

which represents a group called TWICE. ONCES buy and collect limited merchandise, such as albums, seasonal greetings, keychains, lightsticks, and photo cards. In addition, fans are able to communicate with the artists through their official accounts on social media, including unique apps called VLive, Bubble, and Weverse. They can communicate freely with the artists and other fans through these platforms. The K-pop industry has grown so much to contribute over a whopping \$5 billion to the South Korean GDP.

K-pop is meaningful to me as I grew up with artists such as Kara, BIG BANG, TWICE, Got7, and now Treasure and IVE. I shared both fine and poor memories of my life listening to their songs. I have seen many people like me looking at K-pop as a private getaway to seek joy and relieve the stress they get from work and school. It is easily accessible and can be found everywhere whenever you need it.

Student Reporter

Encouraging Non-Fiction Reading



Claudia Shin
Grade 10
Granada Hills Charter High School

Thanks to the growth of BookTok and BookTube (spaces on TikTok and YouTube where people talk about books), the youths’ interest in reading is at its highest. These platforms have introduced hundreds of book recommendations to people who previously were not interested in reading. Although this influx is amazing, the majority of the recommendations made on social media and the books read by readers are fiction. However, non-fiction books can be just as interesting and immersive as fiction.

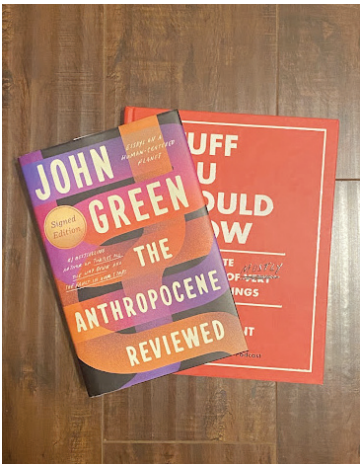
One of the main reasons why non-fiction books are not as popular as fiction books among younger audiences is because these books are often seen as un-

approachable and “not fun.” Just as reading has sometimes been labeled “for nerds” or other negative stereotypes, non-fiction reading has fallen victim to the same typecasts. For people to be encouraged to read non-fiction, it is important for them to realize the variety of topics covered by these types of books and topics that interest them. Just as fiction has genres of romance, science fiction, thriller, historical fiction, etc, non-fiction also has its genres. While I enjoy reading thrillers and historical fiction, I don’t gravitate towards reading science fiction. This experience is the same for non-fiction. My favorite types of non-fiction books are usually the ones that are relatable to me. If people read non-fiction books that are relatable to

them, they would enjoy what they read much more.

As someone interested in music, crime, and random knowledge, some of my favorite non-fiction books include musician memoirs (Just Kids by Patti Smith, Storyteller by Dave Grohl), pieces of investigative journalism (“Empire of Pain” by Patrick Radden Keefe, “I’ll Be Gone in the Dark” by Michelle McNamara), and essay collections (“The Anthropocene Reviewed” by John Green, “Stuff You Should Know” by Josh Clark and Charles Wayne Bryant).

For anyone looking for new books to read, I recommend taking a look at non-fiction works in areas of your interest, whether that



Nonfiction books for music and random knowledge are very fun reads..
[Source: Author, Claudia Shin]

be cooking, music, history, politics, or anything else. Non-fiction is a whole world of information and curiosity waiting to be discovered.