

Editors Column

On Public Transportation



**Jeffrey Kwon**  
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North Hollywood High School



Though far from home, the subway stations in Boston, one of which is shown here, reminded me of the public transportation here back in Los Angeles. [Source: Author, Jeffrey Kwon]

I rarely travel far from home. The warm sunshine here in Southern California pulls me close, anywhere else involving extreme weather I very much dislike, anything below 60 degrees is horrifying to this Californian. But the few times I have ventured out from home, I find myself paying especially close attention to the public transit offered by the city. Though many may focus on the architectural style of tourist locations like the Georgian-style brick buildings in Cambridge’s Harvard Yard or Seoul’s hanok-style

traditional buildings, I find myself drawn to another aspect of these cities: public transportation.

In some ways, this is out of necessity. Renting a car is too expensive for a short excursion to some of these cities. Consequently, I’ve often resorted to public transportation as a middle ground between walking ridiculous amounts and spending exorbitant amounts of money to get around a city. That being said, however, the affinity for this mode of transportation may be less rational and more of a quirk of

mine. In second grade, during my trip to Seoul, I took it upon myself to memorize by heart the few dozen stations in Line 5 of the Seoul Metro. Perhaps it was the catchy tunes triumphantly heralding the arrival of the trains that caught my attention. Maybe it was the glass panes that separated the platform from the trains that impressed me. No matter what, the pleasant experience I had with the efficiency of the metro system there was what solidified my impression of Seoul as a developed bustling city.

The window public means of transportation provide has been important to me. Take Boston, for example. Recently, I went on a trip to the east coast city for a college tour. Though much of the city felt unfamiliar and a bit foreboding (perhaps due to the gloomy weather) the general atmosphere of the subway was similar to that of Los Angeles. After all, the two cities were in the same nation. There

were still subtle differences, however. For one, the bright lights on the Green Line train reminded me of the Seoul Metro, contrasting especially with the dreary dim light of the LA Metro that I found unappealing. Second, the metro system seemed to be used more widely, an observation made by someone living in one of the biggest counties in the nation, familiar primarily to stifling traffic and getting everywhere by car. It was a nice window into the city of Boston and its greater metropolitan area, an area that is large but still nonetheless very much more navigable with public transit for tourists than here in Southern California.

Providing the universal smell characterizing subway stations across the world and a glimpse of the bustling atmosphere of an urban city, Boston’s public transportation just might be enough to remind me of home as I relocate there in the fall.

Student Reporter

The Alexandria House and Helping Those In Need



**Aiden Lee**  
Grade 9  
The Science Academy STEM Magnet

Alexandria House is a transitional home for women and children located in Los Angeles, California. Since 1996, they have provided safe housing and support for women and children who are in moving from emergency shelters to economic stability, and provide permanent housing. They have 39 affordable housing units that are available to Alexandria House clients. This non-profit organization tries to combat homelessness and does its best to get women and children in a safe environment. They also provide after-school programs, daycare programs, counseling, book clubs, and host fun events for free. This organization also gives out books for free and has the first LA Community Solar Refrigerator.

I personally had the opportunity to work with Alexandria House.



The solar fridge and pantry located at Alexandria House [Source: Author, Aiden Lee]

I along with other members of a non-profit organization that I am personally a part of, the Dream Tree Youth Leaders Foundation, helped to stock up food for the Solar Refrigerator. This is a refrigerator that runs on solar energy so it does not contribute to any bad air

pollutants being emitted. Alexandria House also has a food pantry stocked with food available to the community for those in need. We bought food and stocked up the fridges and the pantry with things such as yogurt, salad, rice, and pasta. This is greatly beneficial to the community as it allows for much easier access to food for anybody who is in need of it. Since you can take anything in the pantry and fridge for free, this helps to reduce food insecurity within the community and allows for people to feel more financially stable. Two days after stocking up the pantry and fridge, I came back to almost everything gone. This shows how much people truly rely on this pantry and how it is an essential part of the community.

You can also help to support the Alexandria House by visit-

ing their website. You can visit their AmazonSmile Charity List in order to shop and donate items directly to Alexandria House. You can also give a “HopeBox,” which is essentially a box that is filled with household items that are given to residents moving out into their new homes. You can donate new and gently used items as well, such as toys or clothing that will be used by the children and women within the house. You can donate meals as well through a program called Top Chef, in which you can make or purchase dinner for the residents of the house. You can also just do volunteer work and do things such as working for the after-school and child care programs. Overall, it was a great experience to be able to work with Alexandria House and to be able to support low-income families that were in need of help.

Student Reporter

Troy High School Presents First Annual Job Fair



**Erin Jang**  
Grade 11  
Troy High School

Starting a new tradition this year, Troy High School collaborated with La Vista and La Sierra High Schools to conduct a job fair for the students on Wednesday, May 18.

From 12:00-3:30 p.m., employers from various local businesses gathered at the Troy gym, looking for students to hire part-time. The workers from each company handed out fliers while presenting information about their work. Students had the opportunity to gain information from companies such as YMCA, Disneyland, Kumon, Amazon, LOFT, Stater Bros. Markets, Knotts Berry Farm, Chick-fil-A, and USPS.

Businesses set up booths in an organized structure in the gym, allowing the students to roam around freely and easily notice and compare the different opportunities. This also allowed the attendants to have deeper conversations as they learned more about the types of jobs, tasks, and

environment of each business. The overall goal for this event was to help simplify students’ job searches.

“Physically being able to talk to the different companies helped me make easier decisions regarding which environment may fit me best,” junior Ashmita Bhowmik said. “Initially, I did not expect much but I found so many companies that actually came.”

The Troy administration began promoting this first annual event weeks before the actual date. The three high schools also continued to look for additional local businesses to join the fair through a Google Form invitation. Over time, students grew interested as many were already looking for summer jobs with the school year almost at an end.

“Our kids were excited to make connections for their summer jobs and it will be fun to see how it



A large number of students collect at the Troy High School South Gym to look for their possible summer job. [Source: Author, Erin Jang]

all turns out,” Troy Guidance Tech Stephanie Rosner said.

With students visiting from nearby schools, the gym was constantly packed the whole three hours. According to Rosner, the Job Fair was a big success. “We had 35 businesses represented and they were very excited to meet our students,” Rosner said. “Between the three schools, we had a huge turnout.”

According to Rosner, despite

high hopes, the administration was worried this event would not reach many students and become a useful resource. As a result of the success, however, Rosner expects the second annual job fair to be better than the first.

“Conversations with the businesses revealed that our kids were polite, well-spoken, and overall an impressive group,” Rosner said. “The vendors indicated they would be back next year, so we will plan for an even bigger event.”



Student Reporter



Jeremiah Chun  
Grade 10  
West Ranch High School

Spreading Cultural Awareness



All of the performers in the Korean portion of the Valley Asian Cultural Festival  
[Source: Author, Jeremiah Chun]

Last Saturday, I performed with my Nanta team at the Valley Asian Culture Festival. Nanta is a form of art that features all types of traditional Korean folk music and props. This inaugural community gathering was an opportunity to showcase vastly different cultures, all in one day and to multiple audiences. The festival was hosted along the tree-lined walkways of Pierce College in Woodland Hills, California, featuring many attractions including food vendors, a traditional Asian clothing exhibit, and even a petting zoo! I spent the

majority of my time, however, at the concert stage for the Korean portion of the day’s performance. As the Korean MC for the festival, I was also fortunate enough to watch the entire roster of performers representing nations from across Asia, from the best seat in the house.

I was part of the Y Nanta team, one of 11 performances within the Korean section. Our performance was split into two parts, each with a completely unique dynamic in the Korean traditional musical field.

The first part featured 15 drummers on wooden drums struck with a stick, either through the center or on the rim, producing a variety of resonant sounds and creating interesting rhythms. In nanta, guiding the whole team is one member at the center of a V formation who leads the group while playing a rhythm completely different from the others. The leader will usually play, with everyone else following them in an echo-like fashion. The percussionists carry out all kinds of aerodynamic tricks with wooden sticks as they switch positions and change group formations. The second segment of the Y Nanta show consisted of 10 performers who began in similar formations. However, instead of one leader at the center, there were two performers in the back playing a special type of upright drum on a tall stand. This drum, tall enough that its face sits parallel to the performer’s face, allows for the players to execute a variety of complex formations and percussive styles. These two performers

lead the rhythm, starting off every single type of beat and serving as the foundation of the entire performance, like the metronome of the group.

The festival also presented many other types of performances steeped in Korean culture. One example was the fan dance, a fleet-footed, airy presentation where dancers flit around the stage, fluttering their fans in synchronized movements and formations that seemed to cool the audience under the hot sun. There were also special traditional Korean stringed instruments that played in sync with drums to create a dreamy melody. The outfits I witnessed throughout the day were also spectacular, as all types of dress were presented throughout each act, giving a unique element to the performances and symbolizing national pride. Overall, the festival was a great success, an event I enjoyed as both a performer and spectator who can’t wait to return next year.

Student Reporter



Audrey Park  
Grade 8  
Sierra Vista Middle School

Cue the Montage: How to Tackle Sports this Summer

“It’s not whether you get knocked down; it’s whether you get up” is a household quote for many athletes, holding equal familiarity for anyone hoping to excel in athletics this summer. You might be wondering how one might gain this leverage in the course of a season. While a coach is usually in the position to do the heavy lifting of teaching their students, this guidance is insufficient without additional preparation on the students’ part. I discovered that preparation in the form of a routine, pertaining to the five components of fitness, is most beneficial. These components are labeled as cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition, and are often recognized as an expendable lesson from middle school P.E. curriculum. Categorizing sports under these groups has been the foundation for several professional athletes and made training or picking up



People can be seen warming up with cardiorespiratory drills before playing matches at my local tennis courts.  
[Source: Author, Audrey Park]

sports easier for beginners.

For instance, these observations became more clear as I recently took up tennis, a sport reliant on cardiovascular and muscular endurance. With my experience in muscular strength, I hoped that the sport, with hours of hitting and running towards a ball, would be

easier to undertake. My expectations were subverted as I discovered that the cardiovascular endurance involved in tennis was nothing like my strength training. Nonetheless, I distinguished which fitness component each aspect of tennis corresponded with and was able to prepare for my next lessons by increasing endurance activities such as running and sparring.

While the five components in fitness have been helpful to aid beginners in becoming intermediate athletes, they also have been a crucial resource in choosing the sport best built for an individual. Especially with the summer approaching, picking sports through one’s body composition will allow the most flexibility and complacency. Body composition in the 5 fitness components is described as a measure used by doctors and physicians to determine an individual’s physical well-being through the body’s fat, bone, and muscle. In relation

to sports and self-improvement in general, it is a reliable tool to pick which sports are most suitable for your build. A tool that reinforces body composition’s significance in sports is The Washington Post’s “WHICH OLYMPIC SPORTS FIT YOUR BODY?” where studies of body composition and anatomical benefits are used to sort sports into one’s physical preferences. One participant, Sora Park, who is trying out for a sports team over the summer, specified “While the survey gives a disclaimer that its suggestions for my sports are not a guarantee, the results of ‘water polo’ and ‘sprinting’ according to my long torso, are accurate!”

Through years of exercising the needed preparation for sports, I can declare that the five components of fitness are not the only resources available for tackling athletic challenges or picking up sports, that re-assessing one’s capabilities ensures that “you get up.”

Student Reporter



Minseo Kwon  
Grade 9  
Portola High School

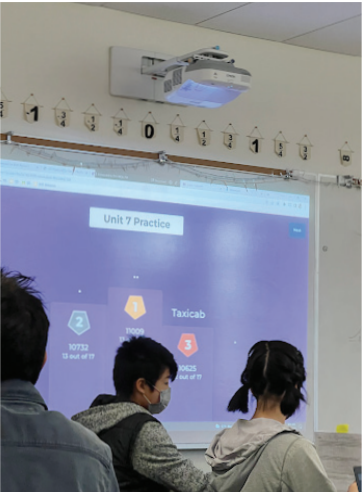
Mixing Education and Games

Taking advantage of the competitive nature of teenagers, teachers have come up with a fun way to engage their students in the content they need to know. A variety of game apps such as Kahoot, Quizizz, and Quizlet are used to test students and reward those who have been keeping up with the materials. Each of the three-game platforms has unique designs and systems that attract its users.

Kahoot is a learning platform where users compete to see who has the best speed and accuracy. A series of multiple-choice and true or false questions are given, and students solve the problems as fast as they can. Those who answer the question correctly earn points, while those who are quicker earn more. Players can see their ranking and the top five af-

ter each round. Recently, Kahoot has added a variety of response options such as puzzles, open responses, and polls. There is also an option to give certain questions double points, meaning that users can earn more points to beat their competitors.

Quizizz is another web browser that includes gamified quizzes. Similar to Kahoot, there is anything from multiple choice to selecting all answers that apply to different types of questions. Students can move through the game at their own pace, and teachers have the option to remove a time limit. Several points are awarded based on accuracy and time, with power-ups to help individuals. Some power-ups give extra points, while others receive immunity and are unaffected by wrong ques-



Students played Kahoot during math class to review the unit before the upcoming test.  
[Source: Author, Minseo Kwon]

tions. Redemption questions are rarely given to players so that they are able to recover their progress.

Quizlet is a platform that includes not only games but flash-

cards and tests to improve students’ knowledge. The study options provided help the student improve their memory and increase their understanding of the study set. Users can also play games (match and gravity) by themselves to check their mastery level of the subject. Group games come in the form of individuals or teams, where students match the term to the definition. The fastest team to finish wins.

While games may not seem like a good way to teach school subjects, this method has been proven to be effective. Students learn the given information quickly through memorization while trying to win the game. These games and competitions are an exciting way to increase classroom participation and entertainment.