

Student Reporter

Trip to Jeju Island



Serene Kwon

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The view of the emerald color of Hamdeok Beach. [Source: Author, Serene Kwon]

The Covid-19 pandemic, which suddenly started in 2019, has left people exhausted. Two and a half years later, in July of 2022, people started to fire up their passions for going on trips once again. However, even though people wanted to travel like they could before the pandemic, the virus is still out there and the truth is that going on a trip is not fully safe. Although there is a possibility of getting infected by the coronavirus, being outdoors is less dangerous than indoors. In addition, because it

is a domestic trip for Koreans, they are welcome to visit the beautiful island in Korea, Jeju Island.

What will people normally imagine when they hear the word, 'Jeju island'? Many may think of the clear sea water and Dolhareubang. For the people who dream about the blue and beautiful sea, Hamdeok Beach may be the best place. Also, Hamdeok Beach is what people say is the most beautiful beach on Jeju island because of

its jadelike and clear color. Around the beach, there are many cafes and restaurants. Additionally, there is a small tent marketplace that cannot be easily found in other places. The marketplace sells speakers made with conches, dream catchers, accessories made with the icon of an orange, and other cute ornaments to look at. In addition, for the people who like to enjoy speed on the sea, there are small boats that can be rented.

The second most wonderful place to visit on Jeju Island is Manjanggul Cave. This cave is famous because it is included in the UNESCO Natural Heritage. The Manjanggul Cave was made when magma passed through it. It allows one to feel the mysterious charm of nature. The neat part of this cave is that the walls have repetitive stripes and a smooth feeling. Amazingly, the inside is really cool, even during the hottest days of the summer. Due to the coolness, wearing long sleeves rather than thin short summer clothes is recommended.

In addition, the inside of the cave is quite dark because the light from the outside does not come in and the lights inside the cave are not that bright. Also, drops of water come down from the ceiling of the cave. So, before entering, flashlights and non-slippery shoes are suggested.

These two places in Jeju are recommended, as they are great places to enjoy nature while being safe from covid. However, even though it is outdoors, please wear masks if visiting these places. If planning to go on a trip that does not give pressure but provides healing, how about visiting Jeju island in Korea? Having a fluttering heart getting off of the plane and looking at the sign saying 'Hello Jeju', people will find themselves with their hearts pounding. Besides, it would be a wonderful time to get rid of the stressful events in everyday life by just resting in nature. This hot summer of July, please accept the invitation to Manjanggul Cave and Hamdeok beach where people can fly away the petulance of summer.

Student Reporter

What is Roe Vs. Wade?



Isleen Lee

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The widely known case of Roe Vs. Wade was originally between Jane Roe and Henry Wade and was a fight for women's reproductive rights. First started in Texas in 1971, Jane Roe, an unmarried pregnant woman, challenged the state's abortion laws. Prior to this event, abortions were illegal unless the doctor performed them to save the woman's life. Hence, requesting and performing abortions were both a crime. However, this changed in 1973, when the Supreme Court ruled in favor of Roe, legalizing abortions throughout the country. This decision also revolutionized how states could regulate their abortion laws and made abortions a constitutional right for all citizens.

Regardless of the onerous process that took place to change the country's abortion laws, on June 24, 2022, Roe Vs. Wade was overturned, meaning that the original



The open palm stands as a sign of opposition to the Supreme Court's overturn of the Roe Vs. Wade case, which withdrew women's right to safe abortions. [Source: Author, Isleen Lee]

decision was revoked. Now, more than half of all the states in the US have restricted abortions, with 7 states having fully eliminated the right. As a result, someone who is impregnated living in one of these states will have to fully undergo pregnancy, delivery, and care for the child, even if they can-

not give the necessary provisions needed to raise it. Recently, in addition to Roe Vs. Wade, a draft of a similar Supreme Court case (Dobbs Vs. Jackson Women's Health Organization) has been leaked. This case was about a law in Mississippi that stated that if a woman is past 15 weeks into her pregnancy, she will not be able to have an abortion. You might have thought Roe Vs. Wade was bad enough, but so many more cases like this exist.

Roe Vs. Wade is not just a fight for abortion, but for women's reproductive rights and life. "I think that it's unfair and disappointing that Roe Vs. Wade was turned down. I think that all women should have a right to choose if they want to abort a baby" says Kenneth Lee, a 9th-grade student, and fellow JSR Student Reporter. Taking away the once constitutional right of

abortion will only cause more women to attempt abortions in dangerous ways. In America, there are more than a million abortions a year, and revoking the right to have this procedure can cause more harm than good to mothers. Many people often forget that having a baby means that both parents should be willing and able to care for them until they are adults. If a woman is pregnant, either by force (rape) or choice, she should be the one to decide if she wants to have an abortion or not.

If you want to help or learn more, visit NAF, the National Abortion Federation. You can donate to their cause and support their work. Most importantly, however, educating yourself and spreading awareness about cases like this will help positively affect individual rights and the future of America.

Student Reporter

Preparing for the SAT



Rubie Choi

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Although many colleges no longer require students to take the SAT for admission, it is still beneficial to prepare for the exam because it gives universities something more to consider while looking over your application.

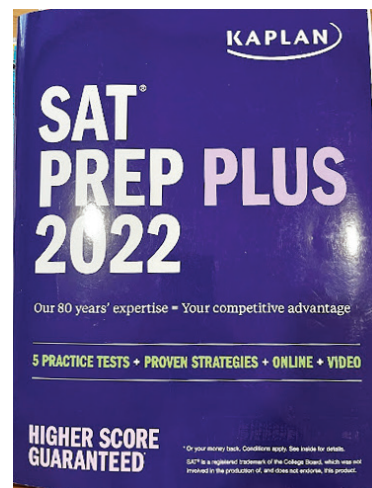
I started to prepare for the SATs on March 12, 2022, for my SAT on August 27, 2022. Up until June, every weekend my tutor, another student, and I met for three hours to focus on the Kaplan SAT Prep book. The book contains 12 chapters of math and 11 chapters of grammar and reading. Each chapter always started off with a How Much Do You Know, which had 7 to 10 questions for the math section and a full passage for the English sections. Then, there were explanations of the lessons that would be taught in the chapter. Lastly, each chap-

ter ended with a test on what was covered throughout that section. After we finally completed all the chapters, my tutoring group and I took the practice tests at the end of the book. I recommend getting a prep book because it allowed me to review concepts that I had forgotten and even learn new reading, grammar, and math rules. Although the prep books may seem daunting and overwhelming, because of how much content they have, the books will improve your score.

After finishing the Kaplan book, my tutor group and I started to meet during the weekdays to complete a practice test provided by the College Board and correct our mistakes. The practice assessments from the College Board contain questions that are similar to the actual SAT test. We took the

practice test in the exact same format as the SAT: 65 minutes for the Reading section, 35 minutes for the Writing and Language section, 25 minutes for the Math section without a calculator, 55 minutes for the Math section with a calculator, and a 15 minute break. You can acquire these tests online either through College Board or Khan Academy. After our tests were graded, the next tutoring session was focused on correcting the questions we got wrong. For homework, our teacher made us redo and show work for the incorrect math questions and write an explanation of why the answer to the question is the solution for the English sections.

In my opinion, the best way to prepare for the SAT is to do a lot of reviews and get yourself comfortable with the formatting of the



The Kaplan SAT prep book, which I use to prepare for the upcoming SAT tests. [Source: Author, Rubie Choi]

SAT questions and the timing of each section. If, while taking the test, you start to run out of time, bubble in the letter of the day; therefore, you will at least have a 25% chance of getting the question right. Good luck test-takers!

Student Reporter



Ian Lee
Grade 7
Rancho Pico Junior High School

Sleep Loss: That One Annoying Night



Sleep loss can make you feel exhausted and drained during the day. [Source: Hannah Lee]

Sleep is vital when it comes to your everyday life. It resets your body and gets you ready for a new day. However, sleep isn't an option for many people. And by a lot of people, I mean a lot of people. In fact, many struggle to sleep each

night. About 1 in 3 Americans suffer from not being able to get a full night's sleep, according to the CDC. This hinders your memory and ability to stay alert. If you keep struggling to get some shut-eye, this could lead to heart and blood

issues in the long run. But how does this happen, and how can you fix it?

I, myself, have recently experienced sleep loss, to be specific, jet lag. It is incredibly frustrating and irritating to feel sleepy yet unable to sleep! After traveling to different time zones, I would often turn on the lights at 1 A.M. and read a book or draw some comics until I finally turn the lights back off. In bed, I would constantly toss and turn and tell myself Sleep! Sleep! This, of course, did nothing for me, and I was still wide-awake – staring at the ceiling – wishing I could sleep. Then I realized that maybe I wasn't sleeping well because this wasn't what I would do on a routine night. Perhaps I should simply treat this as a typical day and see how that comes out too.

So I tried doing just that. I laid down in bed and thought about all sorts of things like I always do – games, school, anything that was happening in my life. And it worked! Well, sort of. I still fell asleep about 2 hours later than usual, but it was a lot better than just falling asleep at 4 A.M! In conclusion, the solution was simple. If something unusual happens, just try to adapt and make it normal.

It has now been almost a week since my jet lag started. I am sleeping well, and I have gone back to my old sleeping schedule. When I look back at those previous nights, I find it hard to believe that I would panic so much just because of my temporary inability to sleep. I have now learned that every problem has a solution and fixing it is always an option.

Student Reporter

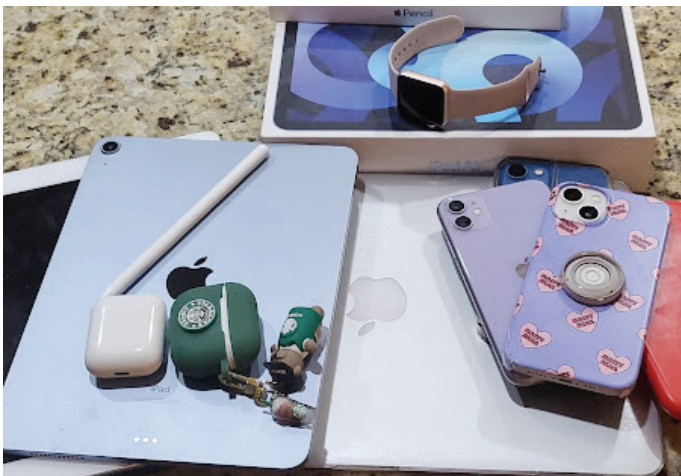


Thomas Lee
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Hands-On The iPhone 23

Did my title succeed to grab your attention? Unfortunately, I will have to wait another decade to confirm any information related to the iPhone 23. The one thing that I can confirm though, are the long lines in front of all Apple stores days before the release date of new products. It is not abnormal to see millions of product pre-orders and reviews, as seen in the media every year. These so-called “Apple fans” purchase new phones, watches, smart assistants, and anything else Apple releases. But, do these people buy these products because they really need them? Why are they so hyped for the new iPhones that look the same as the ones from the past few years?

The iPhone's simple but sophisticated design has awed people since the day it was first introduced. Especially in the earlier models of iPhones, like the 5s with the Touch ID scans and X without the home button, the company kept the public anti-



Apple devices can easily be found throughout my house.
[Source: Author, Thomas Lee]

pating, wanting for more. These yearly upgrades have become a part of the trend in the 21st century, which rapidly spread throughout the planet. These trends have affected the teens and younger generations who will most likely use Apple products their entire life. Apple's system made their users hesitant to change to another brand because they would lose all the merits Apple offered. The company also has the recognition of being the original phone

brand compared to its competitors, which is one of the labels of the company that will never be replaced. On top of that, iPhones are known to be a premium brand, just like Hermès and Cartier in the fashion industry, which many people want.

The brands I mentioned cost a lot of money but own their name value because of the limited stocks. Apple products sell out fast, which urges people to pur-

chase their products on the spot. Seeing people waiting outside the Apple Store attracts others, as it makes one feel like they're excluded from where everyone's attention is. Apple Stores are a huge part of their marketing plan. The inviting glass windows and doors with hundreds of smart devices invite everyone to come in and play. Even if the person does not buy the item, they will have the memories and experiences of their products that will stay with them. Their captivating design, premium value, trendsetting technology, and intelligent marketing skills have all bonded perfectly to 'brainwash' more than 100 million Apple users today.

Ironically, I pre-ordered the latest Macbook a week ago and will most likely be losing my mind and posting pictures of it on social media by the time you are reading this. I may have also fallen into the trap of Apple's preplanned sensation since 2007.

Student Reporter



Susie Kim
Grade 9
Villa Park High school

How to Keep a Healthful Lifestyle Over the Summer

For numerous students, this summer has been a chance to sit back and take a break from all the time-consuming studies we've faced over the course of the school year. However, as much as rest is a significant portion of nutritional health, staying active and getting your dose of physical activity each day is very important for maintaining a healthful lifestyle. This especially applies to teenagers, since the body is still developing and can use all the help it can get for achieving a healthy body composition. Not only can physical activity increase strength and energy, but it can also reduce your risk of cardiovascular diseases such as heart disease, and stroke. In addition to physical benefits, exercising can surprisingly also boost mental health by a significant amount, when practiced in a safe manner. Working out can relieve stress, and is shown to reduce feelings of anxiety and de-



Planet Fitness gym is offering free summer memberships to high school students over the summer to help keep everyone's fitness goals going. [Source: Author, Susie Kim]

pression.

To keep a healthy lifestyle, going to the gym is the perfect solution for leaving the house and getting your physical activity in. In support of this, gyms like Planet Fitness are offering to help out. For students 14-19, the widespread locations of Planet Fitness locations

are offering free memberships for the summer. Not only is this a great opportunity to keep you in shape, but visiting the gym on an organized schedule can help you plan a healthy weekly routine for you to keep up with. Planet Fitness has a variety of strength-building machines, and trainers to help you work out. However, as always,

knowing your personal limits and stopping when you need a break is crucial to keeping a healthy body and mindset. Planet Fitness promotes a judgment-free workout environment, where you can progress at your own pace without feeling pushed.

Going to the gym for the first time is exciting, but at the same time can also be a bit nerve-racking. Although there are staff members and trainers willing to help you at all times, bringing a friend with you is a great solution for making your first steps. In addition, having your friend in a routine helps to make sure that you are not skipping any days. Having a gym partner is not only a helpful way to push yourself, it makes your visits to the gym more enjoyable. So, consider going to the gym as an effective, healthy way to keep your body in shape over this summer break.