

## Student Reporter

## First Korean Para Sports Event



Hahn-Saem Lee

Grade 11  
Northside College Preparatory  
High School



Everyone, volunteers and athletes alike, take a huge group photo with people from all over the country as they look forward to the next event.

[Source: Hahn-Saem Lee]

Often, there are few events that allow athletes with disabilities of any age and background to come together and play sports. However, earlier this year, from June 17 to June 19, the first-ever Paralympics event was hosted by the Korea Para Sports Association of the U.S.A. Held in Kansas City, Missouri, there were sports categories ranging from traditional sports to track and field.

The Korea Para Sports Asso-

ciation wanted to create a safe space where everyone could have fun playing sports. But, starting from the ground up, the new organization had no recognition. Without recognition, they struggled to find support, volunteers, and communities that wanted to participate. With the ambition to start up an event that would spark the fire in our fellow athletes' hearts, they finally were able to have 14 states, such as Georgia, New York, California, and

Texas, participate in this nationwide event.

Illinois was one of the participating states, and was represented by the Chicago Team. The Chicago Team practiced for two weeks prior to the event. Whether running with the athletes or practicing elsewhere, they practiced as much as possible. After arriving on the evening of June 16th, the team practiced in the hotel before getting ready for the next day. The first day of the event was spent rehearsing for the opening ceremony and practicing in the stadium. After many hours of playing sports, the day finally ended. For the main event, the day of the competition, each team went to the area their sports event was being held. The competition started around noon, and the athletes mustered up the courage to try their best for what was the first competition for many of them. A couple of hours later, all of

the competitions were over, and the ceremony began. As the awards were given, everyone was smiling and exhausted from the busy day.

Starting from the ground up and building to a large event, everyone now looks forward to the biannual Korea Para Sports Event. With the rare instances of sports events available to the disabled, this helped provide the first-lifetime experience of gathering around with people supporting them. This experience, through all the practices and the time of the competition, helps the athletes keep their heads high and have confidence as they push themselves to be in this loving community. Minae Baek, the Vice President of the Korean Para-Sports Association of the U.S.A, says, "our handicapped athletes are thought to be limited to live out their lives, but sports is a wonderful way for everyone to communicate and have a great time."

## Student Reporter

## What Does the Democrats' Health and Climate Bill Do for Us?



Isleen Lee

Grade 9  
Harvard-Westlake School

With the global economic crisis, you may hear adults talking about inflation and the unreasonable yet incessant high prices. It sounds extremely convoluted but, as complex as it seems, it is important to educate yourself about the current socioeconomic changes. Recently, one of the most significant bills has been passed by Congress. The Democrats' Health and Climate Bill, which was set in stone on August 12, 2022, focuses on providing affordable healthcare, clean energy, and improving infrastructure. Well, believe it or not, a total of \$490 billion will be used to supply the citizens' wellness and needs! The bill mainly focuses on providing affordable healthcare and clean energy.

COVID-19 left many people worldwide jobless, without regard to their position. Subsequently, families, children, and elders could not access necessities like healthcare and electricity. These insufficiencies will be covered by the Health and Climate



The heat and humidity of the recent weather affect people all across the nation. The Climate and Health Bill is set to deal with both the health and the climate of our country.

[Source: Author, Isleen Lee]

Bill. By passing this bill, the government not only solidifies its policies as a statute but also demonstrates its ability to provide a safe, fulfilling life for citizens. A safe life doesn't just mean being physically healthy, but it also means allowing them to live in a harmless environment. To have such an environment, we must invest in repairing infrastructure and use renewable energy sources. But what is so important about using renewable energy sources, anyway?

Climate change is worsening due to the massive amount of fossil fuels burned as a source of energy. However, we won't have fossil fuels to use forever. Energy sources that will eventually run out are categorized as non-renewable, while sources like the sun, water, or wind are renewable because they'll never run out. Using non-renewable sources adds pollution to our world, which contributes to global warming. The Health and Climate Bill urges citi-

zens, as well as large-scale corporations, to use cleaner forms of energy. Instead of burning coal, fossil fuels, or oil, resorting to sustainable sources, depending on the surrounding terrain, would be best. This is the great thing about using renewable sources! The versatility of the technology makes it suitable for all environments. With this law now in place, the government can set limits on how much waste can be released, as well as charge companies that fail to fall under the guidelines. "I think it's a good thing that congress is doing something big for the climate," says Andrew Bao, a fellow freshman. "It's building a better world for the future." Kenneth Lee, a 9th-grade JSR reporter agrees. "I think it's great because the climate is getting hotter, and this is a way to make it stop." These efforts prove that the United States of America is indeed a privileged country, as coming up with solutions and having the funds for it shows great determination to improve the state of the country.

## Student Reporter

## Art As a Vessel for Social Commentary



Alison Lee

Grade 12  
Orange County School  
of the Arts

Art. This word means something different for everyone. Growing up, I was always confused about what made art, art. It has always been such a vague and abstract terminology, a vast classification that seemed simultaneously too close yet intangible. As a visual artist attending an arts-based high school, my relationship with my art form is constantly changing based on the stage of my life, the climate of the world around me, and the main stressor on my mind at any given moment.

But one thing that has remained constant throughout my "artistic journey" has been the words of my art teacher and mentor since middle school: "make whatever I want." Again, another cliché phrase that seems to be too abstract and baseless. People seem to toss this phrase around so easily, and at its core, I guess it is a phrase that exists to help put people at ease. It suggests that one is in control of whatever they want to create and that they have autonomy over their work. Ironically

though, whenever I seemed to put forth an idea that I randomly wanted to experiment with, my teacher seemed to be dissatisfied. Was this not "whatever I wanted"? What did that even mean anyway?

Looking back, I realize that "making whatever I want" is not just throwing around a random idea. Throughout high school, I became more aware of the ways in which exploring what I wanted to do with my art was a privilege that I had. As much as I love to paint, draw, and painstakingly replicate a realistic scene, it felt clear that my ability to create could and should be applied not only for my own pleasure but to comment on world events around me. At the start of the COVID-19 pandemic, I felt a little frivolous for engaging in such a self-indulgent activity while nestled in my safe and protected home amid the social, racial, and public health reckoning the world was going through.

In my perspective, part of being an



A mixed-media collage depicting a traditional Korean marriage box gifted to Korean brides as a symbol of possession and fertility. This piece was created to comment on cultural sexism present in Korean culture.

[Source: Author, Alison Lee]

artist, regardless of how one defines the term, is having the responsibility to comment on events and situations occurring in the world. As an artist, I realized that I want to use my art as a vessel for portraying different forms of injustice in the world. Specifically, a lot of heart that I create centers around sexism inherent in many East Asian cultural norms, traditions, and hierarchies. While different people might want to focus on different topics and sub-

jects, I urge my fellow artists to use their platforms and their art forms to speak out on different social issues and shed light on topics that may be obscure or misunderstood but are still important to listen to.

And while creating art just for the sake of creating is healthy and imperative for creative flow, it may be equally important to connect "whatever you want" to the world around us.



Student Reporter

Beyond Human Limits, Freediving



Subeen David Yu  
Grade 7  
Juniper Christian School



Practicing Dynamic Apnea (DYN) in a 5m pool.  
[Source: Author, Subeen Yu]

Many people enjoy freediving and have an interest in freediving every summer. Unlike scuba diving, freediving is every activity done underwater without breathing. There are eight types of freediving which are Static Apnea, Free Immersion, Constant Weight, Constant Weight no fins, Dynamic Apnea, Dynamic Apnea no fins, Variable Weight, and No Limits. Constant Weight (CWT) is the most famous sport in freediving. Variable Weight and No

Limits are so dangerous that it is only for a World Record.

When freediving, people must be careful about Black Out and Loss of Motor Control (LMC). Those two phenomena happen because of a lack of oxygen. Also, if a diver doesn't do equalization well, they might have blood from their ears and nose, which will cause serious facial injuries. Also, a freediver might lose consciousness due to too much carbon

dioxide in their body. Usually, divers have 4% of carbon dioxide and 96% ~ 99% of oxygen. Still, when divers do hyperventilation, which is breathing out too much carbon dioxide, they don't feel any contraction and fall to Black Out too comfortably.

There are two reasons why people do freediving: 1) Recreational Diving and 2) Deep Diving. Recreational diving is the diving that most people do. Observing fish and playing in the water is part of recreational diving. Deep diving is going as deep as possible for the records. Some people do freediving for a nice picture. Many people upload their videos and photos on social media.

There were not many people enjoying freediving in the past. Since K-26 (which used to be Asia's deepest pool) was made in Korea, many people started to have an interest in freediving. More than 100 people

visit this pool every day. Korea also made Yongin Deep Station, which is 36m, which made more people start freediving and enjoy it more often.

Korea's first Molchanovs (a freediving federation made by Alexey Molchanov and Natalia Molchanova, who is current world record holder and had lots of world records) instructor said, "I tried swimming, scuba diving, and lots of other activities that are done underwater, but freediving makes me relaxed and think of myself underwater, so I am doing freediving." Also, while freediving, you should not be conceited and know yourself well since that might lead to dangerous moments due to apnea. Many people watch social media about freediving and think it is easy, but I want everyone to be serious about water since it might be dangerous. Also, I want to say don't give up on every freediver. I want every freediver to enjoy freediving safely.

Editors Column

A Guide to the Food on the Hawaiian Island of Oahu



Claudia Shin  
Grade 11  
Granada Hills Charter High School

The Hawaiian Islands are known for several things: beautiful beaches, scenic hikes, sea turtles, as well as many other attractions. While the Islands are a beautiful place to visit, they also have many delicious places to eat. Some of Hawaii's most popular food items include spam, shaved ice, fried chicken, pineapples, and kalua pork (pulled pork). On Hawaii's most populated island of Oahu, I visited many amazing eateries, restaurants, and cafes.

Hawaii has a rich history of Japanese immigrants, which has led to the Islands offering a host of authentic Japanese food. One of the first restaurants I visited on Waikiki Beach was Momosan, a ramen spot owned by Iron Chef Masaharu Morimoto. Momosan serves various Japanese cuisine, including various appetizers, but their main dish



Tonkatsu from Tonkatsu Tamafuji, a Katsu restaurant in Oahu.  
[Credit: Author, Claudia Shin]

is ramen. At the restaurant, I tried their gyoza, karaage, and ramen. What made Momosan my favorite out of everywhere I tried on the island was the attention to detail in the food. The flavor and texture of the gyoza was perfect, and the karaage was fried to be as crispy as possible. I

prefer ramen with a lighter chicken broth, so I ordered Momosan's chicken ramen, which was very delicious. The chicken and other add-ons in the ramen were of extremely high quality.

Another Japanese restaurant that I tried was Tonkatsu Tamafuji, a katsu place. A consistent theme in all of the Japanese places I visited was very high-quality meat that is soft and easy to eat. Although the katsu at this place was very thick, it was still incredibly easy to eat. One of my favorite parts of the meal was the side of cabbage that came with the meat. Compared to other cabbage salads I have tried in the past, the one at this restaurant was special because of how thin and crispy the cabbage was and the flavor of the dressing. One downside to the restaurant was the size. I wasn't able to get a table because the restaurant

was too packed, so I ended up getting take out which did slightly affect the texture of the fried exterior of the katsu.

Hawaii also has many famous desserts. One of the most popular of these is shaved ice and Dole whip. I have visited some shaved ice places on Oahu before, but my favorite is Uncle Clay's House of Pure Aloha. They use high-quality fresh fruit with finely shaved ice and condensed milk. Pineapple Dole whip at the Dole Plantation is also a very popular treat for tourists.

Hawaiian food does not get the love that it deserves. A trip to Hawaii should not only include beach destinations but also places to refuel and eat delicious foods. Oahu offers a diverse palette of flavors and cuisines for people with all different types of tastes.

Student Reporter

Take the Flight of Courage



Dion Jung  
Grade 11  
Larchmont Charter School Lafayette

Six Flags's most awaited ride—its 20th ride—Wonder Woman Flight of Courage, opened on July 16, 2022. This ride is a completely new experience; it is the world's tallest single-rail roller coaster. Single rail is a complete outlier in all terms of roller coasters, as the norm for these rides is when there are people on either your left or right or on both. But this coaster is just a straight line, holding 12 riders' in single-file. With a never before seen entrance, from the moment you get on the ride to the moment you exit, the ride is always seen moving. Compared to other rides, the Wonder Woman Flight of Courage also has the most amount of different movements, from an almost 90-degree drop to a Zero-G Roll. The seatbelt also features a completely new contraption with a box shape, two straps for the arms, and a normal leg holding bar seen in rides such as Goliath.

From the entrance portal to

the waiting line, this ride's theme was inspired by the hidden island of Themyscira. Themyscira is described to be the birthplace of Wonder Woman, which she inhabits throughout the storyline of the DC universe, and serves as the sanctuary of female fighters, where men are not allowed. The central concept that revolves around Themyscira, is courage. That is why the ride was built to combat the riders' sense of courage and test them. The entrance features two sleek, ivory pillars that connect at the top, holding up a Wonder Woman sign. To the left of the entrance, there is a building titled, The Embassy of Themyscira, where the line awaits. All throughout the waiting line, riders are completely immersed in Wonder Woman, from her past to the present. The riders get to view a whole Wonder Woman story recap while waiting in line, from the moment she got her powers to viewing ancient Greek architecture and tropical landscapes that show up



Close-up photo of the new ride Wonder Woman Flight of Courage at Six Flags Magic Mountain.  
[Source: Author, Dion Jung]

throughout her life.

Fitting Six Flags and their flawless color designs, this ride has green, yellow, and red parts of the track. Scaling over 3300 feet, this ride goes up to 58 miles per hour, taking up to two minutes to climb to the top. This hundred thirty-one foot tall ride is roughly the fifth-tallest ride at Six Flags Magic Mountain. As a newly released attraction, the Flight of Courage had the fastest waiting line in all of the Six Flags parks, taking up to two minutes to get

on, almost the same amount of time as the coaster takes to ascend. In 2019, this park released the first racing launch coaster, West Coast Racers, and this year, releasing the world's tallest single rail coaster. Located near all the other DC rides, such as Batman, Lex Luthor's Drop of Doom, Six Flags got rid of Flash to make space for Wonder Woman. The amusement park hopes to come out with more DC-featured shops and roller coasters in the future, such as gift stores, photo viewing stands, and much more.