

Student Reporter

How Difficult is the Junior Year of High School?



Andrew Chung
Grade 11
Los Osos High School



Junior year may have a lot of work compared to previous school years, but it's safe to say it will be worth it in the end.
[Source: Author, Andrew Chung]

This school year for me has been a whole new experience, as I entered my junior year of high school. From the time leading up to this

point, I had constantly heard about how notorious the 3rd year of high school was. I had heard about how much homework there would be every day, how many hours I would have to stay up, and how I would have to be confined in my room every single day if I wanted to maintain ideal grades. Honestly, this truly scared me as school never seemed like it would ever get to that point. I didn't know what to think until I actually entered my junior year, and now, there are many things that I have learned in just a span of a month back in school.

I cannot lie, times have been stressful ever since the new school year began. However, at the same time, it wasn't as bad as I expected after all of the warnings that I received from the people

around me. This year, I registered for 5 AP classes, so my schedule is definitely on the tougher side. It feels very overwhelming at times, as I have to spend all my time on one subject that I really need to improve on, then am required to move on to the next one. The curriculum for each is generally difficult, however, it is more than manageable as long as time and hard work is put in. So far, I have had to put a lot of effort into my work, studying, and also other activities I am involved with in order to stay on top of things. I would say that mindset is another big concept that should be taken extremely seriously at this point and should be approached with the appropriate open perspective. Without it, times would feel much more difficult, and so I've learned to take on whatever it is I

can with an open mindset.

Although it is only my first month into junior year, I can say that I've learned a lot about why it is constantly bashed on. It is definitely the most difficult year of school I've had so far, and the amount of work is more on the heavy side. One important thing I've learned, though, is always to maintain a balance between school and outside life. I try to make sure to study a lot and keep myself academically busy, as it truly helps me succeed and learn how to manage my time well. However, I also try to balance this out with doing activities that I truly love to do, like playing tennis or spending lots of time with my family. This has been the reason why I've been able to get through junior year without too much weight on my shoulders.

Student Reporter

Running Through the Heat



Hannah Lee
Grade 10
South High School

For the first few weeks of September, there was a heat wave around the world. With the weather reaching a whopping 103 degrees here in Torrance, California, it's been hard to exercise outside, facing the hot sun.

As a tennis player on my school's tennis team, I recently took part in three matches. In the hot weather. During my first match, amid the scorching heat, water was my best friend and helped me to get through most of the match until I eventually ran out of water. Luckily, my friend was able to provide me with more so I could go back to playing the sport I loved. On the second day, the heat levels were not too high, and I had no complaints, except that the sun was shining too brightly. The day before my third match, I was suddenly struck with a painful headache.

Running in the heat is very hard. As a tennis player, I feel fa-



Playing tennis in the hot, warm sun, but still running like there isn't tomorrow.
[Source: Author, Hannah Lee]

tigued after running a while, and I can't imagine how hard it must be for track, cross country, football, and all of the other sports out there. Although exercising in the heat is hard, athletes like me are always up for a challenge. If you are looking to exercise in the heat but aren't sure of how to stay safe, personal recommendations I have include: wearing sunblock, bringing a lot of water, and not eating salty foods before running.

Recently, my tennis match and practice at school were canceled because of extreme weather conditions, considering that it was ninety-six degrees with a humidity percentage of approximately seventy percent. Not only is the heat a problem, but the air is extremely sticky, and it becomes hard to breathe if the air gets too humid. But come on, it isn't like most students have stepped out of a room full of air conditioning. Out of around fifty classrooms

at South High School, only six have air conditioning functioning in them. It just so happens that I have classes in none of those rooms. I go to tennis practice after leaving a room that has let in the fresh air with open doors and windows. Sometimes, beads of sweat have already formed on my body even before I head to the courts. My recent tennis practice cancellation was a one-time event. In the following weeks, even if it's hot, the sports teams still need to push themselves. Everything is a competition when you're an athlete. We are fighting against our will of wanting to sit down and stop running.

As a sophomore with incoming freshmen on the tennis team, I have to show that I can be a good example. And these traits can't be found if I sit on the ground, longing for some coolness. So even if it's hot, tennis practice must go on.

Student Reporter

Chuseok, A Time of Gathering



Jiyong Kwak
Grade 8
Juniper Christian School

In South Korea, Chuseok is a holiday where families and relatives gather and have a good time together. Chuseok is the fifteenth day of the eighth month of the lunar calendar. It is also a day when there is a full moon. This gathering first originated in Silla during the 12th century. The Sila's King had a Korean wrestling competition in his palace. To make people enthusiastic about this, he had foods and beverages, which became the origin of Chuseok. Some believe that it originated when people worshiped the moon because it was their only light source when there was no fire. During this time, people harvest crops from the field and have ancestral rites to thank their ancestors for a good harvest.

In the past, people played during Chuseok by doing Ganggangsullae, A Game of Cow Food, Bull Fight, and Cockfighting. Ganggangsullae is done by females who sing and dance underneath

the full moon. The dance became a UNESCO Intangible Cultural Heritage of Humanity in 2009. In the Game of Cow Food, people go around rich people's houses and ask for food while wearing a cow costume. In a Bull Fight, two cows fight each other. The cow fight can tell how strong the cow is and entertain the audience. It is famous in Cheongdo, North Gyeongsang Province. Cockfighting is when two cocks fight each other. In Bisan-dong, Daegu Metropolitan City, you can watch cockfighting every week.

Chuseok usually lasts four to 11 days, depending on the year. This year Chuseok was very short and had only four days. Most stores, such as restaurants, clinics, and delivery services, close during this period. During the day, families usually gather in one place, have ancestral rites, eat together, and spend the night together. The food that our family ate was a combination of my mother's



Foods that our family ate for Chuseok
[Source: Author, Jiyong Kwak]

and my grandmother's recipes. It consisted of rice, Soybean Paste Soup, rib, Kimchi, green onion kimchi, fried meatballs, fried sweet potatoes, meat war, japchae, and corbina.

When I asked my mother what her favorite thing about Chuseok was, she said, "The best thing about Chuseok is that you could meet your family and have fellowship with them. Another nice

thing is the food that you eat. You eat foods that you do not eat during your daily life."

This Chuseok is significant because it is the first time everybody can see their families without covid restrictions. It is also special because it was one of the days when the full moon was in one line with the earth and the sun, and this would not happen until 2060, Chuseok.

Student Reporter

Before and After Effects of Typhoon Hinnamnor



Kaylyn L. Yu
Grade 8
Juniper Christian School



Jungnangcheon River’s water level has risen significantly due to the heavy rain caused by Typhoon Hinnamnor.
[Source: Chae-hong Lim]

Between the 5th and 6th of September of 2022, Typhoon Hinnamnor struck part of South Korea’s land. The storm was expected to be one of the strongest typhoons to come to Korea, and it proved to be quite powerful. Thankfully, it passed fairly quickly, and the

damage could have been worse. The effects Hinnamnor brought differed based on specific locations of Korea.

From Seoul, Chae-hong Lim, a senior resident, described how the typhoon affected him before and after it took place. “On Monday, I went out to meet my friends, and it rained a couple of inches, so that my shoes were soaked.” Even before the typhoon struck, rain and wind announced its arrival in the city. Students were also told to skip schooling on Tuesday beforehand in Seoul. Lim described how the typhoon had come overnight, and rain had persisted until 12 pm. Afterward, the sun began shining. “When I went out for a walk in the afternoon, I saw that the Jungnangcheon River’s water level had risen noticeably higher than before, and the park

that I always visit had flooded, all due to the heavy rains [that the typhoon brought].” He mentioned that although it had passed quickly, Typhoon Hinnamnor was as fierce as predicted and was comparable to two other powerful typhoons he had encountered, Typhoon Sarah (1959) and Typhoon Maemi (2003).

From Jeju-do, Ji-Young Choi, who had been visiting Jeju-do for vacation, also shared information prior to and following Typhoon Hinnamnor. Choi stayed in Jeju-do from the 4th to the 10th of September. “Even though I knew that the typhoon was approaching, I didn’t think it would be a major factor to worry about since I would already be in Jeju-do when the storm would come.” Choi and her husband arrived in Jeju-do by plane on Sunday evening, but

the landing was delayed due to the harsh winds before the storm. “Every time the plane tried to land, the winds were so strong that we had to pull back. This continued 5 more times before we were able to land safely.” The typhoon arose quicker in Jeju-do since it was further south, the direction Hinnamnor was coming from and occurred in the early morning of Monday while Choi was asleep. However, she still heard the blaring gusts and the rainfall throughout the night. “When day came, the typhoon had gone; the weather was sunny, and the clouds were white, so I enjoyed the rest of my time there.”

In Goyang City of Gyeonggi-do and Chungcheong-do both received moderate rainfall and gales from the typhoon but were otherwise unaffected by the storm.

Editors Column

Requiring Students to Wear IDs on Campus Stirs Controversy

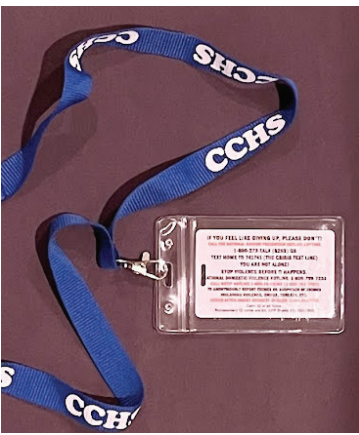


Jonathan Kim
Grade 11
Culver City High School

Culver City High School (CCHS) implemented a policy at the beginning of the 2022-2023 school year requiring all students and staff to wear IDs on campus, at all times, through lanyards provided by the school. Through this policy, the school desires to achieve four main purposes — enhance school security, foster personal connections, streamline day-to-day operations, and encourage community involvement.

However, a quick look around the school shows that this new rule seems to be in jeopardy, as a vast majority of students have been seen without their IDs, with some even speaking out against the policy. “I think there’s a better way rather than putting an ID on people’s necks because that’s going to lead to hacking since your ID could be stolen so easily,” said one student.

In addition to potential secu-



Culver City High School instituted a new policy for the 2022-2023 school year requiring everyone on campus to wear their IDs around their necks.
[Source: Author, Jonathan Kim]

urity issues, concerns over protecting students’ right to privacy were raised by one transgender student, who also preferred anonymity to protect her identity. She specifically referenced her own personal experience, in which after legally changing her name in November of last year, the school never updated the information on her ID

card until the beginning of this year. “As the ID might not reflect students’ names . . . that information of one’s ID name being more accessible is not going to be good for incoming trans students and students who don’t want to share information like their name,” she said. “It demonstrates how bad ID design can be hostile to trans students, extrapolating from my own personal experiences.”

However, not every student believes that the policy is unnecessary. One student in support of the new rule, a junior at CCHS, says that it will help ensure a safer school environment, as staff and security can easily identify those who do not belong on campus. But if the policy is not enforced, he says that this decision will have a negative impact on the school.

“The school should not create rules that cannot be enforced because that will lead to disrespect to the school and administra-

tion,” he said. “Unless the school actually enforces it, I don’t think the rule is worth anything.” At the same time, he says that any potential consequences should be appropriate. “The school should start by giving warnings [to those not complying], and after three months, when students get used to it, the school should give trash pickup or something less than detention,” he said.

As of now, CCHS does not plan on giving consequences to students who do not wear their IDs, although they strongly recommend everyone to comply with the policy as a way of improving school security in a relatively easy manner. However, until changes are made, whether that means deciding to enforce the policy or potentially providing incentives for students who do wear IDs, it seems as if the atmosphere regarding this new rule will continue to stay at a standstill.

Student Reporter

Tired of Being Tired?



Theo Lim
Grade 9
Crescenta Valley High School

Students drag their sleepy bodies out of their houses as the school year starts. They face a lot of challenges managing their time between tests, assignments, sports, and afterschool academy. As a result, some are so tired that they sleep through their classes and miss out on a lot of important information. In order for an individual to be academically successful, they have to get enough sleep.

Sleep allows the human body to take a temporary rest, and as a result, the organs are inactive during this period. What this means is that the body is naturally healing itself. Sleeping is beneficial to the immune system because it controls hormones that affect growth and stress levels, regulates blood pressure, and boosts performance. So, if one does not get enough sleep, it is likely that they will experience extreme stress, in-

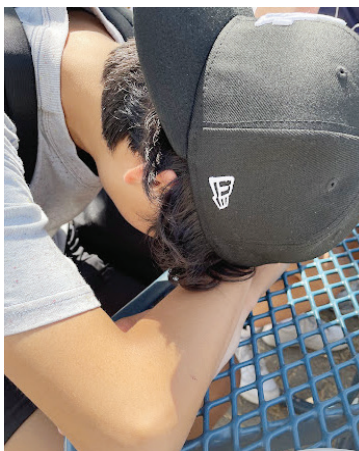
creased risk of heart disease, and drowsiness, which will make it difficult to perform daily tasks.

One main factor that prevents students from getting enough sleep is the increasing workload as they get older. In this case, making a sleep schedule can help. Start by listing the tasks that are done each day, and decide when these activities will be done. More daily tasks will result in shorter sleeping hours, but if your body gets used to the schedule, you will still feel a lot better than having an unorganized day. Also, remember that procrastination is your biggest enemy in completing work; it is better to get the responsibilities done first and then use the remaining time for more fun activities.

If you watch movies, scroll through social media, or play vid-

eo games before you sleep, there is bad news for you: these are all detrimental habits that negatively affect your sleep. Electronic devices send signals and electromagnetic waves that distract and bother your brain. In addition to that, the lights from the screens can make your eyes think that it is too bright to sleep. So instead of watching videos that engage your mind and keep you awake, try turning off all devices at least thirty minutes before going to sleep. Meanwhile, studying, reading a book, or doing any leftover work can be a great choice during that time.

If you are still waking up sleepy, there are a few resolutions that can help you. Sleep calculators calculate the best time you can wake up according to the time you go to sleep, so that you do not wake up in the middle of a sleep cycle. Some smart alarms wake you up



During lunch, I took a quick nap because I was exhausted due to a lack of sleep at night.
[Source: Author, Theo Lim]

30 minutes earlier so that you can slowly start the day.

Remember, if you are a tired student, you are not the only one going through this. Stay organized, and try sleeping more for a better weekday.