

Student Reporter

School Sports Team



Minjae Kim
Grade 10
Burbank High School



Being part of the school tennis team is a lot of fun. [Source: Author, Minjae Kim]

High school students usually take Physical Education during their first and second year, and it usually is not their favorite part of the day, as they describe it as boring. However, there is the choice of being part of a school sports team, which is more fun and can help you in many ways. I personally have benefited a lot from 4 months of being part of the school tennis team, and

no matter what type of student you are, you can benefit from it too.

Although I am a sophomore, this is my first year in an American school, and the sports team helped me get used to my new country and school. By playing sports together with team members, we got closer, and through that, I got to know about my new

school and its system. If you have just started high school and want to make some new friends, the sports team can help you with it. Furthermore, it can provide stable and continuous volunteer opportunities. While being part of the school team, you can also join the local club or community for that sport. There, you can gain opportunities such as teaching other people how to play. If you take part in such activities until graduation, it will benefit both you and your club.

Many different sports exist at schools, including team sports such as baseball, basketball, and soccer, or individual sports such as track and field, tennis, and swimming. Team and individual sports are a bit different in their system. These sports have matches in the evenings, and their games are

longer than individual sports, so they have longer practices. Therefore, more time needs to be committed to the sport since it takes up a lot of your time after school. However, these team sports are done on a large scale, meaning they will often have an audience that creates a fun atmosphere. Oppositely, individual sports tend to have shorter practices, and their matches are not that long. However, individual sports do not tend to have audiences.

Sports teams are a wonderful opportunity to get PE credit while having fun and get chances for extracurriculars and volunteering. If you think you can manage schoolwork and after-school practices, team sports are the type for you, while individual sports are your type if you want to leave time after school to do other activities.

Student Reporter

Homelessness in Portland



Hannah Kim
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Portland, Oregon, is known to be a beautiful city with nature stunning visitors as well as many locations to visit. However, it is also known as a city that has a tremendous homeless population. Portland, downtown especially, is crowded with many who are without homes, and this problem is very easy to spot when visiting the area. This is important because it shows that Portland could be doing more to help those who are struggling, and also taints the image of the city. It is important to help the Mayor of Portland and the Governor of Oregon to realize how colossal this issue is.

According to the Los Angeles Times, "the mayor of Portland plans to ban camping on city streets and move unhoused people to designated campsites." While at first glance, this may seem like a probable solution, it does not solve the issue very well.



Homelessness can be found all throughout Downtown Portland. [Source: Hannah Kim]

This is due to the fact that the amount of people who are homeless is far too great to be able to house all of them in campsites. Even if they were, the homeless would live in cramped locations and be ostracized from the rest of society. It was stated in the article that some of the homeless are even "... resistant to living in

large group environments due to previous negative experiences," stated the LA Times. The solution of making designated campsites makes it seem like the homeless are similar to cattle, things that they can move around and huddle in a place that is pre-designated for them. To add on, these solutions do not help the homeless get

back on their feet, rather, it only allows Portland to better its external image of downtown. There need to be better solutions, such as a system that allows the homeless to be able to find jobs easier or funding that allows homes to be given to the homeless.

In addition, the Los Angeles Times stated that "more than 3,000 people are living without shelter in Portland, a 50% jump from 2019, and there are more than 700 encampments across the city." The increasing homeless population empathizes with the ineffectiveness of the solutions Portland has provided so far. The new Governor, Tina Kotek, will need to call this crisis to attention and provide real solutions. This homelessness crisis is something that needs to be taken more seriously, and effective solutions need to be placed in order for the better of society.

Student Reporter

Those Few Weeks With Academic Burnout



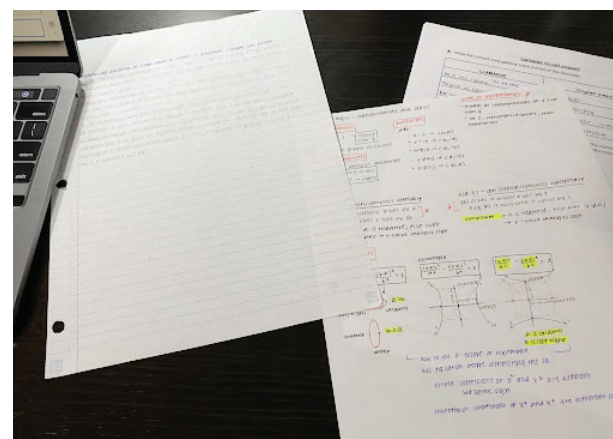
Isleen Lee
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As students approach winter break, students also near finals, end-of-unit tests, and countless assignments. It is the most stressful part of the school year, and it is not easy to stay motivated throughout the time. The numerous tests and assignments are one of the main issues that cause academic burnout. Burnout usually consists of a period of a lack of motivation to get work done, such as completing homework assignments or studying for a test, a decrease in focus, and even a decline in one's performance. Most importantly, it can lead to severe physical and mental health problems.

As a student, my experience with academic burnout hasn't always been easy. I was left feeling unmotivated to complete any work, yet anxious because I wasn't doing any of the things I needed to do. "I'll do this at 7" became tomorrow, and tomorrow

became the night before the deadline. This vicious cycle takes advantage of people like myself and many other students. I've learned that this pattern won't stop by itself. If I didn't step in and regain control of my work habits, I would only continue to become the puppet of a ruthless system. At first, I felt lost stepping back after days of being unable to do any work. I was behind, which only contributed to my unwillingness to get back on track. However, I have learned some tricks and tools that are accessible to everyone that helps reverse the aftereffects of academic burnout.

First, identify what assignments or exams you need to study for. It's also important to note the deadline so that you can prioritize certain subjects over another. Knowing what you need to work on is the key point to getting back to your regular study habits. Regardless of the length of the



It is always around this time of the year when it seems you just can not catch a break because of how busy you are!

[Source: Author, Isleen Lee]

list, separate the assignments by class, then prioritize by looking at how close the deadline is. Continue to utilize this chart to keep track of the things you need to do. The most important part of this, however, is not overworking yourself. Even though it may seem impossible to do so, remember that academic burnout can affect any student, and chances are, you're not the only one going

through it at the moment. It is also vital to keep in mind that your productivity does not amount to your self-worth. Be kind to yourself through this period because academic burnout is never something easy to deal with. In the end, academic burnout is not something to be overlooked because of how easily it can drain a student of their physical and mental health.

Student Reporter



Kaylyn L. Yu
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South Korea's Family Travel Site: Alpaca World



In the first two zones, visitors are free to interact with and feed the alpaca. [Source: Author, Kaylyn Yu]

What are alpacas? Often confused with llamas, alpacas are renowned for their thick and fluffy fur, softer than many other animals' wool. Their height can range anywhere between 81-99 centimeters, much smaller than llamas. Originally found in the Andes peaks of South America, these soft-furred animals thrive in cool and clear

atmospheres, like the Alpaca World.

Alpaca World is a nature-themed animal world for all, especially families. Found in Hongcheon, Gangwon-Do, South Korea, the tourist attraction promises visitors a safe, clean, and happy experience.

The world is divided into 17 zones total, which visitors are recommended to visit to complete the best experience possible. The first two zones, Alpaca Playground and Andes Farm, are filled with alpacas, and visitors can interact with and feed them. The third zone, Coloringland, lies next to Rabbitland, the fourth zone, where visitors use their imagination and play with rabbits, feeding them with spoons. Ponyland, the fifth zone, contains a family of ponies fenced inside a barn-house. The next zones, six and seven, are the Healing Walk and Gallery, along with The Forest,

a cafe-restaurant. For 10,000, anyone can take one alpaca on a walk around the Gallery for 15 minutes, spending private time with the animal. Zone eight, Starlight Plaza, is a perfect place for photos and is located beside Picnic, another restaurant. Deerland, the ninth zone, and Alpaca Deck, the tenth, are where tourists can meet and feed a herd of beautiful deers and view the whole Alpaca World in one sight. They also might bump into Alpaca World's only camel here. Zones 11, 12, and 13 are together called Goat Playground, Peacock/Rabbit, and Baby Animals Playground. Here, visitors can view the goats and peacocks, pet guinea pigs, and bond with the young of Alpaca World. Owl-land, Squirrel/Fennec Fox/Capybara, and Eagleland are the next zones, 14, 15, and 16. Here, one can also catch sight of exotic owl species along with the squirrels and eagles, and view the training shows of the capybaras, fennec foxes, and coati. The last zone, 17, is called Birds' Garden,

where budgerigars stay.

Out of these, 10 main zones are listed specifically in the Alpaca World Map, which people can fill out with stamps given at each zone. When filled, people can receive a set of stickers from the Artshop, where Alpaca World goods are sold. The foods for all animals are purchased with Pacocoins, which can be traded for 1,000 per coin.

A visitor of Alpaca World, Jaewoul Go, said, "It was great to view the animals roaming around freely, rather than tightly locked up like some other zoos in Korea. I definitely suggest watching the training shows the animals perform on the weekends. I also loved being able to feed the alpacas here and even saw some animals I've never seen before as well."

Alpaca World is a wonderful location for family breaks and travels, filled with many unique creatures rare in Korea.

Student Reporter



Jiyong Kwak
Grade 8
Juniper Christian School

Eat Green, Go Green!

Recently, an environmental campaign was hosted by one of Juniper Christian School's student leadership clubs named the Green Peas. The challenge was to eat vegetarian food for a month. According to Oxford Learner's Dictionary, a vegetarian is "a person who does not eat meat or fish." More people are becoming vegetarian lately because of the environmental issues meats create. There are different types of vegetarians which are Vegans who do not eat anything from an animal, Lacto-ovo vegetarians, who do not eat meat, poultry, or fish, Lacto vegetarians who do not eat meat, poultry, fish, or dairy products, and Partial vegetarians, who do not eat meat.

The benefits of being a part of this campaign are that you can



Fruit salad my mother made for the Green-Peas vegetarian challenge. [Source: Author Jiyong Kwak]

reduce greenhouse gasses, prevent water scarcity, become more healthy, and lose weight if executed properly. Compared to water needed to farm animals, foods that vegetarians eat do not consume much water. The disadvantages

are calcium deficiency and lack of vitamins if there is no careful planning in the diets. B12 Calcium deficiency could lead to weaker bones compared to non-vegetarians, and a lack of Vitamin B12 can lead to anemia, memory loss, and vision problems, to name a few.

The campaign was announced to the students through a short video explaining why this challenge is helpful for us and giving instructions on how to join. The members of Green Peas regularly visited each classroom, kindly reminding JCS students to send the food pictures before the deadline if we wanted our efforts to be validated. After thinking, I decided to join the campaign for the next two weeks. After researching what foods are considered vegetarian,

I went out and ate things such as pickles, kimchi soup, tomatoes, apples, pringles, and other foods that did not contain meat. It was surprising to see that I was eating vegetarian foods regularly without recognizing them. After Green Peas received the results and thoroughly examined the food people ate to check if it was valid, I received a prize for participating in the campaign.

In conclusion, being a vegetarian has its benefits and difficulties. The benefits are that you can have a positive effect on your home planet, Earth, and address world issues by changing your habits. Some difficulties are that it takes huge dedication and a willingness to make big changes that would happen because of this diet.

Student Reporter



Trinity Lee
Grade 10
Interlake High School

Giving Back During the Holidays

Thanksgiving Day is a time for family and friends to gather and share a wonderful meal together. Marked as a holiday for gratitude, appreciation, togetherness, and of course, the annual return of pumpkin-spice-themed foods and beverages, Thanksgiving is celebrated nationally. However, the most meaningful part of Thanksgiving that everyone looks forward to is the grand feast. Although dishes may vary across households and customs, traditional Thanksgiving dinner consists of dishes such as whole-roasted turkey, stuffing, cranberry sauce, mashed potatoes and gravy, green bean casserole, dinner rolls, and pumpkin pie for dessert.

Though Thanksgiving and other seasonal holidays are usually enjoyed by family altogether, our holiday plans were unfortunately put to a halt. My dad had to attend a seminar in Portugal, and my sister was unable to buy a plane ticket to return home from college. As half of the family would be gone, my mom and I decided to do something unconventional this time

and volunteer at the Seattle Union Gospel Mission on Thanksgiving Day.

The Seattle Union Gospel Mission is a nonprofit organization that loves and cares for the homeless through acts of service. I volunteered specifically at Hope Place, a shelter specifically for women and children that offers help, career-building skills, resources, and activities for children to participate in.

While volunteering, I was given tasks around the kitchen to complete, such as chopping mushrooms, cutting tomatoes, washing and restocking fruits, or preparing condiments for the dishes. However, besides working in the kitchen to help prepare food, I also helped to clean tables and fill heat trays with water, which would later be used to keep the food warm. Outside of the kitchen, I was able to meet the women who lived in the shelter. All were highly welcoming, warm, and festive, and some of their children had even come dressed in costumes as pilgrims.



Serving food at the Hope Place shelter on Thanksgiving Day. [Source: Janna Lee]

After the food was fully prepared, it was placed into metal food bins on top of the heated, water-filled trays. I was completely awed by the sheer number of dishes that had been accomplished by all the volunteers and cooks. Though the food was definitely not that of a traditional Thanksgiving dinner, it still smelled and looked incredible. There were fried potatoes, scrambled eggs, bacon, waffles, sausages, braised mushrooms, roasted tomatoes, meatballs, and marinated chicken.

After laying out all of the dishes, the women lined up with their plates, while the volunteers served the food. Once everyone had been

given food, the volunteers also were given food to sit down and enjoy. The chicken, roasted tomatoes, and mushrooms were absolutely delicious. However, being able to eat with my mom and everyone else was definitely the most rewarding part. Even though I was not able to have the traditional Thanksgiving with my family this year, I found that volunteering at the Seattle Union Gospel Mission gave me not only a feeling of gratification but also a sense of togetherness from being able to eat and laugh with others. I encourage others who may not be having a traditional holiday season this year to reach out and volunteer at your local shelter.