

Editors Column

The Spectacular and Fascinating Gamsa Concert



Jeremiah Chun
Grade 11
West Ranch High School



Hi-za Yoo's Korean Nanta Music And Dance Institute, along with colonels and majors representing the Salvation Army organization
[Source: Author, Jeremiah Chun]

In Korean, the word gamsa means gratefulness or thankfulness. On December 30th, 2022, the extremely special Gamsa Concert took place at the Salvation Army Pasadena and based on this name, you can probably assume what this concert was all about. This ceremony was dedicated to solely appreciating organizations that are trying to help the world with problems related to poverty, such as homelessness. To give a little context, the Salvation Army is not only a Protestant church, but also a not-for-profit international organization with the sole purpose of giving out char-

ity and helping those in need. The Salvation Army was established in London in 1865, and has since been revitalizing all kinds of departments that may have been in unfortunate conditions.

During the Gamsa Concert, many special lieutenants and officers attended, such as Lt. Col. John Chamness and Major. James, and gave out announcements and granted benedictions among the crowd. They also announced specific organizations that were present to help the community: Ariari21, an educational organization dedi-

cating paintings to The Salvation Army; Boy Scouts Troop 173, which was awarded numerous community services activities; Hayfield La Crescenta, who was there due to their specialized area in music performing at multiple concerts; and lastly, Hiza Yoo's Korean Music and Dance Institute who attended with a similar purpose as Hayfield La Crescenta. I was part of this last organization, being a drummer and attending the concert because our organization was honored by The Salvation Army. LA Sinfonietta Youth Orchestra was similar to the last two mentioned, and the New Leaders Leo Club has hosted several donation centers and events. NYCC provides education about the presence of digital software, and Project 2nd Chance (P2C) does community service acts as well. All of these organizations were mentioned and were the main theme of being appreciated. The concert became even more stellar with the additional feature of the Korean Territorial Band.

The Korean Territorial Band was

influential during the concert, as the Korean Territorial Commander Man Hee Chang was there to present a message to the congregation that was present in the audience. The band has been around for a very long time, with their first appearance in 1950. Their purpose has been to try and raise awareness of traditional Korean music through the genre of marching band, being very upbeat and joyous while telling a story at the same time. The band was extremely skillful, playing all kinds of songs that consisted of the typical marching band style. They were so proficient that they even played in the Rose Parade.

Overall, this concert was an amazing experience to attend, allowing one to see so many organizations and teams being awarded for their excellence and pursuit in community service. It was truly a time of blessing and honor, with the entire sanctuary applauding, and everyone grateful around them, whether the band's success or the marvelous people present.

Student Reporter

Seeing Famous Paintings at the Museum of Modern Art



Katherine Cha
Grade 11
Herricks High School

My life has been intertwined with art ever since I can remember. As a kid, I loved finger painting activities, and I still remember the first time I figured out how to blend one color into the other. With this love for art only recently reignited, going to museums has been an absolute treat for me. But when I walked into the first exhibit at the Museum of Modern Art, I couldn't help but feel disappointed.

Surrounding me were pieces of modern art. And while it is art that is beautiful, it wasn't what I came to see. What I wanted to see were paintings with meticulous brushstrokes, and compositions of such complexity that my mind would be astounded. But, what I didn't know, was that the infamous Starry Night by Van Gogh was displayed on the fourth floor, in an obscure little corner that most people wouldn't know to look for. I had not known that I would see Claude Monet's Water Lilies and Agapanthus in yet another obscure



Van Gogh's Starry Night at the Museum of Modern Art
[Source: Author, Katherine Cha]

corner, Frida Kahlo's self-portrait with chopped hair at the back of the exhibit, or Andy Warhol's Campbell Soup Cans taking up half of the colossal wall.

I came back to Starry Night three times, in hopes that the crowd would be less condensed so that I could get a better picture. That was naive of me though—every time I came back, there were twice as many people as before. After all, it was the Starry Night. Though I've seen countless pictures of this

painting ever since I was little, seeing it in person opened my eyes to something miraculous. I was never truly able to clearly see the brushstrokes and texture that Van Gogh used, but in real life, I was finally able to truly appreciate the skill it took to paint such a masterpiece. I stood there for what some might consider an eternity, pondering his thought process. Which color did he use as the base? Why did he layer the colors the way he did? Did he use a one-sized brush for all the detailing? I was intrigued.

At this point, I didn't know about Monet's exhibit, and when I overheard a person passing by mentioning it, excitement rushed through me. Monet's style is something I've admired for so long; his choice to leave some aspects obscure completely entranced me. Just like Starry Night, Monet's Water Lilies and Agapanthus were surrounded by a storm of onlookers. I managed to squeeze my way to the front, to the distaste of those around me, and I stared at the vast canvas before me. I wondered how he got such an even texture and value throughout the entire area.

Even though my first impression of MoMA was kind of dull, seeing Starry Night and Monet's pieces is something that I definitely will not be forgetting anytime soon. Any fans of these well-known artists should definitely come and visit MoMA if in the area, because I know for a fact that, I do not regret it.

Student Reporter

Can Lemons Protect Against Covid?



Hajoong Song
Grade 9
International School of Beijing

China finally ceased the zero-covid policy and modified it with the "With-Covid" policy. Citizens currently do not need to be tested for Covid every three days, and lockdowns have disappeared. This is a very important event happening in China, and creates another range of problems for the citizens. Covid cases are increasing.

This crisis in China is due to the low rate of third covid vaccine shots and the vaccine type, as Chinese vaccines are considered ineffective in eliminating covid. The case in China is severe; there are no hospital beds for patients and reports also indicate a lack of proper disposal facilities for deceased individuals. Even medicine has become elusive. Amidst the shortage, citizens have found a shocking substitute to medicine: lemons.

During the recent pandemic

phase, many Chinese citizens bought as many vitamin-C products as possible, relying on old cultural beliefs that sour fruits can remedy the virus. However, the big mystery lies in the question, can lemons actually be a specific substitute for medicine? Sadly, no evidence has proven that lemons do cure coronavirus, even though it is abundant in vitamin C.

Food agencies from China that produce vitamin-C products have stated that lemons do not affect covid. Nevertheless, people are sprinting to the markets and, as a result, the price of those sour fruits is on the surge. According to Dingdong Maicai, a local media platform, the average price of lemon on December 28, 2022, was approximately 11 yuan (\$1.45), twice the original price in China. Not only has the price of lemons increased,

but the cost of high vitamin-C products has soared as well. To add to this, the price of canned peaches has also doubled. This demonstrates that citizens are willing to pay any price to buy traditional medicine, and also shows that the cost could keep increasing.

Some skeptics have refuted this report of China, and have argued that they could purchase some "authentic" medicines, such as cough drops, before the infection period. This seems to be a reasonable argument, but there remains some paradox. The recent Zero-Covid policy marked every person who bought any fever-related medicine as suspicious of having the virus and took them to quarantine sanctions if tested positive for Covid symptoms, a strict but necessary form of action. It turns out that those buyers ultimately ended up



An abundance of lemons can be found in Chinese markets due to their surge in popularity as a remedy to Covid.

[Source: Author, Hajoong Song]

with no medicine when they really got sick and impulsively turned their heads to lemons. After realizing that lemons are not as effective as pharmaceutical medicine, citizens will have to find another way to overcome this national pandemic.

Student Reporter

How Rain Can Help or Hurt Us



Kenneth Lee

Grade 9
The Science Academy STEM Magnet



In Santa Monica, after some rain, a rainbow was spotted in the sky. [Source: Author, Kenneth Lee]

Rainfall happens all across the world. Did you know that not every raindrop from the cloud hits the ground? This occurs due to the evaporation of raindrops as they fall. Oftentimes, people can tell whether it's going to rain by just looking at the clouds. If you see a cumulonimbus cloud, a tall, puffy cloud that looks flat at the top, or a nimbostratus cloud, a flat low-level gray cloud, that most likely means the weather forecast will consist of rain. On Earth, rain has

many benefits, but there are negatives to rain as well.

One negative to rain is overflowing since it can harm people and even lead to death. Overflowing is the result of unexpected large amounts of rain. This is terrible because people can die from it. For example, in Seoul, Korea, they have many apartments that are below ground level. So when overflowing occurs, it pours to the apartments beneath.

A common reason for death is drowning, which occurs when people are not able to open their doors due to high water pressures from outside. Because of this, many old apartments in Korea are being renovated to avoid such circumstances. An article from the BBC stated that 15 people died and 1,500 people had to be moved from their homes in Korea, which happens yearly. This was caused because of landslides and flooding. Sadly, there are similar events all across the world that aren't addressed in the news.

However, there are positives to rain. It is important for humans, animals, and most importantly, the Earth. The rain cycle starts from the evaporation of oceans and lakes, then the condensation from clouds. The next step is precipitation, which is raining, and the cycle repeats. Rain

has many advantages; for example, it replenishes wild vegetation, moistens the air, and forms streams and rivers. This benefits not only us but also animals such as amphibians and fish who depend on water to survive. Because of rain, lakes and oceans are replenished with water. Without rain, streams, oceans, and lakes would evaporate, and that's terrible for both the animals that rely on water and us. As you can see, rain is very important for the survival of all living organisms on Earth.

Rain has many pros and cons. Although I addressed only a few of these, it is important that everyone knows the true meaning of balance. A balance of rain is essential for Earth's many habitats and organisms for optimal survival; too much or too little can threaten life as we know it.

Student Reporter

Why the "Chanel in Yoga Clothing" is Seeing a Recession



Seoyoon Kim

Grade 7
South Lake Middle School

Ever since COVID-19 struck, people started discovering things they could do at home. Some activities included yoga and pilates. As yoga and pilates became popular with people, they began buying yoga and pilates clothing. Lululemon was one of the companies that made a lot of profit from the yoga boom. After COVID, Lululemon's stock has risen sharply. Before COVID-19, the stock cost 128.55 dollars. However, in November 2021, the stock was priced at 452.59 dollars. But now, the craze over Covid has seemed to have died down. Masks became optional, and many countries started to drop restrictions regarding Covid-19. As COVID was overpowered, people had no reason to do yoga at home. Instead of working out in front of TVs, they started to run outside.

Lululemon's stock started to



Lululemon has no customers inside its store; they are suffering due to an economic recession. [Source: Author, Seoyoon Kim]

fall in January 2022. It continued this trend until July 2022, when it fell to 263.38 dollars, which is the lowest after November 2021. Also, because of COVID, the world's economy faced a massive recession. During that time, Lululemon could earn a lot of profit by selling

its products. However, after the home training boom was out of trend, they started to get hit by the aftermath of COVID because of inflation. Although the biggest reason for the stock decline is COVID, the lack of new designs also contributed.

Athletic clothes are made for people to exercise more comfortably. So, designers cannot put ribbons or laces on athletic clothes. As a result of limited fashion styles, types of athletic clothing are limited. For example, you can change the color of jeans, how they fit, textiles, how long they are, and even accessories you can put on, like a belt. However, athletic clothes cannot be manufactured similarly. Not many people will wear a jogger that is made of silk, or leggings that are so long that they touch the ground. As people wanted basic and comfortable, designs of athletic clothes

became simple. Since they cannot vary in design, the only way they can make a different product is by changing the colors. However, colors are limited, and people do not want to have the same products in their homes.

Another reason why Lululemon is facing an economic recession is that it is expensive. Lulu-Lemon is so expensive that it is called "Chanel in Yoga Clothing." If you buy yoga clothes elsewhere, it costs about \$20, on average, but at Lulu Lemon, a pair of leggings costs \$100 to \$120. People first bought it because of the name value of Lululemon, but people's preference began to decline at too high a price for the quality.

Exercise is becoming a part of our daily lives. It remains to be seen whether Lulu Lemon's stock price decline is a temporary phenomenon or will continue to fall.

Student Reporter

Markets that Bring Health and Community



Ashley Seong

Grade 9
Ruben S. Ayala High School

A hasty transaction in a check-out line at a grocery store doesn't allow the consumers to question the quality and sources of their groceries. As a society, most people glimpse over the fact that one's health is directly correlated to their food purchases, due to it being a habit or just a necessity to live. Acquiring knowledge about clean and fresh nutrients is just as important as keeping a hearty exercise routine, or a healthy limiting diet. This awareness of purchasing nurturing foods can be found in local farmers' markets. In Chino Hills, California, the Heritage Farmer's Market has the job of promoting public health with their year-round goods, by providing their various blooming vegetables and fruits. This nonprofit organization also helps to bring community aspects, by providing a festive space and atmosphere, full of social engagement.

Also known as the Heritage Wellness Collective Organization, this open market program occurs every Wednesday at the Chino Hills Shoppes, from 3:30 pm to 7:30 pm. With alluring products, the Herit-

age farmer's market is composed of small local businesses that are given the opportunity to sell goods that they feel passionate about. Not only do the retailers sell fresh fruits and vegetables, but they also offer homemade tacos, savory dips, delicate bread, spongy desserts, and so many other organically produced delights. Heritage also offers clean seasonal produce that is more ripe and beneficial than the chemically/genetically modified foods in grocery stores. While purchasing the greatly harvested goods, the Heritage organization also displays and directs consumers on how to incorporate vegetables and fruits into recipes. Discussing with retailers from the Familia Martinez Farms, who sell certified naturally grown berries, about the planting to the picking of their goods has, promoted learning and increased the knowledge of how to determine what fruits are harvested clean.

When exchanging information on the important topic of hearty produce, conversations and interactions that foster a closer community within Chino Hills pile up. Diverse social



Clusters of people roam the Heritage Farmers Market in search for healthy food and conversation. [Source: Author, Ashley Seong]

circles that are usually closed in can be assorted with people of different age groups or meet new people that share common relations. The setting where the Heritage market is hosted, which is the main shopping center in Chino Hills, also draws attention to large gatherings. When observing around this market, families are seen shopping for groceries or small gifts, such as organic soap or handmade jewelry, which helps them bond together over the experience of learning about health. Teenagers with groups of friends are also spotted in this setting, as this comfortable program provides a space where they can purchase a snack or meal after school. All these vary-

ing groups of people compiled and mixed together not only promotes physical health, but it also generates emotional health, by being in a happy community.

Heritage Farmers Markets sets up a great example of how local producers can alter your physical and emotional patterns in the Chino Hills community. Learning and soaking up knowledge of these nutritious foods opens perspectives on how communities can learn together to make better decisions on food purchases. Looking into other local markets in other various areas will bring cities and towns great benefits to share with others.