

Student Reporter

Senior Tech Day in Torrance



Alexis Choi
Grade 10
South High School



Senior Tech Day is held in the Bartlett Senior Center in Torrance, California.
[Source: Author, Alexis Choi]

It can take time to learn and adapt to changes made in new phone models or a unique feature on a computer. With new phones, computers, and other gadgets released multiple times a year, it is difficult for many to keep up with the constant onslaught of rapidly improving technology. This is even more significant for seniors, who were never as reliant on the internet and tech items such as

phones and computers. To some senior citizens, technology is still an enormous mystery that can take significant time and effort to decode.

In order to mitigate this gap between elderly citizens and technology, the Torrance Youth Council, or TYC, organized the Senior Tech Day event. As a council of high school students dedicated to representing the various teens of the city, and help make improvements for the residents of Torrance, the members have consistently held Senior Tech day nearly every month for the past few years. To help the senior citizens of Torrance navigate their technology issues and inquiries, the TYC members devised an event where they would provide one-on-one or two-on-one mentoring sessions with each senior.

Taking place at the Bartlett Senior Center in Torrance, the event

begins around 8:30 a.m. and ends around 11:30 a.m. on a Saturday of every month. The volunteers consist of the TYC members and several students recruited from each of the Torrance high schools and the California Academy of Math and Science (CAMS).

With a box of donuts and groups of students welcoming them in, the senior citizens are paired with a team of two volunteers, and are encouraged to ask about all their technology problems in order to gain full assistance from the teens. “I enjoyed coming here and talking to new people,” South High School volunteer Christina Ree said. “It feels nice to help the elderly and give them more knowledge about using their phones.”

Not only do the older citizens benefit from the event, but Senior Tech Day is also meant to bridge the gap between the teens and senior residents in Torrance. By

spending time together while providing and receiving help, senior citizens can gain assistance with their devices. At the same time, the teens can listen to the seniors’ stories and interact with new people outside of their usual age group. “What I like most about Senior Tech Days is that we are able to help the seniors but also listen to their life stories,” TYC member Julia Choi said. “They give lots of advice, which is always interesting.”

This event allows two very different generations to benefit from each other and have a genuine moment to communicate and connect with one another. “Talking to the older adults was heartwarming,” South High School volunteer Joanne Parks said.

The next Senior Tech Day is soon to be held in April 2023. All senior residents are welcome for assistance, donuts, and eager listeners!

Student Reporter

Why Taekwondo Should Be a School Sport



Elena Joo
Grade 11
Winston Churchill High School

What comes to mind when you think of school sports? Though it may vary by school, usually the “classic” sports come to mind, like football, basketball, soccer, etcetera. Many students in high school choose to join a sports team, possibly continuing their athletic career in college. These sports, however, are usually played for entertainment or to fulfill an athletic career and don’t really achieve anything besides that. Taekwondo, on the other hand, would change the school sports game completely.

Taekwondo would teach students how to defend themselves in times of danger, and would help spread the culture and history of Korea. With the rising popularity of Korean culture, this sport would grab the attention of many students in schools around the country and even around the world. The concept of Taekwondo teaches students respect and diligence, as well as improving their focus and



2004 Taekwondo Olympic gold medalist Moon Daesung teaches a Taekwondo class at the US White Tiger Martial Arts Academy.
[Source: Yeonjin Kim]

concentration. Taekwondo can also aid in making new friends and meeting new people, which can boost one’s confidence and extrovertedness. Additionally, Taekwondo is actually an extraordinary way to take out your stress, as most of it is using your full strength, usually on a target or punching bag, while letting out a yell.

The main skills you learn in Taekwondo vary, but the most well-known categories are the forms, sparring, and use of weapons. Though the use of weapons may not be allowed for safety

reasons, the forms and sparring are still valid. Forms are used to defend yourself from your opponent through blocks and subtle attacks in between. There are a great number of forms, which are all there to counter your opponent’s attack, but are widely different. Like these forms, there are also a vast variety of blocks, and kicks range from simply kicking right in front of you to spinning in a circle and kicking behind you. These traditional forms have deep, customary meanings hidden within them as well, like the very first form hav-

ing the meaning of the heavens and the sky.

For sparring, on the other hand, the goal is completely different. The tournament-style goal of sparring is to kick your opponent’s chest or head (with gear, of course) to score a point. However, in an educational environment, students could learn to spar as another way of defense and could learn how to fight back against their opponents. Sparring can improve your reaction time and exercises your brain in thinking about the next move, which can be very valuable to students. The practices of sparring would happen with light contact against each other, possibly with only chest contact, or against a practice dummy of some sort to avoid any severe injuries.

So next time someone ask what sport you would like to take while in high school, think about asking them to offer Taekwondo.

Student Reporter

ICHSA Quarterfinals 2023



Jenna Kim
Grade 9
Pacifica Christian High School

“And now introducing, all the way from Santa Monica... Wolf PACapella!” On February 17th, ICHSA Quarterfinals was the first competition of the ICHSA 2023 season, a Varsity Vocal group competition between acapella teams composed of high school students. This national competition was held in different regions of the United States. One of the Western quarterfinals was located in Chico, California, which included Pacifica Christian High School’s group, Wolf PACapella. There were three competitions, the quarterfinals, semifinals, and finals. The teams that placed in the top three of the quarterfinals would continue to the semifinals. Thus, this competition could either be the start of a journey or the end of an experience.

Each group was given a ten-minute time limit for their arrangement and was judged on vocal performance, visual performance, and subjective rank. As the competition began, each of

the teams brought unique stories and vocals onto the stage, ranging from heartfelt love stories to feminist empowerment. There were also some arrangements that did not carry a story but were arranged for the sole purpose of visual and vocal pleasure.

Each team has Sopranos, Mezzo-Sopranos, Altos, Bases, and Vocal percussionists combined together to create a stunning performance. Out of all the teams, the groups in which the audience could distinctly hear vocal matrimony, emotional representation, and a wide range of dynamics were those that received the most applause.

After all the performances, the humorous announcers on stage kept the audience and vocalist entertained as everyone awaited the most anticipated event of the competition, the results. Each team was listed from third to first place. There were also four special awards given to the groups: the



After the performance, so proud and excited for what is to come!
[Source: Tehlilah Alphonso]

best soloists, choreographers, vocal percussionists, and arrangements. Wolf PACapella, from Pacifica Christian High School, received the first three of the four rewards and was announced as first place.

As a result, there was much joy in becoming a winner, but even more from the experience of performing and competing. Numerous young, talented voices shined bright on the stage that night, each of which brought jaw-drops to the viewers. In the end, the competition provided the oppor-

tunity for all the teams, audience members, and leaders to experience beautiful performances, companionships, and exhilarating wins. The competition and the act of performing together as a team under such pressuring circumstances brought groups closer, for the work each had put into the performance brought life-long bonds. Now, with a team that feels like a sisterhood, and having experienced a beautiful, diverting show, the group feels ready and hopeful for what Semifinals have in store.

Student Reporter

From Inspiration to Creation: The Journey of the AP Studio Art Process



Crystal Shin
Grade 11
Northwood High School



One of the artworks I created this year in AP Studio Art and its step-by-step process.
[Source: Author, Crystal Shin]

Art can be a source of relaxation and stress relief, and it can provide a sense of accomplishment and personal fulfillment. But for those who want to challenge themselves or want to further refine their technique and creative thinking beyond the level of just a hobby, AP Studio Art is a rigorous course offered in high schools which aims to help students develop their artistic voice and become proficient in various mediums. It's important to note that while AP Art courses are challenging and rigorous, they are designed to help students develop their artistic skills and are a wonderful way

to tap into one's creativity, explore new ideas and perspectives, and create something beautiful and meaningful.

To prepare for the AP Art exams, students must submit, by May, a portfolio of their collective artwork done through the school year, which is assessed by a team of professional artists and educators. The portfolio requires students to demonstrate their technical skills, creative vision, and conceptual understanding of art. To build such a portfolio, a multi-step process is demanded.

The first step in creating art in

AP studio Art is to develop a concept. This is where the student decides what they want to create and what message they want to convey through their art. They might take inspiration from personal experiences, current events, or anything that resonates with them. Once the concept is formed, the student develops their ideas through sketches, research, and brainstorming sessions.

The next step is to choose the medium for each artwork. In AP Studio Art, students are encouraged to experiment with various mediums, including paint, charcoal, ink, and mixed media. Each medium has unique properties and techniques, and students are expected to demonstrate mastery of the medium they choose.

Once the medium is chosen, the student begins to create their art. This stage involves a lot of trial and error as the student works to refine their ideas and bring their concept to life. In this phase, the student must be open to feedback from their teacher and peers and be willing to make changes and

revisions as needed. As the artwork begins to take shape, the student must also consider the composition and elements of design. The composition refers to how the elements of the artwork are arranged, while the elements of design include line, color, shape, form, texture, and space. The consideration of how these elements interact with each other to create cohesive and visually appealing pieces of art is crucial.

Lastly, the most important step of all is to enjoy the process. As rigorous and demanding as it may seem, art should be a way to therapeutically express one's creativity. Indulging in art as a school class can also act as a brain break for a lot of students who might need a little time off from their regular classes.

This process requires a lot of dedication, hard work and creativity, and the students must be willing to experiment and take risks to create their best work. However, the artworks produced will provide students with a fulfilling sense of accomplishment!

Student Reporter

An Egg a Day Keeps the Costs Away



Sarah Kim
Grade 7
Marlborough School

Eggs are a classic breakfast meal: scrambled eggs, omelets, or sunny-side-ups! Except, the prices of the eggs, especially now, aren't so sunny-looking. At the beginning of 2022, a dozen eggs cost \$1.93. At the end of the year, they cost \$4.25.

A solution I have found to this is owning a backyard chicken. Chickens are great pets; they come in sizes big and small, reduce stress, eat almost anything, and lay eggs. Raising chickens has proved to help reduce stress and anxiety by calming your mind. They can easily be accommodated in a backyard that has dirt and grass. Chickens can live outside in coops, cages, or freely. There should be an available perch or stick for the chickens to sleep or nap on. They should be let outside



Mother chicken with baby and eggs
[Source: Author, Sarah Kim]

often to dig for grub, take baths, or eat vegetation. Their diets consist of grains, fruits, vegetables, and

insects.

To get healthy, delicious eggs, you will want to feed a chicken lots of protein and insects. There are 60+ species of chickens, and their egg sizes differ. Mini species, like the Bantam, lay small eggs, while bigger chickens, like Orpingtons, lay large eggs. The colors of the eggs differ from white, beige, dark brown, olive, salmon, and even light teal!

Chickens are fun to take care of because they are easy and adorable. If you raise them from the time they are young, they will feel very comfortable around you, often walking toward you in anticipation of food or a treat. They do not need to be bathed, as they learn to bathe in the dirt. They will first find a sunny spot, start digging,

then use their wings to scoop dirt onto their body. Even though it may not seem like it, chickens can actually get wet from this. If you are worried about raising a chicken for the first time, you should start with a small chicken.

I myself have been raising chickens for three years. I have raised Sebrights, Orpingtons, and now, Japanese Bantams. They are one of the smallest species of chickens, but their eggs are still delicious. My family saves 150-175 dollars annually, and we don't have to worry about increasing prices of eggs. Waking up every morning, peering into the chicken coop, and grabbing a fresh egg for breakfast has definitely been a privilege, as well as just being around fluffy little birds.

Student Reporter

Chess is Making a Come Back in Popularity Among Teens



Summer Park
Grade 8
Harvard-Westlake School

Good morning everyone! I hope everyone is reading this page with a cup of coffee or their favorite drink and is in the mood to talk about chess. Chess is a game that one never tires of. Over the past 1400 years in the history of humans, people from all around the world have been playing one another in a round of chess. Some say it originated in India, while some say China. From France to Persia, people have adopted and enjoyed playing their version of chess. Netflix's hit show, The Queen's Gambit, made chess very popular in 2020, and this trend continues today, especially at my school.

Recently, you can find students at Harvard-Westlake School sitting together around a table in the lunch area, library, and empty rooms playing chess. Some play on their laptops, while others use the board game. As a result of student interest in chess, two Student

Council members brought up a fantastic idea for our school to host a chess competition spanning over a month. The school chess tournament would have several rounds, culminating with 3 winners. I went to the cafeteria during lunchtime to find out more about the chess tournament.

"I am actually not entering the chess competition but here to watch," an 8th grader shared. He continued, "It's kind of an insane number of people at our school playing chess. I didn't think that people from our football team would be playing it for fun. I guess chess is pretty fun, and honestly, I think that is cool."

Yes, chess has indeed become cool at my school. Not all the students are entering the chess competition, but nonetheless, the school-wide tournament is bringing chess back, and more students



Students play chess during lunch at Harvard-Westlake School.
[Source: Author, Summer Park]

are either watching or playing the game. My friend and I stayed at the cafeteria to watch, and to our surprise, this game took only about ten minutes. I interviewed the winner of this match, asking him how he became interested in chess. The winner responded, "I wouldn't call myself an avid chess player." He continued to share that he always enjoyed playing chess as a board game with his grandfather. Furthermore, he has memories of playing at a beach house during one summer break. It is

unpredictable how often he may be able to play because his schedule is busy with homework and sports, which takes precedence over the game.

I think it could take precedence if you have a passion for it! Whether it's establishing a chess club on your campus, playing at the park on weekends, or getting your school activities chair to host a chess tournament, chess has the potential to bring folks together. So, why wait? Get your game on!