

Student Reporter



Hannah Chae
Grade 9
Larchmont Charter School

The Impacts of Dance

Known for its many forms, dance is one way to express different cultures and feelings. All throughout history, the popularity of dance continuously rose, and some of its rules began to change as well. According to National Geographic, it's stated that over the last 60 years, the position of a dancer's leg has lifted to become more vertical in ballet. Not only ballet but other dance forms may have changed as well. And as dance continues to improve, it begins to gain more attention. The audience is captivated by the dancer's movements, body language, and facial expressions, among other things. Dance is performed worldwide to act out stories, entertain audiences, and for benefits to health.

Dance has been proven to hold many advantages for one's health. This includes improved conditions of the heart, lungs, muscular strength, endurance, and motor fitness. As well as health, dance enhances self-expression, a sense of community, inspiration, enter-



Teaching younger students ballet at the Jean Ballet School.

[Source: Author, Hannah Chae]

tainment, and relaxation. While dancing, the brain releases endorphins, which are hormones that can trigger and create a feeling of comfort, peace, and fun. As dance holds an important position in our society and culture, each move connects to its history and development. Dance has also shown an impact on the audience. Our brains are highly stimulated by watching people dance. According to a theory called the

mirror system, people may feel a dancer's movement in their own body. This allows the audience to become more connected to the performance and enjoy this form of entertainment.

Although full of positives, dance also comes with its downsides. One major issue for is the dancers is that regarding their mental health. A growing need for improvement, comparing

body image, and overtraining can cause depression or anxiety. Many professional dance companies are more reluctant to accept a dancer with a larger body mass. With this in mind, many existing dancers prioritize weight loss and develop eating disorders. This leads to not having enough fuel to support the body and increases the chances of injury. Dancers who continue to train from a young age tend to grow a strong need for improvement. Mistakes corrected by teachers and advice given can be taken as criticism by some. This puts them under a heavy load of stress.

Now, in the present years, it is normal to start dancing at all ages. There is no need to feel self-conscious around others, as this is your dedicated time. Dance is a form of art created to give enjoyment and causes little disruptions. Whether it is only a hobby or a job, taking frequent checks of your mental and physical health is highly advised.

Student Reporter



Hannah Lee
Grade 10
South High School

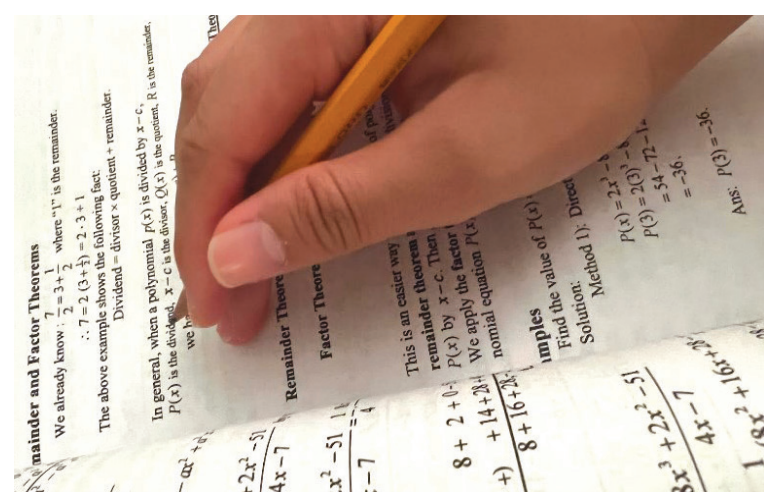
How Will the Digital SATs Affect High School Students?

The SAT. Although no longer required when applying to most colleges, they still hold a portion of stress and hardships in a high school student's brain. UC's and Cal State's may not view these extra numbers on an application, but private universities such as the Ivy League schools and Stanford, still consider them. Even if you have a lower GPA, an SAT or ACT score can do wonders to uplift your academic status from high school. The SAT was just an "on-paper" exam for the past century, but for the upcoming 2024 tests, regulations are changing, and the new digital SAT is about to be formed.

Truthfully speaking, there are a few upgrades that come along with the new digital SAT. For example, there are fewer questions, as the reading and writing portions will now be combined. Of course, this means that the time frame will also be much less, but

the lack of stress from sitting in an exam room will make up for it. To be exact, the digital exam will be forty-five minutes shorter than the original exam. Also, going digital will allow many states and cities to have a wider range of flexibility in where students are able to take the tests, since receiving paper tests will not continue to be a problem. Many students, both on the internet and from interviews, claim that the digital SAT will most likely be more stressful.

However, thinking about it from the other side, the digital SAT is completely fresh. The class of 2025 and 2026, the first students who will most likely take the exam, will have no idea how it will be formulated. This will make it much harder for students and tutors to understand the concept of the new exam as well as what studying techniques they should use. Although this matter does



Caption A: Many students study from different workbooks in order to prepare, both for the paper exam as well as the upcoming digital SAT exam.

[Source: Author, Hannah Lee]

not concern lower grades, it is certainly a topic for current freshmen and sophomores to consider. As a current sophomore, I am also a bit worried about how the new exam will look like, and really, if it will be less stressful or not. As one of the first years taking the exam, the expectations and nervousness clash.

There are many split opin-

ions on this change, and some are very joyful while some are downright nervous about how this may change the test scores of the SAT exam-takers. However, the change is coming, and the research on how such a new test may impact students is up to the test-takers to find out. Good luck to all my fellow peers who will be taking on this new change.

Student Reporter



Rubie Choi
Grade 11
Torrance High School

Young Artists Orchestra of Los Angeles 2023 Spring Concert

On March 25, 2023, the Young Artists Orchestra of Los Angeles (YAOLA), the Dream Saxophone Band, the Cello Ensemble and Strings Chamber of the Silver Academy of Orange County, and singer Yang Hyun Sook performed at the Community Spring Concert held at the St. Anselm of Canterbury Episcopal Church. This event, presented by YAOLA and Conductor Daniel Suk, was held in order to gather money for the senior home being built by the Episcopal Church. Maestro Suk has held numerous charity concerts in the past, such as the 2022 Spring Special Benefit Concert for Ukraine Refugees Concert.

The event started with the Dream Saxophone Band playing "Cry Strong Wind" by Lee Mi-ja and "Don't Ask" by Kim Seong-hwan. The genre of these songs is called Trot, which is a mixture of vocal inflections and repeti-

tive rhythms. Trot is enjoyed by people of all ages but is especially loved by the elderly. Following the band performance, the Cello Ensemble of the Silver Academy played "Abdelazer Suite Overture" and "Rondo," by Henry Purcell, a composer best known for his contributions to operas such as "Dido and Aeneas," and Shakespeare's "A Midsummer Night's Dream." Next, singer, Yang Hyun Sook performed "Lotus" by Yu Jina and "Gom Baeryeoung Hills" by Cho Eunsung. Ms. Yang has performed for many Asian American events held in the South Bay. After, the Strings Chamber of the Silver Academy performed "Trio No. 5 Allegro Brioso" by Luigi Boccherini. Boccherini composed mainly chamber songs, which are melodies that are performed by a small group of instrumentalists.

For the finale, the Young Art-



The cello section of YAOLA.

[Source: Yunsuk Choi]

ists Orchestra — led by Conductor Daniel Suk — performed a medley of songs sung by Josh Groban: "The Prayer," "You Raise Me Up," "To Where You Are," and "Intermezzo" from the opera "Cavalleria Rusticana," "Oblivion" by Astor Piazzolla, and the "Romeo and Juliet Fantasy" by Pyotr Ilyich Tchaikovsky. The Orchestra

is comprised of middle and high school students who are from all over Orange County and the South Bay area of California. Gathering every week for months and devoting multiple hours to practice, the instrumentalists showcased an extraordinary show to support the seniors in the community.

Student Reporter



Minseo Kwon
Grade 10
Portola High School

Experience at NAIMUN LX

Every year, Georgetown University hosts a Model United Conference known as the North American Invitational MUN. They invite thousands of students to participate in this conference, allowing them to gain public speaking and research skills. Throughout the years, NAIMUN has become one of the most distinguished MUN conferences to be held throughout both the nation and internationally. With several committees addressing various world and historical issues, students are able to cooperate with others on restoring peace and finding feasible solutions.

During NAIMUN, the first day of the committee is mainly focused on delegates getting to know one another and presenting their perspectives on their given topic. Through moderated and unmoderated caucuses, students showed their views on an issue and suggested possible solutions. On the second

and third days, delegates continued their discussions and collaborated with each other to form resolution papers. The conference included much cooperation with other people and taught me how to lead a group, as communication and leadership were very important.

While many may see this conference as purely academic and study-like, this is actually untrue. NAIMUN allows students to interact with others from all over the world by hosting dances and social events. On the last day of the committee, delegates can ask their chairs about college or any additional questions they may have about college life. This conference is a great way for future politicians, as well as those who are passionate about public speaking, to connect with those who have the same interests. For anyone who is intrigued by international affairs, NAIMUN is the perfect conference to attend. However, those planning



All the delegates gathered at the ballroom of the Washington Hilton Hotel for the opening ceremony of NAIMUN LX. [Source: Author, Minseo Kwon]

on attending should have some MUN experience beforehand, as this is an advanced conference. One thing students can do to prepare is to join their school's MUN club and find out more information on how to get prepared.

Through NAIMUN LX, I have learned to research more in-depth about a problem and come up with creative solutions that have not been made before. I was pushed to

my limits through this four-day conference and really learned a lot. Though late-night research sessions became a regular task, I had a fun time participating with my fellow delegates through it all. I was able to make friends from all over the country and even gradually improve my speaking skills. Overall, I would advise others who think this sounds enjoyable to try it out. The rewards are beyond worth it!

Student Reporter



Audrey Park
Grade 9
Northwood High School

The Knitty Gritty of My Taekwondo Competition Experience



Black belt competitors waiting for their Poomsae competition event to begin. [Source: Author, Audrey Park]

A competitor hurled a flurry of kicks at their opponent and an alarm rang, signaling the match's end. The two fighters respectfully bowed to each other and promptly left the sparring mat.

Taekwondo is a Korean martial art that trains flexibility, strength, and agility. The intensity of the training and the number of skills learned are then measured using belt levels. Taekwondo competi-

tions are developed so that martial arts academies, often referred to as Dojangs, can display their student's progress in the form of Poomsae (form), Demo Team Performance, and Sparring events.

I was eligible to volunteer as a judge and scorekeeper for a recent Taekwondo competition due to my experience as a Black Belt student. Specifically, I judged both Poomsae and Sparring events. For

Poomsae, our tournament utilized flags to determine the winner, with three judges sitting in front of a booth where they would record the match's results. Although Poomsae competitions can be judged through a points system or by majority vote, the fundamental factors of the Belt form always determine the results of the match: memorization, power, timed yelling, and rhythm. Similarly, I controlled the points and penalties for the intermediate belts in the Sparring Competition. By using a computer, a digital scoring system allowed me to manage each match's time, deduct points, and record the results while the other judges jotted down the general points.

Moreover, I found this competition to be even more memorable when I competed in the Poomsae Competition for Black Belt students. Before the lineups were picked, the Black Belts gathered outside the arena and separated

into groups based on gender, degree, and age. It was not long until each competitor walked to their Poomsae mat, eagerly waiting for their chance at winning under a stone-cold exterior. I demonstrated my belt form, Taebaek, alongside fellow Third Degree students and awaited the results. Once each group was ranked, the students collectively walked outside and were presented their awards and pictures, concluding the Black Belt Poomsae event with glory.

Through the experience I received at this competition, I feel that my martial arts and professional skill sets have expanded. While the significance of Taekwondo can be richly explored through culture, its influence through competitions has been far-reaching. Needless to say, I don't doubt that many individuals who participated in this competition share the same sentiments and have displayed their own grit.

Student Reporter



Dion Jung
Grade 11
Larchmont Charter School

Exploring the Top Colleges: A Blue Trip Adventure By the East Coast

College Match held its first East Coast Trip after four years of Covid-19, from the last week of March to the first week of April. College Match is a program that helps low-income first-generation students from all schools get accepted into the top Universities and Colleges. The trip was split into three groups, Red, Green, and Blue, all venturing into different colleges on the East Coast. The colleges ranged from schools such as Yale, Brown, Harvard, Dartmouth, and UPenn. Students attended information sessions and met alumni and admission officers in order to learn more about campus life and academic programs. In addition to schools, students were allowed to make new friends and experience the "new culture" of the East Coast, especially the weather.

The Blue Trip started with a redeye flight on the Tuesday night of March 28th, arriving at New Haven. Their first university seen was Yale University, where students met a



In line for the long 5-hour journey back home after exploring new schools with College Match! [Source: Edwin Co]

wonderful tour guide, and were able to get a glimpse at the first new state other than California. Students bought merchandise from stores to cherish their memories of this trip, and even got boba! Soon after, they attended Connecticut, Wesleyan, Brown, Olin, Wellesley, Tufts, and lastly, Harvard. A special college not specifically listed as a college they would visit, was MIT. The Blue Trip and Red Trip had a collaborative tour, even entering one of the MIT meeting halls, and received a board

panel with a College Match alumni. This was such a great experience, as many students were overjoyed to see their dream school. Ponciano stated, "I used to say MIT was my dream school, but it wasn't certain, but after this, I'm proud to say it's my Dream School."

Other than seeing the schools, there was a lot of fun. On the first morning of the trip, Blue Trip arrived in Connecticut at Crackle Barrel, where they sat with their

roommates, three boys or girls, all from different schools. They had an eventful breakfast, introducing themselves, and hinting at new friendships. Along the way, College Match proposed the idea of a scavenger hunt between all three groups, with the winner gaining a prize. The requirements were such: Take a photo inside a campus gymnasium, take a photo holding a pamphlet, etc. All three teams had a steady lead, with nearly all their members taking photos and uploading them on their personal social media pages, gaining points by the hundreds. A group of ten ingenious boys created the plan to take photos of each and every individual person in their tour group with the same item to maximize the points. Regardless of the winner, the journey the students had was a memory to keep. Throughout the seven days, everyone got closer and made new friends. From all the attending students, "Thank You, College Match, it was an unforgettable experience."