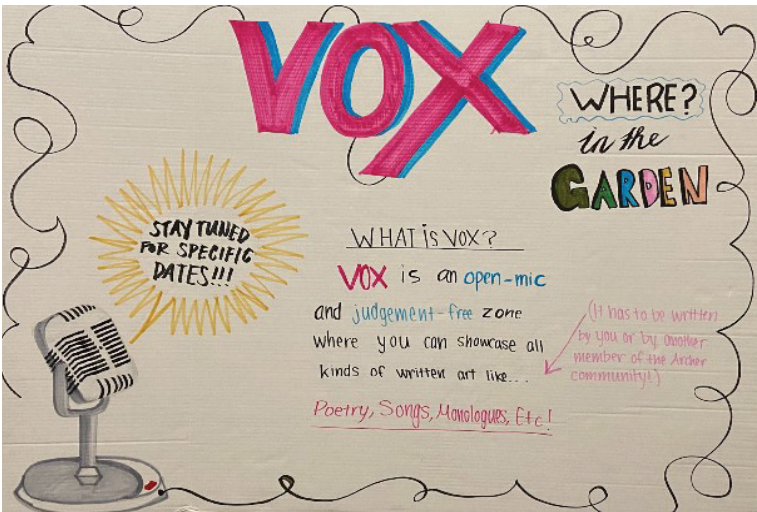


Student Reporter

The Power of Your Voice



Rachel Chung  
Grade 10  
Archer School for Girls



The poster advertising VOX during our school's club fair this year!  
[Source: Author, Rachel Chung]

Vox, a word derived from the Latin word “vōx”, means “voice.”. In my club VOX, we focus on amplifying the voices of the school through literature, whether that be monologues, songs, or poems. This highlights the voices that may sometimes be overlooked and the unique stories that haven’t been told. I originally got involved with this club last year as a performer, when one of my friends ran the club. Now, as the leader of

the club, I try to continue to give others a chance to perform their original work. Since the beginning, VOX has been about bringing a community together through the power of words. In a school with both middle school and high school students, I sometimes personally feel disconnected from the middle and other grades outside of my own. In this club, both middle

school and high school students perform and support each other, and although the club meetings are once a month, it reminds us to always stay interested in building interpersonal relationships with students in other grades. We like to create a judgment-free zone for anyone writing or workshoping anything and give them a space to show the school what they have been working on outside of school. I always enjoy listening to people’s original work, because I can always get a glimpse of each of their personal lives, writing styles, creativity, and overall, a side of them I wouldn’t normally see in class. Whether their works are about personal stories, observations of others, or their thoughts on something that piques their interests, we, as the audience, learn about the performer in a depth that only writing can serve.

Another thing I love about VOX is the feeling of support and love each and every person receives when putting themselves and

their work out into the world; a feeling that can be daunting and nerve-racking at times. To cultivate a community like this, we plan all of our club meetings in the school garden. Although it may not seem like it would make much change, having a calm and inviting environment is just what students need to get away from the computers and homework that we have on a daily basis.

Ultimately, VOX is a reminder to use our voices, and it opens our eyes to the various stories of students in our school and the large world of literature. People can write using specific aspects of different forms of literature to form feelings that couldn’t be made in a simple, face-to-face conversation. In leading this club, I’ve learned that words have a bigger impact than people give them credit for; they have the power to magnify the small parts of someone’s life and convey that story to impact someone thousands of miles away.

Student Reporter

Past, Present, and Future of Bakersfield



Ethan Chang  
Grade 11  
Stockdale High School

The city of Bakersfield, California, has a fascinating history regarding its founding, settlement, economic growth, and potential future in Kern County. The history itself is significant, due to Bakersfield’s role as a hub for both agriculture and energy production as well as serving as California’s most productive oil producer. The city also serves as California’s 9th most populous city, standing at about 730,000 people, making it the U.S.’s 48th most populous city.

The area that became the foundation for Bakersfield was originally inhabited by the Yowlumne native peoples who had once lived along the branches of the Kern River Delta. In 1776, Spanish missionary Francisco Garcés became the first European to explore the region, cataloging the general environment and isolation of the area. The Yowlumne were largely left alone until further contact was made with Mexican settlers following the discovery of gold in California in 1848. The discovery of gold in 1851 and the discovery



Bakersfield oil pumpjack is a staple in the city. [Source; Author, Ethan Chang]

of oil in 1865 resulted in an influx of settlers and immigrants from the U.S. and Mexico. However, the settlement was hampered by periodic flooding from the Kern River and malaria outbreaks.

The city that became modern-day Bakersfield was created in 1863 under the orders of former Ohio militiaman Thomas Baker, who turned a previously abandoned settlement into a stopover for travelers, which eventually evolved into a regional trade

center. His name later became the inspiration for the future city’s name. In 1873, Bakersfield was officially integrated as a city in California and later became the main city of Kern County, though briefly disincorporated in 1876 due to the inability to collect taxes for community services. Aside from the 1952 Kern County Earthquake, which caused four deaths and architectural damage, no major environmental catastrophes have been inflicted on the city.

To this day, Bakersfield remains a regional transportation hub for goods coming into Kern County: much of this county’s wealth and industry lies within its vast agricultural production, ranging from grapes, citrus, almonds, carrots, alfalfa, and cotton, as well as its vast oil deposits, being one of the most productive oil prodigy regions in the United States. The city also serves as the main headquarters for multiple corporate and regional companies engaged in the aforementioned industries. However, such industries have also resulted in Bakersfield having one of the most terrible air pollution qualities in California.

In short, Bakersfield’s present and future depend entirely on the production of oil and agriculture, which remain the lifeline behind its economic industry. Unless something terrible happens to these valuable commodities, Bakersfield will likely remain what it continues to be today, a hub of economic trade and business.

Student Reporter

The First Chick of Easter



Sarah Kim  
Grade 7  
Marlborough School

On Easter, just a few weeks ago, four new baby chicks came to life from two separate homes. About a month ago, my sister and I had to take 5 eggs and put them in our chicken’s home for them to lay on. One mother, Nugget, and another, Sunflower, sat on the eggs for around 28 days. On the morning of Easter, we found a big surprise! A cracked eggshell was discovered outside the nest, and a chirping sound could be heard.

This was rare, as the eggs were thought to be unfertilized. After checking each of them with a flashlight, I discovered that there were actually baby chickens in some of them! Every day my sister and I would give both of the mother’s plenty of water and food, taking care of them so that they could give

birth to healthy chicks. On the day of Easter, after hearing the tiny chirping, I lifted Sunflower and found a pair of tiny, golden feet sitting under her. Instantly, I knew that a chick had been born. It was a miracle that the baby had survived. In the past, some of them had passed away from parasites or disease. When a chick is still in its egg, but ready to hatch, it will chirp, calling out to its mother. The hen will start to peck at the egg to help the baby get out. In order for the chick to survive, it is important to let it warm up under its mother for a few hours. When the chick first comes out, it is usually a bit slimy or wet and doesn’t have many feathers. After just a few hours of warming up, though, the chicks will start to grow tiny



The new Easter Chicks and their mother!  
[Source: Author, Sarah Kim]

feathers all over their body. Once they are warm enough to move around, they will begin walking, drinking water, and even eating some food!

The chickens are now getting

older, and they are doing quite well. Although many baby chicks do not make it, as many are born unfit, these little ones seem to be surviving the odds. And who knows, maybe next year we will see more Chicks of Easter.



Student Reporter



Jacob Kwon  
Grade 11  
North Hollywood High School

Stressful Skin? You Aren't the Only One!



Steroid cream, moisturizer, and cleansers are all part of my skincare routine[Source: Author, Jacob Kwon]

A number of things about my face seemed wrong today. The scaly patch of skin between my eyebrows was now an angry red. Weeks of applying topical cream and moisturizer to combat my eczematous skin had only created more problems, like the fresh pimples that now surfaced on my face

due to excess oil concentration. However, I noticed a new issue that I, who had lived with eczema all my life, had never seen before eyebrow thinning.

When the body is under stress, it produces a hormone called cortisol, a major player in the hair growth cycle. Excess cortisol as a result of chronic stress causes the hair follicles to enter dormancy prematurely, which can lead to hair shedding and thinning. Our body simply diverts resources away from nonessential functions like hair growth when we experience stress. Was there a possibility that my eczema breakouts, acne, and now eyebrow thinning were all caused by stress?

Beyond the hair growth cycle, cortisol also affects your skin: the natural barrier of the body. It slows the production of beneficial oils, which are part of a protective layer

of lipids that keep our skin hydrated. Without such oils, the skin loses water, leading to the dry and flaky skin characteristic of an eczema flare-up. Cortisol also leads to an overproduction of sebum, the culprit behind acne.

An overproduction of hormones, like cortisol, as a result of stress, can also lead to inflammation, the “angry red” of the skin. The microbiome of bacteria living on our epidermis, in particular, is highly sensitive to changing oil levels. When our body experiences stress, the healthy oil and sebum levels fluctuate, which can kill off “good” bacteria and leave skin more prone to infection and inflammation from outside aggressors. These allergens that now enter your skin more easily are quickly detected by a highly sensitive immune system, the main characteristic of a patient suffering from eczema.

Topical treatments are by no means an ineffective method to minimize eczema flare-ups. Every night I try to moisturize my skin with oil-free lotion, which has shown measurable improvement in hydration. I also opt for a Triamcinolone Acetonide steroid cream that has helped me control the inflammation.

Healing the skin also means dealing with the stress factor itself. With academic pressure from maintaining grades and preparing for the AP Exams and SAT, I’m not exactly living the most “stress-free” life. For many teenagers and even adults, managing chronic stress is definitely challenging. Relaxation practices like meditation, breathing exercises, and even practicing better sleep routines, not only help us with stress relief but can help you on the road to more visible improvements.

Student Reporter



Jenna Kim  
Grade 9  
Pacifica Christian High School

Paris, the City of Love

Paris, the city of love, is a romantic harmony of architecture, art, and food. While traveling in Paris, one experiences bus rides, walking tours, and Seine sails around the city which display the intricate designs the French have implemented into their geography. With a multitude of bridges and statues placed between the Seine River, this historical favorite, as well as the oldest known stone bridge of France, Pont Neuf, and the more popular and aesthetically pleasing attractions. In addition, the statue of Pont de l’Alma, known as Zouave, is another popular figure amongst tourists. The most famous tourist architectural monuments, such as the Eiffel Tower, Louvre, and Notre Dame, are also strategically placed overlooking the Seine.

In addition, the most noteworthy paintings, sculptures, and works of art are located in the center city of Paris. The Musée d’Orsay contains much Impressionism, Pastels, and



The Museum of d’Orsay and its famous clock. [Source: Lexi Sexton]

sculpts; the most famous examples being the Starry Nights of Van Gogh, Dancers by Edgar Degas, and The Gates of Hell by Auguste Rodin. The original paintings of these famous pieces are only available in the d’Orsay and amaze viewers with their perfect condition and visible technique and texture. The museum itself is also beautiful, with its colorful levels and the architec-

ture of a clock at its highest floor. At the Louvre, there were the most treasured works of all: Mona Lisa, Venus de Milo, The Wing of Victory, and The Sphinx. Works from the French and American Revolutions and Ancient Times show the impact the historical events had on each class of people of their times. Despite its fame, works like the Mona Lisa received much attention, but underwhelmed certain audiences, and for oneself, larger paintings such as The Wedding At Cana by Paolo Veronese, with its magnificent 6.77 by 9.94-meter area, provided a breathtaking experience. In the same respect as the Museum of d’Orsay, the Louvre in itself was admirable in its tall hallways, themed rooms, and Piramide Invertida: a glass pyramid placed in the center of the museum.

Furthermore, the food offered in Paris was both unique and delightful. There were one-of-a-kind foods, such as Flam, Crepes, Gelato,

Baguettes, Croque Monsieur, and more. The Flam was a rectangular-shaped dough with mayonnaise-like cheese and a serving of various toppings. I experienced ones with ham slices, vegetable bunches, and a dessert Flam—consisting of caramel and chocolate chips as its topping. Although it may not seem appealing to the eye, some call it a favorite and unique experience of Paris. For treats in the café, such as baguettes, crepes, and Croque Monsieur, Nutella crepes are the most popular, baguettes sold at almost two euros for the best texture and taste, and the Croque being the best of all. The Croque Monsieur is a sandwich of two pieces of toast, boiled ham, béchamel, and generous amounts of cheese sliced within and shredded on its top.

In all, Paris itself was a beautiful, intelligent, and one of a kind city that is best at its architectural, artistic, and taste-bud game. I advise, if you have the chance, to visit!

Student Reporter



Alexis Choi  
Grade 10  
South High School

“Rebound” - A Cinematic Masterpiece

Everyone enjoys a good underdog story. Combined with the hot passion of youth and the thrill of working toward making dreams come true, the Korean movie “Rebound” is an inspiring film that tells the incredible success story of the struggling basketball team of Joongang High School in Busan.

The movie follows Yang-hyun, played by actor Ahn Jae-hong, who is the school’s social worker and the new extremely enthusiastic basketball coach. He pulls together a ragtag team of sports misfits and attempts to rally the under-experienced, under-skilled players. The entire team consists of only six members: Cheon Ki-beom (played by actor Lee Sin-young), Bae Kyu-hyeok (played by singer-actor Jeong Jin-woon), Hong Soon-kyu (played by actor Kim Taek), Jung Gang-ho (played by Jung Gun-joo), Heo Jae-yoon (played by actor Kim Min), and Jung Jin-wook (played by actor Ahn Ji-ho). Brought together by

their passion for basketball, the movie portrays how the boys and Coach Kang grow stronger as they overcome adversities and work towards taking on the KBA National Tournament.

“Rebound” is produced by Jang Hang Jun, a famous director of various works, including K-dramas such as “Pinocchio” and “My Love from the Star.” “Kingdom” and “Signal” writer Kim Eun Hee, and the award-winning screenwriter Kwon Sung Hui, also teamed up to create the screenplay. The movie is both a cinematic and emotional experience. The bonds that form between the characters, the lessons they learn, and the people they grow into over the course of the movie are portrayed in an entertaining mix of comedy, sports, and drama. The actors trained for months, and most of the basketball scenes were filmed in one take to make the movie as seamless and realistic as possible.

A success tale of a struggling team that manages to beat the odds and climb to the top... Alone, the story may sound unrealistic and even a little clichéd. However, one of the most surprising and incredible parts is that “Rebound” is based on a true story. It relives, with great attention to detail, the real story of the Busan Joongang High basketball team, who competed in the national tournament in 2012 with only one-third of the standard number of players. The cast, chosen partly for their uncanny resemblance to the actual players and coach at the time, as well as the certain parts being filmed at the actual school of Busan Joongang High, only adds to the authenticity of the movie.

Released in CGV Theaters on April 5, “Rebound” is a highly recommended film for all, whether they enjoy sports or not. The movie entertains, stirs, and emboldens viewers, instilling a sense of passion and an inspiration to follow



Rebound is an entertaining basketball movie based on a true story. [Source: Author, Alexis Choi]

our dreams. Though with regards to basketball terminology, a “rebound” is when a player grabs a ball after it misses the hoop, in the movie, the word is used to explain trying to get another chance to make up for mistakes or failures. As Coach Kang says in the movie: “There is no such thing as missed shots. There are only rebounds!”