

## Student Reporter



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## Trick-or-Treat: Dos and Don'ts



A festive house decorated in time for the Halloween spirit.  
[Source: Author, Eunice Minji Choi]

Halloween is here! This is a time to dress up in a costume- from something as simple as Harry Potter to something as extreme as a killer clown, the possibilities are endless. Halloween is a time to go trick-or-treating and hang out with your friends. It is a time to decorate your home with pumpkins and scary decorations. But Halloween is also a time to be aware and extra cautious. There are two sides to Halloween- the fun and festive side and the dangerous side.

When you watch any movie

with an American family, you will always see a scene with kids trick-or-treating around their neighborhood, wearing cute costumes, knocking on the doors, yelling "Trick or Treat!" and smiling when receiving candy and chocolate. I grew up watching and romanticizing those scenes, but I've never been trick-or-treating. Every year, my mom would tell me that it is unsafe and I'd be better off at home or church, where they celebrate "Holy-ween." I always thought it was unfair because I wanted to experience the authen-

tic American Halloween night. However, looking back, I understand why I never got to go, and in fact, I thank my mom for taking me somewhere else.

The real dangers of Halloween are not the monsters, goblins, or ghosts, but the cars and treats. There have been many accidents and safety concerns of trick-or-treating over the recent years. Halloween is the day with about a 43% increase in pedestrian car accidents. Because of the dark environment and excited children, there is a higher risk of pedestrian fatalities. To prevent this, wearing a bright costume or adding reflective tape is recommended so the cars can see you better. And obviously, look both ways when crossing the street. Parents, always stick with your child, and kids, always stick with your group- NEVER go trick-or-treating alone. Treats are the reward and primary purpose of trick-or-treating, but you must be careful. Make sure the candies are completely sealed and are not tampered with. You never know what someone might have put in there. Lacing items with drugs has been prevalent in recent years, so you

have to be extra careful. Though it may be tempting, it is also best to throw out any homemade or hand-wrapped goods.

To sum it all up, here is a simple list of dos and don'ts to be safe for this year's trick-or-treat.

**DO:** Dress up. Halloween is supposed to be fun!

**DON'T:** Eat all the treats in one day. You'll regret it.

**DO:** Stay with a group to maximize safety.

**DON'T:** Go trick-or-treating alone.

**DO:** Check for unsealed candies.

**DON'T:** Eat homemade treats. Stick to untampered, individual-sealed snacks.

**DO:** Go to well-lit areas and homes.

**DON'T:** Go into anyone's home if they offer.

Yes, Halloween is a time to have fun with your friends and get free candy, but it doesn't kill you to be extra careful. Will I go trick-or-treating this year? I don't think so. I'll probably stay home, watch *Coraline* or *Hocus Pocus*, and buy my own treats. And I will reuse my Harry Potter costume for the nth time.

## Student Reporter



**Ansley Kang**  
Grade 11  
Lake Oswego High School

## Environmental Protests: What Impact Do They Have?

Over the past decade, thousands of people across major cities have gathered together to protest the current environmental state in our nation and in the world. Ever since Sept. 20, 2019, when Greta Thunberg led the world's largest environmental protest, with around six million people across the globe, these environmentally focused events have become much more common. Recently, on Sept. 17, 2023, one of the largest environmental protests in the nation took place in lower Manhattan, New York. The focus of this protest was to decrease the amount of fossil fuels that are being burned and then released into the atmosphere at an alarming rate.

Many young people have continuously voiced their concerns about climate change and the state of the environment right now. A group of students in Montana led a case

regarding the unconstitutional use of fossil fuels. After countless protests, marches, and emails, the Montana judge finally ruled that the usage of fossil fuels was unconstitutional because it didn't consider the devastating effects that it had on climate change. From this, Montana's coal and fossil fuel plants must now consider climate change when approving projects. Concern for the environment has grown significantly over the years, and this growing concern may be the first step to fixing the environment.

AP Environmental and Geoscience teacher Jeff Goodrich expressed, "The positive thing is, I think the awareness for climate issues is much higher than it was 10, 15, 20 years ago, for sure. When you have the average person aware of what's going on with the climate, you can't avoid it anymore. It's right



Students from Lake Oswego High School volunteer to clean up the Lakeview Center of the Arts.  
[Source: Author, Ansley Kang]

in our face, so I think there's kind of a growing concern that it is a real issue and that it is affecting our lives."

Environmental activists this year are especially frustrated with the government's lack of accountability with the goals being made

to keep our climate under control. While there are many promises being made by Congress, very few of them have actually been implemented to create change. Keeping this in mind, President of the Green Team and senior Lyra Johnson said, "The more we start to acknowledge that these problems are us, we don't have to bear all of that guilt and burden, then it becomes a lot easier to get to the root of the problem and feel inspired to take action."

Even though the media has been flooded with bad news regarding the current state of the climate, Goodrich explained that the protests and actions that had been taking place are still a step toward creating a healthier future for society. "I feel positive in the building of awareness and momentum through protests toward meaningful change in our world.

## Student Reporter



**Erin Lee**  
Grade 9  
Granada Hills Charter High School

## Healthy Habits for a Healthy Well-Being

Picture this: You're about to have breakfast. On one side of the table, you see a selection of fruits, and on the other side, there's a leftover donut from yesterday. Which one will you choose to eat? The fruits, which are packed with vitamins and nutrients that will provide a natural energy boost to start your day, or the leftover donut, which, while it may satisfy your taste buds at the moment, is coated with added sugars and unhealthy fats. The choices like these that we make every day are just a small part of our daily routines, but they have a big effect on our everyday lives. Even the smallest actions a person does daily can add up to significant, positive changes in a person's well-being. This is why forming healthy habits is essential for changing for the better.

To start off, taking good care of your physical body should be pri-

oritized. Exercising daily is good for your health, and you don't have to play a sport to be physically active. In fact, every day when we walk somewhere, we are physically active and exercising. But some additional habits that can further enhance your daily life include taking a jog outside after dinner or stretching for five minutes every morning. Something simple that can put you into the act of exercising consistently.

In addition to regular exercise, what we put into our bodies matters. Avoid consuming fast food in your meal and include more healthy foods such as fruits, vegetables, proteins, and grains. Having a well-balanced diet daily can help you stay strong and healthy. Also, always stay hydrated. Getting the proper amount of water is important for your body to function on a daily basis. It is recommended to

drink at least eight to ten glasses of water daily, but this may be hard to do, so try to drink water as often as possible.

It is also important to stay organized, as it can impact your personal and school life. Taking five minutes to write your to-do's for the day or carrying around a planner, writing your priorities throughout the day, can help you stay on top of your tasks and help you have control over your schedule. The saying "Your room is the reflection of your mind" is definitely true. It is hard to focus on your tasks or stay organized when the environment is not organized. Taking a few minutes daily to clean and declutter your space regularly or just making your bed every day can help you feel more at peace and organized.

What matters most is consistency. No matter how big or how



Switch out those chips and sweets for a healthier choice  
[Source: Author, Erin Lee]

small the habit may be, as long as doing it consistently, is what is important. Daily choices, whether it be making good diet choices or making small yet impactful decisions throughout the day, have the power to significantly improve many lives.



Student Reporter

## Mason Volleyball League



**Olivia Shin**  
Grade 8  
Granada Hills Charter Middle School



A quick rally practice before starting the big game.  
[Source: Author, Olivia Shin]

I was always very active as a kid. I would play in soccer teams and participate in tennis occasionally. However, sticking to a sport didn't last until I played volleyball. Although I haven't played volleyball for very long, I really enjoy it. My mom had introduced the idea of trying out for a team very early on when I started. At first, I wasn't into the whole idea of an

actual team since I had only done a couple of camps and practices playing volleyball. But after thinking about it, I realized it could be a fun and good learning experience for myself. After I got on a team, I was still not confident in my skills, but with the help of my teammates and coaches, I began to be more open about it and made much progress.

Volleyball is a very active and vocal sport. Calling for the ball, working together as a team, and communicating is a very big thing while playing. This all was new to me since I hadn't played sports in a while, and after some time, I began to make friends and talk with my teammates. Everyone in a team has strengths and weaknesses, and by working as a team, we can improve together. Joining a team has benefited me in so many ways, from not only helping with my volleyball skills but also giving me a chance to make new friends.

play. Playing in a team helps each one of us push ourselves and nurture each other's strengths when playing.

Being in a team is not just about playing a sport, but it's about playing together. It allows you to go out of your comfort zone and communicate with others. I know that I am not the most outgoing and extroverted person, but being on a team helped me get out of that shell and talk to people aside from my usual friends.

Joining the Mason volleyball league has helped me do many things I would have never done before. It not only got me out of my usual routine but improved my volleyball skills and helped me make many new friends. I enjoy going to volleyball practices and games, knowing I will improve every time.

Playing in one of the Mason volleyball teams created a new experience and opportunity for me. Not only do I get to play a sport that I like, but I am also able to improve and practice my skills. I get a chance to make friends outside of my school who are also my age and share the same sport we all like to

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## Vaccines at School



**Erin Ryu**  
Grade 10  
Harvard-Westlake School

In light of rising COVID cases, it is imperative that students are up-to-date with vaccinations so that there is no further rise in the spread of the coronavirus. Though in the past variants have hindered the decrease in cases, vaccinations and booster shots have helped to mitigate the spread. Harvard-Westlake School, located in Beverly Hills and Studio City, California, partnered with Elements Pharmacy to offer COVID-19 vaccine boosters and flu shots to students on Oct. 2, 9, 17, and 20.

The increase in school absences due to the abrupt COVID-19 outbreak has greatly affected the students' attendance records lately, raising concerns throughout the campus administration. Harvard-Westlake's Head of Communications and Strategic Initiatives, Mr. Engelberg, has spoken about this issue, as his main focus is to promote well-being and safety among students. "The main goals of the

program are to increase access to vaccines in the hope that more people will get vaccinated and that doing so will drive down the overall rate of illness on campus during the school year," Mr. Engelberg said.

Dr. Cherman, the Founder and CEO of Elements Pharmacy, and her team work to make vaccinations easily accessible to all by providing them to sites other than her pharmacy, like schools around the area. Cherman said it is essential to educate people so that they are aware of the dangers associated with COVID-19, given the amount of misinformation online. "When people understand the potential effects of having COVID, especially [among] the elderly, the immunocompromised [and] people with other underlying conditions, [that] helps them understand the importance of the disease," Dr. Cherman said. Many fallacies circulate around



Elements Pharmacy came to Harvard-Westlake School to provide flu and vaccination shots.  
[Source: Author, Erin Ryu]

the media, giving vaccinations an unfavorable outlook and deterring people from receiving them, when instead they should be advocated for.

Scheduled during school hours, this program makes it easier for students to get their shots conveniently. Nola, a sophomore at Harvard-Westlake, said she appreciates the clinic taking place at the school, as it provides a convenient location for students and better accommodates students' sched-

ules. "Having vaccinations held at school is a great way to make them easily accessible, especially since school's so busy during the week. It can be difficult to catch up if you [miss] a class to get them," Nola said. Through this program, there have been several vaccinations given to students during the past few weeks. With the rise of COVID cases and flu season approaching, it is critical that people are aware of the repercussions of being unprotected and the benefits of being prepared.

Student Reporter

## Mainly Mozart Youth Orchestra Performs at the Rady Shell



**Aspen Lee**  
Grade 9  
Santa Fe Christian Schools

This September, a San Diego orchestra, known as Mainly Mozart Youth Orchestra (MMYO), performed at the Rady Shell in Jacob's Park. For aspiring young musicians, this location is a lifetime goal, and for the over 50 students, their dreams came true at a young age. The MMYO Advanced Orchestra, consisting of high school students with a talent for their instrument, had the amazing opportunity of being a part of a charity event at this venue.

The Mainly Mozart Youth Orchestra's team with the highest level of performance practiced for one month to perfect the music they would present at the concert. They prepared pieces such as "A Million Dreams" from The Greatest Showman and Carmen's "Bizet" that resulted in their beautiful performance at the Rady Shell. Weekly rehearsals with the conductor and every musician

brought the music to life in the practice rooms.

Many of the students looked forward to this event for weeks, and when the day of the performance finally arrived, the whole orchestra came from their school in concert attire. For an hour after their arrival, they had a soundcheck to make sure the microphones and music stands were suitable for each musician. From the violins to the flutes to the drums, the musicians checked each instrument's tone and pitch and played each of their parts to prepare for the once-in-a-lifetime concert on the sought-after stage in downtown San Diego. The conductor ran through the pieces to be performed that night, and after the orchestra's soundcheck, the small ballet company reviewed their piece on stage. Following was the San Diego Youth Choir and the MMYO strings sectional's "A



Mainly Mozart Youth Orchestra's soundcheck at the Rady Shell from an audience's perspective.  
[Source: Author, Aspen Lee]

Million Dreams" run-through.

The music came alive under the stage lights at the Rady Shell, so each song was even more impactful to each of the audience members. At the time of the performance, the parks surrounding the Rady Shell, along with the seats directly in front of the stage, were filled with donors for the char-

ity event and an audience of music lovers. Millions of colors from the stage lights shined on the students and reflected off the instruments into the night sky, demonstrating the beauty of music in real life. Toward the end of their performance, the orchestra received large applause, and as one, they exited the stage, knowing they did their best.