

Assistant Editor

Extending Journalism to Taekwondo



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Over time, I have gotten used to submitting articles to two different outlets for student journalism, honing several writing skill sets along the way. [Source: Master Lee Talium]

Typically, when a person thinks about a martial art, he or she is unlikely to connect it back to a leisurely practice like writing. After all, one activity involves physically exhausting drills, constant soreness, or complex kicks, while the other goes for the academically

and mentally challenging route. However, the instructors at my taekwondo studio took it upon themselves to bridge the two under one program for journalism. Starting in the latter part of last year, I was given the opportunity to write for this studio newsletter. Since then, a lot has changed, regarding both my writing skills and my outlook on my sport. Although I did not know it at first, the reason behind the decision to unite these two activities under one program definitely began making sense as well. It became increasingly clear there were countless parallels between martial arts, such as Taekwondo, and writing, that made the integration possible. For instance, the two activities build tenacity towards re-occurring obstacles, instill a desire for self-reflection, and tempt an individual to bridge the similarities between starkly contrasting values.

Additionally, I started off by getting into the rhythm of writing articles for two different programs. I noticed that unnecessary time consumption would be an issue if I did not regulate my schedule and the urge to get sidetracked. This notion held increasingly true as the newsletters at my taekwondo studio were also expected to be released monthly. Therefore, I developed a sense of discipline in order to be diligent in both of my journalism extracurriculars and still produce consistent content. This value is tied into several expectations in Taekwondo during training, as students are regularly met with physical exertions and learn to adapt until they become easily manageable. Moreover, these qualities that I strengthened only gave me more time to truly digest the content of my articles in the studio. The article topics varied from per-

sonal experience with climbing skill levels to guidance on honing techniques, but typically entailed for me to give my own input as a higher belt level student. As a result, I took on my past interactions with Taekwondo from the standpoint of a student reporter or a Humanities buff. I gained and enhanced the ability to dissect over 6 years of Taekwondo experience, make deeper connections from the short-framed segments, and explain them in a manner that was nothing less than coherent. For the purpose of outlining these approaches to Taekwondo to those who had an upcoming belt level, I learned to gracefully hit every corner of my past experiences with the sport as if I were sparing a target. Ultimately, my experience with this program between two, seemingly contradictory topics united several parts of my identity.

Student Reporter

Jericho High School's International Night Celebration



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New York is a beautiful city that is built by all types of ethnicities and that actively supports diversity and inclusion. Jericho High School, one of the public schools in New York, also has a long history of supporting a diverse student population. The Jericho community represents all the types of heritage you can imagine, and the colors we paint together form a harmony that you won't find anywhere else. On a day called International Night, students from all cultures come together to share and celebrate each other's origins. Each student body representing a certain culture may bring a symbolic food for others to taste, some may perform a traditional dance or sing a song, and another may display a traditional art they painted or sculpted. On this memorable day, Shreesha Fernandez – who



Korean dance team performing at the International Night at Jericho High School. [Source: Shreesha Khan]



Delicious traditional cuisine featured in the Spanish food section [Source: Shreesha Khan]

is half-Mexican and half-Indian – decided to showcase the South American heritage to the Jericho community. Shreesha prepared a delicious beef burrito filled with crushed guacamole, sour cream, and hand-made tomato salsa. Next to it lay nacho chips with melted cheese, ensalada made with fresh greens and a simple vinaigrette, and paella cooked with various types of seafood and Mexican rice. Shreesha

was competing against Société Honoraire de Français, which prepared a freshly baked baguette, flan (a creamy custard dessert), and ratatouille (a stewed vegetable dish) to represent their French heritage. Lastly, the Korean dance team cheered on their food competition by performing a K-pop dance to "Hypeboy" by New Jeans, setting the stage for a rich cultural exchange. Following their spirited performance, the spotlight shifted

to another captivating display of tradition as the Spanish dance team took the stage. They showcased the vibrant and passionate art form of flamenco, a traditional Spanish dance characterized by its rhythmic footwork, intricate hand movements, and emotive expression. Their performance added dynamic excitement to the competition, showcasing the colorful variety of cultures from around the world. Later that night, Shreesha said, "It was yet another successful day for Jericho High School. All of us together made \$1000, and I'm happy that all of that was donated to the local charity." Shreesha expressed her plans to volunteer again next year. She and many passionate students here at Jericho will continue to carry on this tradition of celebrating all of our cultures together.

Student Reporter

The Goals of Furnishing Dreams



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Swarms of excited students, eager to discover and sign up for new clubs, bring immense amounts of energy to the quad. Club day is a day of discoveries, as students are encouraged to sign up for clubs and participate in activities. Semester after semester, tens of clubs prop up their posters and promote themselves in hopes of gaining new members. With treats and prizes to greet their new members, each club eagerly advocates reasons to become a member. It is one of the most memorable moments of the high school experience. This year, I decided to start a club of my own called Furnishing Dreams. Our goal is to restore hope in those who may have lost it due to their circumstances and help ignite new dreams. We sternly believe every voice is equally as important and that everyone deserves a chance at being heard. To act on our mission, we meet every other Wednesday to build various pieces of furniture that we then donate. Our first project was a stool, which we gifted to a teacher on campus since it was

our members' first time building something. However, Furnishing Dreams will soon be donating future projects to shelters, soup kitchens, and more. Each and every meeting targets a different part of our project in order to ensure the highest quality we can manage. When building the stool, we first focused on the seat, then the legs and supporting factors, and finally, assembling the parts to complete the stool. Before officially gifting or donating our project, we go around testing it in various ways to ensure it is able to be used daily, as safety is our number one priority when building something for others. However, before the building process began, members were taught the essentials of construction, starting with how to pick materials. They were first given an explanation of things to look out for in order to avoid getting defective or unusable materials in the context of our project. Still, there is a big difference between hearing about the variety of materials and seeing them in person,



The basic materials are gathered before officially starting the building process. [Source: Author, Joanne Kim]

so a couple of members were taken to Home Depot for a hands-on experience. Although the start has been slow, members now have the experience of what it is like to construct a basic project, so rapid progress is predicted for the future of Furnishing Dreams. Many members have reported to have "learned a lot" and stated that "they were surprised with how many things needed to be considered when building something as seemingly simple as a stool." I personally believe that Furnishing Dreams provides a rare but crucial experience that will ultimately benefit our



This stool was the first project of Furnishing Dreams, which has now been donated to a teacher on campus. [Source: Author, Joanne Kim]

community in the future, and I can't wait to see how much the club will grow and prosper.

Assistant Editor

Exploring the Korean Government in China at the Shanghai KPG Museum



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There were many visual elements to make the history more attractive at the Shanghai KPG Museum. [Source: Author, Hajoong Song]

In 1910, Korea was officially annexed by Japan. This means that from 1910 to 1945, Korea became a colony of Japan. However, civil rights activists from the Korean National Association established a provisional government (KPG) in Shanghai, China, to pave the way for the liberation movement of Korea. KPG actively supported the Korean resistance movement, while receiving economic and military support

from other countries. KPG introduced a presidential system and the establishment of a three-branched government. Until 1945, when Japan surrendered from World War II, KPG ran for more than 20 years to liberate Korea. Tourists over the world can see KPG in Shanghai, where it has been changed into a museum to recall the history. I went to the Shanghai museum and learned about the achievements of KPG.

KPG was established in the common town of Chongqing, China. It was a small apartment where all of the members operated a government to find breakthroughs for the independence movement. It effectively escaped the influence and the violence of Japan. Visiting the Korea provisional government was a unique experience. As I entered the museum, I was immediately surprised by the profound sense of history that was presented. The exhibit explicitly depicted the struggles and efforts that were made by the government officials and activists. Not only did the museum explain the efforts of the KPG, it also provided deep context and background information on the relationship between Korea and Japan.

The museum also included a variety of visual elements to make the overall display intriguing. It showcased historical documents, artifacts, and photographs that made the history vivid. As I delved deeper into the KPG museum, I realized that many Koreans have

put in efforts to gain independence from Japan and to liberate Korea. Many activists have sacrificed their own lives to save their country and preserve national identity. I was very impressed that the efforts and support for the Korean independence movement had paid off with the liberation of Korea in 1945. It was very pleasant to see that the movement had a happy ending.

Overall, a visit to the Shanghai KPG Museum was a valuable experience for me. It was interesting that the museum went beyond what I already knew about the historical background and dived deeper into more details. Other audience members were also amazed by the achievements of KPG and the final outcome. It reminded me that the establishment of the Republic of Korea was not easily accomplished, and it was based on the consequent efforts between the citizens and activists. I strongly recommend visiting the museum to explore the details of Korea's liberation specifically.

Student Reporter

International Week: A Feast of Cultures!



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The third week of March is what many Crean Lutheran Saints look forward to: International Week. As a way to both honor and celebrate numerous cultures worldwide, Crean Lutheran incorporates countless activities that allow students to learn and be exposed to a variety of countries and the ways they represent themselves.

This year's theme was "Soarin' Around the World," inspired by Disneyland. Throughout the week of celebration, each day had lunchtime activities that brought together diverse cultures. Monday's activity was entirely student-led, as a number of students hosted fun games or trivia questions with snacks that represented their country. Ten countries were represented at this fair, and each table held unique items that students may have never seen before. From guessing famous movie quotes in Spanish to trying out Popoki murabba (Armenian dried walnuts dipped in syrup), my friends and I felt as if we were taking a journey around the globe while



Korean Traditional Dance Team putting on a phenomenal performance of the Boocha Dance. [Source: Crean Lutheran High School]

walking from table to table. We even got free refills of fresh Vietnamese Iced Coffee while roaming around in hanboks (traditional Korean clothing)!

The International Fair continued, with a little spice added as the week went on. Make-your-own-boba stations were open at lunch, and international languages were introduced. By the end of lunch, I had learned how to order a dish in Swahili as well as expressions

such as obrigado, or thank you, in Portuguese. Many students noted that Agua Frescas & Horchata, an authentic Mexican drink, was memorable. The texture definitely was satisfying to my palette, as the creamy texture consisted of rice, cinnamon, vanilla, sugar, and water—a new combination I had not tried before.

On Thursday, all students, faculty, and staff gathered in the event center to attend an assembly, where

we watched performances from different cultures. Senior Tyler Roquemore noted that "the Irish jig dance was [my] favorite, and I was grateful to get a front row view, as I could spot the dancers's intricate movements." Every performance held importance to the country and its roots. It was intriguing to spot the cultural attitudes; in particular, the Native American Hoop Dance, which symbolizes the never-ending circle of life, was represented through a solo dancer gradually adding more hoops as she danced.

The week ended on a high note with an International Feast. The quad was filled with students wearing colors that represented flags from around the world, along with food stations. From Tteokbokki all the way to tamales, students enjoyed each country's most popular dish or dessert. International week is always a special core memory unique to Crean Lutheran as it gives students the opportunity to enjoy and appreciate the diversity of cultures!

Student Reporter

An Art Form in Lens



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Cameras are such a common device that they seem mundane, and people take them for granted. While photography and cameras have been around for a long time, cameras have only recently become accessible and easy to use. From phones to full-fledged cameras, nearly anyone can take a picture. However, it takes much more effort to take a desirable photo that also comes out visually appealing. While taking a picture is easy, new challenges occur when the user demands quality, appeal, and a story within the frames of the image. From taking good selfies to filmmaking, understanding the basics of photography allows people to create their story in each photo.

So, what are some basics of photography? An important note before going in-depth is knowing how cameras work. Cameras are capable of creating images through

light. All cameras work by allowing light into a sensor that generates an image based on the difference of light in each pixel. This is important, as it helps us understand how we can control the photo's quality and even begin manipulating it. The three essential factors in a photo are the camera's shutter speed, aperture, and ISO. All three of these affect how much light is exposed to an image while also having different effects on the photo. Shutter speed is how long a camera allows its sensor to absorb light. Shutter speed also affects the movement of an object, such as freezing or blurring anything moving. The aperture is the opening of the camera that affects how much light is allowed into the sensor. Aperture also affects the depth of field, blurring or keeping objects in focus. ISO is a factor that affects how sensitive the camera's sensor is to



Learning photography lets you see opportunities to take photos that you may not have expected. Broken items can become the center of attention. [Source: Author, Sander Im]

light or how much it absorbs light. Image-wise, higher ISO numbers on a camera can cause photos to develop a grain texture, causing photos to be often described as "noisy."

So, what is the purpose of explaining all of this? While all three functions can be done automatically, the full potential is seen once you manually adjust your camera. Most cameras and phones give users the option to adjust their set-

tings manually and allow control over all three camera functions. While it does require more time to understand, and there are more factors involved besides three camera functions, learning the basics helps you take the step to add an artistic choice to each image. From landscape to long exposure, there are many approaches to photography that you can choose to help show others what you see.