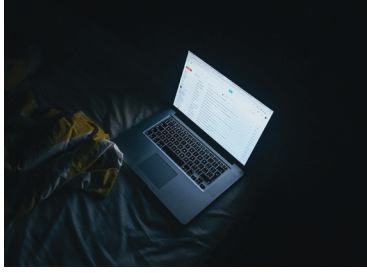


## Student Reporter

## Is it Time for Digital Detoxification?



Derrick Ahn  
Grade 11  
Oxford Academy

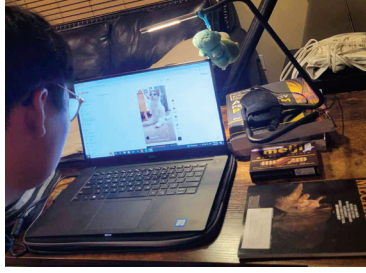


The likes of late-night browsing and media dependence tend to be harmful habits and lead to a one-way ticket to digital addiction.

[Source: Jay Wennington]

With all of the digital crazes going on and the endless potential of AI, society has forgotten the most crucial aspects of living life. We seem to be losing our social interactivity at a rapid pace, and upcoming generations are immersed too often in the digital world, to the point where the digital landscape might as well become reality, and reality becomes nothing but a mere simulation.

A few weeks ago, I stumbled upon a blog from a decade back that cau-



“Shorts” or “Reels” tend to contribute to the media addiction epidemic, and promotes what is known as, “doom-scrolling.”

[Source: Author, Derrick Ahn]

tioned many about the overuse of digital surfing, or browsing on the Internet. In 2024, society has started to see worryingly increasing ramifications that stem from over-committing to the digital lifestyle. I, too, am a major victim of digitalization, and I have constantly found myself sidetracked from my studies—I was played like a marionette by corporations such as YouTube and Instagram. At this point, it was apparent that I needed to crack down on my

amount of media usage.

I wanted to see if “unplugging,” or disconnecting from all digital sources would help, so I took it upon myself to eliminate as much electronic usage as possible from my life. Forcing myself to eliminate my routine check of social media and my daily dose of videos felt lethal, and I immediately felt the discomfort, and my immediate impulse was to pick up my phone and start “doom-scrolling,” a term used to describe the act of endlessly scrolling through media content. In hindsight, this experiment provided me with a good opportunity to lock into focus through this miraculous process of digital detoxification.

After a solid week of avoiding all distraction apps, consisting of all of your usual offenders (such as TikTok, YouTube, Instagram, WhatsApp, Snapchat, etc. . .), I genuinely felt both physically and mentally stable, and well-rested. I fully

recovered my sleeping schedule that seemed to be long lost, I started to ace my school exams, studying for my AP (Advanced Placement) tests seemed to feel lighter, and most of all, I bathed in all of the free time I had in the stead of lethargically scrolling through social media or playing videogames.

I found it difficult to believe that words of wisdom from merely a decade-old blog and inspiration from my AP Psychology teacher would give me a reason to unplug, locking myself out of distraction apps and locking myself in as a person and a scholar, all while enjoying the benefits of my newfound time and mindful attitude. Looking back, I truly feel that digital detox has allowed me to take a breather and embrace the moment of repose. As the testing season slowly encroaches on students, let us all take the opportunity to step back, and engage in digital detoxification.

## Student Reporter

## A Life-Changing 10 Days in Peru



Aspen Lee  
Grade 9  
Santa Fe Christian Schools

In one's life, there are moments that are unforgettable and stay in their hearts forever. This could be a vacation to Hawaii or receiving an acceptance letter to a college. To a group of high school students attending Santa Fe Christian Schools, SFC, in San Diego, their mission trip abroad is now a memory that is etched in their hearts and will be remembered forever. Through serving the young children, building playgrounds, talking with other students, teaching in classrooms, and leading worship in small villages, these students got to experience the trip of a lifetime.

Around Easter, eleven high school students and three teachers from SFC traveled to Lima, Peru. After a night in Lima, a tourist-attracted city in Peru, the group traveled to Iquitos, a town along the Amazon River, and adjusted quickly to the different environment they were in. Although the weather was different than in California, the students were ready to serve local churches in Iquitos. A day after landing in the city, the group went to a church in a low-income neighborhood and spent quality time with the children. Many of the children in the church were being raised in financially unstable households and by only



The group's final day in the village in front of the finished playground after the dedication ceremony and opening. [Source: Debbie Morales]

one parent, so they were often malnourished. The group got the opportunity to bring packaged meals and watch their faces light up with joy and thankfulness for the meal. Other than sharing the Gospel and delivering meals for the neighborhoods, the students got to play games, sing worship songs in Spanish, and bond with all the children.

Although the group built deep connections with the people at the church in Iquitos, they went on to continue their work in a small town near the Amazon River. Barrio Florido is home to many children who have never seen students from California, but they still quickly built deep connections with the students from the SFC group. Partnering with the program Kids Around the World, the high



The group's first day in the village, playing Monkey in the Middle with the children in the church

[Source: Debbie Morales]

school students and teachers had the chance to build a playground for the children in Florido. Over the course of four days, the team met many obstacles, from missing poles to pouring rain, but they were able to put up a finished playground, followed by an energetic Vacation Bible School program for all the students and children in the village. Throughout their time in Peru, the team was led by a pastor and his family, who lived in Peru and met the churches and children every week for meals and services. With them, they were able to truly understand where to help and serve the communities. Besides the service projects and time spent with the children of Barrio Florido and Iquitos, the SFC group toured major attractions in the city of Lima,

learned about the culture and history of Peru, and played with monkeys, sloths, and snakes.

Freshman, Maya T., had the opportunity to go on the global ministry trip, and when reflecting on it, she said it “opened [her] eyes to the beauty of cultural differences and the power of compassion.” More students said that they learned the importance of patience, the impacts of acts of kindness, and how actions speak louder than words. This trip shined a light on the American students and the beauty in their own daily lives, and encouraged them to reflect on their personal privileges. Tatum T., a freshman on the trip, had “still been able to build friendships with the children through soccer although [she] had only learned Spanish for a couple of months.” As a freshman on this trip as well, I can confidently say that this trip changed my life. The connections and friendships I made with the children in the village and seeing the smiles on their faces on the playground brought me more joy than ever before, and I can't wait to get the chance to return to Peru to continue serving their communities. For the SFC students and the children in Peru, these ten days will be the most memorable for their life to come.

## Student Reporter

## Eagle Scout Board Meeting: Time to Become an Eagle Scout?



Aidan Bang  
Grade 11  
John Marshall High School

Being a Boy Scout is definitely nothing to scoff at. The experience comes with its own challenges, consisting of learning skills like tying knots or first aid treatments to gaining ranks and fulfilling specific requirements, all the way to developing skills of well-defined leadership. Although there are a variety of challenges to being a Boy Scout, I'm sure that every scout can agree that the hardest and most nerve-racking challenge is the Eagle Scout process and the final Board meeting, where scouts are interviewed to see if they truly have what it takes to become an Eagle Scout.

I have been a Scout for more than six years now, starting from the summer after fifth grade. I do find it a shame that I did not find my entire experience enjoyable, yet the majority of the years had given me

core memories and shaped me into the person I am today. I was able to meet so many amazing people, develop bonds with friends that I believe I would not have been able to do if I weren't in scouting, and develop skills of leadership and confidence within myself.

There are many requirements that need to be fulfilled to be qualified for the Eagle Board meeting. Eagle Scouts must give back to the community in the form of a project, but there are steps to that as well. A well written proposal, blueprint, and the man hours and materials needed are crucial to have before presenting the proposal to the board. Once the proposal is verified, the scout must then proceed with the project, followed by a reflection on the process and the outcome. Only after all of this can

one be qualified for the Eagle Scout board meeting.

I had done my project for the church I go to—St. Agnes. With the help of my fellow scouts, I was able to craft a table and two benches for the community of St. Agnes. It had been a difficult and tough process, but once it was accomplished, I felt a sense of pride and fulfillment.

The actual challenge for me had been the Eagle board meeting. In the meeting, I was greeted by familiar faces of the Scouting board. They asked a variety of questions, ranging from my passions and the future to questions about leadership and how scouting has helped shape them. The only reason why I had found this the hardest step was because of the nervousness I had faced. Even though I had been confident in myself and my experience,



Me and my parents after attending the board meeting to become an Eagle Scout. [Source: Jina Kim]

I still had a bit of doubt. Despite my worries, however, on March 21, 2024, I was able to take down this challenge and was nominated for the position of an Eagle Scout.

Student Reporter

## Zoe's AP Season Diary



**Zoe Lok**  
Grade 11  
Lake Oswego High School



Zoe Lok spent over 8 hours at Starbucks studying for her AP exams, specifically her AP Chemistry exam, by going over all the units in order.

[Source: Author, Zoe Lok]

April 18th, 2024, about 2 weeks until the start of AP exams. I'm starting to stress out a lot; I have 4 AP exams to prepare for this year: AP Chemistry, AP Biology, AP US History, and AP Calculus AB. Honestly, time flew by so fast this year, I didn't even notice APs were already so soon. Since it's my Junior year, I really have to buckle up and try to get 4s and 5s on my

exam. I wouldn't say it's impossible, but it's going to take a lot of effort and time. I'm not going to be hanging out with any friends or going out until exams are over. Instead, I'll have to study for the AP exams anytime I am available.

I feel like the class I'm most prepared for is the AP Biology exam. I think that Mrs. Wentzien, my teacher for the class, has taught us very well, and I think since she has semester calendars, we don't fall behind, and will still be given a few days of review. I think that her style of teaching benefits my learning the most because she'll give us lectures on the topics and then spend the next couple of days doing a lab on it to help us grasp a better understanding of it.

The 2 classes I'm the most stressed out about are AP US History and AP Chemistry. In my History class, we like to have lots of discussions, which I honestly think are super helpful to get us thinking, but we have been falling behind a lot in terms of content. But our class has run into a slight

issue recently. Our teacher had a family emergency and had to leave school right before the AP exam, just about a week ago. This is super frustrating because it is just weeks away from our big AP test, and so he'll be gone for the rest of the year meaning we will have a substitute. I'm not totally sure of the entire situation so far, but I'm just worried about how we're going to learn the material and also how our tests and assignments will be graded. This class is quite different from the rest of the classes because we don't have assignments, but instead, we have the tests and an in-class essay, which we can revise to 100. So, our classes focus a lot on progress, so I'm worried that my learning will slow down if the other teachers teach us or grade our tests because of the sudden change in teaching styles.

AP Chemistry has also been a huge struggle. I have a hard time understanding and grasping the concepts. This is partly due to it being Mr. Nelson's first year teaching AP Chemistry, so he also is learning as we go. His lesson plans are

super inconsistent, and there are no actual lectures; instead, he'll explain the topic and then give us a few example problems to do, and then some practice problems to do at home. But these problems are always completely different from the example problems he gives, so we can't even use the ones from class to help us figure out the homework. LIKE WHAT! He complicates every topic and gets so distracted all the time, talking about all the stories in his life. We have been falling super behind in this class because we are just starting our new unit, and we're only going to have 1 review day before the exam... AP Chemistry is already one of the most difficult exams, and I'm not sure if I'll be able to pass it.

I just need to push through the next few weeks, and then my classes will be super light. I won't have to worry about my AP classes because all of them are going to do projects that are essentially free points.

**YOU ONLY HAVE 2 MORE WEEKS YOU'LL SURVIVE!!!**

Student Reporter

## The New Fast Food



**Sain Kim**  
Grade 11  
Orange County School of the Arts

Fast food, sure it may not be the healthiest thing, but many still enjoy it for the convenience and speed. It's been the most popular way to eat a delicious meal without the hassle of cooking and cleaning up the mess. That is until now! Throughout the past year, the rise of delivery services has made changes to how we consume and order food. Recently, there has been a wide resurgence of ready-to-eat and prepackaged food shops. All of these contribute to the new idea of "fast food," as something that is just as convenient and speedy, yet healthier, nutritious, and more fulfilling.

Food delivery services have been around for almost two decades. Throughout this time, while they have seen slight rises in popularity and use from consumers, they weren't a staple service of how we purchase and share food. This all changed during the Covid-19 pandemic. The restrictions placed during the pandemic made it almost impossible for people to go out and enjoy a meal. As a result, they began



Interior view of the prepackaged foods sold at the Sister Jipbob store.

[Source: Author, Sain Kim]

using these food delivery services to be able to receive their meals. Not only did this allow people to get the meals they craved without the need to cook them themselves, but it also allowed businesses in the food service industry to continue to provide their services and receive money at a time when they couldn't serve customers in person. Because of this crucial event, food delivery services have become a staple in ways con-

sumers can buy and receive their food. This is especially evident as many new businesses see these services as a major part of the way they advertise and sell their food, and many only sell through services like these.

Another surprising way that food convenience has changed is through the resurgence of ready-to-eat and prepackaged foods, with shops that specialize in them. While they may

not be as convenient as someone being able to drop off the food at your house, these shops are a new way of eating healthier meals without the need to clean up. One of my favorite shops that does this concept well, is a shop located in the city of Fullerton called Sister Jipbob. The shop specializes in authentic Korean dishes and side dishes, although they will be expanding in the selection of food they will serve, with items such as coffee, baked goods, and more. All their dishes are proportioned and packed in reusable containers, making them perfect to simply reheat and enjoy. The best part is that all the food is made fresh in the shop and is held in heated shelving, keeping them warm and fresh throughout the whole day.

Although fast food has its iconic stores and franchises, the meals are unhealthy, and the quality of the food is poor. But with the rise of the "new fast food," we can all enjoy a much healthier and more nutritious meal in just the same amount of time as traditional fast food.

Student Reporter

## Historical Pieces at the Norton Simon Museum



**Joanne Kim**  
Grade 10  
La Canada High School

Out of the many ways to trace the evolution of humanity, one incredibly intriguing way of doing so is by observing the changes in art over time. The artistic styles and use of different techniques reflect the changes of the generation and tell the story of its time. A simple visit to a museum can tell someone a lot about the region.

In Pasadena, California, the Norton Simon Museum, which holds many treasures produced by European artists, is open to the public and displays the works of many well-known European artists, such as Bernardo Daddi, Raphael, El Greco, Vincent van Gogh, and Pablo Picasso. Their works are treasures of the 14th to 17th centuries and express the mood and troubles of their time. A vast variety of art forms are presented to the public, as there are rugs, paintings, altar pieces, and sculptures displayed on the

walls of the exhibit.

My personal favorite artist is Vincent van Gogh. Six of his most famous works, The Mulberry Tree, Portrait of a Peasant (Patience Escalier), Winter (The Vicarage Garden under Snow), Still Life, Portrait of the Artist's Mother, and Head of a Peasant Woman in a White Bonnet, are on display at the Norton Simon Museum. His unique style includes visible brush strokes, which work to evoke certain emotions in the viewer. He was an impressionist artist and later developed a new version of the style called post-impressionism. This is an artistic style in which artists utilize color, form, and composition to experiment with the different emotions that can be induced. Some may be surprised to find out that van Gogh was not very famous while he was alive, but grew increas-

ingly popular after his death. His unique use of brush strokes and colors was very unusual at the time, going against most of the trends. However, he is one of the most well-known European artists today.

Additionally, Pablo Picasso's works are also on display at the museum, as he is very well known for his abstract art style. His art displays cubism, which is the use of simple geometric shapes to create a distinctive image. Some of his works include Woman with a Guitar, Head of a Woman, The Ram's Head, Woman with Mandolin, Women of Algiers, Version "I," Woman with a Book, and Bust of a Woman. Picasso's works were a crucial step in developing the modernist style we have today.

The Norton Simon Museum is home to many more amazing works that tell many intriguing



One of Vincent van Gogh's most famous works, The Mulberry Tree, is on display in the Norton Simon Museum.

[Source: Author, Joanne Kim]

stories. Many of my own friends said that it was a nice experience that helped them connect the artistic trends throughout the course of history. The museum is free to students who present a valid student ID, so I sincerely encourage anyone interested to stop by the Norton Simon Museum and explore the wonders it houses.