

Student Reporter



Seo Yun Lee
Grade 11
Chadwick International School

The Silent Struggle: When Lunchtime Becomes a Battleground



Emily holds her hands up, turns her head, and tries to avoid the smell and look of the food, refusing to eat. [Source: Author, Seo Yun Lee]

For most elementary school students, lunchtime is a fun break to chat with friends and recharge their energy. But for a 10-year-old we will call Emily, this time is a daily challenge filled with anxiety.

Emily has Avoidant/Restrictive Food Intake Disorder (ARFID), which goes way beyond picky eating. ARFID, a relatively new ad-

dition to the spectrum of eating disorders, is characterized by an avoidance of or a restricted intake of certain foods, often due to sensory sensitivities, fear of negative consequences, or lack of interest in eating. Therefore, while her classmates dig into their lunches, Emily stares at her carefully packed meal, hesitant to take a bite.

Emily's mother, "Lisa," describes how ARFID affects their family. "Birthday parties, sleepovers, even eating out becomes stressful for our family. We are always worried about what food will be there and how Emily will handle it."

According to an article from Children's Hospital New Orleans, "research suggests that ARFID affects about 0.5% to 5% of the population," indicating that this disorder could impact a significant number of children. Nevertheless, this prevalence remains largely unrecognized. Unlike other eating disorders, ARFID is not driven by body image concerns. Instead, it is often triggered by extreme sensitivity to food textures and flavors or a fear of choking or vomiting.

For Emily, school lunches are especially tough. "Sometimes kids ask why I don't eat what they're eating," she says, her voice filled with

embarrassment.

Lisa wishes teachers and other parents understood more about Emily's situation. "People assume that Emily is just being difficult or that we are not strict enough. But ARFID is a genuine medical problem that requires professional intervention."

As awareness of ARFID grows, families like Emily's hope for more support, especially within the school system. "We are not asking for special treatment," Lisa says. "My child spends half the day at school, so it needs to be a comfortable place for her. Just understanding that this is not a choice and showing a little kindness goes a long way."

For children with ARFID, lunchtime might always be challenging, but with increased awareness and compassionate support, they don't have to face this challenge alone.

Student Reporter



Ian Park
Grade 12
Loyola High School

What to Expect From A Trip to Chavez Ravine, Home of the Dodgers

April 18, 1958. Perhaps an insignificant date to many, but on this day, the Dodgers played their first-ever home game in Los Angeles, marking the start of a new era of baseball for Dodger fans. Since their move from Brooklyn, Los Angeles has been home to six World Series trophies, a plethora of talent, and one of the most successful franchises in Major League Baseball. Now, in 2024, what's it like to pay a visit to the great Chavez Ravine?

First and foremost, take into consideration the inflation of prices at Dodgers Stadium in recent years, primarily due to the growth and popularity of this historic franchise. In fact, average ticket prices have gone up more than 250% since 2006!

After spending upwards of \$50 and using up more than 30 minutes of your visit on parking, food, and merchandise, it's time to find your seat! The problem? You're either A) far from your seat or B) lost, both of which will take up another



Fans watch and record as the Dodgers celebrate after a thrilling 3-2 victory over their West Coast rivals, the San Francisco Giants. [Source: Author, Ian Park]

chunk of the time you have left at Dodgers Stadium.

And now, it's time for Dodger baseball! Well, you better hope the team showed up to play because otherwise, you're in for three hours of disappointment. Despite having a team full of superstars, the Dodgers have been known to present fans with soulless performances. However, if the players do what they're getting paid to

do, which is to win, you'll be met with a mixture of satisfaction, relief, and ecstasy. Even if the game is a snoozefest, a Dodgers victory most certainly rids you of any negative emotion.

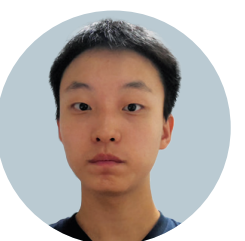
It is also important to remember that, as many people say, baseball is more enjoyable to watch in person than on TV. As big of a fan you may be for a team, watching them lose in person is bearable, even if it

may not be pleasant. Every ball in play seems like a major moment in the game; every fly ball or pop-up has fans off their seats, and even the most minor of triumphs during the game is met with thunderous applause from the greatest fans in Major League Baseball.

This was certainly the case on July 22, 2024, the day I went and saw the Dodgers beat their division rivals, the San Francisco Giants, in a thrilling fashion. From the first pitch of the game thrown by rookie River Ryan to Daniel Hudson's 19-pitch save, this entertaining clash had me going through a rollercoaster of emotions.

Going to a Dodger game may have its drawbacks, but it is an activity that must be experienced by anyone living in or visiting the City of Angels. Even if your blood doesn't bleed blue, or even if you don't follow baseball at all, consider buying a ticket and making that trip to Chavez Ravine.

Student Reporter



Jerome (Junsoo) Kang
Grade 9
Korea Liberal Arts School

Working as a Docent at President Syngman Rhee's Photo Exhibition

The photo exhibition of Syngman Rhee was held in Gangnam, Seoul, from June 26th to July 8th. Syngman Rhee was the first president of Korea. As a teenage docent who would help visitors of the exhibition better understand him, I had to do some research.

Syngman Rhee worked as a young independence activist during Japanese colonial rule (1910-1945). Since Korea did not have a strong army to fight against Japan, he thought that the way to independence was to receive help from other powerful countries in the West: he promoted independence through diplomacy.

Three years after Korea's independence, he, being the first president, led the founding of the government of the Republic of Korea. During his presidential term, Korea faced a great challenge, which was the Korean War. The Korean War (1950-1953) was so destructive that it took many lives of young soldiers from 16 countries and destroyed the infrastructure of the country. After the war, Korea desperately need-



The docent is explaining information about President Syngman Rhee's last wishes to a group visiting the exhibit. [Source: Author, Jerome (Junsoo) Kang]

ed help to restore the destroyed facilities. Through diplomacy, Syngman Rhee had the U.S. and other Western countries help Korea in terms of finance and military force.

When I started serving as a docent, I had to explain his accomplishments in detail. And because it was a photo exhibition, my job was to relate my explanation to the photos. In addition, I was not the only one who volunteered as a teenage docent, as some of my friends also did so. We sometimes worked together and supported



Another docent is with President Syngman Rhee's daughter-in-law [Source: Author, Jerome (Junsoo) Kang]

one another to keep finding better ways to explain the photos.

I served as a docent almost every day. At first, I was so nervous that I could not think of the words to describe and explain the photos. But as time went on I gained more confidence and began to enjoy my work.

There are two things that I acquired during the exhibition. First is knowledge about Syngman Rhee. I learned about his great accomplishments as an independence activist and the founding father of the Korean

Government. I began to respect and thank him for establishing the country in which I am living. However, many people in Korea today accuse him for his faults. I felt sad because people tend to focus on these things despite his great accomplishments. Second, I acquired speaking skills. I was often nervous to speak in front of many people, but I overcame my nervousness by speaking many times in front of the audience. In retrospect, working as a teenage docent in the exhibition was truly a valuable experience.

Student Reporter



Nayeon Kim
Grade 11
Taejon Christian International School

Student Volunteer Program at Samsung Medical Center



The actual place where patients measure their height, weight, and blood pressure with student volunteers. [Source: Author, Nayeon Kim]

Most of the time, students struggle with planning what to do over the summer. Some might choose to take a break from their busy schedule by going on an exciting trip or just staying home to relax. However, if you're a high school student in South Korea who wants to maintain productivity

over the summer, I recommend the student volunteer program at Samsung Medical Center. Located in Seoul, Samsung Medical Center is one of the best hospitals in South Korea. Working in such a place can be a great opportunity for you to meet and interact with different patients. Due to this fact, the application process is quite competitive. The program usually opens at 10 A.M. and it is first come, first serve, so if you are interested, you should be ready to apply at that time on the Samsung Medical Center website. The program is held 3 times a year during summer and winter breaks, so if you missed your spot, you can have a shot next time.

Once you succeed in registering for the program, you are required to attend the orientation. The volunteer program welcomes you whether you are in high school or in university and does not ask you to do hard jobs. You are instead re-

quired to volunteer for 3.5 hours a day twice a week and not be late. Since it is a 3 weeks program, it might be sometimes exhausting, and that's what I felt too. However, in my opinion, the experiences and lessons that I gained from this program are so valuable that my time and energy were worth it.

My first job was staying at the front desk and answering the questions of the patients. However, since I was not familiar with the maps of the hospital, I couldn't be of much help. Instead, I helped patients measure their height, weight, and blood pressure while also registering their external CD into the hospital program. This job was very simple, but not boring, because I met lots of patients.

The second job was at the internal medicine department, where I assisted patients with making appointments with their doctors and performed some tasks from my last

job. In my experience, working in the internal medicine department was harsh because there were lots of people and most of them were seniors. Since most of the processes in the hospital were renewed to be automated, many seniors struggled as they were not familiar with everyday tools going digital. Although some seniors looked mad at my poor quality of service, I was relieved by thank you notes from the nurses and kind words from most of the other patients.

Having the experience of working in an actual hospital is not common for a high school student. If you are interested in working in the medical field like me, this can be a chance for you to have experience beforehand. Thus, participating in this program is highly recommended for most high school students, so start considering and planning ahead for the rest of the summer break!

Student Reporter



Jayden Eom
Grade 11
Sunset High School

Free Tennis Clinics Run by Student-led Non-Profit

Sports are crucial in the upbringing of a child. For growing children, sports are an essential life skill that helps not only their physical health but also their mental and social health. Despite this, one of the most important things for a sport is its accessibility. For sports such as basketball and soccer, all you really need is a ball to practice, making it easily accessible. For other sports, such as tennis, this is not the case. Tennis not only requires lots of materials but is also enjoyed best with a tennis court, which isn't easy to come by. There are many organizations created to try and combat this issue, including Smashing Barriers.

Smashing Barriers is a non-profit organization founded and run by Sunset High School's rising senior, Rohan Shah, and Catlin Gabel's rising junior, Jiya Mehta. Smashing Barriers is an organization focused on offering free tennis clinics for youth at St. Johns Racket Center in downtown Portland, Oregon. When asking co-founder Rohan Shah why they started to offer free tennis clinics, he responded, "Jiya



Jiya Mehta (Left) and Rohan Shah (Right) showing off the rackets that will help them teach kids about tennis. [Source: Rohan Shah, Smashing Barriers]



Founders Rohan Shah and Jiya Mehta celebrating after holding free community tennis clinics followed by lunch and snacks for disadvantaged students in Portland. [Source: Rohan Shah, Smashing Barriers]

and I started the clinics because we wanted to teach kids the life skills we learned through tennis on the court and teach them how to be better athletes. We wanted everyone, regardless of their background, to learn tennis and stay active, but gain the ability to learn how to set goals and other such abilities." I also inquired about why they decided to offer their clinics in the Saint Johns area. Rohan Shah responded, "We chose the St. Johns area due to the number of kids that could most benefit from our help in that area."

This made clear when seeing how St. Johns is one of the most poor neighborhoods in Portland, with 23.5% of the residents living below the poverty line. Roosevelt High School, a high school in St. Johns, was once considered the most impoverished school in the state, with almost 70% of their students qualifying for free and reduced lunch. Finally, when asked how they decided on Saint Johns Racket Center for their clinics, he responded, "The Portland Tennis and Education (Saint Johns Racket Center) helped

us the most on our journey as they not only helped us with court time and balls, they also helped connect us with students in need in the area."

After getting their start in Portland with the Saint Johns Racket Center, Smashing Barriers has now spread to over three states and consists of 20+ team members. With their focus on the St. John's area, Rohan and Jiya's efforts have given dozens of youth in the area the opportunity to improve their health and have given them a new hobby.

Student Reporter



Jasmine Liu
Grade 11
Lake Oswego High School

A Dog's Treat to Beat the Heat

As dense, crisp ice cubes clink against the glass, one sip of a chilled drink can be all you need to beat the summer heat. With the weather reaching frightening numbers, the craving for cold treats isn't limited to humans, our pets feel it, too. As I step outside to admire the sunshine, all I feel is heat pushing against every side of my body. When the suffocating feeling triggers my sweat glands, I can't help but think of my furry canine. With a coat of fur, my Goldendoodle would have a hard time with standing the heat. After her daily walk, rather than pulling on the leash and dragging me along to explore the neighborhood, she rushes inside, panting heavily, making it evident that she's overheating.

Stephanie Miller, a dog owner, shares, "The summer heat has been affecting my dog mostly because of her fur. She mostly stays inside with the AC, but when she goes outside, she doesn't stay for

long. My other dog is fine with the heat; she enjoys sleeping in the sun." Many dogs experience the heat differently. However, one thing is universal: if you've ever felt guilty seeing those puppy eyes looking up at you while you're enjoying a nice treat, you'll know that when offered, a dog will never turn down a delicious snack.

This summer, I decided to make frozen yogurt treats for my dog. The best part? It only required three common ingredients, so I didn't even need to leave the house! In addition to beating the heat, these treats also provide various health benefits for your furry friend, ranging from digestion to immune support. I gathered my silicone mold, greek yogurt, and fruit, wasting no time as I started making some healthy and delicious dog treats.

After washing the blueberries and raspberries, which are excellent immune system supporters, I placed them into my silicone mold



A Goldendoodle beats the heat with a homemade frozen yogurt dog treat. [Source: Author, Jasmine Liu]



Frozen yogurt dog treats can be made into any shape, even cute hearts. [Source: Author, Jasmine Liu]

and engulfed them in Greek yogurt. Greek yogurt can assist digestion, and when combined with fruit, it creates a healthy, sweet treat. Shortly after placing the mold in the freezer, a yummy ice cream-like snack will form. Stephanie Miller, a rising Junior who also made these frozen yogurt snacks, comments, "My dog really enjoyed the dog treats because they were frozen, which helped with the heat.

The process of making them wasn't difficult either, and both my dogs ended up loving them!"

While I placed the creamy, fruity treats in the dog bowl, my dog observed my every movement, ready to devour whatever I was feeding her. Watching her munch away, I could only imagine the relief she felt as the frosty yogurt melted in her mouth after our long walk outside.

Online Submission

“Hallyu! The Korean Wave at MFA Boston”



Christine Baek

Grade 10
Western Reserve AcademyThe Boston Museum of Fine Arts, which presented the Hallyu! Exhibition
[Source: Author, Christine Baek]Displays of outfits worn by Aespa and more at the Boston Museum of Fine Arts.
[Source: Author, Christine Baek]

From internationally acclaimed films like *Parasite* to trend-setting music groups like BTS, Korea is currently making a significant cultural impact worldwide. This phenomenon, also known as Hallyu, is built upon Korea's rich history and enduring cultural resilience. To dive into this unique narrative, the visitors of the Boston Museum of Fine Arts (MFA) are welcome to a special exhibition starring the profound influence of Korean culture and its growing global resonance.

Walking into the exhibition, the first thing that stood out to me was

the diversity of the visitors in the room. People from various ethnic backgrounds stood together, united in their exploration of a single culture. This scene, to me, was a testament to the word “Hallyu.”

Hallyu is directly translated as the Korean wave. As defined by the MFA, it is a surge of popular culture from Korea that “swept the world” starting from “Asia in the late 1990s, led by Korean drama and cinema,” and later spreading to “all corners of the world with K pop music during the mid-2000s” which coincided with the “advent

of smartphone and social media embraced.”

The main purpose of this exhibition is to walk visitors through this unique narrative, linking it to the cultural evolution and its global presence. Initially, my perception of this exhibition was modest due to its advertisements focused on props and K-pop artists. However, this was just one aspect of a much richer experience. The exhibition's content delved deeper, encompassing both current trends and the historical context behind them.

The first room is filled with historical documents, pictures, and the arts of Korea. Although it was a small room, it was rich with information that provided visitors with an essential background to appreciate the uniqueness of Korean culture in depth. Major historical events, such as the independence from Japan, the IMF crisis, economic growth, and the 1988 Olympics, are prominently featured in a timeline guiding the visitors.

Around a corner of the first room is a second with large screens displaying iconic K-pop music videos

and performances. Outfits worn by popular K-pop groups such as Aespa, Ateez, BTS, and Blackpink are on display, as well as vinyl records of early Korean music. This room maintained historical connections and social influences in these displays, highlighting the roots of the much-adorned K-pop genres.

The third and fourth room focused on Korea's fashion and film industry, putting an emphasis on Korea's film culture tracing their journey from its early popularity to recent hits like *Squid Game*. As someone who enjoyed these films, it was fascinating to see the different movie props and recreations of the scenes on display. The exhibition also explained how various films reflect Korean society's issues, direction, and pressures.

Overall, the exhibition was a great success in my opinion. It captivated global audiences and effectively conveyed the essential aspects of Korean history and culture. I look forward to seeing more exhibitions that explore and explain the richness of diverse cultures in such an engaging manner.

Online Submission

It's Raining Trash and Balloons?



Jiyong Kwak

Grade 10
Juniper Christian School

It was a peaceful Tuesday night when the Emergency Alert System was activated on my phone. It read “Air raid Preliminary warning,” along with a description of how the government spotted unidentified flying objects from North Korea. Unsure of what a preliminary warning meant, but very sure of the meaning of an air raid, I just hoped it was a false alarm.

Fortunately, or not, the unidentified flying objects were balloons filled with trash or human waste. Over three hundred of these balloons spread over the country. As nationwide panic died down after knowing the balloons weren't dangers, anger and confusion started to rise. People critiqued the South Korean government's response to the situation, as they believed the balloons should have been shot down before entering the airspace. Others applauded the government's response and the decision to acti-



Can you spot the balloon?

[Source: Author, Jiyong Kwak]

vate the Emergency Alert System despite the panic it caused to many. In response to the outrage, the government condemned the launch, saying it was an “irrational provocation” by North Korea. However, North Korea constantly sent down swarms of balloons, which now totals eight waves. This act not only increased the tension in the area but also became a safety hazard. In one instance the South Korean airspace was in a temporary lockdown be-

cause of the balloons from North Korea.

Balloons have a long history with regional or international conflicts. The United States used balloons for reconnaissance during the Civil War. Balloons were used as a source of intelligence during World War I and II, and some countries, such as Israel, are still developing these technologies. In 2022, a Chinese balloon entered the US airspace and was shot down, increasing the tension

between the US and China.

Caleb Chang, a 12th grader attending Juniper Christian School, said, “I first heard about the North Korean balloons through my phone. There was an emergency notification that popped up with an emergency alarm sound. I thought the notification was related to something serious between North Korea and South Korea, such as a conflict. However, as soon as I received the notification, I looked into some online articles to see what was going on to soon realize that North Korea had dropped balloons with human waste attached. I initially felt fear, but it lasted barely 5 minutes.”

No matter how silly the situation might seem, the threats behind these exercises by the North Korean government are real. One balloon with a biochemical weapon is all it takes for the loss of thousands of lives. A concrete plan is needed by the government to protect its citizens.

Online Submission

The Life of Bernard Buffet Through His Paintings



Jane Won

Grade 12
Korean Liberal Arts School

During my visit to Bernard Buffet's painting exhibition, I was struck by the artist's love for art and how his life and artworks were closely connected. I felt as if his whole life was depicted in his paintings. Bernard Buffet was born in 1928 in France. Unfortunately, WWII started when he was 11. Furthermore, his father abandoned him, and his mother passed away when he was 17. I could see that the tragedy in his life was clearly reflected in his paintings. Even when drawing a simple vase, he drew it in his style, with black and rough lines and colorless paint. Buffet had portrayed poverty in society and his tattered inner self. In paintings where he drew people, every one of them was very thin, and their eyes looked empty and soulless. They were all dark and negative, but I thought that they were extremely realistic at the same time. The eyes in his portraits seemed almost alive, as if they existed in real life.

Buffet became well-known for his distinct painting style, which was considered unconventional and reflected society well. However, as he became famous, criticisms strengthened. In this period of life, he started painting clowns, that reflected both himself and the audience. In the paintings, the clowns wear vivid clothes and makeup, but their facial expressions are always somewhat depressed; it is hard to see if the clowns are smiling or frowning. Despite his financial success and fame for his artworks, he was always unstable because of the strong criticisms; he was never truly happy in his entire life. The painting of the clown reflects this very effectively.

In 1959, Buffet met a woman, Annabel, and they both fell in love at first sight. Looking at his paintings in this period, I felt it was the warmest and happiest period in Buffet's dark life. During this time, he painted numerous artworks in-

The poster which is displayed at the entrance of the Bernard Buffet painting exhibition.
[Source: Author, Jane Won]

spired by Annabel. I believe these paintings still contained Buffet's distinct style of dark, outstanding lines, but he started to draw more paintings that had a pleasant, calm atmosphere that sharply contrasted his past drawings. To him, she was a special and new inspiration for his paintings.

In the later part of his life, Bernard Buffet was diagnosed with Parkinson's disease. His joints and muscles gradually stiffened, and

it was harder for him to draw. Despite the illness worsening, he was not afraid of death, believing that it always coexists with life. To him, drawing was the meaning of life; so once he was unable to draw, he lost his purpose, and committed suicide. By seeing his paintings, I was able to see the reflection of his whole life and was amazed at how someone could love and have passion for something as much as Buffet had for art.