

## Editors Column



**Ansley Kang**  
Grade 12  
Lake Oswego High

## Books Really Do Leave a Mark!



Some of my current reads over the summer. [Source: Author, Ansley Kang]

It started with “Goodnight Moon” and “The Magic Treehouse.” Then that turned into “Romeo and Juliet,” “Life of Pi,” and my most recent reading, “Cloud Atlas.” All of these books, I believe, have shaped me into the person I am today. I’ve gathered bits and pieces of my personality from them, whether it be Romeo and Juliet’s stubbornness, the Caterpillars’ appetite for junk food, or Dex’s clumsiness. Many of us also have these key books that

have shaped us. These may not be our favorite books, but they’ve definitely left a mark.

As for my most impactful books, I definitely have a lot. I would say most recently I think that “Crying in H Mart” by Michelle Zauner has left the biggest impression on me. I read it for my sophomore honors English class as a silent reading book. This is a memoir about young Zauner, who grew up in Eugene, Oregon to a Korean mom

and a White dad. The cultural confusion, celebration, and all around experience touched me and made me realize that every moment I have to spend with my culture should be treated with my utmost respect. I reflected on my life as a child and the period of cultural rejection I went through, as many of us also may have gone through. We can’t undo the past, but we can change going forward. I recommend this book for any audience, but especially for those who have experienced cultural confusion and rejection. It’s honestly an incredibly eye-opening experience, and I wish I had read it sooner.

I don’t believe that books have to be incredibly advanced for them to be a favorite or for them to be impactful. In fact, books that I have an easier time understanding are usually ones that I find myself reading over and over again. Alexis Zou’s favorite book, “The Little Prince,” had a “simple yet powerful mes-

sage it champions about youth, creativity and growing up.” While it is not a title that was written with the intended audience being extremely advanced readers, the takeaways Zou had from the book are still incredibly important, and the messages are ones that anyone can carry throughout the course of their life. “It has a special place in my heart,” Zou added.

In the end, there are many cross-overs between favorite and impactful books. I’d say any of the books in my “25 Books that Shaped Me” showcase were ones that really made me who I am today. Reading can teach you a lot of things about yourself, whether you would like to admit it or not. When I’m searching for new books, I always love to read blogs from people that I feel I can connect with. Before the year ends, I encourage everyone to try and read something new, and maybe find that book that is both a favorite and impacts you.

## Student Reporter



**Emily Lee**  
Grade 10  
Sunny Hills High School

## Playing Through the Heat

Beads of sweat trickle down my face. My moist hands grip my racket. I look up to serve, and the sun’s powerful rays sting my eyes. One more set to go but the heat tests my determination to finish the game.

2024 is the hottest year to date. As global temperatures spike, the consequences for athletes, coaches, and sporting events become increasingly evident. Personally, the intense heat has disturbed my daily tennis practices at school. “Throughout my time coaching, I will have to say this year is one of the hottest, if not, the hottest season for girls tennis,” said Christopher Ghareebo, Sunny Hills High School tennis coach.

In response to rising temperatures, Ghareebo cancels practices whenever the temperature is over 95 degrees. In fact, many high schools are adjusting their practice schedules to avoid the hottest parts of the day, such as calling



Sophomore junior varsity tennis players Ashley Kang (top) and Alice Chae (bottom) sit in the shade as they cannot withstand the intense heat.

[Source: Author, Emily Lee]

for early morning and late evening practices. Nevertheless, the intense temperatures are difficult to avoid. Young athletes like myself cannot train as effectively due to weather constraints. It has only been two weeks into the school year, but the consistent exposure

to these conditions has hindered my performance and capability to improve as the heat drains my energy and focus.

The growing prevalence of extreme heat also influences participation rates in high school sports. During my practices, I notice more and more of my teammates sitting down in the shade. Some do not even show up just to avoid all the sweat and fatigue. Such unmotivated and tired players diminish the team’s performance and decrease win percentages in matches against other schools, which take a toll on the team’s tournament-winning reputation. “I understand that the girls have to play outside in the heat with no air conditioning,” Ghareebo said. “However, I want our girls to stay on top of their game.”

In addition, global warming may also lead to overall disinterest in outdoor sports. Every year, my coach hosts second tennis tryouts

for girls who could not make it to the first one. Last year, at least ten new players showed up, but this time, only three girls came; that is not enough people for even two simultaneous matches. This trend will continue as temperatures intensify, leading to smaller team sizes and even the discontinuation of certain sports programs at some schools.

As global warming continues its trajectory, the evidence linking warming temperatures with changes in high school sports is becoming progressively clear. From heightened fatigue for athletes to declines in participation rates, the impacts are significant. As communities grapple with these challenges, it is essential for coaches, parents, and school districts to prioritize athletes’ safety while adopting strategies that accommodate the changing climate to preserve the sports that are cherished by so many.

## Student Reporter



**Christina Park**  
Grade 11  
Crescenta Valley High School

## Crescenta Valley Marching Band Kicks Off Season with a Bang!

Crescenta Valley’s Marching Band is known for their dedication and hard work ethic during their season. After a short break during the summer, the members of the band have gathered together to work on their new field show, “Oasis.” A field show is a performance done by various marching bands on a football field. This year’s show explores the dual concept of an oasis, symbolizing searching for one and also finding inner peace within the band through intricate rhythms and gypsy tunes.

Unlike other school activities, the CV Marching Band has student leaders who encourage and build a strong community between all members. These leaders were chosen the year before through interviews, speeches, and student votes to ensure that those who were chosen were both well-supported and highly qualified. To further enhance the band’s organizational structure and reach

specific goals, the leadership, or Council, formed several committees that met up a week before the two-week-long boot camp, or Band Camp, to plan events, create bonding activities, and set up the logistics. Another main goal of Council Camp is to prepare for Freshmen Day, which is an event where all of the incoming freshmen of the year come on campus to get a gist of what they will experience at the actual Band Camp.

Because band is an activity that requires multiple aspects like musicality, marching, choreography, and teamwork, it is crucial to learn all of the basics before the school year actually starts. Without this head start, it would be almost impossible for the band to put on a final field show in November, which is when their competition season ends. Therefore, Council members and staff worked endlessly to ensure that Band Camp was a success. Visual refinement was an aspect that Crescenta Valley lacked

for many years, so the focus was placed on slowing down and perfecting the marching technique. Through the help of new visual technicians, video assignments, and careful explanation, every member of the band was able to march with the correct technique while playing their instrument. Though this may seem like a very small step considering the heights they must reach, compared to past seasons, this is a huge jump for the band. Not only were skills perfected, but bonding activities and lunch groups helped bring the band together so that everyone felt welcome.

Samuel Ng is an incoming freshman at Crescenta Valley High School and is part of the trombone section. After his first encounter with the band during Freshman Day and Band Camp, he said, “[I] felt so welcomed by all the council members, and the coaches were all so helpful. I was scared at first because I didn’t know if I could really



The Crescenta Valley High School band working on marching basics so they can implement it into their field show.

[Source: Author, Christina Park]

fit in and play to my fullest extent, but my section leader and friends made me feel confident in my playing.” Through Ng, it is evident that student leaders are necessary for the band to function, and that the hard work the staff members have put in pays off for all members of the band.

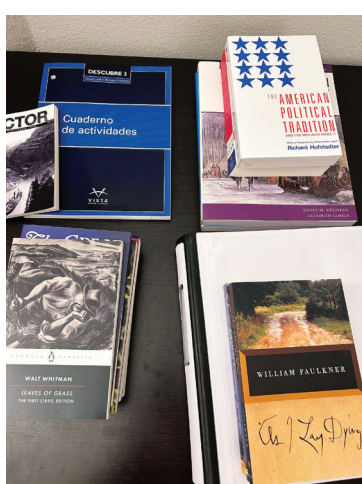
Council Camp and Band Camp are just the beginning of CV’s marching season, and with the strides they have made in just three weeks, it is clear that they will succeed in any obstacle coming towards them.

Editors Column

## Back to School: How to D.O. Your Room!



**Isleen Lee**  
Grade 11  
Harvard-Westlake School



This year's book box contained more books for my English classes than hardback textbooks!

[Source: Author, Isleen Lee]

If there's a month all students dread, it's August. With the looming back-to-school season, textbook collecting days, and the release of class schedules, the first few weeks of August host the start of a new school year. Whether you are a returning or a new student,

back-to-school season is one of the year's most nerve-racking yet thrilling moments. This year, I am entering my junior year of high school at Harvard-Westlake School. Oddly, I feel more excited than nervous to begin the most important year of my high school career! If there's anything that helped calm my nerves, it was one thing: decluttering and organizing, also known as D.O.

Luckily, my school starts in late August, which is later than most other schools. So, when I received my book box in early August, I had enough time to organize my textbooks and school supplies. The box contained all of my course materials, including e-book codes, one 3-subject notebook, and books for my English class. However, after spending my first year at the Upper School, which is the campus for sophomores to seniors, I noticed that

most classes use the digital PDF versions of the textbooks that the school gives us, thus reducing the load that I had to carry. I had a lot of last year's books lying around, not in any specific place, and collecting dust. I didn't want to give them away just yet, but realized I didn't have anywhere else to put them. This helped me remember to start de-cluttering and organizing my space before school started.

To declutter, I started by unboxing my new books and briefly looked through everything to confirm I received the right material. Then, I collected and moved all of last year's books into the large box I had just received. This isn't the best method to store books, but I know I will donate or sell them soon enough, so I placed them in a box that would be easy to re-package. Next, I grabbed last year's binders and folders to get rid of past content but made sure to

look through important chapters and keep notes or tests that I might need. At this stage, I used a large trash bag to encourage myself to throw out the clutter right after I was done.

After de-cluttering, it was easier to see what I had left to organize. I began by sorting this year's textbooks into piles depending on the classes they were for. After that, I removed old subject labels from folders and replaced them with new ones. I did the same for my notebooks, which I reused from last year since they mostly had sufficient pages left. I ended the process by organizing my desk area, wiping off the dust, and putting all of my cables in the right place. Overall, I suggest all students do this, even if they have already started the new school year. D.O. declutters and organizes your physical space and helps you do the same for your mind!

Student Reporter

## KAWA Art and Music Festival



**Olivia Shin**  
Grade 9  
Granada Hills Charter High School

The KAWA Art and Music Festival took place at the EK Gallery in Los Angeles, California, and showed the work of many talented artists. I had the opportunity to visit this festival and see many unique pieces of art.

The KAWA organization, Korean American Women's Association, was made with for multiple goals in mind, but overall, they serve the community by helping other women develop leadership skills through Christian beliefs. The KAWA organization started in 2004 as a volunteer group. There are many ways to volunteer through KAWA, primarily through knitting and sewing. KAWA knits lap blankets for people in wheelchairs and has helped 3,000 patients. Other knitting projects include making shawls for veterans, as well as sewing



Inside of the festival there were paintings displayed on the walls as well as multiple stands with pottery. [Source: Author, Olivia Shin]

handmade clothes for newborn infants from low-income families.

KAWA gives more to a broader community as well. "Helping Hands" is the name of an operation that provides subsidies to those in need of financial assistance. Another activity is the "Love Box," which is a way to give basic living necessities

to those who are less fortunate and are struggling. Lastly, "Care Lunch" delivers lunches to terminally ill patients on the last Tuesday of each month.

During the festival, photography and pottery were shown, as well as multi-media art. My favorite was the multi-media art, as I am fond of making art and

took inspiration from the different pieces shown. Our family friend Sumi displayed her pottery for the first time to the public at the KAWA festival, while my art teacher, Yun J. Choi, displayed her paintings alongside other stunning artists. Additionally, a group of performers dressed in Hankoks, or traditional Korean clothing, showcased Korean folk songs and dancing.

KAWA provides outlets to bring growing students and amateur artists together, and amateur artists to other well-established Korean artists. Because the Korean American Women's Association aims to help women grow their leadership skills, they help others in need and spread good deeds all around the community. The KAWA festival was just one of the supporting ways of Korean women.

Student Reporter

## Take a Break from Studying, Go to a Journalism Camp!



**Angel Song**  
Grade 10  
Harvard Westlake School

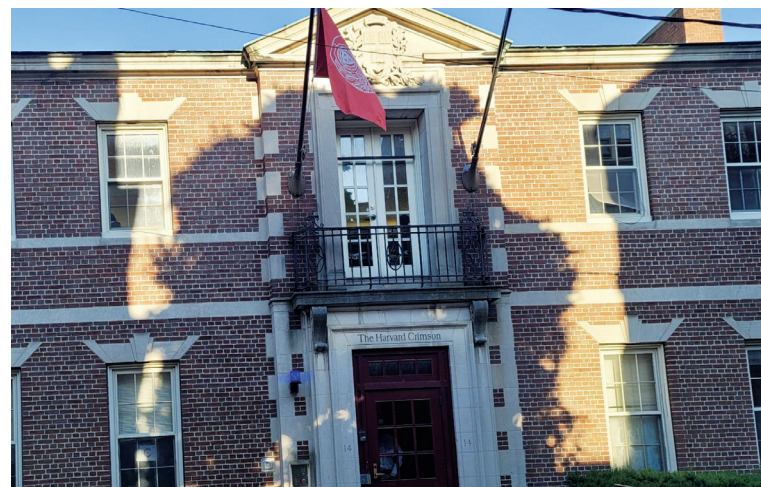
As an incoming writer for my school's publication, I wanted to prepare myself to produce high-quality articles for the upcoming school year. Fortunately, I was invited to participate in the Harvard Crimson's Summer Journalism Academy, free of charge, and I gladly accepted the invitation. I was excited to participate in a journalism camp taught by the Crimson staff themselves, and I couldn't wait to see what new tips and tricks I would learn from actual writers.

This year's Summer Journalism Academy was a week-and-a-half-long intensive that involved various journalism activities and guest speakers. Although the camp took place at the Crimson in Cambridge, Massachusetts, there was also an online portion that allowed students who were unable to go in-person to still attend and participate in the same types of activities in-person writers worked with. This way, all students interested in journalism could attend this opportunity. Overall, the camp was well-prepared, and there were numerous

enriching opportunities that helped participants get hands-on experience with writing articles, conducting interviews, and networking with others for the future. Every day, students were given assignments to work on outside of the academy session to increase their understanding of the material covered.

One of the most memorable experiences at this camp was an activity where students were put into small groups of four to five and collaboratively produced an article covering a fake scenario about an embezzlement. To make the writing process seem as authentic as possible, participants were instructed to call an informant to obtain information about how the scenario unraveled. My group and I successfully gathered all the intelligence about the suspect and the background surrounding it, which helped us write a more descriptive article.

The academy culminated with a final project that participants were given a couple of days to complete and polish. Students had three choices of what to choose for their



The Harvard Crimson building where all the Crimson journalism occurs. [Source: Author, Angel Song]

final project, which ensured that everyone got the ability to write about what they enjoyed most. I ended up writing an op-ed about a topic I was passionate about, public speaking. The amount of flexibility and freedom offered to participants of this camp was helpful, especially because I had other obligations after a day's session was over.

High school students frequently spend their summer break honing their skills and learning new ones to prepare them for the upcoming school year and

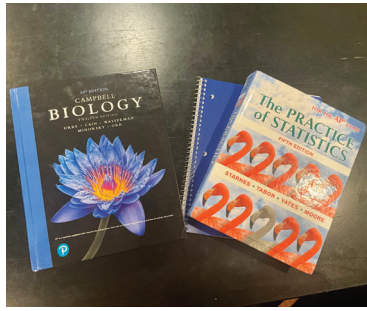
develop their interests. As someone interested in journalism and writing clearer, more concise articles, I was delighted to have been invited to the Harvard Crimson's Summer Journalism Academy. Through this experience, I was able to learn about crucial aspects of journalism that I would not have known about otherwise. Taking a break from all the studying and test prep over summer break and spending time to relax by working on an activity I genuinely love was truly an invaluable experience.

## Student Reporter

## The Importance of Time Management



Joanne Kim  
Grade 11  
La Canada High School



As students, it is especially important to manage your time in order to keep up with rigorous classes.

[Source: Author, Joanne Kim]



Though each day's events may affect how long it feels, everyone is ultimately limited to twenty-four hours a day.

[Source: Author, Joanne Kim]

One thing we can never get back or change is time and how we spend it. As a student, I experience the consequences of poor time management more than I personally would like to admit. I'm sure we've all fallen into the "I'll start in 15 minutes" trap, where those 15 minutes somehow turn into hours. Given that a day only consists of twenty-four hours, it is important to be mindful of how we spend our time.

Another common saying is

"high risk, high reward," and although that may be true in some cases, as a student, I disagree. Many students are enrolled in a rigorous list of courses, whether it's an Honors, Advanced Placement (AP), or International Baccalaureate (IB) class. When taking multiple of those challenging classes in a year, the work adds up quicker than most imagine, causing students to easily fall behind, as it is not hard to overlook the amount of work each

class requires. Thus, it is crucial to keep the expectations of the class in mind.

Procrastination is the obstacle most, including myself, face, and for good reason. After almost six hours of lectures and assignments at school, it is normal to want a break. However, a seemingly harmless break can turn into a couple of wasted hours in the blink of an eye. It typically starts with grabbing a snack to munch on while scrolling through social media, which then leads to hours of scrolling mindlessly on TikTok or Instagram. It isn't until much later that the work waiting to be completed crosses most students' minds.

Though it is hard, to see success in most aspects of life, much time and dedication are required, especially in those rigorous classes. Most have optional reading homework, which seems like an invitation to only do it when time allows.

However, that is not always the best decision, as some test questions or even lectures can be based on the so-called optional reading assignments.

Studies also support the notion that poor time management often causes stress and can have a very big, negative impact on one's day-to-day life. Many of my teachers say, "If you guys want to see success in this class, keep up with the reading regardless of it being optional. Realizing you don't know the material and trying to read five chapters in the textbook is only going to stress you out the night before the exam." It is a common saying of teachers across Los Angeles County, but the saying has undeniable merit. That is why it is important to be wise with how to spend "free" time. Remember, you only have twenty-four hours in a day, so I want to challenge you to make the most of it.

## Student Reporter

## See that? NMIXX is back again!



Reanna Lee  
Grade 10  
North Hollywood High School

The K-pop girl group NMIXX has released a comeback (new music) on August 19th! This new extended play, titled "Fe3O4: STICK OUT," brings to life the impression of simulation and, quite literally, "sticking out." The tracklist consists of the title song "See that?," which further highlights their unique genre of mixxpop and concept of the unknown, "n."

NMIXX is a fourth-generation group (groups/idols that debuted between 2018 and 2023 are referred to as "fourth-gen" in the K-Pop industry) under the company JYP Entertainment and sub-label SQU4D. They debuted in 2022 with the hit song, "O.O," a part of a single album titled "AD MARE." Their debut introduced an exceptionally unique style of K-pop music called "mixxpop." It is characterized by elements that blend multiple genres and instrumentals to create a contrasting yet engaging sound. Beat and key changes are common in mixxpop because of all the incorporations of elements that can be made throughout the



My sister having a look at NMIXX's latest promotional story film for Fe3O4: STICK OUT.  
[Source: Min Lee]

music. NMIXX's signature genre of mixxpop is definitely one of the top reasons why they have become so successful today.

The name Fe3O4 comes from the chemical compound black iron oxide. Because this material has magnetic properties, it connects to the album title sending the message of the members having the power of attraction, according to NMIXX

member Bae. Fe3O4: STICK OUT is a continuation of Fe3O4: BREAK, their previous album released earlier this year in January. Although the vibe and concept of these two releases are similar, their sounds are completely distinctive from each other. The title track of BREAK, DASH is a mixture of hip hop, pop punk, and jazz, while See that? combines more mixxpop, hip

hop, and even country elements. Because their music is easily recognizable from each other, NMIXX makes it clear that each song is telling a different story.

NMIXX's lore-heavy concept is another thing that really appeals to me. They always place references to their previous music videos in their releases and connect all of their content in some way. It is quite literally narrating the group as a story. Each of the members also seems to have their own important role, which I love because it allows them to shine individually. Finally, NMIXX is a very talented group, as every member takes the spotlight, with their impressive vocals, catchy dances, and strong raps, together creating an amazing harmony.

NMIXX is an artist I hope to see more people recognize. Although their concept may be very unique to some, there is something about their music that just has the audience coming back to listen. I hope this introduction helps someone find something new to enjoy.

## Student Reporter

## ¡Buen provecho! Paella Dinner



Summer Park  
Grade 10  
Harvard-Westlake School

Paella, a traditional Spanish rice dish from Valencia, is one of the top 10 most popular dishes around the world, according to EnVols. One beautiful aspect of paella is that there are different combinations of ingredients for the dish. For instance, you can use a variety of beans, vegetables, meats, and seafood. While not required, the traditional way of cooking Paella over a wood fire is one of the best ways to make it. Now, let me break down my top three favorite paellas I had while visiting Spain!

First, in Arzúa, a town in Northwestern Spain, I had Paella Valenciana. Also known as Valencian Paella, it consists of chicken, rabbit, or duck meat. Some even add snails as the meat! Valencia Paella also consists of deliciously flavored yellow rice, lentil beans, and vegetables.

Next, in Madrid, the capital city of Spain, I had Arroz Negro, which translates to "Black Rice." This

paella intrigued me the most, not only because of its color, which reminded me of Korean purple rice, but also because of the strong flavor of seafood. Squeezing a lemon over the paella shortly after cooking added a tint of flavor to the rice.

In Madrid, in addition to the black rice, I also ordered Paella de Marisco, which is known as seafood paella. This is the last paella I will be talking about and personally is my favorite type that I had in Spain. Although the paella looks pretty similar to the first one I had in Arzúa, there is a big difference in the taste of flavor in the two dishes. There was a sparking uniqueness in the seafood paella that my tongue had never tasted, but it was a flavor it had been longing for. I can't even describe how savory and delicious this paella was. Since it tasted so amazing, different sets of emotions filled up in me, causing me to become teary-eyed. Even my friend beside me



Valencian Paella with Chicken Meat in Arzúa [Source: Author, Summer Park]

asked me if I was okay and thought something had happened. Inside, this paella includes extremely flavorful orange rice along with peas, cut-up pieces of squid, clam, shrimp, and pepper.

Paella is more than just a dish; it's a celebration of Spain's rich culinary heritage and a testament to the country's vibrant culture. Each bite

tells a story of tradition, passion, and a love for fresh, local ingredients. Whether you enjoy it with seafood, chicken, or vegetables, paella brings people together, transforming any meal into a festive occasion. So, gather your friends and family, and savor the experience of making and sharing this iconic Spanish dish. ¡Buen provecho!