

Editors Column

Routines: The Foundation of a Productive Lifestyle



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Utilizing a desk timer to keep track of tasks is beneficial for me to ensure I am using my time productively. [Source: Author, Erin Ryu]

We’ve all experienced that well-known feeling after weeks of tests and projects: a break that seems to offer all the time in the world. We can binge our favorite shows, complete unfinished art pieces,

and work on a healthier lifestyle with better sleep, diet, and exercise. Yet, our resolve often falters in the first few days. We stay up late, wake up even later, and struggle to stick to our plans, fall-

ing into unproductivity. After my school’s spring break, I found myself waking up hours later than usual and feeling sluggish. That’s when I realized the importance of sticking to a routine.

On a regular school day, I attend 75-minute classes which start at 8 AM, following a schedule that includes breaks and meals. After school, I have designated times for extracurriculars and home life. However, when spring break started, I felt lost with two weeks of complete freedom. I could choose when to get up or eat, but I often found myself aimlessly scrolling through social media. While many students dislike the rigidity of a school schedule, its efficacy in instilling a sense of routine in the individual is indisputable, allowing the students to control their day to ensure they can focus on their academics or other activities. To maintain this structure, I decided to create my own daily routine, focusing on one part of my day at a time.

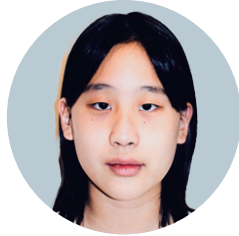
Multiple health sources have repeatedly stated that going to sleep and waking up at the same time each day allows the individual to sleep better, as their circadian rhythms learn to adapt.

Additionally, spending time in sunlight in the morning for a couple of minutes can energize and fully wake one up. I utilized this information to motivate myself to get up each day at a set time and eat breakfast while looking at the greenery outside, which helped decrease stress levels and instill a sense of calmness in starting the day. Additionally, I tried to exercise, such as going on a walk after dinner, to ensure I was active and moving. I also tried to monitor the time I spent on each activity to make sure I wasn’t wasting time.

After two weeks, I still don’t feel completely back to normal, but I’m confident that I won’t have too much trouble adjusting to my regular school routine. Although waking up at sunrise isn’t the most ideal thing, I’m actually looking forward to going back to school because it pushes me to improve, and that’s what having a positive routine is all about. So, though I wholeheartedly believe breaks should be used to recuperate and recharge, keeping some aspects of one’s school routine isn’t a bad idea, so that we can all go back as the best version of ourselves.

Student Reporter

The Melrose Trading Post: More than Just a “Flea Market”



Claire Lee
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The buzzy chatter of passersby, transient scents of candles and perfumes, and vivid colors paint the picture of the bustling streets of Melrose. At the heart of Los Angeles lies the Melrose Trading Post, a flea market that originated in 1997. Originally part of a program of Greenway Arts Alliance to endorse small businesses, artistic creation, and community, the market prevails as a space for communal and cultural bonding today. The event, open from 10 am to 5 pm, takes place every Sunday on the campus of Fairfax High School. Home to around 250 vendors, the flea market features a myriad of diverse activities, collectibles, antiques, jewelry, clothing, and more.

Upon entering the Melrose Trading Post, I was entranced by the scene--several columns of booths lay before me, not one exactly like the other. Every booth tells a story, unique to each vendor’s experience, character, and interests. Stepping into one after another, I felt immersed in a new realm each time. I found myself circling the shops filled with cameras, vintage fashion items, and accessories. One in particular left me with both a cherishable memory and keepsake, allowing me to customize my own unique charm bracelet.



Vibrant artworks catch passersby’s attention and showcase the vendor’s artistry at the Melrose Trading Post. [Source: Author, Claire Lee]

Other booths had records, art pieces, and posters, all of which were put on display for visitors to admire. From lifelong valuables to modern trendy items, the market has something to offer for everyone and might even

introduce you to new interests or hobbies that you’ve never thought to pursue. Not only are the items diverse, but so are the vendors, ranging from young artists to veteran traders and small businesses, who come for

a common purpose: to share and inspire.

Though the high temperatures proved challenging, the inviting and cordial atmosphere made the visit all the more worthwhile. My overall experience was an enriching one; beyond mere purchasing and selling, the Melrose flea market, like all others, is a community of its own. Reflective of LA’s lively and ecstatic spirit, the marketplace is kept alive by the people, whether they be newcomers, like myself, or regular customers who visit weekly. A friend I visited with enjoys going to the flea market frequently and describes each experience as “something new, with each day offering a new perspective and chance to appreciate the irreplaceable value of community.” I hope my future visits are as memorable as my first, and that I continue to explore new corners of this city that give LA its distinctive charm.

Despite being strangers, vendors and visitors alike are bonded by the shared experience of exchanging stories and forming connections with one another. They reveal aspects of their personality through their booths, which speak louder than words. While we might not share a common background, we are all members of a community.

Student Reporter

Music Meets Baseball: Lexington Band’s Experience



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On April 5, the Lexington Junior High Band, alongside eight other school bands, entered the Angel Stadium, where red and white covered the stands and verdant grass stretched across the field. But this was not just any ordinary game day. This was a district-wide moment--an unforgettable collaboration where bands from across the Anaheim Union High School District gathered to perform the National Anthem before the Los Angeles Angels faced off against the Cleveland Guardians.

Preparation for this large-scale event began weeks in advance. Each band, including my school’s, Lexington Junior High, spent hours tuning their notes, rehearsing rhythms, and memorizing their parts. But each group had to practice on their own, instead of as a large multi-school group. “It was a rigorous process, and I spent a lot of time memorizing and making sure my part sounded good,” said Hannah Jeong, a member of the Lexington Band.

When the big day finally arrived, a mix of excitement and nervousness filled the air. Students made their way to the back

of the stadium, instruments in hand, dressed in their Lexington navy band shirts. Once all of the band members had arrived, all of the students in the band began to rehearse. Since it was the first time all eight bands would be playing together, the initial run-throughs were less than smooth: some bands started earlier, while others went over the cutoff, creating a bit of chaos. But after a quick water break and more run-throughs, the bands began to come together, finding their rhythm and coordination.

Roughly twenty minutes before showtime, all school groups were led down a tunnel-like passageway beneath the stadium, where we waited, simmering in our nervousness, taking pictures, and peeking out at the stands. Now and then, we could hear cheers and music from the speakers above us.

When it was finally time for us to play, all eight bands marched out into the brightly lit field, taking their position in front of thousands of baseball fans and spectators. As the conductor raised their hands, hundreds of instruments rose in unison. The National An-



Lexington Junior High Band students prepared to perform the National Anthem at the Angel Stadium. [Source: Author, Grace Song]

them began, swelling through the stadium with strength and unity. It was more than just a performance, it was a once-in-a-lifetime moment that proved the power of music, preparation, and teamwork.

After the performance, students could choose to head home or stay and enjoy the game. That night, the Angels secured a thrill-

ing 10 to 4 victory over the Cleveland Guardians. For the band students, the experience was unforgettable--standing on a major league field, performing for thousands, and being part of something bigger than themselves. It was a powerful reminder of how music, teamwork, and dedication can create lasting memories both on and off the field.

Student Reporter

The Tail End of Exploitation



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Although the Mameshiba Cafe and Owl's Forest in Osaka's Dotonbori district is a popular tourist attraction, is the animal welfare being considered. [Source: Author, Dana Rhee]

On a recent trip to Osaka, Japan, I wandered through bustling streets. In the midst of Dotonbori, a vibrant entertainment district with gaudy neon signs and street food delights, there was a quaint charm to the entrance of a cafe.

Perched on the roof of the narrow establishment was a poster of a Shiba Inu with a green scarf wrapped neatly around its neck. But as my gaze shifted above, I could see an owl through a window. Its presence in the daytime

was slightly unsettling because they are nocturnal creatures. It made me wonder what environment they were being kept in to have to be exposed to the unforgiving hours of daylight.

In 2004, the very first animal cafe in Japan opened in Osaka. Since then, animal cafes have boomed in popularity, attracting tourists from all over the world. Especially in the densely populated districts of Tokyo and Osaka, these cafes allow city dwellers, who do not have the space or time to take care of pets, to experience the therapeutic effects of animal interaction. With just a small fee, one can experience an animal's company without any of the upkeep that comes with owning one. Although the idea initially seems enchanting, this trend raises a fundamental ethical question on the boundary between human entertainment and animal welfare.

Many of these establishments are designed to allow close interactions with the animals, including petting, feeding, and holding them. However, constant handling, inadequate space, and unpleasant commotion can create a stressful environment. While dogs and cats are domesticated animals that can thrive indoors with proper care, exotic animals like owls and otters often require specialized needs—an environ-

ment that is difficult to replicate in a cafe setting. There is also the issue of breeding and sourcing for these animals which may come from unethical suppliers. For nocturnal animals such as hedgehogs and owls, the constant stimulation of a cafe during the daytime can disrupt their sleep cycle and lead to more significant behavioral and health issues. Many cafes fall short of the standards because they are unable to provide spacious enclosures and do not prioritize rest periods for the well-being of these animals. When profit comes before care, it becomes cruel to keep them in a confined, high-traffic environment where they are unable to exhibit their natural behaviors.

Although there are regulations in place for the treatment, management, and hygienic conditions of animals in cafes, more significant measures may need to be taken to minimize constant human interaction, as it can be incredibly stressful. Animals should be viewed as living beings with specific needs and rights that must be respected, not as commodities for our enjoyment. Before visitors enter one of these commercial establishments, expecting a unique experience, they should be more conscious of the ethical implications for the animals at work.

Student Reporter

Is the Paperless Office a Realistic Goal?



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The concept of a "paperless" office has been around for decades and is considered a vision of modern efficiency, collaborative workspaces, and most importantly, cost savings. With the rise of digital tools, cloud storage, and the sheer number of platforms to choose from, many believed that the dependency on paper could finally be eliminated. However, despite all of the technological advancements, the 100% paperless office remains more of an ideal than actual reality. So it begs to wonder, is the paperless office a truly realistic goal?

In theory, going paperless makes sense. It is cost-efficient, and digital documents are easier to store, search for, and share. The reduction of physical storage as well as the fact it is accessible remotely are just some of the highlights. Moreover, in recent history companies have been under increasing pressure to reduce their environmental impact, and cutting paper is a huge but obvious step.

However, in practice, completely eliminating paper is a lot more challenging than it seems. Certain industries, such as legal, healthcare, and government, still rely heavily on paper due to privacy concerns, regulations, and just in terms of physical signatures and records. In some scenarios,



Paper is costly and a paperless office can be more effective as it greatly reduces the amount of storage and filing that will need to be done. [Source: Author, Chloe Je]

hard copies are still viewed as more secure and official, especially when dealing with confidential information or contracts.

Another problem is human behavior. Many employees find

that reading, editing, or signing documents on paper is more comfortable. Old habits die hard, and for many, paper remains more intuitive and tangible than their digital counterparts. Transi-

tioning to a digital workflow also needs investments that not all businesses are prepared or willing to make.

With that said, the goal of the paperless office is absolutely achievable and within our reach. Many companies have successfully reduced their paper consumption by digitizing their processes. The first things to be added are usually invoices, record keeping, and internal communication. Cloud-based platforms like Google Workspace and Microsoft 365 allow teams to collaborate in real-time without printing any pages. E-signature tools like DocuSign and Adobe Sign are also gaining popularity, even within traditional industries that once relied solely on paper.

So while a completely paperless office may not be feasible for every organization anytime in the near future, the trend towards minimizing paper use is growing stronger and more widespread. It's become less about the elimination of paper and more about the conscious decisions that we can make as a society by prioritizing digital solutions. With the right technology, mindset, and gradual shifts in our workplace culture, businesses can significantly reduce reliance on paper, and maybe one day, eliminate it completely.

Student Reporter

The Major League Has Begun



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As spring arrives, Major League Baseball is underway. There have been very unexpected signings over the offseason, exciting fans viewers to see the big players perform on their new teams. Juan Soto, last season's runner-up in the World Series, joined the New York Mets after spending a year with the New York Yankees. He signed the 15-year, \$765 million contract with the New York Mets with a signing bonus of \$75 million. This is currently the largest contract in sports history, followed by Shohei Ohtani's 10-year contract for \$700 million and Lionel Messi's 4-year \$674 million contract, so everyone will have their eyes on Soto for the 2025 season.

A current topic of discussion in the MLB regards the use of torpedo bats. Torpedo bats have a concentrated mass of wood in the middle section of the bat, where the ball is usually hit. This is done by moving the wood concentration from the top to the middle, as the MLB has a rule on the mass of

the bat. This new type of bat has helped hitters smash the ball out of the stadium as the ball comes in contact with more wood than before. It also helps hitters speed up their swing since the bat's center of gravity is closer to the hitter than when the wood is distributed equally. This bat was put under the spotlight by the New York Yankees when they continuously crushed balls out of the park over the season's opening weekend.

In this 2025 season, many teams are contending for the World Series Title. Last year's World Series Champions, the Los Angeles Dodgers, had a hot start with an 8-game win streak. They currently have 10 wins and 4 losses, and are currently third in their division, with the San Francisco Giants at second with a record of 9 wins and 3 losses, and the San Diego Padres at first with 10 wins and 3 losses. It looks like there is going to be a clash for the Division Title in the National League West. Another team to look out for is



A sky view of the baseball stadium located in Pennsylvania filled with fans for the game. [Source: Pexels]

the New York Yankees. They are currently in the lead in the American League East with 7 wins and 5 losses. They have been using their torpedo bats to score an insane amount of runs against their opponents, and they are a team to be feared. There are many other teams, such as the Philadelphia

Phillies, Chicago Cubs, and more, who are contending for the glory of becoming a champion.

As the MLB is underway, we will have to see which team comes out on top in the 2025 World Series, and it will be an exciting journey to watch unravel in the next 150 games.