

MLI GAZETTE

The best trending spots to visit in Los Angeles



Photo by [Kevin Bonilla](#) on [Unsplash](#)

L.A.'S TOP 5

L.A. has a lot of popular tourist spots. I've visited a lot of these spots, so I want to share my impressions. I've visited Santa Monica Beach, the Grove shopping mall, the Hammer Museum, the Getty Center, the Academy Museum of Motion Pictures, Griffith Observatory, the Hollywood Walk of Fame, and the Hollywood Sign. I want to rank them in order of how much I enjoyed them. —**Yebin**

5. Santa Monica Beach

Fifth place is Santa Monica Beach. It has a beautiful beach view, and there's the Santa Monica Pier with lots of fun activities.

4. The Hollywood Walk of Fame

Fourth place is the Hollywood Walk of Fame. This is the place that captures the vibe of L.A. However, there are a lot of tourists, so we have to be careful while sightseeing.

3. The Hollywood Sign

Third place is the Hollywood Sign. It's an iconic L.A. destination that comes to mind when thinking of L.A. Unfortunately, I had to take an Uber to get there, and it was quite expensive.

2. The Getty

Second place is The Getty Center. I recommend this museum because it's free, and it has beautiful scenery and a wonderful atmosphere.



Photo by [Antonio Venezian](#) on [Unsplash](#)

And the #1 place is... (turn the page!)



Photo by [Alexandr Voronsky](#) on [Unsplash](#)

1. Griffith Observatory

First place is Griffith Observatory. I hadn't heard of it before I came to the U.S., but it's a breathtaking place to visit. You can see the stars clearly, and you can see the surface of the moon through a telescope. It was an unforgettable experience.

I want to visit more trending, beautiful spots in L.A. Please recommend some to me! 😊

—**Yebin**

<WAYS TO DEAL WITH YOUR STRESS>

There are many people having difficulties dealing with their stress. They try various things to find the wisest and most suitable methods. There are no right or wrong ways to relieve stress, but I can suggest my ways to others who are struggling with stress and wanting to handle it wisely.

When I am stressed, I start with figuring out the reason I'm stressed. It's usually not a huge problem or a thing I cannot deal with. If it's still a huge thing to you after you have taken sufficient time to think, then it might not be just about yourself. It could be a problem made by powerful forces such as your society or the government. Then, you don't have to be stressed and think about it for a long time. Just forget about it. It's just a waste of your time. However, if you realize it's your own problem, try everything you can. Start with analyzing the situation, write down every possible thing you can try, and try those things. You'll eventually find your own solution.



Photo by [JESHOOOTS.COM](#) on [Unsplash](#)

The most important thing you should keep in mind when you feel pressured and burdened is that you should move on from where you are at that moment. It doesn't matter if it's physically or psychologically. You should not be stuck in the same place and stay depressed. Do anything.

—**Seoyeon**



Minju on the night of the nightmare



The scene of the fashion crime

Japan vs.USA

There are many differences between American and Japanese culture. Since coming to the United States, I have noticed several interesting differences.

First, tipping culture is very different. In America, people usually leave a tip at restaurants, but tipping is not common in Japan. At first, it was difficult for me to understand how much I should tip.

Second, communication is different. In America, people often talk casually with strangers. For example, cashiers may ask, "How are you?" In Japan, people are usually more formal and do not talk with strangers as often.

Third, Los Angeles has a strong car culture. Many people need a car to go to work, school, or other places. In Japan, public transportation such as trains and buses is more commonly used.

Rejected at an LA Club: My First Dress Code Nightmare

About two weeks ago, I experienced one of the most unforgettable and hilarious culture shocks since arriving in Los Angeles. Back home in Korea, I had never once been rejected from a club because of what I was wearing. Clubs there are generally flexible with fashion, and since California is famous for its laid-back sunshine vibe, I naturally assumed LA nightlife would be completely casual. So, when my friends and I decided to go out, I wore what felt most comfortable for a warm night: a casual tank top and a pair of shorts.

Everything went smoothly at our first stop, but the drama began when we rushed to a second club—Keys in West Hollywood—to keep the energy going. We joined the line, laughing and excited, ready for a great night.

However, the moment we reached the entrance, the bouncer stopped us right in our tracks. He looked at my outfit, shook his head, and firmly told us that we could not come in because of the dress code, while other people in sharp dresses walked right in.

Curious and slightly confused, I pulled out my phone and looked up the venue on Google Maps. That was when everything made sense. The club actually enforced strict formal attire. Reading through the reviews was the funniest part: the rating was completely split into two extremes. The 1-star reviews were filled with angry people like me who had been turned away at the door for wearing casual clothes, while the 5-star reviews were written by people who dressed up and had the time of their lives inside.

I was so shocked and embarrassed at first, but standing outside, my friends and I could not stop laughing at the absurdity of the whole situation. It turned what could have been a ruined evening into a classic memory. Lesson learned: now I always double-check the Google reviews and dress code before heading out for a night in LA!

—Minju

These cultural differences were surprising to me, but they have also made my experience in America more interesting. I think we should be open-minded, respect different cultures, and enjoy learning about them.

—Jian

JAPAN'S UNIQUE ARCADE CULTURE

Since I moved to the United States, I have noticed many cultural differences between Japan and the U.S. One difference that especially interests me is arcade culture. In Japan, game centers are very common, and people of all ages enjoy going to those places. You can easily find them in shopping malls, near train stations, and in busy shopping areas. However, in the United States, I rarely see game centers like the ones in Japan. This made me wonder why arcades are still such a popular part of everyday life in Japan.

Game centers have been a special part of my life since I was a child. When I was little, I often went to game centers with my family. We played different games and tried crane games together. Just thinking about those memories still makes me feel warm and happy. One of my favorite memories is of my father winning a stuffed animal for me from a crane game. I still have that stuffed animal at my family home in Japan, even after all these years. Whenever I see it, it brings back happy memories of my childhood and the time I spent with my family. It may be just a toy, but to me, it is something special that holds many memories.

I thought about this again when I went back to Japan for vacation this year. I spent a lot of time with my youngest sister, and we went to game centers almost every day. We played Mario Kart and tried many crane games. Sometimes we spent much more money than we expected trying to win a prize, but even when we could not get what we wanted, we still had fun. Going to game centers with my sister became one of my favorite memories from this vacation. It reminded me that even though many years have passed since my childhood, game centers are still places where I can create happy memories with my family.

There are several reasons why arcade culture may be more popular in Japan. One reason is Japan's long history with the gaming industry. Japanese companies such as Nintendo, SEGA, and Namco have created many globally popular games, and arcade games have been part of Japanese entertainment culture for many years. In addition, game centers are often located in convenient places, such as shopping malls and areas near train stations. This makes it easy for people to stop by while shopping or spending time with friends and family.



Photo by [Chloe Evans](#) on [Unsplash](#)

Another important reason may be Japan's strong character and merchandise culture. Crane games often have prizes featuring popular anime characters, Pokémon, Sanrio characters, and other well-known characters. Many of these prizes are limited editions or are available only for a short time. This can make people want to visit game centers again and again to try to win or collect them. Social media may also make this culture more popular because people can share the prizes they win with others online. From a marketing point of view, crane games are interesting because people are not only trying to get a product. They are also paying for the excitement of trying to win it and the experience of enjoying the game with other people.

Of course, gaming is also very popular in the United States. However, I feel that gaming culture is different. Many Americans enjoy playing video games at home, online, or on PCs and consoles. There are arcades in the U.S., but they do not seem to be as common in everyday life as they are in Japan. In Japan, even people who are not serious gamers can enjoy game centers because there are many different activities, such as crane games, racing games, rhythm games, photo booths, and medal games. This variety may be one reason game centers attract children, teenagers, couples, adults, and families.

For me, however, game centers are more than just places to play games. They are connected to some of my happiest memories with my family. Living in the United States has made me realize how special this part of Japanese culture is. Now I realize that the real value of game centers is not only in the games or prizes, but also in the experiences and memories we create with the people we love.

—Shiori

GAMER FOR LIFE – “UNTIL I DIE”

If someone asked me, "What do you do in your free time?" I would say "Games!" Since I was a kid, I have loved playing games. When I was a child, I used to play Nintendo DS games like Mario and Kirby. Also, I played computer games.



Photo by [Andrew](#) on [Unsplash](#)

In my current home, I have a Nintendo Switch because I can't live without games. Of course, I haven't played it since I arrived here. These days, I have been so busy. By the way, I hope I can play games until I die.

—**Jeehoo**

My favorite game is Overwatch. Since I was 16 years old, I have always played this game! I even went to the Overwatch pop-up store. Moreover, when I was an exchange student at UMKC (University of Missouri-Kansas City), I played Overwatch in an e-sports room. There were lots of computers. So, someone suggested I join the game club.

HOW SOCIAL MEDIA IS CHANGING THE WORLD



Photo by [Berke Citak](#) on [Unsplash](#)

Social media has become an important part of our daily lives. It has changed the way people communicate, get information, and do business around the world.

First, social media connects people from different countries. People can communicate with

others from around the world easily and quickly. We can also learn about differences between cultures, languages, and lifestyles. This helps people understand each other better.

Second, social media allows information to spread very quickly. News and information can reach people around the world within minutes. However, false information can also spread quickly. Therefore, it is important to check information carefully and distinguish the truth from lies.

Finally, social media is changing the way businesses communicate with customers.

Companies can advertise their products and services to people around the world. Social media has also created new opportunities for businesses and content creators.

In conclusion, social media has changed the way people communicate, get information, and do business. People should use social media responsibly, check information before believing it, and use it as a way to connect with people around the world.

—**Koki**



Jeju, the Island I Love

Jeju is a volcanic island off the southern coast of South Korea, known for its beaches, mountains, and unique landscape. I truly love Jeju Island. I visit every single year, without fail. Even though it's the same island, it always feels different somehow, so I never get tired of going back.

Jeju's beauty starts with the sea. The wide, blue ocean is always beautiful, no matter how many times I see it. Halla Mountain sits quietly in the center of the island, and it creates a gentle slope across the whole island — the land gets a little higher as you move from the coast toward the center. Because of this slope, you can see the ocean from almost

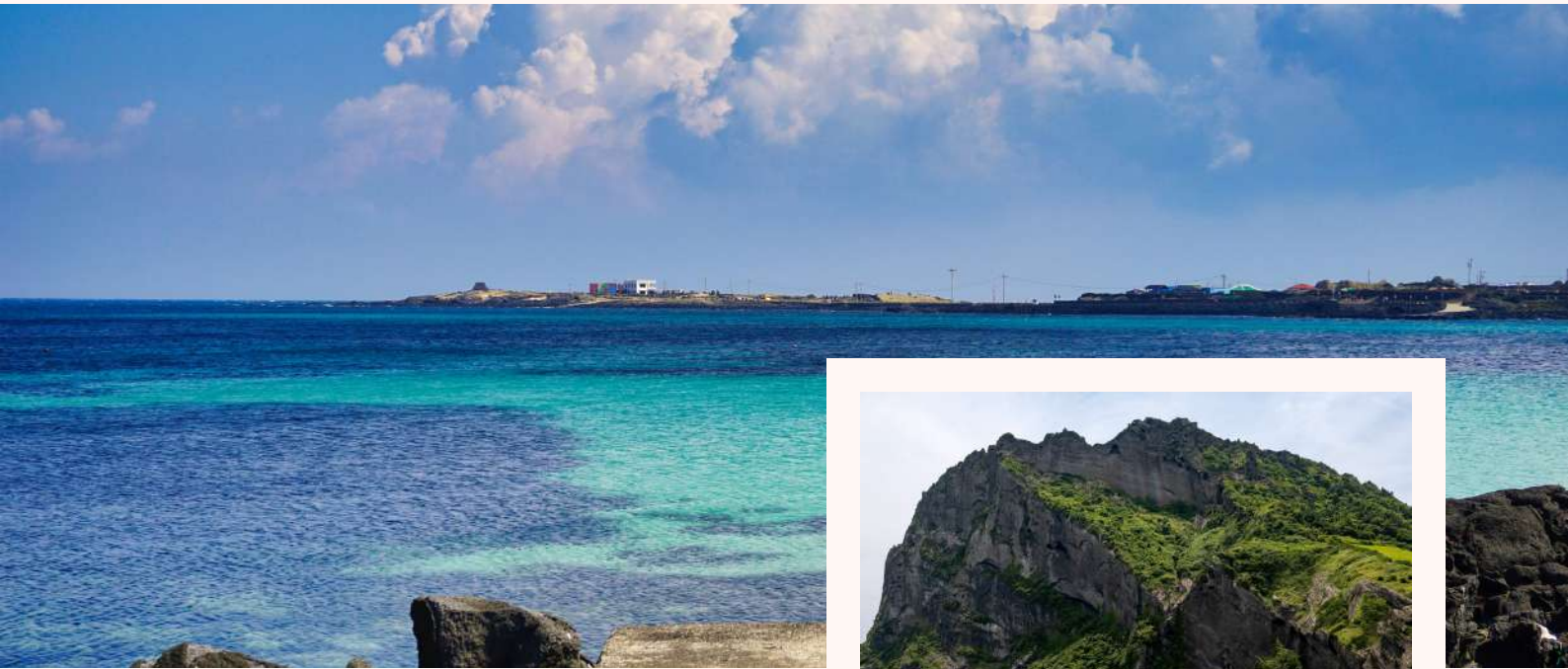


Photo by [Minku Kang](#) on [Unsplash](#)

anywhere on Jeju, even far inland. I also love the island's stone walls, made from basalt full of small holes. They look simple and worn down by wind and time, but I find them really charming.

If I had to recommend two places, they would be Halla Mountain and Udo Island. Halla Mountain is about 1,950 meters tall, and it's fun to watch the plants and trees change as you climb higher. On snowy days, the view from the top — looking down at Baengnokdam, the crater lake at the summit — is amazing.

Udo is small, flat, and relaxed. It's just a 10-minute boat ride from Jeju's east coast, and it's small enough to bike around in one day. Riding past peanut fields and along the coast, with the wind blowing in your face, feels really refreshing and free.

Every time I leave Jeju, I already start looking forward to the next trip. Whether I'm there alone or with a friend, in snow or wind, I always end up loving this island again.

—*Chaewon Y.*



Photo by [Lightscape](#) on [Unsplash](#)

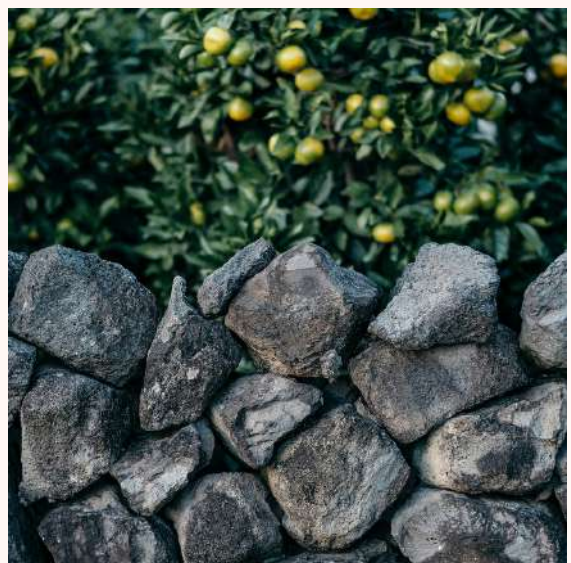


Photo by [insung yoon](#) on [Unsplash](#)

ROMEO AND JULIET BUT THE PLACE

Verona, Italy, the setting for the famous love story, plays a bigger role than you might expect

S

hakespeare's *Romeo and Juliet* shows how urban space shapes marriage, family relationships, and social conflict. Verona is not simply the setting of the play, but an important space where the social order of the city becomes visible.

The city is controlled by powerful families, patriarchal authority and a strong culture of honour. Public spaces such as streets and squares are therefore places where conflicts between the Montagues and Capulets are constantly displayed. The violence between the two families shows how individual relationships are controlled by family loyalty and social expectations.

Because of this strict social order, Romeo and Juliet cannot openly and freely express their love or receive public approval for their marriage.

Their relationship is pushed away from public spaces into private and unofficial spaces, particularly the church and the bedroom. Friar Laurence's cell becomes an important space where their secret marriage can take place because the public world of Verona does not provide a safe place for their relationship. But because their marriage remains hidden from their families and the wider community, they cannot receive the support or protection that a public marriage might provide.

The contrast between public and private spaces eventually contributes to the tragic ending of the play. Public violence leads to Romeo's exile, while the secret nature of the marriage creates misunderstandings and prevents the characters from communicating openly.

The tomb, which becomes the final important space in the play, brings the private relationship of Romeo and Juliet back into the public world through their deaths.



Photo by Klemens Köpfe on Unsplash

Juliet's Balcony is a famous tourist attraction located at the Casa di Giulietta (Juliet's House) in Verona

In this way, Shakespeare uses the spaces of Verona to show the conflict between individual love and the social order controlled by family, honor, and authority.

Therefore, Verona functions as more than a background for the story. Its streets, public spaces, religious spaces, and tomb actively shape the development of the plot and the fate of the characters. Shakespeare shows that when a society does not allow individuals to freely choose their relationships, private love can become isolated from the community and ultimately lead to tragedy.

—Seeun

FOOD & DRINK SECTION

for the epicurious (epicurious is a blend of the words "epicurean" and "curious," meaning a strong interest in food and a desire to try new dishes and flavors)

SALT BREAD:

KOREA'S BELOVED BUTTERY BREAD

Salt bread, known as *sogeu-ppang* in South Korea and *shio pan* in Japan, is a simple but delicious bread made with a soft, chewy dough, butter, and a small amount of salt. Although the ingredients may sound simple, salt bread has become one of the most popular bakery items in Korea. It is especially loved for its combination of a crispy, slightly salty crust and a soft, buttery inside.

In Korea, salt bread is more than just an ordinary bakery item. Korean bakeries often add their own creative ingredients and flavors to make different versions of salt bread. Some popular variations include salt bread with pollock roe, chocolate salt bread, and pizza salt bread. Pollock roe adds a salty and savory flavor, while chocolate creates a sweet and salty combination. Pizza salt bread is filled with ingredients such as cheese, tomato sauce, and



PHOTO BY [JIWOO PARK](#) ON [UNSPLASH](#)

ham, making it taste almost like a small pizza. These creative variations show how Korean bakeries enjoy taking a simple food and turning it into something new.

(continued on next page)

YERBA MATE: A TRADITIONAL SOUTH AMERICAN DRINK

Mate is a traditional drink from South America, especially popular in Argentina, Uruguay, Paraguay, and southern Brazil. It is made with yerba mate, a plant that has been consumed for hundreds of years.

The indigenous Guarani people were among the first to use yerba mate. Later, the tradition became popular throughout South America. Today, mate is an important part of Argentine culture and is often shared with family and friends.

Mate also has several benefits. It contains caffeine, so it can give you energy and help you feel more alert. It also contains antioxidants, vitamins, and minerals. Some studies suggest that yerba mate may help with concentration and physical performance.

But mate is more than just a drink. For many people, it represents friendship, conversation, and sharing time together. In Argentina, drinking mate is a daily tradition and an important part of the culture. —*Diego*



Photo by [Mila](#) on [Unsplash](#)



Photo by [Alyona Yankovska](#) on [Unsplash](#)

SALTBREAD (CONTINUED)

The popularity of salt bread has also created an interesting bakery culture in Korea. Some people are willing to stand in long lines just to buy salt bread, especially when a bakery is famous on social media. At particularly popular bakeries, customers sometimes have to arrive before the store opens, a practice known as an “open run,” to make sure they can buy the bread before it sells out. It is not unusual for people to wait for a long time or travel to another city just to visit a famous salt bread bakery.

One of my favorite places to buy salt bread is Jayeondo Salt Bread, located in Incheon Seo-gu. I like it so much that whenever I go to Incheon to enjoy the ocean, I try to stop by and buy some salt bread. For me, it has become part of the experience of visiting Incheon. The combination of a seaside trip and warm, buttery salt bread makes the visit even more enjoyable.

What makes salt bread special is that it is both simple and satisfying. When you first bite into it, you can taste the slightly salty surface and the rich flavor of butter. Inside, the bread is soft and chewy, while the butter melts into the dough during baking. This creates a light but rich flavor that makes it difficult to eat just one.

As salt bread continues to become popular, Korean bakeries are creating more unique versions and introducing them to people from around the world. It may have started as a simple Japanese-style bread, but Korea has developed its own salt bread culture through creative flavors, popular bakeries, and enthusiastic customers.

—*Hyelim*

HOW TO MAKE KOREAN-STYLE SALT BREAD

Ingredients:

300 g bread flour
5 g instant yeast
20 g sugar
5 g salt
200 ml lukewarm milk
30 g unsalted butter, softened
50–60 g butter for filling
A small amount of coarse salt for topping

Instructions:

1. Make the dough: Mix the bread flour, instant yeast, sugar, and salt in a large bowl. Slowly add the lukewarm milk and mix until a dough forms.
2. Knead the dough: Add the softened butter and knead the dough for about 10–15 minutes, until it becomes smooth and elastic.
3. Let the dough rise: Place the dough in a lightly greased bowl, cover it, and let it rise in a warm place for about 1 hour, or until it doubles in size.
4. Divide the dough into 8 equal pieces. Shape each piece into a small ball and let them rest for about 10 minutes.
5. Add the butter: Roll each piece into a long triangle. Place a small piece of butter near the wide end and roll the dough tightly toward the pointed end, creating a crescent-like shape.
6. Second rise: Place the shaped dough on a baking tray and let it rest for another 30–40 minutes.
7. Bake: Lightly sprinkle coarse salt on top and bake in a preheated oven at 190°C (375°F) for about 15–18 minutes, until the bread becomes golden brown.

Let the salt bread cool slightly and eat it while it is still warm. The best part is the crispy outside, soft inside, and melted buttery center.

Enjoy!

—*Hyelim*

COOKING BEYOND BOUNDARIES



taco al pastor

Photo by [Alexandra Tran](#) on [Unsplash](#)

Foreign Influence on Mexican Cuisine

Did you know that famous Mexican food is actually a global treasure map? Although the foundation of its tradition originates from pre-Hispanic cultures, the magic of modern Mexican cuisine exists thanks to a fabulous exchange of ingredients, techniques, and ocean voyages with the rest of the planet.

The most famous example is the *taco al pastor*. In the early 20th century, Lebanese immigrants arrived in the state of Puebla, bringing *shawarma*, an Arab dish of lamb meat roasted on a vertical spit and served in pita bread.

Mexicans saw that clever vertical spit and gave it their own special twists: they swapped lamb for pork, marinated it with *achiote* and dried chilies, replaced pita bread with corn tortillas, and topped it with pineapple, cilantro, and onion. Thus, a legendary dish was born!

Something similar happened with bread. Wheat did not exist in Mesoamerica; it was brought from Spain in the 16th century to make daily bread and the communion wafer for Mass.

Later, in the 19th century, during the French intervention and the “Porfiriato” period, bakers from France brought their techniques for puff pastry, brioche dough, and rich butter. This revolutionized local bakery, giving life to *conchas*, *cuernitos* and *bolillos*.

Even traditional *mole* is a global invention. Although it was born from the pre-Hispanic *mulli* (a mixture of chilies and tomato), its recipe was transformed thanks to trade with Asia via the famous “Manila Galleon” (La Nao de China). By mixing native chocolate

and chilies with Old World spices like cinnamon, clove, black pepper, anise, and sesame seeds, along with almonds and bananas, a truly unique dish was created.

To top off this feast, the cheese in *quesadillas* arrived thanks to dairy animals (cows, goats, and sheep) brought by the Spaniards, while red rice arrived on merchant ships all the way from distant Southeast Asia.

Mexican cuisine is like a party where every continent brings its best ingredient. By combining the finest elements of Arab, European, and Asian cultures, Mexico succeeded in creating one of the richest and most flavorful cuisines on the planet.

—**Paloma**

**Sharing
food can
be fun--
and
meaningful**

Dinner Across Cultures

Last week, I had a special dinner with my Japanese friends. We decided to cook food from our own countries and share it with each other. It was a simple dinner, but it was a great opportunity to experience each other’s cultures through food.

My Japanese friends prepared several popular Japanese dishes. They made Japanese-style rolled omelet, takoyaki, and yakisoba. Everything looked and tasted different from the Korean food I usually eat, so it was interesting to try each dish. I especially enjoyed trying the takoyaki and yakisoba.

The Korean friends prepared pajeon and bulgogi. Pajeon is a Korean-style green onion pancake, and bulgogi is Korean marinated beef. We explained what each dish was and how we usually eat it. While eating, we compared the flavors and cooking styles of Korean and Japanese food. I found it interesting that Korean and Japanese food can taste very different even when they use similar ingredients. For example, Korean dishes that use soy sauce often have a spicy and garlicky flavor, while Japanese dishes tend to be saltier and sweeter. Korean rolled omelets usually contain

vegetables, while Japanese rolled omelets often have different fillings, such as sauce or cod roe.

The dinner was more than just sharing food. We talked, laughed, and learned more about each other’s cultures. Even though we came from different countries, food gave us an easy way to connect. This experience showed me that sharing food can be a fun and meaningful way to understand another culture and become closer to people.

—**Heeeun**



takoyaki

Photo by [Mesh](#) on [Unsplash](#)

A Japanese Dentist in Los Angeles

Dental Care in Japan

In Japan, when people have a dental problem, they usually visit a local dental clinic first. The dentist examines the patient and provides treatment if possible.

However, sometimes the problem does not improve even after treatment, or the case is too difficult to treat at a regular dental clinic. In these situations, the dentist usually writes a referral letter to a university hospital or another large hospital. The patient then makes an appointment there and receives more specialized care.

Because of this system, I have always thought of university dental hospitals as places where patients go when they need more complex or specialized treatment.



Photo by Filip Rankovic Grobgaard on [Unsplash](#)

My Experience as an Oral Surgeon

I worked as an oral and maxillofacial surgeon in Japan, so I often treated patients who were referred from local dental clinics.

They came to the hospital with many different problems, such as difficult wisdom teeth, jaw fractures, cysts, tumors, serious infections, cancer, and oral pain. We also treated patients with medical conditions that made dental treatment more complicated.

For me, this was the normal role of a university hospital.

What Surprised Me About UCLA

Recently, my husband told me more about the dental clinics at UCLA, and I was surprised by several differences.

First, I learned that dental students can actually treat patients under the supervision of experienced faculty dentists. They are not only watching or assisting; They provide dental treatment while their instructors supervise them.

Second, I was shocked by the length of the appointments. At university hospitals in Japan, an appointment is usually about one hour. At the hospital where I worked, we usually scheduled about 30 minutes for each patient. At UCLA, however, an appointment with a dental student can last up to three hours because the students are learning while treating their patients.

Finally, I was surprised by the cost of treatment. At UCLA, patients can receive care from dental students, residents, or faculty dentists. The fees are different depending on who provides the treatment. Receiving care from a student is the least expensive, while care provided by residents or faculty dentists costs more.

A Different Role for University Dental Care

Before living in Los Angeles, I had never thought very much about how university dental care could be different in another country. To me, a university dental hospital was mainly a place for patients who needed specialized treatment.

Learning about UCLA showed me another side of university dental care. Of course, UCLA also provides specialized treatment for complex cases, but it is also a place where students learn by treating patients under professional supervision.

I do not think one system is better than the other; They simply have different approaches to dental care and education.

Even though I am a dentist, I might never have learned about these differences if I had not lived in Los Angeles. That is one of the interesting things about living in another country: sometimes, even something familiar can look completely different.

—Chie

When Beauty Becomes Pressure : Lookism in Korean Society

I think the biggest problem in Korea these days is "lookism," prejudice or discrimination against people based on their physical appearance. Well, I don't think the desire of wanting to look attractive itself is bad. Everyone wants to look pretty or handsome because they want to make a good impression on others or they might simply feel great when they themselves look good. I think it's just a part of human nature.

However, things are getting too much these days. It is now widely known that plastic surgery is a thing in Korea. It is true that not only celebrities or models but a lot of ordinary people also get the surgery done. People get fillers and botox a lot as well. There are tons of dermatology clinics in Korea, providing all kinds of laser skin treatments like "Rejuran" and "Juvelook." Getting personal color diagnosed by beauty experts has also been popular for the past few years. *(Continued on next page)*



Photo by [Sunny Ng](#) on [Unsplash](#)

How to Become a Real Adult

This November I will turn 23, which is almost half of fifty, a very significant age in Korea. So my most recent concern is how to be a good adult.

When I came of age, I felt myself very mature because I could drink alcohol and come home at late night time, while I ignored important basic things like exercising, staying healthy, waking up early and so on.

As I get older, I have experienced a variety of things.

For example, I have lived in Paris as an exchange student, traveled to 15 countries, met international friends and done a lot of volunteering.

Ironically the more I experience, the more I become overly confident. I used to think that becoming more knowledgeable and experienced meant becoming

more confident. But at some point, embarrassing as it is to say, I acted like I was better than others.

Later, I met people that were not only better than me but also more humble than me. At that moment I felt myself become smaller and it made me reflect.

So these are the lessons that I learned about being a good adult:

The lessons learned:

1. The more you know, the more humble you should become.
 2. I try to remind myself that other people may know just as much as I do, or even more.
 3. I don't want to think that I know enough.
- But I am still finding out how to become a real adult, so if you know, let me know. —*Chaewon L.*

LOOKISM (CONTINUED)

As this beauty industry grows bigger and bigger, I feel like people just get the surgery or procedure done without considering the MANY side effects that come with them. But we have to remember that doctors and staff at plastic surgery clinics or dermatology clinics always want to draw in as many customers as they can so they don't want to go into detail when it comes to side effects.

Also, our "beauty standards" are becoming much stricter and higher and sometimes this forces people—especially women—to do something to themselves to "glow up." I just hope we can let go of it a little bit and try to embrace ourselves just the way we are. I know it's hard for us to make a change all of a sudden at this point. The Korean beauty industry is at its peak these days. But it doesn't mean that we have to follow these trends or beauty standards.

Trends always change over time. So if we get something done now and the trends change later on, what's the point of it? I think it's important to find the beauty in ourselves and not to obsess over an external beauty standard too much. We also should not judge others' looks because a lot of Koreans are so used to judging and making fun of others for not looking their best. Maybe that could be our first step to making a change in our society.

—**Yeonsoo**

MY PROTECTIVE MALTESE

My dog is a 10-year-old Maltese. He loves sleeping and spends a lot of time resting. I take him for a walk twice a day, once in the morning and once in the evening. I also like giving him baths because he looks especially cute when he is wet.



My dog has one very unusual personality trait. He only likes certain dogs, and when he meets dogs that he likes, he becomes very protective of them. He is always busy trying to guard them, and I have no idea why he does that. I think it must be really tiring for him.

He does the same thing with me. When I am lying down, he becomes extremely alert and watches everything around me. If anyone comes near me, he starts barking very loudly. I feel happy that he wants to protect me, but at the same time, I still don't really understand why he acts this way. It is strange, but also one of the things that makes him special.

—**Jinseong**



Movie Review: *The Old Oak* (2023) Directed by Ken Loach

Most people think the movie *The Old Oak* is boring. It doesn't have any powerful action scenes, love stories, or humor. However, I like it because I can relate to a message the director wanted to convey.

The story starts with Syrian refugees coming to a small town in the U.K. in 2016. At that time, the economy of the town was getting worse. The property values were dropping and some children skipped their meals because their parents were too busy to take care of them or their family really couldn't afford to buy food. Therefore, some original residents believed this situation was due to the refugees, and they ruined their lives.

Their tendency to blame others for their lives being messed up is very similar to what people today do. However, the director directly confronts this prejudice by showing how people from different cultural backgrounds make harmony in the movie. In *The Old Oak*, the refugees and people in town try to solve the problems their town faces.

That's why I recommend it to you. These days people easily hate each other and argue. However, I believe most problems don't come from people different from us. They might come from a system that surrounds us. We should understand and analyze problems themselves, not look for someone to label as a cause of the problems.

If you want a wholesome story, I strongly recommend this film.

—Doyoon



Photo by [Holly Mandarich](#) on [Unsplash](#)



Hiking: Discovering the Beauty of Nature Around the World

I love going hiking. Because my family and I like to go hiking, we have been hiking since I was a little girl. In Korea, I have visited Juwangsang, Bukhansan, and Seoraksan. Each mountain has its own beauty. Bukhansan has impressive rocky peaks and a great view of Seoul, while Seoraksan is famous for its colorful autumn leaves. Juwangsang is memorable for its deep valleys and unique rock formations.

One day, while hiking in Korea, I began to wonder what mountains in other countries were like. Since then, I have tried to set aside one day for hiking whenever I travel abroad. So far, I have hiked in Singapore, Thailand and the United States.

The forest in Singapore and Thailand were very different from Korean mountains. Korean mountains are usually covered with pine trees and evergreen trees that change with the seasons. In contrast, the forests in Singapore and Thailand were hot, humid, and dense, so walking through them was like exploring a jungle. The most interesting experience was (*continued on next page*)

AS A UNIVERSITY NEWS REPORTER

When I entered university, I wanted to try something new and improve my English, so I joined the English newspaper at my university as a trainee reporter. As a trainee reporter, I learned how to write newspaper articles and interview people. At first, writing articles in English was difficult for me, but I gradually became familiar with the process.

After being promoted to a staff reporter, I went to Latvia as an exchange student. While studying there, I experienced different cultures and met people from many countries. I continued writing articles for my university newspaper and wrote about Latvian culture and history based on what I experienced there.

Later, I became International Section Editor. I also worked with international student reporters from India, Turkey, China. During our article planning meetings, I was able to hear directly from international student reporters about the issues they faced in Korea. We talked about finding jobs in Korea, visa issues, and scholarship opportunities for international students. We developed some of these topics into actual newspaper articles.

For example, I wrote an article titled "Difficulties of Vegetarian Students." I visited vegetarian-friendly restaurants around the university and recommended several options to help international students find suitable places to eat.

This experience helped me understand the difficulties international students may face while studying and living in Korea.

In addition, through my experience as a reporter, I learned how to express my ideas clearly and work with people from different backgrounds.

—Sejin



Riga, Latvia

Photo by Martti Salmi on Unsplash



Photo by Nicholas Chester-Adams on Unsplash

HIKING (CONTINUED)

seeing wild monkeys. There are no monkeys in Korean mountains, so I was surprised and excited to see them moving freely through the trees.

The mountains and national parks in United States were different in another way. Some trees looked similar to those in Korea, but the landscape were much larger and more dramatic. The Grand Canyon, Zion National Park, and Sequoia National

Forest had enormous cliffs, deep canyons, and giant trees that are rarely seen in Korea. I also saw a herd of elk, and their beauty and strength made me feel the power of nature.

Hiking has taught me that every country has its own natural beauty. In the future, I want to hike in more countries, experience new landscape, and learn more about nature. —Yeju



Photo by Toomas Tartes on Unsplash

**EVERY COUNTRY HAS ITS
OWN BEAUTY**

—Yeju