

Vol. 4 Issue 1



MONARCH

Student Run Newspaper

ARTICLES:

SOCIAL

WHY DO HIGH SCHOOLERS START USING THE GYM?(pg5)

ENVIRONMENTAL

SUSTAINABLE ENERGY IN AMERICA(pg2)

WHERE ARE OUR PRECIOUS RESOURCES GOING?(pg3)

OVERFISHING?(pg4)

CHRISTMAS TRASH ISN'T SO FESTIVE(pg6)

LOCAL

NEW YEARS KOREA(pg6)

NEW YEARS RESOLUTIONS(pg6)

SUSTAINABLE ENERGY IN AMERICA



by Dawon “Cherry” Shin
(Northwood High School)

America is known for using fossil fuels for energy around the world. In fact, America gets 81% of its total energy from oil, coal, and natural gas. Even more, they don't even use oil from their own ground; they save their own and import oil from Iraq and other countries. Fossil fuels have several benefits. First of all, it's cheap even with its great capacity to generate a huge amount of energy. With fossil fuels, countries including America can get massive economic benefits and is also cost effective due to coal in power plants as well. It even creates a lot of jobs and has easy transportation to import and export fossil

fuels across the world. However, we must at least gradually start changing our use of fossil fuels for energy due to its enormous damage towards the environment. Fossil fuels release large amounts of carbon dioxide and greenhouse gases into the atmosphere, leading our ozone layer to thin and cause global warming. Some of the alternatives that America has already started to change to are: solar, wind, geothermal, hydropower, ocean, bioenergy, and nuclear energy. These sources of energy reduce air pollution. It also has a greater sustainability unlike fossil fuels which are limited and will run out someday in the future. Diversifying the energy supply also reduces dependence on imported fuels and guarantees a safer and cleaner future. Even now, there are 13 million deaths each year around the world due to air pollution. Burning fossil fuels also emits nitrogen dioxide that causes further environmental degradation. Even with these numerous environmental benefits, why do countries such as the United States not use sustainable energy? Number one reason is the inefficiency of renewable energies. People prioritize comfort and lifestyles more than change and therefore are hesitant to accommodate themselves for the environment. Furthermore, renewable energies have a lot of drawbacks

as well. Most of them rely on weather, such as the hydroelectric plants' need for rain. They also require a large mass of land to store the water. Putting these plants on these agricultural lands also causes environmental problems as well. However, these problems should not put us back on using renewable energies for its comparably higher number of benefits than the actual damage on our Earth and the environment. Solar power industries are one of America's fastest growing industries, increasing employment and job opportunities all around the world. Even in the last two years, the price of solar panels decreased by 20%, meaning more of the public will be able to afford solar panels in the upcoming years. Not only America but countries around the world should all start working to improve and prioritize the environment so that our future generations don't have to live in the risk of death and toxicity in their daily lives.

WHERE ARE OUR PRECIOUS RESOURCES GOING?

by Calvin Pang (Beckman High)

Having an omnivorous diet can negatively impact the environment because more precious resources such as fossil fuels and water are used in animal farming. The usage of these resources emit greenhouse gasses and could be harmful to our daily lives. Additionally, large amounts of land are required and excrement releases toxic gasses, further damaging the environment. As a result, many people are striking against the farming industry by not consuming animal products in an act of protest - and for good reasons.

A resource that could be heavily saved is water; nearly half of all the water in the United States goes to raising animals for food. It takes more than 2,400 gallons of water to produce one pound of meat, whereas only 25 gallons is required for one pound of wheat, almost 100 times less water. Hypothetically, if one were to skip showering for an entire month, eating a single hamburger would balance it out. Especially in areas of heavy drought such as California, this heavy consumption of water can be extremely harmful. On top of taking our water, they also pollute our waterways with excrement, pesticides,

chemicals, fertilizers, hormones, and antibiotics. This contributes to dead zones in coastal areas, degradation of coral reef, and health problems.

Raising animals needs an almost unimaginable amount of land. The total amount of land used for animal farming in the world is a staggering 30% of the Earth's land mass. In fact, so much land is being used that half of the U.S.' land is used for animal farming. It also leads to large amounts of deforestation, bulldozing around 403,200 square feet of land, or 7 football fields' worth of land, every minute.

Lastly, our clean air, which was already dwindling due to car emissions, is also being polluted by the toxic gasses that are emitted from animal excrement. Roughly 80% of ammonia emissions in the U.S. is from animal farming. When the cesspools holding urine and feces get full, factories get around the water pollution limit by spraying liquid manure, which can get carried by the wind and pose a threat to our health. These air pollutants can cause respiratory illness, lung inflammation, and increase vulnerability to respiratory diseases such as asthma. Also, burning through

fossil fuels for machinery releases greenhouse gasses, being responsible for over 18% of the total release in the world (this is more than all the cars, trucks, planes, and ships in the world combined). However, by replacing an omnivorous diet with a vegan one, the average person can prevent the emission of about 1.5 tonnes of CO₂ into the atmosphere. This is 50% greater than the amount saved from switching to an electric vehicle which saves you 1 tonne of CO₂.

In conclusion, the best solution to combat these threats is veganism, which is already practiced by many in the world. If followed properly, the nutritional concerns of going vegan can be ignored, as well as saving our planet one step at a time.



ADVERTISE
WITH
MONARCH
AD SPACE

OVER FISHING

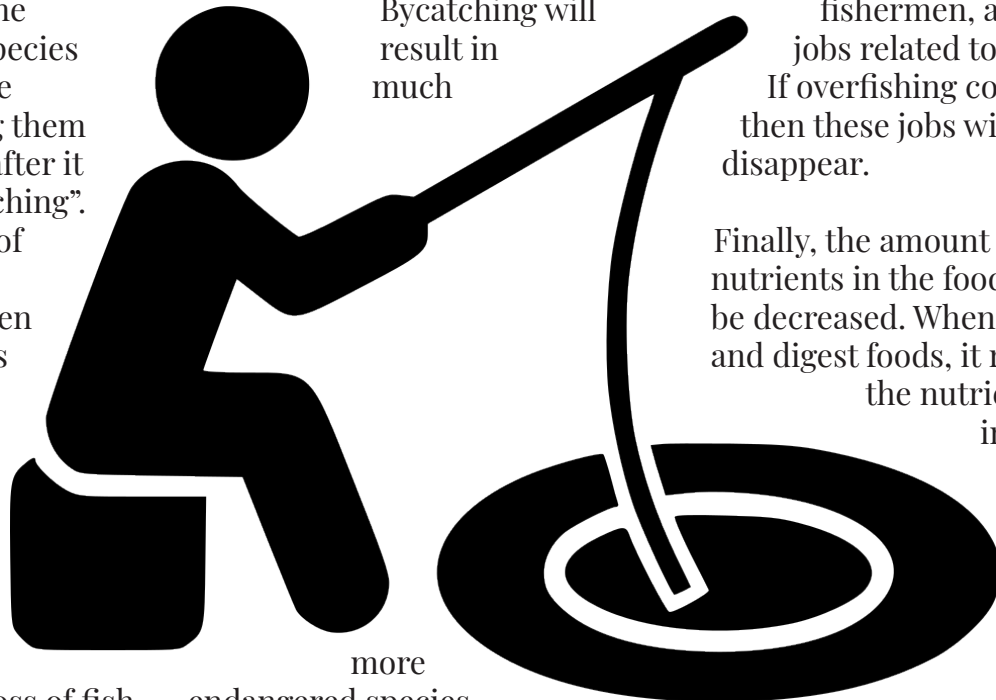
by Neil Hwang (Fairmont Private Schools)

“The estimate is that by the middle of the 21st century, if we keep taking wild fish at the level that we are today, there will be no commercial fishing, because there won’t be enough fish to catch.” – Sylvia Earle, American Marine Biologist, Diver, Oceanographer.

Overfishing affects the marine ecosystem, human health, and the marine industry. Catching species unexpectedly, like the sharks, and throwing them back into the ocean after it dies, is called “bycatching”. The earliest records of overfishing can date back to the 1800s when tremendous amounts of whales were captured for lamp oil and nets full of fish were brought in from the sea. The depletion of whales disturbed the balance of the food chain, and the loss of fish meant that predators of these fish would have less food to consume. Unfortunately, these nets would not only capture whales or fish, but they would also abduct sharks from the ocean. Every living organism in the ocean has its role, and sharks help prevent the spreading of diseases. They do this by preying on the weak, old, or sick fish from the ocean, which reduces the chance of diseases spreading in the

population.

The fishing gear that are used might be very advanced but unselective. To add on, fishing gear is another big problem. Lost fishing gear continuously harms marine animals. The US has about 2 billion pounds of bycatch. That is almost the yearly catch of fish for smaller countries. Bycatching will result in much



more endangered species.

Overfishing affects humans by threatening human health. The low quantity of fish would result in major loss of seafood. Seafood is a great source of omega C acids, minerals, and vitamins for people. The uncontrolled growth of other marine species would also affect the food for humans. For example, if rays prey on fish and sharks prey on rays, and then the sharks get

overfished, then that is a major loss of fish to eat for humans. If sharks get overfished, the rays would become overpopulated and consume more fish, which means that the population of fish eaten by humans would decline.

Another negative aspect is job loss in the future. There are jobs such as fishermen, and other jobs related to marine. If overfishing continues, then these jobs will disappear.

Finally, the amount of nutrients in the food web will be decreased. When fish eat and digest foods, it recycles the nutrients in the

ecosystem; however, if these fishes go endangered or affected by overfishing, then the amount of nutrients would go down severely.

Marine Industries should focus on restricting bycatching and limiting overfishing. They should do this so that the amount of fish wouldn’t decrease.

WHY DO HIGH SCHOOLERS START USING THE GYM?

by Ben Song (Crean Lutheran)



Walking into the gym, there are many people of different ages. Some are adults, some are elderly, but most of them are high schoolers. Most people start working out in high school because once they start working out, they are most likely to enjoy the feeling of enhanced physical appearance, increased strength, and reduced stress. These activities are fun for them and help them stay motivated. As a result, high schoolers work out regularly by themselves.

The first reason why high schoolers start working out is because of their physical appearance. Some students think a better physical appearance could lead to better relationships and help them be more confident about themselves. Working out can have impacts on the skin because sweating could clean off the bad waste on a person's skin. This can result in a slight

glow on the person's skin and their skin could look healthier because of the increased blood circulation that occurs when a person works out. According to Dr. Marisa Garshick, working out can be beneficial for your skin because it can increase the heart rate which can help with blood circulation. This can result in smooth, shiny skin which is age resistant.

The next reason why high schoolers start working out is because of strength. Working out can help increase the mass and strength of the muscle. The increase in muscle mass can make one's physical appearance look better and the increase in strength could help high schoolers who play any type of sport. Almost all high schoolers play sports for various reasons. Some schools make it mandatory for a student to play sports in their high schools, some parents make their students play sports in order to socialize and build

teamwork, some students play sports for fun, and for whatever reason, all sports require the use of muscles and working out can help to build strength.

The last reason why high schoolers start working out is that they can reduce their stress level while working out. When a person is stressed out, they need their body systems such as muscles, nerves, respiratory e.t.c. to interact with each other in order to control the stress suitably. Working out can help a person's body system communicate with one another. For example, if a person works out, this requires an active muscular system to move, a respiratory system to breathe, and a cardiovascular system to pump blood faster.

In conclusion, the reason why high schoolers use the gym is to look better, to strengthen their muscles, and reduce their mental pressure. These three reasons all benefit them to stay healthy both mentally and physically. Many high schoolers work out regularly once they start working out because this physical activity makes you feel good by sending out various brain chemicals to help you feel relaxed and happy. The benefits of high schoolers when they start working out is better physical appearance, stronger muscles, and decreased amount of stress.

Christmas Trash Isn't So Festive

by Jayden Lim (University High School)

The holidays are always a great time to celebrate with your loved ones, have great food, decorate your house, and unwrap gifts. The house glistened with all those new festive decorations with big colorful, wrapped boxes of presents under the Christmas tree. The smell of the food coming from the kitchen and the cookies baking in the oven. But where do all of those unwrapped gifts, festive decorations, and food waste go after the holidays? Between Thanksgiving and New Years Day, 25 percent more trash is thrown away. Plastic, gift wraps, and food waste drastically increases the landfill waste every year during the holidays. Food waste is about 30 to 40 percent of landfill waste, which greatly increases during Christmas. Climate change is already bad enough as it is and it's not that hard to make a difference.

So how can you make a differ-

ence to help the environment during the holidays? It's quite simple: Things such as little red ribbons and bow ties could easily be reused for next year instead of being thrown away. Ribbons aren't supposed to be torn or ripped off, they can be unwrapped carefully and be used next year. Furthermore, the wrapping paper people rip apart is just tossed away to create more landfill waste. Each family uses a drastic amount of wrapping paper for each present, and 2.3 million pounds of the torn apart wrapping paper goes to landfills. Alternative ways of wrapping paper is just simply carefully unwrapping the present instead of tearing it apart. By carefully unwrapping the present you can easily reuse it for next year and help the environment. Another alternative way for wrapping paper is using baskets and covering it with a blanket sheet or some sort of reusable material. Sure it's not as festive but it's certainly more jolly than the planet being on fire. If every family were to do this during the holidays, the amount

of landfill waste can greatly decrease with just a simple change.

Food waste can easily be avoided too, just don't throw it away. Either finish the food or put it in the fridge for leftovers, by doing this you help the environment and save a trip to the market. Christmas trees are also a big factor during the holidays, do you really need a new tree every year? The amount of trees chopped down every Christmas is absurd, alternative ways are taking care of the tree for next year or buying a fake Christmas tree. My family has been using the same fake Christmas tree for 5 years and not only does it help the environment but it also saves so much time and looks exactly the same as a regular Christmas tree. A little change from each family is a huge change for the environment, these festive decorations always have alternative uses. Nobody wants to celebrate the Holidays with climate change, not even Santa Claus.

December Socials

New Years Korea

by Terry Bang (Beckman High School)

New Year is a once a year holiday where people from all over the globe will celebrate with their loved ones and do special cultural things. In Korea, New Years is heavily celebrated. There are traditional clothes people wear, games that children and adults play, special ancestral rites, and more. Hanboks are a traditional ceremonial dress that is for both females and males. These clothes do not necessarily need to be worn at home but going outside to festivals or cultural buildings is recommended. Celebrating with family and even extended families is also a tradition for Korean New Years. Children also have a big part in this holiday. They receive sebaetdon, in other words, money. They bless their elders with good fortune and receive money from the elders back. Rice cake soup is also part of the Korean new years tradition. This is because Koreans believe that eating this traditional dish will extend their lives by one year.

New Years Resolutions

by Terry Bang (Beckman High School)

New years resolutions - goals that one makes at the beginning of the year in hopes of reaching them.

New Year's Day is a way for everyone to celebrate the end of 365 days. People make these new years resolutions to restart and make themselves a better person. They may make goals for better habits or perhaps better grades. However, does anyone still remember their goals and abide by them? Think for a minute and try to remember what goal you made 365 days ago. Quite hard right? Now if we were to remember our resolutions and abide by them, how much better do you think our lives will be? Thus, how will we be able to remember our goals and actually attempt to reach them? There are many different methods suitable for each person. If your goal for example is having better work habits, making

a calendar with all your plans continuously and updating it frequently is a way that you are remembering and implementing your goal. If your goal is something that cannot be acted on immediately such as an achievement, make a reminder or hang a note card with your goal on the wall to motivate you to complete that achievement.

Calendar

Poster? Like smth hanging on the wall

Reminder

Alarm?

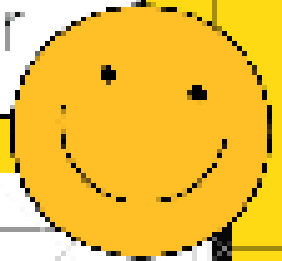


WE ARE



MONARCH

Student Run Newspaper



**JOIN
OUR
TEAM!**

**POSITIONS
AVAILABLE**

- President
- Editor In Chief
- Design Head
- Media Head
- Website Manager
- Marketing Head
- Each Division Head

ESG

**ENVIRONMENTAL
SOCIAL
GLOBAL**

Follow Our
Instagram & Twitter
[@monarch_esgnews](#)

Go subscribe our website

Masthead

October Editor-in-Chief | Calvin Pang
Head Design Editor | Eugene Kwon
Head of Publicity | Dawon “Cherry” Shin
Branch Supervisor | Jayden Lim
Branch Supervisor | Benjamin Song

Staff Writers:
Terry Bang
Kayla Park

Advisor | Jaeyoung “Geoffrey” Kang

Publisher | I.V.A.

