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MONARCH

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WHY WE SECOND GUESS OURSELVES

SOCIAL INSECURITIES WITHIN HIGH SCHOOLERS



by Dawon “Cherry” Shin

Don't you sometimes feel constantly uncertain of yourself? This is known as “social insecurity”, which is a common feeling that affects all ages, genders, and backgrounds. Most people experience this feeling at some point.

There are various types of insecurities: relationship, social, body image, job, and basic needs. Specifically, social insecurity refers to one's anxiety in social settings. I, as a high schooler, experience this anxiety frequently due to my lack of confidence in myself. For instance, in my school's broadcasting program, creating videos every week requires a high amount of teamwork and communication between students. Due to the pressure to make a “perfect” product every week, I doubted my skills and was afraid to do or ask

anything.

I believe all of these feelings and emotions are completely normal. Especially in a world based on competition and success, comparing yourself with others is something that might be necessary for us to cope in this society. However, those who compare themselves with others soon realize that comparing doesn't benefit you in any way. Competition may give you temporary motivation and dedication to a certain topic, but it gives you constant stress and anxiety which may rather degrade your progress. The amount of stress is not worth the small amounts of triumph as you tend to set higher expectations for yourself causing the unhealthy cycle to repeat over and over again.

Some of the signs of social insecurities are easy to spot while some aren't. One's

avoidance to admit or even consider their signs worsens their social insecurity. Just like our physical health, our mental health needs to be taken care of rather than neglected.

The main symptoms of social insecurities include: low self-esteem, perfectionism, social unworthiness, avoiding social interactions, isolation, and anxiety.

Solutions to social insecurities can be both simple and complex. Embracing yourself as the person you are and accepting your limitations is the hardest but quickest way to overcome social insecurity. Accepting your limitations doesn't mean to be critical of yourself, but to rather celebrate the differences you have with your surrounding people. Don't focus on the things you are bad at, but rather the things you are good at. Most people don't realize or acknowledge their talents because they are too busy trying to fix themselves or be someone else.

My final message is that being socially insecure is not embarrassing nor a problem. It is a part of progress, something you have to go through in order to grow and find out who you are. Everyday, you're learning and growing, and someday you will realize that all of these were worth it.

FOOD & ENTERTAINMENT OF THE MONTH

by Kayla Park

FOOD

All That Shabu Review

All That Shabu is an all you can eat restaurant where you can customize your hot pot to your liking. The restaurant has a rating of 4.7 and has a great variety of foods you can choose from the menu or from the buffet. All That Shabu always aims to bring in high-quality ingredients to enhance your hotpot experience.

Since All That Shabu is an all you can eat, it gives the customer a

sense of freedom to customize your hotpot to make it perfect for your tastebuds, choosing from a wide variety of vegetables, noodles, meat, and more. The staff in All That Shabu always cares about their customers, ensuring that they are enjoying their meal and experience at the establishment. All That Shabu is a great place to come to for a night out with friends or families.

When I had first come to All That Shabu it really was all that I expected. There was a wide table with a giant hot pot in front of you, a remote controller that's attached to the table with which you can control the hotpot.

The staff members were all very friendly, and there definitely was a wide variety of vegetables and meat you can choose from. The meat would come in a large platter. I don't remember much about where the noodles were but that's probably because I never added the noodles. But overall the staff was very friendly and the food was great since I could customize the hotpot to my liking. I'd definitely come back to this restaurant.

ENTERTAINMENT

Top Gun Review

Top Gun is about a Naval Fighter Weapons school where the best pilots can train to refine their elite flying skills. The main character Maverick is put at odds with the other pilots because of his reckless and cocky attitude.

Top Gun was released on May 16, 1986, directed by Tony Scott, and produced by Don Simpson and Jerry Bruckheimer. Four weeks after

its release, the number of theaters featuring the movie had increased by 45%. The film was a huge commercial hit, grossing \$357 million globally. Top Gun was the highest grossing film in 1986. The film maintained its popularity throughout the years and a sequel was released on May 27, 2022. The sequel had surpassed the original film critically and commercially.

The film is a great movie in my opinion, for there's a lot of action and heartfelt scenes. The part where Goose died from the impact of the plane was a real heartbreaker. I imagined

myself in that situation and I almost cried because I imagined Goose as my best friend. I felt so bad for the wife of Goose. He had the best life a married man could've asked for. He had a loving wife, a kid, and the best friend he could've asked for. The movie overall was really nice. I'd give it a 4 out of 5 stars because some parts of the movie were going a bit too fast and it had some scenes that didn't relate to the plot at all.



2035, DOOMSDAY FOR CALIFORNIA CAR ENTHUSIASTS?

IF GAS-POWERED CARS ARE BANNED, HOW WILL THIS AFFECT CAR ENTHUSIASTS?

by Jayden Lim

California regulators passed the rule banning the sale of gas-powered cars by 2035, causing car companies to switch to manufacturing electric-powered vehicles. Electric Vehicles are becoming the next generation of cars, being made in every car company. EVs bring positive perks to new cars that petrol-powered vehicles don't have. Electric engines don't require gas, which is a huge deal in our world right now. Due to gas prices being extremely expensive, people are starting to switch to electric vehicles because of how much cheaper it is to recharge your car's battery instead of pumping gas. EVs are also healthier for the environment as they reduce emissions. And since the engine is electric, it doesn't make any noise. So if electric cars sound so great why doesn't everybody switch to one, especially car enthusiasts? EVs can be quite expensive, especially with car shortages the markup could increase the price. EVs also don't have the best range, making these vehicles difficult to travel long distances. Additionally, EVs do not reduce carbon emissions completely as it is portrayed,

the batteries are made from lithium that's been generated in a power plant emitting CO₂. But especially among car enthusiasts, EVs are extremely hated in the car community. Car enthusiasts despise EVs because they do not have the same feeling as gas-powered cars. The history of cars went through



multiple generations going through

drastic developments, but this new generation with EVs will completely change what a car means to

car enthusiasts, and not in a good way. EVs are very quiet because they don't require an exhaust. To some people, a quiet car benefits them, but other people, especially car enthusiasts, love the loud roar of cars. To car enthusiasts, a loud exhaust is one of the best things about cars, even with EVs installing a fake exhaust sound, it doesn't bring the same feeling. But the main reason why car enthusiasts hate EVs is because of their ability to work on engines. One of the biggest and best things about a car is to fix or improve the engine, whether it's to upgrade it to increase the speed or to fix a car from scratch. Being able to mod cars is one of the most important key parts when it comes to the car community. To mod your cars to make them sound louder or faster, using car parts is what makes it special. But with EVs, they take away that ability and don't need any of these car components because they would not work with an electric engine. With an electric engine, it is impossible to change or improve the engine which destroys the concept that each car is different and unique. With EVs, everybody's car will be the same and there will be no point in showing how a car is unique.

TO ELECTRIC VEHICLES? OR NOT TO?

THE PROS AND CONS OF ELECTRIC VEHICLES AND THE CHOICE TO BE MADE SOONER OR LATER
by Calvin Pang

What is the IRA?

An acronym for Inflation Reduction Act, it is a current attempt to slow down economic recession. The thought process behind this decision was that if prices continue to rise, the poverty in the United States will increase, significantly damaging its economy. Simultaneously, Joe Biden is trying to improve the environment by enforcing this act through supply chains for electric or hydrogen fuel cell vehicles. This is done so by providing \$369 billion to these companies, allowing them to lower their prices and encourage sales.

Pros:

One of the many benefits of buying clean vehicles is that electricity, which is used to power these cars, is a lot cheaper than gasoline. Especially in recent times, due to the Russia-Ukraine conflict, access to gasoline, which was mainly provided by Russia, has become difficult, resulting in gas prices skyrocketing. Additionally, these types of cars are even easier to maintain than gas-powered cars. A clean vehicle owner wouldn't have to undergo the struggles of oil changes and maintenance. This would be another way going green saves money. Another reason would be because electric cars are renowned for being nearly silent while moving, approximately 40 decibels which is around the

sound level of a refrigerator softly humming. In contrast, a gas-powered car without a muffler is around 90-100 decibels. Not only that, but the government actually rewards you for purchasing an electric car by lowering the amount of taxes you pay. Recently set by the IRA, it can save you up to \$7,500 just for buying a new EV (electric vehicle). Finally, EVs are significantly faster. The Tesla Model S has the capability to go from 0 to 60 mph in less than 2 seconds, compared to the slow average of 5 seconds that gas-powered cars are capable of.

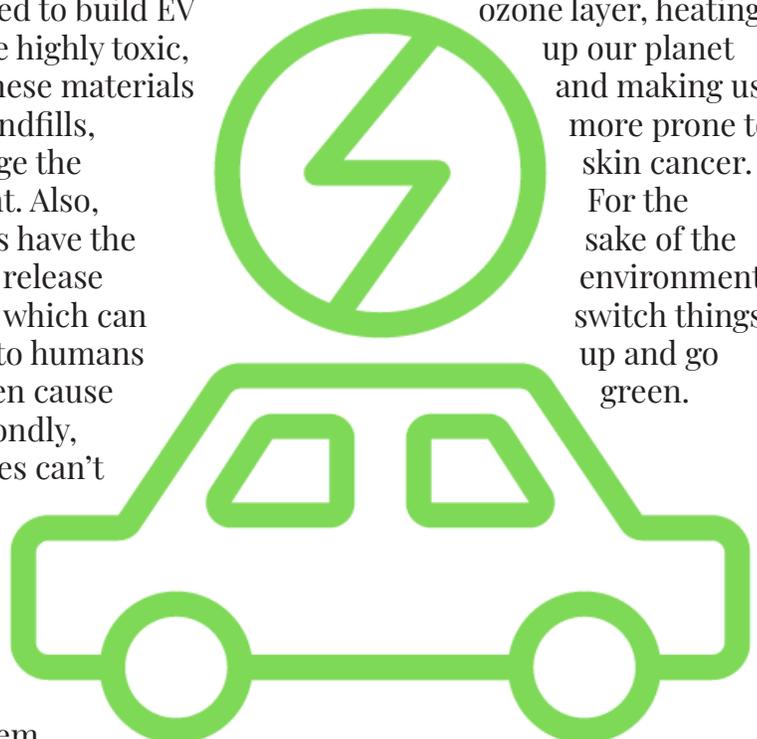
Cons:

However, with so many benefits, there are also a few disadvantages such as toxic resources. The lithium-ion batteries used to build EV batteries are highly toxic, and when these materials end up in landfills, it can damage the environment. Also, the batteries have the potential to release toxic fumes which can be harmful to humans and may even cause cancer. Secondly, clean vehicles can't travel as far. They can't contain as much "juice" to power them

through long distance travel, whereas a gas-powered car can. Adding on to this point, there is a serious lack of public charging ports. Because electric cars are so new, there aren't nearly as many charging ports as there are gas stations, shortening their range even further.

Conclusion

All in all, it is highly suggested to buy an electric car due to the numerous benefits that outweigh the disadvantages. While reaping the benefits, you can also do your part of helping the community by cleaning up the environment. The fumes that are released from the burning of gas, also known as greenhouse gases, are slowly chipping away at our ozone layer, heating up our planet and making us more prone to skin cancer. For the sake of the environment, switch things up and go green.



OCTOBER ACKNOWLEDGEMENTS

Recap on the IBIS Hope in US Music Festival

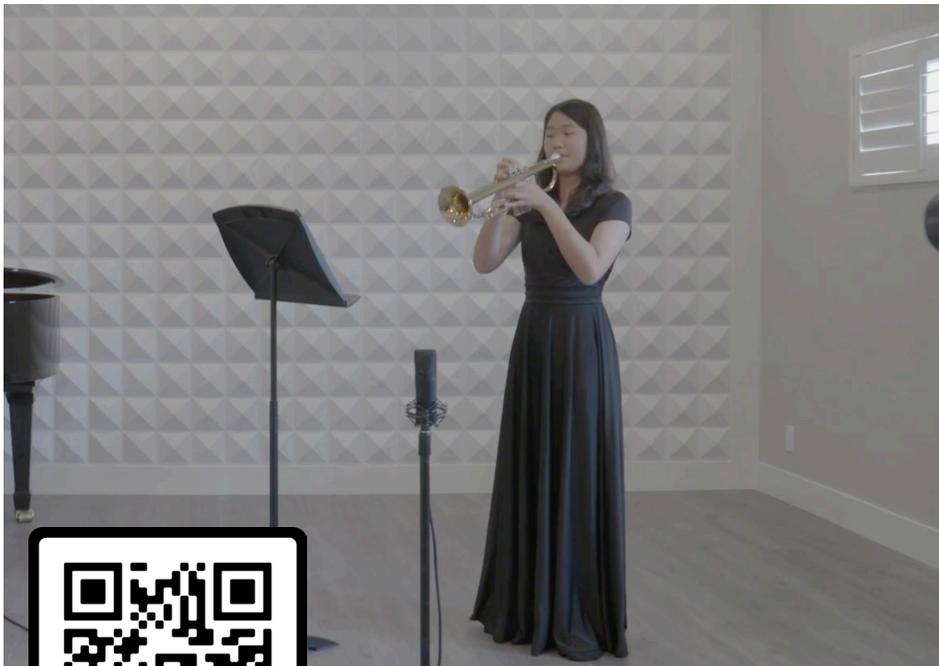
by Terry Bang

Recently, IBIS held a concert named "Hope in US" which was recorded on Sept 4th, 2022. The IBIS group is a community where students unite and help raise awareness about the teen drug abuse within the Korean-American community. This concert gave students with musical talent an opportunity to help spread awareness about our purpose. "The Hope in US concert was a creative way to bring attention to Korean drug abuse by connecting students with talent." As a performer, I was able to see firsthand the effort that all the performers, hosts, backstage staff, and cameramen put into making this concert stand out. The diversity of musical talent from pia-



nists to the singers and the hard work given by our backstage staff made this concert very impactful. The next Hope In Us concert, which will be our fifth anniversary, will be arranged by IBIS. It is scheduled to take place on No-

vember 11th at the Precious Life Venue. Our purpose for this time's Hope In Us concert is to support the Precious Life program in which they provide confidential pregnancy services to women.



Dawon Shin's Trumpet Triumph

by Terry Bang

Dawon Shin, an aspiring 15 year old who goes to Northwood, has won an amazing achievement in her musical field. On October 24th, Dawon was officially announced first place in the 2022 International Classical Music Competition. She played the Neruda Trumpet Concerto 2nd Movement. Dawon spared her time and practiced endlessly since June having up to 2 trumpet classes a week and practicing up to 10 hours a week. For this accomplishment, the members of Monarch would like to appreciate and acknowledge her efforts and send her high regards! Congratulations Dawon!



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