

Trip to DC for a day for an extra credit



My AP US History class offered pretty interesting extra credit assignment that would help you to understand and effectively interpret the course of the American History. This was all or nothing project. You can get either 0/100 or 100/100 based on how well and thoroughly you wrote the research paper on your chosen topic. For this project, I needed to travel to a location within my city or town, the surrounding cities or towns within the state of Connecticut or somewhere out of state that is greatly related to the time period of United States History I learned during the first term : pre-contact America to 1860. After I travel to a historical location, I was requested to complete a three page research paper focused on three topics that I was interested in and are not easily found in the textbook. I was required to interview someone from the location, use that as my back-up source and have something that demonstrates that I actually went there such as admission ticket or picture of myself. In addition to this, for out-of-state project option, I was able to travel somewhere with my friends as a group and complete separate, individual research paper.

At first, I attempted to find any historical location within the state, then, I wanted to try something very fresh and fascinating. New York and Boston are probably major, big cities that are pretty close to me. However, I wanted to travel some place where I have not been yet so that I can experience something new as well as complete my project for extra credit. Then, I thought of Washington DC, the capital of the nation full of historical monuments, where I have not had any opportunity to visit and travel around.

I had a day off on veterans' day on friday, November 10th, then I decided to go to Washington on that day. I researched a lot to figure out the best and most fascinating spot to travel to and investigate, because I only could spend less than a day in Washington. I did not have much time to look around many museums. Smithsonian National Museum of American History, this was the place I chose to go to. This was free-admission museum supported by the national government and organization called Smithsonian and full of historical antiquities and information specifically all about history of this country.

I took a train for two hours to New York, then I took a bus from there to Washington, which took me another five hours. I arrived at this museum approximately at twelve o'clock, then I started looking around and researching about my topic : Immigration and migration of the people within the United States when the country was established. I looked around, took many pictures, read every description that was specifically explained on the wall, and interviewed some people working there so that I could have more solid and plausible sources for my research paper.



It was really great experience. Getting to travel to Washington and visiting museum with my friend for schoolwork? It was something that is really unique and will be remembered forever as one of my best memory of high school. I was able to comprehend the migration and immigration history of the country much better, besides, I could learn many other things and see it vividly on my eyes. I am looking forward to travel to another amazing and interesting historical location for the second term extra credit project for this class.

-14기 곽현우



My Life in United States



I have been living in the United States for almost a year now, and it has been a very great time so far. My grades are doing pretty good this year, mostly in the lower and upper A's. I spend a lot of time at school, because I joined cheerleading and National Beta Club.

Cheerleading is so much fun, I almost immediately got my uniform and it was very cool looking. We cheer for our varsity girls and boys in every basketball game. We have had many home, as well as away games. And usually after an away game we go out to eat to places like Chick Fil-A, Zaxbys, McDonalds, Burger King, and Little Caesars. At first I was very nervous, I didn't know if I should join cheerleading, but then I just decided to try it out, to see if I even got accepted. When I got accepted in cheerleading I thought that it would take ages for me to remember all the cheers, since I had never done cheerleading, but as the time went by I had realized that I have already learned all the cheers, just by going with the flow. I was chosen to be a jumper, and we are planning to do a "waterfall" soon, waterfall is when a cheerleader jumps on the hands of two other cheerleaders, and they lift her up in the air. We have practiced it, and I am not going to lie, it was pretty hard to find balance in that situation, but with more practice I am sure we will get it just right.

I also joined beta club, it's a national club where you earn points by participating in voluntary work. The reason I have joined beta club is because it is great to help people, and beta club gives a better opportunity for you to get accepted in a university, and they give scholarships as well. We need to earn 2000 minutes by the end of our school year, so I am working hard to get there. I earned some points by watching children in the nursery, taking care of someone's pets when that person was away on thanksgiving break, and helping out at church. Beta club gives you a great opportunity to learn how to help others without expecting anything back.

As juniors, we have to participate in all sorts of sales and works. This year we had done a carwash, many different bake sales,

and right now we are planning to do a gift wrapping, by collecting gifts from people and wrapping them in decorative paper, for just \$3.



I have had a great time so far, my local representative is the most awesome person in the whole world, she always takes me somewhere cool to chat with me, like last week we went to Tanger Outlets, and did some shopping with her and her daughter. It felt very christmasy and cold, and there were so many sales. I ended up buying two really good looking dresses for only \$20. I still call my parents almost daily, and I haven't felt any homesickness at all, probably because I do not even have much time to even think about it. And that is good, because a busy schedule keeps you away from sad thoughts.

-14기 김지선

Learning, and Fencing club



Before I came to Rhode Island, I had lists of club that I wanted to enter once I go to La Salle Academy. Since La Salle Academy offered plenty of clubs for students, I could find many clubs that I liked, such as Robotics club, Chess club, Computer Science club, etc. These clubs were the group that I wanted to join, but in the club lists that La Salle had, one club interested me. It was fencing club. I don't know why but the word 'fencing' looked so attractive to me. I have seen fencing, but it wasn't as interesting as other sports, but this time, it was different.

After I came to America, school started. I tried to join the clubs on my club list, but none of them were gathering members yet, and I waited. One day, I saw the news on the bulletin board that fencing club was gathering kids, and right after the notice was informed, I met the Mrs. Cawthorn who was in charge of the club, and I joined the club right away. I was so excited. Fencing that I didn't even care until last year, it looked so cool and amazing this time.

Our club had meeting to inform everybody about how the club will work, and when we are going to meet. Once I arrived there, there was about 20 people, and I was thinking if these people are also fascinated by fencing. Even when I got home, I was excited to learn fencing. After one week from then, we had our first fencing club on Friday. We met after school in Mrs. Cawthorn's room, and we went to fencing dojo called RIFAC. The place was really cool, and some people were playing fencing like I imagined. After scanning the place, we met the instructor 'Jeff', and because of some situation, I think I impressed him in either good or weird way.

At the first lesson, we learned some basic posture and steps. We learned how to move front and back, and that was all. We didn't learn something amazing, yet I was still excited. After the first meeting, we met few more times, we learned how to lunge (to extend legs and arm trying to hit opponent), and rules of fencing, and I felt like I'm becoming more like fencer.

We learned right of way which means who has the advantage to get the point, and we learned how to avoid getting hit, or how to hit them. Everything I learned here was new, and everything I did here was fun.

Our instructor, Jeff, made it even better. He always made us laugh, and our meeting was really fun even though many things that we learned were hard. There was also a kid called Josh, and he got the nickname 'Jarn' from Jeff. I can't remember how he got the nickname, but it was pretty fun to see how Jeff and Josh reacts when they were having conversation about 'Jarn'. By the way, learning fencing was fun, and mini games that we played was fun, and people were also nice. For me, It feels like fencing club is the best club among the afterschool activities.

So what I realized in fencing club is that learning new things are really awesome. Every time I go to meeting I learn new things. There is tons of more stuff for me to learn, but learning more about fencing inspires me to learn more and more. Now I can play game with another people, and someday I might be able to do something with fencing. Like this, everything I do here is new. This is my second year in America, but I'm learning new things everyday, and this reminded me the quote of Michelangelo when he was 87 years old, "I'm still learning new things"

-14기 류동훈

Thanksgiving



Thanksgiving is a big holiday in the United States. People celebrate this day with their family with having a good meal. People share what they are thankful for. My host family first went to have a meal with my host father's family. Host father's family was a really big family. Over 20 of people came to host father's parents' house to celebrate Thanksgiving. It was pretty awkward to be surrounded by strangers, but the delicious meal made me feel happy and comfortable. We had tasty turkey and ham with dressing, green bean casserole, and gravy. It was a great time to spend time with lots of people and to have a great meal.



Also, we went to Virginia to see my host mother's family. Where I am living to Virginia takes over 6 hours. So, it was a really hard journey to Virginia. When we get there, I could meet host mom's parents. They were really kind. We ate really delicious foods for dinner in that day. We had turkey and honey ham with a lot of delicious foods. After we ate foods, we played the card game called 3-13. People in my region like to play this card game. I got first place in the game. It was a fun game.

Next day, my host family and I went to the battlefield where the cessation of the revolutionary happened. I could see cannonballs that are embedded in the wall. It was pretty impressive to see

those things. Also, I saw Victory monument on the battlefield. At night, we went to the Bush Garden which is the popular amusement park in Virginia. In Bush Garden, all places were decorated according to their theme country. To be specific, there was France part, Italy part, Germany part, and other countries part. They had their own decoration that represents their country. The decoration was so beautiful. They had a number of light bulbs which was pretty to see at night. There were lots of shows as well. Shows were about the Christmas, so they performed Christmas song. We had dinner while we were watching the show.



It was a great time to see how American people celebrate Thanksgiving. I really cannot forget this valuable memory in Virginia. I am really grateful for my host family provided me this invaluable time.

-14기 심예균

Winter sports season started!



A lot of people plays different sports. In our school, we have basketball, squash, winter crew, and hockey. Also, we have a lot of divisions for each of the sports. Winter sports season is a big thing in our school. A lot of people in our school participates in different sports, and they enjoy it.

This year, I decided to play basketball. I've been played basketball for few years, and it I knew that I really like basketball, so I went to the tryouts to try out for the team. I can say that our tryouts were pretty tough. On the first day of the tryout, we did different kind of drills to check our basketball IQ and our skills. On the second day of try-out, we did a lot of running. I don't really like running, but our coaches wanted to see how fast we are, and how long we can last. So we had to run a lot, and it was a very tough day for me. On the last day of tryouts, we did some 5 on 5 full court basketball games. It was very fun. Even though I didn't play very well that day because of my ankle, it was an exciting experience for me to play basketball in US highschool. After the tryouts, coaches divided us into two groups, and they started to call out our names. I didn't get to play in the varsity team, but I wasn't sad or disappointed because most of the varsity players are juniors and seniors. I got into the junior varsity team, which had a lot of freshmen like me and sophomores. I was so happy that I didn't get cut off from playing basketball this year. I am the sixth-men for our team, and I really like everyone on our team. They are very nice, and they like me too. One funny memory was that our coach wanted to call my

Korean name rather than my English name Daniel, so I had to tell him how to pronounce my name properly. The season started a while ago, but he still can't pronounce my name right. But I really like when he calls my Korean name because it sounds familiar to me.

The reason I am writing this with the topic of winter sports is because I would really recommend you to join the sports team in your school. Even though you didn't make the team, it is still a very good experience for you to try out for a team, and meet some new poeple in your school. If you made the team, great! I think to join the team, and playing the sports with teammates is the best way to make friends. We nees to play together as a team when we play a sports. You will be spending a lot of times with your teammates, and that will make you to feel much more confident at making friends, and knowing each others. This doesn't mean you have to join a team, but I would highly recommend you to join it! Thank you, and I wish you all have a wonderful winter!

-14기 최정환

Have you ever heard of SALEM?



Boo! My favorite month of the year has come – October. October is the month of Halloween spirits and spooky, scary time. When I first came to America, I was impressed of the way people “prepare” for the Halloween and how they were having so much fun to celebrate just a one last day of October. Typically in our neighborhood, people decorate their houses around first week of October. The decorations are very halloweeny and creative. The house across the street had big moving skeleton as a main decoration this year and scared the crap out of me one night ;). Our house was decorated too with the carved pumpkins and mini lights around the house. Relatives and grandparents came during one weekend to carve pumpkins with us and that was fun. I love how Americans are very festive even for little things and just relaxed comparing to Korea.



One of the activities that I really enjoyed during October was making a visit to Salem, Massachusetts. I think everyone heard about “witch trial or witchcraft” at least once in their lifetime. Salem is one of the representative places where actual witch craft took place and many innocent women died being accused as a “witch”. I always wondered where this terrifying and horrific history took place and it was only hour away from Rhode Island. I was very excited to visit Salem and learn more about this tragic happening.



Opposed to what I have imagined, Salem was just like typical downtowns except there were decorations everywhere and most of the people were wearing costumes rather than normal clothings. To explore more about this place, our tour guide Jenn helped us out. She first brought us to the cemetery where innocent people were buried as witches. There were abundant flowers around wishing peace in their soul. I was so shocked by the number of people that were accused of this insane belief and by one of the grave that said “5 months”. I felt angry of this ridiculous practice was real and glad in one side that nothing like this is happening in current society.

We explored Salem in depth for 8 hours-including lunch and dinner. I was amazed how Salem is now completely different town not even in 100 years and was grateful that this inhumane happening is acknowledged by lots of people.

Most unique experience of all was meeting with the actual witch. By me saying witch, I don’t mean a old creepy lady wearing a black cape holding a wand but we met the man with extremely normal looking to fulfill our stereotype of “witch”. The program we participated was called “Local Salem Tour with real witch” and Henry was our witch guide. He first explained that there are different concepts of witches nowadays, there are many witches around that you don’t realize, and that he mainly practices magic just like other religions. I thought it was reallllly weird at the beginning and as he started to spell his welcoming I was shocked but I tried to concentrate thinking this kind of experience can only made in Salem. Henry was a very nice guy who helped my understanding of overall Salem and told us that he is occasionally able to use spiritual power.

It was very impressive to make a visit to historic Salem and 10/10 recommend people who lives around New England to stop by this fascinating place.

-14기 정지우



Scene of Halloween!



I'm sure most of the students who dream about studying abroad in the U.S. have thought about all of the different parties and holidays that the U.S. has. In my case, Halloween was one of the holidays that I looked forward to a lot. The biggest reason was trick or treat but this year, it was more than just trick or treat. Actually, this Halloween was one of the best Halloweens that I ever had.

The first thing that made my Halloween so special was carving pumpkins. Halloween pumpkins are one of the Halloween decorations that we put in front of our house. My host family suggested that I carve the pumpkin, so for this year, I decided to carve the face of a puppy and paw prints. The reason for choosing that was because it has almost been a year since we had our puppy, Zoey, join our family. It took a long time to make but it was worth it to spend time on them because my host family loved them. (Even though they got all chewed up by Zoey:)). I highly recommend you to carve pumpkins with your host family if you want to do something special on Halloween with them. It will definitely bring you closer to your host family.

Another part that made my Halloween special was a party! It was my first Halloween party that I had with my friends. My friend Grace invited me and several other

friends to her house and told us to wear a costume. I chose to be a panda. (I don't know why I chose that but it's what I wanted to be.) So before I went to her party, I went to another friend's house and got dressed up. We put on fake blood, make up and took many pictures. I always worry what to talk about when I hang out with American friends, but it was better than what I expected. When you get there, there will be at least one thing to talk about with them so don't be afraid! Also this changed my negative thoughts about hanging out with them outside of the school. Anyway, after getting dressed up, I went to Grace's house and did lots of different things like bobbing for apples, a bonfire and watching scary movies. She also had a karaoke so we sang and dance.



After that I went trick or treating with other group of friends. Trick or treating is the biggest reason why I like Halloween. Trick or treating is one of the traditional events that people wear a costume and visit homes for candy on Halloween. The city where I live

has many different developments where kids can go for trick or treating and I was one of those kids. My friends and I went to more than 30 different houses and each of us got almost 100 different candies. You won't know how much that number of candies can make you proud if you never tried trick or treating. Also if you go out with your friends, you will have more chance to talk with them and get closer.

This year Halloween was one of the most memorable Halloweens during my school year and I highly suggest you to have fun on Halloween with your friends and families. Also, wear a costume and go out for trick or treating! It's never too late to do it and you will find more fun when you go out for it. It's a good excuse to become a young kid:).

-14기 박지수

My Life in the United States

December is going by very nicely. It has been almost a year since i had come to the united states. (just one more month, yaaay :D) The Christmas time is very exciting, all the houses around the whole america are decorated in christmas lights and other awesome decorations. Its getting pretty cold outside, and a lot of students at my school start getting sick, but i drink many vitamins, so my health is in perfect condition.

This month we went out to the Atlantic City with my host family. First we went to ice skating, the skates were super bad and cheap, and so was the ice, but we still somehow managed to skate and have fun. Then we went to look around the area and saw a ginormous christmas tree, and we also ate some homemade pretzels. And lastly, we went to a fancy mexican restaurant, where i got some shrimp salad which tasted amazing!

This month we also had a lot of school projects, so i was very busy. One of our projects was to make a poster about the characters on a book, "Scarlet Letter", which turned out very nice and original. Then we also had a US history project where we had to research and argue about a specific event or a person. I was super nervous, because i had to present in front of the whole class, but later it turned out i got an A for my presentation. And the last is the science fair project, and it is still ongoing. We would have to do a series of experiments, and make a poster board, and in a month, a few judges will come to our school and review our projects. I am very excited for the science fair, because people usually make very interesting stuff during that time.

The exams are also very soon, they will last for 3 half-days. And after the exams i am going to my aunt's house in Arizona. Im super excited to see a part of my family, and spend some time with them. I am planning to leave one day after the vacation starts and come back one day before the vacation ends.

In the spring we are planning to have a junior-senior banquet, where we will treat our seniors for a nice and fancy dinner. All the girls will wear dresses and all the boys will wear suits. I recently went shopping with my local representative, and we found a very nice dress that was also on sale! So i bought a pretty black dress for my junior-senior banquet. The school is going pretty well for me, the hardest subject at the moment would be US history, because there are so many documents and doctrines and other stuff i had never heard of, so its a bit of a struggle, but i am sure that i will get through it. And my best subject, in my opinion, is pre calculus, i have an A+ for pre calculus, it's a very fun subject, especially with our math teacher.

So everything is going great and cool!

PICTURES WILL BE SENT SEPARATELY!!

-14기 김지선



Getting Ready



When I was in Virginia last year, I had a great Halloween. I went trick or treating for my first time. I dressed up like a pirate. It was such a great experience for me. Our house was filled with creepy decorations, and even in my middle school I could feel that Halloween was there. Kids in school had costumes, and one of my friend dressed up as banana. I got bag filled with candy after trick or treat. It was really great experience.

This year in October, Halloween was coming. Since the last year's Halloween had a really good impression on me, I was excited. We started to decorating the house. My host parents got projector that projects the creepy videos to the windows and it looked so awesome. We also put some ghost stickers on the mirror, and it freaked some people that visited here. We also got web to put on the wall, and we got little skeletons and more decorations. Our house got some creepy atmosphere and it looked really good.

Getting ready for Halloween, we carved pumpkins. One day, David, my host father called kids from outside. We went outside, and there were three pumpkins on the table. I was surprised, because David said that we are go-

ing to carve the pumpkin. I haven't carved the pumpkin, and I had no experience related to pumpkins. So it was new thing for me to do. So we carved it. First we got rid of the stuff in the pumpkin, and then we started carving the shape of the face with the knife. It was really fun. It took me like 1 hour to finish the work, and my masterpiece satisfied me enough.

We also went to few store to buy Halloween costume. There were various kind of costumes there. Ninja, Star Wars characters, and pirates. It was so cool, and we found banana costume in the store, which my friend wore last year. I can say that banana costume fascinated Logan, son of my host parents, because he chose the costume right away. When he wore the costume right after he got it, it looked so funny. By the way, after he chose the costume we moved to another store to buy costume so everyone else can get their costumes. There was also plenty of costumes, and I chose few costumes for me to choose from. There was hotdog, friar pope. I thought and thought and thought to choose from the costumes, and I finally chose the friar costume.

On Halloween, I went to school like regular day, and I came back to home and changed my clothes to costume. It was pretty cool. Everyone was ready to go, and we got on the car and went to the place next to our house where many house were in. Kids and I went to the door and got candies, and once the Halloween was over, I got so much candies like last year. It always felt good. People welcomed us, and we got many candies that we can eat for at least 1 week. It was really good like last year.

So Halloween was again really good. Everyone in this family enjoyed it including me. Now, at this point, we are preparing for Christmas. Like Halloween, we are decorating house with nice stuff. We have mini light bulbs, we got nice Christmas tree, and these whole things are making up the nice atmosphere that shows the Christmas is now close. I just hope that Christmas to be like Halloween this year. We are now getting ready for Christmas.

-14기 류동훈

Accomplishment and Performances of My school's Marching Band



Just to start off, my school has amazing marching band. Once the band director changed three years ago, my band has been improved and marked by many great accomplishments so far. My band was chosen to be at the marching parade at the Washington DC on memorial day next year, representing the state of Connecticut. Only 50 high school bands were selected through strict examination to represent the state and be at there. In addition to this, my band will play at the disney festival on April vacation in Orlando, FL next year for the kids and families there. I am certainly very proud of the works of my band, so do all my friends and teachers at school.

We have our unique and great looking uniform for our marching band season. It is green-colored and knight looking uniform that evidently and greatly represents the spirit and mascot of our school. Although my school is all-boy school, band from my school and cheerleaders from our sister school cooperate to cheer our football players on every friday night for the season. When we have football game, we are required to be at rehearsal right after school and have a dinner together before the game, which makes us feel very close like brothers. We are able to make ourselves better and better through hard and intense works. My school band has many unique characteristics and systems that are pretty different from other bands. We have a system called silent rehearsal once a week. We are not allowed to say a single word during the class, neither is the teacher. My band teacher, Mr. Arnold, he uses the electrical board and his gesture and body language to commu-

nicate with us during the silent rehearsal. It might sound little dumb, but we are able to finish a lot of work done because nobody is distracted, besides, it is pretty fun to communicate with each other through just hands and music. We also have a system called check-mark. During the rehearsal, we are basically not allowed to talk any time except the small break time Mr. Arnold gives us. He consistently gives us a small break while changing the song we play for like twenty seconds, and we are allowed to talk during the break. However, once the break over and he officially starts working, we cannot say anything. When we do, we get a check-mark and have to serve the silent band detention after school for thirty minutes. We have to stare at the wall for thirty minutes without anything such as the phone and be very quiet. Obviously, everyone hates doing it, therefore the atmosphere of my band class tends to be very quiet, and everyone does what he is supposed to do. I strongly believe that this is the best strength of my band - we focus and do our work painstakingly.

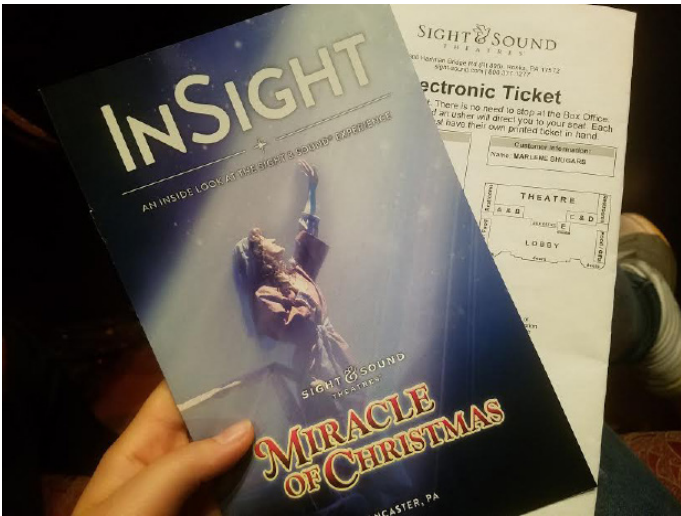
Lastly, unlike many other schools, we have band class everyday. The schedule system of my school is pretty distinct. You get six courses every term, and basically, they repeat everyday. Taking band class everyday and getting to practice a lot makes us be able to perform very well and improve a lot day by day.



My band is getting better and better everyday. Mr. Arnold is really great musician as well as teacher, and cares about all students a lot. He works very hard for better band and effectively makes every student follow what he is going to do. I am already excited to see more accomplishments of our band in the future.

-14기 곽현우

After visiting Sight & Sound Theater



I first want to share how my Thanksgiving was, before I start my story about the visit to Sight and Sound Theater. I'm pretty sure that most of the international students' host families usually spend their Thanksgiving with lots of other family members. However, my host family's Thanksgiving is quite different compare to common Thanksgivings that we normally see around here. They never invited or visited other family members on the Thanksgiving. So since I came here, I always had Thanksgiving with two of my host parents. At first, I was little sad about not having the big family dinner, but now I'm glad for having Thanksgiving just with my host family.

After having early Thanksgiving dinner, we started to decorate the Christmas tree. Decorating the Christmas tree is one of our big Thanksgiving traditions. Also it's the time when we starts to decorate inside of the house with Christmas decorations. (And as you can see on the pictures, we get lots of help from our pets.) Especially this year, I looked forward a lot to feel the Christmas mood. So I had so much fun putting up the lights all over the house and taking whole bunch of pictures.

Then we went to the Sight and Sound Theater in Lancaster, PA to celebrate the Thanksgiving in our way. Sight & Sound was a unique theater that I've never experienced before. It has a 300-ft stage that surrounds the audience on three sides, state-of-the-art technology and live animals. The biggest part that I got amazed was three sides stage. Also, I saw various shows that used live animals on the stage, but I haven't seen the show using camels until this show. Watching those huge camels walking right next to me to get on the stage was pretty impressing.

The name of the musical is 'Miracle of Christmas.' Sight

and Sound Theater is known for bringing the bible to life and as you can see by the title of the show, the show that I watched was about Jesus' birth. In my case, I always had hard time catching up the theology class in the school because I'm not catholic. I can definitely tell you that learning the religion was one of the hardest things that I had to do after coming to U.S. Because of those not enjoyable experiences in theology class, I didn't expect that I would be able to enjoy the show. However, as soon as the show started, I don't even remember how that 2 hours passed by. I truly fell in love with the main actor, actress and all of other performers. Of course I also fell in love with the animals.



If you have any plans to visit Philadelphia or if you already live in Philadelphia, I highly recommend you to visit Sight and Sound Theater. What I saw at the theater was all kind of different people from various countries who were willing to see the show and I'm pretty sure that they all enjoyed it as much as I did. I hope you all had nice and warm Thanksgiving!!

-14기 박지수

Winter Sport



The weather is getting colder these days. The winter season started since November came. As the winter season started, students can join the winter sports team: swimming and basketball. I chose to join the swimming team since it helps me to keep good body condition.

We have practices on every day except on Friday and weekend. Every practice is really hard that makes me getting a cramp during every single practice. The other reason that I go to this painful practice is to hang out with my friends. Since the pool where we practice is far away from my host house, my friend drives me to the pool. In U.S., people can get their license when they are turning to 16. Thus, my friends often ride me when we hang out. While we were going to the practice, I could talk with him; that helped me to be a much closer friend. Also, when we arrive at the pool, there are lots of other students who are on the swim team. So, I can talk to them and be much closer. Last year, our team won the conference since all seniors were a really good swimmer. However, this year, all seniors graduated, and there are lots of beginners. Thus, our coach is pretty mad at us. Our coach is really strict during

the practice or the meet. Whenever we lose the meet, he gets mad and makes us do harsh practice. However, he is kind and nice usually. I think he is just competitive and likes to win.



Lastly, something that I like from joining the swim team is having dinner after the meet. I can hang out with people and have really good foods.

Therefore, I am enjoying being in swim team since I can have a lot of fun even though the practices are really hard. Hope we can win the conference.

-14기 심예균

RUNNING THROUGH THE RAINBOW



“Hey guys, what would you guys like to do as team bonding activities this season? Captain Stella and Julia said. After going through many discussions, our very first gathering was to participate at “The happiest 5K on the planet”, Color run. As a cross country team, we were ready to run 24/7 and since we were on season, we had to run every day to maintain our flexibility and other skills. Color run was great in a way that it was fun and exciting

comparing to running alone around the neighborhood – typical mandatory weekend exercise. The best thing was, however, that I was able to gather with my team and just be there for each other. On October 7th, at the McCoy Stadium, Pawtucket Rhode Island, teammates and I spend unique and memorable weekend running through the rainbow.

It was my freshman year when I first joined the cross country team. I love spending time with people, especially being part of the community. However, I am not outstandingly good at one sport which is challenging since lots of Americans become friends through sports. I desperately wanted to be part of any sports team but did not know what the options were and how to be part of it. I remember Talia, who is my best friend now, helped me so much joining the team and always was there for me as a supporting teammate and an outstanding athlete. I have always hated running especially long distance. Ironically I became the part of the Mount Girl’s Cross Country team and can not say that I love running now but have been part of the talented and prominent community since.

Other athletes might argue, but I think no other sports are better than running. First of all, running is the most basic part of the sports and every athlete knows how to run. Running is the easiest way to keep you in shape and is dependent from any possible distractors-weather or time. Also, I believe running is the most simple but hardest sport at the same time since it requires high concentration, patience, endurance, and team work. Just like during other meets, color run made me out of breath since we

had to run the whole thing- 5km- but I felt so proud passing the starting point and marking the end point with my teammates. With them, I felt like I could go through all issues. It is true that the color run was little harder than the regular running around since we had to go through color powders every 1km mark, not to mention I breathe out pink powder after the race, but I felt like I was running up on sky through rainbows. Purple, green, yellow, pink, and blue, I was building up my colors ;)



Color run was something that I have always wanted to do since middle school and I was very grateful to this experience, thanks to our cross country team to coming up with this great idea. My advices today to people who are thinking of studying abroad are first, join the sports team, you will have so much fun just hanging out with people doing same things and second, attend to lots of outdoor activities like color run. You can always learn new lessons by challenging yourself, exploring and being open-minded.

-14기 정지우



Thanksgiving dinner and trip to Nashville



There are a lot of holidays in US. If I can choose three most famous holidays in US, they are Christmas, Halloween, and Thanksgiving. For me, this is my second Thanksgiving in US. Last year, it was a very nice memory for me to learn and experience how Thanksgiving is like in US. The one thing that I really like about Thanksgiving is that every family members gather up and meet each other to celebrate Thanksgiving.

This year, I was very excited to have my second Thanksgiving in US, and it was great. We went to my host mom's brother's house, and they were so nice. We had a huge dinner like everyone does at Thanksgiving. They had turkey, stuffings, mashed potatoes, biscuits, cranberry sauce, and many different kinds of Thanksgiving foods. I was really full after the huge meal. But that wasn't it. We had a lot of desserts too, so I ate some key lime pie, blueberry pie, and some cheesecakes. I was feeling sick after the huge meal and desserts, but I was happy.

After Thanksgiving, my host family and I went to Nashville to see my host mom's oldest son. This was my first time visiting Nashville, and I can say that it was beautiful. Nashville is where a lot of famous country music singers started singing, and it is also very famous of Broadway, where a lot of famous musicians came from. We went to

downtown Nashville, and it was awesome. There were a lot of people there and it was very crowded, but I could feel the passion and the heat of the singers who were singing on the street, and the old buildings reminded me of New York city. It wasn't like New York city, but the vintage feeling and the music was very familiar for me. How was your Thanksgiving? I hope everyone had a wonderful Thanksgiving in US, and thank you!

-14기 최정환