

TIFF'S

STUDENTS
RUN PHILLY
STYLE

1
VOLUME

UPWARD
BOUND

It is hands down the best summer program you could ever be in, nothing else even comes close. They're my family, I love them <3

LIGHTS
CAMERA
ACTION.

Get ready for one of the best magazines you have ever seen!

LIFELONG
MARATHON

Upward Bound!



During the summer, I had the privilege of being apart of the UB program at CCP. Even though we were forced to take summer classes, it was still a blast. We got to travel and experience new things. I met so many amazing people, and I can't wait to see them again.



MAGAZINE

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Tiff's Lifelong Marathon
Filled with tons of exciting information all about me, the author

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Dear Readers,

Welcome to the first and last volume of *Tiff's Lifelong Marathon*. Up to this point, my life has been one excruciatingly, painfully long marathon, hence the title of the magazine. This volume will give insight to parts of my personality—because I am the most important person in this publication. For the most part, I am upbeat, enthusiastic, and reflective. I try to stay true to myself, but there are times my environment doesn't allow for that. This publication includes *The Procrastination Catastrophe*, an article about my greatest passion, a table of contents, my bucket list, and advertisements for my summer and running program. And there's obviously also an editor's note. Even though it was a bit stressful at times, I still had loads of fun designing this magazine. My favorite parts are the Upward Bound and Students Run posters. I loved how they turned out, and I especially love the programs; they're like family to me. They helped build up my confidence, allowed me to be my true self, and to laugh. I tried my best to sprinkle humor here and there, and I hope you laugh at least once or twice.

Before I sign off, I would like to give a shoutout to everyone that has helped me get to this point in time. I love you all <3. Well, without further ado, enjoy the one and only volume of *Tiff's Lifelong Marathon!*

Yours Truly,

Tiffany Kang <3



Students Run!



Students Run Philly Style! It's an amazing running program. Not only is it non-competitive, anyone can do it. We look out for one another and strive for self-improvement. Running big races isn't easy, but it feels amazing afterwards. Yay for running :)



The Procrastination Catastrophe



We have all procrastinated before. Some times are more severe than others. Luckily, if you work on it, the bad habit will eventually lessen. A single experience will shake you up and inspire you to change—for the most part. For me, that moment took place during the winter of the 2021-2022 academic year. "The Road to the Constitution Timeline." Those words will forever traumatize me.

It was a chilly, bitter cold January night, and the wind was heavily pounding against the window. I was on my bed, wrapped in a cozy blanket to shield myself from the frigid winter air. I was comfy, relaxed, and at peace. Everything was good, until it wasn't.

I was aimlessly watching YouTube videos when one of my friends texted me. "Yo Tiff, you finished that project yet?" *Great, I forgot about that. When will the pain and suffering finally come to a stop?* I urgently leapt off my bed, rushed over to my desk, and opened the assignment on my laptop. I had to research the events, carefully pick out the right information—avoiding red herrings, transfer it over to the slideshow, and make the slides aesthetically pleasing. Looking back, I certainly did not have enough time.

If slideshows could collect dust, it would be dustier than the book shelf I had when I was eight. Finding a completed slide on that presentation would be harder than finding water when you're stranded in the middle of the Sahara desert. *Well, I guess I can add all the slides.* So I created 12 slides, one for each of the events leading up to the constitution. After I finished, I researched 5 of the events and completed their designated slides. I was happy with my progress. I had 2 hours left to finish, so I took a break. Watching anime and playing tetris seems

more interesting than a history project, but who said it was a good idea? Certainly not the future me.

When I looked at the clock, it was 10:47. I still had 7 slides to complete and not even an hour and a half to finish. Panic mode activated and my stress level was soaring extraordinarily high. *How will I get this in on time?* I opened a new tab and rapidly started to research. I was fighting a losing battle, but I can't give up. God knows what's going to happen if my mother sees a big fat zero on Infinite Campus. It was twenty-five to twelve and I still had 2 more slides to go. This was not a good time for a break, but I needed to know what happened next. It just happened to be paused at the best part.

By the time I went off break, there were only 7 minutes remaining. This was not good for my mental health, but there was no place for depression on my cramped schedule. In those last 7 minutes, I was the most productive I had ever been. My fingers moved so fast I thought that my keyboard would catch on fire. My mind was racing, I was talking to myself, and essentially went insane. *Yeah, this goes here, that goes there. No, no, no, this doesn't go here.* I turned in the assignment at the last possible second. 12 o'clock on the dot. It felt like a building had just been lifted off of my shoulders, and I collapsed on the ground from exhaustion.

Even though procrastination itself is negative, the experience still positively impacted me. It taught me why I shouldn't put things off until the last possible moment. Afterwards, I made sure to always stay on top of my work and to finish it as soon as possible. I learned to be hardworking and to put more effort into my work. I refuse to have a repeat of the procrastination catastrophe.

Media Rules!

There are many things I would consider my passion: music, running, arguing, and many others. However, the first thing that comes to mind would be media and film. I was first introduced to it during the beginning of quarantine, when I stumbled upon an anime edit. It looked cool so I clicked on the video, but little did I know how much that would impact me.

The edit was simply amazing, and I wanted to make something like that too. So I downloaded the app, and expected to be amazing at it. Oh how wrong I was. The final product looked like it was made by a 2 year old. I felt super demotivated and I didn't do anything related to media until a couple months later.

After that disaster of an edit, I never wanted to be reunited with that editing software ever again. However, a small part of me was still curious about editing, so I gave it another go. I watched tutorials on YouTube and I improved. It felt amazing to finally be able to make something mildly decent, and I slowly started to fall in love with media.

My next experience took place during the beginning of the 2021-2022 school year. The technology teacher, Mr. Levinson, came in during advisory, and advertised the school's media club. I decided to try it out since I had prior knowledge on editing. The first day was a bit boring, we introduced ourselves and all that stuff. The second meeting was way more interesting. We got to try out the media equipment: cameras, microphones, lights, etc. We also got started on the first episodes of season 4 of the "Mayfair News." I became more and more involved within the club, and eventually became the president.

Lights!



Around January, me and one of my friends, Ashley, made a commercial for the vaccine clinic taking place at our school—we were kind of forced to, for the Mayfair news. The commercial was a big hit and the event was very successful. *You're welcome, Mayfair School, our unpaid labor got you that.* Around the same time, the regional media and design competition was just starting. Mr. Levinson decided to submit our commercial for the competition. We had to answer a bunch of questions, draw a storyboard, and all that stuff. It was super tedious, and it forced me to take part in even more unpaid labor. I wanted to call it quits so many times. Thank goodness I didn't give up. We pushed through it and got everything in on time. Hooray. After we submitted the last thing for the contest, I felt like I could fly freer than a bird that just learned how to spread its wings. The laborious work was done!

A couple weeks later the competition results came out. We were all in a room together, watching the video live. I was super nervous, but also excited. I'm super competitive, so I wanted that win. "With a difference of 600th of a point," we took home the win, as expected. My labor has paid off.

Since we won the regional competition, we moved on to the state competition. Unfortunately, we did not get on the podium for the state competition. We placed 4th because there was a virtual contestant that received 2nd—I am still kind of salty about it. However, that moment sparked something. After seeing those projects that were better than mine, I wanted to improve. That's when I was hit by Cupid's arrow and completely fell in love with media and film. My current goal is to enter the contest sometime again in high school, and to take home first place in the state competition.

Camera! Action!

MEDIA RULES! | 9
CONTINUED

Bucket List

Get into an Ivy League

Take home 1st place at the PA media and design competition

Ride the SLA elevator at least once before graduation

Run a couple of marathons

Watch every existing anime

Be the CEO of a successful company

The Summer Short Story




It all started when my summer program took us to Funplex in New Jersey. It was a beautiful summer day, and the sun was shining brightly. We went through the entire amusement and water park. They fed us good food and everything was going smoothly until that offer.

After lunch, one of the infamous tutor counselors, Emily, asked me and my best friend if we wanted to go on the go-karts. I curse my past self for not shooting down the offer. Before we left, we were told to get back by 2 o'clock sharp. I should've taken that to heart.

We reached the go-kart place and we waited in line for what felt like eternity. I expected to leave the place and to see a whole different era. By the time we reached the front of the line, it was 5 minutes to 2 o'clock. But it was alright, right? One round of go-kart won't take 30 minutes right? If you're thinking that, you must've gotten kicked in the head by a donkey.

Once we were strapped into the cars, there was an announcement. It went something like, "everyone in Upward Bound, please return to the front entrance." We decided to play and ignore the announcement. That was the wrong move. By the time we were off the go-karts, it was half past two. We exited the area and we were marched to the front entrance by another staff member. Then, we were scolded and lectured on punctuality. I tremble and shiver just thinking about it again. If the options are showing up 2 hours early or 5 minutes late, I would pick the 2 hours early in a heartbeat.



Magazine

Vol 1

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