



PAPAYA POST

MARCH/APRIL



A Magical Experience


Ted Hsieh
CDI105007
謝坤修

My high school teacher always told us that college can change a person. I wasn't sure what he meant back then, but I totally agree with him now. Before I became a freshman, I was a very shy person. When school first started, I really wanted to find someone to talk to because of my great fear of loneliness. However, I was so shy that I couldn't find anybody to talk to. Then I met some friends in some of my courses because we had to team up with others to do group activities. But the people I became familiar with still didn't engage in many activities, so I decided to participate in an activity that completely changed not only my personality but also my whole college life. That activity was the English camp.

Basically, for the English camp, we had to prepare numerous activities and performances. Most importantly, we had to take care of a bunch of elementary school children. We began preparing one semester early in order to be ready for the camp which took place during winter break. I was assigned to take part in a dance and I also had to shout very loud. That was not something I am accustomed to doing since I am so shy. The leaders of the camp were the sophomores and they could be really strict at times. I must admit that I once thought about quitting the English camp because the rehearsals were so tiring. But then seeing how everyone worked hard to train themselves and the effort they put into the whole preparation process really struck me. I realized that the work we freshmen had to do was just a tiny part and that they worked so much harder than us so there was no reason for us to complain. I worked hard to conquer my fears of shouting, dancing, and performing in front of a bunch of people. By the time the camp started, our team of four was almost ready for the real show. Although I conquered most of my fears, I still couldn't just let myself go and not care about my appearance.

Finally, the six-day English camp started. I had a hard time dealing with children since it was my first time caring for them. There was a little thing that happened to my surprise, which I thought was the most touching moment throughout the whole week. Two of the teammates on team four, which I was responsible for, said they wanted to help me change myself and to forget about my appearance so I could finally let go and perform my best. The thing I still couldn't do well is shout, since my voice is naturally soft. So, the three of us shouted to the stars as loud as we could in the middle of the field. At that moment, I couldn't understand why a person like myself could deserve so much support and love. I was so touched that my heart was overflowing.

The highlight of the whole camp week was the campfire night event in which my group had a major role. We had to stand at the four ends of the campfire and dance. However, before the performance, I had another important job. I didn't realize how important I was until the camp was over. I had to shout out a spell, the purpose of which was to let the "Fire King" come out and light the campfire! Well, during my performance I was really nervous and afraid. Guess what I was afraid of? Not failure, not a bad appearance, not the tiring job, but the fear of letting down those who lost their voices cheering for us. At the end of my performance, a kid ran up to me and started telling me how good I did on that stage, which gave me a lot of confidence. The camp came to an end too quickly. Nobody wanted to leave—there were just too many good experiences and nobody wanted them to end.



Every time I recall those memories of my first experience participating in the English camp, I have to try my hardest to not cry. By joining the camp, I gained experience in taking care of children. Because of the camp, I conquered my fear of public speaking and performing in front of a group of people. Because of the camp, I learned to get along with my classmates and even made my best friend. In short, the English camp really brought our whole class together and we are now eager to work together again! Only those who will take a risk by stepping out of their comfort zone can possibly find out how far they can go. English camp pushed me to my limits and helped me discover the outgoing side of me that I never knew I had before!



Effects of Myopia

Alex Cheng

CDI103013

鄭名宏

“

The eyes are the window of soul” is a proverb that probably everyone knows. However, we can’t enjoy the view in front of us if we don’t have clear eyesight. Myopia is a serious problem in our society, and most students in Taiwan suffer from it. In an article that appeared on *Slate.com*, Brian Palmer stated, “An incredible 81 percent of Taiwanese 15-year-olds are myopic.” Myopia is a serious problem that can affect our everyday lives, become a financial problem to our family, and even cause us to eventually develop several eye diseases.

F

irst of all, myopia can seriously affect our everyday lives in several different ways. In *Living with Myopia*, the writer points out:

W

ithout proper vision correction, a child can struggle at school when he or she cannot see the chalkboard or engage in some school activities. Adults can fail to see road signs while driving, which is a safety concern. Myopia can also prevent individuals from fully enjoying a performance, a sport or the outdoors.

We can notice from this quote that children may struggle at school when they can't see clearly enough in the classroom.


If they have to squint to see the board, it could make their nearsightedness even worse. Also, the effects of myopia are more evident in people who engage in outdoor activities such as sports. For example, if you have myopia and can't see the basket clearly while playing basketball and trying to shoot a buzzer beater, or if you strike out at a clutch moment during a baseball game, you might cause your team to lose the game or even the championship. These are only some of the many consequences that myopia can cause and that we have to face in our daily lives.

Secondly, myopia can also negatively influence one's financial situation. In an article entitled "Why Myopia Progression is a Concern" from *ALL ABOUT VISION.COM*, Gary Heiting states:

Some children who develop myopia (nearsightedness) have a continual progression of their myopia throughout the school years, including high school. And while the cost of annual eye exams and new glasses every year can be a financial strain for some families, the long-term risks associated with myopia progression can be even greater.

This article points out some of the financial issues that myopia can cause. According to my personal experiences, I have had to change glasses many times due to the progression of my myopia. My parents have to spend almost three thousand dollars or even more than that every time I need to get new glasses. That money could go toward paying for my tuition or living costs if I didn't have myopia. Also, we may have to replace glasses not only because of the progression of myopia but also because of glasses getting damaged or broken. For example, I broke one pair of glasses when I was playing basketball in school, so I had to purchase a new pair immediately after school. The amount of money that we spend on glasses can be incredible. This is surely a financial burden for some families.

Last but not least, the most important point I want to mention is that people with myopia tend to develop other eye problems. In the same article mentioned above, Gary Heiting states the finding from one research study that "Eyes with high myopia had a higher prevalence of co-existing disease and complications, such as retinal detachment." The eye diseases that result from myopia pose additional threats to our health—"Researchers found cataracts tended to develop sooner in highly myopic eyes compared with normal eyes," Heiting continued. This finding indicates that myopia can lead to serious eye problems. If we don't cherish our eyes and carefully take care of them, we may suffer from more serious issues when we get older. However, if that happens, it will be too late to do anything about it.



In conclusion, the effects of myopia can have serious consequences in our daily lives. We have to use our eyes for our whole lifetime, so how could we not do everything possible to protect them? By avoiding myopia, we can enjoy a wonderful life, save money, and see the world with healthy eyes. The benefits of not having nearsightedness are countless and should be enjoyed by everyone.

Reasons for Depression

Ben Zou
CDI103005
鄒年晟

According to the WHO, “Depression is a common mental disorder. Globally, an estimated 350 million people of all ages suffer from depression.” From this statistic, it seems that depression is a serious and common mental problem all over the world. In addition, there are numerous consequences of depression. For example, people with depression have greater difficulty controlling their emotions which can lead to numerous physical disorders, such as insomnia, anorexia, attention-deficit disorder, and can even make people suicidal if it gets too serious. Thus, it is important to prevent these problems before they happen. There are three main factors that cause depression, including pessimism, short-term life changes, and social isolation.

First of all, depression can easily occur in people who tend to be pessimistic. If you are inclined to think negatively, there is a greater chance you might suffer from depression. In her article entitled *Negative Thinking: The Number One Cause Of Chronic Depression And How To Overcome It*, Nanice Ellis says, “Depression is your body’s defense mechanism against the ill-effects of chronic negative thinking.” In the same article, she goes on to explain why negative thinking is inferior as a defense mechanism. As she puts it, “Negative thinking is a survival strategy that causes us to look for what is wrong so that we can protect ourselves against danger, but it is a very bad strategy because our thoughts actually create reality. So instead of preventing bad things from happening, we are telling the quantum mind to materialize them.”

In this quote, the author attempts to convey the idea that when people encounter trouble, they usually attempt to avoid it but in a negative way. In reality, however, this does not help solve the problem. The best way to conquer problems is by building up the confidence and to face them directly. As a result, people who face challenges in a negative way easily suffer from depression.

Secondly, short-term life changes can also lead to depression. For example, my aunt's friend, who is a merchant, earned a large sum of money over a long period of time. However, five years ago when the factory where he worked claimed that it went bankrupt due to poor management, my aunt's friend lost his company and ended up with a huge debt. This crash occurred so abruptly that my aunt's friend could not cope with such a huge financial loss and was later diagnosed with depression due to the tremendous pressure. From this true story, I realize that short-term life changes can easily produce significant stress which contributes to depression. Based on a report entitled *What Cause Depression?* published by the non-government organization Beyondblue, "Recent events (such as losing your job) or a combination of events can 'trigger' depression if you're already at risk because of previous bad experiences or personal factors." This illustrates that short-term life changes like the loss of a job, divorce, or the death of a family member influence depression.

Finally, social isolation is another factor related to depression. For instance, if a person who has a hard time fitting into social groups and establishing relationships, he or she can indeed become lonely. This kind of loneliness can generate numerous problems including situations in which that person isn't accepted or helped by others, which in turn could lower his or her self-esteem, promote feelings of being isolated, and so on. Under such negative conditions, one is apt to suffer from depression. In an article entitled *Causes of Depression* by WebMD, the author states, "Problems such as social isolation due to other mental illnesses or being cast out of a family or social group can contribute to the risk of developing clinical depression." Hence, social isolation is a major contributing factor in depression.

In conclusion, having too many negative thoughts, short-term life changes, and instances of social isolation can all lead to depression. The effects of depression are so powerful and numerous. Hence, if you suffer from depression some day in the future, you should try to find out why you are diagnosed with it. Also, you need to find a remedy as soon as possible, try to adjust your emotions to be more positive, and have more courage to face unavoidable disappointments and frustration. By doing so, you can keep depression at bay.



How to Sing a Ballad Well

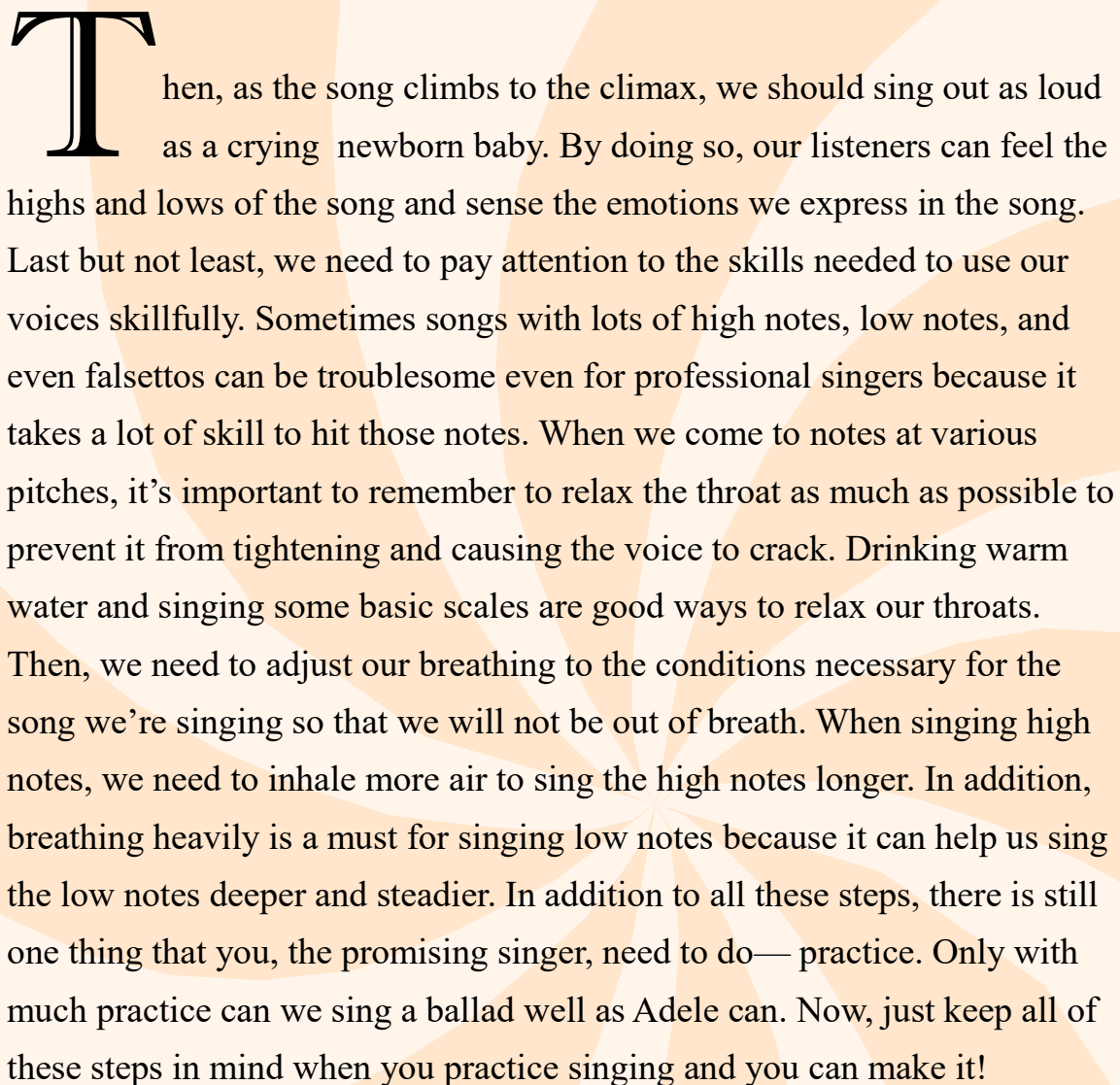
Benson Liu

CDI104005

劉致辰

Have you ever been envious of some famous singer like Celine Dion who excels in mastering her voice range from very high to very low notes? Have you ever been touched by Adele through the emotions she expresses ingeniously in her love songs? However, singing a ballad well is not as simple as one might expect. In fact, it requires excellent coordination between the vocal cords and the brain. If you want to better understand the secret of singing a ballad well like a professional singer, just follow these steps to letting your voice be heard loud and clear!

First, being familiar with the pitch of the song is the most essential element for novice singers. Unlike poems which have no melody at all, each ballad has its own unique melody and tone. If we do not sing on pitch but instead are “off-key,” our listeners may have much difficulty recognizing what song we’re singing. After learning to sing in tune, next step is to learn how to express our emotions when singing. What sets human beings apart from robots is our emotions. Based on the melody of each ballad, we should consciously vary our voices in terms of volume, pitch, and tone instead of just singing repetitiously like a robot would. At the beginning of a song, we should use a softer voice to open the song rather than sing out loud right from the start. As we proceed singing, our emotions should be expressed stronger and with greater feeling and intensity as the lyrics and melody lead to the chorus.



Then, as the song climbs to the climax, we should sing out as loud as a crying newborn baby. By doing so, our listeners can feel the highs and lows of the song and sense the emotions we express in the song. Last but not least, we need to pay attention to the skills needed to use our voices skillfully. Sometimes songs with lots of high notes, low notes, and even falsettos can be troublesome even for professional singers because it takes a lot of skill to hit those notes. When we come to notes at various pitches, it's important to remember to relax the throat as much as possible to prevent it from tightening and causing the voice to crack. Drinking warm water and singing some basic scales are good ways to relax our throats. Then, we need to adjust our breathing to the conditions necessary for the song we're singing so that we will not be out of breath. When singing high notes, we need to inhale more air to sing the high notes longer. In addition, breathing heavily is a must for singing low notes because it can help us sing the low notes deeper and steadier. In addition to all these steps, there is still one thing that you, the promising singer, need to do—practice. Only with much practice can we sing a ballad well as Adele can. Now, just keep all of these steps in mind when you practice singing and you can make it!


ESL or Bilingual?

Denny Hsu

CDI103003

許文欽

English is a global language nowadays, so it is considered an important and useful tool. It is also the most common language used to communicate in North America. As a result, parents are responsible for choosing what language are proper for their children to learn. However, how to help children learn a second language successfully without losing their native language is an important issue that we need to consider. If my family were to emigrate from Taiwan to the USA in the future because I got a job there, I would send my kids to a local school in order for them to improve their English ability. More specifically, I would choose a bilingual program. According to one parent who supports bilingual education, schools should “Teach in the child’s native language to protect his or her native language, culture, and heritage.” I completely agree with this because I believe that my children would learn English well if they were able to hear and speak both Chinese and English in the native environment instead of learn ESL, which means that teachers teach children English as a second language. I am totally for bilingual education due to aspects related to everyday life, culture, and future career opportunities.



The first and most important consideration would be my children's lives. Although in this hypothetical situation I live in America, I am still Taiwanese. Whenever I am at home, I would certainly communicate with my wife and my children in Mandarin Chinese or Taiwanese. These are our native languages and we use them most of the time. In this way, we could keep in contact with our Taiwanese family members, including cousins, siblings, and other relatives and not lose touch with them. Also, my son and daughter could speak both Chinese and English with their teachers and classmates at school because they would be bilingual and could communicate more easily than those in all-English surroundings. In a bilingual school, Chinese is a tool that can help students better understand the English spoken by their teachers. Besides, they can speak with others in Chinese when they have difficulty saying what they want to convey in English clearly. Therefore, a bilingual education can make both our lives and our children's lives more convenient. Due to this advantage, I would decide to send my children to a bilingual school.

The second reason why bilingual education would be a better option for my children is that they would still be able to understand things about their original culture because they can speak two languages. Thus, they would be able to learn about and remember the cultural events and customs in our homeland. They could also celebrate Chinese New Year and receive red envelopes from their relatives in Taiwan. They could also burn incense to gods and ancestors just like most Taiwanese people do. They would not forget their mother culture. Moreover, why many educators call this system bilingual and bicultural education is because in addition to our initial knowledge of our native language and culture, we can learn foreign languages and foreign cultures without forgetting our own. We acquire linguistic and cultural differences from one another especially from western culture. Hence, my children could learn more cultural information and expand their horizons and global outlook. We live in a global village now. Thus, we cannot just expend all of our effort learning English without retaining our own cultural heritage, or else we will very quickly become ignorant and illiterate in regard to our own culture.

Last but not least, I think most parents are concerned about the future jobs and careers of their children after they grow up. Working and earning money to support themselves, their parents, and future kids is an important issue, too. Attending a bilingual school would give my kids more opportunities to choose their occupation in the future after they graduate. Though some people may think not all professions need workers who are bilingual but that one popular language is enough to find a satisfying job because everybody in America uses English, we would have more job opportunities if we were bilingual. For example, a lawyer could prosecute a Chinese defendant in his first language. A teacher could teach more easily when teaching foreign students to speak Chinese and converse with them more fluently by speaking English aided by Chinese, and vice versa. A businessman interested in selling products or analyzing the stock market could persuade people who come from Chinese-speaking countries because they might consider a bilingual merchant more hospitable and passionate to others and be more likely to stop by and listen to what they say or want to sell. For the above reasons, I think going to a bilingual school would be a wise choice.

In summary, although both bilingual and ESL education have several pros and cons, I prefer bilingual education because it could help my children adjust to life in the new setting while still helping them retain their native linguistic and cultural knowledge. It is very worthwhile for us to save for our children's education. Since nowadays there are more options for parents to choose from for their children, as long as we think thoroughly about which kind of education program is appropriate for our offspring, we can benefit our descendants and help give them a better life in the future.

How to Brush Your Teeth

Jocelyn Lin

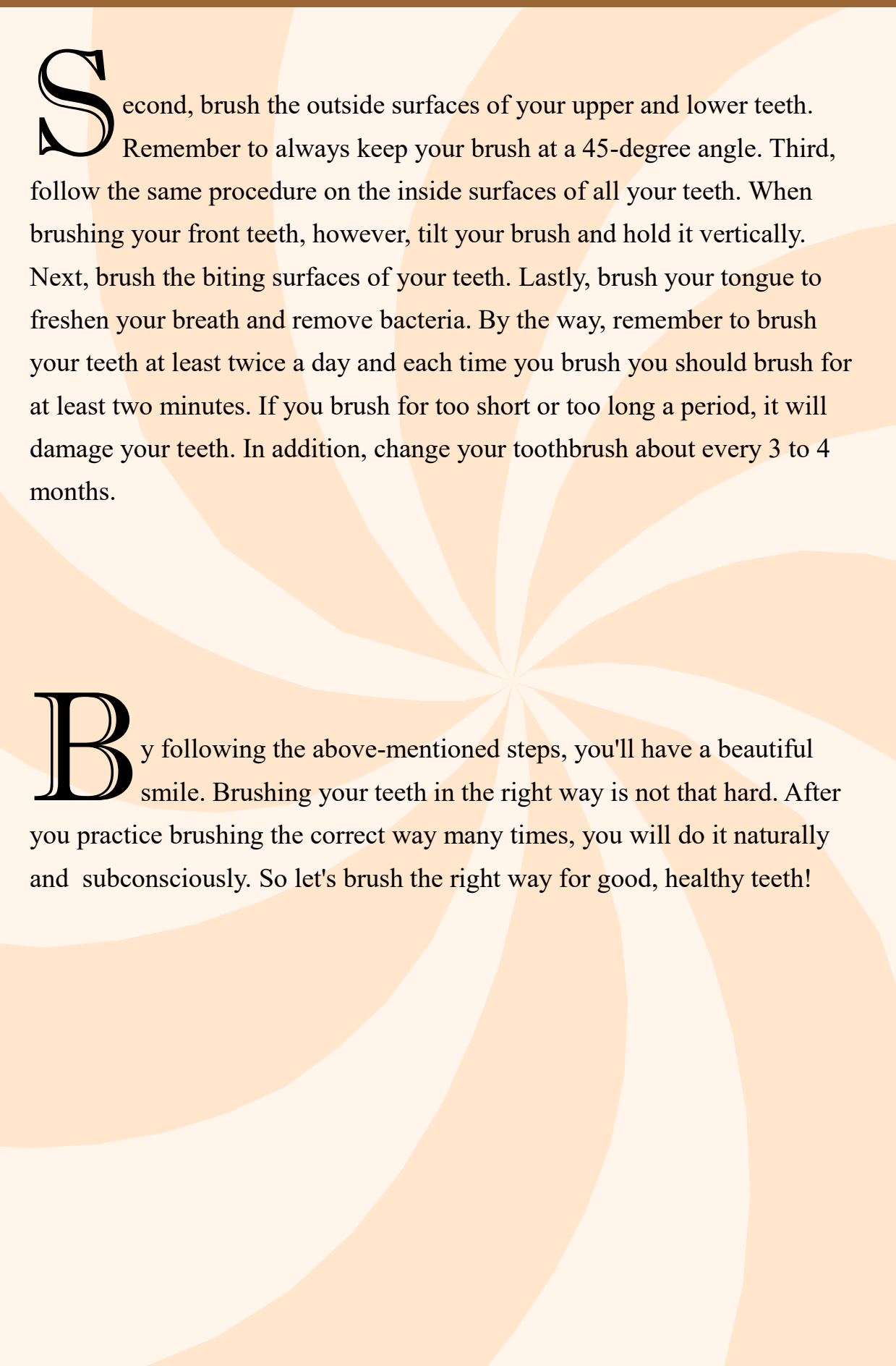
CDI104033

林宜瑢

Almost everybody eats every day. After a long period of studying, many students eat snacks to get some extra energy. Sometimes we eat without any specific reason other than we just want to eat. Although we eat often, how frequently do we brush our teeth? Although we have been brushing our teeth since we were young, many people brush in an improper way. So what is the proper way to brush our teeth?

The first thing we have to know is when to brush our teeth. Some dentists say that we should brush our teeth before eating breakfast while other dentists say we should brush after. Actually, there are both pros and cons with brushing before and after meals. However, we shouldn't brush immediately after eating and drinking, especially if we have consumed acidic foods and drinks which can harm our teeth. If we brush less than 30 minutes after eating or drinking, tooth damage from acidity will accelerate.

Besides knowing the right time to brush, we need to have the right kind of toothbrush. A brush with soft bristles which is better able to reach every surface of your teeth is the best choice. What's more, plaque is soft and loose so you don't have to brush vigorously. On the other hand, brushing hard or using a brush with hard bristles may wear down your tooth enamel. After having the right tool, we can get started. To begin with, hold your toothbrush at a 45-degree angle where the teeth meet the gums. The purpose of brushing your teeth is to remove plaque which often grows between the teeth and gums. Thus, brushing at a 45-degree angle will remove it effectively. Then, gently move your brush in circular motions and repeat for every tooth. Don't brush back and forth because it will cause gum damage and other problems.



Second, brush the outside surfaces of your upper and lower teeth. Remember to always keep your brush at a 45-degree angle. Third, follow the same procedure on the inside surfaces of all your teeth. When brushing your front teeth, however, tilt your brush and hold it vertically. Next, brush the biting surfaces of your teeth. Lastly, brush your tongue to freshen your breath and remove bacteria. By the way, remember to brush your teeth at least twice a day and each time you brush you should brush for at least two minutes. If you brush for too short or too long a period, it will damage your teeth. In addition, change your toothbrush about every 3 to 4 months.

By following the above-mentioned steps, you'll have a beautiful smile. Brushing your teeth in the right way is not that hard. After you practice brushing the correct way many times, you will do it naturally and subconsciously. So let's brush the right way for good, healthy teeth!



**The negative
consequences of smoking**

Lisa Wu
CDI103029
吳婉綺

In Taiwan, it is common to see packs of cigarettes with warning labels such as “Cigarette Smoke Contains Carbon Monoxide” and “Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.” However, some of the main reasons why young people start smoking due to peer pressure and because they think it makes them more mature. As for adults, an article entitled “Why People Smoke” states that they smoke as a way to cope with the stress and pressure of economic and personal problems. In addition, once they start, it is difficult for smokers to quit smoking so they easily become controlled by this bad habit. Thus, I want to discuss the negative health effects of smoking in the body’s respiratory, circulatory, and immune systems.

The first point I would like to make in regard to the respiratory system is that smoking increases the risk of lung infections. In an article entitled “How Smoking Causes Cancer,” the writer stated that “Chemicals in cigarette smoke enter our blood stream and can then affect the entire body. This is why smoking causes so many diseases, including at least 14 types of cancer.” Toxins from smoking harm the body from the moment they enter the mouth and nose. This phenomenon damages tissues and cells all the way to the lungs. Hence, many people who have difficulty breathing. Continuing to smoke can lead to all kinds of dreadful diseases that could otherwise be largely avoid.

Secondly, smoking has a negative impact on the body's circulatory system. In a report entitled "How Smoking Effects the Circulatory System," Stephen Lilley explains the negative effects of smoking as follows:

“Smoking can raise both your blood pressure and your heart rate as well as tighten your blood vessels. The tightening or constricting of your blood vessels in particular can result in a loss of overall skin temperature. An important job of your circulatory system is to carry oxygen all throughout the body via your blood. Smoking can result in less oxygen getting into your blood which will ultimately result in less oxygen getting to important parts of your body like your hands and feet.”

It is common for many smokers to have symptoms such as high blood pressure and heart disease. These conditions directly effect not only their health but can also adversely affect their relationship with family members.

Finally, not only does smoking cause serious health conditions such as lung cancer and other problems with the respiratory and circulatory systems, but it also decreases the body's immune responses, making a person more susceptible to infections. According to QuitDay.org, "Antibodies normally help fight off infectious illnesses, but since smokers have fewer of these antibodies available, they may experience more severe infections and they may remain sick longer than non-smokers." In other words, smokers have less immunity to protect themselves, and the illnesses and diseases they get are harder to recover from.

To sum up, smoking causes a significant number of health problems, such as developing serious lung illnesses, having irregular blood circulation, and having weaker immune systems, all of which make people who smoke destined to face many health obstacles in their lives. If people do not want to be controlled by smoking and its dangers, just keep far away from it and have the courage to say no.



The Effects of Violent Video Games

Melody Sun

CV102124

孫妙菁

Social scientists have been studying and debating the effects of media violence on human behavior since the 1950s and the effects of video games in particular since the 1980s. Video games are a unique form of entertainment because they encourage players to become a part of the game's script. Although video games have been available for more than 30 years, sophisticated video games require players to pay constant attention to them. When playing, gamers engage in the videos on a deeper level—both physically and emotionally—than people who watch violent TV programs and films. This phenomena makes video games powerful and influential.

Most of the bad effects of video games are blamed on the violence they contain. The media often and some experts claim that violent video games are a major reason why some young people become violent or commit extreme anti-social behavior. In fact, video games are also largely frowned upon by parents as time-wasters. Moreover, some education experts think that these games cause brain damage. According to one scientific study, children who play a lot of violent video games are more likely to have more aggressive thoughts, feelings, and behaviors and less benevolence and feelings of empathy for others, In the study, children were randomly assigned to either play a violent video game themselves or watch someone else play. There was also a nonviolent video game control condition. The results showed that boys who played violent video game were more aggressive afterwards than were boys who merely watched. In short, violent video games significantly affect people who play them often.

Too much video game playing also makes people socially isolated. On one hand, they may spend less time on other activities, such as doing homework, reading, playing sports, and even interacting with family and friends. On the other hand, a study by researchers at North Carolina State University, New York University and the University of Ontario's Institute of Technology points out that gamers usually do not replace their offline social lives with online game playing; instead, their online game playing increases even more. In short, serious gamers tend to be loners.

As for students, academic achievement may be negatively related to overall time spent playing video games. Studies have shown that the more time young people spend playing video games, the poorer their performance in school is. A study by Argosy University's Minnesota School of Professional Psychology found that video game addicts argue a lot with their teachers, fight a lot with their friends, and get lower grades than others who play video games less often. Other studies have shown that many gamers routinely skip their homework to play games, and many students admit that their video game habits are often responsible for their poor grades in school. All the research evidence shows that playing video games has a huge influence on student academic achievement. In summary, there are good theoretical reasons to believe that the effects of violent video games are even more harmful than violent TV programs or films.



New Era of Instant Messaging — Meet Discord

Still Hsu
CDI105004
許喬斌

We live in an era where the idea of being “connected everywhere, anywhere, at any time” is extremely ingrained in our heads. To communicate with each other more easily, many companies have invented all sorts of communication tools and applications, such as Skype, RaidCall, and Yahoo Messenger, to name just a few. Almost everyone has undoubtedly used some sort of instant messaging applications before. However, many applications tend to have one or more technical quirks that just seem to inconvenience the user in some way.

Back in 2011, my friend and I used Skype almost daily. It was the best tool available at the time in regard to such features as feature-packed voice call, screen sharing ability, and so on. However, the connections were always sub-par when we were using the application, which seemed largely due to the fact that Skype uses P2P to connect users on voice calls. This not only makes users vulnerable to IP address leakage but also means that if the connection is poor on one end, the whole call could be affected. Technical quirks like these only degrade the user’s overall experience. If only there was a perfect tool that could do everything—a tool that’s powered by the community.

Enter Discord.

Discord is the newest instant messaging app on the market and is already quickly gaining popularity throughout the world, especially in gaming communities. Discord was launched on March 6, 2015 when Skype was still a popular hit. Discord was released. It was developed by Hammer & Chisel Inc. (now Discord, Inc.). The developers aimed to create a low latency Voice over IP (or VoIP) program that could compete with Skype and TeamSpeak – and so they did. Their application not only features low latency VoIP but also has many other features, such as proper permission management for users, ease of use, and the ability to easily create your own server. It is designed to be portable as well, meaning that you don't need to install the program at all in order to use it—all you need is a web browser. With these compelling features, Discord raised over US\$20 million in funding for the software in January of 2016. In December of that year, the company announced that its user base had grown to 25 million users worldwide.

I, for one, am also part of this community. I have been using Discord since late July of 2016 and for a good reason, too. I have made many friends on this platform, and Discord has truly changed my online social life. I wake up every day to messages from my friends who also use this platform. I now manage a server of over 1,000 users and daily write personal bots for the platform. It has completely changed my life.

Overall, I think Discord could potentially play a big part in IM history and will continue to grow stronger in the future. I highly recommend this program to everyone. Give it a try!



A Secret Place Filled with Memories

Vera Fu
CDI103022
傅雅儒

There is a secret place in my family which is far but always familiar to me and close at heart. It is not a vast place, but to me it is an unlimited paradise. It is Grandpa's farm. Whenever I recall playing hide-and-peek with my sister during our childhood on Grandpa's farm, it always puts a smile my face. Whenever I went to that farm, I always felt proud of my Grandpa when I saw his fields of bumper crops grow so vibrantly. In spite of the fact that time has changed everyone over the years, Grandpa's farm still has a lasting impact on our family. The scenery might differ from what it was in the past, but the beautiful memories of that magical place that we hold in our hearts remain the same and will stay with me forever.

Qishan, Kaohsiung, has long been considered a place with an abundance of bananas, one of Taiwan's most famous fruits. Among farmers who grow this amazing fruit, Grandpa ranked among the top experts. Right after Taiwan's Retrocession in 1945, Taiwan's banana export business to Japan was tremendously prosperous. Many banana farmers made a killing back then, including Grandpa. Although he lived hand to mouth, he was still able to afford to send his eight children to school. Even though his banana business became a great success, in such a competitive environment, knowing how to grow bananas better than others was Grandpa's lifelong concern. According to my father, he did not like to go home after school since the house was full of the fragrance of isoamyl acetate from the tons of bananas. However, it was that smell which accompanied my father all the time and it was the smell he missed the most.

However, in the 1970s, the number of bananas Taiwan exported to Japan sharply decreased. What's worse, Taiwan's bananas were gradually replaced by those from the Philippines which were much cheaper. Unfortunately, this caused many farmers to give up growing bananas, since they thought that bananas would never again be economically worthwhile to raise. Nonetheless, the thought of giving up his lifelong livelihood never entered Grandpa's mind. As a diligent and persevering Hakka person, Grandpa held fast to his farm, even though the odds were against him. Grandpa believed his farm would continue to help him make both ends meet and support his whole family. Although the price of bananas was no longer profitable and his children had grown up and were able to make their own living, Grandpa still stayed on his farm, for he believed it had become an inseparable part of his life. With unchanged concern and affection, Grandpa tenderly pruned, weeded and fertilized his field as though he were taking care of his own kids.

Finally when Grandpa turned ninety, his body told him it was time to retire. Even so, Grandpa insisted on going to the farm at least twice a week to see the empty field. Although there were no more bananas, he still had his memories. Though he was eventually sent to a nursing home, he always talked about how beautiful his bananas were and how prosperous the export business was. Having developed Alzheimer's disease, it seemed that many memories gradually slipped from his mind. Nonetheless, he never forgot his days planting bananas and he loved to tell the story over and over again to anyone whether he knew the person or not. Whenever Grandpa retold how he grew his bananas, I could feel his sense of pride. I knew it was more than just bananas, though; it was the gratitude Grandpa had for the land that he remembered more clearly than anything.

After Grandpa passed away, I once went back to his farm but found that the bananas trees were all cut down. As I looked around the fallow farm, it was hard to imagine how prosperous it once was just as Grandpa always proudly described it. Not only can Grandpa's banana trees no longer be seen, but other farms that used to be full of bananas where I played games with my sister when we were kids are nowhere to be found as well. However, my heart still races when I stepped on that respectable land. It seemed that every inch of this land was cultivated and nourished by Grandpa's hands. With the passing of time, whenever I think of Grandpa, I recall him speaking Hakka and can picture the look of pride on his face as he looked in his younger, glorious days. As far as I am concerned, it is a great pity that I did not have many opportunities to talk to Grandpa due to the language barrier between us. However, I do appreciate the times I heard Grandpa retell that same old story over and over again which, even to this day, I can still clearly recall in my mind and have never forgotten.. Time slips by, yet the memories I have of Grandpa's secret place will always remain with me.



The Path of Growth

Vicky Shih

CDI103024

史玫萱

Piles and piles of textbooks stacked on the desk waiting to be studied and hundreds and hundreds of tests to take—these are the common nightmares of high school students in Taiwan. Students study hard and struggle to get better grades in order to enter into a great university and later get a good job. For many students, university life seems to be the key to gaining their freedom not only from a force-fed education system but also from strictly controlled schedules arranged by their parents and schools. From my own experiences and observations, there are many similarities and differences between high school and college life in regard to daily schedules, modes of learning, and friendships.

In high school, our daily schedules were mostly arranged by the schools and our parents. In my case, I had to wake up at 6:30 in the morning. Before going to school, I would review the class lessons for the day and get ready for school by 7:10. During our long days in school, students had to take eight classes every day from 8:00 a.m. until 5:30 p.m. Then after taking a one-hour break for dinner, we had to self-study in the school library until 9:00 p.m. Moreover, this intense schedule of concentrated studying continued every day, even on weekends.

On the contrary, the daily schedule is much more flexible and free in college. Students can arrange their own class schedules and have multiple, various courses to choose from. By doing so, students can take time to digest what they learn in class and can have more opportunities to explore their interests through part-time jobs, student clubs, or social activities.

The modes of learning in high school and college have similarities and differences as well. Both high school and college students have to learn how to make good use of their time in order to complete their assignments and have time to study for exams. In high school, I think the biggest challenge in regard to schoolwork was keeping up with the course material and following the school's schedule because it made learning seem like it was nothing more than merely a list of must-do tasks that needed to be done. High school teachers constantly remind students about upcoming tests and quizzes. Hence, what they teach is mainly test-oriented. Students have to study hard in order to get good grades. Therefore, in addition to the self-study time in school, some students go to cram schools to improve their problem-solving skills. In short, there isn't enough time for the knowledge that high school students have studied to be stored in their long-term memory.

However, in college, learning involves a process of gaining knowledge independently. Students have to be responsible for their own academic performance. Learning often takes place spontaneously through active engagement rather than by waiting for somebody else to give you instruction. After getting into college, I realized that there's a lot of things to learn, whether it is academic performance or group social skills. In my freshman year, I was filled with anxieties and worries, such as how to get along with people from different cities or countries and how to live with three strangers for four years in the dorm. Although it turned out that my anxieties were unfounded, I have experienced the process of learning independently from many aspects of my college life. For instance, professors won't tell you the answers to questions directly. Instead, they discuss with us and encourage us to go deeper into a problem, develop the ability to think critically, make comments, and eventually paraphrase what we've learned in our own words. By doing so, I can make sure whether I understand the information I've gotten from books and classes.

Finally, although the definition of friendship differs from person to person and may share some similarities such as sincerity and reliability, I believe there is one major reason why friendships in high school differ from those in college—time. Spending long hours of studying and experiencing the struggle of dealing with lots of tests, it seems easier to build closer relationships with high school friends because we have some kind of “kindred spirit.” Everyone has the same goal and our lives are simple: studying, having short periods of rest, occasionally hanging out with friends to see movies, and then studying again. As a result, it may make you take for granted what true friendship is because your friends are always there whenever you need them.

In contrast, friends in college spend less time with each other. They come from various schools, different family backgrounds, and have their own classes and social lives. You have to learn to do things alone by yourself and think about what your own definition of friendship is. It is hard to say at what stage friendship is the best since people change as they grow. Therefore, we should cherish the moments we laugh and cry with friends at each stage of life and treasure those friends who are always there for us.

In conclusion, there are both similarities and differences between high school and college life in regard to daily schedules, modes of learning, and friendship. From my observations, I have learned that growing up is the path we all have to take. High school and college are just two stages in our lives. Life has given us many opportunities to meet diverse people, experience various lifestyles, and learn valuable lessons at every stage. No matter what you’ve been through or what you’re experiencing now, live it, learn from it, and love it!



My Utopia

Yvonne Chiu

CDI104026

邱意璇

Naturally, this is the first time for me to think carefully about my Utopian views. There are many eye-opening institutions in Thomas More's *Utopia*, and I am most impressed by the part dealing with “marriage and divorce.”

In Thomas More's *Utopia*, the minimum legal age for getting married is 18 years old for women and 22 years old for men. Premarital intercourse is strictly forbidden. If discovered and convicted, both the man and woman are forbidden to marry for their whole lives unless the governor rescinds the sentence. When choosing marriage partners, people who want to marry must show their nakedness to each other. This behavior seems awkward. However, it does reflect the cautious attitude that the Utopian had toward marriage. According to More, “Not all people are so wise as to concern themselves solely with character; and even the wise appreciate physical beauty, as a supplement to the virtues of mind.” To be honest, I was surprised when I first read this. Owing to the belief that “there is no beauty is like the beauty of mind,” I believe that no one should judge a person based solely on his or her appearance.

Similar to the marriage laws, the laws of divorce in Thomas More's *Utopia* are also stringent. Couples seldom divorce their spouse. It's no doubt that there are very few situations in which a marriage can be terminated, adultery or intolerable behavior being among them. Occasionally, someone who has previously been married can get permission to remarry after getting the senate's approval. To sum up, divorce is only allowed in very rare situations.

My “Utopia” ideal, like the laws in Thomas More's *Utopia*, also involves the practice of monogamy. In my point of view, having a monogamous marriage is indeed the best way to reduce the rate of divorce. Everyone who wants to marry should realize that making this monumental decision is not easy, not to mention the negative consequences that deciding to divorce could cause. I strongly agree with the concept that, “Husbands and wives will find it hard to settle down together if each has in mind that a new marriage is easily available.” In my “Utopia,” every couple that decides to get married should be given a bonus by the government for each baby the couple produces. Raising a child is not easy, especially for couples where both husband and wife work outside the home. Accordingly, couples who have children should be provided with a nanny subsidized by the government.

In my “Utopia,” finding happiness is a simple goal that everyone can achieve. Having a sweet family is more important than living in a home where there is abundant but no warmth.



Justification for the Death Penalty

Zoe Chen

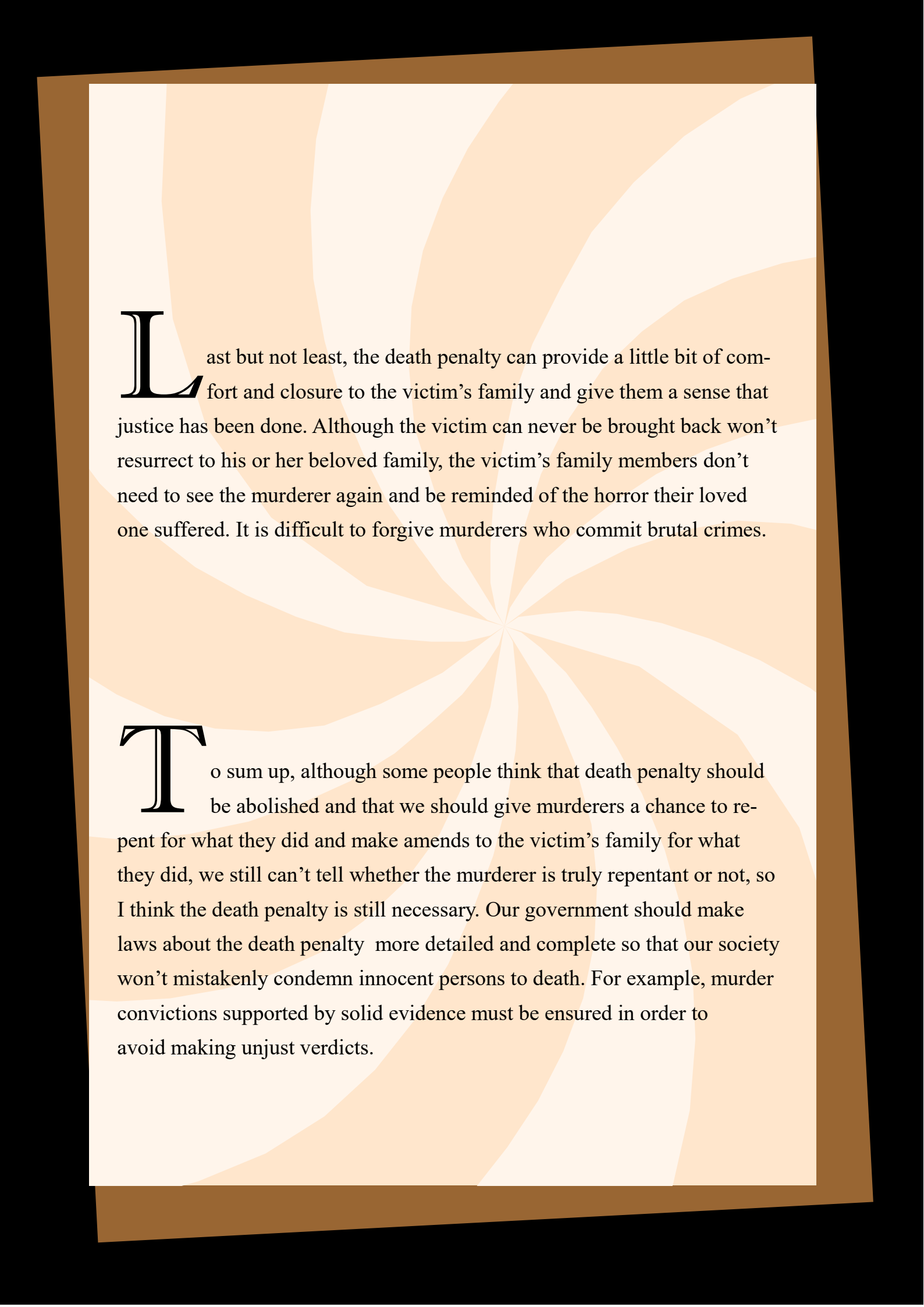
CDI103043

陳柔伊

The death penalty has been a controversial issue for many years. Last year, a four-year-old girl in Taipei was murdered in a brutal knife attack in front of her mother. Many people were astonished to hear this shocking news which renewed the debate over the death penalty. Everyone wanted the killer to be given the maximum punishment—the death penalty. I think that it is hard to forgive this evil criminal and that he must be given the death penalty. However, some people still oppose the death penalty.

I think the death penalty should be kept to punish those who commit such serious crimes like this one. First and foremost, the death penalty can be reasonably used in cases where of the murderer kills more than one person, like a serial killer or mass murderer. Some people think it unjustifiable to not punish murderers with the death penalty. Without the death penalty, murderers and society as a whole devalue of life.

Secondly, the death penalty is the only sure way to remove felons forever and to prevent the possibility of them having the chance to harm innocent people in our society ever again. Some people might want to give felons a second chance, but it is hard to assure whether felons can be truly reformed in the future or not. Even if those who support life imprisonment as a replacement for capital punishment, there is no guarantee that felons won't escape from jail. Laws might change in the future in a way that might reduce sentence time before criminals can be paroled or be granted special amnesty, thus releasing felons back into society. We can't be sure felons won't commit the same crime again.



Last but not least, the death penalty can provide a little bit of comfort and closure to the victim's family and give them a sense that justice has been done. Although the victim can never be brought back won't resurrect to his or her beloved family, the victim's family members don't need to see the murderer again and be reminded of the horror their loved one suffered. It is difficult to forgive murderers who commit brutal crimes.

To sum up, although some people think that death penalty should be abolished and that we should give murderers a chance to repent for what they did and make amends to the victim's family for what they did, we still can't tell whether the murderer is truly repentant or not, so I think the death penalty is still necessary. Our government should make laws about the death penalty more detailed and complete so that our society won't mistakenly condemn innocent persons to death. For example, murder convictions supported by solid evidence must be ensured in order to avoid making unjust verdicts.

My Brand-new Challenge

Tina

CDI104013

楊姿廷

One of the biggest things I have learned from my new job as a server at KFC is recognizing my deficiencies. Last summer vacation I quit my job at a gas station and searched for a new part-time job in order to expand my experience. I chose KFC because I thought working at a fast food restaurant would be interesting and that I could learn a lot of things there. However, my new job responsibilities were harder and more challenging than I thought they would be. My job tasks included taking customers' orders, delivering orders, and cleaning the restaurant. At the very beginning, I had to memorize every combo meal on the menu, learn what a server's proper attitude should be, solve various problems, and handle customer complaints, such as placating their moods after waiting too long for their orders. In KFC, I had to learn to work as fast and efficiently as possible while ensuring that the orders were 100% correct. It was most challenging on weekends when there were so many customers. Whenever I had to do two or more things at the same time, my brain "crashed." My mind went numb thinking about what I should do next or I just walked around trying to finish at once all the work I had to do. That was my biggest weakness because it was extremely hard for me to be efficient when I had to do many tasks. What's worse, I had very bad sales skills because I got nervous easily. As a result, when I couldn't keep calm and express myself clearly, I would stutter and sometimes forget the prices of our products.

Fortunately, I have many kind and outstanding co-workers. They have taught me patiently again and again, telling me not to be discouraged. They say there was a “silent understanding” between everyone in KFC. In other words, they can perfectly cooperate with each other and finish every task without needing to say anything. When one server is preparing the food, another one helps by simultaneously preparing the drinks. They also tell me the more I practice, the quicker I’ll be able to do it as well as them. I’ve also learned a lot by observing how they handle their job tasks, prepare orders accurately in the shortest amount of time, and so on. Gradually, I have learned how to take orders efficiently and have become quicker at preparing and serving meals. Furthermore, it has dawned on me that my sense of responsibility has become stronger and stronger. Last month I caught a cold and had a bad cough. Also, my congested nose not only made it hard for me to breathe but also developed into tinnitus. What’s worse, I had a sore throat and it really hurt whenever I spoke. Although I still went to work, I couldn’t stand the discomfort when I had to keep talking to take customers’ orders. I was so uncomfortable that I took a sick leave and got off work early. Much to my surprise, I felt guilty and burst into tears when I was resting at home because I thought I made trouble for my boss and my co-workers and felt I let them down.

Although I still have a lot of things to learn, I think I have learned to face my deficiencies and improve them through this unforgettable challenge. I have also learned that I need to be responsible for myself. I think I can benefit from every skill that I have learned from this job, including having a greater sense of responsibility, the right attitude toward my work and my social life, and how to continually become a better person in the future.



The One with a Stain on It

Jo Yang
CDI103036
楊晨筠

It's really cold tonight, and it is drizzling outside. My helmet fogs up from my breath. I didn't expect it would be so cold in Tainan. I guess I'm too used to the weather in Pingtung. I feel like I'm frozen riding my motorcycle in the frigid wind. However, I don't slow down but instead put on my trench coat and speed up because I just hate to see my Nanny wait.

Yesterday Nanny told me to come to her place again because her oldest son said he wanted to see me and that he hadn't seen me since my parents decided to take care of me by themselves. He said he missed me and wanted to give me a red envelope for Chinese New Year. I felt a little embarrassed after hearing that because I'm no longer a child—I'm already a twenty-year-old adult. I told Nanny I was now working as a tutor and could earn about three thousand dollars a month and that it is quite enough for a college student to live on, so there was no need for her son to give me red envelope money. Besides, Dad always gives me money for my living expenses every month. Although I always keep it in the bank because I don't think it's right to spend all of it, Dad earns the money, not me. However, Nanny insisted on giving me the money and said that it was my daddy who wanted to give me the money, that my living expenses should be his responsibility, and that it had nothing to do with the money which she wanted to give me. She also said if I didn't take the red envelope, she would be angry.

The rain stopped before I arrived at Nanny's house, and I got lost around the nearby railroad crossing as usual. This was not the first time I got lost due to the complexity of Tainan's roads. One's hometown is such a weird place; most people are very picky about their hometowns, but we inevitably can't live without them. After opening the motorcycle trunk, I realized I totally forgot to bring my trench coat. Nanny tottered out of the house to greet me, leaning on the door and trying really hard to walk faster. I hated to see her suffer from gout and this hatred grew stronger after I knew she tried so many kinds of medicine but to no avail. I used to bring new medicines for my Nanny and told her I got them for free. However, every medicine she tried took me a long time to find, although I didn't want her to know it.

Nanny asked me whether I was cold, and she held my hands and said I should wear more clothes. Her wrinkled hands were not very warm, but it felt like they were cuddling my soul. We sat together on the long rattan chair, and she again talked about my childhood with a grin on her face. She said I liked to stand on the arm of this rattan chair and grab the apples on the altar which were offered to Sakyamuni Buddha. I would bite the bottom of those apples, and put them back in the same places with the bite marks hidden. I also liked to eat the bananas from the altar, and when Nanny came from the kitchen with the dishes, I would often be happily eating a banana. Nanny never scolded me for eating the fruits that were supposed to be offered to Buddha because she thought I was clever enough to not let others discover what happened to those apples.

The hour hand on the clock pointed at eight, so I told Nanny I should go back. However, I decided not to tell her I didn't eat dinner because she would have definitely asked me to stay. Instead, she opened the drawer of the altar, took out a red envelope, and then gave it to me. She said it was from her son who went back to Taoyuan yesterday because of his work. Nanny asked me if I wanted to talk to her son when she called him. It had been almost four years since I last saw or talked to him, and the only thought in my mind was, "Can he still recognize my voice? Does he even know what I look like now?"

“Are you a high school student?” he asked with hesitation. “No,” I said, “I’m a college student now.” I could feel the weariness in his words, as he had been very busy working hard to raise his family. I also knew his job isn’t easy, so he had to be a frugal person. “Congratulations on your new baby,” I said, trying to make the conversation less awkward. “Happy New Year,” he said at the end of our conversation. Nanny stumbled to the door and patted me lightly on my back while telling me how much taller I had grown these years. Bending down, I cuddled her frail body. It was colder when I left, and the lights of cars on the street made me feel lonely. I could clearly feel the low temperature outside the house. There were two wrinkled thousand dollar bills in the red envelope and one of them had a big brown stain on it. I stared at the smiley doll on the red envelope and held the bill with the stain on it, as my tears fell to the ground.

EDITOR SCHAMS, WAYNE 項偉恩

GOLDEN, DAVID 金大衛

LONCAR, MICHAEL 梁愷

林筠雅 EMMA LIN ADMINISTRATION

DESIGNER TINA YANG 楊姿廷

WRITER

TED HSIEH 謝坤修

ALEX CHENG 鄭名宏

BEN ZOU 鄒年晟

BENSON LIU 劉致辰

DENNY HSU 許文欽

JOCELYN LIN 林宜瑤

LISA WU 吳婉綺

MELODY SUN 孫妙菁

STILL HSU 許喬斌

VERA FU 傅雅儒

VICKY SHIH 史玫萱

YVONNE CHIU 邱意璇

ZOE CHEN 陳柔伊

TINA YANG 楊姿廷

JO YANG 楊晨筠



IMAGE SOURCE

[HTTP://ALICEXZ.DEVIANTART.COM/ART/SOMEDAY-214001211](http://alicexz.deviantart.com/art/Someday-214001211)

[HTTP://CRYSTALFAITH.PIXNET.NET/BLOG/POST/26865238-%E3%80%8A%E9%AD%94%E9%AB%AE%E5%A5%87%E7%B7%A3TANGLED%E3%80%8B](http://crystalfaith.pixnet.net/blog/post/26865238-%E3%80%8A%E9%AD%94%E9%AB%AE%E5%A5%87%E7%B7%A3TANGLED%E3%80%8B)