

The background is a vibrant, abstract composition. It features large, irregular shapes in bright blue and coral red. A white, torn-paper-like border separates the top blue section from the bottom blue and red sections. In the bottom left, there are white circles on a red background, and in the bottom right, there are white circles on a blue background. The overall style is bold and graphic.

# PAPAYA POST

MAY / JUNE

The background features a white central area with colorful, hand-painted brushstrokes in shades of red, yellow, and light blue. There are also clusters of small, dark grey and light blue circles scattered across the white space.

# **Why we should take the emotional hygiene seriously**

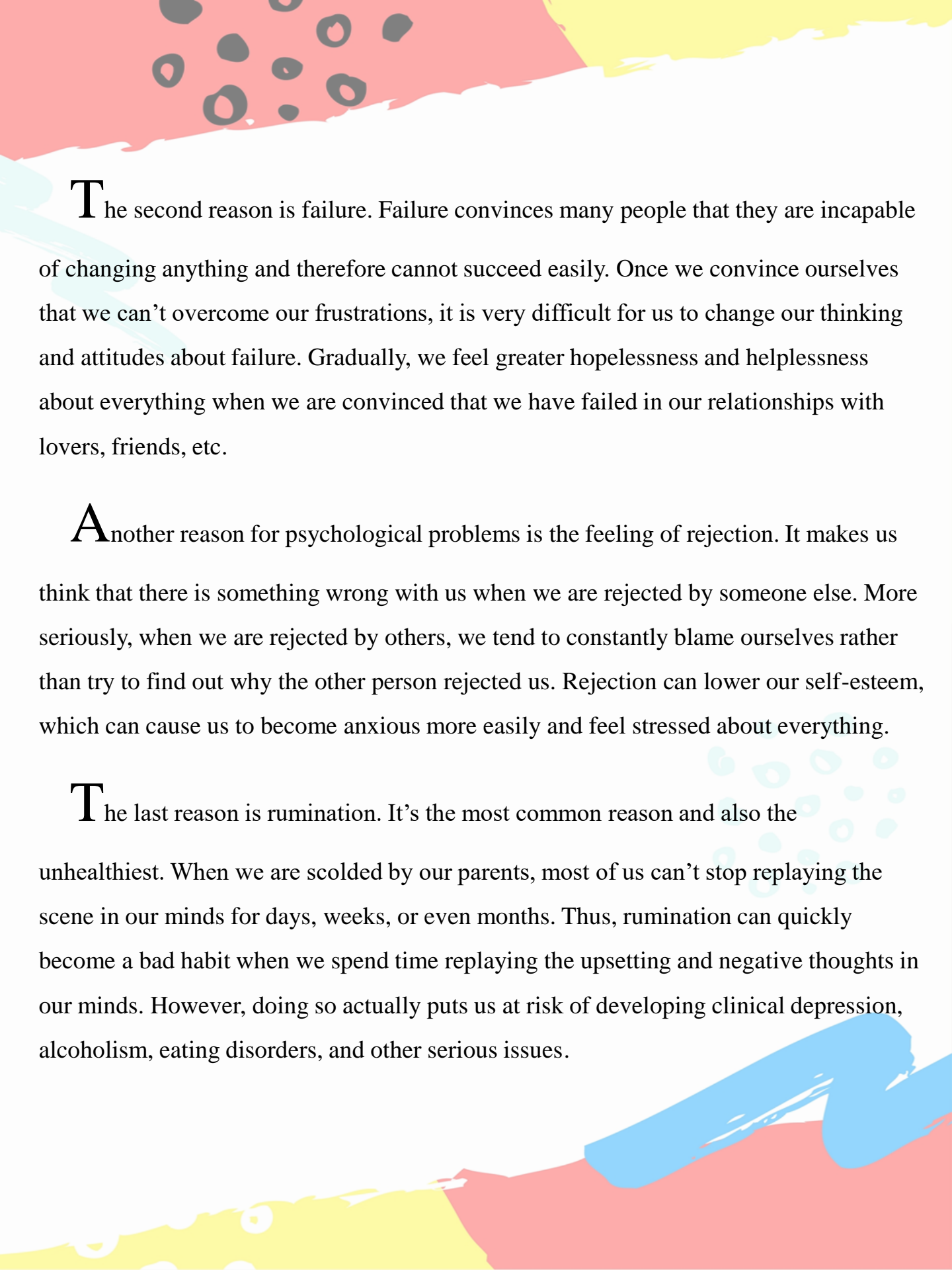
**CDI104031**

**Amy Shih**

**史晏齡**

One day when I was browsing 'TED,' the website that has many lectures on different topics, including psychological health, design, and many other topics, I was curious about the title of one speech: "Why we all need to practice emotional first aid." While watching this speech, I gradually understood why we love to hurt our psychological health. According to the speech, the four main causes of damage to people's psychological health are loneliness, failure, rejection, and rumination. What's worse, most people who experience one of these four issues still don't do anything to take care of their psychological health. If you are experiencing any one of these four main causes of psychological problems, you should pay more careful attention to your psychological health.

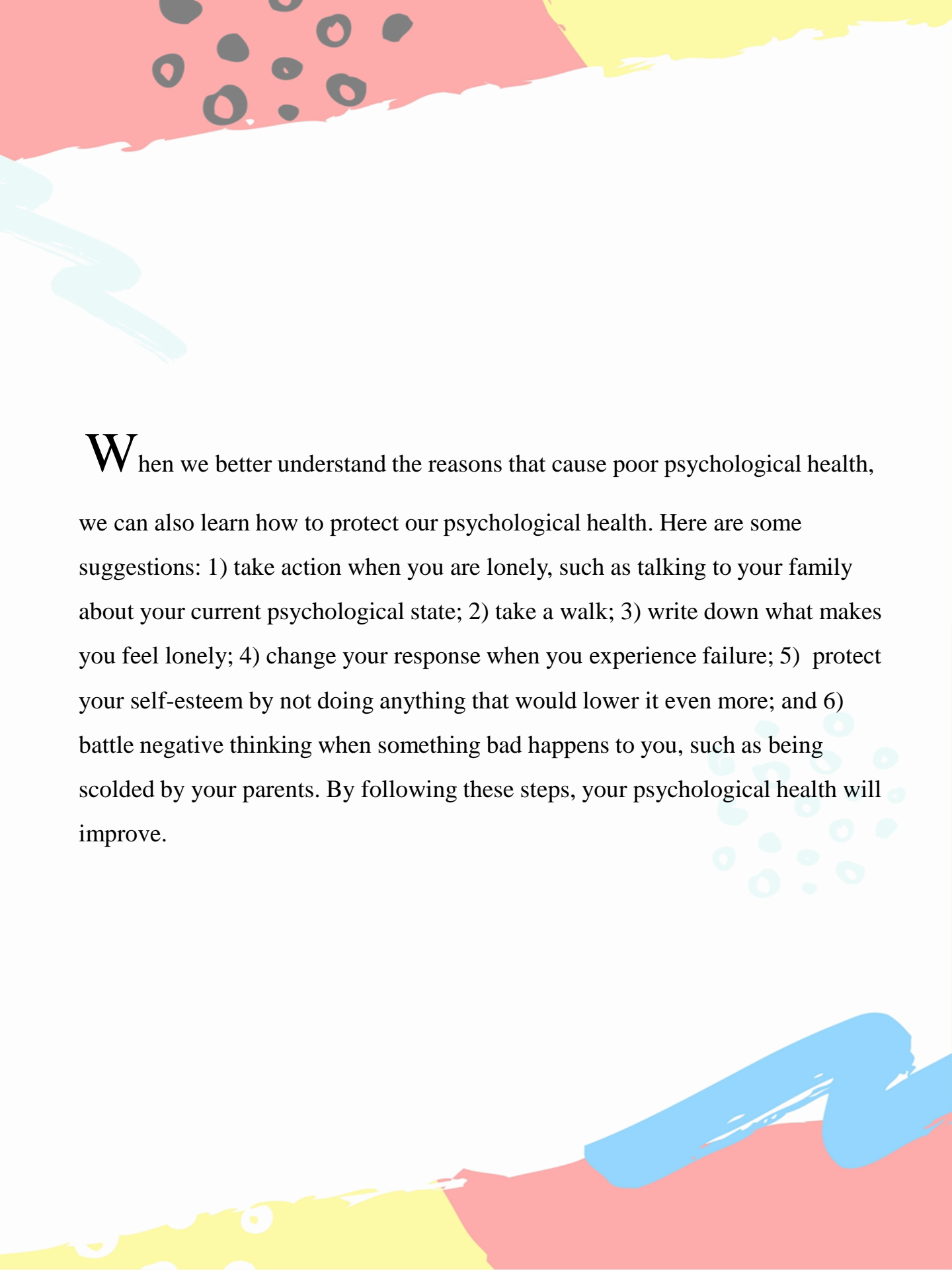
According to this speech, the first reason is loneliness, which can create deep psychological wounds, distort people's perceptions, and cloud their thinking. We may think that people around us don't care about us because of their loneliness, so we may be reluctant to try communicating with them. Some people believe their loneliness can hurt them, while other people think it doesn't influence them. Loneliness depends on how we deal with it. As a result, loneliness is defined differently by different people. If you feel emotionally or socially isolated by people around you, you could be seriously influenced by loneliness. Amazingly, the speaker mentioned that one research study showed that chronic loneliness can make people ill and can even kill people. What's more, chronic loneliness is even more dangerous than smoking; it can increase the likelihood of early death by 14 percent as well as cause high blood pressure, high cholesterol, and immune system damage.



**T**he second reason is failure. Failure convinces many people that they are incapable of changing anything and therefore cannot succeed easily. Once we convince ourselves that we can't overcome our frustrations, it is very difficult for us to change our thinking and attitudes about failure. Gradually, we feel greater hopelessness and helplessness about everything when we are convinced that we have failed in our relationships with lovers, friends, etc.

**A**nother reason for psychological problems is the feeling of rejection. It makes us think that there is something wrong with us when we are rejected by someone else. More seriously, when we are rejected by others, we tend to constantly blame ourselves rather than try to find out why the other person rejected us. Rejection can lower our self-esteem, which can cause us to become anxious more easily and feel stressed about everything.

**T**he last reason is rumination. It's the most common reason and also the unhealthiest. When we are scolded by our parents, most of us can't stop replaying the scene in our minds for days, weeks, or even months. Thus, rumination can quickly become a bad habit when we spend time replaying the upsetting and negative thoughts in our minds. However, doing so actually puts us at risk of developing clinical depression, alcoholism, eating disorders, and other serious issues.

The background features a white central area with colorful, hand-painted brushstrokes. At the top left, there are red and yellow strokes with dark grey circular patterns. At the top right, there is a yellow stroke. On the left side, there are light blue brushstrokes. On the right side, there are light blue circular patterns. At the bottom, there are blue, red, and yellow strokes with white circular patterns.

**W**hen we better understand the reasons that cause poor psychological health, we can also learn how to protect our psychological health. Here are some suggestions: 1) take action when you are lonely, such as talking to your family about your current psychological state; 2) take a walk; 3) write down what makes you feel lonely; 4) change your response when you experience failure; 5) protect your self-esteem by not doing anything that would lower it even more; and 6) battle negative thinking when something bad happens to you, such as being scolded by your parents. By following these steps, your psychological health will improve.



# **Silent Treatment Cannot Treat Us Well**

**CDI104005**

**Benson Liu**

**劉致辰**

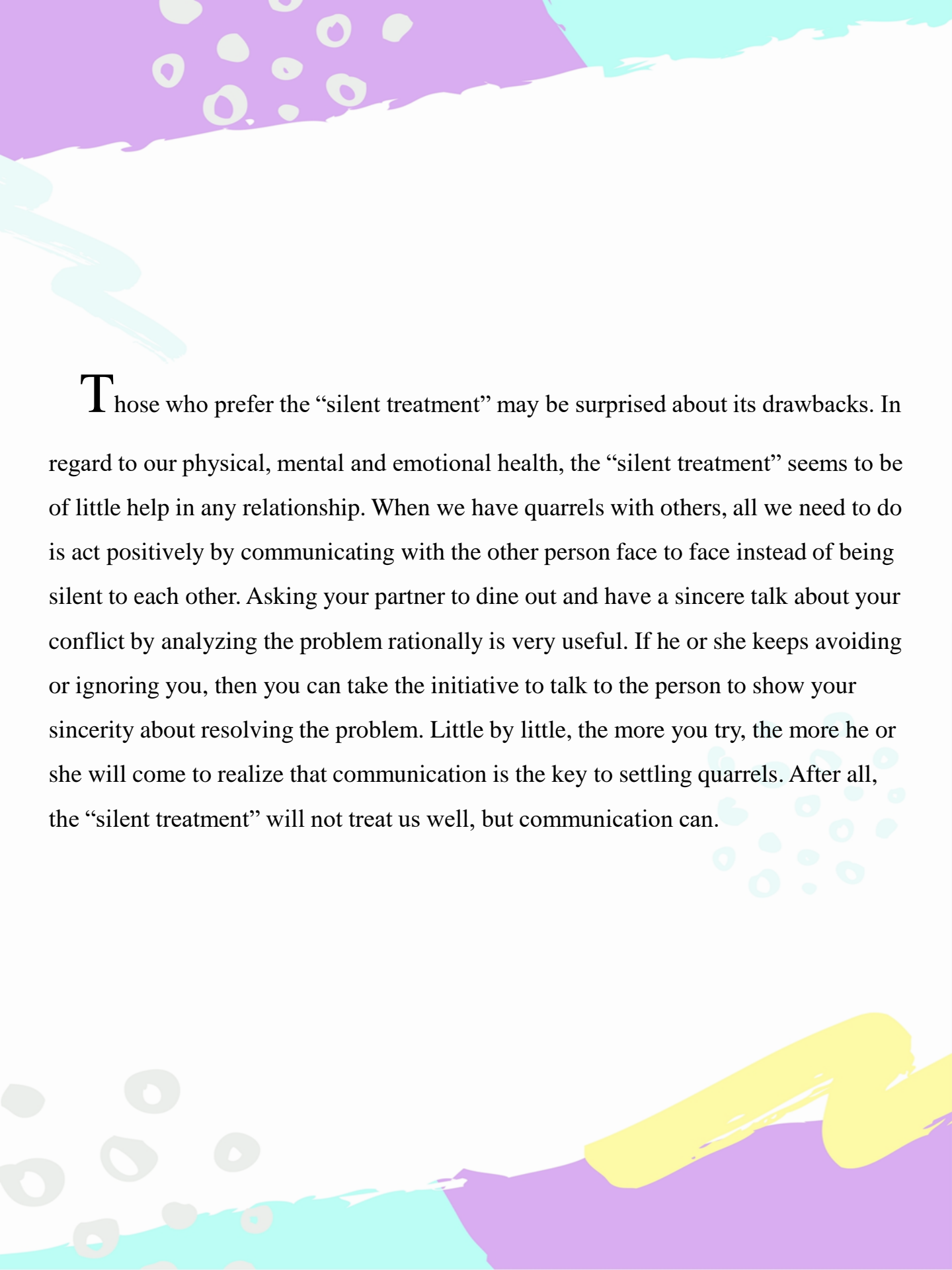
**M**ost people have had the experience of quarreling with their friends or lovers. But how do they respond when having a quarrel with their lovers and friends? Some people would rather choose the “silent treatment” as a way to escape or avoid the problem. That is, they turn their backs and remain quiet rather than face the quarrels directly by communicating with soft and rational words. They might think, “One way or another, my lover or partner will admit that she or he is wrong and apologize to me.” This approach might even work temporarily. However, is the “silent treatment” able to completely solve a quarrel? In fact, the silent treatment is not helpful for maintaining a healthy relationship.

**F**irst of all, the silent treatment blocks out all possible ways of resolving the problem. Those who prefer trying the silent treatment do their best to just be patient and wait, thinking that the other person will eventually compromise and acknowledge his or her fault. In the short term, it might seem like doing this can bring the quarrel to an end. However, the problem is still left undiscovered. This temporary “solution” is merely emanates from the other person’s concession. Worse yet, if the “silent treatment” is used more and more frequently to deal with arguments, it is likely to cause a more serious rift in the relationship. Day by day, whenever the individuals quarrel, this rift will become wider and wider and could lead to a break-up or a split. Imagine if you were the one yielding to the other person and accepting the blame when quarreling, even if it was not your fault. This is probably not a good way to deal with a quarrel. Is it good for you, your friends, or your lover, to have an unhealthy relationship due to the “silent treatment?”

**I**n addition, the “silent treatment” may give rise to other burdens in a relationship. For one thing, before giving way to each other, one person might not be sure about what to do to end the quarrel. People are not fortunetellers and they have no power to foretell what might happen. Thus, they may sense uncertainty and feel burdened about their relationship. They might have a lot of negative thoughts that flash in their minds such as, “What if she or he does not love me anymore? I’m so useless!” Or, “Is he or she not willing to befriend me?” They might start to doubt their position in the other person’s heart. Try to imagine if you were a babysitter and the baby you are caring for cries and wails no matter what you do to comfort him or her. Similarly, you might try so hard to please your partner only to be ignored. You would be very upset, wouldn’t you? Why not try to sit down, have a cup of tea, and work to find a solution to the argument by speaking softly and rationally?

**L**ast but not least, the “silent treatment” is not good for your health. According to one study, after a short period of giving the “silent treatment, a person develops stiff muscles, which can cause backaches and even be harmful to your cardiovascular system. Is it worth giving your friend the “silent treatment” and paying for it with your health? Perhaps we just need to give the other person a hug or smile to instigate a positive response from him or her. It is better to deal with a problem by interacting directly rather than sulk all the time which could greatly harm your health.





**T**hose who prefer the “silent treatment” may be surprised about its drawbacks. In regard to our physical, mental and emotional health, the “silent treatment” seems to be of little help in any relationship. When we have quarrels with others, all we need to do is act positively by communicating with the other person face to face instead of being silent to each other. Asking your partner to dine out and have a sincere talk about your conflict by analyzing the problem rationally is very useful. If he or she keeps avoiding or ignoring you, then you can take the initiative to talk to the person to show your sincerity about resolving the problem. Little by little, the more you try, the more he or she will come to realize that communication is the key to settling quarrels. After all, the “silent treatment” will not treat us well, but communication can.

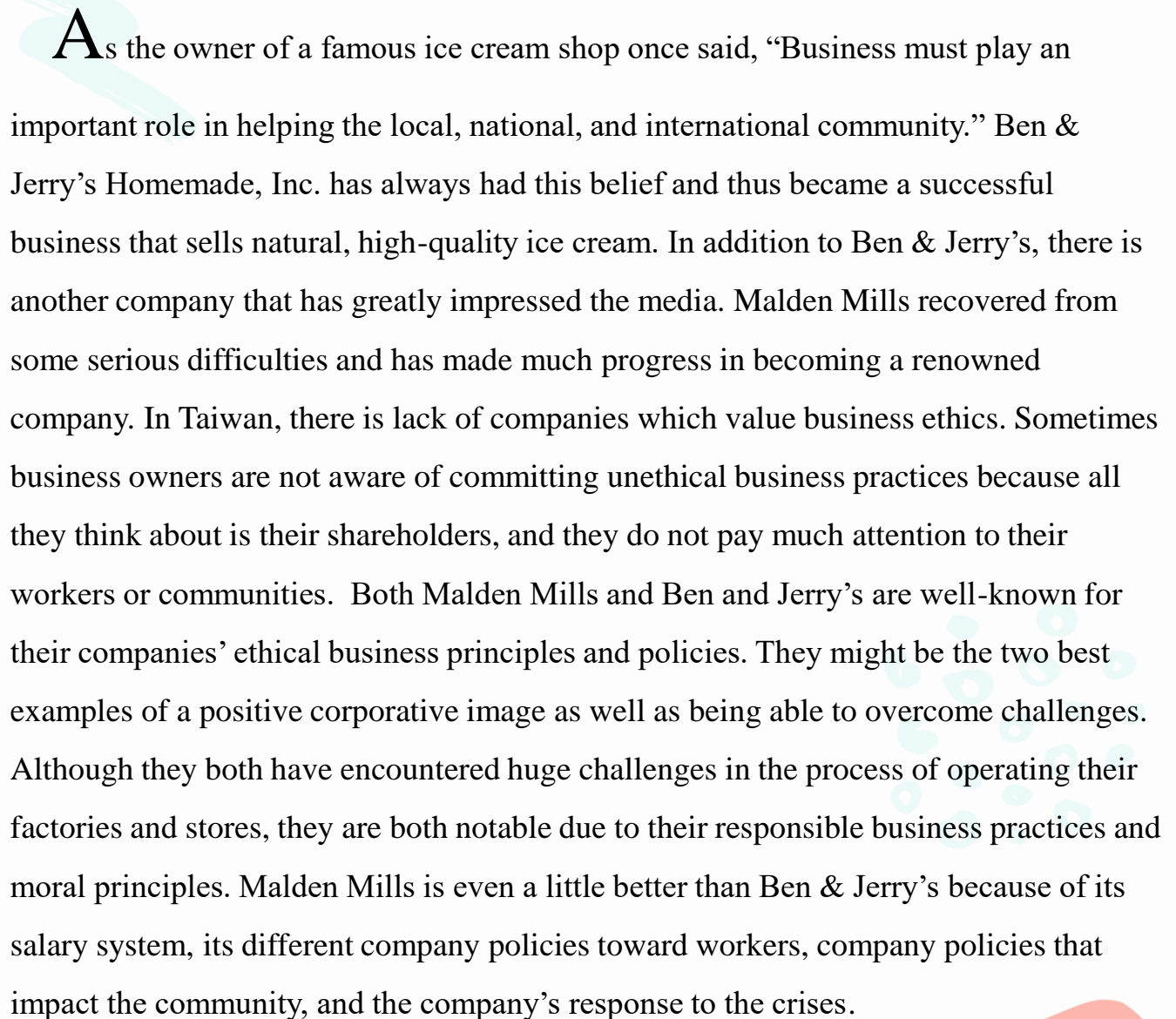


# Success in Business

**CDI103003**

**Denny Hsu**

許文欽

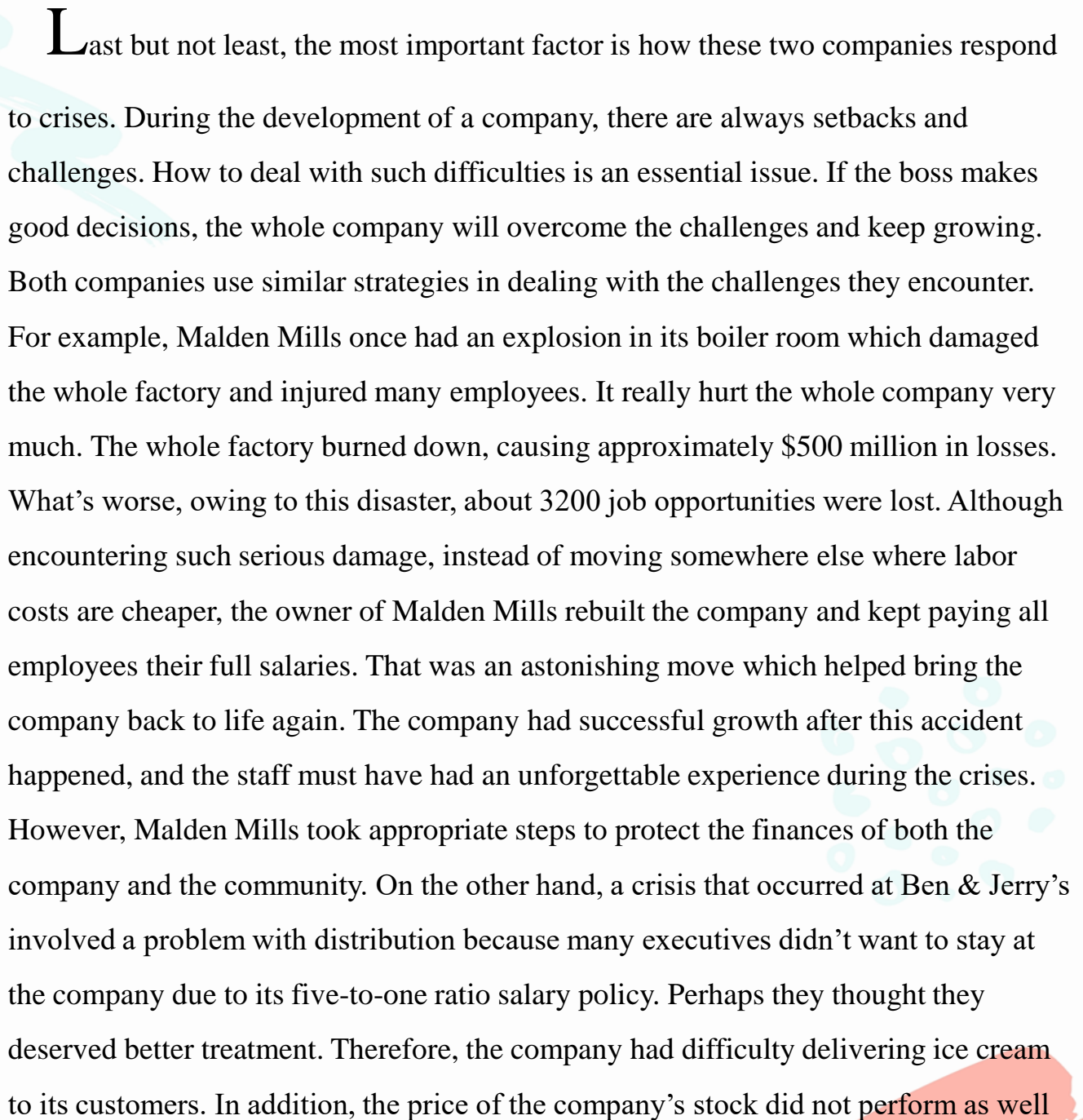


As the owner of a famous ice cream shop once said, “Business must play an important role in helping the local, national, and international community.” Ben & Jerry’s Homemade, Inc. has always had this belief and thus became a successful business that sells natural, high-quality ice cream. In addition to Ben & Jerry’s, there is another company that has greatly impressed the media. Malden Mills recovered from some serious difficulties and has made much progress in becoming a renowned company. In Taiwan, there is lack of companies which value business ethics. Sometimes business owners are not aware of committing unethical business practices because all they think about is their shareholders, and they do not pay much attention to their workers or communities. Both Malden Mills and Ben and Jerry’s are well-known for their companies’ ethical business principles and policies. They might be the two best examples of a positive corporative image as well as being able to overcome challenges. Although they both have encountered huge challenges in the process of operating their factories and stores, they are both notable due to their responsible business practices and moral principles. Malden Mills is even a little better than Ben & Jerry’s because of its salary system, its different company policies toward workers, company policies that impact the community, and the company’s response to the crises.

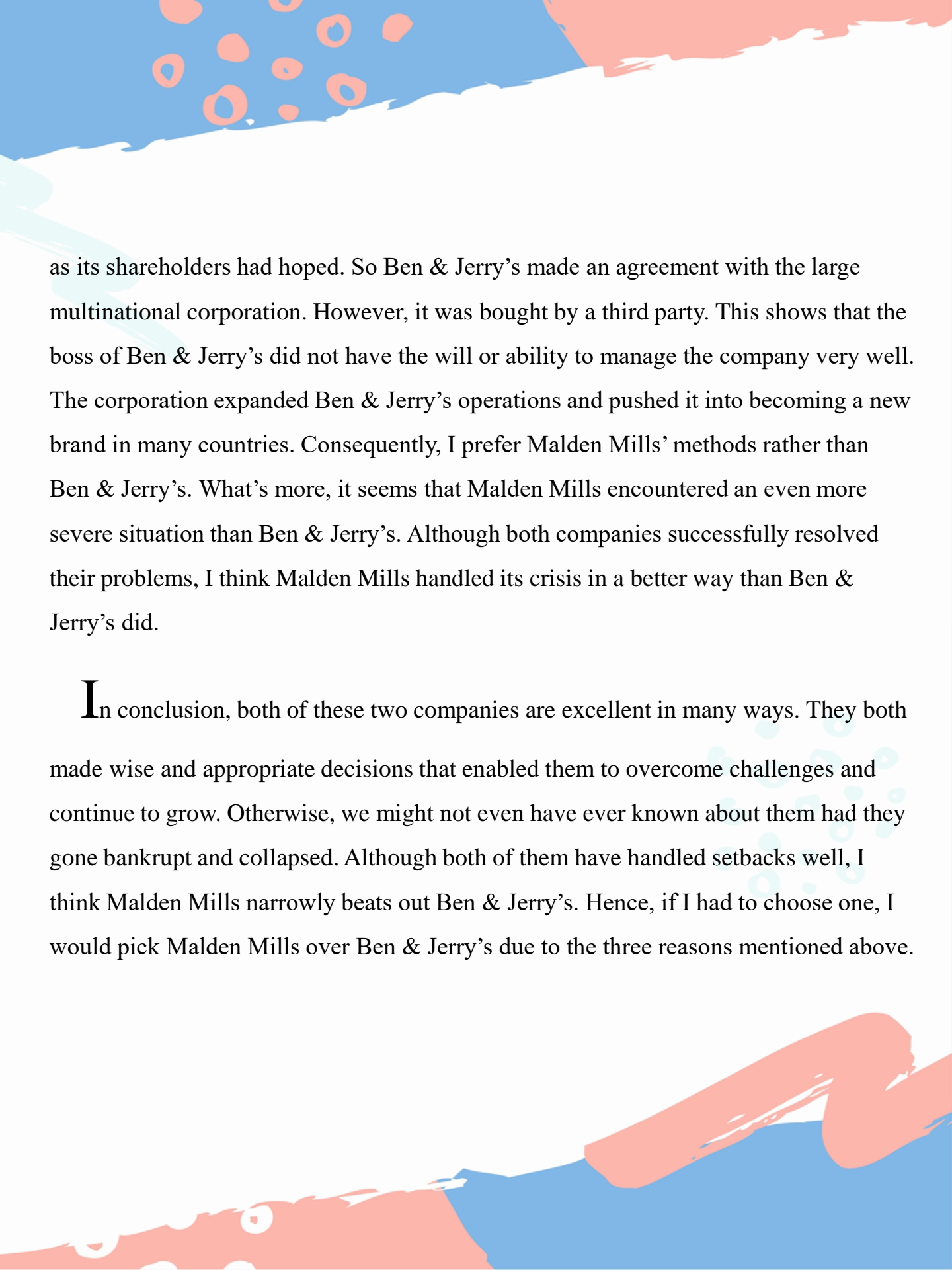
First of all, the point most worth discussing is these companies' employee policies. Both companies pay their workers well. The employees in these two companies definitely lead stable lives thanks to the competitive salaries they receive. Nevertheless, some employee policies in these two companies are different. In Ben & Jerry's, the highest- and the lowest-paid employees have a five-to-one ratio difference in pay. It means that the higher level employees, such as managers and executives, receive no more than five times the wages of the lowest paid employees. Even if I were a worker at Ben & Jerry's, I would be very satisfied because I might get a salary that is neither too low nor with too huge a gap with the salary of my boss or other upper managers in the company. However, the most important positions in an industry are the top leaders. The executives must be dissatisfied because they could get a salary about three hundred times higher in other companies compared with Ben & Jerry's. Although this policy sounds ideal and fair, some specific people may consider it unfair as a result of their diverse positions and status in the company. Executives greatly influence a company, and they deserve much higher wages because they are professionals. On the other hand, Malden Mills successfully strikes a balance between treating both basic level staff and high level managers fairly. It satisfies and respects all employees. Unlike Ben & Jerry's, Malden Mills pays its workers above average wages. No matter whether they are new employees who just enter the company or have some level of experience, they are payed more than workers in similar positions in other companies, thus ensuring them stability and job security. Accordingly, Malden Mills maintains a steady and stable marketing supply. Moreover, those who work at Malden Mills can earn enough money to buy their own houses.

The second point I want to make is about company policies toward the community.

In my point of view, a good industry not only benefits itself but also gives back to the community. The founder of Malden Mills said that the ethics and values we used to have no longer exist. Business ethics play an important role in society. Both companies have good ways to benefit and contribute to the community and their neighborhood. Malden Mills shares its prosperity with the community by cooperating with a local bank in establishing a program to help its own employees. It also supports many local charities, such as homeless shelters, and international charities, such as the Red Cross. Another example is that it donated a huge sum of money to Turkey after that country suffered a massive earthquake. Due to all of the above examples, we can infer that its corporate culture benefits not merely the owners and employees but also the community. Ben & Jerry's also has policies that help the community. It gives away 7.5 percent of its earnings to charity to help the poor and to protect the planet. It also offers jobs to homeless people in several countries. Moreover, it supports Vermont dairy farmers by buying milk from local family farms and by selling sold shares to local people to finance their business as well. The key point is that both companies have policies that benefit the community but that benefit themselves in return. As a result, they used the proper methods to enhance the economy and company finances. Both Malden Mills and Ben & Jerry's help underprivileged people. However, they have different goals because Malden Mills aims to improve their community and make social development progress, but Ben & Jerry's tries to get extra benefits in return. Therefore, I prefer Malden Mills because it is willing and passionate to do good deeds in the community without asking for anything in return.



**L**ast but not least, the most important factor is how these two companies respond to crises. During the development of a company, there are always setbacks and challenges. How to deal with such difficulties is an essential issue. If the boss makes good decisions, the whole company will overcome the challenges and keep growing. Both companies use similar strategies in dealing with the challenges they encounter. For example, Malden Mills once had an explosion in its boiler room which damaged the whole factory and injured many employees. It really hurt the whole company very much. The whole factory burned down, causing approximately \$500 million in losses. What's worse, owing to this disaster, about 3200 job opportunities were lost. Although encountering such serious damage, instead of moving somewhere else where labor costs are cheaper, the owner of Malden Mills rebuilt the company and kept paying all employees their full salaries. That was an astonishing move which helped bring the company back to life again. The company had successful growth after this accident happened, and the staff must have had an unforgettable experience during the crises. However, Malden Mills took appropriate steps to protect the finances of both the company and the community. On the other hand, a crisis that occurred at Ben & Jerry's involved a problem with distribution because many executives didn't want to stay at the company due to its five-to-one ratio salary policy. Perhaps they thought they deserved better treatment. Therefore, the company had difficulty delivering ice cream to its customers. In addition, the price of the company's stock did not perform as well



as its shareholders had hoped. So Ben & Jerry's made an agreement with the large multinational corporation. However, it was bought by a third party. This shows that the boss of Ben & Jerry's did not have the will or ability to manage the company very well. The corporation expanded Ben & Jerry's operations and pushed it into becoming a new brand in many countries. Consequently, I prefer Malden Mills' methods rather than Ben & Jerry's. What's more, it seems that Malden Mills encountered an even more severe situation than Ben & Jerry's. Although both companies successfully resolved their problems, I think Malden Mills handled its crisis in a better way than Ben & Jerry's did.

**I**n conclusion, both of these two companies are excellent in many ways. They both made wise and appropriate decisions that enabled them to overcome challenges and continue to grow. Otherwise, we might not even have ever known about them had they gone bankrupt and collapsed. Although both of them have handled setbacks well, I think Malden Mills narrowly beats out Ben & Jerry's. Hence, if I had to choose one, I would pick Malden Mills over Ben & Jerry's due to the three reasons mentioned above.



# Teacher Alan

**CDI103036**

**Jo Yang**

**楊晨筠**



**Y**u was a junior high student who attended a cram school class after school. He used to hate English because he was not good at memorizing vocabulary. He didn't know why he couldn't remember words well because he knew the English alphabet well. However, when the letters were randomly combined to form words, they looked so weird to him.

**A**lthough Yu hated English, it was a long time ago. One day, a new teacher came to the cram school, and everyone called her "Teacher Alan." Yu liked teacher Alan, and he also liked to go to her English classes. Teacher Alan always wore a pair of torn jeans and a loose white shirt. Her left ear was pierced and she wore a tiny cool-looking silver piercing which also looked like it was painful to wear. Alan occasionally wore makeup but not often because she said she didn't have time for that.

**I**nstead of treating students as students, Teacher Alan always treated them like her friends. That's why Yu liked her so much. She was cool because she never called Yu an idiot.

**O**ne month ago, Teacher Alan gave Yu a small card with few words that said, "Everyone gives up on you including yourself; but not me." Yu looked at her face, and she gave him a slight smile. He thought there were stars in her eyes.

**T**eacher Alan's stable voice was soon overwhelmed by the loud noise made by the other students. Then she tapped on the blackboard and said to everybody, "I know other teachers think you guys are so out of control and don't believe you can be better. But don't listen to them because my job is to believe in you all."

**Y**u didn't know if Teacher Alan said that just to comfort them or if she really believed what she said. She was so different from other teachers and was especially different from Mr. Hao.

**M**r. Hao was a mean teacher who taught junior high physics and chemistry. Yu thought Mr. Hao didn't like him, and Mr. Hao thought Yu was stupid and should give up studying. It seemed as if Mr. Hao didn't like Teacher Alan either. But Yu wasn't sure about that. Yu decided that if Mr. Hao hated Teacher Alan, then he was going to reciprocate.

**T**eacher Alan gave her students a small test which included the vocabulary words from lesson six, but Yu was so bad at memorizing vocabulary, especially the months. However, he still hoped to get a good score. He took the test so seriously. In the end, Yu got a score which was even lower than those of kids his little brother's age. He was so frustrated.

**Y**u was staring at his test paper when Teacher Alan approached. She suddenly asked, “How is it?” He knew she was asking about the test. “It sucks,” he replied. “It was too difficult. I didn’t understand a single word.”

“Yu, if today you get 5 points, how is it?”

“Freaking terrible.”

“Then if you get 7 points tomorrow?”

“Still sucks.”

“No. You just have 2 more extra points.” You have to remember that although your score is low, you still got more points which means that you did better than you did yesterday.”

Teacher Alan drew a big smile on the top of Yu’s test paper.

**O**ne of Yu’s cram school classmates decided to drop out of the English class anymore, and Yu got into a serious fight with him.

**M**r. Hao was angry, but it wasn’t clear if he was angry at the boy who was fighting or at Teacher Alan. Mr. Hao thought Teacher Alan’s students lacked manners because she didn’t like to scold them. To Mr. Hao, this was very intolerable.

“Teacher Alan?” Yu wanted to know the answer like a fish is eager to find water.

“Yes?”

“Why aren’t you mad at us?”

“For what?”

“We’re bad.”

“You are not.”

“We’re annoying.”

“I can bear with you.”

“Other teachers say we’re evil.”

“I’m not other teachers. I’m your teacher.”

**I**t was a rainy day. Yu’s hair and clothes were all wet from sweat and rainwater.

**T**eacher Alan was standing beside a large table with a straight face when Yu entered the cram school. She kept staring at the same place looking anxious.

**N**obody knew what was happening. Teacher Alan didn’t even notice Yu was there, and she seemed to be angry with something because she wasn’t smiling at all. Her eyes were as cold as ice, and she looked like a totally different person standing there with her mouth shut.

“  
Don’t tell me what to do. You don’t have the power, do you understand? You aren’t even the manager.”

**T**eacher Alan turned around and spoke to Mr. Hao in a rage.

**M**r. Hao was totally pissed off by Teacher Alan's words. He pointed at her and said, "Oh, yeah? What right do you have to talk to me like that, huh?"

“They're my children. To me, every one of them is way much better than you.”

“You call yourself a TEACHER, but have you ever truly listened to your students?

No! Because all you want to do is make money!” Teacher Alan shouted at him.

Suddenly, there was a deafening silence. However, Teacher Alan soon continued talking.

“Now you want to replace me with a pretty long-legged model who has been working here less than a week! You're such a phony!”

“If you don't quit, then I'll fire you!” There was fiery determination burning in Mr. Hao's eyes.

**Y**u was sad. The sorrow and disappointment he felt was like losing a battle. At that moment he knew Alan would no longer be his teacher. He started to recall the times when other teachers called him stupid. And then he thought of the teacher who wore a shiny silver piercing on her left ear. Yu would never forget Teacher Alan.

The background features abstract, hand-painted elements. At the top left, there's a pinkish-red area with dark grey circles. To its right is a yellow area. Below these, there are light blue brushstrokes. In the bottom right, there's a blue brushstroke over a pinkish-red area. At the bottom left, there's a yellow area with white circles. The central text is in a bold, black, sans-serif font.

# **Why Many Modern People Can't Live Without Smartphones**

**CDI104033**

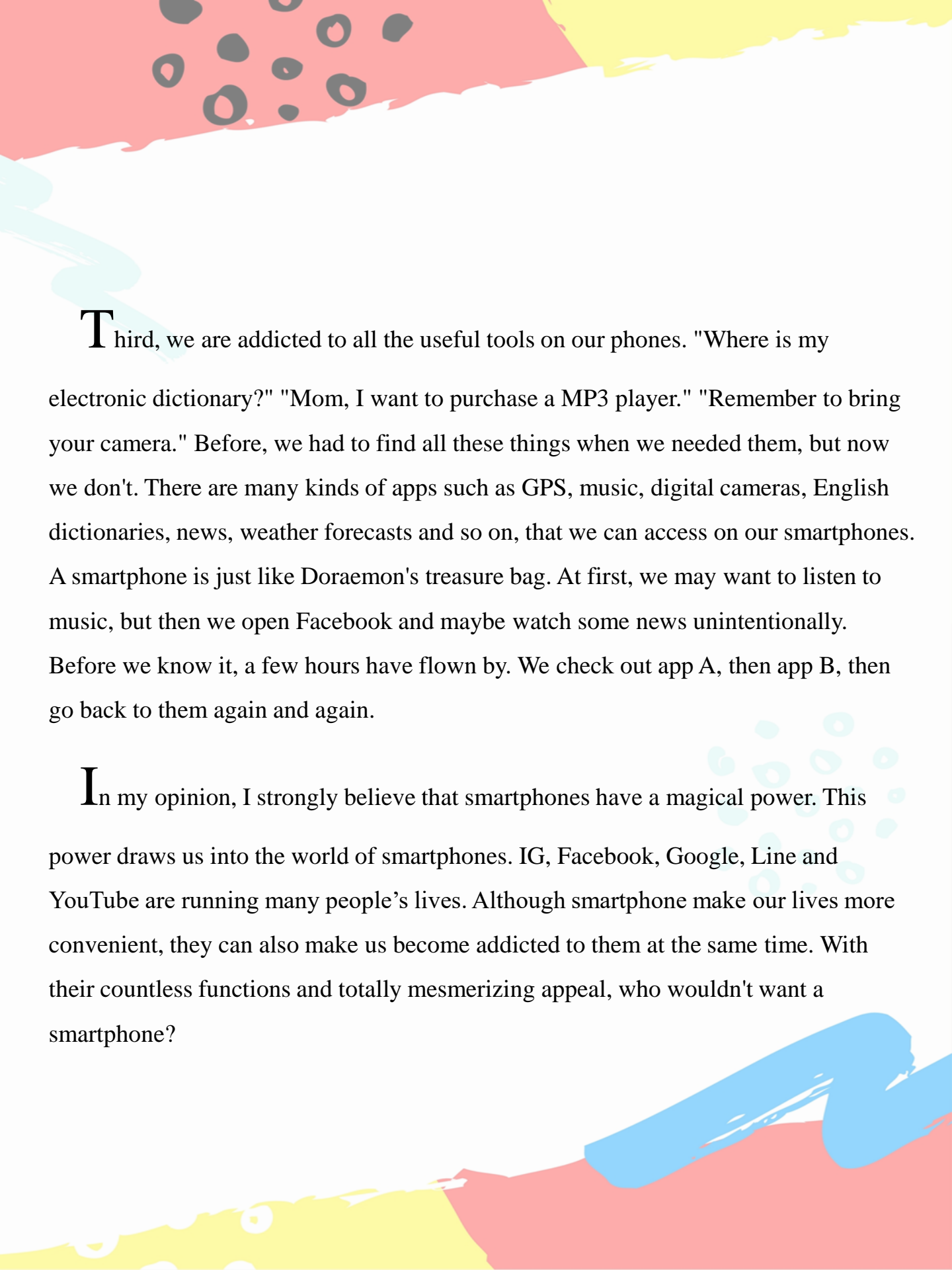
**Jocelyn**

**林宜瑢**

**A**fter waking up, the first thing I do is check my phone to see what time it is. While sitting on the train and looking around, I see most people are deeply absorbed in their phones. In restaurants, some people are phubbing even when their friends are sitting with them. According to Wikipedia, smartphones became widespread in the late 2000s. However, now they have become more important and have completely changed the way that we live. So, why can't many modern people live without their smartphones?

**T**here are three main reasons as to why people think their smartphones are absolutely necessary. Nowadays, the pace of modern life is getting faster. We want to do everything and get anything as soon as possible. So, the first reason is instant communication. With Line, Messenger and WeChat, we can communicate with others instantly by just typing. However, the most appealing thing is that it is free. Nowadays, with the advances in technology, we can call or make video calls to others through these free apps; all that we need is access to the internet. Thus, many modern people connect with others through these apps instead of by calling them directly.

**A** second reason is social media. In order to create the illusion that we always connect with others, we try to join our friends' lives even though we can't be around them all the time. We share our daily lives through Instagram, Facebook, Weibo, and so on. In order to write an appealing post, we spend several minutes beautifying photos and editing text. After writing a post, we care about whether others click the like button or leave any comments. So, we stare at our screens all the time. Sometimes, even when a poster's photo doesn't match the context, we still happily check his or her IG because we want to know everything about others' lives and share our laughs and tears with each other in this way.



**T**hird, we are addicted to all the useful tools on our phones. "Where is my electronic dictionary?" "Mom, I want to purchase a MP3 player." "Remember to bring your camera." Before, we had to find all these things when we needed them, but now we don't. There are many kinds of apps such as GPS, music, digital cameras, English dictionaries, news, weather forecasts and so on, that we can access on our smartphones. A smartphone is just like Doraemon's treasure bag. At first, we may want to listen to music, but then we open Facebook and maybe watch some news unintentionally. Before we know it, a few hours have flown by. We check out app A, then app B, then go back to them again and again.

**I**n my opinion, I strongly believe that smartphones have a magical power. This power draws us into the world of smartphones. IG, Facebook, Google, Line and YouTube are running many people's lives. Although smartphone make our lives more convenient, they can also make us become addicted to them at the same time. With their countless functions and totally mesmerizing appeal, who wouldn't want a smartphone?



# How to Make Pan-fried Chicken

**CDI103029**

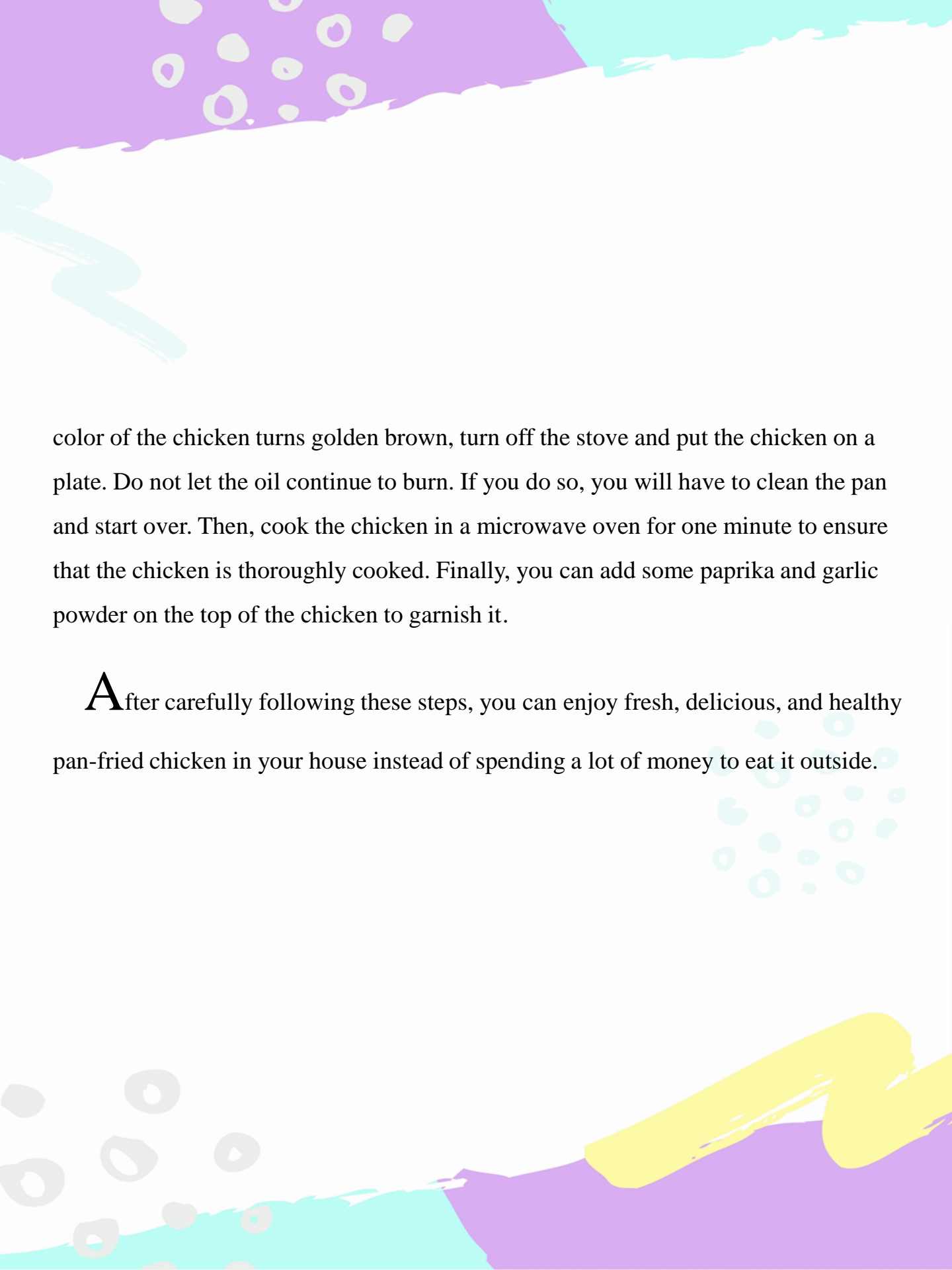
**Lisa**

**吳婉綺**

**F**oreigners in western countries like to eat chicken on holidays such as Christmas.

However, pan-fried chicken is healthier than deep fried chicken because it contains less oil and salt. Recently, more people have been changing their diet by trying to eat a healthier diet than they did before. Therefore, pan-fried chicken is a suitable choice for you to try. You do not need to worry about how to make it because the ingredients are simple and it is easy to make.

**I**n addition to the chicken (two deboned chicken legs), the other ingredients you need are some seasonings, including salt, paprika powder, garlic powder and olive oil. You can find all of these ingredients at superstores such as Carrefour and Wellcome. To make the chicken, you will also need a pair of tongs, a pan, a spoon, and a pot. As for the cooking instructions, first, pour some olive oil in the pan and then put the fresh chicken in the pan. The olive oil helps prevent the chicken from sticking to the pan. Next, add half a teaspoon of salt, one teaspoon of paprika powder, and one teaspoon of garlic powder to the pan. In order to make the chicken more tasty, don't forget to mix everything together well and then put the chicken in the refrigerator for ten minutes. Then, heat the oil over medium to medium-high heat. It is important to heat the pan slowly. Heating the pan over high heat will cause it to be overdone, even if you lower the heat afterward. After that, cook the chicken in the oil, turning it every minute or two until it turns light brown on all sides. After a while, there will be more and more chicken oil in the pan. Continue turning over the chicken while cooking it. When the



color of the chicken turns golden brown, turn off the stove and put the chicken on a plate. Do not let the oil continue to burn. If you do so, you will have to clean the pan and start over. Then, cook the chicken in a microwave oven for one minute to ensure that the chicken is thoroughly cooked. Finally, you can add some paprika and garlic powder on the top of the chicken to garnish it.

**A**fter carefully following these steps, you can enjoy fresh, delicious, and healthy pan-fried chicken in your house instead of spending a lot of money to eat it outside.



# **Cyberwarfare and Security**

**CDI105004**

**Still**

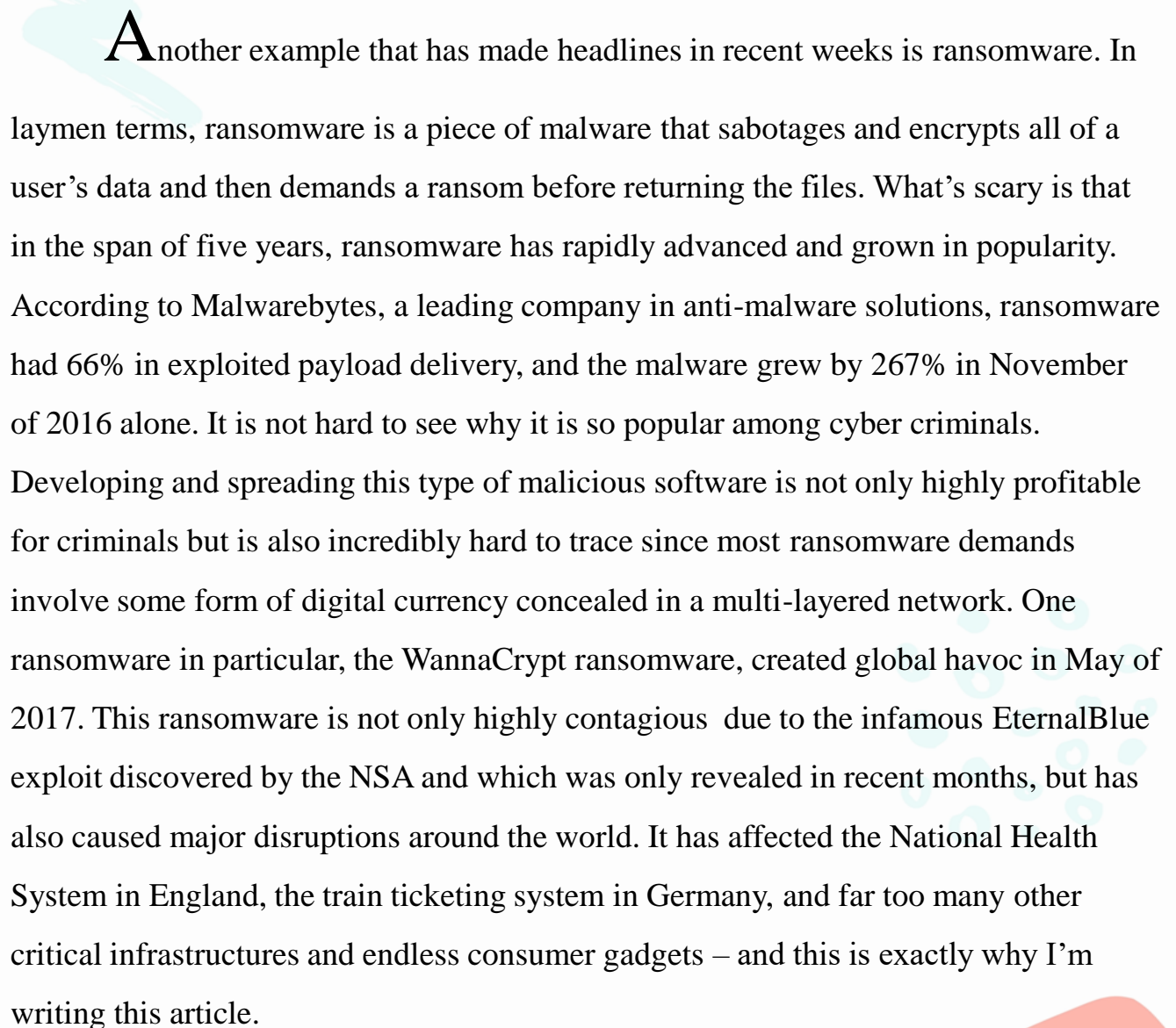
**許喬斌**

“  
*If I leave here having convinced just one of you to join the fight in cyber security, I've done my job.*”

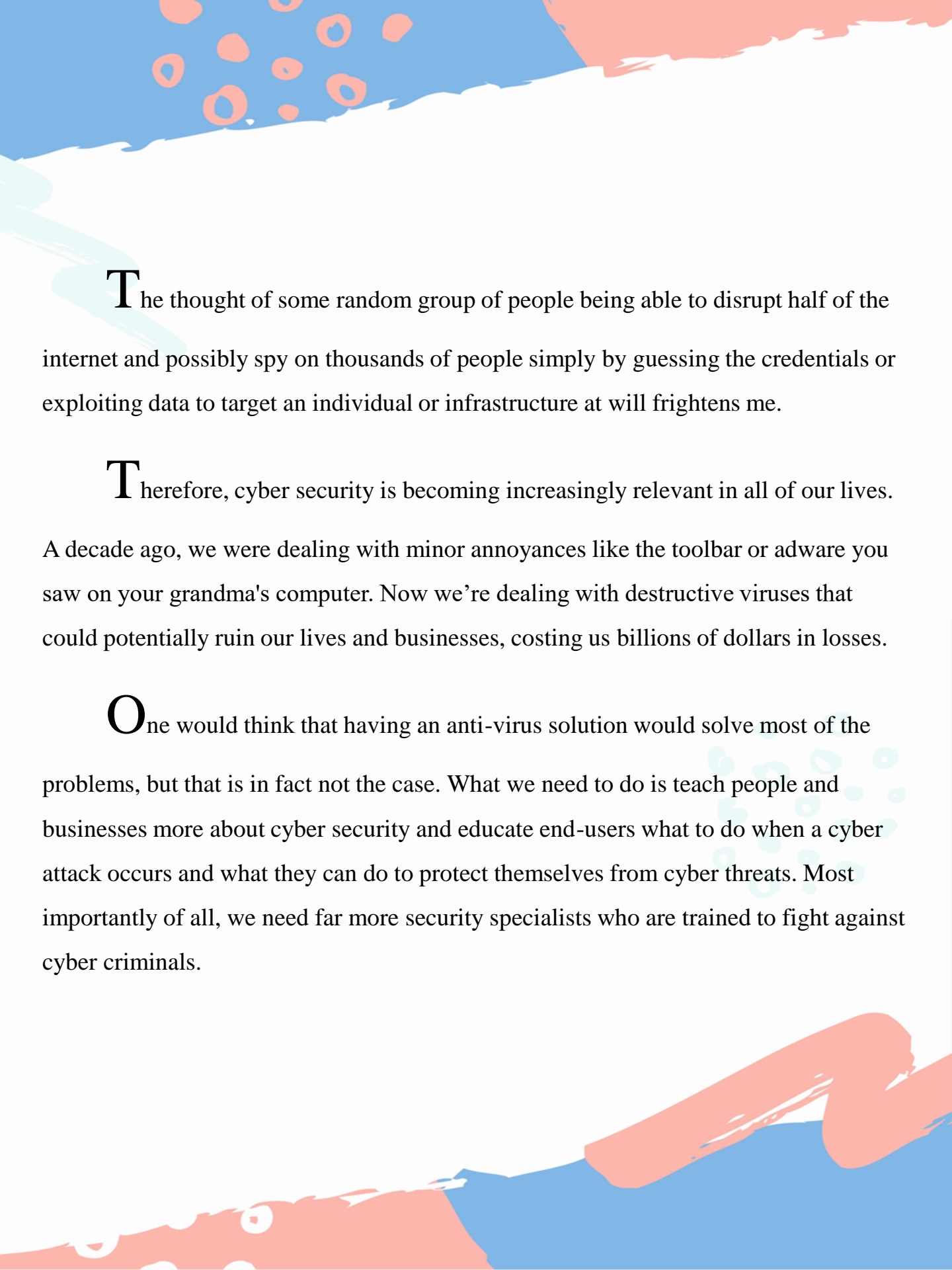
*- Marcin Kleczynski, Chief Executive Officer of Malwarebytes*

**W**hen the word “warfare” comes to mind, what do you typically associate the word with? Most people immediately think of tanks or guns shooting at each other, with people screaming and running in terror. The thing is, war no longer exists exclusively in the physical world. We live in a day and age where warfare can easily happen in the digital world.

**I**n this modern age of technology, everything is connected to the Internet. From home appliances to public transportation systems, we are connected globally through the internet in a sea of information and services. However, the scary thing is that most careless end-users and uninformed businesses never change the default credentials supplied by manufacturers. This alone allows attackers to take devices hostage and form a botnet. In October of 2016, this exact thing happened. A group of attackers scanned the internet and took control of hundreds of devices with only a list of common usernames and passwords. In turn, this allowed them to attack DynDns, one of the most renowned services responsible for domain name system conversion. The attack took down half of the websites in the world for a few hours. The affected services included Amazon, Reddit, CNN and many other major websites. This attack not only set a new record as “the largest DDoS attack,” but it also cost companies millions of dollars in losses. According to a report by the Ponemon Institute, on average, each company lost up to \$22,000 dollars per minute of website downtime.



Another example that has made headlines in recent weeks is ransomware. In laymen terms, ransomware is a piece of malware that sabotages and encrypts all of a user's data and then demands a ransom before returning the files. What's scary is that in the span of five years, ransomware has rapidly advanced and grown in popularity. According to Malwarebytes, a leading company in anti-malware solutions, ransomware had 66% in exploited payload delivery, and the malware grew by 267% in November of 2016 alone. It is not hard to see why it is so popular among cyber criminals. Developing and spreading this type of malicious software is not only highly profitable for criminals but is also incredibly hard to trace since most ransomware demands involve some form of digital currency concealed in a multi-layered network. One ransomware in particular, the WannaCrypt ransomware, created global havoc in May of 2017. This ransomware is not only highly contagious due to the infamous EternalBlue exploit discovered by the NSA and which was only revealed in recent months, but has also caused major disruptions around the world. It has affected the National Health System in England, the train ticketing system in Germany, and far too many other critical infrastructures and endless consumer gadgets – and this is exactly why I'm writing this article.



The thought of some random group of people being able to disrupt half of the internet and possibly spy on thousands of people simply by guessing the credentials or exploiting data to target an individual or infrastructure at will frightens me.

Therefore, cyber security is becoming increasingly relevant in all of our lives. A decade ago, we were dealing with minor annoyances like the toolbar or adware you saw on your grandma's computer. Now we're dealing with destructive viruses that could potentially ruin our lives and businesses, costing us billions of dollars in losses.

One would think that having an anti-virus solution would solve most of the problems, but that is in fact not the case. What we need to do is teach people and businesses more about cyber security and educate end-users what to do when a cyber attack occurs and what they can do to protect themselves from cyber threats. Most importantly of all, we need far more security specialists who are trained to fight against cyber criminals.

The background features abstract, hand-drawn style elements. At the top left, there are grey circles on a grey background. At the top right, there is an orange shape. On the left side, there are light blue brushstrokes. On the right side, there are light blue circles. At the bottom left, there are grey circles on an orange background. At the bottom right, there is a pink brushstroke on a grey background.

# **Success Takes Effort**

**CDI105007**

**Ted Hsieh**

**謝坤修**



In recalling my high school years, I find that I was a bit childish and somewhat playful. I literally played through my first year of high school until I met a teacher who changed my thinking. After that, I started to pay more attention to my school work. My grades in high school weren't poor but I didn't get straight A's, either. Math was my biggest problem of all. In fact, I never once passed math throughout junior high school and my first year in high school. I always felt like sleeping in my math classes, and even my math teachers wanted to give up on me. Whenever one of my math teachers mentioned students who were poor in math, all eyes in the classroom automatically looked at me. I had given up on myself and I was always laughed at. Then my homeroom teacher assigned me to attend an after school lesson where they ask those who want to become substitute teachers try to teach. So, they assigned a math teacher to teach me math every Wednesday night. This is where it all changed for me.

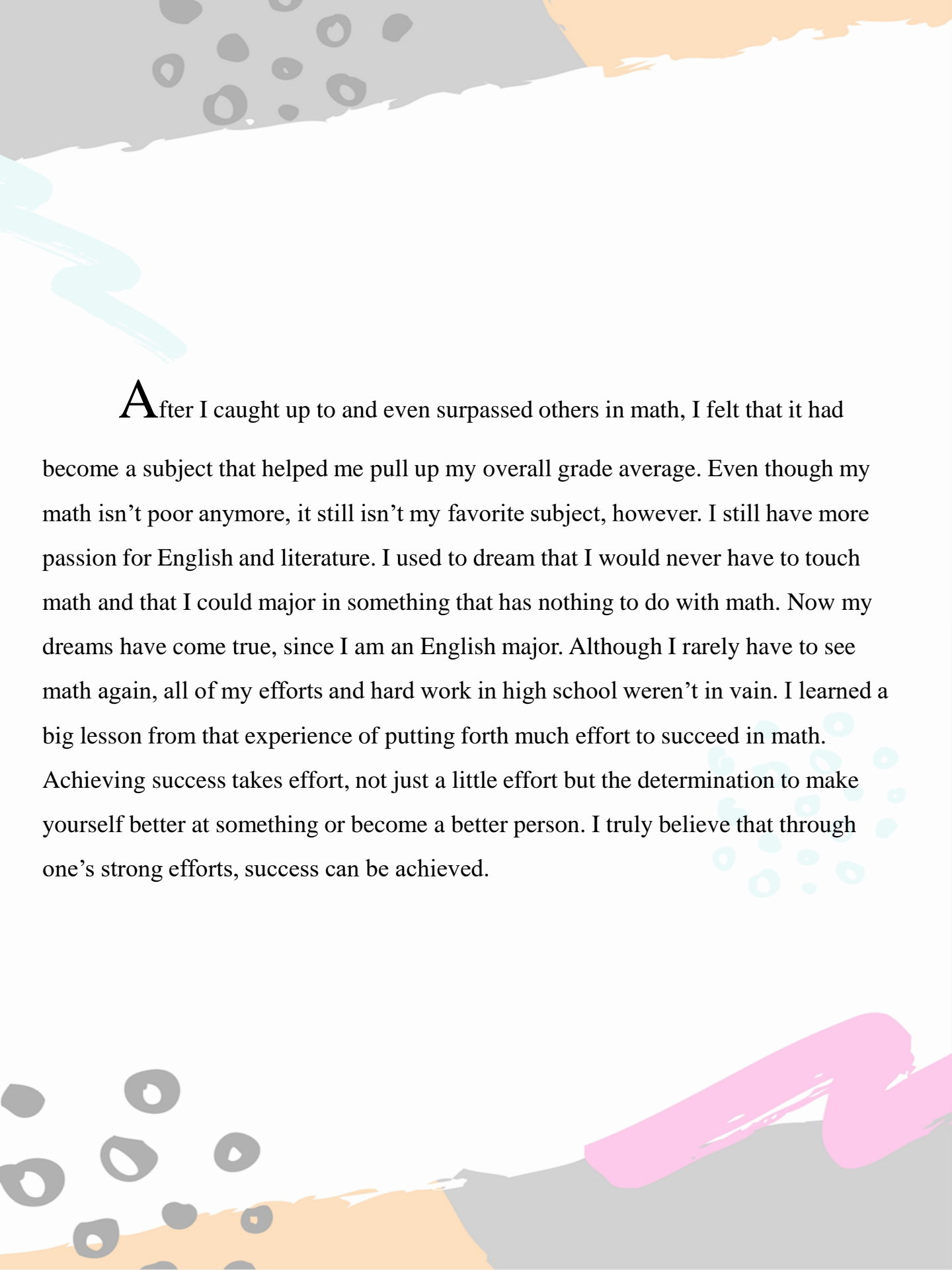
In the beginning, I wasn't hard working at all. I would feel sleepy just by taking out my math book. I told my teacher that if I ever got insomnia, all he had to do was give me some math problems as a "treatment" and my insomnia would be cured right away. The teachers that were assigned to teach us were university students who were majoring in education. I must say that they have a lot of passion for teaching. My teacher didn't give up on me even though I still just kept playing for the first month. He tried to talk me into "trying." One night, I finally started "trying" math. I don't quite remember how he got me started to do math but whatever he did was effective. He was never mean and he always made learning math fun. After I started to get most of the

answers correct, I began to do the problems in my math book on my own. Turning in my math homework on time used to be an impossible task for me but I began to actually prepare and do my homework before class! I gradually found math more interesting and I was eager to do more math problems now. My teacher told me that if I wanted to know whether I had mastered a math concept, then I should try to teach it. He said if I could successfully teach someone else how to solve a math problem, then that means I have mastered that problem myself.

I started asking my classmates if they needed help on their math. But every single one thought I was insane and just laughed at me again. As final exams approached, our math teacher gave us some small quizzes in class. My scores on the quizzes were pretty good, and I even scored higher than many of my classmates who had laughed at me before. However, I was not honored. I still doubted I could really get good grades in math. My classmates thought that I was cheating. At that point, I was very mad. I decided that I must get good grades on the final exams. I started to preview all of the math lessons and became better at understanding everything. Then I went back to master all the things that I had ignored during the first month of staying after school. I took out my math book and did all the problems in my book many times until there was no more space for me to do the calculations. Then I would take out a piece of paper and do the math problems over and over again. My English wasn't bad at the time, so I decided to work on math during my English class. When I went home, I would do math problems from seven p.m. to ten or eleven p.m.

**W**hen the final exams finally came, I was kind of nervous because that was the first time I understood how to do the problems on the test. I finished the test in an instant. My classmates thought that I was just guessing through the whole test as I usually did. Our math teacher always arranged our test papers from the highest score to the lowest. My score was 70, which wasn't too bad, actually. Although 70 may seem like nothing to some people, it was a huge improvement for me. Can you imagine a student like me who averaged around 30 on math tests could actually get a 70 on the final exam? It was a miracle. At that moment, I realized the importance of putting effort into learning. Our math teacher was proud of me and my classmates were shocked. My math teacher said that he saw how much effort I put into it and praised my improvement.

**S**tarting from my second year in high school, I was able to teach others how to do math because I became good at it. I found that the problems in my math book weren't enough, so I started looking for more materials that could help me improve even more in math. My math teacher bought a workbook for me that was filled with math problems. Using the same methods, I did the problems multiple times and then did more calculations on blank sheets of paper when there was no space left in the book. I put a lot of time and effort into math. I started to enjoy doing math and enjoyed teaching my classmates. I believe that another way to push yourself to improve is to always try to stay ahead of everyone else so that you can help others if they ask you for help.



After I caught up to and even surpassed others in math, I felt that it had become a subject that helped me pull up my overall grade average. Even though my math isn't poor anymore, it still isn't my favorite subject, however. I still have more passion for English and literature. I used to dream that I would never have to touch math and that I could major in something that has nothing to do with math. Now my dreams have come true, since I am an English major. Although I rarely have to see math again, all of my efforts and hard work in high school weren't in vain. I learned a big lesson from that experience of putting forth much effort to succeed in math. Achieving success takes effort, not just a little effort but the determination to make yourself better at something or become a better person. I truly believe that through one's strong efforts, success can be achieved.



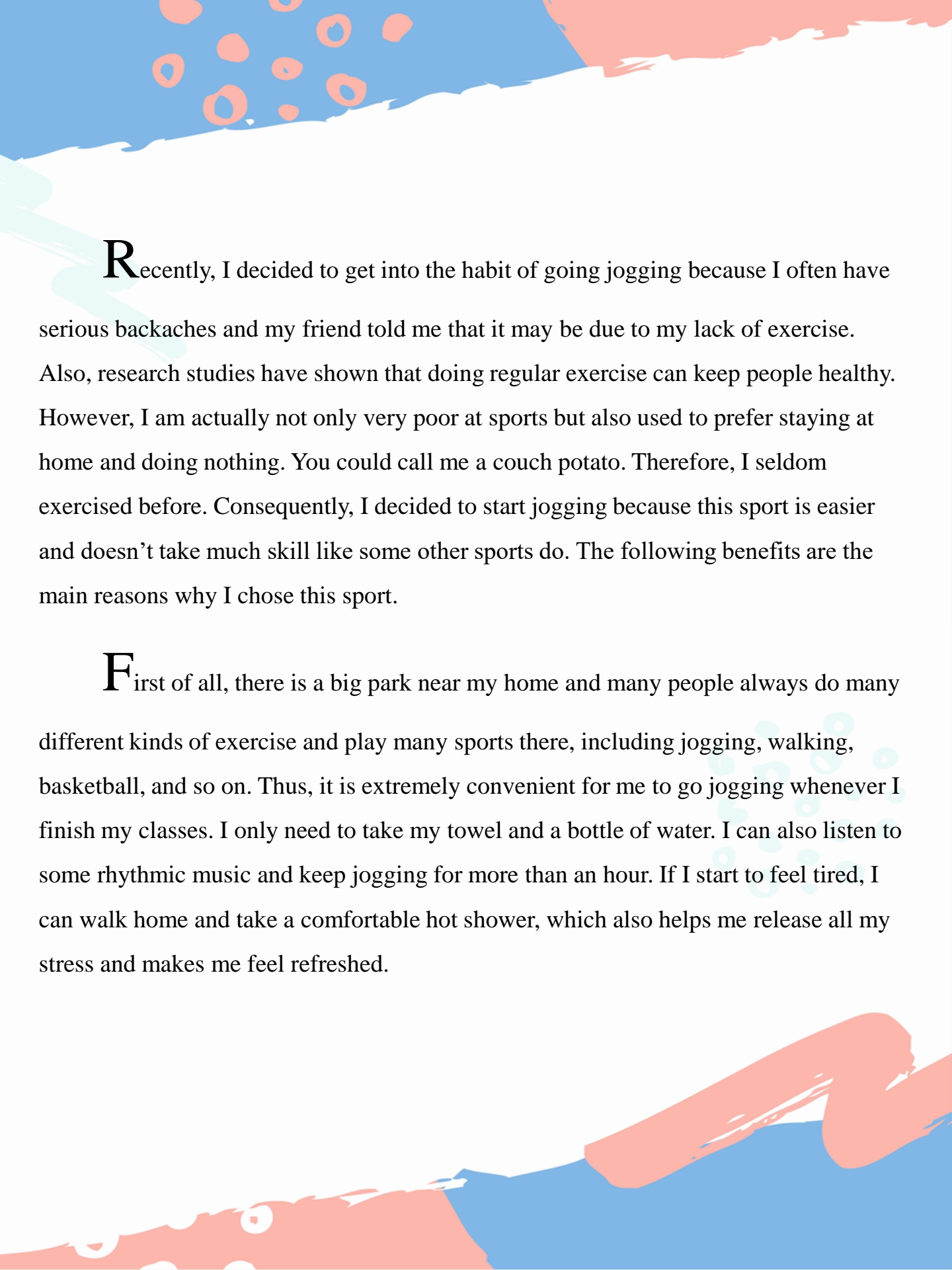
# Why I Started to Go Jogging

**CDI104013**

**Tina**


**楊姿廷**





**R**ecently, I decided to get into the habit of going jogging because I often have serious backaches and my friend told me that it may be due to my lack of exercise. Also, research studies have shown that doing regular exercise can keep people healthy. However, I am actually not only very poor at sports but also used to prefer staying at home and doing nothing. You could call me a couch potato. Therefore, I seldom exercised before. Consequently, I decided to start jogging because this sport is easier and doesn't take much skill like some other sports do. The following benefits are the main reasons why I chose this sport.

**F**irst of all, there is a big park near my home and many people always do many different kinds of exercise and play many sports there, including jogging, walking, basketball, and so on. Thus, it is extremely convenient for me to go jogging whenever I finish my classes. I only need to take my towel and a bottle of water. I can also listen to some rhythmic music and keep jogging for more than an hour. If I start to feel tired, I can walk home and take a comfortable hot shower, which also helps me release all my stress and makes me feel refreshed.



**W**hat's more, after I exercise, I have greater efficiency in studying because it renews my mind and helps me stay awake and pay better attention to my studies. Moreover, my backaches have been less serious since I started jogging. It also helps me burn fat while making me stronger. In turn, this keeps me staying healthy and prevents me from getting sick.

**L**ast but not least, going jogging enriches my life, which is a benefit I never thought of before I started doing it. Sometimes I invite my friends or family members to exercise with me. Jogging together helps me have a much closer relationship with them and makes me happy because I think they can also stay healthy. Besides, I have made many friends who are fond of exercising. When they play basketball or do something else that I am not good at, they teach me skills and rules about various sports. Then I have more exercises I can choose from in the future. The benefits of doing regular exercise are too many to count. I think jogging is the best choice for me and I hope I can keep up this habit for good.



# **Tracing My Roots: A Culture Worthy of Being Preserved**

**CDI103022**

**Vera Fu**

**傅雅儒**



“

What we hope ever to do with ease, we must first learn to do with diligence,” said

Samuel Johnson. It is never too much of an exaggeration to use this quotation to describe Hakka people, who are widely known for their virtues of perseverance and frugality.

According to Wikipedia (2016), numerous Hakka immigrants first migrated from China to Taiwan during the Qing Dynasty. Now, almost 330 years later, Hakka inhabitants make up approximately 15% of Taiwan’s population (Wikipedia, 2016). Even though Hakka people comprise one of the major ethnic groups in Taiwan, many Taiwanese people do not know much about Hakka people’s culture and historical roots. However, the Hakka people are not merely an ethnic community; rather, they represent a culture that enriches Taiwan society, a culture worthy of being carried forward by everyone in Taiwan.

**B**ack during the Qing Dynasty when Taiwan was still undeveloped, the first Hakka people crossed the sea from China to Taiwan. As a result, Hakka people put themselves into working around the clock upon inhabiting the island. In the hope of making a living in an alien place far away from their homeland, Hakka people did not give in to the adverse situation but rather moved forward step by step by working in the fields planting vegetables and raising livestock. It is said that because of the rigorous environment in which they first took root, Hakka people have been bountifully blessed with a spirit of diligence and persistence. Both my grandfather and my dad are no exceptions. In addition, those Hakka people who initially came to Taiwan were separated from many of their family members, so those who decided to come here became so close-knit that they treated each other sincerely, just like close families do. Even nowadays, Hakka people are widely praised for their hospitality. However, even though Hakka people have made great strides in improving their living quality, many of them still prefer to live in rural areas and live simple, unadorned and humble lives. Many of my own relatives have had similar agricultural livelihoods.

**T**o many people in Taiwan, Hakka culture conjures up savory cuisines, such as flat noodles (粄條/Ban Tiao), braised pork with preserved vegetables (梅干扣肉/Mei Gan Kou Rou), and pork intestines with shredded ginger (薑絲炒大腸/Jiang Si Chao Da Chang), to name but a few. For those who have given these dishes a try, it may be easy to tell that none of them contain any expensive ingredients at all. In the past, fresh meat and fish were not available for most Hakka people, since most of them dwelt in remote villages. Instead, almost every Hakka person had to learn how to turn the fruits and vegetables they grew into pickled foods which could be preserved for longer periods of time without costing them an arm and a leg. Consequently, pickled foods nowadays are not only mainstays of Hakka cuisine but also play a crucial role in Hakka culture.

**H**akka people also show great respect to nature. There is a festival in Hakka culture called 天穿日 (Tian Chuan Ri) on the 20th day of the first lunar month. In Chinese mythology, it is believed that the heavens once collapsed and a goddess named Nu Wa used rocks to mend the hole in the sky. In order to show gratitude for Nu Wa's contribution in saving people from natural disasters, on 天穿日 (Tian Chuan Ri), Hakkas people do not go to work. Instead, they eat sweet sticky rice cakes (甜粄/Tian Ban), which they preserve from Chinese New Year, and sing traditional Hakka ballads in gratitude both to Nu Wa and to Mother Nature for providing them with abundant natural resources with which to make a living. Moreover, Hakka people respectfully acknowledge 敬字亭 (Jing Zi Ting), an incinerator used only for books and papers. Not only do they build 敬字亭 (Jing Zi Ting) to appreciate the knowledge they have but also to place great emphasis on the importance of learning for Hakka offspring.

**W**hen I was in high school, I once was selected to participate in a Hakka speech contest. At first, it seemed like an impossible task for me, a Hakka person unable to speak my mother tongue well. However, taking on that challenge was one of the best choices I have ever made and one of the most important events that I have never forgotten! Thanks to that experience, I came to realize how beautiful the Hakka language is. Also, I felt more confident to talk to my parents and elder relatives in Hakka. Even though I did not win an award for my school in the contest, I did win a valuable personal prize—thereafter proudly considering myself a true Hakka person.

**A**s a Hakka descendent, I take great pride in our traditional culture and values, which have stood the test of time. I am also sure those Hakka virtues still exist today by learning more about our heritage from my father and other elder relatives who are frugal, diligent and perseverant all the time. Nevertheless, it's sad to say that like many other cultures around the world, Hakka does face threats, since not everyone cherishes the unique culture we are blessed with. For instance, the number of people who speak Hakka as their mother tongue is decreasing, while more and more Hakka people are disregarding our own cultural festivals. However, only when people fully appreciate their culture and where they originate from will it be possible that every cultural heritage is passed down from one generation to the next. After all, it is culture that makes us who we are, but it is only we humans who can keep this priceless treasure active and make it everlasting.

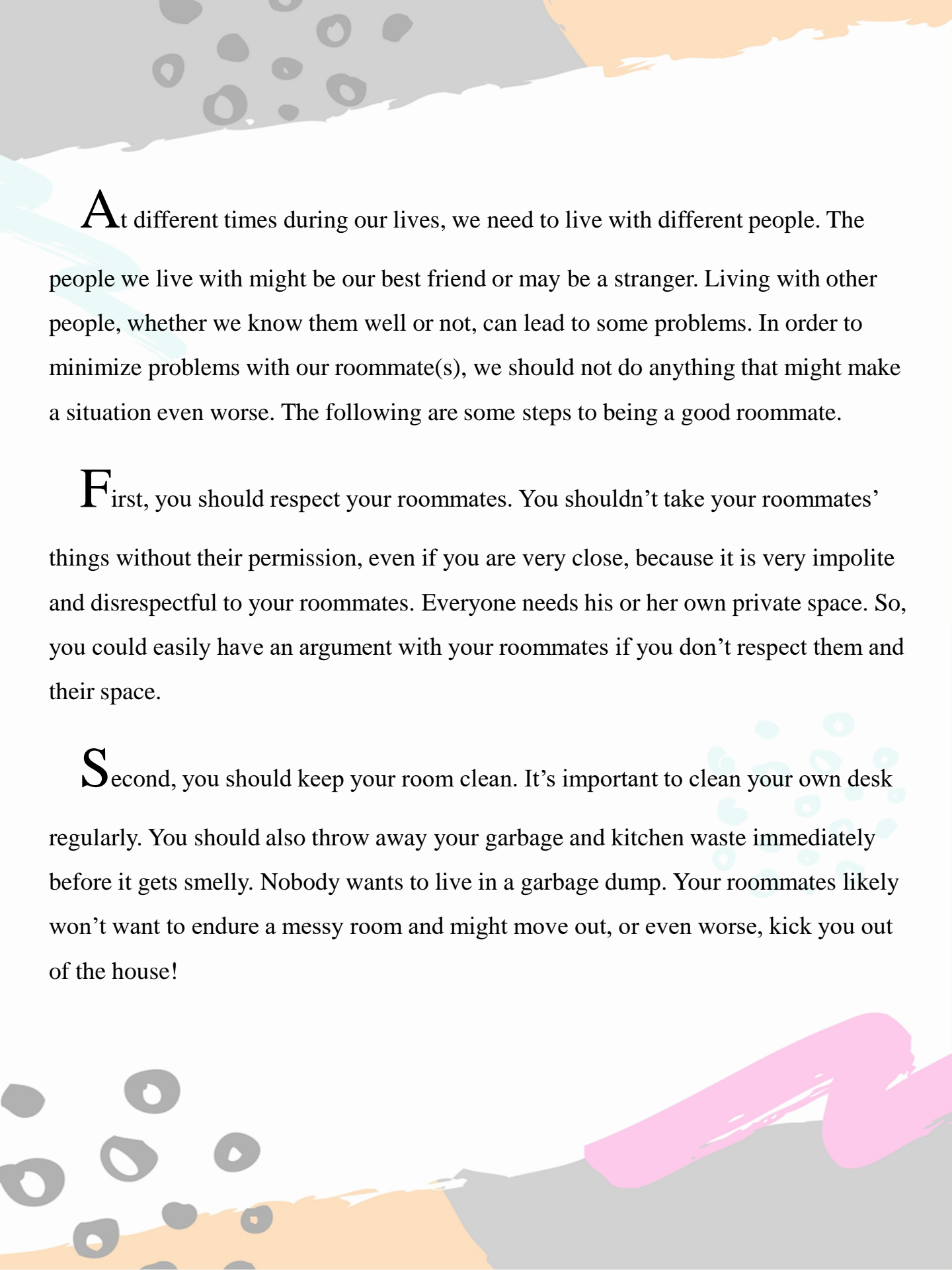
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# **How to be a Good Roommate**

**CDI103043**

**Zoe**


**陳柔伊**



**A**t different times during our lives, we need to live with different people. The people we live with might be our best friend or may be a stranger. Living with other people, whether we know them well or not, can lead to some problems. In order to minimize problems with our roommate(s), we should not do anything that might make a situation even worse. The following are some steps to being a good roommate.

**F**irst, you should respect your roommates. You shouldn't take your roommates' things without their permission, even if you are very close, because it is very impolite and disrespectful to your roommates. Everyone needs his or her own private space. So, you could easily have an argument with your roommates if you don't respect them and their space.

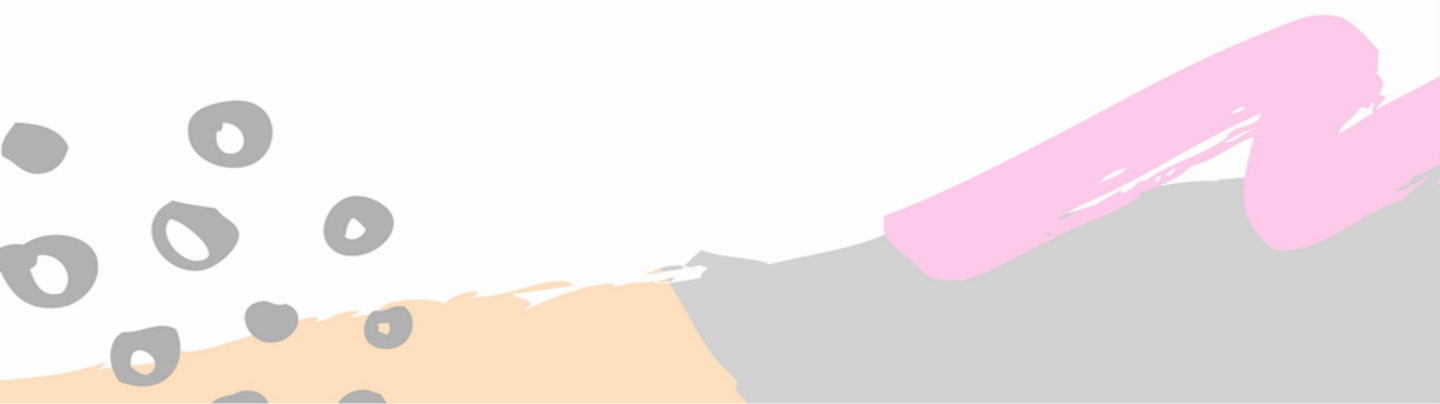
**S**econd, you should keep your room clean. It's important to clean your own desk regularly. You should also throw away your garbage and kitchen waste immediately before it gets smelly. Nobody wants to live in a garbage dump. Your roommates likely won't want to endure a messy room and might move out, or even worse, kick you out of the house!



**T**hird, you should be sensitive to your roommates' feelings. If you are a night owl, you should keep quiet when your roommates are sleeping. It is very annoying when your sleep is interrupted by other people's noise, especially when you have to get up early the next morning. Also, turn off your alarm clock immediately after it rings in the morning. Your roommates will get angry if they are suddenly jolted awake by the ringing of your alarm clock.

**F**ourth, make a verbal or written agreement with your roommates to let each other know what kind of behavior is unacceptable to both of you. Your roommates may not know that some of their actions make you uncomfortable, so you need to tell them how you feel. If you try to endure everything about your roommates that bothers you, sooner or later you will have a fight or argument with them that will at the least make you both feel very awkward and at the worst destroy your relationship.

**B**y following the above tips, you will be able to get along well with your roommates. It will not only help you be a good roommates but also be good friends.



EDITOR SCHAMS, WAYNE 項偉恩  
GORDON, DAVID 金大衛  
LONCAR, MICHAEL 梁愷

林筠雅 EMMA LIN ADMINISTRATION

DESIGNER TINA YANG 楊姿廷

WRITER

AMY SHIH	史晏齡
BENSON LIU	劉致辰
DENNY HSU	許文欽
JO YANG	楊晨筠
JOCELYN LIN	林宜瑢
LISA WU	吳婉綺
STILL HSU	許喬斌
TED HSIEH	謝坤修
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VERA FU	傅雅儒
ZOE CHEN	陳柔伊