

STAND UP AND SAVE OUR MOTHER EARTH!



By Johnny 張仲科

In the last edition we mentioned that global warming has no tendency of slowing down. Meanwhile, the World Bank warns us either to stand up and do something or remain negligent and ready to get real "tanned"! In order to make everyone aware, in this issue we decided to promote it and present several useful tips to help save our environment. Here are some actions recommended to prevent the greenhouse effect.



1. Choose local food: When buying fruits and vegetables from the market we can spend just a second checking where are they are from. Not saying that we merely ought to buy local things but if you think about it, how much does it cost to transport those foods from thousands of miles away to where you live? It does not only deal with the money but also the carbon dioxide emitted from vehicles.



2. Turn off your vehicle while not using: Since vehicle exhaust is one of the causes of global warming, everyone should make it as a habit. Furthermore, in order to reduce carbon dioxide we can use public transportation or walk.

3. Recycle buy recycled items: Generally, recycling helps to reduce energy needed to produce new ones because it takes less energy to manufacture a recycled item, and recycled items are often cheaper which can save your money.



4. Switch on the air conditioner only if you really need to: Air conditioners emit extra carbon into the air: therefore, try your best not to turn on the AC if your house temperature is not over 28°C. If you really cannot take it, try opening windows and turning on the fan; it would cost less than the AC.

Letters from the Editors

As Chinese New Year approaches the semester draws to a close. Teachers are busy grading papers and preparing tests, and students are busy finishing off final reports and preparing for tests. However, the end of the semester is also a time of reflection, and a time to look back and see what was. For me this semester was very exciting as I was the new teacher, teaching new subjects, meeting new students and teachers and generally just settling in to life at NPUE. I must say it has been a most challenging and rewarding experience, and I eagerly await the coming semester.

Another interesting experience has been the editing the Papaya Post and the Papaya News TV show. Our writers and hosts have all worked very hard (all under a volunteer system), and it has been a privilege for me to help guide the students with their

articles and broadcasting efforts. You have all worked so hard to produce three outstanding publications and one new TV show, and I would like to congratulate you all on your achievement. Well done!

I would also like to wish all the Papaya Post and Papaya News staff a very happy New Year, and a happy New Year to all the students, teachers and administrative staff of the English department. I appreciate the warm welcome you have extended to me and hope to share a long future together with you all.

Best wishes,
David Gordon

During my first year at NPUE, I was impressed with the friendliness, positive attitudes, and helpful nature of my colleagues and my students. I initially thought everyone was being nice because I was the "new guy" on the block. Now, as I am in the middle of my second year,

I've found that my first impressions were correct. All of that friendliness, optimism, and genuine concern for my overall well-being remains consistent.

As we reflect on the past year, it should be a time to consider our mistakes and our accomplishments. As I've always said in class, "I'm human and I make mistakes." You've all seen this in a misspelling on the board or my all too often forgetfulness of which page of homework I assigned, oh wait, I didn't assign homework. In any case, this past year and a half has been a time of growth, one that I've done for myself along with the inspiration provided by my colleagues and my students.

There have been several accomplishments this past semester and the brightest has been the publication of the Papaya Post. I am truly grateful for everyone who has contributed: the writers, our web designer, the television show hosts, Greta, and Dr. Chen, the one who made the paper a reality. Congratulations to you all, this is truly something to be proud of.

Happy New Year
Kim

Eating Right and Maintaining a Positive Attitude in the New Year

By Agnes 黃瑋瑜

Eating right is challenging and it takes. It takes a lot of effort. Take a common situation for example, many people skip breakfast and move straight forward to lunch, or they don't eat at the same times from staying up too late. To eat right and properly, you really need to make sure to eat 3 meals every day, especially breakfast. Try to eat more natural food without over processing, and don't

gorge! Many people like to go to the "all you can eat" restaurant nowadays, like Japanese barbecue. Try some organic food; eat more veggies and fruits with lots of vitamins and minerals. Remember, the more colors you eat, the healthier you get, that is a basic rule of the Mediterranean diet. Eat everything but don't eat too much, find an equal balance between your daily diet. You don't even have to take vitamins. For example this is my whole day menu:

Breakfast:

- Two hard boiled eggs, one avocado and an apple.
- Big cup of green tea (fuels me up and is great for the body!)

Lunch:

- Whole wheat turkey sandwich with tomato, lettuce and olive

Afternoon Snack:

- Green smoothie (kale, spinach, lemon, ginger, frozen banana, almonds, coconut water)

Dinner:

- Grilled chicken with avocado, tomato, onion and lemon 'salsa'
- Whole wheat pasta
- Watermelon!

Last but not the least is to stay positive and be motivated. It is totally useless if you make all that effort that I have just mentioned, if you are not happy at all. So, make yourself positive and motivated. When you are happy and content with yourself, you'll be full of energy, and this will make you accomplish more things. We are all human, sometimes we all feel stressed out, so encourage and remind yourself ; I can do this, I'm great, put good things around you, read good books, marvelous quotes, anything that can inspire you. Set a goal and find an equal balance between your body and spirit. Respect your body; you have to learn the proper attitude for your body. You have only one body, so treat it well, treat it as a friend.

National Events-Around Taiwan

By Eating 朱慧婷

Do you have a tight schedule for Winter Break? Are you worried that there is no place to go after the break? It's okay. After Chinese New Year, the Lantern Festival is coming! This year, Taiwan's Lantern Festival will be held in Hsinchu County from February 24th 7 p.m. to March 10th. To it more convenient for visitors, this annual event will be located in the neighborhood of the Hsinchu Taiwan High Speed Rail Station.

The 2013 Lantern Festival's main subject will be

"animation, technology, and culture", which represents Hsinchu County's local cultural characteristics. There will be five major theme areas this year, which include Hsinchu Technology, Animated Art, Local Humanity, Charming Hsinchu County and Main Lantern areas. Moreover, 2013 is the Year of the Snake in the Chinese Zodiac, and it's the first time to use the main lantern in the form of a snake in Taiwan's Lantern Festival's history!



The city government also mentioned that there will be over a million LED bulbs decorating the whole area. In addition, a new kind of light and shadow show will bring a different visual treat to all visitors. There will also be many Hakka traditional activities, including Hakka

performances and a Hakka folk song contest. It's definitely worth seeing!

The Official Website:
<http://2013taiwanlantern.net/en/index.php>



A Man Among Wolves



By Carol 黃慧君

Shaun Ellis, a man among wolves, dedicates himself to the wild wolves for almost his entire life. Wolves become some people's nightmare, and we are always told how evil and cunning these creatures are in fiction or fairytales like *Ever Red*. However, this animal expert clarifies that

the aspects of wolves we hold are wrong.

Shaun Ellis immerses himself with the abandoned cubs; to be more specific, Shaun Ellis teaches the cubs how to survive in the wild, leading them by example. Shaun not only teaches wolves how to catch fish but also teaches them how to use their language to communicate

with each other. Shaun is doing what no one has done before! He actually lives among wolves as one of them. In the wolves' society, Shaun is the leader, and he demands that the other wolves obey him, because in their society, wolves have their own classes and following these principles is crucial for them. Shaun hopes that one day these wolves can return to the wild.

However, some authorities doubt that Shaun cannot

duplicate wolves 100%. They say that is an entirely different approach that man producing answers. Let's put these theories and questions behind us. Shaun uses his way to build up the strong relationship with the wolves. The wolves regard Shaun as one of them, they are friends. Can you imagine that man and wolves can develop a friend-like relationship? Believe it or not, Shaun did!

By Hanson 李翰昇

The well-known singer A-mei started to host concerts on tour in many countries and cities such as Taiwan, London, Shanghai, Los Angeles, Hong Kong and New York. The series of concerts were called "AmeiZing" from her name "A-mei". The beginning station of the concerts was in Taiwan and they ended in Taiwan, too. The final concert was on December 19, 2012 at the K-Arena in Kaohsiung. Usually, the concerts began at 7:00 p.m.; however, this time it began at 6:00 p.m. in case some people cannot catch the last scheduled High Speed Rail, the MRT or the train to go home. In addition, the stations of the vehicles above were crowded before and

THE FINAL AMEIZING CONCERT



after the concert. At every station, the guards had to push the people that spilled out from into the carriages.

The concert was famous for its nonstop suite that was 50 minutes long. The suite consisted of songs that ranged from when A-mei first started

until her latest releases. This made the fans recall every period that accompanied her songs in their lives. Moreover, the ending of the concert was very special. After the suite was over, A-mei pretended that the concert was over and the lights were all on which meant that the audience could begin to leave; however, while everyone started to leave, the lights suddenly shut off and the countdown started. When the countdown was over, A-mei appeared on a hot air balloon painted with colors of rainbow and sang a series of exciting songs that made people jump and sing. Then, the concert finally ended. I think the night must have been a memorable night to those people who love A-mei.

TWENTY-FIRST

Katie Alves, 21, Recalls the World

By Simon 葉清輝



The Pocahontas looks: Katie Alves makes it practical to put lip makeup on the eyelids.

Photo Sources: katiealves.deviantart.com

There will not be any “new” makeup looks in our lives; however, our lives create and abound with the styles of cosmetology. Learned from her personal life, this twenty-year-old young girl, Katie Alves, renews the definition of makeup possibilities.

On one usual Halloween, Katie Alves,

the twenty-year-old makeup artist, verified her styles on lip cosmetics, which made her famous overnight. After her bold trials, she found it practical to put lip makeup on the eyelids; furthermore, she has reminded the world just how brilliant the cosmetology is.

Her scenic eye and lip looks set trends,

people from trades to blogs are copying her style, and her unique point of view is gaining much deserved mass attention. While interesting designs for the eyes and lips are not a new idea, the detail and painting skills mixed with her inspirations leave admirers in awe.



Her inspirations, such as The Lion King and Pocahontas looks, which are from her childhood memory, resonate among people who had been watching the Disney Channel.

Peoples faces may still be astonishing like a picturesque canvas when closing their eyes and mouths. When seeing Katie Alves' masterpieces, people can not help but admire her creativity, even if she is merely a twenty-year-old innocent girl.



The Lion King Looks: Katie Alves' most impressive artistic work.

“THIS I BELIEVE”

This section is based on a 1950s radio program hosted by American journalist Edward R. Murrow. Americans from all walks of life shared the personal philosophies and core values that guided their daily lives. “This I Believe” was revived in 2004 on National Public Radio in America and aims to “encourage people to develop a respect for beliefs different from their own.”

At NPUE, the show is used as a tool to encourage students to express their own personal beliefs. This week’s featured essays serve as dedications to their parents and were written by members of the junior class, Jenny, Iris, and Vivi.

By Jenny 陳家慧

I believe in effort. I believe that almost everything could be done if we make an effort. However, there might be some bad consequences that we don’t expect after our effort. However, I think we won’t feel depressed because we have been doing our best. In addition, we won’t regret anything.

I have had a bad performance in math since elementary school. Although I felt upset about it, I never gave up. I don’t hate the subject, just the exams. If I give up, ignoring it won’t help me feel better and pushes me to another pain. Moreover, the problems will always exist. Therefore, I started to work

hard and practice exams. As long as I had problems, I asked my teacher for help. At that time, what I believed was to try my best to learn and practice. I’m not sure whether I could pass the math exams or not, but I knew I had strived to learn.

After a long time, I did make progress in senior high school. I got a B on my math exam instead of failing. Nevertheless, to be frank, I am still not good at math. Without reaching great success, I’m proud that I tried my best. Instead of concentrating on the result, the effort we make seems to be more important. After all, you can’t decide the outcome, but you can control yourself to make an effort.

By Iris 廖郁棻

I believe in hard work. When I was in elementary school, I joined the chorus. At first, I felt a little excited because the chorus was new for me. Everything went smoothly and was stress free for two or three months. However, everything became different when the teacher told us that we had to take part in a contest. We had to compete with all the elementary schools in Kaohsiung City. We did not realize how hard and difficult it would be to prepare for the contest.

We had to stay after school every day and go to school on Saturdays from 9-5. Sometimes, we wanted to tell our teacher that we were exhausted and wanted to go home. In addition, some people wanted to give up. Nevertheless, no one quit because we saw how much effort our teacher put into the contest. We had to try our best and not complain anymore.

Eventually, we won the championship. After winning, we celebrated at McDonald’s. I really appreciated everything that my teacher did and I will never forget her, ever.

By Vivi 陳瑋

I believe anything is possible. If you always believe that you can do anything, no matter

how hard the goal is, you’ll reach it someday. A line in a movie impressed me, “You mustn’t be afraid to dream a little bigger.” I’ve always been inspired since I heard that line. Every time I set a goal for myself, I always say that line. We should never fear a challenge because people have great possibilities.

Last summer, I decided to take the English Certification Exam. I felt so nervous and anxious because it was my first time to take an exam like that. I was worried that I wouldn’t pass it. Then, my mom told me, “Take it easy, just do your best and don’t worry to much.” I realized that I should have confidence in myself. From then on, I kept telling myself, “I can do it,” and focused on preparing for the exam.

A month later, the result came out, I got a “pretty” grade and I was satisfied with it. You must never be afraid to dream a little bigger. Anything is possible if we have faith in ourselves.

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