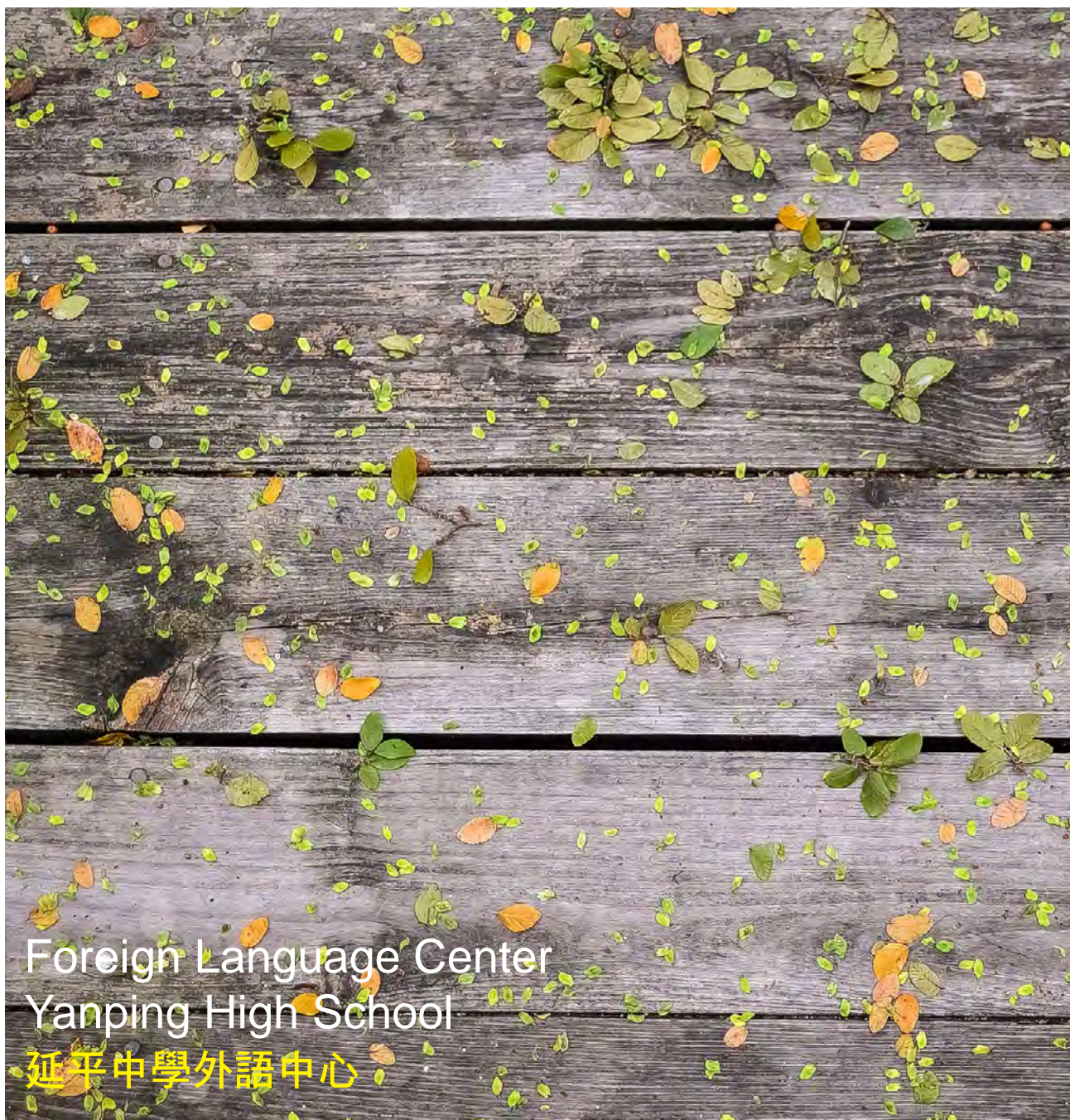


The Firefly

Yanping English Magazine

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Foreign Language Center
Yanping High School

延平中學外語中心

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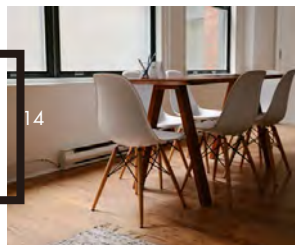
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Editorial

While Taiwan as a whole has been engulfed in a succession of episodes of food contaminated with health-damaging substances over the previous two years, people in other areas of the world, especially in poverty-stricken places, are being suffering from starvation on account of inadequate access to food. Consequently, the first section of the current issue is devoted to the subject of food security in the hope of raising your awareness of much more people than you can imagine in the world having limited access to food and the causes of food insecurity.

Following the concern-raising subject of food security are the articles dedicated to the annual receptions of the Japanese students from high schools throughout Japan by the 10th graders of our school. The focus of the eight articles is mainly on the amazing experiences of interacting with the students of a different nationality and the authors' efforts to entertain their guests. Attention is advised to be paid to the detailed accounts of establishing a cordial relationship among the participants of the events via the activities arranged by our school.

Moreover, the current issue of the Firefly contains the articles by two of the four members of the Teen Diplomats representing our school. Their respective contemplations give us the readers a glimpse into the team members' deep involvement in the preparations for the competition and their reciprocal support and the spirit of comradeship that helped them overcome difficulties.

In the last section, reflections on the aptitude-exploring programs offered to the 9th graders demonstrate the benefits gained by the program participants of being equipped with different perspectives to better grasp their potentials and future decisions over the academic disciplines they desire to specialize in.

Conforming to the convention observed for all the previous issues, I appreciate the efforts made by all the contributors and hope you enjoy the reading.

By Valerie Lin



Food Security

31132 Cherie



If you have been paying attention to what's going on in the social media internationally, you might've heard of this new hashtag. I'm not talking about #kendalljennerlips cause that is the most ridiculous challenge I've ever heard of. Please don't try getting plump, full lips by sucking a shot glass for five minutes until you can't take the pain anymore. I'm talking about the #FoodBankNYCChallenge. The challenge had arisen due to the recent cuts to food stamps in the US and it asks nominees to either live on a 29USD food budget for a whole week, or donate. One of the famous participants would be Gwyneth Paltrow, who quite the challenge four days into it.

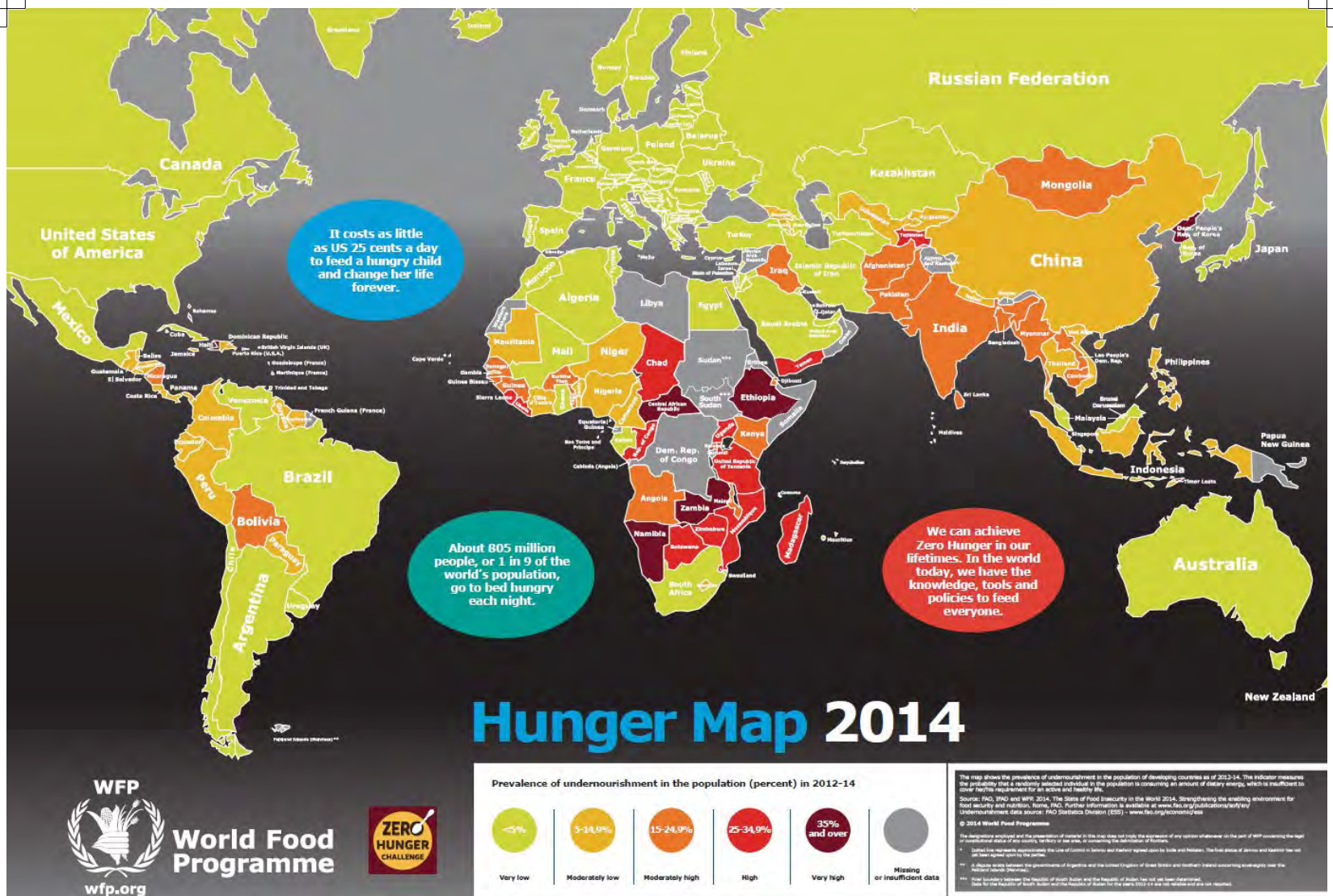
The world is capable of producing enough food for the entire population, however, one in every nine people still suffers from starvation. The right to food is considered as one of the most important human rights among the United Nations, inseparably connected to the inherent dignity of a person and is crucial to the realization of the rights each human person is entitled to in the Universal Declaration of Human Rights.

Food security and food safety are entirely different things. Food security is defined by the United Nations Food and Agricultural Organization (FAO) as the state "when all people at all time have access to sufficient, safe, nutritious food to maintain a healthy and active life." There are several factors to food security, inclusive of availability, accessibility, utilization and stability. The production and supply of food is the physical availability of food. When food demand surpasses food supply a shortage of food occurs, leading to a hike in food price. If a person does not have the financial ability to buy food, it would affect his or her food security. The global market and poverty play the main roles in the discussion of accessibility. Food insecurity is not just about the lack of food but lack of nutrients as well. Food utilization is the ability of the body to use the nutrients contained in food. An individual must have access to enough food to meet his or her nutrition needs. In order to maintain food security, the three aforementioned points must be consistent, ensuring long-term availability and accessibility. If the four

counts previously mentioned are not met, then it is a case of food insecurity.

Food insecurity could be long-term or short-term. Long-term food insecurity is also known as chronic food insecurity, a result of poverty and is being fought by the UN, governments and NGOs. Short-term food insecurity on the other hand, is also known as transitory food insecurity, usually caused by the economy and inflations, and is a lot more difficult to combat due to its unpredictability.

Too many reasons cause food insecurity, but the primary source of hunger is poverty. Poor people's lack of resources and the unequal income distribution both lead to poverty. Control over resources and income is typically built upon military, political, and economic influence which commonly falls into the hands of the minority. Rising oil prices, decreasing natural resource supplies, government corruption and geographical barriers stop the poor from buying and selling food. Also, hunger causes poverty which in turn cause hunger. Poor health reduces people's ability to work and learn, leading to greater hunger, resulting in a vicious circle of poverty.



Another large cause is food loss and food waste. The phrase indicates the reduction of food in the sequent stages of the food supply chain meant for human consumption. You might wonder what the differences are between food loss and food waste. Food loss happens primarily at the front of the food chain, between harvest and the table, for instance during production, postharvest, and processing. This problem is usually more serious in developing countries due to inefficient record keeping strategies, government corruption, inadequate storage facilities

or transportation to avoid spoilage and exposure to rats and insects. As for food waste mostly occurs at the end of the food chain on the retail and consumer level. Generally, the richer the country, the higher it's rate of food waste per person is. According to the estimation of the FAO, one-third of the food produced worldwide never serves its purpose for human consumption and gets lost or wasted each year. That's about 1.3 billion tons of food and in it is 45 trillion gallons of water which is 24 percent of all water used for agriculture. Producing that amount of food also emits 3.3 billion tons of greenhouse

gases into the atmosphere. Consumers in rich and industrialized countries alone dissipate 222million tons of food, nearly as much as the entire net food production of sub-Saharan Africa (230 million tons).

Next time as you dump half of your unfinished lunch boxes into the leftover buckets that would then be taken out to the back of YanPing, piling up into that humongous barrel of swill, keep in mind that while over half a billion people in the world are obese, more than two billion people suffer from micronutrient deficiencies.



Experiences of Receiving Japanese Students

By 高一 4 盧芷涵


A country full of cordial people, tasty food, and splendid cherry tree blossoms, Japan has left me with a profound impression. In order to know more about the country I like, I participated in this event.

The Japanese student I hosted was called Kubo Hitomi. To my surprise, in addition to English, she spoke good Chinese. Kubo said she had lived in Kaoshiung for several years, and her mother was actually Taiwanese. Despite the fact that I could speak Japanese, we still talked in Chinese. That's lucky because I don't have confidence to speak Japanese fluently. By talking in the same language, we soon became familiar friends.

To begin with, since I was the piano accompanist in the choir, I took her there. As far as I know, choirs and clubs were all well developed in Japan, but Kubo said that it depended on schools. Some schools had great clubs but their academic achievements were not in the same level. It was great to discover how societies are not always what you have imagined them to be.

After the choir practice ended, we took the MRT to Dongmen. Dongmen is a food's paradise. Fortunately, the weather got hot these days, so we enjoyed the well-known mango ice and had a great conversation exchanging ideas about Japanese entertainment and the culture between Taipei and Kaohsiung. The most impressive issue we had talked about was the different ways to pronounce of Taiwan traditional meals. Even in this tiny island, people in the north and south say things in diverse ways.

After a day of coexistence, it was time to say goodbye. We drank soy bean milk and ate rice balls for breakfast. The traditional meal evoked nostalgic memories of Kubo's livelihood in Kaohsiung. When the tourist car came to pick them up, some Japanese students cried and left reluctantly. They must have had an unforgettable experience in Taipei. Unlike other students, Kubo just waved goodbye to me and said to call her if I go on a trip to Tokyo or Kaohsiung. I have a feeling that we will see each other again.



After knowing that I may receive a chance to entertain an exchange student from Japan, I registered immediately. Japan has always been familiar to me. Besides the distance and the price of traveling there, both countries have a similar history which means there is a like culture and eating habits. Consequently, to Taiwanese, Japan has always been a perfect place to travel.

I started planning about two weeks before their arrival. I wanted to focus on the positive side of Taipei. Questions came flooding out of my mind. What part of Taipei am I going to show her? What kind of food are we going to try? What gift will be great to illustrate my hospitality? As the day arrived, I was excited and full of expectation.


Angela and I insisted that we were going to show them the most advanced part of Taipei in order for them to remember the beauty of the city. As a result, we took them to Shin-Yi District, the most modern part of Taipei. We ate dinner at Ding-Tai-Fung, a restaurant known all around the world for its particular and famous Xiao-Long-Bao, which is located in Taipei 101. I feel that we left a deep impression on them.

Mistuki Kondo, an active, extroverted, kind-hearted girl, is my partner. She brought so many remarkable memories for me to remember. Those wonderful memories enriched my high school life, and will influence my thinking for years to come.

Time flew by. When Mitsuki was about to leave, we didn't have time to talk, we just hugged goodbye. In spite of being in contact for less than twenty-four hours, the friendship between us had already grown deeply. We had established a bond. The exchange student program left such a wonderful memory, which is too good to describe. In order to keep it so unique, I'm not sure if I will try it again next year. Because of its greatness, I don't want it to replace by another similar experience.

By 高一 5 陳元琛

Experiences of Receiving Japanese Students



During this winter vacation, I had the privilege to represent Yangping High school as a receptionist to Japanese students from Takatsuki High School Japan. My task was to form a relationship with my Japanese counterpart, so we can discuss and plan the visit. I worked on possible discussion topics we can talk about during their stay. It was an exciting and thrilling experience because I got to entertain foreign guests. I especially enjoyed selecting welcoming gifts and preparing for the event.

On the day of the reception, all of the students who were in charge of receiving Takatsuki High School's students went downstairs to the Foreign Language Center to attend the opening ceremony. For the ceremony, both school's principal greeted each other with a brief speech. Then two student representatives of Yanping introduced our school's environment. We greeted students from Takatsuki High School in Japanese and English respectively. And student representatives of Takatsuki High School greeted us in English as well.


After the opening ceremony, we led the Japanese students to a classroom because each student from Takatsuki high school was giving a keynote speech about an environmental issue. During their speeches, we could raise our hands to ask some questions to the speaker. In this activity, we learned a lot about the environmental issues from a Japanese perspective. It was a golden moment to observe other culture explain issues that relate to all humanity.

Later, every Yanping student had to take one Japanese student to their classroom to participate in one course. Luckily, we were taking an English course at that time. Our English teacher is also good at speaking Japanese. So we had a great time translating some sentences from Japanese or Chinese to English and discussing some proverbs and sayings from different countries.

At lunch time, we went downstairs to eat lunch with the Japanese students. It was a chance to know our fellow classmates and share our experiences. We had a wonderful time talking about our lives.

Finally, we took pictures and ended the trip on a high note. It was an experience that I would never forget.

By 高一 6 馬揚異



Thanks to Yan-Ping Foreign Language Center's teachers, I was honored to participate in an international event between Japan and Taiwan. It was a day I will never forget because it gave me an introduction to my fellow peers from Takatsuki High School, Japan.

Before the activity, I had already heard of Takatsuki City through a TV program. It seems to be a place with an abundant culture. As one of my personal goals, I wanted to learn and interact with our foreign guest so I can get first hand knowledge of how they live. The students came from Takatsuki High School.


They made a variety of presentations about global health and sanitation topics. They explained and analyzed their topics in detail and depth. Each presenter put a lot of effort in their topics. I benefited greatly from their presentations.

After the presentation, we had lunch together. We talked about culture, fashion, interests, and so on. From this experience, we had a chance to learn about the world we live in. At the end, we exchanged contact information in the hopes of nurturing our relationships.

Through this activity, I understood that international relationships are very important, not only to individuals, but also to our country. I found that it is vital to communicate with different people and to understand their cultures. Communication is a key ingredient in building relationships. Because of its greatness, I don't want it to replace by another similar experience.

By 高一 6 溫品蓁

Experiences of Receiving Japanese Students



Last year, I was standing in front of the bulletin board of the foreign language center, staring at the student exchange program poster. At that time, I only wish I could speak Japanese. But I didn't know that a year after, I would have the opportunity to become one of the representatives of this year's exchange program!

It was such an exciting moment. In anticipation, I stayed awake the night before. The next morning, I met my new friend, Taisuke. He was exactly the type of a Japanese boy in my imagination! I was pretty nervous at first, but fortunately, he was pretty nice and friendly, so I really enjoyed talking with him. My classmate and I listened to some speeches made by our Japanese friends, and then Taisuke had an English class with me. I also showed him around our campus, which didn't take a long time. After chatting for a while, we surprisingly found that we have many similar interests, such as literature and music. He introduced some well-known Japanese writers to me as well. We laughed and sang songs together, and had an extremely wonderful morning.

At lunch time, we took pictures and kept chatting. We talked about everything, including his family, schoolmates, friends, and life in Japan. We were so immersed in our conversation that we didn't notice that it was time to say goodbye.

There is an interesting tradition in Japan, which says that when saying goodbye, people have to wave until one goes out of sight. So we stood at the school gate, waving and shouting "goodbye" until the bus disappeared. Our friends waved back at us and shouted as well. Through the window glass, I saw Taisuke smiling at me and trying to say something that I couldn't read from his lips.

It was an unforgettable memory in my high school days. Every week, Taisuke and I still chat through Email. Perhaps the most important thing I learned from this activity is not the knowledge in their speeches, but rather how friendship bridges the gap between nations, wherever you are from.

By 高一 6 王卓然



Experiences of Receiving Japanese Students

By 高一 6 洪滢筑

“台湾へようこそ！(Welcome to Taiwan!)” With the best smiles on our face, we welcomed our friends far from Japan to Taiwan on March 20th. I had been waiting for this activity for the whole month! What kind of people could I make friends with in this activity? Are there any differences between Japanese students and Taiwanese students? What kind of partner would I have? These questions kept flying in my mind after I put my name on the application form.

The exciting day had finally come. I felt like that I had passed the longest morning in my life! When I met my partner in the conference room, I was so nervous that I couldn't think of anything to say. However, I took a deep breath and walked to my partner — 高宮綾乃 (TakamiyaAyano). I introduced myself in poor Japanese. Surprisingly, she introduced herself in Chinese! We soon had a conversation between each other. Since she spoke English fluently, we chatted a lot about ourselves. To my amazement, we had a lot of things in common.



After school, we didn't go home immediately. I showed her Yangping's campus from the fifth floor. Although the campus is pretty small, she still appreciated our campus a lot. Then we went to my weekly Japanese class together. We played games in Japanese with all the students in the Japanese Class. Everyone had a good time!

That night, we went to SongyanEslite (松菸誠品). Ayano had dinner with my family, my best friend — Sunne , who also participated in this activity this time, and Sunne's partner. Because we are all senior high students, we talked a lot about our high school life during the dinner. We had delicious Shanghai style dishes as dinner. After both Japanese students looked satisfied with the tasty dinner, we took a walk around SongyanEslite. We saw a lot of Taiwanese souvenirs, such as traditional Taiwanese desserts, embroidery, dried fruits, and so on. Ayano bought some pineapple cakes at SongyanEslite for her friends in Japan!

We left SongyanEslite and had a walk in Xinyi District to appreciate the most modern area in Taipei on our way home. Everything seemed so fresh to Ayano: Taipei City Hall , the senior high school in Xinyi District, public art pieces, U Bike, MRT, and so on. She took quite a few photos of the enchanting night view in Taipei City. I also told her everything I know about the scenery in Taipei. We had a great time together that night.

Although we didn't stay together for a long time, I couldn't forget anything we had done together. I learned more about Japan after this wonderful activity. Ayano had become a Taiwan lover as well! We promised each other to keep in touch after she left Taiwan.

Maybe this was just a little part of my senior high school life, but I'm sure that the experience was the one of the most precious memories in my school life.


Experiences of Receiving Japanese Students

By 高一 8 張瑄庭

These last 3 days were really amazing. It might be the best memory I have ever had. Why do I say so? Fortunately, I got the opportunity to meet Japanese students and to be a homestay hostess. At first, I was really worried that I couldn't get along well with Kyoko (Her name is Kobayashi Kyoko.) or even communicate with her. But soon after I met her, my original thought was utterly changed. She is a lovely and outgoing girl who has an extraordinary talent in calligraphy. Although she can't speak English fluently, we still had a great time together.

After our snack time (or maybe the chatting time) in Yang Ping, my friends and I decided to take her to Xinyi District. Before getting on the bus, we went to buy Coco first. I think the drinking chain store culture in Taiwan is an important part of our modern culture. She was very surprised at the taste of the drink (We bought her the passion fruit drink with pearl and nata de coco). But where's the pearl milk tea? Everyone in Taiwan should try it!

We had our dinner in ChunShuiTang, the original milk tea store in Taiwan. Luckily, the menu was in Chinese and Japanese, so ordering dishes went smoothly. I strongly recommend people to take foreign friends to this restaurant for its antique arrangement and delicious food! What better way to spend your time with friends?




We had a deep conversation in the restaurant. We talked about the movie stars that we love, the food she likes, the most unforgettable experience in Taiwan , just like we have known each other for a long time! After having dinner in Xinyi District, we went up to the roof of Att 4 fun (I found this fantastic place to take pics with Taipei 101 accidentally) to take pictures. I was thrilled to discover new places in Taiwan.

After we went back to Yong Ho, my mom had already prepared some local Taiwanese fruits for her, such as pineapple, wax apples, papaya etc. We both enjoyed them a lot. After that, we went to the night market which is near my home (She is so active and energetic!). We bought the same clothes in “California”, ate traditional snacks, and played with the pinball machines. It was really amazing that the person beside you could really change the way you saw things. I had a fantastic night with her!

We kept on talking after we went back home. I didn't imagine that we stayed up until 2 a.m. chatting happily. It was crazy! We just talked and talked, and didn't notice that it had been so late. I was too excited to have this like-minded friend!

In the morning, I took her to the Yong Ho World Soymilk King to have breakfast. This restaurant is famous for miles around. I thought I had shown her the best of Chinese culture. I felt proud of that.

Being a host family means to represent not only my school but also the whole country. This opportunity is very valuable for me. We learned a lot from each other! I am really lucky to be friends with her. I have already started to miss her. She said she loves Taiwan very much and will come to Taiwan again sooner or later. I also plan to go to her hometown this summer! I think it won't take long for us to meet again!



This was not the first time for our school to hold a foreign exchange program, but this was the first time I took part in it. When I was chosen as one of the receptionists, I was really excited. Words could not describe my feelings.

I have dreamed of making Japanese friends since I was a little girl. This year 11 students from Takatsuki high school in Japan came to our school for a visit. We, the lucky 11 students, were required to greet them and show them around the campus. Although Takatsuki high school is similar to our school in some way, we still have differences.

The most distinct part of Takatsuki high school is that it is a boys' high school. This made me a little nervous at first. I learned I was to take care of a "boy friend" rather than a girl. However, the thought of making an acquaintance with a Japanese friend was so incredible to me that I soon forgot the nervous and uneasy feelings.

Finally, the day arrived. My heart leaped when I saw the Japanese students walk into the conference room. They were of my age, but they looked more mature in their uniforms. After a short welcome speech, the students from Japan gave us a brief introduction of the individual projects they were currently working on. The most impressive speech was the one on population explosion. I couldn't agree more with what the boy presented. He pointed out the severity of the population explosion, which has already resulted in hunger and lack of supplies. He profoundly analyzed the problem and brought forward several ways to solve it. I think he did a great job.

When the presentations were over, we were required to take them into respective classrooms to experience the teaching in our school. Since we had a PE class in that period, my new friend, Issei, and I were asked to go to another English class. We soon got adapted to the new class and learned some basic grammar and interesting dialogues in the textbook. The English teacher was thoughtful enough to explain in Japanese what he was teaching, so it seemed easier for my new friend to participate in classroom activities. Issei, a gentle and courteous boy, kept asking me about what he didn't understand in class. Apparently, he was eager to get involved in what we were studying. Compared with me, a girl who sometimes daydreams in class, he was definitely much more diligent and ambitious.

During the lunch break, we shared our lunch boxes together, chatting merrily. I found he was not as introverted and serious as I had judged from his appearance. He was, in fact, easygoing and humorous. We talked about our favorite idols, terrific novels, and blockbuster films.

Our time was cut short as all memorable moments are. We exchanged email addresses and Facebook accounts, promising each other to stay in touch all the time. In this brief moment of happiness, we had gotten to know each other and developed a long lasting relationship.



Experiences of Receiving Japanese Students

By 高一 9 劉宇軒

What I learned from the Teen Diplomat Envoys

By 高一 9 周晨顛

When the first idea comes to mind, drop it.

We spent a lot of time on our screenplay. Our ideas for the story went from “a stubborn farmer and a GM food scientist” to “crazy Alice in Wonderland” to “traveling around the world.” Luckily Kevin came up with the story about two kids suffering from a civil war who fought for their childhood dreams, which was a very unconventional plot. We were glad we didn't follow our original ideas when we found out that similar stories were used by many other schools.

If you are participating in a competitive match, it's hard to inspire the judges by your techniques alone. The only way you can do is to go on the path that is rarely taken by others.

"Let me show you my signature move. It's called 'crossover'. When there's a defender in front of you, you can use this move to cross him up."

In the screenplay, Kevin, a Taiwanese volunteer that went to Paruchi, a country that just finished a civil war, taught a little boy there how to do a “crossover”: there's no need to be afraid when there's an obstruction in front of you. Just cross it up!

The Teen Diplomat Envoys is a fierce battlefield, only the most prepared teams will survive in this competition. Since Yanping belongs to the Northern District, we were matched up against many prestigious schools. Since we set our goals in getting into the finals, we gave up a lot of entertaining things so that we had time to practice. It's quite frustrating, though. There were times when we faced difficulties and even the deepest fears in our hearts, and we wanted to give up. But we'd never forget our original purpose for the competition. It's determination that conquers all.



"We witness your progress, both of you. You guys are already champions in our minds."

This was what Celia said in the screenplay before Kevin and Tony were preparing for a basketball game between Taiwan and Paruchi, and a game between the two friends.

It's true that the Teen Diplomat Envoys is a big annual event, it's just a game. We spent a lot of time preparing, and we believed that luck would always go on our side. Still, the results weren't as what we had expected. We thought that it was unfair at first, but when we watched the recordings of our performances, we might have done our best, but there was actually much to be desired.

"The story never ends," Stephanie said. In a competition, there are always those who win and those who lose. Unfortunately, we were those who didn't get into the finals. But still, the experiences and the unforgettable memories will always be in our hearts. We appreciate that the school had given us the opportunity. Though we didn't get the chance to honor our school, we'll try our best to give pride to Yanping High School in the future. "

"No, we're not losers," Kevin posted on Facebook.

"Best team forever. Best friends forever."

That was what I wrote on my Facebook page the night after the competition.

Some of us were already best friends for a long time. When we teamed up, we quickly got "team chemistry." There were still times when we had disagreements with each other, and quarrels were unavoidable. But friendship helped us get onto the right track right away.

In challenges like these, it's better to have partners with you. Cooperation is always stronger than one.


“Now we will announce the well-performed teams of the Teen Diplomat Envoys... Team No. 21, Taipei City Private Yanping High School.” As a result of the elimination, many things flashed through my mind.

In May, my friend Tony asked me if I want to team up with him to join the Teen Diplomat envoys competition. “It requires oral skills, stage manners, and geographic knowledge. I think you’re born for this.” Of course I agreed to join the team. The team consists of 4 people – Celia, Stephanie, Tony, and me. All of us were ready to go all out and won the first prize.

The first section was to beat 4 other teams to be the representative of our school by playing a drama. After discussing for weeks, we decided to tell a story about accepting the modern technology to make our lives better. My role was a stubborn farmer, and he insisted to follow the traditional ways and refuse to use Genetically- Modified crops which are resistant of flood. As the flood stroke his farm, all the crops were dead, and the GM crops brought back by my daughter saved our lives. Due to our good performance, we became the representative, but the longer we advanced, the more difficulties we will face.

What I learned from the Teen Diplomat Envoys

By 高一 9 何俊廷



The entire summer vacation was filled with the discussions of the screenplay. The main idea of this year's competition was "How to expand teen's horizons", and our drama must stick to this idea, and express our own ideas and creativities as well. As time went on, we started to feel nervous. Finally, we came out with a screenplay about how basketball changes two people's lives. My role was a graduated high school student who loves basketball, and he just failed the college entering exam. As he went to another country to volunteer, his basketball was stolen by a local teen. In the conversation between the two young boys, they discovered that they can make their lives different by means of basketball. Speech is another part of the competition. We practiced our intonation, stage manners, and pronunciation, as so on. All of us gave up many things to achieve our goal of winning the prize.

Finally, the day of competition arrived. When it was our turn to put on the show, we showed our skills, efforts, and hard work to the audience. As the applause appeared, we knew that it was a successful performance. Teams from other schools also performed very well, and this made the competition fiercer. The second day was the speech contest, and we took our time, expressed our thoughts and smiled to the audience and the judges. When I walked off the stage, I felt like I was really a diplomat who just finished a speech in front of many foreign guests.

Although we didn't advance to the finals, but we still won the award of well-performed team. All the efforts, tears, smiles, and the most important part, our improvement in English, will never be forgotten.




APTITUDE PROGRAMS FOR THE 9TH GRADERS

By 國三 9 張育哲

In addition to focusing on our studies, our school also scheduled some extracurricular activities for us during the semester. These curriculums provided us with further information of the outside world and even facilitated us to find our interest toward our future. We invited professionals in all works of life to deliver speeches to us, including researchers, legislators, professors,

dancers, etc. They shared their own experiences and introduced fundamental knowledge about their field. The more speeches we listened, the more benefits we received. Since aptitudes were essential to our future, these courses surely gave us lots of inspiration to find the suitable occupations for ourselves.




During the semester, we called on CathayGeneralHospital. We visited many departments and learned much related medical knowledge. It was not until I took these courses that I knew the importance of stem cells. The researchers kept focusing on them and analyzing the unique functions they held. They produce new stem cells when we suffer serious illness or under a bone marrow transplantation surgery. Consequently, we will be able to resist the viruses when we are in need. I finally realized the reason why many parents spent a large amount of money to preserve their infants' umbilical cord blood. However, whether it can be used several decades later is still a mystery that puzzles several scientists!

Besides, medical inventions play a vital role in this field. As new medical machines or medicine are invented, lots of patients are lucky to use them. Each year, thousands of people around the world suffer the pain of illness, some people even are afraid of health exams on account of the complicated and torturing procedures. Today, thanks to the researchers, people who want to examine colon cancer no longer have to go on a diet. With little feces in a small test tube and a particular instrument, the doctors can diagnose whether you suffer colon cancer or not. The discovery of "Immuno Fecal Occult Blood for Colorectal Cancer Screening" is really a blessing for the world.

I would always remember the sight

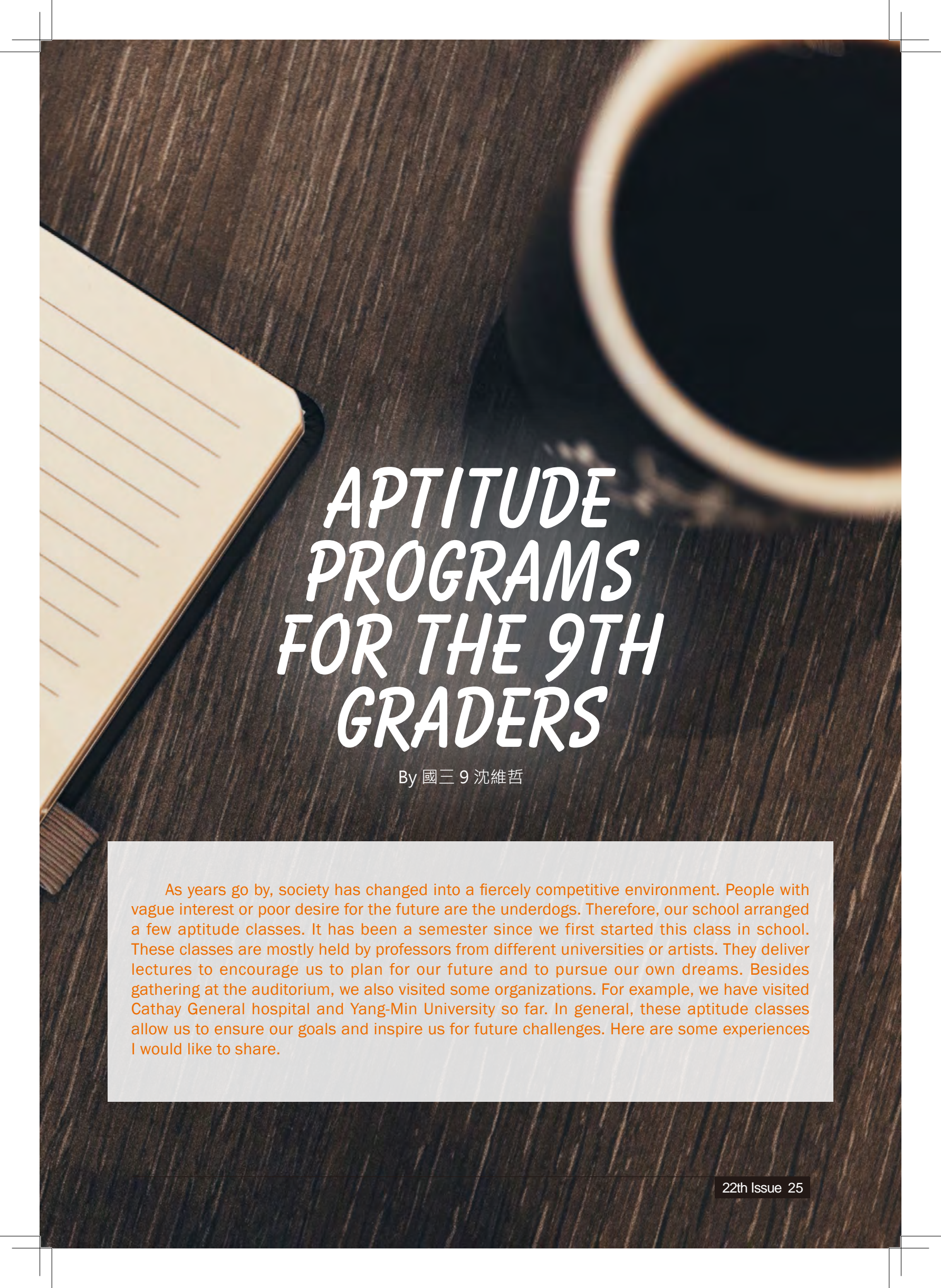
we saw in the Intensive Care Unit. Patients there were all in critical condition and most of them were even fighting death. Wearing oxygen masks, they were attached with several medical equipment to measure their heart beating frequency. What a miserable sight it was! They all looked very serious. But they spared no effort and wanted to recover. Some were caused by aging – an irresistible process of life while others were caused by accidents, such as falling from a construction site. Suddenly, I understood how fragile life was, we couldn't control it. However, we must do our best to protect it. It really gave me a lesson that we should concern others and cultivate sympathy. "Evidence speaks louder than words". We had the pleasure to listen to a lecture from a Dean of Central Police University. He put lots of emphasis on the importance of clues. Thanks to the modern science, we are able to find out many clues from many instruments, and it also releases the error from putting the innocent into sentence. Besides, it reduced the difficulty to clear up the case. With fingerprints left behind, we can trace the criminal easily by collating his personal data. When technology combines with medicine, it gives outstanding contribution to our society! Nowadays, DNA can be used to solve several cases. That is to say, if the suspect leaves just a hair on the floor, we are able to find him; this really benefits the police a lot.



At the end of the semester, we are divided into several groups to give a presentation in front of the class. We can decide the topic of the report free. As a result, many topics, such as “Exploring the Marketing Strategy of Starbucks”, “Political Tendency of the mass media”, or “Leading the sports car industry-Ferrari,” lead us to notice different fields and broaden our horizons. We score grades for one another and even exchange our thoughts. The

presentation motivates us to acquire more knowledge and summon up our courage to speak on the stage.

Overall, most of the keynote speakers kept reminding us of the importance of planning our future. As we may have to choose our major in the future, it is certainly necessary to find your own interest. Thanks to these courses, we gained a multitude of wisdom and it is bound to be useful for us in the near future.



APTITUDE PROGRAMS FOR THE 9TH GRADERS

By 國三 9 沈維哲


As years go by, society has changed into a fiercely competitive environment. People with vague interest or poor desire for the future are the underdogs. Therefore, our school arranged a few aptitude classes. It has been a semester since we first started this class in school. These classes are mostly held by professors from different universities or artists. They deliver lectures to encourage us to plan for our future and to pursue our own dreams. Besides gathering at the auditorium, we also visited some organizations. For example, we have visited Cathay General hospital and Yang-Min University so far. In general, these aptitude classes allow us to ensure our goals and inspire us for future challenges. Here are some experiences I would like to share.

When we visited Cathay General hospital, our classes were divided into different groups and led by individual guides around the hospital. Usually, we started with a few speeches from the hospital crews about the basic concepts of what we were going to see in the next two hours. These speeches included a large variety of subjects, such as stem cells, clinical experience, physical therapy, and so on. Then came the exciting part. We were allowed to look around the area which our guides led us to. Sometimes we visited labs and sometimes other rooms for different uses. Most rooms were occupied with hospital crews whom we threw naïve questions at. While we stood in awe staring at all the instruments in labs, the medical staff explained how all things worked in order. I remember that we even touched the biopsy of a uterus and a liver with cancer. The uterus was frozen for preservation the previous day, causing it to be hard and cold. The liver on the other hand, had been sent to the pathology lab just then. We could see a huge, yellowish chunk of tumor implanted in the dark red liver. Since the liver was still fresh, we could even see blood and other unknown liquid dripping down our gloves when we weighed up the organ. Unfortunately, the patient's cancer had also infected his gallbladder which was eventually taken out for examination.

We reluctantly prodded the gallbladder with our forefingers and allowed the slimy green bile to trickle from our fingertips to our palms with a rather sluggish matter. Finally, after we were all done with our schedule, we took the tour bus and headed back to school. In total, I figured that we were taught about stem cells more often than any other subjects. It might be because the study of stem cells has greater potential in the medical field in the future.

In the auditorium, people with unique talents and professions came to give lessons. For instance, animators showed animations while analyzing them, the posture, the structure, and the angles of shots. And they taught us from the process of producing a film to the enjoyment of movies. Engineers taught us the standard conceptions of electronic designs, computers, software, and so forth. I recalled the teacher claiming that "Technology is made for humanity. If it's difficult to use, there is no purpose in producing it." But the most memorable of all is the Legend Lin dance theatre. The dance theatre is renowned for its modern dance which we, students, knew little about. From an ordinary person's view, modern dance seemed to be a performance on nothing. The dance moves were lacking harmony with the music and completely baffling. Unlike traditional dance, the dancers moved in random positions individually.

After musing with my classmates over what each step symbolizes, I was suddenly called up stage and told to perform. The goal was to imitate the dancers' moves. The move required a sharp rise through the spine and then a slow but smooth descent towards the toes. From what seemed so easy was a disaster to me. From then, I learned that no one would do such complex moves for no reason. Even though I haven't perceived the idea of modern dance, I believe the artists have a message to deliver to the audience, whether they notice or not. To conclude, although these speeches weren't as thrilling as those trips to the hospital or the university, they still stood a great share in our learning.



After all these lectures and trips, we were assigned to hand in a report for each class. We would first exchange notes, catching a glimpse of each other's ideas. Then type out our reports. By doing the reports, we could flash back on what we heard or did and store them via the Internet. There are also further benefits for typing the reports. Whenever we enroll a university interview, the records of aptitude classes might come in handy. In addition, our teachers allowed us to give personal aptitude classes on any subjects we fancy presenting. On those days, we would all be trembling with excitement while the speakers shared their most intriguing subjects. Everyone's eyes would sparkle brilliantly and beam like stars. Of course, the topics would hold a various number of subjects, from Starbucks' economy secrets to Motor Neuron Diseases, from 3D printing to psychology.

To sum up, the aptitude classes all had the same purpose, and that is to help us prepare for our future. Whether it is a doctor, a bureaucrat, or an artist, as long as it is our dream, we have the motivation to reach them. These classes helped us learn more about the opportunities around us and helped us set a precise goal.




APTITUDE PROGRAMS FOR THE 9TH GRADERS

By 國三 9 謝喆崑

In the upcoming future, I will have to face the university entrance exam and decide my major that best fits my interest. It is difficult for me to make the decision. I am not only interested in social science subjects such as history and geography, but also in literature and language studies. Moreover, I have shown great interest in observing insects, making science experiments, and solving mathematical puzzles. Under the circumstance of not knowing much about the available choices, it is hard for me to make the decision.

During the past year, a series of aptitude development lessons was organized for students. This considerate design provides me a chance to learn more about courses provided by each majors and possible choices to make after graduating from these majors, gives me the information to utilize when making choosing majors. I have always been interested in medical schools, hoping that I could have the chance to become a doctor and help my patients in the future. Doctor Albert Schweitzer is the doctor I admire most. He was morally pure and indifferent to fame and fortune, and dedicated himself to people in backward

areas. His spirit of scarification has been spread widely. Therefore, I especially paid attention during the trip to Cathay General Hospital. From the introduction of members and equipment in the operating room, pre-anesthesia evaluation division, pharmaceutical preparation section that is in charge of medication management and information provision, division of rehabilitation medicine that combines physical, occupational and psychological therapies, and division of general laboratory that provides information on patient's condition before therapies start, I was extra careful and took notes for each division. Medicine covers a wide range of knowledge. It is not just the clinic we go to when catching a cold. To treat patients, doctors have to take deep understanding to the symptom which is not a one-man operation. All divisions have to cooperate to analyze and therefore pass judgment. It takes team work to cure patients from sufferings and regain their health. People needs healthy bodies to finally feel the happiness, I hope to become a doctor that could help patients to retrieve their health and their happiness.



Still, I am also interested in engineering; especially after watching the movie, Iron Man. The armors, robots, and artificial intelligence technology introduced in the movie all seem to be possible in the normal life now. In the past few visits to National Yang-Ming University, "Department of Biomedical Engineering" and "Physical Therapy and Assistive Technology" are the two majors that fit with my interests, the combination of medicine and engineering. They provide alternative therapies under the circumstances that medications could not fully cure the patients. At the end of last semester, I made a project and a presentation on 3-D printing, which is a topic that goes with the application of these two majors: utilizing the advanced technology to fill in the gap of what traditional treatments could not reach. There are successful cases of 3-D printed hearts and ducklings assembled with 3-D printed feet, which is performed by National Taiwan University Hospital. 3-D printing provides a great example that, during the pursuit of technology progress, besides of convenience, technology is capable of helping human beings to prolong the length of life.

The aptitude development lesson is the most exciting course for me every week. For one thing, there are no tests in this lesson. For another, I can listen to speeches from experts from a wide variety of areas. What's more, I could gain acknowledges to businesses from different areas, politics, law, medicine, theatrics, volunteers, computer animation, genetic research, etc. Ingredients in these lectures are so abundant that they not only introduce the professional aspects of the jobs, but also enlighten me working and human principles, giving myself expectations of becoming decent in morality and successful in profession. If I can realize earlier what career I want, the earlier it would be for me to make preparations. After these aptitude development lessons, I hope I could set up a goal for myself and would be able to start early to make my dreams come true.



APTITUDE PROGRAMS FOR THE 9TH GRADERS

By 國三 9 李安珽

If you want to go straight up to Yang-Ping senior high school, you will have the aptitude class in the third grade of junior high school. Ways of taking classes are listening to the lectures and going on the field trips. The class will take once a week, and you have to turn in a lot of reports. The purpose of it is to help us to find our ambitions, understanding what people do in different professions. Nevertheless, the field trips are only associated with medicine: going to Cathay General hospital and visiting National Yang-Ming University.



Experts in various professions will come to our school. Before we go to the hospital, we need to listen to several speeches about medical science. After that the theme of the lectures will be related to social studies or arts. For instance, “The Story of Animations” told us the process of making movies and how to make a good story. You may have some problems during the speech, like the speaker of “The Life of Politics” has a strong political preference. People who are “blue” have no choice, because our school is a little bit “green”. I don’t like either of them, so I don’t care about it at all. Maybe it was a very good chance for the Blues to learn that sometimes you have to listen to different kinds of opinions. The speaker of “My Reporter Life” is a journalist, of course. I didn’t agree with most of her statements. After the class, I wrote down my point on the report and exchange the ideas with the teacher. Everyone’s thoughts were quite different, and you will meet a wide variety of people during the lectures. To me, it is interesting to receive the knowledge they gave or improve the concepts they shared.

Because Yang-Ping loves to stuff the students into the narrow gap of National Taiwan University College of Medicine, they have arranged a great number of experience lessons about the medicine. It is very favorable for someone who wants to study medicine: They can know their working environment in advance. But there is also some benefit for one who doesn’t want to study medicine. Some lessons are very useful, such as teaching you when and how to use various kinds of bandages. In the school that gives you a great deal of homework, field trip is actually a rare experience of learning and opportunity of rest.

Finally, we have to do a presentation at the end of semester. There is no limit range set, you can do it on your own or cooperate with your friends. The score will be weighed by the reports you have done. Listening to experiences the speakers said and having some rough concepts of our future directions were the main purpose of the aptitude class. I don’t think two-hour lectures can help us to understand our goal clearly. However, maybe it could make us have some interest in the jobs that we have never thought about before.



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