

# The Firefly



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# Changing Yan-Ping's School Lunch

As we all know, school lunch has a bad reputation around the world, and of course Yanping's is no exception. But how do we solve this problem? There're lots of things to do and to think about. So why do we want to change our lunch? There are three main problems. The first problem is that the food is terrible. In my opinion, there isn't even a word to describe how bad it is. The second problem is about the phrase "nutritious lunch." Although our lunch is called this, sometimes we still see unhealthy food. For instance, fries, chicken nuggets, and other fried food. I'm not suggesting that we can't eat fried food, but if the caterer wants to do so, why don't we just call it school lunch? The third problem is that the food is too salty. Humans need salt every day of course, but we don't need that much!

Here are some ideas to help solve these problems. First, we should change to a new catering company. If the new one costs more than the old one, then the students can choose whether or not they want to eat it. We can also have our own cafeteria. Students can stay in the cafeteria when it's lunchtime to enjoy their lunch. It will prevent the smell of school lunch from lingering in the classroom. But if we want to have a cafeteria for students we need to find space to build it in our school. The third idea is that students should choose what they want to eat by themselves. This will reduce food waste, because students can choose what they want to eat and also how much they want to eat. We can carry out this plan by allowing students to vote, and implementing the most popular ideas.

Improving our lunch carries many benefits. We can reduce food waste, because if we change our lunch to one of higher quality, students will have more willingness to eat it. Students can also choose what they want to eat. The second benefit is that students can eat healthier. We can tell the caterer to make delicious food in healthy ways, for example, using less oil and less salt. Lastly, we can increase lunch orders. When students know Yanping's lunch is going to improve in the ways we want, everyone will want to order the lunch, because everyone will want to see how much better it will be. However, there will also be some drawbacks. For example, lunch may be too expensive. Students will need to pay a lot of money because the food needs to be delicious and healthy. The new cafeteria will also cost a lot of money, since we will require a new area for building a cafeteria in our school. Additionally, there may be problems with ingredients. We should think about which caterer we should choose, because this is about the students' safety.

In conclusion, to improve our school lunch there is a lot of work to do. This project needs to be actively discussed by students, but do students have time for things besides schoolwork? That's still unknown.

80206 李柔亞

# Russia-Ukraine war

In January of 2022, Russia invaded Ukraine. It was an escalation of the on-going war between the two countries. One of the purposes of this war was that Russia wants to prevent Ukraine from joining NATO, a military alliance between 29 European countries and two North American countries, and Ukraine is among the few countries in Eastern Europe that has not joined the alliance.

Summer has just started in Ukraine, and it's much more dangerous for Ukrainians. Russia sent endless bombs and missiles into Ukraine, "It seems like Russia wants to burn everything down.", said a manager of a shopping center. His shop was destroyed by a bomb and dozens were injured and at least 15 people were confirmed killed, with more bodies left to find, but despite the chaos and severe damage, the people of Ukraine refused to surrender and be ruled by Russians.

In my opinion, Russia shouldn't start a war with Ukraine because it's a violation of human rights and almost the whole world is advocating for peace between these countries. War will also damage the harmony between many countries, so Russia and Ukraine should work towards a diplomatic solution rather than relying on violence. A peaceful resolution would benefit not only their citizens but also the entire region.

Overall, the war in Ukraine shows how important it is to find a peaceful solution to the conflict and to work on fixing the main problems causing the crisis. It is necessary for everyone involved in the conflict to focus on the safety and happiness of the people, and try to come to an agreement that respects Ukraine's rights and land.

70113 盛沛然

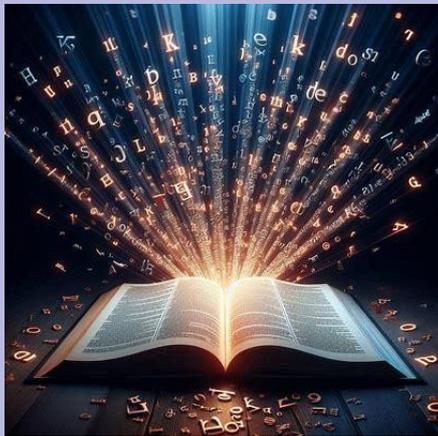
# The Past and Present of Modern English

English is not only a popular choice when learning a foreign language but also a door to the world. According to statistics, there are about 250,000 words in modern English. Among them, many are not actually “English”.

English is a language in the Indo-European language family. Originating from the Celts, the earliest humans living in Britain, Latin and Greek were later integrated into the language when the Roman Empire governed Britain (the Roman Empire had already conquered Greece by that time). For example, words including versus, status quo, and curriculum vitae (CV) were all integrated into the English language during this time

During the Roman colonial period, Rome hired Anglo-Saxon soldiers from Northern Europe to aid them in wars against the Celts. After the collapse of the Roman Empire, the Anglo-Saxons took over most of the land, leading the Celts to move to Scotland, Wales, and Ireland, but some of their language was still integrated into ancient English. We can find their traits in some English names. Take “Allen” for example, it means “noble” in Celtic, while “Enya” means “seed” in that language.

Hundreds of years later, in the eleventh century, Norman conquered England, causing French



(picture generated with Bing)

to start to be prevalent among the upper class. As for Germanic English, it gained popularity among the lower class. However, due to complex political factors, French lost popularity, and English started to come back to England! Therefore, this kind of French-infused English was born, which we call “Middle English.” Although we don’t use Middle English today, as the saying goes, “Footprints in the sand show where one has been.” As I take a deep dive, I was surprised to find out that there are many English words that come from French. Take “dandelion” for example. It was originally “dent de lion,” meaning “a lion’s teeth,” while “curfew” was originally “couver feu,” meaning “cover fire.”

Then, in 1755 AD, a man named Samuel Johnson compiled an English dictionary, the Johnson Dictionary, which cemented a standard for the modern English that we use today. Hopefully, it will continue to abound in the future.

702 02 梁詠晴

# Once a camper, always a camper!

## : Overnight Camping

Our overnight camping adventure lasted for two days and one night. It includes many events, such as department training, jumping tower, and my favorite event, the campfire party.

The department training was the first event. Before the event started formally, there was a relaxed atmosphere. The instructors taught us some embarrassing slogans and dance actions.

The department training was started formally by a serious and fierce man. At the beginning of the event, he scolded us because we were noisy. After a while, he scolded us because we didn't shout the slogans loudly enough. Although that made us feel a little unhappy, that also instilled pride in us and we shouted slogans and followed the instructors' directions. That helped us enjoy the following events, so I thought the department training was an important event.

The jumping tower was the most amazing event. When I stood below the tower, I thought jumping from the tower would be easy. But as I put on the protective equipment and climbed up the stairs, I thought each of my steps were so heavy and the height of the tower was so scary that I wanted to give up. Under great pressure, I finally climbed up to the top of the tower. After an instructor buckled me up, I looked down. I thought I would die, then I jumped off with an uneasy feeling. When I glided in the sky, I felt like I was flying. The wind was blowing on my face. It was comfortable. After the event ended, I was happy that I finished the challenge by myself.

The campfire party was my favorite. My class performed the first yes dance/performance. Before going on stage, we promised to put in 200% effort. I thought we all did. After we finished our performance, it was time to watch others' performances. I shouted out and sang when I heard songs I knew. I waved glow sticks until the party ended. But I wasn't tired. I had never been so high.

These two days are my happiest days of the year.

81011 許皓甯



I had had plenty of camping experience, but it was novel this time.

“Knock, knock, knock,” my mom was knocking on my door. I got up as soon as I could, since I had been anticipating the day for a long time. After freshening up, my

mom took me to the spot where the tour bus was waiting. Although there was a slight drizzle when we left, the weather was pretty good when we arrived. My friends and I started shouting out loud on the bus because we were so excited! After a long drive, we finally reached our destination. When we got off the bus, we followed the leader's instructions. Everyone was a little shy at first, but in the end everyone started to get excited by following the leader. One of the people who impressed me the most was our main leader. He had a loud voice, a serious expression, and a serious attitude. Everyone seemed to be in awe of him. We also got the good news that, because of the weather, we would sleep in a wooden house instead of in the camp. After training, each class needed to carry out each mission: high-altitude gliding, water gun battles, teamwork games, etc. Don't you agree that this camping trip sounds fantastic, especially the atmosphere with classmates? Next, we had to cook dinner. Even though we had already cooked by ourselves in school, I was still a little bit nervous about getting it right. Fortunately, dinner turned out to be delicious, which made us more energetic for the party. One of the groups mixed all the food into one pot and played the game rock paper scissors. The person who lost needed to take a bite! Can you imagine how disgusting it was?

Later on, it came to the part which I'd been looking forward to most: the campfire party! We'd been preparing for it for several months. Once on stage, my heart beat very fast, but I pretended not to be nervous. In fact, I did the wrong move, and I stood in the front row, so it was obvious! I was so embarrassed that I wanted to dig a hole and vanish into it. After performing, I enjoyed myself at the party. The performance of each class was awesome! My friends and I danced and sang together while others were on stage. I won't forget the atmosphere of everyone singing and dancing together on that night! We had an unforgettable time together, and afterwards we had a bath. On the way to the wooden house, we heard a strange sound coming from a grove nearby. Whatever it was, it didn't sound like anything cute, so we ran into the house as fast as we could. Before we fell asleep, we had some girl talk and gossiped. I knew something exciting, but I won't tell you, it's a secret.

With sunshine and a breeze, a new day began. We tidied our room and packed our bags before we left. We spontaneously burst out shouting and dancing as we finished gathering our things. After we finished the breakfast, every group had to achieve its task. That's to say that we had to find every station and complete the challenge to get points. The score of our class was near the top! Then, we had a barbecue dinner. It was a little too salty. Delicious or not, we had a pretty good meal, and we all sang and did crazy things together. Unfortunately, the trip was going to finish. I really wished that it could be longer.

In conclusion, thanks to the camping trip I have lots of cherished memories. This trip will definitely be my favorite camping trip ever! I also learned a lot about nature and how to play a useful role in the community. We have to split up into different classes in two months. Despite the fact that I still want to stay with you guys, everyone needs to go their own way. I'll always cherish these moments. I am so pleased to have them in my ordinary junior high school life!

80209 林子涵

# OVERNIGHT CAMPING

A few weeks ago, we went camping. I think that two-day trip was one of my most unforgettable memories.

At first, I thought camping would be easy, but when we got there, I knew I was wrong. In the beginning, our leader told us to shout out loud, stand up and sit down, and scream for a long time. I didn't know why we were doing these things, but I still did them. After that, we did something they called "deporting training." After that, we could finally take a break and have our lunch. I already felt tired at that time.

When those boring things ended, something more interesting came up. After the weird training, we started to do some amusing activities. I think the jumping tower was the most fun. I was the first person in our class to stand on the tower. I thought it would not be that scary at first, but when I looked down from above, my legs were shaking. It was really thrilling, especially the moment I jumped. The feeling of fear was really strong, but I enjoyed it after jumping, and I learned how to conquer fear in this activity.

After the interesting activities and indescribable dinner, the most exciting part was coming. It was the campfire party! I looked forward to it for a long time! We were the first class to perform, so I was very nervous. But when I stood on stage, I heard lots of screaming, which calmed my nerves. I enjoyed every second when I was on stage, and I think I did my best. There were many performances after us, and every class did well, so I kept yelling and screaming from the beginning to the end. Because I enjoyed every song, I sang loud and even danced, and my throat was very sore after the party. The atmosphere of the campfire party was great; I will remember it forever.

The next day, the event came to an end. There was an awards ceremony at the end of the camping trip. Although we didn't get the championship, we got the best memories. We were lucky, our leaders were very nice, and we learned how to use teamwork to solve our problems. I think we all grew up after the trip. Camping is truly a great event for us to learn.

81018 潘恩婷



# The Experience of a Lifetime

Exhausting, yet bursting with precious memories, a trip that shall never be forgotten, engraves its glorious seeds deeply in our hearts. From jumping down from a three-story tall building, to getting backstabbed by (became friendly fire due to) teammates with lousy aim in a paintball gun fight. It sure was going to be an epic experience, in a way we never would have expected.

Arriving at the campsite, most people were extremely excited, including me. I couldn't help but look all over the place, desperate for a glimpse of the new area we were going to stay in for the night. The campsite was extraordinarily huge, with vast grassy plains that seemed to stretch on for miles, covering acres of land. You could also see lovely wooden cottages in the far distance. It was a fabulous sight indeed.

Gathering at the main stage, homeroom teachers stood in the center, sided by three walls of students, each representing a kingdom of "the three kingdoms". For the duration of the trip, these three parties would compete for the honor of being the greatest nation. As the starting ceremony began, the leader of the camp delivered a speech, marking the start of our amazing adventures.

Things didn't turn out to be as exciting as we thought they would. By the next hour, we were devastated, and our feelings had dramatically changed. Many students described the first hour as "military training", as we soon found out that the leader wasn't as peaceful as he seemed. He barked orders at us, making us stand up and sit down repeatedly. As time passed, our passion decreased rapidly, and most of our excitement for the day had completely drained away.

Despite the bad start, things would turn around by the afternoon, as we were finally allowed to explore the area. Numerous activities were located throughout the camp, and we got to experience all of them. We got pumped up with adrenaline while jumping off a tall building dangling from only a thin rope for safety. We participated in a chaotic paintball gun fight that turned into a free for all. We prepared dinner by ourselves, which brought both laughs and tears. Soon enough, the sun began slowly descending its way below the horizon, and with the crescent moon dazzling above our heads, we would soon be having the night of our lives.

Eleven classes surrounded the bonfire, as if a deadly battle was about to begin. The leader delivered his words to the crowd and announced the start of the bonfire gathering. Suddenly, cheering and shouting could be heard. Emerging from the darkness were colorful lights, each representing a student, proud to be part of the large family, desperately trying to shine bright like a firefly. The party raged on, led by class performances, touching songs, and even sparking fire displays. Everyone felt emotional. The gathering had brought us together, not a lonely individual, but a team with love and sympathy. In the abyss of darkness, we are the fireflies, creating our bright path in the void together. Eventually, the day would approach its end, and after the party was over, we headed back to our wooden cabin, where we slept with satisfaction.

The following day, we got up quite early. There was a whole day of fun waiting for us, and we wasted no time at all. We had one hour to roam freely around in the camp, and it was a whole new experience. The camp was even bigger than what we saw the day before, with countless divided sections each with its unique building structures. By lunchtime, we all went back for our last meal of the trip, and surprisingly, we had been gifted with the opportunity to make our own food again. Although our cooking wasn't the best, the food was made by the whole team, and tasting our own food bonded us together again.



Alas, the time had come to go home. Personally, I was a bit sad when we had to leave. I had fun during the trip and encountered many new challenges I had yet to face. Most importantly, I experienced once-in-a-lifetime events that I would never be able to forget. Throughout the journey, we've been taught to be independent, and to step out of our comfort zones, and I believe that we did a good job. We've all learned a valuable lesson from the camping trip, a lesson not taught in textbooks, but only taught by your own steps. Adapting to new environments can be hard at first, but once you step out of your own comfort zone, nothing can get in your way of becoming a better person.

81034 彭璋皓

# Tatung mountain climbing

For me, April 13 was an exhausting yet exciting day. I joined a special event with my classmates. Together we climbed Tatun Mountain.

I'd been looking forward to this event since our teacher told us about it. However, I had to get up much earlier than I normally do, because our trip started at Jiantan station at 7:10 AM. We took buses for nearly 1 hour, and finally reached the trailhead of the main peak of Tatun Mountain. There was a long set of stairs, which is like a tunnel that goes through a forest, and finally reaches the top of the main peak. I saw beautiful silver grasses that cover the mountain blowing in the wind. That was fabulous! After taking some photos, we quickly went down the hill. However, the first challenge soon came. Because the downward stairs were covered with mud and moss, they were so slippery that I almost fell down a few times. I found out that the green parts of stones were a lot slipperier than other parts, so I tried not to step on them. We successfully went down the main peak; however, the most incredible challenge was yet to come.



We walked on a flat path for a while, so I was able to relax a bit. Soon, the whole path was covered with mud again, and it became steeper and steeper. The path disappeared, and there were numerous rocks in the forest. Fortunately, there was a rope beside these rocks, so we could climb over these huge rocks. I was terribly shocked! It was totally different than what I had imagined. We spent almost an hour climbing over rocks for a short distance, and finally got on a normal path again. However, the challenge wasn't over yet. There was no more mud to make my shoes and

clothes dirty, but we needed to climb over rocks that are about one and a half meters tall to get on the west peak. It was the most exhausting but exciting part. When I reached the top of the hill, I felt a sense of accomplishment. All the hard work was worth it since I achieved my goal – finishing this challenge. Maybe that's the main thing that motivated me to join this event. We climbed down the west peak for an hour, and finally finished our trip.

“Where there's a will, there's a way.” Mountain climbing is such a tiring endurance sport, but I feel satisfied when I finish climbing a mountain. Moreover, the hard work I've done and the spectacular landscape I've seen, will always be my unforgettable memories.

81031 陳家弘

# Things I dare not to say to my parents



Whenever I am drifting in the vast sea of loneliness, frustration, and confusion, my mom and dad are always my harbor to dock at, serving as my spiritual anchors. Every time when I am on cloud nine, my parents are beside me, allowing me to share my happiness and exhilaration. At dinner, the three of us sit down at one table, sharing things from trivial matters like "how bad the school lunch is today" to much more important issues like what's recently been bothering us. One time, I flunked my exam, and my parents listened to me with all ears, helping me cope with my emotions as if I were a fragile baby. My mom and dad are always good listeners and my mentors. I know I can always turn to them for support and companionship.

Despite sharing almost everything with my parents, I wouldn't dare to tell them that I actually hate playing the piano. I've been taking piano lessons since the age of five but I've always hated it. However, seeing my parents gratified as they peer through the classroom window every time they drop me off, I just can't pluck up the courage to tell them my true thoughts. What's more, after I play the piano in front of our relatives at each year's family reunion, their proud expressions discourage me from bringing up my true feelings. I just couldn't imagine how upset they would be should they learn that I've always hated playing the piano! Therefore, I will keep my true feelings as a secret in order not to upset them. After all, it's sometimes better to keep some things to oneself.



208 42 董靖

# Things I dare not to say to my parents

If I say that my home is the shelter where I can hide from all the pains and sorrows of the world, then my parents are the shields that protect me at all cost, the emotion-dumps into which I can spill all my worries and doubts, and the guides that will escort me to the right path in my life. I can tell my parents everything inside my head, and they will listen without interruption. I can ask them for whatever advice regarding any worrying thoughts lingering in my chest, and they will help me the best they can. We always find a way of figuring things out together eventually. The communication bridge between me and my family is built strong and unbreakable, strengthened by trust and love. We are like best friends that will never ever turn our backs on each other.

Trustworthy though my parents are, I never tell them about the juicy gossip about my friends at school. The reasons are simple. For one, I don't consider it a good idea to spread other people's affairs everywhere. No matter how interesting or how unimportant the gossip is, that's their own business, and I don't think the main characters of the gossip would be happy to see their stories flying around. For another, my parents are not a retired couple idling around all day long, they are busy businesspeople. They don't have time to listen to stories of their daughter's friends whose names they can't even spell. Therefore, I consider it the best choice not to bother my parents with high school gossip that they do not care about. I prefer our family communication to circle around thoughts of my beloved family members, to focus on how I think, how my parents feel, and how much we love each other.

20918 劉乙葶

When it comes to maintaining a good relationship, it is of paramount importance that we regularly communicate with each other and express our ideas, especially when facing the people we meet and live with every day—our families. Although views regarding this topic change as we age, I'd still like to talk about my opinions on it. I was born and raised in a liberal family, and my parents have always encouraged me to speak out my thoughts, and we discuss them if our views clash. Therefore, I'm never afraid of giving my own opinions, and neither do they hide their own thoughts. These regular talks prevent us from abruptly flying into a rage from accumulated disapproval, and thereby create a peaceful and loving atmosphere in my family. Not only do we communicate when confronted with adverse opinions, but we also have a family gathering every Friday night despite how busy each of us is. It is quality time for me just to chat, play, and unwind myself in my parents' company. Chatting ceaselessly about all the unimportant matters in our daily lives, I know that there's nothing better I could ask for and I'd rather stay beside my parents than go anywhere else.



Despite my warm relationship with my parents, there are still some words I could never pluck up the courage to say to them. Just three months ago, I fell in love with a boy I met in a bookstore nearby. I consider him the man of my life. Even though he is honest and diligent, I have never mentioned his existence to my parents and pretend that nothing has changed. I don't like this bizarre feeling and want to share my happiness with my parents, but I fear that they will ask me to break up with him. In particular, imagining their astonished and disapproving faces is holding me back from being open towards them. I am troubled by the thought of what would happen if they knew, and this



makes me anxious and sad. I believe this will continue to be a problem I'll have to deal with throughout my teenage life, but I still hope to confess to my parents as soon as possible.

20807 施采岑

# Keep Rolling Until The Belt Turns Black: Brazilian Jiu-Jitsu

Some of you already know that when I'm not teaching at Yanping, I have a few other jobs that I love. One of them is teaching Brazilian Jiu Jitsu, which we usually call BJJ (both in writing and when speaking). BJJ is a type of fighting that focuses on controlling your opponent and using different techniques to either break their bones or choke them until they're unconscious. While that may sound violent and terrible, BJJ is actually fairly safe. This is because we always have the option of giving up before we get injured, so if you realize that your arm is about to snap, for example, simply tapping on your opponent, or even saying the word 'tap', is all that you need to do. This tells your opponent that they have beaten you. Then, they will release the hold quickly, allowing you to walk away without any major injuries.

BJJ is unique in many ways, but my favorite part about it is that the concept of 'tapping out' (giving up when you know you are about to be injured) allows practitioners to fight each other at a very high level of intensity, sometimes as high as 100 percent, while still being relatively safe. Not only is this fun for practitioners, it also makes BJJ very useful for self-defense. This is because it leaves practitioners with very good instincts that they will use if they ever get attacked in real life.

Real-world fights are not like what you see in movies. They're fast, they're violent, they're often unfair, and they don't leave you with any time to think about what's happening. You simply act based on your instincts, and only after it is over will you have any time to actually think about what happened. I don't think there is ever a good reason to get into a fight, but unfortunately, sometimes you may not have a choice. I was attacked in Taipei once by a large group of racist men, who wanted to beat up a foreigner at random. There were a lot of them, and I was all alone walking down the street. They surrounded me, and tried to punch, kick, and stomp on me. I honestly feel that BJJ saved my life that night, and I was able to walk away with no injuries.

One question that you may be asking yourself is: isn't Jiu Jitsu Japanese? If so, how did it get to Brazil? That story goes all the way back to the beginning of the twentieth century. Back then, there was a huge influx of Japanese immigrants in Brazil. One of these immigrants was a famous Judo master named Mitsuyo





Maeda. A local Brazilian man, surnamed Gracie, helped him to get settled in Brazil, and to show his appreciation, he taught the man's sons, Carlos and Helio, Judo. Judo was created as a sport form of a much older Japanese fighting art: Jiu Jitsu. Brazil was a dangerous place back then, and the Gracie brothers were getting in a lot of street fights. They realized that almost all of the fights were taking place on the ground.

Judo had, and still has, many ground fighting techniques, but the vast majority of their practice is dedicated to throwing their opponents, because that is how most Judo matches are won. The Gracies realized that they should be focusing much more on ground fighting, and that became the main focus of their training. Eventually, the art became very different from Judo, so they chose to honor the original art's name and called their style Gracie Jiu Jitsu. It spread throughout Brazil, and by the time Brazilians started to teach it in other parts of the world, the more common name for it was Brazilian Jiu Jitsu, or BJJ.

BJJ became world famous literally overnight in 1993, the night of the first ever Ultimate Fighting Championship (UFC). Fighters from around the world came together to fight each other in a steel cage with almost no rules in order to see which style would reign supreme. Most participants were over one hundred kilograms, with giant muscles and mean faces that looked like they had just gotten out of prison, but at the end of the night, the man to beat them all was a thin, seventy-five-kilogram Brazilian man named Royce Gracie. After that night, anyone who wanted to be a good fighter started flocking to a BJJ school to sign up.

It took a little bit longer for BJJ to make it to Taiwan, but due to the passion of several people, most notably a good friend of mine named Warren Wang, BJJ classes were already available by the time I moved here in 2007. We were a small group back then, but we loved training, and we were passionate about improving. Members performed public demonstrations, and even hosted local and international tournaments to help spread awareness of BJJ in Taiwan and the rest of Asia. Taiwan

now has a thriving BJJ community with many schools throughout the country. However, I believe that we are still just getting started, and the new generation of local BJJ fighters will make Taiwan's BJJ scene better than ever!

Tyler





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