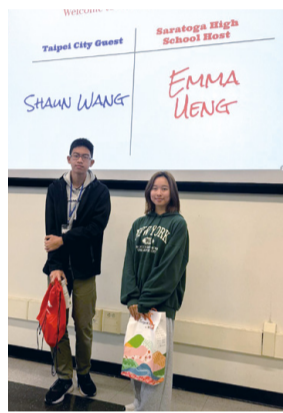


From Bridges to Bytes: Our 2026 Winter Expedition

109 24 王永勛

This trip to America was definitely one of my most rewarding experiences, with the 4-day high school exchange being the highlight. In their classroom, it was easy to notice the differences between Western and Eastern education systems. You could feel the enthusiasm in the classes, where students were eager to answer questions and participate in the debates. Their education focuses more on critical thinking, expressing ideas, and other necessary skills, rather than on formulas and models, and they emphasize the importance of brainstorming and analysis over memorization.



Taking part in their discussions was absolutely stunning. And after chatting a bit with my hosts, I learned that their after-school routine also differed greatly from ours. They



finish their classes at three in the afternoon, which leaves the rest of their day wide open for socializing, studying, and most importantly, extracurricular activities. Both of my hosts have many amazing skills, such as sword arts and ballroom dancing. Having heard all of this, I realized that my life here was too monotonous and enclosed, and I knew I could do something more. Overall, the exchange was a wonderful experience. I certainly did what I went there to do: to see what the world is like and how other people live their lives. Their lifestyles and education are completely different from ours, and hopefully, I can combine the best of both and make a change.

203 17 蘇柏睿

During this winter vacation, I joined a ten-day school trip to the United States. The most impressive part of the trip was visiting two local schools: Saratoga High School and Los Gatos High School. There, I met two students, Sean and Jena. They were both friendly and hospitable, and they showed me around their schools while explaining the differences between Taiwanese and American education systems.



I also experienced the teaching methods in the United States. The school timetable varies from student to student because they can choose most of their classes. Only a few subjects are compulsory. There are two distinct subjects. The first was History, which is taught very differently from how it is in Taiwan. In Taiwan, we usually memorize historical events, dates, and their impacts. However, in the American class, students debated whether launching an attack on a village was justified, using evidence from the materials provided. This showed me that their education system emphasizes critical thinking and discussion rather than simply memorizing facts.

The second class was Social Entrepreneurship, a subject that does not exist in most Taiwanese schools. In this class, students worked in groups of six to complete a project about a non-profit organization. Searching for information about it, they found an organization that did the exact same thing. They also made phone calls to ask for the data of their research. I was impressed by how proactively they worked on their project.

Overall, this trip broadened my perspective on education and made me reflect on the differences between learning styles in Taiwan and the United States. It not only allowed me to improve my English skills but also inspired me to think more independently and critically. I believe this experience will profoundly shape my future learning.

306 14 蔡名淇



This trip to San Francisco gave me more than just the surprise and discomfort of experiencing a foreign culture. It also taught me a lot through the process of exploring and trying to adapt.

Before setting foot in the United States, which is very different from my hometown, I was excited and nervous. I was worried about whether I could integrate into a group of American teenagers. But once

I actually arrived onto campus, the reality was completely different from what I had imagined.

The Taiwanese educational system focuses on exam results

and finding the one correct answer to every question. In their classes, however, students are encouraged to think from different perspectives. They take time to clarify the reasons and answers, rather than skipping these processes for the sake of efficiency. On the first day in Saratoga High School, their anatomy teacher said something that left a very deep impression on me. While we



were clumsily dissecting a pig, we asked the teacher for the answer, and the teacher said, "I won't tell you the answer. You need to explore by yourself; otherwise, there's no point in the experiment."

During these four days, I made friends with many American students from different backgrounds and studied with them. I experienced a myriad of

things I had never experienced in my hometown.

Running between classrooms on the vast campus, I joined student-organized protests, took part in chemistry and biology experiments, tried to communicate with teachers using the few Spanish phrases I had learned in class, and even experienced lunchtime on the grass in American-style campuses, just like in movies and TV shows.

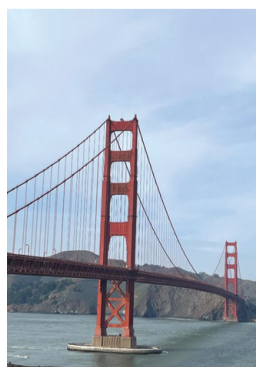
I tried stepping out of my comfort zone, and discovered that there are so many more things in this world worth exploring. I think this trip was truly worthwhile, and I am very grateful for my choice and for all the teachers who gave me this opportunity.



306 39 謝奐宇

Before this trip to the United States, I felt both excited and nervous, as it was only my second time traveling abroad. Traveling to a country so different from Taiwan made me curious about what I would see, learn, and experience. When we finally arrived after more than ten hours of flying, the journey that I had been looking forward to for months had officially begun.

Our itinerary was mainly divided into two parts: academic exchange and sightseeing. For the academic portion, we visited two local high schools in Saratoga and Los Gatos for classroom exchanges. What impressed me the most was how actively the students participated in class. Whether sharing personal opinions or engaging in group discussions, they confidently raised their hands and



expressed their ideas. Their enthusiasm created a dynamic learning environment that left a deep impression on me.



In addition, the schools offered a wide variety of courses. During those few days, I attended classes that are not commonly available in Taiwan, such as psychology, French, and orchestra. The longer class periods allowed students to immerse themselves more deeply in their studies and truly engage with the material. Observing these differences helped me reflect on my own learning experience.

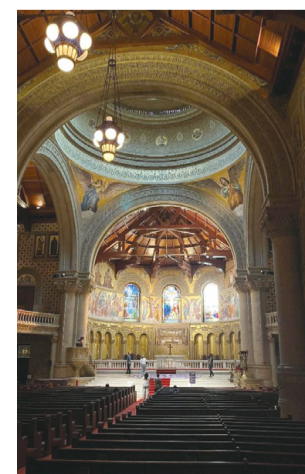
We also visited several museums and toured two world-renowned universities, University of California, Berkeley and Stanford University. Walking through their campuses, I could feel the strong academic atmosphere and rich history. These visits broadened my horizons and inspired me to think more seriously about my own future goals.

As for sightseeing, we rode the historic cable cars around San Francisco, took a boat ride to see Alcatraz Island and the iconic Golden Gate Bridge from afar, and experienced the steam train at Roaring Camp Railroads. The breathtaking ocean views along 17-Mile Drive were equally unforgettable. Each destination showed me a different side of the culture and natural beauty of the US.

During this trip, I was deeply impressed by the cultural differences between the United States and Taiwan. I could clearly feel these differences both on the streets and on campus. At the same time, I realized that my English speaking skills still need improvement. Although I was able to communicate with my buddies, I was not as fluent as I hoped to be. Rather than feeling discouraged, this realization

has motivated me to work harder and continue improving myself.

I am truly grateful to have had the opportunity to participate in this program before graduation. Not only did I gain knowledge and broaden my perspective, I also formed meaningful friendships with students from both Taiwan and the United States. This journey encouraged me to step out of my comfort zone and embrace new challenges. I believe the memories and lessons from this experience will continue to inspire me as I move forward into the next stage of my life. I sincerely hope that one day I will have the chance to visit the United States again.



Leveling the Sports Field: Gender Equality and the 2024 Paris Olympics

30105 黄湘容

For decades, the sporting world was built on a myth: the female body was too fragile for elite competition. In the modern Olympic arena, this narrative is being dismantled. From the endurance of marathoners like Sifan Hassan to the courage of boxers like Lin Yu-ting, women are proving that strength is a human trait, not a gendered one. By redefining the limits of physical resilience, these athletes are leading a movement at the heart of the Sustainable Development Goals (SDGs), transforming stadiums from places of exclusion into stages for universal human potential.

Historically, women were barred from international competition; they were completely excluded from the first modern Olympic Games in 1896. For over a century, female athletes continued to face barriers, including limited opportunities, lower funding, and less media coverage than their male counterparts.

However, the situation has steadily improved. The International Olympic Committee (IOC) has implemented several policies to increase female participation. A major milestone occurred at the London 2012 Games, which included women's boxing, allowing women to compete in every Olympic sport for the first

time. Along with a push toward gender-balanced teams and female leadership, the proportion of female athletes has grown significantly—from approximately 34% at the 1996 Atlanta Olympics to a historic 50% parity at the 2024 Paris Games, creating a much more inclusive environment.

Despite these achievements, challenges persist. Intense debates regarding gender eligibility and fairness continue to arise, as highlighted by the global attention surrounding Taiwanese boxer Lin Yu-ting during the 2024 Paris Olympics. While controversial, these discussions demonstrate that sports have become

a vital arena for examining broader social questions of fairness, identity, and equality.

Ultimately, as a highly influential global event, the Olympics shapes social attitudes and inspires change. The gender parity achieved in Paris sends a powerful message to future generations: sports should be a field where talent, effort, and passion—not gender—determine success. In the context of the SDGs, this progress illustrates how global institutions can advance gender equality, reflecting a broader global effort to build a fairer, more inclusive society.

Why I think the fourteenth SDG is important

811 33 富楷文

Why I think the fourteenth SDG is important

The 14th Sustainable Development Goal (SDG 14), "Life Below Water," focuses on the conservation and sustainable use of oceans and marine resources. Although this goal may seem remote to landlocked populations, the health of our oceans is fundamental to human existence.

Oceans are central to Earth's survival, generating over 50 percent of the world's oxygen and absorbing vast amounts of carbon dioxide to regulate the global climate. Without healthy oceans, climate change would accelerate, triggering severe heatwaves, extreme weather, and ecosystem collapse. Therefore, protecting marine environments is not merely about saving sea creatures; it is about preserving the entire biosphere upon which

all life depends.

Furthermore, oceans provide essential food and livelihoods for billions of people. Many coastal communities rely on fishing for nutrition and income. However, destructive practices like driftnet and cyanide fishing wreck coral reefs and deplete fish populations. If left unchecked, marine biodiversity will suffer, plunging millions into poverty and famine. SDG 14 advocates for sustainable fishing practices to ensure these resources remain available for future generations.

Another critical urgency is marine pollution. Every year, millions of tons of plastic waste enter the ocean, harming wildlife and introducing hazardous microplastics into the human food chain. By promoting better waste management and reducing plastic consumption, SDG 14 safeguards both marine life and

human health. Additionally, these efforts protect fragile, diverse ecosystems like coral reefs and mangroves, which act as natural defenses against environmental disasters but are currently threatened by rising sea temperatures.

Finally, because the ocean is a shared global resource, challenges like overfishing and pollution cannot be resolved by a single nation. SDG 14 fosters vital international collaboration, encouraging collective action and a sense of shared responsibility among countries worldwide.

In short, SDG 14 is not just about life below water, but about sustaining life on Earth as a whole. By regulating the climate, securing food sources, and maintaining biodiversity, oceans ensure our collective future. For these reasons, prioritizing SDG 14 is a universal duty that demands immediate attention and global action.

The bizarre world of small language models

208 19 王乃翊

The bizarre world of small language models

Layers of parameters run through matrices, and bits of human ingenuity race through wires. From this hardware emerges humanity's magnum opus: Large Language Models (LLMs). Extraordinary in architecture and powerful in size, they have proven to be game-changers across all domains of work. Nevertheless, they are not perfect.

As brilliant as Gemini, ChatGPT, DeepSeek, and Claude are, they share a major downside: their enormous size prevents them from running on most consumer hardware. Consequently, more

developers and hobbyists are turning to a more compact alternative: small language models (SLMs).

Built similarly to their larger counterparts, SLMs are more compact, allowing them to run on cheaper GPUs with less RAM. They offer two main advantages over LLMs: privacy and compatibility with personal projects. First, by reducing reliance on cloud services, they minimize the risk of data breaches—a crucial benefit for medicine, banking, or private conversations. Second, they are highly practical for coding projects. Because requests do not travel to external servers, there are no token

limits, which significantly improves speed, reliability, and cost-effectiveness.

However, SLMs also face important limitations. First, they are inherently less intelligent. A foundation of modern AI development is scalability; making models larger typically makes them more capable. Shrinking a model means sacrificing intelligence, making complex tasks like advanced coding harder to handle. Second, the AI community is filled with unreliable claims. Beginners often struggle to navigate misinformation, ranging from hyped articles claiming tiny models outperform Gemini, to recycled, AI-generated community

posts that add no original value to the debate. Finally, financial barriers persist. Even though SLMs require less memory than state-of-the-art LLMs, users still need solid hardware—potentially costing over 100,000 NTD—to achieve acceptable performance, which can discourage newcomers.

Overall, despite their weaknesses, small language models remain a promising option for businesses and hobbyists prioritizing maximum privacy and stability. As technology evolves, they continue to attract increasing attention. They may not be flawless, but for specific use cases, they are exactly the right tool.

Kurt Cobain's Fender Mustang

109 34 邱寬敏

Fame, Fortune, and the Fender: The Commercialization of Kurt Cobain

In the early 1990s, Kurt Cobain's electric guitar was like the soul behind Cobain's visceral howl. Cobain, the lead vocalist of the grunge pioneers, Nirvana, struck the iconic chords in the music video for "Smells Like Teen Spirit," and the band cemented their position in the music industry with their raw, unprocessed music style. To Cobain, his guitar was more like a companion that translated his inner mind than merely an instrument.

In March 2026, this piece of history was put under the hammer at an auction house. It ignited a bidding war among collectors worldwide. The gavel fell at a price way beyond expectations.

You may ask "Why does a guitar cost that much?" If Kurt

Cobain were still alive, he would probably ask the same question and find this astronomical price tag deeply ironic. As an advocate of anti-commercialism, he hated music being connected to fame, if not money. While music was becoming ever more commercialized, he always wanted the concert tickets to stay affordable. However, as the music industry evolved, raw emotions were repacked into products that were sold for money. Decades ago, the guitar was a tool for music; today, it is a silent auction item under the spotlight of capitalism. It is a shame that people link music to memorable relics and forget the truth of music—emotional relief.

To me, the auction demonstrates our obsession with the past. Some people buy the instruments but don't really play them. As a music enthusiast watching this, I feel that my life and feelings should not be restrained by rules and expectations. The lyrics

"Come as you are, as you were, as I want you to be," remind us to stay true to who we are. We can play the music on the simplest guitar. Though Cobain has passed away, his music still inspires our culture. Fans indulge in his music and get older; he remains young.



Somehow, it works

208 16 鄧涵云

A long time ago, a baby of great potential was born. She turned out to be so talented that her life has been full of praise. She has done the best in every field, winning every medal effortlessly. And this legend... is NOT me. I mean, who can really do that? Not I.

Still, even someone like me has a story to tell. It all started when, on a whim, I entered a competition. I got 208/400 points, which I didn't think would allow me to proceed, so I soon forgot about it. Unexpectedly, I received the admission notice for the first training stage a few days later, and learned that I was ranked 8th. Even more surprisingly, I then went on to climb to 4th place, the

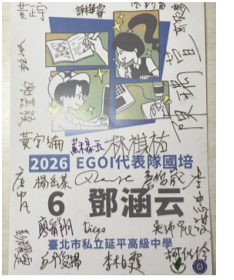
last spot to enter the national team.

However, it was not the end. There was one more training stage, and I had to stay in 4th place to stay qualified. It was at this moment that the previously fun training camp became stressful and competitive. Every mistake could cost me everything; everyone looked like an enemy, and no one knew who would get the qualification before the result came out. It was a torturous time. I kept vacillating between trying my best and giving up so that I could enjoy the two-week leave from school.

In the end, by just one point, I fell to 5th place. It was really heartbreaking to lose at the last moment. However, here comes a twist. The person ranked 2nd gave up her place! She had won in two different competitions and chose the other one. Hence, she will still participate in the final international competition, but on

behalf of the USA. Whatever the reason, I got the chance to enter the national team. The last time I had such luck was when I guessed four questions and got them all correct in the Chinese exam.

As a result, with effort and luck, I have now entered the national team and got a chance to go to Italy. Though I will have to make up for the academic work during my six-week absence, I still look forward to the competition. It is an honor that I never thought would come to me. I am grateful to those who supported and cheered for me. Were it not for them, I would not be able to soldier on. With tears and cheers, I made it here, and I will never forget this experience.



Beyond Record Highs: From TSMC's Pivotal Role to an Era of Coexisting Opportunities and Hidden Risks in Taiwan's New Financial Landscape

305 30 黃蓁彥

It's hard to ignore the stock market these days. Even if you aren't trading, you'll hear people at breakfast shops or on the MRT talking about "The Country-Guarding Mountain" (TSMC) hitting another record high. The primary driving force behind this rise is quite evident—the technology industry. Companies like TSMC, one of the world's most important semiconductor foundries, are often seen as the "heart" of Taiwan's stock market. Together with firms such as MediaTek and Foxconn (Hon Hai Precision), they form a complete and robust technology supply chain. As global demand for artificial intelligence and high-efficiency computing heats up, Taiwan finds itself in a pivotal position within this industrial chain, naturally attracting capital inflows into the island.

However, beneath the impressive numbers lie hidden concerns. First, a significant portion of the gains in the Taiwanese stock market is

propped up by a handful of major companies. Some traditional industries or small-to-medium enterprises have not performed as brightly and have not shared in the upward trend. This indicates that Taiwan's economic growth momentum is heavily concentrated in the technology sector rather than reflecting broad-based prosperity. Second, technology stocks are already valued at relatively high levels, meaning the market investors has high expectations for the future. Should global demand slightly weaken and corporate profit growth fail to grow as expected, stock prices could potentially decline. In addition, external variables such as U.S. policies, the movement of the U.S. dollar, and geopolitical risks could impact the stock market. In the long run, I think this situation is both a strength and a weakness for Taiwan. The advantage lies in Taiwan's almost irreplaceable role in the global supply chain, while the risk is that if the technology cycle cools down one day, the entire market could

come under pressure together.

From the perspective of a high school student who is interested in finance, if I wanted to seize this opportunity, I believe the key is not to focus on whether the stock market can hit new highs again. Instead, I should become an "industry observer." Rather than asking which stock will rise next, it is more meaningful to ask: Over the next five to ten years, which technologies will truly change our lives? What role will Taiwanese companies play in that future? Reading more relevant information and understanding industry trends is more important than simply chasing after hot topics. Furthermore, it is wise not to allocate all your money into a single industry or country, but to spread investments across different types of companies to reduce risk.

Opportunities often exist in times of ups and downs. The strength of Taiwan's technology sector is undeniable, and the record highs of its stock market are certainly something to be proud



of. However, stock markets naturally experience rises and falls. What truly matters is not short-term numbers, but whether we can understand the underlying structure. While others only see the market movements, if we can cultivate patience and discipline, focus on industrial positions and global trends instead of blindly chasing market news, then we will be better prepared to stand ahead of opportunities. Stay calm when the market overheats, and consider phased investments during pullbacks. This approach offers a better chance of turning temporary market trends into long-term gains.

Bumping phenomenon

703 33 張祐熏

It's a vibrant night in Tokyo, as you make your way towards the famous Tokyo tower. You cross a crowded street, and a man suddenly bumps into you head-on. It's a rude shock, but the man quickly walks away. You think nothing of this encounter and continue to enjoy your sightseeing in this exciting city.

However, these incidents are actually no accidents; they are completely intentional. In fact, there is a name for it and it's called "the bumping phenomenon," "the bumping trend," or "Butsukari otoko," which is Japanese for "bumping man." These shoulder bumps are targeted at tourists and are usually done by middle-aged men and women. It often happens in crowded places, such as crosswalks or train stations.

A shocking video of the bumping phenomenon was released on February 25, 2026. A young Taiwanese girl is seen walking on a busy crosswalk in Tokyo. Out of nowhere a woman with a white mask slams into the girl from behind, knocking the girl to the ground. The woman did not stop to check on the girl or apologize. Moments before, the woman could also be seen bumping into another little girl on purpose. Thankfully, according to the news, the girl wasn't seriously injured. You might wonder – why are these people so aggressive towards tourists?

Experts have come up with several explanations for this phenomenon. Some believe that the bumping trend is caused by Japan's high-pressure society. Many people work long hours and work in highly

stressful environments. Moreover, the massive swarm of tourists that comes to Japan makes the already cramped city of Tokyo even more dense. Due to their depressed lives, "butskari otoko" release their frustrations on those they believe are less likely to fight back, such as women and children. Other experts say it's because "butskari otoko" see themselves as some kind of moral police and use violence to stop people from getting in the way or from taking pictures in the middle of the street. Some people empathize with "butskari otoko", as there have been situations where tourists have not been mindful of Japanese culture. However, such violent acts are never the solution.

Overall, this situation is a reflection of modern society, where people experience a lot of stress but don't know how to manage it. Therefore, we should put more thought into how to relieve stress instead of keeping it inside. On the other hand, as a tourist, as much as I want to tell you how to avoid getting bumped, there is no single solution to it. My suggestion is to be aware of your surroundings



and to not walk while looking at your phone. You will still be able to enjoy Japan's umami food, rich culture, and breathtaking attractions.

A special culture in Taiwan_ superstitions

710 17 蔡均恩

Have you ever wondered why your grandparents scold you for pointing at the moon? Or why your parents tell you not to whistle at night? These are superstitions. People believe something bad might happen if you cross the line. It sounds strange, but I think every superstition has a story behind it. Today, I'm going to explain a few Taiwanese superstitions and what they actually mean.

The first one is whistling at night. Almost every kid in Taiwan has heard of this. Some believe that if you whistle during the night, the sound will attract unwanted spirits, often called "good brothers." My theory is that in the past, whistling at night could attract robbers or wild animals. Since it was dark and quiet, any sound could draw attention and put someone in danger. Instead of explaining this, people probably exaggerated stories to make them more serious, passing the superstition down.

Another superstition is waking up at night and not being able to move, like something is sitting on your chest. Many elders say this happens because a ghost is pressing down on you. People describe feeling awake but unable to speak or move, making it terrifying. However, scientists explain this as sleep paralysis, when your brain wakes up before your body does. During this time, your muscles can't move yet, and your mind

may create hallucinations. People in the past experienced this too, but since they didn't have science to explain it, they blamed ghosts instead.

When I was younger, my mom told me that opening an umbrella indoors would bring bad luck. I remember trying it anyway and getting scolded. Some believe it creates negative energy or misfortune in the house. But my theory is more practical. In the past, houses were smaller and ceilings were lower. Opening a big umbrella indoors could easily hit someone or damage furniture. Saying it brings "bad luck" was just an easier way to stop kids from doing it.

The last common superstition is not cutting your nails at night. Elders say it can bring bad luck or shorten your parents' lifespan. Long ago, there was no electricity, and people used candles for light. Cutting nails in dim lighting could easily lead to injuries or infections. To prevent this, adults added a scary consequence so children would listen.

In conclusion, Taiwanese superstitions may sound scary, but they reflect how people in the past tried to stay safe. Even though science explains many of these things now, superstitions remain a part of our culture, reminding us that behind every belief, there is often a practical reason.

Post-concert depression

209 34 張竣崴

Yesterday, I went to an exciting live concert. I shouted, sang along with the crowd, and felt completely caught up in the atmosphere. Today, I am back in the Yangping classroom, taking exams, listening to the teacher speaking and trying not to doze off. Last night's excitement is still fresh in my mind, but the enormous difference between one day and the next makes

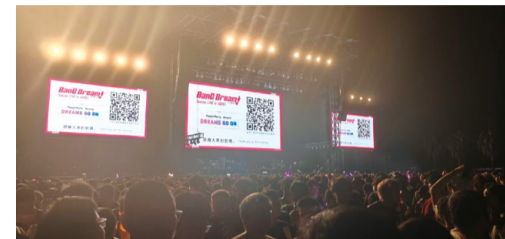
the concert feel almost unreal. A feeling of emptiness has filled my mind. This is post-concert depression. It's the sadness that comes when a wonderful night ends too soon.

To deal with this feeling, I replay the concert playlist over and over, hoping not to forget a single moment that moved me. I also spend time online looking for people who feel the same way, because it helps me feel understood. Doing

these things is one of the few ways to ease the emptiness in my heart. Music adds excitement to my otherwise ordinary life, and it gives me something to look forward to: the next concert. I embrace the new day with optimism.

I have come to realize that post-concert depression is only temporary sadness. Instead of seeing the end as a loss, I have started to view it as a chance to recharge. This serves as a lesson for me that I may escape from the real world for a while, but after the whole thing is settled, I still have to return to everyday life. The experience

has also taught me to cherish every moment: some precious memories might fade away if you don't hold on to them. Overall, the live concert experience is something I will always treasure in my heart.



Heart Behind the Lab Coat: What I Learned in Medical Humanities

710 08 高宇熙

Driven by my dream of becoming a doctor, I have joined the Medical Humanities Club. After a semester of exploration, I have learned so much—not just about science, but also about how it feels to be different from others.

In one of our lessons, we learned about DNA and worked in groups to build a model of it. It was much harder than it looked! We faced many challenges. For example, after we finished the main part of the model, there were two things that we needed to put around the main part. At first, we thought that we could put one at a time, but it didn't work, and we couldn't put the two parts together. When we were about to give up, one classmate tried to put the two at the same time. We did it! We were all so happy. During the process, we didn't fight or blame others. Instead, we encouraged and motivated each other. I realized that being a doctor isn't just about one's own knowledge—it's also about teamwork. To solve complex problems, a doctor must be able to communicate well with others.

We also had a very special experience: simulating the recovery process of a cleft lip and palate surgery. We had to put a rubber tube in our noses and secure it with paper tape. It was extremely uncomfortable and made it difficult to speak clearly. Our teacher explained that even after surgery, these patients might still look different, which can lead to low confidence. This taught me how important it is to show empathy and kindness to patients. When we looked in the mirror during the activity, many of us felt

down. However, the teacher encouraged us to be confident and love ourselves. She reminded us that everyone is unique, and we should be thankful for the genes our ancestors passed down to us.

The most unforgettable part was practicing suturing on fake skin. For a moment, I felt like a real surgeon in an operating room! Using actual surgical tools was exciting, but also difficult. At first, my hands were shaking because I wasn't used to the steps and the tool. I went through every step. Then, in the the last step—tying a knot—I pulled the thread too hard and everything went back to zero. The second time I tried, I tried to pull it as slowly as I could, but it still let go. But as they say, "practice makes perfect." Eventually, I finished my task with neat stitches. I even sutured other shapes of wound on the fake skin. It gave me a real sense of accomplishment.



In conclusion, my experiences at the Medical Humanities Club were both fun and meaningful. I truly enjoyed doing experiments with my friends and creating these special memories. This club has taught me the most important lesson of all: medicine is not just about science; it is about heart, kindness, and understanding.

What is truth?

811 24 林昕宸

A lot of adults tell children to always be honest and tell the truth at all times. But is living by this principle actually for the greater good, or could it cause more harm than good? And if "honesty is the best policy," what is a so-called *white lie*? Today, I'll be exploring the power of words.

Recently at school, I threw my entire class to the brink of a full-scale conflict just because I "truthfully" delivered messages between two people. This got me thinking. I had always believed that honesty is the first chapter in the book of wisdom, but it didn't seem to be the whole truth, did it? That was when I came across the idea of white lies. I realized that sometimes, telling a lie might actually serve the greater good.

Speaking of truth and deceit, this reminds me of a video game character named Shadow Milk Cookie from *Cookie Run: Kingdom*. He was originally the Fount of Knowledge and the Sage of Truth, yet he witnessed the collapse of entire civilizations because of the truths he revealed. He came to understand that it didn't matter whether he told the truth or not—people only heard what they wanted to hear. Everything he once stood for fell apart, and that pressure turned inward, eventually transforming him into the embodiment of deceit. This makes me question the purpose of telling the truth again and again, and whether lying might sometimes be better.

After careful thought, I've come to the

conclusion that what matters is not simply whether something is true or false, but whether you have considered the possible outcomes of your words. The art of speaking is not just about being honest at all times, but about understanding the consequences of what you say. I learned this the hard way when I mindlessly relayed messages between my classmates, becoming the spark that ignited an already tense situation.

However, honesty will always remain an important principle. No amount of trickery can ultimately change the truth. As Winston Churchill once said, "*The truth is incontrovertible. Malice may attack it, ignorance may deride it, but in the end, there it is.*" In other words, truth stands firm even when challenged. So where does the white lie come in?

A white lie is not necessarily pure deception; rather, it is often about presenting the truth in a gentler way. As the saying often attributed to Winston Churchill goes, "*Tact is the ability to tell someone to go to hell in such a way that they look forward to the trip.*" In this sense, you are not truly deceiving someone, but softening the truth so it is less hurtful.

All in all, the importance of truth is not simply about choosing between honesty and deception, but about how you use your words. It is not just what you say, but how and why you say it. As long as your intentions are not driven by malice, your words can lead to understanding rather than harm.

What is truth?

811 44 韓沐捷

Being called a "genius" is often seen as the highest form of praise, a label associated with effortless success, admiration, and boundless potential. Society sees brilliance as the ultimate blessing from god that automatically makes you successful at life. However, beneath this appealing image lies a more complicated reality. For many, being a genius is not purely a blessing but a burden that carries isolation, pressure, and inner conflict.

One of the most significant challenges geniuses face is loneliness. They have overly advanced perspectives that sets them apart from people of the same age causing a rift between them and their peers. Conversations about video games or kpop bands may seem absolutely pointless to them, and they may constantly feel out of sync with the world around them.

Over time, this emotional distance can lead to feelings of alienation and isolation, even though we're in a classroom filled with classmates. In addition to loneliness, geniuses often experience immense pressure—both from society and themselves. I have personally experienced it, and this constant stress of perfection caused me to drive myself insane with the effort to maintain my status.

Moreover, being a genius can lead to overthinking and emotional strain as geniuses tend to analyze situations deeply, considering multiple possibilities and outcomes. While this ability can be beneficial, it can also become overwhelming. Geniuses may struggle to make decisions, constantly questioning whether they have made the right choice. This tendency to overanalyze every single detail turns into a mania of wanting to completely predict every

single outcome. In some cases, their over-awareness of the world's paradoxes can make it harder to find simple joy, as they are more aware of its problems and uncertainties.

Another overlooked aspect is the fear of wasted potential. An extremely high IQ doesn't guarantee success, in fact it might just be the tipping point of what drives people insane. Geniuses are often reminded of what they "could" achieve, which can become a heavy psychological burden. Instead of pursuing their passions freely, they may feel obligated to meet external standards of success. As explained in the book "Outliers", intelligence doesn't ensure how prosperous you will become in life. And not being unable to achieve the aspirations you set for yourself causes a constant comparison between expectation and reality which can lead to frustration and a sense of inadequacy, even

when you accomplish a great deal.

Intelligence can open doors, inspire innovation, and lead to remarkable achievements. However, it is important to recognize that it also comes with hidden struggles. The narrative that genius guarantees happiness is overly optimistic and ignores the emotional and social challenges that often accompany it. In conclusion, being a genius is a double-edged sword. While it offers opportunities and recognition, it also brings loneliness, pressure, and inner turmoil. Rather than viewing genius solely as a blessing, it is more accurate to see it as a complex condition—one that requires understanding and balance. True fulfillment does not come from intelligence alone, but from the ability to connect and to find peace within oneself, not with the label society gives you.