

1st Place: Important Things

Mengying Zhang

I do not know how to describe my feeling now because I just missed my parents and my hometown, actually, it is the first time I miss them after I have been in the U.S. When I raise my eyes and saw the wall, I saw the poem which is hung in my room, it said a brief conversation between a woman and a man. The woman asked the man what he did today. The man answered that he finished a poem. The woman could not believe that this was the whole day of the man spent. However, the man replied that it is his whole life. I do not know why this poem stick in my mind, but I realized I changed a lot during these two years.

Like most of college students in China, I went to school every day and I would find a job after graduating. I do not have many ideas about my life or my

future, I just go and see what will happen. I worried about my future, however I did not want to change anything because any changes should I put effort on them.

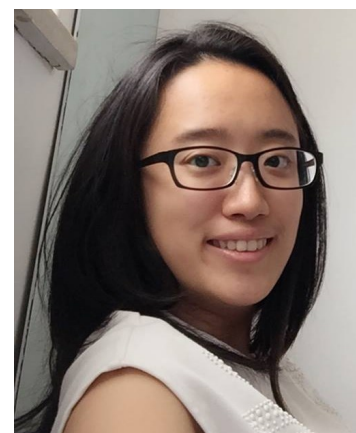
Luckily, I had an opportunity to be an exchange student in the U.S. at the last year in the university. I exposed to a totally different culture and environment. This was the first time that I realized study was not only the time at the last three weeks before exams, instead, I had to prepare and re-view before and after every classes. Moreover, this was the first time that I knew home was a place that I could do whatever I want without pressure. It became the first time that I calmed down to study and knew how easy my life was when I was in my home country China. I started to worry about myself about whether I could afford myself in the future or not, and this was the first time that I realized study is an important thing in my life. That were important things in my life at that time.

After graduating, I got a chance to work in a university, at

the same time I was thinking about to continue my study and to go abroad. It was the second time that I left home and live alone. The new working environment and the pressure from to reach the stand score made me exhausted during that time. However, the worse thing happened latterly. My grandmother who is a doctor diagnosed as the lung cancer, therefore I putted all things away to stay in the hospital to take care of her for four month, and that became the last chance I stayed with her. I could not forget the last day of her life. From with consciousness to lose consciousness, I held her hands from warm until cold. I thought something gone from my mind, and something rebuilt in my body. Many things became unimportant for me from that time, like money, good job, and big house. Others became more significance, such as the people I love, and each of the moment that I have. Those are important things in my life at that time and until now.

When I got my visa and I knew that I could study at CIES, I

could not say I did not worry about myself and my future. However, I am certain that the only person that can help me is myself, and the only person that can make me laugh is no one else but myself. I started to learn to do not predict my future and to not judge things before I really know them. I think everyone will deserve what they did. In addition, loving and respecting myself as well as others, and loving my life play important roles. These are important things in my life now. ■



2nd Place: Memorable Athletes in my Country

Hyunji Song

In the past, most of athletes came from western countries. As various technology has been developed, Asian people have learned about the rules of diverse sports games and improve their sports capability. Many Americans regard Michael Jordan as a hero, and we also have some excellent athletes in South Korea. Specifically, Yu-Na Kim, who was a figure skater, one football player whose name is Ji-Sung Park, and the first

major leaguer whose name is Chan-Ho Park are still memorable for Koreans despite being retired because of their ceaseless effort for both national reputation and their own success.

The most memorable athlete in Korea is Yu-Na Kim, who was a figure skater and retired last year.



She began skating at the age of five. She continued to skate because of her coach's recom-

mendation that her body structure was perfect for skating. Her family had always taken care of her and her career, which developed day after day. Specifically, her mom served as her manager by making all of the food that she ate during the season. As many people know, there are few arenas in Korea, especially related to winter sports such as skating and bobsledding because these are not familiar to us. Regardless of circumstance, Yu-Na practiced every day in small arenas, which were not for athletes, but for people who enjoy skating. After her junior season, though she always competed with Mao Asada, who was the most famous skater in Japan, she almost kept the top place in the world. In

2010, she was the first female skater to achieve a Grand Slam, which includes the gold medal in the Winter Olympics, the World Figure Skating Championships, the Four Continents Championships, and the Grand Prix Figure Skating Final, under the current ISU judging system. After this, many people called her 'Queen of the ice' as a nickname. She also never finished any competition off the podium, which was absolutely amazing because we did not have such a history related to any winter sports. Lots of Koreans watched her international competitions for about 10 years and we followed her triumph to becoming the beautiful Queen. Therefore, Koreans think Yu-Na

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Qualities of a Good Teacher (Romina Carabajal)

A wise man called Nelson Mandela once said: "Education is the most powerful weapon which we can use to change the world". Teachers have inherited that legacy and they hold the burden to represent a fundamental role in students' lives and on the overall society, since they are on charge of changing the course of future generations by modeling individuals' minds. Accomplishing this relevant duty, entails certain features that educators should possess to success. In my humble opinion, some important qualities of a good teacher are: being equipped with vast professional proficiencies, owning a compassionate and ductile personality and the exercise of efficient pedagogical methods.

First and foremost, being endowed with a strong academic background is essential due to the fact that they were entrusted with the aim to impart their knowledge. Hence, in order to transfer that enlightenment, educators have the responsibility to be enrolled in a lifelong learning process. Even more if we stand on the current times, where children and young people are overwhelmed by a storm of information (oftentimes junk and inaccurate data) which, unfortunately, tends to be received by the inexperienced eye, as "The revealed truth". This continuous evolving of paradigms (as a consequence of the technology explosion), molds the way that people, in general, perceive the idea of reality. This phenomenon is clearly illustrated in the Plato's The Allegory of the Cave. Here, is where the role of educators becomes a significant instrument to eradicate the endemic ignorance (that seems to be settled in our society) by teaching and nurturing individuals how to process that biased information through a critical thinking analysis.

Therefore, to accomplish that objective, teachers should be armed with a solid and dynamic education.

In addition, a great teacher should have an engaging personality, should be someone who is versatile, innovative but also open to new ideas; with a friendly, enthusiastic, and easy-going temperament. It is also important that the educator is someone who is able to cope with all kinds of unforeseen events without losing his calm. Moreover, teachers should be capable to inspire and influence people while working with them with the achievement to develop new skills on them and towards the goal of reaching the top of their potential.

Furthermore, they should dominate the ability to grab the attention of a classroom crowded by students and to conserve their attention throughout the fullness of the class. For that reason, a teacher ought to be able to create lessons which are suited to capture their students' attention and make them crave to keep coming back for more. Equally important, is that they are gifted with a caring and compassionate personality that allows them to feel for student's struggles. Recognizing that they could be wrestling with troubles outside school and thus, be accessible to make the required arrangements to help them facing their distresses. Under those circumstances, they should be empathetic enough, to put themselves in the student's shoes in order to see from their point of view. This approach could cause a meaningful result on the learners success.

Third and last one, a good teacher should be original at taking concepts and at

making a plan for lessons that are enriching, captivating, and dynamic by using his or her creativity, as well as, to be apt to manage efficiently the administration of time. Besides, they should be organized, keeping things tidily allowing them, on this way, to access to class' materials without delay. A teacher must design his lessons in advance, using pedagogical techniques to make it amusing, refreshing, and energetic. As a result, the use of those kind of methods, could influence on learners' wills,

making them to walk out of school daily avid and impatient waiting for the next class. Using their sense of humor to break the ice, could be a funny way to make the environment relaxed and

" Teachers should be armed with a solid and dynamic education"

friendly. Being clear at giving examples, trying new things at times when the teacher realizes that students are either not understanding, stuck on a plateau without improvements at sight or they are losing their interest in the class. Encouraging students to work in groups in view of it is an important skill to obtain during school is also crucial in order to develop their social aptitude.

All things considered, being a virtuous educator demands special attributes such as professional proficiencies to influence on the intellectual development of pupils and on their talent; an enthusiastic and empathic personality to engage and interpret students' needs, as well as the ability to use, in a suitable way, pedagogical tools, in order to enhance their lectures. All of them are the required qualities that, in my opinion, a teacher should possess to thrive in the tough but rewarding art of teaching. ■

Video Game Violence (Sang Hyun Kwon)

Nowadays, the video game market is huge in the world. Many people, ranging from children to adults, play video games. Additionally, sometimes video games are more realistic than movies that use advanced technologies, and they have more interesting stories than movies or books. These days, 79% of American children play computer or video games for eight hours a week. Of course, when I was a child, I used to spend a lot of time playing video games because they were really interesting and exciting. However, several con-

troversies surround the video game industry. The biggest problem is that many kinds of computer or video games feature violence, gore and promote antisocial behavior. Researcher Walsh reported that when people are exposed to violent games, their physiological arousal, heart rate, and blood pressure increase. These symptoms are similar to the ones that are felt when one is engaged in a fight. Further more, it causes aggressive emotions. In one instance, a gamer mimicked a video game's character.

He stole another person's car on the street, and drove the car while ignoring the traffic lights. As a result, the gamer made a lot of accidents. Other study reported that video games cause bad moods before, during and after gameplay. The children's judgment is weaker than an adult's, so they cannot distinguish what they should and should not do. Therefore, the game companies should make regulations about video games. Meanwhile, we should try finding a solution to protect our children from video games' negative impacts. ■

Memorable Athletes (continued from page 1)

Kim is our country's treasure due to not only this gorgeous performance, but also her effort to host the PyeongChang 2018 Winter Olympic Games in Korea.

Additionally, Ji-Sung Park, who currently serves as a club ambassador at Manchester United, was a former football player. Although he had short stature, his nickname was 'Three-Lungs' Park. At first, his position was defensive midfielder, but as time went by, he was able to play in a variety of positions, including central or wing-forward by Guus Hiddink's command. Guus Hiddink, who was the head coach of the Korean national football team as well as PSH Eindhoven, invited Park to play in PSH Eindhoven, which is one of the Netherlands' football teams. This was due to the fact that he scored an amazing winning goal against Portugal in the 2002 World Cup and eventually led the Korean national football team to play in the semifinals, which could lead the Korean team to become the first Asian team to play in the semifinals. When I was a high school student, despite the time difference, I often watched Manchester United play because his sincerity in all his games gave me motivation. He is flat-footed, so he would have been more

likely to run with pain. Nevertheless, he always made an effort for his team to win regardless of his weak point, his position and his playing time. He was not as famous as Cristiano Ronaldo, who is football stars all around the world, but Park's reputation in England was equal to theirs because the enthusiasts of Manchester United recognized him as a crucial player on the team. After retiring, he was appointed the 8th club ambassador of Manchester United, which was an extraordinary position because we cannot find anyone who is non-European except him. He made various new achievements related to football that we have never seen before, so Korea is always proud of him and thankful for his passion.

The last memorable athlete is Chan-Ho Park, who was the first major leaguer among Koreans. Korean professional baseball was affected by the United States and Japan. Korea made a professional baseball committee about 100 years later than the United States. He joined the Los Angeles Dodgers as a right-handed pitcher in 1994. At that time, I was a kindergartener, but I still remember that Park often was seen in the sport news with different headlines. He was appointed as the

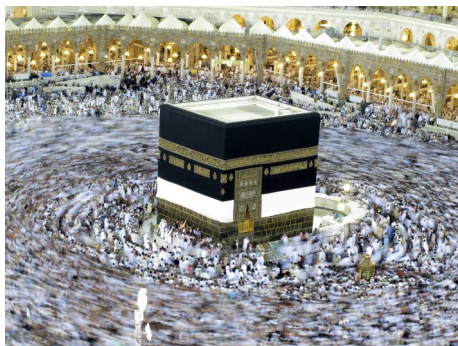
starting pitcher whose role was actually crucial in every game, and he pitched more than 200 innings, struck out more than 200 times and averaged 15 wins per year since he was the starting pitcher in the LA Dodgers. I think that at that time he would have come close to Kershaw, who won the CY Young award last year. Since Park was noticeable in the United States, many Koreans became more interested in baseball and eventually, the Korean professional league was improved. Three players now belong to the Major League, but I think that if Chan-Ho had not started to play in the Major League, they may not have been in the United States. Even though Korea does not still have a great number of baseball athletes, Korean baseball has been developing day after day thanks to Park.

As I just mentioned above, I think that three athletes are the most memorable in Korea. They not only made their own remarkable careers in their competition but also made it possible for my country to become famous in sports. Moreover, they gave a lot of Koreans hopes and dreams. We are undoubtedly sure that living in the same age is lucky for us. That is why I think that they are the most memorable athletes in Korea. ■

Hajj & Eid Al-Adha in Islam Mohammed Almanie

Do you know anything about Eid Al-Adha in Islam and the Hajj?

First of all, I would like to mention that there is an Islamic calendar. It has twelve months; each month has twenty nine or thirty days. The ninth month is called Ramadan. The tenth month is called Shawal. The first day of Shawal is Eid Alfitr. However, there is another Eid in Islam. It is called Eid Al-Adha. It is on the tenth day of the Dhou Al-Hajj month, which is the twelfth month in the Islamic calendar.



What is the Hajj?

There are five pillars of Islam. One of them is going to Hajj for any Muslim who has the ability to go once in his life. The Hajj period starts on the eighth day of the Dhou Al-Hajj month. It is at least six days; each day has a specific thing to do.

The Hajj place is in Mecca. Mecca is a city which is located on the western side of Saudi Arabia. The number of people who go to Mecca for Hajj annually reaches around 2.5 million.

The most important day in the Hajj is the ninth day of Dhou Al-Hajj month; it is called "Arafah Day". Most Muslims who are not in Mecca for Hajj *fast* on this day. They do not eat and drink from the time of dawn until the sunset time. On the next day, which is the

tenth day of this month, all Muslims whether in Mecca for Hajj or around the world have a celebration. This day is called Eid Al-Adha. They celebrate to

"The number of people who go to Mecca for Hajj annually reaches around 2.5 million"

commemorate the willingness of Prophet Ibrahim to sacrifice his son Ismael as an act of obedience to Allah because Allah's mercy put a lamb in Ismael's place at the last moment. Therefore, Muslims celebrate on this day every year by sacrificing lambs.

Finally, the Hajj is one of the pillars of Islam, and it is a specific period during the twelfth month of Islamic calendar. Eid Al-Adha is on the tenth day of the same month. It took place on Thursday September 24th. ■

The Importance of Volunteering

Ning Qin

What impressed me the most when I traveled to Taiwan is when I saw an aged man sweep the road on the street. I was so curious that I asked him why he already 70 years old and he was supposed to stay at home and enjoy his retired life but was still helping with cleaning the street for free. His answer inspired me because he said that if he wanted to do something for his community and he could exercise at the same time — why not? As you can see, even elderly people enjoy being a volunteer, let alone our young people and not counting those benefits to be a volunteer including helping with school work, preparing for career and building good personalities. In short, students should have the experience of volunteering before they graduate.

Being a volunteer can help you to study better in school. First of all, students may feel tired if they spend all the time studying on campus. Thus, outdoor activities including volunteering or internships are a good way for students to get rid of the overwhelming feeling of school work temporarily. Moreover, students can have first-hand experience while they are doing the volunteer work. That precious knowledge is a great contributor for their school works. What is more, because students have to be volunteer and focus on their school work at the

same time, they have to learn how to manage their time, which is a good method both for their study and their future. In a word, being a volunteer can help students with study and to get good grades.

Volunteer experience also helps students with their career. Students can find out their interest while being a volunteer. For example, volunteering in different fields helps high school students to decide their major before attending to university. Also, it's very helpful for students to put that work experience in their resume whatever they want to apply for university or prepare for the job interview. For instance, the job market is very competitive in China. If you have an experience of volunteering, that will help you a lot to stand out in all of the candidates because there are no rules for Chinese students that they must volunteer before they graduate. Therefore, people who have already been involved in the job environment will be more confident in the interview, but also more beneficial to a real job. Plus, those work will help you to prepare for your future work because you can be adaptive to work atmosphere and picture what is going to happen in your future. Thus, requiring to be a volunteer is important for students with their career.

Students can build good character by working or volunteering. Volun-

teering can help you to become a kind person because you need to be polite and respectful, especially when you need to serve people in your volunteer work. Every time I see homeless in the street, I feel sad and want to do something to help them. But I cannot give them money all the time because I am not a millionaire. What the best way to help them is volunteering in the homeless shelter, after that I would feel more empathy to them and feel sorry to their helpless and bad luck. In addition, you will understand how arduous it was for your parents to do

things for you and feel thankful to your parents. On the other hand, you will treasure what you have had, learn how to distribute them and be a thrifty person who do not want to waste money and food.

Those reasons are enough for illustrate how volunteer relate to one's personality.

Having an experience as a volunteer is very critical for both high school students and college students. It is not only helps with your study and get good grades, but also helps you make decision in your future plan. It is a good preparation for your career because you can find your interest and be confident before you really work in a company. It is helpful to form your characteristic and become a good person. Thus, students should be required to be a volunteer before they graduate. ■

“His answer inspired me because he said that if he wanted to do something for his community and exercise at the same time — why not?”

Great places to go

Jiachen Xue

Although I am not a person who loves to spend a lot of my time on traveling, I still have been to some wonderful places which I can remember clearly in my limited life experiences. The most important and meaningful thing happened in your journey is having the feeling that you experienced a whole different life compared to your routine life. Based on that spirit, the following three places absolutely fit in this idea, at least in my knowledge.

The first place I am talking about is Thailand, a worldwide famous place to recre-

ate and get yourself loose. I went to Thailand last summer for a week with my parents. The second you breathe the first “Thailand air” after getting off the plane, you can feel the tropical exotic scent immediately. As we all know, Thailand has many tropical fruits and amazing beaches. These views have always attract the tourists from all over the world. Another thing you should know about Thailand is the high-quality Thai service, including Thai style resorts and the magic Thai sauna and massage. They can make you feel like reborn.

What is the most modern city on the earth? Maybe most Ameri-

cans will say New York, but there is a city that combines the oriental culture and advanced western technology, that city is Hong Kong. Hong Kong has the most skyscrapers in the world. Hong Kong is the first place that Asians will come up with when speaking about shopping. In fact, it is true that Hong Kong is a paradise for shoppers, because there are many name brand stores with a lot of discount events. If you go to Hong Kong, the Hong Kong cuisine is definite worth a try. They make exquisite food and dessert, which you can't find

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The most memorable NBA players Shih-Wen Kao

National Basketball Association (which has known for NBA) has been popular with people all over the world for decades; especially people in Taiwan, they are always fond of talking about the players not only during the regular seasons but also during off-seasons. Speaking of the most memorable NBA players, for me, are Yao Ming, Jason Williams and Tracy MacGrady while they all had an inspiring NBA career by creating new records before they retired.

Once you speak of one of the tallest NBA players in the NBA history, never can you forget "The Great Wall" Yao Ming. Yao was one of the famous players that come from China, but the most noticeable thing is, although he didn't have enough weight as the current NBA Centers have; however, he is 7'6 tall which is enough to give the league an extreme hit! Yet, Yao didn't do well at the beginning of his NBA career because he only took advantage of his height; nevertheless, he started to develop more skills by practicing such as, hook shot, jump-back shot and move steps that will confuse with his opponents. Sooner or later, he has become a more powerful Center in the league to score more efficiently with the skills he developed. Moreover, he even made the record of the tallest man in the NBA history that accomplish the highest percentage of free-throwing which was 83.5%. There may not be another big guy in the future that shoot balls that accurately like him.

If you have to pick a NBA player to teach you how to dribble, no doubt the one you must choose is "The White Chocolate" Jason Williams. Admittedly, Williams is not famous of his physical conditions like heights or strengths; but you really can tell from this perfect ball-handling and fancy passing that he did put a lot of efforts on practicing. Different from games with other players which the audience always focus on their physical conflicts and efficient scoring, games with Williams always viewed as a show which he always play his game authentically, anything impossible always seems possible if it's made by Jason Williams. For instance, he often use is to let his opponents thought he was going to the right but actually not, and then when he successfully got rid of his opponents, he will then do a fake throw but pass to the teammate who was closer to the basket or have better chance of throwing. With such wonderful observing and understand of games, he created a new record of

having the most assists in average of whole career which is 14.5 assists in average per game. The record has been lasted for 6 years and no one did break it at all.

While speaking of one of the most marvelous scorer in the whole NBA franchise, Tracy MacGrady must be one that you can't miss. This player not only have great physical conditions which he is 6'9 tall with a 6 feet player's speed, but also have very strong mental conditions which he had made lots of crucial shots in many games he played. For instance, one of the famous victory he had was the game he played against Spurs; at the end of the game with only 35 seconds left and 11 points behind them, he made a record that no one could ever break even in the future, which scored 13 points in 35 seconds that astonished the basketball fans all over the world especially Spur's players.

To conclude, while speaking of "The Great Wall" Yao Ming, "The White Chocolate" Jason Williams and one of the most famous scorer in NBA franchise, Tracy MacGrady, who not only with much talent but also put effort on practicing, should definitely be the model of all basketball players. Thus, no matter how old they are, they will always be my most memorable players in NBA. ■



Overworked students? Shiyu Zhang

In my opinion, high school students are being worked too hard. They are occupied with those assignments that teachers think are very helpful for their application to colleges. Many students want to apply to prestigious universities, which symbols a beginning of a brighter future. However, it seems that the pressure to succeed has gotten out of control. Sometimes I feel overwhelmed by the expectations of my parents who want me to always be one of the best students in all the subjects. Is it possible for an ordinary person to attain that goal? I don't think so. I think it is fine to be a good student instead of being the best student. In my view, it is enough for me to have a good attitude towards my studies with previewing and reviewing the textbooks and finishing my assignments on time. So I do not worry about other students getting ahead of me that often. I have a good habit of going to bed early and getting up early. I think good rest is very important for students to study well. It is not a good idea to stay at night because it can spoil the study of next day. However, most of my peers do not have enough sleep during the weekday. And I always find them sleepy in class. I feel sorry for them. I do not think that success should only be measured by scores in school. Success should be measured by whether the student is creative or whether he or she has good personalities. I agree that students should find their genuine passions and their true independence, because they are going to enter into a society where they can only rely on themselves. So it is important for them to find something that they really interested in and to cultivate themselves to be independent. They should have courage and resilience also. ■

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anywhere else.

The last place I recommend is Sichuan, a southwest province in China. Maybe you are not familiar with the name, but you must know pandas. Sichuan is the hometown for pandas. At the same time Sichuan has the best spicy food in China, which has appealed uncountable tourists from all over the world.

The lifestyle in Sichuan is so different to other parts of China. You can feel the leisure and calm there, which is not so common in China. These are all the places I highly recommend to go on vacation. You will not regret and have a treasure memory. ■



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Importance of healthy foods Ali Alfaraj

It's extremely interesting how in this day and age, poor people are actually getting fatter due to the cheapness of junk food. Obesity has become a very serious problem that ties in directly to how expensive healthy, organic food is. If the government is at all concerned about the nation's well-being, they should start doing something to reduce the price of organic foods so the average consumer would be able to afford them. Even though that could lead to some complications, in the economy or whatnot, it's a cheap price for giving people the ability to feed themselves with nutrition dense foods which will lead to a healthier and more productive nation. Studies have shown over and over again how beneficial it is to eat whole foods for the body and

even the brain. So, if we could get people healthier, there is no doubt that the positive outcome will outweigh the negative. ■

