

Appreciate lives and respect others, the 7 principles



~Be optimistic and yearn to learn~
~Nature is a beautiful thing~

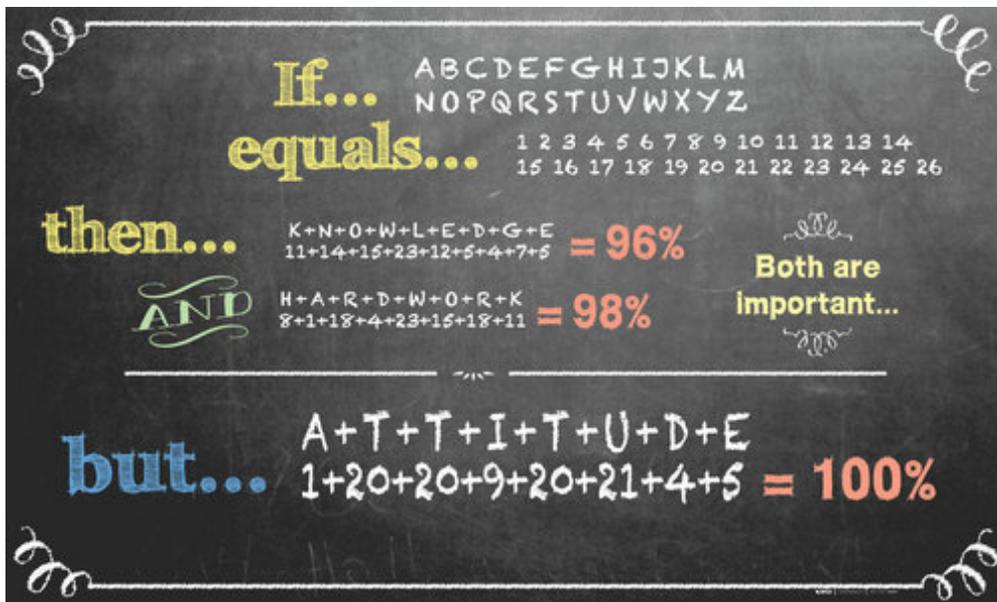


~Lunar New Year~
~How to handle bullying~



~Expand your vision and be a citizen of the world~

LIFE WISDOM YOUTH MAGAZINE

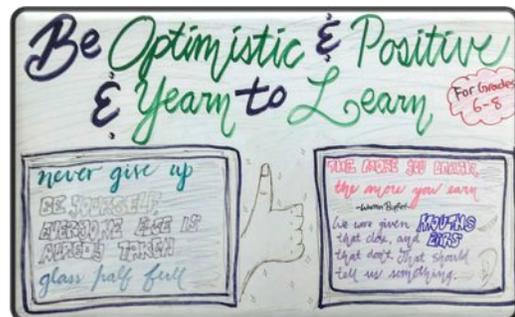


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KIND,
OPTIMISTIC,
RESPECT,
CHERISH,
SIMPLE,
POSITIVE,
OPENMINDED

Appreciate lives and respect others, the 7 principles

1. **Keep a soft heart and don't hurt lives.**
Help those who are disabled (humans, animals, etc.) and those in need.
2. **Stay optimistic and positive, and keep learning.**
Do your best. Do not limit yourself. Pay attention in class even though you have already learned the material.
3. **Love yourself and other people. Respect others, and work for the disadvantaged.**
Give your time to non-profit organizations and those in need.
4. **Cherish family and friends.**
Be kind and spend time with your family.
5. **Respect nature and develop a simple attitude toward life.**
Do not pollute, and keep the environment clean and healthy. Reduce, reuse, recycle, repair.
6. **Look to the future and pursue your ideal life.**
Try to think of good things and don't think of the bad things that happened a long time ago.
7. **Expand your vision. Be a citizen of the world.**
Be open-minded and considerate. Help those in need. Do not obsess about the past or the present. Help make the world a better place.



BE OPTIMISTIC AND YEARN TO LEARN

Elina Lee

Sometimes, it is really hard to do your best. Maybe you have been trying and trying, over and over, but you just cannot get something right. You have asked for help, and tried to learn more information to assist you, but whatever you are doing still comes out wrong. After days of suffering and beating yourself up because you just cannot get things done perfectly the way you want it to be, you give up. You are done. Forever. You feel that you never, ever, *ever*, want to touch or even look at your work again.



Sounds familiar? Yes, we have all been through this experience. Whether at school, at work, at home, or anywhere else, we have all come to the conclusion at some point that we are done and that continuing to struggle would just be a waste of time. Now the hard part is: how do we come to this realization? If we never reach this conclusion, we would still be working on all of our old projects and never be able to move on. We would be sinking in quicksand, a downwards spiral.

A great way to get out of these kinds of situations, would be to look on the bright side. I am sure more than one person has told you to stop being so pessimistic and just focus on the good things in life. I have certainly had this conversation with my parents and teachers when I am having trouble staying positive. Maintaining an optimistic and positive lifestyle is important for your social and mental/emotional health which in turn affects your physical health. In middle school, we are all taught the “Health Triangle”. It is a structure that balances out our social, mental/emotional, and physical health. If one sector becomes too strong or too weak, the triangle topples and so do the other two sectors. Staying interpersonally smart and knowing yourself and how you work is very important in order to keep yourself motivated.

Now, what about learning? We have all had brain freezes (not because of cold drinks) and complained that our brains hurt from all of this learning. Do not set your own boundaries! The more you know, the more you know. It is just that simple. For example, if you have already gone over something in your own time, you should still pay attention in class to see if you have any more to learn. Do not opt to doze off and act as if you are superior to your classmates because you have already learned everything. There is a Chinese proverb that states: “If you know what I teach, then say you understand. If you do not know what I teach, then say you do not understand. Knowing what you understand, is truly understanding.” This was Confucius speaking to one of his students who had trouble staying humble and not being arrogant or ignorant.

So just remember...

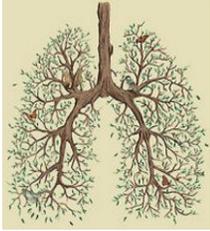
- Do your best, but do not forget to rest
- Do not set your own boundaries
- Get to know yourself better, and be at peace with yourself
- Know how much you know
- Be attentive and alert
- Yearn to learn more
- Glass half-full until it is actually empty

...And of course, fake it ‘til ya make it if you still have any problems!



NATURE IS A BEAUTIFUL THING

Boyi Chen



It is important to respect nature and keep the environment clean and healthy because many things we use come from nature. Trees, water, and animals all help us in different ways. Trees give us wood which is important for building, water keeps us hydrated, and we use animals for food and clothing. There are also some other resources nature gives us, including fossil fuels, like coal, oil and natural gas. Nature also gives us precious metals, including diamonds, emeralds, and rubies, which we can use for jewelry and other things. If people don't respect nature and conserve resources, we will run out of resources and we won't be able to survive.

For example, trees get rid of carbon dioxide and replace it with oxygen, when we cut down trees, there is more carbon dioxide in the air which pollutes it. The carbon dioxide will trap heat in the atmosphere, causing global warming. Also, when we pollute water, the organisms living there might die and we won't have clean water to drink. Some ways you can help nature are to reuse, reduce, recycle, and repair. Recycle paper so we don't have to cut down more trees. Recycle bottles and cans so we don't need to mine for more resources. Using cloth bags will also help, because you can reuse cloth bags and won't need to throw them away. Also reduce the amount you are buying. You can also repair nature by replanting cut down trees. You should also try to keep a simple attitude towards life. Don't go and buy things that you really don't need and be happy with what you have. If you see someone that bought something expensive and almost everyone has it, don't think that you need it too.

Be a citizen of the world and help others. You can make a big difference to someone's life just by helping them. For example, giving a homeless man some money means that he could go and get some food to eat. When you gave the homeless man money, you gave him hope for survival. You can also other people with different things, like mowing someone's lawn, shoveling the sidewalk, or just helping the elderly cross the road. Giving a little kindness to someone will make their day better, and sometimes easier. Remember, don't just think about yourself, but about other people in need.

**REDUCE
REUSE
RECYCLE**

STICKING TO GOOD THINGS

Emma Sun

Improving Self-Esteem

Taking credit for your success ~ Focus on solutions to problems ~ Take care emotionally ~ By improving self esteem, you can stick to positive things and not unhealthy habits to make yourself feel better such as drugs and alcohol.

Breaking Bad Habits

Replace it with a good one ~ Surround yourself with good influences ~ Join forces with someone ~ By breaking bad habits, it reduces your chance of turning to healthier habits such as substance abuse.

What More?

1. Live a healthy lifestyle. Eat healthy, have normal sleeping and dietary habits.
2. Help those who are less privileged: orphans, disabled, elderly, and homeless.
3. Be around those who make you stronger and don't put you down.
4. If you are in an abusive relationship with someone, step away from it.
5. Make wise choices. If someone is doing something wrong, don't follow along.
6. Avoid any drugs that harm you, such as tobacco, heroin, alcohol, etc.

LUNAR NEW YEAR

EMMA SUN: Chinese New Year would be a little difficult to describe to someone who has a different culture. As an introduction, I would refer to Chinese New Year as “Lunar New Year.” Lunar New Year is celebrated by China, Vietnam, Korea, Singapore, and many other Asian countries. It is based on a zodiac consisting of 12 animals. This year, it is the year of the pig. We celebrate this by building lanterns shaped as pigs, lion dances, and other traditional dances such as fan dances and shawl dances. In addition, a huge feast is prepared to eat with family and friends. For children, parents usually hand out “hongbao” or red envelopes filled with money. In America, as Chinese living here, we celebrate with gatherings in public places such as the Kennedy Center, a local school, or at Chinese School.

ELINA LEE: I would love to introduce some of my friends to Chinese New Year, more commonly known as Lunar New Year, which is celebrated in various Asian cultures. Every year, there is a showcase at Lakeforest Mall, and I have been performing there for the past two years. I think this is a great way to show others in our community how we celebrate our New Year, with Lion Dance, Kung Fu Fan, Guqin and much, much more. There is also the bonus of Red Envelopes for kids, filled with money and other goodies. I also love to build the yearly lanterns based on the zodiac for the New Year, and it would be a good idea to hand them out to friends and coworkers. Bringing them to a party or gathering such as Lakeforest Mall and asking them to wear lots of red while explaining its lucky meaning would be a great first step, with more to come afterwards.

HOW TO HANDLE BULLYING

Sean Li

In nearly everyone's life, there will be a time when one is bullied or harassed. This repeated aggravation may occur at varying levels, but no matter the degree, one should consider the ideals of honor, morality, and good judgement when targeted — honor in the sense that one should remain calm and cool-headed, morality in that one should always seek to ameliorate the problem, and good judgement so that the safety of oneself and everyone else involved is always the priority.

Even in the most dire situations, a consideration of these principles can be beneficial. For one, they mandate that one not act rashly, a trait that's advantageous in every situation. In the case of bullying, they grant one the greatest chance of resolving a tense situation in a safe and amiable manner. However, there are a number of more specific actions to take, based around these three principles, that can be of use when one is harassed.

A few important notes: first, one should always aim to avoid a physical confrontation, and second, one should aim to demonstrate bravery, but not foolishness, as fear is but wisdom in the face of danger. One should start by trying to reason with the bully; if he or she opens up, continue the conversation in a calm, understanding manner, creating a bond and allowing tensions to ease. Also, try to befriend the aggressor through amiable actions; doing so will almost always help greatly. Following the incident, one should take advantage of any anti-bullying measures that are in place in one's school or community. In the end, one should know that while bullying presents an image of strength, it reveals people of great cowardice. Ultimately, it is one's own actions that determine whether or not one has great bravery.

ART & WRITING CONTEST

~Expand your vision and be a citizen of the world~

DEADLINE: Saturday, April 20, 2019

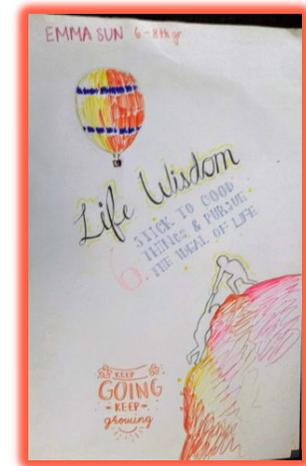
RESULTS: Saturday, May 4, 2019

Elementary school students: Any type of art (poster, calligraphy, collage, painting etc.) related to the theme. Artwork should be smaller than 11" x 17". On the back, provide a 1-3 sentence explanation of how your work of art relates to the theme.

Middle and high school students: Any form of writing (poem, speech, essay, etc.) between 300 and 800 words related to the theme.

Other requirements:

- Print participant's first and last name on the back of the submission
- Print contact information (email and phone number)
- Print the participant's school and grade
- Entries should be sent to Mrs. Wu: lin_wu@yahoo.com



Awards:

- Every participant will receive a certificate
- The top three entries will receive prizes

