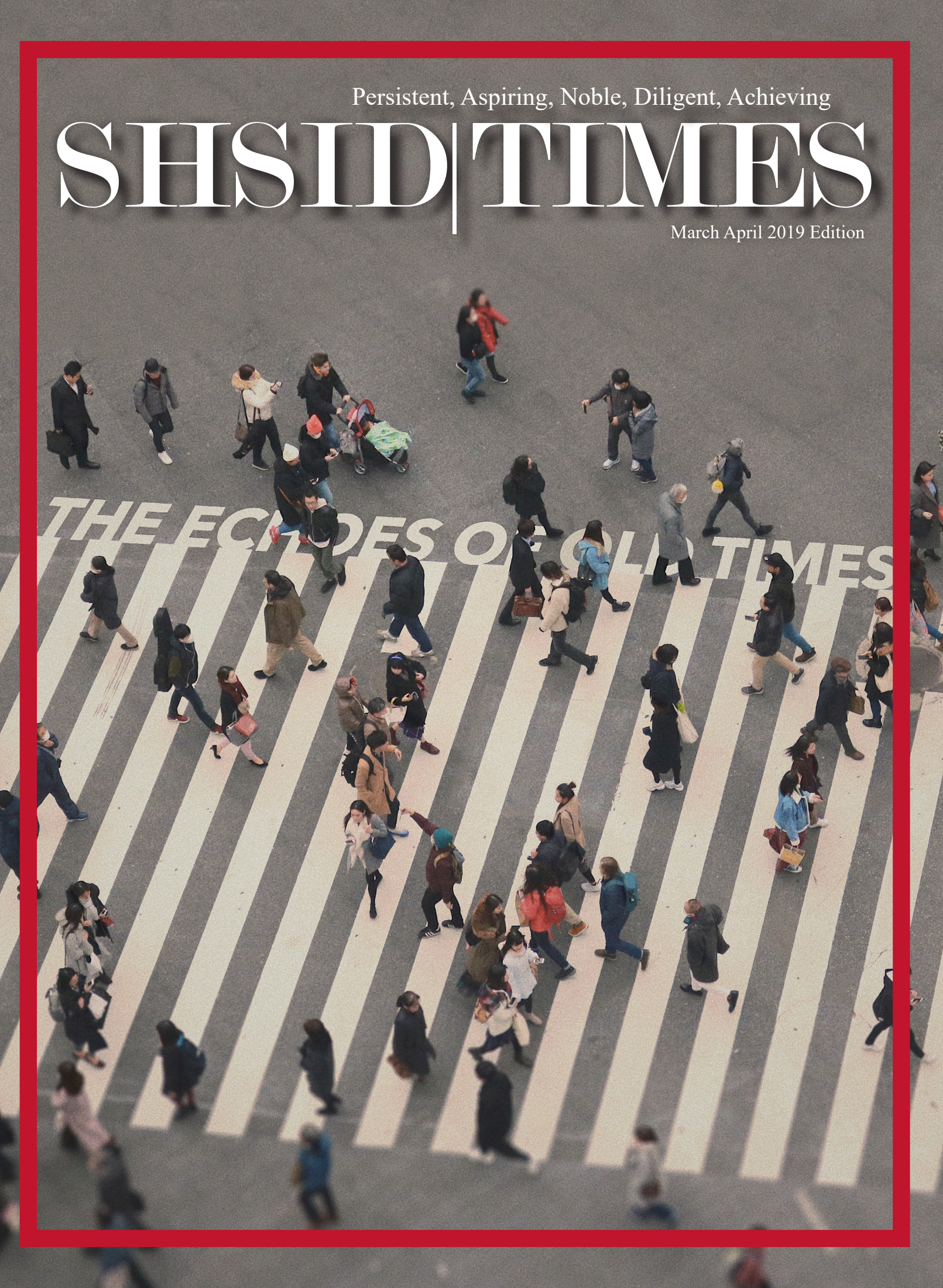


Persistent, Aspiring, Noble, Diligent, Achieving

SHSID | TIMES

March April 2019 Edition



THE ECLIPSES OF OLD TIMES

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Features Photos
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Supervisor: Mr. Ma, Feng

Letter From the Editor

Last time this year, we were just becoming accustomed to our new positions at *Times*. Yet now, as seniors, we can hardly believe that our time as editors is coming to a close. As the high school chapter of our lives reaches its end, we cannot help but reflect on all the ups and downs of the past four years in our last issue of *SHSID | Times*.

Themed NOSTALGIA, the March-April 2019 addition casts the spotlight on our fondest memories. Our Cover Story tells the nostalgic tale that hides behind students' and teachers' favorite keepsakes and mementos. As our SciTech section explains the psychological workings of nostalgic emotions, our literature writers take us on a walk down memory lane. Analyses of traditional medicine and the evolution of dance remind us of how things have developed over the years, while interviews with siblings at SHSID reveal anecdotes of childhood and growth.

As we move forward in the fast-paced world we live in today, it's easy to forget all the things that we have left behind and all the events that have shaped who we are. On the threshold of college, we will certainly look back to our high school days, the good and bad, no matter how far we go. Though we may miss our time here, it's the memory of them that pushes us forward to transcend new heights.

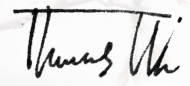
Sincerely,



Sophie Li,
Editor in Chief



Koh Ting Shing,
Managing Editor



Thomas Wu,
Director of
Digital Media



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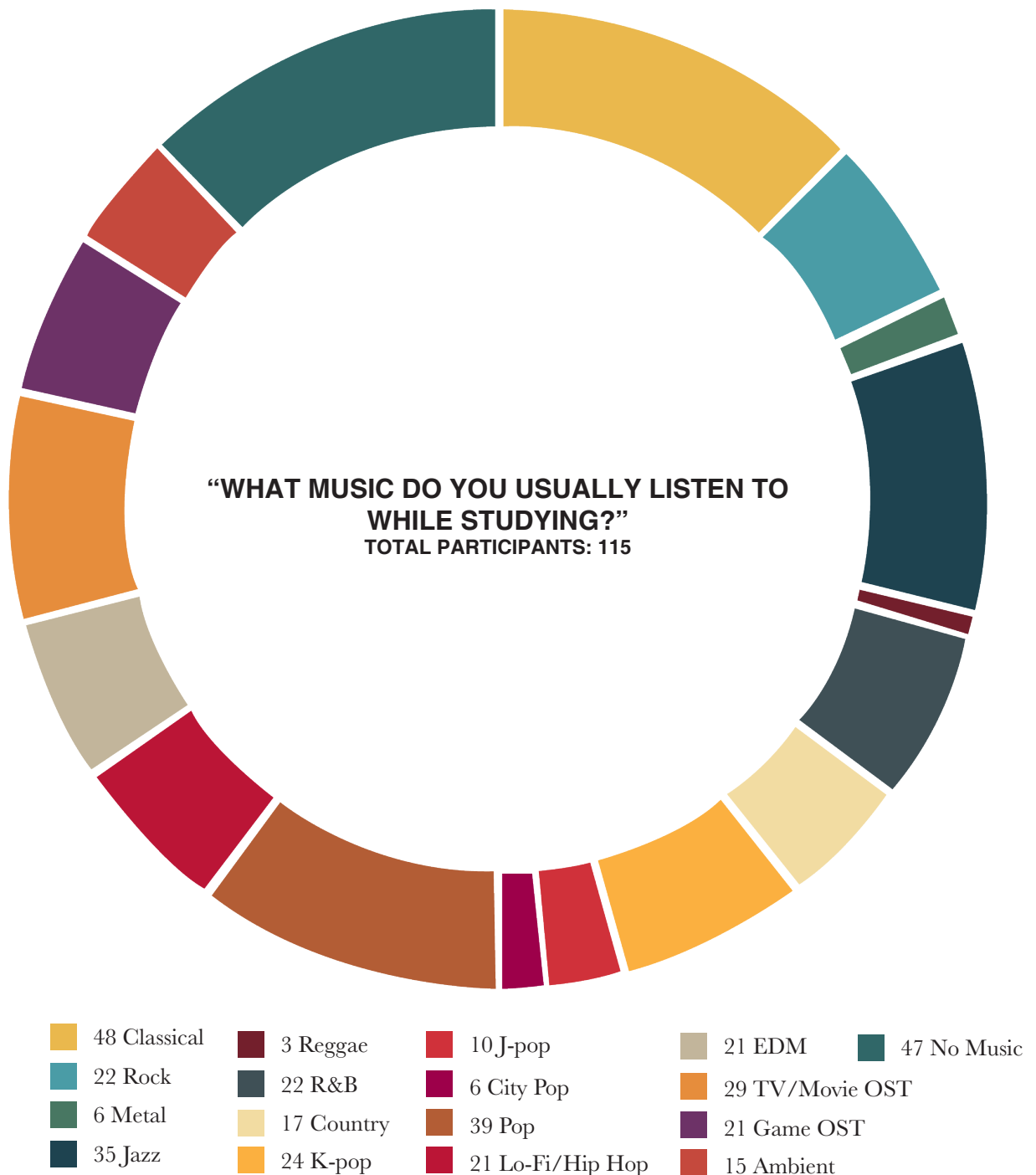
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FORUM

The FORUM section is a space of discussion, reflection, and interaction for the readers and writers of *Times*. Whether it's comments, critiques, concerns, or other stories, this section seeks to highlight the importance of everyone's voices. To join FORUM, readers are welcome to submit either written or visual pieces or participate in the online polls on the *Times* official account. We also encourage readers to stick their thoughts on our discussion boards in the Zhong Xing and Xian Mian lobbies. A collection of submissions, poll results, and discussion board quotes will be featured in every printed edition to showcase the diverse ideas on campus.

Email your submissions to shsidtimes@hotmail.com and follow SHSID | Times on WeChat to participate in our online polls.



LETTERS

ON “NEW YEAR, NEW HORIZONS—HARVARD MUN BOSTON”: JAN-FEB 2019 ISSUE

As a member of the delegation that participated in HMUNB, it is always exciting for me to see someone actually recognize our work (and praise our success). The article illustrates the vivid details and mentality of the delegates (“feeling drugged under the effects of jet lag,” “drained but satisfied”), and it makes HMUN Boston more than just a competition—it brought us, the MUNers, something that we would forever cherish, such as crucial socializing skill for future endeavors. With some additional recognition of the entire delegation, this article would be perfect.

-Justin Huang 11(9)

ON “CHANGING MEANING OF ‘NICE’ IN THE PASSING TIME”: JAN-FEB 2019 ISSUE

First off, I would just like to say that I am pleasantly surprised at how informative this article was. The entire topic of the article was quite unexpected, and not one that we often think about, because, really, who spends their time contemplating the history of words? Moreover, I honestly did not expect that the meaning of the word “nice” to have changed so radically from negative all the way to positive, and having this knowledge means I have one more random fact in my pocket, so thanks for that. However, when I read the article, I was left slightly unfulfilled. The article states how the meaning of nice changed, but the question of why it changed was never addressed. Now I understand that there may have been word limits and such, but that would have been nice to know. Either way, thanks for the information!

-Alex Shi 10(2)

ON “THE STORY OF OFO BIKES”: JAN-FEB 2019 ISSUE

Recently, I have noticed the diminishing number of sharable bikes on the roads, but I didn’t know why. “The Story of Ofo Bikes” written by Alina Zhang answered my question.

The News article is well-structured. Instead of delving into deep analysis of the causes of Ofo’s rise and fall immediately, Alina begins with a relatable hook describing a pleasant afternoon ride on one of the many colorful bikes. Then, the article provides sufficient context introducing Ofo to readers who may not be familiar with the company. After establishing the big picture, the rise and fall of Ofo is outlined in a succinct and easily follow-able manner.

The article introduces major reasons behind the rise and fall of Ofo and speculates upon the company’s future fate. However, I think that more comparison between Ofo’s policies and the policies of its successful competitors could have been examined to better exemplify how Ofo can improve. Overall, “The Story of Ofo Bikes” is both engaging and informative (the design is also very cute). Looking forward to *TIMES*’s next issue!

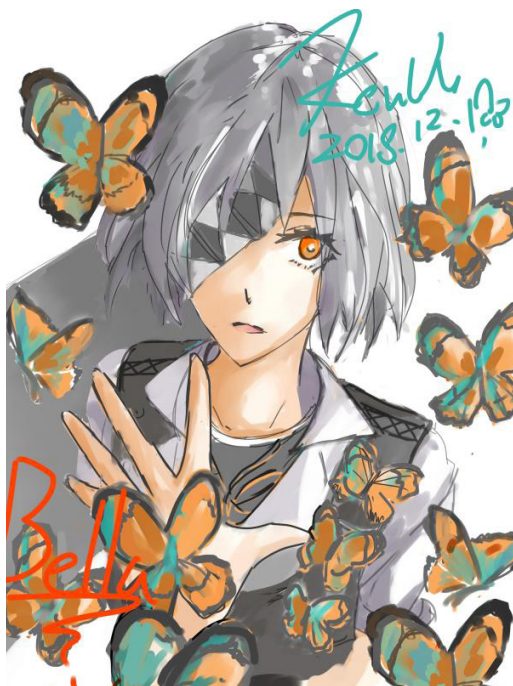
-Tina Liu 11(1)B

ART SUBMISSIONS

网“路”

by Tiffany Chen 11(8)

This art piece is a representation of the internet in my own perspective. As our city modernizes, we tends to become more and more dependent of the internet. But here comes the question, is the internet benefiting our lives more, or is it harming us at the same time?



by Ken Wu 12(5)

“有人问我水煮蛋到底要沾盐巴还是酱油，我的回答是盐巴。盐巴和水煮蛋的组合就仿佛”缘“一样的存在，每个人的命运都不同，都被此联系在一起。我叫这些缘分为蝶。”

A Different View of the Art Center by Shunichi Ueda 11(5)

This composition displays a unique perspective of the art center. The medium used is graphite, which is just another term for the pencils we use for SAT. The darkest areas are drawn using 8B pencils and the lighter, more detailed parts are drawn with 2Bs and HBs. The focus of the piece is the reflection at the center. Art elements such as contrast and balance are utilized to highlight this part of the work. The piece displays a typical two point perspective composition. Although the “two points” are not included inside the composition, viewers are still able to make out the two endpoints in their minds. Overall, the composition uses this perspective to show an unusual view of the 2nd floor art





Under the Trees

by Diane Hsu 11(4)

“Under the trees” is inspired by the feeling when the sun is shining through the leaves. I used colour pencils as the main medium to illustrate the woman’s facial expression & watercolour to create the shadows of the leaves on the figure’s face.



photography by Hiko 12(1)A

Each year, shortly after Halloween, I hear the familiar “hee! hee!” calls resonate throughout the campus. If you track the source of the calls as I usually do, you would come across a fluffy Daurian Redstart like the one pictured here. This particular restart is an adult male back from its breeding grounds in Russia and northern China. Contrary to its exotic appearance, the Daurian Redstart is fairly common, with a few wintering at each residential compound in Shanghai. The Redstart find its place among my other winter necessities - hot chocolate and warm blankets.

Frida Yoon

by Lina Yoon 11(6)

A self-portrait painting inspired by a Mexican portrait artist Frida Kahlo’s unique style. She often painted elements from nature such as green leaves and animals for background of her portraits. Mainly, warm and deep colors were used to express the mood of calm. To have some contrast, vibrant colors of flowers and clothes were used to emphasize the implied lines toward the face.



REVERIE

a place where you could
revive the memory of
past times



Life is soaked in
these small moments,
and every step we
take from then is
drenched in the
echoes of old times.

The Echoes of Old Times

Written by: Elaine Liu, Kevin Lee, Mary Wang,
and Suwan Lee | Photos by: Anna Jin,
Annie Guo, and Niketa Kou



God, I wanted to sleep in.

That was the first thought running through my head as I slammed my front door shut. I walked slowly, my hands fiddling in the pockets of my blouse, looking up at the early morning sky, surrounded by the misty indifference of the luminescent fog. I climbed onto my bike, pedaling sleepily through my neighborhood to enter the prosperous city suburbs. As I sped by the sidewalks, I saw the blurred shadows of the pedestrians, their lives parallel to the moving bicycle. It was as if I was traveling through time, a mere bystander in an enormous world.

A few minutes later, I came upon the tiny shop hidden away in an alley off of SHS Boulevard. High windowpanes decorated the walls and a sign that read “Reverie” hung above the heavy, wooden double doors. I always loved how mysterious it looked, like I was running a secret bookstore for magicians and wizards. I guess you could say we did magic here too.

The doors gave out a low moan as they pushed open, acting as heavy gateways to our past. ▶





01

Sharon Zhao

“I wanted to tell him how my calligraphy skills even surpassed my classmates... but he was gone.”



I was just getting settled in when a black car pulled up in front of the entrance. I could hear the sound of high heels clicking on the pavement as someone exited the car. With a slow and gentle pace, they followed the brick road towards our shop, then pushed open the doors.

At first, all I could see was a dark figure standing in the light in the door frame. I always liked how my solitary desk faced the door, how I would see the silhouette of someone as they entered, the sunshine spilling over their ambiguous body and into the dim room. I couldn't quite see her face until she approached the counter.

“Welcome to Reverie. How may I help you today?” I greeted as she attentively scanned the vast room.

“Hello. My name is Sharon. I heard that Reverie allows you to relive your experiences associated with objects? This is a calligraphy book. I guess you could call it my memento.” She pulled something out of a laptop case: a crinkled booklet that was yellow and faded.

“You've come to the right place! Let me show you where the magic happens.” I gestured for her to follow me, sliding open a portion of the wall and revealing a camouflaged chamber. After chatting for a bit and teaching her the procedures, I left and waited at my desk for her to finish. ▶

The owner of the store exited silently. I was left to my own devices, listening to the sound of my breathing and the pounding of my heart. The machine looked weird, like it was not even a machine. It was just a big, white block with an indented slot in the middle of it. The rest of the room was completely white too, almost like it was bleached. I placed the book inside the slot and was flooded with sensations and images I thought had only existed in my memories.

I was arriving in Beijing International Airport to meet my grandparents for the first time. It was my first time coming to China, too. As I walked out of the plane, I was anticipating how they looked, how they smelled, and how they laughed. Clasp my mom's hand, I eagerly followed my parents as they searched for my grandparents.

We turned around when we heard my grandfather's excited voice yelling my Chinese name, "Xue Lun!" I was scooped up by sturdy arms into the air. Laughing, I hugged my grandfather as hard as I could and managed to squeeze out some Chinese words.

"Ni hao!" I pronounced with a heavy accent, and my grandfather's smile deepened.

Living in China naturally enhanced my ability to speak Chinese. However, my grandfather often pointed out that my writing skills lagged behind my peers, which was true.

One night after finishing our dinner, he called me into his study. Secretly, like Santa hiding a present, he took out a copybook from his drawer and handed it to me.

"Surprise! You can practice calligraphy on here every day from now on!" The young me was dispirited. My grandfather was proud of himself for the idea, though I couldn't help but feel down due to a somewhat childish reason: I wouldn't have much time to play with my friends anymore. Every single night my grandfather would call me into his study and teach me how to read and write various phrases.

The days kept on going. With every practice I became

frustrated at how slowly I was improving, but my Chinese was surely getting better over time. I began to enjoy practicing calligraphy and looked forward to sitting next to my grandfather, watching his pen make beautiful strokes of ink on the paper. My increasing ability wasn't the reason for my joy, but rather it was the moments shared with my grandfather. He would tickle me as a punishment when I wouldn't follow his instructions. He would give me little homemade treats that tasted like cinnamon and walnuts. I loved the smell of faint tobacco on the collars of his shirt and how the city looked from his window.

This had gone on for years until my Chinese didn't need extra practice anymore, and I moved from Beijing to Shanghai. Yet, no matter how arduous the practice was in the beginning, I was grateful for my grandfather teaching me Chinese. I wanted to tell him how my calligraphy skills even surpassed my classmates... but he was gone.

I longed to be able to sit by his side again. Some nights I would open the calligraphy book just to look at the little doodles he drew of me on the underside of the cover page, and I would feel something ache inside of me—something tainted with grief and tobacco.

As the memories ended, I opened the booklet again and focused on my writing on the creased pages, remembering how my grandfather's rough hand held mine as I struggled to keep my posture straight.

All of a sudden, I felt a breeze brushing my hair against my cheek and remembered the warmth buried in his eyes.

When I saw Sharon come out, she had on a smile, the first one she had had since she entered. We exchanged a few comments about her experience, and she left after thanking me.

I tried to remember her story, the way I tried to remember all of them. It was because they never came back. It was as if they got what they wanted, and it was enough to sustain them for life. ►



Mr. Zhao Tao

“The feeling of loving myself for choosing to become a teacher.
The feeling I lived for.”

As I returned to the front counter, there was already another customer taking a look around our store. He seemed to be in his late 20s, wearing a hoodie from Harvard University, plain blue jeans, and pair of white Nikes. From his tote bag read “I <3 SHSID.” From all the paper, beakers, and geometric figures he was trying to balance in his arms, I assumed that he was a math or chemistry teacher at SHSID. Not wanting to startle him and make him drop the big pile in his arms, I greeted him softly.

“Welcome to Reverie, may I help you?” I queried. He turned around briskly and seemed to be relieved to see me.

Routinely, I asked him if he needed help. He nodded yes and put the big pile down on the counter; it formed a high wall between him and me. I could hear him flipping through the piles of papers stuck in between textbooks and folders. After a while of listening to the sound of rustling papers, he pulled out an A3-sized paper and carefully laid it down on a small empty space on the counter.

At first, it seemed like a random piece of pink poster paper that had a big heart shape in the center of the paper, but as I looked closer, I saw a man at the center of the heart—I assumed it was him—and 23 smiling faces surrounding the center figure. Everyone was smiling in the artwork and there seemed to be such a cheery atmosphere in the drawing. It seemed so... pleasing.

Without further ado, I led him to the machine. ▶▶

As I went in the classroom to give my morning announcements, like any of the other 516 mornings we had, there was an unusually cheery feeling in the air.

The door shut behind me and I was alone in the blank, white room. Gradually, the blank walls started to fill with color and I could feel myself being pulled away from reality...

It was that day again. The sunlight shone through the windowpanes. There were distinct sounds of chattering ringing through the hallways, reaching the teacher's office on the third floor, where we were having a brief meeting on the announcements to be made at orientation.

The second bell rang to remind me that it was the time to face the new group of students I would spend the next two years of my life with.

As I walked down the flight of stairs from the teacher's office to class 9(10), everything seemed to have slowed down, as if someone had pressed the slow motion button on my life. As my feet thumped onto the second floor hallway, I could see students scattering into their new homerooms as the last bell rang. I approached room 208 and gradually turned the door-knob to push it open.

23 heads turned around instantaneously as I entered. All conversation halted and there was a moment of awkward silence as 46 eyes looked at me curiously, observing each movement I made.

A student, whom I don't remember distinctly, broke the deafening silence by asking, "Are you Zhao Tao?"

I sighed deeply and replied, "Yes."

The following 500 days passed by like a blur until it all gradually came to a stop on the last day of the 2016 school year. As I went in the classroom to give my morning announcements, like any of the other 516 mornings we had, there was an unusually cheery feeling in the air.

I entered the room and was setting up my computer like always when the students gathered around me in a circle and shyly handed me a poster saying that it was a gift. I

examined it carefully, feeling tears forming in my eyes, which I quickly sucked back in. Thank god I didn't cry; they would have held that against me for eternity. I saw myself in the center with all 23 kids surrounding me like they had been for the past two years.

I felt that feeling again—the feeling you can't describe well enough to let anyone else understand or feel the same way. The feeling that always pulled you up whenever the world seemed to have pinned you down to the cold, hard ground. The feeling of loving myself for choosing to become a teacher. The feeling I lived for.

No one would understand the feeling unless they had felt it before, but I would describe it as a combination of serenity, happiness, sadness, euphoria, love... I could go on and on.

I tried to hold onto the moment as I gradually felt it slipping away from me. I again found myself standing in the white room, tears rolling down my cheek. I quickly wiped them before exiting the room.

I looked up as the door to the room opened, and a jubilant man exited with teary eyes and a red nose.

I acted as if everything was alright and asked him like I would for any other customer, "How was it?"

He inhaled deeply and answered, "It was great to feel so many emotions again in such a short amount of time. It also helped me feel—"

He was interrupted by a phone call.

Through the speakerphone, I heard his student urging him, "Are you in your office right now? I have some important questions about my course selection next year and I need your advice. I really need you to help me." She was speaking so loudly that I could hear everything she was saying. He promised to meet her in five minutes and hung up. He looked at me as if he was searching for a way to leave without being rude. ▶

03

I told him, "Go, go. It seemed like someone was waiting for you."

He broke into a big smile and said, "Thank you, thank you for everything! I will visit again very..." His voice diminished as he rushed out the door and was made inaudible by the sound of busily moving crowd.

As I peeked through the window and looked at the darkening sky, someone else stepped in the store. He was nicely dressed, confident, and manly in manner.

"Welcome to Reverie!" I addressed the approaching customer. I watched him reach inside his bag, feeling the excitement grow within me as I waited to learn about the next customer's precious memento and its story.

From his khaki-colored shoulder bag, he took out a big wool coat.

"Well, I have this Tibetan style coat that I bought during my trip to Shangri-La in the Yunnan Province." He patted the coat.

"It looks warm; you must have been wearing it in this biting cold weather."

"To be honest, I've only worn this once in my life. This coat has special meaning for me and my beloved wife." A smile flashed over his face. "You know, if it weren't for this coat, maybe I wouldn't be with my wife after all."

Then, as if he had awoken from his recounting of the memory, he suddenly said, "And I want to go back through the good old times that I shared with my wife. Through this coat."

"Of course! That's what we are here for." ►



Mr. Andrew Biggar

“

My commitment in becoming a better, more responsible person for my wife, in our forever lasting relationship, and in my continuous love and devotion to her.

I entered the spotless chamber concealed in the walls, and curiously stared at the machine. I didn't know what would happen next. As I placed my hand on the coat, I was wrapped by the warm embrace of the reviving memory.

It was the first trip that I took with my wife before we got married. We were supposed to go to Spain then, but the school in which I was working had a problem with my VISA and we went to Shangri-La in the Yunnan Province instead.

Even though our trip to Spain was ruined, my wife and I had a good time. Thinking back, I was very unhealthy and irresponsible before meeting her, eating lots of cups of noodles and not taking very good care of myself. She made me more of an adult. Through the trip, I learned a lot from her and it brought us closer than ever.

The scene flashed back to the time when my wife and I were buying the coat. I remember the time we went to Shangri-La; it was during the winter, so the place was not very busy and many shops were closed. However, we noticed this shop, among the few that were open; the shop was dark inside. There, I saw that Tibetan coat of which I really liked the style. It was unique and quite different from all the coats I had owned before. As my wife and I continued to comb through the racks of all kinds of vintage clothing in that shop, I noticed how I maintained a smile the entire time.

The memory moved on to the dramatic scenery of magnificent mountains. The Tiger Leaping Gorge. It was the time we went hiking after going to Shangri-La. I could feel the warm sunshine as it softly wrapped around my wife and me...

People are always rushing. Rushing through their limited time in this engaged modern society. Perhaps the store was a place where they could take a brief break from the fast-paced flow of society and immerse in memories of the good old times. The reviving of them bring in a rush of nostalgia in their busy minds as they recall the precious moments that they had shared with their grandfather through calligraphy, the time when they felt love and confidence in themselves for selecting the right path as a teacher, and the romantic memories they had with their loved ones. It is often by relying on such reminiscences that we fight against despair and hopelessness.

It sometimes surprises me how much our present is defined by our past. Life is soaked in these small moments, and every step we take from then are drenched in the echoes of old times. ■

At that very moment, I recalled thinking to myself that it was right in the beginning when we first started dating and went on this trip to Yunnan together. The fact that our trip to Spain was ruined didn't matter after all because it gave me something so much more rewarding than a trip could ever be.

The process of reviving the memory ended quickly, and I was alone in the vacancy.

I looked at the coat lying on the machine again and remembered how the coat, even though having been worn only once, symbolized my commitments—my commitment in becoming a better, more responsible person for my wife, in our forever lasting relationship, and in my continuous love and devotion to her.

As I saw the customer come out of the room, he suddenly took my hand and held it between both of his, thanking me.

“Thank you so much,” he beamed. “I never thought that I would be able to experience those times and have them feel that real ever again. It felt just like I was there again in Yunnan together with my wife, talking, smiling, and laughing. Perhaps next time I will visit this place again with my wife, and we can enjoy the memory together.”

“I'm having dinner with my wife after this,” he continued. Again, a smile flashed over his face. Certainly, he loved his wife very much. “Once again, thank you and have a good night.” With that, he turned to exit the store. I followed his steps until I reached the door, where I flipped the hanging sign from “Open” to “Closed.”

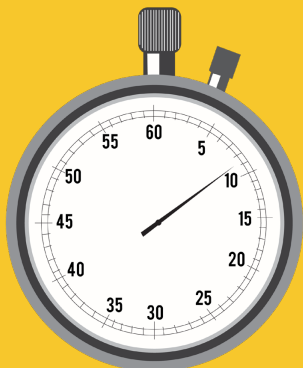


CLASS OF 2019

? “What does your high school life remind you of?”

1

High school is like ice cream — enjoy it before it melts and disappears.
—Yasuhiko Komatsu



3

High school was like a stopwatch. Too rushed and too abrupt.
—Takayasu Yamane



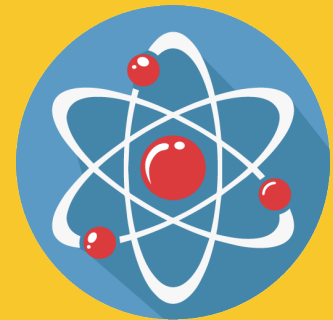
4

High school is like a musical production; it’s dramatic and sometimes random. Everyone is excited & worried about it at first, but towards the end we all just start improvising and winging it. In the end, it’s a painful but rewarding and unforgettable journey.
—Anonymous



2

High school is a lot like toilet paper—you only miss it when it is gone.
—Kristie Xia



5

“It was all like a photon, a wave-particle duality with Heisenberg’s Uncertainty Principle and Schrodinger’s Cat; but indeed I made some non-regretful choices for making and guiding that light orbital.”
—Kaku Kitetsu



6

To me, High School is like a Cantonese soup stirred with all kinds of ingredients. It could be bitter; it could be sweet; it could be spicy; but it all turns out to be something called “life.”

—Esther Chung



7

High School is like my jumbo eraser; sorrowful at the eraser getting smaller, I used it with greatest delicacy. But it was left in somewhere, never to be seen again.

—Daesung Kim



8

High school is like a Model UN conference: there are nice people and not-so-nice people, but in two months you’ll never have to see them again.

—Jerry Chen



9

Every high school life is a piece of music. Like music, we are finite events, unique arrangements; sometimes harmonious, sometimes dissonant.

—Archie Jiang



10

High school is like 大闸蟹 - it requires effort to enjoy it best. Get through the shells before it becomes too cold.

—Yasuhiko Komatsu

THE BEAUTY OF MATH IN



Written by: Victoria Lan | Photos by: Anna Jin, Austin Chen, and Tiffany Hung

Despite March 14, 2019 being right in the middle of stressful monthly exams, SHSID students and teachers celebrated Pi Day and, by extension, the undeniable wonders of mathematics. The importance of the irrational number pi has been recognized for at least 4,000 years, from the Babylonians to the Egyptians and later the mathematicians in ancient Greece, and Pi Day is now a recognized international holiday, observed throughout the world. Rich with history and meaning, pi perfectly encapsulates the beauty of mathematics and its omnipresence in the practical world.

In SHSID, preparation for Pi Day started right at the onset of the semester, February 20, when every math teacher informed their students of the three projects available for Pi Day: a math video, an art piece, and a math rap. Nina Zhong from 9(10) created a work of art integrating geometric shapes and models to complete the assignment. Using bold dashes of color and meticulously drawn shadows and shapes, her drawing showed how three-dimensional geometric shapes, which freshmen are studying in math class, can also be pleasing to the eye. She says, "Math is all around us. Within art and architecture. Math isn't just solving equations." Ryan Sun from 9(3) echoes this ▶



"The famous mathematical ratio, estimated to more than 22 trillion digits, is the perfect symbol for our species' long effort to tame infinity."

- The New York Times

thought, although he chose to complete a math rap instead. He says that he “[enjoyed] the project way more than math class itself” because he loves filmmaking. Even though math may not be everyone’s favorite class, there is an assortment of other ways for the casual math student to enjoy math as a subject or even as an art form.

Two special activities were set up for March 14: 314 and Fun Math. Students needed to search for numbers hidden in the ZhongXing and XianMian buildings and manipulate them to attain the number 314, just like the 24 Game but with 314 as the target number instead. Patricia Xiao from 9(5) says that 314 was a very interesting event, and it helped students get in touch with math. She notes, “I felt very proud when I finally found 314.” Other than that, students also could choose to answer two of the math questions posted around the hallways as part of Fun Math. Anita Lo from 9(11) says that “those math questions were very fun to do” and made her “feel that math is a very adventurous subject.” The math questions covered various parts of mathematics, like algebra, geometry, number theory, statistics, and calculus, and all students who answered their questions correctly were allotted corresponding points on their math monthly exams.

Beyond the day March 14 itself, SHSID hosted the intramural Math Knockout from March 14 to April 30. The knockout pitted teams against each other in a contest of mathematical capability, and losing teams were eliminated while winning teams advanced until one final winner was determined. In each round, two teams of three competed by completing math questions, and the team with the highest accuracy and speed won. During lunch on March 14, a demonstration round was held in the lobby of the ZhongXing Building; the two teams scribbled down answers as fast as they could and ran up to submit the answers. Lily Peng from 11(1)B, host of the knockout demo and one of the planners behind the massive tournament, says, “When we were planning the Math Knockout, we wanted to stimulate students’ interest in math with something a little bit more exciting than the usual classroom.” They definitely reached their goal. Asli Yu from 9(8) says that after her round she “felt good and happy and realized math could be fun if done with the right people.” Generally, the atmosphere during the Math Knockout was very lively, and Lily says, “Contestants [were] scribbling furiously as the audience cheered for them in support.”

The love for math is inherent in SHSID. Ms. Yu Zhen, head teacher of ninth grade, thinks that “math is a fundamental subject” and forms the “foundation of most other subjects, as it helps practice logical thinking.” Given math’s importance, she believes that there is a need to celebrate it well. Not only do teachers see the beauty of math, students appreciate it as well. Richard Zhang from 10(5), who wrote many of the questions for Pi Day, believes that mathematics is also important beyond an academic setting and in its practical use: “Without math, everything from the pen you use (because of machines) to the buildings you live in to the airplanes you use to get from one place to another—everything that makes life life, in short—wouldn’t exist.” It’s difficult to notice how involved math is in our daily lives, but if we just take a look around ourselves, we can see how much the world revolves around math. Although math has been troubling scholars and frustrating students for hundreds and thousands of years, no one can and should deny the beauty of math and the need to celebrate it with Pi Day. ■

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- Richard Zhang



TRADITIONAL CHINESE MEDICINE in a NEW LIGHT

Written by: Alina Zhang | Photos from: Google Images

When I was about ten, my grandmother practiced cupping therapy (拔火罐) on me because I wasn't feeling too good that day. My grandmother reassured me that after our cupping session, I would definitely be relieved of all my pains. "Are you sure this would work?" I remember asking her. "Of course," she replied, "our ancestors have been doing this for thousands of years and it has always worked. Now, just relax." However, cupping therapy has been proven to have no—or very few at least—medicinal benefits, as have other medicinal practices and herbs of Traditional Chinese Medicine (TCM). Yet, some other individuals of the scientific community have refused to simply dismiss TCM as a superstition or placebo, instead delving deep into TCM's merits. Yung-Chi Cheng, a pharmacology professor at the Yale School of Medicine, has conducted a research project since the 1990s where he's blended his knowledge of modern medicine and TCM to discuss treatments of chronic diseases derived from mixtures of traditional Chinese herbs. After conducting multiple experiments to test how effective his medicines are, Cheng accumulated solid proof that his medicines are indeed successful. As of today, Yung-Chi Cheng's herbal medicines have yet to be approved by the FDA due to the controversies surrounding TCM. The realm of TCM is far from simple—results are mixed, and people's opinions are sharply divided when it comes to viewing TCM as a legitimate medicinal source.

From acupuncture to herbal mixtures and from massages (推拿) to martial arts (气功), all branches of TCM revolve around the principal tenet that the body's vital energy,

qi, circulates through the body through channels called "meridians," which connect the qi to all the body's organs and functions. When one is in pain, TCM seeks to ease the meridians' channeling and restore one's qi to its full strength. However, the scientific proof behind modern medicine seems to undermine the validity of this theory. In today's era, where scientific justifications and skepticism take precedence over old traditions, where does TCM stand, and how has it evolved as a nostalgic and traditional collection of practices?

The history of TCM has its roots in the myth of Shennong, whose name literally translates into "God Farmer" (神农). He is credited with introducing the Chinese people to agriculture, herbal medicine, plant-based diets, and acupuncture. Legend has it that Shennong had eaten hundreds of plants and, through his transparent stomach, had researched their properties and deduced the harms and benefits they bring to the human body. Solid evidence of TCM was found in oracle bones dating back to the Shang Dynasty. These ancient oracle bones contain descriptions of herb-based medicinal practices, acupuncture, and bloodletting through needles to stimulate meridians into circulating qi properly. Centuries later, important texts like Yellow Emperor's Inner Canon (黄帝内经) and Treatise on Cold Damage Disorders and Miscellaneous Illnesses (伤寒杂病论) have tried to relate Daoist philosophy with the principles of TCM. These two, along with other ancient texts, have communicated the essential teachings and pillars of TCM and formed the basis of its development for centuries to come. ▶



Yung-Chi Cheng
professor
at Yale School
of Medicine



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In recent years, TCM has gained a wider influence in the global academic world as an innovative way to cure illnesses.

As a collection of medicinal practices and concoctions based only loosely on science and more on philosophy and tradition, TCM stands at odds with modern medicine in several aspects. Strong opponents of TCM argue that TCM is mere superstition and may even bring harm to the body. Wet cupping and fire cupping, for instance, may result in injurious bleeding or burning.

In recent years, however, growing numbers of people are beginning to appreciate TCM. Many households and individuals in China, such as my grandmother, still practice TCM, believing in the legitimacy of its rich history. Indeed, TCM is a Chinese tradition that has been passed down the generations for millennia, rigorously refined and closely observed for the entire duration of its existence. TCM practitioners also exclusively focus on different combinations of herbs and treatments, and with the sheer experience they have accumulated throughout the years, TCM holds legitimacy that is often overlooked by the scientific community. On a different note, many also favor the Daoist philosophy associated with TCM, believing its practices to be calming and relaxing. For instance, cupping therapy, if done safely, could effectively relieve tensions in muscles. In fact, the TCM industry has continued to be so successful in China that it generated around \$25 billion in 2017. Just recently in March this year, the National Administration of Traditional Chinese Medicine announced that China would boost the development of TCM by regulating its standards, improving the quality of TCM healthcare, and establishing TCM centers in foreign countries.

TCM's resilience and wide outreach has its explanations. In recent years, TCM has gained a wider influence in the global academic world as an innovative way to cure illnesses. In Oxford, Duke, and UCLA, as well as other universities in Europe and Asia, researchers are exploring the science behind the traditions. Yale Professor Yung-Chi Cheng compels us to consider the practical benefits

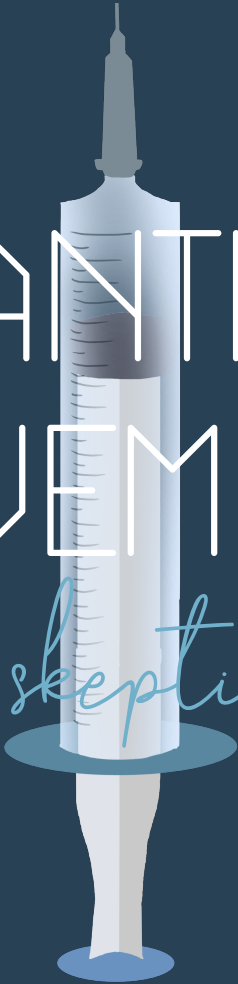
of TCM alongside the negative side effects modern medicine may yield. TCM is affordable and less expensive than modern medicine in general, and it could be found almost anywhere—in drugstores and online. Traditional medicinal procedures also require significantly less expertise and can be DIYed easily at home. Modern medicine is not entirely perfect either. According to Professor Cheng, cancer patients have often stopped chemotherapy because of resulting nausea and diarrhea. However, cancer patients who consumed an herbal formula derived from TCM—PHY906—were relieved of such gastrointestinal pains, as originally noted in *Treatise on Cold Damage Disorders and Miscellaneous Illnesses*. Furthermore, these patients' tumors shrank faster than those who had not taken PHY906. This is because the herbs in PHY906 stimulate the production of white blood cells, which swallow cancer cells. Cheng's son Peikwen expresses, "PHY906 is a cocktail of chemicals—not unlike the drug cocktails that finally proved effective for AIDS patients. We're just unraveling the original formula and putting it back together in a modern, scientifically based therapy." Cheng's multi-herb PHY906 illustrates that though TCM and modern medicine can clash, an appropriate blend of the two may result in new medicines that are more effective than either of their parents alone.

TCM's resilience through the millennia makes us wonder: there must be something in TCM that the science behind modern medicine cannot fully replace. Perhaps it is because TCM is ingrained within traditional culture, perhaps it is because it has evolved without losing its authenticity, or perhaps it is both. Despite being undermined as a superstition by its opponents, TCM constitutes a significant part of China's cultural heritage and has been increasingly practiced as a therapeutic treatment, and its merits have been increasingly recognized by open-minded experts in the pharmaceutical realm. ■

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THE ANTI-VAX MOVEMENT

why so skeptical?

Written by: Calvin Pan | Illustrated by: Jacklyn Tsung

NOTE FROM THE AUTHOR

The aim of this article is not to act as a hit piece against the anti-vaccination movement or denounce it, but to provide insight into the arguments provided by the movement, their beliefs, the logic used to rationalize those beliefs, and the responses to those arguments. The author will try to remain neutral during this article and will present arguments for and against the movement to provide different perspectives. ▶




Opponents of mandatory vaccinations argue that governments should not infringe on an individual's freedom to make medical decisions for themselves or for their children, but proponents cite the well-documented public health benefits of vaccination.

As of the morning of January 1st, 2019, non-vaccinated children have been officially banned from enrolling in the Brooklyn Public School system in New York City after a heated debate in the city council over accessibility to vaccinations, free choice, the functions of the school system, and more. The actions of the city go against the controversial anti-vaccination movement in making vaccination next to mandatory for the residents of the borough of Brooklyn. Whilst proponents of the movement believe that the vaccines provide an ineffectual and dangerous solution to a nonexistent problem, as was the argument used here by opponents of the bill, it is imperative to remember that the possibility that someone could wake up with slightly a bit more acne one day and be dead the next morning was very real just a hundred years ago. An important reason we no longer worry about those things is the development of the vaccine. It is confounding to many that some people would oppose

this seemingly necessary item of modern medicine and that the anti-vaccination movement, as those people have been collectively called, is swelling in numbers. This article will look into the main arguments of the anti-vaccination movement and why it's so attractive.

Vaccines were first developed in 1796 by Edward Jenner in England; he developed a smallpox vaccine that inoculated patients with a weaker strain of a biologically similar disease, strengthening the immune system against smallpox. This quickly led to similar developments against anthrax, rabies, and similar diseases. Although the first procedures had slight side effects, like a mild fever after the smallpox vaccine, safer vaccination procedures have since been developed, and vaccinations have become mandatory or strongly subsidized in all US states, all EU countries, Canada, and Australia, with many other local governments passing legislation to make vaccination a part of public health services.

After Jenner's experiments in 1796, strong opposi-▶



tion rose against his techniques. Some cited practical issues regarding medical procedures, like preserving the sanctity of nature. Additionally, early vaccinations were not as developed or as safe as modern-day variations, due to the medically unsafe but commonplace practice of arm-to-arm pathogenic transfers and lack of equipment sterility, creating a strong clinical case against vaccinations. To shore up the arguments aforementioned, esteemed professionals also published papers rebuking vaccines; for example, Dr. Charles Creighton's book about the correlation between vaccines and syphilis served as a major point of focus for propagators of the anti-vax movement. Innovations in the field of vaccination have gradually addressed these factually rooted concerns, and vaccines have become statistically far safer than their 18th-century counterparts.

As a result of those improvements and the effective implementation of vaccines en masse against polio and smallpox, the anti-vax movement dwindled in numbers throughout the 20th century. However, a new wave of concerns has brought about a resurgence in support for the movement. Many This is often attributed the resurgence to the rise of populist anti-governmental stances in general society that have carried over to healthcare, where many distrust vaccinations due to the associated stigma of government-enforced vaccination programs and supposed governmental over-regulation.

Compulsory vaccination policies have been controversial for as long as they have existed. Opponents of mandatory vaccinations argue that governments should not infringe on an individual's freedom to make medical decisions for themselves or for their children, but proponents cite the well-documented public health benefits of vaccination. Others argue that, for compulsory vaccination to effectively prevent disease, the population must be willing to

undergo the process of vaccination. Thus, according to some proponents, there should not only be available vaccines and a population willing to immunize to create a good system of vaccinations, but also sufficient ability to decline vaccination on grounds of personal belief, which does not exist in some US states, such as West Virginia. There have also been issues surrounding informed consent: some who are vaccinated, including children, do not know the full extent of the effects of vaccinations. There are concerns that the choice to vaccinate should be made individually and not for the uninformed other. The increasing distrust in central authority, exhibited in the growth of political movements and ideologies like Libertarianism, has only made the above concerns more pronounced with time, with an increasing number of believers distrust vaccinations altogether due to their association with central governments. The use of media platforms, like Facebook or Reddit, has also served as echo chambers where advocates of the movement can voice their concerns to like-minded peers and recruit new followers through social media advertising.

A major piece of evidence the anti-vax movement often uses to prove the common argument that vaccines cause autism is the concurrent rise in both the average number of vaccinations required per child in developed nations and the rates of autism in those nations to prove the common argument that vaccines cause autism. While there is no proven causation between the two trends, there have been controversies around the presence of thiomersal, an anti-fungal preserve that contains mercury, which was used in small amounts in many vaccines before 1999. Many parents have claimed thiomersal caused autism in their children. While excessive mercury has been proven to lead to autism and other mental afflictions, such as ADHD, the level present in vaccines was confirmed by the WHO to be "no more than 15% of the daily

recommended intake of mercury for adults globally, and 2.5% of the daily tolerable intake for adults.” Regardless, many have demanded compensation from their respective governments, and a lobby of concerned parents formed in the United States in 2000 to address this perceived issue.

Another key concern of the anti-vax movement has also been a fear of ‘vaccine overload,’ or the notion that too many vaccines taken at once can weaken a child’s immune system and put them at a greater risk of disease. While there has been no conclusive study on the effects of over-vaccination in children—and whether such a thing exists—due to ethical limitations, the average dosage of 315 antigens from one vaccine schedule has been shown to have a low risk of causing much harm to a child’s immune system. When compared to even mild afflictions such as the common cold or ear infections, vaccinations do not pose a serious threat to the wellbeing of children, and the average yearly rate of vaccination-induced sicknesses is much lower than ones induced naturally through contact with pathogens.

Finally, a common argument against vaccinations has been on religious grounds, with many religious denominations, such as Roman Catholics, Hasidic Jews, and some Hindus rejecting vaccination. The most common occurrence of religious abstention from vaccinations comes from the cell culture sources of vaccinations. Roman Catholics strongly opposed the rubella vaccine in the US in the 1960s because it was produced from human cell cultures, proposing ethical, moral and religious issues. Another issue is compli-

ance to religious diets, with many in the Indonesian province of Aceh rejecting vaccination on the grounds of it being haram due to its pork-derivative contents, and some Muslim sects reject vaccination due to it possibly containing fetal tissue and therefore raising questions on abortion.

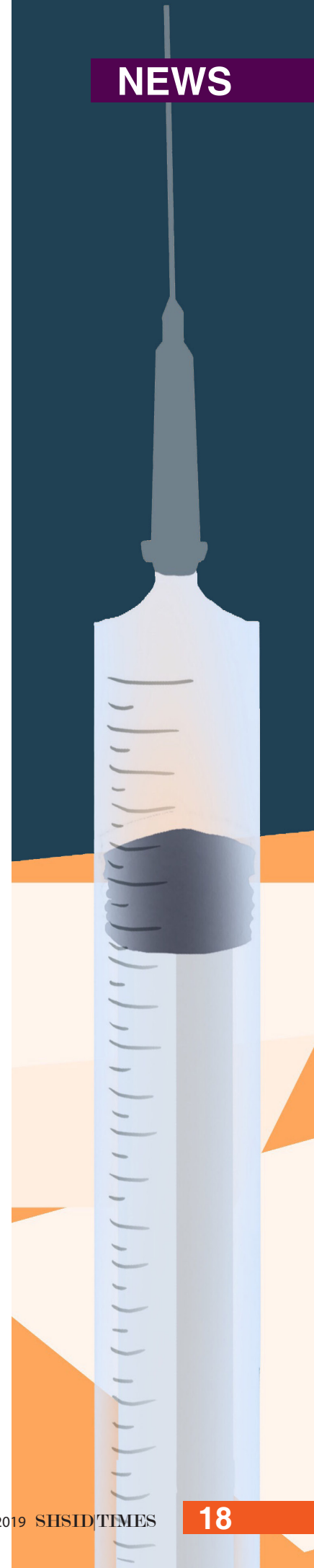
While vaccines are in violation of some ethical codes, freedoms, and liberties, the author believes that due to the societal benefits of vaccines in preventing otherwise lethal diseases, vaccination should be strongly encouraged in the form of governmental regulation, subsidies, and a soft power approach involving the decreased access to some forms of government benefits, like farm subsidies to families that do not vaccinate their children. Society should not be afflicted with treatable and preventable diseases, and the author believes that we should not strive to prioritize the individual rights of some over the freedom to life of others, particularly those of actors like infants, who have no decision power in this process.

Whilst the anti-vaccination movement does raise concerns about ethics, morals and the freedom of religion, those concerns are arguably mitigated by a larger public health concern over preventable diseases, and the resurgence of diseases like measles in developing nations, partly due to the anti-vax movement, demonstrates this trade-off. Vaccinations serve as an example of a conflict between societal benefit and the freedoms of a few, and despite the author’s personal beliefs, the verdict is up in the air still. ■

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The Halt of Poetry in Motion

Written by: Drake Zhao
Illustrated by: Cindy Lee
Photo by: Wanchi Tang

Imagine being in a social setting in which the conversation has slowly dwindled down to trivial subjects, people shuffling about the floor as if they are chess pieces on a checkered board. Suddenly, a melody begins to make its way through the speakers. Feet start to shuffle faster, bodies start swaying, and before anyone knows it, the dance has begun. The moment is filled with a raw passion and contentment. Dancing provides relief, freedom, and rids the world of everything that could be preventing each moment from being perfect.

Dance for What?

From lifting weights to riding bikes, physical fitness is a prominent concern in the modern era. Studios to sidewalks, stages to subway stations, we can see people ▶

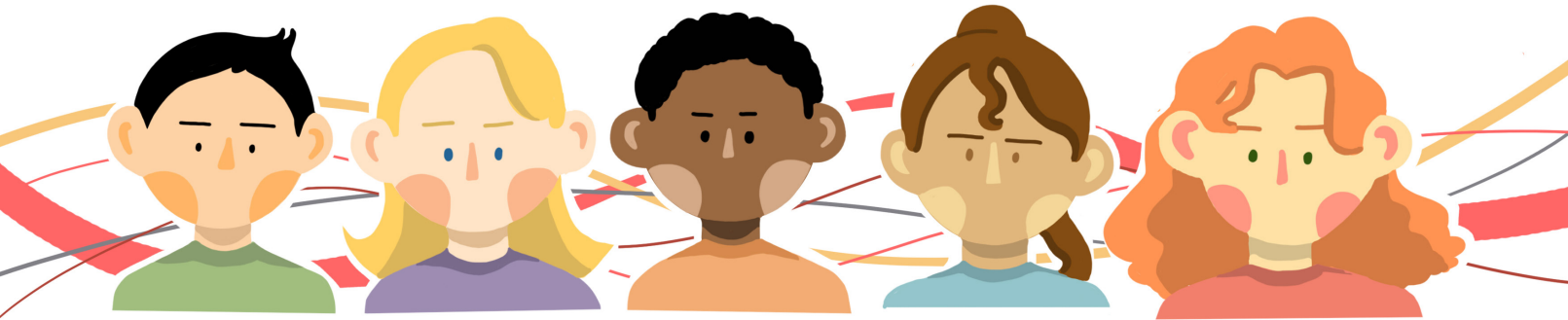
spinning about in ballet shoes and dancing hip-hop to old-school rap songs. The most common explanation for these phenomena is the fact that dancing promotes a healthy body image without becoming tedious or repetitive of the same routine in stretching and cardio. In recent years, the incorporation of dance into the world of physical fitness has encountered a discernible number of developments. For example, a program called Zumba has risen through the ranks of popular exercises, combining group exercises, Latin and international music, and dancing. As such dance-incorporated styles of physical exercise are increased, so is the level of interest in many people.

The number of individuals participating in the act of dance has grown significantly, many of them searching for a sense of inner peace. With the constant rushing and anxiety of everyday life, many feel the need to find an outlet to release the built-up tension, pouring themselves into the art of dance. Dance started off as a way for cultures and groups of people with common beliefs to express themselves, whether it be their indignation to unfair treatment or simply how they live day-to-day. As time progressed, variations upon variations of styles grew, building on each other and becoming enriched with hundreds of years of meaning. A story can be told by the simplest of movements, a sympathetic virtue shared with the look of an eye, a new relationship built with each and every chuckle. However, in recent times, a considerable aspect of dance has been abandoned: emotion. Through exposure to modern choreography's lack of originality and focus on becoming viral, the meaningful purpose of the art is slowly fading away. ▶





Regardless of race, nationality, sexual orientation, religion, everyone is one with the rhythm and each other under the influence of dance.



Media and More

Video games are a new medium through which styles of dance can be popularized, emerging at a rapid pace on a global scale. Fortnite, an online survival video game created by Epic Games, has been featured frequently throughout various platforms of media. Released in 2017, the game allows players to buy costumes and dances for their avatars. This new medium has attached a notion of adrenaline with dancing, giving players a rush of euphoria as they dance after every victory. It did not take long before these animations were recorded, retweeted, and reproduced, becoming a viral trend in what felt like just overnight. Many choreographers on platforms such as YouTube and Instagram took snippets of the dances and incorporated them into official choreography, taught in front of classes with online tutorials for millions to see. What may seem like a result of the fast pace of the Internet can rather be seen as a spread of a lack of interest, the pre-existing emotion in the art of dance being stripped away, one retweet at a time.

Looking beyond the specifications of Fortnite, music videos and popular influencers start Internet challenges across social media platforms as well, in which millions of people perform the same dance routine. Interpersonal connections formed through dance are removed, replaced with a brief moment of amusement as the video plays. The said videos, however, typically include a minute or so of the dance itself, encouraging watchers to continue scrolling once they have finished the portion they clicked for. Once the audience is exposed to emotionless choreography for long periods of time, they tend to associate the notion of dance itself with the lack of emotion. Consequentially, if a piece of choreography is performed by dancers with an ardent passion for their art, a shockingly short attention span paired with a deficiency of emotional absorption would dismiss the performers' work and render the audience unable to enjoy the piece. Though some may have come to realize the damages caused by such a horde mentality, the fear of irrelevance prevents them from escaping this cast of mind. Instead, the same lack of consideration in choreography and content remains pertinent in the modern state of dance.

Movement Beyond Dancing

However, the fast pace of the media, a concept perceived to have negative impacts, can be channeled into something positive. Video games ridding themselves of dances associated with violence can shape young kids for the rest of their lives. A child that builds himself on a clear separation between what should be considered violent and what should not, compared to a child who has no perception of right and wrong, provides everyone with an auspicious outlook on the future. While generations scroll through their social media, they can explore different genres of dance while unravelling the layers of meaning behind the movements. Dance could and should have its own digital renaissance. We, as a collective population, can use the fast pace of the media to explore the effects of spreading choreography with a message and a meaning. Instead of having thousands of profiles dedicated to repetitive dances, redirecting them towards rebuilding the meaning of dance could prove to be a turning point in the twenty-first century.

Swapping out an unfiltered instance for loud crowds in night clubs or attempts to appear trendy is nothing more than squandering precious time. An art built by hundreds of years of passion and tradition, now being taken over by characters and six-second strangers. However, what is lost can be found, what has diminished can surge, and like a match to gasoline, the flame of passion can be re-ignited within dance. ■



Indulging in Fast Food from the past to the Future

Written by: Nina Zhong
Photos by: Cindy Bu,
Tiffany Hung, and Manyi Chen

During late January, a lot of hype revolved around the recent opening of China's very first Shake Shack, the New York-based fast-food restaurant and undoubtedly one of America's most well-known burger chains. Nonetheless, what initiates customers to form lengthy queues extending blocks away from a newly opened fast food store? How are U.S.-based fast food stores such as Shake Shack popularized within the traditional Chinese market? Before delving into the matter, it is crucial to fully understand the fundamental goals of standard fast food chains, in addition to a brief guide to the rise of fast food popularity in China. ▶



FAST FOOD FUNDAMENTALS

Simply put, low costs, high accessibility, and efficiency are the three main objectives of a fast food chain. As service speed is considered to be a major priority, fast food stores are particularly attractive to students, laborers with lower purchasing power, and consumers within the working class, specifically a large number of blue collars and young white collars. Besides attracting office employees, fast foods also appeal to most consumers due to its obtainability. Fast food stores can be found anywhere and everywhere, as the food is often ready to go and assembled at different production stations. In fact, the number of fast food establishments constructed last year was declared to reach almost 250,000 units within the United States because of their popularity.

HISTORY IN A NUTSHELL

The demand of American fast food in China traces

its origins back to the iconic restaurant chain, Kentucky Fried Chicken (KFC). The first KFC store that opened in China was in Beijing in 1987, and the introduction of the store proved to be a major success amongst the locals, as the Chinese population was deeply fascinated by the novelty of a Western-styled chain. Aside from beginning its business in China during a period of economic reformation, KFC also attracts Chinese customers with its versatile products. From egg tarts to Peking-style duck burritos and traditional spring rolls, KFC is able to maintain its Western essence while incorporating an authentic Chinese twist.

Following the footsteps of KFC, Burger King shortly entered China during the 2000s. Possessing more than ten thousand stores locally, Burger King is another restaurant chain phenomenon in China, quickly becoming a fast food fortress known for its generous, sturdy portions, and relatively pricy products. Likewise to KFC's marketing strategies, Burger King has integrated Chinese-inspired



foods such as spicy Sichuan sauce sandwiches and Five Spice flavored wings into the standard American menu. In return, these inviting items have seized the attention of many local customers.

In the Chinese market today, hundreds of international chains—Burger King, Subway, and Taco Bell, in particular—have followed KFC's approach and have consequently entered the diversified Chinese market.

FAST FOOD: CHARM OR HARM?

In 2017, over 50 million Big Macs were sold in Mainland China. Amongst various other fast food options, McDonald's trademark burger is infamous for its excessive amounts of sodium, fat, and cholesterol, as well as its hefty number of calories, which would require three hours of walking to burn off. Needless to say, the overconsumption of junk food may entail negative consequences on one's health, including high blood pressure and poor cognitive performances. Through the news and social media, the

Chinese population has gradually become more aware of the negative effects of consuming junk food. Instead of frequently consuming fast food, many young consumers have turned to healthier and more convenient food options, such as bringing organic, homemade meals to work or school. As a second option, people are dining at restaurants that provide more nutritious meals close to their homes and their working facilities, such as Baker & Spice and Wagas, a sandwich and salad chain. Chinese consumers are gradually leaning towards healthier, more wholesome lifestyles, starting with their daily meal options.

As seen within recent data, people value the efficiency, approachability, and the local flavors American fast food chains may provide. Perhaps, the appeal of fast food simply lies within the delightful sensation of taking a large bite into a classic, juicy Shake Shack burger. Even so, millennial customers are placing a larger emphasis on the nutritional values of their foods, and are moving toward a more organic way of life. ■

Her Giggles & His Tired Smile

Written by: Ksenia Shlykova | Photo by: Sammi Wei



The arrows on the clock slowly pull their weight onto their next roman numeral. The clock that once prided in its fresh golden coat, has been exhausted through a myriad of wipes with coarse rags into a meager dark circle on the wall of the narrow corridor. The room is filled with the street lamp's fluorescent lights, and the frigid trees, cloaked with snow, cast shadows upon my hunched silhouette on the floor. ▶

“Bulgaria. July, 2003.” A tanned baby girl in a ladybug swimming suit stands in the turquoise water grinning at me.

There she is again, blowing out three pink candles in her flouncy blue dress, thin blonde hair streaking down her narrow shoulders.

The slim minute hand dominated over the hour hand, as if trying to prove that its minutes govern the time. Quietly I flip through the numerous ballet rehearsals, vacations, family gatherings and birthdays. Reaching for the next photo album in grandma’s cabinet I pull out a shabby envelope that sheds black and white fragments on my lap. Hundreds of faces capture my gaze. A man and a woman are sitting arm in arm on a bench. Two unfamiliar children stare at me as they are confined in the snap of a moment with ice cream in their hands. Unending memories of relatives who have been alive for me only through Grandma’s stories.

Except for one. “October, 2004.” The same little girl jumps on the bed in her night gown. Grandpa stands in the doorway, a tired smile on his face. Every evening she would wait for the key to turn in the door and as soon as the click echoed in the hallway, she galloped into the room to jump on his bed.

Grandpa never said no. Working as a locomotive driver on a cargo train all he wanted was to lay down after his night shift but he never said no. Tugging on his sleeve she begged for a piggyback ride and he never said no. Grandma complained of her behavior to her parents but he only said, “You should hear her giggles.”

I trace the smudged date on the photo with my fingers. Taken one week before he was admitted to the hospital with a heart attack, and passed away on the operating table. Only four years old at the time, I was not allowed to see him for the last time during the funeral.

Clinging the slip of color to my chest I look around the room. Not much has changed in the past fifteen years, except for the worn out clock, its ticking echoing in the serene corridor. The image of Grandpa standing in the doorway watching me jump on the bed is imprinted in my mind, to be relived every time I come back to this house and look through the photos, knowing perfectly well that his tired smile is what I am searching for. ■

ONE WAY WALK

Written by: Emma Li | Illustrated by: Adelynn Tang

No feet on the floor yet
Tiny hands and feet and glittering eyes
Little by little struggling forward
Looking ahead
Reaching ahead
Can we ever go back?

Small mighty steps
Small feet small body. Unsteady, shaking, advancing
A first walk we'll never forget
Wanting to grow older
Wanting to grow faster
Can we ever go back?

Chasing each other
Under the golden light of the eternal sun.
A never ending game of tag
Proud to be good
Proud to be first
Can we ever go back?

"Just in time to catch..."
the bus the train the airplane
Never stopping to take a rest
Busy running running running
Busy finishing finishing finishing
Can we ever go back?

We can only go forward.

Our TOMATO EGG DROP SOUP

Written by: Alina Zhang
Illustrated by: Yixiao Zhao

It is almost dinner time
The muffled sounds of
Pans frying
And porcelain dishes clinking
Make me think of

The baked potatoes we used to make
You would put them in
And I would gladly take them out
As the oven's heat seeped through my gloves.
I would make sure that they are golden brown
And melt sliced cheese into their warm interiors
They'd keep us cozy on a chilly night

We ate them with sips of hot tomato egg drop soup
A strange combination, they may say
But we enjoyed it all the same
You taught me how to drop the eggs—
Gently as a pebble falls into the small pond
Down at ground floor of the apartment compound
We no longer live in—
And let the melting tomato flow like silk
Into the soft amorphous mellow yellow
Under fragrant filters of salted water and bubbles and
steam.
We simmered the soup above the ombré flames
Until tomato and egg merged as one

Like how we went to Ocean Park together
And ate fried calamari
I can still taste the golden crunchy umami
And hear myself asking—
Looking up at you—
Mama, can we go there again?
In a voice almost unrecognizable to me

You agreed and smiled
As your warmth seeped into my veins.

You wiped off the crumbs near my mouth and touched
my head
Lightly and firmly.
We could stay this way forever
Coming together
Like that instance of cheese melting within potato,
Tomato flowing into egg
And you said softly, and a bit sadly,
I wish you are forever this little.

I had wished so too.

But now that dinner is ready
And the familiar scent of a simple meal
Begins seeping into me—
A warm, steady current—
I would knock on your door
Wrap my arms around you
(and you can lean on me
now that I have grown up)
So you could feel my warmth too

Mother and daughter
Two as one
Soft cheese melting in golden interiors
Silk tomatoes merging with dissolving yellow



尘封

Written by: Angela Lin, Cindy Wang, Happy Wang, Kathy Wang,
and Sharon Zhao | Photo by: Niketa Kou

打开那只积了尘埃的胡桃木盒，陈年往事，波光乍明。
你要往下，再往下。

盒底是几枝被红绸带系起的植物茎秆，失去水分的枯黄枝叶打着卷。若认识它，你会发现这是几枝含羞草的枯枝，如蝉翼，从触碰的瞬间开始破碎。

枯枝旁还放着一张欠条，落款是多年前的五月末。不知道你有没有经历过南方的回南天，或者我生长的地方说的，黄梅雨季。这个人人唾骂的季节，空气中水分达到饱和，有冠生园牌奶油话梅糖，吱呀作响的电风扇，枕席间的花露水味，永远晾不干的衣服。当然，这些是后来的日子里才有的，那几年里，只有终日阴雨的青黄色天空。

请你细看窗边的那盆含羞草，我并无种植花草的技术，这盆爱好阴湿天气的植物只能活到夏季烈日之前。而我的故事就发生在这样的一个梅雨季。

捻起几片叶子，那叶片在与指腹接触的那一刻成了细碎的绒屑，尽数飘散到了空中，和开启木盒扬起的灰尘融为一体。转瞬即逝的叶子，令我想起了那段虚幻的时光，被浸没在苍凉的年代，却在几个人心里无比清晰。

起如一段冗长的梦境，落像一声轻促的叹息。▶

02 “梅雨季已经来了。”

每次都会想着回去看看，看看那栋旧房子里究竟会不会出现人影。踌躇之间，回想起了曾经在那间地下室的零碎记忆。我还记得我们依偎在一起看那本捡来的书，还记得我们谁都不肯吃最后一点点无味的肉糜，更记得房间里随着物资匮乏渐渐枯萎的绿植，被郑重地收在盒子里。阴暗潮湿的地下室和喜荫的植物很配。我们甚至不知道互相的名字，只是碰巧凑在一起的陌生人。我们算不上是朋友，却时刻只能在阴雨连绵中互相依靠。又想起青黄色的天空带来的惶惶不安。

窗外的雨下起来了，细弱无声，终日不停。那张欠条返了潮，在手中变得软塌。我知道我还不清楚他，所以我犹豫了，懦弱而不敢面对是十年间的常态。但是无意中打开的木盒就如同思绪一般再也不会停止对记忆的回溯。压抑着的过去，甚至人脸都已经模糊。可是我还是抱着希望。

梅雨季已经来了。

03 “当年一声不吭的离开， 就是这辈子他做过最勇敢的决定。”

手中那张崭新的火车票封存着那些随着时间推移而逐渐淡去的挂念，或许这本该是场注定落空的会面，我却怀揣着执念，义无反顾的决定赴约。时间过的很快，不过多久，我便站在了那栋破旧的房子前，墙上早已枯黄的爬山虎淡淡的嘲笑着我们，曾经性命相托的人，如今却了无音讯。多年不见的老房子没有变样，屋里传来的开门的回声，在我耳朵里显得格外刺耳，这是我明明知道的结局，却还是不意外的感到悲伤。布满灰尘的窗户上贴着早就看不出颜色的剪纸，那是他临走前留下的礼物，记忆中的他，总是呆呼呼的，从未有过自己的主见，我敢打赌，当年一声不吭的离开，就是这辈子他做过最勇敢的决定。▶

尚欠先生...

04 “除了木盒中的时间仿佛被岁月凝固了， 空旷的房间竟已经没有了岁月的痕迹。”

我在门口站了一会儿，捧着那个胡桃木盒，它已经被擦干净了，长期的忽略导致它没有什么光泽，但比起盒子外的那些回忆，这竟然是最体面的了。我本来想离去，但抬眼看周围，除了木盒中的时间仿佛被岁月凝固了，空旷的房间竟已经没有了岁月的痕迹。我突然想，也许这幢房子多年来和这个盒子一样，和我一样，孤独、彷徨、失望。这么多年，我只来了这一次，其他人呢？回来过吗？房子是不是也每一天都满怀期待，然后失望？这种夹杂着希望的绝望让我感到一瞬间的恐慌，我突然觉得自己应该走进去，至少，陪陪这一栋仿佛被岁月和世人遗漏的房子。

我踏着满地的暗尘和外面沾来的新鲜泥土，走进这间屋子的深处。我看着窗户上的窗花，也许他来换过呢？记忆里它是这样的吗，我环视了一下房间，没有碰任何东西，如果不是必要，我连脚都不想碰到地面，让一切保持原样就好。我甚至有点后悔我走了进来，打扰了凝固的时光。

我走向那个地下室的入口，它还是那样，沉重又不起眼，我仿佛看到了自己打开门走下去的样子，见到了地下室空无一人但一如往昔的样子，感受到了我重新走上来有一点懊恼的神情，听到了我关上这扇门的声音。这样就好。想想就好。没有必要去打破了，也许是因为敬重，也许是害怕失望，也许是近乡情怯，也许只是因为那段记忆实在是太遥远，遥远到仿佛都不曾出现在我的人生中，遥远到平静。我回到了门口，把那个盒子拿到了贴着窗花的那个窗户的窗沿，把它轻轻地放下，慢慢地打开了它。▶

05 “以后记得兑现。”

印入眼帘的依旧是那张泛黄的欠条，只是落款人的字迹早已模糊不清。我小心地捻起潮软的纸张，怕它从中裂开，又立刻用双手捧着，而后将它轻轻摊平在一只手掌中。其余手指轻轻摩挲晕染开的墨迹，脑海里不断涌现的是那段烽火连天的岁月，还有飘渺记忆中的那个人影。

阴暗潮湿的地下室，是我们最后的隐蔽之地。其他地区的避难所大多变成了废墟，这里也不知什么时候会沦陷。就算不出这屋子，也能听到飞机的呼啸和争吵起来的人们的低吼。在绝望中生活多日，还没等来救援，我们早已麻木了。“我们”一共有五个人，因缘际会一起躲到这栋老房子的地下室里躲避袭击。等着始终遥遥无期的救援，我们吃穿用度是节省再节省，一天不说扒几口饭，连水都喝不到几口。然而，终于还是迎来了粮食枯竭的一天。之前碍于恐惧没敢上去寻找食物，现在是真的无路可退了。五个人面面相觑，谁也不敢先开口说话——这可是关乎人命的事情。就在这样神经绷紧的气氛下，他率先开口了。“与其一直等待，不如主动寻求帮助。在这里郁郁无终的日子兴许也能结束。”也许是担心他独自一人会有危险，也许是再也受不了阴暗潮湿的地下室，也或许，是我还没完全绝望，我说道“我也去。”剩下那三人，谁也没有说话，一时间房间里只有令人害怕的沉默。

我们一路上互相把风，进入了一户人家的房子。幸好里头还留有一些保质期内的罐头。就在我们打包好罐头，正准备返回地下室的时候，玄关玻璃门后突然出现了三两人影，言语之间，紧接着撬门的声音。我被吓得呆滞了，就杵在那儿，还是他拉着我躲进最近的卧室里。“你听好，待会儿我出去引他们离开，你就藏在这衣橱里，等外面都没有动静了就马上跑回去”“那，那你怎么办…”“他定定地看着我，我明白他在传达什么——但是阻止他的话我却说不上口。我瞬间感到羞愧。只因为我害怕危险，所以害得别人必须承担。我低下了头。

他只得轻叹一口气，从手边抓来一本册子，撕下一张薄纸，拿起笔来在上面写了些什么。他递给我一看，是张欠条——“尚欠先生…”“以后记得兑现”落下这句话后便夺门而出，只留下一个决然的背影，紧随着的是一阵急促的脚步声。

我在原地呆了许久，等嘈杂声退去有一会儿才后知后觉的急忙赶回地下室。然而，门锁有被撬开的痕迹。剩下的三人全不见了。一切好似都在转瞬间就发生了，不给我任何准备的机会。或许他们终究是不放心我们，只留下一个不再拥挤的房间，让希望留在了那片空旷里。

多年前的那时和现在，都是这样下着如烟似雾的蒙蒙细雨。

近十年时光，如白驹过隙，带走了懵懂的我，只留下坚韧的背影。一切都不一样了。那些人最后究竟去了哪里，好像已经对我不是那么的至关重要，我只想让他们知道我还好。我最后再环顾一次这栋房子，瞥了一眼地下室，作为最后的告别。踏出前门，眼前尽是开满了整片的含羞草。大片碧绿中竟有一丝淡淡的粉，明明该是显眼的，之前居然丝毫没注意到。我收回视线，深深吸了一口饱含湿气的空气，迈起步子踩在潮湿松软的泥土上，沿着回来的路上走去。

此刻好像欠条上的约定已经一笔勾销，我知道他们三人此刻一定也和我一样在城市里的某一个角落看着含羞草的开合，也知道那时他坚韧的背影一定会在某处出现。

于是我关上了木盒，释怀大概是最好的怀念。■



2009

SIBLINGS OF SHSID

Written by: Cissy Choy | Illustrated by: Irene Chung

Siblings always comprise a special position in the relationships in society. The shared childhood, proximity of age, and nearly identical growth environments push and pull siblings between extreme closeness and (mostly) petty disputes.

As students in SHSID are international students, having one or more siblings is common within the student body. The influence of such relationships, naturally, is readily apparent in the total compositions and decision-making processes of students, and should be investigated for a more comprehensive understanding of high schoolers.

Before I approached this topic, I assumed greater sibling rivalry, or at least a higher degree of disagreement between brothers and sisters, as is regularly portrayed by the mainstream media. This assumption, however, was refuted gradually during the interviews as nearly all interviewees claimed that their brothers and sisters guided, and is guiding, them across the path towards college. For example, Tina Liu from class 11(1)B is grateful for her sister, Meghan Liu, who “has 10 more years’ worth of experience, [and] she gives great life advice.” Tina shared with





me how Meghan helped her on summer program applications and, later, understanding foreign cultures once she entered the programs. When Tina needed help communicating with foreign teachers, Meghan provided advice on the degree of formality that should be included in her speech.

The same experience applies to Alex Shi from class 10(2). Alex's brother, Michael Shi, left SHSID with the Class of 2016. Alex explained that Michael has "given me insight into how the entire high school process goes, including advice on extracurricular [activities] and course selection...." This sentiment is especially strong among interviewees in the higher grades, as nothing could be more fortunate to them than having an anchor and a guide through one of the most important pivots of their high school life.

To my surprise, stress from "living up to the name" played a very minor piece between these brothers and sisters. For Tina, this is because Meghan is nearly a decade older, and this large gap washed away most of the stress that Meghan's academic success might levy on her. Alex, despite sharing a smaller age gap with Michael, also expressed that he was not troubled by Michael's accomplishments. This respect for each other's successes spawns from their parents' emphasis on their different successes and weaknesses, allowing them to circumvent possible "sourness" occurring from different honors achieved.

Nonetheless, complete neutrality about their brothers' and sisters' results does not happen to everyone. Sarah from class 11(7), who declined to share her real name, reflected on how her sister did influence her in many ways, the prominent one being stress. The fear of scoring lower than her older sister on the beloved SAT dominated her test prep

process, especially since the SAT is a directly comparable statistic. "Her score wasn't that high, to be honest," she recalled, "but the idea [of] get[ting] a lower score than her was making my hair fall off, literally." Similarly, Lelan Hu's younger sister Leyan also reached the conclusion of "压力山大" because Lelan's personal and social endeavors are well-known. But even under this stress, Leyan was still firmly grateful for having Lelan as a sister, and rejected the notion of living a life without her older sister.

There are still some students where intimacy between them and their siblings does not exist. Most students at SHSID are prepared to advance their pursuit of knowledge in different continents, and sometimes, this will result in extended periods of separation between two siblings. When I proceeded to interview Kevin Gu from 11(6), he blatantly refused because he seldom speaks to his brother abroad. This is a repeated theme, as Jun Ho Suh from 11(1)B also recited the same problem between him and his sister, and, according to him, "[we] only speak twice a year when she is away—her birthday and mine."

Siblings are a complex unit in the modern society, and the roles they play have been changed and modified to reach where they are now. In SHSID, siblings often play a special role for most high schoolers as they define, mold and schedule their future journeys. This is not a disadvantage to other students seeking guidance in the high school process, though, as the college counseling office as well as countless alumni/alumnae (including the siblings mentioned here) are more than willing to support SHSIDers on their path towards a brighter future. ■



Dennys Huang— Keeping *TRACK* of a Long- Lasting Interest

Written by: Jiayi Yue

Photos by: Tiffany Hung and Dennys Huang



In between the mouthwatering food pictures and artsy portraits, glorious records of competitions and constant publicity posts, lies a very peculiar collection of photos on Moments. The photos cover a range of subjects: buses, subways, trains, pedestrians. However, the intrinsic detail and professional execution of the photos serve as a unifying theme for every post — the photos appear indistinguishable from stock images of said objects, only more tasteful and artistic. The collection of photos is fascinating for their continuity, consistency, and detail. Behind every one of the photos is Dennys Huang from 11(2)'s long-lasting interest in such modes of transportation. Here is the story of how Dennys's interest formed, blossomed, and came to produce the masterful photos on transportation we see. ▶



Get the Wheels Rolling

“Ever since I was little, I always had a lot of toy trains and books on railways,” says Dennys, commenting on the distant beginnings of his interest in transportation. As Dennys grew older, the forms through which he explored this interest also matured. His toy trains gave way to intricate models of actual trains. His children’s books were replaced with more sophisticated accounts of railway systems and blueprints. Dennys also credits his engagement with this hobby to the amount of knowledge he was able to gain from the internet, which acted as a whole new realm for exploration in this topic. “Information on transportation systems comes much more easily online than through books,” explains Dennys, “and this enhanced the amount of research I was able to do into how timetables are organized, how track layouts are designed, and other details.” Dennys has also discovered the presence of an online community with similar interests as he, and “communication with [them] helps me develop different perspectives on this one issue.”

Mind Your Step as the Doors Close

Though his interest in transportation has been present for many years, his venture to document his interest through photography developed recently. Before getting a camera, Dennys could only experience his hobby by traveling on buses, trains, subways, and light

rails. “I think it was about the summer of 2016 when I started taking pictures of trains and buses,” Dennys recalls, “then it gradually became a part of my hobby.” When he first started out, Dennys did not have a concrete intention with his photography. “I started to take pictures only for the purpose of recording something that’s always changing,” he says. But as he consistently carried on taking photos, the documenting process became a pursuit of its own. Dennys now has a growing collection of photos on various forms of transportation from China, Japan, Taiwan, Germany, and more. “I don’t have a favorite picture yet,” says Dennys, “but I’ll save all [the photos I like] in a folder.” For an interest in something perpetually mobile and developing, photography serves as a way for Dennys to capture and save a piece of its detail and history. The process Dennys takes to produce his photography is not at all sys-

“I started to take pictures only for the purpose of recording something that’s always changing.”

tematic. “I like the feeling of being able to capture the essence of these forms of transportation wherever I go,” explains Dennys. While photography is a big part of Dennys’s interest, it is not all of it. He elaborates, “I also greatly enjoy collecting and discovering new timetables for trains, books on the railway system, and models of trains. I think only when all of these different aspects are put together can they represent my true interest.”

Don’t Forget Your Belongings

“My childhood dream was [to] one day become a train driver, but then I realized [that] I am not suitable for that job ... so I gave it up. [However], I am planning on studying transportation engineering in college.” A small hobby can go a long way, but a train engineer must be sure not to lose his train of thought or he might go down the wrong track. ■

The Science Behind Rock Bands: An Intersection Between the Analog and Digital Worlds

Written by: Daniel Xue and Kevin Lee | Illustrated by: Nina Li

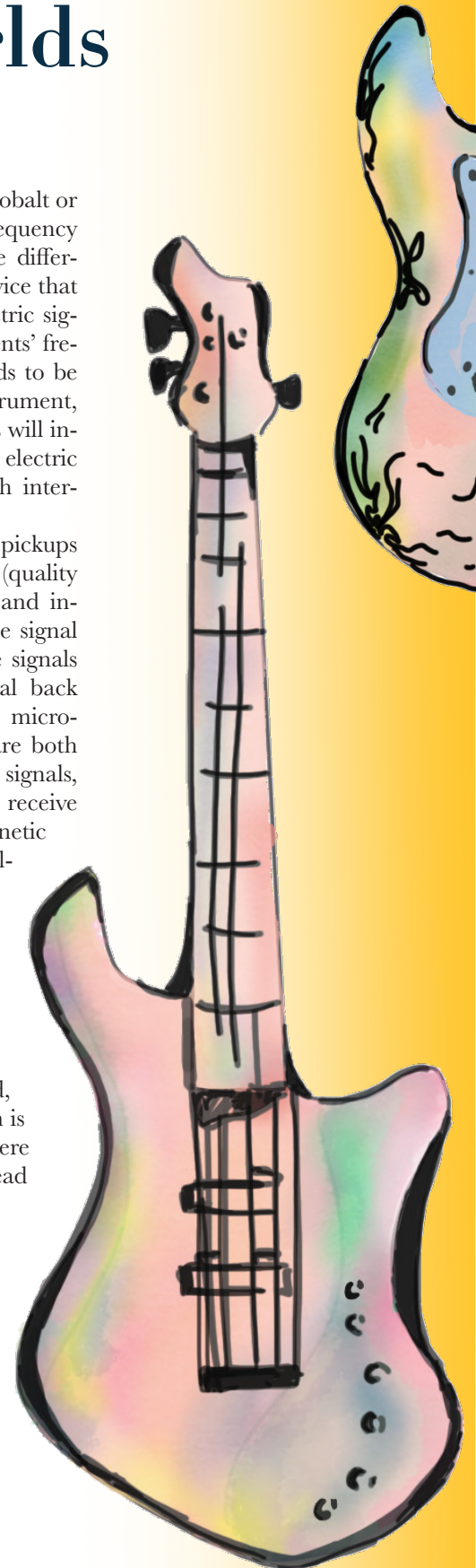
Just like any other school festival, SHSID’s Art Festival held not long ago could not be complete without bands. In the 11th-12th grade Art Festival, there were three bands, one where seniors performed Coldplay’s “Yellow”, another where juniors played Green Day’s “Wake Me Up When September Ends”, and a final one where both teachers and students collaborated to recreate Sam Smith’s “Too Good at Goodbyes”. Usually, it requires a relatively long time to set up a band as the stagehands not only have to plug and balance the sounds among instruments but also work on various sound effects, such as moving the drum set onto the stage and installing the sound effectors on the right amp. With technological advancement, the amp and sound effects—such as distortion or overdrive—can use better devices while the main structure of the band remains relatively unchanged since the 1930s. Therefore, a modern rock band can be seen as an intersection between the analog and digital worlds.

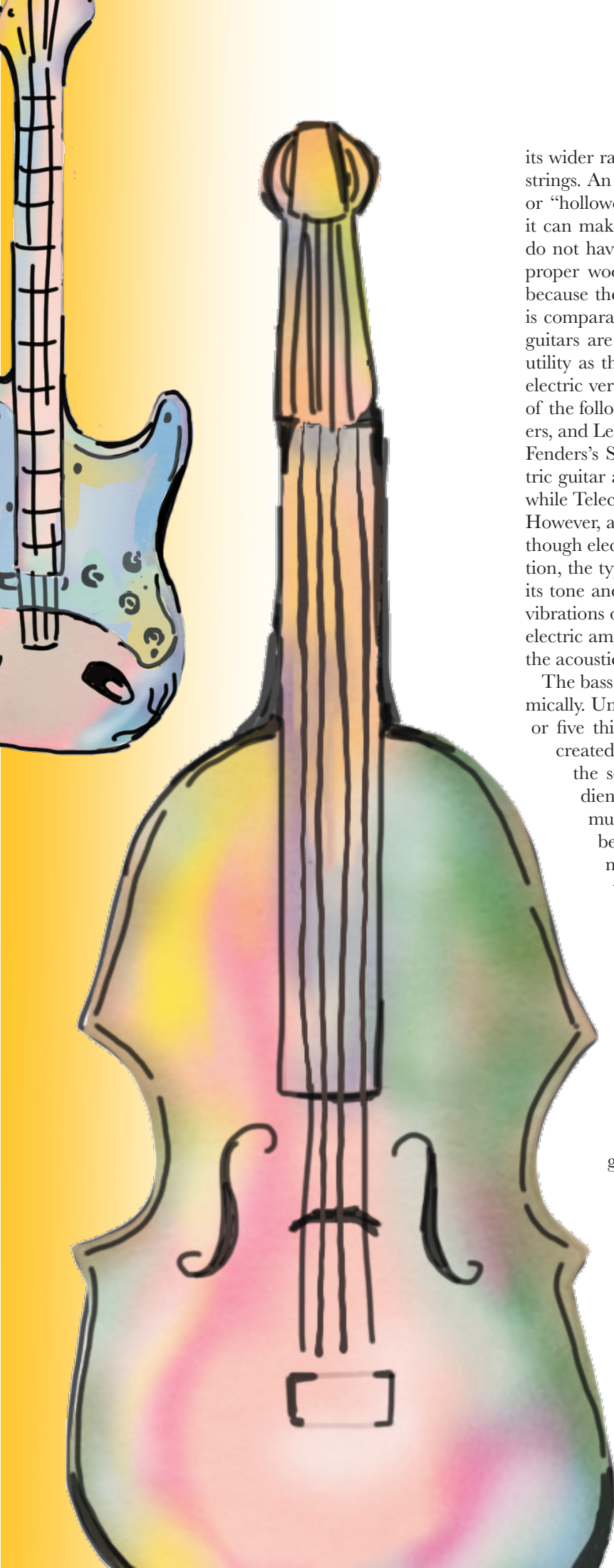
The history of electrical instruments can be traced back hundreds of years. To enable musicians to practice until very late and avoid distracting others, instrument makers introduced the prototype for what we call the muted or silent musical instruments. In the 17th century, not long after its creation, the violin was the first instrument to be experimented upon to be a silent instrument. Unlike acoustic instruments, which use a “body” to amplify the sound produced by string oscillations, the silent violin did not have a body, decreasing its size and volume to very low levels. To make the sound audible, silent instruments need magnetic pickups to amplify the oscillation into electric signals and transmit them to the amplifier, or the Amp. But what exactly is a magnetic pickup? It is the essential adjunct device of any electric instrument, mostly made up of magnets con-

sisting of aluminum, nickel, and cobalt or copper coils, as it transmits the frequency of the oscillations created by the different strings into a transducer, a device that converts the frequency to an electric signal. To balance different instruments’ frequencies and volumes, there needs to be some distance between each instrument, because if there is not, the sounds will intersect each other and disrupt the electric signals, creating “howling,” which interrupts the performance.

The importance of magnetic pickups comes from their unique timbre (quality of sound distinct from its pitch and intensity) and ability to transmit the signal to the amp, where it receives the signals and transduces the electric signal back to sound. Magnetic pickups and microphones are similar in that they are both able to encode sound as electric signals, but while a microphone is able to receive any type of sound input, a magnetic pickup can only record the oscillations produced by an instrument. The amp can produce various sound effects as well, the most obvious of which is distortion. Distortion is the distortion of the sound, as when the amp amplifies the sound to a higher volume than it can hold, the sound would break. Distortion is an alteration of the waves, and here it alters the electric signals. Instead of seeing distortion as a technical fault, musicians found their own music in the noise. Since the late 50s, rock bands started to use distortion and gradually turned the noises of the amplifier into new sound effects.

In bands, the guitar usually leads the rhythm because of ▶





its wider range and higher frequency due to its relatively smaller strings. An electric guitar can be categorized as “semi-hollowed” or “hollowed.” The more hollowed a guitar is, the more sound it can make when not connected to an amp, although they still do not have the exact same tone as acoustic guitars that have a proper wood body. Some call this type a semi-acoustic guitar, because the tone and sound they make without an electric amp is comparable to an acoustic guitar. The so-called semi-acoustic guitars are not only unique in their shape but also superior in utility as the player can change their role between acoustic and electric very quickly in a live show. Major electric guitars consist of the following three types: Stratocaster and Telecaster by Fenders, and Les Paul by Gibson. Their main difference is in shape, as Fenders’s Stratocaster appeals to the popular image of an electric guitar and Les Paul utilizes its ability to make various tones, while Telecaster makes its popular appeal on price and simplicity. However, aside from shape, they also differ in general tone. Even though electric guitars no longer use the sound box for amplification, the type of wood used for a guitar’s main body will change its tone and sound, as the oscillations aren’t only created by the vibrations of the strings themselves, but also by the body, and the electric amp amplifies these minute differences much better than the acoustic sound box.

The bass is the base of the band, both harmonically and rhythmically. Unlike the guitar, which has six strings, the bass has four or five thicker strings. The low amplitude of the sound wave created by thick strings has a low frequency, which means the sound usually cannot be easily recognized by an audience—the pitch is too low to be played as a satisfying music piece; however, without bass, the music would not be as harmonic or stuffed, as the bass harmonizes the music into one unified piece and expands on the band’s vocal range. It works the same way as other electric instruments; anything that can modify electric guitar sounds can also change the electric bass, since it also uses magnetic pickups. Due to the massive size of a contrabass, an electric bass has to use a pickup with a stronger magnetic force capacity, called the active pickup, to make up for the size of the large sound box. While distortion can be a desirable sound effect for other instruments, it should be avoided on the electric bass since it impedes its role of unifying the band’s rhythm and harmony. The band combines analog and digital technologies. The structure of a band, such as each instrument’s position on the stage, hasn’t and is not expected to change much from its original form. However, technology has increased the diversity and variety of sounds and devices, allowing musicians to alter and play their music more conveniently since the 1960s, and it will continuously influence musicians and their music in the future. ■

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Imagine yourself one day in college watching YouTube, ordering takeout, and chatting with friends seamlessly all on a single screen without constantly swiping between apps.

FOLDABLE SMARTPHONES

The Future or Another Short-Lived Trend?

Written by: Kevin Shao and Kevin Bao | Photos from: Google Images

Many past consumer electronics shows have been characterized as a place for quirky products in a variety of sectors. This year’s center of attention, however, is foldable smartphones that can effectively turn relatively portable phones into a tablet and thereby function as both. These smartphones gained massive press coverage as Chinese company Royole showcased its Flexpai, Samsung its Galaxy Fold, and Huawei its Mate X with OPPO, LG, and Motorola, among other companies, also planning to release foldable phones in the future. After numerous rumors and hints surfacing online, 2019 appears to be a year for foldable smartphones.

Multiple phone companies are jumping into the race for a practical foldable phone for many major benefits. In terms of productivity, a larger screen offers more opportunities. Current phones can prove to be a hassle if you are trying to perform tasks typically carried out on a tablet or computer due to the limitation of screen size, but now with the new Galaxy Fold, for example, you can operate three apps at the same time. It is not hard to imagine myself one

day in college watching YouTube, ordering takeout, and chatting with my friends seamlessly all on a single screen without constantly swiping between apps. Beyond other benefits such as better cameras due to increased volume of the phone and more screen space for binge watching, foldable phones also represent the beginning of screens that do not crack. As foldable displays are based on plastic and polymer, they are designed to withstand hundreds of thousands of times of folding. Another benefit that comes with the design is that if implemented widely in the future, the days of cracking your phone and spending more than a hundred dollars to fix it will be gone. Even if foldable phones do become out of fashion, they may bring marketing benefits as consumers may form the perception that these companies are leading innovation in the industry. For instance, when Domino’s announced a project to deliver pizza by drones, the promotion video brought hundreds of thousands of viewership and increased sales. In any case, receiving an enormous press coverage is a welcomed result. ▶



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what does the introduction of foldable phones mean to us?



On the other hand, many who experienced foldable phones first-hand expressed concerns over its awkwardness and thickness. After all, the physical shape of a foldable phone is essentially two smartphones slapped together. Another problem is the price, averaging more than \$2000, though to be fair, virtually every new technology has had exorbitant costs at the beginning. If Samsung and other companies dedicate themselves to mass producing foldable phones, they could bring the price down. For the time being, one certainly cannot say foldable phones will have a sweeping effect on the smartphone market. Given their price, they remain positioned in a niche market, purchased only by the most passionate tech geeks. Many others resonate with the President of Chinese phone company Honor, George Zhao, who doesn't think foldable phones are necessary.

The maturity of the technology is under heavy scrutiny too. The capability of the new foldable displays to withstand lots of bending as advertised is untested while the software comes across as being unpolished.

It is not within the realm of impossibility that foldable phones may die like other short-lived trends such as 3D television and portable VR.

But amidst all this chatter, what does the introduction of foldable phones mean to us? For starters, the sheer amount of research and development poured into developing these phones laid the foundation for future technologies. During the press conferences, companies often emphasized the array of patents they hold and the efforts put into revamping both the software and hardware, including the Flexible Organic Light Emitting Diode (FOLED) that is currently being used in these phones, which may very well become the industry standard for the years to come. Though now it may be limited to phones, its potential applications are limitless, ranging from smartwatches consisting of a screen that wraps

around your wrist to dashboards on cars. In addition, while it is easy to criticize a product that you personally may find useless, it doesn't hurt to give consumers more choices. More importantly, the phone industry has been stagnant in the recent years with little innovation. The level of excitement years ago at phone reveals is unparalleled compared to current days. It is hard to say any innovation in the past couple of years can rival the introduction of the iPhone itself, or other high-tech gadgets advanced by Apple, such as the Touch ID home button and Siri. The vast majority of innovations are merely minor improvements on existing innovations and nothing game changing has arrived to revive the sluggishness of the smartphone industry. Despite all that, foldable phones may very well be the spark that reignites innovation.

2019 is a year full of tension and uncertainty for smartphones and other smart devices, from the development of full-screen phones to the that of foldable phones. However, despite all these new technologies, we must still put a question mark on the future of them. In today's age of rapid development, the competition between major companies of products may stimulate further innovations, and as consumers, all we can do is to wait and see which one turns out to be the most beneficial for us. ■

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NOSTALGIA

Written by: Sueun Cho and Franky Liu

Was there ever a moment when you felt a longing for something that happened a long time ago? This strange, mysterious yearning is called nostalgia. Nostalgia is a wonder to study, and like most subjects about brain, it is wrapped in a web of controversy. Nostalgia's effects on the brain are truly fascinating, having both negative and positive effects that scientists have categorized into two main types: reflective and restorative nostalgia.

Reflective nostalgia is when someone reflects on his past and thinks about what he has done and how it differs from the present while Restorative nostalgia is when someone tries to "restore," or recreate his past, hence the name Restorative nostalgia. Although professor Svetlana Boym does say that reflective nostalgia is more beneficial to your lifestyle than restorative nostalgia, she does not specifically mention that reflective nostalgia is necessarily "good." As professor Hal McDonald of Mars Hill University wrote:

"The difference between 'good' nostalgia and 'bad' nostalgia, then, has far less to do with the actual content of our remembered autobiographical past than with our expectations about what those memories can do for us."

For example, 20 years later, when you are looking back at yourself in SHSID, will you think of the good times you had here, or the grueling periods of study? And what are you going to do with those memories? If you use it well, then restorative and reflective nostalgia are going to be highly beneficial.

Though the word nostalgia is commonly associated with sad feelings, it can induce positive feelings as well. The positive feelings that people get when ex-

periencing nostalgia are due to the stimulation of the reward center of the brain, including structures such as the hippocampus. The reward center refers to a collection of structures in the brain that are associated with reward-related cognition and induced positive feelings. In 2016, researchers conducted MRI scans of people feeling nostalgia and found that during the activation period of the reward center of the brain, the brain will process long-term memory as an emotionally significant event.

Regarding the negative effects of nostalgia, research has found that people who were rated higher on the Affective Neuroscience Personality scale, a scale that measures a person's vulnerability towards sadness, were more likely to experience nostalgia. However, although nostalgia is linked to sadness, it does not indicate depression or other mood-related disorders.

Whether it's the effects on it on the brain, its different categories, or the effect on our lifestyles, nostalgia certainly has its fair share of controversy and intriguing content. Whether it is restorative or reflective nostalgia, there is a surprisingly large impact on our brains and lifestyles. ■



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Shanghai High School International Division
400 Shang Zhong Road
Shanghai, China 200231
Website: www.shsid.org