

## 翟瑞恩 Ryan Jasper '21

### 大流行病的影响

这个大流行叫新冠肺炎。因为新冠肺炎很严重，全世界很多人因此而过世了，而且我们的生活有很多的变化，比如，首先如果我们跟别人聊天，我们戴上口罩。另外，我们没有大的聚会，不去餐厅。这些变化对很多人虽然很陌生，可是我们还是想认真对待。对我们的学校来说，也是很不一样。今年春假以前一个星期十二年级，十一年级去学校，下一个星期我们在家上网课。我认为这么做其实有道理，因为如果学校的人很少会更安全。另外，如果学生不想去上学，可以每个星期家上网课。在学校的时候，虽然我们戴上口罩，但是我们很喜欢跟朋友聊天，做运动等等。事实证明因为很少的人在学校生病了，我觉得这决定也是很安全。可是我们在家上网课的时候，有点儿难。我觉得每门课有不一样的难学的东西。比如，在数学课，在纸上作答，但是也在电脑上作答是有一点不方便。我觉得在每门课，跟朋友聊天很重要，但是学中文的时候，特别重要。在 Zoom 的时候，我觉得很多的人比较安静，可能是因为他们很累，也可能是因为他们一心二用做别的东西，或者是因为他们有安静的性格。对我来说，如果很多人说话，我学得更好。在中文课，跟朋友聊天帮我学新生词，语法什么的而且帮我记得旧生词。我很高兴春假以后，学校决定每个星期学生都能选择回去学校，不在家上网课。尽管如此，我们也要继续注意安全，因为如果很多人春假以后生病了，不但对健康很糟糕，而且我们可能得在家上网课。这个大流行病的影响很严重，可是只要我们继续很安全，希望新冠肺炎很快就会结束。

### English Translation:

The pandemic is called COVID-19. Because COVID-19 is very serious, many people in many different places have died, so our lives have changed. For example, when we talk with other people, we wear a mask. In addition, we don't have large gatherings, and we don't go out to restaurants. Although these changes are strange to most people, we don't want to be careless. For school, it is also very different. During one week, the 12th and 11th grades go to school, and then the next week we are home for online classes. I think it makes sense, because if there are fewer people at school, then it will be more safe. In addition, if students don't want to go to school, they can do online school every week. In school, although we wear masks, we like to talk to our friends, play sports, etc. Because very few people have been getting sick at school, I think this decision is also very safe, but it is a bit difficult when we do school at home. I think each class has different things that make it difficult. For example, in math classes, doing some work on paper and some work on the computer can be a little bit inconvenient. I think talking to each other is very important in every class, but it is especially important when learning Chinese. When I'm in zoom, I think people are more quiet. It may be because they are tired, it may be because they are doing something else, or it is because they have a quiet personality. For me, when we are all talking, it is easier to learn. In Chinese class, talking with people helps me learn new vocabulary, grammar, etc. Also, it helps to remember older vocabulary. I am very happy that after spring break, school decided that we can go to school every week, instead of some online classes at home. Nevertheless, we must continue to pay attention to our safety, because if many people get sick after spring break, not only will it be very bad for people's health, but we might also have to do online classes. The impact of this pandemic has been very serious, but as long as we continue to be safe, it will end soon.

## 难忘的旅行

我最喜欢去旅行的地方是日本，特别是福冈。两年前，我在暑假的时候去了福冈，我觉得很漂亮，风景很棒。在火车站有很多食物和纪念品，我吃了有名的日本甜点而且买了很多笔和铅笔。因为我很喜欢寿司，买完东西以后我们去了一个寿司店吃三文鱼寿司。我现在希望去日本，但是因为新冠病毒很严重，人们都不能旅行。要是将来情况变得更安全，我打算再去日本旅游一次。

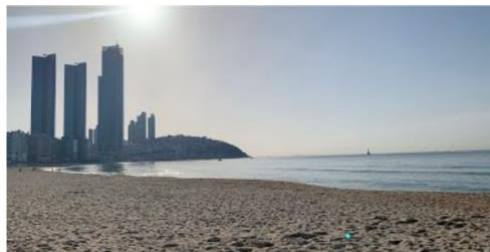
今年春假的时候我跟我的父母去了芝加哥因为我的妈妈想去亚洲超市买食品。开车到芝加哥只要四到五个小时，所以很方便。圣路易斯也有一些亚洲超市，但是我的妈妈觉得他们没有很多选择，而且肉和海鲜比较不新鲜。在芝加哥也有很多日本，中国，和韩国餐馆。我们一般去一家四川餐厅吃辣子鸡，但是这个春假我去了日本餐厅吃了寿司。虽然在芝加哥海鲜比较贵，但是都很新鲜而且很好吃。我觉得质量最重要，所以只要质量好，价钱并不是那么重要。

今年暑假的时候，我要去韩国见我的爷爷。因为他住在釜山，所以我们常常去海边玩而且吃东西。海边有一个市场，我们能买很多东西和韩国菜。我最喜欢吃的食物是韩国泡菜炒饭和牛肉饺子。市场的食物很便宜，所以人们可以吃很多不同的菜。另外，市场里有很多甜点店，比如冰淇淋店，年糕店，和蛋糕店等等。

总的来说我很高兴今年可以旅行，但是我们还是需要小心新冠病毒冠，戴好口罩，保持社交距离，并且常洗手。



Hailey 1



Hailey 2 【附件有】

### English Translation:

My favorite place to travel to is Japan, specifically Fukuoka. I went to Fukuoka during the summer two years ago; it was very pretty, the scenery was amazing. There were a lot of stationary and foods at the train station, so I bought a lot of pens and ate several famous Japanese desserts. Because I love sushi, we went to eat Salmon sushi after shopping. I really want to go back to Japan, but the Coronavirus is very serious and many people are unable to travel. If things get better in the future, I plan on traveling to Japan again.

This spring break my family went to Chicago because my mother wanted to go to the Asian supermarket to buy groceries. It only takes about 4 to 5 hours to get to Chicago so it is very convenient. St. Louis also has several Asian supermarkets, but my mother thinks that they don't have a lot of items and the meat is not as fresh. Chicago also has a lot of Japanese, Chinese, and Korean restaurants. We usually go to a Sichuan restaurant and eat spicy chicken, but this time we went to a Japanese restaurant to eat sushi instead. Although the fish in Chicago is a bit expensive, it is very fresh and tasty. I think quality is very important, so the price isn't as significant.

This summer break, I plan on going to Korea to see my grandfather. Since he lives in Busan, I always go to the beach to eat and have fun. There is a market next to the beach and people can buy a lot of things and eat Korean food. My favorite food from the market is Kimchi fried rice and Korean-style beef dumplings; the prices are cheap, so people can try out a lot of different foods. Additionally, the market has a lot of dessert shops like ice cream shops, rice cake shops, cake shops, and many more.

Overall, I'm happy that we can travel this year, but we need to be careful of the virus, wear our masks, socially distance ourselves, and wash our hands.

题目：西藏游记

一天我在我家里吃饭,突然我的老朋友给我打电话：“文思德你要跟我一起去西藏教人英文吗？”。首先我很惊讶，但是我觉得这个主意很棒。我很想要去，于是我和一个住在香港的朋友一起去西藏教学生。我先从圣路易斯搭飞机去旧金山，然后再飞去北京。中学的时候，我和我朋友一起住在北京，所以我们比较熟悉北京的环境，而且也有别的朋友住在北京。因为我们两个人都很喜欢北京，所以我们在北京呆了三天。在第四天，我们去了青海省的西宁，因为北京飞机场都没有航班直飞玉树，于是我们先飞到了同在青海省的西宁。虽然西宁是农村（一般农村菜比大城市的菜不好），但是我们很喜欢西宁的菜。在西宁，我被安排教西藏人英文，因为我的中文不太好，所以我很怕教这些孩子。在西宁待了三天后，我们坐飞机去了玉树。我们到玉树的时候，二十多个僧人来迎接我我和我朋友并且给我们哈达的衣服。看到这么多人，还带着礼物，我满惊讶的，我没想到我们在玉树这么受欢迎。在接下来的时光，玉树的风景让我留下了深刻的印象，我们打车去寺院的时候，我看到很美丽的山，和很巨大的牲畜，特别是牦牛，令我印象十分深刻。直到今天我还记得牦牛的重要：玉树人吃牦牛肉，喝牦牛茶，和穿牦牛皮做的衣服。另外，我没想到玉树的道路又大又新，对我来说玉树道路竟然比美国好。我们的司机告诉我们玉树 2010 年有一个很严重的地震，因而很多寺院倒塌了。

我们到了寺院的时候我很惊讶，因为寺院看起来就像一个普通的农村学校，不像一个有名的寺院。这个学校在一个很高的地方，大概有 13, 000 多英尺高，因此高山症的关系让我觉得很累。在这个寺院的寺院老师很友善，他们会说西藏话，英文，和中文。他是西藏人，但是他在印度长大，所以他会说英文。对他来说，他在这个寺院是因为他想要回到他出生的地方，而且在这儿他可以烧香拜佛。我很喜欢这个僧人，所以我很期待教小僧人。我们在一个新的房子睡觉，那里的温度不冷不热，我觉得很舒服。

每天我们起床以后去吃饭，食物只有牦牛肉和茶。我觉得这个肉又老又难吃。第一天的时候我和我朋友教了僧人世界历史，然后我们还教了一点儿英文。这些僧人知道一些基础的英文，但是他们不会语法，因此我们在寺院外面教他们语法。第二天我们继续英文语法，然后还教了他们怎么打棒球。我们盖了一个棒球场用来打棒球和学习。这些小僧人很喜欢我们因为他们觉得我们的世界看起来很有意思，他们也很喜欢打棒球。我们要回北京的时候，这些僧人很伤心，但是我们给他们留下了礼物，里面有英文书，棒球，和很多世界 LEGO 玩具。这趟西藏之行使我爱上了玉树。我计划将来回去再教僧人英语！

English Translation:

One day, while I was eating food at home, my friend from Hong Kong gave me a call that said, “Hey Alex, you want to go to Tibet this summer and teach young monks English?”. Initially I was shocked, but I thought it was a great idea. My family and I loved the idea so much we went along with it.

That summer, I took a plane myself from St. Louis to San Francisco, then my friend and I met in Beijing. My friend and I went to middle school with each other in Beijing, so we were familiar with the environment and had lots of other friends to meet in the area. Because we loved Beijing so much, we stayed for three days before departing on our journey to Tibet. On the fourth day, we took a flight to XiNing in QingHai province, as there were no direct flights from Beijing to YuShu (the city our monastery was in). Despite being a rural city (rural cities typically have worse food than urban cities), XiNing’s cuisine was amazing; we enjoyed many great meals there. While in XiNing, I feared our journey to YuShu, as my Chinese wasn’t very good and I was afraid I would be an inadequate teacher. After 3 days in XiNing, we took a plane to YuShu. As soon as we arrived, over 20 monks came to the airport to greet us and cover us in Hada scarves. Seeing so many people at our arrival shocked us; we felt like celebrities. After some time, as we drove to the monastery, the vast scenery in YuShu left a deep impression on me, as there were extremely beautiful mountains and valleys every direction one looked.

## 比较中美教育资源

在美国，城市里的学校和农村里的学校非常的不同。由于在农村学校教师的工资非常地低，非常少的老师愿意到农村学校工作。因为农村学校严重缺少教师与学习资源，所以农村的教育质量也比较落后，导致农村学生的总体数学跟英语成绩比城市学生的低。为了以后能够更加方便的找到能赚钱的工作，更多的学生选择在城市里的学校上大学。相较于美国，中国有更高的人口数量。虽然中国有很多居民定居在城市，但是中国也有很多人在农村生活。和美国一样，中国城市的学生的成绩也比中国农村的学生高，因为和严重缺乏教师资源的农村学校相比，城市的学生有更多的资源，比如政府给学校的预算，家庭给学校的捐款与投资基金，更好的学习环境，更先进的学习工具与资源，包括家教与补习班等等，所以对于农村的学生来说，考上城市里的大学要更加难。

和美国不同的是，中国的农村学校提供直播网课。如果有学生生病了，他们可以通过教室的直播来上课。尤其是现在这段时间，因为新冠病毒，更多人在家上网课。但是很多学生家里并没有电脑因为电脑的费用不但远远的超过了父母的预算，而且农村的学校也没有足够的经费为学生提供电脑。我认为在美国，我们也要为无法去学校的学生提供网上教育。如果有学生买不起或买不到电脑，我们应该为他们提供电脑。要是有人愿意捐电脑给农村的学校，更多农村的学生就可以在家上网课。在美国，虽然学校提供校车来接送学生上学，但是农村的学生住得离学校非常的远。我认为网上教育对他们来说是一个更加方便的选择因为我有许多农村的朋友告诉我他们为了赶上校车，每天都要很早起床。但是美国跟中国的文化很不一样，所以对于美国农村的学生来说，去学校和网课也许都各有利弊，上网课也不一定完全是个好主意。总的来说，我希望每个学生，不管是中国的还是美国的，城市的还是农村的，都可以接受更好的教育，因为好的教育是成功的一半。

### English Translation:

In America, city schools and rural schools are very different. Because teacher's salaries in rural schools are so low, few teachers want to work in rural schools. Because rural schools are lacking teachers and learning resources, the quality of education in rural areas is also not very good, resulting in lower overall math and English scores of rural students compared to urban students. In the future, urban schools will find it easier to find lucrative jobs, and more urban students will choose to go to college. Compared with the United States, China has a higher population. Although many residents in China live in cities, many people in China also live in rural areas. Like the United States, students in Chinese cities have higher grades than students in rural China because teachers in urban schools have more resources than rural students, such as the government's budget to the school, family to go to school, school contributions and investment funds, a better learning environment, more advanced learning tools and resources, including tutoring and accelerated schools, etc., so for rural students, it is more difficult to be admitted to a university.

Unlike the United States, rural schools in China provide live online lessons. If a student is sick, they can come to class through the live broadcast of the classroom. Especially now, because of the new coronavirus, more people have online classes at home. However, many students do not have computers at home because the cost of computers far exceeds their parents' budgets, and rural schools do not have enough. Sufficient funds are needed to provide computers for students. I think in the United States, we also need to provide online education for students who cannot go to school. If there are students who cannot afford or cannot buy computers, we should provide them with computers. If someone is willing to donate computers to rural schools, more rural students can take online lessons at home. In the United States, although schools provide school buses to transport students to school, rural students live far away from schools. I think that online education for them is a more convenient option selection because I have a lot of friends that have told me that in the countryside, in order to catch the school bus, they have to get up very early every day. But the culture of the United States is very different, so for students in rural areas of the United States, going to school online may have advantages and disadvantages, the online network for all classes is not necessarily a good idea. In general, I hope that every student, whether Chinese or American, urban or rural, can receive a better education, because a good education is half the battle for success.

## 一家圣路易的中国餐馆

这个文章，我要写一些关于 LuLu's 餐馆。因为我要谈中国文化，特别是中国菜。中国人跟美国人喜欢不一样的食物。可是有的食物他们都觉得好。可是新冠病毒让各地的中国餐馆生意很差。比如，美国人觉得中国餐可能让他们感染新冠病毒。

我在学校学中文。中文课有很多的好玩活动，其中我印象最深刻的是跟全校的中文学生一块去 LuLu's 餐馆吃午饭。我们一般跟九年级，十年级，和十一年级去而初中生不跟高中生一起坐车。去年，因为新冠病毒很可怕我们没去，所以我很不高兴。在 LuLu's，我们一般点各种各样的中国菜，比如牛肉，猪肉，鸡肉，和鱼肉，而且我们吃特别的食物比如红烧牛肉，青菜，很多种饺子，和甜甜的芝麻球。我的经验是 LuLu's 的服务员都很好：很好的态度，有礼貌，还有知道很多关于中国菜。另外 LuLu's 的家具有意思，可是我觉得我的同学不在乎他们有什么家具。我不同意，因为家具很重要，因为你吃的时候坐在家具，坐很长的时间。LuLu's 有红色的桌子和咖啡色的椅子。椅子的装饰也是红色的，很舒服，还有桌子上有很大的转盘，可以在这儿拿放食物，所以大家可以很方便地夹到自己喜欢吃的菜。

我觉得 LuLu's 的食物很好吃。我一般喜欢吃中国菜，可是 LuLu's 的做菜水平比较高。LuLu's 是我吃过最好的中国菜。我最喜欢吃他们的饺子，因为饺子里面都有很多肉或者菜。对我来说，我觉得肉饺子比菜饺子好吃，可是这个只是我的意见。总的来说我希望我们今年可以去。

### English Translation:

In this essay, I want to write a little bit about LuLu's cafe. Because I want to talk about Chinese culture, especially Chinese food. Chinese and American people don't like the same foods. But there are some foods that both consider to be good. Furthermore, I want to write about how the coronavirus pandemic has affected Chinese restaurants. For example, some Americans think that eating Chinese food will give them COVID-19.

I study Chinese in school. We have a lot of fun activities in Chinese classes, and my favorite was going to LuLu's cafe. Generally we go there with 9th, 10th, and 11th graders. Last year, because of the pandemic, we didn't go, so I was unhappy. At LuLu's, we generally order many different types of food like beef, pork, chicken, and fish, as well as special entrees like braised beef, steamed vegetables, lots of dumplings, and mochi. I also appreciate the staff; they are all very nice and knowledgeable, and they always know a lot about Chinese food.

Inside of LuLu's they have interesting furniture, but I don't think many of my classmates notice it or think it's interesting. I disagree because furniture is very important to the dining experience, since you're sitting on it for a long time. LuLu's has brown and red chairs, and many of the chairs have red seats on them which are very comfortable. In the middle of the table is a large turntable which allows diners to pass food around the table without having to reach over each other.

I think LuLu's food is very delicious. I generally like Chinese food, but LuLu's food is on a higher level. LuLu's is my favorite Chinese restaurant. I especially like to eat their dumplings, as the insides can have both meat and vegetables. Personally, I think the meat dumplings are better, but that's just my opinion. This year I hope we can go and eat there again.

## 中美教育差异

丹佛大学国际事务处的人表示中国教育的特色是帮学生打基础，鼓励学生练习背诵，增加知识，而美国的教育特色是鼓励学生创造力，活用知识，鼓励学生讨论，如果他们有不同意见，他们问问题，有自己的主意什么的。去年我有一个中国留学生住在我的家。她告诉我她的学校跟我的不一样。虽然我们都是十一年级，可是我学微积分 AB，而她已经学了微积分 AB 和微积分 BC，跟她比我的数学课慢多了。丹佛大学国际事务处的人表示学生是小孩子的时候，很多中国父母觉得中国比美国教育好。可是大学时候，很多中国人去美国留学，因为美国教育帮学生进入社会工作的时候活用知识。然后一个 BBC 文章说中国教育下的学生压力很大，因为考试考得好很重要，而且很多中国人大学毕业，可是没有工作，因为一个人考试考得好，不见得工作好。可是压力大也是问题因为中国有很多人，所以学生竞争跟很多人。我的父母是在印度出生、长大的。印度也有很多人，跟中国一样，而且也鼓励背诵。美国教育也有别的特色，运动很重要，所以学生的身体越来越健康，而且心情好。可是一个 Atlantic 文章说，如果很多人运动没有时间学，可是我看到的 BBC 文章说中国学生整天学习，少运动不健康。总的来说，美国和中国教育都各有好处，特色，而且都有改进的空间。

### English Translation:

According to the University of Denver's Office of International Affairs, the Chinese education system helps students build a foundation while the American system encourages their creativity. Furthermore, Chinese schools encourage students to practice memorization so they accumulate knowledge and can understand it. American schools teach students to use knowledge in society, it encourages them to discuss, disagree and ask questions, come up with ideas,...etc. Last year I hosted a Chinese exchange student. Both of us were in 11th grade however, while I was learning AB calculus, she'd already learned AB and BC. Compared to hers, my math curriculum is slow. According to the University of Denver's Office of International Affairs many Chinese parents believe that for children, the Chinese education system is better. However, many Chinese students come to America to study after college because American education teaches students how to use their knowledge in society. Furthermore, according to a BBC article in the Chinese education system the pressure is really high because doing well on tests is really important, and while many people graduate, they may not necessarily get a job because they don't have the correct skills to work. However, the high pressure could be because China has a large population so students have to compete with a lot of people. My parents were born and grew up in India. Like China, India also has a large population so they encourage memorization. American education also encourages sports however, according to an article in the Atlantic when playing sports there's less time to study. On the other hand, according to the BBC article Chinese students study all day to the point where it's unhealthy. In the end, both American education and Chinese education each have their advantages and problems. Neither is better than the other.

## 新冠病毒对我学习的影响

因为曲棍球赛季开始以来我们一个多月没有比赛，所以我们的技能不好。我的眼睛和背部疼因为学校用 Zoom、可是我们有时候在教室，所以我们不高兴。因为我们没有比赛，我们常常跑步和练习。因为用 ZOOM，我不常常看我的朋友，所以十二年级的学校生活不来劲。ZOOM 一点儿好因为我们更有空。课间我站起来动一动或者吃饭。

因为 新冠肺炎，所以现在没有很多人旅行。新冠肺炎还没开始流行以前，我在 2019 年的夏天去了中国。跟我的同学和朋友诺思思去。我们去了上海和北京。体验很多文化。中国文化跟美国文化不一样，比如 过去中国 有其他的 传染病，在中国人大家愿意戴口罩，保持社交距离，但是美国人不戴。美国人也比中国人更注重个人自由。中国人 有真大的 系统，所以他们必须听政府的不同于美国有小的 系统。

新冠肺炎对高中毕业生申请大学影响也很大，比如：学生不可以游览校园，就不能知道学校有没有 友善的环境，喜不喜欢校园等等虽然学生可以去网上大学导览，可是毕竟不如亲自参观校园。另外一个影响是今年大学也不需要 SAT 或者 ACT 分数对于考试容易紧张的学生来说是很方便的。因为学生没有大考分数，所以在校成绩显得更和老师推荐信重要。我很高兴我已经申请到理想的大学，明年上 UNC。



【没有附件】

## English Translation:

Because we had not played for more than a month since the start of field hockey season, our skills were not good. My eyes and back hurt because we use Zoom for school, and we are sometimes still in the classroom, so students are not happy. Because we could not play any games, we would often run in practice. Using Zoom I do not get to see my friends often, so school life as a senior has not been very exciting. Zoom is a little okay because we have more freedom. I can stand up to move or eat during class.

Because of COVID-19, many people do not travel any more. Before the pandemic, I went to China in the Summer of 2019 with my classmates and friend CeCe. We traveled to Shanghai and Beijing. We got to experience many different cultures and the Chinese culture is very different from the American culture. For example, China had experienced infectious diseases before in the past so people in China were willing to wear masks and maintain social distance, but people in America were not. Americans also put more of an emphasis on personal freedom than Chinese do. The Chinese also have a really big government, while the U.S. has a smaller government.

COVID-19 has also impacted seniors applying for college. For example, students cannot visit the campuses of universities and they can't know whether or not the school has a friendly environment, whether or not they like the campus, etc. Although students can go to the online tours, it is better to visit the campus in person. Another impact from COVID-19 is that universities do not require ACT or SAT scores this year. This is convenient for students who usually stress over tests. Because students do not have to have these exam scores, school grades are more important and teacher's recommendation letters. I am very happy that I have applied to my ideal university and will be attending UNC next year!

## 比较中美文化

中国文化和美国文化有很多相同的地方，但是也有很多不同，比方说饮食和健康。在饮食方面，在中国，中国人喜欢分享，比较喜欢共食，吃合菜，所以吃得比较少。一般来说，中国菜更健康，比美国人饮食更好由于美国人吃得多，他们一般比较胖，特别是美国食物营养不均衡热量高，有很多垃圾食品，营养过剩，所以他们需要减肥。当然也有美国人注重饮食健康，有些人尽可能也不要吃快餐，选择吃得健康。另外有句中国话有说“早餐要吃好，午餐要吃饱，晚餐要吃少，对我来说，这是很好的俗话因为是好的习惯。只是高中生一般晚睡晚起，早上没有时间好好吃早餐，所以他们白天可能没力气。因为放学后运动练习，午餐不能吃得太多，否则会影响训练，所以晚餐吃得少。我觉得我的朋友的习惯还行，但是他们没有好的睡眠习惯。因为我喜欢游泳，所以我一般早起。上大学以后我也要早起因为我上午八点上课，所以我觉得我的朋友要多睡和锻炼。

另外，在健身房美国人一般喜欢锻炼甚至有些人家里就有健身器械，方便得很。还是城市拥挤很难去健身房，然后中国人在公园所以它有锻炼，而中国人因为城市拥挤，所以有些人比如老年人会去公园运动。另一方面，不是所有的美国人都热爱锻炼，生活习惯不见得很健康，像是有些人就只看体育电视，无论跟家人，或者跟朋友看比赛，看球赛毕竟不是锻炼。在美国很多人在电视上看比赛因为在美国运动很重要。在中国和美国，健康很重要，所以我们要注意。

### English Translation:

Chinese and American culture have many similarities, but also have many different aspects when it comes to a good life and health. When it comes to differences in food, in China people like to share food and eat relatively small portions. In general, Chinese people are healthy, while American people like food and enjoy eating a lot, so they are ordinarily bigger especially since American food isn't very healthy, so they end up eating a lot of junk food and need to lose weight. Of course there are some Americans that pay attention to their diet, so they avoid fast food and eat as healthy as possible. There is also a Chinese saying that says "Eat a good breakfast, a good lunch, and a small dinner. I like this saying because it enforces good habits. Generally, high school students end up going to bed too late, so they sleep in later and don't have time to eat a good breakfast, meaning they won't have enough energy throughout the day. High schoolers also have activities after school so lunch can't be too much otherwise people will feel sick, so we need to eat a big dinner. I think my friend's habits are ok, but they don't have good sleeping habits. I do a lot of swimming, so I generally have to go to bed early. When I get to college, I'll have to wake up early for 8 A.M. classes, so I think my friends should sleep more so they feel ready.

In addition, Americans generally like to go to the gym to exercise with some people even having home gyms, which is very convenient. In China the city is very busy so it's hard to go to the gym, so many people exercise in the park, even the elderly. On the other hand not all Americans love to exercise so their life habits aren't as healthy. For example, some people will watch sports at home on TV. Whether they're watching games with family or friends, watching football isn't exercising. Many Americans like to watch sports because sports are very important in America. In China and The United States health is very important, so we have to pay attention.



## 一个移民的故事：我的妈妈的奋斗史

我妈妈在台北出生长大，可是她十三岁的时候，她从台湾移民到美国。她先住在堪萨斯城上高中，然后她搬到圣路易斯上大学。虽然她是一个好学生，但是她移民的时候，她完全不说英文。因为她不懂英文，在学校每一节课都很难，不是只是英文课。所以她一到美国就开始认真学英文，常常录她自己的讲话。然后，她听她的录音，反复练习，希望自己听起来像美国人的发音。高中毕业以后，她去 UMSL 上大学专攻会计，而且因为她好好地学习，她三年就毕业了。毕业以后，她在好几家公司待过，这些经验奠定了她最重要的工作是 SYSCO 的首席财务官。虽然她重视她的职业生涯，但是我出生的时候，她毅然决然地离开她的工作，所以她能全心全意在家照顾我。自从她移民来美国，一路上面临了很多挑战，因为她是一个勤劳的人，所以她才有了今天的成功。

除了她的美国生活，她平常也回去台湾看家人。我跟她去了台湾很多次。我们一般住在高雄，可是我们也去过台北，台南，和垦丁。我很喜欢吃台湾美食，去夜市，和看风景。我最喜欢的台湾美食是牛肉面和水饺。再说，我喜欢从高雄坐高铁去台北一零一或者垦丁的海滩。对我来说，我很感激我的妈妈为我做的一切，比如她每天带我去参加有意思的活动，做菜给我吃，而且她什么都会帮我。要是我妈妈不是那么特别，我不知道该怎么办。我祝妈妈身体健康，而且希望她健康长寿。

English Translation:

Title: A Story of an Immigrant: My Mother's History of Struggle

My mother was born and raised in Taipei, but when she was thirteen years old, she immigrated to the United States from Taiwan. She first lived in Kansas City to attend high school, and then she moved to St. Louis to attend college. Although she was a good student, she didn't speak English at all when she immigrated. Because she doesn't understand English, every class in school was difficult, not just English class. So as soon as she arrived in the United States, she began to study English seriously, often recording her own speeches. Then, she listened to her recording and practiced repeatedly, hoping to have an American pronunciation. After graduating from high school, she went to UMSL to study accounting, and because she studied well, she graduated in three years. After graduation, she worked for several companies. Those experiences have led to her most important job as the CFO of SYSCO. Although she values her career, when I was born, she resolutely left her job, so she can take care of me wholeheartedly at home. Since she immigrated to the United States, she has faced many challenges along the way. Because she is a hardworking person, she has been very successful.

In addition to her American life, she usually goes back to Taiwan to visit her family. I have gone to Taiwan with her many times. We usually live in Kaohsiung, but we have also been to Taipei, Tainan, and Kenting. I like to eat Taiwanese food, go to the night market, and see the scenery. My favorite Taiwanese foods are beef noodles and dumplings. Also, I like to take the high-speed train from Kaohsiung to the beaches in Kenting or Taipei 101. For me, I am very grateful for everything my mother has done for me. For example, she takes me to my activities every day, cooks me food, and she helps me with everything. If my mother was not this special, I don't know what I would do. I wish my mother good health and longevity.

老外学生在中国（上）

2019 年暑假的时候，我跟学校其他同学们去了中国旅行目的是不但可以提高中文技巧，而且参观很多有名的名胜古迹，也能认识新的中国人。这次旅游中，我们去了三个有名的城市：上海，西安，和北京。那天飞了十四个小时以后，四点到了上海；老师告诉我们睡觉以前应该散步，所以飞的时候不生病。到了第一站上海之后，第一个晚上大家住在上海外国文学校的国际宿舍。跟美国的学生宿舍比起来，这儿的宿舍比较小：一个卫生间和两张很硬的床，而且床垫薄薄的，睡起来不习惯。周末我们住在交换学生的家。我的交换伙伴带我去参观很多有意思的地方，购物中心，还有看了一部电影：GodZilla。那时我问了我的交换伙伴，你周末常常跟朋友出去吗？他说他很少出去，因为他周末有学校以外的课像是补习班。我听了以后觉得中国学生有太大的压力，所以他们没有时间跟朋友社交；这对美国的高中生来说很奇怪，因为我们的社交生活很重要。然后周日晚上他送我回宿舍，学校安排了我们去了当地的名胜古迹 comma 另外也让我们上了一些中国文化课。有的课有意思，有的没意思。总的来说，我觉得上海的建筑非常有特色，我很喜欢去上海的摩天大楼，东方明珠(Pearl Tower), 金融中心和上海塔因为景色很酷。有一天，我们去了一个传统的四合院；不但我们写了书法，而且我们也画了画。虽然我很喜欢画画，可是我画得不好。除了游览以外，我们也去了上海博物馆。对我来说博物馆的历史很有意思，所以我拍了很多照片。在中国觉得我自己像个游客和老外，中国文化让我感到震惊，而且留下了深刻的印象，我希望有一天可以再去中国。

English Translation:

Americans perspective on China Trip

We went to China in the summer of 2019 so we could improve our Chinese skills, see famous places, and meet new Chinese people. We went to three famous cities: Shanghai, Xi'an, and Beijing. After our 14-hour flight, Ms. Chang told us that we should go for a walk before sleeping so we wouldn't get jet-lag. We stayed at Shanghai Foreign Language School the first night in Shanghai. In this school, we lived in a very small dormitory: one bathroom and two very hard beds. We lived with exchange students on weekends. My exchange student and I went to the shopping mall, watched a movie, GodZilla. I asked my exchange student, do you often go out with friends on weekends? He said that he rarely goes out often because he has classes outside of school on the weekends. I think Chinese students are under too much pressure, so they are not social enough, which is stranger than Americans. While at our exchange students' homes we went to many interesting places with them. Then we went back to school and went to historical sites and Chinese culture classes. I think some of the lessons were interesting and some are boring. I think Shanghai's architecture is very interesting. I like going to Shanghai's skyscrapers, Pearl Tower, economic center, and Shanghai tower, because the view is so cool. One day we went to a traditional courtyard house; not only we did calligraphy, but we also painted. I like painting very much, but I can't paint well. In addition to sightseeing, we went to the museum. I think the history of the museum was very interesting, so I took a lot of photos. I felt like a tourist and a foreigner in China, and I was culturally shocked. I think Shanghai is very cool and it left a strong impression, so I hope to go back one day.

老外学生在中国（下）

上海以后，我们坐了高速火车去西安. 到达了西安以后，我们去了秦始皇陵博物馆参观兵马俑。在博物馆，有两个大坑跟八千个兵马俑。虽然我听不懂导游说的中文，我觉得兵马俑很美丽因为他们有很多的面部的特点还有显得非常真实。除了看兵马俑以外，我们的导游展示了很多的历史文化遗物。然而这天很热，所以我们早回到旅馆。在旅馆，早餐包括自助餐，小吃，和送餐服务。晚上的时候，因为那时是灯节，所以我们在最热闹的街上走走转转。然后，我们在当地的地道餐厅去吃晚餐. 在餐厅，我们吃了饺子,牛肉，宫保鸡丁，炒饭，和臭豆腐. 隔天，我们又去了火车站因为我们要坐高速火车去北京。我们在餐车上吃了方便面也试了中国的雞脚。两个小时后，我们抵达了北京, 而且我们的导游已经在火车站等我们了. 但是，在火车站有很多的旅客，所以拿行李花了很多的时间。然后我们抵达了旅馆在商业区北京。后来我们的老师带我们去了当地的购物中心，所以我买了地道的中国服装和博巴茶。第二天我们去爬长城. 长城让我印象深刻，也觉得有意思因为又壮观年代又久远。然后第三天，我们去了颐和园，紫禁城，天安门广场，天坛，和传统的茶馆。可惜时间过得太快了，旅游结束了，虽然我们回到了美国, 但是我们想再回去中国因为中国的神秘深深地吸引了我。



【附件没有】

English Translation:

Americans perspective on China Trip

After Shanghai, we took a high-speed train to Xi'an. After we arrived at Xi'an, we went to the Emperor Qinshihuang's Mausoleum Site Museum to visit the terracotta warriors. In the museum, there are two large pits and 8,000 terracotta warriors. Although I don't understand our tour guide very well, I think the terracotta warriors are very pretty because they have many facial features and look very real. In addition to showing us the terracotta warriors, our tour guide also showed us various historical and cultural relics. However, this day was very hot, so we returned to the hotel early. At the hotel, we are served a buffet, snacks, and room service for breakfast. In the evening, we walked around the main street. After, we went to eat dinner at a local authentic restaurant. At the restaurant, we ate Dumplings, Beef, Kung Pao Chicken, Fried Rice, and Stinky Tofu. The next day, we returned to the train station because we had to board a high-speed train towards Beijing. In the cafeteria on board, we ate instant noodles and tried chicken feet. Two hours later, we had arrived at Beijing and our new tour guide was waiting for us. However, there were many passengers so finding our luggage took a long time. Then we arrived at our hotel in the business district of Beijing. Later, our teacher took us to the local shopping mall so I ended up buying authentic Chinese clothes and Boba Tea. The next day, we went to climb The Great Wall of China. The Great Wall of China impressed me because it was so cool and old. On the third day, we went to the Summer Palace, Forbidden City, Tiananmen Square, Temple of Heaven, and authentic tea houses. Unfortunately, the day went by too quick and the tour ended. Although we had to return to the United States, we want to return to China because the mystery of China is very interesting.

## 中美文化比较

中国和美国人的文化有很多区别。比如说家庭食物和文化都有不同的观点。我觉的我很适合讲这种话题因为我跟我的家人都是华人，更重要的是我有很多跟美国朋友家庭的经验。美国和中国家庭的食物明显不同。美国菜的文化是源自欧洲，有意大利面比萨饼什么的。另一方面，中国菜有很多种类，四大菜系，从辣到甜的口味都有。中美食物明显不同以外，家庭价值观在家庭价值观 方面也有很多不同。虽然中国和美国家庭都会尊重年长者，中国家庭会更多一点。另外中国家庭平常不会对自己的家人说爱的话，不像美国家庭常常都会说谢谢，我爱你什么的。

另外在中美文化方面，都是重男轻女的社会。今日的美国社会很多男女平等的方面都好多了。可是中国还是有一些重男轻女的人。比如说，我的外婆生了我的妈妈和姨妈，可是还想要一个儿子，所以生了我的舅舅。中美的家庭文化在男女平等上比从前的进步了很多，可是中国家庭仍然存在着还是重男轻女的现象。最后，美国和中国的区别是传统节日方面。美国和中国的节日很多是不同的。圣诞节在美国很受欢迎，可是在中国大家不太在乎圣诞节。还有中国的春节美国不会庆祝因为美国家庭不用阴历。更多的是美国和中国家庭在不同的教会崇拜不同的神。虽然美国和中国的家庭有很多不同的文化比较，两个家庭都很独特又有趣的观点。

### English Translation:

#### American to Chinese Culture Comparison

Americans and Chinese people have many varying differences in culture. More specifically, the differences of both cultures are in family values, food cuisine, and religious practices. I am qualified for information in this topic because my family and I are both Chinese, and more importantly, I have a lot of experience with American friends and families.

The food in American and Chinese culture is significantly different. The culture of American cuisine originated from Europe, such as pasta and pizza. On the other hand, there are many types of Chinese cuisine, including four major cuisines, from spicy to sweet flavors.

In addition to the obvious differences in Chinese food, family values also have many differences in both cultures. Although both Chinese and American families will respect the elderly, Chinese families have different practices. In addition, Chinese families don't usually say many love phrases to their families; unlike American families who often say thank you, I love you, etc.

Furthemore, both Chinese and American cultures are patriarchal societies. Many aspects of equality between men and women in American society today are much better. However, there are still some patriarchs in China. For example, my grandmother gave birth to my mother and aunt, but she still wanted a son, so she gave birth to my uncle. The family culture of China and the United States has improved a lot in terms of equality between men and women. However, there is still a phenomenon of patriarchy in Chinese families.

Finally, another difference between the United States and China is their traditional festivals and religious practices. Many festivals in the United States and China are different. Christmas is very popular in the United States, but, in China although celebrated, is not of much importance or emphasis. Another example, Chinese New Year, is not celebrated in the United States because American families do not use the lunar calendar. More often, American and Chinese families worship different gods in different churches.

Although there are many different cultural comparisons between American and Chinese families, both families have unique and interesting perspectives.

The following are articles in Mandarin only.

冯天照 Eric Feng '24

### 游秦始皇“兵马俑”

两年前的暑假，爸爸妈妈带着我和弟弟，去中国的西安参观“兵马俑”。

世界上关于中国“兵马俑”的报道很多，它是我早就想去参观的地方。“兵马俑”是用泥塑彩绘并高温烧制而成，专门用来保卫秦始皇陵墓的“陶士兵”。它坐落在远离西安市中心 45 公里的临潼区，在秦始皇陵墓东边 1.5 公里的地方。它在地底下沉睡了\*两千五百多年，一直到上个世纪七十年代才出土，被称为“第八大的\*世界奇迹”。

来到“兵马俑”展览馆，六千多个排着长队的“士兵”，展现在我的眼前。远远看去，那身高与真人差不多的“兵马俑”，个个身穿战衣，有的拿着长矛，有的握着短剑，有的拉着弓箭，有的还牵着战马，好像要出门去打仗了，真是威风极了！走近一看，我发现每个“兵马俑”的面部表情有悲有怒，各不相同。它们头顶上一丝丝细发，战衣上一块块片甲，也可以看得一清二楚。真不敢想像，中国古代秦朝的工匠，手艺是那么的高超！但是，导游告诉我们一个坏消息，就是这些“兵马俑”，本来都是五颜六色的，可是仅仅出土三个小时，竟然都变成了灰头土脸的“人”，这让我感到太可惜了！不过还好，导游又告诉我们一个好消息，这就是，没有出土的“兵马俑”\*还有很多很多，只有等到有办法保护“兵马俑”的颜色之后，才会让它们\*重见天日，让世界各国人民分享。听到这句话，我那紧张的心才放了下来。

俗话说，百闻不如一见。参观了“兵马俑”，让我对中国历史多了一些了解。记得一位名叫希拉克的法国前总理说过：“不看金字塔，不算真正到过埃及；不看兵马俑，不算真正到过中国”。看来，这句话说得一点也不假。我想，如果一个人要长见识，不仅要多读书本上的“有字书”，还要出门去看看世界，多读大自然的“无字书”。也许，这就是“读万卷书，行万里路”告诉我们的道理吧！

戴云舒 Nicole Dai '23

### 阿拉斯加 冰川行

火辣辣的太阳照着我的后背。额头上的汗水一滴一滴顺着脸颊淌下来。一步一步，一个台阶跟着一个台阶，只听见我的靴子发出“咯吱咯吱”的声音。抬头看着那蜿蜒的小路，一直望不到头。我回头看了一下我的好朋友梅根，她也无聊地跟在我的后面。这是我和梅根两家人去阿拉斯加爬冰川的一段难忘的经历。

2018 年的夏天，我们从温哥华坐游轮到达 Anchorage。我们两家决定去走 Harding Icefield Trail. 才开始在山脚下，天空晴朗。我们走在树林间，空气凉凉的我的脚步也是轻快的。走了两三个英里后，我们爬到了山中央。太阳高高地挂在天空直晒下来，越来越热了。我的脚步也慢了下来。眼前是满山遍野的小花。我和梅根都累了，也觉得不好玩儿了，就一步步地往前走，不知道什么时候能到达山顶。我们停下来休息了一会儿。开始商量是不是要放弃，但这时有两个从山顶上下来的游客鼓励我们一定要爬到山顶去看冰川。

我们受到了鼓舞，又继续走了三、四万英里。我们终于看见冰川了。我太开心了！我回头看了一下我的好朋友梅根和我走过雪地，我们开始打雪仗，好像又恢复了活力。我们在往山上走了一英里。终于到达了山峰。蓝蓝的天空，白雪皑皑的雪山，哇，真是太美了！我站在山顶望着雪山，为自己感到骄傲！





Nicole 1



Nicole 2 【附件】

## 艾麦克 Michael Elvin '23

### 最喜欢的旅游地点

我最喜欢旅游地点是圣地亚哥。圣地亚哥的天气很好，每天天气都很暖和，是很有趣的旅行场所。我去过圣地亚哥三次，记得我第一次去的时候只有四岁，不记得很多。但是我两年前又去了，所以我想起了自己在那里时做的很多事情。圣地亚哥有很有趣的海洋世界和一个很大的动物园。我喜欢看许多动物的表演，例如海豚和鲸鱼。圣地亚哥动物园是美国最大的动物园之一，很美丽。你可以在那里走一天，边看动物边散步，很放松。动物园里还有很多有趣的商店。

除了海洋世界和动物园以外，你还可以去参观许多建筑。在圣地亚哥，有 37 个 300 英尺高的建筑物。One America 是圣地亚哥最高的建筑，是 500 英尺高。迪斯尼和在圣地亚哥也很有名，有很多好玩的游乐设施。圣地亚哥也有棒球队 San Diego Padres，我去那的时候看了他们的比赛，他们打棒球打得很好。Petco Park 体育馆有很好吃的饭，汉堡，冰淇淋和热狗都不错。

我将计划今年夏天和家人一起去圣地亚哥。但是，由于新冠肺炎，我不确定去不去得成。我希望你有兴趣去那里旅游。

## 包娜容 Nora Bockert '21

### 新冠病毒对我学习的影响

新冠病毒是危险的疾病，而且病毒变异传染力更快速。今年，很多学校用 Zoom 上网课，因为减少感染新冠病毒，所以学生和老师更安全。MICDS 学校希望学生有机会去学校上课，所以他们安排九跟十年级轮流去学校上课，十一跟十二年级的学生隔周去学校。在学校，学生们必须戴口罩，保持距离，虽然有时候戴口罩不方便跟别人聊天，但是这样能预防新冠病毒。在家上网课有好有坏，首先，一个坏处是容易分心，所以我尽可能集中注意力。其次在家也比较自由，比如说，在课上我能看我的手机或者一边做别的作业，结果我不能集中精神。为了能好好地听课，我把手机放在别的房间，这样我就拿不到手机，要不然会影响考试。再说，课间有五分钟的休息，我喜欢去别的卧室动一动，所以我不感觉困。很长时间我没每天去学校，我觉得自己变得丢三拉四，还看不到我的朋友，所以我的心情常常很差。此外，今年我以为没有机会交新朋友，因为我们不在学校，但是我跟同学在网上聊天，结果我交了一些新朋友。相比之下，我反而更喜欢在家上网课，比如说早上我醒来以后，因为我不换衣服，没有开车去学校，所以省下不少油钱。再说，把省下来的时间拿来做作业，特别是能提前完成作业。虽然我喜欢网课，其实在学校学习更好。总的来说，我觉得回校上课比 Zoom 更好，第一我学习更有效率，

第二问老师或者同学问题很容易，第三我每天都能看到我的朋友和跟同学聊天。但是我知道新冠病毒很危险。我们毕业以前，我希望我们每天去学校，有普通毕业生的学校经历。虽然我知道新冠病毒非常危险，随着更多人打了疫苗，希望大家在学校继续戴口罩，保持距离，享受跟同学一块上课的学校生活。

## 诺思思 CeCe Nourie '21

### 新冠病毒对我学习的影响

两年前我跟同学们去中国旅行两个星期觉得很酷，特别是跟很多中国同学见面，后来我们成为朋友，所以去年我们一起聊新冠肺炎因为是在中国开始流行的。他们说在中国大家足不出户，戴口罩，而且中国的政府很严格。因为中国人遵守规定，8个月后确诊人数变少了，所以中国同学可以回去学校。

相反地在美国，因为美国人不喜欢政府的规则，所以还是出门，不戴口罩，于是美国同学不可以回去学校。另外很多的人常跟不同的朋友们见面，开派对，虽然很多的人告诉他们很危险，可是这些人认为自己的自由更重要，后来染病的人提高了。拿我们学校来说，自从2020年8月开学以来，学校安排了让低年级和高年级轮流回校上课，也就是说一个星期在学校，隔周在家上网课。去年虽然我觉得新冠肺炎不太严重，不太可怕，但是我喜欢在家上课。除了去打排球，跟一些要好的朋友见面以外，我不想出门，只想待在家。但是，时间过得很快，我不觉得我们在家上网课已经一年多了，所以现在我很不喜欢在家上网课因为家里有点乱，不可以集中精神，而且我觉得在学校比在家学习更容易。虽然新冠肺炎可怕，可是我觉得在学校上课比较好。因为很多的人不喜欢戴口罩，所以他们一般在家上课，而且我知道周末的时候很多同学喜欢派对，旅行，回来以后不隔离，还是回学校上课。

但是春假以后，学校决定了大家每天都能回去学校，一些同学选择在家上网课，所以很多的人每天去学校。要是一个人有新冠肺炎还去上课，很多别的同学也得隔离。可是我觉得他家会去学校上课很危险，我觉得在学校上课比较好处。

## 彭兰特 Grant Purdy '21

### 新冠病毒对我学习的影响

我在学校学习了六年中文。我选学习中文除了因为我觉得中国的文化很有意思以外，因为MICDS没有中国历史课。七年级到八年级常老师是我的老师，然后九年级到十二年级林老师是我的老师。我的一个很好的学习中文的会议是跟同学做和吃月饼。我们边做月饼边聊天。因为我很喜欢我的同学，我很喜欢跟同学做月饼。另一个很好的学习中文的会议是太极。我不知道为什么我喜欢太极，可是我真的很喜欢它。我希望我们可以有太极表演，可是现在有新馆病毒爆发，所以我在家。虽然我在家学中文，我仍然喜欢中文课因为林老师有很多活力。别的很好的学中文的回忆是跟同学玩gimkit还有quizzlet live游戏。我们不在乎输赢，因为我们只喜欢玩游戏。

今年很特别因为有一星期一半同学在家，有一星期一半同学在学校，可是每天我在家。我选在家上课因为很方便，还有我很喜欢做早饭和午饭。我觉得我做的饭比学校做的饭好吃。我也觉得我做的饭比学校做的饭健康。健康很重要，因为要是我有健康的生活，我打橄榄球打得好。我的父母同意有健康生活很重要。可是我想看到我的朋友和老师，所以我觉得春假以后我可能回学校。我希望今年的一天所有同学们能都在学校，所以我们可以回到原来的样子。要是大家打疫苗，同学们在学校很安全。

商可妮 Courtney Shands '21

## 新冠病毒的影响

新冠病毒给人们的生活带来了很大的危机，其中让很多学生必须在家上课.对高中十二年级的毕业生来说，申请学校很辛苦，特别是大学不安排参观校园。只能上网看校园的照片，跟亲眼看是不一样的。不过，我最近去看了一个大学，因为离家里很近，开车四个小时。虽然那时没有人介绍学校，但是我很高兴能亲自参观校园，看附近的环境、图书馆和教室等等。

这场危机 无论对高中毕业生或者大学新生来说都特别难。因为大学新生上网课，虽然大家都喜欢交朋友，但是没有机会认识新朋友，所以觉得很孤独另外，学校甚至规定如果有学生在宿舍开派对，可能会被学校开除等严重的后果.最后希望随着越来越多人打疫苗，大家的生活能快点恢复正常，学生除了能跟同学一起在学校上课以外，也能享受校园生活。