



Purple Lotus Chronicles

Purple Lotus Buddhist School

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January 2007

School News

A New Year

Jocelyn Lai



Below: Mrs. Jennifer Cheng singing beautifully during New Year's Eve

A new year for all to enjoy! This year during winter break the school provided many ceremonies, and Masters from around the world visited. Many attended; previous students and graduates came to visit.



The New Year's Eve celebration turned out well, with great performances by the students, including a magician show, and Mr. Dale and Mrs. Jennifer performing a duet. It ended wonderfully.

School started again, and during the weekend the student council provided a ping pong tournament. Eagles won 2-0, Ravens 1-1,

Clovers 1-1, and Trojans 0-2. Now it's time for us to get ready for some finals. Hope every does well and don't over stress!

This month's news:

- 1st Page: School News
- 2nd Page: Travel Safety Tips & Net Addictions
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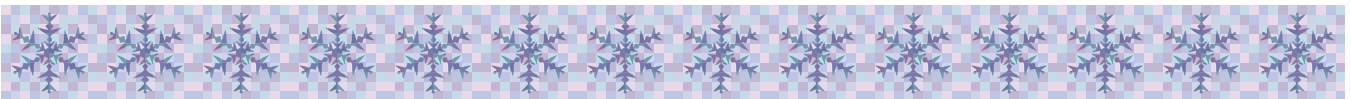


Top: Student picture after the New Year's party.

Below: Sheng Lin, Edward Cheuk, and Ricardo Wu, dressed as Jesus, Buddha, and Muhammad for the drama performance.



Below: Ernesto Ng and Joan Lim doing a cool pose as they dance.



Upcoming Dates and Events at PLBS

- 1/1 New Year's Day
- 1/5 Amitabha's Birthday
- 1/26 Shakyamuni's Enlightenment Day
- 1/31 End of the 3rd 6th week period



January Birthdays:

1/23 Ernesto's Birthday

January Holidays:

1/15 Martin Luther King Day





Travel Safety Tips Hints for Hitting the Road This Holiday

Article based by "Tom Hinds"
(From Karen Choy)



Here are a few tips on staying safe on the road during the crazy cold weather (also for long trips):

- 1.) Plan ahead to avoid a bumpy road.
- 2.) Allow extra time in your schedule. Don't rush to places in the last minute.
- 3.) Make sure that your car is well-equipped for travel. Having your

- car broken down sucks, especially in the cold. It's a good idea to take your car for a winter "check-up" to keep everything safe and ready to go.
- 4.) Think before you drive. People are often also rushing and driving quickly to their destination. It makes people less careful, so you have to drive safely.
- 5.) Don't think of driv-

- ing as a chore. Don't get upset that it takes a long drive. Do something that'll make the drive enjoyable.
- 6.) Carry equipment for on-the-road emergencies. If you're driving under bad weather, be safe by packing flares, blankets, a first-aid kit, flashlight, water, and snacks. A shovel may be good if your wheels are stuck; take kitty litter for traction.

- Don't forget your cell phone!
- 7.) Drive responsibly. Take it slowly and carefully. Know your physical and legal limits.
- 8.) Make sure your tires are either all-season or winter tires. This will give you better traction in the wet and in the snow. Also be sure that your tires are properly inflated.



Here are a few things people are addicted to on the net:

- 1.) Ego-Surfing: When you frequently check your name and reputation on the net.
- 2.) Blog Streaking: Revealing secrets or personal information online which for everybody's sake would be best kept private.
- 3.) Crackberry: The curse of the modern executive: not being able to stop checking your Blackberry. (Blackberry is a popu-

- lar handheld device used for phoning, emailing, and web-browsing)
- 4.) Google-Stalking: Defined as "snooping online on old friends, colleagues, or first dates."
- 5.) Cyberchondria: A headache and particular rash at the same time? Extensive online research tells you it must be cancer.
- 6.) Photolurking: Flicking through a photo album of someone



Interesting Facts Net Addictions: What are you addicted to?

Article Based on "Yahoo News"
(From Karen Choy)

- you've never met.
- 7.) Myspace Impersonation: Many of us pretend to be someone we're not when we are online, but some will pretend to be well-known figures.
- 8.) Powerpointlessness: One too many flash slides.
- 9.) Wikipediolism: Excess devotion to contributing to the online collaborative encyclopedia,
- Wikipedia. (Wikipedia even has a page where you can test whether or not you're an addict.) <http://en.wikipedia.org/wiki/Wikipedia:Are-You-a-Wikipediolic-Test>.
- 10.) Cheese-podding: Downloading of a song "so cheesy that you could cover it in plastic wrap and sell it at the deli counter. Cheese-podders especially like soft-rock from the 1970's.



Health Ginger Root

Article based by "PDR Health"
(From Karen Choy)

Ginger root can be a remedy for appetite loss, indigestion, motion sickness. It also can help with nausea, vomiting, loosening phlegm, relieving gas, and tightening tissues. Although it has been proven, the effectiveness of it is has not been verified.

The root is often used as a medicine. Other effects the ginger root has are stimulating intestines, and

promoting the production of saliva and digestive juices. It boosts the pumping action of the heart, prevents the formation of clots, reduces cholesterol levels, and fights inflammation.

Ginger grew first in Southeast Asia, and then in Spain, and was later brought to America. It is grown in many tropical areas.

Don't eat or use ginger for morning

sickness and best not to eat during pregnancy. It should be avoided when one has internal bleeding. Too much ginger can also damage the stomach lining and lead to ulcers.

If you are taking a blood-thinning drug such as Coumadin, do not take large doses of ginger.

A common way to have ginger root is tea. Pour boiling hot water over 0.5 to 1 gram of the chopped root, steep for 5 minutes, and strain. It is also available in tablet,

capsule, or liquid form. Usual Dose: Indigestion: 2 to 4 grams a day

Motion Sickness: 1 gram 30 minutes before travel; for continuing symptoms, 0.5 to 1 gram every 4 hours.

Prevent vomiting: 0.5 to 2 grams daily.

Arthritis: 1 to 2 grams daily

Too much ginger can depress nervous systems and cause heart irregularities.



Things to do to get ready:

- *Review your PSAT/PACT Score Report
- *View PSAT/PACT answers with explanations online.
- *Get a personalized SAT study plan
- *Find lists of colleges, majors, and careers right for you.

Plan your Spring Test Schedule

- *Register for the SAT/ACT at college-board.com/act.org

Prepare for the SAT:

- *Log onto the SAT Preparation Center
- *Sign up for The Official SAT Question of the Day email
- *Take a free full-length official practice test and get your SAT scores immediately.

FEES:

SAT Reasoning (\$41.50) vs. ACT (with Optional Writing: \$43; without:\$29)

SAT Subject tests: Basic registration fee = \$18.00.

Language Tests with Listening = add \$19.00



College Info Getting Ready

Article based on "Collegeboard, ACT, and ACT student" (by Karen Choy)

- All other subject tests = add \$8.00
- Late Registration fee = \$21.50 (add to test fee)
- Re-registration by telephone = \$10.00 (add to test fee)

Test Dates	Test	Registration Deadlines *			
		U.S. Regular	U.S. Late (fee applies)	International Early	International Regular
January 27, 2007	SAT & Subject Tests	Dec. 26, 2006 (revised)	Jan. 9, 2007 (revised)	Dec. 6, 2006	Dec. 26, 2006 (revised)
Feb 10, 2007	ACT	Jan 5, 2007	Jan 19, 2007		
March 10, 2007	SAT only	Feb. 2, 2007	Feb. 14, 2007		



Roti: This is simple, unpretentious home cooking but very satisfying, healthy and easy on the pocket book. Rotis are made from small balls of dough that are rolled out and then partially cooked on a hot griddle and then finished directly over high heat. The high heat makes the Rotis puff up into a ball. They are then lightly coated with ghee to keep them pliable until serving time. Line a tortilla basket with a napkin and keep the Rotis in it. Allow 2-3 Chapatis or Rotis per person. This is everyday Indian bread made in most Indian homes daily.

Ingredients to make about 6: 2.5 cups Chappati flour with 1 cup water at room temperature made into a dough 1 cup Chappati flour in a large plate for dusting the dough while rolling it out ghee for brushing the bread.

Method to roll out the dough: Prepare the desired amount of dough from the Basic Dough recipe. After resting for 2-2 1/2 hours, knead well. Divide the dough into peach-size balls. On a lightly floured surface,

flatten one ball of dough with your hand. Using a rolling-pin, roll out the dough into a thin, round patty, about 5 inches in diameter. Roll from the center, turning patty several times to prevent sticking. Try to make the edges slightly thinner than the center. As you cook the chappati/roti, one could be rolling out the next, rather than shaping all of the chapatis at one time.

Method of cooking the chappati or roti: Preheat a cast-iron tawa over medium heat. Place the rolled dough on the palm of one hand and flip it over on to the tawa. When the color changes on the top and bubbles appear, turn it over. When both sides are done, use kitchen tongs (chimta) to remove the chapati from the skillet.

Gas Stove: If you have a gas stove, hold the cooked chapati over a medium flame and it will puff up immediately. Turn quickly to flame-bake the other side. Do this several times, taking care that the edges are well cooked.

Electric Stove: If you have an electric stove,



Food Roti & Idli

Article based by "Indian Cuisine"
(from Karen Choy)



chapatis can be encouraged to puff by pressing them with a clean kitchen towel after the first turn on each side. Repeat the shaping and cooking process until all chapatis are cooked. To keep the chapatis warm as they are cooked, place them in a towel-lined bowl and fold over the sides of the towel. Serve hot, either completely dry or topped with a small amount of ghee or butter.

Idli: Soak urad daal for about 3 hrs. Soak the idli rava in water separately. After 3 hours drain the water from the idli rava. Grind the urad daal till soft and fluffy and mix with the idli rava. Mix well. Place the mixture in a warm place for 8-10 hours or overnight to let the idli mixture ferment. The fermentation is slow in winter and quick during summer. The key to soft and fluffy idlis is in the fermentation process. After 10 hours you will find that the mixture will rise to at least double the volume.

After fermentation add salt and pinch of soda bi carbonate and mix well. The batter is now ready to make idlis. Grease idli maker plates with some oil and fill with idli batter. Steam covered for about 10-12 minutes. Remove each idli carefully with a spatula. Your soft and fluffy idlis are ready to eat with some hot sambhar and chutney. Left over idlis can be stored in the refrigerator and when required microwave them for a few seconds.

For those who don't have a idli maker...you can still make idlis with a flat bottomed wide vessel. Add 2 cups of water to the vessel. Invert a round shaped cake tin on the base of vessel. Take another round shaped cake tin, lightly grease it and fill it with the idli batter leaving about one inch height for the batter to raise. Place this on top of the inverted cake tin. Steam for 8-10 minutes. Remove the tin and cut into square pieces and serve hot.



Escrip Help With Our Education Funds!

Jocelyn Lai

You all know about Escrip right? It's a simple, easy, and an efficient way of helping the school. How?

First, you have to go to the website, www.escrip.com, and click on the "sign up" button at the top left. After, it'll ask you how you would like to search for the school. Our school's ID is 500004363. You can also put down the zip code and it'll give you a list of schools from the area.

Second, you have to provide information about yourself such as name, address, state, and zip code. The things listed in red are mandatory.

Third, it'll ask you if you'd like to sign up your grocery card for escrip. There are many grocery stores, such as Safeway, PW Market, and Whole foods. You pick the grocery store, write your card number, and go to the fourth step. It isn't necessary, you

can just go the next step, but while you're going shopping for groceries, wouldn't it be nice to know that you gave some money to the school?

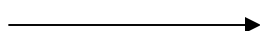
Fourth, you can sign up your credit card. It'll be the same process as the third, but remember to write your credit card's expiration date.

Fifth, it'll then ask you if you'd like to sign up any of your retail or gift cards from stores like Macy's or Linen N Things.

Sixth, after all of this, they'll show a confirmation and ask you to go back and re-check anything.

And finally, seventh, they will ask you to make a password for your account. Then you'll be a welcomed member of our school's fundraising program!

Here's a list of a few stores that you can shop at:



So how is this going to help the school? Well, whenever you go to that store and buy something, a percentage of the money will be donated to our school. The store is willing to give money to help our education, and you aren't spending more money. Isn't it great?

Say you purchased groceries at Safeway for over one hundred dollars. Safeway gives 4% of the money to the school. It will be \$4.00, but with

more people signing up, it'll steadily increase. Also, it may not seem a lot, but it is better than nothing right?

The latest update on our monthly statement (from July 2006 to October 2006) shows that there have been purchases of a total of \$3,731.46, and the total amount is \$41.32. Let's keep it up and see some improvement!

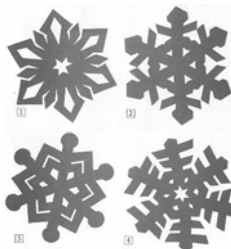
*Check the website for more choices and online stores.

Retail	Eddie Bauer	5%
Retail	Linens 'n Things	4%
Retail	Macy's	Up to 6%
Retail	Macy's.com	Up to 6%
Grocers	Food 4 Less	3%
Grocers	PW Supermarkets	Up to 4%
Grocers	Safeway	Up to 4%
Grocers	Whole Foods	Up to 4%
Restaurants	Carrows	3%
Restaurant	Coco's	3%
Restaurants	Round Table's Pizza	Up to 6%
Specialty Items	OfficeMax	2%
Sporting Goods	Big 5 Sporting Goods	2%



Art Kirigami!

Article based on "musicforthegoddess website" (From Karen Choy)



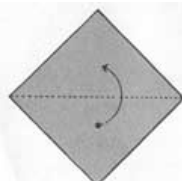
Kirigami Snowflake Ornaments

Kirigami is the Japanese art of folding and then cutting paper.

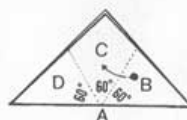
1. Fold the paper, color side in, according to the diagram.
2. Copy the patterns in the next figure onto the folded paper, or create your own.
3. Cut the paper according to the pattern.
4. Unfold and there is your snowflake.

Using an ornament hook, poke a small hole in the snowflake and hang on your tree. Alternately, make a hole big enough for your thread or string and pass the thread through the hole. Hang on tree.

http://www.musicforthegoddess.com/parent/sun_moon/yule_proj.html



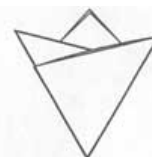
Keep the color inside and fold paper in half.



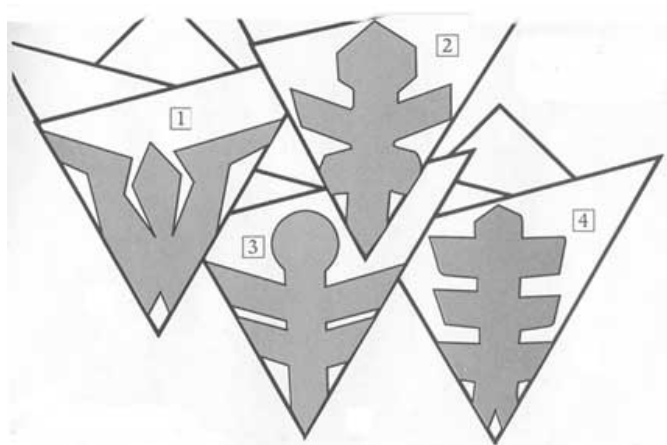
Use A as the center and fold B to C (becomes E) Keep $\angle A-1$, $\angle A-2$, $\angle A-3=60^\circ$.



Fold D to E.



Ready for your design or follow pattern below.



Newspaper Credits

Copy Editor: Mrs. Murray

Staff Writers: Karen Choy & Jocelyn Lai

Newspaper layout design: Jocelyn Lai



If any of you are still interested in working on the newspaper, please let us know!