



# Purple Lotus Chronicles

Purple Lotus Buddhist School

Volume II, Issue VII

June 2007

## School News

Karen Choy

On April 27, the student council held a miraculous scavenger hunt, and despite the sizzling, soaring temperatures, the Ravens prevailed with the last winning answer.

The next day Randy took the students out to the Great Mall and afterwards, dinner at Hot Pot City.

On May 11, we were lucky to have Master Samantha give a speech on how to protect ourselves, the main idea being that all can be resolved since we are students of PLBS! Since we are here, let us take advantage of the merits we have to be here together, and work hard to change our future now, instead of waiting to work



Top: The students on the Ferry to Angel Island



Left: A few students all dressed up to watch "Pirates of the Caribbean 3"

hard and realize revelations about life when we have been stumped with crisis in the midst of a blooming career or raising a family.

One more critical point is to simply remember to do Armor Protection before you go out and play!

The following day on May 12, the

students went to Eden Bay Landing to clean the bay. That night at the temple we had a scrumptious feast after attending the Dragon King Homa. The following day, we drove up with the temple members to Tiburon, where we took a ferry to Angel Island. On the way there, we had a ceremony, offered our dragon king vases, and released live crabs and shrimp! Although it was sunny, riding on the ferry proved to be an extremely chilly and soaking trip.

The students, particularly those in art class, have been working on two boards for the Alameda County Art Fair. Thank you for all your help! Nineteen of our students (NINETEEN!!!) had their poems published by Creative Communications!

Cont'd pg. 6



## Dates & Events at PLBS

June 11/18: Chabot summer courses begin  
June 12 Last day of Finals  
June 13 Math Contest & Spelling Bee  
June 14 Camping  
June 16 Graduation Day  
June 19 Assistant Training begins

### June Birthdays:

June 20th Ricardo Wu  
June 30th Juan Carlos Ng

### June Holidays:

June 12, 1939 Baseball Hall of Fame Opens  
June 14: Flag Day  
June 17 Father's Day  
June 21: Summer Solstice

### Newspaper Credits

**Editor:** Mrs. Murray  
**Design and Layout Editor:** Jocelyn Lai  
**Staff Writers:** Jessica Chern, Karen Choy, Jocelyn Lai, Tiffany Wang, Amber Wong, & Ricardo Wu



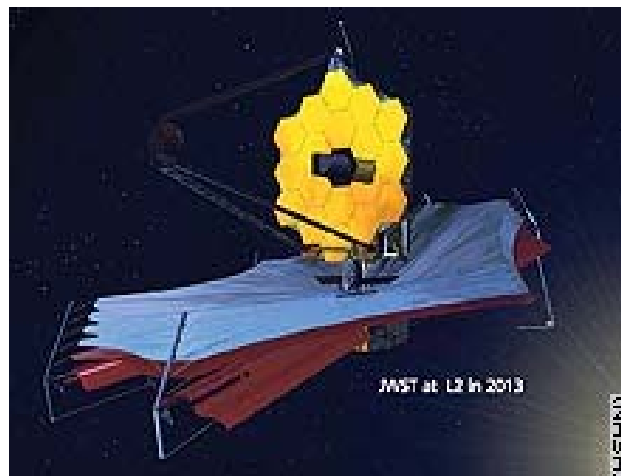
### World News

Ricardo Wu  
From "CNN.com"

The James Web Space Telescope is really trying to search for what's far away and beyond the moon.

Nasa is on a project to create the "Webb telescope," which will be used to allow scientist to look further into the universe for space explorations.

Scientists are hoping that this new telescope can collect data about the early universe after the Big Bang, and on other planets that are outside our solar system. Also, maybe we can find another planet! The Webb telescope hopes to launch in the middle of 2013, costing 4.5 billion dollars.



### Student Corner Interview: Seniors

Tiffany Wang

#### Questions:

1.) Any recommendations for the school in the coming year?

2.) Why did you choose to go to that college (UC Merced, San Francisco State, UC Berkeley, Sonoma State)?

3.) Any last words to PLBS?

4.) As a soon to be graduate, what are some things you could tell us about what we can learn?

5.) What do you like or what can't you forget about this school?

6.) What were some

things that motivated you?

7.) Do you have a major already planned?

#### Jason Chan

**Q1:** Monthly meeting between students and staff.

**Q2:** It's a UC. It's far from where my parents are. I can learn to live independently.

**Q3:** Students work hard, stay focused, and do your best. Thank you Master Samantha, friends, and staff for all that you've done for me.

**Q4:** Be prepared early. Don't get senioritis. Pick a college that you want to go to, not what others want you to go



into. Do your applications ASAP! Don't procrastinate.

**Q5:** The students, teachers, reverends, faculties, staff. Also the good times and bad times.

**Q6:** Teachers, they don't treat you as a job that they're doing. Friends, you guys have been there and supported me. Thanks for encouraging me to do my best. Family, thanks for supporting me through all the times.

**Q7:** Business, because I have an interest in it.

#### Eduardo Cheuk

**Q1:** A counselor for high school students, to guide them to college.

**Q2:**The reason why I chose to go to San Francisco State is to stay close to home so that I can live at home to save some money for my parents. GO GATORS!

**Q3:** Don't give up, always look forward, and enjoy life. Thank you everyone.

**Q4:** During the summer, spend some time practicing the SAT and getting prepared. Get familiar with the process of the UC or college

**Cont'd on pg 3** →



you're looking into. Ask for help around, check up the college and ask for the undergraduate admission for what will be the minimum requirement. Don't slack off on your 12th grade year. Even though you get accepted, still continue to work hard. Don't cram too much on your schedule. Be aware of the a-g courses. Fulfill it to go to college.

**Q5:** What I like about this school is that this school is different. It's small, but treats you as family. More help and attention is given as an individual. One thing I can't forget is all the memories I had were good and bad. PLU will be in my heart.

**Q6:** My family, I feel like I have to give something back because they've given me so much. My friends, you guys were always there for me. My teachers since the day I came. You never gave

up on me, and you guys have supported me.

**Q7:** Medicine Field: Working with medicine.

**Engih Chou**

**Q1:** Fundraise for school.

**Q2:** Because I want to be on top of the world.

**Q3:** When the school year draws to an end, be careful and don't hurt yourself or others hurt you \*hint hint\* IAN! Squash those old geezers in football.

**Q4:** When you start your applications in October, make sure you don't get stuck. Since people usually want to stand out from the crowd, they spend lots of time trying to find the best moments and experiences in their lives to write about. However sometimes it's not that easy to be satisfied with whatever you come with. Like me last year, I had the same problem and waste about one month trying to get everything down, because I always have the feeling that there's a better thing that you're missing. So my advice is

that you should just get something down. Don't worry about finding the best one. As you go on you'll come up with more ideas that will satisfy you, so work from there.

**Q5:** No matter where we may go in life, or how far we may be from each other, we will always be one big family.

**Q6:** I have to say in my 9th grade year when I met Mr. Dale was the turning point in my life. He was like the sticks to



my drum. And my dad who was the main support, he is the backbone of my life, always there supporting me and helping me. He's my buddy.

**Q7:** Business and Communications. Business: so I can own the world. Communications: It's like a synergy. To increase the effectiveness of one's skill, sometimes you have to pass a point to

another. If you're a "Chargeridin" (a paladin from the game Diablo II), you need vigor.

**Ian Lim**

**Q1:** Relationships and friendships among students should be enhanced by means of friendly meeting/talk or activities, not only among one grade, but all students in the school.

**Q2:** The reason why I chose to go to Sonoma State University is because of the environment, location, and many other factors. As I don't have many other choices, Sonoma became my best choice. Although there might be some problems with distance or interactions among people, I decided to do what I like and go to a place where I like. I stood up for my own choice and I'm ready to face obstacles ahead of me. If one wants to be successful, one has to have confidence and work for it.

**Q3:** I want to thank everyone in PLBS for helping me to achieve my goals and dreams, and at the same time make me a better person.





**Q4:** Always make sure you're making the right choices, doing what's right and you're set. Never give up.

**Q5:** All the mistakes I've made in the school, because it helped me learn from them. My sexy moments with my sexy men.

**Q6:** Father, because his attitude of not giving up inspired me.

**Q7:** The majors I have interest in are: philosophy, business, management, and history.



## Featured Camping Tips

**Camping Tips**  
**Yahoo!! Camping this week!! Here are some tips and safety for going camping. For those who are newbie in camping you better read this.**

### Avoiding animals in your tent:

- Don't leave food in your tents.
- Don't feed the animals, If you feed them they will want more and come back for more
- Store your food in your car or hang it on a tree.

### Poison Ivy:

- If you have been exposed to poison ivy immediately wash it with soap and cool water.
- Don't wear any dirty clothes, it can make the itch worst; make sure you wash it before you wear them.

### Camping Cooking Tips:

- Be very careful with gas canisters. Keep upright at all times. Keep outside in well ventilated area. Check for leakage by putting soap liquid on all connections. Turn off when not in use.
- Use ziplock bags to store foods like soup, sauces, chili etc. Freeze the bag and put in cooler. It helps keep other foods cold and when ready to eat, put bag in hot water to heat through.



### Equipments:

Tents - Sleeping Bags - Camp Stoves - Lanterns - Backpacks - Air Mattress - Child Carriers - Compass - Dutch Ovens - GPS - Hammocks & Hanging Chairs - Hiking Boots - Outdoor Clothing - Knife - Walking Sticks - Water Carriers - Water Treatment - Wind Chimes - Fishing Gear - Weather Gadgets - First Aid Kits - Books & Magazines - Travel Supplies

### No one likes it when it rains, here are some tips:

- Always bring rain gear. A large trash bag with holes cut for your head and arms will work if you get stuck. Boots will keep your feet dry.
- Do not camp in a low area or near a drainage path.
- Consider putting up a large dining tarp. Not only does this provide shade from the sun but is excellent on those rainy days. You'll have a dry area for cooking, eating, storage of supplies and those quiet rainy day activities such as cards, board games, puzzles and reading.
- Plan some alternative indoor activities.
- If you must pack up your tent and other supplies when it is wet, use your ground cloth as much as possible. It can easily be sprayed off and dried at home.
- A tent and/or equipment should NEVER be put away wet. It will mildew, rot and become damaged. Always dry it out thoroughly **as soon as possible**.



## Health Chlorophyll

(<http://www.everynutrient.com>  
(<http://www.soymilkquick.com>)  
Amber Wong

Where can you find this chlorophyll? Why, wheat grass of course. As weird tasting and shirt staining as it is, it is one of the many juices that have chlorophyll that can be easily absorbed by our bodies. Being so great at that, it has been proven that the intake of fresh wheat grass, which includes a good amount of easily digestible chlorophyll, can help build levels of oxygen and nutrients in

the blood. Wheat grass is also great with its ability to balance the body by removing toxin metals, and to reside in cells. Something more beneficial would be its great ability to nourish and vitally restore your liver and kidneys.

The chlorophyll is known to transfer vitamins and nutrition to the plant, thus when a person digests this, he or she can receive all the great concentrated amounts of vitamins and minerals. With just the chlorophyll, you can already

eliminate body and breath odors. Studies show that chlorophyll is effective in neutralizing odors in the mouth from food, beverages, tobacco, and metabolic changes (halitosis). It also effectively neutralized odors from perspiration due to physical exercise, nervousness, and menstrual periods. Chlorophyll packs, inserted into the sinuses, have a drying effect, clearing up congestion and giving immediate relief. Congested head colds were cleared up within 24 hours. Regularly drinking wheat

grass juice can help eliminate and fight off colds!

Vitamins A, B, C, E and K, Calcium, Iron, Lecithin, Magnesium, Pantothenic Acid, Phosphorus, Potassium, Amino Acids, Trace Elements, Protein (up to 30%) are all included with this little shot of wheat grass, something that we don't always get in our daily diets. With only a tiny shot, you already benefit so much. Why wait... it's not like the stain in your jacket won't disappear with some bleach.

## Health Coconut Oil

Amber Wong  
[articledashboard.com/Article/The-Many-Healthy-Benefits-of-Coconut-Oil/15868](http://articledashboard.com/Article/The-Many-Healthy-Benefits-of-Coconut-Oil/15868)



Unlike many other oils we consume, this tasty flavorful coconut oil does not become rancid easily. (When oil becomes rancid it becomes toxic as it oxidizes and cause free-radical damage to our beautiful bodies.)

Many cooking oils that we commonly use simply become rancid within a few hours after cooking. Coconut oil on the other hand

doesn't become rancid in room temperature until a year or so.

Coconut oil has many good fatty acids such as lauric acid and monoglycerides. Lauric acid helps enhance the immune system to help fight infections, diseases, and bad bacteria.

And for those people who wish to lose a bit of weight, coconut oil is one of nature's highest sources of me-

dium chain fatty acids (MTC's), which raise the body's metabolism leading to weight loss. This oil lowers cholesterol, stabilizes blood sugar levels, which helps diabetics, and also protects the heart cells from damage.

For those women who suffer from PMS, you also have a new help now. Coconut oil can lessen those symptoms. It also helps with any

symptoms due to menopause.

And if that isn't enough, coconut oil is one of the best things you can apply directly to your skin and hair. It not only gives temporary skin relief for rashes but it also helps in healing and restoring a younger skin. It can also help with yeast infections and it makes excellent massage oil. Of course you must not forget that you don't have to eat it by the spoonful. It is so stable you can sub it in for any oils, margarine, butter and shortening, for all your cooking needs.



## Entertainment Music Reviews

Karen Choy

Notable songs by Ai Otsuka, a Japanese pop female singer-songwriter and pianist from Osaka, Japan, otherwise known as “Ai-chin” by diehard fans, include: “Planetarium” (a ballad), “Drop” (a country-pop song), “Always Together, Love no THEME” (a techno song), “Kimi no Kaeru,” and “Kataomoi Dial.” Ai composes and writes lyrics for all of her songs and also has excellent piano playing skills.

Yiruma is a new age piano music composer. He lets his piano shine by itself. The music is beautiful, smooth and has a calming effect; the composition is well constructed.

Although he uses many jazz chords, the music doesn't sound like lounge



music.

The clean lines of the melody calms the listeners.

Yiruma's songs bring about a sense of longing...It's nice to listen to them during a rainy day or late night/early morning by yourself. The songs are very soulful, peaceful, and refreshing.

### Drama Reviews

**My Name is Kim Sam Soon** (sixteen episodes) Kim Sam Soon is a chubby patisserie grazing thirty. She loses her job and finds that her boyfriend of three years has been cheating on her on the same day—Christmas Eve. She bumps into her future boss Hyun Jin hun when she accidentally runs into the men's bathroom, crying. Coincidentally, Jin hun is looking for a baker for his restaurant “Bon Appetit.”

In order to get his mom to stop arranging blind dates for him, he and Sam Soon agree to go on “contract dating.”

Overall, the series is extremely funny and very “real” because it faces all the issues of class, weight, age, and marital status. Kim Sam Soon is not your average heroine—she's tough, she drinks, she belches in public, she urinates in public, and she is actually not chubby—she's “normal” for her size.



Hooray!

May 20<sup>th</sup>, the students joined in a Walk-athon in Gilroy to fundraise money for saving premature babies. Students walked for an estimated amount of 5 miles.

The next week after on the 25<sup>th</sup>, the school had a Tai Chi contest and all students participated. After all the students showed their skills, the winners were: 1<sup>st</sup> place: Joan Lim, 2<sup>nd</sup> place: Engih Chou, 3<sup>rd</sup> place: Jocelyn Lai, 4<sup>th</sup> place: Derrick Liang, and 5<sup>th</sup> place: Ricardo Wu. Good job and congratulations on winning free movie tickets. That weekend, the kids were taken to watch movies. The older kids watched “Pirates of the Caribbean 3: At World's End,” and “Spider-man 3,” while the younger kids enjoyed “Shrek 3.”

June 9<sup>th</sup> was the last tournament of the year for the students, and the tournament was basketball. The Trojans lost to the Clovers, Eagles lost to the Ravens, and the Ravens beat the Clovers. Ravens won the overall tournaments! Great Job!

On Wednesday, June 13<sup>th</sup>, there was a Spelling Bee and Math contest, and the two overall winners are Engih Chou and Derrick Liang! Congratulations and excellent job! After, the students were all treated to a pizza buffet and then the high school students went camping at Lake Chabot for two days. Graduation is just a day away, remember to take pictures and enjoy!