



Purple Lotus Chronicles

Purple Lotus
Buddhist School

Volume III, Issue I
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School News

Student Council President Welcome Message

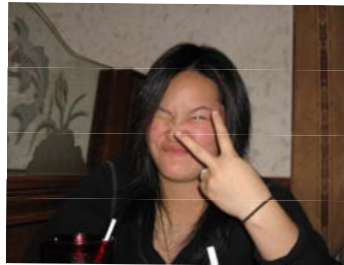
Jessica Chern

It's my pleasure to welcome you to Purple Lotus Buddhist School. My name is Jessica Chern and I am the student council president of the year 2007-2008. As the student council president I am certain that we'll all have a marvelous time here, especially with the kind and caring faculties, staffs, volunteers, and students. The student council is also trying our best and is in the process of planning thrilling activities, field trips, and a lot more. With those activities and events you definitely will have a great time and a

great experience.

Whether you're a new or returning student I would like to let you all know that the student council members will always be around for you if you ever need to talk or have any concerns. We will try our very best to help you out with anything. Also, please let us know if you have any suggestions on anything, such as field trips, activities, contests, or other ideas. We will be glad to put your thoughts and suggestions into consideration. Your thoughts and concerns are utmost important to us. Please feel free to let us know.

I encourage you all to have the spirit in wanting to participate in all activities and events be-



cause I do not want any of you to miss out. One person not participating does make a difference, so please do participate. If you just stand by the sidelines, you won't have as much of a memorable memory compared to actually participating in the event(s)!

I hope you'll have a fun and a memorable time here. Enjoy each and every-day because I have noticed that time does fly by pretty fast. I am looking forward

Members of the Newspaper Club:

Advisor: Ms. Murray

Layout Editor:

Jocelyn Lai

Editor: Karen Choy

Journalists:

Jocelyn Lai, Karen Choy, Jessica Chern, Helena Tan, Ricardo Wu

to meeting and seeing all of you. Have fun and study hard!

Jessica Chern
Student Council
President (2007-2008)



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School Events & Holidays

9/3 Labor Day

9/8 - 9/9 Seattle Trip

9/10 Teacher Development

Day; Grandparent's Day

9/11 Remembrance Day;
Patriot Day

9/19 - 9/20 SAT 10 Tests

9/21 International Day of
Peace (UN)

9/25 Mid Autumn Festival

Birthdays

9/10 Ksitigarbha Bodhi-
sattva

9/14 Jambhala

9/15 Luisa Chin

9/21 Karen Choy



Featured

Flip - Flops Flop Your Feet

Information taken from ABC news
Jocelyn Lai

Now that flip-flops are in style and worn more often, the short and long-term injuries that come from them also increase. Dr. Rock Positano, a podiatrist from New York, says, "Flip-flops have single-handedly caused more problems with people's feet in the last couple of years than probably any other type of shoe."

Many people have injured

their ankles from wearing flip-flops and slipping from something on the ground. The reason for these injuries is that many people replace walking shoes with flip-flops.

Flip-Flops do not give any support to your foot and ankle, and can go in any direction it wants to. It also harms the foot's ability to absorb shock. Nerve problems in the foot can present long-term problems as well.

People with flat feet or high arches should not wear flip-flops too often as well, for it can pose serious long-term problems. Normally, these types of feet will



lead to damage of the tendons and joint stability, but long-term injury from flip-flops may develop "chronic tendonitis or overuse injuries not only in the ankle but also the knee, the hip and the back."

The problem lies in wearing flip-flops far too often and for long distances. Do not wear them when driving, because it might get caught on the pedal or brake.



Have you noticed the weather has changed a lot these past years? For example, during the summer, there will be sudden bouts of cold chills. Because of global warming, many places are getting their "vice-versa" climates. And also because of global warming, planting and harvesting foods take more time and work. With the sudden climate changes, people are having trouble harvesting wheat. Bread, cereals, muffins, hamburgers, and all the things that are made of wheat--the prices are going to INCREASE!!! The difficulty will also cause less food production since the farmers won't be able to harvest the normal amount of

wheat.

Littering and pollution are just a couple of the many causes of global warming. There are however, many ways to fight against global warming, by finding ways to keep our ecosystem clean. Here are ten ways to "go green," from the World Watch Organization's website:

- 1.) **Re-route your commute:** Go biking, walking, or use public transportation.
- 2.) **Buy/Use used**
- 3.) **Buy Local**
- 4.) **Compost your food scrap**
- 5.) **Change the thermostat setting and install energy saving devices**
- 6.) **Skip the bottled water at the grocery or convenience store**
- 7.) **Make your own cleaning supplies**

World News

Wheat Prices & Going Green

From Time Magazine and World Watch Org
Ricardo Wu

- 8.) **Think twice about new electronics**
- 9.) **Add one meatless meal per week**





Local News

BAY AREA REMAINS WITHIN HEALTHY AIR LIMITS

Karen Choy

Information from CBS Five

Thanks to public transit use and afternoon winds, “Spare the Air Day” (August 29th) not only provided free transit for Bay Area residents but also kept the area within the federal and state limits for healthy air, officials said today. Another “Spare the Air Day” would follow the next day on the 30th, making three days the summer has offered free transportation on ferries and trains until 1 p.m. and free bus service all day, Bay Area Air Quality Management District Chair Mark Ross said.

About 6,700 more passengers rode Bay Area Rapid

Transit on the 29th, an approximate 2 percent increase from BART's expected load of 355,500 riders, according to a report released today. This prevented more than 294,800 pounds of pollutants from congesting the air, according to the statement.

Air quality spokeswoman Karen Schkolnick said, “By properly inflating tires and driving at the designated speed limit, vehicles receive better gas mileage and also produce less pollutant emissions”. Therefore, even when you drive, you can contribute to lowering gas emissions! However, “Emission controls in

vehicles are not set properly at higher speeds,” Schkolnick said. “While cars have the power to drive at higher speeds, they weren't designed to do so for extended periods,” she explained.

“If we make a habit of driving above the speed limit, we essentially are choosing to drive at a way that is more polluting than if we drove at the speed limit,” Schkolnick said.

Therefore, we can help even more by driving at the speed limit! Although two consecutive “Spare the Air Days” have been implemented this last week of August due to the hot weather and slow winds, Ross said another “Spare the Air Day” Friday is unlikely.

Magic Food helps you grow taller, energizes you, keeps you alert for class, replenishes and keeps your skin smooth, fights pimples, and builds your immune system. Magic Food is available for \$1.25 a bottle at Safeway. Caution: do not drink excessive amounts (i.e. a gallon). Drink a regular amount on a daily basis.

Myth No. 1

I don't need sunscreen. I'm spending the day inside. Remember that UVA rays can easily penetrate windows of cars, buildings, even airplanes. You might be very surprised at how much sun exposure you're getting. Daily SPF of at least 15

is a must.

Myth No. 2

It's best to put sunscreen on the second I get to the beach to maximize its effectiveness. Remember that it takes 30 minutes for sunscreen to adequately penetrate your skin. Put it on at home instead.

Myth No. 3

Between my SPF 15 moisturizer, SPF 15 foundation, and SPF 15 powder, I'm up to a total SPF of 45.

If only it worked that way. When you use three SPF 15 products, you actually end up with a SPF of ... 15. No adding.

Myth No. 4

I put sunscreen on my arms and

Health

Magic Food & Sunscreen

Myth Busts

Helena Tan & Karen Choy
[Fitness & health / Brian J. Sharkey.](#)
[Steven E. Gaskill.](#) by [Sharkey, Brian J.](#)
 Yahoo

legs, but the rest of my body is covered by clothes.

Careful - the average cotton T-shirt actually has an SPF of about 5, far short of your SPF 15 minimum. Be sure to cover your entire body with sunscreen before getting dressed. You can also purchase special sun-protective clothing through a variety of

Web sites.





College/School Tips Good Note-taking Tips for the Year

Jocelyn Lai
Information from Collegeboard

1.) Stay Organized:

- Keep all your notes together in familiar place, so that you will know where to find them.
- Put dates and page numbers on notes to help keep them in order; it'll be easier to look back at them later.

2.) Before Class:

- Take some time to carefully review previous notes and assignments before class.
- If you have any questions on the reading or notes, remember to write them down and get answers.

3.) During Class:

- A note-taking method called "The Cornell Note-Taking System" is a proven method to be effective by college and high school students.
- Cornell Note-taking: Take notes on the main section of your

notebook, but leave some space on the left side and on the bottom. Remember:

- a.) Take notes on the main points, not on every single word the speaker says.
- b.) Make extra spaces to put addition explanations for later.
- c.) Keep your writing as organized as possible and pay attention to emphasis and repetition.
- d.) Point out the main point and supporting points along the way.
- e.) Take notes on key vocabulary, key facts, and formulas.
- f.) Don't be afraid to ask questions, especially when you're confused. It's better to ask in class and while you still have the ideas fresh in your brain.

4.) After Class:

- When class is finished, review what you wrote.
- Use symbols such as highlighting and underline important information. If some parts are confusing, ask classmates or teachers for help.
- After, use the left side space (you left before) to put key words and make questions the



teacher could possibly ask on a test.

- Use the bottom space to create a summary of all the notes you've taken on that page; this helps you to digest the information and remember the notes.

5.) For Review:

- Now you've created your own study guide. Cover the main note part and only look at the key words and questions on the left as a small test.

6.) Stick to It:

- Always look through your notes after you take them (at least once a week) so you don't need to cram for tests. If this strategy doesn't work for you, as your friends or teachers for advice. Good note taking takes practice. The more you do it, the better prepared you are for college.

Buddhism Notes

The 3 Magic Powers

Karen Choy

After the Amitabha Mid-Autumn Bardo Deliverance ceremony on August 26th, Master Lian Zi and Master Samantha gave very valuable speeches on the importance of being free from suffering, and repentance, respectively.

Master Lian Zi spoke about a story of Siddhartha. One day, as he was giving lectures in a city he had traveled to, a person

told him that if he merely showed some supernatural powers, such as demonstrating flying from one end of the city to the other end. However, Siddhartha repeatedly refused. Later, Siddhartha gave a speech talking about the three special powers one receives when one becomes a Buddha. The first power is being able to control the five elements—air, water, metal, earth, and wood, and therefore be able to fly or become part of the water, etc.

The second power was being able to know everybody's karma and fate. The third, the most important, was none other than being free from suffering such as having no worries whatsoever. It wouldn't matter if you had inherited the first two, but not the last ability, because without it, you would still be vulnerable, and not free.



Entertainment

The Joys of Summer

Karen Choy

Information taken from All Music Guide, Wikipedia, and Music Genome Project

Songs of the Summer 2007

Love Me Like You-by The Magic Numbers

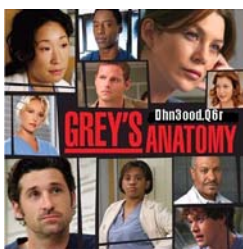
Led by Trinidad-born singer-songwriter Romeo Stodart (lead guitar and vocals), with drummer Sean Gannon, Romeo's sister Michele on bass and vocals, and Sean's sister Angela on percussion, glockenspiel, vocals, and melodica, London's *Magic Numbers* blend the melodic experimentation of artists like The Flaming Lips and David Axelrod with the sweet harmonies of '60s pop groups like The Lovin' Spoonful and The Mamas & the Papas. Set in major key, "Love Me Like You" is an upbeat song with an acoustic background, romantic lyrics, vocal harmonies, and a nostalgic resentful theme; feelings we often feel when good relationships or friendships end.

ABC on TV, album by Annemarie Annemarie, comprised of Dian (Bass), Tantri (keyboard and vocal), Inu (guitar), Jojon (bass), Iqbal (guitar, vocal), is an Indonesia indie pop, twee pop band that originates from Java, Indonesia. Their debut album, *ABC on TV*, is a spectacular mix of mellow, happy, pop tracks with an acoustic guitar background, and beats that are reminiscent of the 80's music. The vocals are soft, and cheerful, and most of their songs

incorporate bits of organ, piano, or electronica sounds, each ever so slightly overlapping the other into a soft mix.

Drama Review

Grey's Anatomy, an Emmy and Golden Globe award-winning Think of *Grey's Anatomy* as *E.R.* meets *Scrubs*. Dr. Meredith Grey, the main character begins the show as a surgical intern at the fictional Seattle Grace Hospital in Washington. By the end of the third season, Meredith, along with other former interns, had become residents. With wry humor, and a fast-moving storyline, the show ought to catch your attention. This drama also has many compelling stories, as each of the interns grow and endure the fast-paced job, lack of sleep, and ensuing relationships with the other interns and doctors.



Movie Review

A Battle of Wits

This film is set during the Warring States Period in China. As the state of Zhao is advancing to invade the city-state of Liang, Ge Li (Andy Lau), a Mohist, arrives at Liang to help protect the city. Ge Li promotes Mohism, which is actually pacifism and the spreading universal love. Not necessarily as gory as other historical films, *A Battle of Wits* promotes Mohism, and displays the natural unfairness of a society headed by tyrants, and the stubborn will to

compete and win. Absolute power comes with absolute corruption.

Book Review

Surely You're Joking, Mr. Feyn-

man by Richard Feynman
Nevermore will you read a more compelling, humorous, adventure-filled autobiography than Surely You're Joking, Mr. Feyn-
man. Richard Feynman is physicist, bongo drummer, professor at Cornell, and eventually professor at California Institute of Technology (otherwise known as Cal Tech), an artist, the first of his colleagues to attempt to learn Japanese while participating in research in Japan, a master of derivatives and integral Calculus at fifteen, an observer of ants and their behaviors, a lock-picker, a participant in the Los Alamos project (that's right—the Manhattan Project!), and of course, a very articulate and straightforward man—just read the chapter "A Map of Cat" where he requests the librarian to help him find "a map of a cat", which is in his literal terms, a map depicting the anatomy of a cat. Described as a "smiling professor who waits for us to sit down while still smiling and tapping his fingers against the desk," his contagious smiles and tales of adventure will really hit you hard.

