

the ECHO

Taichung, Taiwan

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A Love Affair

By: Maria Huang

That lanky body, the high waisted cotton shorts, the dusty brown hair that took the form of a mushroom cloud dodged here and there on the concrete pavement.



He dribbles down the court, sees the defense crowding in, fakes a player out, pulls up for a shot and Swish! Owwww~ Robinson for THREEEEEE~ As a young boy at the age of eight, Dan Robinson kept a notebook in which he played out his very own NCAA tournament. After arriving at Morrison his third grade year and watching the older kids play ball, "sports became a love affair," said Robinson, "I got into it and a lot of it was just watching the older kids." His 1822 points and 92-6 game record in high school remains part of Morrison sports legend. "I used to dream about it." said Robinson, "And it was even better than the dreams."

After his great high school experience,

Robinson played ball with the big boys at Westmont College. The college experience granted him early training with high quality coaching as both his college coaches later picked up the Lakers' whistle. Upon graduating college, Robinson took on coaching Freshmen and JV for two separate years at a public high school in the States. "[When] I first started coaching, I had no idea what the [high school] level was like because I had been playing at college. I had a freshmen team and we were losing by 50 points at

the beginning; I realized these guys are terrible! I didn't know that till we started playing other teams, but at the end of the year we were cutting that margin down and we won our last two games. The next year I moved up to JV with many of the same guys... and we went undefeated."

Continued On The Next Page...





At the superintendent's request, Robinson came back to Morrison where he coached JV guys for one year before filling in as varsity coach for Coach Bill Sergeant, who went on furlough. "I took the Varsity boys that year and had an incredible team. We cleaned up in Hong Kong and had only one competitive game against a team that was beating everybody by 40 plus points. We met them in the finals and beat them. That was my first year of varsity coaching and it was Mark Hefner's team. It was that year ('83-'84) that I really got into coaching." Coach Sergeant came back the next year and Robinson stepped aside, and coached the girls' varsity team. It was a great experience as he got the opportunity to coach both his sister and Beth Turner.

Coaching Insights

What's the most rewarding thing in coaching?

The most rewarding thing ... is when [I hear of] those guys [who] catch the life lessons and to hear them reflect on it: [how] they took it and transferred it into their own life. So, basically, just to see guys become men... better men.

What is the biggest challenge of being a Christian coach?

Overall: The biggest challenge is to keep your focus of why you're doing it. The main purpose of sports, especially in team sports, is getting life lessons, because you have every possible emotion there and you have to do it together as a group.

Myself: For me personally, [the biggest challenge is to] not let the competitive drive overtake it. I have to keep reminding myself what is really important.

If there's maybe one moment that is your favorite which one would it be?

1) One of it was our first Far East championship. That '99 team was one of the weakest teams I've ever had and it was our first year there. Now, this team improved a lot. They could never score but their defense just got stronger and stronger; then we hit that tournament. We still weren't scoring but we're beating teams in the 40s and as the tournament went on you could just see the guys buy in more and more. By the end, every possession was tough for the other teams to score and we would

After coaching his sister, Robinson went back to California and met the woman of his dreams, Doni, whom we now know as Mrs. Robinson. His plans to come back to Morrison were delayed for that very reason. When he did get back to Morrison, Robinson picked up where he left off: coaching the girls. The following year, Sergeant went on furlough again and it was good timing because that '95 team had a lot of talent. It was that year, that a Stars and Stripes reporter discovered Morrison and pushed for our teams to be a part of Far East. "This team got me turned back to [coaching] again," said Robinson. When Sergeant came back from furlough, he was ready to step down from his position as head coach, but the Robinsons were expecting Grant, so

Robinson did what he needed to do and stayed at home. While thinking of putting his whistle in a box for a while, the chaplain at that time, Dave Kriehn, worked hard at getting Robinson to coach again. "I will do whatever you need," Kriehn said. From that point on, Robinson stayed in the game. His nineteen years of coaching Morrison varsity men's basketball, two years of varsity girls basketball, one year of junior varsity and three years coaching in public schools add up to a very impressive record of twenty-five years. A man who lost his mustache and his hair to this game must have acquired many insights from his experiences. Mr. Robinson agreed to share some thoughts with me during an interview.

just squeak out the win. We squeaked it all the way up to the championship game! That was a highlight because I remember being so happy for those guys. They were such a surprise because it was a mediocre season and there they were [with the championship].

2) Here's an opposite one: Two years ago the team with a 35-0 record were operating at the highest level basketball sense-wise. They weren't the most athletic or talented group but it was just pure beauty of basketball operating at the highest level I've ever seen in my career. We took on two really big challenges because every game was a big blowout so they weren't being tested. Therefore we took on Ching Nian, one of the top teams on the Island. We especially made it a challenge by going over to their place. We go down 11-0 in the beginning, but the guys didn't panic. They cut back gradually and we won by eight. That was a great game. They did it by just playing their system. I haven't seen any high school team play at that level so that's a highlight. It was good because there were a few on the team that were really strong-willed that I could've clashed with and that I have clashed with and I was worried going into that season. But they humbled themselves and sometimes they sacrificed their stats, which is really big for these players. That was a highlight for me... that they would sacrifice themselves for the better of the team.



What do you think makes a player or team good?

Well, I'm huge on this. This is what gets me angry in a game. You have to be all in. You have to give it 100% and if you're not especially [focused] it shows on defense and you're hurting us all... You get a huge advantage over other teams if you decide every possession is a game. Once you reach that level [of thinking]...you have a huge advantage over the average person who doesn't think that way and you run off a string of easy buckets. That's the difference of the game even if they are better than you; you can beat them just because of that. For some guys [this way of thinking is] so much not in their personalities that they can't even see it and this really shows on defense. Part of the system, part of the philosophy is that the average person cannot keep that kind of focus for the entire game. If you can, if you're able, this is going to be the difference of the game when the teams are even.

What are some of the life lessons you mentioned learning from basketball?

1) No matter what happens, you've got to stay with your system; trust your system and trust your team. Even if you go down 20-0, you have to take it for something good and stay together with your thing. Don't panic [and don't] try to do it on [your] own...[because then] you're doomed.

In Hong Kong the '95 team got down to 18-0 in the semi final so I told them "We will get this back. we're going to get this back. do you believe this? It will be gradual. Just stay with it." That's exactly what they did. They just fought back. That's a terrific life lesson. You can not just explain it to someone. If they experience it in something like sports they'll know it's true.

2) You gotta ask yourself "Why are you doing this?" and most of the things in life are going to get down to one of two things: a. I'll do it for myself b. I'll do it for a bigger cause. [If you choose a, it] basically gets down to [pursuing] self glorification

Fun Facts:

Favorite NBA team: Lakers

Favorite NCAA team: UCLA

All time favorite basketball player: Jerry West

All time favorite coach: John Wooden

You have got to ask yourself [whether] I'll do it for others [or] I'm gonna do this for God. The [latter has a] whole other level of joy that is not easy to come by for most, so that's a huge lesson.

As Ecclesiastes chapter three mentions, "There is a time for everything... a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing." Two years ago, legendary Coach Robinson made a decision to step down from his position as varsity men's head coach after twenty-five years of coaching. The Robinson Basketball Era thus ends with the graduating class of 2013 but his wisdom, insight, and Christian example still lives on with us.

Year	Wins	Losses	%
84	17	3	0.850
87	16	9	0.640
95	21	8	0.724
97	16	9	0.640
98	16	13	0.552
99	19	8	0.704
2000	26	7	0.788
2002	32	4	0.889
2003	23	3	0.885
2004	27	3	0.900
2005	22	3	0.880
2006	26	3	0.897
2007	22	15	0.595
2008	29	8	0.784
2009	28	6	0.824
2010	27	5	0.844
2011	35	0	1.000
2012	30	1	0.968
2013	18	10	0.643
TTL	450	118	0.792

Spiritual Life Week: Nathan Clifton's Words of Advice

Heleen Hsu

Spiritual Life Week speaker Nathan Clifton has been talking to the high school students of Morrison Academy about a broad topic, one that many students are familiar with: love. Tracing back to Sunday school topics and elementary teachings about God's love, it is pretty obvious that a majority of the students who have been around a Christian environment for a time in their lives would have a good mindset on what God's love is about.

But Nathan's topics were not only about God's love. His experiences with dating have gathered him the courage to speak to share his philosophies with students. Nathan has confessed that he has regrets and was unsatisfied with his high school days. His speaking has led to a familiarity among the high school students, as he puts himself in their shoes.

Firstly, maintaining a perspective in high school is key to avoiding going astray and making the wrong decisions. One of the ideas that he mentioned is to understand that sacrificial love is really understood in marriage and we should not confuse this type of love with the perceived "love" that occurs in high school dating. He mentions that his relationship with his wife, Shannon, is very rare as it turned out differently to many high school sweethearts. The friends he had in college were surprised that their relationship would last so long!

His advice for couples dating in high school: "Don't go to the same college!", as he explains the awkwardness and displeasing outcome after the breakup. Nathan believes that the majority of high school couples would not last during college, explaining that one should be aware of a concept called "choco-love". The concept of "choco-love" is what girls should be aware of as "it is when guys consume girls for benefits."

Concluding the topic of dating, Nathan turns to another topic as he reflects back to how he wished that he could've act-

ed while in high school. Nathan wishes that he could've reached out to more people in high school in the area of sharing God's love through friendship and care. Nathan regrets his obsession over discus throwing and encourages high school students to step out of their comfort zone and take a step forward in engaging and communicating with different people. Most importantly, one should leave a legacy! Look around, do you notice people who you've never talked to, but pass them all the time? Shake off the pride and fear that is in the way and approach them!



Photo By Steve Sang

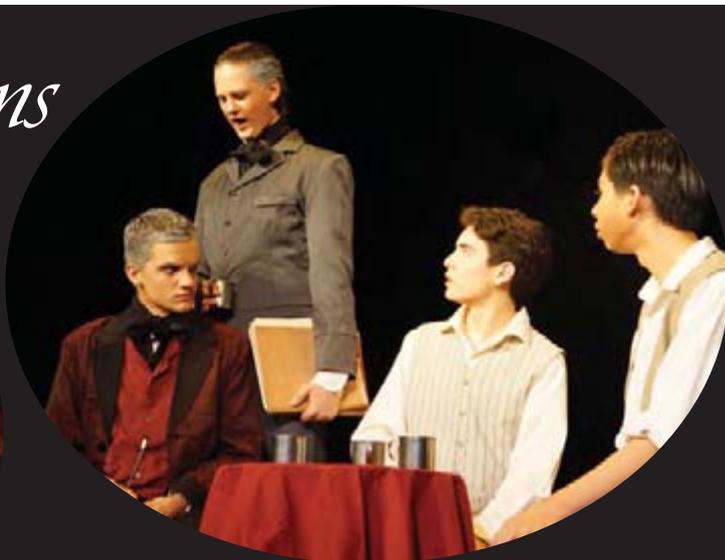


Photo By Steve Sang



Photo By Steve Sang

Great Expectations



“DELEGATE, YOU HAVE BEEN RECOGNIZED”: Why joining Model UN was one of the best decisions I made

TIFFANY YEH



Last fall, going through the college application process forced me to evaluate what was most important to me. How did I spend my time, and why? After hours of staring at the Common App website and writing essays, I eventually narrowed down my long list of extracurricular activities to my favorite three. Model United Nations (MUN) was one of them.

I first heard of MUN when I was a freshman. At that time, MUN was still a big thing at our school. It's strange that Morrison's MUN program has shrunk over the years, because on a global scale, MUN's popularity is growing exponentially among high school students. But never mind—my point is that the longer I participate in MUN, the more I like it. Here are several reasons why I think everyone should join MUN. Okay, maybe not everyone...but still. MUN is so underrated here at Morrison.

1. *MUN makes you more aware of what's going on around you.*

Don't you hate it when you tell someone that you live in Taiwan and they're like, "So how's Thai food?" [Face-palm.] Well, imagine going to college and confusing Israel and Palestine when conversing with your Israeli roommate. Similar embarrassing situation, but much more offensive! Participating in MUN has shown me how important it is to keep up with current events. In fact, cultural awareness is almost a "must" for mixed culture kids like us. Most of us are going to be living abroad for a period of time (if not for the rest of our lives), so having a global perspective makes us not only good ambassadors of where we come from, but also quick adaptors to any new place we find ourselves in.

2. *MUN makes you more open-minded.*

In addition to debating on global issues, MUN delegates represent nations that they have absolutely no connection with. It's like temporarily taking on a new identity. You are no longer Taiwanese, American, Canadian, Korean, Australian... you can fill in the blank. You are now a spokesperson for Algeria, or Mexico, or Sweden! Tackling big problems from another country's perspective teaches you that the distinction between good-and-bad or right-and-wrong is pretty blurry in politics.

What works best for one country doesn't work for another. By doing MUN, you become better at understanding the motives behind national policies and you become slower to judge or criticize.

3. *MUN hones your communication skills.*

Forget about Speech class—just join MUN! (Sorry, Mrs. Gibson...)



MUN is great because it integrates public speaking, reading, and writing. You learn to read articles quickly when you do research on your country and issues. You practice formal writing when you draft your resolutions. The best part is the speaking. If you're a great speaker, MUN is definitely for you. You'll learn how to make impromptu speeches and answer unexpected questions on the spot during debate. If you're not too comfortable speaking

in front of a large audience, that's okay, too! MUN meets you where you're at—you won't be called on unless you raise your hand. By speaking a little more each time, you'll eventually conquer some of those butterflies in your stomach and gain confidence in your public speaking.

4. *You make new friends at MUN.*

I'm not a social butterfly. I'm scared of going up to random people and saying hi. But in MUN, it's really hard to NOT make any new friends! When you discuss, argue, negotiate, write, laugh, and pore over a resolution with a couple of people for an entire day, you grow on each other. It's even better when you go to an international conference like THIMUN Singapore because you meet people from all over the world (literally—one guy that I worked with and befriended was from India; another school came all the way from Europe). Expect your number of Facebook friends to surge after attending a MUN conference.

I hope that some of you will be interested in MUN after reading this, because I love MUN and I know you will too! If you are interested, you should talk to Ms. McCoskey (our school MUN director). You can also talk to me if you have any questions. I won't bite. But for now, this delegate yields the floor back to the chair.

World Events

Caitlin Bridges and Micah Cross

Asia

Due to new international sanctions directed at their nuclear program North Korea has once again broken treaty agreements with the United States through the UN by threatening nuclear strikes. By placing sanctions, a method limiting trade in order condemn the governments actions and hopefully make them cease altogether. The U.S and North Korea have had not been at war since 1953 many threats have been made by the North Korean government with this threat being the first given by Kim Jong Un who some suspect is being manipulated by his hand line uncle. Their was hope for better relations with the international community since the death of Kim Jong II but only time will tell.

Europe

For the first time since 1415, a pope has formally resigned from his position as head of the Catholic Church. Pope Martin Benedict resigned from his position due to failing health issues after only eight years in the papacy, an extremely short stay compared to his predecessor John Paul II who was in office 27 years. Cardinal Jorge Bergoglio is the first Latin American Pope He is now named Pope Francis.

South America

The former president of Venezuela died March 7th in Caracas, age 58 after a long battle with cancer. Although some-



what popular in his home country he is most known in the international community as the first of many leftists leaders in South America, adversary to the U.S and founder of what many would call idealistic but unstable government programs. A man responsible for much conflict between North and South America, Chavez will be succeeded by his vice president Nicolas Maduro for thirty days before elections are held as per Venezuelan law. It will be interesting to see how the new administration handles the new foreign relations.

Africa

Mali a country in Africa around double the size of Texas is finally finding some stability after complicated civil unrest, regime shifts and al-Qaeda linked insurgent activity in the north. Islamist fundamentalists had shown increased aggression in the North and as former ruler of the nation the French military stepped in to provide assistance and drive the extremists out. Within a few weeks Mali was mostly stabilized and France has reported they will stay their until July to keep the peace.

GANESH REVIEW

CALEB STRANGE

The Ganesh Indian Restaurant offers a relaxing environment and a variety of traditional Southern Indian cuisine. The restaurant is run by Kongba Tenam, a Tibetan man who grew up in India, who made us (me and my friends) feel quite welcome, seating us and giving us a round of Cokes on the house. He himself was the one who actually waited on us, and it seemed like they had one other person there waiting on tables. The menu included a wide assortment of Indian entrees with spices varying from mild, medium, to very spicy. I ordered the chicken curry with medium spice and that was enough flavor for me. My companions both ordered the butter chicken, which was different from the curry because the chicken curry was steamed where the butter chicken was cooked and then baked in an oven. The butter chicken was more of a thicker curry and in a deceptively big bowl The whole exotic theme of the place makes you feel, well, not in Taiwan and there's always a Bollywood film playing. All in all, Ganesh is a restaurant that you can go to for good food and fun time.

Ganesh is an Indian restaurant located on 97, ReHe Rd, Sec 2.



Class of 2013, Stop Shuffling

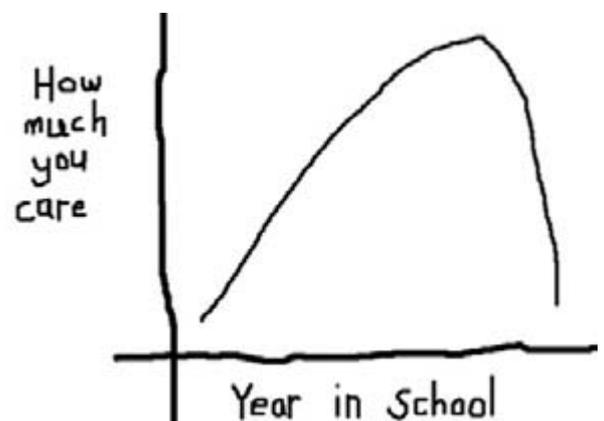
Florence Davidson

Much like the zombie apocalypse, no one really knows what to make of the first symptoms. Perhaps the first sufferers feel their brains slowing down, or just a general resistance to their classes. After winter break and with the onset of the second semester, though, most everyone who is facing graduation has gotten infected. That's right – it's senioritis. By spring, experts predict we will start eating our own brains rather than let them absorb any new information. We, the senior class of 2013, will cut class to aimlessly wander around the plaza, wearing ratty pajamas.

Senioritis affects pretty much everyone, but that doesn't mean we're doomed. According to Time Magazine, "The best cure for some cases of senioritis is a strong dose of reality. More than 50% of students entering college in the U.S. require remedial course work once on campus." It looks like you should attend that class, even if it's hard to concentrate.

On a personal level, though, senioritis is a pretty big deal. I have felt my will to live slowly drain away as school came looming up in my Chinese New Year break. But if you do a quick search on sappy senior yearbook quotes, you'll notice a trend ... senior year, whatever it is, is not about the end. It's not the last leg of a long race that you don't want to put any more effort into. It's the beginning. The beginning of college, of living alone, of moving to a new country ... whatever the end of senior year, one can predict that your life will be pretty different from here onwards. That might be a happy prospect or a scary one, but whatever it is, it isn't boring.

We should focus on that as we move on to the next year. As we exit senior year, let's make it memorable. Let's refuse to succumb to the alluring infection that will make the last semester of senior year a gray, unmemorable haze. We have about three months left, people. Class of 2013 – we're almost done this phase – and we're going on to bigger and better things. But while we're still here, let's try and do some things that make Morrison legend. Whether it's breaking the record for hours of community service done by a senior class, or sneaking a rabid donkey into school, let's be awesome and leave a legacy. Cast off your zombie selves and jump into the rest of the year with both feet. Let's exit this year with a bang.

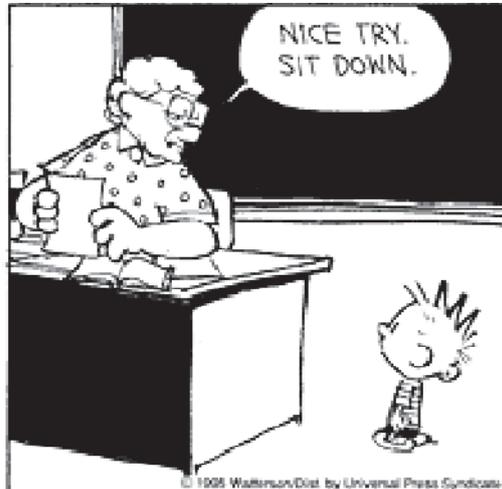


SENIORITIS EXTRAS

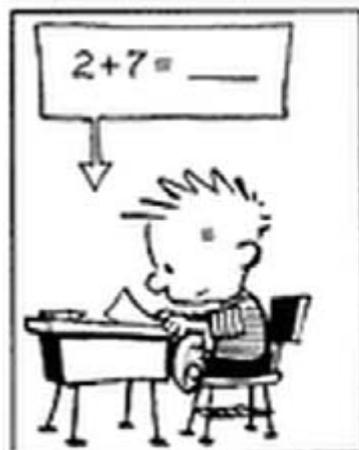
1. Explain Newton's First Law of Motion in your own words.



YAKKA FOOB MOG. GRUG
Pubbawup zink wattoom
Gazork. Chumble spuzz.



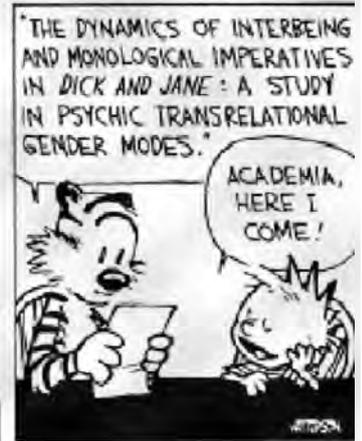
I GOTTA LEARN HOW TO WRITE IN CURSIVE.



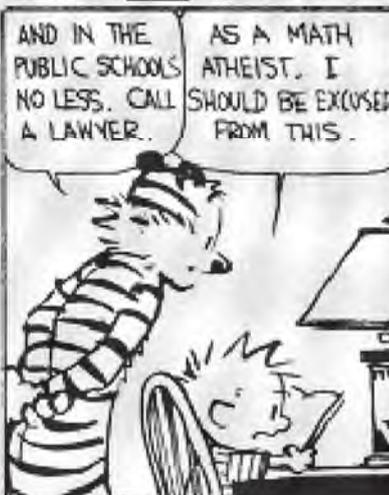
I cannot answer this question, as it is against my religious principles.



SENIORITIS EXTRAS



YEAH. ALL THESE EQUATIONS ARE LIKE MIRACLES. YOU TAKE TWO NUMBERS AND WHEN YOU ADD THEM, THEY MAGICALLY BECOME ONE *NEW* NUMBER! NO ONE CAN SAY HOW IT HAPPENS. YOU EITHER BELIEVE IT OR YOU DON'T.



I DON'T WANT TO GO TO SCHOOL! I HATE SCHOOL! I'D RATHER DO ANYTHING THAN GO TO SCHOOL!



What your Facebook profile says about you

Mary Liu

Most people by now have a Facebook account. It is how many communicate with each other. Some say it's like prison; you sit around all day, poking each other and writing on walls. Each profile is different and unique, but what underlies the information you give out? What does it mean if you like everything you see? Why is your profile picture your cat? Why do you post once a minute? Here is my psychoanalysis of the average Facebooker.

The Name

On the Internet, no one knows you're a dog. Or whether or not you're using your real name. People who take on different identities realize the flexibility of social networking. Facebook doesn't care if you spell your name differently from your birth certificate, or if you completely made up your middle name. Some assume the nickname they were given by others, and some change their last names to one of a celebrity to live their dream out online.

The General Info

The ones who put their real information: The ones who like themselves. They are the ones that are proud of their accomplishments or school. If you go to Harvard, you are more likely to flaunt it than a small community college student. These are the confident people who are somewhat prone to taking "selfies," and are generally louder and extroverted in public. They have a way of making themselves known. But be careful, because the more conspicuous you are online, the less private your life is and it can be dangerous.

The ones who don't: Ah, fantasy. These are the people who say they go to Hogwarts or Camp Half-Blood. They can live in Hyrule or Middle Earth. In the work field, they may put Krusty Krab or Black Mesa. A zombie killer or psychic detective. It varies from fandom to fandom, and this group spends more time in la la land than in reality. They are often in front of a screen or immersed in a book. You know what they say, "it's not that I don't have a life, it's that I choose to have many."

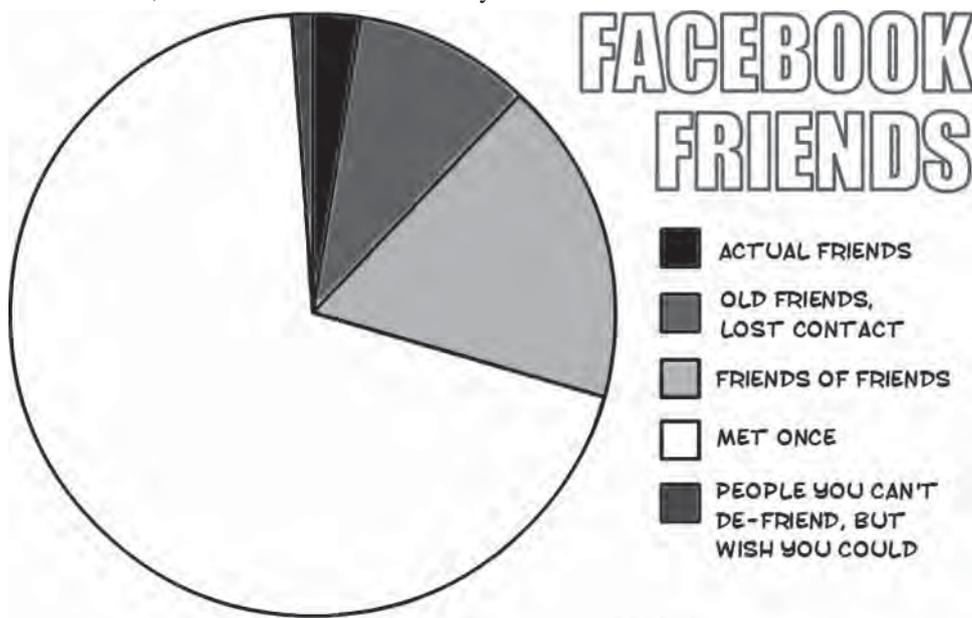
These people are active on the Internet but have a tendency to be socially awkward. If you know someone like this, that person is probably really funny in a sarcastic and satirical way. Do not be afraid to approach them; they are more afraid of you.

The Profile Picture and Cover Photo

The ones with their faces: This faction of Facebookers are confident with their looks. Egotistical. Unafraid of attention and proud of that MySpace arm. Pay attention to the face made; someone with a simple, closed smile might be anal-retentive. If someone makes a goofy face, it can reflect the way that person normally acts. An open mouth signifies a big mouth and talkativeness. If he/she wears a bright smile or was laughing in the photo, he/she is likewise a happy person. In one research, a westerner is more likely to put a picture of just him/herself. Asians like community and will often put a picture with other people.

The ones with Google-found pictures: Or Tumblr. This category is for the people who would rather not expose themselves to the rest of the Interwebs. They are ordinarily camera shy. Studies have shown that the insecure tend to fall into this one, putting a picture of something else in place of how they really look. Another reason could be that the person was promoting an event by making the flier as the picture, in which there isn't much of an explanation beyond that.

The cover photo: This is a direct correlation to your feelings. If it's of a sunset or beach setting, that person is probably a romantic. He/she is relaxed amidst the craziness going on. On the contrary, this person might be exhausted from responsibilities and is looking for a getaway, dreaming of being on vacation. If the photo is a group photo, that person values friendship and being around others. If it is from an event (a party, soccer tournament, conference, etc.) he/she is reminiscing and wants everyone to know about how great it was.



The Posts

Status updates: A lot of people see Facebook as a means of communicating with more than one person at a time, and even hundreds at a time. The original intent of statuses was for you to tell your “friends” how you are feeling, or your “status.” If you made your Facebook account before 2010, you will probably remember back when every status began with “is.” The default structure would be “[Name] is _____.” As time went on, the nonconformists chose to post things unrelated to their current mental state, and now everyone is free to post whatever they want. If someone is posting about the death of a family member, he/she could be looking for sympathy. Someone could use the status feature to write an ode and express love for something. Frequent posters can mean many things: one could be uber excited about something, bored, boring, or even subtly be trying to grab the attention of another.

The sharers: These are the people who like a ton of pages and then share everything they find interesting. They are the entertainers. The ones who want to brighten people’s days (or bring them down by posting depressing things, in which you should watch out because they may need serious help.) The sharers usually have a timeline that competes with 9gag.

The Likes

The obsessive likers: Obsessive likers pretty much like everything appealing on Facebook. These people see a funny

quote and immediately click “like” after reading it. They like all the pages of their favorite food. They like their favorite colors. All of their favorite artists and politicians. When an obsessive liker posts something, he/she will like every single comment made by others. These people will tell someone “I love your shirt!” if they really like it. They are open and find it easy to express their feelings towards something.

The obscure likers: OBSCURITY! These likers rarely like pages, but may occasionally click away at posts. These people might be introverts and don’t reveal themselves as much. By not liking something they may find funny or interesting, they are keeping those feelings to themselves.

The balanced likers: This group of likers is emotionally stable and does what he/she wishes. The gist is “If I like it, I’ll click like. If I don’t, I won’t. Simple as that.”

Social networking was popularized by MySpace, founded in 2003. It has since had many competitors, most notably Facebook. Not each and every aspect is covered in this article. This was written in an exaggerated manner out of participant observation, and not meant to be taken offensively.

Disclaimer: Not each and every aspect of Facebook is covered in this article, and not everyone will agree with everything. This was written in an exaggerated manner and not to be taken offensively. Thank you.



Burger Joint
7:30-11:00

Burger . Milkshake . Brunch
Coffee . Beer . Fresh & FUN

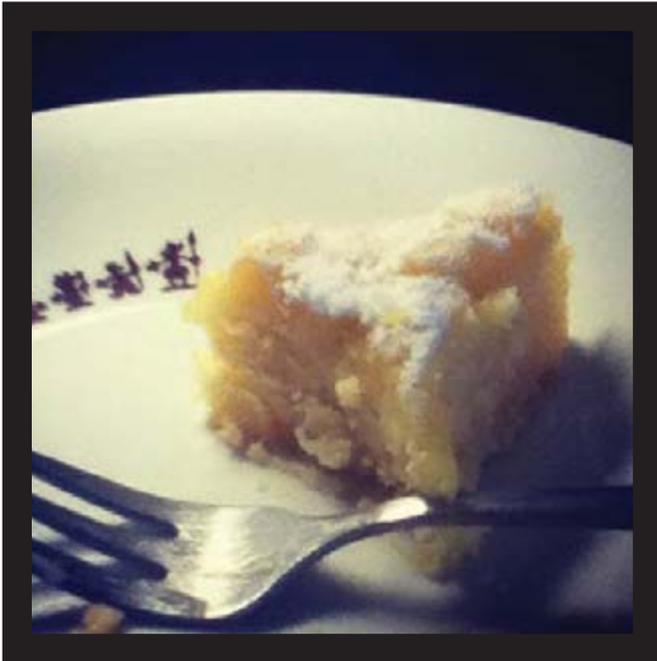
Chaofu Store / 252, Chaofu Rd., Taichung City (behind Tiger City) / 04-2252-3309

Huamei Store / 410, Huamei St., Taichung City (behind Sogo) / 04-2326-7339

* show your valid Morrison student or faculty ID and get 10% off

Baking is My Therapy!

Heleen Hsu



As I look back at the different things in my life that make me happy, it all goes back to my family, the crazy times spent with my friends and of course, my hobbies. The joy and freedom obtained from the enjoyment of my hobbies is a get-away from my frustrations.

When choosing a hobby, I have found that the hobby, most often, chooses you. As you do that activity, you'll find that it makes you feel lighter and often makes you forget the world around you. One of my hobbies is baking and I'm sure that it is the same case for many of you as well.

Some people don't like the patience and precision in the process of baking, however that's what I do like! I see baking as a way to escape the stress or just an activity to master when it comes to a peaceful Sunday afternoon and I have no plans scheduled for that day. According to Dr. Russ Harris, he says, "If you think of therapy it means healing. So if you're stressed or wound up, the best thing to do is to engage in a meaningful activity." This is exactly what you should do. And I've found out that baking feels like a therapy to me.

With just four basic ingredients: flour, sugar, eggs and milk, you are able to create a simple, yet yummy dessert. The accomplishments are what motivate me to keep baking. Just like with my grades and classes, I have this ambition to keep trying until I get what I want. I could stay up all night until the sun rises just trying to get things done.

When the dessert is finished and I look at the results, it makes all that hard work worthwhile. The moment you set your palm on that oven handle and slowly pull it down as you feel a wave of heat shooting at your face and the vanilla scent filling up your nose. The smiles, gratitude, compliments and words of affirmation spoken to me as well as the scent and sight of the overall result in the oven, all contribute to how much of an accomplishment I have made.

Practice makes perfect! No one says that you have to be good or talented at something in order for that "something" to become your hobby. What really matters is whether or not doing that "something" makes you happy and relieves you from stress. Remember, you will get better at it as you keep practicing and just doing it. The good feelings that you get from the experience will all pay off the time and effort!



Track and Field

Alex Conn

Move over volleyball, basketball, and soccer—track and field is finally here! The seventy-five runners competing on this year’s team demonstrate a high level of athleticism, stamina, and sportsmanship. Although there has only been one meet to this point, the team has already made a good impression.



Conrad Noble confidently running past his opponents



Paul Liao challenging Mr. Sheppard’s distance on the discus throw.



Mr. O maintains his composure while competing against fellow athletes.



A strong finish for Rachel Strange in the 50m sprint

Varsity Men's Basketball

Stephen Tong

From the beginning to the end of the 2012-2013 Varsity Basketball season we went through hardships. Everything from injury, to negative thinking. But this is definitely the team that has grown the most throughout the season out of any team I have ever been a part of. The team had some pretty big shoes to fill, following a nearly perfect season the previous year. And having lost almost every player from the team. Grant, Alan, and I were the only returning players.

During the season we lost many games and our confidence dropped considerably. Especially having the unfortunate injuries of Albert's ankles, Grant's groin, and my finger. At this point we went into Christmas break. During this break there was a lot of hard work behind the scenes and it would surely pay off. People all did different amounts and varieties of workouts and preparation. For me personally, it was purely about my dedication to the team and to the game. I spent the majority of my time all break stretching the ligaments in my finger and enduring rehab, with only one thing in mind. Playing ball, and giving everything I could to my team.

The day after break ended we had a game. And our entire team was back on the court. And I am proud to say that from that moment on I could see a new team running up and down floor. Something happened that had inspired each player on the team to play their heart out every game. We continued to work hard in practice and grow as a team in our offense and defense. We began to trust each other more and more as teammates, and before we knew it we were closing in on the Fareast tournament. The moment had finally come, for all of the seniors it was our last tournament, and for most of us it was our last chance to show what we've got, and to play the game

we love. But we had a rough start losing to M.C Perry right away. I could tell our team's confidence began to drop slowly again, but coach Robinson is not only a great coach because he understands the game and what to do. But also because he is a coach that cares about you. He put the effort into making our team a stronger team physically, emotionally, and spiritually, and it paid off. He continued to encourage and inspire each player, which led us to our first win of the tournament against E.J King.

From there things started to look better for us, especially after defeating Zion in an intense game in which we scored 97 points. But then, when all seemed to be going our way, we lost to Edgren. Because it was our second lost of the tournament, we were officially out. And were going to play again for 5th place. Everybody was disappointed, and didn't have any desire to put their all in this last game. But then we found out who we'd be playing, M.C Perry.

The team we had lost to at the beginning of the tournament was going to be our final game, and there was not a single person on the team who was willing to lose. We went out there, and although we didn't play our best game of the season, we left all we could out there on the floor and we endured the end of the tournament.

Although it was a rough season, and although we had a lot of injuries and losses. It was an amazing season for each player and for the coaches. We all grew heavily in becoming men and made a real impact on each other and those around us. And for what it's worth, I am proud.



More Than Just A Banner

Maria Huang

Four years of walking into the locker rooms, putting on jerseys, going to practices, warming up for games, icing injuries, and sitting in the team room can go by really fast. It felt like just yesterday when I had my first tryout, ran my first suicide, picked out my first jersey, and played in my first tournament. Hitting the last end of the school year and the basketball season, one cannot help but think: That's it? What was all that for? Fun? Although sports does bring about a healthier body, create friendships, and teach us lessons, as a person looking to fit sports in the grand scheme of things, I could not help but feel a little dismayed. Sports only made it easier for me to analyze my own achievements, to judge myself based on performance and on others' opinions. I didn't truly understand how sports could glorify God till I finished this season.

To be honest, the excitement of breaking the thirteen-year drought and bringing back home a banner could very well pass into oblivion after one week of celebration -- but a lasting testimony has kept my Far East memory alive. After our team finished the championship game, a lady at the score table approached Coach Heinsman and asked her, "Are you guys from a Christian school?" "Yes." Heinsman replied. Then the lady said, "As another Christian, I want to let you know that it shows." The value of such a statement is so much greater than a victory banner; it sufficed my desire to see sports as part something greater than my own achievement.

Even with that sense of fulfillment, the time effort and heart put in by the team to earn the banner cannot be

undermined. Those six days spent at the snow-covered Misawa camp, manifested the potential influence fellowship between nine girls can create. Captain Victoria Huang says: "What really amazed me was how much bonding time we got with each other during the season, but especially during the Far East Trip...I think the main reason our team did so well this year



was because the chemistry we had for each other was stronger than that of any of the years I've been playing basketball." The chemistry that the team possessed was enough to make anyone excited. One simply knew something cool was going to happen when

Hanna yells out the 'Eeyy!', when Karen puts up her arm, or when Nicole gives out "the look". In addition to good chemistry, Coach Turner adds, "...[The] two factors that separated us from our competition...was that we had more depth than the other teams at Far East (Several teams had good players, but our bench play was stronger than theirs)... [and] that we played consistently fundamental and smart defense. When we faced a



team that had just one or two offensive threats we were able to adjust defensively to make it really difficult for them to get comfortable in their offense. This year's team had a high basketball I.Q." Thus the banner traveled back to Taichung, but what came out of this season was more than just a banner.

P.S. From Karen Yates to the babies: "Make sure you leave all drama off the court and most

importantly, glorify God in your playing. I'm so proud of all of you. I'm your number one fan AND I'll be seeing you in the alumni game."