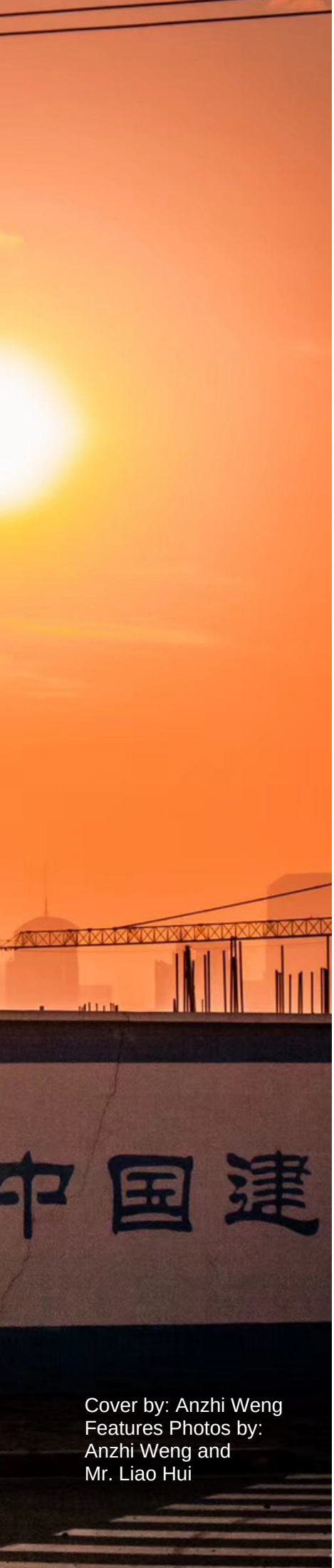
Persistent, Aspiring, Noble, Diligent, Achieving

SHSID TIMES

January-March 2020 Edition

PAUSE FOR NOW



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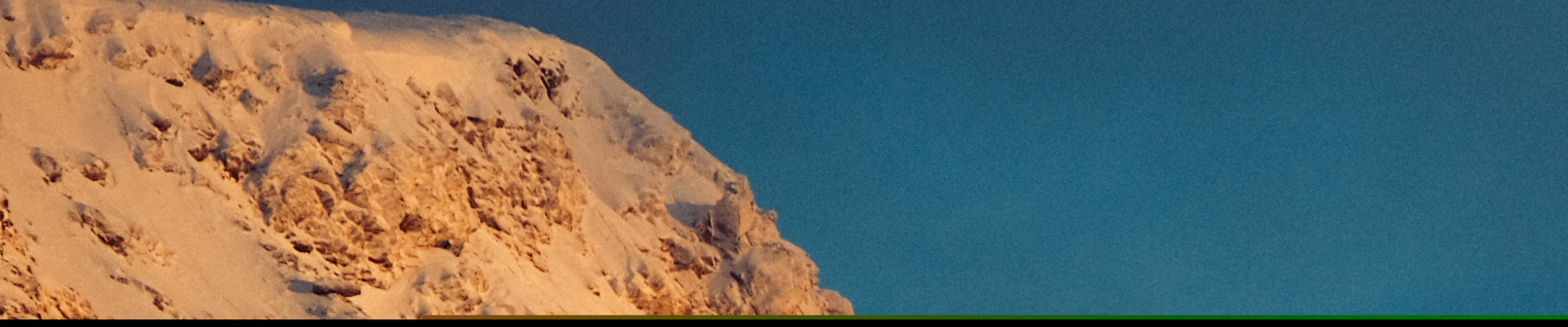

Letter From the Editor

Dear Readers,

Heading into a new decade, I can't help but think about the past. Themed PAUSE, the January-March M L Q \ Q W V \ I X [Q V \ W Q V L Q ^ Q L] I T [¼ Z M A In the Cover Story, two seniors speak about how they have learned to take time out of their fast-paced lives to breathe. Whether it is to have brief intervals of retrospection during showers or take walks on bridges, J W \ P M U X P I [Q b M \ P M Q U X W Z \ I V K M I V pausing and breathing. Meanwhile, literature writers delve into numerous characters' thoughts when time stops. They take you on journeys of regret, stress, and most importantly, growth. Lifestyle and News examine various topics including ASMR, VSCO, and internet celebrities, all of which people spend time on for short escapes from our stressful lives.

As we start a new semester, Times hopes that you K I V X I] [M I V L \ I S M I J Z M I \ P \ W Z M Æ M semester and set your goals for the upcoming one. Regardless if you plan out every moment of your life or just experiment with thoughts as they come along, remember to take breaks whenever you need to. Rather than derailing you, these "pauses" will help you clear your mind and make you more productive. View every one of these moments as a chance to grow.

Sincerely,

Niketa Kou

Niketa Kou, Director of Photography

FORUM

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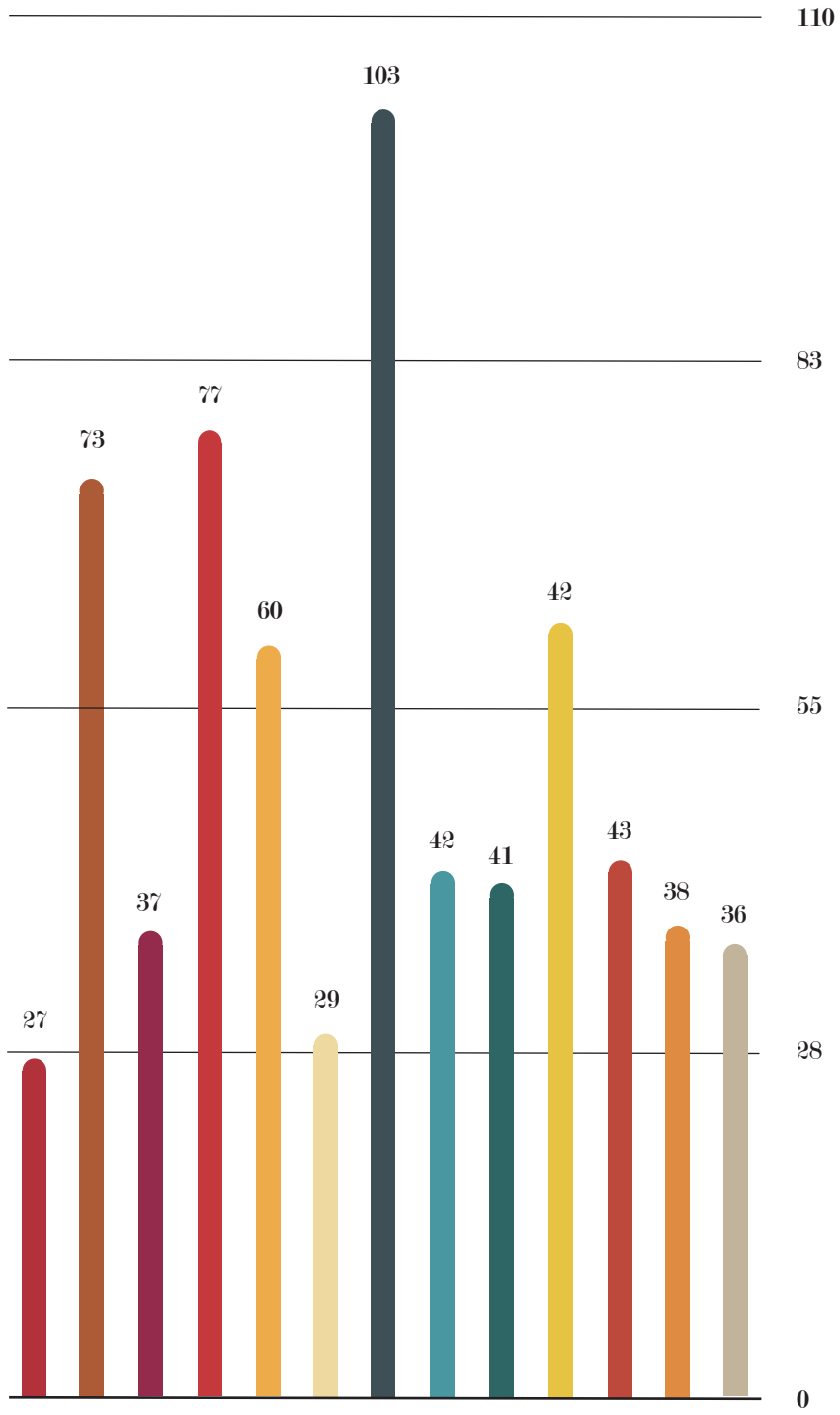
Whether it's comments, critiques, concerns, or other stories, this section seeks to highlight the importance of everyone's voices. To join FORUM, readers are welcome to submit either written or visual pieces or participate in the online polls on the Times W{KQIT IKKW]V\ ) KWTTMK\QWV WN []JUQ[[QWV[I
every printed edition to showcase the diverse ideas on campus.

Email your submissions to shsidtimes@hotmail.com and follow SHSID|Times on WeChat to participate in our onlin

WHICH EMOJI BEST DESCRIBES YOUR MOOD IN THE LAST TWO MONTHS?



LETTERS

ON “HOSPITALS LACKING YOUNG BLOOD”: NOV-DEC 2019 ISSUE

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nitely not in urgency.

The article mainly addressed two main issues: 1) why blood donations are needed and 2) Why
JTWWL LWVI\QWV[IZM TIKSQVO .WZ \PM ÅZ[\ [MK\QWV [\I\Q[\QK[
of blood were impactful, reminding of cases in Tibet where thousands of patients die every year
due to its rigorous geographic location and a lack of an accessible blood transfusion. The article
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raise awareness on importance of blood donations.

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of disincentives that blood donations could possibly propose, such as potential threat of HIV
through reused needles. The lack of a broader perspective on such issues results in the absence of
a solution for people to recognize good institutions while putting in actual consideration, not just
blindly devote themselves to a seemingly good cause.

- Harry Lee 9(7)

ON “BREAKTHROUGH IN CHINESE FILMS”: NOV-DEC 2019 ISSUE

The article “Breakthrough in Chinese Films” takes a unique perspective on the development
IVL \ZMVL[WN ZMKMV\ +PQVM[M ÅTU[IVL \PM +PQVM[M ÅTU QVL]
article, I thought it would be an ordinary movie review that provides only summaries and opinions
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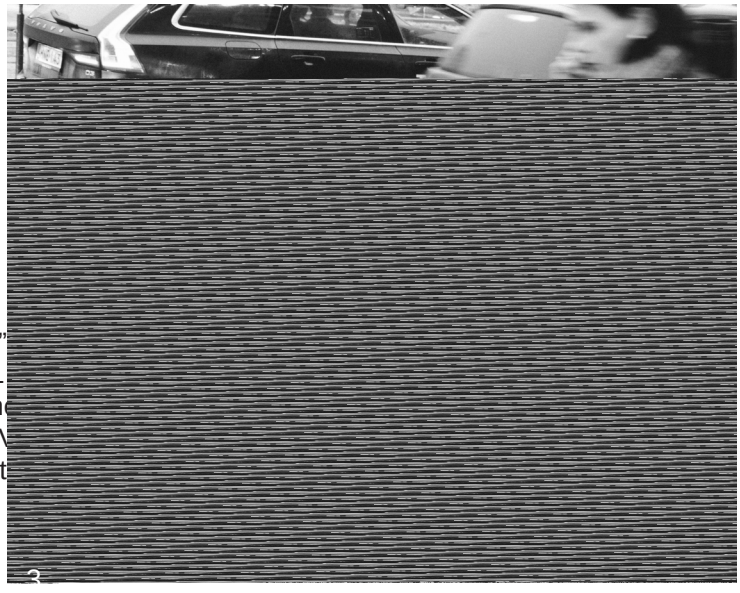
to create a plot that goes against the traditional image of Zhai in Chinese myths. Moreover,
the animation shows massive technical breakthroughs as it was assisted by “60 production teams
and [...] included over 2000 hand-drawn shots”—three times the shots a typical animation would
PI^M .QVITTa \PM IZ\QKTM XZW^QLM[IV M`XTIVI\QWV NWZ \PM
industry, which includes the fading popularity of viral celebrities and the increasing number of
skillful actors being casted for leading roles. The article encourages me to appreciate such ar
MVWZUW][QUXZW^MUMV\ QV +PQVM[M ÅTU[IVL \W TWWS NWZ_IZ
be released in 2020.

-Grace Chen 11(1)

1 |Self Exploration
by Diane Hsu 12(4)

As part of my “Dream” series, “Self-Exploration” Z M X Z M [M V \ [\ P M \ Q U M _ P M V 1 my cultural identity. The elements surrounding the Å O] Z M I V L \ P M [K I \ \ M Z M L Z M U \ symbolise the Chinese art culture that’s deeply root in my identity.



Photography
by Anzhi Weng 12(6)

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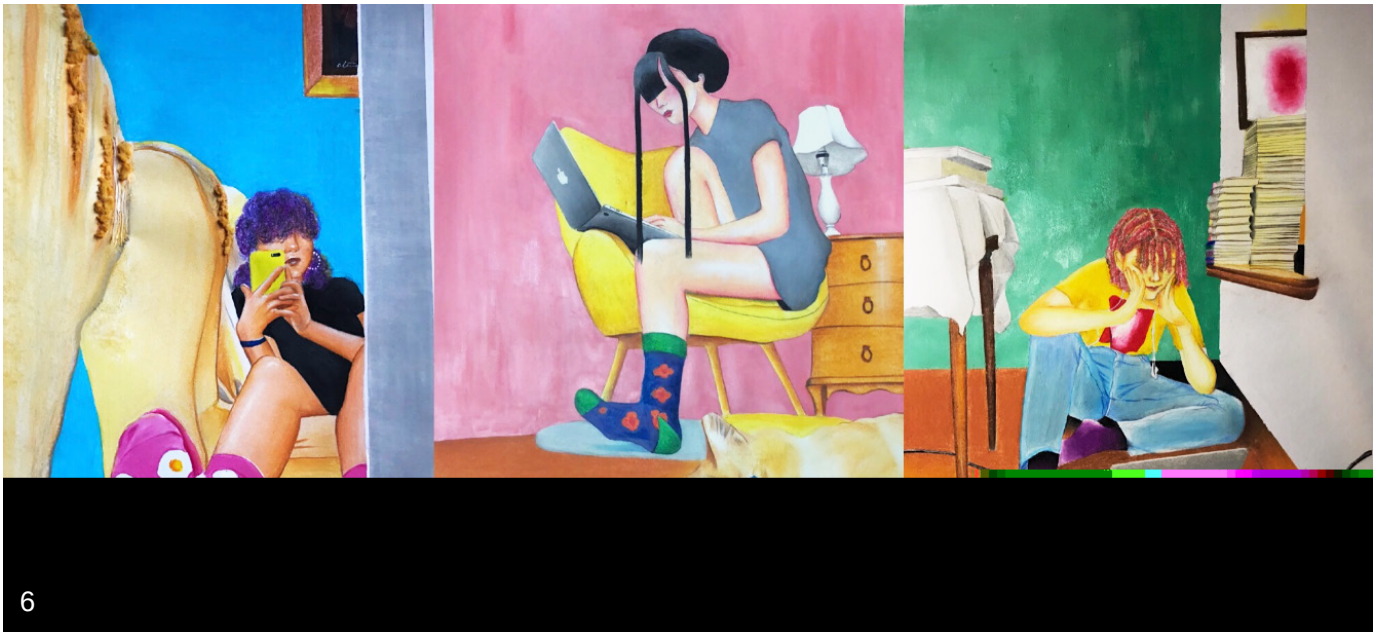
4 |Breakfast
by Alicia Cai 11(8)

Part of the strategic routines that goes on in a teenage girl’s everyday basis: 3 meals a day.

5 |Untitled series
by Alicia Cai 11(8)

Character derived from the scene where Alice falls down the rabbit hole in Wonderland. “Wealth” depicts a daydream of life in fame and fortune. “Horror” shows the fears of a common girl. “Love” portrays a unrealistic search for romance. The black and white hand in each painting of the series symbolizes the how man-made these fears or imaginations are created, either \ P Z W] O P U W ^ Q M [W Z [\ W Z Q M [W N Å K \ Q W V



6 |Boredom
by Alicia Cai 11(8)

A straightforward portrayal of the everyday routines of millennials: occupied by technology.

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Icarus in retrospect.

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"Hey You"—a poem that interrogates the hidden worries of your life.

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An introduction to the gradual development of smartphone camera systems and all the special features that are introduced along the way.

SLOWING DOWN THE CLOCK

Written by: Stephanie He, Mimi Yang, Jiwon Lee, and Sarah Liu
Photos from: Frank Lin, Tina Liu, Anzhi Weng, and Liao Hui
Illustrated by: Cindy Lee

An art of pressing the pause button, of self-care, and of the collective lengths we take to keep up to pace: told through three different lenses.

3

REGAINING CONTROL AND REBOOTING YOUR SYSTEM

These simple "pauses" can often be used to our greatest potential, making it so that even QN _M IZM]X \W W]Z VMKS[QV [\ZM[[_M KIV KPMZQ[P IVL TWWS PQO JZQMNM[\ UWUMV\[WN OZI\QÅKI\QWV PI^M PIL ?PMV LM[KZQJQVO PQ his much needed rest on the one day out of the seven in a week meant that "the other six days you have to work harder than before," but that is what grants these breaks the added [QOVQÅKIVKM¸\PMa KWUM IVL OW Y]QKSTa IVL IZM KPITTMVOQVO \W K scarce highlight in our days. And unlike their momentary essence in the span of one month WZ WVM aMIZ \PM TWVO \MZU JMVMÅ\ \PMa NIK\WZ QV \W_IZL[W]Z PM keep working is immense and immeasurable. Frank said that during these breathers "you just let yourself do whatever you want to do. It could be anything—it could be just thinking…, it could be reading a book, or playing the piano..." Needless to say, the potential of such moments is that it immerses us in a momentary sense of freedom, a way to regain control, to feel as though our schedule is not the drive that keeps our life moving forward. Whether it be a moment of solitude or a dark philosophical pondering of our past achievements, \PM JZMIS Q[LMVÅaVMQVJa¸\PM XW[[QJQTQ\a WN UWZM .ZIVS M`XZM[[MI moments can help you feel "so much more refreshed, more creative after you get to relax." 0M XTIKM[KWVÅLMVKM QV \PM QLMI \PI\ \PM WVM LIa W]\ WN \PM [M^M recharge, re-evaluate the work you have done the days before, and revamp your mindset to better journey forward.

These simple "pauses" can often be used to our greatest potential, making it so that even if we are up to our necks in stress, we can cherish and look highly upon the influence these briefest moments of gratification have had.

Anzhi spoke to a more concentrated idea of inner peace and serendipity when he mentioned what these breaks have accomplished for him. Anzhi admitted that he is a rather short-tempered person, who occasionally makes rash decisions without second thought whenever an idea occurs to him. This habit of rapidly acting on his choices has caused him a lot of trouble, but when he allows himself to take a pause, often before bed, Anzhi said that he has the opportunity to "slow down and think about consequences of doing certain things ÅZ[\ 8I][M[PI^M UILM UM KITUMZº 0M M`XTIQVML \PI\ VW\ WVTa PI^M him achieve a feeling of balance and tranquility, allowing him to be more level-headed, they have also allowed him to see the bigger picture. Anzhi also got personal and spoke to feelings of hopelessness and desperation that countless students under pressure have felt—a looming depression that presses down on you and makes you question your own future. Sometimes when he feels overwhelmed like this, Anzhi uses these pauses to "help [him] walk out of that

Sometimes it takes a brief pause in our swift-paced lives to remind us why we choose to bend ourselves backwards to keep working.

Sometimes a brief pause can bring the most immediate sense of clarity.

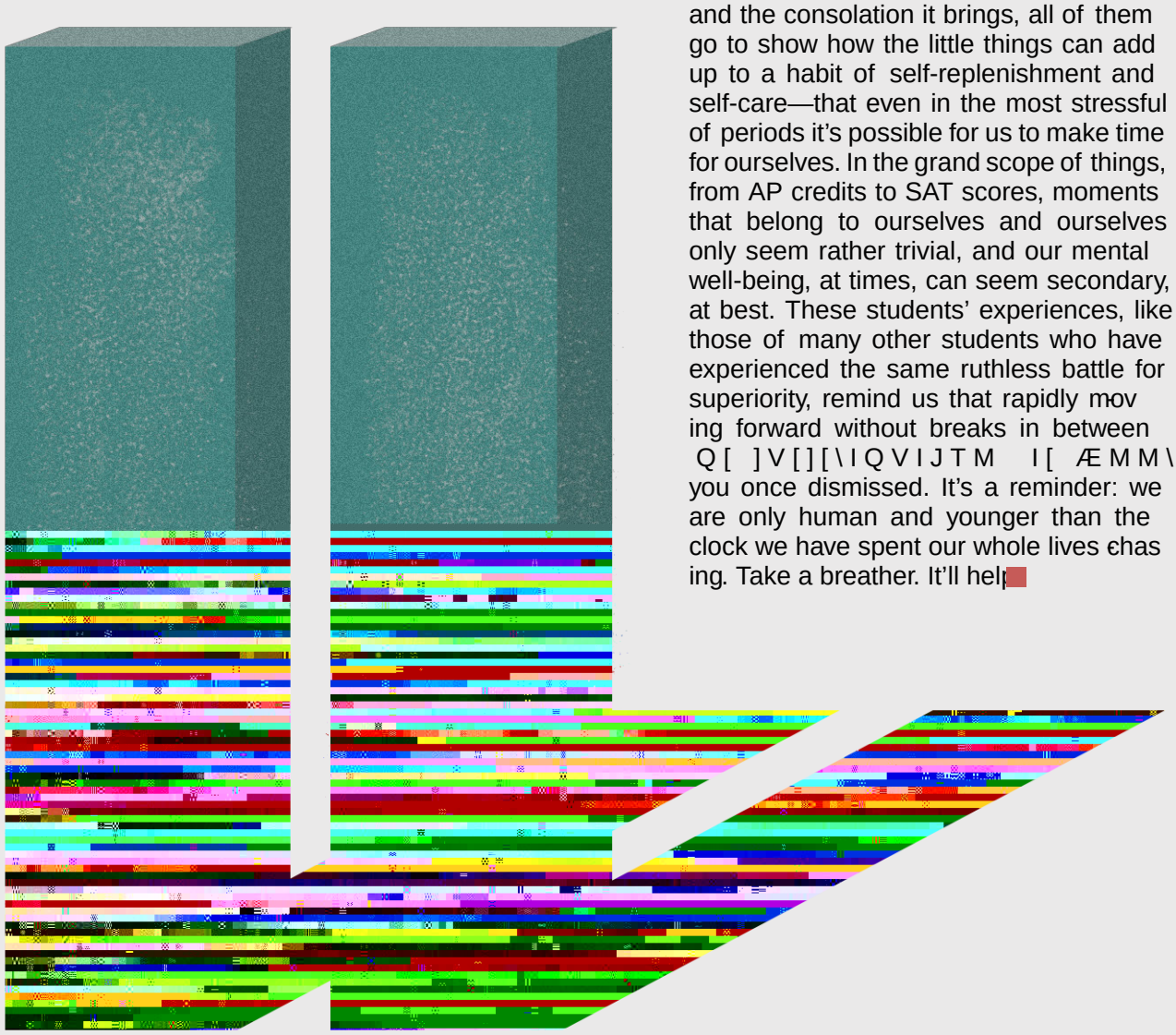
period by allowing [him]self to think of new areas to look into." The pauses are a means of instilling hope, too—they allow us to take a step back, clear our clouded vision, and start anew. Finally, Anzhi brought up his Buddhist bracelet, something he uses often to help himself unleash stress and calm down. He said playing with this bracelet helps him physically loosen up. Highlighting the importance of belief in his process of relaxing, Anzhi said that, "I think the religious power from my faith on this bracelet and the ra tional power from thinking logically [have helped] me to unleash stress."

Tina displays the importance of taking a short break from the hustle and bustle of life, especially regarding the ways it has helped her come to a higher sense of understanding. <QVI M`XTIQVML \PI\ _PQTM \PM[M UWUMV\[ UIa JM [XMV\ [QUXTa ZM LW_V WN M^MV\[ PMTX[ PMZ WZOIVQbM PMZ XZQWZQ\QM[ IVL JM\\M WZ _MMS[ \W KWUM <PQ[ M`MUXTQÅM[\PM [QOVQÅKIVKM WN []KP X maintaining the rapidity of our busy lives. Tina mentioned one "pause" that gave her the inspiration needed to complete a club project. She detailed her initial reaction as such: "In the beginning stages, I was kind of lost, like I didn't know where to start, how to structure things, what the layout's going to look like." However, after taking a moment to pause through a shower, she was able to view the project through a new perspective and come up with a good plan. In Tina's own words: "In the shower, it's just like you have a LQzMZMV\ UQVL[M\ 1\¼[TQSM IV QVK]JI\WZ WN _PQU[QKIT \PW]OP\[IOQVI\QWV \MVL \W KWUM W]\ º ;PM [MZ^M[\W \M[\QNa \PM MzMK\Q^ through a small pause, enabling higher productivity and greater creativity after a short period of idleness. These temporary breathers allow people swamped with work and the constant pressure from academic pursuits to refresh their mind and regain productivity.)[<QVI [IQL PMZ[MTN ¹I TW\ WN \PM XI][M[IZM- [\QTT [XMV\ WV ZMÆ ing in life and how to deal with them, so after you have that period of zooming out and TWWSQVO I\ M^MZa\PQVO PIXXMVQVO Q\¼[MI[QMZ \W WZOIVQbM \P that some things are more important than others and some things you enjoy more." In the frenetic blur we are ever consumed by, we sometimes lose sight of what we love doing the most or why we work so hard towards better credits or higher scores. Sometimes it takes a brief pause in our swift-paced lives to remind us why we choose to bend ourselves backwards to keep working. Sometimes a brief pause can bring the most immediate sense of clarity.

4

TAKE A BREATHER.

The sun is almost setting over the horizon when the late buses leave campus, and it's just you, alone, at 4 I _ [W V N W Z I J Z Q M N Å ^ M U Q V] \ M [J M N W Z M \ P M K I J a W] K I T T M L I Z Z Q on the news story you saw a few days ago that made you cry, or that documentary you watched out of bore L W U \ P I \ [W U M P W _ U I L M a W] O M \ M ` Q [\ M V \ Q I T ¸ Q \ ¼ [J Z Q M-N X M Z P I X ment of autonomy, of control over the school life you feel as though you're losing your grip on. As Frank, Tina, and Anzhi have so impeccably demonstrated, it is the small things that make a day, a week, or a month full of work, study, rinse, and repeat brighter than before. From a walk past the isolated part of Frank's apartment complex to Tina's badminton competitions to Anzhi's Buddhist bracelet and the consolation it brings, all of them go to show how the little things can add up to a habit of self-replenishment and self-care—that even in the most stressful of periods it's possible for us to make time for ourselves. In the grand scope of things, from AP credits to SAT scores, moments that belong to ourselves and ourselves only seem rather trivial, and our mental well-being, at times, can seem secondary, at best. These students' experiences, like those of many other students who have experienced the same ruthless battle for superiority, remind us that rapidly mov ing forward without breaks in between Q [ ] V [ ] [\ I Q V I J T M I [Æ M M \ Q V O I [you once dismissed. It's a reminder: we are only human and younger than the clock we have spent our whole lives chas ing. Take a breather. It'll help.



wasting food also wastes the valuable resources contained within it. For instance, food waste contributes to a large portion of water supply loss in Shanghai.

In some cases, supermarkets may continue to sell expired or unhealthy food at the detriment of their customer's health. Consuming some expired food can be relatively safe, but many others can cause food poisoning. Our human bodies naturally react to harmful contaminants taken in through involuntary attempts at getting rid of them, leading to symptoms such as constant vomiting, fever, dehydration, and diarrhea (abnormal watery bowel movements that can cause frequent anxiety). In the most severe case, expired food items may give growth to molds or harmful microorganisms, and the consumption of these foods can cause serious bacterial infections like salmonella or listeria. Infections caused by the consumption of bad food damage the internal organs of the human body, which can result in life-threatening conditions such as kidney failure. Surprisingly, this is a chronic problem for even the larger chain supermarkets, including the likes of Freshippo and Carrefour. China Daily reported that Carrefour China had sold frozen rice dumplings that were expired for several times and many received customer complaints as a result. The retailer also changed the expiration date of their products in an attempt to cover this up. Shine, an online newspaper, wrote that "the Jing'an No. 3 branch of Freshippo on Zhijiang Road W. was found selling expired qingtuan in April, the Jing'an Administration for Market Regulation said over the weekend." Viola Zhou from South China Morning Post reported that "nineteen people have been arrested in Shanghai for trying to sell nearly 300 tonnes of expired milk powder…At least six children died in 2008 after watered-down milk was deliberately contaminated with the chemical melamine to fool tests and make it look like the produce was still high in protein."

<W [WT^M \PM[M Q[[]M[MzMK\-Q^MTa I[[Q[\IVKM NZW \PM OW^ ernment is a must. Establishing a system that records the expiration dates of all food items can prevent illegal, expired food items being sold; at the same time, food can be transported to poorer areas. This measure decreases the amount of expired foods being wasted, which can gradually improve the health of the environment; another JMVMÅ\ Q[\PI\ M`XQZML NWWL \PI\ O[\QTT INM \W \W KI\ KIZZQML \W \PW[M _PW IZM VW\ IJ M \W IZ ZL NWWL WTL supermarkets. With help from the government, a system of documented information about food items and transportation can be constructed.

Food is a necessity to our survival, and measures must be taken when such a fundamental part of our daily lives is being systematically threatened.

1. "19 Arrested for Selling Hundreds of Tonnes of Expired Milk Powder in China." South China Morning Post, 20 July 2018, https://www.scmp.com/news/china/society/article/2039476/19-arrested-selling-hundreds-tonnes-expired-milk-powder-china.
2. "Not so Fresh as Freshippo Raises a Stink with out-of-Date Products." SHINE, https://www.shine.cn/news/metro/1908250766/.
3. "Walmart, Carrefour Fined over Sale of Expired Food." Archive.shine.cn, 14 Oct. 2011, https://archive.shine.cn/business/Walmart-Carrefour-fined-over-sale-of-expired-food/shdaily.shtml.

How to Evaluate the Popular Culture of *CYBER CELEBRITY*

Written by: Harrison Chan | Photos from: Instagram, Youtube, and Weibo

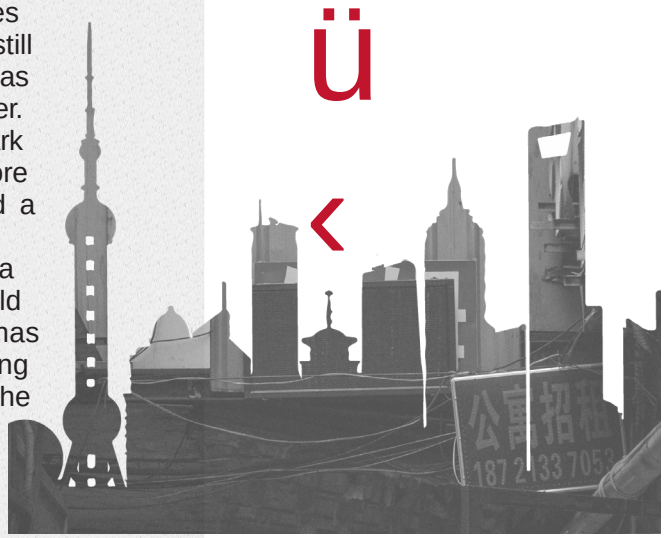
Internet celebrities, also known as social media platforms, and they are becoming increasingly prevalent in pop culture. The term was originally used for those who are famous for their particular, striking event or notable professional knowledge. However, as social media continues to develop at a rapid pace, people need to reexamine the origin of internet celebrities can be dated back to 1998, when the Chinese company, Sina, was created in 1998, and within three years, its social media platform Sina Weibo became a big hit in China. With the blooming of Sina Weibo came the start of the cyber celebrity culture. Through writing blogs about interesting events, posting comics or clips of funny videos, or even posting ugly pictures, a number of users quickly rose to fame and gained a considerable amount of money from their popularity. Since then, the cyber celebrity culture has expanded tremendously; with the arrival of 4G in 2014, content like funny audios, short videos, and livestreams have become more accessible, and new platforms such as Tik Tok and

[illegible] everywhere on TV screens, in apps on our phones, and even in advertisements in shops. Today, many cyber celebrities have a considerable income from their sizable fanbase, members of which are willing to pay for their idols. Due to their fame, many companies have cyber celebrities advertise their products. The advertisements include a variety of products from the most common makeup products to cars of various brands and even to games. In comparison to A-listers, who are very famous celebrities, the price to recruit cyber celebrities for advertising products is considerably lower, creating a trend where many companies ask cyber celebrities advertise their products instead. The average endorsement fee for A-listers is around two and most popular cyber celebrities, "papi" had an endorsement fee for a luxury brand of only around 150,000 RMB. Due to the relative cheapness of their endorsements and their widespread fame, cyber celebrities are often hired to advertise products for small and middle-sized companies.

The success of many cyber celebrities—and the considerable wealth that comes with it—has

China nowadays is one of the fastest growing countries in the world, especially evident in big cities like Shanghai, despite some rural areas that are still relatively undeveloped. During the 1960s, the Bund was made up of only a few buildings and the Huang Pu River. Compared to that time, Shanghai has made some remarkable improvements both economically and socially; more buildings were constructed while people also enjoyed a higher quality of life.

Everything has become commercialized and internationalized. Sometimes, people from all over the world choose to bring their business to China because it has become an even better economic environment, gaining a perspective of not only the western world but also the eastern world.

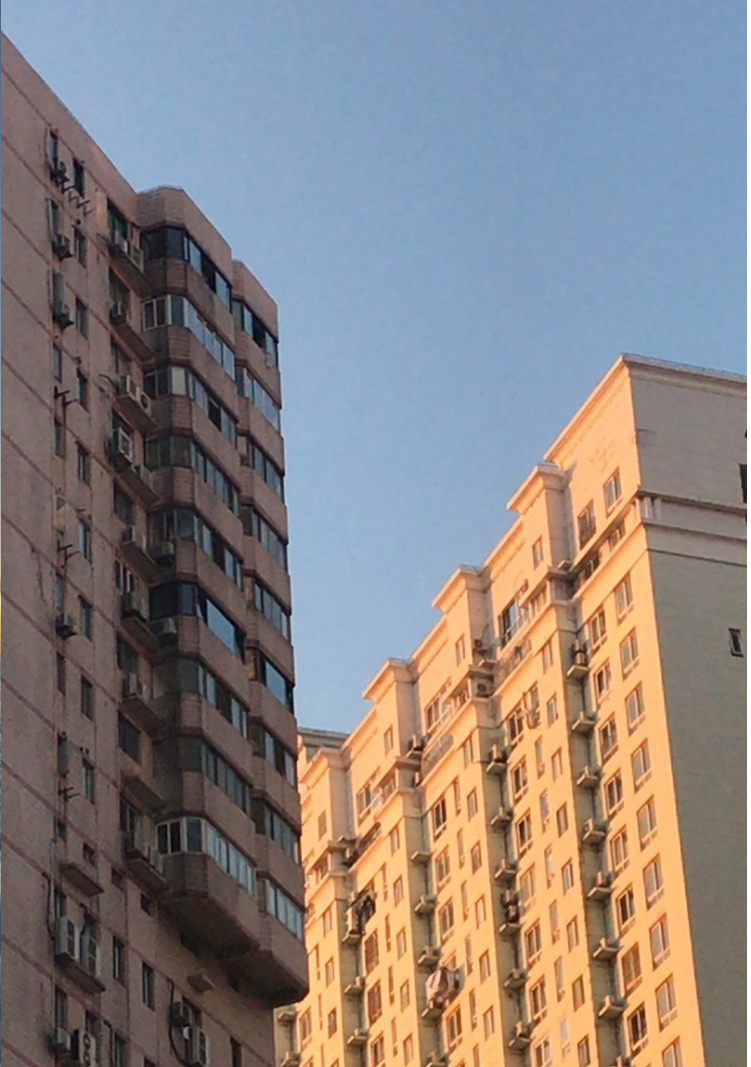


However, beneath all those deeply commercialized aspects, Shanghai's true self is still humble and simple. Many of Shanghai's most authentic sites lie in places that are not so immediately visible. Even though the Pearl Tower and the Bund seem to symbolize Shanghai, they were only built or reconstructed recently to purposefully attract tourists. Still, tourists aren't the cause of commercialization. The world nowadays is just a more globalized environment.

After all, Shanghai can still be seen as a beautiful and humble representative of the eastern world. Places like Lao Xi Men reveal the true taste of this city. If you go to 4 I W @ Q 5 M V \ P M Å Z [\ \ P Q V O a W] ¼ T T any place in particular to go to. Everything about Lao Xi Men is walking down the streets and seeing those local neighborhoods. People in the houses would be doing their own chores while on the other side, people would be selling some local foods. These cozy and hearty moments make up Lao Xi Men.

Just walk around the old areas of Shanghai and you'll immediately feel the personality of this city. Strolling along this city's sidewalks is the best way to feel its energy. Enjoy those little delicate apartments with clothes hanging from the balcony. They are the little things that make up Shanghai by putting everyday life on display. Wouldn't it be exciting if people not only learned to appreciate the city of Shanghai, but also love it from the bottom of their own hearts?

SHANGHAI
SHANGHAI
SHANGHAI



step1: The process all starts from a fridge where ^IZQW][\aXM[WN LMKILM[WTL ÅT Some even date back to the '90s and are out of production!

step2: After the roll is brought out from the fridge, it is loaded in a Canon EOS 3 SLR camera, and 1, 2, 3, smile! The photographer takes photos of various objects, from a color palette, plastic banana, XMIKP IVL IXXTM \W [PW\[WN XMV skin tones in a darkened, black room. This process is designed to capture a range of color graduations.

step3: Next, the team evaluates how this particular roll reacts to light. Usually, this process is the toughest, as a single evaluation can last 30 to 40 minutes. AM\ \PM JQOOM[\ KPITTMVOM NWZ [WUM\QUM[\PMZM Q[WVTa WVM Å This, in short, means that the photographers only have a limited set of 36 frames that they can take for all the test shots done in step 2!

step4: Then, the process moves on to the wet lab, where all kinds of chemicals and photo-processing canisters are applied for photo-processing.

step5: Lastly, reproductions are compared with real photos taken from the past for realistic results. Until the members of the company feel completely [I\Q[ÅML _Q\P \PMQZ ZMXTQKI[published.

With VSCO, analogous filters like Ilford HP5 and Kodak Ultramax 800 that may have otherwise been abandoned b *the relentless flow of time continue to live on, which can all* be accessed with one easy push on our phone. With eve pause that comes with shots we take using VSCO, those lit precious moments are stored and remembered with an ex dash of nostalgia. As we all rush through today's engage fast-paced world, VSCO helps drag us back from these fas *paced moments, all through one vintage filter.*

"TELL A STORY"

G9-G10 WRITING COMPETITION

<WTL IZW]VL I KIUXÅZM W^MZ I XPWVM KITT IV laughter, stories bring disconnected people together. They help us communicate our LMMXM[\ NMMTQVO[IVL UW[\ [QOVQÅKIV\ M`XMZQ into words, so for this year's English Writing Competition, ninth and tenth graders were asked to do just that. Write a story.

Nonexistence

Written by: Claire Xu | Illustrated by: Irene Chung

B]\\MZÆQM[\]UJTQVO IZW]VL QV aW]Z [\WUIKP KZI[PQVO QV\W \
around your body. Head spinning, leaving you gasping for fresh air and thoughts.
AW] SVW_ \PI\ NMMTQVO'
<PI\¼[PW_ 1 NMMT M^MZa \QUM 1 \ITS \W [WUMWVM AW] _W]TL VM
That's the daily life of someone with social anxiety. Or just extreme shyness. As a member of that group, I can say that it's not easy to approach someone. Sometimes, it takes every ounce of energy to just control my
PIVL[\W VW\ Æa \W_IZL[Ua NIKM IVL ITTW_ Ua NIKM \W PQLM QV Q\
1[\PQ[XZWJTMUI\QK' AM[1 []XXW[M Q\ Q[*]\ QV ZMITQ\a _M IZM
comfortable. The thorns on our stems are our defense system, trying to prevent ourselves from hurt, albeit in a
LQzMZMV\ _Ia NZWU M^MZaWVM XMZPIX[" UQVQUIT [WKQIT QV\MZIK\
For me, I make it through the day talking to people, but after school hours, I shut down like a computer. I don't want to talk to anyone, so I just don't.

Honestly speaking, this isn't a bad thing. It gives me time to reconnect with myself and do what I like. During
\PQ[\QUM 1 KIV ZMIL QVÅVQ\M JWWS[IVL _ZQ\M I[U]KP I[1 TQSM _
and sing to my heart's content.
0W_M^MZ U]KP W\PMZ[UIa LQ[TQSM Q\ [WUM\QUM[1 R][\ LWV¼\ Å
IJW]\ I ÅK\QWV _WZTL _PMZM M^MZa\PQVO Q[PIXXa IVL XMZNMK\ <I
into this horrible and imperfect one.

I want to live in a world where everyone will be happy. Where nobody discriminates against others. Where everyone has food to eat. Where young children do not shed tears over the death of their parents. Where people help not only themselves but everyone others, too. Where love is real and not just a mere rush of feel ings. Where everyone is real and not just holding a mask over their faces and hiding their true self.

Where I can be truly happy and free.

Alas, that world is only a fantasy.

I'm spiraling
down
down
down
down
Happy thoughts

Untitled

Written by: Lara Chen | Illustrated by: Ruby Lee

I ÆQVO WXMV Ua KTW[M\ LWWZ <PM ÅZ[\ \PQVO \PI\ R]UX[W]\ I\ UM Q[I [PQZ\ \QM LaML QV I K last month's pride parade. I reach for it, but stop myself, remembering just in time the potential repercussions. Withering stares, cutting remarks, awkward silences. After what happened last time, I have no desire to go through that again. No, not this one. I replace the shirt on its hanger, shoving it into the dark recesses of the wardrobe.

Next is a gorgeous dress inspired by the traditional Chinese cheongsam that I picked up on my ^IKI\QWV \W +PQVI [WUM \QUM IOW <PM OWTL MUJZWQLMZa Q[LV curling over a background of smooth red silk. I wore it once, to a costume party, and never put it on again. Cultural appropriation, the smooth red silk whispers to me. Racism, stereotypes, ignorance. I fold the dress and put it back into its box.

A golden necklace with an ornate cross dangling from it; a gift from my devout Catholic mother. It was a family heirloom, passed down from mother to daughter over four generations. When I put it on, the heavy metal feels cold and alien, resting in the hollow of my throat. I can almost feel the disap proving stare of the One Above All boring into the back of my head, if I believed in that sort of thing. I imagine stepping out the front door, with the weight of the cross resting on my chest, along with all the disapproving gazes weighing on me like sandbags. I unclasp the necklace and put it back into the jewellery box.

The authentic Gucci handbag that I bought at Goodwill for ten bucks. It would go nicely with my gold-rimmed Ray-Bans and that cute crop top I spotted in Forever 21 the other day. It takes 2 mental slaps before I remember: I'm not a teen anymore. I have no right to walk down the street in a revealing [PQZ\ TQSM 1 W_V \PM XTIKM ÆI[PQVO /]KKQ ;]XZMUM IVL)ZUIV act the part. The bag goes back into the closet.

1V \PM MVL 1 \PZW_ WV I JTIKS PWWLQM _WZV RMIV[IVL I XIQ over my shoulder, and head o[redacted].

The Story of Me

Written by: Clarys Vignal | Illustrated by: Mike Chen

I am Eurasian, half-French half-Chinese. Growing up as a "mixed kid" in an international school, the question that I have been asked the most was "do you feel more French or more Chinese?" I always found this question rather frustrating, as it forced me to make a choice, to choose one culture over the other, to deny that one half that is part of me. I never really knew how to answer that question, and as a matter of the fact, I still don't. I thought about it for a very long time. After going \PZW]OP U]KP XWVLMZI\QWV \W ÅVL IV IV[_MZ \W \PQ[JI|QVO Y]M harder for me to make the choice as both cultures were equally balanced in my life: I have lived in China for almost my whole life but I mainly speak French at home. So having to choose between one of the two cultures that have shaped me entirely and mean everything to me is an impossible decision to make. The fact that I am not able to answer this question has also left me to wonder, "Who exactly am I?"

Today, I am proud of my mixed ethnicity, it makes me stand out, it makes me feel unique. How M^MZ Q\ _I[V¼\ IT_Ia[\PM KI[M M[XMKQITTa _PMV 1 _I[aW]VO _P of identity. When I was in French summer camps, the other kids tended to ignore the part of me that was French and only acknowledged the part of me that was Chinese. It was not an issue, it did VW\ QVÆ]MVKM Ua KWVÅLMVKM VWZ JW\PMZ UM QV \PM [TQOP\M[\ +PQVM[M IVL JMQVO IJTM \W [XMIS Æ]MV\ .ZMVKP _Q\PW]\ IV IKKM made them believe that I had good grades, which did make me feel superior back then. However, there were also times when I wished I had more Caucasian features such as lighter hair and bigger eyes. I wanted to be able to conform, to be able to talk to someone without having my ethnicity brought up in the conversation. Throughout those years, I believe that I have learned to remove my NMIZ WN JMQVO LQzMZMV\ IVL TMIZVML \W ÅVL \PM JMVMÅ\[QV JV with pride on my face.

A couple of days ago, while my mom was talking about identity issues at dinner, my mom asked me, "Do you prefer Chinese food or French food?" I thought about it for quite a while and this was my answer: "Why choose when I can have both?"

Stargazing

Written by: Jessie Wang | Illustrated by: Chloe Kim

Stargazing
"Stars, I have seen them fall,
But when they drop and die
No star is lost at all
From all the star-sown sky.
The toil of all that be
Helps not the primal fault;
It rains into the sea,
And still the sea is salt."
— A. E. Housman

One

I'm looking up at the stars, and Grandma is looking up with me.
Her arms are wrapped tightly around my small shoulders,
And her voice,
Gentle as always,
Permissions my mind to wander,
; \ Z I Q O P \ Q V \ W Q V Å V Q \ a
I see her hands point up at the clouds,
And she reveals to me all the secrets,
Of the night sky.
She tells me as much as time allows,
And until then,
it's never time to say goodbye.
I listen on in interest
Always curious,
Always engrossed.
And Grandma looks at me and says:
"What if like the stars, we never grew old?"

Two

I'm no longer interested in the stars, but I know that sitting beside me, Grandma still cares deeply.
Her fragile hands,
Now struggle,
To wrap themselves across my broadening frame,
And her gentle cords are increasingly hushed with age.
She wipes away a tear,
2] [\ J Z Q M Æ a
But sitting next to her,
I notice nothing.
Because I'm immersed in my own galaxy,
And it's far far away.
"But we must grow older Grandma, all humans do, right?"

Three

I'm staring up at the stars again, and now Grandma's gazing down at me.
I wish I could hear her stories now;
I would've listened with the most attentivity.
< P M X T I K M N M M T [[W L Q z M Z M V \ [W U M P W _
As if Grandma took the gist of it with her when she departed,
But I knew that that was not the case.
I had lost it long before her stars have been uncharted.
Distantly in my memories,
I could still see Grandma pointing,
her arms wrapped tightly around my shoulders,
her voice still strong and full of vigor.
But surely,
It all means nothing,
6 W \ Q V Å V Q \ a
Not modernity,
Not even prosperity,
Now that she is gone?
¹ 7 P 5 I \ \ P M _ J] \ Q N _ M _ M Z M [\ I Z [_ M W] T L Å V L _ P M Z M _

Untitled

Written by: Ryan Liu | Illustrated by: Hiromi Cho

Historical period: WW1
Setting: An English soldier who just won the Victoria Cross was talking to his friend during dinner.

LWWS I\ Ua >QK\WZQI +ZW[[1 OW\ Q\ \WLIa NWZ Ua JZI^MVM[[W\ _I[' *]TTM\[JIZMTa UQ[[ML UM IVL aM\ 1 Å`ML I JZQLOM [QVOTM across! But to be honest, I was scared. I wanted to scream like a little girl. I often ask myself: 'can I still see tomorrow's sun?' I mean, every day, I have to experience playing hide and seek with Hades. And I don't want to do this anymore.

It's been four years. Four years of tiring and meaningless war. For what? For those medals?

What's the meaning of war? Of having thousands of deaths, of breaking thousands of families' hearts? It's certainly not to win medals.

God! I can't eat this canned food anymore. Every single day, the same disgusting canned food!

I wish I were still in my cozy home, drinking rum, and talking with my friends. But nothing will change. I think of going back home every single night, and the next morning I'm once again woken up by the bombs exploding near our camps.

Why can't the world be at peace with each other? The world would be way better if no gun shots broke the silence, VW J]TTM\[NWZKML [WUMWVM QV\W \PMQZ OZI^M IVL VW ÅOP\MZ X 1 _Q[P \PM _IZ KIV MVL ZQOP\ VW_ 1 LWV¼\ _IV\ \W SQTT IVa UWZM and, I've had enough of it. I bet that's what everyone thinks, German or English or French.

7P aMIP [XMISQVO WN SQTTQVO 1 [I^ML [WUMWVM WV \PM JI\\TM anyone, or they would take my Victoria Cross away. He was a German soldier. He was injured. My gun was already pointing at him, but I could see the fear in his eyes.

I suddenly grew tired of killing, so I spared his life.

And the German soldier was so thankful for my kindness. He asked for my name, and told me his. Uhh, was it, Gandolf? No. It was something like…yes, Adolf, Adolf…Hitler!

According to Adolf Hitler himself, in September of 1918, in a battle near the French village of Marcoing, an -VOTQ[P [WTLQMZ [XIZML PQ[TQNM ;WUM PQ[\WZQIV[I\MZ QLMV\Q

...to be continued

"THERE IS NO GREATER AGONY THAN BEARING AN UNTOLD STORY INSIDE YOU."

- Maya Angelou

SOMETIMES I FORGET TO stop

Written by: Elaine Liu | Photos by: Niketa Kou | Featuring: Julia Chang

1\ Q[VW\ LQ{K]T\ \W JM I U][QKQIV
J]\ Q\ Q[LQzMZMV\ QN aW] _Q[P \W JM \PM U][QKQIV
1N aW] _Q[P \W JTQ[\MZ aW]Z NMM\ _Q\P [\QTM\\W[IVL NWTL
aW]Z VMKS TQSM I JZWSMV XIXMZ KZIVM \W JMI\ KMI[MTM[[Ta
NZWU WVM UWUMV\ \W \PM VM`\
QN JZMI\P[JM UMI[]ZML QV XI][M[Ua T]VO[
WVTa XZWL]KM [\IKKI\W[MIKP \QUM \PMa M`XIVL
MIKP \QUM \PMa [PZQ^MT 1 [MM IV IXM` N]TT
WN PQOP [\Z]VO VW\M[ÆM[Pa IKKWZLQWV IVL 1
Q\[WZOIV XTIaMZ [PISMV [W LQUM[
NITT W]\ WN Ua UW]\P JIKS \W WXMV XITU[
\PM QV[\Z]UMV\ _I[VW\ IT_Ia[UQVM WZ 1 _I[VW\ IT_Ia[
\PM QV[\Z]UMV\¼[J]\ 1 [I_ Q\ I\ I ZMKQ\IT
_PMZM \PM U][QKQIV[¼ OZQV[_MZM _QLM IVL \PMQZ KWTTIZJWVM[
PMTL QV^Q[QJTM X]LLTM[WN IKQL Q\ LMUIVLML UM \W XTIa
[W 1 KW]TL \WW JM ILUQZML]XWV \PM LIa PI[KWUM 1
IU [\IVLQVO QV NZWV\ WN I \PW][IVL VM_ MaM[\PMa IZM TWWSQVO I\
Ua XIXMZ KZIVM VMKS \PM IKKWZLQWV KITT[W]\
\PMQZ T]VO[PI^M \]ZVML I [IL [KMVM \W _Q\VM[[
I [IL [KMVM \W JM \PM WZOIV _I[VW\ IT_Ia[UQVM
1 _IV\ \W OW JIKS \W XI][M[\W TW_ PQTT[VW\ IXM`M[
JMKI][M [WUM\QUM[1 NWZOM\ \W [\WX [WUM\QUM[1 NWZOM\ \W [\WX
forget to stop

To: Miss America

Written by: Emily Cheah | Illustrated by: Lilian Fan

It's 1988, and you're looking at me over the rim of your champagne glass. The lights of the club dance across your face: red and white and blue, like some ironic distortion of XI\ZQW\Q[U AW] [UQTM IVL UW]\P [WUM\PQVO but the music is too loud and the crowd is too thick. I wonder if I should smile back.

The pounding beat blaring from the stereos stutters; stops. Someone must have paused the music.

AW]¼^M KPIVOML 1\¼[[WUM\PQVO QV \PM _Ia aW] [Q\ straight and expression lazily composed - a spot of (in) [IVQ\a QV I [MI WN KPIW[AW]¼ZM VW TWVOMZ \PM OQ me your heart on that hazy summer morning, raw and beating, made from glitter and temporary valentine love: I can see it in the way the partygoers part around you, seven parts admiring and three parts fearful. But all I remember in this moment is the nights you spent making music and XMMTQVO JIKS aW]Z ÅVOMZVIQT[\W UISM ZWWU NWZ \ you.

Screw beautiful. You had sobbed, your knees raw and your lips bared in a portrait of anger and self-destruction. Who wants to be beautiful, anyway? And maybe I should have done something back then - something, anything. But I looked at the grubby tiles of the bathroom and your ruined mascara and your broken, bleeding glitter-valentine heart, and I ran.

How laughable. I run away from you for ten years, but still make my way back to you.

(I wonder if you regret.)

The music continues again, this time a shrill, piercing tune. The crowd moves, blocking my line of sight. When I look back, you're gone.

Hey You

Written by: Sammi Liu

Hey you, what's up?
What's that dispiriting look on the face about?
Stop, and think to yourself
What is it that you dream with your heart,
And what tells you to start?

Hey you, what's up?
Why are you still wake now?
Stop, and think to yourself.
Why is it that you push back your assignment,
And why do you run away from this moment?

Hey you, what's up?
When will you take actions?
Stop, and think to yourself.
When is it that you want to change this world,
)VL _PMV _QTT aW] TQOP\ I ÅZM \W \PQ[KWTL'

Hey you, what's up?
Where have you been till this point?
Stop, and think to yourself.
Where is it that you want to go,
)VL _PMZM LW aW]Z QV\MZM[\[IVL TW^M ÆW_'

Hey you, what's up?
Who do you want to become?
Stop, and think to yourself.
Who is it that you want to meet,
And who will you eventually be

信

Written by: Betty Zhang
Illustrated by: Yixiao Zhao

小珩：

展信佳。

我刚结束一场三小时的会议，走到公司附近的地铁站时，已经是十点过后了。这一个月我们部门在忙一个很大的案子，我常常会因为加班而赶不上最后一班的地铁，只能打车回家。所以今天能坐上地铁，我甚至觉得很开心。想起以前我们总是在淮海中路玩到深夜，玩到学校宿舍都熄灯了，只能偷偷翻墙回去。那个时候我觉得晚回家没什么大不了，甚至我一点也不想回学校，只想通宵都待在外面。

可现在，我一边做着公司里繁重的工作，一边还要复习即将到来的会计师考试，每天过了十点就归心似箭，一秒也不想在外面多待。去年校庆回学校，之前的宿管阿姨还和我说记得我，因为我以前半夜回学校的时候总是偷偷从她的办公室拿钥匙，其实每次我都吵醒她了，但是她假装没听见睁一只眼闭一只眼。

昨天看到你在海南的照片，就像大学的时候一样，你还是没变。我看到你在傍晚的花园抬头看向天，风从你额头前的刘海上走过，我都能设身处地地感受到那天傍晚的风、青苔覆盖着的小路、你身后的酒店的灯火、空气里弥漫着的夏天的潮湿的海风，还有你低头那一瞬间，看到不远处蓝色的天与海。这样的生活环境让我无比羡慕，我每天面对着喘不过气的kpi和季度报表，连游泳馆都没时间去，更不用说海了。

如果我们今年春节能见一面，你可能都不认得我了吧。我和两年之前的变化真的很大。我现在为了省时间剪了头发，有时候忙得连妆都来不及画，脸上常年挂着两个眼袋，走到哪里都会打开笔记本电脑工作。

海南就像我们大学毕业那年一起计划毕业旅行的时候那本旅游攻略上一样好看。可惜那个时候我们一起被公司录取，还没毕业就要开始实习，更别说毕业之后，也再没有时间了。

后来你因为连续通宵加班生了一场重病，病好之后毅然决定辞职去压力没那么大的海边生活。当时我劝过你，也觉得你的选择实在太不理智了。我们从同一个高中一起高考到同一个大学，再到大学毕业去实习，结果你说要放弃这一切只是因为不想让自己被快节奏的生活所绑架。你实习公司的同事说再过一段时间你就会适应这种节奏，因为每一个人都是被这种节奏推着往前走的。

你说，每个人生活的节奏都是不一样的。有些人热衷于快马加鞭的生活和充满挑战的繁重工作，而有些人则不适合。如果感觉自己已经超负荷了，不如先停下来仔细想一想，自己到底适合什么，或者是，自己到底喜欢什么。

你总是敢爱敢恨，说到做到。如今你做了你喜欢的事情，成了一个潜水教练，每天和你喜欢的海水和阳光打交道。

今年我一直在想，我是不是需要一个时间来休息。体检表上多项指标不达标，让我意识到我的生活方式可能真的出现了问题。那天我看一个综艺节目，讨论到底应不应该“996”。就像那里面说的一样，即使我知道我这样对自己的身体和心理健康都没有好处，但是公司打算明年让我升职，我的会计师资格考过之后我自己也能有多一项技能傍身。我陷入了两难。

昨天看到你的照片，我突然决定要暂时地休息了。可能会有人嘲笑我不够勇敢，没有能力对抗艰难的生活。那就让我暂且做一个胆小鬼，允许自己暂时逃避生活压下来的巨木。

希望你一切都好，也希望我们能够更快见面。■

现代阅读

Written by: Jeromy Zhou

现代阅读[redacted]笨拙[redacted]急切[redacted]时间[redacted]效率。[redacted]焦虑，[redacted]一切[redacted]普遍。[redacted]选择[redacted]显眼的名词，[redacted]记忆[redacted]印象。[redacted]时间[redacted]节省，[redacted]退化[redacted]所指，成[redacted]。[redacted]焦虑[redacted]时间[redacted]缺乏。就好比[redacted]，[redacted]，[redacted]那些[redacted]，[redacted]这说明了[redacted]时间[redacted]。[redacted]后现代[redacted]的表征。我们已经被吸入[redacted]，[redacted]没有意义。[redacted]唯一能做的，是把[redacted]记住，不去忘记。

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²J_ éI§ä3ôáI¨ f ¸Iš'• é'ùµá,7Þ˜¹Ð
fJ_ ˆ â ¥¥R„J_ SDXVH

About Time

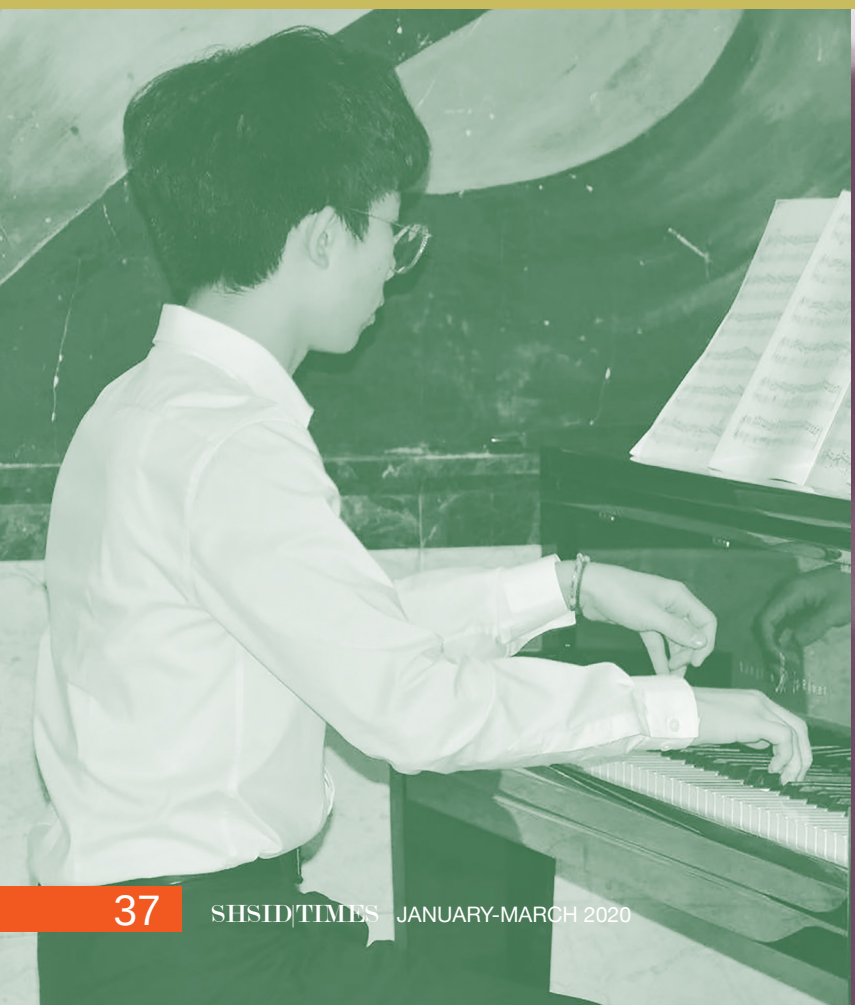
PRESS THE BUTTON; YOUR LIFE WILL CHANGE

Written by: Elin Kim and Suwan Lee | Illustrated by: Cindy Lee
Photos from: Lucia Shen, Jason Yoo, Ruby Lee, and Ms. Ding Yi

GAINING FROM *GIVING*:

The Inherent Value of Community Service

Written by: Stephanie Yi | Photos by: Annie Chen, Wendy Kim, Kingsley Poon, and Alex Shi



"A \ ÅZ[\ 1 [\IZ\ML LWQVO FuWU UjVQ\a [WZ^Q KM Fudan University's Children's Hospital every Sunday because I needed service hours," says with the Hands on Shanghai club to play games and rea Wendy Kim. This answer can be applied JWWS[\W aW]VO XI\QMV\[;PM C to most of our students. Every year, students must school's requirement; however, she later realizes "ho accomplish a certain amount of CAS and service having small talk and playing board games can mean PW]Z[IVL \PI\ UQOP\ JM \PM lo ÅZ[the ZMIrew. VThe hospital activities soon mor RWQV LQzMZMV\ [MZ^QKM OZW]X[into a large fundraiser. The sports meeting to rais [WUM [\]LMV\[XIZ\QKQXI\M QV service projects solely to satisfy a requirement, there to do alone, but working together brought more im IZM LMÅVQ\MTa ^IT]IJTM TM[[WKV K\\W< FM IZQ LN Z_WZ M[MÅZ^TQVLO_Q\ others. With this thought in mind, I interviewed which made her contributions truly memorable. Publi students who participate in diverse community cizing the club together and collecting the funds to buy service activities that have stories worth sharing with \PM XZM[MV\[¹UILM UM ZMKWO everyone: Annie Chen, Alex Shi, Kingsley Poon, KIXIJTM 1 _I[\W ÅVIVKQITTa []X and Wendy Kim. From their experiences, I noticed By the same token, Alex Shi's experience of teachin that community service is about learning how English at a school for migrant children in Anhui proves [QOVQÅKIV\ aW] KIV JM _PQTMW ZMQIVÆ]MQ\QI\TPMVLW¼QVIK\QWV good for others can be your source of happiness 1 _I[UISQVO I LQzMZMVKM QV

Some of these students participate in community the wonders of being able to help them in a small way. service projects that align with skills or special talents Moreover, as a member of the National Honor Society they have. "I play music in hospitals to entertain he helped set up Chinese culture lessons at the Onlin patients and organize Senior Learning Center in New concerts at noontime," said AWZS ;M\\QVO]X \P Kingsley Poon from 11th especially meaningful because his grade. He told me how contributions helped to ultimately people previously hadn't activate the club. His small step come up with the idea will continue to open and expand to combine community the scope of community service service with music. After on campus, and will further give seeing that patients opportunities to diverse people. in the hospital lacked Doing community service is like entertainment, he knew a stage for learning how valuable that playing the piano could you can be to others, and a process make their stay less mundane. Although his music of realizing that giving something is an opportunity to UIa VW\ [QOVQÅKIV\Ta QUXZW^TM\IZWQI[_MITT\P ;\PLMJVM[TQVW^M[V\ that soothing music—especially Chopin's music—they can have on people who need help and overloo can bring a peaceful state of mind to the patients how privileged they themselves are. But it is importan 3QVO[TMa ÅZ[\ XTIaML \PM XQ\VMW ZMPQ[WZ_ NWZ ZMQ[[WZ]QZ[to note that we must learn how to devote our time to now he understands that music is meant to be shared other people, even while we work on individual goals

Along with Kingsley, Annie Chen, also a junior, "I know that helping others is a quality that we all pos [PIZML PMZ M`XMZQMVKM QV sess. What is important is that we have to actually pu Photography Department and the service she has out our charitable ideas," suggests Kingsley with hope done through taking photos on campus. Although Now is the time to genuinely think about what we, as she joined mainly out of interest, she's reminded of students, can give from time to time and the abilities PMZ ZWTM¼[[QOVQÅKIVKM LZ]VQ[ZQ[we already possess. The lesson you can lear UWUMV\[NZWU NWZ M`IUXTM nat[ally follow [afterward. What we need is the con photos in the yearbook taken during the sports viction that our actions will represent a monumental meeting or art festival. These moments make step towards others who need a hand, and understan Annie feel rewarded for the services she has done, that community service is a process of giving and learn I[\PMa I{ZU \PI\ [PM Q[I SMIX ZMZ MVN [for our students who possess su precious high school memories. These feelings of an ability; all students in SHSID are spreading their accomplishment motivate her to continue her work. QVÆ]MVKM M^MZa \QUM \PMa L

While some students use their special talents to matter how big or small each student's motivatio is help others, some participate in community service out of sheer commitment. Wendy Kim goes to the

> ***"I felt like I was making a difference in their lives. I learned [...] the wonders of being able to help them in a small way."***
>
> ***-Alex Shi***

FROZEN: Not Disney, Science

Written by: Emily Jiang
Illustrated by: Adelynn Tang

One great obstacle in studies related to biology and organic compounds is that these substances can't be preserved over a long time. One method, cryopreservation, has proven to JM WVM WN \PM UW[\ MzMKQ^MQV KWlM\ZQVO this problem. It is the storage of biological materials under extreme temperatures—usually -196 degrees Celsius—in liquid nitrogen. Under this temperature, all biological activity stops, so theoretically, this can allow living cells and other biological materials to remain unchanged for centuries (cryogenetics.com). The following article aims to explore and explain some of the current usages of cryopreservation IVL Q\[[QOVQÅKIVKM QV UWZ QKKQTVM \P]\\ IKIVPM LQzMZMV\QI\M Q same time reveal some of the issues that haven't been solved.

BASIC MECHANISM:

The equipment used for cryopreservation is dependent WV Q\[[XMKQÅK][IOM WZ \PM L preserves, be it bacteria, fungi, or animal and plant cells. <PQ[TM^MT WN LQzMZMV\QI\QWV Q \aXM[WN KMTT[ZMY]QZM LQzMZM\ IVL \PMa ZM[XWVL LQzMZMV\Ta \W) JI[QK _WZSÆW_ WN \PM MV\QZM collection, centrifugation (concentrating the material), freezing, labelling, storage, retrieval, transport, thawing, and growing (Pratt). Most systems use a controlled-rate freezer, which delivers liquid nitrogen at a constant rate into a chamber where the cells are kept at. The speed in which nitrogen is introduced must be monitored carefully to prevent cellular dehydration and ice-crystal formation, both of which will damage the cell structure. The frozen cells are then transferred into a nitrogen freezer with either vapor or liquid nitrogen, SMMXQVO \PM \MUXMZI\]ZM[M`\Z

STEM CELLS:

One of the most important usages of cryopreservation is storing bone marrow stem cells. This technique has greatly helped alleviate the issue of a shortage of bone marrow transplants for patients diagnosed with leukemia. .WZ \ZMI\UMV\ ÅZ[\ PMIT\Pa PMUI' are extracted from a donor's bone marrow and stored. Another form of stem cells that are multipotent, able \W LQzMZMV\QI\M QV\W W\PMZ NWZ extracted from umbilical cords and is an alternate option. Then, the patient undergoes chemotherapy, which kills the cancerous cells as well as some healthy cells. After that, the preserved stem cells are infused back into the patient's body. Cryopreservation allows these donated stem cells to be preserved for a long period of time and can be used whenever needed rather than collected on request. Stem cell treatment can also be used in heart and liver disorders, and as mentioned earlier, certain [\MU KMTT[PI^M \PM XW\MV\QIT \W array of body cells. Scientists have an intense interest in extending the usage of cryopreserved stem cells into \PM[M IZMI[WN UMLQKQVM AI_V

EMBRYOS AND SEX CELLS:

Other than body cells, embryos and sex cells are also stored with cryopreservation, and this is incredibly important for in-vitro fertilization. If an infertile couple wishes to bear children, the _WUIV Q[ÅZ[\ \ZMI\ML _Q\P PWZUWVM[\W [\QU]TI\M MOO X and fertilized in-vitro (with extracted sperm cells from the male partner). Many unused embryos will result from this procedure, and they are cryopreserved (for up to ten years). This can allow the couple to transplant a preserved embryo if a fresh embryo has failed, and also transplant a preserved embryo if the couple wishes to have another child in the future, without the mother needing to undergo hormone treatment again (cloudninefertility.com).

ISSUES & CLOSING:

Despite being incredibly useful, there are some limitations with cryopreservation. One of the major issues is apoptosis, or programmed cell death, related to extremely low temperatures. This phenomenon has been observed in some embryos, blood cells, sperm cells, and many other types of cells, usually occurring just a few hours after the sample has been thawed. The cells also face the issue of dehydration when frozen. Thankfully, regarding this problem, there are two cryoprotective agents that can be used: glycerol and dimethyl sulfoxide. Another sub stance, a sugar called trehalose, is found in organisms that can survive severe dehydration, and Q\ Q[ ][ML QV NZMMbM LZaQVO XZWKML]ZM[WN KZaWXZM[M situation is more complex. Sometimes, the cellular structure is damaged by crystal formation, IVL IT[W \PM \Q[[]M WZOIV UIa NZIK\]ZM L]ZQVO \PM PMI\Q\ \PMZUWZM I[UMV\QWVML XZM^QW][Ta LQzMZMV\ KMTT[\Q[and thawing, and this requires cryopreservation to be an incredibly specialized science (Baust, *IW *I][\ ,M[XQ\M \PM LQ{K]T\QM[\PM XZM[MZ^I\QWV UM\ of cell, to life-saving medical procedures. Scientists remain active and are working to develop technologies that would elongate the life-span of preserved cells and preserve organs and tissues.

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THE DEVELOPMENT of **SMARTPHONE CAMERA SYSTEMS**

Written by: Kevin Shao
Photos from: Apple

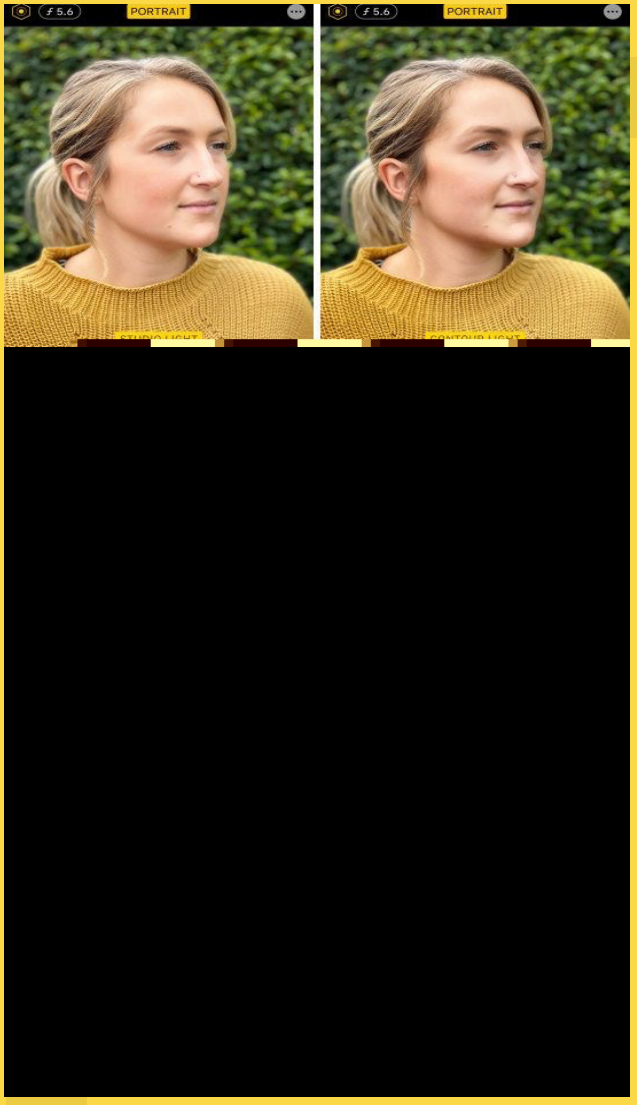
The development of smartphones during the _MV\a ÅZ[\ KMV\]Za PI[-JMV\ZJa MZ[JMQVQ\ZW[a[KMU QVO _Q\P UIVa ÆI[Pa NMI\]ZMI JMQVQ\ZW[a[KMU QVKT]LQVO at an incredible rate. The camera, in particular, has been evolving with astonishing speed. The constant releases of new camera lens, such as the recent Sony IMX686, IMX586, and the Samsung Bright HMX, have brought smartphone development to new heights[1]. Among the many developments of the smart XPWVM \PM KIUMZI Q[\PM most innovative of all, and it has had a huge impact on our daily lives.

6W_ILIa[UIVa LQ-zMZMY\ [UIZ\ phones designed and manufactured by various companies have similar functions. In fact, some of these products have nearly identical designs, such as the iPhone X and the Xiaomi 8. In order to make their products stand out, more and more smartphone companies are paying extra attention to the performance of their camera systems. For example, in 2019, Xiaomi in-troduced its new smartphone product, Xiaomi CC9 Pro, that has an incredible main camera lens. Moreover, we see an enormous leap in the quality of Xiaomi smartphone photos over time, as its DXO Mark Photo score increased tremendously[2].

> ***In order to make their products stand out, more and more smartphone companies are paying extra attention to the performance of their camera systems.***

Although the emphasis on developing cameras grew most rapidly in ZMKMV\ aMIZ[\PM -ÅZ[\ \ZIKest in this area can be found as early as 2000 when Sharp launched the ÅZ[\ [UIZ\XPWVM _Q\P IV M KIUMZI [a[\MU \PM smartphone with a 10-million-pixel lens camera had been introduced. During the years after, smartphone companies began to focus on other aspects of their camera systems, such as increasing the overall quality of the photos by improving the corresponding hardware components. Later on, they also started to focus more on the software than the hard

[1]The Samsung Bright HMX is camera lens specially designed for smartphones that was co-designed by both Xiaomiiu and Samsung. Until January 17th, 2020, it was still considered the camera lens for smartphones with the highest pixel number.
[2]DXO Mark is considered one of the most famous companies that provide a rating of smartphones of a wide range of features, such as performance, videos, and photos.



ware systems. For example, these smartphone companies introduced new AI calculation methods instead of providing their new products with better camera lens; AI calcula \QWV UM\PWL[ITTW_ I [UIZ\XPWVM \W sional features and adapt to the environment in order to get PQOP Y]ITQ\a XPW\W[IVL ^QLMW[<PM ^MTWXUMV\ WKK]ZZML _PMV)XXTM QV lens camera system on a smartphone, iPhone 7 Plus. The implementation of multi-lens camera systems on smartphones can improve the quality of videos and photos since LQzMZMV\ TMV[M[XZW ^QLM LQzMZMV lens can take their own photo or video and can combine to form high-quality images. Along with the improvement of AI calculation methods, this particular method has become a major way of improving smartphone cameras.

As smartphone camera systems become more and more advanced, many smartphone companies turn to introduce new features that a camera system can support; these include image stabilization, 960 fps slow motion videos, and optical and digital zooms. For example, the option of shooting a slow-motion video has proved to be an entertaining and popular feature that has increased the overall playability of the smartphone.

Many recently released smartphone products, such as Xiaomi CC9 Pro, Huawei Mate 30 Pro, and iPhone 11 (Pro) support the shooting of slow-motion videos.[3] Slow motion is incredibly useful because these videos are usually more interesting to viewers: many Hollywood movies, for instance, frequently make use of it to emphasize certain plot points. Another function that an advanced smartphone camera system can support is image stabilization, which can be combined with 960fps slow motion to give users a better experience, which is important I[I VWV [\IJQTQbML ^QLMW Q[LQ[\ZIK\QVO \W _I\KP <PM UW[\ ! NX[[TW_ UW\QWV I[Q\ KIV OQ^M][M[4]Z[\PM ÅVM[\ [TW_ UW\QV 1V KWVKT][QWV \PM ZIXQL IVL M{KQMV\ LM^MTWXUMV\ WN JW especially its camera system, has resulted in an overall improvement in the quality of the smartphones in the QVL][\Za <PQ[\Z]Ta QVÆ]MVKM[IVL JMVMÅ\[K][\WUMZ[TQSM][is also one of the many reasons as to why smartphones have been so impactful to us in the modern world. The speed of its development proves to us how the camera systems on smartphones have the potential to gradually replace traditional cameras.

[3] <PM Q8PWVM 8ZW ;MZQM[_I[\PM ÅZ[\ Q8PWVM XZWL]K\ \PI\ _I[TI]VKPML _Q\P I []XXWZ\
[4] fps stands for frames per second, and higher the number is, the slower the video will be.

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