

# THE MORRISON SHARK POST



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## We've Got Spirit! Yes We Do! — MAK Spirit Weeks

By Anna Laytham

Why were all the Hammerheads matching in blue on Tuesday? Why were all the middle school students dressed up as Mr. Owen and Mrs. McDillon on Friday? That's because it was Spirit Week! The HS Spirit Week featured Monstrous Monday, Team Tuesday, Wacky Wednesday, Throwback Thursday, and Fandom Friday. The MS Spirit Week had Color Day on Monday, Movie Character Day on Tuesday, Suave vs. Slob on Wednesday, Nerd vs. Jock Day on Thursday, and Dress Up as a Teacher Day on Friday.

On Monstrous Monday, high school students dressed up as an antagonist or monster and played a revamped version of Zombie Tag. Jasmin Kong from the 10th grade commented, "The zombie tag game was my favorite because it was the most active game out of all of them." On Team Tuesday, students competed in Doctor Dodgeball together and each house came up with their own "team" idea. The Makos did Pajama Day, Hammerheads did all blue, Tigers dressed up in black with tiger themes and Threshers did a "Rainy Day" theme. The teachers dressed up as crayons in a crayon box. During lunch on Wacky Wednesday,

students were challenged by doing yoga poses and holding a plank for two and a half minutes. On Throwback Thursday, students competed in their houses to answer trivia questions. Some dressed up as characters from old movies and some dressed up according to certain era styles, such as the 40's or the 90's. For Fandom Friday, students competed in a Kahoot at lunch about fandom trivia. Dressed up as characters from their favorite TV show or celebrity, we've had the privilege to meet Taylor Swift, Sabrina Carpenter, and four characters from Harry Potter all in one day. Yosub Lim, in 10th grade, raved, "It was very interesting and fun. It was also a unique opportunity for us to deepen our bonds within the house."

In the middle school wing on Monday, students were dressed in different colors: 6th grade in green, 7th grade in blue, and 8th grade in red. On Tuesday, students dressed up as certain movie characters. We saw Katniss Everdeen, Spiderman, and even Moana! On Wednesday, students had the choice to dress up either sloppily or nicely and the halls were filled with nerds and jocks on Thursday. On Friday, students dressed up as teach-



A group of Sophomores dressed up for Monstrous Monday. Their outfits ranged from Sesame Street and Monster, Inc. to anime monsters.

ers of their own choices.

Additionally, middle schoolers had lunchtime events on Monday, Wednesday, and Friday. On Monday, they had a chubby bunny challenge and on Wednesday they did soccer shots on goal. They competed to see who knew the teachers the best on Friday. Clara Juong, an 8th grader in the middle school House Council, commented, "It was overall a really enjoyable week because everybody

had a chance to dress up into something they normally don't. It was also very competitive and nerve-racking for all of us because we constantly had to check which grade had the most points everyday."

Overall, both the middle school and high school spirit weeks went well. Students grew together in houses and classes, worked together, and had fun at the same time. We're looking forward to next year's spirit week!

## The Essence of MAK Olympic Games Day in 2018

By Yosub Lim

The sun was shining, the wind was breezy, and it was a perfect day for athletic activities. Yes, it was the time of the year again - The Olympics Day. In MAK, the Olympics Day is a sports event in which students from Kindergarten up to eighth grade participate in. Ninth graders are in charge of running the event. This year's Olympics Day could not have been more wonderful. Even though the event ended with only one team, India, winning the gold medal, all the other teams have shown promises and hard work, performing their best and having no regrets.

At the end of this year's events, seven records were broken by talented and tenacious MAK athletes. Seven records were quite a considerable amount. Some people expressed that the group of students this year were exceptionally

athletic. Every athlete that participated in Olympics Day demonstrated great sportsmanship, and they pushed through all the challenges presented to them throughout the day.

Additionally, this year's tug of war was very interesting to watch, as all of the athletes squished the last of their strengths to pull the opponents to their side. Their faces showed determination and an unwillingness to lose. Furthermore, the eighth grade boys' high jump was very impressive, and it was in fact the most exciting event based on the crowd responses. Every time a participant jumped over the benchmark, the crowd cheered as loud as they could, and the ability of the participants surprised the crowds over and over again.

Joseph Tsai (G7), a participating athlete, felt that Olympics Day was

very fun and interesting, but he was a bit disappointed because the helpers did not keep track of the scores correctly. He thought that it would have been way more entertaining and competitive if the scorekeepers had tracked the time more accurately. Eason Chen (G8), another participant of the event, viewed the Olympics Day as very challenging, but he also stated that it was a very unique opportunity to force him to step out of his comfort zone. Overall, the main drawback from this year's Olympics Day appeared to be the few timing errors. However, in other aspects, the events ran quite smoothly.

In response to the negative feedbacks, Othniel Yeah (G9), a helper during Olympics day, said that while he could not deny the fact that they've made some mistakes, it was not entirely their fault since there were technical issues, such as

the malfunctioning of their computers during the event. The ninth grade students who helped run the whole event not only served the younger people, but also learned from the experience to persevere through hardships. Liz Shen (G9), one of the helpers for the day, explained that it was an excellent experience helping out the event even though the weather was very hot and they messed up sometimes.

At the end of the day, this year's Olympics Day was very fulfilling and satisfying for both the participants and the spectators. The athletes tried their best, and everybody watching them witnessed the fruit of their hard work.

Some high school students actually expressed their desires to have high school Sports Day. Whether or not the idea will be implemented, we will have to wait and see.

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# A Chat with Two Mothers Expecting New Baby Sharks

By Esther Yao

MAK sharks are proud to be announcing the arrival of our baby sharks. The Stower and the West families both are expecting beautiful daughters to arrive during the month of July. Mrs. Stowers was excited to show us, through an app on her phone, what her baby looks like at 19 weeks old. Mrs. West and Mrs. Stowers both were feeling much better after finishing their first trimester. "You feel you have more energy, don't feel that sick... food is more appetizing," Mrs. West said. She added that she had an emergency plan with her third grade class just in case if she wasn't feeling well.



The Stowers and West families are both excited about their new babies!

She is also very thankful for her helpful third graders and the treats they bring her.

Mrs. Stowers shared how she announced that they were expecting a baby on Facebook. She recorded clips of herself and Mr. Stowers asking their daughter if she would want a brother or a sister. Each time they asked, Leilani always replied with papaya. Mrs. Stowers compiled all these adorable replies and posted on Facebook with a caption at the end saying "expecting our papaya during July." She also reported that Leilani knows that the baby is an actual human and



not an edible papaya. Mrs. West, similarly, shared her story about how she told her sons they were having a baby sister. She recalled that Liam really wanted a boy while Samuel wanted a girl. When they announced it Liam, who was really tired at the time, started to cry.

When I asked what they were excited about, Mrs. West and Mrs. Stowers all had very heartwarming answers. Mrs. West was excited about having their first girl. She explained that on Mr. West side's family wasn't expecting to have anymore grandchildren. But once they heard the news they were all very excited. Her mother in law was also thrilled about having a baby girl. In addition, Mrs. West was excited to have a daughter and mother relationship when the baby grows up. Mrs. Stowers was happy to have another daughter since it would give Leilani a sister. She explained that she has a very close relationship with her sister even now. Having another daughter will provide Leilani another playmate but most importantly a sister to bond with.

On the question of is there anything you need help with, both of

our beloved teacher answered differently than what I have expected. At first, they jokingly asked for a personal chef who would make their meals for them. But after that they recounted all the nice things people has done for them. Mrs. Stowers said that Shou ma ma always insisted to help her carry the equipments for ASA. Mrs. West also gave thanks for her helpful class. They both were glad to have a community who will help them when they are in need. Mrs Stowers and Mrs. West also really appreciate the help that their husbands has given them.

Our final question was what would you like to eat after the pregnancy. Mrs. West expressed her craving for sushi. Mrs. Stowers said that she craves for different foods around the the world, such as california rolls in America, chips with cheese and mayo from New Zealand, and Timbits in Canada.

All in all, both of these expecting mothers were super excited about their babies. Please pray for their safety and be ready to welcome two new beautiful babies after summer vacation!

## MAK Sharks Attended the Tainan MUN VIII Conference

By Grace Shieh

On the seventh day of February, the MAK Model United Nations team launched into their second conference of the school year, heading to Tainan First Senior High School to join delegates from Southern Taiwan in a three-day adventure filled with debates, resolution writing, and serious business (also known as trolling). Despite the gloomy weather with rain droplets occasionally falling from the sky, the high school sharks, who wore suits, ties and blazers, were in no way affected by it. They were ready to take over Tainan MUN VIII.



Upon arrival, the delegates had the pleasure of attending a two-hour long opening ceremony where they politely clapped as each guest and staff member was introduced. Despite the length of the introduction, all members leading the conference were inspiring role models for the delegates.

The delegates then had the privilege of listening to the keynote speaker who shared his unique experience as a foreign affairs worker and his insights on multiple global issues. At the very end of a Q&A session with the speaker, MAK's Andrew Chen got his chance to ask a question. He first thanked all of the delegates for contributing high-quality questions regarding the keynote speech, then ended the opening ceremony with his burning question for the speaker: "What is your favorite color?" Tainan MUN was off to an intriguing start and MAK held hopes that it would be the semester's best MUN conference.

For those who aren't familiar, Model United Nations is a simulation of the United Nations. There are different committees which debate on select global issues, and within them, delegates represent countries from around the world. They lobby (negotiate with other delegates) and write resolutions for the issues from their assigned country's point of view. In essence, it is a conference that emphasizes public speaking, international affairs, and diplomacy. This year, MAK delegates participated in four different committees: the Security Council, the Committee of Disarmament and International Security (CDIS), the Special Political and Decolonization Committee (SPECPOL), and the Economic and Social Council (ECOSOC), representing countries such as the

Russian Federation, Ethiopia, Senegal, and Canada. In SPECPOL, MAK delegates successfully passed their draft resolution despite the disadvantage of not having many countries in their bloc, or group of countries with similar interests. In the Security Council, delegates put in countless efforts to create and modify their clauses, aiming for the best compromise between



Conor Grimes, in ninth grade, was giving his speech as the delegate of Ethiopia.

all countries while surviving the endless veto threats from the delegates of the Russian Federation and the USA. Both draft resolutions passed in the Security Council, a victorious mark in MUN history. At the end of the three

day conference, MUN delegates had discussed on and learned about a variety of global issues, such as the situation in North Korea, the Rohingya minority in Myanmar, the disarmament in Africa, and the integration of refugees into European society.

In addition to broadening delegates' global view, sharpening lobbying skills, and improving public speaking, the MUN conference also sparked creativity and imagination. For instance, some committees who finished ahead of schedule encountered a Crisis. In MUN, Crises are mock issues, often random and absurd, but they demand a draft resolution like any other real issue. In the Security Council, South Korea and North Korea ended up declaring war, the Russian Federation and China merged to become the People's Republic of Chussia, and there was the establishment of the new country in Antarctica: Penguinia. SPECPOL's Crisis led to proposals to bomb the globe with Ethiopia and for Taiwan to conquer the world.

To sum it up, Tainan MUN was a fulfilling and exciting experience for many MAK delegates which could be seen from their bright smiles, laughter, and the stories they shared. Despite that rainy day and the chilly winds, the MAK sharks found warmth and joy in the heated debates, interesting experiences, and the new friendships, marking an end to the exhausting yet rewarding Tainan MUN VIII.



## How the Juniors View Their "Legendary" Research Project

By Sunny Wang and Jessica Kuo

"Guys, it's time to start thinking about your research topic!" Ms. Shaffner enthusiastically exclaims in English III class. The optimism is answered by large groaning from my fellow classmates. But for me... Yay! It is my favorite part of the junior year. You might have heard the Juniors (including me) talking, or rather, complaining, about the junior research project. The panic when 30 notecards are due at midnight can be observed through the dead bodies of multiple night owls in the student lounge before first period. Welcome to the junior year, when lack of sleep is encouraged by mountains of homework, and pressure pushes you to the edge of the cliff where you might as well just jump off.

There is a lot of work that awaits the Juniors regarding the research project. First of all, this project takes over the course of one quarter to conduct research and interview, write, and present one's chosen topic and solution. The final product includes a well-written, well-researched, and professional 8-to-12-page paper and a formal 20-minute speech delivered to their classmates, and the judges decide who will win the grant of 1 million U.S. Dollars from the Mercy Foundation. Unfortunately, the money does



Vivian Lu, a current junior, gave her presentation to the "Mercy Foundation" on the birth rate issue in Taiwan in a confident and professional manner.

not actually exist. The reward for winning first place is an A on the project (which is close to the value of 1 million dollars, right?).

At the beginning of the second semester, the Juniors will begin to brainstorm their topics about issues in Taiwanese society by coming up with as many problems as they can with their classmates. After a week of thinking, they each develop a rough idea of what they want to conduct research on. By the following week, they meet with Ms. Shaffner individually to polish and narrow down the idea and begin their research. Juniors use Noodletools as a way to keep track of all

their thoughts and findings. Noodletools has the feature of creating notecards to organize ideas.

For now, let's put aside the details of the research project, (most of you will learn about them soon enough) and focus on what the Juniors think about this project. Opinions on this project are divided. Some say it is very annoying and takes up too much time. Others view it as an opportunity to show the skills and knowledge they possess. To be completely honest, doing the research project is an enjoyable experience because one can learn from the information they find. One also gets to write down some problems

they may have observed in Taiwan long before junior year.

However, the project, like all other school work, has its restrictions on the choice of topic, required sources, and interviews. Choosing the topic for the research project is not simply based on what one's passion but also on the availability of English sources, possible interviewees, and the extent of the problem. You might have to abandon your favourite topic for the sake of completing the requirements and guidelines. That sounds very hopeless. The current Juniors should be telling how fun the project is to everyone, right? In the end, we, the current Juniors, who are in the process of completing the project can only say this to the next year Juniors: look ahead to the project before the spring semester begins. You won't regret it.

Good luck to all Juniors for the presentations. Try hard to survive through this hardship! I hope you are all still breathing after giving your presentations.

Also, the Juniors would like to give Ms. Shaffner a big shoutout for her amazing dedication toward helping us complete this project! We all want to thank you for your time, efforts, and incredible patience! Thank you, Ms. Shaffner!



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## Wanted: Constructive Criticism

By Daniel Lee

Being a member of the House Council requires an immense amount of tiresome effort. All members ought to manage their time efficiently as they also have schoolwork to do. A whole list could be made regarding House Council's roles and responsibilities, but this article revolves around one: the fact that they must face criticism, regardless of whether it is constructive or destructive. HouseCo members should be able to become a firm, rigid shield to protect themselves from all the sharp arrows of critics coming at them. Some arrows may be sharper, but HouseCo members still need to withstand them.

The House Council respects everyone and what they say. Based on people's recommendations, they try to plan events or make revisions to existing systems. HouseCo members try to listen to as many ideas as possible and make them come true. However, the reality is that they cannot listen to every single one of them. It is simply impossible to do so, since everyone's tastes and preferences differ. While one may propose an increase in athletic

activities during House competitions, the other may propose a decrease in them. While one may prefer an indoor venue for the banquet, the other may prefer an outdoor one.

HouseCo works to find a middle ground, but if that is not possible, they choose one or the other. It is natural for the group that supported the unchosen idea to rise up, but it is questionable whether it is truly the House Council's obligation to face those harsh oppositions (unless they actually made serious mistakes). HouseCo members are the same as everyone else. They struggle if they are forced to continuously face those bitter critiques. The only difference between HouseCo members and other students is that the HouseCo members are in a position where they have to think about the general welfare of the MAK community before anything else. It is not that they are standing in front of the courtroom for a trial, waiting for the prosecuting attorneys to point out their wrongdoings.

Despite the downsides, there is one feature that makes all HouseCo



members believe that they made the right choice to become part of the Council. It is when people leave positive comments about them and their work- "Thank you, MAK House Council. We appreciate your work." "Good job, HouseCo. You guys rock! The last House event was awesome!" Every single comment of encouragement HouseCo receives serves as a motive for them to work harder. Yes, it is their responsibility to work hard from the beginning. It is just that they will work even harder if they know there are people who support them and/or appreciate what they do. HouseCo always appreciates supporters.

It is true that HouseCo should never assume that every critic is a hater. HouseCo members should note that constructive criticism is meant to guide and help them learn from their mistakes. However, people must take into consideration that mistakes are proof that HouseCo is trying, and that they need constructive criticism, not destructive. The House Council has always been and always will strive to improve the MAK community as a whole, with the intentions to let every MAK Shark enjoy a better environment. To make this happen, HouseCo needs encouragement, as well as useful feedback and constructive criticism.

## Why It's Okay for MAK to "Divide the House"

By Kristen Tam

As a house captain myself, I don't really have any problems at all with the house system. The goals are there, the people are motivated, and overall it really does spark friendly competition within the high school and middle school.

However, is it possible we're becoming too house-based?

Sure it's good to get to know our seniors and juniors at school, and the bond between high school and middle school (at least from what I can see) is really improving. But with this constant division into four groups

think they genuinely understand that even though we have our houses, it's not all that bad to compete against our juniors and seniors.

We all need a break from most things in life. Eventually we'll get tired of scrolling through our Instagram, gaming on our computer, and even talking with our friends. It's okay to take breaks; in fact I'd say it's healthy to do so from time to time. But this shouldn't just apply to whatever is material and physical. No, it should apply to ALL aspects of life.

Unlike the middle school, high

petitions and events have extra spice and flavor.

This is how I see things. When we have house competitions and events, the majority of the house gets into it. For the most part it's a fun time and the competitive spirit is still up and running. But some people don't feel the same attachment and connection to their house as others. And it's not their fault, there's nothing wrong with not being "into" house events: I get it.

However I find that when we have competitions and events with grades going against each other, I see pretty much every student giving it their all. It makes sense too. You bond and spend more time with your grade

than your house. For the people that have been in the same grade since elementary school, that bond is likely to be especially strong. Who wouldn't want to defend the pride of their grade? I know I would.

What's wrong with changing things up once in a while?

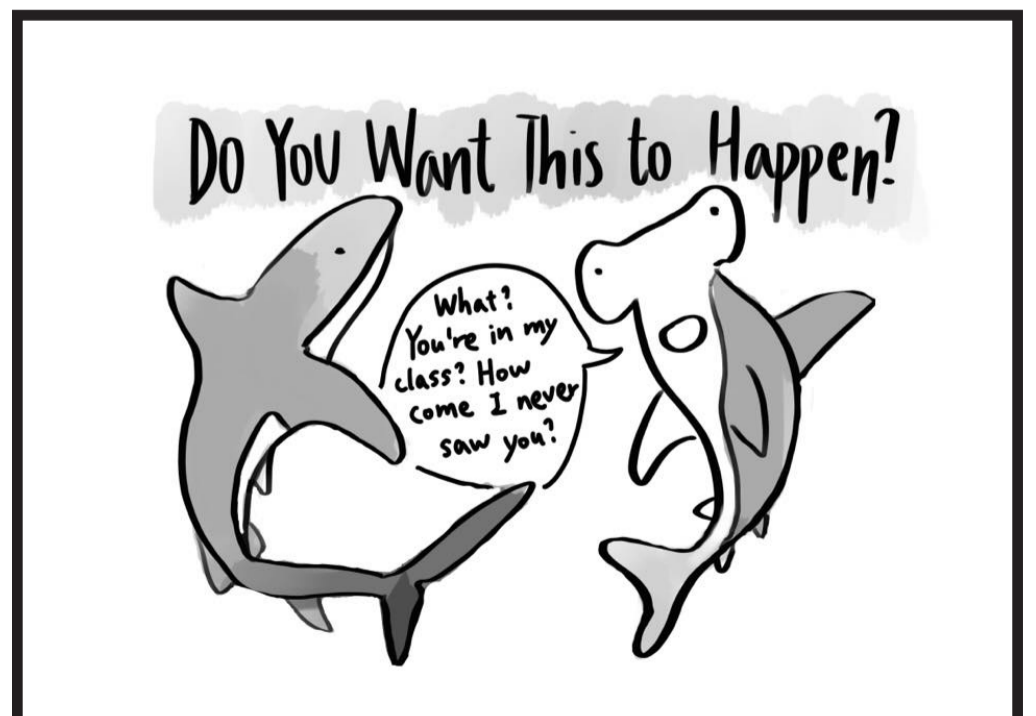
If we as students of MAK continue to be divided into the familiar teams of four, house bonds will continue to plateau and maybe even go slightly downhill. As a house captain, that's not on the list of things I want to happen to my house. So please, high school team leaders, staff, and HouseCo, let us exercise our "motion to divide the house" and change things up for once.

Is it possible that MAK  
is becoming  
too house-based?

of sharks, it's becoming too repetitive for my taste, and I'm sure lots of people can sympathize.

Here's an interesting fact: middle school HouseCo was allowed to pick if they wanted their spirit week to be grade-based or house-based, and in the end, they chose to have the competition be between grades instead of houses. Hats off to them because I

school HouseCo wasn't allowed to pick if spirit week would be grade or house-based. I don't know why teachers are so bent on getting us to be "more friendly with our house" (at least that's what it looks like.) But I do know that some people are getting tired of it, and it's starting to show. HouseCo needs to be given flexibility to choose grade or house in order to ensure planned com-





# 2018 CAPSTONE INTERNSHIP PROGRAM

## Internship Program Implementation Recommendations:

1. Interns qualification: 11th to 12th grade students
2. Each academic year: only 3 classes
3. The first class (summer): 2018/5/28 ~ 2018/6/15
4. The second class (summer): 2018/7/2 ~ 2018/7/20
5. The third class (winter): 2018/11/26 ~ 2018/12/14
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## Everywhere We Go- Chiang Mai Basketball

By Carmen Clemente

Imagine this: your muscles are aching from head to toe, beads of sweat are trickling down your face, and you're running short of breath. Your head is pounding every time the basketball hits the floor. You're about to give up right then and there, but your head turns and focuses on the stands. There are little elementary kids screaming and holding up hand-drawn posters with drawings of red and black sharks and words like "Let's go!" and "Jia you!". You hear the cheering and roaring of the crowds, all of them watching you with enthusiasm. Your focus returns to the court and you finally know what you're here to do: to play basketball. This is what most of our basketball players felt like in Chiang-Mai. For the girls' team, there were only seven people available to play, so we only had two subs in every game. On top of that, people were getting injured and still fighting to play their best. For most of the guys' team, this was their last basketball tournament in their high school career. I think it's safe to say this tournament meant a lot to everybody who went. Annabelle, a sophomore who went on the trip, said, "In the end, I felt like going to Chiang Mai wasn't just about competing in a basketball tournament. It was so much more than that. We became a family, and that is something I will never forget."

The date that marked the start for this exciting journey was January 31st, a sunny Wednesday afternoon. Everybody was jumping up and down, screaming with excitement and anticipation as we impatiently waited to leave the school building. Before we got on the bus, we took group pictures and circled up as our principal, Mr. Torgerson, prayed for us. Mr. Owen, MAK's high school athletic director, and Mr. Torgerson both agreed their most memorable experiences from their high school years were their sports tournaments overseas. This encouraged everyone to make this Chiang-Mai trip a memory they would never forget. After that, we were off! Traveling day isn't always the most exciting, for obvious reasons, but we made sure to make the most out of it. We arrived at Chiang-Mai, Thailand late at night and got to ride songthaews, which are these smaller truck-like vehicles. We went to sleep that night dreaming about what was to come the next day. There were two tournament pools for the boys and girls. Each pool had five teams, so each team had four games over the course of two days. The boys had the first game Thursday morning. They fought hard but lost against the EIS Flames. At 7:00 that night, they played against WIS and won that game. The next day, they won against the CMIS Eagles and the CRICS Flames. Overall, our boys placed sec-

ond in their pool with a 3-1 record. Saturday was Playoffs day, and the first game was against GIS Tigers in the semifinals, who went on to become the champions of the tournament. Our boys held their ground, but lost and went on to fight for third place, which was against the PTIS Panthers. After an amazing fight, they won that game and took home third place medals!

For the girls, our first game was against the Seisen Phoenix. We lost that game, but came out with new friends and cheering partners. The second game was against the CRICS Flames. After an enduring fight, we came out victorious. The next day, we lost against the EIS Flames and won against the GIS Tigers, placing second in our pool with a 2-2 record, which put us in the final four. On Playoffs day, we played against the ICS Eagles, who went on to become champions. Later that day, we played against the CMIS Eagles for third place. We fought hard and played an unforgettable game, but lost in the end. Overall, the fact that we only had seven players, played through injuries, and still ended up in the playoffs was a miracle in itself.

That Saturday, after the banquet (a.k.a. delicious pizza), all twenty teams gathered up in the gym for the closing ceremony. The night started with the presentation of trophies. Our boys went up to accept their third place medals and trophies with everyone cheering for them like crazy. After that, there was the free throw contest. Graeme (reluctantly, at first) and I participated, but we didn't advance to the final rounds. For the three point contest, Dennis and Halona represented MAK with their shooting skills. Dennis ended up winning the competition, resulting in a swarm of people rushing over and tackling him in celebration. The last event was a fun half-court shot contest between the coaches. The boys basketball coach, Mr. Wyss, and the girls basketball coach, Mr. Laytham, participated, but the basketball never seemed to make it in. Well, at least they were having fun in the process. As the whole ceremony subsided, players lingered in the gym asking for photos and Snapchat exchanges; Graeme was even thrown into the air by the GIS boys team (don't worry, he's fine). To top everything off, the night ended with dancing (well, more like a few people dancing while everyone else just shouted and nodded along, debating whether or not they should go up there and dance as well).

Overall, this Chiang-Mai trip was everything we wished for and more. When we first talked about going to Chiang-Mai this year the girls team were not sure if it was the best idea, since we'd have so few people. However, I am so happy we decided to go. This never would have happened

if it wasn't for the amazing coaches and parent chaperones who went with us on this trip. We especially want to acknowledge the coaches who stuck with us the whole season, teaching us everything we need to know. Thank you, Coach Wyss and Coach Laytham. I think it's safe to say we all are very thankful for the many hours of dedication and hard work that made this trip possible. Also, a special thank you to the parents who came along with us. Without you, we probably wouldn't have gotten those amazing Thai massages! Many memories were made, including waterpark adventures, Scott getting asked for autographs, the whole gym chanting Graeme's jersey number, new friendships being forged

off the court, and countless more. Not only did we bring back the memories, but we also brought back new cheers for our own games.

"Everywhere we go  
(Everywhere we go)  
People wanna know  
(People wanna know)  
Who we are  
(Who we are)  
So we tell them  
(So we tell them)  
We are the MIGHTY SHARKS!"

It has been an amazing season and an even more amazing journey. Here's to us and what we've accomplished as MAK Sharks.



MAK Varsity basketball teams and coaches with their little fans

## Spring Season Sports

By Annabelle Chien

It's that time of the year again when the girls fight to defend the goal to the death while the guys fearlessly dive to the floor to recover a mistake. Yes, the season of women's soccer and men's volleyball has come upon us.

On the first week, players came to tryouts with anticipation of gaining the title of "Varsity Player" by presenting their skills and participating with all their effort. One who stumbled upon MAK's exotic school grounds might wonder, "How is it that I've seen #42 before, during basketball season?" The palpable secret was that MAK faced the threat of not having enough players to make a full JV and Varsity teams, girls and boys alike. Therefore, students who played one sport usually joined the other two. Nevertheless, their teamwork remained stronger than ever, and their skill, even better.

When it's wasn't a pollution day and most of the players were free of injury, a normal day of high school ladies soccer practice looked like this: a dynamic warm up around the field to pump up heart rates, followed up by quick footwork routines set to sharpen fundamental soccer maneuvers. This would be followed by fast-paced passing drills to strengthen their stamina, and lastly, fun games, scrimmages, and team talks at the end right before

practice came to a close. Last year, the JV girls' soccer team proudly received the honor of first place at their tournament. This year, Coach Owen and the team's goal to defend their title.

Similarly, the boy's volleyball team practices also started out with a familiar set of dynamic warm ups. Then, players paired off to pepper -- meaning to consecutively bump, set, and hit-- to their partner. The team would transition into serve-serve to simulate a game-like situation and master their ability to act with thinking and instinct. Next, setters and hitters split up to practice their skills individually before coming back together for hitting and spiking exercises. And, of course, practice couldn't be complete without a little "King of the Court," a fast-paced 3-on-3 drill where teams tried to remain on court. When asked about the general goals for the team as a whole and each individual player, coach Tam mentioned aspects of skill improvement, teamwork, and character building.

The exact date of the exchange is set on April 14th at Taichung. The tournament day follows closely on April 28th. JV girls soccer play at TES, JV boys volleyball at AST, and Varsity boys will be at KAS. We hope the best for each team, and come support the MAK athletes on that day!



## STRANGE OCCURENCES IN MAK

By Gabrielle Liu

*In an attempt to rise, we often forget how bread dough does it: slowly, softly, and effectively.*

*Two of the greatest brains of this century, and perhaps history itself, have decided to uncover the truth behind some of MAK's stranger and often unsettling occurrences. Dividing truth and deception, the inseparable crime-fighting duo, composed of the startling Buster Yamiths and the fearsome Dr. Eivor Hunch, have set out to uncover the mysteries hiding behind MAK's well painted walls, and these are their findings...*

*A Case More Complex Than Carbohydrates:*

*"The lunch is pretty good." The first time these words were uttered, (Dr. Hunch and I were eating lunch inside the dim cave of the Shark Shop, a cubicle of lonely cotton hoodies and heaven for fanatics of mathematical*

*dish from Taiwanese cuisine known as bian-dang, and Dr. Hunch and I were determined to uncover how ten years of predictable student behavior had been thrown out the window this year. Perhaps there was something stirring up beneath the multi-grain purple rice and crispy skin of pork chops, explaining the eerie calmness and approval which settled over the 40 minute lunch periods, leading to growing statements about how the lunches were so satisfactory, the bian-dang system might continue for a record second year.*

*When sophomore Anna Lee (younger sister of Christine Lee and patient zero of the infamous senior plague--keep up for more updates) declared the Wednesday meals to be of the finest tastes, she extolled the savory chicken thigh, the exquisitely seasoned cauliflower, and delicately steeped of spongy tofu. Such praise and appreciation was abnormal for a receiver of school lunches that I had*

*out his hands, sending trails of cocoa infused calcium through the air. The growing puddle of milk swallowed the attention of everyone in proximity, especially the janitors. All trash cans were abandoned as they attended to the mess, so Hunch and I fished out a disposable box lid with minimal sauce stains, then valiantly evacuated the scene.*

*During the sports practice hours, we infiltrated the MS science room as Mr. Chesebro was off leading track practice, locked the doors, and scoured the room for a magnifying glass. Close inspection of the lid revealed a nutrition label in thin, camel colored Chinese characters. Much to my dismay, my triple major of forensic science, psychology, and Ancient Hebrew was no use in decrypting the complicated language. Dr. Hunch's doctorate level education lacked sufficient as well, but the Chinese-English dictionary fished from the abyss of hardly touched books in the MAK library came to rescue, delivering our investigation from being sabotaged by the unreliability of Google Translate. Approximately 1 hour, 25 minutes, and 8 seconds later, my decoding found that the bian dang was infused with abnormally high servings of potassium, Vitamin D, folic acid, and calcium.*

*With a time crunch on our hands and the ever-looming deadline of MAK's lock up, I decided to follow the trail of information I had found, as it seemed that the taste of lunch was now insignificant compared to the phenomenon of soaring amounts of nutrients. I dashed to the nurse's office, the obvious destination. Neat, sterile, and holding a plethora of information, I scoured files of student health records, functioning strictly on professionalism, not nosiness. It was only a confirmation of my suspicions when I noticed the recurring scribbles about deficiencies of those same nutrients that were found in skyrocketing*

*amounts in the lunch.*

*Another escapade to Mr. Owen's uncoincidentally obscured office in the back corner of the gym led to the uncovering of a pristinely organized roster of athletes from elementary school to high school, all cleverly concealed under the removable seat cushion of the infamous black mesh desk chair. Complete with detailed print with terms such as "+calcium" and "-sodium//+potassium" beside each highlighted students' names, it could only be concluded that the lunch program was engineering superhuman athletes to advance MAK's sports program. The deliciousness was merely a strategy to keep the insanely nutritious lunches in place for the years to come. Any other, less conspicuous way to do this would lead to a potential uprising of parents who'd fear after school sports practices would drop their child's grades by at least a grade point. The spinach and complex carbohydrates were carefully selected foods to start increasing the human growth hormone (HGH) and quickly pump in extra calcium for the young elementary students' before they eliminated their milk-drinking habits due to the frequent onset of tea addiction during adolescent years.*

*Signs point to MAK generating a new species of student athletes, a seemingly foolproof plan tailoring the fragile frames of lanky middle schoolers and building top notch performers with protein packed tofu. This reflects the past 10 years of MAK's underdog status as they've been going up against the athletes of KAS and MCA, who are on average a head taller.*

*Update: Yesterday, a box of exceptionally un-nutritional white spaghetti, sugary tomato sauce, and french fries was served. We are reconsidering our conclusion.*

*-Buster Yamiths*



**A meaty leg bone peeks out underneath the paper lid of Friday's lunch, concealing the vitamin A-packed meal.**

*combinations), I instantly recalled History of Morrison Academy Kaohsiung Vo. 7 which included records from the past decade on student satisfaction with school lunch. Food quality, ranked 0-10, had always met or exceeded the baseline set for physical and mental safety, but the category of "Willingness to settle with lunch program," consistently brought in digits of the negative number. These praises, and particularly the radical hopes the current lunch system would continue the following year, dismayed students in AP Statistics who could have never expected this occurrence; their dismay was so great that I began hearing rumors of how they were plagued with sadness caused by the inexplicable acceptance of the school lunch. The current lunch system was built upon the catering of a meticulously selected*

*to take a closer look at its contents. Dr. Hunch and I assumed position behind the burgundy curtains of the MPR stage, holding our breath lest the billowing cloth would give away our position. We spotted Ms. Lee's characteristic sleep-deprived gait as she brought her lunch box to the large, orange trash bins where the diligent janitors expertly sorted the remains of her lunch into recycling, food waste, and garbage. Ten minutes earlier, I had gently kidnapped an anonymous third grader who's identity cannot be disclosed and bribed them with a potent beverage known as boba milk tea. He agreed to participate in the following task: as the student walked down the row of bustling tables, he performed a magnificently staged trip by the second grade table, causing his open carton of chocolate milk to catapult*

### Guess Who I Am

- I have an older brother
- I am in high school
- I can play instruments
- I can speak 2 languages well
- I like stuffed animals
- I like to draw

**The last winner was Sofia Gregg!!!**

Send your answer to Brandon Tung at [tunbg@mca.org.tw](mailto:tunbg@mca.org.tw)  
The first one to get it right will have their name posted on the next issue and get a bag of chips!



# THRICE THE ADVICE

Here are three new topics to ponder upon with the aid of Thrice the Advice:

By Anna Laytham, Gabrielle Liu, and Jasmin Kong

## On Rejection

A: If you walked up to a person and handed them \$100, but they didn't take it, would you feel rejected? No, you'd think- this person is crazy. That's the same with your life. You have so much worth and although it hurts to be rejected, your worth doesn't go down because someone doesn't want you. \$100 doesn't decrease to \$80 just because someone doesn't want it. Also, don't give other people the authority to change your mood. Although it's easier said than done, you'll need to be kind and have grace and take things lightly.

J: We get it. Nobody likes the feeling of being rejected by anyone and anything. It does suck, but we can't let that one rejection bring our whole mood down for a long time. We just have to learn to get over it and know that there's going to be more disappointment in the future and those might not be as bad as the one you're experiencing now. Last but not least, one thing that you can really get out of the rejection is to make yourself into a stronger and better self that will deal with the next disappointment a little better than the last one.

G: I wanted boba in my tea, but they said they were sold out. Maybe we just have to accept it, give it some time, and find solace in a joy that is uncircumstantial.

## On Boredom

A: If you're bored, then you're a boring person. \*Looks at Gabrielle's and Jasmin's\*

J: You don't need to be entertained 24/7. It is okay to be bored and sometimes you need to be a little bored to be creative and productive. The next time you find yourself bored, first think if you're in need of just taking a break from everything. You can do absolutely nothing and sometimes

that's the best thing to do for your worn-out body. If you still feel in need to do something, then figure out what YOU always wanted to do. Find a new hobby or invest the time of boredom to your old hobbies. Just do anything except for something you feel like you're obligated to do.

G: I've had a stuffed toy caterpillar named Wormy since I was five years old. He doesn't talk much. If he did, this is what I'd imagine him say: "I find it quite amusing the way you live your life. You're pretty sleep deprived and flabbergasted by how packed your schedule is, but between the margins of homework, piano, and trumpet practice, sometimes you can squeeze in the word 'boredom.' Sometimes I think all humans, to an extent, are living through a dull buzz of boredom, but they've just gotten used to it. This is perhaps the reason you used to be so eager to grow up, make it through high school (ugh), and go to college. Boredom is only a reminder that you are capable of greater things and that there extraordinary experiences waiting for you beyond lying on your bed or spending the weekend isolated and alone. Take it from me-- I've spent quite a long time in a sedentary lifestyle, squished up against the wall. Our difference lies in the fact that you can put yourself into motion."

## On Motivation

A: Get yourself a friend who makes you do crazy things and you'll be more willing to do them. It's all about taking that first step or simply starting. Once you start, everything that follows will be easier. When you don't want to run, but know you have to, just start jogging and you'll be less likely to stop. Also, it's okay to take breaks but that doesn't mean you should quit.

J: A tip to stay motivated is to set up a goal/reward for yourself. It will be



extra motivating if you set some sort of reward for yourself when you finish the work you have to do. The reward could be gaming, watching shows or dramas, eating, or anything that makes you happy. The hard work you poured in will be worth it and you'll be proud of yourself for finishing your work and being able to do what you want. When you need to finish your work, set up a time to do the work and actually start at that time. If you set your time at 7 pm and it happens to be 7:01 pm, you don't just say, "oh well, now I have to wait till 8 pm." you still start it even if it's a minute over your set time!

G: Have you heard the tale of the marigold flower? She was violently shy, quizzically introverted, and orange. Marigolds like her were victims of Guilty Stubbornness Syndrome (GSS), a cycle of being complacent and lazy, followed by extreme regret, and responded with more complacency and laziness. Marigolds of various personalities-- extroverted, energetic, studious, ect., all fell to GSS, but we shall focus on this particular Marigold. She kept receiving advice about going to see a therapist, but found that transportation was a little difficult because she was a plant. Because of this, her only choice was to derive some sort of method that allowed her to overcome fear of failure and comfort of pattern. This is an excerpt from her book, the Home Garden Times bestseller *The Marigold Motivation Plan*:

1. Imagine you are your marigold daughter or son, who is going through the same situation you are. What would be the most useful thing to say to get them moving? Is criticizing them going to make them feel better? Is instilling fear the best way to ensure success?

2. Once you have acknowledged their (your) situation, set a plan. Would you give your daughter/son something unachievable? Would you propose an end result, look upon it hopelessly and leave them to their own devices to figure out how to get there? Or, would you have rewards along the way, encouragements regardless of whatever the current progress is, and a disciplining attitude that comes from the belief your child is capable?

3. When your marigold child (you) is faced with a daunting task, teach them to count to 5. Allow them to take 5 seconds where they permit themselves to stop leaf-grooming, botanical history homework, or dirt-bed cleaning, but at the end, they immediately begin again. Over time, they will keep this habit when they see it reaps positive results. The instantaneous mindset switch becomes a sign of their own strength, and though not all attitudes and emotions can be so easily changed in a snap, this five-second exercise is a good place for your child (you) to begin to empower themselves.

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