



OCCA NEWSLETTER September 30, 2021

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OCCS纽约橙郡中文学校

2021-2022学年秋季开学通知



亲爱的家长朋友们，同学们，大家好！
2021年快乐而充实的暑假就要结束了，我们纽约橙郡中文学校2021-2022学年将于9月11日周六上午10点正式开学啦！由于受到Covid-19疫情的影响与限制，M-W学区的教学楼目前暂时不对外开放，因此中文学校所有的课程将继续使用Zoom Meeting网络模式教学。我们中文学校是纽约州

注册的非盈利教育机构，目前已经建校了三十多年。我校学费优惠低廉，办学管理经验丰富，教学团队实力强大！网上报名：请您使用中文学校注册链接 <https://forms.gle/a1v2DR52pqUxob9u5> 或者扫码咨询
专业老师为您孩子选择适合的课程！上课时间
周六上午中文课 10:00am-11:30am
周六下午儿童剧目表演课 3:30pm-4:30pm



Orange County Chinese Association Hosts Mid-Autumn Festival (also featured in [The Photo News!](#)) By Matthew Qu and Andrew Wu

On September 19, 2021, the OCCA, joined by State Senator James Skoufis got together to celebrate the annual Mid-Autumn Festival. The Mid-Autumn Festival or Moon Festival is celebrated by many Asian communities such as China and other Southeast Asian countries. The festival is the second most important festival in Chinese Culture after Chinese New Year.

Sadly, the COVID-19 virus prevents our community from coming together to celebrate as a community and, for our safety, members of the OCCA had to stay inside their homes for the Moon Festival. However, the virus is not strong enough to defeat our spirit

and culture, so the OCCA celebrated through a ZOOM Meeting. It does not feel the same in a ZOOM Meeting, but it is still important to be able to commemorate the Mid-Autumn Festival as one big family.

What is most important is how and why must we celebrate the Mid-Autumn Festival? On this beautiful night, people celebrate it by gathering for dinners, worshipping the moon, lighting paper candles, and eating mooncakes. It is just like Thanksgiving, where families gather together to eat and celebrate the blessings they have been given throughout the year.

(cont. on next page)

CDC
Guidance for
COVID-19

TO MAXIMIZE PROTECTION FROM THE **DELTA VARIANT** AND PREVENT POSSIBLY SPREADING IT TO OTHERS, **GET VACCINATED AS SOON AS YOU CAN AND WEAR A MASK INDOORS IN PUBLIC IF YOU ARE IN AN AREA OF SUBSTANTIAL OR HIGH TRANSMISSION.**

As the full moon shines over, the congregation members of the Orange County Chinese put together a spectacular show to celebrate the occasion including wonderful performances from Jessie Gao, Yongjing Cao, Ke Pei, Claire He, Ping Lu, Jinlin Du, Alyssa Chen, Kevin Jin, Samantha Liu, Aria Zhang accompanied by Kevin Jin, Fei Gao, and our special guest, Taisheng Zhao.

Under the direction of our Hostess Juan Li with her partner Jeffery Shi, Jessie Gao, an 8-year-old OCCS student, started off the festival by singing a gorgeous rendition of "May All of Us Remain in this World." Next up was Ke Pei, a professional singer, who beautifully sang "Homeland Nostalgia." Not one to be outdone, Claire He, a student from OCCA played the hulusi spectacularly in an "Ode to Pearl Flower." Following Claire's amazing performance came Ping Lu's melodious voice ringing out as he sang "The Hometown of the Moon." Then came Jinlin Du's exquisite performance as he sang "The moon in the Edge of the Horizon" After that the student group consisting of Alyssa Chen, Kevin Jin, Samantha Liu, and Aria Zhang told the tale of "The Legend of the Mid-Autumn Festival" and its history. Not to mention the incredible performance by Fei Gao as he sang "A Crescent Moon." Finally, Taisheng Zhao, a famous Sanxuan instrument player, also played three other ancient Chinese instruments.

Make sure to have a happy Mid-Autumn Festival and to enjoy your scrumptious mooncakes!



万家邀明月 橙郡迎中秋

OCCA 橙郡华人协会2021云端中秋晚会

1 但愿人长久	Jessie Gao	7 「话中秋」 剧目组	Alyssa Chen, Kevin Jin, Samantha Liu, Aria Zhang
2 半个月亮爬上来	操永京	钢琴伴奏:	Kevin Jin
3 思乡曲	裴克	8 弯弯的月亮	高岸
4 梨花颂 葫芦丝	Claire He	9 乐器联奏	赵太生 (特邀嘉宾)
5 月之故乡	鲁平	10 橙郡华人协会会歌	裴克
6 天涯望月	杜金林		

节目总监/主持人 李娟
策划 李娟/ 吴康健 /何谦

时间 Sunday周日, 09/19/21@ 7:30pm (EST)
Zoom ID 7249765829 Pass Code 12345

The Sound of Moon Festival

OCCA 2021 Mid-Autumn Festival Celebrations

1 May all of us remain long in this world	By Jessie Gao	7 The legend of Mid-Autumn Festival	By Alyssa Chen, Kevin Jin, Samantha Liu, Aria Zhang
2 The Half-Moon is arising	By Yongjing Cao	9 Ensemble	By Taisheng Zhao (Special Guest)
3 Homeland Nostalgia	By Ke Pei	10 OCCA Anthem	By Ke Pei
4 Ode to pear flower (Hulusi)	By Claire He		Director/Hostess Juan Li
5 Hometown of the Moon	By Ping Lu		Planning Team Juan Li, Kangjian Wu, Qian He
6 The moon in the edge of the horizon	By Jinlin Du		

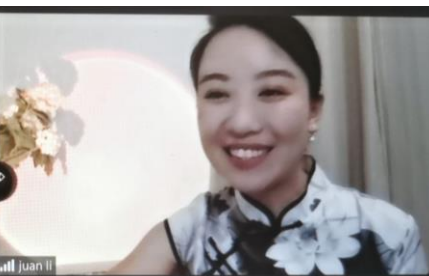
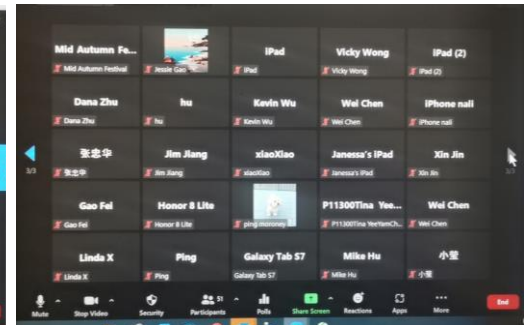
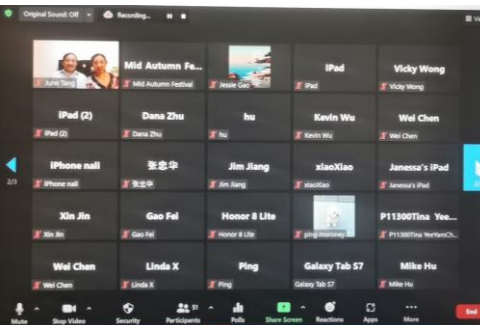
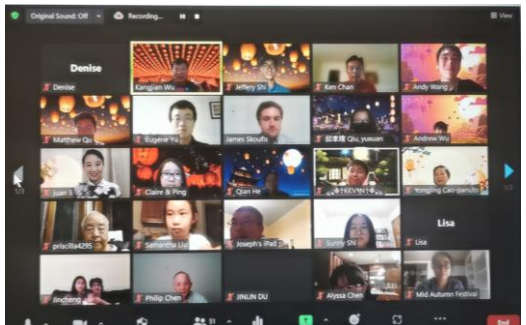
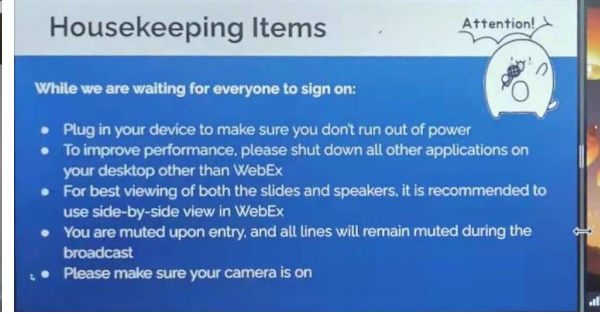
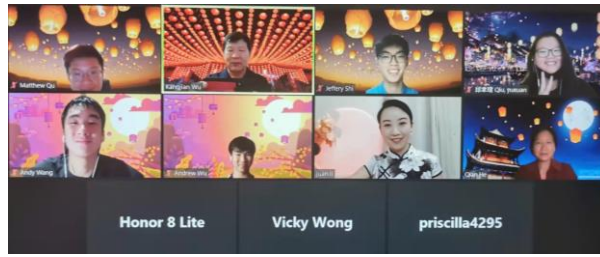
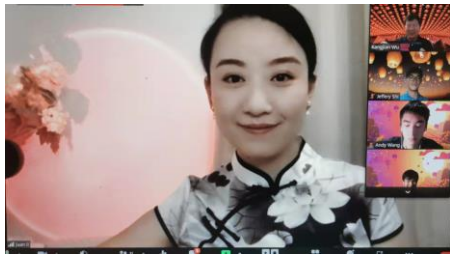
Event Time Sunday, 09/19/21@ 7:30pm (EST)
Zoom ID 7249765829 Pass Code 12345

《隔山隔水不隔亲，圆月同照故乡人》史秀全

在传统中秋佳节来临之际，9月19日晚，纽约橙郡华人协会组织了一场温馨而欢乐的云端中秋晚会。新冠疫情的防控规范依旧不能让我们可以放心组织举办线下聚会的时刻，在纽约橙郡华人协会积极支持下，所属中文学校的老师和学生早在一个月前就开始筹划，特别是为了体现中文教学与节目表演的成果，剧目班的李老师精心编排，耐心指导，热情鼓励孩子们完成表演；协会及学校的活跃分子在何老师的鼓舞下做了大量准备和彩排工作；协会资深会员纷纷拿出各自绝活抒发对亲人的思念和节日的美好祝愿。特别是有来自香港著名三弦演奏家赵太生带来的精美绝伦的弹奏，让听众领略传统与现代的完美结合。协会邀请到当地州参议员 James Skoufis 发表祝贺及感言。协会吴会长特别强调在这样一个时刻我们能够话亲情，叙友情，延传统，实属不易，也希望学生们将来可以积极投入到协会各种活动中来，为华裔和友邻社区的融合、互信，互助、促进做更加具体的工作。



纽约橙郡华人协会新闻简报 二零二一年九月



Many Thanks To...

总导演 - Director:
Ms. Juan Li

主持人 - Hosts:
Shiman Chen, Jeffery Shi

节目监制 - Producers:
Ms. Qian He & Ms. Juan Li

橙郡华人协会学生会 -

OCCA Student Government:

Shiman Chen, Angela Qiu, Matthew Qu,
Jeffery Shi, Sunny Shi, Andy Wang, Vicky
Wong, Andrew Wu,

《(唐) 许浑·鹤林寺中秋夜玩月 | 待月东林月正圆》江岚

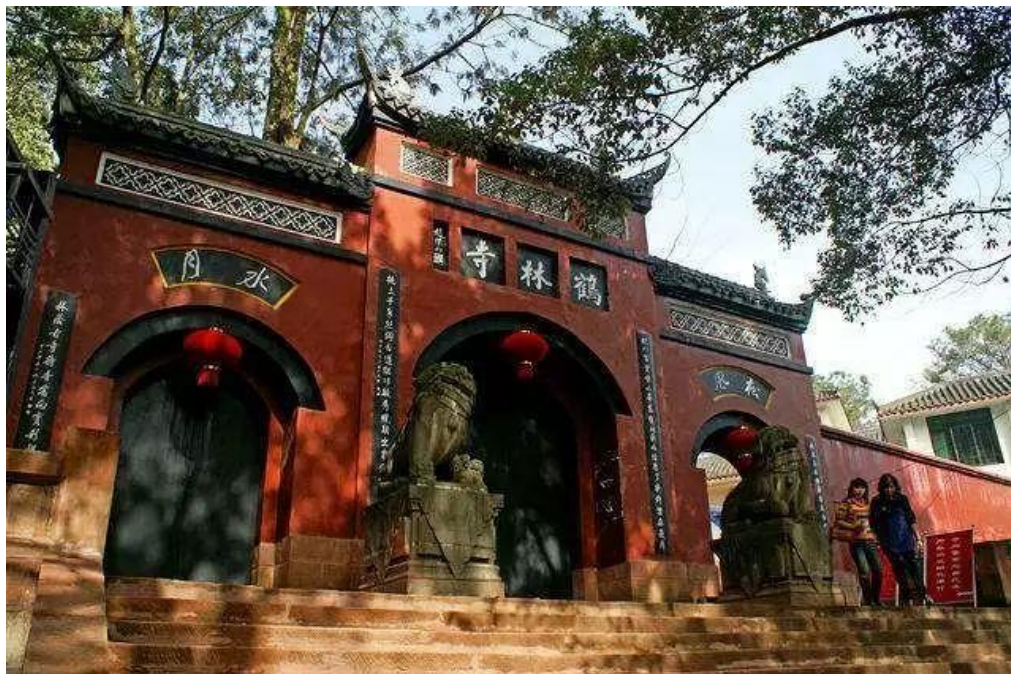
待月东林月正圆，广庭无树草无烟。中秋云净出沧海，午夜露寒当碧天。
轮彩渐移金殿外，镜光犹挂玉楼前。莫辞达曙殷勤望，一堕西岩又隔年。

— (唐) 许浑·鹤林寺中秋夜玩月

许浑这首诗，又题《八月十五夜宿鹤林寺玩月》，关键词是“玩月”。时间是八月十五，起因是“夜宿”，地点是“鹤林寺”。鹤林寺旧名竹林寺，位于江苏镇江市南郊，始建于东晋，至今犹存。在唐时的规模比现在大很多，寺院内山明水秀，风景幽美，自古多有文人墨客留连其间，吟诗作画。今日常被人引用的成句“偷得浮生半日闲”，便出自曾以诗退贼的唐代诗人李涉之手，题为《题鹤林寺僧舍》：“终日昏昏醉梦间，忽闻春尽强登山，因过竹院逢僧话，偷得浮生半日闲。”

李涉“忽闻春尽强登山”，当是被流放期间，路过镇江时发生的事。许浑却是安家在镇江的，何以在中秋之夜“夜宿”寺院？是一个人还是和家人在一起？他没有说明。诗歌首联以“待”字领起，一片静谧空阔，一片广漠的黑暗里，“待月东林月正圆，广庭无树草无烟”。月亮升起之前，静静等待的人，心中一片安详。似乎在这样一个夜里，除了安静地“待月”，就没什么别的事好做了。月亮也多情，不肯负人，一出来就宝光圆满，“广庭无树草无烟”，概括月色之明亮，也补出了诗人所处的具体位置，不在寺中的“东林”之中，而在“广庭”之内，无遮无挡，是个赏月的好地方。

颔联出句“中秋云净出沧海”，返回去点题，强调此夜并非其他月份的满月，而是中秋夜。到“午夜露凉当碧天”，夜已过半，皓月正当头，转接颈联“轮彩渐移金殿外，镜光犹挂玉楼前”，先用顺笔描写月亮一点点西移，再用倒笔写将落未落，月光依然“挂”在楼前。两联相继，一递一进，极写“月正圆”的景色，记录“玩月”的全过程。满月初升，“云净出沧海”令人欣喜；银辉普照，“露凉当碧天”，惹人怜惜，将闲情美景推向一个小高潮；情绪到“轮彩渐移”遽然滑落，好景不长的感慨



差不多呼之欲出了，许浑却不肯落俗套，换上了幸好还有“镜光犹挂”——目光追随着月亮，整整一个通宵。曙光初现，满月将沉，虽然恋恋难舍，也没有心里的沮丧，没有景色的衰颓，只有清淡平和。顺势归结出“莫辞达曙殷勤望，一堕西岩又隔年”。心头隐隐有些什么事，随眼前月光的逐渐隐去，悄悄引出一个约定，一种达观的生命情绪：来年还会再见的，再见之时，也还是会一如今夜，这般静谧安宁。

中秋夜，并非年年都一定能见到圆魄上寒空；中秋节，在诗人们笔下，大多并不热闹，更不喧哗。晏殊说，“未必素娥无怅恨，玉蟾清冷桂花孤”，蟾蜍是孤伶伶的，桂树是孤伶伶的，嫦娥也还是孤伶伶的。他被满月撩拨起的离思别绪，很节制，也很绵密，天上地下一派“悔不当时留住”的无奈清冷。许浑却没有那么多伤怀的感触，通篇有种很切合鹤林寺氛围的，“偷得浮生半日闲”的恬淡从容。结句“莫辞达曙殷勤望，一堕西岩又隔年

”最是笔触婉转，多情存趣，又不杂一丝烟火气。

许浑，字用晦，又字仲晦，号赤城子，出生于唐贞元年间。许浑自幼聪颖，家学渊源，唐高宗、武后朝的宰相许圉师是他的六世祖。他七岁习诗，大和六年（832年）进士及第，一生的仕宦生涯并不显赫，没有什么值得抒写的政绩，唯有诗名在晚唐很有影响力。他成年后移家京口（今江苏镇江），住在“丁卯涧”，因此以“丁卯”自名其诗集，后人便又称他“许丁卯”。

《全唐诗》中存许浑诗十一卷，补遗一首，共530首，其中有相当数量与杜牧及他人诗作重见互出。宋代刘克庄的《后村诗话》里评说“杜牧、许浑同时，然各为体。牧于唐律中常寓少拗峭，浑则不然……律切丽密或过牧，而抑扬顿挫不及也。”当代唐诗学者罗时进先生编选《丁卯集笺证》和《杜牧集》两个笺注本，多有勘误、订正。

(cont. on next page)

许浑一生不作古诗，专攻律体，结构稳整，遣词婉丽、属对精切、声律圆熟，尤以登临怀古、山水田园题材见长。如《咸阳城东楼》《怀江南同志》《金陵怀古》《故洛城》《凌歊台》等篇章，以景托情寓意，中间两联对句往往有精研物理，意象奇丽的表现：“溪云初起日沉阁，山雨欲来风满楼”（《咸阳城东楼》）、“湘潭云尽暮山出，巴蜀雪消春水来”（《凌歊台》）、“石燕拂云晴亦雨，江豚吹浪夜还风”（《金陵怀古》）、“马上折残江北柳，舟中开尽岭南花”（《暮宿东溪》）都是脍炙人口的名联。

后代评家因此对许浑多有褒贬，毁誉悬殊。喜欢他的人，如后来的大诗人兼花间派大词家韦庄，说“江南才子许浑诗，字字清新句句奇。十斛明珠量不尽，惠休空作碧云词。”（《题许浑诗卷》）极尽推崇。另外一些评家则认为过于专注于对偶，结果整首诗总体看来雕琢痕迹太重。比如这首

《鹤林寺中秋夜玩月》，颌联写景，颈联还是写景，词彩再流利，音韵再和谐，终归情味不足。

其实七言律体是很难写的。在格律的限制之外，起句要先声夺人，结句要回应起句，收拢全篇，已不容易；中间两联要承上启下，还必须对仗，也不是省力的事；内容上还要达成叙事-写景-抒情的有机结合、往复回旋，更是一项高难度的技术活儿。作者可以闪转腾挪的空间，满打满算也只有七言八句六十六个字的篇幅，一不小心语长气短了，就流于卑微怯弱；叙事绘景咏物渲染多了，失于虚飘，落笔太实在了，又难免拥堵。要做到用物而不为物所赘，言情而不为情所牵，还要写出新意，没有几分才气灵气根本做不到。许浑的七言律诗到第五句、第七句往往能奇句秀出，如泉浦云蒸，潇洒俊逸，已是十分难得。

至于说到他为诗的题材狭窄，诗

意诗情也总在个人境遇之间反复回旋，缺少高华气象，深长意蕴，那也是诗到晚唐，运势已颓的集体表现。拿许浑和盛唐诗人去比，多少有欠公允。

如今坊间多有“许浑与诗圣杜甫齐名”的误传，并以所谓“许浑千首诗，杜甫一生愁”为佐证，似乎杜甫若与许浑生在同一时代，诗笔还要略逊一筹。实际上是错用了同音字，以讹传讹，也误解这两句评语的来历。“许浑千首诗”，原意指许浑诗中多用水或雨一类的意象，与这一句相对，有“罗隐一生身”，指罗隐诗中不论抒发什么感慨，都离不开自身的，个人的喜怒哀乐；又有“杜甫一生愁”，用以归结杜诗忧国忧民忧天下的情怀。这三句话本来各自独立，针对的都是诗家的内容特色，即便并列在一起，也并不是后人拿这三位诗家来比高下的意思，因为高下早已分明，没什么可比的。



OCCA SGA serves as advocates to the OCCS student body and be liaisons between them, the OCCA Board members and faculty and staff in OCCS.

2021-2022 OCCA SGA



Qian He
Advisor



Sunny Shi
President



Andy Wang
Vice President



Angela Qiu
Advisor Assistant



Vicky Wong
Treasurer



Jeffery Shi
Secretary



Shiman Chen
Historian



Andrew Wu
Historian



Matthew Qu
Committee



Orange County Chinese School Opens Virtually On Saturday, Sept.11th, 2021

—From Orange County Chinese School Principal
Mr. Kenneth Chan Sept. 2021

(also featured in [The Photo News!](#))

Orange County Chinese School (OCCS) in mid-Hudson, New York warmly welcomes back its new and returning students for the 2021-22 school year. OCCS will continue remote learning in response to Covid-19 until M-W CSD facilities will be available to the public community in the future.

OCCS has been striving to give equal emphasis to the diversity of students' listening, speaking, reading and writing skills in Mandarin for more than three decades. In OCCS, there are different difficulty level Mandarin classes from beginner through advanced in order to provide variety and flexibility to suit different curriculum needs.

The main goals of Chinese learning for students in OCCS are:

- Students will be able to engage in interpretive, interpersonal and presentational Communicative tasks
- Students will be able to gain understanding of basic aspects of Chinese culture
- Students will be able to make connections between Chinese and other foreign languages in real life

Important Information

The first day of the coming new school year will be on Saturday, the 11th of Sept, 2021

- Orange County Chinese Association (OCCA) Membership Registration Fee: \$20
- Full Semester of 2021 Tuition : \$155 (Discount will apply for multi child per family)
- Online Registration Link
https://docs.google.com/forms/d/e/1FAIpQLSepkdd-IB_1tFBVyr7d8p5Txd5kk-phXVM627ZFB98XJxYGH4/viewform
- Check Pay To The Order Of OCCA
- Mailing Address:
OCCA
P.O.Box 124,
Monroe, NY 10949

Class Schedule: Saturdays from 10:00 a.m. to 11:30 a.m.

OCCS Administrators' contact information

Mr. Kenneth Chan, OCCS Principal. Tel: (845) 636-9634
Email: Kenchanjr1972@yahoo.com

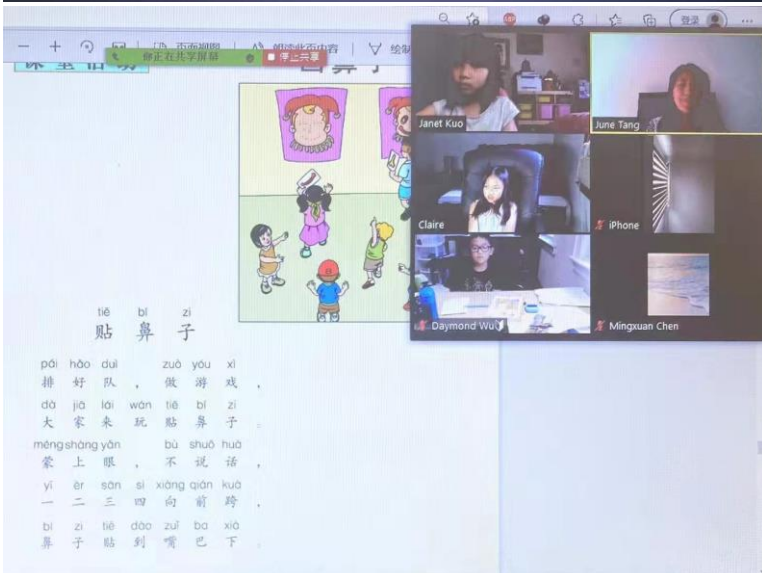
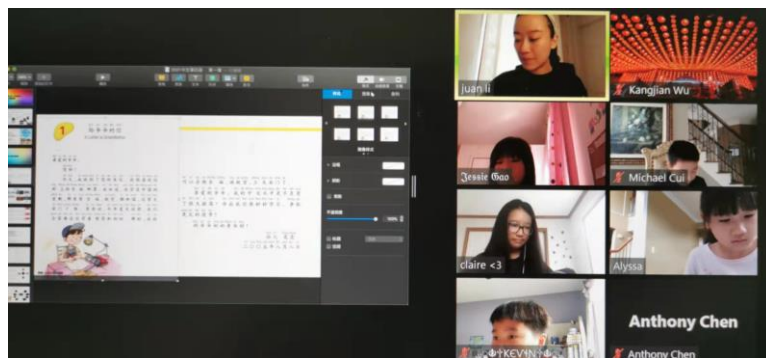
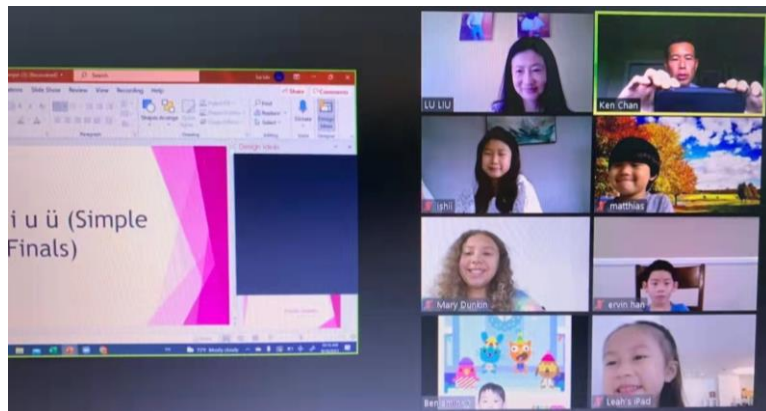
Dr. Kangjian Wu, OCCA/OCCS President. Tel: (845)282-3635, Email: wuk2014a@gmail.com

Please go to the OCCS website for the school calendar or more detailed information:

<https://occany.org/Default.aspx>



Virtual OCCS Start of Fall Semester Classes (September 11, 2021)



祝大家学习愉快！

《育女“谋略”》by 曹方

玩耍是孩子的天性，也是他们认识世界和增长智慧的途径。玩耍不仅给孩子快乐还促进他们身体发育。

我女儿，妞妞，小时候最爱找我玩。每天下班一进门，妞妞立刻喊着：“Daddy”，连蹦带跳来到我面前，一脸的兴奋，就好像她等了我一天似的。冲着她，我先拍拍手，然后伸出双臂。隔着将近一米远，她勇敢地纵身一跃，我在半空接住她。那一刻，工作的疲倦烟消云散。

充分利用玩的机会，我悄悄地训练她的体育素质。在地毯上放一条黄线，让她助跑到黄线起跳，跳到床上去。我做啦啦队，制造令她兴奋的气氛。然后把黄线后移，离床越来越远。这是单腿起跳的训练。我也训练她双腿起跳，蛙跳。在地毯上放两条红线，间距从 2 尺开始，逐渐增大，跳过去，跳回来。比赛，她跳 10 个，我跳 11。她跳 20，我跳 21。我一边跳，一边“演戏”，假装很累。跳到 51，我假装跳不动了，坐在地毯上说：反正没人能跳 100。结果妞妞真就跳了 100。我装作大惊，又很夸张地跑去告诉她妈妈。妞妞满头大汗，小脸



皮皮蝦

儿红扑扑的，她很得意。第二天太太告诉我，早晨妞妞起床后，行走要扶着墙，因为她的腿部肌肉疼。

培养体育素质，除了强度之外，还需要大量的时间。除了每天下班后一起玩之外，我还见缝插针。比如，太太在商场内购物时，我和妞妞在店外玩跳格子。除了跑跳，我还训练她滑轱辘鞋，骑车和球类项目。训练都是藏在玩里边，小妞妞一点也没有察觉。

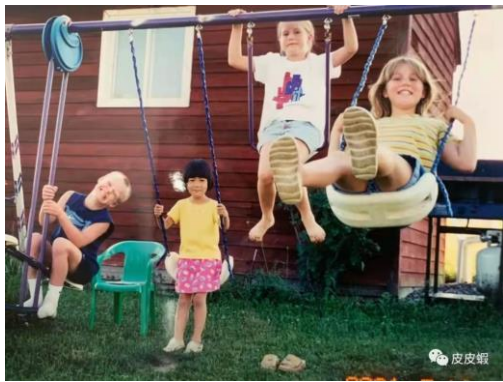
小丫蛋儿最喜欢和我一起疯玩。如果她不来找我，我也有办法引她来玩。例如，看到她在客厅里摆拼图或别的玩具。我会来到客厅，在经过她的面前时，突然放慢脚步，蹑手蹑脚，然后再突然启动，向楼上跑去，

楼上是我的卧房。妞妞会立刻放下手里的玩具，追上楼来。我上楼后，一头钻进被窝，然后一动不动。她追上来，趴在我身上，还自言自语：Daddy 呢？接下来，我就把她翻到床上，逗的她哈哈大笑。然后我们就开始玩游戏。这一“招”屡试不爽，直到 8 岁的一天，她追到楼梯口跺了一阵脚，然后悄悄回去了。我闷在被子里等了一会，见她还不上来，下楼查看，她在“平静地”做原来的事。见到我下来，她忍不住哧哧地笑。

8 岁前后，与我比较，妞妞更喜欢和小朋友玩了。我组织他们玩棒球，篮球，羽毛球，跳绳。孩子多的时候，也玩接力赛。

(cont. on next page)





12 岁前后，有朋友的时候，他们一起玩。没朋友的时候，妞妞还会来找我玩。我们在林荫道上骑自行车，上坡时比赛。下坡不能比赛，速度太快有危险。努力蹬车，我的大腿酸痛。现在是真痛，不是我装痛。有时在草地上玩，我俩每人手执一只棒球，相距十来米，同时扔向对方，球出手后，立即接来球，再迅速扔向对方，两球同时来往，几十个回合不失手。偶然两球空中相撞，它会引来女儿咯咯的笑声。妞妞投掷的动作很棒，像男孩子一样。

女儿 7 岁时，我教她游泳。双臂各套上一个吹气浮漂，她就可以自己在水里游了。看她适应了，我就给浮漂放出一点气。又玩了一会，妞妞游过来，主动要我为浮漂再放出一点

气。用这个方法，很快，妞妞学会了游泳。

8 岁时，我把妞妞送到学区的游泳俱乐部。每天下班后，送她去俱乐部训练，教练很专业，强度非常大。周末送她参加各俱乐部之间的游泳比赛。比赛时，我同其他家长一起做义工。我的工作：站在池边，掐表计时。可能因为以前蛙跳建立的肌肉群，妞妞的蛙泳一直是她的强项。在俱乐部里，同龄组女孩中，她的蛙泳最快。我们坚持了十年游泳俱乐部，小妞妞长大了。初中时，她同时又参加了校泳队。高中的最后一年，妞妞被队友选为校泳队队长，Captain。

体育运动帮助女儿发育出健美的身材，顽强的意志，开朗的性格和团队精神。女儿到现在也不知道游泳训

练的暗藏目的。它就是健美的身材能帮助女儿将来找男朋友。

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自从上了高中，妞妞不来找我玩了。以前各种吸引她的招法也早就不灵了。父女之间的话题也越来越少。我知道这是女儿的成长规律。将来，30 岁之后，女儿又会转回来的。可是现在，有时，我还要逗她一下。昨天晚上晚饭时，我明知故问：妞呀，小时候，你总来找 Daddy 玩，为什么现在不来找我了？今年 19 岁，女儿伶牙俐齿：Daddy，答案就在你的问话里。

《保护孩子的学习兴趣》 by 曹方

对于孩子，学习本来是一件非常有趣的事。我记得小时候，同学之间常常互出难题。每道难题都是挑战我的数学能力。为了“荣誉”，我常常思考到深夜，反复努力。因为如果做不出来，明天见到同学，我就很丢面子。“有输有赢”，乐此不疲。

但是当头脑疲劳的时候，人就丧失了学习兴趣，厌恶学习。对此我也有切身体会。我是 77 级的大学生，文革后的第一批大学生。大学第一年和第二年，我学习太用功了，拼毅力，“争分夺秒”，“废寝忘食”。第三年，头脑疲劳了，我常常头痛，不能集中注意力。甚至看场电影，一出电影院，头像裂了一样，我需要用双手捂住头。那时，厌恶学习，我浪费时间。虽然心里有很强的负罪感，我还是不想读书，能拖就拖。这种情况持续了一年，才慢慢缓过来。

头脑疲劳 (Burnout) 有两个特点。

1, 短期用脑过度，它可以不显现疲劳症状。所以它可以蒙蔽家长，误以为可以“无限”增加孩子的学习时间。等到孩子厌恶学习的态度显现的时候，那就太晚了！

2, 一旦显现厌恶学习，孩子休息几个月都不能恢复学习兴趣。需要长时间休息恢复，也许需要一年，或者更长。孩子小的时候，头脑正在发育过程中，脑力不强。这个时候，家长要特别注意保护孩子。头脑本身有自我保护能力，当学习累的时候，孩子就会停止学习，转移注意力。家长切切不可在这个时候强迫孩子学习。发育未完全的头脑很容易受伤。受伤的表象就是孩子厌恶读书，厌恶做题，厌恶写作业。



皮皮蝦

随着年龄的增长，头脑也发育增长。女孩子的头脑先发育，她小的时候，显的比男孩聪明。18 岁左右，女孩子的头脑发育完成。男孩子的头脑发育晚，但是持续时间长，28 岁左右才发育完成。所以 22 岁以后的男人显得比女人聪明。

美国的教育系统就是按照孩子头脑发育程度设计的。小学一边学习一边玩，家庭作业很少。初中学习强度中度，家庭作业较多。高中学习强度较高，家庭作业挺多。大学学习强度很高，作业很多。

长跑运动员不会在比赛开始的时候就用尽全力。他一定要保持节奏，留着

后劲。小时候，我的女儿显得很聪明。现在看，我儿子学习后劲十足，取得博士学位。他比妹妹的知识更多。

放学回家后，一定要让孩子玩。最好利用这段时间做体育运动，参加学校的课外活动。我儿子参加学校的乐队和橄榄球队的训练。女儿参加游泳俱乐部的训练和校泳队的训练。体育活动即和朋友一起，孩子有玩耍的欢乐。又锻炼身体，发育健美身材。

训练结束，接回家吃晚饭。全家一边吃饭一边聊天。晚饭后，写作业。这时，孩子的头脑已经得到了休息，能够很快写完作业，这也练成了快手。

(cont. on next page)



皮皮蝦



皮皮蝦



皮皮蝦

快手对考试有好处。写完作业，看电视，睡觉。

周末和寒暑假都是用来帮助孩子休息头脑。让他们睡懒觉，带他们去游乐场，找朋友玩，到图书馆借小说…享受快乐童年。

儿子和女儿从来没有参加过任何课外补习课程。我也从来没有辅导过他们写作业。他们喜欢学钢琴。只送他们去上钢琴课，我从来不要他们练琴，我也不会要求他们考级。钢琴课就是培养一种艺术修养。

在我细心的保护下，儿子和女儿都保持了学习兴趣。不仅爱学习课本知识，而且他们还爱学习钢琴，吉他，爱好滑雪，游泳…兴趣广泛，性格开朗，体

格健壮（美），朋友多，情商高。他们都不是书呆子。

情商很重要，它是与人交往的智慧。高中一年级，女儿成功当选本年级的学生会主席。高中第二年，她参选学生会会计职位。第三年，她参选副主席职位。高中第四年，她又参选学生会主席职位。因为她估计同学们不会选她连任主席职位，而高中第四年学生会主席的头衔有助她申请好大学。看到她的策略，我心中暗喜，女儿比我精啊。

在小学，中学，儿子的成绩中等偏上，90分左右。大学也是普通的州立大学。大学时，突然开窍，所有考试成绩都是A。大学毕业后，后劲十足，一边工作，一边考GRE。一年后，他考入华

盛顿大学，硕博连读。6年后，博士毕业，他找到大学教授的职业。

小学毕业，女儿第一名。初中毕业，女儿也是第一名。高中毕业，女儿还是第一名。然后她考入有名的纽约大学 Stern 商学院金融专业。大学期间成绩优异，连续获得4年全额奖学金。并且，她有幸和十几位同学一起，与股神巴菲特共进午餐。毕业后，她选择去体育产业发展，入职纽约 Yankee 棒球队。

主帅不明，累死三军。父母不明，累伤孩子。只有保护孩子的头脑，才能保护孩子的学习兴趣。本来学习就是一件有趣的事情，家长千万不要强迫孩子长时间学习，愚蠢地把学习变成一件痛苦的事。

OCCCC Annual Church Picnic (September 25, 2021)



On Saturday, September 25, 2021, OCCCC held a picnic at the future church site at 48 Cheechunk Rd, Goshen, NY. Approximately 70 brothers, sisters, and friends attended, who brought their favorite dishes to share with everyone, toured the church building, sang songs, went on a hike, and engaged in fellowship together. Beginning Sunday, October 3, 2021, OCCCC will return to in-person worship at St. Paul Lutheran Church.



Community News



James Skoufis
@JamesSkoufis

This morning I had the pleasure of meeting local pharmacist Susan Qu & awarding her with a Senate Commendation for her efforts to set up vaccination clinics for teachers & school personnel at Monroe-Woodbury, my alma mater. Her commitment is truly praiseworthy. Thanks, Susan!



11:26 AM · Sep 10, 2021 · Twitter Web App



MUSIC
DEPARTMENT



Congratulations to MWS senior **Stephanie Peng**, who will be playing Violin in the New York State School Music Association (NYSSMA) 2021-2022 All-State Symphony Orchestra!

Of the 6 MWS students who earned this prestigious honor, Stephanie was the only one not designated as an Alternate.

NYSSMA will host a reduced festival in December 2021. Each year, thousands of student musicians in New York State compete for an opportunity to be selected for the NYSSMA Conference All-State Music ensembles. Admission to these highly selective groups is based upon the score received the previous spring during the NYSSMA Solo Evaluation Festival, where each student performed before a certified adjudicator who carefully evaluated every aspect of their performance.

BRAVO!

MWS seniors **Shania Qu** (left) and **Stephanie Peng** (right) were featured in the “[M-W First Day of School 2021-22 School Year](#)” video highlighting students’ full-fledged return to in-person learning on Wednesday, September 1st, 2021.





Selena Li and Josh Shih were married on Sunday, September 5, 2021 at the future OCCCC site in Goshen, NY. Congratulations!

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