

New Meditation Room at Approach

Seeking the well being of our students and staff, we are organizing a new alternative classroom next to the office (room 5). The meditation room is to be used by all students. That is a peaceful space that everyone can use to pray, meditate, or just to get a minute of silence. Starting in November, we will host some meditation sessions and all students are welcome to participate. Check the schedule for alternative elective classes that will be running there as well.

What is Meditation?

Most dictionaries define the Western (Jewish, Christian, Islamic) meaning of the word 'meditation,' but usually do not describe the Eastern (Hindu, Buddhist, and Taoist) concept of meditation. The most appropriate dictionary definition I could find reads as follows: "If you meditate, you give your attention to one thing, and do not think about anything else, usually as a reli-

gious activity or as way of calming or relaxing your mind." This definition implies that meditation means thinking about something, be it religious or mystical in nature, and that a constant thought process goes on while one meditates.

We can define 'meditation' as the art of consciousness becoming aware of itself on the grand and cosmic scale. Meditation cannot be called a science as yet, because science requires objective testing with objectively proven methods and results. Meditation is on the road to becoming a real science, however, and not just an intuitive art veiled in mystery

Why meditate?

Meditation brings a sense of fullness and completion, and is the only permanent source of tranquility available to human beings. All other forms of serenity are temporary and dissolve into conflict and chaos over time. The euphoria of drugs quickly leads to misery and self-destruction. The wholesomeness of love, so beautiful and ethereal, is a relatively

short lived and fleeting experience. Meditation is also an adventure of self-discovery. How can you live without knowing who or what you are? If someone asks you who you are during the day, you may state your name, as if a temporary label actually means something important. Ask yourself who you are when you are in deep sleep, unconscious, and without even a dream to prove that you exist at all. Ask



yourself who you were ten months before you were born, and who you

will be just one moment after your body dies. Meditation increases awareness of the natural phenomena that is actually going on behind your own eyes. Self-knowledge has intrinsic value, even without the indescribable bliss nature generously unleashes in those who practice meditation with sincerity and patience.

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September 2006 Writing Contest Winners

Topic: Why Do Couples Break Up.

The winners for this month's writing contest are in order: Lee, Young-Woo, Barbara Bilinska and Kawamura, Mayumi. The subject was: why do couples break up?

Mr. Lee wrote about the effects of military service on relationships in Korea and gave it as the main reason to break up. He also mentioned a strong belief in Korean culture about women's desire to keep their virginity and men's frustration because of it.

Miss Bilinska wrote about how couples become intolerant of each other over time.

Miss Kawamura gave reasons such as jealousy, boredom and cultural differences.

In addition to the three winners above there were three runners-up: Kang, Su-Jung, Giselle Ortega and Nadia Valli.

Some other reasons mentioned for breaking up were disappointment, distrust and misunderstanding.

All of the compositions were interesting and original.

Good luck in the next contest.



1st Place:
Young-Woo Lee
(WR300)



2nd Place:
Barbara Bilinska
(WR400)



3rd Place:
Mayumi
Kawamura (WR300)

Student's Writing Corner



Chusock
Insook Kim
(Korea)



Another *Chusock* in the United States has passed. When I lived in my country, Korea, with my family, *Chusock* was just a holiday when I didn't need to go to school. Living far away from home for more than six years, however, made me miss everything about Korea—even the holiday that I had never cared about. Watching the full moon of *Chusock* in a foreign country leads me into the memory of routine at the holiday season; I start seeing my father driving endlessly in the dark, my mother talking and laughing next to him, my—now passed-away—grandfather sitting down like a fossil in his old house, and my cousins helping my uncle in his chicken farm. Soon I feel the dear sunshine, chilly wind of autumn. My feet already became cold as if I had stood on the wood floor of my grandfather's house on my bare feet. The red and yellow leaves are falling outside the windows.

Chusock, to me, is the day of reunion. *Chusock*, the eighth full moon day of the year and the biggest holiday in Korea, originated from the agricultural tradition of celebrating harvests. All the families and relatives who were busy farming during the year would get together and have a big party. Even married daughters were allowed to see their mothers regardless of the tradition that they become strangers to their biological family once married. They would meet at the middle point from each other's house and share their hard lives. These days, busy city people in industrialized Korea go to visit their parents or relatives on that day. More than twenty million, which is more than half of the population of the country, travel to their home-

town and spend hours and hours on the packed highways.

My parents were one of the city people, and they used to take me on the long, weary road trip to my grandfather's house when I was little. But when we finally arrived there, we would become refreshed by the familiar faces welcoming us. My parents would bring not fancy but practical presents such as underwear, shoes, beef meat for soup, etc. The men, women, and children in the house would group respectively and talk



all night long how their lives had gone for the year. The women would make the holiday food while sharing their stories, and the children would become excited to help them. Korean people make all different kinds of food since, needless to say, all kinds of newly harvested grains, fruits, and vegetables are everywhere at this time of the year. The most famous *Chusock* food of all is *Songpyon*, which is half moon-shaped rice cake with fillings of honey, chestnuts, sesame seeds, or beans. The aunts would tease the nieces saying, "Make a good one; then you will get married well.

That's what old people say." We would admire or laugh at one another's work or be scolded for being too creative. The full moon outside would be high and bright as if she had been a hostess of the whole festival. The holiday mood of excitement, the abundance of the season, all the different kinds of dishes, and the generous moon would be meaningless if we had not been together, I realize now.

Another thing I remember about *Chusock* is that it is the day of ap-

preciation. The tradition was the thanking of our ancestors for giving good harvests through a ritual in their tombs. Still Korean people visit their ancestors' tombs in the morning of the holiday, though now we thank them for having a safe and healthy year. We express our appreciation towards people around us on *Chusock* as well. I still recall my mother preparing things like socks, towels, soaps to thank the mail man, the newspaper delivery boy, and the garbage collectors. She would also prepare treats for my grandfather recognizing his health and good life, for my uncle and aunt for taking good care of grandfather, and for my father for working hard for the family. My father would look back upon his business and not forget to send his thanks to his business partners or customers.

When I was in my country, I hardly realized the significance of the custom; I was rather judgmental



about its formality. But living alone, I have learned how hard my life could be without the help of the people around me. It is a behavior of mature human beings to be grateful and express it, and now I understand how precious the holiday could be. Having the *Chusock* dinner with a brand-new friend of mine in a Korean restaurant of an unfamiliar city this year, I speculate on the meaning of *Chusock*. Though not being with my family makes me sad, I console myself by thinking that observing *Chusock* means being with people I love and appreciating them. I would like to make lots of friends and celebrate my own *Chusock* with them next year, I am determined, and hope this dinner will be the first step towards it.



by Alex Paulikovich

A Little Bit of History

History of Halloween



For thousands of years people have been celebrating different holidays and festivals at the end of October. One of them is Halloween. Halloween's origins date back to the ancient Celtic

festival of Samhain (pronounced sow-in). The Celts, who lived 2,000 years ago in the area that is now Ireland, the United Kingdom, and northern France, celebrated their new year on November 1. This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred.

On the night of October 31, they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth. In addition to causing trouble and damaging crops, Celts thought that the presence of the otherworldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. For a people entirely dependent on the volatile natural world, these prophecies were an important source of comfort and direction during the long, dark winter.

To commemorate the event, Druids built huge sacred bonfires, where the people gathered to burn crops and animals as sacrifices to the Celtic deities. During the celebration, the Celts wore costumes, typically consisting of animal heads and skins, and attempted to tell one another's fortunes. When the celebration was over, they re-lit their hearth fires, which they had extinguished earlier that evening, from the sacred bonfire to help protect them during the coming winter.

When the Romans conquered the Celts in the first century A.D., they added parts of their festivals, Feralia and Pomona to the tradition. The first was Feralia, a day in late October when the Romans traditionally com-

memorated the passing of the dead. The second was a day to honor Pomona, the Roman goddess of fruit and trees. The symbol of Pomona is the apple and the incorporation of this celebration into Samhain probably explains the tradition of "bobbing" for apples that is practiced today on Halloween.

By the 800s, the influence of Christianity had spread into Celtic lands. In the seventh century, Pope Boniface IV designated November 1 All Saints' Day, a time to honor saints and martyrs. It is widely believed today that the pope was attempting to replace the Celtic festival of the dead with a related, but church-sanctioned holiday. The celebration was

also called All-hallows or All-hallowmas (from Middle English Alholowmesse meaning All Saints' Day) and the night before it, the night of Samhain, began to be called All-hallows Eve and, eventually, Halloween. Even later, in A.D. 1000, the church would make November 2 All Souls' Day, a day to honor the dead. It was celebrated similarly to Samhain, with big bonfires, parades, and dressing up in costumes as saints, angels, and devils. Together, the three celebrations,

the eve of All Saints', All Saints', and All Souls', were called Hallowmas.

In the 1800s, as a lot of people emigrated to the U.S., the holidays and traditions of different cultures merged. Halloween was not always a happy time. October 31, or the night before took on other names.

Some called it Devil's or Hell night, to others it was mischief night. In Vermont, the night before is called cabbage night. To some people this became a time to play tricks on others. Some of these tricks were not funny at all. Luckily, community groups and individuals took action and started to change Halloween into a family event. Dressing up in costumes and going "trick or treating", costume parades, community parties and Fall festivals are some of the ways that Halloween is celebrated today.

Other countries have different Fall festivals to honor

the deceased.

The Festival of the Dead is one of the most important happenings in both Palermo and the rest of Sicily. The second of November is a festival day for the children of

Palermo as, according to tradition, they were made to believe that their dead relatives would return the night before and leave them traditional sweets and cakes on the table (Martorana fruit, which is almond paste made into the shape of different fruit). They would also receive puppets of boiled sugar and toys. It's one way of keeping the memory of their dead relatives and loved ones alive. (from the neomedia Web site)

In Mexico they celebrate El Dia de los Muertos or the Day of the Dead. Although celebrated in all Catholic countries as All Saints' and All Souls' Day, surely no other peoples have embraced the festival of The Day of the Dead to the extent that the Mexicans have. The celebration begins on the evening of October 31, so the name Los Dias de los Muertos is also often used. This festival is considered by many to be the most important holiday of the year in Mexico.

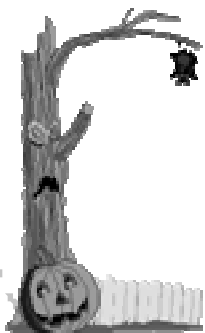
Today, the quintessential symbols of Halloween are death symbols which include graveyards, ghosts, skeletons, haunted houses, symbols of evil and misfortune - witches, goblins, black cats, and symbols of harvest are pumpkins, scarecrows, and candy corn.

Retrieved from www.history.com/minisites/halloween/

Halloween parties at Approach

On **October 28th** our night Halloween party will take place at Bethany Union. Bethany Union is a girl's dormitory on Newbury street. Mark your calendars to be there. Halloween costume is a must.

On **October 31st** we won't have classes from 1pm on.... We will have our Halloween party with games, pumpkin carving, food, and prizes. Everyone is required to wear a costume throughout the day.





Jokes

by Nadia

From www.hicards.com

The wrong number

A woman of our acquaintance was in the habit of having long telephone conversations that sometimes lasted over an hour. One day she hung up after 25 minutes.

"What is the matter?" asked her husband. "You were on the phone taking for less than half an hour."

"I got a wrong number," the woman replied.



The first job

Several weeks after a young man is hired, he is called into the personnel director's office.

"What is the meaning of this?" the director asks. "When you applied for this job, you told us you had five years of experience. Now we discovered this is the first job you've ever held."

"Well," the young man replies, "in your advertisement you said you wanted somebody with imagination."

Who was absent?

Little Johnny stared at his test paper. The big red "F" stared back at him.

Freddie looked at his glum friend and asked, "Why did you get such a low grade on that test?"

"Because of an absence," Johnny answered.

"You mean you were absent on the day of the test?" he questioned.

Little Johnny replied, "No, but the kid who sits next to me was."



The quarter back

A college boy takes his girlfriend to a football game. It's the first football game she's ever seen, and afterwards he asks her how she liked it.

"Oh, I really liked it," she says, "but I just couldn't understand though why they were killing each other for 25 cents."

"What do you mean?"

"All they kept screaming was: Get the quarter back. Get the quarter back."



Poem of the Month

Halloween Poems

Nicholas Gordon

Hobgoblins know the proper way to dance:
 Arms akimbo, loopy legs askew,
 Leaping into darkness with delight,
 Lusting for the ecstasy of fright,
 Open to the charm of horrors new.
 Well may you start your screaming in advance,
 Even as you give a ghoul a chance,
 Each creepy creature craving to say, "Boo!",
 Near heaven in its netherworld of night.



Have witches gone the way of wonders,
 Asterisks of yesterday?
 Life restores what reason sunders,
 Lest we lose our mind for play.
 Once we knew that what we knew
 Was like a ship upon a sea.
 Evil spirits wandered through
 Eternity, and what was true
 Never tainted what might be.

<http://www.poemsforfree.com/hallopo.html>



October Birthdays

| | | |
|----|-------------|---------------------|
| 1 | Takeshi | Aiyama |
| 1 | Yong | Zhang |
| 2 | Andrew | Haynes |
| 3 | Joung Suk | Shin |
| 3 | Raphael | Palmeira |
| 4 | Francisco | Rocha |
| 4 | Kongkiet | Kramakam |
| 6 | Milene | Grisa |
| 6 | Sofia Palma | |
| 6 | Woosung | Hwang |
| 9 | Yi Jeong | Koh |
| 10 | Hristo | Katenaerski |
| 13 | Hyun Joo | Kim |
| 14 | Valdir | Raimundo |
| 15 | Aviva | Benbaruch |
| 15 | Rasool | Shaik |
| 15 | Ratchanee | Phianphaisarnlikhit |
| 16 | Camila | Hellmeister |
| 20 | Kuan-Cheng | Wu |

September Activities



Students at International Lunch learning on how to play a Korean card game called "Go-Stop."



Our students enjoying themselves on an excursion with Alex to the great north woods of New Hampshire.



Vivek displaying his insouciant nature for the camera.



Rujira takes in the fresh mountain air of New Hampshire on the Ellis River.

"The best part of the activities is being together with students from all over the world."



Carolina and Dianne introduce a new student to Karaoke.



Alex and his "Mountain Crew" take time to pose for the camera at a restaurant in New Hampshire.



Kuan-Cheng, Juan, Barbara and Indre learn how to play Boggle, a word game, during International Lunch.



The Omuk championship pts Insook against Jongsuk while Osamu watches. After a tight match, Insook eventually won.



by Luciana Sarra

BBC's 50 Places to Visit Before You Die

Las Vegas is the largest city in Nevada and the center of one of the fastest-growing urban areas in the United States. Revenue from hotels, gambling, entertainment, theme parks, resorts, and other tourist-oriented industries forms the backbone of the economy. It is famous for its luxury hotels, casinos, and nightclubs, located in the area known as "the Strip." Mormons from Utah settled the site in 1855 and abandoned it in 1857. It became a railroad town in 1905 and was incorporated in 1911. Gambling was legalized in 1931, and Las Vegas expanded rapidly after 1940. Its connections to crime syndicates began in 1946, when Bugsy Siegel opened the Flamingo Hotel. By the early 21st century it was one of the country's fastest-growing metropolitan areas, attracting a year-round population as well as tourists. (<http://www.answers.com/topic/las-vegas-nevada>)



Sydney, capital of New South Wales, is located on Australia's southeastern coast; it is the oldest and largest city in Australia and a major commercial and manufacturing centre. It was founded in 1788 as a penal colony and quickly became a major trading centre. It is built on low hills surrounding one of the world's finest natural harbors, which supports extensive port facilities. It is dominated by Sydney Harbor Bridge, one of the biggest single-span bridges in the world, and the Sydney Opera House. The city is widely known for its water sports, recreational facilities, and cultural life. It is the site of the Universities of Sydney (1850) and New South Wales (1949), and Macquarie University (1964). Sydney was the host of the 2000 Summer Olympic Games. (<http://www.answers.com/topic/sydney>)



New York City is in southeastern New York, at the mouth of the Hudson River. The largest city in the U.S. and an important seaport, it consists of five boroughs: the Bronx, Brooklyn, Manhattan, Queens, and Staten Island. The site of a Dutch trading post on Manhattan Island, it was colonized as New Amsterdam and renamed by the English in honor of the Duke of York. The colony surrendered to the British in 1664 and was renamed New York. It was the capital of the state (1784–97) and of the U.S. (1789–90). The city expanded rapidly after the American Civil War, developing transportation and communications systems. In 1898 the five boroughs were merged into a single city. Long a magnet for immigrants to the U.S., it is a centre of world trade and finance, media, art, entertainment, and fashion. (<http://www.answers.com/topic/new-york-city-of-southern-new-york>)

Monthly Special - October

by Carl Phillips



October Events and Holidays

- Halloween - October 31
- Thanksgiving (Canada) - Second Monday of October
- Armed Forces Day (Egypt)-October 6

Other names for October:

- In Albanian, October is called Tetor
- In Czech, October is called říjen. The origin of this name is in the deer's belling in this month.
- A traditional Dutch name for October is Wijnmaand ("wine month") because the first wines of the year have ripened.
- In Finnish, October is called lokakuu, meaning "month of dirt".
- In Irish, October is called Deireadh Fómhair, meaning "end of harvest-time".

- In Italian, October is called Ottobre.
- In Turkish, October is called Ekim, meaning "sowing" because of the sowing of wheat.
- In the old Japanese calendar, the month is called Kan'na dzuki (神無月), meaning the absence of god.
- In Croatian, October is called Listopad, meaning leaves list fall pad.
- In French, October is called "Octobre".
- In Spanish, October is called "octubre".
- In Polish, October is called "Październik".
- In Swedish, Norwegian, Dutch and German, October is called Oktober.
- In Portuguese, October is called "Outubro".

Trivia

- October begins on the same day of the week as January in common years.
- October in the Northern Hemisphere is the seasonal equivalent to April in the Southern Hemisphere and vice versa.
- October's birthstone is the opal or tourmaline.
- October's flower is the calendula or cosmos.
- Canadians celebrate Thanksgiving on the second Monday of October.
- The month October has become famous as "Red October", due to the Russian October revolution of 1917.
- In the nineteenth century, the month of October was dedicated to devotion to the rosary in Roman Catholic countries.

(<http://en.wikipedia.org/wiki/October>)

Tips of the Month from Our Teachers



Reading Recommendation

by Alison MacAdams

The Voyage of the Vizcaína: The Mystery of Christopher Columbus's Last Ship by Klaus Brinkbauer and Clemens Hoges

As the weather gets chillier and the nights longer, there's nothing nicer than curling up on your favorite sofa with a warm beverage and good book. Since I was torn between two October themes, Halloween and Christopher Columbus' voyages, I decided to choose a read that showcases both...kind of! This interesting non-fiction book is about a mysterious wreck discovered in the mid-1990s off the coast of Panama. Could this possibly be the Vizcaína, one of the ships Columbus had to abandon on his last voyage to the Americas? Two journalists do some sleuthing and the result is a book that has a mix of history, mystery, journalism, and great adventure!



Activity Tips

by Andrew Haynes

Dorchester HarborWalk Tours

Dorchester Harbor Walk tour of UMass Boston's Arts on the Point public sculpture garden. See the region's first collection of large scale outdoor sculptures arranged on an expansive lawn against the Harbor backdrop.

Location: Meet in front of the UMass Student Center MBTA Red Line to JFK/UMass from there board the free UMass shuttle (one stop) (617.482.1722)

Time: 5:30 PM-6:30 PM

Nearest T Station: MBTA Red Line to JFK/UMass

Columbus Day Parade

Mayor's Office of Arts, Tourism & Special Events

Location: Benington Street (617.635.3911)

Charlestown HarborWalk Tours

Participants will enjoy stunning views of the Harbor, a guided walking tour through Boston's National Historic Park, as well as learn about the rich history of the Charlestown Navy Yard. (617.482.1722)

Location: Take Boston Harbor Cruises

5:15pm commuter boat from Long Wharf to meet at Pier 4, Charlestown Navy Yard at 5:30pm

Time: 5:30 PM-6:30 PM



Common Mistake

by Luciana Sarra

Could Have, Would Have, Should Have

This is one of those errors typically made by a person more familiar with the spoken than the written form of English. A sentence like "I **would have** gone if anyone had given me free tickets" is normally spoken in a slurred way so that the two words "would have" are blended together into what is properly rendered "would've," which is a contraction of "would have." But many people hear "would of" and that's how they write it. Wrong. Note that "must of" is similarly an error for "must have."

(<http://www.wsu.edu/~brians/errors/couldof.html>)



Learning Tips

by Carl Phillips

Ough Ough! (Uh-Oh!)

One of the more difficult pronunciation tasks new English speakers have (and even some experienced English speakers) is knowing how to pronounce English words with the letter-combinations *ough* and *augh*. There are no simple rules to follow in order to say all these words correctly. Therefore this becomes a matter of recognizing each word and memorizing the pronunciation of each.

I have composed a brief paragraph below using many of the most common of these words with a quick guide to their pronunciation. Here is a key to the sounds: "aw" as in saw, "ow" as in cow, "oe" as in go, "uff" as in cuff, "aff" as in staff, "off" as in off, "oo" as in cool.

As though (oe) English was not hard enough (uff) to start with, these 4-letter combinations are particularly rough (uff) to say correctly in different words. It is nothing to cough (awff) or laugh (aff) at. It is tough (uff) to memorize them all and students are rarely taught (awt) the various sounds all at once. I have sought (awt) to correct that here. While I have caught (awt) many students mispronouncing these words, it is really up to the student to learn the correct way to say each word. Through (oo) thorough (thuh-roe) thought (awt), the student can master these sounds. Throughout (thro-owt) a student's academic life, she or he may experience a drought (owt) of learning; or may decide to go to a bar and have a draught (afft) beer; or may sit on the bough (ow) of a tree and just think. In any case, the knowledge needed to pronounce these sounds can't be bought (awt). It can only be brought (awt) to a student's attention by a competent teacher.

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