



# 瑞谷中文學校 - 瑞谷通訊

Raritan Valley Chinese School – RVCS Newsletter

<http://www.njrvcs.org>

Volume 1, Issue 1

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## ◎ 家長會 Parents' Conference

十一月五日舉行了校年第一次家長會議。在會議中，大家討論學校今年度預算的問題。最後的結論是，為了避免今年的超額赤字，學校將開源和節流並進。在開源方面，包括公司直接捐款，個人和公司的 United Way 合併捐款，超級市場禮券販賣，飯盒和糕點販賣等等。這些管道我們行之多年。對學校的財政幫助很大。請知道如何參與者，繼續努力。請不知如何參與者，洽詢並加入共同努力。

## ◎ 通訊聯絡 School Directory

學校通訊錄已於十一月五日發放。尚未領取者，請到學校辦公室向校長或直班人員領取。

School Directory was distributed on November 5. Please contact Principal or Staff Member in the office if you have not received one.

In order to communicate better with parents about school events, RVCS has set up a group mailing list. Please sign up via

<http://groups.yahoo.com/group/njrvcs/>  
or send mail to  
[njrvcs-subscribe@yahoogroups.com](mailto:njrvcs-subscribe@yahoogroups.com)  
(No yahoo ID is required)

Also, check out calendar at  
<http://groups.yahoo.com/group/njrvcs/cal>

## ◎ 演講比賽 Speech Contest

### ❖ 校內演講比賽 Intra-school

學校在十一月十九日舉辦校內演講比賽，得獎名單如下。

A 組	第一名	陳盈盈 Ariel Lonoff
	第二名	陸慈恩 Anita Lu
	第三名	楊國壇 Emmaline Yang
B 組	第一名	謝嘉瑜 Abigail Shieh
	第二名	王威皓 Kevin Wang
	第三名	謝杰凱 Justin Hsieh
C 組	第一名	汪宜安 Evanna Wang
	第二名	謝嘉琳 Angeline Shieh
	第三名	周恩霖 En-Lin Chou
D 組	第一名	段祥安 Michael Duan
	第二名	臺運銓 Eric Tai
	第三名	陳盈心 Jennifer Chan
E 組	第一名	趙思佳 Jessica Zhao
	第二名	孫偉倫 Austin Suen
	第三名	金唯理 William King

### ❖ CACA 校際演講比賽

CACA 的五校校際演講比賽於十二月九日在聯合中文學校舉行。本校陳盈盈同學 Ariel Lonoff 勇奪 A 組第三名。恭喜她。其他同學也表現良好，惜未得獎。相信他們只要再接再厲，下次一定會有更好的成績。



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## ◎ 攝影比賽 RVCS Photo Contest

“碧雲晴天送行雁，楓紅瑞谷滿鄉情”

瑞谷聯誼會首次舉辦的攝影比賽，有十幾位學生參加。主題是秋天的瑞谷。經學校家長三周投票的結果，選出了前三名及佳作三名：

名次	姓名
第一名	任青雲 Tommy Seelinger
第二名	丁伯滢 Melanie Ting
第三名	汪宜安 Evanna Wang
佳作	任婉瑩 Jessica Seelinger
	林捷安 Rachel Lin
	龍立信 Ricky Lung

聯誼會將在新年晚會時，頒獎給這些作品優良的學生。

## ◎ 行事預告 Coming Up Event

01/21/07:  
期末考 Final Exam

01/28/07:  
春季班開學 Spring Class Begin

02/10/07:  
新年晚會 Chinese New Year Party

02/18/07:  
放假 Winter Break  
中國新年 Chinese New Year

03/11/07:  
家長及老師教學研討  
Teacher/Parent Conference  
Day Light Saving Times Begin

03/25/07:  
期中考 Midterm Exam  
CACAA Annual Membership Meeting

## ◎ 中國新年晚會籌備

新年晚會預定於二月十日星期六晚 4:30 P.M. ~ 9:00 P.M，在 4H center 舉行。如果因下大雪而取消當天晚會，新年晚會則改於二月十一日星期日舉行。請家長和老師共同合作，準備表演節目。晚會晚餐的定位，即將開始。請密切注意宣告。另外，如家裡有紅包袋、包裝和抽獎禮物，並願捐贈給學校新年晚會，請洽校長或總務。

## ◎ Chinese New Year Party

Chinese New Year Party is scheduled to be hosted at 4-H Center on Saturday, February 10, 2007 from 4:30 P.M. to 9:00 P.M. The snow day will be Sunday, February 11, 2007. Registration form will be handed out. Donation is always welcomed.



# 新 快 年 樂



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## 電腦族的關節保養

[www.healthhouse.com.tw](http://www.healthhouse.com.tw) 營養師：劉宜宏

長時間的使用電腦，當你的身手已不再像古墓奇兵中的蘿拉一樣矯捷時，是該注意自己的健康了。如果你的行動，像是鋼彈勇士一樣機械化時，真的勸你該保養囉。假設你已經變成「向日葵」，只會隨著電腦螢幕的閃光移動頭部，「電腦植物人」是你最新的代名詞，請趕緊暫停一下、起身活動活動，否則變成「礦物」時就真的沒救了。

### 電腦植物人常見的問題

現代人長時間的操作電腦，很容易患有「腕道傷害症候群」與關節炎。這兩種症狀的發生，與長期的姿勢不良、過度的操作電腦、全身性運動減少有極大的關係。

#### (1) 腕道傷害症候群

腕道傷害症候群又叫做「重複壓力傷害」，造成這種情形的原因是：過度重複使用手指、雙手、雙臂、還有雙肩，使肌肉與肌腱系統超過負荷，甚至受傷、發炎。因此，如

果你的雙手指尖有針扎的感覺，雙手、雙臂有疼痛、麻木、虛弱無力的典型症狀出現，你一定要警覺到腕道傷害症候群可能帶來的嚴重傷害。

#### (2) 關節炎

關節炎則是屬於結締組織發炎，關節軟骨退化的疾病通稱。常見的關節炎，有分骨關節炎與風濕性關節炎兩種。骨關節炎又稱為退化性關節炎，症狀為關節的疼痛、僵硬與腫脹。風濕性關節炎則是關節滑膜發炎，破壞了關節軟骨、骨頭與週遭結構，甚至牽連到血管、皮膚、神經與肌肉系統造成關節疼痛。

### 關節對策

#### (1) 電腦植物人的 333 運動

所謂的 333 就是每 30 分鐘起來活動一次，每次做 3 分鐘運動，至少活動 3 處關節，將可避免由「植物」邁向「礦物」的悲慘命運。舉舉啞鈴、強化肌肉群，將使肌肉的疲勞降低。適度的柔軟操既可活動關節，亦可保持良好的血液循環，以維持思緒的清晰，使你在「世紀帝國」的戰略遊戲中，抱持不敗的優勢。



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## (2) 寬鬆衣著、避免疲勞

長時間不變的姿勢，將使血液循環功能降低、發生阻礙。如果你常發生「手麻腳痹的老大人症頭（台語）」，除了起身活動之外，請換下你超合身的緊身衣，還有貼身的牛仔褲，換上寬鬆的衣著，以避免過度束縛造成疲勞產生。

## (3) 關節的超營養補充法

適量補充關節健康所需的維生素C、蛋白質、葡萄糖胺、鯊魚軟骨，以及減輕發炎症狀、促進血液循環的魚油、月見草油、辣椒膠囊、薑根膠囊，將使你不舒服的感覺減輕。你可以依照身體的狀況，選擇適當的營養補充品，以擺脫服用類固醇藥物的潛在傷害。

### (a) 維生素C、蛋白質的補充

關節的軟骨組織是屬於結締組織的一部份，膠原蛋白是構成結締組織的重要成分。維生素C攝取不足會阻礙膠原蛋白的合成，進而影響到結締組織的完整性。維生素C是水溶性的，很容易流失。因此除了蔬菜水果的正

常攝取之外，應額外補充維生素C片，建議每天多補充250~500毫克。膠原蛋白除了維生素C之外，蛋白質的補充也是很重要的。優質的蛋白質來源，除了一般肉類之外，每天一杯牛奶或分離大豆蛋白飲品，都是有幫助的。

### (2) 葡萄糖胺、鯊魚軟骨的補充

關節不好的人，在一般的健康指南中，常會建議補充葡萄糖胺、鯊魚軟骨。經過萃取的葡萄糖胺、鯊魚軟骨，可提供關節軟骨、關節液生長所需的營養物質。有了軟骨的緩衝，關節與關節之間，不再硬碰硬造成疼痛。關節液的存在，則使關節活動，得到「油壓式」的順暢。

### (3) 利用減輕發炎症狀的營養補充品

市面上常見的魚油、月見草油、辣椒、薑根等膠囊食品，都是抗發炎、促進血液循環的營養補充品。魚油與月見草油所含的必須脂肪酸，可合成抗發炎的前列腺素，降低關節發炎所帶來的疼痛與不適。辣椒與薑根則含有強力抗氧化成分的辣椒素與薑黃，以保護容易受傷的結締組織。



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## **S.A.T. Test Taking Techniques & Strategies**

As the New Year has started, many high school juniors are considering the SAT exam. The SAT exam is one of the most demanding tests a high school student will take in his or her lifetime, and also one of the most important criteria in determining the student's admission into colleges. The upcoming SAT tests in 2007 are given on the following dates:

**January 27, March 10, May 5, and June 2.**

While the number of college-bound students continues to grow each year, the number of open freshman seats remains basically the same. Acceptance rates at some top schools have fallen to as low as 10% of submitted applications.

While many students have started reviewing the math and verbal material that is covered in the SAT exam, don't forget that there are many techniques that you can use to improve your scores. The following tips are vital to achieving a high score in SAT math:

### **Knowing Subject Matter:**

- Many of you took geometry years ago and may have forgotten useful conclusions of proofs and theorems.
- How about coordinate systems? You had it as early as in algebra and in geometry; but do you remember how to reflect a given graph about the Y-axis? Or rotate it about the origin?
- Absolute values and inequalities can be extra tricky when combined.

### **Question Types (Arithmetic, Algebra, Geometry)**

- Are you good at taking multiple-choice tests? Good. The SAT exam is mostly multiple-choice. There are only 10 student-produced-response questions in math in which you have to write in the answer. Some helpful hints for the student-produced-response section:
  - No penalty if you answer a question incorrectly
  - Mixed fractions are unacceptable
  - Don't bother rounding repeating decimals
  - No zero in the first column. Your answers must be as accurate as possible.

- No radicals, negative numbers, variables, or exponents
- SAT Math sections are either:
  - 25 minutes for 20 multiple-choice questions, or
  - 25 minutes for 8 multiple-choice questions, followed by 10 student-produced-response questions, or
  - 20 minutes for 16 multiple-choice questions

Not necessarily in that order. By the way, questions are generally ordered from easy to hard within any given section.

### **2 scoring flavors: raw and scaled**

- Raw score is the number of questions you answered correctly, minus (excluding Student-Produced Responses) a quarter of the number answered incorrectly.
- Scaled score, ranging from 200 to 800, is the score that you tell others about. It's how you compare your raw score to others taking the SAT the same day.

### **Guessing To Your Advantage**

- Simple rule: If you can eliminate 2 or more wrong choices, it will improve your score in the long run.
- Since math questions are generally ordered from simple to difficult, your strategy of guessing also depends on whether you are tackling an easy or difficult question.

### **Timing – just like in Wall Street; timing is everything**

20 question in 25 minutes. That boils down to 75 seconds per question. It's not a lot of time, considering the score could affect where you will be the next 4 years of your life. Although you usually double-check your answers before moving on to the next question, on the SAT's it's not worth the time unless you're finished and have extra time left.

While these are various tactics to help you attack tricky math problems, is best to illustrate them with examples. Feel free to contact me at (908) 392-5193 or [hning123@gmail.com](mailto:hning123@gmail.com). Good luck!

**By Harold Ning**  
**Certified New Jersey High School Math Teacher**  
**Experienced SAT Math & HS Math Tutor**