

## A Weekend in New York City

By Wang Zhiqian

New York City is always fascinating to me, the building, the museums, the food, everything is great. On the 16th of April, a few friends and I decided to spend the weekend in Manhattan. We left the campus right after our classes were done for sure.

In order to avoid the famous city traffic, taking train was the best idea. Three and half hours went fast, we arrived at Pennsylvania Station around nine o'clock. "Starving" is the word I recalled, so we went to a ramen store named Ivan Ramen. I ordered the one they are known for: the spicy red chili ramen. Well, that really saved us.

After dinner, we checked into our hotel on the fifth avenue right across



Zhiqian "Glenn" Wang

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## Celebrating Earth Day

By Zhang Peng



April 22 Earth Day is usually celebrated with outdoor performances, where individuals or groups perform acts of service to earth. Typical ways of observing Earth Day include planting trees, picking up roadside trash, conducting various programs for recycling and conservation, and using recyclable containers for snacks and lunches. Some people are encouraged to sign petitions to governments, calling for stronger or immediate action to stop global warming and to reverse environmental destruction. The television stations frequently air programs dealing with environmental issues.

Earth Day has a very interesting history that everyone should know about. American Senator Gaylord Nelson was the founder of Earth Day. The main idea of Earth Day was conceived over seven years, starting in 1962. President Kennedy tried to stop the anti-

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## New York City (Cont'd)

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from the MOMA, at the Baccarat Hotel.

That's the second time we stayed, so we were already familiar with the setting. The room is featured by their baccarat crystal and a phone controls in-room lighting, climate, and entertainment, with direct connection to housekeeping, and in-room dining.

On the second day, we didn't wake up on time like on campus. About one o'clock, we all ready to go for a quick lunch at the Four Seasons because one of us wanted really to start shopping. The quickness was questionable; it took us about an hour to finish.

The rest of the afternoon, those who liked to shop, went shopping and people like me, I went to explore some beautiful sites. Loopy Doopy located at one of the hotel bar areas, has a view of the whole New York and specially closed for winter which is the reason I missed it my last visit. It turned out to be really something; many people waited lines for enter. As far as the view, the waiting time was worthy.

For dinner, I reserved a sushi restaurant called Sushi Azabu, which is rated Michelin two stars. All the seafood is fresh from the sea; the fat tuna sushi is unbelievable. Chef Azabu talked about his old days when he was a college student in Tokyo University; it was a great time. Since it's the last night in New York City,

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## Earth Day (Cont'd)

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Vietnam War protests and used some "hippie power" to a good cause by starting Earth Day. The President went around the country talking of how to keep the nation clean while Congress accepted the idea of an "Earth Day". The plan started to work; people had a new subject to talk about and it was cleaner rivers and air, not the war in Vietnam. The first Earth Day was celebrated on March 21st, 1970.

The proclamation of the first Earth Day was in San Francisco, California. This was a good place; the city's name means "City of Saint Francis," who was the Catholic patron saint of ecology. Designating the First Day of Spring, March 21, 1970 to be Earth Day, this day of nature's equinox was later sanctioned in a proclamation signed by Secretary General U Thant at the United Nations where it is observed each year. Earth Day was firmly established for all time on a sound basis as an annual event to deepen reverence and care for life on our planet.

I remember when I was a primary school student and I heard the Earth Day for



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# Interview with Koichi Nagamatsu

By Xu Jinge

*Q: Tell me a little about yourself.*

A: My name is Koichi Nagamatsu. I came from Tokyo, Japan. I am going to major in computer science. My hobbies are playing tennis and watching theatre. I like ramen noodles very much, so I used to eat it everyday when I was in Japan.

*Q: Can you introduce your hometown?*

A: As I said, I am from Tokyo, Japan. I think the images of Tokyo for foreigners are very urban and futuristic. However, my hometown is different from them. My hometown is very quiet, and most of it is forest areas. So I want foreigners to come to my hometown and to know another aspect of Tokyo.

*Q: What is your purpose studying in a foreign country?*

A: The main reason why I came to the United States is studying the culture. Now, the world is more connected and globalized than before. So I think to understand a foreign culture will be necessary for working globally.

*Q: Can you tell me why you chose Washington College?*

A: I chose Washington College because it has rich history and it is a liberal arts college.

*Q: Why did you choose computer science as your major?*

A: I chose it because I have been interested in computer since my childhood. Now I want to be an engineer, and I think learning computer science is very useful for my dream.



Koichi Nagamatsu

*Q: What do you think of the courses you are taking in Washington College?*

A: Good! One of the reasons why I chose Washington College is it is a liberal arts college. It offers a small-sized class and many discussions. Now it is difficult for me to discuss in class, but I feel the liberal arts education!

*Q: What is your plan after you graduate from college?*

A: I will go back to Japan, and work in Japanese company. After three years, I will enter a graduate school in the United Kingdom for earning a master's degree.

*Q: Can you tell me how do you feel since you came to*

*U.S.?*

A: I feel a little uncomfortable after coming here because of the food. There is a dining hall in campus, but they do not serve Japanese foods. However, there is a Japanese restaurant in the town, but the food there is very expensive. So I cannot go there frequently. I miss Japanese food!

*Q: Do you like sports?*

A: Yes, I do. I play tennis once a week.

*Q: What is your favorite brand?*

A: I like Ralph Lauren.

*Q: Do you have any pets?*

A: Yes, I have a dog. His name is Rocky.

*Q: Do you miss your family?*

A: Yes, of course! And my dog, too!

*Q: What do you think of Washington College?*

A: It is good! I love the dining hall.

# The Development of Psychology

By Hu Ruitu

In the history of mankind, human behavior and the mind are two of the most unpredictable things that contribute to our everyday lives. They can explain and define people's actions, and they infiltrate many different industry sectors. They can be very powerful tools if they can be learned and used properly. With their help, it will become easier to finish everyday jobs and also communicate with others. Psychology is the study of behavior and mind.

According to Wikipedia (n.d.), psychology is "an academic discipline and an applied science which seeks to understand individuals and groups by establishing general principles and researching specific cases." For a professor or researcher who works in this field to be called a psychologist, there are many different concepts and idea to study, such as emotion, cognition, perception, phenomenology, motivation, intelligence, brain function, behavior, attention, personality, interpersonal relationships and else. Psychology can be divided into many different branches, such as abnormal psychology, applied psychology, behavioral genetics, biological psychology, cognitive psychology, criminal psychology, cultural psychology, clinical neuropsychology, developmental psychology, evolutionary psychology, experimental psychology, group psychology, health psychology, music psychology, medical psychology, neuropsychology, personality psychology, psychopharmacology, social psychology and transpersonal psychology. These are just basic psychological science; even applied psychology has more than 20 branches.

The idea of psychology has been created a long time ago, but the history of psychology itself is relatively short. The idea of psychology dates back to ancient Greek and ancient Egypt; back then psychology is just a branch of philosophy.

Until 1879 a German scientist called Wilhelm Maximilian Wundt created the first psychology lab in the college, he is also the first person who call himself a psychologist, according to Wikipedia (n.d.).

Other important early contributors to the field include Hermann Ebbinghaus (a pioneer in the study of memory), William James (the American father of pragmatism), and Ivan Pavlov, who developed the procedures associated with classical conditioning.

Since I am just a freshman, the psychology I am learning in the college is just the introduction of psychology. The textbook I am reading right now is mainly teaching emotion, motivation, health, social psychology, personality, psychological disorder, and treatments for disorders. The topic I like most is the psychological disorder part.

Mental disorders are one of the most common problems around the world. In most countries, nearly one third of the population are suffering from different types and levels of mental disorder in a period of time in their entire lives. In the U.S., nearly 46% of the population were suffering from mental disorders. Among all those disorders, anxiety disorder is the most common one, and mood disorder is the second common one. Other problems such as depression disorder, bipolar disorder, schizophrenia, autism and obsessive compulsive disorder are also very common around the world.

One of the reasons why I like this part is because it is so common and the ways each patient acts are different, too. The treatments for them are different and can be various under different circumstances.

Also, the textbook tells some basic information about applied psychology. It is now one of the most



Ruitu Hu

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## Growing Up

By Kong Lingzi



Lingzi "Ken" Kong

Nighttime. I took my headphones, music and coffee imbued this space in every corner. I was lying on a wooden chair; my whole body seemed stuck in the wooden chair. I lay on the wooden chair lazy, my thoughts went back to my school time.

Remembering high school. I worked too much to complain that the teachers assigned no time to rest; parents planned to take me on holiday travel. At that time, my imagined break grew, getting rid of school problems. A few days later, chatting with old friends in high school I still felt relaxed and happy, the same as before, nothing changed.

Thinking of high school. We traveled on Labor Day travel. That period of time I was very happy, like a sleeping baby. I did not wake up until the start of university life. I was still not satisfied with life. But life is always spent in constant pursuit.

Now, looking back over the past few years of high school life, I have experienced the pain of failure and tasted the joy of success. It is in this constant pursuit of life, making goals in the process that I feel the colorful high school life.

I still love university life, even experiencing its twists and turns. I will still use a normal heart to face it, because I know that only people who can understand life have been satisfied. I'm an adult now; everyone experiences a difficult and unpleasant journey, and each person's experience is not the same.

Growing, we have gained a lot, and we have lost a lot. Many things from our world glide by quietly, without leaving a trace. When we pay attention to them, those things flow fast. We want to catch them; they slip past our hands. I have learned that what is growing, the growth goes down to earth. Later, they become memories.

## The Beach

By Wang Shufan

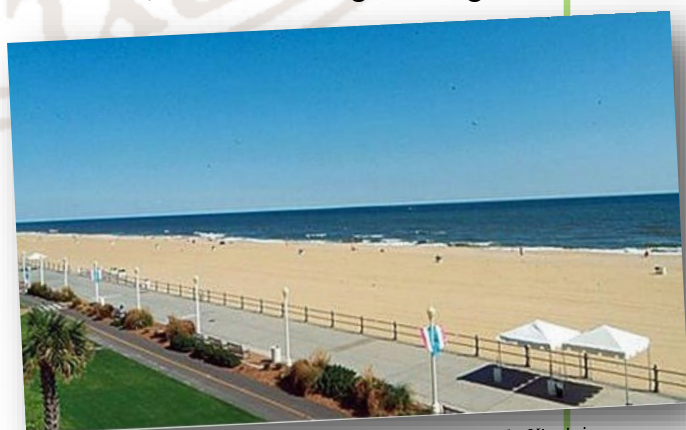
When I arrived on the beach, I saw the beach was huge, with waves rolling around on the golden beach. There were many shells washed up on the beach, in the sun shine glowing, like millions of pairs of eyes blinking. The golden beach seemed like a soft bed. There were lots of people lying on the beach, enjoying the sunshine. I was excited because I have never been to a beach in America. The sea was as blue as the sky! It made me jump into the sea; I cannot wait any more.

After floating on the sea, I felt a little cold. I played in the water with my friends. We all had fun together. When sea wave came, we just jumped in order to avoid being covered. We patted the water, aroused the blast waves; it showed us how beautiful was the sea beach. The sunshine, people on beach, the sea—such a wonderful picture!

Standing on the beach, I feel real. The broad sky and distant sea life, a shimmering stream; sometimes simmering, sometimes quiet, sometimes white, sometimes devastating.

The sea breeze touched my face. Wind blowing, I smell the scent of the sea like a drunk with closed eyes. With open arms, feeling the embrace of the sea, I want to stand here forever.

The sun crept slowly closer to the distance sky line. It dyed the sky red, the sea red, and colored the sand. I walked along the beach, wanting to go to the end of it, but I could not. I Looked back at deep footprints forming a line. So that is the way of life! Solid, firm and courageous to go!



The Boardwalk and Beach at Virginia Beach, Virginia

# Watching a Home Game

By Li Jiahao

On May 3, 2016, I watched my first baseball game at Washington College. The baseball field is called Athey Park, and our baseball team is called the Shoremen. The team played against the team from Frostburg State College. It was a rainy day; the game was supposed to start at 3:30 P.M., but it was delayed to 4:45 P.M. and the staff had to dry off the field.

If you do not know baseball, here is an explanation of the rules: A baseball game is played by two teams who alternate between offense and defense. There are nine players on each side. The goal is to score more runs than the opponent team, which is achieved by running one circuit of the four bases that are placed on a diamond shape.

The defense wears baseball gloves to catch the ball. The gloves are leather contraptions that fit on the hand. A baseball is a white ball roughly three inches in diameter with red stitching. The offense uses a bat to hit the ball, which is made of wood in the professional ranks,

and likely made of aluminum or a metal composite at amateur levels. The players try to hit the ball across the field and run around the bases before the defense players can catch the ball and hit the offense players.

The part of the field closest to the bases is called the infield, and the grassy farther part is called the outfield.

The bases are 90 feet apart on the diamond. Other fields are variable, and the outfield fences

or the amount of

“foul territory”, which is the amount of ground that borders the field between the long white lines that connect first base to home plate and third base to home plate, varies from field to field.

The game that day was very intense. Neither team scored in the first half, as fans sieged the bleachers, senior baseball player Bryan Baquer finally hit the ball. I was excited along with the other fans, they were cheering for the team.

As game progressed, some fans were worried. They felt our team had no progression on attacking; it was only matter

of time for the opponent team to score. Unhappily, after 2 hours long battle, the score stayed at 1:0 and the Shoremen did not gain the victory.



*Washington College Shoremen Baseball Team*



*Athey Park*

## Interview with Dr. Daigle



Dr. Dale J. Daigle

*Q: How long have you been a professor at Washington College?*

A: I've been at Washington College for 25 years.

*Q: Why you choose to be an art professor?*

A: Because it is the most rewarding occupation that there is.

*Q: What are the three most important characteristics of being a good teacher?*

A: To listen well, to have respect for your students, and to be honest.

*Q: What is the most enjoyable thing you teach?*

A: The most enjoyable thing I teach is acting.

By Cheng Yuanhui

*Q: What kind of style would you like to use for teaching?*

A: I don't like to lecture and I have the students do all the talking.

*Q: What do you hope your students learn from you?*

A: I hope they learn respect and honesty.

*Q: In your opinion, what is art?*

A: It is difficult to describe. It brings us together; it is a form of communication.

*Q: What would you do if students have different opinions about art from you?*

A: I celebrate the differences and encourage them.

*Q: What do you think about having international students in your class?*

A: International students present different challenges. It is not hard; it is fun! It is exciting and valuable for the class. It does take extra work, and I have to pay attention to them to be sure they understand.

*Q: What do you like to do when you have free time?*

A: I do not have free time!

*Q: What is your hobby?*

A: My life is my hobby, but I do like to hike and camp in the mountains.

## Psychology (Cont'd)

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popular psychology branches students choose to study. It is a course that studies how to use psychological methods to solve practical problems of human, and it can offer extra help to the jobs people are employed for. It has several branches too, including clinical psychology, counseling psychology, evolutionary psychology, industrial and organizational psychology, legal psychology, neuropsychology, occupational health psychology, human factors, forensic psychology, engineering psychology, school psychology, sports psycholo-

gy, traffic psychology, community psychology, and medical psychology.

The development of psychology is relatively short, but there are hundreds of branches that it has been developed during this 200 years. No doubt it is one of the most useful subjects in this sustained developing world, and students who study it do not necessarily have to become psychologists in the future. Psychology can offer help to many different industries and sectors, and it can be helpful in everyday communication, too. And with the help of the technology, psychology can be stronger and more useful in the future.

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SUN	MON	TUE	WED	THU	FRI	SAT
1 <i>May Day</i>	2	3	4	5 <i>Last Day of Classes</i>	6 <i>Reading Day</i>	7
8 <i>Mother's Day</i>	<b>Finals Week</b>					14
15	16	17	18	19	20	21 <i>233rd Commencement Ceremony</i>
22	23	24	25	26	27	28
29	30 <i>Memorial Day</i>	31				

## New York City (Cont'd)

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we watched the movie *Jungle Book* after dinner and went to the Korean town and had some tasty barbecue. We followed the city lights to Times Square and took Uber back to our hotel.

Sunday was the day we should head back to Chestertown; the memories were priceless. New York City, see you next time!



Sunset in Manhattan

## Earth Day (Cont'd)

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the first time, I thought it was the real birthday for the earth! But our teacher told us it was the day for us to do something for the earth and protect the earth. Our teachers took us out to plant a tree in the ground. They told us lots of people cut the trees to make chop sticks and furniture to sell, and humans destroy the forest. That has seriously affected the ecological environment. We planted plenty of trees in the ground and we thought this area will become a new forest and we could breathe the nice air and reduce the air pollution.

People cut down trees everywhere, and now the world averages 11 million hectares of forest cut a year, this is such a big number. People will throw garbage, floating on the river, stinking garbage. The dirty

plastic bags hung on the branches, the dark skin and confetti were piled on the grass. People have done great damage to the environment, rivers, green forests, and blue sky disappeared. The earth is destroyed gradually; people also gradually die.

Originally, the earth has clear brooks, green forests, the blue sky. People are makers of environmental disaster and people are also environmental disaster victims. More should be made to prevent an environmental disaster. We have to start from ourselves, start small, join hands to protect the environment, protect our homeland. For our children, we leave water, forest, the blue sky. We can make the world better.