

# Birds on their way back to the district

Liu Jingxian and Tom Qian

More than 100 species of wild birds have been spotted in Jiading, with dozens of new species arriving in the past three years.

Last year, four wild birds were spotted by local residents, including a sparrow hawk on Xinghua Road near Huaxiang Road.

On November 24, a resident surnamed Wang saw a grey bird nestling on a branch. It didn't fly away even when

approached. "It looked like a owl or an eagle," Wang said. He called police as it was motionless on the tree branch. Later it was confirmed as a sparrow hawk.

Yuanxiang Lake, Auto Expo Park, Jiabao Forest, Qiqian Lake Water Source Protection Forest and Liudao Island are the most popular bird-watching sites.

At Liudao Island bird-watchers can see more than 50 species of birds.

Swallows were commonly

seen in Jiading years ago. However, with urbanization growing they are a rare sight these days.

"Swallows catch flying insects to eat, and they like empty spaces in suburban areas," said Lu Wanpeng of Jiading Forestry Station. "Barn swallows normally seen around like to set up their nests under the roof of bungalows instead of high-rises. That's why they can hardly nest in cities."

Recently a pair of swallows

repaired their nest at the home of Zhu Yueming, a villager in Huating Town.

"Years ago sparrows often visited my home, and later they disappeared somehow," Zhu Yueming said.

"Nowadays they return again thanks to the improved environment."

By the end of last year, more than 50 large forests had been established in Jiading covering an area of 80 million square meters, or 13.31 percent of the land.

# Teachers have new take on hopscotch

Liu Jingxian and Tom Qian

HOPSCOTCH was a popular game in China from the 1950s to the 1980s. Now, three physical education teachers in Jiading are reviving the game.

Xu Yanxian, one of the teachers, had planned to have an open class with the theme of "happy jumping" last year.

Originally she wanted to adopt traditional hopscotch in the class. However, she also hoped to add something new. So she asked two of her colleagues Zheng Shuangquan and Zhang Xiao, also from Jiading No. 2 High School, for help as all of them belonged to a sports studio in Jiading District.

After rounds of brainstorming on teaching methods, content and tasks, Zheng suggested to invent a new game instrument. The suggestion received unanimous approval among the three teachers.

After careful observation, Zheng found two disadvantages of hopscotch: the game used to be on a fixed site with a fixed shape.

## Flexible design

They decided to make some squares that could be placed anywhere with flexible combination options.

They drew sketches and made the instruments with rain cloth and plastic-coated steel plate on an old sewing machine by themselves.

Each check is a square with each side 50cm long. And an instrument is made of one, two or three squares. The squares can be combined into different shapes by using all four sides.

Jiading No. 2 High School has long been a high school with strong PE tradition. Zheng and Zhang have invented training machines for basketball and badminton and have applied for patents.

# A4 craze sparks a yearn for fitness

Rao Tao and Tom Qian

THE latest craze for posting photos of A4 sheets held in front of women's waists to prove how thin they are seems to have grabbed the attention of some Jiading residents.

In their quest for what they see as the perfect figure, many have been turning to fitness centers and Jiading residents are fortunate in having several 365 Baixing fitness centers across the district where getting fit is affordable thanks to the local government.

The 365 Baixing Fitness Center on Xincheng Road was the first one to open in Jiading. With 30 sets of fitness equipment in a 300-square-meter area, the center attracts both young and old.

On average more than 100 people visit the center every day and it already has more than 3,000 members.

The 365 Baixing Fitness Center in Nanxiang Town plans to open to public later this month. With a total area of 1,000 square meters, the center will add training classes to meet demand. With a membership card, residents can also get access to other fitness centers under the support of the township government.

The 365 Baixing Fitness Center on the 4th floor of Mayflower Food Square in Juyuan New Area allows Wu Jianghua, 65, to exercise whenever he wants as he lives opposite the square. The center has 105 square meters with three fitness areas and a locker room.

In northern Jiading, residents are suggesting setting up more mini fitness centers to allow more residents to get fit.



## • Beauty is ... a day enjoyed at Jiading Wisteria Park

A young visitor (left) enjoys the beautiful blossom while a photography enthusiast records the scenes of beauty at Jiading Wisteria Park. The park attracts tens of thousands of visitors every day during the mid-to-late April period, when the wisteria flowers are in bloom. The park boasts 23 varieties of wisteria from Japan and one from China's Suzhou. — Li Huacheng

# Rooftops going green to reduce the heat

Li Huacheng and Tom Qian

JIADING will cover all flat roofs under 50 meters high with plantations to reduce the effects of urban heat over the next three years.

Since December last year, workers have covered 494 concrete columns under Metro Line 11 with trellis fences for climbing plants.

By end of last year, similar greenings have been carried out on the roof of landmarks such as Poly Grand Theater and Eastern Hepatobiliary Surgery Hospital, in Shanghai Volkswagen factories and along S5 highways. The total greening area reached 90,000 square meters, about the size of 13 soccer fields.

The rooftops of the carriage

repair warehouse of Metro Line 11 in Anting were covered with grass last year using automatic spraying system.

Workers found that not only does the warehouse look better but the temperature of the warehouse has been lowered by around 3 degrees Celsius on average.

"Rooftop greening has the function of aircon, and the

effect depends on the thickness of the covered earth and greening design," an official from Jiading Garden and Greening Institute said.

The earliest rooftop greening in Jiading appeared in the 1990s when the rooftop of a wet market on Meiyuan Road was covered with plants. Nowadays rooftop greening is becoming more popular.