



# Rolling Stone

What fits readers is the best.

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六盘水市第一中学 • 滚石外语报

## Forewords

### Cease to Struggle, Cease to Live

Dear students:

The long-expected Rolling Stone Foreign Language has eventually met all of you. She opens a window to the world and offers a stage to show our talent. She is not only a spiritual home, but also a soul land, where we can read current affairs, beautiful essays, as well as the customs of other lands. Similarly, we can see the past, the present and the future of our school through her.

The name of "Rolling Stone" is quoted from the English proverb "A rolling stone gathers no moss", meaning "Cease to struggle, cease to live". Actually, the rolling stone spirit can date back to the rock music booming in 1980's. In terms of our own school, on the one hand, she is deeply rooted in stone culture of No.1 Middle School, seen from graceful Shizi Mountain, holy Wuzi Mountain, and many an artificial hill in the school yard. On the other hand, she also symbolizes the striving spirit of our school.

Rolling Stone Foreign Language opens each column with a Chinese idiom including "stone", integrating the information to deliver, the culture to express and the knowledge to present in a smart way, so that a sense of refreshment and elegance is created. The first issue is 8 pages made up of 15 diverse columns, covering news dynamic, celebrities and their works, humor and tales, photographs and movies, methods and techniques and campus icons and so on. All of them are rich in content and updated to life.

Dear fellows, as China today is moving closer to the center of the world stage than ever before, we should not only learn English well, but also master it. If you want to command it, apart from its culture, you should have enough input and output of the language.

Rolling Stone Foreign Language aims to provide living and authentic materials to help cultivate our intercultural communicative consciousness and ability. Surely, Rolling Stone Foreign Language, just like other English-learning materials, is unlikely to satisfy all your needs to learn everything as you expect. She won't be necessarily an ideal paper, either. However, each and every of us will try to make her as perfect and excellent as possible. We're expecting you, who never stop seeking excellence, to join us. Your involvement and gains from Rolling Stone will continue to drive us forward.

Join us! Together we can make the culture and history of No.1 Middle School known to people in English. To build the confidence of the students, the teachers and the school, we need you.

Yours sincerely  
Editors

## 发刊词

亲爱的同学们,大家好!

期待已久的《滚石英语报》终于和大家见面了。

《滚石英语报》是一扇打开世界的窗户,是一个展示风采的舞台。它不仅构建了我们的精神家园,更提升了我们的灵魂领地。在这里,你们不仅可以看到时事、美文还可以了解异国他乡的风土人情。你们还可以看到母校的昨天、今天和明天。

“滚石”一名取用英国谚语“滚石不生苔”中“滚石”一词,寓意“生命不止,战斗不息”。滚石精神源于上世纪八十年代风靡全球的“我在滚石,我很重要”的摇滚精神,也根植于一中人钟爱的石头文化,如灵秀所钟的狮子山、坤厚载物的五子山以及遍布校园的叠山磊石。同时象征一中历经磨难而不倒、饱经风霜而弥坚的自强不息、生生不息的学校精神。

《滚石英语报》每个版面以带“石”的成语开辟栏目,巧妙的把我们要传递的信息、交流的文化、呈现的知识联系起来,给人耳目一新、润泽雅美的感觉。第一期共八版,包括新闻动态、名家名作、美文美作、趣闻轶事、影视作品、明星师生、方法技巧等十五个专栏,内容丰富,材料鲜活。

同学们,在中国前所未有地靠近世界舞台中心的今天,我们不仅要学好英语,更要用好英语。所有语言的学习都离不开信息的输入输出,但你想精通它,你就得了解它的文化。《滚石外语报》正是奔着为同学们培养跨文化交际意识和能力提供鲜活、地道的材料而来的。

当然,小小的一份报纸或许无法覆盖你们所求知识的全部内容,也未必是你们理想中的报纸,但是追求完美和卓越是我们所有办报人共同的心愿和努力的方向。在前行的路上期待同样追求卓越的你加盟,你们的参与和收获将是我们保持前进的不竭动力。

来吧,让我们一起用外语讲好一中的故事,传好一中的文化,为树立一中的学生自信、老师自信、学校自信奉献自己的一份力量!

——《滚石外语报》编辑部

生命不止  
奋斗不息

## 五石六鹞·校园动态 Campus Life



经过全校师生的共同努力,我校荣获“市级语言文字工作规范化示范学校”称号,并在之后的“省级语言文字工作规范化示范学校”评估中获得好评。

With the joint efforts of all the students and teachers, our school was awarded the title of "Municipal Model School of Language Work Normalization" and later received a good comment in the process of the assessment of "Provincial Model School of Language Work Normalization".

2017年9月10日,六盘水市第一中学在狮山讲堂庆祝第33个教师节。庆祝活动简朴而隆重,以“热爱一中,忠诚教育,推动发展”为主题。

On the afternoon of September 10, 2017, Liupanshui No.1 Middle School celebrated the Thirty-third Teacher's Day in Shishan Auditorium. The celebration, simple in form but rich in content, was on the subject of "loving our school, being devoted to education and promoting development".



2017年7月18

日上午九点,六盘水市首届李阳疯狂英语国际夏令营在六盘水市第一中学双水校区顺利开幕。7天的营会,疯狂英语专业团队综合运用多种方式,全面训练了110余名夏令营营员发音、听力、口语和翻译的能力,培养了学生的学习兴趣、感恩意识和爱国情怀。六盘水市首届李阳疯狂英语国际公益夏令营是市一中倾力打造的一次英语学习盛会,对提升一中的社会知名度和办学品味有重要意义。

The First Li Yang Crazy English International Summer Camp was held in Liupanshui No.1 Middle school from July 18 to 25 in 2017. More than 110 campers took part in this session and their English capability and interest have been greatly enhanced through varied learning tasks. By and large, this is a great opportunity for students to improve English proficiency and also gives a hint to teacher's future teaching.

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# Country's Future Plans Put Forward 十九大报告,这些新概念很重要

导读:10月18日,中国共产党第十九次全国代表大会在北京人民大会堂开幕。习近平代表第十八届中央委员会向大会作报告。十九大报告有哪些新的提法和新的论断呢?

Oct 18 was a big day. The 19th National Congress of the Communist Party of China (CPC) opened in Beijing on that day. The congress is important to both the Party and China, as it's where more than 2,300 Party delegates and specially invited delegates from all walks of life will make decisions about China's future.

10月18日是个大日子。当天,中国共产党第十九次全国代表大会于北京开幕。本次大会对党和国家而言都十分重要,包括党代表和各行各业特邀代表在内的2300多名代表将在大会上对中国的未来做出决策。

On behalf of the 18th Central Committee of the CPC, General Secretary Xi Jinping delivered a report to the opening of the congress. In this year's report, Xi said socialism with Chinese characteristics has entered a new era. Xi also unveiled "Thought on Socialism with Chinese Characteristics for a New Era", which experts said is the most important improvement on the original theory raised over three decades ago.

习近平总书记代表第十八届中央委员会在大会开幕会上作了报告。在今天的报告中,习近平总书记指出,中国特色社会主义进入了新时代。他还提出了“新时代中国特色社会主义思想”,专家们认为这是提出中国特色社会主义理论三十年来最重要的理论成果。

In the report, Xi outlined a two-step approach to build China into a great modern socialist country by the middle of the century after the completion of building a moderately prosperous society by 2020.

在报告中,习近平概述了在2020年全面建成小康社会的基础上,分两步走在本世纪中叶建成社会主义现代化强国。

One of the key messages from Xi's report, a verdict on the principal contradiction facing Chinese society, has the word in it. "What we now face is the contradiction between unbalanced and inadequate development and the people's ever-growing needs for a better life," Xi said in his speech.

习近平十九大报告中的一大关键信息——我国社会主要矛盾的论断当中就有所体现。“我国社会主要矛盾是人民日益增长的美好生活需要和不平衡不充分的发展之间的矛盾,”习近平在报告中指出。

It is the first time that the definition of the principal contradiction set 36 years ago has been changed. The Chinese phrase "mei hao sheng huo", which can be translated as "a better life" or "a happy life", appeared in the report 14 times, including in both the opening section and the last paragraph.

It's not the first time that Xi has used this phrase. "To meet the people's desire for a happy life is our mission," Xi said when meeting the press after being elected General Secretary of the CPC Central Committee in late 2012.

这是36年来,有关我国社会主要矛盾表述的首次变化。“美好生活”这一中文表述在报告中出现了14次,包括了开头部分以及最后一段。这并非习近平首次使用这一表述。“人民对美好生活的向往,就是我们的奋斗目标,”2012年下半年,习近平当选中共中央总书记后会见媒体时曾如此表示。

And the past five years have seen our top leaders make efforts to improve people's livelihoods. This is shown in the fact that in spite of China's slower growth



in recent years, the countries leaders have made job creation a key task. They did this by keeping the urban job-less rate below 4 percent. This has by no means been an easy task for the world's most populous country, particularly at a time when the country has been going all out to promote economic and structural adjustments.

在过去的五年间,我国领导人努力改善人民生活。事实表明,尽管中国近年来经济增速有所放缓,国家领导人们仍将创造就业作为主要工作。为实现这一目标,他们将城镇失业率保持在4%以下。这对世界上人口最多的国家而言绝非易事,尤其是正当国家全力以赴推动经济结构调整之时。

The people-first approach can also be seen in the achievements that have been made in poverty alleviation. The impoverished population in rural areas has been reduced by 13 million a year from 2013 to 2016. The top leadership aims to pull all residents out of poverty by 2020. 以人为本的思想也能在扶贫所取得的成就中得以体现。2013-2016年间,平均每年减少农村贫困人口的人数约1300万人。我国最高领导层计划于2020年实现全面脱贫。

Just as Xi said in the report on Oct 18, "We must regard as our goal the people's aspirations to live a better life."

正如习近平总书记10月18日在报告中所说的那样,“永远把人民对美好生活的向往作为奋斗目标”。

导读:中国的移动支付技术引领世界,就连新加坡总理李显龙在见识过移动支付的便捷后,都感叹新加坡成了“乡巴佬”……

Most of us in China are used to paying with almost everything with our phones. But for foreign visitors who aren't familiar with this method, it may seem strange. At least, this was the case for Lim Swee Say, Manpower Minister of Singapore, according to the country's Prime Minister Lee HsienLoong. During Singapore's National Day Rally on Aug 20, Lee told the audience about Lim's first experience with Chinese payment methods.

我们大多数人在中国都习惯了用手机来支付几乎所有的商品。但对于不熟悉这种支付方式的外国游客而言,这似乎有些奇怪。据新加坡总理李显龙透露,至少新加坡人力部部长林瑞生就是这样。在今年8月20日举行的新加坡国庆群众大会上,李显龙和观众分享了林瑞生首次体验中国移动支付的经验。

Lim was waiting in line to buy chestnuts at a street stall in Shanghai and saw other customers show their phone and take the chestnuts without giving over any cash. Soon after, he realized that the customers were using WeChat Pay, reported the Straits Times.

据《海峡时报》报道,林瑞生当时在上海的路边排队买栗子,他注意到其他顾客都只需掏出手机,没给现金就拿走了栗子。很快他便了解到,这些顾客都使用了微信支付。

Lee pointed out that Singapore lags behind in mobile payments. "When visitors from China find that they have to use cash here, they ask, 'How can Singapore be so backward?'," Lee said.

李显龙指出,新加坡在移动支付方面已经落后了。“当中国游客发现他们只能在这里使用现金,”他们便问道,“怎么新加坡这么落后?”,”他说道。

The popularity of mobile payments in China has pushed several foreign companies and agencies to accept them. According to Xinhua News Agency, many countries now accept mobile payment services for Chinese tourists, with WeChat Pay covered in 13 overseas countries and regions and Alipay over 200.

移动支付在中国的普及令数家外国企业和机构都接受了这种方式。据新华社报道,许多国家现在都支持中国游客使用移动支付业务,微信支付已经覆盖了13个海外国家及地区,而支付宝在全球超过200个国家和地区都能使用。

It's now common to see the familiar green or blue logos in tourist destinations around the world, from a tiny shop in the Scottish Highlands to a huge department store in New York.

人们熟悉的绿色或者蓝色的标志现在在世界各地的景点都很常见,从苏格兰高地的小店到纽约的大型百货公司都能见到。

And while mobile payments are now a normal part of life in China, the trend is also sweeping other nations. According to global firm Forrester Research, in the United States, mobile payments rose 39 percent in 2016.

移动支付在中国已是日常生活的一部分,而这一

## China Leads World in Mobile Payment 中国移动支付领先全球

趋势也正在席卷其他国家。跨国公司弗罗斯特研究公司表示,2016年,美国的移动支付业务增长了39%。

Still, according to the Financial Times, "Chinese mobile payments were nearly 50 times greater than those in the US last year." This may be partly because Western mobile payment services require businesses to install expensive equipment before customers can use them. While in China, all it takes is a QR code and a smart phone, as Lim learned.

不过,据《金融时报》报道,“去年,中国的移动支付业务量几乎是美国的50倍。”这或许一部分原因是西方的移动支付业务需要企业安装价格高昂的设备,才能让顾客使用移动支付。而在中国,就像林瑞生所看到的那样,一个二维码和一部智能手机就能解决问题。

Sited  
from 21st  
Century





# 十大英语单词记忆法

导读:著名语言学家威金斯认为,在语言交际中,没有语法,只能传递很少的信息;没有词汇,将没有信息可传递(Without grammar very little can be conveyed, without vocabulary nothing can be conveyed)。词汇提升能消除英语学习中的最大障碍。一个人的词汇量越大,阅读准确率就越高,其听说写作水平也会相应随之提高。如何让你的词汇快速提升呢?你所欠缺的不是记忆能力,而是记忆方法。本期为大家推出我校省级骨干教师徐岭老师推荐的十大单词记忆法,认真研习,一定会受益匪浅。

## 1.音节记忆法

音节是读音的基本单位,任何单词的读音,都是分解为一个一个音节来朗读的。在英语的48个因素中,元音音素特别响亮,辅音音素次之。因此,单独一个元音音素可以构成一个音节。或者,元音和前后辅音结合,构成一个音节;而单独辅音不构成一个音节。如:[ai],my[mai],Mike[maik]。平时只要多注意字母及字母组合的读音规律,就能做到见其形而知其音,听其音而知其形。音节记忆法应成为记忆单词的首选方法。例如:

reality—re-a-li-ty magnificent—mag-ni-fi-cent  
discovery—dis-co-ve-ry environment—en-vi-ron-ment  
participate—par-ti-ci-pate pronunciation—pro-nun-ci-a-tion  
entertainment—en-ter-tain-ment  
accommodation—ac-com-mo-da-tion

## 2.词缀记忆法

即遇到某一词缀时,尽可能扩充已学过或与之有关的词,较适用于复习旧词。

① re-retell, reread, rewrite, redo, return, rebuild...  
②-less-aimless, careless, doubtless, homeless, hopeless, moneyless, tireless...  
③-y-sunny, rainy, cloudy, stormy, snowy, bloody, foggy, greedy, worthy...  
④-able-enjoyable, respectable, adaptable, reliable, reasonable...

## 3.谐音记忆法

第一类:外来词。例如:romance(浪漫史),logic(逻辑),typhoon(台风),international(英特纳雄耐尔),microphone(麦克风),copy(拷贝),cartoon(卡通),hamburger(汉堡包),salad(色拉),brandy(白兰地),whisky(威士忌),Moslem(穆斯林),sofa(沙发),cool(酷),pose(姿势),engine(引擎),motor(摩托),bar(酒吧),Canada(加拿大),laser(雷射),golf(高尔夫

球),tofu(豆腐).....

第二类:利用英语单词的读音与汉语拼音相似的特点进行

联系,想象记忆。如:conquer(征服)“攻克”;vacation(假期)“我开心”;fetch(取)“获取”;tomb(坟墓)“土墓”;strange(奇怪的)“事真”;trainee(受训人)“捶你”;trainer(训练人)“捶哪”;education(教育)“爱就开心”;ambulance(救护车)“俺不能死”.....

## 4.归类记忆法

(1)-er与-ee interviewer采访者 interviewee被采访者 employer顾主 employee雇员 payer付款人 payee收款人 trainer训练人 trainee受训人

## (2)毫无本色的颜色词

black coffee浓咖啡 black tea红茶 black sheep败家子 a white day吉日 a white lie善意的谎言 white coffee加牛奶或奶油的咖啡 white elephant无用而又累赘的东 white sale大减价 green house温室 green hand新手 green fingers有园艺技能 blue blood贵族血统 blue Monday忧郁的星期一 red ruin火灾 red ball特快列车 yellow belly可鄙的胆小鬼 a yellow dog卑鄙的人 a gray day阴天 brown bread黑面包 brown rice糙米 brown sugar红糖 brown paper牛皮纸

## 5.联想记忆法

whole——用w去堵hole即变成“整个的” committee——两个m,两个t,两个e,可见人之多,即“委员会” professor——词难以记住f和s是一个还是两个,可联想一个教授(f)带两个学生(ss)。responsible——词难——记住是ible还是able,既然负责任应用“ible”,因为上面有一“点”责任

## 6.典故和背景知识法

revolution——鲁迅笔名的由来既lution的音译,意为“革命”之意。muscle——词根mus(肌肉)即mouse之意。古希腊人认为运动员上臂的肌肉像一只老鼠。Sandwich——由英国伯爵山威奇(Sanwich)的名字而产生。为了打牌方便,他发明了一种可以边玩牌边吃的夹心面包,发展到后来就成了今天的“三明治”。Kangaroo——袋鼠,传说Cook船长航海到澳大利亚时,见到一种跳跃很高的动物从身边一跃而过,他赶紧问身边的导游,“What’s that?”导游没有看清,就说,“Kangroo”(澳大利亚土语的意思是“我不知道”),Cook船长误认为Kangroo就是袋鼠的名字,他在航海日记中记载了这种动物,后来Kangroo就真的成了这种动物的英文名字。

## 7.口诀、顺口溜记忆法

(1)请看下列词的过去式、过去分词的构成:

fight-fought-fought, seek-sought-sought,  
bring-brought-brought, buy-bought-bought,  
think-thought-thought, catch-caught-caught,  
teach-taught-taught 我们发现原词中有a的是ought,没有a的是ought。因而可总结为一句话:有a则a,无a则o。

## (2)lie和lay的过去式、过去分词变化

规则是说谎(lie-lied-lied);不规则是躺(lie-lay-lain)。躺过就下蛋(lay-laid-laid);下蛋不规则。

(3)以f(e)结尾的名词变成复数一般是变f(e)为v,再加上-es,贼(thief)的妻子(wife)手拿刀(knife)站在架(shelf)下要砍叶(leaf)谁知跑来半(half)只狼(wolf)躺在脚下一命(life)亡。

## 8.新词收集法

### (1)网络热词

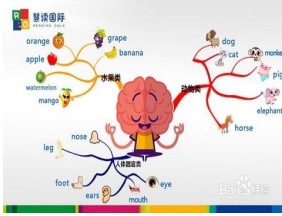
共享单车 bike- / bicycle-sharing 洪荒之力 prehistorical power 吃瓜群众 onlookers

### (2)新闻热词

一带一路倡议 the Belt and Road Initiative 虐童事件 child abuse cases / claims 不忘初心 stick to the mission 中国梦 the Chinese Dream 双11促销 double 11 promotions

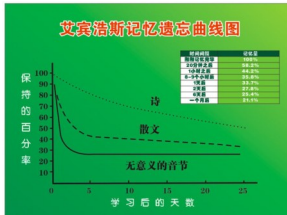
## 9.思维导图记忆法

即以一词为中心,绘出与之有关的词汇图,或绘图标名。



## 10.艾宾浩斯遗忘曲线记忆法

根据艾宾浩斯的遗忘曲线,大概在初次学习之后的12小时、1天、4天、7天、14天、30天以及半年,分别是遗忘的关键期,也就是说,你如果在这些时候再复习,效率是最高的,所付出的劳动也是最有价值的。



随着与单词“见面”次数的增多,单词就慢慢成为你的“熟人”了。对于一个单词,也许我们平时要花上无数次的心血反复地记忆,却总是没法牢牢地记在心中,可是利用上面这个方法,我们只需要不到十次的时间,就能长时间地记住一个单词,而且因为个体差异的不同,有的人还能够达到终生记忆。

作者:徐 岭

## 美国文化的五大象征



### 1.Statue of Liberty 自由女神像

The statue of liberty ,which is also called Liberty Enlightening the World, is a gift given to the United States by France in honor of the 100th anniversary of American independence, standing on Liberty Island in New York .

The right hand of the Statue holds a torch up to 12 meters in height. And “The Declaration of Independence” is held in her left hand. Under her feet are broken handcuffs, leg irons and chains. The Statue of Liberty symbolizes the American breaking the constraints of tyranny and regaining freedom.

In 1984, the Statue of Liberty was named as a World Heritage.

自由女神像,又称“自由照耀世界”,是法国赠送给美国独立100周年礼物,位于美国纽约市自由岛上。女神右手高举长达12米的火炬,左手捧着《独立宣言》,脚下是打碎的手铐、脚镣和锁链。她象征着自由、挣脱暴政的约束。

1984年,自由女神像被列为世界文化遗产。

### 2.Barbie Dolls 芭比娃娃

Barbie dolls are the most famous and best-selling dolls in 20th century, which were first on display at American International Toy Fair in 1959. And now Barbie dolls have been sold to more than 150 countries in the world ,whose total sale is up to one billion dollars. The product is made into a series of mov-

ies and also adapted to a collection of small games.

芭比娃娃是20世纪最广为人知及最畅销的玩偶,于1959举办的美国国际玩具展览会上首次曝光,现在,芭比娃娃已经销往世界上150多个国家,总销售额已经达到10亿元。该产品被拍成一系列影视作品,还改编了一系列小游戏。

### 3.American Gothic 美国哥特式

Whether we see it or not, there is no doubt that it is the only one which has been a cultural label in many American paintings. The major reason is that the peasant man and wife’s expression strongly reflect the American national spirits ----dare to explore and refuse to yield!

无论我们见过与否,毫无疑问,它是美国众多画作中唯一的一个成为文化标签的。其主要原因是,画中农民夫妻二人的表情深刻的体现了美国人民的民族精神----勇于探索,坚强不屈!



### 4.Buffalo Nickel 野牛镍币

It was designed by American famous artist James Fraser in 1911,which became a kind of coin between 1913 and 1938. The paintings on American traditional coin is mainly former presidents, but Buffalo Nickel didn’t follow that. It printed two images which were close to extinguish in American Westward movement to commemorate American buffalo and Na-



tive American Indians.

1911年,由美国著名艺术家詹姆斯·弗雷泽(James Fraser)设计,1913-1938年间成产的一种硬币。美国传统硬币上刻画的主要是历届总统。但是野牛镍币,没有循规蹈矩,而是将在美国西进运动中遭破坏几近灭绝的两种形象----美国野牛以及土著印第安人的形象印为纪念。

### 5. Uncle Sam 山姆大叔

The artwork was created in 1917 as a recruiting poster for the U.S. Army. At the time, the US was in need of more troops to fight for the World War I.

It was officially admitted by United States Congress as American national symbol in1961. Later Uncle Sam was used to be on behalf of America or American government, and it was widely used in press.

这个艺术作品在1917年作为美国征兵的海报而被创作。在那时,美国需要更多的军队来帮助打第一次世界大战。

1961年,美国国会正式承认“山姆大叔”为美国的民族象征。后来山姆大叔被用来代指“美国”或“美国政府”,在新闻界广泛应用。



供稿人:黄 韦



## The story of Jack Ma learning English

导读:相信大家都在淘宝网上买过东西,那么你知道是谁创建这个网站吗?下面我们就一起来读一读中国首富,淘宝网创始人——马云学英语的故事。

In the 1980s, the first batch(批) of foreign tourists came to Hangzhou after the reform and opening-up(改革开放). They lived in the Shangri-la Hotel.

A teenage boy called Jack left his home at 5 o'clock in the early morning every day, and rode his tricycle

for 45 minutes to Shangri-la Hotel to wait for the foreigners. He was not waiting to see something fresh, but wanted to be a free guide for the foreign tourists. His only aim is to practice his oral English. The skinny(瘦骨嶙峋) boy, riding an old tricycle, invited the foreigners to sit on the back seat and showed the foreigners around on the free tricycle. Listening to the little boy with a childish English introduction to Hangzhou attractions, they generated love and compassion(同情心) to the boy gradually.

In the next year, some foreigners came to Hangzhou and lived in Shangri-la Hotel again. Seeing the same boy standing at the gate of the hotel early in the

morning, they thought they were hallucinated(产生幻觉的), as if they had never left Hangzhou. They wondered how this little boy could always be standing at the door. In the third year, the foreigner came again and was surprised, "you are still here? You must have a bright future!"

On January 12, 2008, the boy's inspiring story was told at the 2007 Awarding Ceremony of Top 10 Businessmen in Zhejiang province, which was held in Hangzhou Grand Theatre. He created a miracle(奇迹) of the Internet with a name derived from(源于) myth. He is the founder of Alibaba Corporation(阿里巴巴)---Jack Ma.

Jack Ma's secret code: Keep your dream alive because it might come true one day.

供稿人:马圣凯

导读:最近网络上刮起了一阵“Freestyle”风,“你有Freestyle吗?”甚至还成为了一句日常问候语。这个“freestyle”究竟是什么梗,为何令这么多人沉迷其中,无法自拔?

“Can you freestyle?” has become an immensely popular phrase on China's social network thanks to Chinese pop singer and actor Kris Wu. Wu, 27, recently appeared on reality TV show The Rap of China as a judge.

因为中国流行歌手、演员吴亦凡的缘故,“你有freestyle吗?”成为了中国社交网络上爆火的一个梗。现年27岁的吴亦凡近期在电视真人秀《中国有嘻哈》中以评委身份亮相。

Each time Wu had to choose the winner, he had just one question for the contestants: “Can you freestyle?” The pop star's humorous catchphrase was quickly adopted by Chinese netizens. Many began to follow him and use “freestyle” wildly on social media platforms like WeChat and Sina Weibo.

每当吴亦凡要选出获胜选手时,他只有一个问题要问参赛选手们:“你有freestyle吗?这位明星的搞笑金句迅速受到了中国网友的追捧。许多人开始争相效仿吴亦凡,在微信以及新浪微博等社交媒体上刷起了“freestyle”。

According to the Oxford Dictionary and Wikipedia, “freestyle” refers to a style of improvisation with or without instrumental beats, where lyrics are recited with no particular subject or structure. It is similar to other improvisational music, such as jazz, where there is a lead instrumentalist acting as the improviser and the rest of the band providing the beat.

根据《牛津词典》以及《维基百科》上的释义,“freestyle”指的是一种按照(或者不按照)乐器节拍即兴创作的风格。在freestyle中,歌词并没有特定的主题或结构。它和爵士等其他即兴音乐很相似,都由一位首席演奏者即兴创作,而乐队的其他成员则负责打

节拍。

Since the early 1990s, “freestyle” has come to be the widely used term for rap lyrics which are improvised on the spot. The method of improvised rap was made popular by groups and artists such as Freestyle Fellowship and Eminem. Freestyle Fellowship

从上世纪90年代早期开始,“freestyle”就成为了一个被广泛使用的术语,意指当场即兴创作的说唱歌词。以及埃米纳姆等组合和艺术家令这种即兴创作说唱的方法大受欢迎。

Now, “Do you have freestyle?” has morphed into other memes. Some internet users even adapt the buzzword into a variety of emojis, further promoting the use of “freestyle”. For instance, one of Chinese ancient philosopher Zeng Zi's well-known sayings about self-inspection is: “Every day I do self-inspection on three aspects: Were my suggestions to others betraying his own perspective? Was my conversation with classmates and co-believers not congruent with the facts? Or did I spread any idea without practicing it?”

如今,“你有freestyle吗?”已经演变成了其他的梗。一些网友将这一热词和各种表情包结合起来,进一步推动了“freestyle”一词的使用。比如,中国古代哲学家曾子有一句关于自我反省的名言:“吾日三省吾身:为人谋而不忠乎?与朋友交而不信乎?传不习乎?”(译者注:出自《论语》)

Now, it has been reinterpreted as “Can you freestyle? Can you freestyle again? And can you be freestyled?” and has become mockingly known as the modern principles for daily self-inspection. At the same time, some internet users have been inspired by the buzzword and consider it the new standard to live up to.

现在,这句话被改编为“吾日三省吾身:有freestyle吗?还有freestyle吗?有没有freestyle?”,还被戏称为每日自省的现代版准则。与此同时,一些网友



还受到这一热词启发,将其作为生活实践的新标准。

“From now on, I do not care about what others say about me, good or bad, positive or negative, I am my own and enjoy my own freestyle,” WeChat user Ji-ang Yuqiu wrote. “I believe the essence of the buzzword is to go your own way regardless of what others say. When my idol Kris Wu first said it, many people ridiculed him and doubted his legitimacy as a rapper. However, he later made a fantastic performance to smash rumors and prove his professional status as a rapper and a dedicated artist,” Zheng Shaoqiu, one of Wu's fans declared.

“从现在开始,我不会在意别人怎么说我,不论是好或坏,正面或负面,我就是我,享受着我自己的freestyle,”微信用户姜玉秋(音译)写道。“我认为这个热词的精髓在于走自己的路,不论他人说些什么。当我的偶像吴亦凡第一次说出这个词的时候,许多人都取笑他,质疑他说唱歌手的身份。然而,后来他带来了一场精彩绝伦的表演,打破了谣言,证明了自己作为一名说唱歌手和敬业艺人的专业,”吴亦凡的粉丝郑韶秋(音译)公开表示道。

After reading this, please comment with your own freestyle.

读完这篇文章后,请用freestyle开始你的评论。

供稿人:朱媛



China's new hero 《战狼2》为何燃爆今夏?

导读:《战狼2》无疑是今夏讨论度最高的电影,刷新了一个又一个票房纪录。而这部电影能够如此火爆的原因也很简单:一颗赤诚的爱国之心。

It's rare that the protagonist in a Chinese movie wins the audience's hearts with an emotionally uplifting message, rather than by showing off his or her good looks. But Wolf Warrior II is putting China in the global spotlight. It's also the first film to taste success both in terms of box office earnings and promoting Chinese values.

国产影片的主角不是通过展现颜值,而是因为传递了一种正能量而获得观众的喜爱,这点相当少见。但《战狼2》却令全球的焦点都汇聚到了中国身上。它同时也是首部在票房收入以及弘扬中国价值观方面都获得双赢的电影。

Kung fu artist Wu Jing both starred in and directed the action movie. Since its release on July 27, it's earned an unimaginable 4.5 billion yuan, setting a record for domestic movies at the box office.

功夫巨星吴京自导自演了这部动作电影。自7

月27日上映以来,该片已经收获了令人难以想象的45亿人民币的票房,创下了国产电影的票房纪录。

The film focuses on a rescue operation in Africa, led by former special forces soldier Leng Feng - played by Wu. Leng helps Chinese workers and local Africans flee a war-torn and plague-ravaged country. Wolf Warrior II links art to reality, and reminds people of the massive evacuation of Chinese people from Libya when civil war broke out there in 2011, and from Yemen in 2015, as well as the challenges the Ebola virus created in West Africa from 2013 to 2016.

电影讲述了一场由前特种兵冷锋(吴京饰)所领导的非洲救援行动。(在行动中),冷锋帮助中国员工以及非洲当地居民逃离一个饱受战火和瘟疫折磨的国家。《战狼2》将艺术与现实紧密联系,让人们想起了2011年利比亚内战爆发时中方的大规模撤侨行动,2015年的也门撤侨行动,以及2013-2016年埃博拉病毒肆虐西非时的撤侨行动。

The film describes how the Chinese government aims to protect overseas Chinese citizens. Just as the message at the end of the film reads: “Citizens of the People's Republic of China. When you encounter danger in a foreign land, do not give up! Please remember,

at your back stands a strong motherland.”

影片描绘了中国政府如何努力保护身处海外的中国公民。正如影片结尾的一段话所说的那样:“中华人民共和国公民:当你在海外遭遇危险,不要放弃!请记住,在你身后,有一个强大的祖国!”

Thanks to China's increasing participation in global affairs, now could be considered the right moment to introduce a modern Chinese hero. “Holding up a banner of peace, friendship and responsibility, Wolf Warrior II should be seen as a brave effort to promote Chinese values around the world,” columnist Zhu Ping wrote in China Daily.

正因中国日益积极地参与国际事务,现在或许是向世人介绍一位现代中国英雄的大好时机。“高举着和平、友谊和责任感的旗帜,《战狼2》应当被视作一股鼓起勇气在全球弘扬中国价值观的力量,”专栏作家朱萍在《中国日报》上写道。

“It's time Chinese filmmakers produced films that tell good stories and carry the right spirit. Let us assume Wolf Warrior II has started that trend.”

“中国制片人是时候制作出一些讲好故事、弘扬正确价值观的电影了。我们不妨假设《战狼2》开始了这一趋势。”

供稿人:姚玲

你有freestyle吗?  
Chinese pop star's freestyle becomes instant buzzword

导读:书是优秀灵魂的凝聚,通过读书,你能和这些伟大灵魂进行跨时空的交流。读书能让你跳出生活的桎梏,为你打开前所未有的可能。

The Differences between Reading and not Reading

An old farmer lived on a farm in the mountains with his young grandson. Each morning grandpa was up early sitting at the kitchen table reading his holy book. One day the grandson asked, “Grandpa! I try to read the holy book just like you but I don’t understand it, and what I do understand I forget as soon as I close the book. What good does reading the book do?”

The grandfather quietly turned from putting coal in the stove and replied, “Take this coal basket down to the river and bring me back a basket of water.”

The boy did as he was told, but all the water leaked out before he got back to the house. The grandfather laughed and said, “You’ll have to move a little faster next time”, and sent him back to the river with the basket to try again. This time the boy ran faster, but again the basket was empty before he returned home. Out of breath, he told his grandfather that it was impossible to carry water in a basket, and he went to get a bucket instead. The old man said, “I don’t want a bucket of water; I want a basket of water. You’re just not trying hard enough,” and he went out the door to watch the boy try again. At this point, the boy knew it was impossible, but he wanted to show his grandfather that even if he ran as fast as he could, the water would leak

out before he got back to the house. The boy again dipped the basket into the river and ran hard, but when he reached his grandfather the basket was again empty. Out of breath, he said, “See grandpa, it’s useless!”

“So you think it is useless?” The old man said, “Look at the basket.” The boy looked at the basket and for the first time realized that the basket was different. It had been transformed from a dirty old coal basket and was now clean, inside and out.

So, that’s what happens when you read the book. You might not understand or remember everything, but when you read it, you will be changed, inside and out!

This story above uses a holy book as an example, but applies to any book you read!

从前,有一位老农和他的小孙子住在山间的农场里。每天早上,老人都会早早起床,坐在厨房桌子上读圣书。一天,他的孙子问道:“爷爷!我努力尝试像您一样读圣书,可我不大懂,而那些能看懂的部分,一合上书我又给忘了。那我读这本书有什么用呢?”

老人正在给炉子添煤,这会儿平静地停下手中的动作,答道:“带着这个煤篮子到河边去,给我打一篮水回来吧。”

男孩便照做,可还没等他回到家,篮子里的水就都漏光了。老农夫笑道:“你下次得跑

Reading makes a full man, conference a ready man, and writing an exact man.——Francis Bacon  
阅读使人充实,交谈使人机智,写作使人严谨。——培根  
Books are the bees which carry the quickening pollen from one to another mind.  
书籍是蜜蜂,把花粉从一个头脑传到另一个头脑。

Spare Time to Read

时间再少,也要挤出来读书

Reading is not just about learning a certain skill, nor is it just about learning how to create prettier combination of words. Reading is a form of communication which is in a higher rank than mere conversation.

Many successful people have shared the same kind of wisdom that if you want to become a kind of person you should try your best to spend time with this kind of people. If you want to become someone with good manners, you should try to make friends with people who have good manners. If you want to become someone

Reading is to the mind what exercise is to the body.——Richard Steele  
读书之于心灵,犹如运动之于身体——理查德·蒂尔  
The reading of all good books is like a conversation with the finest men of past centuries. —Ren é Descartes  
读好书,如同与先哲们交谈。——雷内·笛卡尔

learned, you should try to stay in touch with learned people. If you want to become someone successful, you surely should communicate with those who are actually successful.

But unfortunately, outstanding people are usually far away from us. If you yourself are not outstanding enough, it’s almost impossible for you to reach them. And this is what reading is for. A book is the embodiment of a great mind. Through reading you can communicate with those great minds. And this kind of communication is beyond time and space. Reading can bring you out of the cage of your daily life. It shows you new opportunities that you’ve never seen. For a lot of people, this may be the only method to change their lives.

No matter how busy you are, don’t forget to spare some time to do it. If you don’t find yourself time to read, you’ll eventually find yourself without any time to live the life that you want to live.

快点。”说完便又让他提着篮子回去。这一次,男孩跑得更快了,但半路上篮子里的水又漏光了。他喘着气告诉老农夫用篮子提水是不可能的,他要去换成桶。老人说:“我不要一桶水,我要的是一篮水。你只是没有尽全力罢了。”说完便出门想看着男孩再试一次。这回,男孩心里已经清楚这是不可能的,但为了向祖父证明即便自己竭尽全力地跑,水还是会在他没到家前就流光,便再一次把篮子浸到河里装水,提起后飞奔往回跑。不出所料,当他来到祖父面前时,篮子又一次空了。他气喘吁吁地说:“看吧,爷爷,根本没用!”

“所以你觉得没用?”老人说,“你再看看篮子。”男孩看了看篮子,这时,他突然意识到篮子已经变得不一样了:本来又脏又旧的煤篮如今竟由内而外都变得干净如新。

读书也是如此。或许你无法理解或记住所有东西,然而,当你在读它们的时候,它们已经由内而外地改变了你!

这个故事以圣书为例,但其中的道理适用于你读的每一本书。

供稿人:曹清义

读书,不光是去学习一门特定的技能。也不只是为了学习怎样让文字的组合更优美。读书,其实是一种比对话更高级的交流方式。

很多成功人士都曾分享这样一个经验:如果你想成为怎样的人,就尽量多和这样的人呆在一起。如果你想成为一个有涵养的人,就尽力去交一些有涵养的朋友。如果你想成为一个博学的人,就应该去和博学的人交流。如果你想成为一个成功人士,那当然应该多和真正成功的人交流。

但遗憾的是,优秀的人通常都很遥远,如果你自己不够优秀,那你几乎不可能触及他们。这就是读书的意义了,书是优秀灵魂的凝聚,通过读书,你能和这些伟大灵魂进行跨时空的交流。读书能让你跳出生活的桎梏,为你打开前所未有的可能。对于很多人来说,这可能是他们唯一能改变人生的手段。

不管你多么忙碌,都别忘了挤出时间来做这件事。如果你不花时间读书,那你最终将没有时间过你自己的生活。

供稿人:李大方

What Is the Meaning of Life?

导读:生命的意义是什么?生命不只是一些东西的拥有和失去。生命的意义在于赋予它意义。

“What is the meaning of life?” This is a question that we all ask ourselves at one point or another of our existence here. It is a question that I have asked myself many times over the years.

The best answer that I ever came across was written by the great psychologist, Viktor Frankl who had survived the Nazi Concentration camps in World War II. Frankl wrote that “The meaning of life is to give life meaning.”

When I was a young boy I gave my life meaning by simply playing, running, jumping, swimming, laughing, and riding my bike. When I went to school I gave my life meaning by learning, studying hard, getting good grades and trying to make my Mom and Dad proud. When I was a teenage boy I found meaning in playing sports, hanging out with my friends, and trying to impress girls.

In college I found my meaning by deciding what I wanted to study and what career I wanted to prepare for. When I was working as a teacher I found meaning in helping to open young minds to new ideas and old wisdom. When I married and had children I found meaning in protecting, providing for,

and watching over those I loved.

When I found out both of my sons were mentally handicapped I found meaning in loving them, caring for them, and learning so much from them about life, love, compassion, patience, faith, and joy. As I got older too I began to realize that meaning isn’t something that comes and goes.

We can give meaning to every moment of our lives here. We can bring meaning to the thoughts we think. We can bring meaning to the things we do. We can bring meaning to the hearts we touch. All we have to do is love. It is love that gives life meaning. It is love that makes life worth living.

生命的意义到底是什么?

“生活的意义是什么?”这个问题我们都在某个生命节点问过自己,或者我们为什么存在。这个问题,在过去这些年中,我问过自己无数次。

我认为最好的答案是来自维克多·弗兰克,他是一个伟大的心理学家,他在二战纳粹集中营里面存活下来。他说,“生命的意义在于赋予它意义。”

我还是小男孩的时候,

我对于生活的理解就是单纯的玩耍、追逐、蹦蹦跳跳、游泳、没心没肺地大笑,还有骑自行车。上学之后,生活就是学习,还有努力学习,得到好成绩为父母争光。当我成了小伙儿,生命的意义在于玩转各类运动、和朋友们出去玩、吸引女孩儿注意。

大学的时候,生命的意义在于找到自己热衷学习的课程,以及为今后的就业做准备。当我成为一名老师的时候,生命的意义变成帮助孩子们激发新点子、传授老经验。当我结婚为人父,生命的意义对我来说就是保护、倾其所有地陪伴所爱之人的成长。

当我发现儿子们都有智力上面的缺陷,生命的意义在于,爱他们、照顾他们、从他们身上领会到生命的真谛、爱、热情、耐心、信仰,和快乐。再年长一点时候,我体会到,生命不只是一些东西的拥有和失去。

我们可以赋予生命每一刻以意义。生命让我们的思考有价值。生命让我们的所作所为有意义。让那些我们可以碰触到的心灵变得有意义。我们所有的这些都叫爱。爱让生命变得充实,爱让生命的存在有价值,不枉此生。

供稿人:杓顺祥

Life is ten percent what you make it and ninety percent how you take it. (Isaiah Berlin)  
生活有百分之十在于你如何塑造它,有百分之九十在于你如何对待它。(柏林)  
Living without an aim is like a sailing without a compass.——John Ruskin  
生活没有目标,犹如航海没有罗盘——罗斯金

## 下次你路过，人间已无我

缅怀余光中

编者按:台湾文学家、诗人余光中(Yu Kwang-Chung)于2017年12月14日在高雄(Kaohsiung)病逝,享年90岁。消息一出,迅速占据各大媒体头条,并在朋友圈形成刷屏之势。与老人逝世消息同时刷屏的,还有他那首著名的《乡愁》。很多人对余光中先生的听闻,从那首“乡愁”开始,也有很多人对余光中的了解,终止于“乡愁”。抛一块砖,希望大家去更多地了解余光中。

Yu was born in 1928 in Nanking. Yu entered the University of Nanking for English Major in 1947, and then transferred to Amoy University. He enrolled at National Taiwan University and was one of the first students to graduate with a degree in foreign languages. He also holds a master of fine arts degree from the University of Iowa. From 1974 to 1985, he taught in the Department of Chinese Literature in at the Chinese University of Hong Kong. After that, He worked as

Professor Emeritus at National Sun Yat-sen University in Kaohsiung.

余光中(1928年10月21日—2017年12月14日),当代著名作家、诗人、学者、翻译家,出生于南京,祖籍福建永春。余光中1947年毕业于南京青年会中学,考取金陵大学(今南京大学的前身)外文系。1949年,随母自南京前往上海,再去厦门,转厦大外文系二年级下期。1950年9月考入台湾大学外文系三年级,是台大早期毕业的英文学位学生。1959年获美国爱荷华大学艺术硕士学位,其后任职于台湾师范大学。1974年-1985年期间担任香港中文大学中文系教授。1985年,余光中离港返台,任高雄中山大学文学院院长。

When he worked in Hong kong, Yu published 163 poems and 25 prose. This was a golden period in his life that pro-

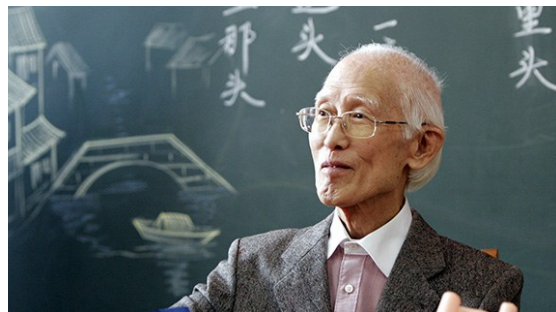
foundly influenced his later years in Taiwan. Professor Yu stated that mainland China was the mother, Taiwan was the wife, and Hong Kong was the lover. His works revealed his passion for mainland China, Hong Kong, and Taiwan. Shih-chiu Liang (梁实秋), late renowned writer, stated that Professor Yu used his right hand to write poems and his left to write prose, and that his achievements were beyond comparison.

供职香港中文大学期间,余光中发表了163首诗及25篇散文。这是余光中文学生涯中的黄金期,对他往后的台湾生涯产生了深邃的影响。余光中曾说:“大陆(中国大陆)是母亲,台湾是妻子,香港是情人。”他的作品反映了他对大陆、香港和台湾的热爱。著名作家梁实秋高度评价余光中:“右手写诗,左手写散文,成就之高一时无两。”

Yu's works often focused on four fundamental aspects of literature; namely poetry, prose, translation, and commentary. Yu Kwang-chung became well-received to readers by showing innovative humour in his essays, exhibiting wit in his appreciations, and evincing his understanding of humanistic culture in his poetry. Several of his works, such as Nostalgia (乡愁), My Four Hypothetical Enemies (我的四个假想敌) and Listen to the Cold Rain (听听那冷雨), are taught as standard Chinese literature in Taiwan and China.

余光中一生从事诗歌、散文、翻译和评论,自称他们为自己写作的“四度空间”,他因此被誉为文坛的“璀璨五彩笔”。余光中的散文幽默风趣、评论见解独到并且他的诗歌充满人文关怀。其作品如诗歌《乡愁》、散文《我的四个假想敌》和《听听那冷雨》等被广泛收录于大陆及港台语文课本。

In 1972, Yu wrote the famous poem Nostalgia after leaving his hometown. It took him only 20 minutes to finish the poem because the feeling of longing for China had been on



his mind for more than 20 years.

1972年,20多年没回过大陆的余光中思乡心切,在台北厦门街的旧居里花了20多分钟的时间写就《乡愁》。虽然写诗只用了20分钟,但这种感觉已经萦绕心中20多年了。

以下是《乡愁》和余光中先生的译文。

## 乡愁

小时候,  
乡愁是一枚小小的邮票,  
我在这头,  
母亲在那头。  
长大后,  
乡愁是一张窄窄的船票,  
我在这头,  
新娘在那头。  
后来啊,  
乡愁是一方矮矮的坟墓,  
我在外头,  
母亲在里头。  
而现在,  
乡愁是一湾浅浅的海峡,  
我在这头,  
大陆在那头。

## Nostalgia

When I was young,  
Nostalgia was a tiny, tiny stamp,  
Me on this side,  
Mother on the other side.  
When I grew up,  
Nostalgia was a narrow boat ticket,  
Me on this side,  
My bride on the other side.  
But later on,  
Nostalgia was a lowly grave,  
Me on the outside,  
Mother on the inside.  
And at present,  
Nostalgia becomes a shallow strait,  
Me on this side,  
Mainland on the other side.

## The hospital window

Tigert, an Australian novelist, is famous for such works as The hospital window. If O. Henry is the originator of American short stories, Tigert should be his best adherent and explainer.

作者:泰格特,澳大利亚作家,代表作有《窗》等。如果说欧亨利是美国短篇小说的创始者,那么泰格特应该就是他的最佳拥护者和诠释者。

导读:泰格特,澳大利亚作家,代表作有《窗》等。《窗》这篇小说,文题为“窗”,线索为“窗”,文眼同样是“窗”。一扇窗户照亮了两个灵魂,表现出两种截然不同的处世态度,人性的美丑高下立判。

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back.

The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation. Every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window. The man in the other bed began to live for those one hour periods where his world would be broadened and enlivened by all the activity and color of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color and a fine view of the city skyline could be seen in the distance. As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon the man by the window described a parade passing by. Although the other man couldn't hear the band—he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words.

Unexpectedly, an alien thought entered his head: Why should he have all the pleasure of seeing everything while I never get to see anything? It didn't seem fair. As the thought fermented the man felt ashamed at first. But as the days passed and he missed seeing more sights, his envy eroded into resentment and soon turned him sour. He began to brood and he found himself unable to sleep. He should be by that window—that thought now controlled his life.

Late one night as he lay staring at the ceiling, the man by the window began to cough. He was choking on the fluid in his lungs. The other man watched in the dimly lit room as the struggling man by the window groped for the button to call for help. Listening from across the room he never moved, never pushed his own button which would have brought the nurse running. In less than five minutes the coughing and choking stopped, along with the sound of breathing. Now there was only silence—deathly silence.

The following morning the day nurse arrived to bring water for their baths. When she found the lifeless body of the man by the window, she was saddened and called the hospital attendants to take it away—no works, no fuss.

soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was comfortable, she left him alone.

Slowly, painfully, he propped himself up on one elbow to take his first look. Finally, he would have the joy of seeing it all himself. He strained to slowly turn to look out the window beside the bed.

It faced a blank wall.



李大方 译

两位重病患者住进同一间病房。其中一位病人的床紧挨病房唯一的窗户,医生要求他每天下午起身在床上坐一小时,以利于排除其肺中的积液。另一位患者就只能每天平躺在病床上。

两人每天聊天打发时间,一聊就是几小时。他们聊各自的妻子和家庭,聊各自的工作,聊各自在部队服役的经历,聊各自的假期。每天下午,靠窗的患者坐起身时,他便向室友描述窗外的事物。另一床的患者每天巴巴地等着这一小时,室友向他描述着窗外丰富多彩的世界,他的枯燥乏味生活也因此充满了生机。

靠窗的患者说,从窗户中可以俯瞰一座公园,公园里有一泓湖水。湖中,成群的野鸭和天鹅在水面悠闲地游着;岸边,孩子们兴致勃勃地摆弄着他们的玩具小船,年轻的情侣手牵手徜徉在花海中,城市天际线在远方若隐若现。靠窗的患者栩栩如生地描述着窗外的世界,另一床的患者轻轻地闭

上眼睛,在脑海中勾勒出这一幅幅美景。

一天下午,阳光透过窗户,暖暖地照进病房。靠窗的患者描述着窗外游行的队伍。尽管另一位患者听不到乐队的音乐,但他心中能想象出游行的热闹和喧嚣。突然间,一个奇怪的想法浮现在他的脑海里:为什么他可以享受欣赏美景的乐趣,而我却什么也看不到?这一点儿也不公平。起初,他为自己的想法感到羞愧。煎熬的日子一天天过去,他错过的美景也越来越多,他的嫉妒演变成了愤恨进而更加恶化。他开始胡思乱想,然后又失眠不安。他应该躺在窗户边的病床上——这种想法一直萦绕在他脑海里,挥之不去。

一天夜里,他躺在床上,两眼呆呆地盯着天花板。靠窗的患者开始咳嗽,肺部的积液呛得他咳嗽不止,他挣扎着去摸索床头的按铃求救。另一床的患者看着昏暗的病房,静静地听着咳嗽声,一动不动。他也没有按自己的按钮,他知道,自己一按铃,护士就会立即赶来。不到五分钟,咳嗽声渐渐停止了,一起停止的,还有呼吸声。病房里只剩下了寂静,死一般的寂静。

第二天早上,值班护士端水来为他们擦洗,却发现靠窗的患者已经咽气了。她悲伤地叫医护人员抬走了尸体。——他的死亡医院没有什么责任,自然也没什么大惊小怪的。

时间慢慢过去,窗边那位患者的死亡逐渐淡出了大家的记忆。剩下的这位患者要求挪到靠窗的那张病床上,护士欣然应允。护士将他安顿妥当后离开了,留下他独自躺在病床上。

护士刚一离开,他就迫不及待地想看看窗外的风景。他用一只胳膊艰难地撑着,挣扎着坐起身子。气喘吁吁,却抑制不住内心的喜悦。他费力地朝窗外望去。

映入眼帘的,是一堵灰白的墙。



Eternal Flame, Eternal Olympics

By Wang Yan

In the Olympic Games, to appear on the medals podium (领奖台) is the dream of every participant. But the theme song and the slogan of the Olympics are not about medals. The Olympic Games is honored as the highest palace of sports , not only because the participants make a name for themselves, but because it fully displays the charm and the true meaning of the sports---“faster, higher, and stronger”.

However, do you know what the original motivations of the Olympic spirits are? They are self-confidence, self-respect and self-improvement. Virtues like these have universal acknowledgement in spite of national differences. In the Beijing Olympics, Michael Phelps got 8 medals by taking advantage of his self-confidence and self-improvement. On the track and field, Usain Bolt won more applause as he created a breakthrough in challenging the physical limit, winning himself and his country respect too.

While there are other kinds of wonderful performances, even though the players didn’t won any medals technically(从严格意义上说), they still fulfilled their confidence, respect and improvement, gracing(使…增光) their country with their unrelenting efforts. Take the 7 Iraqi players as an example, they are less superior equipped---wearing indecent clothes and

even second-hand track shoes, renting canoes, etc. For them, it is the greatest achievement standing in the Olympic stadium and participating the competitions successfully.

For political reasons, they nearly missed the chance to take part in the games. On hearing the news that she couldn’t sign up for the Olympics for the first time, the 22-year-old girl Danna Hussein cried a lot. Her trainer consoled her that her chances of attending the 2012 Olympics were good, but she replied” I’m not sure if I can live that long under the current situation in Iraq now”.

Surely there was no kidding in those words; it was indeed the case. Danna began running from 2003, she would run on worn-out shoes and badly damaged runways which were resulted from war. Her dream was to stand on the runway of the Beijing Olympics. On some day of November 2007, a bullet whistled at her and hit a tree beside her when she was practicing.

Before she could think twice, there was another shot. She stopped and squatted instinctively, experiencing a gust of cool wind blowing around her feet. To her horror, she realized that she had a close encounter with death. To such an extent was she scared that she fainted immediately. In spite of this, she didn’t abandon her dream and kept pursuing it bravely till she came to Beijing.

The athletes from Iraq, together with all the athletes of the Olympic Games, obtained their confidence, respect and im-

accustomed to it.

In summary, I’ve gained a lot from those short but happy days. I’m so appreciated with the organization and you all.

Thank you for your listening and best wishes for all of you.

文章主题:我梦想中的大学。

作者:高三(1)李长平;辅导教师:徐岭

Dear Jim,

I am delighted to share my dream university with you. I really want to be admitted to Tsinghua University. The reasons are as follows.

First, Tsinghua University, which is an outstanding university in China, has been more and more popular among students from all over the world. Second, this famous university offers more opportunities and better chances for students’ future careers. Besides, it opens a window for us to know the world. In this university, a variety of wonderful lectures are held and I am looking forward to attending them, from which I can broaden my horizons and improve my expressive skills.

I have made up my mind to realize my dream and I firmly believe that I can do it as long as I work hard from now on.

文章主题:到了新学校,与室友融洽相处的妙招。

作者:高三(24) 王吉雪;辅导教师:王艳

Dear Jack,

I’m very glad to hear that you are studying at a new boarding school, and you ask me how to get along well with your new roommates. Here are some advice and I hope they are helpful.

As we all know, a true friendship is based on trust, with-

party. I will do what I can to enrich your lives.

There will be many challenges ahead, but I have the confidence that I can take on the burden. I sincerely hope that you can give me a chance and I’m sure I will be a good president.

Thank you.

感谢信

假设你是李华,梁教授去年六月推荐你去悉尼大学深造,现在你已经被悉尼大学化学学院录取,请写封信向梁教授表示感谢。

【优秀满分范文】

Dear Professor Liang,

I am writing to extend my gratitude to you because with your help I am now a student of Chemistry Department of Sydney University.

Last June, when I applied to become a graduate student of Sydney University, you really gave me a lot of valuable help. You not only wrote a recommendation(推荐) for me to Professor Wells who works in the Sydney University but also gave me careful and patient instructions on how to fill the application forms and write the application letters.

It is your unreserved(无保留的) help that enables me to obtain this splendid(极好的) opportunity of further education. For the following two years I will study hard to reward(回报) your sincere help and expectations with excellent grades.

Yours truly,  
Zhang Ying

provement by sticking to their dreams and putting their beliefs into practice. We were greatly moved by their performances and stories. Also, we can learn a lot from them. Whenever are faced with challenges; whatever problems we have to deal with; however the others regard us and wherever we are, we must believe in ourselves, respect ourselves and keep improving ourselves.

The Olympic flame is eternal; so is the Olympic spirit. Although it’s about three months before the closing ceremony of the Olympic Games being held, we should keep the Olympic flame in our hearts for ever; it should be passed down from generation to generation. Our country’s players are struggling for the 30th Olympic Games in 2012; as senior students, we should struggle for our aims --- try to be the best of ourselves and make the most of the information available to become a elite in future.

A saying goes like this: frustration is a firm stepping stone for genius; it is invaluable treasure for the strong-willed; and an abysm for the weak. Let’s pass the Olympic flame and light up the road to our dream.

Finally, I’d like to end the passage by a version adapted from Mu Dan’s poem:

Quietly, we embrace  
In a world lit up by the  
Olympic flame in our heart.

out which there will be none of it. Therefore if you want to build good friendship, you should trust your friends; on the other hand you are supposed to chat with them at least half an hour every day. Furthermore, when they get into trouble and turn to you for help, you should try your best to help them.

Last but not the least, it’s necessary for you to share your interests and pleasures with them as many as possible. Nothing is more important than to keep a good relationship with your roommates. Let’s treasure it.

文章主题:作者随笔。

作者:高二(15)周敏;辅导教师:黄韦

LiuPanshui, a beautiful and peaceful city, is located in the southeast of China, ompared with other big cities, it has less noise. But it is more convenient and moder-nized than the countryside.

17 years ago, I was born in a poor and remote village of this small city, where I spent my childhood with lots of fun. I still remember the most exciting thing I ever did was the walk I took along the river with my grandmother beside the clean river when I was a child.

Now I often hope that I still were a child, the reason why I think so is that I really want to lead a relaxing and enjoyable life with my dear grandmother. However, as I wrote in the last article: Maybe everything that is pretty is easy to go out. From time to time, I fall in thinking. Probably not only do I meet some old things, but also I will find more new and meaningful things about this city.

At the end of the article, I’d love to give my best wishes to my hometown---LiuPanshui.

建议信

假定你是李华,你所喜爱的Global Mirror周报创刊五周年之际征集读者意见.请你依据以下内容给主编写封信,内容主要包括:

1. 说明你是该报的忠实读者
2. 说明该报优点:1)兼顾国内外新闻 2)介绍名人成功故事
3. 提出建议:刊登指导英语学习的文章

【优秀满分范文】

Dear Editor-in-Chief,

Congratulations on the 5th anniversary of Global Mirror!

I’m a regular reader of your newspaper. I like it so much that I hardly miss any copy. There are many advantages of Global Mirror. Firstly, Global Mirror covers both national and international news. By simply turning the pages, I can know all important things that have happened both home and abroad. Besides, the success stories of world-famous people are also attractive to me, which help me learn a lot from them. In a word, thanks to Global Mirror, we are well-informed and keep up with the changing world.

As a young student, I wish that I can be a master of English language. Therefore, I suggest that Global Mirror provide articles about English learning for us.

Finally, I hope that Global Mirror will become more and more popular. Thank you for your time!

供稿人:李梅燕 卢凤薇

寒山片石 满分作文 Diamond Model

满分作文:在以实用主义为思路的高考命题原则下,纵观近五年全国高考英语考卷的作文题,都以应用文为主,编者初步统计,高考英语应用文写作的八大话题为:申请;介绍;建议;咨询;通知;邀请;道歉;感谢。要想快速提升考试作文写作能力,参考满分作文必不可少,本期推出三篇,以后陆续登载。

演讲稿

假设你是某大学的学生李津。你校英语俱乐部选举新一届副主席,负责规划、组织俱乐部的相关活动。你欲参选。请按以下提示,写一篇竞选演讲稿。内容含:个人优势(如性格、特长等);组织校内活动的设想(如举办讲座、英语晚会等);组织校级交流活动的设想(如举办辩论赛、演讲比赛等);表达当选的愿望。

【优秀满分范文】

Good afternoon, my dear friends.

My name is Lin Jin. Thanks a lot for having been given the chance to run for vice president of the students’ union.

My hobby is widespread, which includes drawing, collecting stamps and so on. I am good at communicating and always ready to help others. I’m also positive and enthusiastic about new things. I have been class monitor since I came to our college, which brought me a strong ability of organization. if I became vice president, I will try my best to make the students’ union attractive by organizing various activities. I will organize school-to-school activities, such as a debate and English

No matter how much you think you hated school, you'll always miss it when you leave. It is the charming landscapes of four seasons in No.1 Middle School that may well be what will strike your heartstrings.

无论你觉得你曾有多讨厌上学,离开后你还是会一直怀念在那里的时光。一中校园一年四季的美景,或许就是哪些牵动你的情思东西。



Time went on and winter came. - Mark Twain Adventures Of Huckleberry Finn  
时间流逝,冬天来到了。  
—— 马克·吐温《哈克贝利·费恩历险记》



We always have time enough, if we will use it aright. - Johann Wolfgang von Goethe  
我们的时间永远都足够,只要我们善用它。  
—— 歌德



You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of. - Jim Rohn  
你得对自己负责,你无法改变环境、季节或风向,但你可以改变自己,这是你可以控制的部分。—— 吉姆·罗恩



If winter comes, can spring be far behind? - Percy Bysshe Shelley Ode to the West Wind.  
若冬天来了,春天还会远吗? —— 雪莱《西风颂》

披沙剖璞 明星师生 School Icons

世界有朵最美的花,那是青春吐芳华。教师的芳华延续在学生的青春里,永远不会老去!  
There is a most beautiful flower in the world, which is the youth in bloom. Teachers' youth lies in their students' and never withers away.\



Opportunities always favor those who are prepared. 机会总是垂青于有准备的人。

the teaching competition of Liupanshui and also won the first prize in the teaching competition of Guizhou province. In 2016, he went to Chongqing to attend the tenth national senior English teaching competition and got the first prize. In January 2017, he was sent to Brighton, England to study English for three months. In the same year, he attended the first young teacher competition and was awarded the third prize. He believes if we dream, everything is possible.

Ma Shengkai, an English teacher, who graduated from Southwest China Normal University, has taught English in Liupanshui NO. 1 Middle School of Guizhou province for more than ten years. During the process of teaching, he is patient and popular with every student. As an outgoing and humorous teacher, he has a lot of experience in teaching English and has good oral English. He got the second prize in the oral English competition for senior teachers in 2012. In 2015, he got the first prize in the

Hello, everyone! I am Huang Guomeng from class 1 grade 3, Liupanshui No.1 Senior High. As a student, there is no doubt that I have an ambition of scoring higher marks. Actually I've made great progress with the ambition since I came here. I also relax myself in my spare time. I enjoy doing some exercises, such as jogging, cycling, playing basketball and so on. So helpful are they that I build a healthy body, both physically and emotionally.  
I am also a book lover. I found reading is a bridge to so much knowledge. It help me obtain knowledge that I can't learn in class. As the old saying goes, books are the soul of human's development, but makes people's lives more colorful. No matter how the weather is, how occupied I am, I go to the library twice a week. I've kept the habit for two years and it truly helps me a lot.  
I work hard and enjoy my life. What makes me appreciate most are all the interesting things in life and all kinds of knowledge in the world. Thanks for that, as I mentioned above, I believe I'll be better and better.



Keep working, nothing is impossible. 继续努力,没有什么是是不可能的。