



Changing the Fates of Three Generations by Enabling Girls to Receive Education

Author/ Xie Duanyi



Women's Day is just around the corner, and I would like to give my greatest respect and compliment to a great woman—Zhang Guimei, a true educator who established an all-girls senior high school for free in Yunnan province, in which there has been seriously lacking access to education, especially for girls. Recently, this special high school's school motto has been so hot on the Internet that it hit the top of the search list on Sina microblog.

"I was built to be a mountain not a creek, rising to the high peaks with the small valleys at my feet. I was born to be great, not worthless, standing on the shoulders of the giants, the petty cowards beneath me." ("我生来就是高山而非溪流，我欲于群峰之巅俯视平庸的沟壑。我生来就是人杰而非草芥，我站在伟人之肩藐视卑微的懦夫！") The motto with lofty sentiments and aspirations along with the speech made by the Principal Zhang has promptly gripped the audience. The ebullient motto is full of

the confidence that Principal Zhang has given to every student: "Let them go out bravely. Reading can change the situation of herself, her parents and her family for three generations. She must have the courage to change."

However, when her students really go out from the huge mountain, she doesn't want them to think about the school at all. "You have to go ahead and spend more time doing what you want to do. We'll go wherever our motherland needs us," she said.

Behind the high rate of taking CEE into an undergraduate college, in fact, there is no special way of education. Zhang said: "We are really hard. Actually, I care for these girls. But only care does not matter at all, it could be in vain. She can't fly out of this huge mountain. She will still stay in a poor pit all her life. We have to support them from generation to generation. If you want to cut off poverty, you have to suffer some pain and make some sacrifice."

Zhang Guimei has given countless girls courage and confidence to believe that "Women can hold up half of the sky", that "Knowledge can change fate", and that they are determined to be independent and self-improvement. It is without doubt that Zhang has changed the fates of these girls by enabling them to pursue

education and preventing poverty from being passed on to the next generation.

Zhang said a girl can influence three generations. "An educated, responsible mother will not let her children drop out of school," she says, adding the goal is to prevent poverty from passing down from generation to generation. Zhang has been sticking to the cause of education for decades, building a bridge with her flesh and blood to change the fate of girls. However, she is suffering from more than 20 diseases, such as tumor, pulmonary fibrosis(肺纤维化), cerebellar atrophy(小脑萎缩) and so forth. These diseases often afflict her in different ways.

On February 17, Zhang Guimei was selected as China's Person(感动中国人物) of the year 2020. When she stepped onto the stage, her hands full of plasters(膏药) made countless people cry a lot.

During around ten years, more than 1,800 poor girls who might drop out of school had a completely different life because of Zhang Guimei. Behind China's Person is a moving chapter composed by a generation of women through their own efforts and perseverance. On March 8, Women's Day, I would like to pay tribute to every woman and wish them a bright future.

Three Discoveries in Neuroscience in 2020

Author/ Song Chenghan

Major in biology, and I am very interested in neuroscience. 2020 is a thing of the past. Let's take a look at the major discoveries in the field of neuroscience last year!

1." We are facing a secondary plague, which is a neurological disease"
新冠病毒会影响大脑。

Since the outbreak of the new coronavirus, hundreds of studies have found that patients infected with the new coronavirus generally have neurological abnormalities(畸形、异常)。Mild symptoms include headache, loss of smell and tingling sensation(刺痛感), and severe cases may have aphasia(失语症), stroke, and epilepsy(癫痫)。Although estimates of incidence vary, it seems that approximately 50% of patients have neurological disorders. Most researchers believe that the neurological impact of the new coronavirus is an indirect result, which may be caused by hypoxia in the brain or by-products of the body's immune response. However, some researchers describe that there is more and more evidence that the new coronavirus can directly invade the brain.

2." The cause of death due to lack of sleep comes from the intestine."
睡眠不足导致的死亡可能源于肠道。

A study published in "Cell" found that the cause of death in fruit flies due to lack of sleep may be the reactive oxygen species in the intestine. After preventing the accumulation of active oxygen molecules in the intestine, their survival can be achieved without sleeping. This research goes beyond the scope of sleep's influence on brain nerves, and provides new ideas for sleep research from a biochemical perspective.

3." Conquering blindness: artificial vision and optic nerve regeneration"
视神经再生与人工视觉有望攻克失明。

In a study published in "Cell" in May last year, researchers successfully implanted simple visual images in the human brain: They used the dynamic stimulation technology of electrode arrays(电极阵列的动态刺激技术) to activate different points in the primary visual cortex(视觉皮层) in an orderly manner, so that participants had recognizable glare patterns "in front of their eyes." In a paper published in

"Science" last December, researchers implanted electrode arrays in the brains of macaques(猕猴) to create fine "artificial vision." Another "Nature" study published in last December attempts to solve the effect of DNA methylation on protein expression, thereby reversing the optic nerve damage caused by aging. They successfully used transcription factors to re-grow the optic ganglia(视神经节) of glaucoma(青光眼) mice, breaking the iron law of irreversible optic nerve damage.

我们
拍摄
漫文
稿综
你

Contact us
WECHAT: @NWSUAF-ENGLISH-RADIO
EMAIL: englishherald@163.com
ADDR: N7302 Dept. Foreign Languages
TEL: 029-87092037
QQ: 642078782

加入读者交流群，
学加每周一期的英语
稿，还有更多精彩语
助帮你

Constant dropping wears the stone.

From FOMO to JOMO

Author/ Xie Duanyi

In today's era of information explosion, do you always feel that there are endless trends? E-mail, social updates from friends, the latest streaming music videos, the ever-changing stock market and fund prices, and constantly updated news. While we are tired of looking up all kinds of news, we are worried that we may miss some important business clues or gossip that people around us are talking about.

Fear of missing out or FOMO is "a pervasive apprehension that others might be having rewarding experiences from which one is absent". This social anxiety is characterized by "a desire to stay continually connected with what others are doing". FOMO is also defined as a fear of regret, which may lead to a compulsive concern that one might miss an opportunity for social interaction, a novel experience, profitable investment or other satisfying events.



So, could FOMO makes us be happier? The answer is definitely: No. Researchers have found that FOMO leads us to check social media more frequently, leading to a negative cycle that can be hard to break. FOMO can lead to feelings of depression, loneliness, and boredom. Our mood will be easily influenced by others and our life starts to be controlled by the outside world.

When we spend a lot of attention every day, consuming a lot of time, and let FOMO guide us to compare our lives with those of other people on social media, this comparison often makes us dissatisfied. Because what we often see on social media is the highlight moments shared by others, while our own life is like chicken feathers.

WORKING ETIQUETTE WORKING ETIQUETTE WORKING ETIQUETTE WORKING ETIQUETTE WORKING ETIQUETTE WORKING ETIQUETTE

WORKING ETIQUETTE

Author/ Zhu Hongyi

Many factors contribute to one's career success. Knowledge, capability, loyalty, ambition — these are all essential factors for achieving a goal. However, if we ignore the importance of proper behavior, common etiquette and other relevant factors, we make a blunder. Making good use of the influence of good manners and politeness in workplace can give us an extremely competitive advantage, while if we don't understand this, a lot of efforts will be in vain.



So, how do we reduce or avoid psychological characteristics of FOMO? Maybe we could start from the following three steps.

1. Change your focus.

Rather than focusing on what we lack, try noticing what we have. We can change our feed that triggers our FOMO. "Meritocracy society" is advocated today, but in fact, everyone owns their own success. Try to reduce our screen time, focus on building our own path to success and do what we like. Live in the moment, we will find nothing is missing out in our life!

2. Keep a journal.

It is common to post on social media to keep a record of the fun things we do. However, we may find ourself noticing a little too much about whether people are validating our experiences online. If this is the case, we may try to keep a personal journal of our best memories, either online or on paper. Keeping a journal can help us to shift our focus from public approval to private appreciation of the things that make our life great. This shift can sometimes help us to get out of the cycle of FOMO.

3. Seek out real connections.

We may find ourself seeking a greater connection when we are feeling depressed or anxious, and this is healthy. Feelings of loneliness or exclusion are actually our brain's way of telling us that we want to seek out greater connections with others and increase our sense of belonging. Rather than trying to connect more with people on social media, why not arrange to meet up with someone in person? Talking with families, making plans with a good friend, or creating a group outing that can help us to shake that feeling that we are missing out. It puts us in the center of the action.

FOMO will make us miss our real life. Let's put down our mobile phones, save more time for offline life, family and friends, forget FOMO and experience JOMO (joy of missing out)!

[Select and translate from Xinhua Net]

Women's development

Author/ Wang Junyu

Party committees and governments at all levels should fully recognize the great significance of developing women's cause and doing a good job in women's work, and protect women's rights and interests in accordance with the law.

President Xi Jinping extended festive greetings and best wishes to the country's women of all ethnic groups and from all walks of life ahead of the International Women's Day, which falls on March 8. Xi, also general secretary of the Communist Party of China Central Committee and chairman of the Central Military Commission, applauded the contributions made by Chinese women to the cause of socialism with Chinese characteristics in the new era. Party committees and governments at all levels should fully understand the great significance of women's cause and protect women's rights and interests in accordance with the law, he said.

Women in China have taken an active part in the cause of socialism with Chinese characteristics for a new era, playing an important role as "half the sky" with their heroism and hard work. In particular, on all fronts, such as the decisive victory in building a moderately prosperous society in all respects, the decisive fight against poverty and the COVID-19 epidemic, women have fought bravely and tenaciously, fully demonstrating the grace of women in the new era. To realize the grand blueprint for the development of the Party and the country, all sons and daughters of the Chinese nation, including women, need to work together. I hope women will be builders of great causes, advocates of cultural norms, and strivers who dare to pursue their dreams, and make new and greater contributions to the realization of the Chinese Dream of the great rejuvenation of the Chinese nation on the new journey of building a modern socialist country in all respects.

Global development needs to be placed on a course that is more equal, inclusive and sustainable, and women's development is an important criterion to gauge its progress. Protection of women's rights and interests must become the commitment at the national level.

WORKING ETIQUETTE WORKING ETIQUETTE WORKING ETIQUETTE WORKING ETIQUETTE WORKING ETIQUETTE WORKING ETIQUETTE

status.

And the manners forced out by a sense of guilt or under the thought that the other one has a special identity and is helpful to your career can never be called true politeness. Actually people can quickly detect one's insincerity. In most cases, if we treat others with genuine courtesy, they would respond positively. This way, gradually, we will feel more and more comfortable in being kind to others, and it won't take long before politeness is internalized as part of our personality traits.

刃
程
给我
原色
影、
画、
字、
我和
测考

Nice to meet you, my breeze and my sunshine.

During Winter Vacation, I went to the cinema and saw four movies except for the rest of cartoon films. Among the four movies, my favorite is Endgame(《人潮汹涌》). The film brought me a lot rich emotional experiences. First it is happiness. The film is about a story of two irrelevant men changing their lives, which is full of punchlines. Second it is inspiration. The character starred by Andy Liu(刘德华)is a man with spirit of "never give up". In this film, I saw many ways to break through the dilemma. Finally, it is wisdom. Two leading actors share something in common, which is that they both live a closed life before meeting each other. So, the experience of changing each other's fate may be a sort of salvation. From my point of view, this film with black humor contains a lot of life wisdom. Highly recommend!

Author/ Xie Duanyi

Tow Mouth

Finally finished Harry Potter during the holidays, and there are some scenes that impressed me. The first one is that Harry felt that he could speak snake language, and he was very similar to Voldemort in many ways, worrying that he would become the second Voldemort, but Dumbledore told him "The important thing is not how similar you are to him, but your choice." The other is that when Harry defeated Voldemort, he did not hesitate to break off the strongest "the old wand" in history. There was not a trace of nostalgia for power within him, which made me admire very much.

Author/Song Chenghan

An Interview

With My Bro.

Studying in Hong Kong

对留港香港同学的采访

Reporter: Song Chenghan
Interviewee: Liu Qiyao

Known as the Pearl of the Orient, Hong Kong is a fusion of Chinese and English cultures. It has the prosperous modern city and the heritage of Chinese tradition. Today, I interviewed a student studying in HKUST (香港科技大学).

Q1: How did you feel when you first arrived in Hong Kong?

A: I have never been to Hong Kong before. Even if I heard others say before, I still don't understand the local situation. Another is that the language problem makes me a little stressed. The campus language is English, and the city language is Cantonese. The teachers use English in class, but during the tense period of the Hong Kong riots when I asked questions in Mandarin, the teacher would not answer unless I used Cantonese or English. Because the teachers were afraid to answer in Mandarin, which was easy to be criticized by the rioters. At that time, if you were beaten or violently attacked for expressing patriotism, no one would protect you. The rioters were rampant at the time, and we couldn't afford to provoke them. At that time, the people of Hong Kong wanted to be friendly to you but did not dare. It's okay now. As long as the teacher is not too strong in political stance, you ask questions in Mandarin, and if he can speak Mandarin, he will answer you in Mandarin.

Q2: Do you ever feel homesick? How did you deal with that?

A: When I am homesick, I will go to Shenzhen. The atmosphere there is very different from Hong Kong. Although the pace of life in Shenzhen is also fast, the atmosphere becomes

more relaxed once you pass the Luohu Pass(罗湖口岸). I feel that's where I belong. Walking on the street makes me feel particularly relaxed. Some people working in Hong Kong will ignore you or dare not to answer you in Mandarin. But people in Shenzhen are different. There are many northerners. Many of them have a northern accent. The locals can basically speak Mandarin. As a mainland, I get more humane care in Shenzhen than in Hong Kong. I also often make video calls with my parents. Sometimes I really want to eat hometown delicacies, then I go to Shenzhen.

Q3: How did you adapt to the English environment at that time? What do you think is the difference between Hong Kong and the mainland?

A: Like a headless fly, just watch the coursework by myself. When I first went there, I was not very close to other mainland students, and I was not very comfortable with the environment at the time. I didn't take the initiative to ask my mainland students questions, and my study was also affected. It would be nice if I had made some friends early. I have made a few friends in Hong Kong. They have no political stance and are not too radical, because they often go to the mainland to understand the real situation in the mainland. They want to go to the mainland to live in the future and feel that there are more opportunities in the mainland, so they did not join the riots. In fact, many of those radicals have never been to the mainland. Some people even say that "the mainland's success totally relies on Hong Kong." They don't know the truth about mainland, with some people mislead them, leading to such radicalization. Another point is that when I first arrived in

Hong Kong, I felt that it was not very strong, and that in capitalist society the interests came first. I helped a few Hong Kong friends when we first met, and they thought I must have something to ask them for. They wondered why I helped them without return. In a society of equal exchange, there are little humanistic atmosphere at all. Besides, there are people from all over the world in Hong Kong, and their cultural and ideological differences are huge, and they are so careful when getting along with others. The holidays there are only British holidays, Christmas for one month, and Chinese New Year only for one week.

Q4: What do you want to say to students who come to Hong Kong to study?

A: I think there are three types of people who want to come to Hong Kong to study in university. Firstly, they want to have an international university environment. Secondly, to have another way for your future besides college entrance examination. Hong Kong school registration is before the college entrance examination. Thirdly, People whose high school grades are not good. By studying for two years in a less famous school, then you can go to a better university and go directly to the sophomore year, but the total cost is more. My monthly living cost is about 3,000 Hong Kong dollars. The dormitory is about 1,000 Hong Kong dollars a month. The admission score of Hong Kong schools is much lower because of the rioters. It is recommended that you prepare for the subversion of cultural cognition before you come. Don't be too stubborn.

It's never too late to mend.

目录

加入
咨询
了解

QQ群
89387



目录

欢迎
英语
社群
活动:
5706



召
新
折

招
新
群
可
羊
啃

号
码
1577



NPC to safeguard order in HK

Author/ Wang Junyu



After a busy 2020, China's top legislature has made itself an even busier schedule this year with legislation focusing on safeguarding the Constitution and key sectors such as external affairs, national security and public health.

The National People's Congress will continue to perform its legally mandated duties and provide legal safeguards for ensuring constitutional order in the Hong Kong Special Administrative Region, Li Zhanshu, chairman of the NPC Standing Committee, said on Monday.

"We'll safeguard constitutional order in the two special administrative regions of Hong Kong and Macao as stipulated in China's Constitution and the respective basic laws of the two regions, and will work to ensure that the principle of 'one country, two systems' is firmly upheld over the long term," he said while delivering a work report of the committee to the NPC plenary

meeting.

"We'll also upgrade our legal tool kit for meeting challenges and guarding against risks in order to oppose foreign sanctions, interference and long-arm jurisdiction," he said. "This way, we'll develop a more complete system of laws and regulations related to external affairs."

The fourth session of the 13th NPC started its second plenary meeting on Monday afternoon. President Xi Jinping, who is also general secretary of the Communist Party of China Central Committee and chairman of the Central Military Commission, and other Chinese leaders attended the meeting.

Li said the NPC would make a decision on improving the electoral system of the Hong Kong SAR during its ongoing annual session. The NPC Standing Committee will also make revisions to the related law on the basis of the decision as part of a package of legal measures to ensure constitutional order and the rule of law in Hong Kong.

The top legislator said the disturbances that occurred in Hong Kong in 2019 over proposed revisions to an extradition bill had a severe impact on the rule of law and public order. They also presented a serious challenge to the principle of "one country, two systems".

After the decision on establishing a sound legal system and implementation mechanism for the Hong Kong SAR to safeguard national security was adopted at the third session of the 13th NPC, the NPC Standing Committee acted

swiftly. It enacted the Law on Safeguarding National Security in the HKSAR. It also adopted a decision for Hong Kong's sixth Legislative Council to continue to discharge its duties and a decision on issues relating to the qualifications for members of the Legislative Council.

Li said ensuring greater observance of the Constitution and enhancing constitutionality reviews to safeguard the Constitution's sanctity and authority are key tasks for the NPC this year.

The NPC Standing Committee will also speed up legislation in key areas such as national security, scientific and technological innovation, public health and biosecurity, he said.

"In our annual legislative plan, we've made preliminary arrangements for the deliberation of 45 legislative items, with close to 20 additional items in reserve," he said.

Included in the legislative agenda are a new law on responding to public health emergencies and revisions to the Wildlife Protection Law, the Law on the Prevention and Control of Infectious Diseases and the Frontier Health and Quarantine Law.

Legislators will also take steps to strengthen the legal system for national security, such as formulating a law to combat organized crime and laws on land borders, food security, data security and the protection of the status, rights and interests of military personnel, according to the work report.

You Think You're Really Taking Advantage?

—My Own Thoughts About the Tesla & Pinduoduo Incident

Author/ Zhu Hongyi

友
吾
角

加入
角交
了解
羊啃
60670



If you have a chance to buy something with the same quality yet less money, will you take it? I believe the answer is obvious. One would have to be stupid to miss it, some may say.

Social psychology didn't give Tesla much chance this time to win the public opinion war over Pinduoduo. In the eyes of the public, Pinduoduo was the losing side—consumers got to buy much cheaper Teslas while the electric car manufacturer didn't make any less money, and Pinduoduo was giving out subsidies to make this win-win situation happen.

Wait. If not money, then what does Pinduoduo stand to gain from this deal? This is certainly not charity. Or, let's rethink the question. In a commercial society, do consumers really get to buy goods and services at exceptionally low prices or even for free?

The answer is also obvious. No. It may sometimes look so, but prices are paid invisibly. When you watch free videos online, you're offering your time to watch those non-skippable ads. Not to mention the cost of those free videos

will also find a way into the prices of other paid services. A typical example is Douyin, where you trade your time, your preference and even a little bit of your privacy for some free fun. What does Douyin stand to gain? Detailed and precise customer information that are a big fish to advertisers.

In the controversial case of Pinduoduo, we have also come to notice a player behind the stage, a car loan company that was reportedly the co-sponsor of the Tesla subsidies. Predictably, loads of Tesla owner information will turn up in their data base.

There's a quote about consumer society that I agree with very much. You spend the money you don't have to buy things you don't need.

If you think about it, buying things cheaply or for free is actually very costly. What looks good to have isn't always what you need.



Gold can be found without time.