



## 万人血书涨工资?

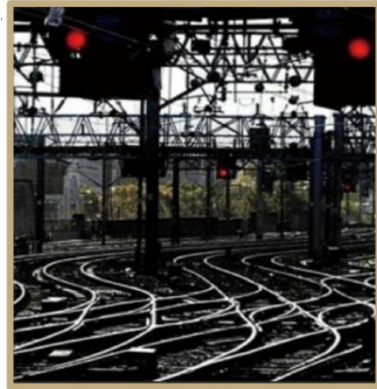
### 英国铁路爆发 30 年来最大罢工!

原文 Author/Zhu Hongyi  
Britain's biggest rail strike in 30 years kicked off on Tuesday as tens of thousands of staff walked out in a dispute over pay and jobs that could pave the way for widespread industrial action across the economy in coming months.

Prime Minister Boris Johnson, under pressure to do more to help Britons facing the toughest economic hit in decades, said the strike would harm businesses still recovering from COVID.

#### 语言点

1. rail strike 铁路罢工  
a strike by teachers 教师们举行的罢课
2. the + 形容词最高级 + in xx years xx 年来最……  
This is the best song in 10 years. 这是十年来最好听的音乐。
3. kick off 开始, 拉开序幕 (start)  
The shows kick off on October 24th. 展览从 10 月 24 日开始。  
The mayor kicked off the party. 市长揭开了宴会的序幕。
4. tens of thousands of 成千上万的, 数以万计的  
I heard tens of thousands of people clapping for me. 我听到成千上万的人为我鼓掌。
5. walk out 罢工 (strike)
6. dispute /di'spi:ʃl, 'dɪspju:t/ n. 纷争, 纠纷  
a dispute over sth. 关于……的纷争
7. pave the way for 为……做好准备, 为……铺平道路  
The researchers say the study could pave the way for obesity treatments.  
研究者称, 研究结果能够为我们提供治疗肥胖症新的方法。
8. industrial action (罢工等) 劳工行动
9. businesses recovering from COVID 从疫情中复苏的企业



## 1.28 亿! 巴菲特“最后的午餐”再创天价纪录

Author/Zhu Hongyi

#### 语言点

1. anonymous /ə'na:nəməs/ adj. 不知姓名的, 匿名的  
anonymous donor 不愿透露姓名的捐赠者  
anonymous letter 匿名信  
anonymous bidder 匿名的竞拍者
2. bidder /'bɪdər/ n. 出价者, 竞拍者  
bid /bɪd/ v. (在拍卖中) 出价, 喊价竞买
3. shell sth. out 付 (一大笔) 钱, 砸下重金  
Having shelled out \$100 for the ticket, I'm not going to miss the show.  
我忍痛花了 100 美元才搞到票, 我可不会错过这场演出。
4. winning bid 中标价 (hammer price)
5. surpass /sə'pɑ:s/ v. 超过, 胜过  
surpass oneself 超越自己  
surpass expectations 超出预期
6. call sth. off 取消某项活动 (cancel sth.)  
The game was called off because of bad weather. 比赛因天气恶劣而取消。

## 香港地标“珍宝海鲜舫”翻沉, 曾是电影《食神》取景地

Author/Zhu Hongyi

原文  
A floating restaurant that was a famous Hong Kong landmark has sunk, days after it was towed away from the harbour where it operated for nearly 50 years.  
The restaurant closed in March 2020 as the Covid-19 pandemic hit. More than 5 million guests are believed to have eaten its Cantonese cuisine over the years, including Queen Elizabeth III, Tom Cruise and Richard Branson.  
It had featured in several films - including La Bode movie - but the pandemic dealt the business a fatal blow as diners turned away.

#### 语言点

1. landmark /'lændmɑ:k/ n. 地标  
land /lænd/ n. 土地, mark /mɑ:k/ n. 标志  
landmark building 地标性建筑
2. tow away 拖走  
tow /tu:/ v. 拖, away /ə'weɪ/ adv. 离开
3. operate /'ɒpəreɪ/ v. 经营
4. be believed to do sth. 被认为做某事 (这件事已经做过了)
5. feature in 在……有……重要的部分  
She has already featured in two award-winning films this year.  
今年有两部获奖影片, 她都在其中有重要戏份。
6. deal a fatal blow 致命一击
7. turn away 转身离开 (leave)



#### 原文

An anonymous bidder has shelled out a record \$19 million for a private lunch with billionaire Warren Buffett at a steakhouse in New York City.  
The winning bid at the eBay auction far surpassed the previous record of \$4.57 million paid in 2019 by cryptocurrency entrepreneur Justin Sun.  
Buffett has raised \$53 million for GLIDE since the auction began in 2000. The past two auctions were called off due to COVID-19 concerns and Buffett has said this will be the last.

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When the present moment is stressful or uncomfortable, when the future seems especially **fuzzy** or uncertain, **nostalgia** offers a **balm**. It's why many of us turned to "Friends" reunions, "Sopranos" re-binges and childhood video games earlier in the pandemic.

As **Gen Xers** and many **millennials** approach or move through middle age, the entertainment industry has become determined to **soothe** their passage with a ceaseless and sentimental remembrance of things past.

This fall, Avril Lavigne, Bright Eyes and My Chemical Romance will perform at the early-aughts emo-and-rock festival When We Were Young, a gathering that seems engineered to induce nostalgia. Its name serves to both rebrand sad music for loners as a group activity and to douse any thirty-somethings' lingering delusions that their best days are ahead of them.

For the moment, nostalgia is serving a purpose: It provides a retreat, a respite, a way to feel less alone. The word, roughly translated from the Greek, means "a longing to return home." It makes sense that some of us would seek and find comfort now in pop culture that feels homelike, that's reliably soothing and predictable, in a world where so much is not.

Author/ Zhu Hongyi

# The Comforts of Nostalgia



1. **nostalgia** n. 怀旧之情, 怀旧感 (a feeling of sadness mixed with pleasure and affection when you think of happy times in the past)

2. **fuzzy** adj. 模糊不清, 难以辨认的

拓展:  
The soundtrack is **fuzzy** in places.  
这电影声带有些地方模糊不清。

The lettering is **fuzzy** and indistinct.  
书写的文字模糊难认。

3. **balm** n. (文本) 令人感到安慰 (或镇定) 的事物 (something that makes you feel calm or relaxed); 香脂油, 镇痛软膏, 护肤膏

拓展:  
lip balm 护唇膏

4. Gen Xer X世代 (people of the Generation X)

拓展:  
通常指二战婴儿潮之后, 20世纪60年代到80年代早期出生的人

5. **millennial** n. 千禧一代

拓展:  
通常指美国20世纪80年代初期到90年代末出生的人, 相当于中国的80后和90后两代人

近义表达: Generation Y "Y世代"

6. **soothe** v. 安抚 (人), 缓解 (疼痛)

拓展:  
The music **soothed** her for a while.  
音乐让她稍微安静了一会儿。

Take a warm bath to **soothe** tense, tired muscles.  
洗个热水澡, 让紧张疲劳的肌肉放松一下。

## We all hide our secrets

A wonderful fact to reflect upon, that every human creature is constituted to be that profound secret and mystery to every other.

— A Tale of Two Cities, Writer, Charles Dickens

任何一个人对别人来说都是深不可测的难解之谜——此事细想起来确实有些玄妙。

——《双城记》查尔斯·狄更斯, 作家

### 今日一学

#### · 短语

to reflect upon = ruminate on 深思  
is constituted to be 被认为是, 被看作是 (is considered to be)

These simple phrases constitute single shaming.

这些话就可以算是单身羞辱。

Such an activity constitutes a criminal offence.

这种活动就算是刑事犯罪了。

#### · 词汇

profound adj. 深刻的, 极大的

profound changes 巨大的变化

profound disagreement 极大的分歧

#### · 拓展

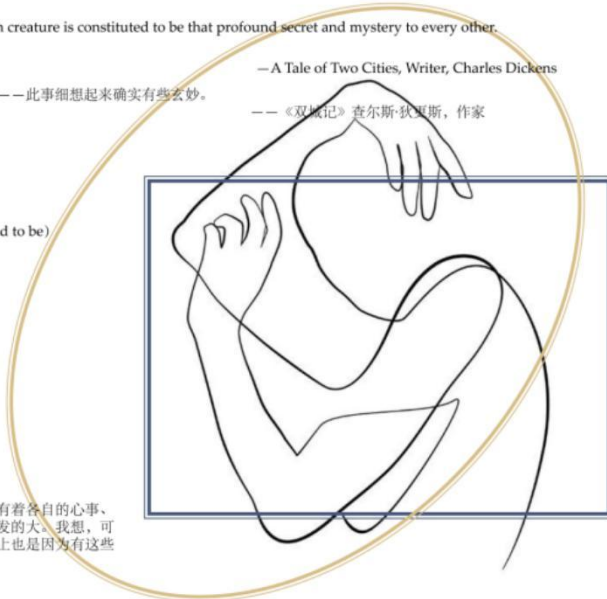
It was the best of times, it was the worst of times.

这是最好的时代, 也是最坏的时代。

——《双城记》查尔斯·狄更斯

### 今日一悟

每个人都是一座孤岛, 在这座孤岛上, 我们每个人都有着各自的心事、秘密。特别是当我们面对陌生人的时候, 谜团会显得越发的深。我想, 可能我们之所以会被别人吸引或者说吸引别人, 一定程度上也是因为这些能够增加神秘感的秘密吧。



Live well, love lots, and laugh often.

### Three Lessons I Learned From English Speech And Debate

Author/Zhu Hongyi



I remember the first speech contest video I ever saw. It was the champion of the 8th "21st Century 1 Cup", Gu Qiupei, giving a speech on environment protection. But rather than cliché about how to reduce pollution, she began with the story of Mrs. Dian Fossey, a physical therapist who devoted her whole life to fighting for African mountain gorillas. In the end, Gu made a strong resonance with the audience. "A scene to remember, a scene worth our effort to protect and fight for." Gu's unmatched pronunciation, eloquence and grace just inscribed on my mind. From then on, I was intrigued by English public speaking.

Fast forward five years, now I've competed for my university in both English speech contest and debate contest, winning awards major and minor. I'm still on the way. While this activity can be difficult, time-consuming, and tiring, I've learned so much that I'll use for the rest of my life. These are the top three.

#### 1. How to develop character.

Not only have I learned how to dive into a piece of literature, learn how a character should act and feel in certain situations, but I've learned how to build my personal character as well. Every day I learn the value of dedication and practice, even though the hours of practice might be grueling, especially while trying to balance a full class load, a job, and self-entertainment. This activity has not only helped me to improve as an actor, but improve as a person.

#### 2. Everyone's opinion is valuable and you have a voice.

Trust me, not everyone agrees with each other, and we all have different opinions. Speech has taught me that, regardless of what you believe, you still have the right to tell others what you believe in. Even if it's only for your allotted time of seven minutes during a debate, you have the opportunity to share your voice. I've rarely been a person to speak up and say how I feel, but speech and debate have given me the confidence I need to finally take a stand, and share my opinions. Yes, people might disagree, but they always respect you enough to listen.

#### 3. You always have a family.

Trying to find where you belong is a daily struggle regardless of where you are in life. This is something I personally have always struggled with, especially in university. For years, I've tried to find a place where I fit in. While jumping from one contest to another, I've made friends with other contestants who share the same feeling towards English with me and had the company of teachers who are generous with their time and knowledge. I finally felt like I found my home. Regardless of what goes on in my life, I always know I can turn to someone, and they'll drop what they're doing to come to my side and cheer me up. If I had a dollar for every time someone has come to my help, I'd be rich. Their shining faces always brighten the darkest of days.

Being involved in English speech and debate is one of the greatest decisions I've ever made in my life. I'm still on the way. And I highly encourage you to attend a speech or debate event someday. See how much it changes you, feel how much it empowers you, and let it inspire you to change the world.

### II Something about food extrusion

Author/Yang Yaxian

Extrusion is an important technique in modern technology which can be utilized in numerous aspects including food industry. Briefly, food extrusion technology refers to that place pretreated food material in extruding machine to form a specific product. Then, I am going to introduce the technology from the changes and advantages.

Obviously, the shape of the food will change. At the same time, the molecular structure and properties have also changed. Part of starch convert into smaller mole. The conversion makes it easier to be absorbed by body. And because the structure of the extruded food is porous, the gap between the molecules is conducive to the entry of human digestive enzymes. After the grain is extruded, these components are completely micronized and some molecular particles are produced due to the high temperature and high pressure and shear friction in the extruder and the instantaneous puffing action at the extrusion die mouth of the extruder. Degradation and structural changes make grain fiber more water-soluble and improve taste.

### III

As a popular technique nowadays, extrusion has its advantages. The first one is simple production process. The production line is short and easy to manage. And the extruder can play a multi-functional role. Next one is high productivity. Extruder has less waste of food material and low energy consumption. And extrusion technology has a wide range of applications. It is suitable for dairy products, meat products, sugar products, etc. Additionally, the production cost is low. Compared with traditional processing methods, extrusion technology reduces the use of many stand-alone machines, eliminating the need for conveying equipment and transfer belts. As for the product, it can be stored longer and is safer.

In addition to these advantages, there are still some problems in physical and mathematical modeling of extrusion technology. And these challenges are driving the continued development of food extrusion technology.



Never too old to learn, never too late to turn.

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Have you ever heard the expression "apple of discord" or, have you wondered why we call someone precious to us "apple of our eye"? Well, let's find out today, because all of these stories bring us back to the goddess Hera, queen of the Olympians. The famous protectress of marriage who was also well known for her extreme jealousy and violent acts of retribution and revenge.

Hera was both sister and wife of Zeus. Like Zeus, she was one of the children of the titan Cronus. In ancient Greece, she was renowned for her intelligence, cunningness, and lack of forgiveness. Hera as we already mentioned, was the goddess of marriage and as such, she was also the protectress of women, childbirth, and the family.

Unfortunately for Hera, she was also married to Zeus who in turn was famous for his lack of devotion to his wife. Being easily enchanted by mortals and semi goddesses alike, Zeus was known for having taken multiple wives who in turn gave him many children. Some of these children were the next generation of the gods of Olympus, while others were cursed and chased by Hera till their deaths.

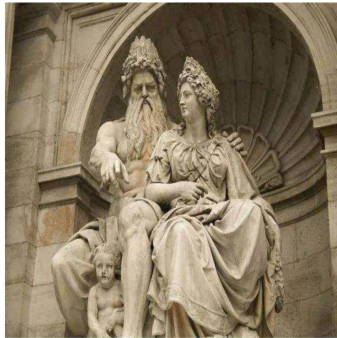
Like every god, Hera also had many elements of nature that represented her. Her favourite fruit was the pomegranate. A pomegranate is round, red, and has many seeds. In many cultures, the colour red is known to be the colour of luck and prosperity. The many seeds of the pomegranate symbolize wealth and plenty. The way seeds bring the promise of rich crops with much food, so does a pomegranate bring with it the wish of a home with many children and lots of joy.



## Hera / "Apple"

既宝贝，亦祸根

Author/Hongyi Zhu



One of the most famous stories surrounding her name is that of the apple of discord. "Discord" nowadays means disagreement with other people. In ancient Greece "Discord" was seen as a smaller goddess, and as her name implies, she would make people disagree and argue with each other.

Our story begins at a wedding party that took place and to which all the gods of Olympus were cordially invited. Not only the gods but even semi-gods and other magical creatures of lesser power. However, a particular individual was specifically not allowed into the party. You guessed it! It was the goddess "Discord".

All the gods knew that "Discord" would only cause problems at the party. So, they did not invite her and also did not allow her entrance when she appeared uninvited. In order to avenge them, "Discord" threw on the floor a gift. This gift was "the apple of discord" and the apple was to be given to the fairest and most beautiful of all the goddesses.

This caused extreme problems on Mount Olympus because many goddesses saw themselves as the most beautiful. A competition was held and the three goddesses Athena, Aphrodite, and Hera took part in hopes of winning the apple. A mortal, Prince Paris was put in charge of being the judge and after lots of thought and many promises from the three goddesses, he decided to give the apple to the goddess Aphrodite.

She had who promised him that he would meet the most beautiful woman in all of Greece and that this woman would fall in love with him.

When Hera saw that she had lost the competition, she was furious. The apple had achieved its purpose, it had indeed been "the apple of discord", what we would call today a matter that causes a lot of chaos and brings about many problems.



But now I also want you to take a moment and think of something nicer. Even though "the apple of discord" brought about problems for the goddesses, we can't help but notice how important apples can be.

So, like in the story of "the apple of discord", apples are seen as very important things. We want to keep them as our own and keep them as safe as we can. When a person is very important to us, we call them "apple of our eye" because if we were to lose them, it would be the same as losing our eyes and not being able to see again.

So that is the story of Hera, the jealous queen of the gods.

But also, do not forget how much love we feel for a person when we tell them they are "the apple of our eye"!