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Black Lives Matter[®] Demonstrations

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Street-stall Economy

FOUCE ON

Initially, challenge your own assumptions about age. Are you thinking small and limiting yourself? Are you unconsciously avoiding high profile assignments because you assume the company wants a younger team? Do you hold yourself back because you think you're too old to travel or take on more responsibilities? Your own assumptions can influence the perceptions of others. Work to challenge these assumptions and dispel them.



Additionally, build cross generational networks. We gravitate to people who are most like us. That's human nature. But moving out of your comfort zone and building relationships with co-workers across generations can help you stay relevant. You are exposed to new ideas, trends, opinions, and technology. Create mutually beneficial relationships by understanding how you can help others achieve their goals. Your experience in the workplace and your value proposition will help you nurture solid relationships of trust and influence. These relationships can change the perception that you're old-fashioned and out of touch, and

potentially these colleagues will advocate for you when your job is in peril.

What's more, manage Up. Take the time to understand what your boss needs to be successful and position yourself as someone who will help him/her reach their goals. Observe who is in their sphere of influence and create visibility and credibility with them. You want to have as many advocates as possible, people who understand your value at all levels, but especially with people who have power and influence.

Find a sponsor. Identify potential sponsor and create visibility with them. What projects are important to them? Get involved on some of these projects to get exposure to a potential sponsor. Your sponsor should be at least two levels above you; someone who has the ability to create opportunities for you in the organization. Sponsors also have your back and allow you to take risks. When I asked Meredith what she thought she could have done to avoid being forced out, she said that having a sponsor within her department would have protected her from age discrimination.

Break

the Age and Gender
Discrimination in Your
Career Author/ Xu Ruiyang

Cities around China started allowing people to set up roadside booths(地摊) or food stalls on streets on a regular basis over the weekend. The vendors(摊贩) had been banned to keep the cities clean, and their return is expected to help increase people's incomes and revive local economies hit by the novel coronavirus outbreak.

Previously, according to the rules, the office always charges for the vendors. However, this time there will be no charge for running a business in a designated roadside area, but they must operate in an orderly manner, the office said. To take Chengdu as an example, it has designated more than 2,234 roadside business areas, 82 promotion areas on streets near large shopping malls and 17,891 vending spots(贩卖点), creating more than 100,000 jobs,

To some extent, street vending(街头贩卖) is both an emergency solution to the economic downturn caused by the coronavirus pandemic as well as an economic norm. Nowadays, with accessible digital payment on WeChat, strict recycling rules in place and more advanced urban infrastructures, it's unlikely to see streets filled with waste again once the policy takes effect. Instead, people can bring goods, services and a sense of ebullience(人气) to the street, with minimized risk of frauds(欺诈) and environmental pollution. Street food and grocery vendors, who sell popular cheap snacks or homegrown products,

The Flourishing Street-stall Economy

近日，“地摊经济”火了，多地出台政策，积极鼓励地摊经济发展。疫情高峰过后，大城小镇的生机与活力渐渐回来了。

Author/ Xie Duanyi

are direct beneficiaries, and those who are out of jobs due to the pandemic, thanks to the increasingly flourishing street-stall economy, now have a way to survive.

With the in-time policies introduced by governments, the lives of most citizens will quickly be normal. Hope we can pull through all the difficulties soon!



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Local Residents' Views on

the "Black Lives Matter"

Demonstrations

当地居民对反暴力执法游行的看法

Interviewer: Song Chenghan
Interviewee: Jules

"Protests have erupted in Minnesota after a black man was killed in a violent law enforcement incident. Rioting continued to escalate as people took to the streets in major U.S. cities to demand action against police violence and several deaths." This is what we have seen from recently hot news, but do you wonder how the local residents consider and react to these proceedings? I interviewed my oral English teacher Jules to figure out the answer.

Q: Miss, what is the status of the demonstrations in your city now?

A: Things are getting worse and worse downtown, and the mood of the demonstrators is rising. The government becomes more and more aware of the problem it has stored up. Residents are awakening to the fact that they have to fight for change.

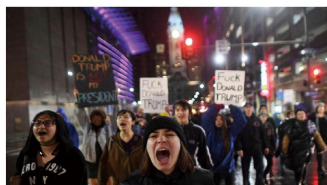
Q: Do the demonstrations affect your family's safety? And what about the safety of international students?

A: Hardly, for I live in the suburbs, my family is safe and we still lead a normal life. Thanks for your concern. Things like demonstrations are not typical, and it varies from state to state. As for the safety of overseas students, I don't

think the demonstrations and the epidemic will make people look upon them differently. The government will protect their rights and interests. There are some malicious guys, but most of them are still open and kind.

Q: Miss, May I ask your view on the government's response to the demonstrations?

A: The government reacted with sort of indifference to the demonstrations. You know, to a large extent, the current epidemic problem



and the troubles brought to the country by the demonstrations are due to the poor leadership at the top. As a result, some guys are really stupid when facing the epidemic. They fail to take care to protect themselves and even discriminate against minorities. Leadership in government is too lacking and the president's attitude towards the demonstrations and the epidemic is obvious, so I encourage people to vote now, don't wait. We need the right president, and I believe we'll get the country back on track this winter, so next year the US will be what it used to be.

In the end:

America has a long history of police injustice. In 1991, Rodney King, an African-American man, was beaten and videotaped by white Los Angeles police officers, sparking outrage. The officers were accused of excessive use of violence, but were acquitted in April 1992. The acquittal immediately triggered one of the worst riots in American history. Rodney King



said on TELEVISION: "I just want to say: Can't we just get along?"

In April 2001, police clashed with protesters in Cincinnati, Ohio (俄亥俄州), after an unarmed black teenager was shot and killed by a white police officer.

In August 2014, white police officer Darren Wilson shot and killed unarmed African-American teenager Michael Brown, triggering days of riots and angry demonstrations.

Back to now, on one section of the Berlin Wall in Mauer Park, an artist painted a portrait of Freud alongside the artist's last words, such as "I can't breathe." If the minority groups want to change, they must carry out organized resistance, and as long as the goal is not achieved, they will remain like a spark, undeterred until the conflagration arises.



My Experience in Learning Chinese Calligraphy

超长假期中你解锁了哪些新爱好?

Author/ Wang Wanze

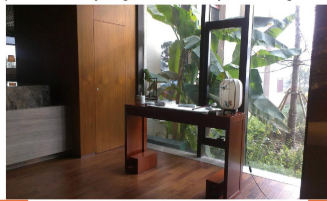


Does your life seem boring sometimes? Do you run out of things to do? During this holiday I have learned something new to spark the quiet indoors life, now I going to share with you a new hobby I picked up--Chinese calligraphy, which refers to writing art and techniques with writing brushes.

When I started, I spent a few days in choosing a proper copy book for practice. Because in Kai script there are still many styles to choose from. Such as Yan Zhenqing, the origin of Yan style. He was a politician in the Tang Dynasty, who was known for his honest, straightforward and loyal character. As a calligrapher, his writing style was dignified, imposing and powerful. Meanwhile, some calligraphers combined traditional thinking and a personal flavor in their writing, such as Zhao Mengfu. Zhao's style is said to be fresh, clean, traditional yet

creative.

Actually, I do believe in the expression that one's handwriting reflects one's personality. So instead of thinking what kind of personality trait would I like to develop, I tend to consider what kind of person am I. Maybe learning a style that suits my personality might be easier job. So finally, I picked one style that I prefer



and matches my personality.

It was not easy in the beginning when I practice how to control my wrist and maintain the proper angle between the tips of brushes and the paper. During that time, I understood the importance of patience. Because sometimes, I had to spend hours to practice a single stroke. After that, I learned writing each individual character with a copy book. I would practice for an hour before I go to bed because my mind calms down at night. Just like what Liu Gongquan believed, one's mindset is the key to calligraphy, which means that if we are in a quiet state of mind, our hand writing will be neat.

As we all know, Chinese calligraphy represents the aesthetic taste and philosophy of Chinese scholars, which I do appreciate. And I could feel relaxed and free from other things when I practice. Do you what to pick up a new hobby during this long holiday? Just choose one and start now to have a colorful life!

Live well, love lots, and laugh often.

Song Chenghan

I believe I come to the world for something or someone, but at the moment I can't figure out what it is. All the things I can do is to study hard, exercise for fitness, and read more books with deep thoughts. Still waters run deep. Maybe I will find the true me in a storming rainy day and I will meet my right one, smiling at each other when sheltering from the rain under the eaves, feeling like old friends at first sight. When I think about this, my heart settles down and I feel hopeful toward life.

Wang Wanze

During this holiday I know more about what I really like and how to get along with myself. Because in the school we spend most of the time with our classmates and we have a lot of work to do. Sometimes we are too busy to cherish our daily life and figure out what really matters to ourselves. So I would say these days provide me a unique and valuable time to calm down and discover nice things. Because I think people always live in unpredictable possibilities, and there are many things we can not control. What I can do is to take care of my health, love my daily life and the people around me. Then try my best to have a meaningful life.

Earth's Final Frontiers



Author/ Wang Ziyue

When you dive beneath the ocean's waves, past the sunlit, teeming waters near the surface, through the oxygen-deficient zones nearly devoid of life, and down some more to a place where the pressure would crush a human, you will find the mysterious, alien world of the deep sea.

It is unimaginably cold and cloaked in near-total darkness. Yet the blackness is alive, swarming with untold armies of fantastical creatures. Basically, we know so little about the deep sea. A lot of things are still being discovered purely by chance.

One of the biggest challenges is trying to figure out what exactly lives down there. Over the last several decades, scientists have found some bizarre and massive creatures dwelling in the deep, such as the megamouth shark, a filter feeder that grows up to 5 meters long. Only dozens have ever been seen since they were discovered in the 1970s.

When they were first discovered, it was a complete surprise nobody knew they even existed in OurAmazingPlanet. There are other large things in the deep sea we have gotten glimpses of but have never caught, so we don't know what we are going to discover.

To survive and communicate in the perpetual twilight or permanent night of the deep whether to find food or find a mate, many of the inhabitants make their own light. However, we are only beginning to understand "this language of light."

One overarching question is crucial: How does what we do up here affect the deep oceans, and how do the deep oceans affect things up here?

In many very real ways, the deep ocean is like the flywheel on the engine of the planet. It dominates organic carbon flux on Earth. And the magnitude of it is so great that I think we fail to appreciate it. But if we start tampering with it clearly then we could see some very big changes in the part of planet where we live.



Thoughts About Life



Xie Duanyi

During the quarantine period at home, I sometimes felt this is much precious time that we will almost never have. In normal life, all of us just finish our schoolwork and forget to accompany family members. But during this period, we can be with our family for a pretty long time. Even later, this period will be over, we still need to keep in close touch with our families, and try not to isolate ourselves wherever we are.

Zhu Hongxi

In the book of Neapolitan Novels, there is a guy called Nino. Nino resents his father's frivolity, who yet pretended to be so noble. His father pretends to be a writer, even though his writing is ridiculously childish and the published works can only fool women who hadn't seen the world. Nino despised him so much that he didn't even want to be in the same room with him. Nino is always pretending to be an old man, forcing himself to study grand propositions that he was not really interested in. Unfortunately, Nino turns out to be an upgraded version of his father: He tangles up with an enormous amount of women and does things disgustingly just the way his father did. Nino is a negative example, be the change you want to be in the world.

Wang Ziyue

In order to realize oneself, one must roam in the non-self world. However, many people are lost on this roaming journey, complacent about their little success in society, and no longer want to return to themselves. Success made them farther and farther away from their ego, and finally became a follower. There is another kind of soul, who is always uneasy to leave home. The longer you roam, the more homesick you are. No matter whether they succeed or fail, they can return to their ego with rich gains.

A common danger causes common action.

Find a Life You Want by Changing Yourself

新生活从改变自己开始

Author/ Xu Ruiyang

Are you tired of living a routine every day? Do you want to dispose of all the things that bring you down and live your life to the fullest? The Good news: it is possible to live a meaningful life, no matter how old you are or what difficulties you're facing. Anyone can learn to develop his personal purpose and meaning.

In order to live a meaningful life, to begin with figure out what activities make you energetic. There are other types of activities that make us feel living meaningfully alive.

These are the activities that give our best energy and that we try to make the highest quality.

For example, energetic activities are often our hobbies, like working on art, collecting items, writing, gardening, cooking, and so on.

The important thing to remember about these activities is that they require movement on our part—it does not mean watching TV or other screen-watching.

Additionally, create a plan to balance your energetic, neutral and draining activities. Make a chart that displays your energetic, neutral and draining activities. Look at the chart and examine how balanced it is. Do you need to add more energetic activities? To live a meaningful life, the answer is most likely yes. Start by taking small steps toward achieving a better balance among these three activities. Write out a plan with a larger and larger amount of time blocked off for energetic activities every week.

Over time, you will stop looking forward to the neutral activities and instead see them as a waste of time. This is because you are slowly developing a new habit and your mind, will, and emotions are being encouraged to grow. Additionally, you will start to look forward to the energetic activities instead of the neutral ones because your sense of purpose is increasing. What's more, you can write this plan on a piece of paper, or just add energetic activities to your weekly planner.



The 3 Best Films About

MOTHERS



Author/ Wang Ziyue



How are you planning to celebrate Mother's Day this year? Treating your mums to gifts or maybe getting them a nice bouquet of flowers? Well, here I've put together the perfect movies that capture the immeasurably complex but unconditionally loving bond between mother and child.

Tokyo Story

The theme of Tokyo Story, directed by Yasujiro Ozu, is the generational conflict between parents and their children. It centers on a provincial Japanese family. The elderly parents and youngest daughter journey to Tokyo to visit their doctor son and his brood.

Too busy for this onslaught of relatives, the callous, insensitive doctor packs his parents and siblings off to a resort, where they are unable to enjoy themselves due to the noise of the other tourists. The aging father locates some old drinking cronies, while the mother seeks out new friends.

All About My Mother

Pedro Almodóvar directed this story of a woman and her circle of friends who find themselves suffering from a variety of emotional crises. Manuela is a single mother who has raised her son, Esteban. One night, Esteban is struck and killed by a passing motorist. Emotionally devastated, Manuela relocates to Barcelona in hopes of finding her ex-husband, who is now working as a female impersonator.

All About My Mother received a highly anticipated theatrical run in Spain before winning the Best Director award at the 1999 Cannes Film Festival. In 2000, Almodóvar received the Academy Award for Best Foreign Language Film.

The Joy Luck Club

Based on Chinese American writer and novelist Amy's best-selling novel, the movie tells the story of four women who were born in China and eventually came to America, and of their Chinese-American daughters.

Around these women circle innumerable friends and relatives, both there and here, Chinese and not, in widening circles of experience. What is about to be forgotten are the origins of those mothers, the stories of how they were born and grew up in a time and culture so very different from the one they now inhabit.

My Brilliant Friend



一段相互支持、相互鼓励、更相互竞争的友谊

Author/ Zhu Hongxi

"Do you know what a plebeian is? Greco."

"Yes, a commoner in the Roman Empire, when there were commoner defenders of civil rights." "Being a plebeian was a terrible thing."

"Yes. If a man wanted to remain a commoner, his children, his grandchildren, would all be dead and worthless." --Eleana Ferrante

My Brilliant friend, a HBO series, has started airing and is generating a great deal of excitement around the world. As of now, the American drama maintains a Douban rating of around 9.3, which is at the top of the list of British and American dramas of 2018. The American drama, which is based on the novel of the same name by Elena Ferrante, is the first part of the Neapolitan novels.

The novel is about two girls who maintain a half-life friendship and connection, and even more so an epic about the smallness of the city. The book is told through the perspective of one of the main characters, Lennon, and the experiences of her and her friend Lila from their youth to old age. Lila and Lennon were born in the slums of Naples and maintain a delicate friendship since childhood.

Lila, Lennon's genius girlfriend, is so striking that all men love her, all women hate her, and she often ignores love and hates. She is intelligent, evil, mysterious, stubborn, rebellious, miserable, neurotic, stubborn and vulnerable, like a thorned warrior woman who seemed not to be afraid to do nothing. Lennon, on the other hand, is much more docile, and for a long time, except that she studied better than Leela, she is like Leela's shadow, and this shadow is in her growing up long after it still wouldn't go away, she is jealous of Leela, despite their deep feelings for each other, and she even secretly wished Leela to die because of illness. As fate would have it, with her higher education, Lennon went to college, became a writer, and traveled the world. Traveling and giving speeches, the limelight was all the rage, and compared to Leila, who only made it to the fifth grade and was forever in Naples, she had certainly come a long way to a wider world. And with the help of Lennon's husband's family, Lennon finally made the leap up the social ladder, which almost all of her friends in Naples didn't accomplish.

In short, the two girls grow up relying on each other to help each other, and while remaining close, they look at each other to gain strength, and also jealousy of each other to compare. In the end, the two also took very different paths because of their different choices.

One hour today is worth two tomorrow.