



# Sports Meeting

## Interview 1

Author/ Yang Yaxian

Watching the opening ceremony of the school sports meeting, I believe many people are interested in its splendid orchestra. It was interesting that I interviewed Ampere, one of flutist in the orchestra to learn more about them.

Yang:Hi, Ampere. We had a taste of the orchestra at the opening ceremony this morning. So could I ask how do you usually train to achieve it?

Ampere:We have prepared for this ceremony for such a long time. We got the open time of



The Athlete March right after the beginning of this semester, and we practised it from February to March, along with other performances, which will be performed in June. As April came, we performers went to the playground every Monday to Thursday to practise going phalanx along with the athlete march playing, and sometimes we had extra practice on Saturday evening and Sunday evening. To be honest, it was quite exhausted after all day long the phalanx practice, but the result is very satisfying and it is an unforgettable experience for me to cherish in my whole life.

Y: Well, so you spent a lot of time on it. Having such a long period of preparation, did you feel

nervous when you performed, or confident?

A: I felt quite confident when I performed, because I have spent plenty of time on it. I absolutely had the belief that I would perform well, so I stepped out every pace unhesitatingly.

Y: Wow, what a confident girl. And what have you gained from all this training and this performance?

A: I think the most valuable thing I obtained are these memories. With decades flying, I am bound to forget how to perform The Athlete March if I don't review it, but I will never forget a sense of achievement and a kind of deep emotion that carries essence condensed of my youth. And, whenever I look back on these experiences, I will whisper in a tiny smile: 'oh, that's my youth.'

Y:Well, it was really an unforgettable time that hard work mixed with achievements. And lastly, I noticed that your uniforms are cool, could you tell me how do your team choose it?

A: Hahaha. Our orchestra chose it because it was chosen after the orchestra was found in 2007. And commonly, formal uniform for orchestra on such a formal occasion is navy uniform.

Y: OK. Thank you for your cooperation. Have a good day!

just train, we still exerted all our energies and performed in an apple-pie order accompanied by our slogan.

R: Are you satisfied with the achievements you have gained in the sports meeting?

Shi: I don't care the grade. I adhere to a principle that everything should be treated carefully. So I spared no effort to train and



exerted all my ability during the game. I have learnt partnership and other skills of games, for example, how to deliver the relay baton to another teammate and how to chase the rivals. In a word, I have grown up in the process.

R: What has left a profound impression on you during the sports meeting?

Shi: Absolutely a boy in the men's 10,000 metres has deeply left an impression on me. When every athlete had finished his own route except that boy and left the track to rest, he didn't stopbut continued running to finish the game without rivals. I think he is a courageous boy. And I feel proud of myself for I carelessly dropped the relay baton but I still caught up to them.

## Interview 2



Author/ Li Min

I have interviewed Shi Xiao in 2102 Class of Nutrition major, who has just finished tug-of-war and women's 4x100. She performed excellently in the course of the game on behalf of COFSAE and I took aim at her for asking some questions.

R: Why do you take part in this game and how do you feel when you go through your pregame workout?

Shi: I think it is necessary to strengthen my physical quality through challenging myself by some ways like sports meeting so that I will constantly break through myself to possess a healthy body. We will never be urged to exercise like in senior-high school or at college so this is my motivation.

I felt a bit tired and always hungry, ha ha. You know we always train from 6p.m. to 7p.m. when I usually have dinner. Despite of this, I always felt happy for not only my body became much healthier but also I recognized many outstanding athletes and developed team spirit. For example, although my partners and I in tug-of-war knew we

## Contact us

WECHAT @NWSUAF-ENGLISH-RADIO

EMAIL englishherald@163.com

ADDR N7302 Dept. Foreign Languages

TEL 029-87092037

QQ 6.653420006

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## Weekend 'Catch-Up Sleep' Is a Lie

Author/Li Min

The negative health effects of **skipping** on sleep during the week can't be **reversed** by marathon weekend sleep sessions, according to a **sobering** new study.

Despite complete freedom to sleep in and nap during a weekend recovery period, participants in a sleep laboratory who were limited to five hours of sleep on weekdays gained nearly three pounds over two weeks and experienced **metabolic** disruption that would increase their risk for diabetes over the long term. While weekend recovery sleep had some benefits after a single week of insufficient sleep, those gains were wiped out when people **plunged** right back into their same sleep-deprived schedule the next Monday.

"If there are benefits of catch-up sleep, they're gone when you go back to your routine. It's very short-lived," said Kenneth Wright, director of the sleep and **chronobiology** laboratory at the University of Colorado at Boulder, who oversaw the work.

Wright said that the study suggests people should **prioritize** sleep—cutting out the optional "sleep stealers" such as watching television shows or spending time on electronic devices. Even when people don't have a choice about losing sleep due to child-care responsibilities or job schedules, they should think about prioritizing sleep in the same way they would a

healthy diet or exercise.

1. **skimp** 美 [skɪmp] 英 [skɪmp]  
v. 节省; 吝嗇; 克扣; 节省花费  
adj. 少的;

Mr. He said he doesn't know why the country's rail authorities decided to **skimp** on those safety devices.

何金良说, 他不知铁路当局为何要在这些安全设备上节省费用

2. **reverse** 美 [rɪˈvɜrs] 英 [rɪˈvɜ:(r)s]

n. 反面; 背面; 倒退; 相反的情况 (或事物)

v. 颠倒; 倒车; 撤销; 彻底转变; 反转; 翻转; 逆

转

adj. 相反的; 反面的; 反向的; 背面的

3. **sobering** 美 ['soʊbərɪŋ] 英 ['soʊbərɪŋ] adj. 令人警醒的; 使人冷静的

4. **metabolic** 美 [ˌmetəˈbɒlɪk] 英 [ˌmetəˈbɒlɪk]

adj. 【生】新陈代谢的; 变形的; 代谢性; 代谢作用的; 变化的

5. **plunge** v. 陷入 n. 立陶宛普伦盖

6. **chronobiology** n. 【生】时间生物学

7. **prioritize** 美 [praɪˈɒrɪˌtaɪz] 英 [praɪˈɒrɪˌtaɪz]

v. 给...排出优先级; 优先处理; 优先考虑; 重点发展; 优化



## Don't Be Afraid to Quit. It Could Help You Win.

Author/Zhu Hongyi

The marathoner Molly Seidel has always been a formidable athlete, but her ascent to the Olympic medal podium was not linear. She skipped the 2016 U.S. Olympic trials to check into treatment for obsessive-compulsive disorder, depression, anxiety and disordered eating.

Treatment changed everything. She became a better athlete than ever. She was the third American woman in history to win an Olympic medal in the marathon.

In a world that rewards constant momentum and toughness, Seidel's breakthrough was a case study in the value of patience and self-care. Despite the conventional wisdom that the career of a professional athlete should be an unbroken upward trajectory to peak performance, Seidel stepped away to prioritize her health, recovered, and came back stronger. It's a powerful lesson in how to handle the natural derailments of life — and it's one that resonates far beyond any athletic arena. Americans often demonize quitting, and valorize "grit" — a mythical quality that a flurry of books urged parents to instill in children over the last decade. Seidel's coach, Jon Green, says she does better in races when she's not pushed to extremes in practice. "Does Molly have grit? Absolutely she does," Mr. Green told me. "But at the end of the day we approach everything with balance. We make sure we're taking care of Molly as a person, not just Molly the runner."





## Shall we go to view peonies together?

Author/Li Min



A peony is a showy flower, considered as the national flower of China for its beauty, generosity and culture encoded in it. Almost all Chinese have heard these words—Only the peony is really a national beauty with its bloom shocking the capital. The preference for peony of Chinese is **everlasting** around since ancient times and extremely fanatical especially in the glorious age of the Tang Dynasty. Peony is cultivated widely in China so that there are different kinds of peonies in different places, the most outstanding of which is Luoyang Peony.

Recently Luoyang Peony hit the Internet due to the **Silver penetration top blooming**, one and only plant in Luoyang, a flower of which values 200 million yuan. Millions of tourists gather together to witness this precious peony. The shape of **petal** resembles **chrysanthemum** with **countless ties** and **stamen or pistil** is pink. It gradually fades from inside to petal, presenting **beauty and elegance** like Chinese painting. Five guards were appointed to protect the peony from being picked by some **malicious** people.

You may think it is over-protected to guard a plant with five men. It is a lesson that the green peony in Wangcheng Park was picked by a visitor taking the occasion of **flabby** alert. How funny and helpless it is!

Spring comes, have you walked outside to **have a panoramic view** of the beautiful scenery? Although it is unlikely for us to fly to Luoyang to see the Silver penetration top under the coronavirus pandemic, we can go to the south campus to enjoy the sight of the white peony with good partners.



1. peony 美 [pi:ni] 英 [pi:ni:n]. 牡丹; 芍药
2. Only the peony is really a national beauty with its bloom shocking the capital.  
唯有牡丹真国色，花开时节动京城。
3. everlasting 美 [ˈevər læstrɪŋ] 英 [ˈevə(r)ˈlɑ:stɪŋ]  
n. 永久; (英) 牢固耐久的毛呢; 【植】蜡菊  
adj. 永久的; 永恒的; 经久不变的; 冗长的
- Red stands for passion flowing in the blood, red is like the melody for the age of excitement, red is the everlasting color of many a flag.  
“红”是血管里流动的活力热情，“红”是激荡人心的时代旋律，“红”是万国旗帜中的永恒色彩。
4. Silver penetration top 银丝灌顶
5. petal n. 花瓣
6. chrysanthemum n. 菊花
7. countless ties 千丝万缕
8. stamen or pistil 花蕊
9. beauty and elegance 清新淡雅
10. malicious 美 [məˈlɪʃəs] 英 [məˈlɪʃəs]  
adj. 怀有恶意的; 恶毒的; 阴谋的; 蓄意的

When she discovered a malicious streak in him, she

turned a deaf ear to what he said.

当她发现他有恶意的倾向，她就不听他所说的。

11. flabby adj. (肌肉) 松弛的; 肥胖的; 软弱的; 无力的

12. have a panoramic view 尽收眼底



## The Power of Ideal

Author/Zhu Hongyi

Good morning, ladies and gentlemen,  
Growing up in China, since the day we entered elementary school, we were constantly bothered so much by this one particular question—“should I go to Tsinghua University or Peking University?” When I was little, each year on Tomb Sweeping Day, my mom would take me to the grave of my great-grandpa and say, “Make a wish. Great-grandpa’s gonna bless you.” Well, mom, clearly, he did not, because now I ended up in neither of the universities.

Well, it may seem funny that a 7-year-old child who doesn’t even know what a university is would proudly tell the world that he or she aims to attend a top one in China. But that was the time when the idea of pursuing something greater than our existence made its debut in our little minds, and that wish is the so-called ideal accompanying us all along our journey of life. However, as we grow older, time and time again, the precious ideals shielded in our little hearts confront the reality, leaving our minds devastated, our souls drained, and our dreams shattered. Little by little, we began to see how remotely possible it is to achieve the lofty ideals that we have been working for. Then here comes the question—what is point

of having ideals if they are almost impossible to be realized?

Well, to answer this question, we must first figure out what exactly ideals are. According to William Damon, professor of education at Stanford University and author of the book *The Power of Ideals*, ideals are “the things you really aspire to in the best of your time and in the best of your life and thinking.” Therefore, in this way, you can see, ideals don’t always stay the same; they change as you grow and step into a new chapter of life. If you work hard enough to get closer to your ideal, you will find yourself in different surroundings. And during the process, with your view broadened and yourself progressed, your heart would naturally be seized by something more appealing. Thus, the idea of realizing ideals is self-contradictory.

You see, the point of having ideals is not necessarily to make them come true, but to always offer us a better way of life, an optimal choice to work hard for, and something to bring out the best of ourselves. For too long, we have been too result-oriented and forget what’s truly important and valuable to us, and that is the lessons we’ve learned along the way.

We acquire as much knowledge as possible in high school, even if we don’t always end up

in the dream school for university education. We train tirelessly and constantly try to push our limits to prepare for a sports meet, even if not all of us end up getting the first place. We learn from someone well-known and hold them dearly in heart, even if we can rarely replicate their success and achieve their accomplishments. Nevertheless, the knowledge, the physical strength, and the virtues of those well-known are already a great treasure that can benefit us for the rest of our lives. And most importantly, with ideals, the light of hope will always brighten the path of our journey in life and guide us through the bumpy roads ahead, no matter whether you are now studying in your ideal university or not.

Thank you.



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## 70 years in power! What will happen to the 96-year-old Queen's Platinum Jubilee?

Author/ Zhu Hongyi

在位满 70 年! 96 岁英女王白金禧年要怎么过?

### Original

Britain's Queen Elizabeth II celebrated her 96th birthday on Thursday, in the same year that marks her 70 years on the throne. The Platinum Jubilee marks seven decades since the Queen ascended to the throne in 1952, making her both the longest-reigning British monarch and the longest-serving female head of state in history. To celebrate the unprecedented anniversary, a number of events will take place throughout the UK over the year – culminating in a four-day national bank holiday weekend from Thursday June 2 until Sunday June 5, known as the Jubilee Weekend.

### Language Points

1. throne /θrəʊn/ n. 王位  
Game of Thrones 美剧《权力的游戏》
2. Platinum Jubilee 白金禧年 (70 周年纪念)  
platinum /plætɪnəm/ n. 白金  
jubilee /dʒuːbiːl/ n. 重大周年纪念 (通常指 25 周年或是 50 周年纪念)  
Golden Jubilee 金禧 (50 周年纪念)  
Diamond Jubilee 钻禧 (60 周年纪念)  
Sapphire Jubilee 蓝宝石禧 (65 周年纪念)
3. ascend to the throne 登上王位
4. culminate /kʌlmiːneɪt/ v. 以……告终
5. a bank holiday 公休假  
a bank holiday weekend 前后刚好连上周末的公休假



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### today's sentence

Like books, sports give people a sense of having lived other lives, of taking part in other people's victories. And defeats. When sports are at their best, the spirit of the fan merges with the spirit of the athlete.

—Phil Knight, Businessman, Shoe Dog  
就如同书本一样, 体育也给人一种活他人所活的感觉, 让人参与到其他人的胜利中。当然还有失败。当体育达到顶峰状态的时候, 体育迷和运动员的心灵融为一体。  
——《鞋狗》菲尔·奈特, 企业家

## Scan code payment is out of date, so you can just "swipe your hands" when you go out?

Author/ Zhu Hongyi

扫码支付已过时, 以后出门“刷手”就行?

### Original

Patrick Paumen causes a stir whenever he pays for something in a shop or restaurant. This is because the 37-year-old doesn't need to use a bank card or his mobile phone to pay. Instead, he simply places his left hand near the contactless card reader, and the payment goes through. "The reactions I get from cashiers are priceless!" says Mr. Paumen, a security guard from the Netherlands. He is able to pay using his hand because back in 2019 he had a contactless payment microchip injected under his skin.

### Language Points

1. arouse a stir 引起轰动或愤怒
2. the reactions sb. get from sb. 某人的反应如何  
The reactions I get from my fellow listeners are fantastic. 听众的反应很好。
3. priceless /prɑɪsɪs/ adj. 很好笑的 (extremely funny); 无价的
4. inject /ɪnˈdʒekt/ v. 注射; 注入  
injection /ɪnˈdʒekʃ(ə)n/ n. 注射  
Their newborn baby will inject new life into their marriage.  
他俩刚出生的孩子, 会为他们的婚姻注入新的生命。



## The glory and dreams on the field are also the life I participated in unilaterally.

Author/ Zhu Hongyi

那赛场上的光荣与梦想, 也是我单方面参与的人生

### today's lesson

a sense of ..... 感 (后面可加动词短语)  
That accident gives the man a sense of having died once.  
那场事故让他有一种曾经死过的感觉。

at one's best vs. at best  
at one's best 处在最佳状态  
at best 至多, 最多

A bad beginning makes a bad ending.

## New technology makes skin 30 years younger, netizens: Can I stay young forever?

Author/ Zhu Hongyi

新技术让皮肤年轻 30 岁, 网友: 我能青春永驻了?

### Original

Scientists say they have developed a method to time jump human skin cells by three decades, rewinding the ageing clock without the cells losing their function. According to the study, in experiments that simulated a skin wound, the partially rejuvenated cells showed signs of behaving more like youthful cells. Experts suggest that, while in their early stages, the findings could eventually revolutionise regenerative medicine, especially if it can be replicated in other cell types.

### Language Points

1. time jump 穿越时空 (to travel through time)
2. rewind the ageing clock 逆转衰老  
rewind /riːˈwaɪnd/ v. 倒回 (影片、录音、视频等)  
rewind the tape 倒带
3. rejuvenate /riːdʒuːv(ə)neɪt/ v. 使年轻, 使恢复活力  
I came back from holiday feeling rejuvenated. 我度假回来, 感觉元气满满。
4. show signs of sth./doing sth. 表现出……的迹象
5. revolutionise /ˌrevəˈluːʃ(ə)nəɪz/ v. 彻底改变, 完全变革  
revolution /ˌrevəˈluːʃ(ə)n/ n. 革命  
The pandemic may revolutionise the way we work. 疫情可能彻底改变我们工作的方式。
6. regenerative medicine 再生医学
7. replicate /ˌreplɪkeɪt/ v. 重复, 复制



### today's enlightenment

The meaning of sports to the public is entertainment and relaxation first, as Phil Knights said, the real value of sports lies in communication and sharing. If a game can make more people fall in love with sports, why not do it? Maybe in the future, they will also become partners who share the victory and defeat with you and live the same life with you. Are you a sports fan? Do you have any cherished sports-related memories?