



📱沉迷刷手机，网友：这不就是隔离在家的我！

A teenage gorilla in a Chicago zoo has been getting too much screen time, according to zoo officials.

Amare, a 415-pound gorilla, has been staring a little too frequently at the screens of cellphones from visitors who show him pictures and videos through the glass wall.

He has apparently become so distracted that last week, when another teenage gorilla rushed at him in a show of aggression, Amare did not appear to notice.

1. screen time 屏幕时间 (花在电子设备上的时间)
Children's screen time has soared in the pandemic.
疫情期间，孩子使用电子设备的时间剧增。
2. 数字+连字符+计量单位结构
可用于修饰名词
注：连字符后面表示单位的名词要用单数形式
415-pound gorilla 415磅重的金刚猩猩
a two-million-dollar deal 一笔200万美元的订单
3. gorilla n. 大猩猩，金刚猩猩
chimpanzee n. 黑猩猩 (简称chimp)
4. in a show of aggression 表现出攻击性

创造历史！美国迎来首位非裔女性大法官

The Senate confirmed President Joe Biden's Supreme Court nominee Ketanji Brown Jackson on Thursday in a historic vote that paves the way for her to become the first Black woman to serve on the highest court in the nation.

The vote marks a major milestone for the Supreme Court and the federal judiciary, although Jackson's confirmation won't change the ideological balance of the court.

Jackson will be sworn in after Justice Stephen Breyer retires sometime this summer.

Language points:

1. The Senate 本文指美国参议院
2. confirm v. 批准，认可
3. Supreme Court 美国联邦最高法院
4. nominee n. 被提名者
5. historic adj. 历史性的
6. pave the way for sb./sth. 为某人或某事铺平道路
This decision paved the way for changes in employment rights for women.
这项决议为改变女性就业权利铺平了道路。
7. mark a major milestone 标志着一个重要里程碑
近义表达: represent a major milestone, represent a huge milestone
8. swear sb. in 使某人宣誓就职

"Prohibit"外国人买房！ 加拿大这项新措施将影响哪些人？

Canadian Prime Minister Justin Trudeau has proposed a two-year ban on some foreigners buying homes.

The measure comes as the country grapples with some of the worst housing affordability issues in the world.

Prices have jumped more than 20%, pushing the average home in Canada to nearly C\$817,000 - more than nine times household income. But industry analysts say it's not clear a ban on foreign buyers will address the problem.

Languages points

1. A comes as B 当B发生的时候，A也发生了
2. grapple with 努力尝试解决(困难的事)
The new government has yet to grapple with the problem of air pollution.
新政府还需尽力解决空气污染问题。
3. housing affordability 住房支付能力
4. address v. 解决 (grapple with)
address a question 解决问题
address an issue 解决问题



April Newsletter

Author/ Zhu Hongyi

OSCARs

Author/ Yang Yaxian

It was an unforgettable Oscar night on Sunday in Los Angeles for actor Will Smith.

Smith won the Academy Award for best actor for his performance in "King Richard".

Only a few minutes earlier, Smith had walked up to the stage and hit presenter Chris Rock in the face with his open hand. Smith reacted after Rock made a joke about Smith's wife, Jada Pinkett Smith.

People in the audience and television viewers around the world were shocked to see the dispute between two well-known performers on Hollywood's biggest night.

Rock's joke related to Pinkett Smith's hairless head. Pinkett Smith has a medical condition that affects hair growth.

Rock said, "Jada, I love you. G.I. Jane 2, can't wait to see it." He meant that Pinkett Smith looked like she was preparing to star in the second G.I. Jane film. The 1997 film was about a woman who enters the military and cuts off her long hair.

After Smith hit Rock's face, he walked back to his seat. He then shouted at Rock to "keep my wife's name out your (blank) mouth." His yelling included a bad word.

In the United States, television viewers did not hear the sound during the dispute. The broadcaster had turned off the sound because of bad language. Viewers in other parts of the world heard the full exchange.

Not long after, Smith came back to the stage to accept his first Oscar for best actor. He used his acceptance speech to apologize for his earlier actions.

Language points

1. Presenter (电视或广播节目的) 主持人; (仪式上的) 颁奖人
2. Dispute n. 争端 v. 对...提出质疑; 争论

Contact us

WECHAT: @NWSUAF-ENGLISH-RADIO

EMAIL: englishherald@163.com

ADDR: N7302 Dept. Foreign Languages

TEL: 029-87092037

QQ: 653420006

加入英语交流群，
加每周一次的英语角，
还有更多精彩活动等你来

In me the tiger, sniffs the rose.

五
福
给
原
创
影
画
字
费
别
考



the differences between Maocai and spicy hot pot

Author/ Yang Yaxian

火锅? 冒菜? 有什么不同之处?

Have you ever confused about the differences between Maocai and spicy hot pot? For me, I believed they are the same thing but called differently in the north and the south when I first tasted Maocai. But soon enough, I accepted the fact that they are different. Then I will share with you the differences between them.

Firstly, analyze it from the origins. Maocai is originated from Chengdu, Sichuan Province. During the cooking process, the cooked dish slowly rises to the surface, as if rising from water. And "Mao" means "rise" in Chinese so it got the name of Maocai. As for spicy hot pot, it

is from Leshan, Sichuan Province. Originally, boat trackers used local ingredients and scalded them to eat. Little by little, spicy hot pot evolved from river to land.

The following is about cooking methods, the essential difference. The soup base of Maocai is delicate and drinkable, some of them even contains dozens of Traditional Chinese medicines. In contrast, spicy hot pot was boiled in clear water and then add to broth to it based on customers' taste. However, now many stores directly use soup base to scald ingredients like Maocai in order to save time, which make the taste close to Maocai.

The last one is the way of eating. Maocai is usually served with rice while spicy hot pot with noodles in it as staple food. Allegedly it is because Maocai is too salty to eat without rice. The other is spicy hot pot is sold by bunch. But based on my observation, now majority of it is sold by catty. Just some small stalls in street still sells it by bunch.



What is the

聚光灯效应? 心理学? 与聚光灯有何联系?

Author/ Bo Didi

spotlight effect ?

When you delivered a presentation, preparing every content perfectly, but full of self - accusation before speaking on why my boss glimpsed me when looking at him, why my executive stared at me with a severe sight. You recall the weaves inside constantly and constantly. That storm of your mood disrupted you all time! Fear? Anxiety? Embarrassment? Alright, you have got into an unsuspecting, tailored whirlpool that your recognition designs for you! This is what we called: spotlight effect.

In 1999, Thomas Gilovich, a professor of psychology at Cornell University, and Kenneth Savitsky, an American psychologist, tried out a trial on why we care others more than what they think of us: They divided some normal testers into two groups with putting on the same shirts, participating in a normal party. They covered one group's shirts with a surprising, even a little weird pattern, the other's shirts were as usual. Nevertheless, the god played a trick!

The conclusion we draw by following our hearts is 50% individuals realized this design. The test appeared there was only a quarter taking care of the distinct, even 10% taking care of them. Your own recognition exerts a significant part in conflict.

Cognition is a kind of conscious activity, which is the process and result of individual's cognition of the objective world. There is no doubt that gaining more positive feelings, enhancing our survival by more powerful interactions, attaining vital relationship with others, groups, teams, family, society, countries and world are the bases of individuals. Nobody can disclaim our desire. But an understanding deviation interrupts the activity. On the one hand, you struggle to uproot this awful mood. On the other hand, you can't help but to recreate the sense. Instead of judging other's points, at the identical time, magnify shortcomings ten million times.

For a long time, this hint draws you crazy, you even get into the net you weave! You were likely to be alarmed, doubtful...Don't concern. Dare to change yourself is the first step to the victory stairs. Here are some tips for you to overcome:

1. imply positively
2. accept your real reaction and mood
3. adjust breathing
4. do not think too much

When you create something automatically, the last second you realize it, and change it. You are still successful.

注释:

self - accusation 自我责备
tailored a. 定制的
spotlight effect. 聚光灯效应
disclaim v. 否认
understanding deviation 理解偏差

Anything worth doing is worth doing well.

Chinese-themed children's book comes into spotlight at London Book Fair

Shu Lin's Grandpa, a children's picture book illustrated by British-Chinese artist Yu Rong, was showcased at the London Book Fair on Tuesday, sparking heated discussions about how to better tell Chinese stories to international readers.

This book tells a story about Shu Lin, a Chinese immigrant girl, who finds it hard to gain acceptance in her new school, until her grandfather saves the day. The book combines paper-cutting and ink painting with other Chinese elements to create a painting style that is both classical and modern.

Shu Lin's Grandpa, published in Chinese by Dandelion Children's Bookstore and in English by Otter-Barry Books, was shortlisted for the Kate Greenaway Medal this year, which is a prominent children's book award for illustration in Britain.

Nowadays, many across the world are eager to learn more about China through stories about Chinese civilization and contemporary China. At the London Book Fair on Tuesday, Chinese children's bestsellers staged a brainstorming event on how to bring Chinese-themed books to the world audience.

"The rich illustrations combined with the celebration of Chinese culture which Shu Lin's Grandpa represents made for a thought-provoking read. It has really instilled in me the desire to visit China, in particular to explore the traditional ink artwork and heritage it hints at," said Marianne Simon, an MA student majoring in publishing and creative writing at Kingston University.

"We aim to help international young readers discover more about Chinese children's books," said award-winning translator Helen Wang at the group discussion organized by "Global Youth Readers," an international youth reading exchange platform initiated by China National Publications Import & Export (Group) Corporation.

Wang noted that translators always play a crucial role in terms of bringing more Chinese books to international readers. Nicky Harman, another UK-based prize-winning translator, said there are more and more young talented translators helping international readers to better understand China.

The book fair, one of the world's biggest publishing trade fairs, is set to run until Thursday with more than 900 exhibitors. This year, more than 60 Chinese publishers participated in the fair, the first in-person edition of the event since 2019.

加入
群
可
碰
壁

QQ群
65342



showcase v. 展示展现 n. 展示 (本领、优点) 的场合;
商店或者博物馆的玻璃陈列柜多用于文艺领域的术语
spark v. 导致, 引发
heated discussion 地道用法, 热火朝天的讨论
shortlist n. 最终候选名单, 决选名单
v. 把...列入决选名单
Kate Greenaway Medal 凯特·格林维纳奖 专门评选童书的英国儿童图画书最高荣誉
illustration n. 插画, 插图
illustrate v. 给书加插图
Brainstorming event n. 头脑风暴, 是对团队讨论的高效方法
Thought-provoking adj. 发人深省的, 引人深思的
Instill v. 徐徐滴入, 逐渐灌输
Instill in sb. sth. / Instill sth. into sb. 给某人逐渐灌输什么思想
Hint v. 暗示, 示意 n. 暗示, 示意 hint at sth. 暗示某种事物
initiate v. 开始实施发起 (正式的用语)
in-person edition 现场版

今日一句:

A morning-glory at my window satisfies me more than the metaphysics of books.

—Song of Myself, Poet, Walt Whitman

我窗外的牵牛花比书上的形而上学更能让我满足。

——《自我之歌》沃尔特·惠特曼, 诗人

今日一学

词汇

satisfy vt. 令人感到满意 morning-glory 牵牛花

metaphysics n.

形而上学 (refers to the branch of philosophy that deals with the nature of existence, truth and knowledge)



今日一语

"人乐清明三月天, 也随人赏万花园。"四月, 处处皆春迹, 正是赏花的好时节。谈论再多的"美", 不如偶尔放下书本、工作, 找一个诗情画意的借口, 约上三五好友去近距离地欣赏"美", 感受"美"。毕竟"连春总有看花情"。

三
一
一

欢迎
英语
流利

活动
7388



读者
了解

号码:
0006



The Black Friday, When Wall Street stocks collapsed, witnessed an age coming full of poverty, oppression and arrogance from the superior class, famous for its ban on alcohol, and the ridiculous useless policies. We called the age Great Depression. In the deep gap between the poor guys and the noble ones, an organization overseas from Italy and Sicily desiring to live its American Dream had taken root. Thus many legends about cash values, sex, blood, and bullets haunted American as a disaster for almost 80 years, like the monuments to memorize the honor to betray all the social rules and humanity.

The organization is the notorious MAFIA (黑手党).

Tommy Angelo, the main character in the virtual city, Lost Heaven, once was a simple taxi driver, who had never thought of someday he would make his way in the city with hands stained blood, living a busy and ordinary life. All those ended until the day Sam and Pauli, two members of Mafia Salieri Family, shouting at him with shotguns, ordered him to drive them to a safe place to avoid the chase from Morello's men. Tommy, for the first time, showed his loyalty to the Salieri Family, setting the stage for being accepted into the family in the near future.

Since that, Tommy had killed countless cops, councillors (议员), bank managers, and finally Morello, not to mention minions (喽罗) and common people, robbed high quality whiskey, detonated (引爆) planes, and smuggled drugs and even diamonds. Name of Salieri Family frightened the whole city. A villain he was, it seemed not any clues to think of he was a taxi driver before.

Cruel, merciless and lost of all the most basic characteristics as humankind, Tommy actually kept morality, unexpectedly. You can't imagine the scene he couldn't bear to press the trigger, he forced himself to move the gun away, and shuddered when hearing some orders from Salieri. But he had reached this point, he had no alternative but to obey, to kill, and to be evil.

He couldn't bear all those anymore. Gradually knowing Salieri was mean and villainous for he killed old friends and men to swallow the whole benefits they had together worked for. Tommy ultimately got the contact with Detective Norman. As a Tainted witness (污点证人) rebelling his family that had brought him pride, status, money and women, and saying good bye to his career of evil, he just hoped his families can be safe and sound, away from any one relating to the bloody words "Mafia".

Mass Depression, Mafia, and Morality



读者
了解

加入
交流
了解

群号:
36355



20 years later, when old Tommy was watering his garden, a sudden voice struck him from behind, "Mr. Angelo?". The fate would have made it. "Yes, it's me, Tommy." He turned, expressionless. "This is the gift from Mr.Salieri." The sentence is really a sentence (判词), for Lupala's bullet hit his heart. It's the must end for every one in Mafia. Lying in the pool of blood, feeling families around his cold flesh, he was comforted that his families would be safe forever. Then the story is done. Looking at him, a smuggler, gunner, thief, demon, but a kind neighbor, a hard-working husband, a reliable and genuine friend. It's hard to evaluate such a person, Tommy Angelo, during the Mass Depression, and in Mafia. When he was asked to tell why he stepped into the evil Mafia in court, he said. "I refused to be oppressed by evil, so I became the evil." (我不愿被压迫, 所以走上江湖路。) So the crimes are all due to the miserable age. When the whole people of the country can't afford bread, they can afford guns and bullets. And when the whole people of the country can't fill their stomachs, they can also abandon their flesh and blood. I can still remember the words Tommy had said, "Family is always a man's weakness. Families wake up me every morning, and comfort me during my life time. Works, friends and titles shall pass away, but families are permanent. Let us pay a moment of silence to that sad era and the haunting legends, about one man born in Mass Depression, join Mafia, and never left Morality.

One hour today is worth two tomorrow.