



Some Advice for the FRESHMEN

致大一新生——一些可能会给你启迪的建议

Author/ Wang Wanze

1. Life is a mixture of good times and bad times, happy moments and unhappy moments. When something crappy happen to you, whenever you feel like life wasn't going your way, try to think that there's no lemon so sour that you can't make something resembling lemonade. Which means that you could learn how to take the sourest lemon that life has to offer and turn it into something good.

2. Always be confident. You may have some interviews when you want to join some associations or the student union. Please remember that your confidence always impress others because it is the key to show your attitude.

3. Call your parents when you are free because they do care about you everyday. Maybe you feel like there is no need to call your family just to tell them you are in a good condition, but that is actually what your parents want to know.

4. Be kind and try to understand others. You and your classmates may come from different provinces with different preference. And naturally you were raised in different families and accepted diverse education. So when you want to make some bad comments on somebody for a little thing, just mind your action and try to understand others.

4. Live with a purpose and make your life organized. Think of yourself as a carpenter and think about your house. Each day you hammer a nail, place a board, or erect a wall. We have finally passed our college entrance exam and now come to a fairly comfortable college life. However, it's definitely not the time to end your endeavor. On the contrary, it is during college days that we start to build our life project. Our life tomorrow will be the result of our attitudes and the choices we make today.



In 1848, a young apprentice named Gao Guiyou started his little restaurant business: a steam bun shop. At that time, those cheap but delicious bun made this shop, known as "Gou Bu Li", famous across the country. 172 years later, a short video filmed by famous explorer Mr. Gu Yue brought our attention back to this old brand. But this time, compared to the affirmative attention, this time the negative ones took the lead.

On September 10th, explorer Gu Yue uploaded a short video about "The worst restaurant on DIAN PING(大众点评)" which surprisingly chose Gou Bu Li (Known as Gou below), a time-honored old restaurant as the destination. The main target of the video is demonstrated whether those problems on DIAN PING are true or not. In this APP, most of the consumers complained about the taste of buns, the price of dishes and the attitude of serving.

Because of the coronal virus disease, the number of the consumers of the restaurant is close to zero. To testify the previous consumers' complaints, Gu ordered the two-best kind of bun. Meat buns with sauce(¥7.5/bun) and classic pork buns(¥6.3/bun). What made the video interesting was that while eating, the chef in the kitchen coughed severely, which was quite disgusting. Besides, while serving the porridge, the waiter put her finger right into the porridge without wearing hand glove! It is obvious why then can have such a low point on DIAN PING.

After losing grounds on the field of service, let's look the taste instead. According to the video, meat buns with sauce are actually made of fat instead of meat, which made the buns greasy. But even though they chose the cheapest pork, the amount of pork was still far less than the amount of vegetable and pure air because



Man struggles upwards; water flows downwards.

GOU BU LI:

A Bun That no One Really Don't Want to Eat

一个视频，让“狗不理”包子真的连狗都不理

Author/ Song Yuechen

almost all of the buns are crumpled. "It's just like eating a bun without any filling inside!" said Mr. Gu. The bun itself is not so disgusting, but the quality of these buns are equal to the buns which worth ¥20 at most. "But obviously, we've spent more than 200 bucks so far..." As we all know, be respect is our Chinese tradition. So at the end of the video, Mr. Gu said: 'I thought the service is quite OK.' But we all know this is just a way of filling the whole of shame for GOU.

If you think the story ended there, then you are totally wrong. Facing the complements made by the explorer and other consumers, GOU official declared an assignment at once. In their demand, they've already called the police to deal with the "insult". As an essential work of public relations, this movement was frozen stupid(愚蠢至极). Any consumer and customer has the right to judge and comment the shop they've been served. In fact, Gu's comment was in keeping with the major comments. Right now, this "Gou Bu Li" might really be ignored by the dogs! A decade ago, the boss of GOU Gao Guiyou ignored people because he was eager to improve the taste of his bun. A decade later, the PR department of GOU ignored the comments of consumer and made trouble out of nothing(无理取闹), what a time-honored restaurant and what a venerable brand(历史悠久的)!



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The Gifts of

Imperfection

布瑞尼·布朗一直在研究关于勇气、价值感和完美主义等心理学特质。在她出版的 *The Gifts of Imperfection* 这本书中，她提出了“我们要有接纳自己不完美的勇气”，下面一起来看看布朗和她的这本书吧！

Author/ Xie Duanyi

Many of us nowadays pay much attention to what other people think, with fear of being different with others and leaving terrible impressions on others. However, it can do nothing but increase our anxieties. To deal with it, the book *The Gifts of Imperfection* put forward an efficient solution, saying that we have to embrace our imperfection which truly leads us to happiness.

Currently, many connect "courage" with "heroic". However, the word "courage" derived from the Latin "cor", which has the meaning of "heart". The earliest definition of "courage" is to speak one's mind by telling one's heart, which is not easy at all. For instance, many are not confident enough when they are faced with their favorites, being afraid of telling their true thoughts and even lighten the importance of them. But doing this way cannot reduce the feeling of failure, on the contrary, speaking out what they truly think about could lead them nearer to success, because of the support they might get from their relatives and beloved ones.

The other way to increase happiness is to get rid of perfectionism (完美主义). Perfectionism sounds like an active word, but it is not worthwhile for us to pursue. The core problem involved in perfectionism is the capacity of self-acceptance, which is the issue of whether we could value ourselves correctly instead of depending on others. As long as we do well, we could avoid criticism from others.

The book also mentions one method to enhance our confidence: target decomposition (分解目标). Many of us would easily get self-abasement (自卑) when facing difficult problems. The author argues that when we decompose a difficult problem into several small ones and solve them one by one, our confidence will be enhanced remarkably.

The Gifts of Imperfection is not an "inspirational" book (鸡汤书), instead, it offers a lot of workable thinking modes (思维模式). If you would like to explore some true essence of life happiness, this book is a good option.

当“炼铜术士”遇到“竹杠大师”，他们之间会发生什么荒唐至极的闹剧呢？

When the
Sexually Unethical

Meets

Professional Swindler

Author/ Song Yuchen

Five months ago, a "young" girl named Li Xingxing posted an article on the internet, which critiqued the sexual offence of her ex-stepfather: a company executive called Bao Yuming.

In that article, words like "sexual abuse", "sex instinct act" and even "mind control" fuelled the excitement of the netizens. They are so curious about this news that thousands of internet articles and videos have been made during the discussion of this topic. Besides, the reaction of Yan Tai police, who is responsible for this incident, was strangely plain. Then a thrilling news bombarded us again: Nan Jing police made a call to Yan Tai police and criticized them severely for their "total inaction". The thing is quite clear, Li Xingxing is an innocent young girl who was sexual abused by her brutal ex-stepfather. And the local police is ignorant to the whole thing. At that moment, Bao Yuming and Yan Tai police became the target of our dear netizens. They've used multiple ways to share their anger and render their judgement. But everything went silent on September 17th.

HELLO!

MY NEW FRIENDS!

——一个关于友情的采访

Interviewer: Wang Wanze
Interviewee: Xie Duanyi

Autumn is a season of meeting. Everyone will make new friends when he or she come to the university. What do you expect from a good friend? What does a good friend mean in your own life? When we get older, do you think friendship changes as time goes by? I interviewed one of my friends Xie Duanyi and let us listen to her answers.

Q: What do you expect from a good friend?
A: As for me, I expect that we could support each other when we are in trouble or when we are confronted with difficulties. The support could be any forms like encouraging words or

Better to light one candle than to curse the darkness.

On September 17th, The Supreme People's Procuratorate announced the final investigation report about the "rape course." The "Virgin Mary" (贞洁圣女) Li Xingxing is actually a crazy slut (疯狂荡妇). While keeping a sexual relationship with Bao, she also had multiple sexual relationship with many other men. What's worse is that the age of Li was fake from the start! She was born in 1997 rather than 2001, which means she was already an adult when she meets Bao for the first time in 2015. After all, all of these ridiculous dramas are under the control of Li's parents, and that's why they ignore the words said by their daughter. They programmed it.

In 2014, Bao posted a sign on the internet because he wanted to adopt a boy or a girl as his stepson or stepdaughter. The gender requirements of that sign were quite vague. One year later, holding the dream of living in a rich life, Li started her movements together with her mother. In order to find a rich stepfather (her original father still lives). Finally, the destiny let those people meet together. At first, Bao wanted to adopt Li as her daughter, but Li's mother said that it is OK for Li to be his wife when she reaches her "adulthood". Wow, what a nice mom!

As a top-class lawyer who holds the green card of US, Bao would never imagine that he was ripped off by a family who holds only the primary school diploma. After he found out that Li was having multiple boyfriends as his "future wife", he went mad and cut off the relationship with Li. In order to stop Bao, Li called the police. The reason why the Yan Tai police ignore the whole thing is because Li withdraw the case a few minutes later! The netizens were totally, totally WRONG! In fact, instead of being a bad guy, Bao is actually like a stupid guy, who has been tricked for a few years.

The biggest winner? Well, the winner is neither Bao, who was deported on September 17th, nor Li, who has been investigated because her crime of fraud. Only our netizens have the last laugh. Let's cheer for the justice of our omnipotent netizens! Their justice wins again!

just a hug.

Q: Are friends as important to you as family?
A: Yes, they are. To me, friends are just as important as my families. When I get something good, I will definitely share it with my families, also with my friends. As they are both the most intimate people in my life, who share the equal importance.

Q: Do you think friendship changes as we get older? Why?
A: Yes, friendships do change as we get older. With time going by, sometimes the connection between us may not be so close as before. However, the distance could only separate our body not our heart. For instance, after entering different universities, the distance between my middle-school friends and me becomes longer, but when some of us encounter problems, we will soon give our immediate help to her.

During Mid-Autumn Festival, people in my hometown--Xi'an often give persimmon(柿子) to relatives as a present. As persimmons often get matured at that time during a year, the fruits are always tasty and full of nutrition. When parents visit other family during Mid-Autumn Festival, persimmons are decent gifts. Besides, people usually make some sugar pancakes(糖坨坨) which have the filling(馅料) of sesames, peanuts, white granulated sugar and brown sugar. Before we take a bite of it, fragrant smell often surround ourselves quickly.

THREE MOUTH

Author/ Xu Riuyang
Xie Duanyi
Wang Wanze

Chinese Mid-Autumn Festival is celebrated on the 15th day of 8th month in Chinese lunar calendar. In Gregorian calendar, it usually falls in September or early October. In Chinese culture, full moon symbolizes reunion, so that they reunite with their families for celebrations. They worship the moon together, appreciate the moon together, enjoy reunion dinner and even share one mooncake to celebrate the reunion.

After the National College Entrance exam I went to Amoy with my best friends and this experience was really impressive. For me, it doesn't matter where I am going. What matters is who I am going with. Hanging out on the fascinating street of Amoy at night and chatting with my best friends is one of my precious memories. I still remember the picturesque beauty of Amoy even the taste of the delicious food although two years have passed. Gulangyu Islet was the most impressive scenic spot in my memory and I would like to visit it one more time if I could.

Sichuan Province, in particular, makes ciba for the Mid-Autumn Festival to celebrate harvest and reunion. Put a pot of steamed glutinous rice into a big stone mortar and use a bamboo stick to pound it. When the glutinous rice turns into a sticky mess, sprinkle some glutinous rice flour on it and press it into small pies or balls. Dip the pie with some soybean flour, peanut flour, sesame, sugar, and osmanthus honey before eating.

Take a look at some "weird" mooncakes

月饼是中秋节的传统食物，象征着繁荣和家庭团聚。然而近年来新奇口味的月饼越来越多，一起来看看下面这些新奇口味吧！

Author/ Xie Duanyi

The Mid-Autumn Festival is celebrated every August 15 on the Chinese lunar calendar. It is the second most important Chinese holiday after Lunar New Year, with a history of more than 3,000 years. And the mooncake — a symbol of prosperity and family reunion — is traditionally tasted during the Mid-Autumn Festival. In recent years, people have tried hard to make mooncakes — especially during this holiday — special and creative. But when we try too hard, the results might go awry. Xiōolóngxiā is a type of crawfish or crayfish. You'll see it everywhere in China during the summer, when the xiaolongxia is at its fattest and most abundant. The flavors and preparation vary from restaurant to restaurant, but the most popular type of preparation is málà, or "numb spicy," using a mix of dried chillis with Sichuan peppercorns. As for me, although I am a super fan of xiaolongxia, I would rather just go to a restaurant to enjoy it.

street snack to a Chinese "national dish" after the COVID-19 lockdown, because of its instant cooking method and unique flavour.

Not everyone likes cilantro(香菜). But if you do, you may want to try this first-ever cilantro mooncake made by Taiwan cilantro maker along with Hong Kong dessert brand "Autumn Night." Both the crust(饼皮) and fillings(馅料) include cilantro powder(香菜粉), dried and fresh cilantro. Unluckily, it is only available in HongKong now.

Maybe this flavour is one which got inspired by Shanxi superior mature vinegar(山西老陈醋). With 10 ingredients and handmade Shanxi superior mature vinegar aged eight years, this vinegar mooncake is said to neutralize(中和) the pastry's greasiness(油腻) while strengthening the aroma. Shanxi superior mature vinegar is one of Chinese most well-known vinegar varieties and is made from sorghum(高粱), barley(大麦), and pea. It seems like that people who favour sour taste could have a try.

Above are some interesting mooncakes you may or may not ever want to try. Whatever, those are the crystallization of the wisdom of the bakers. So, just have a try-



Native to Liuzhou in China's Guangxi Province, luósifěn(螺蛳粉), or river snail rice noodles, consists of rice noodles, pickled bamboo shoots(腌笋), peanuts, tofu skins, and sometimes other vegetables. Known for its pungent(辛辣) and fishy smell(海产味), the dish has turned from a cheap



How Taylor Swift Transfers from Pop to Folk Start

Author/ Xu Ruiyang

The song that catapulted Taylor Swift from too-cool-for-country phenom to the-world-is-not-enough pop supernova was "We Are Never Ever Getting Back Together," the debut single from her fourth album, "Red," in 2012. The first of her songs to top the Billboard Hot 100, it deployed country references as a tease on the way to an ecstatically saccharine, unmistakably pop hook — a universal anthem of I'm over it.

Right after the song's gleeful taunt of a first chorus, Swift drilled down on just the kind of guy she was thrilled to be rid of: "You would hide away and find your peace of mind/With some indie record that's much cooler than mine." Sick burn. Delivered with an eye roll — literally, in the song's video — it announced that Swift understood the power and cool of her own music (which was not, at that point, widely conceded). And it tautly encapsulated the way that mopey interiority has often been perceived as — make that mistaken for — depth. That's about men, of course, but certainly about songs, too. It's a trap that whole genres are built on.

Now, eight years later, Swift has made, well, one of those records herself, or at least something like it. "Folklore," her alternately soothing and soppy, pensive and suffocating eighth album, is a definitive jolt away from the last near decade of Swift's high-gloss, style-fluid, emotionally astute big-tent pop.

Made from scratch in the quarantine era, "Folklore" was recorded at her home in Los Angeles, and written and produced in remote collaboration largely with Aaron Dessner (from the National) and her go-to emotional extractor, Jack Antonoff.

As Swift has long demonstrated, contemplation and exuberance aren't mutually exclusive, nor is brightness and reflection. And so "Folklore" songs fall into roughly two camps — excellent Swift-penned songs that are sturdy enough to bear the production, and others that end up obscured by murk.

Some of the album's best songs are mildly restrained versions of familiar Swift modes. On "Betty," she delivers teenage romantic regret with the icy, knowing vocal shiver she deploys in her most felt moments, with faint echoes of the wistful "Tim McGraw," her 2006 debut single. The airy, earthy "Invisible String," about trusting fate, is the only truly hopeful-sounding song on the album (and the only one about a happy, fulfilled relationship), and it features some of Swift's most vivid lyrics: "Cold was the steel of my ax to grind/For the boys who broke my heart/Now I send their babies presents."

More intriguing are the tracks where the experimentation with tonal approach succeeds. "Seven" opens with an ethereally lustrous vocal, with Swift sighing her lyrics, landing the rhymes in unexpected places. On "Illicit Affairs," she whispers her words like long-resented secrets

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Autobiography has always been baked into Swift's value proposition, both in the way she laded her songs with Easter eggs about her own life, and in how her artistic rise was echoed in tabloid hysterics. But in the "Folklore" liner notes, she emphasizes that the album spans multiple characters and points of view. Maybe it's true, maybe it's a feint — all writing is autobiography, after all. But either way, stating it outright is meant to demarcate the new Taylor from the old, and stakes a claim not to be scrutinized.

That's just one of her retreats here. "Folklore" is also a full retreat to whiteness after dalliances with Black music on "Reputation." (It is also, maybe, as close to a backdoor country album as Swift is likely to venture — see the harmonica and pedal steel on "Betty.") And given its overall dourness, it is a retreat from conventional pop language, which is to say, it may well be a retreat from radio. Not that that much matters for Swift, who has spent more than a decade earning her fans, and may well be approaching the Beyoncé stage of her career, where cultural authority isn't dependent on steady hitmaking. That's the new nature of pop superstardom anyhow — mass-scale cult figures superserving their most ardent followers by the millions.

Seen that way, perhaps the sonic experimentation on "Folklore" isn't really about embracing a new genre so much as abandoning any sense of duty to the ones she's been built upon. Country, pop, '80s rock, hip-hop: they've merely been vessels, weapons she knows how to trigger to advance the central tenets of Swiftiness.

The desolate, stubborn, overcomposed indie rock of "Folklore," though, is a tough thicket to tame. Sometimes Taylor triumphs, wrestling it until it's slack. But when it stifles her, it deserves all the eye rolls it gets.

The introduction of Folklore is as follow.

"We know that the government has made many relevant policies and made their efforts to change these situations. Also, there are a lot of spontaneous organizations and individuals providing volunteer service to help with the rural education. A lot of college students donate money, stationery and help to teach students in rural areas. I could see a lot of news about it, and I always asked me whether I can do these things too. Fortunately, I finally found the chances. I participated in teaching activities organized by my department. When I taught them things, when I played with them, when I looked those cute children's eyes, I felt so happy. I participated in fundraising initiative organized by our school, and when I was successful to persuade one people to donate money to buy stationery for rural areas, when I can be a volunteer to support rural education, I felt so proud.

So, whether joining in me and providing volunteer service to rural education in our country can be your choice. Go to see the shine from kids' beautiful eyes, feel the happiness and proud from your heart and make a little effort help other. Our efforts may not change a lot, but we can change a little. And adding every effort together to make it become "a half", then adding "the two halves" together to become the whole one to make a big change.

I believe that the shine of rural education's future is from every one of us!" Talor Swifts said in her Folklore.

与流行乐一刀两 断的泰勒

