Let ACM Into Your Heart



Country music is an ative of American music, reflects the strong American southern folk music style. One of its most notable characteristic is not affected by gender and age limit, is not limited by time and place, the singers can express their happiness and sadness.Now there are some changes about ACM's style.

By:Mo Zhou 120101108 Class 4

Next we will talk about the representative singers of ACM (American Country Music)

The Carter family is the first popular combination of American country music. The combination has AlvinPleasant Carter, his wife Sara Carter and Maybelle Carter. The songs they recorded in 30,40's are the source of American country music for us. In 1927, they recorded the single "Single Girl, Married Girl", the song was not only get Southern farmers'love,but also became popular in the city, becoming the first famous song of

them. In 1930’s, they have recorded hundreds of songs. A.P. Carter was obsessed with the Anglo American Folk, so the almost forgotten tunes will reappear in the Carter family album. I heard some of their songs, I found their music is smooth,fresh,bright and harmonious. As a folk pioneer, they opened a new era of folk music, is one of the most pure sound for me.

Nowadays, different from the Carter family’s smooth folk, American country music tends to pop music movement, Taylor Swift‘s songs are very popular among young people all over the world.She is a songwriter and singer. Her early songs are full of rural folk style, I most like the song which was released in 2008 – Beautiful Eyes, fresh and natural style, Taylor has sweet and powerful voice. After her song style tend to pop music, mostly about men and women love songs, is said to be inspired by her own experience of emotion. In the album she tried to break through herself, to use music and musical instruments, in fact, rural flavor is not strong, but the Pop taste relatively heavy, but she is full of rustic breath, with the rural atmosphere of lyrics, full of youthful strong emotions in the style, the songs are green spring taste,they into young fans heart. I feel Taylor is very true, her songs express the voice which is close to life and she is very talented and very hard work, so I think these are the reasons for her success and attract me.

How to adapt to China in two weeks



Laura, a language student at the University of Ulster, Coleraine, Northern Ireland, has come to Hangzhou as part of a two week trip as part of her degree. Being from the UK it was obvious that she may experience quite a culture shock and will need to adapt to China. We interviewed Laura to see if this was the case and if so, what surprised her most about China in comparison with her hometown and university.

BY SYD class3

“Firstly I want to comment on how we have been welcomed to the university, it has been second to none.

One of the first things that was hard to adapt to and to master was chopsticks. However, as time has passed, it has become a lot easier.

I have noticed a major difference between the road systems and

traffic control between the two countries. It appears that the UK has more rules regarding the use of the road.

The most obvious and not surprising difference between China and the UK is the weather as it is a lot warmer here. For us it was strange to see the local people using umbrellas in the sun as they are merely used for rain and bad weather in the UK, which it is famously known for.

Shopping in China is definitely cheaper than the UK, not only for clothes but for food as well. It seems that money would go a long way in China. On the subject of food, I have been pleasantly surprised but I think that I prefer the cuisine in the UK as there is more of a variety for every day meals.

Having travelled to a few cities during my stay in Hangzhou, I have noticed how the local people react to Western people. It almost seems like a novelty when there are Western people in the cities as we have had people asking for photos with us or have simply just taken photos as we walk past.

It appears that there were certain aspects of the culture that were harder to adapt to than others, for example the use of different toilets in China.

With regards to university life, in Northern Ireland if a student lives on campus, there is no curfew. Also, there are a lot more universities situated in Hangzhou, more than in the whole of Ireland. I have noticed that there are a lot of breaks during classes in university here, however, in the UK, and especially Northern Ireland, classes last for either one hour or two and there is no breaks during them. The only exception is when a student has a three hour class and so has a fifteen minute break.

As my trip draws to an end, I have to say that I have thoroughly enjoyed my time here and the experience of adapting to a completely new culture in such a short space of time. In terms of travelling, one of my favourite cities was Shanghai,

but I have also enjoyed other cities such as Suzhou and our visit to Westlake. If I have the opportunity in the future, I would love to return to China and travel to Beijing to visit the Great Wall as well as other famous cities in the country”.

Meet in Gongtan

This is a frontier town, there’s no crowd of Lijiang ancient town, it is quiet waiting for travellers. From dawn to sunset, walking on rough stone road, slowly feeling ancient times. Built on stilts along the River, high and low Windows, steep trails and so on, these are worth what you see here. You can come here and feel slow time before being over-exploited.



By: Xu Liu 120104135 Class4

This is a frontier town, there’s no crowd of Lijiang ancient town, it is quiet waiting for travellers. From dawn to sunset, walking on rough stone road, slowly feeling ancient times. Built on stilts along the River, high and low Windows, steep trails and so on, these are worth what you see here. You can come here and feel slow time before being overexploited.

Gong Tan is located on the edge of Wu River, and along the river in Guizhou county is separated from the river. When you first come to Gong Tan, You can stroll slowly along the short street, have a look the melodious Wu River and Stilted Building.
Traditional houses of the stilted building was built along the Yangtze River in Chongqing area, along the mountain, near the river, high and low stilted building embodies the wisdom of the people.
Standing in the old alley, there is no poetry of the South Lane in the rain, nor the warmth of Beijing Hutong. But there’s plenty of local customs and practices, lots of historical vicissitudes. Since ancient times, Gongtan is sea and freight transshipment center and an important market town on the Wu River. In the history, there are hundreds of kinds of businesses, the inn, and market. Stone cross stand out like a fish on roadside walls. It’s like a sideways the dragon carp. The locals stubbornly think it’s the incarnation of God, which will be able to shelter ships of the trip. So this “Carp” was sought after by the locals, many people traveling to sail here praying for good luck.
In ancient town, the most imposing building is “Western Qin Hall”, It was built in the Qing Dynasty years. This used be pray and theatre. There are well –preserved, the main temple in Sichuan, Mr. Tung Family Ancestral Hall, Western Qin hall and other ancient buildings.
If you have enough time, you can sail up river to seeing the most beautiful Wu River hundred miles art gallery, beauty of

the coast would render them all in front of your eyes.
Green hills and clear waters of the Gongtan are so beautiful, like a shining jewel of the Wu River. Gong Tan waiting for you.

http://www.tuniu.com/guide/v-gongtanguzhen-49/jingdian/

The so useful Coldplay songs



by xiaojiayi 130409132

They were met at a Coldplay concert held in Tokyo .her name is Olivia and his name is Sean .both of them are British but they willing to flight hundred miles just for a concert, for both of them are crazy fans of Coldplay .this is a magical encounter .every tear drops is a waterfall was singing and everybody was so excited including Olivia that excitedly jumped, and she stepped on Sean's foot. He screamed with pain and headed up looked the rude girl. She didn't realize the man who was stepped by her just fell in love with her by the single look. Sean pretended nothing happened and went to talk to her, talk about themselves, families, friends and Coldplay their love. They fell in love and moved together soon.

But things are always not so smooth, they often quarrel with each other for some simple reason. Now, Olivia is closing herself in the room and playing a rush of blood to the head.

She always plays this song when she was angry. Sean is sitting in the sofa in the living room without any idea what to do. Last night they were lying in the bed and Olivia couldn’t stop to praise Guy Berryman’s (base Of Coldplay) handsome. But Sean likes martin more so he said a man’s appearance is not everything, and he corrected her judge standard. Olivia gets a little mad and said:” you just jealous! “Then the fight started…

Now the song goes on, it is singing: I said I´m gonna buy this place and burn it down I´m gonna put it six feet underground I’m gonna buy this place and see it burn, do back the things it did to you in return . He started a little scared; for he started to image the view Olivia do the thing like the lyric. He begins to reflect himself, and he wants to say sorry to her, for being rude last night. Sean sit down and start to write a letter to her.

Olivia has been stayed in the room for couple of hours and she felt so disappointed, for Sean has no action to show any apology. Things goes to boring and she doesn’t want to stayed in the room any more. Suddenly, she heard something from the door side. There is a piece of paper on the floor . she pick it up and read: “dear ,I am so sorry for last night ,you know me, I always be passive and neglect your need ,you know I love you more than anything in the world ,so ,I don’t know what to say, I want let this song tell you.”

There is singing outside: Look at the stars; look how they shine for you and everything you do Yeah, they were all yellow i came along; I wrote a song for you… Turn into something beautiful you know? You know I love you so…

This is her favorite song yellow by Coldplay, Olivia burst into tears and rush out to embrace him who is singing this song.
You see? How magical the Coldplay’s song is!

listen to this wonderful song! http://play.baidu.com/?__methodName=mboxCtrl.playSong&__argsValue=2685932&fm=altg1&__o=aladin#loaded

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My life in China



I often hear many stories about life in China, and what it's like to live here. Because it is such a big country, I was worried that I would be lost in a sea of people, treated like a stranger. But that has not been my experience here at all.

By AMZ class3

When we arrived in China, the first thing I noticed about life in China was the difference in weather: In Ireland, it rains every day and is very cold, but in Hangzhou, the weather is

very hot, and I look forward to the rain! People also dress very differently – they wear much nicer clothes.

The girls also carry parasols, to keep their skin pale. I thought this was really unusual! In Europe, girls try to make their skin darker! The grass is always greener on the other side. The second thing I noticed about China is how people drive. The way Chinese people drive is crazy! They drive very quickly and don't pay much attention to traffic lights. The roads are also much busier. We visited Shanghai during the Dragon Boat Festival, and went to the shopping district there. There were a lot of people.

China is extremely busy. The pace of life is much faster. When we drove to and from Shanghai, the roads were jam-packed with cars everywhere. I learned that during the Dragon Boat Festival, people don't pay toll on the road, so many Chinese people drive on the road to visit family during this time.

The food is also very different here. I was surprised when I first visited a Chinese restaurant, because the food is served on a carousel, and we have to take small portions off with chopsticks, which can be very difficult! However, I feel like this is a good thing, because it makes us eat in smaller portions, but still feel satisfied. On top of this, we also eat on smaller plates, which make meals look bigger. It's very psychological!

The food itself is also something I am not used to. I have never eaten fish and chicken at the same time! I have also never eaten so much rice in my life, but I really love rice so I don't mind. We're often served a local specialty of this province, which is the fat of a pig's leg. The girls in my group try to avoid it because they are afraid of getting fat. But I like to eat, so I dig in. Staff in restaurants also treat us very differently here. In the West, staff try to look busy, but staff in China will stand at the table and watch us eat, incase we need anything. It's very unusual! But I like

it, because it shows that they care about their customers.

In fact, it is not so surprising considering how Chinese people are – very friendly! I feel like they will do anything for us if we asked them, to make us feel welcome. Chinese hospitality is very good. I can't complain! They are extremely friendly and our host university has done so much for us. Chinese students are also very friendly and eager to use their English, which is good, because my Chinese is not so good… yet! I am having a great time in China, it is not at all like what I was expecting.

An eye-catching American political struggle TV play



A person's character is not determined by how he or she enjoys victory, but rather how he or she endures defeat. This is one of the classical lines in a popular American political struggle TV play which is called House of Cards. The play spreads as fast as epidemic virus around the world in 2014. The record of the audience rating is quite high in China. Previously, Chinese audience has shown great enthusiasm in traditional palace struggle TV play which sets the background in Qing dynasty. In contrast, we are interested in a TV play that is anchored in western political culture. Do not be surprised. It is magical power of House of Cards that makes it attract attention in China.

By: Yuyi Zhang 120104203 Class 1

Recently, House of Cards has been universally acknowledged around the world. It tells a complex political story about Francis Underwood who is a ruthless and sophisticated American congressman with his ambitious wife operates power in the White House in Washington DC. He firmly believed that the new

president betrayed him because the new president did not keep his promise. Then Francis Underwood exploited a young reporter to achieve his own purpose by unscrupulous methods. In the play, you can experience fierce political struggle and witness politicians' insidious stratagem. It provides a chance for ordinary people to know more about political circles.

Beyond our widest imagination, House of Cards is also prevalent on the screen in China which country is famous for its complex political relationship. Although the TV play that is full of western political features, it still becomes a hit among Chinese audience. In fact, before House of Cards, a traditional palace fight TV play called The Legend of Zhen Huan is quite popular on the screen in China. The leading role Zhen Huan is one of an emperor's favourite concubines. She was a pure and innocent girl when she entered into the palace. However, the dangerous palace life and sophisticated relationship made her become more and more cautious and careful. In order to be the last winner, she had to compete with other cruelty concubines. A lot of audience lament that it is difficult and exhausted to live in the palace.



There is an interesting phenomenon that Chinese audience compare House of Cards with The Legend of Zhen Huan. They think both two TV plays show us some little-known stories behind the congress and palace. Maybe TV plays are exaggerated to some extent, but we cannot deny that they are attractive. However, Chinese audience deem that House of Cards is more meaningful than The Legend of Zhen Huan. The fight for power in the political circles is superior than the competence for attention in the harem.

What's more, not only president Obama appreciated House of Card but also one of the new Chinese national leaders Qishan Wang recommended it to public. He said that it can help us know more about policy and power. It is the first time that a Chinese leader makes high comments on a foreign drama, especially the drama is about policy. And this is a sensitive topic in China which has more than 5,000 years history and complex political system. Yuchen Zhang, a student from ZUMC says that the House of Cards is a mirror of current Chinese political situation even though it is an American TV play. As

the old saying goes, all crows are equally black, all wolves eat meat despite of capitalist system or socialist system.



As we all know, House of Cards is adapted from a novel written by an English author. With the hot broadcast, the original and translation also become best sellers in China. A loyal fan says that reading original book can bring you another wonderful world. Many people cannot wait to ask why House of Card is so eye-catching in China? Now, we conclude some reasons below:

- the TV play is of high quality including conception, scene and performance
- few Chinese TV plays reflect volatile political conflicts
- many political celebrities recommend it including a Chinese national leader
- it is a kind of cultural exchange between the eastern and western countries
- it exposes political secrets that public have great interest in

Do you want to watch this magic TV play? Do you want to know more about why Chinese audience are enthusiastic about it? Click this link , you will understand. In addition, if you want to buy original books, you can try this link.

Food is equal to the doctor

Put the food as a doctor and adjust diet to regain the energy of life and fun, this is the practice of wisdom. Let's get together with diet prevention and cure of disease of cardiovascular disease.

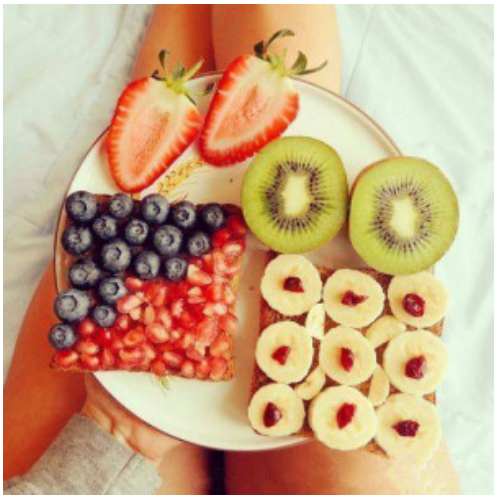
By: Kailing Xue 130111111 Class 2



Cardiovascular disease has been billed as the number one killer that threatens human health.At present all kinds of treatment of cardiovascular drugs, it is only take temporary solution not effect a permanent cure, can only control, can't completely successful treatment.Various surveys prove that nutrition is closely related to life and nature and reasonable diet can effective prevention and treatment of disease of heart head blood-vessel.

China's modern great revolutionary forerunner sun yat-sen is not only a great statesman, but also for traditional Chinese medicine and nutrition research. Sun yat-sen had treated a patient with high blood pressure.After sun yat-sen gave him a medicine, told him to take medicine alone are not enough,

still have to rely on diet to aftercare, and put the years used diet “siwu soup” recommended to him.The patient according to his request to do it, as a result, he recovered after a few months. This news spread quickly in the crowd.This diet is also known as “zhongshan siwu soup” and spread so far.”Siwu soup” was the result of sun yat-sen’s research on diet and nutrition, which is the collection with the 4 kinds of vegetarian. They are the day lily, black fungus, bean curd, bean sprouts. These foods have high nutritional value, composition is comprehensive, and they play a positive role in treatment of cardiovascular diseases.

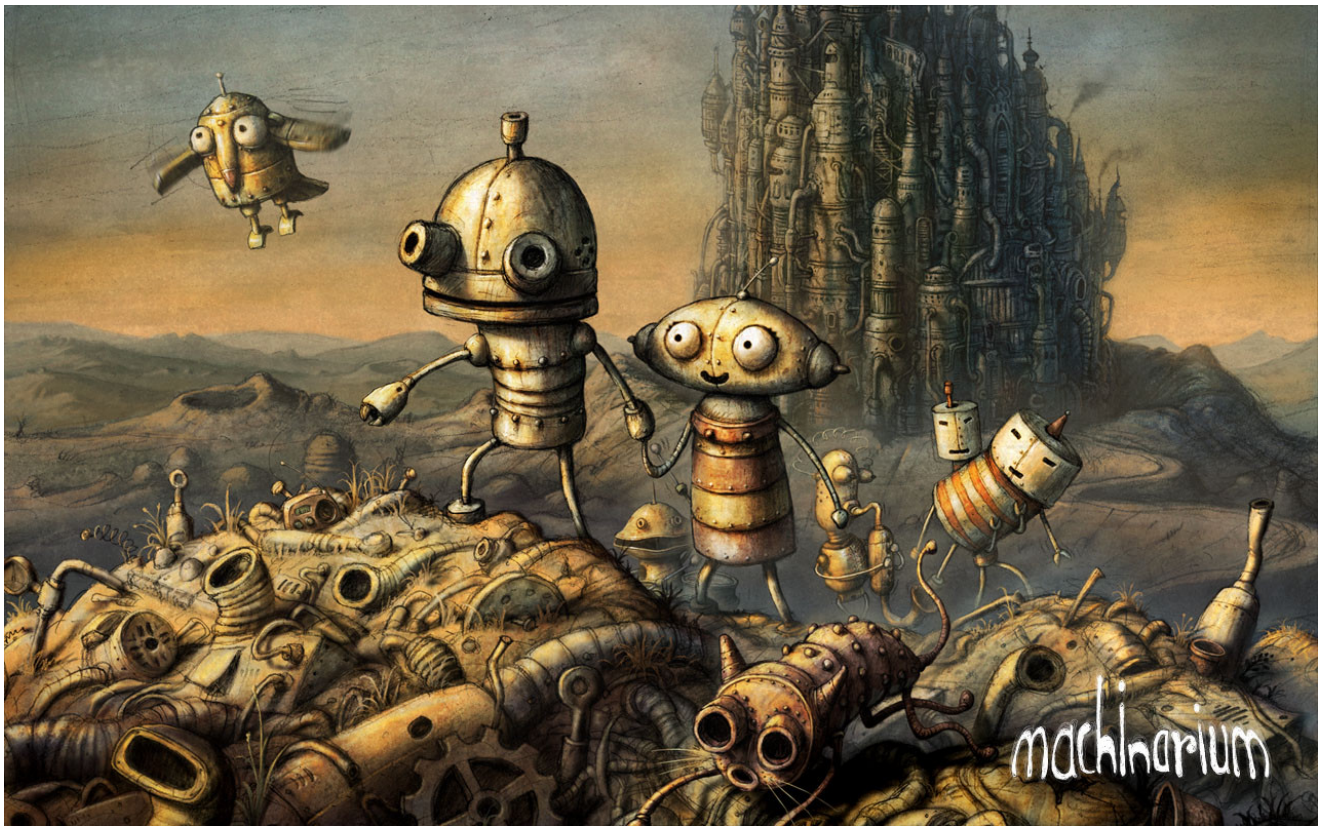


Put the food as a doctor and adjust the diet to regain energy and pleasure of life, this is the practice of wisdom. Here I’d like to introduce some prevention and cure of disease of heart head blood-vessel diet:

1, increase fiber meals: dietary fiber has the effect of lowering serum cholesterol concentration. Dietary fiber content rich food mainly coarse grains, dried beans, seaweed, vegetables, fruits, etc., which has the function of lipid-lowering common food and Onions, garlic, mushroom, black fungus, celery, etc.
2, eat more fish and fish oil: fish oil has obvious lipid control function, can prevent hardening of the arteries.

3, eat soy products: soy lecithin rich in a variety of human body must inside. Often tofu, bean sprouts and bean curd cake, soybean oil, soy products are beneficial to human body health, prevent disease of heart head blood-vessel.
4, in addition it should reduce the intake of fat and cholesterol: try to avoid high cholesterol foods, such as animal brain, spinal cord, liver, egg yolks, shellfish (such as: clam), software (e.g., squid, cuttlefish, roe).

Computer Games will be helpful to kids if you can treat it reasonably



Are you still concern your children are addicted in PC Games day and night? From now on, It does not need to worry about excessively. Because there is a new reported illustrate kids play PC Games properly is good to intelligent developing.

By: Xiang chen Wu 120905123 Class 1

Are you still concern your children are addicted in PC Games day and night? From now on, It does not need to worry about excessively. Because there is a new reported illustrate kids play PC Games properly is good to intelligent developing.

According to one study, action video game player decision speed faster than the others. 25%, and the accuracy will favorably. Other studies have also found that,the most skilled game player is the fastest six times per second can make

decision and action, speed four times faster than most people. In addition,America University of Rochester (University of Rochester) researchers said,skilled game player can focus on more than six things and not confused, and general people can also pay attention to four things. These studies were independent of the issuance of electronic and computer games business expansion.



Not all playing computer is a waste of time – you are exercising your fine motor skills. For example, you probably see this article by clicking the mouse, compared to other activities that are in our evolutionary history, operation of the mouse is a very strange thing: you by hand to move in horizontal plane, fine, make a vertical surface completely from the cursor on the subtle movement occurs the corresponding. Day in and day out through practice – computer users every day on average more than 1000 times – you click with the mouse has become the expert, though you never even realize that with such dexterity is wonderful. Scientists wanted to know whether this practice can affect the brain control to other areas of the body.

Want to be wise young brains? Play the game! Improve memory enhancing reaction force improve IQ benefits. “Machinarium” by the Czech independent development team Amanita Design designed and manufactured a adventure game (AVG). The game received visual art prize in 2009 the independent games festival. The game will be the traditional point and click interface before, play and Amanita Design produced “the Milky Way Adventure

(Samorost)” the same, game using 2Dbackground and character, no text dialogue, but “machinarium” game time will be longer and more complex, the game screen all painted by hand.



Effects of online games on the brain becomes a hot spot, researchers explore them, seemingly mechanical keyboard input, mouse clicks and handle control action may affect the game player behavior, even the concept of cognitive ability,and these effects are often the positive. “The Wall Street journal” reported in Robert Lee Hotz. USA University of Wisconsin (University of Wisconsin) effects of video games on various aspects ability psychologist C. Sean Green (C. Shawn Green) said, “electronic games will change your brain.” Read, play the piano or through London’s high streets and back lanes can also play the same role,studies show physical structure of these behavior will change the brain.Concentrated together with the neurotransmitter concentration (such as dopamine) beneficial surge, the potent combination can enhance the neural circuits, largely as exercise builds muscle. But Green said, “obviously not all activities are in the game the way the brain reward system to produce stimulation.”

That’s why i am fond of playing computer games which can help me to understand things from different degree. And I learned about something variously from games.
But i can control it effectively. It’s gonna be better.

The Sun Island is Full of Sunshine



There is a scene is probably a lot of people fantasize about: in a sunny island, the sea and the sky is the same color, the seagulls and the waves play together, and you are lying in the sun, enjoying the wonderful time. Does this sunny island really exist? Let me tell you, the sun island is in the northern of Songhua River, in Haerbing, Leilongjiang province.

By : Wankun Liu 130306118 Class 1

If I said that this world really has the sunny island, do you believe it? Of course, I said the island does not mean that the island is always sunny, but refers to the island's name is called "Sun Island". Why the name of the island is so special? There is a legend. The "Sun Island" was from the Manchu bream. Manchu has three kinds of patterns about the bream: the common bream called "sea flower", the black bream called "falu", the circular bream called "taiyian", and it is very similar to the "sun". So the "sun" of the Sun Island means bream fish. Anther argument is that the slope is full of clean sand, in the light

of the sun, the sand was hot, so the island called Sun Island. No matter what kind of view, Sun Island is like its name to let people feel the warmth of the sun.



At the beginning of twentieth Century, as the Middle East railway construction, many foreign nationals have come to Harbin. They found that the undulating terrain and the rivers as a network of Sun Island is a good place for the summer. So they began building villas. The expatriates brought their families, they have a picnic, hiking, wild bath at here. These exotic customs of life become a special cultural phenomenon in Sun Island. These customs even still in effect today Harbin people's ordinary life. Now, Sun Island is not only still retain these cultures, it began to build the ecological island. People used the natural terrain, water and road links with the space, made the landscape is not only a complete system, but also relative independence.

The Sun Island scenic spots are full of sunshine, too. The sun stone is a very eye-catching landscape. You can see it at a glance. In 1979, a song "Sun Island" made the Sun Island was famous at home and abroad. So the tourists increased. When the visitors land, always ask "where is the Sun Island?" So the Sun Island scenic area construction headquarters decided to erect a monument to show visitors. And the stone is engraved with "Sun Island". Now, the sunstone has been called the Sun Island sign.



Snow only spears in winter, but in the ice& snow art museum of the Sun Island, you can see the ice and snow any time. The art museum is divided into five scenic spots. Each area has its own unique characteristics. It makes people find the snow is different, snow not only means cold. It lets people feel the ice temperature in the Sun Island.

If you can set foot on the warm land, please do not mean your eyes, enjoy the beautiful scenery of the Sun Island, please do not save your embrace, hug the warm from the Sun Island!

Touch my heart Kenting



Kenting is a small city in the south of Taiwan, a small island. The beach is very beautiful! Although most of cities of Taiwan are facing the sea, the sea here is the most beautiful. Kenting's many scenic spots are on its left and right sides of the Hengchun Peninsula. In the frog Stone Park Beach trail on looking ahead, the Taiwan Strait, the Bashi Channel, the Pacific sea panoramic view, blue seawater has 3 different colors!

Hengpeng Li 130306107 class 1

Kenting is a nice beach town in southern Taiwan. There is year-round sunlight . I have ever seen "Wayward Kenting", which tells a love story of four young people. That deeply attracted me to go there.

I had a good time last summer vacation. My families and I went to Kenting for it. The scene there was really beautiful. Blue sea ,blue sky and the flying sea mews made up of the natural beauty. My father and I swam in the sea, and my mother lay on

the beach for sun shower comfortably. What was more, we also went boating by ourselves. At the same time, we took many pictures for memory.



There is much enjoyment to be gained by strolling along the seashore. Many people who live far away from the sea envy those who live near it, like me. They sometimes form excursion parties and go there to spend their holidays. To gaze upon a calm sea and watch the ships as they move steadily and quietly through the water is very pleasant. But on a summer day, when the air is warm and the sky is blue, it is more pleasant to walk on the shore and collect pretty pebbles, shells, and seaweed. However, the most wonderful scene of the sea is witnessed during a storm, when the waves rise and fall with much grandeur.

At times they look like huge mountains with valleys between; and when they dash against the shore with a hiss and roar, they break into spray. Walking along the seashore is more than being a pleasure.

The sea breezes are highly beneficial, so, a walk along the seashore is recommendable to those who are so fortunate as to live at places where the seashore is within their easy reach.

From as far as you could see on the left and right was open water and sand. The splash of small was open water and sand. The splash of pieces of seashells lay scattered on the beach and small holes covered the sand where the crabs had dug in.

The wind felt soft and warm and the water not very chilling. Far in the distance the sun was changing colour from a yellow to an orange and then to a red ball hanging over the horizon. The horizon was a long grey line broken once by the outline of a ship or a fisherman’s boat. Here lays the peace and tranquility that poets, writers, and artists alike try to capture in words and paint.



I really like the sea. Seeing it makes me relaxed and peaceful. After sunset, the sea becomes so different from daytime. The sea breeze makes me comfortable. Walking without shoes feels great, because the sand is so soft. Sometimes, we will play games on the beach or make some sand sculptures. It’s really funny. Besides, there are many people on the

beach, and we often talk to them or play with them. Therefore, it’s a good chance to make new friends there.

At night, the lights are all lit the roadside shops, small stalls selling all kinds of souvenirs, there are a variety of local snacks. Here, you can wear flip flops, painted tattoos, bubble PUB, drink tea, roadside stalls to eat, to experience the most authentic flavor of Taiwan.