

Fly your minds away



We have been told of every thing, such as what you should do, what you should choose and what kinds of person should you be. It's not wrong to follow the rules, but there is something hiding behind the fact, that's we are losing our heart and inner. Finally, maybe we gonna find out a strange self, a hard and painful process, but you must suffer.

Things always be objective in tough days, we met many problem and fight a lonely battle. If you do not want be gone too far, travel in a nice day is my advise. At least decrease your coufusion, make your heart a forest, but not a desert. My college located in Tongxiang, this is my fate to suffer. I was wandering how busy my college was, but the truth is flesh and blood. Tongxiang break my dream and give me a hard choice, my tour must be in a hard way, my position is in the center of Shanghai, Hangzhou, Suzhou Golden Triangle, East 130 kilometers away from Shanghai, 75 kilometers from the north of Suzhou, 65 kilometers west of Hangzhou. So, let me tell you those things

about my resort.

1. SU ZHOU

First memory of there is silk and river, and beautiful Miss. Because there was a beauty called Xi Shi end her story here. Suzhou, one of the big city in East China Chinese, located in the southeast of Jiangsu Province, the Yangtze River to south central, east coast of Taihu, Yangtze River delta. Suzhou has a long history, is the first batch of 24 national historical and cultural city. Suzhou has written Loading history for more than four thousand years, is the birthplace of Wu culture and synthesizer, a long history of area south of the Yangtze River is the political economic and cultural center, Suzhou city was founded in 514 BC, one of the Chinese's oldest city.

2. SHANG HAI

Shanghai is located in the Yangtze River Estuary, east to the East China Sea, across the sea with the Japanese island of Kyushu, Hangzhou bay to the south, West and Jiangsu, Zhejiang two provinces are connected, together constitute the "Yangtze River Delta economic circle, with Shanghai as the leading Chinese maximum economic zone". Shanghai has a profound cultural background of modern city and many other historical monuments, integration of cultural diversity of southern traditional culture and the local immigration into Wu Yue, formed a unique Shanghai culture.

3. HANG ZHOU

Hangzhou is located in the southeast coast of Chinese, the northern part of Zhejiang Province, the North Bank of Qian Tang River, Beijing Hangzhou the southern tip of the Grande Canale, the National Tourism Administration's China best tourist destination city, since ancient times, "an earthly paradise" reputation. In my long and excited tour, it is never boring. I had ride to Qiandao Lake and rethink my life. What you

can see is just road,tree,and mountain.Besides nature,there is only you stand in ground. By the way,my wheel was broke in Hangzhou,and that is really tough for me.I fixed my bike by my self,half an hour,not bad.It was a dark afternoon,seems like a ride with out ending.It was 270 kilometers,a crazy but Unforgettable ride.

My minds seems my wheel,where it will be,where it should be.

Basketball in life



by Zongwei Qu 134901108

Laws of life is basketball! A law of life is something that we choose to live by that guides us. The first law of life we need to choose to live by is bravery.

Bravery is having or displaying a sense of courage as well as being a daring individual. It is also a person who lacks the qualities of being cowardly or timid. Throughout history most great leaders showed that they were very brave individuals through their actions and as well as the way they carried themselves. They did not allow what other people or forces said dictate their actions. The character that shows bravery in the story, made it entering the NBA after the hard training. Even though the training might be hard and sweaty, he never gives up for his dream. He fights through himself in

order to success. He welcomed every single challenge, because he knows that "trouble is the power that keeps you moving".

Bravery on itself is not enough. When trouble comes, if you only have bravery but did not show any action, that is not success. The character kept moving when the adversary came to him. He never give up, because he knows that basketball is his life and he will like it for his whole life. At this time, if he gives up, he will never make himself into NBA, and will regret for life. Challenges are necessary in order to grow as individuals; they are necessary to improve our skills and polish up our talents; to help us to become as successful individual in whatever endeavor we are involved in. And above all, challenges help us to discover who were really are and what we can do in difficult situation.

One you take the first step and decide to face a challenge, you have to state the problem and do it as clearly and exactly as you can. Your challenge might not like the ones the leading character had in this story, but what is similar is that you have to take time to understand properly the problem you are facing. It is important to continually challenge yourself in order to boost your power up. Find your favor and interest, put yourself in a challenging situation and try your best to overcome it. Stay calm and focused. Challenges help you to get out of the comfort zone. What does not kill you makes you grow stronger.

People will always hurl stones of taunts in their path of life. It totally depends on ourselves, what we make of it a wall of difficulties or a bridge over difficulties. We must be brave and accept it mentally because you never regret on your own decision. We cannot turn back time, but we can face our challenges and never let them defeat us to the path towards our success. Your inner self will be victorious and the difficulties will be defeated. Be brave, and live for your life. Do your favorite things, and never say give up?

Summer In clothes

Spring has come, can summer be far behind? This time of year, the city's high streets and back lanes like runway, while girls wear the best clothes to show their sexy or beautiful. In fact, dressed like a maths problem, need to seriously ponder. A lot of time without thinking dress is likely to make you look bad. In this article I will describe how to dress looks classy and eye-catching.



By Heyu 120210139

Every year at this time, the street girls tend to be divided into two kinds: one is the legging, love repair leg pants; one is bare legs, selected shorts completely show the leg. Slim pencil pants are also can show curve, completely end the effect as shorts, this dress will recommend several nice shorts, let us show a little guilty.

In my opinion, There are three importance for us to pay attention.

1. Colour

The difference is too small, too close to the tone easily confused with each other, the lack of layering; much difference, for Too intense than the overall tone is easy to split. When the same kind of deep color with the best, in light of the three Level changes, with less than three levels seemed more monotonous, and easy to produce excessive levels Tedious, rambling effect. Such as red tone was the same color with red woolen skirt by Rose, Camel red sweater, dark purple shoes, red garnet earrings and makeup composition.

2. Material

The choice of fabrics to reflect the dressing grade , high-quality , high-end fabrics , most with a comfortable, absorbent, breathable , drape crisp, visual elegance , features and other aspects of soft touch ; while the choice of fabric should also pay attention to whether their own body type , I had to accompany my mother who had just given birth to go out to buy clothes , and then tried to know , the kind of fabric soft close is absolutely not to try .

2. Style.

There are many styles of clothes , formal wear, casual wear , home wear , and so on . Style choices , the first occasion was in line with their own dress , a dress is not what can wear out ; addition is well to show their body type , most people are not perfect figure , more or less some deficiencies, dressing to note Cangzhuo , but also highlight the beautiful parts of his body .

In fact, everyone has their own taste, so be sure to find your own taste and match clothes , clothing beauty more beautiful. We go shopping with friends , may have such feelings, others suggest that you wear fancy clothes body , you will feel uncomfortable , I feel it is not their own to wear , this feeling is very important. Low-key people do not choose too

provocative clothes, but restrained personality who likes to wear the clothes are formal rules , but personality may idle much love loose casual models .

Clothes with a more artistic, but also requires skill.

Be a player on weekends

Be a palyer on weekends and enjoy your leisure time in Tongxiang!

By :Chengzhizi Tan 120909213

Players,generally what plans for this [weekends](#)? “player” as a senior,I will recommend you to the following weekends getaway route,you can play through the following visit route times Tongxiang tourist attractions surrounding the use of the weekends.Follow me and have fun!

Players’sstrategy□Route 1: First of all, as a player,I will tell you of all that you could start from the zhejiang institute of media and communications,visit the Tongxiang Feng Zi Kai memorial hall,the scenic spot is a national sopt of 2 grade A,Shimen town is located in Tongxiang city,in this scenic spot can visit feng zikai’s former residence “YuanYuanTang” and the appreciation of Feng ZiKai’s cartoons,feelings of Feng Zikai caricature of humanities.After visiting, you can visit the nearby “Luo Gujiao sites”, here is the national key cultural relics protection units. Next, if you are religious, you can visit the fu yan temple, and eating vegetarian diet as noon there Then in fu yan temple in the teahouse to drink a cup of tea, and make a little rest. Until the evening, on the way back, after “Qian Jun kiln art institute” visit, the museum visitors, artists, to give

lectures, communicate, and an ideal place for exhibition, you can go in to enjoy the calligraphy and painting and cultural relics.

Have fun on weekends!

Route 2: Travel to wuzhen and itinerary for the day. Wuzhen has a white lotus tower, ancient wuzhen stages, MAO dun memorial pavilion, fix true view, jiangnan best bed, liquor workshop and bar street, where you can spend a day to play, and guarantee the buzzing, linger.

Route3: I recommend you can go to Tongxiang world trade center to go shopping, especially the leather would be in the city to buy genuine leather goods. You can play through the following visit route times Tongxiang tourist attractions surrounding the use of the weekends. And wish you have fun in Tongxiang. Be a player on weekends and may you have happy outdoor living in Tongxiang.

Kite flying is also a life skill



The kite, which has over 1000 years old, is more and more popular right now around the world. Kiting is already not only for fun, but also could prevent some neck disease happening especially to those people sitting in front of the computers all the day. Fly a kite, you need running, heading, One more important thing is you need some skills, especially to the new players.

By □ Grace 131005123 Calss1

On a sunny weekend, I cheerfully go to fly a kite with my roommates. We went to a square place and many people already are there, some people are camping, the children are running and laughing, some people are flying their kites. Many colorful kites with lovely images are in the sky. What we flying is a Nemo, very cute fish.

Unfortunately my roommates and I are new players, we tried and tried many times to fly the kite, but we cannot make the kite

even over 5 meters. Then we need the help, we are so lucky that we got the instruction from a warm heart uncle, he give us some advices which help us a lot.

First of all, the player needs to know the direction and the strength of the wind, this could be defined by watching the flying flag or smoke or you could figure this out by thronging a piece of leaf or a small piece of paper. How to judge the strength of the wind?? See how far the leaf flying, LOL.

When you feel the wind is strong enough, you can take the kite run against the wind direction, loose the kite line when you think the kite will hold in the sky. Loose your line slowly to make the kite clime up in a slow way. During this time, if the wind gets weak, you have to take back the line fast to make the kite continuously climbing up. Certainly when the kite pulls the line harder, you have to loose the line a little bit. So this is a kind of game back and forward, general speaking, the purpose is making the kite staying in the sky stable instead of falling down.

Sometimes the wind gets stronger suddenly, the kite swings in the sky sharply, then the player has to loose the line fast or step forward faster to make the kite stable in the sky. Oppositely, when the wind gets weaker, the player has to take back the line fast or step back faster.

In case of two kite lines tangle together, the worst thing is the player takes back the lines which will make the kite loosing balance and fall down immediately, the correct action is : DONNOT PANIC, two players get closer, exchange the positions, loose the line a little bit, the lines will release accordingly.

Finally, when you take the line back, you have to take much care of the tall building or trees, try to stay away from those tall things in order to avoid falling kite hanging on it.

With the instructions, my roommates and I try several times to make the kite flying, in the beginning, it fails because we could not cooperate successfully, but finally we make it! Nemo is flying in the sky! How happy we are when we see the kite climbing! We are trying to make the kite as far as possible till the line ends.

That is really funny for [kiting](#), we are sure this is not the last time we go.

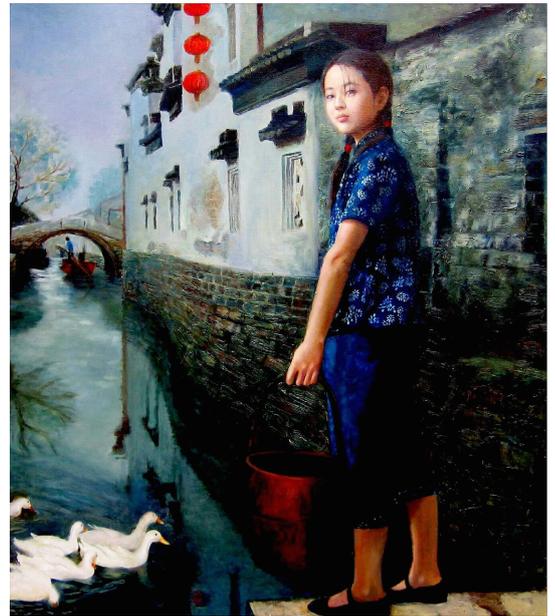
Tales of Yummy Snacks and Lovely Girls☺



Have you ever seen adorable girls peddling great looking snacks on the street in Tongxiang? I bet you do. But do you know the anecdotal tales of those girls and their delicacies? Actually, these stories happened hundreds of years ago.

By: Shelbie ☐☐ 120909137 Class 1

During the MING Dynasty, there was a Zhang family who owned a pastry store called Tianshun in the town, selling crispy pastries for their living. The storekeeper known that the secret they did excellent business was their special recipe. Just the same as all the other families in old China, only the son and his wife could know what the special recipe is. The little sister, who would be identified as a member of another family when she get married and move in with her future husband, was forbidden to know the recipe. The little inquisitive girl felt really disheartened cause she always wanted to do some help to the family business.



Once, a sudden rain came when the sister-in-law was busy preparing the stuffing, she rushed out to pick up their clothes outside the gate. The little curious girl then secretly sprinkled salt on the stuffing as a mischief out of her years of jealousy . But surprisingly, all the customers came back the next day, praising the yummy taste of yesterday's crispy pastries. After everyone figured out what was all that about, the father made a decision – impart the special recipe to the little girl and give the yummy crispy pastries a new name called “Gusao pastries”. In later days, the girl and her sister-in-law worked together on making “Gusao pastries”and became really intimated. From then on, both the “Gusao pastries”and the interesting tale became more

and more famous in the town. As we could see in this old story, girls always have lovely personalities, no matter in the old days or in nowadays; If you are also interested in this dulcet “Gusao pastries”, here is the [link](#).

The other famous local snack which have a tale with girls is called “Malt Glutinous Rice Cake”. Only when on every year’s Tomb-sweeping Day in Jiangnan Region, women go pick cudweed and malt to make “Malt Glutinous Rice Cake”.

According to legend in waterfront town culture, the glutinous cake which only supplied on time of Qingming, is Chinese Silkworm Flower Goddess’best favor. You can still see adorable girls peddling “Malt Glutinous Rice Cake” on



the street during the Qingming Festival, it is the same as the scene of the street once upon centuries ago. The wish in girls’ hearts are all the same – waiting for the Silkworm Flower Goddess! They do believe one of their customers is the goddess! Next time when you are buying “Malt Glutinous Rice Cake” from those adorable girls, make sure you won’t forget to notice whether they are smiling at you or not. Cause if they are really smiling, maybe they believe you are the Silkworm Flower Goddess from the legend! In consideration of the Tomb-sweeping Day has already passed, here is the link of the cooking method of [“Malt Glutinous Rice Cake”](#) for you.

Right here in Tongxiang, hundreds kinds of yummy snacks are waiting for your tasting, you can find them everywhere in the town.

Also, if you are a indoorsy person just like me, the best recommendation for you to get these snacks is [online](#)

[purchasing](#), or learn to [cook them in your kitchen!](#)

Cantonese morning tea



Zao Cha, or morning tea, is the typical morning activity in the daily life of Canton people . When you waking up in the morning with the singing of the birds, having a cup of tea to refresh breath and oneself, tasting snacks to stimulate a good appetite, it is really a fantastic life!

By:Yangshangrong 130307212 Class 4



Brief introduction

When I checked the previous photo, I can see a girl was eating the chicken feet and smiling. Her mouth still covered with broths. So hilarious! Yes, that's me. Maybe it was my first memory about morning tea. As a Cantonese, morning tea is not only a diet, moreover it is a special habit for us. Until today, when I go home, my mom will call my aunt and meet together. It is an opportunity to narrow our distance. Sure, to our teenager, we won't be interested in the topic which they talk about, we always taste the delicious food.

Let's talk about the morning tea. When referring to the traditional Canton culture, morning tea culture can not be missed. On the morning of weekends especially some holidays, Cantonese will begin their morning tea activity. Generally, the morning tea will be joined by a whole family or a group of good friends. In Cantonese idea, morning tea is an enjoyable thing which can spend leisure time and relax selves thoroughly.

Thus the name "morning tea", tea is the necessary part. Morning tea prefers to take the black tea because it functions to warm the stomach and be an advantage for digesting. The common tea used in morning tea will be oolong tea, tieguanyin tea, pu'er tea. The black tea is in a little bitter taste and not as crystal as the green tea, but it is the golden pair for snacks in morning tea.



Snacks Served in Morning Tea

Actually morning tea refers to dim sum, a Cantonese term referring to small Chinese dishes, accompanied by tea. So having morning tea is also called “eating morning tea” in Guangdong.

There are two kinds of morning tea – the solid ones and the liquid ones. The solid ones can be Chinese dumpling, steamed buns, glutinous food, etc, and the liquid ones can be porridge, guiling jelly, beancurd jelly, etc.

Compared with solid ones and liquid ones, the former ones can be regarded as the highlight of Canton morning tea. For example, the representative – shrimp dumpling (you can find this dish in any restaurant that serves morning tea in Guangdong, and it can be regarded as a simple of authentic Guangdong restaurants). The transparent dumpling wrapper with the shrimp materials inside will bring you a fresh taste. Besides, the egg tart which can be found in some high-end restaurants will let you have an unforgettable feeling when enjoy it.



Origin of morning tea

Morning tea culture now is not only popular in Canton area, but also an oversea trend because of the more and more overseas Chinese. It is easily to find Canton morning tea restaurants in New York or Los Angeles, even in the remote islet in South Pacific Ocean.

When it comes to the source of the Cantonese morning tea, it often dates back to Qing dynasty which can be traced back to more than 150 years ago. At that time, there was a simple teashop called "one house", offering tea and snacks for those seeking refreshment, which had a board with "tea word" on the door. Later on, with the boom of commerce on Guangdong, more and more businessmen needed a place for social activities. Teahouses soon began to emerge and developed gradually into tea restaurants.



Although with the rapid development of the economy in

Guangdong Province, this kind of traditional culture was still excellent maintained, and now it becomes a beautiful scenery line and the great symbol in Cantonese leisure life.

[For more information please clip here.](#)