

Your Window on the World

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STUDIO CLASSROOM

7 JULY
2018

Advanced

彭蒙惠英語
金鼎獎雜誌



A Look Inside Amazon's Spheres

西雅圖的活力生態圈大樓

Getting Back
Your Passion

找回工作熱情

Ways to Approach
Weight Loss

健康瘦身法

超值訂閱 再享
手提音響5折

練就好英文 專案

優惠期間：2018/6/16-7/15



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Vocabulary Focus

Cut out these vocabulary cards.

Review these vocabulary words every day.

July 2, 3

the human touch (n)		平易近人的待人方式
tenacity (n)	[təˈnæsɪti]	堅持，頑固；韌性
immune (adj)	[ɪˈmjun]	不受影響的
humane (adj)	[hjuˈmen]	(尤指對待受苦者) 善良的，仁慈的，人道的
banter (n)	[ˈbæntə]	開玩笑，逗樂
brevity (n)	[ˈbrevɪti]	簡短，簡潔；短暫

July 9, 10

uproot (v)	[ʌpˈru:t]	逐出家園；使遷移他處
erupt (v)	[ɪˈrʌpt]	爆發
thatched (adj)	[θætʃt]	用茅草覆蓋的
normalcy (n)	[ˈnɔːrməlɪsi]	正常狀況；常態
inhabitant (n)	[ɪnˈhæbɪtənt]	住在該處的人、畜
-ridden (suffix)	[ˈrɪdn]	充滿…的；滿是…的

July 3, 4

imposition (n)	[ɪmpəˈzɪʃən]	勉強；打擾，麻煩
bask in (something) (phr v)		沉浸在…中
nook (n)	[nu:k]	角落；隱蔽處；幽深處
bustling (adj)	[ˈbʌslɪŋ]	熙熙攘攘的；熱鬧的
entity (n)	[ˈentɪti]	實體；獨立存在體
scour (v)	[skaur]	認真搜索，細查

July 10-12

studiousness (n)	[ˈstʊdiəs,nɪs]	好學，用功
harrowing (adj)	[ˈhæroɪŋ]	令人痛苦的；折磨人的
reach out to (somebody) (phr v)		伸出援手
take stock (idiom)		評估情勢
loom large (idiom)		顯得突出；變得嚴重
reality check (n)		面對現實，反思現實

July 5, 6

evoke (v)	[ɪˈvok]	引起，喚起(記憶或感情)
attire (n)	[əˈtaɪr]	(尤指特定樣式或正式的) 服裝，衣著
intersperse (v)	[ɪntəˈspɜːs]	無規律地混入；散佈；點綴
moniker (n)	[ˈmɒnɪkə]	名字；綽號
coax (v)	[koks]	哄勸；勸誘；哄騙
be glued to (something) (idiom)		全神貫注地盯著…看，目不轉睛地看

July 13, 14

play it safe (idiom)		謹慎行事
smarts (pl n)	[smarts]	聰明；智慧
provoke (v)	[prəˈvok]	對…挑釁；激怒
downpour (n)	[ˈdaʊn,pɔː]	傾盆大雨
deterrent (n)	[dɪˈtɜːnt]	制止物；遏制因素
dissipate (v)	[ˈdɪsəˌpet]	消散

July 6, 7; 9

expertise (n)	[ˌekspɜːˈtɪz]	專門技能(知識)；專長
spectrum (n)	[ˈspektrəm]	(看法、感覺等的) 範圍，各層次
stick to/with (something) (phr v)		繼續努力做，堅持做
prestigious (adj)	[preˈstɪdʒəs]	有威望的，有聲望的，受尊敬的
crop (n)	[krap]	(同時湧現的) 一批，一幫(人或事物)
crossfire (n)	[ˈkrɒsˌfaɪr]	交叉火力，交叉戰火

July 14; 16

soup (something) up (phr v)		增加馬力；使進化
adept (adj)	[əˈdept]	內行的；擅長的
clad (adj)	[klæd]	穿…衣服的；覆蓋著…的
affluent (adj)	[ˈæfluənt]	富裕的；富足的
bewitchingly (adv)	[biˈwɪtʃɪŋli]	迷人地，令人銷魂地
clamber (v)	[ˈklæmbə]	(手腳並用費力地) 攀登，攀爬

Vocabulary Focus

Cut out these vocabulary cards.

Review these vocabulary words every day.

July 9, 10

- * Ben's father's job **uprooted** their family and moved them across the country.
- * After Chris spilled the milk, an argument **erupted** in the kitchen.
- * The **thatched**-roof houses didn't survive the storm.
- * The new student desperately wanted **normalcy** after switching schools.
- * The **inhabitants** of the village were forced to move due to government orders.
- * Briana had to throw out all of the clothes in the attic because they were moth-**ridden**.

July 10–12

- * Taylor's **studiousness** impressed her professors.
- * It was a **harrowing** week for all of the employees who recently lost their jobs.
- * It's important to **reach out to** those who are in need.
- * After the stock market crashed, investors needed to **take stock** of how they spent their money.
- * The deadline for my project began to **loom large** the closer the date approached.
- * After getting arrested, the man was desperate for a **reality check**.

July 13, 14

- * To **play it safe**, you shouldn't leave your groceries in the hot car.
- * Kendra is known for her **smarts** but not for her common sense.
- * The child was bitten because he kept **provoking** the mean dog.
- * We were caught in a **downpour** while having a picnic in the park.
- * Peppermint is a good **deterrent** for keeping squirrels out of your garden.
- * The company's funds gradually **dissipated** as the building project stretched on for years.

July 14; 16

- * Mark's old car has been **souped up** and can go faster than most new ones.
- * Tammy is quite **adept** at learning new languages.
- * She was upset after the children entered the house after school, **clad** in their dirty uniforms.
- * The family next door was reluctant to introduce themselves to the new, **affluent** neighbors.
- * The artist got lost staring into his subject's **bewitchingly** glowing eyes.
- * The kids spent the day **clambering** up the hill and rolling back down.

July 2, 3

- * Dr. Walker is considered to be a great surgeon, but she certainly doesn't have **the human touch**.
- * After years of commitment and dedication, the group's **tenacity** has finally paid off.
- * We hope Stan is mature enough to be **immune** to peer pressure.
- * We should always strive to be **humane** in our dealings with others.
- * Mrs. Miller enjoys deep, thought-provoking discussions, but her husband prefers lighthearted **banter**.
- * The boss appreciates **brevity** in our reports, so don't make yours too long.

July 3, 4

- * If it's not too much of an **imposition**, would you take me home from work today?
- * The actor **basked in** the adoration of his fans who were eagerly waiting for photographs.
- * Jo's favorite place in her house is the small reading **nook** upstairs.
- * Bangkok is a **bustling** city with both modern conveniences and traditional markets.
- * The two companies merged to form a powerful new **entity**.
- * Following the plane crash, police **scoured** the area for evidence.

July 5, 6

- * For me, this song **evokes** wonderful memories of my childhood.
- * Formal **attire** is required for Friday night's party. Please be sure to dress appropriately.
- * Christopher decided to **intersperse** the purple flowers throughout his garden.
- * The Devil's Pool, as the **moniker** suggests, can be quite a dangerous place.
- * Angie **coaxed** the frightened kitten out from under the bed with a bowl of milk.
- * Our whole family **was glued to** the television, watching tonight's championship basketball game.

July 6, 7; 9

- * If you have a computer question, ask Sally. That's her area of **expertise!**
- * There's a wide **spectrum** of ages in this class; we have 7-year-olds up to retirees!
- * She's not very happy at her job, but for now she's **sticking to** it.
- * Harvard is a **prestigious** university.
- * This new **crop** of interns is very hard-working!
- * The soldiers refused to move because they didn't want to get caught in the **crossfire**.

Letter

FROM YOUR Editor



Dear readers,

When something you're doing gets hard, what do you do? Do you give up, or do you stick to it and get through the rough spots? I try to stick to it and get through the rough spots.

In July, I often think about doing summer activities, such as swimming or scuba diving. When I was first learning to dive, it wasn't always easy. I had to practice and overcome my fears. So take heart,

and give whatever you're doing your all, whether it's learning English, learning a new skill or sports, or something else.

In *Advanced* this month, we have an article called "The Ocean Is the Classroom" (p. 16). The article talks about kids being challenged to overcome their fears while learning a new sport. They have to stick to it to succeed—and they do, with encouragement from their coach.

Maybe some of you are trying to lose weight.

That can be an uphill battle, and you may feel like giving up. But we have good advice for you in "Ways to Approach Weight Loss" (p. 42): Stick to what works, and avoid the myths. You can do it!

And don't let anyone tell you that details don't matter—they do, especially when it comes to using correct English. The ability to communicate in writing and speaking is of paramount importance, so strive to do it well. You can read more about this in "More Than Words" (p.34). Keep studying *Advanced*, and we'll help you all we can!

We hope you'll enjoy every article this month. You will learn something new and perhaps something that will inspire you to keep going when the going gets tough!

Your Friend for Life,

Doris Brougham
Doris Brougham

“... There is no universally accepted central authority on English grammar and usage.”

—Excerpt taken from *The Writer* magazine,
Off the Cuff by John McIntyre



JULY 2018 ADVANCED

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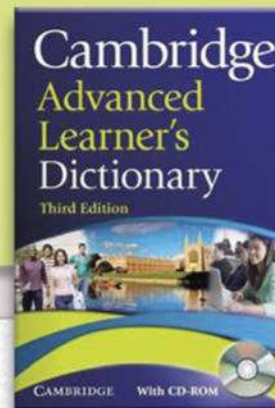
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JULY 2018 ADVANCED

Bulletin Board

超省專案 練就英文好功夫

期間：2018/6/16~7/15

★省1,630元：訂18期「講解版」，特價2,690元（原價4,320元）

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詳情請見插頁廣告



幸福夏天，網路商城送您好歌及購物金

期間：2018/6/16~7/15

幸福夏天，好歌相伴！空英及天韻網路商城登入或註冊，就送您天韻創作廣受歡迎的「獻上祝福」歌曲，串起清新的夏日音符，同時再送200元購物金，快點進領取！

歌曲檔案下載請至會員中心>訂單查詢>幸福夏天贈歌活動



2018「空英才藝媒體營」熱烈展開！

今夏最HOT的營會「空英才藝媒體營」，感謝各位家長及小朋友的支持，報名已全數額滿，第一梯次7/9~11，第二梯次7/16~18熱烈展開，活動詳情請密切關注空中英語教室FB粉絲頁。

電視教學節目陪你一起練英文功！

「空中英語教室」與「大家說英語」每日電視教學節目，在空英官網、中華電信MOD、LINE TV、Go2School、LiTV都有播出，每天半小時的英語充電，讓你的英文功力與日俱增！

空中英語教室系列App，手機上隨時學英文好方便

超過700萬人愛用的空中英語教室全系列App，有強大的每日教學「雜誌講解App」，有增強單字和造句的「哈單字App」，有戰勝考試並有分級的「完勝大考7000單字」和「必備多益2000單字」。皆跨iOS與Android平台，歡迎於本社網路商城選購。

英文查經班

台北 由本社主辦，每週五晚間七點開始，免費參加！

地點：基督之家（台北市杭州南路一段15-1號4樓醒吾大樓）

洽詢專線：(02)2341-4322

★歡迎參加每週日11:00「中英雙語敬拜」（地點同前）

高雄 由當地教會主辦，每週三晚間七點開始，免費參加！

地點：火車頭教會（高雄市三民區河北二路50-1號）

洽詢專線：(07)285-1185





國內廣播 (週一至週六播出, 每次約30分鐘)

Time	Channels	Time	Channels
▶ 07:30 政大之聲 FM88.7 (木柵) (寒暑假停播) Tel:(02)29387148		▶ 16:30 台藝之聲 FM88.3 (板橋) (寒暑假停播) Tel:(02)22722181	
▶ 10:30 華崗電台 FM88.5 (北投、士林) Tel:(02)28610511		▶ 18:00 基隆益世電台 AM1404 (基隆市) Tel:(02)24521315	
▶ 13:30 慈濟大學電台 FM88.3 21:30 Tel:(03)8460185 (暑假期間停播)		▶ 00:30 政大之聲 FM88.7 (木柵) (寒暑假停播) Tel:(02)29387148	
▶ 14:30 輔大之聲 FM88.5 (新莊、板橋、樹林) Tel:(02)29052001		▶ 21:00 銘傳金銘之聲 FM88.3 (金門) Tel:(082)355874轉7537	

★ 若收聽效果欠佳, 請逕向各電台查詢



● StudioClassroom.com
● LiTV



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歡迎至 網路商城

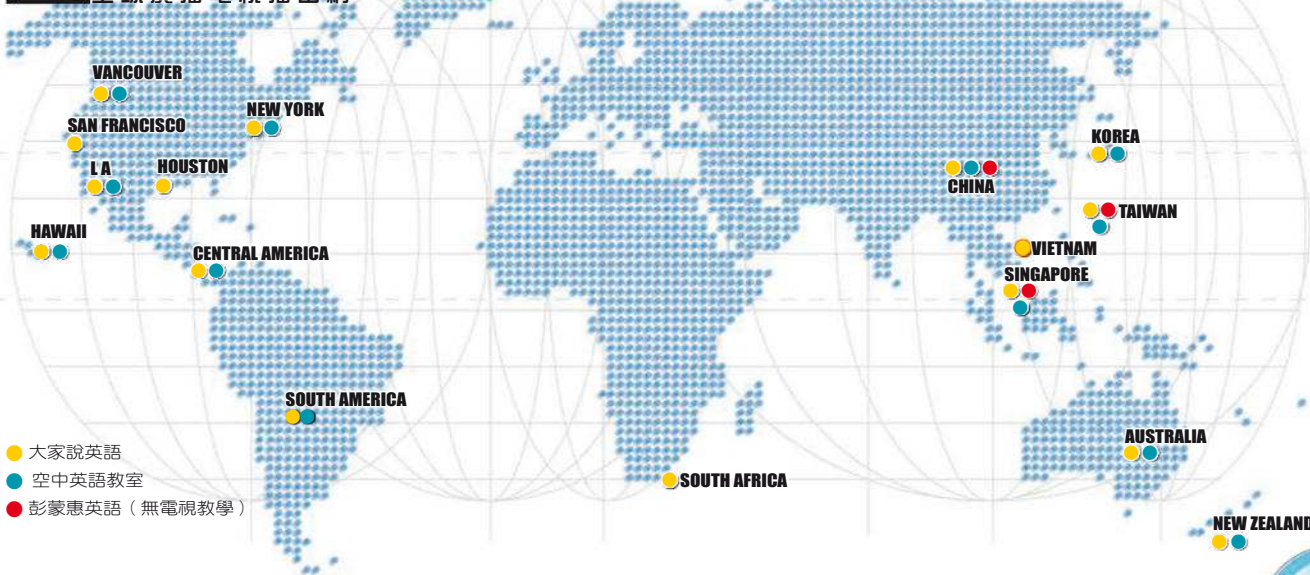
訂閱 iPhone / iPad / Android 講解App

★ 因本期雜誌於107年6月初印刷及發行, 播出頻道及時間若有異動, 請以各廣播電台107年7月份節目時間表為準。

★ 本雜誌備有「」(含全月廣播教學)。每月一片歡迎訂閱。



空中英語教室系列雜誌 全球廣播電視播出網



STUDY TIPS 學習密碼

Before the program:

1. First, read the English text aloud to yourself.
2. If necessary, read the Chinese translation.
3. Underline words you don't know. Try to guess the meaning of the words.

During the program:

1. Listen to the English part as much as possible.
2. Don't try to understand every word. Listen for the main idea.
3. Repeat words and phrases aloud.

After the program:

1. Check the words you underlined in the dictionary.
2. Read the day's lesson again aloud to yourself.
3. Plan a time to listen to it again.



詞性縮寫代號

adj – adjective 形容詞

adv – adverb 副詞

conj – conjunction 連接詞

idiom 片語

n – noun 名詞

pl n – plural noun 複數名詞

prep – preposition 介系詞

phr v – phrasal verb 片語動詞

saying 諺語(習語)

v – verb 動詞

Advanced 2018

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Spiritual Depth and the Human Touch

Two key ingredients that will enrich your life

靈性深度與人性互動

兩項能夠豐富你人生的關鍵要素

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2018 July 12



Getting Back Your Passion

Self-employed and unmotivated? Here are tips that may help you rediscover your enthusiasm

找回熱情

自己當老闆而缺乏動力？這裡有一些技巧可以幫助你找回熱情

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Learn how to prevent the natural elements from wrecking your summer fun

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了解如何預防自然因素破壞你的夏日樂趣

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A unique kind of mentoring

海洋就是教室

一種獨特的輔導活動

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A Tour Through Jordan

Exploring the archaeological wonders of Jordan

約旦之旅

探索約旦的考古奇觀

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2018 July 9—11



Lost Boy of Sudan

He walked 1,000 miles on bloody feet; now this 'Lost Boy of Sudan' helps other refugees

迷失的蘇丹男孩

這個「迷失的蘇丹男孩」曾經踩著血跡斑斑的腳走了一千英里，現在輪到他幫助其他難民

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2018 July 19—21



NEWSworthy Clips

Update your vocabulary with news clips from around the world

新聞剪輯

讓來自全世界的新聞剪輯，補充你的字彙能力

Advanced Article Rating System

●●● easy ●●● medium ●●●● difficult



Don't forget to visit StudioClassroom.com!

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2018 July 23, 24

More Than Words

Watch your grammar, or it could cost you!

字詞之外

注意你的文法，否則你可能會因此付出代價！



Cover: A Look Inside Amazon's Spheres (p.12)



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Keep Calm and Live Life

Seven ways to be calmer, more mature and more productive

沉著平靜，活出美好生命

七種方式讓你更平靜、更成熟、更有成效



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Biometric Boarding

Taking 'the human element out of the boarding process'

生物辨識科技協助登機

「排除登機程序中的人為因素」



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Ways to Approach Weight Loss

Heed the following advice when trying to lose weight effectively

減重方法

嘗試有效減重時，請留意以下建議



Next Month

- ▶ REFLECTIONS ON OUR FATHERS
反思我們的父親
- ▶ NEXT STOP: MONGOLIA!
下一站：蒙古！
- ▶ FLYING IN STYLE
優雅飛行
- ▶ WHAT TO DO WITH YOUR AMBITION
如何發揮你的企圖心

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Use your smartphone or tablet to check out this month's *Topic Talks* videos! In each article, you will find a QR code that links to our *Introduction*, *Insight* and *Feature* segments. Each article has a unique set of videos for you to enjoy!



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Enjoy these reader responses!



From advanced@studioclassroom.com

Making progress with Studio Classroom!

Dear Teachers,
Thank you for teaching me English in wonderful ways! Recently, I got 710 points from the TOEIC, which is not a super-high grade but really shows [the] progress I've made. And the main reason [for] such progress is because I received the English education of Studio Classroom!
Thank you very much indeed!

Your student,
Cason

'Are You a Perfectionist?' (March)

Being a perfectionist can be draining and exhausting since perfection itself is an illusion for all human beings who will never be perfect because of their own inherited flaws. So to relax a little bit, we have to recognize "sometimes good enough is good enough" and "done is better than perfect." From today on, [we have to] stop ourselves from fixating on what's going wrong in our work and try to [focus on] what's right.

Natalie



Language mastery

I read both *Studio Classroom* and *Let's Talk in English*. I am a programmer of IT products. And the way I learn English is [by] trying to "think in English" on work days, as you indicated on your website, since I always work quietly in [the] office. On weekends and holidays, I try to read out [loud] and listen [to] your magazines as much as possible. Besides that, I speak English with my English partner one hour a week to check the way I learn. That's why I read your magazines since only *Let's Talk in English* can [make] me speak more fluently.

English is an extremely difficult language for Chinese speakers. But look [on] the bright side. We have [an] opportunity to master both [of] these [commonly spoken] languages in our lives.

Cheers,
Jonathan



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 - 暢銷書《贏在扭轉力》、《第一與唯一》的作者
 - 「瓏尼西企業管理諮詢公司」、「E28領導力學院」創辦人
 - 曾任摩托羅拉 (Motorola) 亞太區通訊業務總裁、英特爾 (Intel) 經理人與領導者
 - 擁有四十年實戰、管理、創業的豐富經驗
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Topic Talks

Spiritual Depth and the Human Touch

Two key ingredients
that will enrich your life

◆ PAGE DESIGN BY VICKY TSUNG

© TOP PHOTO (X5)

2

Spiritual Life: Grow deep roots for dry seasons in your life

◆ by Timothy J. Ledbetter / © 2018, *Tri-City Herald*. Distributed by Tribune Content Agency, LLC.

Recently while walking out in our shrub-steppe desert, I noticed that at least one species of sage has been trying to bloom. The **tenacity** of these remarkable plants is rather impressive. The only way sage and other desert plants can survive is to put down deep, deep roots.

‘Dry spells in life’

There are many types of dry spells in life—mental, emotional, relational, spiritual, even physical. Respectively, we may describe such **droughts** as writer’s block, the “blahs,” meaninglessness or burnout.

Yes, dry spells can and do happen to everyone at one time or another, to the most creative, intact, connected and grounded persons among us. No one is **immune** from hot, parching seasons in life.

The issue isn’t our dry spells, per se. It is how we find ways to survive and thrive, how we cope and find hope when our senses of being, belonging and behaving are not lush and green with vibrant growth.

In two words, the answer is deep roots.

Deep roots sunk down into that which truly nourishes and sustains—this is a key part of blooming in the deserts of life.

Thinking about things that matter; allowing ourselves to feel and not suppress profound feelings of sorrow, delight, bewilderment or even anger; caring and daring to be vulnerable with those we love and those we don’t understand; seeking the foundational and divine life-giving sources of inspiration and meaningfulness—these are the “waters” that our life-roots need to make the most [of].

Dryland farmers know exactly how important caring for the soil is for preserving enough moisture for good crops. We are no different.

We are humans, called to be **humane** in our conduct, needing good humor to ease the bumps along the journey. And we need enough moisture from above and below to bloom, even in the desert.





more, voices drifting through open windows hours after we'd been sent to bed.

I'd lie awake listening, thinking what grown-up fun that must be to talk and laugh with your friends long after

dark. I thought to myself, "I'll do that someday."

We do. But not as often as we once did. 📱

3

A little conversation, please

by Lori Borgman / © 2018, Tribune News Service. Distributed by Tribune Content Agency, LLC.

I am missing wit today. I miss hearing friendly **banter**, lively **repartee** and the clever twist of a phrase.

There's a playfulness to conversation that is slowly disappearing. But then conversation itself is disappearing.

There is a growing **brevity** to our conversations today. They tend to be condensed. **Telegraphic**. We're all in a hurry, multitasking. It's not easy doing six things at once and none of them well.

It's nearly an **imposition** to ask for someone's time and presence. Plus, who needs a face-to-face when you've probably already covered the **nuts and bolts** of what you needed to say in an email, Facebook message or text. Or an emoji. Or a combination thereof.

Delightful conversation

Conversation isn't always about need; sometimes it's about delight.

As we were led to our seats at a restaurant, we passed an **alcove** with low lights, beautiful decor and four different couples. Three of the four couples were radiant—**basking in** the glow of their cellphones.

I've never understood why people make plans with other people, clean up, drive to a mutually-agreed-upon place and then ignore present company while they interact with others in cyberspace.

There was a day a woman would have walked out on a man for asking her to dinner, then spending the evening ignoring her and talking to someone else.

I grew up in a family of talkers, as did the husband. Both sets of parents often had friends over for the evening to have dinner, play cards or simply sit outside on a warm night and talk. They talked and laughed, and teased and talked, and talked some

More Information

dry spell (idiom) 生產低潮；成長停滯期 a prolonged period characterized by little activity, productivity, growth etc.

drought (n) [draʊt] 久旱，旱災 a long period of time when there is not enough rain; a shortage of something

repartee (n) [ˌrɛpəˈti] 機敏的應答；妙語如珠的話 conversation that is characterized by quick, clever and witty remarks

nuts and bolts (idiom) 實質性內容；具體細節 the basic or practical facts about something

Specialized Terms

steppe (n) [stɛp] (無樹的) 乾草原，大草原 a large, flat area of land with grass but no trees

dryland farming (n) 旱地耕種 crop production on land that receives little rain and where water isn't provided by the farmer; depends on drought-resistant crops

telegraphic (adj) [ˌtɛlɪˈɡræfɪk] 如電報般簡潔的 referring to telegram style, with short, to-the-point messaging which leaves out many words

alcove (n) [ˈælkəv] 凹室；壁龕 a recess or small area in a room that's created by having one section of a wall that is built further back than the remainder of the wall

© Cambridge University Press 2008

Vocabulary Focus

the human touch (n) a friendly and pleasant way of treating other people which makes them feel relaxed

tenacity (n) [təˈnæsɪti] the determination to continue what you are doing

immune (adj) [ɪˈmjuːn] not affected or upset by a particular type of behavior or emotion; not able to be punished or damaged by something

humane (adj) [hjuːˈmen] showing kindness, care and sympathy towards others, especially those who are suffering

banter (n) [ˈbæntə] conversation which is funny and not serious

brevity (n) [ˈbrɛvɪti] using only a few words or lasting only a short time

imposition (n) [ˌɪmpəˈzɪʃən] when someone expects another person to do something that they do not want to do or that is not convenient for them

bask in (something) (phr v) to take pleasure from something that makes you feel good



Topic Talks



A Look Inside Amazon's Spheres

Take a tour of Seattle's newest superstructure

◆ by Matt Day / © 2018, *The Seattle Times*.
Distributed by Tribune Content Agency, LLC.
PAGE DESIGN BY OLIVE CHU



Sitting on one of the half-dozen lounge chairs just under the four-story-high steel superstructure that caps Amazon's glass-paneled Spheres, the feeling is like resting in a space capsule ready to launch.

A short walk away, past a **living wall**, tables and chairs are set by beds of **succulents**.

Downstairs, a wooden path circles the leafy canopy of a towering 49-year-old tree, stopping at a few meeting **nooks**.

05

© Steve Ringman/Tribune News Service (x2)



▲ A "bird cage" is attached to the walkway winding through the leafy canopy of a fig tree in the Amazon Spheres

◀ The Spheres' banks of tables, secluded meeting nooks and benches strewn throughout the complex can seat up to 800 people



© Greg Gilbert/Tribune News Service

The Amazon Spheres, in downtown Seattle, are seen from the fifth floor of the Doppler Building, another Amazon building

These different environments in the three connected domes convey the same sensation. You quickly forget you're in a **bustling** office park downtown. For the building's designers, that's the point.

The company, for most of its 24 years, preferred to operate under the radar in its hometown, posting no signage to indicate its presence in its office buildings.

But in the Spheres, Amazon has built an architecturally ambitious focal point and symbol of its status as Seattle's largest employer and one of the most dynamic **entities** in corporate America.

John Schoettler, Amazon's real-estate chief and a Seattle native, hasn't been shy about comparing the Spheres to other architectural landmarks in the city.

A private jungle

The **flora** inside the domes is the work of a team of **horticulturists** who were charged with **scouring** the globe for interesting plants and growing them in a 40,000-square-foot greenhouse. Four years later, the Spheres feel like a mature jungle.

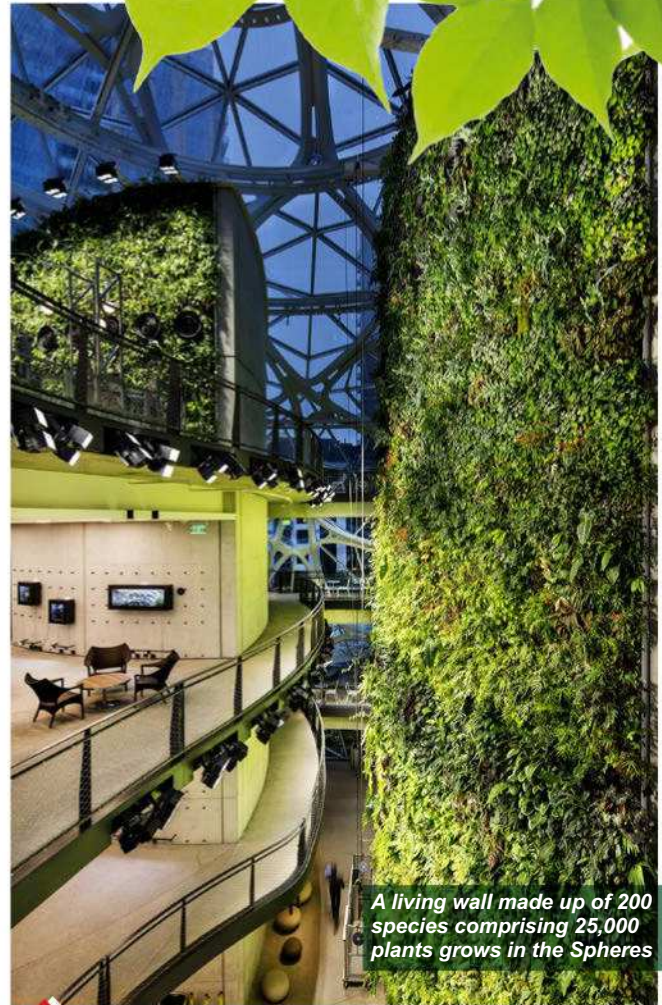
Unlike most jungles, the Spheres are a workspace. Amazon envisions the building as a change of pace for its workers, a place to "feel differently, to think differently," said Ron Gagliardo, the Spheres' lead horticulturist.

To keep the aisles clear for that feeling and thinking, Amazon's gardens will be, for the most part, private space.

The general public can sign up for free tours of an exhibit area on the ground floor of the Spheres, and Amazon's guided, twice-weekly headquarters tours will soon include a stop inside the Spheres.

Fun facts:

- The Spheres are kept at 72 degrees and 60 percent humidity during the day and 55 degrees with 85 percent humidity at night.
- More than 400 species of plant life are divided, roughly, into two sections.
- Amazon supplements the sun's rays with dozens of stadium lights designed to make up for Seattle's dark winters. Sensors automatically adjust the light levels inside for an even 12 hours of simulated daylight to feed the plants.



A living wall made up of 200 species comprising 25,000 plants grows in the Spheres

© Steve Ringman/Tribune News Service

5

Right environment

Employees who enter from the Sixth Avenue side of the Spheres will encounter a living wall, 60 feet high and packed with 200 plant species, [which] extends vertically through the central dome's four stories.

Just to the right is a tank with aquatic plants and animals native to the Amazon.

A garden centered in the Seventh Avenue dome **evokes** the **New World**, with plants of mostly Central and South American origin. The centerpiece, though, is a native of Australia (by way of a California tree farm): the four-decade old Port Jackson fig, nicknamed Rubi, lowered by crane into the sphere. ▶

Architecture

2018 JULY 4, 5

The Sixth Avenue sphere holds an **Old World** garden, which draws primarily from Africa and Southeast Asia, including an Australian tree fern, the first plant to arrive when it was set down in May 2017.

The plants were selected because those environments match what Amazon was looking for in its Seattle Spheres: a space cool enough for humans in work **attire** to be comfortable, yet warm and humid enough for tropical plants to thrive.

The Spheres' mechanics

Like Amazon's skyscrapers, the Spheres are warmed in part by recycled heat generated from a nearby data center, with the heat piped through the concrete floors and, on the upper floors, handrails.

Interspersed in the main plant areas are fake logs and tree stumps that conceal air-circulating pipes.

The spheres are made up of about 2,600 angular glass panels that have a coating designed to let in light for plant **photosynthesis** and reflect unnecessary heat back into the environment.

Choosing a name

For Schoettler, who says naming buildings can be a harder enterprise than naming children, Spheres seemed a natural **moniker** for Seattle's newest corporate landmark.

"Just like the Space Needle, it is what it is," he said. "Spheres felt right." 🐼



Specialized Terms

living wall (n) 植樹牆 vertical gardens attached to an inside or outside wall that receive water from automatic irrigation systems

succulent (n) [ˈsʌkjələnt] 肉質植物 (如仙人掌) a member of a family of plants that often grow in dry environments and store water in the stems or leaves

05 **flora** (n) [ˈflɔrə] (某一地點的) 原生植物群 plant life, especially that which naturally grows in an area

horticulturist (n) [ˌhɔrtɪˈkʌltʃərɪst] 園藝家 a professional who uses scientific knowledge to grow and cultivate plants

10 **New/Old World** (n) 新世界 (指美洲大陸) / 舊世界 (指亞洲、非洲和歐洲) a historical geographic divide of the world into the Old World—the Eastern Hemisphere (Europe, Africa and Asia) and the New World—the Western Hemisphere (North and South America)

photosynthesis (n) [ˌfotəˈsɪnθɪsɪs] 光合作用 the process by which plants use energy from light in order to make their food

Vocabulary Focus © Cambridge University Press 2008

15 **nook** (n) [nu:k] a small space which is hidden or partly sheltered
bustling (adj) [ˈbʌslɪŋ] If a place is bustling, it is full of busy activity.

entity (n) [ˈentɪti] something which exists apart from other things, having its own independent existence

scour (v) [skaur] to search a place or thing very carefully in order to try to find something

20 **evoke** (v) [ɪˈvɒk] to make someone remember something or feel an emotion

attire (n) [əˈtaɪr] clothes, especially of a particular or formal type

intersperse (v) [ˌɪntəˈspɜːs] to mix one thing in with another in a way that is not regular

moniker (n) [ˈmɒnɪkə] a name or nickname



Standing inside near the top, NBBJ architect Dale Alberda, lead designer of the Amazon Spheres, describes the complex design of the three domes

© TOP PHOTO (x2)

熱烈報名中

素養導向 遊戲化教學模式

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空英增能學堂



手機掃描報名

課程大綱：

時間分配	教學內容
9:00-11:00	素養導向教學與評量的挑戰 微翻轉遊戲化活動的認知機制體驗(上)
11:10-12:00	微翻轉遊戲化活動的認知機制體驗(下)
12:00pm – 1:00pm Lunch Break (60 mins)	
13:00-14:00	卡簡單素養導向遊戲化教學設計的原則(上)
14:00-16:00	卡簡單素養導向遊戲化教學設計的原則(下) 卡簡單素養導向遊戲化教學設計實作與諮詢時間
16:10 - 17:00	遊戲化教學化活動試玩與分享 總評與交流

最新發展的認知設計模組，用 #卡片 #簡報 #學習單，經由認知與互動學理，來設計教學遊戲化(Gamification)活動

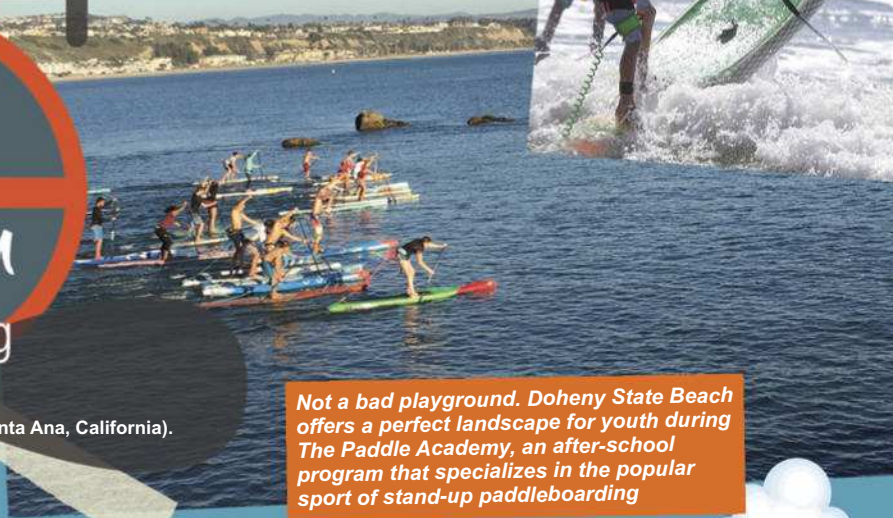


Topic Talks



the OCEAN Is the Classroom

A unique kind of mentoring



Not a bad playground. Doheny State Beach offers a perfect landscape for youth during The Paddle Academy, an after-school program that specializes in the popular sport of stand-up paddleboarding

by Laylan Connelly / © 2017, *The Orange County Register* (Santa Ana, California).
Distributed by Tribune Content Agency, LLC.
PAGE DESIGN BY VICKY TSUNG

6

T Tyler Bashor was deathly afraid of the water. Just getting past the surf break on a stand-up **paddleboard** was no easy feat, with a coach having to **coax** him along the **jetty** in the calm water during his first few weeks after joining The Paddle Academy.

His mom, Andrea, thought “there wasn’t an athletic bone in his body,” she admits.

Back then, Bashor couldn’t have cared less about the outdoors, preferring to **be glued to** the television, **zoned out** on video games.

Now, 15-year-old Bashor is nothing like his former, scared, 12-year-old self. Bashor is a fierce competitor on the water and considered one of the best in [California] at **SUP** competitions for his age division.

The man behind the program

The Paddle Academy was started by Mike Eisert, a 53-year-old, who [was] a college rower in the mid-90s, a national team kayaker who also competed in **surf-ski** races through the years.

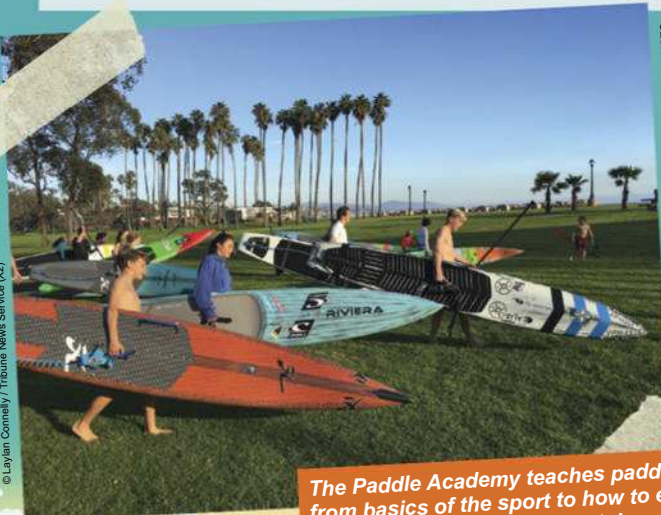
Basically, if the sport had a paddle, Eisert wanted to compete in it.

When stand-up paddling first took off about a decade ago, Eisert jumped aboard. Four years ago, he decided to start a **pilot** program to see if there was enough interest to get kids together year-round to sharpen their SUP skills.

“My whole goal was to mentor kids,” he said. “To find kids that were just **stoked on** the ocean and who wanted to get in the water in a different way.”

The coach meets four days a week at Doheny State Beach with a group of kids ages 8–18, whose levels and **expertise** vary.

There are those as young as 8, who perhaps have no experience with the ocean. On the other end of the **spectrum**, there are kids inching their way to adulthood who are considered some of the best young SUP racers around.



© TOP PHOTO

The Paddle Academy teaches paddlers everything from basics of the sport to how to excel in competitions. The group first does a warm up on the grass and then hits the water to train

© Courtesy of The Paddle Academy (2)

7

It's the hard days—the cloudy, windy or big-wave days—that challenge the youngsters.

“They have to come on days they don't feel up to it,” [Eisert] said. “They are challenged to overcome fears. They learn about the weather, safety, what the wind does to the ocean, currents. They learn about **sticking to** it. The biggest thing we preach: It's consistency through life that gets you where you want to be.”

The young competitors

Paddler Sam Sherreitt, 12, joined because he had friends in the program.

His goal: to enter the **prestigious** Pacific Paddle Games, an event that brings the top SUP racers from around the world to their training ground at Doheny.

Dad Robert Howson has seen his daughter go from amateur status to semi-pro in just a few years. He feels her skill level is high enough she can handle herself in the open ocean.

An added perk: He gets to share his love of the ocean with his daughter.

“It's allowed me to have a bond with my daughter I never thought I'd have in a sport I was interested in,” he said.

On a recent day, the group of about 30 kids start their after-school session with stretches and a warmup before hitting the water. Then, they follow a rock jetty out to the open ocean, doing sprints out to a **buoy**, digging their paddles into the ocean, then lapping back toward shore.

Each session ends with a run.



More Information

zone out (phr v) 走神，精神不集中 to be unaware of what is happening around you

stoked on (someone or something) (idiom) 對...深感興奮 to be excited

Paddle Academy's vision

It's more than about just going fast or being able to handle a big board in surf.

“That's just the racing aspect; the other part is mentoring in a sport they can carry on as a lifestyle forever,” Eisert said.

Excited about what's ahead!

Eisert is looking forward to a new **crop** of students who will join The Paddle Academy. At least, perhaps, they'll find a connection with the outdoors and tune their balance skills on the water. And maybe there's a world champion just waiting to discover his or her passion for paddling. 🐼

thepaddleacademy.net



Specialized Terms

paddleboard (n) [ˈpædl bɔrd] 槳板運動專用板 a long, narrow board, similar to a surfboard, that floats on top of the water and that is often ridden in the standing position with a paddle in hand

jetty (n) [ˈdʒɛti] 登岸碼頭，突堤，棧橋 a dock or a structure of stones, wood or other material where boats park for loading or unloading

SUP (Stand Up Paddleboarding) (abbr) 立槳衝浪 a recreational activity in which people stand on a floating board, using a long paddle to move themselves around

surf ski (n) 衝浪獨木舟 a watersport in which individuals race each other in narrow, lightweight kayaks propelled by paddling while using a pedal to control the rudder

pilot (adj) [ˈpaɪlət] 試驗性的；試點的 referring to the first program started as an experiment to see if and how a project may work

buoy (n) [ˈbui] 浮標；航標 a floating object on top of a body of water that is used to direct ships or warn them of danger

© Cambridge University Press 2008

Vocabulary Focus

coax (v) [kɒks] to persuade someone gently to do something or go somewhere, by being kind and patient, or by appearing to be

be glued to (something) (idiom) (informal) to be unable to stop watching something

expertise (n) [ˌɛkspɜːˈtɪz] a high level of knowledge or skill

spectrum (n) [ˈspektrəm] a range of opinions, feelings etc.

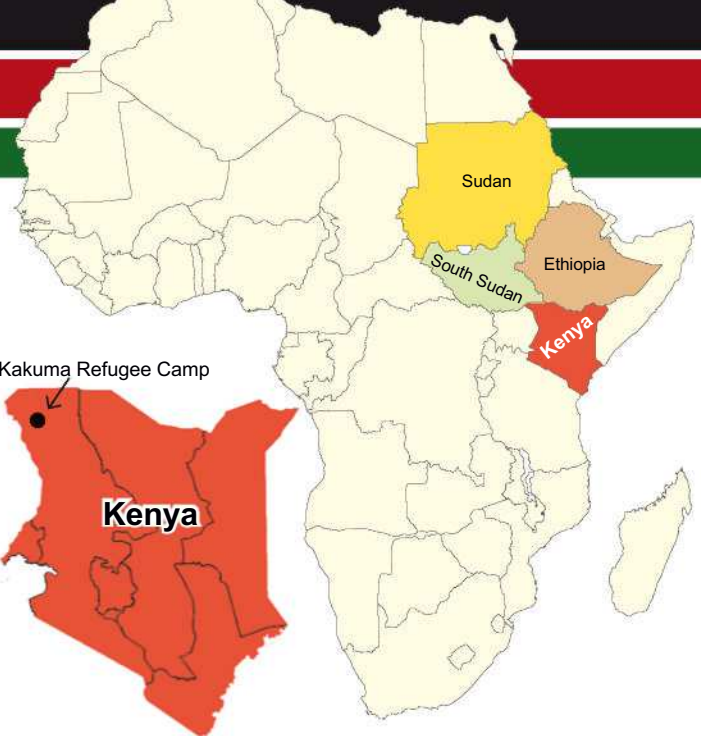
stick to/with something (phr v) to continue doing something or using someone to do work for you, and not stopping or changing to something or someone else

prestigious (adj) [prɛˈstɪdʒəs] very much respected and admired, usually because of being important

crop (n) [krɒp] a group of people or things with something in common, that exist at a particular time



Topic Talks



Lost Boy of Sudan

He walked 1,000 miles on bloody feet; now this ‘Lost Boy of Sudan’ helps other refugees

◆ by Barbara Anderson / © 2018, *The Fresno Bee* (Fresno, California).
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Sometimes when refugees are at their lowest emotional point in his office in Hanford, [California], Jacob Awar Ayuen, a **psychiatric** physician assistant, will tell the patients his own story of being a lost boy, walking thousands of miles to escape a bloody civil war.

“Being somebody of that background myself who went through a war-torn country—from refugee camp to refugee camp with no food, no shoes—I feel like I can relate to them.”

He was about 8 years old when civil war in Sudan drove him and an estimated 20,000 other boys to walk 1,000 miles from their villages to safety.

Ayuen, now a 39-year-old medical professional, recalls the terror-filled, barefoot trek: “Four or five times we were caught in **crossfire** where some of us were killed.”

He and the others who survived the unforgiving journey came to be called “The Lost Boys of Sudan” for their likeness to the orphaned boys in Peter Pan.

In 2001, the United States accepted 4,000 of those refugees who came to begin new lives in a country at peace. Ayuen was one of them.



School children at the Kakuma Refugee Camp, Kenya



Jacob Ayuen

Fighting continues

The 20-year-old civil war in Sudan ended in 2005, but peace didn't last long. After South Sudan gained independence in 2011, a civil war erupted in 2013. A 2015 peace agreement dissolved in 2016, and fighting, mostly along ethnic lines, has continued.

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And fighting in South Sudan is never far from his mind. South Sudan continues to **uproot** people. Kakuma, the Kenyan refugee camp that Ayuen left in 2001, is full once again of children and families.

“People are still suffering, still dying,” Ayuen says. 05

The journey begins

Ayuen was herding cattle outside his village when the warning came.

It was not safe to stay. 10

Young boys in southern Sudan often lived in **cattle camps** away from their families, and Ayuen was at such a camp when war **erupted**. There was no time, and it was too dangerous, to go home to his mother. He followed older men who led the young herders out of the camp. 15

Barefoot, barely clothed, Ayuen walked until his feet bled. And walked some more.

There were nights without sleep and days filled with fear when wild animals chased him. 20

Boys died.

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10

Making their way to Ethiopia

After three months and 1,000 miles from the cattle camp he had fled, Ayuen and the other boys crossed the border to Ethiopia. No one greeted them. There were no buildings. No homes. No running water. The boys divided into groups of about a dozen. Ayuen helped build houses, chopping trees and cutting grass with **machetes** for **thatched** roofs. 30

By 1991, the Ethiopian camp had become a refugee haven. The United Nations had built a school and Ayuen was in third grade. 35

But **normalcy** did not last. Ethiopia was at war and the **inhabitants** of the camp were in danger. Four years after he had fled Sudan, he had to go back through the strife-**ridden** country to reach the border with Kenya. 40

It was the same unforgiving trip.

The boys continued on foot to Pochalla, a small town in southern Sudan where they huddled for two months. But as the civil war raged closer, they moved to another town near the Kenyan border. Within hours, they had to run. A day later, they stopped to rest, Ayuen recalls. “There was nothing there. No houses, buildings, running water. Just like the wild forest.”

They walked farther to another town, and a **rescue convoy** came three weeks later. Ayuen hopped into the back of a cattle truck packed with refugees going to Kakuma.

Life in Kenya

He entered fourth grade at a school at the Kakuma Refugee Camp that local Kenyans had built for the children.

A good student, by the end of elementary school he had earned high grades and was allowed to attend a high school outside of the refugee camp. In addition to his native Dinka and some Swahili, he spoke English. 25

His **studiousness** would help him be selected as one of 4,000 Lost Boys to be resettled in the United States. ▶



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Inspiration

2018 JULY 9–11

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Culture shock

The United States did not match the image of the country that [Ayuen] and his friends had created in their minds.

But he had a plan when he came to the United States, and it did not involve quitting: He would become a citizen, go to college and have a career.

Family life

Before leaving Kakuma Refugee Camp, he had proposed to Alakiir Deng, another refugee.

Deng, 35, had experienced her own **harrowing** escape. She was only 3 years old but had to walk the 1,000 miles to the refugee camp in Ethiopia. And on the journey, four years later, from the Ethiopian camp to Kenya, Deng says her stepmother was shot in her left foot before the family reached the Kenyan border.

Wedding bells!

Deng met Ayuen at the elementary school at the Kakuma Refugee Camp. They wed in Kenya in 2004.

After the wedding, Ayuen returned to the United States to continue his education and to save money to bring Deng, who was pregnant with twin boys, to the United States.

Deng and the children joined Ayuen in 2008 in Omaha, Nebraska.

[She] is now studying to be a **licensed vocational nurse**, taking classes in Fresno, [California]. She and Ayuen, [and their family], live in a two-story home in a **gated community** in Hanford.

But they miss South Sudan—weddings, dances and cultural interactions.

Reaching out

And Deng and Ayuen worry about family and friends who remain in South Sudan.

Physician assistant Jacob Ayuen and his wife Alakiir Deng sit with their six children at their Hanford home



© Craig Kohlross/Tribune News Service

“We’re helping our families back home,” Deng says. “They don’t have anything there. Our country is still in war, and people are still suffering.”

Someday, maybe as a nurse, she can go back to South Sudan to help the people, she says.

Ayuen also wants to keep helping children in South Sudan. He has brought a dozen children to a school in Kenya.

Education made his life better, he says, and he wants others to have the same opportunity.

“I’m happy to give back because I was a refugee like them.”



Specialized Terms

psychiatric (adj) [ˌsaɪkiˈætrɪk] 心理治療的；神經病學的 dealing with mental illness or its treatment

cattle camp (n) 養牛營地 the area where a region’s cows are managed by workers

machete (n) [məˈʃɛti] 大砍刀 a large, heavy knife with a wide blade, often used as a weapon

rescue convoy (n) 營救護航車隊 a team of people in vehicles that help people in danger or victims of a disaster

licensed vocational nurse (n) 職業臨床護士；加州與德州合格護士 someone who provides basic nursing care and who can practice in the states of California and Texas

gated community (n) 門禁社區 a residential area that is secured by a wall or gate

Vocabulary Focus

© Cambridge University Press 2008

crossfire (n) [ˈkrɒsˌfaɪə] bullets fired towards you from different directions

uproot (v) [ʌpˈru:t] to remove a person from their home or usual environment

erupt (v) [ɪˈrʌpt] to start suddenly and violently

thatched (adj) [θætʃtɪ]

thatch (n) [θætʃ] straw or reeds used to make roofs

normalcy (n) [ˈnɔːməlsɪ] the state of being normal

inhabitant (n) [ɪnˈhæbɪtənt] a person or animal that lives in a particular place

-ridden (suffix) [ˈrɪdn] full of something unpleasant or bad

studiousness (n) [ˈstʊdiəsˌnɪs]

studious (adj) [ˈstʊdiəs] describes someone who enjoys studying or spends a lot of time studying

harrowing (adj) [ˈhæroʊɪŋ] extremely upsetting because connected with suffering

reach out to (somebody) (phr v) to offer help and support to someone

2018 空英增能學堂一

英語簡報 x 批判思考素養教學

Presentation x Critical Thinking



- ★ 特定觀點是標準答案嗎？
- ★ 英語母語人士真的會講這樣的“課本英文”嗎？
- ★ 背誦“英文實用佳句”，是有用的策略嗎？
- ★ 怎麼練習才能更像 Native Speaker？

真正的**決勝關鍵**是，對資訊不照單全收，
經過批判思考與分析產生獨到的看法，
並以清楚架構，以**流暢自然的英語**表達出來。

熱烈
報名中



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- **費用**：1,000元/人，兩人同行可享9折
- **報名方式**：網路報名繳費 workshop.studioclassroom.com



時間分配

教學內容

9:30-11:00	Critical Thinking Strategies (1.5 hrs)
11:10-12:40	Presentation Strategies (1.5 hrs)
12:40pm - 1:30pm	Lunch Break (50 mins)
13:30-14:00	Group Discussion (30 mins) 規劃內容 (使用 Critical Thinking 課中所討論的方式分析題目)
14:00-15:00	Presentation (1 hr) 簡報 (將討論結果以 Presentation 課中所討論的方式呈現)
15:10 - 15:30	Recap / QA Discussion (20 mins)



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Topic Talks

Getting Back Your Passion

*Self-employed and unmotivated?
Here are tips that may help you
rediscover your enthusiasm*



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◆ by Liz Reyer / © 2018, Star Tribune (Minneapolis). Distributed by Tribune Content Agency, LLC.
PAGE DESIGN BY OLIVE CHU

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Q: For the past couple of years I've been **freelancing**. But I've been losing my enthusiasm for it. How can I put the spark back in?

A: Now may be the time to **take stock** of your options and consider your vision for the next phase of your career.

In order to figure out if it still works for you, do a brief retrospective on how you ended up a freelancer.

Many people land there after a downsizing or as a result of some level of dissatisfaction or problem at work. For others, it can be a handy solution to a desire for more flexibility.

The problem is that, often, if you are going away from an unsuitable situation, you are not making an active choice toward something.

Next, reflect on aspects of your current professional life that you particularly like and those you don't care for.

Also think about what's missing. Don't worry about what you think you "should" like; be as honest as you can.

You can then prioritize so that minor annoyances don't **loom larger** than they deserve. Then, if you still have a genuine passion for the actual work you do, it can re-emerge.

Building a skillset

[Also], an important **reality check** needs to occur. If you are going to be successful as a freelancer, you must bring in new business.

05 If you are really falling short and you want to remain self-employed, take steps to build your skills.

Find a sales coach, take a class, get a mentor—whatever will work for you to give you the knowledge you need.

10 Refresh your approach to finding new contacts, as well. Look for interesting professional groups that you can participate with.

15 Go into them with the purpose of getting energized, not making sales. This will keep the pressure off while allowing you to build a broader network.

Through it all, maintain your well-being and positive attitude. 🐼



Specialized Terms

self-employed (adj) [ˌselfɪmˈplɔɪd] 自僱的；自己經營的 describing someone who works for themselves, not for an employer

freelance (v) [ˈfriːlæns] 從事自由業 to earn a living by working for yourself and without long-term commitments to any one company

Vocabulary Focus © Cambridge University Press 2008

take stock (idiom) To take stock (of something) is to think carefully about a situation or event and form an opinion about it, so that you can decide what to do.

loom large (idiom) If something looms large, it becomes very important and often causes worry.

reality check (n) an occasion that causes you to consider the facts about a situation and not your opinions, ideas or beliefs



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Topic Talks

Enjoy Nature Safely

Learn how to prevent the natural elements from wrecking your summer fun

◆ PAGE DESIGN BY OLIVE CHU

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Play it safe in the great outdoors

◆ by Lynn O'Rourke Hayes / © 2018, FamilyTravel.com. Distributed by Tribune Content Agency, LLC.

Knowledge is power. So before you and the family head for the great outdoors, tune up your skills and know how to play it safe.

1. Do the **stingray shuffle**

Stingrays bury themselves under a thin blanket of sand for protection. By shuffling into the water, you'll create a vibration, and the creature will be alerted and will move off in a different direction. Should a sting occur, use hot water to clean the wound, and seek medical attention.

2. Snake **smarts**

Hiking, climbing and camping in many [areas] mean a snake encounter is possible. According to the University of Arizona Poison and Drug Information Center, more than half of those bitten intentionally **provoke** the snake in some way. Make sure kids don't deliberately disturb the creature should you come across one.

Stay on hiking trails, and keep hands and feet away from wood and rock piles, deep grass or **crevices**. Carry a flashlight, and wear shoes after dark.

3. Be bear aware

Your goal during a hiking, fishing or camping experience is to avoid crossing paths with a bear. Inquire about recent bear activity in your intended destination. Travel in groups of three or more and sing, tell stories or carry a bell to let bears know you



© TOP PHOTO (X7)

are in the area. Hike during daylight hours, stay on trails, and avoid berry patches. When camping, be sure to hang food and trash away from sleeping areas.

4. Don't let lightning strike

Teach kids that "when thunder roars, go indoors." Watch for darkening skies, flashes of lightning and shifting and strengthening wind patterns. If you hear thunder, it is time to move to a sturdy building or hard-topped metal vehicle with windows closed. Avoid wires and metal fencing. Wait for 30 minutes after the last **thunderclap** to move outside.

5. Stay warm and dry

Whether you get caught in a **downpour** or lost on the trail, getting too cold and too wet is something to avoid. It's especially important to keep heads, hands and feet covered. Remove wet clothing at the earliest opportunity. Shivering, the body's natural attempt to warm itself, is a first sign of **hypothermia**.



Specialized Terms

- stingray** (n) [ˈstɪŋ, re] 刺魞 a flat fish with a long, whiplike tail armed with large, barbed, poisonous spines
- hypothermia** (n) [ˌhaɪpəˈθɜːmiə] 體溫過低; 失溫 subnormal body temperature, resulting from exposure to severe cold for a long duration
- ultrasonic** (adj) [ˌʌltrəˈsɒnɪk] 超音波的 referring to sounds with frequencies that are too high for people to hear
- inflammation** (n) [ˌɪnfləˈmeɪʃən] 發炎; 發炎產生的紅腫 a red, painful, sometimes swollen area on the body, resulting from an infection or an injury
- UV (ultraviolet)** (abbr) 紫外線 (electromagnetic radiation) containing shorter wavelengths that are beyond what humans can see



Repelling Mosquitoes: How to stop mosquitoes from feasting on you

by Markham Heid / © 2016, *Prevention Magazine*. Distributed by Tribune Content Agency, LLC.

The mosquitoes are out and ready to **chow down**. Jonathan Day, a mosquito expert at the University of Florida, knows how these insects operate. Here, he explains the do's and don'ts of repelling these pesky pests.

Do: Blow them away

Almost any breeze—anything above 1 mph—makes it very difficult for mosquitoes to fly, Day says. If you can pick a breezy spot for your summer outing, that works. Plug-in fans are also a great **deterrent**, he adds.

Don't: Rely on ultrasonic devices

There are many ultrasonic devices and apps marketed as mosquito repellents. “They don't work at all,” Day says.

Do: Wear these colors

Mosquitoes use their vision to search for food sources during the daylight hours. And since they fly very close to the ground, they tend to find targets by looking for things that contrast with the horizon, Day says. “Dark colors stand out, but light colors are less attractive to them,” he adds.

Do: Avoid peak mosquito hours

The wind typically **dissipates** as the sun rises and sets. The lack of wind at those times also brings mosquitoes out to feed. If you can schedule your outings at other times of the day, you'll sidestep a lot of bugs.

Do: Resist the urge to scratch if you fall victim to a dreaded mosquito

Going after that mosquito bite will only make it worse since all your scratching adds to the **inflammation**. Even though your whole being is essentially commanding you to scratch, stay strong. Try some ice on the bite instead; it'll quiet some of the inflammation, reducing the urge to itch in the process.

Don't: Rely on a high-tech trap

The neon, electrical, bug-zapping mosquito traps have been **souped up** with fancy features like black **UV** light, which can attract even more insects than a regular light bulb, Day says.

[But] mosquitoes are also **adept** at telling the difference between a trap and a living, breathing host, AKA you.

“They might come in toward the trap but then divert away and come right to you,” Day says. 🦋



Electric mosquito trap



More Information

crevice (n) [ˈkreɪvɪs] 裂縫 a narrow opening, especially in the surface of a rock

thunderclap (n) [ˈθʌndəˌklæp] 雷鳴 · 雷聲 a single, loud crash of thunder

chow down (phr v) 狼吞虎嚥 to eat quickly and greedily, without manners

Vocabulary Focus

© Cambridge University Press 2008

play it safe (idiom) to be careful and not take risks

smarts (pl n) [ˈsmɑːrts] intelligence

provoke (v) [prəˈvɒk] to cause a reaction, especially a negative one

downpour (n) [ˈdaʊnˌpɔːr] a lot of rain in a short time

deterrent (n) [dɪˈtɜːənt] something which deters people from doing something

dissipate (v) [ˈdɪsəˌpeɪt] to (cause to) gradually disappear or waste

soup (something) up (phr v) (informal) to make something more powerful or more attractive by making changes to it, especially when it is old

adept (adj) [əˈdeɪpt] having a natural ability to do something that needs skill





© TOP PHOTO (x2)

A Tour Through Jordan

Exploring the archaeological wonders of Jordan



A Bedouin camel herder waits for ride-takers in the ancient city of Petra

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◆ by Norma Meyer / © 2018, *The San Diego Union-Tribune*. Distributed by Tribune Content Agency, LLC. / PAGE DESIGN BY OLIVE CHU

In Jordan's extraordinary rose-red "Lost City" of Petra, I have just huffed up 700 zigzagging stone-carved steps to the ancient mountaintop High Place of Sacrifice. And now, along a dirt trail, I rest in a rug-draped souvenir stall while an octogenarian **Bedouin** woman—who is traditionally *clad* in a long embroidered dress and grew up in a cave—deftly strings a fragrant necklace of dried cloves to sell me.



Bedouin woman

© Norma Meyer/Tribune News Service (x4)

Way down below, camels with tasseled bridles emit rumbling roars while being led by robed tribesmen whose eyes are rimmed in jet-black **kohl** liner. Other indigenous Bedouins, head scarves atop their flowing ringlets, trot on donkeys past **monolithic**, 2,000-year-old tombs.

Petra rocks!

Petra literally rocks. Around the first century B.C., the now-extinct Nabataean people chiseled the capital of their Arab empire from sheer sandstone cliffs; at times 30,000 inhabitants bustled about the **affluent**

metropolis that was a major trade stopover for incense- and spice-toting camel caravans. Stretching across harsh desert terrain, the once-forgotten marvel includes intricate temples; etchings of snakes, lions and eagles; cave dwellings; a theater; and more than 600 massive burial chambers, all hewed from soaring rock faces that **bewitchingly** glow in swirling hues of terra cotta, apricot and blush pink.

City of mystery

"Petra is one of the world's biggest mysteries," says Omar, my Jordanian guide with Exodus Travels. "There is no record of history. And 65 percent of Petra is still underneath our feet, hidden by dust."

For almost two weeks, I traverse much of Jordan by bus with Exodus. Petra is Jordan's primo tourist draw, but elsewhere we're the only ones **clambering** over archaeological ruins of a mosaic-splashed Roman fort and a Muslim dynasty's frescoed castles in **no man's land**. History mixes with the present—driving through the bleak parched desert, we pass a sprawling Syrian refugee camp housing 36,000 in rows of white shelters; Jordan has taken in about 1 million people who have fled the war-torn nation to its north.

17

A warm welcome

Before joining our group, I spend two days in the vibrant old quarters of [the] capital, Amman, and clearly stick out—locals repeatedly ask where I'm from. This is a Muslim country, and when I say “America,” they all warmly reply, “Welcome to Jordan,” often with their hands placed over their hearts. I'm probably welcomed 100 times—in taxis [and] cafés while I eat **mezze** plates of hummus and falafel.

Back with Exodus

Another day, I'm bouncing in the blanketed bed of a Bedouin-driven Toyota pickup tearing across the **UNESCO**-listed Wadi Rum desert, nicknamed “Valley of the Moon” for its rippling peach-pink sands pierced by titan sandstone and granite peaks.

Near a **commemorative** rock carving, we stop at a rectangular tent woven from black goat's hair and occupied by hospitable Bedouins who offer us tea.

Most of the Bedouins I meet speak only Arabic, so Omar gladly translates. “He says, ‘You are a camel.’”

A what?

“It means you are beautiful because camels are beautiful with their long eyelashes.”

I sit down and enjoy the steaming sweet tea, cooked in a charred brass kettle over a **rudimentary** fire pit. Tea is a main social drink in Jordan, and you're constantly offered a cup in friendship.

Taking in the sights and sounds

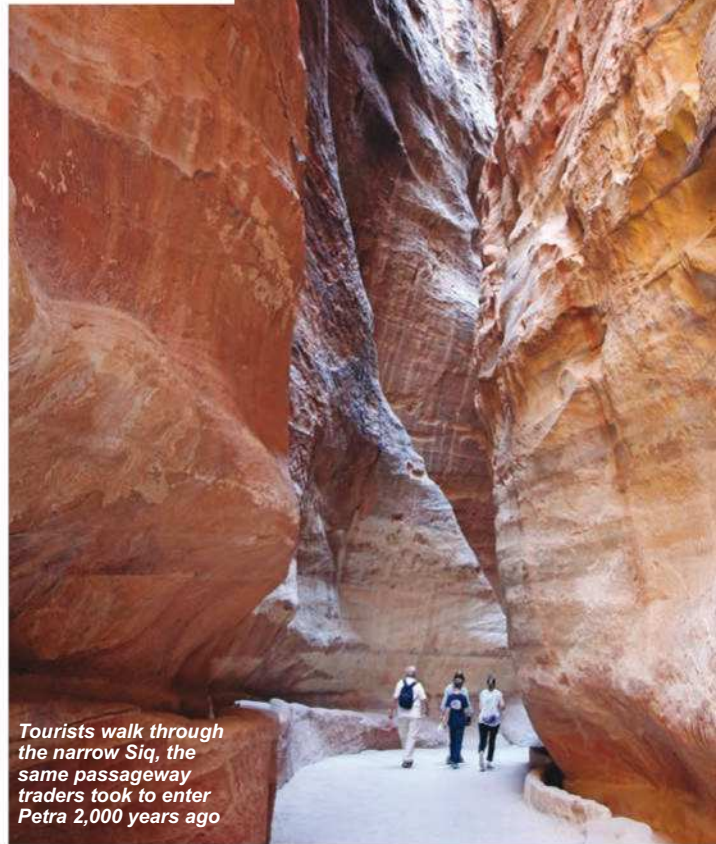
In Wadi Rum, I sleep inside a goat-hair tent in a rustic Bedouin camp set against wind-**buffeting** cliffs on the desert floor.

[The] next [morning] I wake up the entire camp shrieking as I clumsily mount my ride. “Yalla, yalla,” Rashid gently urges his herd of five sibling camels, meaning “Let's go,” and soon with just one other traveler, we have the pre-dawn moonscape to ourselves.

Atop cud-chewing Aliya, I hypnotically watch the flaming sunrise turn the unending vastness a radiant gold. For 90 beyond-belief minutes, the only sounds are the camels' feet softly sinking into the powdery dunes and the chirping of Sinai rosefinches. A well-fed stray dog joins our pack, funnily **bringing up the rear**. ▶



A searing sunset adds more magic to the lunar-like Wadi Rum desert



Tourists walk through the narrow Siq, the same passageway traders took to enter Petra 2,000 years ago

Specialized Terms

Bedouin (n) [ˈbɛdʊm] 貝多因人 (居住在沙漠地帶的阿拉伯人) an Arabic nomad living in the desert

kohl (n) [kɔl] 眼圈墨·眼影粉 a dark powdery substance, used especially in Middle Eastern countries as eye makeup to darken the edges of someone's eyelids

monolithic (adj) [ˌmɒnəˈlɪθɪk] 獨塊巨石的；龐大的 referring to a large upright piece of stone that dates back to ancient times

mezze (n) [ˈmetze] (地中海和中東地區的一種) 前菜·開胃菜 an appetizer served in the Mediterranean region and the Middle East

UNESCO (United Nations Educational, Scientific and Cultural Organization) (abbr) 聯合國教科文組織 an agency of the United Nations that promotes education, science and culture

luminaria (n) [ˌluməˈnɛəriə] 紙燈籠 a small lantern made of paper

More Information

no man's land (n) (尤指戰時兩國交界處的) 無人地帶·真空地帶 a vacant or undesirable piece of land

jackpot (n) [ˈdʒækˌpɑt] (比賽中的) 頭獎 a large prize or reward

Travel

2018 JULY 16–18

exodustravels.com

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Archaeological treasures

Every day of our itinerary, we hit an archaeological treasure. I feel like I'm in Italy as I wander the immense 2,000-year-old Roman city of Jerash, dubbed the “Pompeii of the Middle East” for its well-preserved ruins buried by blown sand for centuries.

Petra, though, is the **jackpot**. Abandoned in the seventh

century, it was rediscovered by a Swiss explorer in 1812 and became a UNESCO heritage site in 1985. Hidden away, to get to the ancient city, you have to trek through the dramatic narrow Siq, a nearly mile-long slot canyon sandwiched by 24-story-high veiny rock edifices and at times only 10 feet wide. Nature-created formations stare down in the shapes of elephants and skulls. At the end, the Siq cracks open to reveal the grandstanding, rock-whittled funerary-urn-crowned Treasury, likely a former temple.

‘Petra by Night’

After dark, I return for the “Petra by Night” ceremony. Even with my flashlight I can barely see as I stumble through the ghostly Siq and then sit in the **luminaria**-lit dirt in

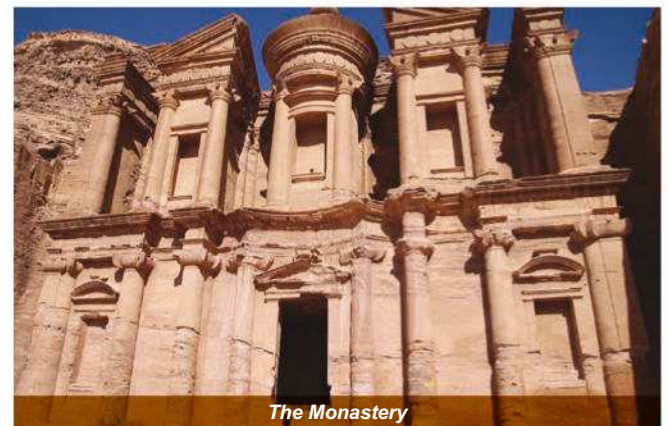


A Bedouin musician plays a rababa

front of the shadowy Treasury. Bedouins play a flute and rababa string instrument before the big reveal—spotlights suddenly bathe the Treasury in changing psychedelic colors.

Petra's most **jaw-dropping** high place is the Monastery, accessible by hoofing up nearly 1,000 Nabataean-cut steep steps. After the path's last bend, this **mammoth** stone temple—it's 155 feet wide—magically pops out of a remote mountainside towering over my **puny** presence.

From the Monastery, I continue ascending a boulder-**strewn** trail until, next to a grazing gray donkey, I see a piece of scrap wood lying against a pile of rubble and hand-scrawled, “Welcome to Top of the World Cafe.” Up further, I reach the “cafe,” a tattered, tented platform precariously perched over a rocky ledge in the heavens. And there, a 17-year-old Bedouin offers me another cup of tea. ☕



The Monastery

Vocabulary Focus © Cambridge University Press 2008

clad (adj) [klæd] (of people) dressed, or (of things) covered
affluent (adj) [ˈæfluənt] having a lot of money or owning a lot of things; rich
bewitchingly (adv) [brɪˈwɪtʃɪŋli]

bewitching (adj) [brɪˈwɪtʃɪŋ] so beautiful or attractive that you cannot think about anything else

clamber (v) [ˈklæmbə] to climb up, across or into somewhere with difficulty, using the hands and the feet

commemorative (adj) [kəˈmemərətɪv]

commemorate (v) [kəˈmeməret] to remember officially and give respect to a great person or event, especially by a public ceremony or by making a statue or special building

rudimentary (adj) [ˌrʊdəˈmentəri] basic

buffet (v) [ˈbʌfɪt] (of wind, rain, etc.) to hit something repeatedly and with great force

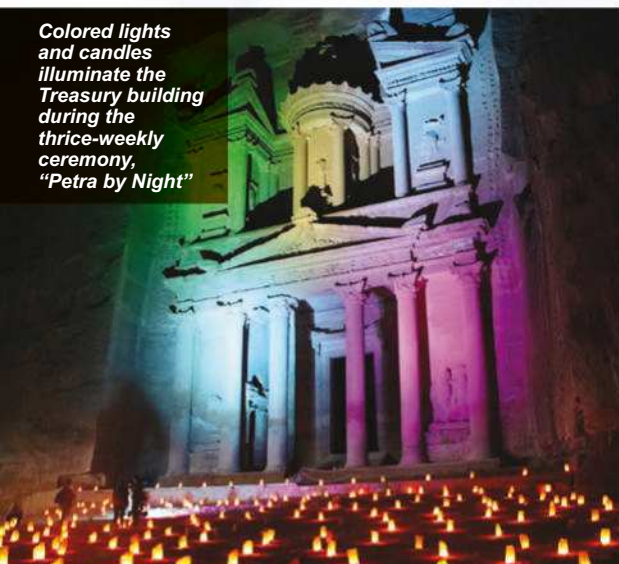
bring up the rear (idiom) to be at the back of a group which is going somewhere

jaw-dropping (adj) [ˈdʒɔːdrɒpɪŋ] very surprising or shocking

mammoth (adj) [ˈmæməθ] extremely large

puny (adj) [ˈpjʊni] small; weak; not effective

strewn (v) [strʌn] to spread things untidily over a surface, or to be spread untidily over a surface



Colored lights and candles illuminate the Treasury building during the thrice-weekly ceremony, “Petra by Night”

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Topic Talks

NEWS WORTHY Clips

19

Study finds dogs may be great for your heart and lower risk of death

by Michael McGough / © 2017, The San Diego Union-Tribune. Distributed by Tribune Content Agency, LLC.

Dog ownership **correlates** with lower rates of **mortality** and some fatal diseases, particularly **cardiovascular disease (CVD)**, a study concluded.

The study in the journal *Scientific Reports* found that canine ownership was associated with “lower risk of CVD in single-person households and lower mortality in the general population.”

The risk of death was found to be about 33 percent lower for single dog-owners than non-owners, and the risk of heart attack was 11 percent lower, according to the study.

Based in Sweden, almost 3.5 million people ages 40 to 80 were observed from 2001 to 2012 for the study. The authors called their findings the biggest investigation of the link from dog ownership to human health “by far.”



More Information

tandem (adj) [ˈtændəm] 一前一後的 describing a situation where you have two or more people or objects, and one is placed behind or beside the other



© TOP PHOTO (2)

Older studies have suggested that the risk of heart disease is higher among people who live alone. Dogs could help with that. The study says: “One **mechanism** by which dog ownership could reduce CVD risk and mortality is by **alleviating psychosocial** stress factors, such as social isolation, depression and loneliness—all reportedly lower in dog owners.”

“Perhaps a dog may stand in as an important family member in the single households,” said Mwenya Mubanga, lead junior author of the study. However, the exact mechanism by which dogs help people’s health is not clear, with several explanations possible.

“We know that dog owners in general have a higher level of physical activity, which could be one explanation to the observed results,” the study’s senior author, Tove Fall, said. “Other explanations include ... increased well-being and social contacts or effects of the dog on the bacterial **microbiome** in the owner.”

Or, as Fall said, [it] could be more a matter of correlation, not **causation**: “There might also be differences between owners and non-owners already before buying a dog, which could have influenced our results.”



20

A 102-year-old sets world record

by Pam Kragen / © 2018, *The San Diego Union-Tribune*.
Distributed by Tribune Content Agency, LLC.

Not much scares Glenn Quillin. Ever since the retiree had to bail out of an airplane with a dead engine in 1931, he's had a taste for thrill rides.

Recently, he celebrated his 102nd birthday by setting the Guinness World Record for the oldest person to ride a **zip line**.

[The] **aerial** adventure, accomplished at the La Jolla Zip Zoom park in Pauma Valley, [California], was simply the latest daredevil **stunt** for Quillin. He marked his 100th birthday in January 2016 with a **tandem** skydive.

"There's always a lot of anticipation when you log one of these new adventures, and I felt very comfortable along the way," he said afterward. "It's a great location, and the people were wonderful."

Chad Gutierrez, who manages La Jolla Zip Zoom, said he was amazed at Quillin's bravery. The mountainside attraction has three "extreme" zip lines, where passengers in helmets and harnesses travel at speeds up to 50 mph at distances up to 2,700 feet and a vertical drop of as much as 800 feet.

"He's braver than most of the people who come out here. We've had people quit on the first one, and he couldn't wait to do them all," [Gutierrez said].

Once certified by the Guinness World Records organization, Quillin will own the record held by a 90-year-old, according to Quillin's grandson Mike Welch.

"He's always had an adventurous spirit, and he loves doing things that make people's jaws drop," Welch said.

Quillin is already looking ahead to his next big adventure. A hot-air balloon ride is on the list, along with one more skydive.

Welch said that the Guinness World Record for the oldest skydiver is 102, so he and Quillin are hoping to break that record next January when Quillin turns 103.

Specialized Terms

cardiovascular disease (CVD) (n) 心血管疾病 conditions involving the heart, such as blocked blood vessels, which could lead to a heart attack or stroke; also known as heart disease

psychosocial (adj) [ˌsaɪkəˈsoʊəl] 心理社會的 dealing with both psychological and social factors such as thought and behavior

microbiome (n) [ˌmaɪkrəˈbaɪ.əm] 人體微生物群系 particular microorganisms in an environment, especially in the human body

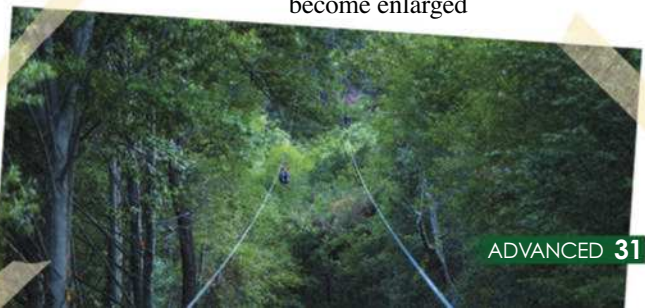
zip line (n) 高空滑索 a recreational activity where a rope or cable is suspended between two points of differing heights, and people can slide from one point to the other while hanging from a small wheel or handle or by some other means

booster (n) [ˈbuːstə] 促進劑 a smaller dose of a drug that is put into someone's blood stream after a larger dose in order to make sure the first dose continues to be effective

metastasis (n) [mɪˈtæstəsɪs] (癌細胞的) 轉移 a secondary cancerous growth

T cell (n) (對抗疾病的) T 細胞 a kind of white blood cell that helps fight against diseases such as cancer

lymphoma (n) [lɪmˈfomə] 淋巴瘤; 淋巴癌 a cancer that affects the lymph nodes, causing lymphoid tissue to become enlarged



21

A cancer 'vaccine' is completely eliminating tumors in mice

◆ by Ariel Scotti / © 2018, *New York Daily News*.
Distributed by Tribune Content Agency, LLC.

A new cancer treatment experiment at Stanford University that used immune-stimulators to target tumors in mice had remarkably encouraging results.

After **injecting** a combination of two immune **boosters** directly into solid mouse tumors, the research team said the vaccination eliminated all traces of the specifically targeted cancer from the animal's entire body—including **metastases** that were previously untreated.

"When we use these two agents together, we see the elimination of tumors all over the body," senior author of the study, Dr. Ronald Levy told the Stanford Medicine News Center. Out of the two immune "agents" used in the study, published in the journal *Science Translational Medicine*, one has already been approved for use in humans.

The study explained that when an immune system detects cancer cells in the body, its **T cells** attack the tumor but, over time, the tumor devises ways to overpower the immune cells and continues to grow.

In Levy's experiment, the cancer-fighting T cells from the immune system were rejuvenated when a microgram (one-millionth of a gram) amount of the two immune boosters was injected into a mouse's **lymphoma** tumor. Those same cells then moved on from the tumor it destroyed to find any other identical cancer [cells] in the body. Although the injection was successful in eliminating the targeted tumors present in the mouse, the T cells did not move on to a colon cancer tumor also found in the animal.

Other findings

Cancer did recur in three of the animals, but the tumors later regressed after another round of immune treatment. The study was also successful in mice that had breast, colon and melanoma tumors.

© TOP PHOTO



"This is a very targeted approach," Levy said. "Only the tumor that shares the protein targets displayed by the treated site is affected."

The experiment was replicated in 90 other mice and was successful in **eradicating** the tumors in 87 of them.

"I don't think there's a limit to the type of tumor we could potentially treat," Levy said, "as long as it has been infiltrated by the immune system." 🐭

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Vocabulary Focus

correlate (v) [ˈkɒrəˌleɪt]

correlation (n) [ˌkɒrəˈleɪʃən] a connection between two or more things, often one in which one of them causes or influences the other

mortality (n) [mɔːˈtælɪti] the number of deaths within a particular society and within a particular period of time

mechanism (n) [ˈmekəˌnɪzəm] a way of doing something which is planned or part of a system

alleviate (v) [əˈlɪviːt] to make something bad such as pain or problems less severe

causation (n) [kəʊˈzeɪʃən] the process of causing something to happen or exist

aerial (adj) [ˈɛəriəl] in or from the air, especially from an aircraft

stunt (n) [stʌnt] an exciting action, usually in a film, that is dangerous or appears dangerous and usually needs to be done by someone skilled

vaccine (n) [vækˈsɪn] a substance which contains a form that is not harmful of a virus or bacterium (= extremely small organism) and which is given to a person or animal to prevent them from getting the disease which the virus or bacterium causes

inject (v) [ɪnˈdʒekt] to use a needle and syringe (= small tube) to put a liquid such as a drug into a person's body

eradicate (v) [ɪˈrædɪˌkeɪt] to get rid of completely or destroy something bad

你的對話
我們的旅行

On the Go

台灣走透透

【On the Go台灣走透透】桌上遊戲，是由【空中英語教室教育集團】、【台科大迷你遊戲式學習研究團隊】、【2Plus桌遊設計工作室】首次共同開發，是全台第一款符合英語教學情境，透過分享與互動暢遊台灣的20種風情，運用色彩多元的精緻插畫、及遊戲機制的建構，巧妙引導玩家迅速認識台灣特色的英語名詞，讓你不只用國台語介紹台灣，用英語馬入通。

本桌上遊戲，經過多所國高中大學實測、與英語教師群的認可推薦，證實對口說互動有實際幫助。本遊戲共有基本及進階兩種玩法，讓你在生活中實際運用英文單字、基礎片語和句型，進一步把台灣美景與特色小吃介紹給外國朋友。

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More Than Words



Watch your grammar,
or it could cost you!

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PAGE DESIGN BY VICKY TSUNG

23

I've become increasingly concerned about the **linguistic** sloppiness of the average worker, and not those who have learned English as a second language but native English speakers, regardless of income level, schooling or other determining factors.

The number of people who read seems to be decreasing. Television has become the preferred babysitter for children and the most effective way for adults to **anesthetize** themselves after a day's work. Teachers, overworked and underpaid, seem to be **fighting a losing battle**—or are some **perpetuating** it?

These days I see **egregious** (horrible, outrageous, astoundingly bad) grammatical errors on résumés and cover letters, websites, signs, emails to me regardless of management skills or income level. Job hunters write asking me for “advise.” (It should be “advice.” “Advice” is the noun; “to advise” is a verb.) People who are in the job market, hoping to be invited in for an interview, write some of these, and the paperwork is full of punctuation and grammatical mistakes. Were they careless? Or do they not know? Maybe it doesn't matter. Maybe the hiring authority doesn't know the difference either.

Incorrect usage

The other day I saw the back of a company shirt that said: “providing quality service since 10 years.” A company shirt? How many were printed and are worn by employees who walk around advertising that their company has someone in an upper-level management position who didn't catch the error or, worse yet, didn't know the difference?

Last week a senior level manager emailed me. He confused “its” and “it's” in three different places. (“Its” is possessive. “It's” is the contraction of “it is.”) Here's another example: I do product testing for a research panel. The product came with a slip of paper that said: “This commitment covers not discussing this product or it's usage with others outside your home.” (It should have been its.)

advise
≠
advice

its ≠ it's

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grammar

24

Here's what really bugs me: [a] rule that seems to have come into effect [recently]—if in doubt, add an apostrophe. So what's happened is that people all over America have lost the understanding of the difference between plural and possessive (possessive gets an [apostrophe], plural does not).

Selling yourself

Your résumé and your cover letter are not just a **synopsis** of your background. They are not just an introduction of you when you hope to be considered for an interview. First and foremost, it is a brochure, and it is selling a product, and the product is you. If you wouldn't go to an interview in blue jeans, don't send your cover letter and résumé with mistakes to a prospective employer.



More Information

anesthetize (v) [əˈnɛstəˌtaɪz] 使麻醉
to take away the ability to feel or the awareness of one's surroundings



Specialized Term

linguistic (adj) [lɪŋˈɡwɪstɪk] 語言的；語言學的 relating to language or the study of language

Another example of misuse
Here's a sign I saw in a store:
We do not except credit cards.
(It should be accept.)



Don't rely on Microsoft Word's ABC/grammar checker. It isn't able to discern if a word is spelled correctly but used **out of context**. The grammar checker won't help you unless you have a fundamental understanding of grammar to begin with. In fact, if you **defer to** the grammar checker's advice, you'll probably increase your number of mistakes.

An excellent reference book to keep on hand is *The Elements of Grammar* by Margaret Shertzer. In [the] "Words Often Confused" [section], it clarifies the differences between pairs of words such as "well/good" and "less/fewer."

Don't tell yourself it doesn't matter. Above all, don't tell yourself that everyone speaks poorly these days, and the hiring authority won't know or care. The ability to communicate, written and spoken, is of **paramount** importance—certainly in business. And it only becomes more valuable as fewer people are able to demonstrate it.

Vocabulary Focus

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fight a losing battle (idiom) to try hard to do something when there is no chance that you will succeed

perpetuate (v) [pəˈpɛtʃuˌeɪt] to cause something to continue

egregious (adj) [ɪˈɡrɛdʒəs] often of mistakes, extremely bad

synopsis (n) [sɪˈnɒpsɪs] a short description of the contents of something such as a film or book

out of context (phr) If words are used out of context, only a small separate part of what was originally said or written is reported, which causes their meaning to not be clear or understood.

defer to (somebody/something) (phr v) to allow someone or something to make decisions for you or tell you what to do, even if you disagree with them, because of your respect for them or because of their higher rank, authority, knowledge etc.

paramount (adj) [ˈpærəˌmaʊnt] more important than anything else



© TOP PHOTO (X7)

Keep Calm and Live Life

Seven ways to be calmer, more mature and more productive

◆ by Susie Moore / © 2018, Greatist.com. Distributed by Tribune Content Agency, LLC.
PAGE DESIGN BY VICKY TSUNG

25

I was recently in a business meeting with two men who disagreed on a plan of action. Is this uncommon in the workplace? Nope. Can it be uncomfortable? Definitely—especially when egos get involved.

Everyone else in the room **braced themselves** while the two executives **faced off** with their wildly different opinions. But to our surprise, the meeting went remarkably well—and all because one of these men simply **exuded** a calm maturity that was impossible to fight against. He met his colleague's argumentative tone with absolute **tranquility**, and the situation **diffused**.

Instead of offering **rebuttals** and contradictions, he kept saying things like, “I absolutely see your point, Jeff,” and “You're right about that. Could we consider ...?”



More Information

face off (phr v) 對決；對抗 to confront someone or to take an opposing position against someone

diffuse (v) [dɪˈfjuːz] 使（緊張情勢）緩和 to weaken or make less intense

dis (n) [dis] 冒犯、無禮的言語 a rude and disrespectful comment, usually directed at someone else

passive-aggressive (adj) [ˌpæsɪvəˈɡresɪv] 消極抵制的；消極對抗的 harboring feelings of resentment toward someone but displaying indirect resistance, rather than open aggression



Specialized Term

analysis paralysis (n) 分析癱瘓（因過度分析而陷入難以做出決定的困境）a state of over-thinking something, causing an inability to act and preventing a decision from being made

I was impressed. Egos didn't rule that morning; they couldn't. There was too much calm in the room.

So what are more ways to bring tranquility, maturity and inner peace into our lives? What we focus on has a tendency to expand. So if you focus on the drama, that's what you get, but if you focus on serenity, well ... who couldn't use a little more of that? Here are seven ways you can bring more of that cool, collected calm—and the successes that result from it—into your life.

1 Focus on your own stuff

It can be so easy to compare ourselves to other people over our paychecks, the contents of our closets, relationship statuses [etc.], but when you realize that all that matters (and all that you can control) is you, you can't help but just do you. And when that happens, life gets awesome.



2 Don't overthink things

When you stop trying to **dissect** and interpret the words, texts, tweets and motivations of others, you'll experience that dose of tranquility you need. "**Analysis paralysis**" is such ⁰⁵ a precious waste of your time.

3 Know how to laugh at yourself

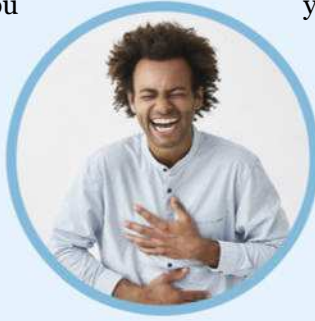
Joan Rivers said, "Life goes by fast. Enjoy it. Calm down. It's all funny." Life doesn't have to be so ¹⁰ serious, does it? And once you get to the point where you can laugh at yourself, you can laugh at pretty much anything.

4 Work before you play

Maturity can almost always be measured by delayed gratification. Do the work first and then play. Work can be fun too—especially when you commit to doing work that you love. ²⁰ "Adulging" can be [a] great adventure—if you give it a chance.

5 Don't gossip

When you just walk away from the ²⁵ water cooler when the boss is being whispered about, you're really doing yourself a favor in the long run.



6 Don't blame others

I don't think there is anything more grown-up than taking 100 percent responsibility for your life. No excuses or exceptions—parental, governmental ⁰⁵ or otherwise. When you own your circumstances and your "stuff," you're empowered.

7 Don't react

When you've mastered the art of ¹⁰ non-reaction and let something that could have offended you just slide—then you're really winning.

Maturity begins when drama and dissatisfaction end. We can **quantify** ¹⁵ our calm by our ability to "shake it off." You really can choose to free yourself from anything: a rude remark, an **under-the-breath diss** from someone you've never liked, an ²⁰ online hater, a **passive-aggressive** colleague ... whatever.

When you can shake all that off and just focus on the present moment—which is all we ever have—you kind ²⁵ [of] have it figured out. Guilt and regret can have you living [in] the past, and anxiety and worry can make you "future-trip." When you can simply be here, now—well, that calm will carry you far. 🐼

Vocabulary Focus

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- brace yourself** (phr) to prepare yourself physically or mentally for something unpleasant
- exude** (v) [ɪgˈzʊd] If you exude love, confidence, pain etc., you show that you have a lot of that feeling.
- tranquility** (n) [træŋˈkwɪlɪti] a peaceful, calm state, without noise, violence, worry etc.; the quality of being tranquil
- rebuttal** (n) [rɪˈbʌtl] a statement that says that something is not true
- dissect** (v) [dɪˈsekt] to examine or consider something in detail
- quantify** (v) [ˈkwɒntəˌfaɪ] to measure or judge the size or amount of something
- under (your) breath** (idiom) quietly so that other people cannot hear exactly what you are saying



Topic Talks

Biometric Boarding

by George Hobica / © 2018, Tribune News Service.
Distributed by Tribune Content Agency, LLC.
PAGE DESIGN BY OLIVE CHU

Taking 'the human element out of the boarding process'

27

In December of [2017], a nonstop flight from Los Angeles to Tokyo on All Nippon Airways was sent back to LAX after three hours in the air when cabin crew discovered a **stowaway** on board.

The details are still somewhat **murky**, [but] the unauthorized passenger, who was ticketed on a United LA-to-Tokyo flight, used a duplicate ANA boarding pass issued to his brother, who was ticketed on ANA, to board ANA's flight rather than flying on United.

Two hundred [and] eight passengers flew 4,000 miles round-trip from Los Angeles to Los Angeles.

A multitude of questions

Needless to say, this was a huge embarrassment for ANA and probably cost the airline hundreds of thousands of dollars in wasted fuel, lost revenue and

compensation to passengers. Exactly how could a passenger be allowed to board a flight he was not ticketed on? Don't the gate agents scan a boarding pass and check to make sure the name on a pass matches the name and photo in the passenger's passport? And even if they don't match the boarding pass with the passport, shouldn't an attempted scan of a duplicate boarding pass set off an alarm of some sort? Apparently not.

A collaborative effort

Perhaps that's one reason why airlines are teaming with their airport partners to take the human element out of the boarding process. On January 18, [2018], British Airways demonstrated the first use of purely biometric boarding on a flight departing from the U.S. I was invited to watch passengers boarding BA's Flight 280, a Boeing 787 Dreamliner, from LAX to Heathrow, without needing to show a passport or boarding pass. In fewer than 20 minutes, all 180 passengers were on the plane.

Each passenger walked up to one of four scanners, looked into a camera and passed through a gate. A couple of passengers weren't recognized by the software and were checked manually, as were those in wheelchairs or needing special assistance.



© TOP PHOTO (M)

Not only does biometric boarding provide better security compared to traditional boarding procedures, eliminating the kind of human error apparently present in the ANA incident, but because there were four scanners, the process goes much faster than the alternative, which usually involves two gate agents manually checking documents, dealing with passengers who might have misplaced boarding passes and **fumbling** with passports to find the photo page.

“Safety and security [are] at the core of biometric facial recognition technology, and British Airways has been working closely in partnership with the **Customs and Border Protection** agency and the U.S. government to develop and approve the scheme,” the airline said in a statement.

Streamlining the process

But there are other advantages as well. Quicker boarding means less time on the ground, which could lead to faster turnaround times and more cost-efficient **utilization** of aircraft and gates. And as this technology spreads worldwide, which it will eventually, it will allow airlines and airports to reduce staffing.

A spokesperson for Vision-Box, the company that builds this biometric scanning technology, told me that in the foreseeable future an airline passenger's entire journey, from check-in, through airport security and at immigration upon arrival, will be completely automated with biometric scanning. Your face will be your passport to the world.

More Information

head count (n) 清點人數 the number of people in a place, or the act of counting the number of people present

Vocabulary Focus © Cambridge University Press 2008

murky (adj) [ˈmɜːki] describes a situation that is complicated and unpleasant, and about which many facts are not clear

multitude (n) [ˈmʌltɪtʊd] a large number of people or things

needless to say (idiom) as you would expect; added to, or used to introduce, a remark giving information which is expected and not surprising

compensation (n) [ˌkʌmpənˈseɪʃən] money that is paid to someone in exchange for something that has been lost or damaged or for some problem

fumble (v) [ˈfʌmbəl] to do something awkwardly, especially when using your hands

utilization (n) [ˌjuːtɪlɪˈzeɪʃən]

utilize (v) [ˈjuːtɪlaɪz] to use something in an effective way

hefty (adj) [ˈhefti] large in amount, size, force etc.

As for the two brothers who were apparently so close that they couldn't bear to be separated even for a few hours, they may face criminal charges. Being a stowaway on a flight is punishable by up to five years in prison, and ANA could face **hefty** fines for failing to do an accurate **head count** before the plane's doors were closed. 🐼

Specialized Terms

biometric (adj) [ˌbaɪəˈmetrɪk] 生物辨識的 referring to the science of gathering, storing and using unique physical and behavioral characteristics in order to identify individuals

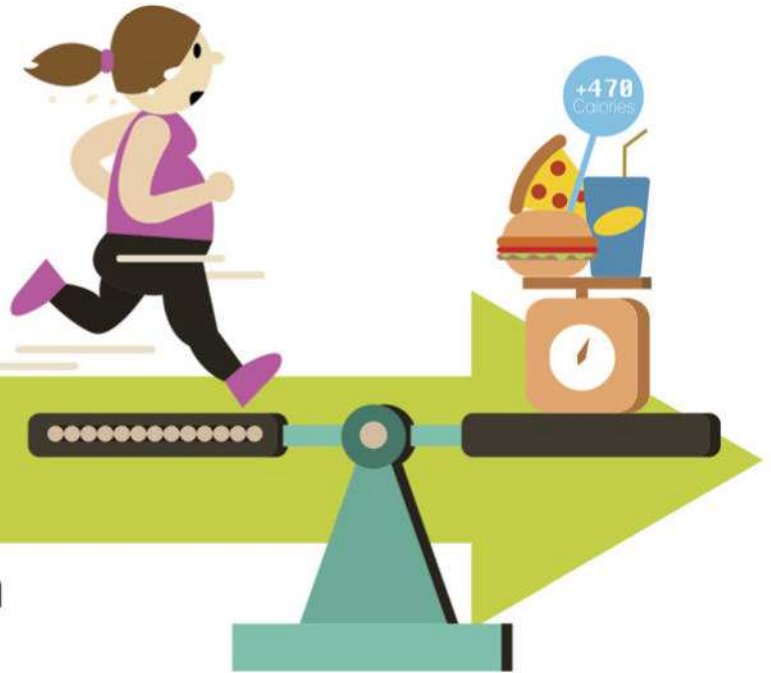
stowaway (n) [ˈstoʊ.weɪ] 偷渡者 a person who hides aboard a ship, aircraft or other vehicle in order to obtain free passage

(U.S.) Customs and Border Protection (n) 美國海關暨邊境保護局 an agency of the United States Department of Homeland Security that is one of the world's largest federal law enforcement organizations, charged with such duties as preventing terrorists and their weapons from entering the U.S. along with collecting import revenue and making sure specific customs and related laws are followed





Topic Talks



Ways to Approach Weight Loss

Heed the following advice when trying to lose weight effectively

◆ by Matt Ruscigno, M.P.H., R.D. / © 2017, *Environmental Nutrition Newsletter*, Belvoir Media Group. Distributed by Tribune Content Agency, LLC.

PAGE DESIGN BY VICKY TSUNG

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The answer to weight loss is **multi-faceted**, but a good starting point is understanding calories.

Calories are the source of energy used by the human body and are found in foods in the form of carbohydrates, proteins and fats. We need energy to perform basic bodily functions and even more if we exercise. Excess calories are stored as body fat, essentially reserved energy.

In some ways, the science of losing weight is simple: **expend** more calories than are consumed, and your body will use body fat for energy. You can do this by eating less or by exercising more. The catch is that we don't live our lives in a lab. Food tastes good, we are **creatures of habit**, and we like to indulge at social gatherings. So, what do you do? Here are a few, evidence-based approaches for weight loss.

Forget dieting; make a lifestyle change

Diets are often measured by short-term results and don't hold up over the long term. You're better off changing your lifestyle with sustainable strategies that will lead to long-term health.

"Eating according to internal cues, including hunger, fullness and satisfaction, rather than external cues such as dieting, food rules and cultural pressures, helps us build trust in our eating habits and is most likely to lead to a stable weight," says Taylor Wolfram, a Chicago-based dietitian.

Make a goal

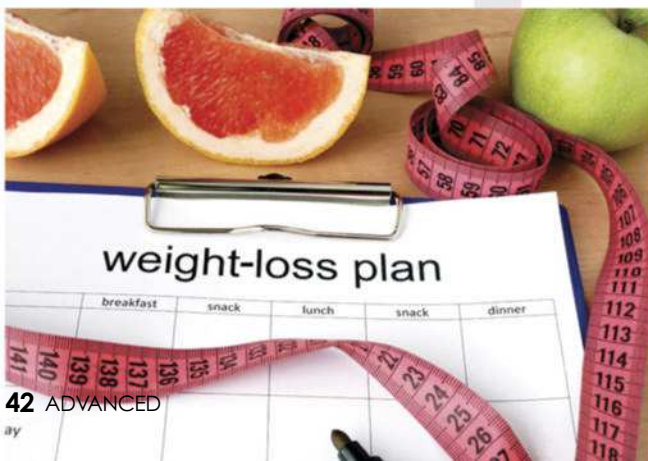
It should be S.M.A.R.T.: Specific, Measurable, Achievable, Realistic and **Timely**. If you make a specific, measurable goal, you can look back on your week and know if you accomplished it or not. Then adjust your goal if it's unrealistic or if you are ready for another goal.

Choose high-fiber foods

Vegetables, beans and whole grains are high in fiber and volume and low in calories. Fiber increases **satiety**, making you feel full while eating less. The extra volume in these foods means you can eat more of them, while consuming fewer calories.



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Don't focus on the scale

Changing your lifestyle takes time, and there's more to good health than a number on a scale.

"Body weight is very complex with countless contributing factors, most of which are beyond our control. Science tells us healthy lifestyle behaviors include physical activity, eating plenty of fruits and vegetables and not smoking. These are more strongly linked to health outcomes than is weight," [Wolfram said].



Don't fall for these four weight-loss myths

1. Juicing helps you lose weight

Juicing is not a preferred weight-loss strategy because replacing meals with juice isn't a sustainable habit. Additionally, when fruits and vegetables are juiced, components such as fiber are lost, but the simple sugars remain. Drinking the equivalent of five fruits is not the same as eating those five fruits. Drinking calories for weight loss can be problematic because it eliminates the chewing process, making overconsumption easier. Drinking 500 calories does not provide the same satiety as eating 500 whole food calories.



2. Fasting is required for weight loss

A newer trend in weight loss is fasting or **intermittent** fasting. The former has long been disproven as a way for successful weight loss because most individuals return to the eating habits that caused the weight gain **to begin with**. Intermittent fasting, which involves going a set period of time between meals, may help you learn hunger cues, but there's not enough research to know if this works in the long term.



Specialized Terms

juicing (n) [ˈdʒuːsɪŋ] 榨汁 the procedure of extracting liquid from vegetables or fruits

metabolism (n) [mɪˈtæbəˌlɪzəm] 新陳代謝 the chemical processes in living organisms and cells that cause food to be used for energy, growth and repair

3. What works for one works for others

Ask about weight loss, and you'll get a number of success stories, which adds to the confusion. It's important to remember that what worked for your cousin may not work for you.

4. There are magical fat-burning foods

No one food significantly increases **metabolism** or triggers fat burning. That's what makes the diet industry so appealing. It is difficult to lose weight successfully, so the appeal of magic foods, from coconut oil to superfruit, is strong.



More Information

satiety (n) [səˈtaɪti] 飽足；滿足 the state of being full or past the point of satisfaction

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Vocabulary Focus

heed (v) [hid] to pay attention to something, especially advice or a warning

multi-faceted (adj) [ˌmʌltiˈfæstɪd] having many different parts

expend (v) [ɪkˈspend] to use or spend especially time, effort or money

creature of habit (idiom) someone who always does the same thing in the same way

timely (adj) [ˈtaɪmli] happening at a suitable moment

intermittent (adj) [ˌɪntəˈmɪnt] not happening regularly or continuously; stopping and starting repeatedly or with periods in between

to begin with (phr) at the start of a process, event or situation

These translations are for reference only.

本雜誌的中文翻譯提供文意參考，由於語言的差異，請勿逐字逐句比對學習。

p.10 Spiritual Depth and the Human Touch

靈性深度與人性互動

兩項能夠豐富你人生的關鍵要素

陳信宏 譯

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靈性生活：深植根基以因應人生中的旱季

最近，我在我們的灌木矮草沙漠上漫步的時候，注意到了至少有一種鼠尾草試著要開花。這些了不起的植物所具備的毅力實在令人刮目相看。鼠尾草和其他沙漠植物想要生存的唯一方法，就是長出深植地底的根。

「人生中的旱季」

人生中的旱季有許多種類——心理上、情感上、人際關係上、靈性上，甚至是身體上的旱季。我們也許會把這類乾旱現象分別描述為寫作瓶頸、「平淡無奇」、無意義或者過度疲憊時期。

沒錯，每個人都可能、也都會在某個時候遭遇乾旱時期，即便是最有創意、最健全、人脈最廣而且最穩重的人也不例外。沒有人能夠免於人生中炎熱乾枯的季節。

問題不在於我們的旱季本身，而是在於我們怎麼找出方法撐過旱季並且更加茁壯，並當我們的存在感、歸屬感與行為感都意興闌珊時，如何加以因應並且找到希望。

簡而言之，答案就是深植根基。

深植的根基可以深入到真正能夠滋養以及支持我們走下去的東西，而這就是在人生的沙漠中開花的一大關鍵。

想想真正重要的事物；允許自己感受，而不要壓抑哀傷、喜悅、困惑或甚至憤怒的深沉感覺；對於我們心

愛的人以及我們不了解的對象加以關懷，並且敢向他們展現我們的脆弱；找尋靈感與意義這些基礎而且神聖的賦予生命的泉源——這些都是我們的生命之根所需要的「水」，以求善用人生。

旱地農民深知呵護土壤對於保存足夠的水分以種出良好作物的重要性。我們也是一樣。

我們是人，行為必須慈善，也需要足夠的幽默感緩和旅程中的顛簸。此外，我們也需要來自上天與地底的水分才能生長茁壯，即便在沙漠中也是如此。

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拜託，找個時間小聊片刻吧

我今天欠缺機智。我需要聆聽友善的戲謔、活潑機靈的應答，以及巧妙的語句轉用。

對話中的嬉鬧成分已緩慢消失。不過，對話本身也已逐漸消失。

今天，我們的對話愈來愈短，傾向精簡扼要，如電報一樣簡潔。我們全都忙著同時進行多項工作。一次做六件事情可不容易，而且沒有一件做得好。

請求別人撥出時間出席某件事，幾乎成了一種打擾。況且，如果你已藉由電子郵件、臉書訊息或者簡訊傳達了你需說明的具體細節；或是表情符號還是以上這些溝通方式的組合來溝通，那麼誰還需要面對面交談呢？

令人愉悅的談話

我們不總是因為需要才交談；有時候是想從中獲得愉悅。

我們在一家餐廳裡被帶往座位時，經過一個凹室，那兒的燈光低垂、裝潢美麗，而且坐著四對男女。那四對男女當中有三對顯得光彩照人——沈浸在他們手機的光芒中。

我從來不明白為什麼有人要和別人相約、梳理整潔、開車到彼此共同選定的地點，然後卻對面前的同伴置之不理，而在網路空間中和別人互動？

以前若一名女子被一名男子邀約共進晚餐，卻發現那名男子整晚都不理會她而是忙著和別人說話，她可是會起身棄他而去。

我生長於一個愛說話的家庭裡，我的先生也是一樣。我們雙方的父母經常都會在晚上找朋友到家裡來共進晚餐、玩牌，或者單純在暖和的夜裡坐在室外聊天。他們又說又笑，互相調侃又回到話題，然後再繼續交談，我們被送上床睡覺幾個小時之後都還可以聽到談話聲從窗外飄進來。

我總會躺在床上聽著，心裡想著能夠在夜深之後仍然與朋友談笑，是多麼美妙的大人娛樂。我在心裡對自己說：「我有一天也一定要這麼做。」

我們確實這麼做，只是不像以前那麼頻繁了。🐼

p.12 A Look Inside Amazon's Spheres

一窺亞馬遜的「生態圈」內部

參觀西雅圖最新的地上建物

陳信宏 譯

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在亞馬遜這棟四層樓高、以鋼架為骨，玻璃為面的生態圈地上建物中，擺著五、六張休閒椅。坐在那裡，感覺就像在一艘即將發射的太空艙裡休息。

只要走幾步路，經過一道植樹牆，即可看見桌椅擺放在幾叢多肉植物的園圃旁邊。

樓下有一條木板步道環繞著一棵四十九歲大樹之綠葉茂密的樹冠，步道上有幾處可用於會面的隱蔽角落。

在這三幢相連之圓頂建物裡不同的環境，都傳達了同一種整體感。你很快就會忘記自己是身在市中心一座繁忙的辦公園區裡。對於這幢建築物的設計師而言，這就是重點所在。

這家公司自從創立至今的這二十四年來，大多數時間都寧可在家鄉低調營運，在其辦公大樓裡從不張貼任何招牌標誌以顯示其存在。

但在生態圈裡，亞馬遜卻打造了一個野心勃勃的建築焦點，及地位的象徵——不但是西雅圖最大的雇主，也是美國企業界裡最有活力的一家公司。

亞馬遜房地大老，也是西雅圖本地人的約翰·舒特勒，並不怕把生態圈拿來和這座城市裡的其他建築地標比較。

一座私人叢林

這些圓頂建築裡的植物是一群園藝學家造就的成果，他們的任務是到全球各地找尋吸引人的植物，然後把它們種植在一佔地四萬平方英尺的溫室裡。四年後，生態圈看起來就像是一座成熟的叢林。

不同於大部分的叢林，生態圈是一個工作空間。亞馬遜展望這幢建築可讓員工換個步調，讓他們「獲得不同的感受，產生不同的想法，」生態圈的首席園藝學家羅恩·加利亞爾多表示。

為了保持走道淨空以促成那樣的感受與想法，亞馬遜的叢林大半都會是私有空間。

一般大眾可以報名免費參觀生態圈一樓的一個展示區，而亞馬遜每週舉行兩次的總部導覽，也將在不久之後開始停留參觀生態圈內部。

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適當的環境

從第六大道這一側走進生態圈的員工，將會看見一道植樹牆，高六十英尺，密集種植了兩百種植物，在中央圓頂建築垂直伸展整個四樓。

植樹牆右邊有一個水缸，內有亞馬遜地區的原生水生植物與動物。

第七大道圓頂建築正中間的一座花園令人聯想到新大陸，其中種植的植物主要都是源自中南美洲。不過，其中最醒目的一棵植物卻是澳洲原生植物（來自加州的一座樹園）：四十歲的傑克遜港無花果樹，暱稱為露比，它是由起重機吊掛置入球體內。

第六大道的球體內有一座舊大陸花園，其中的植物主要來自非洲與東南亞，包括一棵澳洲樹蕨，那是第一棵抵達這裡的植物，在二〇一七年五月種下。

這些植物之所以受到挑選，原因是它們所屬的那些環境符合亞馬遜為其西雅圖生態圈尋求的特質：這個空間必須涼爽得能夠讓人穿著上班服裝而仍然覺得舒適，但同時又溫暖潮溼得足以讓熱帶植物生長茁壯。

生態圈的運作方式

如同亞馬遜的摩天大樓，有一部分生態圈是透過回收鄰近資料中心產生的熱能來提供暖氣。這些熱能流過埋在水泥地板內的管線，在高樓層則是流經扶手。

主要植物區內散布著假木材與樹樁，其中隱藏了空氣流通管線。

這三個球體由兩千六百片左右帶有稜角的玻璃片構成，玻璃片上的塗層能夠讓光線透入，以供植物行光合作用，同時將不必要的熱反射回環境當中。



挑選名稱

舒特勒說，為建築物取名可是一件比為孩子取名更難的工作；但在他看來，Spheres（原意是多球體）對於西雅圖這座最新的企業地標而言，顯然是個自然的名稱。

「就像太空針塔一樣，名如其物，」他說：「Spheres 聽起來就很契合。」

p.16 The Ocean Is the Classroom

海洋就是教室

一種獨特的輔導活動

陳信宏 譯

6

泰勒·巴舍原本是極度怕水的。單是在立槳衝浪板上穿越破浪線，對他而言就是一件很不容易的事情。他加入立槳學院之後的頭幾個星期，都必須由一位教練在碼頭邊的平靜水面上勸誘著他前進。

他的母親安德莉亞想：「他的體內真是沒有運動細胞，」她坦承道。

那時候的巴舍對於大自然一點興趣都沒有，寧可黏在電視機前面，沉迷於電動玩具當中。

現在，十五歲的巴舍已和十二歲時那個充滿恐懼的他完全不同。現在的巴舍是名水上的悍將，在他所屬年齡別的立槳衝浪競賽當中也被視為是加州頂尖的選手。

課程背後的主導者

立槳學院由麥克·埃瑟特創立。五十三歲的他，在九〇年代中期曾是大專划船選手，也是國家隊的獨木舟選手，長年以來多次參與衝浪獨木舟比賽。

基本上，只要是需要用到槳的運動，埃瑟特就想參加競賽。

立槳衝浪在十年前左右剛興起之後，埃瑟特就隨即加入其中。四年前，他決定發起一項試行課程，看看社會大眾是不是有足夠的興趣，願意讓孩子一年四季都聚集、精進他們的立槳衝浪技巧。

「我的目標就是要輔導孩子，」他說：「找出熱愛大海而且想要以不同方式下水的孩子。」

教練每週四天在都何尼州立海灘替一群八到十八歲的孩子上課，那些孩子的程度與經驗高低不一。

有些孩子只有八歲大，可能對海水毫無經驗。年齡層的另一端，則是有些已接近成年的孩子，並且被視為當地頂尖的少年立槳衝浪選手。

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是那些艱苦的日子——也就是陰天、起風或者大浪的日子——對這些年輕人帶來挑戰。

「他們在不想來的日子也必須過來，」埃瑟特說：「我們激勵他們克服恐懼。他們學習天氣、安全，還有風會對海水及海流造成什麼影響。他們學習如何堅持下去。我們宣揚最大的重點是：在人生中，只有貫徹始終才能夠讓你達到你渴望的目標。」

年輕競爭者

十二歲的立槳衝浪者山姆·薛萊特之所以加入，原因是他有朋友參加這項課程。

他的目標：參與富有聲望的太平洋立槳衝浪競賽。這項活動把世界各地的頂尖立槳衝浪選手齊集於他們的訓練地點：都何尼海灘。

羅伯·豪森這位爸爸看著他的女兒在短短幾年內，從生手變成半職業選手。他認為她的技巧已足以面對海洋上的開放水域。

還有一個額外的好處：他得以和女兒分享自己對海洋的熱愛。

「我因此得以和我的女兒建立一項我從沒想過我能有機會建立的連繫，而且是透過一門我有興趣的運動，」他說。

在不久之前的一天，一群三十位左右的孩子先以伸展操與熱身操展開他們的課後訓練，然後才下水。接著，他們沿著一座石砌突堤前往開放水域，以一個浮標為目標進行衝刺練習，以槳划水，然後再返回岸邊。

每次訓練都以一場跑步作結束。

對於未來充滿興奮！

埃瑟特期待著另一群即將加入立槳學院的新學生。也許他們至少能夠發掘出自己對於戶外活動的喜愛，並且精進自己在水上的平衡技巧。此外，說不定其中有一位世界冠軍將會發現自己對於立槳衝浪的熱情。

Lost Boy of Sudan

迷失的蘇丹男孩

這個「迷失的蘇丹男孩」曾經踩著血跡斑斑的腳走了一千英里，現在輪到他幫助其他難民

馬勵 譯

9

在心理治療醫師助理雅各布·阿瓦爾·阿育恩位於加州漢福德的辦公室裡，有時候難民們的情緒跌到谷底，這時阿育恩就會告訴病人自己曾經是個迷失的難民孩子，步行數千英里逃離血腥的內戰。

「我自己有這種背景，經歷過飽受戰爭摧殘的國家——身上沒有食物、腳上沒有鞋，從一個難民營走到另一個難民營——我覺得我能理解他們的處境。」

他大約八歲時，蘇丹內戰迫使他和其他大約兩萬名男孩，從鄉村往安全地帶步行了一千英里。

阿育恩現年三十九歲，是一位專業醫事人員。他回憶那驚恐萬分的赤腳徒步行程時說：「我們有四、五次被困在交叉的砲火中，而一些人中槍斃命。」

他和那些在無情旅途中倖存下來的人，之後被暱稱為「迷失的蘇丹男孩」，因為他們極像彼得·潘故事中的孤兒。二〇〇一年，美國接收了四千名難民，讓他們到沒有戰爭的國家展開新生活。阿育恩是其中之一。

南蘇丹的戰爭從未遠離他的腦海。那裏的人繼續被迫離鄉背井。阿育恩二〇〇一年離開的肯亞難民營卡庫馬，再次住滿兒童和家庭。

阿育恩說：「人們仍在受苦、死亡。」

旅程開始

警告來臨那時，阿育恩正在村外趕牛。

當時留下來是不安全的。

蘇丹南部的男孩子經常離家住在養牛營地，戰爭爆發時阿育恩就住在這樣一個營地。當時已沒時間回家找媽媽，也太危險。他只好跟隨那些帶領牧童的年長男人離開營地。

阿育恩光著腳，幾乎沒穿衣服，一直走到雙腳流血。他還繼續走了一陣子。

有些夜晚無法睡覺；某些白天也充滿恐懼，因為野生動物追著他。

一些男孩死了。

10

前往埃塞俄比亞（或譯衣索比亞）

在逃離養牛營三個月和徒步一千英里之後，阿育恩和其他男孩越過邊界到埃塞俄比亞。沒有人迎接他們，沒有建築物、沒有家、沒有自來水。男孩們分成幾個小組，每組大約十二人。阿育恩幫忙建房子，用大刀砍樹割草來搭建茅草屋頂。

到了一九九一年，埃塞俄比亞營地已成為一個難民避難所。聯合國建立了一所學校，阿育恩唸三年級。

但是正常生活沒有過太久。埃塞俄比亞陷入戰火，使得營地居民身陷危險。阿育恩在逃離蘇丹四年後，不得不再次穿過這個紛爭不斷的國家，來到肯亞邊界。

這又是一次同樣無情的旅程。

這些男孩繼續步行到蘇丹南部的波查拉小鎮，在那裡相互依偎了兩個月。但是隨著內戰逼近，他們遷移到靠近肯亞邊境的另一個城鎮。沒幾個小時過後，又必須逃命。阿育恩回憶說，一天後，他們停下來休息：「那裡什麼都沒有。沒有房屋、建築物、自來水。就像野生森林一樣。」

他們繼續往前走，到另一個小鎮，三週後來了一個救援車隊。阿育恩跳上一輛前往卡庫馬的載牛卡車，車上滿是難民。

肯亞的生活

他進入一所肯亞當地人為孩子們建造的卡庫馬難民營學校，上四年級。

他是一個好學生，以高分從小學畢業，獲准去讀難民營外的一所中學。他除了母語丁卡和一點斯瓦希里語之外，還講英語。

他勤奮好學，這點使他後來得以被選入重新安置在美國的四千名迷失的男孩。

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文化衝擊

美國跟阿育恩和朋友們腦海中的形像不一樣。

但是他來到美國時有一個計畫，計畫裡可沒有半途而廢這件事：他會成為美國公民，上大學，並且有自己的事業。

家庭生活

離開卡庫馬難民營之前，他已經向另一名難民阿拉吉爾·鄧求了婚。



三十五歲的鄧有自己悲慘的逃亡經驗。她那時才三歲，卻必須走一千英里到埃塞俄比亞的難民營。鄧說，四年後從埃塞俄比亞難民營到肯亞的旅程中，就在家人抵達肯亞邊境前，她繼母被子彈擊中左腳。

大喜之日！

鄧在卡庫馬難民營的小學遇見阿育恩。他們於二〇〇四年在肯亞結婚。

婚後阿育恩回到美國繼續唸書，並且存錢，準備將鄧接到美國，那時她已懷了雙胞胎男孩。

鄧和孩子們於二〇〇八年在內布拉斯加州的奧馬哈與阿育恩團聚。

她現在在加州弗雷斯諾上課，準備成為一名合格護士（譯註1）。她和阿育恩以及家人住在漢福德一個門禁社區的兩層樓家中。

不過他們懷念南蘇丹，懷念那裏的婚禮、舞蹈和文化互動。

伸出援手

鄧和阿育恩擔心留在南蘇丹的家人和朋友。

鄧說：「我們正在幫助故鄉的家人，他們那裏甚麼都沒有。我們的國家仍然戰事不斷，人民仍舊苦不堪言。」

她說，或許作為一名護士，有一天她可以回到南蘇丹幫助人民。

阿育恩也想繼續幫助南蘇丹的孩子們。他已經把十幾個孩子帶進肯亞的一所學校。

他說，教育改善了他的生活，他希望別人也有同樣的機會。

「我很高興回饋，因為我跟他們一樣曾經是難民。」



譯註1：這個工作的英文職稱是專屬於加州和德州的，簡稱為LVN；同樣的工作在美國其他各州則稱為licensed practical nurse，簡稱為LPN。



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p.22 Getting Back Your Passion

找回熱情

自己當老闆而缺乏動力？這裡有一些技巧可以幫助你找回熱情

馬勵 譯



問：過去幾年裡，我一直從事自由業。但是我已開始失去工作熱情。怎樣才能讓火花復燃？

答：現在可能是評估你的選項，並且考慮職涯下一階段願景的時候了。

為了弄清楚這份工作是否仍然適合你，請簡單回顧一下你當初是如何成為自由業者的。

許多人是因為公司縮編裁員、或因為對於原來工作有某種程度的不滿，或工作出了問題而成為自僱者。對於另外一些人而言，自由業可以是讓生活更多彈性的一個便利作法。

問題往往是，你如果打算遠離一個不合適的情況，就不會積極地選擇某件事情。

接下來，反思你目前專業生活中特別喜歡的方面和不在乎的方面。

也想想缺少的是什麼。不要掛慮你認為自己「應該」喜歡什麼；要盡量誠實。

然後，你可以排出重要次序，免得微小惱人之處帶給你大過實際的威脅。然後，如果你對目前工作仍然有真正的熱情，火花就可能重新出現。

建立一套技能

另外，有必要進行重要的現實反思。你如果想成為成功的自由業者，就必須引入新的業務。

如果你真的無法達標，又想維持自僱的工作型態，就要設法建構自己的技能。

找一位銷售教練、上一門課、找一位導師——任何能提供你所需知識的作法都行。

也要更新你找到新人脈的方法。建議你尋找可以參與的有趣的專業團體。

帶著振興士氣，而非銷售產品的心態加入他們。這樣就可以免去壓力，同時讓你建立更廣泛的人際網絡。

在這個過程中，記住要維持良好的身心靈和積極的態度。

p.24 Enjoy Nature Safely

安全地享受大自然

了解如何預防自然因素破壞你的夏日樂趣

馬勵 譯

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安全參與野外活動

知識就是力量。因此你和家人前往野外時，提升自己的技能，知道如何安全地玩。

1. 像刺紅滑步而行

刺紅保護自己的方法是潛身一層薄沙下面。你入水時拖著腳走會產生震動，刺紅就會警覺而往不同方向移動。如果被刺，就用熱水清洗傷口並就醫。

2. 治蛇技巧

在許多地區徒步旅行、登山和野營時都可能遇到蛇。根據亞利桑那大學毒物和藥物資訊中心的資料，有一半以上被咬的人刻意以某種方式挑釁蛇。你們若碰到蛇，要確保孩子們不會故意驚動它。

走在登山路徑上，手腳避開木頭和岩石堆、茂盛的野草或各種縫隙。天黑後要帶手電筒以及穿鞋行走。

3. 留意熊出沒

在徒步旅行、釣魚或露營過程中，你要避免遇見熊。詢問你預計前往地區最近熊的活動。跟三或更多人一起健行，邊走邊唱歌、講故事或帶一個鈴鐺，讓熊知道你在附近。選擇白天徒步旅行，走在健行路徑上，避免漿果樹叢。紮營時，一定要將食物和垃圾掛在睡覺以外的地方。

4. 避免雷擊

教孩子們「打雷時，進到室內」。注意天空變暗、閃電的閃光，以及風勢的轉變和加強。如果你聽到雷聲，就該移到一棟堅固的建築物裡或有硬頂金屬的車子裡面，將窗戶關上。離電線和金屬柵欄遠一點。聽到最後一次雷聲，等三十分鐘後再到外面去。

5. 保持溫暖乾燥

無論你是碰到傾盆大雨還是在路上迷路，都要避免變得太冷和太濕。尤其重要的是覆蓋頭、手和腳。儘早脫下濕衣服。顫抖是身體試圖升溫的自然動作，也是身體失溫的第一個跡象。

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驅蚊：如何阻止蚊子在你身上肆虐

蚊子已經出來準備要飽餐一頓。佛羅里達大學的蚊子專家約拿遜·戴知道這些昆蟲是如何運作的。他在此解釋了趕走這些惱人害蟲「該做」與「不該做」的事。

該做：把牠們吹走

戴說，幾乎任何微風，也就是任何高於時速一英里的風，都會使蚊子很難飛行。如果你夏季出遊能選擇一個涼風習習的地方，那就沒有蚊害。他又說，電風扇也是一種很好的驅蚊器。

不該做：依靠音波設備

市面上有許多以驅蚊劑名義銷售的超音波設備和應用程式。戴說：「它們根本無效。」

該做：穿這些顏色

蚊子白天運用視力搜索食物來源。戴說，由於牠們飛得非常接近地面，因而傾向在與地平線產生反差的東西中尋找目標。他補充道：「暗色會突顯出來，淺色對它們的吸引力比較小。」

該做：避免蚊子高峰時段

風一般會在太陽升起和落下時消散。缺少風的那些時候也會使蚊子外出覓食。如果你可以在一天中的其他時間安排出遊，就可以避開很多蚊蟲。

該做：如果你淪為一隻可怕蚊子的犧牲品，請抗拒抓癢的衝動

在蚊蟲叮咬處抓癢只會使情況更糟，因為那會加劇發炎的紅腫反應。儘管你整個人都在告訴你去抓癢，但一定要忍住。試試冰敷叮咬處；這樣會消除一些紅腫，降低抓癢衝動。

不該做：依靠高科技陷阱

霓虹燈、電子、電擊等滅蚊陷阱已進化，增加了黑紫外線之類的花俏裝置，那可能比一般燈泡吸引更多昆蟲，戴說道。



但是蚊子也擅長分辨陷阱和活生生的宿主，也就是你。

戴說：「牠們原本可能飛向陷阱，但隨後馬上轉向，直接衝你而來。」

p.26 A Tour Through Jordan

約旦之旅

探索約旦的考古奇觀

陳信宏 譯

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在約旦這個沈浸於令人驚艷之玫瑰紅的佩特拉「失落之城」裡，我剛剛才氣喘如牛地爬上鑿出於石壁上的七百階蜿蜒攀升的階梯，來到山頂上古老的高地祭壇。現在，在泥土小徑旁，我在一個垂掛著毛毯的紀念品攤販裡稍事休息，一名八十幾歲的貝都因婦女——她身穿傳統的刺繡長袍，看得出她在洞窟中長大——熟練地將乾燥的丁香串成一條充滿香氣的項鍊要賣給我。

在遠遠的下方，戴著流蘇轡頭的駱駝一面發出隆隆低鳴，一面由身穿長袍而且眼睛周圍畫了墨黑眼線的部落男子拉著前進。其他土生土長的貝都因人都在飄逸的長捲髮上圍著頭巾，騎著驢子小跑著經過具有兩千年歷史的巨大陵墓。

佩特拉真了不起！

佩特拉「石在」了不起（譯註1）。在西元前第一世紀左右，現已消失的納巴泰人在陡峭的砂岩峭壁上鑿出他們的阿拉伯帝國首都；這座富裕的大都會曾經有三萬居民在此討生活，因為這裡原本是一座重要的貿易中途站，供載運香與香料的駱駝商隊停留。這座一度被遺忘的奇觀城市於嚴峻的沙漠地形上擴展開來，其中包括精緻的神殿；蛇、獅與鷹的鑿刻圖案；洞窟住處；一座劇場；還有六百個以上的巨大墓室，全都是在高聳的岩

石立面上鑿刻而成，而且那些岩石都發出迷人的光彩，流轉著赤褐、杏黃與脂粉的色彩。

謎樣的城市

「佩特拉是世界上一個極大的謎，」出埃及旅行社為我安排的約旦導遊歐瑪指出：「這裡沒有留下歷史記錄，而且佩特拉還有百分之六十五都在我們腳底下，埋在沙土裡。」

在將近兩個星期的時間裡，我搭乘出埃及旅行社安排的遊覽車穿越了大半個約旦。佩特拉是約旦最首要的觀光景點，但在其他地方，就只有我們在無人之地當中費力攀爬於考古遺跡，包括一座妝點了馬賽克的羅馬堡壘，以及某個穆斯林王朝繪有濕壁畫的城堡。歷史與現今相互交雜——我們駕車穿越荒涼乾涸的沙漠，經過一座佔地廣大的敘利亞難民營，營地裡成排並列的白色收容所安置了三萬六千人；約旦接收了一百萬名逃難北方那個兵連禍結之國家的難民。

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熱情的迎接

我在加入這個旅遊團之前，先在首都安曼人聲鼎沸的舊城區待了兩天，而我與周遭環境明顯地格格不入——當地人一再問我是從哪裡來的。這是一個穆斯林國家，而每當我回答「美國」，他們全都熱情地回答：「歡迎來到約旦，」同時經常把雙手放在心上。我獲得的歡迎大概有一百次之多——包括在計程車上，還有在咖啡廳裡，就在我吃著一盤盤鷹嘴豆泥與油炸鷹嘴豆餅的前菜時。

回到出埃及旅程

另一天，我坐在一名貝都因人駕駛的豐田貨卡後方鋪著毯子的車斗上，一路震盪地隨著卡車在名列聯合國教科文組織世界遺產的瓦地倫沙漠上奔馳前進。此沙漠被人暱稱為「月谷」，因為這裡連綿起伏的粉桃色沙地上突出了一塊塊巨大的砂岩以及花崗岩山峰。

在一件紀念性的石雕附近，我們在一個長方形、由黑山羊毛編織而成的帳篷前方停了下來。住在裡面的貝都因人相當好客，端茶招待了我們。

我遇到的貝都因人大多都只會說阿拉伯語，因此歐瑪欣然幫我翻譯。「他說：『你是一隻駱駝。』」

什麼？

「意思是說你長得很美，因為駱駝很美，有長長的睫毛。」

我坐下來享用冒著熱氣的甜茶，是由一個燒黑了的銅壺擱在簡陋的火坑上煮出來的。在約旦，茶是主要的社交飲料，所以在這裡一直會有人招待你喝茶以表示友誼。

盡情欣賞景色與聲響

在瓦地倫，我睡在一個羊毛帳篷裡，位於一座質樸的貝都因營區，緊靠著沙漠地面上不斷受到強風吹襲的峭壁。

第二天早上，我笨手笨腳地爬上我的駱駝，還尖叫幾聲吵醒了整座營地。「呀啦，呀啦，」拉希德輕聲催促著他飼養的那五隻由同一個母親產下的駱駝，意思是「走吧。」很快地，我和另一名遊客就得以獨享日出前的這片月球表面景色。

騎在咀嚼著反芻食物的阿莉亞身上，我陶醉地看著火焰般的日出將眼前這片無盡的沙漠染成閃亮的金黃色。在那難以置信的九十分鐘裡，唯一的聲音就只有駱駝的腳陷入柔軟的沙丘，以及沙色朱雀的啼鳴聲。一條營養充足的流浪狗加入我們的行列，逗趣地替我們這個隊伍殿後。

18

考古珍寶

在我們每一天的行程上，我們都會遇見一項考古珍寶。我遊蕩在傑拉什這座擁有兩千年歷史的巨大羅馬古城中，覺得自己彷彿身在義大利。傑拉什的廢墟因為數百年來都被風沙掩埋而保存良好，而被暱稱為「中東的龐貝古城」。

不過，佩特拉才是頭號珍寶。這座城市在七世紀遭到廢棄，後來在一八一二年被一名瑞士探險家重新發現，並且在一九八五年成為聯合國教科文組織世界遺產。要抵達這座隱藏的古城，你必須步行穿越狹窄壯觀的蛇道：這是一座將近一英里長的狹縫型峽谷，夾在二十四層樓高滿布紋理的宏偉石壁之間，有些地方只有十英尺寬。自然造就的岩層形成大象與骷髏頭的形狀，在上方俯瞰著我們。蛇道在尾端突然豁然開朗，顯露出氣勢雄偉、削鑿於岩石當中、而且上方妝點著一個骨灰罈的寶庫，原本可能是一座神殿。

「夜遊佩特拉」

天黑之後，我又回來參加「夜遊佩特拉」儀式。即使用手電筒照明，我也還是幾乎看不見，只能跌跌撞撞地穿越陰森的蛇道，然後在幽暗的寶庫前坐在紙燈籠照亮的沙土上。貝都因人以一把笛子和拉巴巴琴這種

弦樂器演奏著音樂，然後才揭露這令人大為震撼的儀式——聚光燈突然照在寶庫上，並且不斷變換著如夢似幻的色彩。

佩特拉最令人瞠目結舌的高地是修道院，只要一鼓作氣地爬上納巴泰人切割出來的將近一千個階梯，就到了。通過走道的最後一個轉彎後，這座巨大的石廟——寬達一百五十五英尺（約五十公尺）——就如同魔術般冒出於一座偏遠的山坡上，聳立於我渺小的身軀前面。

我從修道院繼續爬上一條散布著巨石步道，走到一頭吃著草的灰色驢子旁邊，看見一塊廢木材橫躺在一堆瓦礫上，木材上有潦草的手寫字跡：「歡迎來到世界頂端咖啡館」。繼續往上走，我抵達了這家「咖啡館」：一個搭了破爛棚子的平台，危危顛顛地高坐在半空中的一處岩架上。在那裡，一名十七歲的貝都因人又端了一杯茶給我喝。☕

譯註1：在此作者用了rock的雙關語，因為佩特拉是完全從岩石峭壁敲鑿出來的城市，而something rocks意即某事物非常了得，棒極了！

p.30 NEWSworthy Clips

新聞剪輯

讓來自全世界的新聞剪輯，補充你的字彙能力

徐珮儀 譯

19

研究發現，養狗有益心臟健康、降低死亡風險

一項研究推斷，養狗與低死亡率及某些致命疾病的低風險有關，尤其是心血管疾病。

這篇《科學報導》期刊中的研究發現，養狗與「降低單人戶罹患心血管疾病風險及一般大眾死亡率」有關。

根據研究指出，與非養狗人士相較，獨居狗飼主的死亡風險低了三成三，心臟病發之風險低了一成一。

該項研究從二〇〇一年到二〇一二年，在瑞典觀察了將近三百五十萬名四十歲到八十歲間不等的民眾，作者群表示他們的發現是「至今為止」對於養狗與人類健康關係的最大規模調查。

較早的研究曾指出，獨居人士罹患心臟病的風險較高，養狗對此可能有幫助。該研究寫道：「養狗可能降低心血管疾病風險與死亡率的一個途徑，是減輕如社交孤立、憂鬱、寂寞等心理社會壓力因素，據聞這些因素在狗飼主身上發生的機率都較低。」

「在單人戶的情形中，狗可能替代成為重要家庭成員，」該研究的主要新進作者溫亞·穆班加表示。然而，養狗有助於健康的確實運作機制仍不清楚，有好幾種可能的解釋。

「我們知道，養狗的人通常體能活動度較高，這一點可能可以用來解釋所觀察到的結果，」該研究的資深作者托夫·佛爾表示：「其他解釋還包括，較高的幸福感與社交接觸，或是狗對於飼主的人體微生物群系造成的影響。」

或是如佛爾所言，也許這比較是一種關聯性，而非因果關係。「也許在買狗之前，飼主與非飼主之間的差異就已經存在，這可能也影響了我們的結果。」

20

締造世界記錄的一百零二歲人瑞

沒有什麼事會讓格倫·貴林感到害怕。這位退休人士自從一九三一年因引擎故障而被迫從飛機跳傘逃生後，就很喜歡驚險刺激的活動。

最近他創下高空滑索最年長者的金氏世界記錄，以慶祝一百零二歲生日。

這項空中冒險是在加州保瑪谷荷拉高空滑索公園完成，只不過是貴林膽大包天的最新驚人之舉。他在二〇一六年一月一百歲生日時，完成高空雙人跳傘。

「參加這類新冒險時，總是備受期待，我全程都很自在，」他之後表示：「這個地點很棒，人都很好。」

經營荷拉高空滑索的查德·古提雷茲表示，貴林的勇氣令他非常佩服。這個山邊景點有三條「極限」滑索道，遊客會戴上頭盔、繫上安全吊帶，以每小時最快五十英里的速度，滑下垂直落差八百英尺、總長度兩千七百英尺的距離。（約等於以每小時八十公里的速度，滑下垂直落差兩百四十公尺、總長度八百二十公尺的距離。）

「他比大多數來這裡的人還要勇敢。有人在第一條索道就放棄，他則是迫不及待地想全部嘗試，」古提雷茲說道。



© TOP PHOTO (x2)

根據貴林的孫子麥克·威爾區表示，一旦獲得金氏世界紀錄組織認證，貴林將打破由一位九十歲長者所保持的記錄。

「他一直都充滿冒險犯難的精神，而且喜歡做些讓人驚異的事情，」威爾區這麼說。

貴林已經在規劃下一次的大冒險，清單中包括搭乘熱氣球以及再一次的高空跳傘。

威爾區說高空跳傘最年長者的金氏世界紀錄是一百零二歲，所以他和貴林希望明年一月貴林滿一百零三歲時，能夠打破這項記錄。

21

癌症「疫苗」讓老鼠的腫瘤完全消失

史丹佛大學一項治療癌症的新實驗，使用免疫刺激因子治療老鼠的腫瘤，已取得相當令人振奮的成果。

研究團隊表示，他們將兩種免疫促進劑混和直接注射進老鼠的實體腫瘤之後，疫苗消滅了老鼠全身特別標定之癌症的所有蹤影，包括之前未治療之轉移的癌細胞在內。

「這兩種促進劑一起使用時，我們發現全身的腫瘤都消失了，」該研究的資深作者榮諾·李維醫師對史丹佛醫學新聞中心如此表示。這篇研究發表於《科學轉譯醫學》期刊，研究所使用的兩種免疫「劑」其中之一，已被批准使用於人體。

該項研究解釋道，當免疫系統發現體內的癌細胞時，免疫系統的T細胞會攻擊腫瘤，但是久而久之，腫瘤會發展出克制免疫細胞的方式，而繼續生長。

在李維的實驗中，將此兩種免疫促進劑一微克（百萬分之一公克）的份量注射進老鼠的淋巴腫瘤時，會重新活化免疫系統中對抗癌症的T細胞，同樣那些T細胞會從已經消滅的腫瘤繼續前進，搜尋體內其他相同的癌細胞。雖然注射劑成功消滅所針對的老鼠體內淋巴腫

瘤，但是T細胞並未前往消滅同時在老鼠體內的結腸癌腫瘤。

「這是極為特定的標靶治療方式，」李維表示：「惟獨顯現出和注射治療之腫瘤有相同蛋白質組成的腫瘤，會受到影響。」

這項實驗在其他九十隻老鼠身上重複進行，成功消除了八十七隻老鼠的腫瘤。

「只要免疫系統進入了該腫瘤，」李維表示：「我們未來可治癒的腫瘤種類，就有無限可能。」

p.31 More Than Words

字詞之外

注意你的文法，否則你可能會因此付出代價！

陳信宏 譯

23

我對於一般工作人口的語言草率程度已愈來愈憂心，而且我不是指那些英語為第二語言的人士，而是英語母語人士，此情況已超越收入水準、教育程度或是其他決定因素。

閱讀的人口似乎愈來愈少。電視已成為家庭偏好的兒童保姆，也是成人在工作一天之後最有效的自我麻痺方法。過度工作而且薪資過低的老師似乎打著一場沒有獲勝希望的仗——還是有些老師促使這種現象長久持續？

現在，我在履歷和求職信、網站、招牌，以及寄給我的電子郵件裡都會看到極其嚴重的（是那種可怕、無法容忍，而且令人震驚的）文法錯誤，不論書寫者的管理技能或收入水準為何。求職者寫信向我尋求 advise（應該是 advice。「建議」的名詞是 advice；to advise 是動詞）。身在求職市場中而希望獲邀接受面試的人士會寫這種錯誤，而他們的信中充滿了標點與文法錯誤。他們是粗心大意嗎？還是根本不知道？也許實際上不重要。說不定雇用單位也不曉得這些差別。

錯誤用法

我有一天看見一件公司上衣的後背印著：自從十年不斷提供優質服務。這竟然是公司上衣？這些衣服到底印了多少件，又有多少員工穿著這些衣服四處宣告著他們公司的一位上層管理階級，沒有注意到這項錯誤，或甚至更糟的是根本不曉得有錯？

上星期，一名高階主管寫了一封電子郵件給我。他在三個不同地方搞錯了 its 和 it's 的用法。（Its 是所有格，意為「它的」；it's 是 it is 的縮寫，意為「它是」。）另外還有一個例子：我為一個研究小組從事產品測試，那件產品附著一張紙條，上面寫著：「委託事項內容涵蓋了不得與家人以外的人士談論這件產品或是其用途。」（原文句中的 it's 應該是 its。）

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真正讓我受不了的是，近來似乎出現了這麼一條規則——如果不確定，就加上撇號。於是，美國各地都有很多人搞不清楚複數與所有格的區別（所有格要加上撇號，複數不用）。

推銷自己

你的履歷和你的求職信不只是你個人背景的摘要；也不只是你希望得到面試機會而提出的自我介紹。最重要的是，那是一份宣傳資料，目的在於推銷一件產品，而那件產品就是你。你如果不會穿著牛仔褲去接受面試，就不要把有錯的求職信和履歷表寄給潛在雇主。

不要依賴微軟 Word 的拼字 / 文法檢查功能。這項功能沒有辦法偵測出拼字正確但使用情境錯誤的詞語。此外，你對文法如果沒有基本的理解，文法檢查功能對你就毫無幫助。實際上，你要是聽從文法檢查功能的建議，恐怕只會導致更多的錯誤。

一本可以準備在手邊的絕佳參考書，是瑪格麗特·薛策爾的《文法基礎》。在「經常被混淆的詞語」段落裡，作者釐清了 well / good 與 less / fewer 這類相近詞語的差別。

不要對自己說這不重要；尤其不要對自己說現在大家說話都亂七八糟，雇用單位也不會知道或者根本不在乎。以文字或口語溝通能力的重要性首屈一指——在商業界裡絕對是如此。而且，這種能力也因為愈來愈少人展現，而變得愈來愈有價值。

p.36 Keep Calm and Live Life

沉著平靜，活出美好生命 七種方式讓你更平靜、更成熟、更有成效

徐珮儀 譯

25

最近一次業務會議中，兩位與會男士對一項行動計畫意見相左。這在職場罕見嗎？非也。令人不舒服嗎？那當然，尤其牽涉到自尊問題時。

當這兩位意見南轅北轍的主管正面對決時，會議室內每個人都繃緊了神經。但讓我們驚訝的是，會議進行得非常順利，原因無他，就是其中一人充分展現出冷靜成熟，讓對方不可能和他吵起來。他以十足沉穩回應同事的爭辯口吻，緊繃情勢得以瓦解。

他沒有駁斥或提出對立論點，而是不斷地說像是，「傑夫，我完全理解你的看法」，以及「這一點你說的沒錯，我們可否考慮……？」

那讓我印象非常深刻。那天早上自我意識並未控制全局，會議室內太平和，無法被自我意識牽著走。

那麼，有沒有更多將沉穩、成熟、內在平靜帶進生活中的方法？我們所專注之物，會有擴展的傾向。所以如果你一心專注於情緒化衝突，得到的結果就是情緒化衝突。但是如果你一心專注於保持平靜，誰不會想要多一點平靜？以下七種方法，可以讓你的生命更冷靜、沉著，並受惠於隨之而來的成功。

1. 關注自身景況

我們很容易和別人比收入、比穿著、比感情狀態等等；然而當你體認到最重要的（以及你唯一能控制的）就是你自己時，你不得不做自己。當那種情況發生時，人生將變得無比美好。

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2. 不要想太多

當你不再剖析、詮釋別人的話語、訊息、推特、動機時，你會感受到所需要的那份寧靜。「分析癱瘓」真是大大地浪費了時間。

3. 懂得自我解嘲

瓊·瑞佛斯（譯註1）說過：「人生如寄，何妨快活享受？冷靜寬心，盡付一笑。」人生不需如此嚴肅吧？一旦處於能夠自我解嘲的境地，凡事差不多都能一笑置之了。

4. 先工作再玩樂

延後的滿足感通常可以用來衡量一個人的成熟度。先工作，再玩樂。工作也可以充滿樂趣，尤其當你投入自己所喜愛的工作時。「當大人」可以是很棒的經歷，如果你願意一試的話。

5. 別說長道短

當大家在飲水機旁講老闆的閒話，你若直接走開，長遠來看你真是幫了自己一個大忙。

6. 不要怪罪他人

我認為，沒有什麼比為自己的人生負起百分之百全責更成熟的事了。沒有藉口也沒有例外——不可埋怨父母、政府，或其他對象。當你掌握住自己的狀況與自己的「東西」時，你就能夠自主。

7. 避免情緒化反應

當你學會不回應的藝術，讓原本可能冒犯你的事就這樣過去，那麼你就真的贏了。

成熟介入就能停止情緒化與不滿。我們可以用「甩掉不愉快」的能力來量化自己的平穩度。你真的可以選擇將自己從一切事物中釋放出來：無禮的評論、你從未喜歡過的人小聲地口出惡言、網路黑特（譯註2）、消極性抵制的同事等等。

你若能將這些全都甩開，只關注我們唯一能夠擁有的眼前時刻，你就算是想通了。罪惡感與悔恨會讓你活在過去；焦慮與憂心會讓你「未來不得志」。你若能只活在當下、專注於此時此刻，那麼，那份平靜會支持你長長久久。🐼

譯註1：Joan Rivers，1933-2014，美國著名喜劇女演員，言辭犀利辛辣、擅於自嘲。

譯註2：黑特是hater的諧音，指特定仇恨某人事物的人。



p.10 Biometric Boarding

生物辨識科技協助登機

「排除登機程序中的人為因素」

徐珮儀 譯

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——○一七年十二月，從洛杉磯直飛東京的一架全——日空班機在飛行三小時後又折回洛杉磯，因為客艙組員在飛機上發現一名偷渡客。

詳細狀況雖仍未明朗，但這位不速之客買了洛杉磯到東京的聯合航空機票，其兄弟買了全日空的機票，這名旅客使用其兄弟全日空登機證的複製版登上了全日空班機，而非聯合航空班機。

兩百零八位乘客從洛杉磯到洛杉磯，來回飛了四千英里（約六千四百公里）。

疑雲重重

不消說這對全日空而言是極大的難堪，可能還因浪費掉的燃料、損失的營收和乘客的補償金，造成全日空數十萬美元的損失。沒買票的旅客究竟是如何登上飛機？機門人員不是會掃描登機證，檢查確認登機證上的姓名與乘客護照上的姓名照片相符嗎？而且就算他們不核對登機證與護照，企圖掃描複製的登機證難道不會發出某種警報之類的嗎？顯然不會。

通力合作

或許這也是為什麼航空公司正與每個落地機場通力合作，努力消除登機程序中人為因素的一大原因。二〇一八年一月十八日，英國航空公司為一架從美國起飛的班機，首次示範完全靠生物辨識的登機程序。我獲邀前往觀察登機情形，乘客毋須出示護照或登機證即登上這架波音七八七夢幻型客機——從洛杉磯飛往倫敦希斯洛機場的英航二八〇班機。不到二十分鐘，所有一百八十位旅客都已完成登機。

每位旅客走到四個掃描器其中之一、看著照相機、然後通過閘門。有兩位旅客無法被軟體所辨識，於是和乘坐輪椅或需要特別協助的旅客一樣，接受人工查驗。



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生物辨識登機與傳統登機程序相較，不僅提供較好的安全檢查、排除全日空事件中明顯的人為疏失，而且四架掃描器加快登機程序。傳統方式通常是由兩位機門地勤人員檢查證件、處理一時找不到登機證的旅客，還要笨拙地翻護照找出照片頁。

「安全與保安是臉部生物辨識技術的核心，英國航空一直與美國海關暨邊境保護局及美國政府密切合作，開發並核可該項方案，」英航在聲明中指出。

簡化流程

好處還不只這些。登機速度更快代表停留地面時間變短，以致於班機折返作業更迅速、飛機與機門的利用更符合成本效益。隨著這種科技普及世界各地——這是指日可待的——也能讓航空公司與機場縮減人員編制。

發展這項生物辨識掃描科技的Vision-Box公司一位發言人告訴我，在可預見的未來，航空公司乘客從辦理登機手續、通過機場安檢，直至抵達時通過移民局的整個程序，都將以生物辨識掃描完全自動化。你的臉將是你遊走世界的護照。

至於那兩位顯然親密到連分開幾小時都無法忍受的兄弟，可能會遭刑事起訴，偷渡上機最高可處以五年以下有期徒刑。全日空則可能因為在機艙門關閉前未能確實清點人數，而面臨鉅額罰款。

p.12 Ways to Approach Weight Loss

減重方法

嘗試有效減重時，請留意以下建議
馬勵 譯

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減重的方法含括多層面，而一個好的開始是瞭解卡路里。

卡路里是人體能量來源，以碳水化合物、蛋白質和脂肪的形式存在於食物中。我們需要能量來執行身體的



基本功能，若有運動則需更多能量。過量的卡路里則以身體脂肪的形式儲存起來，主要是作為備用能量。

在某些方面，減重科學很簡單：消耗的卡路里多於攝食的卡路里，身體便會用體內脂肪來取得能量。你可以藉由少吃或多運動來達到這個目的。其中蹊蹺是，我們不是在實驗室裡過日子。食物很好吃，我們受制於習慣，在社交聚會時喜歡放縱一下。所以你要怎麼做？以下是一些經過證實的減重方法。

別理節食；改變生活方式

飲食計畫通常是由短期結果來衡量，而且無法持久。你若透過可以帶來長期健康的可持續策略來改變生活方式，會更有效。

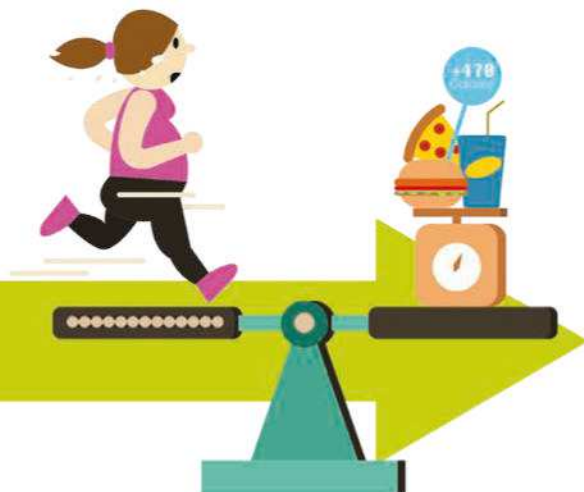
芝加哥營養師沃爾夫·拉姆說：「根據飢餓、飽足感和滿意度等體內提示攝食，而非節食、食物規則和文化壓力等外部提示攝食，才有助我們建立對飲食習慣的信任，也最有可能邁向穩定的體重。」

制定一個目標

這個目標應該是S.M.A.R.T.：具體的（Specific）、可衡量的（Measurable）、可達成的（Achievable）、合乎實際的（Realistic）和適時的（Timely）。你如果制定了一個具體的、可衡量的目標，就可以回顧這一週而知道自己是否做到了。如果目標不實際，或你已準備好去達成另一個目標，就可加以調整。

選擇高纖維食物

蔬菜、豆類和全穀類的纖維含量高、體積大、熱量低。纖維增加飽足感，讓你能吃得少又覺得吃飽了。這些食物額外的體積意味著你可以在吸收較少卡路里的情況下多吃一些。



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不要只注意體重計的數字

改變你的生活方式需要時間，健康不只是體重計上的數字，它還有更多好處。

「體重這件事非常複雜，涉及無數因素，其中大部分我們無法控制。科學告訴我們健康生活方式的行為包括體力活動以及吃下大量水果和蔬菜，不吸煙。比起體重，這些與健康狀況更有關係，」沃爾夫如是說。

不要陷入這四個減重神話的迷思

1. 榨汁有助減重

榨汁並不是一個上選的減重策略，因為用果汁替代正餐不是可持久的習慣。另外，當水果和蔬菜被榨汁時，纖維等成分會流失，但單醣仍然存在。喝五個水果的果汁不等於吃五個水果。為減重而喝下卡路里可能有問題，因為它排除了咀嚼過程，而更容易過度攝食。喝下五百卡路里並不能提供與吃下五百卡路里食物相同的飽足感。

2. 減重必需禁食

減重的新趨勢是長時間或間歇性禁食。前者很早就被否定其減重功效，因為大多數人會回復正常飲食習慣，而那就是原先體重增加的肇因。間歇性禁食要求兩餐之間有很長一段時間不進食，可能有助你知道飢餓提示，但目前尚無足夠的研究結果可以判斷是否長期有效。

3. 適合某人就適用於其他人

詢問減重，你會得到許多成功故事，這些故事令人更加困惑。重要的是記住，對你表親有用的方式，不見得對你有用。

4. 有一些神奇的脂肪燃燒食物

沒有一種食物會顯著提升新陳代謝或觸發脂肪燃燒。這就是減肥產業如此吸引人的原因。減重很難成功，所以從椰子油到超級水果等神奇食物的吸引力十足。🐱





Vocabulary Focus

Cut out these vocabulary cards.

Review these vocabulary words every day.

July 17, 18

- commemorative** (adj) [kə'memərətɪv] (尤指舉行公開儀式或豎立雕塑或特別建築) 紀念的，緬懷的
- rudimentary** (adj) [ˌrʊdə'mentəri] 基本的；初步的；粗淺的
- buffet** (v) ['bʌfɪt] (風、雨等) 連續猛擊，打擊
- bring up the rear** (idiom) 走在隊伍的最後面
- jaw-dropping** (adj) [ˈdʒɔːdrɑːpɪŋ] 令人驚愕的，令人震驚的
- mammoth** (adj) [ˈmæməθ] 巨大的；龐大的

July 18, 19

- puny** (adj) ['pjʊni] 小的；弱的；微不足道的
- strewn** (v) [strʊn] 撒，散佈；(在...上) 布滿，撒滿
- correlate** (v) ['kɒrəˌleɪt] 互相關聯
- mortality** (n) [mɔː'tælɪti] 死亡率
- mechanism** (n) ['mekəˌnɪzəm] 辦法；途徑
- alleviate** (v) [ə'liːviˌeɪt] 緩解；減輕

July 19-21

- causation** (n) [kɔː'zeɪʃən] 因果過程；因果關係
- aerial** (adj) ['ɛəriəl] 空中的；航空的
- stunt** (n) [stʌnt] 特技；驚人的表演；驚險動作
- vaccine** (n) [væk'sɪn] 疫苗
- inject** (v) [ɪn'dʒekt] 注射
- eradicate** (v) [ɪ'rædɪˌkeɪt] 根除；消滅

July 23, 24

- fight a losing battle** (idiom) 打一場無望取勝的仗；雖必敗無疑，猶努力奮鬥
- perpetuate** (v) [pə'petʃuˌeɪt] 使持續；使長存，使永恆
- egregious** (adj) [ɪ'grɪdʒəs] (錯誤等) 極其嚴重的，極壞的，令人震驚的
- synopsis** (n) [sɪ'nɒpsɪs] (電影、書籍等的) 概要，梗概，提要
- out of context** (phr) 脫離上下文；不合文意

July 24, 25

- defer to (somebody/something)** (phr v) 聽從，順從，遵從
- paramount** (adj) [ˈpærəˌmaʊnt] 至上的，首要的
- brace yourself** (phr) (為困難) 做好防備，做好準備
- exude** (v) [ɪɡ'zʊd] 充分顯露，明顯地流露
- tranquility** (n) [træŋ'kwɪlɪti] 安寧；平靜
- rebuttal** (n) [rɪ'bʌtl] 反駁；駁斥

July 26, 27

- dissect** (v) [dɪ'sekt] 剖析；仔細研究
- quantify** (v) ['kwɒntəˌfaɪ] 確定...的大小；量化
- under (your) breath** (idiom) 低聲地；輕聲地
- murky** (adj) ['mɜːki] 不明朗的；形勢複雜的
- multitude** (n) ['mʌltɪˌtʊd] 許多；眾多
- needless to say** (idiom) 不言而喻；不必說

July 27, 28; 30

- compensation** (n) [ˌkɑmpən'seɪʃən] 賠償金；補償金
- fumble** (v) ['fʌmbəl] 笨手笨腳地做；摸索
- utilization** (n) [ˌjuːtɪˌzeɪʃən] 利用；使用
- hefty** (adj) ['heftɪ] 大的；可觀的
- heed** (v) [hiːd] 聽從；注意
- multi-faceted** (adj) [ˌmʌltɪˌfæsiˌtɪd] 多層面的

July 30, 31

- expend** (v) [ɪk'spend] 花費，消耗(時間、精力或金錢)
- creature of habit** (idiom) 受制於習慣的人；習慣的奴隸；墨守成規的人
- timely** (adj) ['tɑmlɪ] 適時的
- intermittent** (adj) [ˌɪntə'mɪntɪ] 時斷時續的；間歇的
- to begin with** (phr) 原先，一開始

Vocabulary Focus

Cut out these vocabulary cards.

Review these vocabulary words every day.

July 24, 25

- * I will need to **defer to** my supervisor on that question because I don't have an answer for you.
- * It is of **paramount** importance that you get wise counsel about this issue.
- * Steven **braced himself** for the doctor's report in case it was bad news.
- * During her speech before the huge crowd, Lisa **exuded** poise and confidence.
- * The small chapel is a place of peace and **tranquility**.
- * After hearing the charges against you, you will have a chance to offer a **rebuttal**.

July 26, 27

- * Henry has been trained to **dissect** trends related to technology and the internet.
- * Before we agree to this business venture, will you be able to **quantify** the risks for us?
- * John whispered something unkind **under his breath** as he walked by the teacher, but he later regretted his bad behavior.
- * The details of the new budget are **murky** and need to be explained further.
- * A **multitude** of people gathered around the ice cream stand as soon as it opened.
- * **Needless to say**, many people were unhappy with the new update on their smartphones.

July 27, 28; 30

- * Nearly every concertgoer expected **compensation** when they found out the concert was canceled.
- * Alex **fumbled** with his keys as he tried to open his car door.
- * The **utilization** of the garbage pickup service in the city was being reviewed by the local authorities.
- * Neil received a **hefty** fine from the police after he was caught speeding.
- * **Heed** the words of the park ranger. Hiking in this area can be dangerous.
- * The current environmental issues are **multi-faceted** and require more time to investigate possible solutions.

July 30, 31

- * Try not to **expend** too much energy early in the marathon.
- * Sarah is a **creature of habit** and buys one cup of coffee every day from the same café.
- * Hank's yearly bonus was **timely** as he and his wife were about to welcome a new baby into their family.
- * The **intermittent** surges of power caused havoc throughout the city.
- * I was never a fan of horror movies **to begin with**.

July 17, 18

- * The city decided to build a **commemorative** statue for the man because of his heroic deeds.
- * Before getting his license, Chad needed to prove he had the **rudimentary** skills necessary for driving a car.
- * The construction crew was ordered to install a new rain-**buffeting** cover over the playground.
- * Their captain gave them specific orders to **bring up the rear** of their battalion.
- * Sue was so proud of her granddaughter after the **jaw-dropping** performance she gave during the singing contest.
- * City planners want to get rid of the **mammoth** brick building at the end of the block.

July 18, 19

- * After working out for six months, Ryan felt he looked **puny**, by comparison, in his old photographs.
- * Every fall, beautifully colored leaves are **strewn** across our yard.
- * The store's discounts seemed to **correlate** with its recent profits.
- * Infant **mortality** in our country has greatly declined over the last decade.
- * There are several **mechanisms** that could be used in drafting new rules for the country's voting process.
- * By sitting calmly next to her on the flight, the mother tried **alleviating** her daughter's fear of flying.

July 19–21

- * The detectives studied the chain of **causation** leading up to the crime.
- * The couple went up in a helicopter to get an **aerial** view of the city.
- * The actor refused to perform the **stunt** because he felt it was too dangerous.
- * The veterinarian assured the pet owner the **vaccine** would help to keep his pet healthy.
- * The nurse's responsibility was to **inject** the patient before the operation.
- * It was his job to **eradicate** all of the pests from the building.

July 23, 24

- * I just can't seem to get my kids to eat their vegetables. I feel like I'm **fighting a losing battle!**
- * Negativity will only cause my bad attitude to **perpetuate** itself.
- * Such an **egregious** mistake on the project should result in Sarah's removal from the team.
- * Could you please give me a **synopsis** of the book?
- * By taking Tim's statements **out of context**, you are misleading people and giving them the wrong impression.



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