目录

[松江 2](#_Toc13236383)

[黄浦 2](#_Toc13236384)

[徐汇 3](#_Toc13236385)

[虹口 3](#_Toc13236386)

[杨浦 4](#_Toc13236387)

[普陀 5](#_Toc13236388)

[长宁、嘉定 5](#_Toc13236389)

[金山 6](#_Toc13236390)

[青浦 6](#_Toc13236391)

[崇明 7](#_Toc13236392)

[宝山 8](#_Toc13236393)

[奉贤 8](#_Toc13236394)

[闵行 9](#_Toc13236395)

[浦东 9](#_Toc13236396)

[静安 10](#_Toc13236397)

## 松江

One of my (21) \_\_\_\_\_\_\_\_ (memorable) vacations took place on a farm.

When I was a boy, my parents and I traveled from New York City to the Pennsylvania countryside for a weeklong taste of rural life. We stayed in a guesthouse on a farm, (22) \_\_\_\_\_\_\_\_ (join) in the daily routines and eating meals with the farmer and his family. We got up early to see the cows as they (23) \_\_\_\_\_\_\_\_ (milk). I even tried my hand at milking one, and then joined the farmer as he released the cows into the field afterward.

Decades later I still have vivid memories of that trip and of experiencing a lifestyle so different (24) \_\_\_\_\_\_\_\_ my own. It made me realize the value of a vacation.

To this day, I wonder (25) \_\_\_\_\_\_\_\_ that farmer ever managed to enjoy a vacation of his own. There is never a day when the animals don’t need to be fed. But I still think of that family trip when I plan my approach to taking time off with my wife and kids. Vacations are a time for resting and connecting. As a bank manager, I spend much of my workday encouraging my customers to save their money. One of the reasons I give is that we should all have enough for a family vacation every year. In our busy lives, family is what we (26) \_\_\_\_\_\_\_\_ be saving our money and time for.

For my family, our vacation starts when we begin planning the trip. We talk about destinations and our budget ahead of time. Among the things we discuss: Can we save money by renting a house instead of spending six nights in a hotel? Would it be better (27) \_\_\_\_\_\_\_\_ (buy) groceries and cook for ourselves rather than eat out every night?

(28) \_\_\_\_\_\_\_\_ (involve) the kids in planning the vacation makes sure that they have a great vacation too. I prefer to visit historical sites and museums while they love to fish and swim. So I build in some relaxation time for us all (29) \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ the vacation can work for everyone.

Each year, setting aside vacation time to spend together is especially important to us. This is the one week a year I don’t care whether my kids clean their room or do the dishes. (30) \_\_\_\_\_\_\_\_ matters that week is that everyone is having a great time.

## 黄浦

**Norway is Teaching Travelers to Travel**

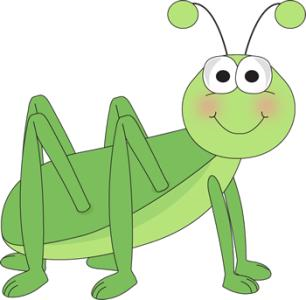
After 15 people died during Easter in 1967, the Norwegian Trekking Association and the Red Cross announced their campaign ‘Welcome to the mountains, but be responsible’. Fjellvettreglene, the ‘mountain code’ (21) \_\_\_\_\_\_ encourages people to have a healthy and respectful relationship with nature, has since become a crucial part of Norwegian culture. It includes points such as bringing necessary equipment (22) \_\_\_\_\_\_ (assist) yourself and others, seeking shelter if necessary and feeling no shame in turning around.

Nationally, Norway (23) \_\_\_\_\_\_ (experience) an 11% increase in tourism in the past decade. From just 1,000 tourists in the whole of 2010, Trolltunga, a piece of rock that stands horizontally out of the mountain, (24) \_\_\_\_\_\_ (see) 1,800 visitors in one 2017 day alone. Why? Because people want the same picture they see on Instagram and Facebook. A lot don’t care about the experience of the hike. They just want proof (25) \_\_\_\_\_\_ they did it. But, while good for the economy, this tourism boom has become a threat (26) \_\_\_\_\_\_ Norway’s natural environment.

Used toilet paper, (27) \_\_\_\_\_\_ (abandon) tents and plastic bottles can be found littered all around Trolltunga. And with the high amount of people who come unprepared for such an active hike, Norway’s leading hiking group, Friluftsliv, also has called for regulations on the number of tourists (28) \_\_\_\_\_\_ (hike) to Trolltunga. Lasse Heimdal, leader of the outdoor organization said, “On a busy day, you may have to wait in line for an hour and a half just to get a picture. To control this, we’d like to regulate (29) \_\_\_\_\_\_ \_\_\_\_\_ people can hike in a day. Starting hike times should also have regulations so people don’t start too late and find (30) \_\_\_\_\_\_ stuck up here.”

## 徐汇

**The Grasshopper in Van Gogh Painting**

Art *conservators*(管理员) dream of finding (21)\_\_\_\_\_\_\_(hide) secrets in the masterpieces they look after. Rarely do they expect to find a dead grasshopper.

Conservators at the Nelson-Atkins museum of art in Kansas City said they discovered the dead insect in one of its star paintings, Vincent van Gogh’s Olive Trees, when it (22)\_\_\_\_\_\_\_ (scan) as part of the research for a catalogue of its French painting collection.

It was spotted by Mary Schafer. She told a local broadcaster that she found it in the work’s lower foreground. “(23)\_\_\_\_\_\_\_(look) at the painting with the microscope，I came across the tiny body of a grasshopper covered in the paint, so it (24)\_\_\_\_\_\_\_ have occurred in the wet paint back in 1889.

“We can connect it to Van Gogh painting outside, so we think of him battling the elements, dealing with the wind, the bugs, and then he’s got to walk back to his studio through the fields. What’s fun is that we can come up with all these stories for (25)\_\_\_\_\_\_\_ the insect landed in the paint.”

Schafer said they were curious to know if the grasshopper could be studied (26)\_\_\_\_\_\_\_(far) to possibly identify which season Van Gogh painted Olive Trees.

Michael Engel, a professor at the University of Kansas, was approached (27)\_\_\_\_\_\_\_(examine) the grasshopper further. He discovered that part of the insect’s body was missing and there was no sign of movement in the surrounding paint. In other words, it was already dead (28)\_\_\_\_\_\_\_ it somehow landed on the artist’s wet canvas and could not be used for dating purposes.

Van Gogh painted Olive Trees in 1889, the year after his falling out with his friend Gauguin, (29)\_\_\_\_\_\_\_ may have led to his famous act of self-mutilation in the history of art: cutting off his own ear.

The grasshopper may not help in any art historical research but it has become a talking point for museum visitors, looking closely into the painting to see (30)\_\_\_\_\_\_\_ they can spot the dead insect.

## 虹口

**How to deal with *Whiners*（抱怨不停的人）?**

There are always some people radiating negativity in the work place. For them, the temperature is never right, the boss is always a fool, the canteen food is awful, and they (21) \_\_\_\_\_\_ (treat) unfairly.

Career experts say such habitual complainers are highly *contagious*(会蔓延的) , (22) \_\_\_\_\_\_ attitude can easily affect an entire team in a company. “While some complaints might be reasonable, (23) \_\_\_\_\_\_ are taken from thin air. You need to see between these different types and adopt the right strategy towards each,” said Li Ming, HR manager at Wal-Mart (China).

It is especially hard to deal with complaints at work (24) \_\_\_\_\_\_ you can’t just walk away or put your colleagues’ words out of mind. If you do, it will hurt your co-workers and you might be isolated. In a team-based company you belong to a group and need to behave accordingly. But don’t show too much sympathy. Listening passively to others’ complaints could damage your image and give others the impression (25) \_\_\_\_\_\_ you agree with them. “Listen to the whiners actively,” said HR Li. “Help them find a solution, or see (26) \_\_\_\_\_\_ there are ways to improve the situation.”

Zhai Min, 24, a software engineer at Kingdee International Software Group in Shenzhen, found that 3 elderly workers liked to complain about everything, from (27) \_\_\_\_\_\_ (extend) working hours to cheap hotels on business trips. “I let them talk about their opinions,” she said, “They feel better when (28) \_\_\_\_\_\_ (tell) someone how they want things to be.”

But listening actively is far from enough. Wang Dianxue, 27, is an Internet engineer at Beijing Push Marcom Group. His co-workers always complain that their computer systems are not working properly. “I ask about the specifics and work together with them (29) \_\_\_\_\_\_ (fix) everything technically.” he said.

HR managers believe that when staffs complain, it is more a matter of recognition than an actual problem. “The real problem is that the whiners don’t feel they are being taken seriously,” said Xu Jun, HR manager at Guangqi Honda Automobile Co., Ltd. “(30) \_\_\_\_\_\_ (give) them advice or perspectives attentively and the problem will usually disappear.”

## 杨浦

It’s interesting when you think about how Japan is a nation (21) \_\_\_\_\_\_ appreciates the virtues of silence and good manners, and yet when it comes to eating noodles, Japanese people can be (22) \_\_\_\_\_\_ (loud) in the world.

According to lifestyle website grapee.jp, *slurping* (发出"哧溜"声) when eating noodles (23) \_\_\_\_\_\_ (encourage) in Japanese culture. It’s believed that taking air into your mouth (24) \_\_\_\_\_\_ enhance the flavor of the noodles, and that it helps cool down the noodles. It’s also considered to be a way to show appreciation for the dish. Sometimes, just making the noise alone seems to make the noodles more enjoyable.

It wasn’t until a new expression – “noodle *harassment*（骚扰）”-- came out last year on social media (25) \_\_\_\_\_\_ Japanese people started to realize that the slurping noise is making some foreign visitors uncomfortable.

(26) \_\_\_\_\_\_ a response, Japanese instant noodle maker Nissin introduced a so-called noise-canceling fork last month. The fork, which looks like an electric toothbrush, is connected wirelessly to a smart phone. When the person using the fork starts to slurp, the fork sends a signal to the person’s phone, (27) \_\_\_\_\_\_ (make) it play a sound to mask the slurping noise.

But is it really necessary? Dining traditions do vary. (28) \_\_\_\_\_\_ is considered to be proper table manners in one country is likely to be seen as rude in another. In India, people eat with their hands (29) \_\_\_\_\_\_ they think in this way they build a connection with the food. However, people who are used to eating with forks might find it uncomfortable to get their hands (30) \_\_\_\_\_\_ (cover) in oil and bits of food. But this eating method is part of Indian's culture, just like Japan's slurping is part of its own.

“So, if your are eating noodles, whether that’s ramen, uudon, or soba, please slurp,” wrote reporter Brian Ashcraft on blog Kotaku. “If anyone gets annoyed while you are doing that, pay them no mind because they're missing the point entirely.”

## 普陀

**Recreational Vehicles (房车): On the Road**

Recreational vehicles (RVs) are a typically American invention. Nationally, sales rose to 430,000 units last year, a 40-year high. At the inexpensive end, they sell for as little as $5,000 for a caravan (大篷车); deluxe versions cost up to $1,000,000 and are typically equipped with a bedroom, kitchen and bathroom that are bigger than ones in many European flats. The share prices of Thor Industries, the biggest RV-manufacturer in America, and Winnebago, the third-largest, (21) \_ (rise) by 43% and 17%, respectively so far.

That is a big change. During the 2008-09 recession, notes Mr. Troiano, the owner of Continental RV, RV dealerships everywhere closed down, leaving his shop among the very few (22) (leave) serving the New York metropolitan area. Mr. Troiano is on track (23) (sell) more RVs this year than in any other since the early 2000s. The current rebound ( 反 弹 ) is mostly(24) the economy’s recovery, but it also springs from the fact that new types of customer are embracing the lifestyle.

A decade ago, the average age of an RV-owner was 49, and over 90% were white, says Kevin Broom of the Recreational Vehicle Industry Association (RVIA), which doesn’t indicate a bright future. Another boost comes from sufficient immigrants, (25)　　　are keen to experience long, self-planned road trips in America. Mr. Troiano’s most recent big sale was to (26) 　　rich Asian family.

The industry hopes that its poor record with foreign sales — last year less than 1% of RVs produced domestically (27) (ship) to foreign markets — may improve, too. China’s government, for example, has planned to build 2,000 campgrounds by 2020, up from an estimated 300 today, in a bid to promote domestic tourism, particularly to remote rural regions. Chinese firms such as Yutong Bus make RVs, but not of the quality that many Chinese want. The country imported 1,000 vehicles last year, over half of them American.

RV manufacturers are also marketing the concept (28) their motor homes can be commercial as well as leisure vehicles. They (29) allow travelling salesmen, businessmen to save on food and hotel costs. (30) you park it, it can be your office, as well as your home.

## 长宁、嘉定

**Developing Competent Teaching**

Nations that have greatly improved their students’ achievements, such as Finland, Korea, Singapore, and others, attribute much of their success to their focused investments in teacher preparation and development. 21 (Create) a system that can routinely hire and prepare teachers effectively and can support successful teaching is the arena (竞技场) in which the United States 22 (fall) behind the most. Although there are some great teachers in every community, the landscape of the supports for quality teaching looks like Swiss cheese. In some states, the holes are smaller, and in others they are bigger. Nor in no case is there a fully 23 (develop) system of instructional support even remotely comparable to that in high-achieving nations. And of course, as we have seen, the system is the weakest in communities 24 students’ needs are greatest.

Some have argued that the answer to weak teaching in the United States id to eliminate “barriers” to teaching, such as teacher education and certification requirements, allow anyone who wants to teach into the classroom, and fire those who prove not to be effective. Although the interest in teaching effectiveness is important, this approach does not offer strategy 25 (ensure) that teachers will have opportunities to gain the knowledge and skills they need in order to be effective, or that all schools will have the resources to attract and hire the best teachers. 26 does it protect the students in low-income schools, who will be the victims of unprepared and inexperienced teachers in the years until these teachers have demonstrated their incapability and left the field.

A regulation 27 (focus) on easy access and easy firing ignores the question of how to develop widespread teaching skills and ensure a strong supply of highly able teachers for schools. 28 such supply, principals will be unable to hire strong teachers even if they are free to hire whomever they are pleased with, and, evidence shows that schools are likely to fire weak teachers, 29 they feel they won’t be able to replace them. Even if they do, there is little guarantee that the quality of teaching 30 (improve). although there are good reasons to argue for stringer evaluation practices for removing incapable teachers and for recognizing excellent ones, a theory that the major problems with teaching can be solved by carrots and sticks alone leaves the development of teaching abilities to chance.

## 金山

At first glance, these impressive images look like moment captured by a talented photographer. But you cannot always believe what you see. These pictures, with their incredible photographic details, are in fact the creations \_\_\_\_21\_\_\_ (draw) by Scottish hyper-realist Paul Cadden.

With often nothing more than a pencil in hand, the 47-year-old artist produces elaborate drawings that could easily \_\_\_22\_\_\_ (mistake) for the work of any modern digital camera. From the wrinkles on a woman’s face and beads of water, to a breath of smoke from a cigarette, Cadeen is able to capture \_\_\_23\_\_\_ (complicated) features of his subjects in such painstaking detail that the images look astonishingly real.

Cadden said he began drawing at a very young age and has always been interested in art. With some experience in animation and graphic design, he moves into hyper-realism \_\_\_24\_\_\_ he has a special gift for capturing details.

His creations reflect his love for details, with a single image \_\_25\_\_\_\_\_ (take) up to six weeks to produce. Working with pencil, graphite and white chalk, Cadden is able to create seven poster-size pieces a year, \_\_\_26\_\_ sell for up to $5,000 each.

The artist explained that he does not want people to focus completely on the techniques involved in his pieces. “I want them to think about the work and \_\_\_27\_\_\_\_ I’m actually drawing,” he said, “I prefer to study the internal aspect of the subject \_\_\_28\_\_\_ \_\_\_\_\_\_\_ focus solely on the external part.”

Now, Cadden is planning to take his pieces to more foreign countries, and to hold exhibitions in China, Cuba and Brazil. He hopes to get established enough \_\_29\_\_\_\_ (make) a living from his work. “I want to be doing lots of exhibitions in five years’ time. To have a successful solo show is a long-cherished dream of mine,” he said. “It’s such a fantastic feeling \_\_\_30\_\_\_ somebody buys your paintings and you know the paintings are sitting somewhere in their houses.”

## 青浦

**Rescue in the Rapids**

ON A BREEZY Saturday in April 2014, former police officer Kevin O’Connor and his son, Ryan, were standing in a park near the Fox River in Geneva, Illinois. As Kevin gazed at the river, he caught sight of several people on the bank (21)\_\_\_\_\_\_\_\_\_(motion) toward the water. When he looked in that direction, he noticed a bright red boat turning in a spinning circle in the stormy water at the base of the Geneva Dam，300 feet away.

Kevin assumed the person on the boat (22) \_\_\_\_\_\_\_\_\_ (jump) out of it. “Then I heard a warning signal with a loud sound,” says Kevin, now 42. “That’s (23) \_\_\_\_\_\_\_\_\_I realized somebody was in trouble.”

He couldn’t see anyone in the river, (24) \_\_\_\_\_\_\_\_\_he sped toward the bank and dashed into the freezing water. About 150 feet from shore, he spied an object moving downriver. “I thought it was a life jacket,” he says. “When I caught up to it, I realized it (25) \_\_\_\_\_\_\_\_\_ (attach) to a person.”

Now in water up to his neck, Kevin grabbed the man, (26) \_\_\_\_\_\_\_\_\_was floating on his back unconscious, under both armpits and held his head above the surface. Kevin struck the man’s chest again and again. After five hits, the man coughed up water and began speaking incoherently. Just back to life, the man was still weak. Battling the current, Kevin sidestepped his way (27) \_\_\_\_\_\_\_\_\_the shoreline, repeatedly digging his shoes into the river’s rocky bottom. When he reached the bank, someone jumped into the river and helped Kevin lift the 200-pound drowning man over a six-foot brick retaining wall to waiting doctors, who took him away in an ambulance. The man recovered, but a friend who was boating with him died after being trapped underwater near the dam.

Kevin pulled (28) \_\_\_\_\_\_\_\_\_up to sit on the shore beside Ryan, who had followed his father’s path down the river. “When I caught my breath, I realized I saved someone’s life, which is what I (29) \_\_\_\_\_\_\_\_\_do.” Kevin says.

In December 2015, Kevin received an award from the Carnegie Hero Fund Commission. “Lots of honour-receivers lost their lives saving someone,” he says. “(30) \_\_\_\_\_\_\_\_\_ (put) in the same category is very humbling.”

## 崇明

**Star Giraffe Finally Gives Birth**

April, a giraffe who became an Internet star after her pregnancy was broadcast online, has finally given birth, ending months of excitement for her audience.

The live broadcast from Animal Adventure Park in Harpursville, the State of New York, began during the winter. (21) drew nearly five million viewers a day at its peak. Some viewers kept checking back, even after the period (22) \_\_\_\_\_ \_\_\_\_\_ April was expected to give birth had gone. Others became frustrated, questioning (23)\_\_\_\_\_ she was really pregnant.

Finally, (24)\_\_\_\_\_ April was pacing in her *pen* (畜栏) on April 15, two *hoove*s (蹄) began to appear. After a few hours, a newly-born giraffe was lying on the floor, (25)\_\_\_\_\_ (look) around confusedly. The *calf* (幼崽) tried to stand a few times but (26)\_\_\_\_\_ not. An hour later, it was (27)\_\_\_\_\_ its feet, walking around carefully. A spokesman for the animal park said the calf was a boy. “After months of pregnancy, both mom and calf are doing fine,” said Jordan, the owner of Animal Adventure Park.

People in Harpursville now hope the attention that April (28)\_\_\_\_\_ (draw) will translate into an economic development for the area. Harpursville was once a manufacturing base, but it has struggled financially in recent years.

Fortunately, there are already signs (29)\_\_\_\_\_ April’s fame is breathing new life into the area. Dozens of families recently arrived at the animal park after hours of driving, only (30)\_\_\_\_\_ (find) it closed for the winter. A nearby hotel has booked more than 100 reservations for a package that includes admission to the park when it reopens in May.

## 宝山

**Why My Best Friend Is a Book**

Writing about beliefs is hard. It makes you reach deep into your soul and truly look at what is there. It requires time and effort, and then hits you in the face and someone in the background says “Oh, why didn’t you think of that before?” Beliefs change, they mature and grow just (21)\_\_\_\_\_\_\_\_\_\_a child. The best beliefs are the ones that (22)\_\_\_\_\_\_\_\_( cherish) throughout a lifetime. One belief I cherish above all others is the power and enjoyment of reading.

Reading can be for fun and that learning is (23)\_\_\_\_\_\_\_\_\_(easy) when you’re having fun. Being able to relate to the characters, imagine the conflicts in your head,and feel the characters’ sadness, as well as their joy, is the most amazing thing about reading. A chance to live another life for a short time, to be another person. Reading lends the soul and mind a place (24)\_\_\_\_\_\_\_\_\_(escape). I would much rather pick up a good luck than watch a television show.

Reading can teach us. Whether it’s a fantasy novel or a historical account, you learn when you read. It provides grammar and (25)\_\_\_\_\_\_\_(write) language skills. Reading teaches us about emotion. Reading gives you new words and expands your vocabulary by forcing you to challenge yourself. In its own way it makes us feel the emotions of the characters. (26)\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ you read, I believe you will learn, mind and soul.

Reading can bring people together. I cannot count the number of new friends and people that have entered my life because of books. My stepmother, grandmother, and I all rad the same books. (27)\_\_\_\_\_\_\_\_ is better than being able to share the tense moments, near misses, and happy endings while (28)\_\_\_\_\_\_\_\_ (drink) a steaming cup of coffee together with someone. Reading allows you to lower your walls and let people in to form genuine chains. Plus people (29) \_\_\_\_\_\_\_\_read impressive books are usually pretty cool themselves!

Over the years reading has been my companion. Always with a book in my purse, I have never faced the world without a best friend by my side. Books (30)\_\_\_\_\_\_\_\_(help) me through difficult periods and applauded me in times of celebration. Books always make me smile. That’s the biggest reason I believe in reading, because it will make you happy.

## 奉贤

Different background shouldn’t mean less education. Fifty years ago, in a primary school classroom, two boys aged 11 took an examination called the 11-plus, (21)\_\_\_\_\_\_ would make decisions about the rest of their lives. Paul passed and went to a “grammar school”. Baz failed the examination and went to a “secondary modern school”. They did not see each other again for years.

Many grammar schools (22)\_\_\_\_\_\_ (establish) hundreds of years ago to teach the Latin language to children who were not from rich families. They encouraged students to study (23)\_\_\_\_\_\_ they were 18 and then to go to university. Secondary modern school students left at 16, usually with fewer qualifications than grammar school students. Baz says the secondary modern school had (24)\_\_\_\_\_\_ (few) resources and the quality of teaching was not as good.

Things have changed. In the 1960s and the 1970s “comprehensive schools” were created. Today, 90 percent children aged 11 to 16 from the same area to the same school without (25)\_\_\_\_\_\_ (take) any entry examination.

The British often disagrees about the best way (26)\_\_\_\_\_\_ (educate) their children. Many people say that comprehensive schools help more children to succeed because they provide everybody (27)\_\_\_\_\_\_ similar opportunities in a fairer way. Another view, though, is that more intelligent children, especially (28)\_\_\_\_\_\_ from poor homes are better supported at grammar schools. Now, the government plans to open new grammar schools (29)\_\_\_\_\_\_ \_\_\_\_\_\_ almost two million children will go to the same type of school that Paul attended.

And Paul and Baz? Aged 60, they met again and compared (30)\_\_\_\_\_\_ had happened to them. After university, Paul qualified as a teacher. Baz went to work in a factory at 16 and later became an engineer. In fact, Baz had a much higher salary than Paul – so perhaps life is fair after all.

## 闵行

Honesty, my mum always used to tell me, is the best policy. But when it comes to medicine, I had assumed it was important to always be honest with my patients. After all, the doctor-patient relationship is based on trust, and therefore honesty is essential, or so I thought.

I had just started working in geriatrics(老年病科). Mr. McMahon 21 in when his body was found very swollen（浮肿的）. I took a medical history 22 his daughter who had accompanied him in the ambulance. She'd been his main career for years. I stood 23 (look) at him as she gave a detailed history. "Has he lost any weight recently?" I asked, "Well, it's funny you should mention that, but yes." She said slowly. There was silence for a few moments. "Why? What are you worried about?" she asked. She was obviously very involved in his care and it was only fair that I told 24 the truth. "Well, we need to prove it's not cancer." I said and talked briefly about some of the tests I was going to order.

Half an hour later, a nurse called me: "Mr. McMahon's daughter broke down－she said you told her he had cancer." My heart sank. By the time I arrived at the ward, my consultant was already there, explaining that we still had to run lots of tests and that it was by no means confirmed 25 he had cancer. I stood silently at the end of the bed. My consultant was obviously angry with me and as we left Mr. McMahon, she turned to me. "Why on earth did you do that?" she asked in disbelief. I looked at her and bit my lip. "She asked me what I was worried about and I told her." I said, hanging my head. "And give her more 26 (worry) about?" replied my consultant. "You don't say the word 'cancer' until it's confirmed. 27 you suspect it, think very carefully before you tell people."

As it turned out, it wasn't cancer. But I did learn that when someone is stressed and worried about their loved one they're sometimes selective in 29 they hear－and as a doctor it's important to be mindful of this. In being truthful, I'd made the situation 30 (bad).

## 浦东

As a young child, Ann Makosinski would spend hours experimenting with her toys and other everyday objects around her to create her own inventions.

Now a first-year Arts student, Makosinski is a well-known inventor and entrepreneur（创业者）.She won the 2015 Sustainable Entrepreneurship Award of Excellence, \_\_\_21\_\_\_ recognizes innovative business solutions to social problems—the same recognition given to Barack Obama in 2014. Her own inventions, the Hollow Flashlight and the e-Drink, have been causing excitement internationally \_\_\_22\_\_\_ their creation.

At the age of 15, Makosinski created a prototype（原型）for a flashlight \_\_\_23\_\_\_（power）by the heat of one’s hand. This invention was the result of a ninth grade science project, but Makosinski’s goal was \_\_\_24\_\_\_（offer）a practical solution to people with unlimited access to power and electricity.

“I’m half-Filipino and half-Polish, and one of my friends from the Philippines told me that she failed school \_\_\_25\_\_\_ she couldn’t afford electricity. She had no light to study with at night, so that was kind of the inspiration,”Makosinski explained.“I’ve always been interested in doing science projects, so I thought, why don’t I find a way to provide her and a lot of other people with light?”

The Hollow Flashlight is made from Peltier tiles（珀耳贴贴片）that produce energy when one side \_\_\_26\_\_\_（heat）and the other side remains cool. The flashlight can produce a steady beam of LED light for 20 minutes, \_\_\_27\_\_\_（use）only the warmth of the human hand.

Her advice to other student innovators?“Start now. There \_\_\_28\_\_\_ be nothing holding you back. Some students at colleges or even in high school think‘Oh, I’m a student. I just need to study.’ \_\_\_29\_\_\_ may think it important to make friends and be social. The truth is, you can do a lot of other things. You can do \_\_\_30\_\_\_ you want. Just go ahead.”

## 静安

Today, Mandatory(强制的) recycling is a hard sell in the United States, where the economy runs largely along free market lines and the current landfilling waste remains inexpensive and efficient.

Plain and simple, recycling still costs more than landfilling in most places. This fact, (21)\_\_\_\_\_\_(couple) with the disappearance of the so-called “landfill crisis” of the mid-1990s, means that recycling has not caught on, which runs \_\_\_\_\_\_(22) some environmentalists’ wishes.

However, many cities have found ways to recycle economically. They have cut costs by automating sorting and processing. They’ve also found profitable markets for the recyclables(可回收物) (23)\_\_\_\_\_\_ cast-off items are acceptable or even welcome. Increased efforts by green groups (24)\_\_\_\_\_\_(educate) the public about the benefits of recycling have also helped.

(25)\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_ uneconomical recycling seems to some people, some cities, such as Pittsburgh, San Diego and Seattle, have made recycling mandatory. In these cities, recyclables are banned from both household and business garbage. Families (26)\_\_\_\_\_\_ recycle all basic recyclables, such as paper, cardboard, glass and plastic. To businesses with garbage containers “polluted” with more than 10 recyclables，warnings (27)\_\_\_\_\_\_(issue). If they fail to take action, fines are expected.

New York, a national leader on recycling, decided to stop its least cost-effective recycling programs (plastic and glass) in 2002. But rising landfill costs ate up the $39 million savings expected.

As a result, the city brought back plastic and glass recycling and committed to a 20-year contract with a recycling firm, Hugo Neu Corporation, which built the (28)\_\_\_\_\_\_(advanced) recycling facility in the country.

The company focuses on (29)\_\_\_\_\_\_could cut costs. Automation has streamlined the sorting process, and easy access to rail has cut both the environmental and transportation costs. The new deal and new facility have made recycling efficient for the city and its residents, (30)\_\_\_\_\_\_(show) once and for all that responsibly-run recycling programs can actually save money, landfill space and the environment.