

HUAFENG



爱卿，朕爱看华风

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题记



For international students, autumn is always a season full of sadness and farewell. For us. Fall is a plane ticket back home and a room full of suitcases. Every bit of joy holds a little hesitation towards a new life and a fresh start, excited yet nervous. September is coming, and HuaFeng magazine is here with you to welcome new students and a new season. We can't wait to begin another year together. Good luck on Fall term! ■

自古逢秋悲寂寥的秋日，总是充斥着别离与更替。对于留学的我们来说，秋天意味着一张张飞往异乡他国的机票，亦是一个个塞满家用的行李箱。一颗颗兴奋中夹杂着少许不安的心，对即将到来的新生活，期待又彷徨。又是一年九月，华风杂志社一直在这里与你们相知相遇，与你们一同迎接崭新的，丰收的秋季。一年好景君须记，最是橙黄橘绿时！■



电影《黄金时代》看了一半，就从学校图书馆借来了萧红的《呼兰河传》。萧红用她内心最破败的几年，书写她人生最快乐的几年，却还是令人悲从中来，背脊发凉。萧红的爸爸是吝啬冷漠的，好在她有爷爷，让她知道世界上有爱，教会了她如何去爱，陪她度过了人生之初的日子，使她感受到爱的能力。萧红最爱和爷爷在后花园耗一下午，万物生长，花谢虫来；一切都是随意的，像是每个人的童年，像是我的童年。

记忆里，在爷爷奶奶家的那些春天和夏天，无非是在茶园里疯了似的跑，被晒黑好几层，再被蚊子咬几口。六神花露水的气味，青草在泥土里的味道，茶叶碰到铁锅的滋滋声，和飘来的清香。

爷爷合伙办厂总是很忙，奶奶整天照顾我，也不知道家里为什么还留着那几园茶地。“喝自己家的茶放心啊。”他们说。

于是到现在，每次出国前，总会顺便带半斤自家的龙井。冬日里捧着，看纽约下雪。在杭州的春天，采茶女工们会住到奶奶家，叽叽喳喳地说着我不怎么听得懂的方言，好像是安徽或江西方言。

她们采茶又快又好，每天下午，后院里会铺满刚摘的绿茶，夕阳下泛着润泽的光，我觉得好玩，一颗一颗数着，再抓起一大把抛向天空，美其名曰天女散花。他们也不拦着，说，茶叶确实需要抖动抖动。

那时候我对自家茶园熟门熟路，从山脚“清桥头”那些茶树，到另一座叫“洪门前”的小丘。然后再快速冲向“飞机山”脚的几垄茶树。一路杜鹃海棠，还有不知道能不能吃的野果子，都摘下捧着，送给辛苦采茶的她们。至于“簸箕湾”半山腰的那块茶地，一直都是望而却步。因为我平衡能力差，爬到半山腰是绝对下不来的。其实可以让爷爷背我下山，可是他看到茶叶会忍不住采，之后提着一篮子茶叶，就再也背不动我了。

村里没什么高楼，我喜欢去洪门前山上放风筝，采四瓣的蓝色



小野花，到了山顶，坐在采茶工身边，可以依稀找到家里的露台，百看不厌。

清桥头的那块茶地，茶如其名，绿且清澈，大朵大朵的很好看，我最喜欢去。

那时候，我已经开始学乐器，励志成为“淑女”，在当时，弹古筝、背古诗是我的大任务。妈妈最怕我到爷爷奶奶家之后就“荒废”了“淑女大业”，但是清桥头总是要去的，因为那里空气新鲜，绿遍山园，对视力好啊。而爷爷也最喜欢那里，下班回家之后，会背着篮子带上我去那里玩。

一路上，我们经过好多敞开大门的人家，都在炒茶。我就一路上“大爷爷，小爷爷”地叫个没完，他们会夸我好看，夸我懂事，于是第二天再认真地问好，特别有动力。打完招呼，他们把锅里的茶叶举起来，摊在手心，再缓缓撒下，香气四溢。

每次被香味吸引，我会从爷爷的茶杯里喝一口，却总觉得涩涩的，也不明白好喝在哪。爷爷说，养肝明目，缓解疲劳，乾隆皇帝也爱喝龙井的。

爷爷教我采茶，只需要最尖尖上的两片，再不能多了。因为最嫩的那部分，水分最多，质量最好。

“那剩下的绿叶子呢？”

“春天过去的时候剪掉啊，这样明年才会长出好茶叶。”

于是我认认真真地东挑西选，找到最漂亮的嫩叶。爷爷却笑着说，以你的速度，可以采到明年。

我心想啊，明年就明年，茶叶还是会长，杜鹃还是满山，蜜蜂还是会在耳边嗡嗡地叫，采茶女还是会来，我还是会跑来跑去，所有的老人们还是会夸我懂事漂亮。

可是我却长大了。■



我们认识



少年闰土原文：啊！闰土的心里有无穷无尽的稀奇的事，都是我往常的朋友所不知道的。他们不知道一些事，闰土在海边时，他们都和我一样只看见院子里高墙上的四角的天空。

中年闰土原文：他的态度终于恭敬起来了，分明的叫到：“老爷……”。我似乎打了一个寒噤；我就知道，我们之间已经隔了一层可悲的厚壁障了。我也说不出话。

《闰土》这篇课文是很多朋友小学时候的记忆。当我二十多岁再回过头去读的时候，内心里禁不住寒了一下，上面那些文字展现出的是人与人之间交流的厚壁障，不是语言，而是意识，悄悄的在生活里筑起了一个移动的迷宫，一不留神就分道扬镳。不禁佩服起鲁迅先生的思想和笔法，居然能把如此深刻的思想刻画的栩栩如生。

少年闰土和“我”玩儿的很好，很开心，是好哥们儿，尽管身份不同，他是帮工的儿子，“我”是少爷。童稚的孩子尚且没有鲜明的等级观念，闰土只知道“我”是个很好的小伙伴，一起玩的时候开开心心；“我”只知道闰土无所不知，无所不能，什么有趣的东西都会，跟着他玩可以看到很多没看过的东西。年关过了，终于，闰土跟着他爸爸回家了，至此和“我”一直没有见面。自此之后，在人生的道路上悄悄分手扬镳；“我”过的是少爷的生活，接受教育，追求人人平等，批判等级制度；闰土为柴米油盐而寄人篱下，卑躬屈膝地养家糊口，潜意识里，他接受了人有三六九等，而自己就是下等的人，得管上面的人叫老爷，膝盖要软嘴要甜。所以多年后的再次见面，童年时的我们已经相互走远，嬉笑嬉闹不再，取而代之的是厚厚的壁障和深深的无奈。

这就叫做人与人之间的距离，隔阂。尽管童年的时候一起嬉闹玩耍，但是长大之后因为不同经历导致的不同价值观世界观却成为一堵墙，将彼此之间隔离得天衣无缝。多年后相逢，你明明看到摸到对方就在面前，却不止一次地在怀疑，眼前这人真的是他吗？

想起我的两个童年时的好友，晔继和培培。他们是龙凤胎，晔继是哥哥，培培是妹妹，我年龄最小，管他们叫哥哥，姐姐；他们直呼我的小名，晗子。孩童的时候，每年正月我爸都会带我回老家，经常在他们家里落脚，晔继和培培，我们三个年龄差不多的小孩就会开启疯玩模式。那些嬉戏时光是童年里为数不多笑到肺活量不够的记忆之一。记得每一次回老家，他们两个都会在路口等我，我会在车上抓耳挠腮的催我爸开的快点，一边兴奋地大喊大叫。

那是一个正月初三，回老家，很冷，在摩托车上被冻得浑身僵硬，但是冻不住那种兴奋。一下车就尖叫着跑向同样尖叫着的晔继和培培。不过，脚的肌肉冻得不能够支持突然的疾跑，踏踏实实地摔在了马路上。他们赶忙扶我起来，仍是笑着走向他们的家，烧了热水给我暖脚，煮了热红薯汤给我喝了暖身子。我爸却夸我，哎哟，不错，爱哭鬼这次没哭。

一个孩子也许老老实实，两个孩子也许嬉嬉闹闹，三个孩子能飞到九霄云外。我迫不及待地把脚从热水盆里拿出来，穿上袜子鞋子，跟着晔继去了后院，看他的表演，空手劈甘蔗。他右手成掌状，高高举起，大喝一声，“少林功夫”，一记手刀下去甘蔗应声而断，吹牛也不停，这是少林伏虎掌，硬气功……孩提的我哪肯服输，一定要试试。一声大喝“少林功夫”之后，甘蔗没断，自己倒是捂着手掌，嘴角一撇就要哭出来。晔继和培培哈哈大笑，原来他们在我来之前早就准备好了，用刀把甘蔗切进去一半，所以手掌一下就劈开了，就等着看我的囧样。孩子的时候总是简单的，嚼了一节甘蔗，甜甜的，手就不痛了。在他们住了一个晚上，后来我爸回忆说，那天晚上，群魔乱舞。

之后，随着年龄的增长，我上了小学，正月里陪我的是寒假作业，渐渐不怎么回老家了；而晔继和培培，帮家里干活，做家务，少年老成。假期里经常念叨着他们，父母上班，我一个人关在家里写寒假作业，写着写着，就扭着头开始发呆，但最终还是没能再一起群魔乱舞。这十多年里，我不断听到关于他们的消息，晔继他们父母的矛盾，家庭暴力，父母婚变，再是离婚之后财产纠纷，子女归属，这两个少年老成的家伙，自然也卷入其中层层阴霾，经历人情冷暖。因为复杂的关系，我家和他们家也不再来往，虽然我一直想念着这两个家伙，但是也没有再见。

出国后某次回老家给先辈扫墓，机缘巧合之下见到了晔继和培培。那是个黄昏下的路口，突然我听到了两个人的声音，陌生，但有很强烈的似曾相识的感觉。当然，就是他们。我还是一如既往的矮，矮到十多年不见他们仍能喊出我的名字，晗子。而看到他们，我想不到这些年里，他们的世界是怎么样的。培培成了杀马特；青春期少女发育完好的胸大半露在衣服外面，烟熏妆给予的非主流风格，我没有眼前一亮，也没有羞涩侧目，像是被雷击了，定在原地，这是曾经和我一起抓鱼，一起采野果，一起偷吃零食的培培么？走得近了，她反而更远了。脸上带着浓妆，浓得笑容也不那么真实，纵使一个直男也能看出她化妆手法风格的不协调；话语里夹杂这不少这个年龄不该出现的脏话；晔继则是热情的揽过我的肩膀，去了小店，让我给他买了一包烟，中华，最好的那种。那个时候我脑子里循环播放着鲁迅先生写的一句话“我们之间已经隔了一层可悲的厚壁障了”，浑浑噩噩的跟着他们走，像是僵尸。孩提时的伙伴多年后再次相见，免不了叙旧，我木木地说着我们小时候去的后山，吃的野果，用手劈断的甘蔗。他们问我，“都出国了真有钱啊”，“国外美女一大堆吧”，“二十多岁了就算没结婚，居然连小孩都没有！？”，“在国外找个洋妞生个小孩”，“别读书了，赶紧回来工作吧，读书顶个鸟用，现在大学生狗屁不如”……更多的话我听不见了，神志已经跃出这个时空了。之后匆匆逃离了那条街道，像是小时候脚被冻住的那次一样，蹒跚地跑在那条马路。同一条马路，那时是跑来，这次是跑走。一个人去了小时候经常一起去玩的后山，黄昏时分，站在山顶上，天边深红的晚霞像是剧场里的幕布，整个天慢慢全变红了，幕布缓缓拉上了；天色黑了下来，拉掉幕布的剧场关了灯光，观众该离场了。我拿出了手机，通讯录里翻出了他们的名字。“晔继，培培，再见。”心里默念。按下删除键，和那段时光一起，不见了。

再见。

我一直不知道这种分别意味着什么，曾经的快乐意味着什么。但是过去的都是历史，随着幕布的合上，灯光的关闭，该撤的撤，该走的走。而人，终归还是要向前看的。倒不如留个潇洒的背影，挥一挥手，再见。

作者：庄昕豪

设计：吴俊成

飞蛾与火

Moth, Fire

不知道从什么时候开始，孤独变成了一个贬义词，但我也不能对此表示唾弃，大肆否定，这样一来不就显得我把孤独这一定义狭隘化了吗。之前微博上有位朋友就分享了自己的心情小推文，很有意思，大概描述得是在夏夜的巷口，空中嗡嗡飞舞的飞虫，不远处的大黄狗摇着尾巴穿过了巷子，邻居家孩子的手里还捧着半个西瓜，这闲憩的盛夏，却都与你无关，这便是孤独。不仅是我，很多人看到这段话时也很感触，在下面纷纷点赞。我也不例外，点了个赞以后，感觉似乎整个人都升华了，觉得我好像加入了他们，能窥探一下他们的境界。

和大多数人一样，我觉得每个人活在这世上，是有自己巨大的使命的，有数不清的任务要去做，因此嘴里不说点东西，手里不抓着点别的玩意就很难受，就感觉这辈子白活了。但其实最后回首的时候，那些真正刻在你脑海里，印在你手心里的，让你浑身打哆嗦的，就只有那么一两个转瞬即逝的画面罢了，它们曾经存在于你的故事里，好不显眼，却就此扎根，发着光。我相信，就是这些瞬间才造就了你，是你穷尽一生也改变不了的东西，也正因为有它们，才有你。

也有人觉得未然，觉得人的一生是由各个五彩斑斓的碎片拼接而成的，不愿去承认孤独，相信着什么时候重新开始都不算太晚。但在现实的情况中却难以实现，有些事，过去了就彻底过去了，晚了，就是真的晚了。如这尤金的磅礴雨夜，多少台词和感情随着雨滴在我们身后落下，也凑巧的证明了我们和世界的连接是如此的碎裂，脆弱，还有难以理解。

但即便你是这样的一无所有，即使你也知道这不过是生命里必须经过的瞬间，也不能够逃避，即使前方风雨交织，也要尽己所能，奋力向前，让这个瞬间成为造就你自我的光辉的一页。这本就是冗长的历史中人的根本，人一生都在寻找之中，也一生都感到它的光芒近在咫尺，也一生都要不断在孤独的边缘拔剑长啸，孤杯自饮。■

作者：杨华龙
设计：金昕嫣





Since when, “loneliness” became a derogatory word. I cannot deny it or cast aside it because I will be one of them who devalued the word if I do so. A post on Weibo impressed me when I saw the person shared his feeling of loneliness: A summer night in the alley, bugs were buzzing. Not far from them, a yellow dog crossed the alley with its wagging tail. A kid of your neighbors held half watermelon in his arms. The summer night is there, but you are not one of them. This is loneliness. Lots of people liked this post not except me. This finger click brought me into the summer night with everyone to share the loneliness.

Living like most people, I think everyone was born with an enormous mission. We have uncountable responsibilities to take. Therefore, it is awkward for me without saying something insightful or holding something particularly. The emptiness drags me down and makes me feel my life was wasted. At the end, when you review your life, there were only tiny and flickering moments that deeply engraved in your mind, rooted in your soul and made who you are. Those precious fragments in your life exist in your stories. They built you and you live with them.

Yet some people may disagree, they deem life consists of different and colorful fragments. They deny recognizing loneliness and they believe that it is never too late to restart at any time. However, the reality never spares anyone for anything. You missed it and you lost it. Just like the heavy rain in Eugene, how many words and feelings have falling down with the rain drops? They vanish us, test us, and finally teach us how fragile the connections are between us and the world.

Despite you have nothing and despite you know you have to go through this, you cannot escape life. Although the hurricanes and storms are on your way, you have to try your best and overcome them all. That moment will light up your life and shine your story. This is the origin of human that we have been seeking for our entire life. Its light guides us to pass through the edge of loneliness and supports us to confront the night of darkness. ■

Huo
火

Guo
锅

Zhe
哲

Xue
学

作者／曹渝钦
设计／陈童
翻译／苏仁骏

人情世故一锅煮

这世上，大概是没有哪一种食物像火锅，什么都能接受，又不会丢失掉自己的味道。

当然，这里的火锅，绝非指的是日式的牛肉火锅，亦或是北京的涮羊肉，而是川渝地区的牛油火锅。人们往往有一个相同的诟病，就是喜欢为某种食物正名，你来我往，非要分出个高下。其实火锅之类千百种，形形色色，难分伯仲，又哪有什么好坏之别，不过是花开两朵，各表一枝。而我今天要浅谈的川渝地区流行的牛油火锅，也只是火锅这个大世界中的一方天地而已。但它恰恰又独具特点，像极了一种豁达的人生态度。

川渝地区的牛油火锅，精髓就在牛油上。一锅火锅，用辣椒，花椒，各种香料反复翻炒，加入牛油打底，白酒提味，使得火锅的麻辣鲜香变得愈加醇厚，味道越吃越香，越吃越浓。不过这种火锅虽然受欢迎，接地气，却难登大雅之堂，究其原因，还要从它的起源说起。牛油火锅的配菜，大都是一些动物身上的器官，俗称为杂碎。像大家最为常见的毛肚，鸭肠，抑或牛肝，都是川渝地区的人吃火锅时最为常见的配菜。而杂碎这两个字，听起来总跟富贵人家搭不上多大的关系。牛油火锅的起源最为常见的说法便是源于重庆嘉陵江边的船夫。船夫们每天风餐露宿，在吃上自然是没法下功夫讲究。这些船夫选择了火锅这样一种简单快捷的方式来解决自己的三餐，把传统的铜炉与方鼎换成了大铁锅，将葱、蒜、辣椒、花椒、猪油或牛油放进锅内熬成卤水，取代豆瓣，又将屠宰行内那些毫不值钱的鸡血、鸭血、猪杂、牛杂收罗起来一起烫食。船夫们发现，这种吃法不仅方便便宜，而且火锅的汤汁还能成为很好的下饭佐料。更为重要的是，码头上的船夫整日两脚沾水，与江为伴，很容易落下风湿与关节炎的后遗症。而火锅里的花椒正好解决了他们的后顾之忧。就这样，牛油火锅开始慢慢在川渝地区扎了根。船夫们靠一锅火锅获取每日所需的能量，也让辛劳的生活变得有滋有味起来。

当然，也有一些精通饮食的文人墨客，达官贵人，对这种下里巴人的食物是嗤之以鼻的。比如清代有名的老饕，袁枚。在他编撰的《随园食单》中，便不留情面的表达了他对于火锅的排斥与愤怒。他曾写过一篇文章题为《戒火锅》，“冬日宴客，惯用火锅，对客喧腾，已属可厌；且各菜之味，有一定火候，宜文宜武，

宜撤宜添，瞬息难差。今一例以火逼之，其味尚可问哉？近人用烧酒代炭，以为得计，而不知物经多滚，总能变味。或问：菜冷奈何？曰：以起锅滚热之菜，不使客登时食尽，而尚能留之以至于冷，则其味之恶劣可知矣”。江南的文人才子，对吃是情有独钟。习惯了那个蟹肥，虾美，鱼鲜的水灵灵的江南，口味自然是刁钻。对于那一锅热辣翻腾，满锅下水的牛油火锅，自然是不敢恭维。

不过，火锅的魅力又岂止停留在那一口麻辣鲜香。不管是迷恋那一锅大汗淋漓的人也好，还是厌恶那一锅满身油渍的人也好，他们都尚未领略到一锅火锅的精髓。每一种食物，味道究竟是它的面子，而食物所呈现出来的情怀，才是它的里子。面子固然重要，而里子才是一个食物活在人世的根本所在。有人喜欢举杯邀明月，对影成三人式的吃饭，也有人喜欢宝马雕车香满路的排场，其实都无妨。而火锅的精髓就在于火锅不大是属于一个人的食物。一个人吃火锅，不免显得落寞凄凉，烫料越沸腾，内心越孤独。而超过十个人的火锅，觥筹交错太过频繁，目不暇接，又会食不甘味。所以一锅火锅的大小刚好也就够三五人食用的。三两好友围炉而坐，满头淋漓，酒过三巡，嬉笑怒骂皆文章。火锅就像一种历经世间万象却依然豁达开朗的人生，好的坏的都照单全收，自己却把那一把香料，小火慢炖，大火煎揉，调制出属于它自己的味道，历久弥香，越煮越醇厚，越吃越带劲。

我想这世上喜欢火锅的人的心境，可以用清代诗人严辰写的一句诗来概括，“围炉聚饮欢呼处，百味消融小釜中”。那一锅欢聚一堂的人情世故，便是最好的味道了。



后现代主义

火锅小食谱

1. 牛油（用清油代替也会别有一番风味）用来打底
 2. 熬一锅牛骨或猪骨汤用来做汤底
 3. 取茴香，八角，豆蔻，香叶，黑胡椒粒做香料
 4. 干辣椒和花椒肯定是坐上宾，不可或缺（若喜食辣椒可加入些许小尖椒）
 5. 当然还需要几勺郫县豆瓣提味
 6. 将上述所有香料用热水浸泡半小时，在全部捣碎
 7. 将豆瓣酱，干辣椒，花椒，香料，牛油或（清油），白酒，倒入锅中小火，冷锅，反复翻炒，炒至香料变得焦黄
 8. 再倒入先前熬制好的大骨高汤便万事俱备，只欠开吃了
- (小贴士：所有香料都不必过多，过多则会味苦，平均4-5个为最佳。辣椒和花椒，以及豆瓣酱可根据自己的口味控制数量，但翻炒时都应小火，防止辣椒被炒糊) ■

THE PHILOSOPHY OF HOT POT

THE PHILOSOPHY OF HOT POT

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In our world, the hot pot is an unique food and there is nothing similar to it. The hot pot symbols a type of life attitude, it can boil any foods, but it still can keep its own taste. The discussion of the below content is focus on hot pot, which belongs to Si Chuan area in China, rather than the Japanese hot pot. Every food is equal to each other. There is no high or low class of the food in the world. There are various types of hot pot in our world, we just need to enjoy either one instead of judging it. The reason of why I select to discuss the spice hot pot in southwest of China, not only because that is my hometown food, but also it is unique and attractive. It seems to be an optimistic attitude toward.

The main essence of the Si Chuan hot pot is beef tallow. Beef tallow constructs the unique of the Si Chuan hot pot. The materials in Si Chuan hot pot includes the chili, Chinese pepper, white spirit, beef tallow, and many Chinese local spices to fry its together in many times. The taste is kept in the hot pot after fried repeatedly. Although hot pot is popular, it is not the delicate food in China. The origins of the Si Chuan hot pot limits its' delicate definition. The major materials in hot pot are animals' apparatus, such as the cattle stomach, large intestine, and beef liver. These food materials always cannot connect to the elite food.

The original of the Si Chuan hot pot was come from Chong Qing, a large city in southern west area in China. The Chong Qing city is around by the Chang Jiang River. The boatmen live in the poor class in the bottom in the society. Poverty forces them do not have too much money or time to analyze their daily food. The hot pot becomes a good choice for them. The hot pot is really convenient to produce and also could storage in a long time. The boatmen use a large pot to mix all food materials and spices and boil it together. The hot pot functionally solves the eating problem for boatmen. The more important thing is that the boatmen work in the supper moisture atmosphere; the spicy and Chinese pepper could give them the enough energy for working.



HOT POT

On the contrary, some literary men or poets do not admire the hot pot. For instance, Mei Yuan, a Chinese poet who lived in the Qing Dynasty, explained an opinion, "The hot pot is the winter's food. Lots of people sit in a same table and eat the same pot together. The noisy is the crumble of the good eating atmosphere. Also, the largest problem of hot pot is its impact on the different taste of each food material". The literary men, especially in Qing Dynasty, always desire or admire the original fresh from the food.

The attractive of the hot pot is it's not the alone food. In our world, most of food is better to enjoy it alone. However, the hot pot is the food, which is only appropriate for three to five people. More than 10 people is not the appropriate situation for eating hot pot because it is too noisy. For any food, the taste is only the surface of the food; the culture is the core of the food. Hot pot is a special and popular Chinese food, which includes the unique Chinese culture. The hot pot really symbolizes the human and family relationship in Chinese society. The Chinese people emphasize the relationship between friends and family members. The relationship of kinship and friends is the basic of the Chinese society. The more important is that the hot pot symbolizes the Chinese life philosopher. Also, hot pot symbolizes a positive and generous life attitude, it accepts anything from the life.

I want to use one poem to summarize the largest positive of the hot pot. Chen Yan, a poet in Qing Dynasty, said: "The noisy atmosphere is best tasty in the hot pot".

The Recipe of the hot pot:

- 1.beef tallow
- 2.The pork rib or beef rib bone soup
3. Foeniculum vulgare, garlic, ginger, chili, Chinese pepper, spicy source
4. Put every spice into the pot and fry it with sesame oil and white spirit or sake in half hour.
5. Boiling up the pork rib or beef rib soup into the source into a big pot.
6. Picking up your favorite food materials and boil it.
7. Enjoy! ☺

一个脆皮的

自我修养

设计者
胡建哲



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来啊，快活啊，反正有大把时光。
睡什么睡啊，起来high啊，一起来修仙啊。

大家肯定是觉得，二十出头的年纪，只要不是太过于透支身体，是不会有什么大问题的。诚然，不是连续熬夜，年轻人的身体没有那么容易猝死。可是每次的不良习惯，真的不会对身体留下损害么？未来平时还要加班熬夜，假期还要走遍世界，真的要在大学时光就把身体透支了么？为什么不修养好身体等待未来的腾飞呢？我们是还年轻，确实没必要谨小慎微，生怕犯下一点点破坏健康的“罪行”。但我们完全可以改掉一些明显不健康的习惯，为自己的未来添砖加瓦。

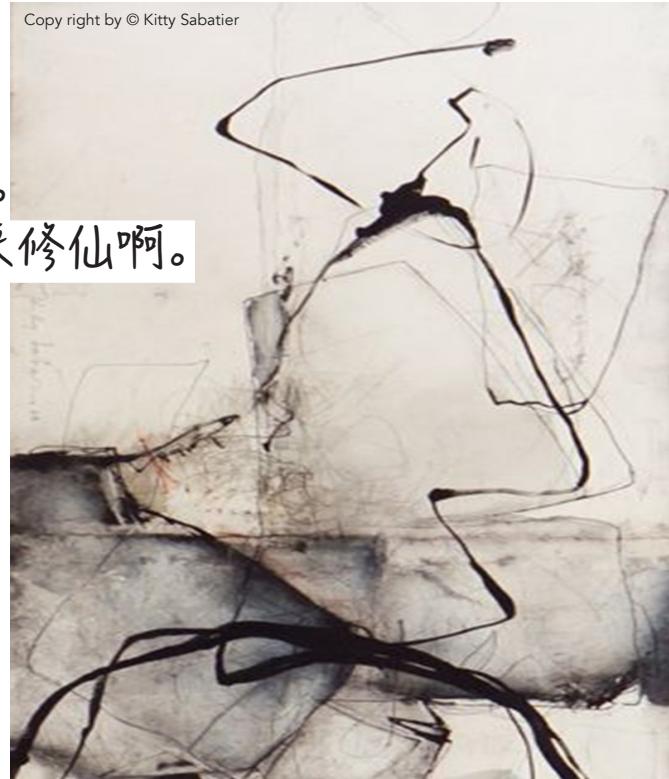
首先是吃，我不清楚多少人选择在家里自己做饭。但尤金本地的餐馆几乎大部分是重油重盐，而且蔬菜类的相对少。加上同学点菜时候选择性回避，甚至可能出现很久吃不到一口青菜的情况。所以，大家可以适当的在点菜的时候，多加一道青菜，至少可以均衡一下饮食。次数不用多，每周点上三四次也好。比如尤金某家的上汤娃娃菜，和芦笋系列；某家的青菜钵；某家的时蔬炒冬菇；某家的炝炒莲花白。还有其他等等符合你口味的蔬菜，可以一道一道尝试，尤金这些中餐总有一道适合你。还有一种更加粗暴的办法就是自己制作。从亚马逊上用60刀可以购买到一个soup maker。将蔬菜冲洗一下放到锅里断生和软化后放入机器里。因为舀出来的时候自带水份，这时候倒入一两勺的水就可以开动机器开始搅了。五分钟后就可以开始喝新出来的蔬菜糊，最简单粗暴的补充青菜的方式，口感比生嚼青菜配千岛酱好一些。尤其是液体不需要咀嚼，直接倒入能降低自己对生菜的厌恶程度。这东西不能当饭吃，但是一周喝几次还是很有帮助的。最棒的是完成之后，机器直接冲洗一下，再拿刷子清扫缝隙即可。蔬菜糊没有油，所以根本连洗洁精都不需要。省时省力，懒人专用。

另外，碳酸饮料应该完全放弃。它毫无营养价值已经不是一个新闻了。尤其是不应该用那种东西取代水。可以考虑在学习时候面前摆上一杯水，或者走路的时候拿在手里一瓶。这样，人在思考别的事情的时候，会无意识的拿起来喝。而不是在思考，要不要去倒杯水，啊，好麻烦不想起来啊。与此同时，也可以考虑大量喝水，喝饱了就不会想喝饮料了。实在是想喝的时候，也尽量选择喝果汁或者贵一点的饮料。毕竟投资在身体上的钱怎么都不会亏，何必为了省钱喝碳酸饮料呢？

再说睡眠，理论上来说，九点是合适的睡眠时间，十一点已经有点熬夜了。但留学生圈里，十二点以前睡觉的不多，甚至于三点后睡觉的人也不少。不用多说，第二天早晨就能感受到熬夜的痛苦了，特别是有十点钟“早课”的时候。大家都知道不好，但有时候就是睡不着。总想着翻会朋友圈，刷会微博就睡，可是到头来结果呢？早晨一边挣扎起身一边说，下次一定早睡。周而复始的循环着，在此小编推荐两种方法试着打破这个循环。

首先，推荐一下whole food的安眠巧克力，每一颗含有1mg

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的褪黑素。能够让你身体放松更容易入睡。其中一项副作用是第二天依旧容易困倦，而且会处于兴奋不起来的低潮状态，当然，第三天就基本正常了。该巧克力通常用于30岁以上的人群使用，对于我们来说一颗到半颗足够解决问题。它是不用医生处方就能买到的食品，所以并不会对人体造成多大损害，一个月吃个两三次问题不大，起码少于一个通宵对身体的伤害。然而，褪黑素本质是调节人体内分泌，过量使用容易导致身体激素紊乱。所以只能用于睡眠时间完全紊乱的时候，过度依赖自然是得不偿失。当然，治本的方法必然还是按时睡眠，尤其是尝试平时十点钟开始睡眠。这样如果不得已延迟睡眠时，至少可以保证不超过十二点。如果每天都是保持同一时间睡眠，身体才会记住何时应该开始分泌褪黑素，帮助快速睡眠，而不是用安眠巧克力帮助调整。同时，晚上适当背诵点英语单词能快速帮助你进入睡眠。最本质的方法，还是睡前两小时就不要再碰电子产品了。人的意志力是消耗品，夜里尤其薄弱，在这个时候如果还抱着拿个首胜就睡或者看完这一集就睡，那么今晚基本就别想早睡了。

以上就是小编我对于在尤金保养身体的一点小看法，不知道大家对于健康生活有什么新想法呢？欢迎扫描关注公众号华风杂志社，提出你的想法哦。■

尘寰卧底

作者／曹渝钦
设计／周子人



人之患 好为人师

想写这篇文章很久了，却直到此时此刻才开始动笔。一来是觉得写这篇文章的时机与火候到了，二来也是怕掌握不好分寸，变成了说教一类的泛泛之文。

在写作上，我有很多毛病，但总结起来也就四个字，不切实际。我的文章里情感的部分宛如盛开的樱花，梵高的星空，和东北大妈的棉袄。而这里面却鲜有具体的人和事，毕竟少年不知愁滋味，却爱为赋新词强说愁。虽然我极力想避免掉这个老毛病，但难免会走上老路。不过今天请容我谈谈自己大学四年的感想，因为离毕业也只有一个学期了，再不谈，怕错失掉时间赋予给我的这个机会。毕业，如今它就真真实实的摆在我面前，看着自己想要的那片土地来的这么匆忙，竟一时找不到词语来形容，颇有梦幻之感。

思来想去，还是打算执笔落字。诸君若有缘能看到，也大可不必咬文嚼字，思虑繁复。若是厌恶，也无需嗤之以鼻。我将所有的感悟由我面前这张安静的书桌全盘托出，尽供诸君消遣。

偷了故乡—自打我有记忆开始，便是一直随祖父祖母一起生活。祖父祖母于我而言，相当于是我的半个父母，我也相当于他们的半个儿子。我的祖父做的一手好川菜，所以我自小没亏待过我的嘴和胃。我的祖母是一名语文老师，耐心且健谈。我们有很多的话可以聊。可我已记不得以前和祖母都聊了些什么，只记得在无数个盛夏的午后，那些温柔的交谈与墙上藤蔓的阴影融为一体，空气里有黄桷兰淡淡的清香。与他们在一起的日子总是无忧无虑。四年前的临别之际，如今想来，依然历历在目。那天是我去北京搭乘飞机飞往尤金的临行前夜，吃过晚饭，一家人聚在客厅喝茶。我正在收拾行李，祖母坐在沙发上呢喃自语，大意是我跟了她十八年，从未离开过，如今就要前往异国他乡，说罢我看见她先前含在眼眶的眼泪再也忍不住了。那几颗眼泪很重，重到我脑子当时一片空白，重道我有那么几秒钟丧失了组织言语的功能。我头一次深切的感受到，原来生活中的有些选择，一旦做了，容不得丝毫退路。之后待在尤金的诸多时间，才慢慢明白了独在异乡为异客，读懂了每逢佳节倍思亲。我把无数的情绪寄托在了做饭上。人有七情六欲，食欲为首。但食的又哪只单单是欲，不过是一抹回忆。时至今日，我依然乐此不疲的在夏天时搜寻墙上那些好看的光斑和阴影。我努力从生活的细节中找寻回忆的影子，童年就在我眼前。我从食物中偷走故乡，故乡也就不在遥远。

锦衣夜行—人生有无数个黑夜，我们点亮了一些光，汇聚到一起，形成黎明。去美国前，我以为美国就是洛杉矶或者纽约，到美国后，我发现纽约大概是收集了所有的楼宇，然后把森林散落在各个角落。那些森林，在黑夜里有时无情的咆哮，摧毁着我的睡意。从灯红酒绿到四下寂静，尤金的生活安静的有些无聊。曾让我寂寥无比。大一时，课业少，空闲多，每天在无所事事中度过。后来繁忙的课业才让我明白闲暇可贵，只是当时不自知。我拼命的搜索能让我杀掉时间的方法。我选择了音乐。开始了吉他的学习。之后在无数个长夜，我深陷其中。但于我而言，它依然只是一个绝佳的消磨时间的机器。直到我遇见一位教授，他带我真正走入音乐的世界。David case 是音乐学院古典吉他的教授。算是音乐学院的元老，两鬓斑白，但双目有神，有时深邃得想让人走进他的世界，一探究竟。



两年前，我狂妄自大的走进他的办公室，想请他允许我上他的古典吉他私人课程，那时候我只是熟悉一些常用的和弦转换而已。他最终被我的诚意打动。破格让一个非音乐专业的吉他初学者开始接触古典吉他。虽然我现在依然不精通除木吉他以外其他吉他的弹奏，但我依然很感谢那两年和他一起上课的时光。他时常告诫我，吉他只是一门乐器，但音乐是一门艺术。音乐可贵，是因为音乐承载了人类的情感。在每次弹奏一段音乐前，他都会启发我去想象一段旋律能构建出一个怎么样的画面，表达一种怎样的情绪。音乐，终究是一门听觉的艺术。他弹琴时面部表情平静，演奏却极富感染力，上他的课，仿佛一场免费的独奏音乐会。从那时开始，我慢慢的试着将音乐融入我的日常生活里。风和日丽时，我弹奏一首旋律悠扬的曲子；晴空万里，我就弹奏一段律动强烈的篇章；夜深人静时，我琢磨着写一首歌。房间开始变得安静。黑夜依然孤独，但有了光。我怀揣着一把琴，在无数的漫漫长夜里锦衣夜行。那些马路上喝醉的人，摔碎的酒瓶，都成了最温柔的声音。

尘寰卧底—失败并不是成功他妈，但失败所引发的感悟是。我初尝失败是在大一刚入学时。那时候意气风发，选了一节美国短篇小说文学的课，曾以为自己喜爱阅读，博览群书，却发现书到用时方恨少。外加初来乍到，口语不济，上课倍感吃力，被教授委婉劝退。那时觉得大学出师不利，前路渺茫，理想与能力不对等，有心无力。外加天生也不是学理科的材料，经济，物理，也都一塌糊涂。总觉得大学生活差强人意，四年太过漫长，不知该如何摸爬滚打，煎熬度日。现在想来未免稚嫩。回想大学的四年，路且长，但一步一步走，过去的脚印就越发可爱。其实我们每个人都是这人世间的一颗尘埃，我们无需飘飘然的生活，也无需愤愤然的生活，更无需哀哀然的生活。我们只需要做这个人世间的卧底。在尘寰里不动声色的观察，感悟。静静的躺在生活里，等待一些不知名的美好，终究与我们相遇。◎

书不尽意
遥祝夏安

你好，

夏威夷



作者/冉冉
设计/黄琳 李嘉齐
翻译/苏仁骏

夏威夷，对我来说，就是一个彩虹岛，上有很多种颜色，每一种颜色都是那么艳丽且特立独行。它像是棉花糖甜甜的，像是小孩子很可爱，又像是太阳的家，充满温暖。在去夏威夷之前，我对它实在抱有太多的幻想，无论是尤克里里还是帅哥美女，都是我想好好体验与一饱眼福的。

初见

八月份里的第一天当然是眼与景色的直接碰撞。天，海，树，人，阳光与沙滩。天是粉蓝的，朵朵白云慢慢地游走，给人一种舒服的安全感，不像尤金的云总是飘移不定。海是湛蓝的，树很绿，翠的那种，太阳与海滩呀，是很和谐的橙与黄。火奴鲁鲁街道上人不少，好多情侣肩并肩走着，朋友与朋友之间聊着笑着，也可以看到好多人在家庭式旅行。沙滩边，穿着很性感的帅哥与美女们奔向大海，也有当地人在跑步或打沙滩排球。第一次在一个不大的岛上见到各种肤色的人，真的很稀奇。我想，这就是在夏威夷的第一种奇妙可能：来自世界各地的人，说着不同语言，面带微笑说着夏威夷语Aloha，每一个人都那么的彰显个性，又特别友好地与你擦肩在同一城市。这种感觉，很美好。我们住的小旅店，正好在火奴鲁鲁大岛的繁华地区Waikiki，旅店里面还有厨房，墙壁是天蓝色的，大大的镜子让人想臭美一把，感觉就像是在夏威夷有一个家。一下楼就可以坐到公交车，不远处还可以搭乘叮当车，博物馆，钻石山，中国城，购物中心，不同颜色的叮当车可以去到不同地方。我坐在叮当车上，

望着另一辆驶过。

车前印有的日文，

误以为身在他国。

咔嚓拍下的照片，

想要加上点色彩。

有个声音对我说，

不用了，别加了，

彩虹般的岛，

有你想要的，

一切颜色。

是的，夏威夷就是充满着美式的热情又有着日系的可爱。

玉娟

神奇的是，在旅店旁边的一个卖着夏威夷特色服装的小店里，我遇到了玉娟。见到的第一眼，她便问我从哪里来，见我在1岁小孩子的衣服专柜附近转悠，问我给谁买衣服，当时我就很自然地撒了谎，说给我儿子。傻傻的她居然还相信了，就这样聊了一会儿之后，玉娟请我到附近她朋友开的奶茶店里喝奶茶，之后的几天里，我常去店里找她，还帮她在店门口发传单，在店里卖衣服。那几天的我们，吃吃喝喝聊聊天又逛街，几乎什么话题都聊。我们也发现了很多的共同点，就是对生活永远抱有期待，就算她每天会工作很久很累，她依然那么乐观爽朗。记得我们去买姐妹装，试了好多好多的衣服，她调侃说，怕什么，试衣服又不要钱。直到现在，逛街的时候我也会这么说。到我走的前一天晚上，我们走在街上，她说舍不得我走。是啊，来到这么可爱的一个地方，认识玉娟，交到了一个这么可爱的朋友，我也有了些小情绪。忽然我望见前方她要坐回家的24路公交车，刚好是末班车了，

我撒腿就跑着，拖着我快要烂掉了的人字拖，拼命往前跑，挥着手叫喊着让司机等一会儿。玉娟也在我身后哭笑不得地跑着。到了车门口，她说常联系，一定要回夏威夷找她玩，我点头说好，一定会到。在夏威夷，我最幸运的事就是遇到玉娟，喜欢这一段夏威夷式的友谊，让我的旅途充满惊喜。这便也是遇上夏威夷的第二种奇妙可能。在101次求婚的电影里，有一场求婚的戏，就是在梦幻夏威夷取景。夏天，婚礼，浪漫，海滩，激情，我想大概就是很多电影借着夏威夷传达的意思吧。而我能够想到的，还有更多，草裙舞，椰子树，饼干店，乌冬面。特别的是，夏威夷的房子无处不在，山上，海边，街旁，每一栋都很美丽很特别。当我坐着蓝线的叮当车环岛游行的时候，还幸运地路过了成龙大哥的白色海景房。难怪林志玲说，在海边拥有一套房子，人生就找到了终点。我想每个人对夏威夷抱有的幻想都不一样，但都是美好的。第三种奇妙可能，就是在夏威夷某一个可爱的岛上，有一个舒服的归属。

后言

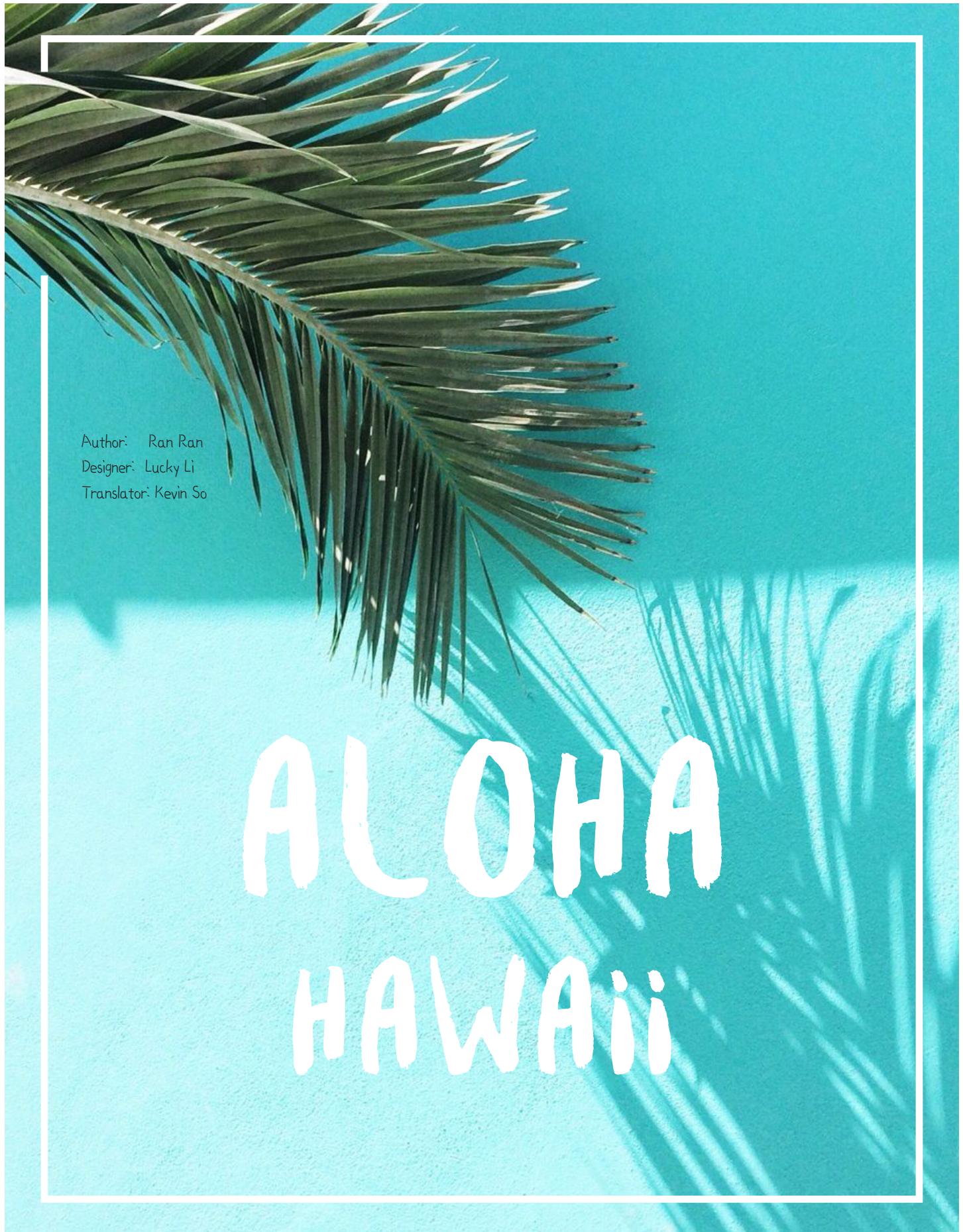
很多年前，不敢对旅行抱有太多的幻想，因为总觉得自已还没有准备好去与不同文化的对撞。然而决定去夏威夷之前，从来没有想过会旅行到夏威夷这个梦幻岛屿，什么都仅仅是在一念之间，“好，夏威夷不错”，于是就上了路。直到后来，当身边很多人问我夏威夷之旅如何的时候，我还是会感叹，天哪，原来我去过那里，去过很多人都还没有去到的那个地方，这种感觉甚好。我想，对我来说，这就是旅行的意义吧。旅行中的坚定与出发前的朦胧，两者的千差万别，冥冥之中的惊与喜让人忘了累与悲。生活不一定是靠旅行，但旅行一定属于我生活的一部分。夏威夷，Hawaii，这个小小岛屿，让五味杂陈的生活变得有活力，更加绚丽多彩。它拥抱着无限的奇妙可能：与店里的日本小哥谈话，同时环抱美国与日本文化；走在用彩色石子建成的街道上，与电影拍摄组擦肩而过；在海边的肆意裸泳，让人觉得不可思议的同时也感到原来生活可以这么疯狂。现在说到旅行，我都会提醒自己：去吧，去找到想要的那些可能性，脱离现境，放松自己，找到属于自己的奇妙乐趣。

夏威夷呀夏威夷，
我想我不是喜欢你，
而是爱上你，
怕舍不得你，

所以拼命了解你，把你的一切美好，
永远留在我的心里。
我唯独爱你，不爱其它一切可能。

By: 阿苒
2017.3.5





HAWAII, for me, is just like a rainbow island. There are so many different colors on it. Each color represents itself and show its unique feature. Hawaii is sweet like marshmallows, cute as children, and warm as the sun. Before I went to Hawaii, I had already imagined a lot about this island. Ukulele, good-looking men and beautiful women, were all I desired to experience and to see.

FIRST SIGHT

On the very first day of August, Hawaiian landscape immediately caught my eyes. The sky, the ocean, the trees, and the local people; sunshine and beaches attracted me. The powder-blue sky and white clouds embraced with comforts that I had never experienced before. It is not like the clouds in Eugene, which are always being grey and making me feel listless. The ocean that surrounds Hawaii is azure-blue, trees are full of virility; the sun and the beaches are harmoniously orange-colored and yellowish. A lot of people walked on the streets of Honolulu, many couples and their friends were chatting with each other and enjoying. I could also see many travelers, who were doing family trips. On the beach, handsome boys and beautiful girls wear sexy, they were getting some sunshine or playing the volleyball. There were also some local people jogging along the beach. I met different colors of skin of people who could come from all over the world, just on this small island. I think this is the first "magic" in Hawaii, that people who are from different countries, speak different languages are saying one common Hawaiian word "Aloha", with smiling on their faces. Each person displays his or her personality and individuality without shielding themselves. Instead, they talk to you very friendly. I felt I was inclusive, by surrounding in this multi-cultural atmosphere. For the hotel that I lived in, it was just right in the prosperous district Waikiki on the Island of Honolulu. There was a kitchen built with blue walls and a big mirror pleased me in the hotel. It felt like my home in Hawaii. There was a bus station in front of my hotel, trolley buses were not far neither. I can take buses to my destinations like Hawaii Museum, Diamond Head, China Town, Waikiki shopping mall, different colors of trolley buses can take me to different places.

I sit on the trolley bus,

Watching another one passed by.

A bus with some Japanese words,

I thought that I was not here.

The photos that I took,

needed more colors on them.

But I heard a sound,

A sound that notified me,

Forget it, forget about it, no more extra colors.

The Rainbow Island, Has every single color that you want.

Yes, Hawaii is full of American enthusiasm but also with cuteness of Japan.

YU JUAN

Luckily, I met Yu Juan in a Hawaiian clothes selling store next to my living place. She asked me who I wanted to buy clothes for when I was looking at child's clothes. I tricked her that it was for my little cute son. I could not believe that she believed me! After several minutes talking, she invited me to her friend's milk tea store to have a cup of tea. In the next few days, I often went to the store to find Yu Juan and help her with selling clothes and giving out flyers of the store on the street. We went to shopping even we couldn't afford some clothes. She said that we can't afford

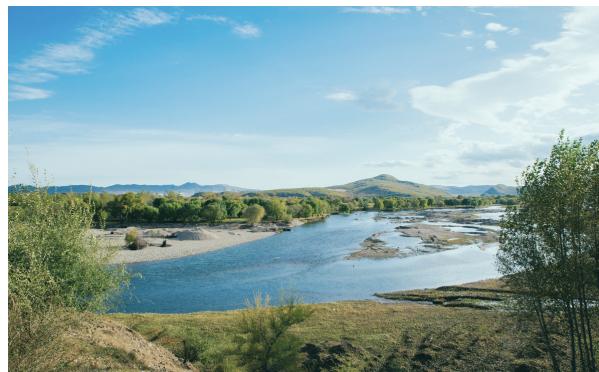
them doesn't mean that we are not allowed to try them on. We went to many different restaurants to taste the masterpieces of the Hawaiian foods. We talked about any different topics, almost everything. I gradually found out that we have a common characteristic, that we always cherish every single wonderful thing and expect our lives. Even though she worked for a very long time almost every day, she is still an optimistic girl. Till the night before I left Hawaii, we were walking down the street and she said that she doesn't want me to leave. This beautiful place brought this lovely friend to me. I can't hide my emotions anymore so I just ran away to catch the last bus for her on that night. My flip-flops were broken but I was still running into the bus. I didn't want her to see I was upset about my leaving. The luckiest thing for me during this trip, was I met Yu Juan. I love this Hawaiian friendship, which made my journey full of surprise. This is the second "magic" for me staying in Hawaii. In a Chinese movie "Say Yes", a man makes a proposal for a woman, was shot in Hawaii. The summer, marriage, romance, beach, and passion, I think they are why many movies want to send to audiences about Hawaii. But for me, there are more to think about like Hawaiian dance—hula-hula, coconut trees, cookie stores, and Udon. In particular, the houses in Hawaii are everywhere: on the hill, along the beach, on the street, and each of them looks special and beautiful. When I took the blue route of trolley bus, I saw Jackie Chan's white ocean view house. Just as Chiling Lin, a famous Chinese actress, says that life has a beautiful end if you have such a house by the sea. Everyone possesses his or her own imagination or dream about Hawaii, but whatever it looks like, it is hopeful. The third "magic" I found in Hawaii, was the sense of belonging I felt on its island.

AFTERWARDS

Many years ago, I was not ready for traveling and experiencing the collision with different cultures. But before I decided to go to Hawaii, I had never thought that I would go to this dreamy island. "Yes, Hawaii sounds like a great place". Then I started the journey. Till many people asked me about my trip in Hawaii, I was even surprised and proud of myself that I've been to such a great place that not many people have been to. I think the meaning of traveling is throwing away the sorrows and meeting the surprises. Life not only consists of journey, but journey has made up my life. Hawaii, this tiny island, energizes my life with gorgeous colors and marvelous possibilities. I remind myself always: Go and go for all the dreams. Forget about who you are and find what you could be . Hawaii, I do not like you, I think I must fall in love with you, I am afraid of losing you, I try hard to know you and remember you. Because you are such YOU. I love you, not anything else.

Hawaii, I do not like you,
I think I must love you,
I try hard to remember you,
To get know more about you.
I don't forget you,
Because you are such YOU.
I love you, not anything else.

---- Rita Ran



梦回草原

追忆内蒙古之行

作者：李琛
设计：王晨曦



ALL PHOTOS BY © TUCHONG

现在已经是2017年的春天，我来到尤金已经一年之久。大学生活的劳累让我联想到高考忙碌的那段时光，也让我想起了高考后的内蒙古之行。2014年高考结束，家人提议去内蒙古旅游，正好让父亲也有机会回到他曾经打拼的地方。8月末，外公外婆带上2岁的表弟，和我们一家从郑州起飞到达呼和浩特。在飞机上，我已经很明显地感受到平原和草原的区别。刚起飞时，地面还是大规模的城市样貌；等快到达时，已经是一望无际的草地。内蒙古的天蓝得特别透彻，阳光像是没任何阻碍地照在大地。无尽的绿草、无尽的蓝天和闪烁的阳光一起和谐地构成一幅美景。不同于大海带给人的深沉和冷静，更不同于高山带给人的征服感，这幅简单又纯粹的美景让人愿意置身事外地享受。

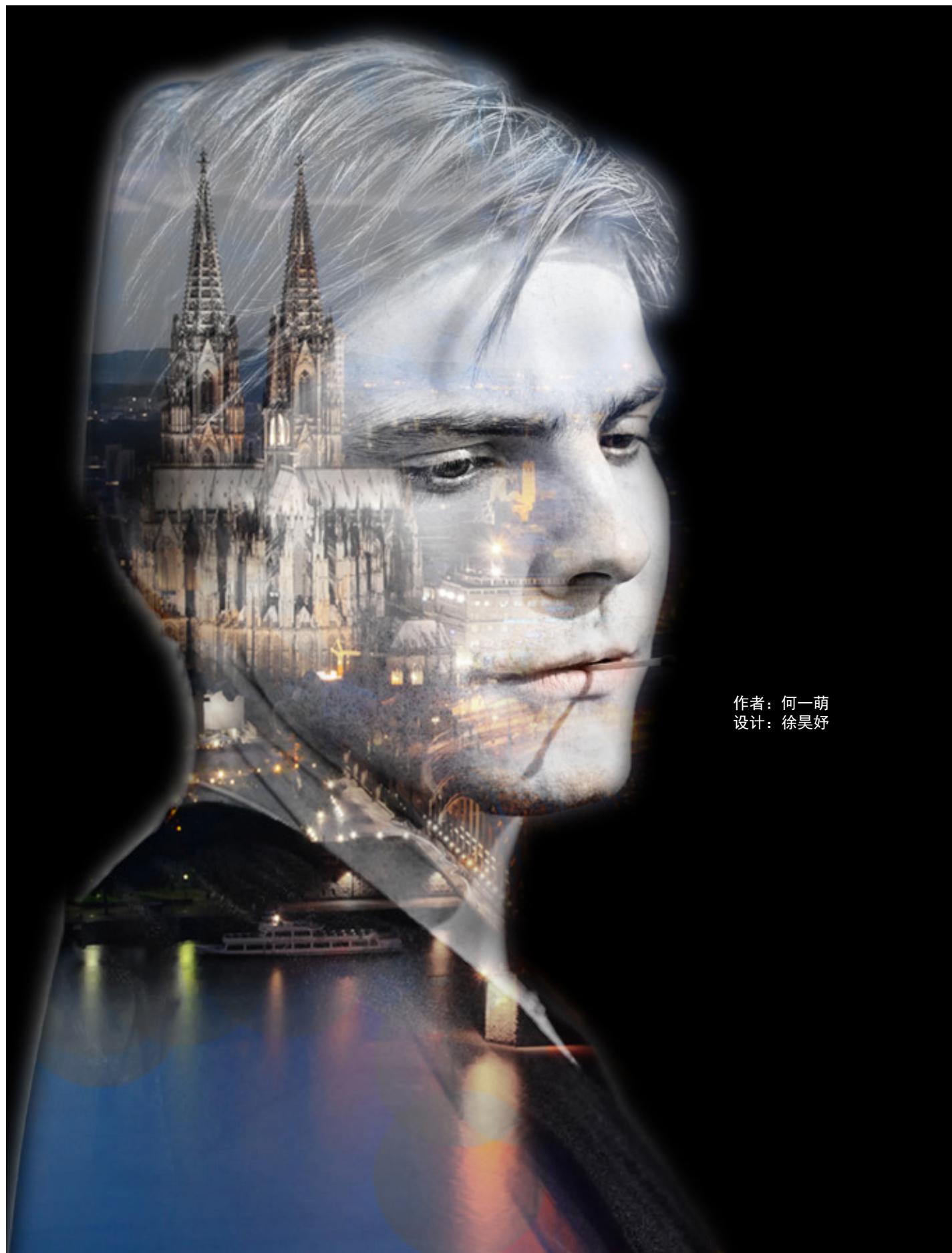
“女士们，先生们，我们的飞机即将降落……”。空姐的声音把沉醉美景的我，拉回了现实。父亲的友人接到我们之后，驱车前往当地有名的特色饭店。热情的叔叔准备了一桌好菜，几乎全是内蒙古风味：手抓肉、烤羊排、羊腿肉、羊肉汤以及各式的牛羊肉凉菜和当

地新鲜时蔬。贴心的友人还特意嘱咐厨房煮了疙瘩汤，让来自河南的外公外婆非常满意，也很合2岁表弟的胃口。转眼间，时间过得很快，到内蒙的第一天结束了。

第二天一早，我们吃完早饭，然后驱车前往附近著名的景点——沙海。沙海之所以称为沙海，是因为景点里的娱乐项目全都和沙子有关，而且整个景区面积巨大，正好应了“海”的意思。沙海的众多项目里，最有意思的有两个：一个是滑沙，另一个是回廊。我们乘坐缆车上沙山，就远远望见有人坐在像小船一样的滑板上，从沙坡上滑下来。正是看到这个场景，平时严肃的父母也放松下来，也要尝试滑沙坡。租过滑板之后，父亲母亲各自坐一个板，我自己坐一个。因为外公外婆年龄大，所以不能坐，便把表弟绑在我身上，一起滑。滑的时候，真是非常刺激。从高坡上下来的时候，有一个接近90度的土坡，滑板加速特别快。再到中间段的时候，就没有加速，几乎是匀速。在这时，表弟为了表达特别喜欢滑沙，竟然开始拍打滑板。等滑板继续滑一段时间，就停下来了。之后我们就去了

回廊。回廊是建在一大片沙子上的走廊，沿途有供踩踏的木板，左右两侧，一边是一望无际的沙漠，另一边是一排雕塑可供拍照。沙漠上有人开着越野车穿行，右边又有成群的人和雕塑拍照，仿佛我们都沉浸在纯粹的自然里，但现代化的越野车和人造雕塑又把我们抽离出来。不过多久，我们就离开沙海，去下一站：鄂尔多斯。■

“无尽的绿草、无
尽的蓝天和闪烁的阳
光让让人愿意置身事
外地享受”



作者：何一萌
设计：徐昊好

《再见列宁》

思考与启示

对《再见列宁》这部影片有印象，是由于看了其中颇为震撼的一个片断：一个高大的列宁铜像被拦腰截断，然后被直升飞机吊起、略过城市上空，最终消失在天际。

正因为这一喻义明显的片段，我想当然地将《再见列宁》等同于其他类似题材的影片。要知道，关于社会主义国家历史变迁的文艺作品，往往有两种思路：第一类着重于表现那种思想观念带来的冲击。在这样思路的作品里，我们总会看到一个灰暗、压抑的社会，如何被一个五彩斑斓的商品社会取代。路遥的长篇小说《平凡的世界》即是如此。另一类则着眼于社会变迁带来的命运变化、人生体验。比如另外两部表现两德统一的电影：《如火似焰》、《当我们做梦时》，都属于这个套路。

然而看完全片，我发现《再见列宁》不属于以上任何一类。是的，影片有表现思想观念的冲击、生活方式的改变，但它们仅仅是电影中负责展现历史背景的一部分，与影片的主旨思想无关。

影片上映于2003年，离“东欧剧变”已过了14年之久。如果说剧变初期的社会主义国家的人们，如同中国80年代文学家，往往会将资本主义当做“彼岸”、对其进行理想化，《再见列宁》的创作者，身处东欧剧变的十年之后，对社会主义与资本主义的交替显然有了更深入和理性的看法。

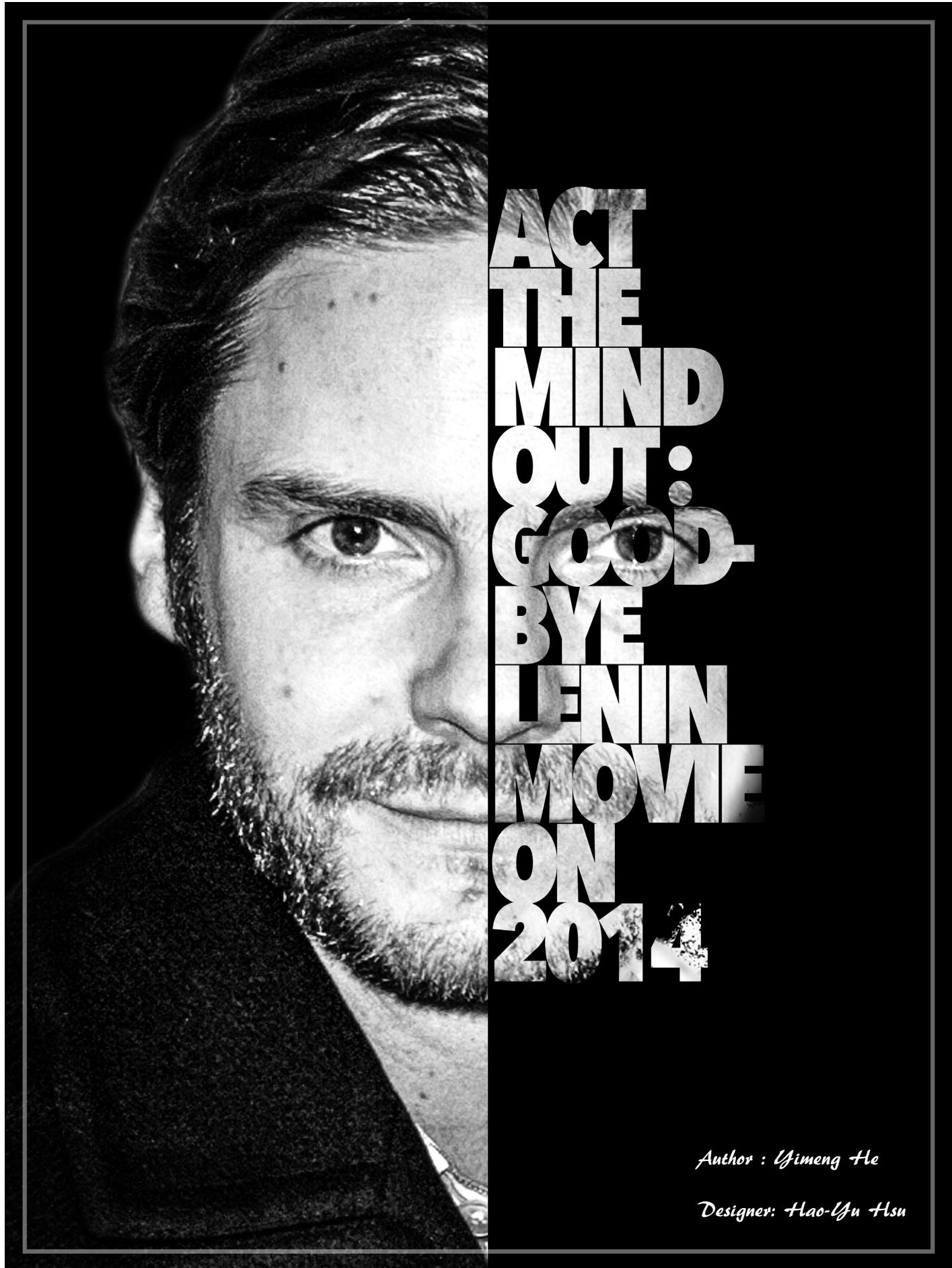
众所周知，1989年的“东欧剧变”之后，有不少国家因为种种原因，并没有很好地完成转型，在世界前进的潮流中渐渐滞后。正因为有这样的实例，当21世纪的人们重新回望那段历史时，免不了会产生怀疑、甚至否定。他们会思考：这样的结果究竟是我们自己想要的，还是两大阵营明争暗斗的最终结果？对于社会变革的诉求，是不是根本就是错的？我们可以确认，《再见列宁》的导演也有这样的疑惑。如影片中阿列克斯为骗母亲而拍的假新闻所说：“许多人想要留在东德，他们从资本主义的竞争关系中解放出来。并不是每个人都想参加拜金主义的活动，不是每个人都受得了弱肉强食”。阶级的固化、贫富差距的悬殊、金钱关系与消费行为主导一切，的确是所有资本主义社会存在的痼疾。导演看

似在表现儿子如何糊弄母亲以制造喜剧效果，实则是在批判当下的社会问题。

不过，导演显然也没有因为看到资本主义社会的种种弊端，就转而去怀念剧变之前的那个时代。毕竟，东德时期国家权力机关对言论与人身自由的控制，本就与共产主义理想中的“天下大同”相去甚远。影片中艾利克斯就曾自白：“我为母亲创造的那个东德，越来越成为，我或许希望看到的那个东德。”所以，与其说母亲的卧室是“东德”的延续，不如说是一个承载着共产主义社会理想的虚构空间：既没有思想言论的控制，也没有金钱关系的控制；既没有政治高压，也没有阶级固化。就如同影片的最后那个发射向空中的、承载着母亲骨灰的玩具火箭。私放烟火这样的行为，在东德与西德都不合法。因此，火箭本身仿佛就暗喻着，主人公为母亲营造的理想社会不隶属于任何一个政治阵营。值得一提的是，因为导演的态度并不是“回望”，所以他也没有否定两德统一时人们的行动。

比如影片开始的部分，当艾利克斯随着人流试图冲过东西德之间的关卡时，画面的色调变得昏黄，背景音乐变得苍凉而急促，营造出一种古典史诗一样的氛围；又如，在影片末尾，当庆祝两德统一的烟花放上天空时，艾利克斯与女友站在母亲病房外的阳台上，抬头观望，眼神中充满期待。这时镜头一拉远景，我们看到，原来整幢楼的每个窗前，都有人在观看。这些镜头语言，无一例外都暗示着导演对于两德统一的肯定。又或者说，尽管导演对于资本主义社会始终抱有批评与审视的态度，对于当年积极要求变革的东德人，仍是理解与支持的。毕竟，人无法预测未来，但人可以与为自己带来不公平的力量抗衡。或许行动取得的结果不如预期，但并不表示当初的行动就是无意义的，也不表示人可以因此不行动。因为，生而为人，谁也没有资格立于绝对理性的高地。绝对的理性往往意味着绝对的冷漠、意味着对不公与压迫的无视，本质也是一种“恶”。

当不知眼前的道路哪一条才是正确的时，行动才是真理。或许，这就是《再见列宁》对那个山河剧变的时代的敬意。■



ACT
THE
MIND
OUT:
GOOD-
BYE
LENIN
MOVIE
ON
2014

Author : Jimeng He

Designer: Hao-Yu Hsu

Plot :

In 1989, on the eve of the reunification of Germany, East German youth Alex was arrested on the street. His mother, Christine passed by and witnessed this scene. She suffers a near-fatal heart attack and falls into a coma. When she woke up, everything that she had been familiar with has changed -

the Berlin Wall collapsed and the government of Democratic Germany disappeared. Because of her health, Christine could not be shocked anymore. So Alex restored the decorative style of his mother's room to the East German style. Therefore Christine could be able to live in the past. However, it gradually became impossible for Alex to disguise the real changes. Eventually, he chose to tell his mother about the changes in Germany in his own way.

The reason that makes me watch the film *Goodbye, Lenin!* is an impressive scene in it: a bronze statue of Lenin was lifted by helicopters; then it skipped over the city and eventually disappeared in the horizon.

Because of this symbolical clip, I assumed that *Goodbye, Lenin!* is the same as other films which have similar theme. In my view, the movies, as well as other works, that represent the historical changes in the socialist countries can roughly be sorted as two categories: some of them focus on the change of ideas brought by the impact. In these works always we see how a dark, depressed society transforms into a colorful commodity society. For instance, Lu Yao's novel *Characterless World* is in this category. The others emphasize the impact of the social changes on people's life experiences. The other two German films on the theme of reunification, *Never Mind the Wall* and *As We Were Dreaming* are the representative examples.

However, after viewing the entire film, I realize that *Goodbye, Lenin!* does not belong to either of the above categories. It is true that the film represents the impact on people's thinking and changes in lifestyle, but they are not related to the theme but just serves function for showing the historical background against which the story is set.

The film was released in 2003, 14 years after the revolutionary wave in East Europe. If we say the people who had experienced the socialist period, like the writers and poets in 1980s China, always tend to idealize the capitalist society, the creators of *Goodbye Lenin*, who had been living in the capitalist Eastern Europe for ten years, had a deeper and more rational view on the alternation of socialist society and capitalist society.

After 1989's revolutions, many East European countries, because of various reasons, still did not recover from social and economic problems caused by the historical transition until now. Because of these examples, nowadays when people look back to that period with drastic social changes, the doubt, or even denial, is unavoidable. People cannot stop questioning: is the collapse of socialist state inevitable or just the result of capitalist state's conspiracy? Did the revolutions really brought better life? We obviously see that the director of *Goodbye Lenin* also has such doubt. For instance, the news shot by Alex says: "A lot of people want to stay in East Germany, because they want to be liberated from the competition in capitalist society. Not everyone likes money worship, and not everyone likes the jungle rules." Class solidification, polarization of the rich and celebration for consumerism are indeed the essential problems of any capitalist society. The movie ostensibly shows how the son uses fake news to disguise the reality to fool the mother; in

reality it criticizes the current social problems.

However, it should be pointed out that the director did not beautify the socialist period although he criticized the social problems of capitalist society, since the supremacy of the state power and the limitation on the freedom of speech, which are featured of the socialist East Germany, also do nothing with human freedom. Therefore in the movie Christine's bedroom is not the continuation of the socialist East Germany but a small utopian carrying a kind of idealist social idea: any sort of oppression, including the speech-control and the state power of socialist state or the dominance of commodity relationships exists and the social classification of capitalist state, does not exist in it. This idea is articulated by Alex's voiceover: "The East Germany I created for mother becomes more and more like the East Germany that I wish to see." This idea is also articulated by Alex's behavior of using a toy rocket to carry Christine's bone ashes to the air, since at that time this act was not legal in either East Germany or West Germany.

Since the director has no interest in beautifying the past, still he praised normal people's actions in the revolution. For instance, in the beginning of the film, when Alex joined the crowd that tried to cross the gates between East and West Germany, the screen color becomes dim, and the background music becomes rapid and emotional. Another example can be found in the end of the film: when the celebration of the reunification of Germany began, Alex and his girlfriend stood on the balcony, looking at the fireworks in the sky. At this time the close shot is changed to a distant shot, and the whole façade of the building is shown to us. We can clearly see that each balcony stands people who are watching with expectation. The camerawork clarifies the director's attitude for the revolution. In other words, although the director shows a critical attitude toward the capitalist society itself, toward the East German people who actively asked for the changes and participated in the revolutions he still remained a positive attitude. Since nobody can predict the future, perhaps the results of the actions are not as good as expected, but it is also improper to deny action itself since people have the right to fight against the power brought oppression. Additionally, to some measure, remaining absolute rational contains can be viewed as egoist, since it contains the ignorance of the injustice and oppression.

When we do not know which way that should take, the best choice is to act our minds out. In my opinion, this is not only the idea that *Goodbye, Lenin!* wants convey but also the inspiration that we should get from the period of revolutionary, severe social changes. ■

六岁，我走过罗湖桥

作者：／代晓 编辑：／曹渝钦 设计：／高胜寒

“我们广东人啊，很传统的”。炎黄子孙不管走到哪儿，心里总寄存着那一缕山水，一份味道。

下午三点，熙熙攘攘的食客大快朵颐后已经离散，小餐馆里回荡着轻柔的佛教音乐，屋子里的唐卡和佛像静落在墙上一尘不染，这是属于老人难得的闲暇时间。老爷爷安静的坐在椅子上翻看报纸，享受着从厨房飘来的红烧狮子头和排骨的余香。

老人名叫谭觉天，七十多岁的他脸上布满皱纹，但看起来依然精神矍铄。这已经是老人在美国的第五十个年头了。他和老伴现在都定居在尤金，在俄勒冈大学附近开了这家小餐馆。前来光顾的食客络绎不绝，大多都是在UO的学生。不忙的时候，老人喜欢在店里待着休息，偶尔和前来的学生们聊聊天，日子过的平淡安静。

我们进店后，耐不住狮子头和排骨的香味，也随即点了两份尝鲜。老人欣然接受，只听到厨房快速的切菜声，

不一会儿，狮子头和排骨就上桌了。老人用的是粤菜的做法来煲狮子头和排骨，火候掌握的极好，汤汁儿鲜，狮子头也不腻。吃到第三十六分钟时，我们自觉一饱口福，决定放下碗筷，递上名片，好好听一听老人家的故事。因为这汤汁里，满满的都是乡愁。

深圳河上有一座罗湖桥，建于清朝末年，桥的前身是一条行人木桥，如今是连接香港和内地唯一的一座铁路桥。它是深圳最古老的桥，也是中国第一条可以通往异国他乡的桥。当然，也曾是中华民族的一条血泪桥。战火连天，饥寒交迫的年代，无数的人为了活下去，走上了这座桥，从此离开了家乡的山山水水，只在记忆里留下了那一捧泥土的味道。老人家也是当时那背井离乡的历史洪流中的一滴水珠，随着老一代移民的浪潮翻腾。“六岁那年，奶奶牵着我的手走过了桥，去了当时还是英国殖民地的香港，从此我们就变成没有国籍的人了。”七十多岁的老爷



Estd
1979:

爷穿着素色布衣坐在木椅里，目光平和地告诉我们。六十多年过去了，老人家乡音未改，国语清晰流利。如百年罗湖桥，屹立在风雨飘摇的历史沧桑里，也屹立在日新月异的峥嵘岁月里。

在香港生活的日子里，老爷爷开始接触烹饪，在大饭店里当学徒。粤菜调料和配料丰富，做法精细；英国菜口味清淡，烹调较简单。港英时期，他跟着师傅学厨艺接受着英国式的训练。在这段岁月里，他似乎站在客观的立场对自己本身的文化背景和传统有了更深的理解和感悟。谈到广东人的传统时，他眉宇间颇为自豪地说：“像我们出去，一做事他们就知道是哪里人了”。在香港一边学习一边谋生的日子持续到了18岁。1969年，正值越战时期，他遵照父亲的意愿成为了美国的雇佣兵，从香港远渡重洋赴美。

18岁正当风华正茂时，他以一等兵的身份到美国报到。进入兵营后军队抛硬币测耳力，他因为英文和耳力不好最终没有参与战争，而是在后方谋生。老爷爷说，那场越战带给他的唯一好处是有工作可以做。而当年父亲想让他当兵，是因为这样既可以减免家里的教育费用也可以低税买房买地。

提到父亲，老爷爷告诉我们他的父亲也是一名厨师。但与他的“童子功”不同的是，父亲在1950年赴美后先是靠洗衣为生，可后来科技

发展了，洗衣机普及了，父亲就失业了，从此才踏上了当西厨的道路。并且父亲对他的教导不像一般华人那样对子女呵护备至，从不主动教他厨艺，要想学父亲的手艺，需要自己费尽心思的去观察和琢磨。在父亲的眼里，18岁已经成人了，应该脱离家完全独立了，于是他开始在旧金山学习“Hotel Management”。“我们广东人的话说：来美国干什么啊？削土豆皮”。想在美国当厨师，必然是从学习削土豆皮和洗碗开始的。在那里，美国师傅用“chop suey”——杂碎，来称呼“American Chinese”。“chop suey”来自于粤语，是十九世纪末在北美盛行的中国菜，被视为华人移民北美后对饮食文化的一项重要贡献。早期的华人移民，像老爷爷的爷爷那一辈，多被雇佣来从事铁路修建的工作。那时“杂碎”就已经在美国出现了。美国作家：安德鲁·科伊曾写过一本《来份杂碎》描述中华饮食文明跟随着华人移民来到美国后的发展历程，并从多个角度讲述了美国社会与中餐的爱恨纠葛。

老爷爷在美国当厨师生涯的第一份正式工作是在一家名为“羊城”的中国点心店。回忆起那时候的生活，他



说是非常忙碌又紧张的，每天连续十小时不停做工，非常辛苦但进步也很大。后来老爷爷又前往俄亥俄州做厨师，因为深受老板赏识，被介绍与现在的太太相识，从此稳定下来，1979年定居在尤金，开店生子，慢慢生活着。

“你们要记住：‘做牛不怕没田耕，努力什么都会有，不会饿’。”老爷爷说像犹太人都知道自己的起源和祖先的移民史。所以他常常有一种使命感，要让我们这些年轻人了解华人的移民史，他来做讲述给我们

的那个人。

六岁开始为了生存的背井离乡和漂泊中的夹缝求生，就如一部纪录片，让我想到了美洲鹰。成年的美洲鹰是体重达到二十公斤，两翼展开可达三米的巨大。利益的驱动使得当地人对美洲鹰疯狂猎捕，美洲鹰一度不见踪影，人们曾以为这种鸟灭绝了。直到多年后在南美安第斯山脉的岩洞里再次发现了美洲鹰。其实在恶劣的环境与人类的追捕中，美洲鹰一次次调整和缩小自己，在岩石裂缝中磨出满身老茧，最终可以让自己庞大的身躯足够柔软在狭窄的岩洞里获得生存空间，让濒临绝迹的种族得以延续。

爷爷渐渐收起思忖的目光看向远方，眼眸里映着瘦落的夕阳，空气中氤氲着砂锅的香气，里面不仅融着老一代移民人生的百般杂味，还有故乡的味道。他远渡重洋，闯出了属于自己的天地与生活。人生走过的路，跌跌荡荡起伏起伏，娓娓道来的是值得回忆和品味的故事。■

DECISIVE BATTLE

決
DECISIVE

BATTLE



文字：郭子铭
设计：雷逸程

赵国的赵将军戎马一生，从未打过败仗。名声所到之处，对手无不心惊胆战。如今出兵攻打齐国，早已是胸有成竹。

齐国的齐将军也是征战一生，至今亦从未输过。如今守城已是第三个月了，却越发感到力不从心。

作为十国里最后剩下的两个国家，赵国和齐国之间的战争，注定是一场分天下的大战。正是如此，这也是一场残酷的恶战。

赵将军一日之内，连续发起了七次强攻，齐军将士叫苦连连，死伤无数，不过好在齐国城墙坚固，且易守难攻，一时还没被赵军攻破。

入夜，齐将军巡视着军营，看着那些受伤的将士，大多数人不久前还是平凡的百姓，未经操练，在战场上如蝼蚁一般，这次有幸捡了一条命回来，也都是缺胳膊少腿了。看到这些，齐将军心中悲痛之情，难以言表。

赵将军日夜作战，丝毫不给齐军休整的时间，终于，三日之后，齐军被杀得只剩不到一成，城也被攻破了。城里三十万百姓也都成了俘虏。赵将军破城之后立即向赵王写信，告知这一好消息。心想，如今天下算是统一了，之后也算能太太平平的安度晚年了。

赵王收到战报，大喜。齐国富裕，地大物博，得了齐国胜过得好多个贫瘠的小国。然而赵王也知道，齐国的土地，财富，大部分都在齐国的百姓手里，若是拖到齐国归属到赵国，对于这些财富，若是不抢，便只能眼巴巴看着；若是抢，又会激起民愤，刚刚才统一了天下，可不能再乱了。再三思索，赵王决定，趁现在刚刚破城，赶紧将那三十万百姓同战俘一起处决掉，这样杀的便是敌人而不是自己的百姓。

齐将军拼死守着城，手下的百姓和仅存的将士也抱着与城共存亡的决心拼命的战斗着。日子一天一天，过得甚是艰难。

赵将军收到了赵王的信，惊得目瞪口呆。自古不杀降兵，何况还有手无寸铁的百姓，他怎么下得了手。他赶紧向赵王写信，请求对百姓能网开一面。

齐将军看着仅剩的将士，残的残，伤的伤，他知道，他走到终点了，要败了。

赵王回信了：“不行，必须杀。”和信一起来的，还有一位大将军。攻打齐国时，这位大将军躲得远远的，如今杀俘虏了，兴冲冲的来了。在信的最后，赵王交代，将军权交给这位大将军，剩下的事不再用赵将军操心了。

齐将军知道守不住了，便集合了仅剩的一些将士，准备打开城门，主动出击，以死明志。

赵将军知道赵王的用心，为了防止他仗着手握重兵不听号令，特意派一个将军来夺回兵权。赵将军回想这一生，为了赵国东征西战，从刀尖上走到现在，却得到赵王如此的揣摩，不觉心灰意冷，但他还是遵命了。他对赵国的忠诚是不会变的，虽然这一点估计只有他自己知道。当天夜里，他把整支军队好好地整理了，安顿在了城外。并派人将令牌交给了驻扎在城外的那位大将军。随着齐国城门的关闭，赵将军和齐国仅剩的一成将士和三十万百姓，一起留在了齐国城内。他不愿叛国，亦不忍心对无辜的百姓痛下杀手，与这三十万百姓共存亡，便是此刻他心里唯一的选择。

从这一刻起，战无不胜的赵将军便成了齐将军。他这次不再是为国而战斗了，而是第一次为他所信奉的，去打一场必败的仗。

齐军出城决战，全军覆没，齐将军战死。

赵国统一了天下。

不知又过了多少年，赵国灭亡了，又有了新的王朝。朝而复始，从未有终。然而再没有人知道那一场决战的事。■

General Zhao had devoted half of his life to fighting for his country, the Kingdom of Zhao. He never lost one battle. Wherever the fame went, the opponents were all frightened. Now he sent troops to attack the Kingdom of Qi. It has long been well-thought-out that the victory will come to him.

General Qi, the general of the Kingdom of Qi, also campaigns for his life, and has never been defeated. Now the soldiers have been defending for three months, but more and more feel powerless.

As the last two countries left by the ten countries, Zhao and Qi are destined to encounter a sub-world war. It is so, it will be a brutal hard battle.

General Zhao launched seven consecutive storms in one day. The soldiers of Qi whine for the numerous casualties; fortunately, the walls of Qi are solid and easy to defend. The army of Zhao won't take it down shortly.

At night, Qi general patrol the barracks, looking at those injured soldiers, most people not long ago or ordinary people, without practice, on the battlefield, such as ants in general, this fortune to pick up a life back, are also lack of arms Little leg. See these, Qi general heart grief, unspeakable.

The night arrives, General Qi is patrolling the barracks and looking at those injured soldiers. Most people were only ordinary people without training on the battlefield not long ago. They are just ants on the ground that seek for survival. They saved their lives this time but lost arms and legs. General Qi feels the unspeakable grief deeply in his heart when he sees these.

General Zhao has fought for day and night without resting. Finally, after three days, the army of Qi was killed to only less than one percent of them left. The city has been broken. Three hundred thousand people in the city have also became captives. General Zhao immediately write to the Emperor of Zhao about the victory. He thinks the world is unified, and later he can live in peace for the rest of his life.

The Emperor received the report of victory. The prosperity of Qi overjoyed him because winning the Kingdom of Qi is much more valuable than winning several small barren countries. However, the Emperor also knows that the land and wealth of Qi are in the hands of the people of Qi. If the army of Zhao do not take the land and wealth away from the people of Qi right now, it will be too late to possess them when the country become a whole. After careful consideration, the Emperor of Zhao decided to take advantage of the invasion and execute three hundred thousand people with the prisoners of the war, so he will kill the enemy but not his own people.

General Qi desperately guards the city. The remaining people and soldiers also holds the faith of dying with the city and fight until the last second. Day after day, they have suffered in the death field.

General Zhao received the letter from the Emperor of Zhao. He is stunned by the Emperor's decision of killing the people. It never happened since the ancient time to kill the capitulated soldiers, and not even the unarmed people. The General could not obey the order of the Emperor, so he replies the Emperor immediately to request for the lives of the innocent people.

General Qi looked at the remaining soldiers. They either lost arms and legs or injured. He knew that they have come to the end.

The Emperor of Zhao replied General Zhao: "No, you must kill." Along

with the letter is another General who hid himself away when the war was outbreaking. Now, he excitedly shows up when the time came to execute the captives. At the end of the letter, the Emperor of Zhao wrote that the new General takes the control. General Zhao can quit for the rest of the war.

General Qi knows that he can not keep the city anymore, so he gathered some of the left soldiers to open the gates, initiate the attack and die like heroes.

General Zhao understands the Emperor's intentions. He sent another general to regain the military power to prevent General Zhao's rebellion. General Zhao recalls his life as a soldier, he fought and died for his country and his emperor, but he received only the suspicions of his emperor at the end. He lost his faith already but still chose to obey the order. His loyalty to the Kingdom of Zhao is not going to change, although this is the truth that probably only he himself knows. In the middle of the night, he arranges the whole army well and settles them out of the city. Then he sends the token to the new general who is quartered outside the city. With the closure of the gate of the Kingdom Qi, General Zhao puts himself with the remaining Qi soldiers and three hundred thousand people together to stay in the city of Qi. He doesn't want to betray his country either killing the innocent people. Staying with them is the only choice at the moment his heart tells him to do.

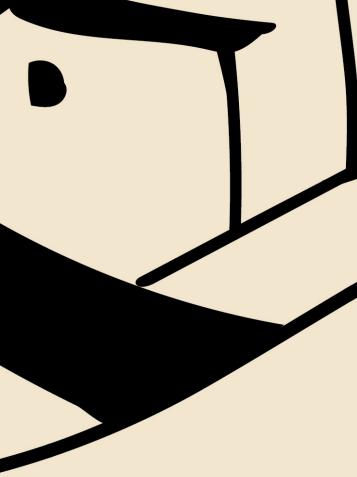
From this moment on, invincible General Zhao general became General Qi. He is no longer fighting for the country this time, but for the first time, he fights for his belief in justice, even it is destined to be defeated.

The army of Qi come out of the city to the decisive battle, no one survives.

The Kingdom of Zhao unifies the world.

Years and years lapsed, the Kingdom of Zhao ended, and a new dynasty comes. Again and again, the battles start but never end. However, no one knows about the decisive battle. ☐





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