

Female entertainers fight **ageism** in reality show

A band of entertainment industry "has-beens" has stepped back into the spotlight in "Older Sisters Riding Winds and Breaking Waves" (Chengfeng Polang de Jiejie), a girl group knockout reality show **exclusively** featuring performers older than 30.

ageism 年龄歧视

exclusively 唯一地; 专有地; 排外地

"Even though some possibilities in life fade after you hit 30, you can still **transcend** time and reinvent yourself," reads part of the show's **manifesto**-like **preamble**, conveying a clear message against the ageism confronting women, especially those in the notoriously ageist entertainment industry.

transcend 超过; 胜过

manifesto 宣言; 声明

preamble 序言; 绪论

Some contestants spoke out about their attitude towards aging and age discrimination. "Women of different ages all have their own charm. I think I'm in the prime of my life, so why should I deny the potential I have?" said Wan Qian, who at 38 is known for her roles in many arthouse films.

While many people see "Sisters" as a progression in challenging society's **rampant** youth-obsessed pop culture, others remain doubtful and critical. Some viewers reveal their aging anxiety has gotten worse after watching the show.

rampant 猖獗的; 蔓延的

quiver 颤抖; 震动

"My heart **quivered** as I heard 50-year-old Christy Chung say she still feels as young as 22 physically and would always be 18 at heart," reads a Weibo post by Tang Shuang, a senior fashion editor and former deputy publisher of "Vogue China".

Chung, an actress from Hong Kong, revealed in the show she worked out every day to stay fit. "The show actually points out the predicament faced by women — a woman's actual age is neither acceptable for the public nor for herself," reads the other half of Tang's post.