

發行人:吳菀庭 出刊日 2021 年 9 月 3 日

訂報專線 (02) 2649-7111





定價 40 元



Even the darkest day will eventually make way for sunshine.

黑暗縱深,總會重見光明。

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謂漫天遮洛日

P得雲開見月明

英文 / Leila Luo 圖 / 123RF



Have you ever heard someone say, "Every cloud has a silver lining"? This saying reminds us that even during difficult events, there are still good parts if we know how to look for them. So, how do we find the silver lining in our problems? Here are a few ways.

你可曾聽說過「塞翁失馬,焉知非福」?這句諺語提醒我們,雖處困境,換個角度, 仍能看到希望。既然如此,如何在困境中找到一線生機?這裡提供一些方法。

Try telling yourself, "This will pass". Terrible events can feel like they will last forever, but everything changes eventually. You can also focus on helping others. Often, the simple act of focusing on helping another person lets us forget about our own problems, making us happier. Finally, try changing the way you look at the situation. Try to see it as an exciting opportunity to do something new.

試著告訴自己:「困境總會過去」。看似無窮無盡的可怕事情,終究會有轉機; 不妨將重心放在幫助他人上,看似簡單的行動常能轉移我們對自身問題的注意力, 轉換我們的心境;進而,嘗試改變看待問題的角度,將困境視為挑戰新事物的絕



silver (a.) 銀色的

remind (v.) 提醒

forever (adv.) 永遠

eventually (adv.) 最終

situation (n.) 處境



貓皇陛下今日安乎?

英文 / Andrew Edmunds 圖 / 123RF

免猜 去問APP!

If you have a pet cat and aren't sure if it's happy or not, there is now a smartphone app that can help. The app looks at the cat's ears, eyes, whiskers and head position to tell the pet owner if their kitty is in pain or not.

如果你看不清、摸不透家中喵星人的情緒起伏,智慧型手機裡的 APP 就能幫你一把。透過 APP 觀察貓咪的耳朵、眼睛、鬍鬚和頭部姿態,為飼主解答貓體是否安好。

一張票一樹情 搭火車護環境

英文 / Andrew Edmunds 圖 / 123RF

A new company in the UK pledges they will plant a tree every time you buy a train ticket. Tickets purchased through the company cost the same as they do from any other company. Because 1.8 billion journeys were made by train in 2019, this could make a big impact on the environment.

一間英國新創公司承諾,每售出一張火車票,就為購票者種下一棵樹,票 價也無異於其他競爭公司。據統計 2019 年英國約有 18 億人次搭乘火車旅 行,此一企劃可望對環境產生重大影響。











position (n.) 位置

owner (n.) 主人

pledge (v.) 保證

journey (n.) 旅行

environment (n.) 環境



情疫相挺金支持

在地產業齊力守護

英文 / Leila Luo 圖 / 123RF





In Ireland, one of the good things to come from the pandemic has been a change in the way that Irish choose the items they buy. People now care more about buying Irish food products to help support their local businesses and community. Irish people are willing to buy locally produced meat, dairy, fruits and vegetables even if the prices are higher than imported goods.

疫情為愛爾蘭帶來了正面效應,看看愛爾蘭人在消費模式上的改變,便一目了然。 為了支持社區和本土產業,即使價格高於進口商品,愛爾蘭人也願意優先選購在 地的肉品、乳製品、水果和蔬菜等自產食品。

According to a recent survey, 78% of shoppers said the main reason they choose to buy Irish food products, both online and in the real world, is to make sure local businesses and farmers can remain successful. Consumers have said they feel they have a "sense of duty to invest in our local ecosystems".

根據近日的調查報告,78%的消費者表示,他們會透過線上或實體商店購買愛爾 蘭食品,藉此確保在地企業和農民能在疫情之中堅持下去。消費者們表示:「投 資經營在地的產業生態系是大家共同的責任。」



product (n.) 產品

support (v.) 支持

dairy (n.) 乳製品

survey (n.) 調查報告

consumer (n.) 消費者



漫漫冬日無處去

疫樣冰宮留住歡顏

英文 / Leila Luo 圖 / 123RF

Last winter because of the pandemic, all the children in the small town of Manton, Michigan, USA were very sad because they couldn't go to school or enjoy their regular indoor activities. Scott Chittle decided that the 1,287-person community needed a safe, outdoor place for kids to play. So, he built an ice skating rink next to his house.



去年因疫情導致學校停課,也禁止室內群聚活動,美國密西根州曼頓鎮的孩子們, 度過一個難熬的冬天。在這個僅 1,287 人的小社區,史考特 • 齊特爾認為需要一 處供孩子們安全玩耍的戶外空間。於是,他於自宅邊建造一個室外溜冰場。

After learning how to build an ice rink from the internet, Chittle used his own money to hire 12 firetrucks to fill his rink with water. Local parents then chipped in and bought second-hand ice skates and hockey sticks. It was such a great success that when winter starts this year, Chittle plans to expand the rink to more than 460m2.

齊特爾先是上網自學了搭建溜冰場的方法,接著拿出積蓄,雇請 12 輛消防車,用水灌滿溜冰場。有感於齊特爾的付出,當地的家長們紛紛加入他的計畫,合資購入二手溜冰鞋和曲棍球桿。社區溜冰場的點子大獲成功,因此在今年冬天來臨前,齊特爾計畫擴建溜冰場至 460 餘平方公尺。



indoor (a.) 室內的

outdoor (a.) 室外的

skate (v.) 溜冰

chip in (phr.) 贊助、合資

expand (v.) 擴大



- 1. What does the saying from page two mean?
- a. The sky is lined with clouds.
- b. Every cloud has at least two colors.
- c. Every cloud is filled with silver metal.
- d. Every unpleasant situation has some advantage.
- 2. How does the app from the page three story work?
- a. It studies the location of body parts.
- b. It listens to the cat's sounds.
- c. It asks the pet owner questions.
- d. It compares the pet with other pets.
- 3. Which word does not belong in this group?
- a. difficult
- b. horrible
- c. terrible
- d. wonderful

- 4. What continent is Ireland on?
- a. Africa
- b. Asia
- c. Europe
- d. South America
- 5. How did local parents "chip in"
- to help Scott Chittle?
- a. They broke off small pieces.
- b. They cooked fried potatoes.
- c. They helped buy things.
- d. They made thin slices.
- 6. Which word means to ask people about their opinions or behavior?
- a. impact
- b. invest
- c. purchase
- d. survey

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C:	078	To	Qt.	Δ

When ___ cat trusts you and feels comfortable, it might slowly blink at you. When a cat feels scared, ___ brings its whiskers closer to its face. An angry cat turns ___ ears back.

Cloze Test B

Buying a green train ticket is ___ simple as one-two-three. One, go to greentraintix.com. Two, choose how you want ___ pay. Three, download your ticket to ___ phone.



1.d 2.a 3.d 4.c 5.c 6.d

- 1. "Every cloud has a silver lining.",字面意思是烏雲總會約略地透著一線銀光。這句諺語比喻有些日子縱使艱難,但仍會有好事發生。
- 2. 第 3 版第 1 則報導中的手機 app,藉由判讀貓咪眼睛、耳朵、頭部姿態,分析得出貓咪當下的心情。因此正確答案為 (a)。
- 3. (a)a. 困難的、(b)a. 可怕的、(c)a. 糟糕的, 唯有 (d)wonderful (a. 極好的), 是其他字彙的反義詞。
- 4. 打開紙本或網路地圖查詢地理位置,你會發現,愛爾蘭是位於歐洲的島國, 與英國相鄰,首都為都柏林。
- 5. 片語 chip in, 意思為「共同出錢、捐助」。因此正確答案為 (c) 當地家長出資幫忙購買東西。
- 6. (d)survey (n/v. 調查)。此字見於第 4 版,藉由調查,了解消費者行為改變的原因。其他選項,(a)n. 影響、(b)v. 投資、(c)v. 購買。

Cloze Test A

1.a 2.it 3.its

當一隻貓信任你、在你身邊感到自在時,牠可能會緩緩地對你眨眨眼;感到害怕時,牠會將鬍鬚往臉貼近;生氣時,牠的耳朵會向後轉。

Cloze Test B

1.as 2.to 3.your

購買環境友善火車票僅須三步驟:一,前往 greentraintix.com 訂票網站;二,選擇你支付方式;三,將火車票下載到你的手機裡。

讀心術

腳本 / Leila Luo 漫畫 / 瀚昇



嘿,麥斯,最近過得如何? 無可挑剔,好極了!





你幹嘛愁眉苦臉? 我也不知道, 但只要人類拍到我難過的樣子……



他們就會帶給我更多點小

The Rest is History

横貫加國十省份

廣袤國土自在遊

英文 / Andrew Edmunds 圖 / 123RF

On the third of September 1962, the Trans-Canada Highway was officially opened. At that time, it became the longest national highway in the world, connecting St. John's, Newfoundland to Victoria, British Columbia. It enabled the Canadian people to get around their vast country more easily.

1962 年 9 月 3 日,加拿大橫貫公路正式啟用,從紐芬蘭的聖約翰一路通達英屬哥倫比亞省的維多利亞,成為當時世界上最長的國道,讓加拿大人在廣袤國土中,更為輕鬆便利地往來旅行。