

内心决定了你看到的世界

■本刊编辑部

作文课上，老师给学生讲了一个故事：一艘游轮遭遇海难，船上有对夫妻好不容易来到救生艇前，艇上只剩一个位子，男人把女人推向身后，自己跳上了救生艇。女人站在渐沉的大船上，向男人喊出了一句话……

讲到这里，老师问学生：“你们猜，女人会喊出什么话？”

学生们群情激愤，都说“我恨你”、“我瞎了眼”……

这时老师注意到有个学生一直没发言，就向他提问，这个学生说：“老师，我觉得女人会喊——照顾好我们的孩子！”

老师一惊，问：“你听过这个故事？”学生摇头：“没有，但我母亲生病去世前，就是对我父亲这样说的！”

老师感慨道：“回答正确。下面，大家听我把这个故事讲完。”轮船沉没了，男人回到家乡，独自带大女

儿。多年后，男人病故，女儿整理遗物时，发现了父亲的日记。原来，父亲和母亲乘坐游轮时，母亲已患了绝症。关键时刻，父亲冲向了那唯一的生机……

故事讲完，相信看完这则故事的人，不禁内心为之惊叹，不仅是惊叹这意想不到的故事结局，更是惊叹其实世间善恶错综复杂，看似是事实，其实则不然。而这关键之处有时就在于我们的内心。

有这样一句经典的话，“世界上绝对的美好和绝对的丑陋是占很少比重的，大部分则是处于中间地带，关键是你怎么看待。”你心存美好，看到的更多是美好，内心黑暗，看到的则多是不堪。

生活是面镜子，你投以怎样的表情，就有怎样的回报；人生是道选择题，内心世界是怎样的面貌，就将为我们做出不同的选择。



三联通讯

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中国机器人协会(筹)、中国自动化学会机器人专业委员会秘书长柳成林教授考察上海申馨公司

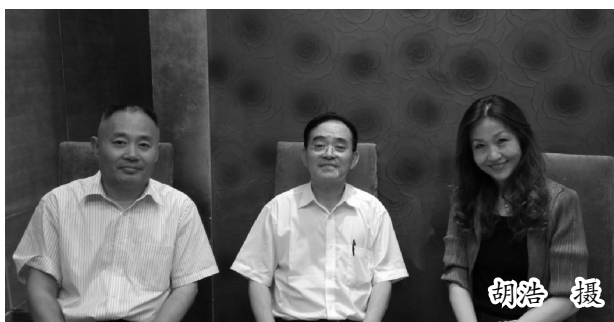
2013年6月7日,中国机器人协会(筹)、中国自动化学会机器人专业委员会秘书长柳成林教授应邀赴上海申馨产业有限公司参观考察,与宋飏总经理、韩永红副总经理在机器人、自动化控制、人工智能等领域进行了广泛深入的探讨。

柳成林秘书长介绍了正在筹建的国家一级协会——“中国机器人协会”的准备情况,对于三联集团、申馨公司获得的国家科学进步奖表示钦佩,并希望三联集团、申馨公司能参与到今后协会的工作中来。

宋飏总经理阐述了三联集团申馨公司在机器人领域的发展规划,表示我公司在机器人领域起步

较晚,希望能借助协会这个平台在较短的时间里得到跨越式发展。

(上海申馨公司\胡浩)



上海申馨公司受邀参加 IEC 家用服务机器人国际标准会议

2013年6月24日,国际电工委员会(IEC)家用



服务机器人性能测试评估标准工作组(IEC TC59 WG16)Onsite 会议在上海国际饭店召开,金来博士应邀参会。这是在国际机器人领域中,中国首次以工作组召集人的身份主导国际标准制定。

该工作组目前已齐聚来自中国、德国、美国、韩国、荷兰、意大利、西班牙等国科研、院校单位以及行业内世界领先企业的专家学者。预计将历时三年共七个阶段完成该国际标准的制定和发布,2013年的目标是将通过多轮会议的召开完成家用服务机器人国际标准的委员会文件的阶段性工作。申馨将有望在机器人多功能智能护理床的相关标准制定中,发挥作用。

(上海申馨公司\金来)

安徽三联学院第二届董事会第一次会议召开 余皖生同志连任董事长

安徽三联学院第二届董事会成立大会暨第一次会议,于2013年6月21日上午9:00在学院一校区五楼会议室召开。余皖生同志主持会议。学院举

办者安徽三联投资集团人力资源总监金爱莲同志、学院非董事会成员的党政领导列席会议。

依据《中华人民共和国民办教育促进法》及其



实施条例与教育部核准的《安徽三联学院章程》，依法组建安徽三联学院第二届董事会。董事成员 9 人：金会庆、余皖生、桂宁东、张方振、张平、金磬、姜发根、梅珑、陶向龙。会议全票选举余皖生同志担任安徽三联学院第二届董事会董事长。

董事成员由学院举办者依法委派的金会庆、余皖生、张方振、张平、金磬、姜发根、梅珑，中共安徽三联学院党委书记桂宁东，民主推选的教职工代表陶向龙等 9 人组成，其中 7 位董事均具有五年以上高等教育教学经验。

董事会组成及结构符合《安徽三联学院章程》第七章第九条规定：“董事会由安徽三联投资集团有限公司依法委派的代表、院长、党组织负责人、学院教职工代表大会选举产生的教职工代表等九人组成，其中三分之一以上董事应具有五年以上教育教学经验”的规定。

新一届董事会表示，将依据《中华人民共和国民办教育促进法》及其实施条例和《安徽三联学院章程》，认真履行董事会职责，保障学院全面、协调、可持续发展，努力将学院建成国内外有影响的、办学特色鲜明的应用型本科高校。

(三联学院 \ 操晓峰)



严海燕 摄

SL2306 型机动车驾驶人场地驾驶技能考试系统 亮相第四届中国卫星导航学术年会

以“北斗应用——机遇与挑战”为主题的第四届中国卫星导航学术年会于 2013 年 5 月 15 日在武汉国际会展中心盛大召开，来自国内外卫星导航系统主管部门和卫星导航领域知名专家学者以及企业家，通过学术交流、高端论坛、展览展示和科学普及等一系列活动，分享学术研究的最新收获，展示卫星导航应用最新成果。三联交通公司研发的 SL2306 型机动车驾驶人场地驾驶技能考试系统作为北斗 MEMS 惯性组合导航技术在驾驶员考试领域的典型代表，亮相于此次年会，引起各界的关注。该系统是对 GNSS—RTK 卫星（可同时支持北斗 \GPS\GLONASS）定向定位及惯性导航技术在驾驶人考试中的突破性应用，小车车身不少于 32 个点位

都被北斗卫星信号“锁定”，实现了在不安装任何场地电子检测设备的情况下对考车进行厘米级精度定位，摆脱了磁场环境影响，无惯性漂移，实现公安交管部门对驾驶人考试的全面、实时、多层次有效监管，在全国发挥示范效应，是目前最先进、可靠、安全的驾驶人场地驾驶技能考试系统。

如今，卫星导航正与各类信息技术相融合，将开启人们更精确、更智慧利用时空信息的时代，而 SL2306 型机动车驾驶人场地驾驶技能考试系统诞生，更是驾考行业的一场技术革命，实现技术和市场新的跨越，引领了交通安全行业的新篇章。

(交通公司 \ 开倩)

简讯

据安徽省经济信息化委员会近日发布的《2012 年度“徽商杯”安徽省信息化十件大事评选结果》，安徽三联交通应用技术股份有限公司申报的“SL2601 型机动车驾驶人实际道路驾驶

技能(科目三)考试系统”荣获“2012 年度安徽省信息化创新产品”。

(交通公司 \ 支援)



三联学院 2013 年度新增学士学位 授予专业喜获批准

近日,安徽省学位委员会对 2013 年度新增学士学位授予专业进行评审,三联学院交通工程、电子科学与技术、电气工程及其自动化和财务管理 4 个学士学位授予专业通过评审,获得学士学位授予资格。

此次新增学士学位授予专业评审工作得到院领导的高度重视,各相关部门根据评审指标和有关文件精神,认真组织申请工作,并根据校内外专家

评审意见深入开展了自查自评和整改工作,对申请支撑材料做了充分、细致的修改完善。新增学士学位授予专业的取得,为进一步提高学院的办学层次和办学水平奠定了基础。

据悉,此次评审共批准全省 33 所高校 93 个本科专业为新增学士学位授权专业。

(三联学院\孟远)

三联学院连续四年获得省民办高校 年检优秀单位

6 月 3 日,省教育厅、民政厅发出《关于全省民办高校和民办非学历高等教育机构 2012 年度检查情况的通报》(皖教秘[2013]217 号)。根据通报结果,三联学院再次获得民办高校年检优秀等次,这也是学院连续第四年被评为年检优秀单位。

近年来,学院始终坚持以本科教学工作评估评建为主线,以“加强内涵建设、夯实办学基础、完善办学条件、提高教育质量”为核心,经过不断发展,

学院综合实力、竞争力、社会影响力大幅提高。

为不断推进学院的持续发展,全院上下将继续深入实践科学发展观,认真学习贯彻党的十八大精神,深化人才培养模式改革,加强师资队伍建设,推进基础设施建设,建立完善、有效的质量保障体系,努力将学院建设成为有特色高水平的应用型本科院校。

(三联学院\王悦)

校地合作 精心筹备 大力推进高校毕业生就业工作 ——三联学院成功举办 2013 年校企供需双选会

为响应国务院就业工作会议精神,稳步推进学院 2013 年毕业生实训就业工作,6 月 8 日,学院举办 2013 年校企供需双选会,2000 多名毕业生参会求职。招聘会吸引了新华社、中国日报、合肥晚报等

多家媒体进行报道。

经开区人事劳动局副局长徐祥忠、经开区人才中心主任陈骏,院领导桂宁东、易佑民、秦永元、赵延铸、鲁先长、张克仁、姜发根、操晓峰亲临双选会

现场,并与用人单位、求职学生亲切交流。期间,院领导还就后续合作等问题与经开区人事劳动局进行了探讨。

双选会上,各用人单位以宣传单页、招聘讲解等方式详细介绍了企业的基本概况、岗位需求、薪资待遇、员工发展前景等信息;求职学生精心准备简历,就自己感兴趣的内容积极向用人单位咨询,有意向深入了解的学生还认真填写了招聘登记表。



严海燕 摄

招聘会现场人头攒动,但秩序井然,一方面是求职学生高素质的体现,另一方面也得益于学生志愿者的积极引导。

据悉,此次双选会由合肥市经开区人事劳动局和学院主办、经开区人才劳务中心和学院就业实训处承办,得到了经开区人事劳动局的大力支持和学院领导的高度重视。本次双选会共有省内外近 70 家用人单位参会,共提供 3000 多个岗位。其中,来自经开区的企业多达 40 家。

此次校企人才供需双选会,是学院深化改革、稳步推进校企合作的新举措,对于开拓本科生实训基地,保持与用人单位的多层次沟通和联系有着重要的推动作用。通过与企业紧密对接,让企业需求渗透到学院人才培养全过程,更好地为地方经济社会发展提供人才保障和智力支持。双选会的顺利举办,为学院推进校企合作和应用型人才培养打下了坚实的基础。

(三联学院\洪园)

红会卫校第二届董事会第二次会议 在新校区举行

5月20日下午,红会卫校第二届董事会第二次会议在新校区行政楼三楼会议室隆重举行。张方振、陈献军、孙齐云、余皖生、张平五位董事均出席了会议,安徽省红十字会赈济部部长姚卫东、红会卫校副校长李杰菊、周汉文、洪梅、赵福义及集团财务处主任王靖、卫校财务负责人徐丽娟列席了董事会,会议由红会卫校董事长张方振主持。

本次董事会共四项议程:一、审议安徽红十字会卫校 2012 年工作总结及 2013 年工作计划;二、审议安徽红十字会卫校 2012 年财务决算及 2013 年财务预算;三、审议安徽红十字会卫校薪酬体系方案;四、审议安徽红十字会卫校搬迁新校区方案。董事们围绕着四项议题进行了客观、深入的讨论,对议题中存在的一些问题提出了建议,尤其对学校的搬迁工作提出了具体要求,要确保学生安全,实

现学校平稳过渡,健康、有序的发展。

会议期间,孙齐云秘书长在校领导陪同下参观了新校区。

(红会卫校\徐晶晶)



徐晶晶 摄

《安徽三联学院学报》第一届编委会 会议顺利召开

5月17日,学院召开《安徽三联学院学报》第一届编委会会议。学报编委会委员余皖生、张克仁、张佑生等7位委员参会。会议由学报编委会副主任委员、学院常务副院长易佑民主持。

易佑民教授就《安徽三联学院学报》的申报、审批、创建等情况作了全面汇报。

科研处副处长王根杰介绍了《安徽三联学院学报章程(讨论稿)》,并征集编委修改意见;汇报了《安徽三联学院学报》2013年度工作计划和第一期学报的出版筹备情况。

学报编委会委员、学院董事长余皖生肯定了编委会的工作,并指出,学报要以满足学院“以工为主,文、理、化、艺、经济、管理、医学共同组织的学科体系”的办学定位为宗旨。他表示,集团和学院将继续加大对学报的支持力度,学报编辑部要强化学报

对外宣传力度,吸引其他高校、科研院所积极投稿,进而扩大稿源数量和质量,逐步提升刊登论文质量,最终把学报办成省内高校中有特色的重要学术刊物之一。

(三联学院\岳倩倩)



严海燕 摄

加强学士学位管理 提高人才培养质量 ——学院2013届学士学位评审会顺利召开

6月17日,学院召开2013届本科毕业生学士学位评审会,15名学士学位评定委员会委员参会。

会上,教务处处长、学位评定办公室主任蔡文

芬详细介绍了2013届本科毕业生学士学位评审工作、各分委员会关于学士学位授予初审结果和学位办公室学士学位初审结果。

随后,经各委员审议并投票表决,决定授予2013届代华山等578名同学学士学位,其中工学学士学位73人,管理学学士学位153人,文学学士学位357人。

常务副院长、学位评定委员会副主席易佑民作总结性讲话。他指出,学院毕业资格审核与学位资格审核工作现呈良性态势推进,在今后工作中,各系(院)要进一步提高认识,加强审核,不断促进毕业生质量和教学质量的提高。

(三联学院\孟远)



罗忠 摄

三联学院召开经济法政系新增 本科专业申报专家论证会

6月19日,学院召开经济法政系新增本科专业申报专家论证会。来自省政府政策研究室、安徽大学、合肥工业大学、安徽农业大学的7位专家对拟申报的两个新专业进行了论证。

省教育督导专员、党委书记桂宁东到会并致欢

迎辞。院长助理姜发根出席会议。

论证会上,专家组认真听取了该系相关专业教师就新申报的两个专业的汇报,审阅了申报材料,并就关心的问题进行了提问,最终讨论形成论证意见。

与会专家一致认为:学院此次申报的两个新专业建设思路较为清晰,发展目标明确,申报专业的理由充分,基础较为扎实,具备了申办条件。专家组在反馈意见时指出,两个新申报专业人才培养方案编制较为合理,符合教育部相关规定,课程设置符合专业人才培养目标定位;其次,学院高度重视师资队伍的建设,引进和培养了一批教师和管理人才,能够满足该专业教学的需要,专业教学计划切实可行。专家组还就专业申报中的不足之处提出了意见和建议。

(三联学院\侯学娟 王荣财)



严海燕 摄

合肥市教育局年检专家组莅临 红会卫校检查指导

5月16日上午,合肥市教育局年检专家组李志平、孙进、王齐峰、徐小伍一行四人莅临红会卫校,

对卫校2012年办学情况进行了全面细致的检查。检查汇报会在办公楼一楼会议室举行,卫校校长陈



王肖燕 摄



献军、副校长李杰菊、洪梅、赵福义参加了会议。

此次年检工作的内容，主要是针对学校 2012 年教育教学工作进行全面检查。在汇报会上，陈献军校长就卫校的办学方向、教学管理、学生管理、师资队伍建设和招生工作及就业等方面做了详细汇

报。年检专家组在听取了汇报后，仔细地查看了卫校的年检档案材料，并实地考察了学校的实验实训设施，充分肯定了学校的各项工作，并给予了高度评价。

(红会卫校\王肖燕)

三联学院学子在第四届“蓝桥杯”全国软件大赛安徽赛区总决赛中喜获佳绩

5月5日，第四届“蓝桥杯”全国软件专业人才设计与创业大赛安徽赛区总决赛在安徽财贸职业学院举行。三联学院首次组队参赛，并喜获佳绩，获得安徽赛区个人选拔赛一等奖2个、三等奖2个、优秀奖1个以及软件创业团队赛选拔赛二等奖。

据悉，此次安徽赛区选拔赛共有安徽师范大

学、安徽建筑大学等36所高校、400名选手参赛。学院计算机科学与技术系5名学生参加了安徽赛区个人选拔赛，组建了2支队伍参加了软件创业团队赛。荣获省赛一等奖的2名选手将参加7月11日在北京举行的全国总决赛。具体获奖情况如下：

第四届“蓝桥杯”全国软件专业人才设计与创业大赛个人赛选拔赛安徽赛区

| 学校名称 | 姓名 | 参赛项目 | 奖项 | 指导教师 |
|--------|-----|------------------|-----|------|
| 安徽三联学院 | 周熠晨 | C/C++ 程序设计本科 B 组 | 一等奖 | 张林 |
| 安徽三联学院 | 张昌钰 | C/C++ 程序设计本科 B 组 | 三等奖 | 张林 |
| 安徽三联学院 | 徐丽 | JAVA 软件开发高职高专组 | 一等奖 | 占小忆 |
| 安徽三联学院 | 张丹丹 | JAVA 软件开发高职高专组 | 三等奖 | 占小忆 |

第四届“蓝桥杯”全国软件大赛—软件创业团队赛选拔赛

| 学校名称 | 姓名 | 参赛项目 | 奖项 | 指导教师 |
|--------|-------------------------------|-------------|-----|------|
| 安徽三联学院 | 三联 2 队 (10 本 1 班张蕾、胡馨、崔鹏鹏) | 策略游戏《王子娶妻记》 | 二等奖 | 张林 |

“蓝桥杯”软件大赛由教育部高等学校计算机科学与技术教学指导委员会、工业和信息化部人才交流中心主办,中国软件行业协会和教育部高等学校高职高专计算机类专业教学指导委员会协办。该大赛搭建了高校与企业之间的“蓝色桥梁”,通过大

赛,参赛者能够了解并学习企业的最新技术应用技能,进而提高计算机及相关专业学生的就业竞争力。

(三联学院\王凤)

三联学院在第五届“挑战杯”安徽省大学生课外学术科技作品竞赛中取得优异成绩

创意与激情共舞,挑战与梦想齐飞。6月1日至3日,第五届“挑战杯”安徽省大学生课外学术科技作品竞赛省级复、决赛在安徽师范大学成功举办。三联学院共有六件作品参加省级复、决赛,并取得了优异成绩。

比赛设有书面评审、PPT展示、现场答辩等环节,经各评委审定,学院经济法政系杨成敏同学的作品《关于高校周边流动摊点的调查与思考—以合肥市大学城高校周边流动食品摊点为实证分析》获得二等奖,《电子商务在中小企业中应用的分析》等五件作品获得三等奖。院团委书记占海文获“优秀指导教师奖”。

据悉,此次复、决赛共有来自全省43所高校报

送的151件作品参赛,作品内容涵盖了机械、控制、数理、信息技术等专业。省政府副秘书长张武扬、省教育厅副厅长杨德林、省科协副主席王海彦、省社科联副主席卜幼凡、团省委副书记周密、安徽师范大学党委书记顾家山、芜湖市副市长刘泉等领导出席比赛颁奖典礼并观摩了决赛选手的作品展。

“挑战杯”大学生课外学术科技作品竞赛是一项极具导向性、示范性和群众性的竞赛,被誉为大学生学术科技的“奥林匹克”盛会。大赛的成功举办,为提高学生自主创新意识、培养学生科技创新精神搭建了良好平台,赢得了青年学子的高度认可和社会的广泛赞誉。

(三联学院\周新)

**附获奖作品名单：**

| 作品名称 | 作者姓名 | 所在系院 | 指导教师 | 所获奖项 | 作品类别 |
|--|------|----------|------------|-------|--------------------|
| 关于高校周边流动摊点的调查与思考——以合肥市大学城高校周边流动食品摊点为实证分析 | 杨成敏 | 经济法政系 | 占海文 | 省级二等奖 | 哲学社会科学类社会调查报告和学术论文 |
| 电子商务在中小企业中应用的分析 | 陈 贝 | 工商管理系 | 易秋香 | 省级三等奖 | 哲学社会科学类社会调查报告和学术论文 |
| 舌尖上的中日自然观——基于中日两国料理的视角 | 程良才 | 日语系 | 唐雪莹 占海文 | 省级三等奖 | 哲学社会科学类社会调查报告和学术论文 |
| 基于钻石模型的安徽省服务外包发展影响因素分析 | 王 袁 | 经济法政系 | 王 力 | 省级三等奖 | 哲学社会科学类社会调查报告和学术论文 |
| 转变经济发展方式的大背景下,长三角地区乡镇企业发展瓶颈分——以苏州地区为例 | 赵 斐 | 信息与通信技术系 | 詹小旦 | 省级三等奖 | 哲学社会科学类社会调查报告和学术论文 |
| 中国对外贸易发展战略实施与评价 | 郑成杰 | 经济法政系 | 王 力 | 省级三等奖 | 哲学社会科学类社会调查报告和学术论文 |

红会卫校毕阳、甄珍同学在 2013 年全国护理技能大赛上勇夺一金一铜

6月13—17日,2013年全国职业院校护理技能(中职组)大赛在南京卫生学校举行,来自全国各省、直辖市、自治区和计划单列市的34支代表队,97所卫生类学校,149名选手参加本次大赛。我省经过层层选拔,由安徽红十字会卫校2名选手、淮南卫校1名选手、黄山职业技术学院1名选手、马

钢卫校1名选手共四所学校5名选手组成了安徽省代表队参加了本次国赛。经过四天紧张而激烈的角逐,安徽省代表队参赛的5名选手分别夺得一金二铜和二名“优秀选手奖”的好成绩。

卫校毕阳、甄珍两位同学,表现突出,她俩以顽强的拼搏精神,扎实的理论基础,娴熟的操作技能,

超强的心理素质,在比赛过程中沉着、淡定,得到专家评委们的高度评价。终于,在强手如林,竞争异常激烈的国赛中卫校毕阳同学夺得了一枚宝贵的金牌,甄珍同学夺得了一块铜牌。一等奖选手的指导教师沙雯老师获“优秀指导教师”奖,她们为安徽红十字会卫校也为安徽省和合肥市争得了荣誉。

长期以来省教育厅、合肥市教育局和学校领导高度重视护理技能大赛,将此项工作作为职业教育的重要环节,在备战过程中,各级领导多次亲临训练现场指导,并给予选手和指导教师鼓励,同时对参赛选手及指导教师的辛勤劳动表示了亲切的慰

问。并针对出现的问题提出了改进意见,勉励参赛队员做好技术和心理准备,赛出水平,赛出风格。卫校选手没有辜负各级领导的期望,取得了可喜的成绩。我们将不断总结经验教训,继续以大赛引领学校适应行业现状和技术发展趋势,推进护理专业的教育教学改革,搭建校企合作培养技能型人才的平台,提升社会对职业教育的认可度。通过比赛展示才能,提高水平,赛出了友谊,为创造出更好的成绩共同努力。

(红会卫校 \ 刘和中)



简讯

根据日前教育部公布的 2013 年具有普通高等学历教育招生资格且 2013 年主管部门安排普通高等学历教育招生计划的普通高等学校、独立学院和分校办学点的名单,学院再次名列榜单。

(三联学院 \ 严海艳)

5 月 9 日,安徽省 2012 年普通高校毕业生就业率统计表公布。根据 2012 年年终分校就业率(本科)统计情况,学院本科就业率位列全省 42 所院校第二,为 97.98%。

(三联学院 \ 严海艳)



三联学院党委中心组专题学习 习近平总书记重要讲话精神

6月21日,省教育督导专员、院党委书记桂宁东主持召开党委理论学习中心组会议,学习传达了《中共中央关于在全党深入开展党的群众路线教育实践活动的意见》和习近平总书记在党的群众路线教育实践活动工作会上的重要讲话精神。院领导易佑民、金美莲、秦永元、赵延铸、鲁先长、张克仁、王瑞友、姜发根和党委委员以及党委办公室负责人参加会议。

会议重点学习了开展党的群众路线教育实践活动的重要意义、指导思想等内容,了解了活动开展的方法和步骤。会议一致认为,习总书记的重要讲话高瞻远瞩,思想深邃,对党在新时期坚持群众路线、做好群众工作,具有很强的思想性、针对性、指导性。

桂宁东指出,深入开展以为民务实、清廉为

主要内容的党的群众路线教育实践活动,是当前形势下坚持党要管党、从严治党的重大决策,对于教育引导党员干部牢固树立宗旨意识和马克思主义群众观点、切实改进工作作风具有重大意义。他要求,认真组织学习贯彻习总书记的重要讲话精神,切实把党员和领导干部思想和行动统一到中央部署和要求上来;准确把握“照镜子、正衣冠、洗洗澡、治治病”的总体要求和正面教育为主、批评和自我批评、讲求实效、分类指导和领导带头的基本原则;做好各项活动准备,成立领导工作机构,结合学院实际和特点,认真制定活动方案;要把教育实践活动和学院各项工作结合起来,推动学院又好又快发展。

(三联学院\李斌)



三联学院党委研究部署纪念建党 92 周年系列活动

为认真学习贯彻党的十八大精神,庆祝中国共产党成立 92 周年,激励各级党组织和广大党员努力发挥政治核心作用、战斗堡垒作用和先锋模范作用,在推动学院科学发展中做出新贡献。学院党委提前谋划,认真研究和精心部署纪念建党 92 周年系列活动。

一是开展党内“两优一先”评选表彰活动。在全院范围评选表彰一批“先进基层党组织”、“优秀共产党员”和“优秀党务工作者”,激励全体党员干部奋发向上、开拓进取,为学院各项事业又好又快发展再创佳绩、再立新功。

二是开展新党员入党宣誓活动。各党支部组织开展一次新党员入党宣誓活动,加强对新发展党员的教育,增强他们的党性意识,同时组织广大党员进行重温入党誓词活动。

三是召开专题组织生活会。各党支部召开一次纪念建党 92 周年专题组织生活会,学习回顾

党的光辉历程,交流心得体会,坚定理想信念,践行党的宗旨,明确争创方向。

四是开展参观爱国主义教育基地活动。组织参观渡江战役纪念馆、省博物馆新馆等地,进一步激发党员爱党爱国爱社会主义情愫,不断增强党员干部责任感和使命感。

五是开展集中教育活动。学院党校举办入党积极分子培训班,进行集中培训,教育入党积极分子加深对党的认识,进一步端正入党动机,坚定理想信念,以实际行动争取早日加入党组织。

六是开展“我的中国梦”主题教育活动。通过邀请专家学者,观看影像等方式,深化师生对实现中华民族伟大复兴的“中国梦”的认识,增强师生立德树人、奋发成才的责任感和使命感,自觉把“我的梦”融入“中国梦”的伟大实践中。

(三联学院、李斌)





巾帼风采耀三联

——记三联交通公司市场营销工程七部总经理洪凡



每个人心中都有自己的目标和理想,无论生活还是职场,都需要找到一个能鼓舞着你向前奔跑、向前冲刺,鼓舞着你发愤图强、寻找到榜样的力量。而我心目中的这股力量,则来自于公司市场营销工程七部的总经理洪凡。

2003年,一位年轻的女孩怀揣着对未来的憧憬来到三联,坚定地选择了一份最有挑战性的工作——市场销售,在梦想中扬起了她的职业风帆。

初入职场的她担任的是销售代表的岗位,需要长期出差在外。从自身的客观条件上来讲,一个女人,有着比男人更多的不便,在外的辛苦与压力更是很多人无法想象和体会的。但从一开始选择市场

销售这条路,她就无怨无悔,以坚强的意志和耐力拼搏在竞争激烈的市场上。下了火车上汽车,顶着烈日冒严寒,这就是每一位销售人员的真实写照。面对着这些,她没有退缩,却把这种经历当成人生最宝贵的财富积累。有了这样的心态和坚持,成功离她还会远吗?

短短数年的市场销售经历中,她深有体会的感



受到,销售就是“逆水行舟,不进则退”的道理。面对种种的工作压力,她勇于进取,把“巩固老客户,拓展新客户”作为自己销售工作的突破口和努力方向,积极分析用户心理、不断提高销售技巧。实践证明,她就是那个看准了目标则不轻易言退的人,只要有一丁点可能,就会付出百分之百的努力。同事中,她是良师;客户中,她是益友。每年个人合同的签订额和回款额,她都名列前茅。在客户眼中,她代表着三联,更代表着信任!公司领导交办的事情,她从无二话;同事需要支持的事务,她全力以赴;客户殷切提出的期望,她从不食言!她凭借着女人特有的细腻、精明和才干,成功地让“三联”品牌产品畅销所辖片区(山东、山西、安徽和北京),仅2013上半年合同总额就已赶超2012年全年合同总额,为7691.366万元。

风风雨雨数十载,她不仅赢得了公司领导的好评与肯定,更是赢得了客户的尊重和信赖,成为了公司目前唯一一位市场营销工程部的女性总经理。在2012年公司发展进程中最忙碌的阶段,面临国家政策的调整,作为七部总经理的她,不惧压力,身先士卒,每天都是电话不断,经常是一天要跑好几个地方,周围同事都调侃她是“空中飞人”。

年初阜阳地区驾校科目二全面启动,面对众多小公司低价恶劣竞争的局面,洪总亲自带队争分夺秒抢占市场,可是就在这最忙碌的时候,她的父亲突发急病,母亲在医院陪伴照顾,家里无人照料幼儿,她只能每天早上六点多就出发去拜访客户,洽

谈合作事宜,晚上十一二点再赶回家,就这样早出晚归,没有耽误一天工作。甚至于当别人带着喜悦的心情踏上回家过年的旅途时,她仍顶着寒风和大雪,去给客户拜早年。诸如此类的事迹,在她身上真的是不胜枚举。正是凭借着这份真诚和毅力,她感动着周围太多的人。

曾身怀六甲,还义无反顾地奔走在所辖片区诸多客户之间的她,如今,已是个两岁孩子的母亲,面对刚学会说话的儿子在电话里叫着:“妈妈,妈妈……”,她却只能强忍着对孩子的思念,牺牲与家人的欢聚时间,为的是身为“三联人”所承担着的责任和使命,为的是“三联”品牌的成长日益茁壮和强大,为的是“三联”精神的传承和发扬光大。

她,从一个女孩蜕变成为一个女人,转变得是如此的华丽!她始终像前线冲锋的战士一样,奋斗在工作一线,在她身上你永远看不到满足,她总是不断的用自身的实际行动激励着我们在工作上不能只安于现状,要不断的挖掘自己的潜力,敢于一次又一次地创造奇迹。

这就是洪凡,一个值得我们尊敬的女人,一个值得我们学习的工作榜样!她在平凡的岗位上实现了不平凡的人生价值,很多时候公私做不到权衡,但是信念的使然却让她找到了平衡。多少次的醉梦思乡,多少回的怅然若失,唯有那收获的来临,才最显珍贵和值得,而伴随其中的,是这般永耀三联的巾帼风采!

(交通公司\戴天明)



如何辨别网线优劣

★
★
★

网线是网络工程中必不可少的,它的好坏直接影响网络传输速率,看看如何辨别网线优劣呢?

1、测试网线的传输速度

对网线的传输速度进行测试是鉴别网线质量真伪的最有效手段;测试时为了更贴近实际使用环境,同时减少外界干扰环节,建议采用双机直联的方式进行。

同时为了保证测试的准确性,尽量使用质量好的品牌网卡,保证测试时不会发生硬件瓶颈现象;同时也要保证计算机系统干净、整洁,运行速度快,不然计算机本身的运行速度会影响网线传输速度。

此外,在做连接网线时,尽量使用质量好的水晶头,也要保证线头做得规范,只有这样才能将外界

因素对网线传输速度的影响降低到最小程度。

2、检查网线柔韧性

品质良好的网线在设计时考虑到布线的方便性,尽量做到很柔韧,无论怎样弯曲都很方便,而且不容易被折断。而目前市场上有许多奸商为了能获得高额销售利润,在本来是纯铜质量的网线中参入了其他廉价的金属成分,这样网线的成本就会下降,但网线本身的质量和性能却大不一样,表现出来的现象是网线线缆的质地不再那么柔软,网线的传输速度也大打折扣。

要是在布线的过程中,反复弯曲这样的网线的話,网线里面的铜线缆可能就会被折断。当然如果发现网线太柔软的话,也要注意它可能是假冒伪劣产品。

3、测试网线的可燃性

一般来说组成网线的材料必须要求有抗燃烧性,不然的话出现个火灾什么的话,那就损失惨重了。因此大家在选择网线时,一定要检查网线外皮的可燃性,以辨别真伪。在具体测试时,大家可以先用剪刀切取2厘米左右长度的网线外皮,然后用打火机对着外皮燃烧,正品网线的外皮会在焰火的烧烤之下,逐步被融化变形,但外皮肯定不会自己燃烧起来。

要是发现网线的外皮禁不住烈火的考验,一点就燃烧起来的话,那网线的传输速度再怎么高也应该放弃选择,毕竟这样的网线在布线工程中是很不安全的,使用它会留下很大的安全隐患。

曾经找来一段正品网线与伪劣网线,并同时用打

火机点燃它们,发现6秒钟后,正品网线只是冒白烟并随着时间推移,逐步融化变形,而伪劣网线不到2秒钟,就被轻易点燃了,而且伴有大量黑烟产生。

4、测试网线的抗温性

布线工程中对网线抵抗外界温度的变化有相当高的要求,不说能抵抗任何环境变化吧,至少网线不能在高温或者低温环境下被软化或者被冻裂。为了保证在高温环境下网线的性能不受影响,正品网线采用的外皮材料可以抵抗高达50度左右的高温考验,不会出现类似网线被软化或者变形的现象发生。如果截取一小段网线外皮,放在火炉旁边一段时间,发现该外皮比正常的外皮变软的话,就说明该网线的质量肯定不过硬。

在实际挑选网线的时候,有时缺少测试的环境或者条件,无法通过上面的方法对网线的质量或者材料进行测试时,大家不妨通过观察网线外皮上的标识来鉴别网线的真伪。

通常情况下,正规品牌的网线外皮上都有网线的种类标识以及厂家的商标,例如CAT5标识是表示该网线是五类线,CAT6标识就代表网线是六类线;如果网线的外皮什么标识也没有的话,大家就应该提高警惕,想办法创造条件,来按照上面的方法对网线进行测试鉴别。

5、测试网线的绕距

大家知道普通的双绞线是由四组相互缠绕的网线连接在一起的。所谓网线的绕距其实就是网线扭绕一节的长度,通常人们使用绕距来表示每对线对相互缠绕的紧密程度,而且为了能将每对线对相互之间产生的串扰程度降低到最小,常常将线对按逆时针方向紧密地缠绕在一起,而且每对线对采用的绕距是不应该相同的。

但许多生产网线的奸商为了减少制作环节、降低工艺成本,常常将四对线对按照同一绕距进行缠绕,甚至许多劣质网线的绕距竟然高达几个厘米,这样线对之间的串扰就大增,严重影响了网线的性能。

6、测试外皮的伸展性

考虑到网线在布线时经常需要弯曲,因此许多正规厂商在制作网线都给外皮留有了一定的伸展性,以保证网线在弯曲时不受损伤。因此大家双手用力拉正规网线时,发现外皮都具有伸展性。如果用力将网线外皮拉断,或者外皮在外力作用下,有裂缝现象的话,就说明该网线的质量有问题。

(交通公司\林木文)

加强教师团队建设 筑牢学校发展基石

——安徽红十字会卫生学校教务处

教育大计,教师为本。安徽红十字会卫生学校坚持“质量立校、科研兴校、人才强校”的办学理念,不断强化“人才资源是第一资源”和“尊重知识,尊重人才”的意识,遵循“政策引人、感情留人、事业稳人”的工作思路,把教师团队建设作为强校之本来抓,取得了令人瞩目的成绩。

加强师德师风建设 广大教师的职业道德水平进一步提高

学为人师,行为世范。学校认真贯彻落实《中等职业学校教师职业道德规范》,把教师的品德培养放到师资队伍建设的首位,多渠道、多层次、多形式地开展师德师风教育。严格考核管理、建立长效机制,实行“师德一票否决制”,将师德表现作为教师绩效考核、职务评聘、岗位聘用、进修深造和评优奖励等的重要依据;完善教育、制度、监督相结合的预防学术不端行为工作体系,塑造良好学术道德和学术风气;重点抓好对中青年教师的师德教育,进一



步完善青年教师社会实践制度;树立师德楷模,发挥师德榜样作用,努力营造以德从教、以德治学的良好氛围,进一步增强广大教师爱岗敬业、教书育人、为人师表的使命感和责任心。近年来,卫校广大教师忠诚党的教育事业,恪尽职守,勤奋工作,涌现出一批优秀教师、优秀教育工作者。2012年,有12名教师被学校评为优秀教师称号,1人获得合肥市2012年度精品课评比一等奖,1名教师获得三等奖;2名教师获得合肥市优质课件制作三等奖;2012年教务处获得三联集团“先进集体”光荣称号。

加强培养培训和人才引进工作 师资队伍结构得到明显改善

学校坚持以用为本,创新机制,大力做好教师培养培训和人才引进工作。在做好基础性培训和学历补偿教育的同时,着眼于加强师德教育、更新和拓展知识结构、提高教育教学和科研创新能力,努力构建教师学位教育、学科知识技能培训和高层次研修“三位一体”的培训体系,健全教师培养培训制度,以中青年教师的实践水平提高和创新能力培养为重点,统筹做好在职教师的培养培训工作。大力实施“人才引进工程”,按照学科建设需要,适时调整并认真落实高层次人才引进政策,坚持引人与引智相结合的原则,制定政策和措施,采取灵活的用人机制,吸引校外优秀人才到红会卫校进行定期讲学,充分发挥他们在卫校学科建设和发展中的作用。通过近几年的努力,卫校师资队伍职称、学



历结构明显改善,现有专任教师 65 人,其中本科以上学历占 98%以上,中级以上职称占 90%以上。另有 80 余人的兼职教师队伍。教师与学生比基本达到标准。师资队伍的整体素质也明显提升,满足了卫校正常的教学、科研需要。

加大投入 深化改革 进一步提升教师地位

学校高度重视师资队伍建设,每年根据师资队伍建设的需要安排专项经费,列入学校预算,用于师资培训、高水平教师和高层次人才引进等。在办学经费比较紧张的情况下,逐年增加师资队伍建设的投入,近三年分别达 10 万元、15 万元、20 万元(不含引进高层次人才的实验设备费用)。深化校内分配制度改革,建立起基本工资与校内课时津贴双轨运行的分配制度,校内分配坚持以绩效考核为基础、以提高教育教学工作水平为目标,向教学一线倾斜、向教师倾斜;加强岗位设置管理,提高教师岗位比例,完善聘用机制,使教师职务晋升机会明显增加;完善高层次人才分配激励政策,积极改善教师的工作、生活、学习条件,进一步提升广大教师的幸福感。这些政策和措施的落实,使卫校教师在办学中的中心地位、教育中的主导地位 and 分配中的优先地位得到强化,进而进一步坚定了他们长期从教、终身从教的职业理想。

加强人才梯队和创新团队建设 中青年骨干教师脱颖而出

学校以“学术和技术带头人及后备人选”、“教学名师”选拔培养等省、市级师资队伍建设工程为依托,着眼于遴选、培养、支持一批师德高尚、专业功底深厚、科研能力突出、教学风格鲜明,在省内外有一定影响的专家型教学名师队伍和学术领军人才,大力加强人才梯队建设,取得明显的成效。近几年,新增学科带头人 4 人,骨干专业教师 5 人。同时,学校积极推动科研组织模式创新,探索建立以项目为纽带、以研究专长为结合点、以重点攻关需要为动力、以学科或学术带头人为核心的团队形成机制和发展机制,加快培育具有省内外领先水平的优秀创新团队,现已形成护理骨干专业教师教学团队。

展望未来,学校将继续坚持以人为本、人才强校理念,认真贯彻落实《安徽省教育人才发展中长期规划(2010—2020 年)》和《安徽省教育人才发展“十二五”规划》,以“双师型”师资队伍和人才梯队建设为重点,进一步提高师资队伍的教育教学水平,为实现卫校跨越式发展、建设高水平一流卫生类学校提高智力支持和人才保证。

(红会卫校 \ 刘和中)



加强沟通 积极交流

——一名学院宣传干事的入职感悟

春寒料峭,带着对合肥的留念我踏上了回归的旅途。春暖花开的季节,在美丽的翡翠湖畔,在可爱的三联,我开始了崭新的“校园生活”,将重温校园生活变成了现实。

如果说先前的工作让我体会到了加班的极限,那么现在的工作让我着实感到了幸福。再次踏入校园,是自我身心久违的一种放松,看着可亲的老师、可爱的同学,呼吸着属于三联上空的空气,一切都显得那么怡然安逸。上班、下班,工作、生活,一切悠然自得……

我的岗位是学院综合办公室一名干事,负责学院宣传方面的工作。入职3个月的经历,让我知晓了综合办公室的工作职责,也更加知悉了宣传工作所需要的职业能力。

众所周知,如何扩大学校的社会影响,增强凝聚力,宣传工作起着重要的作用。在接手相关工作的过程中,我各方面的认识都得到了很大提高。宣传工作,需要的不仅仅是对文字的驾驭能力,还需要强大的与人沟通能力。因为,即便是文字材料的整理也需要对相关信息有一个基本了解,即便是成文的稿件也还是要细心校对修改。

我的日常工作内容之一就是审核学院网站的新闻,审核新闻就必须要对学院的总体概况有清晰的认识才能站在统筹的高度把握稿件质量,对于各教学单位、行政部门的基本职能都要有大致的了解,并且要与相关部门的通讯员保持及时的联系,只有这样才能真正融入到宣传工作中去。而正是通过对学校的改革发展、各类活动等进行宣传报道,让老师、学生对学校的认识更加深刻、更有信心,也可以让家长和社会及时了解学校、认可学校、认可教师的作为,从而达到对内上情下达、对外树立学校良好社会形象的目的。

一月一期的《安徽三联学院报》相关出版工作更让我发现了学生的可爱,也发现了亟需加强学生宣传队伍的管理工作。院报记者团原定每周召开一

次例会,通过评报纸小样、汇报近况等方式加深同学之间的沟通交流和业务能力拓展。实际操作过程中,真正参与进来的学生只有少数几个,为此,如何调动学生宣传队伍的积极性成了我近来一直在思考的问题。随着学院领导对宣传工作的重视,院报记者团和大学生记者团进行了整合重组,如何在日后的办报过程中加强对新的学生队伍的管理是个需要长期考虑的问题。因为,我知道盲目的给他们提要求、下任务,最终效果并不见佳。经过一段时间的接触和了解,我发现学生宣传队伍的管理首先应该建立在互信的基础上,要相信学生的能力,也让学生能够相信你,只有这样沟通才会存在,上情下达、下情上通才会实现。在这个基础上,加强对他们的要求和指导,宣传队伍的建设才会逐渐完善。历经各种沟通、协调,我相信这群可爱的孩子们一定能够以更好的状态投入到新的工作组织中,我们的院报时效性、可读性会更高,我们的网络宣传会更及时……

3个月的时间让我对本职工作有了清晰的认识,更让我对学生管理工作产生了很大兴趣。3个月的时间里,我认识了很多人,学会了很多事,经历了漫长等待也学会了开心工作。3个月里,跟着几个乐于助人的同事一起工作,寻着可敬的领导们的要求不断鞭策自己,极尽可能地做好手头工作,感受到的是满满的快乐。

3个月的时间里,我对自我工作的方法进行了一些调整。未来,我要学习的还很多,我要进步的空间还很大,还需要做更多的努力开拓宣传工作,我想我将致力于将纸质媒体、网络平台、广播台、橱窗等宣传阵地系统规划,更好的服务我们学院的宣传工作。我想,我会继续努力,做好本职工作,对自己高要求,带好学生记者团,培养属于我们三联学院的优秀宣传阵队。

(三联学院\严海艳)



梅雨季节时的衣食住行



每年5-7月份,受江淮静止风的影响,造成连续降雨,因为正是江南梅子成熟的季节,所以叫梅雨,一般是30到40天。特别难受的天气,连续的阴雨,闷热潮湿的季节,我们应该在衣、食、住、行这些方面该注意些什么呢?

衣:梅雨天衣服要常洗常换,最好选择易干且滑爽布料衣物。空调房内,穿上有袖衫、护住肩头,长裤子、遮住膝盖,使关节等易受风部位得到保护。即使再热,记得晚间睡觉铺条小毯子,搭上薄被子,以免着凉。出门前,先关空调,开窗适应室外温度,再换薄衣出行。黄梅天即使没雨,湿度也较平时大,真菌会异常活跃,皮肤癣特易在身体各部位蔓延。因此,梅雨季节要注意卫生,保持家居衣物通风干燥。梅雨天,衣橱里的衣物如果水分过多,加上空气不流通,霉菌很容易繁殖。因此,存放的衣服棉被不但要事先洗干净,还应彻底晾晒后才能入柜贮存。另外,除了樟脑丸、防霉饼等常用的防霉用品外,超市里还有竹炭、木炭制品等吸湿、除湿用品,可降低衣橱、鞋子里面的湿度。

食:梅雨时节也是“细菌性食物中毒”的多发期。人们在饮食上应多加注意,谨防食物中毒。应多吃新鲜的蔬菜,建议大家选择“四瓜”:苦瓜、黄瓜、冬瓜、西瓜,都是清热下火的合适食品。切记不宜过食生冷、油腻的食物,以免助湿伤脾。梅雨季节,食物易发馊或霉变,吃了这些食物,会引起肠胃道疾病,甚至中毒。气温高,食欲不振,体力消耗大,营养要跟上。除了多喝水外,蔬果瓜鲜、肉蛋荤腥不能少。冷饮、冷食不能吃过头。冰箱食物要加热,隔夜食物要煮开后食用。

住:梅雨季节湿度大,室内空气中的有毒有害物质,易长期滞留在室内空气中。建议:注意房间的通风透气,天晴时,要及时曝晒家中的被褥、衣服,

平日可在床下、墙角等阴暗角落放一些生石灰吸湿。何时开窗通风,有讲究。太阳未出时,浑浊空气沉积地表,开窗会导入不洁空气,对健康不利;中午空气湿度大,引入室内觉会得闷热,助长细菌孳生。怕热、怕湿,有了空调紧闭窗户,成了时下家家户户的习惯。何时开窗通风,有讲究。太阳未出时,浑浊空气沉积地表,开窗会导入不洁空气,对健康不利;中午空气湿度大,引入室内觉会得闷热,助长细菌孳生。清晨7-8点空气流畅、傍晚5-7点空气湿度低,这时开窗通风最科学。

行:白天出行前准备防晒用品,如阳伞、遮阳帽、墨镜等。正午时分,避免在太阳下运动,易虚脱。出门随带盐汽水或绿茶,适当补充水分,能减缓劳累症状。晚间饭后,休闲娱乐,酌情活动,散步慢走。出门随带盐汽水或绿茶,适当补充水分,能减缓劳累症状。

每年的梅雨季节虽不长,但在这不同于春夏秋冬的特殊时节,对辛苦的上班族和孩子,要提醒按时休息,保证睡眠,注意饮食;对懒散的居家族和老人,要提醒放松心情,适量活动,保持好的饮食习惯。

(上海竹稞交通公司\朱怡)

趁一切还来得及



生命,时间,友情,爱情,亲情,多么美的字眼,这些都是我们人生中最最重要的“珠宝”。然而,我们中的许多人却并非专业的“珠宝”鉴定家,缺少一双发现其珍贵价值的慧眼。

2008年5月12日14时28分04秒,8.0级的大地震致使69227位同胞失去了生命,失去了发现“珠宝”,珍惜“珠宝”的机会。

1935年3月8日,中国电影女星阮玲玉服毒自杀,时年25岁;2003年4月1日,张国荣跳楼自尽,时年47岁;2009年10月31日,大陆歌手陈琳跳楼自杀,时年36岁。我不晓得是何等挫折,致使他们以结束生命的方式来应对人生的不如意,但生命只有一次,它是世间最宝贵,最值得珍惜的。人生布满荆棘,我们唯一要做的就是从那些荆棘上迅速跨过,水本无华,相荡乃成涟漪;石本无火,相击乃发灵光;人本无能,遇挫方见其伟。挫折并不可怕,可怕的是丢掉了面对挫折的勇气,从而被之击垮。生命的存在本身就是希望。鲁迅说过:“希望是附丽于存在的,有存在,便有希望,有希望,便是光明的。”珍惜生命!

世界上最快而又最慢,最长而又最短,最平凡而又最珍贵,最容易被忽视而又最令人后悔的就是时间。巴尔扎克是19世纪法国最伟大的批评现实主义作家,他的《人间喜剧》堪称是19世纪法国社会的缩影,他用生命最后20年惊人地完成了90多部小说,这与他对待事件的珍惜是密不可分的。51岁时,他感觉心脏病要发作了,便问医生他还能活多久,半年还是6个星期?医生均用摇头来回答,他着急地说:“至少6天总可以吧?我还有时间写个提纲,还可以把已经出版的50卷校订一下。”正是这样,巴完成了鸿篇巨作《人间喜剧》。生命倒计时,一个多么有必要的提醒!

有了生命倒计时的理念,就可以时刻提醒你珍惜时间,改掉不良的生活习惯,让自己的生活更充实更有意义。这样当预定的终点站到达时,心中方不会有太多遗憾。盛年不重来,一日难再晨。及时当勉励,岁月不待人。珍惜时间!

不知道在你身边有没有这么一批人,你快乐时容易忘记,你痛苦时首先想到,为你提供帮助时不用言

谢,被你惊扰之后不用心怀愧疚,在你败走麦城时他不会对你另眼看待,在你步步高升时对你称呼不变的人。这些人有一个共同的名字,叫做朋友。当我们得意忘形时或者想要越轨时,朋友总会给我们敲响警钟;在我们伤心难过时,朋友会给予贴心的慰藉;当我们犯错,无心伤害时,朋友从不会计较,并教会了我们包容。友情虽无黄金般灿烂,铂金般稀有,却有白银般纯净;虽无大海般澎湃,长江般连绵,却有小溪般细腻。对待朋友,我们要用心善待,但绝不可以苛求朋友给我们同样的回报,如果苛求回报,快乐就会大打折扣。友谊最大的一个奇特作用:如果我们把快乐告诉一个朋友,我们将得到两份快乐;如果把忧愁向一个朋友倾吐,我们将被分掉一半忧愁。友谊就像温室里的花朵,需要呵护和疼爱。不要等到孤单寂寞时,才想起朋友;不要等到落魄时,才想起朋友。珍惜友情!

纯洁的爱情是人生的一种积极的因素,是幸福的源泉。每个人都渴望一份纯洁美好的爱情。尤其是女孩们,心中都住着一个白马王子。曾经有这么一句有趣的话疯传网络:骑马的不一定是王子,也可能是唐僧。适合自己的才是最好的。爱情如同友情一样需要经营。伟大的周恩来总理与他的妻子邓颖超这对堪称恩爱模范夫妻,在经营婚姻生活中奉行“八互原则”。

“互敬”一夫妻双方相互尊敬。

“互爱”一不仅要珍视相互的爱,而且要不断创造爱情,使之日新月异。

“互信”一夫妻双方相互信任,不可随意猜忌。

“互勉”一夫妻双方在生活,学习工作中相互勉励,共同前进。

“互让”一当遇到不愉快的事情时,夫妻双方互相体谅,安慰,且不可相互指责,埋怨,伤了感情。

“互谅”一当对方做错事,要宽容大度,加之原谅。

“互助”一在生活中。夫妻双方要做到彼此关心相互帮助。

真正的爱情不是利己的,是心甘情愿地与爱人一起奋斗,并不断地自我更新的过程。珍惜爱情!

失去了慈母便像插在瓶子里的花,虽然色、香尚存,却失去了根。



1976年唐山大地震时,一位年轻母亲正在一边织毛衣,一边在逗她那仅5个月大的女儿,天崩地裂那一刹那,母女一起坠入黑暗的废墟里,幸运地是母女俩并没受伤,受惊吓的孩子啼哭不止。母亲知道她饿,连忙喂奶。一天一夜后,滴水未进的母亲奶水枯竭,孩子的哭声也是越来越小,近乎绝望的母亲触摸到毛衣针,毫不犹豫地用它刺破手指,塞进孩子嘴里。一周之后,救援队伍发现母女,仍允吸着母亲手指的孩子一息尚存,母亲已经气绝,人们惊讶的发现母亲每个手指上都有一个洞,母爱的伟大是无法估量的。

然而今天的我们中一些人之所以放弃亲情,是因为他们要顾及事业,但一个连亲情都放弃的人,怎能去效忠祖国母亲?陈毅元帅,在事业上,一生为国为民,可谓是“鞠躬尽瘁死而后已”,但他在忙碌同时,未曾忘记亲情,经常抽空回家看望母亲,为母亲洗脚,按摩,揉衣

服,让母亲从心底真正觉得温暖。

事业是可以通过努力得到的,亲情却是任何一种物质都不可换取的,因此,作为儿女,要时刻记得常回家看看,珍惜亲情!

无论是贫穷或富有,无论凡人也好,名人也罢,没有什么不在岁月中逝去。财富留不住,千金总有散尽的时候;容颜留不住,美人总有迟暮的时候;青春留不住,人总有老去的时候;荣誉、名声留不住,人总有走进墓碑的时候。既然这些都留不住,也就没必要太过于计较得失。

生命中最大的悲剧不是死亡,而是没有活在当下,珍惜当下。一辈子不长,要把每一天当成生命中最后一天来度过,少些遗憾,少些不必要的烦恼,加强修养,保持良好的心态,这是一种健康、积极向上的生活态度,也是一种做人的艺术。

(三联学院\杨丽柔)

最美好的年华,最美好的你们

春去夏来,一个极端而又美好的季节!这里艳阳高照,这里人情温暖,这里我们相互扶持!曾记否,那个青涩的我,在这个最美好的季节,在美好的年华遇到了最美好的你们!

在合肥满是柳絮飘落的季节,又再次收拾行囊踏上了出差之旅,火车哐当哐当的驶向另一个遥远的南方城市,在那里有我们的目标,有我们的战果。望着车窗外的种种,刹那间所有的人生理想都会化作对亲人的思念与依依不舍,但是回头想想这份工作所带给我们的那份荣誉与骄傲时,我们还是会会心一笑,原来我年轻的人生是如此充实,意义非凡!

我喜欢从阳台上放眼观望这个大家庭,楼下车水马龙,人流不息,看那些日日为生活操劳的路人,那些扫大街的清洁工,那些沿街乞讨卖艺的残疾人士,还有那些在酷暑下的小摊贩,他们计较于一毛两毛,他们满

足于一个小小的树荫和一阵微微的凉风。而此刻,我住在这样的高楼,面对着这样的客户群,出入于这样的职场,又有什么理由说不去努力?

而在市场营销工程三部这个小家庭里,我从工程人员的身上学会了吃苦耐劳,他们在哪怕一秒钟都不愿意多待的炎热里,挥洒汗水;从拓展人员的身上学会了谨慎和那些沟通的技巧,他们在竞争激烈的市场中为公司产品争得一席之地,更从他们的身上学会了“咬定青山不放松,立根原在破岩中。千磨万击还坚劲,任尔东西南北风”的精神。

感谢让我在美好的年华遇到了最美好的你们,这一路的相伴、鼓励让我慢慢成长与坚强,更是以独特的品格给了我哲理的启迪和人格的力量!

(交通公司\周俊)

穿香之感

(三联学院\孟远)

穿香,灵感于香水般的女性与时装,文笔戏剧并传奇。

书中提及各种香:

温柔里有辛辣,细腻里有反叛,简单中见精致,清新不失高雅。

香如溪,潺潺穿过触摸的指缝;香如微风,娉娉轻吻粉妆脸颊.....

书中画面是一段奇遇,是一篇美文,是一种简单的香之回忆。

扑面闻来,软中有刚性,纤细中带丰盈。很美。

一支瓶,一抹香。

装下的是一个故事,一段旋律,一个多彩的美梦人生。

Your Inner World Decides What You See

In a writing class, the teacher told the students a story:

On a wrecked cruise, a couple on board finally came before the lifeboat, but there was only one seat left on the boat. The husband pushed the wife behind and jumped on the boat. The wife, standing on the ship gradually sinking, shouted to the man...

Pausing here, the teacher asked the students, "What can you guess the woman would shout to the man?"

The students were all burnt with rage and shouted, "I hate you!", "I'm blind!"...

Just then, the teacher noticed a student in silence and asked him to guess. The student said, "I guess the woman would say—take care of our kid!"

The teacher was startled to ask, "Have you ever heard of this story?" the student shook his head and said, "No, but my mom said so to my dad before she died."

The teacher said with emotion, "You are right." Then he continued with the story. The ship sank. The man returned home and brought up his daughter all by himself. Many years later, the man died. His daughter found her father's diary when sorting his relics. It turned out that when the couple were on the cruise, the mother had been suffering from an incurable disease. At the critical moment, the father rushed to the only chance...

After reading this story, people may marvel not only at the unexpected ending of the story but also at complicated relationships between good and evil. What appears to a fact turned out to be falsity. And the point sometimes lies in our heart.

A saying goes like this: "There are very few things that are absolutely good or absolutely ugly in the world. Most are in between. It depends on how you look." What you see is good because your heart is bright; what you see is bad because your heart is dark.

Life is just like a mirror—it reflects you truly; life is like choice making—the way varies with your inner world.





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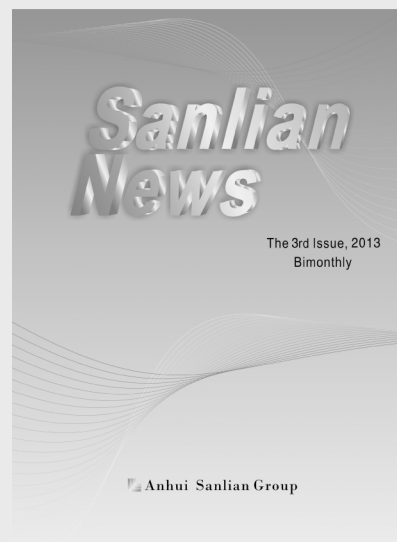
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PROFESSOR LIU CHENGLIN'S VISIT TO SANLIAN

On June 7th, 2013, Professor Liu Chenglin, the Secretary General of Chinese Association of Robots (under preparation) and Professional Committee of Robots, Chinese Association of Automation, came on invitation to Shanghai Shengqing Industries Co. Ltd, and discussed with Song Yang the General Manager and Han Yonghong the Deputy General Manager over robots, automation control, artificial intelligence and so on.

Liu briefed the preparation work of establishing Chinese Association of Robots, a first-class national association. He spoke highly of Sanlian Group and Shengqing Company for winning the National Award of Scientific Advancement and encouraged the two units to join the association.

Song Yang illustrated the planning project of Shengqing Company of Sanlian Group in the field of robotics; she said that the company had started relatively late and hoped to leapfrog in short time.

(Provided by Hu Hao from Shanghai Shengqing Company)



SHENQING COMPANY ATTENDING IEC WORKGROUP CONFERENCE

On June 24th, the workgroup conference (IEC TC59 WG16) of International Electrotechnical Commission (IEC) for international standards of testing and evaluating performance of home-service robots was held at Shanghai International Hotel.

Dr Jin Lai was invited to the conference. This was the first time that China worked as the convener of the Workgroup to set international standards in the field of robotics.

The Workgroup currently consists of experts from world-leading scientific or academic institutes and companies in China, Germany and, the United States, Korea, the Netherlands, Italy, Spain and other countries. It is expected to set and publicize the international standards in seven stages of three years. The 2013 goal is to complete the Commission documents through several rounds of meetings. Shanghai Shengqing Company is expected to play a role in setting the standards or specifications of multi-function intelligent care beds.

(Provided by Jin Lai from Shanghai Shengqing Company)



YU WANSHENG REELECTED AS PRESIDENT OF SANLIAN UNIVERSITY

Inaugural meeting marking the founding of the Second Board of Directors of Anhui Sanlian University and its first meeting were held at 9:00 on the morning of June 21st in the conference room on the fifth floor of the first campus. Comrade Yu Wansheng chaired the meeting. Comrade Jin Ai'lian, the Director of Human Resources of Anhui Sanlian Investment Group and other leaders of non-board members of the university sat at the meeting.

According to "The Law of the People's Republic of China on Promotion of Non-governmental Education" and the rules for implementation of the law and "The charter of Anhui Sanlian University" approved by the Ministry of Education, the Second Board of Directors of Anhui Sanlian University was founded following the legal procedures. Nine board members were Jin Huiqing, Yu Wansheng, Gui Ningdong, Zhang Fangzhen, Zhang ping, Jin Qing, Jiang Fa'gen, Mei Long, and Tao Xianglong. Comrade Yu Wansheng was unanimously elected as President of the second Board of Directors of Anhui Sanlian University.

Among the nine board members, Jin Huiqing, Yu Wansheng, Zhang Fangzhen, Zhang ping, Jin Qing, Jiang Fa'gen, and Mei Long were appointed by Anhui Sanlian Investment Group, the holder of Sanlian University; Gui Ningdong is the secretary of CPC Committee of Anhui Sanlian University; and Tao Xianglong was elected by the representatives of teachers and staff members. Seven of the nine board members have teaching experience of more than five years in higher education.

The organization of the Board of Directors lines with the 9th article of the 7th chapter of "The charter of Anhui Sanlian University": the Board of Directors is made up of 9 members, some of whom are appointed by Anhui Sanlian Investment Group Co., Ltd, others including the representatives of the Group, the President, the head of the party, and the elected representative(s) of teachers and staff members. Among them, one third of the members should have teaching experience of more than five years in higher education."

The newly-formed Board promised to perform its duty in accordance with "The Law of the People's Republic of China on Promotion of Non-governmental Education" and the rules for implementation of the law and "The charter of Anhui Sanlian University" to secure the overall, coordinate and sustainable development of this university and endeavors to make it into an application-oriented university with distinctive features and great influence both at home and abroad.

(Provided by Cao Xiaofeng from Sanlian University)



Photographed by Yan Haiyan

SL2306 TYPE OF TESTING SYSTEM APPEARING AT ANNUAL ACADEMIC CONFERENCE

With “Beidou Application—Challenges and Opportunities” as its theme, the fourth Annual Academic Conference of China Satellite Navigation started its opening ceremony on May 15th at Wuhan International Conference & Exhibition Center.

Well-known experts, scholars and entrepreneurs from departments in charge of satellite navigation systems and satellite navigation at home and abroad, shared their latest academic research and demonstrated their recent research results through a series of activities such as academic exchanges, forums, exhibitions and science popularization.

As an outstanding application case of the inertial integrated navigation system based on MEMS, “the Testing System for SL2306 Type Vehicle Drivers’ Field Driving Skills” developed by Anhui Sanlian Applied Traffic Technologies Co, Ltd. appeared at the meeting and attracted the attention of all circles.

The system is a breakthrough in applying GNSS-RTK (also Beidou GPS/GLONASS) satellite directing and positioning and the inertia navigation

technology into driving tests. Not less than 32 point-positions on the car body are “locked” by Beidou satellite signals. The system can position the exam car in precision of centimeters without installing any equipment for venues electronic detection. It gets rid of the magnetic field effects of the environment and avoids inertia drift, ensuring the public security traffic administration departments to realize an overall real-time and effective monitoring of the driving tests. It plays a demonstration effect throughout the country, and is currently the most advanced, reliable and safe driving testing system for drivers’ field driving skills.

Presently, satellite navigation is combined with all kinds of information technology, and will begin the era of more accurate, more intelligent use of spatio-temporal information. The invention of “the Testing System for SL2306 Type Vehicle Drivers’ Field Driving Skills” is a technological revolution in driving test industry. It is new leapfrog in technology and market and leads the traffic safety industry into a new chapter.

(Provided by Kai Qian from Applied Traffic Technologies)

New in brief:

According to the results of “the 2012 Hui Merchants Cup ten great informatization events” recently issued by Commission of the Economic Information, Anhui Province, “the Testing System for SL2306 Type Vehicle Drivers’ actual road driving Skills(Sub-

ject III)” applied by Anhui Sanlian Applied Traffic Technologies Co, Ltd. won the title of “the 2012 annual innovative informatization product in Anhui Province”.

(Provided by Zhi Yuan from Applied Traffic Technologies)

Approval of 2013 New Bachelor's Degrees in Sanlian University

Recently, the Academic Degrees Committee of Anhui Province reviewed the declaration items of the 2013 New Bachelor's Degrees. Four majors got the approval of granting Bachelor's degrees: Traffic Engineering, Electrical Engineering and Automation, Electronic Science & Technology and Financial Management. The review work was highly valued by the university leaders. The relevant departments, according to the spirits of evaluation standards and relevant documents, organized

the declaration work carefully, carried out the work of self-examination, self-assessment and rectification, and modified the supporting materials in details. The approval of new Bachelor's degrees laid a solid foundation to further improve this university's educational level.

It is reported that 93 majors of 33 universities got the grant of Bachelor's Degrees this time.
(Meng Yuan /Sanlian University)

Sanlian University Winning Excellent Inspection Unit in Four Consecutive Years

On June 3, Department of Education of Anhui Province and Department of Civil Affairs of Anhui Province jointly issued a journal on 2012 Annual Inspection on Private Colleges and Universities and Non-degree Higher Education Institutions (Anhui Educational Note 207 [2013]). According to it, Sanlian University got the excellent grade again and was named as the Annual Outstanding Inspection Unit for the fourth time.

In recent years, this university has always been adhering to the main line of the assessment of the undergraduate educational level and focused on the principles of "strengthening connotation

construction, tamping foundations, improving running conditions and educational levels". Through continuous development, its comprehensive strength, competitiveness and social influences have greatly been improved.

For the sustainable development, all the staff will continue to practice the principle of the Scientific Outlook on Development, earnestly study the spirits of the Party, deepen the infrastructure construction, establish a perfect and effective quality assurance system and strive to make a high-level application-oriented university.

(Wang Yue / Sanlian University)

Cooperation between Colleges and Enterprises and Promotion of Employment Work

—the Successful 2013 College-Enterprise Supply and Demand Job Fair

In response to the spirits of the employment work of the State Council, the 2013 College-Enterprise Supply and Demand Job Fair was held on

June 8 in this university, to push forward the employment work of the 2013 college graduates. It drew the attention of many medias, such as Xin-



hua News Agency, China Daily, Hefei Evening News and others.

A lot of officials—Xu Xiangzhong the Deputy Director of Personnel and Labor Bureau of HFET-DZ, Chen Jun the Director of Talent Center of HFETDZ, Gui Ningdong, Yi Youming, Qin Yongyuan, Zhao Yanzhu, Lu Xianzhang, Zhang Ke'ren, Jiang Fa'gen, and Cao Xiaofeng—went to the fair and communicated with the graduates. The leaders of this university discussed the issues of further cooperation with the Personnel and Labor Bureau of HFETDZ.

At the fair, the employing units introduced the enterprises and delivered the information of post demands, salary and the prospects of staff development. The students prepared their resumes well and talked to the employers actively. And

some students even filled in the recruitment registration forms. The job fair was crowded but orderly, which on one hand was the embodiment of the high quality of students and on the other hand contributed to the services of volunteers.

It is reported that the job fair was sponsored by Personnel and Labor Bureau of HFETDZ and Sanlian University and undertaken by Talent Center of HFETDZ and Employment Training Department of Sanlian University, which has been greatly valued by both Personnel and Labor Bureau of HFETDZ and university leaders. The fair attracted more than 70 units to attend and offered more than 3,000 jobs. More than 40 units from HEET-DZ attended it.

Holding the supply and demand job fair is a new measure to deepen the reform and steadily pushes forward the college-enterprise cooperation. It plays an important role in increasing undergraduate training bases and keeping in touch with working units. Through the close link with enterprises, the enterprise needs will penetrate into the whole process of personnel training so as to provide personnel and intellectual support for the development of local economy. The success of the fair laid a solid foundation for both the college-enterprise cooperation and talent training.

(Hong Yuan / Sanlian University)



The Second Meeting of the Second Board of Directors of the Red Cross Health School Held on the New Campus

On the afternoon of May 20, the Second Meeting of the Second Board of Directors of the Red Cross Health School was held on the new campus. Five directors were all present at the meeting: Zhang Fangzhen, Chen Xianjun, Sun Qiyun, Yu Wansheng and Zhangping. Attending the meeting were still some others: Yao Weidong (Relief Ministry of Anhui Red Cross), Li jieju, Zhou Hanwen, Hong Mei, Zhao Fuyi (Vice Princi-

pal of the Red Cross Health School), Wang Jing (Group Financial Director), and Xu Lijuan (Financial Director of the Health School). The meeting was chaired by Zhang Fangzhen.

There were four items on the agenda: to review the work of the Health School in 2012 and the 2013 work plan; to review the financial statements of the school in 2012 and the 2013 budget; to review the salary system of the school; and to

review the movement of the school to the new campus. The directors discussed the four items thoroughly and objectively, and put forward some good suggestions, especially on the relocation of the school in order to ensure the safety of stu-

dents and the smooth development of the school. During the meeting, Secretary General Sun Qiyun visited the new campus accompanied by the school leaders.

(Xu Jinjin /Red Cross Health School)

The First Editorial Board Meeting of *Journal of Sanlian University* Held Successfully

On May 17, the First Editorial Board Meeting of Anhui Sanlian University Journal was held and seven members including Yu Wansheng, Zhang Ke'ren and Zhang Yousheng attended it. The meeting was hosted by Yi Youming, Vice Chairman of the Journal Editorial Board.

Professor Yi Youming gave a comprehensive report on the declaration and approval work of the Journal of *Anhui Sanlian University*. Wang Genjie, Deputy Director of the Scientific Research Department, introduced "the Draft Charter of Journal of Anhui Sanlian University" and the amendments, and reported the 2013 annual work plan and the preparations for Volume One.

Yu Wansheng, Member of the Editorial Board, affirmed the work of the Editorial Board and pointed out that the journal should meet the needs of the university's educational orientation: the jointly discipline system of Engineering, Arts, Science, Economics, Management and Medicine. He said the group would continue to support the journal. The journal should strengthen the work propaganda and attract more high-quality manuscripts from other universities to improve the quality of the papers to make it eventually become one of the important academic journals in Anhui Province.

(Yue Qianqian/ Sanlian University)

Strengthening Management of Bachelor's Degree, Improving Quality of Personnel Training

—Review Meeting of 2013 Bachelor's Degree Held Successfully

On June 17, the meeting of reviewing bachelor's degree was held in the university. Fifteen members of bachelor's degree evaluation committee were present at the meeting.

At the meeting, Cai Wenfen, the director of Teaching Affairs Office and director of the degree evaluation office, introduced in detail the bachelor's degree evaluation of 2013 graduates, preliminary examination results of the subcommittees and trial results of the degree office.

The review committee members voted and awarded Bachelor's Degree to 578 graduates in

2013, including 73 graduates in engineering, 153 in management, and 357 in arts.

Yi Youmin, the executive vice President of the university and vice chairman of the degree evaluation committee, made a concluding speech. He pointed out that the qualification audit of graduates and degree audit in this university was good. In the future, each department (school) should further raise awareness, strengthen audit, constantly promote the quality of graduates and improve the teaching quality.

(Meng Yuan from Sanlian University)

Experts Meeting for Newly-applied Undergraduate Programs in Department of Economy, Laws and Politics

On June 19, an experts meeting was held for the newly-applied undergraduate programs in Department of Economy, Laws and Politics. Seven experts from the Policy Research Office of the Provincial government, Anhui University, Hefei University of Technology and Anhui Agricultural University discussed over the two undergraduate programs to be applied.

Gui Ningdong, a member of the provincial education supervision commission and party secretary of the university, delivered a welcome speech. Jiang Fa'gen, the assistant to the President, attended the meeting.

At the meeting, the panel listened to the report on the two undergraduate programs from relevant professional teachers of the department, reviewed the application materials, raised some questions they concerned, and finally discussed and put forward their opinions.

The experts agreed that the construction plans are relatively clear. The two programs have specific goals, ground reasons and down-to-earth basis, so they are qualified to be applied. In feedback, experts pointed out that the talent training scheme of two programs were reasonably established, conformed to the relevant provisions of the ministry of education, and were in accordance with the target of talent cultivation curriculum; the university attached great importance to the construction of teaching staff, introduced and cultivated a batch of teachers and management personnel to meet the needs of the professional teaching; and professional teaching plans were feasible. The panel also put forward suggestions on the deficiency of professional application.

(Hou Xuejuan and Wang Rongcai from Sanlian University)

Experts' visit to Red Cross Health School

On the Morning of May 16, an inspection panel of four experts from Bureau of Education of Hefei Municipality, Li Zhiping, Sun Jin, Wang Jifeng, Xu Xiaowu, visited the Red Cross Health School. They carried on a comprehensive and detailed examination of the school's running performance in 2012. The meeting was held in the conference room on the first floor of the office building. Chen Xianjun (the principal), Li Jieju (vice principal), Hong Mei (vice principal), and Zhao Fuyi (vice principal) attended the meeting.

In the annual inspection, the experts mainly

conducted a comprehensive inspection for the school education and teaching work in 2012. At the brief meeting, Chen Xianjun, the principal, made a detailed report on teaching, teaching management, student management, teaching staff construction, recruitment and employment, etc. After the report, the panel carefully checked the documents, made an on-the-spot investigation of the school training facilities, fully affirmed their work, and gave a high evaluation.

(Wang Xiaoyan from Red Cross Health School)

Achievements from “Blue Bridge Cup” Software Competition

On May 5, the finals of the fourth “blue bridge cup” national competition of design and entrepreneurship of software professionals in Anhui was held in Anhui Finance & Trade Vocational College. For the first time Sanlian University sent teams to take part in it, and got good results. Two students won the first prize in Anhui division individual trials; two won third prize; one got outstanding award; and one team got the second prize in software entrepreneurial team competition.

It is reported that 400 contestants took part in the competition; they were from 36 universities in Anhui, including Anhui Normal University, and Anhui Jianzhu University. Five students of Computer Science and Technology Department in this university attended the individual trials in Anhui. Two teams from the department took part in the software business team competition. Two students who won the first prize will take part in the national finals on July 11 in Beijing. Specific awards are as follows:

The Fourth “Blue Bridge Cup” National Competition of Software Professionals’ Design and Entrepreneurship

—In individual events audition, Anhui division

| Name of Institution | Name of Contestant | Item | Award | Instructor |
|--------------------------|--------------------|---|-------------|-------------|
| Anhui Sanlian University | Zhou Yichen | C/C++ program design undergraduate group B | First Prize | Zhang Lin |
| Anhui Sanlian University | Zhang Changyu | C/C++ program design undergraduate group B | Third Prize | Zhang Lin |
| Anhui Sanlian University | Xu Li | JAVA software development group in higher vocational colleges | First Prize | Zhan Xiaoyi |
| Anhui Sanlian University | Zhang Dandan | JAVA software development group in higher vocational colleges | Third Prize | Zhan Xiaoyi |

The Fourth "Blue Bridge Cup" National Software Competition

-- Software Entrepreneurial Team Tryouts

| Name of Institution | Name of Contestant | Entry | Award | Instructor |
|--------------------------|---|---------------------------------------|--------------|------------|
| Anhui Sanlian University | The Second team of Sanlian (Zhang Lei, Hu Xin, Cui Pengpeng in Class 1 of 2010) | Strategy Game “The Prince Marries” | Second prize | Zhang Lin |

The “Blue Bridge Cup” software competition is organized by Computer Science and Technology Teaching Steering Committee of Higher Educational Institution of Ministry of Education, the Talent Exchange Center of the Ministry of Industry and Informationization, co-organized by China Software Industry Association and Computer Teaching Steering Committee of Higher Vocational Colleges

of the Ministry of Education. The competition builds a “blue bridge” between universities and enterprises. Through the competition, participants can understand and learn the latest technology application skills and enhance their employment competitiveness in computer and related professions.

(Wang Feng from Sanlian University)

Great Achievements from the Fifth “Tiaozhan Cup” Sci-tech Competition of Anhui Province

With the theme of creation, passion, challenge and dream, the quarter-finals and finals of the fifth “Tiaozhan Cup” Academic Sci-tech Competition of Anhui Province was successfully held in Anhui Normal University during June 1st to June 3rd. Six pieces of work presented by Sanlian University made great achievements.

The whole competition is made up of reviews of written materials, PPT presentations and on-site debates. After the assessment of every judge, Yang Chengmin from the Department of Economics, Laws and Politics got the second prize with her work “The empirical study and reflection on mobile stalls near college campuses - taking mobile stalls in Hefei College Town as an example”. The other five pieces of work, including “The application of E-commerce in small and medium-sized enterprises” got the third prize. Zhan Haiwen, the Secretary of Youth League Committee of this university got the award of “Excellent Guide Teacher”.

It is reported that a total of 151 pieces of work from 43 colleges took part in the semi-finals and finals, covering the areas of mechanics, con-

trolling, mathematics and information technology. Zhang Wuyang the deputy secretary-general of the provincial government, Yang Delin the deputy director-general of the provincial department of education, Wang Haiyan the vice president of association for science and technology, Pu Youfan the vice president of Anhui Federation of Social Science, Zhou Mi the vice secretary of Anhui Youth League Committee, Gu Jiashan the secretary of the party committee of Anhui Normal University, Liu Quan the vice mayor of Wuhu City attended the ceremony of awarding and watched the exhibition of the contesters’ works.

With its guidance for the future, the modeling effects and wide participation, the “Tiaozhan Cup” Competition is regarded as Olympics in academics of university students. The competition has provided a platform for university students to have innovative awareness and cultivate innovative spirit, and therefore it has won admiration and population among young people as well as the whole society,

(Zhou Xin from Sanlian University)

Medals Won in 2013 National Competition of Nursing Skills

The 2013 National Competition of Nursing Skills (Secondary Vocational Schools) was held in Nanjing Health School from June 13th to June 17th. 149 contestants from 97 health schools all over the country made up 34 teams to take part in the competition. Anhui team was made up of five contestants, all of whom went through a series of selections. Among the five, two were from Anhui Red Cross Health School, one from Huai'nai Health School, one from Huang'shan Vocational School and one from Ma'gang Health School. After four days of fierce competition, Anhui team won one gold medal and two bronze medals and two contestants got "Excellent Contestant Awards".

Bi Yang and Zhen Zhen from the Red Cross Health School had outstanding performances in this competition. With tenacious persistence, solid theoretical knowledge, adept operating skills and good psychological quality, they won the high evaluation from experts and judges. Thus, they finally won a gold medal and a bronze medal in such a fierce national competition. Sha Wen the guide teacher for the gold medalist won the "Excellent Guide Teacher Award". All of them won honors for Anhui Red Cross Health School as well as for Hefei and Anhui. When they stood on the podium holding the trophies and honorary cer-

tificates, they can't help shedding tears of excitement.

For years, leaders from this school, Bureau of Education of Hefei Municipality as well as Department of Education of Anhui Province have attached great importance to the nursing skill competition and regarded it as an important part of vocational education. During the preparation for the competition, leaders at all levels gave guidance on site, encouraged the contestants and their guide teachers and showed great care for them. The leaders also gave useful advice on resolving some problems and encouraged them to be well-prepared both in operating skills and in psychology so as to perform well in the competition. Fortunately, the contestants have lived up to the expectations of all the leaders and made great achievements. The school will make good use of the competition and adapt it to the needs of the industry and its future development. It will continue to promote the reformation of nursing education and establish the platform for university-enterprise cooperation so as to enhance the social recognition for vocational education. This competition enabled the school to show its talents, make more friends and progress in the future.

(Liu Zhonghe from Red Cross Health School)



Photographed by Liu Zhonghe



Photographed by Wang Xiaoyan

A Star Woman in Sanlian

—Hong Fan, General Manager of the 7th Division of Market Department, Anhui Sanlian Applied Traffic Technologies Co, Ltd.



>>>>>

Deep in the mind, each of us has a goal or ideal. In order to fulfill it, we need to find one model that will inspire, spur and encourage us to make progress whether in life or at work. My strength comes from Hong Fan, the general manager of the 7th Division of Market Department, Anhui Sanlian Applied Traffic Technologies Co, Ltd..

In 2003, a young girl with her ambition came to Sanlian. Unswervingly she chose the most challenging work—marketing sales, and began to sail with her dream in the career ocean.

At the very beginning, she was a sales representative and had to be away on business for long time. As a woman, she encountered many more inconveniences than men and her hard work and pressure were beyond our imagination. Yet she never regretted taking the choice but has been fighting with strong will in the fiercely competi-

tive market. Off the train, onto the bus, in the scorching sun or against the severe cold, she did not back down but took all this as the most precious wealth accumulation in life. Would success be far away from such a persevering woman?

A few years of marketing experience makes her realize that sale is just like rowing upstream—not to advance is to drop back. Against pressure, she moves unswervingly ahead. Taking “Keeping old customers and developing new customers” as her slogan and direction, Hong keeps

on analyzing the psychology of the customers to improve her sales techniques. Practice has proved that she is the person who would not easily give up once she sets the goal. As long as there is the slightest possibility, she would work fully hard. She is a mentor in the mind of her colleagues and a friend with her clients. Ever year, her sales volume and payment amount are both on the top of personal contracts. She is the representative of both “Sanlian” and “trust” as well. She would never say “no” to the assignments; she would go all out to support her colleagues; and she would never disappoint her customers’ high expectations. With her woman-specific delicacy and talent, she successfully makes the “Sanlian” products sell well in the regulated areas (Shandong, Shanxi, Anhui and Beijing). The contract value of the first half of 2013 is 76,913,360 RMB yuan which has already exceeded the total contract value of 2012. Through the past decade, Hong Fan won not only praise and recognition of the company but also respect and trust of customers; she became the only female general manager in the market department. During the busiest period of 2012, she took the lead as a general manager and did not fear pressures; every day she was immersed in phone calls and often had to travel to several different places in one day; she was thus jokingly called “trapeze” by her colleagues.

At the beginning of this year, when the driving schools in Fuyang started driving skills (Subject II), Hong led her team and made full use of every minute to occupy the market which was full of small companies with low price and severe competition. However, just at the busiest moment, her father fell ill suddenly and her mother had to take care of him in the hospital, leaving her infant baby unattended to. She had to go to Fuyang

at 6 o’clock in the morning to visit customers and discuss cooperation matters and went back home at 12 o’clock at night. In this way, she went out to work in the early morning, and yet did not return till late at night. Even when others were on a trip back home with pleasure to welcome the spring festival, she was still against the cold wind and heavy snow to visit the customers. Too many such trifles were found in her stories. It was with sincerity and perseverance that she moved too many people around.

Even when she was pregnant, Hong proceeded to work without hesitation. Now as the mother of a two-year-old boy, she can only put up with the thought of her son who just learned to call “Mum, Mum...” on the phone. She sacrifices all the family warmth for her duty as being one of the Sanlian people— to make the brand “Sanlian” grow increasingly stronger and stronger, to make the spirit of Sanlian on and on.

So brilliant is her transformation from a young girl to a successful woman! Hong works hard like a soldier on the front line. She is never content with what she has already achieved. As an example, she is always inspiring us to move forward, to develop ourselves to the maximum of our potential, and to perform miracles.

Such is Hong Fan, a respectable woman, a model to be followed! She has realized the extraordinary value of life at the ordinary post. Many times she might not be able to balance between public and private affairs, but her belief makes herself balanced. How many times she dreams of being home and how many times she feels at loss; however, the most valuable outcome is her success among which is the inspiring spirit of a star woman in Sanlian.

(Dai Tianming /Applied Traffic Company)

How to Identify the Quality of Network Cable



Cable is indispensable in network engineering. The quality of the cable directly affects the network transmission rate. Then how to identify its quality?

1. To test the transmission speed

Testing cable transmission speed is the most effective way to identify the quality and authenticity of network cable. In order to be closer to the actual environment and to reduce interference, linking the two computers straightly is recommended when testing is done.

In order to guarantee the accuracy of the test, network card of high quality is needed to ensure that hardware bottleneck is not going to happen when testing is being done. The computer system should be clean and neat, and the running speed high, otherwise, the running speed of the computer will affect the network transmission speed.

In addition, when connecting the network cable, try to use crystal head of good quality to en-

sure that the thread is specified, and only in this way you can minimize the influence of the external factors on network transmission speed.

2. To check the flexibility

In consideration of convenience, high-quality cable should be very flexible and easy to wind. It is very convenient to bend, but not easy to break. And in the present market, there are many profiteers. In order to get high profit, they put cheap metal component instead of pure copper in the cable. Thus the cost of the network cable will drop, but the quality and performance of this kind of cable are different from those of the cable with pure copper. It is proved that the low-quality cable is not as soft as the high-quality cable, and the transfer speed of the low-quality is much slower than that of the high quality.

In the process of wiring, repeated bending would break the copper in the network cable. If you find that a network cable is too soft, you should note that it might be a fake and inferior one.

3. To test the flammability

Generally, the material of the cable must be fire-resistant. Otherwise, if it is on fire, it would cause disaster. So when choosing a network cable, you should know if the conductor sheathing would



burn. In specific tests, you can use scissors to cut 2 cm of the cable sheath, and then use the lighter to burn it. The genuine cable will be gradually melt and deformed by the fire, but won't be burned to flames.

If you find the cable burn, you should not buy it no matter how high its transmission speed is, because it is not safe and would leave a lot of potential hazards in cable wiring.

An experiment was once done. An authentic cable and a fake and inferior cable were lit by a lighter at the same time. It was found that after 6 seconds, the authentic cable gave off white smoke and then gradually melt and deformed. While the fake and inferior cable was easily ignited and gave off lots of dark smoke in less than 2 seconds.

4. To test the temperature resistance

In the wiring project, the cable is required to resist the changes of temperature. It is not to say that the cable should resist any environment changes, but at least it should not be softened in high temperature or be frozen to break in low temperature. In order to ensure that the performance of the network cable is not affected under high temperature, the sheathing material of the authentic cable can withstand up to 50 degrees Celsius. That is to say, under such high temperature, the cable won't be softened, deformed or so. You can cut a short conductor sheathing and put it next to a stove for a period of time. If it is softer than before, the cable quality is definitely not good.

In actual selection of cable, sometimes you can not test the quality of the cable with the methods mentioned above for the lack of test en-

vironment or condition. You might as well observe the outside of the cables to identify the authenticity of a cable. Usually, there are type identification and manufacturer's trademarks on the outside of the cables of a regular brand. For example, CAT5 means that the cable falls on fifth category, CAT6 falls on sixth category. If there are not any words on the cable, you should be careful. You can try your best to test the cable according to the methods mentioned above.

5. To test the *zusammendrehen*

Twisted-pair cable is usually made up of four groups of wires mutually tangled. Usually, *zusammendrehen* is used to show the tightness of each pair of lines tangled each other. In order to minimize crosstalk between each pair of lines, each pair is often twisted counterclockwise and *zusammendrehen* should not be the same.

But in order to reduce the production link and the process cost, many profiteers often twist the four lines in the same orbit. The *zusammendrehen* of inferior cable may be up to several centimeters. The crosstalk between the lines would surge, thus seriously affect the performance of the network cable.

6. To test the extensibility of the conductor sheathing

Extensibility of cable is needed in network wiring to ensure that the network cable is not damaged when it is bent. So when you pull a normal cable, you will find that the conductor sheathing can be stretched longer. If the conductor sheathing gets broken or cracked under external force, it is surely in low quality.

(Lin Muwen /Applied Traffic Company)

Strengthening Construction of Teaching Faculty, Consolidating the School's Development Basis

—Teaching Affairs Office of Anhui Red Cross Health School

Education is based on teachers. Anhui Red Cross Health School insists on the principles of “Building the school on the basis of quality; Developing the school on the basis of scientific research; Strengthening the school on the basis of talents”, “Resources of talents are the most important resources.”, and “Respecting knowledge; Respecting talents”. They observe the principle of “Attracting talents with policy; Retaining talents with affection and promoting talents with cause” in construction of faculty team. As a result, they have achieved a lot in this aspect.

The Level of Professional Ethics Is Greatly Improved through Construction of Teacher's Ethics

Learn to be an excellent teacher; act as an exemplary person. The school carries out “The Moral Rule for Secondary Vocational School Teachers' Professional Ethics”, and puts emphasis on developing the teachers' morality. The education of teacher's ethics and teaching style is carried out through different channels, at different levels and in different forms. In this school, a long-term mechanism has been established for strict appraisal management. “Teacher's ethics one-vote veto system” has been implemented in

this school. Teacher's ethics is used as the measurement of teachers' performance assessment, post appraisal, employment, further education, selection of the advanced and reward. In order to build healthy academic morality and atmosphere, the school makes a great effort to improve the working system of preventing and punishing academic dishonourable behaviors, which combines education, system and supervision. In this process, they pay special attention to young and middle-aged teachers and further improve the social practice system for young teachers. Models of teacher's ethics are selected to play the role of good examples to all the other teachers. The atmosphere of teaching on the basis of ethics and research on the basis of ethics has been established in this school so as to strengthen the sense of mission and responsibility of all the teachers. At present, teachers love their careers. They not



only impart knowledge but also educate the students. They strive to become models for the students. In the past few years, teachers in the school have been loyal to education.

The teachers dedicate themselves to their teaching career and work hard. A large amount of excellent teachers and educators have appeared in this school. In 2012, twelve teachers were rewarded for their excellent teaching. In a teaching competition in Hefei, 2012, two teachers from this school got a first prize and a third prize respectively. Two teachers got third prizes in courseware design competition in Hefei. And in 2012, the teaching affairs office was awarded the title “Advanced Collective” by Sanlian Group.

Strengthening Training and Introduction of Talents, Improving the Structure of Teaching Staff

This school sticks to the application-oriented principle, strives to innovate working system, and pays special attention to staff training and talent introduction. At present, they have the following missions: First, basic training and education background compensation training. Secondly, teachers’ ethics education, updating and enlarging knowledge structure of the teachers. They also need to improve the ability of teaching, scientific research and innovation, and build a training system of degree education of the teachers, professional knowledge and skill training and high level research. They need to perfect teachers training system, in which the improvement of young and middle-aged teachers professional practice ability and the development of innovation ability should be focused so

as to facilitate teachers’ cultivation and training. “Talent introduction project” should be actively carried out. For this purpose, they need to appropriately adjust and seriously implement high-level talent introduction policy. Based on the requirements of discipline construction, they carry out the principle of combining talent introduction with intelligence introduction, and make policies and measures. In order to attract outstanding talents from other schools to teach in this school, they adopt flexible employment mechanism, and these teachers have played important roles in the construction and development of this school. After a few years’ effort, the professional titles and educational background of the teachers have been greatly improved. Currently, there are 65 full-time teachers in this school, more than 98% of them have at least a bachelor’s degree and 90% of them have intermediate professional titles or above. In addition, there are more than 80 part-time teachers. The ratio of teachers and students meets the basic requirement. In the meantime, the overall quality of teaching staff has obviously been improved, which is helpful for the teaching and scientific research.

Increasing Input, Intensifying Reform, Further Lifting Teachers’ Status

This school puts much emphasis on teaching staff construction. Special funds have been arranged each year according to the requirements of teaching staff construction. These funds are included in the budget and can be used in teacher training, high-level teachers and talents introduction, and so on. Even though the funds are rather

limited, this school increases the investment in teaching staff construction year after year. In the past three years, 100,000 yuan, 150,000 yuan and 200,000 yuan have been used respectively, not including funds for laboratory equipment for high-level talent introduction. They have reformed payment system in this school. A double track payment system, including regular wage and class hour allowance has been established. Performance assessment is used as the basis of payment. With the aim of improving education and teaching levels, teaching and teachers are taken as the priority of payment. On the other hand, they strengthen the post setting management, increase the percentage of teachers, perfect employment system, and provide teachers with more opportunities to be promoted. They have also perfected the payment incentive policy of high-level talents, and strive to improve the environment of working, living and study, for the purpose of heightening all the teachers' happiness. Through all these policies and measures, teachers' central role in running the school, leading role in education and preferential role in payment are intensified. As a result, their professional ideal of long-term teaching and life-long teaching has been consolidated.

Strengthening Construction of Teaching Faculty and Innovation Team, Offering More Opportunities to Young and Middle-aged Teachers

Under the names of “reserving candidates of academy and professional foregoers”, “well-known teachers” and other teaching staff construction pro-

jects supported by the province or the city, they select, cultivate and support a number of well-known teachers and academic leading personnel, who have very strong teacher's ethics, are experienced in profession, good at scientific research, have specific teaching styles and have established a relatively high reputation inside or outside Anhui Province. The talent team construction has achieved a lot. In the past few years, this school has employed 4 academic leaders and 5 professional core teachers. Meanwhile, it also carries out the innovation of scientific research organizing model, trying to form team system and development system with the bases of projects, research expertise, the requirements of key research projects, and discipline or academic leaders. They strive to develop excellent innovation teams which are advanced inside or outside Anhui Province. So far, a core professional teachers and teaching team of nursing has been formed in this school.

Looking forward to the future, this school will continue to insist on the strategy of people oriented and talent oriented, carry out “The Medium and Long-term Development Planning of Education Talent in Anhui Province (from 2010 to 2020)” and “The 12th Five-Year Plan of Education Talent Development in Anhui Province”, focus on the construction of “double-qualified” teaching staff and talent team, and further heighten education and teaching levels of the teaching staff, to ensure the rapid development of this school, and build it into a first class, high level medical school.

(By Liu Hezhong from Anhui Red Cross Medical School)

Tips for Everyday Life during Plum Rain Season

Every year from May to July, there is a plum rain season which usually lasts for 30 to 40 days with continuous rainfall. This season is called plum rain season because it comes when plums get ripe in the lower reaches of the Changjiang River. This season is thought to be uncomfortable with continuous rainfall. It is always hot and wet. Here are tips for everyday life in this period.

Dress: during plum rain season, you'd better wash your clothes more often than usual. It's a good idea to choose the clothes that are easy to wash and dry. When you are in air-conditioned room, you should put on long-sleeved shirt to protect your shoulders, and you also need to wear pants to protect your knees. Even though you feel very hot, you still need to cover yourself with a light sheet at night while sleeping to prevent yourself from being cold. During the day, when you go out, you are supposed to turn off the air conditioner, and then open the window to adjust to the outdoor temperature and put on light clothes. In this season, it is always wet even though it is not raining. As a result, fungi are especially active, which are likely to cause skin diseases in different areas of the human body. To avoid this, special attention should be paid to sanitation. Clothes should be kept dry. If the clothes in your wardrobe contain too much moisture, and there is not adequate ventilation, fungi will grow rapidly. Therefore, for the clothes and bedclothes to be stored, they should be washed and completely dried before being put into a wardrobe. Besides, you should also use such materials as moth balls, bamboo charcoal, wood charcoal or other kinds of dehumidification products, which are available in supermarkets, for the purpose of reducing the moisture of clothes and shoes.

Food: Plum rain season is also a peak period of bacterial food poisoning. You should pay more attention to food and drink to prevent food poisoning. Fresh vegetables are helpful in this period, in particular, the "four kinds of vegetables"—bitter melon, cucumber, white gourd and watermelon. All of them

are appropriate for removing internal heat from human body. Remember not to eat too much raw or cold food, or greasy food to protect your spleen. During plum rain season, foods are easy to become sour or mildewed. When you eat these foods, your gastrointestinal tract will suffer or even be poisoned. When ambient temperature is high, people may lose their appetite, and their physical output might be larger than usual. Therefore, more nutrition is needed. In addition to having more water, vegetables and fruits, meat and eggs are also necessary. Besides, one should not have too much cold drinks or snacks. Foods that are taken from the refrigerator should be heated and overnight foods should be boiled before they are eaten.

Shelter: Humidity is high during plum rain season. Poisonous and harmful components are likely to be kept in the atmosphere indoors for a relatively long time. You need to pay attention to the ventilation of the room. When it is fine, you should dry your bedclothes and clothes in the sunshine. You may also put some quick lime under your bed, corners and other dark areas of the house to absorb the moisture. If you open your windows at different time of the day, the effect will be different. In the early morning, when the sun has not risen, there is a large amount of contaminants in the air. If you open the window at this time, contaminated air will enter your house, which is harmful to your health. In the afternoon, the humidity is relatively high in the air. If you open your window at this time, the temperature indoors will increase and this will facilitate the growth of bacteria. Nowadays, as most houses are equipped with air conditioners, people tend to close their windows all the time to prevent themselves from heat and humidity. The best periods for you to open the window are 7 to 8 o'clock in the morning when the air is fresh, and 17 to 19 o'clock in the afternoon when the humidity is low.

Walking and driving: When you get out in the daytime, you need to put on sun cream. In the meantime, you should also carry sun umbrella, sun-

To Cherish before It's Too Late

Life, time, friendship, love and kinship! How beautiful words they are! And they are all the treasures of our life. However, many of us pay little attention to them. We don't have the insight to realize their invaluable features.

At 14:28 on May 12, 2008, 69227 people were killed in an 8.0 magnitude earthquake. These people lost the opportunity of discovering and cherishing the "treasures" of life.

On March 8, 1935, a well-known Chinese female movie star, Ruan Lingyu, committed suicide at the age of 25; On April 1, 2003, a famous Chinese male movie star, Zhang Guorong, jumped down from a skyscraper when he was 47; On October 31, 2009, a pop singer from the Chinese mainland, Chen Lin, jumped from a building at the age of 36. I wonder what kind of frustration they had experienced that led to these tragedies. I only know that there is only one life for each human being, which is the most valuable in the world and therefore should be highly treasured. Being faced with all the challenges, all we can do is to overcome every difficulty. Failures themselves are not horrible; what is really horrible is to lose the courage to cope with failures and be defeated by them. Life itself is full of hope. Lu Xun, a famous Chinese writer once said, "Hope is accompanied by existence. When there is existence, there is hope, and hope is bright." Treasure your life.

It is time that is the fastest and slowest, longest and shortest, most common and most valuable, most

neglectful and most regretful thing in the world. Honore de Balzac, the most eminent critical realistic French writer in the 18th century, wrote his great work *The Human Comedy*, which was thought to be a miniature of French society in the 18th century. In the last two decades of his life, he finished as many as more than 90 novels and this had a lot to do with his attitude towards life. When he was 51 years old, he believed that there might be a heart attack and asked his doctor how much time he still had, 6 months or 6 weeks? The doctor shook his head in response. He asked anxiously, "6 days at least? Then there is still time for me to write an outline and proofread the 50 volumes that had been published." As a result, Balzac finished his great work *The Human Comedy*. Counting down our life, a necessary reminder for all of us!

With the idea of counting down our life, we will be able to remind ourselves to value our time, overcome harmful life style, and make our life more meaningful. In this way, when the final destination comes, there won't be too much regret in our mind. Time goes by, and it will never come back again. We have to treasure our time.

I wonder whether there is such a group of people around you: When you are happy, you tend to forget them. When you are in difficulties, they come into your mind. They don't expect you to say "thanks" after giving you a hand. You don't have to feel guilty if you interrupt them. No matter whether

hat, sunglasses and so on. At midday, you should avoid exposing yourself to the sunshine. Bring some salt soda water or green tea with you. Having some water will ease the symptoms of fatigue. After supper, you can entertain yourself by doing some appropriate exercises or taking a walk.

Plum rain season doesn't last for a long time every year. However, this season is different from all the other seasons, including spring, summer, autumn

and winter. For those who go to work or go to school, they need to go to bed on time and get enough sleep. They also need to pay attention to their food and drink. For the people who stay at home, including the elderly, they need to relax themselves, do some exercises and keep appropriate eating habits.

(By Zhu Yi from Shanghai Zhuke Transportation Company)

you are in good or bad condition, they always treat you in the same way. There is a common name for all these people, i.e. “friends”. The moment we are crazy, our friends would sound the alarm to us. The moment we feel depressed, they would sooth us. The moment we make mistakes or hurt them unconsciously, they would never care. Friends have taught us how to forgive others. Though friendship is neither as bright as gold nor as rare as platinum, it is really as pure as silver. Though it is neither as vast as the ocean nor as continuous as the Yangzi River, it is as delicate as a stream. We are supposed to treat our friends with kindness but never expect anything in return. Otherwise, our happiness would be greatly reduced. Friendship has a marvelous feature: If we share our happiness with a friend, the happiness will be doubled; if we tell a friend our sadness, half of the sadness will be removed. Friendship is like a flower in a greenhouse, which requires care and love. We should remember our friends before we begin to feel lonely; we should care about our friends before we come down in the world. Friendship should be treasured!

Pure love plays an active part in human’s life. It is the source of happiness. Everyone is eager for pure and beautiful love. Take girls as an example. There is usually a Charming Prince in their minds. Once there was a popular saying on the Internet: “Those who seem charming are not necessarily your Charming Prince. On the contrary, they might be poor monks.” As a matter of fact, the one that is suitable for you is the best. Similar to friendship, love also needs to be attended to. A great man in the world, the Chinese ex-premier Zhou Enlai and his wife, Deng Yingchao, are thought to be a model couple. In their marital life, they observe the following “eight principles”:

“Respect”—the husband respects the wife and vice versa.

“Love”—the couple not only treasure each other’s love, but also create new love continually, in order to refresh their feelings.

“Trust”—both the husband and the wife need to trust each other. It is harmful for them to be suspicious.

“Encouragement”—the couple should encourage each other in their life, study and work, so as to make progress together.

“Compromise”—when something unhappy happens, both the husband and the wife should forgive and comfort each other. It’s unreasonable for one to blame or criticize the other, as this will hurt feelings.

“Forgiveness”—when the husband or the wife makes a mistake, the other ought to forgive him/her, without being too hard on him/her.

“Help”—in daily life, the husband and the wife ought to care about each other and help with each other.

Authentic love is not self-interested. Instead, it is a common effort to work together with your husband or wife. In this progress, egos are upgraded continuously. Please treasure your love!

If a human being loses his/her mother, they are like a flower that is inserted into a bottle. Even though their bright colours and sweets smell remain, they lose their roots. In 1976, when an earthquake hit Tangshan in Hebei Province, a mother was knitting while amusing her five-month-old daughter. When the earthquake broke out, both the mother and the daughter fell into dark ruins. Fortunately, they were not injured, though the kid was scared and began to cry. Realizing that she was hungry, the mother breast-fed her immediately. There was no food or drink for them at all. After 24 hours, mother’s milk dried and the baby’s cry became weaker and weaker. The desperate mother touched a knitting needle and stabbed one of her fingers with it without hesitation before putting her finger into her baby’s mouth. A week later, when a rescue team discovered them, the baby was still alive and sucking her mom’s finger. Meanwhile, the mother was dead. To their surprise, they found that there was a hole in each finger of the mother. The great love of the mother can not be measured.

Some people give up their love for their family because they have to focus on their career. However, for a person who is willing to abandon his/her family, we cannot expect him/her to be loyal to our motherland. In this respect, Mrashal Chen Yi set a



good example for us. He devoted all his life to his motherland and his compatriot, and was said to “give his best till his heart ceases to beat”. Though he was busy with his cause, he never forgot his family. He often paid visits to his mother, doing housework for her and giving her massages. And these warmed his mother from the bottom of her heart.

Through effort, one can succeed in their career. However, affection between family members can never be exchanged with anything else. Therefore, being a son or a daughter, we should remember to pay a visit to our parents now and then. Affection between family members should be treasured!

Human beings, no matter whether they are poor or rich, ordinary or well-known, will pass away with time. Wealth cannot be kept all the time. No matter

how much money you have, it will be used up sooner or later. Beauty cannot be kept all the time. A beautiful girl will grow old. Youth cannot be kept all the time and people will grow old and die. Honor and fame cannot be kept all the time because all the people will go to tomb someday. Since none of these can be kept, there is no need to care about gains and losses.

The largest tragedy of life is the negligence of the present life, not death. A lifetime is not a long period, and we should treat every day as the last day in our life. We should try to have less regrets and less vexation. We should try our best to be well-educated and have a positive attitude towards life. This kind of attitude is healthy and active, which is also the art of life.

(By Yang Lirou from Anhui Sanlian University)

Best Time, Best People

Spring has passed and summer is coming. This is an extreme and beautiful season. There are warm sunshine and kind people around us. Here we help each other. Don't you remember that I encountered you in the best season, at our best ages, when I was an innocent young girl?

I started off in the spring, when there were lots of willow catkins in Hefei. The train roared continually, taking me to a remote southern city in China, where there were our dreams and our achievements. Looking out of the window, all my ideals of life were changed into homesickness. I missed Hefei. But when I looked back at the honor and achievements this job had brought to me, I felt proud of myself. Oh, my life is so substantial, so meaningful!

I like to look down from the balcony of my house, where I can watch heavy traffic on the street, and pedestrians of different ages. There are those people, who are struggling to make a living, including the cleaners, who are sweeping the street, the handicapped, who are begging along the street and the vendors, who are bargaining regardless of the chilly wind in winter or burning sun in summer.

They are satisfied with a small shade in summer or warm sunshine in winter. Contrast to them, I live comfortably in a skyscraper, communicate with the decent clients, and work with my colleagues. There is no reason for me not to work hard.

In the Third Division of Market Department, I have learned a lot from the engineers. They work hard and fear no difficulties. Though in the summer, it is extremely hot here, they still work as usual, regardless of the profusely sweat. I have learned from these people how to be prudent in the process of doing business. I have also learned how to communicate with clients. In order to have a space for the company to promote its products in the highly competitive market, they try every effort to do their work well. They have left a deep impression on me.

I make up my mind to learn from them. I feel lucky to have met these good people at my best age. With their help and encouragement, I gradually grow up and become stronger. They enlighten me with their specific characteristics!

(By Zhou Jun from Sanlian Transportation Company)