

THE CELAC STUDENT VOICE

Protect the Skin

by Yulin Gao

Summer is a good season to go to the beach. The cool sea water can drive away the summer heat. People not only can swim at the beach, but they can also do some interesting activities, such as collecting shells and playing water polo. However, the summer sun is also fierce. It is not easy for people to only wear sunscreen in such weather. Sometimes people still get sunburned even if they have already applied it. After the skin is sunburned, redness, inflammation and other uncomfortable symptoms may appear, and there may even be peeling. In order to alleviate the discomfort caused by sunburn, we need to understand how to quickly relieve the red skin after sunburn.

First, the skin will appear red and painful after sunburn. At this time, we can take some anti-inflammatory medication to reduce swelling and inflammation. Taking anti-inflammatory medication can help us relieve the pain caused by sunburn. Shaving cream can also help reduce pain as most shaving creams contain cooling agents. Sunburned skin will not only have a tingling sensation, but also a burning sensation. Applying cold water or a wet cloth that has been put in the refrigerator can reduce this feeling to a certain extent

Second, sunburned skin lacks moisture. Therefore, it is particularly important to replenish the moisture lost by the skin. Taking a bath is the easiest and most convenient way to replenish water because it can help the blood circulation of the skin and make the skin heal faster. But don't wipe your skin vigorously with a towel while bathing because sunburned skin is fragile. It is also necessary to apply aloe vera juice or gel products. Aloe contains many nutrients, such as vitamin C and vitamin E. These nutrients can fight dryness and protect skin cells.

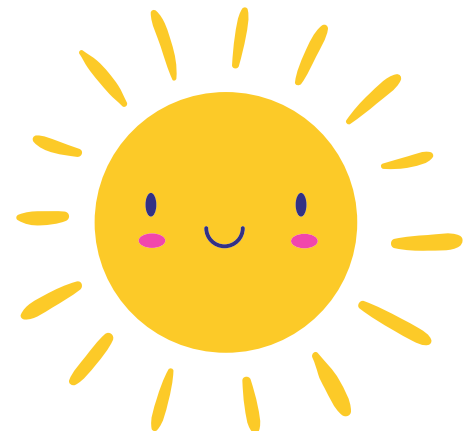
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If people do not have aloe vera, they can use yogurt instead. Like aloe vera, yogurt also contains many vitamins, which are beneficial to protect the skin. When we have to go out, we must take some measures to protect the damaged skin from the sun again. Long-sleeved clothes and hats are both effective measures. In addition, we need to take frequent baths in summer. When we take a bath, warm water need using in the shower. Overheated water may cause secondary damage to the skin.

The skin after sun exposure is very fragile. We need to take some correct methods to relieve the pain it brings us. Due to long-term sun exposure, we also need to moisturize the skin. Finally, we must prevent it from getting worse and have more impact on our lives.



My Life Was Changed

by Xinghui Pan (Pam)

One day I told my mother that I did not want to go to school. My mother was surprised. In her eyes, I had a cheerful personality, went to school on time every day and observed school discipline. Occasionally, I got an A in performance. Generally speaking, I was a perfect daughter in her heart. However, I thought that my future had no direction or goal. I did not know the purpose of studying in school. I was learning like a lifeless robot with no motivation.

After understanding my heart's activities, my mother said to me what she always said since I was very young: "You only need to study hard; you do not need to think about anything other than studying, and then the goal will come." I did not agree with this sentence, and I thought I would live a desperate life...until my first trip to Beijing. This trip completely changed my mind. I learned that the excellent environment of a prestigious school can open people's minds and make our learning and life more powerful.

It was my uncle who suggested I go to Beijing. He believed that Beijing is the capital of China. I could visit some excellent universities, like Peking University, and communicate with proactive people. This could broaden my horizons. When I heard that I could travel to Beijing, I was excited. I was like a bird that had just learned to fly. Even though I was full of curiosity about everything, I was not interested in Peking University because I thought it was just a school. I would rather go to the Great Wall and Tiananmen Square.

Later, I flew to Beijing as I wished, and I reluctantly visited one of the most famous universities in the world-Peking University. When I walked into the campus, everything changed. I walked near a lake on the campus, when the sun was about to set at twilight. In the middle of the secluded lake was a small island. I felt that this school was really scenic.



https://newsen.pku.edu.cn/news_events/news/campus/8498.htm

Next to the beautiful scenery, the English-speaking club was active. I was attracted by their voices and slowly walked into their team. There were different faces in their community from all over the world. The youngest child was about 10 years old, and there was an old man over 70 years old. They were talking to each other in English and sharing their day with each other. This scene impressed me deeply. Everyone was full of hope and motivation. Also, I had the honor to visit the university's library. Although the library was full of tourists and strangers, everyone was focused on learning, despite any external noises. They had such a different learning attitude from mine. I was thinking that this might be the impact of an environment on people. My learning attitude was bad compared to them, but I thought it was time to change my mood toward studying. Although the change of the environment is only a small matter, the impact on me is significant.

When I went back to the school in my hometown my mood changed a lot. I had not worked hard enough and I didn't have a clear study goal, so first I specified a clear goal. I wanted to take the entrance examination of Peking University. This goal was far away, but it was my motivation for learning. Although I did not achieve this goal, it laid the foundation for me to choose to go abroad because I wanted to accept a different educational environment and get to know different people.

Since visiting Peking University, I continue to study hard every day. Learning is endless for us and studying hard can change our lives. Eventually, I went from a little girl who did not like to read to an adult who studies in the United States.

Prepare to Die

by Camila Fernandes da Silva

The Princess Bride is an American movie released in 1987, based on the book of the same name written by William Goldman. The fantasy/adventure/comedy movie was directed and produced by Rob Reiner, and also produced by Andrew Scheinman. Consisting of a sumptuous cast where the actors are still remembered for their roles, *The Princess Bride*, with its engaging and captivating plot, has left its legacy in the history of filmmaking.

The movie is a narrative told by a grandfather as a bedtime story for his grandson. The tale takes place in the fictional kingdom of Florin where a delicate, charming girl named Buttercup (Robin Wright) lives with the company of her employee, Westley (Cary Elwes), who every time she asks him to do an errand always answers, "As you wish". After some time, Buttercup and Westley fall in love and he travels in search of prosperity so the two can marry. However, when his ship is attacked by the Dread Pirates Roberts, known for their cruelty, Westley is presumed dead, and Buttercup finds herself adrift and deprived of her true love.

Years goes by and the future king of Florin, Prince Humperdinck, proclaims his intentions of marrying Buttercup, even against her will, and the princess finds herself without choices but to marry the frightful prince. All the same, before the wedding, Buttercup is kidnapped by a crew of not so common thieves, one of them being a Sicilian man named Vizzini (Wallace Shawn), a giant named Fezzik (Andre the Giant), and a Spanish fencing master named Indigo Montoya (Mandy Patinkin) who is in search of revenge for his dead father. As the tale goes, a Man in Black appears in one of the many terrifying moments in Buttercup's life and in an emotional struggle at the top of the Cliffs of Insanity, the Man in Black fights the thieves in order to protect Buttercup, who without knowing, makes a lifechanging mistake. After all the drama, suffering, and a bit of comedy with unforgettable speeches, Westley and Buttercup finally manage to find the way back to each other's arms and give each other the long-awaited passionate kiss.



<https://www.20thcenturystudios.com/movies/the-princess-bridet>

When *The Princess Bride* was released in the theaters it did not make much of an impression. However, over the years, the movie has become a cult classic with extraordinary speeches that are quoted by their fans in our time. Its legacy are the actors' impeccable performances of brilliant characters and an incredible ending.

According to K.B. Hoyle a journalist from the Christ X Pop Culture website, "When the grandfather reads the story to his grandson, he invites us all to sit at his knee and listen. He invites us to be children again" (24 Sept. 2019). She perfectly expresses how the story is much more than just a love story; it is a story of love between a grandfather and his grandson. Hoyle also states, "It is a story that will never go out of style because it will never go out of style for a grandfather to read to his grandson, and what happens in a child's imagination is timeless" (24 Sept. 2019). Nowadays, *The Princess Bride* maintains its colossal success, for those who appreciate a traditional tale with a certain acid humor that only the 1980s possessed, combined with the innocence of childhood. Even if you are not a fan of this genre, the almost two hours of movie are worth your time.



Camila

I am Camila from Sao Paolo, Brazil. My favorite book is Wuthering Heights by Emily Bronte, and I enjoy rock music and cheesecakes.



Pam

I'm from Taiwan. My major was Food Nutrition when I was in the university in my hometown. I like to watch videos, especially Korean dramas.



Yulin

My name is Yulin Gao. I come from China. My major in university is Communication Engineering. I like reading, listening to music, and watching movies.