

常青藤语言教学中心  
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Everyday English Notes

每天读点好英文

# 致我们终将逝去的青春

To Our Eventual  
Lost Youth

吴文智 主编



海豚出版社  
DOLPHIN BOOKS  
中国国际出版集团

# Everyday English Notes

## 在原汁原味的英文中，每天进步一点点

### 01 学英语不再枯燥无味！

内文篇目均取自国外最经典、最权威、最流行的读本，中英双语，适于诵读，提升阅读能力；

### 02 学英语不再沉闷辛苦！

本书精选英语学习中最关键、最核心的句型以及必备的单词，不用买厚重如字典的书籍，就能与老外对答如流，提升会话能力；

### 03 学英语不再学了就忘！

每篇文章后附词汇、句型、阅读及语法练习，用最短的时间、最有趣的方式就能完成复习与巩固，提升语法能力；

### 04 学英语不再乱无章法！

本书遵循语言学习的自然规律，将英语学习的知识点贯穿在阅读中，并逐一详解，使英语能力在潜移默化中得到提升！

#### 吴老师的话：

按部就班做好阅读计划，才能有效地学习。每天花10分钟诵读一篇文章，学4个单词、3个句型、2个词组，30天就能提升英语能力。记住，别忘了大声诵读哦！



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## 爱你的朋友

佚名

幼儿园时，心目中的好友是把红蜡笔借你，自己只留下丑陋的黑蜡笔的那个人。

小学一年级时，心目中的好友是与你牵手走过令人恐慌的大厅去洗手间的那个人。

二年级时，心目中的好友是帮你对付班上那个欺负弱小的坏家伙的那个人。

三年级时，心目中的好友是当你把午餐落在公交车上，愿与你分享他那份的那个人。

四年级时，心目中的好友是在体育馆愿与你交换舞伴，使你不再忍受讨厌的尼克或邋遢的苏珊的那个人。

五年级时，心目中的好友是在公交车上给你占座位的那个人。

六年级时，心目中的好友是帮你邀请暗恋的人跳舞，使你免遭被拒绝的尴尬的那个人。

初中一年级时，心目中的好友是在交作业的前夜，把社会调查借给没完成作业的你抄袭的那个人。

初中二年级时，心目中的好友是在帮你收拾好玩具和旧棒球卡后，不会嘲笑你的那个人。

初中三年级时，心目中的好友是与你一起参加高年级学生聚会，使你不会因是那里唯一的新生而拘谨的那个人。

高中一年级时，心目中的好友是为了陪你共进午餐，甘愿改变日程安排的那个人。

高中二年级时，心目中的好友是愿借新车给你开，并让你的父母相信你会安然无恙的那个人；在你孤立后，为你重找舞伴的那个人。

高中三年级时，心目中的好友是帮你挑选大学，助你顺利入学，并安抚你的父母适应你不在身边的那个人。

毕业时，心目中的好友是掩饰内心的悲伤，将笑容绽放在脸上的那个人。

高中三年级后的那个夏天，心目中的好友是聚会后帮你清理“战场”的那个人；是在你不能应对父母时帮你逃离家门的那个人；是使你和暗恋的人终成眷属的那个人；是当你泪眼婆娑地回首已逝的18年时光时，为你整理上大学的行囊并默默拥抱你的那个人；更重要的，也是那个送你启程去大学，让你知道始终有爱伴随你的那个人。

如今，你心目中的好友仍是给你带来更好的机会，在你害怕时紧紧握住你的手，帮你反击那些对你图谋不轨的人；当你不在时会经常想起你，在你需要继续依赖那些以往的回忆时会及时给你提醒，竭尽所能为你挤时间，帮你改正错误，缓解各方面的压力，在你忧伤时逗你开怀大笑，帮你变得更加完美的人。最重要的是——他们永远爱你！

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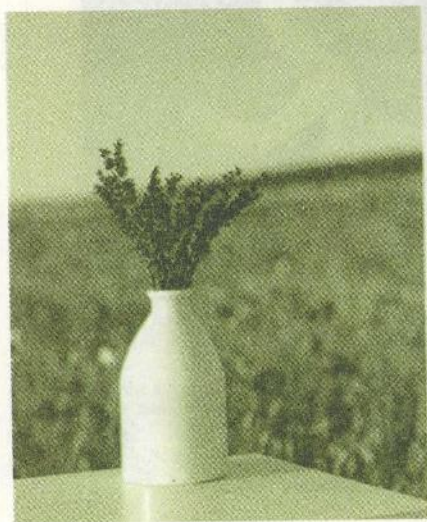
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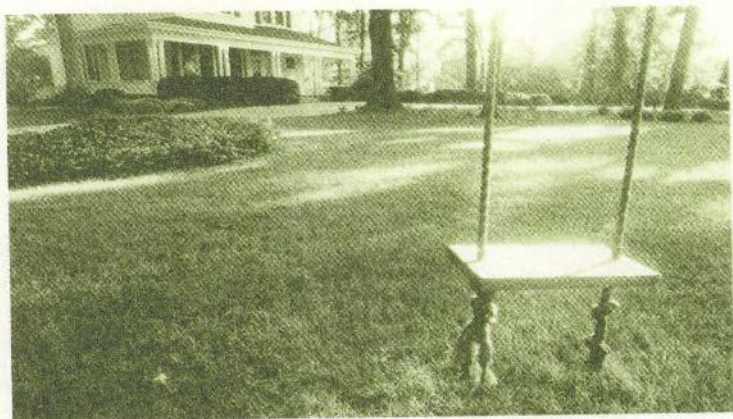
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*To Our Eventual Lost Youth*

Friends Are the Sunshine in Winter





无论你身处何方，你的境遇如何，你身边的人都会给你支持与鼓励，让你的心在感动中慢慢成长。

1

CHAPTER

Friens Are the Sunshine in Winter  
朋友是冬日的暖阳



## 友谊赞歌

### A Story about Friendship

佚名 / Anonymous

One day, when I was a **freshman** in high school, I saw a kid from my class was walking home from school. His name was Kyle. It looked like he was carrying all of his books. I thought to myself, "Why would anyone bring home all his books on a Friday? He must really be a nerd." I had quite a weekend planned (parties and a football game with my friends tomorrow afternoon), so I **shrugged** my shoulders and went on.

As I was walking, I saw a bunch of kids running toward him. They ran at him, knocking all his books out of his arms and tripping him so he landed in the dirt. His glasses went flying, and I saw them land in the grass about ten feet from him. He looked up and I saw the terrible sadness in his eyes. My heart went out to him. So, I jogged over to him and as he

crawled around looking for his glasses, I saw tears in his eyes. As I handed him his glasses, I said, "Those guys are jerks. They really should be punished." He looked at me and said, "Hey, thanks!" There was a big smile on his face. It was one of those smiles that showed real **gratitude**.

I helped him pick up his books, and asked him where he lived. As it turned out, he lived near me, so I asked him why I had never seen him before. He said he had gone to private school before now. I would have never hung out with a private school kid before. We talked all the way home, and I carried some of his books. He turned out to be a pretty cool kid. I asked him if he wanted to play a little football with my friends. He said yes. We hung out all weekend and the more I got to know Kyle, the more I liked him, and my friends thought the same of him.

Monday morning came, and there was Kyle with the huge stack of books again. I stopped him and said, "Boy, you are gonna really build some serious muscles with this pile of books everyday!" He just laughed and handed me half the books. Over the next four years, Kyle and I became best friends. When we were seniors, we began to think about college. Kyle decided on Georgetown, and I was going to Duke. I knew that we would always be friend, that the miles would never be a problem. He was going to be a doctor, and I was going for business on a football scholarship.

Kyle was **valedictorian** of our class. I teased him all the time about being a nerd. He had to prepare a speech for graduation. I was so glad it wasn't me having to get up there and speak. Graduation day, I saw Kyle. He looked great. He was one of those guys that really found himself during high school.

He filled out and actually looked good in glasses. He had more dates than I had and all the girls loved him. Boy, sometimes I was jealous. Today was one of those days. I could see that he was nervous about his speech. So, I smacked him on the back and said, "Hey, big guy, you'll be great!" He looked at me with one of those looks (the really grateful one) and smiled. "Thanks," he said.

As he started his speech, he cleared his throat, and began. "Graduation is a time to thank those who helped you make it through those tough years. Our parents, our teachers, our siblings, maybe a coach but mostly our friends. I am here to tell all of you that being a friend to someone is the best gift you can give them. I am going to tell you a story." I just looked at my friend with disbelief as he told the story of the first day we met. He had planned to kill himself over the weekend. He talked of how he had cleaned out his locker so his Mom wouldn't have to do it later and was carrying his stuff home. He looked hard at me and gave me a little smile. "Thankfully, I was saved. My friend saved me from doing the unspeakable."

I heard the gasp go through the crowd as this handsome, popular boy told us all about his weakest moment. I saw his Mom and Dad looking at me and smiling that same grateful smile. Not until that moment did I realize its depth. Never underestimate the power of your actions. With one small gesture you can change a person's life. For better or for worse. God puts us all in each other's lives to impact one another in some way. Look for God in others. As you can see, "Friends are angels who lift us to our feet when our wings have trouble remembering how to fly."





上高一时的一天，我在放学路上看到了同班的一个男孩，名叫凯尔。他好像把所有的书都带上了。我心想：“谁会在周末把书都带回家啊？他一定是个书呆子。”我的周末已经有了计划（参加聚会，明天下午和朋友去踢足球），因此我耸耸肩，继续往前走。

正走着，我看到一帮孩子朝他跑去。他们冲过去打掉凯尔怀中的书，并将他绊倒在脏地上，眼镜也飞了出去，落在离他约10英尺的草地上。他扬起脸朝上看时，我看到了他眼中的悲哀。我有些同情他，于是跑到他身边。当时，他正趴着找眼镜，我看到他的眼中噙着泪水。我把眼镜递给他，说：“他们简直无聊透顶，真应该受到惩罚。”他看着我说：“嗨，谢谢！”然后很灿烂地笑了。那个笑容展现了真正的感激之情。

我帮他捡起书，问他住在哪里。原来他跟我住得很近，于是我问为什么从未见过他。他说他以前在一家私立学校上学。在这之前，我是从来不与私立学校的孩子打交道的。我帮他抱着一些书，和他聊了一路。他很帅，很酷。我问他是否愿意和我们一起踢足球，他同意了。于是我们玩了一个周末。而且我对凯尔有了更深的了解，也越喜欢他了，我的朋友们也有同感。

星期一的早上，他又抱着那一大堆书。我挡住他，说：“好家伙，你真要每天抱着这些书锻炼肌肉啊！”他只是微微一笑，把半摞书递给我。接下来的四年中，我们成了最好的朋友。临毕业时，我们开始考虑上大学的事。凯尔决定上乔治敦大学，而我准备去杜克大学。我知道距离不是问题，我们永远都是朋友。他想当一名医生，而我获得了橄榄球奖学金，准备去学商务。

凯尔将代表我们班致告别辞。我一直取笑他是个书呆子。他要为毕业典礼准备演讲稿，而我真开心自己不用上去演讲。毕业那天，我看到了凯尔，他简直帅呆了。在高中，他简直如