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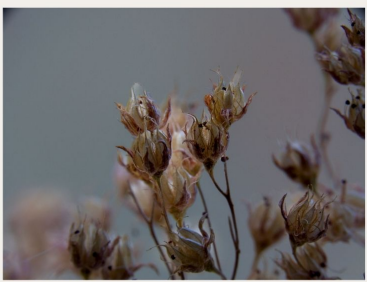
Author: Tianhe S

Why Scenery Can Heal the Mind

When you're tearing your hair out over an endless pile of homework, or feeling weighed down by exams and other vexing issues, have you ever tried stepping outside? Maybe sitting on the grass in a park for a while, or simply looking up at the clouds drifting across the sky?

Strangely enough, after spending just a short time in nature, those troublesome worries that were giving you a headache seem to be largely blown away by the breeze. What kind of magic does scenery hold that can instantly heal a bad mood? It's not mysticism; there are fascinating scientific and psychological secrets behind it.

A "Clear Screen" Button for the Brain



In our daily lives, our attention span is constantly being drained, much like a mobile phone battery. Scrolling through short videos, solving math problems, staring at the blackboard—these activities require the brain to engage in "directed attention." Over time, the brain begins to "overheat and lag," leaving us feeling irritable and exhausted.

However, when we step into nature, the brain switches to a mode known as "involuntary attention." The rustling of leaves in the breeze, the shimmering light dancing on the water, the slowly shifting colors of the sunset—these sights and sounds require no strenuous thought or analysis. Scenery acts like a soft, gentle cloth, wiping away the cluttered "pop-up windows" on our mental screen and allowing our constantly tense nerves to fully relax.

Nature's Built-in "Noise-Canceling and White Noise" Playlist

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The clamor of the city—piercing screeching brakes, the drone of power drills during renovations, the ticking of an alarm clock—can unconsciously spike our body's stress hormones. In contrast, natural landscapes always come with a soothing combination of sights and sounds.

Psychological research has found that the rustling of leaves, the patter of raindrops, and the rushing of a stream all function as natural white noise. With their steady, gentle rhythms, they act like an all-natural lullaby, quickly quieting the brain's "anxiety alarm," slowing the heart rate and breathing, and bringing the entire body into a state of calm. 3. Broaden your horizons, and your worries will "shrink" When we spend long periods in a cramped room or keep our eyes glued to a small smartphone screen, our field of vision is restricted. Consequently, our mental outlook tends to narrow, causing even minor setbacks to feel vastly magnified.





However, when you stand atop a mountain overlooking rolling peaks or sit by the sea gazing at endless waves, your perspective expands boundlessly. Faced with such vastness, the worries that usually feel suffocating suddenly seem as insignificant as a single grain of sand on the beach. This spontaneous sense of openness sends a psychological signal: the world is so vast that the little trouble right in front of you is actually no big deal.

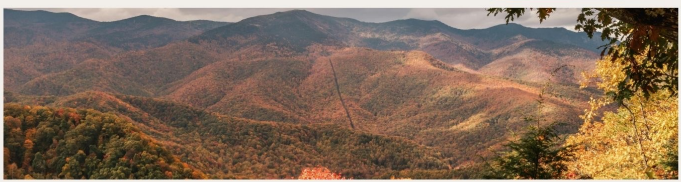
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A "happy chemical reaction" within your body

Stepping outdoors to enjoy the scenery triggers subtle, positive changes in your body:

- The magic of sunlight: Soaking up the sun boosts the body's production of serotonin. Known as the "happiness hormone," it is a natural remedy for dispelling low moods.
- The fragrance of plants: Trees and flowers release natural aromatic compounds called phytoncides. Breathing in these scents activates the parasympathetic nervous system, boosts immunity, and noticeably alleviates fatigue.
- Visual soothing from greenery: Expanses of green and soft natural light provide the ultimate relaxation for your eyes, directly relieving the headaches and exhaustion caused by eye muscle strain.





Scenery acts as a "free charging station" that is always open to you.

Next time you feel tired, frustrated, or unable to focus on your studies, try putting aside what you are doing and stepping outside. Go look at the fresh buds on the roadside branches or feel the gentle evening breeze. Nature may not speak, but it quietly heals everyone with its vast, all-embracing arms.

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Author: Tianhe S

Why is everyone talking about "autonomous driving" when so many cars still lack the feature?

In sci-fi movies, cars of the future are always cool and intelligent: you simply lie back in the rear seat, say "take me to school," and the car—acting like a seasoned pro—weaves through traffic to deliver you safely to your destination. In reality, while major automakers hype up intelligent driving at every launch event, a look at the cars driven by your parents or the taxis on the street reveals that the vast majority still require a human to keep a firm grip on the steering wheel. Intelligent driving may sound omnipotent, but its widespread adoption is stalled by several real-world "speed bumps."





The most immediate reason is the high cost. Enabling a car to "see" the road and make decisions isn't as simple as installing a navigation app; it requires outfitting the vehicle with a top-tier "Iron Man suit." Expensive LiDAR sensors and ultra-high-definition cameras must be embedded around the body to serve as "eyes that see for miles," while a chip with immense computing power acts as the "super-brain" inside. This high-tech package can easily add tens of thousands of yuan to the price tag; if a standard family car—normally costing around 100,000 yuan—doubles in price just to include these features, most families would likely shake their heads and say, "I'll just drive it myself."

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It isn't just the hardware that’s expensive; the "machine brain" is often stumped by "out-of-syllabus" challenges on the road.



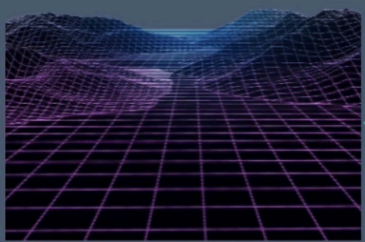
Human drivers rely on remarkable vision and intuition; even in torrential rain, dense fog, or glare from puddles—or when lane markings are obscured by mud—we can navigate through based on experience. Intelligent driving systems, however, rely entirely on data. If heavy rain blinds the cameras, or if the system encounters a puppy darting out from the roadside greenery, a truck ahead carrying strangely swaying steel bars, or a paint bucket placed haphazardly at a construction site, the algorithms can instantly become "confused." On the road, where lives are at stake, there is no room for error; teaching a system to handle the myriad, unpredictable situations of the real world requires feeding it massive amounts of data for gradual training.



Even if the technology itself is up to the task, the boundaries regarding regulations and liability present a difficult dilemma. When driving a conventional car, liability for traffic violations or minor collisions is clear-cut.

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However, with autonomous vehicles, the question of blame becomes complex: should the fault lie with the owner for failing to brake, the manufacturer for a defective part, or the programmer who wrote the code? Currently, most regulations worldwide still hold the "human driver" primarily responsible. Since many systems marketed as "autonomous" are actually just driver-assistance features—requiring hands to remain on the wheel at all times—consumers see little reason to pay a premium for them, knowing they still bear the ultimate responsibility. Consequently, automakers are proceeding with extreme caution regarding the rollout of fully autonomous driving.





Then there are the hassles and delicate nature of daily maintenance. A minor scrape on a standard car can be fixed with a simple paint job costing a few hundred yuan. In contrast, if the bumpers are packed with high-precision radar, even a minor rear-end collision could shatter expensive sensors; repairs can run into the tens of thousands of yuan and require professional recalibration. These daunting maintenance costs deter many early adopters who might otherwise be interested in the technology.

The adoption of new technology is like climbing a flight of stairs, and intelligent driving—as a "novice"—is still striving to evolve. Only when hardware becomes cheaper and algorithms smarter will it truly find its way into households everywhere.

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Author：David M

The Truth Behind the 38% Profit Drop: What Kind of "Transformation" Is Alibaba Undergoing?

Alibaba’s recently released earnings report for the first quarter of the 2027 fiscal year (ending June 30, 2026) vividly reflects the transformation pains and industry realities currently facing major Chinese internet companies.



In short, the report presents a stark contrast—a tale of "fire and ice": while revenue and the AI cloud business showed impressive growth, profits faced immense pressure, and the traditional core business encountered bottlenecks.

Specifically, the core issues and industry landscape revealed by the report manifest in the following areas:

1. Revenue Growth Without Profit Growth: Profit Decline Amidst Surging Capital Expenditure.Alibaba’s total revenue for the quarter was approximately RMB 268.95 billion, a year-over-year increase of 9% that exceeded market expectations; however, net profit saw a sharp year-over-year decline, with Non-GAAP net profit falling 38% to RMB 20.72 billion.

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The reason lies in "massive spending on infrastructure": quarterly capital expenditure (CapEx) reached nearly RMB 67.7 billion, a staggering 75% year-over-year increase. To secure a first-mover advantage in large language models, computing power clusters, and self-developed chips (such as the T-Head "Zhenwu" series), Alibaba poured vast amounts of capital into AI cloud infrastructure.

Industry Signal: Major Chinese internet companies have shifted from the era of "asset-light, high-margin" operations and are now fully embroiled in a "heavy-asset computing power arms race," which is significantly suppressing overall profit margins in the short to medium term.



2. Monetization Pressure on the Core E-commerce Business (Slowing CMR)
Although Alibaba has consolidated its domestic e-commerce, cross-border e-commerce, and on-demand retail operations into a unified "Alibaba E-commerce Group," Customer Management Revenue (CMR)—a key metric for its core domestic e-commerce business—declined by 7% year-over-year.

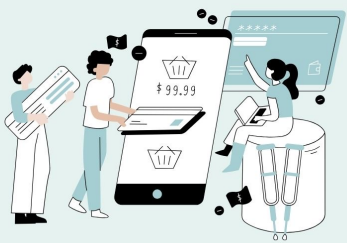
The Root Issue: A stratified consumer landscape and the exhaustion of e-commerce traffic dividends. Facing intense traffic diversion to platforms like Pinduoduo, Douyin, and Kuaishou, Alibaba has had to increase subsidies and support for merchants, putting pressure on its overall monetization rate; even as the number of "88VIP" members grows, average order value and transaction conversion rates remain influenced by broader market sentiment

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3. Challenges of Transition and Synergy During the Shift from Old to New Growth Drivers

New engines are accelerating: Alibaba Cloud's external commercial revenue surged 45% year-over-year, with revenue from AI-related products experiencing triple-digit growth for over a dozen consecutive quarters.

Risks of a gap: Despite the rapid growth of AI cloud and computing power services, their absolute scale—in terms of both total revenue and profit—cannot yet fully offset the profit contraction in the traditional e-commerce business in the short term. While these new engines are running fast, they are not yet large enough to shoulder the primary burden of growth on their own.



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Young Performers Bring Music and Magic to Seniors at Aegis Living Fremont

FREMONT, CA — On the morning of Sunday, August 30, a group of talented young performers visited Aegis Living Fremont, bringing a vibrant showcase of music and magic to local seniors. The Bistro room quickly came alive with delightful melodies and interactive entertainment that brightened the residents' day.



The performance highlighted a diverse range of student talents, featuring Connie Liu, Cindy Peng, Kaiyu Wang, Steven Pi, and Bronwyn Burnside. Blending graceful piano pieces, expressive vocals, smooth saxophone melodies, and rich cello harmonies, the musicians crafted an inviting atmosphere filled with warmth and nostalgia.



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A standout moment of the morning was a captivating magic performance by Joselyn Ma. Her interactive card tricks completely captured the room, mesmerizing the audience with skillful sleight of hand. The act quickly became a crowd favorite, drawing enthusiastic applause, gasps of wonder, and cheerful laughter from the seniors.





The visit concluded on an uplifting note as the young volunteers gathered with the residents for a group photo. The memorable morning created a meaningful intergenerational connection, showcasing how music and the arts can bring joy to the senior community.



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