

The starting gun sounds in the stadium with a loud bang! The crowd watches the UK's Derek Redmond take off, and many think he has a good chance of winning the race. Years of training and dedication have brought him to this moment: a four-hundred-meter race at the 1992 Olympics in front of a crowd of 65,000. He has his heart set on winning a gold medal. Four years ago, he was forced to miss the Olympics due to an injury, but now this is his moment. This is his time to show the world what he can do. One hundred meters. He's hungry for success. Now he must speed up. He races ahead of the others, and the medal feels closer with every step. One hundred and fifty meters....

Suddenly, he feels a sharp pain in his leg. The pain is unbearable, and he grabs his powerless limb in horror. Immediately, he realizes what has happened: his right hamstring is completely torn. All eyes in the crowd are on him, watching him collapse to the ground in pain. In spite of starting off strong, he has now lost both the race and his dream.

Within seconds, medical staff members rush to his side. But before they can reach him, Derek slowly and painfully rises to his feet. Somehow, he finds the courage to keep going. Somehow, he finds the strength to finish the race. In tears, he hops toward the finish line. He doesn't even hear the officials trying to stop him. The whole stadium stands and cheers in support. There's only one thing on his mind: finishing the race despite the burning pain. Nothing else matters.

As he keeps moving forward, Derek suddenly feels a familiar arm around him. Derek's father, Jim, has run down from his seat in the stands and has made his way past the security guards and officials. No one can stop him from helping his son. With tears in his eyes he says, "You don't have to do this, son! You're already a champion. You've got nothing to prove." "Dad, I have to finish this!" is all that Derek replies. "In that case, my boy, we're going to finish this together!"

Arm in arm and in tears, the Redmonds struggle toward the finish line in one of the greatest moments in Olympic history. Pride, courage, and a father's love carry them through as 65,000 emotional spectators watch in admiration and respect. The people of the world have seen someone fall and rise again—despite the disappointment, despite the pain. They have seen the heart of a champion.

“Ladies and gentlemen, this is your captain speaking. We’ve now reached an altitude of thirty thousand feet and will be serving breakfast soon. But I must warn you that it might taste a little different from what you’re used to. And...you probably won’t enjoy it as much as you do on the ground. Please remember that this isn’t our fault. Thanks, and enjoy your flight!”

Needless to say, you’ll never hear an announcement like this. However, research has shown that it’s not the airlines’ fault if in-flight food tastes a little “special.” For a start, believe it or not, your tongue doesn’t work the same up in the air. Because of the lower humidity and air pressure in the airplane cabin, your tongue is actually not as sensitive to different flavors as it usually is. Similarly, your nose, which normally helps you distinguish between different tastes more accurately, becomes so blocked that it doesn’t function well high in the sky.

You can’t just blame your tongue and your nose when the food on your plate doesn’t taste so great, because even your ears can affect how much you enjoy your meal. An airplane cabin can be quite a noisy place where passengers’ attention is often distracted from what they’re eating. In fact, experiments have indicated that food doesn’t taste as sweet or salty under noisy conditions as it does in a quieter environment. Your cuisine in the clouds, therefore, might taste quite bland because of the noise of the airplane engines.

Of course, airlines have realized how our organs are affected during a flight and have come up with different solutions to the problem. Firstly, they usually add more flavoring to the dishes that are served during flights to make them tastier. They’ve also introduced more savory ingredients to their in-flight recipes, such as tomatoes, mushrooms, and spinach, because of their rich flavor. In comparison with other foods, these remain yummy, regardless of the height of your tummy! In addition, some airlines like British Airways have even tried providing passengers with nasal sprays before meals. These sprays, the airlines say, can help clear passengers’ stuffy, dry noses and therefore improve their high-altitude dining experience.

“We will soon be landing, ladies and gentlemen. Hope you’ve had a pleasant flight and enjoyed your in-flight meals. We look forward to serving you again soon. Safe travels!”

Science had always been Aylmer's first love, but he decided it was time to put aside his experiments and marry. Soon, he found Georgiana, a nearly perfect bride. Despite her beauty and grace, there was one detail he couldn't ignore. It was a small, red, hand-shaped birthmark on her left cheek.

One night, Aylmer dreamed of removing this imperfection. In his dream, he tried desperately to get rid of it with a knife. However, the deeper the knife went, the deeper the mark sank. At the end, the mark looked like a little hand that held Georgiana's heart. Georgiana heard her husband's cries, so the next day, she asked him whether he had had a nightmare. Reluctantly, Aylmer described what had happened in his terrible dream. Georgiana didn't want her imperfection to keep bothering her husband, so she encouraged him to use his knowledge to remove it.

The following day, Aylmer opened the doors of his laboratory to his wife. As soon as Georgiana entered, she felt cold and shivered. Aylmer drew closer to check on her but was shocked by the sudden glow of the birthmark. At that moment, Georgiana fainted. Aylmer was deeply worried and tended to her until she came around. From then on, the couple secluded themselves in the laboratory. When Aylmer was busy with his experiments in the inner room, Georgiana would look through his scientific journals. During these moments, Georgiana saw Aylmer's frustration with his unsuccessful experiments, and she loved him all the more for his stubborn determination.

One day, when Aylmer went to the inner room to work, Georgiana felt a strange urge to follow him. Carefully, she entered the room for the first time. When Aylmer saw Georgiana, he flew into a rage. For one thing, he needed all his concentration to prepare such a powerful potion. For another, he questioned whether Georgiana trusted him. In tears, Georgiana explained that she certainly believed he could make the mark disappear forever. Her sincerity led him to confess that he had long subjected her to certain treatments, all without success. In his hand, however, he held a formula that he believed could not fail.

To prove its power, Aylmer poured this mixture onto a diseased plant, miraculously restoring it to health. Georgiana then drank the same potion and quickly fell asleep. When she slept, Aylmer was more than glad to see the birthmark start to fade. As he admired his work, he became filled with pleasure and pride.

His happiness, sadly, did not last. Though the mark was hardly visible when Georgiana woke up, her face had turned sickly pale. She felt her life slipping away and told Aylmer that she was dying. He watched the final trace of Georgiana's birthmark fade. With its disappearance, she took her last breath and departed the world. Aylmer was all alone, feeling a heavy weight of deep regret in his heart.