

English Broadcast

XX中学广播站英语板块稿件

合订本

The Combined Version

第 1 卷

2015.12 - 2016.10

Episode 1, 2, 8, 15, 18, 19*

Log Creative 供稿本

播音员 **Broadcaster**

李子龙 高二（28）班

李雅雯 高二（10）班

王 淳 高二（10）班

(LC) No. 0082 第 1 期	03
(LC) No. 0083 第 2 期	10
(LC) No. 0085 第 8 期	12
(LC) No. 0086 第 15 期	17
(LC) No. 0112 第 18 期	21
第 19 期 Final English Broadcast – Say Goodbye	25

说明 **Notice**

本合订本包含的只有 B 组广播员英语板块稿件。

版权所有，翻版必究。

Copyright (LC) 2015–2016, All Rights Reserved.

引用文的版权归属原作者，禁止商业使用。

2016 年 11 月 19 日 再版 2018 年 6 月 26 日 发布

Episode 1

Things work out 守得云开见月明

By Edgar A. Guest 钟健鸣/译

Because it rains when we wish it wouldn't,
Because men do what they often shouldn't,
Because crops fail, and plans go wrong
Some of us grumble all day long.
But somehow, in spite of the care and doubt,
It seems at last that things work out.

Because we lose where we hoped to gain,
Because we suffer a little pain,
Because we must work when we'd like to play-
Some of us whimper along life's way.
But somehow, as the day always follow the night
Most of our troubles work out all right.

Because we cannot forever smile,
Because we must trudge in the dust awhile,
Some of us whimper that life's all wrong.
But somehow, we live and our sky grows bright,
And everything seems to work out all right.

So bend to your trouble and meet your care,
For the clouds must break, and the sky grows fair.
Let the rain come down, as it must and will,
But keep on working and hoping still.
For in spite of the grumblers who stand about,
Somehow, it seems, all things work out.

只因阴晴未必如我们所愿
只因人们未必都积德行善
只因作物欠收，计划流产
我们中的一些人就终日抱怨
但即使经历忧虑与质疑
事情似乎终会好转

只因我们求胜之心落空
只因我们受到少许痛楚
只因我们必须工作而未能玩乐
我们中的一些人就一生嗟叹
黑夜之后必是黎明
我们的困难大多能圆满解决

只因我们无法永远微笑
只因我们要在泥尘中跋涉
我们中的一些人就哀诉生活多磨难
但我们挺过来了，守得云开见月明
一切事都终得顺利解决

所以，迎难而上，直面忧虑，
因为乌云终将散去，天空必定晴朗
让雨洒下，它必须如此，不可逆转
但请继续努力并始终希冀
尽管到处都有发牢骚的人
但无论如何，一切事情总会好转

When You Are Old 当你老了

By William Butler Yeats 袁可嘉/译

When you are old and grey and full of sleep,
And nodding by the fire, take down this book,
And slowly read, and dream of the soft look,
Your eyes had once, and of their shadows deep;
How many loved your moments of glad grace,
And loved your beauty with love false or true,
But one man loved the pilgrim soul in you,
And loved the sorrows of your changing face;
And bending down beside the glowing bars,
Murmur, a little sadly, how love fled,
And paced upon the mountains overhead,
And hid his face amid a crowd of stars.

当你老了，头白了，睡意昏沉，
炉火旁打盹，请取下这部诗歌，
慢慢读，回想你过去眼神的柔和，
回想它们昔日浓重的阴影；
多少人爱你青春欢畅的时辰，
爱慕你的美丽，假意或真心，
只有一个人爱你那朝圣者的灵魂，
爱你衰老了的脸上痛苦的皱纹；
垂下头来，在红光闪耀的炉子旁，
凄然地轻轻诉说那爱情的消逝，
在头顶的山上它缓缓踱着步子，
在一群星星中间隐藏着脸庞。

Never to Accept Pay for a kindness 施以爱心，不求回报 By Azriela Jaffe

One day, a poor boy who was trying to pay his way through school by selling goods door to door found that he only had one dime left. He was hungry so he decided to beg for a meal at the next house.

However, he lost his nerve when a lovely young woman opened the door. Instead of a meal he asked for a drink of water. She thought he looked hungry so she brought him a large glass of milk. He drank it slowly, and then asked, "How much do I owe you?"

"You don't owe me anything," she replied. "Mother has taught me never to accept pay for a kindness." He said, "Then I thank you from the bottom of my heart." As Howard Kelly left that house, he not only felt stronger physically, but it also increased his faith in God and the human race. He was about to give up and quit before this point.

Years later the young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where specialists can be called in to study her rare disease. Dr. Howard Kelly, now famous was called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes. Immediately, he rose and went down through the hospital hall into her room.

Dressed in his doctor's gown he went in to see her. He recognized her at once. He went back to the consultation room and determined to do his best to save her life. From that day on, he gave special attention to her case.

After a long struggle, the battle was won. Dr. Kelly requested the business office to pass the final bill to him for approval. He looked at it and then wrote something on the side. The bill was sent to her room. She was afraid to open it because she was positive that it would take the rest of her life to pay it off. Finally she looked, and the note on the side of the bill caught her attention. She read these words:

"Paid in full with a glass of milk."

(Signed) Dr. Howard Kelly

Tears of joy flooded her eyes as she prayed silently: "Thank You, God. Your love has spread through human hearts and hands."

一天,一个贫穷的小男孩为了攒够学费正挨家挨户地推销商品。饥寒交迫的他摸遍全身,却只有一角钱。于是他决定向下一户人家讨口饭吃。

然而,当一位美丽的年轻女子打开房门的时候,这个小男孩却有点不知所措了。他没有要饭,只乞求给他一口水喝。这位女子看到他饥饿的样子,就倒了一大杯牛奶给他。男孩慢慢地喝完牛奶,问道:“我应该付多少钱?”

年轻女子微笑着回答:“一分钱也不用付。我妈妈教导我,施以爱心,不图回报。”男孩说:“那么,就请接受我由衷的感谢吧!”说完,霍华德·凯利就离开了这户人家。此时的他不仅自己浑身是劲儿,而且更加相信上帝和整个人类。本来,他都打算放弃了。

数年之后,那位女子得了一种罕见的重病,当地医生对此束手无策。最后,她被转到大城市医治,由专家会诊治疗。大名鼎鼎的霍华德·凯利医生也参加了医疗方案的制定。当他听到病人来自的那个城镇的名字时,一个奇怪的念头霎时间闪过他的脑际。他马上起身直奔她的病房。

身穿手术服的凯利医生来到病房,一眼就认出了恩人。回到会诊室后,他决心一定要竭尽所能来治好她的病。从那天起,他就特别关照这个对自己有恩的病人。

经过艰苦的努力,手术成功了。凯利医生要求把医药费通知单送到他那里,他看了一下,便在通知单的旁边签了字。当医药费通知单送到她的病房时,她不敢看。因为她确信,治病的费用将会花费她整个余生来偿还。最后,她还是鼓起勇气,翻开了医药费通知单,旁边的那行小字引起了她的注意,她不禁轻声读了出来:

“医药费已付:一杯牛奶。”

(签名)霍华德·凯利医生

喜悦的泪水溢出了她的眼睛,她默默地祈祷着:“谢谢你,上帝,你的爱已通过人类的心灵和双手传播了。”

Youth 青春

Youth is not a time of life; it is a state of mind; it is not a matter of rosy cheeks, red lips and supple knees; it is a matter of the will, a quality of the imagination, a vigor of the emotions; it is the freshness of the deep springs of life.

Youth means a temperamental predominance of courage over timidity, of the appetite for adventure over the love of ease. This often exists in a man of 60 more than a boy of 20. Nobody grows old merely by a number of years. We grow old by deserting our ideals.

Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust bows the heart and turns the spirit back to dust.

Whether 60 or 16, there is in every human being's heart the lure of wonder, the unfailing childlike appetite for what's next and the joy of the game of living. In the center of your heart and my heart there is a wireless station: so long as it receives messages of beauty, hope, cheer, courage and power from men and from the Infinite, so long as you are young.

When the aerials are down, and your spirit is covered with snows of cynicism and the ice of pessimism, then you are grown old, even at 20, but as long as your aerials are up, to catch waves of optimism, there is hope you may die young at 80.

By Samuel Ullman

青春不是年华，而是心境；青春不是桃面、丹唇、柔膝，而是深沉的意志，恢宏的想象，炙热的恋情；青春是生命的深泉在涌流。

青春气贯长虹，勇锐盖过怯弱，进取压倒苟安。如此锐气，二十后生而有之，六旬男子则更多见。年岁有加，并非垂老，理想丢弃，方堕暮年。

岁月悠悠，衰微只及肌肤；热忱抛却，颓废必致灵魂。忧烦，惶恐，丧失自信，定使心灵扭曲，意气如灰。

无论年届花甲，拟或二八芳龄，心中皆有生命之欢乐，奇迹之诱惑，孩童般天真久盛不衰。人人心中皆有一台天线，只要你从天上人间接受美好、希望、欢乐、勇气和力量的信号，你就青春永驻，风华常存。

一旦天线下降，锐气便被冰雪覆盖，玩世不恭、自暴自弃油然而生，即使年方二十，实已垂垂老矣；然则只要树起天线，捕捉乐观信号，你就有望在八十高龄告别尘寰时仍觉年轻。

Life is meant to be lived 生命要活得精彩 By Steve Goodier

Life is to be lived. No excuses. No reservations. No holding back.

An enchanting story about violinist Fritz Kreisler tells how he once came across a beautiful instrument he wanted to acquire. When he finally raised the money for the violin, he returned to buy it and learned that it had already been sold to a collector.

He went to the new owner's home in order to try to persuade him to sell the violin. But the collector said it was one of his prized possessions and he could not let it go. The disappointed Kreisler turned to leave, but then asked a favour. "May I play the instrument once more before it is consigned to silence?"

Permission was granted and the great musician began to play. The violin sang out a quality of music so beautiful that the collector himself could only listen in wonderment.

"I have no right to keep that to myself," he said after the musician finished. "The violin is yours, Mr. Kreisler. Take it into world, and let people hear it."

William Arthur Ward said ... "If you believe in prayer, pray; if you believe in serving, serve; if you believe in giving, give."

For you and I are exquisite violins — our music is meant to be heard.

I want to live my life that way — to take it into the world and live it fully. I'd rather burn out than rust out. I'd rather be used up than die not having done whatever I could ... wherever I would.

I'm not talking about wearing ourselves out on over-activity. Happiness is never found in excessive busyness. But it is found in investing our lives in others. Saying yes when asked for a hand. Volunteering some time for a worthwhile organization. Spending an hour with a lonely relative.

In the end, I know that my happiness will not have been about by my ability or my inability. It will have been about my availability. My life is meant to be lived.

生命要活得精彩。没有借口，没有保留，没有退缩。

有一个关于小提琴家弗里茨·克莱斯勒的故事。故事讲述了他有一次看到了一个很精美的小提琴，他很想得到它。可是等他最终攒够了钱去买小提琴的时候，他获知那个小提琴已经被一个收藏家买去了。

他去了那个小提琴新主人的家里，试图劝服他把小提琴卖给自己。但是收藏家说那是他最珍贵的收藏之一，他不能将它卖掉。失望的克莱斯勒转身准备离开，但是还是提了另外一个请求：“我可以在这件乐器被封存之前再用它弹奏一曲吗？”

他得到了许可，于是这个伟大的音乐家就开始了他的演奏。这个小提琴发出的乐音无比悦耳，连那个收藏家都听得入了迷。

音乐家演奏完之后，他说：“我没有权利将它据为己有，克莱斯勒先生，这个小提琴是你的了。将小提琴带给世人，让所有人都听到它的乐音。”

曾经说……“如果你信奉祈祷，那就去祷告；如果你信奉奉献，那就去工作；如果你信奉施舍，那就去布施。”

如果你我是精美的小提琴——那么我们的音乐就必须被世人听到。

我希望能如此对待自己的生命——来到世间，竭尽全力的生活。我宁愿像蜡烛般燃尽，也不愿让自己锈迹斑斑。我宁愿将生命全部耗尽，也不愿临死之时自己能做和想做的事情都没来得及做。

我所说的不是要过度劳累从而让我们精疲力竭。幸福不在于过于忙碌，而在于帮助他人。当有人向你求助时，答应他。为一个值得花费精力的组织去做志愿者。用一小时来陪伴你一个孤独的亲戚。

最后，我知道我的幸福与我能做什么、不能做什么没有关系。幸福只和我乐于助人有关。我的生命要活得精彩。

Volcubary 生词

Page 1 Things work out

1. grumble 英['grʌmbəl] 美['grʌmbəl] *vi.&n.* 抱怨

Some of us grumble all day long. 我们中的一些人就终日抱怨。

2. whimper 英['wɪmpə(r)] 美['hwɪmpə, 'wɪm-] *vi.* 啜泣; 抱怨 *n.* 啜泣声

Some of us whimper along life's way. 我们中的一些人就一生嗟叹。

Page 2 When You Are Old

3. pilgrim 英['pɪlgrɪm] 美['pɪlgrəm] *n.* 朝圣者

But one man loved the pilgrim soul in you, 只有一个人爱你那朝圣者的灵魂

4. sorrow 英['sɒrəʊ] 美['sa:roʊ] *n.* 悲痛

And loved the sorrows of your changing face 爱你衰老了的脸上痛苦的皱纹

5. amid 英[ə'mɪd] 美[ə'mɪd] *prep.* (表示位置) 在...中间

And hid his face amid a crowd of stars. 在一群星星中间隐藏着脸庞。

Page 3 Never to Accept Pay for a Kindness

6. baffled 英['bæfl] 美['bæfəl] *vt.* 使困惑, 使迷惑

The local doctors were baffled. 当地医生对此束手无策。

7. struggle 英['strʌgl] 美['strʌgəl] *vi.* 搏斗; 努力

After a long struggle, the battle was won. 经过艰苦的努力, 手术成功了。

8. approval 英[ə'pru:vəl] 美[ə'pru:vəl] *n.* 批准

Dr. Kelly requested the business office to pass the final bill to him for approval. 凯利医生要求把医药费通知单送到他那里。

Page 4 Youth

9. predominance 英[prɪ'dɒmɪnəns] 美[prɪ'dɑ:mɪnəns] *n.* 优势; 主导或支配的地位

10. timidity 英[tɪ'mɪdətɪ] 美[tɪ'mɪdətɪ] *n.* 胆怯, 羞怯

Youth means a temperamental predominance of courage over timidity 青春气贯长虹, 勇锐盖过怯弱

11. enthusiasm 英[ɪn'θju:ziæzəm] 美[ɪn'θu:ziæzəm] *n.* 热情, 热忱; 热衷的事物

But to give up enthusiasm wrinkles the soul. 热忱抛却, 颓废必致灵魂。

12. pessimism 英['pesɪmɪzəm] 美['pesə,mɪzəm] *n.* 悲观; 悲观主义

the ice of pessimism 悲观之冰

13. optimism 英['ɒptɪmɪzəm] 美['ɑ:ptɪmɪzəm] *n.* 乐观; 乐观主义

waves of optimism 乐观信号

Page 5 Life is meant to be lived

14. possession 英[pə'zeʃn] 美[pə'zeʃən] *n.* 财产, 占有物, 所有物

It was one of his prized possessions. 那是他最珍贵的收藏之一。

15. exquisite 英[ɪk'skwɪzɪt] 美['ɛkskwɪzɪt] *adj.* 精致的; 优美的

For you and I are exquisite violins — our music is meant to be heard. 如果你我是精美的小提琴——那么我们的音乐就必须被世人听到。

16. excessive 英[ɪk'sesɪv] 美[ɪk'sesɪv] *adj.* 过多的; 过分的;

Happiness is never found in excessive busyness. 幸福不在于过于忙碌。

听力涨分技巧 Q&A

(非原创, 有删改)

Q: 听力考试时间不够用, 经常做不完题, 怎么破?

A: 考试时间是固定的, 时间不够用, 自然只能挤一挤了。所以关键在于: 到底该从哪里挤? 请大家仔细回忆以往的考试过程, 发卷之后和每道题之间, 是不是总有几分钟到几十秒的时间供君发呆。

那么我们在放听力前, 就可以这样来减少思考选项的时间:

1. 迅速看题;
2. 勾画选项中的关键词 (这步很重要!);

然后在放听力时, 抓紧听力材料之间的间隙再阅读下一道题;

Q: 遇到实在听不懂的单词或题, 怎么破?

A: 如果听力材料中, 有一个单词或一段对话没听清楚。我们就很容易一直纠结它到底是什么, 于是就错过了后面在说些什么。这种现象的科学名词, 又叫作“奇异球效应”。

就像在一堆绿球里有个小红球, 无论它在哪个位置, 我们都会注意到它。

所以, 我们并没有办法避免这种情况。包大人的建议是, 大家在考前就听一些听力材料, 去熟悉其中的简单表达, 如“he is...”“she wants.....”, 从而减少大脑处理这些简单表达的时间, 腾出更多时间去通过听力材料的上下文揣测意思。

如果整段材料都没听懂, 请果断放弃乱选一个, 不要影响后面的题, 也不要再去检查。

Q: 预览听力试卷时, 需要勾画哪些关键词?

A: 勾画选项中的关键词, 可以帮助我们减少阅读选项的时间, 预判问题。选项中的关键词包括名词 (物品)、人名 (谁)、动词 (干了什么)、形容词 (怎么样)、时间 (什么时候)、地点 (在哪儿)。

四个选项相同部分一般为重点关键词, 是破案线索, 听的时候要格外留心。

Q: 怎样才能抓住听力材料里的重点信息呢?

A: 1. 抓住听力材料里的关键词

就是那些能改变语义或强调重点的词, 正确答案常出现在这些词附近。例如:

but, however, because (of), if, first, next, why don't, why not, specially, especially, for example

2. 听语调变化、轻读重读

和我们平时说话一样, 听力考试中的对话同样有情景, 注意听说话人的语气, 比如从平和突然变成惊讶, 就要注意听是什么让说话者产生这样的变化。说话者对重点的事情往往不止说一次, 提到最多的事情一般就是中心主题。

1	Poem Square	诗歌广场	Page 3	/	Page 4
2	English Time	英语时空	Page 5	/	Page 7
3	Crazy English	疯狂英语	Page 6		
4	Free Talk	英语闲谈	Page 9		
*	Volcabulary	生词	Page 8		

第 1 期 Vol.1

高 128 班 Log Creative 供稿

2015 年 12 月 6 日 结稿

Episode 2

The perfect fan 最完美的支持者

It takes a lot to know what is love
It's not the big thing but the little things
That can mean enough
A lot of prayers to get me through
There is never a day that passes by
I don't think of you
You were always there for me
Pushing me and guiding me
Always to succeed

You showed me
When I was young just how to grow
You showed me everything that I should know
You showed me just how to walk without your
hands
'Cause mom you always were the perfect fan
God has been so good
With blessing me with the family
Who did all they could
And I've had many years of Grace
And it flatters me when I see a smile on your face
I wanna thank you for what you've done
In hopes I can give back to you
And be the perfect son

You showed me
When I was young just how to grow
You showed me everything that I should know
You showed me just how to walk without your
hands
'Cause mom you always were the perfect fan

You showed me how to love
You showed me how to care
And showed me that you would always be there
I wanna thank you for the time
And I'm proud to say you're mine

You showed me
When I was young just how to grow
You showed me everything that I should know
You showed me just how to walk without your
hands

'Cause mom you always were the perfect
fan
理解爱很不易
这不是一件大事但小事
许多祈祷者使我理解
那些日子从未逝去
我不会想念你
你永远在我身边
推动我 引导我
永远成功

你指点我
当我还年轻 如何成长
你指点我应知的一切
你指点我离开你的手怎样独自走
因为 妈妈 你永远是最完美的支持者
上帝如此伟大
赐我以家庭
谁做了他们所能
我享受了多年的恩泽
最使我高兴的是看到你脸上的微笑
我要感谢 为你的所做
希望 我能报答
成为最完美的儿子

你指点我
当我还年轻 仅如何成长
你指点我应知的一切
你指点我离开你的手怎样独自走
因为 妈妈 你永远是最完美的支持者

你指点我如何去爱
你指点我如何去关怀
你向我展示 你永远在我身边
为这段日子 我要感谢
我会自豪的说 你是我的妈妈

你指点我
当我还年轻 仅如何成长

你指点我应知的一切
你指点我离开你们的手怎样走
因为 妈妈 你永远是最完美的支持者

Volcabulary 生词**Page 1 The perfect fan**

1. **bless** 英[bles] 美[bles] *vt.* 祝福; 保佑

With blessing me with the family 赐我以家庭

2. **flatter** 英['flætə(r)] 美['flætə] *v.* 使显得更漂亮

And it flatters me when I see a smile on your face 最使我高兴的是看到你脸上的微笑

Page 2 Life is meant to be lived

3. **possession** 英[pə'zeʃn] 美[pə'zeʃən] *n.* 财产, 占有物, 所有物

It was one of his prized possessions. 那是他最珍爱的收藏之一。

4. **exquisite** 英[ɪk'skwɪzɪt] 美['ɛkskwɪzɪt] *adj.* 精致的; 优美的

For you and I are exquisite violins — our music is meant to be heard. 如果你我是精美的小提琴——那么我们的音乐就必须被世人听到。

5. **excessive** 英[ɪk'sesɪv] 美[ɪk'sesɪv] *adj.* 过多的; 过分的;

Happiness is never found in excessive busyness. 幸福不在于过于忙碌。

听力涨分技巧 Q&A

见 Vol.1

Modules 模块

1 **Poem Square** 诗歌广场 **Page 10**

2 **English Time** 英语时空 **Page 7**

3 **Free Talk** 英语闲谈 **Page 11**

* **Volcabulary** 生词 **Page 11**

第 2 期 Vol.2

高 128 班 Log Creative 供稿

2015 年 12 月 16 日 结稿

Episode 8

广播站英语板块稿件

(B组)

2016年3月17日(星期四)播报 供稿:高128 Log Creative

Part 0 Opening Speech 开场白

Good evening, devoted listeners! I'm _____ from Class _____, Grade 10. I'm _____ from Class _____. I'm _____ from Class _____. Welcome to our program, where you will hear wonderful English. Let's start enjoy it now.

Part I Poem Square 诗歌广场

世界上最美好的东西都有这样的共性:无价、永恒。它们是真理、是爱情、是希望、是理想、是善良……读这篇有着百余年历史的精美诗歌,会让你重拾对生活的希望。

These Things Shall Never Die 这些美好不会消逝 Charles Dickens/查尔斯·狄更斯

The pure, the bright, the beautiful,
That stirred our hearts in youth,
The impulses to wordless prayer,
The dreams of love and truth;
The after something's lost,
The spirit's **yearning** cry,
The striving after better hopes—
These things can never die.

一切纯洁的,辉煌的,美丽的,
强烈地震撼着我们年轻的心灵的,
推动着我们做无言的祷告的,
让我们梦想着爱与真理的;
在失去后为之感到珍惜的,
使灵魂深切地呼喊着的,
为了更美好的梦想而奋斗着的——
这些美好不会消逝。

The timid hand stretched **forth** to aid
A brother in his need,
A kindly word in grief's dark hour
That proves a friend indeed;
The plea for mercy softly breathed,
When justice threatens nigh,
The sorrow of a **contrite** heart—
These things shall never die.

羞怯地伸出援助的手,
在你的弟兄需要的时候,
伤恻、困难的时候,一句亲切的话
就足以证明朋友的真心;
轻声地乞求怜悯,
在审判临近的时候,
懊悔的心有一种伤感——
这些美好不会消逝。

Let nothing pass for every hand
Must find some work to do;
Lose not a chance to waken love—
Be firm, and just, and true;
So shall a light that cannot fade
Beam on thee from on high.
And angel voices say to thee—
These things shall never die.

在人间传递温情
尽你所能地去做;
别错失去了唤醒爱的良机
为人要坚定,正直,忠诚;
因此上方照耀着你的那道光芒
就不会消失。
你将听到天使的声音在说-----
这些美好不会消逝。

Vocabulary 生词

- | | | | |
|-------------|----------------------------|---------------------------------------|-------------|
| 1. longing | <i>n.</i> 渴望 | The longing after something's lost | 在失去后为之感到珍惜的 |
| 2. yearning | <i>adj.</i> 渴望的; 向往的; 怀念的 | The spirit's yearning cry | 使灵魂深切地呼喊着的 |
| 3. forth | <i>adv.</i> 向前; 向外, 往外 | The timid hand stretched forth to aid | 羞怯地伸出援助的手 |
| 4. contrite | <i>adj.</i> 悔悟了的, 后悔的, 痛悔的 | The sorrow of a contrite heart— | 懊悔的心有一种伤感—— |

Part II Movie World 电影世界

Surprising and Profound Disney Quotes 迪士尼动画精辟台词赏析

Any Disney fan will tell you that a Disney movie is a veritable treasure trove of wisdom (as well as wit, good music, and snazzy dance moves). We all know the famously insightful quotes from Rafiki and Olaf and their ilk—the kind of quotes that make us say “whoa” from our very first viewing—but Disney wisdom is hiding everywhere, even in places that might surprise you. Here’s a list of some of our favorite Disney quotes that are profound in a way we never expected.

任何一个迪士尼迷都会告诉你迪士尼电影是不折不扣的智慧（还有才思、动人的音乐、时髦的舞步）宝库。我们都知道拉菲奇、雪宝和类似人物那些著名且有见地的台词——那些台词会让我们一听到就情不自禁地发出感叹——但是迪士尼的智慧无处不在，它甚至会藏在一些让你意想不到的地方。下面是一些我们非常喜欢的迪士尼动画中的台词，它们出乎我们的意料，却又极为精辟。

“The sky’s awake, so I’m awake, so we have to play!”

— Anna, *Frozen*

“天上有光，我睡不着，所以起来玩吧！”

——安娜《冰雪奇缘》

On the surface, this is just the adorable rambling of an over-excited little cutie. But if you think about it, shouldn’t we all take advantage of every second of daylight to dream and play and explore?

从表面上看，这只是一个过于兴奋的小女孩儿的萌萌童语。但是如果你仔细想一下，难道我们不应该充分利用每一天的每一秒去梦想、去玩耍、去探索吗？

“Try not to do anything stupid.”

— Captain Jack Sparrow, *Pirates of the Caribbean: The Curse of the Black Pearl*

“尽量别做傻事。”

——杰克·斯帕罗船长《加勒比海盗：黑珍珠号的诅咒》

This advice is so simple, it’s tempting to overlook it. But honestly, has there ever been a more universally applicable strategy? Keeping this quote in mind will help you make the right decision most every time.

这个建议非常简单。人们很容易忽略它。但是老实说，还有比它适用范围更广的策略吗？记住这句台词，它几乎每次都可以帮你作出正确的选择。

“So small at first, then look how they grow. But someone has to start them.”

— Grandmother Willow, *Pocahontas*

“（这些波浪）一开始很小，然后，看，它们扩散得多大。但是总得有人去激起这些波浪。”

——柳树婆婆《风中奇缘》

Like every bit of wisdom Grandmother Willow shares, the beautiful simplicity of this metaphor about ripples makes it unforgettable. Remember this anytime you’re tempted to think that you don’t have the power to make a positive difference.

正如柳树婆婆所分享的每一点智慧，这个关于波浪的优美而简单的隐喻着实令人印象深刻。每当你觉得自己屋里扭转不利局面的时候，想想这句话。

“If you don’t think, then you shouldn’t talk.”

— March Hare, *Alice in Wonderland*

“如果你的脑子里空空如也，就不应该张嘴说话。”

——三月兔《爱丽丝梦游仙境》

He’s not the first character we would have expected such a profound statement from, but who can deny that this is true? Blunt or not, it’s the perfect reminder to think before you speak, whether that be in person or online, to friends or to strangers.

他并不是我们第一个想到会说出这样一句意义深刻的话的家伙，但是谁能否认这个事实呢？不管是不是直接的，它都完美地提醒你说话之前要三思，不管是对着人说话还是在网上留言，不管是对朋友还是陌生人。

“It’s not much of a tail, but I’m sort of attached to it.” — Eeyore, *The Many Adventures of Winnie the Pooh*

“它不太像尾巴，但我还是有几分喜欢它。”

——屹耳《小熊维尼历险记》

In addition to being a masterful low-key pun, Eeyore’s statement is spot on. We should all accept the parts of ourselves that we can’t change, and even learn to love the things that we’re tempted to see as flaws.

屹耳的叙述不仅是一个巧妙而低调的双关语，而且完全正确。我们都应该接受自己身上无法改变的部分，甚至

学着去爱那些我们认为有缺陷的东西。

“The seaweed is always greener in somebody else’s lake.”

– Sebastian, *The Little Mermaid*

“别人湖水里的水草总是更绿。”

——塞巴斯蒂安《小美人鱼》

Sebastian is a profound little crab with a marvelous understanding of both the human and mer worlds, it turns out. How easy is it to imagine that all our problems would dissolve if we just had somebody else’s set of circumstances? Super easy, but also super untrue, and Sebastian’s here to remind you of that.

事实证明，塞巴斯蒂安是一只睿智的小红蟹，它对人类世界和美人鱼的世界都非常了解。想象着如果处于别人的位置，我们的一切问题就会迎刃而解，这有多容易？超级容易，但是也超级不真实，塞巴斯蒂安在这里就是要提醒你这一点。

“A conscience is that still, small voice that people won’t listen to. That’s just the trouble with the world today.”

– Jiminy Cricket, *Pinocchio*

“人们不听从良心的呼唤。这就是现在世界的问题所在。”

——蟋蟀杰明尼《木偶奇遇记》

Jiminy nails it right on the head. We all have consciences, and we know right from wrong. Everything just comes down to choosing between the two, simple as that. Always let Jiminy Cricket’s wise words be your guide!

杰明尼的话一针见血。我们都有良心，我们都知道是非对错。一切都可归结于我们对是非对错的选择，就这么简单。让小蟋蟀杰明尼的明言智语一直引导你吧！

“Cheer up, child. It’ll turn out all right in the end. You’ll see.”

– Mrs. Potts, *Beauty and the Beast*

“开心点，孩子。事情最后总会好转的。放心吧。”

——茶煲太太《美女与野兽》

While this advice was meant to comfort Belle, we think it can be applied much more broadly, to pretty much everything. Mrs. Potts’ words remind us not to give up when things are tough, because giving up means we’ll rob ourselves of the chance to make it to our happy ending.

尽管这个建议是茶煲太太用来安慰阿齐的，但是我们认为它的应用可以更加广泛，几乎可以用于所有事物上。茶煲太太的话提醒我们当一切很难的时候也不要放弃，因为放弃意味着我们剥夺了自己让事情有一个美好结局的机会。

“They can’t order me to stop dreaming.”

– Cinderella, *Cinderella*

“她们不能阻止我做梦。”

——辛德瑞拉《灰姑娘》

There’s plenty you can’t control in your life, but the one thing you can always control is your attitude. There’s no better model of that than Cinderella. She reminds us that we have the power to keep dreaming no matter what life throws at us.

生活中有很多事情我们无法控制，但是我们唯一可以一直控制的是自己的态度。在这方面，没有比辛德瑞拉更好的范例了。她提醒我们，不管生活有多么糟糕，我们仍然有坚持做梦的能力。

Vocabulary 生词

1. veritable [ˈverɪtəbl] adj. 十足的，名副其实的，不折不扣的

A Disney movie is a veritable treasure trove. 迪士尼电影是不折不扣的宝库。

2. ilk [ɪlk] n. 类型，种类

Rafiki and Olaf and their ilk 拉菲奇、雪宝和类似人物

3. conscience [ˈkɒnʃəns] n. 良心，道德心

Part III

Wonderful Music

动听音乐

Part IV Chicken Soup 心灵鸡汤

绝不要低估行动的力量，一个简单的举止也许会改变别人的一生！

The Power of Actions 行动的力量

One day, when I was a freshman in high school, I saw a kid from my class 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 friend the following 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 this 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 a tear in his eye.

I handed him his glasses and said, "Those guys are jerks. They really should get lives."

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. 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 coming to this school.

I would have never hung out with a private school kid before. We talked all the way home, and I carried his books. He turned out to be a pretty cool kid. I asked him if he wanted to play football on Saturday with me and my friends. He said yes. We hung 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, "Damn 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 friends, 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 arrived — I saw Kyle and 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 me 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. Your parents, your teachers, your siblings, maybe a coach... but mostly your 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 stared at my friend in 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.

当我还在上高一时，有一天，我看到我们班的一个孩子正步行回家。他叫凯尔。他似乎背着所有的书。我心想：“为什么有人在周五就把所有的书都带回家呢？他肯定是个书呆子。”我的周末计划得非常详细（先是派对，在第二天下午和我的朋友踢足球）。因此我耸了耸肩，走开了。

正走着，我看到一帮孩子朝他跑去。他们追上他，把他所有的书都从怀里扔到地上并把他绊倒，结果他摔在污泥里，眼镜也被打飞了，我看到它落在离他 10 英尺远的草地上。他抬起头时，我看到他眼里极度悲伤的表情。

我的心也随他而去。因此，我慢步向他跑过去。在他爬着寻找眼镜时，我看到了他眼中的泪水。

我把眼镜递给他，说道：“那些家伙都是些蠢蛋，他们真该遭到报应。”

他看了看我，说：“嗨，谢谢了！”笑容在他脸上展现。正是这样的笑显示出了真正的感激。我帮他捡起书，问他住在哪里。原来他住得离我很近。于是我就问他，怎么以前我从没有见过他呢，他说在来这所学校以前他上的是私立学校。

以前，我从不与私立学校的孩子交往。我们一路聊着回家，我帮他拿着书。他原来竟是一位非常讨人喜欢的孩子，我问他是否周六想跟我及我的朋友一起踢足球。他答应了。整个周末我们都在一起，对凯尔了解得越多，我越是喜欢他。我的朋友也都这么认为。到了周一早晨，凯尔又要背上那个巨大的书包了。我制止他，说：“傻孩子，你每天背这么一大堆书，想练就一身强壮的肌肉呀！”他只是笑，并把一半书都递给了我。接下来的四年里，凯尔和我成为最好的朋友。

到了高年级后，我们开始考虑上大学的事。凯尔决定去乔治敦，而我要去杜克。我知道我们永远都是朋友，距离决不会成为问题。他以后想当一名医生，而我则要用足球奖学金经商。凯尔是我们班致告别词的学生代表。

我总是取笑他是一个书呆子。他必须为毕业准备一个演讲。我很庆幸不是我要站在那儿演讲。

毕业日来临了——我看到了凯尔，他看起来帅极了。他是那些在高中真正把握住自己的人之一。他长大了，实际上带着眼镜更好看。他的约会比我还要多，几乎所有的女孩都喜欢他。

天哪，有时候我都有些嫉妒。今天就是这样。我能看出他对于演讲有些紧张。因此，我拍了拍他的后背，说：“嗨，大小伙子，你会很出色的！”

他看了看我，带着那样的表情（真正出于感激的那种），笑了。“谢谢，”他说。开始演讲时，他清了清喉咙，开始说：“毕业的时候，你应该感谢那些帮助你度过最困难时期的人。你的父母、老师、兄弟姐妹、也许还有教练……但主要是你的朋友。我在这儿要告诉你们，做别人的朋友是你能给予他们的最好礼物。我要给你们讲一个故事。”

我不敢置信地望着我的朋友，他讲的就是我们第一天相遇的故事。他本来打算要在那个周末自杀，他谈到自己如何把课桌收拾干净，把他所有的东西都带回家，这样就不用妈妈以后再收拾了。他直直地看着我，给了我一个笑容。“谢天谢地，我获救了。我的朋友阻止了我去做那不堪设想的事情。”

当这位帅气的、受欢迎的男孩告诉我们有关他的最脆弱的时刻时，我听到人群中都深吸了一口气。我看到他的爸爸妈妈都看着我，带着同样感激的微笑。直到那时我才意识到它的深刻。

决不要低估你的行动的力量，一个简单的举止也许会改变人的一生！

Vocabulary 生词

1. nerd	n. 书呆子，笨蛋	6. valedictorian	n. 致告别辞的最优生
2. shrug	v. 耸肩	7. fill out	长胖，长肥
3. trip	v. 绊倒	8. smack	v. 拍，用巴掌打
4. jog	v. 慢跑	9. gasp	n. 喘息，喘气，倒抽气
5. jerk	n. 蠢人，傻瓜		

Part V Closing Speech 结束语

What do you think of English Broadcast this time? Is it wonderful or not perfect? Don't worry, we will make improvement in the future. So that's all, hope that you will be here to listen to us next time!

Goodbye! Goodbye! Goodbye!

Episode 15

萧县中学广播站英语版块稿件 (B组)

English Broadcast 总第 15 期 2016 年 9 月 8 日播报 主题: 成功

Editor Log Creative 高 228 班 一些内容确为原创(original)。

Chapter I Opening Speech 开场白

Hello, everyone! This is Thursday's English Broadcast. My name is _____, from Class _____, Grade Senior 1. I'm _____, from Class _____ . I'm _____, from Class _____.

Today, we are going to talk about the theme SUCCESS. As is known to us all, success is the best result for our struggling against challenges. We desire success to come, but the road is not as easy as we imagine. However, "Nothing is impossible", right?

Chapter II Everything Is Possible 一切皆有可能

He Did it! 成功的人生不设限

My son Joey was born with **club feet**. The doctors assured us that with treatment he would be able to walk normally — but would never run very well. The first three years of his life were spent in surgery, casts and braces. By the time he was eight, you wouldn't know he had a problem when you saw him walk .

The children in our **neighborhood** ran around as most children do during play, and Joey would jump right in and run and play, too. We never told him that he probably wouldn't be able to run as well as the other children. So he didn't know.

In seventh grade he decided to go out for the cross-country team. Every day he trained with the team. He worked harder and ran more than any of the others — perhaps he sensed that the abilities that seemed to come naturally to so many others did not come naturally to him. Although the entire team runs, only the top seven runners have the potential to score points for the school. We didn't tell him he probably would never make the team, so he didn't know.

He continued to run four to five miles a day, every day — even the day he had a 103—degree fever. I was worried, so I went to look for him after school. I found him running all alone. I asked him how he felt. "Okay," he said. He had two more miles to go. The sweat ran down his face and his eyes were **glassy** from his fever. Yet he looked straight ahead and kept running. We never told him he couldn't run four miles with a 103—degree fever. So he didn't know.

Two weeks later, the names of the team runners were called. Joey was number six on the list. Joey had made the team. He was in seventh grade — the other six team members were

all eighth—graders. We never told him he shouldn't expect to make the team. We never told him he couldn't do it. We never told him he couldn't do it...so he didn't know. He just did it.

我的儿子琼尼降生时，他的双脚向上弯着，医生向我们保证说经过治疗，小琼尼可以像常人一样走路，但像常人一样跑步的可能性则微乎其微。琼尼 3 岁之前一直在接受治疗，和支架、石膏模子打交道。七八岁的时候，他走路的样子已让人看不出他的腿有过毛病。

邻居的小孩子们做游戏的时候总是跑过来跑过去。毫无疑问小琼尼看到他们玩就会马上加进去跑啊闹的。我们从不告诉他不能像别的孩子那样跑，我们从不说他和别的孩子不一样。因为我们不对他说，所以他不知道。

七年级的时候，琼尼决定参加跑步横穿全美的比赛。每天他和大伙一块训练。也许是意识到自己先天不如别人，他训练得比任何人都刻苦。训练队的前 7 名选手可以参加最后比赛，为学校拿分。我们没有告诉琼尼；也许会落空，所以他不知道。

他坚持每天跑 4-5 英里。我永远不会忘记有一次，他发着高烧，但仍坚持训练。我为他担心，于是去学校看他，发现他正在一个人沿着长长的林荫道跑步呢。我问他感觉怎么样，"很好。"他说。还剩下最后两英里。他满脸是汗，眼睛因为发烧失去了光彩。然而他目不斜视，坚持着跑下来。我们从来没有告诉他不能发着高烧去跑 4 英里的路，我们从没有这样对他说，所以他不知道。

两个星期后，在决赛前的 3 天，长跑队的名次被确定下来。琼尼是第六名，他成功了。他才是个七年级生，而其余的人都是八年级生。我们从来没有告诉他不要去期望入选，我们从没有对他说他不会成功。是的，从没说

起过……所以他不知道，但他却做到了！

Vocabulary 生词

1. club foot 畸形足；内外足
2. neighborhood *n.* 社区
3. glassy [ˈglɑːsi] *adj.* (目光)呆滞的；无表情的；木然的

Conclusion 结论

Joey made it. Though he seemed to have no possibility to run very well, his parents did let him know the truth. So **Confidence is a power generator towards success.** Human's abilities are limitless. Nothing is impossible only if you put your heart into it.

琼尼做到了。看似不可能发生的事情，他的父母却在告诉他真相的同时给予了他信心。所以信心是成功的推进剂。人的潜能是无穷的。只要发奋图强，一切皆有可能！

OR

Lead in 引入

We now know that everything is possible. In fact, something is also important for yourself. That is dream. 我们现在知道没有什么不可能。事实上，对你自己还有一件重要的事，那就是梦想。

OR

Chapter III Dream Is Beside You 梦想离我们不远

If the Dream is Big Enough

志当存高远

I used to watch her from my kitchen window, she seemed so small as she **muscled** her way through the crowd of boys on the playground. The school was across the street from our home and I would often watch the kids as they played during **recess**. A sea of children, and yet to me, she **stood out** from them all.

I remember the first day I saw her playing basketball. I watched in wonder as she ran circles around the other kids. She managed to shoot jump shots just over their heads and into the net. The boys always tried to stop her but no one could.

I began to notice her at other times, basketball in hand, playing alone. She would practice **dribbling** and shooting over and over again, sometimes until dark. One day I asked her why she practiced so much. She looked directly in my eyes and without a moment of hesitation she said, "I want to go to college. The only way I can go is if I get a scholarship. I like basketball. I decided that if I were good enough, I would get a scholarship. I am going to play college basketball. I want to be the best. My Daddy told me if the dream is big enough, the facts don't count." Then she smiled and ran towards the court to recap the routine I had seen over and over again.

Well, I had to give it to her—she was determined. I watched her through those junior high years and into high school. Every week, she led her team to victory.

One day in her senior year, I saw her sitting in the grass, head **cradled** in her arms. I walked across the street and sat

down in the cool grass beside her. Quietly I asked what was wrong. "Oh, nothing," came a soft reply. "I am just too short." The coach told her that at five feet inches she would probably never get to play for a top ranked team—much less offered a scholarship—so she should stop dreaming about college.

She was heartbroken and I felt my own throat tighten as I sensed her disappointment. I asked her if she had talked to her dad about it yet. She lifted her head from her hands and told me that her father said those coaches were wrong. They just did not understand the power of a dream. He told her that if she really wanted to play for a good college, if she truly wanted a scholarship, that nothing could stop her except one thing — her own attitude. He told her again, "If the dream is big enough, the facts don't count."

The next year, as she and her team went to the Northern California Championship game, she was seen by a college **recruiter**. She was indeed offered a scholarship, a full ride, to a Division 1, NCAA women's basketball team. She was going to get the college education that she had dreamed of and worked toward for all those years.

It's true: If the dream is big enough, the facts don't count.

我以前常常从厨房的窗户看到她穿梭于操场上的
一群男孩子中间，她显得那么矮小。学校在我家的街对

面，我可以经常看到孩子们在下课时间打球。尽管有一大群的孩子，但我觉得她跟其他的孩子截然不同。

我记得第一天看到她打篮球的情景。看着她在其他孩子旁边兜来转去，我感到十分惊奇。她总是尽力地跳起投篮，球恰好越过那些孩子的头顶飞入篮筐。那些男孩总是拼命地阻止她，但没有人可以做得好。我开始注意到她有时候一个人打球。她一遍遍地练习运球和投篮，有时直到天黑。有一天我问她为什么这么刻苦地练习。她直视着我的眼睛，不加思索地说：“我想上大学。只有获得奖学金我才能上大学。我喜欢打篮球，我想只要我打得好，我就能获得奖学金。我要到大学去打篮球。我想成为最棒的球员。我爸爸告诉我说，心中有目标，风雨不折腰。”说完她笑了笑，跑向篮球场，又开始我之前见过的一遍又一遍的练习。

嘿，我服了她了——她是下定了决心了。我看着她这些年从初中升到高中。每个星期，她带领的学校篮球队都能够获胜。

高中那会儿的某一天，我看见她坐在草地上，头埋在臂弯里。我穿过街道，坐到她旁边的清凉的草地上。

我轻轻地问出什么事了。“哦，没什么，”她轻声回答，“只是我太矮了。”原来篮球教练告诉她，以五英尺五英寸的身材，她几乎是没有机会到一流的球队去打球的——更不用说会获得奖学金了——所以她应该放弃想上大学的梦想。

她很伤心，我也觉得自己的喉咙发紧，因为我感觉到了她的失望。我问她是否与她的爸爸谈过这件事。她从臂弯里抬起头，告诉我，她爸爸说那些教练错了。他们根本不懂得梦想的力量。他告诉她，如果真的想到一个好的大学去打篮球，如果她真的想获得奖学金，任何东西也不能阻止她，除非她自己不愿意。他又一次跟她说：“心中有目标，风雨不折腰。”

第二年，当她和她的球队去参加北加利福尼亚州冠军赛时，她被一位大学的招生人员看中了。她真的获得了奖学金，一个全面资助的奖学金，并且进入美国全国大学体育协会其中一队女子甲组篮球队。她将接受她曾梦想并为之奋斗多年的大学教育。

是的，心中有目标，风雨不折腰。

Vocabulary 生词

1. muscle	[ˈm ɒsəl]	v.用力挤	4. dribble	[ˈdri:bəl]	v.运球，带球
2. recess	[riˈses]	n.课间休息	5. cradle	[ˈkreɪdl]	v.轻轻地抱或捧
3. stand out		突出，显眼	6. recruiter	[riˈkru:tə]	n. (学校的) 招生人员

Conclusion 结论

She did it really cool. The girl who had a big dream did a big thing in the end. Everyone can make that high, and the way to achieve it is trying to catch it. The bigger dream you have, the further you can fly away!

她做的真漂亮。一个有大志的女生最终做成了一件大事。每个人都可以达到那个高度，而且做到这一点的办法就是去追梦。梦想有多大，你就可以飞多远！

OR

Lead in 引入

Have a big dream, but you alone must set your own standard of excellence.

有高远之梦，但是你必须独自确立自己的优秀标准。

OR

Chapter IV What is excellence? 何为优秀?

Making the Grade! 走向成功

When I entered Berkeley, I hoped to earn a **scholarship**. Having been a **Straight A** student, I believed I could take tough subjects and really learn something. One such course was World Literature given by Professor Jayne. I was extremely interested in the ideas he presented in class.

When I took the first exam, I was shocked to find a 77, C-plus, on my test paper, for English was my best subject. I went to Professor Jayne, who listened to my arguments but

remained unmoved.

I decided to try harder, although I didn't know what that means because school had always been easy for me. I read the books more carefully, but got another 77. Again, I reasoned with Professor Jayne. Again, he listened patiently but wouldn't change his mind.

One more test before the final exam. One more chance to improve my grade. So I redoubled my efforts and, for the

first time, learned the meaning of the word "thorough". But my effort did no good and everything went as before.

The last hurdle was the final. No matter what grade I got, it wouldn't cancel three C-pluses. I might as well kiss the scholarship goodbye.

I stopped working hard. I felt I knew the course material as well as I ever would. The night before the final, I even treated myself to a movie. The next day I decided **for once** I'd have fun with a test.

A week later, I was surprised to find I got an A. I hurried into Professor Jayne's office. He seemed to be expecting me. "If I gave you the As you expected, you wouldn't continue to work as hard."

I stared at him, realizing that his analysis and strategy were correct. I had **worked my head off**, as I had never done before.

I was speechless when my course grade arrived: A-plus. It was the only A-plus given. The next year I received my scholarship. I've always remembered Professor Jayne's lesson: you alone must set your own standard of excellence.

进入加州大学伯克利分校的时候,我希望能获得奖学金,成为一名优等生。我相信我可以选修一些比较难的课程,真正学到一些东西。我所选的课程中有一门就是杰恩教授主讲的世界文学。对他在课堂上呈现的观点,我非常感兴趣。

Vocabulary 生词

- | | |
|---|------------------|
| 1. scholarship [ˈskɒləʃɪp] | n. 奖学金 |
| 2. straight A | (成绩) 全优 |
| 3. for once: or just this once, just for once | 仅此一次 (与通常情况对比而言) |
| 4. work one's head off | 不断工作; 拼命干活 |

Conclusion 结论

Sometimes C+ is not a bad thing, it is probably a kind of power that allows you to study harder. Sometimes A+ is not a good thing, it can stop you from working hard. So you alone must set your own standard of excellence, get higher and higher. When you see back again, you may find that you are the lead of the group! By then, you succeed.

有时不及格不是一件坏事,它可能让你干劲十足,努力学习。正如有时高分也不是一件好事,它可能使你骄傲。所以,你必须独自确立自己的优秀标准,坚持努力。再回首,你或许已为领跑者。当此时,成功属于你。OR

Chapter V Closing Speech 结束语

Success is not the thing that one day can achieve. But what we talked above is also of great importance towards success. Hope that along the road to it, let's do our best!

It's time to say goodbye. In the end, let's enjoy the wonderful soft music called "Over the horizon". Goodbye! Goodbye! Goodbye!

OR

第一次测验,我发现考卷上赫然写着 77 分,也就是 C+。我感到非常震惊,就去找杰恩教授,他听了我的陈述,但无动于衷。

于是,我决定更加努力,即便我不知努力的滋味,因为对我来说,学习一直是轻而易举的事情。我更加仔细地看书,但还是只得了 77 分。我再次去找杰恩教授理论。他依然耐心地听我讲完,却并没有改变他的主意。

期末考试前还有一次测验,也就是说我还有一次机会提高自己的成绩。于是我加倍努力,并且第一次认识到了“彻底的”一词的含义。但是,我的努力还是徒劳无功,一切一如既往。

最后一关就是期末考试了。不管我考出什么成绩,也不能抹掉三个 C+了。我还是与奖学金依依惜别吧。

我不再那么刻苦了。我自己对课程内容的掌握与以往一样熟练。期末考试的前一天晚上,我甚至还去看了一场电影。第二天,我决定体验一下开始的乐趣。

一个星期以后,我惊讶地发现自己得了个 A。我赶忙跑到杰恩教授的办公室,而他似乎正等着我呢。“如果我之前如你所愿给你 A,你就不会继续努力了。”

我凝视着他,意识到他的分析和策略是正确的。我一直在苦读,从来没有像这样用功过。

看到课程的最后成绩是 A+,我说不出来话。这是这门课唯一的一个 A+。第二年,我获得了奖学金。我一直记得杰恩教授的谆谆教诲:你必须独自确立自己的优秀标准。

OR (自己输入的)

Episode 18

English Broadcast

萧县中学广播站英语板块稿件

总第 18 期 2016 年 10 月 13 日播报 主题：与人为善

Editor Log Creative 高 228 班

Chapter I Opening Speech 开场白

Hello, everyone! This is Thursday's English Broadcast. My name is _____, from Class _____, Grade Senior 2. I'm _____, from Class _____ . I'm _____, from Class _____ .

Today, we are going to talk about the theme BE KIND. Being kind to others, you will get others' trust, or a forever friend, or even the help from rival.

今天，我们要讨论的话题是**与人为善**。与人为善，你将得到别人的信任，或者是一个永远的朋友，或者是对手的“救命草”。

Chapter II Trust from the Kindness 为人善 则有信**The King's Favorite Servant 国王的宠仆**

A great king had many servants. One of them looked a bit silly and slow, so the other servants often teased him. Yet, he was the king's favorite. No one could figure out why.

Once, the king took a caravan out for a grand trip. He took all his servants with him — the silly one was there of course. Along the way, in the desert, the king called out, "Oh no! My pearl necklace is broken. See who can find the pearls. All you find are yours to keep."

The king said this and continued on his way. All the servants began to search around for the pearls. The silly servant thought to himself, "The king is moving on. Surely we can't leave him on his own." He didn't stop and look for pearls. He followed behind the king.

At the end of the trip, when everyone had returned to the palace, the king called his servants and asked, "So how many pearls did you all find?" Some had found one or two; others had found three or four. When it came for the silly servant to speak, he said, "I've found none, Your Highness. I followed in your service and didn't stay behind for pearls." The king called him near. Patting his back, the king said, "This is why he is my favorite. He is loyal and not greedy. Instead of choosing the pearls, he chose me." The king then took two handfuls of pearls and gave them to his favorite

servant.

有一位伟大的国王，服侍他的众多仆人中，有一个看上去有点傻又有点儿迟钝，所以其他仆人们常常戏弄他。可是，没人明白为何他成了国王最宠爱的仆人。

有一次，国王乘大篷车带着一大堆人马出宫巡游。他戴上了所有的仆人——当然也包括那个愚蠢的仆人。行到沙漠中时，国王突然喊道：“哦，不！我的珍珠项链断了。大家找找那些珍珠吧。找到的珍珠都归你们了。”

说完国王继续赶路。所有的仆人开始四处寻找珍珠，只有那个愚蠢的仆人心想：“国王继续赶路了。我们肯定不能丢下他一个人。”他没有停下来去找珍珠，而是跟在国王的身后继续赶路。

旅途结束时，所有人都回到了宫殿。国王将仆人们叫到身边问道：“你们找到了多少珍珠？”有些人找到了一两颗，有些找到了三四颗。轮到愚蠢的仆人回答时，他说：“陛下，我一颗也没找到。我一直伺候您，没有停下来去找珍珠。”国王将他叫到跟前，拍了拍他的后背，说：“这就是为什么他是最宠爱的仆人。他既忠诚又不贪婪。他没有选择珍珠，而是选择了我。”接着，国王去了两把珍珠赐给了这为他最宠爱的仆人。

Chapter III Not Kind may be trapped 不善 自食其果

Friends Forever 永远的“朋友”

There once lived a little mouse and a frog who were very good friends. Every morning the frog would go to visit the little mouse who lived in a hole inside a tree. The little mouse enjoyed the company of the frog very much, but he did not realize that the frog was growing increasingly frustrated because it was always he who had to visit him and never the other way around. The lazy little mouse did not know it at the time that he was slowly making an enemy of his good friend, the frog.

One afternoon, when it was time to return home, the frog decided that he had had enough of this one-sided friendship. And so he tied one end of a piece of string to the little mouse's tail without his noticing.

The frog waved goodbye to the little mouse and then dived into the pond at the foot of the tree. All at once, the string pulled tight on the little mouse's tail and completely to his surprise, the little mouse was fragged from the safety of his tree and was sent tumbling into the air towards the pond below. Splash!

The poor little mouse could not swim, and as much as he struggled to free his tail, he could not untie the piece of string. After much splashing and struggling, the poor little mouse finally drowned in the pond.

“That will teach you to make a fool out of me, you lazy mouse,” thought the frog.

But this misdeed did not go unnoticed. High up in the sky, a hawk spotted the little mouse floating on the water below. And so the hungry hawk swooped down towards the pond to grab the little mouse with its sharp talons that the frog remembered that he was still tied to the little mouse by the piece of string. He tried to untie the string, but it was too late. Up and up into sky went the frog, until the hawk came to rest on the tallest branch of a nearby tree. It was then that the frog realized the error of his deed. In setting a trap for his friend, the frog also set a trap for himself and sealed his own fate. And now he too would be eaten by the hawk because of his wicked plan.

There is an old African proverb that goes, “Do not dig a pit too deep for your enemy because you may fall into it yourself.”

从前有一只小老鼠和一只青蛙，它们是非常要好的朋友。小老鼠住在一个树洞里，每天早晨青蛙都会登门拜访它。青蛙每天都来陪自己，小老鼠很开心，但它不知道的是青蛙越来越懊丧，因为总是他每天来拜访小老鼠，小老鼠从未登门拜访过自己。这只懒惰的小老鼠当时并不知道它的好朋友青蛙已经渐渐变成了自己的敌人。

一天下午，到了回家的时间，青蛙认为自己已经受够了这种一厢情愿的友谊，于是趁小老鼠不注意，把一根绳子的一端绑在自己的腿上，另一端绑在了小老鼠的尾巴上。

挥手和小老鼠告别后，青蛙一头扎进树脚的水塘中。绑在小老鼠尾巴上的绳子立刻被猛地扯紧，毫无防备的小老鼠大吃一惊，被绳子从安全的树洞里拖出，跌跌撞撞飞到空中，朝着下面的池塘落去。扑通！

可怜的小老鼠不会游泳，尽管它分离挣扎，却无法解开绑在尾巴上的绳子。一阵子的扑腾和挣扎过后，可怜的小老鼠最终淹死在了池塘中。

“看你还敢嘲笑我，你这只懒惰的老鼠，”青蛙心想。

但是青蛙的恶性并非神不知鬼不觉。高高的天空中，一只老鹰看到了飘在水面上的小老鼠的尸体。于是这只饥饿的老鹰朝池塘猛冲而下，想要抓住这只小老鼠做晚餐。直到老鹰用它那锋利的爪子牢牢抓住小老鼠时，青蛙才记起自己仍和小老鼠用绳子绑在一起。它试图解开绳子，但为时已晚。青蛙被绳子拖着越飞越高，直到老鹰降落在附近的一棵树的最高树枝上时才停下来。这个时候，青蛙意识到了自己的错误行为。在为自己的朋友设置全套时，青蛙同样给自己设了陷阱，决定了自己的命运。而现在，它也要为自己的邪恶计划付出代价——被老鹰吃掉。

正如非洲的一句古语所说：“给敌人挖的陷阱不要太深，因为你自己也可能掉进去。”

Chapter IV Kind Heart Receives Kindness 为善 手有余香

Do the Rival a Favor 给对手的“救命草”

After graduation I went to hunt for a job in a magazine company. For merely five editing positions, there were more than 300 applicants.

After the written test, only 50 candidates could enter the final interview. On the day of the interview, I rose from bed at about 6:00 in the morning and got well dressed in the suit borrowed from one of my classmates. Shortly, I arrived at the interview site without having breakfast. The company required us to draw lots to determine the interview order. I was the 24th candidate to be interviewed. Preceding me was the 22nd candidate who was a short and plain-looking girl wearing light blue casual clothes without using any make-up to cover her freckles. Her plain looking contrasted tremendously with other girl candidates who were in good dress and make-up in the intensive atmosphere. I greeted her by nodding my head and a shallow smile in reply. I asked her where she graduated. She dropped down her head and kept silent for a short while, and then told me in a low voice, “I graduated from a junior college, the only one who does not get a bachelor’s degree among the 50 candidates.”

I did not expect the interview would last for such a long time. Two hours had passed but only 10 candidates had been interviewed. As I had stomach inflammation and did not have breakfast, my stomach started to ache gradually. Half an hour later, I could hardly focus myself on the book and large drops of sweat ran down from my forehead, making me only able to lean by the table for a rest.

All of a sudden, someone patted on my shoulder. I turned round and saw it was the 22nd candidate. She asked me what happened. I told her. “I did not have breakfast this morning, so my stomachache comes to me again. It is nothing serious.” Then I grudgingly smiled to her. She said, “I am the next one to be interviewed. You should endure the pain and prepare now.” After she went in the interview room, I coordinated my suit again and prepared for my turn. After a while, a staff managing the interviewees at the gate came in and said to me, “No.24, something for you!” I opened the paper bag and saw a bottle of the milk and a piece of bread! Needless to say, it was the girl, No.22, who bought them for me after the interview. I felt considerably warm all over my heart at that time, because I had not imagined she would be so nice to help me, her rival, in such an intensively competitive condition! After I ate the bread and drank the milk, I felt better. I had no clue what healed my stomachache at that time. The food or the girl’s golden heart?

Finally, I outstood among all candidates and managed to be an editor in the company. The first day I went to work, to my surprise, I saw No.22, who was also one among the five employed! Except that I was a college graduate and she was a junior college graduate, the other three were all masters graduating from famous universities.

One day, I asked her why she would get employed. She said with smiles, “As with educational qualification, I could not compare with you. But that day when I bought you the milk and the bread, an interviewer went to the washroom with loads of materials in hands. He asked me whether I could help him to copy those data while he was in the washroom. I helped him. After I came back to him, he asked me why I would take the food in hands. I told him the truth. Then I got employed miraculously.” At that moment, I came realize that while the girl did the favor to me and the “stranger”, she also helped herself who did not possess comparable advantages.

毕业后我去一家杂志社应聘。仅仅 5 个编辑岗位，应聘者就有 300 多人。

笔试过后只有 50 人进入面试。面试那天，大约凌晨 6 点我便起了床，穿戴好从一个同学那里借来的服装，早餐都不顾上吃就很快地赶到了面试地点。杂志社要求我们用抽签的方式来决定面试顺序，我抽到了 24 号。排在我前面的 22 号是一个身材矮小、相貌平平的女生。她穿了一件浅蓝色的休闲装，脸上的斑点都没有用化妆品遮盖。她素面朝天的样子与精心打扮的女应聘者以及屋内紧张的气氛形成鲜明的对比。我向她点了点头，她回了我一个浅浅的微笑。我问她是哪里毕业的，她低头沉默了片刻，然后小声说：“我是从一所专科学院毕业的，是这 50 个人里唯一没有学士学位的。”

我没想到面试会持续那么久。时间过去了两个小时，却只有 10 个应聘者结束面试。由于没吃早餐，我原本就有炎症的胃开始疼了。半个小时后我已经很难把精力集中到书本上，大滴大滴的汗珠从额头上留了下来。我只能靠在桌子上稍作休息。

突然，有人拍了拍我的肩，我转身一看，是 22 号应聘者。他问我怎么了。我说：“我早上没吃饭，胃病犯了。没什么大不了的。”然后勉强对她挤出一点笑容。她说：“下一个去面试的人就是我了，你也该稍微忍耐一下，做做准备了。”她进去面试房间后我也整理了一下西装，准备面试。过了一会儿，门口以为管理面试者的职员走了进来，说：“24 号，有人捎东西给你。”我打开纸袋，发现里面是一瓶牛奶和一片面包！不用说，这是 22 号女孩面试结束后给我买来的。一股暖流立刻遍布我的全身。因为我从未想到在竞争如此激烈的气氛下她竟然如此善良地帮助我这个对手。我吃了面包、喝了那瓶牛奶后，感觉好多了。当时我不知道是什么治愈了我的胃疼，是那些食物还是那个女孩金子般的善心？

最终我从众多的应聘者中脱颖而出，成了那家杂志社的一个编辑。让我惊讶的是，上班第一天看到新招来的 5 个人中竟然有 22 号女孩。除了我是本科生，她是专科生以外，其他 3 个人都是名牌大学的硕士。

有一天，我问起 22 号应聘成功的原因，她笑着说：“比学历我不如你们。但那天给你买牛奶和面包时面试团的一位老师刚好出来上厕所，他受力拿着一大堆资料，问我能不能在他去厕所时帮他复印哪些材料。我帮了他。我回来时他问我为什么手里提着哪些食物，我把情况如实告诉了他。就这样，我出乎意料地应聘成功了。”那一刻，我意识到她在帮助我和那位“陌生人”的同时，也帮了没有明显优势的自己。

Chapter V Closing Speech 结束语

How time flies! It's time to say goodbye. Hope that you can be kind to others as much as possible to make yourself a better person and make the world a better place. At last, please listen to the soft music: _____ Goodbye! Goodbye! Goodbye!

Episode 19 (Partly)

Final English Broadcast

2015 - 2016 届萧县中学广播站英语 B 组 最终广播 (节选)

总第 19 期 2016 年 10 月 19 日 (星期四) 播报

Chapter IV Say Goodbye 告别

It is 10 months, almost a year that we have broadcast English here. During the time, we listened to some moving stories, met great people and enjoyed wonderful soft music. We are very happy to share them with all of you.

我们在这里英语广播已经有 10 个月, 几乎 1 年了。在这一段时间里, 我们听到了一些感人的故事、遇见了伟大的人、享受了美好的轻音乐。我们非常开心和你们分享这些东西。

It is from zero to now that English Broadcast experienced. We made our efforts to find materials, practice them over and over again and speak them out as loudly as we can. We improved a lot and are glad to see the achievements we have made.

英语广播是从零开始到现在这个样子。我们努力寻找稿件、一遍又一遍地练习, 然后用我们可以达到的最大声音传达给你们。我们自身提高了许多, 也很高兴看到我们已经完成的成就。

However, it's the time that we should leave here. We can't continue broadcasting due to heavy schoolwork. Don't worry, new members will join and broadcast English here. We sincerely wish that they can do better than we did, letting English Broadcast continue.

然而, 这是我们应该离开这个地方的时候了。因繁重的学业我们不能继续。但别担心, 新的成员将会加入, 她们将继续在这里播报英语。我们真心希望她们能够比我们做得更好, 让英语广播继续下去。

We always have a tradition, that is, saying goodbye one by one when broadcast ends. Later, the music will be on. And it is the last time for us.

我们一直有一个传统, 就是在广播结束时轮流说再见, 然后播放音乐。对我们来说, 这是最后一次了。

Don't forget us! At least we have appeared here once.

别忘记我们! 至少我们在这里出现过。

我是 Log Creative, 来自高二 (28) 班。我是王淳, 来自高二 (10) 班。我是李雅雯, 来自高二 (10) 班。

Goodbye! Goodbye! Goodbye!

[music]

[Ended at 18:15 on Oct. 26, 2016]

Total:

字数: 19,233

字符数 (计空格): 50,633