**新目标大学英语3Text B U1-7**

**Unit 1**

**Text B**

**Generation Me: The Millennial Generation’s Obsession with Being Unique**

**Liz Zarka**

**1.**

**Flashback to Sunday, May 12, 2013. It’s Mother’s Day. You wake up and go about your morning routine: coffee, breakfast, Facebook, in that order. Half-conscious, you are still able to punch out your username and password and begin mechanically scrolling through your news feed. Everything’s pretty standard. A vacation photo here. A link to the New York Times there.**

**2.**

**But wait. What’s this? Jessica just posted a Pic-Stitched photo centered around the words “World’s Best Mom.” And look, Kyle was up an hour ago to write an essay about how he “loves his mom so much because she’s such an inspiration.” You scroll down some more. Maria has changed her profile picture to her hugging her mother with the caption, “She’s always been there for me.” Directly below, George and his mom are laughing hysterically in a photo of them giving each other bunny ears. You anxiously take one last sip of coffee for good measure. With hunched back and furrowed brow, you set off crafting your own photo-status combo professing your love for your mother. Not because she’ll appreciate the social media attention. Nah, your mom might not even have Facebook, so she probably won’t see it. And not because you’re determined to convince your friends once and for all, beyond all words, that your mom is indeed the best mom in the world, no ifs ands or buts about it.**

**3.**

**Who is this post for then? Why are we drafting compliments to our mother for people who probably don’t care? To answer these questions, we need to examine the evidence that we’re living in an age of narcissism.**

**4.**

**It’s not difficult to observe the manifestations of our generation’s (nicknamed Generation Me) obsession with individualism, which, if left unchecked, can lead to some very evident demonstrations of self-absorption. We all take turns being the victims and offenders of shameless self-promotion of all things common in our lives via the Internet, from selfies of us on the toilet to status updates about feeling “slanty face” because our feet hurt. Sure, you could argue that these are inevitable side effects of growing up in an era when tech development grows at the speed of light and that previous generations would have used this technology in the same manner, but the phenomenon of fixating on individualism runs deeper than that.**

**5.**

**Members of the Millennial Generation, made up of people born between the early 1980s and the early 2000s (us), devote a giant amount of time and energy to maintaining an attitude of being unique. The clothes we buy, the music we listen to, the events we attend and even the food we eat — a huge portion of us make these consumption decisions, whether consciously or not, to stand out. Many of us lack the community-based relationships and interactions that were invaluable to members of past generations, whose personal identities were linked at least in part with family, religious groups or neighbors.**

**6.**

**It’s a classic dilemma of the chicken or the egg. Has the permeating theme of our generation, the yearning to be original, alienated us from feeling part of greater community? Or has alienation from a greater community herded us into this position? Regardless, we think there’s a correlation that’s worthy of discussion.**

**7.**

**Following our generation’s individualistic modes of thinking, we Millennials strive toward common goal of self-actualization. We study, work, volunteer, diet, exercise, socialize, dress and shop to be the “best possible versions of ourselves” we can be. More often than not, our romanticized fancy of who we can become are equated with how much money or fame we can obtain. This would be fine if it didn’t have to come with the expense of neglecting to improve something greater than us — namely, the societies we live in.**

**8.**

**In fact an online Journal of Personality and Social Psychology, reports that Millennials (born 1982 to 2000) are more modestly and politically disengaged, more concerned with materialistic values and less interested in helping the larger community than were Generation X (born 1962 to 1981) and the Baby Boomers (born 1946 to about 1961) when they were our age.**

**9.**

**These ideas were reaffirmed in a study conducted by UCLA’s Higher Education Research Institute in partnership with the University of Michigan. The study surveyed more than 9 million high school seniors or rising college freshmen from 1966 to present, and the findings were enlightening. The proportion of students who said being wealthy was very important to them increased with each successive generation, from 45 percent for Baby Boomers to 70 percent for Generation X to 75 percent for Millennials.**

**10.**

**An opposite trend was true for students who felt being politically fluent was worthwhile. The percentage who said it was important to keep up to date with political affairs fell from 50 percent for Boomers to 39 percent for Gen X and 35 percent for Millennials. Of course, we recognize that the Millennials’ focus on individualism has helped reduce instances of prejudice based on race, gender and sexual orientation.**

**11.**

**However, for a generation that prides itself on being more socially conscious, we have made little improvement in realms like protecting the environment, volunteerism and general concern for helping the larger community.**

**TEXT B参考译文**

**1、时间倒退到2013年5月12日周日。那天是母亲节。你起床后开始了你早晨的日常作息：从咖啡、到早餐、再到Facebook，依次进行。在半清醒的状态下，你仍然可以输入你的用户名和密码，开始机械地滑动浏览着推送给你的新闻。一切如常。这有一张度假的照片，那有一个纽约时报的链接。**

**2、但等等。这是什么？杰西卡刚刚发布了一张中间有“世界上最好的妈妈”字样的拼接照片；看，凯尔一个小时前就起床写了一篇文章，讲述他“如此爱他的妈妈因为她是一个多么能鼓舞人心的人”。你再往下看更多的内容。玛利亚已经把她的个人相片改成了她拥抱她妈妈的照片，并附上标题“她总是在我身边”。正下方，是乔治和她的妈妈互相给对方带兔子耳朵（或者用手指竖起兔子耳朵）的照片，他们笑得无比开怀。你焦急地喝下最后一口咖啡，驼着背、皱着眉头，开始精心制作你自己的照片组合，以展现你对母亲的爱。这不是因为她喜欢社交媒体的关注。呃，甚至你母亲都没有自己的Facebook账号，所以她可能都不会看见。并且，这也不是因为你下定决心要彻底地说服你朋友，你母亲无疑是天底下最好的母亲。**

**3、那么这条动态（发布）是给谁看的/这个照片是发给谁看的呢？为什么我们费劲心思地写下这些对母亲的赞美之词，却只是为了让一些可能根本不在乎的人看？要回答这些问题，我们需要调查一些证据，一些可以证明我们正生活在一个充满自恋的年代的证据。**

**4、不难观察到我们这一代人(别称“千禧一代”)对个人主义的痴迷。如果不加以抑制，就会导致一些非常明显的自我专注的表现。从我们在厕所自拍到因脚受伤而感到“脸歪（slanty face可以指“very sad or troubled”）”的状态更新，我们轮流成为互联网上无所不包、不遗余力的自我推销的受害者和侵犯者。当然，你可能争论说，这些都是成长在一个科技以光速发展的时代中不可避免的副作用，而之前的几代人也会以同样的方式使用这项技术，但专注于个人主义的现象要比这要更过分。**

**5、千禧一代由出生于80年代初到21世纪初的人(我们)组成，我们投入大量的时间和精力来保持一种与众不同的姿态。我们买的衣服，我们听的音乐，我们参加的活动，甚至我们吃的食物——我们中的很大一部分人做出这些消费决定，不管有意无意，都是为了脱颖而出。我们许多人缺乏以团体为基础的关系和互动，而这些关系和互动对过去几代人来说是意义非凡的，他们的个人身份至少与家庭、宗教团体或邻居有部分联系。**

**6、这和先有鸡还是先有蛋一样难以回答。渴望成为自己的独创（这通常通过物质产品获得），这个渗透了我们这一代人的主题，是不是已经削弱了我们对于大集体的归属感？或者说是我们在一个大集体中的格格不入使我们处于现在的这个状况？不管怎样，我们认为这其中存在一个很值得讨论的相关性。**

**7、依照我们这一代个人主义模式的思考风格，我们对于自我实现的平凡目的的数以千年为记的奋斗。我们学习，工作，投身公益，日常饮食，锻炼，社交，装扮以及购物来使我们成为我们可以成为的“最好的自己”。在通常情况下，关于我们将成为什么样的人的浪漫想象会和我们得到的收入或名望画上等号。如果这不是以忽略掉改善比我们更伟大的东西—即我们所生活的社会为代价的话就很好了。**

**8、事实上，据一个在线杂志《个性和社会心理学杂志》中的报道，相对于X一代（出生于1962-1981年）和婴儿潮一代（出生于1946-1961年），千禧一代（出生于1982-2000年）比他们在跟我们同年级时候，在政治上更加低调，参与度更低，更加关心物质上的价值，但是对帮助较大集体兴趣更少。**

**9、加州大学洛杉矶分校高等教育研究所与密歇根大学合作进行的一项研究重申了这些观点。从1966年起至今，该研究调查了九百多万高中生与大一新生，其结果非常具有启发性。那些认为变得富裕对他们来说很重要的学生比例逐代增高，从婴儿潮一代的45%到X一代的70%，再到千禧一代时增长至了75%。**

**10、认为关注时事政治很重要的学生数量则呈一种截然相反的变化趋势。那些认为及时了解最新的政治事务的人的比例从婴儿潮一代的50%下降到了X世代的39%和千禧一代的30%。当然，我们认识到千禧一代对个人主义的关注有助于减少基于种族，性别和性取向的偏见。**

**11、然而，对于以更有社会意识而自豪的一代人来说，我们在保护环境、志愿服务和帮助更大的社区等方面几乎没有取得进步。**

**Unit 2**

**Text B A Worried Parent Writes from the UK**

**Stefan Stern**

**1.**

**“Plumbing college.” This was my wife’s not entirely satirical answer to the question about where she hoped our children might end up studying. Plumbing college clearly has a lot to recommend it. You learn useful and relevant skills there. You become eminently employable. And you probably don’t find yourself having £30,000 of tuition fees to pay back when you finally complete the course.**

**2.**

**But all this talk of fees and employability takes us down an avenue I would prefer the debate on higher education could avoid, at least in the first instance. This anxious parent was an undergraduate in the 1980s, a time when certain truths about student life remained self-evident, in spite of the serious economic transformation the UK was going through at the time.**

**3.**

**A humanities student in the 1980s, pursuing a non-vocational course, could still feel confident that the degree he or she was studying was worthwhile in itself. University was supposed to be about a broadening and deepening of the individual. The clue was in the name: one hoped to leave having developed a richer understanding of the universe and one’s own place in it.**

**4.**

**Over the last three decades this notion of higher education as an unquestioned good has begun to slip. It wasn’t just Margaret Thatcher but also a Labour Secretary of State for education—a Labour Secretary of State—who ruminated out loud on the usefulness of studying medieval history. During this period the fashionable concept of employability became accepted as a key goal—perhaps the key goal—of education.**

**5.**

**I don’t think I am imagining having once heard the then Prime Minister, Tony Blair (a graduate of St. John’s College, Oxford), declare, apparently without irony, that: “The more you learn the more you earn.”**

**6.**

**But should I now suppress what some might consider to be self-indulgent instincts? Must higher education be seen primarily as a sensible and pragmatic down-payment towards the creation of future earning potential? What advice should the conscientious parent give to his or her children as far as higher education is concerned?**

**7.**

**The question of cash cannot be avoided. The great and necessary expansion of university places had to be paid for somehow. Tuition fees—a kind of delayed graduate tax—are here to stay, in one form or another. And once the political row and outrage (real and synthetic) have died down, all of us will have to think calmly about how we will help our children cope with the burden of debt they will inevitably incur.**

**8.**

**Not unlike the original student loans which came in to replace grants, borrowing to pay back the cost of tuition fees over time will probably turn out to be one of the best and most affordable loans any young person ever takes out. The parents of future students will have to assume the role of financial educators, explaining and reassuring that these debts will prove manageable and will be paid off, in time. It may well also be the case, however, that with the growing downward mobility of much of the “squeezed middle” in this country, parental (financial) help of the kind I and many others enjoyed as recently as 20-odd years ago will become a much rarer phenomenon.**

**9.**

**And that realisation drags me back to a more defiant and uncompromising thought about higher education. Forget future earning potential. Three or more years at university, however they are financed, are an immense privilege. This is not a time to waste, frankly, pursuing a subject or discipline you have no interest in purely because you have an idea that great riches may lie at the other end of that degree.**

**10.**

**Future doctors must study medicine and future geologists must study geology—that is clear. But what I shall tell my children in due course is that university is there for them to deepen their love of a subject and to develop as individuals. Job prospects, employability skills and building networks of “contacts”, must be a secondary or even tertiary concern. Study something that fascinates you, and worry about the future later on.**

**11.**

**Irresponsible advice? I hope not. Education for education’s sake? Why not?**

**12.**

**Medieval history must be endlessly stimulating, and not nearly as useless as the former Secretary of State suggested. Classicists would be able to tell us that Aristotle’s concept of “flourishing” as an individual—eudaimonia—does not imply great material success at all. Living and doing well is what matters. One probably needs to be well educated to achieve this, but not necessarily paid an investment banker’s salary (or bonus).**

**13.**

**Perhaps I will be condemning my children to decades of penury and miserable rented accommodation—or guaranteeing that they never leave home. But if some school teachers are too nervous to speak up for education as a good thing in itself, and academics are too scared or too busy, then someone will have to. It may as well be the parents who take on this lonely but important task. To graduate in the university of life—I mean as a human being, and not merely as an employee or consumer—it may be necessary to do some serious study at a real university first.**

**Text B**

**1、水暖工学院（此处代指职业技术学院）。这是我妻子对于她希望我们的孩子最终在哪里学习这个问题的回答，她的回答并不完全是讽刺性的。显然，管道学院有很多值得推荐的地方。在那里，你可以学到实用的相关技能。你在工作上变得非常有竞争力。当你最终学完所有课程的时候，你可能也不会发现你需要支付30000英镑的学费。**

**2、但是，所有这些关于学费和就业能力的讨论把我们引向了一条我期望的道路，关于高等教育的讨论能够避免的（还是讨论高等教育能够避免的？），至少在一开始能够这样。这位焦虑的家长是上世纪80年代的一名大学生，那时候学生生活的某些本质还是不言自明的，尽管当时英国正经历着一次重大的经济转型。**

**3、20世纪80年代的一个人文学科的学生修了一门非专业的课程，他仍然相信他所学的学位课程本身是值得的。大学应该是关乎个人能力的扩展与深化。线索就在“university”这个名字里：一个人希望大学毕业时候，已经对宇宙及自己在其中的位置有更深刻的理解。**

1. **在过去的三十年里，“高等教育是一种毋庸置疑的好事”的观念开始衰落。不仅仅是因为撒切尔夫人，还有一位负责教育事务的劳工部长（国务劳工部长）深思熟虑地宣扬关于研究中世纪历史的作用。在这一时期，流行的关于受雇佣能力的观点被认为是一个教育的一个关键目标，或者说是作为教育的关键目标被人们所接受。（用不定冠词和定冠词是为了区分目标之一和唯一目标）**
2. **我曾亲耳听到时任首相托尼.布莱尔（毕业于牛津大学圣约翰学院）宣布：“学的越多，挣得越多”，说这话时候他显然没有挖苦之意。**

**6、但是，我现在应该抑制一些人可能认为是自我放纵的本能吗?高等教育是否必须主要被认为是创造未来收入潜力的明智和务实的前期投入吗（这里如果直译为首付容易让人疑惑）吗?就高等教育而言，有责任心的父母应该给他或她的孩子什么建议?**

**7、钱始终是一个不能忽略的问题。大学扩招这一重大而必要的举措，无论如何都得付出代价。作为一种滞后的毕业税，学费总是以这样或那样的形式存在。而一旦政治上的争执和愤怒（不管是真义愤还是伪装的）平息下来，我们所有人将不得不冷静地思考如何帮助我们的孩子应付他们终将面对的债务。**

**8、与最初用来代替助学金的学生贷款一样，贷款付学费、再慢慢偿还的方式，可能将成为年轻人所能获取的最好最实惠的贷款之一。未来学生的父母 将不得不承担财务教育者的角色，解释并保证这些债务是可控的，并将能及时还清。就在二十多年前，我们很多人都还得到过父母的经济支持，然而随着这个国家里“夹缝中的中产阶级”日益沦落，极有可能这也也要变成稀罕事了。**

**9、对这个问题（前一段所说学生将逐渐无法获得父母的经济资助）的认识促使我回到关于高等教育的更加鲜明、毫不妥协的理念。先不考虑未来收入潜力。不管他们如何支付学费，三到四年在大学里的学习无疑是一种巨大的特权。坦白地说，这个时间不应该被浪费在学习你自身毫无兴趣的，但是取得学位能获得财富（riches，财富财产，常用复数）的学科上。**

**10、非常清楚明了的是，未来的医生必须学医，未来的地质学家必须学地质学。但在适当的时候，我要告诉我的孩子们，大学是让他们加深对某一学科的热爱，并作为个体进行发展的地方。就业前景、就业能力技能和建立“人脉”网络，一定是次要的，或者甚至是第三重要的事。学习些令你着迷的东西，以后再为未来担忧。**

**11、不负责任的建议吗？我认为不是。为教育而教育？为什么不呢？**

**12、中世纪的历史必须是无休止的激励，而不是没有前国务卿所建议的那么无用。 古典主义者将能够告诉我们，亚里士多德的“蓬勃发展”作为一个个体的概念-幸福-根本不意味着物质上的巨大成功，重要的是安居乐业。一个人可能需要接受良好的教育才能安居乐业，而不一定要获得投资银行家那样的高新（或者红利）。**

**13、或许我会让我的孩子们过几十年住在简陋的出租屋的贫穷生活，或者保证他们几十年不离开家。但是如果一些学校老师太焦虑以至于不敢说出教育就其本身而言是一件好事的看法；学者们太害怕或者太忙，那么就要有人来做这件事情。可能是父母承担了这孤单的但重要的任务。要从社会这所大学毕业，我的意思是作为一个人，而不是只作为雇员和顾客-———可能有必要在一所真正的大学里学习**

**Unit 3 TEXT B**

**Text B**

**Be a Better Leader, Have a Richer Life**

**Stewart Friedman**

**Traditional thinking pits work and the rest of our lives against each other. But taking smart steps to integrate work, home, community, and self will make you a more productive leader and a more fulfilled person.**

**1.**

**In my research and coaching work over the past two decades, I have met many people who feel unfulfilled, overwhelmed, or stagnant because they are forsaking performance in one or more aspects of their lives. They aren't bringing their leadership abilities to bear in all of life's domains -- work, home, community, and self (mind, body, and spirit). Of course, there will always be some tension among the different roles we play. But, contrary to the common wisdom, there's no reason to assume that it's a zero-sum game. It makes more sense to pursue excellent performance as a leader in all four domains, achieving what I call "four-way wins" not trading off one for another but finding mutual value among them.**

**2.**

**This is the main idea in a program called Total Leadership that I teach at the Wharton School and at companies and workshops around the world. "Total" because it's about the whole person and "Leadership" because it's about creating sustainable change to benefit not just you but the most important people around you.**

**3.**

**Scoring four-way wins starts by taking a clear view of what you want from and can contribute to each domain of your life, now and in the future, with thoughtful consideration of the people who matter most to you and the expectations you have for one another. This is followed by systematically designing and implementing carefully crafted experiments doing something new for a short period to see how it affects all four domains. If an experiment doesn't work out, you stop or adjust, and little is lost. If it does work out, it's a small win; over time these add up so that your overall efforts are focused increasingly on what and who matter most. Either way, you learn more about how to lead in all parts of your life.**

**4.**

**This process doesn't require inordinate risk. On the contrary, it works because it entails realistic expectations, short-term changes that are in your control, and the explicit support of those around you. Take, for instance, Kenneth Chen, a manager I met at a workshop in 2005. (All names in this article are pseudonyms.) His professional goal was to become CEO, but he had other goals as well, which on the face of it might have appeared conﬂicting. He had recently moved to Philadelphia and wanted to get more involved with his community. He also wished to strengthen bonds with his family. To further all of these goals, he decided to join a city-based community board, which would not only allow him to hone his leadership skills (in support of his professional goal) but also have benefits in the family domain. It would give him more in common with his sister, a teacher who gave back to the community every day, and he hoped his fiancée would participate as well, enabling them to do something together for the greater good. He would feel more spiritually alive and this, in turn, would increase his self-confidence at work.**

**5.**

**Now, about three years later, he reports that he is not only on a community board with his fiancée but also on the formal succession track for CEO. He's a better leader in all aspects of his life because he is acting in ways that are more consistent with his values. He is creatively enhancing his performance in all domains of his life and leading others to improve their performance by encouraging them to better integrate the different parts of their lives, too.**

**6.**

**While hundreds of leaders at all levels go through this program every year, you don't need a workshop to identify worthwhile experiments. The process is pretty straightforward, though not simple. In the sections that follow, I will give you an overview of the process and take you through the basics of designing and implementing experiments to produce four-way wins.**

**7.**

**People try the Total Leadership program for a variety of reasons. Some feel unfulfilled because they're not doing what they love. Some don't feel genuine because they're not acting according to their values. Others feel disconnected, isolated from people who matter to them. They crave stronger relationships, built on trust, and yearn for enriched social networks. Still others are just in a rut. They want to tap into their creative energy but don't know how (and sometimes lack the courage) to do so. They feel out of control and unable to fit in all that's important to them.**

**8.**

**My hunch is that there are more four-way wins available to you than you'd think. They are there for the taking. You have to know how to look for them and then find the support and zeal to pursue them. By providing a blueprint for how you can be real, be whole, and be innovative as a leader in all parts of your life, this program helps you perform better according to the standards of the most important people in your life; feel better in all the domains of your life; and foster greater harmony among the domains by increasing the resources available to you to fit all the parts of your life together. No matter what your career stage or current position, you can be a better leader and have a richer life if you are ready and willing to rise to the challenge.**

**做好领导 富享人生**

**导语：传统思想认为工作和我们生活的其他方面是相对立的。但是采取明智的措施让工作、家庭、社会和自我融为一体，将会使你变成一个更有效率的领导者和一个更加感到满足的人。**

**1、在过去20年的专题研究和指导工作中，我见过很多人，他们或是觉得壮志未酬，或是不堪重负，或是停滞不前，原因就在于他们在生活的某一个或多个领域里没有积极努力。他们没有让领导能力在生活的各个领域都开花结果，包括工作、家庭、社区及他们自身（思想、身体和精神）。当然，我们所承担的不同角色间总存在一些矛盾冲突，但和通常理解不同的是，我们并没有理由认为这是一个零和游戏。在四个领域都成为领导者，有出色表现，实现我所说的“四赢”，不舍此求彼，而寻求它们之间的契合点与价值，这才是更明智的做法。**

**2、这是我在沃顿商学院以及世界各地的公司和讲习班教授的一个名为“全面领导力”的项目的主要观点。“全面”是因为它是关于全面人生的，“领导”是因为它是关于创造可持续的改变，这不这种改变仅有利于你，也有利于你周围最重要的人。**

**3、获得“四赢”，首先要想清楚你想从中获得什么以及你可以为生活的各个领域做出什么贡献。无论现在还是将来，你都要仔细考虑对你最重要的人，以及你们对彼此的期待。然后，系统地设计和小心地实施精心设计的实验。 这些实验是在短时间内做一些新事情，来看看它怎样这影响四个领域。如果实验不成功，你要么停止，要么调整，损失很少。如果成功了，那就是一个小胜利；随着时间的推移，这些累加在一起，你整体的努力就会越来越集中在最重要的人或事上。不管怎样，你会学到更多关于如何领导生活的各个方面的知识。**

**4、此过程不需要过分的风险。相反，它之所以有效，是因为它需要现实的期望，您所能控制的短期变化以及周围人的明确支持。例如，我在2005年的一次研讨会上认识的经理肯尼思·陈（Kenneth Chen）（本文中的所有姓名均为化名）。他的职业目标是成为首席执行官，但他还有其他目标，表面上看这些可能已经出现了冲突。他最近搬到了费城，希望更多的参阅他的社区生活。他还希望与家人加强联系。为了实现所有这些目标，他决定加入一个以城市为基础的社区委员会，这不仅使他能够磨练自己的领导才能（以支持他的职业目标），而且还能在家庭领域中受益。这将使他与他的妹妹（一位每天都回馈社区的老师）有更多共同点，他希望未婚夫也能参与其中，使他们能够共同为更大的利益做些事情。他认为会在精神上更加活跃，从而反过来会增强他的工作自信心。**

**5、现在，大约三年后，他声称他不仅和他的未婚妻在一个社区委员会，而且还在正式继任CEO的路上。他在生活的各方面都是一个较好的领导者，因为他的行为方式更符合他的价值观。他正在创造性地提高自己在生活各个领域的表现，并通过鼓励别人更好地将生活的不同部分结合在一起来引导别人提高他们的表现力。**

**6、尽管每年有数以百计的各种级别的领导参加这个项目，但你不需要用一个工作坊来确定有价值的实验。虽然这个过程并不简单，但是很直接。在接下来的部分里，我会给你提供一个过程的简述，并带你了解设计和实现实验的基础知识，以得到四个方面的共赢。**

**7、人们因为各种各样的原因尝试全面领导力计划。 有些人觉得不满足，因为他们没有做自己喜欢的事情。有些人感觉不真实，因为他们的行为不符合他们的价值观。 其他人则感到孤立无援，与那些他们在意的人隔离开来。 他们渴望建立在信任基础上的更牢固的关系，也渴望丰富的社交网络。还有一些只是一成不变。 他们想挖掘自己的创造力，但不知道如何(有时是缺乏勇气)这样做。 他们觉得失去控制，无法与对他们来说重要的事情和谐相处。**

**8、我的直觉是你能获得比你想象的要多的“四赢”。他们就在那里，等着你寻找。你必须知道如何寻找他们，然后找到追求他们的动力和热情。通过提供一个你如何在生活的各个部分成为一个真实的、完整的、创新的领导者的蓝图。你生活中最重要的人对你有标准，这个计划能帮助你更好地执行这种标准。也能让你在生活的各个领域都感到更好，并且增加你可以得到的资源来让你生活中所有部分更加和谐。无论你的职业阶段或目前的职位是什么，只要你准备好了并愿意挑战自己，你就能成为一个更好的领导者，拥有更精彩的人生。**

**Unit 4 TEXTB**

**Sonic Bloom! A New Solar-Powered Sculpture**

**Megan Gambino**

**1. When the Pacific Science Center in Seattle put out a call for public art demonstrating solar energy, Dan Corson submitted a proposal. He called his musing a “Humming Heliotrope.” Heliotrope, in Latin, means “turning toward the Sun.”**

**2. “I was thinking about how some flowers move in order to capture the Sun,” says the artist.**

**3. Corson drew up a plan for five towering sculptures of flowers, inspired by the flower of the Australian firewheel tree, to sprout from the grounds of the science center near the base of Seattle’s famous Space Needle. The flowers would light up at night, thanks to electricity generated by day courtesy of solar panels on their faces. They’d also hum as people walked around the stems.**

**4. “I also was thinking about science centers and how they reveal things to us that we normally don’t see—microscopically, atmospherically or phenomenologically. This led me down the path of imagining looking up and experiencing flowers from under them, as if you were the scale of a small insect,” he says.**

**5. The Pacific Science Center selected Corson for the job. “He is very talented. Of all the artists, he had the most experience in solar,” says Michal Anderson, the center’s chief financial and operating officer. For example, Corson previously created a series of sculptures called “Nepenthes” in Portland, Oregon, that involve photovoltaic panels. The pieces collect solar energy during the day and then glow for four hours after sundown.**

**6. “We had a lot of people apply who did not have solar experience, and we had some people apply that had solar experience but no public art background,” adds Anderson. “He was a nice blend and definitely the strongest candidate. We think we made the right choice.”**

**7. So, after a few tweaks to the original plan, Corson created the playful installation, now called “Sonic Bloom.” Seattle City Light’s Green Up program, which sponsors projects that stir interest in renewable energy, provided the funds for the commission as a way to honor the center’s 50th anniversary.**

**8. The patch of brightly colored blossoms, unveiled last month after three years of planning, is a welcome sight. The flowers stand up to 33 feet tall with petals measuring 20 feet wide. All told, 270 four-watt solar panels, built by the Washington company Silicon Energy, are mounted to the tops of the flower heads. Directly under the solar panels, in fiberglass domes facing downward, are LEDs. At night, the LEDs change colors and the beams chase each other, creating a light show effect.**

**9. Corson tilted the flowers at different angles and in different directions to show the effect of time of day and orientation on energy generation. Visitors can see real-time, daily, monthly and yearly electricity generation on a kiosk inside the center. “As you scroll through, you can see how different flowers are performing due to their angle,” the artist explains.**

**10. The flowers are tied to the electricity grid, so their brightness is consistent over the five-plus hours each night that they shine. Despite Seattle’s notoriety as a cloudy city, “the amount of energy [created] is calculated over the whole year, so the flowers produce extra energy in the summer, and less in the winter, but overall, the project is energy neutral,” says the artist. During the summer months, that extra energy is used to offset some of the center’s energy needs.**

**11. Corson is fascinated by light—so much so that he incorporates it into many of his public artworks. In Fort Lauderdale, Florida, he constructed a circle of lit trees he calls “Luminous Conjunction.” When a pedestrian walking along the laid brick sidewalk passes a tree, the spotlight illuminating it changes from white to green. Then, in “Rays,” an installation in Rivers Edge Park in Council Bluffs, Iowa, Corson created a nightly light show that projects lines, rings and swirly patterns on a five-acre grassy lawn.**

**12. “Light draws us into work; it acts as a lure to start the artistic conversation,” says Corson. “From a purely phenomenological perspective, it can make you feel differently by the color, angle and brightness.I also think it is one of the easiest ways to transform a piece’s experience from the daytime to the nighttime.”**

**13. More than one million people visit the Pacific Science Cent r each year, guaranteeing “Sonic Bloom” a large viewership. The installation is located just outside the center’s gates, so passersby need not pay admission to see it. “People lay on the ground and take pictures looking up through the petals,” says Anderson. “There is also a sound component to the flowers. There are motion sensors at the base of each flower, and it makes a sound like a chanting monk. It is fun to watch people walk by who don’t expect the sound.”**

**14. “Sonic Bloom” teaches visitors about how solar power works, while also showing that it can be an effective means of generating electricity even in the rainy, misty, overcast Pacific Northwest. “We really want people to understand that we have finite resources in the world and that renewable energy is a very important part of our future,” Anderson explains. “People think that Seattle has so much rain that solar energy is not a viable option, and it really is. We want people to give some thought about sustainable energy in their life and how they might be able to use that.”**

**15. Corson, nonetheless, primarily considers it an artwork. “One of the things I wanted to do is share that photovoltaic [PV] projects do not need to look ugly,” he says. “Not that all solar projects are ugly, but we often see PV cells arranged in an efficient and non-aesthetic manner. I wanted to look at ways of using the PV cells to tell more stories.”**

**这一单元介绍的是西雅图太平洋科学中心的“声音之花”。该中心位于西雅图的地标建筑“太空针”（Space Needle）旁边。 地标建筑“太空针”是1962 年为世博会而建，位于西雅图市中心的西北边。1962 年的世博会成为它的起点。继承了那届世博会的遗产,太平洋科学中心成为美国第一家按照科学中心模式建造的博物馆。2010 年，科学中心成为西雅图的城市地标。2012 年庆祝了它的50 周年。“声音之花”（Sonic Bloom）是由西雅图市电力公司捐资的，五朵高大的花朵上安装有太阳能电池，每当有人路过，它就哼起乐声。**

1. **当位于西雅图的太平洋科学中心向大众发出征集展示太阳能的艺术作品时，丹·科尔森提交了一份提案。他把他的作品（原文中musing的本意是“沉思”,有人认为这个词来自于古希腊神话中主管科学和文艺的Muse女神。Muse这个词还可以表示诗才，诗思。此处代指他的深思熟虑后的创意）称为“哼着小曲的向阳开花的植物”。在拉丁语中，Heliotrope的意思是“转向太阳”。**

**Heliotrope 前缀helio- 指与太阳有关的……**

1. **“我在想一些花为了捕捉阳光是如何移动的。”这位艺术家说。**
2. **受澳大利亚的火轮树的启发，克尔森拟定了一个方案，计划在科学中心——靠近西雅图著名的“太空针”基座的地面上，让五座高耸的花型雕塑拔地而起。这些“花儿”将在晚上发光，由白天其表面的太阳能板收集自然光来发电。当有人在它们的“茎”周围行走时他们也会发出嗡嗡声。**

**Towering： adj.形容词**

**4、他说：“我还想到了科学中心，以及他们是怎样从微观、气压或者现象学的角度为我们解释这些平常看不到的东西。这让我走上了这样一条路，想象自己仿佛变成了昆虫的大小，从下方去仰视和感受花朵的道路。”。**

**5、太平洋科学中心选择了科尔森来做这项工作。科学中心的首席财务和运营官米哈·安德森说：“他非常有才华。在所有艺术家里，他在太阳能方面的经验最为丰富。”举例来说，科尔森此前在俄勒冈州波特兰市创作了一系列名为“猪笼草”的雕塑作品，其中就使用了光伏板。光伏板白天收集太阳能，日落之后可以发光四个小时。**

**6、 “有很多没有开发太阳能经验的人向我们提交申请，也有一些有开发太阳能经验但没有公共艺术背景的人申请。”安德森补充道，“他是拥有这两方面的知识储备，绝对是最强的候选人。我们认为我们做出了正确的选择。”**

1. **因此，在对原计划进行了一些调整后，Corson创造了这个欢快的艺术作品（installation可以指安装，也可以指艺术展），现在被称为“声音之花”。西雅图城市之光的“绿色计划”(Green Up program)赞助了一些激发人们对可再生能源兴趣的项目，该计划为这项任务提供了资金，作为纪念该中心成立50周年的一种方式。**

**8、经过三年的规划，这片色彩鲜艳的花海于上个月首次开放。它是一个受欢迎的景观。这些花高达33英尺，花瓣有20英尺宽。由华盛顿硅能源公司制造的合计（all told）270块4瓦太阳能电池板安装在花头的顶部。在太阳能电池板的正下方，玻璃纤维穹顶朝下，是LED灯。晚上，LED改变颜色，光束互相追逐，产生灯光秀效果。**

**9、Corson 将花倾斜至不同的角度和方向，来展现一天中的不同时间和不同方向对能量产生带来的影响。参观者可以从科技中心的一个广告塔里看见实时的，每日，每月，每年的能量产生的过程。“当你上下滑动着浏览时候，你能看见不同的花是如何在他们的角度上绽放的。”这个艺术家解释道。**

**10、因为这些花与电网相连，所以它们可以在每晚持续点亮五个小时以上。尽管西雅图以‘多云之城’著称，“它产生的能量以全年来计算，因此，花朵在夏季产生额外的能量，而在冬季产生的能量少一些，但总体而言，该项目是能量平衡的，”这位艺术家说。在夏季，这些额外的能量被用来满足中心里的一些能量需求。**

**11、Corson对光十分着迷，以至于他大部分公开发表的艺术作品里都融入了光这一元素。在佛罗里达州的劳德代尔堡，他将发光的树木围成一圈，并称其为“光之结合”。每当路上的行人经过一棵树，使之发光的射灯便从白色变为绿色。还有，爱荷华州康瑟尔布拉夫斯市的河畔公园展示了一场叫做“rays”的夜灯秀，这场秀利用这些“光束”形成的装置在五英亩的草坪上投射出了直线、圆环和漩涡状的图案。**

1. **“光诱惑我们投入工作，它充当了一种开始艺术对话的诱因，”卡森说，“从纯粹的现象学观点来看，通过颜色，角度，光亮，它可以让你有不同的感受。我也认为这是把一段经历从白天转换到夜晚最简单的方式之一。”**

**13、每年有超过一百万的人来参观太平洋科学中心，这保证了“音速绽放”有大量的访客。这个展览就安装在科技中心的大门外，所以路人不需要入场费就能看见它。 “人们会躺在地上仰望着拍摄花瓣的照片。” Anderson说，“而花上也拥有一个声音部件。在每朵花的底部都安装有运动传感器，它会发出就像是吟唱的僧人般的声音。看着对声响毫不知情的人们经过是一件有趣的乐事。”**

**14.“超声波音爆”同参观者们展示了太阳能是如何工作的，同时也展示了即使在多雨、多雾、阴暗的太平洋西北地区，太阳能也可以有一个高效的产电方式。“我们真的很想让人们体会到在这个世界上我们的资源是有限的，所以可再生资源真的在未来占据了很重要的一部分，”Anderson解释“人们认为西雅图的雨水太多了，以至于太阳能不是一个可行的选择，事实也确实如此。我们是想让人们思考更多关于他们生活中的可持续能源，并且我们该怎么去利用这些能源。”**

**15、尽管如此，Corson还是认为它主要是一件艺术品。他说:“我想做的一件事就是告诉大家，光伏项目不一定看起来很丑。”“并不是所有的太阳能项目都是难看的，但我们经常看到光伏电池以一种高效的和但是毫无审美意识的方式排列。我想看看如何利用光伏电池来讲述更多故事。”**

**Unit 5 TEXT B**

**Death of a Salesman**

**Arthur Miller**

**Main Characters**

**Willy Loman — a 63-year-old once popular salesman**

**Biff Loman — Willy’s 34-year-old elder son**

**Happy Loman — Willy’s younger son**

**Linda Loman — Willy’s wife**

**Ben Loman — Willy’s deceased elder brother**

**Plot Summary**

**Willy comes home early from his work trip because he is no longer able to drive and he can’t do his job. Biff is home after working as a farm hand for many years in the West. Biff was once a high school football star, but he could never embrace Willy's concept of success. Willy’s mental wanderings are getting worse; he is preoccupied with Biff’s aimlessness and inability to find success in business. Linda informs her sons that Willy has been trying to commit suicide and tells Biff that his father’s life is in his hands. Biff and Happy cheer up their father by promising to meet with a "big shot" business man, Bill Oliver. They plan to pitch a marketing idea — a concept that fills Willy with hope for the future.**

**On the same day, both Willy and Biff’s high expectations are dashed to the ground. Willy goes to his boss to try to get a non-traveling job but ends up getting completely fired. Meanwhile, Biff waits for six hours to see Oliver, only to be reminded that he is a nobody in the man’s eyes. As if that were not complicated enough, Biff steals Oliver’s fountain pen. The selected part tells what happened at home later in the night.**

**BIFF: No! Nobody's hanging himself, Willy! I ran down eleven flights with a pen in my hand today. And suddenly I stopped, you hear me? And in the middle of that office building, do you hear this? I stopped in the middle of that building and I saw the sky. I saw the things that I love in this world. The work and the food and time to sit and smoke. And I looked at the pen and said to myself, what the hell am I grabbing this for? Why am I trying to become what I don't want to be? What am I doing in an office, making a contemptuous, begging fool of myself, when all I want is out there, waiting for me the minute I say I know who I am! Why can't I say that, Willy? (He tries to make Willy face him, but Willy pulls away and moves to the left.)**

**WILLY (with hatred, threateningly): The door of your life is wide open!**

**BIFF: Pop! I'm a dime a dozen, and so are you!**

**WILLY (turning on him now in an uncontrolled outburst): I am not a dime a dozen! I am Willy Loman, and you are Biff Loman!**

**(Biff starts for Willy, but is blocked by Happy. In his fury, Biff seems on the verge of attacking his father.)**

**BIFF: I am not a leader of men, Willy, and neither are you. You were never anything but a hard-working drummer who landed in the ash can like all the rest of them! I'm one dollar an hour, Willy I tried seven states and couldn't raise it. A buck an hour! Do you gather my meaning? I'm not bringing home any prizes any more, and you're going to stop waiting for me to bring them home!**

**WILLY (directly to Biff): You vengeful, spiteful mut!**

**(Biff breaks from Happy. Willy, in fright, starts up the stairs. Biff grabs him.)**

**BIFF (at the peak of his fury): Pop, I'm nothing! I'm nothing, Pop. Can't you understand that? There's no spite in it any more. I'm just what I am, that's all. (Biffs fury has spent itself, and he breaks down, sobbing, holding on to Willy, who dumbly fumbles for Biff's face.)**

**WILLY (astonished): What're you doing? What're you doing? (To Linda) Why is he crying?**

**BIFF (crying, broken): Will you let me go, for Christ's sake? Will you take that phony dream and burn it before something happens? (Struggling to contain himself, he pulls away and moves to the stairs.) I'll go in the morning. Put him---put him to bed. (Exhausted, Biff moves up the stairs to his room.)**

**WILLY (after a long pause, astonished, elevated): Isn't that—isn't that remarkable? Biff—he likes me!**

**LINDA: He loves you, Willy!**

**HAPPY (deeply moved): Always did, Pop.**

**WILLY: Oh, Biff! (Staring wildly.) He cried! Cried to me. (He is choking with his love, and now cries out his promise.) That boy—that boy is going to be magnificent!**

**(Ben appears in the light just outside the kitchen.)**

**BEN: Yes, outstanding, with twenty thousand behind him.**

**LINDA (sensing the racing of his mind, fearfully, carefully): Now come to bed, Willy. It's all settled now.**

**WILLY (finding it difficult not to rush out of the house): Yes, we'll sleep. Come on. Go to sleep, Hap.**

**BEN: And it does take a great kind of a man to crack the jungle.**

**(In accents of dread, Ben's idyllic music starts up.)**

**HAPPY (his arm around Linda): I'm getting married, Pop, don't forget it. I'm changing everything. I'm gonna run that department before the year is up. You'll see, Mom. (He kisses her.)**

**BEN: The jungle is dark but full of diamonds, Willy.**

**LINDA: Be good. You’re both good boys, just act that way, that’s all.**

**HAPPY: ‘Night, Pop. (He goes upstairs.)**

**LINDA (to Willy): Come, dear.**

**BEN (with greater force): One must go in to fetch a diamond out.**

**WILLY (to Linda, as he moves slowly along the edge of kitchen, toward the door): I just want to get settled down, Linda. Let me sit alone for a little.**

**LINDA (almost uttering her fear): I want you upstairs.**

**WILLY (taking her in his arms): In a few minutes, Linda. I couldn’t sleep right now. Go on, you look awful tired. (He kisses her.)**

**BEN: Not like an appointment at all. A diamond is rough and hard to the touch.**

**WILLY: Go on now. I’ll be right up.**

**LINDA: I think this is the only way, Willy.**

**WILLY: Sure, it's the best thing.**

**BEN: Best thing!**

**WILLY: The only way. Everything is gonna be—go on, kid, get to bed. You look so tired.**

**LINDA: Come right up.**

**WILLY: Two minutes.**

**(Linda goes into the living room, then reappears in her bedroom. Willy moves just outside the kitchen door.)**

**WILLY: Loves me. (Wonderingly) Always loved me. Isn't that a remarkable thing? Ben, he'll worship me for it!**

**BEN (with promise): It's dark there, but full of diamonds.**

**WILLY: Can you imagine that magnificence with twenty thousand dollars in his pocket?**

**LINDA (calling from her room): Willy! Come up!**

**WILLY (calling into the kitchen): Yes! Yes. Coming! It's very smart, you realize that, don't you, sweetheart? Even Ben sees it. I gotta go, baby. `By! `By! (Going over to Ben, almost dancing.) Imagine? When the mail comes he'll be ahead of Bernard again!**

**BEN: A perfect proposition all around.**

**WILLY: Did you see how he cried to me? Oh, if I could kiss him, Ben!**

**BEN: Time, William, time!**

**WILLY: Oh, Ben, I always knew one way or another we were gonna make it, Biff and I!**

**BEN (looking at his watch): The boat. We'll be late. (He moves slowly off into the darkness.) WILLY (elegiacally, turning to the house): Now when you kick off, boy, I want a seventy-yard boot, and get right down the field under the ball, and when you hit, hit low and hit hard, because it's important, boy. (He swings around and faces the audience.)There are all kinds of important people in the stands, and the first thing you know... (Suddenly realizing he is alone.) Ben! Ben, where do I.?(He makes a sudden movement of search.) Ben, how do I..?**

**LINDA (calling): Willy, you coming up?**

**WILLY (uttering a gasp of fear, whirling about as if to quiet her): Sh! (He turns around as if to find his way; sounds, faces, voices, seem to be swarming in upon him and he flicks at them, crying.) Sh! Sh! (Suddenly music, faint and high, stops him. It rises in intensity, almost to an unbearable scream. He goes up and down on his toes, and rushes off around the house.) Shhh!**

**LINDA: Willy?**

**(There is no answer. Linda waits. Biff gets up off his bed. He is still in his clothes. Happy sits up. Biff stands listening.)**

**LINDA (with real fear): Willy, answer me! Willy!**

**(There is the sound of a car starting and moving away at full speed.)**

**LINDA: No!**

**BIFF (rushing down the stairs): Pop!**

**(As the car speeds off, the music crashes down in a frenzy of sound, which becomes the soft pulsation of a single cello string. Biff slowly returns to his bedroom. He and Happy gravely don their jackets. Linda slowly walks out of her room. The music has developed into a dead march. The leaves of day are appearing over everything. Charley and Bernard, somberly dressed, appear and knock on the kitchen door. Biff and Happy slowly descend the stairs to the kitchen as Charley and Bernard enter. All stop a moment when Linda, in clothes of mourning, bearing a little bunch of roses, comes through the draped doorway into the kitchen. She goes to Charley and takes his arm. Now all move toward the audience, through the wall-line of the kitchen. At the limit of the apron, Linda lays down the flowers, kneels, and sits back on her heels. All stare down at the grave.)**

**推销员之死**

**主要角色**

**情节简介**

**威利回家比较早，因为他已经不能开车，不能工作了。 比夫在家，他在西部的农场里工作了很多年。比夫曾经是一个中学橄榄球星，但是他总是不能达到威利的成功标准。威利的幻想症已经越来越严重了，对于比夫的盲目和无能他感到忧心忡忡。 琳达告诉她的儿子们，威利试图自杀过，同时告诉比夫他的父亲的命掌握在他手里。比夫和哈比试图让威利开心起来，他们保证说他们要去见一个商界大人物，比尔.奥利弗。 他俩想要推销一个市场计划-一个能让威利看到未来希望的想法。**

**同一天，威利和比夫的美好期望都破灭了。 威利去跟他的老板请求一个不用出差的工作，但是却被解雇了。同时，比夫等了六个小时见到奥利弗，结果发现在对方眼里他什么也不是。好像还不够复杂一样，比夫投了奥利弗的自来水笔。节选的片段告诉我们这天晚上家里发生的事情。**

**比夫：不！没人上吊，威利！今天我手里拿支笔一口气奔下十一段楼梯。忽然间我停下了，您听见吗？就在那座办公大楼的中间，您听见吗？我停在这座办公大楼的中间，见看到了——天。我看到了这世界上我所热一爱一的东西。工作和食品，还有坐下一抽一口烟的时间。我瞧着那支笔，心里嘀咕说，我拿这支笔到底干什么？为什么我要勉强去做自己不愿意做的事呢？我在人家办公室里，对人家低声下气，哀求乞怜，这又是何苦来呢？其实我无非只是想要出来，等候一个时机说说我知道自己是什么人罢了！为什么我不能说这句话，威利？（他想勉强使威利面对他，可是威利扭转身，往左走）**

**威利：（怀恨在心，声势一逼一人）你生活的大门敞开着！**

**比夫：爹！我这种人贱得很，您也是！**

**威利：（这时忍不住大发脾气，对他大闹）我可不是贱货！我是威利·洛曼，你是比夫?洛曼！**

**[比夫冲向威利，但被哈比拦住。在盛怒之下，比夫看来差点要打他爸爸。**

**比夫：我不是当头头的料，威利，您也一样。您根本成不了气候，您只是一个拼死卖命的跑街，到头来就象所有的跑街一样，落得个给人家扔进垃圾堆的下场！我是干一个钟头拿一块钱，威利！我跑了七个州，还是加不到工钱。一个钟头一块！您明白我的意思吗？我再也不往家里带横财了，您也休想等我往家里带。**

**威利：（直接对比夫）您这忘恩负义，存心怄我生气的饭桶！**

**[比夫挣脱哈比。威利吓得赶紧上楼。比夫抓住他。**

**比夫：（正在火头上）爸，我是个窝突废！我是个窝囊废，爹。这点您也不明白吗？这里可一点也没存心怄气。我就是我这个样子，就这一句话。**

**[比夫的怒火消尽，情不自禁地痛哭流涕，拉住威利，威利默默无言，伸手去摸比夫的脸。**

**威利：（吃惊）你这是干什么？你这是干什么？（对林达）他为什么哭呀？**

**比夫：（哭着，神情沮丧）请您放我走吧！您还是趁早别做那个糊弄人的美梦，把那东西烧掉免得出事吧！（他拼命想克制自己，挣脱身，上楼）我明天一早就走。送他——送他去睡吧。（筋疲力尽，比夫上楼到自己房里）**

**威利：（冷场了半晌，才又惊又击）你说这件事——这件事怪不怪？比夫——他喜欢我！**

**林达：他一爱一你，威利！**

**哈比：（深深感动）一向如此，爸。**

**威利：哎呀，比夫！（目不转睛地拼命看着）他哭了！对我哭了。（他憋着一肚子父一爱一，终于大声说出他的希望）那小子、那小子终究会大有出息！**

**[本出现在厨房外的光圈里。**

**本：是啊，有两万块做后盾，可了不得呀。**

**林达：（看出他思潮起伏，又害怕，又小心）快来睡吧，威利。这会儿事情都解决了。**

**威利：（觉得实在忍不住想冲出屋子去）嗯，咱们就睡。快来。去睡吧，哈普。**

**本：要到丛林地带打出天下，其得有一种了不起的人才行啊。**

**[本那田园诗的音乐声起，音调恐怖。**

**哈比：（搂着林达）我就要结婚啦，爸，别忘了。我要改变一切现状。用不着等到过年我就要经管那个部门。您走着瞧吧，一妈一。（他吻吻她）**

**本：丛林地带虽然一片漆黑，倒是遍地金刚钻，威利。**

**[威利掉转身，走着，倾听本说话。**

**林达：乖乖地听话。你们俩都是乖孩子，只要一直这样乖就好了。**

**哈比：明儿见，爸。（他上楼去）**

**林达：（对威利）来，亲一爱一的。**

**本：（加强语气）男子汉总得出去发掘金刚钻。**

**威利：（沿着厨房墙根慢慢走向门口，对林达）我只是想要定定神，林达。让我自个儿坐一会儿。**

**林达：（差点吐露出心里的恐惧）我要你上楼去。**

**威利：（把她搂在怀里）再过一会儿，林达。眼下睡不着。去吧，你看上去累坏了。（他吻吻她）**

**本：这可不比约会。金刚钻又粗又硬，碰都碰不得。**

**威利：快去。我立刻就上来。**

**林达：我想只有这么办了，威利。**

**威利：可不，这是最好的办法了。**

**本：最好的办法！**

**威利：唯一的办法。现在一切都好啦，宝贝，睡觉去吧。你看上去累坏了。**

**林达：立刻上来。**

**威利：我马上就来。**

**[林达走进起居室，随即又出现在卧室。威利就在厨房门外走着。**

**威利：他一爱一我。（惊讶）他一向一爱一我。这事情怪不怪？本，他会因此崇拜我！**

**本：（许愿）那里虽然一片漆黑，倒是遍地金刚钻。**

**威利：你能想象他口袋里一旦装上两万块钱那份气派吗？**

**林达：（从房里喊着）威利，上来！**

**威利：（对厨房里喊着）噢！噢。来了！这算盘多一精一明！你了解不了解，心肝儿？连本也那么看。我得走啦，宝贝。再见吧！再见吧！（几乎手舞足蹈，走向本）想想看。等他拿到保险费，又胜过伯纳德了！**

**本：真是一笔绝妙的好生意。**

**威利：你看到他对我哭得多伤心啊？唉，要是我能吻他一下就好了，本！**

**本：到时候了，威廉，到时候了！**

**威利：噢，本，我一向知道不管怎样，我和比夫两个人总要成功的！**

**本：（看表）要开船了。咱们要迟到了。（他慢慢走进暗里）**

**威利：（哀伤地，掉转身一子看着这个家）孩子，这回要是碰到你开 球，我要你速度快如风，一脚踢过半个球场，要是碰到你射门，要射得低，射得猛，因为这一脚可紧要呢，孩子。（他迅速转过身来面对着观众）看台上有各种各样的大人物，你首先要知道……（忽然醒悟剩下自已一个人）本！本，我哪儿……（他突然作出一个寻找的动作）本，我怎么……？**

**林达：（叫唤）威利，你上来吗？**

**威利：（害怕得大声喘右气，猛地转过身来象是要她安静）嘘！（他掉转身，象是要探路；闹声、人脸、说话声，似乎蜂拥向他扑来，他一边挥拂，一边喊叫）嘘，嘘！（忽然间声调尖厉不清的音乐迎面拦住他，音乐声高度增强，几乎形成无法忍受的刺耳尖一叫。他踮起脚尖走来走去，在屋子里绕了一圈就奔出去了）嘘，嘘！**

**林达：威利？**

**[没应声。林达等特。比夫起身离床。他没脱一去衣服。哈比坐了起来。比夫站着静听。**

**林达：（真正害怕了）威利，回答我！威利！**

**[传来汽车发动声和全速开走声。**

**林达：不行！**

**比夫：（奔下楼）爸！**

**[随着汽车疾驰而去，音乐发出一片乱七八糟的碰撞声，又变成大提琴一根琴弦轻柔而有节奏的拨动声。比夫慢慢回到自已的卧室。他和哈比肃穆地穿上茄克衫。林达慢慢走出自己房间。音乐发展为一文哀乐。白天。屋里笼罩着绿叶荫影。查利和伯纳德，穿深色衣服上，敲着厨房门。比夫和哈比慢慢下楼到厨房去，正好查利和伯纳德进门。大家静止了一会儿，这时林达穿着一身孝服，捧着一小束玫瑰花，走过挂门帘的门口，，进了厨房。她走到查利身边，挽着他的胳臂。这时大家全都穿过厨房的墙壁界限，走向观众。林达在台口边沿，放下花束，跪下，一屁股坐在自己脚跟上。大家都目不转睛地看着坟墓。**

**TEXT B**

**综合教程第六第七翻译**

**六单元life as you see it**

**TEXT B**

**Unit6 Text B**

**How to Build a Happier Brain**

**Julie Beck**

**1.**

**There is a motif, in fiction and in life, of people having wonderful things happen to them, but still ending up unhappy. We can adapt to anything, it seems—you can get your dream job, marry a wonderful human, finally get 1 million dollars or Twitter followers —eventually we acclimate and find new things to complain about.**

**2.**

**If you want to look at it on a micro level, take an average day. You go to work; make some money; eat some food; interact with friends, family or co-workers; go home; and watch some TV. Nothing particularly bad happens, but you still can’t shake a feeling of stress, or worry, or inadequacy, or loneliness.**

**3.**

**According to Dr. Rick Hanson, a neuropsychologist, a member of U.C. Berkeley's Greater Good Science Center's advisory board, our brains are naturally wired to focus on the negative, which can make us feel stressed and unhappy even though there are a lot of positive things in our lives. True, life can be hard, and legitimately terrible sometimes. Dr. Hanson doesn’t suggest that we avoid dwelling on negative experiences altogether—that would be impossible. Instead, he advocates training our brains to appreciate positive experiences when we do have them, by taking the time to focus on them and install them in the brain.**

**4.**

**I spoke with Hanson about this practice, which he calls “taking in the good,” and how evolution optimized our brains for survival, but not necessarily happiness.**

**5.**

**“Taking in the good” is what you emphasize repeatedly. Can you explain what that is as a practice and how it works in the brain?**

**6.**

**The simple idea is that we all want to have good things inside ourselves: happiness, resilience, love, confidence, and so forth. The question is, how do we actually grow those, in terms of the brain? It’s really important to have positive experiences of these things that we want to grow, and then really help them sink in, because if we don’t help them sink in, they don’t become neural structure very effectively.**

**7.**

**Do you want to explain how that actually works in terms of brain structure? What is the connection between having this good experience and making tangible changes in the brain?**

**8.**

**There’s a classic saying: "Neurons that fire together, wire together." What that means is that repeated patterns of mental activity build neural structure. This process occurs through a lot of different mechanisms, including sensitizing existing synapses and building new synapses, as well as bringing more blood to busy regions. The problem is that the brain is very good at building brain structure from negative experiences. We learn immediately from pain—you know, “once burned, twice shy.” Unfortunately, the brain is relatively poor at turning positive experiences into emotional learning neural structure.**

**9.**

**You once said: “Positive thinking is usually wasted on the brain.” Can you explain how positive thinking is different from taking in the good?**

**10.**

**That’s a central, central question. First, positive thinking by definition is conceptual and generally verbal. And most conceptual or verbal material doesn’t have a lot of impact on how we actually feel or function over the course of the day. I know a lot of people who have this kind of positive thinking, look-on-the-bright-side smart people, but deep down they’re very frightened, angry, sad, disappointed, hurt, or lonely.**

**11.**

**I think positive thinking’s helpful, but in my view, it’s not so much as helpful as clear thinking. I think it’s important to be able to see the whole picture, the whole mosaic of reality. The tiles are negative, as well as the tiles that are neutral and positive. Unfortunately, we have brains that are incentivized toward seeing the negative tiles, so if anything, deliberately looking for the positive tiles just kind of levels the playing field. But deep down, I’m a little leery of the term positive thinking because I think it could imply that we’re overlooking the negative, and I think it’s important to face the negative.**

**12.**

**The second reason why I think most positive thinking is wasted on the brain goes to this fundamental distinction between activation and installation. When people are having positive thinking or even most positive experiences, the person is not taking the extra 10, 20 seconds to heighten the installation into neural structure. So it’s not just positive thinking that’s wasted on the brain; it’s most positive experiences that are wasted on the brain.**

**13.**

**Taking in the good seemed like something you started to do on your own in college, and then later you found that research supported the practice, is that right?**

**14.**

**A lot of people stumble upon something that works for them, and then later on they find out there’s a lot of research that’s related to it. For me, the research that’s relevant is on learning, both cognitive learning and especially emotional learning. How do people grow psychologically? The research on that shows that it’s a two-stage process of activation and installation. Also as a long-time clinician, I began to think about how relatively good we are as clinicians at activating positive mental states, but how bad we generally are at helping people actually install those activated states into neural structure. That was a real wake-up call for me, as a therapist.**

**15.**

**You include a lot of testimonials, examples from people in your books and articles. Is this something you do in your work with your patients?**

**16.**

**Yeah, definitely. It’s changed the way I do therapy and more generally it’s changed the way I talk with people in life in general. Let me turn it around, to go back to your question about modernity. On the one hand, due to modernity, many people report that moment to moment, they’re having fairly positive experiences, they’re not being chased by lions, they’re not in a war zone, they’re not in agonizing pain, they have decent medical care. And yet on the other hand, many people today would report that they have a fundamental sense of feeling stressed and pressured and disconnected from other people, longing for closeness that they don’t have, frustrated, driven, etc. Why is that? I think one reason is that we’re simply wasting the positive experiences that we’re having, in part due to modernity, because we’re not taking into account that design bug in the Stone Age brain that it doesn’t learn very well.**

**17.**

**By repeatedly taking in the good to grow inner strength, you become much more able to deal with the bad. For me, taking in the good is motivated by the recognition that there’s a lot about life is hard.**

**6-1：在小说和生活中，总有这样一个主题：有些人生活中有美好的事情发生，但最终还是不快乐。我们可以适应任何事情，它能给你带来梦想的工作，跟一个很棒的人结婚，最终得到一百万美元或推特粉丝，最终我们会适应并找到新的可以抱怨的事情。（文艺一点：无论在小说还是生活中，都不乏其例，无论有多少美妙的事情发生在人们身上，到头来他们还是不开心。任何美妙事物不久便淡然失色：找到了梦寐以求的工作，追到的另一半是白马王子或天女下凡，银行存款或博客粉丝如愿超过了100万 - 最终他们对这些都会习以为常，然后总会找到新的事情去抱怨。）**

**6-2：如果你想从微观层面看，选一个普通的日子。 你去工作; 赚点钱; 吃点东西; 与朋友、家人或同事互动; 回家; 看看电视。 没有什么特别糟糕的事情发生，但你仍然无法摆脱压力，担忧，不足，或孤独的感觉。**

**6-3：加州大学伯克利分校大善科学中心顾问委员会成员、神经心理学家里克·汉森博士表示，尽管生活中有很多积极的事情，但我们的大脑天生就会关注负面的东西，这会让我们感到压力和不开心。的确，生活很艰难，有时确实很糟糕。汉森博士并不是建议我们避免沉浸在消极的经历中——那是不可能的。相反，他主张：当我们拥有积极的经历时，训练我们的大脑去欣赏它们，花时间关注，并把它们植入大脑。**

**6-4我和汉森聊过这种被他称为“接受好的一面”的做法，以及进化而不是快乐，如何优化我们的大脑以使其生存。**

**6-5Q:“接受好的一面”是你反复强调的，你能解释一下在大脑中这是什么实践和它是如何工作的？**

**6-6：H:简单来说，我们都希望自己的内心拥有美好的东西:幸福，坚韧不拔，爱情，自信等等。我的问题是，从大脑的角度来说，我们如何真正地培养这些能力?对我们想要成长的事物有积极的体验是非常重要的，然后真正帮助它们深入了解，因为如果我们不帮助它们深入了解，它们就不会非常有效地成为神经结构。**

**6-7:你想解释一下以大脑的结构是如何运作的吗？在大脑获得这些好经验和大脑发生明显的变化之间又有什么联系呢？**

**6-8：有这么一个经典的说法：一起开火的神经元，也是连在一起的”。意思就是说大脑行为的重复模式建立起神经结构。这个过程通过一系列的不同的机械运动，包括感知现有的神经突触，同时也把更多的血液带到不同的地方去。问题是大脑非常擅长从负面经历的中建立大脑结构。你知道，我们能迅速从疼痛中学到教训。“一朝被蛇咬，十年怕井绳”。不幸的是，大脑不太擅长把积极地经历变成情感上的学习神经结构。**

**6-9：您曾经说过，“积极的思考通常都挥霍在大脑上了”，您能解释一下积极的想法跟“接受好的一面”有哪些不同吗？**

1. **-10：这个是个非常非常核心的问题。首先，积极的思考从定义上来说是概念性的，并且是文字性的。并且大部分概念性或者文字性的材料对于我们这一天的感触或者行为并没有很大的影响。我知道很多人都有这样的积极的想法，看事物积极一面的聪明人，但是在内心深处，他们是恐慌的、愤怒的、悲伤的、失望的、受伤的、孤独的。**

**6-11:我认为积极的思考是有帮助的，但在我看来，它不如清晰的思考更有帮助。我认为能够看到整个画面，整个现实的“马赛克”是很重要的。马赛克是黑白相间的，即现实是消极、中性和积极混合的。不幸的是，我们的大脑被激励去看到消极的一面，所以，故意寻找积极的一面，只是为了和被刺激去看消极一面的大脑公平竞争。但在内心深处，我对“积极思考”这个词有点怀疑，因为我认为它可能意味着我们忽视了消极的一面，我认为面对消极的一面很重要。**

**6-12：我认为大部分的积极思考被浪费在了大脑上的第二个原因是，激活和安装之间的基本区别。当人们有积极的想法或者更为可喜的经历时候，这个人没有额外花费十到二十秒来加强相关内容在神经结构中的安置。所以不仅仅是积极的想法被浪费在大脑里了，而且可喜的经历也被浪费在大脑里了。**

**6:13：看起来好像是您先在大学里开始采取这种接受好的一面的态度，后来您发现研究也支撑这一点对吗？**

**6-14很多人会在无意中发现一些对他们自身有用的方法，过后他们才发现其实与这些方法相关的研究不在少数。对我来说，这些相关的研究是关于学习的研究，包括认知学习，尤其是情感学习。人们的心理是如何成长的？研究表明，这包括激活和安装两个阶段的过程。做为一名长期临床医生，我开始思考，做为医生，我们在积极的精神状态方面做得有多好，但在帮助人们实际将这些积极思考植入神经做得有多差。做为一名心理医生，这给我敲响了警钟。**

**6-15你的书和文章中包含了很多别人的证明信，例子等，这是你在治疗病人的时候做的事吗？**

**6-16是的，当然。它改变了我的治疗方式，更普遍的来说，它改变了生活中我与人们交谈的方式。让我们再回来，回到你之前有关现代性的问题上。一方面，由于现代性，许多人时常认为他们有了许多相当积极的经历，不再被狮子追逐、不再处于战争之中、不再经历痛苦，而且他们有相当不错的医疗保障。而另一方面，如今许多人都会说在本质内心里他们感到压抑，无法与其他人紧密联系起来，他们渴望他们无法得到的那种亲密感，常常感到沮丧，被支配等等诸如此类的感觉。为什么会这样？我认为，一个原因就是我们在浪费我们所拥有的产生积极影响的经历，其中部分就由于现代性，因为我们没有考虑到石器时代便存在的大脑设计缺陷——它无法很好的学习。**

**6-17 通过不断地接受好的事物来增强内心的力量，你就能更好地处理不好的事情。对我来说，我接受好的事物的动机，是我认识到生活中有许多困难。**

**七单元：volunteering-**

**TEXT B**

**Unit7 Text B**

**Inspiring Stories: The Heroes of Hurricane Sandy**

**Alison Caporimo and Caitlin O’Connell**

**When Sandy hit the East Coast, these American heroes sprang into action, proving that spirit can survive any storm.**

**1. On October 29, 2012, Hurricane Sandy battered the East Coast with record-setting flooding and devastating winds. As communities rebuild, we celebrate four people among many who went above and beyond to help neighbors, children, and strangers in need.**

**The Rescuer in Toms River**

**2. When Jack Buzzi looked out of the window of his parents’ Jersey Shore home during the worst of the storm, he saw something horrifying: His neighbor’s house was floating by on a surge of water from the Atlantic Ocean that had overwhelmed Barnegat Bay and flooded the area. Part of the top floor had broken off, and the rest of the house was in shambles. At the same time, Buzzi was on the phone with his friend Jack Ward, whose sister Kathey Ward, 60, owned the house. The men feared that Kathey was in danger.**

**3. Buzzi, who had hunkered down to ride out Sandy with his fiancée, Melissa Griffith, hung up the phone, threw on boots and a raincoat, and grabbed a flashlight and two life jackets. At a lull in the storm, Buzzi waded through knee-high water toward what remained of Kathey’s house. He tried to yell to Kathey over the howling wind, but she didn’t respond. “The roof had collapsed,” Buzzi says. “I thought she was dead.”**

**4. He waded back home and called Jack again. Jack told him he had finally reached his sister on the phone. She was trapped but uninjured. Buzzi headed back into the storm and found her standing on a slab of wood that had been part of a doorway on the second floor of her home. “She was surprisingly calm,” says Buzzi.**

**5. “I knew you would come,” Kathey said. She’d been sitting in the only room of the house that didn’t get crushed when the roof caved in. Buzzi gave her a life jacket and escorted her through the receding water to his house.**

**6. The next morning, Buzzi and Kathey used a kayak to rescue Kathey’s sister Mary Ward and Mary’s boyfriend, Dave O’Hara, who’d been trapped in the attic of Mary’s flooded bungalow.**

**7. Paddling back from Mary’s house, Buzzi spotted local carpenter Nick Spino. “He’d spent the night on his neighbor’s roof,” says Buzzi.**

**8. Despite a flooded basement, Buzzi let six neighbors stay with him until they evacuated five days later.**

**9. “It’s human nature, right?” he says. “We protect each other.”**

**The Nurses and Their Babies**

**10. When the power died, the nurses in the neonatal intensive care unit (NICU) at New York University’s Langone Medical Center in Lower Manhattan didn’t wait for the backup generator to kick in. They immediately snapped into emergency mode.**

**11. Sandra Kyong Bradbury, 30, and the other nurses in the unit knew that for the 20 babies in the NICU, some of whom were dependent on ventilators, even a temporary loss of power could be deadly. Using flashlights and the glow from their cell phones, they tended to each baby, checking vital signs and manually inflating ventilator bags. “Luckily it happened between shifts, so we had additional nurses on the floor,” says Bradbury.**

**12. Then came worse news: With no power, the nurses would have to quickly move the babies out of the medical center, even though floodwaters covered the streets around the hospital. “Think of the IVs, medication, ventilators,” says Bradbury. “It took a lot of coordination.”**

**13. With police officers, medical students, and firefighters helping to illuminate the stairwells, Bradbury slowly descended nine flights of stairs with a four-pound baby boy wrapped in a blanket in her arms. She repeated to herself: Take it slow. Be steady with every step. Don’t slip. Don’t fall. After the nurses reached the lobby, they climbed into waiting ambulances with the babies, doctors, and the babies’ parents. “Because they were in our arms, we were able to constantly monitor the babies’ color and heart rates,” says Bradbury.**

**14. Thanks to her and the other NICU nurses, all 20 infants were moved safely to one of three area hospitals. “We care for these babies every day,” says Bradbury. “This experience shows that we protect them as if they’re our own children.”**

**The Little Engine That Could So Much**

**15. Before Hurricane Sandy slammed the East Coast, Jennifer Kaufman, 47, had used her little 2005 silver Vespa just to zip around Washington Township, New Jersey, where she lived. Kaufman, a high school English and computer teacher, had never thought of the scooter as an emergency vehicle.**

**16. The day after the storm, though, Kaufman heard reports of the devastation in her area and quickly decided to volunteer in nearby Little Ferry, where the Hackensack River had flooded the town. And she knew, with the roads nearly impassable and an impending gas shortage, that her Volkswagen wouldn’t navigate the tough conditions as well as her fuel-efficient scooter. So she headed toward Little Ferry, with the scooter’s tiny under-seat trunk stuffed with blankets and winter clothing.**

**17. When she got there, “huge piles of drywall, carpeting, and people’s personal belongings were out on the curb,” says Kaufman. She helped a woman clean out her ruined home and pitched in to collect food and warm clothing for needy residents.**

**18. In the frigid days following the storm, Kaufman used her scooter in a resourceful way. Because of gas rationing, local police, ambulance workers, and rescue volunteers were having a hard time getting to the Jersey Shore, one of the areas hardest hit by the storm. So Kaufman set out to locate the gas stations that still had fuel and to note how long the lines were. She relayed the numbers to reporter Myles Ma, who pushed the information to the nj.com website and Twitter feed. “Jennifer was a huge help,” says Ma. “Our gas lists were among the most read pages on the site after the storm.”**

**19. Kaufman insists she was just one of many charitable spirits on the scene. “There were so many people doing exactly what I was doing,” she says. “I was just doing it on a scooter.”**

**鼓舞人心的故事：飓风桑迪中的英雄们**

**前言：当桑迪袭击东海岸时，这些美国英雄迅速行动起来，证明了这种精神可以抵御任何风暴。**

**7-1：2012年10月29日，飓风桑迪以创纪录的洪水和毁灭性的大风袭击了东海岸。在社区重建的过程中，我们用这篇文章赞美（celebrate除了表示庆祝，还可以表示公开颂扬，赞美）四位同胞，他们和许多其他人一样，帮助了邻居、孩子和需要帮助的陌生人。**

**汤姆斯河上的救援者**

**7-2：.在风暴最猛烈的时候，杰克布齐(Jack Buzzi)从父母位于泽西海岸(Jersey Shore)的家中往外看时，他看到了一些可怕的事情:他邻居的房子漂浮在从大西洋打来的巨浪上，巨浪已经淹没了巴涅格特湾(Barnegat Bay)，淹没了整个地区。顶楼的一部分已经断裂，房子的其余部分一片狼藉。与此同时，Buzzi正在和他的朋友Jack Ward通电话，Jack Ward 60岁的姐姐Kathey Ward拥有这所房子。他们担心Kathey有危险。**

**7-3：Buzzi和他的未婚妻梅丽莎·格里菲斯本来已经蹲下来（hunkere down），准备安全度过（ride out）飓风桑迪。挂断了电话，Buzzi匆匆穿上（throw on）了靴子和雨衣，拿了一个手电筒和两件救生衣。在暴风雨的间隙，Buzzi趟过齐膝深的水，朝Kathey的房子走去。他试图在咆哮的大风中对Kathey大喊，但是她没有回应。“屋顶塌下来了，”Buzzi说。“我本以为她死了。”**

**7-4:他涉水回家，又给杰克打了电话。杰克告诉他，他终于和他姐姐通了电话。她被困住了，但没有受伤。Buzzi冲回暴风雨中，发现她站在她家二楼门口的一块木板上。“她出奇的平静，”Buzzi说。**

**7-6：第二天早上，Buzzi 和 Kathey用皮艇救出了Kathey的妹妹Mary Ward和Mary的男朋友，Dave O'Hara，他们被困在Mary被洪水淹没的平房的阁楼里。**

**7-7:从Mary家划回来时，Buzzi发现了当地的木匠Nick Spino。Buzzi说“他在他领居家的房顶上过的夜”。**

**7-8:尽管淹没了一个地下室，Buzzi还是让六个领居和他待在一起，直到五天后他们撤离。**

**7-9: Buzzi说“这是人的本性，不是吗？我们互相保护”**

**护士和她们的孩子们**

**7-10停电时候，在下曼哈顿地区的纽约大学兰格纳医学中心新生儿加护病房里工作的护士们并没有等待备用电源，她们立刻进入了紧急模式。**

**7-11：30岁的桑德拉.京.布拉德伯里和病房里的其他护士都知道，对NICU里的20名婴儿来说，即使是暂时性的停电也可能是致命的，他们中的一些人需要依靠呼吸机才能呼吸。她们用手电筒和手机发出的光照料每一个婴儿，检查生命体征，并手动给呼吸机充气。布拉德伯里说:“幸运的是，这是在轮班时发生的，所以在这一层我们有更多的护士。”**

**7-12：然后传来了更糟糕的消息:由于停电，尽管洪水淹没了医院周围的街道，护士们不得不迅速将婴儿从医疗中心。“想想静脉输液、药物、呼吸机，”布拉德伯里说。“这需要协调很多东西。**

**7-13：警察、医学院学生和消防队员的帮助照亮楼梯井下，布拉德伯里缓缓地走下九段楼梯，怀里抱着一个裹着毯子的四磅重的男婴。她不断地自言自语：慢慢来。每一步都要稳。别滑倒。别摔倒。在护士们到达大厅后，他们和婴儿、医生和婴儿的父母一起爬上等候的救护车。布拉德伯里说：“因为它们在我们的怀里，我们能够不断监测婴儿的肤色和心率。”**

**7-14感谢她和其他的新生儿加护病房的护士，所有的20个婴儿都安全转移到了三所地区医院之一。“我们每天照顾这些孩子”，布拉德伯里说，“这次经历显示我们像保护自己的孩子一样保护他们”**

**能帮助很多人的小小发动机**

**7－15在飓风桑迪席卷东海岸之前，47岁的詹妮弗 考夫曼正骑着她的黄蜂牌小型银色摩托车在她所居住的美国新西兰州华盛顿镇上兜风。考夫曼作为一个高中的英语和电脑老师，她从没想到自己的小摩托车会变成紧急救援车辆。**

**7-16：暴风雨之后，考夫曼听到了关于她所在地区所遭受的毁坏的新闻报道，她迅速决定去旁边的小渡口镇那帮忙，哈肯萨克河已经淹没了这个小镇。她知道，因为道路已经完全不能通行，加上未来会燃气短缺，她的省油的小摩托车比大众汽车更能发挥作用。于是她驶向小渡口镇，她摩托车的的行李箱里塞满了毯子和冬衣。**

**7-17：当她到达那里，“高高堆起的石膏板，地毯，私人物品到处都是”，考夫曼说。她帮助一位女士清理了她被毁坏的家，并且参与到为有需要的居民找食物和暖和的衣服的活动中去。**

**7-18：在暴风雨之后寒冷的日子里，考夫曼灵活地利用了她的摩托车。因为燃气定额配给的关系，加上泽西湾是被暴风雨侵袭最严重的地方，地方警察、救护车工作人员、救援志愿者们都很难到达泽西湾。所以考夫曼出发去确认还有能源的加气站以及还有多少气，她把数字转告给记者麦乐斯.马。马再把这些数字发布在nj.com网站和推特上。“詹妮弗帮了很大的忙，”马说，暴雨后，气体储量表是我们网站上最受欢迎的部分。**

**7-19考夫曼坚称她只是身在现场的众多慈善者之一。“有太多的人和我做着一样的事了”她说：“我只是在摩托车上完成而已”。**