

②美语太极拳有听有看还有读VOA.慢速英语.字幕视频.精选2010

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2010年9月23日

摘要

★美国之音VOA.慢速英语.字幕视频.精选朗读★

本教程的首要特点,是非常贴心的专业化制作的同步高清晰字幕。

- 采用3行高清晰字幕,显示更多播报单词
- 上滚式样平滑移动模式同步很自然舒畅
- 字幕提前2500毫秒(普通500毫秒),有更多缓冲时间思考和理解

每个视频朗读只需要4分钟左右,适合于具有以下属性的人员学习:

- 初学者需要轻松体验真实外语环境和文化的
- 学过英语有一定基本知识再不用就要荒废的
- 直接听有困难,但配合字幕和字典没问题的
- 没时间集中学习,零零碎碎抽点时间尚可的
- 最小时间投入维持一定水平不至完全忘记的
- 英语学习材料下载太多以至于都来不及听的
- 想开眼界了解点美国生活学习文化等知识的
- 万一有机会去旅游探亲访友不想装聋作哑的

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第一部分

最新一周文稿

0.1 慈善工作人员遇害—Killing of 10 Aid Workers 'Horrific' but Not Uncommon

This is the VOA Special English Development Report.

Humanitarian aid groups have promised to continue their work in Afghanistan after militants murdered ten medical aid workers August fifth.

Officials say the seven men and three women worked for the Christian aid group, International Assistance Mission. They were returning to Kabul after a trip to Nuristan province to provide medical care and supplies. Those killed were six Americans, one German, one Briton and two Afghans.

The Taliban claimed responsibility for the attack. It accused the aid workers of being spies and spreading Christianity.

Violence against aid workers has increased in recent years, even though international laws are supposed to protect them. Seventeen aid workers were killed in the first half of this year in Afghanistan. Nineteen others were kidnapped.

In Pakistan, seven aid workers from the Christian group World Vision were killed during an attack on their office in March. Officials believe militants were responsible for the attack.

The Humanitarian Policy Group has been studying violence against aid workers for more than ten years. The group released its latest report on the issue last year.

Abby Stoddard works with the international research group Humanitarian Outcomes. She helped write the policy group report. The report says that in two thousand eight, two hundred sixty humanitarian aid workers were killed, kidnapped or seriously injured in violent attacks.

This was the highest number of incidents since the group began doing the research twelve years ago. Mrs. Stoddard says more than sixty percent of the incidents took place in three countries.

She said there has been an increase in major attacks against aid workers. But this has been driven by the extremely violent environments in Afghanistan, Somalia and Sudan, especially the Darfur area of Sudan.

Sri Lanka, Chad, Iraq and Pakistan also had many cases of violence against aid workers. Abby Stoddard says ongoing conflicts in the countries increase the risk of violence against aid workers.

Mrs. Stoddard called the recent murders in Afghanistan horrific. But she said they are not uncommon. She says incidents involving nationals instead of foreigners do not get the same level of attention.

And that's the VOA Special English Development Report. You can comment on this report at our website, voaspecialenglish.com.

(Adapted from a radio program broadcast 16Aug2010)

0.2 手机通报化肥情况可帮助农民—Phone Call About Fertilizer Could Be a Big Help to Philippine Rice Farmers

This is the VOA Special English Agriculture Report.

Advice on how much fertilizer to use will soon be just a phone call away for rice farmers in the Philippines.

The Philippine Department of Agriculture and the International Rice Research Institute plan to launch a free service in September.

Farmers will call a number and a recorded voice will ask them simple questions in Tagalog or other languages including English.

For example, to get fertilizer guidelines for the wet season, they press one. For the dry season, they press two.

Farmers will be asked about the size of their field and how many bags of rice it produced last year.

What about natural sources of fertilizer? Does the farmer return rice straw to the field? Is the field near a lake or river that floods, or in a low area collecting soil and other material from nearby hills?

About ten minutes later the farmer will get a text message. The message will advise what kind of fertilizer to use and how much. The grower will also get suggestions about when to plant and harvest the rice.

Roland Buresh at the International Rice Research Institute helped developed the system. Mr. Buresh says fertilizer represents about one-fifth of the cost of inputs for rice production.

He says the service could help farmers in the Philippines increase their yields

and their profits.

Danielle Nierenberg at the Worldwatch Institute, an environmental research group, says the system could also help reduce pollution.

She said in the Philippines and all over Asia, fertilizer has been overused and misused because no one explains to farmers how much they need or how to use it.

The technology could also be copied for crops in other places. Danielle Nierenberg has been traveling across sub-Saharan Africa. She says the cost of a cell phone there is low enough that most farmers have their own or borrow someone else's.

In Zambia, for example, farmers without bank accounts can use their phones to buy seeds and fertilizers. They can also get information on how much their crop is selling for in city markets.

She said they can decide whether they want to travel from their village to the city, because sometimes farmers get there and prices are too low.

And that's the VOA Special English Agriculture Report. You can post comments on our website, voaspecialenglish.com. You can also find us on Facebook and Twitter at VOA Learning English.

(Adapted from a radio program broadcast 17Aug2010)

0.3 女孩发育早熟的问题—Scientists Look for Answers as More US Girls Enter Puberty at an Earlier Age

This is the VOA Special English Health Report.

A mother in Washington noticed something unusual one day, just before her daughter's eighth birthday. She thought her daughter was developing breasts. When they went for the girl's yearly check-up, she asked the doctor if she was right. And the doctor said the girl had breast buds.

Last year a study in Denmark reported an increase in early breast development. Now a new study in the journal Pediatrics adds to evidence of an increase in early puberty in American girls.

The study took place in three big cities. Dr. Frank Biro at Cincinnati Children's Hospital Medical Center in Ohio led the study. He says it began about seven years ago.

Researchers studied a group of about one thousand two hundred girls to see when they would begin puberty.

Dr. Biro says the study found that white girls had the greatest increase in rates of breast development. The rates, he says, were about twice as high for seven- and eight-year-olds compared to earlier studies.

At age seven, the rates were ten percent of whites, twenty-three percent of blacks and fifteen percent of Hispanics.

Dr. Biro says girls with a higher body mass index are more likely to enter puberty early. Body mass index, or BMI, is a measure of weight in relation to height. But the nation's increase in overweight children may be only part of the explanation. The researchers have been collecting blood and urine samples from the girls for testing. Dr. Biro says the tests are to look for chemicals from the girls' environment that could affect growth.

He says these chemicals might act like natural hormones that the body makes. Or the chemicals might interfere with how those hormones act on the body.

He says these chemicals could include growth hormones fed to farm animals. But they could also include chemicals such as phthalates. These are used to makes some kinds of plastics and other products.

Dr. Biro says personal care products contain chemicals that could affect the timing of maturation or other body functions.

But researchers must wait for all the girls to enter puberty before they can understand the effects of environmental chemicals.

Dr. Biro says less research has been done to look for early puberty in boys. But he says some studies have shown that a higher BMI does not speed up development in boys, and may even slow it.

And that's the VOA Special English Health Report.

(Adapted from a radio program broadcast 18Aug2010)

0.4 夜总会歌手—For 'Cabaret Stars of Tomorrow,' a Chance to Train Now

This is the VOA Special English Education Report.

The word "cabaret" brings to mind images of singers in nightclubs, or maybe Liza Minnelli performing years ago in the movie "Cabaret."

What the word does not bring to mind is college dormitories, dining halls and early morning classes. But for the past eight summers, hopeful singers have come to the International Cabaret Conference at Yale University.

Think of it as a cabaret training camp in New Haven, Connecticut.

The artistic director is Erv Raible, a club owner in New York City. He says cabaret is a deeply emotional experience for a singer.

Learning how to touch the heart of the audience may be the main goal of the conference. But the students also learn how to dress and do their hair and make-up. And they learn about sound, lighting and marketing.

The thirty-eight students this year were ages sixteen to sixty-six. They came from all over the United States and other countries.

Harold Sanditen is from the state of Oklahoma. He began his professional life as an investment banker. Then he became a theater producer for twenty years in London. Then he gave that up three years ago to start singing, which is what he wanted to do in the first place, but he never had the confidence.

Harold Sanditen and his classmates had the chance to spend nine days working with top music directors and cabaret artists. They included Laurel Masse, an original member of the singing group Manhattan Transfer, and Faith Prince, a Tony Award-winning actress.

So now it is time for the first performance session. Mister Sanditen tries his own version of a Beatles song.

Faith Prince likes it, but she tells him not to close his eyes while singing. Mister Sanditen nods his head in agreement and tries again.

His classmate, Lindsay Sutherland Boal, is a singer from Vancouver, Canada. She trained in opera. But she changed her mind and became interested in cabaret singing.

The teachers think she sounds too theatrical at times. They work with her through a week of fourteen-hour days.

Ms. Boal says it is not just about singing. It is all about storytelling. While she knew that before, she understands that at a much deeper level now.

On the last night, all the students have three minutes to show what they have learned in front of a paying audience. The concert is called "Cabaret Stars of Tomorrow."

And that's the VOA Special English Education Report.

(Adapted from a radio program broadcast 19Aug2010)

0.5 HP总裁的沉浮—The Rise and Fall of Mark Hurd as H-P Chief

This is the VOA Special English Economics Report.

Mark Hurd got credit for building Hewlett-Packard into the world's largest technology company. H-P is the top seller of personal computers and printers. It had sales last year of almost one hundred fifteen billion dollars.

Mister Hurd became chief executive officer five years ago after H-P ousted Carly Fiorina. Later he also became chairman. Under his leadership H-P stock doubled in price.

So the news out of Palo Alto, California in August came to many as a shock. Mark Hurd was out.

Investigators said he had falsified expense records to hide spending on a woman who worked with H-P. Reports said the amount was about twenty thousand dollars. Mister Hurd is married. He earned twenty-four million dollars last year.

In June the former marketing contractor, Jodie Fisher, accused Mister Hurd of sexual harassment. Through her lawyer, she said she was "surprised and saddened" that he lost his job. She said they had settled her claim privately. The sometime actress also said they never had an "intimate sexual relationship."

H-P and private investigators found no violation of the sexual harassment policy at the company. But they did find that Mister Hurd violated H-P's Standards of Business Conduct. These suggest that before employees make a decision, they should "consider how it would look in a news story."

Sexual harassment is one of the areas of job discrimination investigated by the Equal Employment Opportunity Commission. The federal agency received almost thirteen thousand harassment claims last year. That was down from over fifteen thousand ten years ago. Men now make close to one-fifth of the complaints. The agency finds reasonable cause in about half of all sexual harassment claims.

H-P is paying Mark Hurd twelve million dollars plus millions more in stock options to leave. But his resignation was not the only exit from a job that was in the news.

A flight attendant became an overnight folk hero on the Internet.

Steven Slater apparently argued with a passenger over baggage in the overhead bin. And once the flight landed in New York, he deployed the emergency slide and left the plane.

Soon there was a new expression: to "hit the slide" – to leave a job in a memorable way.

But Steven Slater is in a lot of legal trouble and details of exactly what happened on that JetBlue flight and how he acted were up in the air.

And that's the VOA Special English Economics Report.

(Adapted from a radio program broadcast 13Aug2010)

0.6 著名的棒球棒制造商—The Making of the Best-Known Bat in Baseball, and Pop Culture

A German immigrant family opened a wood-turning business on the Ohio River in 1856. J.F. Hillerich wanted to manufacture traditional products, like butter churns. His son Bud, a sports lover, wanted to make baseball bats. Today, the company, now called Hillerich and Bradsby, is world famous. P.J. Shelley works at its headquarters in Louisville, Kentucky.

P.J. SHELLEY: "We make 2,500 bats a day, on average. During peak production, around spring training time, we can make as many as 5,000 bats a day. We make 1.8 million wood bats here every year. Fortunately for us, the young son prevailed and we're not making butter churns any longer."

Hillerich and Bradsby makes the Louisville Slugger, a favorite of baseball players for more than a century. Baseball great Jackie Robinson used this bat.

P.J. SHELLEY: "When people think of baseball bats or especially, certainly wood baseball bats, they're thinking of a Louisville Slugger."

The name Louisville Slugger has appeared in books, movies and popular music. Carrie Underwood sings of hitting a boyfriend's car with one in her song "Before He Cheats."

Danny Luckett has worked at Hillerich and Bradsby for 40 years. In the past, the company could produce a hand-made bat in 15 minutes. With computers, it now takes only a few seconds. Every bat must pass Luckett's inspection before it leaves the factory. The company keeps 9,000 copies of its most famous bats.

DANNY LUCKETT: "Well, yeah, right here in hand's reach is actually the model that we used to make Babe Ruth's bat. This was the model that they used when Babe Ruth would order his bats. They would come and get this out of the model room, figure out what weight he wanted, figure out what weight it took to make the bats, and turn his bats off of that one."

Thousands of baseball stars have signed business deals with Hillerich and Bradsby over the years. The company has permission to sell copies of their bats to less famous players. Baseball players at all skill-levels use lots of bats during a season.

DANNY LUCKETT: "Oh, everyday players will probably go anywhere from, uh, 12 to 14, 15 dozen bats in a season. That's counting batting practice and whatever. They get bats – when they get them, they go through them and pick out the ones they want for the game. They pick out the ones they want for batting practice. And they pick out the ones that they want to sign and sell to their friends or whatever."

As a result, Luckett never has to worry about staying busy. I'm Shirley Griffith.

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