

step 3- Lesson 18

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1. 简讯目录

Much of the flood-plagued 泛滥;使困扰 Midwest **got more rain** today. Flood waters have forced more than 2,000 families out of their homes.

Illinois **has suffered heavily** with 4 deaths and \$ 30,000 damage /**blamed** 把...归咎于; 责怪; 指责 **on** flooding.

受洪水困扰的中西部大部分地区, 今天降雨较多。洪水迫使2000多个家庭逃离家园。 伊利诺伊州因洪水遭受重创, 造成 4 人死亡, 损失达 30,000 美元。

There **are** also reports (n.) /that one man was killed today in Oklahoma /when his car **was swept off** a bridge.

A partially-ruptured (使体内组织等) 断裂, 裂开, 破裂 dam **was** in Wisconsin /and **remains standing** but **leaking**, and officials **are** fearful (a.) /more rain could **cause** (v.) it **to burst** (使) 爆裂, 胀开.

还有报道称, 今天在俄克拉荷马州, 一名男子因汽车被冲下桥而丧生。 威斯康星州一座部分破裂的大坝仍然矗立, 但正在泄漏, 官员们担心更多的降雨可能会导致大坝决堤。

主 A French television cameramen /后定 reported (v.) **kidnapped in Lebanon** on Sunday /谓 has been freed /**according to** the French Foreign Ministry.

据法国外交部称, 周日在黎巴嫩被绑架的一名法国电视摄影师已被释放。

A spokesman says /Jean Marc Srucie **was released** today /in the southern suburbs of Beirut /and **has returned to** the Christian *east sector* of the city.

No group **claimed** responsibility (n.) for his kidnapping /and the Foreign Ministry did not provide any details /about his captivity or his return.

一位发言人表示, 吉恩·马克·斯鲁西今天在贝鲁特南郊获释, 并已返回该市的基督教东区。 没有任何组织声称对他的绑架负责, 外交部也没有提供有关他被囚禁或返回的任何细节。

President Reagan **paid tribute** (尤指对死者的) 致敬, 颂词; 悼念; 致哀; 吊唁礼物 today **to former president** Jimmy Carter /during *dedication* (建筑物等的) 奉献典礼, 落成典礼; 献身; 奉献 *ceremonies* for Mr. Carter' s *presidential library* 总统图书馆 near Atlanta.

今天, 在亚特兰大附近卡特总统图书馆的落成仪式上, 里根总统向前总统吉米·卡特致敬。

主 President Reagan, who **soundly** 完全彻底地; 坚固地; 牢固地 **defeated** 击败; 战胜 Carter /in the 1980 election, 谓 said /there was no need **to downplay** (v.) 对...轻描淡写; 使轻视; 贬低 **differences** between the two men: "Our very differences **attest** (v.) 证实; 是...的证据 **to** the greatness of our nation, for **I can think of** no other country on earth /where two *political leaders* **could disagree** (v.) **so widely**, yet **come together** in mutual respect."

Mr. Reagan **went on to say** (v.) /former President Carter **graced** (v.)为增色；使荣耀,为锦上添花 the White House **with** his passion, intellect and commitment.

在1980年大选中大胜卡特的里根总统说，没有必要淡化两人之间的分歧：“我们的分歧恰恰证明了我们国家的伟大，因为我想不出世界上还有哪个国家的两位政治领导人，能有如此广泛的分歧，但又能在相互尊重中走到一起。” 里根接着说，前总统卡特以他的热情、智慧和承诺为白宫增光添彩。

The library **was dedicated on** Mr. Carter’s sixty-second birthday.
And President Reagan **advised** his predecessor 前任 **that** /life **begins** at seventy.

该图书馆专门纪念卡特六十二岁生日。 里根总统告诉他的前任，生命从七十岁开始。

2. 洪水

There was more rain /in the Midwest today, where several states **are facing** rising flood waters. Thousands of people in Illinois and Wisconsin /have been forced from their homes.

And in Oklahoma, the State *National Guard* (美国) 后备役军人，国民警卫队 **was called upon** 请求，要求，要（某人做某事） to rescue (v.) *stranded* 使搁浅;使滞留 *homeowners* /who had been **cut off** 切断,隔离 and **trapped**.

今天中西部地区降雨较多，部分州面临洪水上涨的威胁。 伊利诺伊州和威斯康星州的数千人被迫离开家园。 在俄克拉荷马州，州国民警卫队被要求营救被困的受困房主。

call on/upon sb

to ask or demand that sb do sth 请求，要求，要（某人做某事）

In northeastern Illinois, the floods **follow** (v.) *5 straight* 连续的；不间断的 *days* of heavy rain. Cheryl Coralie of member station 成员电台, WBEZ, reports that /the governor of Illinois was **on the scene** /with a promise for the people: "They’re coming. They’re coming. They’re on the way."

在伊利诺伊州东北部，洪水是在连续5天的大雨之后发生的。 WBEZ 会员站的谢丽尔·科拉莉 (Cheryl Coralie) 报道说，伊利诺伊州州长在现场向人民做出承诺：“他们来了。他们来了。他们正在路上。”

straight

(a.) one after another in a series, without interruption 连续的；不间断的 SYN consecutive
⇒ The team has had five straight (a.) wins. 这支队已连赢五场比赛了。

member station

成员电台：指加入某个广播电视网络的电台，通常为非营利性质的公共广播电台。

During his tour 巡视;游览；参观；观光 of the damaged areas, Illinois governor, James Thompson, **tried /to buoy** (v.)鼓舞；鼓励;使漂浮；使浮起 the spirits of *weary* (尤指长时间努力工作后) 疲劳的，疲倦的，疲惫的 *residents*, **alerting them that** /much *coveted* 令人垂涎的 *sandbags* were on the way.

在视察受损地区时，伊利诺伊州州长詹姆斯·汤普，森试图鼓舞疲惫居民的精神，提醒他们许多令人垂涎的沙袋正在路上。

主 Three northern and western counties /near Chicago, **hard hit** (v.) by storms, 谓 **have seen** the burgeoning (a.)激增；迅速发展 *Foy and Desplaines Rivers* **spill** (v.) (使) 洒出，泼出，溢出;涌出；蜂拥而出 **into** their streets, their garages /and, ultimately 最终；最后；终归, their homes.

芝加哥附近的三个北部和西部县，遭受暴风雨的严重袭击，汹涌的福伊河和德斯普兰河，涌入了他们的街道、车库，并最终侵入了他们的家园。

burgeon

[V] (formal) to begin to grow or develop rapidly 激增；迅速发展

→ bur, 蓓蕾，繁殖，来自bear, 生育。

⇒ a burgeoning population 急剧增长的人口

Residents and authorities /had been **pinning** (v.) (用大头钉等) 固定，别上，钉住 **their hopes on** 完全依赖；寄希望于；指望 sandbagging.

Public works 公共工程 (或建设) trucks /谓 **line** (v.) **up** /to **load** (v.) sand **onto** their flatbeds 平板车；平板拖车。

居民和当局一直把希望寄托在沙袋上。公共工程卡车, 排队将沙子装载到平板上。

pin (all) your 'hopes on sb/sth | pin your 'faith on sb/sth

to rely on sb/sth completely for success or help 完全依赖；寄希望于；指望

flatbed

1.= flatbed scanner

2.(also [",flatbed 'truck", ",flatbed 'trailer"]) (especially NAmE) an open truck or trailer without high sides, used for carrying large objects 平板车；平板拖车



主 The US Army *Corps* (由两个或两个以上师组成的) 军，兵团；(从事某工作或活动的) 一群人，一组人 *of Engineers* with state officials /today 谓 are **distributing** *a quarter million* of the bags **to** communities (n.)社区；团体，群体 /后定 **stricken** (a.)**受煎熬的；患病的；遭受挫折的;遭受...的；受...之困的** or **threatened** by ever 不断地；总是；始终 expanding flood waters.

今天，美国陆军工程兵团和州政府官员, 正在向遭受不断扩大的洪水袭击或威胁的社区, 分发 25 万个袋子。

But for some residents, even the sandbags **have failed**.

"The water, from **flowing** this way, **went through** /and [by the pressure] finally **knocked** (v.) the sandbags **over** 打倒 (或击倒、撞倒) 某人;推倒 (或拆掉、拆毁) 建筑物. And, *within a matter* **事态；当前的状况** *of* a minute, every wall **came down**, and I was standing in water this deep."

但对于一些居民来说，连沙袋都失效了。“水从这里流过，最后在压力的作用下把沙袋打翻了。不到一分钟的时间，每堵墙都倒塌了，我就站在这么深的水中。”

State emergency officials say /the state could suffer \$ 30,000,000 in damages /and what is one of Illinois' worst flooding disasters.

州紧急事务官员表示，该州可能遭受 3000 万美元的损失，这也是伊利诺伊州最严重的洪水灾害之一。

Within a matter of..

它最常用于指代某个特定的时间范围——无论是秒、分钟、小时还是天。 it is most commonly used to refer to a certain time frame – be it seconds, minutes, hours or days.

⇒ You' ll notice the ink fading **within a matter of minutes** and it will be completely gone within 48 hours. 你会发现，几分钟后，写下的文字就会慢慢变淡，在48小时内会完全消失。

Most residents have been trying to **tough** 坚持；挨过 **it out**, but *rescue worker*, Dave Besh, says /宾 that' s changing: "I know there' s people 后定向前推进① **calling up** now /后定向前推进② **that** **refused** (v.) evacuation 撤离，疏散 yesterday, **that** **are calling** here now, **getting hold of** 得到；(通常指好不容易) 获得;领会;设法和...取得联络 our trucks verbally 口头上 (而非书面或行动上)

/because their phones are out, **that want to** be evacuated (v.) (把人从危险的地方) 疏散 , 转移 , 撤离 now /and they' re trying to get the boats /to get them out of there."

大多数当地人一直在咬牙坚持渡过难关, 但援救人员戴夫·贝什表示, 抗洪的挑战性极高: 据我所知, 有些居民昨天还拒绝我们的疏散, 但今天就打电话给我们进行求助。他们高喊着想乘上卡车得到援救, 因为座机已经没法用了, 他们现在就想得救, 他们希望救援的船只能带他们离开这里。

tough sth out

(v.) to stay firm and determined in a difficult situation 坚持; 挨过
⇒ You' re just going to have to **tough it out** . 你只好硬着头皮撑到底了。

中心主题

主谓 I know

宾 there's people

后定

calling up now

that refused (v.) evacuation yesterday,

that are calling here now, getting hold of our trucks verbally / because their phones are out,

that want to be evacuated now / and they're trying to get the boats /to get them out of there.

The floods have **driven** (v.) more than 2,000 people **from** their homes. They have also forced road closures /and businesses and schools to shut down.

洪水还迫使道路封闭、企业和学校关闭。洪水已导致2000多人逃离家园。

In Gurney, Illinois, the **elementary 初级的; 基础的 school** (美国) 小学 classrooms /**sit** (v.) under 5 feet of water /and Gurney **Deputy 副手; 副职; 代理: (美国协助地方治安官办案的) 警官 Fire Chief, Tim McGrath, says /there' s little that can be done.**

"We know /we' re going to displace 取代; 替代; 置换;迫使 (某人) 离开家园. We know that /we' re going to sustain (v.)遭受; 蒙受; 经受 more loss. There' s no way of confining 限制; 限定;监禁; 禁闭 the river, of course, there' s no controlling the river."

在伊利诺伊州格尼, 小学教室位于 5 英尺深的水下, 格尼副消防队长蒂姆·麦格拉思 (Tim McGrath) 表示, 对此无能为力。

“我们知道我们会被取代。我们知道我们将承受更多的损失。没有办法限制河流, 当然, 也无法控制河流。”

Today, Governor Thompson declared (v.) a number of additional community state disaster areas, **setting up the first step** for Federal help.

主 The rainy **weather forecast** 系 is not **of much comfort**, and some **weary workers and homeowners** say (v.) /主 the only thing left to do now 系 is wait /until the flooding passes (v.) and **put everything back together again.**

今天, 汤普森州长宣布了一些额外的社区州灾区, 为联邦援助迈出了第一步。
下雨的天气预报并不让人感到多少安慰, 一些疲惫的工人和房主表示, 现在唯一要做的就是等到洪水过去, 然后把一切重新组装起来。

For **National Public Radio**, I' m Cheryl Coralie /in Chicago.

我是国家公共广播电台的谢丽尔·科拉莉, 来自芝加哥。

3. 快餐的营养问题

Fast food restaurants /have made some Americans rich. It' s been more than 30 years /since the first McDonald' s opened, and this nation' s **eating habits /have been transformed** by fast food.

Today, we **spend** over \$50,000,000,000 a year **on** Whopper’ s 特大的（或硕大的）东西 *Big Macs* 巨无霸（麦当劳汉堡名） and the Colonel’ s 上校 *Fried Chicken* 炸鸡. The key is convenience. *The ignored factor* is nutrition.

That’ s something /Michael Jacobson **cares about**. He’ s written a Fast Food Guide /to tell consumers /what’ s under the bun 圆面包;小圆甜蛋糕；小圆甜饼.

快餐店已经让一些美国人致富了。自从第一家麦当劳开业以来已经超过30年了，这个国家的饮食习惯已经被快餐所改变。如今，我们每年在汉堡包、巨无霸和肯德基炸鸡上花费超过500亿美元。关键在于便利性，而被忽视的因素是营养。这是迈克尔·雅各布森关心的事情。他写了一本快餐指南，告诉消费者汉堡包下面都有什么。



Whopper

(n.) something that is very big for its type 特大的（或硕大的）东西
⇒ Pete **has caught a whopper** (= a large fish) . 皮特捕到了一条特大的鱼。

As far as hamburgers **go**, Jacobson says /one chain’ s burger **is as good nutritional as** the next.

就汉堡包而言，雅各布森说，一家连锁店的汉堡与另一家的汉堡, 在营养上是一样的。

bun



as far as XX go

就.....而言

as/so far as sb/sth is concerned | as/so far as sb/sth goes
used to give facts or an opinion about a particular aspect of sth 就...而言

"Each chain has *a variety*（同一事物的）不同种类，多种式样 *of* hamburgers: singles, doubles, triples; in some restaurants, cheeseburger, baconburger, mushroom burgers, and generally, when they start **gussy up** 把自己打扮得漂漂亮亮（或花枝招展） the hamburger with the toppings（菜肴、蛋糕等上的）浇汁，浇料，配料，佐料, you’ re going to get *more fat, more salt, and less nutritious product*."

“每个连锁店都有各种各样的汉堡包：单层、双层、三层；在一些餐厅里还有芝士汉堡、培根汉堡、蘑菇汉堡，一般来说，当他们开始给汉堡包加配料时，你会得到更多的脂肪、更多的盐，而营养价值更低的产品。”

Example 1. 案例
GUSSY 'UP

(NAmE informal) to dress yourself in an attractive way 把自己打扮得漂漂亮亮（或花枝招展）
SYN dress up
⇒ Even the stars get tired of **gussy up** for the awards. 连明星们也厌烦了把自己打扮起来去领奖。

"So you think /you **shouldn’ t be so concerned with** /宾 which chain it is you’ re eating at [**as far as** 就...而言 the burger], **but rather** whether you’ re getting *the simple, naked burger*, or the burger with all the fillings（糕点等的）馅 on it. That’ s where a lot of the fat **comes in**."

“所以你认为你不应该过分关注你在哪家连锁店吃汉堡，而应该关注你是选择了简单、原味的汉堡，还是带着所有配料的汉堡。那就是脂肪的来源。”

Example 2. 案例

as/so far as sb/sth is concerned | as/so far as sb/sth goes

used to give facts or an opinion about a particular aspect of sth就...而言

as/so far as 'I am concerned

used to give your personal opinion on sth 就我而言

• As far as I am concerned, you can do what you like. 就我而言，你想干什么就可以干什么。

"For instance, at Wendy's, you can just get a regular little hamburger, which has about 4 *teaspoons of fat*, or you can get then triple cheeseburger with 15 *teaspoons of fat*, and that's a tremendous 巨大的；极大的 difference.

I think /主 the message for hamburgers and many other fast foods /系 is **to keep it simple**, keep it small."

“例如，在温迪的，你可以只点一个普通的小汉堡，里面含有约4茶匙的脂肪，或者你可以点一个三层芝士汉堡，里面含有15茶匙的脂肪，这是一个巨大的差别。我认为对于汉堡和许多其他快餐食品的建议是保持简单、保持小份量。”

"Is the meat /that's used (v.) in most of these chains /**fattier than** what I'd buy /if I went to the butcher 屠夫；肉贩；肉店；肉铺 and **bought (v.) meat**?"

“这些连锁店使用的肉，比我去肉店买的肉，脂肪含量更高吗？”

"We actually **had** these meats **analyzed**, and we found /they were pretty average 普通的；平常的；一般的.

It was *an ordinary grade hamburger meat* for most of the chains.

You can **get** much leaner 更精瘦而且健康的，脂肪更少的 meat /at the grocery store, or if you get *ground round* 一种碎牛肉（馅）.

If you want *red meat* 红肉（指牛肉、羊肉等） and you want to eat at a fast food restaurant, I recommend **going for** 去参加，去从事（某项活动或运动） the roast 烘，烤，焙（肉等） beef 牛肉. All *roast beef* **was** leaner **than** all hamburger meat /in the tests we conducted."

“我们实际上对这些肉进行了分析，发现它们的质量都很普通。对于大多数连锁店来说，它们使用的是普通等级的汉堡肉。你在杂货店或者肉店购买的肉可以更瘦一些，或者如果你选择瘦肉碎。如果你想吃红肉并且想在快餐店吃饭，我建议你选择烤牛肉。在我们进行的测试中，所有的烤牛肉都比所有的汉堡肉瘦。”

ground round

是一种碎牛肉（馅），是由round steak（牛后腿肉）研磨搅碎作成的牛肉馅。

chatGpt: "ground round" 是一种磨碎的牛肉，通常指脂肪含量较低的瘦肉。

剑桥词典: **ground** 磨细的；磨碎的 **beef**: meat, usually beef, that has been cut up into very small pieces, often using a special machine

"Now this does **differ (v.) from chain to chain** because, for instance, the Roy Roger's *roast beef*, you have listed as having 2% fat **whereas** Arby's roast beef, 13%."

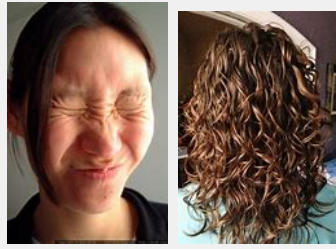
“这确实因连锁店而异，因为例如，罗杰斯的烤牛肉，你列出的脂肪含量是2%，而阿比的烤牛肉是13%。”

"The differences in roast beef /are really remarkable 显著的；引人注目的. Arby's and Hardy's have 7 times **as much fat as** Roy Roger's.

Also, Roy Roger's had *real roast beef* 烤牛肉, **whereas** Arby's has kind of *a composite (a.)合成的，复合的 roast beef*, where the beef **is chipped (v.)**削；碎裂；小块东西；碎屑 and **scrunched (v.)**使蜷缩；把...揉成一团；把...发咔嚓咔嚓声；发出嘎吱声；（用手揉捏头发）做松髻发型 **together** with *sodium 钠 phosphate* (磷酸盐；含磷化合物；磷肥)磷酸钠 and other chemicals."

“烤牛肉的差异确实很显著。阿比和哈迪的烤牛肉的脂肪含量, 是罗杰斯的7倍。此外, 罗杰斯的烤牛肉是真正的烤牛肉, 而阿比的烤牛肉则是一种复合烤牛肉, 牛肉经过切碎并与磷酸钠和其他化学物质混合在一起。”

scrunch



sodium phosphate

Any sodium salt of any phosphoric acid, esp one of three salts of orthophosphoric acid having formulas NaH_2PO_4 (monosodium dihydrogen orthophosphate), Na_2HPO_4 (disodium monohydrogen orthophosphate), and Na_3PO_4 (trisodium orthophosphate) 磷酸钠

在食品添加剂中, "磷酸钠"常被写作"磷酸盐", 这是因为磷酸钠是磷酸盐的一种。食品中常用到的"磷酸盐"包括: 三聚磷酸钠、六偏磷酸钠、焦磷酸钠, 主要其保持水分的作用。三聚磷酸钠在食品中常用作水分保持剂, 用于蚕豆罐头生产使豆皮软化、用于果蔬中降低外皮的坚韧度等。

"It is impossible now /to watch TV **without** seeing commercials (电台或电视播放的) 广告 for *chicken nuggets* (某些食品的) 小圆块; 天然贵重金属块; (尤指) 天然金块 from one chain 连锁商店 or another. What are chicken nuggets **made out of**?"

“现在看电视, 都不可能不看到来自这家或那家连锁店的鸡块广告了。鸡块是由什么制成的?”

"Chicken McNuggets 麦当劳鸡肉块 at McDonald's, probably the original chicken nuggets, **are** not whole pieces of chicken. **Rather** it's *composite chicken* /后定 **made with** ground-up 碾碎的; 磨成粉的 chicken skin /后定 **held together with** *sodium phosphate* 磷酸钠 and *salt*."

It's a relatively fatty product, about *5 teaspoons of fat* for *a small order* 点菜; 所点的饮食菜肴; 订货; 订购; 订单 of McNuggets.

The competition /后定 **at**, say, **Burger King**, which **makes** chicken **tenders** 嫩的; 柔软的, uses (v.) real chicken.

And 主 the fat content, partly because /it doesn't have *ground up chicken skin* in it, 系 **is much lower**, about 2 teaspoons for *a small order* 订货; 订购; 订单; 点菜; 所点的饮食菜肴 of chicken tenders."

“麦当劳的麦乐鸡块, 可能是最早的鸡块, 不是整块鸡肉。而是由碎鸡皮用磷酸钠和盐黏合在一起制成的复合鸡肉。这是一个相对富含脂肪的产品, 一个小份的麦乐鸡块含有大约5茶匙的脂肪。而在汉堡王这样的竞争对手那里, 比如说, 他们做鸡条, 使用的是真正的鸡肉。而且脂肪含量要低得多, 一个小份鸡条含有约2茶匙的脂肪, 部分原因是因为它没有碎鸡皮。”

"Chicken is a food /that is highly recommended by people /who are very *calorie* 卡路里(热量单位) *conscious* (a.)有知觉的; 有意识的; 慎重的; 有意的; 刻意的 and are very *fat conscious*, because it's a food/后定 low in fat.

But once you get the chicken /and you **deep fry** (v.)油炸; 油煎; 油炒 it, as they do [at *all the fast food chains*], **is it still** a nutritionally good food?"

“鸡肉是那些非常注重卡路里和脂肪的人高度推荐的食物, 因为它是一种低脂肪的食物。但是一旦你把鸡肉炸起来, 就像所有的快餐连锁店一样, 它还是一种营养丰富的食物吗?”

"Well, *chicken products* tend to have less fat **than** beef products /**partly because** the fat stays (v.) on the outside.

If you're getting *fried chicken*, you ought to **take off** the skin, **take off** the breading 面包屑, 拌粉. That's where *most of the fat, most of the sodium* are.

So you can **turn** kind of *a mediocre 平庸的；普通的；平常的 product* **into** really quite a nutritious product."

“嗯，鸡肉制品的脂肪含量, 往往比牛肉制品要少，部分原因是因为脂肪留在了表面。如果你吃的是炸鸡，你应该把皮和面包糠都去掉。那才是大部分的脂肪、大部分的钠。所以你可以把一个一般的产品, 变成一个真正富含营养的产品。”

breadding



"If *the fast food industry* came to you **for advice about** how they could nutritionally improve (v.) their menus, what would you tell them?"

“如果快餐行业向您寻求关于如何在营养上改善他们的菜单的建议，您会告诉他们什么？”

"Fresh fruit, low-fat dairy 牛奶的；奶制的；乳品的 products, low-fat or *skim 撇去（液体上的油脂或乳脂等） milk* 脱脂牛奶, keep up those *salad bars* 色拉自助柜；凉拌菜自助长条桌, baked fish, baked chicken, and that *lean roast beef*.

It is possible **/to offer nutritious tasty 味美的 foods** at a fast food restaurant, and I hope that **/the chains are moving** in the right direction **/with** the proliferation 激增；涌现；增殖；大量的事物 of salad, salad bars, **and the like** 等等，诸如此类."

"新鲜水果、低脂乳制品、低脂或脱脂牛奶，保持沙拉吧、烤鱼、烤鸡和那种瘦瘦的烤牛肉。 快餐店完全有可能提供营养丰富又美味的食物，我希望这些连锁店在推广沙拉、沙拉吧等方面, 朝着正确的方向发展。"

salad bars



In Washington, Michael Jacobson, Director of the Center for *Science in the Public Interest*.

感谢收听 公共利益科学中心负责人 迈克尔·雅各布森为您带来的资讯。
