

CBS NewsBreak

CBSニュースブレイク

Nobuhiro Kumai Stephen Timson

S SEIBIDO

はじめに

このテキストはアメリカの3大ネットワークのひとつ、CBSの朝の情報番組“The Early Show”の中で取り上げられたニュースを収録したものです。この番組は日曜日を除く毎朝放送されていたニューストークショー番組ですが、現在では名称が“CBS This Morning”となり、アンカーも一新され、より洗練されたニュース番組となりました。名称は変わりましたが、扱われているニュースのジャンルは大きく変わらず、即時性が求められる一般の定時ニュース番組と違って、政治や経済にとどまらず、健康やライフスタイル、ハイテク、ポップカルチャー、エンターテインメントなど日常的な話題が多く、今アメリカで実際に何が起きているのか、何が問題になっているのかを知ることができる良質の番組となっています。個性豊かなアンカーやレポーターたちが様々な話題について紹介しているため、その内容は英語を外国語として学んでいる学習者にとっても、たいへん興味深いものがあります。本書はその中から特に日本人英語学習者にとって身近で親しみやすく、アメリカ人の生活や文化を直接反映しているニュースを厳選しました。他のテレビ放送局と同様にインターネット上にもCBS News サイト (<http://www.cbsnews.com/>) があり、CBSの看板ニュース報道番組CBS Evening Newsとともに、現在では“CBS This Morning”の名称で様々なコーナーが用意され、そこで最新のニュース記事を見ることができます。

このテキストではニュースを付属のDVDで視聴し、映像をヒントにしながらナチュラルスピードの英語を聞いて、その内容を理解することが第1の目標となりますが、十分理解したあとでニュースの音声（またはスピードを少し遅くした音声）に合わせて「シャドーイング」を行うことによって、英語の音声面の強化をはかることもめざしています。ニュースアンカーやレポーターたちは限られた時間内にできるだけ多くの情報を盛り込もうとしているため、1分間に150語から200語程度の速さで話しています。スピードが速いので、英語を外国語として学んでいる学習者がそれと同じように真似てシャドーイングするにはかなり無理がありますが、本テキストでは最新の話速変換技術を用いて、生の素材を生かしながらそのスピードを少し遅くした音声も併せて提供しています。ニュースショーに登場する人々の英語には生の感情がそのまま込められていますので、それをくりかえし練習することによって、英語のリスニングの能力を高めるとともに、英語

特有の強弱のリズムやイントネーションをぜひ体感して下さい。また、各ユニットの最後には理解したニュースについて、写真とキーワードを見ながら自分のことばで記事内容をまとめるRetellingの活動を用意しました。多量のインプットに加えて少量でもアウトプットすることにより、学習した言語項目を使いながら身につけることができるようになっていきます。さらに、「あなたならどう思いますか、どうしますか?」というように、問題を自分の立場に置き換えて考える活動も併せて用意されています。ニュースを理解するだけにとどまらず、様々な話題について自ら考え、それを英語で発信できる力をつけていただければ幸いです。

Nobuhiro Kumai & Stephen Timson

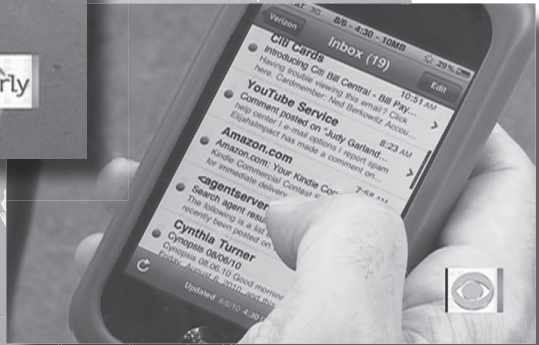
Contents

Unit	Title	Topic	Page
1	Addicted to Your Smartphone?	hi-tech & health	1
2	Tutoring for Tots	education	8
3	Corporate Wellness Programs Gaining Popularity	business & health	16
4	Are Kids Hurt When Moms Work?	women & work	23
5	New Graphic Warnings for Cigarette Smokers	health	30
6	Silicon Valley School: No Computers in Classrooms	hi-tech & education	37
7	Buzz Words: “Skinny” the Latest to Catch On	trend	45
8	Learning Small Talk	communication	53
9	Happy Meal Ads Target Kids	media & health	61
10	Internships – Are They Worth It?	career	69
11	Happiness 101	psychology	79
12	Therapy Dogs Help the Sick	health	88
13	Ford Going Green with U.S.-Grown Crops	environment	97
14	Haiku Poetry Helps NYC Pedestrians Stay Safe	urban life	105
15	Which is Healthier, the Country or the City?	lifestyle	114



UNIT 1

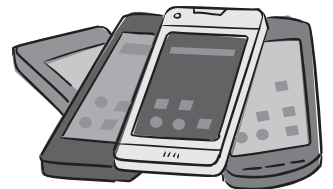
Addicted to Your Smartphone?



I Before You Watch

Look at the title and photos and then answer the questions.

1. What is the man in the photo doing?
2. Do you think people can be addicted to their smartphone?



II Word Match

Match each word with its definition below.

- () 1. What's the best **device** to communicate online?
- () 2. Rising temperatures are a great **concern** for people all over the world.
- () 3. If you have a chocolate **addiction**, you really like it and eat a lot of it.
- () 4. When you have smartphone **withdrawal**, you are likely to feel anxious about not having your phone.
- () 5. After Michael Jackson died, his album sales **exploded**.
- () 6. Information technology has become **integrated** in every aspect of our lives.
- () 7. A cough and high fever are **symptoms** of a cold or the flu.
- () 8. People who have mental stress often suffer from **insomnia**.
- () 9. Music can cure **depression** and make people feel better.
- () 10. The benefits of this new medicine **outweigh** the risks.

- a. to suddenly increase greatly in number, amount, or degree
- b. not being able to sleep
- c. a sign which shows that you have an illness
- d. a serious medical condition that makes a person feel very sad and hopeless
- e. a strong desire to do or have something regularly
- f. a feeling of worry about something important
- g. to be greater than (someone or something) in weight, value, or importance
- h. being included as a part of something
- i. the painful or unpleasant feelings someone has after they have stopped taking a drug that they were dependent on
- j. a machine or tool that has a special purpose



III Watch the News (First Viewing)



Use the following questions and take notes to help guide your listening as you watch the news.

1. What kinds of things can you do with smartphones?

My notes:

2. What happens to some people when they are without their smartphone?

My notes:

3. What are some effects smartphones have on people who are addicted to them?

My notes:

IV Watch the News (Second Viewing)



Watch or listen to the news again and fill in the blanks.

Erica Hill: For many people, maps, (1), even a digital music player, you can find them all on one device now. They've replaced them all with a smartphone that does it all. It may seem convenient but it's actually a growing concern for some psychologists who worry people who prefer smartphones to face-to-face interaction could be at a risk for a (2).



replace A with B
AをBに置き換える

be at a risk for ~
~の危険性がある

Here's CBS News correspondent Betty Nguyen.

live one's life online
 ネットにつながった状態
 で生活する
estimated ~
 およそ、推定で

go without ~
 ~なしでやっっていく、
 ~なしで済ませる
go really psycho
 本当に気が変になる、
 おかしくなる

cortisol
 コルチゾール(副腎から
 分泌される天然の
 ホルモン)
cardio-toxic
 心毒性の

Matthew Berritt: First thing I do when I wake up is grab my phone.



Betty Nguyen: Thirty-two-year-old Matthew Berritt is ³() his smartphone.

Matthew: To be honest, it's—I'm never, never without it. I know I'm addicted because I know without it, I do have withdrawal.

Betty: And Matthew, a New York City PR executive, isn't the only one living his life almost completely online. Around the world, smartphone sales have exploded. In 2010, an estimated three hundred two million devices were sold. By 2016, that number is ⁴(). And as those devices become more integrated in people's lives, psychologists say smartphone users are in ⁵().

Man: If I don't have my phone, I can't really do anything. I can't function right.

Woman: I can't really go a day without it. If I do go one day without it, I kind of go really psycho.

Dr. Michael Dow (Addiction Specialist): The more connected we are, the ⁶().



Betty: Experts like addiction specialist Doctor Michael Dow, say that too much smartphone use not only causes people to ⁷() but smartphone withdrawal can cause physical symptoms like anxiety, insomnia, and even depression.

Dr. Dow: And it actually creates a lot of cortisol in the brain and in the body. That ⁸() is actually cardio-toxic. So it's actually very bad, not only for your mental health and maybe your relationships, but it can also be bad for your

biological health as well.

Betty: But like other vices, for many, the power of this addiction outweighs the ₉().

5 And until something smarter comes along, young people on the move, like Matthew, show no signs of putting down their smartphones anytime soon. Betty Nguyen, CBS News, New York.



biological health

体の健康

vice(s)

悪習、悪癖

show no signs of ~

~の兆候を全く見せない

V Understanding the News

Choose True (T) or False (F) for each statement.

- () 1. A smartphone is a mobile phone which includes functions similar to those found on personal computers.
- () 2. Some psychologists are concerned that all smartphone users will become addicted to their phones.
- () 3. Due to the great increase in sales, the smartphone market is estimated to be worth one billion dollars by 2016.
- () 4. Some people say that they cannot do without their smartphone.
- () 5. Dr. Dow warns that too much smartphone use can damage your relationship with other people.
- () 6. According to the addiction expert, smartphone withdrawal can produce cortisol, which is harmful to your brain and body.
- () 7. Many smartphone users are so attracted to their phones that they don't seem to care about the dangers of becoming addicted.

VI Checking the Answers

Now go back to section III and use your notes to answer the questions.



VII Retelling the News Story

Use the photos below to retell the news story in your own words.
Add your opinion at the end.



① This news story is about

② They are convenient because

And they are getting very



③ Some people say that they cannot
without their



If you use it too much, you are likely to become
..... Dr. Dow says that smartphone
withdrawal can cause

And it creates

④ But many smartphone users seem to ignore the danger
of

⑤ * In my opinion,

.....
.....
.....
.....
* (I think..., I feel..., I believe..., If you ask me,...)

Retellingのコツ

- ① まずこのニュースは何についての話 (Topic) か一言で述べる。
This news story is about ...
- ② ニュースの画像を参考にしながら、現在の状況を述べる。
- ③ ニュースの画像を参考にしながら、その問題点は何か述べる。
- ④ その解決策やその後の状況について述べる。
- ⑤ 最後に自分が思ったことや意見を付け加える。



VIII Conversation in Action



Put the Japanese statements into English. Then listen to check your answers.

Katie: Hey, Jack! Are you all right? You don't look like yourself today.

Jack: Oh, really? To tell you the truth, I do feel 1 _____.
(ちょっと落ち着かないんだよね)

Katie: What's going on?

Jack: It's probably because I left my smartphone at home. 2 I can't seem to _____.
(それがないと安心してられないみたいなんだ)

Katie: You sure 3 _____ your smartphone!
(本当にスマホ中毒なのね)

Jack: Yeah, I guess I'm having withdrawal symptoms.

Katie: In that case, 4 it'll be good for you to _____, don't you think?
(スマホから離れていたほうがいいわね)

Jack: Umm, maybe so... Oh, Katie, you have such a great phone! Can I use it for a while?

Katie: No way! You really are addicted!

IX Critical Thinking

Discuss the following questions with your partner or group. Give reasons to support your opinions.

1. Do you think people are in danger of becoming addicted to smartphones?
2. What are some of the ways smartphones can be bad for your relationship with other people as well as your mental and biological health?
3. Are you addicted to your cell phone? How do you feel when you are without your phone? Why?

What would you do?

1. You notice that your friend is addicted to his/her smartphone. What advice would you give to help him/her?
2. You are a parent and your child wants to have a smartphone. What age do you think is appropriate for children to have a smartphone?