

ELEMENTARY

READING

Wilma Rudolf

Wilma Rudolf was born ___

A in 1956 B in 1960

A. 12 3. Wilma was not a ___

A. polo

4. She had a dis

Wilma Rudolf was born in Clarksville, Tennessee, in 1940. There were twenty-two children in her family. Wilma was not a strong child. When she was very young, she got a disease called polio. Wilma's leg be gan to have some problems. Wilma's family loved and belied her. Her mother and her sisters massaged her bad leg. The doctor put a brace (a support) on her leg and she wore it for six years. One lucky day when she

Choose the correct answer from the reading above

2. There were ______ children in her family.
A. 12 B. 22 C. 32 D. No

B. big C. strong
disease called
B. pollo C. pool C. strong

5. When a person runs to see who is fastest, it is

In high school, Wilma won a bronze medal.
 When she was fifteen, she ran in the Olympics.

C in 1940 D in 1963

From the reading above write T for True and F for False for the sentences below.

D. funny

D. polio

child.

B. massage C. polio D. run

was twelve, the doctor took off the brace

In high school Wilma started to run. Soon she won every race she ran. At age fifteen she prepared for the national races. She won all nine of the races. The next year, 1956, Wilma was in the Olympic games in Australia. Wilma went back home with a bronze medal. In 1960, Wilma went to the Olympic games in Italy. The weather was very hot, just as it was in

Tennessee. The Italians cheered her. Wilma won the 100 meter, 200 meter, and the 400 meter relay races. Wilma Rudolf was the first American woman to win three Olympic gold medals.

In 1963 Wilma got her degree in education and started teaching. That year she also married her high school sweetheart, and they had four children. She continues to be a model for her bravery and spirit.

Categories

Put an X next to the correct answer

1. Susan is a	a. sumame	b. first name	c. boy's name	
2. France is a	a. language	b. nationality	c. country	
$3.Astation~{\rm is}~a$	a. train	b. place	c. country	
${\bf 4.}Asupermarket{\rm is}{\rm a}$	a. job	b. shop	c. farm	
5. Coffee is a	a. meal	b. drink	c. place	
6. A fly is an	a. insect	b. aeroplane	c. airport	
7. A kitchen is a	a. room	b. sport	c. shop	
8. Eight is a	a. number	b. color	c. date	
9. A teacher is a	a. job	b. person	c. school	
10. March is a	a. day	b. holiday	c. month	

INTERMEDIATE

3. She won nine races at the nationals. 4. The weather in Italy at the Olympics was very cold. 5. In the Olympic games of 1960, Wilma won three gold medals. ___



READING

Air Travel

Air travel is usually fast and efficient. However, it has special problems, and these can cause delay and discomfort if you don't know how to avoid them. Here is some information to help you enjoy your trip more.

If you are traveling internationally, you should reconfirm your flight 72 hours should recomfirm your night /2 flours ahead of time. In spite of electronic reservation systems, many airlines rely on your telephone call to reserve your seat.

A good travel agent can often get you a boarding pass (a seat number) in advance. However, even with a boarding pass issued beforehend, you should etill, back in at the

beforehand, you should still check in at the gate. You could be bumped (that is, not given a seat) from a flight if you don't.

If you need a low-calorie, low-salt, or

low-cholesterol meal, order it in advar from the airline. You can also order vege-tarian meals ahead of time. If you hate air-plane food (and many people do), then it's a good idea to order one of these special meals anyway. It will be fresher and taste better than the standard meal.

better than the standard meal.

One common cause of discomfort on a plane is dehydration (lack of water in the body), caused by traveling in a pressurized cabin. To avoid this problem, drink a glass of juice or water every hour you are on the plane.

Also, sitting in one place for too long is another problem. If you prove a round the cabin are problem. er problem. If you move around the cabin every hour, you can avoid stiffness. We also suggest doing stretching exercises in your seat. When you get to your destination, jet lag, or the tiredness from the time difference,

will catch up with you. There is no way to avoid it. If you travel across time zones at high speeds, your internal clock doesn't keep up with the time changes. That is why your body thinks it's midnight when it is really 9:00 AM. To reduce the discomfort, reset your watch for the time zone of your destination before you have a brome About the total to the performance of t tion before you leave home. Also, try to ar

tion before you leave home. Also, try to arrive late in the day. You are spexhoologically prepared to sleep at the right time if it's evening when you get to your destination.

If you can't walk, you should know that airline wheelchairs are heavy and someone must push you. You have much more mobility (movement) if you store your own wheelchair in the cabin. If your wheelchair cannot be stored there, insist

wheelchair cannot be stored there, insist on bringing it from the bagagage compartment as soon as the plane lands.

If you are travelling with children, your big challenge is to stay together on the plane. Ask for seats as early as possible (30 days before your flight). If you get separat ed seats, board early and ask the flight at ed seats, board early and ask the flight at-tendant to help you. He or she may be able to rearrange the seats before the flight. Always try to get a direct flight. If you have to make a connecting flight, you might be able to arrange for an electric car to drive you from one gate to the next. Ask your flight at-tendant to radio ahead to ask for one.

In conclusion, traveling by plane is fast and it is usually easy. However, if you follow this advice, you should avoid some of the possible problems. Have a nice trip.

CIRCLE THE CORRECT ANSWER ACCORDING TO THE READING PASSAGE

C. travel in a wheelchair 2. Travelers should confirm their reservations before they travel.

B. 27 hours C. 72 hours

Being bumped from a flight means:
. losing your lunch
B. losing your seat
C. hitting someone A. losing your lunch

A fresher B low-salt C had 5. Dehydration is

4. Special meals are:

A. lack of lunch B. lack of water C. jet lag

6. A person who travels a long time on a plane should B. stay in her seat C. eat lunch

7. Jet lag is: A. a long trip B. a big time difference C. a late plane

8. To reduce jet lag, a traveler should: B. sleep on the plane C. drink wine A. change her watch

9. People traveling with children should: A. get on the plane late B. get on the plane early C. get off the plane

10. A traveler will have a good trip:

B. if she follows this advice

cheques

ANTONYM MATCH: Match up the following words with an antonym

a. get offb. abundance special
 fresher c. ordinary d. staler 3. reduce

A. if she doesn't follow this advice

Word Families

Circle the word that is different from the others.

	EX	impie;							
	Ro	ad	2.	Arm	4.	Gallon	6.	Doctor	
River Street			Head Hand		Bottle Litre		Medicine Taxi		
	Square			Hat		Pint		Ambulan	
	1.	Book	3.	Eggs	5.	Boss	7.	Postcard	
		Magazine		Salt		Wife		Stamp	
		Television		Pepper		Son		Letter	
		Newspaper		Mustard		Daughter		Travelers'	

YESTERDAY'S ANSWER KEY: ELEMENTARY: (Reading) 1. A 2. D 3. C 4. B 5. C (True/False) 1. F 2. T 3. F 4. F 5. T INTERIMEDIATE: (T/F) 1. F 2. T 3. F 4. F 5. F 6. F 7. T 8. F (Synonym Matchi) 1. g 2. i 3. e 4. h 5. c 6. b 7. f 8. j 9. a 10. i ADVANCED: (T/F) 1. T 2. F 3. F 4. T 5. F 6. T 7. T 8. F (Synonym Matchi) 1. f 2. j 3. b 4. h 5. c 6. d 7. e 8. g 9. a 10. i

QUOTE OF THE DAY

"Every success is built on the ability to do better than good enough." ${\bf Anonymous}$

ADVANCED

Driving Test

Henry Hill was a driving examiner who had to test people who wanted to get a driving license. One day he came out of his office as usual and saw a car at the side of the road, with a young man in it. He got into the car beside the driver and told him to check the lights, then the brakes and then all the other usual things The driver performed everything prompt-ly and faultlessly, without saying a word.

Then Henry told the driver to start his engine and drive forward. Then he told him to turn right into a side road, stop, go backwards into another side road and then drive to the Office again.

On the way, the driver said to Henry politely, 'Could you please tell me why we are doing all these things? I was passing through this town and only stopped to look at my map.'



- 1. People who wanted a driving license had to have a test first.

- 5. The young man had come to have a driving test.

Part B: Match the following synoonyms from the reading passage

e. quickly

1. examiner a. cease 2. promptly b. immaculate 3. faultless stop

5. perform

FIND THE CORRECT ANSWER

Example: Frozen waterice

Dublin is the capital of this country ...

The building where eskimos live Assassinate

A very long running race

Meat from sheep ..

VOCABULARY

Specialized Vocabulary

Business: headquarters (noun) a company's principal or main office or center of control I just got a promotion and will be transferred to headquarters!

Legal: trial (noun) a formal examination of a case in a court of law Many people attended the trial of the terrorist everyday.

Military: battle force (noun) a standing operational task force organization of carriers, surface combatants, and submarines assigne to numbered fleets. A battle force is subdivided into battle groups. Countries that horder the seas and oceans have powerful battle forces.

Medical: life support (noun) a machine that keeps patients alive by helping them breathe The woman has serious health intensive care on life support.

Political: campaign (noun) an organized effort to win an election The campaign for the presidential election started last June.

Idiom of the Day break even

MEANING: have income equal to

EXAMPLE: Our company was able to break even after only six months of operation.

Useful Abbreviations wt = weight I.B. = in bond

After working all day I am really beat.

British and American Financial Terms

share capital capital stock barometer stock bellwether stock

Common Words in American and British English American baby carriage British



In cooperation with English Time



