

The tests are here. I know how much you all look forward to them. Don't worry, though. They will soon be over. And, while you are sitting there, staring into space<sup>1</sup>, spare a thought for the people in Cuba, the Caribbean and Florida. They are being hit by the second enormous<sup>2</sup> hurricane in two weeks. I wonder if this will be the last one for now. I also wonder if Donald Trump is now starting to think there might be something to this climate change<sup>3</sup> thing he's been hearing about. I doubt<sup>4</sup> it. I don't think he really thinks at all.

### Something You Didn't Know (100m race)

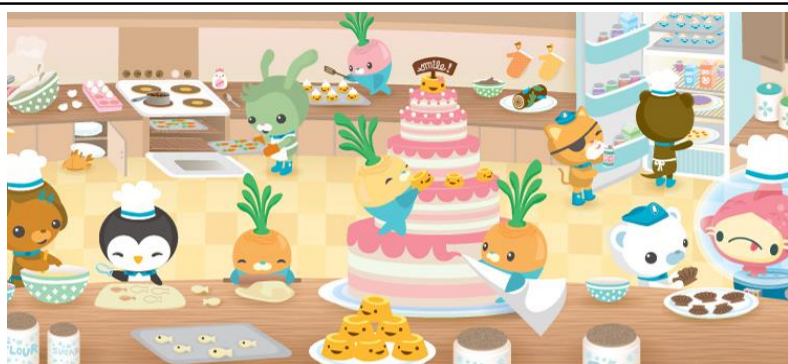
1. The first man to run under 10 seconds was Jim Hines in 1968.
2. 125 people have run under 10 seconds in this event.
3. The average stride length<sup>5</sup> during the race is 2.5m and most runners take about 45 strides.
4. The fastest reaction time<sup>6</sup> to the starting gun in Rio was 0.104. That means they reacted faster than you can read **this** word.
5. Professional athletes usually do not breathe<sup>7</sup> during the race. They take one breath and go.
6. The race is so fast that athletes don't begin to sweat<sup>8</sup> until after the race has finished.
7. To go faster in a race you need to have a large stride, a high frequency<sup>9</sup> of steps, and a stiff<sup>10</sup> leg which lets you put a lot of power into the ground.
8. Trayvon Bromell (USA) ran under 10 seconds when he was only 18 years old.

### Inside 10 seconds

Last Saturday, sprinter<sup>11</sup> Yoshihide Kiryu ran 100m inside 10 seconds. He is the first Japanese sprinter to ever break<sup>12</sup> the 10 second wall! He crossed the line in 9:98 seconds! He has become the 125<sup>th</sup> person in the world to ever run under 100m! He is only 21 years old! Sprinters usually peak<sup>13</sup> at about 26 years old, so he will probably become even faster.



At the start of the race he says that his left leg didn't feel very good. He thought that it was too tight<sup>14</sup> and he worried that he might tear one of his muscles<sup>15</sup>. Then he thought, "If I tear a muscle, I tear a muscle<sup>16</sup>." The gun went and he just concentrated<sup>17</sup> on running. Luckily, his leg was ok. He didn't pull up<sup>18</sup> in the way Bolt did at the athletics in the summer. And he made a record.



8 differences



### Last Week's Answers



### Announcements

There are tests on Tuesday.  
There are tests on Wednesday.  
And ... hang on ... yes ... there are tests on Thursday, too.  
Good luck.

He had run 10:01 at high school, but he hadn't been able to go faster. Until Saturday! Where will he go from here? I expect his targets will be on<sup>19</sup> the 2020 Tokyo Olympics next. Without Usain Bolt, slower runners might stand a chance<sup>20</sup>. But, even a sub-10 second time would not guarantee<sup>21</sup> him a gold medal. He will probably need to go 3 tenths of a second<sup>22</sup> faster.



- 1.Stare into space ぼんやり 宙を見る 2.Enormous 巨大 3.Climate change 気候変動 4.Doubt 一を疑う 5.Stride length 歩長 6.Reaction time 反応時間 7.Breathe 呼吸する 8.Sweat 汗をかく 9.Frequency 頻度 10.Stiff 固い 11.Sprinter スプリンター 12.Break 破る 13.Peak 最大になる 14.Tight 固い 15.Tear a muscle 肉離れを起こす 16.If I tear a muscle, I tear a muscle 肉離れを起こしても、辞めない 17.Concentrate 集中する 18.Pull up 止める 19.Targets are on~に照準を向ける 20.Stand a chance チャンスがある 21.Guarantee 保証 22.Tenth of a second 1秒の一割

# ★ English News Page 2 ★

Hello everyone! Are you ready for tests this week? I'm sure you're as ready as you'll ever be. Try to get a lot of sleep the night before the tests, and eat a hearty<sup>1</sup> breakfast in the morning. This will help you concentrate<sup>2</sup>. Good luck everyone! - Krystal

## ★ Dear Krystal ★



This week is the bi-weekly<sup>1</sup> advice column<sup>2</sup> called *Dear Krystal*. Do you have questions about English? Do you need some advice about a problem in your life? If so, **put your questions in the pink envelope near the English Board on the 2<sup>nd</sup> floor. Write "Dear Krystal" on your question.** Anything is ok, and you can remain anonymous<sup>3</sup>. Next week there will be a teacher interview, so look forward to that. Take care!

Question 1:

Dear Krystal,

No matter how hard I study, I can't get good scores on my tests. I stay up almost all night before my test studying! What am I doing wrong?



Answer:

Many students don't study enough, but it's also possible to study *too hard* for tests. Staying up all night to study, or as we say in English "cramming for exams", is not good for learning. The reason is because when you are too tired, it's harder to concentrate, and you can't retain<sup>3</sup> information well. The best way to study is a little bit every day, far in advance<sup>4</sup> of tests. You'll remember what you learned better, and your scores will improve. Good luck!

Question 2:

Dear Krystal,

I have a friend who went to a different high school. I send her LINE messages sometimes to see how she is, but her answers are short, and sometimes she doesn't reply at all. She also always says she's busy when I invite her to hang out. We used to be so close! What should I do?

Sometimes growing up means growing **apart**

Answer:

It sounds like you're the only one trying to keep the friendship alive. People change as they grow up, and sometimes with that change friends grow apart<sup>5</sup>. If you're determined to<sup>6</sup> keep the friendship, you should reach out one more time through a more personal communication method, such as a phone call. Then it's up to<sup>7</sup> her what to do. In the meantime<sup>8</sup>, keep busy with your other friends and activities, and keep your happy memories.★

# ★ English Speaking Celebrities ★

**Bruno Mars** is an American singer-songwriter, multi-instrumentalist<sup>9</sup>, music producer, and choreographer<sup>10</sup>. He was born as Peter Gene Hernandez on October 8, 1985 in Honolulu, Hawaii. He is from a family of musicians. His mother was a singer and dancer from the Philippines, his father was a Puerto-Rican rock and roll musician from New York City, and his uncle was an Elvis Presley impersonator<sup>11</sup>. Bruno started performing with his family's band when he was 4 years old, and became famous across Hawaii as the youngest Elvis impersonator. He moved to LA after graduating from high school in 2003 to start his music career. First, he was a music producer, and wrote songs for other artists. He released his own debut album in 2010, titled *Doo-Wops and Hooligans*. His second album, *Unorthodox Jukebox*, was released in 2012, and his most recent album, *24K Magic*, was released last October. His *24K Magic World Tour* started in March this year. As part of the world tour, he will perform two concerts in Japan next April, and Krystal has already bought her tickets. Bruno Mars is known for his retro<sup>12</sup> showmanship. His stage performance has been compared to<sup>13</sup> Michael Jackson and the idol<sup>14</sup>, Elvis Presley.



Uptown Funk



Left: Young Bruno Mars  
Right: Elvis Presley

## ★ Horoscopes ★

<p><b>Aries</b> ♈ March 21-April 19</p> <p>The first step to success is failure<sup>15</sup>, so don't be afraid of it this week.</p>	<p><b>Taurus</b> ♉ April 20-May 20</p> <p>Stop deluding<sup>16</sup> yourself this week. It's time to wake up and face reality.</p>	<p><b>Gemini</b> ♊ May 21-June 20</p> <p>A change of pace<sup>17</sup> will energize you this week.</p>
<p><b>Cancer</b> ♋ June 21-July 22</p> <p>Don't push yourself too hard this week. Take a break if you're tired.</p>	<p><b>Leo</b> ♌ July 23-Aug 22</p> <p>You should try a new sport or go somewhere new this week.</p>	<p><b>Virgo</b> ♍ Aug 23-Sept 22</p> <p>It's time to set some goals. Perhaps a to-do list will help.</p>
<p><b>Libra</b> ♎ Sept 23-Oct 22</p> <p>You should listen to a friend in need this week.</p>	<p><b>Scorpio</b> ♏ Oct 23-Nov 21</p> <p>You don't have to do everything yourself. Ask for help this week.</p>	<p><b>Sagittarius</b> ♐ Nov 22-Dec 21</p> <p>Listen to music to reduce<sup>18</sup> your stress this week.</p>
<p><b>Capricorn</b> ♑ Dec 22-Jan 19</p> <p>Someone from your past will surprise you this week.</p>	<p><b>Aquarius</b> ♒ Jan 20-Feb 18</p> <p>It will be hard, but don't give up on your goals this week.</p>	<p><b>Pisces</b> ♓ Feb 19-March 20</p> <p>Talk to a good friend about your problems this week.</p>

**New words:** 1. hearty 食事が豊富な 2. concentrate 集中する 3. retain 記憶している 4. in advance 前もって 5. grow apart すれ違い 6. determined to~ ~することを固く決心して 7. up to~ ~次第 8. meantime 合間 9. multi-instrumentalist 複数の楽器の演奏が出来る演奏家 10. choreographer 振りつけ師 11. impersonator ものまね演芸家 12. retro レトロ・懐古趣味 13. compare to 匹敵する 14. idol アイドル 15. failure 失敗 16. delude 思い違いをする 17. change of pace 気分転換 18. reduce 減らす