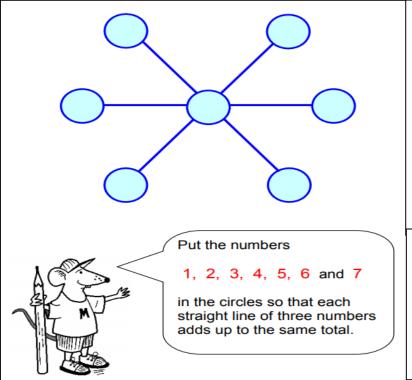


Did you enjoy your tests? Did you get high scores? Were your mother or father angry? I used to dread¹ getting the results of my tests. I knew my score would make my mother angry. And, I think I've said this before, in England, teachers post² the list of scores outside their department office. Someone says, "The math scores are out," and everyone runs to the math department. You always start looking for your name at the top of the list, at 100 points. And, as your eyes fall farther down, and you can't find your name, your stomach starts to hurt. Ah. Memories!

## Something Interesting (Distance running<sup>3</sup>)

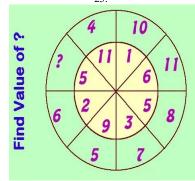
I like distance running. I'm not very good at it, so, I'll tell you about some people who are.

- 1. The farthest distance run in 24 hours is 303km. That's the distance from here to the first Lucky Pierot in Hakodate. In 24 hours!
- 2. The record for the marathon, 42.195km, is 2:02:57. It goes down every few years. Some people think a sub<sup>4</sup> 2-hour marathon is physically impossible<sup>5</sup>. You never know.
- 3. Have you seen the speed walkers<sup>6</sup> on TV? The world record for a 50km walk is 3 hours 35! Walking! I couldn't do that on my bicycle. That's almost the distance from here to Yoichi!
- 4. The farthest non-stop run was 560km in 80 hours! That's the distance from here to Morioka Station. He ran it! Without stopping or sleeping!!
- 5. Fauia Singh ran his last marathon at the age of 101!! 101!!!! That's awesome!



#### Last Week's Answers

The answers is 7. All of the numbers in a line add up to 25.



#### Announcements

This is the last week of classes for the school year. Other than that, there is nothing happening. The teachers have a few meetings. But, I'm sure you are not interested in that.

### Roger Bannister Dies – Aged 88

Last week, Roger Bannister died. He was 88 years old. I'm sure there is no student, and probably<sup>7</sup> no teacher in this school that knows who he is. (Maybe with the exception<sup>8</sup> of Mr. Akimoto.) However, in the UK, he is famous. And, in the world of distance running, he is famous. What did he do? He was the first person to run a mile (1.6km) inside four minutes! Does that sound easy? Try it on your bicycle. I bet<sup>9</sup> you can't do it.





On the 6<sup>th</sup> May 1954, Roger Bannister left his hospital. He was a doctor, and he took his medical<sup>10</sup> work much more seriously<sup>11</sup> than he did his running. He took the train from London to Oxford, put on his running gear<sup>12</sup>, and assembled<sup>13</sup> at the start line. There were only 6 people in the race, and two of them were going to act as pacemakers<sup>14</sup> to keep up the high speed. The wind was strong, but it died down.

He ran the first half mile in 1:58, and he entered the last lap at 3:00 on the nose<sup>15</sup>. He left his pacemakers behind, kicked into high gear<sup>16</sup>, and finished the last lap in 59 seconds, making him the first person in history to run under a four-minute mile! His record only lasted nine days, and the current<sup>17</sup> mile record is 3:43, but Roger Bannister was the first. Many people can be faster, but only one person can ever be first.



**1.Dread**~を恐れる **2.Post** 掲示する **3.Distance running** 長距離走 **4.Sub**~以内 **5.Physically impossible**~するのは肉体的に無理です **6.Speed walker** 競歩 **7.Probably** かもしらない **8.The exception of**~以外 **9.Bet** ~と賭け事をする **10.Medical** 医療的 **11.Take** ... seriously ~進撃に受け止める **12.Running gear** 駆動装置 **13.Assemble** 集合 **14.Pacemaker** ペースメーカー**15.On the nose** ぴったり・ちょうど・どおり **16.Kick into high gear** 最高速度 **17.Current** 現在





Hello everyone! I have nothing to say but I hope you did well with your exams last week. Whatever your score, I'm sure you did your best - Krystal



## Motivational Mesages



# You! Yes, you

The one reading this. You are beautiful, talented, amazing and simply the best at being you.



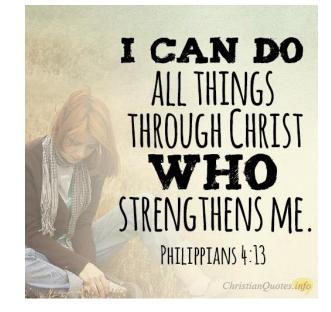


No regrets in life. **Just** lessons learned.

YOUR IS YOU

struggle today is developing the strength tomorrow

**EVERY ACCOMPLISHMENT** STARTS WITH THE DECISION TO TRY.



## English Speaking Celebrities 🗙



This week's profile is about an inspiring woman named Katherine Johnson. She is a retired African-American mathematician who worked for NASA from 1953 to 1986, during the years of the "space race". She was born on August 26, 1918 in West Virginia. She showed a talent for math from an early age, but at that time, schools in the south were segregated. There were no public high schools for blacks, so her parents sent her to a private high school in another town. She graduated when she was only 14 years old, and graduated university at the top of her class when she was 18. After that, she worked as a teacher before entering graduate school. She eventually got a job with NASA, where she contributed much to the United States' aeronautics and space programs. She calculated trajectories, launch windows, and emergency back-up return paths for the first space missions. In fact, she was such a gifted mathematician that the astronaut John Glenn personally requested her to check the calculations of the Friendship 7 mission before launch. Thanks to her work, John Glenn was able to complete his mission and become the first American to orbit the earth in 1962. Katherine is 99 years old now. You can learn more about her life by watching the movie, Hidden Figures





## From the English Lounge 🗙





Because of final exams, the English Lounge was closed last week. Peter hopes to see you in the English Lounge this week. Come for games, movies, books, tablets, and English conversation. Everyone study hard!



New words: motivational 動機付けの regret 後悔 limit 制限 struggle 努力 develop 発達させる accomplishment 成果 inspiring 人を元気づける African-American アフリカ系アメリカ人 mathematician 数学者 space race 宇宙開発競争 blacks 黒人 eventually 結局 contribute 貢献する aeronautics 航空学 calculate 計算する trajectory 弾道 launch window 打ち上げウィン ドウ gifted 才能がある astronaut 宇宙飛行士 personally 直接 request 頼む orbit 周回する