

This is the first English News of 2023. Did you have a good winter vacation? I went back to the UK and it was absolutely wonderful. I wish I could go back more often, but it is incredibly¹ expensive. What did you do? Oh, sorry. Silly question. You studied for fifteen hours every day, of course. I have a feeling that 2023 is going to be a very good year. A lot of positive things are going to happen. Did you make any new year's resolutions²? Have you managed to keep them up? I think that most people give up on their resolutions by the 13th of January, which is today! If you are still going, don't give up! You can do it!! Have a great 2023!!!



9 differences

Last week:



Something interesting: marathons

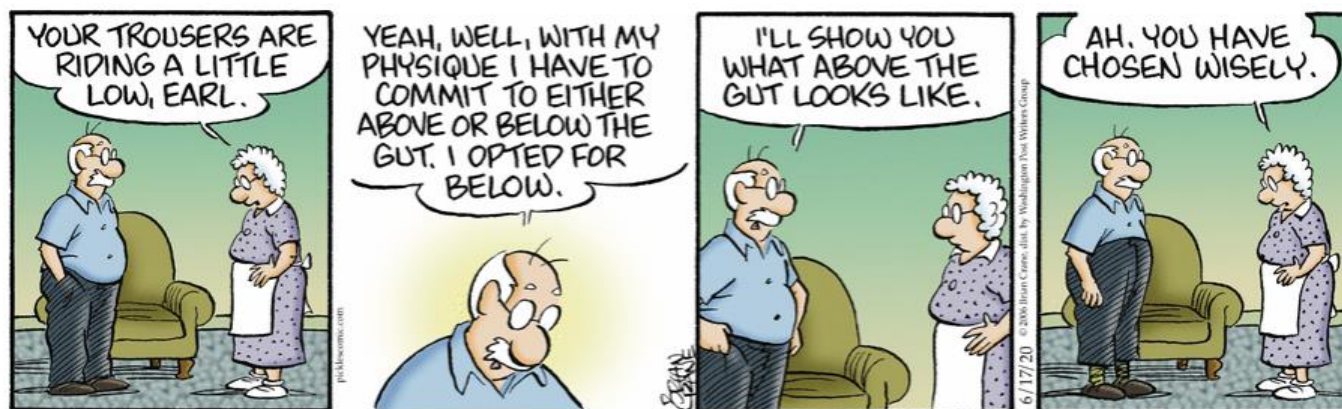
1. The name "marathon" comes from a legend³. A Greek messenger called Philippides ran from the Battle of Marathon to Athens to tell people they had won. He dropped his weapons and took off his clothes to run faster. He died after he had finished.
2. The world record for the most marathons run in a row⁴ is 607 by Ricardo Abad.
3. The fastest marathon ever run was 1 hour 59 minutes and it was run by Eliud Kipchoge. It isn't counted as a world record.
4. The slowest marathon was 54 years, 8 months, 6 days, 5 hours, 32 minutes and 20 seconds. Shizo Kankuri ran the marathon in the 1912 Stockholm Olympics. He gave up and went back to Japan half way through, but he didn't tell anybody. In 1967, the Swedish government gave him the opportunity to finish the race, which he did.

A Marathon a Day for a Year

Have you ever run a marathon? It is 42.195 km and it is not easy. On December 31st 2022, Gary McKee in the UK ran his 365th marathon in a row. He managed to raise an astonishing⁵ £ 1 million (160,000,000 yen) for a cancer⁶ charity. He decided to raise money for the charity when his father was diagnosed⁷ with cancer in 1997, and he has done many different things. In 2022, he decided that he would run one marathon every day for the whole year. That sounds hard enough, but he was also doing his full-time job. He woke up early to run every morning so that he could go to work on time. He ran 15,300 km, went through 20 pairs of shoes, and ate 5,000 calories a day. He had several running related⁸ injuries, but he managed to push through all of them. At the start of the last marathon, he was joined by many of his friends. He said that he was nervous because it was the last race. It had occupied⁹ so much of his time through the year that he didn't know what he was going to do when he finished. Maybe he can do two marathons a day next year. I'm sure he will think of something because he is a very driven¹⁰ person. When he decides to do something, nothing can stop him.



- 1.incredibly すごく 2.new year's resolution 新年の決意 3.legend 伝説 4.in a row 連続
5.astonishing 驚くべき 6.cancer がん 7.diagnose 診断する 8.-related～と関係する
9.occupy 時間が取られる 10.driven 意欲的な



World record

Do you like strawberries? They are delicious and probably very healthy. The heaviest strawberry in the world was grown in Israel last year. It was 289 g, 18 cm long, and 34 cm in circumference¹. The strawberry comes from the Ilan variety, and they are known for producing large fruit. The weather was very cold at the start of this year's growing season, which meant that the strawberry grew very slowly. Usually, they would grow very quickly and stop, but this one grew extremely slowly and several strawberries fused² together into one strawberry. Because of the cold weather, there were many enormous strawberries. I wonder how sweet they were. The previous record was held by a Japanese farmer whose strawberry was 250 g.



Never give up on a dream because of the time it will take to accomplish³ it. The time will pass anyway. – Earl Nightingale

A capital city – Lusaka

Let's look at Lusaka, the capital city of Zambia. Zambia is a country in central southern Africa. It is a landlocked country, which means it has no access to the sea. Lusaka has a population of 3.3 million people, which is 16.5% of the population of Zambia. The region was settled much later than many other African areas. The Soli and the Lenje people arrived about a thousand years ago, but they moved around to farm⁴ different areas. Then, in the 18th century, European slave traders⁵ arrived to hunt for slaves. The Soli and the Lenje people had to move around to escape these hunters and they couldn't build towns. A British diamond miner, Cecil Rhodes, started to build a railway through Africa. He saw it as a good way to send out his diamonds and for the British to control Africa. Lusaka was founded in 1905 as a water stop⁶. The city grew slowly, but there were not enough houses, so squatter settlements⁷ grew. Zambia gained independence in 1964 and Lusaka grew more quickly. Zambia's economy was based on copper⁸ through the late 20th century and when the world price of copper fell in the 1970s, there was a lot of poverty⁹. Since 2000, Zambia's economy has been growing and the government are trying to build houses for everyone. However, the city is growing too quickly and 70% of people still live in shanty towns¹⁰.



1.circumference 円周 2.fuse 融合する 3.accomplish 成功する 4.farm (動詞) 耕作する 5.slave trader 奴隷商人 6.water stop 蒸気機関車が水を入れる場所 7.squatter settlement 不法占拠地域 8.copper 銅 9.poverty 貧乏 10.shanty town 貧民街