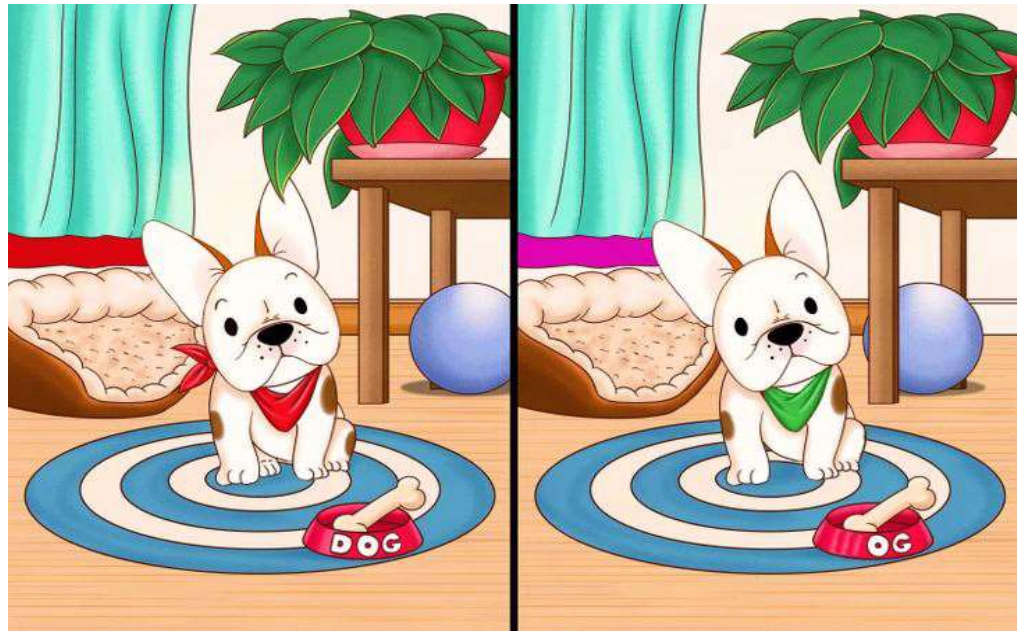


7/18/2023 (#13 this year)

This is my last English News until after the summer vacation. It is a long vacation this year. If you don't have any summer classes, then you have nearly a month of vacation!! Wow! What are you going to do? A month doesn't sound that long to me. In the UK, summer vacations are close to three months. The kids finish in early July, and they go back in the middle of September. Kids love it. Parents hate it. Haha. The summer vacation in America and the UK is the end of the school year. Our school year starts in April, but the school year in the UK starts in September. I hope you have a great vacation and come back refreshed. Have a great summer.



10 differences

Last week's answer



### Something you didn't know about slacklining:

1. Slacklining was invented by Adam Grosowsky and Jeff Ellington in 1980. They were rock climbers and they started by balancing on their climbing ropes.
2. Slacklines are not as tight<sup>1</sup> as a tightrope. That is why they are called "slack<sup>2</sup>" and "tight". People can do tricks on a slackline because it bounces. People can walk farther on a tightrope because it doesn't drop as much in the middle.
3. Slacklining is a good way to get fit<sup>3</sup>. Because the line moves a lot, it takes a lot of muscle power to stay balanced.
4. Slacklines are much easier to set up than a tightrope. You can buy a slackline for about 5,000 yen on Amazon, and anyone can set it up.

### Slackliner Saves Skier

This rescue happened last year, but the hero just received a medal so it was in the news. Mickey Wilson is a professional slackliner and ski instructor. During the winter he teaches skiing and in the summer he is a slackliner. Slacklining is like tightrope walking but the line is slightly wider and it is not pulled so tight, which is why it is called slack. One day, Mickey was skiing in Colorado when he saw some people shouting under the ski lift. Their friend, Richard Rattenbury, had fallen off the seat but his backpack<sup>4</sup> had caught on the chair and was around his neck. He was slowly being strangled<sup>5</sup>. Mickey didn't even stop to think. He climbed up the ski lift tower and used his slackline skills to shimmy<sup>6</sup> along to Richard's chairlift and climb down onto it. When he was there, Mickey couldn't pull up the backpack and he couldn't undo<sup>7</sup> it. All of Richard's weight was on the strap, pulling it down. One of the friends under the ski lift had a knife and he threw it up to Mickey. Mickey managed to catch the knife in his ski gloves! Then he cut the strap on Richard's backpack and his friends caught him. The ski rescue patrol took Richard to hospital, and he made a full recovery<sup>8</sup>. Mickey received the Carnegie Hero Medal for helping Richard. He is a real hero.



- 1.tight 強く引っ張った 2.slack 緩い 3.fit 健康 4.backpack ルック 5.strangled ひどく息が詰まる 6.shimmy ひもなどを登る 7.undo ほどく 8.make a full recovery 完全に回復する





### World record

Can you cook? I can cook very basic things, but I am not a great cook. I think of myself as a functional<sup>1</sup> cook. I don't really like to cook and I try to finish as quickly as possible. I don't think I would be able to get this world record. Hilda Baci is a Nigerian chef and she has the world record for the longest cooking marathon. She cooked non-stop for 93 hours and 11 minutes! She cooked more than 100 different dishes during the four-day marathon. She was allowed to<sup>2</sup> have a five-minute break every hour, or she could combine<sup>3</sup> them as a one-hour break every 12 hours. A lot of Nigerian celebrities came to cheer her on while she was trying to break the marathon. She cooked a lot of

Nigerian delicacies<sup>4</sup> and they all look delicious. I don't know how anybody could even stand up for 93 hours, let alone be able to cook as well. Could you?



Tough times<sup>5</sup> don't last, tough people<sup>6</sup> do. – Unknown

### An invention – Artificial Sweetener

Do you like sugar? Sugar makes things taste wonderful, but too much of it is not good for our health. These days, many companies and people use artificial sweeteners<sup>7</sup> to make things taste sweet. There is a lot of discussion about whether they are healthy or not, but they have fewer calories than sugar. Saccharin, the first artificial sweetener, was invented in 1878 by accident. A Russian chemist called Constantin Fahlberg was working in America at Johns Hopkins University. He was working in the lab of Ira Remsen. He was doing experiments with coal tar<sup>8</sup>. One of the things he was using was benzoic sulfimide. One night, he went home and had bread rolls with his dinner. He noticed that his bread rolls tasted sweet, and that the sweetness was coming from his hands. He went to the lab the next day and tasted the chemicals<sup>9</sup> until he found the one that was sweet. (That isn't



something people would do today.) He did more experiments and he and Remsen published articles. Fahlberg then moved to New York and patented<sup>10</sup> his product. He called it saccharine. He became very rich. Remsen became very angry because Fahlberg wouldn't give him credit. Saccharine was popular, but it only became really popular when real sugar was difficult to get during World War 1.

1.functional 機能的 2.allowed to~の許可を取った 3.combine 含める 4.delicacy 珍味 5.tough times 辛い時期 6.tough people 強い人 7.artificial sweetener 人工甘味料 8.coal tar 石炭タール 9.chemicals 化学物 10.patent 専売特許証