

Welcome back for the second semester of this school year. Did you have a good autumn break? Well, perhaps we should say autumn weekend. I like this part of the school year. I know that it is one of the busiest times and that everybody is really stressed and tired, but I love the thought that we are getting closer to Christmas. I have always really loved Christmas. And now that I can buy Christmas presents for my daughter, I love it even more. She still pretends¹ that she believes in Santa Claus so that I don't get sad. She is wonderful. Or, maybe she has just found a way to get more Christmas presents. Haha. What about you? Do you like Christmas?



10 differences

Last week's answer



Something you didn't know about diamonds:

1. Diamonds are the hardest natural substance² on Earth.
2. Diamonds are formed about 200 km underneath the surface of the Earth and then carried up by volcanoes or earthquakes.
3. Diamonds come in many different colors.
4. The word "diamond" comes from the Greek "adamas". It means "indestructible³".
5. Diamonds are formed in the Earth where it is very hot and there is a lot of pressure⁴. It is about 1,300 °C and 50,000 times more pressure than on the surface.
6. The Cullinan diamond is the biggest one every found. It weighs 609 g!

7-Year-Old Girl Finds Diamond

Aspen Brown asked her father to take her to Crater of Diamonds State Park in Arkansas, USA. It was her 7th birthday and she wanted to look for a diamond. Crater of Diamonds State Park has an area where visitors are allowed to look for diamonds and they are allowed to keep whatever they find. People sometimes find small diamonds, but Aspen found a 2.95 carat diamond that was about the size of a pea. She had been searching for a while and she sat down for a rest. Her father carried on searching and the Aspen ran up to him holding the diamond she had found. The staff at the park confirmed⁵ that it is a brown diamond and it is worth⁶ about \$15,000. Aspen hasn't said what she wants to do with the diamond, but I expect her father is hoping she will sell it.

A lot of diamonds are found at Crater of Diamonds State Park because it is part of an old volcano. When the volcano was active⁷, it carried a lot of diamonds to the surface. Most of the diamonds are in the top layer of soil. The first diamonds were found in 1907 and there was a diamond rush. Thousands of people came to the area to try to make their fortune. A few people have found some very large diamonds, but the majority⁸ of the diamonds are very small. There are not enough diamonds there for any commercial diamond mining⁹, so it has been left for tourists. I would like to go one day.



- 1.pretend〜のふりをする 2.substance 物質 3.indestructible 破壊できない 4.pressure 圧力 5.confirm 確認する 6.worth 価値がある 7.active volcano 活火山 8.majority 大多数 9.commercial diamond mining 商業ダイヤモンド採掘



World record

I've started running again in the mornings recently. Every day I manage to run makes me a little bit healthier. So, I thought I would look at some running records today. I am very slow, but here are some records from some people who can run really fast and far. The world record for the 50 km distance is held by CJ Albertson. He ran it in 2:38:44. The world record for running 100 km is held by Aleksandr Sorokin and is 6:05:35. The world record for 100 miles is also held by Aleksandr Sorokin and is 10:51:39. (100 miles is 160.9 km.) Then we get the really crazy records. Yiannis Kouros has the world records for running 1000 km (5d 16:17:00) and 1000 miles (10d 10:30:36). He also has the world record for running over 48 hours non-stop¹. He managed to run 473.495 km! To put that into perspective, it is 328 km from Sapporo to Wakkanai! These people have amazing endurance² and will power³.



Speak your mind⁴, even if your voice shakes⁵. – Maggie Kuhn

One thing we can do to help the environment

#5 Change our lightbulbs

This week's thing we can do is extremely easy, but something we never really think about. In your house, do you have LED light bulbs, or do you have the old-style⁶ light bulbs? In my house, we have a lot of the old ones, but when one dies, I try to replace⁷ it with an LED light bulb. Last week, I wrote about fast-fashion and the reason why I and many other people choose fast-fashion is because it is cheap. This is the same with light bulbs. The old-style light bulbs are called incandescent⁸ light bulbs and they work by heating up a metal filament until it gives off light. The problem with incandescent light bulbs is that they also give off heat. If you have ever tried to touch an old-style light bulb, you will know what I mean. All of the heat that the light bulb is making, is wasted energy. 90% of the energy used for an old-style light bulb becomes heat. LED lightbulbs produce light without making much heat as well. They are 75% more efficient⁹ than old-style light bulbs. LEDs also last 25 times longer than old-style light bulbs, which means they don't produce as much trash. They are more expensive, but if you think about the money you save in lost energy, the length of time you can use them, and that you are helping the environment, it is money worth spending¹⁰.



1.non-stop 止まらず 2.endurance 我慢力 3.will power 意志力 4.speak your mind 意見を言う 5.shake 触れる 6.old-style 旧式 7.replace 入れ替える 8.incandescent 白熱する 9.efficient 効率の良い 10.worth spending お金を使う価値がある