

How are your legs feeling? Are you ok? You are much younger than me, so you are probably ok. My legs were fine on Saturday and then they slowly started to hurt. Haha. The long walk was wonderful, though. Did you have a good time? I walked up to Es Con Field with the junior high school. We walked up the cycling road, which is a lovely place to walk. Walking slowly and chatting with all of the students was so nice. The weather was absolutely perfect. It was my first time going to Es Con Field. I didn't see how the high school did, but I'm sure everyone did well. Was 20 km too far? Do you think we should increase¹ the distance next year?



12 differences

Last week's answer (I'm sorry. I used the wrong picture and there were only 9 differences)



Something you didn't know about cats

1. We domesticated² cats 9,500 years ago. They wanted the rats and mice that came for our food and we wanted them to kill the rats and mice that came for our food.
2. Cats can jump over 6 times their own length. That would be like me jumping 10 m!
3. Cats have rough³ tongues⁴ so they can clean themselves and lick meat off bones.
4. When a cat is rubbing⁵ its face against your legs, it is putting its scent on you. They have scent glands⁶ in their cheeks.
5. Dogs wag their tails to show happiness. Cats wag their tails to show anger.
6. A housecat can run at about 50 km/h. Much faster than us and the average housecat is faster than the average dog.

Couple Accidentally Mail their Cat

A couple in Utah last month accidentally posted their cat. Luckily, the story has a happy ending. The couple are called Carrier and Matt Clark. They have a brown and white cat called Galena that they love. The cat is very friendly, but also very quiet. Mark ordered some shoes from Amazon and when they arrived he realized that they didn't fit. He contacted the company to return⁷ the shoes and printed out a label. While he was printing out the label, Galena climbed into the box with the shoes and went to sleep. Mark taped up the box, took it to the post office, and posted it. He never knew that Galena was in the box. The post office sent the box to the Amazon



returns center⁸, which is in California, 1,000 km away! There are a lot of boxes that are returned and the staff can't open them all straightaway⁹. They opened Galena's box 6 days after she had been posted. She was dehydrated¹⁰, hungry, and scared, but she was still alive. The staff couldn't trace the box because of Amazon's privacy rules, so they took her to a vet. Luckily, Galena had been microchipped and they could call Carrier in Utah. They were very happy because they had no idea what had happened to their cat. They went to pick her up and drove her home. Galena is happy to be home and very healthy now.

- 1.increase 増やす 2.domesticate 飼いならす 3.rough ザラザラした 4.tongue 舌 5.rub 擦り寄せる 6.scent gland 臭い腺 7.return 返品 8.returns center 返品センター 9.straightaway すぐに 10.dehydrated 脱水状態



World record

How strong are you? I have strong legs, but my arms are not very strong. Alex and Joe are both freakishly¹ strong, but I don't think they would be able to break these world records. This week, I'm looking at powerlifting² world records. There are three types of lift when you are powerlifting. The first type is the squat. You lift the barbell off the frame, squat, and then lift the barbell up again. The second type is the benchpress. You lie on your back with the weight over your head on the frame. You lift the weight off the frame, lower it to your chest, and lift it up again. The third type is the deadlift. The barbell is on the floor in front of you. You hold the bar, bend your legs, stand up and lift the barbell to your waist, then put the barbell back down again. So, what do you think the world records are? Let's look at men's and women's. The record for the squat is 490 kg for men and 300 kg for women. The record for the benchpress is 355 kg for men and 207 kg for women. The record for the deadlift is 501 kg for men and 289 kg for women. Those are incredible. Do you want to try? You have to start training now.



"I do not try to dance better than anyone else. I only try to dance better than myself."

— Arianna Huffington

An Unusual Job

Professional Sleeper

This is a job I think I would like to have. Do you like sleeping? If you do, then this might be the job for you. When you go and stay in a hotel, what do you think about the beds? Are they comfortable³? What about the lighting and the temperature⁴ in the room? Is that ok? How about the noise from outside the hotel? A professional sleeper goes to a hotel and tests all of these things. They sleep for a night in one of the rooms and then they write a report about their experience⁵. The next night, they sleep in a different room. I don't know about in Japan, but in America a professional sleeper makes about \$40 an hour, which is 6,223 yen. That's quite good for just sleeping. If you really like lying down, then NASA might have a job for you. They are looking for people who can stay in bed for 70 days. They want to test the effects of⁶ lying still for a long time because they are planning on sending astronauts⁷ to Mars in the future. If you don't mind staying in bed for 70 days, they will pay you \$12,000, which is 1.9 million yen. What do you think?



- 1.freakishly 奇妙に 2.powerlifting 重量挙げ 3.comfortable 居心地がいい
 4.temperature 温度 5.experience 体験 6.the effects of~の影響
 7.astronaut 宇宙飛行士