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tijdvak 1

Engels CSE KB

Tekstboekje

Daisy the dog hits 100 dog-years

MEET Daisy, who could be Britain's oldest dog after reaching the human equivalent of 100. The dog tucked into some birthday cake to celebrate reaching the milestone. Although the little Jack Russell spent her first years as a stray, she has more than made up for her bad start since being rescued by Mark Barsby-Finch. He said: "Daisy has never had a tin of dog food in her life. She eats exactly what we eat. Her favourite meal is roast chicken and mashed potatoes, but she'll happily eat anything. She's very fond of takeaway Chinese, and she loves a homemade chili too, as long as it's not too spicy."

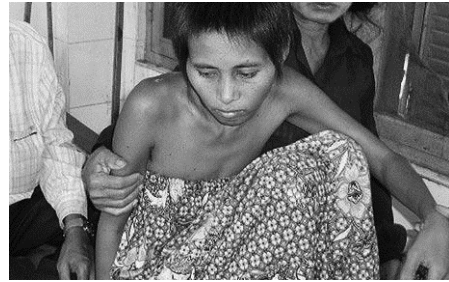


The family celebrates her birthday on the anniversary of the day they adopted her, February 21. Although the oldest dog ever known in the UK reached the age of 26, Daisy, who is presently 22, is believed to be the oldest alive now. Mark added: "When we first adopted her, we had access to 40 acres of farmland, and Daisy used to be off out into the fields first thing in the morning, and reappear just in time for her tea. She spends most of the time sleeping now, but apart from missing a few teeth and being a bit hard of hearing she's in really good health."

dailyexpress.co.uk, 2013

Jungle Woman

By Barney Henderson
in Kuala Lumpur



CAMBODIA'S 'jungle woman', who spent 18 years living in a dense forest, has fled back to the wild after struggling to adapt to society.

Rochom P'ngieng, now 29, first disappeared into thick hilly jungle in 1989 when she was a little girl. She was 'discovered' in early 2007 and reunited with her family. However, attempts to reintegrate her have failed. She has not learnt either of the local languages, Khmer or Phnang, prefers to crawl rather than walk, refuses to wear clothes and has made several attempts to return to the forest where she grew up.

Daily Telegraph, 2009

Bionic Claire

(1) She was aching with pain, struggling to stay upright and battling to complete the biggest challenge of her life. But, with a beaming smile and a few tears, Claire Lomas finally crossed the finish line of the London Marathon. It took 16 days, several hours and a few minutes longer than the longest time recorded on the day. But step by step, on an extraordinary wave of public support, the paralysed 32-year-old they nicknamed the 'bionic woman' earned a place in history – and a massive boost for charity. In a mechanical suit to control her legs, she conquered the 26.2 mile-course in 16 days.

(2) But one thing was missing – her medal. For despite her remarkable endeavour, marathon organisers have resolutely refused to mark it with an official medal, or to include her in the list of successful competitors. So, in a collective gesture that perfectly reflected a nation's pride in her achievement, other runners donated theirs. By the time she recovered her breath after completing the last stretch of the course she had a dozen to hang round her neck – with more on the way.

(3) Claire lost the use of her legs after breaking her spine when she was thrown from her horse in competitive trials five years ago. Since then she has been liberated from a wheelchair by a pioneering suit that straps to her



limbs and torso, giving her mobility through motion sensors, battery-operated motors and an onboard computer system.

(4) Claire has averaged between a mile and 2.5 miles a day. Ask her what the biggest challenge was and you might expect her to tell you it's the pain... the appalling weather... the mental determination required to keep going... or accidentally pressing the suit's 'sit' button when there was nowhere to sit. It was none of those. "It's the pavements," she said, raising her voice. "They're so broken up and uneven, and every little bump is a hurdle for me. If everything had been flat and even, I'd have finished days ago! There were times when I questioned whether I would make it... but once I started, I just took each day as it came. Once I got out there and saw people cheering me on, it really raised my spirits." Tourists, supporters and family followed in her wake and clapped her along the way.

(5) She had raised more than £90,000 for the Spinal Research charity when she finished, with the total still rising. And the medal? “This was never about me,” she said with genuine selflessness. “I did it to raise awareness and raise money. I didn’t do it for a medal.”

(6) Claire’s entry was not officially timed, and she stayed overnight in a hotel before being driven back to the course each morning.

Marathon organisers insisted competitors must complete the course the same day to qualify for a medal. Others were less formal. Among those who donated their own medals was Jacqui Rose, from Southampton. “For her not to have got one ridicules what the marathon was all about,” she said.

Daily Mail, 2012

I fall asleep without warning

CLARISSA (16) TALKS ABOUT NARCOLEPSY:

- 1 “I’d only just turned 13 when I first realised I had a serious problem and that my life as I knew it was going to change forever. My best friend, Emmie, and I were having a joint party to celebrate our birthdays. I was really excited and spent the whole week before carefully choosing a cute outfit to wear. On the night of the party, a few of the girls came round to get ready before we headed to Emmie’s for the big do. I was putting on eye shadow really carefully... Then the next thing I remember, I was opening my eyes and seeing my mates laughing their heads off. They told me I’d fallen asleep and smudged the powder all over my face! I felt a bit embarrassed that I’d nodded off. Still, I thought nothing of it – I just figured I was a bit tired.
- 2 The party was brilliant. I danced for ages, having such a good time. Then I suddenly found myself lying on the floor in agony. My mates were all huddled around me and they looked panicked and confused. I felt really dazed but the worst pain was in my leg and foot. I looked down to see my ankle was massively swollen and red. I had absolutely no idea what had happened and didn’t have time to think about it, as Emmie’s mum had already called for an ambulance.
- 3 My friends all thought I’d fainted, but on the way to hospital I found out I’d fallen asleep again. But this time I’d been standing up, so I’d hit the floor hard. I’d turned on my heel, wrenching my ankle too. Luckily I’d only sprained it but the hospital staff were more concerned that I’d fallen asleep for no reason. When my mum arrived, a doctor took us into his office to speak to us. He said he suspected that I might have a condition called narcolepsy. This meant that my body wasn’t good at working out when I should be asleep or awake and, as a result, I’d fall asleep randomly without any warning during the day.
- 4 His diagnosis was confirmed and it was scary finding out that at any time of day I could drop off to sleep. Sometimes it will just be inconvenient – like if I’m watching TV. It can be 13-1, too, of course – like if it happens somewhere public, such as in a restaurant or at school. Worst of all, though, it can put me in serious danger. If you’re in a potentially 13-2 situation – like walking downstairs or crossing the road – an attack of narcolepsy could obviously lead to terrible injuries or even death. It can be triggered by overexcitement and, as well as the sudden falling asleep, you lose control of your muscles too.



5 I sometimes feel like I don't have a life. Most people don't understand why I fall asleep and I get teased about it. There's no cure for my condition, so I just have to try to live with it as best I can. I worry about the future, as getting a job and a boyfriend who understands may prove impossible. I hope someone finds a cure soon, but until then I guess I'll just have to accept myself for who I am."

MIZZ, 2009

Police Pad in School

YOUNGSTERS at Offerton High School will soon need to be on their best behaviour – if a new police station opens at the school.

The school has submitted a planning application to the council to convert a maths classroom into a new post, which would be home to two officers.

If the go-ahead is given the station could open before the end of the academic year and is part of a police drive to engage youngsters and get more involved in the community.

Evelyn Leslie, headteacher at Offerton High, said: “I’m really looking forward to them arriving. Pupils will get to know police and see them as human beings.”

Officers would be able to contribute to school lessons, particularly in citizenship classes and it is hoped they will become involved in extra-curricular activities.

Finance for the station has been secured, but it is now a matter of waiting for planning permission, which should be decided on within the next two weeks.

Stockport Times East, 2009

Life on Mars

American billionaire Dennis Tito has plans to send a couple on a mission to Mars. Tito and his team don't want just any couple on this 501-day return trip to the planet. They want two peas in a pod: the ideal candidates would be people who can cope with being together all the time, for about a year and a half, in a confined space.



And there will be no distractions. The facilities will be very basic in order to save money. For the same reason, there is no landing on the cards. So you will go all the way to the Red Planet and back, without ever leaving your spaceship. No leg-stretching stroll, no glorious holiday snaps by your Martian sandcastle to show the family, no 'meet the neighbours'!

Is there any excitement left in this trip? After the fun of the first week in space, all you'll have around is your partner. The risk of flying in the face of danger under such precarious conditions is that when radiation overexposure gets you, you'll be long dead... of boredom!

I'm passionate about space and sci-fi things. When I was a kid, I wanted to be an astronaut. But the journey to adventure has to be a bumpy ride. If I'm sent to Mars, I want to go with a total stranger. The more alien the better. Each mind, each personal history, is like a planet and I would have all that to discover on my way to Mars. It is the unknown that is exciting! I would want to go to space with my own alien on board.

bbc.co.uk, 2013

The Murky Attraction of the Loch Ness Monster

- 1 Many scientists have spent decades studying the loch best known for a creature affectionately known as 'Nessie'. Why does this mythical monster hold such fascination for so many people? Willie Cameron, an expert on the Highland tourism market, says about one million people visit Loch Ness and the surrounding area every year, with the value to the economy worth about £25m. And he says most of them are attracted by the phenomenon of the Loch Ness monster. "Loch Ness has become a brand as big as Elvis Presley, Madonna and Coca-Cola," he says. So when did the Loch Ness monster gain such mythical status, and what is the fascination with finding it?
- 2 Jonathan Downes, director of the Centre for Fortean Zoology, says the legend of the monster dates back to the 6th century, but it was not until the 1930s that it really took off. Since then there have been more than a thousand people insisting they have seen creatures in Loch Ness. Most descriptions of encounters lend themselves to either the theory of a multi-humped sea serpent or a long necked dinosaur. "People like to think of it as a giant Jurassic reptile. I think people find the idea of a 21st century monster, a survivor from the age of the dinosaurs, irresistibly romantic," says Downes.
- 3 Downes continues: "The odd thing about the Loch Ness monster is that although it is 'the most iconic mystery creature', it is actually the one with the least amount of evidence of it being real. So-called physical evidence has turned out to be hoaxes. Footprints turned out to have been made by a stuffed hippo or stuffed elephant, and a 'monster body' that washed up in 1972 turned out to be a dead elephant seal."
- 4 Scientist Adrian Shine has first-hand experience of how unreliable sightings can be. Shortly after he arrived in Loch Ness in the 1970s, he rowed out on the lake. "Suddenly there it was – the classic profile of a large hump and then I saw a half-submerged head which seemed to be moving." He excitedly began snapping pictures but soon realised that it was nothing more than a strange-shaped rock sticking out of the water. "That was when I realised that if I couldn't trust my own eyes I shouldn't necessarily trust anybody else's." 20, Shine says it is hard to dismiss 'the honesty and volume' of eyewitness testimony of the Loch Ness monster.



- 5 Shine is still hoping to find out what is behind the mystery and says the beauty of the monster myth is that no one can disprove it, short of draining the loch. “It could be the Atlantic Sturgeon, a fish that is known to grow over 4m long and has reptilian scaled plates along its back. It could very easily have swum into the loch, been spotted and left again leaving nothing behind save an enigma. But even if I do manage to prove it was a sturgeon, I am under no illusion that it will bring an end to the mystery of Nessie. You can’t kill this legend with science.”

bbc.co.uk, 2012

I'll Travel Anywhere

By Lucy Benyon

- 1 MANY women experience a moment of clarity that inspires them to make a life change. For Linda Cruse, the flash of insight occurred 15 years ago during a terrifying incident. Since then the 53-year-old former sales representative has transformed her life. The mother of two has become an aid worker in some of the most extreme places on earth.
- 2 Linda became a single parent in her late 20s. She once shared a family home in Bristol with her children, Gail, 31, and Graham, 29, but now Linda owns nothing but a battered blue suitcase and a few personal possessions. Yet what she lacks in material goods she makes up for in conviction. "I have absolutely no regrets," she says.
- 3 Energetic and passionate, Linda embodies optimism and strength but she has not always been like that. "I used to be pretty negative," admits Linda. She had a job as a sales representative in a pharmaceuticals company. The money was good but she felt 24. Then late one night she was driving on the motorway when she suddenly lost her sight. Luckily she made it to a layby. "I thought I might die and I made a vow to myself if I survived, I would change my life," says Linda. After a couple of hours her sight returned as unexpectedly as it had disappeared. She has since discovered that temporary blindness can be caused by stress. From that moment on she banished all negative influences from her life.
- 4 When her daughter went on a gap year to work on an aid project in rural China, Linda went to visit and wanted to get involved. A year later, when Linda was 40, she got in touch with a charity called Project Trust. She was sent to southern China as a volunteer teacher. Before long she gained a reputation for creating strong links between big businesses and small local charities. After China she moved on to projects in Nepal and Tibet where she was granted a private audience with the Dalai Lama. Later, Prince Charles visited a project for Tibetan refugees that she had pioneered.



- 5 The real test came in 2004 when the Asian tsunami struck. Linda travelled to a refugee camp in the beleaguered Thai region of Khao Lak but the first few hours were so horrifying she wondered if she could bear to stay. “There was a smell of destruction with grief and fear everywhere I looked,” recalls Linda. “The mood was of mass hysteria.” Her first priority was to break the chain of misery in the camp so she arranged for a magician and circus to come over from the UK to give the children the chance to feel joy again. Linda stayed for two years, helping launch new businesses and organizing for Thai fishermen to learn how to build new boats.

- 6 Spending her time amid such hardships and suffering made it harder for Linda to visit the UK. She says: “I try not to be judgmental but people here do take a lot for granted.” Her own family, which includes two grandsons, is still important to Linda. She tries to visit her children every three months and stays with her parents in Bristol when in the UK. Not everyone understands why she has chosen such a nomadic lifestyle. She has suffered from dysentery, exhaustion and been forced to live without running water or shelter. Yet she has forged the most incredible friendships and feels intense satisfaction from helping people in dire need. She now wants more people to get involved in international projects and has launched her own organization, Be The Change, to bring business leaders and charities together.

- 7 As for her own future, Linda has no desire to return to the life she left behind. “I will go wherever I am needed,” she says. “I have told my children I will keep going until the day I die. I want a traditional Tibetan burial and for my body to be left on a mountainside.” Until then, this amazing woman will continue to fly high.

www.express.co.uk, 2012

Addams Family Tune

By Paul Stokes

A man who harassed his neighbours for more than four years, by repeatedly whistling the theme to *The Addams Family* film at them, was jailed.

Leopold Wrobel, 51, made the lives of Michael and Kathleen Sharpe 'an absolute nightmare'. They were virtual prisoners in their home through his constant attention. Chesterfield magistrates' court was shown CCTV footage which picked up his repeated whistling as the couple arrived or left the house.

Michael Treharne, prosecuting, said each incident taken in isolation would probably seem silly or almost pathetic.

"But if something happens on an ongoing basis, ... eventually it reaches the stage of being absolutely intolerable," he told the court. Wrobel denied all allegations. Julia Bosworth, defending, said Wrobel disputed he was the perpetrator of all the whistling and that his whistles were directed at his dog, not the Sharpes.

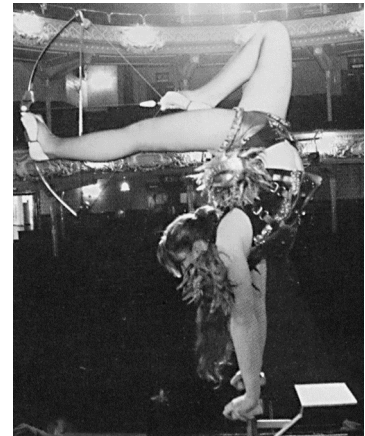
Wrobel was convicted on all counts and sentenced to 20 weeks in prison. After the hearing Mrs Sharpe, 66, of Wingerworth, near Chesterfield, Derbyshire, said: "I'm so relieved, it has been an absolute nightmare. It has affected our health and all the family."

Daily Telegraph, 2009



Circus Girl

Cristina Garcia, 16, from Spain, tells us how she has been travelling with the circus all her life:



- 1 Beads of sweat drip down my back as the heat of the stage lights burns into me. The watching crowd is silent as I carefully take aim. It would be a pretty easy shot, if I wasn't doing a handstand and about to fire the bow and arrow with my feet. I stretch my leg back, release the arrow and, with an almighty bang, the target is hit. The crowd erupts into cheers. I feel like a star... but bent over backwards, wearing leather straps and metal chains. I'm a contortionist, which means I bend and twist my body into all kinds of shapes.
- 2 I've been travelling with the circus for my entire life. I've never been to school or had a parent-teacher evening, which is just as well, as my dad's a clown. I study for four hours a day, then I send my work to my teachers back in Spain to be marked. I don't miss normal school stuff like sports day and prom night, as I love my life in the circus, but it can be hard to study when we're on tour. I usually end up doing my maths homework in the dressing room amongst the fire-eaters and half-naked acrobats.
- 3 We live in a caravan and tour all around the world performing. I used to share a room with my mum and dad, but now it's just my 14-year-old-brother and me in our own caravan. It looks cramped from the outside, but inside it's lovely.
- 4 I live with a strange community – we've got knife swallows and women who hang from a trapeze by their hair, but they're just ordinary people to me. We do regular stuff like listen to Katy Perry in our caravans. We're like one big travelling family.
- 5 I'm often the only teenage girl in the group, so I spend most of my time with boys and adults. Sometimes we get performers joining us from other groups. I love it when girls my age join. I cherish any girlie time I can get. I'll invite everyone to my caravan and we'll put our pyjamas on, watch *Mean Girls* and eat chocolate. Sometimes we find ourselves lying around in our weird, bendy positions without even noticing. But it can be over so fast. We'll spend every day together, rehearsing and gossiping and then we have to say goodbye when the circus season's over. I hate it.
- 6 Luckily, people are always really nice to me. As soon as they find out I'm in the circus, they're fascinated. And I'd never leave the circus, I love it too much. I don't care if people think I'm a freak show. I want to do this forever.

Sugar, 2011

Two Girls and a Peanut Butter Company

Best friends and young entrepreneurs Erika Welsh and Keeley Tillotson go together like peanut butter and jelly – and peanut butter and cinnamon, raisins, chocolate, coconut, honey, and pretzels. They are the founders of Wild Squirrel Nut Butter, a company that sells different flavors of peanut butter. Erika Welsh talks about their company.



- 1 “We ran out of peanut butter one Sunday afternoon and we didn’t want to bike to the grocery store. We had peanuts in our pantry, so we looked up how to make your own. We started adding cinnamon, raisins, chocolate and coconut for fun. Pretty soon we had food processors full of all these different creations. We shared the butters with our friends and we got this overwhelmingly positive feedback. Everyone was requesting it and stopping us saying, “How do I get some?” And of course we wanted everyone to try it, but we were poor college students, so we had to ask people to pay for it. We set up a website and it took off from there.
- 2 After some time we both realized that our company needed our full attention and time and energy. It wouldn’t always be there unless we gave it all of those things, whereas we could always go back to school. I was planning on graduating. It was scary for me to take the leap of leaving school and doing something out of the ordinary or something that’s not accepted in our culture. But I’ve learned that life is unpredictable and that taking risks is a great thing.
- 3 We are basically working all day, every day, which is the downside. But with that comes so much room for creativity and I get to work with my best friend. It’s fun and it’s exhausting, but it’s so 37 because for everything that we’re doing, we see direct results in the real world. It’s not like when you finish a school project and you’re done. We accomplish a goal and that opens a door to a million other exciting opportunities for us.
- 4 We’re both really focused on nutrition and education. Kids especially need to develop an awareness and understanding of what it means to eat right and where food comes from. We’re transparent with what we put in our nut butters. We use honest ingredients and natural flavors. And we don’t put in any garbage such as preservatives, stabilizers and added sugars. We want to be an organisation that is socially aware and that exists to do more than just make money.”

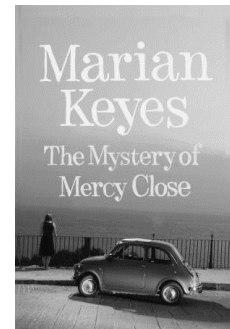
teenvoices.com, 2012

BOOK REVIEWS BY LOUISE PURSER

THE MYSTERY OF MERCY CLOSE

Marian Keyes (£18.99, Michael Joseph)

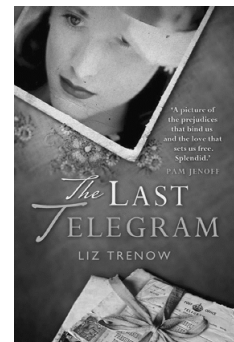
Private investigator Helen Walsh is having a rough time – with work, her home and the past – and doesn't know how she's going to make ends meet. The reappearance of her ex, Jay, complicates life further as does the case of the missing boyband member. Marian Keyes' latest novel is warm, funny and typically brilliant.



THE LAST TELEGRAM

Liz Trenow (£6.99, HarperCollins)

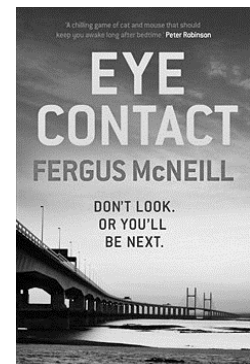
Lily Verner stays at home to work in the family mill as war breaks out across Europe. The work they do has to be accurate as they weave parachute silk for soldiers. When German Jewish refugees arrive at the mill, Lily falls for Stefan, triggering prejudiced reactions. Based on Liz Trenow's family history this is an incredible and emotional story about the strength of love.



EYE CONTACT

Fergus McNeill (£19.99, Hodder & Stoughton)

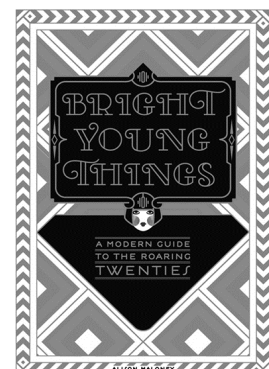
Robert Naysmith comes across as a regular guy, a smartly dressed businessman keeping himself to himself. But he has a very dark secret – he's a murderer. And what makes things particularly difficult for Detective Inspector Harland, who is covering the case, is that he has no motive at all – a victim only has to make eye contact! This is a very impressive debut novel full of suspense.



BRIGHT YOUNG THINGS

Alison Maloney (£9.99, Virgin Books)

After the first World War, people began to let their hair down and parties, fashion and having a good time became the priority of the young and rich. The 1920s have a reputation for being fun and Alison Maloney's book explores the decade in detail. The first-hand accounts in this book of the roaring 1920s are a reminder of what it was all about.



Star Magazine, 2012