

Cool Reading 2-Unit 01 [Track 01-04]

p8, Passage 1 [Track 01]

Dear Mr. Counselor,

My best friend loves **gossip**. She enjoys **hearing** rumors about other students, and she constantly spreads **rumors** and likes to gossip. She frequently tries to get me **to talk** about others. But I have no desire to do that. What should I do when she starts gossiping to me and I don't want to hear it?

Evelyn

Dear Evelyn,

It is great that you don't want to **spread** rumors about other students or gossip about them. Rumors can be **hurtful** to people. They usually start small. However, they can suddenly develop into **something mean** and harmful.

Here is an idea: The next time your friend starts gossiping, say to her, "How would you **feel** if someone gossiped about you?" I'm sure your friend is a nice young lady. She should realize that she **shouldn't** gossip about others. Good luck.

Mr. Counselor

p10, Passage 2 [Track 02]

A poor woman had no soup for her eba. A rich woman lived **across the street** and cooked soup each day. One day, the aroma from the rich woman's soup came into the poor woman's home. She **asked** her neighbor **for** some soup, but the rich woman refused. However, the aroma from the soup was strong. So the poor woman put some eba in her mouth, inhaled the aroma, and **swallowed** the food. The rich woman saw this and became angry. "Stop eating the aroma from my soup," she cried. The poor woman did this every day, so the rich woman **complained to** the king. "She is **stealing** the aroma from my soup. You must **punish** her," she told the king. The king agreed. "She stole the aroma from your soup, so you should **beat** her shadow," he said. He gave her a big stick and told her **to hit** the poor woman's shadow forty times. The rich woman felt very silly. She **apologized to** the poor woman, and they ate real soup together from that day.

p12, Passage 3 [Track 03]

Snow can **provide** hours of entertainment **for** children. It can also amuse dogs. In fact, many dogs seem to love playing in the snow **more** than children do. Why exactly do dogs love snow?

There are several reasons. First, a typical dog has the mind of a two-year old. Therefore, it focuses on basic **emotions** and desires. One of these is play. Playing in the snow is simply fun for dogs. Some dogs, such as huskies and retrievers, have also been bred for the snow. They have long, thick **fur**, so they do not **get cold**. In fact, they become more **active** in cold weather because their bodies do not heat up too much when they run around. A third reason is that snow is new and different, which makes it **interesting** to dogs.

No matter what the reasons are, you **cannot help** smiling when you see your dog running in the snow and having the time of its life.

p14, Passage 4 [Track 04]

Spiders are some of nature's most fascinating creatures. They **produce** a special silk to make webs. Some spider silk is incredibly strong and flexible. Scientists are currently studying **ways** to use spider silk for many **purposes**, including making bulletproof vests. Most people believe spiders use their silk for a single purpose: to catch prey. **It is true that** they catch insects and other animals with their silk webs. But spiders use their silk for other purposes, too. After catching prey in their webs, many spiders **wrap** it in silk to keep it from escaping. Spiders also use their silk to travel. They make a long thread and **let** the wind **catch** it. The wind can carry the thread and the spider very **far**. Finally, spiders build strong shelters with their silk, and they **protect** their eggs by wrapping them in silk.

Cool Reading 2-Unit 02 [Track 05-08]

p18, Passage 5 [Track 05]

In the 1800s, Andrew Carnegie became one of the world's richest men. How did he do that? It was easy. He knew the **secret** to becoming successful.

One day, Carnegie called Napoleon Hill into his office. Hill was working as a cub reporter at the time. Carnegie made him an **offer**. He was going to give Hill the **chance** to spend the next 20 years interviewing the world's richest people. Then, he could write a book about the secret of those people's wealth, **success**, and happiness. Hill considered the offer. 29 **seconds** later, he said yes. Hill later wrote the book *Think and Grow Rich*. It became a bestseller and helped create around one million millionaires.

How did Carnegie know it took Hill only 29 seconds to **decide**? He was holding a stopwatch under his desk. Carnegie believed that successful people make decisions **quickly**. Carnegie wasn't going to give Hill the job if he took more than one minute to decide.

p20, Passage 6 [Track 06]

You've got an important math test today, but you feel horrible. Your head and stomach both **hurt**. Your muscles are tense, your body is shaking, and you are even sweating. Don't worry. You don't need a doctor. You are simply suffering from test anxiety.

When you are expecting something stressful to happen, your body releases adrenaline. It causes those negative symptoms. Fortunately, there are some **ways** to ease your feelings of anxiety:

1. **Breathe** slowly and deeply. That will **reduce** your heart rate and make you less nervous.
2. Don't think negatively. Even saying, "I'm pretty **worried about** this test," to a classmate is a negative thought. That can **increase** your anxiety level.
3. Think positively. Tell yourself that you will do **well** on the test. Then, you'll feel **confident**.
4. Remember that you are not perfect. Everyone makes **mistakes**. It is all right if you don't get a perfect **grade**.
5. Most important of all, study hard at school every day. If you are sure that you know the material well, then you won't feel so **nervous**.

p22, Passage 7 [Track 07]

Every culture around the world has its own **unique** wedding customs. The people of Wales, which is **located in** Britain, have the love spoon.

In the past, when a Welsh man fell in love with a woman, he began making a love spoon. He used a single piece of **wood** and carved a spoon with it. Some love spoons were **simple**. Others were elaborate and had many designs on them.

After the man finished the spoon, he gave it to the woman he loved. If the woman **accepted** the spoon, they were engaged. They could set a date for their wedding and start preparing for married life. And what about the spoons? Over time, the spoons became valuable items in families. Each family would **hang** a spoon on a wall. Some families even **added** new designs **to** their spoons and then passed them on to their children.

p24, Passage 8 [Track 08]

One night, artist Edvard Munch was walking outside with two of his friends. They had just left him when he suddenly heard a loud scream. This incident made a **huge** impression on Munch. **As soon as** he got home, he started painting. The result was one of the world's most famous paintings: *The Scream*. In *The Scream*, a person is **screaming** while his two friends **walk away** in the background. The image is about a **moment** of intense horror for the person who is screaming.

Born in Norway in 1863, Edvard Munch was a unique **artist**. He added psychological themes to his **work**. His style was called symbolism. Sadly, Munch had a **difficult** life. Tuberculosis killed his mother and two sisters, and he suffered from mental illness during his life. But people have long recognized his greatness as an artist. In fact, in 2012, *The Scream* was sold at an auction for \$119 million.

Cool Reading 2-Unit 03 [Track 09-12]

p28, Passage 9 [Track 09]

People visiting South America can see an unusual animal. It is related to the camel, but it doesn't have a hump. This animal is the llama.

Llamas used to live in the **wild**, but people tamed them. South Americans often use them as pack animals. It is **common** to see llamas in the Andes Mountains. They can **carry** up to 30 kilograms of weight and **walk** more than 35 kilometers in a single day.

People also use their wool to make clothes, carpets, and ropes. While llamas are very **useful** animals, they have a very bad reputation. The reason is that when llamas get irritated or are unhappy, they spit. They **spit at** other llamas, and they sometimes even spit at people. They don't do this activity very **often**, especially if people **raise** them properly. Still, llamas spit **enough** that they have developed a reputation for being bad-mannered animals.

p30, Passage 10 [Track 10]

People often **call** one another **by** their nicknames. Many nicknames are cool, so people don't mind when others use them. But not all nicknames are **pleasant**. How would you feel if you had a nickname such as Fatty, Stupid, or *Stinky? In that case, don't worry. There are ways to get rid of it.

First, try telling your friends not to call you by it. If they are really your friends, they'll **stop** using it. If that doesn't **work**, simply **ignore** them when they use it. Some people come up with nicknames to see others' reactions and to **make fun of** them.

Pretend that your nickname doesn't **bother** you at all. After a while, people will see that you are not **reacting** negatively to it, so they'll stop calling you by that nickname. If you happen to **move** or go somewhere new, don't take that nickname with you. Your new friends will call you by a different name. Last of all, remember that it is just a name. It can't really **hurt** you at all.

p32, Passage 11 [Track 11]

Dear Diary,

This morning, my family and I visited Uluru, which is located in the middle of Australia. It is a **mountain** made of a single rock. And it has very steep sides with a nearly **flat** top. This huge rock is 1,141 feet **high**. It is nearly **as tall as** the Empire State Building back home in New York City. And Uluru is more than two miles long and one mile wide. I should **mention** that it has another name: Ayers Rock. But the Aborigines—the native people of Australia—call it Uluru, so that's what I'll call it. It is **so** important to them **that** we hiked around it instead of climbing it.

One thing that really **impressed** me about Uluru was how it changed colors. We got there in the afternoon. It **looked** brown at that time. But as the sun started **setting**, it became red in appearance. I was told that it looks the same when the sun **rises** at dawn. It was definitely one of the coolest places I have ever visited.

p34, Passage 12 [Track 12]

Pirot, Serbia, is a small **town** with fewer than 40,000 people today. For more than 400 years, people in Pirot have been making Pirot carpets. The carpets are only made in this **region** because they must be created with wool **from** Pirot sheep. The carpets are the same on both **sides** and have colorful designs. They can **last** for more than a century. The carpets also contain stories that can tell readers when they were made.

Weavers have to **follow** specific rules when making the carpet. They must do all of the work **by hand**. They can weave one square meter of carpet **in a month**. If either of the two weavers working on a carpet makes a mistake, they **tear** the carpet apart. They do that even if they are almost finished with it. Sadly, **few** people make Pirot carpets these days. One hundred years ago, more than 5,000 weavers made Pirot carpets. Today, 10 professionals and a few older women make them.

Cool Reading 2-Unit 04 [Track 13-16]

p38, Passage 13 [Track 13]

"Hey, Dad, let's **go boating** on the kayak." "Actually, son," the boy's father replies, "that isn't a kayak. It's a canoe." Many people get kayaks and canoes **confused** since they have some similarities. But there are also many differences between the two boats.

Kayaks and canoes are both lightweight boats that people **power** by using paddles. Most people use them for recreational activities, including **fishing**. They are also designed to move in shallow water.

As for their **differences**, people usually sit on a seat in a canoe. But kayakers sit in the bottom of the boat and **stretch** their legs **out** in front of them. People in canoes use single-bladed paddles, but kayakers use double-bladed paddles. The **inside** of a canoe is open whereas a kayak has a closed deck. This **lets** canoes **carry** many people and supplies, but kayaks cannot do that. Finally, canoes move fairly slowly while kayaks can travel much **faster**.

p40, Passage 14 [Track 14]

Many people have phobias. A phobia is an excessive **fear** of something.

People with phobias often have similar symptoms. They may become dizzy, sweaty, or breathless. Some experience panic attacks while others even fear they will **die**. There are more than 100 kinds of phobias. Here are the top ten phobias people suffer from.

The fear of...

spiders: Women have this more than men.

snakes: Personal experiences and culture often **cause** it.

heights: People with it try to stay away from **high** places.

crowds: It makes people **avoid** crowds and open spaces.

dogs: Being bitten by a dog in childhood may cause it.

thunder and lightning: Storms severely frighten people who have this phobia.

injections: Many people with this **never** visit hospitals.

social situations: People with this may suffer panic attacks if they must speak in public.

flying: Up to 10% of all people avoid planes because of it.

germs and dirt: People with this may **wash** their hands constantly.

p42, Passage 15 [Track 15]

Cultures around the world tell stories about **dragons**. In Western culture, dragons are usually fierce, evil monsters. But dragons in Chinese culture are different. In Chinese culture, there are two important dragons: the Spirit Dragon and the Earth Dragon. The Spirit Dragon **controls** the rain and wind while the Earth Dragon controls the rivers. Around 2,000 years ago, the Chinese wanted to **celebrate** the importance of dragons in their culture. So they **created** the dragon dance.

First, they make a long **figure** of a dragon. These figures can be more than 60 meters **long**. Each figure has a head, a body, and a tail and **resembles** a dragon. The dancers stand beneath it and use poles to **hold** the dragon up and to move it. This creates the illusion of a **dancing** dragon. Since the Chinese often regarded dragons as water spirits, the dragon dance frequently **looks like** it is swimming. Today, people do the dragon dance in parades, especially on Chinese New Year.

p44, Passage 16 [Track 16]

Around two **billion** people on the Earth live in very **poor** housing. In addition, natural disasters, wars, and other problems make many people **lose** their homes each year. Fortunately, one group of volunteers does its best to **help** people **with** their housing problems.

Habitat for Humanity is a nonprofit group based in the United States. It was founded in 1976. Since then, it has sent volunteers all around the world. They build new homes and **repair** existing ones. The group has **improved** the housing situations of more than one million families. Habitat for Humanity does not provide these homes **for free** though.

The group builds homes and then **sells** them for low prices. It even provides financial help for low-income people. And new homeowners **are required to** volunteer their time to help others. That way, they will be able to support others in need of housing.

Cool Reading 2-Unit 05 [Track 17-20]

p48, Passage 17 [Track 17]

The next time you visit the **beach**, be sure to look down at people's feet. Do you **notice** what most people are wearing? Nearly everyone is wearing the same **type** of footwear. It is just a shoe with a rubber sole. On the top, there is a Y-shaped strap that goes across the top and **between** the first **and** second toes. These shoes are called flip-flops. Flip-flop is a rather **strange** name. But there is a simple reason that it has this name. Put on **a pair of** flip-flops and start walking in them. When you walk, the rubber soles of the shoes slap against the **bottom** of your feet. It makes a distinct sound. In fact, it **sounds like** "flip-flop, flip-flop." That is the origin of the name. Some words come from the sounds they make. Ouch, buzz, and baa are all onomatopoeias. And **so** is flip-flop.

p50, Passage 18 [Track 18]

On Easter Sunday in 1722, Dutch explorers **landed** on an island in the Pacific Ocean. They **named** it Easter Island. Around 2,000 people lived on the island then, and 887 **statues**, which are called *moai*, were there. The statues look like the heads of people. But most of them include people's upper and lower bodies as well. They are also **enormous**. The **average** *moai* stands 4 meters high and weighs 14 tons. But one *moai* actually stands 9.8 meters high and **weighs** 82 tons. The Rapa Nui people, the natives of Easter Island, made the *moai* between the years 1100 and 1680. They made the statues on one side of the island and then moved them to other places all over the island. How did they move these **giant** statues without any **modern** machines? Nobody knows. That is the mystery of Easter Island.

p52, Passage 19 [Track 19]

I'm a typical middle school student who loves **hanging out with** my friends. I look like everyone else except for one thing: I have two stubby **thumbs**. This means that my thumbs are not as **long** as other people's thumbs are.

I have a condition called brachydactyly. I inherited it from my father. Basically, the bones in our thumbs are **shorter than** normal. This condition only affects my father and me in our thumbs. I've heard that other people have it in all of their fingers though. And some people have it in their toes. I don't worry too much about it because my doctor said that brachydactyly doesn't usually cause any **problems** for people. And my thumbs function perfectly well.

However, stubby thumbs **attract** people's attention. I am sometimes asked **what happened** to my thumbs. People seem to think I slammed my thumbs in a door. I don't **mind** answering since they are mostly **curious** about why my thumbs look so different from everyone else's.

p54, Passage 20 [Track 20]

When you wake up in the morning, have you ever noticed that your breath **smells awful**? You are not alone in having morning breath. Even people who eat healthy food and **brush** their teeth at night get it. Would you like to know why?

Surprisingly, our bodies are **full** of bacteria. Many are **harmful**, but some are helpful. In the mouth, there are **helpful** bacteria. At night, they consume food particles trapped between the **teeth** and gums. While these bacteria eat, they produce a bad-smelling gas. In addition, when you sleep, your body makes less saliva. This causes **dry** mouth. Dry mouth lets bacteria reproduce very quickly. All of these new bacteria consume more food particles, so they cause even **worse** morning breath.

How can you **avoid** morning breath? Floss your teeth every night before going to bed. **Drink** more water and less coffee. Avoid eating **too** many spicy foods such as onions and garlic as well. Those activities won't completely get rid of morning breath, but they will **reduce** it a lot.

Cool Reading 2-Unit 06 [Track 21-24]

p58, Passage 21 [Track 21]

John and James came upon a **desert** while they were walking. They had some food and water. John **suggested** eating some of their food then and eating the **rest** later. He wanted to **save** their water for another time. James disagreed and wanted to drink the water instead. They had a **fight**, and John ended up slapping James. Later, when they stopped for food, James wrote in the **sand**, "My best friend slapped me."

The two eventually **reached** an oasis with lots of water. James went swimming, but he started to drown. John dived into the water and saved him. Before they left the oasis, James carved the words "My best friend saved my life" on a rock. "Why did you **write** those things?" asked John. James answered, "You slapped me, which was bad, so I wrote about it in the sand. If you look for those words now, you won't **find** them anymore. Then, you did a good thing, so I carved it in **stone**. People will be able to read about it **forever**."

p60, Passage 22 [Track 22]

Do you often **waste** your money? Would you like to become a smart shopper? Then follow these tips the next time you go shopping:

1. **Don't be** fooled by ads. The "Sale" tag on an item doesn't always mean it is a great **deal**.
2. Don't let salespeople **force** you to buy something you don't really want. Learn to say, "No, **thanks**," when you are shopping.
3. Don't buy something simply because everyone else is buying it. **Be yourself**, develop your own style, and buy the items that **match** it.
4. You don't have to be **the first** person to buy something new. New products often have problems. **Wait** a couple of months, and then most of the problems will be **solved**.
5. Do **research** on the items you want to buy and learn the differences between brands.
6. Be picky. **Only** buy something if you need it.

p62, Passage 23 [Track 23]

Have you ever seen a **picture** of Grumpy Cat? Grumpy Cat is a well-known Internet celebrity. In every picture of her, she has a frown on her **face**. Many pictures of Grumpy Cat have expressions such as "This is my happy face" or "Smile? I am smiling" on them. What did you do when you **received** a picture of Grumpy Cat? If you are **like** most people, you emailed it to your friends. When you did that, you took part in an Internet meme.

Internet memes are social or cultural **ideas** and symbols that are passed **from** one person **to** another **on the Internet**. They can be images or videos. The most common ones are images of people or animals with **funny** or clever captions. The majority of Internet memes are based on **humor**.

Memes are actually not new. They used to **spread** as fables, stories, and word-of-mouth jokes. However, thanks to the Internet, memes can spread faster than ever today. Many times, these Internet memes go viral, so they might get **thousands**—or even millions—of views in just a few days.

p64, Passage 24 [Track 24]

Every night in northern parts of the world such as Siberia, Canada, and Greenland, people get treated to a beautiful show. The sky lights up in **various** colors. Blue, green, purple, brown, and even red **lights** flash throughout the night. They aren't watching normal fireworks. Instead, they are seeing nature's own fireworks, the Northern Lights.

The Northern Lights are **natural** phenomena called auroras. They are caused by the **sun**. The sun constantly emits solar wind. It travels in all **directions** from the sun. When it reaches the Earth, it hits the planet's magnetic field. **Much** of the Earth's magnetic field stops the solar wind; however, some of it gets through and **enters** the Earth's atmosphere. When the particles in solar wind **crash** into the gases in the atmosphere, the Northern Lights **appear**. These light shows, which look like **blowing** curtains, can last the entire night in some places.

Cool Reading 2-Unit 07 [Track 25-28]

p68, Passage 25 [Track 25]

Hi. My name is Vanessa. I have a younger brother. We normally **get along** well, but sometimes we fight. We fight about all kinds of different things. What do you and your **siblings** often fight about?

My brother and I fight about the computer. We always want to be the first to check our Facebook pages and to play computer games.

Hannah

I **share** a room with my sister. We **argue** about who has to clean it. We sometimes fight about the music we play. I love hip-hop, but my sister **prefers** classical music. I can't stand her music!

Emily

My younger sister constantly **borrow**s my clothes and bags. But she never asks for permission, so that makes me really **mad**. We fight when she takes something of mine **without asking me**.

Chloe

I don't have any siblings. I wish I had a younger brother to fight with.

Daniel

I fight with my brothers about sports. They always **beat** me no matter how hard I try, and then I get **upset** and fight with them. I **wish** I wouldn't do that.

George

p70, Passage 26 [Track 26]

Each year, millions of people purchase new computer monitors and televisions to replace their **old** ones. Then, they frequently **throw** their old electronics **away**. As a result, the **amount** of tech trash is increasing around the world. In the United States alone, nearly 330,000 tons of tech trash is produced annually. Many of the products contain material that is hard to **recycle**, so they simply get piled up in garbage dumps. And the **dangerous** materials in these products can leak into the **ground**. Sometimes they get into the water supply, which can **harm** the water people drink.

Fortunately, there are ways to reduce the amount of tech trash. People can use their electronic products longer. They can also **make an effort** to recycle them. They can **donate** them to companies that will not just dispose of them but will take them apart carefully. That way, some parts can be reused, and dangerous materials can be disposed of **properly**.

p72, Passage 27 [Track 27]

Today, centuries after the Roman Empire **disappeared**, the Romans continue to influence modern times. One way concerns the months of the year.

The gods were important to the Romans, so they **named** several months **after** them. January is named after Janus, the god of beginnings and endings. March comes from Mars, the god of war. **May** is named after Maia, the goddess of growing plants, and June comes from Juno, the goddess of marriage. As for July and **August**, they get their names from the brilliant general Julius Caesar and Augustus Caesar, the first Roman emperor, respectively.

Several months are named because of their **positions** on the Roman calendar. April was the **second** month of the year for the Romans. Its name **comes from** the Latin word for two. Likewise, September, October, November, and December were the seventh, **eighth**, ninth, and tenth months. Their names come from the Latin words for seven, eight, nine, and ten. What about February? It is named after the Roman festival Februa to **honor** Februus, the Roman god of purification.

p74, Passage 28 [Track 28]

Is it **possible** for a house to be swallowed by the ground? The answer is yes. The house instantly disappears, and all you can see is a huge **hole** in the ground. This is a sinkhole. Sinkholes **happen** because of activity that **takes place** under the ground. Water and chemicals dissolve carbonate rocks such as limestone. This usually happens over a long **period** of time. As the rock disappears, **caves** and holes underneath the ground begin to appear. Eventually, the cave or hole becomes too **big**. This means that the ground **above** it can no longer be supported. This results in the sudden collapse of the land, which **forms** a sinkhole. Sinkholes can be **from** one meter in diameter and depth **to** more than 600 meters in diameter and depth. One sinkhole in China is around 700 meters **deep**.

Cool Reading 2-Unit 08 [Track 29-32]

p78, Passage 29 [Track 29]

"Matt, what are we having for lunch today?" asks Matt's friend Dave. Matt answers, "Food." Dave looks at Matt and asks, "What are you, a wise guy?"

Most people want to be **wise**. Normally, a wise person has **wisdom**, which is a combination of knowledge and real-life experience. However, being called a wise guy is not actually always a compliment. Instead, the person calling someone a wise guy is making an **insult**.

Wise guys often think they are being **clever** by having "smart" answers to people's questions. They also feel the need to make sarcastic **comments**. But their answers and comments are usually unwelcome. For instance, when one person asks another what he did at school, a wise guy might answer, "Learn!" He thinks he is funny, but he is really just **annoying**. So don't be a wise guy.

p80, Passage 30 [Track 30]

Clearwater Middle School has a new club: the bouldering club. Many students are **curious** about it, so reporter Julie Thomas interviewed Mitch Jenkins, the club president.

J: What exactly is bouldering?

M: Bouldering is **similar to** mountain climbing. However, we climb up manmade structures such as walls by finding places to put our hands and feet as we go up.

J: What **equipment** do you use?

M: We don't use any equipment. Unlike mountain climbing, we don't use ropes or harnesses, and most of us don't even **wear** helmets.

J: Isn't that dangerous?

M: No, because we aren't climbing anything **high**. The structure we **climb** at school is only five meters high. We also have thick crash pads beneath us. They **prevent** us from getting injured if we **fall**.

J: Is bouldering good **exercise**?

M: Yes, it is. Your upper body and lower body get a great workout because you use your hands and legs to climb. We **encourage** everyone here **to try** it. Come down to the gym every Friday after school, and we'll **teach** you how to do bouldering. You'll love it.

p82, Passage 31 [Track 31]

On **April 15** each year, every single player on a Major League Baseball (MLB) team wears the same **number**. What is the importance of this number? They are honoring the man who broke baseball's color barrier.

It was April 15, 1947, when a man became the first black person to **play** in the Major Leagues. His name was Jackie Robinson. Before him, all of the players were white. At that time, American **society** was **separated**, so blacks and whites didn't do activities together. There were schools, restaurants, and other places for whites. There were also ones for blacks.

Despite his **talent** as a baseball player, playing in the Major Leagues wasn't easy for Jackie. Baseball fans and some other players didn't want to have him in the same league. During his career, he had to **deal with** racism. But his success opened the door **for** more blacks to play in the Major Leagues, so Americans soon began accepting them.

Nowadays, **every player** in the league wears 42, Jackie's uniform number, on April 15. They call it Jackie Robinson Day and celebrate it to remember his **courage**.

p84, Passage 32 [Track 32]

Q. The other day, I drank some water from a bottle. Then, I **poured** the rest into a glass and **forgot to cover** it for two days. I just took a drink of that water. It tasted different. Am I going to get **sick**?

A. The water has gone flat. Carbon dioxide in the air interacted with the water in the glass and changed its **taste**. Don't be afraid though. That water is still **safe** to drink.

Q. I **wonder** if water can go bad. What is the truth?

A. Let's say you **leave** a bucket of water outside. After a month, you might see insect larvae and other organisms in the water. **Unless** you filter the water, you shouldn't drink it because it will make you sick. Likewise, if you leave a plastic bottle of water in the sun for a while, you shouldn't drink that water either. That water in the bottle won't go bad **on its own**. It is the plastic that **ruins** the water. The combination of heat and plastic will release poisonous substances. They make the water **bad**.

Cool Reading 2-Unit 09 [Track 33-36]

p88, Passage 33 [Track 33]

There was a boy who had a bad temper. His father gave him a bag of **nails** and said, "Go to the fence in the backyard and hammer a nail in the **fence** every time you **lose your temper**."

The first day, the boy drove 37 nails into the fence. Over time, he learned to **control** his temper, so he drove fewer nails into the fence. One day, he didn't lose his temper at all. He told his father about it. His father instructed him to **pull out** one nail each day he held his temper. Time passed, and the boy finally told his father that the nails were gone. The father took his son to the fence. He said, "You have gotten **better**. But look at all the holes in the fence. When you do things because you are **angry**, you leave scars like these. If you stab a man with a knife, it doesn't **matter** if you apologize. He will still have a **wound**."

p90, Passage 34 [Track 34]

There are many kinds of pasta, including spaghetti, of course. Most pasta is made of wheat or some other grain. But did you know you can make pasta from **vegetables**? There is pasta made from spaghetti squash.

Spaghetti squash is a large and white, yellow, or orange vegetable. When it is cooked, its flesh can be removed **with a fork**. This creates long strands that **resemble** spaghetti. Here is a simple recipe for spaghetti squash pasta.

1. **Bake** a whole spaghetti squash in the oven at 190 degrees Celsius for one hour.
2. Take the squash out of the oven and **cut it in half**. Spoon out the seeds and **remove** the flesh with a fork.
3. **Melt** some butter in a pan and add garlic and basil. **Stir** for a couple of minutes.
4. Add the strands of spaghetti squash to the pan. Sprinkle some salt on top.
5. Add some parmesan cheese. Then, **mix** everything together, put it on a plate, and enjoy a **delicious** meal.

p92, Passage 35 [Track 35]

You've probably seen this food in salads. And you've definitely seen it as a topping on your combination pizza. What is it? It is the olive. Most people believe the olive is a vegetable. But it is actually a small **fruit** that comes from the olive tree.

Olive trees **grow** mostly in coastal areas around the Mediterranean Sea. People in that region have been **harvesting** olives for more than 7,000 years. Today, during the harvesting season, many tourists visit there.

Olives are green when they start growing and sometimes change to black when they ripen. They have a **bitter** taste, so they often need to be cured before people consume them. People in the past ate olives, and they also made olive oil from them. In fact, the olive tree itself had great importance to people in **ancient** times. Winners in the ancient Olympics in Greece received **crowns** made of olive branches, and the Olympic flame itself burned by using olive oil.

Today, people enjoy eating olives as snacks, or they **combine** them **with** other foods. And since olives have **health benefits**, that has increased their popularity.

p94, Passage 36 [Track 36]

When winter comes and the temperature **drops** below 0 degrees Celsius, lakes, ponds, rivers, and streams begin to **freeze**. But if you go to the **ocean**, you'll notice that the water has not turned into **ice**.

The **main** reason is the salt in ocean water. The hydrogen and oxygen molecules form **water**. When water freezes, they come together. But the salt makes it harder for them to do that. As a result, the freezing point of ocean water is -1.8 degrees Celsius. This means that salt water needs to be **colder** than fresh water to freeze. An additional reason is that ocean water is constantly moving. This movement **helps** it **keep heat**. Thus ocean water becomes colder much more slowly than the water in lakes and ponds. For that reason, the ocean usually only freezes in very cold places, such as the North Pole and the South Pole.

Cool Reading 2-Unit 10 [Track 37-40]

p98, Passage 37 [Track 37]

Nowadays, most people smile when someone **takes** their picture. But take a look at old photographs from the 1800s. In those pictures, nobody is **smiling**. Instead, the people in the pictures have **serious** looks on their faces.

The main reason comes from cameras. They were new in the 1800s, so the technology was **basic**. Today, we can take pictures in an instant. But in the past, some cameras needed 15 minutes to take a single picture. **Imagine** trying to smile for that long. You might get cramps in your face.

Another reason is that pictures used to be **expensive**. Many people only took one picture of themselves their entire lives. They wanted the picture to represent them well, so they tried to look serious in it.

Finally, many people in the past had bad teeth, which were often decayed or chipped. If they smiled, their teeth would show in the picture. They **preferred to keep** their teeth **hidden** and didn't smile at all.

p100, Passage 38 [Track 38]

When you look in the mirror, are you happy with the person you see? Or do you ever say things like, "I'm too **fat**," "I'm **too** tall," "I wish I had bigger eyes," or "I think I'm ugly"? If you make those comments or similar ones, you may have a self-esteem problem. Self-esteem refers to how you **feel** about yourself. For many young people, their bodies are closely related to their self-esteem.

But remember a few things. First, as a teenager, your body is constantly changing. It is **normal** to feel awkward at times. Second, don't **focus on** the negative aspects of your body. Instead, think about the positive ones, such as **how strong you are**, how healthy you are, and what kinds of **abilities** you have. Third, nobody is perfect. The **fact** that we are imperfect makes all of us unique. There is nobody else in the world exactly like you. **Accept** yourself as you are, and you'll develop high self-esteem.

p102, Passage 39 [Track 39]

There is a **land** that is mostly frozen. No plants, except for some small flowers, bushes, and mosses, **grow** there. Guess where it is. It is tundra, which is in the northern parts of Asia, Europe, and North America.

Tundra covers around 20% of the Earth's land surface. It is very hostile to life. The reason has to do with the cold temperatures. A meter or two under the **surface**, the ground is permanently frozen. Trees cannot grow in tundra because their **roots** cannot break through the rock-hard permafrost. Only plants with small root systems can grow there. Animals living in tundra have adapted to the harsh conditions. They have **thick** fur to keep them **warm**. They also have small ears and tails **to help prevent** the loss of heat from their bodies. Many of these animals only live in tundra during the **summer** months. When **winter** comes, they migrate southward to warmer lands.

p104, Passage 40 [Track 40]

Recently, a health organization in England did a **study on** young people in that country. It made an amazing discovery. 45% of 2,100 people aged 16 to 24 responded that they had some kind of back or neck **pain**. That percentage was **much higher** than it was in previous studies.

According to the study, many young people have inactive lifestyles. They have a lot to do with their back and neck problems. Young people **spend** around ten hours a day **sitting**. In addition, they only spend around two hours a day exercising.

Another reason for the back and neck pain is somewhat **surprising**: electronic devices, particularly smartphones. Many young people use their smartphones for more than just **talking on the phone**. But when they use their smartphones, they often **bend** over to look at them. This causes their heads to tilt forward and their shoulders to curve. Doctors call this "text neck." Because of this **behavior**, the natural curve of a person's neck can disappear. As a result, people can **suffer from** pain in both the back and the neck.