

# Session 1



*Unit 1: Sports and Obsession*  
*Unit 2: The Consequences of Fraud*



## Unit 1

# *Sports and Obsession*

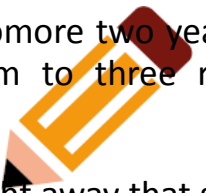




## Vocabulary Review

1. **accomplished** (adj) : skilled / able to do or finish something successfully
2. **anorexia nervosa** (n): a serious mental illness in which a person does not eat, or eats too little, often resulting in dangerous weight loss
3. **enormous** (adj) : extremely large / great
4. **to name a few** (idiom) : for example
5. **sophomore**: a student in grade 10 or in the second year of a program of study in a college /university (freshman, sophomore, junior, senior)
6. **work out** (v): to exercise in order to improve the strength or appearance of your body

- a. Reports of \_\_\_\_\_ and other eating disorders are on the increase .
- b. He was \_\_\_\_\_ **in** all the arts.
- c. Huge \_\_\_\_\_ in the gym two or three times a week.
- d. “Which grade are you?” “I’m a \_\_\_\_\_.”  
“Which year are you in college?” “I’m a \_\_\_\_\_.”
- d. She was a devoted teacher and spent a(n) \_\_\_\_\_ amount of time and effort preparing laboratory classes and lectures.
- f. We have a huge range of tea: ginger, lemon grass, brown rice, \_\_\_\_\_.

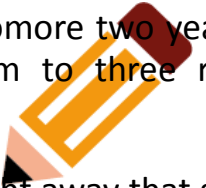


1. Vista High School gymnast Ashley Jones was hospitalized Tuesday for complications related to anorexia nervosa. Her coach, Dianne Coyle, says that she will not be returning to the gymnastics team this season.
2. “It’s really a loss – not only to the team but also to Ashley personally,” says Coyle. “She had hopes of qualifying for the Olympics, but her health comes first, of course. Once she is better, I’m sure she can get back into the sport and go for the gold.”
3. Dr. Paula Kim, director of the Eating Disorders Clinic at Santa Anita Hospital, explains that it is not unusual for athletes, especially gymnasts, to become obsessed with their weight. One reason for this is that in gymnastics, the lighter the body, the more skillfully it can perform. She explains that an obsession with weight can lead to extreme dieting, which affects not only the body but also the mind.
4. “For the anorexic, the mental focus becomes very small: food and weight. In a way, it’s easy to see how this helps the anorexic manage the fear of living in the big, uncontrollable world out there. You may not be able to control how other people feel about you, but you can control what you put in your mouth. You can also control how many hours you spend at the gym. Soon you get hooked on controlling your weight.”
5. High school counselor Lisa Rodriguez has expressed concern that Jones’ illness is related to pressure.
6. “There’s an enormous amount of pressure that goes along with training for the Olympics,” she says. “I know that she comes from a very accomplished family – I think that’s why she felt she had to achieve so much in sports. Also, when you talk about the Olympics, you’re talking about being the best of the best. I think that added to Ashley’s feeling of pressure.”

7. Since joining the Vista High gymnastics team as a sophomore two years ago, Ashley has broken all school records and led the team to three regional championships.
8. Coach Coyle says, “As soon as I met Ashley, I could tell right away that she was obsessed with the sport. And that’s not the kind of athlete that you have to push. My goal with Ashley was to try and help her have more of a balanced life. I talked to her about how she was doing in her classes, what she might want to study in college. I also told her and all the members on the team to take at least one or two days a week just to let their bodies rest. I know it’s a very difficult situation, but all I can say is I’m sorry Ashley got sick.”
9. Coyle’s concern for Jones’s health is shared by her teammates and friends. Some of them recall how the tiny gymnastics star worked out at the health club in addition to hours of regular practice with the team. They describe how the walls of her bedroom are covered with photos of Olympic winners – Mo Huilan and Gabby Douglas to name a few.
10. Jones, who currently weighs only 72 pounds (32.6 kgs), is expected to remain in the hospital for at least a few month.

Choose the best answers

1. Ashley’s coach hopes that she will leave the hospital and \_\_\_\_\_.  
a. focus on her health   b. join the Olympic team
2. Anorexia nervosa is an obsession with \_\_\_\_\_.  
a. exercise   b. weight
3. One reason for becoming anorexic is that it gives you a feeling of \_\_\_\_\_.  
a. more control   b. mental focus



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10. Jones, who currently weighs only 72 pounds (32.6 kgs), is expected to remain in the hospital for at least a few month.

4. Some of the pressure in Ashley’s life was because she wanted to be the best gymnast in \_\_\_\_\_.

- a. her country
- b. the world

5. Before she went to the hospital, her coach had been pushing her to focus on gymnastics \_\_\_\_\_.

- a. less
- b. more



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??? Who is speaking? How do we know?

## QUOTATIONS & REPORTED SPEECH

- **Where** ? - in news articles
- **What**? - Quotation : quotation marks – exact words
  - Reported Speech: an explanation – different words
- **How**? - focusing on names / pronouns
- **Why**? - keeping track of what people in the article have done /said

Who is speaking in par. 3 ?

**3.** Dr. Paula Kim, director of the Eating Disorders Clinic at Santa Anita Hospital, explains that it is not unusual for athletes, especially gymnasts, to become obsessed with their weight. One reason for this is that in gymnastics, the lighter the body, the more skillfully it can perform. She explains that an obsession with weight can lead to extreme dieting, which affects not only the body but also the mind.

Is this a quotation or reported speech?

**5.** High school counselor Lisa Rodriguez has expressed concern that Jones’ s illness is related to pressure.

Who is speaking in par. 6 ?

**6.** “There’s an enormous amount of pressure that goes along with training for the Olympics,” she says. “I know that she comes from a very accomplished family – I think that’s why she felt she had to achieve so much in sports. Also, when you talk about the Olympics, you’re talking about being the best of the best. I think that added to Ashley’s feeling of pressure.”



Is this quotation or reported speech?

Who is being referred to by the pronoun her and their in par.8 ?

8. Coach Coyle says, “As soon as I met Ashley, I could tell right away that she was obsessed with the sport. And that’s not the kind of athlete that you have to push. My goal with Ashley was to try and help her have more of a balanced life. I talked to her about how she was doing in her classes, what she might want to study in college. I also told her and all the members on the team to take at least one or two days a week just to let their bodies rest. I know it’s a very difficult situation, but all I can say is I’m sorry Ashley got sick.”

Who is being referred to by the highlighted pronouns in par. 9?

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**1** Jeffrey Tillman, age nine, has a new favorite sport: World's Strongest Man. "It's totally awesome. They carry cars and stuff," he explains. Men like Žydrūnas Savickas from Lithuania and Brian Shaw from the United States inspire Jeffrey every day. These do-or-die athletes are the winners of the 2012 and 2013 World's Strongest Man championships.

**2** In World's Strongest Man, accomplished athletes come from around the world. They focus their efforts on five extreme events. All of the events require superhuman strength. The events change every year, but they require the willingness to carry huge rocks, lift tree trunks,<sup>1</sup> and even run with a refrigerator under each arm. One of the most impressive challenges involves pulling an airplane from one end of a road to another.

**3** "It's a great competition," says Tomas Kaminski, a Polish fan of the sport. "To win, you have to be strong, fast, and have great concentration." These days, strength events are quickly winning fans around the world. But some people are starting to worry about the extreme sport's need for daring and risk.

**4** The case of American competitor Jesse Marunde showed the enormous danger of going to extremes. Marunde achieved second place in the 2005 World's Strongest Man championship. Two years later, an unthinkable event happened. Marunde died of complications of a heart attack. Some doctors think Marunde's death may have possibly resulted from steroid<sup>2</sup> use. They think it is too easy for the sport to become an obsession for athletes.

**5** "There is so much pressure to become stronger," says Dr. Amir Bachchan, a professor of health policy at New York University. "They become obsessed with winning, and this leads to injury and sometimes steroid abuse." Bachchan hopes that athletes realize the dangers of taking the sport too far. "They need to understand there is more to lose than there is to win."

<sup>1</sup> **tree trunk:** the body of a tree, with no leaves and branches

<sup>2</sup> **steroids:** illegal drugs that increase muscle strength but cause health problems

## A. Choose the best answer.

**1.** World's Strongest Man is a \_\_\_\_.

- A. sport that can be dangerous
- B. new way for people to exercise
- C. competition for kids and adults
- D. popular activity for super-humans

**2.** One World's Strongest Man event involves \_\_\_\_.

- A. lifting airplanes
- B. carrying huge rocks
- C. throwing refrigerators
- D. running with tree trunks

**3.** Jesse Marunde was \_\_\_\_.

- A. a fan of many extreme sports
- B. an athlete who had a heart attack
- C. a doctor who studied health policy
- D. a winner of World's Strongest Man

**4.** To win World's Strongest Man requires everything but \_\_\_\_.

- A. luck
- B. skill
- C. speed
- D. strength



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*B. Read each excerpt from the article. Choose whether it is a quotation or reported speech.*

- 5.** "It's a great competition," says Tomas Kaminski, a Polish fan of the sport.  
**A.** quotation  
**B.** reported speech

- 6.** Bachchan hopes that athletes realize the dangers of taking the sport too far.  
**A.** quotation  
**B.** reported speech

*C. Read each excerpt from the article. Then read the question that follows and choose the best answer.*

- 7.** Jeffrey Tillman, age nine, has a new favorite sport: World's Strongest Man. "It's totally awesome. They carry cars and stuff," he explains.

How certain is Jeffrey Tillman?

- A.** very certain  
**B.** not certain

- 8.** Some doctors think Marunde's death may have possibly resulted from steroid use.

How certain are the doctors?

- A.** very certain  
**B.** not certain



## Unit 2



## *The Consequences of Fraud*

Read the story. Use the words from the list to fill in the blanks. Not all of the words will be used.



con man  
duplicate

fishy motive  
impersonating

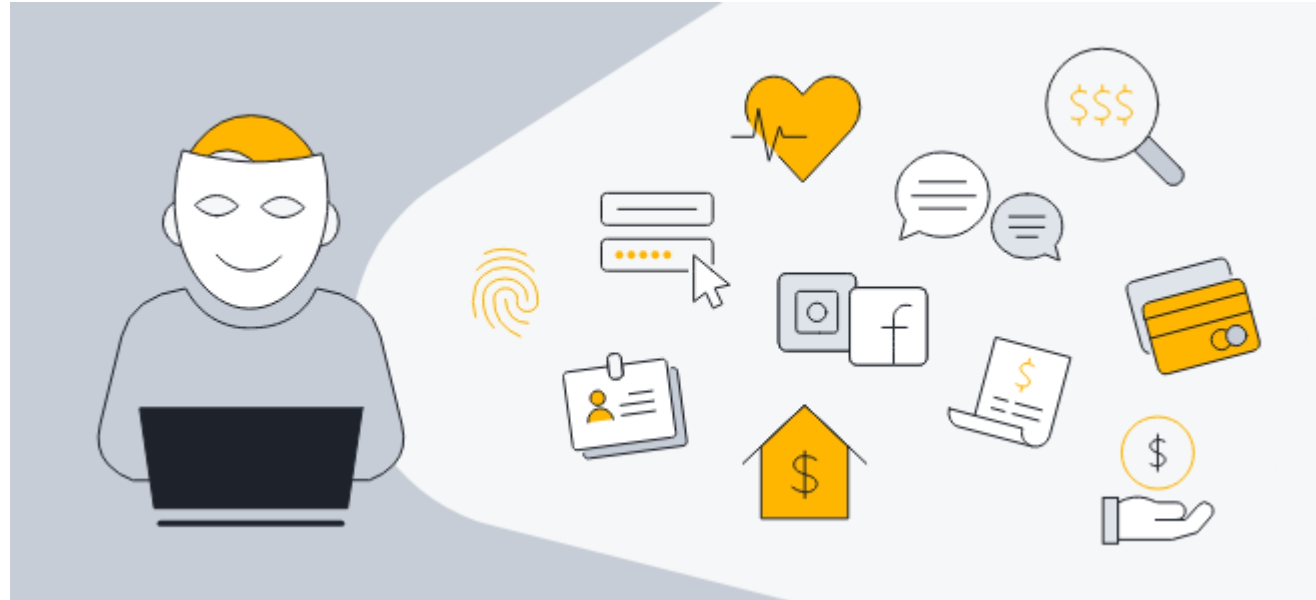
weary  
suspicious

I had a scary phone conversation with a (1) \_\_\_\_\_ last week. The man was (2) \_\_\_\_\_ a government agent. He asked me for my name, address, passport number, and social security number. I knew something was (3) \_\_\_\_\_, so I didn't tell him anything. I hung up and called the police instead. They said I was right to be (4) \_\_\_\_\_.



Now read the story of Michelle Brown, a real woman who experienced identity theft.

The story appears in *The Art of the Steal* by Frank Abagnale.

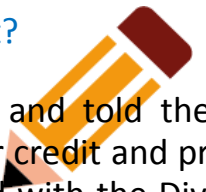


1. It began on a winter day with a seemingly ordinary message on an answering machine. It was from someone at the bank. Something about her new Dodge Ram pickup and the payment part due on the loan ...
2. Michelle Brown was a single woman in her late twenties. She lived in Southern California and worked as a credit analyst. She was cheerful, and people found her fun to be around. Friends were always telling her how she was too nice. She worked hard and was tidy with her finances. She owned 15 credit cards but had never been late on a single payment. Ever since she was 17, she had perfect credit. She liked everything in her life to be perfect.
3. She returned the call. She told the bank officer that there had to be a mistake; she hadn't bought a truck. The officer quickly agreed that he must have the wrong Michelle Brown. The phone numbers on the credit application weren't working... To prove beyond a doubt that it was another Michelle Brown he was searching for, she told him her Social Security number. She was stunned – it was the same one that was on the application.
4. Alarmed, she called up the credit reporting agencies and told them that something fishy was going on. They put a fraud alert on her credit and promised to send out a report on her recent purchases. She checked with the Division of Motor Vehicles and learned something astonishing: a duplicate driver's license had recently been issued to a Michelle Brown. Someone else was using her name, her address, her Social Security number, and her driver's license. It was as if someone was slowly erasing her identity...
5. When her credit report arrived, there were delinquent bills on it for thousands of dollars, including a sizable phone bill and even a bill for liposuction treatments. What was this? What became afraid to open her own mailbox, for fear of what new debt would be awaiting her. In time, she would learn that there was an arrest warrant for Michelle Brown in Texas. The charge was conspiracy to sell marijuana. She had never broken a law, any law. How could she be wanted by the police?

6. She began to worry that the other Michelle Brown would break into her apartment in search of her passport or checks, or who knew what else. Whenever she got home after dark she carried a flashlight and searched through the rooms, including every closet. She was weary and angry. When she went to bed at night, she was scared. If she heard the slightest noise, her first thought was that the woman calling herself Michelle Brown was out there in the dark, right beneath her window. Who was this person who was stealing her identity? Why of all the people in the world, did she pick her? And what did she want?

COMPREHENSION: True or False? Rewrite the false statements.

1. Michelle Brown was careless with her finances. \_\_\_\_\_
2. One form of identification was stolen from her. \_\_\_\_\_
3. The person who stole her identity made a variety of purchases. \_\_\_\_\_
4. She began selling drugs as a way of paying the bills. \_\_\_\_\_
5. Identity theft affected her emotionally as well as financially. \_\_\_\_\_



2. Michelle Brown was a single woman in her late twenties. She lived in Southern California and worked as a credit analyst. She was cheerful, and people found her fun to be around. Friends were always telling her how she was too nice. She worked hard and was tidy with her finances. She owned 15 credit cards but had never been late on a single payment. Ever since she was 17, she had perfect credit. She liked everything in her life to be perfect.

How do we know Michelle was tidy with her finances?

Which sentences, phrases, and words that give information about that?

## DETAILED EXAMPLES

- + What ? – information about time / place / people and events
- + Functions? – support and explain main ideas
- + Why must be identified? – help readers to understand main ideas of a text
- + Signal words : for example, for instance, such as, including , in addition, in fact

Example: Main idea & 3 detailed examples

Michelle Brown liked her life to be perfect. For example, she worked hard and was tidy with her finances. In addition, she had never been late on a single payment. In fact, ever since she was 17, she had perfect credit.

What examples are given to explain Michelle's identity theft?

4. Alarmed, she called up the credit reporting agencies and told them that something fishy was going on. They put a fraud alert on her credit and promised to send out a report on her recent purchases. She checked with the Division of Motor Vehicles and learned something astonishing: a duplicate driver's license had recently been issued to a Michelle Brown. Someone else was using her name, her address, her Social Security number, and her driver's license. It was as if someone was slowly erasing her identity...

=> driver's license , name, address, SSN

What examples of delinquent bills are mentioned?

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=> Phone bill, liposuction treatment bill

**1** According to the U.S. government, Americans lose an astonishing \$200 million a year to Internet bank fraud. It is often difficult for police to identify and arrest the criminals behind these crimes. One woman, however, decided to take action herself. Weary of receiving fishy email offers, Julia Hargood, a college professor in Houston, Texas, decided to teach one con man a lesson.

**3** In her reply, Julia lied and told the man she was the leader of a group of religious singers. She called the fake organization, “The Sacred Sisters of Sound.” Julia promised to help the man if he joined her group. To join the group, Julia told him he had to sing a special song. She sent him another email with instructions on how to sing the song. The con man was impressed by her story and sent a recording of himself singing (the “special song” was actually from a children’s TV show).

**5** “My motive was to show him how much it hurts to be deceived—not just financially, but emotionally as well,” Julia says. Julia doesn’t recommend that other people try to duplicate her success. “The best thing to do is delete suspicious emails or contact the police.”

1. \_\_\_ **A.** The con man sends Julia money.  
 \_\_\_ **B.** Julia writes back to the con man.  
 \_\_\_ **C.** Julia tells the con man that she was lying.  
 \_\_\_ **D.** Julia receives a suspicious email.



**2.** Julia decides to reply to the con man's message mainly because she wants him to \_\_\_\_.

- 3. The con man sends Julia \_\_\_\_\_.**

4. An example of bank fraud given in the article is \_\_\_\_\_.

5. Julia has an easier time getting the con man to \_\_\_\_.

6. Julia is successful at \_\_\_\_\_.

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Thank you  
for your attention!

