

Composition 2
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Great heart

Want to learn a language? Don't make it a mount Everest

شائع ، مألوف

It is common to see and hear the foreign language every day in New York City: riding with Creole- speaking cabdrivers, reading menus written half in Chinese and half in Spanish, or making purchases in Korean owned delicatessens. أطقمة معلبة شهية ، دكان بيع المعلبات

Creole : لغة الكريول وهي مشتقة من اللغة الوليدة المبسطة (pidgin) التي نشأت من لغتين مختلفتين (نزلاء أمريكا القدماء من فرنسا وإسبانيا)

Learning them, on the other hand, is another matter and it almost always costs money. Finding a bargain in learning any language is rare, even though the Manhattan Yellow pages alone list some 70 foreign language schools. نادر ، قليل

متقن لعدة لغات

Experts in the fields of foreign language teaching that say that if you want to become a polyglot, you should consider several things before you sign up for a language course: الخبراء النظر في

Motive : دافع ، سبب

أن تكون

Why do you need to learn a foreign language? Being able to order a drink on the French island of Martinique is very different from doing business in Tokyo. Or, if all you want to know is how to find a telephone booth while walking near the Arc de Triomphe in Paris, a practical program in which you first learn to speak, and later to read and write, would do fine. قوس النصر

في هذا العصر من

"In this age of global travel, it is increasingly likely that students have spent time or will spend time in the country of the language that they want to learn," said Anthony Niesz, associate director of the Yale University language Laboratory. This means of that knowing how to ask for a hotel room or for directions-and to understand the answer you receive---is more important than being able to read a newspaper like *Le Monde*, or even knowing the pluperfect tense. الزمن الماضي التام

اتقان

But if real proficiency is your goal---from being able to conjugate verbs to reading *Madame Bovary* in France---a university or an institute may be the best place for you.

Method : طريقة

What's the best way to learn the language? Language teaching programs and methods vary.

One technique is called *total immersion*. ^{خبرة متعمقة ، تركيز كامل} With total immersion, students in the classroom speak, listen to, and read only the foreign language they are learning. And for some, total immersion is the closest thing to learning a language while living in the foreign country.

Since most programs ^{التأكيد على} emphasize dialogue in the classroom, ^{ضروري ، مهم} class size is crucial.

If there are more than 15 students, individuals are likely to spend too much time silent, Mr. Niesz said. The experts, however, say smaller and more expensive classes are not necessarily better.

For serious students who don't have a lot of time, ^{الدروس الخصوصية} private tutoring may be best. But groups work well for most people because they ^{تقدم ، توفر} provide the opportunity to participate in games, skits, and conversation. ^{المشاركة}

القصص الفكاهية ، المسرحيات الهزلية ، التمثيليات

Teacher:

What makes a good teacher? When you think consider a language class, you must, of course, consider the teacher. Learning a language from native speakers has its advantages, but "native speaker is no guarantee that a person will be a good teacher," Mr. Niesz said. He added, "By far the most ^{مقياس} important criterion is whether he or she is an enthusiastic teacher." ^{متحمس}

Phyllis Ziegler : the director of ^{تقسيم} second- language programs for the New York schools' division of ^{ثنائي اللغة} bilingual education, said that "the nonnative teacher may sometimes better understand the student's questions because he or she has also studied the target language."

So, before inquiring about the authenticity of the teacher's accent, ask about educational ^{صحة} experiences and credentials. ^{الاستفسار ، استجواب} المؤهلات او الشهادات التعليمية

Fabio Girelli-Carasi, the director of foreign languages at New York University's School of Continuing Education, said that "the tanning-booth approach to language doesn't work . "He added, "just sitting there ten hours won't make you darker than five. "In other words, do your homework.

Student Essay : The Benefits of online Language Learning

In today's global environment, knowing a foreign language is increasingly important. The ability to speak a foreign language with clarity and fluency is invaluable for business, education, and when working, living or traveling in another country. Most foreign language teaching occurs in classroom with an instructor, textbooks, and several students. In my opinion, however, one of the best ways to learn a foreign language is self-study, online course. Online language learning is a good way to learn a second language because it's convenient, it's individualized, and it take place in a low-stress environment.

Classroom learning is not practical for many people due to time and cost constraints. In addition, taking time away from work or other responsibilities to attend language courses at an institution is difficult for many people. With self-study, online courses, students can take lessons at home or in the office whenever they want. All they need is a computer and an internet connection. For example, a busy executive can take a language lesson during her lunch hour. A parent with small children can study online at night. In addition, because the student doesn't have to drive anywhere, online learning saves money.

A benefit of online language learning is that it's individualized. Many online language courses have pre-tests that assess each student's level. Online Language programs through can also collect information about the student's learning style and need for studying the foreign language so that the material can be adapted to the student's actual situation. In a classroom, there are many students, each with different proficiency levels, different learning styles, and different needs for speaking a foreign languages. Furthermore, because online material is not as static as it is a textbook, it can be constantly updated relevant for the student.

Finally, with online learning, the learning takes place in a low-stress environment—a private setting with no one else around. This is very important because many studies have shown that stress and anxiety inhibit perception, performance, and retention of linguistic material. In a classroom with several other students, all at different levels and with different needs, students may feel inhibited and fearful of making a mistake. They may be afraid to try to making new sounds or expressing their thoughts in the new language. In addition, an atmosphere of competition that exists in many classrooms can be deadly for some students. In fact, the fear of making mistakes or seeming foolish or childlike in front of others inhibits many people from succeeding in foreign language courses. Online learning solves all of these problems. Alone with a computer, a good online language course, and a microphone, many students can make tremendous progress without the fear of appearing foolish in front of others.

The benefits of online self-study courses are that they are low-cost, people can do them at any time, and they can only do them alone in the privacy of their own home or office. This last benefit is especially important in that many people feel less inhibited about ^{اكتساب} acquiring and practicing language skills when they are alone. In addition, class size at many institutions limits the opportunities for foreign language students to get adequate ^{اهتمام ، عناية} individual ^{فردى ، شخصى} attention ^{ف ، مناسب}. These are just a few of the reasons that an online course is a good way for many people to learn a foreign language.

Annapurna : A woman's Place

تسلق ، صعود المناطق البعيدة ، النائية اكتشاف ، بحث رغبة شديدة شعرب ، احسب
 It is clear that women mountain climbers have felt the urge to explore remote regions and ascend high peaks for many years. *On Top of the World: Five Women Explorers in Tibet* describes five of the many women who explored the high Himalayas between 1850 to 1920. One of them, Isabella Byrd, had been sickly for most of her life in England, but she experimented a dramatic change as she traveled at high elevations in Kashmir. Unlike her experience in England, as a pioneer and traveler she laughed at fatigue, she was unafraid of danger, and she didn't worry about her next meal.

رحله
 Another woman explorer of her time was Alexandra David-Neel from France. Her journeys across the high Tibetan plateau from 1911 to 1944 have been characterized as the most remarkable ever made the by any explorer, man or woman, in Tibet. At the age of 55 she disguised herself as a Tibetan beggar woman and walked two thousand miles across numerous high snowy passes to reach the forbidden city of Lhasa.

مغامرة ، مخاطرة
 Fanny Bullock Workman and her husband, Dr. W.H. Workman, of Massachusetts, traveled and explored in the Himalayas between the 1890 and 1915. They wrote six books about their adventures. Fanny, an ardent suffragette, was once photographed on a high pass in the Himalayas carrying a newspaper bearing the headline "Votes for Women."

منافس
 Another early woman and climber and rival of Mrs. Workman Was Annie S. Peck New England professor. She began her climbing career with an ascent of the Matterhorn when she was 45, In 1908, at the age of 58, she made the first ascent of Huascaran, the highest mountain in Peru. At 21,837 feet, she claimed it was the altitude record for any American. Peck described herself as a "firm believer in the equality of the sexes ... [A]ny great achievement in any line of endeavor would be an advantage to my sex."

(Annie S. Peck, *High Mountain climbing in Pure and Bolivia*, 1912.)

مهم ، هامة
 In the years since World War II, have made numerous significant climbs in the Andes and the Himalayas. One of the most remarkable of them was the late French climber Claude Kogan. British women have also been successful climbers. From the 1950s, onward, they have carried out many small, well- organized expeditions to previously unexplored regions of the Himalayas and written about them in an understated, characteristically British fashion. In addition to the British and other small expeditions, woman climbers throughout the world have made significant contributions to climbing in the last 100 years.

حتى وقت قريب جدا
 However, until quite recently, women have been notably absent on the world's highest mountains. There are 14 mountain in the world that soar above 8,000 meters (26,200 feet) --- all located in the Himalayas.

محاولات القمم معرفة ، يكتشف متسلقي الجبال
 For many years, mountaineers have wanted to figure out a way to reach their summits. Attempts to climb them began in the nineteenth century; in the first half of the twentieth century, hundreds of men participated in dozens of expeditions to these peaks. But even after Fanny Workman's example, only a handful of women participated in such climbs. Elizabeth Knowlton was a member of the joint German-American climb to Nange Parbat in 1932. In 1934 Hettie Dyhrenfurth took part in an expedition that explored and mapped the Baltoro Glacier region of the Karakoram Himalaya; she reached the top of Queen Mary Peak (24,370 feet).

which gave her the world altitude record for women for which Annie Peck and Fanny Workman had competed.

It was not until 1950 that an 8,000- meter peak was climbed by anyone. The legendary ascent of Annapurna I by Maurice Herzog's French team was closely followed by successes on all 8,000- meter giants over the next 14 years—and all by men. During this period the only attempt on an 8,000-meter peak by a women's team was the ill-fated 1959 international women's Expedition to Cho Oyu in Nepal. Tragically, four climbers, including the leader, Claude Kogan, died in this attempt. By 1972, when the idea of our all-woman expedition to Annapurna was originally conceived, no women from any country had yet reached the summit of an 8,000- meter peak.

Gender Differences in Communication

All of us have different styles of communicating with other people. Our style depends on a lot of things: Where we're from, how and where we were raised, our educational background, and our age. It also can depend on our gender. generally speaking, men and women talk differently, although there are varying degrees of masculine and feminine speech characteristics in each of us. But women do speak in very particular ways that are associated with gender.

Some researchers describe the styles that men and women use to communicate as the "debate vs. relate," "report vs. rapport," or competitive vs. cooperative" (with the first term in each pair describing men). In other words, men often seek direct solutions to problems and useful advice. whereas women tend to try to establish intimacy by discussing problems and showing concern and empathy.

In her book *women, men and language* (New York : Longman Inc., 1986) Jennifer Coates studied men-only and women-only discussion groups. She found that when women talk to each other, they reveal a lot about their private lives. They also stick to one topic for a long time, let all speakers finish their sentences, and try to have everyone participate. Men, on the other hand, rarely talk about their personal relationships and feelings, but "compete to prove themselves better informed about current affairs, travel, and sports." They change topics often and try to dominate the conversation.

Dr. Lillian Glass's book *He Says, She Says : closing the Communication Gap between the sexes* (The Putnam Berkeley Group) presents her findings on the many differences in the way men and women communicate, both verbally and nonverbally. For example, she found among other things that men speak more loudly than women do, that they interrupt more often than women do, and that they use fewer intensifiers ("really," "much," "quite") than women. She also found that while men make more declarative statements, women make statements sound like questions intonation ("It's a nice day, isn't it? ") at the end of statements.

What about online communication? Can one determine another person's gender just by reading their written words? Susan Herring thinks so. In a 1994, talk at a panel called "Making the Net *Work*" she said that men and women have recognizably different styles on the Internet. Her research showed that on Internet discussion boards, men tended to be more assertive than women. Women, in contrast, tended to hedge (be unsure), apologize, and ask questions. Men also appeared to enjoy, or at least tolerate, "flaming" (insulting others online), whereas women disliked and avoided it.

In another research, Gladys We, in her graduate research paper "Cross Gender Communication in Cyberspace," discusses the results of a survey that she sent to both men and women about the importance of gender online. Author We discovered that most people felt that gender was relatively unimportant when they communicated online. Furthermore, We thinks that online communication leads to all the misunderstandings and confusions of face-to-face communication between men and women; however, she feels that it is potentially liberating because people can be anonymous.

Tattoos Across Time and Place

"It's a permanent reminder of a temporary feeling," Jimmy Buffett about some parents' dismay over their daughter's tattoo. Yet those indelible body markings are more than a trend embraced by merchant marines, bikers, and Goths in basic black. Tattoos arise from a rich cultural history dating back 5,000 years.

Goths : القوط : قبائل جرمانية أصلها من اسكندنافيا احتلت الإمبراطورية الرومانية

The earliest example of tattoos so far discovered was found in 1991 on the frozen remains of the Copper Age "Iceman" scientists have named Otzi. His lower back, ankles, knees and foot were marked with a series of small lines, made by rubbing powdered charcoal into vertical cuts. X-rays revealed bone degeneration at the site of each tattoo, leading researchers to believe that Otzi's people, ancestors of contemporary central and northern Europeans, may have used tattoos as medical treatment to reduce pain.

As civilizations developed, tattoos took on other meanings. Egyptian funerary figures of female dancers from around 2000 BCE, display the same abstract dot-and-dash tattoos on their bodies as those found on female mummies from the same time period. Later images represent Bes, god of fertility and revelry.

Ancient Romans found reason to celebrate tattoos, believing in the purity of the humane from. Except as brands for criminals and the condemned, tattoos changed. Fighting an army of Britons who wore their tattoos as badges of honor, some Romans came to admire their enemies' ferocity as well as the symbols they wore. Soon Roman soldiers were wearing their own body marks; Roman doctors even perfected the art of application and removal.

During the Crusades of the eleventh and twelfth centuries, warriors identified themselves with the mark of the Jerusalem cross so that they could be given a proper Christian burial if they died in battle. After the crusades, tattooing largely disappeared in the West for a time, but continued to flourish in other places.

By the early eighteenth century, European sailors encountered the inhabitants of the South and Central Pacific Islands. There, tattoo were an important part of the culture. When in mourning, Hawaiians tattooed their tongues with three dots. In Borneo, natives tattooed an eye on the palm of their hands as a spiritual guide that would lead them to the next life.

In 1769, Captain James Cook landed in Tahiti, where the word "tattoo" originated from *tatau*, which means "to tap the mark into the body." One method island practitioners used for working their designs into the skin was with a razor-edged shell attached to the end of a stick. In New Zealand, Maori leaders signed treaties by drawing precise replicas of their *moko*, or personal facial tattoo. Such designs are still used to identify the wearer as a member of a certain family and to symbolize a person's achievements in life.

Tattooing has been practiced in Japan - for beautification, magic, and to mark criminals---since around the fifth century BC. Repressive laws gave rise to the exquisite Japanese designs known today. Restricted from wearing the ornate kimonos adorned royalty and the elite, outraged merchants and the lower classes rebelled by wearing tattooed body suits. Covering their torsos with illustrations that began at the neck and extended to the elbow and above the knee, wearers hid the intricate designs beneath their clothing. Viewing the practice as subversive, the government outlawed tattoos in 1870 as it entered a new era of international relationship. As a result, tattooists went underground, where the art flourished as an expression of the wearer's inner longings and impulses.

The yakuza, the Japanese gangster class, embraced the body suits-- even more so because they were illegal. Their elaborate designs usually represented an unresolved conflict and also included symbols of character traits the wearer wanted to emulate. A carp represented strength and perseverance. A lion stood for courage. such tattoos required long periods of pain caused by the artist's bundled of needles, endured by wearers as a show of allegiance to their beliefs. Today, Japanese tattoo wearers are devoted to the most colorful, complete, and exotic expression of the art.

New York inventor Samuel O'Reilly patented the first electric tattoo machine in 1891, to making traditional tools a thing of the past in the West. By the end of the 1920s, American circuses employed more than 300 people with full-body tattoos who could earn an unprecedented \$ 200 per week.

For the next 50 years, tattoos gained a reputation as a mark of American fringe cultures, sailors, and World War II veterans. But today, tattoo connoisseurs take the spotlight at international fairs and conventions with Japanese body suits, Celtic symbols, black tribal motifs, and portraits of favorite celebrities.

"Tattooing is enjoying a big renaissance around the world," says Chuck Eldridge of the Tattoo archive in Berkeley, California, "Native American women in the Northwest are wearing chin tattoos again, reviving a cultural practice from centuries before the white man arrived. And, in answer to health concerns, artists in the South Pacific are slowly changing to modern equipment."

"The melting pot that is the United States has no rites of passage as a single American culture," says Ken Brown, a tattoo artist in Fredericksburg, Virginia. "On some levels, getting a tattoo is like a milestone that marks a certain moment in a person's life." Ken still remembers one customer, an 80-year-old former marine who had always wanted a tattoo but had been too afraid to get one. "He came to me for his first tattoo," Ken says, "and he told me. 'I figure I got five or six years left in me, and I'm not going out without one.'"

القطعة السادسة

some aspects of contemporary men's fashion can be traced to ancient time. The necktie is just one example. [Example] in fact, the history of neckties dates back to the Roman Empire . Roman legionnaires wore a *focale*, a piece of cloth around their neck in order to keep warm . In the seventeenth century, a regiment from Croatia (then part of the Austro- Hungarian Empire) visited Paris and was presented to the king, Louis XIV. The officers of this regiment were wearing brightly colored handkerchiefs made of silk around their necks. [Anecdote] Louis XIV, well known for his interest in personal adornment, admired these neck cloths. He made them fashionable in France and even established a royal tie maker. The origins of this early version of the necktie remain in the French word for tie. *cravate*, which is derived from the word "Croat" . [Fact] In twentieth century America, Jesse langsdorf patented the long, pointed tie still popular today. And in spite of trend toward casual business dress, necktie sales in the twenty-first century are booming, with some manufacturers reporting a 50 percent increase in sales in 2003 over the previous year. [Statistic]

Many biologists agree that appearance results from both heredity and environment. A study of twins, Lisa and Lori, serves as an example of this. When they were children, people couldn't tell Lisa and Lori apart. However, as adults they look quite different. Even though they are genetically identical, Lisa looks much older than Lori. Lisa has deep lines in her face, while Lori's skin is smooth and youthful looking. Their personal histories serve as an explanation. Like many identical twins, they had similar life experiences; Both had three children, divorced after eight years of marriage, and both worked as nurses. However, Lisa lived in California, spent a lot of time in the sun, and smoked a pack of cigarettes every day. Lori, on the other hand, lived in Pennsylvania, avoided the sun, and never smoked.

Men are increasingly availing themselves of plastic surgery to enhance their appearance. More than 1.2 million men had cosmetic plastic surgery in 2004, representing 13 percent of the total cosmetic plastic surgery population. The number of males having cosmetic plastic surgery procedures increased 16 percent from 2000 to 4000. Nose reshaping was the most popular surgical cosmetic procedure for men in 2004, with 109,971 operations performed. Hair transplantation was the second most popular procedure. Forty-three thousand fifty-four procedures were performed in 2004, a 54 percent increase since 2000. Top cosmetic procedures for men in 2004 also included eyelid surgery, liposuction, and reduction.