

Apr 24 2020~ American Values, #18: Time (Lesson 141)

Proverbs:

1. Time is money. The amount of time that is spent on something influences the amount of money that is earned. Managers want employees to do things quickly. If employees waste time, the company loses profit.
 2. There's no time like the present. Now is the best time to do something, so don't delay doing it.
 3. Opportunity only knocks once. Take an opportunity immediately, or you'll probably lose that opportunity.
 4. It's now or never. Take an opportunity immediately, or you'll probably lose that opportunity.
 5. the sooner the better It's better to do something as soon as possible, rather than delay action.
 6. Make it short and sweet. Speak briefly about the most important issue, because we don't have time for a lot of details.
 7. Time flies. Time passes much more quickly than we expect.
 8. Better late than never. It's better to do something late, rather than never do it at all.
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Phrases and idioms in the paragraph: [sb = somebody; sth = something]

sb is (adj) to an extreme = sb is extremely (adj) ***Sally is cautious to an extreme.***

sb does sth to an extreme = sb does sth much more than other people do it ***Samuel avoids conflict to an extreme.***

make every minute count = manage your time so that you always use your time wisely (efficiently, effectively, etc.)

make every moment count = (same as above, but used especially about enriching our personal relationships)

pack in sth; pack sth into sth = stuff sth; completely fill sth ***Judy packs in a lot of sleep every weekend.***

sth doesn't count for much = sth is only a little meaningful/helpful ***A half-hearted apology doesn't count for much.***

If you get the impression that Americans are always in a hurry, you're right. Americans look at time as a valuable thing. There might be more American sayings about time than any other topic, and they're probably the sayings you will hear the most. Life is a race against time, and people often lose. What's true of a lifetime is also true of each day, hour, and minute. Americans are time-conscious to an extreme. This view of time is one reason for the very high level of stress in American life today. Since time is limited, people have to make every minute count. That means they are always busy doing something (work or play). They schedule everything, including their play. Then they say their schedules are so full that they need a vacation, but even on a vacation they try to pack in as many experiences as they can. They joke about needing to recover from their vacation. Time spent just sitting and relaxing doesn't count for much. It doesn't "do" anything. In fact, silence makes many Americans nervous, as if they think time is being wasted or they're going to get bored.

Questions: (Use the underlined phrase when you answer a question, to make sure you can use it correctly.)

1. Many Americans try to make every minute count. In your opinion, how does this attitude improve the quality of somebody's life? Also, how does this attitude reduce the quality of somebody's life?
2. Do you think most Americans are usually too busy? Why or why not?
3. In what ways is the American perspective on time the same as your perspective?
4. In what ways is the American perspective on time different from your perspective?
5. Do you ever think, feel, or do something to an extreme? If so, and if you don't mind, please share one example.
6. When you have time for a vacation, do you try to pack in as much as possible every day? Why or why not?
7. Share an example of something that somebody did for you or said to you that didn't count for much. Also, how did you respond in that situation?

¹ These lessons were created or adapted by the staff of International Friendship Ministries, P.O. Box 12504, Columbia SC 29211; ifmusa.org; info@ifmusa.org. IFM is grateful to Kathy Williams for most of the original work. Some lessons were adapted from EFLsuccess.com (with permission). IFM makes these lessons freely available to participants, or others who wish to use them, but this does not imply our consent to publish these lessons online or in print without permission.

May 1 2020~ How is today's technology affecting the Covid-19 crisis? (Lesson 144c)

Idioms: [sb = somebody; sth = something]

take for granted = fail to properly appreciate something because it is so familiar *Many of us take for granted the modern digital technologies that we did not have access to even a few decades ago.*

cut down on sth = reduce the amount of sth [opposite meaning: increase sth = increase the amount of sth]

To protect the environment, we all need to cut down on the amount of plastic we throw away every day.

cut sth = cancel sth; remove sth; delete sth

If we want more money for our retirement, we need to cut unnecessary spending while we're young.

has come a long way = has made a lot of progress ***Computer technology has come a long way since the 1980s.***

in the long run = in the end; eventually ***Advanced technology will hurt/help people in the long run.***

sth is over sb's head = sth is too difficult for sb to understand ***Chemical engineering is over my head.***

be in over your head = be in a situation that is too difficult for you ***Mike was in over his head in that research project.***

sth is a flop = is a failure ***Thomas Edison's first light bulb was a flop. The movie we saw yesterday was a flop!***

you are sick and tired of sth or sb = strongly dislike sth or sb that continually bothers you

James is sick and tired of his wife's daily criticisms. Susan is sick and tired of driving in rush hour traffic.

Read the following excerpt from the Bridge Article,² written March 24, 2020:

Many of us take for granted the modern digital technologies that we did not have access to even a few decades ago. Some people, however, are very critical of these devices and services, arguing that they steal everything from our jobs and privacy to our very humanity. But these technological innovations, long characterized as trivial, nonessential or even harmful during times of calm and abundance, have now become indispensable in coping with the COVID-19 pandemic. Indeed, consider how important the following technologies have become in recent weeks.

This article goes on to list the following technologies and provides a description of how each has been used during this pandemic: broadband connections, mobile networks and devices, social media platforms, video conferencing, online entertainment, E-commerce, and food delivery services. (If you don't know what some of these mean, ask your teacher.)

Questions:

1. Do you agree or disagree with the article excerpt we just read? Have you taken for granted technology in the past? Do you take it for granted right now?
 2. What are 2-3 reasons new technology is always being developed? Explain
 3. What types of technology have you used during the Covid-19 situation, since we've had to cut down on face-to-face interaction? How has technology affected this crisis? (think about hospitals, transportation, work, communication, media...)
 4. Technology has come a long way since you were a child. In what ways has modern technology made life better (especially during the Covid-19 crisis) than 20 years ago? Give a specific example.
 5. Has technology made life worse for you in any way? What technology or software are you sick and tired of? Explain.
 6. Share one aspect of life in your own country that has come a long way in the past 20-30 years. Ex: education system, women's rights, tolerance between segments of society, transportation system, economic development, etc.
 7. Can you think of technology that has been a flop or has become obsolete in your lifetime? (Ex: something you once used, but no one uses now.)
 8. Which kind of modern technology are you most grateful for in your own daily life (especially during the Covid-19 crisis), and why?
 9. Give a realistic example of new technology you hope will exist in the future that would cut down on something bad.
- Bonus: Describe a situation in the past when you felt you were in over your head. How did technology help or hurt you? How did you deal with that situation?

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² (2020 Apr lesson) Article excerpt from: <https://www.mercatus.org/bridge/commentary/reconsidering-technology-during-covid-19-crisis>. Definitions from: <http://www.learnersdictionary.com/>

Idioms: [sth = something]

It's no big deal. = It's not very important. It's not very serious. ~ ***It's no big deal if you come late to my party.***

make the best of sth = do the best you can in a difficult or bad situation ~ ***Even if you cannot attend classes like before, you need to make the best of the situation and study online diligently.***

turn out to be = later became something unexpected ~ ***Although the weather was bad, it turned out to be a fun day.***

My job interview turned out to be longer and harder than I expected.

Vocabulary:

disappeared = could no longer be seen/found

neighbor = someone who lives near you; someone who needs your help

to comfort sb = to ease sb's sadness or grief; to make sb feel better

accident = sth that happens unexpectedly, resulting in harm, inconvenience, etc.

Proverbs:

Count your blessings. = Recall specific good things that you have: relationships, possessions, circumstances, etc.

Every cloud has a silver lining. = Something good can come from a bad situation.

It's a blessing in disguise. = At first it seemed like a bad thing, but later it caused something better to happen.

Look on the bright side. = Focus on the good things in a bad situation.

An Old Man Loses His Horse (a blessing in disguise)

Long ago, there lived an old man on the northern frontiers of China. One day, his horse disappeared. His neighbors came to comfort him, but the old man said, "It's no big deal." He said his loss might turn out to be a good thing, and he was right. A few months later, his horse came back, and brought an even better horse with it! His neighbors came around again, to congratulate him on his gain. But again, the old man viewed the situation differently, and said that this good fortune might also bring something bad in the end. To everyone's surprise, he was right again. A few days later, his son fell off the new horse and broke his leg. However, as a result of the accident, his lame son was not forced to fight in the war and was allowed to stay with his family.

The story teaches that neighbors are important in both good and bad times, and so is a balanced perspective.

Questions:

1. What good things happened in the story? What bad things happened?
2. When something unexpected happens (like an accident), do you tend to *see the bad side* or *look on the bright side*? (Do you have a *pessimistic* or *optimistic* attitude?)
3. Think of a bad situation you had in the past in your family, a friendship, your studies, or your job. Did anything good later come as a result of that bad experience? In other words, did it turn out to be a blessing in disguise? If so, share what happened. Examples: you didn't get into the university you wanted (but ended up in a university with a wonderful supervisor), you lost a job or a job opportunity (but later got a better job), your boyfriend/girlfriend broke up with you (but you later married a wonderful person), etc.
4. What are some of the bad things caused by this pandemic? What are some ways you are making the best of this situation?
5. What are some good things that could come out of this pandemic? How could it be a blessing in disguise?
6. Who was a neighbor in today's story? Who is *your* neighbor? Ask your teacher about the "story of the good Samaritan" (Luke 10:25-37)
7. Overall, are you pessimistic or optimistic about the pandemic? Describe your perspective about that situation, both your positive thoughts & feelings about it and your negative thoughts & feelings.
8. "Count your blessings." Talk about 1-2 of the blessings you **currently** have in your life.
9. Tell us about a time when something good came from a bad situation; use the proverb, "Every cloud has a silver lining."

The Good Samaritan

²⁵ Then a teacher of the law stood up. He was trying to test Jesus. He said, "Teacher, what must I do to get life forever?"

²⁶ Jesus said to him, "What is written in the law? What do you read there?"

²⁷ The man answered, "Love the Lord your God. Love him with all your heart, all your soul, all your strength, and all your mind." Also, "You must love your neighbor as you love yourself."

²⁸ Jesus said to him, "Your answer is right. Do this and you will have life forever."

²⁹ But the man wanted to show that the way he was living was right. So he said to Jesus, "And who is my neighbor?"

³⁰ To answer this question, Jesus said, "A man was going down the road from Jerusalem to Jericho. Some robbers attacked him. They tore off his clothes and beat him. Then they left him lying there, almost dead. ³¹ It happened that a Jewish priest was going down that road. When the priest saw the man, he walked by on the other side of the road. ³² Next, a Levite came there. He went over and looked at the man. Then he walked by on the other side of the road. ³³ Then a Samaritan traveling down the road came to where the hurt man was lying. He saw the man and felt very sorry for him. ³⁴ The Samaritan went to him and poured olive oil and wine on his wounds and bandaged them. He put the hurt man on his own donkey and took him to an inn. At the inn, the Samaritan took care of him. ³⁵ The next day, the Samaritan brought out two silver coins and gave them to the innkeeper. The Samaritan said, 'Take care of this man. If you spend more money on him, I will pay it back to you when I come again.'"

³⁶ Then Jesus said, "Which one of these three men do you think was a neighbor to the man who was attacked by the robbers?"

³⁷ The teacher of the law answered, "The one who helped him."

Jesus said to him, "Then go and do the same thing he did!"

Luke 10:25-37 International Children's Bible (ICB)

Footnotes:

- a. [10:27](#) "**Love . . . mind.**" Quotation from [Deuteronomy 6:5](#).
- b. [10:27](#) "**You . . . yourself.**" Quotation from [Leviticus 19:18](#).
- c. [10:32](#) **Levite** Levites were men from the tribe of Levi who helped the Jewish priests with their work in the Temple. Read [1 Chronicles 23:24-32](#).
- d. [10:33](#) **Samaritan** Samaritans were people from Samaria. These people were part Jewish, but the Jews did not accept them as true Jews. Samaritans and Jews hated each other.
- e. [10:34](#) **olive oil and wine** Oil and wine were used like medicine to soften and clean wounds.
- f. [10:35](#) **silver coins** A Roman denarius. One coin was the average pay for one day's work.

[International Children's Bible](#) (ICB)

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Phrases/vocabulary: [**sb** = somebody; **sth** = something]

inevitable problem = unavoidable problem; an unwelcome though expected situation

habit = something you do a lot, that is hard to stop doing (e.g., smoking, humming when you are nervous)

to get on our nerves = to irritate or annoy us

work through conflicts = step-by-step solve problems between each other

stick with sb or sth = stay with sb or sth; don't abandon sb or sth

vice versa: conversely; the other way around

realistic expectations = believe (in advance) in reasonable behavior, actions and reactions

do sth in a respectful manner = do sth in a polite way, or to show fairness or admiration

through thick and thin = in spite of any difficulties; during happy and unhappy times

to live up to sth = to do it in the way expected or promised

a shared philosophy = a set of guiding attitudes/beliefs that you agree upon

Covid-19 has forced everyone to spend a lot more time with their family and/or roommate. Even if people get along well, human relationships create inevitable problems. We can get upset when habits get on our nerves. The following list of essential factors can help roommates and families to work through conflicts, stick with each other, and make their relationship happier.

1. If you have a choice, pick a roommate (or spouse) that you sincerely like and respect (and vice versa).
 2. Start with realistic expectations. Choose to work through disagreements in a respectful manner. Be willing to say "I'm sorry," and to forgive and accept forgiveness.
 3. Practice ARK behavior: "Acts of Random Kindness" that you do just to make others happy.
 4. Enjoy and value time together, but also give each other space to be alone or do something you do not like.
 5. Learn effective communication skills and problem-solving skills. And remember that God gave you two ears but only one mouth, so listen twice as much as you talk!
 6. Roommates probably have a contract for a year or more (and married couples normally vow to stick with each other "in sickness and health" and through thick and thin). Let these promises push you to stick with the relationship; choose to work through conflicts instead of running away from them. Be committed to live up to your promises.
 7. Have a shared philosophy of life, including shared values and priorities. Strong relationships get stronger if both people are aiming for the same goal, define right/wrong behavior the same, have similar religious beliefs, and share the same attitudes about friendship and family.
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Questions:

1. Talk about a habit you or a friend has (can be a good habit or a bad habit). Is there a habit others have that gets on your nerves?
2. What are some qualities in another person that helps you to sincerely respect him/her? How do we gain or lose someone's respect?
3. Give one or two examples of a "realistic" or "unrealistic" expectation. What does it mean for two people in a close relationship to work through their conflicts in a respectful manner? How do you deal with an unrealistic expectation?
4. Tell us about an "Act of Random Kindness" that made you or someone else happy. What is one thing you could do that would make another person happier? Explain.
5. What are 2-3 skills that are important for effective communication? Which one of those communication skills is your biggest strength? Which one is your biggest weakness? What can you do to strengthen that weakness?
6. Share a true story about when you stuck with somebody through thick and thin. Was the final result good or bad? Why? **Or**, share a true story about one time when somebody stuck with you through thick and thin.
7. What are 2-3 important values you share with someone you are close to? In other words, what 2-3 values are equally important to you and someone you are close to? Also, why are those shared values so important to you two?
8. What additional "essential factors for a healthy relationship" would you add to the above list? Explain.

(If you have time, you can read the next slides to see what the Bible says about healthy relationships.)

Essential Factors of Healthy Relationships from the **Bible**: Romans 12:9-12 (NLT)

- 9 Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good.
- 10 Love each other with genuine affection, and take delight in honoring each other.
- 11 Never be lazy, but work hard and serve the Lord enthusiastically.
- 12 Rejoice in our confident hope. Be patient in trouble, and keep on praying.
- 13 When God's people are in need, be ready to help them. Always be eager to practice hospitality.
- 14 Bless those who persecute you. Don't curse them; pray that God will bless them.
- 15 Be happy with those who are happy, and weep with those who weep.
- 16 Live in harmony with each other. Don't be too proud to enjoy the company of ordinary people. And don't think you know it all!
- 17 Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable.
- 18 Do all that you can to live in peace with everyone.

Vocab:

Hold tightly = honor [what is good] and try your best [to do good]

Genuine = sincere and honest

Affection = a feeling of liking and caring for someone or something

Take delight = get pleasure from [honoring each other]

Enthusiastically = feeling or showing strong excitement about something

Rejoice = to feel or show that you are very happy about something

Eager = very excited and interested

Practice hospitality = to show generous and friendly treatment to visitors and guests

Bless = to ask God to care for and protect

Persecute = to treat (someone) cruelly or unfairly especially because of race or religious or political beliefs

Curse = to say or think bad things about

Weep = to cry because you are very sad or are feeling some other strong emotion

Live in harmony = live in peace with others

Know it all = to know everything there is to know, usually used to describe proud people

Enjoy the company = enjoy being with

Pay back = to return or give back, in this context: revenge

May 22 2020~ Using American Slang, #14 (Lesson 153c)

These definitions will help you understand a paragraph full of slang, before you discuss the questions it raises. [sth = something; sb = somebody]

1. veg out = sit or lay around **not** thinking about any work or problem *I'm going to veg out by the pool.*
2. What are you up to? = What are you doing? *What have you been up to recently?*
3. to be cool = popular or well-accepted by people *"Cool" is a slang term that has been cool for a long time!*
4. an explosion of = a sudden, powerful outburst of sth *We've seen an explosion of technology this year.*
5. sb or sth vanished into thin air = disappeared (without any evidence of where he/it went or why) *Has anyone heard from Robert? It seems he just vanished into thin air.*
6. sth is up in the air = is unresolved/undecided/uncertain *The election is up in the air; anyone could win.*
7. sb is/gets/feels uptight = is/gets/feels very nervous; the opposite of relaxed or laid-back *John always gets really uptight before job interviews.*
8. Uncle Sam = a nickname for the United States government *One fourth of my salary goes to Uncle Sam.*
9. sb is up to something = is secretly planning something (either good or bad)
10. have something up your sleeve = have a secret purpose/plan; be up to something secret (it can be either good or bad) *I don't trust him. I'm sure he has something up his sleeve.*
11. sb is up to no good = is planning to do something bad *That strange smile tells me she's up to no good.*
12. is anyone's guess = anyone could be correct because it is impossible to know sth
13. to rebound = basketball term meaning to catch a failed attempt to score, and try again; be resilient
14. have it in hand = have it in control *We'll win this season because our coach has it in hand.*
15. the odds are (good) = it is likely or probable *If you smoke, the odds are that it will hurt your health.*

How is COVID-19 affecting you? Do you often veg out in front of a TV? If not, what have you been up to? Puzzles and board games are cool again, and there's been an explosion of educational clips on YouTube. Meanwhile, age-old traditions (such as graduation ceremonies) have vanished into thin air. How soon people can physically attend classes or weddings is up in the air. Such changes make some people really uptight. Can Uncle Sam tell us to wear a mask, close our business, stop going to church, and walk a certain distance apart? Apparently, he can. Are our leaders simply trying to protect us, or do you think they are up to something? After all, politicians have a reputation for having something up their sleeve! Do you think they are up to no good? What the future will look like is anyone's guess, but Americans are creative and tend to rebound quickly, and many have faith that God has the future in hand (have you noticed that even US money says, "In God we Trust"?). The odds are that things will work out fine, but what do you think?

Questions: (Try to use a slang term in your answers)

1. How is COVID-19 affecting you?
2. Do you often veg out in front of a TV or YouTube? Do you like puzzles or board games? If not, what have you been up to recently?
3. Do COVID-19's changes make you feel really uptight? Explain
4. Do you think that Uncle Sam is trying to protect us, or do you think government leaders are up to something (up to no good)? Explain
5. What is your guess about America's future? Will people rebound quickly? Does your faith help you during this crisis?
6. Do you agree that the odds are that things will work out fine? Explain.
7. Share about one thing in your life right now that is up in the air. What will help you make a final decision about it?
8. Can you use these in a sentence? sb had something up your/his/her sleeve, sb is up to something, sb is probably up to no good. (in a game, late at night, at a party, at work, a classmate, etc.)

May 22 2020~ **Using American Slang, #14** (Lesson 153c)
for lower-level English learners

Repeat these terms and definitions after me. They will help you understand a paragraph full of slang. [sth = something; sb = somebody]

1. veg out = sit or lay around **not** thinking about any work or problem *I'm going to veg out by the pool.*
2. What are you up to? = What are you doing? *What have you been up to recently?*
3. sb or sth vanished into thin air = disappeared (without any evidence of where he/it went or why) *Has anyone heard from Robert? It seems he just vanished into thin air.*
4. sth is up in the air = is unresolved/undecided/uncertain *The election is up in the air; anyone could win.*
5. sb is/gets/feels uptight = is/gets/feels very nervous; the opposite of relaxed or laid-back *John always gets really uptight before job interviews.*
6. Uncle Sam = a nickname for the United States government *One fourth of my salary goes to Uncle Sam.*
7. sb is up to something = is secretly planning something (either good or bad)
8. have it in hand = have it in control *We'll win this season because our coach has it in hand.*
9. the odds are (good) = it is likely or probable *If you smoke, the odds are that it will hurt your health.*

Repeat the above terms, and then read this paragraph. (Just read, don't answer the questions yet!)

How is COVID-19 affecting you? Do you often veg out in front of a TV? If not, what have you been up to? Graduation ceremonies and other traditions have vanished into thin air. How soon people can physically attend classes or weddings is up in the air. Such changes make some people really uptight. Can Uncle Sam tell us to wear a mask, stop going to church, and walk a certain distance apart? Apparently, he can. Are our leaders simply trying to protect us, or do you think they are up to something? The future is uncertain, but Americans are creative, and many have faith that God has the future in hand. The odds are good that things will work out fine, but what do *you* think?

Questions: (Try to use a slang term in your answers)

1. Name one thing either good or bad about the COVID-19 crisis.
2. Did you know that Americans call the government Uncle Sam? Is there a nickname for the government in your home country?
3. What do you do in your free time? (veg out? watch TV? puzzles? games?)
4. Do COVID-19's changes make you feel really uptight? Explain
5. What is your guess about America's future? Does your faith help you during this crisis?
6. Share about one thing in your life right now that is up in the air. What will help you make a final decision about it?
7. Can you use these in a sentence? sb is up to something, sb is probably the odds are (in a game, late at night, at a party, at work, a classmate, etc.)
8. How is COVID-19 affecting you?

For one thing,... For another (thing),... ³

These clauses introduce a similarity. If each clause starts a new sentence, be sure to include the word *thing* in both sentences. But if both clauses are in the same sentence (separated by a semi-colon) you can omit the second “thing.” Notice that a comma comes after each clause.

For one thing, a clean campus makes most people happy; for another, it helps keep people healthy.

For one thing, a clean campus makes most people happy. For another thing, a clean campus helps keep people healthy. (You could also use “For one thing,...” and “In addition,...”.)

G5d. Using *whether*, *no matter* and *regardless*

These terms have a similar meaning, but require different sentence structures. All of the following examples are correct.

No matter if it is sunny or rainy, soldiers stand guard. No matter if it rains or shines, soldiers stand guard. (English-learners often wrongly leave out *if* because neither of the following options use *if*.)

Whether it is sunny or rainy, soldiers stand guard. Whether it rains or shines, soldiers stand guard.⁴

Regardless of whether it is sunny or rainy, soldiers stand guard. Regardless of the sun or rain, soldiers stand guard.

³ These excerpts from “Successful Writing for the Real World” by Michael Krigline and Dewitt Scott; used with permission.

⁴ Sometimes, word order is idiomatic. These examples follow two set word-order patterns for weather-related terms: “sun, wind, and rain,” and “rain, shine, snow or sleet.” Native speakers are not likely to say “Whether it *shines* or *rains*,...” Similarly, English-speakers order directions as “north, south, east and west” while Chinese-speakers put them in this order: “east, west, south, north.”

May 29 2020~ **What if ...?** (Expressing hopes and wishes)⁵ (Lesson 155c)

As this semester ends, and as America starts to “open up” again in spite of COVID-19, let’s talk about how to express our hopes and wishes about the future. This can be difficult for English-learners if their native language expresses things differently; in some languages, one word (e.g., the Chinese word *xi-wang* 希望) can be translated both **wish** or **hope**! Notice the different ways these words are used in English.

(A) We **wish** for things that we really do NOT expect to get or do. Here, *wish* is used **with a past tense verb**—often the verb could.

- ◇ I wish I could go to Harvard University (*but that is not likely*).
- ◇ I wish I had more money (*but I don't*). I wish I was smarter (*but I'm not*).

(B) We **wish others** something good. In this case, *wish* is used **as a verb**.

- ◇ I wish you good luck.⁶ (**Wrong:** I hope you good luck. I hope you a happy birthday.)
- ◇ Parents often give money or gifts to wish their children a happy birthday.
- ◇ Please wish Mother a happy birthday tomorrow. I wish you a happy anniversary.
- ◇ NOTE: Americans “wish” each other a “*happy*” holiday/occasion for everything except Christmas (e.g., “Have a happy anniversary!”, happy Memorial Day, happy Thanksgiving, merry Christmas). The British use both “*happy* Christmas” and “*merry* Christmas.”

(C) We **hope** for good things that may come true. Here, *hope* is used **with a present tense verb**—often the verb can.

- ◇ I hope I can attend Harvard University (*and I am studying hard to meet its high expectations*).
- ◇ I hope we can attend classes in-person next fall.
- ◇ She hopes her favorite store opens soon (*and their website says it is likely*).
- ◇ Parents hope their children remain healthy all year.
- ◇ I hope you have good luck in your new job. (I wish you well in your new job.)
- ◇ I hope you have a happy Memorial Day! (Have a happy Memorial Day!)

Questions: (*Please don't answer any question that you are uncomfortable answering.*)

1. If you could change one thing about the way we must live during the pandemic, what would it be? Why? (I wish I/we could..., I wish we didn't have to..., I wish the dorms/airports/stores were..., etc.)
2. If you could change one thing about yourself, what would it be? Why? (appearance, habit, character quality, etc.)
3. If you could have one dream come true, what would it be? Explain. (Use “hope” in your answer)
4. Five or even 20 years from now, where do you hope you can live? (anywhere in the world) Why?
5. If you hope to have a great job, marriage or family someday, what are you going to do to achieve this?
6. If you could speak to graduating seniors for 2 minutes, what would you say to them? Why?
7. If your doctor said that you had only one month to live, how would you spend that month? Why?
8. What do you hope this pandemic has taught the world's people? What will life be like after it's over?
9. If you won \$2 million that you were required to spend immediately and completely, what would you do with it? Why?

⁵ This material is from part 26e of “*Successful Writing for the Real World*” by Scott & Krigline

⁶ Notice that “luck” is not countable. Some Americans say “I don't believe in luck” or even think of *luck* as evil.

Phrases and Idioms in the article: [sth = something; sb = somebody]

tend to = usually

sth/sb is healthy for sb = sth/sb is good for sb mentally or emotionally

stand up for yourself = verbally defend your ideas/opinions/values

agitator = someone who stirs up public feelings on controversial issues

sth gets out of hand = sth can't be controlled anymore and becomes unacceptable ***Sam's drinking got out of hand at the party last night.***

looting = stealing things during a riot or war

condone = to approve of sth reluctantly (unwillingly)

Proverbs:

1. Let sleeping dogs lie. Don't talk about past problems. If you wake up a "dog," it might bite you.
 2. The Golden Rule. Do to others what you would have them do to you; treat others the way you want to be treated
 3. Live and let live. Everyone should be able to live their lives how they want to, regardless of what others may think of them. Don't interfere with other people's business or preferences.
 4. Forgive and forget. Truly forgive people who hurt you, so that you can stop thinking about what they did to you.
 5. Forgive as you've been forgiven. Jesus taught that God has forgiven the sins of those who ask Him, so we should forgive each other. (see parable in Matthew 18:21-35)
-

Americans do not enjoy conflicts. The proverb "Let sleeping dogs lie" advises people to avoid conflicts whenever possible. Americans tend to avoid discussing religion and politics with strangers because they believe such discussion can easily lead to conflicts. However, they realize that some conflicts are normal and might even be healthy in bringing needed changes. Conflicts help people learn how to stand up for themselves, which is very important in an individualistic society. Peaceful protests have also led to improved laws (*ask your teacher about 1919 women's right to vote, 1964 civil rights, 1990 disability act*). But even before the recent injustice to George Floyd, concern has been increasing that conflicts are getting more violent in society (especially about racial issues). Sometimes, peaceful protestors gather in response to a video or news story, but then agitators join and push the crowd to get out of hand. In extreme cases, protestors destroy property, loot stores, or fight with police. Americans believe in protecting protestors' rights to free speech and public assembly, but they do not condone this kind of violence. Traditional values like the Golden Rule, "live and let live," "forgive and forget" and "forgive as you've been forgiven" have long helped reduce conflicts between Americans.

Discussion Questions:

1. The article said that many Americans avoid talking about politics and religion with strangers. In your country, are there any topics most people usually avoid talking about? If so, what is 1 topic, and why is it avoided?
2. This article gives some reasons that some conflicts are healthy; what are they? What is another reason that some conflict in our daily life might be healthy? Explain.
3. Share one situation in which you think people should follow the above proverb #1. Why? Share a situation when people should risk "waking up the sleeping dog."
4. Proverb **#4** says to forgive and forget. What is one situation where most people would be willing to do this? Also, in your opinion, what is one good result and one bad result from doing what this proverb says?
5. Tell the class how you feel when watching the news in recent days. What would happen in your country in these circumstances? If you have questions about common terms, please ask about them.
6. Some think of protesting (or talking about politics/religion) as "warning others of unseen danger." Do you agree or disagree? Explain.
7. If a friend was walking into unseen danger, would you try to stop him? Why or why not? If someone thinks they know how to save you from danger "after death," would you want them to try? Explain.
8. If time remains, describe a situation using the following expressions:
 - A. Live and let live. Everyone should be able to live their lives how they want to, regardless of what others think.
 - B. If you can't stand the heat, get out of the kitchen. Stop doing an activity if you do not like the pressure it brings.
 - C. Two wrongs (n) don't make a right (n). If sb does something wrong (adj) to you, don't do something wrong to him/her.

- D. It takes two to tango. Just like the tango dance requires a partner, both people are partially to blame in a conflict.
- E. Time heals all wounds. As time passes, painful feelings will slowly go away, even if you still remember what happened.

Ask a friend this week: The text said that protests often start in response to a video clip. What do you think of that? Would you want “the world” to accuse you of a crime because of a video clip? Could that happen in your country? What are the good and bad aspects of “live news coverage” common in the US?

For an interesting movie about racial tension in the US, look for “*Remember the Titans*” (with Denzel Washington playing a high school football coach).

Lower level simplification suggestion:

Americans do not enjoy conflicts. The proverb “Let sleeping dogs lie” advises people to avoid conflicts whenever possible. Americans tend to avoid discussing religion and politics with strangers because they believe such discussion can easily lead to conflicts. However, they realize that some conflicts are normal and might even be healthy in bringing needed changes. But many are concerned that conflicts are getting more violent in society. Sometimes, peaceful protests get out of hand. In extreme cases, protestors destroy property, loot stores, or fight with police. Americans believe in the right to protest, but they do not condone this kind of violence. Traditional values like the Golden Rule and “live and let live” have long helped reduce conflicts between Americans.

June 12, 2020 ~ Using Phrasal Verbs, #3: “Break” and “Go” (Lesson 48c)

Phrasal verbs can be confusing. They indicate action, but often sound like other phrases. For example, “look up” may mean to seek (*look up* in a dictionary), or to actually *look upward*; “look up to” means to admire sb; “look for” means to search (and we can say “go *look for* her *inside*” or “go *look inside for* her”). There’s no easy “rule” to follow; you just need to memorize how these phrases are used. Phrasal verbs contain a verb (that you’ll need to conjugate: *look/looked/looking*) and either a preposition (*break in*), an adverb (*break down*), or a combination (*break out in*).

Students: after you read the examples, restate them in other words. **Remember: **sth** = something; **sb** = somebody.

Phrasal Verb	Meaning	Example
1. sth breaks down	sth stops functioning (car, machine)	Our computer broke down during the Zoom meeting.
2. sb breaks down	sb gets upset; sb loses control of his/her emotions	The woman broke down when the doctor told her that her son had contracted the coronavirus.
3. break sth down break down sth	divide sth into smaller parts	The reporter broke the day’s events down into three parts: disturbing news, peaceful protest, and violent riot.
4. break sth in break in sth	wear sth a few times so that it begins to feel more comfortable	I need to break these shoes in before I run in the race next week. I need to break in these shoes before I run...
5. break in	enter illegally by breaking a door or window	During the riot, looters broke in and stole many things; the police eventually stopped the break-ins.
6. sb breaks out	sb escapes	While officers were busy, Tim broke out of their custody.
7. sth breaks out	sth starts suddenly	Rioting broke out after the police shot two demonstrators. Small groups broke out in prayer after hearing the news.
8. break out in sth	quickly develop a skin problem or quickly begin to sweat	She broke out in a rash after hiking in the forest. He breaks out in a sweat whenever he gives a speech.
9. sb breaks up	sb ends a relationship	My boyfriend and I broke up before I moved here.
10. break sth up break up sth	stop (argument/fight between people)	Police broke up the fight between young and old protestors. Police broke the fight up by using force.
11. go after sb	chase sb to catch him	The police went after the looter, but he got away.
12. go after sth	try to achieve sth	Protestors are going after the dream of equal justice.
13. go against sb/sth	compete against sb; oppose sth	Students went against the curfew to join the protest.
14. go without sth	live without sth (a basic necessity)	African-Americans have gone without justice for too long. Humans can’t go without air for more than a few minutes.

Questions: (Use the underlined phrase when you answer a question, to make sure you can use it correctly.)

- Are there any terms in the above text (or that you heard recently) that you would like to understand better?
- What kinds of situations can cause people to break down? Why? How can they recover from those situations?
- This week, we heard about looters breaking in and riots breaking out. Why do you think these things happen?
- What kind of situation (besides physical activities) might cause somebody to break out in a sweat? Why? If you don’t mind, share about one time when you broke out in a sweat or broke out in a rash.
- Choose any phrasal verb above and create a sentence.
- Share one of your goals, and then break it down into the steps you will take to reach that goal.
- What are you willing to go without in order to achieve one of your goals or dreams? Why? (Examples: adequate sleep, exercise, money, free time, relationships, etc.)

Use the following phrasal verbs to fill in (or fill out!) these blanks. Use each only once.

they break down, break in, go after, break down, push forward, breaks out, go against, build up, go without, break it down

When prejudice _____, some people _____ fair treatment. When looters _____, both property and dreams are broken. When many people see injustice, _____ and cry. In the past, minorities had to _____ unjust laws in order to _____ their dreams. Considering the problem of injustice, we should _____ into its complicated parts, set aside prejudice, and _____ together. Christians believe that God’s love can _____ any dividing wall. What do you think the world needs in order to _____ world peace?

ANSWER:

When prejudice breaks out, some people go without fair treatment. When looters break in, both property and dreams are broken. When many people see injustice, they break down and cry. In the past, minorities had to go against unjust laws in order to go after their dreams. Considering the problem of injustice, we should break it down into its complicated parts, set aside prejudice, and push forward together. Christians believe that God's love can break down any dividing wall. What do you think the world needs in order to build up world peace?



Bonus for general discussion:

Actor/comedian Jim Carrey said: "I think everybody should get rich and famous and do everything they ever dreamed of, so they can see that it's not the answer."

1. What do you think Jim Carrey's statement means? Explain.
2. What are some possible reasons Jim Carrey said this?
3. Do you agree or disagree with what Jim Carrey said? Why?

Lower English version: Just concentrate on "break" [pick 6 or 7 from 1-10; ignore "go"], and then do questions 1, 2, and 5.
If there is time, you can work together to fill in the following blanks.

Use the following to fill in these blanks. Use each only once.

down, in, after, break, push, out, against, build, without, it down

When prejudice breaks _____, some people go _____ fair treatment. When looters break _____, both property and dreams are broken. When many people see injustice, they break _____ and cry. In the past, minorities had to go _____ unjust laws in order to go _____ their dreams. Considering the problem of injustice, we should break _____ into its complicated parts, set aside prejudice, and _____ forward together. Christians believe that God's love can _____ down any dividing wall. What do you think the world needs in order to _____ up world peace?

Idioms:

Remember: **sth = something; **sb** = somebody.

be in over your head = be in a situation that is too difficult for you ~ **When I talk with engineers about their work, I'm in over my head.**

be in shape = be in good physical condition ~ **He's in shape because he works out in the gym five days a week.**
get in shape; stay in shape; get out of shape

bite off more than you can chew = try to do more than you can physically or mentally do; agree to do more than is possible ~ **She was stressed out in her job because she bit off more than she could chew.**

make the best of sth = do the best you can in a difficult or bad situation ~ **His job is hard, but he makes the best of the situation.**

Phrases/terms in the paragraph:

be/feel stressed out (of your mind) = be/feel extremely stressed out; be/feel so stressed out that you can't think clearly ~

When I watch the news these days, I feel stressed out.

faith = trust in a higher power; strong belief in God as a part of a particular religion

nurture = to help sb or sth grow (such as a child, flower, idea, or plan)

be physically fit = have a strong and healthy body, through good diet and exercise

be mentally fit = be capable of clear thinking (have a mind free from depression, worry, fear, unforgiveness, etc)

meet the challenges = face and handle difficulties; don't run from challenges

embrace the joys = realize and enjoy the happiness around you

We are living in very stressful times! COVID-19 makes people worry about health and relationships; stress comes with changes to our work and studies; and racial tensions can make us fear injustice or feel nervous about offending others (we must be careful about where we are and what we say). Put together, many of us feel like we're in over our heads! Whenever you're feeling stressed out of your mind and perhaps gradually feeling more *helpless*, *hopeless*, and *defeated*, stop and recall these **four "Fs": family, friends, faith, and fitness**. (1) Nurture **family** relationships, because you'll likely know family members *longer* than anyone, and your family will probably listen to and love you even when you face hard times. (2) You can't choose your family, but you *can* choose **friends**! If you *act as a good friend* when someone else experiences stress, that friend will usually help you in times of special need. (3) Nurture your **faith**. We all "trust" in someone or something, especially when we face stressful issues. When people need more than family and friends, many find strength in a shared religious faith. Life-changing faith isn't something you "have" because of the religion you grew up with; *faith* is more like a muscle that gets stronger as you examine what you believe, and nurture the shared values of a religious community. (4) Finally, get in shape! Physical **fitness** helps your body fight off disease, and also helps to clear your mind of stress. People are more mentally fit if they pursue education and nurture relationships within a community with shared values. These "four F's" help us make the best of stressful times. Together, **family, friends, faith** and **fitness** help you to meet the challenges and embrace the joys in your life.

Questions:

1. If you have a question about a word/phrase in this article (or that you heard recently), please ask about it.
2. Tell us something you do or think about to help you calm down when you feel stressed out.
3. Everyone sometimes feels helpless, hopeless, defeated or stressed. What (or who) can cause you to feel that way? How do you usually overcome those feelings? If you don't mind, please share why that kind of situation or person affects you that way.
4. What are 2-3 things you do to make your personal relationships (family and friends) the best possible? What does it mean to "act as a good friend"?
5. Why is it important to be mentally and physically fit to meet the challenges in your life? Also, what can you do to get in shape and stay in shape physically and/or mentally?
6. Share about one time in the past when you were in over your head, or when you bit off more than you could chew.
7. Tell us about some of the joys or blessings in your life. To you, what does it mean to "embrace these joys," and how do you do that? Explain.

We are living in very stressful times! COVID-19 makes people worry about health and relationships; stress comes with changes to our work and studies; and racial tensions can make us fear injustice or feel nervous about offending others. Whenever you're feeling stressed out of your mind and perhaps gradually feeling more *helpless*, *hopeless*, and *defeated*, stop and recall these **four "Fs": family, friends, faith, and fitness**. (1) Nurture **family** relationships, because (throughout your life), your family will probably listen to and love you even when you face hard times. (2) Choose **friends** wisely! If you *act as a good friend* when someone else experiences stress, that friend will usually help you in times of special need. (3) Nurture your **faith**. When people need more than family and friends, many find strength in a shared religious faith. Life-changing faith isn't something religious people "have"; *faith* is more like a muscle that gets stronger as you examine what you believe, and nurture the shared values of a religious community. (4) Finally, get in shape! Physical **fitness** helps your body fight off disease, and also helps to clear your mind of stress. People are more mentally fit if they pursue education and nurture relationships. These "four F's" help us make the best of stressful times. Together, **family, friends, faith and fitness** help you to meet the challenges and embrace the joys in your life.

Questions:

1. If you have a question about a word/phrase in this article (or that you heard recently), please ask about it.
2. Tell us something you do or think about to help you calm down when you feel stressed out.
3. What are 2-3 things you do to make your personal relationships (family and friends) the best possible? What does it mean to "act as a good friend"?
4. Tell us about some of the joys or blessings in your life. To you, what does it mean to "embrace these joys," and how do you do that? Explain.

If you have time:

5. Everyone sometimes feels helpless, hopeless, defeated or stressed. What (or who) can cause you to feel that way? How do you usually overcome those feelings? If you don't mind, please share why that kind of situation or person affects you that way.
6. Why is it important to be mentally and physically fit to meet the challenges in your life? Also, what can you do to get in shape and stay in shape physically and/or mentally?
7. Share about one time in the past when you were in over your head, or when you bit off more than you could chew.

Jun 26 2020~ Juneteenth Freedom Commemoration (New Lesson)

Underlined words are explained in the vocabulary section below.

Juneteenth (June 19) is a holiday recognizing the end of slavery and celebrating the achievements, sacrifice, and culture of people with African ancestry.

President Abraham Lincoln issued the Emancipation Proclamation January 1, 1863. By the time the Civil War ended in April 1865, there were 250,000 slaves in Texas. They finally got the news on June 19, 1865, as US General Granger arrived in Galveston, Texas, and publicly declared that “all slaves are free.” The city’s formerly-enslaved residents immediately began to celebrate with prayer, feasting, song and dance. The next year, African-American churches in Texas celebrated Juneteenth, and a growing number of African-Americans have commemorated it ever since. The holiday experienced a revival after the Civil Rights movement (1960s), and gained attention in wider circles. As of June 19, 2020, 47 US states and numerous large companies recognize the holiday to some degree, sometimes declaring it to be a paid holiday. The day has even been adopted in other countries, where slavery and racial oppression have stained both past and present.

Early Juneteenth commemorations included religious and political activities, sports, entertainment and large meals—as well as a time of solemn remembrance “for those freedom never reached.” More recent celebrations include picnics, street fairs, voter-registration drives, family reunions, music, and presentations about African-American history. In the words of Juneteenth.com: “In cities across the country, people of all races, nationalities and religions are joining hands to truthfully acknowledge a period in our history that shaped and continues to influence our society today. Sensitized to the conditions and experiences of others, only then can we make significant and lasting improvements in our society.”



“Be present in all things and thankful for all things.” ~ Maya Angelou (African-American poet)

Vocabulary:

~adopt: to formally accept *sth* in a permanent way (e.g., adopting a child, or celebrating a foreign holiday)

~ancestry: related to family who lived long ago

~commemorate: to honor or remember an event or contribution.

~emancipate: to give someone the political or legal rights they didn’t have before.

*Jim Crow laws: laws that enforced separation of races in the southern US, from the late 1800s to the 1960s. These included regulations that kept black people from voting, limited economic opportunities, and subjected “colored” Americans to inferior schools, transportation and public facilities.

~proclamation: an official statement about something important

~revival: when *sth* becomes popular again (can also refer to extensive renewed interest in a religion)

~sensitize: to teach about a problem so others can fully understand; to do *sth* that leads to a reaction

~slavery (or involuntary servitude): treating people as property; forcing people to work against their will, esp. without payment. Modern slavery includes forced labor, sex workers, forced marriage and child soldiers.

~solemn: serious, not cheerful; often describing feelings after something bad happened (e.g., a death, earthquake, etc.)

~stain: to permanently change the color of something (like wood) with a special liquid; to change the way something (like a social practice) looks, esp. in a way that isn’t easy to un-change.

~systemic: affecting the whole, not just some small part

**This vocabulary term is not in the text, but you’ll find it in a much larger article by IFM’s Michael K at <http://eflsuccess.com/juneteenth/>*

Discussion:

(Are there any terms or concepts in the article you want to ask about?)

1. In your own words, summarize either the history of Juneteenth, or ways that it is celebrated.

2. There are minorities in every nation. Talk about the minorities in your country. In what ways are they treated differently than those in the majority?
3. Who has been enslaved in the history of your nation? *Antislavery.org* says that 40 million are still trapped in modern slavery worldwide today. Would anyone in your country still think that they are treated like slaves? Do you agree or disagree with them, and why?
4. Things like “racism” and “systemic injustice” have been talked about in the news recently. Do you have any questions or comments on these subjects for your teacher or classmates?
5. Juneteenth started when people learned that they were free from slavery almost two years *after* this “good news” was proclaimed in Washington DC. Can you think of other situations when good news is true but many people have not yet learned about it? (*Answers could include telling people about a job that will start in a few months, making a pregnancy known to hopeful grandparents, and all of life between Jesus’ Resurrection and when anyone accepts Jesus’ gift of eternal life*)
6. Juneteenth, celebrating the achievements, sacrifice, and culture of minorities, takes place in [many places](#) including England, Honduras, Israel, Japan, Korea, Kuwait, Paris, and Taiwan. Pretend your class is planning to have a Juneteenth party, and discuss your plans. (What would it include?)

Homework: Take some time to grow in your awareness of the struggles and contributions of people with African ancestry, and of the minorities in your community. Share your discoveries with a classmate or friend.

=====

Shortened “lower level” article

Juneteenth (June 19) is a holiday recognizing the end of slavery and celebrating the achievements, sacrifice, and culture of people with African ancestry.

President Abraham Lincoln issued the Emancipation Proclamation January 1, 1863. The news finally got to Texas on June 19, 1865, as a US General publicly declared that “all slaves are free.” Formerly-enslaved residents immediately began to celebrate with prayer, feasting, song and dance. The next year, African-American churches in Texas commemorated Juneteenth, and the holiday began to grow. After a revival in the 1960s, the holiday spread beyond African-American circles. As of 2020, 47 US states and numerous large companies recognize the holiday to some degree. The day is even celebrated in other countries, because slavery and racial oppression have been worldwide.

Early Juneteenth commemorations included religious, social and political activities—as well as a time of solemn remembrance “for those freedom never reached.” More recent celebrations include picnics, street fairs, voter-registration drives, family reunions, music, and presentations about African-American history. In the words of Juneteenth.com: “People of all races, nationalities and religions are joining hands to truthfully acknowledge a period in our history that shaped and continues to influence our society...[seeking to] make significant and lasting improvements in our society.”

Vocabulary:

- ~ancestry: related to family who lived long ago
- ~commemorate: to honor or remember an event or contribution.
- ~emancipate: to give someone the political or legal rights they didn’t have before.
- ~proclamation: an official statement about something important
- ~revival: when *sth* becomes popular again (can also refer to extensive renewed interest in a religion)
- ~slavery (or involuntary servitude): treating people as property; forcing people to work against their will, esp. without payment. Modern slavery includes forced labor, sex workers, forced marriage and child soldiers.
- ~solemn: serious, not cheerful; often describing feelings after something bad happened (e.g., a death, earthquake, etc.)

**You’ll find it in a much larger article by IFM’s Michael K at <http://eflsuccess.com/juneteenth/>*

Discussion:

(Are there any terms or concepts in the article you want to ask about?)

1. In your own words, summarize either the history of Juneteenth, or ways that it is celebrated.
2. There are minorities in every nation. Talk about the minorities in your country. In what ways are they treated differently than those in the majority?
3. Things like “racism” and “injustice” have been talked about in the news recently. Do you have any questions or comments on these subjects for your teacher or classmates?
4. Juneteenth, celebrating the achievements, sacrifice, and culture of minorities, takes place in many countries. Pretend your class is planning to have a Juneteenth party, and discuss your plans. (What would it include?)

Jul 3 2020~ July Fourth Independence Day (New Lesson)

Underlined words are explained in the vocabulary section below. Additional info/photos are at eflsuccess.com/july4/

"The Fourth of July" or "Independence Day" is a celebration of the birthday of the United States of America (USA). On **July 4, 1776**, the 13 colonial "States" agreed that they wanted independence from Great Britain, and were willing to fight together for it.

Before the USA was born, coastal North America had 13 colonies. Each "colony" belonged to Great Britain, and the British King promised settlers the "rights and privileges of Englishmen." These rights included trial by jury, and electing their own leadership (which controlled taxes and wrote local laws). Over time, colonists felt that the British King was violating their rights and also breaking God's law (they cited some 27 violations of things in the Bible). The King refused to discuss this, and sent an army in 1774.

The colonial leaders met in 1776, and 56 representatives signed the "Declaration of Independence" on July 4. Together they fought the "Revolutionary War," which ended in 1783.

The new nation had a wide variety of people who spoke English, German, French, Dutch, native dialects, and more. They also expressed religious faith in different ways. How could they become united? Furthermore, each State didn't want other Americans to rule them. In 1789, the new country agreed upon basic rules of government. "The Constitution" basically allowed each State to rule itself, with a limited national government in which power was divided between the States and balanced by separate courts and an elected president. They also chose English as the common language, guaranteed the right to worship in a variety of ways, and selected George Washington to be the first President.

Today, "The Fourth of July" is celebrated as America's "Independence Day." You may see patriotic parades or TV specials, lots of American flags, and decorations in red, white and blue. Families like to go on vacation or visit relatives. It is summer, so picnics and backyard barbecue are popular. Favorite foods include hot dogs, hamburgers, chicken, potato salad, pork and beans, watermelon and ice cream. Sometimes companies or churches also have big "pot-luck" picnics, where everyone brings food to share. Outdoor activities are popular, like swimming, baseball, and children's games, and many communities light up the evening sky with beautiful fireworks.

Vocabulary:

- colony (colonist): an area under the political control of a more powerful country, usually far away. A "colonist" is sb who lives in a colony. [The British colonies in North America were primarily business ventures where people could get a "new start," or a place where people could practice their religion freely (most European governments required everyone to have the same religion as the king).]
- fireworks: [always plural] gun powder that explodes in the sky, producing colorful light and a loud noise (焰火)
- jury: a group of fellow-citizens who decide (in a courtroom) if sb has committed a crime
- patriot (patriotic): someone who loves and is loyal to his/her country; "patriotic" is "like a patriot" or "expressing love for your country"
- picnic: a casual time when friends or family meet together for a meal (e.g., sandwiches or other things you can eat without dishes/forks/etc.) outdoors in a public park or similar place
- settlers: sb who goes to live in a place where not many people have lived before, hoping to build a city/society in that place
- violation: an action that breaks a law, religious principle, etc.

Discussion:

1. Are there any terms or ideas that you want the teacher to explain?
2. In your own words, summarize what happened on July 4, 1776.
3. What is the "birthday" or "national day" in your country? Tell us some ways that it is celebrated.
4. Both taxes and religious faith were mentioned in the article. In what ways were each important? What other challenges had to be overcome when the USA was first established?
5. What is "religious freedom"? Are people in your country free to change their religion, or worship in a variety of ways? Do you think "religious freedom" is good or bad? Explain.
6. If you were visiting America on July 4, what would you want to do or see as you celebrate this holiday with American friends?
7. Tell us what you would invite your international friends to do on your country's "national birthday," if they could visit you.



Jul 10 2020~ Life Lessons from a Tree (Lesson 143c)

Idioms:

Remember: **sth = something; **sb** = somebody.

be/feel stressed out = be/feel very worried; be/feel very anxious

call it a day = stop work for the day; don't keep working too late in the day

come up with a plan/idea/solution = think of a plan/idea/solution

don't sell yourself short = don't underestimate yourself; don't doubt your abilities and/or character; don't put yourself down

make room/time for sth/sb = allow or create time for sth/sb

reach your full potential = to become the best you can be; believing you have "potential" implies *hope* and keeps pushing you to become better and better (professionally, socially, spiritually, physically, etc)

take time to smell the roses. (Pause occasionally to appreciate life's simple pleasures, like the smell of a rose.)

within reason = reasonable; reasonably

Life Lessons from a Tree

Stand tall and proud. You were uniquely created with an awesome set of natural talents. Don't sell yourself short. Instead, be like a tree: stand tall and proud. Let the world experience your full and true self.

Go out on a limb. Sometimes we have to take risks in order to succeed and reach our full potential. "Going out on a limb" usually causes fear that we might fail or hurt ourselves. While we need to keep our risks within reason, we also need to conquer those fears in order to be the best we can be.

Remember your roots. The tree needs to stay connected to its root system for stability and nourishment. In the same way, staying connected with our cultural and family roots helps us with our (emotional/social) stability and nourishment.

Be content with your natural beauty. We spend lots of money and energy trying to overcome negative messages about the way we look, or to "look better." Trees don't care about the latest fashion, yet they have a natural beauty. In the same way, it can be life-changing to accept yourself as you are and be content with your natural beauty.

Enjoy the view. Rushing about can make us feel stressed out and unhappy. Instead of rushing from one activity to the next, you should take time to smell the roses. If needed, set an alarm when it's time to call it a day. Make room for creativity and fun along the way. Make time to enjoy the view and appreciate life's journey.

Questions (Try to use the underlined phrase in each question when you answer that question.)

(Are there any words or phrases you want to ask your teacher to explain?)

1. What do you think it means to stand tall and proud? Also, give an example of how somebody who usually sells himself short can begin to stand tall and proud instead.
 2. Share 1 example each of how people can reach their full potential in terms of their **character** (i.e., moral qualities), in their **family role** (husband, wife, parent, etc.), and in their **job position**.
 3. What are 1-2 reasons that people sometimes don't reach their full potential in one of the above 3 areas? Be specific.
 4. Share 1-2 specific ways that your own culture and family roots help you in your daily life.
 5. Has COVID-19 helped you make time for something? Explain. What is one thing you would like to make more time for in your life? Why? Come up with a plan for doing that, and tell your classmates.
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More proverbs/expressions (about trees and living things): (after talking about these, make up situations where you could use each one)

Bloom where you're planted. (Be grateful for current opportunities, instead of wishing for something better.)

Describe a situation in which you could say this idiom as advice to a friend (perhaps use a situation related to the current pandemic). Read Jer 29:4-7; is this a good example of this proverb? Explain. Also, if possible, share an example of somebody you know who was able to bloom in a bad situation.

Man cannot live on bread alone. (Some things are more important than food or basic needs.)

What are some of the "more important things" in life? Read Matt 4:4.

A tree is known by its fruit. (People judge others by the results of their actions.)

Barking up the wrong tree. (Like a dog barking up a tree after the squirrel has jumped to a different tree, it's useless to ask this person to help you; you'd do better with other actions.)

It's no bed of roses. (This job or situation is not as pleasant as it looks, for there are thorns as well as flowers!)

Can't see the forest (UK: wood) for the trees. (Not able to notice overall importance due to attention to small details.)

Don't beat around the bush. (UK: beat about the bush) (Stop avoiding a difficult or embarrassing situation; get to the point.)

