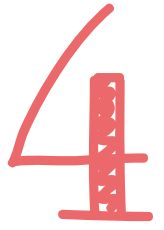


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People
**Chris
Evans**

Durham 04

**The cities
where history
began** 07

WWF 12

Introducing a
photograph

Glass tears



Photographer: Man Ray
Date: 1932
Place: Paris
Subject: a close-up of a woman's face, a dancer, with her eyes crying tears of glass.

Interesting fact: Man Ray was a pioneering master of the early twentieth century. He invented the rayograph technique, which involves placing objects on light-sensitive paper and then exposing it to light.

info@elimagazines.com

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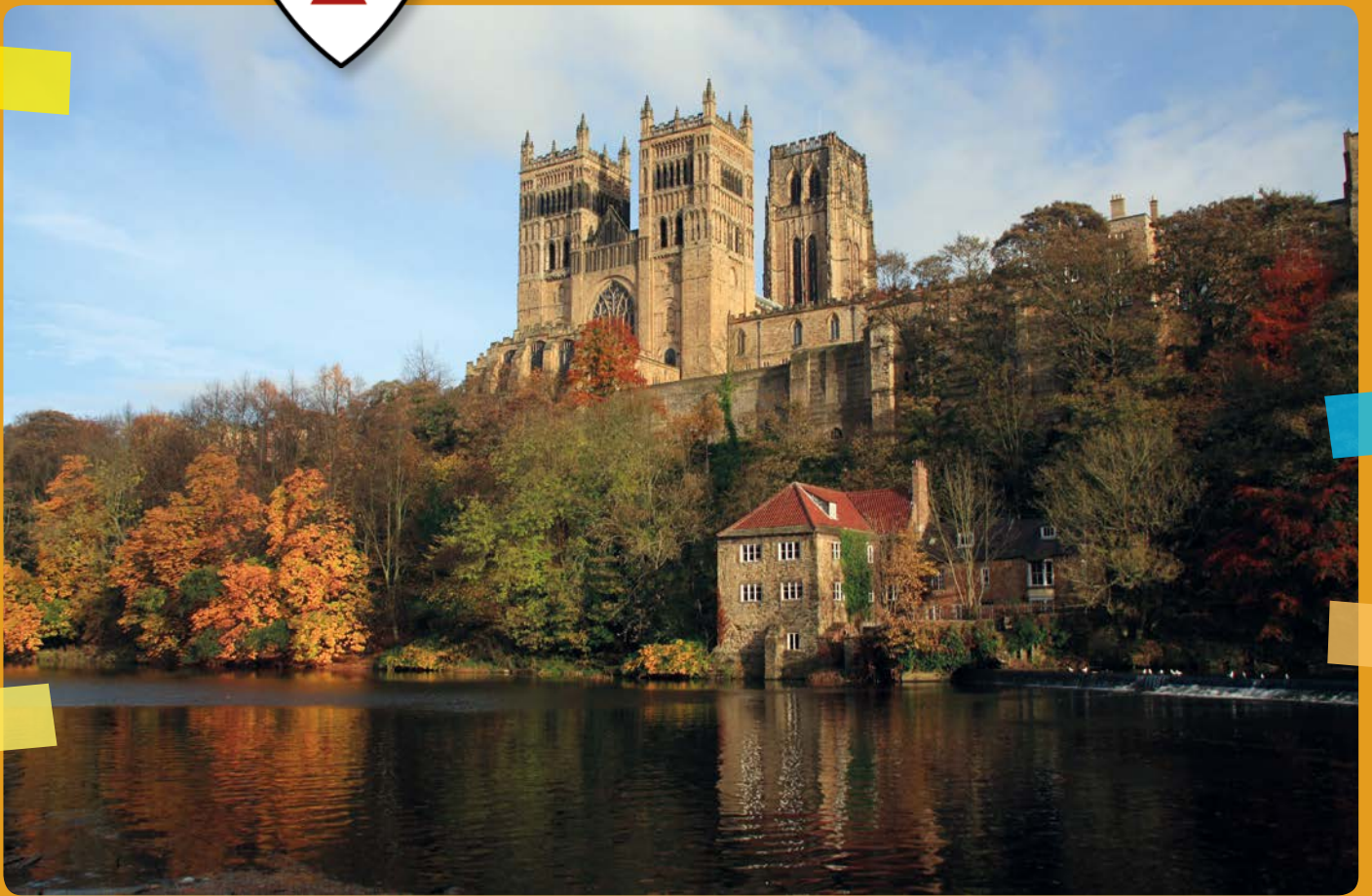
TEACHER'S NOTES

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Durham, England



Durham is a jewel, and one of the United Kingdom's most historical cities. You will find it in Northumbria, northeast Britain. It's famous for its cathedral, castle and historic centre. Durham is close to beautiful countryside and beaches.



When you visit Durham, just wandering around the historic centre or along the river is a pleasure. However, make sure you don't miss Durham's two most famous sights: Durham Cathedral and Durham Castle.

Durham Cathedral

This beautiful city is home to one of England's grandest Norman cathedrals, created after the coffin of the miracle-working Bishop of Lindisfarne (Saint Cuthbert) was buried on the site in 995 A.D. Cuthbert was born around 634 A.D. He grew up on Lindisfarne, a small island off the Northumbrian coast. He was a monk, bishop and hermit. Cuthbert is regarded as the patron saint of Northern England. His feast day is on 23 March.

The Venerable Bede is also buried in the cathedral. He is the man who wrote the first English history. In fact, Bede is known as 'the Father of English History'. Durham Cathedral is one of Britain's first World Heritage Sites.



Durham Castle

In the 11th century, the Normans invaded and, under the orders of William the Conqueror, built Durham's turreted castle – now a World Heritage Site along with the cathedral (which doubled* as Hogwarts in the Harry Potter films).





Durham castle sits on a hill, above the River Wear, next to the cathedral. The castle is open to the public but you must take a guided tour if you want to visit it. Since 1840, the castle has been a university college residence. More than 100 students live there!



The Sanctuary Knocker

Discover the story of the Sanctuary* Knocker of Durham Cathedral! Complete the story using the Past Simple of the verbs in brackets.

The bronze door knocker on the cathedral's northern door has the face of a terrible lion-like beast. In the past, criminals (can) knock at the door to gain 'sanctuary' for 37 days. This (to give) the criminal time to make peace with his enemies or plan his escape.

Many years ago, the king's men (to chase) a criminal to the cathedral door. Just as he (to reach) for the knocker, they (to fire) a musket* at him. Luckily, he (to be) not hit - but now there is a bullet-hole in the knocker! Can you see it? The door knocker you can see today is a replica*. The real one is displayed inside the building.

Fill in the gaps

Complete the sentences about Durham, using the following object pronouns:

him (x2) - it (x2) - them (x2)

- 1 Durham is a beautiful city. Many people visit
- 2 Cuthbert is the patron saint of Northern England. Every 20 March people remember with a feast day.
- 3 The Venerable Bede is known as 'the Father of English History'. The first English history book was written by
- 4 Criminals could gain sanctuary at the cathedral. It protected for 37 days.
- 5 The bronze door knocker is a replica. The real one is inside the cathedral if you want to see
- 6 Over 100 students live inside Durham Castle. If you take a guided tour, you will see



The answers are on page 14.

Glossary

doubled: to be used in place of musket: an old type of gun

replica: a copy sanctuary: a safe place



It's snack time!



A snack is a light and fast meal enjoyed by children, especially in mid-afternoon or morning. In many countries, in fact, if children misbehave, parents sometimes tell them they can't have a snack, and then snacks are only given as a reward. Having something light to eat mid-morning or mid-afternoon is important for children and teenagers because it helps you find the energy to study, play and take part in sports!

North and South America

The Chilean snack is called "técito" and is similar to the English 'afternoon tea': it's a perfect little meal that also doubles as dinner. The family gathers around the table and eats sandwiches*, eggs, salmon, fresh avocado spread* on bread and, finally, dulce de leche and biscuits.

The favourite snack of American children? The one we see in all the TV series! A sweet sandwich: two slices of soft bread with blueberry jam spread on one side and peanut butter on the other.

The many snacks of Japan

In Japan, all types of snack are called *oyatsu* and are eaten around 3pm, after school. The word *oyatsu* derives from *yatsu-doki*, which is the part of the day between 2pm and 4pm in the afternoon. What do Japanese children eat? Waffle-type sweets with jam; *sasaguri*, made with chestnuts; and *dorayaki*, sweets to eat with green tea. The latter have become famous thanks to the animated cartoon *Doraemon*; in fact the robot cat is very fond of *dorayaki*! Others prefer the classic *nigiri* or *ramen* with fish and rice noodles*.



afternoon snack called 'high tea'. This traditional meal consists of hot tea accompanied by scones*, cream and strawberry jam, and club sandwiches*.

In India the traditional snack is the sweet *lassi*, a thirst-quenching* drink with yogurt, water and fruit (strawberries, blueberries, mangoes, etc.). It is also drunk with the meal but with salt.

In Italy people used to eat bread, butter and sugar or bread and oil. Today, they prefer fruit and yoghurt instead or snacks like biscuits or bread and chocolate.



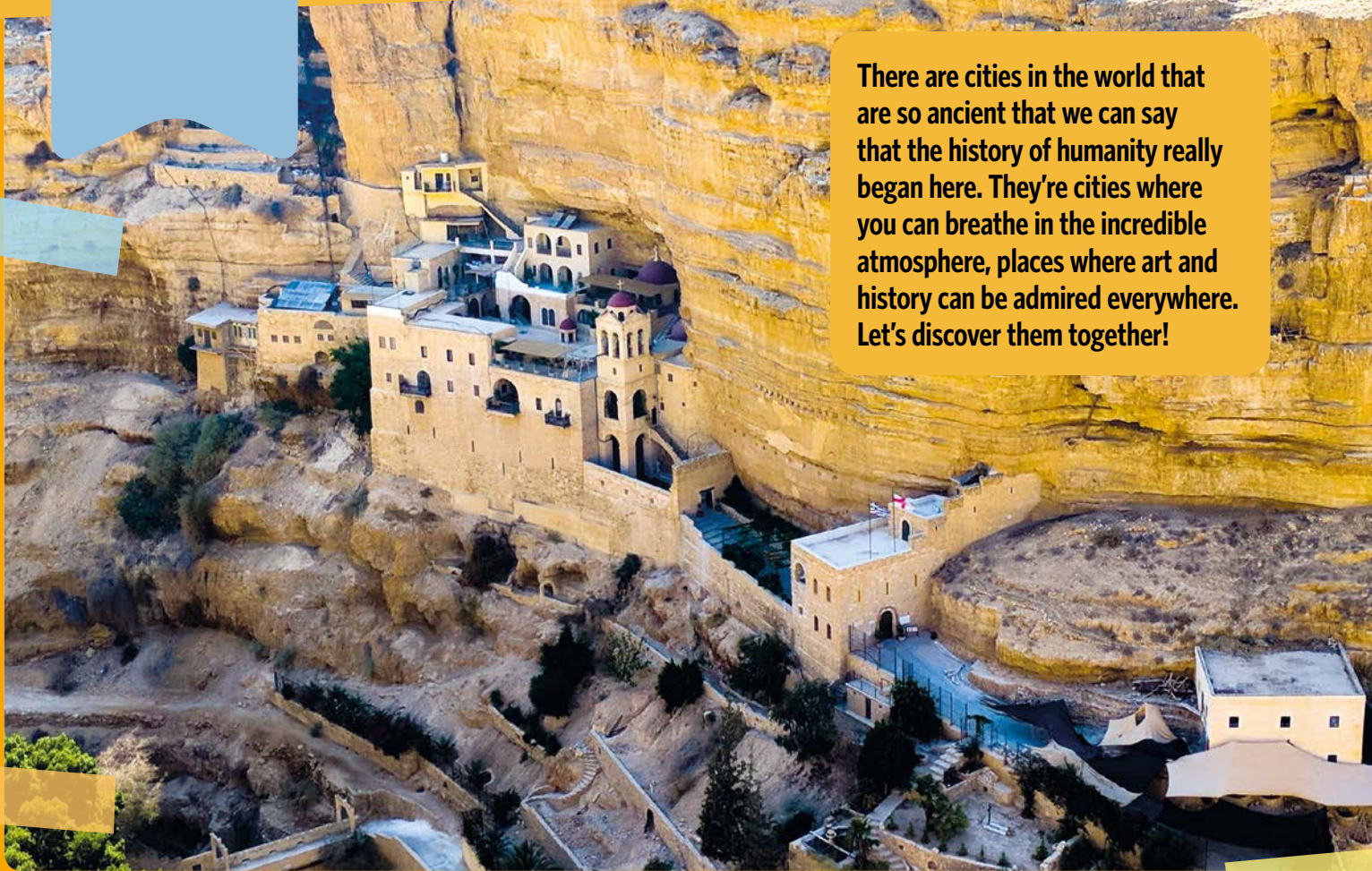
Africa, England and...

Snacks in Africa consist of fried food sold on the street at all hours. For example, vanilla bananas on the Ivory Coast, puff puffs in Nigeria and also *mandazis* – slightly sweet fried buns, with spicy tomato sauce. In Eritrea, spicy tea (*chai*) is consumed along with a type of flatbread made with chickpea flour or barley.

In England, they have a special

Glossary

- club sandwiches: sandwiches with layers of filling made with very soft sliced bread
- rice noodles: a type of thin pasta made from rice flour
- scones: a plain biscuit made with flour, butter and milk
- spread: laid with a knife on something
- thirst-quenching: relieves a thirst



There are cities in the world that are so ancient that we can say that the history of humanity really began here. They're cities where you can breathe in the incredible atmosphere, places where art and history can be admired everywhere. Let's discover them together!

The cities where history began

We begin our journey in Lebanon and arrive in Greece, passing through Afghanistan. We're traveling through time, wandering through the oldest cities on Earth, and discovering places that have been inhabited since they were founded, without ever being abandoned*. They're wonderful cities where you can breathe in the history of humanity. Let's start!

Jericho

It's the "oldest" city in the world, in fact archaeologists have discovered the remains of human settlements from 9,000 B.C. Established near the Jordan River, on the West Bank, Jericho was built below sea level (-240 metres), in the depression of the Dead Sea. In fact, the summer heat and the humidity in the air are almost unbearable*. Those who make pilgrimages* to the Holy Land will certainly stop in Jericho, which is mentioned in the Old and New Testaments.



Here you can buy traditional and very sweet dates, and many spices like saffron, turmeric and cumin, or visit a special monastery*, on Mount Quruntul, from where you can admire an exceptional panorama. The best way to get around is on the back of a mule*.



Byblos

Founded by the Phoenicians in 5,000 B.C., it was called Byblos by the Greeks, because it means "papyrus". From this name also derives the word "Bible", that is "biblia" or small books, which were written on papyrus sheets, imported by the Greeks from here. It was once a fishing village and today is one of the most important tourist sites in Lebanon, facing the Mediterranean Sea. The legend says that Adonis, the god of beauty, was born here, perhaps from the bark of a cedar of Lebanon or another tree. Byblos is much visited thanks to the ancient Phoenician temples, the castle of Byblos, the old medieval city walls and the church of San Giovanni Battista, built by the Crusaders in the 12th century.



markets occupy the old city, while the houses on the outskirts of the city are very colourful. Many travelers come to visit Syria for its beauty, stop for a few days among the souks – typical Arab markets – and listen to the sacred poems set to music by Al-Qudus.

Damascus

According to some, Damascus is the oldest inhabited city in the world and dates back 10,000 years before the birth of Christ. Not all historians, however, agree. Legend says that Muhammad, looking at Damascus from above, said that the city was as beautiful as paradise; and the best spot to admire it from is Mount Qassiyun. Once, you could also see the oasis of Ghutan, which

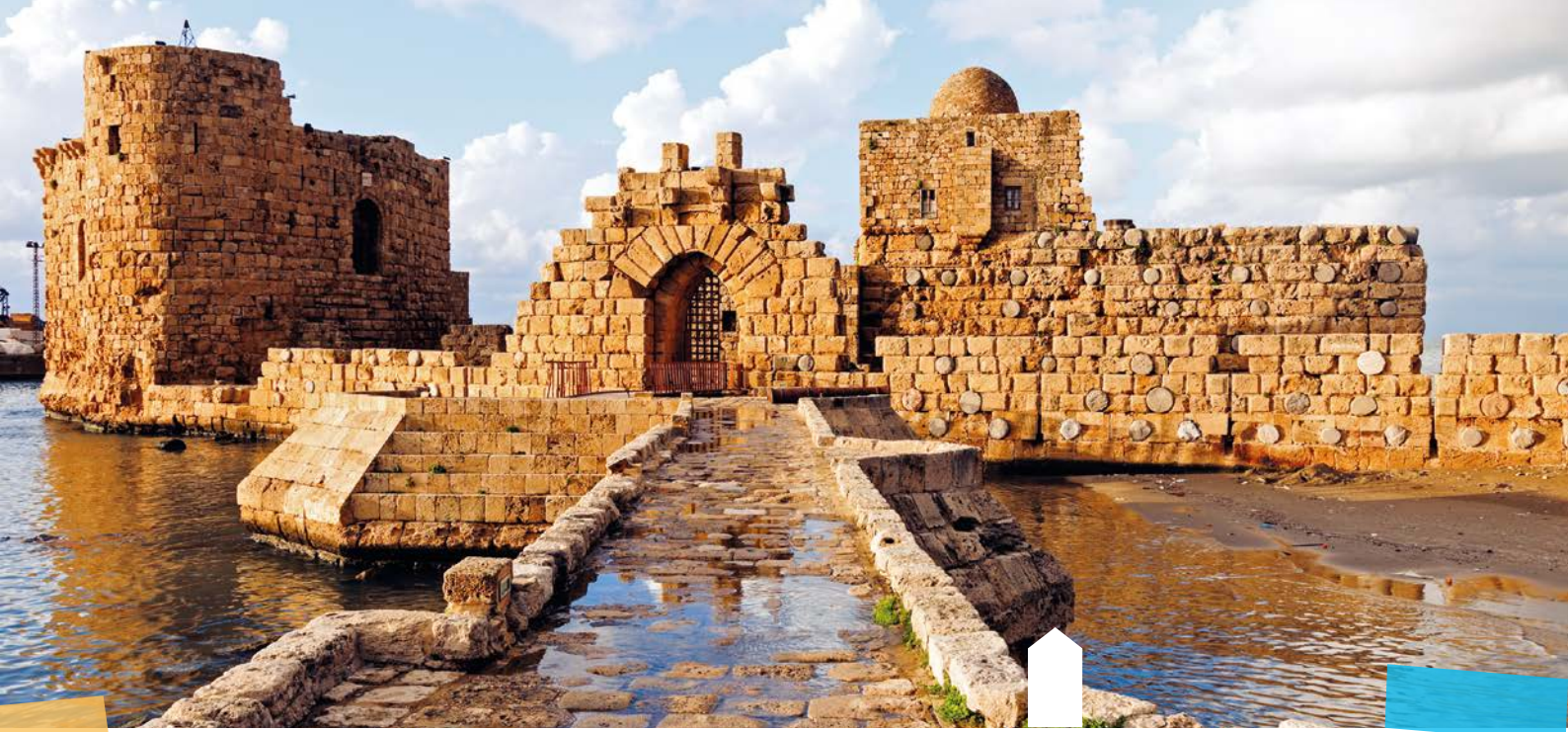


surrounded the city, giving it a cool climate and the scent of flowers all year round. The climate is still mild today, thanks to the many canals that cross the city. The capital of Syria in fact became an important settlement after the construction of a network of canals, which still form the basis of the modern water networks there.

Cities that date from 4,000 B.C.

Located south of Cairo, Egypt, Faiyum sits on the site of what was an ancient Egyptian city that worshiped the sacred crocodile. The modern city is made up of large bazaars, mosques* and baths, while the Lehin and Hawara pyramids are not far away. In Lebanon there is Sidon, one of the most important ancient cities and perhaps the oldest Phoenician city, which was conquered by

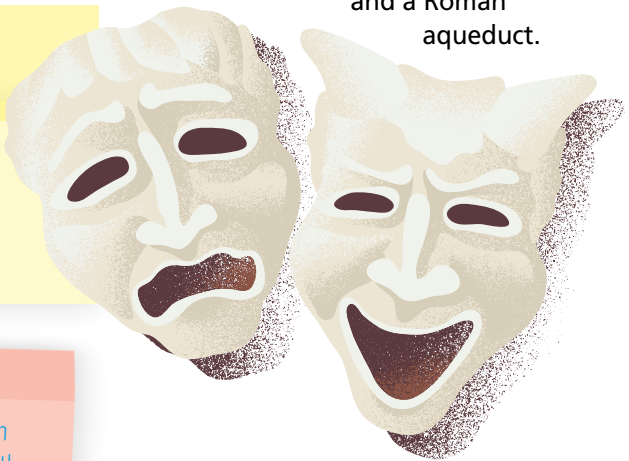




The city of **Jerusalem**, established in 2,800 B.C., is the spiritual home of the Jewish people and the third most sacred city in Islam. In its history it has been besieged 23 times, attacked 52 times, conquered 44 times and destroyed twice!

Alexander the Great in 333 BC. There is also Beirut, with its 5,000 years of history, which today is a lively, modern tourist attraction. Plovdiv is the second largest city in Bulgaria and was originally a Thracian settlement before becoming a great Roman city. After various occupations it became part of Bulgaria. Today, it's an important cultural center and has many ancient remains, including the Ottoman baths, an amphitheater and a Roman aqueduct.

Susa, an ancient city of Iran, was the setting for the tragedy of Aeschylus' Persians, the oldest known theatrical work! The king of Persia lived in Susa, and the tragedy is based on real history: the second Persian war.



Balkh, known as Bactra by the ancient Greeks, is located in northern Afghanistan and is described by the Arabs as the "mother of cities". Today, in the modern town, people work cotton, while the old part is an archaeological site.

Glossary

- abandoned:** without inhabitants - no one lives there anymore
- baths:** public places where you can bathe in warm water
- besieged:** surrounded by enemies and attacked
- destroyed:** deliberately ruined
- monastery:** a religious house where monks live
- mosques:** religious temples where people practice the Muslim faith
- mule:** an animal born of a donkey and a horse
- pilgrimages:** a religious journey
- unbearable:** very physically uncomfortable

Anagrams

Put the letters below in order to discover the names of three ancient cities - all situated in Greece!

E	N	A	T	H	S	T	H	E	S	E	B	U	S	C	Y	P	R
□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□	□

The answers are on page 14



Chris Evans

From Marvel superhero to the sweet-natured father in *Gifted*, Chris Evans loves to vary his film roles. In real life he always chases his dreams!

What sort of family were you born into?

Dad was a dentist, and my mother was a dancer. As a child, I lived in Boston with my two sisters and my brother, Scott, who's also an actor. I discovered in high school that I had a passion for acting so I moved to New York to study. For a living, I worked in a casting agency* because my parents wanted me to become 'big and strong' on my own. First I did a bit of TV work, then some comedies, then real movies! My most famous roles would surely be those of the Human Torch in the *Fantastic 4* and Captain America in the *Marvel* films ☺

Did you enjoy these superhero roles?

I took part in 11 *Marvel* films and abandoning them was very painful. Saying farewell to Captain America made me cry. The last day of the film I was very emotional, in fact, I still have, as keep-sakes*, the shield*, the helmet and other parts of the costume! But to be honest, my favorite superhero as a boy wasn't Captain America: it was Batman!

What do you like doing outside of making movies?

I'm always happy when involved in the arts. I like singing and dancing, but also giving speeches and making others reflect. I love children very much and, since I don't have any, I enjoy being uncle to my sister's children. I like it when children ask you the reason for things or they discover the secrets of the world for themselves, like I used to do when I was little! I think having children helps you rediscover the child within you, and helps stop you from making the same old mistakes. I just have to find the right woman ☺

Identity card

Name: Christopher Robert
Surname: Evans
Place and date of birth: Sudbury (USA), 13 June 1981
Profession: actor and director
Interesting facts: as a child, he wanted to be a painter, and he still loves art today

What they say about him

"To the whole world he is the muscular Captain America. He had to take off his suit to understand that he has another super power: knowing how to touch people's souls."

What do you desire in life?

So many things! I've realised that it is important to try to do what we like, not just what we have to. I would like to be always ready to smile. I love my job very much, but sometimes I'm too serious! From the movie *Gifted* I learned something: to find your happiness you must know how to forgive. Others first, and then yourself.

What would be your perfect day?

My perfect day is very simple: to return to Massachussets, where my family lives, to smell the leaves on the trees in December, and collect* MacIntosh apples. A dream. ☺



Glossary

agency: a service that helps you find work
collect: to take from trees
keep-sakes: special objects you keep for sentimental reasons
shield: an object that protects you from blows



What is your ideal job?

1 What type of person are you?

- a Thoughtful* and patient*
- b Selfless and sunny
- c Strong and determined

2 When you wake up in the morning, you would like to ...

- a Have a hug from mom and dad
- b Go jogging
- c Receive breakfast in bed

3 You must celebrate your eighteenth birthday. Where will you hold the party?

- a At grandparents' house with your family
- b In a large house in the countryside with many friends
- c In the cinema with your favorite friends

4 You return home from your holidays. What do you do first?

- a Put away your bags
- b Invite friends to your house and show the photos
- c Go to the park to tell your friends everything

5 What do you read when you open a newspaper?

- a Reviews* of books and films
- b Travel and adventure images
- c Fashion news and gossip

6 Which quality makes you unique?

- a The ability to concentrate*
- b Generosity
- c Persistence*



Answered mostly 'a': a quiet job

Writer, artist, lab technician, editor, forest ranger... You show great concentration but prefer to work alone, without too many people talking around you. You're at your best when there is silence and when you feel a sense of peace. Sometimes you have to deal with others, but don't run away from these moments that will make you better and stronger!

Answered mostly 'b': a job helping others

Social worker, nurse, doctor, teacher, veterinarian ... There are many professions right for you! You like work that involves helping others; you like to see people who are smiling and happy thanks to you. You are full of energy, and when you wake up, you always want to do your job, even if it is sometimes tiring. And if you don't manage to find a job like this, remember there's always... volunteering!

Answered mostly 'c': a job being your own boss

Director, head of a company, shop owner, chef, manager... You were born to command! You're good at organising others and deciding on a suitable task for everyone. You know how to gain respect, and you don't like others telling you what to do. You have a great work ethic, lots of courage and are always full of new ideas. Always remember that to be a much loved and respected leader, you mustn't forget kindness!



Glossary

- concentration:** ability to think very carefully
- patient:** who is able to wait, without being in a hurry
- persistence:** continue at something despite any difficulties faced
- reviews:** written criticisms on works of art (films, books, shows ...)
- thoughtful:** someone who thinks a lot about things

Find out about...



WWF

The World Wildlife Fund for Nature (WWF) is an international, non-governmental organisation that works to “stop the degradation* of the planet’s natural environment and to build a future in which humans live in harmony* with nature.”



Since its beginnings in 1961, WWF has worked hard to preserve wildlife around the world and reduce the human impact on the environment.

Did you know that WWF is the world’s largest conservation organisation? It has over five million supporters* worldwide, working in more than 100 countries and supporting around 1,300 conservation and environmental projects.

Since 1998, WWF has published The Living Planet Report every two years. This report is based on a Living Planet Index and ecological footprint* calculation. WWF has also launched several important worldwide campaigns including Earth Hour and Debt-for-Nature Swap. It focuses its current work around these six areas: food, climate, freshwater, wildlife, forests, and oceans.

WWF’s mission

Insert the verbs into the sentences below, to discover WWF’s six goals.

Double • Secure • Protect • Create • Safeguard • Conserve

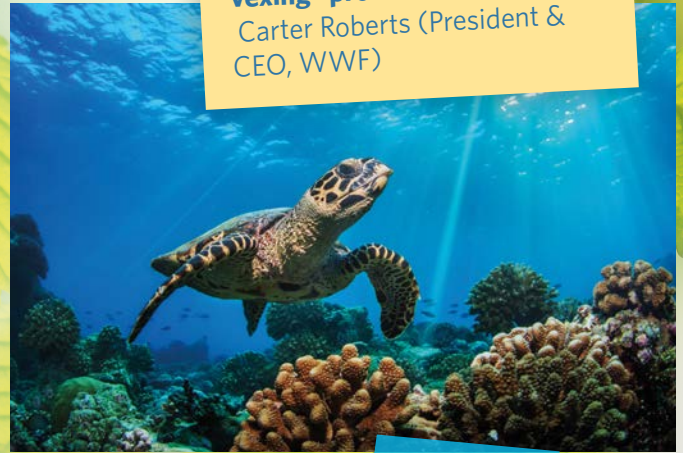
- **Forests:** the world’s most important forests.
- **Oceans:** healthy oceans and marine livelihoods*.
- **Fresh Water:** water for people and nature.
- **Wildlife:** the world’s most important species.
- **Food:** net* food availability; freeze its footprint.
- **Climate:** a carbon-resilient and zero-carbon world, powered by renewable energy





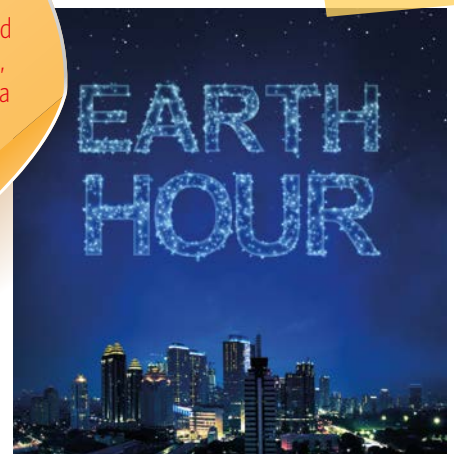
"Only by working together can we create solutions to the most vexing* problems we face."

Carter Roberts (President & CEO, WWF)



What's Earth Hour?

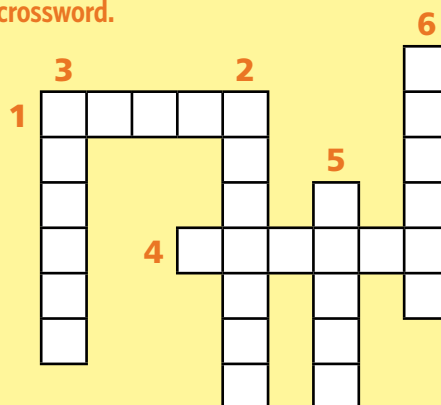
Every year WWF holds a worldwide movement called Earth Hour. This event encourages everyone - individuals, communities, and businesses - to turn off non-essential electric lights, for one hour, at a specific time, on a specific day, as a symbol of their commitment* to the planet. This movement started as a lights-off event in Sydney, Australia, in 2007. Now more than 7,000 cities and towns across 187 countries take part!



Crossword

After you have read the story about WWF, answer the questions below to complete the crossword.

- 1 Another way to describe 'clean water'.
- 2 This means the opposite to conflict and war.
- 3 A place where many trees grow
- 4 Another word for 'effect'.
- 5 The name of our planet.
- 6 During Earth Hour you switch these off.



The answers are on page 14.

Glossary

- commitment: promise
- degradation: harm
- footprint: the mark left by people on the environment
- harmony: peace
- livelihood: the way you make a living - your job
- net: total amount
- supporters: people who give money and time to something they believe in
- vexing: something that makes you angry

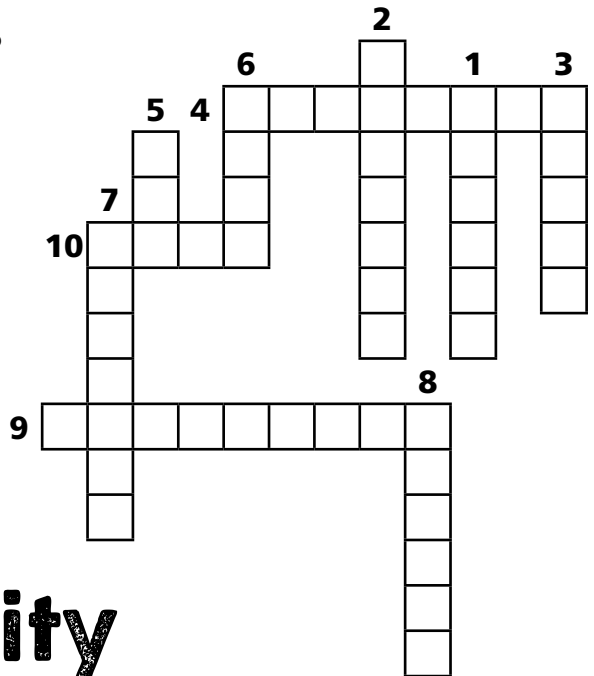


Crossword

Have you read the report about the cities where history began?

Write the definitions in the crossword below.

- 1 A souk or bazaar is an Arabian...
- 2 This plant's name comes from 'Byblos'.
- 3 This is a very sweet fruit, and in Jericho they are sold together with spices.
- 4 He described Damascus as a paradise.
- 5 This has destroyed the city of Aleppo.
- 6 This animal is half donkey, half horse.
- 7 Another word for a sad play.
- 8 This is a place where those of the Muslim faith meet to pray.
- 9 This city has been besieged, attacked, and destroyed many times over the centuries.
- 10 The Cedar is a type of..



Jerusalem: the city where religions meet

Complete the story with the correct religion:

Christians - Muslims - Jews

Jerusalem is one of the oldest cities in the world that people have lived in continuously. It is important to many major religions. consider Jerusalem a holy city because it was their religious and political center during Biblical times and the place where the Temple of God stood. consider Jerusalem holy because many events in the life of Jesus Christ took place there. believe that the Prophet Muhammad rose to heaven from there.

The answers are below.

Answers
 Page 3 In the mirror: In 1961 the naturalist painter Sir Peter Scott drew a panda because it is an animal that inspires tenderness, sympathy and sweetness, because it's at risk of extinction, due to the disappearance of bamboo forests and hunters; and because it prints easily in black and white. **Pages 4-5 The Sanctuary**
Knocker: could, gave, chased, reached, fired, was; **Fill in the gaps:** 1. it, 2. him, 3. him, 4. them, 5. it, 6. them. **Pages 7-9 Anagrams:** Athens, Thebes, Cyprus. **Pages 12-13 WWF's mission:** Conserve, Safeguard, Secure, Protect, Double, Create; **Crossword:** 1. fresh, 2. harmony, 3. forest, 4. impact, 5. Earth, 6. lights. **Page 14 Crossword:** 1. market, 2. papyrus, 3. dates, 4. Muhammad, 5. war, 6. mule, 7. tragedy, 8. mosque, 9. Jerusalem, 10. tree; **Jerusalem:** Jews, Christians, Muslims.



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intermediate
intermediate advanced
advanced

РУССКИЙ ЯЗЫК



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intermediate
intermediate advanced

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All the Little Lights

by Jamie McGuire

But just when Catherine is starting to trust Elliott once more, he becomes the prime suspect in a local tragedy. Despite the town's growing suspicions, Catherine remains at his side. But a devastating* secret that Catherine has buried could destroy whatever chance of happiness they have left.

"Falling is easy. The hard part is getting back up."

The authors

Jamie McGuire is the #1 New York Times, USA Today, and Wall Street Journal bestselling author of Walking Disaster, the Maddox Brothers series, the Providence trilogy, and the international bestseller Beautiful Disaster, which paved the way for the new-adult genre. She was the first independent author in history to strike a print deal with retail giant Walmart, and her work has been translated into fifty languages. She lives in Tulsa, Oklahoma, with her three children and German shepherd, Hazel.

"My uncle John says people can only make us angry if we let them, and if we let them, we give them power."



Glossary

angst: emotional conflict
 candid: honest
 devastating: terrible
 enduring: lasting
 making ends meet: survive financially
 outcasts: people who don't fit into society
 raw: very emotional
 riveting: very interesting
 solace: emotional support
 wounded: damaged



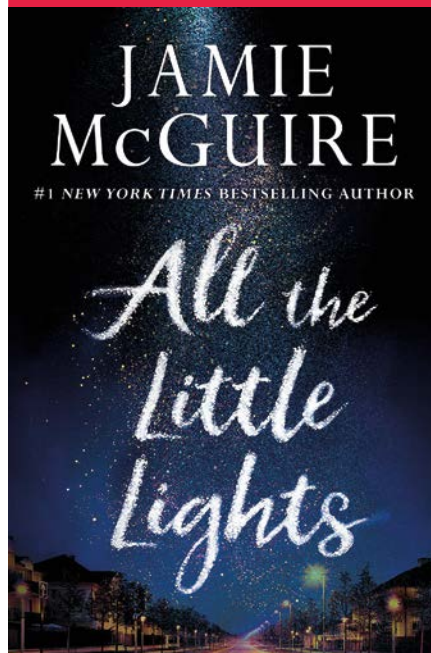
Discover a young adult love story about two wounded* teenagers who find solace* in a friendship that develops into a riveting* tale of first love.

New York Times bestselling author Jamie McGuire tells a raw*, candid*, and enduring* love story. She combines the themes of racism, abusive families, and mental illness. The author creates a hero and heroine that teenagers everywhere will relate to. It is a story that has warmth, angst*, and hope.

The story

Elliott Youngblood and Catherine Calhoun both feel like outcasts*, but when they meet, they seem to 'click' right away. As young teens, both are dealing with their own problems, yet they become close and start what seems like an unbreakable friendship.

However, when Elliot must leave town, Catherine has to face life on her own. Elliot returns for his senior year a few years later, determined to do whatever it takes to win Catherine back, but everything is different. They've both grown and changed so much. He's now the high school football team's star player and seems to have no problems



making friends and being popular, while Catherine struggles to make ends meet* while feeling like an outcast at school, and maintaining her family-owned bed and breakfast.