

## 2 National News

THE **kids** TIMES  
Friday, February 12, 2010

# The Busiest Subway Line in Seoul



Do you know how many subway lines are there in Seoul? Last July, subway line number 9 was opened to the public. So, there are now 9 subway lines in Seoul. Of all the subway lines, which one do you think is the busiest?

According to the survey released last month by Seoul Metro, subway line number 2 is the most crowded. Among the 48 stations on line number 2, Gangnam Station is the one with the most passengers. On average, 126,000 people get on and off at the station per day. Next busiest are

Jamsil and Sillim stations with 97,000 and 94,000 passengers respectively. On the contrary, Dorimchun station is the least crowded station. Last year the number of passengers who used subway line number 1 to 4 is about 1.4 billion. It has steadily increased since 2006.

Do our readers often take the subway? The subway is a convenient method of transportation which is almost always on time. It also saves energy, and it's an affordable way to get around in the city.

Staff reporter Lauren Kim



서울에서 가장 붐비는 지하철 노선 be opened to the public 여객에게 공개되었다 / the busiest (busiest의 최상급) 가장 바쁠, 붐비는 / survey (설문) 조사 / released (발표) 공개  
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**World News 3**



# Michelle Obama's Wax Figure Unveiled in New York

▶ People are taking a picture with the wax figures of Michelle and Barack Obama.

On January 26, a wax museum in New York City unveiled a wax figure of the American First Lady, Michelle Obama. The museum is called "Madame Tussauds." The museum first opened in London to display the wax figures of world-famous people. The museum also opened 8 other locations in cities across the world, including Washington DC, LA, Hong Kong, and Berlin.

Madame Tussauds in New York unveiled President

Barack Obama's wax figure last year. Now, people can see both the American President and the First Lady at the museum. They are standing side by side. The wax figures look so real that you may be confused!

Don't you want to visit the museum to see them? You can also see many other famous people's wax figures there! If you do go there, don't forget to take your camera!

Staff reporter Sarah Choi

뉴욕에서 공개된 미셸 오바마의 일탈 일행. Unveil 공개하다 / wax figure 왁스 인형 / first lady 첫 번째 / be called 불려지다 / display 전시하다 / world-famous 세계적으로 유명한 / including -을 포함해서 / stand side by side 나란히 서다 / confused 혼란스러움, 헷갈림

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## 4 Photo News

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### 1. Let's Go Skiing!

Do you like skiing? A 'Ski Camp for Kids' was held at Muju Resort from February first to second. Many children took part in the camp. Look at the picture! The children are taking a commemorative photograph after the camp finished. They look very happy. Why don't you go skiing before winter ends?



### 2. The White Tiger's Year

The year 2010 is the Year of the White Tiger. Recently, white tiger sculptures were displayed in front of the county office in Eumseong in Chunchongbuk-do. Tigers are well-known for their bravery. Let's hope we can stay brave like the tigers in the New Year.



### 3. Children Wearing Hanboks

February 14 was the lunar calendar's New Year's Day. Last week, kindergarteners learned how to drink tea traditionally at Suwon Etiquette Education Center in Gyeonggi-do. They are also all wearing a Korean traditional costume called Hanbok. I hope they had a good opportunity to find out about our nation's traditions and culture.



### 4. Let's Catch Fish together!

Recently, the 13th Inje Ice Fish Festival was held at Soyang Lake in Gangwon-do. The theme of the festival was called "Endless Ice Plains, Never-ending Joy." Many people participated in the event. Look at the picture! Two children are fishing with their mother. They look very happy!

Staff reporter Ellina Bae

포토뉴스 be held 열렸다 / take part in ~에 참가했다 (※participate in) / take a photograph 사진을 찍다 / commemorative 기념하는 / be finished 끝이 나다 / arrive 도착하다 / recently 최근에 / sculpture 조각상 / be installed 설치되다 / in front of ~앞에 / county office 군청 / be well-known for ~로 잘 알려져 있다 / bravery 용감함 / lunar calendar's New Year's Day (음력) 설날 / kindergartener 유치원생 / traditionally 전통적으로 / traditional costume 전통의상 / opportunity 기회 / theme 주제 / be called ~라고 불린다

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## Young Man from Germany Wins “Empire State Building Run-Up”

Do you often take the stairs? It is better for you than taking elevators. It helps you stay healthy. Your legs also become stronger. Then, can you run up a 102-story building? It won't be easy to climb up such a tall building by taking the stairs. But surprisingly, a man named Thomas Dold from Germany did it! On February 2, the 25-year-old young man took part in the annual “Empire State Building Run-Up” competition held in New York.

Dold beat the other 137 participants and won the contest. To our surprise, he

won the title 5 times straight! The Empire State Building has 102 stories and 1,576 stairs. The young German man finished the competition in just 10 minutes and 16 seconds! “It's unbelievable! “I pushed as hard as possible and ran as fast as my legs could carry me,” said Dold. The contest started in 1978. Since then, many people from all over the world have participated in the competition every year. The world record was set in 2003 by a man named Paul Crake. It took him just 9 minutes and 33 seconds to reach the top of the building using the stairs. Dold said that he will come back next year for the new world record. Good luck, Mr. Dold!

Staff reporter Lir Ann

\* “엔타이머즈 키즈타임즈”에서 우수한 특약 출판  
 story: 이야기 / story: 이야기 / climb up: 올라가다 / named: 이름이 / take part in: 참여 (참가)하다 / annual: 연  
 년의 / competition: 경기, 대결 (=contest) / held in:에서 열릴 / beat: 물리치다 / participant: 참가자 / to one's surprise: 놀라게도 / win the title: 우승했다 / straight: 연속으로 /  
 unbelievable: 믿을 수 없는 / as: as possible: 가능한 한 / since then: 그 때 이래로 / world record: 세계 기록 / be set: 세워지다 / take (시간이): 걸리다 / reach: 도착하다

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## Global Village

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# Famous Singers Sing “We Are the World” Together for Haiti

Have you ever heard of the song “We Are the World?” The song’s main part goes like this: “We are the world. We are the children. We are the ones who make a brighter day. So let’s start giving.” This song was released in 1985.





▲ Famous singers are singing together.

In 1985, many famous singers, including Michael Jackson, sang the song together. When the song was released, it gained huge popularity. The song delivered a very important message – to share our love with the people in need. The original version was written by Lionel Richie and Michael Jackson, and Quincy Jones produced the song.

A new version of the song will be released soon. A total of 80 talented singers and stars got together and sang the song. The Pussycat Dolls, Pink, Natalie Cole, Jennifer Hudson, Celine Dion, and many other famous singers stood shoulder-to-shoulder at the same recording studio in Hollywood to record the song. They sang the song to raise money to help the earthquake victims in Haiti.

Quincy Jones said last week that he planned to redo the song to help the suffering Haitians. Haiti was hit by strong earthquakes in January and many people are suffering from hunger and illnesses. “We re-recorded the song to raise money to help the earthquake victims. After all, we are one family living on Earth. We have to help each other,” he said.

According to Jones, the new version of the song will be released this month during the opening ceremony of the 2010 Winter Olympics in Vancouver. I can’t wait to listen to the new version of “We Are the World.” Let’s hope the song will help raise a lot of money for Haiti! ✦

Staff reporter Dan Chun

아이티를 위해 “We Are the World”를 함께 부른 유명가수들      be released 발매되다 / gain huge popularity 엄청난 인기를 얻다 / deliver 전달하다 / share 나누다 / in need 도움을 필요로 하다 / talented 재능 있는 / get together 모이다 / stand shoulder-to-shoulder 어깨를 맞대고 서다 / recording studio 녹음실 / raise money 기금을 모으다 / earthquake 지진 / victim 희생자 / redo 다시 하다 / suffer from ~로 고통 받다 / hunger 배고픔 / illness 병, 이환 / after all 결국 / opening ceremony 개막식

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Science 7



# A Special Kind of Cricket

Do you know how plants reproduce? It is through pollination. When the male plant's pollen is moved to a female plant, reproduction takes place. Unlike animals, this is how plants mate. The white powdery pollen on flowers that give you allergies is very important.

The problem is plants can't move. So, they need to depend on insects, some small birds and wind to spread the pollen. Can you think of an insect that loves carrying pollen? Bees! Yes, they love the nectar in flowers. When they fly from one flower to another, they carry the pollen as well. Recently scientists studying plants and insects at an exotic island called Reunion discovered two amazing things.

were enjoying the nectar from flowers and they were spreading the pollen to many places.

Scientists all over the world say this is something very new and interesting. Don't you think this type of cricket and the flowers in Reunion Island were made for each other? Is it the smell of delicious nectar from flowers attracting the crickets? Well, whatever the reasons may be, it's wonderful to see insects and plants getting along together.

Staff reporter Liz Ahn



On this island at the eastern coast of southern Africa they found a new kind of cricket! It was a kind never recorded in science. What was more surprising was that it was pollinating the flowers like bees. All the crickets recorded in the science books so far never showed such behavior. The newly discovered crickets

특별한 종류의 귀뚜라미 plant-식물 / reproduce-번식하다 / pollination 수분(확충) (식물에서 수분의 옮겨주기: 알을 알리며 옮겨 주는 일) / pollen 꽃가루, 꽃분 / reproduction 생식, 번식 / mate 교배하다 / powdery 가루 같은 / allergy 알레르기 / depend on ~에 의존하다 / insect 곤충 / spread 나쁘다 / carry 옮기다 / nectar(꽃꿀) / exotic 외국의, 이국적인 / discover 발견하다 / cricket 귀뚜라미 / record 기록하다 / pollinate 수분하다 / behavior 행동 / newly 새로운 / attract 끌어들이다 / get along together 함께 어울리다(잘 지나다)

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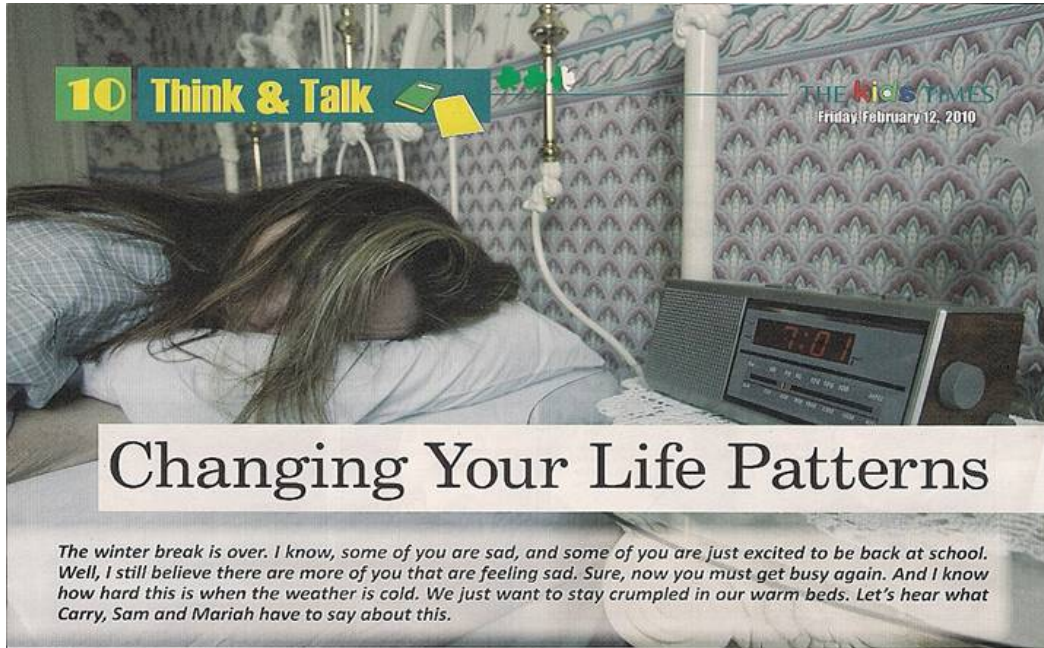
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10 Think & Talk



Friday, February 12, 2010



## Changing Your Life Patterns

*The winter break is over. I know, some of you are sad, and some of you are just excited to be back at school. Well, I still believe there are more of you that are feeling sad. Sure, now you must get busy again. And I know how hard this is when the weather is cold. We just want to stay crumpled in our warm beds. Let's hear what Carry, Sam and Mariah have to say about this.*

**Sam:** How come Carry is always late? I thought we were all going to take the bus together to school. I am getting upset.

**Mariah:** Sam, try to stay a little patient. I bet she woke up late. She will be here soon. Let's give her some more time.

**Sam:** Oh, is that Carry? I can't see properly. Is that her? I think it is.

**Mariah:** Ah ha! See, what I tell you? Oh my. Look at her hair. She's got very messy hair.

**Carry:** Sorry guys, I have a hard time waking up these days. I can't get used to changing my life style. It was all the laziness from the

winter holidays that changed my body. I feel sleepy all the time.

**Sam:** It's okay Carry. As long as you are trying, we understand you. Well, actually you should get more active. You know, laziness is a habit. This is one habit we don't want to have especially when school is in session.

**Mariah:** Sam is right. You should try to change your daily pattern. Did you eat breakfast this morning?

**Carry:** Of course not. I woke up late, and I didn't have time to eat or even wash my face properly.

**Sam:** What did you do yesterday? Did you get enough sleep? You

look very tired.

**Carry:** You know what? I didn't really do much. I got home after school. Then, I fell asleep. I woke up in the middle of the night again. I tried to get back to sleep. It was far too hard.

**Mariah:** Yikes, you really need to change that pattern. It will get harder if you don't change it now.

**Carry:** I will. I really regret spending a lazy and unorganized winter break.

**Sam:** As long as you know the problem, that's the first step.

Staff reporter Dan Chun

살의 퇴행 바꾸기 / winter break 겨울방학 / be over 끝나다 / stay crumpled 웅크려 있다 / upper 머리가 상한 / patient 참을성 있는 / bet -이/를 확실히, 장담한다 / properly 적당히, 적절히 / messy hair 헝클어진 머리카락 / laziness 게으름 / as long as -일때는 / active 활동적인 / habit 습관 / pattern 리듬, 반박 / get back to -으로 돌아오다 / far 멀리, 급사 / yikes 어이쿠 / regret 후회하다 / unorganized 정돈되지 않은

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 **Animals** **11**

There are many amazing animals in the world. Some animals are so smart that they can do many cool tricks. I'm sure many of you have seen animal shows before. Many different animals show off their special tricks. For example, some elephants can do a hand-stand! But have you ever seen elephants playing basketball?

## Elephants Learn How to Play Basketball






▲ An elephant is trying to dunk the ball.

If you go to Thailand, you can see many elephants. They are the symbol of Thailand. You can even ride an elephant and go for a walk! It is a very special experience. You can also see fun elephant shows there. The elephants have been trained to do many amazing tricks. They are very smart animals.

Some elephants at the Island Safari Center can even play basketball! Animal keepers are teaching two elephants how to play basketball. Now, 6-year-old Malie and 9-year-old Toktak can use their trunks to perform basketball tricks.

The center decided to train them to improve their health. But learning basketball was not easy as they thought for the elephants. "It took about 3 months to teach

them the basics of basketball. They had to undergo intensive training every day," said a keeper of the center. "Fortunately, their skills are improving each day."

The keepers began by teaching the elephants basic ball control skills, and how to hold the ball in their trunks. Then, the elephants were taught to stand on their hind legs, walk with the ball, and finally shoot it into the hoop! It sounds amazing. Don't you want to watch them play basketball? 🏀

Staff reporter Samuel Sohn



농구하는 법을 배우는 코끼리    trick 지주, 요기 / show off 뽐낸다 / hand-stand 팔다리들리기 / basketball 농구 / symbol 상징 / ride 타다 / go for a walk 산책하다 / be trained 훈련 받다 / amazing 놀라운, 굉장한 / animal keeper 사육사 / trunk 코끼리 꼬리 / perform 공연하다, 수필하다 / improve 향상시키다 / take (시간이)걸린다 / have to ~하다    아쉽니다 / undergo 겪다 / intensive 집중적인 / fortunately 다행히도 / hold 쥐고 있다 / be taught 배우다 / hind leg 뒷다리 / shoot 쏘다 / hoop (농구)ห่วง



12
Culture / Entertainment

**THE kids TIMES**  
Friday, February 12, 2010

Do you like watching 3D movies? And do you like Harry Potter?

Then, here's good news for you. Soon, Harry Potter will be released in 3D! You will be able to watch the last instalment of the famous boy wizard series, "Harry Potter and the Deathly Hallows" 해리 포터와 죽음의 성물 // in 3D.

## Harry Potter Goes 3D!

These days, James Cameron's sci-fi film, "Avatar" is gaining huge popularity all over the world. I'm sure many of you also watched the movie in 3D. The 3D images of the movie are really fantastic!

Inspired by the great success of "Avatar," Warner Bros. decided to release "Harry Potter and the Deathly Hallows" in 3D. Part 1 is scheduled to be released on November 19 and Part 2 will be released on July 15, 2011.

The 6th instalment of the Harry Potter series, "Harry Potter and the Half-Blood Prince" 해리 포터와 혼혈 왕자 also included 3D images. It was released last July. But the 3D images in the movie lasted only 25 minutes.

The last portion of the popular movie series will be released in full 3D. The 3D images will add more fun to the already great film. I can't wait to see it again! ✧

Staff reporter Erica Choi

3D로 나오는 해리포터! / be released 개봉되다 / instalment 1화분 / boy wizard 소년 마법사 / sci-fi film 종영과학영화 / gain huge popularity 엄청난 인기를 얻다 / inspired by ~로부터 영감을 받음 / be scheduled ~할 예정이다 / include 포함하다 / last 계속(지속)되다 / portion 부분



**THE kids TIMES**  
Friday, February 12, 2010

Special Focus **13**



## Popular New Year's Resolutions for Kids

February 14 is the lunar calendar's New Year's Day. Did you make any New Year's resolutions? Many children all over the world make New Year's resolutions each year. So, what are the most popular resolutions among children? Let's take a look!

▶ **Become healthier:** Many children decide to become healthier by eating healthy foods in the New Year. Some kids decide to drink less soda and drink more milk and water instead. They try to eat fresh vegetables and fruits more often, while limiting junk foods.

▶ **Exercise regularly:** Exercising is important to stay healthy. Therefore, many children decide to work out regularly in the New Year. Bicycling, jogging, and swimming are very popular exercises among children. Find a fun sport that you like and do it at least 3 times a week.

▶ **Care for other people:** Many children decide to be nice to other people and be kind to kids who need friends. Try to help other people and treat everyone with respect. Some kids also join volunteer work groups.

▶ **Spend more time with family:** These days, children are very busy with their school work. But many children want to have fun with their family, too. Why don't you plan to go on a picnic on the weekend or go to the movies with your family?

▶ **Stay Safe:** Safety is a very important thing. Many children decide to stay safe in the New Year. For example, wearing a helmet when bicycling and wearing a seat belt in a car can help you stay safe. Many children also decide to choose to watch non-violent TV shows and play easy video games.

▶ **Love yourself:** Feeling good about yourself is another very important thing. Many children want to build strong self-confidence in the New Year. They decide to think positively about themselves. Some children start the day by smiling at themselves in the mirror every morning!



Staff reporter Crystal Lim



어린이들이 많이 하는 새해 결심들 / Lunar calendar's New Year (음력) / make New Year's resolution 새해 결심은 하다 / popular 인기작품, 인기 있는 / take a look 보다 / soda 탄산음료 / instead [대신] / while -ing -중일시 / limit 제한(한정)하다 / exercise (-work out) 운동하다 / regularly 규칙적으로 / stay healthy 건강하게 지낸다 / therefore [그러므로] / bicycling 자전거 타기, 라이딩 / jogging 조깅 / at least 적어도, 최소한 / care for -를 돌보다(보살피다) / try to -하려고 노력하다, 해보다 / treat 대하다 / respect 존경, 존중 / join 참여하다 / volunteer 자원봉사자 / spend (시간을) 보내다 / be busy with -로 바쁘다 / have fun with -와 즐겁게 보내다 / go on a picnic 소풍 가다 / weekend 주말 / safety 안전 / seat belt 안전 벨트 / non-violent 비폭력적인 / mental 정신의, 마음적 / self-confidence 자신감 / positively 긍정적으로 / mirror 거울



# 2010-2-12 / English Letters

Kids Times

2010/03/20 14:11

<http://blog.naver.com/anypr/150082997047>

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Inbox

Mail

Notes

Phone Contacts

Chat Messages

Contacts

Dear Andy,

Hi, Andy! How are you today?

I went shopping with my mom today.

① My mom bought me a new pair of shoes.

I will wear them on the first day of school!

We took the subway home.

② I saw a foreign tourist on our way to the station.

I guess he was travelling alone.

He was looking at a map.

Then, he asked someone how to get to Seoul Station.

But the person ran away!

③ Maybe he couldn't speak English at all.

I wanted to help the foreigner.

So I asked, "May I help you?"

He smiled at me brightly and said, "Yes, please."

He said he is from England.

So I told him about you!

He said, "Andy is very lucky to have such a nice friend like you!"

When I showed him how to get to the station, he thanked me a lot.

He even shook hands with me!

My mom said, "Good job, Mina!"

④ I felt very happy and I was proud of myself!

Love, Mina



## Let's Learn How to Write E-mails in English

1. My mom bought me a new pair of shoes.

(엄마가 나에게 새 신발 한 켤레를 사 주셨어.)

▶ buy + 사람 + 사물 : (사람)에게 (사물)을 사준다

ex) She \_\_\_\_\_.

(그녀는 나에게 인형을 사 주었다.)

3. Maybe he couldn't speak English at all.

(아마도 그는 영어를 전혀 할 줄 몰랐나 봐.)

▶ not- at all : 조금도 ~이/아니다

ex) I did \_\_\_\_\_.

(나는 그것이 전혀 즐겁지 않았다.)

2. I saw a foreign tourist on our way to the station.

(지하철역으로 가는 길에 나는 한 외국인 관광객을 보았어.)

▶ on one's way to : ~으로 가는 길(도중)에

ex) I came across my teacher \_\_\_\_\_.

(나는 집에 돌아 오는 도중에 우연히 선생님과 마주쳤다.)

4. I felt very happy and I was proud of myself!

(나는 매우 행복했고 내 자신이 자랑스러웠다!)

▶ be proud of- : ~을 자랑스럽게 여기다

ex) My mom \_\_\_\_\_ me.

(우리 엄마는 나를 자랑스러워 하신다.)



1. bought me a doll 2. on my way home 3. not at all 4. is proud of

미나의 편지 go shopping 쇼핑하다 / a pair of 한 켤레의 / subway 지하철 / on one's way home 집에 돌아오는 도중(에) / foreign 외국인 / get to ~에 도착하다 / run away 달아나다 / not- at all 조금도 ~이/아니다 / brightly 밝히게 / shake hands with ~와 악수하다 / good job 잘했어 / be proud of ~을 자랑스럽게 여기다





Inbox
Mail
Notes
Phone
Contacts
Chat Messages
Contacts

**Dear Mina,**

Thanks for your nice email.  
Wow! You helped a foreigner from England?  
I'm very proud of you, Mina!  
You did a good job!

① Yes, I'm very lucky to have such a nice friend like you!  
I think you were brave.

② It's not easy to help a stranger.  
Thanks to you, the foreigner will remember Korea as a kind country.  
I also guess that your English improved a lot.  
You must be studying English hard!  
I think learning a foreign language is important.  
In fact, I'm learning French these days at school.  
Phew! French is such a difficult language to learn.

③ But I will never give up!  
I want to learn Korean some day, too.  
Will you help me learn Korean?

④ Then, some day, we will be able to communicate in Korean!

Love, Andy

**Let's Learn How to Write E-mails in English**

1. Yes, I'm very lucky to have such a nice friend like you!

(맞아, 나는 너처럼 그렇게 멋진 친구가 있어서 참운이야!)

▶ such a/an + 형용사 + 명사 : 그런 -(형용사)한 (명사)

ex) It's not \_\_\_\_\_.

(그렇게 큰 일은 아니다.)

3. But I will never give up!

(그러나 나는 절대 포기하지 않을 거야!)

▶ give up : 포기하다

ex) Many people \_\_\_\_\_ on their New Year's resolutions.

(많은 사람들이 그들의 새해 결심을 포기한다.)

2. It's not easy to help a stranger.

(모르는 사람을 돕는 건 쉽지 않아.)

▶ It's not easy to ~ : ~하는 것은 쉽지 않다.

ex) \_\_\_\_\_ take care of children.

(아이들을 돌보는 것은 쉽지 않다.)

4. Then, some day, we will be able to communicate in Korean!

(그러면 언젠가 우리는 한국어로 대화할 수 있을 거야!)

▶ some day : 언젠가

ex) \_\_\_\_\_, I will marry you!

(언젠가 나는 너랑 결혼할 거야!)



[Answers]

1. It's not easy to ~ : ~하는 것은 쉽지 않다. 2. It's not easy to ~ : ~하는 것은 쉽지 않다.

앤디의 편지 : foreigner 외국인 / brave 용감한 / stranger 낯선 사람 / remember 기억하다 / improve 향상하다 / in fact 사실(은) / these days 요즘에는 / French 프랑스어 / give up 포기하다 / some day 언젠가 / communicate 의사소통을 하다



**16 Aha!**




# Where Is the World's Largest Fountain?

**THE kids TIMES**  
 Friday, February 12, 2010

There are many famous fountains in the world. The Trevi Fountain in Rome, Italy is one of the world's most beautiful fountains. Banpo Bridge's Moonlight Rainbow Fountain in Seoul is very beautiful, too. In fact, it is listed in the Guinness Book of World Records as the world's longest bridge fountain. Then, where is the largest fountain in the world?



The world's largest fountain is in Dubai. The Dubai Fountain is located in front of Burj Khalifa, the world's tallest building. The fountain started operating in 2009. It is over 275 meters in length, which is more than the length of two football fields!

The Dubai Fountain is also one of the tallest fountains in the world. It can be seen from 32 kilometers away. The fountain's powerful water nozzles can shoot water sprays to the height of 150 meters, which is the height of

a 50-story building!

The world's largest fountain has more than 6,600 lights. Fantastic shows with music take place every day. A performance starts at 6 pm and is repeated every 20 minutes until 10 pm. Countless people from all over the world come to see the amazing shows. Don't you want to visit Dubai some day and see the world's largest water fountain and its beautiful shows?


Staff reporter Erica Choi


세계에서 가장 큰 분수는 어디에 있을까요? famous 유명함 / fountain 분수 / in fact 사실 / be listed (목록에) 등록하다 / Guinness Book of World Records 기네스북 / be positioned 자리잡다 / in front of ~앞에 / operates 가동(작동)하다 / length 길이 / football field 축구장 / powerful 강력함 / nozzle 노즐, 분사구(경) / shoot 쏘다, 뿔다 / water spray 물분사 / height 높이 / story 층 / light 빛, 연등 / fantastic 환상적인, 굉장한 / take place 일어나다, 발생하다 / performance 공연, 연주 / undi ~절대 / countless 수 많은 / amazing 놀라운 / visit 방문하다 / some day 언젠가



**THE kids TIMES**  
Friday, February 12, 2010



 **Health 17**





# Eat Healthy Foods for Your Hair!

Many students study very hard every day to get good grades. They feel a lot of stress. They lack sleep, too. Unfortunately, stress and a lack of sleep can lead to hair loss. In fact, many Korean teenagers are suffering from hair loss. This is a serious problem. So, what can you do to make your hair healthy?

Your hair needs proper nutrition like any other part of your body. In order to have healthy hair, you need to eat well-balanced meals. So, what should you eat to keep your hair healthy?

Vitamins and minerals are essential for healthy hair. Try to eat fresh vegetables often such as broccoli and carrots. Eating fresh fruits is important, too. Berries, citrus fruits, melons, and grapes are especially good for your hair.

Whole milk, fresh cheese, and nuts are great for your body and also good for your hair. Doctors recommend eating a protein-rich breakfast each day for healthy hair. For example, beef, eggs, cheese, and salmon are rich in protein. They can prevent hair loss due to stress and lack of sleep.

If your hair breaks or falls out easily, you should pay attention to what you eat. Also, try to get enough sleep. Keeping your hair clean is also important. Take good care of your hair and make it happy!

Staff reporter Sarah Choi

여러분의 머리카락을 위해 건강에 좋은 음식을 먹으세요! / get a good grade: 좋은 성적을 받다 / a lot of: 많은 / lack: 부족하다 / unfortunately: 불행하게도, 안타깝게도 / lead to: ~으로 이어지다, ~을 초래하다 / hair loss: 탈모 / in fact: 사실 / teenager: 십대, 청소년 / suffer from: ~을 겪다, ~으로 고통받다 / serious: 심각한 / proper: 적절한, 알맞은 / nutrition: 영양 / in order to: ~하기 위해서 / well-balanced: 균형 잡힌 / meal: 식사 / mineral: 미네랄 / be essential for: ~에 필수적이다 / broccoli: 브로콜리 / carrot: 당근 / berry: 딸기류 / citrus fruits: 감귤류 / melon: 멜론 / grape: 포도 / be good for: ~에 좋다 / especially: 특히 / whole milk: 전유 (당지이지 않은, 그다음의 우유 지방분을 제거하지 않은 유제품) / nut: 견과류 / recommend: 권(중)하다 / protein-rich: 단백질이 풍부한 / breakfast: 아침식사 / for example: 예를 들어 / beef: 쇠고기 / salmon: 연어 / break: 부서지다, 끊어지다 / fall out: 빠지다, 떨어지다 / easily: 쉽게 / pay attention to: ~에 유의하다 / take good care of: ~을 잘 돌보다

# 2010-2-12 / People

Kids Times

2010/03/20 14:15

<http://blog.naver.com/anypr/150082997258>

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How tall are you? Most of you are still growing. Some of you may already be a lot taller than your classmates. But I'm sure you are not the tallest teenager in the world. Then, who is the world's tallest teen?

# World's Tallest Teenage Girl





Her name is Marvadene Anderson and she is 16 years old. She is a high school student in New Jersey. Other than her height, she is just a normal teenage girl. So, how tall is she? Don't be surprised. She is 210 centimeters tall! But since she is still growing, she will be taller when she fully grows up. She is even taller than the legendary basketball player, Michael Jordan, who is 198 centimeters tall!

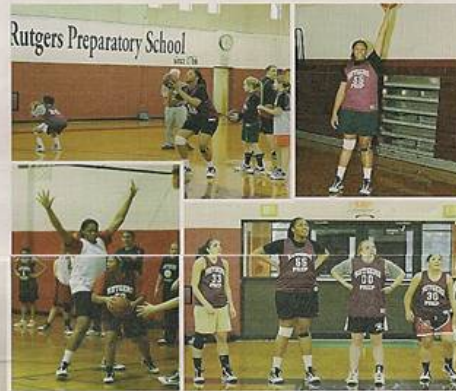
Not surprisingly, Anderson is a basketball player at her school. "She is a talented player. Of course she is going to be a star," said her coach, Enid Angus. Thanks to her height, she can easily scare her opponents on the court. Blocking shots and making layups are very easy for her, too. Most of the other basketball players barely reach her elbow. It is definitely the sport for her.

She may look like a giant, but she has a very-tender heart. She also has a good sense of humor. "People are

very kind to me because of my personality. If I were tall and mean, I think I'd have a problem," said Anderson. The only problem she has is finding clothes and shoes to fit her. Anderson wears a very special size that she shares with no one else.

Let's wait and see how tall she will be when she becomes an adult. Also, let's hope she will be one of the best female basketball players in the world!

Staff reporter Dan Chun



세계에서 가장 키가 큰 십대 소녀 / grow 자라다, 크다 / already 이미, 벌써 / classmate 급우 / teenager 십대, 청소년 / other than -외에 / height 키, 신장 / normal 일반적인 / be surprised 놀란다 / since -이기 때문에 / fully 완전히 / legendary 전설적인 / basketball player 농구 선수 / talented 재능 있는 / coach 코치 / thanks to -덕분에 / easily 쉽게 / scare 겁주다 / opponent 상대편 / court 경기장, 코트 / block shot 슛을 막다 / layup (농구) 레스포트, 가재에서 한 손으로 하는 슛 / barely 겨우 / reach 닿다, 이른다 / elbow 팔꿈치 / look like ~처럼 보인다 / giant 거인 / tender 어린, 심심한 / sense of humor 유머 감각 / because of -덕분에 / personality 성격 / mean 인격만, 못단 / share 나눌, 맞다, 어울린다

영어로 배우는 세상 - (주)타임즈코리아

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- 만화내용을 읽어만 음성파일(mp3)로 제공  
(www.kidstimes.net/hanja)