



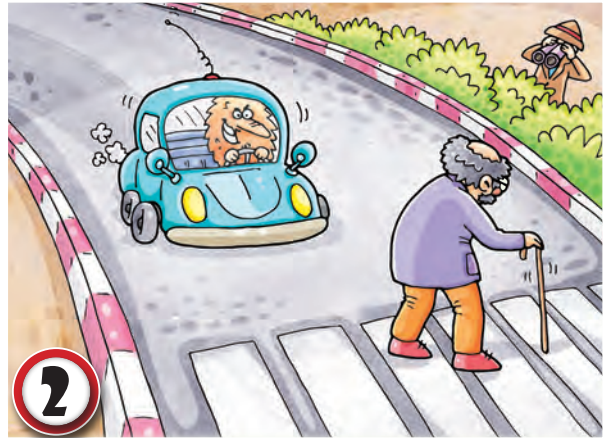
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Lesson One: Sense of Appreciation

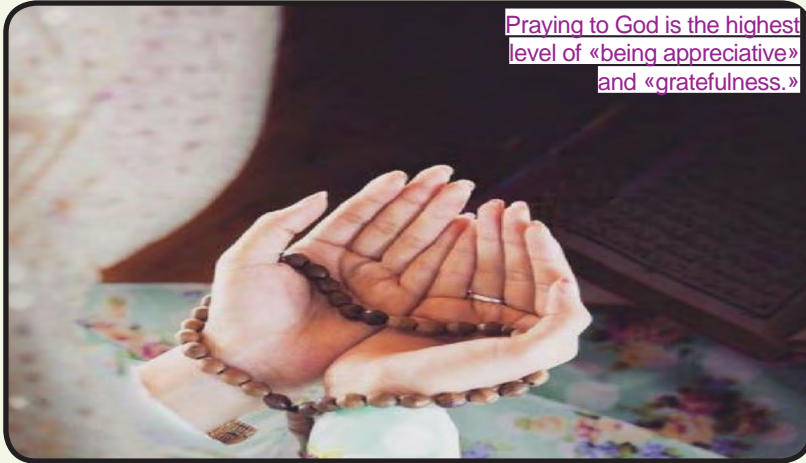
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Dingo Bingo in the Zone: Catch me, if you can!



Conversation Corner



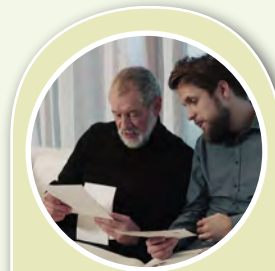
Animals understand kindness as much as we do.



Behaving politely and speaking calmly shows your personality.



Be respectful and friendly towards elderly people.



Spend time with your parents to show that you love being with them.

Be thankful to the people who brought you up: father and mother!



Play! No matter how old you are!



Let's spare no pain to make people happy even with flowers.

Boost the level of love among your family members and friends by exchanging gifts.



No one has ever become poor by giving.



It is the happiness itself, to make others happy.



Helping the disabled is an exercise to show that you are human.



Be grateful towards who teach and enlighten you.



Enjoy the green nature and thank God for this gift.

Gratitude is the open door to richness.



Get Ready

● Appreciation

It means the act of recognizing or understanding that something is valuable, important, or as described.

Are You A Good Person?

Being a good person depends on how good you treat others. A good person is someone who displays love, joy, peace, kindness, goodness, humility, patience and who is faithful and endures all things. It is someone who displays self-control and considers others more important than self.

■ You Can If You Want: It's the Easiest Way

Be Proactive.

Consider the Result.

Consider the Greater Good.

Define What "Good" Means to You.

Be Good for Its Own sake.

Forgiveness Is a Characteristic of a Good Person.

A good Person Respects Others.

Nelson Rolihlahla Mandela Mandela's fame rests on his role as a revolutionary leader who spent nearly seven decades of his life in the struggle against white minority rule and for a free and democratic non-racial society. His greatness lies in the fact that he is a visionary, a democrat and international political leader who exercises his influence and leadership with humility and respect for his colleagues and opponents alike.



Lee Jong Wook was the Director General of the World Health Organization. While working with WHO, he worked on the Global Programme for Vaccines and Immunizations and the Stop Tuberculosis program.

VOCABULARY

1 **accidentally** / ,æksə'dentli / adv. / اتفاقی، تصادفاً

in a way that was not planned or intended

She *accidentally* dropped the vase on her foot.

synonym	unintentionally	incidentally
antonym	deliberately	intentionally on purpose

2 **advice** / əd'vaɪs / n. / نصیحت، پند

an opinion you give someone about what they should do

You should have followed my *advice*.

synonym	guidance	counseling	counsel
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3 **agreement** / ə'gri:mənt / n. / توافق

an arrangement or promise to do something, made by two or more people, companies, etc.

They had made an *agreement* that they would share the profits equally.

synonym	accord	acceptance
antonym	conflict	disagreement

4 **appropriate** / ə'prɒpri-ət / adj. / مناسب

correct or suitable for a particular time, situation, or purpose

It would not be *appropriate* for me to discuss that now.

synonym	suitable	proper	right
antonym	improper	inappropriate	

5 **author** / 'ɔ:θər / n. / نویسنده

someone who has written a book

He was the *author* of two books on China.

synonym	writer	novelist
---------	--------	----------

6 **babysit** / 'beɪbɪsɪt / v. (past tense and past participle **babysat**) / نگهداری از بچه

to take care of children while their parents are away for a short time

Sometimes, I *babysit* for my neighbor.

synonym	look after
---------	------------

7 **blessing** / 'blesɪŋ / n. / برکت، نعمت

something that you have or something that happens which is good because it improves your life or makes you happy

The dishwasher has been a real *blessing*!

synonym	benefit	
antonym	anathema	curse

66 **uncertainty** / ʌn'sɜ:rtnti / n. / شک و تردید

when you feel doubt about what will happen

*There is a great deal of **uncertainty** about the company's future.*

synonym	unreliability	doubt
antonym	belief	certainty confidence

67 **unnatural** / ʌn'nætʃərəl / adj. / غیرطبیعی

different from what you would normally expect

*It was very cold, which seemed **unnatural** for late spring.*

synonym	abnormal	unusual	uncommon
antonym	natural		

68 **vase** / veɪs, veɪz / n. / گلدان

a container used to put flowers in or for decoration

*Each table had its own menu and a **vase** with a single flower.*69 **whereby** / wer'baɪ / adv. / که به موجب آن

by means of which or according to which

*He had an arrangement **whereby** he could arrive at any time he needed help.*70 **willing** / 'wɪlɪŋ / adj. / مایل، راضی

[not before noun] prepared to do something, or having no reason to not want to do it

*How much are they **willing** to pay?*

synonym	ready	eager	prepared
antonym	unwilling		

Picture Dictionary

1

dishwasher / 'dɪʃwɔ:ʃər / n. /

ماشین ظرفشویی



2

hug / hʌg / v. /

در آغوش گرفتن



3

lap / læp / n. /

ران پا

CONVERSATION

Baran and Kimia are friends. Baran typically cares about people and spares no pains to look after those who are in need. Kimia believes that she should be a physician but Baran prefers nursing.

Kimia: Why don't you like to be a physician?

Baran: As you know, I personally enjoy caring about people and also because of its variety, being in a close communication with individuals, even taking their temperature and tell how they feel.

Kimia: So, you can find all of these as a doctor.

Baran: I know, but have you read about Florence Nightingale, a dedicated nurse?

Kimia: I've just heard her name couple of years ago.

Baran: She was born in 1820 into a British family in Italy. She learned Greek, Latin, French, German, Italian as well as the topics of history, etc. from her father. She had written in her confidential diaries that she could hear the voice regarding her future to service patients.

Kimia: That's a weird point!

Baran: Yeah. And also she's known as the "Lady with the Lamp".

Kimia: What an interesting name but what does it mean? Is there any connection between her name and the lamp?

Baran: Yes. She always spent her time carrying a lamp in hand at midnight to take care of patients during the war. She was regarded as an angel.

Kimia: How about her own family? Any children?

Baran: She never married and spent her life time on training perfect nurses. She never felt regretful about this decision, I guess.

Kimia: That's a difficult choice she made!

Baran: And unfortunately, she was blind in the last years of her life.

Kimia: What a pity! She had a strong personality.



GRAMMAR

Last night I found a **diary** in an old box. It **was written** by my father. During his childhood, he used to collect great stories about **distinguished** people. One of the stories was about Avicenna. It was an amazing story. Avicenna **was born** in 980. He was a Persian polymath **who is regarded** as one of the most significant physicians, astronomers, thinkers and writers of the Islamic modern age. **Not surprisingly**, he **has devoted** his time to studying and exploring new medicines. He **spared no pain** while he was working on different medicines. He **has also been described** as the father of early modern medicine. Avicenna **is known** for his famous books "The Book of Healing", which is a philosophical encyclopedia, and "The Cannon of Medicine", which is a medical encyclopedia. The second book became a standard medical text at many Medieval universities. Avicenna died in 1037. His shrine **is located** in Hamadan.



جمله معلوم در مقابل جمله مجهول ◀ Active Voice vs. Passive Voice

→ We often use passive when it's not said, known or important who does the action. In other words, passive sentences don't have **subjects**. These sentences start with **objects**.

Example

The children broke the windows yesterday. (Active sentence)

The windows were broken yesterday. (Passive sentence)

Example

All people use public transportation every day. (Active sentence)

Public transportation is used every day. (Passive sentence)

→ If we want to say who has done the action, we use «by» at the end of the sentence.

Example

Public transportation is used every day (by people).

The windows were broken yesterday (by children).

جملات معلوم و مجهول ◀ Active and Passive Sentence

به دو جمله زیر توجه کنید:

۱ بچه‌ها دیروز شیشه پنجره را شکستند.

۲ شیشه پنجره دیروز شکسته شد.

در جمله اول اسمی که در اول جمله آمده فاعل جمله (انجام‌دهنده کار) است که کار توسط او انجام شده است. اما در جمله دوم، اسمی که در اول جمله آمده انجام‌دهنده کار (فاعل) نیست بلکه کار روی آن اسم انجام شده است. همان‌طور که دیدید در جمله اول فاعل ابتدای جمله آمده و معنی جمله را کامل کرده اما در جمله دوم فاعل از ابتدای جمله حذف شده و مفعول جایگزین آن شده است. پس به جملاتی که دارای فاعل هستند و فاعل شروع‌کننده جمله است **جمله معلوم** و جملاتی که دارای مفعول هستند و مفعول شروع‌کننده جمله است، **جمله مجهول** می‌گویند.

جمله معلوم ◀ Active Sentence

جمله معلوم، جمله‌ای است که با فاعل شروع می‌شود؛ یعنی فاعل شروع‌کننده تمامی جملات است.

قانون جملات معلوم

قید زمان + قید مکان + قید حالت + مفعول + فعل + فاعل

Example

People use public transportation to their work every day.

Marry cleaned her bedroom yesterday.

اما برای ساختن سؤالاتی که دارای کلمات پرسشی هستند، باید به روش زیر عمل کنیم:

Wh-words + قید زمان + قید مکان + مفعول + فعل کمکی

Example

This house was completed last week.

When was this house completed?

All old cars have been repaired in the auto-shop.

Where have all old cars been completed?

توجه کنید که برای ساختن سؤالات زمان ماضی نقلی مجهول فعل been حتماً باید در سؤال بیاید. قانون به شکل زیر است:

Wh-words + have / has + مفعول + been + فعل سوم

Example

The rivers have been polluted by harmful materials.

How have the rivers been polluted?

See also

Ali: Do you want to play volleyball this Sunday?

Reza: It's supposed to rain this weekend, isn't it?

Ali: Oh, I didn't know that. Well, what do you want to do, instead?

Reza: We could go to cinema. We could see the new action movie.

Ali: You saw that movie last weekend, didn't you?

Reza: Yeah, but I'd like to see it again. I think you don't like action movie, do you?

Ali: Not really.

Reza: Are you sure?

Ali: Yeah, their stories are so old and boring, aren't they?

Reza: Ok, If you are not interested in action movie we could see the new comedy at Star Cinema.

Ali: You haven't seen that new comedy, have you?

Reza: No, but I've heard it's so great and funny.

Ali: That's fabulous. Let's go!

➔ Tag Questions

➔ A tag question is a question added at the end of a sentence. Speakers use tag questions mainly to make sure their information is correct or to seek agreement.

➔ A tag question is a sentence with a question phrase connected at the end of the sentence.

Example

The weather is hot today, isn't it?

They haven't done their homework, have they?

She wasn't at school yesterday, was she?

۶ در جملاتی که فاعل آنها کلمات "somebody, someone, everybody, everyone," "nobody, no one" باشد، در سؤال کوتاه باید از فاعل "they" استفاده کنیم.

Example

Everyone took the test, didn't they?

ایستگاه کنکور

9 Everyone bought a gift for Mina last night, _____?

1. were it 2. weren't they 3. didn't they 4. didn't it

گزینه ۳ پاسخ

همان‌طور که گفتیم زمانی که everyone در جمله باشد باید در سؤال کوتاه از فاعل they استفاده کنیم و چون فعل جمله به صورت اصلی و گذشته و مثبت است باید didn't را انتخاب کنیم.

10 I am in the head group of our office, _____?

1. am not I 2. aren't you 3. aren't I 4. don't you

گزینه ۳ پاسخ

طبق قانون گفته‌شده اگر در جمله I am استفاده شده باشد، سؤال کوتاه باید به صورت aren't I بیاید.

11 Hey guys! Let's go to the stadium and watch football, _____?

1. can you 2. shall we 3. may we 4. will you

گزینه ۲ پاسخ

طبق قانون گفته شده هرگاه در جمله از let's استفاده شده باشد سؤال کوتاه به صورت shall we می‌آید.

➔ A. Write the correct forms of the verbs in parentheses.

- 1 While I was in London, my camera _____ from my hotel. (steal)
- 2 This company is an independent organization. It _____ by a very famous businessman. (control)
- 3 That company _____ by the government since 2012. (run)
- 4 The electric light bulb _____ by Thomas Edison in 1879. (invent)
- 5 I read in the newspaper that the prices of everything _____ recently. (increase)
- 6 This beautiful photo _____ by my husband on the balcony of our hotel 5 years ago. (take)
- 7 Could you explain this new lesson to me? Last week, I _____ by the teacher's explanation. (confuse)
- 8 That ancient buildings that you see over there _____ for 30 years. (build)
- 9 Richard Anderson is a former astronaut. Several years ago, when he was 52, Anderson _____ by his superior at an aircraft corporation. (inform)
- 10 This kind of story book _____ by the writer yet. (write).

WRITING

You have learned simple sentence and its structure.

Exampel:

I saw her yesterday
 subject verb object adverb of time

Now we are going to talk about another type of sentence, called **compound sentence**.¹
 A compound sentence has at least two independent clauses that have related ideas.

Read and Learn



My brother had a difficult exam, **so** he was studying hard.



We cannot move the car, **for** a blanket of snow lay on the ground.



I like to play chess, **but** I don't know how to play.



Would you like to walk to work, **or** I will take a taxi?

Exampel:

She was busy, **so** I went to the zoo alone.

I think my sister will go to Isfahan, **or** she will go to Tabriz.

He wanted to go to work, **but** he was too sick to drive.

My father got up, **and** my mother set the table.

Notice above examples. What makes them compound sentences?

In compound sentences we join independent clauses by a **coordinating conjunction**.

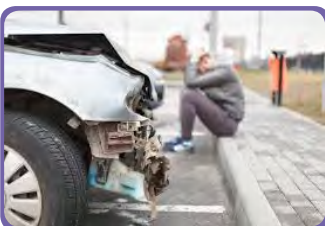
There are five main

coordinating conjunctions:

for, and, but, or, and so.



See and Write



.....

.....

.....

.....

.....

.....



۱. جمله مرکب، جمله‌ای است که از دو عبارت مستقل تشکیل شده که به لحاظ مفهومی به هم مرتبط‌اند.



3

Passage: 234 ● ● ● ● ● ● ● ●

000530

You know them, they are all around us—those people who are always **complaining**¹ and seeing the glass as half empty, rather than half full. We may have to deal with them, but we certainly don't want to be around them if we don't have to. When we leave their presence we may feel tired or depressed. What are their habits? First; nothing fills them, even if they get something they want. It seems like they have an **insatiable**² **appetite**³. They just never feel full. When you are in their **company**⁴, you feel a sense that you **"owe"**⁵ them something, and you can't quite put a finger on what that is. Second; anger is an emotion that they easily go to. They are either complaining about something that happened in the past, or finding **fault**⁶ with what's going on in the present. You feel like you have to watch your every word when you are around them. Third; there is no one, in their opinion, who has had it worse off than them. They can make up story after story for you. If you seriously listen to their scenarios, and try to help, you can't. They simply don't want to change, no matter what you do. These people are so **wrapped up**⁷ in themselves; there is no room for your feelings and needs. They are too busy thinking about themselves and their next moves.

۱. شکایت کردن
۲. سیر نشدنی
۳. میل
۴. همراهی
۵. بدهکار بودن
۶. تقصیر
۷. کادویچ شده



1 What is the famous "saying" which author used in this passage?

2 What may we feel after leaving ungrateful people?

3 "Ungrateful people are so wrapped up in themselves." means:

- 1. They just never feel full.
- 2. They are too busy thinking about themselves and their next moves.
- 3. They get angry easily.
- 4. They don't want to change.

4 What is the sign that shows anger is an emotion that ungrateful people easily go to?

- 1. When we leave them we may feel tired or depressed.
- 2. There is no room for their feelings and needs.
- 3. They are churning about something that happened in the past.
- 4. You have to watch your every word when you are around them.

5 What do ungrateful people make up story after story about?

- 1. their feelings
- 2. their emotions
- 3. their needs
- 4. their lives

CLOZE TEST

1

71



Does any old person live around you? Do you behave well with¹ people? Most² do not care about respecting their parents or grandparents a lot. They behave in a way that is so impolite and rude, they do not listen to their advice, they speak³ to them even they⁴ them when they are very⁵. Unfortunately they do not think that they will get old, someday.

- 1 1. lovely 2. slowly 3. roughly 4. elderly
- 2 1. fathers 2. teenagers 3. mothers 4. teachers
- 3 1. calmly 2. carefully 3. loudly 4. repeatedly
- 4 1. shout at 2. look at 3. divide into 4. provide with
- 5 1. cute 2. kind 3. cruel 4. polite

2

68



Morality is what Islam emphasizes on a lot. Morality includes¹ or ideas about what is right and wrong, how people should behave and these sorts of². One of the most important of these moral rules or³ of⁴ is saying prayers. Muslims believe that by saying prayers they show God how thankful they are. It *enhances*¹ the sense of⁵ and *gratefulness*².

۱. بالا بردن

۲. سپاس‌گزاری

- 1 1. boosts 2. lowers 3. beliefs 4. improves
- 2 1. ethics 2. attic 3. ethnic 4. ancient
- 3 1. principals 2. processes 3. personalities 4. principles
- 4 1. program 2. advice 3. function 4. behavior
- 5 1. association 2. appreciation 3. donation 4. generation

3

95



Fortunately, there are still people who care about how others feel like - my uncle. He is¹ to his family, friends, neighbors and the others. He² no pains to help people in need. This way of his living makes me think of how he can manage his life by spending time on solving others' problems. He can easily³ people who are impolite to him or make him sad. He behaves⁴ so that you feel comfortable. No matter how old you are; he⁵ you. That's why he *turns into*³ my *hero*⁴.

۳. تبدیل شدن

۴. قهرمان

- 1 1. cruel 2. angry 3. generous 4. funny
- 2 1. spares 2. gets 3. forgets 4. hugs
- 3 1. shout 2. hear 3. write 4. forgive
- 4 1. suddenly 2. calmly 3. really 4. surprisingly
- 5 1. records 2. replies 3. respects 4. refers

LISTENING – SPEAKING

■ Let's listen

A. Listen carefully and pay attention to tag questions.

B. Write suitable tag questions for each of these.

- 1 You haven't got a grandfather, ?
- 2 He can speak Italian, ?
- 3 You haven't had snack this afternoon, ?
- 4 You don't like seafood, ?
- 5 She went out last night at 9:30, ?
- 6 You haven't taken an English course before, ?
- 7 They would like to change their lifestyle, ?
- 8 You won't be here next month, ?
- 9 You are not taking the bus home, ?
- 10 I am the fattest girl in the class, ?



➔ Question tags can either be;

1) 'real' questions where you want to know the answer,

or

2) questions which simply ask for agreement when we already know the answer.

If the question tag is a real question we use rising intonation.

If we already know the answer we use falling intonation.

Falling Intonation ↓

- 1 I have told you not to run, haven't I? (Mother telling her son after her son falls.)
- 2 You love wearing my clothes, don't you? (...Stop wearing my clothes.)
- 3 It is a beautiful view, isn't it? (...We are all enjoying it.)
- 4 You know I hate this movie, don't you? (...And yet we are watching it.)

In a falling intonation the speaker is actually very confident and sort of asking the person to confirm or agree with what he / she is saying.

Rising Intonation ↑

- 1 He didn't go to school yesterday, did he? (Did he really go to school yesterday?)
- 2 Jack paid for the dinner, didn't he? (I hope he paid for the dinner... did he?)
- 3 You told her I wasn't going to the party, didn't you? (Did you forget to tell her?)

In a rising intonation the speaker is not as confident of his / her statement and he / she is asking the other person to find out about it.

■ Let's speak

Part a

A. Go back to exercise B in "Let's listen" part. Read aloud the questions in both intonations. (Try to imagine different situations.)

B. Listen to the conversation again and answer these questions.

- 1 How did Pia hear about Rosco International?
- 2 What was Pia's first job? What did she exactly do?
- 3 How many languages does Pia know?
- 4 How did Pia learn Italian?
- 5 How did Pia enjoy Bradford Footwear?

Part b

A. Make tag questions for these situations. Try to use correct intonation for each situation.

- 1 (Mother says to her girl: "don't put too much salt in the soup". Soup is salty enough!)
Mother:, ?
- 2 (Jack knew that Mark was going to register math class, now he sees Mark.)
Jack:, ?
- 3 (Sara is supposed to bring Mary's book, but she has forgotten.)
Mary:, ?
- 4 (Beth wants to know if Kate has been invited to Allen's birthday party.)
Beth:, ?

➔ How to Improve English Speaking Skills

Sometimes you open your mouth to speak, but nothing comes out! Why?

The first and the last rule: Be confident and speak as often as possible to as many people as you possibly can! Do not be shy to make mistakes!

- 1 Surround yourself in English.
- 2 Practise every day. Make yourself a study plan.
- 3 Practice the four core skills: reading, writing, speaking and listening.



Just Do It!

- Listen to News and Watch Films
- Read Books (novels, poems...), Magazine and Newspaper
- Read Out Loud
- Do Interesting Activities in English
- Use Technology



ESSAY

I have a cousin named Sonia who used to nag at everything a lot, expect people to meet her needs, shout at everyone and compare herself to others and so on. She was regarded as a selfish girl. In fact, she enjoyed nothing. As Theodore Roosevelt said “Comparison is the **thief**¹ of joy.” Some years ago an incident happened to my cousin and **thoroughly**² changed her personality. After a terrible accident she lost her eyesight **temporarily**³. Sonia had a real tough time to accept the new condition. Nobody believed that she could manage her life since then but in my opinion, she could perfectly. Those days that she were hospitalized, a kind nurse besides caring her physically, looked after her mind to prepare Sonia for the new vision of life.

This patient nurse talked to her every day and gradually she affected Sonia. She was totally changed. It was clear from Sonia’s behavior and way of thinking. She noticed her abilities, she was kind towards people, and she cared about others’ feelings.

The most **incredible**⁴ thing was she thanked her parents and the others helping her, and also spoke politely and calmly. She was grateful for everything. Thankfully, after a few months her eyesight became better and she could see. Once she told me that as if she was born again and I truly guessed so. I deeply come to this belief that appreciation is life-giving.

۱. دزد

۲. کاملاً

۳. موقتاً

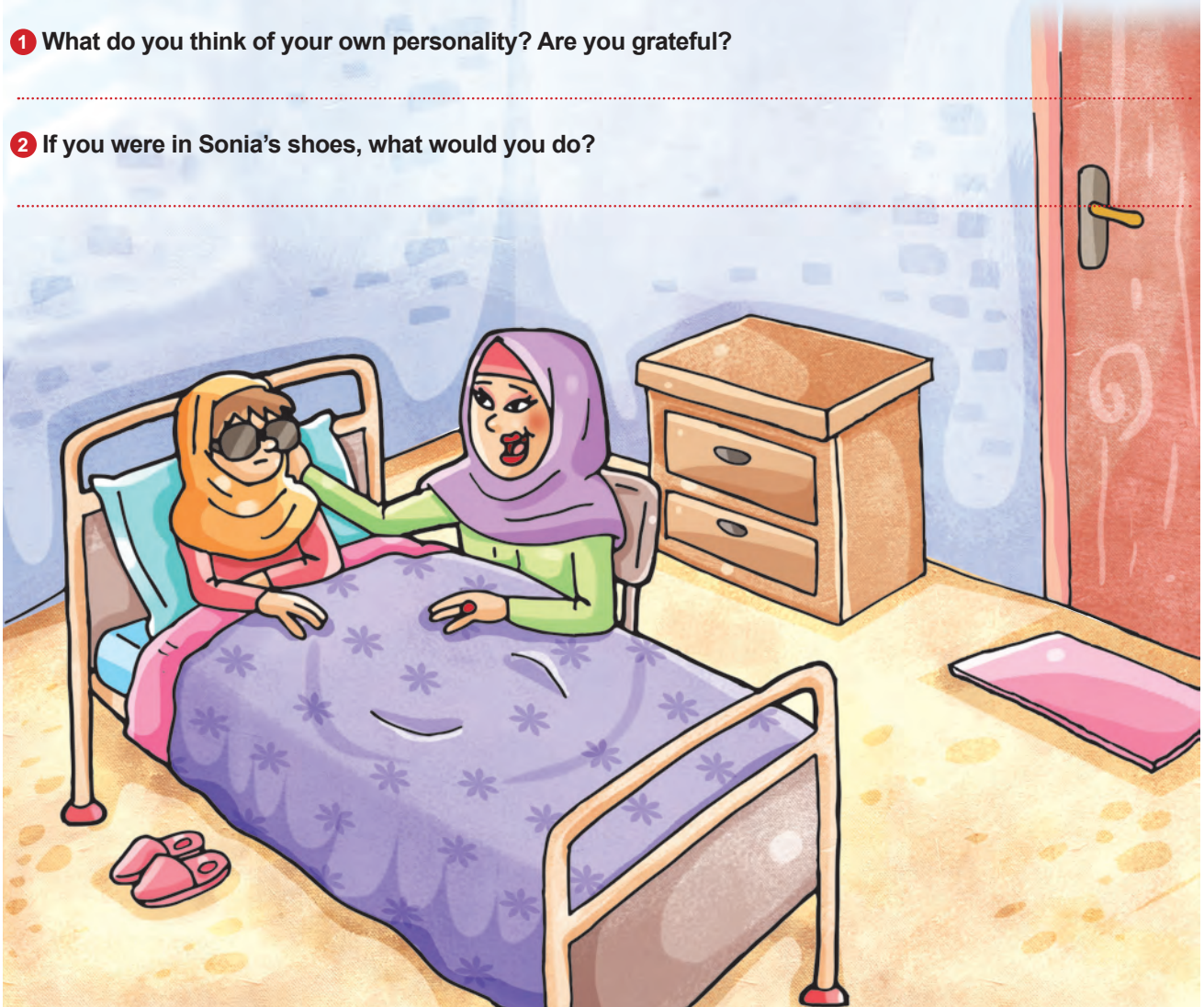
۴. باورکردنی



بشنوید

1 What do you think of your own personality? Are you grateful?

2 If you were in Sonia’s shoes, what would you do?



ACE NEWS



Abbas Babaei

Martyrs remains alive in people's hearts.

Martyr Abbas Babaei was a fighter whose moments of life were full of ups and downs and tumultuous waves. He was a virtuous man whose soul was filled with love, selflessness and generosity; a soldier who was a brave veteran of battlefields. Martyr Babaei was born in 1950 in Qazvin city. He accomplished his elementary and high school in Qazvin and entered the Air Force Pilot School in 1969. When he passed the basic courses, he left for the United States of America in order to complete pilotage courses there.

According to the rules of the college, Babaei had to live with an American roommate for two months. His roommate stressed "Babaei is a reserved and isolated person, and indifferent to customs and social norms. His behavior actually indicates his negative stance against Western culture; he is strongly committed to the traditional culture of Iran". During his services in Isfahan Air Base, he was given a promotion and was assigned the rank of colonel on November 30, 1983. He became the operation deputy commander of the

Air Force and was transferred to Tehran. He fought selflessly with lots of sacrifices during the years of the Iran-Iraq war at the fronts of the battlefield. He successfully launched 60 military operations only from 1985 until the time of his martyrdom. Major General Babaei was appointed as the brigadier general on April 28, 1987. While returning back from an overseas mission, General Babaei, the operation deputy commander of the Islamic Republic of Iran's Air Force, was targeted by an anti-aircraft missile and fell martyr.



Lady with the Lamp

Florence Nightingale was a trailblazing figure in nursing who greatly affected 19th- and 20th-century policies around proper care. She was known for her night rounds to aid the wounded, establishing her image as the 'Lady with the Lamp.' Florence Nightingale was born in Florence, Italy, on May 12, 1820. Part of a wealthy family, Nightingale defied the expectations of the time and pursued what she saw as her God-given calling of nursing. During the Crimean War, she and a team of nurses improved the unsanitary conditions at a British base hospital, greatly reducing the death count. Her writings sparked worldwide health care reform, and in 1860 she established St. Thomas' Hospital and the Nightingale Training School for Nurses. A revered hero of her time, she died on August 13, 1910, in London.

13 symbol of kindness

World Kindness Day is celebrated annually on 13th November. On this day, participants attempt to make the world a better place by celebrating and promoting good deeds and pledging acts of kindness, either as individuals or as organizations. World Kindness Day was first launched in 1998 by The World Kindness Movement, an organization formed at a 1997 Tokyo conference of like-minded kindness organizations from around the world. There are currently over 28 nations involved in The World Kindness Movement. Likewise, on Kindness Day everyone is encouraged to make a similar declaration. Donating books, food or clothes to your local community is a great way to



celebrate. However, pledging to commit just one act of kindness is no less worthwhile: hold the door open for a stranger, compliment your neighbour on their collection of garden gnomes, and let your partner have control of the TV remote for the evening.



A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love.

Saint Basil



A little thought and a little kindness are often worth more than a great deal of money.

John Ruskin



A warm smile is the universal language of kindness.

William Arthur Ward



Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

Lao Tzu



Kindness is the language which the deaf can hear and the blind can see.

Mark Twain



That best portion of a man's life, his little, nameless, unremembered acts of kindness and love.

William Wordsworth

How to Be a Good Babysitter

Becoming a babysitter is a big deal, and is not a job to be taken lightly.



Parents are leaving you in charge of the most important people in their lives – their dear children. To help prepare you for this awesome responsibility, it's important to educate yourself thoroughly on the details of childcare. Whether you are babysitting after school or for a few hours on the weekend, it's always a good idea to have a few snack ideas on hand. Before preparing any snacks or food for kids, you'll need to check about any potential food allergies they may have or any foods that may be off limits per the parents' instructions. To entertain them one fun activity to do while the parents are out is crafts. Study some books to learn how to make things by paper. You are in charge when the parents are gone, so it is very important that you keep the kids in your care safe. Make sure that you have emergency numbers handy and that you know what to do in case of a fire or a storm. The best way to keep the children safe is to keep an eye on them at all times while they are awake.

Books to Read

The Power of People

Four Kinds Of People Who Can Change Your Life is a very clear and common sense approach to understanding your personal power by learning a simple way of understanding and sorting out people in your life. The book is designed to help people achieve personal and professional success. It is informative, inspiring, motivational and thought-provoking.



The Leader as a Mensch

Become the Kind of Person Others Want to Follow says all of us, at any level, can improve our leadership impact and develop the humility, integrity, and honor that instills hope and confidence in others. Drawing on over 25 years of leadership experience, Bruna Martinuzzi brilliantly conveys the essential guidelines for the emotionally intelligent leadership needed for enduring success. Martinuzzi takes the reader on a transformative journey to a way of living, self-discovery, and personal strength that translates into becoming a person who authentically inspires with empathy and confidence.



Be Kind, Not Nice

How to stop people-pleasing, build your confidence and discover your authentic self, you'll discover how: to escape the vicious circle of people pleasing, being mistreated, frustration and addiction to become a more compassionate, kind person to love and accept yourself first to take better care of yourself and live a more authentic, empowered life to create positive, successful relationships at home, school and work if you're a people-pleaser and can't stop being nice, this book is for you.



Easy Learning : Ace Newspaper

ACE NEWS



A rich landowner named Carl often rode around his vast estate so he could congratulate himself on his great wealth. One day while riding around his estate on his favorite horse, he saw Hans, an old tenant farmer. Hans was sitting under a tree when Carl rode by.

Hans said, 'I was just thanking God for my food.' Carl protested, 'If that is all I had to eat, I wouldn't feel like giving thanks.' Hans replied, 'God has given me everything I need and I am thankful for it.' The old farmer added, 'It is strange you should come by today because I had a dream last night. In my dream a voice told me... The richest man in the valley will die tonight.' I don't know what it means, but I thought I ought to tell you.' Carl snorted, 'Dreams are nonsense,' and galloped away, but he could not forget Hans' words...

Be thankful for whatever you have. He was obviously the richest man in the valley, so he invited his doctor to his house that evening. Carl told the doctor what Hans had said. After a thorough examination, the doctor told the wealthy landowner, 'Carl, you are as strong and healthy as a horse. There is no way you are going to die tonight.' Nevertheless, for assurance, the doctor stayed with Carl, and they played cards through the night. The doctor left the next morning and Carl apologized for becoming so upset over the old man's dream. At about nine o'clock, a messenger arrived at Carl's door. 'What is it?' Carl demanded. The messenger explained, 'It's about old Hans. He died last night in his sleep.' You don't need money to be rich, be grateful for what you have in life and you will feel happier.

philosophia

Effect of kindness

Abraham Joshua Heschel a philosopher/theologian, wrote: When I was young, I valued clever people. Now that I am old, I value kind people.

We humans flourish when treated with kindness, and this becomes even more true as we age. With less time ahead of us than behind us, the need for a less complicated, kinder life replaces the need for those external signs of success (the big house; the new car...) that were so important to us in earlier years. Showing kindness doesn't cost anything or even take much time. Kindness can be as simple as a warm smile; a touch; or a word of encouragement.

"A strong correlation exists between the well-being, happiness, and health of people who are kind," says Professor Stephen Post, author of *Why Good Things Happen to Good People*. "It's difficult to be



angry, resentful, or fearful when one is showing unselfish love towards another person."

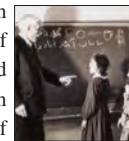
Research also shows that people who are kind and compassionate have better general health and live longer, as do the people on the receiving end of their kindness. Children do better in school, and people with an injury or illness heal more quickly when they are treated with kindness.

Kindness is universal, understood by people of all ages and cultures. And it even goes beyond conventional sensory and communication pathways. As the author, Mark Twain wrote: Kindness is the language which the deaf can hear and the blind can see.

Who is who

Jabbar Baghcheban

Mr. Baghcheban was inventor of teaching method to deaf people in Iran, founder of pre-school education and a pioneer in culture and literature of children. He was born in Yerevan city (Caucasus state) in 1885. He invented oral hand alphabet system, which is unique of its kind in the world. This system is based on the characteristics of sounds and words. In this alphabet, unlike other types, person uses only one hand. During his life with implementation of deaf teacher education, schools, especial schools, colleges, training classes were established. Finally this great man expired on 25 November 1966. God bless him.



Hassan Omidzadeh

Mr. Omidzadeh was a teacher who saved 30 students when the class was burning in flames. Hassan Omidzadeh was a teacher from Shaft, Guilan. In the February of 1997, the school where he was teaching caught fire. The devoted teacher showed great boldness to save 30 students, where he himself was burnt severely in the face and around his head. Omidzadeh brought the students out one by one when the door was closed and he had to struggle a lot to take himself out of the room. After suffering the injuries for years, he died on July 18, 2012 in Fuman General Hospital.



Riz-Ali Khajavi

Azbar-Ali Hajavi, also known as Riz-Ali Khajavi, who bravely saved the lives of passengers from a train crash in 1961 died at 86 on Saturday. Born in 1930, in Miyaneh, northwestern Iran, Riz-Ali is best known as Dehqan-e Fadakar. For decades his story was taught in primary schools nationwide. On a cold November night, Khajavi, 32, detected a landslide while walking along the railroad. He then took off his jacket tied it to a stick and set it on fire while running towards a train which was speeding towards him shouting danger to stop it. He finally was forced to fire his gun into the air to stop the train.



◆ What have you learned?

Vocabulary	
1	They bought a gift for their mother in of whatever she has done for them. 1) problem 2) appreciation 3) result 4) fact
2	Sara's father feels happy because she treats him with 1) kindness 2) cruelty 3) pain 4) lap
3	We can our confidence by doing exercise. 1) make 2) break 3) decrease 4) boost
4	He's as a responsible man at work. 1) ignored 2) forgiven 3) regarded 4) written
5	Michael has to see a about the flu. 1) psychologist 2) physician 3) teacher 4) writer
6	Do you think of your country as a 1) homeland 2) park 3) school yard 4) house
7	Stress has a bad effect on brain 1) production 2) generation 3) function 4) collocation
8	Being to people and respecting them show your personality. 1) polite 2) happy 3) angry 4) surprised
9	Most of the students of this class blood last year. 1) shouted 2) donated 3) spoke 4) hugged
10	Will you please your voice? They're studying right now. 1) increase 2) cause 3) lower 4) pay
11	This hospital was by a group of men in our neighborhood. 1) founded 2) produced 3) spared 4) collected
12	When she was my mother temperature, Joe came in. 1) getting 2) taking 3) attacking 4) working
13	Exercise can affect both your physical and energy. 1) quality 2) weakness 3) strength 4) strategy
14	My little brother hates people who are to animals and kill them. 1) cruel 2) kind 3) powerful 4) angry
15	He has short because he soon forgets everything. 1) brains 2) energies 3) diaries 4) clothes
16	He's been chosen for his great performance. 1) never 2) unfortunately 3) repeatedly 4) calmly
17	We won't him for what has done. 1) talk 2) forgive 3) found 4) feel
18	I like her style. It made her look very at the party. 1) dangerous 2) lazy 3) careful 4) distinguished
19	He as a boss thinks that at employees, improves their work. 1) helping 2) shouting 3) caring 4) providing
20	We know him as a coach because of his hard-work. 1) dedicated 2) irresponsible 3) polite 4) loving

➔ Choose the appropriate answer.

- 1 Children like to give their teachers some flowers to show their for their hard work.
 - 1) occupation
 - 2) destination
 - 3) appreciation
 - 4) observation
- 2 When people have a of purpose, they are less likely to become depressed.
 - 1) scrap
 - 2) sense
 - 3) scare
 - 4) scene
- 3 Researchers found that volunteering can the risk of high blood pressure in older adults.
 - 1) attend
 - 2) regret
 - 3) observe
 - 4) lower
- 4 He began studying two weeks early in order to his chances of success on his final exams.
 - 1) boost
 - 2) lessen
 - 3) decrease
 - 4) lower
- 5 You have to change your clothes because jeans and T- shirt are not for a job interview.
 - 1) appropriate
 - 2) indiscriminate
 - 3) comprehensive
 - 4) affected
- 6 The availability of ,early meals for children and playroom makes this hotel an excellent choice for families.
 - 1) brainchild
 - 2) baby sitting
 - 3) seat belt
 - 4) scotch tape
- 7 A tourist should know that an acceptable social in one country may be unacceptable in an other country.
 - 1) attraction
 - 2) pretention
 - 3) behavior
 - 4) disorder
- 8 It is like a giant computer that controls our bodies and allows us to think. It refers to
 - 1) the brain
 - 2) blood
 - 3) tongue
 - 4) the heart
- 9 Mary's adolescent children are the most polite I've ever met.
 - 1) passengers
 - 2) teenagers
 - 3) intruders
 - 4) pretenders
- 10 It is said that is the language which the deaf can hear and the dumb can understand.
 - 1) awareness
 - 2) earnestness
 - 3) kindness
 - 4) weakness
- 11 Based on a medical written, hypertension or blood pressure is called the "silent killer", because it has no
 - 1) symptoms
 - 2) designations
 - 3) descriptions
 - 4) messages
- 12 He was under a lot of pressure at work and he has never his decision to leave it.
 - 1) received
 - 2) considered
 - 3) regretted
 - 4) disappeared
- 13 It was a selfish thought, showing no for everything that someone had done for us.
 - 1) appreciation
 - 2) progression
 - 3) displeasure
 - 4) grandeur
- 14 The tour guide has a good He can remember events and historical things which happened many years ago.
 - 1) moment
 - 2) occasion
 - 3) prediction
 - 4) memory

➔ Choose the correct answer.

- 1 This quiz for learners of English as a second language this morning.
 1) were designed 2) is designed 3) was designed 4) will be designed
- 2 In this study, children's eye movements while they listened to a series of messages.
 1) are recorded 2) were recorded
 3) would have recorded 4) has been recorded
- 3 There were no comments about the proposal and no decisions
 1) giving – making 2) gives – makes 3) gave – made 4) given – made
- 4 Based on a recent study, it that in Africa one elephant in three is an orphan.
 1) has estimated 2) has been estimated
 3) had estimated 4) would have been estimated
- 5 The police are looking for a man in 30s. He to be dangerous.
 1) is believed 2) is going to believe
 3) believes 4) will believe
- 6 Thousands of passengers at airports all over Europe after heavy snow falls.
 1) had stranded 2) has been stranded
 3) have been stranded 4) have stranded
- 7 I had to walk to work, because the car
 1) repaired 2) is going to repair 3) must repair 4) is being repaired
- 8 While my father was driving down Hemat Highway, he and a ticket by a police officer.
 1) was pulled over – given 2) pulled over – gave
 3) was pulling over – given 4) has pulled over – given
- 9 After the earthquake, aid to the people of Bam.
 1) was sending 2) will send 3) has to send 4) was sent
- 10 The electricity of our school was cut off, because the bill by the headmaster.
 1) has not paid 2) has not been paid
 3) had not been paid 4) was not paid
- 11 Whose son is the first prize going to tomorrow?
 1) be given 2) have been given 3) give 4) been given
- 12 Which one is grammatically wrong?
 1) The stolen library book was brought back.

ردیف	آزمون درس ۱	بارم
A.	Dictation.	4
1.	These young girls care for _lde_l_ people once a month.	
2.	He had a lot of money but he didn't d_n_t_ anything to the charity.	
3.	Sara tried hard to become a p_y_ic_an.	
4.	This hairstyle made him look very d_s_ing_ishe_.	
5.	He got the _lu, so he canceled his class.	
6.	Taking p_oto_ra_hs is her habits and enjoys doing it.	
7.	It is g_n_ro_s of your father to lend me his car.	
8.	She was looking at the p_g_on sitting at the window.	
B.	Choose the best answer.	5
9.	Sima's father wanted to at her because of her being late but he went out, instead. <input type="checkbox"/> 1) laugh <input type="checkbox"/> 2) shout <input type="checkbox"/> 3) arrive <input type="checkbox"/> 4) nod	
10.	Many people had to quit their due to war in the past. <input type="checkbox"/> 1) homeland <input type="checkbox"/> 2) government <input type="checkbox"/> 3) society <input type="checkbox"/> 4) culture	
11.	He never goes out with his friends. He is to his job. <input type="checkbox"/> 1) connected <input type="checkbox"/> 2) exported <input type="checkbox"/> 3) dedicated <input type="checkbox"/> 4) designed	
12.	This little girl always sits on her sister <input type="checkbox"/> 1) back <input type="checkbox"/> 2) hand <input type="checkbox"/> 3) skirt <input type="checkbox"/> 4) lap	
13.	She knew what he did but she him. <input type="checkbox"/> 1) stood <input type="checkbox"/> 2) forgave <input type="checkbox"/> 3) paid <input type="checkbox"/> 4) spoke	
14.	I was reading a book which many years ago. <input type="checkbox"/> 1) wrote <input type="checkbox"/> 2) has written <input type="checkbox"/> 3) is writing <input type="checkbox"/> 4) was written	
15.	Finally, he his decision to buy this apartment. <input type="checkbox"/> 1) made <input type="checkbox"/> 2) making <input type="checkbox"/> 3) has make <input type="checkbox"/> 4) was making	
16.	All the snacks have <input type="checkbox"/> 1) eaten <input type="checkbox"/> 2) ate <input type="checkbox"/> 3) been eaten <input type="checkbox"/> 4) were eaten	
17.	I'm the tallest girl in the class, ? <input type="checkbox"/> 1) do I <input type="checkbox"/> 2) aren't we <input type="checkbox"/> 3) am I <input type="checkbox"/> 4) aren't I	
18.	She finished her homework last night, ? <input type="checkbox"/> 1) doesn't she <input type="checkbox"/> 2) didn't her <input type="checkbox"/> 3) hadn't she <input type="checkbox"/> 4) didn't she	

ردیف	آزمون جامع	بارم
A.	Dictation.	4
1.	Not s__pr__sing__y, he was re_ar_ed as the leader of the research team.	
2.	My teacher re_om_en_ed that I should register in ad_an_ed level.	
3.	To f_g_re o_t the process of this project, take a look at the i_tro_uc_ion first.	
4.	Please r_mi_d me to talk about the advantages of clean e_er_y.	
B.	Choose the correct answer.	5
5.	Do you know which countries support natural like coal in the world? <input type="checkbox"/> 1) mountains <input type="checkbox"/> 2) resources <input type="checkbox"/> 3) forces <input type="checkbox"/> 4) houses	
6.	This restaurant has the in its menu to offer to draw customers' attention. <input type="checkbox"/> 1) variety <input type="checkbox"/> 2) excuse <input type="checkbox"/> 3) way <input type="checkbox"/> 4) tip	
7.	They want to this kitchen into a room. <input type="checkbox"/> 1) travel <input type="checkbox"/> 2) generate <input type="checkbox"/> 3) convert <input type="checkbox"/> 4) blow	
8.	She didn't all the sugar, so we have some. <input type="checkbox"/> 1) make up <input type="checkbox"/> 2) use up <input type="checkbox"/> 3) come up <input type="checkbox"/> 4) get up	
9.	Did you install the on your phone? <input type="checkbox"/> 1) app <input type="checkbox"/> 2) technology <input type="checkbox"/> 3) symbol <input type="checkbox"/> 4) book	
10.	She asked me to call the customer I talked to this morning. <input type="checkbox"/> 1) where <input type="checkbox"/> 2) who <input type="checkbox"/> 3) whom <input type="checkbox"/> 4) which	
11.	The needed nutrients must by the plants. <input type="checkbox"/> 1) absorbed <input type="checkbox"/> 2) was absorb <input type="checkbox"/> 3) be absorbed <input type="checkbox"/> 4) absorb	
12.	She told the story of the movie which I had already it. <input type="checkbox"/> 1) watch <input type="checkbox"/> 2) watched <input type="checkbox"/> 3) was watching <input type="checkbox"/> 4) have watched	
13.	What did you want if you ask her to do you a favor? <input type="checkbox"/> 1) may <input type="checkbox"/> 2) can <input type="checkbox"/> 3) should <input type="checkbox"/> 4) could	
14.	They tried to make him calm,? <input type="checkbox"/> 1) don't they <input type="checkbox"/> 2) did them <input type="checkbox"/> 3) they do <input type="checkbox"/> 4) didn't they	
C.	Fill in the blanks. (The first letter of the words is given.)	3
15.	How do you show your a..... to those who help you?	
16.	She is d..... for her hard-working character.	
17.	Some students want to lead this research but as too many cooks s.....the broth, their teacher chose one for being leader.	
18.	I wish he could a..... this meeting well.	



پاسخنامه تشریحی

۲۱۱	درس اول
۲۲۰	درس دوم
۲۳۰	درس سوم
۲۴۱	پاسخ آزمون جامع
۲۴۳	پاسخ What have you learned? درس اول
۲۴۴	پاسخ What have you learned? درس دوم
۲۴۶	پاسخ What have you learned? درس سوم
۲۴۸	پاسخنامه واژگان درس اول
۲۵۱	پاسخنامه گرامر درس اول
۲۵۴	پاسخنامه واژگان درس دوم
۲۵۸	پاسخنامه گرامر درس دوم
۲۵۹	پاسخنامه واژگان درس سوم
۲۶۴	پاسخنامه گرامر درس سوم

Mr. Jarvis: Dyslexia comes in many shapes and sizes...of different severity. I would like to send him to see a specialist and I wanted to speak to you about it first. This wouldn't be a problem for you, would it?

Maggie: No, of course not. I'll do anything I can to help. You've got me really worried now though...

Mr. Jarvis: Oh Mrs. Brown, it's nothing to worry about. My own son had a mild form of dyslexia when he was Billy's age and he's now a published author! Telephone the school office tomorrow morning and we can arrange an appointment for early next week.

Maggie: Ok, thank you Mr. Jarvis. I'll telephone the office at 9 o'clock sharp.

Mr. Jarvis: That'll be fine. Now, have a good evening.

- | | |
|-----------------|----------------|
| .do you .5 | .aren't you .1 |
| .haven't you .6 | .isn't it .2 |
| .are you .7 | .isn't it .3 |
| .would it .8 | .isn't he .4 |

🔊 Listening 2

This photo is very old, I think it's from about 1910 and it looks very yellow. The man at the back, the first one on the left, is my grandfather. His two brothers are Charles and William. William is the one with the open jacket. My grandfather's sister is called Violet. My grandfather was about 22 when this photo was taken. They were outside the family home in Chicago. Two years after this photo, my grandfather got married to a friend of Violet and my father was born about ten years after this photo. My grandfather worked for 27 years in a cinema about three blocks from this house. He started selling chocolate bars and soda drinks to people watching silent movies and finished as the manager. He was an incredible man.

The girl in this photo is my mother, she was only one year old at the time, maybe a little more. The woman with her isn't her mother, but her mother's sister, Matilda. Matilda never had any children, she never got married, but she was always very close to my mother and they're together in many pictures. A lot of people think she is my mother's mother. The photo was taken in the 1930s in California, where Matilda lived. California in the 1930s was all country and fields, you can see the woods in the background. It was near Hollywood. I went there to that house when I was very young, I remember it, now it's just another suburb of another city. My brother still has that old car, he loves vintage cars and cleans it every month. I think this is my favorite photo of my mother when she was a child. It's from another world.

It's incredible, but the little girl at the front of this photo is my grandmother. Look at her! She was only five years old in this picture and she still remembers the day it was taken. It was

🔊 Listening 1

Maggie: Hi, I'm Maggie

Mr. Jarvis: I'm sorry?

Maggie: Maggie Brown. I'm the mother of Billy. I was told you would be here. You're his English teacher, aren't you?

Mr. Jarvis: Oh, of course. Billy's mother. Hi, nice to meet you. Yes, I wanted to speak to you about Billy's work.

Maggie: I hope there isn't a problem.

Mr. Jarvis: Well, not exactly. I think Billy has made some good improvements this year compared to last year.

Maggie: Well, of course. Last year, we were new to the area. You know, we moved here from Los Angeles and it wasn't a very settled time for Billy, well all the family really. So Billy probably didn't do his best work last year. But I thought he had improved enormously this year. That's the case, isn't it?

Mr. Jarvis: As I was saying, I think Billy most certainly HAS improved a lot since last year. I just think there are one or two other things he needs to work on so I wanted to have a chat with you this evening.

Maggie: Well, I'm sure he's been doing his very best. You know, he's only 12 and it's not easy when...

Mr. Jarvis: ...yes, yes, certainly Mrs. Brown. Part of what I wanted to say to you tonight is that Billy's work has been much better. We put a story that he wrote back in March in the school newspaper. Did you see it?

Maggie: I can't believe it! I never had any idea. He's such a modest boy. He would never show me anything like that.

Mr. Jarvis: Oh, really? I'm surprised you never got to see it. It really was a well crafted piece of writing. Very mature article considering the age of Billy.

Maggie: Well, I don't know what to say....but, you said he was having problems?

Mr. Jarvis: He is still having enormous difficulties with his spelling and it concerns me.

Maggie: Yes, Billy has always been pretty weak with his spelling. We have tried at home to help him. His sister, Kathy, often spends time with him, testing him on words that he often gets wrong. I'm sure that's helpful, isn't it?

Mr. Jarvis: Oh yes, without a doubt. And he's enjoying doing this extra spelling work at home, isn't he?

Maggie: Yes, he knows it's important to be able to spell better. But he's always had trouble getting his words right...you know, when he's writing. You don't think there's anything more serious wrong with him, do you?

Mr. Jarvis: I think it's possible he may have a mild form of dyslexia. You've heard of dyslexia, haven't you?

Maggie: Yes, of course I have. But you're not seriously suggesting Billy has dyslexia, are you?