

## Excuses! Excuses!

Harry was often late for school. When the teacher asked him why he was late, he always had an excuse. 'My alarm clock didn't go off,' he said one morning. 'The bus broke down,' he told her another morning. 'My poor doggy was badly sick,' he added yet another morning. Usually he just couldn't get out of bed because he stayed up playing games at night!

When he didn't hand in his homework, he had an excuse for this as well. 'The dog ate it,' was one excuse. 'My computer crashed,' was another. 'My backpack was stolen,' was yet another. Actually, the real reason was that he had forgotten to do it, or he just didn't want to do it and left it until he was too tired. He always thought of someone or something to blame for his mistakes.

'What's wrong, Harry? Why are your grades so bad?' his mother asked him one afternoon.

'It's not my fault, Mom,' Harry replied. 'My teacher isn't very good.'

'Then I will phone the school and talk to your principal,' his mother said.

'No, no,' Harry said quickly. 'That won't help. He doesn't like me.'

'Then we'll have to send you to a different school,' his father said.

'You won't see your friends anymore but your grades are more important.'

Harry thought about this for a minute. He didn't want to change schools. Then he said, 'I probably could do my best to get to school on time.'

'That would be fine,' his mother replied. 'But what about your homework?'

'Well,' he said, 'I suppose I could work harder to keep up with my homework as well. I think I'll go and do today's homework right now.'

When Harry had left the room, his father said to his mother, 'That wasn't too difficult, was it?'

文章出處: 108 年嘉義縣英語日學藝競賽

## It's Never Too Late to Learn

Chang En-Kee(張恩基)is an amazing woman from Singapore. It is hard to tell her age by what she's doing in the later stage of her life. She is now over ninety years old and still learning new things. She learned the skill of playing tennis in her seventies. She also learned to swim in her eighties. Now, she is learning yoga.

Ms. Chang says, "It's never too late to learn. Learning new things and practicing new skills keep me younger and more energetic." Ms. Chang is now ninety-three years old. She enjoys her daily exercise and is strong enough to do it every day.

"It's said that elderly people can't do a lot of exercise and that it might be dangerous to practice some activities which require more strength. This might be true, so I chose to learn tennis, swimming and yoga. They're gentle sports and not too hard for elderly people. They also bring so much fun to life," says Ms. Chang.

She says that practicing yoga is good for her health. For example, it relaxes her shoulders, knees, back, and legs. She can practice it for a long period of time, and never feels too tired." Anyone can practice yoga, but it is better and safer to do it with a teacher instead of

doing it alone. This is especially important when you first start training," Ms. Chang says.

Now her children and grandchildren are all learning yoga from her.

The whole family benefits from doing yoga. They become more energetic and healthier practicing it. They also have fun doing something together. Ms. Chang says happily that her whole family is so proud of her. She couldn't be more proud of herself.