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Here are Important Travel Notices from United Airlines, March 20, 2016 7:12 AM. Information is updated as it is received.

◆ 1. Travel and the Zika virus

If you have a ticket for travel to a country affected by the Zika virus (as listed on the CDC website) and have concerns, please contact the United Customer Contact Center with any questions or changes to your reservation. Customers advised to avoid the affected regions based on CDC guidance may change their destination or travel date without a fee or may choose to receive a refund (退款) if their tickets were booked before February 29, 2016. The new travel date must be within the validity (有效期) of the ticket. Additional charges may apply if there is a difference in fare for the new travel route.

◆ 2. Longer lines at security checkpoints

Procedural (程序上的) changes at TSA checkpoints throughout the United States may result in longer lines at security checkpoints. Please plan accordingly and allow for extra time at the airport. The TSA advises arriving at the airport two hours before your flight for US travel and three hours before for international travel. To save time at security, we encourage you to visit www.tsa.gov.com and apply for TSA pre-check.

◆ 3. Notice for flights departing the European Union, Norway and Switzerland

EU Regulation 261/2004 requires airlines to provide the following notice: If you are not allowed to board or if your flight is cancelled or delayed for at least two hours, ask at the check-in counter or boarding gate for the form, stating your rights, particularly about compensation (赔偿) and assistance.

1. Travelers have to pay additional fees when they want to ____.

A. change their reservation B. change travel date C. receive their refund D. change to a dearer route

2. What do we know from Notice 2?

A. Security check possibly takes time in the USA. B. Security checkpoints are not available.
C. Security check wastes a long time. D. Pre-check can easily be done online.

3. Compensation can be asked for when ____.

A. passengers refuse to board the plane B. passengers' trip is cancelled in advance
C. passengers' flight is delayed at least two hours D. passengers miss their flight due to traffic jam

2.

Two of the saddest words in the English language are "if only". I live my life with the goal of never having to say those words, because they convey regret, lost opportunities, mistakes, and disappointment.

My father is famous in our family for saying, "Take the extra minute to do it right." I always try to live by the "extra minute" rule. When my children were young and likely to cause accidents, I always thought about what I could do to avoid an "if only" moment, whether it was something minor like moving a cup full of hot coffee away from the edge of a counter, or something that required a little more work such as taping padding (衬垫) onto the sharp corners of a glass coffee table.

I don't only avoid those "if only" moments when it comes to safety. It's equally important to avoid "if only" in our personal relationships. We all know people who lost a loved one and regretted that they had foregone an opportunity to say "I love you" or "I forgive you." When my father announced he was going to the eye doctor across from my office on Good Friday, I told him that it was a holiday for my company and I wouldn't be here. But then I thought about the fact that he's 84 years old and I realized that I shouldn't give up an opportunity to see him. I called him and told him I had decided to go to work on my day off after all.

I know there will still be occasions when I have to say "if only" about something, but my life is definitely better because of my policy of doing everything possible to avoid that eventuality. And even though it takes an extra minute to do something right, or it occasionally takes an hour or two in my busy schedule to make a personal connection, I know that I'm doing the right thing. I'm buying myself peace of mind and that's the best kind of insurance for my emotional well-being.

4. Which of the following is an example of the "extra minute" rule?

A. Start the car the moment everyone is seated.
B. Leave the room for a minute with the iron working.
C. Wait for an extra minute so that the steak tastes better.
D. Move an object out of the way before it trips someone.

5. The author decided to go to her office on Good Friday to ____.

A. keep her appointment with the eye doctor B. meet her father who was already an old man
C. join in the holiday celebration of the company D. finish her work before the deadline approached

6. The underlined word "foregone" in Paragraph 3 is closest in meaning to ____.

A. abandoned B. took C. avoided D. wasted

7. What is the best title for the passage?