

1.

We know that every person has its own words or expressions to express his ideas and feelings. Some of these words and expressions are commonly used for many years. Others are popular for just a short time. One such American expression is "Where's the beef?" It is used when something is not as good as it is said to be. In the early 1980s "Where's the beef?" was one of the most popular expressions in the United States. It seemed as if everyone using it at the time.

Beef, of course, is the meat from a cow, and food is more popular in America than a hamburger made from beef. In the 1960s a businessman named Ray began building small restaurants that sold hamburgers at a low price. Ray called this "McDonald's". Ray became one of the richest businessmen at last in America.

Other business people watched his success. Some of them opened their own hamburger restaurants. One company called "Wendy's" said its hamburgers were bigger than those sold by McDonald's or anyone else. The Wendy's Company began to use the expression "Where's the beef?" to make people know that Wendy's hamburgers were the biggest. The Wendy's television advertisement showed three old women eating hamburgers. The bread that covered the meat was very big, but inside there was only a bit of meat. One of the women said she would not eat a hamburger with such a little piece of beef. "Where's the beef?" she shouted in a funny way. The advertisement for Wendy's hamburger restaurants was success. As we said, it seemed everyone began using the expression "Where's the beef?".

【1】_____ started McDonald's restaurant.

A.Ray B.McDonald C.Wendy D.Three old women

【2】Other people wanted to open hamburger restaurants because they thought _____.

A.they could sell hamburgers at a low price B.hamburgers were easy to make

C.beef was very popular in America D.they could make a lot of money

【3】Wendy's made the expression known to everybody _____.

A.with many old women eating hamburgers B.by a television advertisement

C.while selling bread with a bit of meat in it D.at the McDonald's restaurant

【4】We can learn from the passage that the expression "Where's the beef?" means _____.

A.The beef in hamburgers is not as much as it is said to be

B.The hamburgers are not as good as they are said to be

C.It is used when something is not as good as it is said to be

D.Wendy's is the biggest

2.

During the month of September, a dear friend of mine lost her husband suddenly in an accident. This accident was sudden and certainly unexpected. We sometimes take our love ones for granted, and we expect that they will be with us forever. However, as we all know, life does not work that way and sometimes we get a wakeup call that shocks us and realize how short life is.

In comforting her, I tried to imagine if I was in her shoes how I would feel. It was impossible to imagine what she was going through. What words do I say to help her? Sometimes words just cannot express our feelings. Sometimes our actions are much more meaningful than words. A hug can sometimes express more than our words will ever express. Sometimes, just being there to listen is more meaningful and helpful to people.

As I was leaving the funeral parlor (殡仪馆), I ran into Marilyn. She is one of those friends who is with you in the good times and is always by your side in the bad times. She has a sense of humor that makes everyone feel at ease. We chatted for a few moments, and then she asked me how my job was. I was telling her I was having a stressful week with my job. She listened to me, then without saying a word, she took her hands and placed them on my face, and said to me, "But at least you have a day."

Since that day, when I start feeling stressed, I remind myself of Marilyn's words --- but at least I have a day! Things could be a lot worse, but I am alive and I have a lot to be thankful for ---- so I shall not waste my days with stress and frustrations (挫折) ----- life is too short.

【1】The author was most likely to comfort her friend by _____.

A.saying many kind words to her friend B.imagining how sad her friend was

C.listening to her friend sincerely D.going through a lot of troubles

【2】According to the author, Marilyn was _____.

A.strong, honest and clever B.positive, helpful and humorous

C.lucky, active and determined D.wealthy, noble and friendly

【3】By saying "but at least you have a day", Marilyn means that _____.

A.a day is long enough or you

B.you will die soon after the day

C.life is really too short for all of us

D.you are still alive and should be grateful

【4】Since the conversation, the author _____.

A.has thought highly of Marilyn B.has valued her life quite a lot

C.has met with many difficulties D.has enjoyed stress and troubles

3.

Do you now have a teacher who just doesn't understand you? If you're not getting along well with your teacher, then continue reading this article to gain some tips that can help you deal with your bad situation.

Talk to your parents

Tell them about your situation. Be detailed with the actions your teacher has made that bother you. The more specific (具体的) are with your worries and problems, the easier it will be for your parents to understand where they are coming from. By sharing your problems with your parents, you are able to relieve (减轻) your stress instead of getting mad at someone at school.

Meet with the Guidance Counselor (辅导员)

Guidance Counselor can give you good advice about how to deal with unfair or mean teachers. Your guidance counselor knows the different teachers in your school so they will know if it is a personality problem or some others behind you and your teacher's difference. Your parents can also come in for this appointment if it makes you more comfortable. The purpose of your counselor is to provide you with help with your classes or other school related problems and they are willing to invite parents or make other adjustments with them as comfortable as possible.

Meet with the Teacher

You could also have your parents plan a meeting with your teacher. You can join them in the meeting or just have your parents discuss your concerns with the teacher. If you join the meeting, you will be able to tell your teacher what has been annoying you, but this can be uncomfortable for a lot of students. Either way is