

Read the article below; answer the questions and complete the vocabulary exercises that follow the text.

## **PART I**

**"WEAR SUNSCREEN"** by Mary Schmich

June 1997

Ladies and Gentlemen of the class of '97

5 If I could offer you only one tip for the future, sunscreen would be it. The long-term benefits of sunscreen have been proved by scientists, whereas the rest of my advice has no basis more reliable than my own meandering experience. I will dispense this advice now.

10 Enjoy the power and beauty of your youth. Oh, never mind. You will not understand the power and beauty of your youth until they've (1) \_\_\_\_\_. But trust me, in 20 years, you'll look back at photos of yourself and (2) \_\_\_\_\_ in a way you can't grasp now how much possibility lay before you and how fabulous you really looked. You are not as fat as you imagine.

15 Don't worry about the future. Or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing bubble gum. The real troubles in your life are apt to be things that never crossed your worried mind, the kind that (3) \_\_\_\_\_ you at 4 pm on some idle Tuesday.

20 Do one thing every day that scares you.

Sing.

25 Don't be (4) \_\_\_\_\_ with other people's hearts. Don't put up with people who are reckless with yours.  
Don't waste your time on jealousy. Sometimes you're ahead, sometimes you're behind. The race is long and, in the end, it's only with yourself.  
Remember compliments you receive. Forget the insults. If you succeed in doing this, tell me how.[...]

30 Stretch.

[...]Enjoy your body. Use it every way you can. Don't be afraid of it or of what other people think of it. It's the greatest instrument you'll ever own.

35 Dance, even if you have nowhere to do it but your living room.

Read the directions, even if you don't follow them. Do not read beauty magazines. They will only make you feel ugly.

40 Get to know your parents. You never know when they'll be gone for good. Be nice to your siblings. They're your best link to your past and the people most likely to stick with you in the future.

Understand that friends come and go, but with a precious few you should hold on. Work hard to bridge the gaps in geography and lifestyle, because the older you get, the more you need the people who knew you when you were young.

45 Live in New York City once, but leave before it makes you hard. Live in Northern California once, but leave before it makes you soft.

Travel.

50 Accept certain (5) \_\_\_\_\_ truths: Prices will rise. [...] You, too, will get old. And when you do, you'll fantasize that when you were young, prices were reasonable, politicians were noble, and children respected their elders.

Respect your elders.

55 Don't expect anyone else to support you. Maybe you have a trust fund. Maybe you'll have a wealthy spouse. But you never know when either one might run out.[...]  
Be careful whose advice you buy, but be patient with those who supply it.  
But trust me on the sunscreen.

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*Adapted from the Chicago Tribune*

65 Answer the following questions. Use your own words and write complete sentences.

1. Who do you think the speaker and the audience of this text may be?

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2. List the pieces of advice given in the text in relation to people relationships.

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3. Do you think this is an effective speech? Why or why not?

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4. The speaker starts her speech with 'If I could offer you only one tip for the future, sunscreen would be it' and ends her speech with 'But trust me on the sunscreen'. What do you think she means by this? How does it contribute to the purpose of her speech?

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## PART II: VOCABULARY

Some of the words have been removed from the text. Fill in the answer box writing the word that fits the text blank.

	<b>Word 1</b>	<b>Word 2</b>	<b>Word 3</b>	<b>ANSWER</b>
1	greyed	faded	disappeared	
2	recall	remind	think	
3	blindsided	hit	slap	
4	irresponsible	careless	reckless	
5	challengeable	inalienable	controversial	