

TASK 1 (5 x 1 mark = 5 marks)**MARKS**

Match texts 1-5 with headings A-I in the grid on the next page. There are three extra headings that do not match any text. Item 0 is an example.

TEXT 0

All folk music lovers think they know what happened at the 1965 Newport Folk Festival when a scruffy, much loved American protest singer whipped out a Stratocaster. The musical disruption that followed rivals the 1913 premiere of Igor Stravinsky's Rite of Spring. Fortunately, cultural historian Elijah Wald wasn't content to let sleeping legends lie. Wald revisits Bob Dylan's infamous set through contemporary accounts (including pages from one fan's scrapbook) and interviews with surviving participants. The result leaves those of us who weren't there wishing we had been. [...]

TEXT 1

I don't particularly like to laugh when I read [...] but I read this entire novel with a smile on my face. Amy Stewart resurrects a very real heroine from history. In 1914 New Jersey, Constance Kopp dared to pursue justice for herself and her sisters after their horse buggy was hit by a car. The adventures that follow set Constance on a path to becoming one of the first female deputy sheriffs in the U.S. And how I smiled when I found out this is the first of a trilogy.

TEXT 2

Originally published in 1939, *Tropisms* is the stunning debut of the late Nathalie Sarraute, long considered one of France's most important writers. Sarraute, whose work went on to be translated into dozens of languages, once described her work as the "interior movements that precede and prepare our words and actions, at the limits of our consciousness." This collection of vignettes, made up of short scenes and anecdotes, reads like quiet prose poems that stay with the reader. Translated by Maria Jolas, *Tropisms* is a masterpiece, short but powerful in every sense.

TEXT 3

As chronicled in this richly textured novel, aviator Beryl Markham's life is the stuff of legend. The narrative focuses on Markham's life through her 20s; she tells her story from the cockpit of her plane during her record-breaking Atlantic flight. Born Beryl Clutterbuck, raised in British East Africa to a neglectful mother and a racehorse-trainer father, she models fearlessness throughout her life. At the heart of the story is Markham's romantic liaison with the iconic big-game-hunter Denys Finch Hatton. [...]

TEXT 4

It turns out that 15th century France was *Game of Thrones* without the dragons. Helen Castor spends the first 89 pages of this biography setting up a world of blood and betrayal before Joan even makes her entrance. When the maid finally wades into this political snake pit, her power to move hearts and armies is both mysterious and astonishing. Castor never goes beyond the bounds of the documents and never succumbs to the modern impulse to psychoanalyze her heroine. As a result, this Joan is a creature of her time: used, destroyed and sanctified to serve the aims of the powerful.

TEXT 5

Most school kids know that Wilbur and Orville Wright were the first to fly a mechanized plane, but the brothers' story is so much more than that simple fact, as David McCullough lays out in his typical crisp and compelling style. Wilbur and Orville were an unlikely pair, complementing each other at every stage and thriving in their insular world. McCullough also explores their sister Katharine's instrumental contributions to their success, and explains how she, too, took to the skies. More than a century later, the Wright family trials and successes are as captivating as if they had taken place last year.

Adapted from © <http://apps.npr.org/best-books-2015/#/tag/for-history-lovers>

HEADINGS

- A. *Memoirs of a glorious past.*
- B. An adaptation of a medieval novel.
- C. It finally did run in the family.
- D. A story on political corruption.
- E. An all-time people's idol recovered.
- F. Overcoming a harsh upbringing.
- G. An unavoidable fall from stardom.
- H. A great achievement for womanhood.
- I. A blend of genre internationally recognized.

ITEM	TEXT	HEADING	
[0]	0	A	✓
[1]	1		
[2]	2		
[3]	3		
[4]	4		
[5]	5		

TASK 2 (10 x 1 mark = 10 marks)**MARKS**

Read the text and mark the statements 6-15 as true (T), false (F), or not mentioned in the text (NM). Justify your answers by indicating which lines in the text contain the information supporting your option. Item 0 is an example.

The Zika's toll

1 [...] On Feb.1, the World Health Organization (WHO) declared the cluster of birth defects linked to Zika a public-health emergency of international concern, only the fourth time the global health body had made such a declaration-the first since Ebola in 2014 and the first for a non-deadly disease. But by the time the fear-and Zika itself- was already spreading. Since the country's first reported case in May 2015, an estimated 1.5 million Brazilians have caught Zika, which is chiefly spread by the bite of a tenacious *Aedes aegypti* mosquito-active throughout much of the western hemisphere-while the number of microcephaly cases in 2015 increased 20-fold.[...]

10 The Nova Descoberta neighborhood in Recife is prime real estate for the *A. aegypti* mosquito. Deep trenches along sides of the roads carry slow moving water, the perfect shelter for mosquito eggs. Also perfect are the large blue containers that residents use for frequent days when they lack access to running water. The colorful shanty homes rarely have screens in windows, providing no protection from mosquitos in search of blood. While the 85°F (29°C) temperatures and intense humidity wilt humans outside in the daytime, the same conditions energize mosquitoes, allowing them to fly further and bite more often. That is what makes the efforts of the 10 health and municipal workers who, on a recent Monday, walked the streets of Nova Descoberta and carefully poured a granule mixture of insecticide into any sitting water so important. If Brazil-and the rest of Latin America, and even the U.S.-is going to win the battle against mosquito- borne viruses, it needs to beat the bug. "This kind of mosquito is a survivor" says Jason Correia, health secretary of Recife, who estimates that at one point, nearly 5% of houses in the city tested positive for mosquito larvae.

25 "They have adapted to the urban environment."

In fact, *A. aegypti* have adapted to live almost anywhere that's warm and wet and close to people. From the point of view of a mosquito, these conditions are perfect: human dwellings, especially in urban areas, provide plenty of standing water in which they can lay eggs, while humans themselves provide the nourishment. So it shouldn't be surprising that the viruses carried by those insects-which exchange fluids with human every time they bite-came to adapt themselves to human beings as well.

The result is a health catastrophe that long predates Zika. Mosquito-borne diseases like malaria, dengue and yellow fever kill over half a million people a year worldwide. In 2004, Bill Gates, whose foundation has spent billions fighting mosquito-borne diseases, dubbed the insect "the deadliest animal in the world."

In recent years, aided by climate change, urbanization and the growth of international travel, mosquito borne diseases have made repeated incursions into new territory. This includes the U.S. Dengue, chikungunya and West Nile virus-diseases historically confined to tropical Asia and Africa- have all broken into the western hemisphere, where they have been defeating control efforts, especially in crowded poor and hot cities like Recife. [...]

Adapted from © Time Magazine, February 15, 2016 by Bryan Walsh and Alexandra Sifferlin

0.	<i>Zika was declared a public emergency in February.</i>	T	1 - 2	✓
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6.	Zika is thought to be lethal.			
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7.	The spread of the disease was reported as soon as it began.			
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8.	To survive mosquitos need standing water.			
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9.	Humans may faint because of the heat and the humidity.			
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10.	Getting rid of the <i>Aedes aegypti</i> won't be difficult.			
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11.	This mosquito feels at home in our houses.			
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12.	Humans are staple food for this mosquito.			
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13.	There's a danger of the virus mutating.			
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14.	Zika kills over half a million a year.			
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15.	Climate change is solely to blame for the spread of Zika.			
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TASK 3 (20 x 0.5 marks = 10 marks)

Read the text and use the grid on the next page to fill in the gaps 16-35 with a suitable word from the word bank provided. There are five extra words in this bank. You will only need one word for each gap. You cannot use the same word in two different gaps. Item 0 is an example.

MARKS

Yoga to Help You De-Stress and Sleep Better Every Night

Too stressed to sleep? Yoga can balance your system so that you regularly get the restorative sleep you need (and often crave). Poor sleep is becoming an epidemic, particularly in the Western World. [0] commonly claims that at least half of all adults interviewed do not get enough sleep. Over 60% are too worked [16] for deep sleep and 82% can't stop their minds from thinking about the day [17] been and the day soon to come. Poor sleep means poor you – depression, anxiety, more stress, more mistakes and an unhealthy effect [18] your body's physiological well-being. If it's stress causing your sleeplessness, there is a Yogic solution. Here's how it works:

Your body comes ingeniously [19] with its own regulatory system for reacting to danger. It then, ideally, chills [20] once the danger has passed. When we perceive threat in our environments the Sympathetic Nervous System (SNS) is automatically activated. This prepares our bodies for action; floods our systems with cortisol, [21] down all 'non-survival in the moment' functions [22] as digestion and directs blood to our muscles preparing them for action. Our temperature changes, our heart rate quickens and our muscles tense. Back in the day, we needed this to survive (and yes, to a [23] extent we still do). The evolutionary glitch, however, is that these days everything seems to activate SNS. [24], we feel constantly stressed.

Enter the Parasympathetic Nervous System. This is our basic state (or at least it should be). In this mode, our bodies rest and carry out their daily 'keep us [25] and well' functions. Blood flows [26] to our digestive and reproductive systems and to the endocrine and lymphatic systems helping us (amongst other things) to absorb nutrients and eliminate toxins. SNS and PNS should work to balance each other out. One prepares us for action, the other [27] us to restore. If our Sympathetic Nervous System is always going full throttle, [28], our heart rates are fast, our muscles tense, and the likelihood is we won't get no sleep.

Yoga practice helps to balance the two systems. Sessions often combine [29] asana sequences such as sun salutations, [30] activate SNS, with restorative poses and meditation to restore your mind and body to equilibrium by [31] PNS. With repetition, you will instinctively track bodily sensations and [32] promote the Parasympathetic Nervous System when peace and calm need to be cultivated. Not there yet? [33] fear, on sleepless nights there are some particular postures and [34] exercises you can do to send a message to the Sympathetic Nervous System that it's work is done and it's [35] for the PNS to take over. You can do these postures on the floor or in bed.

Adapted from © www.yoga.com

ACTIVATING	FREELY	OFF	SUCH
ALIVE	HENCE	ON	SUPPLIED
ALLOWS	HOWEVER	OUT	TIME
ALTHOUGH	JUST	RESEARCH	UP
BREATHING	LET	RIGOROUS	WHICH
CERTAIN	LIKE	SHUTS	
CONCIOUSLY	NEVER	SOME	

0.	RESEARCH	✓								
16.			21.			26.			31.	
17.			22.			27.			33.	
18.			23.			28.			33.	
19.			24.			29.			34.	
20.			25.			30.			35.	