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Hi Luke,

Are you alright? I hope you're having more fun than I am right now.

Well, things are not so bad. Of course it's a bit boring here in hospital, but the doctors and nurses are really nice.



And there are three other boys in my room, and we have lots of things to talk about. This is just a short message – I haven't got my laptop with me, and typing on the phone isn't easy. Anyway, please write to me.



How are you? What's going on at school? How is the team doing? The doctors say no sports for me for another six weeks! That's not good.

Please say hi to everyone.

Cheers, Evan



Hi Evelyn,

How are things with you? Hope everything's going well.

I'm with Leah and Zoe, and we're studying for the Maths test together.



You know Maths is really not my favourite subject, but Leah and Zoe are really good at it. And they give me a lot of help. We're not studying right now. Leah and Zoe are playing table tennis. I'm still upstairs, but I'll join them soon.



I guess you're having a good time in London right now. You're probably walking around a street market or window shopping. Or maybe you're just buying a nice present for your sister? I'm just kidding!



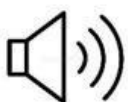
By the way, we are practising for a new play at school. The first show is in two weeks' time. I hope you can come.

That's it from me. Write soon.

Lots of love,

Your sister Charlotte

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I've got quite an unusual hobby for a teenager. My hobby is bird watching. Some of my friends think it's a silly hobby but they don't really understand what it's all about.

I love bird watching because I get to spend a lot of time out of the house.



Many teens spend most of their time indoors playing on their tablets or watching TV. I like

doing that too, but not all day. I like walking in the countryside and seeing what I can find. There's always a surprise or two. I usually go bird watching at the weekend, for three or four hours in the afternoon.



I sometimes go for an hour really early in the morning before school. It's the best time to see birds.

I keep a list of all the birds I see. There are more than 250 birds on it. That's most of the birds that live in the UK, but there are still a few more to see.



But the best thing about my hobby is that it doesn't cost much money. I've got a pair of binoculars - a present from my granddad - and a few books. I only need these things. Everything else is free.

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BOLOGNESE SAUCE- a recipe



What you need (the ingredients):

1 tbsp olive oil

1 small carrot, cut into small pieces

1 small onion, cut into small pieces

400g can of tomatoes



some fresh basil leaves

250g minced beef

400g spaghetti

25g toasted breadcrumbs



How to make it:

1) Heat the oil in a frying pan. Put in the carrot and onion and cook for 5 minutes.

2) Add the minced beef to the carrot and onion. Cook for a few minutes (until the meat is brown).

3) Put the tomatoes into the frying pan, and cook for another 5 minutes. Stir all the time.

4) Add the basil leaves. Then cook slowly for 15 minutes.

5) Cook the spaghetti. (Usually eight to ten minutes.)

6) Put the spaghetti on a plate. Put the sauce on top of the spaghetti. Put some basil leaves on top and the breadcrumbs.

