JESSE OWENS: A SPORTS HERO

Although he was born almost a century ago, African-American athlete Jesse Owens 1)_________ (always/remember) for winning four gold medals at the 1936 Olympic Games in Berlin, Germany. Besides being one of the greatest in Olympic history, his performance also directly 2)___________________________ (challenge) Adolf Hitler's so-called master race theory. Jesse Owens showed Hitler that if a man has ability, the color of his skin 3)_____________________________ (matter). Even though that week was only a moment in history and a moment in the life of Owens himself, it 4)____________________________ (still/continue) to symbolize the strength of the human spirit.

Jesse Owens's real name was James Cleveland Owens. Born in Danville, Alabama, in 1913, he 5)_____________________________ (call) J.C. by his father, a poor farm worker. On the first day of school, a teacher asked J.C. what his name was. Confusing J.C. for Jesse, the teacher gave Owens the name he would use for the rest of his life.

Jesse began to distinguish himself as a track star while he 6)_____________________________ (be) in junior high school. Then, while he 7)_____________________________ (attend) Ohio State University, he proved himself an outstanding athlete, breaking record after record in track and field events. At a track race between Ohio State University and the University of Michigan, Owens performed in a way that 8)_____________________________ (equal) even to this day. He set three world records and tied a fourth within a period of 45 minutes. Despite the fact that he 9)____________________________ (hurt) his back earlier that week, Jesse Owens set records in the long jump, the 220-yard dash, and the 220-yard low hurdles. His long jump record would not be improved on for 25 years. Another record he set in 1935 — the 60-yard dash — 10)_____________________________ (remain) unbroken for 40 years.
PART B: Some relative clauses are missing from the paragraphs in this section. Make the necessary changes in the sentences below to form relative clauses and fill in the blanks with them. The sentences are NOT in correct order. Don’t forget to put in commas where necessary.

a. His popularity was declining day by day.
b. He had set them.
c. He was awarded the Presidential Medal of Freedom in that year.
d. It brought people all over the world together.
e. There was a lot of racism in this country.
f. This was humiliating for an Olympic champion.

After the 1936 Olympics, Jesse Owens returned to America 1)________________________________________________________. Finding few opportunities for regular employment, Owens became a playground janitor. Then, for a period of time, he earned money by racing against cars, motorcycles and horses 2)________________________________________________________. Some people were deeply saddened to see Owens having to do this. However, Jesse Owens 3)________________________________________________________ had stopped being a subject for newspaper headlines. All this did not deter the champion. With determination, Jesse Owens developed a public relations firm into a successful business. He also became well-known as a speaker, and he devoted an increasing amount of time to youth work. He supported an annual track and field competition for children between the ages of nine and 15. Strengthened by his own experience in the 1936 Olympics, he saw sports competition as an occasion 4)________________________________________________________.

Official American recognition for Jesse Owens's accomplishments at the 1936 Olympics came 40 years later in 1976 5)________________________________________________________. When Jesse Owens died of cancer on March 31, 1980, he had been recognized for his contribution as a world class athlete and a spokesman for racial justice and fair play. Though the track and field records 6)________________________________________________________ are now broken, Jesse Owens had run a winning race against tyranny and racial bigotry.
PART C: Fill in the blanks with ONE WORD ONLY.

JESSE OWENS and LUZ LONG

What you are about to read as the first reading text of this mid-term is no ordinary story; on the 1)__________________, it is an extraordinary one. Unless you have heard the story before, you will probably think that the only hero of the story is going to be Jesse Owens; 2)__________________, you are wrong. It also has to do with a German athlete by the name of Luz Long, who happened to be Jesse Owens’s greatest rival in the long jump in the 1936 Olympic Games. You will probably find the anecdote 3)__________________ interesting than you think. In fact, I believe it is the 4)__________________ fascinating story in the history of sports. I believe that everyone 5)__________________ read about this heartwarming event as it teaches you a life lesson. Actually, I’d 6)__________________ you took the message seriously and told the people around you about the dialogue that took place between Jesse Owens and Luz Long right before Jesse Owens’s critical jump in the preliminaries, which was either going to enable him to compete in the semi-finals or result in his being eliminated from the long jump altogether. If more people knew about this story, they 7)__________________ put aside some time to think about their priorities in life. Normally, by the time people realize what is really important in life, it is 8)__________________ late to do anything about it. Yet, life can’t be only about winning against and beating others – there 9)__________________ be more to life to make it worth living.

The long jump champion Jesse Owens (center) salutes after defeating Germany’s Luz Long (right) in the 1936 Olympics
THE OWENS AND LONG FAMILIES GET TOGETHER – August 22, 2009

The families of Jesse Owens and Luz Long 1)______________________ in a press conference in Berlin this summer in the media interview tent located adjacent to the Olympic Stadium at the IAAF World Track and Field Championships. The granddaughter of Jesse Owens, Marlene Dortch, and the son and granddaughter of Luz Long, Karl and Julia-Vanessa Long, all spoke about the mutual legacies of their families.

At the 1936 Olympic Games, the German athlete Luz Long played a(n) 2)______________________ role in helping the American athlete Jesse Owens to achieve his historic four-gold-medal performance. During the long jump preliminaries, Owens had fouled in his first two jumps and was faced with elimination from the competition if his third 3)______________________ was not good enough. Then, Long, who had already qualified, gave Owens some advice. Owens followed Long's suggestion and easily qualified for the final, where he won the competition with a leap of 8.06 meters, with Long taking the silver. The two walked from the stadium, arm-in-arm, and since that moment, the Owens and Long families have remained in 4)______________________ with each other. Luz's son, Karl, met Jesse Owens on several occasions after his father's death, and the athletes' children and grandchildren still write to each other.

Marlene Dortch said that it was very exciting to see the place where her grandfather had 5)______________________ in 1936. She added that her grandfather would have loved to be here to see athletes break records as he believed records were made to be broken. When Julia-Vanessa Long was asked about her 6)______________________ of Jesse Owens, she said he was a great athlete whom she saw as part of her grandfather’s life. She added that her grandfather had such great 7)______________________ that he was able to help an African American in Hitler’s Germany. Karl, Luz's son, said, “In the case of our fathers, it was not a question of 8)______________________, blacks or whites. It was about the spirit of athletes and athletics. Normally, such help is only 9)______________________ in amateur sports; however, my father helped his 10)______________________ during the Olympic games. Of course, Jesse knew that this was a fantastic thing and the two stayed close friends until they died.”
PART B: Text I.
Read the text below and answer the questions that follow.

AN OPEN LETTER TO A YOUNG PERSON WITH AN ENEMY by Jesse Owens

1 Even though in 1936 you had not yet been born, maybe you've heard the story — the story of the 1936 Olympics and how I managed to come out with four gold medals. A lot has been written about those medals and about the one for the long jump in particular. The long jump preliminaries came before the finals of the other three events I was in — the one hundred and two hundred-meter dash and the relay. How I did in the long jump would determine how I would do in the whole Olympics.

2 I held a world record in the long jump and only one man had ever come near my record. That man was Luz Long. Long was a tall, sandy-haired, perfectly built fellow. In preparing for the Games, he had been known to jump close to eight meters. No one knew for sure what he could really do because Hitler kept it a secret. But stories claimed that he had gone as far as I had and farther than anyone else in the world. I was used to hearing rumors like that and I tried not to think too much about it. Yet, the first time I saw Long, I sensed that the stories hadn't been made up. After he took his first jump, I knew they hadn't. This man was something! I knew I would have to set a new Olympic record to beat him. Long's first jump broke the Olympic record — in the trials! Did it worry me a little? More than a little. He was on his home ground and didn't seem bothered by the pressure. In fact, he'd already done the thing I had always tried to do in every jumping event and race I was in — to discourage the opponent by making a better start. Well, there was only one way to get back on top. Right from the start, I'd have to make a better jump than he had but it wasn't wise to use up your energy in the preliminaries. Long could afford to show off. This was his only event in the Games. I had to run three races besides the long jump — more than any other athlete on either team.

3 I was just getting ready to jump when an American news reporter came up to me and told me that Hitler had walked out on me and that he wouldn't watch me jump. I looked over to where the German ruler had been sitting. No one was in his box. A minute ago, he was there. I could add two and two. This was his way of saying that I was a member of an inferior race who would give an inferior performance. Besides, he had already insulted me once by refusing the Olympic Committee's request to have me sit in that box. This was too much. I was mad, hate-mad, and it made me feel wild. I was going to show him. He'd hear about this jump, even if he wouldn't see it. On my first jump, I outperformed all the jumps that had ever been made — but I fouled. On my second jump, I played it safe — too safe and it just wasn't good enough to qualify for the finals. In the stadium, there were more than one hundred thousand Germans, all of whom wanted to see me fail.

4 Suddenly, I felt a firm hand on my arm. I turned and looked into the sky-blue eyes of Luz Long. "Hello, Jesse Owens," he said. "I am Luz Long." I nodded. I couldn't speak. "Look," he said. "There is no time to waste with manners. What has made you so angry?"
"Aw, nothing," I said. "You know how it is."
He was silent for a few seconds. "Yes," he said finally, "I know how it is. But I also know you are a better jumper than this. Now, what is the problem? Is it what Hitler did?" he asked.
I was shocked that he'd said it. "I — " I started to answer. But I didn't know what to say. "I see," he said. "Look, we will talk about that later. Now, you must jump. And you must qualify."
"But how?" I shot back.
"You are like I am" he said. "You must do it one hundred percent. Correct?" I nodded. "Yet, you must be sure not to foul." I nodded again, this time a little discouraged. And as I did, I heard the loudspeaker call my name.

Luz talked quickly. "Then you carry out these vital things, Jesse. Take a deep breath. Remeasure your steps. Take off six inches behind the foul board. Jump as hard as you can. If you do these, you should not be afraid of fouling."

All at once, the panic emptied out of me like a cloudburst. Of course!

I jogged over to the runway. I measured my steps again. Then, I put a towel beside the place I wanted to jump from. I walked back to the starting line. I began my run, hit the place beside the towel, shot up into the air like a bird, and qualified by more than 30 cm.

5 The next day I went into the finals of the long jump. Here was to be the hardest competition of my life — here with my enemy, Luz Long. Luz broke his own personal record and the Olympic record, too. Then I — thanks to the talk we had had — flew up into the air to top that and got the gold medal. Hours before, I had won the hundred meters in 10.3 seconds. Then afterward, I won the 200 meters in 20.7 seconds and helped our team win another gold medal and break a record in the relay.
During the evenings that followed, I sat with Luz in his place or mine in the Olympic village, and we formed a strong friendship. We talked about everything from athletics to art, but mostly we talked about the future. Luz had a wife and a young child, as I did. His child was a son. He didn't say it but he seemed to know that war was coming and that he would have to be in it. Luz and I promised to write to each other after the Games, and we did. For three years, we wrote regularly, The last letter I got from him was in 1939. "Things have become more difficult," he said, "and I am afraid, Jesse. It is not just the thought of dying. It is that I may die for the wrong thing. I am asking you, my only friend outside of Germany, to someday visit my family if you are able. Tell them why I had to do this and how the good times between us were." I answered right away, but my letter came back. So did the next and the next after. I tried to find out about Luz in a dozen ways. There was nothing. A war was on. Finally, when it was over, I was able to get in touch with Luz's wife. I found out what had happened to him. He was buried somewhere in the African desert. I went back to Berlin a few years ago and met his son. And I told Karl about his father. I told him that though fate may have thrown us against one another, Luz rose above it. Luz rose so high above it that I was left not only with four gold medals that his advice helped me to get, but with priceless knowledge that the only bond worth anything between human beings is their humaneness.

A. What do the following refer to in the text?
   1. one (para. 1):
   2. hadn’t (para. 2):
   3. it (para. 2): the fact that
   4. the thing I had always tried to do (para. 2):
   5. This (para. 2):

B. Answer the following questions according to the information in the text. You can give SHORT answers where possible.
   1. What was the message that Hitler was trying to give to Jesse Owens when he walked out on him?
   2. What were the four crucial pieces of advice Luz Long gave to Jesse Owens before his last jump in the preliminaries? (0.5 pts. each)
      a)
      b)
      c)
      d)
   3. Why didn’t Luz Long reply Jesse Owens’s letters after 1939?

C. Use your own words and ideas to answer the following questions.
   1. Why do you think Luz Long helped Jesse Owens and gave him advice before his last jump in the preliminaries? Express your opinion using your own words.
   2. If you were a national athlete in the Olympic Games and your strongest rival was about to be eliminated, would you go and talk to him in order to boost his morale and give him advice so that he could qualify for the finals? Express your opinion using your own words.
Text II. Seen text – More to Read I # 107
Read the text below and answer the questions that follow.

1 Anxiety and fear are normal human emotions and are often found as reactions to stress. Stress is a difficult word to define because it includes both the things that make us anxious, such as working too hard or becoming ill, and our reactions to them. Normal anxiety is what we feel when we are exposed to external stresses such as losing a job, having difficulties in marriage, or our children getting ill. This type of anxiety is often called worry and remains with us until the problem is dealt with in some way. When anxiety occurs in response to a more immediate threat, like being attacked by a huge snarling dog or looking over a cliff edge, it is called fear. Normal anxiety becomes abnormal when the symptoms are so painful and distressing that they stop us from coping well with daily activities. Abnormal fears, sometimes called phobias, are intense fears of things which would not make the average person frightened. If we are terrified even by a little Pekinese dog sleeping in the corner of a room, or won't climb down even a short flight of stairs as the height bothers us, then we have a phobia.

2 When we are anxious, it shows in our minds and bodies. We cannot concentrate, we are irritable and easily distracted, and we become inefficient. We tend to sleep badly and get tired easily. The body shows the effects of anxiety by more powerful heartbeats (palpitations), tension and pains in muscles, sweating, dizziness, and indigestion. These symptoms are easily mistaken by anxious people for evidence of serious illnesses, like heart disease or cancer, and so they feel even worse.

3 Sudden unexpected surges of anxiety are called panic and are often so unpleasant that people can become fearful of having panic attacks. When anxiety and panic are accompanied by some depression, we feel sad, lose our appetite, and the future seems hopeless. A phobic has symptoms of intense anxiety or panic, but only in particular situations. The dog phobic is OK away from dogs, the height phobic is fine on the ground floor, the social phobic has no fear away from other people, and the agoraphobic feels much better at home. Phobias lead to avoidance of the things which are feared. Avoidance may not be easy—we can never be sure that a dog isn't lurking round the corner! Phobics usually know there is no real danger and may feel silly about their fear, yet they are unable to stop it. Some people's phobias are associated with repetitive obsessive thoughts that engage their minds. They might worry all day that the bump they heard while driving the previous day was a pedestrian they had knocked down, and then repeatedly retrace their route looking for it, and ring police stations to ask if the corpse has been found. Or each time they leave home, they might have an urge to check that all the windows and doors are locked, not once but dozens of times, so that they are hours late for work or social engagements.

4 People under stress due to anxiety, fears, and obsessions often cope with them well if they recognize what causes them and realize that they will not last. Thus, someone about to take a driving test can be extremely anxious but knows that the feeling will go away once the test is over. If the symptoms continue, though, help is often sought. Some people delay seeking help because they are afraid that they might be regarded as "mad". In fact, people with anxiety and fears rarely have severe mental illness, and it is much better for help to be sought early rather than late.
A. Find words in the text which mean the following. **DO NOT** change the form of the words and write **ONE WORD ONLY**.

1. disturbs (para. 1) (v):_______________________
2. dead body (para. 3) (n):________________________

B. Fill in the gaps grammatically correctly, according to the information in the text.

**Paragraph 1**
* Due to the fact that not only 1)_____________________________ but also 2)_____________________________ make up stress, it is hard to come up with a precise definition of the word. Another term for worry is 3)_____________________________ and it doesn’t disappear unless the reason which causes it 4)_____________________________. When its symptoms start to prevent us from 5)_____________________________ the things that take place in our daily lives, then it can be said that we are in a situation which is far from being ‘normal’.

**Paragraph 2**
* Our anxiety displays itself in both 6)_____________________________ but sometimes such symptoms as dizziness are wrongly believed to be 7)_____________________________.

**Paragraph 3**
* When depression 8)______________________________, we experience sorrow and have no hope as regards the future.

**Paragraph 4**
* It is also possible for the symptoms seen in those who are suffering from depression, phobias, any sort of anxiety or stress to last longer than they should and not disappear. If this is the case, then, these people ought to 9)_____________________________ as soon as possible.