



# Examen VBO-MAVO-C

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## Tekst 10

# POWER-PACKED TWINS!

**To look at them, you wouldn't think that Laura and Amanda Fisher are Britain's strongest schoolgirls! But at the age of 14, the twins are capable of lifting more than their own body weight!**

1 **L**aura and Amanda first became involved in weightlifting four years ago after they watched a demonstration at a local youth club. It was then that they realised there was more to it than just muscles. 'We used to see weightlifting on TV and not think much of it,' says Laura, 'but when we saw the demonstration we realised there was actually a lot of skill involved.'

2 15 After the demonstration Laura, Amanda and their friends were invited to have a go at lifting some weights themselves. 'I wasn't too keen at first,' admits Laura, 'but everyone else was having a go, so eventually I did too. I was shocked when I lifted 20kgs straightaway!' The coach asked if Laura had lifted weights before. 'I hadn't, but he told me that I looked like a natural,' Laura recalls.

3 Recognising that they obviously had talent, the twins were keen to do more weightlifting, but, like their mum, they were initially worried about what would happen to their bodies. 'We both think that women body builders look awful,' says Laura, 'and it was only after people explained that you don't develop big muscles in weightlifting that we decided to give it a go.'

4 But the initial worry about their bodies was nothing compared to the prejudice the girls had to deal with at school. 'There were certain teachers who tried to stop us weightlifting,' Amanda recalls. 'They said it wasn't a sport for the female sex and tried all sorts of things to make us stop.' But the disapproval soon

stopped when the twins started winning competitions...

5 Aged just 10 and only two weeks into their training, the twins entered their first competition, and everyone was amazed when Laura took first and Amanda second place. And that was to be the pattern over the next two years as the girls swept aside all competition, coming first and second in every event they entered. 'We were terrified at first because we didn't know what to expect,' says Laura. 'But once

between us when we were competing against each other,' says Amanda, 'it was just whoever did better on the day and we were always pleased for each other. But now it's nice to both get first prizes and we're relieved not to have to compete against each other.'

9 To keep at the top of their sport the girls have to stick to a strict training schedule, which they have to fit around their school work. But surprisingly enough, neither Laura nor Amanda has to follow a strict



70 you get on the stage you just concentrate on what you're doing and the fear soon disappears.'

6 The fact that the girls are twins caused some problems at first. 'Everybody made a fuss because they thought the same girl was being given two goes at lifting!' laughs Laura.

7 80 The highlight of the girls' sporting careers came last year when Amanda won the national schoolgirls' competition and Laura came a close second. But then shortly afterwards the girls were split into different categories. Although both are just over 5ft 4ins tall, Laura is 1kg heavier than Amanda and now competes in the 60kgs-and-over class, while Amanda is in the 59kgs-and-under class.

8 Being in different classes means that the girls now come home from competitions with even more first-prize trophies! 'There was never any jealousy

115 diet. 'I eat anything and everything,' admits Laura – and apart from their super-strength they are just like other 14-year-old girls. 'We both have boyfriends and we like going to parties,' Amanda says, 'and like most other teenagers, we have to hang around the streets when we're not at the gym because there isn't much else to do!'

10 When it comes to boys, most of them don't believe the twins when they say they are weightlifters. 'I think that's because we're girls and haven't got huge muscles. Some laugh when we tell them what we do and think it's a joke, but at least it gets a reaction. Anyway, as soon as they see our trophies it sinks in that we're serious and they wouldn't dare tease us about it because they realise we're stronger than them!'

'MIZZ', March 27, 1996

# (T)Hanks for the memory

From DAVID GARDNER in Houston, Texas



**GROUND CONTROL TO COMMANDER TOM: Hanks (Lovell) with Bacon (Swigert) and Paxton (Haise) alert Houston that something is wrong on Apollo 13**

1 IT WAS the week the whole world held its breath. For four heart-stopping days everyone's attention was focused on three American astronauts stranded in total darkness and sub-zero temperatures 200,000 miles from home. Only a dazzling combination of technological wizardry and a display of great human spirit prevented the crippled spacecraft Apollo 13 spinning out of control for ever into deep space.

2 Commander Jim Lovell and his crew became instant heroes as they splashed down safely in the Pacific. But almost as quickly, they were forgotten – their mission, after all, still a failure, no matter how heroic, in a country geared only to success.

3 Now, a quarter of a century later, Hollywood is making a movie about the unsuccessful mission, with Tom Hanks playing Lovell. Yet the irony is that Lovell still seems destined to be the forgotten hero. The public will soon associate the familiar face of

Tom Hanks with the mission, rather than the real commander of Apollo 13.

4 Hanks spent four days with him preparing for the role and Lovell remembers how the two of them were drinking in a bar when the owner asked him to sign a picture hanging on the wall. Lovell just pointed to Hanks. "I told the guy, 'Hey, that's the real Jim Lovell, let him go over and sign it.' I know that once this movie comes out, it's not going to be me any more. Tom Hanks is going to be Jim Lovell.

5 I wanted him to get the feeling of what it's like to be a test pilot and an aviator and an astronaut so I decided the best way was to let him fly my light plane at night. To recreate the constricted view from a spacecraft, I installed a triangular cardboard cut-out on his side of the cockpit," says Lovell. "Then I took him out west where there were no lights. I let him control the airplane, because it's a little bit like a spacecraft. He

liked it a lot."

6 When the film's makers, Universal, heard about the plan for the flight, executives went into a tailspin, terrified their superstar was not properly insured. "I told them not to worry," says Lovell. "His best insurance would be sitting right next to him."

7 Lovell showed the same coolness back in 1970 when, halfway to the moon, his spacecraft was in deep trouble. He helped steady his crew's nerves and with the help of Houston Mission Control they plotted a split-second manoeuvre to make it possible for them to re-enter the earth's atmosphere – safely.

8 He is glad of all the renewed interest, feeling the mission has been neglected over the years "because we in the United States like to forget our failures". As if to prove his point, his study in his house is littered with awards and trophies from his first three space flights, two Geminis and Apollo 8, while the only recognition of Apollo 13 is a letter of congratulations from flying legend Charles Lindbergh.

9 As a boy who grew up with the Apollo missions, Hanks worshipped the space heroes of the Sixties and Seventies. "They were princes among men," he says. "These guys in their gold flight suits with matching jackets – they were real stars. To be an astronaut in Houston in the Sixties was like being a Beatle."

10 "Apollo 13 is the ultimate human interest story," says Lovell. "And it's perfect for Hollywood. It's got a happy ending."

*'Sunday Mirror', June 18, 1995*

## A day in the life of Duke Baysee

**Duke Baysee, 51, who works as a London bus conductor and as a singer, talks about himself.**

We get a new uniform every seven months; it makes me look like a schoolboy, so I wear my own boots with red, yellow and green laces: I love people, I love reggae music. Under the uniform I am a free spirit.

All the grannies on my bus like the way I wear my hair in dreadlocks. A lady told me the other day that I look about 21 years old. I said, "That's because my hair is so 28 it's holding back all the wrinkles."

The passengers on my bus depend on the time of day; it could be school kids, or people going to work. On a Monday, nobody talks. The majority of conductors are really 29, – I think it must be in the job description: "Bad temper preferred" – but I myself try to make an effort.

We've had nine robberies on my route but no one's ever gone for me. If there's any sign of trouble I just start singing madly. People in this country are 30 craziness and so they keep well clear of me.

It was boredom that started it. I was so bored I'd sing to the little kids, "The wheels on the bus go

round and round..." and all the adults joined in. Some people would give me weird looks but then others would get on the bus and say, "Ain't you 31 today?" It makes them happy.

Some duties are spread-overs; 12-hour shifts with a four-hour interval in the middle. I like them because, if I've had an idea for a song standing on the platform in the morning, I've got time to go home and record it before I go back. The problem is I never want to go back to work. If you get deep into music it's so hard to 32.

My flat is basically a recording studio. I have £15,000 worth of recording equipment, – I bought it piece by piece –, but no washing machine or bed. But it doesn't 33 me. I spend the majority of my spare time laying down tracks; I'll write down an idea on the back of a ticket, then come home and put it down on tape.

I like the evening rush hour, when a lot of people get on my bus, because we have more fun. But when there are more than twenty people, it's difficult to remember who has 34. So I

look for people staring out of the window, then stand really close to them until they pay.

I always carry my 35; one of the inspectors tried to book me, saying that they're not allowed. But the union argued that, as they were invented after the Routemaster bus, there was nothing in the rule book about them. I still carry mine but I only answer calls when I'm standing on the platform.

I don't have much of a social life any more, but I don't get lonely. With 36 you are never alone. Reggae is the best wife you could have: she never argues and she always pleases.

I don't want to give up my 37; not only does it pay my rent but I like it. I had a letter from the chief executive of London Transport saying, "I would like to thank you for being such a wonderful ambassador for our 38." It brought tears to my eyes. People say, "You should go to America and make lots of money." But I can't: England is the only country which still has bus conductors and I am the singing conductor.

*'Sunday Times Magazine', July 2, 1995*

# We were swept away by a flash flood

Maria Gonzales and Jonathon Lobb had just set out on their summer holiday when they were caught up in a terrific storm

1 **E**ven now, Maria  
 5 Gonzales has a sense  
 of panic whenever it  
 rains. The sound of  
 10 raindrops splashing on to a  
 window takes her back to last  
 year's holiday in Spain, where  
 a flash flood nearly drowned  
 her and her fiancé Jonathon  
 Lobb.

2 It was the second day of  
 the couple's three-week  
 break. They had just left  
 Biescas, a town in the  
 15 Pyrenees, where they'd had a relaxing day in  
 the sun when disaster struck. "In less than no  
 time the weather changed from brilliant  
 sunshine to heavy rain," says Maria, a 27-year-  
 old business studies student. "The sky went  
 20 black and thunder came crashing all around  
 us."

3 After 20 minutes of extremely heavy rain,  
 Jonathon was driving the car very slowly as he  
 could hardly see. "We can't continue like  
 25 this," said Maria. "It's dangerous. Let's park  
 over at the campsite and wait for the storm to  
 pass."

4 "The flood was rising so fast," she  
 explained. "In no time, it was almost up as  
 30 high as my car window. And there was a  
 strong current. It was obvious that we were  
 about to be washed away. There was no way  
 out." And, sure enough, the car started to  
 shift and, within seconds, it was lifted up and  
 35 dragged into a wild flow of water.

5 Maria shut her eyes and waited for the  
 bang. "I knew already that there was a long  
 way to fall – we were high in the mountains,"  
 she says. "All I could think about were my  
 40 parents – how would they feel? We were too  
 young to die."

6 Jonathon wasn't ready to die, either. Being



Catholic, he urged Maria  
 to keep praying. "I'd  
 45 survived two near-death  
 experiences," he says.  
 "Being run over at 17,  
 and a major car accident  
 three years ago. I knew  
 50 I'd been lucky to pull  
 through that time and I  
 wasn't prepared to die  
 on this holiday."

7 Incredibly, the  
 55 couple's prayers were  
 answered. Their car  
 landed the right way up on a rock, halfway  
 down the mountain – a mile from where  
 they'd parked.

8 "My first feeling was of disbelief that we'd  
 survived," says Maria. "The next moment,  
 someone banged on the car door and I turned  
 to see a naked man yelling at us." She soon  
 realised that most of the people caught in the  
 65 flood were naked, too. Their clothes had been  
 ripped off by the water. The man begging for  
 help was desperate to save his wife, who was  
 trapped in an overturned car.

9 Jonathon ran to help while Maria handed  
 70 out clothes to all the naked campers who'd  
 had everything washed away. "Even in their  
 distress, the campers were thinking of people  
 who might be worse off," says Maria. "We all  
 went down to the river to try to save the  
 75 campers who'd been washed in ... and I  
 realised that people were drowning."  
 Tragically, there was nothing anyone could do.  
 Going into the flood meant certain death.

10 Altogether, 80 campers drowned in the  
 80 tragedy. "I'm not sure that it's sunk in," says  
 Maria back home. "Until I saw the news, I  
 couldn't really believe that anyone had died. It  
 could have been us. We were so lucky and I  
 thank God to be alive."

*Anna Clements, 'Woman's Own', Summer  
 special 1997*

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