

CNN News Highlights — Paralympics

1) Chernobyl nuclear reactor incident	2) inspiration and motivation	3) neglect and abuse	4) Paralympic	5) para biathlon	6) radiation poisoning
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Now to a story about _____ from the world of sports at the 2026 Paralympic Games in Italy. Team USA's Oxana Masters has done it again and by it I mean gold, winning the women's sitting sprint _____. Okana now has 20 _____ medals overall, 10 of them gold. The eighth-time Paralympian has become legendary in both the winter and summer games. She was born in Ukraine with her hands, feet, and legs not properly formed due to _____ from the _____. Abandoned by her parents, she spent seven years in an orphanage where she would have to sneak out to find food because of the _____ she faced.

1) adopted	2) amputated	3) bone infection	4) concussion	5) medals	6) most decorated
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She was _____ by an American professor, Miss Gay Masters, moved to the US, and over the course of seven years would have both of her legs _____. But nothing stopped her from dreaming big. Not even a surgery, a _____, and a _____ leading into these paralympic games in Italy. At 36 years old, Oxana is the _____ American Paralympian of all time. I had the chance to catch up with her to hear her incredible story and find out what motivates her to reach new heights. Oh my gosh, it was amazing to be able to bring home the first gold. I didn't think I was going to bring home any gold. So, for it to be the first one for Team USA was just – it just feels — doesn't even feel real. It's funny to hear you say, "I didn't think I was going to win any _____ at these games."

1) dealt with a certain card	2) opportunity	3) play them how they are	4) resilient	5) shaping you into	6) upbringing
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In the leadup, you had to battle surgery, a bone infection, a concussion. Do you ever just say to yourself, "Why me?" Um, I think the human in me... definitely there's moments of it, but I don't live in, like, the "why me". I think it's just more like especially as you know, sometimes you're just _____, deck of cards, and you just got to _____. And I think not why me, but I think, just another _____ to show and learn something about myself, how strong I am, how _____ humans are, and just power through. Yeah. And I know you've, you've talked a lot about this in your book, and I can't wait to have people get into that. But when you talk about your _____, how tough your childhood was, all that you've been through, what – what is one story you can share with us and how did that tough time end up _____ the strong woman that you are today?

1) accomplished	2) athlete	3) creep in	4) injured	5) invader of the mind	6) superpowers
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You know, I was told when I was having my legs amputated, I would never walk again. I'll never be an _____. And didn't know any of this was possible for me. And I think for those little kids and people that are watching, if someone's telling you no, don't be afraid to be that first one for the next person to see what's truly possible. And if you're doing it alone, do it the best you can. And just, you know, you're going to create an opportunity for someone in the future. As superhuman and all these _____ you seem to have, do you ever have that "_____" _____ and try to tell you just give up, you're tired, you're _____, you've already _____ so much. Do you ever — do you ever feel that?

1) dead last	2) DNF	3) go in one ear and out the other	4) lean into	5) on top of the podium	6) regret
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Yeah, I feel that. And honestly, I felt that every single three weeks leading to the games, and, and it happened on my most recent race yesterday, where I got fourth place and it didn't end up going my way. For me, I am an athlete and a person that believes in finishing what I start. Whether it puts you _____ or it puts you _____ or a _____, I'm going to finish what I can if I have the ability to do so. And I think, you know, yeah, it's easy to _____ that voice, but I would have so much _____ if I did. and me pushing through and ignoring just to let that thought _____, like, "I see you — not today." Thank you. And just listening to the voice of my family, my community, and my team that showed up for me to help me be where I am right now.

Translation

現在來看一則來自體育界、關於激勵與動力的故事——發生在 2026 年義大利帕拉林匹克運動會上。美國隊的 Oxana Masters 再次做到了，而我說的「做到」，指的是奪得金牌——她在女子坐姿短距離冬季兩項（殘障冬季兩項）比賽中奪冠。

現在，Oxana 已經累積 20 面帕運獎牌，其中 10 面是金牌。這位第八次參加帕運的選手，在冬季與夏季帕運中都已成為傳奇人物。她出生於烏克蘭，由於車諾比核電廠事故造成的輻射影響，她的雙手、雙腳和腿部在出生時都沒有正常發育。父母遺棄了她，她在孤兒院生活了七年。在那裡，由於遭受忽視與虐待，她有時甚至必須偷偷溜出去找食物。

後來，她被一位美國教授 Gay Masters 女士收養並搬到美國。在接下來的七年間，她的雙腿都被截肢。但沒有任何事情阻止她勇敢追夢。即使在前往義大利參加這次帕運之前，她經歷了手術、骨頭感染以及腦震盪，也沒有讓她停下來。

36 歲的 Oxana 是美國歷史上獲得獎牌最多的帕運選手。我有機會與她聊一聊，聽她分享這段令人難以置信的故事，也想知道是什麼動力讓她不斷突破極限。

「天啊，能夠把第一面金牌帶回家真的太棒了。我原本以為自己這次可能一面金牌都拿不到。所以能為美國隊拿下第一金，真的——感覺就像在做夢一樣，一點都不真實。」

聽到你說「我以為這次帕運拿不到任何獎牌」，真的很有趣。

在比賽前的準備期間，你必須面對手術、骨頭感染和腦震盪。你會不會有時候對自己說：「為什麼是我？」

「嗯，我想身為人類，確實會有那樣的時刻。但我不會一直活在『為什麼是我』的想法裡。我覺得更像是——有時候人生就像被發到一副特定的牌，你只能用手上的牌去打。我不會問為什麼是我，而是把它當成另一個機會，去了解自己、去學習一些事情：我有多堅強，人類有多有韌性，然後繼續向前。」

我知道你在書裡也談了很多這些事情，我也很期待更多人能讀到。當你談到自己的成長背景，以及童年有多艱難、經歷了多少事情時——你可以和我們分享一個故事嗎？那些艱難的時刻，是如何塑造出今天這樣堅強的你？

「當我準備截肢雙腿時，曾有人告訴我，我這輩子再也不可能走路，也不可能成為運動員。當時我根本不知道這些事情對我來說是有可能的。」

所以對那些正在觀看的小朋友或任何人，如果有人告訴你『不行』，不要害怕成為第一個去做的人。讓下一個人看到，其實很多事情是可能的。就算你是孤身一人，也要盡力去做。因為你正在為未來的某個人創造機會。」

你看起來就像擁有超人般的力量和各種超能力，但你的腦海裡會不會也出現那種「心中的入侵者」，對你說：放棄吧，你已經很累了，你受傷了，你已經完成了這麼多成就？你會有那種時候嗎？

「會的，我會有那種感覺。老實說，在賽前的三週裡，我幾乎每一天都有那種想法。甚至就在昨天的比賽裡也出現過——我最後拿到第四名，結果並不如我所願。」

對我來說，我是一個相信『把開始的事情完成』的運動員，也是這樣的人。不管最後是站上頒獎台、得到最後一名，還是無法完賽（DNF），只要我還有能力，我就會把比賽完成。

是的，傾聽那個放棄的聲音其實很容易。但如果我真的那麼做，我一定會非常後悔。所以我會繼續往前，把那個聲音當成從一隻耳朵進、另一隻耳朵出——

『我看到你了，但今天不行。』

然後去聽我家人、我的社群、還有我的團隊的聲音。正是他們支持著我，讓我能夠走到今天的位置。」



You can view this activity online here:

<https://linguadox.com/cnn-news-highlights-paralympics>

Answers

1) Chernobyl nuclear reactor incident	2) inspiration and motivation	3) neglect and abuse	4) Paralympic	5) para biathlon	6) radiation poisoning
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Now to a story about **2) inspiration and motivation** from the world of sports at the 2026 Paralympic Games in Italy. Team USA's Oxana Masters has done it again and by it I mean gold, winning the women's sitting sprint **5) para biathlon**. Okana now has 20 **4) Paralympic** medals overall, 10 of them gold. The eighth time Parlympian has become legendary in both the winter and summer games. She was born in Ukraine with her hands, feet, and legs not properly formed due to **6) radiation poisoning** from the **1) Chernobyl nuclear reactor incident**. Abandoned by her parents, she spent seven years in an orphanage where she would have to sneak out to find food because of the **3) neglect and abuse** she faced.

1) adopted	2) amputated	3) bone infection	4) concussion	5) medals	6) most decorated
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She was **1) adopted** by an American professor, Miss Gay Masters, moved to the US, and over the course of seven years would have both of her legs **2) amputated**. But nothing stopped her from dreaming big. Not even a surgery, a **3) bone infection**, and a **4) concussion** leading into these paralympic games in Italy. At 36 years old, Oxana is the **6) most decorated** American Paralympian of all time. I had the chance to catch up with her to hear her incredible story and find out what motivates her to reach new heights.

Oh my gosh, it was amazing to be able to bring home the first gold. I didn't think I was going to bring home any gold. So, for it to be the first one for Team USA was just – it just feels – doesn't even feel real.

It's funny to hear you say, "I didn't think I was going to win any **5) medals** at these games."

1) dealt with a certain card	2) opportunity	3) play them how they are	4) resilient	5) shaping you into	6) upbringing
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In the leadup, you had to battle surgery, a bone infection, a concussion. Do you ever just say to yourself, "Why me?" Um, I think the human in me... definitely there's moments of it, but I don't live in, like, the "why me". I think it's just more like especially as you know, sometimes you're just **1) dealt with a certain card**, deck of cards, and you just got to **3) play them how they are**. And I think not why me, but I think, just another **2) opportunity** to show and learn something about myself, how strong I am, how **4) resilient** humans are, and just power through. Yeah. And I know you've, you've talked a lot about this in your book, and I can't wait to have people get into that. But when you talk about your **6) upbringing**, how tough your childhood was, all that you've been through, what – what is one story you can share with us and how did that tough time end up **5) shaping you into** the strong woman that you are today?

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You know, I was told when I was having my legs amputated, I would never walk again. I'll never be an **2) athlete**. And didn't know any of this was possible for me. And I think for those little kids and people that are watching, if someone's telling you no, don't be afraid to be that first one for the next person to see what's truly possible. And if you're doing it alone, do it the best you can. And just, you know, you're going to create an opportunity for someone in the future. As superhuman and all these **6) superpowers** you seem to have, do you ever have that "**5) invader of the mind**" **3) creep in** and try to tell you just give up, you're tired, you're **4) injured**, you've already **1) accomplished** so much. Do you ever – do you ever feel that?

1) dead last	2) DNF	3) go in one ear and out the other	4) lean into	5) on top of the podium	6) regret
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Yeah, I feel that. And honestly, I felt that every single three weeks leading to the games, and, and it happened on my most recent race yesterday, where I got fourth place and it didn't end up going my way. For me, I am an athlete and a person that believes in finishing what I start. Whether it puts you **5) on top of the podium** or it puts you **1) dead last** or a **2) DNF**, I'm going to finish what I can if I have the ability to do so. And I think, you know, yeah, it's easy to **4) lean into** that voice, but I would have so much **6) regret** if I did. and me pushing through and ignoring just to let that thought **3) go in one ear and out the other**, like, "I see you – not today." Thank you. And just listening to the voice of my family, my community, and my team that showed up for me to help me be where I am right now.