

Reading Challenge 3

Second Edition

Casey Malarcher • Andrea Janzen



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Casey Malarcher · Andrea Janzen

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Contents

Arts and Leisure

1. Read It or See It? / 5

11. A Controversial Restoration / 65

Culture and History

2. Superstitions About Birds / 11

12. The Flood / 71

Environment

3. Alaska Is Melting! / 17

13. Naturally Better Homes / 77

Health

4. Working on Your Workout / 23

14. Eat Better, Look Better / 83

Science Facts

5. Smart Exercise / 29

15. Imagine That! / 89

People Profiles

6. Rescuing Relics / 35

16. Madonna's Downloads / 95

Social Science

7. Tweenbots / 41

17. Remembering Memories / 101

Sports and Hobbies

8. Back to the Future / 47

18. Taking Home the World Cup / 107

Technology

9. A Better Robot / 53

19. No Phishing Allowed / 113

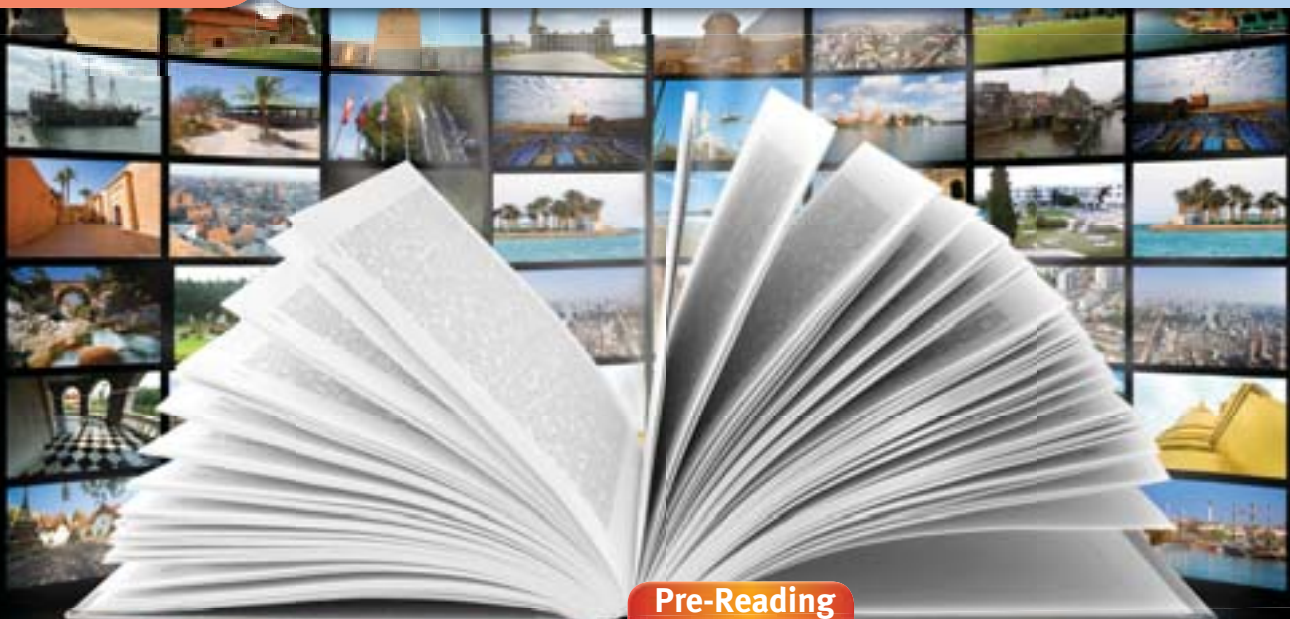
Weird and Bizarre

10. Flower Power / 59

20. Take a Ghost Tour / 119

Transcripts / 125

Read It or See It?



Pre-Reading

Think about the following questions.

1. What book have you read that is also a movie?
2. Which did you do first, read the book or see the movie?
3. Which did you like better, the book or the movie? Why?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|--------------------|---|
| a. changed | d. all of the creation and production facilities in the field |
| b. different forms | e. does not give in to; is not affected by |
| c. tried | f. people who give their professional opinions |

1. ___ He attempted to write a novel, but he never finished it.
2. ___ The heart of the movie industry in the US is Hollywood.
3. ___ There are two famous movie versions of *Romeo and Juliet*.
4. ___ Not all movie critics agree about the value of certain movies.
5. ___ The writer transformed her short story into a two-hour movie.
6. ___ The author doesn't want Hollywood to make a movie of his book. He resists all of their offers.

Read It or See It?



Since the early days of making movies, writers and **directors** have attempted to bring popular and classic novels to the big screen. That tradition continues today. The movie industry seems to believe that if the story made a great book, it should make a great movie as well. However, that rarely seems to be the case. More often than not, a great book turns out to be a **mediocre** movie in the opinion of most viewers. Perhaps that is because readers of the book have already made their own great “movies” in their heads. Then, when they see the studio’s or the director’s version of the story, it does not quite measure up to their expectations.

Over the past one hundred years of film production, there have only been a handful of movies that have **fulfilled** the ambition of turning the great book into a great movie. **Literary** critics as well as movie critics **applaud** both versions of *One Flew over the Cuckoo’s Nest*. The classic children’s story, *The Wizard of Oz*, was transformed into a classic movie musical that parents and children still enjoy today. Lovers of the historical novel, *Gone with the Wind*, continue to be swept away by the movie **adaptation** starring Clark Gable and Vivien Leigh. Science fiction readers as well as movie critics both **hail** Stanley Kubrick’s film, *2001: A Space Odyssey*, which was co-written by Kubrick with the novel’s author Arthur C. Clarke, as a **masterpiece**.

On the other hand, there have been instances when not-so-great novels have been transformed into great movies. Mario Puzo’s *The Godfather* was quite popular at the time of its release as a novel, but critics hailed it more for its entertainment value than for its value as literature. The film adaptation of this popular novel, however, continues to be listed among the top ten greatest movies of all time. Likewise, the science fiction short story “Do Androids Dream of Electric Sheep?” did not set the science fiction **genre** on fire when it came out. The movie version, though, made a much bigger impact in its **medium**. Today, *Blade Runner* continues to top critics’ lists of great films.

Are there any books that are simply impossible to film? Although film makers would like to think not, it is a good bet that certain books will never be adapted into successful films. Books written in unique literary styles such as *Ulysses* by James Joyce and *The Sound and the Fury* by William Faulkner have resisted film adaptation to rival the greatness of the books. Film makers will no doubt keep trying, of course. Readers and viewers will have to be the final judges of whether it is better to read the book or see the movie.

Reading Time

_____ minutes _____ seconds

461 words

- ¹ *director*: a person who is in charge of making a movie
- ⁵ *mediocre*: average; not very good but not so bad
- ¹⁰ *fulfill*: to meet; to fit
- ¹¹ *literary*: related to books or literature
- ¹¹ *applaud*: to praise; to show approval of
- ¹⁴ *adaptation*: a form changed to fit a different medium

- ¹⁵ *hail*: to cheer; to give high approval to
- ¹⁷ *masterpiece*: an artist’s greatest work
- ²³ *genre*: a category of books or stories
- ²⁵ *medium*: a type or way of communication or entertainment



Choose the best answer.

- What is the main focus of this reading?
 - Books that make more money than movies
 - Books written about movies
 - Movie made from books
 - Movie stars who have written books
- Which of the following is considered both a great book and a great movie?
 - Gone with the Wind*
 - The Godfather*
 - Transformers*
 - Ulysses*
- What is NOT true about "Do Androids Dream of Electric Sheep?"
 - It made a very good movie.
 - It is not a novel.
 - It was adapted into a movie.
 - It was not widely hailed by literary critics.
- What does the word "rival" mean in this reading?
 - Enemy
 - Equal
 - Fight with
 - Surprise
- Which of the following statements would the writer of this reading probably agree with?
 - Almost any book can easily be adapted into a good movie.
 - Faulkner knows a lot about both books and movies.
 - The movie *Ulysses* is better than Joyce's novel.
 - The Sound and the Fury* will never be made into a great movie.

Idiomatic Expressions

Find these idioms in the reading.

- **more often than not** [usually; in most cases]
There is a bookstore near my school that, **more often than not**, has the books I'm looking for.
- **measure up to** [to have an equal value; to have the same quality]
The restaurant did not **measure up to** all the good things I had heard about it.
- **it is a good bet** [more than likely; probably]
It is a good bet that Jennifer will be late. She usually is.

Fill in the blank with one of the above idioms. Change its form if necessary.

- We noticed all the lights were out, so _____ nobody was at home.
- I have to add salt to soups _____ because they taste too bland to me.
- People who try to _____ their role models often disappoint themselves.

Summary

Fill in the blanks with the correct words or phrases.

attempted
literary

bet
masterpieces

critics
measure up

industry
transformed

Movie makers in Hollywood have 1 _____ many times over the years to make great books into great movies. However, viewers and 2 _____ usually agree that the movie version of a book does not quite 3 _____ to the book itself. While it is true that a few great books have been 4 _____ into great movies, there are only a handful of such cases. On the other hand, there have been cases when mediocre books and stories became 5 _____ in the hands of good writers and directors in the film 6 _____. Can all books be made into movies? It is a good 7 _____ such works as *Ulysses* and *The Sound and the Fury* will never become great movies because they are written in unique 8 _____ styles.



Listening

The Best Version



Listen to the dialog and choose the best answer.

1. What are the speakers comparing?
 - a. A book and a movie
 - b. A play and a movie
 - c. Two books
 - d. Two movies
2. What can be inferred about the man?
 - a. He did not see the first movie.
 - b. He never watched a play in the theater.
 - c. He only read the book.
 - d. He rarely goes to the movie theater.
3. According to the speakers, what would younger children probably enjoy?
 - a. The darker version
 - b. The first movie
 - c. The recent movie
 - d. The short story

Discuss the following questions.

1. What is a famous book in your country that has been made into a movie?
2. What is a famous book from another country that has been made into a movie?
3. What is a good book you have read that you would like to see made into a movie?

Grammar

Subject-Verb Agreement

A verb always agrees with the subject of the clause, so it is important to locate the subject of the clause where the verb appears.

Are there any books that (is / are) simply impossible to film?

Books written in unique literary styles such as Ulysses and The Sound and the Fury (has resisted / have resisted) film adaptation to rival the greatness of the books.

Writing

Write your own short paragraph by answering the questions below.

A Book and a Movie

Example

- (1) What is a famous book in your country that has been made into a movie?
- (2) What did literary critics say about the book?
- (3) What did movie critics say about the movie?
- (4) Do you agree with the critics?
- (5) Why or why not?

A famous book in my country that has been made into a movie is Tom Sawyer. Literary critics hail the book as a masterpiece of American literature. Movie critics did not give the movie high praise at all. I agree with the critics. The book was great, but the movie wasn't that good.

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. The cat that lives by the river has _____ all of my efforts to make friends with her.
a. hailed b. resisted c. swept away d. transformed
2. If you buy a large drink at the movie theater, it is _____ that you won't finish the whole thing.
a. a handful of b. a good bet c. more often d. seems to be the case
3. Most people agree that the older _____ of the movie is better than the newer one.
a. masterpiece b. critic c. screen d. version
4. The actors in the movie are famous, but I've never heard of the _____.
a. adaptation b. director c. genre d. medium
5. Movies have the ability to _____ the way our society thinks about certain issues.
a. impact b. measure c. inform d. continue
6. It was a fun book to read, but I don't think it has much _____ value.
a. impossible b. literary c. mediocre d. perhaps
7. You didn't win the competition, but I _____ your effort.
a. applaud b. adore c. fulfill d. measure up

B. Choose the correct form of the word to fill in the blank.

8. He was surprised when his suggestions to the committee did not meet much _____.
a. resistance b. resist c. resistor
9. The book's message was very powerful. It has a _____ power for readers.
a. transformation b. transformed c. transformative
10. Her co-workers do not appreciate her _____ attitude.
a. criticism b. critic c. critical



Pre-Reading

Think about the following questions.

1. What birds are the most common in your country?
2. Are any birds considered lucky in your country?
Are any considered unlucky?
3. Where can you go bird watching in your country?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word or phrase.

- | | |
|------------------|---------------------|
| a. be careful of | d. like you want to |
| b. possibly | e. soon to happen |
| c. at first | f. go together with |

1. ___ The impending change worried many people.
2. ___ Some people think that black cats accompany witches.
3. ___ Some birds are also thought to potentially bring good luck.
4. ___ I initially thought that black cats were unlucky, but I changed my mind.
5. ___ Beware of that dog. It likes to bite people.
6. ___ Do you feel inclined to go out for dinner tonight?

Superstitions About Birds



Certain birds are, more often than not, considered bad luck, or even a sign of impending death. For example, all over the world, both **crows** and **ravens** have some connection to war, and death. In early times, crows and ravens were thought to accompany the gods of war, or be signs of the gods' approaching arrival. This idea later changed. Crows in particular were thought to be **harbingers** of ill fortune or, in some cases, guides to the **afterlife**. Woe be it to the person who saw a single crow or raven flying overhead, for this was most certainly a **portent** of death in the near future.

Interestingly, though potentially bad luck for people individually, the raven is considered to be good luck for the **crown of England**. So much so, in fact, that a "raven master" is, even today, an actual government position in London. He takes care of the ravens there and also **clips** their wings, ensuring that these birds can never fly far from the seat of the British government. This way, the kingdom will never fall to ill fortune.

Another bird that is thought to play a part in forecasting the fortunes of people is the **swallow**. Depending on how and when it is seen, the swallow can be a harbinger of either good or ill fortune. Perhaps inspired by the swallow's red-brown breast, Christian people initially related the swallow to the death of Jesus Christ. Thus, people who saw a swallow fly through their house considered it a portent of death. Later, however, farmers began to consider swallows signs of good fortune. Any barn that has swallows living in it is sure to be **blessed** in the following year. Farmers also have to beware of killing a swallow; that would be certain to end any good luck they might have had.

Though many people think these superstitions are old wives' tales, there is actually some evidence to support them. For example, crows and ravens, being scavengers, appear at the **aftermath** of battles. Thus, large numbers of crows and ravens could be good indications of war in an area. As well, swallows feed on insects that can cause infections in cattle. Thus, a farmer who has many swallows in his barn may actually have healthier animals on his farm. Therefore, the next time you feel inclined to laugh at an old wives' tale, maybe you had better find out if there is any truth to it first!

Reading Time _____ minutes _____ seconds

413 words

² *crow*: a black bird, often seen in fields

² *raven*: a black bird that looks similar to crows, but bigger

⁵ *harbinger*: a thing that brings something

⁶ *afterlife*: a place you go after dying

⁷ *portent*: a sign

¹⁰ *crown of England*: the English monarchy and government

¹² *clip*: to cut; to trim

¹⁵ *swallow*: a brown and red bird that often makes a home in barns or outside buildings

²⁰ *bless*: to give luck or good fortune

²⁵ *aftermath*: the resulting situation

Choose the best answer.

1. What is the main idea of this reading?
 - a. Birds bring bad luck.
 - b. Don't look a crow in the eye.
 - c. There are many superstitions surrounding birds.
 - d. Birds are important to English people.
2. Which birds are considered harbingers of bad luck?
 - a. Crows
 - b. Swallows
 - c. Ravens
 - d. All of the above
3. Which is NOT true, according to the reading?
 - a. Some superstitions are based on reality.
 - b. Seeing a swallow is a sign of war and death in the future.
 - c. Ravens bring good luck for the country of England.
 - d. Crows eat dead animals.
4. How might a farmer attempt to prevent bad luck?
 - a. Catch a raven
 - b. Keep his windows open
 - c. Follow a crow
 - d. Avoid harming a swallow
5. Swallows help keep cattle in barns healthier by _____.
 - a. eating infected skin
 - b. consuming insects
 - c. singing
 - d. making cows happier

Idiomatic Expressions

Find these idioms in the reading.

- **woe be it** [too bad for]
Woe be it to the person who pets this dog. He bites!
- **old wives' tales** [folk beliefs; superstitions]
 People used to think that seeing a crow was bad luck. Now they know it's an **old wives' tale**.
- **feed on** [to eat something]
 The elephants at the zoo **feed on** peanuts.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. _____ to whoever goes in that house. Ghosts live there.
2. Our cat _____ the mice in the basement.
3. Don't believe that! It's just a(n) _____.

Summary

Scan the passage and complete the chart with the correct information.

Bird	Bad Luck	Good Luck	Evidence
Crows	• Sign of the arrival of 1 _____ • A single one flying = 2 _____		• These birds are scavengers, so they appear at 5 _____.
3 _____	• Sign of the arrival of the gods of war	• Living near the seat of the British government = 4 _____	
6 _____	• Flying in the house = 7 _____	• Living in a farmer's barn = the farm will be 8 _____	• These birds feed on 9 _____ so swallows in a barn 10 _____.

Listening

The Aviary



Listen to the dialog and complete each sentence.

1. The man wants to visit the aviary, which is _____.
2. The woman wants to see _____.
3. The man says it is bad luck to _____.



Discuss the following questions.

1. Do you believe that birds can be evil omens? Why or why not?
2. What is the most well-known bird in your country? Is this bird related to good luck or bad luck in any way?
3. Does your country have a special bird? Describe it.

Grammar

Participle Phrases

A participle phrase can appear in a number of different positions within the sentence. If it comes before the main clause, the participle phrase always refers to the subject of the main clause.

Perhaps (inspired by / inspiring) the swallow's red-brown breast, Christian people initially related the swallow to the death of Jesus Christ.

Any barn that has swallows (to live / living) in it is sure to be blessed in the following year.

Writing

Write your own short paragraph by answering the questions below.

Our National Bird

(1) What is your national bird? (2) What does it look like? (3) Where does it live? (4) Are there many of them in your country? (5) Have you seen one?

Example

My country's national bird is the bald eagle. It is a big brown eagle with a white head. The bald eagle lives all across North America. There are many of these birds living in my country today. However, I have only seen them in zoos.

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. Researchers believe this new medicine could ____ save thousands of lives each year.
a. individually b. traditionally c. particularly d. potentially
2. The image of Italians shown in the movie ____ reality.
a. finds out b. is far from c. is sure to be d. woe be it
3. The news broadcast reported on the ____ danger to coastal cities due to the approaching hurricane.
a. depending b. thrilling c. impending d. migrating
4. Personally, I'm not ____ to believe in omens or superstitions.
a. blessed b. found c. inclined d. inspired
5. The sign by the road warned drivers to ____ of falling rocks.
a. accompany b. beware c. clip d. originate
6. He wrote a book comparing ____ about colors between Eastern and Western cultures.
a. indications b. infections c. superstitions d. scavengers
7. A common ____ says that acne is caused by a poor diet. This, however, is far from true.
a. over time b. ill fortune c. crown of England d. old wives' tale

B. Choose the correct form of the word to fill in the blank.

8. Henry played the ____ for my first violin recital.
a. accompanied b. accompaniment c. unaccompanied
9. The students ____ the idea that a final project should replace the exam.
a. initiated b. initial c. initially
10. He used ____ parts from other old cars to rebuild his 1957 Chevy.
a. scavenger b. scavenging c. scavenged



Pre-Reading

Think about the following questions.

1. Where is Alaska located?
2. What do you think contributes to global warming?
3. What do you know about glaciers?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|----------------------------|--------------------------------------|
| a. disappearing; lessening | d. guessed by approximation |
| b. mean; $(X1+X2+X3)/3$ | e. all the time; not temporarily |
| c. have babies | f. being swept away; being destroyed |

1. ___ It is estimated that Alaska is fifteen percent smaller than it used to be.
2. ___ On average, temperatures around the world have increased by 3°C.
3. ___ The land in Alaska used to be permanently frozen.
4. ___ Because of the heavy rain this year, the nearby beaches are eroding.
5. ___ That beetle doesn't reproduce every year—only every two years.
6. ___ The diminishing glaciers are causing problems in Alaska.

Alaska Is Melting!



Alaska is disappearing slowly, but surely. It is estimated that since the 1950s, as much as fifteen percent of Alaska's land area has disappeared. How can a whole state be disappearing? The problem is that Alaska's **glaciers** are melting. The state has more than 100,000 glaciers. These glaciers account for about 75,000 square kilometers, or five percent, of the state's area. That is an area of land larger than Ireland!



According to a recent report by the US **Geological** Survey, ninety-nine percent of Alaska's glaciers are either retreating or diminishing. This diminishing seems mainly due to the increase in global temperatures. Since the 1960s, the average year-round temperature has increased by almost 3°C. Additionally, the average winter temperature has increased by over 6°C. Presently, an estimated 100 cubic kilometers of ice is disappearing from Alaskan glaciers every year. It may be even more in the near future, as some scientists predict that the average world temperature could go up 4 to 7°C by the year 2100.

Another problem facing Alaska is its **thawing** permafrost. Much of the land in Alaska used to be permanently frozen or frozen for most of the year. Now, the thawing permafrost is causing a number of problems for people living in Alaska. Roads and **utility poles** are **collapsing** as the ground around and under them warms and softens. Also, the hard permafrost that originally prevented beaches from eroding during violent storms is now melting. People who live along Alaska's coasts are being forced to **relocate**. For villages on small low islands, one terrible storm could wipe out the entire community.

The melting permafrost and increasing temperatures are both affecting the forests of Alaska. As the permafrost under the forests melts, insects that normally do not turn up until the warmer seasons are appearing sooner. The **spruce**-bark beetle, for example, is increasing in numbers as a result of warmer winter temperatures. It usually takes about two years for these beetles to grow and reproduce in very cold weather. However, due to the increase in temperatures, spruce-bark beetles are reproducing faster and damaging as many trees in one year as they previously damaged in two. If something cannot be done to change things, Alaska's forests will not survive the turn of the century.

Some scientists believe that human activity is linked to a global increase in weather temperature. Whatever the cause of rising temperatures may be, the fact remains that temperatures are warming, affecting Alaska for the worse. **Horribly**, this could be a **preview** of what will happen to the rest of the world in the next century.

Reading Time

_____ minutes _____ seconds

438 words

⁴ *glacier*: a huge mass of ice on land

⁸ *geological*: related to the study of the Earth and rocks

¹⁶ *thaw*: to melt

¹⁸ *utility pole*: a pole used to hold electrical and phone wires

¹⁹ *collapse*: to fall and be destroyed

²¹ *relocate*: to move somewhere else

²⁵ *spruce*: a kind of pine tree

³³ *horribly*: terribly; unfortunately

³⁴ *preview*: something that gives an advanced idea of what is to come.

Choose the best answer.

1. What is the main idea of this reading?
 - a. Alaskan trees are dying.
 - b. Warmer temperatures are affecting Alaska.
 - c. Alaska has beautiful glaciers.
 - d. Alaskan villages must relocate.
2. What do some scientists predict?
 - a. All of Alaska's glaciers will melt and disappear in the next eight years.
 - b. Spruce-bark forests will become extinct in Alaska by the year 2100.
 - c. Global temperatures will start decreasing by the year 2100.
 - d. Most Alaskan villages on the small surrounding islands will be wiped out.
3. Normally, which is true regarding permafrost?
 - a. It is frozen by glaciers.
 - b. It may be frozen all year.
 - c. It never freezes.
 - d. It rarely freezes.
4. Why are the forests in Alaska being destroyed?
 - a. More insects are attacking them.
 - b. There is not enough land to live on.
 - c. Spruce trees don't grow well in the warmer weather and are dying.
 - d. The water from the melting glaciers is drowning the trees.
5. How could the events in Alaska be a preview for the rest of the world?
 - a. They show how a rise in global temperature could affect us negatively.
 - b. They show how the environment is important for ecology.
 - c. They show how ice is necessary to the Earth.
 - d. They show how human activity can negatively affect the Earth.

Idiomatic Expressions

Find these idioms in the reading.

- | | |
|------------------------------|---|
| ■ wipe out | [to destroy; to annihilate]
The computer virus wiped out all of the files on my hard drive. |
| ■ turn up | [to appear; to become visible]
Why do you always turn up at the most inconvenient times? |
| ■ turn of the century | [the beginning of the century]
At the turn of the century , we celebrated a new millennium. |

Fill in the blank with one of the above idioms. Change its form if necessary.

1. I hope we have less pollution at the _____.
2. The guest of honor didn't _____ at the dinner party.
3. Water pollution could _____ all of the fish in the rivers.

Summary

Read the sentences from the reading passage. Paraphrase the sentences to create a summary of the passage.

- a. The problem is that Alaska's glaciers are melting.
- b. This diminishing seems mainly due to the increase in global temperatures.

1. a + b: _____ are causing _____.

- c. Another problem facing Alaska is its thawing permafrost.
- d. Roads and utility poles are collapsing as the ground around and under them warms and softens.

2. c + d: _____ is causing _____.

- e. The melting permafrost and increasing temperatures are both affecting the forests of Alaska.
- f. As the permafrost under the forest melts, insects that normally do not turn up until the warmer seasons are appearing sooner.

3. e + f: _____ are causing _____.



Listening

Too Warm in Alaska



Listen to the dialog. Check **True** or **False** for each sentence.

- | | | |
|---|----------------------------------|-----------------------------------|
| 1. Alaska has about 1,000 glaciers. | True
☐ | False
☐ |
| 2. The man says most of the glaciers have stagnant water on them. | ☐ | ☐ |
| 3. One food source for polar bears is cold-water fish. | ☐ | ☐ |

Discuss the following questions.

1. What do you think is the main cause of melting glaciers?
2. How do you think the increasing temperatures in Alaska affect the wildlife and fish there (e.g., polar bears, salmon)?
3. Was the last summer or winter where you live warmer than usual? What are the usual temperatures during these seasons?

Grammar

Present Continuous

The present continuous is used in order to talk about actions happening right now. Non-action verbs that express state, possession, senses, or feelings are not used in the continuous form.

Presently, an estimated 100 cubic kilometers of ice (is disappearing / is disappeared) from Alaskan glaciers every year.

Alaskan glaciers (are accounting for / account for) about 75,000 square kilometers, or five percent of the state's area.

Writing

Write your own short paragraph by answering the questions below.

Last Summer

- (1) Where do you live? (2) What are the summers usually like? (3) What was last summer like? (4) What was the highest temperature? (5) Was this kind of weather good or bad? (6) Why?

Example

I live in the northern part of Texas. Usually, summers in north Texas are hot and dry. Last summer was very cool and wet. The highest temperature was only about 35 degrees Celsius. This was unusual, but great for me and for farmers! I didn't get too hot, and the farmers' crops grew well.

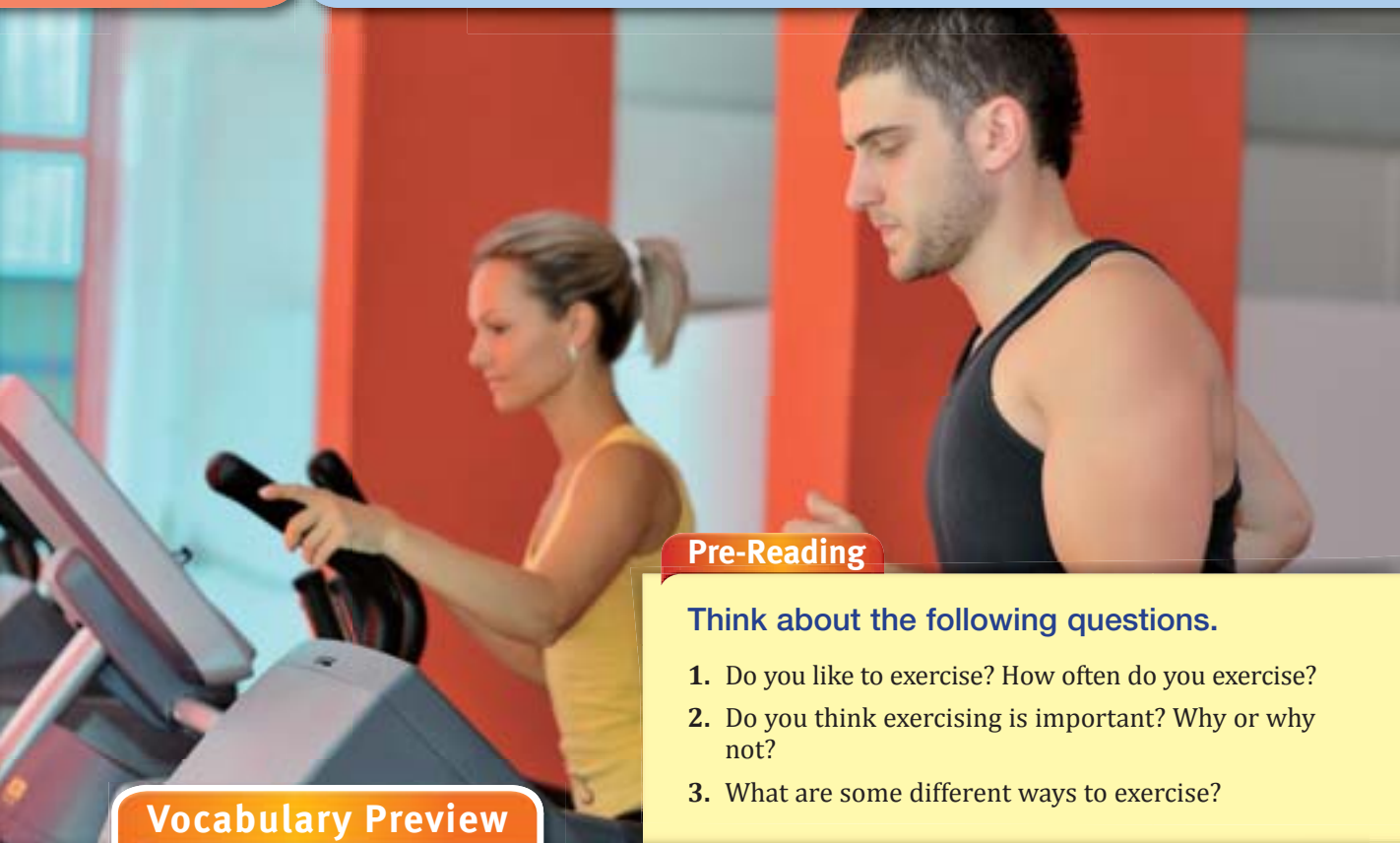
Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. She introduced Sally to me, and then she ____ us on our blind date.
a. accompanied b. diminished c. reproduced d. sealed
2. Doctors say the new vaccine could ____ malaria.
a. be far from b. put up with c. turn up d. wipe out
3. We can't measure the molecule's size exactly, but we can ____ it.
a. arise b. beware c. estimate d. thaw
4. Did you know there is a(n) ____ on top of Mount Kilimanjaro?
a. activity b. dilemma c. glacier d. increase
5. It is sometimes difficult for animals to ____ if their homes are destroyed.
a. browse b. erode c. maintain d. relocate
6. Each American eats a(n) ____ of fifty pounds of chocolate per year.
a. average b. gradual c. initial d. proper
7. Both of my grandparents were born at the ____.
a. tried and true b. old wives' tale c. turn of the century d. gradual

B. Choose the correct form of the word to fill in the blank.

8. The ocean constantly reshapes coastlines by ____ the beaches, cliffs, and land.
a. erosion b. erode c. eroding
9. Sea turtles return to the beach where they were born to ____.
a. reproduction b. reproduce c. reproductive
10. Foreign students are considered aliens, not ____ residents, of the country where they study.
a. permanent b. impermanent c. permanently



Pre-Reading

Think about the following questions.

1. Do you like to exercise? How often do you exercise?
2. Do you think exercising is important? Why or why not?
3. What are some different ways to exercise?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|------------------------|--|
| a. correctly | d. get or reach by effort |
| b. go too fast | e. growth; training |
| c. so; because of that | f. suggest; say something is a good idea |

1. ___ Don't rush. Take your time.
2. ___ Health experts recommend doing a variety of exercises.
3. ___ She hurt her back during her last workout; therefore, she is not going to the gym this week.
4. ___ What is the goal that you are trying to achieve?
5. ___ You should work with a trainer to learn how to do the exercise properly.
6. ___ Some people are more interested in losing weight than in muscle development.

Working on Your Workout



Most people know that a balanced diet and regular exercise are very important. However, most people do not know how to exercise properly. Instead of concentrating on how to get the best results **efficiently** and **effectively**, people usually rush through their **workouts**, or they make the same common workout mistakes. Exercising the right way is important for people who are worried about their health and their appearance. However, if someone is not working out properly, it is rare that he or she will see the results he or she wants. Therefore, training experts have **devised** tips to teach people how to exercise correctly in order to achieve the greatest health benefits. If you want to achieve the best workout results, here are a few helpful tips to bear in mind.



One of the most common workout mistakes is doing the same **routine** over and over again. This does not challenge your muscles, and it can actually prevent muscles from growing and repairing themselves. Instead of always sticking to the same old workout, it is important to change your routine every six to eight weeks. It is also important to add a variety of workouts to your routine, such as swimming, **yoga**, or biking, to make sure your whole body stays fit. This will help make your workouts more interesting, and benefit your health and muscle development as well.

Another mistake people tend to make is to work out too hard, too often. Your body needs to rest between workouts; otherwise, no progress will be made. It is best to keep the number of hard workout routines to no more than two per week. Then, for those who don't want to get off schedule by **skipping** a day, shorter workouts of about twenty minutes can be used on other days. For more variety in workouts, you could also plan an easier routine for forty to sixty minutes between days of shorter, more **intense** workouts. Experts recommend, however, taking at least one day off completely each week, especially after several hard workout days in a row.

In reality, no one is perfect. However, if you want to make a difference in your overall health, there are some things you can do. Stretch before and after every workout. Do not rush your routine, and do not work out too little or too much. Remember not to make these common workout mistakes, and always have fun while exercising!

Reading Time

_____ minutes _____ seconds

405 words

⁴ *efficiently*: in the best possible manner with the least waste of time and effort

⁴ *effectively*: adequately; as planned

⁵ *workout*: a session of physical exercise or training

⁹ *devise*: to plan or invent carefully

¹⁴ *routine*: a regular course or procedure

¹⁸ *yoga*: a series of postures and breathing exercises practiced to achieve control of the body and mind

²⁴ *skip*: to avoid; to not do

²⁶ *intense*: strong; extreme

Choose the best answer.

1. What is the main idea of this reading?
 - a. Daily exercise can often be bad for your health.
 - b. Working out properly is the only way to gain effective health results.
 - c. Most people know how to work out efficiently and effectively.
 - d. Adding a variety of workouts to your routine is not important.
2. Which of the following statements is NOT correct?
 - a. Daily intense workouts help one stay healthy.
 - b. One's body needs to rest between workouts.
 - c. A variety of exercises is better than doing the same one all the time.
 - d. It can be good to take a day off from exercising.
3. Which word is closest in meaning to the word "stretch" in this reading?
 - a. Exaggerate
 - b. Widen
 - c. Make tight
 - d. Extend or reach
4. What can be inferred about the mistakes people make when they work out?
 - a. They are very harmful to the body.
 - b. People who rarely work out make them.
 - c. People think it is OK to make them.
 - d. Athletes would not make these mistakes.
5. Why should you change your workout routine every six to eight weeks?
 - a. To challenge your muscles
 - b. To become faster
 - c. To avoid bone problems
 - d. To exercise your brain

Idiomatic Expressions

Find these idioms in the reading.

- **bear in mind** [to remember; to keep in mind]
Bear in mind that not all weight loss is due to losing fat.
- **stick to** [to keep to; to persist with]
 I have a hard time **sticking to** a regular workout schedule because of my job.
- **in a row** [one after the other]
 He did forty-five push-ups **in a row**.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. Even though he didn't like swimming, he _____ it to please his mother.
2. I've woken up at 4:30 a.m. for three days _____, so I'm kind of tired right now.
3. You should always _____ that too much of a good thing can be bad.

Summary

Fill in the blanks with the correct words or phrases.

achieve
properly

bear in mind
recommend

development
routine

in a row
rush

In reality, most people do not exercise 1 _____. Whether it is always doing the same 2 _____ or working out too hard, too many days 3 _____, people do not realize that they are making these common mistakes. Therefore, experts have come up with some tips to 4 _____ to people. If you just want to 5 _____ through your workout to get it done, you will not make a difference in your overall health. Instead, you may suffer from injuries, and you will prevent muscle 6 _____. Next time you want to exercise, 7 _____ that you need to stretch before and after, concentrate on what you are doing, and most importantly, have fun! These tips will allow you to 8 _____ the best results from your workouts.



Listening

The Goal



Listen to the dialog and choose the best answer.

1. Why won't the woman go to the gym?
 - a. She is tired.
 - b. She got hurt during her last workout.
 - c. She wants to rest her muscles.
 - d. The equipment needs to be repaired.
2. What does the woman explain?
 - a. When muscles develop
 - b. Why exercise is important
 - c. How to recover from an injury
 - d. Which kind of exercise is best
3. What will the man probably do?
 - a. Change the kind of exercise that he does
 - b. Not work out today
 - c. Join the woman's exercise class
 - d. Rest until he feels better

Discuss the following questions.

1. How often do you exercise? Do you think you should exercise more often? Why or why not?
2. Do you make any common workout mistakes? If yes, what are they?
3. What do you do in order to stay healthy?

Grammar

It Is + Adjective + to ~ or It Is + Adjective + that ~

Anticipatory subject *it* can be followed by a *to*-infinitive or *that*-clause as its real subject.

If someone is not working out properly, it is rare (to / that) he or she will see the results he or she wants.

Instead of always sticking to the same old workout, it is important (that add / to add) a variety of workouts to your routine.

Writing

Write your own short paragraph by answering the questions below.

Staying Healthy

Example

I stay healthy by swimming and by eating foods that are good for me. It is important to do these things so that I can keep a healthy body. I go swimming three times a week, and I eat healthy food every day. I think that staying healthy is important because it makes me feel good, and it gives me a lot of energy.

- (1) How do you stay healthy?
 (2) Why is it important to do these things? (3) How often do you do these things? (4) Why do you think that staying healthy is important?

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. It is hard to _____ on my homework when people are talking loudly.
a. recommend b. focus c. workout d. benefit
2. If I get a _____ score on my final exam, my mom said she would buy me a new watch.
a. perfect b. proper c. balanced d. short
3. If you want to _____ from regular exercise, you should also eat healthy foods.
a. prevent b. progress c. benefit d. achieve
4. Ben's broken leg is _____ him from going on the bicycle trip.
a. rushing b. preventing c. eroding d. reproducing
5. She is a(n) _____ at teaching yoga, and I have learned a lot from her classes.
a. expert b. development c. routine d. exercise
6. It is very important to eat a _____ diet that contains fruits, vegetables, and whole grains.
a. perfect b. common c. balanced d. rare
7. The plan we made was too difficult, so we could not _____ it.
a. bear in mind b. wipe out c. turn up d. stick to

B. Choose the correct form of the word to fill in the blank.

8. The car could not be _____ after the accident left it destroyed.
a. repairable b. repaired c. disrepair
9. How can I _____ that from happening again?
a. prevent b. prevention c. preventable
10. Please _____ during the lesson, or you will not remember anything for the test.
a. concentrate b. concentration c. concentrating



Pre-Reading

Think about the following questions.

1. Do you know any smart people? What kinds of things do they do?
2. What kinds of things can make us smarter?
3. How do some parents try to make their babies smarter?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word or phrase.

- | | |
|-------------------------------------|-------------------------------------|
| a. connect; link | d. become wider or more accessible |
| b. related to the body and exercise | e. movement |
| c. actually; in fact | f. recent past; a time not long ago |

1. ___ She is literally the best student in school.
2. ___ I hate sports, but I still have to take a physical education class in school.
3. ___ Your short-term memory can get worse with age.
4. ___ Motion of our bodies can improve how well we think.
5. ___ Some researchers associate exercise with brain development.
6. ___ Exercise causes blood vessels to open up so blood flows more easily.

Smart Exercise



Are you preparing for a big test? If so, you may want to go play some basketball in between hitting the books. Based on information they have collected over the years, researchers have seen an apparent connection between exercise and brain development. Judy Cameron, a researcher at Oregon Health and Science University, studies brain development. According to her research, it seems that exercise can make **blood vessels**, including those in the brain, stronger and more fully developed. Cameron claims this allows people who exercise to concentrate better. She says, “While we already know that exercise is good for the heart, exercise can literally cause physical changes in the brain.”

The effects of exercise on brain development can even be seen in babies. Babies who do things that require a lot of movement and physical activity show greater brain development than babies who are less physically active. With babies, even a little movement can show big results. Margaret Barnes, a pediatrician, believes in the importance of exercise. She thinks that many learning **disabilities** children have in elementary school or high school can be traced back to a lack of movement as babies. “Babies need movement that stimulates their five senses,” says Barnes. “They need to establish a connection between motion and memory. In this way, as they get older, children will begin to associate physical activity with higher learning.”

The benefits of exercise on the brain are not just for babies. Older people can beef up their brains by working out as well. Researchers at Cornell University studied a group of **seniors** ranging in age from seventy to seventy-nine. Their study showed a short-term memory increase of up to forty percent after exercising just three hours a week. The exercise does not have to be very difficult, but it does have to increase the **heart rate**. Also, just like the motion for infants, exercise for older people should involve some complexity. Learning some new skills or motions, such as with yoga or **tai-chi**, helps open up memory paths in the brain that may not have been used for a long time.

For most people, any type of physical activity that increases the heart rate is helpful. The main goal is to increase the brain’s flow of blood. Your brain can benefit from as little as two to three hours of exercise a week.



Reading Time

_____ minutes _____ seconds

399 words

⁶ *blood vessel*: a thin tube in the body that carries blood

¹⁴ *disability*: a physical or mental problem due to irregular development

²¹ *senior*: a person over sixty-five years of age

²⁴ *heart rate*: the speed of the heartbeat

²⁷ *tai-chi*: a martial art with powerful, slow movements

Choose the best answer.

- What is the main idea of this reading?
 - How to exercise
 - How exercise helps the brain
 - How to get good scores on a test
 - How the brain can change
- According to the reading, what is the connection between exercise and brain development?
 - Exercise makes us less intelligent.
 - The brain needs special mental exercise.
 - The more exercise, the bigger the brain.
 - Physical exercise helps us think better.
- The minimum amount of exercise required to gain any benefit is _____.
 - Three hours per week
 - Forty hours per week
 - Three hours per day
 - Forty hours per month
- Why is yoga recommended for seniors?
 - It is easy on joints.
 - It does not increase the heart rate.
 - It can be done in groups.
 - It includes learning new motions.
- What type of patient does a pediatrician probably treat?
 - Poor people
 - Children
 - Animals
 - Old people

Idiomatic Expressions

Find these idioms in the reading.

- **hit the books** [to study hard]
I have a big test tomorrow. I need to **hit the books** tonight.
- **be traced back to** [to be connected to; to be as a result of; originated from]
Your back problem can **be traced back to** that car accident you were in last year.
- **beef up** [to strengthen; to improve]
I added more memory and a faster hard drive to **beef up** my computer.

Fill in the blank with one of the above idioms. Change its form if necessary.

- Your grades are too low! You had better _____!
- All that regular exercise really _____ his body.
- His excellence in school can _____ his love of reading.

Summary

Scan the passage and complete the chart with the correct information.

Who?	What?	Result?
Everyone	- Exercise - More fully 1 _____ blood vessels	2 _____ development 3 _____ better
4 _____	Movement + 5 _____ activities	Better brain development
Older people	- Exercise for 6 _____ hours that increases 7 _____ - Learning new 8 _____ (yoga, tai-chi)	40 percent increase in 9 _____ memory - Opens up memory 10 _____



Listening

Worth a Try?



Listen to the dialog and complete each sentence.

- The woman suggests that he _____.
- She says doing _____ can re-activate old memory pathways.
- She also suggests that waking up to different smells each day may increase _____ and _____.

Discuss the following questions.

1. Do you think that exercise affects brain development? Why or why not?
2. Which sports or exercise activities do you think require the most intelligence? Why?
3. What is your favorite sport or exercise? Why?

Grammar

Prepositions + -ing

The *-ing* form should be used when the verb follows a preposition.

Older people can beef up their brains by (working out / work out) as well.

Their study showed a short-term memory increase of up to forty percent after (exercising / to exercise) just three hours a week.

Writing

Write your own short paragraph by answering the questions below.

My Favorite Exercise

(1) What is your favorite exercise or sport? (2) How often do you do it? (3) How long do you do this exercise or sport each time? (4) Where do you do it? (5) Who do you do it with?

Example

Walking is my favorite exercise. I walk every day. Each day, I walk for at least twenty minutes. I walk to and from school. Usually, I walk alone, but sometimes my friend walks with me.

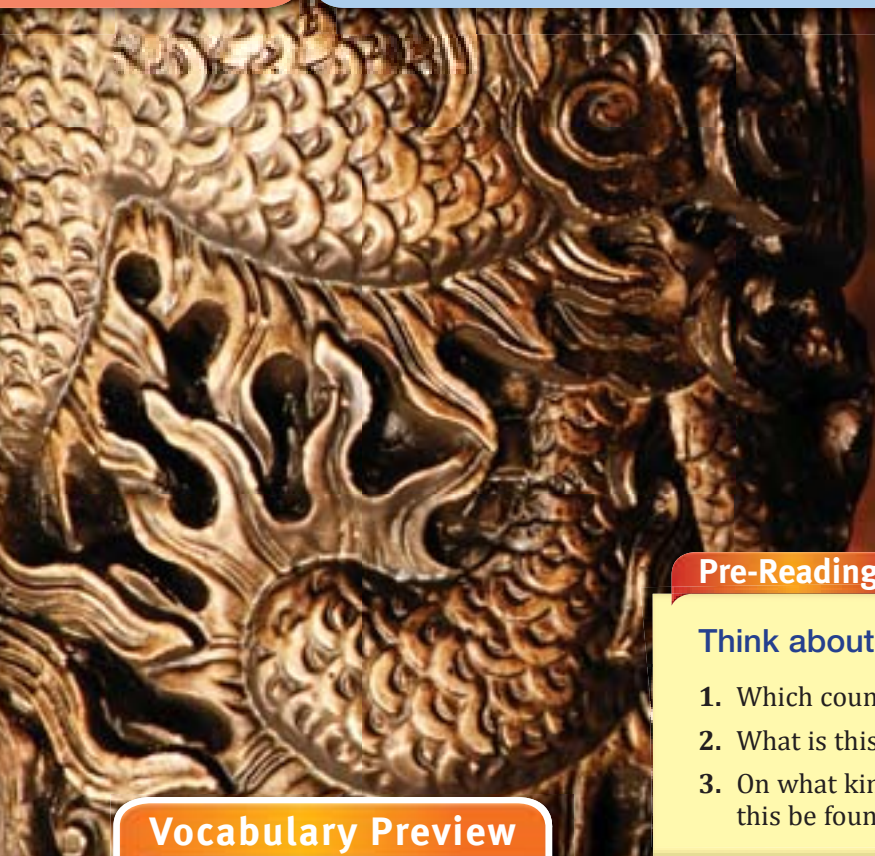
Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. The actor's last movie ____ his best work.
a. was far from b. was fun to c. was traced back d. was wiped out
2. The committee suggested a ____ plan to deal with the problem, but the plan won't solve things completely.
a. physical b. little c. short-term d. higher
3. The process is more complicated than I had ____ thought.
a. initially b. literally c. permanently d. physically
4. In the next chapter, we will learn about the ____ of the moon around the Earth.
a. dilemma b. goal c. mass d. motion
5. The survey results showed that ____ who drive have relatively few accidents.
a. abilities b. babies c. rhythms d. seniors
6. The company installed a firewall to ____ its computer security.
a. beef up b. open up c. put up with d. turn up
7. The city's crime ____ has dropped five percent over the last year.
a. goal b. pressure c. rate d. therapy

B. Choose the correct form of the word to fill in the blank.

8. Neutral colors like brown and gray are often ____ with casual clothes.
a. association b. associated c. associative
9. Being more ____ active is one of the best things you can do for yourself.
a. physique b. physical c. physically
10. She was so angry that her hands were ____ shaking with rage.
a. literalist b. literal c. literally



Pre-Reading

Think about the following questions.

1. Which country is this sculpture probably from?
2. What is this sculpture made from?
3. On what kind of building would a sculpture like this be found?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|--------------------------------|---|
| a. big; important | d. changed; took away to put something new in |
| b. collected; gathered | e. related to today |
| c. showed; put out for viewing | f. succeed in doing |

1. ___ He visited a museum that displayed postage stamps from around the world.
2. ___ I like ancient sculptures more than modern sculptures.
3. ___ The city replaced the old brick street with a smooth new street.
4. ___ My friend has accumulated more than 2,000 comic books in his collection.
5. ___ The country went through major changes during the 1960s and 1970s.
6. ___ We won't be able to manage to see the whole museum in one day.

Rescuing Relics



Have you ever wondered where museums get the works and **relics** that they put on display? If the museum is **sponsored** by the

government, then the relics were probably collected under special

laws that protect historical treasures related to that country. However, not all

5 museums are sponsored by the government. Sometimes a private collector decides to set up a museum so that the public can view the works or relics in his or her collection. Since the 1990s, more and more of these museums set up by private collectors have sprung up in China. Typically, these private museums are small, but they give visitors the chance to see works and relics not found anywhere else.

10 Songtang Li is one such collector who has put part of his private collection on display for the public. In 2001, Li opened his museum in an old 18th century house in Beijing. The museum displays some of the best examples of Chinese **folk art** he has collected over his lifetime. Many of the pieces in the collection are actually **architectural decorations** from old houses and buildings around China's **capital**. Whenever an old building was being

15 torn down, Li would visit the site to see if there was anything from the building worth rescuing. In this way, Li managed to accumulate thousands of folk art pieces, some of which are over 1,000 years old.

Li began collecting folk art sculptures when he was young. The first pieces in his collection were two gate **piers** that stood in front of his house. The stone piers were

20 **carved** with historical designs, and Li thought of them as his two friends. During his childhood, he would sometimes even sit beside them and tell them stories. When Li was seven, the city told Li's family to get rid of the piers so that the street could be rebuilt. Rather than throwing them away, Li's father allowed his son to keep them.

Thus began Li's lifetime hobby of visiting **demolition** sites and collecting pieces of

25 sculpture or decorative architecture. Anything that he was allowed to take away would end up in his collection. In the late 1970s, China underwent major **economic reforms**. At that time, Beijing started widespread demolition and rebuilding across the city. According to Li, more than ninety percent of the old houses and **temples** in Beijing have since been torn down and replaced with modern buildings.

30 **Luckily**, all of old Beijing's architectural folk art has not been lost. Visitors to the Songtangzhai Folk Sculpture Museum can view some of the best relics Li rescued over the years.



Reading Time

_____ minutes _____ seconds

432 words

2 *relic*: a valuable, ancient artifact or work of art

2 *sponsor*: to support with money

12 *folk art*: works of art usually made by non-professional artists for decorative purposes

13 *architectural*: related to man-made structures like buildings

13 *decoration*: a thing used to make something or a place look nice

14 *capital*: the city where the government is located

19 *pier*: a post or pillar that gates hang on

20 *carve*: to cut or chip into a certain shape or design

24 *demolition*: the act or state of being destroyed or torn down

26 *economic*: related to money or the economy

26 *reform*: a change that is meant to improve something

28 *temple*: a building dedicated to religious worship

30 *luckily*: by good fortune

Choose the best answer.

1. What is another possible title for this reading?
 - a. "A Man and His Museum"
 - b. "Beijing's Best Museum Designer"
 - c. "Changes in Chinese Architecture"
 - d. "The Largest Museum in China"
2. Where is the Songtangzhai Folk Sculpture Museum?
 - a. In a city near Beijing
 - b. In an 18th century temple
 - c. In China's capital city
 - d. In Songtang Li's house
3. What would a visitor NOT see in the Songtangzhai Folk Sculpture Museum?
 - a. Carved wood and stone
 - b. Folk art from 1,000 years ago
 - c. Paintings that Li made in childhood
 - d. Pieces of decorative architecture
4. What can be inferred about most of the pieces in Li's collection?
 - a. He paid a lot of money for them.
 - b. People took them from demolition sites and gave them to Li.
 - c. The government was not interested in them.
 - d. They came from his childhood home.
5. According to Li, what is true about modern Beijing?
 - a. Ninety percent of it needs to be torn down.
 - b. Few parts of it are very old.
 - c. Folk art can be seen in most of it.
 - d. Not much of it was rebuilt.

Idiomatic Expressions

Find these idioms in the reading.

- **set up (something)** [to establish or create something]
After she moved in, the girl **set up** her bedroom how she liked it.
- **take (something) away** [to remove something to some distance away]
My mother would **take** my toys **away** if I left them in the living room.
- **tear down** [to destroy; to break (a building) into pieces]
My father **tore down** the old dog house in our backyard and built a new one for our dog.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. When he finally arrived, he discovered that there was nothing left to _____.
2. The teacher needed to _____ her classroom for the new school year.
3. The government will not allow anyone to _____ the building because it is a historical treasure.

Summary

Read the sentences from the reading passage. Paraphrase the sentences to create a summary of the passage.

- a. Sometimes a private collector decides to set up a museum so that the public can view the works or relics in his or her collection.
- b. Since the 1990s, more and more of these museums set up by private collectors have sprung up in China.

1. **a + b:** _____
 _____, a trend that began in the 1990s in China.

- c. In 2001, Li opened his museum in an old 18th century house in Beijing.
- d. The museum displays some of the best examples of Chinese folk art he has collected over his lifetime.

2. **c + d:** _____
 _____ in an 18th century house in 2001.

- e. In the late 1970s, China underwent major economic reforms.
- f. According to Li, more than ninety percent of the old houses and temples in Beijing have since been torn down and replaced with modern buildings.

3. **e + f:** _____ from the
 time that Beijing began undergoing major economic reforms in the late 1970s.



Listening

Li's Museum



Listen to the dialog. Check **True** or **False** for each sentence.

- | | | |
|--|----------------------------------|-----------------------------------|
| 1. The speakers talk about an advantage to visiting Li's museum. | True
☐ | False
☐ |
| 2. Li works alone at his museum, explaining things to visitors. | ☐ | ☐ |
| 3. Li has another job besides taking care of his museum. | ☐ | ☐ |

Discuss the following questions.

1. What kind of museum do you enjoy visiting the most? The least?
2. What was the smallest museum you have ever visited?
3. Which museum have you visited that you remember well?

Grammar

Present Perfect Passive

Use *has been* or *have been* followed by the past participle when the action described by the verb is more important than the actor who is doing it.

More than ninety percent of the old houses and temples in Beijing (have since been / were since been) torn down and replaced with modern buildings.

Luckily, all of old Beijing's architectural folk art (has not been / was not been) lost.

Writing

Write your own short paragraph by answering the questions below.

My Visit to the Museum

Example

- (1) Which museum have you visited that you remember well? (2) What do you remember about this museum? (3) How long did you spend in the museum? (4) Would you like to go back to this museum? (5) Why or why not?

A museum that I have visited and remember well is the Museum of Modern Art. I remember that there were many famous works of art that I had read about in books. I spent only two hours in the museum because I was with a tour group and our schedule was very busy. I would like to go back to this museum. Then I could look at some of the things that I missed the first time.

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. The town's best Italian restaurant will ____ the high school's fund raising event.
a. associate b. display c. replace d. sponsor
2. City officials plan to ____ the old library in order to build a new one.
a. open up b. stick to c. tear down d. undergo
3. Is the weather usually calm before a big storm, or is that just a(n) ____?
a. heart rate b. old wives' tale c. routine d. turn of the century
4. Many people believe the government should ____ the public school system.
a. recommend b. reform c. respond d. reproduce
5. Only a few of the ____ that we visited still had monks living in them.
a. decorations b. folk art c. relics d. temples
6. Someone ____ two names on the largest tree in the park.
a. accumulated b. achieved c. carved d. managed
7. The 110-story skyscraper was a fantastic ____ achievement at the time.
a. architectural b. economic c. major d. modern

B. Choose the correct form of the word to fill in the blank.

8. I'm worried that something will happen to the portrait. It is quite valuable and ____.
a. replacement b. replaced c. irreplaceable
9. The palace garden blended culture and history with a touch of ____.
a. modernity b. modern c. modernly
10. Snow has been ____ on the roads all night. It is now about six centimeters deep.
a. accumulation b. accumulating c. cumulative



Pre-Reading

Think about the following questions.

1. What would you do if you saw a robot like this on the street?
2. What do you think a small robot like this could be used for?
3. Do you think that most people are kind and helpful?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|--------------------------------|---------------------------------------|
| a. to steer; to travel through | d. gotten to or reached a destination |
| b. help | e. lack of power or means |
| c. place to which one is going | f. related to people or society |

1. ___ A big social problem these days is that people don't want to help strangers.
2. ___ New York is not my final destination. From New York, I'm traveling to Boston.
3. ___ She hasn't arrived yet, so let's wait a little longer.
4. ___ The robot's inability to turn or change direction is a problem.
5. ___ It is not easy to find some of the tourist sites. This map can aid you during your visit.
6. ___ The streets are narrow, so it is difficult to navigate a large car on them.

Tweenbots



Imagine the busy streets of New York City, an enormous place with millions of people. Every day, the streets are **congested** with people going about their daily lives. Now imagine a small robot in the middle of all of those people rolling down a busy **sidewalk**. Most people would not even notice the ten-inch smiling robot, called a Tweenbot, rolling along the street. This strange machine may interest some people, while others would ignore it completely. A researcher interested in studying how helpful people really are uses such robots in her experiments that take place on the streets of New York.

The Tweenbots experiment is the idea and creation of Kacie Kinzer. Kinzer's idea was to make a robot that could navigate the city and reach its destination only if it was aided by **pedestrians**. Tweenbots rely on the kindness of warm-hearted strangers. Made simply of **cardboard**, wheels, and a device to turn the wheels, the Tweenbots face many dangers on the city streets. They could be run over by cars or **smashed** by **careless** kids. Kinzer thought her little robots might even be seen as some kind of **terrorist** device. The only real protection a Tweenbot has is its friendly smile. In addition to that, each of Kinzer's robots is fitted with a flag that displays instructions for the robot's destination. The only way these robots will reach their final point is if someone lends them a hand. Tweenbots are essentially a social experiment aimed at providing people a chance to show how caring they are.

On a daily basis, people in New York City are often in a hurry to get around.

However, the Tweenbots, through their inability to look after themselves, took people out of their normal **routines**. The people who noticed the helpless little robots were actually interested in helping the Tweenbots find their way home. Tweenbots move at a constant speed and can only go in a straight line. If one was to get stuck, or was going in the wrong direction, it would be up to strangers to free it or turn it in the right direction. Surprisingly, no Tweenbot was lost or damaged, and each one arrived at its target in good condition. In fact, most people treated the robot in a gentle **manner**, and some even treated it as though it were a small living being.

Even if you were in a rush to go somewhere, would you stop and help a Tweenbot successfully reach its destination?



Reading Time

_____ minutes _____ seconds

418 words

² *congest*: to block up

⁴ *sidewalk*: a concrete walking path beside a street

¹¹ *pedestrian*: a person who is walking

¹² *cardboard*: a heavy, thick kind of paper used for making boxes

¹³ *smash*: to crush; to break into pieces

¹³ *careless*: not careful

¹⁴ *terrorist*: a person who hurts or kills others for political or religious reasons

²² *routine*: a usual schedule

²⁹ *manner*: a way of acting or behaving

Choose the best answer.

1. What is this reading about?
 - a. A place to buy robots
 - b. A new kind of toy
 - c. An experiment
 - d. An interesting idea for the future
2. What is a Tweenbot?
 - a. A person from New York City
 - b. A ten-inch smiling robot
 - c. A pedestrian
 - d. A very large machine
3. How did a Tweenbot get to its final destination?
 - a. With the help of other Tweenbots
 - b. With the help of kind pedestrians on the street
 - c. With the help of Kacie Kinzer
 - d. With the help of other robots in New York City
4. Which of the following statements is NOT correct?
 - a. Most Tweenbots arrived at their destination damaged or broken.
 - b. Most people treated the Tweenbots in a gentle manner.
 - c. Tweenbots could not navigate the city on their own.
 - d. Tweenbots move at a constant speed and can only go in a straight line.
5. What can be inferred about the Tweenbot?
 - a. They were useful for research.
 - b. They were ignored by most people.
 - c. They were helpful for pedestrians.
 - d. They did not work as planned.

Idiomatic Expressions

Find these idioms in the reading.

- **rely on** [to require; to depend on]
My friend is **relying on** me to help her study for the history exam.
- **be fitted with** [to be supplied with; to have]
All of the rooms at the hotel **were fitted with** queen-sized beds and flat screen TVs.
- **lend (someone) a hand** [to help someone or something out]
I have to move some furniture today. Can you **lend** me **a hand**?

Fill in the blank with one of the above idioms. Change its form if necessary.

1. If you see someone who needs help, it is always nice to _____.
2. Each jewelry box _____ a special gold lock.
3. Our club _____ the money we collect from our members each month.

Summary

Fill in the blanks with the correct words or phrases.

aid
lend a hand

arrive
navigate

destination
rely on

inability
routines

The Tweenbots experiment is the idea of Kacie Kinzer. Tweenbots are small machines that 1 _____ the kindness of strangers to 2 _____ and help them reach their final destination. Surprisingly, some pedestrians took the time to stop and 3 _____ a Tweenbot. Each robot's 4 _____ to turn means that it needs the help of people to 5 _____ the sidewalks of New York. With a person's help, a Tweenbot can continue in the right direction to 6 _____ successfully at its 7 _____.



This experiment shows that people are quite helpful and don't mind being distracted from their normal 8 _____ to help a small robot in need.

Listening

Robots That Help



Listen to the dialog and choose the best answer.

1. What is the man telling the woman about?
 - a. Building a robot
 - b. Small robots that help people
 - c. Robots that do the dishes
 - d. Cleaning his house
2. According to the man, what do these small robots do?
 - a. Help out around someone's house if they need it
 - b. Help students do their homework at school
 - c. Take elderly people for walks
 - d. Take elderly people to the doctor
3. Why does the woman want a small robot?
 - a. To make her bed
 - b. To help with the dishes
 - c. To clean floors
 - d. To do the laundry

Discuss the following questions.

1. If you saw a small robot on the street that needed to reach a destination, would you help it?
2. What surprised you most about the Tweenbot experiment?
3. When was a time you helped someone? Did you spend a lot of time helping that person?

Grammar

May or Might

May or might can be used to express a possibility due to circumstances.

This strange machine (may / must) interest some people, while others would ignore it completely. Kinzer thought her little robots (can / might) even be seen as some kind of terrorist device.

Writing

Write your own short paragraph by answering the questions below.

Helping Others

(1) Do you like helping people? Why or why not? (2) If you saw someone that was lost, would you help that person? (3) Have you ever been lost before? When was it? (4) Who helped you? Did you find your way home safely? (5) Why do you think it is important to be kind and helpful to others?

Example

Yes, I like helping people because it makes me feel good. If I saw someone who was lost, I would help that person. I got lost before in a park when I was very young. A police officer helped me get home safely. I think it is important to be kind and helpful to others because one day you may need someone to be kind and helpful to you.

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. I live in a(n) _____ city that has over five million people living in it.
a. enormous b. physical c. social d. kind
2. Don't _____ just your memory. Write down important appointments.
a. be fitted with b. rely on c. run over d. lend a hand
3. He left this morning, but he never told me what his _____ would be.
a. damage b. cardboard c. destination d. inability
4. There was no one at the information desk who could _____ me.
a. associate b. estimate c. aid d. navigate
5. If you _____ at the festival today, I will buy you an ice cream after it is over.
a. lend a hand b. are far c. wipe out d. beef up
6. I forgot to put the mail out this morning because that is not part of my normal _____.
a. motion b. glacier c. superstition d. routine
7. Someone sat on my lunch bag! Now my sandwich is _____.
a. interested b. smashed c. fitted d. blocked

B. Choose the correct form of the word to fill in the blank.

8. The person who sits in the seat beside the pilot is the _____.
a. navigation b. navigator c. navigated
9. You can see a list of all the _____ flights on the screen over there.
a. arrivals b. arrives c. arriving
10. The young girl has the amazing _____ to sing and dance like a professional entertainer.
a. ability b. inability c. unable



Pre-Reading

Think about the following questions.

1. Look at the title of this story. What do you think it means?
2. What are some current popular sports? Do you participate in any of them?
3. Do you like to skate? If so, where? Can you do any jumps or spins on your skates?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|--------------------------------|----------------------------|
| a. for leisure or fun only | d. brothers or sisters |
| b. fascinated; made interested | e. enthusiastic; devoted |
| c. side by side, not touching | f. dependable; trustworthy |

1. ___ I have two siblings: an older brother and a younger sister.
2. ___ Two parallel lines can never meet.
3. ___ That new equipment intrigued me. I really wanted to try it.
4. ___ He is an avid inline skater. I see him every weekend in the park.
5. ___ Are those skates reliable? The ones I have now don't work well.
6. ___ I'm only a recreational skater. I don't like competing against other people.

Back to the Future



Sometimes the road to the future leads through the past. Such was the case for Americans Scott and Brennan Olson, who used an old idea to launch a hot new trend in sports: inline roller skating.

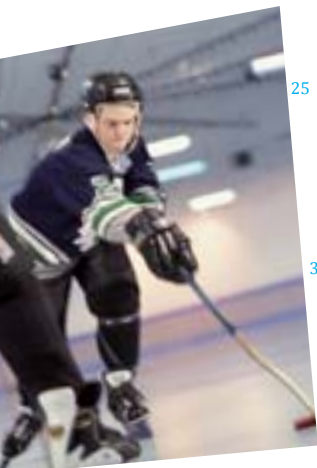
5 In 1979, these siblings found a pair of **antique** roller skates while checking out bargains at a used sporting-goods store. The skates they found had four wheels in a single row instead of the traditional parallel pairs of wheels in front and back. This single row of wheels **intrigued** the Olsons. They were avid hockey players, and they immediately noticed the similarity between the inline wheels and the long, single blade found on the bottom of ice skates. Could these unusual skates somehow be used to practice hockey off
10 the ice?

The Olsons set about trying to modify the design of the antique skates that they had found. First they tested out the antique skates to see how well they worked. From those tests, they tried to come up with ways to improve the old design. One improvement involved using special materials to make the skates stronger and easier to **steer**. The
15 Olsons also added reliable **brakes** to their inline skates. In 1980, the Olsons founded a company called Rollerblade to make and sell their “new” invention. Sales skyrocketed, and soon millions of people worldwide were “rollerblading,” as inline skating was mistakenly called.

At first, inline skating was recreational. People enjoyed skating in parks and on
20 streets, and some even danced on skates at giant roller **discos**. Today, inline “group skates” are popular all over the world. In cities such as San Francisco, Paris, and Berlin, as many as 20,000 skaters might meet on a free day and skate together through the streets. Many people see inline skating as a great way to exercise and socialize.

By the mid-1990s, inline skating had become more than just a
25 recreational sport. It had developed into several competitive sports. One of the most popular, even today, is aggressive skating. This involves performing tricks and jumping over objects such as boxes, ramps, and rails. Other kinds of competitive skating include speed skating, artistic skating, downhill racing, and skating **marathons**.

30 So, what about hockey? Well, the Olsons achieved their goal. Inline hockey leagues **sprang up** almost immediately. Then in 1999, inline hockey joined the **lineup** at the Pan-American Games. There are **rumors** that inline skating may even become part of the Summer Olympics someday.



Reading Time _____ minutes _____ seconds

411 words

4 *antique*: very old; historic

7 *intrigue*: to interest; to make curious

14 *steer*: to control the direction

15 *brake*: a device used to stop something

20 *disco*: a nightclub for dancing

29 *marathon*: a contest to see who can do something the longest

31 *spring up*: to grow quickly; to start quickly

32 *lineup*: a list of activities or competitors

32 *rumor*: an unofficial but widely spread story

Choose the best answer.

1. What is the main idea of this reading?
 - a. Why inline skating is popular
 - b. The history of inline skating competitions
 - c. How inline skating developed
 - d. The story of Scott and Brennan Olson
2. According to the reading, what is true about the Olsons'?
 - a. They wanted to make a new invention.
 - b. They did not succeed with their original goal.
 - c. They were motivated because they loved a sport.
 - d. They were not very good businessmen.
3. What was a problem with the early inline skates?
 - a. They were too heavy.
 - b. They were uncomfortable.
 - c. They were not easy to stop.
 - d. They were made of expensive metal.
4. What is NOT true, according to the passage?
 - a. At first, only hockey players were interested in the Olsons' skates.
 - b. The Olsons started a new company.
 - c. In the 1980s, most people called inline skates rollerblades.
 - d. Rollerblades became very popular almost from the beginning.
5. What can be inferred about the antique inline skates found by the Olsons?
 - a. They were not widely sold.
 - b. They were used mainly by Europeans.
 - c. They were more popular than bicycles.
 - d. They were used by hockey players in the summer.

Idiomatic Expressions

Find these idioms in the reading.

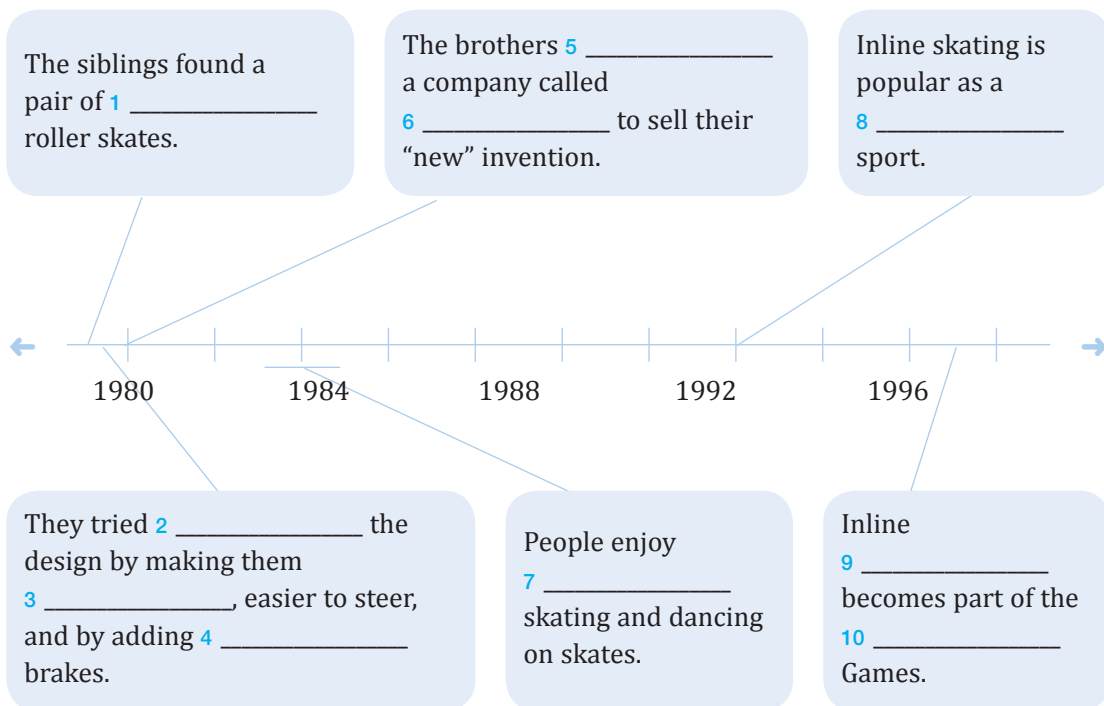
- **launch** [to start something]
Now that she has her MBA, she's ready to **launch** a new career.
- **skyrocket** [to increase, expand or improve very quickly]
The singer's new song is **skyrocketing** toward the top of the charts.
- **spring up** [to appear suddenly, like a new flower from the ground]
Since 2000, new highways have **sprung up** all over the country.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. Coca Cola will _____ its new advertising campaign next week.
2. My English marks _____ after I got a tutor.
3. McDonald's restaurants seem to _____ everywhere.

Summary

Scan the passage and complete the timeline with the correct information.



Listening

Skating in the Park



Listen to the dialog and complete each sentence.

- The woman paid _____ for her _____.
- The man is part of a _____.
- They will skate together _____ at _____.



Discuss the following questions.

1. What are some health benefits of skating?
2. Can you think of an old idea or product that was modified to create something new? Have you used this product?
3. Inline skaters wear special equipment to protect themselves. What is another sport or activity that uses special equipment? Have you participated in this sport or activity?

Grammar

Past Perfect

Past perfect tense is used to talk about what happened before a point in the past.

The Olsons set about trying to modify the design of the antique skates that they (have found / had found).

By the mid-1990s, inline skating (has become / had become) more than just a recreational sport.

Writing

Write your own short paragraph by answering the questions below.

Equipment for a Sport

- (1) What is a sport or activity that needs special equipment? (2) What kind of equipment does it require? (3) Why do people need this equipment? (4) How much does the equipment cost? (5) Do you have this equipment?

Example

Soccer does not need much equipment. It only requires special shoes called cleats and shin guards. People need cleats to run well and shin guards to protect their shins. Good cleats can cost over \$70, but shin guards are not expensive. I have cleats, but I do not have any shin guards.

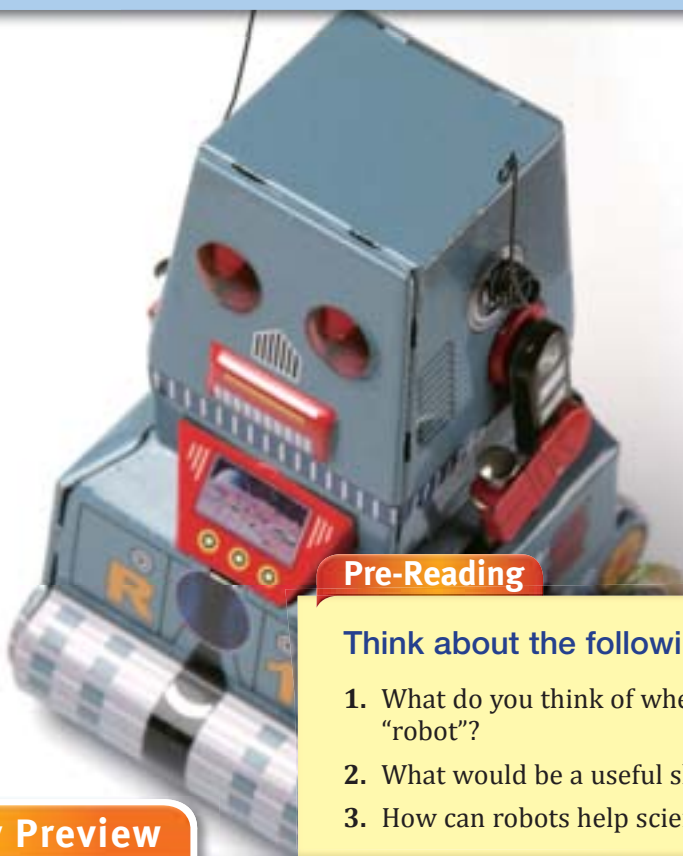
Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. Did you know that President Kennedy was a(n) ____ baseball fan?
a. avid b. oral c. recreational d. thriving
2. The girl's parents often ask her to look after her two younger _____.
a. means b. rumors c. sequences d. siblings
3. Complaints about spam have ____ over the past few years.
a. extended b. launched c. skyrocketed d. steered
4. Two lines that are ____ will never touch or meet.
a. impaired b. parallel c. reliable d. standard
5. I can't ____ a time when I was more embarrassed.
a. accuse b. buckle c. recall d. spring up
6. You should have a mechanic check the ____ on your car.
a. brakes b. captions c. opportunities d. spools
7. I am honored that the committee has ____ me to receive this award.
a. acknowledged b. crashed c. intrigued d. selected

B. Choose the correct form of the word to fill in the blank.

8. The title of the author's latest book is ____ mysterious.
a. intrigue b. intrigued c. intriguingly
9. By decreasing our ____ on cars, we can reduce traffic congestion in the city.
a. reliance b. rely c. reliable
10. Students are allowed to use any of the ____ equipment for free.
a. recreations b. recreational c. recreationally



Pre-Reading

Think about the following questions.

1. What do you think of when you hear the word "robot"?
2. What would be a useful shape for a robot?
3. How can robots help science?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|---------------------------------------|--|
| a. a part or unit with a specific job | d. ability to do different things well |
| b. jobs; chores | e. a blank or empty area |
| c. looking around | f. low price |

1. ___ Robots are useful for exploring places where people can't go.
2. ___ It takes a long time to travel through space from Earth to Mars.
3. ___ I don't have time to complete all of these tasks.
4. ___ You need to attach three small modules to the machine's main body.
5. ___ Everyone agreed that the new design gave the robot more versatility.
6. ___ The affordability of the new machine made it attractive to our manager.

A Better Robot



Robots are useful for exploring and working in space. In particular, many robots have been sent to explore Mars. Such robots have usually looked like a box with wheels. Though these robots are useful, by their very nature they are unreliable, extremely expensive, and they break easily. Also, they cannot do very many tasks. Because of these problems, scientists have been developing a new and unusual kind of robot. These new robots move like snakes, so they have been given the name “snakebots.”

The way a snake is **shaped** lets it get into very small spaces, like **cracks** in rocks. It can also push its way below the ground or climb up different kinds of objects, like high rocks and trees. Such abilities **account for** the usefulness of a robot designed like a snake. A snakebot would be able to do these things, too, making it much more effective than regular robots with wheels, which easily get **stuck** or fall over. Since they can carry tools, snakebots would be able to work in space, as well. They could, for example, help repair the International Space Station.

But how can such a robot shape be made? A snakebot is built like a chain made of about thirty parts, or modules. Each module is basically the same in that they all have a small computer and a wheel to aid movement. The large computer in the “head” of the snake makes all of the modules in a snakebot work together.

The modular design of the snakebot has many advantages. If one module **fails**, another can be added easily. Snakebot modules can also carry different kinds of tools, as well as cameras. Since each module is actually a robot in itself, one module can work **apart** from the rest if necessary. That is, all the modules can separate and move on their own, and then later, reconnect back into a larger robot. Researchers are also trying to develop snakebots made of a special kind of plastic that can change its shape using electricity, almost like animal muscles. Snakebots made with this plastic will be very strong and hard to break.



Overall, the snakebot design is much simpler than that of common robots. Thus, snakebots will be much less expensive to build. For example, a robot **recently** sent to Mars cost over a hundred million dollars, whereas snakebots can cost as little as a few hundred dollars. With their versatility and affordability, snakebots seem to be the wave of the future, at least as far as space robots are concerned.

Reading Time _____ minutes _____ seconds

428 words

- 7 *shape*: to form; to make to look like
- 7 *crack*: a broken place; an opening
- 9 *account for*: to explain; to be the reason for
- 11 *stuck*: unable to move

- 18 *fail*: to not work
- 21 *apart*: separate; not attached to
- 30 *recently*: during a short time in the past

Choose the best answer.

1. What is the focus of this reading?
 - a. How snakebots were invented
 - b. Similarities between snakes and robots
 - c. The mission of the first working snakebot
 - d. What a snakebot looks like and can do
2. Why are snakebots useful for exploring other planets?
 - a. They will be made of plastic.
 - b. They can move freely.
 - c. They can fly.
 - d. They have many modules.
3. How many robots make a snakebot?
 - a. There can be any amount.
 - b. One
 - c. About thirty
 - d. The reading doesn't say.
4. What could cause a snakebot to fail?
 - a. If all its modules were broken
 - b. If it fell into a hole
 - c. If its head came off
 - d. If its tail were broken
5. What is the purpose of the second paragraph?
 - a. To describe the problems with robots that have wheels
 - b. To explain the versatility and usefulness of snakebots
 - c. To give details of the first successful snakebot
 - d. To list places where snakebots have already gone

Idiomatic Expressions

Find these idioms in the reading.

- **by its very nature** [because it is a certain way]
By its very nature, a tiger is a dangerous animal.
- **wave of the future** [a recent invention that appears to have many future applications]
 Will fashionable or wearable technology be the *wave of the future*?
- **as far as** [to the extent or degree that]
 I don't know about other classes, but *as far as* our class is concerned, the test will be on Friday.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. _____ I know, she didn't ask for any help with her homework.
2. Christmas is, _____, a happy time.
3. My father thinks that solar-powered cars are the _____.

Summary

Read the sentences from the reading passage. Paraphrase the sentences to create a summary of the passage.

- a. These new robots move like snakes, so they have been given the name “snakebots.”
- b. The way a snake is shaped lets it get into very small spaces, like cracks in rocks.

1. **a + b:** Snakebots are _____
_____.

- c. A snakebot is built like a chain made of about thirty parts, or modules.
- d. Since each module is actually a robot in itself, each module can work apart from the rest if necessary.

2. **c + d:** Snakebots are _____
_____.

- e. Thus, snakebots will be much less expensive to build.
- f. For example, a robot recently sent to Mars cost over a hundred million dollars, whereas snakebots can cost as little as a few hundred dollars.

3. **e + f:** Snakebots are _____

_____.



Listening

Mr. Yim's Idea



Listen to the dialog. Check **True** or **False** for each sentence.

1. The idea for the snakebot came from Mark Yim.

True

☐

False

☐

2. Yim designed a robot called a polybot.

☐☐

3. These robots have many shapes, but they are all made of snakebots.

☐☐

Discuss the following questions.

1. Is space exploration too dangerous for humans? Should only robots go into space?
2. How could snakebots be useful on Earth, even if we don't use them in space?
3. What is a story or movie you know of in which a robot had an important part? Briefly tell the story.

Grammar

Much, Even, Still, Far + Comparatives

Intensifying adverbs like *much*, *even*, *still*, or *far* are followed by comparatives of adjectives or adverbs.

A snakebot would be able to do these things, too, making it (much more effective / much effective) than regular robots with wheels.

Snakebots will be (very less expensive / much less expensive) to build.

Writing

Write your own short paragraph by answering the questions below.

A Movie with Robots

(1) What is a story or movie in which a robot played a big part? (2) What is the basic story? (3) When did you read or see this? (4) What is your opinion of the story? (5) Would you recommend this book or movie?

Example

A movie in which robots played a big part was Heart Beeps. It was about a male and female robot falling in love. I saw this movie when I was in high school. It was terrible! I would not recommend that anyone see this movie.

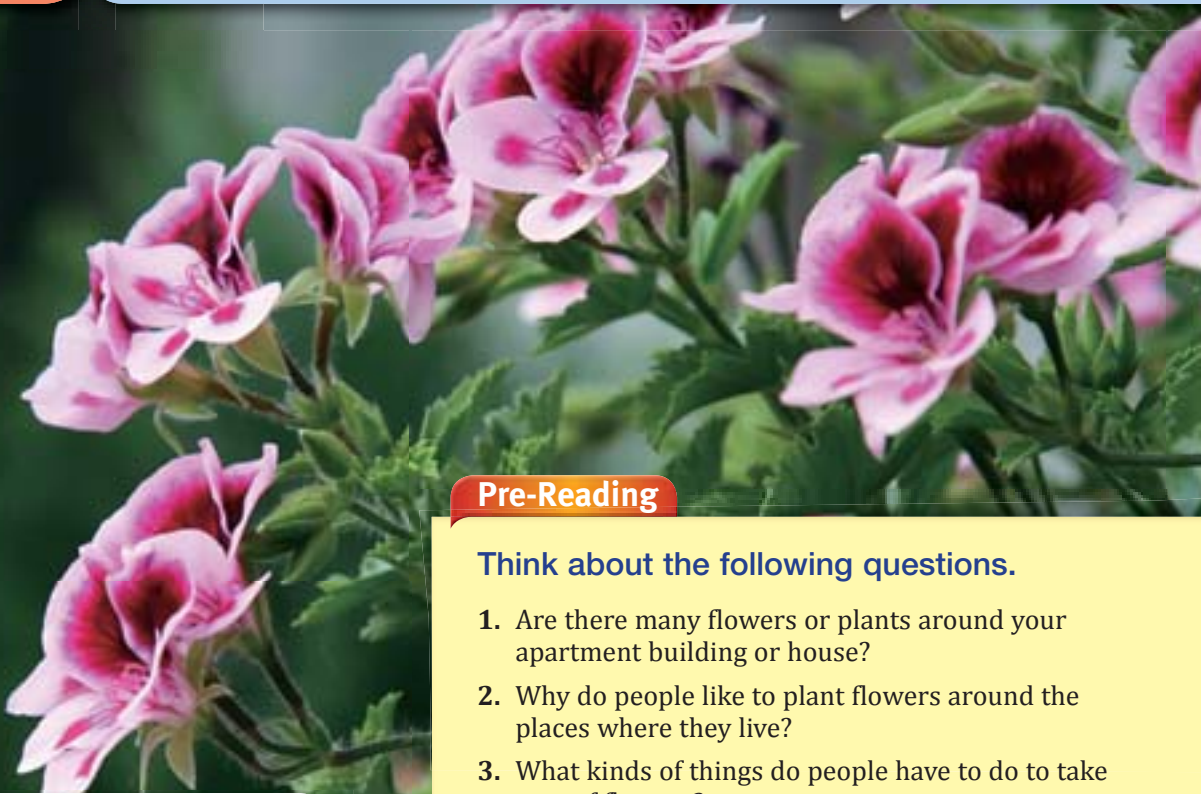
Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. Each of the computer's ____ is sold separately.
a. means b. missions c. modules d. muscles
2. In this class, we will explore the creative ____ of watercolors.
a. integrity b. affordability c. reliability d. versatility
3. Please do not put heavy ____ on this shelf.
a. approaches b. designs c. grounds d. objects
4. The ____ was very easy. Even a child could do it.
a. crack b. sibling c. task d. tool
5. The old woman had difficulty ____ her great-grandchildren's names.
a. exploring b. failing c. recalling d. thriving
6. We won't know the effects on people living in ____ for a long time.
a. brake b. planet c. sequence d. space
7. What kind of ____ sports did you play in high school?
a. effective b. necessary c. recent d. recreational

B. Choose the correct form of the word to fill in the blank.

8. New homes in this area are very ____ right now.
a. affordability b. afford c. affordable
9. We had to write an essay about the life of a famous ____.
a. explorer b. exploration c. exploring
10. What is the most ____ way to clean a car's engine?
a. effect b. effective c. effectively



Pre-Reading

Think about the following questions.

1. Are there many flowers or plants around your apartment building or house?
2. Why do people like to plant flowers around the places where they live?
3. What kinds of things do people have to do to take care of flowers?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|----------------------------|---|
| a. nice; enjoyable | d. person who officially lives in a place |
| b. times; countable events | e. put in; put up |
| c. robber; criminal | f. get people to join a group |

1. ___ A thief entered our house through the back door and took our TV.
2. ___ The incidents of students getting hurt at school is lower this year than last year.
3. ___ If you are a resident of the city, you can go to school in the city for free.
4. ___ The police want to recruit volunteers to watch for crime in the neighborhood.
5. ___ My father installed a new light above our door because the front of our house was too dark at night.
6. ___ The weather is pleasant in the spring. It's a good season for walking outdoors.

Flower Power



The city of Tokyo, Japan is divided up into special areas. Many people are familiar with famous **wards** such as Shibuya and Shinjuku. However, those are just two out of

5

twenty-three wards that make up the whole city of Tokyo. One ward on the west side of Tokyo is named Suginami City. Visitors to Japan probably would not put Suginami very high on their list of places to see. This is mostly a residential area,

10

although there are some nice clothing and antique stores there. Suginami boasts more than 300 city parks, in addition to three **metropolitan** parks, and even the name of the city comes from the Japanese word for **cedar** tree. Certainly the city is a pleasant place to live for its half a million residents.

15

However, in 2002, Suginami City had a big problem. Thieves were breaking into houses all over the city and stealing things! In fact, in that year alone, more than 1,700 houses were broken into across Suginami. That is a huge number of break-ins for a city of this size. The police and officials in Suginami knew that something had to be done to **curb** all of the crime in their area.

20

Finally, they came up with the idea of using flowers to curb crime in Suginami. City officials encouraged residents across the city to plant flowers around their houses and along streets, especially in places where thefts frequently occurred. The idea was that if people were outdoors taking care of the flowers, they would be watching people come and go at the same time. Thieves would be less likely to strike in areas where people were outdoors watching things closely.

25

Over the next few years, "Operation Flower" seemed to work surprisingly well. Just two years after residents of Suginami began planting flowers on streets and in front of their homes, crime in the city **dropped** eighty percent! Of course, the flowers can't take all the credit for the huge reduction in crime. The city also installed 200 security cameras around areas with high incidents of crime. In addition, Suginami was able to recruit more

30

than 9,000 **volunteers** to serve as crime-watchers across the city. Maybe one thing that helped them recruit so many volunteers in the end was "Operation Flower." Many of the volunteers probably enjoy walking around their **neighborhoods**, admiring the flowers that have been planted while they do their **duty** as crime-watchers.



Reading Time

_____ minutes _____ seconds

410 words

3 *ward*: a part of a city or town, named as such for political reasons or administration

11 *metropolitan*: related to a large city

12 *cedar*: a kind of evergreen tree with red-brown bark and dark-blue berries

18 *curb*: to control; to bring down

27 *drop*: to go down quickly

30 *volunteer*: a person who agrees to serve as a helper for free

32 *neighborhood*: a limited residential area that includes only a few streets

33 *duty*: an assigned job

Choose the best answer.

1. What question does this reading answer?
 - a. How did flowers curb crime?
 - b. What kinds of flowers are popular there?
 - c. Who were the thieves in Suginami?
 - d. Why was the crime rate in the city so high?
2. What can be assumed about Suginami City?
 - a. Many of the people living there work in other parts of Tokyo.
 - b. Not many of the parks in Suginami had flowers in them.
 - c. Suginami is a poor part of Tokyo.
 - d. There are only a few people on the police force in Suginami.
3. On average, how many break-ins occurred each month in Suginami in 2002?
 - a. About one per day
 - b. Around a dozen
 - c. More than 1,700
 - d. Over 100
4. What was probably true about "Operation Flower"?
 - a. The city paid for all of the flowers.
 - b. The flowers came from other wards in Tokyo.
 - c. The residents thought it was a good idea.
 - d. The thieves did not know about the plan.
5. Which of the following was NOT a method used by Suginami City to curb crime?
 - a. Crime-watch volunteers
 - b. More police officers
 - c. Security cameras
 - d. Street gardens

Idiomatic Expressions

Find these idioms in the reading.

- **divide up (into)** [to split or cut into pieces]
The children **divided up** the candy in order to share it.
- **break into** [to enter illegally; to use criminal methods to get into]
I had to **break into** my own car after I locked my keys inside of it.
- **take the credit (for)** [to be known as the reason (for)]
It is not fair that the manager always **takes the credit** for the work of other employees.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. All of our data can be _____ four categories.
2. The detective _____ for catching the gang of thieves.
3. They thought nobody could _____ the bank's safe, but someone did.

Summary

Fill in the blanks with the correct words.

dropped
planting

incidents
stealing

installed
volunteers

likely
ward

A few years ago, the 1 _____ of Suginami City in Tokyo had a big problem. Thieves were breakings into houses and 2 _____ things. In order to curb the 3 _____ of robbery in their city, the residents of Suginami began 4 _____ flowers in front of their houses and along streets. City officials thought thieves were less 5 _____ to try and steal things from houses or streets where people were often outside taking care of plants. The city also 6 _____ video cameras along streets and recruited 7 _____ to watch for crime on their streets. In just a few years, the crime rates in Suginami City 8 _____ 80 percent!



Listening

My Neighborhood



Listen to the dialog and choose the best answer.

- What surprised the woman about "Operation Flower"?
 - That it worked
 - That so many volunteers were recruited
 - That the city suggested it
 - That the flowers could grow
- What is true about the woman's neighborhood?
 - Not many people live there.
 - People aren't seen outdoors much.
 - The crime rate is rather high.
 - There aren't many flowers there.
- What does the man think about the situation in her neighborhood?
 - He wants to visit during the weekend.
 - It is not a good place for her to live.
 - She should recruit more volunteers.
 - Coming out just on the weekends works.

Discuss the following questions.

1. Have you or your family tried to grow plants? If so, what was your experience?
2. What kinds of plants can you see along the streets in your neighborhood?
3. Which are more effective in your opinion: security cameras or crime-watch volunteers? Why?

Grammar

Relative Adverbs

Relative adverbs such as *where*, *when*, *how*, or *why* introduce a subordinate adjective clause which modifies an antecedent noun or pronoun in the main clause.

City officials encouraged residents across the city to plant flowers around their houses and along streets, especially in places (which / where) thefts frequently occurred.

Thieves would be less likely to strike in areas (where / when) people were outdoors watching things closely.

Writing

Write your own short paragraph by answering the questions below.

My Family's Garden

Example

- (1) When did you or your family have an experience growing plants? (2) What was the most difficult thing about caring for the plant(s)? (3) What was the end result of experience? (4) What, if anything, would you do differently next time?

My family experienced growing a garden two summers ago when we planted some corn and watermelon seeds in our community's gardening space. The most difficult thing about caring for the plants was pulling out all of the weeds that kept growing in our garden. In the end, all of our corn plants died, but we did grow a few small watermelons. The next time we plant a garden, I want to grow flowers instead of fruits or vegetables.

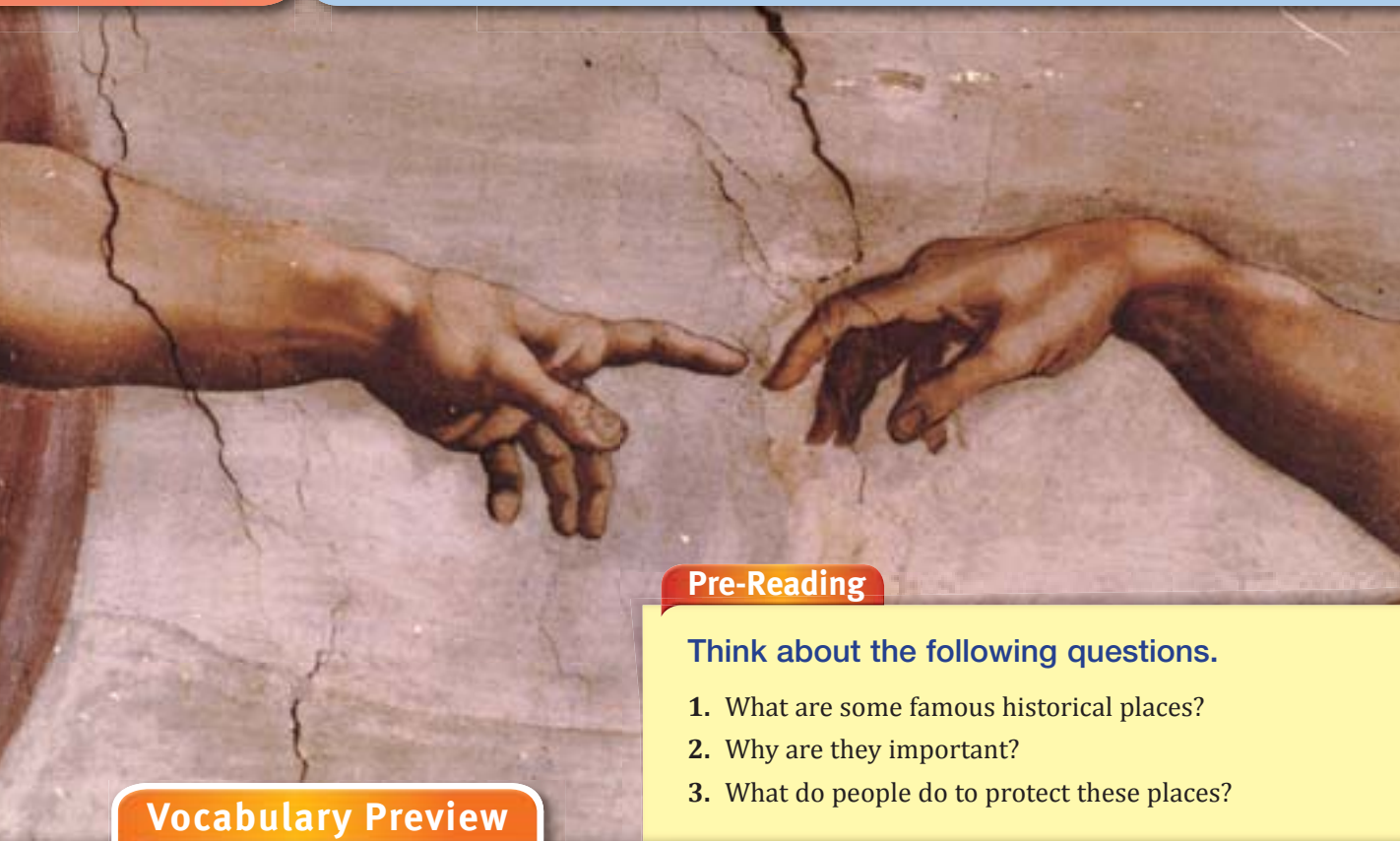
Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. There are many _____ growing near the top of the mountain.
a. cedars b. spaces c. thieves d. wards
2. He could not _____ his bicycle well, so he hit his neighbor's mailbox.
a. estimate b. recruit c. steal d. steer
3. In art class, we each have to paint a different _____.
a. duty b. neighborhood c. object d. resident
4. My best friend does not have any _____. She is an only child.
a. incidents b. siblings c. tasks d. volunteers
5. These flowers will not _____, so we will have to buy new seeds every year.
a. curb b. drop c. install d. reproduce
6. I spent a(n) _____ afternoon just talking with my friend in a coffee shop.
a. effective b. metropolitan c. pleasant d. reliable
7. This is too much work for one person. Let's _____ the work to make it easier.
a. break into b. divide up c. take credit for d. wipe out

B. Choose the correct form of the word to fill in the blank.

8. Although some people _____ eat bugs, I never would.
a. volunteer b. voluntary c. voluntarily
9. The _____ that you will ever win the lottery is very small.
a. likelihood b. likely c. unlikely
10. We didn't think the concert would be very good, but we were _____ surprised by the performers.
a. pleasant b. pleasantly c. unpleasant



Pre-Reading

Think about the following questions.

1. What are some famous historical places?
2. Why are they important?
3. What do people do to protect these places?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|---------------------------------|---------------------------|
| a. big; impressive | d. continue to say |
| b. fix or repair to be like new | e. small or minor defects |
| c. showed; exposed | f. stop |

1. ___ The city government plans to restore the oldest building downtown.
2. ___ The art expert demanded that the museum halt its plan to clean the painting.
3. ___ After several months, the museum finally revealed the results.
4. ___ The piece of marble is not pure white. It has some irregularities in it.
5. ___ The critics have not changed their minds. They maintain that the restoration project is a bad idea.
6. ___ The front of the building used to be very ugly. Repainting it has made a dramatic difference in the building's appearance.

A Controversial Restoration



Certain masterpieces are recognized worldwide as outstanding achievements in human creativity and **ingenuity**. Three good examples of such works are the Taj Mahal, the Sistine Chapel, and the sculpture of *David*. All of these works are hundreds of years old, and like everything that **ages**, some parts of them need to be restored from time to time. However, not everyone agrees on how and when certain works should be restored.

In some cases, there is a **pressing** need for something to be done in order to save a historical treasure. For example, through careful study of the building, experts found that the Taj Mahal was sliding toward the river beside it! Restoration efforts then began to repair cracks in the building and halt its slide. However, such works as the Sistine Chapel and the statue of *David* are not under any threat of serious damage or loss. Rather, restorations are planned to clean or touch up the works so that they look better.

David is a perfect case in point of just such a touch-up project. For the statue's 500th "birthday," the museum in Italy where *David* stands today planned to restore the statue's appearance. In reality, *David* was just dirty. That should not have surprised anyone. For more than 300 years, the statue stood outdoors in a square in Florence. When he carved the sculpture, Michelangelo planned for it to stand outside and naturally accumulate the marks of weathering. Therefore, critics of *David's* restoration claimed that cleaning the statue would alter its intended appearance by the artist.

Ignoring these cries of protest, the museum went ahead with the restoration. After nine months of careful cleaning, the restored *David* was revealed to the public. So, how was the statue different? For one thing, *David's* hair was no longer blackened with **grime**. Also, the stains on his hands were gone, and the dirty **streaks** on his left **shin** had been erased. As one art expert remarked, "Only someone with expert knowledge and long familiarity with the 'skin' of the statue will be aware that certain unattractive irregularities are no longer there." Even critics of the project agreed that the touch-ups to *David* were very moderate.

On the other hand, the restoration of the Sistine Chapel resulted in a dramatic difference in the work's appearance. Through **painstaking** efforts, the **frescoes** of the Sistine Chapel were beautifully restored by erasing years of dirt and grime from the ceiling and walls. Although a few critics maintain that Michelangelo's work has been ruined, most view its restoration as a marvelous success.

Reading Time _____ minutes _____ seconds

431 words



2 **ingenuity**: imagination; cleverness

4 **age**: to become older

7 **pressing**: urgent

22 **grime**: thick dirt or black dust from pollution

23 **streak**: a long irregular mark on some surface

23 **shin**: the front part of the leg below the knee

29 **painstaking**: thorough and very careful

30 **fresco**: a picture painted on a wall, usually done over wet plaster

Choose the best answer.

1. What is the main idea of the reading?
 - a. People sometimes disagree about restoring historical treasures.
 - b. The statue of *David* is a famous masterpiece.
 - c. Restoring works of art is expensive.
 - d. The Taj Mahal needs to be repaired.
2. What kind of restoration was planned for the Taj Mahal?
 - a. Pressing critics to see it
 - b. Repairing it
 - c. Sliding it into the river
 - d. Touching up the art inside it
3. What can be assumed about Michelangelo's vision of *David* in the future?
 - a. *David* would be destroyed.
 - b. *David* would be well protected.
 - c. *David* would get dirty.
 - d. *David* would stand in a fountain.
4. What was the result of the restoration project of *David*?
 - a. The statue's hair looked darker.
 - b. Only experts could notice the difference.
 - c. The statue was damaged.
 - d. The marble was thoroughly cleaned.
5. How many people probably think the Sistine Chapel looks better since it was restored?
 - a. None
 - b. Few people
 - c. About half of the people
 - d. Most people

Idiomatic Expressions

Find these idioms in the reading.

- **touch up** [to fix or make look nicer, usually by coloring or painting]
I used a black marker to **touch up** the chipped paint on the table's leg.
- **case in point** [a specific example showing something is true]
What you plan may lead to different results than your intentions.
Censorship laws are a good **case in point**.
- **no longer** [not anymore; not now]
The website you are trying to access is **no longer** available.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. It will cost about \$100 to _____ the scratch marks on my car.
2. Our store _____ carries that brand's products.
3. The editors of the newspaper are not doing their job well. Let me refer you to yesterday's front page article as my _____.

Summary

Scan the passage and complete the chart with the correct information.

Work	Why It Needed Restoring	What Was Done
Taj Mahal	1 _____ toward river	2 _____ in the building were repaired - The slide was 3 _____
David	Dirty (from standing outdoors for 4 _____ years)	- Hair was no longer 5 _____ with grime 6 _____ on his hands were gone - Streaks on his left 7 _____ were erased
Sistine Chapel	8 _____	Years of dirt and 9 _____ were painstakingly 10 _____

Listening

For Its Protection

Track 22



Listen to the dialog and complete each sentence.

- The man saw _____ in _____.
- The work was behind _____.
- The painting had to be restored after someone _____.



Discuss the following questions.

1. What historical sites have you visited? Which one was the most impressive?
2. What kinds of things should we try to preserve for future generations? Why?
3. Which do you think are more important: old buildings or old works of art? Why?

Grammar

Expressing Purpose

Use *in order to* or *so that* to express purpose of an action.

*There is a pressing need for something to be done (for / in order to) save a historical treasure.
Restorations are planned to clean or touch up the works (so that / so as to) they look better.*

Writing

Write your own short paragraph by answering the questions below.

An Impressive Place

Example

- (1) What was the most impressive historical site you have seen?
(2) Where is it? (3) Why was it impressive? (4) How old is this site? (5) Why is it important to see sites like this one?

The most impressive historical site I have visited is the Forbidden Palace. This palace is in Beijing, China. The palace grounds are huge, and the buildings all have unique and ancient designs. The Forbidden Palace is almost 600 years old. It is important to see sites like the Forbidden Palace so that we can learn about history.

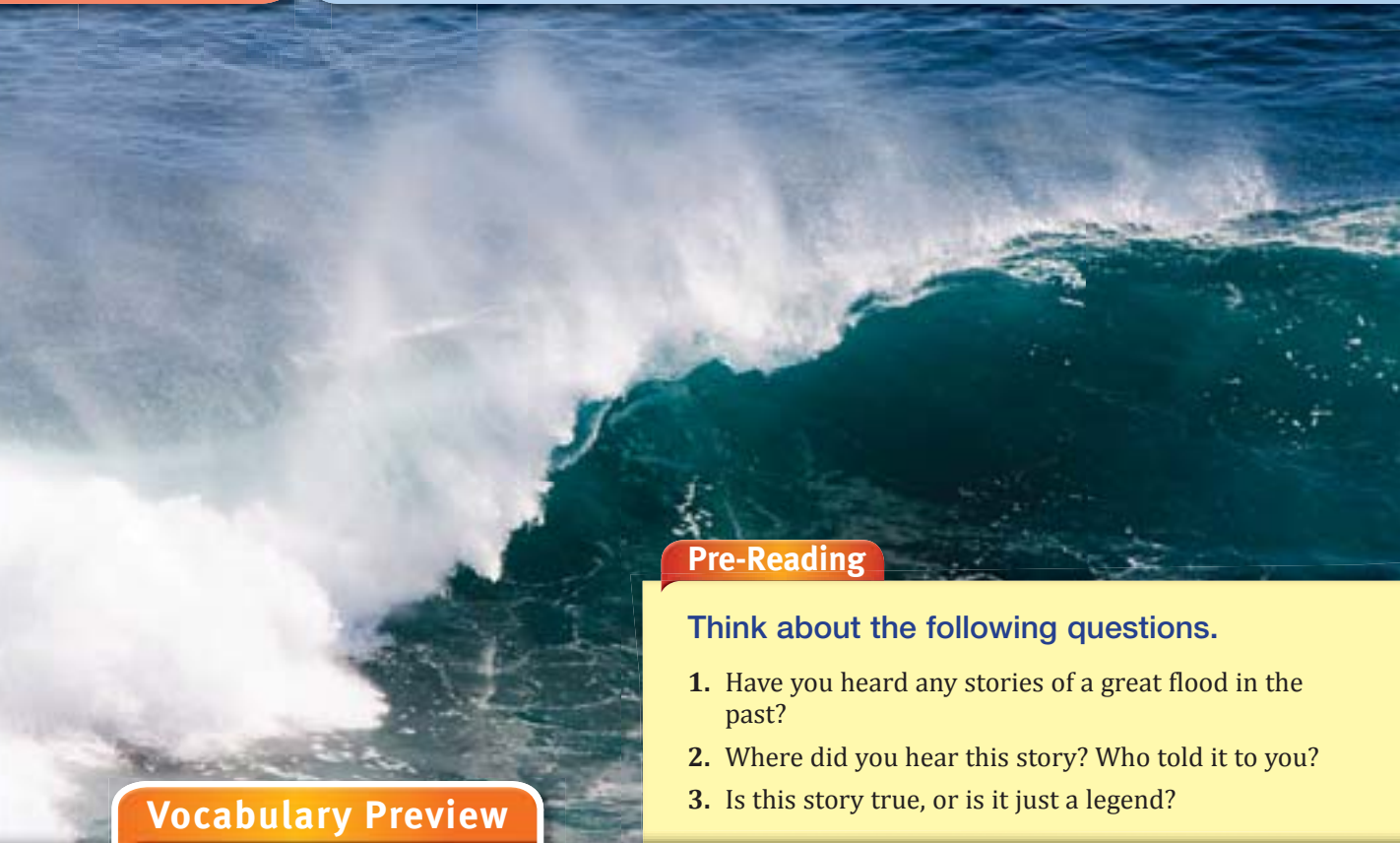
Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. I'm a(n) ____ basketball player. I only play on weekends in the park.
a. painstaking b. recreational c. professional d. avid
2. In order to ____ the damage to the mountain, the government prevented people from hiking there.
a. steer b. touch up c. brakes d. halt
3. There is ____ damage to this painting. It cannot be restored.
a. no longer b. pressing c. irregular d. extensive
4. This project is _____. It must be done as soon as possible.
a. pressing b. careful c. effective d. accumulated
5. Look at the ____ on your window. Wash it right away!
a. fresco b. oral c. grime d. approach
6. Dirt ____ if you don't clean very often.
a. accumulates b. maintains c. sequences d. stimulates
7. Researchers ____ that coffee is not harmful to your health.
a. maintain b. associate c. summarize d. persuade

B. Choose the correct form of the word to fill in the blank.

8. He is a good actor. He speaks very _____.
a. drama b. dramatic c. dramatically
9. Her ____ surprised everyone. No one was expecting that news.
a. revealed b. revelation c. revealing
10. Which work of art will the museum ____ next?
a. restore b. restoration c. restoring



Pre-Reading

Think about the following questions.

1. Have you heard any stories of a great flood in the past?
2. Where did you hear this story? Who told it to you?
3. Is this story true, or is it just a legend?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|-------------------------|--------------------|
| a. built | d. are not similar |
| b. made guesses | e. parts |
| c. run away from; avoid | f. story |

1. ___ In the legend of the great flood, water covered all the land.
2. ___ Noah constructed a big boat to save his family and many animals.
3. ___ A big storm is coming! We should leave now to escape any danger.
4. ___ Some parts of the legends differ between cultures.
5. ___ Scientists have speculated about where all the water from the flood went.
6. ___ Some elements that are the same in each story include a man, a boat, a flood, and a mountain.

The Flood



Have you heard about the great **flood**? Perhaps you have heard about a man named Noah, who built a huge boat to escape the flood. In this legend of the great flood, water covered all the land, killing most of the people and animals on Earth. Only Noah's **immediate** family, including his wife, three sons, and the sons' wives, survived the flood, **along with** all of the animals on his boat. After the flood waters **receded**, the people and animals on Noah's boat set about **repopulating** the Earth. This legend of Noah and his family is familiar to many people. However, it is not the only legend about a great flood. Actually, many cultures have similar stories about a great flood that wiped out almost everyone on Earth.

In the Jewish, Muslim, and Christian legends of the flood, Noah was warned by God that a great flood would kill every human and animal on land. God told Noah to construct a boat that would save his family and two of every animal. In a Hindu legend of the flood, a fish warned a man about the flood, and only the man was saved. Then the gods made a woman for the man, and the man and woman had many children. The Greek, Roman, and Chinese legends of the flood say that only people on the highest mountain survived the flood. In Scandinavian and **Celtic** legends, the water of the flood was actually the blood of a giant. When the giant was killed, its body became the Earth, and its blood covered all the land. There are also Incan, Mayan, and Native American legends about a great flood. In each of these legends, a few people live through the flood by climbing mountains or by constructing boats.

Many people today believe that the great flood is only a legend. However, other people say that the **striking** similarities among all of the flood legends suggest that a real flood covered the Earth at some point long ago. In fact, some scientists speculate that the ancient flood waters are now frozen in glaciers at the poles of the Earth. But why do the legends disagree with each other? The flood happened long before humans could write, so the story of the flood could only be passed down through generations by oral retellings. As the story was passed by word of mouth, it may have changed as various cultures learned the story. This may explain why some parts of the legend differ. Through careful **examination** of similar elements in these legends, however, certain facts about an ancient **catastrophic** flood may be revealed.



Reading Time

_____ minutes _____ seconds

439 words

¹ *flood*: an overflow of water that destroys things

⁴ *immediate*: next in line; direct

⁵ *along with*: together with; including

⁶ *recede*: to go down; to diminish

⁶ *repopulate*: to increase the number of people again

¹⁶ *Celtic*: of ancient people from Europe whose modern relatives now live in Ireland, Scotland, and Wales

²² *striking*: surprising and very easy to notice

³⁰ *examination*: study

³² *catastrophic*: terrible, like a great disaster

Choose the best answer.

1. What is the main idea of the reading?
 - a. Many cultures have stories about a flood.
 - b. A flood killed many people.
 - c. The legend of the flood is not true.
 - d. Floods can be very dangerous.
2. Which is true about the oldest legend of the flood?
 - a. Boats were not described in it.
 - b. It came from South America.
 - c. It was written in stone.
 - d. People learned it by listening.
3. What is similar about the Roman legend and some American Indian legends?
 - a. Fish spoke to people.
 - b. Only one person survived.
 - c. People climbed mountains.
 - d. The flood lasted one year.
4. What does the large number of flood legends seem to indicate?
 - a. People traveled around the world.
 - b. The flood really happened.
 - c. The legend was popular.
 - d. Long ago, everyone spoke one language.
5. What does the phrase “passed by word of mouth” mean?
 - a. Said with careful thought
 - b. Spoken very loudly
 - c. Taught through speaking
 - d. Told for entertainment

Idiomatic Expressions

Find these idioms in the reading.

- **set about** [to start to do]
The teacher **set about** cleaning the room after the students left.
- **at some point** [at or during some unspecified time]
We don't have to go now, but **at some point** we should go to the store.
- **pass down** [to give to a younger generation]
Legends say the king **passed down** a magic sword to his eldest son.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. First, you should establish a clear goal and then _____ trying to reach it.
2. My great-grandmother's recipes have been _____ for generations.
3. You'll have to learn how to use the new computer program _____.

Summary

Read the sentences from the reading passage. Paraphrase the sentences to create a summary of the passage.

- a. Perhaps you have heard about a man named Noah, who built a huge boat to escape the flood.
- b. Only Noah's immediate family, including his wife, three sons, and his sons' wives, survived the flood, along with all of the animals on his boat.

1. **a + b:** In the legend of Noah, _____.

- c. In a Hindu legend of the flood, a fish warned a man about the flood, and only the man was saved.
- d. Then the gods made a woman for the man, and the man and woman had many children.

2. **c + d:** In a Hindu legend, _____.

- e. There are also Incan, Mayan, and Native American legends about a great flood.
- f. In each of these legends, a few people live through the flood by climbing mountains or by constructing boats.

3. **e + f:** In Incan, Mayan, and Native American legends of the flood, _____.



Listening

Recalling the Details



Listen to the dialog. Check **True** or **False** for each sentence.

- 1. The man remembers how many days it rained.
- 2. The man could not remember what kind of bird brought the branch to Noah.
- 3. The woman remembered the meaning of the rainbow.

True ☐ False ☐

☐ ☐

☐ ☐

Discuss the following questions.

1. What legend of a great flood have you heard? Tell the story briefly.
2. Do you know other legends that also appear in other cultures? If yes, which ones?
3. Where do you think these legends originally came from?

Grammar

As, Before, After, or Until

Conjunctions like *as*, *before*, *after*, or *until* are used to introduce an adverbial clause of time.

The flood happened long (before / ago) humans could write, so the story of the flood could only be passed down through generations by oral retellings.

As the story was passed by word of mouth, it may have changed (as / according to) various cultures learned the story.

Writing

Write your own short paragraph by answering the questions below.

A Famous Legend

(1) What is the title of a famous legend? (2) Who are the main characters in the legend? (3) What happens in the legend? (4) How does the legend end? (5) What can people learn from this legend?

Example

A famous legend in my country is the legend of Sleepy Hollow. It is about a schoolteacher and a ghost. The schoolteacher does not believe the legend of the ghost until he meets the ghost. In the end, the teacher mysteriously disappears. The lesson people can learn from this story is to believe in legends.

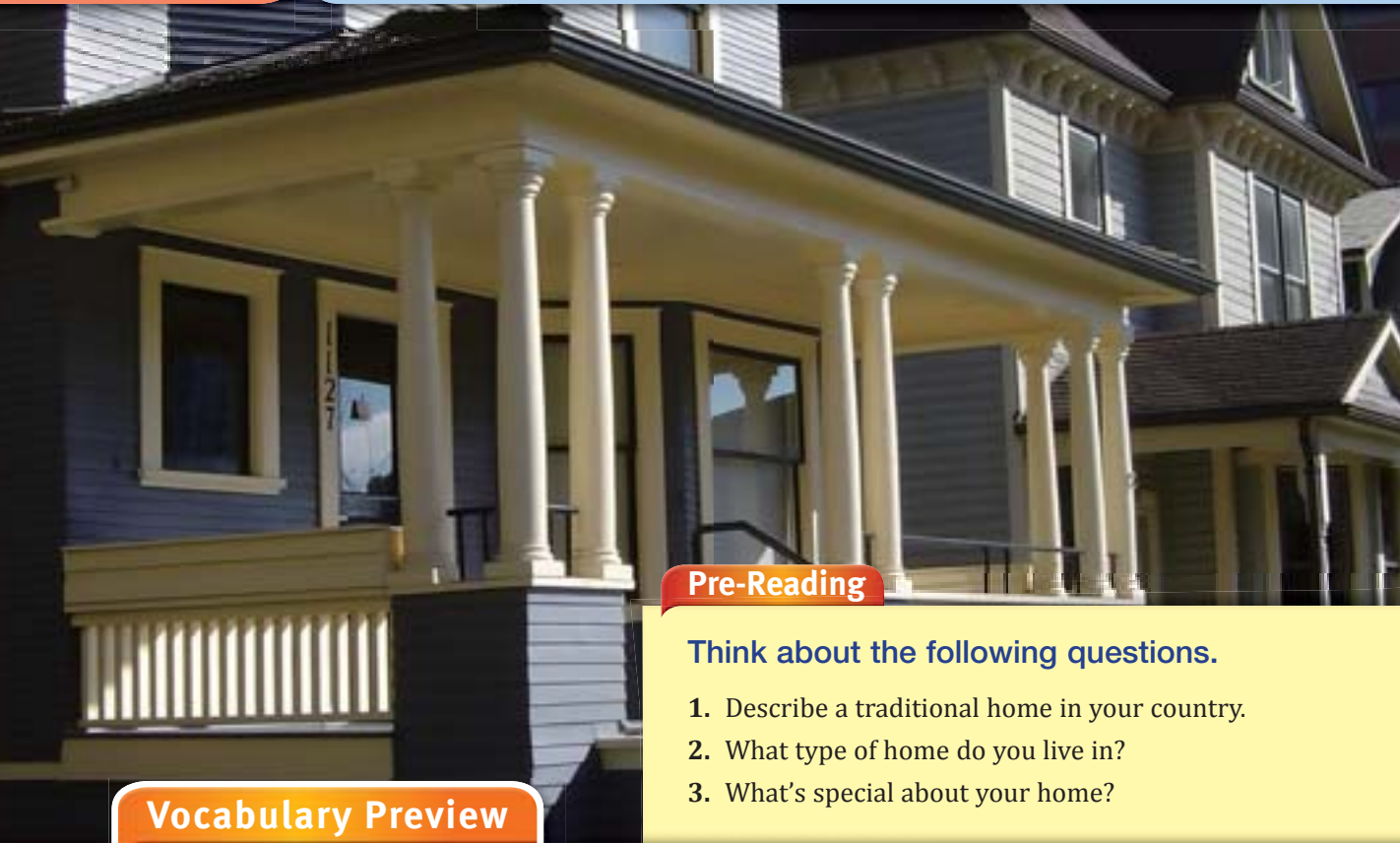
Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. There is ____ on your hand! Are you hurt?
a. blood b. culture c. Earth d. human
2. Have you heard the ____ about the monster living in these woods?
a. boat b. glacier c. legend d. mountain
3. My grandmother ____ two wars and a terrible earthquake.
a. died of b. disagreed with c. lived through d. was made from
4. Some plants and animals are able to ____ even in the hottest desert.
a. construct b. kill c. pass d. survive
5. She ____ at school to ask her teacher about her homework.
a. believed b. climbed c. happened d. remained
6. All of the facts seem to ____ his brother as the robber.
a. differ on b. hear about c. point to d. save from
7. Every year, there is a ____ in this valley from the snow melting in the mountains.
a. body b. flood c. giant d. mouth

B. Choose the correct form of the word to fill in the blank.

8. She asked about the ____ between the two cameras.
a. difference b. differ c. different
9. It took the company only three weeks to ____ the house.
a. construction b. construct c. constructed
10. The actual results of the experiment did not match the ____ results.
a. speculation b. speculate c. speculated



Pre-Reading

Think about the following questions.

1. Describe a traditional home in your country.
2. What type of home do you live in?
3. What's special about your home?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word or phrase.

- | | |
|-----------------------------|--|
| a. aspect; characteristic | d. electrical equipment in a house |
| b. make; produce | e. is in the direction of; looks toward |
| c. put into an ordered pile | f. things like wood, water, minerals, etc. |

1. ___ Please stack those old newspapers over there next to the door.
2. ___ People in Europe quickly realized that the Americas were rich in natural resources.
3. ___ The large window in our living room faces the backyard.
4. ___ The newly married couple needs many appliances for their new house.
5. ___ Special panels on the roof collect heat from the sun to generate electricity.
6. ___ One nice feature of this house is the high ceiling in the living room.

Naturally Better Homes



In the 1970s, many people became concerned about energy. People had to face up to the fact that they used too much energy, and energy sources were not going to last forever. One **architect**, Michael Reynolds, decided to do something. He set out to design homes that were cheaper to build and more energy efficient. In addition, he wanted to do something about all the garbage. Finally, he came up with the idea of “earthships.”

Although it sounds like a boat, an earthship is a house. However, unlike regular houses, earthships are constructed from garbage and are built using only ten percent of the energy needed to build a typical house. Moreover, after they are built, earthships use only ten percent of the energy required to heat, light, and cool a regular home. Although earthships sound unique, they can actually be built to look just like any other house.

One of the big benefits of earthships is that they are made from recycled materials. The main construction material of an earthship is used **tires** that are filled with dirt. The dirt-filled tires are then laid flat and stacked like bricks. Because the tires are round, there is lots of extra space between the **columns** of tires. These spaces are filled with used cardboard. The tires and cardboard form the outside walls of an earthship. The inside walls between rooms in the earthship do not need to be as strong as the outside walls; therefore, the inside walls are made with old cans, bottles, and cement that are eventually covered and painted to look just like walls in a typical home.

Another benefit of an earthship is that it saves energy and natural resources. For example, an earthship uses less water. Rain water, which is collected on the roof, is used for drinking and bathing. Furthermore, earthships need much less energy for heating and cooling because they are built into the ground, which keeps the temperature inside the house from getting too hot or too cold. In the long run, this helps earthship owners lower their **utility bills**. As well, one wall of an earthship usually faces south. Therefore, **solar** heat helps to warm the house, and solar **panels** built on the roof generate electricity to run appliances in the house.

All of these features make earthships very environmentally friendly. That’s one of the reasons they have become popular throughout the world. Earthships have been built in Bolivia, Australia, Mexico, Japan, Canada, England, Scotland, and all over the US. Maybe in the near future, an earthship will be landing near you!



Reading Time _____ minutes _____ seconds

433 words

³ *architect*: a person who designs buildings

¹³ *tire*: a rubber wheel

¹⁵ *column*: a tall, thick support post

²⁵ *utility bill*: a statement for the monthly cost of electricity, gas, water, etc.

²⁶ *solar*: of or from the sun

²⁷ *panel*: a rectangular board or section

Choose the best answer.

1. What is the main idea of this reading?
 - a. Environmentalists are concerned about energy.
 - b. Earthships are in many different countries.
 - c. Earthships look like typical houses.
 - d. Earthships are environmentally friendly homes.
2. What is the main building material of earthships?
 - a. Used tires
 - b. Used cardboard
 - c. Old cans and bottles
 - d. Cement
3. Why do earthships need less energy to heat and cool them?
 - a. They are more energy efficient.
 - b. They recycle water.
 - c. They are built into the ground.
 - d. They are typically very small.
4. In an earthship, old boxes would be used to _____.
 - a. recycle water
 - b. build inside walls
 - c. create fertilizer
 - d. fill outside walls
5. What does “environmentally friendly” mean?
 - a. Good for the environment
 - b. Bad for the environment
 - c. Made from natural products
 - d. Found throughout the environment

Idiomatic Expressions

Find these idioms in the reading.

- **face up to** [to acknowledge; to admit that something exists or is true]
He had to **face up to** the fact that he was going to fail.
- **come up with** [to produce or create]
Julia **came up with** a great solution to the problem.
- **in the long run** [finally; in the end]
Fast food may be cheap and taste good, but it is very bad for you **in the long run**.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. As the old saying goes, it is better, _____, to be safe than sorry.
2. You have to _____ your problems now so that they won't get worse.
3. We have to _____ some ideas for the party.

Summary

Fill in the blanks with the correct words.

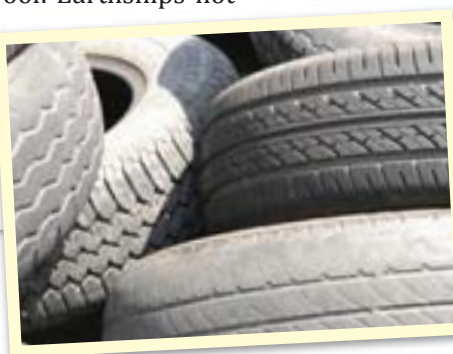
collect
resources

concerned
stacking

environmentally
tires

generate
typical

A man who was 1 _____ about the environment came up with the idea of earthships. An earthship is a special kind of house that is 2 _____ friendly. On the outside, an earthship looks like a(n) 3 _____ house. However, the outside walls are made by 4 _____ old tires and putting cardboard between the 5 _____. Other nice features of an earthship include solar panels that 6 _____ electricity and tanks that 7 _____ rain water on the roof. Earthships not only help us recycle waste, but they help save natural 8 _____ in the long run.



Listening

Lots of Advantages



Listen to the dialog and choose the best answer.

1. Where is the woman going?
 - a. Bulgaria
 - b. Belgium
 - c. Namibia
 - d. Bolivia
2. What is probably true about the place where she is going?
 - a. It doesn't have utility services.
 - b. It has beautiful scenery.
 - c. It is in a jungle.
 - d. It is a rich area.
3. What other point does the woman mention about earthships?
 - a. Famous people who own them
 - b. The number of rooms they have
 - c. Styles they are built in
 - d. Things that can't destroy them

Discuss the following questions.

1. Would you like to live in an earthship?
2. Are there any earthships in your country? Do you think they could become popular?
3. What do you do to be environmentally friendly?

Grammar

Relative Clauses: Defining or Non-Defining?

A defining relative clause comes immediately after what is defined, while a non-defining relative clause is separated from the main clause by a comma. *That* is not used as a non-defining relative pronoun.

Michael Reynolds set out to design homes (who / that) were cheaper to build and more energy efficient.

Earthships need much less energy for heating and cooling because they are built into the ground, (that / which) keeps the temperature inside the house from getting too hot or too cold.

Writing

Write your own short paragraph by answering the questions below.

Helping the Environment

Example

To be environmentally friendly, I turn off the water while I am brushing my teeth. I do this every morning and every evening when I brush my teeth. I have been doing this since high school. I started doing this because someone suggested that I do it. This saves water.

- (1) What do you do to be environmentally friendly?
- (2) When or how often do you do this?
- (3) How long have you been doing this?
- (4) Why did you start doing this?
- (5) How does this help the environment?

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. It is important to try to conserve natural _____ like water.
a. energy b. concerns c. features d. resources
2. The children _____ a long wall on the beach out of sand.
a. generated b. constructed c. stacked d. warned
3. The window next to my office _____ the parking lot.
a. faces b. features c. faces up to d. lasts
4. I know you are _____, but there is really nothing to worry about.
a. generated b. concerned c. typical d. striking
5. He needs to _____ the fact that he is not doing well in school.
a. concern b. face up to c. pass down d. come up with
6. Including the stove, she has five _____ in her kitchen.
a. boxes b. panels c. utilities d. appliances
7. Because we live in a cold country, our _____ bills are higher in winter.
a. solar b. appliance c. speculated d. utility

B. Choose the correct form of the word to fill in the blank.

8. Solar panels can _____ a lot of power.
a. generator b. generate c. generation
9. _____, you can save up to ninety percent of your energy costs.
a. Typical b. Typically c. Atypical
10. This is the report _____ the new house design.
a. concern b. concerned c. concerning



Pre-Reading

Think about the following questions.

1. Which kinds of food are good for our skin?
2. How do these kinds of food help our skin?
3. How often do you eat these kinds of food?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|---------------------------|------------------------------|
| a. a thick, milky product | d. ability; potential |
| b. careful | e. characteristics; features |
| c. received; suffered | f. small folds in the skin |

1. ___ She uses lots of creams and lotions on her skin.
2. ___ He looks very old. He has lots of wrinkles.
3. ___ Sunlight has the capability to damage your skin.
4. ___ The doctor was cautious about giving new medicines to his patients.
5. ___ Many people say garlic has lots of healthy properties.
6. ___ The boy sustained several injuries from his fall.

Eat Better, Look Better



Would you believe that your diet can make a big difference in keeping a youthful appearance? It seems strange to think that the food we take in could result in fewer wrinkles.

Wouldn't it be better to put things on our skin rather than in our mouths?

5 Well, according to one scientific theory, our bodies start aging because of **oxidation**. This is caused by certain oxygen-containing molecules in our **cells**, called free radicals. Free radicals have the capability to attach to and damage parts of our cells, including our DNA. Our bodies have the ability to repair this damage. However, as we get older, these repair **mechanisms** start to break down, resulting in signs of aging, such as wrinkles. Free
10 radicals are actually produced by our bodies, but their numbers can also increase because of the food we eat.

Besides avoiding foods that could potentially produce more free radicals, eating foods that contain certain vitamins and micro-nutrients can also keep us looking young. These vitamins help produce molecules called **antioxidants**, which actually help reduce
15 the production of free radicals. Even better, foods containing antioxidants are not rare. Common antioxidants, like vitamins A and E, can be found in many dark-colored vegetables. For example, carrots, **seaweed**, spinach, and broccoli are all excellent sources of these helpful vitamins. Also, you can eat orange-colored fruits like **apricots** and peaches. Vitamins A and E are particularly good for helping your skin remain young-looking.
20 These nutrients strengthen your skin and make it soft. However, if you really want to **stock up** quickly on nutrients that benefit your skin, you should eat cow's liver. One small piece of cooked cow's liver contains twice as much vitamin A as half a cup of cooked carrots.

More recently, green tea has also been **tentatively** added to the list of youth-
25 promoting substances. Research on green tea's effects on our bodies is still in the early stages. Scientists certainly believe that it is good for us, but they are cautious about predicting its ability to keep us looking youthful. However, recent experiments seem to show that green tea's antioxidant properties can repair cell damage already sustained as well as prevent damage in the future. In fact, green tea works even better if you apply
30 it directly to your skin as an ingredient in facial cream.

"You are what you eat." The more we find out about how our bodies work, the more this old **proverb** seems to be true. Think about that the next time you sit down at the table.

Reading Time _____ minutes _____ seconds

429 words

- 5 *oxidation*: the process of combining with oxygen
- 6 *cell*: the basic unit of a living thing
- 9 *mechanism*: the fundamental physical or chemical processes of an organism to a given stimulus
- 14 *antioxidant*: a substance found in vitamins that protects body cells from oxidation damage

- 17 *seaweed*: a plant that grows underwater
- 18 *apricot*: a small yellow-orange fruit
- 21 *stock up*: to keep extra; to get a lot of
- 24 *tentatively*: cautiously; for now but not finally
- 32 *proverb*: a saying that gives advice or expresses some truth

Choose the best answer.

1. What is the main idea of the reading?
 - a. Our bodies are aging.
 - b. Carrots are good for us.
 - c. Food affects aging.
 - d. We should use facial cream.
2. Which is probably true about people who look younger than their age?
 - a. They eat a lot.
 - b. They drink green tea every day.
 - c. They eat food that helps their skin.
 - d. They only eat vegetables.
3. What kinds of vegetables contain a lot of vitamin A?
 - a. Tasty ones
 - b. Vegetables dark in color
 - c. Green ones
 - d. All of them
4. Which of the following is true, according to the reading?
 - a. Drinking alcohol helps your skin.
 - b. Facial cream with vitamin C is bad for you.
 - c. Cow's liver has a lot of vitamin A.
 - d. We age because we eat vitamins.
5. Which word is closest in meaning to the word "apply" in this reading?
 - a. Ask for
 - b. Be related to
 - c. Spread on
 - d. Use well

Idiomatic Expressions

Find these idioms in the reading.

- **take in** [to eat; to consume]
Research shows that if you don't **take in** enough vitamin D, you will develop health problems.
- **stock up on** [to keep a lot of something for later use]
I **stocked up on** bread today while I was shopping.
- **even better** [in addition to the previous good thing]
My grandmother's delicious apple pie tastes **even better** with a scoop of vanilla ice cream.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. People who _____ small amounts of caffeine say that they feel more awake.
2. The package will be delivered right to your door. _____, you can return it for free if there is a problem!
3. Winter is coming. We need to _____ wood for the fire.

Summary

Scan the passage and complete the notes with the correct information.

I. Free radicals

- A. Definition: molecules containing 1 _____ that attach to and damage cells
- B. Cause 2 _____ → aging

II. Antioxidants

- A. Definition: molecules (produced by vitamins A and E) that 3 _____ the body's production of 4 _____
- B. Sources
- i. 5 _____ vegetables: carrots, seaweed, spinach, and 6 _____
 - ii. Orange-colored fruits: 7 _____ and peaches
 - iii. Best source of vitamin A is cow's 8 _____
 - iv. Possible good source is 9 _____
— Works better if applied to skin in a 10 _____

Listening

What's That for?



Listen to the dialog and complete each sentence.

1. The woman is making a _____.
2. She will put _____ into a _____ and then tie it closed.
3. She not only puts it in her bath, she also _____.



Discuss the following questions.

1. Which foods have you heard have lots of antioxidants in them?
2. Do you think you have a healthy or unhealthy diet? Why?
3. What are some ways that people in your country take care of their skin?

Grammar

Help + (Object) + Infinitive

Help is followed by an infinitive with or without *to*. Sometimes, *help* is followed by an object + infinitive with or without *to*.

These vitamins help (produce / production) molecules called antioxidants, which actually help (reduce / reduction) the production of free radicals.

Vitamin A and E are particularly good for helping your skin (remain / remaining) young-looking.

Writing

Write your own short paragraph by answering the questions below.

Good Skin Care

- (1) What do you do to take care of your skin? (2) How do you do this? (3) How often do you do this? (4) When did you start doing this? (5) Who taught you to do this?

Example

I use aloe vera to take care of my skin. I put aloe vera on my face after I shave. I do this every morning. I started doing this last year. Nobody taught me to do it. I just started doing it.

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. All of these paintings represent ____ examples of classical realism.
a. cautious b. facial c. tentative d. typical
2. I need a new sheet of paper. This sheet has a ____ in it.
a. damage b. molecule c. source d. wrinkle
3. Our deluxe chairs have the special ____ that they can turn and recline.
a. element b. production c. property d. theory
4. The beauty shop sells many different types of masks, soaps, and ____.
a. creams b. proverbs c. substances d. vitamins
5. The skaters who wore wrist guards did not ____ any wrist or hand injuries.
a. contain b. predict c. repair d. sustain
6. The store is having a big sale on socks. Let's ____ them.
a. argue with b. attach to c. stock up on d. take in
7. What kind of household ____ should we buy for him?
a. appliance b. capability c. cell d. stage

B. Choose the correct form of the word to fill in the blank.

8. Be careful. That virus is ____ of doing a lot of damage to your computer.
a. capability b. capable c. incapable
9. She drove her car ____ over the icy bridge.
a. caution b. cautious c. cautiously
10. The scientist is doing ____ research for the government.
a. molecule b. molecular c. molecularly



Pre-Reading

Think about the following questions.

1. Where do you like to sit and do nothing but think or daydream?
2. When was the last time you went there and did this?
3. Which of your chores or routine duties require little or no attention when you do them?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word or phrase.

- | | |
|-----------------------------------|----------------------|
| a. boring and seeming without end | d. different; unique |
| b. doing; in the process of | e. good; right |
| c. near; close | f. words or language |

1. ___ There are many different terms used for the word “snow” in other cultures.
2. ___ I don’t like washing the dishes. It is such a tedious chore.
3. ___ If you listen carefully, you can hear the distinct songs of different kinds of birds.
4. ___ She is working on a difficult math problem. She is engaged in deep thought.
5. ___ There are no coffee shops in our immediate area. We’ll have to walk a few streets over to find one.
6. ___ When someone greets you, the appropriate thing to do is greet them in return.

Imagine That!



People who **daydream** are often thought of in negative terms, such as being lazy or not doing what they should be doing. However, scientists who study the brain have learned many interesting things, especially from studying the brains of daydreamers. In fact, far from being a waste of time, some scientists believe that daydreaming is a healthy and useful activity for all of our brains.

In order to study the brain, scientists use special devices that scan the brain and show pictures of which parts of the brain are active at certain times. When a person is daydreaming, the device will show a distinct **pattern** of activity in the brain called the “**default**” **mode** of thinking. In the default mode, the top or outside part of the brain is very active. Actually, several regions of the brain are interacting in this mode. Some scientists describe this mode as a time when the brain focuses on itself rather than focusing on the environment around the person. Typically, this occurs when a person is doing simple, tedious work or performing routine actions that don’t need much attention, like walking to school or cooking simple foods. People tend to daydream during such activities.

The importance of daydreaming lies in developing both creative and social skills. When the mind is not engaged in dealing with one’s immediate situation or problem, then it is free to **wander**. A time of wandering allows the mind to create things. New inventions may be imagined, or possible solutions to a problem can be planned. For example, solutions for problems in **relationships** with other people may come to mind. In fact, most daydreams involve situations with others. Perhaps these are daydreams based on memories of the past, or daydreams of what might be in the future. In either case, daydreams help us develop the appropriate skills we can use in real interactions with others.

As **neurologist** Dr. Marcus Raichle of Washington University explains: “When you don’t use a muscle, that muscle really isn’t doing much. But when your brain is **supposedly** doing nothing and daydreaming, it’s really doing a **tremendous** amount.” During the so-called “resting state” the brain isn’t resting at all!



Reading Time _____ minutes _____ seconds

366 words

- 1 *daydream*: to think or imagine with one’s eyes open
- 8 *pattern*: a design of natural or accidental origin
- 9 *default*: the action or way of working when no specific choices or options are set
- 9 *mode*: a state; a way
- 17 *wander*: to go off or travel without a planned end destination

- 19 *relationship*: a connection as friends or family members
- 24 *neurologist*: a doctor who studies the brain and nerves
- 26 *supposedly*: apparently; probably
- 27 *tremendous*: great; huge

Choose the best answer.

- What question is the main focus of this reading?
 - Can daydreams reduce the hours we sleep?
 - How is daydreaming different from sleeping?
 - Who daydreams more, men or women?
 - Why is daydreaming good for people?
- Which of the following is NOT involved in daydreaming?
 - One's immediate environment
 - Several regions of the brain
 - The "default" mode of thinking
 - The outside part of the brain
- What does the brain focus on in the default mode?
 - A person's immediate situation
 - Appropriate relationships
 - Itself
 - Routine actions
- According to the reading, which of the following would NOT be a result of letting the mind wander?
 - A job that needs close attention
 - A new invention
 - A solution to a problem
 - A way to act in a relationship
- What does Raichle mean by the quote used in the reading?
 - The brain develops one's muscles.
 - The brain and our muscles both need rest.
 - The brain is a lot like a muscle.
 - The brain is different than a muscle.

Idiomatic Expressions

Find these idioms in the reading.

- **be thought of** [to be considered; to be seen as]
When computers first came out, they **were thought of** as just machines for scientists to use.
- **tend to** [to usually appear to; to be more likely to]
During the 1940s, American movies **tended to** have more plots related to World War II.
- **come to mind** [to think of; to have the idea or inspiration]
I tried to remember what we needed from the store, but nothing **came to mind**.

Fill in the blank with one of the above idioms. Change its form if necessary.

- Teenagers are not yet adults, so they should not _____ as such in terms of the law.
- We need a good topic for our project. If anything _____, let me know.
- At the gym, I've noticed that younger people _____ use the exercise bikes more than older people.

Summary

Read the sentences from the reading passage. Paraphrase the sentences to create a summary of the passage.

- a. When a person is daydreaming, the device will show a distinct pattern of activity in the brain called the “default” mode of thinking.
- b. In the default mode, the top or outside part of the brain is very active. Actually, several regions of the brain are interacting in this mode.

1. **a + b:** In the default mode, _____.

- c. Some scientists describe this mode as a time when the brain focuses on itself rather than focusing on the environment around the person.
- d. Typically this occurs when a person is doing simple, tedious work or performing routine actions that don’t need much attention, like walking to school or cooking simple foods.

2. **c + d:** In the default mode, _____.

- e. When the mind is not engaged in dealing with one’s immediate situation or problems, then it is free to wander.
- f. A time of wandering allows the mind to create things.

3. **e + f:** In the default mode, _____.

Listening

A Great Idea



Listen to the dialog. Check **True** or **False** for each sentence.

- | | True | False |
|--|--------------------------|--------------------------|
| 1. The people are talking about something that has not been invented yet. | ☐ | ☐ |
| 2. The man read about a person who got in trouble for daydreaming at work. | ☐ | ☐ |
| 3. The idea for this invention came from a problem at church. | ☐ | ☐ |



Discuss the following questions.

1. What is a past event that you sometimes imagine could have happened differently?
2. What do you imagine your life will be like in five years from now?
3. What is a problem that you are still trying to solve?

Grammar

What as a Relative Pronoun

What can be used as a relative pronoun. It is used without its antecedents and has the meaning of *the thing which* or *anything that*.

People who daydream are often thought of in negative terms, such as being lazy or not doing (that / what) they should be doing.

Perhaps these are daydreams based on memories of the past, or daydreams of (what / which) might be in the future.

Writing

Write your own short paragraph by answering the questions below.

Solving a Problem

Example

(1) What is a problem that you are still trying to solve? **(2)** When did this problem first occur? **(3)** Why do you need to solve this problem? **(4)** What makes it difficult to solve this problem?

A problem that I am still trying to solve is my slow computer. The slowness of my computer first occurred after I updated my computer's operating system. I need to solve this problem because it takes too long for my computer to open programs. The fact that I don't have the money to buy more memory for my computer makes it difficult to solve this problem.

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. Before he ____ researching his essay, he listed some questions he needed to answer.
a. engaged in b. passed down c. set about d. tended to
2. Does the company have any ____ plans to hire new people?
a. cautious b. default c. distinct d. immediate
3. If you ask that question in class, I'm sure it will ____ a lot of discussion.
a. daydream b. generate c. speculate d. wander
4. Making a dress with all of those beads must be a very ____ job.
a. appropriate b. striking c. tedious d. tremendous
5. People who often have strange feelings in their hands or feet may need to see a ____.
a. molecule b. neurologist c. property d. routine
6. The singer's last album ____ as the best work of his career.
a. is thought of b. comes to mind c. faces up to d. stocks up on
7. When I am in my study ____, I can sit at my desk studying for hours.
a. mode b. pattern c. relationship d. terms

B. Choose the correct form of the word to fill in the blank.

8. Be sure to ____ change the water in the fish tank.
a. routines b. routine c. routinely
9. I can't see a big ____ between the two brands of inline skates.
a. distinction b. distinct c. distinctively
10. This will be a formal dinner, so please dress ____.
a. appropriate b. appropriately c. inappropriate

Pre-Reading

Think about the following questions.

1. Can you name any sites for downloading music?
2. Have you ever downloaded music?
3. What do you know about Madonna?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|--------------------|-------------------------------|
| a. got revenge | d. trick; fake |
| b. prevent; oppose | e. trying to succeed in |
| c. parts | f. criticize strongly; reject |

1. ___ Certain aspects of the entertainer's life have caused controversy.
2. ___ She began pursuing her career in music when she was in her twenties.
3. ___ Many people condemn countries that mistreat their citizens.
4. ___ Some hunters use decoy ducks to get closer to real ducks.
5. ___ The record companies want to discourage file sharing.
6. ___ He retaliated by hacking into the site.

Madonna's Downloads



Madonna Louise Veronica Ciccone left home at the age of twenty to pursue her dreams of fame. Her early days in the entertainment industry were tough. However, her determination eventually brought her mainstream pop success with the hit “Holiday” in 1984. Along with performing as a singer, Madonna has expanded her talents in different areas, such as acting and writing. Over her career, she has released eighteen albums, including three collections of greatest hits. Madonna has continued to work hard for her success, **redefining** herself and her music with every album. As Madonna says, “Every time I reach a new peak, I see a new one I want to climb.”

Madonna is recognized as a strong businesswoman who likes to control all aspects of her career. Throughout her climb to the top, Madonna has not been afraid of controversy. She has strong opinions and is known as a woman who does not mince her words, no matter what the response. In recent years, Madonna has used her **outspoken** manner to try to curb online piracy. Albums by famous artists often show up on the Internet weeks before their official release date. Of course, both the record industry and artists condemn this piracy of their work. Madonna herself has not been immune to online piracy. **Mixes** of the title **track** of her 2000 album, *Music*, appeared on several file-sharing sites before the album was launched.

Then in 2003, Madonna was set to release her new album, *American Life*. However, in an effort to prevent further piracy, Madonna and her record company decided to try a new approach. Decoy MP3 tracks from *American Life* were **uploaded** on file-sharing sites. These decoys were meant to discourage illegal downloading. People downloading the files thought they were getting tracks from *American Life* for free. However, when the files were played, all that people could hear was Madonna **swearing**. Instead of a song, listeners heard the artist shouting, “What the **** do you think you are doing?”

This strong approach of Madonna's definitely made a statement. It also provoked an immediate response. Soon after the decoy tracks were discovered, hackers retaliated by **hijacking** the madonna.com website. They used the website to distribute free MP3 copies of her new album. Perhaps this artist's plan did not work quite as expected. However, as Madonna knows well, controversy draws attention to her material. Whether or not such controversy has had any impact over the years, one thing is for sure: Madonna continues to have something to say.



Reading Time _____ minutes _____ seconds

424 words

7 *redefine*: to change the idea of

12 *outspoken*: open with strong opinions

16 *mix*: an alternative version of a song with new material included in it

16 *track*: a selection; a song

21 *upload*: to transfer to a website

25 *swear*: to use bad or offensive language

29 *hijack*: to take control of illegally

Choose the best answer.

1. Which question does this passage focus on answering?
 - a. How does Madonna control the distribution of her music?
 - b. What are Madonna's most popular songs?
 - c. How did Madonna deal with the problem of music piracy?
 - d. Why does Madonna give away her music?
2. Why did Madonna put fake files on the Internet?
 - a. To advertise her new CD
 - b. To take action against piracy
 - c. To pursue her dreams of fame
 - d. To make a new album
3. What can be said about the files Madonna uploaded?
 - a. They had no effect.
 - b. They were mixes of her title track.
 - c. They were criticized by the press.
 - d. They were offensive to some people.
4. Which of the following is NOT true, according to the reading?
 - a. Madonna's material has been stolen through online piracy.
 - b. Madonna prevented *American Life* from being downloaded.
 - c. Hackers were able to change Madonna's official website.
 - d. Online file sharing is a controversial issue.
5. Which word is closest in meaning to the word "approach" in this reading?
 - a. Coming near a place
 - b. Coming near in time
 - c. Way to deal with a problem
 - d. First contact to make a business offer

Idiomatic Expressions

Find these idioms in the reading.

- | | |
|------------------------------------|---|
| ■ climb to the top | [the path to success; one's increasing success]
His climb to the top was slow. It took him years to become a manager. |
| ■ (not) mince (one's) words | [to say what you mean clearly and directly]
She does not mince words . She always says exactly what she thinks. |
| ■ make a statement | [to do something strongly or in a slightly shocking way]
The bold, new ads really make a statement . |

Fill in the blank with one of the above idioms. Change its form if necessary.

1. Do _____. Just tell me your opinion.
2. She had to work hard during her _____.
3. Her bright orange pants really _____.

Summary

Fill in the blanks with the correct words or phrases.

decoy
retaliate

definitely
sharing

discourage
swearing

piracy
to the top

Over her career, Madonna has 1 _____ done things to catch people's attention. She has worked hard and climbed 2 _____ of the music industry. But since people began 3 _____ music files online, Madonna and many other artists have been robbed through the 4 _____ of their songs. Madonna tried to 5 _____ by uploading fake music files. People who downloaded these 6 _____ tracks didn't hear music. They heard Madonna 7 _____! This didn't seem to 8 _____ hackers. They found other ways to steal and share her music.



Listening

The Latest Album



Listen to the dialog and choose the best answer.

- What is the man thinking of doing?
 - Downloading music
 - Buying the new Madonna CD
 - Becoming a musician
 - Stopping singers from getting paid
- Why does the woman download music?
 - Because it is free
 - Because she doesn't have a CD player
 - Because she doesn't like CDs
 - Because the new album is good
- What can be said about the man and woman?
 - Neither liked the album.
 - Both will download the album.
 - They agree.
 - They disagree.

Discuss the following questions.

1. Do you think that downloading songs from the Internet is wrong? Why or why not?
2. Do you know any sites that charge a fee to download music? How much is the fee?
3. Who is an artist with strong opinions? What did this artist say?

Grammar

Present Perfect

We can use present perfect tense to express several different actions that have occurred in the past. It is usually combined with relevant time expressions.

Over her career, she (has released / was released) eighteen albums, including three collections of greatest hits.

Throughout her climb to the top, Madonna (was not been / has not been) afraid of controversy.

Writing

Write your own short paragraph by answering the questions below.

An Artist with Strong Opinions

Example

(1) Who is an artist with strong opinions? (2) What did this artist say? (3) Why did the artist say this? (4) Do you agree or disagree? (5) Why?

The director Michael Moore is an artist with strong opinions. When George Bush was the president of the US, Moore often said the president was wrong about things. The president sent soldiers to fight in the Middle East, but Moore thought this was a bad idea. I agree with Moore. I think the problems in the Middle East should be solved without more fighting.

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. Although the robot was not very ____, it was remarkably reliable.
a. expanding b. illegal c. outspoken d. sophisticated
2. He always agrees with his wife. He tries to avoid ____.
a. attitude b. controversy c. manners d. vitamins
3. Let's not ____ about the movie. Both the acting and directing were terrible.
a. back up b. take in c. mince words d. make a statement
4. The government passed a new law against software ____.
a. aspects b. decoys c. piracy d. swearing
5. The test results ____ that you are in perfect health.
a. condemn b. discourage c. indicate d. retaliate
6. This is not the star's ____ website. This is a fan's homepage.
a. internal b. mental c. natural d. official
7. We should ____ see the pyramids when we go to Egypt.
a. definitely b. eventually c. freely d. tentatively

B. Choose the correct form of the word to fill in the blank.

8. Both the bully and the ____ student were sent to the principal's office.
a. retaliation b. retaliate c. retaliating
9. Edison tried to cheer up his ____ assistant after the experiment failed.
a. discouragement b. discourage c. discouraged
10. The ____ prisoner did not look at the judge.
a. condemnation b. condemn c. condemned



Pre-Reading

Think about the following questions.

1. Do you think you have a good memory or a bad memory?
2. What is your earliest childhood memory?
3. How can people improve their memories?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|---------------------|------------------------|
| a. keep; maintain | d. get worse; diminish |
| b. kinds | e. far; distant |
| c. obtained; gained | f. bad; unreliable |

1. ___ There are five different categories of memory.
2. ___ Remote memories are from years ago.
3. ___ When you review your notes, you reinforce your acquired knowledge.
4. ___ I have a faulty memory when it comes to people's names. I never remember them.
5. ___ Our memories can degrade over time.
6. ___ Is there a way to preserve our memories?

Remembering Memories



Most people wish they had better memories. They also worry about forgetting things as they get older. But did you know that we have different kinds of memory? When one or more of these kinds of memories start to fail, there are a few simple things that everyone can do to improve their memories.

What most people think of as memory is, in fact, five different categories of memory. Our capability to remember things from the past, that is, years or days ago, depends on two categories of memory. They are remote memory and recent memory, respectively. Think back to last year's birthday. What did you do? If you can't remember that, you are having a problem with your remote memory. On the other hand, if you can't remember what you ate for lunch yesterday, that is a problem with your recent memory.

Remembering past events is only one way we use memories. When taking a test, we need to **draw on** our **semantic** memories. That is the **sum** of our acquired knowledge. Or maybe we want to remember to do or use something in the future, either minutes or days from now. These cases use our immediate and **prospective** memories, **respectively**. Have you ever thought to yourself, "I need to remember to turn off the light," but then promptly forgot it? That would be a faulty immediate memory. On the other hand, maybe you can easily remember to meet your friend for lunch next week. That means that at least your prospective memory is in good working order.

Many people think that developing a bad memory is unavoidable as we get older, but this is actually not the case. Of our five kinds of memory, immediate, remote, and prospective (if **aided** with **cues** like memos) do not degrade with age. But how can we prevent a diminishing of our semantic and unaided prospective memories? The secret seems to be activity. Studies have shown that a little mental activity, like learning new things or even doing **crossword puzzles**, goes a long way in positively affecting our memories. Regular physical activity appears to be able to make our memories better as well. This is possibly due to having a better blood supply to the brain. The one thing to avoid at all costs, though, is stress. When we are stressed, our bodies release a hormone called cortisol, which is harmful to our brain cells and thus our memories. Reducing stress through **meditation**, exercise, or other activities can help to preserve our mental abilities.



Reading Time

_____ minutes _____ seconds

424 words

- 13 *draw on*: to access; to use
- 13 *semantic*: related to meaning and language
- 13 *sum*: the total
- 15 *prospective*: potential; future
- 15 *respectively*: in that order

- 22 *aide*: to help
- 22 *cue*: a hint; a memo
- 25 *crossword puzzle*: a word game
- 31 *meditation*: the act of thinking deeply and calmly

Choose the best answer.

1. What is the main focus of this reading?
 - a. Types of human memory
 - b. Functions of brain chemicals
 - c. Tricks for remembering things
 - d. How to stay active
2. Which category of memory would you use to remember where your car keys are?
 - a. Immediate memory
 - b. Recent memory
 - c. Remote memory
 - d. Semantic memory
3. Which of the following would positively affect your memory?
 - a. Watching TV
 - b. Stretching
 - c. Working a lot
 - d. Producing cortisol
4. Which of the following is NOT true, according to the reading?
 - a. Some kinds of memory are not affected by age.
 - b. Stress makes us forget more things.
 - c. Too much blood flow can degrade our memory.
 - d. Physical activity and having a good memory are connected.
5. Which word is closest in meaning to the word "secret" in this reading?
 - a. A hidden thing
 - b. A private thing
 - c. An unexplainable thing
 - d. A successful method

Idiomatic Expressions

Find these idioms in the reading.

- | | |
|--|--|
| <p>■ in good working order</p> | <p>[in good condition]</p> <p>The boss wants this department to be in good working order today!</p> |
| <p>■ a little (something) goes a long way</p> | <p>[something that we do or use now that leads to a big beneficial result later]</p> <p>A little understanding goes a long way when you are dealing with people.</p> |
| <p>■ at all costs</p> | <p>[no matter what; absolutely]</p> <p>At all costs, don't ask the teacher about the homework. I think she's forgotten.</p> |

Fill in the blank with one of the above idioms. Change its form if necessary.

1. _____ vitamin C _____ when you're fighting a cold.
2. If you are sick, you should avoid becoming overtired _____.
3. The car is _____ for the trip.

Summary

Scan the passage and complete the chart with the correct information.

Type of Memory	Definition
1 _____ memory	Used to remember things that happened long ago
2 _____ memory	Used to remember things that happened a few days ago
3 _____ memory	Used to remember the sum of one's acquired knowledge
4 _____ memory	Used to remember to do something now or soon
5 _____ memory	Used to remember to do something in the future

- Types 1, 4, and 5 don't 6 _____ with age (if aided with cues like memos)
- You can 7 _____ degrading of types 2, 3, and unaided 5 by the following practices:
 - 8 _____ activity (learning new things or doing puzzles)
 - physical 9 _____
 - avoid 10 _____, which produces cortisol that harms brain cells



Listening

Can You Recall?



Listen to the dialog and complete each sentence.

1. They are remembering a time when they went _____.
2. They could not get back because _____.
3. The man remembers that _____ fell in the water, but the woman remembers that _____ fell in the water.

Discuss the following questions.

1. Who has a better memory in general, men or women? Why do you think so?
2. What kinds of things do you have trouble remembering? Give at least one example.
3. What methods do you use to remember things?

Grammar

Infinitives as Adjectives

An infinitive can function as an adjective modifying a noun that comes immediately before the infinitive.

Our capability (of remember / to remember) things from the past depends on two categories of memory.

The one thing (that avoids / to avoid) at all costs is stress.

Writing

Write your own short paragraph by answering the questions below.

How I Remember

Example

- (1) What is something you have trouble remembering?
 (2) Why do you need to remember this? (3) What method do you use to help you remember this? (4) Give an example of your method.
 (5) How well does this method work?

I have trouble remembering the names of my friends' boyfriends. I need to know their names because I often meet them when I see my friends. The method I use to help me remember is to connect their names to their clothes. For example, Jill's boyfriend is "Silk Shirt Sam" because he was wearing a silk shirt when I met him for the first time. This method works really well for me.

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. Before you put the DVD in, be sure the DVD player is in proper _____.
a. cost b. memory c. birthday d. working order
2. I listed the nouns in three ____: people, places, and things.
a. activities b. categories c. cues d. situations
3. Many of the writer's stories _____ her experiences growing up in China.
a. aid b. acquire c. draw on d. fail
4. The problem in our office yesterday was caused by _____ equipment.
a. faulty b. immediate c. necessary d. unavoidable
5. We spent our vacation at a(n) _____ village in the Swiss Alps.
a. degraded b. internal c. mental d. remote
6. You can find _____ questions asked in interviews on many websites.
a. prospective b. preserve c. recent d. typical
7. The program may seem expensive at first, but it will actually save money in _____.
a. a long way b. the long run c. the top d. well above

B. Choose the correct form of the word to fill in the blank.

8. Over time, the machine's parts will _____ and need to be replaced.
a. degradation b. degrade c. degraded
9. The new business model will accelerate the company's _____ of new customers.
a. acquisition b. acquired c. reacquire
10. They found the _____ body of a horse in the tomb.
a. preservation b. preserve c. preserved



Pre-Reading

Think about the following questions.

1. Which sports do you like to watch the most? Which do you like to play?
2. Do you like soccer? Have you ever been to a World Cup game?
3. Have you ever won a trophy or a prize? If so, what did you do with it?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word or phrase.

- | | |
|--------------------------|-----------------------------------|
| a. the state of being | d. before |
| b. wrote by cutting into | e. copy; another that is the same |
| c. got back; regained | f. stands for; symbolizes |

1. ___ The blue ribbon represents the best player as chosen by the judges.
2. ___ A game like soccer has been in existence for hundreds of years.
3. ___ There was no World Cup tournament prior to 1930.
4. ___ The trophy was stolen, but police found the thief and recovered it.
5. ___ This is not the original document. I made a duplicate using the copy machine.
6. ___ He inscribed his girlfriend's initials on the inside of the ring.

Taking Home the World Cup



It's only thirty-six centimeters tall, but to fans throughout the world, it represents the highest achievement in **football**. Every four years, teams from all over the globe compete to take home the FIFA World Cup **Trophy**, yet nobody ever does. Nobody ever takes it home because the 18-carat gold trophy is kept under lock and key by FIFA (5 *Fédération Internationale de Football Association*). The champions of each World Cup tournament receive only a **replica**. This is to protect the valuable prize from thieves, who have stolen the World Cup trophy twice in its 75-year history.

The little trophy has certainly had a troubled existence. The original trophy was made by a French sculptor, Abel LaFleur, and was called the "Jules Rimet Cup," in honor of (10 the founder of the World Cup tournament. Sometime during the first three World Cup events (1930, 1934, and 1938), the name changed to simply the "World Cup." Then during World War II, not much was seen or heard of the trophy. It was being kept hidden in a shoe box under the bed of Dr. Ottorino Barassi, the Italian vice-president of FIFA, to prevent it from falling into the hands of the Nazi army.

In 1966, the Cup was stolen during a public showing of the trophy prior to the World Cup tournament in England. Luckily, it was found a short time later, none the worse for wear, in a trash container by a little dog named Pickles. Four years later, Brazil earned permanent **possession** of the original trophy by winning its third World Cup title. Unfortunately, the trophy was stolen a second time in 1983 and was never recovered. The (20 Brazilian Football Association had to have a duplicate trophy made.

After the first trophy became the possession of Brazil's football association, a new World Cup Trophy for FIFA was designed by an Italian artist, Silvio Gazzaniga, in 1974. This trophy cannot be won **outright**, but remains in the possession of FIFA, and rest assured they are watching it very closely. Today, World Cup winners are (25 awarded a replica of the trophy that is gold-**plated**, rather than solid gold like the real one.

Gazzaniga's World Cup trophy weighs almost five kilograms. Its base contains two layers of a **semi-precious** stone called malachite, and has room for seventeen small **plaques bearing** (30 the names of the winning teams—enough space to honor all the World Cup champions up to the year 2038. After that, a new trophy will have to be made.



Reading Time _____ minutes _____ seconds

424 words

2 **football**: soccer

3 **trophy**: a prize; an award

6 **replica**: an exact copy, usually of a work of art

18 **possession**: a thing that is owned; property

23 **outright**: directly

25 **plate**: to cover with metal

28 **semi-precious**: less valuable than precious stones

29 **plaque**: a rectangular piece of wood or metal inscribed to honor someone or something

29 **bear**: to carry; to hold

Choose the best answer.

1. What is the reading mainly about?
 - a. The World Cup tournament
 - b. Thieves
 - c. The World Cup trophy
 - d. World Cup stars
2. Which question is NOT answered in the reading?
 - a. How much does the World Cup trophy weigh?
 - b. Who made the first trophy?
 - c. Where did the police find the stolen trophy?
 - d. How much money is the trophy worth?
3. The first trophy was named the "Jules Rimet Cup" because Rimet _____.
 - a. made the trophy
 - b. was a famous player
 - c. scored the final goal in 1930
 - d. came up with the idea of the World Cup
4. Which is true about Gazzaniga's World Cup trophy?
 - a. It is made of gold and silver.
 - b. It is a replica of the first trophy.
 - c. It is in a museum in Brazil.
 - d. It will only be used until 2038.
5. In which year did Brazil win the World Cup championship for the third time?
 - a. 1970
 - b. 1974
 - c. 1986
 - d. 2002

Idiomatic Expressions

Find these idioms in the reading.

- **under lock and key** [safe and secure; difficult to access]
Important files are kept **under lock and key** in the manager's desk.
- **none the worse for wear** [still in good condition]
The star gave an interview from his hospital bed to show that he was **none the worse for wear** after his operation.
- **rest assured** [to be certain; to relax because you know]
On this you can **rest assured**: There is no one else in the world exactly like you.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. Don't worry. The diamonds are _____.
2. _____ that the police will catch the criminal.
3. Thankfully, my dry-clean-only shirt looked _____ for having gone through the washing machine.

Summary

Read the sentences from the reading passage. Paraphrase the sentences to create a summary of the passage.

- a. Nobody ever takes it home because the 18-carat gold trophy is kept under lock and key by FIFA (*Fédération Internationale de Football Association*).
- b. This is to protect the valuable prize from thieves, who have stolen the World Cup trophy twice in its 75-year history.

1. **a + b:** The original World Cup trophy _____, so _____.

- c. This trophy cannot be won outright, but remains in the possession of FIFA, and rest assured they are watching it very closely.
- d. Today, World Cup winners are awarded a replica of the trophy that is gold-plated, rather than solid gold like the real one.

2. **c + d:** Now the World Cup trophy _____, so _____.

- e. Four years later, Brazil earned permanent possession of the original trophy by winning its third World Cup title.
- f. After the first trophy became the possession of Brazil's football association, a new World Cup Trophy for FIFA was designed by an Italian artist, Silvio Gazzaniga, in 1974.

3. **e + f:** Brazil won the original trophy _____, so _____.

Listening

A Sure Winner?



Listen to the dialog. Check **True** or **False** for each sentence.

- 1. The woman watched the US play against North Korea in the World Cup.
- 2. Every time Brazil made it to the championship match, they won.
- 3. According to the speakers, the next World Cup tournament is more than one year away.

True	False
☐	☐
☐	☐
☐	☐



Discuss the following questions.

1. Do you think that teams should be able to take home the real World Cup trophy? Why or why not?
2. What do you know about trophies for other famous tournaments?
3. Which would you rather win as a prize for a tournament: money or a trophy? Why?

Grammar

Past Passive

The past passive is used to express an action or a situation that began and ended before now. It is often used with particular words or phrases that emphasize past actions over past actors.

The original World Cup trophy (was made / has been made) by a French sculptor, and was called the "Jules Rimet Cup," in honor of the founder of the tournament.

In 1966, the Cup (stole / was stolen) during a public showing of the trophy prior to the World Cup tournament in England.

Writing

Write your own short paragraph by answering the questions below.

The Time I Won

- (1) What is something that you have won? (2) When did you win this? (3) How did you win this? (4) What kind of prize did you get? (5) Do you still have this? If so, where?

Example

When I was in high school, I won a badminton tournament. My partner and I beat all the other players in my school. After the tournament, we each got a small trophy. I still have it in my room.

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. Have you ____ your stolen cell phone yet?
a. plated b. responded c. backed up d. recovered
2. I have very few _____. I don't even own a computer.
a. trophies b. plaques c. possessions d. features
3. Dan owns his house _____. He has paid off the bank loan completely.
a. outright b. saliva c. replica d. lock and key
4. Some believe in the _____ of aliens.
a. duplicate b. existence c. indication d. possession
5. Sue's brother studies _____ medicine.
a. Brazilian b. internal c. turbulent d. mental
6. _____ the war, gas prices were much lower.
a. Prior to b. Typically c. Initially d. Finally
7. John was born in the US, but he is a(n) _____ resident of Canada. It's his home now.
a. duplicate b. bearing c. permanent d. outright

B. Choose the correct form of the word to fill in the blank.

8. The _____ on the ring is very small. I can't read it.
a. inscribing b. inscribe c. inscription
9. _____ of this material is forbidden.
a. Duplicate b. Duplication c. Duplicated
10. The award, which _____ the highest level of achievement in our school, was given to my best friend.
a. representative b. represents c. representation



Pre-Reading

Think about the following questions.

1. What are some different types of computer security problems?
2. Do you shop or check your bank account online? Why or why not?
3. What can we do to protect our computers and our privacy?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|-------------------------|--------------------------------|
| a. copy; do the same as | d. untruthful; criminal |
| b. suspicious; careful | e. needing immediate attention |
| c. persuade; induce | f. situation; thing |

1. ___ Some dishonest people try to steal other people's credit card numbers.
2. ___ The comedian can change his voice to sound like the president. He can imitate the president well.
3. ___ What can I do to convince you that I'm not lying?
4. ___ Someone is using your card illegally. You should take this matter to the police.
5. ___ Please call as soon as you read this message so we can discuss this urgent problem.
6. ___ You should be wary of any message from a sender you don't recognize.

No Phishing Allowed



Nowadays, most people realize that it's **risky** to use credit card numbers online. However, from time to time, we all use passwords and government ID numbers on the Internet. We think we are safe, but that may not be true! A new kind of attack is being used by dishonest people to steal IDs and credit card numbers from innocent websurfers. This new kind of attack is called "phishing."

Phishing sounds the same as the word "fishing," and it implies that a thief is trying to **lure** people into giving away valuable information. Like real fishermen, phishers use **bait** in the form of great online deals or services. For example, phishers might use **fake** emails and false websites to con people into revealing credit card numbers, account usernames, and passwords. They imitate well-known banks, online sellers, and credit card companies. Successful phishers may convince as many as five percent of the people they contact to respond and give away their personal **financial** information.

Is this really a big problem? Actually, tricking five percent of the online population is huge! Currently, more than 350 million people have access to the Internet, and seventy-five percent of those Internet users live in the wealthiest countries on Earth. It has been estimated that phishers send more than three billion **scam** messages each year. Even by tricking only five percent of the people, phishers can make a lot of money.

Since there is so much money to make through this kind of scam, it has caught the interest of more than just **small-time crooks**. Recently, police tracked down members of an organized phishing group in Eastern Europe, who had stolen hundreds of thousands of dollars from people online. The group created official-looking email messages requesting people to update their personal information at an international bank's website. However, the link to the bank in the message actually sent people to the phishers' fake website. To make matters worse, further investigation revealed that this group had connections to a major crime **gang** in Russia.

How can innocent people protect themselves? Above all, they have to learn to recognize email that has been sent by a phisher. Always be wary of any email with urgent requests for personal financial information. Phishers typically write **upsetting** or exciting, but fake, statements in their emails so that people will reply right away. Also, messages from phishers will not address recipients by name because they really don't know who the recipients are yet. On the other hand, valid messages from your bank or other companies you normally deal with will typically include your name.

Reading Time _____ minutes _____ seconds

439 words

1 *risky*: unsafe; dangerous

8 *lure*: to attract; to tempt

8 *bait*: a thing used to attract or tempt

9 *fake*: not real

13 *financial*: related to money

17 *scam*: an illegal trick, usually to steal money

20 *small-time*: not important; insignificant

20 *crook*: a thief

26 *gang*: an organized group of criminals

29 *upsetting*: disturbing; causing worry

Choose the best answer.

1. What is the main purpose of the reading?
 - a. To contrast phishers and hackers
 - b. To explain what phishing is
 - c. To outline three ways to recognize phishing scams
 - d. To report a surprising phishing scam
2. To which activity is phishing compared?
 - a. Catching fish
 - b. Collecting things
 - c. Looking for rare things
 - d. Meeting friends online
3. What is implied about the people who get caught in phishing scams?
 - a. Few of them have jobs.
 - b. Most live in wealthy countries.
 - c. They are very young.
 - d. They often buy things online.
4. According to the reading, who was behind the Eastern European phishing scam?
 - a. A gang in Russia
 - b. A bank employee
 - c. Hackers in London
 - d. Small-time crooks
5. Which would probably NOT be found in a phishing email message?
 - a. A real bank's name
 - b. An offer for a low sale price on a product
 - c. The receiver's name
 - d. An urgent request for information

Idiomatic Expressions

Find these idioms in the reading.

- **con (someone) into (doing)** [to trick, usually in order to steal something]
The thief **conned** people **into** giving him money by telling them that his car had broken down.
- **track down** [to use clues in order to find]
Using an old photo, the journalist **tracked down** the singer's mother.
- **right away** [immediately; without delay]
If the fish starts to burn, take it out of the oven **right away**.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. When the box is delivered, you should open it _____.
2. It took the programmer hours to _____ the bug in the program.
3. Why would I try to _____ you _____ doing something wrong?

Summary

Fill in the blanks with the correct words.

**lure
wary**

**convince
financial**

**risky
gangs**

**crooks
tracked**

Giving personal information over the Internet has always been 1 _____, but now it's even more so with the new Internet scam, phishing. Phishers first 2 _____ innocent people into a scam by making up fake emails. With this bait, they 3 _____ some of the people they contact to give away 4 _____ information. These Internet criminals are not just small-time 5 _____. Police investigations have recently 6 _____ down organized phishing groups in Eastern Europe with connections to crime 7 _____ in Russia. People must be 8 _____ of any urgent emails requesting private information.



Listening

Who Would Fall for That?



Track 38 Listen to the dialog and choose the best answer.

1. Why is the woman worried?
 - a. She hates fishing.
 - b. She received a strange email.
 - c. Her grandmother might be fooled.
 - d. Her grandmother sent her a message.
2. What does the man think about phishing victims?
 - a. They're lazy.
 - b. They're only interested in money.
 - c. They deserve to be tricked.
 - d. They're not very smart.
3. What will the woman do?
 - a. Contact the police
 - b. Delete the message
 - c. Get rid of her computer
 - d. Talk to her grandmother

Discuss the following questions.

1. Have you received any phishing messages? If so, what did they look like?
2. How do you think the government and the police should deal with phishing?
3. What other kinds of Internet scams have you heard about?

Grammar

Causative Verbs

Certain verbs are used to express a casual relationship between the subject and the object. Some of these verbs are followed by an object + *to*-infinitives or *into* + *-ing*.

Phishing implies that a thief is trying to lure people (to giving / into giving) away valuable information.

The group created official-looking email messages requesting people (to update / update) their personal information at an international bank's website.

Writing

Write your own short paragraph by answering the questions below.

An Online Scam

Example

(1) What is another kind of Internet scam? (2) How does it work? (3) How do the crooks lure people? (4) What happens after that? (5) How do the crooks avoid being caught?

Another kind of Internet scam is fake e-shopping malls. For example, a crook might set up a fake shopping site in this scam. He or she will try to lure people with low prices. People pay for the products, but the products are never delivered. When people try to complain, the website is no longer there.

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. How can I ____ you to buy my products?
a. inscribe b. convince c. boost d. face
2. Fishermen use worms as _____.
a. bait b. lure c. scam d. con
3. You should be ____ of strangers.
a. hinder b. wary c. face up to d. concerned
4. Bill ____ his lost bag at the lost-and-found department.
a. recovered b. represented c. referred d. distracted
5. Contact me if you get any ____ phone calls.
a. permanent b. fake c. urgent d. great
6. It is ____ to cross the street without looking first.
a. safe b. risky c. dishonest d. upsetting
7. That watch is a _____. The brand mark is the wrong shape.
a. statement b. crook c. crime d. fake

B. Choose the correct form of the word to fill in the blank.

8. Bob studied ____ in university.
a. finance b. financier c. financial
9. That evidence is _____. I don't believe it.
a. convincing b. unconvincing c. convinced
10. The ____ diamond looked exactly like a real diamond.
a. imitator b. imitating c. imitation



Pre-Reading

Think about the following questions.

1. What country do you think this castle is in? Why?
2. Does this castle look scary? Why or why not?
3. Do you believe in ghosts? Why or why not?

Vocabulary Preview

Write the letter of the word or phrase with the same meaning as the underlined word.

- | | |
|---------------------------------|---|
| a. places to stay or sleep | d. put underground after death |
| b. place to put dead people | e. visited by ghosts |
| c. feast; big and formal dinner | f. parts of the body that give us shape |

1. ___ That old castle is haunted.
2. ___ My grandmother is buried near the sea.
3. ___ There are 206 bones in the human body.
4. ___ My grandmother is buried in a cemetery.
5. ___ The accommodations at the hotel are very comfortable.
6. ___ The king held a big banquet to celebrate the princess's wedding.

Take a Ghost Tour



It is late at night. You hear a strange noise and feel a cold **rush** of air move past you. Was it a ghost? If you were in Chillingham Castle in Northumberland, England, it may have been! This is because Chillingham is believed to be one of the most haunted castles in England.

5 For almost 800 years, Chillingham Castle has been the home to ghosts of all different types. In the early 1900s, visitors to the castle reported seeing the ghost of a little boy. They gave him the name “Blue Boy” because he was always seen wearing blue clothes and surrounded by a blue light. Late in the 1920s, workmen fixing a wall in an unused bedroom had an unpleasant surprise. While working, they discovered the bones of a small child
10 wearing blue clothes buried within the wall. Interestingly, after these remains were buried in the local cemetery, the ghost boy was never seen again.

Another ghost that has been seen in the castle is that of Lady Mary Berkeley. She died alone in the castle after her husband left her for another woman. People have heard the sound of her dress **rustling** as she walked by. There is also a painting of Lady Berkeley in
15 the castle that some people say comes to life. Her ghost has been reported stepping out of the painting and following children around.

Then, there is also the “White Lady.” This spirit is supposed to be the ghost of a woman who was poisoned to death many years ago. She has been known to go up to people, ask for a drink of water, and then disappear.

20 With all these reports of ghosts, you might think that people would avoid Chillingham Castle. After all, most people think of ghosts as scary things. But, in fact, Chillingham has now turned into a tourist attraction! Thousands of people visit Chillingham each year. Some just tour the **grounds** and eat in the castle **tea-room**, but others actually stay in the castle itself. A variety of accommodations are available,
25 from rooms in the tower to **suites** in the coach house. For those people who want a more special experience, the castle hosts weddings, complete with a **medieval** banquet. And that’s not all. Concerts, operas, and fairs regularly make Chillingham Castle their home. Chillingham Castle
30 has also been used as a background location for movies and TV shows. For a haunted castle, Chillingham certainly appears to be **remarkably** popular.



Reading Time _____ minutes _____ seconds

414 words

1 *rush*: a gust; a blast

14 *rustle*: to move with soft fluttering sounds

23 *grounds*: the outside area; a yard

23 *tea-room*: a place where people can have a snack

25 *suite*: a room that has extra space for socializing

27 *medieval*: related to the Middle Ages, 400s to 1400s CE

32 *remarkably*: amazingly; surprisingly

Choose the best answer.

1. What is the main idea of this reading?
 - a. Castles usually have ghosts.
 - b. Chillingham Castle has a long history.
 - c. Many ghosts live in England.
 - d. Chillingham Castle is an interesting place.
2. According to the reading, what is NOT true about the ghosts of Chillingham Castle?
 - a. There are different types of them.
 - b. More of the ghosts are men.
 - c. The Blue Boy is no longer seen.
 - d. Most of them have been seen over the last 800 years.
3. According to the reading, what does the ghost of the White Lady ask people for?
 - a. Her painting
 - b. Her husband
 - c. Water
 - d. Poison
4. What can you do at Chillingham Castle?
 - a. Eat a meal
 - b. Rent a room
 - c. See a ghost
 - d. All of the above
5. The author implies that burying the bones found in the wall _____.
 - a. put the ghost to rest
 - b. made no difference
 - c. was scary
 - d. was funny

Idiomatic Expressions

Find these idioms in the reading.

- **left (someone) for another man/woman** [to break up because of loving another person]
His girlfriend **left** him **for another man**.
- **complete with** [including]
Every graduation picture we sell comes **complete with** a frame.
- **make (somewhere) (someone's) home** [to stay or live somewhere]
We've **made** LA our **home** for the last two years.

Fill in the blank with one of the above idioms. Change its form if necessary.

1. This new knife set comes _____ a cutting board.
2. IBM has _____ the US their _____ for its head office.
3. Mary, don't ever _____ me _____!

Summary

Scan the passage and complete the notes with the correct information.

I. Castle ghosts

A. Blue Boy

- i. Wears blue, 1 _____ by a blue light
- ii. 2 _____ of a boy dressed in blue were found within a wall
- iii. After the remains were buried in a 3 _____, the ghost stopped appearing

B. Lady Mary Berkely

- i. Died alone in the castle after her husband 4 _____
- ii. Steps out of a 5 _____ and follows children

C. The 6 _____ Lady

- i. Is thought to be a woman who was 7 _____ in the castle
- ii. Asks people for a drink of water and then 8 _____

II. Castle attractions for tourists

A. Facilities: tours of the grounds, meals in the 9 _____, and rooms and suites for guests

B. Events: weddings with medieval 10 _____, concerts, operas, and fairs

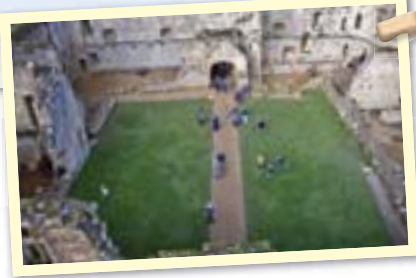
Listening

I Didn't Know That!



Listen to the dialog and complete each sentence.

1. A ghost haunts _____, but a poltergeist haunts _____.
2. Ghosts are not _____, but poltergeists can be _____.
3. Ghosts are thought to be _____, but poltergeists are thought to be _____.



Discuss the following questions.

1. Would you like to stay in a castle like Chillingham? Why or why not?
2. What are some places believed to be haunted in your country?
3. If ghosts do exist, why do you think they appear in certain places and not others?

Grammar

Verbs of Perception

Verbs of perception like *hear, feel, see, watch, or listen to* are used with objects followed by the base form of a verb or a participle. When the verb of perception, however, is put into a passive voice, it should be followed by a to-infinitive or a participle, but not by the base form of a verb.

You hear a strange noise and feel a cold rush of air (move / to move) past you.

They gave him the name "Blue Boy" because he was always seen (wear / wearing) blue clothes and surrounded by a blue light.

Writing

Write your own short paragraph by answering the questions below.

A Place with a Ghost

Example

- (1) What place have you heard has a ghost? (2) Who was the ghost? (3) What do you know about the place or the ghost? (4) Have you been to this place? (5) Do you believe there really is a ghost there?

I have heard that a house in New Orleans's French Quarter has a ghost in it. The ghost was a rich man from the Middle East. He and the women in his harem were murdered in the house. I have seen this house. I don't think there are any ghosts there. I think they just want to attract tourists to that place.

Vocabulary and Idiom Review

A. Choose the best word or phrase to fill in the blank.

1. The rose garden on the castle ____ is magnificent.
a. bones b. categories c. grounds d. remains
2. Hiking trails on the mountain will open after the winter snow ____.
a. recedes b. recovers c. represents d. reveals
3. The workbook comes ____ an audio CD and answer guide.
a. complete with b. for another c. my home d. prior to
4. If you are not planning to attend the ____, you don't need to RSVP.
a. attraction b. banquet c. existence d. trophy
5. There is a small ____ in the yard behind the old church.
a. accommodation b. castle c. cemetery d. suite
6. People say the old house on the hill is ____, so they are afraid to go into it.
a. buried b. haunted c. official d. remarkable
7. This message is _____. Please reply immediately.
a. dishonest b. duplicate c. rustling d. urgent

B. Choose the correct form of the word to fill in the blank.

8. All of the ____ on the tour were top-rated hotels.
a. accommodations b. accommodate c. accommodating
9. It is much easier to cook the recipe using ____ chicken, rather than a whole chicken.
a. bone b. boney c. boneless
10. She had to ____ the laptop hidden under all the papers on the desk.
a. burial b. buried c. unbury

Unit 1: Read It or See It?

The Best Version

Listen to the dialog and choose the best answer.

- W:** Have you read the book *Charlie and the Chocolate Factory*?
- M:** Of course. I think I read it five or six times when I was a kid. That's a great book.
- W:** What about the movies? Have you seen either of the movie versions of the book?
- M:** Either of the movie versions? I thought there was only one movie version of that book.
- W:** No, there are two famous movie versions. The first one was a musical version of the story made in the 1970s.
- M:** I've never seen that one. But I did watch the version directed by Tim Burton. I thought it did a pretty good job of following the book.
- W:** Yeah, that's true. It included more parts from the book than the older movie. But it seemed like a darker movie, in general, than the older one.
- M:** I guess young kids might like the older movie better than the more recent one.

Unit 2: Superstitions About Birds

The Aviary

Listen to the dialog and complete each sentence.

- M:** Would you like to go to the aviary today?
- W:** What's that?
- M:** It's like a zoo, except it's just for birds. People visit an aviary to see birds from all over the world.
- W:** Cool. Do they have peacocks there? I think they are so beautiful.
- M:** Indeed they do, but you shouldn't look too closely at them.
- W:** Why not?
- M:** Their beautiful feathers are considered to bring bad luck if you look at them. They are thought to look like an evil eye.
- W:** Come on. You don't believe that old wives' tale, do you?

Unit 3: Alaska Is Melting!

Too Warm in Alaska

Listen to the dialog. Check **True** or **False** for each sentence.

- M:** Did you hear that Alaska is melting?
- W:** Melting? How can an entire state melt? That's impossible!
- M:** Well, maybe not the entire state, but Alaska does have about 100,000 glaciers.
- W:** Wow! That's a lot of glaciers! Are they all melting?
- M:** Well, most of them are either melting or are stagnant because the temperatures are rising.
- W:** That must be causing a lot of problems.
- M:** Yeah. Warm waters mean fewer cold-water fish, which means less food for some Alaskan animals like polar bears.
- W:** I'm glad I don't live in Alaska. I like it here in the south, where it is nice and warm.

Unit 4: Working on Your Workout

The Goal

Listen to the dialog and choose the best answer.

- M:** I'm going to the gym to work out, do you want to come?
- W:** No, thanks. I went yesterday. I need to rest today.
- M:** Rest? Why? I go to the gym every day. My goal is to achieve bigger muscles by the end of the summer.
- W:** If that's your goal, don't go to the gym every day. Didn't you know that your muscles don't grow during exercise?
- M:** Really? What do you mean?
- W:** Your muscles grow during rest because they need time to repair. Your muscles grow after they repair.
- M:** So, our bodies get stronger while we rest?
- W:** Exactly!
- M:** Hmm. I think I'll go to the gym tomorrow instead.

Unit 5: Smart Exercise

Worth a Try?

Listen to the dialog and complete each sentence.

- M:** Lately, I've been so forgetful. I can't seem to remember anything!
- W:** Maybe you should walk to school by a different street. That might jump-start your brain.
- M:** Why would taking different streets to school help my memory?
- W:** Sometimes doing regular activities in a slightly different way can help re-activate old memory pathways in our brain, or even build new ones!
- M:** Oh, yeah. I have heard that exposure to new sights, sounds, and smells can help stimulate the brain.
- W:** Right. So you could even put some herbs and spices next to your bed so you wake up to different smells each morning.
- M:** Do you really think doing these things can increase my memory?
- W:** Not just your memory, but your ability to learn things, too. Give it a try!

Unit 6: Rescuing Relics

Li's Museum

Listen to the dialog. Check **True** or **False** for each sentence.

- W:** I think it would be interesting to visit the museum that Songtang Li set up.
- M:** I don't know. If I traveled all the way to Beijing, I think I'd rather spend my time in one of the national museums.
- W:** But those national museums are so big. There is just too much to see in those big museums. I'd rather visit a smaller museum and take more time to look at fewer works.
- M:** I guess that could be one good thing about visiting a smaller museum. I wonder if Mr. Li has information about the pieces written on signs for people to read.

W: I'm not sure. The information I read said that he has someone working there to help him out. You know, Mr. Li has another regular job.

M: Oh? You mean his museum doesn't take up all of his time?

W: I guess not. He also manages a place that helps care for elderly people.

Unit 7: Tweenbots

Robots That Help

Listen to the dialog and choose the best answer.

- M:** Did you know that there are small robots that help people?
- W:** Really? What do they do?
- M:** These robots mostly help out around someone's house if they need it.
- W:** Do you mean elderly people who can't do a lot of things on their own anymore? Such as cleaning and keeping the house in order?
- M:** Right!
- W:** Wow, I want to have a small robot! Then I wouldn't have to do the dishes anymore.
- M:** Well, I think you'd still have to do the dishes, but maybe you wouldn't have to make the bed.
- W:** That sounds good to me!

Unit 8: Back to the Future

Skating in the Park

Listen to the dialog and complete each sentence.

- W:** Hi, Mark.
- M:** Hey, Tracy. I didn't know you had inline skates.
- W:** I just got them. They were on sale for \$50.
- M:** How do you like them?
- W:** They're OK. I'm still getting used to them.
- M:** It took me a couple of months to become comfortable with mine. Now, I'm playing in a roller hockey league.

W: I just skate with friends on weekends. Want to come with us sometime?

M: Sure. How about next Saturday?

W: That sounds good. Let's meet here at 2 o'clock.

M: OK. See you Saturday.

W: See you then.

Unit 9: A Better Robot

Mr. Yim's Idea

Listen to the dialog. Check **True** or **False** for each sentence.

M: Where did the idea for snakebots come from?

W: The main idea probably came from Mark Yim, of Xerox.

M: What did he do?

W: Mark Yim designed a new kind of robot, called a polybot.

M: A polybot? Is that like a snakebot?

W: Well, a polybot is made of many small robots. It can look like a snake, a spider, or a wheel. Each shape is for a different kind of task or project.

M: So, a snakebot is a kind of simple polybot.

W: Yes, you could say that.

Unit 10: Flower Power

My Neighborhood

Listen to the dialog and choose the best answer.

W: I'm surprised that "Operation Flower" worked so well in Suginami.

M: Why are you so surprised? It seems logical to me that if people are outdoors all the time, thieves won't have as many opportunities to get into houses and steal things.

W: The thing I can't believe is that planting flowers would actually make people spend so much time outdoors. There are lots of trees and flowers planted around the houses in my neighborhood, but I rarely

see people outdoors taking care of them.

M: How do the plants grow if nobody takes care of them?

W: People do come out on weekends to take care of the plants. They just don't come out every day during the week.

M: Are there many incidents of break-ins where you live?

W: No, I've never heard of thieves breaking into any of the houses where I live.

M: Then maybe it's enough for people just to come out on weekends.

Unit 11: A Controversial Restoration For Its Protection

Listen to the dialog and complete each sentence.

M: Guess what I saw during my trip to Paris last month?

W: I bet you saw the Eiffel Tower.

M: Of course I saw that. But I also saw the Mona Lisa.

W: The real one? da Vinci's Mona Lisa?

M: That's the one. I saw it at the Louvre. They keep it behind bullet-proof glass.

W: Are they afraid someone is going to shoot it?

M: No, but you know, someone threw acid on the painting once. It took the museum years to restore it.

W: Oh, I didn't know that. I guess she's safe now.

Unit 12: The Flood

Recalling the Details

Listen to the dialog. Check **True** or **False** for each sentence.

M: I heard the story of Noah and the flood when I was a child.

W: Me, too. Do you remember the whole story?

M: I remember that he put two of every animal on his boat.

W: Do you remember how long it rained?

- M:** I think it rained for forty days and forty nights.
- W:** Right. Then what happened?
- M:** Noah sent out a dove, and the dove brought a branch from a tree back to him.
- W:** Right. So that was how Noah knew there was dry land somewhere.
- M:** I think there was also something about a rainbow in the story.
- W:** Oh, yeah. The rainbow meant that there would never be a flood like that again.

Unit 13: Naturally Better Homes Lots of Advantages

Listen to the dialog and choose the best answer.

- M:** What are you going to do this summer?
- W:** I'm going to Bolivia to build earthships.
- M:** I've heard of them. They're supposed to be good for the environment, right?
- W:** Yeah, that's right. But they are also good for places that don't have any services like water and electricity.
- M:** Yeah, I suppose they would be.
- W:** Another reason they are a great idea in some areas is that they are earthquake-resistant.
- M:** Really? Even earthquakes don't destroy them?
- W:** That's right. They're fire-proof, too.

Unit 14: Eat Better, Look Better What's That for?

Listen to the dialog and complete each sentence.

- M:** What are you doing with that stocking?
- W:** I'm using it to make a seaweed bag for my bath.
- M:** What?
- W:** See that dried seaweed on the table? I'm going to put it in this stocking and then tie the stocking closed. Then I'll put it in my bath. It's great for my skin.

- M:** I've heard seaweed is good for your skin, but shouldn't you just eat it?
- W:** I do that, too. Seaweed has lots of good vitamins and nutrients in it.
- M:** Hmm. Can you make an extra stocking for me? I'd like to take a seaweed bath, too.

Unit 15: Imagine That! A Great Idea

Listen to the dialog. Check **True** or **False** for each sentence.

- W:** Do you have any of those little yellow sticky notes? I ran out and I need some more.
- M:** Sure. I have some extra ones in my backpack. I always carry some with me because they're so useful.
- W:** They certainly are. The person who invented these things must have been a genius!
- M:** Actually, I read about that guy. He came up with the idea for sticky notes like these when he was daydreaming.
- W:** No kidding? Was he daydreaming at his desk at work?
- M:** No, he was daydreaming at church. He had a habit of putting little pieces of paper in his choir book, but the pieces of paper sometimes fell out. I guess one day at church, the speaker wasn't that interesting, so he started daydreaming about a way to solve the problem of losing those little bits of paper. That's when he came up with the idea of these little yellow sticky notes.

Unit 16: Madonna's Downloads The Latest Album

Listen to the dialog and choose the best answer.

- W:** Hey, have you heard Madonna's latest album?
- M:** Not yet. Lots of people say that it's really good. I'm thinking of buying it.
- W:** Why don't you just download the songs you like?

- M:** I can't do that. It's stealing if I do that.
W: It's not stealing. I always download songs from file-trading sites.
M: But you are stopping the singer or band from getting paid for their work.
W: I think CDs are too expensive, and I don't feel bad about getting music for free.
M: Well, I think it's wrong, and so do lots of other people.

Unit 17: Remembering Memories

Can You Recall?

Listen to the dialog and complete each sentence.

- M:** Do you remember that time we went sailing?
W: You mean the time we set sail from the yacht club in that old sailboat?
M: Yeah, that's the time. The wind died down, and we couldn't sail back.
W: Yes, we had to use the motor instead of the sails.
M: I remember how embarrassed you were when you fell overboard!
W: Fell overboard? What are you talking about?
M: Oh, come on! Your memory can't be that bad. You tried to jump from the boat to the shore, and you fell in the water.
W: I certainly did not. My shoe fell in, but otherwise I jumped safely to the shore. Your imagination is working overtime!

Unit 18: Taking Home the World Cup

A Sure Winner?

Listen to the dialog. Check **True** or **False** for each sentence.

- W:** Who do you think will win the next World Cup?
M: Brazil, probably. They've already won it several times.

- W:** Maybe, but you never know. What's great about the World Cup is all the upsets! Like when the United States beat England 1-0 in 1950, and when North Korea beat Italy 1-0 in 1966.
M: Yeah, but has Brazil ever been upset?
W: They sure have. In 1950, they lost the final 2-1 to Uruguay, and on their home field! In 1998, they lost the championship match 3-0 to France.
M: Hmm... I didn't know that. I'll have to watch the tournament for once. When is it?
W: The next tournament will be held two years from now.
M: Remind me then and we'll watch it together... but I still think Brazil will win.
W: Don't count on it!

Unit 19: No Phishing Allowed

Who Would Fall for That?

Listen to the dialog and choose the best answer.

- W:** Hey, Daniel. Have you heard about phishing?
M: Of course I have! My dad goes fishing every weekend! We live by a lake.
W: No, I mean p-h-i-s-h-i-n-g. It's a kind of cyber crime. Dishonest people make websites that imitate real websites to steal money from web surfers.
M: Oh! Yes, I think I've heard a bit about it. People must be really stupid to be tricked by it.
W: Well, I'm not so sure about that. Now that I think about it, I'm worried about my grandmother.
M: Oh, really? Why?
W: She uses the Internet sometimes these days. Unfortunately, her mind isn't as good as it used to be. She believes everybody!
M: I can see why you're worried, then. You should warn her about it.
W: I think I'll give her a call tonight.

Unit 20: Take a Ghost Tour

I Didn't Know That!

Listen to the dialog and complete the sentence.

M: Tina, you know a lot about ghosts, don't you?

W: Sure, Wally. What do you want to know?

M: What is the difference between a poltergeist and a ghost?

W: Well, some people think that they are the same, but really they are different. Ghosts haunt a place, while poltergeists haunt a person.

M: Really? A ghost can haunt my home, but a poltergeist can haunt me?

W: Yes. Also, ghosts are not usually harmful to people. However, poltergeists can sometimes be very dangerous.

M: Scary! So ghosts are not poltergeists?

W: Right. Ghosts are usually the spirits of dead people. Poltergeists are not spirits. Some people believe that poltergeists are actually strange forms of energy.

M: That's very interesting.