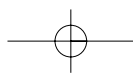
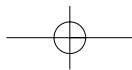


Transcripts





Transcripts

Chapter 1

Skill A

Practice 1

M: Morning, students. Today's lecture is on fossil fuels. So, to begin, what are they and why do we call them "fossil" fuels?

Well, over the course of millions of years, the skeletons of prehistoric animals and the remains of ancient plants decay and change form. They turn into rock, coal, or oil that we then extract and use to create energy. The word "fossil" refers to these dead plants and animals. The problem is that continued use of these fuels may cause irreparable environmental damage to the Earth. What can be done?

Firstly, we need to limit the use of fossil fuels. Secondly, we need to seek alternative energy sources.

Why is the use of these fuels so risky?

Well, there are many reasons, starting with serious air pollution caused by car exhaust fumes and the burning of coal. Some scientists think using fossil fuels also causes global warming. Heat-retaining gases enter the Earth's atmosphere and oceans whenever we burn fossil fuels. This leads to an increase in global temperatures. A warmer planet experiences major changes in weather patterns and natural disasters like floods, hurricanes, or droughts.

Acid rain is also the result of harmful gases that build up in the atmosphere due to fossil fuel emissions. This rain damages and poisons agricultural crops and enters our drinking water supply. Another problem with our use of fossil fuels is oil spills from ocean tankers. These spills cause untold damage to marine life. Sea birds, fish, and mammals often become covered in oil. This means they lose their mobility and ability to avoid danger. They also cannot hunt for food and may die from starvation as a result.

There are also other factors to consider. Fossil fuels will become more expensive and dangerous to extract as our supply lessens. Governments will have to spend millions on research to locate reserves. Extraction procedures become riskier when mines have to go deeper or oil rigs move further out to sea.

It is clear that we should spend money on research to find alternative energy sources. Solar and wind power are examples of such energy sources.

Practice 2

W: This week, we have been discussing paleontology. I hope you still remember what paleontology is — it's what paleontologists do. Just in case you have forgotten, paleontology is the study of old bones, or fossils. Our topic for today's lecture has a great deal to do with paleontology. We are going to discuss dinosaurs. Dinosaurs, of course, have been studied for many centuries as we continue to uncover dinosaur bones. Throughout the years, professional paleontologists have been able to "reconstruct" dinosaurs. They do this by finding all of the pieces — that is, bones — of the dinosaurs and put them back together. In this way, the paleontologist is able to reconstruct a skeleton of the dinosaur. Since we now know what many dinosaurs looked like from these reconstructions, we can begin to ask new questions. One question, which actually isn't very new, is about the biochemistry of the dinosaur. Specifically, we have been interested in finding

out if dinosaurs were warm blooded or cold blooded. You may remember from your classes in the biology department that warm-blooded animals are called "endotherms." Cold-blooded animals, on the other hand, are called "ectotherms."

Historically, dinosaurs were considered to be cold blooded, that is, ectotherms. This belief does not come from hard scientific evidence. On the contrary, it comes from the similarity of dinosaur skeletons to other reptiles. Other reptiles, such as lizards, look very similar to dinosaurs. Reptiles, including lizards, are cold blooded. For this reason, early paleontologists speculated that dinosaurs must have also been cold blooded.

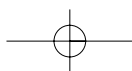
However, we now believe that at least some dinosaurs were actually warm-blooded. There is a lot of strong evidence to support this point. For example, dinosaurs were enormous animals. Very large animals we can observe today are typically warm blooded, while only smaller animals are cold blooded. Secondly, dinosaur bones themselves look much more like bones from other warm-blooded animals. If we compare the bones of dinosaurs to cold-blooded animals, the structure of the bones is very different. Finally, dinosaurs lived in many places on Earth. They lived in both warm and cold climates. Cold-blooded animals typically only live in very warm places, so the geographic distribution of dinosaurs leads us to believe that they were warm blooded.

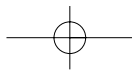
Practice 3

M: We all know about the debate in public schools about vending machines. Certainly there are obvious health risks related to having these snack machines for students. For example, we know that junk food poses a serious risk to our children's health. An average snack from a vending machine has many more calories, especially from fat, than a healthy snack. And vending machines are convenient, allowing children to easily buy junk food and consume it anywhere. But how much do children really abuse the privilege to buy snacks from vending machines?

Proponents for vending machines argue that children already get healthy meals from their homes. Eating three healthy meals a day is not uncommon. For example, many children in public schools eat their breakfast at home, which often consists of cereal and fruits. They will also eat their dinners at home, in which they will receive meats or fish, in addition to fruits, vegetables, and bread. Members of local school boards have also noted that these children also eat their lunches in the school cafeteria. As the school board assures, the school cafeteria provides children with a good variety of healthy food during the week. And as the vending machine representatives put it, children who receive healthy meals throughout the day will not be harmed by having a snack from a vending machine.

One final point: Having vending machines at school does not mean that they will necessarily be abused. Both vending machine representatives and school board members have shown that the vending machines in schools are not available to students all day long. For example, the vending machines may only be turned on in the afternoons after school. In this case, students will not be able to fill up on sugary snacks and drinks throughout the day. Even parents who volunteer on school boards argue that keeping vending machines in schools but restricting their usage can help students learn to be responsible. Parents want their children to learn about being conscientious and taking care of themselves. If we ensure that our children continue to receive quality meals for breakfast, lunch, and dinner, why not allow vending machines in schools for a snack?





Practice 4

W: People have contrasting opinions about children and TV watching. You should all know this from the assigned reading and from your own experiences, I'm sure. Let's see, some people are of the opinion that TV watching is beneficial. How many of you agree with this side? ...Uh-huh, I thought so. You all are pro TV. Others believe that TV is harmful for children. How many agree with that idea? ...Right, so you people are on the con side of the argument.

People on the con side believe the research that does not support kids and TV watching. These researchers have found some compelling reasons to argue against TV watching. They have found that TV is often extremely violent. In fact, children's programs are frequently five to six times more violent than adult programs. Are any of you surprised by this finding? ...a few, yes, but most of you, no. If you watched a lot of *Bugs Bunny* or *Tom and Jerry* cartoons, like me, when you were young, you shouldn't be too surprised. To make matters even worse, the violence in children's programming often goes unpunished. This may mean that lots of kids learn to think that violence is okay. This could then lead to violent behavior at school or at play. In addition to behavioral problems, this constant exposure to violence can lead to sleeping disorders and health problems connected with them.

As I just mentioned, TV watching can also have negative effects on children's health and on their grades, too. Studies show that children who spend too much time in front of the TV may suffer from obesity. When TV time reduces exercise time, a child may put on weight. It looks like a few of you — and perhaps me, too — have been watching too much TV lately, no? Okay, back on topic. Similarly, studies have shown that children who spend too much time watching TV may earn lower grades than students who watch less. So, when TV time reduces study time, a child may do poorly in school. I'm sure many of you have experienced this inverse relationship between grades and TV time, right Stanley?

Skill B

Practice 1

M: Due to the recent medical backlash against low-carb diets, companies that previously recommended them are now changing their tune. One factor contributing to this reversal is that while most dieters enjoy their short-term benefits, the diets are just too difficult to maintain. People need to eat a balanced diet. That's why dieters tend to "fall off the wagon" when they follow the low-carb approach.

Diet companies that market food products no longer suggest that we cut out all or most of our carbohydrates. Instead, they have chosen to categorize carbohydrates in a new way: according to their "glycemic index."

"Glycemic index" refers to how quickly or slowly the body converts food into sugar. The lower the glycemic index [or GI] of a carbohydrate product, the more slowly it releases energy into the body. This is very healthy because it leaves us feeling fuller for longer. It also prevents our bodies from over-producing the hormone, insulin, which regulates our blood sugar levels. Examples of low- GI carbohydrates include whole grains, oats, and most fruits and vegetables.

The problem with high-GI carbohydrates, such as refined cereals, white bread, and cookies is that we digest them very quickly. They

also contain huge amounts of sugar. The body combats the sugar surge they induce by over-producing insulin. The insulin then lowers our blood sugar levels drastically and we experience cravings for even more of these unhealthy high-GI carbs. This results in a vicious cycle of sugar highs and lows and a tendency to keep putting on weight.

In order to avoid the long-term dangers of starving our bodies of energy-giving carbohydrates, we should simply rather enjoy the beneficial kind: low GI carbs!

Do, however, remember, folks, that no matter what you put into your mouth, exercise is also an essential component of a healthy mind and body. It keeps your heart ticking and those calories off. So, students, the next time you eat that healthy lunch of tuna salad on whole-wheat, why not complement it with a brisk stroll around the campus grounds? It will make a world of difference to your health and your mood!

Practice 2

W: How many of you smoke? Let's see a show of hands. Aah, so I see there are quite a few "tobacco addicts" in my class. Well, I hope you get involved in the class discussion today after the lecture. Today's topic is an issue close to your hearts—namely, cigarette prices.

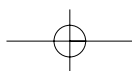
As many of you may have personally experienced, the habit of smoking has a very negative stigma attached to it. That's because medical science continues to link the habit to so many life-threatening diseases! Well, to be fair, dying of lung cancer or a coronary brought on by years of puffing is no joke. It also costs the government a lot of money. Treating these patients drains government resources via the health care budget. However, smokers argue that they are being discriminated against. They say that increasing cigarette prices is both unfair and pointless. Let us look more closely at their arguments:

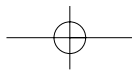
In a number of surveys conducted in this country, smokers have come up with some interesting rationalizations as to why prices should not increase. The most compelling argument, in my opinion, is the following: Smokers say that obesity is a far more serious health threat. They argue that obesity-related diseases are soon going to overtake smoking-related ones as the nation's biggest killer. Despite this, we don't see increased taxation of fries, cookies, and ice cream. Cigarettes and alcohol products are taxed or marked up, whereas junk food prices stay affordable! This disparity, the smokers say, is unfair and hypocritical.

Smoking is also prohibited in most public buildings and in most bars and restaurants. On this campus, students can only light up in specially marked areas. However, people can stuff their faces with as much high-fat junk food as they please! Most campus cafeterias still offer menu items with extremely high fat and sugar contents. Over-eating junk food usually leads to obesity. Obesity can cause high blood pressure, heart disease, and diabetes. Smokers are saying that treating obesity-related diseases will cost the government more money in the long run than smoking. For this reason, they argue, it is time to stop putting up cigarette prices and tax doughnuts instead!

Practice 3

M: Okay class, from last night's reading, you should know that the use of fluoride to fight against tooth decay has been around for a long time now. It's been used in toothpaste and even in public water supplies since the 1940s. Recently, however, controversy has arisen as more people learn that fluoride may not be as efficacious





as once believed. Whether fluoride is effective or not remains a question. What's more alarming, though, and what I want to focus on in today's class, are the reports coming out that fluoride is an extremely toxic material.

More and more information is being revealed about the toxic properties of fluoride. One problem connected to swallowing fluoride, according to a recent study, is that it's more toxic than lead, a well-known poison. Now, the artificial fluoride added in water or toothpaste is collected during aluminum, steel, and cement production. These industries all faced lawsuits in the 1930s when the fluoride they were releasing was killing everything within a five-mile radius. The shocking thing is the solution back then, still used today, was to dilute it in public water systems, ostensibly to prevent tooth decay. Toothpaste companies started using it for the same purpose. Diluted or not, the point remains that fluoride is a highly toxic industrial pollutant, and it's very harmful to the human body.

Health issues linked to fluoride are piling up, and concerns are a lot more serious than whether or not it fights cavities. Two years ago, US authorities started doubting fluoride's safety. So, parents started seeing the word "poison" appear on toothpaste tubes, and with good reason. Doctors report fluoride is destroying our teeth, bones, and overall health. People need to know that these problems include osteoporosis, bone cancer, kidney problems, arthritis, and, umm, let's see... oh yeah, things like birth defects and genetic damage, too. The scary part is that we know through science that levels of fluoride can build up over time and since we have been using fluoride every day for 50 years... well, that's a lot of fluoride in our systems. In summary, then, the question shouldn't be whether fluoride is effectively fighting cavities, it should be whether it's actually killing us.

Practice 4

W: As you should have read, hemp is often confused with marijuana, and despite its wide variety of uses, is mistakenly considered an illegal drug. Hemp and marijuana are both varieties of the cannabis plant. The US ban on growing all forms of cannabis helped shape people's belief that both are a drug. Scientific data, of course, proves that hemp contains only minimal amounts of the chemical THC that makes marijuana a drug. While this data proves that hemp is not a psychoactive drug, it doesn't tell the whole story behind hemp. To make the full distinction between hemp and marijuana clear in people's minds, the multitude of useful applications for hemp must be emphasized.

While marijuana's only use is that of a drug, hemp is in fact a natural raw material with a great number of industrial and commercial uses. Such applications for hemp are nothing new. Over 30 countries, including Canada, France, Germany, Russia, and China, recognize hemp's variety of uses and grow it industrially. Have some of you ever seen hemp purses and clothes in store displays? Well, you'll be amazed that over 25,000 products can be manufactured from hemp, including hair conditioner, diapers, insulation, carpets, paper, perfume... you name it! The health food industry is the latest to capitalize on hemp. Richer in protein than soy beans, hemp is one of the healthiest foods you can eat. Still grown without genetic modification, hemp foods are a healthy alternative to soy products, which are now mostly made from genetically-modified beans. Information simply showing that hemp is "not a drug" is in reality not very pertinent to the present times.

I believe that most people's mistaken perception of hemp as a

drug is becoming more and more something of the past. While US drug laws continue to make marijuana illegal, and the old US ban on growing all forms of cannabis remains, hemp products are perfectly legal for import and sale. Isn't it ironic, then, that while the US public still struggles to distinguish hemp from a drug, the US itself is the world's leading consumer and retail marketer of hemp-made goods?

Chapter 2

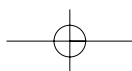
Skill A

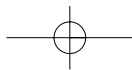
Practice 1

W: I hope you all read the homework reading discussing anxiety. I think it was a challenging reading, very heavy going. From that reading, I hope that you understand that there are several schools of thought regarding anxiety as a mental disorder including the Freudian theorists and the behaviorists. Today, I want to talk about anxiety and give you some examples of anxious behavior. Rather than think about Freud or behaviorists, I want you to ask yourselves this question: "Are these behaviors symptoms of a mental disorder or are they simply reactions to everyday living?" Let's look at some specific examples. The first one is how you feel when you take an exam. How do you feel on exam day? Do you feel anxious, nervous? I see many of you nodding your heads yes. Have any of you ever been physically ill before taking an exam? I see a few heads nodding. Do you think your behavior should be considered a mental disorder? No, of course not. I take it from your reaction that you think your emotions are normal. Another good example is my wedding day. I was so anxious... shaking, sick feeling in my stomach. I almost called the whole thing off. Now, if I listened to Freud or other theorists who study anxiety I would have my self believing that I have an anxiety disorder. Hands up if you think that my emotions were due to a mental disorder? It seems that most of you think that my emotions were the result of a life event and not a mental disorder. What I am saying here is that not every situation in our lives — taking an exam, getting married — that causes feelings of anxiety does so because we have a mental disorder. If, on the other hand, something in our lives causes us to stop functioning, then we can probably call it an anxiety disorder. An example of an abnormal reaction might be if we are scared of leaving our house and refuse to go outside. This type of anxious behavior unequivocally interferes with living. However, feeling nervous on our wedding day, or when we write an exam, probably does not mean that we have an anxiety disorder.

Practice 2

M: Are human beings responsible for global warming? This question plagues many scientists. Consequently, environmental researchers keep presenting us with new evidence. They hope to prove human responsibility for global warming beyond a reasonable doubt. The problem is there are those who say such research is limited. These opponents of the environmental lobby argue that the studies conducted by researchers are often not collective enough or broad enough in their scope. Some scientists study air temperatures and others study ocean temperatures but their data is not





properly combined. They argue that, to date, no scientific study has proven an undeniable link between man-made gas emissions and global warming.

Let us examine the arguments more closely: The environmentalists claim that global warming is responsible for many natural disasters. They believe that as the world becomes warmer due to the heat-retaining gases we pump into the atmosphere, our planet experiences severe climatic upheaval. This upheaval causes more droughts, more hurricanes and tornadoes, and even phenomena like tidal waves. Environmentalists believe we are pushing our planet towards environmental disaster.

Those who oppose this view have a different argument. They suggest that natural disasters and wild weather have been around for millions of years. The example they offer to prove their argument is the El Niño weather phenomenon. Have any of you heard of it? Well, El Niño is an ancient weather phenomenon that sometimes causes ocean temperatures to rise or tropical winds to change direction. These changes often result in terrible storms or flooding in certain areas of the Earth. In other areas, it can even cause drought. It's a totally natural phenomenon, as natural as volcanic eruptions or earthquakes.

So, the opponents of the environmental lobby think the argument that humans cause global warming is hypothesis, not fact. Instead, they complain that limiting emissions is going to cost jobs and money. Until there is indisputable proof linking greenhouse gas emissions to increased global temperatures, they tell us, there is no urgency in cutting down on these emissions.

Practice 3

W: We know that reducing our water consumption is important for a variety of reasons. As we have been studying in our course in agriculture this semester, we know that one of the most important reasons we need to curtail our water consumption is so that we will have enough water to produce food around the world. It is easy for us to be worried about this problem. Of course, we hope that farmers will find a way to obtain enough water for their plants and animals, but have you ever asked yourself what you could do to help conserve water that could be used for food production?

For example, have you noticed that you have a kitchen or bathroom faucet that drips? Each drop of water might not be that much by itself, but add up all of those drops from the leaky faucet over the course of a month and it amounts to many liters of water that could be used more effectively. You can also turn off the water as you brush your teeth. Running the water for a minute or two while you brush wastes a lot of good water. And, how about the length of your showers? Many people take 15-minute showers. If you cut the length of your shower to, say, 10 minutes, you can make a considerable difference on the amount of water consumed right in your own home.

There are many things that we can do to conserve water right at home. You can fix a leaky faucet, you can turn off the water while you brush your teeth, and you can take shorter showers. If we are careful not to waste water on things we do each day, our society will have extra water for more paramount uses, like meat and dairy production.

Practice 4

M: Okay, so let's turn to a consideration of technology and marketing. As we all know, some new technologies surpass our expectations for their success. Still others fail to meet our expectations. In the past several years, analysts have noticed a clear pattern in the

way new technology enters the market place. It's called the Hype Cycle. Now, what does that mean? Well, it starts with a "technology trigger" ...um...a scientific breakthrough or ...uh... an event... that triggers or causes publicity. This brings it to the attention of a wider audience. It shoots to the top of popularity. This so-called "peak of inflation" is exemplified by LCD technology. This is always followed by a sharp drop into the "trough of disillusionment," as the creators of the Hype Cycle like to call it. That's just a fancy way of saying the idea doesn't keep its promises, and the public stops buying it. HDDTV (high definition digital television) is an example of that phase. Over time, people learn more about the technology and maybe new applications are thought of. It starts to become more popular again and finally reaches the mainstream, called the "plateau of productivity." DVD players have recently entered that plateau or whatever you want to call it. These...uh...well... catchy titles aren't so important. What matters is that you remember the cycle. It's introduced, it's hyped, it becomes very popular, then it almost disappears, and finally it comes back into the mainstream slowly.

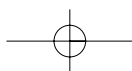
Practice Test

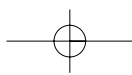
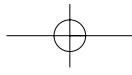
W: As you know, at this time we do not have reason to believe that there is currently life on planets other than Earth. We do, however, think that it is possible that life did exist on other planets at some time. Let's talk today about our neighbor planet, Mars. We have already talked about the existence of water on Mars many years ago. The evidence for the existence of water comes from photographs that were taken from satellites that investigated Mars. These photographs showed cracks in the surface of the planet that indicate that rivers had once been there. Other pictures showed that there were probably also glaciers on the planet at one time.

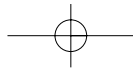
So what is this new information that we have about the possibility of life on the planet? I am sure you have all heard of meteors, right? In case you haven't, a meteor is a piece of rock that breaks off from a planet. The meteor then flies through space until it lands somewhere else. In this case, a meteor flew off of the Red Planet and landed on Earth. The scientists that found this meteor first had to determine that it came from Mars. Once they determined that the meteor was from Mars, they analyzed the meteor.

The scientists found that the meteor contained some of the same chemical elements that are essential for life. That is, these same chemicals are seen in dead micro-organisms — that is, tiny animals — on Earth. They also found some minerals in the meteor that are also found in living organisms. Finally, they found some tiny "globules" that they believe may be tiny fossils of primitive bacteria. In short, they found some of the forms of what could have been a very old kind of bacteria. All of these things they found in the meteor.

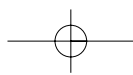
Is all of this hard evidence for life on Mars? Not exactly. The meteor may have become contaminated when it struck the Earth. Elements from Earth may have stuck into the meteor upon impact. The scientists may have also contaminated the meteor with bacteria from their own hands while transporting the meteor. This type of contamination, although common, could disprove any idea of early life on Mars. The elements in the meteor could really be bacteria from our own planet, the Earth, and not from Mars at all.

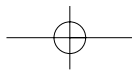






Answer Key





Chapter

1

Skill A

Practice 1

Step 1

Issue: Continued use of FOSSIL fuels as ENERGY source.

- Pro:
- PLENTIFUL supply
 - relatively CHEAP
 - SAFE to extract
 - ECONOMIES rely on them

- Con:
- NEGATIVE impact on environment
 - Car EMISSIONS harm human HEALTH
 - May cause GLOBAL warming

Step 2

Key issue: fossil fuels harm the ENVIRONMENT.

- How:
- Causes air POLLUTION
 - Contributes to GLOBAL warming [natural disasters]
 - ACID RAIN damages crops and drinking WATER SUPPLY
 - Oil spills harm MARINE animals

Contributing Factors:

- Fuel will become more expensive
- More dangerous to extract

- Solution:
- Seek ALTERNATIVE energy sources
 - examples: SOLAR/wind power

Step 3

Reading:

- Main Idea: Fossil fuels are a valuable natural energy source.
- Supporting Idea: There is a plentiful supply.
- Supporting idea: We have no economical alternative.

Lecture:

- Main Idea: The use of fossil fuels is environmentally damaging and dangerous.
- Supporting Idea: Emissions from fossil fuels cause global warming, acid rain, etc.
- Supporting Idea: They may become dangerous and expensive to extract.

Step 4

According to the reading, FOSSIL fuels are a VALUABLE natural resource. We use REFINED fossil fuels to power vehicles and airplanes or to create ELECTRICITY. The reading states that we have no economical ALTERNATIVE to fossil fuels. The writer argues that fossil fuels are RELATIVELY cheap and plentiful and can be SAFELY extracted from the Earth. He also argues that many countries have economies that RELY on OIL sales.

On the other hand, the speaker believes the continued use of fossil fuels will cause irreparable ENVIRONMENTAL damage to the planet. He argues that burning fossil fuels causes AIR pollution and GLOBAL warming. Global warming could lead to natural disasters like floods, HURRICANES, or droughts. Burning fossil fuels also causes ACID rain and poisons crops and DRINKING water. He also mentions oil spills from tankers that harm MARINE life. The speaker suggests that fossil fuels are going to become more expensive to use and more DANGEROUS to extract in the future. He recommends that we find ALTERNATIVE sources of energy such as SOLAR or wind power.

Practice 2

Step 1

- Issue:
- Were DINOSAURS warm BLOODED or COLD blooded?
 - Historical point of view - COLD blooded
 - Dinosaurs looked like LIZARDS
 - Lizards, like other REPTILES, are cold blooded
 - DINOSAURS were in constant MOTION
 - helped them regulate BODY TEMPERATURE

Step 2

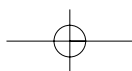
Topic: - Dinosaurs: WARM or cold blooded?

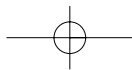
Evidence for cold-bloodedness:

- Physical similarity to other REPTILES
- i.e. LIZARDS

Evidence for warm-bloodedness:

- Size of DINOSAURS: very large
- Similarity of DINOSAUR BONES to other warm-blooded animals
- GEOGRAPHIC DISTRIBUTION: Warm-blooded animals can live in a variety of CLIMATES





Step 3

Reading:

- Main idea: Why scientists believed that dinosaurs were cold blooded.
- Supporting idea: Dinosaurs were similar in appearance to lizards. Lizards are also cold blooded.
- Supporting idea: Dinosaurs were in constant motion to regulate their body temperature.

Lecture:

- Main idea: Dinosaurs were probably warm blooded.
- Supporting idea: Large size
- Supporting idea: Similarity of bones with other warm-blooded animals
- Supporting idea: Geographic distribution

Step 4

The reading and the lecture center on the topic of DINOSAURS and whether they were WARM or COLD blooded. The reading presents the HISTORIC point of view of this question. Historically, dinosaurs were considered to be COLD blooded. This idea was NOT based on much factual EVIDENCE. Rather, it was based on the physical SIMILARITY of dinosaurs with other cold-blooded REPTILES such as LIZARDS. The reading also mentions that dinosaurs were believed to have been in constant MOTION, a technique used by cold-blooded animals to REGULATE their body temperature.

The lecture presents a DIFFERENT side of the argument. According to the speaker, most paleontologists now BELIEVE that dinosaurs were WARM BLOODED. This belief is based on many ISSUES, three of which were presented in the lecture. First, the large SIZE of dinosaurs SUPPORTS the idea that they were WARM blooded. Most large animals today are warm blooded. SECOND, dinosaur bones have a similar STRUCTURE to bones of other warm-blooded animals. In CONTRAST, dinosaur bones do not look like those of COLD-blooded animals. FINALLY, dinosaurs lived in a wide RANGE of GEOGRAPHIC areas. This wide geographic DISTRIBUTION also points to the FACT that dinosaurs must have been WARM BLOODED.

Practice 3

Step 1

Issue: Having VENDING MACHINES in public SCHOOLS

- Pro:
- Some people AGREE that VENDING machines be ALLOWED in schools
 - The focus of this passage is on the DISADVANTAGES of vending machines

- Con:
- Top-selling items are sugary SNACKS and DRINKS
 - Popular items are CANDY bars and SODAS

Step 2

Problem with VENDING MACHINES

HEALTH risks:

- Contribute to OBESITY

However, children receive HEALTHY MEALS at home

- Having a SNACK from a vending machine will not be harmful
- Schools may want to LIMIT the availability of vending machines
- Students would be allowed to BUY snacks only at certain TIMES

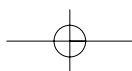
Step 3

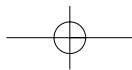
Reading:

- Main idea: Debate over allowing vending machines in public schools
- Supporting idea: Pro: Some people agree that vending machines be allowed in schools
- Supporting idea: Con: Top selling items are sugary snacks and drinks such as candy bars and sodas

Lecture:

- Main idea: Vending machines may not present such a strong health risk
- Supporting idea: Responsible kids will still eat healthy foods
- Supporting idea: Children must also take responsibility for their eating habits
- Supporting idea: Limit hours of usage for vending machines to after classes





Step 4

The reading passage and the LECTURE talk about the CONTROVERSY over vending MACHINES in public SCHOOLS. The principal PROBLEM with having vending machines in schools, which is also acknowledged by the lecturer, is that VENDING MACHINES typically offer SUGARY drinks and SNACKS that lead to childhood OBESITY. These unhealthy foods contribute to a poorly balanced DIET for children. Considering the potential HEALTH PROBLEMS related to abusing ACCESS to vending machines, some people feel that vending machines should NOT be ALLOWED in schools.

Although the LECTURER agrees that abuse of RIGHTS to vending machines can be HARMFUL, he also feels that CHILDREN should be RESPONSIBLE for their actions. In a sense, we SHOULD trust our children. He thinks that having an OCCASIONAL sugary SNACK will not hurt. However, to AVOID problems related to vending machines, the lecturer says that a possible SOLUTION is to only allow vending machine USAGE after classes have FINISHED. If access to vending machines is limited, STUDENTS will not be tempted to EAT too much junk FOOD during the day. In this way, STUDENTS can still enjoy a SNACK after school but not put their HEALTH in great risk.

Practice 4

Step 1

Issue: GOOD THINGS about watching TV

- Pro:
- TV provides kids with EDUCATIONAL PROGRAMS
 - teaches them about other cultures
 - gives families the OPPORTUNITY to spend time together.

Advice for Parents:

- MONITOR what children watch
- ENCOURAGE interest in beneficial programs

Step 2

Issue: BAD THINGS about watching TV

- Con:
- children's programs too VIOLENT
 - could lead to violent BEHAVIOR
 - could lead to sleeping DISORDERS
 - too much TV watching can lead to OBESITY and LOWER grades

Step 3

Reading:

- Main idea: Pros about watching TV
- Supporting Idea: TV can be educational and help families.
- Supporting Idea: Parents must be careful about what their kids watch.

Lecture:

- Main idea: Some people believe watching TV is harmful to children.
- Supporting Idea: TV programs can be extremely violent and cause violent behavior.
- Supporting Idea: TV watching is not an active hobby and can lead to health problems and poor grades.

Step 4

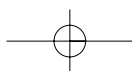
According to the reading people have DIFFERING opinions about children and TV watching. There are both GOOD THINGS and BAD THINGS about watching TV. The good things include EDUCATIONAL PROGRAMS, ENCOURAGING CHILDREN TO READ, families SPENDING TIME together when they watch TV, and, finally, teaching CHILDREN about different cultures. According to the lecture, those against TV (THE CON SIDE) believe that TV promotes VIOLENCE. Children's programs are five to six times more violent than ADULT PROGRAMS. Children who watch TV often have POOR GRADES, BEHAVIORAL PROBLEMS, and suffer from OBESITY. The reading states that parents need to be educated on both the PROS AND CONS of TV watching. It suggests that it may not be the TV watching THAT IS HARMFUL, but the nature of the PROGRAMS the children are watching and the length of TIME they watch for. Parents need to MONITOR and CONTROL which programs their children watch. Finally, they should SPEND TIME watching TV with their children.

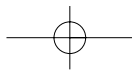
Skill B

Practice 1

Step 1

Main idea: Those who want to lose weight often struggle to find a healthy diet because there is so much contradictory information about nutrition and weight loss.



**Step 2**

- A. 2
 B. 1
 C. Sample answer: The variety of different information about health and diet makes it difficult for those who wish to lose weight.

Step 3

- Change of opinion regarding LOW-CARB diets:
- Why?
 - Medical BACKLASH
 - People need a BALANCED diet
 - Dieters find diets too difficult to MAINTAIN
- New approach: GLYCEMIC index for carb-classification
- Low GI good because
 - digests slowly
 - keeps you FULLER longer.
- High GI bad because
 - causes INSULIN over-production
 - leads to VICIOUS CYCLE

Step 4

- A. Dieters find diets too difficult to maintain.
 synonyms: - difficult-hard
 - maintain-keep up
 paraphrase:- Dieters find the diets too hard to keep up.
- B. People need a balanced diet.
 synonyms: - need-require
 - diet-eating plan
 paraphrase:- People require a balanced eating plan.

Step 5

- A. 1. Corporations that SELL dieting GOODS have stopped INSISTING that we should EXCLUDE carbohydrates from our diet.
 2. Glycemic Index INDICATES the rate at which our bodies CHANGE food into GLUCOSE.
- B. 1. Dieting goods are no longer BEING MARKETED TO CONVINCe PEOPLE TO REMOVE CARBOHYDRATES FROM THEIR DIETS.
 2. The time taken for food to TRANSFORM INTO SUGAR IS REFERRED TO AS THE GLYCEMIC INDEX.

Step 6

1. While avoiding carbohydrates altogether can cause adverse health effects, a well-balanced diet including beneficial, low GI carbs can keep a body healthy and fit.
2. Emerging research that contests the benefits of low-carb diets supports the principle that people need a balanced diet.

Practice 2**Step 1**

Main idea: The latest effort in getting people to stop smoking sees an increase of cigarette prices.

Step 2

- A. 2
 B. 2
 C. Prices of tobacco products have been raised in order to discourage smoking.

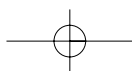
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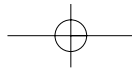
Smokers' arguments against price increase:

- unfair DISCRIMINATION
- obesity is EQUALLY DANGEROUS
- JUNK FOOD stays cheap, but cigarettes TAXED
- obesity-related ILLNESSES will cost government more
- obesity soon nation's biggest KILLER
- cafeterias offer menu ITEMS high in fat and sugar

Step 4

- A. Obesity-related illnesses will cost the government more.
 synonyms: - illnesses-sicknesses, diseases
 - cost- expense
 paraphrase: - The expense of obesity-related diseases will be greater.
- B. Obesity soon nation's biggest killer!
 synonyms: - nation- country
 - biggest- largest
 paraphrase: - Obesity will cause the largest amount of deaths in our country.





Step 5

- A. 1. As a LOT of you may have FOUND, the PRACTICE of smoking is BECOMING more socially UNACCEPTABLE.
2. FAST food remains CHEAP and tobacco and alcohol products are BECOMING more expensive.
- B. 1. The social unacceptability OF SMOKING IS GROWING, AS SEVERAL OF YOU CAN ATTEST.
2. Tobacco and alcohol products CONTINUE TO RISE IN COST; HOWEVER, FAST FOOD CONTINUES TO BE AFFORDABLE.

Step 6

1. Studies by medical experts link smoking to serious health problems such as cancer, emphysema, and heart disease, all of which cost the government a lot of money.
2. In addition to spending a lot of money treating people with smoking-related illnesses, governments must also spend a lot on treating obesity-related problems such as high blood pressure, heart disease, and diabetes.

Practice 3

Step 1

Main idea: Fluoride's effectiveness in preventing tooth decay, however, has recently come under question.

Step 2

- A. 1
B. 1
C. There are questions nowadays about fluoride's usefulness for avoiding tooth decay.

Step 3

The problems and concerns with using fluoride

Common uses of fluoride:

- i) it is used to fight TOOTH DECAY
- ii) in toothpaste and PUBLIC WATER systems

problems with fluoride:

- i) has TOXIC properties
- ii) is also an industrial POLLUTANT

health issues:

- i) levels BUILD UP over time
- ii) causes many health PROBLEMS

Step 4

- A. 1. It is also an industrial pollutant.
synonyms: - industrial - produced by industries
- pollutant - contaminant
paraphrase:- It is also a contaminant produced by industries.
2. Levels build up over time.
synonyms: - levels - concentrations
- build up - increase
paraphrase:- Concentrations increase over time.
- B. 1. Reports coming out that fluoride is a very noxious material are extremely disturbing.
2. Whether or not fluoride fights cavities is less important than the list of health problems connected to fluoride that continue piling up.

Step 5

- A. 1. The most ALARMING thing is the INFORMATION coming out showing that fluoride is an extremely POISONOUS material.
2. Health ISSUES connected with fluoride are ACCUMULATING, raising concerns much more SERIOUS than whether or not it fights cavities.
- B. 1. Reports coming out that fluoride is a very noxious material are extremely disturbing.
2. Whether or not fluoride fights cavities is less important than the list of health problems connected to fluoride that continue piling up.

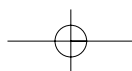
Step 6

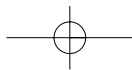
1. Although the word fluoride has made its way into everyday usage, evidence about its toxic properties continues to grow.
2. Not only have the benefits of fluoride in regards to fighting tooth decay been questioned, but many are asking if its causing serious harm.

Practice 4

Step 1

There is, however, a major difference between marijuana and hemp that can be observed scientifically.





Step 2

- A. 1
- B. 1
- C. Scientific studies can reveal a key difference between marijuana and hemp.

Step 3

Reasons why hemp should not be banned scientific data:

- i) tests show hemp is NOT A DRUG

industrial hemp:

- i) hemp in fact a natural RAW MATERIAL
- ii) great number of commercial APPLICATIONS

mistaken perception something of the past:

- i) growth of hemp PRODUCTS in the marketplace
- ii) CURRENT LAWS making hemp products legal

Step 4

- A. great number of commercial applications
synonyms: - great number - wide variety
- applications - uses
paraphrase: - a wide variety of commercial uses
- B. current laws making hemp products legal
synonyms: - current laws - laws in effect right now
- legal - okay under the law
paraphrase: - laws in effect right now making hemp okay under the law

Step 5

- A. 1. Marijuana can ONLY be used as a drug, but hemp is a RAW MATERIAL with a LARGE NUMBER of industrial uses.
- 2. The MOST RECENT to TAKE ADVANTAGE OF hemp production is the health food BUSINESS.
- B. 1. Hemp is a raw material with a wealth of business applications, but marijuana is just a drug.
- 2. The health food industry is the latest to capitalize on hemp production.

Step 6

- 1. The health food industry has recently begun taking advantage of hemp as a healthy, protein-rich food source.
- 2. Though often confused for one another, hemp's usefulness in industry and commerce stand in contrast to marijuana, which is used as a drug.

Skill C

Practice 1

Step 2

Five — four — three — two — one. The home team scores the final basket and wins!!" The entire crowd at the stadium jumps up in excitement. Unfortunately, you couldn't see what happened. You were sitting too far away. It's true that attending a live basketball game is exciting, but watching a game on TV can be more gratifying.

Watching a sporting event on television is more enjoyable than watching one live because you can see all of the action clearly. First, the television cameras allow a person to see every shot and play easily. How many times have you gone to a sporting event and not been able to see what is happening? Unless you buy very expensive tickets, chances are you will not be able to see very well. Television, however, allows a viewer to see the plays from a close distance. Television also has the benefit of replays. Imagine you get up to go to the kitchen and miss a big point. If you inadvertently miss a play, you will have the chance to see it again. Television channels almost always put up a replay after a big point.

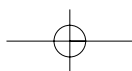
By and large, attending a live event can be exhilarating, but there are reasons that watching the same event on television is preferable. Assuredly, it is much easier to view the game on television. The next time you have to decide whether to watch a game on TV or go to see it in person, I suggest you watch it on television.

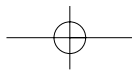
Step 3

- 1. It's true that attending a live basketball game is exciting, but watching a game on TV can be more enjoyable.
- 2. Watching a sporting event on television is more enjoyable than watching one live because you can see all of the action clearly.

Step 4

- 1. The writer supports the view that watching events on television is better than attending the same event in person.
- 2. The writer supports his point by stating that it is easier to see the action of an event on television. It is easier to see because the television cameras provide closer viewing distance. The cameras also





provide the opportunity to see a replay of the exciting action in case a viewer misses the play.

3. Yes. The writer briefly mentions that watching a game live can be “exciting.”
4. The main idea of the conclusion is that even though attending a live event can be exciting, there are reasons that watching the same event on TV can be better. The author restates that being able to see the action clearly is the main reason for preferring to watch an event on television.

Practice 2

Step 2

Most people have a number of friendships in their lifetimes. Our parents often pick our friends when we are children. When we become adults, we usually pick our own friends. These friends may be similar to us or different. Friends who are similar may share the same ideas and participate in the same activities. Those who are different may have opinions and hobbies that differ from ours. As adults, we pick our friends for various reasons. Personally, I prefer friends similar to myself.

I have had friendships with people who are both similar to me and different. Friendships with people similar to me are more satisfying. They also last longer. My friends who are similar share many of my ideas. We have the same opinions and seldom disagree. Friendships with similar people are easy, predictable, and familiar. We often go places together, and enjoy many of the same activities. It is easy to get to know and understand each other. They make me happy. Friends similar to me often become like family. They are an important part of my life. For example, I have learned that traveling with someone who shares my ideas and interests is much more fun than traveling with someone who is different. I recently traveled with a friend who, like me, loves photography. We had a great time taking pictures together. We talk about our vacation quite often. Our similar interests have resulted in happy memories for both of us.

Of course, not everyone wants friends who are similar. Some people prefer friends who have different conceptions of life. These friends are less predictable and may seem mysterious and enigmatic. The types of friends you

choose, similar or different, are up to you. The important thing is that these friends make you happy, and you enjoy spending time with them.

Step 3

1. Personally, I prefer friends similar to myself.
2. Friendships with people similar to me are more satisfying.

Step 4

1. This essay supports the “I prefer friends similar to myself” side.
2. The writer gives the example of traveling with a friend who also likes photography.
3. Yes. Some people prefer friends who have different conceptions of life.
4. You should choose friends that make you happy. It does not matter whether they are similar to or different from you.

Skill D

Thesis Statements

Step 1

Question 1: Although some disadvantages exist, I support the building of the large factory because it will have a positive influence on my community.

Question 2: I believe that luck can be a factor, but my own personal success has certainly come due to my hard work as I will explain in this paper.

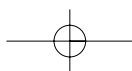
Question 3: I believe that the Earth is being harmed by human activity, because some activities cause pollution.

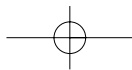
Question 4: I prefer to spend most of my time alone rather than with friends, because I can do the things that I like to do.

Step 2

Question 1: experience

Sample thesis statement: While winning a game is quite enjoyable, I find that games can be enjoyable despite a losing outcome.



**Question 2:** opinion

Sample thesis statement: In my opinion, high school students should be forced to study certain core subjects whether they want to or not.

Question 3: opinion

Sample thesis statement: I think a good co-worker should be honest, hard working, and easygoing.

Question 4: experience

Sample thesis statement: I learned a lot about Japanese culture after watching the movie *Memoirs of a Geisha*.

Topic Sentences**Step 1****Question 1**

- (3) Playing a sport like tennis teaches a person that qualities such as patience, assertiveness, and hard work are important.
- (1) I can say from personal experience that playing games certainly teaches us about life.
- (2) Of the different types of games, I believe that sports games can best teach us important lessons about life.

Question 2

- (2) The bicycle I got for Christmas when I was 13 years old was the most special present I ever received.
- (1) A special gift is something that everyone remembers, and I will certainly always remember my most special present.
- (3) The reason I remember my bicycle so well is because I was able to pick all of the individual parts used to make it.

Question 3

- (2) Regular exercise benefits more than just the student's body.
- (1) In my opinion, physical exercise should be a required part of each school day.
- (3) In fact, researchers have found that students who exercise every day often earn higher grades than those who do not.

Question 4

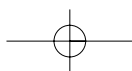
- (3) For example, my parents taught me to always be kind and honest with other people.
- (2) My parents have taught me more than just history, math, or other subjects taught in school.
- (1) In my experience, my parents were the best teachers for me.

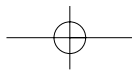
Vocabulary Review**Review 1**

- | | | |
|-----------------|------------------|-------------|
| 1. (D) | 2. (B) | 3. (A) |
| 4. (C) | 5. (A) | 6. (C) |
| 7. (B) | 8. (A) | 9. (B) |
| 10. (D) | 11. (A) | 12. (A) |
| 13. (D) | 14. (B) | 15. (C) |
| 16. controversy | 17. regarded | 18. make up |
| 19. significant | 20. psychoactive | 21. (C) |
| 22. (A) | 23. (E) | 24. (D) |
| 25. (B) | | |

Review 2

- | | | |
|---------------|-------------------|-----------------|
| 1. (D) | 2. (C) | 3. (A) |
| 4. (B) | 5. (A) | 6. (C) |
| 7. (A) | 8. (D) | 9. (C) |
| 10. (A) | 11. (C) | 12. (A) |
| 13. (C) | 14. (C) | 15. (A) |
| 16. asserted | 17. bond | 18. determining |
| 19. reputable | 20. repercussions | 21. seldom |
| 22. neglect | 23. quota | 24. embrace |
| 25. pamper | | |





Chapter 2

Skill A

Practice 1

Step 1

Anxiety is a very complex and mysterious mental disorder based on Freudian theory. Though a variety of models to explain anxiety exist, most agree that a combination of biological, psychological, and social factors are involved.

Sigmund Freud suggested that anxiety results from internal, unconscious conflicts. He believed that a person's mind blocks uncomfortable wishes and fantasies. These thoughts are blocked by a person's id, ego, or superego. This blocking, Freud believed, results in anxiety disorders, also called neuroses.

Recently, behavioral researchers have challenged Freud's model of anxiety. They believe one's anxiety level is related to feelings of control. For example, children who have little control over events, perhaps because of overprotective parents, may have little confidence in their ability to handle problems as adults. This lack of confidence can lead to increased anxiety. Behavioral theorists also believe that children may learn anxiety from a role model, such as a parent. By observing a parent's anxious response to challenging situations, a child may learn a similar anxious response.

Step 2

- Not all feelings of nervousness and anxiety are because of MENTAL DISORDERS
 - ANXIOUSNESS NORMAL BEFORE STRESSFUL EVENTS
 - EXAM
 - WEDDING DAY

Step 3

Lecture

- not all anxiety indicates a disorder
- nervousness is a normal reaction to stressful events like exams and weddings

Reading

- Anxiety is caused by a mental disorder.
- Freud thought these mental disorders were caused by unconscious conflicts in the patient's mind.
- Behavioral theorists think these disorders are learned from role models.

Step 4

The lecturer states that there are several schools of thought regarding anxiety and mentions Freudian and Behaviorist theorists. The lecturer asks the students whether some symptoms of a mental disorder may just be reactions to everyday living. (1) First of all, they look at some examples. (2) Following this, she asks the students whether they have ever felt anxiety before an exam. The lecturer tells them that this is a very normal reaction and does not necessarily indicate a mental disorder. Another example given is the lecturer's own wedding day. The lecturer states that she felt sick and nervous. (3) Again, this is a normal reaction to that situation and does not imply any kind of mental disorder, as Freud would suggest. (4) In conclusion, the lecturer argues that while some feelings of anxiety in certain situations may be unusual and indicate a disorder, not all feelings of anxiety should lead one to this conclusion.

Practice 2

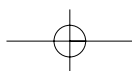
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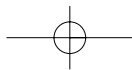
Our planet is getting warmer. Observers fear that this phenomenon, called "global warming," can result in catastrophic weather changes.

For years, environmentalists have argued that gas emissions from human industry cause global warming. These gases, like carbon dioxide, are emitted from factories and cars and then build up in Earth's atmosphere and prevent heat from radiating into space. The heat remains trapped like in a greenhouse, and the world grows warmer. Consequently, many scientists call this phenomenon "the greenhouse effect."

The US is responsible for almost 25% of all greenhouse-gas emissions. Despite this, they refuse to sign the Kyoto Protocol. This is an international treaty designed to cut down on emissions. The US government contends that increased temperatures are a natural phenomenon, not a man-made one.

Scientists, in contrast, provide proof linking global warming to greenhouse-gas emissions. Using computer models, satellites, and data from buoys, they conclude that up to 90% of the warming caused by greenhouse gases is absorbed by the world's oceans. Seven million recordings





of ocean temperatures from around the world support this contention.

Step 2

- Opponents of environmental lobby believe GLOBAL WARMING IS NOT MAN-MADE
 - NATURAL DISASTERS AND WILD WEATHER AROUND FOR MILLENIA
 - EL NIÑO CAUSES FLOODING, HURRICANES
 - LIMITING GAS EMISSIONS TOO EXPENSIVE

Step 3

Lecture

- global warming natural
- ex. El Niño causes extreme weather
- cutting gas emissions expensive and unnecessary

Reading

- man-made gases cause global warming and dangerous weather changes
- many countries agreed to cut gas emissions
- evidence from computer models, satellites, and buoys supports global warming

Step 4

The lecture contradicts the claim made in the reading that global warming is caused by man-made gas emissions. The speaker mentions the argument that most scientific studies done on global warming are too limited in scope to prove that greenhouse gases are responsible for warming the planet. (1) In other words, such studies offer insufficient proof. (2) On the other hand, the reading asserts that scientists now have excellent proof that greenhouse gas emissions have caused a significant rise in ocean temperatures.

The reading states that factories and car exhausts emit gases like carbon dioxide. It claims these gases trap heat within the earth's atmosphere, causing global warming. (3) In opposition to this, the speaker presents the argument that global warming could easily be a natural phenomenon. To support the argument, the speaker alludes to the example of the El Niño phenomenon. (4) According to the speaker, El Niño is a weather phenomenon that causes terrible storms, floods, and droughts. This occurs due

to the rise in ocean temperatures and changes in wind direction it brings about. Clearly, the debate surrounding global warming will not be easily resolved. At least, not until indisputable proof is found that human-made gas emissions cause ocean and air temperatures to increase.

Practice 3

Step 1

The current supply of water in the world is shrinking. According to experts, the world will have to change the way it consumes food if the water shortage continues to be a problem. The effects of water shortages on food production are clear. Growing food, in the form of plants and animals, uses about 70% or more of all the water we use. Reducing the amount of water needed for growing food will be necessary to maintain current levels of food production. When considering that a kilogram of grain-fed beef needs at least 15 cubic meters of water, or a kilo of cereal needs between 0.4 and 3 cubic meters, it is clear that large amounts of water are necessary for producing even small amounts of food. With worldwide shortages of water, it is clear that we must find a way to conserve water to maintain food production and healthy diets.

Step 2

- There are things all people can do to CONSERVE WATER
 - FIX LEAKING FAUCETS
 - TURN OFF WATER WHILE BRUSHING TEETH
 - TAKE SHORTER SHOWERS

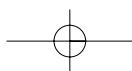
Step 3

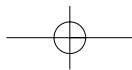
Lecture

- water consumption very important
- all people can help conserve water
- people can easily use less water at home

Reading

- Earth's supply of water decreasing
- producing food uses 70% of our water supply
- new ways to conserve water must be found





Step 4

There are many things that people can do at home every day to reduce water consumption. In particular, it is important not to waste water as we do daily activities at home. (1) For example, when we brush our teeth, it is smart to turn off the water while we are not using it. We can also reduce the length of our showers or fix a leaky faucet in order to conserve more water. (2) In fact, many of the things we can do to reduce water consumption are not difficult and can have a large impact on the world's water supply.

Limiting our waste of water is particularly important when we consider that there is a worldwide shortage of water. This water shortage puts the production of foods like meat and dairy products in danger. (3) As mentioned in the reading, seventy percent or more of all of our water use is invested in the growth of these products. If we don't find a way to reduce our water consumption, it is likely that there will not be enough water to sustain the production of meats, dairy products, or even fruits and vegetables in the future. (4) Therefore, we should be conscientious of our water consumption and waste so that there is enough left over to ensure that our food production can be sustained for future generations.

Practice 4

Step 1

It seems impossible to predict which new technologies will become part of everyday life in the future. Some of the most famous innovations, like the Internet or text messaging on cellular phones, have exceeded initial expectations and become essential to modern life. Other technologies, though accompanied by great excitement and bold predictions when released into the marketplace, end up disappearing. Betamax VCRs are a good example. Though Betamax boasted superior technology to VHS, they sold far fewer units and lost their market share. Another problem is that sometimes a technology is so hyped by the media that it cannot possibly meet the advertised expectations. The Segway has already become a case study in this kind of disappointment. Touted as the next civilization-changing innovation, the Segway promised to revolutionize transportation. The public was asked to wait and see what this mystery invention

would look like! When this odd-looking little vehicle finally arrived, people asked a biting question. So what? That question remains unanswered.

Step 2

- The HYPE CYCLE is a pattern in the way new technology enters the marketplace
 - SCIENTIFIC BREAKTHROUGH OR EVENT GAINS ATTENTION
 - PRODUCT GETS MOST PUBLICITY
 - IDEA DOESN'T LIVE UP TO ITS PROMISE
 - REACHES MAINSTREAM

Step 3

Lecture

- hype cycle
- new products get publicity, but disappoint expectations
- products eventually reach mainstream market

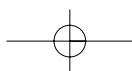
Reading

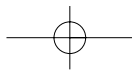
- difficult to predict which products will be successful
- good products sometimes fail
- over-hyped products can disappoint buyers

Step 4

(1) From time to time, new ideas in technology are released onto the market. Some ideas sell much better than expected. Others fail to meet expectations and fade into obscurity. The Hype Cycle for technology explains those trends through a process where an idea is introduced, hyped, becomes very popular, almost disappears, and finally comes back into the mainstream. (2) First of all, some new technologies, like the Internet, have become surprisingly successful. The Hype Cycle suggests that they were probably given a lot of attention at the beginning, but failed to deliver on promises. Then they fell into unpopularity. Soon, though PCs brought the Internet into our homes, a development that pulled the Net into mainstream use.

(3) Finally, the Segway is possibly following that same cycle. In the beginning, it was given a lot of attention and everybody was talking about it. The public's disillusionment with this machine was quite strong. (4) However, this all happened a short time ago, so maybe the Segway needs a new marketing idea or some other technological change





in order to enter the mainstream. Companies can now quite confidently expect the ideas they introduce to be very popular in the short term, pass through a phase of unpopularity, and then usually enter the mainstream in the long run.

Skill B

Practice 1

Step 2

Introduction: E, F, B, C, A, D

Transitions: In the past, once, for example, since

Body: G, D, B, E, F, C, A

Transitions: For example, in the past, today, since

Conclusion: B, C, D, A

Transitions: In conclusion, consequently, for that reason

Practice 2

Step 2

Introduction: D, C, B, E, A

Transitions: In fact, however

Body: F, A, C, B, D, E

Transitions: Second, so, first

Conclusion: C, E, A, D, B

Transitions: In sum, furthermore, however

Practice 3

Step 3

Introduction: D, A, C, B

Transitions: For this reason, while, these days, hence

Body: C, A, F, B, E, G, H, D

Transitions: However, as a result, in addition, second

Conclusion: C, A, D, B, E, F, G

Transitions: Furthermore, although, in short

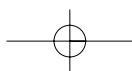
Vocabulary Review

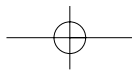
Review 1

- | | | |
|----------------|------------------|------------------|
| 1. (B) | 2. (A) | 3. (D) |
| 4. (A) | 5. (C) | 6. (C) |
| 7. (A) | 8. (B) | 9. (D) |
| 10. (B) | 11. (B) | 12. (D) |
| 13. (A) | 14. (B) | 15. (D) |
| 16. (A) | 17. (D) | 18. (C) |
| 19. (C) | 20. (B) | 21. (D) |
| 22. (A) | 23. (A) | 24. (D) |
| 25. (B) | 26. (A) | 27. (C) |
| 28. (D) | 29. (B) | 30. (D) |
| 31. plagued | 32. lobby | 33. climatic |
| 34. contention | 35. limited | 36. indisputable |
| 37. droughts | 38. catastrophic | 39. phenomena |
| 40. urgency | 41. function | 42. scope |
| 43. upheaval | 44. breakthrough | 45. faucet |
| 46. (S) | 47. (S) | 48. (O) |
| 49. (O) | 50. (O) | |

Review 2

- | | | |
|-----------------|--------------|-----------------|
| 1. (B) | 2. (D) | 3. (B) |
| 4. (C) | 5. (D) | 6. (B) |
| 7. (A) | 8. (B) | 9. (B) |
| 10. (D) | 11. (A) | 12. (B) |
| 13. (A) | 14. (C) | 15. (A) |
| 16. (D) | 17. (A) | 18. (A) |
| 19. (B) | 20. (D) | 21. (B) |
| 22. (D) | 23. (D) | 24. (A) |
| 25. (A) | 26. (B) | 27. (A) |
| 28. (A) | 29. (C) | 30. (D) |
| 31. convenience | 32. packaged | 33. ingredients |
| 34. source | 35. dough | 36. shredded |
| 37. diced | 38. modest | 39. apt |
| 40. premier | 41. up | 42. off |
| 43. off | 44. out | 45. so |
| 46. (C) | 47. (D) | 48. (E) |
| 49. (B) | 50. (A) | |





Chapter

3

FOCUS A - Verb Forms

Verb Tense

Exercise 1

1. I believe that reading both nonfiction and fiction books can be educational. When I read nonfiction books, I can learn information about important historical figures, information about the environment and animals, and information about countries of the world. I had long known about the educational benefits of nonfiction when my English teacher introduced me to the benefits of reading fiction. For example, when I read fiction, I learn many new vocabulary words and develop my reading comprehension skills. Although I learn more facts from reading nonfiction, I think fiction helps me more because it helps me be a better student. Therefore, I strongly recommend that students read both fiction and nonfiction.
2. In the lecture, the professor states that there are several schools of thought on the problem of anxiety. He then questions whether some symptoms thought to indicate a mental disorder may in fact be healthy reactions to everyday stress. As an example, he states that it is normal for students to feel anxiety before exams. Another example given is the lecturer's own wedding day. He states that he felt sick and nervous before the ceremony. Again, this kind of reaction to a stressful situation is normal and does not imply any kind of mental disorder. At the conclusion of the lecture, the professor advises that students be careful when using feelings of anxiety to diagnose mental disorders.

Exercise 2

A.

- | | | |
|-----------|--------------|--------------|
| 1. are | 2. extracted | 3. continued |
| 4. causes | 5. poison | |

B.

- | | | |
|------------|------------|-------------|
| 1. include | 2. promote | 3. doing |
| 4. watch | 5. be | 6. outweigh |

Modal Verbs

Exercise 1

1. Life may exist on Mars.
2. Based on evidence from satellites, Mars must have been a warm planet long ago.
3. We should study Mars to see if life ever existed there.
4. Humans may need to live on Mars in the future.
5. Humans must have water and air to live.
6. I am sure that if we study Mars, we will learn how humans can live there.
7. Our great, great grandchildren may live on Mars someday.
8. We can learn if life exists on other planets.

Exercise 2

- | | | |
|----------|----------|---------|
| 1. could | 2. will | 3. will |
| 4. can | 5. would | 6. may |
| 7. will | 8. could | |

Present Participle vs. Past Participle

Exercise 1

A.

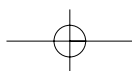
- | | | |
|--------------|--------------------|----------------|
| 1. make | 2. respect | 3. are treated |
| 4. considers | 5. is investigated | |

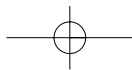
B.

- | | | |
|---------------|----------|-------------------|
| 1. are gained | 2. read | 3. are encouraged |
| 4. engage | 5. learn | |

Exercise 2

- | | | |
|---------------|--------------|---------------|
| 1. discussing | 2. sold | 3. buying |
| 4. gained | 5. upsetting | 6. complained |
| 7. ate | 8. given | 9. achieved |
| 10. satisfied | | |





FOCUS B - Sentence Formation

Noun Clauses

Exercise 1

- C 1. It is important that people relieve the stress in their lives.
- C 2. I believe that reading is one way to relieve stress.
- IC 3. I told her which problems does reading help me forget about.
- IC 4. She is the author whose books helps me relax.
- C 5. Many people believe that exercise helps relieve stress.
- C 6. The fact that running relieves stress is well-known.
- C 7. Many people agree with the idea that running makes them forget about their problems.
- IC 8. Doctors suggest that everyone under heavy stress exercises at least three times per week.

Exercise 2

- It is suggested by research that Mars is likely able to support life.
- It is true that there used to be water on Mars.
- What scientists argue is that the same chemical elements found in living organisms on Earth were found in the Martian meteor.
- The problem is that scientists may have contaminated the Martian meteor.
- If the meteor has been contaminated, the evidence for life on Mars may not be valid.

Subordinating Conjunctions

Exercise 1

- A person who doesn't smoke cigarettes may involuntarily inhale smoke when someone they sit next to lights up.
- Since this isn't right, smoking must be banned in public.
- Now, an unhealthy smoker enjoys his or her rights whenever he or she wants.

- After smoking is banned in public, healthy people will be able to enjoy their rights.
- As soon as smoking is banned in public, more people will be healthy.
- Although smokers will lose their rights to smoke in public, they can still smoke in private.
- All nonsmokers will be happy when smoking is banned in public.
- You must agree to ban smoking in public if you want to be healthy.

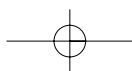
Exercise 2

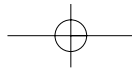
- Today, food is easier to prepare because it comes packaged and ready to use.
- When you had to prepare all the fresh ingredients yourself, pizza took many hours to cook.
- For example, in the past you would have to make your own dough, whereas today, you can buy dough already in the shape of a pizza crust.
- Although we don't use many fresh ingredients anymore, we're still better off.
- Even if food is less healthy today because it is packaged, we still save more time by using it.
- Since we save time, we can do other things we enjoy.
- While packaged food is easier to use, some people still prefer to make food from scratch as a hobby.

Parallel Structure

Exercise 1

- NP 1. To spend time alone is good, but I prefer spending time with friends.
- NP 2. I feel excited and alive when I spent time with friends.
- NP 3. My friends are always fun and entertain.
- P 4. We often play games, listen to music, and go to movies.
- NP 5. To get in touch with each other, we send an email or text messaging.
- P 6. It is good to be with friends to have fun but not to get homework finished.





NP 7. When I have too much homework, I have to call my friends and not hanging out with them.

NP 8. When I spend time alone, I am working or do homework.

P 9. When I am stressed out, my friends help me feel better by listening to me vent my frustration, anger, and resentment.

P 10. My friends and I aren't related, yet they feel like family to me.

4. To spend time alone is good, but I prefer spending time with friends.

Spending time alone is good, but I prefer spending time with friends.

5. My friends are always fun and entertain.

My friends are always fun and *entertaining*.

6. To get in touch with each other, we send an email or text messaging.

To get in touch with each other, we send an email or a *text message*.

7. When I have too much homework, I have to call my friends and not hanging out with them.

When I have too much homework, I have to call my friends and not *hang* out with them.

8. When I spend time alone, I am working or do homework.

When I spend time alone, I *work* or do homework.

Exercise 2

1. My friends are as important as family.

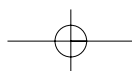
My friends are as important as *my* family.

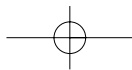
2. Spending time with my friends and be with my family are the two most important things in my life.

Spending time with my friends and *being* with my family are the two most important things in my life.

3. Making good friends is as important as to make good grades.

Making good friends is as important as *making* good grades.





Practice Test

Sample Responses

Task 1

The lecture and the reading both offer some evidence for the possibility of life on Mars. To begin with, we know that there used to be water on Mars. That water could have sustained life. Also, Mars was probably a warm planet billions of years ago. The combination of water and warm temperatures would be suitable for life on that planet. The focus of the material was on new information about the possibility of life on Mars. Scientists found a meteor in Antarctica and analyzed its contents. They found some of the same chemical elements in the meteor as they have found in living organisms on the Earth. If these elements came with the meteorite from Mars, they could prove the existence of early life on Mars. The problem is that the scientists may have contaminated the meteor while handling it, for example, in the laboratory. Alternatively, the meteorite may have become contaminated when it struck the Earth. If the meteorite became contaminated in any way, the new evidence for life on Mars may not be valid. The lecturer mentions that evidence may become contaminated quite easily, and it is a common problem. However, the scientists still must determine if their evidence is actually trustworthy.

Task 2

In many societies, smokers have enjoyed great freedom. They could smoke wherever they wanted to, and non-smokers had to tolerate it. Nobody thought to question the smokers' rights to their cigarettes. This trend is changing, and I am very happy about it. Smoking must be banned in public because it harms the health of others, and it is a fire hazard.

First of all, passive smoking is a big problem. Family members, coworkers, friends, and even just nearby strangers have to share a smoker's cigarette smoke with that person. It's time to forget about the rights of an addicted minority, smokers, and respect the rights of the strong people who have chosen to be healthy by not smoking. In the past, smokers told non-smokers who complained to go somewhere else. Nowadays, the tables have turned, and smokers are being sent outside instead. Society is starting to realize that although smokers have a right to smoke, they don't have a right to force others to smoke. It's a basic issue of maintaining control over our own bodies.

Secondly, cigarettes are a terrible fire hazard. Many smokers are very careful to put out their cigarettes responsibly. However, many just throw them anywhere they please, starting grass fires and chemical fires that spread destruction. Even the most careful smoker can fall asleep or get drunk and careless. Any use of fire must be very carefully regulated in public. Because cigarettes can so easily start fires, it's time to restrict their use in public.

Smokers can do what they like to their own lungs and bodies. They can't do what they like to the health of the non-smokers around them. We also need to think carefully about public safety. Fires claim a lot of lives each year. There is no defensible reason for smokers to smoke in public, so it should not be allowed.

