

WORKBOOK AUDIO SCRIPTS

Lesson 1.3, page 6, Exercises 1A and 1B

- Carrie** Well, that was a pretty interesting program. Turns out there's a lot I didn't know about facial recognition technology.
- Paul** I know, right? It's pretty cool. I want to try that app they were talking about – the one that can tell you how you're feeling.
- Carrie** Which one?
- Paul** You know, the one that analyzes your face and reads your emotions.
- Carrie** What do you need that for? Don't you know if you're happy or sad?
- Paul** Yeah, but it could be entertaining.
- Carrie** I can see how it might be fun, but it seems kind of silly.
- Paul** OK, the app has finished downloading. Say "cheese!"
- Carrie** Hey! I wasn't ready for that.
- Paul** Don't worry, Carrie, I'm not going to post it or anything. OK ... the app says ... you're annoyed.
- Carrie** Well, yeah, I don't like having my picture taken.
- Paul** Sorry. Hey, remember how you thought Steve was mad at you the other day? You could have taken his photo to find out for sure.
- Carrie** I guess so, but I think I'd rather just ask him. Anyway, I'm not sure how I feel about facial recognition stuff.
- Paul** Why? It's great! It helps police find criminals, and you can use it to lock and unlock your phone for extra security. It's better than a four-digit code.
- Carrie** I get where you're coming from, but there are problems with the technology. Remember – the guy on the show said you can fool it. He said that someone was able to unlock a phone by using a photo of the owner's face.
- Paul** It's a valid point, but still ...
- Carrie** And I read the other day that someone can take a picture of you, compare it with social networking profile photos, and find out who you are.
- Paul** I hadn't really thought of it like that. That's pretty scary.
- Carrie** Yes, it is. I don't want strangers knowing my name and where I live.
- Paul** Neither do I. But if it can help catch criminals, I think it's pretty useful technology. Plus, this app is pretty cool. I'm going to go across the hall and find out how Mark is feeling today.

Lesson 2.3, page 14, Exercises 1A and 1B

- Sam** Hey, Cathy, I just heard that some of the businesses in the building are going to start a soccer league. Each business is going to have its own team. They're having try-outs all week long. Do you want to do it?
- Cathy** I don't know, Sam. Maybe.
- Sam** Why not? You're great at soccer.
- Cathy** Well, you know that, and I know that, and our weekend soccer team knows that, but everyone else doesn't.
- Sam** They'll see how good you are when you start playing, though.
- Cathy** I guess so. I just dread joining sports teams with new people.
- Sam** Why?
- Cathy** Because ever since I was little, I was labelled "the smart kid." To top it off, I didn't look like an athlete – I was short and a little overweight, so I didn't really fit in with the kids who were good at sports. So, whenever I tried out for a sport, I would have to try extra hard. It was like they couldn't see I was good at sports because they just saw what they expected to see.

- Sam** I can relate to that. I was always running up against narrow-minded people, too. They would always think I couldn't be smart because I *did* look like an athlete. A couple of my teachers actually accused me of cheating when I got good grades.
- Cathy** Wow, that's awful. That reminds me of the time when I scored four goals in one soccer match. I felt so proud of myself, and then someone told me that I wasn't good at soccer. I just had a lucky day. Kids can be so mean, can't they?
- Sam** Tell me about it! They can be awful. But no one here will be like that. I really think we should both try out for the team.
- Cathy** Well, OK. If you're going to do it, too. But I can't do it today. I have so much work to do.
- Sam** Same here. I'm going to be here until 9:00 at least, and I worked all weekend. I need a vacation.
- Cathy** I know exactly what you mean. I worked all weekend, too. I need a break, so I'm going to the beach this weekend.
- Sam** What a coincidence! I'm going to the beach this weekend, too!

Lesson 3.3, page 22, Exercises 1A and 1B

- Zach** Hey, Serena, you had a meeting with your boss yesterday, right?
- Serena** Yeah, I wanted to ask for a raise and a promotion.
- Zach** How did it go?
- Serena** Oh, Zach, it was a total disaster!
- Zach** I'm sure it just felt that way. What happened?
- Serena** Well, first I was fifteen minutes late for the meeting because another meeting ran long. She hates it when people are late for meetings.
- Zach** I'll bet she didn't even notice. Anyway, she probably knew that you were in another meeting.
- Serena** Maybe, but when I finally did get to her office, I realized that I'd forgotten something that I wanted to show her. I'd summarized all of the projects that I'd done over the past year – you know, the goal of the project, how I worked to achieve the goal, the final outcome – all that stuff. I'd left it at home! I just couldn't believe this was happening!
- Zach** Oh, no! Everybody forgets things now and then. But you probably remembered a lot just from putting that together. So, you could have just told her about all of those projects.
- Serena** Well, that's what I did, but you haven't heard the worst part yet. I was so flustered that I knocked her phone off of her desk and the screen cracked! I mean, it was already cracked, but I cracked it more.
- Zach** Oh no! You poor thing. I'm sure she wasn't too mad about that. It's not like it wasn't already damaged.
- Serena** She was pretty gracious about it, but still ...
- Zach** So, did you ask for a raise and a promotion?
- Serena** Yes, I did. She said she'd get back to me next week.

Lesson 3.3, page 22, Exercise 2A

- Mona** Hi, honey, how did your meeting with your boss go?
- Serena** Not great.
- Mona** Why, what happened?
- Serena** First, I was a little late. Then I forgot something that I wanted to show my boss. Then I knocked her phone off her desk and made the crack on her screen bigger. I wish that I'd stayed in bed today.
- Mona** I think you're blowing it out of proportion. You might not get your promotion and raise this time, but you'll have other chances. Try again in a few months.
- Serena** OK, Mom.

Lesson 4.3, page 30, Exercises 1A and 1B

Samantha We're continuing on the topic of eye health this week and today's guest is Dr. Ryan Chang. Welcome to the show, Dr. Chang.

Dr. Chang Thanks, Samantha. Please, call me Ryan.

Samantha OK, Ryan. So last week, we learned that looking at screens won't necessarily damage our eyes. But can you tell us what activities *can* be harmful to our eyes?

Dr. Chang That's a great question, Samantha. There are several very common activities and habits that can be damaging to the eyes. Probably the easiest to overlook is going outside without eye protection in the form of a good pair of sunglasses. Going without eye protection now and then won't hurt your eyes, but exposing your eyes to the sun on a regular basis can have a major impact on eye health. It can lead to certain eye diseases, cancer, or general damage to your vision.

Samantha So it must be really important to wear sunglasses in the summertime.

Dr. Chang Well, yes, but wearing eye protection in the summer is not enough. It really comes down to protecting your eyes from the sun at any time of year. In fact, you may be more at risk in the winter if you live in a place where it snows. Sunlight can reflect off of snow and double the damaging rays that enter your eyes.

Samantha I see. So, does it matter what kind of sunglasses you wear?

Dr. Chang The key to protecting your eyes effectively is making sure that your sunglasses offer UV protection. Not all sunglasses do, so make sure you check before you buy a pair of sunglasses. Look for a sticker that says "100% UV protection."

Lesson 4.3, page 30, Exercise 1C

Samantha That's very helpful advice. What are some other things that can damage our eyes?

Dr. Chang Well, a common habit that you might not realize is harmful is rubbing your eyes. It's tough not to rub your eyes if allergies are making them itch, but it's important to leave them alone.

Samantha Why is rubbing your eyes harmful? Is it because you can scratch the surface of your eyes?

Dr. Chang That's definitely one reason. If your eye is itchy because something is stuck in it, rubbing your eye can cause scratches and further irritation. However, there's considerably more to it than just scratching your eyes. For example, your hands come into contact with germs all day, so rubbing your eyes with your fingers can cause eye infections.

Samantha That makes sense.

Dr. Chang If you rub your eyes a lot, you could actually wear down your corneas—those are the outer layers of your eyes. If this happens, you'll damage your vision and might even need surgery. And if you already have certain eye conditions like glaucoma or myopia, rubbing your eyes can make them much worse, and perhaps cause you to lose your vision permanently.

Samantha That's scary. I'm never going to rub my eyes again!

Dr. Chang Good! But for your listeners who aren't scared by the thought of damaged vision and eye surgery, maybe this will get them to stop rubbing their eyes: it can affect your looks!

Samantha Really? How?

Dr. Chang Eye rubbing can cause blood vessels around your eyes to break, leading to red, bloodshot eyes and dark shadows under your eyes.

Samantha No one wants that!

Dr. Chang No, definitely not. The issue is pretty straightforward, really. The truth of the matter is you should touch your eyes as little as possible.

Lesson 5.3, page 38, Exercises 1A and 1B

Leah Hi, everyone. Thanks for coming to this meeting today. As you may have noticed, other departments in this company have started allowing people to work from home a few days a week. I thought that this might hurt productivity, but as it turns out, it has had the opposite effect. As a result of working remotely, employees in those departments have increased their productivity by thirty percent. In addition, employees seem to be happier thanks to the fact that they no longer have to commute every day. For these reasons, I'd like to introduce the possibility of working remotely in our department. In the past twelve months, productivity in this department has steadily decreased. Due to our decreasing productivity over the past year, I really think that we need to make a change in our department, but I'd like to hear your thoughts on the matter ... Jack, what do you think?

Jack Well, Leah, I think it's a great idea. Even though we have short walls separating our work stations, I can hear everything that goes on around me during the work day. As a result of this, I have a difficult time concentrating. Owing to the fact that I can't concentrate during the work day, I often have to stay after hours to finish my work. Working from home sounds like a great solution to my problem.

Leah Thanks, Jack. That's a very good point. Fatima, do you want to add to that?

Fatima Yes, thanks. I agree with Jack. I would be able to concentrate better at home. Also, I live more than thirty minutes away from the office. I often have to leave work to pick my children up from school or take them to doctor's appointments. As a result of this, I end up spending a lot of time driving back and forth from my home to the office. If I worked from home, I think I would spend less time on the road and more time working.

Leah That's another great point. Thanks, Fatima. Does anyone else have anything to add? Go ahead, Martin.

Martin I live over half an hour from the office, too, but what happens when we need to have a meeting? We've tried having video meetings before, but due to our Internet connection problems, they don't always work.

Leah Yes, I was wondering about that, too, but if we go forward with this plan, we're going to work on improving that.

Lesson 6.3, page 46, Exercises 1A and 1B

Matthew I'm your host Matthew Long, and today we're talking about the Maker Movement. My guest today is Lila Marcus, jewelry designer and ceramics artist. Welcome to the show, Lila.

Lila Thanks. I'm glad to be here.

Matthew So, Lila, what exactly is the Maker Movement?

Lila Well, first let's talk about what a maker is. A maker is simply someone who makes things. A maker can make clothes, furniture, jewelry, even clothes for your pets. Makers can make anything, really. What makers have in common is that they create handmade goods. Of course, makers use tools, but it's their craft and the time they take to produce things that are significant.

Matthew I see. And is there really a movement toward handmade crafts?

- Lila** Yes, there is. The movement has actually been going on for a few years now. It wasn't immediately obvious that so many people were interested in making things, but now you can see it on social media and all over the Internet. People post images of things they've made and there are countless DIY websites that teach you how to make things yourself. More and more people are learning how to make things instead of buying them. Some of these people are even starting their own small businesses to sell the things that they create, and they're surprisingly successful.
- Matthew** Why do you think it's such a growing movement?
- Lila** Well, in my opinion, it's a reaction to the past few decades during which people sort of forgot how to make things. Everyone got so busy that they didn't have time to learn how to sew their own clothes, fix their own cars, or even roast a chicken! In the good old days, people did know how to do all of those things. If my grandmother needed a new dress, for example, she simply made one.
- Matthew** That's exactly right. My grandparents could do all sorts of things that I can't do.
- Lila** So, now, people are slowing down and re-learning all of those skills. A friend of mine is totally obsessed with making things. She makes all her own clothes now and has even learned how to make shoes!
- Matthew** Wow, that's impressive.

Lesson 6.3, page 46, Exercise 1C

- 1 A maker is simply someone who makes things.
- 2 Makers can make anything, really.
- 3 The movement has actually been going on for a few years now.
- 4 Everyone got so busy that they didn't have time to learn how to sew their own clothes, fix their own cars, or even roast a chicken!
- 5 In the good old days, people did know how to do all of those things.
- 6 A friend of mine is totally obsessed with making things.

Lesson 7.3, page 54, Exercises 1A, 1B, and 1C

- Max** So how was your family reunion in Germany, Elsa?
- Elsa** It was great! I have to admit, I was really nervous before my mom and I got there, but I had an amazing time.
- Max** Why were you so nervous?
- Elsa** It's difficult to say why exactly. I guess it's because I was afraid I'd be tongue-tied trying to talk to all those new people, or because my German might not be good enough.
- Max** I think I can understand that. Were you able to communicate with everyone OK?
- Elsa** To tell you the truth, I'm pretty sure some of what I was saying sounded like gibberish. But everyone was pretty patient with me.
- Max** It can't have been easy trying to speak German all day long. So, who did you meet?
- Elsa** I met so many people – aunts, uncles, cousins ... I even met a great aunt and uncle. To be perfectly honest, I can't remember most of their names! There were over a hundred people there, and I think I met every single one of them!
- Max** It must have been pretty overwhelming. That's a lot of people! It can't have been easy keeping everyone straight.
- Elsa** No kidding! I was doing pretty well at first, but by the twentieth person, my brain was fried.
- Max** Where did you stay?
- Elsa** We stayed at my mom's sister's house in a tiny little village. The house has been in their family for two hundred years!
- Max** Wow! How was that? Was it awkward staying with family members that you hadn't met before?

- Elsa** I anticipated feeling uncomfortable, but as it turned out, that was the best part! She has two daughters, Magda and Dagmar. They're close to my age and we really hit it off. They're going to come and stay with us for a few weeks next summer. I also really loved their house. It's hard to describe, but I really felt at home there. It's the house my mother grew up in, but she hadn't been there since before I was born. I guess I felt comfortable there because she did, if you know what I mean.

Lesson 8.3, page 62, Exercises 1A and 1B

- Tina** Wow, you're home late, Yuri. Have you been at work all this time?
- Yuri** Yes, my whole day went off the rails. I wasted so much time on interruptions all day, and I wasn't able to finish everything during work hours.
- Tina** What kinds of interruptions were you dealing with?
- Yuri** People were coming into my office to ask me questions or just to chat. But I also kept interrupting myself – I kept checking my email, checking my phone for text messages, and looking things up online.
- Tina** I have that problem, too. That's why I'm thinking about getting a headset so I don't lose focus when I'm working.
- Yuri** How can a headset help you stay focused?
- Tina** There are these headsets that enable users to notice when they're distracted. What the headsets offer is a way to monitor your brainwaves to see if you're concentrating or losing focus. When you start to lose focus, the headsets alert you – they each have a different way of telling you. When you're alerted, you're supposed to take note of what distracted you and then get back to whatever you were working on. After a while, you apparently realize when you're about to distract yourself, and you can stop yourself before it happens.
- Yuri** I see. So, the headsets train you to avoid distractions.
- Tina** Exactly. That's the whole point of the headsets. The one I like the best comes with an app. The app's main aim is to keep a record of the users' concentration patterns so it can measure improvement and offer suggestions to help with concentration.
- Yuri** What kinds of suggestions does the app give?
- Tina** Well, for example, it can tell you what times of day you concentrate best, and which times you're most easily distracted.
- Yuri** Oh, OK. You can use that information to decide when you should work and when you should do something else, like exercise.
- Tina** Right. You can also set the app to play music whenever you're distracted. Apparently, certain types of music can help you to get focused again after an interruption. No other device or app on the market offers as many features as this one does.
- Yuri** Hmm. This is fascinating, Tina. Tell me more!

Lesson 8.3, page 62, Exercise 1C

- 1 There are these headsets that enable users to notice when they're distracted.
- 2 What the headsets offer is a way to monitor your brainwaves to see if you're concentrating or losing focus.
- 3 That's the whole point of the headsets.
- 4 The app's main aim is to keep a record of the users' concentration patterns so it can measure improvement and offer suggestions to help with concentration.
- 5 No other device or app on the market offers as many features as this one does.

Lesson 9.3, page 70, Exercises 1A and 1B

- Interviewer** Good evening. I'm here with two candidates for the upcoming mayoral election, Karen Green and Michael Lee. Welcome, Ms. Green, Mr. Lee.
- Karen** Thank you, I'm happy to be here.
- Michael** Thank you for having me.

Interviewer I'd like to start this interview by talking about the water pollution problem in Barton. The current level of pollution in our drinking water is critically high. *Residents* of the city of Barton want clean water. Their *fear* of drinking contaminated water has driven them to rely on bottled water for drinking and cooking. Neither of you has brought up the topic during your campaigns. Wouldn't you agree that this is an issue that deserves attention? Studies show that Barton has the most polluted water in the state.

Karen Well, that's certainly an interesting claim, but I'd like to see some facts to back that up.

Interviewer Several *studies* illustrating Barton's growing water pollution problem have been published in the local newspaper, Ms. Green. You must have seen them.

Karen I may or may not have, but I'm sorry, I can't confirm that at the moment.

Interviewer Well, I have several of the articles here. Here you go. Based on these study results, isn't it fair to say that the situation is critical?

Karen Well, I haven't had a chance to review these results carefully. I'll have to get back to you on that.

Interviewer How about you, Mr. Lee? Don't you think it's time to start talking about the water problem here in Barton?

Michael I'm glad you brought it up. Yes, I do think it's an important issue, and if I'm elected mayor, I will find a solution to the problem.

Interviewer How exactly are you proposing to do that, Mr. Lee?

Michael First of all, I have consulted with experts to start discussing the issue. These *experts* in water pollution and safety will be able to help me design a plan to clean up our water supply. If I am elected mayor, a *committee* consisting of some of these experts, local engineers, and city employees will take action to make sure that our residents have clean water to drink.

Interviewer Thank you, Mr. Lee, for your answer. Ms. Green, do you have anything you would like to add on this very important issue?

Karen I'm afraid I can't comment on the issue at the moment. I have to do some additional research.

Interviewer All right, well let's move onto the next issue, then....

Lesson 9.3, page 70, Exercise 1C

- 1 *Residents* of the city of Barton want clean water.
- 2 Their *fear* of drinking contaminated water has driven them to rely on bottled water for drinking and cooking.
- 3 Several *studies* illustrating Barton's growing water pollution problem have been published in the local newspaper, Ms. Green.
- 4 These *experts* in water pollution and safety will be able to help me design a plan to clean up our water supply.
- 5 If I am elected mayor, a *committee* consisting of some of these experts, local engineers, and city employees will take action to make sure that our residents have clean water to drink.

Lesson 10.3, page 78, Exercises 1A and 1B

Max What are you doing with that jar, Carla? Why is there garbage in it?

Carla I'm trying to reduce the amount of garbage I produce. This is all the garbage that I've produced in the last month.

Max But there are just a few produce stickers in there. Is that really all your garbage for the month?

Carla Yep. I'm going to try to limit myself to one jar-full of garbage for the whole year, so I reduce my plastic waste.

Max That seems impossible.

Carla You might think so, but actually it's easier than you would think. I've just stopped buying packaged foods. I buy a lot of fruits and vegetables and I buy milk in recyclable glass bottles. Plastic is a real problem for the environment.

Max I know that, but I just don't see why anything so radical is necessary. Why don't you just recycle your plastic?

Carla It's not as simple as that. It all comes down to using less plastic. A lot of the plastic that we put in the recycling bin doesn't actually get recycled. It goes into a landfill, and a lot of it ends up in the ocean where it does a lot of harm to marine life.

Max I've heard about that. There's actually a giant island of plastic in the ocean. Still, it seems like you're going too far. That's all I'm saying.

Carla Well, I'm really excited about challenging myself to produce less garbage. You should try it, too.

Max I don't think I could do it. All my energy drinks come in plastic bottles, and you know I drink at least one of those a day. How did you even come up with this idea?

Carla This woman named Lauren Singer has actually managed to fit four years' worth of garbage in one jar.

Max Four years? No way! I don't believe it.

Carla It's true. Just try it for a month. I'll help you. If you can't fit your garbage in a jar, you might at least cut down on your garbage. I mean, it's not that difficult and it really makes you think about what you're buying. I'm also eating a lot better because I'm not buying junk food like chips and cookies that come in plastic bags.

Max OK, I'll try it. But I'm not making any promises.

Carla Great!

Lesson 11.3, page 86, Exercises 1A and 1B

Professor So let's discuss food and color. Imagine your favorite food. Is it cake? Chicken? Apples? Pizza? What color is it? Does the color make the food look delicious? Now imagine that that food is blue. Does it still look tasty? Probably not. That's because colors can affect how appetizing a food looks. Blue, in particular, makes food look unappetizing. In fact, there are no naturally blue foods. Yes, you have a question?

Student 1 Yes, thanks. What about blueberries? Aren't they blue?

Professor That's a good question. Despite their name, blueberries are actually purple. Speaking of fruit, imagine if strawberries were blue. They wouldn't be as appetizing, would they? Now, red strawberries, that's a different story. Strawberries are red, and their color is one of the things that makes them look tasty. What do you think of when you see a red strawberry?

Student 2 I think of sweetness and ripeness.

Professor Right, and that's one of the reasons that red is appetizing.

Student 2 So can looking at the color red make you eat more?

Professor Well, the short answer is *yes*. Studies have shown that the color red can actually increase a person's appetite.

Student 1 I was just wondering. Does that mean that you can lose weight by looking at colors?

Professor I'm not sure I understand. Could you rephrase the question, please?

Student 1 Sure. I mean if you want to lose weight by eating less, could you do that by looking at the color blue before you eat?

Professor I see what you mean. Well, I've never really thought about it like that, but now that you ask, I suppose that you could suppress your appetite by simply looking at the color blue for a while.

Student 2 Can any other colors affect your appetite?

Professor I'm glad you asked that. Other colors don't necessarily affect your appetite, but they can evoke feelings that affect your perception of the food. For example, green generally represents health, so eating green foods might make you feel like you're doing something good for your body.

Student 2 What about yellow or orange?

Professor Yellow is associated with happiness, so eating bright yellow foods might make you feel happy. And as for orange, it is believed that that color can convey feelings of satisfaction and energy.

Student 1 Do any of these ideas affect the way companies package their foods?

Professor I'm afraid that's not really my area, but let's look into that for our next class.

Lesson 12.3, page 94, Exercises 1A and 1B

Mila Hey, Luke, have you seen Carrie lately?

Luke No, I haven't. I've called her a few times, but she never has time to talk. It seems like she's always busy these days.

Mila I know, but I ran into her this morning when I was getting coffee and found out why she's been so busy. She's started her own business!

Luke Really? Doing what?

Mila She's making handbags, and she's doing really well.

Luke Well, I've seen her handbags. They're really nice. She used to just make them for herself, but she started making them for her friends a while ago to give as gifts. I didn't know she wanted to sell them. How did she decide to do that?

Mila Well, I don't remember all the details, but I guess her brother asked Carrie to make a handbag that he could give to his friend Margo for her birthday. His friend is a famous Instagram model. To make a long story short, Margo posted a photo of the bag and people really liked it. A bunch of her followers contacted Carrie to order handbags, and the rest, as they say, is history.

Luke Wow, Mila, that's amazing. Did she freak out?

Mila Yeah, that's what she said. She said she completely freaked out and didn't know what was happening. Suddenly, she was getting all these messages on Instagram from people she didn't know.

Luke That's crazy! Do you know how many people ordered handbags from her?

Mila Well, when I spoke to her, she had over five hundred orders!

Luke Over five hundred! She must be working day and night!

Mila Yeah, actually, those were her exact words, *I've been working day and night!* She actually had to quit her job at the restaurant and hire some friends to help her make handbags.

Luke Her life has completely changed overnight. She must be exhausted, but excited, too.

Mila I can't speak for her, but she seemed really excited when I saw her. Suddenly she has a whole new career path doing something she loves.