

LISTENING 3

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NORTHSTAR 3

FourthEdition

Regulations

- Check attendance: minus 2,5 each day IF OFF
- Midterm score: $(\text{attendance} + \text{test} * 2) / 3$
- + Mid-term test: google form
- + Final test: google form

UNIT 1: A TEST OF ENDURANCE

- **NEW WORDS**

- Endurance(n): /ɪn'dʒʊərəns/ the ability to continue doing something painful or difficult for a long period of time without giving up
- Endurance sport
- Ultrarunner (n):
- Extreme (adj): /ɪk'stri:m/ very great in degree
- Course (n): /kɔ:s/ a series of lessons or lectures on a particular subject
- To break overnight
- Racecourse (n): /'reɪskɔ:s/ a track where horses race and the buildings, etc. that are connected with it

- Terrain (n): /tə'reɪn/ used to refer to an area of land when you are mentioning its natural features, for example, if it is rough flat.
- Unique (adj): /ju'ni:k/ only
- Backpacks (n): /'bækpæk/ a bag that you carry on your back, made of strong material and often used by people who go climbing or walking
- Ration (n): /'ræʃn/ a fixed amount of food, fuel, etc. that you are officially allowed to have when there is not enough for everyone to have as much as they want, for example during a war
- Rope (n): /rəʊp/ very strong thick string made by [twisting](#) thinner strings, wires, etc. together
- To snore: /snɔ:(r)/ to breathe noisily through your nose and mouth while you are asleep
- To rustle: /'rʌsl/ if something dry and light **rustles** or you **rustle it**, it makes a sound like paper, leaves, etc. moving or rubbing together
- Sandstorm (n): /'sændstɔ:m/ a storm in a desert in which sand is blown into the air by strong winds

- Athlete (n): /'æθli:t/ a person who competes in sports
- To motivate: /'məʊtɪveɪt/ to be the reason why somebody does something or behaves in a particular way
- Motivation (n): /,məʊtɪ'veɪʃn/ the reason why somebody does something or behaves in a particular way
- Rendezvous (n): /'rɒndɪvuː/ an arrangement to meet somebody at a particular time and place
- Clean up (V)
- Festivities (n): /fe'stɪvətɪ/ the activities that are organized to celebrate a special event
- Checkpoint(n): /'tʃekpɔɪnt/ a place, especially on a border between two countries, where people have to stop so their vehicles and documents can be checked



Read and listen to the article about ultramarathons. Notice the boldfaced words.

EXTREME RUNNING

ULTRAMARATHONS

A **marathon** is a running race with a 26-mile **course**. An ultramarathon is a race longer than 26 miles, often 50 to 100 miles. There are two **formats** for ultramarathons: Some races have several short **stages** with breaks overnight. Other races go all day and night, with no stops until the runners finish.

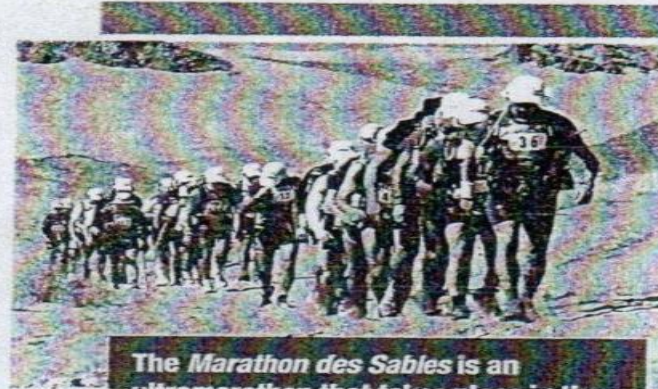
The Racecourse

Ultramarathons take place all over the world, through many types of **terrain**. There are races through rainforests, from one city to another, over mountains and rivers, and across dry desert sand. Every ultramarathon is **unique** because each course is different.

Overnight

Many ultramarathons take several days to finish. Runners must eat and sleep on the course. In some races, food and supplies are carried in a car and the runners sleep in hotels. In other races, runners carry everything they need in backpacks, and they sleep outside in **tents**.

Running Safely



The *Marathon des Sables* is an ultramarathon that takes place in the Sahara Desert in Morocco. The runners race across the desert, where temperatures can reach 125 degrees Fahrenheit (52 degrees Celsius) during the day and 38 degrees Fahrenheit (3 degrees Celsius) at night.

Overnight

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Running Safely

To stay healthy during an ultramarathon, runners must follow safety rules. For example, runners must drink their daily **ration** of water, even if they don't feel thirsty.

Crossing the Finish Line

What is in it for the runners?¹ Many runners say they **get into** ultramarathons because they feel that normal marathons are not challenging enough. They enjoy the **experience** of crossing the finish line and completing an extremely difficult event.


¹ **“What is in it for the runners?”** means “What are the advantages for the runners to run in the ultramarathons?”




Complete the definitions. Write the correct letter.

- | | |
|--|---|
| <u>g</u> 1. A marathon is _____. | a. the only one of its kind |
| _____ 2. A course is _____. | b. a piece of cloth supported by poles and rope that is used for sleeping outside |
| _____ 3. The format of something is _____. | c. a specific amount of something that you are allowed to have |
| _____ 4. A stage is _____. | d. a step in a longer process |
| _____ 5. Terrain is _____. | e. a type of land |
| _____ 6. Something that is unique is _____. | f. to become interested in |
| _____ 7. A tent is _____. | g. a 26-mile race |
| _____ 8. A ration is _____. | h. something that happens to you that affects the way you think or feel |
| _____ 9. To get into something is _____. | i. the path of a race |
| _____ 10. An experience is _____. | j. the way its parts are arranged |

MAIN IDEAS

 ④ Listen to the whole interview. Look again at your prediction from the Preview section. How did your prediction help you understand the interview?

 All of the statements contain some FALSE information. Cross out the parts that are untrue and write corrections. Some statements can be corrected in more than one way.

1. Jay Batchen is a ~~sports reporter~~.
an endurance runner
- or
Tim
Jay ~~Batchen~~ is a sports reporter.
2. Jay Batchen ran in the Marathon des Sables in 1999.
3. During the 1999 race, Jay married his wife, Lisa.
4. The Marathon des Sables has one stage.
5. Runners have to carry water with them.
6. Runners sleep outside under the stars.
7. Jay feels that the race was a terrible experience.

DETAILS

🔊 Listen again. Complete each statement. Circle the correct answer.

1. In 1999, Jay Batchen was _____ the race for a TV cable channel called the Discovery Channel.
 - a. doing research about
 - b. filming
 - c. reporting on

2. Jay Batchen's future wife, Lisa, _____ the race in 1999.
 - a. watched
 - b. didn't finish
 - c. won

3. The racecourse _____ every year, but it is always about 150 miles long.
- a. changes
 - b. gets more difficult
 - c. moves to a different country
4. The first three stages are all about _____.
- a. 10 miles long
 - b. 20 miles long
 - c. 26 miles long
5. The fourth stage is _____.
- a. 20 miles
 - b. 50 miles
 - c. a full marathon

6. The fifth stage is _____.

- a. 20 miles long
- b. 50 miles long
- c. a full marathon

7. Runners get _____ at checkpoints every few miles.

- a. a serving of food
- b. a ration of water
- c. medical help

8. Runners sleep in tents that are _____.

- a. small and light
- b. crowded and uncomfortable
- c. warm and quiet

9. Jay Batchen says that he experienced _____ during the race.

a. heat, cold, and sandstorms

b. hunger and thirst

c. injuries to his feet

10. Jay Batchen calls the race a “life experience” because he _____.

a. almost didn't finish the race

b. shared the experience with other runners

c. ran faster than the other runners

MAKE INFERENCES

INFERRING MEANING FROM CONTEXT

An inference is a guess about something that is not directly stated. To make an inference, use information that you understand from what you hear.

A speaker may express an idea indirectly. The listener can infer the meaning based on the context. *Context* is the words that come just before and after a statement that help you understand its meaning.

🔊 Read and listen to the example. Notice the underlined information.

Example

JAY: I filmed the event in 1999, which is actually the year my wife, Lisa Smith-Batchen, won the event. And that's how I ended up in Morocco and ended up learning about the event myself.

INTERVIEWER: So did you know Lisa before that event, or you met her there?

JAY: Met her there.

INTERVIEWER: (laughing) OK, so you ended up marrying the winner of the race that you were filming.

JAY: Yep.

INTERVIEWER: Oh, very good.

When the interviewer laughs as he says, "OK, so you ended up marrying the winner of the race that you were filming," he is indirectly saying that Jay met his wife in an unusual way. The interviewer doesn't say these words directly. The listener has to infer the meaning.



Listen to the excerpts. Then read each question and choose the inferred meaning. Circle the correct answer.

Excerpt One

What does the interviewer mean when he says, “If you’re able to stay standing at that point, I guess.”?

- a. Can you stand up by the end of the race?
- b. You must be really tired by the end of the race.
- c. I’m sure you want to stay standing after the race.

Excerpt Two

What does the interviewer mean when he says, “Well, you know, Jay, it doesn’t sound like a whole lot of fun . . .”?

- a. Most people say they didn’t have fun.
- b. I understand why you enjoyed the race.
- c. It seems to me that it was a very difficult experience.




Work with a partner. Talk about the information that helped you find the answers.

LISTENING TWO SPORTS PSYCHOLOGY

VOCABULARY



 Read the conversation. Notice the boldfaced words.

REPORTER: What **goal** do you hope to **achieve** in an ultramarathon?

RUNNER: I just do my best. It's hard to have the **motivation** to keep going. I know my **opponents** feel the same way, but we like the **challenge** of trying to do something really difficult.


2

Match the words with the definitions. Write the correct letter.

- | | |
|---------------------|---|
| _____ 1. goal | a. something that tests your skill or ability |
| _____ 2. achieve | b. to succeed in getting a good result |
| _____ 3. motivation | c. someone who tries to defeat you in a competition |
| _____ 4. opponent | d. something you plan to do in the future |
| _____ 5. challenge | e. the desire to do something |

- _____ 3. motivation c. someone who tries to defeat you in a competition
- _____ 4. opponent d. something you plan to do in the future
- _____ 5. challenge e. the desire to do something

COMPREHENSION

 Listen to an excerpt from a sports psychology class lecture about the motivation of endurance athletes. Complete each statement. Circle the correct answer.

1. Endurance athletes are often _____.
- a. very healthy
 - b. high achievers
 - c. professional athletes

2. They focus on achieving personal goals, not _____.
 - a. finishing the event
 - b. supporting other athletes
 - c. winning the race
3. They choose goals that _____.
 - a. are easy to achieve
 - b. they have achieved before
 - c. are a difficult challenge
4. They usually feel the other athletes are _____.
 - a. friends who they can talk to
 - b. opponents they want to beat
 - c. partners in the experience
5. Endurance athletes are also motivated by _____.
 - a. the strong emotions they feel while racing

3. They choose goals that _____.
 - a. are easy to achieve
 - b. they have achieved before
 - c. are a difficult challenge

4. They usually feel the other athletes are _____.
 - a. friends who they can talk to
 - b. opponents they want to beat
 - c. partners in the experience

5. Endurance athletes are also motivated by _____.
 - a. the strong emotions they feel while racing
 - b. the prizes they win at the end of a race
 - c. the exercise they get while racing

Unit 6: CULTURE AND COMMERCE

- New words
- Tourist attraction (n): /'tʊərɪst ə'trækʃn/
- Controversy (n) /'kɒntrəvɜːsi/ public discussion and argument about something that many people strongly disagree about, think is bad or are shocked by
- To treat: /tri:t/ to behave in a particular way towards somebody/something
- To degrade: /di'greɪd/ to show or treat somebody in a way that makes them seem not worth any respect or not worth taking seriously
- To make a living
- To preserve: /pri'zɜːv/ to keep a particular quality, feature, etc.; to make sure that something is kept
- Playful (adj): /'pleɪfl/ made or done in fun; not serious
- To wrap: /ræp/ to cover something completely in paper or other material, for example when you are giving it as a present

- Stuffed(adj): /stʌft/ having eaten so much that you cannot eat anything else.
- Stuffed elephant toy:
- Carved(adj): /kɑ:v/ to make objects, patterns, etc. by cutting away material from a piece of wood or stone, or another hard material
- Carved wooden elephant
- Unusual sight
- Brass coil
- To stretch: /stretʃ/ to make something longer, wider or looser, for example by pulling it; to become longer, etc. in this way
- Poverty(adj): /'pɒvəti/ the state of being poor
- To pose for pictures: /pəʊz/ to create problem, etc. that has to be dealt with

- Collar bone
- Graceful (adj): /'greɪsfl/ moving in an attractive way that shows control; having a smooth, attractive form
- To criticize: /'krɪtɪsaɪz/ to say that you think somebody/something is bad; to say what you do not like or think is wrong about somebody/something
- Harmful (adj): /'hɑ:mfl/ causing damage or injury to somebody/something, especially to a person's health or to the environment

TRAVEL BLOG: NORTHERN THAILAND

HOME

CONTACT

ABOUT ME

We've had a great time exploring Northern Thailand so far. It's really interesting, and there's so much to see!

One thing I've learned is that elephants are the national symbol of Thailand. They're very important in Thai history and cultural **(a) traditions**. Elephants are also a big **(b) tourist attraction**, so there are many different elephant parks for tourists to visit. We decided to visit one, but we soon found out that there's a lot of **(c) controversy** about them. Some parks treat the elephants very badly. They're not treated with respect and have to perform **(d) degrading** tricks for tourists, like playing basketball and dancing. The owners don't really care about the elephants; they just want to **(e) make a living** by showing the animals to tourists.




However, the elephant park we went to is very different. In this place, they're trying to **(f) preserve** the wild elephant population. It's a large, beautiful park where the elephants can walk around freely. They are so playful! I took this photo of two young elephants walking together with their trunks **(g) wrapped** around each other, just like two kids walking hand-in-hand. Going to the park was an amazing experience, much better than seeing elephants in a **(h) zoo**. I also bought some nice **(i) souvenirs**: a stuffed elephant toy for my niece and a carved wooden elephant for my parents.

Tomorrow we're going to see another unusual sight: the village of Nai Soi where the long-necked women of the Padaung tribe live. The women wear brass coils to **(j) stretch** their necks. More on that tomorrow!






Match the boldfaced words from the reading to the definitions. Write the correct letter.

- _____ 1. a disagreement among people
- _____ 2. a place where animals are kept so that people can look at them
- _____ 3. to keep something from being changed or harmed
- _____ 4. customs (special activities) that have existed for a long time
- _____ 5. things you buy to help you remember a place
- _____ 6. to make something longer by pulling it
- _____ 7. folded around something
- _____ 8. showing no respect
- _____ 9. something interesting for a tourist to see or do
- _____ 10. to earn money from

-  Listen to an excerpt from the report. Circle your prediction.
This news report will present the tourist attraction in _____.
- a. a positive way
 - b. a negative way
 - c. a way that is both positive and negative

MAIN IDEAS

-   Listen to the whole report. Look again at your prediction from the Preview section.
How did your prediction help you understand the report?
-  Read the statements. Write **T** (true) or **F** (false).
The tradition of the long-necked women ...

MAIN IDEAS



④ Listen to the whole report. Look again at your prediction from the Preview section. How did your prediction help you understand the report?



Read the statements. Write **T** (true) or **F** (false).

The tradition of the long-necked women ...

_____ 1. started in Thailand.

_____ 2. brings tourists to the village to buy souvenirs and take pictures.

_____ 3. allows women to earn money for their families.

-
- 4. makes women's necks stronger.
 - 5. has caused controversy among tourists.
 - 6. will continue as long as tourists keep coming.

DETAILS

🔊 Listen again. Complete each statement. Circle the correct answer.

1. About _____ tourists visit the long-necked women every year.

- a. 1,000
- b. 10,000
- c. 100,000

2. When they lived in Myanmar, the Padaung _____.

- a. sold souvenirs to tourists
- b. fought in a war
- c. were farmers

3. A full set of brass coils _____.
 - a. weighs up to 22 pounds
 - b. costs up to \$22
 - c. takes up to 22 years to put on

4. A long-necked woman cannot remove the coils because _____.
 - a. her neck is very weak
 - b. they are made of brass
 - c. her family won't let her

5. Back in Myanmar, the tradition of stretching women's necks _____.
 - a. has almost disappeared
 - b. is still strong
 - c. is becoming more popular

6. A long-necked woman can make \$70 to \$80 _____ from tourists.
- a. a week
 - b. a month
 - c. a year
7. Sandra feels that she is helping the Padaung women because she is _____.
- a. spending money in the village
 - b. not visiting the village
 - c. bringing medicine to the village
8. Fredrick uses the image of _____ to describe the Padaung women.
- a. animals in a zoo
 - b. prisoners in jail
 - c. actors in a show

MAKE INFERENCES

INFERRING EMOTION FROM WORD CHOICE

A speaker may use certain words to express his or her feelings indirectly. The listener can infer the speaker's emotions by paying attention to word choice.

Example

The brass coils are beautiful.

We can infer from the word *beautiful* that the speaker has positive feelings about the brass coils.

The brass coils are painful.

We can infer from the word *painful* that the speaker has negative feelings about the brass coils.

The brass coils are made in the village.

The phrase *made in the village* is not positive or negative. It is neutral. The speaker is not expressing emotion.

🎧 Read and listen to the example. Does Sandra feel positive, negative, or neutral about spending money in Nai Soi?

Example

SANDRA: . . . and so if I go, it's like I'm helping them to preserve it. Spending my money is also helping them. You know, they make a living from tourism, so they need us.

Sandra's feelings about spending money in Nai Soi are positive. She uses words such as *preserve* and *helping*, which have a positive meaning, so we can infer that she has positive feelings.



Listen to excerpts from the report and focus on the speaker's word choice. How does the speaker feel? Read each statement. Circle the correct answer.

Excerpt One

The reporter's feelings about the Padaung's new lives in Nai Soi are _____.

- a. positive
- b. negative
- c. neutral

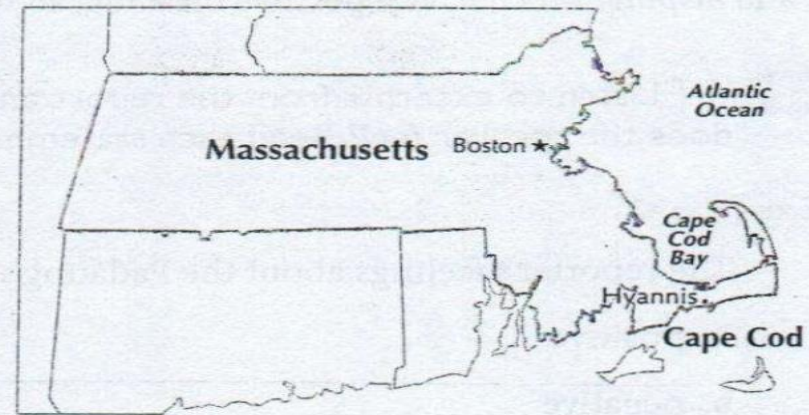
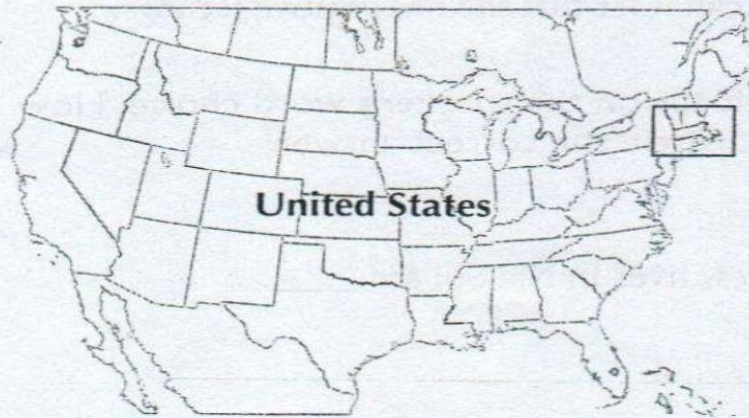
Excerpt Two

Fredrick's feelings about the tradition of neck stretching are _____.

- a. positive
- b. negative
- c. neutral

2 Work with a partner. Talk about the information that helped you find the answers.

Cape Cod, Massachusetts



Cape Cod is one of New England's most popular tourist attractions. Tourism has **developed** quickly, and now the area is visited by more than 5 million tourists each year. During the summer **season**, from June to September, tourists come to relax at the beach, shop in the small towns, and eat fresh seafood. During the rest of the year, the population drops to about 200,000, and Cape Cod becomes a small **community** again. Many summer businesses, such as restaurants and souvenir shops, close for the winter because they cannot **afford** to pay their workers' **salaries** once the tourists leave.

2

Match the boldfaced words with the definitions. Write the correct letter.

- | | |
|-----------------------------------|---|
| <u> e </u> 1. develop | a. to have enough money to pay for something |
| <u> </u> 2. season | b. one of the four main periods (times) in the year |
| <u> </u> 3. community | c. a group of people who live in the same town |
| <u> </u> 4. afford | d. money that workers receive regularly as payment for their work |
| <u> </u> 5. salary | e. to grow into something bigger |

COMPREHENSION

Ⓢ Listen to a town hall meeting. The mayor (the town leader) is leading the meeting. The townspeople are listening and expressing their opinions. Complete each statement. Circle the correct answer.

1. The traffic on Cape Cod _____.
 - a. gets worse during the summer
 - b. is bad all year
 - c. is better now that there are buses

2. _____ is difficult to find on Cape Cod.
 - a. Housing for regular people
 - b. Housing near shops and restaurants
 - c. Vacation housing

2. ____ is difficult to find on Cape Cod.

- a. Housing for regular people
- b. Housing near shops and restaurants
- c. Vacation housing

3. The restaurant owner knows a waitress who lives ____.

- a. in her car
- b. far from her work
- c. in a hotel

4. The woman who runs the souvenir shop says ____.
- a. she plans to open another store next year in a neighboring village
 - b. she does most of her business during the summer
 - c. her business is doing badly this year
5. The male business owner says he lost money because ____.
- a. too many stores are selling the same things
 - b. tourists go to the beach instead of going shopping
 - c. the rainy weather kept tourists away

UNIT 7: BEFORE I SAY “YOU DO”

- New words
- Tie the knot
- Prenuptial agreement: /priːˌnʌpʃl əˈɡriːmənt/ an agreement made by a couple before they get married in which they say how their money and property are to be divided if they get divorced
- Property (n): /ˈprɒpəti/ a thing or things that are owned by somebody; a possession or possessions
- To occur: /əˈkɜː(r)/ to happen
- To get a divorce
- Contract (n): /ˈkɒntrækt/ an official written agreement

- Flexible (adj): /'fleksəbl/ able to change to suit new conditions or situations.
- Chores (n): /tʃɔ:(r)/ a task that you do regularly
- Household chores:
- Grocery shopping
- Budget: /'bʌdʒɪt/ the money that is available to a person or an organization and a plan of how it will be spent over a period of time
- To bother: /'bɒðə(r)/ often used in negative sentences and questions)
- To work out
- Quirk (n): /kwɜ:k/ an aspect of somebody's personality or behaviour that is a little strange
- Breadwinner (n) /'bredwɪnə(r)/: a person who supports their family with the money they earn

- To check up on
- To blow up
- To yell: /jɛl/ to shout loudly, for example because you are angry, excited, frightened or in pain
- Legal document
- To rush into
- Fiancé (n): /fi'ɒnseɪ/ the man that somebody is engaged to
- Fiancée

LISTENING ONE A PRENUPTIAL AGREEMENT

VOCABULARY



Read and listen to information about a prenuptial agreement. Notice the boldfaced words.

A prenuptial agreement is a written agreement between two people who are going to tie the knot.² Most prenuptial agreements concern what will happen to a couple's money, property, or children if the marriage ends. It is used only if a problem **occurs** and the couple decides to get divorced. However, some prenuptial agreements also describe how the husband and wife must act during the marriage. Steve and Karen Parsons made this type of agreement. They wrote a **contract** with rules for how they must behave in almost every part of their daily lives.

MARRIAGE CONTRACT
Steve and Karen Parsons

1.0 Daily Habits

- 1.1 We will go to sleep by 11:00 P.M. and wake up by 6:00 A.M. on weekdays. Bedtime on weekends will be more **flexible**.
- 1.2 We will not drive over the speed limit and will always wear our seatbelts.
- 1.3 We will eat healthy food that is low in fat and sugar.

2.0 Household Chores

- 2.1 Meals: Karen will cook the meals. Steve will wash the dishes and clean the kitchen.
- 2.2 Cleaning: Steve will clean the house. Karen will take care of the garden.
- 2.3 Laundry: Dirty clothes must be put in the laundry bag. Steve will wash and dry the clothes. Karen will fold the clothes and put them away.
- 2.4 Shopping: Karen will do the grocery shopping. She will buy things on sale and not go over our weekly **budget**.

3.0 Communication

- 3.1 If something **bothers** us, we will talk about it immediately.
- 3.2 If we disagree about something, we will **work out** the problem and find a compromise.
- 3.3 We promise not to criticize each other's **quirks** or habits.

4.0 Children

4.1 We will wait for two years before we have a child. We will have two children.

4.2 After our first child is born, the partner who makes less money will quit his or her job and stay home with the child. The partner who makes more money will become the **breadwinner** for the family.

We each understand the other's **expectations** for how to behave in our marriage. We can **check up on** each other to make sure the other is following the rules.

Signed,

Steve Parsons

Karen Parsons



Match the words with the definitions. Write the correct letter.

- | | |
|-----------------------|---|
| _____ 1. occur | a. to happen |
| _____ 2. contract | b. to solve |
| _____ 3. flexible | c. the person who earns money to support the family |
| _____ 4. budget | d. to annoy |
| _____ 5. bother | e. to find out what someone is doing |
| _____ 6. work out | f. a legal agreement between two people |
| _____ 7. quirk | g. a strange or unusual habit |
| _____ 8. breadwinner | h. a belief or hope that something will happen |
| _____ 9. expectation | i. a plan for how to spend money |
| _____ 10. check up on | j. able to change easily in a new situation |

④ Listen to an excerpt from the interview. Read two questions the host will ask Steve and Karen later in the interview. How do you think they will answer? Write your predictions.



1. "So, I'd like to start off by asking you what everybody is probably wondering. Why did you decide to write this agreement?"

Predicted answer: _____

2. "Do you think other couples should follow your example and write marriage contracts of their own?"

Predicted answer: _____

MAIN IDEAS

-  1 Listen to the whole interview. Look again at your predictions from the Preview section. How did your predictions help you understand the interview?
-  2 In the interview, Steve and Karen discuss several problems that married people have. Check (✓) the four problems mentioned in the interview.
 - 1. Different expectations about marriage
 - 2. Problems with other family members

3. Quirks that bother the other spouse

4. Working too much

5. Not knowing what the other spouse wants

6. Disagreements about money

7. Relationships with other men or women

DETAILS

④ Listen again. Read the statements. Write **T** (true) or **F** (false).

- _____ 1. Steve and Karen have a five-page prenuptial agreement.
- _____ 2. Both Steve and Karen have been married before.
- _____ 3. It bothered Steve when his ex-wife left her clothes lying on the floor.
- _____ 4. Karen thinks that working out a compromise is more romantic than flowers and candy.
- _____ 5. Karen says that the prenuptial agreement is like a business contract.
- _____ 6. Karen and Steve argue about their budget.
- _____ 7. Steve and Karen feel that they spend the same amount of time arguing as other



_____ 6. Karen and Steve argue about their budget.

_____ 7. Steve and Karen feel that they spend the same amount of time arguing as other couples do.

_____ 8. Steve and Karen agree about all the rules in the prenuptial agreement.

_____ 9. Steve and Karen feel that a prenuptial agreement could be useful for other couples.





④ Listen to the excerpts. Fill in the blanks with the missing words. Is the speaker “certain” or “less certain” about his / her comments? Circle your answer.

Excerpt One

HOST: Well, I'm _____ that some people hearing this report will think that this isn't very romantic.

The speaker is **certain** / **less certain** about the opinions of the audience.

Excerpt Two

STEVE: Yeah, it's unusual, but it _____ makes sense. We _____ want someone home with our kids . . .

The speaker is **certain** / **less certain** about the plan for raising kids.

Excerpt Three

STEVE: Well, it's a lot of work to write something like this . . . but I think it

VOCABULARY

1 Read the advice and facts about marriage. Notice the boldfaced words.

1. If you have a problem, **open up** and discuss it calmly with your spouse.
2. Don't **blow up** and yell at your partner.
3. The decision to get married should be made carefully. Couples should not **rush into** it.
4. A marriage license is a **legal** document that shows that two people are married.
5. To get divorced, a couple must go to **court** and talk to the judge.

2 Match the boldfaced words with the definitions. Write the words.

- _____ a. to say what you really think
- _____ b. a place where decisions are made according to the law
- _____ c. to become very angry

	GOOD IDEA	BAD IDEA	REASON
CALLER 1	<input type="checkbox"/>	<input type="checkbox"/>	
CALLER 2	<input type="checkbox"/>	<input type="checkbox"/>	
CALLER 3	<input type="checkbox"/>	<input type="checkbox"/>	
CALLER 4	<input type="checkbox"/>	<input type="checkbox"/>	
CALLER 5	<input type="checkbox"/>	<input type="checkbox"/>	

Reasons

- a. Couples learn to open up about their problems.
- b. It helps couples think carefully before they marry.
- c. Each spouse has to follow a budget.
- d. It's not romantic.
- e. It has too many details.



Listen to the excerpts. What is the speaker's main point? Circle the correct answer.

Excerpt One

The speaker's main point is that . . .

- a. she's glad Karen and Steve are happy.
- b. she doesn't want to sign a prenuptial agreement.
- c. she doesn't think prenuptial agreements can make people happy.

Excerpt Two

The speaker's main point is that . . .

- a. the contract is not necessary.
- b. the contract has too many details.
- c. the contract is a good idea.

Excerpt Three

The speaker's main point is that ...

- a. the contract is legal.
- b. the contract looks like it is legal.
- c. the contract is not legal.

UNIT 8: REDUCING YOUR CARBON FOOTPRINT

- New words
- Carbon (n): /'kɑ:bən/ a chemical element. .
- Footprint: /'fʊtprɪnt/ a mark left on a surface by a person's foot or shoe or by an animal's foot
- Greenhouse (n): /'grɪ:nhaʊs/ a building with glass sides and a glass roof for growing plants in
- Gas: /gæs/ any substance like air that is neither a solid nor a liquid, for example [hydrogen](#) or [oxygen](#)
- Resource (n): /rɪ'sɔ:s/ a supply of something that a country, an organization or a person has and can use, especially to increase their wealth
- Emission: /ɪ'mɪʃn/ the production or sending out of light, heat, gas, etc. *the emission of carbon dioxide into the atmosphere*
- Coal:
- Solar panel
- Panel (n) /'pænl/ a square or [rectangular](#) piece of wood, glass or metal that forms part of a larger surface such as a door or wall

- Raise bed: /,reɪzd 'bed/ an area in a garden that is higher than the ground around it and is usually surrounded by a frame made of wood or stone
- Generation: /,dʒenə'reɪʃn/ all the people who were born at about the same time
- Consumption: /kən'sʌmpʃn/ the act of using energy, food or materials; the amount used
- Bucket: /'bʌkɪt/ an open container with a handle, used for carrying or holding liquids, sand, etc.
- Dense: /dens/ containing a lot of people, things, plants, etc. with little space between them
- Dense forest:
- Methane: /'mi:θeɪn/ a gas without colour or smell, that burns easily and is used as fuel. Natural gas consists mainly of methane.
- To trap: /træp/ a piece of equipment for catching animals



Read and listen to the article about how our lifestyle can affect global warming. Notice the boldfaced words.

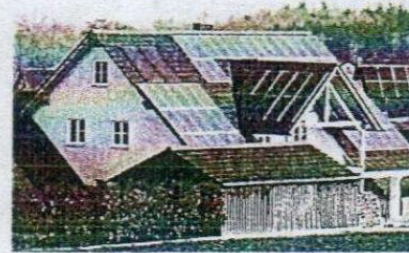
PERSONAL CARBON FOOTPRINT

Your *personal carbon footprint* is the amount of carbon dioxide (CO₂)¹ that you put into the air when you drive a car, fly in an airplane, or use electricity made by burning coal² or gas.

CO₂ and other **greenhouse** gases have a serious impact on the environment. They make Earth warmer, causing climate change.

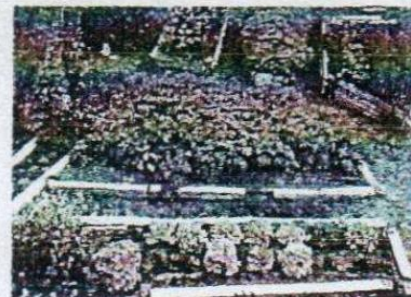
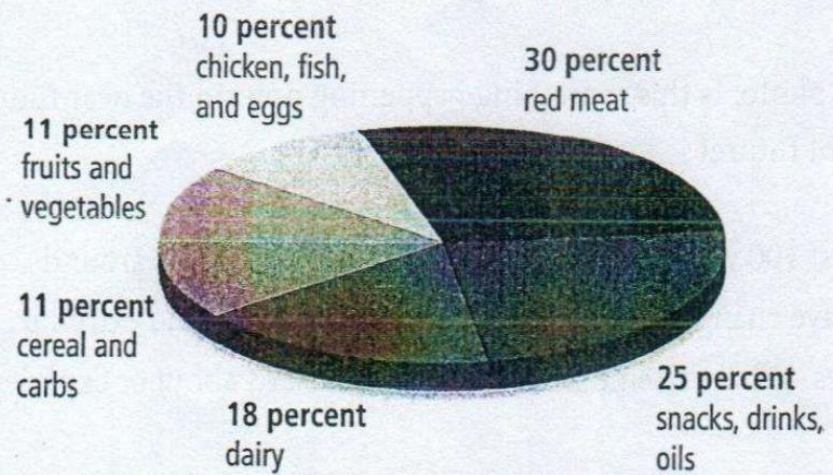
Even the food you eat affects your personal carbon footprint. A diet that includes a lot of meat creates a bigger footprint, while the footprint of a vegetarian diet is smaller. This is because a lot of **resources** are used to raise animals and **transport** meat from the farm to your table.

Ways to Reduce Your Personal Carbon Footprint



Install **solar panels** to make electricity for your house.

Foods: sources of greenhouse gas emissions



Grow vegetables in a raised bed in your garden.

What can we do to protect the environment for future generations? Collectively, we must reduce our energy consumption. Start with simple changes to reduce your own carbon footprint. For example, skip a serving of meat each week. It may seem like a drop in the bucket, but it's equal to driving 320 miles (515 kilometers) in a car.



Protect and plant trees. Dense forests around the world are being cut down to make room for farms. This causes a faster increase in greenhouse gasses. Trees have a positive impact on climate by taking CO_2 out of the air. Forests take in nearly 40 percent of human-made CO_2 .

2

Complete the definition. Circle the best answer.

1. **greenhouse gas:** a gas, especially carbon dioxide (CO_2) or methane (CH_4), that traps _____ above the Earth and causes global warming
 - a. water
 - b. heat
 - c. pollution

2. **resource:** a supply of something _____ such as land, oil, or coal
 - a. useful
 - b. expensive
 - c. big

3. **transport:** to _____ goods or people _____

a. keep . . . in one place

b. take . . . from one place to another in a vehicle

c. look for . . . that can be helpful

4. **generation:** all people _____

a. living together

b. of about the same age

c. in the same country

5. **collectively:** _____

- a. as a group
- b. alone
- c. with friends

6. **consumption:** the _____ of energy, oil, or electricity

- a. use
- b. cost
- c. selling

7. **a drop in the bucket:** an action that has _____ effect

- a. a big
- b. little or no
- c. an unexpected

8. **solar panel:** equipment that makes energy from the _____

- a. sun
- b. wind
- c. ocean

9. **(raised) bed:** an area in a garden that is used to _____

- a. keep chickens
- b. collect trash
- c. grow plants

10. **dense:** made of a lot of things that are very _____

- a. small
- b. far apart
- c. close together

🎧 Listen to an excerpt from Julia's podcast. Which topics will she mention in the podcast?
Check (✓) your predictions.

- a. driving an hour to work
- b. growing food
- c. using solar energy
- d. cutting forests to build houses
- e. living with other people
- f. starting a large chicken factory



1 Listen to the whole podcast. Look again at your predictions from the Preview section. How did your predictions help you to understand the podcast?



2 Complete each statement. Circle the correct answer.

1. Julia lives with a small carbon footprint to _____.
 - a. save money
 - b. protect Earth for future generations
 - c. live a healthy life

2. Julia grows her own food because _____.
 - a. food from the store has been transported from far away
 - b. the stores near her house don't have fresh vegetables
 - c. her garden has many raised beds

3. Julia has solar panels to _____.
 - a. produce all the energy for her house
 - b. avoid using energy that comes from coal
 - c. encourage her neighbors to use clean energy


4. Julia shares her house with other people because _____.
 - a. she likes living with friends
 - b. the government gives her money for sharing
 - c. it saves energy

5. Julia believes that the efforts of _____ can help to make a change.
 - a. the government
 - b. one person
 - c. her family


🔊 Listen again. All the statements contain some FALSE information. Cross out the parts that are untrue and write corrections.

Peters

1. The speaker's name is Julia ~~Smith~~.
2. Julia lives in San Francisco, California.
3. She lives in an old house.
4. Julia says that she grows carrots, basil, and squash in her yard.
5. For the average American, the food he / she eats has traveled 500 miles.
6. In the summer Julia's chickens lay about two eggs a day.
7. If we don't reduce our coal consumption, the average temperature of the earth will increase two or three degrees.
8. There are three people living in Julia's house.
9. It's difficult for one person to have an impact on climate change when there are

1  Listen to the excerpts. Julia explains what she does and implies what most Americans do. Complete the chart.

	WHAT JULIA DOES	WHAT MOST AMERICANS DO
EXCERPT 1		
EXCERPT 2		

2  Work with a partner. Talk about the information that helped you find the answers.

EXPRESS OPINIONS

Discuss the questions with the class.

1. What do you think about Julia's way of "living small"? Would you want to live like she

FACT SHEET

1. The motor vehicle **industry** is one of the top 10 areas of manufacturing in the United States.
2. **Factories** in China produce 25 percent of the automobiles in the world.
3. Newer cars are more **energy-efficient**, so they need less gasoline than older cars.
4. New **technology**, such as radar to help cars drive backwards, will make cars easier and safer to drive.
5. Newer cars use less gasoline, and this reduces their carbon dioxide (CO₂) **emissions**.