

القطعة الأولى في المحاضرة المسجلة والنصية رقم (٧)

## Lesson C

## Hobby groups

### Some Young People's Hobbies

There are many hobbies and hobby sites on the Internet. Camping and chess sites are two of them. Although these two hobbies are very different, they have one thing in common: both are very popular with young people. Why?

One reason camping is so popular is because it's cheap. There are campgrounds around the world, and they're all different. Some have indoor swimming pools and restaurants. Others don't even have water! But the areas near campgrounds are almost always beautiful.

Camping is relaxing. Campers can get up early in the morning and cook breakfast with their family. They can spend the day swimming, fishing, going hiking in the mountains, looking at wildlife, or just reading. There's usually no noise, no traffic, and no stress. Campers usually sleep very well at night.

And what about chess? It's cool now, but in the past not many young people played the game. A lot of young people got interested in learning chess when they saw it on TV. And many famous people enjoy playing chess. Young people often follow what famous people do, even if it's chess!

More and more schoolchildren are learning the game. Many schools have chess clubs, and there are national competitions every year. And people can play chess on computers, too. That means a person can compete against a computer, or can even play against a friend or cousin on the Internet. You can play chess anywhere - even when you're camping!

القطعة الثانية في المحاضرة المسجلة والنصية رقم (١٠)

## Lesson D

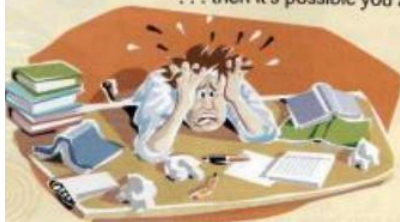
## Ways to relax

### COMMON QUESTIONS ABOUT STRESS

#### Am I stressed?

- If you can't sleep well or can't concentrate, ...
- If you feel depressed or want to cry a lot, ...
- If you have a headache or an upset stomach, ...
- If you can't relax and you feel irritable, ...
- If you are extremely tired, ...

... then it's possible you are stressed.



#### Is stress bad for me?

Occasional stress is common and can be good for you. However, if you feel stressed for a long time, it can be serious. Stress can make you sick. It can also affect your memory or concentration, so work or study is difficult.

#### What can I do?

Fortunately, there's a lot you can do. Try some of these relaxation techniques. If you still feel stressed, make an appointment to see your doctor.

### RELAXATION TECHNIQUES

**1 Breathe** Take a breath, hold it for four seconds, and then breathe out very slowly. Feel your body relax.

**2 Exercise** Walk or exercise for just 30 minutes each day and feel better.



**3 Talk** Call a friend. Talk about your problems.

**4 Meditate** Close your eyes and focus on something calm. Feel relaxed.

**5 Pamper yourself** Take a hot bath, or have a massage.



**6 Do something you enjoy** Listen to music. Sing. Watch TV. Meet a friend.

Department of Health - "Take care of yourself."

**Lesson D Ways to relax**

Sleep is very important to keep you healthy and happy. If you feel really stressed it's possible that you're not sleeping well at night or getting enough rest. This can affect your ability to concentrate and do your job or study.

Here are some techniques to help:

Stop work about half an hour before you go to bed and don't watch TV.



Don't drink strong tea or coffee, or eat very sweet things. Have a meal with rice or pasta as they can make you sleepy. If you don't like reading, turn on the radio and listen to a discussion. Find a show where people are talking. Sometimes the sound of someone's voice can relax you. If you can't sleep

because you're worrying, get up and do something different. Try something quiet and calming like a crossword puzzle. Some people like to wash the dishes or clean things around the house.

Be sure to get some exercise every week. Try tennis, go swimming, or play golf. These activities all help you with stress and they're fun.

Some sports, like running and weight lifting don't help because they put a lot of strain on your body and that can mean more stress.

Above all, don't worry if you're not sleeping!



القطعة الرابعة في المحاضرة المسجلة والنصبة رقم (١٢)

Complete the card with the correct pronouns.


Dear Graham,

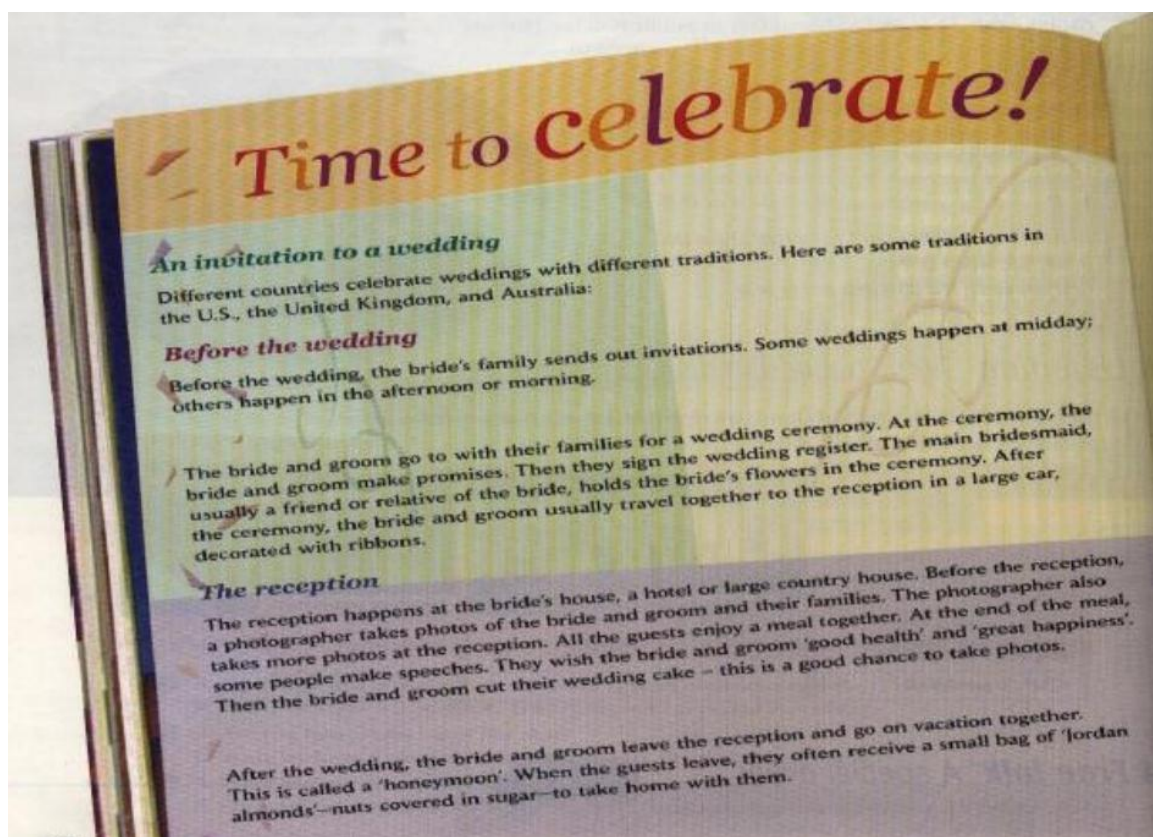
Happy retirement! I'm sending you (you / her) this card from Mexico. Hector and I are in Mexico City visiting his cousins. His cousins are showing us (them / us) all the sights. His cousin John is so nice. I brought him (her / him) a baseball cap from New York, and he wears it everywhere.

Hector's cousin is teaching me (you / me) how to make Mexican food. He's going to send us (them / us) a tamale pot when we get home. Hector loves tamales, so I can make him (him / her) tamales next Christmas. We want to do something special for his cousins, but we can't give them (us / them) anything because they won't let us!

How about you? Can I bring you (you / me) anything from Mexico for your retirement gathering?

Laurie





**A Read the article. Then add the correct heading to each paragraph.**

Traditional ways to celebrate	History of the holiday	When is Father's Day?
Ideas for Father's Day	✓ Why people celebrate Father's Day	

## Father's Day

**Why people celebrate Father's Day**

In many countries, there is a special day of the year when children of all ages celebrate their fathers. On this day – Father's Day – children tell their fathers that they love them, and thank them for their love and care.

**History of the holiday**

Father's Day is not a new celebration. Historians say a boy left a Father's Day message on a card made of clay about 4,000 years ago. The modern festival of Father's Day came from the United States when Sonora Louise Smart Dodd first thought of having a Father's Day celebration in 1909 to show her love for her father. In the United States, Father's Day became an official holiday in 1966.

**When is Father's Day?**

People in different countries celebrate Father's Day on different days. In the United States and the United Kingdom, it's on the third Sunday in June, whereas in Russia, it's in the the month of February.

**Traditional ways to celebrate**

Although many countries celebrate Father's Day at different times of the year, the holidays have one purpose in common – to show love and appreciation for fathers. For example, on Father's Day morning, some children bring their fathers breakfast in bed. Others give their fathers gifts they made especially for this holiday. And adults send their fathers cards.

**Ideas for Father's Day**

What are you going to do next Father's Day? Maybe you can use some of these ideas to make your fathers feel special.

- make or buy your father a beautiful card
- write him a letter telling him why you appreciate him
- do a special chore for him
- make him a special meal or bake a cake
- buy him his favorite candy
- plant a flower or tree somewhere he can see it

**B** Read the interview. Which of Jennifer's answers are funny? Which are interesting?

## AN INTERVIEW WITH ... Jennifer Wilkin



Jennifer works in publishing. We asked her about her memories of being a teenager.

**Did you enjoy being a teenager?**

It was mostly OK, but I had some difficulties, like everyone else. When you're a teenager, you're unsure of yourself.

**What were the fashions then?**

I was a teenager in the '80s, and so the clothes were very colorful. I was a fashion rebel, though – I always wore black, and I wore a lot of cheap silver jewelry. Often I wore vintage clothing.

**What kind of music did you listen to?**

My tastes were varied – I was a classical violinist, but I listened to punk rock and new wave music. I had all my "weird" cassette tapes, and I was never without them.

**What's your best memory from your teenage years?**

I guess it was a trip I took every summer with my youth group. It was a time to travel, be with close friends, and be away from my parents.

**And your worst?**

I think going to school was the worst. I'm not a social type, and it gave me all kinds of anxiety.

**What's one thing you remember about school?**

I remember that everybody tried to be different, but they tried to be the same, also.

**What was your favorite subject?**

My favorite subject was psychology. I loved analyzing my friends.

**Were you ever in trouble? Why?**

I got detention lots of times because I was late for school every morning, but I never got in real trouble.

**How did you spend your free time?**

Actually, I spent a lot of time driving around in friends' cars, honking at people's houses as we drove by. I also spent time reading, playing with my dog and cat, or tormenting my younger sister.

**What do you miss about your teenage days?**

NOTHING! Except my jeans size.

**What's one piece of advice you would give to today's teenagers?**

Get off your computer, and turn off the TV!

القطعة السابعة في المحاضرة المسجلة والنصية رقم (٢٠)

## Lesson D: Interesting places

# Somewhere different...

Three of our fearless travel reporters checked out some very unusual hotels.



### Dive into the lobby...

Most divers go underwater to see fish and coral reefs. But in Florida, in the U.S., you can also stay at the world's only underwater hotel. It takes about an hour to dive down to the Jules Undersea Lodge. Then you swim up into the pool in the lobby to check in. The rooms are small, so you should only take a few things. Fortunately, the hotel packs them in a waterproof container and takes them there for you.

### Salt, salt, everywhere...

The Hotel de la Playa in Bolivia is certainly different. It's almost completely made of salt – the walls, tables, chairs, and even the beds. Everything except the toilets! While we were there, we visited Fisherman's Island with its fabulous 12-foot cacti. It's fun to rent mountain bikes to go and see the salt hills, lakes, and hot springs. Just be sure to take sunglasses – the sun gets extremely bright.



### A place to chill out...

It's a pretty long way to go to stay at the Ishotellet (Ice Hotel) – 100 miles north of the Arctic Circle in Sweden. But it's definitely worth the effort. It's hard to imagine sleeping on an ice bed, but with a reindeer skin and a good sleeping bag, I was warm. And my wake-up call came with a hot drink. You can always go to the sauna to get warm, too. The hotel has an art gallery, a chapel, a movie theater, a disco, and a fabulous ice fireplace in the lounge. Make sure you check out of the hotel before it melts in the spring! But don't worry – they rebuild it every winter.

## AT HOME – How typical are you?

Do you make your bed every day? Do you try to save electricity at home? Are you a pack rat? Read about the home habits of Americans – are they the same as yours?

### Making beds and doing dishes

74% of people make their beds every morning. 5% *never* do. And 3% actually change their sheets every day.

Do you wash the dishes right after eating? 58% of Americans do, but 5% let theirs sit for two or more days!

### Neat and tidy

Are you an organized person? 13% of people alphabetize their books and magazines, or organize them in some way!

The average home has 13 cleaning products around the house.

### Pack rats

How long do you save magazines? About half the population throws away old ones after six months. But 20% keep them for years and years.

### Lights out

Are you careful about saving electricity? 25% of people turn off the light when they leave a room. 8% never do. Four out of five leave the lights on when they go out at night.

### Who does the laundry?

Men do 29% of the 419 million loads of laundry washed each week. Almost all unmarried men do at least one load a week.

**C** Fill in the missing information from the article. Then discuss with a partner. Which facts do you find interesting? Which are surprising?

- 74% of people in the U.S. make their beds every morning.
- 58% of them do the dishes right after eating.
- 8% of Americans never turn off the light when they leave a room.
- 13% of them organize their books and magazines.
- 50% of all Americans throw away old magazines after six months.
- Almost all unmarried men in the U.S. do at least one load of laundry a week.

*A Most people make their beds. I think that's surprising. I don't make mine every day.*  
*B No, me neither. I don't have time. I also think it's interesting that ...*

82

### Making beds and doing dishes

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### Pack rats

How long do you save magazines? About half the population throws away old ones after six months. But 20% keep them for years and years.

- \_\_\_\_\_ people never do their beds.
  - All
  - Most
  - A few
  - Some
- \_\_\_\_\_ of Americans don't do the dishes after eating.
  - 5%
  - 3%
  - 74%
  - 58%
- \_\_\_\_\_ of American people throw away old magazines.
  - about 20%
  - about 25%
  - about 74%
  - about 50%

## Lesson A

## When things go wrong ...

### Are you having a bad week?



#### Sean Davis

“Actually, yes. I was going to work on the train Monday morning, and I was talking to this woman. I guess I wasn't paying attention, and I missed my stop. I was half an hour late for a meeting with my new boss.”



#### Julia Chen

“Oh, definitely! A friend of mine accidentally deleted all my music files yesterday when she was using my computer. I tried for hours to find them, but nothing worked. I lost everything!”

#### Roberto Moreno

“Yeah, kind of. A couple of days ago, a friend and I were trying to look cool in front of some girls at the mall. We weren't looking, and we walked right into a glass door. I was so embarrassed.”



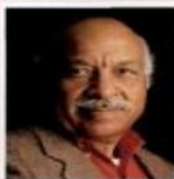
القطعة الحادية عشرة في المحاضرة المسجلة والنصية رقم (٢٣)

## 1 Reading

**A** Brainstorm! Make a list of all the good things that happened to you recently. Tell the class.

I found \$20. An old friend called me. I passed my driver's test.

**B** Read the newspaper column. What good things happened to these people?



### Around Town by Nelson Hunter

#### Acts of Kindness

A few weeks ago, I was walking to my car in the parking lot, when someone came up to me and said he enjoyed reading my weekly column. “But,” he said, “you always write about everyone's bad experiences. Why don't you ask people to talk about their good experiences, too?”

So I asked readers to write in and tell me about all the good things that happened to them recently. I got hundreds of replies. Here are three of them:

I was coming home from a party really late at night, and I missed the last train home. I didn't have enough money for a cab, and I didn't want to walk home in the dark. I was standing outside the train station, and I guess I looked worried because a woman came up and asked me if I needed any help. She offered to share a cab with me and to pay for it! She said she didn't like being by herself at night, either. I was so grateful.

— Abby Walters

When I was shopping at the mall last week, I lost my wallet with all my money and credit cards in it. I spent a long time looking for it with no luck. I was really upset because it had my spare house key and my address in it, too. Anyway, later that day after I got home, my doorbell rang. It was a young man, and he had my wallet. Apparently, he saw it on the ground when he was walking into the mall. He drove all the way to my house to give it to me! I couldn't believe it! I was so lucky!

— Andrea Keane


After class each week, I often go to the local donut shop and get some coffee before I go home. When I was leaving the store last week, the owner gave me a bag of donuts from the day before to take home for free. She said I was a good customer, and she didn't want to throw them out. When I got home, I shared them with my roommates!

— John Jones

So, thank you for all the letters. For next week, I want to hear about any funny stories you have. What funny things happened to you recently?

القطعة الثانية عشرة في المحاضرة المسجلة والنصية رقم (٢٤)

**B** Read the article. Find four reasons why text messaging can be useful.




## C U L8R

If you're one of the 70% of cell-phone users who use text messaging, you know that C U L8R means "See you later." "Texting" is now the new way to talk (or "tik"), especially for young people. But why is that?

**It's a love thing.**

There's no doubt about it, text messages are for personal communication. Only 10% of messages are work related, and the peak hours for texting are between 10:30 and 11:00 at night!

Most users (64%) say texting is a good way to send romantic messages — it's easier to say "I love you" in a text message than in a phone call. Maybe that explains why more people now use texting to send Valentine's Day messages.



**Upsides and downsides**

Generally, texting is cheaper than making phone calls. It's also more direct, since you can send or get information without having to ask and answer polite "How are you?" questions.

And it's more discreet, too. No one can hear your "conversations," and you can receive text messages almost anywhere — at work, in meetings, or in class. You can also use texting in noisy places like nightclubs, where using a cell phone is difficult.

**A new language?**

Because it's quicker to "write" without apostrophes and vowels, texting has its own language. And it's fun to use the symbols. There's a best-selling dictionary (or "DXNRE") for texting called Wan2tik?

Some people say that texting encourages bad punctuation and spelling. On the other hand, more teens are writing than ever before. Now, that has to be a good thing!

