**BOOK ONE**

**U1 Activity5**

Celebrity doubles

A group of teenagers is standing outside a hair salon in Manchester, England. Many of them have cameras and are looking in the salon window. Then want to see soccer player David Beckham. A man in the salon looks like Beckham (he has blond hair and Beckham’s good looks). But the man in the salon isn’t the famous soccer player. He’s Andrew Barn-- a twenty-two–year–old hairdresser.

Barn isn’t surprised by the teenagers. People often stop him on the street and want to take his picture. Barn is a hairdresser, but the also makes money as a Beckham double. Barn travels all over Europe as David Beckham. Newspapers often take his photo. It’s an exciting life for the hairdresser from Manchester.

Today, many companies work with celebrity doubles. The most popular celebrity doubles look like famous athletes, pop singers, and actors. The companies pay doubles to go to parties and business meetings. Doubles are also on TV and in newspaper ads.

Why do people want to look like a celebrity? An Anna Kournikova double in the U.S. says, "I can make good money. I also make a lot of people happy.‖

**U2 Activity4**

Watch the Weather!

Most people plan their vacations very carefully. They think a lot about plane tickets, passports, and hotel reservations. But they often forget about one important thing –the weather. You should learn about the right time to visit your vacation spot. Here is some information to help you plan your next vacation.

Italy. The weather is sunny all year, but it’s sometimes cold in winter. April and May are warm and beautiful. From June to September, it’s very hot.

Australia. Summer here is from December to April. It sometimes rains, but the weather is usually very good. In winter, it snows a little in some places, but most of Australia isn’t very cold

Hong Kong, China. The Weather is hot and very humid here a lot of the year. In July and August, it’s sometimes very windy, and there are bad storms. October and November are warm and not so humid, but in December and January, it gets very chilly sometimes.

Germany. From November to April, the weather is cold, cloudy, and snowy. In spring it’s warm, but there’s a lot of rain, July and August are usually warm and sunny.

India. You shouldn’t travel to India from June to September. There is a lot of rain everywhere. From November to April, after the rainy season, the weather is nice and cool. In April and May, it often gets very hot.

**U2 Activity5**

In Tokyo, it’s an envelope with $850,000 in cash. At Florida’s Disney World, it’s a glass eye. At a hotel in England, it’s a goat and a false leg. How are all of these things similar? They are unusual things that people leave in hotel rooms, in airports, and on city streets. Irish Martino works in the Lost and Found Center at an airport in a U.S. city. ―Sure, we find the usual stuff—cell phones, keys, sunglasses and wallets,‖ she says. ―But people also forget some weird things at the airport, too.‖ What does Ms. Martino find? A woman’s false teeth in the bathroom. A mannequin in an airport waiting area. ―How do you forget those things?‖ Martino wonders. Nobuo Hasuda works for the Lost and Found Center in downtown Tokyo. The Center has almost 800,000 items. Three hundred thousand of them are umbrellas! There are also many other things—jewelry and briefcases, snowshoes and musical instruments. Mr. Hasuda keeps the lost items for six months and two weeks. After this time, the finder can take the item. This is good luck for some people. Remember the envelope in Tokyo with $850,000? The owner did not claim it. Now the money belongs to the finder!

**U4 Activity4**

1. We all have dreams, but some people actually make their dreams come true. Their secret? They quit dreaming, and they start doing. Even a very big dream starts with small steps, and small goals.

2. Maybe your dream is to become a doctor. Start by thinking about small goals for yourself. Ask, "What can I do today?" You can't start medical school today, but you can send e-mails and make phone calls to get information about medical schools. Make a list of schools to call, and then call a few of them every day.

3. What do you need for your dream? Tell friends and family members — many of them can help you. For example, you want to become an artist. You need a lot of cheap paper for drawing. Maybe your friend's brother throws away a lot of big paper at his office. So, share your dream with the world!

4. Another good idea is talking to people who are doing your dream job. Do you dream about having your own restaurant? Go to your favorite restaurant and ask the owner lots of questions. Most people like to talk about their work.

**U4 Activity5**

Everyone has his or her own dream jobs.

Let's listen to Yi Wang, a 29-year-old young teacher, and Hicham Nassir, who are going to talk about their dream jobs.

"At the moment, I'm teaching chemistry at a university in Beijing. It's a good job, but my dream is to make films. In China, young artists move to Beijing from all over the country. Many of them are painters, writers, and actors. I'd like to make a film about their lives and their work."

Wang is writing the film now with help from her friends. But it isn't easy. "At the moment, the biggest problem is money," explains Wang. "We don't have much."

But this isn't going to stop Wang and her partners. She says, "First, we're going to make this movie. Then, we'd like to show it in China and, maybe someday, at film festivals around the world."

16-year-old Hicham Nassir is a soccer player. He's getting ready for a soccer match with his teammates. Hicham, the team's star player, is a native of Morocco. He now lives in London with his family.

"My parents want me to go to college, and major in business or law," he explains. "They want me to become a lawyer or a successful businessman. I understand them, but I want to be a professional soccer player. And my coach thinks I can do it."

And what about his parents? "I hope they change their minds," says Hicham. "I want to play soccer professionally. It's my dream."

**U5 Activity4**

Istanbul, Turkey

Istanbul is a very unusual city — one part is in Europe, and the other part is in Asia. About 9 million people live there. Visitors love Istanbul because it has many beautiful, old buildings, and the food is great. At night, the seafood restaurants are very popular. And everything in Istanbul is very affordable for visitors.Traffic is a problem in the city, because there are too many cars for the old streets. There are also subways,trains, and buses, and some people take boats to go between the European side and the Asian side. The weather is very good in summer, but in winter it's sometimes very cold.

Vancouver, Canada

Vancouver is one of the most beautiful cities in the world. It's near the mountains and the sea, and there are many great parks where you can walk, ride a bicycle, or just relax. The city has good public transportation, with buses and fast trains that go everywhere. There are about 600,000 people in Vancouver, but it's a very clean city, and there's not much pollution. Two bad points — prices there are very high, and the weather is not very good. Vancouver is famous for rain! But there are many good museums for those rainy days, and in the evening, the city has great restaurants and nightclubs to visit.

**U5 Activity5**

Two magazines recently listed the best cities to live in. Here are two of the cities listed as “the world's best.” One of the two cities is San Jose, Capital of Costa Rica. Costa Rica is located in Central America. When people think of Costa Rica, they imagine rain forests, rivers, and beautiful beaches. These things are not in San Jose. But San Jose is still one of the world's best cities. Why? Unlike other cities in Central and South America, San Jose has comfortable weather all year — about 15 to 26 degrees centigrade. Housing is affordable in San Jose. Also, many of the city's older neighborhoods are very beautiful and have small hotels, art galleries and cafes. Beautiful volcanoes and mountains surround the city. You can visit them easily from San Jose. The minuses are: there's a good public transportation, but the traffic and air pollution are a problem in the city center. Another city is Hong Kong, China. Why do people like to live in Hong Kong? Here are two good reasons. First, this is a lively city. Hong Kong was once a small fishing village, but now is an international business center. It is an interesting mix of East and West, old and new. Modern skyscrapers are next to small temples. Popular nightclubs are close to traditional teahouses. Busy crowds fill the streets at all hours of the day. But outside the city, there are parks for walking or relaxing. The second reason is the good food. Hong Kong is famous for its wonderful native dishes. There's also food from Europe, North America, and other parts of Asia. The minuses are: this small city has a large population. How many people live in Hong Kong? Almost seven million! That's why housing is often very expensive. Traffic and air pollution are also a problem.

**U6 Activity4**

I'm Yaopeng. This is my third month as a student in Denver, Colorado. I'm learning a lot in English class. I'm living with a host family. Patricia, my host mother, is really nice. She's divorced and has two kids — a seventeen-year-old son, Jason, and a twelve-year-old daughter, Clarissa. We live in a large apartment. I have my own room. It has a bed, a desk, and small closet. We share a bathroom and a computer in the

living room. I can also use the kitchen or watch TV in the living room.

Living with an American family is interesting. On the first day here, Patricia showed me the house and my room. She said, "Make yourself at home." At first, I didn't understand, but now I do. The apartment is like my apartment. I usually make breakfast for myself. I do my own laundry. I clean my own room. Patricia is my host mother, but she's like a friend or a roommate. But, there are rules. It's OK for my friends to visit, but only on the weekend. Jason's friends come to the apartment on the weekend. They hang out in his room and listen to music or watch videos. Sometimes my friends from school have dinner with my family.

**U6 Activity5**

The Guitar House

In Fayetteville, Georgia, there is a house that is shaped like a guitar. It was built by a song-writer and country music lover, Elvis L. Carden, in the 1970s.

It's right on the road and is brown. It's not that strange, when you look at it from ground level. You probably wouldn't really notice it just driving by. In fact, you can't really tell what it is from the street. But if you stop and look, the roof has a very slight slant, and then you can tell.

It's basically a modified ranch house with a long narrow walkway or hallway leading to the garage, thus the guitar shape. It has a flat roof with the electrical wires running along the top to mimic guitar strings.

The Shoe House

Hellam is a small town in south-central Pennsylvania. In this town, there is a shoe house. The house was built in 1948 by shoe magnate Mahlon N. Haines to advertise his business.

The Shoe House is a wood-framed house, which is 48 feet long and 17 feet wide at its widest point. It is a replica of a high-top work boot. Besides a sole, heel, and toe, this shoe house has three bedrooms, two bathrooms, a kitchen, and a living room.

Originally, Haines used the Shoe House as a guesthouse. He invited elderly couples to spend the weekend and live like "kings and queens" at his expense. He also let honeymooners stay there for free, as long as they came from a town that had a Haines shoe store.

After Haines passed away, the Shoe House was sold. Now it has been turned into an ice cream parlor and is open to tourists.

**BOOK TWO**

**U1 Activity4**

Making memories

A popular new hobby is scrapbooking — making beautiful books to hold special memories. Scrapbook pages can include photos, drawings, journal entries. It’s not hard to make a scrapbook that you will enjoy for many years. Here are the steps.

1. Choose a theme for your scrapbook pages. Some examples: ”School days, “ “Family travel,” “Memories

of my grandparents,” “Baby’s first year. “

2. Select photos for each page. Two or three really good photos are better than ten so-so photos.

3. Find other paper keepsakes to use with your photos. Look for old newspaper clippings, postcards, tickets, report cards, letters — anything made of paper. Use your imagination!

4. Design the pages. Put photos and keepsakes together on each page and move them around until you find a layout that you like.

5. Glue your photos and keepsakes into place. Then decorate your pages with felt pens, paint, and stickers. Use your imagination!

6. Label your pages. This is the most important step! Remember to write down the “5 Ws” of your photos: Who, What, Where, When, and Why. This will make your scrapbook much more interesting and valuable in the future.

**U1 Activity5**

Yearbooks in the United States

Most high schools in the United States publish a yearbook. The yearbook comes out once a year, usually in the spring. It is a record of the school year — a “book of memories” for the students.

Inside a yearbook is each student’s photo. The seniors are graduating soon, and their photos appear first. Next are the juniors. They are one year behind the seniors. Next come the sophomores, or secondyear students. The last photos are the first-year students, the freshmen. The yearbook is not only about students.

The teachers have photos, too. The yearbook also has photos and descriptions of sports teams,

academic subjects, and extracurricular activities. These are activities students do after school, such as the chess club and Spanish club. There is even a yearbook club. Students in this club write, design, and take photos all year for the yearbook. At the end of the year, the book is printed.

In the yearbook, some students receive special titles. The seniors vote and choose the “class clown” (a funny student), the “most likely to succeed” (a student everyone thinks will be successful), and the “best dressed” (a student with a good fashion sense). There are also other awards and categories.

Students typically sign each other’s yearbooks. This is especially important for the seniors, because they are graduating. Students write notes to each other, such as, “We had a lot of fun,” or “I’ll never forget you.”They also write about all the fun and funny experiences they shared in school together.

**U2 Activity4**

Know before you go!

In Bangladesh people greet their friends by shaking hands softly and then putting their hands over their heart. People in Bangladesh don’t use many gestures. Waving at people and winking are very rude. Don’t touch people on the head. Don’t point with your foot---Bangladeshi people think feet are very dirty

Indonesians greet people with a long handshake, and they bow at the same time. At a meeting, give every person your business card, but use your right hand----using your left hand is very rude in Indonesia.

In Thailand, the traditional greeting is called wai----people put their hands together and bow. Men and women don’t often touch each other in public. Thai people don’t use their hand for gestures, but they love to smile a lot. They sometimes laugh when they feel nervous or embarrassed.

People in the United Arab Emirates have some special gestures. When two men meet, they shake hands. Sometimes old men touch noses together. Women kiss their friends on the cheek. If a man meets a woman, he doesn’t shake hands with her. He just smiles. When you give your friend something, give it to him with your right hand. Don’t use your left hand. And don’t point at people with your finger. Use your hand to gesture towards them.

**U2 Activity5**

World greetings

In Brazil men often shake hands when they meet for the first time. When women meet, they kiss each other on the cheek. Women also kiss male friends to say hello. When you shake hands, look at the person in the eyes. This shows interest and friendliness.

In New Zealand, usually, both men and women shake hands when they meet someone for the first time. If you see two people pressing their noses together, they are probably Maori. The Maori are the native people of New Zealand. This is their traditional greeting.

In Japan when people meet for the first time, they usually bow. In business, people also shake hands. In formal situations, people often exchange business cards. When you give a business card, give it with both hands. This is polite. Special note: In Japan, a smile can have different meanings. It usually means that the person is happy, or that the person thinks something is funny. But it can also mean that the person is embarrassed.

**U3 Activity4**

Hot, hotter, hottest! Surprising facts about chili peppers.

1. Chili peppers are one of the oldest food crops in the world. Farmers grew the first chili peppers more than 9,000 years ago.

2. The first chili peppers probably grew in Bolivia. From there, the plant spread through South America and the Caribbean. Christopher Columbus brought the first chili peppers to Europe

3. The heat in the chili comes from a chemical called capsaicin. Capsaicin has no smell or flavor, but it makes your mouth feel “hot.”

4. Scientists believe that chili peppers are a very healthy food because they are rich in vitamins. Research shows that chilis do not damage the stomach, and Indian scientists discovered that eating chilis can help people lose weight.

5. Indian food is well-known for using lots of chili peppers, but Thai food spicier. The average person in Thailand eats five grams of chili pepper everyday---the most in the world.

6. The Aztec Indians of Mexico loved chili peppers so much that they gave them to their king as a gift.

7. The hottest chili pepper in the world is the habanero. It is bright orange and grows in the Caribbean.

8. There are chili sauce factories on every continent except Antarctica.

**U3 Activity5**

The healthiest people in the world

In many countries of the world, people are living longer than before. People have healthier lifestyles, and healthcare is better, too.

Okinawa is an island off the coast of Japan. The people on Okinawa, the Okinawans, may have the longest lives and healthiest lifestyles in the world. Researchers did a study. They started their study by looking at city and town birth records from 1879. They didn’t expect to find many centenarians in the records. They were very surprised to find so many old and healthy people living in Okinawa. The United States, for example, has 10 centenarians per 100, 1000 people. In Okinawa there are 34 centenarians per 100,100 people! What is the Okinawans’ secret? First, they eat a healthy diet. They eat many fresh fruits and vegetables. They also eat fish often and drink a lot of water and green tea. But researchers think that the Okinawans have other healthy habits as well. They don’t do hard exercise such as weightlifting or jogging--- instead, they prefer relaxing activities like gardening and walking. Researchers say that older Okinawans also have a good attitude about aging.

They sit quietly and relax their minds with deep breathing exercises. They also enjoy massage.

**U4 Activity5**

Today I started my new part-time job as a trendspotter. I was nervous and didn’t know what to expect. Well, guess what? It was a lot of fun! I’m telling all my friends, “You should think about becoming a trendspotter, too!” On Saturday morning, we had to report to a recording studio by 10 a.m. The “Trends Coordinator,” Mandy, explained the schedule. Then she gave us a tour. That was really cool!

Next we sat around a big table in a room. They gave each person three cards. One card said “Yes — All the way!” Another said, “It’s OK.” The third one said, “No way!” We listened to about 10 different songs. After each song we had to hold up a card. They played some hip hop, rock, heavy metal, and dance music. The heavy metal was “No way” for me!

Do you know the rock group called “Gifted”? They’re really popular right now. Well, they have a new CD coming out. We saw six different CD covers. I guess they are trying to choose one. This time, we didn’t have any cards. Instead, we just talked about the covers we liked. Mandy asked us questions: “Which ones do you like?” “Why do you like them?” “Would you buy a CD with this cover?”

We finished at 12:30. We will meet again next week at a boutique downtown. We will look at some new fashions. Each week we go to a different location. Oh yes, we also received a free CD for our work. This “job” doesn’t pay, but we get free stuff!

**U6 Activity4**

Sleep and dreams

Scientists know that the brain is very active when a person is sleeping. There are five stages, or parts, of sleep. Stage 1 starts after you fall asleep. If there is a noise or a bright light, you wake up very easily. In stage 2, your brain waves are very slow. In stage 3 and 4, you are in deep sleep. It’s very difficult to wake up then. Your body rests and grows during these stages. Stage 5 is when you dream. Your eyes move a lot, and your brain waves are fast. This stage of sleep is very important for your memory. After stage 5, you wake up a little, and then stage 1 starts again. We go through the five stages of sleep four or five times every night, so we have many dreams in one night.

How much sleep do you need? The answer depends on your age. Babies should sleep 15 to 16 hours every day. Children and teenagers need 9 or 10 hours of sleep, but older people only need 6 to 8 hours. If you sleep for only four hours one night, you may just feel tired the next day. But many nights of bad sleep can be bad for your health. People who don’t get enough sleep get sick more often. And sleep is very important for learning. It’s one reason why students should go to bed early.

**U6 Activity5**

The meaning of dreams

For centuries, people have asked: why do we dream? What do our dreams mean? Today, science doesn’t have definite answers to these questions, but we do know some things about dreams. First, we all dream, often 4 to 5 times a night. Second, we don’t usually remember most of our dreams. And finally, when we dream, our brains are very active.

Thousands of years ago, people began to study dreams. In many cultures, people believed dreams were messages from spirits or gods. Later, the ancient Greeks and Romans had a new idea: Dreams come from a person’s mind. Doctors studied dreams to help sick or worried people. I n the past, some cultures used dreams to predict the future. They thought dreams could help a person choose a husband or wife, guess a baby’s birthday, or starts a business. IN some places, this practice is still common.

Today, scientists think dreams are about our thoughts and feelings. Our minds send us messages about our lives. Unfortunately, many messages are often strange or confusing. People wake up and think: What did that dream mean?

So, how can you understand the messages in your dreams? Think about the events in the dream. What do they say about your life ? For example, one common dream is about flying. Sometimes this dream means you feel free or want freedom. Other times it means you feel afraid. What do your dreams tell you about your life?