

If you are planning a trip to Death Valley, winter is the best time to visit. The main visitor area has nature exhibits, a museum, and a bookstore. Be sure to watch the informative videos on desert life. After that, you can explore the desert by car, by bike, or on foot. Park rangers offer programs on desert life, the history of Death Valley, and the desert sky at night. If you are planning a trip to Death Valley, don't forget these four essentials: a sun hat, sun block, a lot of water, and a camera.

Track 21, Page 64

I'm going to talk about Tennessee. You spell Tennessee T-E-N-N-E-S-S-E-E. Tennessee is in the southeastern United States. It borders 8 states. On the north, there is Kentucky and Virginia. On the east is North Carolina. On the south, there are three states: Georgia and Alabama, and Mississippi. The Mississippi River is on the west.

The two states on the west are Arkansas and Missouri. The capital of Tennessee is Nashville. You spell Nashville N-A-S-H-V-I-L-L-E. The population of Tennessee is 6,300,000. That's 6,300,000 people. Tennessee is a beautiful state to visit and there are many things to do there. If you love music, visit Nashville. Nashville is the capital, but people also call it "Music City, USA." Nashville is the center of the country music industry. You can listen to famous country singers at the Grand Ole Opry House. If you like the outdoors, visit Great Smoky Mountains National Park. More people visit Great Smoky Mountains National Park than any other park in the United States. It's in the eastern part of the state and most of the park is a forest. You can go hiking or fishing or biking or camping. There are several historic areas in the park also. Be careful, there are a lot of bears in the park.

UNIT 5

Track 22, Page 68

1. OK everyone, smile. Say cheese!
2. At the traffic light, turn right onto Main Street.
3. The rain will end this afternoon. We're expecting sunny skies tomorrow with temperatures in the upper 60s.
4. Yes, I'd like a room for three nights. We're arriving on the fourteenth.
5. I'd like a large order of pork fried rice, and a sweet and sour chicken, and two egg rolls.
6. Please tell her that Jake called. That's Jake Parker. My number is 555-7172.
7. I'd like the car for the weekend, March 15th–17th. Do you have a weekend rate? A standard size is fine.

Track 23, Page 69

A: What are you doing?

B: I'm writing a report.

A: What software are you using?

B: I'm using "write now."

A: How's it coming?

B: Very slowly, and it's due tomorrow.

Track 24, Page 70

1. Where is he going?
2. Who are you texting?
3. What is she studying?
4. Who is she calling?
5. What are you listening to?
6. Which game is she playing?
7. What are you ordering?
8. Which site are you using?

Track 25, Page 74

Technology

Technology is changing the way that companies do business. New companies are starting and other companies are losing customers or going out of business. Let's look at four industries and how the internet is changing them.

Airline travel is a good example. In the past, travelers called an airline and made reservations on the phone. Or, they worked with a travel agent to book their flights, their rental car, and their hotel. Today, people are making their own reservations online. They are checking different airlines, dates, and times to find the lowest fares. Before going to the airport, they print their boarding passes or use a phone app to check in.

Movie theaters are still popular, but there are fewer now than there were twenty years ago. People still enjoy watching a movie on a big screen. But, now it's possible to watch a new movie only a few months after it appears in the theater. More people are streaming movies on their computers and tablets. There are no more video rental stores, but some companies now mail movies right to a customer's home.

The taxi business will never be the same. Just a few years ago, people stood on a corner or they called a taxi company on the phone. Now, many people just tap on a phone app and in a few minutes, a ride-sharing driver arrives to pick them up. These drivers have their own cars. Regular taxi companies are losing customers because these new companies offer rides that are cheaper and more convenient. These new companies are also delivering food from local restaurants.

More and more people are shopping online. Sitting at home, people are looking at products, reading reviews, and checking prices. Delivery companies are then bringing the product right to customers' front doors, sometimes later the same day. Each year, the money people spend on online shopping is increasing. How is this affecting stores in towns and malls? Many larger retailers are closing stores in smaller locations. Some companies are going out of business. Other companies are starting online stores.

Technology will continue to change the way we live and the way companies do business. Expect many more changes every year.

Track 26, Page 76

Technology Addiction

"Larry used to be an excellent student. Now, he's falling asleep in class. He's not completing his class work. . . He's always on the computer playing video games. Even at one and two o'clock in the morning, I can hear him playing video games in his room."
—A mother's report

1. An addiction is an activity or a habit that people cannot control and that is harmful to them. Some psychologists are talking about a new kind of addiction—technology addiction. People with a technology addiction can't stop using their electronic devices—checking email and social media, playing video games, chatting, browsing the internet.
2. Do you know any technology addicts? Hours, or even days, pass, and they are still sitting at the computer or looking at their devices. They get upset when someone interrupts

them. They feel nervous or depressed when they aren't on the computer, playing a video game, or using the internet. When they finally use their electronic devices again, they feel relieved. They neglect their family and friends.

3. If you think you are becoming addicted to technology, there are steps that you can take to limit your time using electronic devices.
 - Set an alarm for one or two hours. When the alarm goes off, do an offline activity, like reading a book or exercising.
 - Choose a time to disconnect from your electronic devices at night. For example, turn off your computer at 11:00 every night.
 - Do other activities that you enjoy. Go out to lunch with friends, take a class, or exercise.
 - If these ideas don't help, you might need professional help.

UNIT 6

Track 27, Page 83

Surgeon
Cardiologist
Ophthalmologist
Pediatrician
Family doctor
Obstetrician
Dermatologist
Gynecologist
Allergist
Psychiatrist

Track 28, Page 86

D: These are the X-rays, Mr. West. Jimmy has a broken leg. It's a bad break. The nurse is putting ice packs on his leg now because it's swollen quite a lot. We need to wait for the swelling to go down, so we're going to keep him in the hospital for 2 days and then we'll put the cast on.

W: How long is he going to need the cast?

D: For children, it's usually 6 to 8 weeks.

W: He's in a lot of pain.

D: We're going to give him something for the pain in a few minutes. Is he allergic to anything?

W: No, he isn't.

D: He's going to need painkillers for a few days.

W: Can he go to school?

D: Don't worry, he will be back in school next week, but he's going to need crutches.

Track 29, Page 88

1. I'll help you.
2. I'll call her.
3. I'll drive you.
4. I'll make dinner.

5. I'll visit you.

6. I'll take you to the doctor.

7. I'll pick up your prescription.

8. I'll see you tomorrow.

Track 30, Pages 90 & 91

The Accident

There was a bad accident at the intersection of Maple and Central Avenue about ten minutes ago. A woman went past the stop sign and hit another car. A witness who saw the accident immediately called 911. The police and two ambulances were at the scene of the accident a few minutes later.

Luis is lying by the side of the road. His arm is cut very badly. One emergency medical worker is applying a pressure bandage to stop the bleeding. The other technician is talking to him and taking his blood pressure. She's telling Luis that the bleeding is under control. Soon, they're going to take him to the hospital. Luis is going to need thirty or more stitches in his arm.

Two other emergency workers are helping the woman on the stretcher. She is pale and confused. She doesn't know her name and she can't answer any questions. One worker is covering her with a blanket. Because the front windshield of her car is broken, the workers think that she might have a concussion.

A police officer is directing traffic at the scene. Traffic is moving very slowly because everyone wants to look at the accident.

Track 31, Page 92

Asthma

Ricky Garcia is going to play outside with his friends. He is taking out his inhaler and taking two puffs. Five minutes later, he's in the park with his friends, running after a soccer ball. Ricky has asthma, but he knows how to control it.

Asthma is a lung disease. The airways of the lungs become inflamed—that is, red and swollen—making it difficult to breathe normally. A person with asthma may have wheezing, coughing,