

7 CHANGING TIMES

LESSON A ▶ *Lifestyles in transition*

1 STARTING POINT

How we are changing

A People's lifestyles are changing more quickly than ever before. Have you noticed any of these trends in your community?



Lifestyle Trends

- 1 Social exercise programs that offer fun group workouts are on the rise. Enrollment in cycling, strength-training, dance, and yoga classes has never been higher.
- 2 Hybrid cars, powered by both gas and electricity, are an option that more people are choosing in order to save money and reduce pollution.
- 3 More professionals whose managers allow it are opting to telecommute, or work from home.
- 4 More and more shoppers are looking for recyclable products that companies can manufacture sustainably.
- 5 Children are learning foreign languages at earlier ages than ever before. Some elementary schools now offer classes for children whom they once considered too young.
- 6 A growing number of people who are concerned with the effects of pesticides on the environment are buying organic produce.
- 7 These days, people who are not happy with their bodies are more likely to resort to cosmetic surgery.
- 8 Tourists whose destinations are foreign countries are taking more trips, traveling greater distances, and spending more money.

B Pair work Discuss the good points and bad points of each trend. Which trends do you think are the most beneficial?

"Social exercise programs are great because they encourage more people to get fit."

"I think many people get a better workout by themselves. They exercise more and socialize less!"

2 DISCUSSION

Current trends

A Pair work Think of a current trend in your country, community, or among people you know for as many of these areas as you can.

- education / schools
- shopping / stores
- health / fitness
- science / technology
- nature / environment
- food / restaurants
- travel / tourism
- appearance / fashion

B Group work Join another pair. Share your ideas and choose the three most significant trends. Then prepare a short presentation for the class explaining the trends and why you think they are the most important.

"One trend we discussed is that a lot of people are into ecotourism lately. This is certainly an important and beneficial trend because . . ."

3 GRAMMAR

Optional and required relative pronouns

In defining relative clauses, when the relative pronoun is the subject of the clause or it shows possession, the relative pronoun is required. When it is the object, it is usually optional.

Subject of clause (relative pronouns *that, which, or who* required)

People **who** / **that** are concerned with the effects of pesticides on the environment are buying organic produce.

Social exercise programs **that** / **which** offer fun group workouts are on the rise.

Showing possession (relative pronoun *whose* required)

More professionals **whose** managers allow it are opting to telecommute, or work from home.

Object of clause (relative pronouns *that, which, who, or whom* optional)

Hybrid cars are an option (**that** / **which**) more people are choosing.

Some elementary schools now offer classes for children (**who** / **whom** / **that**) they once considered too young.

GRAMMAR PLUS see page 118

A Look at the Starting Point on page 54 again. In which sentences is the relative pronoun required?

B Choose the sentences in which the relative pronoun is optional. Which sentences are true for your community?

- | | |
|---|--|
| <input type="checkbox"/> 1. Young families who dream of owning a house are finding they can't afford one. | <input type="checkbox"/> 5. People are devoting more time to others who are less fortunate. |
| <input type="checkbox"/> 2. The pressure that students feel to succeed in school is increasing. | <input type="checkbox"/> 6. People are recycling many things which they would have thrown away in the past. |
| <input type="checkbox"/> 3. People who used to go to theaters to watch movies now watch them at home. | <input type="checkbox"/> 7. A lot of people who have grown tired of city life are moving to the country. |
| <input type="checkbox"/> 4. People want exercise programs that are designed for their specific age group. | <input type="checkbox"/> 8. More college students are choosing majors that they think will lead to high-paying jobs. |

C Is the relative pronoun in these sentences the subject of the clause (S), the object of the clause (O), or does it show possession (P)? Write the correct letter.

- | | |
|--|--|
| ___ 1. Is the number of young people who opt for cosmetic surgery growing or shrinking? | ___ 4. What brand names that once were very popular are no longer as relevant? |
| ___ 2. Who are some celebrities whose style has affected fashion or other trends? | ___ 5. Are there any alternative therapies that you think are ineffective or even dangerous? |
| ___ 3. How have the foods that fast-food restaurants offer changed in recent years? | ___ 6. Is it becoming more difficult for people who don't speak a foreign language fluently to get a job? |

D Pair work Interview each other using the questions in part C.

4 VOCABULARY & SPEAKING

Antonyms with prefixes

A The antonyms of these adjectives can be formed by adding the prefix *il-*, *im-*, *in-*, or *ir-*. Write the correct prefix in front of each adjective.

- a. ___ considerate c. ___ decisive e. ___ mature g. ___ responsible
 b. ___ consistent d. ___ logical f. ___ proper h. ___ tolerant

B Complete each opinion with one of the antonyms in part A. Write the correct letter.

- “You can be 40 and still be ___ if you refuse to grow up and have the expected behavior for a person your age.”
- “People today just don’t care about following correct rules or manners. They have such ___ behavior.”
- “Today’s politicians are so ___. They just change their opinions and statements from one day to the next.”
- “Selfish people are often ___ of others and don’t care about their feelings.”
- “___ people refuse to accept ideas and behavior different from their own.”
- “Many accidents happen when people are ___ and don’t give careful thought to the results of their actions.”
- “Because young people lack wisdom and reason, they often make ___ decisions.”
- “Many young people are ___ about their future and unable to choose a course of action.”



C Pair work Do you agree with the opinions? Discuss with a partner.

VOCABULARY PLUS see page 136

5 LISTENING

Generation Y

A Listen to a presentation by a corporate executive about two generations of employees. What audience is the presentation addressed to? What is the purpose?

B Listen again. Write the attitudes Generation Y has regarding each area in the chart. Then write what the company is planning to do to address each attitude.

| | Generation Y's attitude | Plan |
|--------------------------|-------------------------|------|
| 1. work and free time | | |
| 2. relationship to boss | | |
| 3. community involvement | | |

6 WRITING

Writing about a personal experience

A personal-experience composition usually begins with an introductory paragraph containing a thesis statement and some observations or comments. The body of the composition provides background information and gives details about what happened. The conclusion usually restates the thesis and presents the writer's feelings.

- A** Underline the thesis statement. Then read the composition and answer the questions below. Compare answers with a partner.


Last month I took a giant step and finally moved to a new apartment. I had been sharing a two-bedroom apartment for two years with a friend who I'd known since childhood, and I decided that it was time to have my own place. In the beginning, I was a little scared because I would be assuming a great deal of financial responsibility. I was also a little concerned about feeling lonely, but I knew it was important to have the experience of being totally on my own.

The first thing I wanted to do before making a final decision was to talk things over with my roommate. We had first moved in together because neither of us could afford . . .

I looked at many apartments before making up my mind. I finally found one that I liked – an affordable one-bedroom in very good shape, with a lot of light. The apartment is . . .

My new apartment is beginning to look like a home now. I've been looking at a lot of interior design websites, and I've managed to decorate my apartment. . . .

Looking back, I definitely think that I made the right decision. I feel really good about having a place I can call my own. I feel more independent and responsible. Sometimes I feel a little lonely, but for the most part, I enjoy the privacy.



1. What observations or personal comments does the writer make in the first paragraph?
2. What details and background information does the body of the composition provide?
3. What additional information do you think the writer gives to complete the body paragraphs?

- B** Write a composition about something that has happened to you recently. Make sure to include an introductory paragraph, three body paragraphs with details, and a conclusion.

- C Pair work** Exchange papers and answer these questions.

1. Does your partner's introductory paragraph have a thesis statement?
2. Do all the details in the body of the composition support the thesis statement?
3. What other points or examples could be added?

LESSON B ▶ A change for the better

1 STARTING POINT

Contemplating a change

A Pair work Read about the changes these people are thinking about. Do you think they'd be happy if they made the changes? Why or why not?



My public-relations job is secure and high paying. Still, I feel as though something is missing. My real passion is skiing, and today I saw an ad for a PR consultant at a ski resort. It seems like the job was made for me! I'd have to take a big pay cut, but it might be worth it.



My parents expect me to go to a four-year college the way they did. I'm not really sure that's for me. I mean, why go away for an education when there are so many online courses? It's as if my computer is a university! For some jobs I'm interested in, I only need a professional certificate, which I could earn online in less than a year.



I'm making ends meet thanks to my part-time jobs, but I guess I'm looking for more meaning in my life. I'm thinking of joining a volunteer program to help build houses for the needy as a few of my friends have. I'd get to travel, meet new people, and do something for others.

B Group work Tell your group about a change you are thinking of making. Respond to each other's ideas with advice about the changes and other suggestions.

"I'm thinking about changing careers and getting into fashion design."

"That's cool! Maybe taking online courses in fashion would be a good place to start."

2 LISTENING

Volunteering for a change

A You are going to listen to Jody speak to Mr. Turner about volunteering in a program called Houses for All. What kind of program do you think it is?

B Now listen to the conversation. Which of these things is Jody concerned about? Choose the correct answers.

- | | | |
|--|-------------------------------------|---|
| <input type="checkbox"/> airfare | <input type="checkbox"/> food | <input type="checkbox"/> making friends |
| <input type="checkbox"/> culture shock | <input type="checkbox"/> job skills | <input type="checkbox"/> visiting home |

C Listen again. Write the three ways that Jody is hoping to benefit from the program.

1. _____
2. _____
3. _____

3 GRAMMAR

As if, as though, as, the way, and like

As if and *as though* often introduce clauses that describe impressions about feelings or behavior after verbs such as *act, behave, feel, look, seem, and talk*.

Still, I feel **as if / as though** something is missing.

As and *the way* introduce clauses that express a comparison.

I'm thinking of joining a volunteer program to help build houses for the needy **as / the way** a few of my friends have.

In informal English, the word *like* can be used instead of *as if / as though* and *as / the way*.

It seems **as though** the job was made for me!

It seems **like** the job was made for me!

GRAMMAR PLUS see page 119

A Look at the Starting Point on page 58 again. Can you find another expression you can rewrite with *like*?

B Rewrite these sentences to make them more formal using *as if, as though, as, or the way*. Compare your answers with a partner. More than one answer is possible.

- | | |
|---|--|
| <p>1. Lately, I'm trying to think more positively, like I did when I was younger. <i>Lately, I'm trying to think more positively, the way I did when I was younger.</i></p> <p>2. My father is trying to exercise more like his doctor advised.</p> <p>3. Sometimes I feel like the world is changing too fast.</p> | <p>4. To become a better listener, listen to people like everything they say is important.</p> <p>5. My uncle needs to stop dressing like time has stood still for 20 years.</p> <p>6. A friend of mine is teaching me to bake bread like they do in France.</p> |
|---|--|

C Pair work Complete these sentences so that they are true for you. Add another sentence with your own information, and compare with a partner.

- I feel as though I don't have enough time to . . .
cook healthy food.
- I don't feel the need to . . . as so many people do these days.
- Young people today feel as though . . .
- I wish I could still . . . the way I used to when I was younger.
- People today would find it difficult to . . . as was necessary long ago.
- _____

D Group work Join another pair and share your answers. Ask for more specific information, and give your opinions.

"I really feel as if I don't have enough time to cook healthy food."

"What makes you say that?"

"Well, I'm so busy that there's too little time to go food shopping and make proper meals. It's easier just to grab fast food."



Useful expressions

Asking for more specific information

What makes you say that?

Why do you think that?

In what way(s)?

4 VOCABULARY & SPEAKING

Collocations with *change*

A Look at the expressions with *change*. Match each expression with its definition.

| | | |
|---------------------|------------|---------------------------------------|
| 1. anticipate ____ | (a) change | a. experience a change |
| 2. avoid ____ | | b. expect a change |
| 3. bring about ____ | | c. successfully deal with a change |
| 4. cope with ____ | | d. fight against a change |
| 5. go through ____ | | e. escape or stay away from a change |
| 6. resist ____ | | f. cause a change |
| 7. welcome ____ | | g. invite and be happy about a change |

B Pair work Use the expressions to discuss with your partner changes you would (not) . . .

1. avoid. 2. be able to cope with. 3. resist. 4. welcome. 5. bring about if you could.

“I’d try to avoid changes to my current lifestyle. I’m really happy with my life right now.”

“That’s good to hear. But would you also avoid changes that could make your life even better?”

VOCABULARY PLUS see page 136

5 DISCUSSION

How do you cope?

A Complete the survey. How true is each statement for you? Choose a number from 1 to 5. Then discuss the survey with a partner.

| DO YOU RESIST OR WELCOME CHANGE? | | | | | Not true at all | ←————→ | | | Very true |
|--|--|---|---|---|-----------------|--------|--|--|-----------|
| 1. | I set realistic goals for myself and take steps to achieve them. | 1 | 2 | 3 | 4 | 5 | | | |
| 2. | I am a curious person and enjoy new experiences. | 1 | 2 | 3 | 4 | 5 | | | |
| 3. | I live in the present, appreciate the past, and focus on the future. | 1 | 2 | 3 | 4 | 5 | | | |
| 4. | I listen to others and seek understanding. | 1 | 2 | 3 | 4 | 5 | | | |
| 5. | When solving a problem, I seek advice and support from friends and family I trust. | 1 | 2 | 3 | 4 | 5 | | | |
| 6. | I am highly flexible and easygoing. | 1 | 2 | 3 | 4 | 5 | | | |
| 7. | I am creative and brainstorm solutions to challenges. | 1 | 2 | 3 | 4 | 5 | | | |
| 8. | I stand up for myself and say “no” when I need to. | 1 | 2 | 3 | 4 | 5 | | | |
| 9. | When I fail at something, I see it as a learning experience. | 1 | 2 | 3 | 4 | 5 | | | |
| 10. | I try to find humor in all situations. | 1 | 2 | 3 | 4 | 5 | | | |

| | | | | |
|--------------|---|--|--|---|
| SCORE | 10–20 You tend to avoid change. You need to learn to welcome change in your life. | 21–30 You often resist change. Friends and family can help you cope with it. | 31–40 You respond to change well. However, there is always room for improvement. | 41–50 You are exceptionally adaptable. You bring about positive changes in your life. |
|--------------|---|--|--|---|

B Pair work Think of a big change in your life. Tell your partner about your feelings and reactions at the time and how your life today is different because of it.

“Getting my driver’s license was a welcome change. I felt independent and was thrilled to finally be able to go where I wanted when I wanted. . . .”

6 READING

Return to simplicity

A Pair work Would you reduce your income by half in exchange for more free time and less stress? Discuss with a partner. Then read the article.



**LEAVING THE
Rat Race
FOR THE
Simple Life**

Time is more precious than money for an increasing number of people who are choosing to live more with less – and welcoming the change.

Kay and Charles Giddens, a paralegal and a trial lawyer, respectively, sold their home to start a bed and breakfast. Four years later, the couple was dishing out banana pancake breakfasts, cleaning toilets, and serving homemade chocolate chip cookies to guests in a bed and breakfast surrounded by trees on a mesa known for colorful sunsets.

“Do I miss the freeways? Do I miss the traffic? Do I miss the stress? No,” said Ms. Giddens. “This is a phenomenon that’s fairly widespread. A lot of people are re-evaluating their lives and figuring out what they want to do.”

Simple living ranges from cutting down on weeknight activities to sharing housing, living

closer to work and commuting less, avoiding shopping malls, borrowing books from the library instead of buying them, and taking a cut in pay to work at a more pleasurable job.

Vicki Robin, a writer, tells us how she copes with the changes in her budget, now far less than she used to make.

“You become conscious about where your money is going and how valuable it is,” Ms. Robin says. “You tend not to use things up. You cook at home rather than eat out. Your life is less frazzled, and you discover your expenses have gone way down.”

Janet Luhrs, a lawyer, quit her practice after giving birth and leaving her daughter with a nanny for two weeks. “It was not the way I wanted to raise my kids,” she says. “Simplicity is not just about saving money, it’s about me sitting down every night with my kids to a candlelit dinner with classical music.”

Mrs. Luhrs started editing a magazine called *Simple Living* and publishing tips on how to buy recycled furniture and shoes, organize potluck dinners instead of fancy receptions, and advocating changes in consumption patterns.

“It’s not about poverty or deprivation,” Mrs. Luhrs explains. “It’s about conscious living and creating the life you want. The less stuff you buy, the less money goes out the door, and the less money you have to earn.”

Source: “Living the Simple Life – and Loving It,” by Julia Duin, *The Washington Times*

B Complete the summary of the article. Fill in each blank with words or phrases from the article.

Many people have come to think that time is (1) _____ than money. The Giddenses gave up their law careers to run a (2) _____, and they are happy they did. Others have chosen to simplify their lives by (3) _____ their activities and expenses. Janet Luhrs quit her job as a lawyer to spend more time with (4) _____. She started editing a (5) _____ called *Simple Living*. She understands that the less stuff you (6) _____, the less (7) _____ you need to earn.

C Group work Discuss these questions. Then share your answers with the class.

1. Do you think the people in the article have improved their lives? Why?
2. What changes would you make to live more simply? How would these changes simplify your life?

8 CONSUMER CULTURE

LESSON A ▶ What's new on the market?

1 STARTING POINT

Smart shoppers

A Pair work Read about these four ways to find bargains. Which ones have you or your partner tried?

\$SMART \$HOPPERS

How do you find the best bargains?



Rick, 24

"I'm really into online auctions. Members sell each other all kinds of stuff. I really get excited about the bidding – sometimes there's lots of competition. But sometimes you're the only bidder. See this hat? It only cost me two dollars!"



Carla, 32

"When I go shopping, I use this cool sale-locator app. It provides information about in-store sales to bargain hunters free of charge. The app collects information from thousand of stores, and you can also send information about deals you find to other shoppers."



Norma, 21

"Do you get tired of clothes quickly? Do you always want to buy something new for yourself? Let me give you a tip. I buy secondhand clothes at thrift shops. I can always find something I like – even designer brands – at a greatly reduced price!"



Ling Wei, 43

"For food and everyday items, I recommend wholesale clubs to everyone I know. For a small membership fee, you can go to a big warehouse-like store that sells everything in bulk – in large quantities. The rule there is: the more you buy, the more you save."

B Pair work What other ways do you find bargains? Can you remember an item you bought at a reduced price?

"There are some great discount websites that sell electronics, and you can find some awesome bargains. I got a great camera for half price from one of those sites."

2 LISTENING

Shopping preferences

A Listen to Ben and Anna talk about shopping online and in stores. Choose their preference and write three positive aspects they mention about it.

| | Ben | Anna |
|---------------------|--|--|
| Shopping preference | <input type="checkbox"/> online <input type="checkbox"/> in stores | <input type="checkbox"/> online <input type="checkbox"/> in stores |
| Positive aspects | | |
| Negative aspects | | |

B Listen again. Write two negative aspects they mention in the chart.

C Pair work Do you prefer shopping online or in stores? Explain your preference.

3 GRAMMAR

Placement of direct and indirect objects

For most verbs in English, including *get, give, lend, offer, sell, send, show, teach, and tell*, direct and indirect objects follow these patterns:

Pattern A

direct object + to / for + indirect object

You can send **information to other shoppers**.

You can send **information to them**.

You can send **it to other shoppers**.

You can send **it to them**.

Pattern B

indirect object + direct object

You can send **other shoppers information**.

You can send **them information**.

With verbs such as *announce, describe, explain, mention, provide, recommend, return, and say*, the indirect object cannot precede the direct object. Sentences follow Pattern A above.

It provides **information** about in-store sales **to bargain hunters** free of charge.

It provides **it to them** free of charge.

With verbs such as *allow, ask, cause, and cost*, the indirect object precedes the direct object and takes no preposition. Sentences follow Pattern B above.

It only cost **Rick two dollars!**

It only cost **him two dollars!**

GRAMMAR PLUS see page 120

- A** Look at the Starting Point on page 62 again. Find more sentences containing both a direct and an indirect object. Which pattern do they follow?
- B** Complete these sentences using the words in parentheses. Whenever possible, write the sentence in two different ways.
- Many companies use cartoon characters to sell . . . (products / children)
products to children. / children products.
 - If I'm not satisfied with a product, I never hesitate to return . . . (it / the store)
 - The Internet has made shopping much easier, but delivery costs . . . (more money / people)
 - At restaurants, my wife thinks I ask . . . (too many questions / the waiter)
 - At discount stores, when they lower prices, they always announce . . . (it / the shoppers)
 - When I told the baker the bread smelled good, he gave . . . (a free sample / me)
 - In most malls, there is a directory that shows . . . (the locations of all the stores / the shoppers)
 - Good salespeople convincingly explain . . . (the benefits of a product / their customers)

C Pair work Use the verbs below to talk about things you've bought recently. Ask follow-up questions.

| | | | |
|------|----------|-----------|--------|
| ask | describe | give | return |
| cost | explain | recommend | tell |

"A friend recommended a new discount store to me, and I finally went there last weekend."

"What kinds of things do they sell?"

"Mainly high-tech electronics and stuff like that."

"Did you buy anything?"

"Yeah. I bought a toy robot for my nephew."

