Transcripts

UNIT 1

Listening

W: Spiders and scorpions belong to the same family. But how is this possible? They don't look or act alike. Scorpions have claws and tails, but spiders don't. Spiders make webs, but scorpions don't. However, spiders and scorpions are in fact similar in many ways. Both spiders and scorpions have big bodies and small heads. They also both have eight legs. And they both like eating other bugs. So, it's no wonder they are part of the same family!

Integrated Practice

M: Some people think that spiders are bad, but I disagree. I like spiders. Although they look scary, most spiders are not dangerous at all. They can't even bite people—their mouths are too small. And spiders can be very helpful to us. Think about the goldenrod spider. This spider lives in our gardens and eats mosquitoes and grasshoppers. Without the goldenrod spider, grasshoppers would eat our plants. And I would have more mosquito bites! Mosquitoes are much worse than spiders!

UNIT 2

Listening

M: When you imagine a greenhouse, you probably think of a building with many glass windows. Well, Eden's big dome greenhouses don't have any glass in them. The windows on Eden's domes are made of a special kind of plastic. It's stronger than regular plastic, and light can easily come through this special plastic.

Another interesting thing about the windows

on Eden's domes is that each window is like a pillow. Try to picture this. There are three pieces of special plastic stacked up. The edges are all glued together. Then air is put into these stacked-up pieces, which blows them up like a little pillow. The air kept in these pillows helps keep the cold out of the dome while keeping the warmth in the dome. And light can still get through these layers of plastic! These pillows are great for keeping the domes warm while letting in plenty of light.

Integrated Practice

- W: Orchids survive in places where there is a lot of water in the air, but their roots should not sit in water. Just spray orchids with water. Orchids also need a medium amount of light. Put them by a window so that they get at least four hours of light a day.
- M: A cactus seems to grow best if you don't give it much attention. Of course, a cactus needs a lot of light. They only need a little water once a week. Don't put the water on the plant. Pour it into the pot around the cactus. And when the weather gets cold, give the cactus less water.
- W: Bamboo plants need a lot of clean water. In fact, their roots need to sit in water all the time. But the water needs to be changed once a week. Don't keep a bamboo plant in strong light, and don't give it any plant food. Strong light and plant food are both bad for bamboo plants.

UNIT 3

- **W:** I saw a movie about Robin Hood on television last night, but I didn't like it.
- M: Yeah, I saw that movie, too. The movie was very

- different from the original stories and poems about Robin Hood.
- W: Really? How was it different?
- **M:** In the movie, Robin Hood was too nice. He helped everyone and always did nice things. But in the original stories about Robin Hood, he wasn't such a nice guy.
- **W:** You mean in the original stories Robin Hood wasn't a hero?
- M: Well, I guess he was a hero. But heroes in really old stories aren't like heroes in the stories of today. Like in Robin Hood's case, he took money and kept it for himself. And he killed people, sometimes without a good reason.
- **W:** So, in the old poems and stories, he didn't take from the rich and give to the poor.
- **M:** Not always. He and his robber friends were more like real robbers.

W: The story of George Washington and the cherry tree is just that, a story. This famous event in Washington's life never actually happened. Where did the story come from? The story was made up by a writer in the 1700s named Mason Weems. Mason Weems was a church pastor who wrote several famous biographies. His most famous biography was The Life of Washington. It is interesting that many young children today still learn this story about Washington and the cherry tree. It is a "fact" that most schoolchildren can tell about Washington. Too bad the story is not really true.

UNIT 4

Listening

W: Almost everyone loves cream puffs, myself included. This dessert was first invented in the 1540s and has been popular ever since. I love to eat the crispy outside pastry. Inside is the delicious sweet custard, or cream filling. In order to make cream puffs, you first need the pastry shell dough. Then roll the dough into little balls and put them in the oven. You cook this until it is crisp on the outside but soft on the

inside. After you take the pastry shell out of the oven, you cut it in half. Fill each half with sweet cream, and put the shells together again. A perfect dessert! I am sure it will be popular for another 400 years.

Integrated Practice

- **B:** My favorite dessert is my chocolate birthday cake. It is made entirely out of chocolate. I love chocolate. This dessert is special because it is just for me!
- **G:** I like ice cream sundaes best, especially ice cream with caramel and chocolate sauce on it. I like the sweet taste of the caramel with the cold, rich taste of the ice cream. This dessert is perfect for summer!
- W: I really like specialty chocolates. They are handmade by our baker. It takes skill to make them! I really enjoy the caramel taste inside some of them.

UNIT 5

- **M:** A Go board game looks a little bit like chess or checkers. There are squares on the board and all the pieces are just two colors, black and white, or red in the case of checkers. Do you play Go like chess or checkers?
- W: Not really. In chess and checkers, players move their pieces. And some pieces in those games have more power than other pieces. For example, the queen piece in chess or crowned pieces in checkers are stronger than other pieces. But in Go, none of the pieces move and they all have the same power.
- M: Really? You don't move the pieces in Go?
- **W:** Nope. You just put them on the board. If you put them in the right place, you can take the other player's pieces off the board. I guess that's the same for all three games. Players try to remove the other player's pieces.
- **M:** I think I'd like to learn how to play Go someday.

- **W:** Come over sometime and I'll show you how to play.
- M: OK. I'd like that.

M: Anyone who learns how to play both Go and chess will notice that Go has fewer rules than chess. In chess, each piece moves in a special way. In Go, the pieces don't move at all! So, first-time learners can start playing Go right away, whereas first-time learners of chess have to study for some time before they can play their first game. Even though Go seems easy at first, it is actually harder than chess in some ways. Both games are like a war. But a game of chess is like one face-to-face battle in the war. Go is more like a battle with troops all around, not just in front of you.

UNIT 6

Listening

W: Many people don't realize that noise can be harmful to our health and the health of the environment. Of course, anyone living or working in some place with a lot of noise pollution may eventually lose part or all of their hearing. Besides losing your hearing, noise pollution can also affect your heart. Even just eight hours of noise-like hearing noise all day at work—can make a person's blood pressure go up. Over time, high blood pressure leads to heart problems. This is one way that noise pollution can affect us. But it can also affect animals and the environment around us. Noise pollution from human activities, like construction or traffic, can affect how and where animals eat. It can also have an effect on when and if animals have babies. In some cases, noise pollution has killed animals! This is what happened with a certain kind of whale. These whales were so sensitive to the noise of certain equipment used by the navy that all of the whales died.

Integrated Practice

W: Around my house there is a lot of noise pollution. I can hear the sound of traffic outside my window,

and my neighbors talk very loudly outside. There is also a lot of noise pollution inside my house. My sister listens to heavy metal music on her stereo without earphones. And my dad always turns up the TV very loud! I just wish my home could be silent.

UNIT 7

Listening

M: Doctor fish are known to help treat skin disease. By removing the diseased skin, these fish help people to have healthier skin. This is not the only use for these fish. Now, some spas are using these fish to help people have more beautiful skin as well. Spas in Asia are buying these fish for use in beauty clinics. Customers put their hands or feet in the water with these fish. The fish eat the old, dead skin on their hands and feet. As a result, the customers have soft, clean skin. These spas also say that the fish give customers a relaxing massage as they eat the dead skin. Can you believe that?

Integrated Practice

- **W:** Hey, Mike. I heard your grandma got a new dog.
- **M:** That's right. She now has a golden retriever.
- W: Those are beautiful dogs. They are very active, too. Isn't your grandma too old to have a dog?
- **M:** Actually, scientists say seniors, like my grandma, should own pets, like dogs.
- W: Really?
- **M:** Yes, dogs make seniors more active, since they have to take their dogs out for walks. Exercise is very good for older people.
- **W:** That's true. I heard exercise can add years to your life.
- **M:** Dogs can also make seniors feel needed. Because they have to take care of their pets, seniors take better care of themselves, too.
- W: Oh, well. I guess your grandma will live to be a hundred!

Listening

W: So we have read about how much children grow during different stages of their early lives. But is there a way for parents or doctors to predict or guess exactly how tall a child will grow? Actually, there is! You might guess that a good way would be to look at the child's parents. But boys don't always grow like their fathers, and girls don't always grow like their mothers. Also, kids don't always grow to the average of their fathers' and mothers' heights. There is a better way to predict a child's height. All a parent has to do is to look at the child's height when he or she is 2 years old. It seems strange that a child's height at 2 can be related to his or her height at 18 or 21, but this method seems to work the best. You just double a child's height at 2, and that will be very close to the child's height as an adult.

Integrated Practice

- M: The tallest person in my family is my older brother, Thomas. He is taller than my father and my mother. His height is 190 centimeters! Everyone thinks he should be a basketball player, but my brother doesn't like to play basketball. He likes to study. He is a student in university now.
- W: The fastest person in our class is Cynthia. We had a race during sports day, and she won. She beat all the other boys and girls in our class. Cynthia is not the tallest person in our class, but she is the best soccer player. Because she is fast, she can play soccer really well.
- M: The nicest person I know is my Aunt Martha. She always remembers my birthday. She also travels a lot and always sends me postcards from the places she visits. Aunt Martha is a dentist. She usually works on kids' teeth. I think most kids know that she is nice, so they like to have her as their dentist.

UNIT 9

Listening

- **W:** I think it's cool that people sent a dog into space.
- M: I think it's terrible.
- W: Why?
- **M:** That poor dog went through a lot of pain. To train her to sit in the rocket, scientists put her into smaller and smaller cages.
- **W:** Oh. Did she have to spend a lot of time in those cages?
- M: Yes. Sometimes she was in a really small cage for almost three weeks! And that was just one of the terrible things she had to suffer. She was also kept near a lot of loud machines for many days.
- **W:** Well, it must be loud inside a rocket. They were probably trying to get her used to the noise.
- **M:** Right, but I'm sure she couldn't sleep properly with the loud noises.
- **W:** I guess it was hard for her. But through these studies of her, people learned what to do to make rockets safe for people.
- **M:** I don't think it was worth it. There are other ways to learn things like that.

Integrated Practice

W: In the past, scientists used animals in lab tests. They don't need to do that anymore. These days, scientists can grow cells in the lab. These cells can be used to test chemicals and products. Now scientists don't have to hurt rabbits by putting chemicals in their eyes or ears. They also don't have to kill rats by making them eat poisonous things. Instead, scientists can put chemicals or poisonous things into cells and see what happens to the cells. Actually, scientists can get more information from tests with cells. Before, results from lab tests on animals were not always easy to understand. Now, lab tests with cells can give scientists very specific information.

Listening

- M: What do you know about the first computer?
- W: The first computing machine, you mean?
- **M:** Right, not the human ones. The first machine computer, I mean.
- **W:** Well, I know that Charles Babbage was the first person to not only think of it but also design a programmable computer.
- M: Charles Babbage, really? I've never heard of him.
- **W:** Well, he didn't have enough money, so he never completely built his design. His computer was just too expensive to make.
- M: What made it so expensive?
- W: I guess it was just too big. In his original design, his computer was steam-powered. It was also over thirty meters long and ten meters wide.
- **M:** Thirty meters long! That's the size of a blue whale. That's the biggest animal on Earth!
- **W:** Yes, his design certainly would have been very big. That's probably why it would have been too expensive to build.

Integrated Practice

- 1. M: My cell phone is like a small computer. On my cell phone, I can do many things besides talking to friends. I can watch TV on it while I'm on the bus. I can check my email and surf the Net. I can even listen to MP3s on it!
- 2. W: My car has a computer system in it. With this system, I can use GPS and look at maps. I can also control the temperature inside my car. Sometimes I don't even have to drive my car. I just press a button and it drives on its own. Computers are a great invention!
- 3. M: My home has a small computer system for playing games. It's called a PlayStation. With my PlayStation, I can play all kinds of video games. My favorite is the RPG fighting games. But that's not all. I can also watch movies and listen to music on my PlayStation. It's a very smart machine.

UNIT 11

Listening

- W: You know, John, I'd really like to do something to help the environment. But I don't know what.
- M: Why don't you plant some trees?
- W: That's a good idea, but I'm not much of a gardener.
- **M:** You should check out the website www. treebenefits.com. On that site, they list all sorts of things that you can do.
- W: Like what?
- **M:** Well, they tell you the best kinds of trees to plant and where to plant them.
- W: What trees and where? That's very useful information!
- **M:** Right. And they also tell you how to take care of the trees after planting—how much water to give them and how to cut the branches.
- W: Wow!
- **M:** And the best part is, if you join their website, they'll send you ten free trees.
- W: Ten free trees? That's great! I'm definitely going to visit the website.

Integrated Practice

W: Although trees and plants are mostly thought of as helpful in cleaning up outdoor pollution, they can be useful in other places as well. They are actually necessary to help reduce indoor pollution. Unclean air can be a problem in many big buildings. Because there are a lot of people in the same place, the air in big buildings becomes unclean. And fresh air can't get in buildings easily. People can get sick. So what's a simple solution? Bring the plants inside. Putting a lot of plants in buildings gets rid of the dirty air. Just like outdoor plants, plants inside take CO₂ out of the air and give off oxygen. But indoor plants also remove pollutants like smoke, chemicals, and bacteria from the air. With plants in big buildings, people don't get sick as often.

UNIT 13

Listening

W: The glaciers in Africa are melting faster now than they were before! Let me explain why. The weather in some places is changing. In Africa, there have not been as many cloudy or rainy days as in the past. With too much sunlight and not enough rain or snow, more and more snow melts on the glaciers in Africa. Well, over the years, the glaciers have changed color. Imagine the ground right after it snows. The snow is very white, right? Then, the next day, as the snow melts, it is darker because it's dirty. The snow gets mixed with rocks and dirt. The same thing is happening in Africa. As the glaciers melt, the clean white snow melts away, and the older, dirty, darker snow can be seen. What happens when sunlight hits something dark? The dark thing gets hot! So, today the darker snow of Africa's glaciers gets hotter in sunlight and melts faster!

Integrated Practice

- W¹: In French, this glacier's name is Mer de Glace. In English, that means "sea of ice." It is the largest glacier in France, and it is part of the Alps mountain range. The Mer de Glace is about 7 kilometers long and 200 meters deep!
- M: The Malaspina Glacier in Alaska is named after an Italian man. He explored the coast of Alaska in the 1700s. This glacier is the largest in the United States. It is larger than the state of Rhode Island. And it is located in the largest national park in the United States.
- W²: The name of the Siachen Glacier in English would be "the place of roses." But no roses grow in this high, cold part of the Himalaya Mountains. Maybe the glacier got its name from the many wildflowers that grow on the mountains below it. The Siachen Glacier is the world's largest glacier that is not near either the North or South Pole.

Listening

- M: What are you reading?
- **W:** An adventure novel. All about this guy who finds old treasure, shipwrecks and stuff.
- M: Is it good? Who wrote it?
- W: It's not bad. It was written by Clive Cussler.
- **M:** Clive Cussler? He's written quite a few adventure novels, right?
- **W:** Right. He's pretty famous. But have you heard about his life prior to becoming a writer?
- M: No, what did he do before?
- **W:** He was a scuba diver, actually. He worked at a scuba shop, selling diving equipment and teaching people how to scuba dive.
- **M:** Wow, pretty different from writing novels! He is sort of the opposite of Carlos Barrios.
- W: How so?
- **M:** Well, Carlos used to have a normal job as an accountant, helping people with their taxes. Now, he is a scuba diver who cleans sewers.
- **W:** Clive still is pretty interesting. Even though he's not a scuba diver anymore, he still funds divers to find shipwrecks and other old sites.

Integrated Practice

M: People often think of Gandhi as a fighter against the British and against the social system. This is how he was when he was older. Few people know or remember that Gandhi went to school in England. He studied law at City College in London. At that time, he was not against the British. He didn't feel that life in India was unfair either. He was young. He formed his opinions years later when he lived in South Africa. There, Gandhi felt and saw a lot of unfairness. This made him think about things in his own country. While Gandhi was in South Africa, he realized how unfair life was in India.

Listening

- **B:** I have a question, Ms. Kaur. You said that Sikhs worship in the Golden Temple, but I don't know what a Sikh is. Are they like Muslims or Hindus or something?
- **W:** Well, Sikhs do not say they are part of the Muslim or Hindu religion. But to people who are not Sikhs, it may seem like there are some similarities with those religions.
- **B:** The Hindu religion has lots of different gods, right?
- **W:** That is true. But Sikhs believe in only one God. They have a special name for Him. The name translated into English means "supreme teacher."
- **B:** That sounds a little like the Muslim religion. They believe in one God. How are Sikhs like Hindus?
- W: Sikhs believe that people keep being born again after they die until they reach full understanding of God. Hindus believe something similar to that. However, Hindus also believe that when a person dies, he or she can be born again as an animal or something not human. Sikhs believe people are always born again as people.

Integrated Practice

- W¹: This city is home to more than 8 million people. There is a giant park there called Central Park. Many people visit this city to see the Statue of Liberty and the Empire State Building. Some people call this city "the Big Apple." It's New York City!
- M: About 4 million people live in or near this big city. There is a very famous opera house there. People from all over the world live in this city. In fact, you can hear people speaking over 100 different languages in this city. Some people call it "the Harbor City." It's Sydney!
- W²: This city by the sea is home to almost 7 million people. From Victoria Peak, tourists can look down over the city. The view is wonderful both during the day and at night. Many tourists also enjoy visiting the famous street markets in this city. Some people call this city "the Pearl of the Orient." It's Hong Kong!

UNIT 15

Listening

M: Young men don't watch that much TV. That's because most shows are made to interest children or women. Actually, people who make TV shows know what young men want to see. They want to see the same kinds of things that people can see in adult movies! You can't show those kinds of programs on TV! Or, at least, you can't show them on regular TV. The government won't allow it. You can show them on cable TV or pay-per-view satellite TV. So that is why cable and satellite stations have larger young male audiences than regular TV stations.

Integrated Practice

M: What was so special about Burma-Shave's ads? Here is what they did for each ad. They took 4 or 5 small red signs and painted white letters on them. Each sign had part of a short poem on it. They put the signs along a road with about 100 meters between each sign. For example, a driver might first see: IF YOU DON'T KNOW. Then, drive a little further: WHOSE SIGNS THESE ARE. A little further still: YOU CAN'T HAVE DRIVEN. And further: VERY FAR. Finally: Burma-Shave. The last sign always said Burma-Shave. Between 1925 and 1963, the company made more than 600 different little poems like this.

UNIT 16

- **W:** How'd you do on the math test?
- **M:** Not too well. I think it's because the teacher was wearing a red shirt.
- W: What? You didn't do well because of your teacher's shirt color? Come on!
- **M:** It's true! Some researchers in America found that if people see red before taking a test, they do worse.
- **W:** Really? But athletes who wear red have an advantage!

- **M:** I know. Maybe because their opponents see it? Anyway, people who saw red did worse on IQ tests and big exams.
- **W:** Did those researchers know why red causes lower marks on tests?
- **M:** They think it's because we connect red with mistakes. You know, the teacher always marks our exams with red ink, right?
- **W:** Right. So, seeing red ink makes us think of mistakes? Maybe that's why my English teacher writes things on my homework using blue ink.
- M: Hm. Maybe blue makes us think of improvement or helpful things. But red makes us think of failure. So, red can make us feel less confident and do worse on exams.
- W: I see!

- W¹: I heard that the color red can make people feel hungrier. Along with the color yellow, red also increases your energy. Maybe that's why many fast-food restaurants use the colors red and yellow. The walls, chairs, and tables in some fast-food restaurants are these colors. The idea is to make people hungry and eat quickly.
- M: People say that the color pink relaxes you. In fact, one football team painted their visitors' changing room pink. They hoped that the opposing team would lose energy before the match. And, hopefully, this would cause the other team to lose. I wonder how the boys felt when they walked into that pink changing room.
- W²: The color blue makes people feel calm. Most people also think of winter and cold when they see this color. No matter how hot or cold it is, people feel colder in blue rooms. If you live in a hot place, this would be a good color to paint your room. It would help you stay cool.

UNIT 17

Listening

- W: I wonder if I'm a super-taster.
- M: I know an easy way you can find out.

- W: Really? How?
- **M:** I can count the taste buds on a 1 cm square of your tongue. Or you can do it yourself by looking in a mirror.
- W: But it's kind of hard to see each little taste bud.
- M: Yeah, they are hard to see because they're so small. But if you color your tongue blue, it'll be easier to count them.
- W: Color my tongue blue!?!
- M: Don't worry. It doesn't taste bad or anything. Just take some blue food coloring and put a little on the end of your tongue. Then rub your tongue around inside your mouth. That will make your whole tongue blue. Then you can more easily see your taste buds when you try to count them.
- **W:** But then my mouth would be all blue for a while. I'm not sure I want to find out if I'm a super-taster that badly.

Integrated Practice

M: More than one scientist was involved in the chocolate and coffee studies. In fact, one of the men had two roles. He was both a researcher and a volunteer. The man studied how coffee affects the body, while his body was studied to see the effects of dark chocolate. The man didn't enjoy volunteering. He didn't like the dark chocolate at all. It was bitter. Like most people, he prefers milk chocolate. But this isn't to say that he hates all bitter things. This same man loves coffee. Actually, he was not very happy with the results of the study. He was disappointed to learn that regular coffee is bad for people.

UNIT 18

Listening

M: When they studied the power of martial arts experts, researchers found interesting results regarding different kinds of punches. They compared the punching of various martial arts. First, they looked at the force of the punches. They found that, of all the experts, the boxing expert had the strongest punch. In fact, the

boxer's punch had a force of about 1,000 pounds or around 450 kilograms. That's the same as hitting someone in the head with a sledgehammer! However, when the researchers looked at the speed of the punches, they found that the kung fu expert was the fastest. The kung fu expert was four times faster than any snake attack! The researchers think this proves that no type of fighting sport is better than any other. Each type has it own strength.

Integrated Practice

- M¹: Thai boxers have amazingly powerful knee kicks. These are not so much kicks as they are ways to hit a target with your knee. The power of the knee kick is equal to the power of a car moving at 55 kilometers an hour. Or, in miles per hour, that would be 35 miles an hour.
- W: Kung fu also has a range of powerful kicks. The kung fu flying double kick is especially powerful. It produces about 1,000 pounds or more than 450 kilograms of force. That's about the same force as being hit by a sledgehammer.
- M²: Taekwondo is one martial art that has powerful kicks. One kind of kick is the spinning back kick. With this kick, you hit a target with the heel of your foot. This kick has more than 1,500 pounds or 680 kilograms of force. That's like being hit by a fully grown charging bull!

UNIT 19

Listening

W: Materials can change the way people live. People can do and make different things depending on the materials available. Alloys are very helpful in this. Alloys allow us to make metals with different qualities. For example, one aluminum alloy mixes aluminum and copper. By adding only 4% copper, the aluminum metal becomes 50 to 100 times stronger. Dentists use this alloy to fix our teeth. There is also another famous alloy that uses copper. This alloy is bronze. Bronze is a mixture of copper and tin. Bronze was first used long ago. In ancient Rome, soldiers used this alloy to protect themselves.

Integrated Practice

- W: Hey, Mark. What are you looking at?
- **M:** Some information from the university. I think I want to become a biologist.
- W: A biologist? Why?
- **M:** Well, they do important stuff, like helping to solve environmental problems.
- **W:** Why don't you become a materials scientist instead? They do very important stuff.
- M: What? How boring! I don't want to make soft drink cans or airplane parts. I want to help make the world better.
- W: They do make the world better. They make new materials to fight global warming. The new materials use less energy and so help the environment.
- M: Really?
- W: Yes. And some materials scientists take part in medical research. They make cancer-fighting materials.
- M: I didn't realize materials scientists do those things. That sounds exactly like what I want to do

UNIT 20

- **M:** Hey, where did you get that new game on your computer?
- **W:** I got it online for free. It's one of those shareware programs.
- **M:** Oh. I never download any of those freeware or shareware programs on my computer.
- W: Why not? It's a good way to see if a game is too easy or too hard before you buy it. And another good thing about shareware is that you can play them as much as you want for 30 days. So if you get bored with a game after a couple of days, you didn't waste your money buying it.
- **M:** Yeah, those are good points, but lots of those shareware programs have adware in them.
- W: What is adware?
- **M:** Adware is a program that makes those annoying pop-up ads come up on your computer.

- **W:** Oh! Yeah, I hate those pop-ups. They come up on my computer a lot.
- M: See! One of your free games must have had adware in it.

- W¹: When I download music, I use a website called iSinger. Each song costs one dollar. I know there are cheaper websites, but not all of those cheaper websites are legal. That is why I prefer to download songs from iSinger, even if it is a little more expensive.
- M: I found a great website where I can download games! At the website, I just pay a membership fee once. Then I can download all the games that I want! There is no limit, and I never have to pay again! The membership fee was \$35. I think that's a great deal!

W²: I found this great website called MoviesNow. com. There is no fee to join the website, and you can download the latest movies from there. New movies cost about \$20 each. It is the same cost as a DVD, but I like downloading movies rather than buying DVDs. I can take my laptop anywhere and watch a movie anytime. You can't do that with a DVD player.