<Student book >

M: Track 1, Blueprint Book 7 Advanced, Copyright 2020Compass Publishing.
All rights reserved.

M: Track 2 <1 second pause>
W: The world can be difficult to navigate alone, and many of us seek guidance from people we admire. We learn from and often copy these people, so it is wise to choose role models who put our ideals into practice. They can teach us, and reassure us when our self-esteem is low.

We often choose public figures as role models. Every year, YouGov conducts a poll to discover the world's most widely admired women and men. These women and men come from many walks of life. According to the 2016 poll, the most admired woman in the world is Angelina Jolie. She has used her considerable fame as an actress and celebrity to aid the poor. People also admire political figures such as Xi Jinping and Barack Obama, and religious figures such as the pope. It's amazing how much we idolise these public figures even though most of us will never get to meet them in person!

Celebrity role models may be common, but the most important role models are those who are closest to us and who impact our personal development. We often look up to friends, family, and colleagues that we aspire to emulate. A competent leader in the workplace may inspire us to greater success. A supportive family member may show us the value of loving ourselves. A good friend may display courage, emboldening us to take risks and step bravely into the unknown.

It's important to remember that we are also role models. People judge our actions and are influenced by our decisions. Children emulate the adults in their lives. Our friends look to us—their peers—for approval and disapproval. Being a role model gives everyone a sense of responsibility because we know that others are likely to copy our behaviour. In the end, we should work toward becoming our own best role model, and as such, our actions should follow this popular quote:

"Be the change you want to see in the world!"

M: Track 3 <1 second pause>
W: A Forward Thinker
Elon Musk is a noted philanthropist and inventor who is working to secure a better future for earth and all of humanity. He has invested millions of dollars in companies that are working on futuristic endeavours. He is perhaps best known for founding Tesla, a company that produces electric cars. This aligns with his goal of improving the sustainability of our natural resources. If everyone drove electric cars, we would greatly reduce greenhouse gas emissions, slowing down global warming. His other work with sustainability involves solar energy. Among other ventures, he has developed solar panels that also function as roof tiles.

Musk's vision is not limited to Earth. He sees great potential in the development of economical space travel, and his company, SpaceX, is the vehicle for this dream. Musk's goal is to establish a colony on Mars by 2040, with the first manned flight to the red planet scheduled to depart in 2024. The first step for SpaceX was to build a reusable spacecraft. In 2015, they successfully launched and then recovered the Falcon rocket. With further development, this reusable spacecraft could reduce the cost of space flight by a factor of ten!

Musk's ambitions don't stop there. He has been working on a mode of transportation called the Hyperloop. The Hyperloop is essentially a giant circular tunnel that pods can travel through. If it works, it will be far cheaper than any other mode of transportation for long distances.

M: Track 4 <1 second pause>
W: Today, I would like to talk to you about the importance of passion. Knowledge and skill are important when working in the sciences, but love for what you do is also vital. Take, for example, the two gifted brothers, Orville and Wilbur Wright, who invented the first manned aeroplane. At the time, there was a lot of competition to make the first plane. Many competitors were more skilled and experienced in the sciences, but none were more passionate than the Wright brothers. Samuel P. Langley, for example, was a disciplined scientist who was working on developing the plane at the same time as the Wrights. Due to his impressive qualifications, the US government had even provided funding for Langley's project. The brothers were not scientists by trade. They were just enthusiastic entrepreneurs. While Langley was competent and had financing to work on his invention, the Wright brothers' passion pushed them to achieve more with less. The Wrights were so driven that they raised their funds from the bike shop the two co-owned.

Passion affected the way the two groups worked. One difference between the inventors showed itself during bad weather. Langley was very concerned about safety, and he would only fly when the air was calm. In contrast, the Wright brothers viewed inclement weather as a challenge, and they devoted themselves to making a plane that could survive in any weather. Even though Samuel Langley successfully flew the first unmanned aircraft, he wasn't as persistent as the Wright brothers. Langley gave up after a few crashes, but the Wrights kept experimenting with different designs. They were determined to create a plane that could transport humans.

On a freezing day in December 1903, the Wright brothers made the first successful manned flight. Even after this success, they faced intense criticism and had to convince others to take them seriously. The brothers still struggled with funding, and they knew that they would have to get in the public eye. So, the Wright brothers got creative! They brought their plane to a cow field to avoid having to rent a space for it, and they invited reporters and other spectators to come and see their plane in action. Soon, news coverage of their flying machine had spread from that cow field throughout the world. Thanks to the passion and perseverance of the Wright brothers, the world entered the age of flight.

M: Track 5 <1 second pause>
M: Did you hear about the boy with artificial legs who won that marathon?
W: Yeah, that was inspiring. He's a real role model for people who aspire to overcome challenges.
M: I agree. Did you hear, though, that some people questioned his victory? They said that the artificial legs gave him an unfair advantage!
W: That's ridiculous. People really disappoint me sometimes. That boy had to be so driven to accomplish what he did. He was born with no legs. Can you imagine learning to walk for the first time on stilts? That's how I imagine it would have been like for him.
M: Yeah, I think it's clear he showed incredible perseverance. He trained for years to win that race. I consider him a true role model.
W: I agree. I think the public just likes to make a big deal out of things, just so we have something to talk about! Did you hear that he earned a £200,000 scholarship for winning that race?
M: No! That's amazing. That's the kind of news I want to hear!

M: Track 6 <1 second pause>
M: It's hard to imagine that, in our globalised, industrialised world, there are still people who live without the most basic elements of modern civilisation. In fact, anthropologists know of many indigenous cultures so primitive that they have not developed agriculture or discovered how to make fire. One of these tribes—who are known as uncontacted people or isolated people—are the Sentinelese.

The Sentinelese live on North Sentinel Island in the Bay of Bengal, off the coast of India. Thought to be direct descendants of the earliest humans in Africa, the Sentinelese seem to live just as they have for 60,000 years.

Contact with the Sentinelese has been so limited that the Indian government doesn't know their population; estimates range from under 20 to over 100 people. The Sentinelese resist interaction with people on nearby islands, choosing not to form any alliances, despite the tiny size of their own community.

The isolation appears to be exactly what the Sentinelese want. In the late 20th century, a handful of expeditions to the island clearly demonstrated the tribe's feelings about intruders. Confronted by visitors, the Sentinelese usually attack until the visitors flee. One especially harsh incident involved a couple of fishermen whose boat washed up on the island. The Sentinelese killed them with arrows and spears, which they also threw at the helicopter that came to retrieve the bodies. They even reacted violently to a coast guard helicopter that surveyed the islanders for signs of distress after the 2004 tsunami. The tribe's protective attitude has helped preserve their primitive culture, including their language, which is unique to this one small tribe and has yet to be translated. With so many other indigenous languages already extinct, it is remarkable that this one remains intact.

Isolation may be important for the tribe's survival because they probably lack immunity to diseases that have developed through the centuries. To protect both the Sentinelese and outsiders, India in recent years has made it illegal to approach North Sentinel Island.

M: Track 7 <1 second pause>
M: Nonnina's Masterful Meals
My mum is from Italy. She met my dad, who's British, when she was studying in the UK. She married my dad twenty years ago and they decided to live here in London. Then they had me and my sister. We are really interested in our Italian heritage. I can speak a little Italian. We even cheer for the Italian football team when the World Cup comes around! In fact, we also visit every year, because my grandmother still lives in Italy, near Padua.

Fortunately, my grandmother preserves our heritage with her incredible traditional Italian food. Cooking is her passion. She searches for perfect tomatoes and other fresh produce at the local markets and makes entire meals from scratch. Nonnina makes so much food that her meals seem like feasts. Whenever I'm eating takeout at work, I daydream about being at her table with a huge plate of lasagne.

When we celebrate Easter, Nonnina makes baked zucchini casserole, with zucchini, onions, and tomatoes all in a casserole dish. She makes her special sauce by stewing tomatoes until they are tender and she uses so many herbs, such as oregano and basil, that other foods seem bland by comparison. Were you to taste a spoonful of this sauce over some wheat pasta, you would want to eat a whole bowl and ask for a second serving. (You wouldn't actually have a choice—Nonnina insists that everyone has seconds!) For weddings, she makes Italian wedding soup, a hearty dish of ground beef, orzo pasta, and carrots, plus green veggies that she dices before adding to the broth.

Her best dish is her chicken Francese. She tenderises the chicken breasts and trims them so that the sauce won't be fatty. She adds lemon juice and wine for flavour. If I were to try for a decade, I wouldn't be able to recreate Nonnina's chicken Francese.

For dessert, she makes a dessert called tiramisu by whisking egg yolks, sugar, and milk together, and then adding a perfect amount of espresso and brandy. When we have coffee after dinner, she sets out a tray of biscotti: a crunchy, twice-baked pastry that she drizzles with chocolate. I've been known to eat as many as a dozen biscotti in one sitting!

I hope that, someday, I will learn to cook like she does, so that I can preserve my family's culture and make meals that bring everyone together.

M: Track 8 <1 second pause>
W: We've got Reggie from Charlottesville on the line. Hi, Reggie! Thanks for calling in to 98.9 WMUR. How do you think the city should handle violent protests like the one that occurred yesterday? Was their response appropriate?
M: Well, let's be clear about one thing. It was the city that started the protest!
W: What do you mean?
M: It's the city council that's trying to remove that statue. They're trying to erase our heritage!
W: But that statue represents the wrong side of history. It represents slavery and hatred.

M: Yes, we all can agree that slavery was wrong, but removing that statue is like pretending it never happened! It's important to remember our past.
W: The problem is that the monuments were put there by people who rally behind hate, not history. They use it as a symbol of their hatred, not as a reminder of our sorrowful past. That's why the statues are being taken down.
M: Look, I'm not supportive of those white supremacists. I believe in diversity. I'm just saying that we need to protect our heritage as Southerners. We need to stand up and fight against this effort to erase our history!
W: Okay, well thank you for calling and sharing your opinion, Reggie. Have a nice day.

M: Track 9 <1 second pause>
W: The events of last weekend are still difficult to comprehend. The cultural conflict that our community is facing threatens to tear us apart. On one side, we have recent immigrants who have moved here to make new lives for themselves. On the other, we have people who have lived here for generations and see these immigrants as a threat to their way of life. I think we all need to remember our roots. Weren't we all immigrants at one point? Please stop this senseless violence and unite as a community to condemn this conflict. Just because someone believes differently from you does not mean you are in conflict with them. Speak to them. Learn their ways. This is the only way we can erase this hatred and embrace the diversity of our community. It is differences that give us strength. They cannot be used as a cause for tearing ourselves apart.

M: Track 10 <1 second pause>
M: Scientific advances in automation and artificial intelligence have allowed us to reduce the amount of work people have to do. Computers are already capable of thinking like humans, and in many cases, they are more reliable, accurate, and efficient.

These advances come with unforeseen costs, though. The economy depends on businesses to employ people. Without jobs, we would have no way of making money. For example, one of the largest industries in the world is transport. As self-driving lorries take to the road, the transport industry will probably employ fewer and fewer personnel. Already, the automated production of vehicles in factories has put many transport industry workers out of jobs. We are also seeing increasing automation in supermarkets and fast-food restaurants, which are installing self-service checkout registers on a trial basis.

A more prosperous economy may result in the short term, but what could be the long-term effects? The new economy will be great if you're building these job-stealing machines. But what about the people who need these jobs? New developments are happening almost every day, from AI lawyers to medical diagnostic machines that can think like real doctors. Perhaps we'll all work fewer hours for more money, but many doubt that will be the case. We will need some imaginative solutions to the AI crisis.

M: Track 11 <1 second pause>
M: Speaker 1: Dr Rachel Chadwick
W: Today is the 15th of April, 2038. This is Dr Rachel Chadwick, historian of early space exploration and official historian of our first efforts to colonise Mars. We are a team of six,

and I have recorded everyone's accounts for posterity. Last week, we landed in one of NASA's designated Exploration Zones, which they said should provide us the most useable resources and data. As the ship's door opened, I marvelled at the events that led to our landing here. From developing earth-reliant spacecraft such as the International Space Station, to launching unmanned rovers to explore Mars, to creating a self-sufficient colony on the Moon, to orchestrating a mission in which ten astronauts lived in deep space for several months... It seems miraculous, but it was a series of carefully planned events. My goal is to document the events, big and small, of the first Martian colony.
Our exploration has just begun.
M: Speaker 2: David Holmes
M1: My name is David Holmes, biologist of the Mars mission. I was selected because of my conservation research and study of life in harsh desert environments. Yesterday, I gathered my instruments, including my microscope, and I rode to the border of the Exploration Zone. I am tempted to step outside the Exploration Zone to push the frontiers of our physical knowledge. Our chemist said that he detected high oxygen levels in the soil. He said that he wanted to wait for his instruments to finish the scan, but he saw signs of a dust storm on the horizon and took safety precautions. I found shelter in a cave. There was ice at the mouth of the cave, and I took a sample.

Decades ago, my old professor went to Antarctica and discovered bacteria and other microbial life encased 500 feet deep in ice. Maybe today will be the day I discover life on Mars.
M: Speaker 3: Bowie Stevens
M2: I'm Bowie Stevens, engineer of the Mars mission. I am here to figure out the best use of our scarce resources. My father helped build the first rockets that could travel efficiently to the Moon and back. He told me that his greatest achievement was building, not the nuclear fission engine itself, but the encasement around it that made it safe. In life, he took few risks, but he always wanted to go to Mars and build a new Wild West. NASA sent his ashes up here, so in a way, he is the first colonist. I agree with my father's hope for Mars. As I evaluate plans for irrigation ditches and storm-resistant shelters, I don't really feel much excitement for the possibility of finding life on Mars, but I am excited about the possibility of building life on Mars. I must cut my transmission short—our biologist just said that he found something.

M: Track 12 <1 second pause>
M: I can't believe how fast artificial intelligence is growing. We have self-driving cars and computers that can recognise faces. We have networks that can monitor every event in your home. This is amazing!
W: I don't know. Have you considered the risks of AI? There could be unforeseen consequences to having technology that is smarter, faster, and more capable than us.
M: But we'll remain in control of AI's development. It can never be imaginative like us, so I think the probability of it becoming a threat is small.
W: Well, the military already has drones that can kill people from hundreds of miles away. What if those drones accidentally started targeting the wrong people? These are just machines after all. They don't have feelings like we do. What's to stop them from killing everyone?

M: That's a frightening thought.
W: Even Elon Musk considers AI a viable threat to humanity's existence!
M: What can we do about it?
W: I don't know!

M: Track 13 <1 second pause>
M: People use patterns to make sense of our chaotic world. Our brains have developed to quickly recognise patterns and will often jump to conclusions about the relationships between patterns and events. Sometimes, these conclusions have validity, and they help us respond quickly to events. Occasionally, however, the brain will form a causal relationship between patterns and events that are not related. If a person associates unrelated conditions with specific outcomes, a superstition may develop.

For example, if a football player wears a certain pair of socks and has a good game, that player may make a conscious choice to wear that pair of socks again. If he has a few good games while wearing those socks, this will reinforce the player's association of good performance with that pair of socks. Over time, the player may start to think that wearing the pair of socks brings good luck. This is actually common among football players, some of whom may even refuse to wash their "lucky" socks!

Negative superstitions can be reinforced in a similar way. One common superstition is that if a person breaks a mirror, he or she will have seven years of bad luck. Although breaking a mirror doesn't truly influence a person's luck, instances of bad luck may stand out after a mirror has been broken. A person who has recently broken a mirror might begin to associate any instance of bad luck with the broken mirror. This association reinforces belief in the superstition.

Letting go of a superstition can be difficult. The connections formed by the human mind can be powerful, and if beliefs have been held for a long time, they can be especially difficult to change. Changing a belief begins with breaking the mental habits that support it. It helps to focus on times when a good outcome occurred without connection to the superstition. For example, if a football player performs well without his lucky socks, his belief in the lucky socks might start to fade. If someone who breaks a mirror identifies lucky events that happen later, his or her belief in a curse will diminish. When people challenge a superstition by looking for events that contradict them, they can break free from the superstition.

M: Track 14 <1 second pause>
M: Speaker 1: Johnny
M1: I work with animals so that I can ease their distress. Being an animal empath gives me insight into their emotional and physical needs. I can feel their pain. I can feel their loneliness. I can feel their frustration. The animals that we "own" have rich emotional lives, and they often suffer from feelings of isolation. I run my shelter in order to provide neglected and injured animals a place to recover and grow. It's amazing to feel the transformation in a neglected pet: to feel them regain their desire to live, and to see them start appreciating life again. It's not always easy feeling such empathy for these wounded beings, but I wouldn't trade my job for any other in the world.

M: Speaker 2: Scott
M2: I've worked at the clinic for twelve years now. I started as a vet tech, and now I'm a fully-fledged veterinarian. I am passionate about helping sick animals. I use my training to help heal them and to reduce their pain. I can't always tell what they are feeling, but I can use medical tools to analyse their symptoms. Our drugs are designed for specific animals, so each creature gets exactly what it needs. Animals only want to be happy and healthy, like people do. Their brains can be a mystery, but we are learning more every day.
M: Speaker 3: Eve
W3: I absolutely love my job as a pet sitter. It fits great into my schedule as a university student. In between classes, I can visit my client's homes and take care of their animals. Often the owners are away on vacation, or some might just work long hours.
They don't want to neglect their pets, so they call me. I give the animals attention, and then they feel less lonely. We go for walks and play together. Sometimes we just cuddle, and I get to do homework. It's like killing two birds with one stone!

M: Track 15 <1 second pause>
W: The Ghosts of the Holding Tomb
You might feel safe in our camp, but you should be wary. A long time ago, there used to be small towns in remote northern woods like these. But those towns are dead, and the people are long gone. The winters and nights were too long, and those who didn't leave starved or froze to death. On one of the last houses, not too far from here, someone had scratched on the wall, "The winter is a hungry wolf waiting for you to stumble."

Like most little towns, this one had a church with a graveyard. It was so cold through most of the year that the ground was as hard as stone—too hard to dig graves for the dead. So, the townspeople kept the dead in an above-ground building called the Holding Tomb. There they would stay until they could be buried in the spring thaw.

Spring was a far-off dream through every winter, but in the year of 1863, the townspeople never got to see it come. A crow flew into the priest's bedroom, frightening him. He interpreted the crow as a bad omen of a terrible blizzard to come. Overcome with fear, he begged the townspeople to leave. They had some hesitation at first, fearing the unknown and the fate that awaited them if they left their homes. Some of the more reasonable ones argued that the priest did not have any evidence to justify his fears. In the end, fear won over uncertainty and they decided to flee, but they didn't get far through the harsh mountains. They were devoured by wolves before they made it to the shelter of the valley. It is unknown whether anyone survived the attack, but I say that it's better to be eaten quickly than to starve and freeze, lost and alone.

When spring finally came, only the dead of the Holding Tomb remained... and there was no one left to bury them. The dead grew restless, argued with each other, and became bitter and full of resentment that the town had been abandoned before they had received their last rites. Their vengeful spirits escaped through the cracks of the Holding Tomb, chilling the spring air.

The ghosts of the Holding Tomb still haunt the forest at night, favouring places so dark that even moonlight and starlight cannot reach them. Places that are as dark as the tomb they escaped.

But they often gather around campfires like ours, watching us. They are invisible and lighter than snow, but heavy in a different way; they are hunger, they are fear, they are the cold your body feels when you realise that you and everyone you know will someday be dead and forgotten. Perhaps all the ghosts want is to be warm and less alone, but they will never be. So, they will always return.

M: Track 16 <1 second pause>
W: And next we have a letter from Tommy J.. Tommy says that he struggles with some of his mum's beliefs. He thinks that they are outdated and incorrect, even though they stem from popular conventions. And he even has evidence to prove it.

Tommy, you seem most frustrated by the fact that your mum imposes these beliefs on you. She won't let you crack your knuckles, go swimming after you eat, or even have a fan blowing on you overnight. You mention that you've offered to have her speak to one of your professors. Am I to understand that you are in university? If this is the case, I suggest you take some psychology classes to help you better understand where your mother is coming from.

You need to think about your priorities here. Is it more important to prove your mother wrong, or is it more important to do what you want? If you just want to do what you want, then I suggest that you learn some patience and respect her wishes when you are around her. You will be on your own as an adult soon enough and perfectly free to make your own decisions. It is more important to maintain a good relationship with your mother for now, and then once you are off on your own in the world, you can make all of your own decisions.

You would be surprised at how many common beliefs have been disproven by modern science. You will be even more surprised once you get older and start seeing your own beliefs get disproven. It's hard to let go of old ideas. I suggest that you let go of your need to prove your mum wrong and prioritise getting along with her for the time that you have left together!

M: Track 17 <1 second pause>
W: Oh my gosh, the craziest thing happened last night.
M: What happened?
W: You wouldn't believe me if I told you.
M: Come on, I'm open-minded.
W: Okay, well, I was out for a walk around midnight, and I saw a big creature cross the road. I think it was Bigfoot!
M: Bigfoot, really? Hasn't the existence of Bigfoot been debunked?
W: I knew you wouldn't believe me!
M: Well, let's not jump to conclusions. Do you have any evidence?

W: No, I was out for a walk at night. Do you think I was carrying a camera just so I could prove my claim?
M: What did it look like?
W: It was about eight feet tall and walked like a man, but it was covered in hair. It looked at me, and I could feel empathy—like it was human!
M: Maybe it was someone dressed in a gorilla suit?
W: Why would someone be going around at midnight in a gorilla suit just to frighten people?
M: Well, it was Halloween last night.
W: Oh, I forgot about that. But it was bigger than a person! I'm not convinced.
M: I'm not either, but I'm willing to go out with you at night just to see if it appears again. I'd like to test the validity of this idea myself.
W: That's fair. Let's go Bigfoot hunting tonight!

M: Track 18 <1 second pause>
M: The Japanese Footbridge was painted in 1899 by French artist Claude Monet. It is adored by critics and art lovers alike as one of the great works of the Impressionist movement.

Like all art movements, Impressionism began as a response to work that came before it. Previous movements emphasised realism, defined lines, and still-lifes created in studios. In contrast, Impressionism emphasised physical movement, changing light, and modern scenes. Artists took to the outdoors and learned to appreciate the complexity and chaos of the modern world.

The Japanese Footbridge displays a natural but modern scene, with its soft dabs of colour forming a unified image and capturing brilliant light dancing along the lily pads and water. It is truly a unique painting depicting an "impression" of the world outdoors by a master whose work cannot be replicated.

The Weeping Woman was painted in 1937 by Spanish artist Pablo Picasso, whom scholars credit as one of the founders of the Cubist movement. It is often said that Cubism is one of the most influential movements of the past 200 years because of its influence, not only on painting, but on almost all forms of art.

Cubism's importance cannot be overstated, as it created a new way for artists to think and express themselves. Pioneers of the movement explored the concept of deconstruction. Deconstruction involves analysing a single object, word, or idea, and breaking it down into individual parts. As you can see in the painting, Picasso accomplishes deconstruction by painting the woman from multiple angles all at once.

The Persistence of Memory was painted in 1931 by Spanish artist Salvador Dali, a prominent Surrealist most famous for his rendering of dreams and exploration of the subconscious. He is also noted for his collaboration with artists across other mediums, such as film directors. This painting features melting clocks on a beautiful landscape, perhaps suggesting that time is not as rigid as we want to make it seem.

Unlike artists within movements such as Impressionism and Cubism, Surrealist painters painted in a "hyper-realistic" way. They painted images with high definition that were dreamlike or even absurd with deep symbolism. The dawn of surrealism coincided with terrible world wars. Some thought these were caused by prioritising cold "rationality" over human life. Surrealism sought to find truth by means other than reason or logic, typically by employing expressive imagery that communicated unfiltered thoughts. These images are often meant to provoke a visceral reaction.

M: Track 19 <1 second pause>
W:
The Price of Global Art

It is often said that the world has become a smaller place thanks to the internet, transport links, global brands, and international trade. What happens in one country usually affects others. We call this phenomenon globalism. Often we use this term when talking about economics, but a global economy also has drastic effects on art. Today, art is no longer just a way of understanding or representing the world; it is often a means to economic and political power. Individuals and governments alike deem art to be a good investment.

High-value art is now an internationally traded commodity, like stocks and shares. Paintings are bought and sold at auction for hundreds of millions of pounds. Often, to avoid paying tax, they are immediately locked away in a vault where they can quietly grow in value. In Geneva, Switzerland for example, there is a private facility which holds over 1.2 million works of art. This includes an estimated 1000 paintings by Picasso. These pieces belong to wealthy investors from all over the world. It is alarming enough to think that they are hidden away from the public, but even their owners do not look at them.

Meanwhile, public art galleries have been built by governments to regenerate poor, former industrial areas, or to show that developing countries are modern and "open for business". This has certainly allowed more people to see art, but it has also made the link between art and global economy even stronger. It has led to a global style of art. Today, once inside a contemporary art gallery, it might be hard to tell if you are in Sao Paolo or Seoul, Melbourne or Manchester. Of course, it's nice to think of the world getting smaller, of ideas being shared, and of boundaries disappearing. It's also great that the public can see work made by an artist thousands of miles away. But as artists and galleries all over the world join the global "art world", something is lost: National, regional, local, and human stories start to disappear. Similarly, distinctive techniques are often forgotten.

Some people feel governments should introduce legislation to address these problems. They think they have a moral duty to give financial support to projects which reflect their own distinct cultures and values. However, many others feel that the greater priority is to present their country as modern and part of the globalised world.

M: Track 20 <1 second pause>
W: Grime Art Studios is now offering shared workspaces for artists of every medium! Work side by side or in collaboration with artists of all ages, interests, and skills. This workspace

hopes to create a pleasurable work environment for artists to hone their skills, share ideas, and direct projects. Here, you can learn by working alongside prominent artists in different fields. You will also discover the differences in taste and composition that accomplished artists consider when creating new works. If this sounds appealing to you, give us a call to check for availability. You can also come to the studio to consult with our staff and to get to know the people you'll be sharing a workspace with.

M: Track 21 <1 second pause>
M: The latest World Happiness Report (WHR) is out for the public to review. Back in 2012, the United Nations published the first WHR in order to help ensure the importance of people's well-being and happiness in public policy. The report measures six key variables that contribute to happiness: freedom, trust, generosity, having someone to turn to in times of trouble, income, and healthy life expectancy. The top-ranking countries have consistently been Norway, Denmark, and Iceland. Those in Norway were elated to see their country move to the top.

Although income does appear to contribute to happiness, it does not play as large a role as some might think. When it comes to money, it's all about fair distribution. Inequality of wealth is a large contributor to unhappiness. Some have suggested that those in the middle class are more satisfied because they spend less time working and more time doing activities that they find pleasurable. Middle-class families are able to eat more healthily, exercise more often, and travel more than those with lower incomes. This is very significant; the report states that problems with mental health have a large impact on overall life satisfaction.

Unfortunately, Britain's happiness ratings have fallen. The recently released report suggests that the decline in their WHR ranking is because of political and economic uncertainty in the UK. But not to worry; rankings have been known to fluctuate. It's not idealistic to believe that your country's WHR score will improve. Encourage your government to make happiness a priority!

Those countries ranking at the top of the list should certainly be applauded because the health and prosperity of their people are clearly their top priority. No matter where you are, raise a glass for a toast to your happiness and for a higher ranking in next year's report.

M: Track 22 <1 second pause>
W: Some people seem to be born with a gift to lead others. These people may be naturally charismatic or charming, but there is more to being a good leader. To understand what leadership qualities are essential, we will be looking at different examples and identifying characteristics that these strong leaders have in common.

The current Pope, Pope Francis, is seen as a progressive leader for the Catholic church. Born in Argentina as Jorge Mario Bergoglio, he was Arch Bishop of Buenos Aires, and saw Argentina through difficult times of war. He was elected Pope in 2013. While he strongly supports Catholic traditions, he has also made many changes since he became Pope. He is seen as an approachable, informal figure. For example, he refuses to live in the Pope's usual

palace, choosing instead to stay in a simple hostel at the Vatican. He believes this allows him to be closer to his followers. He has also spoken out about many big modern issues. These have included climate change, consumerism, and nationalism. Many see him as a Pope for the twenty-first century. He even has more than eighteen million followers on Twitter!

Other leaders are known for their vision. Martin Luther King, Jr., was a Baptist minister and leader during the Civil Rights Movement in America. He became famous for his outstanding skills as a speaker. He was able to convey the message of his movement to a wide range of people. He was a spokesperson for nonviolence, but he faced opposition and violence in the pursuit of his ideals. He was even held in jail for protesting in Birmingham, Alabama. The unjustified charges only furthered his cause. Eventually he was assassinated in 1968, but his legacy lives on. Today, Martin Luther King, Jr. is regarded as an American civil rights hero.

Lastly, we'll look at Elizabeth I's reign on the English throne in the 16th century. When Elizabeth came to power, there was great disorder in England. Protestants and Catholics were in a constant tug of war for political recognition, and the results were violent. This also led to tension between England and Spain.

Elizabeth was a more moderate ruler than her sister and father, who came before her. However, she was also seen as a strong leader, with an iron-will. The disputes with Spain died down thanks to the strong but diplomatic position she took. She came to power at a challenging time, but her charisma and stability enabled her to bring England into a time of peace.

All three leaders are known for their moderate and peaceful rhetoric; however, they each have unique characteristics. Martin Luther King, Jr. is known for his moving speeches, the Pope is praised for his diplomacy, and England's Elizabeth I is remembered for her strong will.

M: Track 23 <1 second pause>
M: Everybody has a goal. The people in this room are struggling towards hundreds of different goals, big and small. But the focus of this speech is your personal goals.
Your goal is the only goal that matters. If you don't prioritise your goals, you will never reach them successfully.

Now, I don't know your particular goals. I can't speak for you specifically. I'm going to generalise, but I want you to consider your own goals as I speak. Particularly, I want you to focus on the one goal you most want to achieve. Every time I say "goal," I want you to think about "the goal"—your goal. If you don't have a goal to consider, think of something small you'd like to change in your life. There's always room for improvement.

What's the difference between a goal and a dream? A dream could be anything that you desire, whether or not it's realistic, but a goal is something that you have reason to believe

you can accomplish. Goals take work, but you're likely to reach them if you're committed and have a plan.

Some goals are small and easy to realise. Maybe you can achieve an easy goal in a week, a day, or even an hour. Some people feel that easy goals aren't worth celebrating. But any achievement is worth recognition.

Some goals are big and take a long time to accomplish. But if you think about it, big goals are built out of many smaller goals. Breaking down a big goal into smaller goals will help you to complete it. Think about what you can do each day. Draft a daily plan and stick to it. Every day that you accomplish any part of your goal, you have taken a step forward and should celebrate your success.

Celebrating when you succeed will motivate you to continue working towards your goals. Invite others to share and recognise these successes with you. You'll quickly find that your friends are eager to see you succeed. Your success might also motivate them to strive to achieve goals of their own.

Stick to your smaller goals and don't doubt that you'll reach your larger goals. Maybe someday you'll even reach your dreams! For what is a dream but a goal yet to be realised?

M: Track 24 <1 second pause>
W: Dear Teyonda,
Your speech at the meeting last week was so inspirational! I know you were just acting in your role as a spokesperson, but I feel that you accomplished more than just that.
You've worked tirelessly to protect our rights as workers. On top of that, you volunteered for this position, yet you took it upon yourself to fight corruption in the company's leadership. Even though you knew this action risked the well-being of your job, you still stood up for us. The significance of this action was not lost on anyone present. You are a true professional. I, for one, have been enriched by your idealistic and passionate attack on the inequality that we have all suffered under the current leadership. I don't have your charisma, so I would never be able to stand up and speak for us as you did, and so convincingly as well. I truly hope this will help us all accomplish our goals to secure equality. Even if it doesn't, your speech will always hold a special place in my heart.
Eternally grateful,
Eleanor

M: Track 25 <1 second pause>
M: You are all here today, graduating from one of the finest art schools in the world, and most of you are wondering, "What's next?" Well, there could be many things to come. Some of you may find jobs that satisfy your passions right away. You may enter the field of art management, or even become a noted contemporary artist and find yourself among the elite of the art world. Others of you may just continue to make your art and maintain professional careers totally outside of what you desire to do. This will be the reality for many of you. And it's to those of you that face this possibility that I most want to speak to today. It's not easy to make it in the art world. Some of it is luck.

Some of it is who you know. And no matter what, it will take a whole lot of dedication and hard work. You may find yourself working at a café or a restaurant while you continue to pursue your dreams in your personal time. I'd like to convey to you the importance of never giving up. You will come to realise that it's not about getting somewhere, it's about the journey. On this journey, no matter what you accomplish, no matter what challenges you undertake, you must remember that you will always be travelling. Your life will be enriched by this journey, and you will achieve happiness so long as you remember a few key points.

Change is the only constant; nothing will ever remain the same, and you must be ready to accept change and resist judging it as good or bad. No one knows where your journey will lead you—least of all you, yourself. Keep your mind and heart open, and you will find a way in this world that will bring you success. And remember, for each one of you, that will be a different thing. And no matter how much you're tempted to think "I've made it!" or "I'm going nowhere," remember that the journey never ends. Keep moving!

M: Track 26 <1 second pause>
W: Animal Rights Author, Activist to Speak at Holloway Books
FOR IMMEDIATE RELEASE
Holloway, London — Holloway Books is pleased to host prominent author Sophia Bergeron as she reads from and discusses her latest book, *The End of Factory Farming*, from 6.30 to 8.30 p.m. on Thursday, the 12th of September. A book signing and Q&A session will follow Ms Bergeron's presentation. Admission is free.

The London Book Review praised *The End of Factory Farming* for "its urgent appeal to humanity" as well as the author's "well-reasoned steps toward justice for animals." Ms Bergeron describes her book as "not just an argument against animal abuse by factory farms, but a proposed solution for our ingrained cultural view of animals as a commodity." She believes that we can end this brief chapter of history without the economic and societal breakdown that many people are afraid of.

Ms Bergeron began her career as an animal rights advocate in the 1990s. While she was working as a newsreader, her TV station covered a disease scandal at a well-known Midlands factory farm. "I became so concerned, not just for the captive animals' welfare, but for the safety of the people who might unknowingly consume tainted products. On average, British people eat 85 kilogrammes of meat per year, but we rarely think about where our meat comes from or how it's treated. Factory farms are nothing like these animals' natural habitats. These poor creatures are deprived of health, safety, and comfort all throughout their unnaturally shortened lifespans. I want to shed light on the ways that factory farms exploit people as well as animals."

Ms Bergeron has worked for a number of organisations promoting compassion and basic rights for animals. Her research and writing have taken her around the globe. She will speak about these experiences and read excerpts from *The End of Factory Farming* at the event.

For more information, contact Jeff Lowell, manager of Holloway Books, on (020) 555-2719 or jeff@midtownbooks.com.

M: Track 27 <1 second pause>
M:
Some governments in the world require their citizens to do national service. In these countries, all eligible people, usually men between 18 and 20, must serve for 1-2 years. This often means joining the military, or sometimes helping in other fields such as transport, education, or healthcare.

Israel and South Korea are two countries which enforce national service. In the UK, national service ended in 1960. In the US, the selective service remains in place. This is not national service, but is a register of citizens who may be called upon in times of war. There are penalties for not signing up. Refusal to register could result in the confiscation of your driving licence or a hefty fine.

Supporters of mandatory national service say that it is an invaluable opportunity to learn and grow. They also think of it as a privilege to shield one's country from potential harm.

M: Track 28 <1 second pause>
M: Speaker 1: Elaine
W: I am a project manager for a construction company. We primarily build high-rise apartments and office buildings. One initiative we have undertaken is to get all our buildings LEED-certified. That means we will be recognised by an environmental group for our energy- efficient buildings. Sure, it takes effort to regulate our environmental impact, but it feels good to know that all our buildings are healthy to live and work in.
M: Speaker 2: Jackson
M1: I work with Elaine at the construction company. I'm the human resources director. I often collaborate with the finance director to ensure that we pay workers fairly. We make sure that all new hires are offered incentives such as competitive starting salaries, overtime, and holiday pay. I also look over corporate contracts to make sure that the labour requirements are met for our workers. Our company's philosophy is simple: Treat people well, and they will do good work.
M: Speaker 3: Shaun
M2: My name is Shaun, and I own an organic vegetable farm. Many people think agriculture is a rustic industry run solely by families. But my farm employs several workers, and so I must worry about fair labour practices. When it comes to employees, I have made two commitments: to hire a diverse staff and, to always pay fair wages. All my workers—from the people who plant the seeds, to the people who manufacture and package products for our farm store—are treated like family. I even make my employees take a short, paid holiday every year to make sure they balance their work and personal lives. And you know what? These commitments have really paid off. My employees work harder and are happier than before. And my profits continue to rise!

M: Track 29 <1 second pause>
W: Hi, everyone. I have an important announcement to make.

I'm sure you all remember the employee survey that we had you fill out a couple of months ago. You gave us a lot of thoughtful ideas for improving our company, while always being mindful of our employees' welfare. We appreciate your input. And after a careful analysis of the survey results, our corporate headquarters has decided on a major new initiative. Starting on the first of next month, our regular business day will be shortened from eight hours to six hours. Your weekly pay will not change, of course.

Management believes that the benefits of this reduction of hours will far outweigh the costs. First of all, we feel that a moral approach to business must allow employees to have personal time. Not only will this change improve our quality of life, but there's also overwhelming evidence that reduced working hours could make workers more productive. The reward of extra free time should be an incentive to use our time at work more carefully and efficiently.

Now, I realise that this change might be disruptive to people's schedules at first. For that reason, it will not be mandatory for the first month, so that you have time to adjust. However, everyone must switch to the six-hour working day by the end of next month.

Thank you for your cooperation, and we hope you're looking forward to your additional personal time!

M: Track 30 <1 second pause>
M: Welcome to Politics Now. I'm your host, Rick Wolf, and today I will be talking about the Texas execution controversy with law professor Dr Dinah Maris.
W: Thanks for having me on the show.
M: Dinah, I share the same opinion as many of my viewers about the death penalty. If a jury determines innocence, then the accused should go free; however, if the accused is convicted of murder, then he or she should face the death penalty. If this were a case of shoplifting, we wouldn't be talking about it. In the Texas case, the accused was convicted of killing his uncle. In your recent book, you say that the death penalty should be abolished. Why do you defend murderers?
W: It's unfair to say that I defend murderers, but state-sponsored execution is never justified. Execution is torture and does not belong in a humane society. The man who killed his uncle has intellectual disabilities that prevent him from being responsible for his actions. If a family member of yours had committed this crime, wouldn't you want to understand why they did it? Don't you think that there should be exceptions to the death penalty, such as for juveniles?
M: Even young people should be imprisoned for a lifetime if convicted of murder. They have established themselves as a threat to society, and we need to contain that threat.
As for the Texas case, he didn't fit that state's definition of "intellectually disabled" even though he may have fit that standard in other states.
W: We shouldn't have different standards in different states about who deserves death. It paves the way for injustice. Plus, we've had so many cases that have remained unsolved because we were not able to test DNA in the past. We've seen people on death row proven innocent with new DNA evidence. Why take the chance of executing an innocent person?

M: Ultimately, the death penalty serves as a deterrent. If all people were aware they could face the death penalty, they would be less likely to commit murder.
W: Studies across multiple countries have shown that such "deterrents" do not reduce murders. Rehabilitation and containment are the solution. We should be helping criminals rather than seeking revenge.

M: Track 31 <1 second pause>
[M: Philanthropist, W: Journalist]
W: Our country has a 12 percent unemployment rate, a 20 percent poverty rate, a market crash, increasing homelessness, an environmental nightmare happening on the west coast, and lasting damage from a storm on the south coast. Why do you focus your efforts on helping people from other countries when your own country is in such need?
M: I think that's a question for our nation's politicians. This government spends billions of pounds on military equipment and has given billions of pounds' worth of tax cuts to corporations, like the ones that are responsible for that oil spill on the West coast that you mentioned. Meanwhile, they spend only one percent of our budget on foreign aid.
There's plenty of wealth to go around for everyone in the world, but most people who control that wealth don't spend it helping people in their own countries, let alone other countries. Even middle-class people in wealthy societies have a problem with too much consumption. I'm using my money as an individual to make the greatest impact for those who need it most, both for long-term programmes and to help with unexpected catastrophes.
W: That's very noble of you. In a free society, do you think that the fortunate have an obligation to help the less fortunate?
M: I see what you're saying. While I do believe in people's rights to personal property and wealth, I believe we all need to contribute to the public good. We pay taxes for roads and retirement funds that everyone uses, for example. I think this obligation should extend to the world, and we should help those who are suffering from war, starvation, and health crises. It's an investment in everyone's future.
W: But, when we give our money to poor nations, we receive nothing in return. By treating starvation, we are merely treating a symptom of their broken societies, rather than trying to cure them. It's charity, not an investment.
M: You think of it as charity because you're not thinking in the long term. If wealthy nations use their wealth to, for example, provide health services to women in poor nations, birth rates will go down, and people will be able to plan for children rather than struggle to feed them all. In a few generations, this will contribute to a society that will be able to thrive on its own and contribute more to the world economy. Poverty is a curable disease.

M: Track 32 <1 second pause>
M: A Dilemma of Prisoners
Around the world, different national prison systems can be compared to different national crime statistics. Norway and America seem to be on the opposite ends of this spectrum. Norway takes a unique approach to imprisonment. It is designed to rehabilitate first and punish second. According to reports, many former criminals are remarkably improved after time in jail. They are kept in an environment that promotes learning and finding passions.

Norwegian prison leaders say that this leads to inmates who are better prepared to re-enter society.

The US has a prison system that is noticeably different. In the United States, the prison system is less focused on helping inmates learn how to change their ways. Upon their release, former prisoners are left to reconstruct their lives on their own. Often, former inmates will find no work whatsoever, as there is a stigma against people who have been to prison. Because they aren't prepared to return to society, many former inmates repeatedly find themselves back in prison. Upon returning, these individuals deteriorate further. The United States has a recidivism rate of over 75 percent. In sharp contrast, Norway has a rate of just under 20 percent.

One reason for this terrible statistic may be that prisons can be very lucrative for their owners. Unlike those in many other countries, US prisons are often owned by private corporations. When a company makes money from imprisonment, that company has an incentive for more people to be in prison. These for-profit prisons spend money to encourage the government to have stricter laws. This means more prisoners in prisons and more money in the owners' pockets. And the longer the prisoners are in prison, the longer the government has to pay to keep them there. This is an abuse of justice. These prisons have no reason to try to improve their conditions or push inmates toward rehabilitation because they want as many prisoners as possible.

The difference between the two systems is stark. As a Norwegian prison warden put it, "If we treat people like animals when they are in prison, they are likely to behave like animals. Here, we treat them as human beings."

M: Track 33 <1 second pause>
M: Today we have Janet Jankowski on the show, an expert in tax law. Janet, what is your opinion on the prime minister's proposed tax plan?
W: I believe it is representative of growing injustice in our country and that it violates basic human rights. He is lowering taxes on the wealthy and increasing taxes on the poor. This is unethical and will create a humanitarian crisis.
M: A humanitarian crisis? Isn't that going a little too far? How can this tax plan cause such a catastrophe?
W: Many low-income citizens of our country are already facing starvation, with the threat of another brutal winter ahead. They cannot afford to have their already stressed financial situation deteriorate any further.
M: But won't the money from this tax plan be used to help improve services for those who are suffering? Hasn't the prime minister promised to resolve the homelessness crisis?
W: Actually, the money from these taxes will be used mainly to support an already lucrative industry: the military. The prime minister has actively attacked social services in many areas and has repeatedly defended his actions as necessary for balancing the budget, yet he refuses to reduce military spending. This is a clear case of the rich getting richer and the poor getting poorer.
M: Some strong opinions from Janet Jankowski. Janet, thank you for coming on our show. We'll see you again soon, I'm sure.

W: Thank you, Mike.