

Love



Love is an emotion that every person experiences at some point. There are different kinds of love, such as eros, phileo, agape, and storge. Eros is adoring and wanting another person. This person can be your lover, husband/wife, and crushes. Phileo is the love you feel towards your friends. It is understanding and trusting them. Agape is the parental and sacrificial kind of love, for instance, the love of God towards people. Storge is the love towards the community and family. It is creating a strong bond and caring for them.

Love can be a mother's happiness upon seeing her newborn child. It can be a father's protective attitude towards his children. It is also caring for your sisters and brothers. It is treasuring and respecting yourself. It is the feeling of compassion towards others. Love triggers either a positive or a negative effect towards a person. For example, just thinking about your loved ones can make you feel inspired, but it can also distract you by thinking about them too much. To love is to hold a deep attachment to other people. The things they do and how they act will always affect you. Love is a wonderful feeling, so love and be loved.

What's the Meaning ...

1. emotion
2. eros
3. phileo
4. agape
5. storge
6. compassion
7. attachment

Lesson 1

Pronunciation Practice

- 1 dimension
- 2 sacrificial
- 3 compassion
- 4 attachment
- 5 wonderful

Questions Related to the Topic

1. Who can feel love?
2. What are the kinds of love?
3. Why does love have a positive and a negative effect?

Leisure Time



Some people have a tendency to make their work a priority in life. They overwork themselves nonstop, unconsciously abusing their physical and mental health. According to health specialists, when you overwork it brings dangerous effects to your body, causing you to develop a heart attack, stress, anxiousness, frustration, and impatience. Hence, it is important to balance your work and leisure time. Having leisure time will enable you to release tensions and take your mind away from stress.

There are various activities you can do in your leisure time. For example, doing your hobbies will make your body feel at ease. You can read your books, play your musical instrument, you can sing or dance. Other activities, such as jogging, taking a walk, swimming, traveling, and watching movies and TV shows are also another way to spend your leisure time. Therefore, don't make work a priority in life. Your health and well-being are more important, so be sure to have a leisure time.

What's the Meaning ...

- | | |
|------------------|-----------------|
| 1. tendency | 7. frustrations |
| 2. priority | 8. impatience |
| 3. unconsciously | 9. hobbies |
| 4. specialists | 10. well-being |
| 5. stress | |
| 6. anxiousness | |

Lesson 2

Pronunciation Practice

- 1 leisure
- 2 tendency
- 3 priority
- 4 unconsciously
- 5 physical
- 6 specialists
- 7 anxiousness
- 8 frustrations
- 9 impatience
- 10 jogging

Questions Related to the Topic

1. What are the results of overworking?
2. What can you do to release tensions and stress?
3. What are examples of activities you can do during your leisure time?

Beauty



How do people define beauty? What does it take to be beautiful? Above all, what is beauty? Every individual has different ways of explaining what beauty is. Beauty can take on many different forms: outer beauty, inner beauty, scenery beauty, or even the beauty of an event and many more.

For a lot of people, outer beauty which is thought to be something that you are born with is considered to be the most important. It is what stimulates the mind. Take for example, when you meet people for the first time you immediately notice their physical appearance including the clothes they wear.

On the other hand, some say beauty comes from within people's hearts. Inner beauty will last forever and will never fade. In contrast, outer beauty fades over time. A person's characteristics or behavior is what others would remember compared to a person's physical appearance.

However, beauty is also found in nature such as the sunset or the sunrise. One finds joy and solace by looking at scenic views that nature offers. Many people usually make memories by recalling the events and relating them to the surroundings that they see. Thus, making it timeless. The idea and standard of beauty have greatly changed all throughout time. It takes a certain kind of quality to appreciate the true meaning of beauty.

What's the Meaning ...

1. outer beauty
2. inner beauty
3. scenery beauty
4. timeless
5. appreciate

Lesson 3

Pronunciation Practice

- 1 define
- 2 beauty
- 3 physical
- 4 scenery
- 5 themselves
- 6 unfortunately
- 7 appreciation

Questions Related to the Topic

1. How do people define beauty?
2. Do standards of beauty exist? Give your views.
3. Are you appreciative of the beauty around you?

Good and Bad Manners



By definition, manners refer to how a person acts and behaves in front of other people.

We all have both good manners and bad manners, which naturally coexist within us. Basically, if you are a well-mannered person, you tend to be polite and respectful to others. You make people smile with your kind gestures. You may even be the reason they had a good start that day. In contrast, if you are ill-mannered, you are considered rude and a bit cheeky with people around you. What is worse? You could be the reason for one's bad day.

On the contrary, being good-mannered does not always mean having a good attitude and similarly, being bad-mannered does not always follow that one has a bad attitude. Sometimes it is the other way around because there is a thin line between manners and attitude.

We may possess these qualities, but it is still our choice as to which of these two would define us as a person.

What's the Meaning ...

1. good manner
2. bad manner
3. polite
4. rude
5. attitude

Lesson 4

Pronunciation Practice

- 1 possess
- 2 manner
- 3 behaves
- 4 polite
- 5 rude
- 6 attitude
- 7 opposite
- 8 define

Questions Related to the Topic

1. How is good manner being defined?
2. How is bad manner being defined?
3. What's the difference between manner and attitude?

Childhood Memories



Seeing a picture of you in your childhood years brings back so much memories. Some are funny and happy and some are bitter and gloomy. But whatever memories you hold close to your heart, those are the reasons for what you have become today.

Who can forget the fairy tales our parents and grandparents used to read for us before we go to sleep and the games we played with friends back then? The sweets we loved to eat and the person we wanted to be with all the time? Everybody has a lot of stories to share about because one never runs out of childhood memories.

What's the Meaning ...

1. **childhood**
2. **memories**
3. **bitter and gloomy**
4. **fairy tales**

Lesson 5

Pronunciation Practice

- 1 memories
- 2 bitter
- 3 gloomy
- 4 fairy tales
- 5 childhood

Questions Related to the Topic

1. **What brings back the memories of our childhood?**
2. **Is it fun to recall our childhood memories?**
3. **What are your childhood memories that you can never forget?**

Shopping in Today's World



Like most of the foods that we have nowadays, shopping has now become instant as well.

Shopping is very time consuming, but in today's world, we can buy our most wanted fashionable dresses in a blink of an eye. Shopping is very tiring, but, now, our longed-for pair of shoes is just a click away. With the help of advanced technology, shopping has become instant and hassle-free.

Before this so-called "online shopping", we used to browse around shops for just about anything. This takes us long hours and causes us aching feet.

Now, through the Internet, we can just browse online shops with just one click and in the comfort of our homes. This is much more convenient as we can avoid long queues and aching feet. Moreover, it saves us time, money and energy. But, the real question is, are we even sure of the quality? Are we assured that we get the best value for our money?

Nevertheless, we could always return and have an item replaced if we are not satisfied with it. But, then again, are we assured that what we buy online will be delivered to us?

These are just some of the questions we need to ask ourselves before shopping online.

What's the Meaning ...

1. shopping
2. instant
3. time consuming
4. blink of an eye
5. hassle-free
6. technology
7. online

Lesson 6

Pronunciation Practice

- 1 consuming
- 2 shopping
- 3 instant
- 4 tiring
- 5 couch
- 6 hassle-free
- 7 technology
- 8 assured

Questions Related to the Topic

1. How is shopping in today's world different from shopping in the old days?
2. What are the benefits of the new trend of shopping?
3. What are the disadvantages of how shopping is done in today's world?
4. Which would you prefer, shopping through the new trend or the traditional shopping?

The Family



What is a family? Anyone who is asked this question always answers, "Family is the basic unit of the society." Indeed, it is. Everybody belongs to a family: the child on the street belongs to a family; the superstar belongs to a family; the hero who saved his country belongs to a family; the person who persecuted millions of people belongs to a family; even the animals and plants have their own families; also, microorganisms belong to a certain family.

We are primarily defined based on the family we come from. But, this concept changes over time. A person could no longer be defined, genetically. Many other aspects are considered. What are these aspects? There is no definite enumeration.

Although, there are those who are much closer to their friends than their families, or to those who they grew up with, spent time with and lived with for years. They treat them just like their own family regardless of the fact that they are not related by blood.

No matter, blood-related or not, it all depends on how deep and special your relationship is with these people you call "family".

What's the Meaning ...

1. society
2. superstar
3. persecuted
4. microorganism
5. primarily
6. concept
7. genetically
8. definite

Lesson 7

Pronunciation Practice

- 1 society
- 2 persecuted
- 3 microorganism
- 4 primarily
- 5 genetically
- 6 definite
- 7 enumeration

Questions Related to the Topic

1. What is a family?
2. Do you believe that everyone belongs to a certain family? Why? Or why not?
3. Name some aspects that define where an individual belongs and can be called 'family'.

Homelessness



“I’ll go home...”, can the homeless utter these words? The answer could possibly be both “yes” and “no”. It could be a “no” because, perhaps, their concept of home is a house or a shelter; the building itself. Well, that is quite right. How can a homeless go home if he/she lives on the streets or under bridges? On the other hand, it could be a big fat “yes”, because, perhaps, the homeless consider the streets and bridges their home.

Even so, homeless generally describes people who live on the streets or under the bridges. Our homes protect us from the dangers of the outside forces such as calamities, dangerous animals or even from our own kind. But, have you ever wondered, what protects the homeless? Where do they go in times of calamities? What do they do when something or someone threatens their security?

What’s the Meaning ...

1. homeless
2. house
3. outside forces
4. calamities
5. threatens

Lesson 8

Pronunciation Practice

- 1 utter
- 2 bridges
- 3 dangerous
- 4 calamities
- 5 threatens
- 6 security

Questions Related to the Topic

1. What’s the difference between a house and a home?
2. According to the article, what are the outside forces which our homes or houses protect us from?
3. Do you know someone who is homeless?

Taking A Walk



Civilization has brought a lot of changes into our lives. Along these changes, people get busier and live an unhealthy lifestyle. Staying fit is a strenuous effort for everyone.

Planning one's schedule just to find time to hit the gym is both taxing and strenuous. One easy way to burn those calories off and to ease things up is by taking a walk.

Walking is an underrated form of exercise. It is ideal for people of all ages and fitness levels. It can be done alone, with your family and close friends or even with your pet. Studies show that regular walking helps reduce the risk of chronic illnesses. The longer you walk, the more you can maximize the health benefits.

What is the Meaning ...

1. burn off
2. strenuous
3. taxing
4. calorie
5. underrated
6. reduce
7. risk

Lesson 9

Pronunciation Practice

- 1 civilization
- 2 busier
- 3 strenuous
- 4 schedule
- 5 gym
- 6 underrated
- 7 exercise
- 8 reduce
- 9 chronic
- 10 maximize

Questions Related to the Topic

1. What are the benefits of walking?
2. Why do we need to maintain a healthy lifestyle in this fast-changing civilization?

Unity



“Unity” is only a word, yet it entails a meaning rooted to a deeper understanding for the betterment of every person. Unity means being part of a whole or working with others together to meet a purposeful goal. Unity can exist anywhere, such as your home, community, workplace, school, country, government, and organizations.

Unfortunately, unity is difficult to attain when others have different visions, beliefs and perceptions from yours. Having unity is being able to trust and respect others. It is not easy to develop a sense of trust to other people. When you cease to trust others, you fail to work with them. In this age, we often see news about murder, corruption, and war. Countries and people who experience these unfortunate situations lack unity, since, peace and harmony with other people are only attained if there is unity.

What’s the Meaning ...

1. unity
2. trust
3. peace
4. harmony

Lesson 10

Pronunciation Practice

- 1 entails
- 2 purposeful
- 3 organizations
- 4 perceptions
- 5 cease
- 6 attained

Questions Related to the Topic

1. Where can you find unity?
2. Why is unity difficult to attain?
3. Explain and give an example of unity.

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Developing Oneself



Everyone has inborn talents and skills which are further enhanced and developed by everyday circumstances and experiences. Being a better version of ourselves is a struggle especially if we lack the will and determination. One can only develop oneself if he desires it. No one can force you to do it; you and only you can.

There are a lot of facets one must consider in developing himself. The physical, intellectual, emotional, social and spiritual aspects are the main domains that complete one's individuality. A person may engage in several different modes for him to attain personal growth and development.

In addition, to develop oneself, one should go through several obstacles or challenges along the way. One should be able to overcome these challenges successfully. This is one of the essentials in developing oneself. The more challenges you go through, the more experiences you gain, the better you become.

What's the Meaning ...

1. inborn
2. enhanced
3. facets
4. domain
5. modes

Lesson 11

Pronunciation Practice

- 1 further
- 2 circumstances
- 3 experiences
- 4 struggle
- 5 determination
- 6 individuality
- 7 engage

Questions Related to the Topic

1. How can an individual develop oneself?
2. Give examples of facets you can develop.
3. Why do you think you need to develop yourself?
4. Do you think you can easily develop yourself?

Dreams



A dream is a series of thoughts, images, or emotions occurring during sleep. The duration of a dream varies from a few seconds to approximately 20 - 30 minutes.

Dreams range from normal and ordinary to surreal and bizarre. Experts presented their idiosyncratic interpretations of a dream or two. A prominent man in this field is Sigmund Freud. He stated that dreams are the manifestations of our deepest desires and emotions which come as nightmares.

There has been a notion that that particular person or thing you dream about at night is the very last thing or person you think of before you doze off; or perhaps, the thing or person you have been thinking about all day.

Well, not only that. Have you ever felt like doing the same thing over again, or being in the same place, or in the same situation? As if, you've been there before? Guess what? You have; in your dreams. At least, that is what most people say. This is what people know as 'de ja vu'.

It does make sense, for the most part. If you think about it, you cannot remember what you dreamt about that night. But, when it happens, you feel it. You feel as if you have been there and done that.

Nevertheless, dreams are interpreted in many different ways. Some believe it is true, some do not. No matter, dreams are one of those things that make our lives more interesting and filled with wonder.

What's the Meaning ...

1. duration
2. surreal
3. bizarre
4. idiosyncratic
5. nightmare

Lesson 12

Pronunciation Practice

- 1 occurring
- 2 approximately
- 3 surreal
- 4 bizarre
- 5 idiosyncratic
- 6 interpretations
- 7 Sigmund Freud
- 8 manifestations

Questions Related to the Topic

1. Who is the most prominent when it comes to the study of dreams?
2. How does he define dreams?
3. Do you think animals also dream? Why or why not?

Multicultural Marriages



A multicultural or interracial marriage is when two people from different countries or culture unite through the act of marriage. Multicultural or interracial marriages have had a rapid growth throughout the years. It has become a common sight to see a couple of different nationality walking in the streets. Technology has become one of the factors that contribute to the rise in the number of interracial couples. This advancement has become the avenue of such couples to know each other. Particularly, they meet online through dating sites, social networks, and chat rooms.

Many researches on interracial couples have been conducted. Accordingly, there are a few common reasons why they tend to marry a partner from a different culture. One is that they have common interests. Another is, they are physically more attractive. They also share similar entertainment and socioeconomic interests. Some interracial couples marry for true love, but there are more couples who marry for greener pastures or financial reasons and stability, and so, they encounter many difficulties in their relationship and even in the society. Some people look at them with curiosity and some judge them for the motives of their marriage.

What's the Meaning ...

1. multicultural marriage
2. rapid growth
3. avenue

Lesson 13

Pronunciation Practice

- 1 multicultural
- 2 marriage
- 3 interracial
- 4 throughout
- 5 avenue
- 6 entertainment
- 7 curiosity
- 8 judge

Questions Related to the Topic

1. What is multicultural or interracial marriage?
2. Where does multicultural or interracial marriage usually start?
3. Give important facts of multicultural or interracial marriage.
4. Why do you think multicultural or interracial couples encounter difficulties in their marriage?
5. Are you willing to have a multicultural or an interracial marriage?

Stress



Everyone has the tendency to be stressed. It is our body's natural reaction when dealing with problems and challenges. There are numerous factors that cause stress such as work, school, family, friends, some unfortunate occurrences in life or even the road traffic.

Stress can most likely lead to health problems and even death, if not managed immediately. People who cannot handle stress well have a higher tendency to have poor health, often because they no longer have the appetite to eat or they smoke and drink, which would obviously jeopardize their health. The most horrifying and unfortunate effect of stress is suicide, wherein a stressed individual could no longer handle his problems and decides to end his life to free himself from such terrible situation.

Stress must be handled properly because it is not just your life that is on the line, but the lives of the people around you are at risk too.

What's the Meaning ...

1. stress
2. numerous
3. jeopardize
4. horrifying
5. suicide
6. on the line
7. at risk

Lesson 14

Pronunciation Practice

- 1 occur
- 2 individual
- 3 innumerable
- 4 liquor
- 5 obviously
- 6 jeopardize
- 7 horrifying

Questions Related to the Topic

1. What are the most common causes of stress?
2. What are the common unfortunate effects of stress?
3. How can a single person's stress affect the lives of the people around him?

Superstitious Beliefs



Every country is uniquely different. Cultural beliefs and traditions define the identity of the people. Supernatural beliefs are one feature of culture that every country possesses. It is the fear of what is not known and the unexplainable. Many of us believe that certain things and our behavior can bring us either good fortune or bad luck. Belief in the supernatural like some certain unexplainable phenomena is an essential role in the way people live their lives. It is undeniable despite the world's rapid modern advancement. Some still adhere to the beliefs and traditions of their ancestors.

This belief in the supernatural can be witnessed worldwide. The people in each country believe in one or several supernatural beliefs that are different from the others.

People's way of thinking and decision-making abilities are influenced by their culture's superstitious beliefs. For instance, Filipinos believe that sweeping the floor at night will make good fortune disappear. In Japan, it is an omen of misfortune when you break a comb or the cloth strap of a geta wooden sandal. According to some Chinese superstition, if a person sees the reflection of a coffin in a mirror, there will be death from their family. In Korea, dreaming about pigs will bring you wealth and luck in the future.

Superstitious beliefs may be illogical and unexplainable, but its essence, makes our culture more vibrant and distinct.

What's the Meaning ...

1. supernatural beliefs
2. phenomena
3. undeniable
4. superstitious beliefs
5. decision-making
6. illogical
7. vibrant

Lesson 15

Pronunciation Practice

- 1 uniquely
- 2 phenomena
- 3 essentially
- 4 unexplainable
- 5 superstitious
- 6 vibrant
- 7 distinct

Questions Related to the Topic

1. What greatly influences one's superstitious beliefs?
2. Do you think superstitious beliefs of your culture really exist?
3. Can you give more superstitious beliefs of your culture?

Multiple Intelligences



Everyone is intelligent. It is only a matter of finding your area of expertise. Howard Gardner, a developmental psychologist, has identified eight different types of intelligence that every person possesses. This allows people to evaluate themselves and identify their strengths and weaknesses. Also, educators will have an idea which area they need to focus on when teaching their students. Gardner's theory of Multiple Intelligence identifies the following: Visual-Spatial, Verbal-Linguistic, Logical-Mathematical, Bodily-Kinesthetic, Musical, Interpersonal, Intrapersonal, and Naturalist.

Visual-Spatial involves perception of the environment. This creates and manipulates mental images. Verbal-Linguistic involves words, reading, writing, speaking, and knowing foreign languages. Logical-Mathematical involves numbers and solving different logical problems. Bodily-Kinesthetic is physical coordination or expressing oneself and learning through physical activities. Musical is expressing oneself to music and rhythm. Interpersonal involves knowing how to communicate and understand other people. While, intrapersonal is understanding one's inner self. Naturalist is understanding the environment and the world.

Multiple Intelligence theory gives you an idea on how to develop your strengths and use it to your advantage.

What's the Meaning ...

1. expertise
2. multiple intelligences
3. visual/spatial
4. verbal/linguistic
5. bodily/kinesthetic
6. interpersonal
7. intrapersonal
8. naturalist

Lesson 16

Pronunciation Practice

- 1 expertise
- 2 intelligence
- 3 spatial
- 4 kinesthetic
- 5 rhythm
- 6 strength
- 7 naturalist

Questions Related to the Topic

1. Who identified the theory of multiple intelligences?
2. Can you give one intelligence that you possess?
3. Why is it good to know your type of intelligence?
4. How do you think you can develop your type of intelligence?

Computer & Internet



Technological development has come a long way. Many devices have emerged and become every man's necessity. One important invention is the computer. It contains commands and features that help people in various ways. This machine is very convenient in accomplishing people's needs and purposes. Some people use it for innovation at work. One feature of a computer is to write documents and make easy presentations. Other features include research, making reports, business proposals, photo and video editing, etc.

Despite the fact that computers are conducive, it also brings harm and negative effects to people. For instance, when a computer is used for entertainment they will need the internet to search different information, videos, and social networking sites. There is a high risk of getting into forbidden websites. It is also the main source of bullying. Thus, it is important to remember that computers and internet are for helping out, not for destroying yourself or other people.

What's the Meaning ...

1. features
2. conducive
3. high risk
4. forbidden

Lesson 17

Pronunciation Practice

- 1 forbidden
- 2 conducive
- 3 despite
- 4 entertainment
- 5 features
- 6 invention
- 7 technological
- 8 development

Questions Related to the Topic

1. What has been considered one of the most important inventions?
2. Why are computers constantly redesigned?
3. What are the current threats of the misuse of computers?

Tongue Twister!

"The leader left the leather in the corner near the ladder. The leather left by the leader near the ladder was put in the dresser."

Prejudice

Prejudice is not a stigma to most people.

On one hand, prejudice is an unreasonable opinion or judgment against a certain race or person not of your own culture. It shows hostility and unfairness towards people. It permits a person to show unreasonable dislike or disapproval. Discrimination is extracted from prejudice. It makes people treat another person or a certain group unfairly due to their skin color, religion, sexual orientation, etc. Prejudice may be passed from one generation to another resulting to hatred and bigotry.

On the other hand, we can get rid of prejudice since it is merely acquired. No one is born prejudiced. Showing prejudice can be learned and unlearned. Adequate education and awareness can get rid of prejudice.

What's the Meaning ...

1. prejudice
2. stigma
3. hostility
4. bigotry
5. get rid of

Lesson 18

Pronunciation Practice

- 1 prejudice
- 2 discrimination
- 3 orientation
- 4 bigotry
- 5 religion
- 6 adequate
- 7 unreasonable
- 8 hostility

Questions Related to the Topic

1. What is prejudice?
2. Define discrimination.
3. How can we get rid of prejudice?

Tongue Twister!

"She sells seashells by the seashore."

Endless Desires



She bought an iPod on the first day and an iPhone on the second. She purchased Chanel jewelry on the third day, acquired a Lamborghini car on the fourth and secured a Hermes bag on the fifth. She thought that was enough but it wasn't. She rushed to the mall, picked a pair of Louis Vuitton footwear and was tickled pink wearing it on her way back home. What an endless desire of luxury that was!

It is undoubtedly a fact that having unlimited desire is truly an innate human nature. We compare ourselves to others and always wish to have what others have. It is hilarious to note that we get so curious about the possessions our friends, family and relatives have, the brands they are in to, the size of their house, the place where they live and even their lifestyle. Sad but true, we are so fond of longing for things we don't have instead of counting our blessings.

What's the Meaning ...

1. purchased
2. acquired
3. rushed
4. tickled pink
5. desire
6. luxury
7. innate
8. hilarious

Lesson 19

Pronunciation Practice

- 1 purchased
- 2 acquired
- 3 secured
- 4 rushed
- 5 tickled pink
- 6 desire
- 7 luxury
- 8 undoubtedly
- 9 innate
- 10 hilarious
- 11 curious
- 12 possessions
- 13 lifestyle
- 14 fond

Questions Related to the Topic

1. Describe the woman in the article.
2. What is considered to be an innate human nature?
3. How does the writer express his opinion about human endless desires?

Tongue Twister!

"The soft soap softens softly in salty water."

Pollution



Mother Earth is dying. Her blue blood teemed with marine animals like fish, seashells and sea grass is now dirty and uninhabitable. Waste full of chemicals and pollutants are dumped into the oceans and seas. Tons of trash are thrown into different bodies of water which made her barely breathe.

Mother Earth is dying. Her skin full of green grasses and trees with thick leaves is now a mass of rotten brown flesh because of industrialization and illegal logging. Those grasses where terrestrial animals feed on; those trees of thick leaves where birds lay their eggs are now replaced with skyscrapers and establishments.

Mother Earth is dying. Her body so cool and relaxing is now burning like hell because of greenhouse gases. Industrial smoke, bus and car emissions, combustions rapidly increase her body's temperature causing her to be weak day by day.

*Mother Earth is dying and she is telling us to help one another - To **Reduce**, **Reuse** and **Recycle**.*

What's the Meaning ...

1. teemed
2. marine
3. uninhabitable
4. pollutants

5. dumped
6. industrialization
7. terrestrial
8. skyscraper

Lesson 20

Pronunciation Practice

- 1 reduce
- 2 reuse
- 3 recycle
- 4 skyscrapers
- 5 terrestrial

Questions Related to the Topic

1. What is happening to the oceans and seas now? What causes them to become dirty and uninhabitable?
2. What is happening to the green grasses and trees now? What have they become?
3. What is happening to our environment now?

Tongue Twister!

"Susie works in a shoeshine shop. Where she shines she sits, and where she sits she shines."

Leisure



Finding time for leisure has become more and more challenging especially in this career-driven modern time. Nowadays, an increasing number of people are forsaking their personal life in favor of their career. A few workaholics probably don't know what leisure time is all about. Which begs the question; what is leisure?

In many dictionaries, leisure is defined as time spent away from work or doing something unrelated to work. Its definition is not only based on lexical terms but also on activities you engage for leisure. After all, one's ultimate aim of doing leisurely activities is to relieve oneself of worldly woes. For others, leisure can mean recreations such as doing sports, trekking mountains, or a simple stroll around the neighborhood. Few people think of leisure as an escape from any strenuous activity, both physical and mental; an exact opposite of the aforementioned. Some others spend hours on end facing their computer or mobile gadgets, playing games.

Regardless of what leisure is to you, it is undeniable that knowing and experiencing its true essence can be both invigorating and rejuvenating. Perhaps it's considered by some as the fountain of youth; another dandy reason to allocate time for it.

Whenever you feel you're losing your magic touch at work and with people you hold dear, pulling the plug on whatever you're busy with and spending leisure time with said people might just be the job you need to rectify the situation. Just remember, balance is the key. You don't want your boss to fire you, do you?

What's the Meaning ...

1. leisure
2. lexical
3. engage
4. woes

5. strenuous
6. rectify

Lesson 21

Pronunciation Practice

- 1 leisure
- 2 lexical
- 3 woes
- 4 engage
- 5 strenuous
- 6 rectify
- 7 aforementioned
- 8 rejuvenating

Questions Related to the Topic

1. How is the word leisure defined by the writer?
2. What are the two types of leisure?
3. How do the two types of leisure differ from each other?

Tongue Twister!

"A big black bug bit a big black bear and the big black bear bled blood."

Internet Friendship

People are innately social. We all gravitate towards one another for omnifarious reasons. If we don't have an actual reason, we're quite creative in making one. Take for example parties, galas, and other events that encourage us to congregate.

One more proof that we never grow tired of being gregarious is the development of online social networking sites and messenger apps. I wouldn't be surprised if Mark Zuckerberg reveals that the reason behind the creation of Facebook is the trusted and proven fact that business propagates at a rate which is directly proportional to the number of people. So why not provide a site that'll allow everybody to demonstrate how crazy we are about everybody else? Such a clever guy.

Messenger apps and online social networking sites afford us the ability to make friends with people from as far as halfway across the world. Isn't it amazing? Intercultural exchange and assimilation of different customs and traditions are now happening ubiquitously. On top of that, incipient advancements in technology may enable us to detect other life forms in our solar system, and eventually, our galaxy. In the future, we'd not only be taking pleasure in making conversations with fellow earthlings, but also with Jedris, Na'vis, or Kryptonians. Before you know it, you're already sharing your hobbies and interests with a Jedi! Taking things up a notch, by the time all these speculations have become a reality, physical teleportation of things might already be one of the features on your messenger app! Internet friends will have been able to send and receive gifts from halfway across the galaxy. What interesting gifts it would be! The future of internet friendship is indeed something to look forward to.

Internet affords us a future of boundless opportunities for interaction and contact. It transcended our expectations with the emergence of many social networking sites that now serves as venues for us to stay in touch with our friends and be updated on their whereabouts and current preoccupation.

What's the Meaning ...

1. omnifarious
2. congregate
3. gregarious
4. propagates

5. ubiquitously
6. intercultural
7. assimilation
8. speculation

Lesson 22

Pronunciation Practice

- 1 intercultural
- 2 congregate
- 3 propagates
- 4 assimilation
- 5 speculation

Questions Related to the Topic

1. What is internet friendship?
2. What do some people think of internet friendship?
3. What do supporters of online relationship say about internet friendship?

Tongue Twister!

"I slit the sheet and the sheet slit me. The slit in the sheet was slit by me."

What guarantees happiness?

All people feel a different range of emotions. Some of these emotions are pleasant and are always wanted to be felt while other emotions we try to avoid as much as possible due to the pain it may cause us. What is perhaps the most popular and desired of these emotions is "Happiness". While all people are naturally inclined to seek to be happy, one might consider what actually would make him or her happy. Is happiness the same for everyone? What actually defines happiness?



Happiness can be considered a fuzzy concept and could mean many different things to many people. Some closely related concepts to happiness are well-being, quality of life, flourishing, and contentment. According to a research study, humans seem happiest when they have: pleasure (tasty food, warm baths, etc.), engagements (or flow, the absorption of an enjoyed yet challenging activity), relationships (social ties have turned out to be an extremely reliable indicator of happiness), meaning (a perceived quest or belonging to something bigger), and accomplishments (having realized tangible goals).

Happiness has also been closely linked to religion. Such an association may be attributed to the social connections of organized religion, and by the neuropsychological benefits of prayer and belief. To elaborate further, the benefits that make people happier from religion include social contact and support that result from religious pursuits, the mental activity that comes with optimism and volunteering, learned coping strategies that enhance one's ability to deal with stress, and psychological factors such as "reason for being."

What's the Meaning ...

1. linked
2. attributed
3. optimism
4. contentment
5. fuzzy

6. flourishing
7. neuropsychological

Lesson 23

Pronunciation Practice

- 1 fuzzy
- 2 contentment
- 3 flourishing
- 4 neuropsychological
- 5 enhance
- 6 association

Questions Related to the Topic

1. What is the most popular and desired of all emotions?
2. How is happiness defined in the article?
3. In what occasions do humans seem happiest according to a research study?
4. How has happiness been closely linked to religion? Explain briefly.

Tongue Twister!

"I saw Susie sitting in a shoe shine shop.
Where she sits she shines, and where she shines
she sits."

The Advocate of Peace: Malala Yousafzai



Can you imagine someone winning a Nobel Peace Prize at the age of 18?

Known mainly for her human rights advocacy, Malala Yousafzai is a young Pakistani girl who stood against the Taliban, an Islamic militant group, and fought for education and women's right in her native land.

Malala received the Nobel Peace Prize exactly two years and a day after a Taliban gunman shot her in the head on her way home. Despite the growing threat and danger, she continued fighting for every young girl's right to education and became an inspiration to them. She believes that education is a basic human right and a powerful weapon in promoting global peace and progress.

She once told reporters that going to school, "is like walking through a magic door to your dreams". Malala became an international icon for Peace and a role model to the youth. She is the youngest ever recipient to scoop the Nobel Prize.

What's the Meaning ...

1. advocacy
2. stood against
3. militant
4. threat
5. powerful weapon
6. icon
7. recipient
8. scoop

Lesson 24

Pronunciation Practice

- 1 nobel prize
- 2 inspiration
- 3 threat
- 4 icon
- 5 recipient
- 6 scoop

Questions Related to the Topic

1. At what age did Malala Yousafzai win the Nobel Prize?
2. What is Malala Yousafzai's advocacy?
3. What happened to Malala two years after she was shot in the head?

Tongue Twister!

"She sees cheese." (x4)

Superhero

What is a superhero?



The definition of superhero, quoted from Wikipedia is “a type of heroic character possessing extraordinary talents, supernatural phenomena, or superhuman powers and is dedicated to a moral goal or protecting the public”. Superheroes and super heroines are non-existent. They are made up characters for fictional stories. Their purpose is sheer entertainment for readers and sometimes stands as an inspiration to people to do better on what they can do or drag them out from a feculent life.

The word “superhero” dates back to at least 1917 according to Wikipedia. Based on the genealogy of superheroes such folkloric heroes like Robin Hood, who adventured in idiosyncratic clothing are the first of the superheroes. Then came Scarlet Pimpernel in the year 1936 which inspired masked avengers and a superhero trope of a secret identity. Zorro who is a masked and costumed character came out in 1919. The first comic strip hero is named Phantom which came out in 1936. These early superheroes were the inspirations of the superhero characters of today and to avid fans of fiction stories.

Being a superhero or super heroine is possible in real life and some even live amongst us. ‘What does it take to be a super hero?, you ask. It is simply being kind towards society. Protect your world by being friendly to the environment. Defend your citizens by helping them with what you can and be generous to people when the need arises. These are simple gestures for being recognized as a superhero in real life.

What’s the Meaning ...

1. quoted
2. heroic
3. phenomena
4. supernatural
5. superhero

6. super heroine
7. sheer
8. inspiration
9. avid
10. fiction

Lesson 25

Pronunciation Practice

- 1 quoting
- 2 phenomena
- 3 supernatural
- 4 sheer
- 5 avid
- 6 fiction

Questions Related to the Topic

1. What are superheroes and super heroines?
2. What’s the purpose of these fictional characters?
3. State the origin of ‘superhero’. How did it exist?
4. How can you be a superhero or a super heroine in real life?

Tongue Twister!

“Can you can a can as a canner can can a can?”

Angkor Wat



Angkor (in Cambodia) is the ancient capital of Khmer Empire. A temple built for King Suryavarman II in the early 12th century as his state temple and capital city is called Angkor Wat (or Angkor Vat) which is dedicated to Vishnu (Hindu). In Khmer language, “Angkor wat” means “temple city”. It is located about six kilometers north of Seam Reap, south of Angkor Thom. The estimated construction time of the temple is 30 years.

Angkor Wat is a miniature replica of the universe in stone and represents an earthly model of the cosmic world. The central tower rises from the center of the monument symbolizing the mythical mountain, Mount Meru, home of the gods in Hindu mythology. The surrounding moat represents the sea. The four sides face the cardinal compass points.

If you want to visit Cambodia and witness this world’s largest religious monument, it’s best if you get some guidebooks to read. In the guidebook, it is stated that a traveler or a visitor may walk through the temples in the morning to avoid afternoon heat but this would take a minimum of five days. Temple veterans were quick to dismiss this strategy and advised to rent a bicycle in Siem Reap. Another option is a bus tour, which is offered at most area hotels. The easiest way if you are with a two to four other visitors is to hire a car and a driver.

Traveling increases our knowledge and widens our perspective. It can help us change some of our habits or even create new ones. When traveling with friends or family it creates memories for a lifetime.

What’s the Meaning ...

1. replica
2. mythical
3. compass
4. cardinal
5. perspective

Lesson 26

Pronunciation Practice

- 1 ancient
- 2 construction
- 3 mythology
- 4 perspective
- 5 veterans
- 6 miniature
- 7 strategy

Questions Related to the Topic

1. Where is Angkor Wat located?
2. Why was Ankor Wat built?
3. What travel advice was mentioned in the article if you want to visit Cambodia?

Tongue Twister!

“The best suit for one is a suit that best suits one.”

Death Penalty



Sixteen years have passed since the convicted child rapist, accused of raping his ten-year-old daughter, took his last breath by means of the death penalty.

The death penalty, as a capital punishment, is a sanction given to a criminal who is proven guilty of committing a heinous crime. This punishment is practiced in several countries like China and the USA hoping to alleviate crime.

Is the death penalty a deterrent to criminals?

The debate continues among those who are concerned. The pro-death penalty believers say that a life must be paid with a life, citing the famous saying, "an eye for an eye, a tooth for a tooth, a bruise for bruise." On the contrary, those who are against the death penalty believe that it is absolutely inhumane and deprives the criminal of the fundamental human right; the right to live.

They also argue that mistakes could lead to the death of someone innocent.

Should the death penalty continue to exist or should it be abolished? Do we have time to ponder?

What's the Meaning ...

- | | |
|-------------------------|---|
| 1. death penalty | 9. deterrent |
| 2. convicted | 10. debate |
| 3. rapist | 11. an eye for an eye, a tooth for a tooth, a bruise for a bruise |
| 4. took his last breath | 12. inhumane |
| 5. capital punishment | 13. deprive |
| 6. sanction | 14. abolished |
| 7. heinous | 15. ponder |
| 8. alleviate | |

Lesson 27

Pronunciation Practice

- 1 convict
- 2 abolished
- 3 heinous
- 4 inhumane
- 5 deterrent

Questions Related to the Topic

1. What was the crime committed by the man who was sentenced to death penalty?
2. What is death penalty?
3. How do people view death penalty?

Tongue Twister!

"I slit the sheet, the sheet I slit, and on the slitted sheet I sit."

Euthanasia: Murder or Not?



Mike, aged four, is the only child of Amanda. He is a premature child who is unable to walk, unable to see and can barely breathe due to a respiratory disease. Despite Mike's tragic condition, he means the whole world to Amanda.

Amanda spends most of her wealth for her son's treatment and medication hoping for the recovery of his bedridden son but has seen no improvement at all.

Decades have passed, Euthanasia was passed to law in her country. ***Euthanasia or mercy killing is a self-imposed death in a relatively painless and merciful way.***

Amanda was at sixes and sevens weighing the affirmations and negations whether she will let go of her son's life and start a new life or continue to fulfil her duty as a loving mother while seeing her son living in misery. Morally confused, her mind was tickled by the question: "Will I be a murderer if euthanasia is imposed to my son?"

What's the Meaning ...

1. premature
2. tragic
3. mean the whole world
4. bedridden
5. decades
6. self-imposed
7. at sixes and sevens
8. affirmations
9. negations
10. misery
11. tickled
12. imposed

Lesson 28

Pronunciation Practice

- 1 premature
- 2 barely
- 3 respiratory
- 4 tragic
- 5 he means the whole world
- 6 medication
- 7 bedridden
- 8 decades
- 9 self-imposed
- 10 at sixes and sevens
- 11 affirmations
- 12 negations
- 13 misery
- 14 tickled
- 15 murderer
- 16 impose

Questions Related to the Topic

1. Describe Mike's condition.
2. What is Amanda's dilemma?
3. What is 'Euthanasia' as defined in the article?

Tongue Twister!

"The thirty-three thieves thought that they thrilled the throne throughout Thursday."

Endangered Species



In today's world, a vast diversity of animal and plant species populate different regions of the planet. Millions of species of various organisms constitute a biodiversity that encompasses a number of ecosystems. Each of these species plays integral roles in maintaining the balance of the ecosystem. The absence of any of these species may bring about unpleasant consequences and disrupt the ecological balance.

Despite the millions of species that exist, an alarming number of them are under the threat of facing extinction. In fact, it can be said that a number of them have already ceased to exist. Perhaps the best known examples would be the dinosaurs and the dodo birds. Other species such as the American bald eagle, the giant panda, and the Siberian tiger are already at risk. A number of factors come into play that resulted in the slow decline in population of certain species. First of these would be over-hunting which involves mankind hunting down animals for the reasons of food consumption or mere sport. Another factor would be the introduction of invasive species in certain areas that could result to a number of outcomes such as competition for food or prey or even the transmission of unavoidable diseases.

Due to these dangerous developments, various measures have likewise been enacted to preserve these endangered species and spare them from extinction. Governments have implemented laws that outlawed the hunting down of such species. Despite these laws, illegal poachers have still sought to hunt down these endangered species. Captive breeding is another measure being undertaken that involves the process of breeding endangered species in human controlled environments such as wildlife preserves and zoos. Only time will tell if these measures will prove effective and successful in the preservation of these species.

What's the Meaning ...

1. endangered species
2. diversity
3. biodiversity
4. ecosystems

5. implement
6. outlawed

Lesson 29

Pronunciation Practice

- 1 environment
- 2 endangered
- 3 preserve
- 4 extinction
- 5 encompasses

Questions Related to the Topic

1. How may the absence of the animal and plant species affect the ecological balance?
2. Enumerate the factors that resulted in the slow decline of population among certain species.
3. What are some various measures taken to preserve the endangered species and spare them from extinction?

Tongue Twister!

“ I wish to wash my Irish wristwatch.”

Child Labor



In traditional and modern cultures around the world, it has been the role of adults to undergo labor and employment in order to provide income for their respective families. Children, on the other hand, are traditionally obliged to pursue education. Unfortunately, in some instances, children would be forced to undergo labor, thus being deprived of a proper childhood and education. To make matters worse, such forms of labor may prove to be detrimental and harmful to the children's mental, physical, social, and moral well-being. As such, the issue of child labor has been one of the most prevalent and controversial ones being faced by various countries in the world today.

A number of causes have been attributed to the existence of child labor. What has been cited as its greatest single cause is poverty. For impoverished households, a child's work income is usually crucial for his or her own survival or for that of the household. Income of working children, even a small amount, may be between 25 to 40% of the household income. The lack of meaningful alternatives such as the lack of affordable schools or quality education is another primary factor and concern. Many communities, particularly rural areas where child labor is prevalent, do not possess adequate school facilities. Other circumstances would include the distance of some available schools and the difficulty of reaching them. Such conditions would entail that children would have nothing better to do. On the other hand, certain cultural beliefs have rationalized child labor and thereby encouraged it. Some view that work is good for character building and skill development of children. In many cultures, particularly where the informal economy and small household businesses thrive, the cultural tradition is that children follow in their parents' footsteps; child labor then is a means to learn and practice that trade from a very early age.

What's the Meaning ...

1. obliged
2. impoverished
3. crucial
4. adequate
5. poverty
6. prevalent

Lesson 30

Pronunciation Practice

- 1 poverty
- 2 crucial
- 3 obliged
- 4 impoverished
- 5 adequate
- 6 household
- 7 prevalent

Questions Related to the Topic

1. How is child labor viewed in today's world?
2. What has been cited as the greatest single cause of child labor?
3. Where is child labor prevalent?
4. What is your opinion on this: "Work is good for character building and skill development of children"?

Tongue Twister!

"The baggage and the luggage, the cabbage in the storage were thrown to the garbage by the hostage in the voyage."

Billboards



Aloft the canopies of the concrete jungle hang the most prolific of all marketing devices, the billboard. They have sprung up along every major highway, as well as any highly traveled roads. For the denizens of the urban landscape it is a fixture of daily life. It is as imposing as it is ubiquitous. These colorful depictions of commercialized living is where one finds the constant promises of the enhancement of one's life through the consumption of their offers.

Sleazy and slick salesmen exploit the fears and basic instincts of the vulnerable populace, all in an effort to extract more revenues, with billboards being one of their main tactics in their campaign to be bought by the public. Among those who fight back against the oppressive tutelage of modern marketing is an anonymously street artist who goes by the name of Banksy. He's internationally known for provocative art that challenges the status quo of crass commercialism and champions causes drowned out by the noise of advertising. He brings humanity back to a dehumanized society. He is a hero of our time.

Billboards are attention grabbers. You can't help but notice a sign that is as wide as your house. Because of their size, they are highly successful at catching people's attention but billboards can be distracting. It attracts too much attention then it can potentially increase the likelihood of drivers crashing into each other because they were too mesmerized by what is on the billboard.

What's the Meaning ...

1. prolific
2. ubiquitous
3. provocative
4. sleazy
5. slick
6. oppressive
7. tutelage
8. dehumanized

Lesson 31

Pronunciation Practice

- 1 mesmerized
- 2 prolific
- 3 sleazy
- 4 slick
- 5 vulnerable
- 6 commercialism
- 7 dehumanized
- 8 anonymous

Questions Related to the Topic

1. What sprung up along every major highways as well as highly traveled roads?
2. What's the name of the street artist mentioned in the article? What is he known for?
3. How can billboards catch people's attention and in what way can they be distracting?

Tongue Twister!

"Six sick small snakes sit on the thick stick."