

Listening

1.8

Part 1

Interviewer With me today I have Marianna Leivaditaki, head chef of Morito restaurant in London...Marianna, what was your favorite food when you were a child?

Marianna Um, well at home, we ate a funny mixture, because of my parents. Um, fresh fish, bacon and eggs for breakfast on Sundays, and traditional apple pies. But my favorite was fish. We ate fish every day, which my dad caught. In fact, my dad still goes fishing every night!

Interviewer Wow!

Marianna Yeah, we were really lucky because not all families could do that – could eat fish every day. Even on an island fish is expensive, unfortunately.

Interviewer Did your dad catch fish for the family or for the restaurant?

Marianna For both. Um, except for lobsters. When he caught a lobster, he never sold it. It was always for us. We boiled it and ate it with lemon and olive oil. You don't need anything except lemon and olive oil when fish and seafood is really fresh. That's how I cook lobsters nowadays in the restaurant, in Morito.

Interviewer Were you interested in cooking when you were a child?

Marianna Oh yes. I spent every evening in our restaurant, and instead of playing with the other children, I usually helped in the kitchen. I wrote down recipes which I wanted to cook for the family, in a small blue notebook.

Interviewer So your love of food and cooking came from your parents?

Marianna From my parents, and also from my aunt, and from many inspiring ladies who surrounded me when I was growing up. My aunt, Thia Koula, had animals, a garden, olive trees, and grapes. In the summer, I often spent all day with her. She knew everything about wild food in Crete. She only ate what she had grown or found or made herself. Such a beautiful way to eat.

Interviewer Did you ever eat out as a child?

Marianna Never in the evening, um, because our restaurant was open for dinner seven days a week, but occasionally my mum used to buy me and my brother *souvlaki* for lunch, a sort of Greek sandwich with pita bread. Inside it has pork, tomato, red onion, and lots of thick yogurt.

1.9

Part 2

Interviewer So did you always want to be a chef, to have your own restaurant?

Marianna No, not at all. I wanted to be a psychologist, and when I was 18 I came to the UK to study at Kent University. Then I decided I didn't want to be a psychologist after all and I went traveling for a bit – I'd saved some money at university because I worked in the evenings. I went all around southern Europe and also to South America, to Ecuador. I tried all sorts of different dishes and fell in love with food again, so I went back to Crete and worked in our family restaurant for two years.

Interviewer Why did you come back to the UK?

Marianna Well, I wanted to continue working as a chef, but I needed a bigger challenge. And when I was a student in the UK and I missed good food, I used to save money to go to London to have dinner in a restaurant called Moro. It wasn't Greek food, but it was Mediterranean, Spanish,

North African, and I loved it. So when I came back to London I went to Moro and I said, "I want a job" – and they gave me one.

Interviewer And what happened then?

Marianna Well, really slowly, through hard work, and after seven years, I became head chef. It was magic. And then the owners of Moro, Samantha and Samuel Clark, suggested that I help them open Morito.

Interviewer How is Morito different from Moro?

Marianna It's the same inspiration, and, um, many of the dishes are similar, but because I run the kitchen I have been able to have more Cretan dishes on the menu, dishes from my childhood. This week, for example, I'm making *ntakos*, a Cretan salad made with fresh goat's cheese, tomato and bread.

Interviewer Do you go back to Crete much?

Marianna Yes, I go to Crete maybe four or five times a year. My family's restaurant is closed now, but I go out for lunch with my friends, the people I miss when I'm in London. Food comes, and we share everything. We always order too much, and by the end of it we feel incredibly full.

Interviewer Well, Marianna it's been great talking with you, and thanks for coming in.

Marianna Thank you very much for having me.

1.15

1 **A** So what are you going to do next year, Adam? Are you going to go to college? Adam? Can you hear me?

B Sorry, Grandma. What did you say?

A I said, are you going to go to college next year?

B No, Grandma. I've already told you like 100 times. I'm not going to go to college. I'm going to look for a job. I need to earn some money.

A All right, dear. You don't need to shout. I can hear perfectly well, thank you. What time is it?

B Ten to three. I'll get you some coffee.

A Oh, thank you. That'd be nice.

2 **A** Bye. See you tomorrow.

B Bye. Hey, what do you mean tomorrow? Aren't you coming back tonight?

A No, I told you about it yesterday. I'm going to a party at Katie's. I'm staying overnight there.

B Who else is going?

A Oh, just the usual crowd. You don't know any of them.

B Well, make sure you don't go to bed too late. And don't forget to...

A Bye.

B Where's your coat? You can't go out like that. It's going to be cold tonight!

A Bye!

3 **A** Can I use your car tonight?

B No, you can't.

A You said you didn't need it. Why can't I borrow it?

B Because you won't take care of it. You'll drive too fast.

A I won't, I promise, I'll drive really slowly. I'll be really careful.

B Oh, all right.

A Thanks. See you.

1.25

Dan Well, I can remember one terrible thing I did to my brother when we were teenagers – I have a twin brother. Um, so we used to fight and argue a lot, as, as kids and teenagers. And one time, when we were about 15, we were

fighting, arguing, we shared a bedroom, so we were in our room, um, fighting each other, and I accidentally stabbed him in the hand with a pen that I was holding in my hand. And it was, it was a total accident, and I was holding it and I was kind of threatening him, but I didn't really mean to, to stab him, obviously, um, but I did, and I was absolutely horrified at what I'd done. And of course, he, my brother, he looked down at his hand, with this blood coming out from where I'd stabbed him, and he looked up at me, and he said, "I'm going to tell Mom!" Which sort of made me laugh because you know, we were both 15 at the time, and it was a very childish thing to say. And he ran downstairs to tell our mom, and I was absolutely terrified that she was going to be really angry with me. Which she was, of course. But, um, he was fine, by the way, it was a very small wound. He didn't have to go to the hospital or anything, it was absolutely fine, but, um, he still, now this is, you know, we're in our late forties now, so this is 30 years ago, but he still sometimes tells people, when we meet them, about when I stabbed him. But yeah, it wasn't a very nice thing to do to him!

Marilyn Well, my sister was four years older than me. She still is, actually. Um, I remember once when I was about ten years old, I had a pet, a bird. Um, it was a small green parrot named Charlie, and I really loved him. He lived in a cage but I sometimes let him out to fly around the house, you know so, so he could have some freedom. And one day, I was in my bedroom and I let him out, but then something happened – I can't remember what and I forgot about him for a, for a while, and then suddenly I couldn't see him anymore. And, well, I looked everywhere for him, I looked all over the house and I couldn't find him anywhere. Oh I cried and I cried because I was sure that he had flown out of the window. And my parents started to help me because they felt awful about it as well. And just when I was completely hysterical my sister admitted that, in reality, she had hidden him. She had shut him inside a cupboard. Can you believe that? Well, she opened the cupboard and poor Charlie was there, he was so frightened, but we were all really relieved to find him. My sister was so horrible that day. Of course, now we get along really well, but I still remember what she did to poor Charlie and sometimes when she comes to see me I hide her car keys or her purse or something just to remind her of it. Is that bad?

2.12

Host Hello, and welcome to *Five-Minute Money*. Today we're talking about scams and scammers. Millions of people a year are victims of scams in the US. In 2017, Americans lost \$905 million because of scams, so we all need to know what to look out for. We're going to hear three listeners' stories, and for each scam we'll explain how to stay safe.

Our first story is from Tara in Knoxville.

Tara A few months ago, I got an email from my cousin who was studying abroad in South Africa. He said he'd lost his backpack with his ID and credit cards and needed money to get home. He asked for my credit card number, and I was like, well, it's my cousin, I have to help him! So, I sent him a reply with my credit card number and everything. But there was no reply. So, I got suspicious, and I checked my credit card balance, and somebody had stolen over \$3,000. Of course, I never got it back.



Host Ah, the friend (or family member) abroad who needs help. But it isn't really a friend, it's a scammer who is using this friend's email account. Often this scam is obvious, either because you know your friend isn't abroad, or because the email has grammar and spelling mistakes. So always be suspicious of any strange emails from friends.

The next story is from Max in Madison.

Max I got an email saying that I'd won a lot of money in the Mega Millions lottery. It looked official, and it was from "The Mega Millions Corporation," so I thought it was real. I did buy a Mega Millions lottery ticket last fall when the jackpot was close to \$1 billion dollars, so I believed it. I emailed back and they replied and said the easiest thing was for me to send them my bank details, and they'd pay the money directly into my account. So, like an idiot, I did, and the next day my bank account was completely empty. Thank goodness my account only had three hundred dollars in it. I feel so stupid, but I definitely learned my lesson.

Host Yes, so again, never believe an email or message saying you've won a lottery, especially if you've never bought a ticket.

Our last story is from Zeke in Hartford.

Zeke It was a Saturday morning and I'd just gotten back from the gym. The phone rang and a woman said she was from Citibank's security division. She said the bank was conducting its regular account verification process and that I needed to verify my credit card number and some other information. I thought it was weird that the bank was calling on a Saturday morning, but she was so nice and polite, so I gave her all my credit card information. A few days later, I tried to use my credit card and it was declined. I called the Citibank customer hotline and the bank representative said that my credit card was deactivated because of suspicious charges. The representative told me that Citibank never calls its customers to verify credit card information. Thank goodness I wasn't responsible for any of the suspicious charges, so I didn't lose any money.

Host It's natural to co-operate if you think your bank is calling you, but your bank will never ask you on the phone to verify your account details. If you get suspicious, just hang up, wait ten minutes, and then call your bank to check if it really was them.

So, what's the most important thing to remember if you don't want to be the victim of a scam? Be very suspicious of strange emails from friends or from someone saying that you've won a prize, and the same for phone calls from your bank. And above all, never, never give your bank account or credit card numbers to anybody, either in an email or on the phone, unless you are 100% sure who they really are.

2.13

Part 1

Interviewer The charity Adelante Africa was started in 2008. That summer a group of Spanish and British tourists had traveled to Uganda on safari to see the mountain gorillas. Halfway through the trip, in a small rural village called Igayaza, the truck they were traveling in broke down. While a mechanic repaired the truck, the group took shelter in a nearby building. It was a school for orphans, children without parents, but it was in terrible shape. The walls were falling down, the blackboards were broken, and there weren't many desks. But the children were wonderful, very bright and friendly. One of the tourists was a school teacher, and she started teaching them English songs. She was amazed at how quickly they learned. When they left, they asked the principal how they could help, and he said, "What we need is a new school." When the tourists arrived home from their vacation, they decided to set up a charity to raise money to rebuild the school. Two years later, on

March 14th, 2010, the new school opened with 75 children – and since then Adelante Africa hasn't stopped.

2.14

Part 2

Interviewer I'm with Jane Cadwallader, the secretary of Adelante Africa.

Jane Hello.

Interviewer Hi Jane, how long have you been working with Adelante Africa?

Jane Well, for over ten years now. Since the beginning. I was the teacher who sang songs with the children back in 2008 when the lorry broke down.

Interviewer Jane, tell us what Adelante Africa has been doing since 2010, since the school was finished.

Jane Well, we've done a lot. Our next major project was to build a children's home for the orphans who don't have anybody in their extended family who can look after them. The children's home has been running since 2012 and now we have 57 children there. But we also realized that if we wanted to help the local children, we really needed to help their parents, too. Our primary school was beautiful but many of the children were sick. They had malaria or malnutrition. So we started several small community projects. For example, we tried to help people to improve their diet by giving them seeds to plant a variety of vegetables. Most people in rural Uganda, you see, um, don't eat fruit and vegetables, except what they can find growing wild. We've also been building water tanks to collect rainwater so that they have cleaner water to drink, and they don't have to walk the long distances to the nearest river. And we've started a small factory to make sunflower oil, which has helped local farmers, and also given some jobs to local people. Sunflower oil is much healthier than the palm oil that most people were using before, so really we've helped the whole community with this.

Interviewer And are any of your new projects related to education?

Jane Absolutely. In 2011 we started a FAL group in Igayaza – FAL stands for Functional Adult Literacy, so these are classes to teach adults – mainly women – to read and write, and to speak English, which is the official language in Uganda. Since then we've started 11 more FAL groups in other nearby villages. And our other big project is that we've just built a secondary school, so that children from our primary school and the other local children can get a good secondary education. We're very proud of it – it's not quite finished yet, though. We need to raise more money in order to finish all the buildings.

Interviewer And are all the volunteers, the people who work with you, from Britain and Spain?

Jane No, not at all. There are a few of us from Europe who visit regularly, but the people who make it all possible are the Ugandan volunteers. Without them we couldn't do anything! In the future, we hope that all the projects will be run by them.

Interviewer And can you tell me about some of the children, some individual cases?

Jane Hmm, let me think. I know a good example. John Muzzei. He's a boy, an orphan, who was at the primary school when the lorry broke down. He was very bright, and when he finished primary in the new school, he got very good grades and we sponsored him to go to secondary school. He worked very hard there as well and did very well, and now he's in the last year of nursing at a good nursing college. And I also have to tell you about Baby Rose. She was brought to our children's home with her brother. They were living alone in a hut with their mother, who was dying of AIDS. When they arrived, Rose was a year old. She was suffering from malnutrition and weighed only five kilos. Her little legs were so thin that we thought she'd never walk. And she never ever smiled. Now, one year later, she's running around

laughing and smiling. Since she came here, she's changed completely into a healthy, happy child.

Interviewer So Adelante Africa has really changed their lives?

Jane Yes, it's changed their lives, but it's also changed the lives of the people who work for Adelante Africa. Most of us feel it's the most satisfying thing we've ever done. Have a look at the photos and videos on our website – it's www.adelanteafrica.org. Maybe it will change your life too.

3.16

Host Hello and welcome. On today's show we're talking about how to drive safely. A new book called *Survive the Drive* has just been published, and we asked Tom, our transportation and travel correspondent, to take a look. Welcome, Tom.

Tom Thank you.

Host So, tell us – what's the most dangerous thing you can do while you're driving? Obviously, we're not talking about drinking alcohol, taking drugs, or using a handheld phone to make calls or text, which everyone knows you must never do.

Tom Well, this is really surprising, at the top of the list is driving when you're feeling emotional. The researchers found that you're nearly ten times more likely to have an accident if you're feeling very sad or angry or stressed. If you're emotional then you can't concentrate on the road, and you'll probably make bad decisions if you find yourself in a dangerous situation. In fact, if you're feeling very emotional it'd be better not to drive at all!

Host Wow, OK. I'll try to remember that next time I have a bad day at work! What's the second most dangerous thing?

Tom This one's less surprising – it's reaching for something in your car. It might be your phone, or a map, or some candy. If you're reaching down, or trying to get something from the back seat, then you aren't looking at the road, and you're nine times more likely to have an accident.

Host And number three?

Tom Number three is looking at something interesting or something that's happening by the road. A really common example of this is when people slow down to look at an accident – they don't realise that by looking at the accident and not at the road, the chance of having an accident themselves goes up over seven times. In fact this is a really common cause of accidents on freeways.

Host So the message is, don't be distracted.

Tom Yes, exactly. If you're driving fast, you can travel over 300 feet in less than three seconds. And a lot can happen in three seconds.

Host So that's the top three – what about other things to avoid?

Tom Well, at number four is adjusting your GPS, which can be very distracting, and makes you nearly five times more likely to have an accident. At number five is driving when you're tired. 60% of drivers say they've driven when tired in the last year, so it's a big problem – and you can lose control of your car completely. At number six is adjusting your radio or music system. This makes you twice as likely to have an accident. Again, it's the distraction from the road that's the problem, and only having one hand on the wheel.

Host And the last two?

Tom The seventh is eating or drinking, because again, you usually take one hand off the wheel, and the eighth is talking to a passenger, which can be distracting because the driver often turns to look at the passenger.

Host So how would you summarize the research? What did you find most interesting?

Tom I think for me the most interesting thing is that some of these things don't seem very dangerous and good drivers often do them – but the research shows that they are. So next time you get in your car to drive somewhere, think about what you're doing, and always, always keep your eyes on the road!

3.24

Host “Pink is for girls, blue is for boys.” How many times have we heard that? And if you walk down the aisles of children’s clothes stores you’ll see rows and rows of clothes in these two colors. But where does this rule come from exactly? Are little girls genetically attracted to pink, and little boys to blue?

It seems not. You may be surprised to hear that 100 years ago, it was the exact opposite. In a popular magazine of the time, an article said “The generally accepted rule is pink for boys and blue for girls. The reason is that pink, being a stronger color, is more suitable for a boy, while blue, which is more delicate, is prettier for a girl.” The change to pink for girls and blue for boys happened only after World War II. The idea of women being equal to men emerged and, as a result, people started dressing little girls in pink. Soon advertisers got a hold of the idea, and made blue the color for boys. Since then the pink and blue stereotype has never gone away. And it is not only clothes, but all sorts of other things as well. Girls’ rooms and furniture are painted pink, girls’ accessories are made in pink, girls’ toys are packaged in pink. South Korean photographer JeongMee Yoon was so struck by this that she created a series of photographs called *The Pink and Blue Project*, where children were photographed in their rooms with all the things they possessed, in either pink or blue. But is this something we really need to worry about? Alison Carr, from the Institute of Engineering and Technology, says yes.

Alison When we’re choosing between one toy or another to buy as a present for a child, we’re influenced by stereotypes, and if the child is a girl, we’ll probably choose something pink. And this is a problem, because not only are 89% of girls’ toys pink, but also only a very few of them are connected with science or math. Most girls’ toys are still based on dolls and dressing up, while boys’ toys are more likely to be related to building and cars. And the problem is that the toys we play with influence our interests, and even the jobs that we end up getting. If girls don’t have access to as many construction toys, or mechanical and scientific toys as boys, they’ll think that science and technology is “not for them” so they’ll be less likely to choose to study it at school and later in college. I think that if they were allowed to choose for themselves, girls and boys would choose the same sort of toys, and that parents need to forget about the stereotypes, about pink and blue. Toys should be the same colors for all children, red, yellow, green, whatever.

Host However Natasha Crookes, from the British Toy & Hobby Association, doesn’t agree.

Natasha I think that instead of abandoning the pink and blue thing we should use it. If we want girls to get interested in maths and science, we should package science and engineering toys in a pink box. Then maybe girls – or their parents – will start buying them.

Host Thank you, Natasha, And now we’re moving on to...

4.11

Host Good afternoon, everyone. On today’s *Modern Manners* show, the subject is family, and what to do with rude relatives. Our etiquette expert Sarah is here to take your calls, so if you have a family member who behaves badly and you don’t know what to do about it, just call us here at 1-800-555-4545.

And our first caller is Belinda from Walnut Creek. Hi Belinda, tell us about your rude relatives.

Belinda Well, I hate to say it because it’s such a cliché, but it’s my mother-in-law. She’s a nice woman, don’t get me wrong, and on the whole, we get along well, but one thing she does that I think is really rude is that whenever she comes

over for a meal she criticizes my cooking. I’m not a professional, obviously, but I think I’m a pretty good cook, and it really annoys me, especially after I’ve spent hours making something really good.

Host OK, so Sarah, over to you. How should Belinda deal with her mother-in-law?

Sarah Hi, Belinda. I know this won’t be easy, but when she does this, I think you should be the one who behaves well. Stay calm, thank her as politely as possible for her advice, and change the subject. You shouldn’t argue with her, because she won’t change her opinion – and it won’t make you feel better either. Instead, encourage your husband or another relative to say how great your cooking is in front of your mother-in-law. When she sees that her criticisms aren’t having any effect, and that everybody else loves your food, she’ll either stop criticizing or she’ll start paying compliments herself.

Host Thanks very much, Sarah. Great advice! And our next caller is Damien from Hudson. Hi, Damien. I think you’re going to tell us about a problem with your brother, is that right?

Damien Yes, that’s right.

Host So, what’s the issue?

Damien Well, he lives in New York City and he likes to come and stay with us from time to time, which is great. But he just called me saying he’s coming next month and he’s bringing his new dog. I know he just got this dog, and he takes really good care of it, and doesn’t like leaving it alone, but it’s still a puppy and my girlfriend and I aren’t very into dogs. Also, we just redecorated our house, and we did a lot of work on the yard, and I’m pretty sure the dog’s going to destroy them both.

Host Sarah, what do you think Damien should do with his brother and his dog? Do you think it’s rude to arrive at someone’s house with a dog?

Sarah Yes, I have to say I do. It’s bad manners for a guest to bring an uninvited pet, even to a relative’s home. This is true even if you have one of your own and your house is already animal friendly. I think you should politely but directly say how you feel. You can add a reason like, as you say, you just redecorated, but to be honest, you don’t really have to give a reason.

Host Well, that’s very clear advice, thanks Sarah. And finally, Miranda from San Pedro. Hi, Miranda. Tell us about your problem.

Miranda Hi there. My problem’s with my nephew, my sister’s son. He’s eight years old and his parents don’t set any rules for him. So, he’s really wild, and whenever they come to our house, he just shouts all the time, jumps on the furniture, makes a mess in the kitchen. He even writes on the walls! It’s really exhausting, but my sister’s very sensitive about me criticizing her son, so generally I don’t say anything. But I’ve reached the point where I’d almost prefer it if they didn’t come over.

Host Sarah, what should Miranda do with her nightmare nephew?

Sarah You have to speak to his parents before their next visit, or at least to your sister. But instead of being critical, say how great it is that their son has so much energy, and how much you love him, but then explain that he has to calm down a little when he’s visiting. And at the beginning of his next visit, welcome him, but give him some rules for your house. Say, “Hi, It’s great to see you again! But just a couple of house rules: no jumping on the furniture, and if you want to draw, please use a piece of paper – you must not write on the walls.” He won’t mind, and in the long run your sister will be grateful.

4.18

I haven’t played a musical instrument for years. Five years ago I got a trumpet for my birthday, and I tried to learn it, but I gave up after seven minutes and it ended up in the garage. So here I am, a beginner again.

ONE HOUR

I have everything I need: YouTube trumpet lessons, and a book called *Trumpet for Beginners*. I plan to practice for 20 minutes a day, three times a week. I want to be able to play the trumpet, and I want to do it fast!

TWO HOURS

Well, that was optimistic. Playing the trumpet is more difficult than it looks! I can only play for ten minutes before I start seeing stars and my mouth hurts. I can get from C to G, but I can’t get any higher. It’s depressing.

FIVE HOURS

I’m now practicing for ten minutes at a time. I can play a whole octave, from C to C. I’ve watched a lot of trumpet lessons on YouTube. The teacher has a beard and wears very colorful shirts. He’s beginning to annoy me, so I’m going to stop watching videos and use books instead.

NINE HOURS

I still can’t play high notes. I can play some very simple tunes, but nothing I actually want to play. It isn’t Rimsky-Korsakov.

FOURTEEN HOURS

I’ve been practicing three times a week, but I’m not getting any better. I’ve put the trumpet in the closet.

FIFTEEN HOURS

One evening, I’m at a school concert and I meet Matilda Lloyd, one of the best trumpet players around – she was a winner in the BBC Young Musician competition in 2014. I ask her for help, and the following week she gives me a trumpet lesson. I’m doing everything wrong. I need to forget everything I learned from the man with the beard and the colorful shirts. I need to start again.

SEVENTEEN HOURS

I’m getting better! My trumpet is starting to sound more like a musical instrument. I’m practicing for half an hour every day. I’m enjoying myself. And the neighbor’s dogs have stopped barking.

TWENTY HOURS

I was planning to finish my 20 hours of practice by performing in the subway for an afternoon, but I can’t do it. 20 hours is too little. But give me 100 hours, and you’ll see me playing the trumpet on a street near you...

5.9

Part 1

Interviewer What made you want to become a referee?

Juan My father was a referee, but that didn’t influence me – in fact, the opposite because I saw all the problems that he had as a referee. But as a child I was always attracted by the idea, and at school I used to referee all kinds of sports, basketball, handball, volleyball and of course football. I was invited to join the Referee’s Federation when I was only 14 years old.

Interviewer Were you good at sports yourself?

Juan Yes, I was a very good handball player. People often think that referees become referees because they’re frustrated sportsmen, but this is just not true in most cases in my experience.

Interviewer What was the most exciting match you ever refereed?

Juan It’s difficult to choose one match as the most exciting. But I remember some of the Real Madrid–Barcelona matches, for example, the first one I ever refereed. The atmosphere was incredible in the stadium. But really it’s impossible to pick just one – there have been so many.

Interviewer What was the worst experience you ever had as a referee?

Juan The worst? Well, that was something that happened very early in my career. I was only 16 and I was refereeing a match in a town in Spain and the home team lost. After the match, I was attacked and injured by the players of the home team and by the spectators. After all these years I can still remember a mother, who had a little



baby in her arms, who was trying to hit me. She was so angry with me that she nearly dropped her baby. That was my worst moment, and it nearly made me stop being a referee.

Interviewer Do you think that there's more cheating in soccer than in the past?

Juan Yes, I think so.

Interviewer Why?

Juan I think it's because there's so much money in football today that it's become much more important to win. Also football is much faster than it used to be, so it's much more difficult for referees to detect cheating.

Interviewer How do soccer players cheat?

Juan Oh, there are many ways, but for me the worst thing in football today is what we call "simulation." Simulation is when a player pretends to have been fouled when in fact he hasn't. For example, sometimes a player falls over in the penalty area when, in fact, nobody has touched him and this can result in the referee giving a penalty when it wasn't a penalty. In my opinion, when a player does this he's cheating not only the referee, not only the players of the other team, but also the spectators, because spectators pay money to see a fair contest.

5.10

Part 2

Interviewer What's the most difficult thing about being a referee?

Juan The most difficult thing is to make the right decisions during a match. It's difficult because you have to make decisions when everything's happening so quickly – football today is very fast. You must remember that everything is happening at 100 kilometers an hour. Also important decisions often depend on the referee's interpretation of the rules. Things aren't black and white. And of course making decisions would be much easier if players didn't cheat.

Interviewer Do you think that the idea of fair play doesn't exist anymore?

Juan Not at all. On the contrary, I think fair play does exist – the players who cheat are the exceptions.

Interviewer Finally, who was the best player you ever saw in your career as a referee?

Juan I have to say Leo Messi.

Interviewer Why do you think he's so good?

Juan Well, a study was done on him which showed that Messi could run faster with the ball than many footballers can do without the ball. But apart from his great ability, what I've always admired about him is that he isn't a typical superstar footballer. In public and in his personal life his behavior has always been very normal. That's unusual for such a famous player.

5.22

Rickie You're listening to *The Morning Show* and I'm Rickie Hammond.

Joanna And I'm Joanna Keys.

Rickie Now, I wonder how many of you know what today is? Well, it's Friendship Day! All over the world today, people are celebrating those wonderful people called friends. We've been doing some research this morning about friends, and we've discovered five fascinating facts about friends for you. Just listen to these. Joanna?

Joanna FRIENDS FACT NUMBER 1

Animals have friends, too! Yes, apparently, we humans aren't the only ones who have friends. There's strong evidence that animals like chimpanzees, horses, elephants, dolphins, and even bats can form friendships for life. And they even make friends with animals that aren't from their species!

Rickie FRIENDS FACT NUMBER 2

We have more real friends thanks to social media! You may find this hard to believe, but since the invention of the internet, and especially since social media came on the scene, we

actually have more real-world friends than before. People always say we're so busy with our online friends that we don't have time for our real friends. But in fact the opposite is true. A doctor in psychology at Sheffield Hallam University has done some research that shows that the internet actually helps us to keep up friendships. And why is that? Because with social media it's easier to stay in touch. In the past we used to lose touch with friends because of distance or lack of time. So now you know...

Joanna FRIENDS FACT NUMBER 3

Having friends at work makes you more productive. Now, you probably think that if you have lots of friends at work, you waste a lot of time gossiping with them. Well, listen to this. According to various studies, having friends at work makes you more productive and more creative. And I can believe that, because you know, if you have friends at work, you're going to be happier, which in turn probably makes you work better. Just one thing though – don't be friends with your boss! That might make your colleagues trust you less, and they might think you got your job because of your friendship.

Rickie FRIENDS FACT NUMBER 4

Love can make you lose two friends. Yes, it's a sad fact that you can lose two friends when you fall in love. According to the anthropologist Robin Dunbar, who's studied the effect that love has on friendship, when a new person comes into your life, he – or she, of course – displaces two other people in your circle of friends. He says that when you're in love, you spend less time with your friends, and this means that friendships deteriorate. And you know something, from my experience that's true.

Joanna FRIENDS FACT NUMBER 5

So this is the last one, and it's good news! Friendship is good for your health. It doesn't matter if you're a man or a woman. People who have a lot of friends are less stressed and live longer. Research shows that you are 50% more likely to have a long life if you have a good social network.

So now we're asking you to choose a song for a special friend. Call us or text us at 800-555-9176. The lines are open now, and our first caller is Mandy from Portland.

Caller Hi, Joanna! Can you play *I'll Be There for You* for my best friend? Her name's Annie and I love her to pieces...

6.7

Part 1

Interviewer So tell me, how did you get involved in the movie, Dagmara?

Dagmara Well, as you probably know, *Schindler's List* was shot in Krakow, in Poland, which is where I live. I was a university student at the time, studying English. And the film company set up their production office here three months before they started shooting the film and I got a job there as a production assistant, preparing and translating documents and the script.

Interviewer But how did you get the job as Steven Spielberg's interpreter?

Dagmara Well, it was a complete coincidence. Just before the shooting started, um, there was a big party in one of the hotels in Krakow for all the actors and the film crew, and I was invited too. When I arrived at the party, the Polish producer of the film came up to me and said, "The woman who was going to interpret for Steven Spielberg can't come, so we need you to interpret his opening speech."

Interviewer How did you feel about that?

Dagmara I couldn't believe it! I was just a student – I had no experience of interpreting – and now I was going to speak in front of hundreds of people. I was so nervous that I drank a couple of glasses of champagne to give myself courage. Um, I must have done a pretty good job though, because soon afterwards Spielberg came up to

me to say thank you and then he said, "I'd like you to be my interpreter for the whole film." I was so stunned I had to pinch myself to believe that this was happening to me.

6.9

Part 2

Interviewer So what exactly did you have to do?

Dagmara I had to go to the film set every day and translate Spielberg's instructions to the Polish actors, and also to the extras. I had to make them understand what he wanted them to do. It was really exciting, and I often felt as if I was a director myself.

Interviewer So, was it a difficult job?

Dagmara Sometimes it was really hard. The worst thing was when we had to shoot a scene again and again because Spielberg thought it wasn't exactly right. Some scenes were repeated as many as 16 times – and then sometimes I would think that maybe it was my fault – that I hadn't translated properly what he wanted, so I'd get really nervous. I remember one scene with lots of actors in it which we just couldn't get right, and Spielberg started shouting at me because he was stressed. Eventually we got it right and then he apologized, and I cried a little, because I was also very stressed – and after that it was all right again.

Interviewer So, was Spielberg difficult to work with?

Dagmara Not at all. I mean he was very demanding, I had to do my best every day, but he was really nice to me. I felt he treated me like a daughter. For instance, he was always making sure that I wasn't cold – it was freezing on the set most of the time – and he would make sure that I had a warm coat and gloves and things.

Interviewer Did you ever get to be an extra?

Dagmara Yes, twice! I was going to be in two party scenes, and I got to wear beautiful long dresses and high heels. Unfortunately, one scene didn't make it to the final cut of the film, and before we started shooting the other one I tripped walking down some stairs and twisted my ankle really badly. I was in so much pain that I couldn't take part in the filming. And that was the end of my "acting career." I still have the photos of me looking like a girl from the 40s, though!

Interviewer Have you ever worked with Spielberg again?

Dagmara Yes. A year later he invited me to interpret for him again, this time during the premiere of *Schindler's List* in Poland, which was broadcast live on national television! Before that, he had also asked me to come to work as a production assistant on his next movie in Hollywood. I was very tempted and thought really hard about it, but I hadn't finished my studies yet, and all my family and friends were in Poland – so in the end I decided not to go.

Interviewer Do you regret it?

Dagmara Not at all. I had my moment, and it was unforgettable, but that was it!

6.19

Danish Sheikh tells me that people with charisma do two basic things. They project their own personality, but at the same time they also make other people feel important. Sheikh's lessons are designed to help me to do both of these things, and in the next 48 hours I learn a lot.

Projecting your own personality is difficult to learn. Nobody likes people who talk about how fantastic they are, but nobody remembers people who don't say anything about themselves. Sheikh says the solution is to talk about yourself enough, but not too much.

People with charisma also feel confident. Sheikh gives me advice to help me feel more confident, for example, when I walk into a meeting or a party. He tells me to remember a time in the past when I was successful. This positive memory will stop me from feeling afraid or anxious.

Body language is also important. We practice it together, including how to stand like a gorilla, with your feet apart and your arms wide – this shows that you're an important person. Sheikh also tells me how to enter a room. You have to have your chin up and your shoulders back. He tells me to make eye contact with the people I'm talking to, but not for too long – maximum four seconds – it's important not to stare. We also study hand gestures – you shouldn't use them too much.

Finally, conversation. I learn that it's important not to speak too fast or too slowly. You need to vary your speed to keep your listener's attention. But the most important thing of all is listening carefully. If you show interest in people, it makes them feel special. But if you're not really listening, the person you're talking to notices very quickly, so you need to make sure you really concentrate on what they're saying.

At the end of the two days, I have a test...

6.20

At the end of the two days, I have a test. I go to a club with Sheikh, and I have to talk to strangers. I start talking to people and it goes OK. I don't think people really like it when a stranger starts speaking to them, but we laugh and I have some interesting conversations. Occasionally, Sheikh gives me advice. He reminds me to make eye contact with everyone I'm talking to, and tells me not to cross my arms, that kind of thing.

As we leave the club, we shake hands. He says that the course has been good for me, and he gives me a thumbs up. So have I changed? Am I more charismatic? Not exactly – I'm never going to stand like a gorilla again, for example. But perhaps charisma is simpler than that anyway; it's about understanding who you are better, and showing the best version of yourself.

7.7

Week 1

On the first day of week 1, students change their usual school clothes for Chinese-style tracksuits. They start the day much earlier than usual, at 7:00 in the morning, with 30 minutes of physical exercise. In the UK, PE is usually fun, and students only have two hours a week, but in the Chinese system, students have PE every day. Then lessons begin, and students get another shock – all 50 of them are together in one class. In Western countries like the US and the UK, the maximum is usually 30. In China, it's common to have 50 kids in one room. They stop for lunch early, at 11:30. Classes end at 5:00 but they're not allowed to go home. They have dinner at school, and after dinner they still have a lot of homework and self-study. When they finish, at 7:00, they have to clean the classroom. The school day is 12 hours long. Western students find this exhausting!

7.8

Weeks 2 and 3

There are big differences between Chinese and Western teaching styles. The Chinese teachers teach very fast. Everything is done in books and on paper, and there is a lot of copying from the board. In the UK and the US, for example, in science, the approach is to let students do experiments and discover things by themselves, with less help from the teacher.

Discipline is also very different in Western and Chinese schools. In China, the teachers have complete authority, but in the UK, the same teachers are having problems. They're surprised that the students don't take school seriously. When her students don't pay attention, Miss Yang, the science teacher, makes them stand and look at the wall, but it doesn't seem to work very well. As Rosie, one of the students, says, "It probably works in China because everybody does what their teacher says. But here we don't care. We think it's funny." By week three there is a serious problem with discipline. Some students like the Chinese system,

but a lot of others are behaving badly in class, and some students stop coming to class completely. The Chinese teachers are losing control, and realize they need to change the way they are teaching or their students will fail the tests in week four. They start to teach the students about Chinese culture and food, and they add Chinese face-massage to their daily lessons. They also try to teach patience and concentration using traditional Chinese games. During a meeting with the parents, the Chinese teachers try to get them to help and to encourage their children to work hard. The parents are impressed, and the Chinese teachers are filled with new energy and confidence.

7.9

Week 4

During the last week of the experiment, the students in the Chinese class are behaving better. At the end of the week, all the students from the classes with Chinese teachers and the classes with British ones take tests in math, science, and Mandarin. These tests will decide which style of teaching has worked better. So, what do the results show?

On the math test, the students taught by British teachers get an average of 54%, and the class taught by Chinese teachers gets...68%. In science, British-taught students get 50% and Chinese-taught students get...58%. And in Mandarin, British-taught students get 37%, and Chinese-taught students get...46%. The Chinese teachers are delighted, and their students are really grateful and happy.

So, the Chinese teachers get better results, but does that mean their teaching methods are better? Neil Strowger, the principal of the school, says, "It clearly gets good results, but the discipline is too strict for some students." The Chinese teachers agree that their method doesn't help to develop personality or creativity. Perhaps the last word should go to Miss Li, the Mandarin teacher. As she says, "It's very hard to say which system is better... but I think we both learned from each other."

7.22

Welcome to the Handel Hendrix house.

Handel's House

In 1712, the German composer George Frideric Handel decided to settle permanently in England, where he was employed as musician to the English court. After living in Surrey for some years, he moved to London and during the summer of 1723, he rented a house at 25 Brook Street. He was the first occupant of the house, but as a foreigner, he was not allowed to buy it. However, after becoming a British citizen five years later, he decided to continue renting the house. In 1742, his annual rent for Brook Street was £50.

The plan of the house on Brook Street was usual for a modest London townhouse of the period. There was a basement containing the kitchens and on the first floor there was a room at the front for receiving visitors. On the second floor there were bigger rooms where Handel entertained and worked. In the largest room, he kept his instruments (a harpsichord and a little house organ) and he occasionally rehearsed there. The room next to it is where he composed many of his most famous works, including the *Messiah*.

The third floor contained the bedroom at the front, with a dressing room at the back where he kept his clothes. In the attic at the top of the house, the servants had their rooms.

During the last decade of his life, Handel's eyesight got worse and by 1754 he was completely blind. He died at his Brook Street house on April 14, 1759. He was buried in Westminster Abbey and more than 3,000 people attended his funeral.

Hendrix's Apartment

Although Jimi Hendrix's career only lasted four years, he is widely regarded as one of the most influential electric guitarists in the history of rock music.

The apartment on the upper floors of 23 Brook Street was found by Jimi's girlfriend Kathy Etchingham, when she saw an ad in one of the London evening newspapers in June 1968, while he was in New York. He moved in briefly in July before returning to the United States for an extensive tour. He spent some time decorating the apartment to his own taste. He bought curtains and cushions from the nearby John Lewis department store, as well as ornaments from Portobello Road market and elsewhere. He told Kathy that this was "my first real home of my own."

In January of the following year, he gave a series of press and media interviews and photo shoots in the apartment. He also appeared on the BBC and gave two concerts in February at the Royal Albert Hall. In March 1969, he went back to New York again and although Kathy stayed at Brook Street for a while longer, Jimi did not live there again. He died in London in 1970, at the age of 27, but in a hotel, not in the Brook Street apartment.

Over the years, his apartment was used as an office until it was taken over in 2000 by the Handel House Trust. It opened to the public on Wednesday, February 10, 2016.

The whole house is now a museum and a concert venue where both men's music can be heard in live performances.

8.9

Part 1

Interviewer Today, we're talking to two contestants who appeared on *Dragon's Den*, the UK version of *Shark Tank*. While the business people are called Sharks on the US show, they're called the Dragons on the UK show. So, Jake and Joe, whose idea was it to go on the show?

Joe It was my idea. I applied without telling my business partner Jake. Of course, I never really expected to get on it. But then they called me and said "you're on the show," so that's when I told him.

I Did you spend a long time preparing your pitch?

J Yes. We worked really hard, and we practiced a lot so that we knew the pitch word for word. The evening before the show, we actually went for a run where the show is filmed – just repeating the pitch over and over again.

I How did you feel when you arrived at the Den?

J Um, well, we were told to get to the set at about 11:00 the night before, because you had to prepare everything in advance, like any furniture you need, things like that. It was freezing cold, and we were exhausted – we didn't get back to our hotel until the middle of the night – and a car came to pick us up a few hours later, at 5:30 in the morning.

I What time did you actually do your pitch?

J Um, 11:30. So we were lucky because we were the first on that particular show.

I Why lucky?

J Because we didn't have to wait too long. The other contestants spent a long time just waiting around. Some of them – the ones who are on last – had to wait 12 hours!

I Did you meet the Dragons before you went in to do the pitch?

J No. You're not allowed to. Like, if you go to the bathroom before you go on, someone has to escort you in case you meet a Dragon. So, the first time you see them is when you go into the Den.

8.10

Part 2

I What were the Dragons like?

J Well, they're obviously told by the producers to be really unfriendly and aggressive. So I remember thinking, when the doors opened, and we walked in, what I wanted to do was just to smile at one of them. That was my way of making myself relaxed. And I looked at Deborah Meaden, because she was in the middle, and I



smiled at her, but she just, you know, stared at me, stony-faced, to make me feel nervous. And it worked.

- I Did you think you made a good presentation?
- J Yeah, we did. But Jake, who usually never gets anything wrong, he forgot his first words, and he just never does that. So, we both thought, when he got the introduction wrong, that it was going to go badly, but it didn't.
- I So what happened after you'd made your pitch?
- J Yeah, well, four of the Dragons said, "I'm out." They said they weren't interested. So, we were feeling pretty depressed, pretty negative.
- I And then?
- J The last Dragon was Peter. And he's kind of scary – he's incredibly tall – over six feet. And at first, he really criticized us. But then he told us he had a big chain of camera stores called Jessops and they were starting online printing and photo framing as part of their business. And then he said, "I've got 15 guys in Hong Kong trying to do what you guys are doing, but you guys are doing it better. I'm going to offer you both a job."
- I Were you very surprised?
- J Totally, because it had never happened on the show before. In ten years they'd never offered someone a job.
- I So, he offered you jobs just like that?
- J Well, his offer was that he wanted to have our business, and for us to work with him at Jessops.
- I With a good salary?
- J Very.
- I So, what did you do?

8.11

Part 3

- J It was very stressful because we knew we had to make a decision immediately. So, Jake said, "Yes, let's take the jobs," but I said, "You don't want to work for Jessops." And he stayed silent and I said, "I don't want to work for Jessops." I mean neither of us were in a position where we could have dropped everything and gone and worked for Jessops full-time. It was completely...it was ridiculous.
- I So you said no?
- J That's right.
- I Have you ever regretted saying no?
- J No, not for a second. It was still in the early days for us then, so we were still kind of having fun and enjoying running our own business. And things worked out well for us. Frame Again was successful, and eventually we sold the business this year.
- I But not to one of the Dragons?
- J No, but that would have been perfect!

8.12

Jake Good morning. I'm Joe and this is Jake. Oh no, I'm sorry, I'm Jake and this is Joe, and we're here to tell you about our new product, Frame Again.

Joe Frame Again is an online service for printing and framing your photos. It's easy to take a photo, but it's difficult to print and frame it attractively. With Frame Again it couldn't be simpler. First, you upload your photo to the Frame Again website, right from your phone, tablet, or computer. Then you choose the colors of your frame. Then we print, frame, and deliver your photo to you the very next day. It's quick and it's easy. The product's great, and the service is great.

Jake Frame Again is for today's smartphone photographers and Instagram users. That's why we designed a modern frame that is square – perfect for framing Instagram photos. We think it will be very popular, because the frames look great in any home or office.

Joe One photo, printed, framed, and delivered to your door, will cost £12.99.

Jake Our slogan is "Printed, framed, and delivered in 24 hours."

8.19

Hello, and welcome to *How's Business?* Today, we're going to look at how social media can affect businesses. And I'd like to start with the story of Dave Carroll, an American singer-songwriter, who had a very bad experience with United Airlines. Dave and his band were flying with United Airlines from Halifax, in Nova Scotia, to Omaha, in Nebraska, with a stopover in Chicago. As they were waiting to get off the plane in Chicago, they heard another passenger say, "My goodness! They're throwing guitars out there!"

As Dave and the other band members looked out of the plane window, they were horrified to see that the baggage handlers, who were taking the luggage off the plane, were throwing the band's guitars to each other. They couldn't believe what they were seeing. They immediately complained to United Airlines employees in Chicago, but nobody listened to them.

When they arrived in Omaha, Dave discovered that the neck of his very expensive Taylor guitar had been broken. It cost him \$1,200 to get it repaired. For nine months, he tried to claim compensation from United Airlines. He called and emailed their offices in Halifax, Chicago, and New York without success. In the end he even suggested that instead of money, they could give him \$1,200 worth of flight tickets. But after all his complaints and suggestions, United simply said "No."

So, what else could a singer-songwriter do? Dave wrote a song about his experience, and produced a music video to go with it. The song was called *United Breaks Guitars*. He posted it on YouTube and it was a huge hit. The song reached number 1 on the iTunes music store within a week, and the video has had over 16 million views.

After 150,000 views, United Airlines contacted Dave and offered him a payment if he agreed to take the video off YouTube. He refused, and suggested they give the money to charity. Of course, the impact of Dave's song went far beyond YouTube. Soon newspapers, websites, TV and radio stations all over North America were doing stories about the song. Dave was interviewed on many radio and TV shows where, of course, he retold the story of how *United Breaks Guitars*. He did over 200 interviews in the first three months!

Dave Carroll's favorite guitar was broken, but in the end United Airlines were the bigger losers. After the video had gone viral, the BBC reported that United Airlines' share price had dropped by 10% within four weeks of the release of the video, which means that the company lost an incredible \$180 million. It would have been much cheaper to repair Dave's guitar!

9.2

The ticket inspector touched my arm. "Listen," he said, "when we get to Peterborough station, run as fast as you can to Platform 1. The Leeds train will be there."

I looked at him, without really understanding what he had said. "What do you mean?" I said. "Is the train late or something?" "No, it's not late," the ticket inspector said. "I've just radioed Peterborough station. The train is going to wait for you. As soon as you get on, it'll leave. The passengers will complain, but let's not worry about that. You'll get home, and that's the main thing." And he walked away.

I suddenly realized what an amazing thing he had done. I got up and went after him. I wanted to give him everything I had, all the money in my wallet – but I knew he would be offended. I grabbed his arm. "I, uh, just wanted to..." but I couldn't continue.

"It's OK," he said. "No problem."

"I wish I had a way to say thank you," I said. "I really appreciate what you've done."

"No problem," he said again. "Listen, if you want to thank me, the next time you see someone in trouble, help them. That will pay me back. And tell

them to do the same to someone else. It'll make the world a better place."

When the train stopped, I rushed to Platform 1 and sure enough the Leeds train was there waiting, and a few hours later I was with my mum in hospital.

Even now, years later, whenever I think of her, I remember the Good Ticket Inspector on that late-night train to Peterborough. It changed me from a young man who was nearly a criminal into a decent human being. I've been trying to pay him back ever since then.

9.3

Story 1

When I was seven, my family was on vacation in the US and one day we drove to the Grand Canyon. The car window was open, and at one point, my favorite blanket flew out the window and was gone. I was devastated. It was my security blanket and I couldn't sleep without it. Soon after, we stopped for gas at a service station. I was sitting in the car feeling miserable eating a sandwich when a biker gang, you know, a group of guys on motorcycles in leather jackets, drove into the gas station. A huge, frightening man with a gray-and-black beard got off his bike and came to the car. He knocked on the window and then pulled my blanket from his jacket pocket and handed it to my mom. He then went back to his motorcycle. I was so happy I ran up to him and gave him my sandwich.

Story 2

This happened about 20 years ago, but the memory is still really vivid. I was recently married, my wife was pregnant, and we had very little money because I only had a part-time job. It was a few days before payday and I went to a food store to get only what we absolutely needed. In all, I bought about \$10 worth of stuff. At the checkout, I swiped my debit card. The cashier said, "Sorry. It says 'Declined'. Try again." I asked her to take one item out of the basket, and then I swiped again. There was now a line of customers behind me. The cashier, said, "Sorry. Declined again." I went on taking things out until the only thing I had left was a loaf of bread, and then the card was accepted. I took my bread and I left – I was feeling absolutely humiliated. A few seconds later I heard the voice of a little girl behind me, a girl who was standing with her mother right behind me in the line. She gave me a grocery bag full of all the things I'd put back. Her mother had bought them for me. I still cry when I remember that moment and think how such a small act can mean so much for a person in need.

Story 3

I'm a painter and a couple of years ago I was traveling by plane to see friends and I'd taken my painting things with me. I forgot about the rules about not being able to take liquids in carry-on bags, so when I got to security at the airport, the man took away all my paints. I was really angry with myself for being so stupid. But when I came back a week later, the security man was there at the baggage claim area with my paints. Not only had he kept them for me, but he'd also looked up the date and time of my return flight so that he could be there to meet me.

9.13

Technology addiction is real, and it's creating mental health problems all over the world.

According to a recent survey, six out of ten Americans report that they are addicted to their digital devices. So it's no surprise that the idea of a "digital detox" is growing in popularity. But what is it actually like to go on one?

Time to Log Off is an organization that runs three-day digital detoxes in many different locations around the world. People who go on them are not allowed to use digital devices at all for three days. Journalist Anna Magee felt she was addicted to her smartphone, so when she read about the detoxes, she decided to go on one.

"When I arrived, the first thing I discovered was that there was no cell phone coverage so I couldn't

even cheat if I wanted to! Suddenly I felt cut off and panicky. What if something happened to my husband? What if something terrible happened in the world?

There were eight other people on the detox with me. At 6 p.m. we met in the living room and handed in our devices, our phones or tablets or whatever. People looked scared. I was worried there was going to be lots of lectures on psychology, things like that, but no. Instead, there was yoga, and walks through the countryside where we picked fruit and had lots of conversations with real-life humans. The first night I slept really well for the first time in months.

But it wasn't always easy. The second evening without my phone, I felt really disconnected and lonely. At yoga that night, I burst into tears, and I felt awful not being able to call a friend. But by the third and final day I'd changed. When we went on our walk, I really noticed the beauty of the countryside. And I was able to sit still on the sofa, reading a book for nearly half an hour without losing concentration. I started coloring in pictures in books. I was even eating more slowly, in a more relaxed way.

At lunchtime the next day, we got our devices back, and said goodbye. When I finally managed to get coverage, I hungrily checked my phone for messages, likes, comments, news. But nothing had really happened. I managed the whole two-hour train trip back without checking my phone again, just noticing the countryside instead.

It's now three weeks since I went on the detox and though I can't quite believe it, I've managed to control my use of technology. I have one full day unplugged each week, on Saturdays, and I feel incredibly rested on Sundays as a result. I don't read email after 8 p.m., and that really helps me to sleep. I know they're tiny steps, but I feel that I've changed. When I'm talking to friends I feel that I'm much more present. I'm really focusing on them and not getting distracted by my phone. And I find that when I have a break, instead of wanting to scroll through Twitter or check WhatsApp, what I really want is real-life conversation."

10.4

1 The Tiffany lamp

Louis Comfort Tiffany was an artist and designer who specialized in decorative arts like glass design, jewelry making, and metalwork. He began his career as a painter and he studied under George Inness and Samuel Colman. But then he became interested in glassmaking. In 1882, US president Chester Alan Arthur asked Tiffany to redesign a number of rooms in the White House. Tiffany repainted walls, changed wall paper, and added beautifully colored stained glass to gas lamps and windows throughout the house.

After this, Tiffany then turned his attention to designing common home objects like lamps and vases. In 1893, he exhibited some of his stained-glass lamps at The World's Fair in Chicago. Soon after, he started producing the lamps commercially. His lamps and other home products were handmade by skilled craftsmen and they had complicated designs inspired by nature, including insects, flowers, and tree leaves. With his innovative designs, he became one of the leaders of the Art Nouveau movement. His beautiful lamps were popular with homeowners of the time and they are still considered an iconic American design today.

2 The Ford F-Series pick-up truck

The F-Series pick-up truck, introduced in 1948, was the first post-World War II truck designed by the Ford Motor Company. It had several innovations, for example it had a wide cab for the driver and new options like a windshield washer. Ford F-Series trucks were very popular with Americans looking for a reliable, but stylish vehicle to carry heavy loads or help with work on the farm. Over the years, the Ford F-Series has been redesigned 13 times including making it bigger, faster, more luxurious, and even fitting it with a special bed to sleep in. The latest Ford F-Series trucks are now made of lightweight aluminum. The original trucks were

made of heavy and more expensive steel. This iconic American pick-up truck has been the best-selling vehicle in the United States since 1986—that's more than 30 years. It's difficult to stay at the top of the US auto industry, but Ford has found a way with the F-Series' classic design and reliability.

3 The Barbie doll

Until the late 1950s, most American girls played with baby dolls, which often limited their imaginations. They only played the role of being mothers. At around the same time, Ruth Handler noticed that her young daughter was playing with paper dolls, giving them adult roles such as actresses or secretaries. On a trip to Europe, Ruth saw a doll with an adult figure in Germany. Handler had the idea that girls could expand their imagination and play-acting roles with a doll that looked like an adult. So she and engineer Jack Ryan redesigned the doll for the US market and called her Barbie. The first Barbie dolls were produced in 1959 and sold over 350,000 in the first year. Barbie is still popular today, and billions have been sold around the world since 1959. Mattel, Inc. the company that produces Barbie, reports that 90 percent of American girls between the ages of three and ten have a Barbie doll.

4 The Love sculpture

In 1965, artist Robert Indiana had an idea for a painting with the word "LOVE" as the main focus. He decided to break the word up into two lines, putting the "LO" on top of the "VE." He then changed the angle of the "O" a little, and an iconic American design was born. In fact, it became so popular that the Museum of Modern Art and the United States Postal Service asked the artist to create versions of his "LOVE" painting for cards and stamps. In the early 1970s, Indiana made a series of "LOVE" sculptures for display in public parks. The first of these "LOVE" sculptures was placed in New York City, on the corner of Sixth Avenue and Fifty-fifth Street. Other "LOVE" sculptures were placed in New Orleans, Philadelphia, Vancouver, Tokyo, and Singapore, as well as many other cities. Unfortunately, Robert Indiana didn't make much money from his "LOVE" paintings and sculptures. He never signed his paintings or applied for copyright, so he didn't have legal protection against the many imitations of his work.

10.7

Part 1

Interviewer Good morning and thank you for coming, Mr. Morton – or should it be Detective Morton – you were a detective with Scotland Yard, weren't you?

Detective Morton Yes, that's right. For 25 years. I retired last year.

Interviewer People today are still fascinated by the identity of Jack the Ripper, over 130 years after the crimes were committed. It's incredible, isn't it?

Detective Morton Well, it's not really that surprising. People are always interested in unsolved murders – and Jack the Ripper has become a sort of cult horror figure.

Interviewer So what can you tell us about some of the new theories about his identity?

Detective Morton Well, a recent new theory was put forward by a crime historian named Jan Bondeson. He thinks that Jack the Ripper was a Dutch sailor named Hendrik de Jong.

Interviewer What evidence does he have?

Detective Morton Well, de Jong was definitely a murderer. He killed four women in Holland and Belgium, including two of his ex-wives. He also traveled to London a lot, and he was there when the Jack the Ripper murders took place. He also matches the descriptions we have of Jack the Ripper.

Interviewer How credible is his theory?

Detective Morton Well, even Dr. Bondeson says that it's impossible to know for certain if de Jong was Jack the Ripper. I would say it's possible, but there isn't really enough conclusive evidence.

10.8

Part 2

Interviewer The next recent theory I'm interested in comes from the movie director Bruce Robinson, who wrote a book in 2016 called *They All Love Jack*. What can you tell us about it?

Detective Morton Bruce Robinson is convinced that Jack the Ripper was in fact Michael Maybrick, the brother of one of the original suspects, James Maybrick. He thinks that the style of the murders indicates that there was a connection with the Freemasons – which both brothers were.

Interviewer What did Michael do?

Detective Morton He was a popular singer and composer of songs at the time, and Robinson thinks that the Ripper's letters are similar in style to some of his songs, and the fact that they were posted from so many different parts of the UK makes sense because Michael was on tour at the time. Robinson thinks he was a psychopath, and was responsible for at least 16 more murders that took place in England later. He even thinks that Michael went on to murder his brother James.

Interviewer But he was never arrested, was he?

Detective Morton No, he wasn't. However, Bruce thinks that by 1893 the police had begun to suspect him, but because many of the police themselves were Freemasons they allowed him to escape to the Isle of Wight, where he lived for the rest of his life.

Interviewer And what do you do think?

Detective Morton I think the book is well researched, but I don't really believe his conspiracy theory, that the police knew it was Michael and let him get away. I think the reason the Ripper was never caught was because the police were incompetent, not corrupt.

10.9

Part 3

Interviewer Finally, let's talk about Patricia Cornwell's research. In her 2002 book *Jack the Ripper – Case Closed* she said that she had identified the murderer and that she was convinced that Jack the Ripper was in fact Walter Sickert, the painter. What evidence did she put forward to support this claim?

Detective Morton Well, she mainly used DNA analysis. She actually spent over \$2.5 million buying 32 paintings by Sickert. She cut up one of them to get the DNA from it – people in the art world were furious.

Interviewer I can imagine.

Detective Morton And then she compared the DNA from the painting with DNA taken from the letters that Jack the Ripper sent to the police. Patricia Cornwell said that she was 99% certain that Walter Sickert was Jack the Ripper.

Interviewer And now she's written a new book with more evidence.

Detective Morton Yes, it's called *Ripper: the Secret Life of Walter Sickert*. She says she's found new evidence, including letters that were written by Jack the Ripper and by Walter Sickert on the same very unusual type of paper. She also points out that some of his paintings are very violent and frightening.

Interviewer But you don't think she's right, do you?

Detective Morton Well, I think she might be right. She has a lot of evidence, although I don't think it's completely reliable. And a lot of people think she's wrong!

Interviewer So, who do you think the murderer was?

Detective Morton I can't tell you because I don't know.

Interviewer Do you think we'll ever solve the mystery?

Detective Morton Yes, I think one day the mystery will be solved. Some new evidence will appear that proves 100% who Jack the Ripper was, and we'll be able to say that the case is finally closed. But right now it's still a mystery, and people like a good mystery.

