

# Longevity

National Geographic “Wild Chronicles”

---

the **elderly** – old people  
their **ranks** are growing – numbers, members  
**unprecedented** – never seen before  
**trend**, megatrend – tendency, movement  
**graying** – becoming older  
**roam** the seas – wander, go through  
**pockets** – [here] areas

**centenarians** – people 100 years old and over  
**arterial clogging** – blocking of the flow of blood to the heart  
**processed** food – made with chemicals, not natural  
**forbearers** – earlier generations, ancestors  
**Biblical** ages – very long ages (as in the Bible)

---

## Questions

1. What is the population of the earth now? What will it be in mid-century?
2. Where is the population getting grayer?
3. Which animals in the natural world have long life spans?
4. What is the upper limit of the lifespan for humans?
5. Which areas of the world have a large number of centenarians? How do they compare to the U.S.?
6. What similarities do populations with a large number of centenarians have?
7. What is changing with the younger generation?
8. What is medical science working on?

---

# Creative Disorder

## ABC News Nightline

---

**Vocabulary:** neat (+) or not neat (-)?

_____ disorganized	_____ order (n)	_____ clutter (n)	_____ to clean up
_____ organized	_____ orderly (adj)	_____ cluttered (adj)	_____ a slob
_____ messy	_____ disorder (n)	_____ chaos (n)	_____ confusing

---

### Other Vocabulary

a **thesis** – main point; the point someone is trying to prove

**optimal** – best, top

a personality **trait** – characteristic

**rule-bound** – following rules too closely, not able to think independently or creatively

**efficient** – effective, works well

a **colleague** – co-worker; member of the same profession

to **end up** – result in (at the end of a process)

to **promote** a book – get publicity for  
a **poster boy** for – the best example of

---

### Prelistinging Questions

1. Do you consider yourself to be an organized person? Why, why not? Which of the words in the list above describe you?
2. How neat or cluttered is your desk? Can you find something easily when you need it? Which of the words above describe your desk?
3. How often do you clean up your desk?
4. Do agree or disagree with the saying, “A cluttered desk is a sign of a cluttered mind”?

### While You Listen

**Introduction:** Those of us with \_\_\_\_\_ aren't \_\_\_\_\_, we're just \_\_\_\_\_, and I'm on a par with Picasso. There's a \_\_\_\_\_ out that \_\_\_\_\_ me \_\_\_\_\_, and my \_\_\_\_\_ Vicky Mayberry says it's a sign of the times.

---

## Questions

1. What did professor Eric Abrahamson and his coauthor David Freedman (“*A Perfect Mess*”) find out about the mind of a cluttered person and the mind of a neat person?
2. Does Abrahamson’s fellow Columbia University professor know where everything is on his desk? How often does he clean it up?
3. How does the reporter describe Abrahamson’s desk? What does he say about the amount of time he spends organizing?
4. How is he able to find anything in his office? Why is his desk a little confusing?
5. To promote Abrahamson’s book, the publisher held a “messy desk” contest. What qualities did the winner have?
6. Can you be *too* messy, according to Abrahamson?
7. What did Einstein say about a cluttered desk?

# Origins: Fast Food

Science Channel Podcast

---

**vending machines** – machines that sell food

**utensils** – knives, forks, spoons

**purity** – noun of *pure*

**sanitation** – cleanliness, hygiene

the **meat-packing industry** – business that butchers cows and makes meat to sell

a **drive-in** – restaurant where people eat in their cars

a **drive-through** – window on the side of a restaurant where you can order and pick-up food in your car

a **walk-up stand** – restaurant where you walk up to a window and order your food (without eating inside)

a **slew** of menu items – a large number of

---

## BEFORE YOU WATCH

- Do you like fast food? What kind? Which restaurant is your favorite? Why?
- Besides hamburgers and French fries, what kinds of items are on a typical fast food menu?

## FIRST LISTENING: Numbers, dates, & statistics

### Introduction

1. \_\_\_\_\_ % of Americans eat some kind of fast food every day
2. \_\_\_\_\_ people a day eat fast food
3. \_\_\_\_\_ fast food restaurants in the US
4. The average American eats \_\_\_\_\_ fast food meals a year
5. That's a burger almost \_\_\_\_\_
6. Fast food has existed \_\_\_\_\_

### The history of fast food

7. Began on \_\_\_\_\_ *Automat* in NYC
8. In \_\_\_\_\_ J. Walter Anderson opened White Castle
9. White Castle sold \_\_\_\_\_ hamburgers
10. Fast food did not become a significant part of the American lifestyle until \_\_\_\_\_.
11. MacDonald's was founded in \_\_\_\_\_ as a barbeque drive-in.
12. Reopened in \_\_\_\_\_ as a walk-up stand
13. Ray Kroc bought it in \_\_\_\_\_ and expanded the business nationwide.
14. In and Out opened the first drive-through in \_\_\_\_\_
15. Burger King and Taco Bell got their start in \_\_\_\_\_
16. Wendy's opened in \_\_\_\_\_
17. Today there are over \_\_\_\_\_ fast food restaurants in the US alone
18. Last year Americans spent over \_\_\_\_\_ on fast food
19. A \_\_\_\_\_ increase since \_\_\_\_\_

## **SECOND LISTENING: Comprehension questions**

1. How was food served in an automat? How was it different from fast food restaurants of today?
2. What is the origin of the name “White Castle”?
3. What did the owners of White Castle do to convince people that hamburgers were safe?
4. Why did Dick and Mac MacDonald change their restaurant from a barbeque drive-in?
5. What is the “speedy service system”?
6. Why did fast food restaurants become popular after WWII?
7. What kinds of items do fast food restaurants offer today beyond burgers and fries?
8. What are the drawbacks of fast food?

# Friends: Ross & Emily's Wedding

**Main characters:** Ross, Emily, the minister

**Other characters:** Rachel, Joey, Chandler, Ross's mother & father

**Scene:** Ross and Emily are getting married. Ross is the *groom*, the man who is getting married, and Emily is the *bride*, the woman who is getting married. They are standing in front of the *minister*, a religious man in the Christian church who performs the marriage.

**PART ONE:** Watch the scene with the **sound off** and try to guess what Ross and Emily are saying and feeling. Look at their expressions and the expressions of the people who are at the wedding.

1. What is the minister saying to Ross and Emily?
2. What are Ross and Emily saying?
3. Something happens that surprises the people at the wedding. What do you think happens? How do the people react?
4. What happens when Ross and Emily kiss?
5. What does Ross try to do as he and Emily walk out of the church? How does Emily respond?

**PART TWO:** Watch the scene with the **sound on** and answer the questions above. What does Ross say during the ceremony that surprises everyone?

## Some helpful vocabulary:

Weddings use some old language that English speakers don't usually use today. For example, the groom says to the bride, "I take *thee* to be my lawfully wedded wife." "Thee" is old English for "you." We don't use this word today except in weddings and some prayers that are very old.

## Other vocabulary:

*wedded* = married  
*go on* = continue

*sickness* = being sick  
*"until death parts us"* = until we die

**PART THREE:** Now watch the scene again with the **sound on**. Fill in the missing words.

**Minister:** Friends, family, we're gathered to \_\_\_\_\_ here today, the joyous union of \_\_\_\_\_ and \_\_\_\_\_. Now Ross, \_\_\_\_\_ after me. 'I, Ross,'

**Ross:** I, Ross ...

**Minister:** '\_\_\_\_\_ thee Emily,'

**Ross:** Take thee \_\_\_\_\_. \_\_\_\_\_ ... \_\_\_\_\_.

**Minister:** Uh, shall I \_\_\_\_\_?

**Rachel:** He said '\_\_\_\_\_', right? Do you think I should go up there?

**Emily:** Yes. Do go on.

**Minister:** I think we'd better \_\_\_\_\_. Ross, repeat after me. 'I Ross' ...

**Ross:** I, Ross ...

**Minister:** 'Take thee, \_\_\_\_\_.'

**Ross:** Take thee, \_\_\_\_\_. It's not like there'd be \_\_\_\_\_.

**Minister:** 'As my lawfully wedded \_\_\_\_\_ in sickness and in \_\_\_\_\_ until death parts us.'

**Ross:** As my lawfully wedded \_\_\_\_\_ in sickness and in \_\_\_\_\_ until death parts us. ... Really, I \_\_\_\_\_. *Emily.*

**Minister:** Do we have the rings? Emily, place this ring on Ross's \_\_\_\_\_ as a \_\_\_\_\_ of your bond everlasting. Ross place this ring on Emily's \_\_\_\_\_ as a symbol of the \_\_\_\_\_ that encircles you forever.

**Ross:** Happy to.

**Minister:** Ross and Emily have made their declarations and it gives me great \_\_\_\_\_ to declare them \_\_\_\_\_ and \_\_\_\_\_. You may \_\_\_\_\_ the \_\_\_\_\_.

**Ross's mother:** This is worse than when he married the lesbian.

**Emily:** Just \_\_\_\_\_.

**Ross:** OK.

**Joey:** Well, that \_\_\_\_\_, yeah.

**Chandler:** It could have been \_\_\_\_\_. He could have shot her.

**PART THREE:** Watch the scene again and check your answers. What do you think will happen after Ross and Emily leave the church? What will Ross say to Emily? What will she do?

**Ross:** That was pretty \_\_\_\_\_, wasn't it?

## Notes on “Longevity”

The elderly. Their ranks are growing

Earth’s population will explode **from 6 billion today to 9 billion mid-century**

Unprecedented number will be elderly

Populations that are graying

Megatrends that define 21st century

**US, Europe, China populations getting much older, much faster**

Natural world, animals whose lives span centuries

**Bowhead whales roam the seas for 200 years or more**

**Giant tortoises have been known to live 150 years or more**

**Elephants have been known to survive up to 70 years**

**Humans are on the upper end of the scale – maximum of 120 years**

Various parts of the world, pockets where people do live longer and healthier

Wind-swept island **Sardinia off the coast of Italy**

Statistically high number of centenarians, **20x greater than US**

Antonio Bruno 103, serene

The secrets of Longevity

**Okinawa**

**Live 22% longer than Americans**

**4 times as many 100-year-olds as we do**

**Lifestyles are similar, even if cultures diverse**

**Keep active**

**Eat locally-grown food**

**“go to work in garden every day”**

**Access to good medical care**

**Often surrounded by friends & family**

**Italy – glass of red wine, contains an agent that prevents arterial clogging**

Going strong, but how much longer will such healthy lifestyles last?

**Younger generations eating more processed food, may be less active than forbearers**

Everywhere we looked, the traditional lifestyle was disappearing

Globalization eroding traditional lifestyle that has given centenarians their advantage

**Medical science may someday give humans the ability to live to**

**Biblical ages, stretching well into their hundreds**

**Efforts underway today to treat ageing as a disease instead of a natural aspect of human life.**

## Creative Disorder

**Introduction:** *Those of us with messy desks aren’t disorganized, we’re just creative, and I’m on a par with Picasso. There’s a new book out that backs me up, and my colleague Vicky Mayberry says it’s a sign of the times.*

1. What did professor Eric Abrahamson and his coauthor David Freedman (“*A Perfect Mess*”) find out about the mind of a cluttered person and the mind of a neat person? **Messy people have a personality trait that leads them to be more open to new experiences. They are less rule-bound**
2. Does Abrahamson’s fellow Columbia University professor know where everything is on his desk? How often does he clean it up? **The things he really needs to know, he knows where they are. Once a year he goes for a ‘deep clean’**
3. How does the reporter describe Abrahamson’s desk? What does he say about the amount of time he spends organizing? **A model of controlled chaos. It’s optimally messy. “If I spent any more/less time organizing, I would not be efficient.”**
4. How is he able to find anything in his office? Why is his desk a little confusing? **The books he uses a lot end up at the top. He just cleaned up his desk, so it’s a little confusing.**
5. To promote Abrahamson’s book, the publisher held a “messy desk” contest. What qualities did the winner have? **A balance**

*between order and disorder. All kinds of colors, some areas of organization/mess*

6. Can you be too messy, according to Abrahamson? **Yes, it’s not about being a slob; it’s about being optimally messy**
7. What did Einstein say about a cluttered desk? **If a cluttered desk is a sign of a cluttered mind, of what, then, is an empty desk?**

## Origins: Fast Food

### 1<sup>st</sup> LISTENING: Numbers, dates, & statistics

#### Introduction

1. **20 to 25 %** of Americans eat some kind of fast food every day
2. **75 million** people a day eat fast food
3. **Thousands of** fast food restaurants in the US
4. The average American eats **159** fast food meals a year
5. That’s a burger **almost every other day**
6. Fast food has existed less than **100 years**

#### The history of fast food

7. Began on **July 7, 1912** – Automat in NYC
8. In **1921** J. Walter Anderson opened White Castle
9. White Castle sold **5-cent** hamburgers
10. Fast food did not become a significant part of the American lifestyle until **after World War II**.
11. MacDonald’s was founded in **1940** as a barbeque drive-in.
12. Reopened in **1948** as a walk-up stand
13. Ray Kroc bought it in **1955** and expanded the business nationwide.
14. In and Out opened the first drive-through in **1948**
15. Burger King and Taco Bell got their start in **the 1950’s**
16. Wendy’s opened in **1969**
17. Today there are over **250,000** fast food restaurants in the US alone
18. Last year Americans spent over **160 billion dollars** on fast food
19. A **3-fold** increase since **1970**

### 2<sup>nd</sup> LISTENING: Comprehension questions

1. How was food served in an automat? How was it different from fast food restaurants of today? *Coin & bill-operated vending machines; served on real plates with metal utensils*
2. What is the origin of the name “White Castle”? *At the time Americans were hesitant to eat hamburgers due to rumors of poor sanitation in the meat-packing industry. White was chosen for connotations of purity; castle to suggest stability and permanence*
3. What did the owners of White Castle do to convince people that hamburgers were safe? *Founders paid several young men to dress as doctors and eat White Castle hamburgers – if doctors ate it, it had to be healthy*
4. Why did Dick and Mac MacDonald change their restaurant from a barbeque drive-in? *After discovering most of profits came from hamburgers, closed restaurant & redesigned food preparation area to work less like a restaurant and more like an automobile assembly line.*
5. What is the “speedy service system”? (see #4)
6. Why did fast food restaurants become popular after WWII? *Gained reputation for cleanliness, fast service, and a child-friendly atmosphere.*
7. What kinds of items do fast food restaurants offer today beyond burgers and fries? *Today fried chicken, sandwiches, pizza, ice cream, salads, hot dogs ... Now have added healthier options to their menus, serving vegetarian or vegan fare*
8. What are the drawbacks of fast food? *Convenient & cheap, but also has contributed to national obesity crisis*