

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 Jedis, 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 Islamist 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 advocacy?
3. What happened to Malala 2 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 highways, 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 anonymous 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."

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Advanced Topic C | TOPIC CONVERSATION

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