

Q&A



Florence Welch

Florence Welch is the lead singer of the band Florence and the Machine.

She was born in London in 1986, and in 2010, her first album, *Lungs*, won best album award at the BRITs. She has headlined at the Glastonbury Festival, and the band's fourth album, *High as Hope*, reached number two in the US and UK charts.

1 **'s your most treasured possession?**

My notebooks with all my lyrics.

2 **What** **you want to be when you were growing up?**

A zoologist or a secretary.

3 **What** **you like about yourself?**

I can be very self-centred.

4 **What** **your most embarrassing moment?**

It was about five years ago, and I'm still not ready to talk about it. It was something involving dating.

5 **What or** **is the greatest love of your life?**

I think that hasn't happened yet.



6 What [redacted] your superpower be?

To be able to fall asleep exactly when I need to, for exactly the right amount of time.

7 [redacted] would you most like to be right now?

I am always away, so it would be quite nice to be at home in London.

8 [redacted] you ever said 'I love you' and not meant it?

No. I always felt it at that moment.

9 [redacted] word or phrase do you most overuse?

'What's the wi-fi password?'

headline (verb) – to be the main performer at a concert

BRITs – the British annual pop music awards





Dan Stevens

Dan Stevens, the actor, was born in Surrey in 1982. He played Matthew Crawley in the TV series *Downton Abbey*, until his character died suddenly in a special Christmas episode. He has since starred in many successful TV series and films, including *Beauty and the Beast*, *The Man Who Invented Christmas*, and *Legion*.

1 **were you happiest?**

My wedding day, eight years ago.

2 **What** **you owe your parents?**

A lot – and probably quite a lot of money.

3 **'s your wallpaper?**

A photo of my kids, Willow, Aubrey, and Eden, who are eight, five, and one.

4 **keeps you awake at night?**

My three kids.

5 **would you most like to say sorry to?**

To *Downton Abbey* fans, for ruining their Christmas one year.

6 **What single thing** **improve the quality of your life?**

One of those robot vacuum cleaners.

7 **do you relax?**

I go for walks in Griffith Park, in LA.



8 What [redacted] love feel like?

As if somebody's painted the world a different colour.

9 [redacted] you have a 'guilty pleasure'?

Yes, vegan cheesecake.

Would you get the job?

Interviews are a source of anxiety for most **job-seekers**. Job website Glassdoor has created a list of some of the toughest interview questions from the elite companies where they were asked, and offers an expert opinion on the best possible answers.

1 [redacted] (The Phoenix Partnership)

How to answer: If you answer ‘nothing’, then you may look too defensive, as if you are hiding something, even if you are innocent. The best tactic would be to reply that everyone presents the best side of themselves on a CV – that is **the point of** the document – but that you think lying, and even exaggeration, is wrong.

2 [redacted] (Condé Nast)

How to answer: You could just tell the interviewer that you are not the sort of person to make enemies, but that sometimes you’ve enjoyed a **good-natured rivalry** with someone, for example, in a sport. This will show your competitive side and your drive to succeed.

3 [redacted] (Page Group)

How to answer: This is an occasion when you could give a **light-hearted response**. Something like, ‘I don’t consider myself to be selfish, but I always make sure I have some time in the week for myself, so I can practise art / tennis / football / singing.’

4 [redacted] (Palantir Technologies)

How to answer: Everyone should be prepared to answer this question, whatever job you’re interviewing for. There’s no **foolproof** answer – it’s a good idea to have thought about a list of areas that are not your biggest strengths, but that wouldn’t affect the role that you are interviewing for.

5 [redacted] (Clearwater Analytics)

How to answer: If you are a serious maths **geek**, then you might have a decent chance of answering this one. One answer would be to put a single red ball in one container and all of the other balls in the other container.



6 [] (Switch Consulting)

How to answer: Don't be afraid to talk about what you do to relax, and show how you have a healthy **work-life balance**. It's also a chance to say something about your personal life, which could be very helpful for making a good impression. For example, you could mention how you go to the gym to relax.

7 [] (Badoo)

How to answer: Don't just answer 'yes' or 'no'. Think about your personality type and the culture of the company where you are interviewing. What is your **gut feeling** about the type of people that do well at the company? This should help you to give an appropriate answer.

The mystery of the lighthouse keepers

The mystery of the Flannan Islands lighthouse keepers is one of the greatest puzzles in history, a case that has baffled real and amateur detectives for more than a century.

The Flannan Islands are seven uninhabited rocks that rise out of the sea. They form part of the Outer Hebrides, a chain of remote islands off the west coast of Scotland. For centuries, they were a danger for ships, so in 1899, a 75-foot lighthouse was built on the largest of the islands, and three lighthouse keepers were employed.

On 26th December 1900, a steamship sailed to the island carrying three new lighthouse keepers, to relieve the men who had spent three months alone in the Atlantic. But when they arrived at the lighthouse, they made an extraordinary discovery – there was nobody there! The lighthouse door was unlocked, and inside, everything was tidy, but one of the chairs was knocked over. One rain jacket was hanging on its hook, but the other two had disappeared. The clocks had stopped. The last entry in the log book was 9 a.m. on 15th December. But of the three keepers, Ducat, Marshall, and MacArthur, there was not a trace.

When the news of the keepers' disappearance reached the mainland, there was a huge amount of media speculation. Some suggested that the men had argued about a woman, and that one had murdered the other two before throwing himself into the sea. Others wondered whether perhaps they had been kidnapped by German agents who were planning an invasion of Britain, using submarines. Some thought they might have been carried away by a sea serpent, or a giant sea bird, or even by a boat full of ghosts. An Edinburgh policeman, Robert Muirhead, was sent to the island to solve the mystery.

Confessions of a cyberchondriac

1 A few weeks ago, I was feeling **under the weather**. After days of intensive internet diagnosis, I finally went to see my doctor. After examining me, she told me that my **heart rate** was a bit fast and sent me off to the hospital for some tests. Did I go straight there? Of course not. First I took out my phone, logged on to Google, and found out that the technical term for a fast heart rate is 'supraventricular tachycardia'. Then I typed these two words into Google. Sadly, the problem with Dr Google is that he isn't exactly a comfort in times of crisis. One website immediately scared me with a list of 407 possible causes.

2 I raced to the hospital, convinced that I probably needed **open-heart surgery**. Four hours later, I got a diagnosis. I had a chest infection...and a bad case of 'cyberchondria'. The only consolation for the latter condition is that I'm in good company. A Microsoft survey of one million internet users last year found that 2% of all searches – a not-insignificant number – were health-related.

3 Unfortunately, once you have it, cyberchondria can be hard to cure. Since my trip to hospital, I have been obsessively checking my pulse, swapping symptoms in chat rooms, and reading all about **worst-case scenarios**. What if the doctors got it wrong? What if the ECG machine was faulty? It's exhausting trying to convince yourself that you might have a **life-threatening illness**.



4 The Microsoft study also revealed another serious problem – that online information often doesn't discriminate between common and very rare conditions. One in four of all articles thrown up by an internet search for 'headache' suggested a brain tumour as a possible cause. Although it is true that this may be the cause, in fact, brain tumours develop in fewer than one in 50,000 people. People also assume that the first answers that come up in searches refer to the most common causes, so if you type in 'mouth ulcer' and see that 'mouth cancer' has several mentions near the top, you think that it must be very common. However, this is not the case at all.

5 Another problem for cyberchondriacs is that online medical information may be from an unreliable source, or out of date. A recent American study showed that 75% of the people who use the internet to look up information about their health do not check where that information came from, or the date it was created. 'Once something has been put up on the internet, even if it's wrong, it's difficult to remove,' says Sarah Jarvis, a doctor. 'This is a problem, especially with **scare stories**, and also with some alternative remedies which claim to be **miracle cures**, but which may actually do you harm.' Check the information? Sorry, I don't have time – I'm off to buy a heart-rate monitor!

ECG machine – electrocardiogram machine, used to test people's heart rate

Adapted from The Sunday Times

The joy of the age-gap friendship

Modern life makes it hard for the old and the young to meet, and even harder to become best friends. What's the secret?

Dilys on Sian

I met Sian at an event where we were both speakers, and we just clicked. I could see she was just a great person, and cleverer than most. She was a glamorous, lively woman, who talked about being an entrepreneur and her love for her father.

She started inviting me to different places. I went to the races with her – not the sort of thing I normally do. She brought fun back into my life when I was working hard to run a charity. The new experiences we share help to keep me alive. When I was ill last Christmas, she really rescued me. She came in like a hurricane, with decorations, firewood, champagne. I was feeling sad and afraid, and she told me that wasn't allowed.

'She brought fun back into my life.'

Sian's full of energy and warmth. I feel I understand her because she represents my younger self. Mine wasn't a typical path; I always wanted to be a bit different. I was a dancer and taught the art of movement. I got married within six weeks, but divorced when my only son was seven. I've got the life I wanted, but it isn't always easy. I try to offer that perspective to Sian.

the races – a series of horse races that happen at one place on a particular day



Sian on Dilys

I met Dilys in Cardiff, where we both live, at an event called Superwoman. We were both invited to speak and were at the same table. Dilys did a lot of charity work with disabled people, as well as being the world's oldest female solo skydiver. I was there to talk about my media marketing company. We hit it off; I thought she was amazing and the way I want to be as I grow older.

We love to sit with a takeaway and listen to Mozart. We like films and the theatre. She has a huge amount of energy and can dance for longer than me. She even persuaded me to do a skydive, despite my fear of heights. When we're in a cab, taxi drivers ask how we met, but we never think of our age gap. She advises me on my love life, work, and how to be a better person.

'She's the way I want to be as I grow older.'

I often walk into Dilys's house when I'm stressed and within seconds I'm more relaxed. She calms me down when I'm angry, and teaches me to see things from other people's point of view. Now, she's the first person I ring when anything good or bad happens. My family say how much good she does me.

Adapted from The Guardian



Dilys and Sian

The joy of the age-gap friendship

Student A

Dave (53) on John (34)

I first met John when I gave him a lift to a music festival. It was the first festival I'd been to since I was a teenager. He jumped into my car with a friend of ours. My first impression was that he was a bit ignorant because he didn't want to join in our conversation about cars, but he works as a journalist and so I thought he must be an interesting person, which, as I later found out, he is.

We go to the gym together and, mostly, we go out to the pub. Our friendship was a gradual process. I talked to him a lot and gave him advice when he was getting divorced. I also counselled his ex-wife, because I was also friendly with her – I've learned never to take sides, something I've tried to teach John. He's quite a private person, so I think it's good to get him to open up more.

I love the fact that he doesn't take himself too seriously. We're just comfortable with each other and can laugh in any situation. We both like being the centre of attention, and if one is getting more, the other won't like it. We complain about each other, but he's very loyal. I've never noticed the age difference. Hopefully, he'll be happy to push me around in a wheelchair in my old age.



The joy of the age-gap friendship

Student B

John (34) on Dave (53)

A group of us had tickets to a music festival and my friend said that a guy called Dave, who was a bit older, would give us a lift. He arrived in his BMW. He didn't look his age, but he talked about cars for five hours and I thought he was really boring. However, the next day, he cooked us a great barbecue, and I thought, maybe he's not so bad after all.

We live around the corner from each other, so we started meeting at the pub, or watching local bands play. We still go to festivals. The funny thing is, we don't have much in common. He loves cars, I couldn't care less. I love sport, he doesn't understand football. But we both like talking to people. We're competitive in our friendship, so for example, we're always trying to be funnier than each other. We argue a lot, mostly about politics, (I'm more left-wing and he's more right-wing), but then we're best mates again.

Being around someone like Dave, who is so full of life, is refreshing. Our friendship is fun, but it goes a lot deeper. I look up to him in some ways. My dad died when I was 19 and Dave is someone I can talk to about that. Maybe he sees me as some sort of weird son. He's not just fun – he's a really kind person. If I was in trouble and could only make one call, it would be to Dave.



How to get the best seat

Every time you fly, and have to choose a seat, you ask yourself, 'Which is the best seat to choose?' The answer is that it depends entirely on your priorities as a passenger. Telegraph Travel has sifted through the research to reveal the top spots.

If you want a speedy exit

You're on a city break to Europe and you're travelling light with just a small carry-on case in the **(1)** . You want to maximize the amount of time you spend at your destination and minimize the time spent on the plane. Verdict? You need to grab an aisle seat towards the front of the plane on the left, which is where the main exit is located and where passengers leave the aircraft from.

If you want to sleep

Sleep is hard to come by at an **(2)** of 35,000 feet. There are so many things conspiring against you that it's hard to nod off: the hum of the engines, the passenger next to you needing to get out, the lack of neck support in your seat. Some places, however, are better than others, for example, some areas of the **(3)** are less noisy. Window seats give you control of the window blind and a place to rest your head; they also mean you don't need to be woken up every time the passenger next to you needs the toilet. The verdict? A window seat at the front of the plane, where it is also quieter.



If you don't like turbulence

Turbulence does, of course, shake the entire aircraft, but experts claim there are some seats on a plane where bumps will feel less intense. The verdict? Sit in the middle of the plane, above the wings, which help keep the plane steady when the going gets tough.

If you need more legroom

Seats in exit rows have more legroom than most. These seats are, however, in such high demand, that some airlines, especially **(4)** _____ ones, charge more for them. They also come with restrictions: passengers in exit rows, for instance, must be willing to assist in the **(5)** _____ of the aircraft during an emergency, so they are not available for children or people needing **(6)** _____. The verdict? If you're travelling without children, if you're fit and you can afford it, choose a seat in an exit row.

If you want a better dining experience

According to Professor Charles Spence – author of *Gastrophysics: The New Science of Eating* – plane food tastes better at the front of the aircraft, where it is quieter and the air is more humid. 'Dry cabin air and the loud **(7)** _____ noise all contribute to our inability to taste and smell food and drink,' he told *Telegraph Travel*. Verdict? Sit as close to the cockpit as possible if you want to make plane food taste better. More often than not, you'll also get served first.

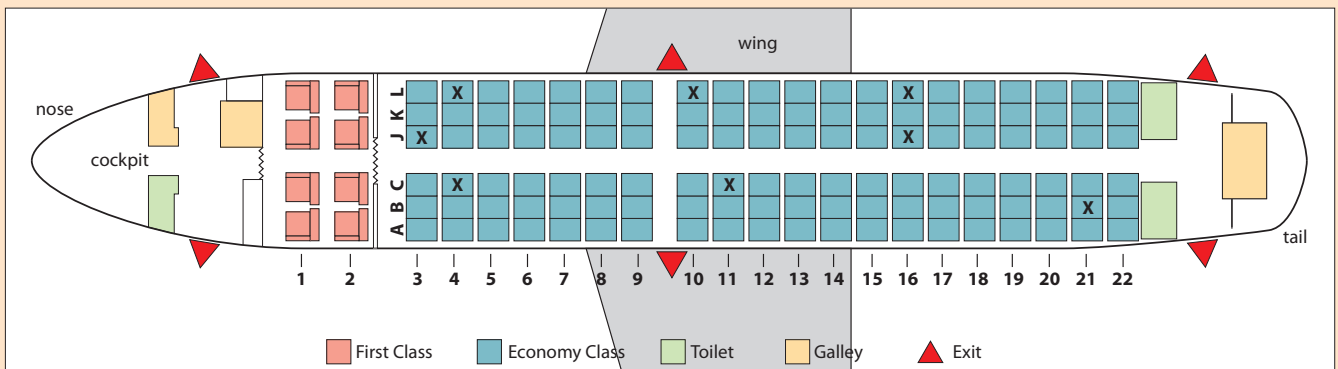


If you're safety-conscious

Airlines and plane manufacturers will tell you that all seats are equal when it comes to matters of safety. However, some seats are more equal than others. A 2007 study by the magazine Popular Mechanics found that passengers sitting near the **(8)** of a plane were 40 per cent more likely to survive a crash than those sitting in the first few rows. Verdict? Sit as far back as possible.

If you want to have an empty seat next to you

If you are flying with a companion, try booking both the aisle and the window seat. You will often find that the middle seat – as it is the least favoured by passengers travelling solo – has been left empty. Relax and enjoy it.



Adapted from The Telegraph

easyJet denies passengers asked to vote

Britain's biggest budget airline has denied that passengers on a delayed flight from Malaga to Bristol were asked to vote on whether they wanted to take off with only one engine working.

Flight EZY6058 from Malaga had originally been due to take off shortly before midnight on Thursday 8th June, but the flight was delayed because of problems with the plane. The 150 passengers had been waiting for 36 hours in hotels in Malaga before they were finally able to re-board the Airbus. On Saturday afternoon, they eventually left their hotels and **(1) boarded / were boarding** the plane. They **(2) had sat / were sitting** inside the plane waiting to take off, when the easyJet pilot told them that there was still a problem with one of the engines. He then **(3) asked / had asked** if the passengers, who were by now extremely frustrated and angry, would like to get off the plane, or remain on board while he **(4) had tried / was** trying to start the engines. However, the Daily Mail reported that the pilot had told passengers that there was a high chance that they would fly with only one engine working, and **(5) asked / had asked** the passengers whether they wanted to remain on the plane or get off.

An easyJet spokesperson **(6) said / was saying** later, 'The pilot never asked the passengers to vote. We would never attempt to fly the aircraft without both engines working correctly.'

After a further delay, easyJet **(7) provided / had provided** a replacement aircraft to take the passengers back to Bristol. They finally **(8) landed / were landing** in the UK at 6pm on Saturday 10th June, 40 hours behind schedule.

Adapted from The Independent

Flight stories

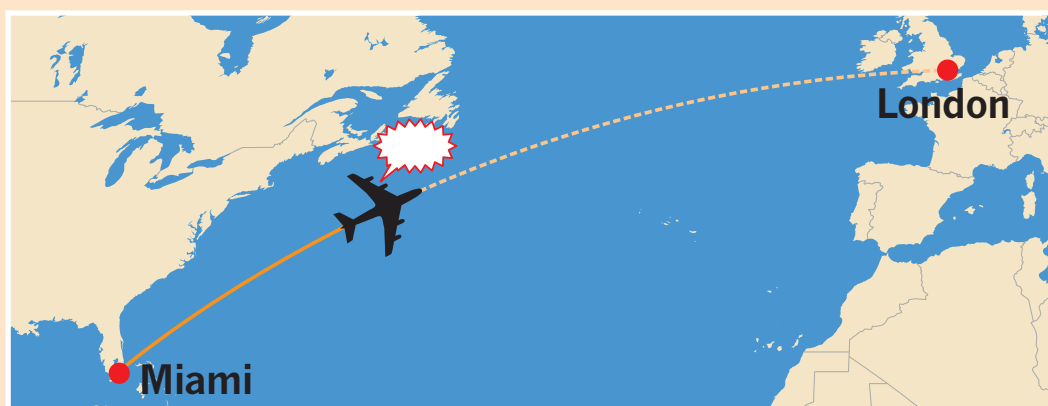
Student A

Nightmare over the Atlantic

At 11.35 on January 13, British Airways flight BA0206 took off from Miami to London. It had been flying for about three hours, and was over the Atlantic, when suddenly a voice came out of the loudspeakers. ‘This is a passenger announcement. We may shortly have to make an emergency landing on water.’

Immediately, panic broke out and passengers were screaming and shouting. Most people thought that the plane was about to crash into the Atlantic. But about 30 seconds later, the cabin crew started to run up and down the aisle saying that the message had been played by accident, and that everything was OK. By this time, a lot of the passengers were crying, and trying to get their life jackets out from under their seats.

Afterwards, many passengers said that they had been traumatized, and that it had been the worst experience of their lives. They complained that the captain hadn’t given them any explanation until just before landing, and even then, hadn’t told them what had really happened. Later, a British Airways spokesman apologized to passengers on the flight, and said that a pre-recorded emergency announcement had been activated in error.



Flight stories

Student B

Exploding engine causes emergency landing

Passengers travelling on an Air France flight from Paris to Los Angeles had been relaxing and enjoying films and food when, five hours after take-off, just after they had crossed the southern tip of Greenland, they suddenly heard a loud bang.

The cabin started vibrating, some passengers screamed, and everybody knew something was wrong. Passengers nervously joked to each other as they tried to work out what had happened. Some thought the plane had hit a bird. But passengers sitting in window seats said they had seen one of the engines exploding. The cabin crew walked through the aisles reassuring passengers, and then the captain confirmed that there had been an explosion in one of the engines.

The atmosphere was tense, but about two hours later, the plane landed at a military airfield in Goose Bay on the far north-east edge of Canada, which is used as an emergency landing spot for transatlantic flights. There were no injuries among the 520 passengers. Passengers completed their journeys to Los Angeles on two planes sent by Air France to Goose Bay.



fiftywordstories.com

fiftywordstories.com is a website to which people from all over the world contribute 50-word stories in English.

Sweet talking



‘What are you reading there? It looks serious – you must be **incredibly** smart.’ He uses his usual chat-up lines on the train. Ask them a simple question. Then pay them a compliment. It **always** works with women. **Sadly** not this time.

Departed



‘Has Mummy gone?’
‘**Unfortunately** she has, sweetie.’
‘I miss Mummy.’
‘So do I, sweetie. Don’t cry.’
‘Let’s go and get Mummy, **right now!**’
‘We can’t do that, sweetie.’
‘Where is she?’
‘She’s in a **much** better place.’
‘WHERE?’



Can't live without it



Absolutely alone. Silence imprisons her. Suffocating silence. She gets up and crosses the room. She presses the button. Waits.

Three. Two. One.

At once, there is noise! Footsteps running down the stairs. Shouts and wonderful chaos **at last!** She smiles. Three voices shout in unison,

Revenge is sweet



'You're sitting in my seat!' the woman said. She showed me her ticket and shouted **rudely**, 'See? It's mine. Move.'

I looked at the ticket **carefully**. Then I stood up **silently**. As the train left the station, I whispered to her,

The Necklace

by Guy de Maupassant

Part 1

Mathilde Loisel was a pretty and charming girl, but born into a poor family. She was ambitious, and thought she deserved to be part of the highest level of French society. As she grew up, she was increasingly ashamed of her circumstances, but there was little she could do about it. Eventually, she married a clerk at the Ministry of Education.

They led a simple life, and Mathilde suffered. She felt that she deserved a life of luxury, and their poor house and ugly furniture, and just one young servant, made her miserable. She had no dresses, no jewellery, nothing. She never visited her one rich schoolfriend, Madame Forestier, because she could not bear to see the life that she herself would never have.

One evening, her husband came home, proudly holding in his hand a large envelope.

‘Here,’ he said, ‘here’s something for you.’

She quickly opened it. It was an invitation from the Minister of Education to a party at the palace of the Ministry. But instead of being delighted, as her husband had hoped, she threw the invitation on the table.

‘What do you want me to do with this?’

‘My dear, I thought you would be pleased. You never go out, and this is a great occasion. I went to a lot of trouble to get the invitation. Everybody wants one and not many are given to the clerks. You will meet all kinds of important people there.’

She looked at him impatiently and said, ‘What do you want me to wear to the party?’



He had not thought of that; he hesitated.

‘The dress you wear to the theatre—’

He stopped, as he saw that his wife was crying.

‘What’s the matter? What’s the matter?’

Mathilde wiped her eyes and replied calmly, ‘Nothing. Only I have no dress, so I cannot go to this party. Give your invitation to some colleague whose wife has better clothes than I.’

Her husband was heartbroken.

‘Look here, Mathilde, how much would this cost, a proper dress?’

She thought for a few seconds, and answered,
‘I don’t know exactly, but I think I could do it with four hundred francs.’

He grew a little pale. He had saved exactly this amount for a short trip the following summer with his friends. But he said, ‘All right. I will give you four hundred francs. But make sure you get a pretty dress.’

But as the day of the party drew near, Mathilde was still not happy. Although she now had her dress, she had no jewellery to go with it. When she told her husband, he suggested that she ask her friend Jeanne Forestier to lend her something.

Pleased with the idea, she went to her friend’s house, and told her about her distress. Madame Forestier agreed to lend her something. She tried on several pieces, but nothing was right, until she suddenly saw a magnificent diamond necklace. To her joy, her friend let her borrow it.

franc /fræŋk/ – (noun) French currency, until the euro was introduced in 2002



Part 3

Mathilde now learned the terrible life of the really poor. Heroically, she made the best of it. The debt must be paid. She would pay it. They dismissed their servant; they left their house and rented a small attic under the roof.

She learned how to do housework, and how to cook. She washed the dishes, wearing out her pink nails on the greasy pots and the bottoms of the pans. She washed their dirty sheets and clothes. She took their rubbish down to the street every morning, and she carried up the water, pausing for breath on every floor. Wearing old, worn-out clothes, she went out to the greengrocer, the grocer, the butcher, with a basket on her arm, bargaining, insulted, fighting to save a sou here or there.

Every month, they had to pay back part of the money they had borrowed. Her husband worked in the evening, doing the accounts for a shopkeeper, and at night, often, he did copying at five sous the page.

This life lasted ten years. At the end of ten years, they had paid everything back, everything, with all the accumulation of interest.

With her badly combed hair, and her red hands, Mathilde now looked like an old woman. But sometimes, when her husband was at the office, she sat down by the window, and she thought of that evening long ago, of that party, where she had been so beautiful and so admired.

What would have happened if she had not lost that necklace?
Who knows? Who knows?

sou /suː/ – (noun) an old French coin worth very little
(100 sous = 1 franc)

Climate Stories Project

Today, more and more of us are feeling the effects of climate change on a personal and community level. The Climate Stories Project allows people from around the world to share their stories about climate change and explain the impact that it is having on our lives.



Diana Maciaga from [redacted]

We don't have major hurricanes or wildfires, but you can see that the weather patterns have been changing. For example, the winters are much milder than they used to be 20 years ago, and in the summers, we often have a huge heatwave. We used to have a special name for a period that is between winter and spring: we call it 'przedwio'snie', and now it doesn't really happen. So for me, this is one of the most significant examples of the changes in climate.



Umberto Crespo Palmarito from [redacted]

Here, the rainy season used to start in March and the rain stopped in November. Now, the heavy rain only starts in June. Years ago, it would be pouring with rain every day. And now there can be a week, 15 days, without any rain. My grandfather and my father lived their life according to the weather because it was like a clock: it was never wrong. We used to say that 21st September was the day the weather changed. And now people don't say it. It's completely different from before.





Nadine Lefort from

For many years, we had less snow in the winter, and then this past year we had an extreme winter – freezing, with terrible blizzards – so weather patterns are changing and it’s less predictable. Another thing I notice is that the coasts seem to be eroding much more quickly than they were in the past. It’s sad, because so many beautiful properties and parks are right on the coast and it will be a shame to see them gone. People are saying that they’d never buy or build in those places because they’ll be gone in the future.



Harou Abass Hadiza from

When I was at primary school, my friends and I used to go to the river. It was green, and the air was cool and fresh. Some of us were afraid to go far from the riverbank when we were swimming, because the river was deep and had a strong current. However, in the last few years, we are experiencing increasingly hot weather – extreme heat. Now the river isn’t so deep, and it’s dusty and dirty. Air quality in my city has also declined. There is more dust, due to desertification.





Eflada Bautista from [redacted]

I come from Tacloban City, the city that was hit by Typhoon Haiyan, and this is really a prime example of what climate change can do to destroy a community. We had a long drought, and then rainfall equivalent to one month's rainfall falling in one or two days in the city, and everywhere was flooded. That never happened before, and it's closely connected with climate change.



Jordan Hamada from [redacted]

There hasn't been a big snowstorm here for over ten years. This area is known for its rain, and there hasn't been much for the past few months, and I'm pretty surprised, because it's been so dry this winter. It's definitely not something I think about all the time, but I've seen some articles recently talking about how Los Angeles and Manhattan will eventually be under water, possibly in our lifetime, or the next generation's lifetime, and that makes it seem very real – that's definitely a scary thought.

Why are deadly extreme sports more popular than ever?

Two men leap from the top of the mountain and spread their wings to fly down one of the most dangerous routes in one of the world's most dangerous sports. Dario Zanon and Graham Dickinson are experts at wingsuit flying. Using pieces of cloth that join their arms and legs, they fly past cliff edges and between trees at over 110 mph. Then they release their parachutes and drift down to land. This video has been watched over ten million times on social media.

A few months later, Zanon returned to Chamonix and climbed the Aiguille du Midi on the other side of the valley, for a solo flight. On the Sunday, his body was found on the glaciers 5,000 feet below. He was 33. Most likely no one will ever know exactly which small thing went wrong. Small things become big quickly at 110 mph. It does happen to the best. Mark Sutton, the man who parachuted into the London Olympics stadium dressed as James Bond, was killed wingsuit flying in the Swiss Alps, while filming for EpicTV. Dean Potter, a famous US wingsuit flyer, died with his friend Graham Hunt. They had jumped from Taft Point in California.

Today extreme sports are booming. Skydiving is a good example – in 2006, the British Parachute Association recorded 39,100 first jumps, but last year there were 59,679. The number of people climbing Everest has rocketed since the 1990s, and the proportion of women climbers is increasing, up from about 16% in 2002 to 36% now.



‘You just get into it and then progressively build up,’ says Jess Cox, 27, an instructor at her father’s paragliding business. ‘Better flights involve going higher, further, doing acrobatic stuff.’ She shows me a video on her phone, of when she and a friend jumped off a mountain in Turkey. ‘Woo-hoo!’ she squeals, watching. ‘I’d say that was one of the best days of my life. It’s completely addictive. Some people become completely obsessed, quit their jobs, and just travel round the world, leaping off things.’ Science teacher Becky, on the other hand, didn’t get addicted. ‘I did a skydive once and I’ve also done bungee jumping. The skydive was good, yes. I’ve no particular need to do it again. But,’ she says, ‘life would be a bit boring if people didn’t try new things.’

Extreme sports constantly push people to test the ultimate limits of their own safety. They are jumping blindfolded, or with their dog, or skydiving without a parachute into a giant net – and you’ll find all these online, thanks to action cameras. One hundred hours of GoPro video are uploaded onto YouTube every minute, and sales of these cameras are growing at 50% a year. Watching other people do these things is attracting many more new participants.

A good footballer or tennis player always wants to be tested against better opponents, but their opponents are human. In extreme sports, the opponent is danger. So how can you get better without killing yourself? Steph Davis, one of the world’s best-known climbers and wingsuit flyers, wrote, ‘Perhaps getting better means becoming more elegant.’ Maybe the future of extreme sports is about learning to be less extreme.

Taft Point – a very high granite rock in Yosemite /ju'semiti/ Park, California

GoPro – a compact action camera capable of taking photos and videos in extreme conditions

Adapted from The Guardian

Ali Brookes,

a 29-year-old doctor, was a participant in series five, in the 'high earners' group.

Why did you decide to apply?

I'd always really enjoyed watching The Island with Bear Grylls. And I think it's really the ultimate **(1)** _____, being stranded on a desert island, having to survive there with no help at all. I love being outdoors and going on adventures, **(2)** _____ that side of it really appealed to me as well. So I sent off my application form, and the next thing I knew, I had a couple of interviews, and then I got a phone call saying they wanted me to go on The Island! Never in a million years, when I applied, did I think I'd **(3)** _____ get to go. So I was absolutely stunned when they told me they wanted me to go on the programme, but at the same time, I was thrilled! And two weeks later, we were off on a plane to the island.



What survival techniques did you learn?

So we learnt a whole range of survival techniques. We learnt how to make fire, which was actually quite complicated. You had to get the right wood from a particular type of tree on the beach, and then use pieces of that wood, and a shoelace to make fire. In our training, they made it look very **(4)** _____, they had the fire lit within a few minutes. But in reality, it took us a couple of days before we made fire, but we did get it, which was amazing. Once we had fire, we could then boil water for drinking. The water we found was brown and green and had bits floating in it, so we would filter it **(5)** _____ a pair of trousers or a shirt to get rid of the big clumps of dirt, and then we would boil it to kill off any bacteria or parasites. Amazingly, nobody got **(6)** _____ from drinking the water during our whole five weeks on the island. They also taught us how to build shelters to protect ourselves from the bad weather. In practice, the shelters were not that waterproof and we had a lot of very wet, cold nights. They taught us how to navigate by the sun and how to build up a map of the island as we explored it. It didn't stop us getting lost though.

Who or what did you miss most?

Before I went on the show, I said I'd miss my husband the most. But in fact, the thing I missed the most was most definitely food. It was all I could think about, and **(7)** _____ I couldn't sleep, I would go through a list of different pizza toppings in my head to try and get to sleep. I really missed having a good night's sleep. **(8)** _____ we did build shelters off the ground to stop us getting bitten by the insects and other creepy crawlies, it was really uncomfortable. Having clean clothes, I missed that **(9)** _____ . Putting on dirty, wet socks every morning is one of the worst feelings. Of course, I missed my friends and family too, but actually what I realised was that I didn't miss many things. I **(10)** _____ didn't miss having a phone, or a computer, or the internet. Though as I said, I did miss clean, dry socks.



Lost in the jungle

Four young men went into the Amazon jungle on the adventure of a lifetime. Only two of them would come out alive...



In 1981, three friends went backpacking in the Amazon rainforest in a remote area of Bolivia: Yossi Ghinsberg, 22, and his two friends Kevin Gale, 29, and Marcus Stamm, 29. They hired an experienced guide, an Austrian called Karl Rupprechter, who promised that he could take them deep into the rainforest to an undiscovered Indian village. Then they would raft nearly 200 kilometres back downriver. Karl said that the journey to the village would take them about seven days. Before they entered the jungle, the three friends made a promise that they would ‘go in together and come out together’.

The four men set off from the town of Apolo and soon they had left civilization far behind. But after walking for more than a week, there was no sign of the village, and tensions began to appear in the group. The three friends started to suspect that Karl, the guide, didn’t really know where the Indian village was. Yossi and Kevin began to get fed up with their friend Marcus because he was complaining about everything, especially his feet, which had become infected and were hurting.

Eventually, they decided to abandon the search for the village and just hike (instead of rafting) back to Apolo, the way they had come. But Kevin was furious because he thought that it was Marcus’s fault that they had had to cut short their adventure. So, he decided that he would raft down the river, and he persuaded Yossi to join him, but he didn’t want Marcus to come with them. Marcus and Karl decided to go back to Apolo on foot. The three friends agreed to meet in a hotel in the capital La Paz in a week’s time.

Early next morning, the two pairs of travellers said goodbye and set off on their different journeys...

Regret

Recently, I helped my son move into his first-year room at university in Chicago and we discussed his hopes and plans for the next three years. That evening, I found myself thinking about how to help him make decisions he would never regret. I went to Twitter and typed, ‘What is your biggest regret?’ The response was huge and devastatingly **honest**. I had asked a question that, surprisingly, a lot of people really wanted to answer.

I loved the light-hearted responses...

‘Not flying on Concorde to New York with Lionel Richie. He wanted to take me for dinner. I was working. #idiot’

But very few of them were like that. What emerged is that real regrets are not about bad things happening to you. They are about bad choices – a deep **sorrow**, or **anger** at yourself for something you did, or something you failed to do.

Most of the replies divided into different categories. Education was high up the list – there were many more regrets to do with school and college than I had expected.

‘Never going to university. Left me disadvantaged all my life. Never lived up to my potential.’

(1)

(2)

Career-choice regrets made me realize a pattern was developing: regret seems most often to be about **fear**. Fear of doing the wrong thing, which then leads to an unfulfilled life.

‘Not following my dream to work in radio.’

(3)



(4)

And then, perhaps less surprising, there was love: a few tweets from people regretting that they had declared their love and ended up having their heart broken, but many, many more regretting not being **brave** – regretting having been afraid. There's definitely a lesson in there: while there's always the possibility of rejection, it's better than the regret of not having tried.

'Not telling someone I loved them. 20 years too late now.'

(5)

It was **encouraging** that right alongside the people who regretted a life lived in fear were others who had made a change who were now regretting the time it had taken to find their solution.

'Worrying too much about what other people thought of me.'

(6)

Intriguingly, of all the replies, only two people mentioned money – one regretting a flat they hadn't bought, one regretting a sale.

My favourite of all the replies was from @dorey1414. She tweeted me this:

'I'm 54, no friends, or family, only 18 Twitter followers, but I have everything I need. Biggest regret – not listening at school.'



At last, here was one tiny area where I could be useful! I retweeted her words and asked Twitter if they could help. Ten minutes later, her follower count had gone up to 24. By the morning, it was 360. She now has more than 900 and is massively **excited** about it, starting **enthusiastic** conversations with dozens of her new followers. Having left school before her exams and worked for 38 years in a job she doesn't enjoy, she now has a chance to change her life.

Before I flew home from Chicago, I texted my son with this advice: 'Take risks – they may go wrong but it's better than regretting not having tried. And ring your mother.'

Adapted from an article by Emma Freud in The Guardian

The way we used to sleep

The forgotten benefits of segmented sleep

Sleeping for eight hours a night without waking up is not natural human behaviour. For centuries, ‘segmented sleep’ was standard. People used to go to bed quite early, sleep for a few hours, wake for an hour or two around midnight, and then sleep for about another three or four hours until sunrise.

This time when people were awake was called ‘the watch’, and it was used for all sorts of activities. It was a chance to meditate and think about vivid dreams. More active people used the hour to visit sick family members, do housework, or even steal from the neighbours under the cover of darkness! It was an hour typically free from social demands. One 15th-century Italian woman wrote that it was a time when she was able to sew or write letters in privacy, when she was not ‘surrounded by men, performing jobs for men’. Doctors also believed in the medical benefits that came from changing sleeping position, or taking medication during the watch. The practice of ‘first sleep’ and ‘second sleep’ is mentioned by many great authors, including Homer, Chaucer, Austen, Dickens, and Tolstoy.

Since we’ve got used to artificial light, however, segmented sleep has become both unfashionable and harder to achieve. We’ve now lost that hour between sleeps, a time when we can be awake and alone with our thoughts. Segmented sleep is arguably more natural than the sleep we experience nowadays. People who regularly wake in the night will no doubt be relieved to hear that there’s nothing wrong with them.



Things people do at night

Brennan Wenck-Reilly, 36, San Francisco, USA

I spent two years living high up in the Andes, in Chacopampa in Bolivia. I was in the Peace Corps, a volunteer organization run through the US government. Chacopampa was a town that had no electricity 90% of the time. We **(1) u** to follow the patterns of the sun, that is, I'd go to bed between 8.00 and 9.00 and get up at about 6 a.m. But at around midnight I'd wake up and then I'd be up till 3 a.m. or so. In those hours **(2) b** midnight and 3.00, I would normally read, sometimes as much as 100 pages of a book.

When I got back to San Francisco, I'd **(3) g** used to sleeping like this, and somehow, I carried on with it. I **(4) w** go to bed around 9.00, wake up between midnight and 1 a.m., and then be up until about 4.00. Then I'd sleep till 7.00 or 8.00. My wife and I lived in a one-bedroom apartment, and my wife is a fairly **(5) l** sleeper, so my best option was to get out of the house. That's when I started doing night photography.

San Francisco at that hour is quite magical. I often find **(6) m** alone on the streets, or at the beach, in the woods. Part of the adventure is finding new locations, part is the solitude, and the reward is the image I get to take home. One of my favourites is this one of Angel Island. It was quite **(7) w**, as you can see from the grass in the foreground.



If I don't **(8) l** _____ the house, I'll work on framing photos, or grading (I'm also a teacher), and sometimes I'll simply put on a movie. I also sometimes run – I used to have a running partner who lived a couple of blocks away. A couple of times a week we'd text each other around 1 or 2 a.m., and then meet at the street corner and run for about an hour. That lasted about a year, then we both **(9) e** _____ up moving away. Now I have young kids, but I long for them to be more independent so that I can once again go back to my sleep pattern.

Brennan is now running courses in night photography.



What doctors listen to in the operating theatre

Ramon Tahmasebi, orthopaedic surgeon

If I play cool music, it puts me in a better mood and I perform better. You want something that will get you in the right frame of mind, but what you pick depends on the length and the complexity of the operation – I try to have some crowd-pleasers, some easy listening, some singalong tracks. Last week, I started a big, three-hour operation at 4 p.m., and the team was supposed to finish work at 5 p.m. But I had a playlist, and afterwards everyone told me they were having fun, so they didn't mind staying late.

Safina Ali, head and neck surgeon

When you are operating, it is soothing and calming to have music. I listen to everything from hip-hop to classical. When I was training, I had to listen to Bruce Springsteen for ten hours at a time, because my boss loved him. My current boss likes to have classical music on, but we change it when he leaves. Most of the nurses are younger, so it's nice to have contemporary music like Taylor Swift, because you can talk about it. I prefer music to silence – it's too eerie; I feel like I am on my own.

Samer Nashef, cardiac surgeon

I never have music in the operating theatre. Firstly, it's almost impossible to find a genre that fits the musical tastes of the 12 or so people it takes to do a heart operation. Secondly, music, if it's emotionally engaging, is distracting, and if it's bland lift music, it's irritating. The real reason, however, is communication. Those 12 people need to be able to talk to each other, to provide information, ask questions, hear the answers, and act – any extraneous noise interferes with that.



Gabriel Weston, skin cancer surgeon

I do surgery on people's faces using local anaesthetic, and they're awake during the operation. So I use music to get them to relax. Broadly, older people prefer classical and younger people prefer pop. I think it's sensible to let them know you care about their feelings. If there is a point when things get serious, you turn the music off. But in planned operations, there are long stretches when you're doing something you've done many times, but it still requires meticulousness, and music is good for this.

Adapted from The Guardian

Classic student house arguments – and how to avoid them

Living in a shared student house can be one of university's greatest pleasures, but arguments will happen. What are the solutions?

Who gets the biggest room when moving in? There's always one housemate who is convinced they have the right to the biggest room.

Solutions:

- Adjust the rent, so that the person with the biggest room pays more.
- (1)

The mess in the kitchen You come home from a long day at uni and can't get to the sink because of the enormous pile of pots and pans.

Solutions:

- Establish the 30-minute rule – nothing stays unwashed for over 30 minutes.
- (2)

The housemate whose boyfriend / girlfriend spends more time in your house than their own They definitely do not live at your house, but you see them more than some of your housemates. And they use the electricity, the water, the wi-fi...

Solutions:

- Explain why it's annoying. It isn't personal, but with them there, there's less space for the rest of you.
- (3)



How to pay and split the bills The joint account seemed like a good idea until some people's money stopped going in, and the direct debit 'bounced' (incurring a charge), and the electricity bill, which was enormous, was forgotten about (another charge), and someone has gone to South America for three months.

Solutions:

- Get everyone to put in more money than will be needed in the account – then later pay the excess back (this is a good way of keeping a little extra cash in reserve, too).
- (4)

Taking too long in the bathroom What are they doing in there?

Solutions:

- Have a kind word about the fact that there's only one bathroom.
- (5)

When they come in at 3 a.m., waking everybody up the night before an exam.

Solutions:

- Make sure your housemates know if you have to be up early for something. Likewise, let them know if you intend to be back late.
- (6)

Food stealing, 'borrowing' clothes, etc. 'It was just there, so I took it.'

Solutions:

- Label your stuff, so that it's obvious what's yours.
- (7)

Who can't cook, who won't cook? Why is it always you who's left alone to make dinner in the evening? How come as soon as you've finished, everyone suddenly appears?

Solutions:

- Draw up a cooking rota, so you know whose turn it is.
- (8)



the direct debit ‘bounced’ – a bill that was supposed to be paid automatically through the bank wasn’t paid because there wasn’t enough money in the account

Adapted from The Independent

How to win an online argument

When it comes to arguing face-to-face, many people use persuasive intonation or facial expressions to help win the argument. However, these are no use when you want to argue your case online. A recent study of comment threads on online forums has found that some words are more effective than others and that using numbers makes you more persuasive. Lillian Lee and her PhD students at Cornell University analysed almost two years of posts made on the forum site ChangeMyView, a website where users invite others to challenge their views and present alternative opinions.

The best ways to win an argument

Get your timing right Typically, the first person to reply to the thread has a greater chance of changing the view of the original poster (OP) than someone who joins the debate later on.

Use alternative terminology Use words that are different from those used in the post. For example, if discussing climate change, describing it as **global warming** in a reply makes more of an impact than using the same terminology as the OP.

Be polite The study suggests that swearing or using aggressive terms instantly makes your argument less effective.

Think about length Longer replies in general tend to be seen as more persuasive.

Use evidence Using numbers, statistics, and examples to back up opinions makes people sound more convincing. The same is true of links to examples and outside sources.



Show consideration for other's opinions Phrases like 'It could be the case that...' or 'It may be true that...' show that you are open to other points of view. Although this sounds like it might signal a weaker argument, the researchers said it may make your argument easier to accept, by softening its tone.

Check the language in the original post Personal pronouns, such as **I**, suggest that a person is more open-minded to persuasion, whereas **we** and **us** suggest they are more stubborn. Stubborn people also use more emotive language and use decisive words such as **certain**, **nothing**, and **best**.

Know when to give up Finally, the researchers found that after four or five 'back-and-forth' posts have been made, the chances of changing someone's opinion significantly drops.

thread – a series of connected messages on a message board on the internet which have been sent by different people, e.g. a Twitter ~

Adapted from the Daily Mail

How to improve your acting skills

Being an actor means having a lot of ‘waiting time’, for example, when you’re off set during a film, not on stage in a play, or between jobs. One way to carry on practising and improving is to do some exercises and games which will develop your acting skills. Some of these can be done by yourself, but many are more fun in groups. Most of these techniques, acting games, and exercises were created by drama teachers, and are used in drama schools. They can also benefit you in everyday life, especially with communication skills.

Exercise 1 Developing your imagination

This exercise is aimed at developing your imagination, which is one of the most important components of an actor’s success. In order for the audience to believe your acting, it’s you who has to believe first that the life of your character is real. And to do that, you need to be able to build a small world of your character’s life in your mind. Even just for one scene, you have to come up with answers for why you are doing what you are doing, why it is that way, etc.

The exercise is best done in a group. Look at an image of a person showing an emotion, e.g. smiling. Then between you, try to think of all the possible reasons why the person might be smiling, for example, he looks as if he might be remembering a funny film, or he might have just booked a holiday abroad.

Exercise 2 Stroking an animal

Think of **(1)**

Then **(2)**

Now **(3)**



Exercise 3 What were they wearing?

One person **(4)** _____.

Sit **(5)** _____ and focus on

(6) _____.

After three minutes, **(7)** _____

unless **(8)** _____.

Then the host **(9)** _____.

Exercise 4 The 'magic' image

Choose **(10)** _____,

e.g. **(11)** _____,

and write down **(12)** _____.

Show **(13)** _____

to other people in the group. Choose no more than

(14) _____.

When you have **(15)** _____,

think of **(16)** _____.

Then create **(17)** _____ that

combines **(18)** _____.

Adapted from the Acting in London website

The best way to spot a liar...or is it?

How easy is it to know whether someone is telling the truth or lying? Some people aren't very good at pretending, whilst others are far more expert. Most of us are familiar with the kind of body language which tends to indicate deception, such as avoiding eye contact, blushing, fidgeting, or laughing nervously; and identifying whether somebody is telling the truth can be fairly straightforward with people we know well, our children, family, or friends. However, research shows that relying only on body language to spot a liar is in fact very unreliable, especially when you are not familiar with how a person usually behaves. In fact, according to one study, just one in 400 people manage to make a correct judgement based on non-verbal indicators with more than 80% accuracy. Just because someone looks nervous does not mean they are guilty, and in more formal contexts, such as interviewing crime suspects or in security screening at airports, the consequences of getting it wrong can be very serious. So, my research team and I devised an experiment to develop a more reliable method of lie detection, which relies not on how people behave, but on what they say.

We tested out our method on passengers at airport security. Firstly, we recruited a selection of 'fake' passengers of different nationalities, such as American, German, Swiss, and Canadian, and offered them an extra fee if they managed to pass through a security interview without being spotted. Each person prepared a convincing cover story about their life and work history and the purpose of their plane journey. They were all given valid tickets and passports, and were asked to dress appropriately and carry suitable luggage. A team of trained officers then made a random selection of passengers passing through security, and carried out specially constructed interviews in order to try to spot the 'fakes'.



So, what kinds of things did the officers ask in these interviews?

These are the key principles we used to increase the chance of finding out if someone was lying:

- 1** [redacted] Officers were asked to give the impression that this was a fairly casual conversation, and to put passengers at their ease with general, friendly questions such as ‘How are you today?’ and ‘Did you have a good trip to the airport?’.
- 2** [redacted] We told officers to use questions such as ‘Can you tell me about...?’, ‘Can you explain to me who...?’ and so on, that required passengers to give more information, rather than just answering ‘yes’ or ‘no’.
- 3** [redacted] Passengers were asked, for example, for extra information about a family member or about the company that they worked for; handling unexpected questions is more difficult for a liar than for a truthful person.
- 4** [redacted] Officers were encouraged to ask follow-up questions to test passengers’ statements. For example, if the passenger claimed to work in Oxford, the officer might ask them about their journey to work, to check if they could report that accurately, and to try to spot any gaps in expected knowledge.
- 5** [redacted] Liars are often more confident when they feel in control of a conversation, but if they start to feel undermined or challenged, they begin to limit their responses. We told officers to watch out for people who started to reply with much shorter answers, or who showed a tendency to become evasive in their answers, not replying directly to the questions.



The aim was to put all passengers under gentle pressure, which would increase the chance that something a 'fake' passenger might reveal during a conversation would give them away. The officers were also told not to pick up a lie immediately – rather, to encourage the liar to continue to talk, and then to challenge them when they were sure they were lying. And the results were striking. The security officers using our interview technique were over 20 times more likely to detect the lying passengers than officers using traditional behaviour observation methods.

A case of identity theft

I sighed when I glanced at the email on my phone. It was from a woman called Constance, a complete stranger to me, who **(1) was under the impression that** we'd been in a relationship for several months. It has become an all-too-familiar story. Over the past two years, my photos have been used to **(2) con** 11 women on dating websites. These are just the ones I know about; the real number could be much higher.

I rang Constance and listened as she explained she'd met a man called Martin Peterson on Elite Singles. He said he was Danish and a widower. Constance had joined the website hoping to find love, after losing her husband three years earlier, and Martin had seemed kind and understanding. He was interested in everything about her, texting her every morning and ringing her for cosy chats in the evening. But on his dating profile were several photos which were, in fact, of me! She forwarded me the pictures, and I shuddered when I saw one of me and my sister, who Martin had said was his dead wife.

Constance had begun to be suspicious of Martin when she noticed his hair colour and style change within the space of a few hours. He **(3) claimed** he was on a business trip, and sent her a photo of me sitting in a hotel garden having breakfast, with my curly grey hair in need of a trim. Later in the day, he sent a second photo of me by a swimming pool, in which my hair was shorter and darker. In fact, these photos had been taken several years apart and had been 'harvested' from my Facebook account. Constance began to look carefully at all the pictures he had sent. She researched dating **(4) scams** online, and found a way to find out where a picture had originated. By dragging a picture of Martin into a 'reverse image search' on Google, she discovered that the pictures of the man she'd believed to be a Danish widower were actually of me, a public speaker from Brighton.



People like 'Martin' are known to **(5) prey on** older women. First, they gain their trust and bombard them with attention, then they say they are travelling abroad for work, where they are involved in an accident. Finally, they ask the woman to transfer money for medical treatment or flights home. A few years ago, I scratched my face, and posted a photo online of me with blood on my face. This picture has now been used by the scammer several times – he sends it alongside a picture of a smashed-up car, and says he's been involved in a serious accident. Fortunately, Constance didn't **(6) hand over** any money. But other women have, including one woman who lost thousands of pounds.

These days, I'm a lot more conscious of what I post online. I always used to share pictures of everything: holidays by the pool, work speeches, me and my dog, fancy dress parties... Now I've changed my privacy settings on social media. I suppose my account was **(7) targeted** because I had a range of photos and the scammer could build a whole life from them. An expert told me that my pictures had probably been sold on as a bundle on the black market. I now encourage all my friends and family to be **(8) wary** about what they post – once they're out there, there's nothing you can do about it. Unfortunately for me, my identity is no longer my own.



Adapted from the Mirror website

8 tips on how to spot fake news

Fake content has become a daily reality of life online, with hundreds of sites creating false or exaggerated stories for political or personal gain. In spite of the efforts of big tech companies to limit the spread of fake news, some stories fall through the cracks. The expert advice is that it's always useful to have a critical eye and to be on the lookout for misleading stories. There are several telltale signs to look for. Fake news experts Will Moy, director of British fact-checking charity Full Fact, and Cambridge University researcher Sander van der Linden offer their tips.

1 Beware of stories that don't make

One of the key signs of fake news is that the stories are highly improbable. During last year's Hurricane Irma, a hugely popular viral story claimed that it was a Category Six hurricane that would 'wipe cities off the map'. Category Six hurricanes do not exist. Moy says, 'Extraordinary claims need extraordinary evidence. If somebody says Elvis is alive, ask for a song before you believe it.'

2 Check the of the news site that published it

Unfamiliar sites built to sound like news organizations are behind many fake news stories, but the names of the sites are often a hint that stories may be fake. When the Denver Guardian made claims about Hillary Clinton's emails, there was one small problem – there is no such paper as the Denver Guardian. It sounds real, but it is completely fake. 'Be careful of websites that you haven't heard of before,' says Moy.



3 Beware faked website

Some sites may try to impersonate real news outlets with URLs which seem similar but have slight differences. For instance, one fake news site impersonated ABC news using a URL which read **ABC.com.co**, rather than **abcnews.go.com**.

4 Check the

False news stories often include timelines which make no sense, or contain the wrong dates. For instance, images purporting to be of a 2016 terror attack in Brussels were actually from a 2011 attack on Moscow's Domodedovo Airport.

5 Look for unusual and mistakes

Often, the sign that news is fake is that it is of low quality, with spelling errors and an over-use of capital letters. Real news sources will employ editors to remove these errors and ensure accuracy.

6 Look out for celebrity accounts

'Sometimes stories can spread online after being shared by a social media account designed to impersonate a real person,' says Sander van der Linden. 'Think about the fake tweets that were supposedly sent out by billionaire Warren Buffett. Someone was impersonating him, and millions of people did not notice that the Twitter handle read 'WarrenBuffet', while his real name is Warren Buffett.'



7 Google-search the

Fake news sites will often use unrelated or doctored photos. Google-search them to see where they came from and check how accurate they are against other legitimate news sites. Other hoaxers will use deliberately disturbing imagery in an attempt to hook in readers, van der Linden says. ‘Emotional content is more likely to go viral, for example, imagine the effect of a fake story containing disturbing images about the effects of a fake disease.’

8 If you’re unsure, double check with a source you

Fake news stories will often appear on just one site, so if you’re unsure, check against a reliable news source. ‘When it matters, double check,’ says Moy, ‘particularly when it comes to health or other life decisions. Always use a trustworthy source.’

Razors & blades

Part 1

In 1894, a book was written by a man who had a vision. The book argues that ‘our present system of competition’ breeds ‘extravagance, poverty, and crime’. It advocates a new system of ‘equality, virtue, and happiness’, in which just one corporation – the United Company – will make all of life’s necessities as cost-effectively as possible. These, by the way, are ‘food, clothing, and habitation’. Industries which ‘do not contribute’ to life’s necessities will be destroyed. The book’s author had a vision that has ended up shaping the economy. But, as you may have guessed, it wasn’t this particular vision. No, it was another idea, which he had a year later. His name was King Camp Gillette, and he invented the disposable razor blade.

If you’ve ever bought replacement cartridges for an inkjet printer, you are likely to have been annoyed to discover that they cost almost as much as you paid for the printer itself. That seems to make no sense. The printer’s a reasonably large and complicated piece of technology. But how can it possibly cost almost as much to supply a bit of ink in tiny plastic pots? The answer, of course, is that it doesn’t. But for a manufacturer, selling the printer cheaply and the ink expensively is a business model that makes sense, and is known as two-part pricing. It’s also known as the razor-and-blades model, because that’s where it first drew attention – suck people in with an attractively priced razor, then repeatedly fleece them for extortionately priced replacement blades.



King Camp Gillette invented the blades that made it possible. Before this, razors were bigger, and when the blade got dull, you'd sharpen it, not throw it away and buy another. He didn't immediately hit upon the two-part pricing model, though: initially, he made both parts expensive. The model of cheap razors and expensive blades evolved only later. Nowadays, two-part pricing is everywhere. Consider the PlayStation 4. Whenever Sony sells one, it loses money: the retail price is less than it costs to manufacture and distribute. But that's okay, because Sony coins it in whenever a PlayStation 4 owner buys a game. Or how about Nespresso? Nestle makes its money not from the machine, but the coffee pods.

suck sb in – (phr. verb) to involve somebody in an activity or a situation, especially one they do not want to be involved in

fleece – (verb, informal) to take a lot of money from somebody by charging them too much

hit upon – (phr. verb) think of a good idea suddenly or by chance

coin it (in) – (idiom) make a lot of money

From Fifty Things that Made the Modern Economy



Part 2

Obviously, for this model to work you need some way to **(1)** _____ customers putting cheap, generic blades in your razor. One solution is legal: patent-protect your blades. But patents don't last forever. Patents on coffee pods have started expiring, so brands like Nespresso now face competitors selling **(2)** _____, compatible alternatives. Some are looking for another kind of solution: technological. Just as other people's games don't work on the PlayStation, some coffee companies have put chip readers in their machines to stop you trying to brew a generic cup of coffee.

Two-part pricing models work by imposing what economists call 'switching costs'. They're especially prevalent with digital goods. If you have a huge library of games for your PlayStation, or books for your Kindle, it's a big thing to switch to another platform. Switching costs don't have to be **(3)** _____. They can come in the form of time, or hassle. Say I'm already familiar with Photoshop; I might prefer to pay for an expensive upgrade **(4)** _____ buy a cheaper alternative, which I'd then have to learn how to use. Switching costs can be psychological, too – a result of brand loyalty. If the Gillette company's marketing department persuades me that generic blades give **(5)** _____ shave, then I'll happily keep paying extra for Gillette-branded blades.

Economists have puzzled over why consumers **(6)** _____ the two-part pricing model. The most plausible explanation is that they get confused by the two-part pricing. Either they don't realize that they'll be exploited later, or they do realize, but find it hard to pick the best deal out of a **(7)** _____ menu of options. The irony is that the cynical razors-and-blades model – charging customers a premium for basics like ink and coffee – is about as far as you can get from King Camp Gillette's vision of a single United Company producing life's necessities as cheaply as possible.



patent – (noun) an official right to be the only person to make, use, or sell a product or invention

chip reader – (noun) a device to get information from a microchip

switching costs – (noun phrase, idiom) how much it will cost you to change from one brand to another

hassle – (noun, informal) a situation that is annoying because it involves doing something difficult or complicated that needs a lot of effort

puzzle over – (phr. verb) to think hard about something in order to understand or explain it

From Fifty Things that Made the Modern Economy

What makes a city attractive?

Is there an ‘art of making attractive cities’? Alain de Botton, writer and founder of alternative education group The School of Life, seems to think so, and has made a video that he claims explains just how to do it. ‘It’s not a mystery why we like some cities so much better than others,’ he says. ‘There are six fundamental things a city needs to get right.’

Order and variety

A love of order is one of the reasons people love Paris and New York, but we must avoid too much of it. The key is to create an ‘organized complexity’. De Botton gives the example of the square in Telc, Czech Republic, where the individual houses are different in colour and detail, but all the buildings are the same height and width.

Visible life

Streets need to be full of people and activity in order to be beautiful instead of bleak. Sadly, modern cities often contain too many characterless office blocks and industrial zones where there is no street life.

Compactness

Good cities are compact, not sprawling. Think Barcelona as opposed to a spread-out city like Phoenix, Arizona. De Botton says that attractive cities have beautiful squares which are ideal meeting places. The best designed are those which are not too large, so that people can recognize a face on the other side of the square.

Orientation and mystery

The best cities offer a mixture of big and small streets. But too many cities prioritize vehicles over humans. A city should be easy to navigate for both humans and vehicles, with big boulevards for orientation and small streets to allow us to wander and create a sense of mystery and exploration.



Scale

Our urban skylines have become dominated by tall buildings dedicated to banking and commerce. Instead, we should be building at an ideal height of five stories, resulting in dense and medium-rise cities, like Berlin and Amsterdam.

Local colour

The sameness of cities is a problem. Cities need to demonstrate their local culture and history. They should be built from locally sourced materials in a way which suits their individual climate and traditions.

Is this the future of cities?



Three years ago, 35-year-old English teacher Lee Mi-Jung moved with her husband from the small coastal city of Pohang across the South Korean peninsula to Songdo. Described as the world's 'smartest city', it was planned as a showpiece of 21st-century urban design, promising an efficient rubbish system, an abundance of parks, and a vibrant international community – all the **(1) perks** of megacity Seoul without the capital city's crowded pavements, choking traffic, and air pollution. The city claimed to do 'nothing less than banish the problems created by modern urban life.' And for foreign corporations looking for access to Asian economies, Songdo would be a glitzy business capital to rival Hong Kong and Shanghai. 'I'd imagined this would be a well-designed city, that it would be new, modernized, and simple – unlike other cities,' says Lee. 'So my expectations were high.'

As far as hi-tech conveniences go, Songdo does **(2) deliver**. Pneumatic tubes send rubbish straight from Lee's home to an underground waste facility, where it's sorted, recycled, or burned for energy generation. Everything, from the lights, to the temperature in her apartment, can be adjusted via a central control panel, or from her phone. During the winter, she can warm up the apartment before **(3) heading home**. But the one thing she hasn't been able to find is a vibrant community.



‘When I first came here during the winter,’ Lee says, ‘I felt something cold.’ She wasn’t just talking about the coldness of the weather, or the chilly modernism of the concrete high rises all over town. She felt **(4) a lack of** human warmth from neighbourhood interaction. ‘There’s an online forum where we share our complaints,’ she said, ‘But only on the internet – not face to face.’

Songdo was built on reclaimed land from the Yellow Sea. The 1,500-acre development sits an hour outside of Seoul. It was planned as an eco-city. Its buildings and streets have sensors that monitor energy use and traffic flow. There’s a **(5) state-of-the-art** water-recycling facility and plenty of green spaces, including a 100-acre seaside park modelled on, and named after, New York City’s Central Park.

For a place that is striving to become car-free, however, the roads of Songdo are crazily wide, with as many as ten lanes. These are partly intended to **(6) echo** the wide, tree-lined boulevards of Paris, and also wide enough for city planners to, say, put in a light rail or streetcar network, which may bring Songdo one step closer to fulfilling its car-free promise. But for now, cars are still common, and, for residents like 32-year-old Lindy Wenselaers from Belgium, they’re an essential tool. Lindy ended up buying a car after only five months in Songdo – she could no longer face a 20-minute walk to the nearest supermarket in the wintry weather. She misses the lack of direct connections from one part of town to another; at weekends, she often drives an hour to Seoul.



Songdo's biggest problem is that it only has a third of the people it was designed for. Parts of it feel more like a **(7) sparsely populated** American 1970s suburb. The wide roads and **(8) sprawling** scale means that human activities are located far apart from one another. Occasionally, you see small touches, like an artificial hanok village (a traditional village where houses with old-school architecture remain intact) to remind you that, yes, you are still in Korea. It's not exactly a ghost town, as some reports have claimed, but as you drive past cluster after cluster of identical concrete residential high-rises, it feels empty, and there's a curious urban silence. 'There's a ton of people living here, but you don't really see them,' says Wenselaers. 'The city is alive, but it's invisible.'

Adapted from the CityLab website

The reality of sci-fi

Just how **plausible** are the ideas we hear about in science-fiction? **LiveScience** examines some popular concepts.

Aliens that look like us

Many fictional aliens have a human-type body. But how likely is it that intelligent alien life would develop a body shape similar to ours? It seems unlikely that organisms evolving for millions of years on another world would fit comfortably into our clothes. But the evolutionary circumstances on alien planets may have been similar to those that led humans to develop arms and legs, and fingers to manipulate tools. Some scientists say that our two-legged, symmetrical body shape could be the 'optimal design for an intelligent being'. Perhaps there is no other choice than for intelligent aliens to look like humans.



Travelling faster than light

Einstein's general theory of relativity says that nothing can travel faster than light. However, this theory doesn't place limits on the speed at which space expands or contracts. Some physicists believe that faster-than-light travel is **a real possibility**. A type of energy bubble around a spaceship, for instance, **could in theory** make space-time contract in front of the ship and expand behind it. Gerald Cleaver, a physicist at Baylor University, says that the objects inside the bubble would move faster than the speed of light in relation to the space around.



Teleportation

Digital information can be transmitted via computers, and in a similar way, some physicists have transmitted another type of information (called quantum information) nearly 10 miles (16 km). However, this is **a long way from** teleporting actual material, or indeed, a person. Scientifically speaking, teleportation **faces extreme obstacles**. There are ideas for how to do it, but these are **only speculative** at the moment.



Invisibility cloaks

In the Star Trek universe, enemies hide, or ‘cloak’, their spaceships. Scientists say that anti-detection technologies **might be possible**, but invisibility cloaks like those in science-fiction and fantasy are **quite a way off**. ‘What you see in Harry Potter is **far-fetched**,’ says David Smith, professor of electrical and computer engineering at Duke University. ‘However, in the last few years, researchers have made a lot of progress on making objects invisible. Partial cloaks that work like sophisticated camouflage – rather like the alien in the 1987 movie **Predator** – **might be achievable**,’ says Smith.



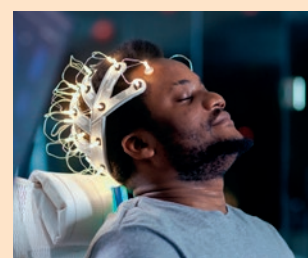
Intelligent machines

Robots and computers are already far better than humans at factory work or calculations. However, machines still cannot manage many basic activities, such as tying a shoelace while having a conversation. ‘From 50 to 60 years of Artificial Intelligence research, we know that teaching machines to do a specific task, for example, playing a game, is a lot easier than creating a machine that has the common sense of a three-year-old child,’ said Shlomo Zilberstein, a professor of computer science. Many scientists believe that highly intelligent machines will be available in the coming decades. But it is questionable whether computers will achieve the human-like ability to feel or understand free will – an idea at the heart of many sci-fi stories.



Instant learning

In the film **The Matrix**, knowledge can be uploaded into the brain in seconds, via a computer plugged into the skull. Some emerging research suggests that the speed at which we learn a skill can be technologically boosted. For instance, scientists have managed to stimulate the brain to improve performance of visual tasks. Perhaps someday, the acquisition of knowledge and skills could happen at broadband-like speeds via surgically implanted and plug-in hardware. ‘The concept is **not totally implausible**,’ says neuroscientist Bruce McNaughton. ‘But it might take a couple of hundred years.’



Adapted from the LiveScience website

The best speeches of all time

Using **(1) sound bites** and having **(2) the gift of the gab** – the secrets of some of the world’s greatest orators.

The perfect speaker, says Cicero, the Roman statesman considered the greatest **(3) orator** of all time, must be well read in the history of his country and the politics of the day. He (it was always ‘he’ in those days) must command the language with humour, **(4) wit** and psychological insight. The main point, though, says Cicero, is that you need to know the main point. If you cannot describe your main point, you probably haven’t got one. By this standard, who is or was a great speaker? Who gave the finest speeches?

1 to her troops before the invasion of the Spanish Armada, Tilbury (port on the River Thames), August 9, 1588

The sound bite

Why is it so good? This is a speech all about character, and it is a defiant speech about gender. With the Spanish Armada gathering in the North Sea, about to attack, Elizabeth knew the nation was in peril and that she faced her sternest test. She would have known, as she spoke at Tilbury, that at court, people were saying that a woman could not command the armed forces. A failure by a king would be attributed to one of many factors. A failure by a queen would be put down to her gender. Rather than ignore the question, Elizabeth chooses, brilliantly, to confront it.



2 [redacted] to soldiers during the American Civil War, Gettysburg, Pennsylvania, November 19, 1863

The sound bite

Why is it so good? Lincoln describes the ideal of democratic government in a single sentence. He gets so much into those ten words that it is surprising he needs all 272 for the whole speech. Lincoln is saying that the Civil War has to be waged for the principles of the founding fathers, who drafted the Declaration of Independence, particularly the principle of all people being equal, and at this moment, they are being betrayed. What he means, in a word he never actually uses, is slavery. Almost every American president since Lincoln has gone to Gettysburg, usually on Memorial Day, to pay homage to Lincoln and to the American constitution. One who did not was John F. Kennedy, who, in 1963, had to ask ex-president Eisenhower to stand in for him. Kennedy had to go down to Dallas on urgent political business. He never came back.

3 [redacted], campaigning for votes for women, Portman Rooms, London, March 24, 1908

The sound bite

Why is it so good? Some of the finest speakers in the history of rhetoric got into trouble because of their speeches. Pankhurst was in prison several times, and gave this speech after being released from one of them. The audience was not expecting her to appear, and the ovation when she did was prolonged. Over and above the injustice of women being excluded from the vote, she is making the practical case that the law would be improved and democracy would be enriched if it opened the door to women. Tragically, Pankhurst died three weeks before her case was accepted by the British government in 1928.



4 [redacted] at his trial,
Supreme Court of South Africa, Pretoria, April 20, 1964

The sound bite

Why is it so good? The greatest speeches are the words said at the most momentous occasions, as here, where a political prisoner pleads for his life against an unjust apartheid state. Mandela speaks for more than three hours. Throughout, he is extremely reasonable, like the lawyer he once was, taking pains to reassure the white population he means them no harm. He had learned the last words by heart, and delivered them from memory, looking directly at Judge De Wet. When he finished, there was a 30-second pause – an eternity. In the gallery, a woman burst into tears.

Adapted from The Times

1 An informal email

From: Anna

To: johnstons586@gmail.com

Subject: News!

Hi Sue,

Sorry that I **havent** been in touch for a while, but I've been ill. I got flu last week and I had a **temprature** of 39°C, so I've been in bed **since** four days. I'm feeling a bit better today, so I've been catching up on my emails. **Luckly**, my classes at university don't start till next week.

How are you? What have you been doing? **Anything exciting**. Here everyone **are** fine (apart from me and my flu!). My brother Ian has just started his new job with a **software-company** – I think I told you about it when I last wrote – anyway, so far, he's really been enjoying it. How are your family? I hope **their** well.

I have some good news – I'm going to a conference in your town in **may**, from 16th to 20th. Could you **recomend** a hotel where I could stay, in the centre of town? It needs to be somewhere not too expensive because the university is paying. I'll have a free half-day for **siteseeing**. Do you think **you'll be able show** me around? That would be great.

Well, that's all for now. Please give my regards to your parents.

Hope to hear from you soon.

Take care,

Anna

PS Please reply to this email address. I've stopped using the old Yahoo one.

2 A short story

It was only a small mistake, but it changed my life for ever. I had been working at J.B. Simpson's for ten years. It was a small **(1)** family-run _____ company which exported garden furniture. I was **(2)** _____ happy with my job. I got on **(3)** _____ with the owner, Arthur Simpson, but not with his wife, Linda. She was a loud, **(4)** _____ woman, who **(5)** _____ used to turn up at the office and start criticizing us for no reason. Everyone disliked her.

One afternoon, Mrs Simpson came in while I was finishing writing a report. She looked at me and said, 'If I were you, I wouldn't wear that colour. It doesn't suit you at all.' I was wearing a **(6)** _____ pink shirt that I was very **(7)** _____ of, and her comment really annoyed me. I typed a **(8)** _____ email to Alan Simmonds in Sales. 'Watch out! The old witch is here!' and pressed 'Send'. A couple of minutes later, I was surprised to receive an email from Mr Simpson, asking me to come to his office **(9)** _____. When I opened the door, I saw his wife glaring at the computer screen. I realized, to my horror, what I had done. I had clicked on Simpson instead of Simmonds. **(10)** _____, I was packing my things. I had been sacked!



3 For and against

Everything has two sides to it, a positive one and a negative one. Post your opinions on our blog...



Adventure sports – fun or too risky?

Every year, more and more people are tempted by the idea of going on an adventure sports holiday, especially during the summer months.

Spending your holiday being active and enjoying the outdoors has a lot of advantages. **(1)** The main advantage is that adventure sports, like many other physical activities, offer health benefits and help keep your mood positive, **(2)** , when you practise extreme sports your brain releases endorphins because of the adrenalin rush and that makes you feel happy. **(3)** is the self-confidence that you gain from doing these activities. **(4)** , the lessons learnt from facing the difficulties and the risks of these extreme sports may be very valuable in everyday life.

(5) , there are also some important disadvantages. **(6)** they make you feel good, risky sports can be extremely dangerous. The possibility of getting seriously injured while performing these activities is quite high, and some adventure sports, **(7)** skydiving or cliff jumping, can even have fatal consequences. **(8)** these risks, you need to be extremely fit to practise these sports during a holiday, which means that they are not for everyone. **(9)** , they are likely to be expensive because they require a lot of equipment, safety measures, and well-trained and qualified instructors.

(10) , adventure sports holidays have both advantages and disadvantages. Whether they suit you or not depends on your level of fitness, your personality, and how much you can afford.

4 A blog post

How to keep children safe in your home



You probably think that your home is a very safe place. But this may not be true if you have children coming to stay. Here are some tips to prevent accidents.

First, look at the bedroom where the children are going to sleep. Make sure the beds are not under a window, in case a child tries to climb out. If a very small child is going to sleep in the bed, you could put some pillows on the floor next to the bed, in case the child falls out. The next place to check is the bathroom. Many people put medicines in a drawer or on a shelf above the washbasin. But this can be dangerous, as children may find them and think they are sweets. You should keep them in a locked cupboard. Finally, have a look at the kitchen, which is the most dangerous room in the house for children. Knives should be kept in drawers which children can't reach, and make sure that all cleaning liquids are in high or locked cupboards. If you follow this simple advice, children who come to stay are likely to be much safer in your home.

5 Describing a photo

I think this is a photo of a family in their house. However, they are not posing. None of the people are looking at the camera.

(1) In the foreground _____, we can see the inside of a room with glass doors leading into a garden. **(2)** _____

of the photo, there is a girl sitting at the table, resting her head on one hand, with an open book **(3)** _____

her. There are two other empty chairs around the table. The girl is smiling; she looks as if she's daydreaming, maybe about something she's read in the book. **(4)** _____

of the photo, there is a woman, who looks older than the girl, perhaps her mother. She's standing with her arms folded, looking out of the glass doors into the garden. She seems to be watching what's happening **(5)** _____, and she looks a bit worried.

(6) _____, we can see a terrace, and

(7) _____ that, a beautiful garden. Outside the glass doors on the right, we can see a boy and a man, who may be father and son. The boy is standing, facing the man, who is crouching down **(8)** _____ him. It looks as though they're having a serious conversation. Maybe the boy has been naughty, because it seems as if he's looking at the ground.

This photo reminds me of a David Hockney or Edward Hopper painting – it makes you speculate about who the people are and what they are thinking.



6 Expressing your opinion – Crime forum

Do punishments usually fit the crime?

What do you think? Write a short article and post it here.

Community service is the best punishment for young people who commit a minor offence.

(1) Nowadays _____ in the UK, when a young person commits a minor offence, he or she is normally given community service, given a fine, or sometimes, sentenced to a few months in prison. (2) _____ I believe that community service is the best option.

(3) _____, community service often persuades a young person not to re-offend. (4) _____ working with sick children or old people makes young offenders realize that there are people who have more difficult lives than they do. So community service can be an educational experience, (5) _____ other punishments are not.

(6) _____, I do not think that a fine is a suitable punishment for young people. They do not usually have much money themselves, (7) _____ it is often their parents who pay the fine for them.

(8) _____, spending time in prison results in young people meeting other criminals and learning more about the criminal world, which may tempt them into committing more crimes. (9) _____, in prisons many of the inmates take drugs, and this is a terrible example for young offenders.

(10) _____, I believe that community service has important advantages both for minor offenders and for the community.

Rob87, Nottingham, 16:29, 23 July

7 A report

Living in Milton Keynes

Introduction

This report describes the town of Milton Keynes. It gives some information about the history of the town and some of its features and facilities, and includes a personal view of what it is like to live there.

1

In the 1960s, town planners wanted to encourage people to move out of London. Their idea was to create a modern, efficient town with good facilities that would be easy to travel around and healthy to live in. So, the 'new town' of Milton Keynes was built in the south-east of England.

2

The town now has a population of around 250,000. Wide, straight roads join the different living districts, with many lakes and green spaces between them. The centre is a business and shopping district. In terms of transport, Milton Keynes is particularly well-connected; it is near the M1 motorway and is mid-way between London, Birmingham, Oxford, and Cambridge.

3

In general, it is a town that is easy to walk or cycle around. For those who enjoy more challenging sports, there are some superb facilities. These include Treetop Extreme, the biggest 'high rope' adventure course in the UK, and Snozone, an indoor real snow slope where you can learn to ski and snowboard.



Milton Keynes was the first place in the UK to have a multiscreen cinema, and there is also a large concert venue called The Bowl. It has an international orchestra and over 200 works of public art – it is particularly famous for the sculpture of concrete cows.

Conclusion

To sum up, it seems that [redacted]. Some people feel that new towns lack atmosphere and a sense of community, but the majority of residents here are proud of their town. ‘Things tend to be more modern and spectacular in Milton Keynes than anywhere else,’ says Simon Clawson, who has lived there since he was four years old. On balance, the planners of the 1960s have achieved their aims.