

**AUDIO SCRIPT**

**[Passage 1 – M1: Lecturer; F1: Student; M2: Student]**

M1: Good morning, class. Today, we'll be looking at how stress affects the human body. Now, when we are stressed, our bodies create adrenaline. As you already know, adrenaline is a hormone that helps our bodies move quickly when we sense danger. Adrenaline plays an important role in the physiological response we call the "fight or flight" response.

We've all experienced stress. For example, running late for an appointment, studying for an important exam, or witnessing a car accident. All these experiences can cause a physical response. Our heart beats faster, our hands get sweaty, our blood pressure goes up, our breathing gets faster. These are all normal, physiological responses.

Sometimes stress can be a positive force. It motivates us to run from danger or to complete a task. These stressful events are temporary and our bodies normalize quickly. However, stress can also have a negative effect on the body. You've all heard of a broken heart, right? Perhaps some of you have experienced the break-up of an important relationship. Well, research shows that emotional stress can damage the heart. There is actually a condition called "broken heart syndrome." The technical name for the condition is *stress cardiomyopathy*. Yes, Andrea?

F1: Could you repeat that, please?

M1: KAR-de-o-mi-OP-ah-thee. The condition is also known as takotsubo cardiomyopathy. It's spelled T-A-K-O-T-S-U-B-O.

F1: That sounds Japanese.

M1: That's right, Andrea. The condition was first described in Japan in 1990. A *takotsubo* is actually a ceramic pot that's used to trap an octopus. A cardiomyopathic heart has the shape of an octopus. Speaking of octopuses, did you know they have three hearts, nine brains, and blue blood? Now, back to the topic ... This condition can occur after an emotional stressor such as grief—the death of a loved one, for example. Also, fear, anger, and even surprise can cause cardiomyopathy. Symptoms can appear suddenly. However, scientists aren't sure what happens *physically*. They think that the large amount of adrenaline moving through the body *stuns*, or shocks, the heart. This causes a decrease in blood flow, chest pain and shortness of breath, similar to a heart attack. Roger?

M2: So, can people die from this condition?

## Inside Listening and Speaking Intro Midterm Assessment

## INSIDE LISTENING AND SPEAKING INTRO

M1: No, fortunately, the condition is temporary and most people recover quickly with no permanent heart damage. OK, so here's your task for homework. I'd like you to write one page about positive stress and another page about negative stress. Please email me your reports by Friday. And don't forget to label the file with your name!

### [Passage 2 – M1: Interviewer; F1: Interviewee]

M1: Hello again, viewers. My guest on today's program is Gina Costello, a journalist who writes about urban planning issues for *The Times*. She is the author of *Urban Planning in the 21<sup>st</sup> Century* published by the Metropolitan Press. We'll be talking about a hot topic—the expansion of the Hudson University campus into the surrounding neighborhood of Parkdale. Welcome to the program, Gina.

F1: It's good to be here, Tom.

M1: Now, explain to our viewers why people are so upset about this issue.

F1: Well, as you know, Hudson University is a very old and traditional university. It was founded in 1854 when the population of Parkdale was quite small. However, in the early 1900s, the population grew. A lot of new housing was built around the university. According to the most recent data, the population is around 65,000 today. At the same time, the university grew. There are twice as many students today compared to 100 years ago. To put it simply, the university needs more space.

M1: Hmm. So it wants to buy the land around the university. Right?

F1: Yes, that's correct, Tom. The problem is that there isn't any land available. So the university wants to buy the apartment buildings. It is offering the building owners a lot of money. Initially, the university's objective was to buy the apartment buildings so they could house more students. Now, they want to pull down the buildings and expand the campus.

M1: And of course that means people will have to move away.

F1: That's right. And they don't want to. There's a strong sense of community. Some families have lived in Parkdale for 50 years.

M1: Really? So, where would they move to?

F1: That's the problem. About 75 percent of the population are low-income families. Some of them receive financial aid from the government. It's expensive to live in the city these days. And housing is difficult to find. I spoke to an older couple last week. Their 19<sup>th</sup>-century building has just been sold. They have nowhere to go.

M1: And then there are those who believe Parkdale should be protected because it has a lot of historic buildings.

F1: That's right, Tom. A group called Save Parkdale wants the government to step in and protect the historic sites. They think the old section of Parkdale has an important historical status. If they succeed, no one can pull down the buildings or change their historical features.

M1: Well, it's a problem in many urban communities today. Let's go to a commercial now. We'll be right back.